

— MANY PEOPLE THINK HOME MADE SOY MILK TASTES TOO "RAW" OR FUNKY. IT IS DEFINITELY DIFFERENT THEN THE CORPORATE SOY MILKS WHICH ARE MORE MILK SHAKES FOR HIPPIES THAN ANYTHING ELSE! IF THE TASTE OF THIS RECIPE DOESN'T SATISFY, DON'T GIVE UP—EXPERIMENT!

TRY ADDING 2 TSP. SHREDDED GINGER IN THE BLENDER, IT CUTS THE RAW SOY FLAVOR AND IS QUITE YUMMY. IF YOU WANT IT SWEET, ADD HONEY, MOLASSES, OR SORGHUM AS YOU LIKE. WHEN I WAS IN SOUTH EAST ASIA IT WAS SERVED HEAVILY SUGARED AND LADLED INTO A PLASTIC BAG FULL OF ICE!

SOME OTHER ADDITIVES YOU MAY WANT TO FIDDLE AROUND WITH ARE -- KAMBU SEAWEED (THICKENS, MELLOW, CUTS GAS), CINNAMON, NUTMEG, VANILLA, JOB'S TEARS (A SEED THAT IS EDEN-SOY'S SECRET INGREDIENT), AND JUST ABOUT ANYTHING ELSE THAT YOU THINK SOUNDS GOOD. BE CREATIVE. HAVE FUN WITH IT.

— ALOT OF DIFFERENT GRAINS CAN BE "MILKED" WITH THIS PROCESS. IF SOY MILK WORKS FOR YOU, EXPERIMENT WITH OTHER GRAINS, OR TRY SOME BLENDS.

— IF YOU CAN NOT BEG, BORROW, OWN, OR CREATIVELY ACQUIRE THE EQUIPMENT LISTED IN "SET UP", TRY BORROWING SOMEONES ENTIRE KITCHEN FOR THE NIGHT. IF YOU DON'T HAVE ENOUGH POTS TO MAKE A DOUBLE BOILER, DO EVERYTHING IN ONE POT OVER LOW HEAT. SCALDING GIVES THE MILK A BURNED FLAVOR. A HAND GRINDER OR EVEN MORTAR AND PESTAL CAN BE USED IN PLACE OF A BLENDER...



HEY! HO! SOY MILK TIME! THIS PAMPHLET SHOWS YOU HOW TO DO IT WITH 3 CUPS OF BEANS TO MAKE 1 GALLON (APPROXIMATELY) OF MILK. ITS DO-IT-YOURSELF, HEALTHY, FUN. WHY PAY OVER 2 HARD EARNED BUCKS FOR A TETRA BRICK OF CORPORATE VITA-SOY? OR A GALLON OF COW JUICE,

WHICH IS A PRODUCT YOU MIGHT WANT TO RESEARCH. ARE YOU FAMILIAR WITH BOVINE GROWTH HORMONE, FACTORY FARMING, AND HOW PASTEURIZING ROBBIS COW MILK OF ITS NUTRITIONAL VALUE? LOOK INTO IT. THERE IS A TANKER OF SOY MILK IN A FIELD OF SOYBEANS, BUT FEED THEM TO A DAIRY COW OR TWO AND YOU GET A LOT LESS MILK IN THE END.

3 CUPS OF SOY BEANS WILL PROBABLY COST YOU ABOUT 50¢, IS CHOCK FULL OF PROTEIN AND HAS ALL THE 8 ESSENTIAL AMINO ACIDS IN CONFIGURATIONS READILY USABLE BY THE HUMAN BODY.

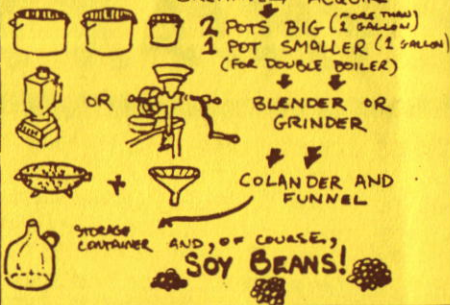
PLUS, I THINK ITS DELICIOUS. ITS NOT HEAVILY PROCESSED, ITS SIMPLE. THEN, OF COURSE, THERE'S TOFU, TEMPEH, AND LOTS OF OTHER NUTRITIOUS SOY PRODUCTS YOU CAN MAKE AT HOME!

FOR MORE INFORMATION →  
 "DIET FOR A NEW AMERICA" BY J. ROBBINS  
 WILLIAM SWARTZLEFF  
 "THE BOOK OF TOFU" BY AKIKO ADACHI

## THE SET UP

GATHER YOUR GEAR TOGETHER.

BEG, BORROW, OR "CREATIVELY ACQUIRE"



PAMPHLET EXECUTED BY  
 MARKO KRABSHACK

RECIPE FORMULATED AND  
 TESTED BY THE CREW  
 AT MOONSHADOW

# SOY

FARM PUNY INTERNATIONAL  
 RT. 1 BOX 304  
 WHITWELL, TN

## STEP 10 Drink Up!



## OKARA SOYSAGE

THE PULP LEFTOVER FROM THE MILKING IS CALLED OKARA IN JAPAN. ITS GOOD, HEALTHY STUFF, SO DONT TOSS IT - USE IT!

- 2 CUPS OKARA
- 3 TABLE SPOONS SESAME SEEDS
- 1 TABLE SPOON NUTRITIONAL YEAST
- 1/3 CUP WHOLE WHEAT FLOUR
- 2 TABLE SPOONS FENNEL
- 1 TABLE SPOON CORN MEAL
- 1 TABLE SPOON BUCKWHEAT
- 1 TABLE SPOON SOY SAUCE
- TONS SPICES

MIX INGREDIENTS IN A BOWL. ITS NICE AND MOOSHY, YES? LOAD IT INTO AN OILED LOAF PAN SET INTO ANOTHER PAN THAT HAS A FEW INCHES OF WATER IN IT.

BAKE AT 350° FOR 45 MIN. TO AN HOUR. SLICE IT UP, FRY IT IN PATTIES, EAT IT!!!