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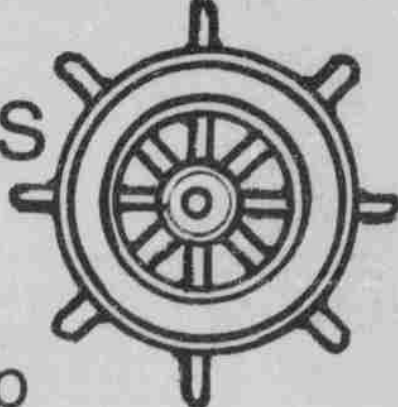
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MIKO SOUND CENTER/1258 SANTA MONICA MALL
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entertainment

Sprout gardens yield food, fun

Growing vegetable sprouts year-round is easy, economical, and best of all, fun.

Different types of sprouts are good sources of certain nutrients. Mung bean sprouts are higher in protein, phosphorus, and iron than asparagus, green beans, beets, carrots, lettuce, squash or tomatoes. They compare favorably in thiamine, niacine, riboflavin and ascorbic acid, but are lower in vitamin A.

Almost any seed, grain or legume will sprout. Suggested ones are alfalfa, soybeans, mung beans, lentils, peas and the cereal grasses such as wheat, rye and barley. Unhulled sesame and sunflower seeds, radish seeds, lima beans, pinto beans and corn will work. Potato sprouts should not be eaten because they are poisonous. It is important not to use seeds that are intended for planting, as they may have been chemically treated. The most reliable place to obtain seeds for sprouting is a health food store, or grow your own.

The ideal environment for a sprout garden is a warm, dark and moist—not wet place. The simplest container in which to grow sprouts a wide-mouthed quart jar. The size of the jar chosen depends on the number of sprouts you want to grow at a time. After seeds are placed in the jar, cheesecloth is stretched over the mouth and secured with a rubber band. About a tablespoon of alfalfa seeds and two to three times as many beans will produce 25 to 30

square inches of sprouts. Seeds should be soaked overnight in a warm, dark place (kitchen cupboards are ideal). The seeds should be placed in three times as much water as there are seeds. The water should be warm, between 70 and 80 degrees.

The water should be drained off the next morning, and the liquid can be used in soups and juices. The seeds will have doubled in size and must be carefully rinsed to prevent mold. They should then be placed in the cheesecloth-covered container, and the jar should be turned upside down at a 45 degree angle in a large bowl to insure proper drainage. During the next three to six days, store the jar in a dark place and rinse the seeds with water four to six times a day. Be sure to drain seeds well after each rinsing to prevent them from rotting or becoming sour. The last day, sprouts may be set uncovered in the sun for several hours to allow the chlorophyll to develop which causes a green color in the sprouts. Soybean sprouts will be ready after growing about two inches long, mung bean sprouts one to three inches, alfalfa one to two inches, sunflower sprouts one-fourth inch. Wheat, rye and other grains are ready when sprouts are the length of the original seed.

Sprouts can be eaten raw or can be used in salad, sauteed, steamed, in soups, in meat loaf, in bread, in casseroles, as dessert or as a snack.

Ensemble to share musical fortune

The Peter Serkin Ensemble call themselves "Tashi" which means "good fortune" in Tibetan. They will share this fortune in an 8 p.m. Friday performance at Sheldon Auditorium.

Sponsored by the Lincoln Friends of Chamber Music, the concert is a part of the Chamber Music Series. Chairman Nelson Potter said last minute individual tickets may be available at the door for a \$1.50, depending on the volume of sales.

The ensemble, composed of an unusual combination of instruments, includes piano, Peter Serkin; violin, Iva Kavian; cello, Fred Sherry and clarinet, Richard Stoltzman.

Serkin, the son of classical pianist Rudolf Serkin, has made many RCA recordings. Performing together for their first season, the musicians organized as Tashi at the annual Marlboro Music Festival.

The program will include Bartok's *Contrasts for Violin, Clarinet and Piano*, a piece which was originally commissioned by Benny Goodman.



Musician Peter Serkin

Olivier Messiaen's *Quartet for the End of Time* also will be performed. Messiaen composed it, in a World War II prisoner of war camp, for the instruments which were available in prison.

J.S. Bach's *Viola da Gamba Sonata* also is scheduled on the program.

Marshall Tucker goes country

Review by Steve Cogley

Those familiar with the past work of the Marshall Tucker Band may be in for a bit of a surprise after hearing their newest album, *Where We All Belong*.

This two-record set features one album of live material from their previous LPs and one record of country and western studio work. Although some of the group's past music has bordered on country and western, *Where We All Belong* is mostly country, with a dash of old-flavored songs.

The best cuts on the studio portion of the album include "This Ol' Cowboy," "In My Own Way," "Now She's Gone" (which received some AM radio air play) and "Try One More Time". On these cuts, Toy Caldwell, the group's lead guitarist, shows his versatility as he does a credible job on the steel guitar and also some acoustical work. Caldwell sings the lead of "This Ol' Cowboy".

The studio portion also continues the habit of Capricorn recording groups making guest appearances on each other's albums, Grinder

Switch and the Elvin Bishop Group also perform. Marshall Tucker's strict venture into country and western may disappoint some of its fans, but the group admirably handles this type of music. The best part of the album, however, is the live work.

Two songs stand out among the four performed on the live sides, "Everday (I Have the Blues)," and "24 Hours at a Time," in which Charlie Daniels adds some excellent fiddle work. In the blues and boogie number, "Everyday," Caldwell gets in some intricate riffs and the band jives at its best and performs the often worked number in a refreshing style. The cut is over eleven minutes long, and although it bogs down in places, nevertheless it is the album's best.

"24 Hours at a Time" is also a long cut (over thirteen minutes) and along with "Everday," shows the group at what is perhaps its best style—jamming. Also included in the live portion are "Ramblin'" and "Take to the Highway." Doug Gray, lead vocalist of Marshall Tucker, performs well, on these two songs.

Those who liked Marshall Tucker's past efforts should like *Where We All Belong*.