

Day - NW
HD
3204
N-18

DECEMBER 1993



"Lunch will never be the same again in Moscow"

Visit
the Co-op's
Juice Bar and find out why

11:30 am - 2 pm
Monday thru Friday

Fresh  MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843

Smoothies
 piña colada blueberry strawberry
 bananas carob spirulina

Sandwiches
 Soup Salads
 Cookies and Treats

Treat yourself and a friend.... Yum



SPECIAL COLLECTIONS
 LIBRARY
 UNIV. OF IDAHO
 MOSCOW ID 83843

Editor

Bill London

Layout

Pam Palmer

Advertising

Mary Jo Knowles

Typesetting

Nola Steuer

Distribution

Therese Harris

Feature Writers

Justine Schlueter Nancy Taylor
Skott Larsen Carol Hartman
Erika Cunningham Annie Hubble
Brett Clubbe Rodger Stevens
Nancy Casey Paul Weingartner
Mare Rosenthal Alan Jay Solan
Moss Valentine, D.C.

Graphic Artists

Paula Ruth

Front Cover Design

Back Cover Design

Beth Case

Children's Page

Krissy Beoka

General Manager

Kenna Eaton

Chair of Board of Directors

Peg Harvey-Marose

Members of Board of Directors

Sarah Swett

Mare Rosenthal

Anne Adams

Ari Burns

Jeanne Harvey

Dean Pittenger

Suzanne Tatham

Published by

Moscow Food Co-op

310 W. Third

Moscow, ID 83843

(208) 882-8537

Upper Crust Bakery

883-1024

HOURS

Every Day

9:00 am - 7:00 pm

With plenty of FREE PARKING!

PRINTED ON RECYCLED PAPER

Deadline for articles: 20th of each month

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practices. The Co-op does not endorse the service or products of any paid advertiser within this issue.

Newsletter Changes and Remembrances

By Bill London

I want to thank two women who have volunteered here at the Moscow Co-op Community News.

First, Diana Higgins wrote profile stories, eco-cuisine advance reports, and price comparisons for the newsletter for many months. Diana, thanks for a job well done. She has recently refocused her life, based upon the needs of the as-yet-unborn individual now residing within her. Good and sensible priority for her, but bad news for us.

We need someone or someones to replace Diana. Do you cant to regularly write for this publication and receive a regular discount? Step into the bold new world of newsletter journalism, volunteer as a newsletter writer! Leave a message for Bill London at the Co-op.

Melodie Armstrong distributed the newsletter to numerous pick-up spots around the Palouse for several months, but decided to quit with last month's issue. Thanks, Melodie for doing what you did.

Luckily for us, we have a great

new distribution person. Therese Harris has already been transporting newsletters to Pullman, to the universities, and of course, all over Moscow. Therese has been thinking of some great new places (like Rosauer's supermarket and the waiting rooms of Gritman Hospital) to leave the newsletters to spread the word of the Co-op.

Therese would like some suggestions from our readership. Where else should she leave the newsletters every month? What storeowners would like to have newsletters at their shops? Please leave your suggestions for her at the newsletter slot upstairs at the office.

And now for the remembrance. Nine years ago this month, the direct ancestor of the Moscow Food Co-op Community News you hold in your hand (a small folded booklet called the Moscow Food Co-op Newsletter) first appeared.

Next year it will be ten years, and that's a good reason for a celebration of some kind (if you have a good idea for what kind, let me know).



CORRECTION

by Skott Larsen

RE: The November Price Comparison in last month's newsletter. Paradise Farms instant mixes were reported to be cheaper at another store. The packages currently at the Co-op are larger than those carried at Rosauers. The Co-op's are actually comparable and much cheaper with a working member discount.

Paradise Farms is currently revamping their packaging. The Co-op will soon carry the revised sizes. The new price comparison will be:

	MFC	MFC-18%	Rosauers
Paradise Farms Mixes			
Lentil Soup, 7 oz.	3.06	2.51	3.00
Black Beans, 4 oz.	2.13	1.75	2.08
Hummus, 5.5 oz.	3.32	2.72	5.66
Chili, 5.5 oz.	2.99	2.45	2.92
Pinto Beans, 4 oz.	2.13	1.75	2.08
Split Pea Soup, 4 oz.	2.37	1.94	2.32
Falafel, 8.5 oz.	2.42	1.98	2.36
Pilaf, 7.5 oz.	2.78	2.28	2.72
Tabouli, 7 oz.	2.33	1.91	2.27

PRICE COMPARISON

by Skott Larsen

We are happy to announce that Diana Higgins, our Price Comparer, is expecting a baby in spring ...

We are sad to say that Diana will be taking leave from her monthly comparing ...

So here is my plea for a new working member to take over this task.

This job involves monthly visits to the Co-op and other grocery stores in Moscow and/or Pullman with notepad and pen in hand to compare prices on a handful of previously selected items.

This is a great job for a member who needs to work on a flexible schedule and enjoys being a detective and would like to receive a discount on food purchases at the Co-op.

Please contact me, Skott, at 882-8537 if you are interested.

FINANCIAL REPORT FROM THE BEAN COUNTER

By Mare Rosenthal

(Finance Committee Board Member)

Sales at the Co-op have been strong, and as you can see from the following results, the Co-op has experienced 13% growth in sales over the same period last year. The biggest difference you will notice is the bottom line. Last year we were at a \$24,000 loss and this year we're at a \$200 loss! The Board and the staff have been working very hard in monitoring our costs and working within budgets.

Another big improvement over last year is that the membership fees have been deposited into a separate savings account and used for capital improvements and not on daily operations. From January-September this amounted to approximately \$15,000! Some of it has been used on such things as bulk bins and the new cooler.

Let's all help keep the Co-op strong by shopping at the Co-op as much as possible and volunteering to help with the workload. The Bazaar offers many items for Holiday gifts or you can always give a Co-op Gift Certificate.

★ **IMAGINE** ★
YOUR AD HERE
 ★ *Reaching* ★
 ★ *Co-op Shoppers!* ★
 ★ **Only \$8** ★
 ★ **Per Issue** ★
 Call Mary Jane at
 882-6590 or 882-5797 ★

Are You Ready for Fresh Juices?

by Annie Hubble

Wow! Big news from the Deli this month. We are planning to open a juice bar upstairs, serving fresh juices, smoothies, sandwiches, soup, treats and a daily special from 11:30 - 2:30 five days a week.

So, soon, when you have hit that tempting espresso bar once too often, you come and detox with carrot juice -- or vice versa I suppose. Come upstairs and look for us!

New items in the Deli this month include: 1) Spicy Peanut Cabbage Salad--official taster Ed's verdict is "Yum-Good-Spicy," 2) Tofu Broccoli Pie--official taster

Scott's verdict is "Very Good." We also offered minestrone soup and a "mock" tuna salad (a vegan recipe based on tempeh that is good as a sandwich spread or a salad), and Laurie's wonderful Yam Soup, which will certainly be included in the official Deli recipe collection, known to the select few as The Secrets of Life and Death and Points In Between!

A thank-you to Ari for organizing the wonderful new wipe-off orange signs for the Deli items--a big improvement from paper and ink.

And a thank-you to all those who drift through the kitchen now and then with words of cheer and news of the outside world! You're always welcome to drop in.

Holiday Party Dresses!
VELVET • HANDBEADED • SILK

Annual Christmas Party
Thursday & Friday • Dec. 9th & 10th
Open until 7 pm
Mon-Sat 10-6 • Sun 12-4
N 119 Grand • Downtown Pullman

The Old Mole
Unique Clothing and Jewelry
22 years of Northwest style

MOSCOW YOGA CENTER

525 S Main

Offering Hatha Yoga classes in the Iyengar tradition. The classes will emphasize precise alignment in the postures, development of strength, stamina, and flexibility, and a safe and comfortable space to encourage relaxation. Please join us and begin a healthy New Year!

SCHEDULE OF CLASSES MEETING JANUARY 10TH through MARCH 11TH

MONDAY AND WEDNESDAY	8:00AM - 9:30AM 5:15PM - 6:45PM 7:00PM - 8:30PM	Level I & II Level III Level II
TUESDAY AND THURSDAY	5:30PM - 7:00PM	Beginning
MONDAY AND THURSDAY	9:45AM - 11:15AM 11:30AM - 12:30PM	Beginning & Level I All Levels
FRIDAY	9:30AM - 11:00AM	Restorative/ Gentle Yoga
NEW! BEGINNING INTENSIVE	January 10th to February 2nd Meeting Monday, Wednesday, Thursday, Friday	6:30AM - 7:30AM

For more information please call:
Jeri Stewart: 882-8782
or
Jane Freed 883-4995

Schedules and registration forms are available on the door of the Moscow Yoga Center 525 S. Main and at Inner Vision. Thank you. Hope to see you!



News of the Bazaar

by Erika Cunningham

The Bazaar. What can I say? It's back, it's beautiful, it's a little different, and it might get to stay. I'll start with the first. Yes, it's back. In fact it was back earlier this year, and from the point of view of someone who sets it up, it was nice to have September and October to practice before the "season" hit. Now it's here, and you're looking for new and heartfelt gifts to give your loved ones. We got 'em.

David's back this year (you remember, that naked statute dude that everyone took great delight in undressing last year), and he has a partner, Venus, who is just as lovely as he. They even get to share clothes if you get both sets. And don't you all try telling me you didn't like cross-dressing the art magnets when visiting me up here, I saw the gleam in your eyes. The best part about these guys, aside from their luscious wardrobe, is their price. They are four dollars cheaper than last year and at least five dollars less than any catalogues I've seen them in.

Ever heard of Vegetable Ivory? We have. We've even got it. We have fetishes, earrings, barrettes, and key chains made from the stuff. It's as hard and beautiful as ivory, and no animals had to die for the product. In fact, nothing did. The vegetable ivory comes from the tagua, or palm nut. It is either picked from the tree, or picked up off the ground,

and carved and polished. In fact it's advantageous to keep the trees alive in order to keep the tagua trade going. Come see; they're lovely.

Puppets have been a favorite of customers already. We have all shapes and sizes, from cobras to cockroaches (that's right, cockroaches). They're great for kids of any size, ages one to ninety-nine.

We've got Hanukkah cards, gifts and supplies again this year; dancing candle light, hemp clothing and paper, and underwater umbrellas. If you can't find a gift among all that stuff, then you don't know how to shop!

Come see me. The Bazaar is open 11:00 to 6:00 everyday, serving espresso, sandwiches, soups and shopping help if needed.

Now you ask, what do you mean it might get to stay? Well, the Board has been contemplating keeping the Bazaar going year-round. We pay rent on the space upstairs, and it doesn't pay for itself when it's empty. It's nice to have alternative gift-giving ideas all year round, not just at the holiday times. Some people's birthdays are in the middle of summer if you can imagine that! So come by the Bazaar if only to let me know what you'd like to see in the future; alternative gifts, housewares, etc., let me know. As long as you're shopping, we can keep selling.

TRADITIONAL MEDICINALS

COLD & FLU TEAS

\$2.²⁵ EACH

Breathe Easy
Cold Care P.M.
Gypsy Cold Care
Throat Coat



DECEMBER SPECIALS

Laurie Cortright
HOLISTIC MASSAGE



New Office
AT
124 E. Third
Moscow, Idaho 83843
(208) 883-4898

Gift Certificates
Available At:
Moscow Food Coop
Northwest Showcase
Inner Vision Bookstore

HEINKE'S
ORGANIC APPLE JUICE
5.79 GALLON



BLUE BANNER
Canola Mayonnaise
2.89 ea. * 32 oz.



MICHELLE'S ORGANIC NATURAL PASTA
Spinach Angel Hair
Spinach Fettucine
Tomato Basil Angel Hair
Tomato Basil Fettucine
Vegetable Angel Hair
Vegetable Fettucine

\$ 1.73 ea.
(cooks in 2 minutes)

FEDOROVICH CONSTRUCTION

(208) 882-2693

- ◆ General Construction
- ◆ Remodeling
- ◆ Custom Carpentry

Michael Fedorovich
P.O. Box 40 • Viola, ID 83872

Little Bear



Organic Foods

Low-fat beans and rice
side dishes

MEXICAN
CAJUN

CUBAN STYLE

All 1.49 ea.

Little Bear



Organic Foods

FAT-FREE

SOUPS

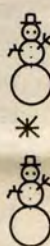
Mixed Bean
Southwest Vegetable
Tex-Mex
Navy Bean
Lentil

1.39 ea.

BARBARA'S
BAKERY

15% off

NEW
in-store line



Yogurt & Green Onion Chips
Pinta Chips
Ripple Potato Chips
Cheese Puffs
Chocolate w/ Creme Cookies
Lemon Lemon Creme Cookies
Double Chocolate Creme Cookies
Small Indulgence Cookies

Coffee Cake Crunch
Chocolate Chip Crisps
Butter Pecan Bites

AH! LASKA

Chocolaty Chocolate
LOW-FAT
instant cocoa

\$3.90 EA.



- * HONEY ALMOND
- * COCONUT
- * CINNAMON RAISIN

Whole Grain Brown Rice
Wheat Free
Sodium Free
Low-Fat
Lactose Free

1.86 ea



FALAFEL PKG.
REG. & HOT & SPICY 2.53 ea.

&
LENTIL SOUP PKG

they're red and green... great for holiday gift baskets!!

R&R OFFICE EQUIPMENT

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

South Main
Moscow, ID 83843
882-3514

Stratton's Dairy

332-2216
Pullman, WA



Local Dairy Products
Fresh at the Farm
Retail at Wholesale Prices
Reusable glass bottles!

Johnson Rd.
1 mile past the Professional Mall

TRY MOCK CHICKEN TOFU

by Justine Schlueter

Here is a really tasty, fast, and simple way to cook tofu that almost everyone likes, even serious meat eaters!

Serving size for 2.
medium block (3/4 lb.) firm, plain tofu

5-6 medium mushrooms (more if you love them)

lots of nutritional yeast (3-4 T. basically to taste)

1/2 tea. of Spike (a name brand of

mixed spices)
1 T. tamari
Slice tofu and mushrooms 1/8 inch thick, and sauté them until crisp. (Make sure the oil is hot so that the tofu and mushrooms don't soak up too much oil.) Place the sautéed items on a plate, pour tamari over them, and powder with yeast and Spike. Do this to taste, and you're done!

Served as a protein complement to a pasta dish with tomato sauce, and tossed green salad. This meal takes about 20-25 minutes to make.

all bulk
potpourri

15% off

The Ad Mart

FREE
Classifieds

Serving Nearly
EVERYWHERE

Call 208/882-9469

New Products in the Co-op

by Sandi "Skott" Larsen

We have many new food items this month. Please tell me what you think!

In our new open-face cooler we have:

- * Fresh pasta by Auntie Pasta (a Haight-Ashbury tradition)
- Eggless spinach fettucini (organic)
- Eggless herb linguine (organic)
- Spinach ricotta tortelli
- * Jan's medium green salsa made with organic tomatillos
- * 10" whole wheat organic sprouted tortillas made by Alvarado's Bakery (cooperatively owned and operated)
- * Small Planet soymilk (local and organic in #2 recyclable and reusable plastic)
- * Soy deli hickory smoked tofu
- * Soyco fat free cheddar "cheese"
- * Soymage 100% dairy free (no caseine) cheddar "cheese")

New in the Bulk Section:

- * Bulk kamut flakes
- * Wheat-free linguini and veggie curl pasta (both made with quinoa and corn flours)
- * Bell pepper basil fettucini
- * Braggs liquid aminos (easily replaces soy sauce)
- * Fat-free berry bars by Marin (near bulk fig bars)

Coming soon:

- Vegan semi-sweet chocolate chunks
 - Dinosaur-shaped veggie pasta
- New Dried Fruit:
- * Halawi dates
 - * Organic pitted deglet dates
 - * On order: organic dried bananas

New in the old faithful cooler:

- * Co-op brand margarine (by request)
- * Nature's Life flaxseed oil

- * Sonnet Farms low-fat low sodium cheese (cheddar and garlic chive jack)
- * Stonyfield fat-free yogurt (Adopt a dairy cow! See below for details.)

In the freezer:

- * Stonyfield frozen yogurt (December's flavor: Coffee hazelnut fudge)

Over in Packaged Foods:

- * Lundberg hot rice cereals
- * Fat-free soaps by Little Bear
- * Braggs unfiltered organic apple cider vinegar
- * Mori-Nu "LITE" firm tofu in aseptic package
- * Westbrae instant red miso soup packets (back by popular demand)
- * Better than Burger patty mix by Souex (excellent product! Rich flavor, nice texture ... makes patties that hold together very well)
- * Muir Glen fat-free Italian herb pasta sauce
- * Sorrell Ridge 18 oz. grape jelly (more for your money)
- * Tutterri's handmade pasta
 - Beet & onion linguini
 - Curry carrot linguini
- * Mendicino pasta
 - Tomato basil
 - Lemon pepper (my personal favorite! No sauce needed here ... superb lemony flavor)

* Cereals:

- Arrowhead Mills organic spelt flakes
- New Morning kamutios
- New Morning fruteos in the 15 oz. "family size"

New Snack Foods:

- * By the House of Auselbrooks:
 - Whole wheat crackers
 - Sesame crispbread
 - Orchard fruit raisin cookies
 - Orchard fruit apricot cookies
- * Poppies poppiroll (light crispy rolled cookies)
- * Frookies yogurt cream wafers in 2 flavors: vanilla dream and strawberry dream (sweetened with fructose and fruit juice)
- * Auburn Farms fat free and wheat-free chocolate mint jammes (excellent mint taste)
- * Nature's Warehouse fat free and wheat free devil's food cookies (fruit juice sweetened)

Candy:

- * Cloup Nine Bars:
 - Macaroon munch milk chocolate
 - Orange peel dark chocolate
 - Red Raspberry dark chocolate (by request)
- * Bear Valley sesame meal pack (by request)
- * Cocofection bayou rice crisp (milk chocolate with toasted brown rice)
- * Carafection date sweetened carob covered rice cake

- * Rapunzel Rio & tango bars made with organic chocolate

New Beverages:

- * Traditional Medicinals golden green tea
- * Choice organic peppermint tea (by request)
- * Celestial Seasonings chocolate raspberry tea (actually contains carob not chocolate)
- * Long Life ginger flower tea (by request)
- * Knudsen's organic original very veggie
- * Organic juices by Mountain Sun

Baking Products:

- * Perotti's chocolate hazelnut biscotti mix
- * Energen tapioca flour (by request)
- * Mountain Star (local) cranberry-n-bran muffin and pancake mix
- * Arrowhead Mills blue cornmeal packages (by request)

Near the check-out you'll find:

- * Vital K herbal energizer
- * Cow Lips lip balm with sun block, vitamin E, aloe vera, and a nifty neck string ... without preservatives

In the Pet-Food Section:

- * Evolution vegetarian pet food for cats and dogs (please see article in this issue)



KIDS!! PARENTS!! TEACHERS!!

"Adopt" A Stonyfield Farm Dairy Cow And Get:

- * A photo of "your" cow.
- * Your own signed adoption certificate with your name and the name of "your" cow prominently displayed!
- * A semi-annual newsletter keeping you informed about "your" cow and her farm!
- * The chance to earn more prizes and participate in contests and drawings (to be announced in upcoming newsletters)!

 YES, I want to "adopt" a real Stonyfield Farm Dairy Cow. I enclose five lids from any Stonyfield Farm Yogurt. Please send me my photo & certificate and add my name to the Stonyfield Farm Moo Patrol.

Name _____ Age _____
 Street or Box # _____ City _____
 State _____ Zip _____ Daytime Phone Number _____

OPEN TO "KIDS" OF ALL AGES

SEND TO: Stonyfield Farm, Inc., 10 Burton Drive, Londonderry, NH 03053

A Special Note to Parents or Teachers

Here at Stonyfield Farm, we are proud to produce the finest and healthiest yogurts you can buy. We are also proud to support our region's dairy farmers.

Stonyfield Farm is not your average food company. We started as a small farm school in Wilton, New Hampshire in 1983. Our goal is to educate consumers about the importance of supporting local agriculture and the northeast's family farmers.

The Adopt-A-Cow project is designed to encourage children to learn more about where our food comes from. In the months and years ahead, we will be producing newsletters and informational materials about life on the farm, and we look forward to sharing them with you and your children.

We welcome your involvement and your suggestions as we develop this exciting educational program. We thank you for your support of "Local Culture."

Simply send us your name, address and telephone number and 5 (five) lids (or cut out just the lid centers to save on postage) from any Stonyfield Farm Yogurt containers.

We will send you a photo of your cow and a certificate naming you as one of the adopted "parents" of one of our beautiful dairy cows, an information sheet with the name of "your cow," and some background on her and her farm. You'll also receive our newsletter, "Moos from the Farm" with a special insert keeping you informed of the activities of "your" cow and the farm where she lives.

PERSONAL GROWTH THROUGH POSITIVE CHANGE

Do you have habits that are no longer working for you? Release unwanted habits through the power of hypnosis.

Do you suffer from past trauma that burdens you today? Hypnotherapy helps you to release old emotional blocks allowing greater freedom of choice now.

MARK KRUEGER C.Ht.
 PERSONAL CONSULTANT
 CERTIFIED HYPNOTHERAPIST
 (208) 882-1070

Discover Your Power of Choice

Become a Non-Smoker

Free Yourself from Phobias & Nervous Habits

Become Your Ideal Body Image

Enhance Your Health &

Well-Being

Vegetarian Food for Thought

by Paul J. Weingartner

May All Be Fed: Diet for A New World, John Robbins. William Morrow and Company. 1993. 415 pp. (including recipes).

I became a lacto-ovo vegetarian about a decade ago, and since then I've read a lot about my dietary transition from the meat-intensive diet of my German-American family to one based upon plants and dairy products. Whereas I've always understood this change to be a radical assault on the prevailing food culture, a reading of John Robbins' new book shows that my choice was as rational as it was radical. For in it, Robbins marshals an impressive amount of nutritional, medical, and socio-political information which reveals the connections between our prevailing animal-based food culture and everything from world hunger to osteoporosis to salmonella poisoning. This is an important book for anyone who wants to understand the rationale of a vegetarian diet or who wishes to become a vegetarian but worries about issues of protein deficiency, balancing the four basic food groups, and the general social condemnation of their choice of diet.

Of course, Robbins is not the first author to write about such issues. My introduction came from Lappe's *Diet for a Small Planet* which provides excellent nutritional justification for vegetarian diets and reveals the connection between animal-based diets and world hunger. As well, anyone wanting more specific information on the negative health and environmental effects of the beef industry might turn to Rifkin's *Beyond Beef*. Robbin's book is noteworthy, however, because in less than 150 pages (sometimes providing helpful criticisms) and presents a virtual handbook for vegetarians who feel compelled to understand the larger socio-political significance of their diet.

Robbin's agenda is an important one. Mostly it consists of challenging the dominant food culture by criticizing the nation's traditional food industry and its

exaggerated influence over what most Americans eat. Robbins suggests that the primary reason for the industry's misinformation about the most healthful diet, of course, is its profit-orientation, and that the institutionalization of this misinformation has occurred through the work of quasi-governmental organizations (e.g., the National Dairy Council) which actually consists of industry representatives, not objective nutritionalists and other experts.

In chapters entitled "To Grow Up Big and Strong" and "Who Decides What You Eat?" Robbins presents convincing evidence of the tremendous influence these organizations have over American diets by producing and disseminating "educational" materials (especially in public schools) as well as often times misleading or completely false advertising, all of which promote mainly meat- and dairy-intensive diets. Here, Robbins seriously criticizes the industry-imposed Four Basic Food Groups (half of which are animal-based) and whimsically makes fun of such advertising fiascoes as the James Garner "Real Food for Real People" beef campaign which was stymied by Gerner's quintuple bypass surgery.

As well, Robbins challenges industry-supported notions of the causes of such diseases as osteoporosis, or "brittle bones." Contrary to the Dairy Council's assertion that calcium deficiency is the source of osteoporosis (i.e., therefore, consume more dairy products), Robbins cites study after study which links the disease not to calcium-deficient diets but to the fact that Americans eat far too much protein than is good for them (mostly in the form of meat--thanks to Beef Council promotions--which also has other dire consequences) and the fact that this excessive consumption forces calcium out of the body. Literally, populations which consume the most protein (in whatever form) regardless of calcium-intake have the highest rates of osteoporosis. The only studies which consistently don't find this link are those sponsored by the Dairy Council.

But Robbins, son of the co-founder and owner of Baskin-Robbins, who became a vegan after questioning his dairy-intensive childhood diet, is no polemicist; he seriously wants to help people eat better. In the remainder of the book, Robbins presents: 124 "things you can do" to offset the influence and effects of the prevailing food culture; information on organizations concerned with health and food issues; tips on shopping and stocking a pantry for a more healthful diet; and recipes (not his own) for beverages, breads, soups, entrees, desserts, etc., none of which necessitate animal-based ingredients. (I must confess, I did not try any before writing this.)

Two small criticisms: Robbins may cause rifts within vegetarian circles because of a comment in the book which differentiates lacto-ovo vegetarians and "pure" vegetarians. I know what he means, but being a member of the former group I found it rather insulting to be labeled less "pure" than vegans. Also, some diagrams in the book are hard to understand. This problem includes everything from the mention of a diagram on page 51 which does not exist (there is a very different one in its place) to the seemingly arbitrary inclusion of diagrams which are not adequately explained in the text.

In short, *May All Be Fed* is an important book because it encourages us to think about the politics and the culture of food. And I would be remiss if I did not mention that this would be a wonderful holiday gift for that special vegetarian or soon to be vegetarian in your life.

215 S. Main St., Moscow, ID 882-9257



MOSCOW VISION 2020

IS ALIVE

by Bill London

Moscow Vision 2020 is the citizen action organization that sponsored the "envision Moscow's future--positive and negative" contest, plus the performance and the display of winning entries. We sponsored two public performances (at the UI Student Union Building and at the Co-op's 20th anniversary party), a radio broadcast on KUOI-FM, and a performance before the Moscow Planning and Zoning Commission.

We're not done. We are investigating future performances to both public and official audiences. We're looking into helping with the planning processes now on-going with the county and city planning and zoning commissions, the University of Idaho, and the Moscow School District--as well as contemplating a community-wide visioning exercise to unite them all. In addition, we are producing a complete record of the contest entries for public inspection at libraries and at the historical society, plus we are working toward the creation of a Paradise Creek Greenbelt Park.

That's plenty to keep a loose network like ours busy. As a matter of fact, it's probably too much for us to do.

We need you. If you are interested in these issues, please contact us. We want to add you to our data base for future events and projects.

Please write to Moscow Vision 2020, or call Kenton Bird (883-3156), Susan Palmer (882-5023) or Bill London (882-0127).

EQUALITY, OPPORTUNITY

by Nancy Casey

perpetuating in some circles I run
non-racist diversity picture
any Mama, and Papa,
with the moxie
and the money
and wits and a look-ahead kind of attitude
knows nurture
counteracts nature
sees nutrients
to propel theirs
far and high
stockpiled
here
raw materials
safeguarded, accessible
whatever
means necessary

Kids Page ~ December '93

by: Krissy Seoka

happy holidays



Which candles are alike?

Photograph Frame You need...

- Two pieces of card the same size
- Two pieces of fabric a little larger than the card
- Glue
- Scissors
- Pencil

Draw a circle in the center of one of the pieces of card by drawing around a jar. Cut out the circle.

Lay the card on the wrong side of one of the pieces of fabric. Fold down the corners of the fabric and glue them down, a. Do the same with the edges, b.

Draw a smaller circle inside the other one on the wrong side of the fabric by drawing around a coffee cup, c. Cut out the circle.

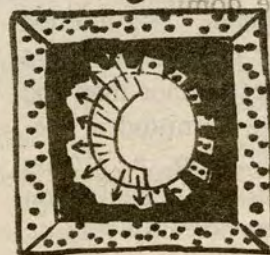
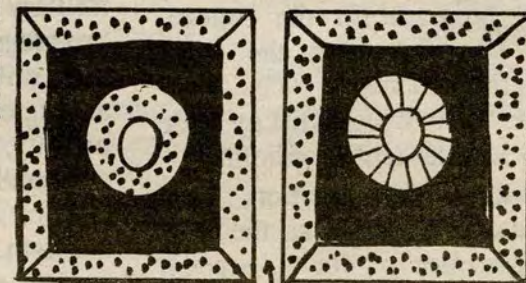
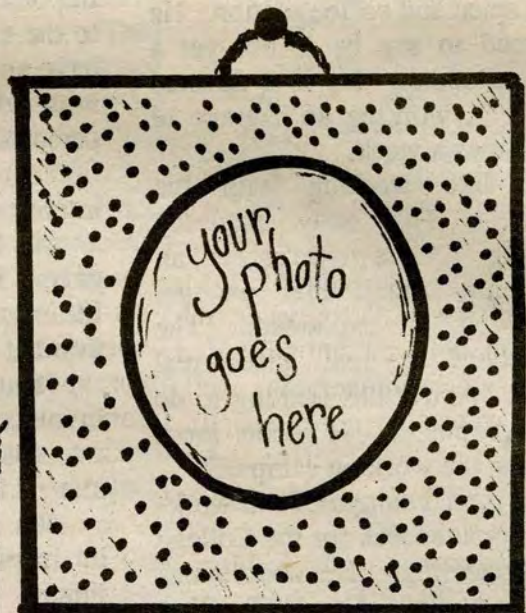
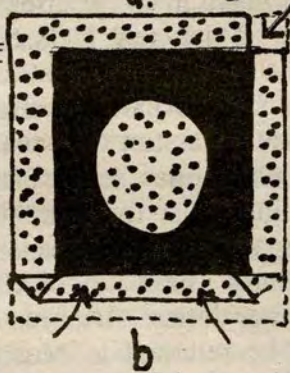
With the scissors make lots of snips outwards from the edge of the smaller circle to the edge of the larger card circle. Bend each of the pieces back over the card and glue them to it, d.

Now cover the second piece of card with the second piece of fabric. Do not cut a hole in the center of this piece.

Lay both pieces of fabric-covered card face down on the table. Spread glue along the right and left hand edges and along the bottom of each, but not along the top. Now stick them together.

Glue a loop of thick wool to the back of the frame. Slip a photograph or magazine picture inside it.

gift ideas



← d
Candle answer - 3rd + 5th.



John Poole, Volunteer of the Month

by Carol Hartman

Life changes often prompt people to join the Co-op. John Poole is no exception. Only it wasn't a dietary goal that brought John to the Co-op door last August; it was the desire to become a volunteer.

"I really joined with the purpose of volunteering. I needed the people contact," he said.

John is now chiefly responsible for stocking in the herb, spice and coffee section. He is proud to say he is not yet a caffeine addict. He is a devoted volunteer, working an average of three times a week.

"I like working with the people. The early Saturday morning crew--we're all sufficiently crazy that we get along well," he explained. "The atmosphere is real nice, real cordial. And it has nothing to do with computers. It seems more real than the work on campus."

On the UI campus, John works as a computer tech for the College of Engineering. He coordinates the Computer Aided Drafting (CAD) program for the college, while also managing the work station for students.

"I'm really a journalist by trade and by inclination," he admitted.

Prior to this position, John worked for 12 years as the staff advisor/mentor for student publications, including *The Argonaut* newspaper. His interest lies chiefly in the editing and production process rather than the writing. He also admitted a plan to someday develop a Co-op newsletter section focusing on herbs and spices, possibly trading

some of his volunteer time for that project.

John is an active volunteer in many other organizations, including the Methodist Church and the Latah County Free Library District board. He served in the city library board since 1987 and is the newest board member on the county board, which has jurisdiction over all library activities in Latah County.

"Originally, I felt it was important to give something back to the community. I think people have an obligation to get involved with something outside of their personal, private lives. (The library) is also something I was interested in," he said.

An Idaho resident for about 20 years, John hails from northern Illinois. A desire to study forestry first led him to Idaho.

"But then I found that forestry involved having to get through calculus. Math and I don't get along," he laughed.

His studies were slightly interrupted by a stint with the Air Force, where he served as a military journalist for four years, producing a weekly newspaper for the military base in Turkey, among other duties. After his tour of duty, he returned to Moscow, eventually earning a B.A. in General Studies, "and that seemed the right place for me."

But perhaps one of John's top priorities is spending time with his two daughters: Stephanie, 7, and Katie, 12. They have yet to accompany him during his volunteer shifts; hopefully someday we'll have the pleasure of their presence in the herb/spice room.



THE BUYERS ARE IN

by Scott Larsen

* *Lundberg organic hot rice cereal please.* OK, it's here! If you hurry there may still be some left over from November's Lundberg promotion.

* *Rachel Perry's line of creams and lotions.* We just don't have room for another body care line right now ... you may special order just about anything from this line though.

* *Why are the Co-op and Upper Crust granolas always so low in stock?* Because they're very popular! We'd love to have another volunteer to make granola! Talk to Erika if you're interested.

* *What happened to Health Valley turkey dogs?* Our distributors discontinued them. Have you tried the Shelton's brand?

* *Please carry Taste of Thai "Lite" coconut milk.* OK it's on order.

* *Can you get alphabet macaroni?* Yes! We carry it in

the packaged pasta section near the Herb & Spice room.

* *Has the Co-op ever considered an in-store soy dairy? I'd like to see lower soymilk prices.* Thanks for the suggestion! No we haven't considered an in-store soy dairy as yet. I think the amount of space it would take could be problematic. I'd really like to see someone start a small business making this and other soy products here in Moscow.

* We do have new low prices on many soy beverages. I.E., so far basic basket pacific ultra plus pain \$1.29 for pacific select (Small Planet out of Newport, WA, a small family operated soy dairy is also providing the Co-op with new soymilks stocked in the cooler).

* *Please install a peanut butter grinder.* This is an item that would attract customers and would be for everyone. I agree! A nut grinder would be great. When we looked into this initially, the price was prohibitive. But now I think we can afford it. Consider the grinder on our list of "must haves" for '94.

TRISTATE
IDAHO'S MOST INTERESTING STORE

WE'RE COMMITTED TO THE ENVIRONMENT

We recycle all our cardboard boxes and aluminum cans as well as return all our batteries to their manufacturers for proper disposal. We encourage you, our valued friend and customer, to do likewise and preserve the beauty of the Northwest.

12 GAL. RECYCLING CONTAINER 8⁶⁷
Reg. 11.74

16 GAL. RECYCLING CONTAINER 9⁶⁷
Reg. 13.74

1104 PULLMAN ROAD, MOSCOW 882-4555

OPEN DAILY MON-FRI 9AM-5PM SAT 9AM-2PM SUN 10AM-3PM

One Cinnamon Roll Full of Love: Mike Brockman's Story



by Carol Hartman

Mike Brockman admits he came to Idaho from Michigan (via Alaska) "for love." But it may be a second love that keeps him baking and creating in the Co-op's Upper Crust Bakery.

A full-time Upper Crust employee, Mike is actually a chemist by trade. He recently finished his master's degree in biological oceanography at the University of Alaska-Fairbanks. It was his partner's (Sherrie Lutsch of Lotus fame) wish to earn a master's degree at the University of Idaho that brought him to Moscow.

"So baking now is truly a love of mine," he grinned. "I started out--the first thing I made was bagels, because I'm a bagel lover. When I first moved to Alaska, everything was so expensive. I said, 'Forget you, I'll bake them.' I've been baking ever since."

One of Mike's most successful creations is the oat-based cookie, a treat for those people who are sensitive to wheat or refined flour. He said he also enjoys "baking all sorts of decadent chocolate goodies, too."

While in Alaska, Mike worked for the oil industry on the north

slope and in Valdez. Naturally, he worked on the disastrous oil spill in Valdez 4 1/2 years ago.

"My job was to figure out the response of hydrocarbon degrading bacteria," he explained. "It had a positive response in that community--they all eat oil, there was plenty of food."

Although Mike hopes to continue work in that field, particularly in bioremediation and hazardous waste cleanups with oil, he is currently interested in perfecting his baking skills.

"I'm really learning a lot, from Ed, Ari ... they're all great, especially in production. I used to just bake for a couple people," he said. "And new recipes. I feel like I have a lot I can add to the bakery's repertoire."

Outside of baking, chemistry and Sherrie, Mike also enjoys canoeing, skiing, making ceramic drums and boomerangs. He is the proud owner of three cats: Michelle, Flash and Toes. Mike said he enjoys his Co-op work for the interaction with people and the opportunity to earn a discount.

"The people--it's such a great work environment--and the food. The 18 percent discount is incredible," he said. "I've been in much larger cities that don't have anything like this."

The Moscow Yoga Center and

Aerobics Unlimited

invite you to a

Holiday Open House

Saturday, December 4th

12:00PM-5:00PM 525 S. Main -- Above Mikey's

Come see our new space

Refreshments -- 1994 Schedules

Have a Healthy New Year!

UPPERCRUST
Wholegrain Bakery
FRESH BAKED, ORGANIC, NATURAL
EVERY DAY
Moscow Food Cooperative
a multi-natural corporation
310 W. Third, Moscow, Idaho

A REPORT ON THE NATIONAL ORGANIC STANDARDS

By Nancy Taylor
NOSB Board & PCEI
Staff Member

This year the house and senate approved a \$500,000 budget for the National Organic Foods Production Act that was passed in the 1990 farm bill. This money should help the USDA get the Organic Foods Production Program up and running.

First, the National Organic Standards Board must complete our recommendations and submit them to Secretary Espy. The Board was appointed to develop national organic standards recommendations for the production and processing of food labeled "organic." In spite of the lack of funds up to this the Board has made tremendous strides in developing standards for the OFPP. There are still many more standards yet to be voted on and passed by the full Board, but the fact that we have been able to move some standard recommendations forward is a great sense of relief for both the organic community and the NOSB.

With the new progress of the NOSB and new funding from the administration, we are beginning to see light at the end of a long tunnel. There is new hope for the OFPP, but we still need your help. Call your legislators, please, and let them know how important this program is to you as a consumer. Also, you can make comments to the NOSB on the draft recommendations.

For more information, contact Nancy Taylor at PCEI, 882-1444.

Ever had fresh
roasted coffee?
Moscow's very own

The
BEANERY

roasts its own.

Serving breakfast,
lunch & dinner.
M-F 7-9, Sat 8-9, Sun 9-3
602 S. Main, Moscow
882-7646

Beautifully Crafted

Hand Drums

Available at

Inner Vision
Bookstore and Lifestyle
Resource Center

A Soothing Shopping Experience

ART GALLERY

Open 10 am to 5:30 pm Tues-Sat

118 E. Third, Moscow

883-1037

KEN'S Stationery

513 S. Main - Moscow, ID 83843
(208) 882-4224
243 E. Main - Pullman, WA 99163
(509) 334-1210

Headquarters for
Recycled Paper Products
for Home and Office

Computer Paper
Xerox Paper
File Folders
Adding Machine Paper
Storage Files
Desk Calendars
Greeting Cards
Gift Wrap



Ask us about recycled and chlorine-free papers!

kinko's Open 24 hours.
the copy center 608 S. Main • Moscow • 882-3066



by Brett Clubbe

I spent the summer with the Earth First! encampment in Dixie- and I just spent 5 days (November 15 through 19) in federal court in Moscow.

I was a spectator at this trial of 17 activists arrested on August 17. My trial will come later (I was arrested on July 15 with 7 others on similar charges).

It was a grueling week of sitting on hard benches listening to the prosecution object every time one of the activists tried to explain why they had come to Idaho and why they had violated the Federal Closure order designed to keep the public from scrutinizing Forest Service contractors building roads and cutting trees in the Cove/Mallard Roadless areas.

There was at least an entire day's worth of testimony concerning threatened, sensitive, and endangered species, including gray wolf, wolverine, pileated woodpecker, goshawk, lynx, and candystick plant seen within the proposed timber sale area. Judge Lodge refused to consider any of this testimony given as justification for a necessity defense.

The judge also refused to consider testimony under oath of Forest Service officers spraying pepper mace into the faces of activists sitting in passive prone positions and activists who were running away.

Upon conviction Donovan Powers asked the judge where he could next proceed to attempt to have his grievances redressed by government representatives. The judge told him that he was within

On Trial in Moscow

his rights to appeal the conviction to a higher court. Donovan asked the judge to sentence him to "an assignment planting trees" instead of a fine.

Many of the defendants told the judge that they were not able nor did they intend to pay the \$200 fine which was levied against each of them. Wally Brown told the court that he believed "money is too valuable to give to the government" and "the commitment to the ideals that I live by will bring me before the court for violating the probation." The activists have been ordered to refrain from participation in civil disobedience for a period of three years.

Each individual defendant, some of whom had sat quietly for the five days of proceedings, gave an impassioned closing argument to the court. I found myself crying a number of times as the defendants evoked images of Rosa Parks standing up to bigots in Alabama, and images of the sacredness of the largest pristine wilderness in the continental US.

What I saw and heard this week in what is supposed to be an impartial court made me angry, it made me cry, it made me laugh. Judge Lodge permitted the prosecutor to make a mockery of the freedoms that the Constitution and the courts were designed to uphold.

The next trial scheduled for Moscow's federal court is January 13. The 6 activists arrested on June 30 will be tried then. Come join us in the courtroom or at the solidarity encampment across from the courthouse.

Delightful Herbal Gifts
for less than \$10.00
Incense
Bath Blends
Teas & Tinctures
Sweet Dreams Pillow Pal
Herb Medicine Bundle Pouches
created by
Middle Path Herbals
available at Inner Vision and mailorder
call 883-2827 today for free catalog

In a world of extremes, take the middle path

Ask The Herbalist

In this issue we introduce Herbalist Linda Kingsbury, M.S., who will be a regular columnist answering your questions about herbs and seasonal nutrition for wellbeing. She has recently relocated to Moscow after living on the west coast for the past 14 years. She earned a M.S. in Wholistic Nutrition and produces her own line of quality herbal products for Middle Path Herbals. As an Herbalist and Wholistic Health Practitioner she teaches nationally through radio and TV interviews, workshops, and a variety of publications. Her goal is to provide practical tools and experiences for improving your quality of life and enhancing confidence in your ability to build your health. Please send your questions to her by the 12th of the month at P.O. Box 8608, Moscow, ID 83843.

1. *Are there herbs and foods that can help prevent colds and flu or reduce symptoms?*

Garlic is a common kitchen remedy that has been used successfully for generations to boost immune response and increase blood flow throughout the body. The freshly minced clove is best to activate allicin, the chemical constituent which has powerful broad spectrum antibiotic properties. Add it to soups and meals at the end of cooking to maintain optimum nutritive value. It is also delicious served on fresh baked bread as a warm snack. For a refreshing vitamin C drink with extra zip, add a chopped clove of garlic to one cup of orange juice in the blender. Other immune-boosting foods include *carrots, winter squash, yams, dark leafy greens, shitake mushrooms and other sea vegetables*. All great additions to winter stew.

To make a tea blend

traditionally used to strengthen your natural defense system, bring 4 C. of water to a boil in a glass container. Reduce heat and add 2 T. Echinacea root, 2 tea. marshmallow root, and 1 slice of fresh ginger root. Simmer the roots for 15 minutes. Remove from heat and add 1 T. rosehips, 1 T. peppermint leaves, 2 tea. garden sage leaves. Steep for 20 minutes and enjoy throughout the day. German researchers report *Echinacea root* to increase production of T cells, strengthen tissues against assault from a broad spectrum of viruses, bacteria, and fungus. It has antibiotic properties similar to penicillin. Culpepper, a 17th century herbalist, recommended *marshmallow root* to soothe respiratory irritations from sore throats, coughs and flu. Chinese studies shows *ginger root* helps kill influenza virus. It also increases circulation and soothes digestion. *Rosehips* can increase your vitamin C consumption. *Peppermint* is an FDA approved remedy for the common cold. The active ingredient menthol has decongestant and germicidal properties. *Garden sage* contains astringent tannis and was recommended by Hildegard of Bingen to soothe sore throats and reduce cold symptoms.

Another soothing way to benefit from herbs is to include them in your bath. Add 1/4 cup herbs to a muslin bag and place in tub as it fills with water. A favorite rejuvenating formula includes *lavender flowers, rosemary and sage leaves*. Lavender has natural antiseptic qualities and can also be used to reduce germs in your house by adding a few drops of essential oil to a spray bottle for purifying air.

This information is intended for educational purposes only.

KEY BANK OF IDAHO



THE KEY TO YOUR FINANCIAL FUTURE

609 S. WASHINGTON
MOSCOW, IDAHO
882-6504

Involved. Innovative. Professional.
Member FDIC

Hodgins Drug and Hearing
100 YEARS OF SERVICE



Gifts
Pool & Spa Supplies
Hobbies & Toys
Free Prescription Delivery
School Supplies

Cosmetics
Surgical Supports
Hearing Aids

Hours:
9AM - 6PM
Mon. - Sat.
307 S. Main
882-5536

Drive-In Window

PCEI to Offer Grants for Sustainable Agriculture Projects

by Alan Jay Solan

If, as a Co-op member, you're sold on the idea of, say, buying in bulk, supporting local agriculture, or just getting consumers interested in where their food comes from, a new program being offered through the Palouse-Clearwater Environmental Institute may be able to help you share your knowledge and enthusiasm with the community.

I've been involved, along with six other farmers and local citizens, in developing grant criteria as part of PCEI's Ag Options Advisory Council. Through the newly-established Ag Options Network, PCEI is offering grants to citizens of northern Idaho and eastern Washington who form clubs to conduct projects that support the concept of sustainable agriculture.

PCEI will offer grants of up to \$800 for groups of three or more farmers who form Farm Improvement Clubs and grants of up to \$300 for citizens groups who form Community Support Clubs.

The Farm Improvement Club concept is an expansion of a program begun in Montana by the Alternative Energy Resource Organization (AERO). The program has proven to be successful in bringing together farmers to address long-term sustainability problems in their operations. With the Community Support Clubs, the Idaho and eastern Washington project will focus on another important aspect of agriculture: the consumer. According to Nancy Taylor, Sustainable Agriculture Program Director for PCEI, many collaborative agriculture projects fail to include the non-farm consumer--an important force in increasing sustainability in our food system. Many consumers are interested in sustainable agriculture and are looking for ways to support producers.

Community Support Clubs (CSC) will be made up of not-for-profit civic, church or environmental groups who design projects that promote the concept of sustainable agriculture within

the non-farm community through education and outreach programs. Each club will be a part of a network of other clubs across Idaho, eastern Washington, and Montana. Grants will be used to help cover out-of-pocket costs such as printing and mailing, food and travel and other costs associated with the project. Clubs may request and receive information and technical assistance with projects as needed.

Possible Community Support Club projects might include sponsoring "Smart Shopper" tours to teach consumers about nutrition or the "true" cost of food--including the cost of packaging, processing, distribution and agricultural chemicals; workshops on urban pesticide alternatives, or tours of Farm Improvement Club projects. But use your imagination--any project designed to increase consumer awareness of agricultural conservation issues and the citizens' role in supporting sustainable agriculture will be considered.

The second Agricultural/Consumer/Environmental Alliance Conference (ACE), set for January 8 in Moscow, will feature speakers from the Montana program who will provide background information and offer advice on how to form clubs, including alternative funding options for club projects. This is your chance to mingle with people in the know. Don't miss it.

Grant applications are due by February 8, 1994 and final grant approval will be made by March 4. For application information, help with project planning, or more information about the Ag Options Network program or the ACE conference, contact Nancy Taylor at PCEI, P.O. Box 8596, Moscow, ID 83843 or call (208) 882-1444.

Parable of the Month: Mealy Bugs

by Rodger Stevens

A fly and an ant were talking on the branch of a tree.

FLY: I'll bet you are jealous of me, aren't you? My carefree life is the ultimate ... I can kiss whatever lips I choose, I can parade with impunity on the noblest brow, and sample the finest foods at my leisure. Why, it took me three seconds to get up here. How long did it take you?

ANT: Yeah, I'm really jealous! Not! You flies are pests, unwanted wherever you appear. Your tracks smell of the last dung pile you sloshed around in. Why should I be jealous of a pest which is killed with relish by humans? Anything worthwhile takes time. Flies are naturally inferior.

FLY: I like relish. In fact, I relish relish.

ANT: Don't repeat yourself, please. There are already too many of your kind in the world.

FLY: At least I am not a nameless cog in some impersonal, mechanized hive. You spend your life building monuments to the glory of your namelessness, but you're too proud to notice they never last long. You grovel at the feet of royalty, while I sit atop its crowns.

ANT: Ah, but my life has purpose; I live for important social goals which are worthy of my self-sacrifice. I am industrious and productive, creating a legacy

for future generations. You blessed flies bring only maggots and disease.

FLY: I was born in the spirit of freedom. Gravity has only a light claim on my life, whereas you must crawl along the ground, to be stepped on in large numbers.

ANT: You flies are so busy flapping your wings that you never accomplish anything ... what have you ever built? But I, by hard work and toil, with never a thought for fame and fortune ... ah, but modesty prevents me ...

A bird flew up and lighted next to them on the branch. "What are you two arguing about?" asked the bird, licking his chops.

FLY (puffing out his chest): Insects are better when they fly through life lightly ... yes, we lead a blessed existence. Ants crawl. We both know, don't we, Bird, that flying is far superior to crawling?

ANT (rearing up on all two's as though to deliver a speech in the Senate): Insects are meant to be cultured, to support traditional nest values, and to devote their lives and efforts to the good of the nest, like us ants. 'Ask not what your hive can do for you,' and all that.

The bird plucked first the fly, then the ant from the branch, swallowing them in a gulp. "Stupid insects," he muttered as he flew off.

The **89.3**
Reggae **FM**

KUOI
89.3
FM

Party
Saturdays
3 - 6 pm

MIKEY'S GYROS

Now with two locations
Serving up the fabulous Greek Gyro, and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow
(across from the theatres)
527 S. Main 882-0780

Pullman
(next to Burger King)
NE 1000 Colorado 332-8902

Micro Moviehouse

Great Movies!!
Only \$1.75

3rd & Almon - Moscow
882-2499



What's on your FACE ?!

Ever notice the ingredients in your lotions, cleansers and make-up? All that stuff is being absorbed into your body every day.

AWAKEN all natural skin care is an alternative to synthetic, petroleum based and animal tested soaps and lotions.

AWAKEN ALL NATURAL skin care feeds your skin with herbs, minerals and seaweed extracts to give your face and body the care it deserves.

Ask for a free demo!

contact ROSE TERRY-PARKS at
208-835-8810



An Apple A Day ...

by Alan Jay Solan

You can't find watermelons or peaches all year 'round, but you can always find the versatile apple. And right now shoppers will find a wide selection of local and organic apples at the Co-op.

The native home of apples is not known, but the tree is believed to have originated in the area of present-day Georgia and Armenia between the Caspian and Black seas. Charred remains of apples have been found in the prehistoric lake dwellings of Switzerland, and apples were a favorite fruit of the ancient Greeks and Romans.

The apple was introduced to America by early settlers, who brought apple seeds with them. Records of the Massachusetts Bay Co., indicate that apples were grown in New England as early as 1630. Seeds were carried westward by missionaries, traders and Native Americans. One man alone, John Chapman ("Johnny Appleseed") was responsible for extensive plantings in Ohio, Indiana and Illinois.

Of the several thousand varieties of apples, only a few have commercial importance. The most widely grown in the Red Delicious, accounting for more than a quarter of all commercial apples. It is particularly well adapted to the Northwest, but is grown in all apple growing areas of the U.S. The United States produces about one-fourth of all the world's apples.

The local apples at the Co-op are provided by Carlson's Orchards in Troy, Idaho. A family operation, the Carlson orchards have grown to about 3,000 trees on 45 acres. Planted in the 1930s, by Oscar Carlson and later managed by his son, Leroy, the orchards are now in the care of Oscar's grandson, David Carlson and his wife, Darlene.

Apples available from Carlsons include: Jonathan, Rome Beauty, Wagner, Red-Gold, Red Delicious, Grimes Golden, Lodi Gravenstein, McIntosh, Spokane Beauty and Blushing Beauty. Lodi--a tart cooking apple--Gravenstein--excellent for

cooking and eating--and the juicy eating apple, McIntosh, are available only in summer from Carlsons.

The Spokane Beauty, originally planted in Spokane, WA, is now grown only in the Carlson orchards. Large scale Yakima area growers refused to grow the apple because it had the word "Spokane" in its name, says Darlene. The large apples are perfect for all cooking purposes.

The Blushing Beauty, good for cooking or eating out of hand, is a true local treasure, having been developed by the Carlsons in their orchards. The Grimes Golden, a tarter version of the Golden Delicious--somewhat like a Granny Smith--is used for cooking. The Rome Beauty ranges in size from medium to extra large and is suited for cooking and eating. The Red-Gold, a delicious eating apple, is also excellent for making apple sauce. Because of the apple's natural sweetness, no extra sugar is required, says Darlene.

Jonathans are great for eating or cooking and are perfect for caramel apples because they don't turn brown under the skin after being dipped in caramel, Darlene says. Wagners are good for cooking or eating out of hand.

The Red Delicious, by far the number one eating apple in the United States, is available at the Co-op from Carlsons as well as other commercial and organic suppliers. Easily identified by its characteristic five bumps on its bottom and its deep red coloring, the Red Delicious is mildly tart and known for its crispness. It's perfect for eating out of hand but is definitely not for cooking. Washington state produces most of the world's Red Delicious apples, but they are also grown in Michigan, New York and California. Red Delicious are on

the market fresh in September and October and are sold from storage into May and June. The Carlsons hope to keep the Co-op supplied with Red Delicious and their other fall apples until February.

The Golden Delicious is the gold or bright yellow version of the Red Delicious. It's a sweet and juicy apple that can be used for every purpose and is especially suited for use in fruit salads because the flesh doesn't turn brown as quickly as other varieties. The apple is harvested in Washington, Illinois, Virginia and other states from late August to November and it is available from storage as late as June.

While not one of the major commercial apple varieties, the Newton Pippin is excellent for eating and cooking. When its color is yellowish green it's best for pies and when the apple is green it's best for eating out of hand. The Newton Pippin is the favorite apple of companies that produce pies commercially. Unlike other yellow apple varieties, the Newton Pippin doesn't get mealy and remains firm and crisp even when completely mature. The Co-op has both organic and commercial varieties.

When buying apples, look for firm, well-colored, unbruised apples. For best results, pick the type that's most suitable for the intended use.

NORTH COUNTRY BIRTH SERVICES

882-4735

- Childbirth Education
- Labor Support
- In-home Post-partum Care (Doula Service)

NANCY DRAZIN, CCE

Professional, caring, non-medical support



HAUG
CHIROPRACTIC

DR. ROBERT W. HAUG

Chiropractic Physician
208-882-3012
102 S. Washington
Moscow, Idaho 83843

Blow your own horn...

for display ads in the Co-op News
call Mary Jane Butters

882-6590

882-5797



ACUPUNCTURE

- Diet
- Moxabustion
- Handwork

1-835-3181

Moscow

Charles Quinn

Graduate, Kototama Institute

Deane's

Restaurant

In the Moscow Mall

Adrian & Mary K. Deane invite you and your family to Deane's Restaurant for a quality meal at realistic prices.

Homemade Soups and Pies

Join us for Breakfast, Lunch or Dinner

Mon-Fri 8:30 am - 9 pm

Sat. 8:30 am - 6 pm Sun 12-5

Protecting Your Pet from Holiday Hazards

by Dawn Gill

As the Palouse is transformed into a snowy wonderland, local veterinarians will see many winter-associated problems. A little planning can keep your pet from becoming one of the seasonal statistics.

The cold weather presents a special challenge to your pet. It is crucial that outdoor dogs be provided with a dry insulated area to get out of the weather. When building a dog house it is important that it have weather-tight construction, be elevated off the ground, and that your dog is not forced to be directly in front of the opening. A wool blanket or piece of canvas can serve as the door. The door should be just large enough to allow the pet access. The bedding needs to be checked to make sure it is not damp or moldy. Examine your pet's feet frequently as ice and snow can cause cracking or frostbite. Chemicals or salt used to melt snow need to be cleaned off the pet's feet.

As pets spend more time indoors in low humidity conditions, they may experience problems with dry skin. Adding a capful of safflower oil to your pet's food may help. Another suggestion is to spray your pet's coat with a plant mister containing a capful of Alpha-Keri bath oil and a pint of water. Always be sure your pet has access to fresh, unfrozen, water! Stainless steel bowls cost more but last longer at extreme temperatures. Dogs that spend a lot of time outdoors may require additional calories (don't forget to decrease them as the weather warms). Pediatric and geriatric animals are particularly sensitive to temperature extremes. Arthritic pets may experience more problems than usual and may need to be medicated more frequently.

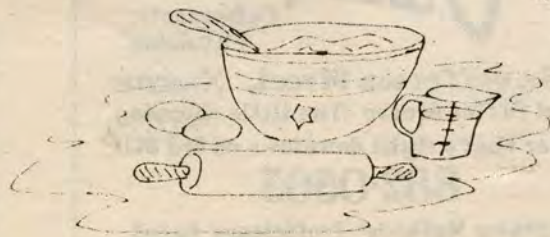
Antifreeze tastes sweet, but kills lots of pets every year. Consider using one of the new non-toxic varieties. Other poisons that pets are exposed to at this time of year include: poinsettia, mistletoe berries, holly, crown of thorns, Jerusalem cherry, Christmas rose, and Japanese yew. While most of us will increase our chocolate consumption, it is dangerous to indulge our pets.

Chocolate contains theobromine which is toxic to dogs and suspected of being toxic to cats. It's always a good idea to have the numbers for your emergency veterinarian and the poison control center close at hand.

Aspirin is often used in water to prolong the life of the tree; this is a bad idea because cats are very sensitive to it and often drink the water under the tree. Tinsel, icicles, garland, and breakable decorations should also be avoided in cat-owning households as they are nearly irresistible to cats and can cause life-threatening intestinal problems. It is important to firmly secure your tree to either the ceiling or the wall and not to trim the lower branches off. These precautions will decrease the chances of your cat toppling the tree. If you can't live without lights on the tree, consider coating the cords with tabasco sauce to keep your pets from chewing on them and unplug the tree before going to bed or leaving the house.

Other hazards at this time of year include candles and turkey bones. A singed whisker can panic your pet and may cause a fire. Keep candles out of their reach. Discarded turkey remains should be placed in pet-proof containers to prevent intestinal problems. It won't hurt your pet to have a little holiday fare, but don't overdo it and NO bones.

If you're traveling for the holidays consider leaving your pet at home with a pet sitter or a well-run boarding kennel. Make reservations early, as it's a busy time of year. If you do decide to take your pet along, confirm that the place you're staying allows pets, make sure your pet is up to date on vaccinations and, most importantly, that your pet has a current ID tag. It's a good idea to add the address that you're staying at as well. By following some of these simple precautions, you and your pet can enjoy a safe and happy holiday season.



DECEMBER IN-CO-OP PRODUCT SAMPLING

saturday
4TH

Apple Bake with Quark
10:30-12:30 & 1:00-4:00

friday
10TH

Small Planet Soymilk
New Local Product
5:30-7:00

saturday
11TH

KID'S DAY
animal cookies
puffed cereal treats
lots-o-goodies

UPSTAIRS

in the BAZAAR
SIMPLY WILD rice dishes
(Pancakes, muffins, etc. . .)

ALLDAY



friday
17TH

HOLIDAY COOKIES
5:30-7:00

saturday
18TH

LITTLE BEAR
rice and beans side dishes
CAJUN
MEXICAN
CUBAN



Holiday Food at the Co-op

by Skott Larsen

We have or can get nearly everything you need for this holiday season:

- * Organic yams: sweet potatoes
- * Free range turkeys (anti-biotical free)
- * Pie pumpkins
- * Locally grown squash
- * Martinelli's sparkling cider
- * Cranberry sauce (3 types):
Organic by Knudsen
Ocean Spray jellied
Ocean Spray whole
- * Canned pumpkin
- * Sheltons:
- Organic cornbread dressing mix
- Organic whole wheat dressing mix
- Low fat low sodium chicken broth
- Regular chicken broth
- * Mountain Sun organic spiced cider
- * Greinaissance rice nog (qts. & 1/3 qts.)

- * Stony Field low fat egg nog
- * Rising dough whole wheat pie shells (in the freezer and cooler)
- * Santa Cruz organic apple sauce
- * Bulk gravy mixes
- * Bulk pumpkin pie spice
- * Bulk cider mulling spices
- * Chanukah candles
- * Potato pancake mix
- * Matso crackers
- * Borscht
- * Memorial candles
- * Bulk dehydrated potatoes
- * Butter, only \$1.87 per pound
- * Enes kosher vegan marshmallows
- * And great prices on bulk flours, sweeteners, and all baking supplies.

Pilgrim's

Nutrition Center

310 S. Main • Moscow, ID
208-882-0402

UPS Shipping

Let us ship your packages this year in our convenient downtown location.

HEALTH FOOD • TEAS • VITAMINS
• NATURAL COSMETICS • BREADS
• ATHLETIC SUPPLEMENTS •

Hours: 9-6 M-F 9:30-5:30 Sat.

FSA Food Fair

by Anne Hubble

"Be ready at 7 am! -- Aghh -- 7 am! But I was, at least ready to step into a car, if not actually to count myself yet as one of the living.

That was the morning Ed, Ari and I drove up to Spokane to attend the FSA food fair. FSA (Food Services of America) is one of the major distributors from whom we buy. We were leaving so early in order to attend the seminar titled "Packaging in the To-Go Deli."

Arriving just in time to save ourselves from the appetizing display of breakfast foods, we listened to a very informative talk, through one not always given from our point of view. The first half of the hour was given to the subject of customer service--a message that cannot be heard too often. The customer is the most powerful person that we will meet during the day. How we treat that customer will have direct influence on the success of our business.

As well as perfecting our customer service skills, we were urged to do research into what manner of customer we are serving, and to ask the few questions--"WHY would people want to shop with us?" "WHAT do they want to buy?" "HOW much do they have to spend?" and "WHEN would they most like to shop?" In the process of answering these questions, we would need to look at our competition, examine the background of those shopping with us (ethnic, cultural, age), look into the income budget of our customers, and analyze the most popular shopping hours for certain groups such as workers, mothers or retirees and provide services appropriate to them.

Puffs 'n Honey Cereal ALWAYS \$1.99



I found all this information helpful and informative, but when the speaker broadened the subject of packaging, while her knowledge was wide and accurate, her bottom line was financial and mine environmental. I was, however, exalted to hear of a new line of containers that will be both recyclable and reusable and we have an order coming in any day now. We will be able to offer a small discount to those who bring their container in to be refilled.

We spent the rest of the morning wandering around the FSA displays, tasting a bit of this and that as we strolled; the chocolate decadence cake and espresso we saved for the end certainly hit the spot!

All in all, a good "field trip," information-gear, and a chance to be out for the day with two of my favorite co-workers.



A Day at the Chopra

by Moss Valentine, D.C.

To begin before the beginning, I am a devout Unitarian, that is, one who has long felt that matters of spirituality are better left to be explored by each individual. It was therefore fortunate that I was exposed to the writings of Deepak Chopra, MD, endocrinologist and ayurvedic physician, on a professional basis, as a practitioner and philosopher of the healing arts. If I had known he also espoused a trademarked form of meditation, I might never have gotten around to reading him. (It is in just this way that our prejudices imprison us.)

Ayurveda, the six-millennia-old health care tradition of India, has gained attention recently because modern physiology had been gradually coming around to similar conclusions, described in somewhat different terms. This is of interest to me as a drugless physician because, having been thinking along right lines for that long, they have come up with some very sensible and simple rules for wholesome living. Dr. Chopra has done an excellent job of bringing forth the parallels.

So I was there on the 7th of November in the Spokane Masonic Auditorium, when this serene gentleman reached the souls and minds of a capacity crowd. Author of many books about Ayurveda (Quantum Healing, Perfect Health), he is among the most sought-after speakers of our time.

He started with his view of the phases of healing our society is going through. We are just now leaving the phase of preventative medicine--some of us--into the healing stage. Very soon we will be entering the period of what may be called the Ageless body/Timeless mind (the title of

his latest book). Next will come societal transition, when lots of people will be living a long time, and to grow old will be equated with becoming glamorous. Following this span, he said, will come the spiritual era, on which he did not elaborate.

What is a normal life span? Perhaps people age and die because they see other people aging and dying. Sometimes certain sages, psychotics and geniuses manage to break out of this and live an unusually long time. Chopra asserts that aging has never been proven to be either fatal or irreversible; in fact the results of research seem to point in the opposite direction.

Which begs the question, does our self image affect our life span? Dr. Chopra says it does, by 30, 50 or more years. In effect, to accept any upper limit of age as impassable may be to sell one's life span short.

All creatures perceive the world differently, depending on the kind of eyes we use, what kind of nervous system we have, and our subjective viewpoint. A honeybee sees the universe quite unlike a human does, and a snake or a chameleon appreciates it in other ways. From this standpoint, there are no colors, beauty, or ugliness in the "real" world, for we are the magicians who make our own universes out of what Dr. Chopra calls the "Quantum Soup," the total assemblage of subatomic particles and massless vibrations which modern physics says comprises all matter and energy. In the act of observation, we freeze it into that which we perceive.

I went to the lecture because I wanted to learn more about Ayurveda, which I had assumed would mean herbs and diets; corporeal advice about our tangible bodies. But the subject matter went beyond system and tradition. Dr. Chopra spoke about material things, all right, and at their most fundamental level. The goals of life, said he, are peace, harmony, laughter and love. This is a recreational universe, and God is everywhere. Seek bliss, and the universe will manifest your desire.

P.S. If you are interested in joining an Ayurvedic study group, please contact Moss Valentine at 882-0565.

Linda Kingsbury M.S.

Herbalist Wholistic Health Practitioner
883-2827

products and services to nourish the whole self

Bach Flower Remedies
Custom Herbal Formulas
Herbal Tarot * Aura Readings
Ear Coning and Energy Balancing
Nutritional and Spiritual Guidance
Workshops * Private Consultations

In a world of extremes, take the middle path



Dr. *Moss Valentine*
Chiropractic
Physician

311 So. Jefferson Street, Moscow
in Post Office Square (The little shopping
center that's right downtown on 3rd St.)

882-0565

Activator Methods™ Proficiency Rated
"Safety and Effectiveness are our Goals"



Animal Care Center

328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Thursdays until 7 pm)
(208) 883-4349

Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.



Pat Murphy Ph.D., A.T.R.
Art Therapist

Will be offering

- 6 week art therapy groups for
 - Middle Adulthood
 - Personal Growth
 - Relationships
- Individual Short Term Therapy
- Consultation and Assessment for
 - Dissociative Disorders
 - Other emotional difficulties

Sliding Fee Scale

CALL 882-5255

BUYING BULK IS BEST

By Justine Schlueter

I would like to thank the Co-op for providing such a comprehensive bulk section! The ability to buy bulk should be one of the main services a grocery store offers, and it is one of the main reasons I support the Co-op. Here's why I advocate buying bulk:

Less packaging means less waste, and lower costs. Not only do you save money at the cash register (manufacturers have to charge more for fancy packaging) but you save money by decreasing trash. Starting January 1994 Latah County will increase fees from \$9.56 to \$12.00 a month plus \$4 per can set out per week. Why should you pay twice both at the register, and for trash services for packaging that is useless?

Buying bulk alleviates these problems. And if you provide your own bags, you save even more. You can easily form a habit of bringing bags by leaving a bunch in your car or backpack. Reusable and washable cotton bags are available at the Co-op.

You can also enjoy the convenience of buying in quantities that you need and want. How many times have you been forced to buy a huge box of something that you rarely use, and recipe calls for only a little? Plus

you can try out new products without worrying about wasting, if you don't like what you get.

Not only do you save money and avoid wasting food when you buy bulk but you contribute to saving precious resources. Less petroleum is used in plastic covers, and the need to shop the boxes to and fro, and less timber is used on cardboard. Buying bulk sends a message to manufacturers that you would rather use precious resources for useful purposes rather than for packaging that you don't need or want and even have to pay to throw away!

Buying bulk makes sense, and the Moscow Co-op offers the best selection of bulk items I have seen. Thanks again.



YOU CAN HAVE SECOND HELPINGS OF THESE HOLIDAY DESSERT RECIPES!

by Carol Hartman

One of my favorite Thanksgiving Day traditions is the dessert. Love that pumpkin pie! I have to make an educated decision whether or not to indulge, just because of the inevitable encounter with dairy products. However, I've finally found a delicious recipe that stayed delicious even with my substitutions. Here's one I adapted from Molly Katzen's *Moosewood Cookbook*.

The Co-op is a great place to shop for recipes like these, which call for a dash of many different things. Buying in bulk naturally makes the dessert more economical. The store recently added another brand of soy milk, which has a light taste and texture (the price is right, too!).

Crust

6 T. margarine, cut into small pieces

1 1/2 C. unbleached white flour

4 T. cold milk (soy okay) or water

Cut together the flour and margarine until the mixture is all blended. Add the liquid and mix. Roll out the dough and form a crust in a 9 or 10- inch pan.

2 tsp. cinnamon

Filling

3 C. cooked, pureed pumpkin or squash (or one 29 oz. can)

3 T. white sugar

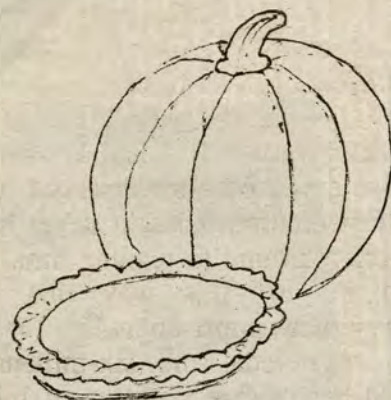
3 T. brown sugar

2 tsp. apple sauce

1/2 tsp. cloves

2 tsp. powdered ginger

1/2 tsp. salt



2 beaten eggs (or 1/2 C. egg replacer)

1 1/2 C. soy milk

Place pumpkin or squash puree in a medium-sized bowl and add all other filling ingredients. Beat until smooth. Pour into pie crust and bake at 375 degrees for 10 minutes. Turn down the oven to 350 degrees and bake for another 40 minutes. Pie is done when it is firm in the middle after you shake it lightly. Cool to room temperature before serving. Whipped cream is always a great topping--try adding a little rum or some soy ice cream.

This next recipe I found on the back panel of one of the Co-op's newest tofu items: White Wave organic soft style tofu. I haven't tried it yet, but this is next on my list.

Use the same crust recipe.

Filling

1 lb. tofu

1/4 tsp. nutmeg

1/2 tsp. cloves

1 egg (or egg beaters or 1/2 C. egg replacers)

1/2 C. honey

3 tsp. cinnamon

1/2 tsp. ginger

3 C. pumpkin

1 C. soy milk

1/8 tsp. salt

Blend tofu with milk until creamy. Combine all ingredients and mix well. Pour into pie crust and bake at 350 degrees for one hour or until middle is done.

Happy eating and happy holidays!

OUR BUSIEST SHOPPING HOURS ARE
WEEKDAYS, 4 - 6 PM &
SATURDAY, 11 AM - 5 PM

To enjoy a leisurely shopping experience, try shopping at other times...

... It helps everyone!

MOSCOW FOOD CO-OP

PALOUSE
Ocularium
VISION CENTER

Precise, professional eyecare.
Comfortable atmosphere.

William R. French
Optometrist
7th & Washington
Moscow / 883-3937

Birkenstock

Quality • Comfort
Styles • Colors



NATURE SPORT
Palouse Empire Mall
882-9462

Moscow Idaho Seed Company
Division of George F. Brocke & Sons, Inc.

Supplier of bulk locally grown:

- split peas
- lentils
- garbanzo beans
- red chief lentils

Be part of the Palouse!

223 W. 8th Moscow
208-882-2324
Mon-Fri 8-5



PALOUSE THERAPY ASSOCIATES

Manual & Massage Therapy

Jan Roberts, L.M.T., A.M.T.A.

Lisa O'Leary, L.M.T., A.M.T.A.

(208) 882-7867

106 E. Third St., Moscow, ID 83843

Bulletin Board

WANT TO UNLOAD LAST YEARS TOYS?

If anyone has toys they'd like to unload/sell before Christmas that are appropriate for a 2-3 year old, I'm interested. I'm looking for a toddler play kitchen, play food, dishes ect., a tricycle, and any Discovery toys.

Call Beth Case 882-4410
Thanks!

How about a holiday gift that keeps on giving?

Give a subscription to the Moscow Food Co-op Community News!

Send a check payable to the Moscow Food Co-op, attention: Bill London, 310 W. Third St. Moscow, ID 83843

Include the name and address of the lucky subscriber!

UPSTAIRS AT THE CO-OP . . .

BAZAAR

not open for just Christmas anymore!

11 am - 6 pm Daily

Handcrafted gifts, housewares, clothing, espresso, gourmet food and more!

Announcing a series of Prepared Childbirth Classes

taught by Nancy Draznin,
Certified Childhood Educator

Beginning Thursday, Jan. 13 6:30 pm

Breathing and relaxation, nutrition, labor and delivery, breastfeeding, post-partum and much more!

For more information and registration call 882-4735

KUOI - FM
Moscow presents . . .

Gnarled Pine News

A biweekly program Tuesdays & Sundays - 7 pm focused on Natural Resources Issues

Hosts Mike & Gerry reveal current decisions affecting western landscapes and regional ecosystems. Science, politics, and management. We're turnin stones to bring you the dirt!

Cascadia Wild

Essays exploring the North Cascades

A public reading/presentation by Paul Lindholdt

Thursday, December 9, 7:30 pm
BookPeople of Moscow
512 S. Main

UPSTAIRS AT THE CO-OP .

COMING SOON . . .

Coop fresh squeezed juices, smoothies and fresh salads

11 am - 2 pm Mon.-Fri.

Bulletin Board Announcements

Announcements of events, classes, give-aways, and non-profit sales will be printed here, at no charge, on a space-available basis. **Submit written announcements by the 20th** of the preceding month, to Beth Case at the Co-op.