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COMMUNITY NEWS



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MOSCOW FOOD CO-OP

What Exactly does the Co-op Board do... Anyway?

COME TO A MEETING
by Jeannie Harvey

Have you ever wondered what goes on at one of the Co-op board of director's meetings? If you have, we want you to know that you're invited to attend any of our meetings. You can bring specific ideas to share, or just come to listen and find out how decisions are made about Co-op business. We meet once a month, report on committee meetings that have taken place during the month, vote to approve major purchases, renovations, etc., and lots of other things. A recent topic of conversation has been a Co-op move. You'll notice in the most recent minutes that we will be talking with Kenworthy about the Herman's Sporting Goods building. We welcome your energy, input and ideas, so come join us!

Next time you are in the Co-op, check out the board to the left of the main entrance door (as you walk in). You'll find out when and where the next board meeting will be each month. Also listed there are all the Co-op committees and when they will be meeting. I bet you didn't realize how many people are involved in making the Co-op run smoothly. So do take time to get involved and share your ideas and thoughts.

WANTED: Board of Director's Scribe. Qualifications: Co-op member (you can easily join and become one), able to take notes, type them up, and distribute them. Benefits: 18% working member discount. Responsibilities: attend monthly board meeting, take detailed minutes, type them up (format available), and distribute them to board members, general manager, and post in Co-op. Training provided. It's a great job! Very interesting! How to apply: contact Jeannie Harvey at 882-8329, talk to Kenna at the Co-op, or leave a message at the Co-op for either of us.



BOARD UPDATE
by Peg Harvey-Marose

Our newly expanded committee system has gotten off to a good start. Committee meetings are happening all month long and there is already evidence of the work being done.

Some committees still need members and all committees welcome member involvement. To encourage member involvement, we have set up an information center on the bulletin board by the door. There you will find announcements for upcoming meetings of the Board of Directors and the committees. You will also find the minutes from the board meetings and other announcements and information. We hope that this will help keep members informed and encourage involvement.

HELP WANTED

Two Co-op committees are actively seeking volunteer members.

Education Committee:
to develop and coordinate
educational programs. Contact
Matt Kitterman 882-7845

Volunteer Committee:
To recruit and coordinate
volunteers. Contact Rene McNally
at the Co-op

So, How Should We CELEBRATE?

by Carol Hartman

For every milestone in our lives, we carefully plan the most appropriate and meaningful celebration possible. We choose where to celebrate birthdays, wedding ceremonies, the end of finals week, Earth Day, graduation and holidays, with the utmost attention to detail. Now that the Co-op's 20th birthday is on the horizon, it's time to plan our celebration!

The most important question is "how?" Shall we plan an open house with a membership party? Shall we all go whitewater rafting on the Snake River? Create a commemorative T-shirt? poster? paint a mural in the parking lot? Pick organic vegetables? Deliver them to needy families?

When the Moscow Food Co-op opened its original doors in August of 1973, it was the beginning of a grand tradition. Twenty years later, the Co-op continues to be one of the reasons why the Palouse is a great place to live. And, as membership grows in number and diversity, this celebration should reflect that.

So, we need your input. We'd like ideas, volunteers, old photos, volunteers, memories, volunteers, plans, and of course, volunteers. See Kenna with your suggestions.

As part of this celebration, the newsletter (which will celebrate its 10th anniversary December 1994) will highlight Co-op history. Anyone wishing to share memories, photos, sales receipts, etc. will be welcome to do so in this column. Long-time members, providers, deliverers, landlords and even established well-wishers are invited to tell their piece of Co-op history. Leave notes for Bill London or myself in the newsletter box upstairs in the office.

The Co-op has survived because of the energy and determination of its members. As a relatively recent member, I don't know the struggling, early years when the Co-op was trying to define itself, but I'd like to, as would other new members. For long-time members, it's time to pat yourselves on the back and celebrate what you've accomplished: providing healthy, economical and locally grown products to the community.

So, give us your thoughts, ideas, your wildest daydreams, and let's celebrate this milestone in Co-op history with pride and some fun!

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Q: How about confectioner's sugar?

A: You can get powdered sugar at Rosauers. If this is a round about comment on the choices of sugar available at the Co-op (to much stuff with refined sugar, etc.) then you'll be happy to know that a Product Selection Committee has been formed to help weed out the nasty things we don't want hanging around. More about that elsewhere in the newsletter.

- Erika Cunningham,
Grocery Manager

Q: Pacific Rice Product's Quick and Creamy?

A: It's still here and kicking. You must have looked on out-of-stock day. Please look again.

- Skott Larson,
Assistant Grocery Manager

Q: We want Uncle Lee's Teas and IPE Herbal Tea.

A: You can special order Uncle Lee's (we tried it once and it didn't sell well at all). As for IPE Tea, we can't seem to find it. Anyone have any ideas?

- Erika Cunningham,
Grocery Manager

Q: How about dry curry leaves?

A: I can't find them in my catalogues, let me know anyone if you know of a source.

- Erika and Ari, Herb Buyers



Customer Corner



Q: Soya Kaas Mild American Cheddar Cheese. You need to get some of this cheese. You already have Soya Kaas (mozz. and jal. jack). This is even better, I'm tired of buying it at other places."

A: O.K., we'll try it!

- Erika and Skott

Q: Could we have one dairy free chocolate bar please?

A: You're right—we have too many chocolate bars filled with dairy. But you understand these chocolate needs or you wouldn't be writing this right now, right? Anyway, we do have Rapunzel Dairy-Free Chocolate on the candy shelf, also labeled Bittersweet.

- Erika, Grocery Lady

Q: Please order dried ginger root.

A: We've tried it before and it doesn't sell very well. We have ground ginger and crystallized ginger in the herb and spice room.

- Erika and Ari

Q: What's happened to Queen Helene's Mint Julep Deodorant? First there's some and now there's none."

A: Well, there's some again! And now we have a more reliable source, so hopefully I can keep it in stock for you.

- Erika, the Body Care Buyer

Q: Can we get organic Rye flakes? The one's in here don't say organic.

A: That's because they aren't! I don't have a source for organic Rye flakes right now.

- Erika and Skott

Q: Do the pastas have any oil in them?

A: "No," says Ellyn the Pasta Queen.

Dear Farooq: I can't find the green tea that turns pink when you put milk into it. Anyone else have any ideas?

What's New at the Co-op?

by Erika Cunningham and Skott Larson

Emerald Valley Cajun Style Bean Dip. The other Emerald Valley products are so popular I couldn't resist. Try some! It's made from a brown bean, spiced just right. I love it, of course I love anything that I can dip blue corn chips into. The containers are recyclable, and better yet a good size for re-using.

Breadshop Fat-free Cinnamon Raisin Granola. I like Breadshop products, and they've been a great company to work with. The granola has a lot of oats in it, plenty of raisins, and has a good cinnamon flavor. It should be on special for the month of May. Look for a demonstration as well, so you can try it.

Real Salt. In by popular demand (thank-you Cindy). This salt is supposed to be the end of all salts. Check it out. We have bulk granules and rock salt, plus some in packages.

Milk. Just what the heck is happening with the milk? Here it is in a nutshell: Sunshine Dairy Milk just didn't work out (they were the \$1.99/gal. milks). We had to buy in such big quantities that it took up too much space in the cooler. Also we had too many incidences of out of date milk, even before the date was up! So we gave up and went back to Stratton's as our main supplier with some filled in from our produce supplier for those who don't choose to be on the deposit system (are you still with me?). Anyway here's what Ellyn says. Since it's spring, the cows want to have babies, so they are going through a process called freshening. I think this boils down to the cows saving their milk for the babies, and Strattons only have enough milk to deliver the most popular milks, 2% and whole, so we won't have skim for a while. But it should be back in May!

Apple Nut Mix and Tamari Almonds. These are Skott's new items, and they are tasty. The almonds are just like the Tamari Nut Mix we already have, only now the almonds are already separated out for you! (Am I the only one that high-grades the almonds out and leaves the rest of the mix behind?) The Apple Nut Mix is already very popular. It's a great blend of fruit, tasty for back packing.

Imagine Carob Rice Dream. Little by little we're being taken over by Imagine! They offer a great product, a rice milk alternative to dairy that's very tasty. The plain and vanilla were oh so popular, so now we're trying the carob. It's scrumptious.

Bio-Pak Stand. Check out the new stand. Hopefully this will make dispensing easier. The powders will flow better and the liquids shouldn't leak so much.

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WHO DO WE APPRECIATE?

by Erika Cunningham

There's a new thing happening at the Co-op. We're trying to let each other know that we appreciate working with such a lovely batch of employees. Not very many places have I worked that I feel such a community spirit and I for one would like to protect and reward that spirit. So there's a new program that's happening weekly. We nominate one person on staff that has done an outstanding job. Outstanding job could mean anything from helping someone out with their groceries to going beyond the call of duty to having a nice smile. Anyone on staff can nominate anyone else, and we'd like to invite the members to let anyone on staff know if they feel someone should be nominated.

The weekly winners so far are:

Bonnie Hoffman for helping so many customers to their car with groceries and for being a very flexible substitute and slave to Mountain People (our biggest supplier who doesn't always come on time).

Alan Solan for hauling in the cardboard recycling in his new truck, after already having done a long shift.

Arianna Burns for finishing a sign project, putting away an herb order and being a cracker-jack second cashier.

Lucy Gullardo for being the most creative muffin maker this side of the Mississippi, and for working harder than most people we know.

Mare Rosenthal for being an inspiration for us all in customer service, and the extraordinary amount of volunteer hours she puts in for the board and committee meetings.

Skott Larson for doing her job as well as mine (grocery manager) and taking care of inventory all in one week. Her being here makes our jobs easier.

Ken Nagy for volunteering many hours and tools to get the new bakery equipment into the bakery and running. Also for risking setting his face on fire to fix the oven.

I hope I didn't forget anyone. These folks deserve a pat on the back, and a big smile from you. What they get from the Co-op is a little token that we know they'd like, for example Bonnie got some of her favorite coffee, Frangellica.

Again if you feel like someone has done an outstanding job, let someone on staff know!

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CONSUMING COMPACT FLUORESCENT LIGHT BULB UNITS

by Jim Prall

In the pursuit of cutting back on my own electrical energy use, I've learned a lot lately about "compact fluorescents." Not those long tubes that so often drive you crazy with flicker and noise. These new high-tech yuppie bulbs use as little as 7 watts but crank-out about as much as a 40 watt incandescent regular bulb.

The cost of a single compact fluorescent bulb is 15 to 100 times more than a conventional bulb. However, it can last 10 times as long (or even 50 times as long on units with replacable bulbs). If you burn them for three hours or more at a time. Otherwise forget it; it'll save electricity but it'll wear out and cost you more money if you turn it on and off a bunch.

The more expensive of these bulb units come on instantly because they have electronic as opposed to magnetic ballasts. Ballasts transform the electricity to excite the gases in the bulbs and are the part of tube fluorescents that make the hum and generate heat. There is a statement on the boxes of the heavier magnetic ballasts warning they contain Krypton (or maybe a radioactive isotope of Krypton). There is something about these bulbs that requires them to be labeled — like battery-operated smoke detectors. I'm not concerned about the small amount of radioactivity. However, I won't buy units with Krypton. Until I'm persuaded otherwise, I imagine the Krypton is a by-product of the nuclear industry, maybe like the stuff with which they irradiate food.

Some of the niftiest looking of these bulbs are only good for 9 or 10 thousand hours of use because the bulb part itself is not replacable and so you have to throw the whole thing away as a unit, thereby wasting energy and contributing to the landfill problem. The magnetic ballasts are heavier but less expensive, and most of them have replacable bulbs that after the first 9 - 10,000 hours burn out and can be replaced. The exception seem to be the circular style units that are mostly electronic but do have replacable bulbs — and no Krypton.

A local mall hardware store has 2 units made by the same company that each burn 22 watts; one of them sells for \$20 and cranks out the equivalent of a 115 watt bulb, the other, for \$9, is equivalent to an 85 watt bulb. This inexpensive bulb might seem like the one to try if you are interested in getting the most bulb for your money. However, it is only 75% as efficient as the more expensive unit, and its quality of light (see below) is about that of a standard fluorescent tube.

Between now and May 31st, if you are a Washington Water Power customer, you can get seven bucks a bulb unit rebate. The rebate coupon was part of your April bill or you can get one from the retailer with all the terms and conditions. Clearwater Power has no rebate program, only an incentive program if you are building a home.

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¡VIVA PCEI!

by Carol Hartman

Co-op members can look forward to a feast of black bean burritos, Mexican cabbage salad and Mexican rice at the May dinner meeting of the Palouse Clearwater Environmental Institute.

Chef Jerry Galloway, known for his culinary talents at the Beanery, explained that this month's menu was chosen to vicariously celebrate the Mexican holiday Cinco de Mayo.

"We're calling it 'Mexican May,'" Jerry added.

All items will be purchased at the Co-op, which makes it easy for Co-op shoppers to recreate the meal at home. Items on the shopping list will include: the black beans, a variety of tortillas (corn, wholewheat, flour), rice, spices, and the various produce involved, such as cabbage, onions, garlic, tomatoes, carrots.

As always, the dinner will be held at the Moscow Community Center on Third Street, at 6:00 pm, the last Sunday in May (May 30). Since April's meeting featured local musical talent, the May meeting will highlight a special guest speaker. PCEI dinner committee members have three prospects in mind but hadn't yet secured a commitment at press time. Given the quality of previous speakers, attendees can expect an enlightening presentation.

For Co-op members wanting to reproduce chef Galloway's delight

at home, here are some guidelines:

Soak beans overnight (at least 8 hours). Rinse then cook for 1 hour at medium heat, adding spices, onions and garlic the last 10-15 minutes of cooking. Beans are done when soft.

Wheat and flour tortillas taste the freshest and most flavorful when warmed before adding the beans and toppings.

Jerry has been delighting Beanery clientele with his creations for 2 1/2 years. He has also worked in Tidyman's Bakery, The Deli and is also the former owner of a Moscow restaurant. Eleanor Kirk, also of Beanery, Tidyman's and Deli fame, regularly lends her skills for the PCEI dinners. Now that the dinner committee is organized and attendees arrive in a somewhat predictable number, Jerry said the dinners run more smoothly. Even so, to prepare the meal for the 60 to 70 people who attend the dinner at 6:00, Jerry and Eleanor begin slicing, dicing and boiling about 2:00 pm. Thankfully, a devoted crew manages the clean-up, he said.

All dinner proceeds help PCEI meet office rent obligations and cover dinner costs. Prices are: \$7 for non-members, \$5 for members, \$3 for children ages 5-12 (those younger munch for free!). For more information, call the PCEI office at 882-1444. Volunteers are always welcome!



Fighting Weeds - or Weed Killers

by Dianne French

Many citizens of Moscow are unaware that their city signs an annual contract to have weed spraying done along streets, alleys, dead-end barricades, and other city rights-of-way. Some citizens are aware of the contract but feel they have no power to change it. In 1990, only 6 letters were received by the Moscow Street Supervisor requesting that spraying not be done along the letter-writer's property. When such a small number register disagreement with a policy, that policy is viewed as having community support.

If you are personally concerned about the spraying of chemicals such as Krovar, Princep, Roundup, Rodeo, Banvel, 2,4-D Amine, Surflan, and others on the public by-ways or near your property, then it becomes your responsibility to notify those in charge of the program. In this case you need to WRITE to Mike McGahan, City Street Supervisor, P.O. Box 9203, Moscow, ID 83843, and express your concerns and recommendations. If you visit City Hall, you have the right to look at this (or other) contracts--they are public record. City council members and persons serving on City Commissions are knowledgeable or can direct you to proper sources for information.

If citizens have an opinion about a public issue, policy, or program, it is their responsibility to make that opinion known. If a

street supervisor were to receive 100 letters (instead of 6) regarding a certain program, city policy would be influenced by those letters.

City policy may not be etched in stone, but it takes the interest and effort of the citizenry to effect change. Please make yourself one of the interested, informed, and influencing members of the community.

If you do not want the City's weed control contractor to spray on or adjacent to your property, you must send letters to:

Mike McGahan
City Street Supervisor
P.O. Box 9203
Moscow, ID 83843

AND
Joe Evans
Shull Bros. Lawn Service
P.O. Box 8668
Moscow, ID 83843

Your notification should be brief, must include your name and address and must be IN WRITING. A phone call is not adequate.

The City's Health and Environment Commission also asks that, as a good citizen, you do your part and hand pull any noxious weeds growing along your property--especially those growing in the curb and street cracks.

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Spring Foraging

by Nancy Draznin

One of the many delights of springtime is foraging. Picking the first tender leaves and buds in the warm sunshine is healing and refreshing. Many common weeds make wonderful food with invigorating healthful properties.

Before you begin foraging, take some simple precautions. Beware of public parks where dogs are likely to go. Plants gathered near busy roads or highways can have a high lead content. Ask permission before you pick herbs on private property. Bring along thick gloves and plastic bags for prickly plants. If you need a guidebook, take one; some look-alikes might be harmful. Be respectful of all plants and life growing where you are gathering. You are not the only critter using them for food. Many herbalists ask permission of the plant before they will pick it, always waiting for an answer. They might also leave a gift such as cornmeal. If you don't feel comfortable doing this at least be respectful and minimize the damage you cause.

Many spring plants are abundant and can be gathered in town. As I write, the dandelions (*Taraxacum officinale*) have begun to bloom. Virtually every part of the dandelion is edible. It is high in iron, vitamin A and vitamin C. It is known as a blood purifier and a diuretic. It is very good if you are anemic.

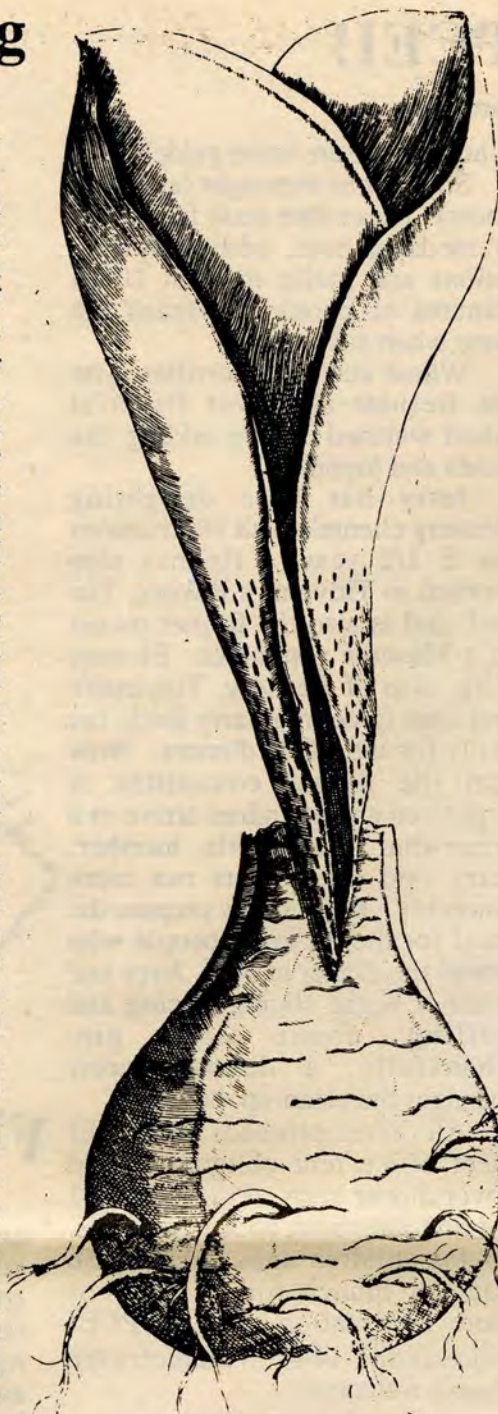
Gather dandelion leaves in early spring before the plant has begun to flower. They are least bitter at this time. Wash them well (as you should with all foraged plants), dry them and eat them in a salad. Or serve them cooked either steamed or sauteed with onions in butter. Little dandelion buds are delicious sauteed in butter all by themselves. Just cook gently until they begin to open. You could also put them in an omelette or toss

them into a stir-fry. They are really tasty.

Dandelion wine is made from the bright yellow flowers. I have never made it, but you could find a recipe in an old cookbook or one of the books listed below. Otherwise you could adapt your favorite fritter recipe for dandelion blossoms. Just substitute the flowers for the corn or squash blossoms or whatever, fry and serve with your favorite toppings. Fall is the best time to dig up dandelion roots. I find a long sharp stick works best, but you can use any tool. Scrub the roots well and chop them coarsely. You may either roast them in the oven until they are dark but not burnt, or dry them. Roasted dandelion root makes a bitter coffee substitute. The dried roots are less bitter.

I was delighted to find Sweet Violets or *Viola odorata* growing wild in lawns all over Moscow. These charming flowers have an exquisite scent and you can eat them! Rachel loves them, but I find them somewhat bitter. They are very high in vitamin C. The leaves can be steamed or eaten raw. The flowers can be candied by dipping in beaten eggwhites then in superfine sugar. Let them dry on waxed paper. Or you could flavor a custard or ice cream with violet blossoms. An old fashioned salad called mesclun was made with all sorts of edible flowers and greens. Violet blossoms would be a pretty addition. For more information about Sweet Violets, see the April/May edition of the *Herb Companion*.

Chickweed (*Stellaria media*) is one of my favorite herbs. My mother used to make me pull it from around the bushes in the front yard when I was small. She called it creeping charlie. I hated it then, but I thought that such a prolific herb must be good for something.



moist areas, but can be found almost all year-round.

A Grimm's fairy tale tells of a girl who had to weave seven shirts of nettles to save her brothers from a wicked enchantment. If you've ever been stung by a nettle, you know what a trial this would have been. The sting in nettles comes from formic acid. Though most people wear thick gloves and long clothes when nettle gathering, my friend Rosemary was taught if she asks their permission to gather the nettles, they will give themselves without stinging. She says it works. I haven't been brave enough to try it.

The trouble of gathering nettles is worth it. They must be cooked before they can be eaten without stinging. Heat breaks down the formic acid. Dried nettles also lose their sting, so nettle tea is safe. I usually steam them saving the dark green water to drink as tea or use in soup. Both nettles and dandelions have nourished large populations during times of scarcity. Nettles are very high in iron, protein, vitamin A and vitamin C. They relieve anemia, can slow hemorrhage, and generally nourish the body. Anyone can benefit from a plateful of these greens in the spring.

If you'd like more information about gathering herbs and wild plants, the following books may be helpful (of course, if you find a wise person to teach you, that would be ideal):

Euell Gibbons, *Stalking the Healthful Herb* and other titles
Susun Weed, *Wise Woman Herbal for the Childbearing Year* and other titles

Medicinal Herbs of the Mountain West

Medicinal Herbs of the Desert West
Billy Jo Tatum's *Wild Foods Cookbook and Recipe Guide*

Well, besides being good to eat it can fight infections in wounds, cure pinkeye and relieve itching. Try eating it raw or steamed. It has little, white, star-shaped flowers, heart-shaped leaves and grows close to the ground. It likes cool,



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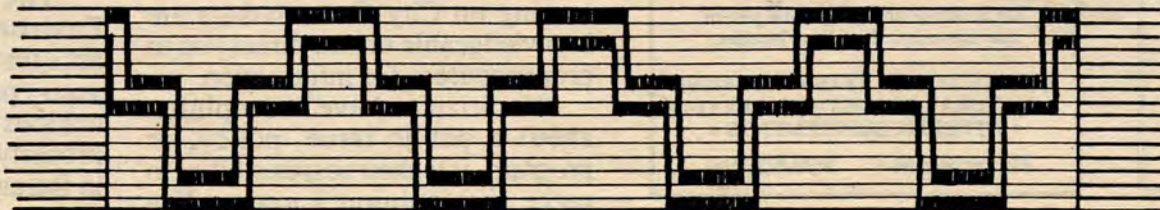
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Choosing the Perfect Pet for You Plant Care — A Parable

by Dawn Gill

by Rodger Stevens

There are a lot of positive benefits of animal companionship, but it is also a big responsibility. Cats are fairly independent and self-sufficient pets, but they still require preventative veterinary care, food, and water. In addition to these basic needs dogs require more interaction, exercise, and often obedience training. A fenced yard is important for anyone considering a medium-sized breed of dog. Fish, birds, rodents, etc. all have species-specific needs which should be investigated before considering them as a pet.

Studies show that the number of dog owning households have decreased to 34.6 million while, households with cats have increased to 29.2 million. The third most popular pets were birds (5.4 million). While cat ownership is on the increase more households are still opting for a dog. Two of the most popular breeds currently are the labrador retriever and the golden retriever. In a survey of veterinarians these two breeds were also by far the most commonly recommended. Shetland sheep-dogs and beagles were the most recommended among medium-sized dogs; and for people interested in a small dog, toy poodles, miniature schnauzers, and dachshunds were all recommended.

Veterinarians, in the survey, cautioned against purchasing the latest "fad" breed. They said that the current "fad" breeds are chow chows and rottweilers, neither of which are good candidates for mass ownership. Females were recommended more often, by those who expressed an opinion; reasons cited were ease of training and less aggressive tendencies.

When selecting a pet you should do some homework. There is no best breed, but there are best matches. Be honest with yourself about how much time you have to spend with the pet, various species (and breeds) have vastly different needs in terms of exercise, training, grooming, and space. One source which may be helpful is *The Perfect Puppy: How to Choose Your Dog Based on Its Behavior*, by Benjamin Hart. Local breeders are good sources of information about specific breeds as well. You can ask your veterinarian's advise about selecting a pet, some will even accompany you to select a pet as one of their services.

Sources for pets include humane societies/animal shelters, breeders, and pet stores. Many of the veterinarians surveyed recommended against obtaining a pet from a pet store and they all stated that "puppy mills" should be avoided. If you get a pet through a breeder they advised people to see at least one of the parents to evaluate its temperament. Any new pet should be taken home on a trial basis and screened by a veterinarian before committing yourself.

NEVER purchase a pet without obtaining their consent and their participation in the selection process. The humane societies are overflowing with Christmas puppies and Easter bunnies discarded when the novelty wore off. A pet is a long-term commitment; dogs can live for 10+ years and cats for 20+ years. Pet ownership requires a big investment financially, emotionally, and time-wise, but with proper selection it can be a valuable and rewarding experience.



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“Why does the bird sing?”

Our language is often duplications; the same old word can mean different things, like the 'bark' of a dog or a dogwood. Sometimes the use of a certain word for different things can tell us a lot about how we regard those things.

Since it is spring, consider the lowly nursery. A place for small plants, and also a place for small people. In the interests of economy and making a buck, plants in a nursery are treated identically: standard soil, standard pots, standard light and food and space, in short, standard treatment. They are coerced into patterns of uniform (one shape) behavior without much regard to their individual gifts, because the nursery would never make any money if each plant were reared according to its own needs and strengths.

Occasionally there arise particularly spirited seedlings who insist on following their own genetic instructions instead of those of the nursery. These renegades are nipped in the bud at the earliest signs of individuality, and if they still refuse to conform to their trainers' wishes, they are thrown into the rubbish heap to fend for themselves. The conforming masses, praised for their docility, suffer a life of frustration from not being allowed their own nature — a rose trying its best to be a daisy, and ultimately failing at both.

Consider the small plants in your care. There was never before one of these, and never will be again. Does it warm your heart to know that the dull-witted forces of economics and entrenched bureaucracy are doing its best to erase whatever makes your little plants different? Hybrids lack the innate charm of originals, and are usually sterile.

But take heart. Humanity, perhaps reluctantly, is turning the page to a new chapter whose theme is not the mass production of identical clones, but rather the celebration of unique entities dancing in community. Biodiversity works much better than monoculture. Celebrate your little plants, learn from them, help them be what they are by taking part in the nursery. The chance won't come again.



Farewell to a Departing Volunteer

by Steven Hanchett

As summer greets the Palouse, the Co-op will be saying goodbye to a number of volunteers.

Although many of us are heading to various destinations to be with family and temporary summer jobs, Susan Stodola will be venturing to Twin Falls to begin work with an engineering firm.

Susan arrived in Moscow last November, visiting some friends and taking a break from a year-long hiatus, in which she traveled across the country, exploring most of the spots that had beckoned her, from the southern states to Alaska.

The expedition was a chance for her to decide if civil engineering was her true calling, or if, perhaps, something else awaited her discovery. Having spent twelve years working in the field, most recently in North Carolina, Susan's restlessness finally caught hold.

"I knew I was going to be gone long enough to let go of my house," she says of the premeditated excursion. "I wanted to see as much of the U.S. as possible."

Camping along the way, Susan's travels lead her back to the northwest, where she was reminded of the beauty and slower paced lifestyle those of us here enjoy.

"Since college, I've lived mostly in cities. I found I like the atmosphere of Moscow," she said, enforcing her appreciation for the strong sense of community that is present in smaller areas, but which seems to get lost in the hustle and bustle of the metropolitan rat race.

In between jobs, she began volunteering at the Co-op to fill the void. Since winter, she has spent Wednesdays stocking and arranging the assortment of fresh fruits and vegetables in the store. The relaxed environment will be fondly remembered as she heads for the semi-arid clime of southern Idaho.

"I'll miss my friends here. I've been here enough to put down some roots. And I realize there won't be a Co-op available in Twin Falls."



Though the sprawling suburb-without-a-city has its shortfalls, Susan is eagerly awaiting the change of venue, and her new position.

"Yeah, I'm really pretty excited about the work. It appears it will be challenging for me, with some variety and travel," she said, citing the importance of travel and diversity in her life.

A sense of belonging and relevancy are likewise necessary to satiate her desires.

"I feel like I'm floating in space right now," she explains. "It's

important for me to feel like I'm contributing 100 percent, and now it's more like only a bit. I'd like to find something that makes me feel good about what I'm doing and benefits society and the environment."

So will the Magic Valley, with its more conservative populace and numerous golf courses be the final stop for this wandering spirit?

"No, I probably won't be settling in Twin Falls," she said, "though it may be a couple year's stay. But right now, there's something in Twin Falls for me, so that's where I should be."

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New Voice Comes to Co-op Board

by Carol Hartman



As one of the newest members on the Co-op board, Dean Pittenger hopes to address a problem he sees occurring as the organization grows: a widening gap between the board and the membership.

"I think there is sometimes a perception out there that the membership doesn't always feel adequately represented. I'd like to do what I can to help turn that around," Dean explained.

This is something Dean said he feels he should do just as a member of the board. The first step might be to "sort out what's real and what's perceived. The newsletter is a good medium for that."

Encouraging members to volunteer and be involved in Co-op operations is one way to bridge this gap. "When I can, I try to encourage people to be involved because that's what it takes. There's not enough of us. We need people willing to be committed and put the energy and time into these things," he said.

As the Co-op membership grows in number and diversity,

there's also competing pressures for what should be on the shelves. While a new board committee has been set up to directly address this issue and reach a satisfactory compromise, opinions and suggestions from members are crucial or this gap could widen, Dean explained.

"I think there's some place for packaged goods (in the Co-op) but I know there's a strong sentiment about that by some members. The product selection committee is going to address that," he added.

Dean has volunteered to serve on the ad hoc committee which coordinates the activities of all Co-op committees and the finance committee. "That was interesting because I'm not a business person at all," he smiled.

Although a board member rookie, Dean is no stranger around the Co-op. A member since 1985, he started volunteering in 1986. One of his first jobs was hauling the Sunday morning shipments of Stratton's milk from Washington into Moscow. His discovery of a

capable but little-used computer on the premises prompted him to take on the role of system manager.

"I set up the first database. I make sure the hard drive is backed up once a month and make sure the system is working. I make recommendations occasionally for equipment upgrades," he said.

He originally inquired about board positions several years ago. Co-op management reminded him of this last fall when a vacancy occurred.

"The Co-op is a place that I really personally like. I just like this place. I want to see it do well. I felt I had the energy. Guess I kind of like taking on challenges," he said.

This attitude is evident in Dean's career choices: anthropology/archaeology and computer system management. The pursuit of a master's degree in the former at WSU brought Dean to the Palouse in 1980. Naturally, his coursework exposed him to computers and databases and he "got his second incarnation."

Although he worked in archaeology and performed site surveys for 17 years, the uncertainty of employment eventually took its toll on him and Dean has settled in a systems management position at WSU. Archaeology isn't totally off the screen, however: last summer he contracted with the Forest Service to do site surveys on Berrenhof Island.

Dean arrived on the Palouse from Alaska, where he had lived for eight years. He earned a B.S. in General Science from the University of Alaska, although he originally planned to enter the nursing program. His experience as a medic in the service might have prepared him for the coursework. A Wyoming native, Dean also lived in California for several years. He and his wife, Andee who also works at WSU, enjoy skiing, windsurfing, and cycling. In his spare time, Dean enjoys reading science fiction.

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Certification includes on-farm (and sometimes surprise) inspections, soil and water testing, and careful record keeping. Certified Organic farmland must be free of agrichemical use, usually for three years. Unless you know the farmer or have visited the farm, certification is your best insurance that the food you're paying for is truly organic.

However, organic foods are a complex product line to understand and manage:

- The high demand for organic food and the lack of consumer protection (organic food regulation) have invited opportunists to enter the organic food market, some with fraudulent or misleading claims of organic foods. Thus the certifying agency should have proper credentials to ensure you that they are viable and have no conflict of interest with the farms, roasters, or marketing companies involved.
- Some of the common pesticides in use since World War II are also the most difficult to eliminate from the environment—some remain in the soil for decades. And though some of these, like DDT, have been banned from use in the United States for more than fifteen years, residues show up in the food we eat today. Possibly for decades to come, residues of pesticides long abandoned will show up in our food, and that will include, occasionally, legitimate organic foods. We recognize that contamination of *any* organic food can be unknowingly caused by lingering residues in the soil, winddrift from another chemical farm, or simply by sitting in storage next to another shipment that was heavily sprayed.

Organically-grown coffees often demand higher pricing because of the following factors:

- Farmers who avoid using chemical fertilizers have 20 to 40 percent lower yields than those using such fertilizers.
- Because organic farmers avoid insecticides and herbicides, there are higher losses to insects, fungus, and weed overgrowths, which in turn results in lower yields.
- Isolated processing, storage, and shipping are more expensive.
- Farmers command a premium price before they are willing to commit their farms to the difficult task of converting to organic agriculture.



Taking the Meat out of Meat and Potatoes

by Paula Ruth

Several years ago I made one of the most rewarding decisions of my life. It was the decision to switch to a diet free of animal products ... a vegan diet.

I would like to point out at the start of this column that I hold no medical credentials; my knowledge is simply that which has been acquired through many hours of reading whatever literature was available on veganism. That said, my purpose is simply to share with others what I have learned over time and through personal experience.

A vegan diet, by definition, involves absolutely no animal products. Obviously this means no meat, fish or poultry, but it also precludes the use of dairy products and eggs. And while bees are insects, not animals, true veganism also avoids honey. Perhaps you feel that is a bit extreme. I understand completely; having been raised on the typical American "meat and potatoes" diet, it seemed odd to me also at first.

Reasons to make the change generally fall under four categories: moral, health, aesthetic and ecological.

From a **moral standpoint**, vegans not only take issue with unnecessary killing of animals to fill our stomachs, but as well with the unacceptably low quality of life to which most of the nation's dairy cows and egg-laying hens are relegated. Another moral issue concerns the 16 pounds of grain used to produce one pound of beef on a planet where millions still starve.

Possible **health benefits** of veganism may include reduced cholesterol and reduced exposure to some common animal food product allergens, most notably milk. Bacterial contaminants most often found in meat are also largely avoided.

Aesthetically speaking, a vegan diet is just more pleasing than any other. If one contemplates what that steak or chicken leg on his plate is really about, it spoils the appetite. On the other hand, a plateful of nature's bounty is wonderful to behold.

Ecological reasons for supporting veganism focus upon the animal products industries' insatiable appetites for energy, water, land (rainforests included!) and other resources that humanity can no longer afford to mismanage.

Let's look at the pros and cons of the vegan diet. Some of the **positive aspects** include:

- Peace of mind that your choice is the least environmentally

destructive.

- Fewer concerns about safe and proper storage and handling of food products.

- Greater potential for variety of cuisine than the traditional American meat-based diet offers.

- Greater self-sufficiency in food preparation.

Some of the **problematic aspects** of veganism include:

- Not much luck at pot lucks. Generally, vegans are in the minority at social gatherings where food is served.

- The need to be vigilant to detect hidden animal products in the foods you buy (more about this in a future article).

- Before traveling, the need to carefully plan where and what you will eat.

- Greater self-sufficiency in food preparation. Although listed above as a virtue, self-sufficiency also means that you are cut off from our society's time-saving convenience foods.

In order for veganism to work for you, you'll have to accept it for what it is. That is to say, let vegetables be vegetables, not "meat replacements." The best recipes make use of the special qualities of a particular food, rather than treat it as something it could never be.

The diet doesn't have to rule your life. Once you learn what to eat for healthy, balanced nutrition, it becomes second nature. A very simple dinner menu formula is: bean dish + grain dish + fresh green salad + vegetable (either green or yellow) = balance.

And don't feel that your sweet tooth need be neglected. If fresh or dried fruits aren't going to make it for you, there are plenty of opportunities to be decadent. Vegan cookies, cakes and waffles offer just a few of the many ways to self-indulge. The vegan diet is not the extreme, restrictive diet that some would have you believe.

Next month I'll help you get your kitchen ready, as well as offer some meal suggestions.



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MACROBIOTICS — A HEALING, BALANCED WAY OF EATING

by Jill Minoel

Macrobiotics comes from the Greek words macro meaning "large" or "great" and bios meaning "life." This word describes a lifestyle that promotes health and longevity.

Macrobiotics is based on balance and harmony, eating and living in harmony with oneself and with one's environment. The macrobiotic diet contains an ample amount of all the necessary nutritional factors and provides them in their highest quality and most balanced form.

Most Americans eat at the far ends or extremes of the balance scale. They eat foods that are processed, contain pesticides, emulsifiers, preservatives, dyes, stabilizers, and other chemicals in them. Many foods have as much as one third of the nutrients removed during processing. People eat very salty foods, very fatty foods, and eat a great deal of meat (or dairy products). To balance all this they eat sweets. A craving is the body's way of telling you it's out of balance.

The solution to this is to move in from the edge of the scale, towards the fulcrum. This will reduce our body's overworked buffering system (chemical reactions that keep the body's ph or acid and alkaline balance from going astray) and allows our body to heal. This will lead to reducing symptoms and lessen cravings and intolerances.

NORTH AMERICA'S LARGEST RODENTS EAGER TO RECLAIM PALOUSE

by Charlie Powell

"Swear to God, it must have been three feet long!" said the wide-eyed couple who heading into Pullman late one night told me that they had seen a huge "rat" cross the road in their headlights only to dart off into Paradise Creek near where it runs beneath the Quality Inn. "Do you think we should call someone?"

Smiling to myself, I told them that what they had seen was indeed a rodent, but it wasn't a rat. It was probably one of the many beavers busily multiplying and repopulating old range in the Palouse. The couple's glare of disgust at the thought of a "rat" immediately turned to warm, fuzzy, head-cocked smiles. They decided they didn't need to call anyone then.

Some animals in nature like the higher order predators need a massive prey base and plenty of range to sustain them. Others like coyotes and beavers are more opportunistic and need little to launch their own little communities.

Area streams in both Whitman and Latah counties have seen the

Macrobiotics provides this type of diet. It includes foods on the middle of the scale. The daily diet (50-60%) is whole grains such as brown rice, millet, oat groats, barley, or buckwheat. Various locally grown vegetables make up 20-30% of the diet. Beans such as aduki, black, lentils and chick peas comprise 5-10% of the diet. Miso soup, roasted seeds, nuts, cooked fruit desserts and some fish are also included.

A diet of whole foods has brought a new consciousness to

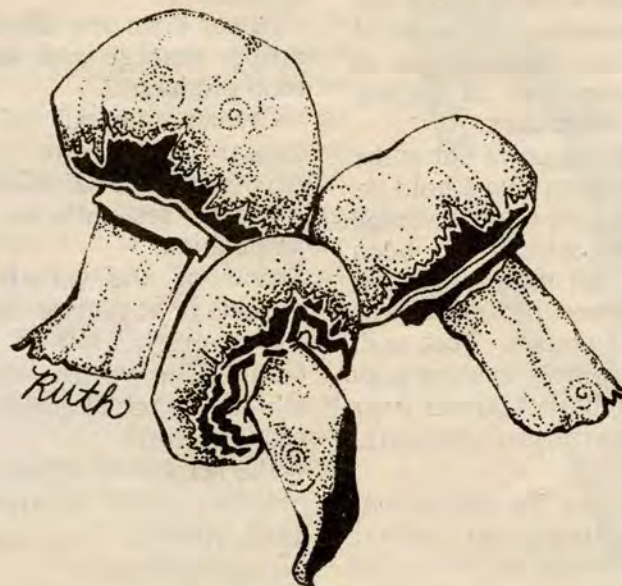
number of beavers and probably muskrats too, increase in the last several years. Many factors contribute to the population rise including less human predation with falling fur prices, streamside preservation interest, and habitat improvements (many unintentional).

Beavers weren't always looked at as cuddle muffins. In the past, they meant cash and calories — literally. Beaver flesh was considered a delicacy in the Middle Ages. For centuries beavers were hunted for their snakeskin-like tail held in high regard as top quality table fare.

As the fur trade escalated in the 17th, 18th and 19th centuries, beaver pelts became a "coin of the realm" for many monarchs including the infamous Louis XIV and Charles II. At times lists from fur companies show a trapper could trade one beaver pelt for a half pound of beads, a kettle, a pound of shot, 5 pounds of sugar, a pound of tobacco, 2 awls, 12 buttons, 20 fishhooks, 20 flints or

many Americans: the awareness that we can select foods that give us health, calmness, a less materialistic outlook, and a life that is in harmony with our environment. Many who have moved into the fulcrum way of eating say goodbye to moodiness, dizziness, bloat, ulcers, and candida.

Jill has been eating and teaching macrobiotics for eight years. If you're interested in a cooking class leave a note for her at the Co-op or call her at 772-6240.



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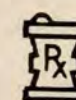
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Pullman near the entrance to Washington State University it looks like someone has been using a dull ax to harvest firewood. Actually it is the work of some very busy beavers. The site is a treasure trove of wonder and questions for young children.

The Pullman site is especially intriguing for me because I have this secret wish that someday the beavers fall a big one in the right place, maybe in February. An ice dam forms and water in Paradise Creek backs up for a couple of miles at night until finally in a low spot it spills out across the highway. An ice patch several hundred feet wide blocks traffic for several hours and the cry goes out for some kind of beaver control.

While the humans fight it out over what to do, the beavers enjoy the winter in their lodge munching away on someone's decorative foliage harvested and stored the season before.

To learn more about beavers try reading *The Beaver* by Hope Ryden. Published by Lyons & Burford Publishers, this easy to read book features over 50 photographs and 63 pages detailing the natural history and life cycle of beavers.

8 bells. Four pelts were worth a pistol, six a blanket, and 12 got the bearer the finest rifle available.

By the mid-19th century, beavers were wiped out in many parts of North America, Europe, and the Asia we used to call the Soviet Union. Interestingly, conservation laws were passed worldwide as humans finally realized the loss. It would be presumptuous to assume people saved the beaver just for the beaver's sake. Actually it was probably more of a knee jerk response to diminishing income to royal treasuries.

Today, beavers are more novelty and occasionally nuisance to most Americans. Two populations of the nocturnal animals are readily accessible for Palouse residents to observe their handiwork. A careful walk near Robinson Park will reveal their activity. Sharp pointed, clean-cut willows, tell-tale, two-inch chips from bigger trees, and a clogged waterway will give nature's engineers away. Just before making the right hand curve into

Keeping Idaho Wild

by Paul Lindholdt

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The largest single unroaded area in the lower 48 states is right here in northern Idaho. Big contiguous wilderness remains near the Salmon River breaks just south of Dixie, big room for wide-ranging predatory animals like the wolf and lynx and grizzly bear, big migration corridors for elk and moose and deer. But because federal agencies tend to consider most wild areas as disjointed "management units," Idaho's largest ecosystem now is bureaucratically subdivided and variously named the Gospel Hump Wilderness, the Frank Church River of No Return Wilderness, and the Selway/Bitterroot Wilderness. So what's in a name?

Legislators and lands managers prefer wilderness to appear fragmented so that we the owners won't be outraged when we learn these lands got cut. Although "this land is your land, this land is my land," more than 120 miles of roads soon will gut this vast tract of wild space in central Idaho so timber can be trucked out. The Forest Service has sold the trees, and cutting begins soon. Let's just call it the Gospel Hump, a name that resonates.

Even those fateful timber sales themselves have names — Cove and Mallard. Names that sound so wild, so benign. In Bellingham, likewise, the company that most degrades old-growth forest lands has taken the name of Trillium, a forest flower. How ironic, when trilliums need shade from big trees to grow.

Throughout the West, human unwisdom is creating a biodiversity crisis. Large mammals that once roamed the coasts and prairies have been killed or driven out; diverse temperate forests are being cut and replanted in single species; precious salmon have been sacrificed for cheap electric power. Animals are going extinct at rates unequalled since the Ice Age. Faced with such wreckage, some of the activist environmentalists feel that the only sane thing to be done is to run naked in the streets and shout to waken a slumbering world — which is exactly what an animal rights group protesting in France did recently.



But there are more sensible approaches, and Earth First! has suggested one. Despite all the negative press it has received, those bad boys and girls of environmental activism are working harder now than anyone to thwart Forest Service attempts to gut central Idaho's wilderness. Every several years EF! focuses its efforts on an especially flagrant violation of environmental ethics. Three years ago it was the few remaining redwood forests being liquidated by the Maxxam Corporation, a campaign known as Redwood Summer. Last year and this year, it is the Gospel Hump.

The history of activist environmentalism is brief, a feature of the greening of America. Whereas mainstream groups like the Sierra Club prefer to lobby federal officials and build up memberships, activists favor direct action, either non-violent civil disobedience or the more destructive monkeywrenching, a term to describe activities that disable the tools of technology.

Opponents say environmental sabotage, or ecotage, amounts to terrorism. And yet no one has died or been injured by an act of ecotage in the U.S. Compared to the recent murders committed by the Christian right — the Branch Davidian sect in Texas and the pro-life protesters who shot abortion doctor David Gunn in the back — ecotage seems almost benign. Rather, environmentalists are the subjects of violence, as Judy Bari and Darryl Cherney learned when a pipe bomb exploded in their car and nearly killed them on May 24, 1990, in Oakland, California.

Short on theories, the activist environmental movement works when it works at all through what is known as the niche system. *Niche* here means the space in a spectrum of respectability that a given group occupies. To expand an activist niche means to raise the stakes, redraw the map, extend the range of expectations.

By demanding nine million acres of Idaho wilderness, Earth First! makes the six-million-acre

proposal of Idaho Conservation League seem downright moderate and reasonable. By sinking an unstaffed Icelandic whaling fleet, Sea Shepherds make Greenpeace blockades look tame. By burning to the ground a laboratory under construction in Davis, California, the Animal Liberation Front makes us realize how very middle-of-the-road the Humane Society is.

Activists divide over just how radical activism should be. On one side reside those folks who confine themselves to peaceful protests and civil disobedience, to appeals of timber sales, to writing and speaking campaigns. On the other side you'll find those who believe that the roots of anthropocentrism lie too deep within our society to be changed by anything short of ecotage.

At Dixie last summer some dozen activists encountered an estimated 50 agents. Yes, the Forest Service spent some \$260,000 on surveillance and harassment of protesters in this remote wild area. (Cove and Mallard, like most timber sales, are certain to lose money and add to the deficit anyway.) The agents ended by arresting activists who got frustrated enough by the harassment to moon a man in uniform. They were tried, fined, and freed.

The protest continues this summer, enhanced by the purchase of nearby land that will serve as a base camp for the protesters. A letter by Earth First!er Ramon in the Lewiston *Tribune* welcomes all visitors. But, Ramon explains, "bring your own bowl and spoon, OK? There'll be a lot of us here and we may run a little short." This boast exemplifies the ongoing campaign of rhetoric between activists and federal lands managers at war in the woods.

The energetic movement of today's activist environmentalists gains strength through tactical diversity — employing whatever methods work best in a situation, whether buying land and moving in a family, bursting into the California Legislature to sing a song, or dumping sawdust on a Forest Service desk. They remind us, as Woody Guthrie did, that this land is yours and mine.

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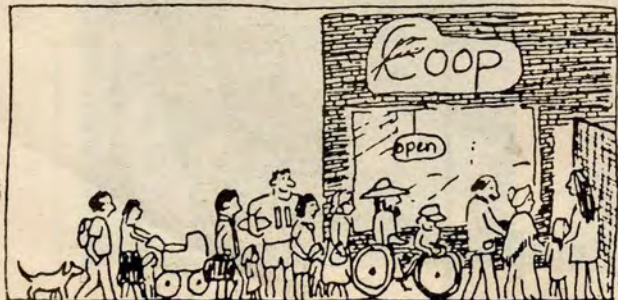
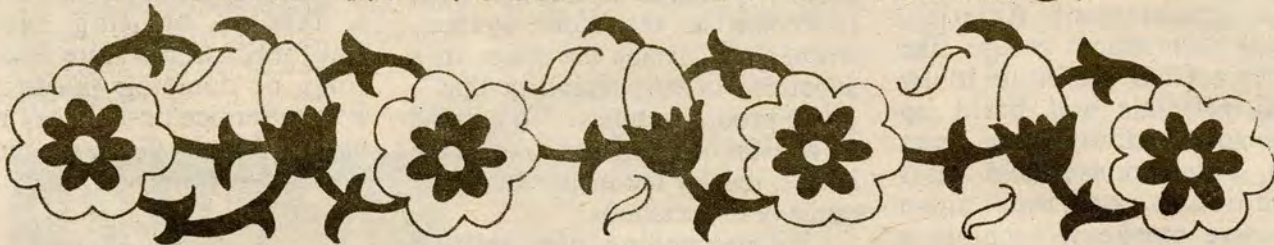




Middle Eastern Potato Salad

- 6 potatoes
- 1/3 cup olive oil
- 1/3 cup lemon juice
- 2 cloves garlic, crushed
- 6 green onions, sliced
- 6 sprigs parsley, minced
- 1 teaspoon dry dill weed
- 1 teaspoon dry mint
- 1 cup black olives, sliced
- 1 teaspoon salt
- 1/2 teaspoon white pepper
- Dash of cayenne

Cube potatoes and boil them in water to cover. Drain. (Save water for soup stock.) Mix other ingredients and pour over hot potatoes. Mix. Chill at least 1 or 2 hours.



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Life and Death: Pollination and Extinction

by Alan Solan

Mention the word "extinction" and most people probably think of something like elephants or spotted owls or salmon. But a less well-known kind of extinction happens all the time.

Open-pollinated and heirloom crop varieties can be lost forever if they don't meet the needs of large scale commercial producers and are not maintained and propagated.

Garden City Seeds is trying to slow down that process. Dedicated to increasing the public's awareness of the need for genetic diversity in food crops, the western Montana-based company has been offering northern acclimated open-pollinated and heirloom seed varieties since 1982.

A large selection of the company's vegetable, flower and herb seed is featured at the Moscow Food Co-op this spring.

Just what are "open-pollinated" and "heirloom" seed varieties and how do they differ from "hybrid" seeds?

To put it simply, hybrid seeds are the extremely valuable property of large seed companies. The seeds are genetic crosses that must be produced each year through artificial breeding. The seed produced from hybrid plants will not produce anything like the beautiful head of broccoli or ear of corn it came from. With hybrids, propagation is taken out of the hands of the farmer or gardener

and made the exclusive domain of the seed company.

With open-pollination, plants breed and produce seed by natural processes and unlike hybrid seed, the seed of open-pollinated crops can be saved, stored and planted the following year. Open-pollinated seeds have varietal characteristics that are the same, but no two seeds are completely identical as they are with hybrid seed.

While a multi-million dollar growing operation may require the uniformity and predictability hybrid seed can provide, that's probably not something that's necessary for the home gardener, according to Dale O. Wilson, a seed specialist with the University of Idaho.

"If you're growing broccoli in your home garden you don't want to go out on day 58 or whatever and cut off all the broccoli heads at once. You might like to have some come ready a little earlier than others, whereas the person growing for processing or the fresh market wants all the plants to be identical. They want to go out and harvest it all and ship it all and the field will be done. The home gardener doesn't need or want that," he said.

Heirloom crop varieties are those that were selected long ago, often on a local basis, for different

desirable characteristics the home gardener was looking for, Wilson said. However, business being business, over the years many of these varieties were passed over as seed companies came to cater almost exclusively to the needs of their largest customer — large scale commercial fresh producers or processors.

"If the large commercial growers are not particularly interested in those characteristics, very likely those varieties will get lost," Wilson said. "No one grows them, no one propagates them and eventually they are extinct. But some of those characteristics may be just the thing the home gardeners are looking for."

There are many varieties of tomatoes, for example, some with especially good flavor. But if they don't ship well, there's little financial incentive for someone to produce the seed of those varieties commercially.

Concerned that too great a reliance on hybrid seed will weaken the natural diversity of plant varieties, Garden City Seeds has decided its primary role is to promote and sell open-pollinated and heirloom varieties that may have never been offered commercially or that have been dropped over the years in favor of "improved" strains.

All Garden City Seed is untreated and much of it is organic. In addition to planting instructions, each packet of Garden City Seed lists environmentally friendly methods of pest control and seed harvesting and saving tips.





One More Time

DO YOU WANT TO BE PUBLICLY CREATIVE? by Bill London

This newsletter works because people volunteer to create the words and illustrations that appear on its pages. We need more of them—more words, more illustrations, and more volunteers.

If you ever fantasized about seeing your name in print, seeing your drawings and/or words displayed before all the world, this is your chance. We want you. We need writers and illustrators to provide material for us every month or every once in a while.

For someone interested in behind-the-scenes volunteering, Mary Butters is looking for someone to share the advertising job.

If you are interested in any of these options, contact Bill London at the Co-op. Go ahead, make that bold career move, jump into the exciting world of newsletter journalism.



HELP FILL OUR BULLETIN BOARD

by Jim McPherson

In our continuing effort to make this newsletter as useful as possible, for as many people, a new "bulletin board" feature will begin next month.

Beth Case has offered to take on this project, which will provide the back page of future issues of the newsletter. You can send your "bulletin board" items directly to her, or leave them at the Co-op.

Listings can be submitted by any Co-op members, and should be similar to those now posted on the bulletin board at the store—advertising coming events, classes, giveaways, sale items, etc.

Because this is not a classified section, advertisements for sale items will have the lowest priority (and therefore the least likelihood of getting in). A classified section is a future possibility, however, if enough interest is shown.

Items submitted can be typewritten or clearly handwritten, but please keep them brief. Drop them off at the Co-op (with clear instructions that they're for the newsletter bulletin board) or send them directly to Beth Case, 1326 Four Mile Road, Viola, ID 83872. You can also call Beth at 882-4410; please wait until the afternoon to phone.

Looking for a summer activity? Better Living, Inc. has a program of fun and learning for you. It is a day camp at the Phillips Environmental Park, 6 miles north of Moscow. The first four-week session begins June 14; the second four-week session starts July 12.

You will be part of a team of youth (12-17 years) and adults that will grow a flower and vegetable garden, landscape a farmstead, refurbish a building interior, develop a cross country hiking and running trail, grow native plants, learn about ecosystems, build solar dryers. There will also be time for drawing, dancing, painting, music, photography. In short, it's a cool and fun summer.

Enroll now! Pick up an application brochure at the Moscow Food Co-op. Call Loreca Stauber at 882-1133 or Lorraine Frazier at 882-1229 for more information. Application deadline is May 28, but hurry! Campers will be selected on a "first-come first-served" basis.

JUST DO IT!!

Where ever you go... take a bit of Moscow with you! **DON'T FORGET** subscribe to the Co-op newsletter & we'll mail you all the news monthly! Only \$7/year. Checks payable to Moscow Food Coop

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Bring this to the Coop or mail to:
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SORRY, we ran out of phones. year in granola and other premiums....

