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NOVEMBER 1993



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*Their articles are
inside these pages
READ and ENJOY!*

*Their names were
not ready before
my deadline!*

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Moscow Food Co-op

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NOTES FROM THE UPPER CRUST



by Ed Clark

We bakers are spending time these days thinking things and re-thinking things. Who are we? What do we wanna be when we grow up? Do we even want to grow up? How can we squeeze just a tad more productivity from our limited time/limited space?

Our little bakery continues to show surprising popularity in the community, and we're pleased with the support and encouragement. Once again we're trying to introduce some new products, both to answer your requests and to show off the creativity of our staff.

Jean Cahill has developed our foccacia (flavored Italian flatbreads) which appear on Thursdays and have been immensely popular. Edna Compton, a baker from Juneau, Alaska, is our newest staffer and will be working on some wheat-free and egg-free cookies and, I understand, knows something about making essene (wheat sprout) bread. Mike Brockman (also recently back from Alaska) is eager to try out some Swedish rye. I've been working on pumpernickel you can sample on Wednesdays. I promise I'm still trying to make a wheat-free bread

other than spelt, but I admit I've had some difficulties. Ari had added crunchy English muffins to our repitroire on Sunday, and if you haven't tried Fast Food Annie's cous cous pie, you owe yourself a treat. Come in some Wednesday when she makes it, and try a dessert that is actually nutritious and delicious.

The Bazaar, our second-floor neighbor, has kept us, especially Annie, busy putting meals and goodies both up and downstairs. You don't know about our little hideaway eatery? It's a quiet corner table for two, in a wonderful atmosphere. Its a well-kept secret that now only you know about.

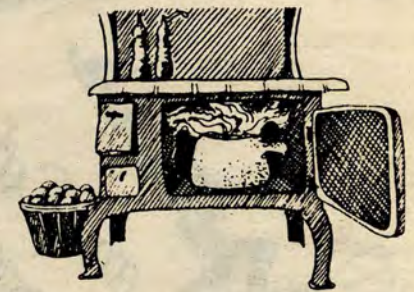
Along with the 6 of us, the Upper Crust work gets done with lots of help from Co-op member volunteers. We've been blessed with great volunteers over the years and could hardly do it without you. If you, by chance, would like to join us for some early morning fun and also receive a substantial discount off your groceries, please be in touch with Erika or myself at the Co-op and we will encourage you.

Do you have suggestions, complaints, compliments? Please drop them in the suggestion box in the store. We love to hear from you and will try to answer you in a future issue of the *Community News*.



STRATEGIC PLANNING MEETINGS

Interested in helping the Co-op grow and move into the future? The Strategic Planning Committee is looking for fresh faces and new input. Must be willing to attend the Strategic Planning meeting once a month. If interested, please contact Bonnie at 882-4829 or at the Co-op at 882-8537.



The Co-op office needs a desk! If you have a large and sturdy one to donate or sell, please contact us!

LIFETIME MEMBERSHIP APPLICATION

by Peg Harvey-Marose

Name _____

Address _____

Amount Paid _____

Balance _____

As of January 1, 1994 the membership fees will be increased. Individuals will pay \$10 and each additional adult will be \$7 for a family membership. Lifetime membership will be \$150. We want to give our longtime members a chance to become lifetime members at the present rate of \$100 before January 1st. All you have to do is check the "big book of members" at the cash registers for your total amount paid and pay the balance. If you think the figure is inadequate you may appeal to Kenna.

We hope lots of you will take advantage of this one time only offer. Don't wait too long. January will be here before you know it!

COHOUSING WORKING GROUP

Anyone interested in discussing the feasibility of cohousing on the Palouse is invited to attend the second meeting of a working group that plans to continue through the year.

Meet at Inner Vision Bookstore (118 Third Street, Moscow) on Thursday, November 11 at 7:00 pm.

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News from the Grocery Department

by Skott Larsen

We will remember 1993 as the year that the weather went amok, not only here on the Palouse but throughout the world. Some growing areas were faced with drought, others with constant rain and flooding, and still others with such unseasonably cold weather that crops were stunted or didn't grow at all. So be prepared for some price changes:

Corn and soybeans: Not only will corn and soybeans have higher prices but so will the products made from these two staples. The devastating rains and floods in the midwest are affecting all of us.

Nuts will vary too. The walnut yield is expected to be higher this year after last year's poor crop, but pressure on supplies from overseas buyers will

keep the price high. Almonds will be in good supply, but the price will be higher because more of the crop is being exported. Pistachios will increase slightly in price. It is an alternate-year-bearing nut, 1993 being a light year.

Beans should remain fairly stable in price. Michigan had excellent bean growing weather this summer. Growers here in Idaho as well as California had to switch to quick-yield seed for some varieties, but because of the cool spring weather, several bean prices should remain the same.

The good news! Pine nuts have taken a price dive. They are now under \$6.00/pound. That's excellent! I guess they go in three-year cycles.

(Thanks to Mountain People's Warehouse for providing the above information.)

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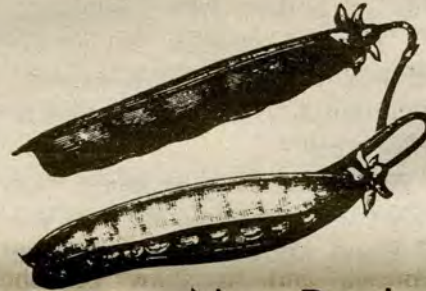



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106 E. Third St., Moscow, ID 83843



New Products at the Co-op

by Skott Larsen

- * Knudsen Tea Coolers: from the makers of our popular natural juices come some refreshing flavored teas. Currently we carry the orange herbal and mango herbal, but will soon add raspberry herbal and a decaffeinated lemon black tea.
- * The Herbalist Supplements: the top sellers from this Seattle company are now in our supplement section.
- * Sunfeather Herbal Soaps: "Herbal" and "Help the Earth" shampoo bars. Clean hair, clean environment without the plastic bottle. \$.10 from every bar sold goes to an environmental or peace group. They are vegetarian and cruelty free. Reasonably priced too!
- * Reed's Extra Ginger Brew: devoted Reed's fans will appreciate the extra ginger zing.
- * A double-concentrated tomato paste in a tube.
- * Tofu Like Smoked Tofu: naturally smoked tofu. Difficult to describe, but tasty! In firm smoked, soft smoked, and hot obsession.

- * Organic canola oil in pint size by Spectrum Naturals.
- * Westrau squeezable stone-ground ketchup.
- * Shady Maple "B" grade syrup in bottles.
- * Armstrong pitted ranch style olives.
- * Wild Mountain chile relleno with organic black beans tamale. They're huge!
- * Golden Rose Rice (organic) in bulk.
- * Little Bear Licorice Twists in bulk on candy shelf.
- * Arrowhead Mills kamut flake cereal (organic).
- * Arrowhead Mills kamut pancake mix (organic).
- * Arrowhead Mills Organic puffed kamut cereal.
 - Kamut is a rich, nutty, buttery-flavored grain. It contains a gluten easier to digest than glutens in common wheats. Many wheat-sensitive people are able to enjoy kamut.
- * Knudsen grape preserves.
- * Scotty's pesto in the cooler. Made in Pullman.
- * Co-op medium pitted black olives.

fresh garden fresh fresh

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...
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MOSCOW FOOD CO-OP

Recycling at the Co-op



by Ed Clark

Q. Does the Co-op recycle?

A. You bet we do, and we love to!

Q. Is the Co-op a convenient recycling center?

A. No way!!

The Co-op encourages recycling and has continuously tried to reuse what we can in the store. We're proud that we've never had to buy shopping sacks. You can tell it came from the Co-op because of all those old receipts in the bag.

We're also proud that so many members take recycling seriously and supply us with many of the containers that customers use. We've never had a written policy on recycling, however, and it seems that now some clarification is needed.

What the Co-op can use is clean, reusable containers:

I. Bags

A. Paper: Folded and sorted according to size and neatly placed in a similar-sized bag. They must be flat-bottom grocery type sacks.

B. Plastic: The Co-op can use only shopping bag size with handles or produce bags folded and sorted according to size neatly placed in a similar-sized bag.

II. Jars

Glass and plastic jars must be clean, preferably sterilized, with lids. They should be containers that can be easily reused with bulk items sold in the store.

III. Plastic Tubs

Should be sturdy, flexible ("Nancy" type) with an unbroken, fitted lid. They must be clean and sorted according to size with lids on or neatly stacked.

IV. Bottles

Glass and plastic bottles must be clean and have caps. They should be easily reusable with bulk items sold in the store.

V. Egg Cartons

Clean, cardboard, stackable egg cartons which hold one dozen eggs can be used by people who supply us with farm eggs.

When bringing containers for the Co-op, please ask someone on

staff if we can use them. At times we end up with too many and must say, "No, thank you."

It would also be extremely helpful if you could take the time to mark the tare weight on each container. This will benefit the shoppers and the staff.

What the Co-op can't use: dirty, unsorted, or otherwise unusable bags and containers.

Unfortunately we do not have the time or desire to attend to bags and boxes of mixed recyclables or dirty containers. We don't need beer, soda, or wine bottles, unsorted plastic bags, flat bags, cracked or broken containers, anything without lids, tin cans, medicine bottles, film containers, etc. You get the idea, but we do find these things on our door step, under our sink or in our closets almost daily.

Ask yourself if shoppers can easily make use of a container "as-is." If not, know that you can take your sorted recyclables to the Moscow Recycling Center, just a few blocks away.

Thanks for your conscious efforts in bringing us what we can use and knowing what we can't use.



An Open Letter to the Mayor of Moscow

by Paul Lindholdt

As a three-year member of the Palouse community, I am writing to comment on the waste disposal policies of the city of Moscow. Most recently I lived in Seattle and Bellingham, Washington.

Residents of those cities enjoy curbside recycling services. The cities provide the residents with separate bins to collect glass, cardboard, paper, and aluminum. Truck drivers come by weekly and empty those containers. Because the city makes it so easy to recycle, most of the citizens partake, thus developing a sense of community service and an actual conscience about the environment.

This is not just a blissful vision of the future. It's happening now. Residents of those western Washington cities enjoy the option of having trash picked up weekly, bimonthly, or monthly. Such options encourage recycling and diminished wastes, and they instill a sense of fair play between city and its citizens.

Until recently my household gathered used packages in kitchen containers and took them down to the Recycling Center on Jackson Street every week or two. Imagine our surprise, then, when we discovered that we still have to pay in Moscow for trash disposal based on a weekly pick-up rate. That is, no matter how much or

little trash we generate, we still must pay the same weekly rate.

This policy makes no sense to me: It undercuts all recycling efforts. My two next-door neighbors do not bother to recycle. They pay for trash disposal anyway, they say, so why go to the trouble, why clutter their kitchen? Everything from their yard and household goes into the garbage--grass clippings, magazines, bottles, newspapers. These people generate three cans per week.

More recently my household discovered Revolutionary Community Recyclers (RCR), a group out of Pullman. RCR receives no outside funding; instead it relies on the energies of volunteers to drive the funky van and truck and haul Palouse glass, cans, and paper. Moscow residents can sign up for the service by calling 334-7831.

Thanks largely to the efforts of RCR, the Pullman City Council just recently mandated curbside recycling. The city will provide the collection bins and offer the service at a cost of \$3/month, a cost that will be offset by reduced waste disposal costs.

Mr. or Ms. Mayor, I recommend that Moscow revise its trash disposal policies so as to encourage recycling. Let residents pay a volume-based charge for trash disposal. The current garbage policies in Moscow discourage recycling and fail to reward those who generate only miniscule amounts of garbage.

Laurie Cortright
HOLISTIC MASSAGE



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Inner Vision Bookstore



by Skott Larsen

Dear Moscow Co-op. Just a note to say thanks for being there. I have always been a Co-op shopper, but now that we are attempting to cure our nine-year-old daughter's sinus condition by removing wheat, milk, cheese, sugar, peanut butter, and chocolate from her diet, I find myself extremely grateful for your tofu, soy, carob, and spelt products ... and so happy to have spelt bread on Thursdays. Where would we be without you? Thanks, C.S.

Where would the Co-op be without you? More people and doctors are recognizing their health problems as being food allergies. Every week we have a new customer with a new allergy. Since the Co-op has always supported alternative diets, we are a natural place for someone to turn.

Centuries of monocrops and mono-diets have contributed to the sensitivity of many people to mainstream grains and other foods. We encourage food-allergy

customers to ask the staff questions. Kenna is particularly knowledgeable, but we are all learning more and can assist you with much of the literature we have. We recommend experimenting with our wide variety of flours, grains, carob chips, tofu cheeses and dips, non-dairy beverages, and alternative sweeteners.

Good luck to you and your daughter!

- Skott, alternative food buyer
 * Please carry organic spelt flakes or flour or anything. O.K. We do carry organic spelt flakes in bulk now. They're next to the rices. However, it is such a light grain we may have to push it our for you. They will be in our new bins soon for easy scooping-out. The spelt flour we carry in the bulk specialty flour section (as well as in packages in the baking section) is not certified organic. However, it is not sprayed, either. It is in one-year transition. The growers are working toward organic certification. (The spelt kernels and toasted flakes in packages aren't sprayed either.) Plus--we also have organic spelt pancake/muffin mix and organic rolled spelt in packages. Look for organic spelt cereal flakes in the breakfast section soon.

- Skott, Spelt Pusher
 * Please! Could we have spelt bread products available more often? We can't always get to the Co-op on Thursdays. We will



offer spelt twice a week soon. If it sells, we'll keep it coming. Also rice bread coming soon! P.S. You may special-order spelt bread any day. Call 883-1024.

- The Bread Heads

* Where are the no-wheat cookies? I'm back in the country and am still feeling homesick without them. Welcome back to you and the wheat-free cookies Annie promises to bake.

- Cookie Monster

* Please make vegan (no dairy or egg) muffins more often. Believe it or not, we are making more egg and dairy-free muffins. Watch the ingredient cards; we're trying to slip them in without tipping everyone off that they're healthier.

- Ed, Sneaky Muffin Maker

* I plead of you ... please make herb/onion and herb/garlic bread 3 times a week. O.K., you win! Monday is the new day for these tasty breads.

- Ed, the Bakerman

* Please carry Brown Cow yogurt in large containers. Please carry Blue Sky chewy vanilla creme in cans. O.K. to both. Not now but soon. I am excited to announce that we have a new open-face cooler that will allow us to free up much freezer space as well as the big walk-in cooler. We will be able to carry all of your favorite yogurts and drinks plus more. Ken is working on getting the new cooler going. We're planning a gala celebration for its first operating day!

- Skott, Ponderer of Cooler Possibilities

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* Freeze some of the Upper Crust's specialty breads so we can buy all week. We can certainly do this when we have a larger operating freezer, which we are working on acquiring. Currently we do carry frozen pizza dough from the Upper Crust in the freezer.

- The Frozen Breadheads

* I miss the very convenient tare-weight labels. We all do! As much as they were convenient and attractive, they were expensive. We're looking for a more cost-effective label.

- Skott, Lost in Recycled Containers

Thanks for all of your comments and suggestions! We love to have feedback! Any suggestions posted on the suggestion board will be answered on the clipboard for requests/replies hanging there. Many of them will be responded to here.

DR. ANN RAYMER
 chiropractic physician

Palouse Chiropractic Clinic

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 Moscow, ID 83843

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

CAFÉ SPUDNIK



So, What's a Provender?

by Ed Clark

I'd been waiting for 3 years for an invitation and so, when it came suddenly, I took little time to say, "Sure." I knew little about the Provender Alliance annual conference, only that people who had gone raved about the experience.

Kenna, the Co-op's general manager, Ellyn, the produce and pasta queen, and myself, the bakerman, planned our getaway to Eugene for 2:00 pm on the last day of September. Unfortunately Ellyn got tackled by some nasty bug and sent Kenna and I away in her car and went home to recover.

Somewhere down the road Kenna asked what workshops I planned to attend. "???", I replied. That's when she began to fill me in on what the Provender Alliance annual gathering was all about.

It began in 1977 when the business of natural foods was still in its youth. It is a trade association of natural foods businesses throughout the Northwest, which includes retailers, distributors, and manufacturers. Its principles include education and sharing knowledge concerning natural foods and nutritional products; ethical and equitable business practices and participatory management; supporting appropriate technology and sustainable agriculture; and protecting and nurturing the planet.

This year's conference was called "Taking Charge: Our Mandate for Change." It included co-op survival, competition, new FDA requirements, and organic certifications, to name a few. The

big challenge is to be proactive rather than reactive and to take responsibility for regulating ourselves.

Over 20 workshops over the 3-day weekend included "Progressive Management," "Pros and Cons of Genetic Engineering," "Natural Foods," "Where Are the Women?" (we've got them all in Moscow), and "Boycotts and Economic Democracy."

This was no stuffy conference! The keynote speaker, Reverend Chumleigh, kicked off the conference and had everyone laughing till we hurt. In a room full of people with various perspectives and agendas, no one was safe from his barbs, and he united us with laughter.

Over the weekend I attended workshops on "The Zen of Customer Service," "Advertising and Promotion on a Budget," "Progressive Management," and "Homeopathy for the Grocery Store." I came away with new ideas and reinforcement for ongoing practices. Beyond the workshops, networking went on among participants. I saw it as a cross-pollinating of our huge garden.

We ate wonderful meals together, partied and danced together, played and worked together. By the end I felt it might almost be worth closing the store and inviting everyone to the next Provender for the injection of positive energy it gave and to see ourselves less isolated.

This newsletter isn't quite big enough for all the details, but if you're interested, please talk to me and I'll share what I learned enthusiastically.

Oh Provender ...

by Kenna Eaton

This year's theme of the Provender Conference held in Oregon (see Ed's article "What is a Provender?") centered on change and challenges that lie ahead for co-operatives and the natural food industry.

Ed Clark, bakery manager, and I went to separate workshops, the ones I chose focusing on organizational structure and personnel issues. Many co-ops started in the 1970s with collectives as the power base for running the storefront. While some co-ops have successfully negotiated through the problems inherent in the collective management structure (Olympia Food Co-op comes to mind), others never did. Those co-ops opted instead for various systems involving management teams, or general managers (such as Moscow Food Co-op). In the workshop we compared strengths and weaknesses of the various structures through our personal experiences. My conclusion: Co-ops are like pots of soup, lots of different ingredients, many different tastes, none wrong, but the perfect soup (organizational structure) hasn't been discovered yet!

The workshop didn't claim to have the answer to organizational problems. Rather it let us know we are sharing similar challenges in creating supportive workplaces. I found the interactions between different managers useful and stimulating. Their experiences were helpful on issues I had, and vice versa. I also found the sense of camaraderie stimulating, their enthusiasm and excitement contagious. These people are an incredible source of ideas and systems, one I am sure we will be drawing on in the future.

Most people I talked to mentioned that their co-op or collective was experiencing unprecedented growth. Almost all of them were expanding their facilities in some way and were finding change somewhat painful, both physically and structurally. There is no formula for success, no plan we can follow: we each have to do it by the seat of our cooperative pants. However, communication between co-ops can help us make well-informed decisions.

I made lots of friends, had some great conversations, and came back with enthusiasm for next year's conference (to be held in Port Townsend). So, our trip finished with a flat tire near Hood River, a collision with a large bird, and a lost gas cap. It was a wonderful trip!

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A HERO'S REWARD

by Linda Scott

When I was five, I saved three lives. I had no big dreams of heroism. In fact, I only wanted to play.

I remember the day as vividly as if I were there again. I didn't mind being cooped up at Grandma Rose's house. Her home was like a museum with its artifacts of old age and smells of Campho-Phenique and mothballs. But the best thing was visiting my great-grandmother.

I adored my Grandmama. She was lovely, and she had so much to say. Of course she did! She had lived from horse-and-buggy times to man's walk on the moon! She fascinated me with her stories.

Still, Grandmama lived her life flat on her back. That day I was sitting and whispering with her, holding her dry, warm, gnarled left hand. She couldn't feel the right one anymore.

My Grandma Rose swept in, a six-foot wave of pink bouffant hair and powder perfume, and pecked me on the giggling cheek. Her lipstick was sticky. "I'm taking a bath. Now don't you tire out your Grandmama, Linda."

"I won't, Gramma!"

I settled down happily for more girl talk.

Soon, a crackling sound started, like a cellophane package being rattled. I pretended I didn't hear it, but it got louder and louder. After a while I got scared. It was a robber. He was eating chips in the kitchen, and I was the only one to protect my Grandmama. What if he had a gun?

Eventually I decided to make a citizen's arrest. "I hear something, Grandmama. I'm gonna go look."

"You do that, honey. I'll be right here." She chuckled to herself, the left side of her lovely face wrinkling while the right side stayed as still as stone.

I forced myself to creep out of the room. The crinkly sound was louder in the hall. Finally, I made myself jump out to surprise the intruder.

It was coiled above the stove, spreading its brilliant wings like a flickering yellow blanket across the ceiling. It looked absurd, like a great yellow beach ball with an

upside down flow of orange and blue and red water going up to pour onto the ceiling. The kitchen was on fire!

I walked to Grandmama's room and smiled at her. "Don't worry. I'm going to go tell Gramma her food is burning."

"Oh Dear! You better hurry and tell her or it'll ruin the pan," she advised me with a conspiratorial grin.

I took a deep smoky breath and marched into Grandma Rose's room. This was forbidden territory, crowded with tantalizing objects of adulthood: makeup, perfume, shiny shoes, dress-up clothes. I had a mission, though, so I knocked on the bathroom door. "Gramma, I need you!"

"I'll be out in a few minutes, honey."

I whined, "I need you RIGHT NOW, Gramma! Pleeeese? I'm not big enough and you've gotta help."

"Good Lord, will you stop being such a spoiled brat? Grandma is in the bath and when she gets out she will help you."

I panicked and beat on her door in a rage.

"You stop that or you'll get a spanking."

"Gramma--" I wailed. I collapsed against the door. "I can't reach the fire! I'm too little to put it out!"

There was a great rushing sound, like a wave crashing on a linoleum shore. I fell into rose-scented steam as the door flew inward. Grandma Rose, a naked apparition, snatched the sheet from the bed. She galloped into the kitchen and yanked the pot of burning paraffin off the stove.

Then Grandma Rose danced around the flames, beating her sheet at them like a naked wrinkled witch flogging some disobedient demon. It began to sputter and billow smoke.

"It's all right," she beamed at me, her faded-to-pink red hair seeming like a halo in the smoke. "Go play, honey." Immediately, I trotted off to brag of my adventure.

I told Grandmama the whole story. She was so proud of me, she said. I was Her Big Girl.

And that was all the reward this hero ever needed.

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MORE LIES BEHIND THE PRESIDENT'S WORDS

by Ken Nagy

The Clinton administration is seriously trying to convince us that simpler insurance forms and government de-regulation are going to make medical care in this country affordable to everyone again! What is really being said is that whether we can afford it or not--whether we even want it or not--we will all finally be forced to contribute to what is being billed as the finest system of medicine in the world.

The problems with healthcare, so we are told, lie not with the medical industry but with the *insurance* industry. The doctors, the drugs, the hospitals, the techniques and the technology are all fine--better than fine. They are finest. The bureaucracy and the paperwork of insurance companies and the government regulations that make all the paperwork necessary in the first place are bringing our medicine to ruins. Also, it is the "moochers"--poor people who can't afford treatment but use it anyway--who are behind skyrocketing costs. So we are told, at least.

This is the most blatant case of treating the symptom instead of the cause. Insurance premiums are high because medical costs are high. We support a profit-oriented healthcare industry that is only at best secondarily people-oriented. Hospitals are money-making operations, the same as any other industry. Most doctors are doctors, not healers. And the American Medical Association (AMA) is a lobby group and powerful political force to be reckoned with.

What's more, this whole greedy venture will become even more entrenched, and even more expensive, under the proposed plan of "managed competition" presently being pushed by the Clinton administration. Insurance bureaucracies may perhaps be

slightly streamlined in the future but only at the cost of an entirely new government bureaucracy, one larger and probably more expensive than the world has ever seen. And, the worst part is, we will all be compelled to participate in it. Universal healthcare for Americans does not mean we will get healthcare whether we can afford it or not, but that we will all pay for it, whether we want it or not.

This is not to let insurance companies off the hook. They have whole-heartedly shared in the degradation of the medical industry in all the obvious ways and in many subtle ways, too. They have made life difficult for those seeking and those practicing "alternative" healing. They have helped to drive midwives, the primary birth attendants for most of the world's present population, practically into non-existence in this country.

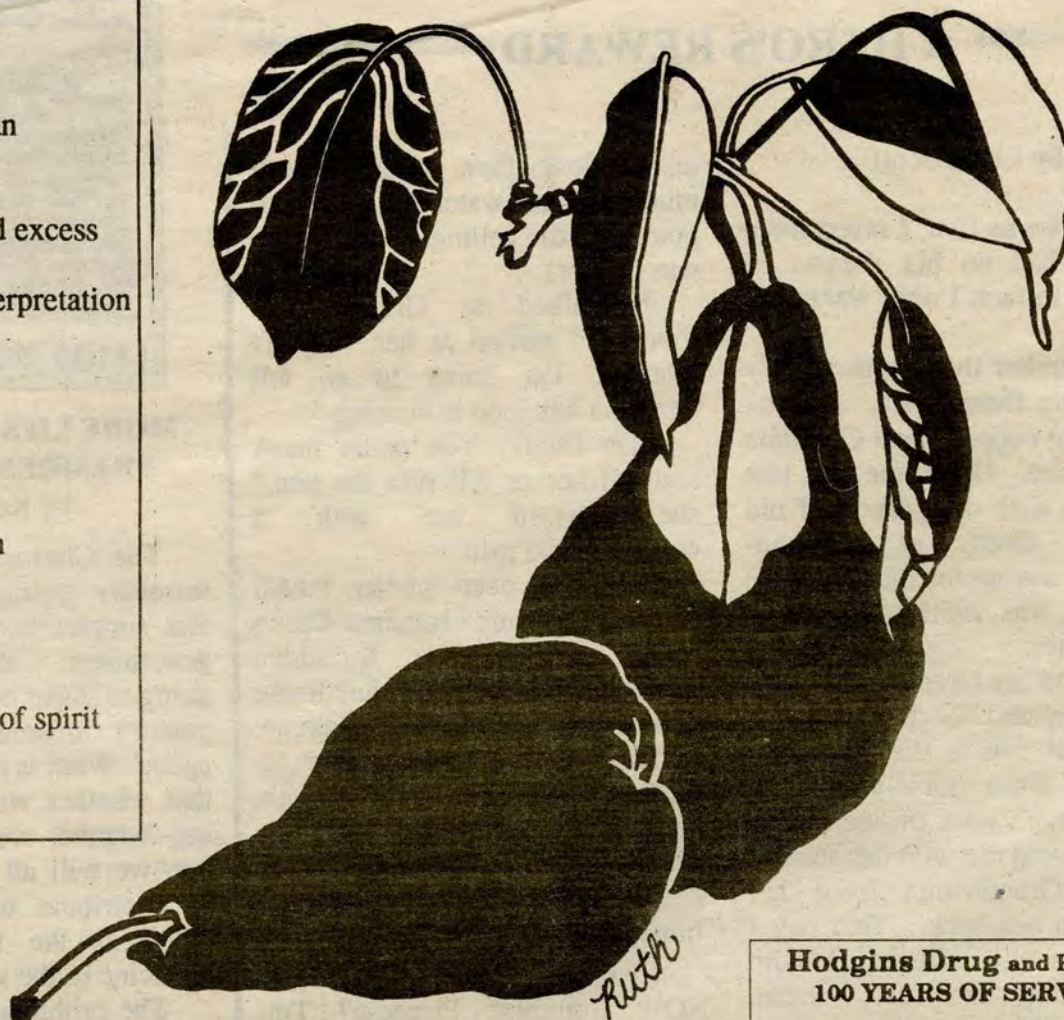
The strange thing is, however, that for all of their faults, the insurance companies would be still left in the driver's seat under managed competition. So, basically, it's business-as-usual and profits-as-usual. The only change is that we will all be obligated to participate. Or, we will live as outlaws with a cash income as many American midwives have done for years.

It is also curious that only when state governments began taking the necessary steps for healthcare reform did the Feds finally act. The fear, of course, was that individual states might set a "bad" example by slipping from the monopolistic grasp of a floundering industry. Too bad. I wouldn't doubt if in several years, when the new system is firmly in place, many of us will look back on the present era as a time that was full of promise--for an *alternative* to, not just more of, the madness we call "modern medicine."

JUST ANOTHER HUMAN

by J. Thaw

Never to be dissatisfied with being just another human
 my inability to chit-chat so often unwelcome
 not feeling too good but a little better every day
 each minute shedding a bit more of my born and bred excess
 ownership control status class rank mold or kind
 to see more clearly into an immense room for misinterpretation
 the invention of enemies and the absence of friends
 the wrench of unquenchable lusts
 intimacies that could not be expressed
 not in words or touch
 glances and movements
 hope waiting for so many firsts to happen
 a possibility of love both active and free of possession
 a day to control oneself or a day to suffer
 deeper self-examination
 states of doubt need not be uncomfortable
 leaving always some room for improvement
 skills in non-verbal communication and communion of spirit
 just a memory or two is all I need
 intimacies expressed



Linda Kingsbury M.S.
Herbalist Wholistic Health Consultant
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In a world of extremes, take the middle path

November Price Comparison

by Diana Higgins

While doing these monthly price comparisons I often come across "surprise" items at various stores. What I mean by "surprise" is that I'll see a food item or name brand that I thought was only available at the Co-op.

I'm always curious about how the pricing compares to the Co-op's, so this month I did some checking. This list is more sporadic than most because not all stores carried every item. In the

end, I would say that if you happen to be in a local supermarket and you're out of something that you usually buy at the Co-op, sometimes it's worth seeing if the store carries it. Of course, you can always find what you need at the Co-op, and the local supermarkets don't let you volunteer for a reduction in prices.

With that in mind, check out the following prices:

Item	MFC	MFC - 18%	Tidyman's	Safeway	Rosauer's
Tom's of Maine Natural Toothpaste	4.32	3.54	-	2.79	-
Lactacid, 12 tablets	-	-	-	2.99	3.25
Nile Spice Instant Soups	.99	.81	-	.99	-
Health Valley Fat Free Cookies	2.47	2.03	-	-	2.39
Health Valley Raisin/Apple Bakes	2.45	2.00	-	-	-
R. W. Knudsen Juices	2.49	2.04	-	-	2.86
PARADISE FARM MIXES					
Lentil Soup	4.20	3.44	-	-	3.00
Black Beans	2.87	2.35	-	-	2.08
Hummus	5.66	4.64	-	-	5.66
Chili	3.69	3.03	-	-	2.92
Pinto Beans	2.87	2.35	-	-	2.08
Split Pea Soup	5.16	4.23	-	-	2.32
Felafel	2.88	2.36	-	-	2.36
Pilaf	3.32	2.72	-	-	2.72
Tabouli	3.38	2.77	-	-	2.27

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NORTH COUNTRY BIRTH SERVICES
 882-4735

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

NANCY DRAZNIN, CCE

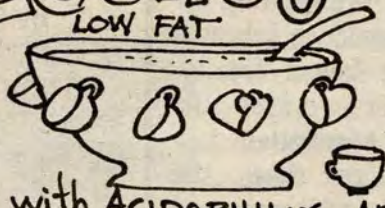
Professional, caring, non-medical support

FREE RANGE
TASTY **TURKEYS** DRUG FREE
FROZEN

2.29/lb ALL SIZES

Please Order by Nov. 18th
CALL 882-8537
or ask a CO-OP Cashier

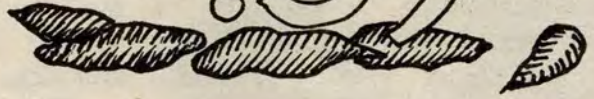
Stonyfield Farm
EGGNOG
LOW FAT



made with ACIDOPHILUS And
JUICE SWEETENED
2.58 qt.

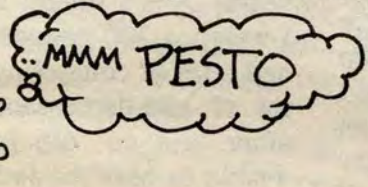
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Pinto beans

When you purchase any 2
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food items
beans, chili, pilaf, falafel, tabouli, soup

November Specials

Spectrum Naturals
Canola Mayonnaise



IN BULK
1.24

Reg 1.58 #
by the gallon **9.86**
Reg 12.54

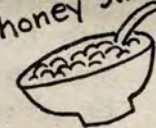
YVES WIENERS

TOFU WIENERS 2.75
VEGGIE WIENERS 2.07
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Try them at the
COOP Nov. 5
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BREADSHOP
Puffs 'n' Honey
honey sweetened cereal
only **1.99**



Powerfood

POWER BARS **1.39**

Apple-cinnamon, Chocolate,
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Dec. 9-16



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special requests are welcome
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Cinnamon Raisin
Original Organic

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ONLY 1.69

NOVEMBER 15th - 30th



7 Grain Cereal

Buy One
and get
One Free!

Limit 2 Free please
supplies limited



Aimee Keller, Volunteer of the Month



by Carol Hartman

It probably wasn't in Erika Cunningham's job description to recruit volunteers and employees to the Co-op, but she can certainly be credited with inspiring a group of dedicated volunteers. Aimee Keller is among that group.

Aimee is one of the Co-op's newest staff people. After volunteering as a Wednesday shelf stocker for one year, she was recently hired as a part-time cashier.

"The Co-op's been such a great place to work. The hours are flexible, it's kind of relaxed, people are friendly," she said. "I know what I need to do when I get there, so it's not a chore to go to work."

The part-time flexible schedule leaves Aimee time for her other job: working as an intern in a county planning office. Her long-term task is to update the county's comprehensive plan, while her immediate project is to inventory everything the county has, including services or supplies.

This job will hopefully prepare Aimee for a career combining urban planning and public administration. A UI graduate in political science, Aimee finds she has a solid introduction to her chosen field.

But Aimee says her best life experience was spending three

years in New York City. A Sandpoint native, she wanted a taste of city life before heading off to college. She landed a job as a nanny to a Long Island family, then spent a year working the front desk at a Manhattan law firm. In her free time, she bummed around the museums and visited the United Nations complex.

She returned to Idaho for school and says she appreciates the area and surrounding rural environment. (When she needs a city fix, Seattle is just a quick jaunt away, she added.) While an undergraduate, she served on various ASUI committees and was active on the Student Alumni Relations Board (SARB). As the chair of the Traditions Night, she said she "learned a lot about organizing a big event and then changing it all at the last minute when it rained. We planned it for the arboretum and had to move it to the Memorial Gym. I learned about being flexible and acting spur of the moment."

Aimee confessed she had every intention to leave Moscow after graduation last May, but the internship and the freedom of living in Moscow without having homework enticed her to stay a little longer. In the future she hopes to attend graduate school in New Mexico, studying for a joint public administration/ urban planning degree.

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The Time Has Come for "True Confessions"

by Susan Baumgartner

There are two types of people in the world, the ones who pull off the Band-Aid bit by bit trying to minimize the pain, and the ones who rip it off all at once to get the pain over with as quickly as possible. I've usually been a ripper.

I am also gay.

First, I want to apologize for lying to you, for pretending all this time that I was straight. But that's the way most lesbians and gays survive in America today--we lie, we pretend to be something we're not. We live in fear that the slip of a pronoun, an overhead conversation, will expose us to ridicule or bashing or worse. But my parents taught me always to tell the truth, to stand up for what I believe. I just couldn't lie to you anymore. I couldn't let my sisters and brothers in the gay community who are "out" take all the heat while I lived my pleasant little life.

I stayed closeted for quite a while out of concern for my family. Let me just say that Dad was a good man with an incredible sense of duty and that Mom is one of the bravest, most generous human beings I have ever known. Together they raised eight bright, unique children, seven of them still living, six of them heterosexual. I am not gay because of something my family did. I am gay because I was born that way. Looking back, I can remember dozens of childhood incidents that clearly indicated my sexual orientation. Gay people just are. They do not become gay because of some childhood trauma. They don't decide to be

gay out of wickedness or perversity. They are not recruited. (I wish I could have been recruited. When I was trying to figure all this out, I couldn't find a gay person to save my soul.)

The important thing to remember is that homosexuality is not contagious. You can no more become homosexual by learning the facts, than I can make myself become left-handed because I've always heard that left-handed people are more creative.

Of course, I didn't even know what a homosexual was until after college. No one could have been more surprised than me to discover that I was gay. It's not something a farm kid from Idaho ever expects to be. I fought it, unconsciously, for nearly twenty years. And I fought it unhappily. I weighed 200 pounds or more. I had a lot of counseling and took a lot of anti-depressants. I lived alone and cut off from people, unable to bear the fact that I was different, frightened that none of the "normal" activities felt right to me.

A little over two years ago, I finally came out to myself. I admitted who I was and what I was. Gradually, I told my friends, my family, the people close to me. It has been two years of incredible growth and learning. Almost every aspect of my life has changed for the better. I'm not an outcast anymore. My behavior makes sense to me. I'm happy. I'm healthy. I have hope for the future.

I don't do this to try to cram my sexual orientation down your throat. But coming out is the only real defense gays and lesbians have. We come out to put a face on the label. We come out so our friends and neighbors can realize that they do know someone who is gay. We come out to try to show that the stereotypes are not necessarily true, that the myth of gay people as sexually rapacious monsters bent on the destruction of common decency may, indeed, be mythical.

I don't feel like a sexually rapacious monster. I just feel like Susan, a writer, a thinker, a dreamer, a lover of books and movies, an ex-chocoholic, an ex-liar.

And the Band-Aid . . . is off.

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My advice
to the women
of America
is to raise more hell
and fewer dahlias.

by Carol Hartman

Colette Sacksteder's "big move away from home" naturally brought a lot of changes to her life: she and her husband, Michael Jacoby, left Seattle for rural Albion, Washington; their families and friends are nearly a state away; and there is now the burden of homework, thanks to a grueling physics program at WSU. But one thing hasn't changed and that's her membership in a food co-op. When she and Michael first visited the Palouse to scout out the housing market, she skimmed the phonebook to learn about the area. "Co-op" was the first listing she checked.

"I feel very fortunate there is even a co-op. The fact that I have to drive a half-hour to get there doesn't bother me," Colette said. "I was so worried when I got here--where was I going to buy all the organic fruits and vegetables I had gotten used to?"

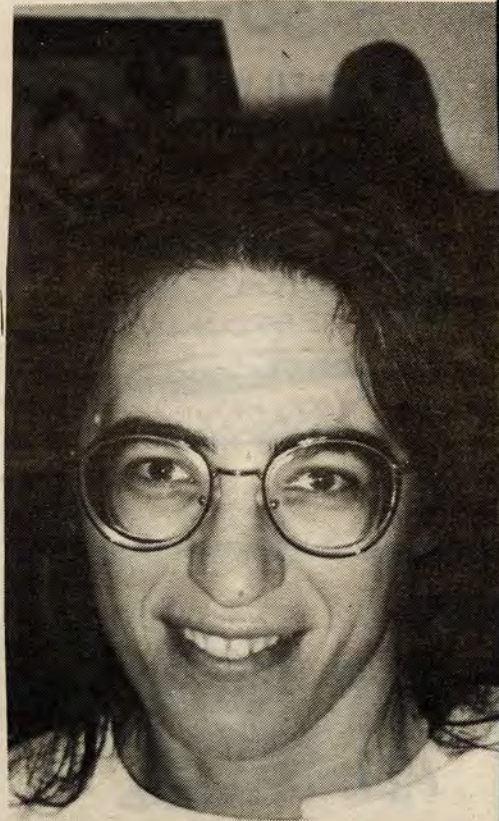
Colette quickly found her way to the store and began volunteering Sunday mornings. She became a regular stocker and said she enjoyed the break from homework.

"This was my church. It was very rewarding. It was a task I was assigned to do and I could do it and finish and go home, being proud of what I had accomplished," she said. "I didn't have to worry about turning in a paper."

Colette unfortunately had to turn more attention to her studies, but she still manages to contribute positively to her community. She is a co-coordinator of AWIS--the Association for Women in Science--at WSU.

"I saw a real need for support. A lot of aspects are different for women in science than a man in science. I wanted to do something in the community to help women and girls be aware that science is okay--the problem may be the way it was taught," she explained. "If a woman has problems, she thinks there's something wrong with her. If a man has a problem,

Profile on Colette Sacksteder



he says there's something wrong with the prof or the book."

"Maybe when I finish, I can do something to help young girls prepare for science careers."

Before returning to school, Colette worked for nearly nine years managing a computer system for a company that leased music tapes for businesses to play in their stores. Even though successful in that profession, Colette said she wondered how much more successful she would be with a degree. She was drawn to the physics program through a fascination with optics and an interest in homeopathic research.

"I took an astronomy course and we watched energy wavelengths which correspond to a spectra of colors. I saw that and said, 'Whatever it is, I want to do that,' she laughed. "And homeopathy needs research in that area to prove that it works. I thought that might lead to biophysics."

Albion and the Palouse may be a big change for someone used to Seattle and the Puget Consumer Co-op, but Colette said she finds the Moscow Food Co-op a nice change, especially the volunteer opportunities. "Here, you just get right in and do it."

Pet Allergies

by Dawn Gill

Allergy to animals is a familiar problem in this country. With over 60% of households owning a pet, it is almost impossible to avoid exposure to animal allergens either in your home or the home of friends or relatives. Allergies to many different species have been documented: cats, dogs, farm animals, rodents, and pocket pets. Exposure to airborne dander results in symptoms including coughing and sneezing, shortness of breath, watery eyes, nasal stuffiness, and asthma.

With intense exposure the onset of signs is usually rapid and peaks within an hour. More often, however, signs come on gradually and it can be difficult to pinpoint the source of the problem.

Sometimes a history of animal exposure associated with allergy can be sufficient to diagnose the problem. However, many people have multiple allergies that can be tricky to diagnose.

A skin test is often used; concentrates of various animal dander are injected under the skin. If the area becomes red and swollen, the test is positive for that species. Occasionally a change in environment, such as a vacation, can resolve the problem; these can be helpful clues to diagnosing a pet-related allergy.

There is a lot of misinformation regarding pet allergies:

1. Cats or dogs with short hair don't cause allergies. The dander

of the animal is what causes the allergy. There is no difference in the amount of dander on long-haired vs. short-haired pets. Studies have suggested the agent causing the allergy is actually in the saliva and transferred to the dander when the pet grooms itself.

2. Certain breeds of cats or dogs cause fewer allergies. Studies of various purebred dogs have shown the majority of allergy causing materials are common to all breeds. There is no evidence that hairless breeds, such as rex cats, cause fewer allergies. However, individual cats can vary dramatically in how much dander they produce. This may explain why certain animals of the same species may be better tolerated than others.

3. Continuous exposure to the animal will cause desensitization. This does occur, but only rarely. What is more likely is that people just get used to their symptoms and are less bothered by them over time.

4. Symptoms occur only seasonally or with colds, so animals aren't part of the problem. Animal dander concentrates during the winter, with houses being more airtight and both people and their pets spending more time indoors. Asthma associated with colds may be exacerbated by dander, and it's difficult to detect the primary cause.

5. Children will outgrow their allergies. Long-term studies indicate this is true only about 50% of the time and that recurrence of symptoms in adulthood is common.

Individuals affected with pet allergies should select a pet that doesn't cause them problems, perhaps a bird, reptile, or fish. People who are unwilling to part with their pet can try to decrease exposure by confining pets to well-ventilated areas, keeping the pet out of the bedroom, and washing hands after handling the pet.

Allergy shots may be an option, but their efficiency and safety are questionable. Products are available to apply to the pet to decrease dander. For information on treating allergies and their symptoms, consult your physician. For help in selecting a pet or managing your pet, see your veterinarian.



PASSION AND COMPULSION
by Paul Lindholdt

What's your favorite bird? Mine's the snowy egret, a tall aquatic feeder like the heron, a sort of totem bird for me. Long did I envy my buddy Darryl because he knew since he was two that his totem was the American bison. Mine took years to find.

If the snowy egret is far and away my favorite bird, if I think about it lots, should I worry? What if I become compulsive about egrets--start collecting mugs and models and curios of all sorts? Help! My egret fever is getting out of control.

A lawyer friend told me a story about a case he is handling. A 35-year-old male logger is getting his third divorce. Already he is paying \$225/month to one ex, \$350 to another. He makes about \$35,000/year. He can't imagine how he will be able to afford a third set of child-support payments.

And yet he needs this divorce because he has fallen in love with another woman whom he must have. The woman he is divorcing is 23 and bore him two kids; he met her five years ago when she was a senior in high school; he divorced spouse #2 to pursue her.

Is this man compulsive? Is he just "following his bliss?" Should another passionate man like him extract some moral from his behavior, apply it to his own life, turn a blind eye to the next woman who infatuates him? Should the fellow maybe say: "Get thee behind me, Satan, for I know thou hast deluded me?"

In locker rooms men have a saying: When the little head gets hard, the big head goes soft. I suspect the logger guy was soft in the head to begin with, maybe got dropped on it as a kid. And yet someone could probably blur perspective just enough to begin to admire him for his tenacity, for managing to climb right back on that horse of matrimony every durn time he fell off.

For Xmas one year I got a strange gift: a calendar of bikini-clad beach babes. January was Sandra Wild, on all fours beneath a palm tree in the sand, a blond beast poised for action.

My initial response was to toss the calendar, give it away, denounce models and manufacturers and buyers en masse. But then I decided I would try to understand it, hang it on the wall, suspend my judgement, and try to get to know Ms. Wild as a friend.

What I discovered is that men who gaze daylong at bikini-clad models (not to mention pornography) may be setting up some sort of ideal for themselves which the average woman--unretouched and unairbrushed--will never be able to fulfill.

Moreover, I believe there is a chance that some men actually begin to develop unconscious anger at the real women in their lives because those women do not measure up to that glossy ideal the manufacturers and fashion designers set forth.

Do some battering husbands batter because their wives ain't as curvy, svelte, and tan as Sandra? Remember the lyrics to the old '50s song: "I love, I love, I love my calendar girl. . ."

In COOP
PRODUCT SAMPLING

FRI. NOV. 5
5:30-7pm

YVES TOFU WIENERS
VEGGIE WIENERS
CHILI DOGS
WESTBROOK SQUEEZABLE
KETCHUP AND
STONEGROUND MUSTARD



SAT. NOV. 6
1-4 pm

NEW Garden of Eatin'
HOT Habanero Salsa
Great Garlic Salsa
BAJA Black Bean Dip
Organic & Fat Free
Parrot brand
Organic Salsa
Jan's Green Salsa

FRI. NOV. 19
ALL DAY IN THE

Bazaar ^{2nd Floor}
Simply Wild
Wild Rice Foods

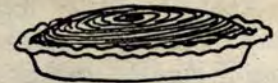
5:30-7pm

downstairs in the CO-OP



SAT. NOV. 20

1-4 pm
Tofu Pumpkin Pie



SAT. NOV. 27

1-4 pm

NEW Arrowhead
Mills
ORGANIC KAMUT
FLAKE OR PUFFED CEREAL
NEW PACIFIC
Soy Beverages



SAT. DEC. 4

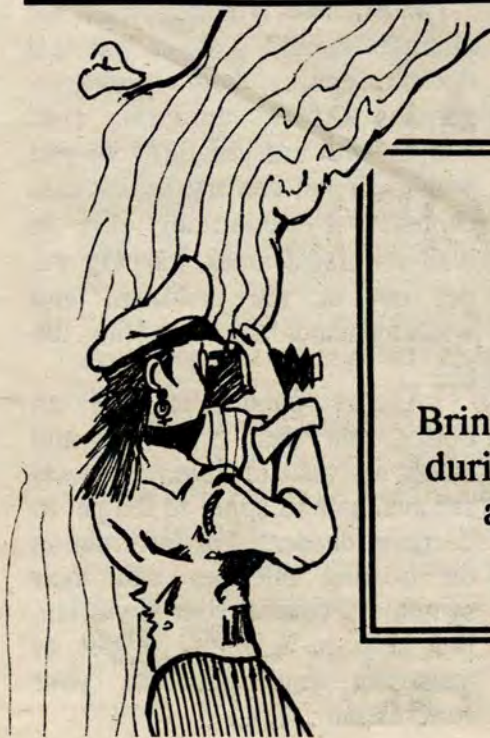
10:30 am - 12:30 pm

apple bake
with QUARK

In COOP
PRODUCT SAMPLING

November
NEW MEMBER
Month

Bring in a new Co-op Member during November and receive a 10% discount toward your next purchase!



Wheat Alternatives--Kamut and Spelt

by Mare Rosenthal

Grain allergies are among the most common health problems. The good news is that alternatives exist which are also good for our farmland. Kamut and spelt are two ancient grains that are being grown organically and made into many delicious and nutritious products--breakfast cereals, breads, rolled flakes (like oatmeal), flour, pasta, and cracked whole kernels.

Kamut (*Triticum polonium*), pronounced *ka-moot*, is a non-hybridized ancient wheat. This relative of modern durum wheat originated in the fertile crescent (Mesopotamia) around 4000 B.C. These large kernels have remained free from the manipulation of modern plant breeders whose priorities sacrifice flavor and nutrition for high yields, disease resistance, dependence on chemical inputs, and physical characteristics that meet manufacturers' specifications. Kamut contains a unique type of gluten that is easier for your body to utilize than common wheat. Compared with common wheat, kamut contains up to 65% more amino acids, 40% more protein, and is higher in eight out nine

minerals, especially magnesium and zinc.

How does it taste? Wonderful! Its rich, almost buttery taste is delicious. You can do almost anything with kamut that you can do with ordinary wheat flour.

Spelt (*Triticum spelta*) is not wheat (*Triticum sativum*), and is among the original, natural grains grown in Europe more than 9000 years ago. Spelt is mentioned by name in some versions of the Bible. It has long been considered the most easily digested grain, primarily because of its great solubility. In Germany, Austria and Switzerland, spelt is a gourmet food that costs up to three times the price of wheat. In America, before it was recently "discovered," most of our spelt landed in cattle feed!

Spelt contains more vitamin B-1 and B-2 than other grains and supplies valuable minerals. Its beneficial amino acid balance is unique among grains. Biologically, spelt closely resembles wheat. Yet because of its great solubility, many wheat-sensitive individuals seem to tolerate it very well.

Spelt contains a little more gluten than wheat and makes excellent loaves of yeast-raised bread. Kamut and spelt flour are

great for baking because you can adapt your favorite wheat recipes. When you substitute spelt or kamut for wheat flour, you may need to make a little adjustment in the liquid to dry-ingredient ratio. Start by using only 3/4 of the liquid called for. (You can always add more, a little at a time, if you need it.) Or you may leave the liquids alone and use 20-25% more spelt or kamut flour than specified for wheat.

Kamut and spelt are relatively close to wheat, and to each other, but they still differ from each other. They are both ancient, natural grains, unchanged by modern agricultural practices. Like wheat, both contain gluten. Yet because both are so easily digested, they are more compatible with human physiology than the common wheat we all grew up eating. Both spelt and kamut are self-pollinating, meaning that grains grown today replicate ancient ones. They can grow in a field right next to common wheat without interbreeding or "crossing" with it.

Look for the following kamut and spelt products at the Co-op; most are organic.

Spelt bread from the bakery (baked on Thursdays).

Breakfast cereals--flakes and puffed.

Rolled spelt and rolled kamut (in the bulk section) cook like oatmeal for breakfast or as a pilaf for dinner; very quick and nutritious.

Spelt pasta, several shapes.

Spelt flour in the bulk section.

Spelt kernels, flour, and rolled flakes in packages (Vita-spelt brand)--not certified organic, but they are in transition, which takes 3 years to become certified organically grown.

(Most of my information came from M. H. Jones, R.N. Her book, *Super Foods*, and her monthly newsletter, *Mastering Food Allergies*, contain many recipes. Try replacing kamut and spelt in your own favorite recipes--cookies, pie crusts, waffles, dinner rolls, etc.)



The Bazaar

and Café

whole food
sandwiches, salads, soups,
snacks, sweets, and beverages

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November
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Month

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READ THE LABEL

by Carol Hartman

Shoppers charmed by the roadside stands selling homemade apple cider need to consider food safety before purchasing that delicious-looking jug of liquid. Unpasteurized apple cider can carry the E. coli bacteria.

"This is a case where natural is not necessarily better--a case where processing prevents bacterial growth," said Marilyn Swanson, food safety specialist for the University of Idaho Cooperative Extension System. "What happens if you take apples from a field where cattle have grazed and where manure is present, and make apple cider. You could have E. coli in your nonpasteurized apple cider."

Escherichia coli, commonly called E. coli, is a bacteria normally found in most human and animal intestines. Most strains are harmless. E. coli 0157:H7, a strain identified in 1983, is not. This bacteria caused four deaths and made more than 500 people sick earlier this year in the Pacific Northwest. The bacteria create a toxin that can cause diarrhea, stomach pain, vomiting, and fever.

Although this outbreak was traced to uncooked hamburger, Swanson pointed out that one victim died from a secondary contamination; proper handwashing techniques could have prevented that infection. People collecting apples from fields near grazing cattle need to be scrupulous about washing hands and apples, and then pasteurize the apples.

"It's fall. It's been a great apple year. You see apple trees around the grounds, in yards. Many people like unpasteurized apple cider and juice," Swanson said. "This is not to say you can't make apple cider anymore, but we believe you should heat-treat it, especially if you are unsure about your source or if you use fallen apples."

Home cider makers should use a boiling water canner to pasteurize cider or juice made from fallen apples; heat destroys the E. coli bacteria. Homeowners who press fallen apples from their own trees should take similar precautions if they've applied

manure to their trees or if pets roam beneath the trees.

A recent *American Health Association Journal* article urged consumers to choose pasteurized cider, citing a 1991 case where 23 people were infected with E. coli in Massachusetts. Experts with the Centers for Disease Control and Prevention found that these 23 people became ill after drinking cider made from unwashed, unpasteurized apples at a small Massachusetts press.

India Nut Salad

- 1 head Boston lettuce, torn
- 2 cups chopped pecans or walnuts
- 8 dates, pitted and chopped
- 1/4 cup shredded coconut
- 1 red apple unpeeled cored & sliced
- 3 tablespoons raisins

Combine all ingredients in salad bowl and toss well.

Serve with a good oil and vinegar dressing.

Serves 4 to 6
from: *Yoga for Health*
by: Richard Littleman



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Are You Feeling Depressed or Sluggish?

by Linda Kingsbury, M.S.
Herbalist

Foods affect your moods. Our bodies are connected to the world around us, and respond in specific ways to the seasonal changes in weather and food choices available. Practice living in harmony with the natural rhythms of life to reduce stress and increase longevity. Eating foods, drinking herbal teas, and engaging in complimentary activities can nourish organs associated with each season.

Autumn is the time of harvest and preparations for winter's rest. As you are busy canning and putting foods up for the winter remember that a building diet is necessary for sustaining the cold months ahead. The organs which naturally have the opportunity to rejuvenate now are the lungs and large intestines. Let's look at some ways to assist this process.

Foods

Brown rice and wild rice are a great staple for harvest meals. Grains are high in B vitamins and natural fiber. Supplement grains with fresh local dark greens, roots, and squashes. An easy and colorful harvest dish includes a blend of brown and wild rice from St. Maries, Idaho. Combine cooked rice and lentils with sautéed mushrooms, garlic and onions. Serve in a baked squash or pumpkin and topped with miso gravy and sliced almonds.

Sea vegetables can be found at your local health food store and are a great source of natural minerals as well as a tasty addition to hearty stews. A tasty way to

introduce your family to sea vegetables is a dish called carrots with Hijiki. Start by soaking 1/4 cup of Hijiki in one cup of water. Chop 1 large onion, slice carrots, chop 1-2 cloves of garlic, and peel and grate 1/2" piece of fresh ginger root. Sauté onion in a little olive oil with a clove of garlic and some fresh grated gingerroot. Add sliced carrots and cook for a few more minutes until Powdered Kelp or Dulse can be blended with Sesame Seeds for a nourishing condiment. Wrapping cooked rice and thinly sliced vegetables in Nori is a high mineral alternative to tortillas. Including these foods in your diet can help you feel energized and more organized.

Herbs

For herbal support first look at what is growing around you now in the wild or your garden. Local plants have special healing gifts for you. (I do offer herb walks in the spring and summer to help identify common useful weeds.) A local plant for the lungs is mullein leaves. Gather the clean leaves in an unsprayed area, dry, then put in the blender for a fluffy addition to tea or bath blends. An herbal bath is a soothing way to unwind after a busy day. A favorite combination called Serenity contains jasmine flowers, mullein leaves, and oatstraw. An herbal cough drop formula includes wild cherry bark, mullein, plantain, and slippery elm bark. Slippery elm bark powder soothes irritated membranes throughout the body. Stirring a teaspoon of the powdered herb into a glass of water soothes sore throats, heartburn, and irritated bowels.

Avoid constipation by reducing white flour products, refined sugar, too much meat or other congesting foods. Increase whole grains as well as fruit and vegetable fiber. Keep elimination regular and skin clear with lower bowel tonic herbs such as cascara sagrada, burdock, red clover and peppermint, or make a drink by mixing one teaspoon Psyllium seed husks in a cup of water before bedtime. Occasional use of herbal enemas can be helpful especially at the onset of colds or to eliminate a fever.

Make a warming Autumn tea by simmering a slice of fresh ginger root, 2 tsp. marshmallow root, 1 tsp. cascara sagrada, 1 tsp. burdock, and 1 tsp. fennel seeds in four cups of water for 10 minutes. Remove pot from heat and add one teaspoon each of red clover blossoms and spearmint. Steep for ten minutes, then strain and enjoy. Perhaps put on your favorite music and destress naturally before the next step in your day.

Activities

Take responsibility for your happiness by being in touch with your feelings and sharing them with others. Communication is important and can help you move through feelings of separation or loneliness that may accompany this season as the cool days move people inward. Find a safe place to process grief that often accompanies life lessons. Be creative and honor your transitions with celebrations that fit your lifestyle. Start a small group with your friends to support each other with the fast paced changes in life now.


Increase activities that can help develop a positive attitude and nurture your system such as daily stretching, calisthenics, and deep breathing. Enjoy an evening or weekend hike as a family activity or way to meet like minded people. It is a healthy alternative to passively watching other people play sports on TV.

Give your whole self a boost this season by emphasizing healing food and lifestyle choices now.





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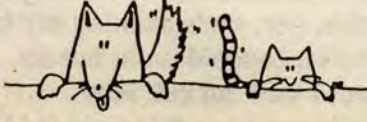
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THREE ALONE

by Nancy Casey

Elizabeth wanted to paint my face
I suggest tomorrow and she gets teary
I said, there's not much time but okay
if she'd stop at 8:20, but the next was
an eruption over paint brushes and borrowing and
rights and Patrick said no and
it has to be that way because of what
I have already promised myself about her and lending and never
again Elizabeth's tears were long and hard
for a carefully selected gift lost in the trash
with a single blink sweep of mistake
she sobs and says, oh wait, and found the brush
do you know what she's doing to you sed
Patrick, yes, she's painting my face.
There's a bandaid on it, but no
blood, I said, no cut, now
there is sed Liz while little cold dot-ness here and
there on my face do you know
what she's doing to you sed Patrick she's
painting my face we chatted
about stuff, possibilities and Patrick
sed, do you know what she's painting? My face, I say
but it's 8:20, you gotta stop, brush your teeth
because I can't stand it, gotta see it.

Elizabeth lingers excitedly, poorly feigning non-interest
I order her to her nightgown
laughing she follows me anyway and
I am shocked in the mirror
wounds and floribunda, furrows and laugh lines
while she hoots reeling against the washer.

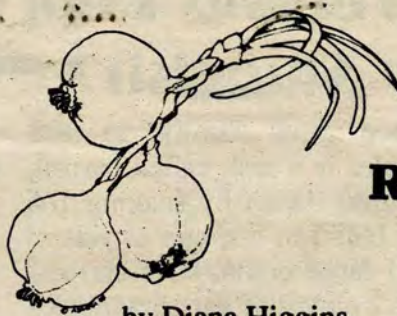
Patrick asks what kind of child have you raised.
I rebound a musing of what kind of child I have become.
He wags his lowered head in adult bewilderment
and all of these children I am raising are in bed
by 8:30, triumph and relief
cuddled soft and tight.

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by Diana Higgins

Recipes

Wild Rice

According to Jane Brody in her *Good Food Book*, wild rice is not actually rice at all, but the seed of an aquatic grass. Although wild rice can be pricey, it can be purchased in bulk at the Co-op (even cheaper is the bulk "broken pieces" wild rice) and, as it expands to four times its size when cooked, you don't need a whole lot.

Here are two recipes for wild rice. The first one is from the Jane Brody book mentioned above:

Wild Rice with Indian Nuts

Indian nuts are simply a larger version of pine nuts, with which they can be interchanged.

- 2 C. beef broth
- 1 1/2 C. water (or more)
- 1 1/3 C. wild rice (1/2 pound)
- 1/2 C. currants
- Fresh ground black pepper to taste
- 1/2 C. Indian or pine nuts (pignoli)
- 1 T. butter or margarine
- 1 med. onion, fine chopped (1/2 C)

Bring the broth and water to a boil in a large saucepan (3 quarts or larger). Add the wild rice, currants, and pepper. Reduce the heat to low, cover the pan, and simmer the ingredients for 1 hour or longer, or until the liquid is absorbed and the rice is tender. Add more water, if needed, to cook the rice fully.

Meanwhile, in a small skillet, toast the Indian nuts, tossing them constantly, until they turn golden. Remove the nuts from the pan and set them aside.

In the same skillet, melt the butter or margarine, and saute the onion for about 3 minutes or until it is soft. When the rice is done, toss the onion and nuts with it, and serve.

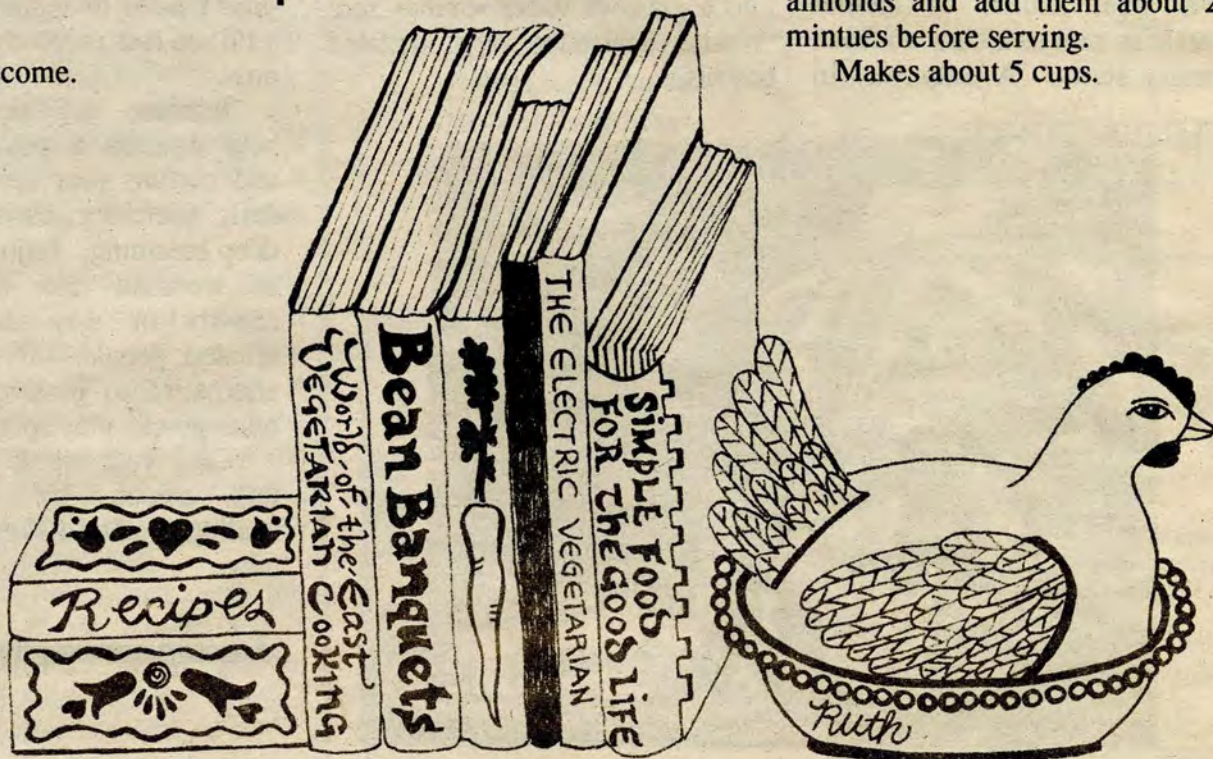
The next recipe is from *The New Laurel's Kitchen*, by Laurel Robertson:

Wild Rice

- 1 C. wild rice
- 1/3 C. brown rice
- 1 carrot
- 1 large stalk celery
- 6 green onions
- 1 garlic clove
- 2 T. oil
- 5 C. boiling water
- 1 tea. marjoram
- 1/4 tea. thyme
- Pinch rosemary
- 1 tea. salt
- dash pepper
- 1/3 C. toasted almonds
- Rinse grain well.

Chop carrot and celery in 1/4" cubes. Chop green onions and saute them with garlic in oil. Crush garlic clove with a fork. Add water and bring to a boil. Stir in the vegetables, rice, herbs, salt, and pepper. Bring to a boil, cover, reduce heat, and cook gently for an hour or more, until the rice is tender. Chop the almonds and add them about 20 minutes before serving.

Makes about 5 cups.



November '93

Kids' Page

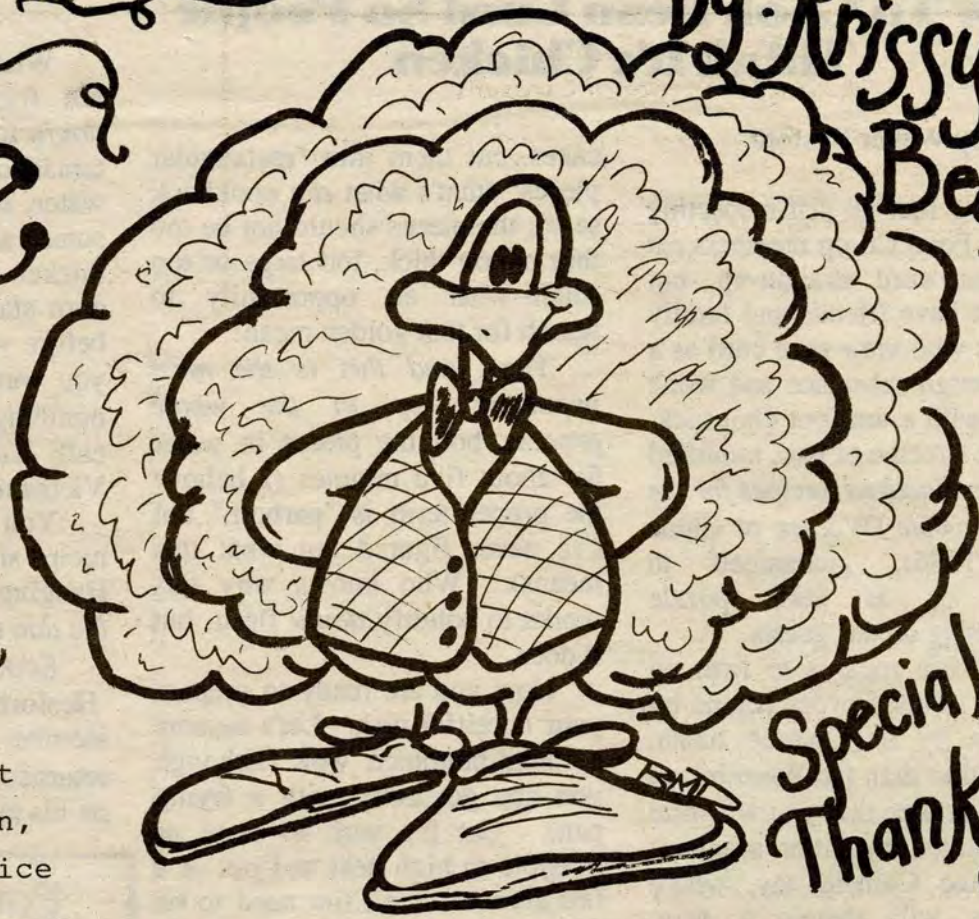
Leaf Rubbings

Find some leaves with lots of veins. Place one of the leaves under a thin sheet of white paper. With the side of a crayon, rub the paper with the leaf under it. Notice how the leaf makes a pattern.

Move the leaf to a different position under the paper and rub it again with a different color of crayon. Arrange your leaf rubbings to make a holiday design. The leaves could become the tail feathers of a turkey or the headdress of an indian.

When your rubbings are complete cut a black construction paper shape to accent your design. Mount the finished design on a large sheet of colored construction paper.

by Krissy Beaka

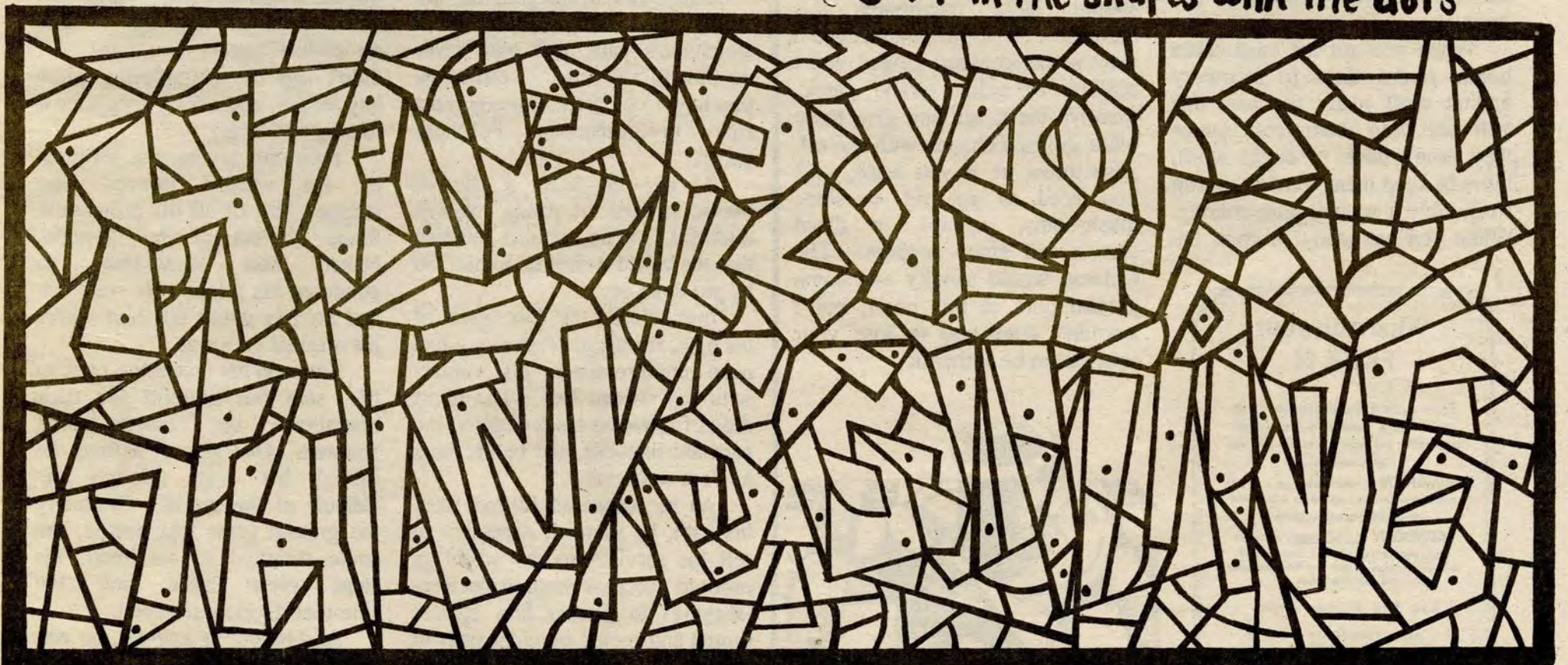


Special-
Thanks

Last month I asked for contributions to this page about what you're thankful for. Sadly, none arrived. However, I would like each of you to reflect on what makes you truly thankful as this holiday season approaches. I know my list goes on and on and on. A special thanks goes out to my room-mate Britt Drewes who contributed the turkey drawing for this issue.

Enjoy the time spent with friends and family and use this opportunity to tell them how you feel about them.

Color in the shapes with the dots



How To Cook Bean Curd So People Think It's Chicken

by Walter Hesford

I know that all self-respecting Moscow Food Co-op members eat their bean curd straight-up, but you must have friends and family members who view pure curd as a slimy foreign substance and won't touch it with a ten-foot chopstick. So here's a recipe or two, modified from *Two Hundred Recipes for the Doufu Devotee* (Women of China Press, 1986), guaranteed to deceive or at least puzzle unsuspecting dinner guests.

The basic trick is to firm up the curd. This process begins by calling it by its Chinese name, *doufu*, rather than the Westernized *tofu*. I realize that you will find it sold under the latter moniker, but, as the Chinese say, where there's a will there's a way: simply harden the "t" to a "d" and compress the two words into one. You are thus on your way to firm curd.

Next, it's important to select from the Co-op's infinite variety the right kind of curd cake. Avoid the highly-touted fresh, local, *nouveau* curd--yes, it's tasty, but you'll never get it into better shape than my flabby pot belly. What you want swims in sullen water in the plastic vat on the bottom shelf to the left, waiting to be delivered with metal forceps by your tender hands; fishing each cake out is a sensuous experience, well worth the \$.41 currently charged per catch.

When you get the curd cakes home, return them to a watery habitat until ready for use; this will not keep them fresh (since they aren't fresh to begin with), but will keep them from acquiring so quickly a scuzzy pink coating. When you are ready to cook the

cakes, cut them into "rectangular pieces" (that's what my cookbook says); the pieces should not be too thin or too thick, too large or too small--what an opportunity to search for that golden mean!

Then, *and this is the most important step in the whole process*, boil the pieces in water for about five minutes (I believe the proper term is "parboil," but I've never figured out what this means). Who knows why this works to solidify *doufu* flesh, but it does.

Now you are ready to prepare your deceitful dish. Let's assume a round-bottomed wok (although you can get away with a frying pan). Get the wok as close as possible to high heat and put in a fair amount of oil (no need to be fussy--low-grade, smelly canola oil approximates what's commonly used in China), toss in the drained pieces of *doufu*, and keep stirring them around with chopsticks until they are yellow or light brown; this will take a little longer than you think, so have some music on, but don't get too distracted, or you'll end up with what looks like burnt bacon (remember what that looked like?).

What you have now has the right chickenish texture, but doesn't have much flavor, so it's time to stir-fry those ingredients that you have spent the previous five hours chopping (perhaps I should have mentioned this earlier). At a minimum, you'll want some smashed ginger, some scallion or onion or/and garlic. Remove the *doufu* and give these other things a chance with the oil. Also throw in, if you want, stuff you need to get rid of--some mushrooms, perhaps, or diced carrots and green peppers. The Chinese would usually add some ground pork at this point, but I wouldn't want you to lose your soul just to be authentic.



When your added ingredients are fried to desire, return the *doufu* to the mix, and add a little tamari or soy sauce, clear broth or water, some salt, and even maybe some sugar. If you want to thicken your dish, dissolve some corn starch in the broth or water before you put it into the wok. If you want to make *ma la* (mouth numbing) *doufu*, stir in the hottest chili sauce you can find--I use Vietnamese.

You will notice that the above recipe shuns exact measurements. Hanging loose is, paradoxically, the *dao* of firm *doufu*.

Editor's Note: Walter Hesford has been a Co-op member since 1990, when he returned from China with *doufu* on his mind.

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Charles Quinn

Graduate, Kototama Institute

Parable of the Month: Lost and Found

by Rodger Stevens

It happened once that a young child embarked on his life's journey. His path was faint and untrodden but comfortable to his bare feet, and he felt his way one step at a time. His understanding was direct and embraced the ground, and his eyes beheld the wonders around him. He saw a shimmering glow around everything living and non-living; he delighted in large and small, for to him there was no difference. He was glad to be alive, and his laughter and singing was music in the air.

But before he had gone far, the world told him, 'Yours is a simpleton's path, and will never amount to anything. I can show you how to be great, but you must follow my instructions. Put these on.'

At his feet were a pair of boots. At first the young boy was doubtful, but he couldn't imagine that the world would lie to him, so he put them on.

Immediately he lost track of his path, for his understanding had been compromised, his contact with the ground lost. The boots didn't fit, and as his feet grew, the pain did likewise, and before long his feet were numb.

As he wandered further from his path, he found it necessary to sell his services to the world in order to purchase more protection--leggings to protect him against thorns and rocks, shoulder pads to endure the jostling he had never

known on his own path, a helmet and shield to fend off the slings and arrows of outrageous fortune. And not just outer protection, but potions and drugs and stimulants of all kinds to keep him going. The world told him that he could not be a master of all he surveyed unless he could conquer anything in his path, and that these tools were absolutely necessary in order to do that.

But very soon he was miserable, heavy, numb, and clumsy with all the baggage he was now carrying. He longed for the simplicity of his earlier days, but the world told him that he still wasn't good enough, that he had no choice but to continue. He didn't see the shimmering glow any longer, and nearly forgot how to sing and laugh.

Then one day he was set upon by the world's thieves who stripped him of all his protection. Some protection! he thought. Naked and vulnerable, he pondered his plight. He was lost, and nobody could tell him where his original path was.

But soon his feet came back to life, sore but grateful for their liberation, his understanding restored. One step at a time, he inched his way through the ridicule of the world. Gradually the ground grew less hostile, the smile returned to his heart, his steps grew light, and the shimmering glow returned.

And before he knew it, he was singing again.

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**FROM THE CO-OP NEWS
NETWORK**

by William Coughlin

Participation creates social capital. That is, working cooperatively creates positive feelings toward the co-op, which are as necessary to its operations as financial capital is.

These good feelings motivate co-op members to relate better to each other and to support the co-op in bad times as well as good.

When a retired man on a fixed income gives \$50 of his savings to the Boston Food Co-op after it has just been robbed, we can see social capital converting itself into financial capital. When people shopping at the different co-op stores in Minneapolis drop what they're doing to stand in the cold to help unload the delivery truck from the People's Warehouse, social capital is again at work.

A co-op can earn social capital by being successful. Efficient procedures, quality food at low prices, and cooperative spirit all

help generate the positive feelings that create social capital. But the best-run co-op, in itself, may not produce much social capital. It's necessary for the members to feel responsible for that success. Participation is the best way to foster that feeling.

The cooperative experience is at the heart of social capital. It's based on people working together to achieve something unattainable to them as individuals. Whether people are raising a barn or pushing a car out of the snow, they feel exhilaration from working together.

As I pondered the dilemmas posed by my desire to find more than "just a business" in my community cooperative, I was lucky enough to come across an essay by Murray Bookchin entitled "Market Economy or Moral Economy?" (*The Modern Crisis*, 1986, New Society Publishers), in which he described our local situation only too well. The following [paragraphs] are from that essay.

"An organic farm that is meant to satisfy a 'need' for 'good food' rather than food that is cultivated from a sense of 'goodness' and ecological concern--like a 'food cooperative' that is meant to provide 'good food' at cheap prices--is guided more by need than by ethics. That is to say, it is meant to satisfy a concern that is *pragmatic rather than moral* [emphasis added].

"Ironically, none of these concerns can ever supplant the shopping mall. No organic farm can compete successfully with agribusiness, and no food cooperative can successfully outbid, much less out supply, a supermarket. The most these 'alternative' enterprises can do is to coexist precariously with the giants that tower over them, as mere marginalia that appeal on

strictly material grounds to society's fringes, not society at large.

"To put the issue bluntly: an organic carrot, a homespun garment, a crafted plank of wood, or a hand-worked leather boot is merely a 'thing' that people confront as impersonally in a food cooperative or a craft shop as they do in a shopping mall *if it does not carry a moral message that changes it as an exotic creature of an immoral economy*. The 'thing' itself will never give voice to a moral message merely by its quality, ecological pedigree, and usefulness. As wholesome, nourishing, attractive, and free of the pollutants that infect our bodies and tastes as it may be, it does not become a 'good' in a moral sense for these reasons alone. Moral 'goodness' can come only from the way in which people interact between themselves, and the sense of ethical purpose they give to their productive activities."

Staff and members have expressed that a crucial value of the Co-op abides in providing a source of "pure," "organic," or "unpolluted" food products. I don't deny the legitimacy of desires for healthier food. But a store that focuses narrowly on providing *commodities*, no matter how wholesome, is nothing but a store. Further, stressing the importance of the "organic" of Co-op produce simply legitimizes and reinforces the values of the competitive, egotistical, materialistic society that surrounds us. If my primary concern is monitoring my food intake, I can do that outside the confines of a cooperative enterprise.

Only the Co-op general membership can decide how to put such a vision into practice. In fact, only the general membership, working in cooperation with the staff, can decide what shape that vision will take.

But however it is defined and implemented, the Co-op, to be true to its name, must continue to have an ethical dimension.

**PROTECT OUR
ENVIRONMENT**

**PCEI Marches Boldly
into the Future**
by Bill London

It's time to defy tradition. It's time to redefine past realities and chart a bold new future.

We might as well begin that ambitious plan by changing the annual meeting of the Palouse-Clearwater Environmental Institute.

In the past, PCEI annual meetings have included an evening social hour with a dessert potluck and a short business meeting, possibly including a presentation on an environmental topic.

Well, this year that model has been relegated to the trash bin of history, ignored, and otherwise tossed out. In its place, PCEI has planned a full day of activities--including food, music, and informative workshops. You can come for all, or some, but please don't miss all of it.

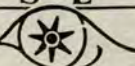
The big day is Saturday, November 13. The place is the Moscow Social Club (the old Elks Lodge at 112 North Main in Moscow). The food will cost a minimal amount, and the dance will be \$4 at the door (or \$2 if you register ahead). Everything else is free.

The everything will begin with a morning session at 10 am that includes the annual business meeting, election of board members, and program update. After lunch (bring your own or buy a great meal there), you can choose from a bunch of free environmental workshops.

The evening session begins at 5:30 pm with a social hour followed by a great dinner (the November Eco-Cuisine meal). After dinner, you can boogie off those calories with live music from Moscow's own six-piece band, The Physical Scientists, and a great reggae band from Colville, Washington, The Planetary Refugees.

You don't have to be a PCEI member to come. You don't even have to call yourself an environmentalist. All you have to do is like food and fun. For more information, contact PCEI at 882-1444.

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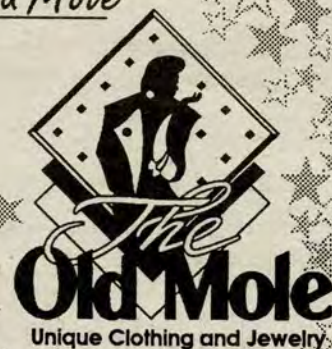
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**Bulletin Board
Announcements**

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.

Bulletin Board

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"The wilderness/biodiversity activist of the 1990's without a copy of 'Cascadia Wild' is as out of touch as the wilderness activist of the 1960's and 1970's without a copy of the Wilderness Act."

Dave Foreman; Publisher, Wild Earth Magazine; cofounder, Earth First and the Wildlands Project.

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**Cohousing
Working
Group**

To explore cohousing alternatives on the Palouse, meet at 7:00 pm, Thursday, November 11, at Inner Vision Bookstore - 118 Third Street, Moscow

**Palouse-Clearwater
Environmental Institute**

Annual Meeting & Monthly Dinner

Public invited!

This year's Annual Meeting, scheduled for Saturday, November 13 at the Moscow Social Club, will be informative, action oriented and entertaining. Don't miss it! The Annual Meeting is open to the public. In the past, the annual meeting has been a one evening business meeting. This year the annual membership meeting will be an all day event with a variety of activities and food.

All PCEI members will receive a registration form in the mail. We encourage all members to bring a friend. They will have the opportunity to learn more about PCEI and how they can become involved with preserving the environment.

10 am Business meeting which provides PCEI members the opportunity to elect new board members as well as receive an update on PCEI's current and upcoming programs.

12 noon Lunch and the beginning of a series of **workshops** on "Palouse Pathways," "Stream Health," "Consumer Buying and Package Waste," and "PermaCulture." The Purpose of these workshops is to encourage local participation in the areas of transportation, water quality, sustainable agriculture and solid waste.

5:30 pm Social hour followed by dinner, served as November's Eco-Cuisine. Ending this exciting event will be live music by *The Physical Scientists* and *The Planetary Refugees* for all to enjoy and dance to.

UPSTAIRS AT THE CO-OP . . .

**COMING
SOON . . .**

**Coop fresh
squeezed juices,
smoothies and
fresh salads**

11 am - 2 pm Mon.-Fri.

Annual Meeting Registration Form

Name _____	*Please renew my PCEI membership at \$25	\$ _____
Address _____	Lunch	\$3 per adult/child \$ _____
City _____ State _____ Zip _____	Eco-Cuisine	\$7 per non-PCEI member \$ _____
Phone _____		\$5 per PCEI member \$ _____
		\$3 for children 5-12 \$ _____
		FREE children under 5
	Dance	\$3 per adult (under 12 FREE) \$ _____
		(\$4 at the door)
MAIL TO: PCEI, P.O. BOX 8596, MOSCOW, ID 83843		
(208)882-1444		
	TOTAL AMOUNT ENCLOSED	\$ _____