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OCTOBER 1993



MOSCOW CO-OP

COMMUNITY NEWS

*The BAZAAR is OPEN
Check it out!
Upstairs at the Co-op*



 **MOSCOW FOOD COOP**
310 WEST THIRD
MOSCOW ID 83843



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MOSLOW ID 83843

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Published by

Moscow Food Co-op

310 W. Third

Moscow, ID 83843

(208) 882-8537

Upper Crust Bakery

883-1024

HOURS

Every Day

9:00 am - 7:00 pm

With plenty of FREE PARKING!

PRINTED ON RECYCLED PAPER

Deadline for articles: 20th of each month

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

Board Elections

by Peg Harvey-Marose

At the last annual meeting of the Co-op membership, members were concerned about the process for electing board members. The Election Process Committee was formed and developed guidelines to be used for next year's elections. These guidelines were approved by the Board of Directors and appropriate changes were made in the by-laws to make it all legal.

As you may have noticed, we have been advertising for board members for the past two months in the newsletter. Individuals may nominate someone or themselves. Contact me at 882-1593 or Sarah Swett at 882-1657. We will set up a meeting for the nominee with the nomination committee. The committee's job is to inform nominees of election process and the requirements of the job. The committee has no authority to choose candidates. We ask that individuals complete their nominations by the first week in January, so that there is time to complete the interviews.

In addition to the interviews, the candidates will be featured in the February newsletter with pictures and statements of why they want to be on the board. These will also be posted on the bulletin board at the Co-op.

One major change in the election process which has happened is that members will be elected to 3 year terms that are staggered for continuity. Two positions will be open at the coming election. The staff liaison who is chosen by the staff to represent them on the board is to be confirmed by the membership annually. Legally the membership

must vote in all voting board members, thus the confirmation.

At the annual meeting, nominations will be allowed from the floor. The disadvantage of this is the lack of publicity a last minute nominee will receive. All the nominees will be asked to make a statement before the vote. Ballots will be printed with the names of the candidates on it with space for write in candidates. The two candidates with the most votes will be our new board members.

The Election Process Committee and the board hope that this new process will make the election of board members more accessible to the membership. Again if anyone is interested or knows someone interested in being on the board contact me at 882-1593 or Sarah Swett at 882-1657.

REFILLING THE BOARD

by Peg Harvey-Marose

The Board of Directors is pleased to announce that we have a new board member -- Vicki Reich. She has recently moved to the area with her fiance and is working at the U of I in one of the newly organized maintenance departments. Her job is to organize everyone (WOW!). Her education is in electrical engineering. (I'm impressed!) She will be serving on the Personnel Committee and dabbling in the Facilities and Operations Committee. Stop by and say "hello" to her at the Co-op where she volunteers on Saturday mornings. Welcome aboard Vicki!

VOLUNTEERS NEEDED

To help with product selection at the Co-op. Need 7-9 people to help formulate guidelines for Co-op buyers. If interested please contact Skott. You will receive up to an 18% discount on purchases. (Selection Volunteers from last spring please contact us!)

UNSIGNED LETTERS TO THE EDITOR

by Bill London

This month we received two unsigned letters. One commented on the vaccination controversy and the other discussed an advertiser's claim.

Neither will be printed unless the author summons the courage to identify him or herself.

I encourage those authors to contact me. We want to print your letter. We want to share your ideas. We just don't feel that anonymous claims should appear in this newsletter.

about the COVER

It's about people - lots of them working cooperatively to get this institution through its first 20 years.

The faces here are only a tiny fraction of the multitudes who have offered energy and support to make the Moscow Food Co-op what it is today.

Don't feel slighted if you don't find your likeness here. This includes every face still left on file. Just send a photo to the newsletter and we'll publish the new images in some future issue.

In this issue of Moscow Food Co-op Community News:

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Linda

PALL

for City Council
...roots and wings
for Moscow's future

Paid for by Pall for Council
M. Hamilton, Treasurer

See You at the 25th

by Carol Hartman

After months of planning and plotting, it's hard to believe the Co-op's 20th anniversary weekend celebration is over. But there are lots more goodies to come: be sure to tell your non-Co-op friends to join in October and receive a free membership.

Those of you who attended the Latah County Fair the same weekend may have caught a glimpse of the prizewinning Co-op booth, organized by Renee McNally and staffed by Hala, Eva and Sara. Yes, prizewinning! The Co-op was awarded "best of fair" in the commercial class. Nice work, ladies. Thanks from the rest of us Co-op members.

Thanks to Linda Canary, Ruby Valentine and Jim Gale, we now have an artistically decorated building, parking lot and fence! While the store windows proudly proclaim our anniversary to Third Street travelers, the cows moseying along the back fence provide a peaceful contrast to the traffic. The chalk drawings in the lot are a colorful addition to the asphalt (my favorite is a peace sign with 'dude' written underneath, naturally).

Those of you who attended the parking lot fair Saturday afternoon probably enjoyed the wide variety of samples from our suppliers. Thanks to Mary of Meecham Mills in Clarkston who served up buckwheat pancakes and Tabitha from Flour Girls who shared some whole-wheat scones, Paradise

Farms also offered samples as did gourmet cookie, tortilla chip and cheese companies. And if you didn't feast enough there, perhaps you got your fill at the dance Saturday night?!!

While the Cartel, the Capricorn's bar band, entertained us with hits from the '60s and '70s, there were plenty more Co-op munchies and beverages. After we listened to the best and worst case scenarios from Moscow 20/20 winners, as we rested amidst the balloons and palm trees, it was time for a hot jam! Big Time Adam with help from some Twist of Fate and Royball band members kept us jiving with their high-energy, hip music. Thanks to all musicians for donating their time and talent.

And raffles. There were raffles all day and all night. Co-op anniversary T-shirts, socks, books, CDs donated from Musicland, dinner for two donated by the Beanery, and Bellissimo donated nine free espresso drinks (not to be consumed at one time!).

And it's working! Whether it's the fair or the 20th anniversary, general manager Kenna Eaton is not sure, but she reports that business is way up. Dozens of new members are now on the roster of the Palouse's best alternative. Be sure to welcome any new members you see around the store.

Thanks to all the staff and volunteers who helped with the celebration. We appreciate your efforts.

The Basic Basket

by Sandi Skott Larsen

We realize the possibilities for black beans are limited ... black bean soup, black bean casserole, black bean burritos, black bean burgers, black bean pie, black bean cookies, black bean tea ... so for the sake of diversity we are changing many of the current items in our basic basket. Beginning in early October, say goodbye to the extra low prices on organic black beans, organic long grain brown rice, organic yellow splits, rennetless cheddar cheese, organic broccoli, and spelt pasta ... Stock up now!

Please give a big welcome to our new basic basket items. They're still in line with our basic philosophy of minimally-processed and packaged foods which are nutritious, reasonably priced, and organic if possible. The following have been chosen for our Autumn Basic Cornucopia:

- * organic russet potatoes
- * Stratton's milk (in reusable glass bottles)
- * local organic hulled barley (mushroom barley soup-yum!)
- * local no-spray green split peas (new item coming as soon as they are harvested and split in two ... these are a special peas -- as they are from a transitional field (one nearing certified organic status) -- Mary Butters will have more info on these peas in the November newsletter.
- * organic red chili beans (veggie chili!)
- * Swiss cheese
- * organic whole wheat spaghetti
- * Pacific non-dairy soy beverage ulma-plus plain (brand names may vary -- but soymilk will always have the lowest mark-up)

All of these will receive the lowest possible mark-up as will the old standards which are still:

- * organic bulk tofu
- * bulk honey
- * farm eggs (when available)
- * local bulk organic whole wheat flour from Flour Girls
- * Upper Crust whole wheat 2# loaves of bread
- * big spring water
- * bulk organic rolled oats
- * organic bananas

Please let us know what you think about our Basic Basket program and please BRING IN YOUR FAVORITE BASIC recipes to share.

* Please note: we are unable to give a discount on the mark-up of current Basic Basket items for special orders.

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!

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Cooperative
Month

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details

CUSTOMER REQUESTS



THE BUYERS
ARE **IN**

by Erika Cunningham

"I think the Co-op is the healthiest store I know." Thanks, leave your phone number and maybe you and I could get together for some healthy exercising.

- Signed, the Co-op super star
(I mean STORE)

"The organic spelt pasta in bulk is great." Glad you like it -- I try to keep some kind of bulk spelt in stock.

-Ellyn
new produce princess &
forever pasta queen

"I was wondering if you would consider a back-packers / bikers / runners / exercisers bulletin board so that individuals might coordinate or participate in other aspects of good health?" - Michael. Where? and do you think it would stay strictly exercise related? You may try this with our current bulletin boards! Good luck.

- Ellyn
bulletin board & pasta queen

"Bring back canned organic peas and corn, please. Also Hain soups." The canned veggies just did not sell very well, after sitting on the shelf for a season, they were given to the Food Bank. Have you tried the organic frozen peas? O.K. I'll order some Hain soups -- which flavors?

- Erika

"Amaranth flour, please!" It's still here -- we just moved it to the cooler. We had been advised by a customer that it keeps better there -- being one of those sensitive alternative types (of flour that is).

- Sandi Skott

"How about a periodic cleaning of the bulletin board?" We try and it would help if everyone would date notices.

- Ellyn, of boards

"Japanese soybeans (not yellow cattle fodder)." O.K. Can you help me find a supplier? Are they black instead of yellow?

- Sandi Scott, fodder buyer

"Eden Toasted Sesame oil please." We do sell roasted sesame oil in bulk. Although it is not "Eden" brand it adds a great nutty flavor to most dishes. It's quite affordable in bulk too.

- S.S., lost in bulk foods

"Please keep Knudsen's "Just Cranberry" juice in stock." O.K. It's here. A warning to "Just Cranberry" virgins: You must mix the juice with water or other juice at a 1/4 ratio as it is concentrated and will send you puckering all the way to Steptoe Butte. It may seem expensive but there's a whole gallon of juice hiding in that quart bottle.

- The Cranberry Lady

Canvas shopping bags have frequently been requested. Check out the Gift Bazaar for some beautiful choices.

- Laura

"Soy Grits, eh? They're called for in lots of recipes in *Small Planet cookbooks*." I'm afraid this is an item that has faded with the times. I cannot find them listed in my order books, but bet I could in one from 20 years ago. If anyone knows where to find these, please let me know.

- Erika, child of the seventies

"Please carry a natural version of gelatin with no artificial flavors or colors." I suggest you try agar agar or kudzu powder and mix with flavors or fruit. Neither of these are derived from animals. Agar agar is a seaweed and kudzu is a root.

- Erika

the jello head in the bazaar

"Please carry fast-rising yeast and flour for bread machines." Most importantly you need to follow the instructions accompanying the machine. If that doesn't work, then experiment, but don't give up. The yeast we stock in the cooler is fast rising. You must use lukewarm water to activate it, with out killing it. If your machine requires something called "dough-pep" you can substitute gluden flour which we carry in our bulk specialty flour section. Our flours should work fine, but you will need more water for whole grain flours. Good luck!

- Skott, Ellyn & Ed the bakerman

"Black onion seeds?" Our herb supplier doesn't carry them.

- Laura Church

Health and beauty aids buyer

"Soy "Baco" bits??" We got 'em! There in the herb and spice room filed under Bac'uns.

- Laura, again.

"Could you get Awahpooi Rainwater shampoo and conditioner and Mountain Ocean skin triplotion in bulk?" They are only available as a packaged item at this time. If they become available, you bet I'll get them; they're popular.

- Laura, the beauty queen.

"Please get organic French roast coffee." It's in! Try the Frontier Organics version. It's definitely darker.

- Laura, again.

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WEDNESDAYS 7 - 9 pm

Oct. 13, 20, 27, Nov. 3, 10, 17, 1993

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And Mark will also lead the Oct. 5, 1993 session **HEALING FROM WITHIN** in Enrichment Program Series: The Mind and Health. See the fall catalog!

the MISSION of the MOSCOW FOOD CO-OP

is:

To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment.

To provide an information network that fosters progressive social, political and economic change.

and

To strive to provide a sense of community for its constituency and right livelihood for its staff.

Linda Kingsbury M.S.

Herbalist Wholistic Health Consultant

208-285-1698

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In a world of extremes, take the middle path

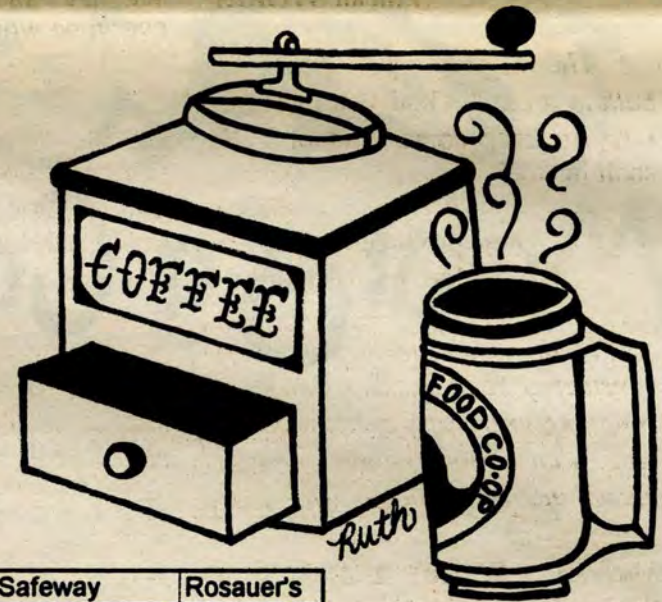
PRICEOCT.XLS

by

Diana Higgins

When people first start shopping at the Co-op, they are readily convinced that we offer the best prices on bulk foods, cheeses, and produce. I suspect that many new members, however, think that they have to go to a supermarket to get competitive prices on household items, or packaged or canned foods.

This month's comparison was done with this in mind. I think you'll be surprised by a few of the findings, as I was. Overall, the Co-op will save you money on your staple items; if you also need an item that seems high at the Co-op (tuna and frozen juice concentrate are the only two that seem a little pricey to me), I think it would cost you more to drive to another store and wait in another line. Besides, the atmosphere at that supermarket just isn't the same.



Item	MFC	MFC -18%	Tidyman's	Safeway	Rosauer's
tomato paste, 6-oz can	0.52	0.43	0.43	0.43	0.41
tomato sauce, 15-oz can	0.59	0.48	0.63	0.5	0.49
hot (spicy) tortilla chips, per lb	1.95	1.59	3.07	3.18	2.98
paper towels, 1 roll	1.04	0.85	0.63	0.75	0.68
toilet paper, 1 roll	0.53	0.43	0.19	0.21	0.32
applesauce, unsweetened, per oz	0.085	0.069	0.044	0.049	0.039
(Co-op also has several different blends)					
tuna, water-packed, 6-1/8 oz can	1.73	1.42	0.69	0.79	0.79
pure vanilla extract (Co-op's is alcohol-free), per oz	1.27	1.04	2.05	1.65	1.7
Pure almond extract (Co-op's is alcohol-free), per oz	1.05	0.86	2.89	1.27	1.13
coffee beans: French Roast, per lb	6.05	4.96	5.99	5.99	5.99
coffee beans: French Roast decaf, per lb	5.98	4.9	5.99	5.99	5.99
peanut butter, creamy salted (natural-style), per lb	2.04	1.67	2.15	2.35	1.96
almond butter, per lb (Co-op's is organic)	6.33	5.19	N/A	N/A	N/A
Litehouse dressings	2.28	1.87	2.29	2.39	2.39
100% juice blend concentrate	3.07	2.52	N/A	1.49	1.25
chicken or turkey pie, premium style	2.34	1.92	2.23	2.79	2.66
(Co-op's are organic)					

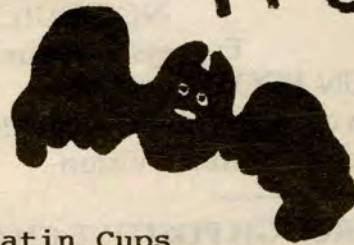
Register to VOTE
 by
 October 22!

Kids' Page

Oct. '93

Hello! Welcome to another Kids' Page. It's October already--there is a chill in the air, the leaves are changing, kids are back in school and the fun is just beginning. Enjoy the crisp autumn weather while you still can and have a very safe and happy Halloween.

Trick-or-Treat



treat



- Gelatin Cups**
- 1 package (3oz.) strawberry Jell-O
 - 1 cup boiling water
 - 1 cup cold water
 - 4 flat-bottom wafer ice cream cones or three or four paper cups
 - 1/2 cup thawed Cool Whip non-dairy whipped topping

Dissolve gelatin in boiling water. Add cold water and chill in bowl until set. Spoon set gelatin into wafer cones. Top with dollops of whipped topping and multicolored sprinkles or fruit, if desired. Makes three or four servings.

Making a Costume...

I B C E I T S P I L D S F
 K D O L A L L I O J D S I
 S E Y E E E F A B R I C T
 N J D S A B R K O K D S T
 O J S T I T C H E S E E I
 T A S T R I T K T L I G N
 T P C I E K O J D K D N G
 U P I E D S S E R P R I S
 B L U R R K E K D S S R I
 R I B B O N I T E D I F O
 Q Q K H B K D L A C E R Y
 Q U F E A T H E R S T O L
 S E A M J D B F M D V E B

- APPLIQUE
- BEADS
- BELT
- BORDER
- BUTTONS
- FABRIC
- FEATHERS
- FELT
- FITTINGS
- FRINGES
- HEM
- LACE
- NEEDLES
- PLEATS
- PRESS
- RIBBON
- SEAM
- STICHES
- TASSELS
- THREAD

Okay Kids (Parents too), I need your help. Next month is Thanksgiving and I want to know what you're Thankful for. The November "Kids' Page" is going to be dedicated in part to this topic. Send me a list of what you're thankful for. It can be as specific as you desire. If you're thankful for your dog Spot, your parents, ice cream... whatever...let me know. It can be in poem form or you can draw me a picture or both if you want to. The only criteria is that I need them by October 15th. Thanks.

Send to:
 Krissy Beoka
 500 Queen #39
 Moscow, ID 83843



Perfect Pets

by Dawn Gill

Looking for a pet? How about one that won't bite delivery persons or annoy the neighbors by barking all night? It doesn't shed or have fleas, and it uses a litter box. It's highly trainable, can fetch, walk on a leash, or just loaf around the house with you. It's larger than a cat and smaller than a German shepherd. It's the newest yuppie pet--the miniature pig.

These unique animals were introduced into the United States in 1985 from Asia. Their bones have been found in ancient Chinese archeological sites. The pigs, known also as Vietnamese or Chinese potbelly pigs, descended from the wild boars that roamed ancient China. Around the 10th century they were domesticated and kept as pets as well as used for food.

Their popularity has been attributed to their sunny disposition, intelligence, and responsiveness to human attention. Owners say the little porkers make very affectionate pets. Pigs are easily trained and housebroken using techniques similar to those used to train dogs. Raisins are a wonderful training incentive, but don't overdo it with treats. Contrary to what you may think they are very clean and virtually odorless. They are not without their drawbacks, however. They

love to root which becomes a problem if what they're rooting up is your new linoleum or your prize rose garden. The males grow long tusks which must be removed and neutering is essential. The price of these pigs has plummeted in the last several years as uninformed owners gave up their pets because they had not researched the pigs' needs adequately.

When indoors and unsupervised the pig needs to be confined; a playpen often works well for this purpose. Miniature pigs are happy inside but need some access to the outdoors. If you have a fenced yard, a dog door may serve this purpose. If you live in an apartment, you have to commit time to walking your pig daily just as you would a large dog. As the name "potbelly" implies they tend towards obesity. Exercise and a reasonable diet (commercial pig chow and fresh vegetables) are crucial to maintaining your pet's good health. These pigs average about 60 pounds and live 15-20 years, so it's a big commitment!

Anybody considering one of these pets should do a lot of research first. Talk to some pig owners, read up on their diet and habits, and above all be honest with yourself about how much time you have for your pet. Pigs are intelligent animals that enjoy a lot of human interaction. If you don't have much time to spend with a pet, you might consider a different companion animal.



It is important to deal with a reputable breeder when adopting a baby pig. Check out the pig's lineage; you don't want to end up with a 300 pound "miniature" pig! As with any new pet you should have your pig examined, vaccinated, and dewormed before you bring it into your home. If your veterinarian doesn't work on potbelly pigs, find one who does. Many people have heard that pigs carry a lot of diseases, however, most of these are spread by eating pigs not by having them as pets. In fact you're more likely to catch something from a dog or a cat than from a pig.

When the owner does their homework, these pigs can become great companions. They can form strong emotional bonds with the owner and provide many years of entertainment and affection.

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

CRYSTAL STAR: HERBAL NUTRITION

by Laura Church

You may have noticed that we are carrying a new product found in the Vitamin and Body Care section of the Co-op.

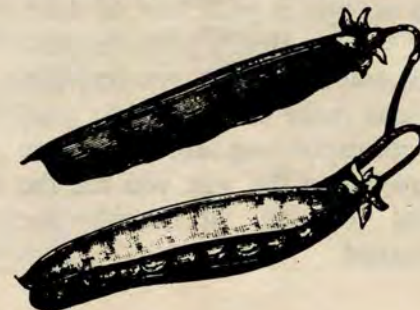
Crystal Star is a line of herbal combinations that can be used as food supplements or as natural remedies.

Crystal Star uses only the finest quality herbs that they can find, organically grown when possible or wild crafted from Oregon and California. The teas are blended on a weekly basis to assure you of freshness and potency.

Crystal Star Herbal Nutrition blends are essentially body balancers, especially formulated to bring specific areas of the body back into balance so it can heal and regulate itself. Herbs are synergistic in combination. They work far better combined with other herbs than alone. Herbal combinations are not addictive or habit-forming, but are powerful nutritional agents that are cumulative in the body and should be used with care.

Each individual body has its own unique and wonderful mechanism, and each has the ability to bring itself to its own balanced and healthy state. Herbs simply pave the way for the body to do its own work. When correctly used, herbs promote the elimination of waste matter and toxins from the system by simple natural means. They support nature in its fight against disease.

Therapeutic herbs work best when combined with a natural foods diet. Everyone can benefit from an herbal formula, but results increase dramatically when fresh foods and whole grains form the basis of the diet. At the Co-op we have many reference books that can help you answer your health questions. The law prohibits our recommending products to you for the treatment of specific problems, but we are always happy to help you find the answers to your questions.





Maria Maggi, Poet and Volunteer of the Month

by Carol Hartman

As Maria Maggi pondered volunteer opportunities at the Co-op, those who knew her expected her to work on the newsletter. After all, she is a poet and teaches composition and poetry at the University of Idaho. But Maria wanted something "more tangible. I wanted to touch the fruits and vegetables," she said. So, she landed in the produce section, assuming some stocking duties on weekends. Her son, Michael, 7, usually accompanied her, taking on a few duties of his own.

Perhaps one of their more memorable volunteer shifts was during the first snow last year.

"There we were, from Southern California, without snow tires, without snow boots. I thought, 'Well, at least we're at the Co-op. There's food, there's friends,'" Maria laughed.

Maria joined the Co-op almost as soon as she arrived in Moscow, August 1992. She and Michael came from Costa Mesa, California, where Maria taught creative writing/poetry at the University of California-Irvine and surrounding community colleges. Besides the inevitable climate change, mother and son are adjusting to life in a smaller, inland town.

From the produce section, Maria graduated to the granola grind, producing expert batches of the Co-op granola. Now, with teaching three classes, working on the library journal, and reserving time for her own poetry, Maria is taking a temporary hiatus from volunteering. Next spring, we can expect to see her back on the volunteer roster, she promised. She does manage to squeeze in time for her other hobby: reading astrological charts.

"It's not direction; it's more a map of 'this is your tour of duty, your setup. Here's your choices.' Once you know that, you feel like you can make choices given a set of corresponding forces within yourself and the way you see the world coming at you," she explained.



Although teaching, writing poetry and astrology may seem worlds apart, Maria finds it all meshes somewhere in making the abstract concrete and concrete abstract. As a poet, she thinks symbolically. To write it down, she has to make it concrete. To teach this to students, she has to reverse the process: make the concrete image abstract so her students can capture it in poetry.

The desire to teach is what led Maria from her job at a legal journal in Sacramento to the M. program at Irvine. After finishing her master's, she was accepted for the doctoral program but switched to a Masters in Fine Arts program.

"I am the only person in the history of the program to do it in that order. I resisted (the doctorate) because I wanted to write poetry. That tells you something about me, practical soul

that I am. My second job is astrology, so that tells you how I function," she said.

In her writing, Maria said she touches on redemption issues, finding the spiritual heart of ourselves. Writing allows the author to "love and forgive things because you slow them down, live them again ... I need to breathe." Teaching feeds her poetry, she said, adding that she enjoys the variety in each day and in each class.

Maria's poetry has been published in journals across the country and last year she was nominated for a Pushcart prize, a small press award. Her next goal is publishing a poetry collection, hopefully in the near future.

Co-op members interested in Maria's astrology services can find her business card on the Co-op bulletin board.

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Meet Our Newest Baker

by Diana Higgins

The newest addition to the staff at the bakery is Jean Cahill, a native of Michigan and a Licensed Massage Therapist. If this seems a little bit incongruous, it really isn't that much of a stretch. "You have to have a certain *feel* for dough," Jean explains. "It takes a certain touch for getting it to the right consistency."

Jean received her massage training in San Diego, which was where she met her husband, Jeff. Jeff was in the Navy, stationed on a ship there. After Jean finished her training, she worked in an athletic club where she was able to use her skills to help athletes prevent injuries, and to aid in the healing process when they did injure themselves. Jean considers her approach to be holistic, meaning that she's concerned about the whole picture. "I like to know about their diet, and their exercise habits. Also, when clients would ask me what I thought about chiropractic care, or acupuncture, I'd tell them that I support these other therapies completely. I like the thought of everybody -- the client and several therapists -- all working together to make a better whole."

Jeff and Jean moved to Pullman last summer, in order for Jeff, who is still in the Navy, to complete his bachelor's degree in Chemistry at UI. After he graduates in December 1994, the Cahills will be relocated. Jean is taking advantage of this hiatus from her massage practice to continue her education; she is taking courses at UI in the sports science and nutrition areas.

What attracted Jean to the Co-op as a volunteer last September was her interest in healthy food and a healthy lifestyle. "The Co-op was the only place I could get the food I need," she says. After volunteering at the bakery for several months, she was hired part-time at the beginning of the summer. She works three days per week, primarily on the weekends, but don't be surprised if you see her more often. "If I have a long break between classes, or if my lab gets out early, I like to pop over and make brownies, or take care of some details that need looking after," she says.



With all of this baking for the Co-op, it seems like the last thing Jean would want to do at home is bake, but not so. She explains that the more she bakes, the better she gets at it, and the better she gets at it, the more she wants to do it. "I remember the first time I tried to make bagels at home; it was a disaster! After doing it at the Co-op, now they turn out great. I won't eat a bagel now unless it's one I made."

When not baking, and when classes are on a break for both Jean and Jeff, they enjoy traveling around the Northwest by motorcycle. They have been to Portland, Elk Creek, and the Columbia Gorge, among other places. "Of course, I miss the weather in San Diego," she laughs, "but this area is really so beautiful."

While we can't change the weather on the Palouse in order to keep the Cahills here, the customers at the Co-op's Upper Crust Bakery certainly benefit from this detour in Jean Cahill's life.

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garden Poem #2

by Nancy Casey

I spindled a gopher this morning with a pitchfork. On purpose.

A pepper plant bursting
with promise, bud, and fruit
shuddered, convulsing deep.
Leaning, I heard the even underground
munch crunch skowmph
and only five minutes earlier I was entertaining
notions of coexistence
with the authors of those tunnels
that drained irrigation water
pretending ignorance of disappeared lettuce and
its replacement with sifted soil mounds.
Damn them!

I was raised on Bambi
the sweetest thing in the yard
I only kill mosquitos
and besides lack resolve
flinch and miss in physical games
but I jammed in a pitchfork
clogged it in the mulch thatch
and scared the thing away--a solution
assuming my life sufficiently clear
to spend it garden-garding and gopher-scaring.

I kept the vigilance
during distracted dinky jobs:
turn the compost, visit the chickens.
No action. The peppers were steady.
I mocked my failure
to take the situation by the throat
and willingness to turn my head
pretending coincidence made me
victim, and not practical butcher.
In defense, I plot: I will dig
ascertain depth and orientation of its tunnel route
overcome cringing reluctance to dangle
a pink finger into this rodent's view
more afraid of me
I doubt it.

Deep breath of commitment and I dig.
The pitchfork yawns a crack of earth
with a gopher face to peer at me.
Do they always look so horrified
or was this special for the occasion
of being punctured mid-breakfast?
We must skin it and eat it
said Patrick and I planted it
in its own tunnel, an atrocity of war
a warning to the rest of its species.

Meat- and Dairy-Laden Recipes Adaptable for the Vegan Diet



by Paula Ruth

One of the most enjoyable aspects of switching to a vegan diet is the fun of trying new foods and recipes. Although you'll probably be amazed at the great variety of wholesome and tasty dishes you can create without resorting to non-vegan ingredients (i.e., meats, dairy products and other animal products), you'll be more surprised still by the relative ease with which you'll successfully adapt some of your favorite non-vegan recipes. This is only possible because the market now offers a number of excellent vegan replacement products for some of the most pervasive ingredients in non-vegan recipes.

Take a simple item like butter or margarine. When I first started the vegan diet, I ate many a piece of toast with peanut butter or tahini as my spread. Although tasty enough and of course healthful, it would have been nice to have occasionally had margarine instead. But I thought I had to give it up because I didn't realize that there were some dairy-free brands on the market. The Co-op carries a few such brands and two are worthy of comment because of their natural ingredients. One, Shedd's Willow Run, comes in sticks. If you prefer soybean soft margarine in a tub, then The Natural Food Store brand is your ticket. If these two are unavailable, Nucoa is carried at most supermarkets and is also quite reasonably priced.

In recipes for baked goods that require the leavening properties of eggs, one can use an excellent product called "Ener-G Egg Replacer." I've used it for all sorts of breads and other baked goods with great results. It's a dry powder that keeps well in the cupboard and figures out to be cheaper than eggs.

For both drinking and cooking, cow's milk (or goat's milk for that matter) can be replaced nicely with rice milk or soy milk. The Co-op carries quite an impressive selection and many of these "milks" are delicious.

One of my favorite discoveries is a fantastic substitute for mayonnaise, whimsically called "Nayonaise." It is made chiefly from tofu, contains no eggs and tastes great. But the big bonus is that it has about 70 percent less fat than regular mayo. So you can really have your cake and eat it, too.

In the Co-op's bulk bins section you'll find TVP (texturized vegetable protein) -- a dry, granular product made from soybeans. This replacement for ground beef cooks quickly. It works well in such dishes as tacos or sloppy Joes or for making "meatballs" to top your spaghetti. TVP can be a great help to those folks who are trying to make the transition from a diet heavy in ground beef. And for those who've already kicked the meat habit, it can provide a pleasant change of pace from legumes.

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Numerous other substitutes could be mentioned (two that come immediately to mind are molasses in place of honey and carob instead of chocolate), but the substitutes mentioned above should help you negotiate the major stumbling blocks to adapting non-vegan recipes. The point is that we don't need to say goodbye to many of our old favorites. With appropriate substitutes we can enjoy the best dishes that our past diets offered while delighting in the previously unfamiliar culinary pleasures of the new.

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Fall Recipes

by Carol Harman

Fall is rapidly approaching, which means the best time of year to enjoy a great selection of squashes and eggplant. The Co-op had such tasty eggplant last year I nearly overdosed, preparing eggplant parmesan AND ratatouille at least once a week. Now, as the Co-op eggplant supply begins to build, I'm armed with a few more recipes. Here's one I've adapted from the *Moosewood Cookbook* by Mollie Katzen.

The new sizes of tofu make this recipe even easier to shop for at the Co-op. I've seen each ingredient on Co-op shelves except the rice wine (but that doesn't mean it's not there).

Szechwan Eggplant and Tofu

3 T. soy sauce
1/4 C. Chinese rice wine
1 T. brown sugar
1 T. apple cider vinegar
3 T. cornstarch

Start some brown rice cooking while you mix the sauce. Combine soy sauce, rice wine, sugar and vinegar in a measuring cup. Add water until it all measures 1 cup. Place cornstarch in a small bowl, add the liquid, and whisk until it dissolves. Set aside.

2 T. peanut oil
1 medium onion, sliced thinly
1 large eggplant, cut into strips
3/4 tsp. salt
2 T. chopped garlic
1 T. minced fresh ginger
1/4 tsp. black pepper
3/4 lb. tofu, cut into strips
8 scallions (mince greens, cut white into strips)
1 medium bunch of fresh cilantro (optional)
cayenne pepper to taste

Heat a large wok over a hot flame. Add oil, onion and stir-fry for about one minute. Add eggplant, salt and stir-fry another 8-10 minutes until the eggplant is soft. Add garlic, ginger, black pepper and cayenne. Cook several minutes more.

Add tofu and scallion bottoms (white). Stir the sauce from step one with the whisk and add to the wok. Mix well and stir-fry another few minutes until the sauce thickens.

Remove from heat and serve over brown rice. Top with scallion greens and fresh cilantro.

Fall is also the time to grill harvest vegetables. Even vegetarians can enjoy barbeques as long as the grill is divided up into specific cooking areas. I normally just throw a bunch of chopped vegetables into a double-wrapped foil bag, but I've recently learned the art of kebab-making. The wide variety of spices and the varying textures among the vegetables would make this a hit at any Sunday afternoon barbeque.

Marinade

2/3 C. olive oil
1/4 C. red wine vinegar
5 garlic cloves minced
1/2 tsp. marjoram
1/2 tsp. thyme
1/2 tsp. basil
lots of black pepper
Combine all ingredients in a long, narrow pan.
1 medium eggplant, cut into 1-inch cubes
12 cherry tomatoes
12 medium mushrooms
1 bell pepper, chopped into 1/2-inch pieces
1 onion, cut into 1-inch wedges
1.5 lbs. firm tofu
1 small zucchini, cut into 1-inch chunks
1 sweet potato, cut into 1.5 inch pieces (precook it about 8 minutes in the oven or parboil)

Add vegetables to the marinade and stir. Let vegetables marinate at least two hours, stirring occasionally.

Arrange the vegetables on skewers and grill, basting frequently with marinade. Turn every few minutes. Watch the vegetables carefully; they should be ready after 10 or 15 minutes, but remove them as soon as they seem brown and tender. Baste once more and serve hot. Kebabs are complemented perfectly with Co-op bulk wild rice or whole wheat pasta.



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THE BUG WHO LEARNED TO FLY

by Rodger Stevens

Once upon a time, at the bottom of a fast-moving stream, lived a colony of water bugs. Their lives were spent scurrying over and under the rocks of the stream bed, scavenging the little bits of vegetation that grew there.

Because of the relentless currents of the stream, the bugs had learned to move cautiously, crouching low against the rocks and holding for dear life with their legs. This made their foraging efforts clumsy, and kept their faces turned against the rocks and away from the water flowing overhead, but that was the way they had been taught to live, and their culture demanded it.

One day a young bug was out foraging when he happened to glance upward, a feat considered dangerous and foolhardy because it was easy to lose one's grip. The little bug had almost never looked upward, so he was enthralled with the colors and the swirling images up there. Then suddenly, amidst the splash of color, he saw a familiar shape ... it was a water bug but like him, except that this bug was flying gracefully and effortlessly through the water.

He called to the mysterious flying bug, for he had not yet learned to be afraid of strangers. The bug glided downward through the swirling water and landed in a sheltered lee. "How is it that you can fly?" asked the little bug with unmasked awe.

The flying bug looked at him for a moment, smiled, and said, "I am no different than you. You can fly, too."

"Oh, no, I could never do that," protested the little bug. "Why, it is well known that if we were to loosen our grip on the rocks, we would be dashed to

pieces and swept away. We have to stay low to save our lives."

"Yeah, that's what they told me too," said the flying bug. "Don't ever get high, stay low," is what they said. But I'll tell you something ... considering the energy it takes to stay low, and considering the wondrous things you can see when you let go, it is well worth the risk. And besides, the tumbling doesn't last long." After they had talked about the wonders above, the flying bug crawled to the edge of a rock and, smiling over his shoulder, let go and was whisked off by the water.

The little bug thought about this for a long time. It certainly wasn't fun spending his life clinging frantically to the bottom of the stream, even though that's what the other bugs did all their lives. And if only a fraction of what the flying bug had told him was true, it might just be worth the risk.

Finally, the little bug decided it was time. It was hard to let go of the rock, but as one and then another foot released its grip, the little bug was suddenly swept loose from the safety of the rock. He was bounced over and over again, and he could see other bugs watching him in anguish and sadness, unable to help.

But soon the jostling became less, and he was being carried upward by the currents, and the little bug discovered that by moving his legs in a certain way, he could actually fly. For the first time in his life he realized that his place was to fly free and unfettered through the midst of the stream, not to cling frantically to the scummy bottom of life.

He looked down and saw another little bug looking up at him in awe and admiration, calling out to him, and he smiled.



Cascadia Wild

by Paul Lindholdt

A biodiversity revolution in the United States is being played out on the public lands. A book I coedited this year--*Cascadia Wild: Protecting an International Ecosystem* -- shows how the science of conservation biology is fueling that revolution.

Mitch Friedman, founder of Greater Ecosystem Alliance, coedited the book and wrote key chapters. I contributed a study on the impacts of livestock grazing. We also solicited chapters from scientists and activists, academics and independents, civil servants and environmental organizers. This mix of contributors shows the strength and diversity of the environmental movement.

Conservation biology restores integrity to whole ecosystems that science and bureaucracy have fractured. Grazing cattle, for instance, degrade salmon runs by fouling streams, stripping vegetation, and trampling precious spawning beds. Keepers of cattle shoot and poison supposedly dangerous carnivores, thus unbalancing the predator-prey cycle. And cattle compete with deer, elk, and moose for forage. Grazing impacts are systemic.

Contributors to *Cascadia Wild* include Trudy Frisk, Speaker for the BC/Yukon region of the Green Party, and Lummi tribal leader Jewell "Praying Wolf" James discussing Indian traditions. Truly living the land, embracing it in ways few white folks can, the Indians furnish alternative ecological views. Their culture offers antidotes to Euroamerican ways of seeing and being. Understanding native cultures -- their long and relatively benign existence -- offers clues to how we, also, can relate to the wild.

Most environmental discussions emphasize human impacts on the land, which are evident all around us. But also important is the way place impacts the human, for environment influences both the character of a people and how they respond. It shapes them.

Still, the persistent notion holds that wilderness exists chiefly to be utilized. In colonial times, European visitors and immigrants regarded the wilds of America as a vast repository of goods to be gathered and consumed. New World colonies supplied the Old World, much as the western states today supply folks in the East. Even our historical image of the Indians is apt to fasten, simplistically, on the frugal use they made of the bison.

Indians native to the region still practice ceremonies and rites that do not plunder the ecosystem. They still maintain a cultural diversity alongside successful biological diversity. More than a warehouse of resources, the region contains hundreds of sites used for the spiritual ceremonies of bathing, questing, and storing sacred regalia. Medicinal plants flourish in this ecosystem, plants important to both spiritual and physical health, like the Pacific yew whose key ingredient taxol combats cancer.

If we were to search ourselves, many of us would discover that wilderness and wild spaces afford us spiritual sustenance, food for the soul. Like Native Americans, more and more whites today are placing a higher value on these spiritual resources than on physical products like fish, timber, minerals, meat.

Conservationists have relied for a long time on reactive tactics -- e.g., appealing timber sales and opposing new roads -- with only foggy notions of how roads and logging directly impact the ecological functions of America's wilds. Conservation biology provides us the means to strengthen old approaches, to advocate proactive strategies for conserving intact ecosystems.

Cascadia Wild will be available at BookPeople in Moscow later this month. All royalties benefit the non-profit Greater Ecosystem Alliance.

Childbirth Choices and Alternatives

by Nancy Draznin

Wherever you choose to give birth, your responsibility is to decide where you feel safest, most comfortable. Birth is a time to face up to the responsibility of your health care. Whether you hand over all decision making power to your doctor or keep complete control, the responsibility for the outcome of your birth is yours. That means that if you are uneasy with any aspect of prenatal care, you have the right and responsibility to change it. You may need only to discuss your feelings with your caregiver or you may need to switch caregivers or even change your planned place of birth. You are allowed to refuse any test or procedure that you don't want.

I often tell people to trust their instincts. If you feel that your caregiver doesn't treat you as a partner or doesn't listen to your concerns, if you don't agree with many of your doctor's standard procedures, if you're uneasy about your doctor's cesarean or episiotomy rate, or your midwife's transport rate, do something about it. If you don't care, you'll get what you get. If you care, you'll do something about it. Remember, too, that you can change caregivers at any time during pregnancy, even in labor.

Women remember birth experiences in vivid detail for the rest of their lives. Do what feels right to you without compromise and from a position of confidence rather than fear.

Practically, how can you ensure that you have the birth experience you want?

1. Educate yourself. Read everything from every viewpoint about birth. What do you agree with? What makes gut sense? If something frightens you, where does the fear come from?

2. Take prepared childbirth classes as early in pregnancy as possible. Admittedly, I am biased in favor of out-of-hospital classes since I teach them myself, but it is true that a private instructor may be able to be more objective about the hospital experience since the

hospital doesn't pay her salary. Call around, ask friends and talk to instructors before you take a class.

3. Question. Question your caregiver. Question your childbirth educator. Question the books you read. Question yourself, your partner, and your motives. Question until you feel completely confident and assured. For lists of questions to ask your doctor or midwife, see *Silent Knife* by Cohen & Estner, *Special Delivery* by Baldwin and *Pregnancy, Childbirth and the Newborn* by Simkin.

4. Act.

5. Enjoy it. You'll only have this baby once. You'll learn from this birth and might change things if you have another child. It can be as wonderful as you want it to be.

6. Remember that even the most carefully made birth plans change according to circumstances. Birth is not completely safe anywhere. Life is not completely safe anywhere.

Should you want to investigate alternatives, there are many. Two midwives currently attend home births in the area. Terry Rogers, C.S.M., is certified through the Idaho Midwifery Council. Her phone number is 208-245-5712. Kati Ann Watson, L.M., is a licensed midwife in Washington practicing out of Colfax. She can be reached at 509-397-BABY (2229). Both may legally catch babies in either Washington or Idaho.

Labor support is recommended for home or hospital birth. Childbirth classes can be taken privately or at any hospital. Try to observe a class before you pay, or at least speak to the instructor. As far as I know, I'm the only childbirth educator teaching privately. I am certified through Informed Home Birth/Informed Birth and Parenting. My phone number is 208-882-4735.

Every woman has different needs and expectations for childbirth. I hope that you make your experience everything you hope it to be. Birth at its best is empowering and satisfying.

Pressing Garlic Questions

by Paul J. Weingartner

A Garlic Testament: Seasons on a Small New Mexico Farm, by Stanley Crawford. Harper Collins Publishers, Inc. 1992. 241 pp. \$10.00.

"The harvest heals. It gives a sense of that wealth that only a stack of garlic ... can represent.... Such is the abundance that can be surprisingly produced by a few plans, some seeds, some work, some waiting. This is wealth that has not yet been driven through the filters of abstraction and stripped of its sensual and material qualities."

- Stanley Crawford

Upon moving from New York to the Palouse region of northern Idaho this summer, my wife and I inherited a small patch of garlic behind our new home. This sounds harmless and tasty enough, and since we expended no labor on the crop, it seemed almost like agricultural thievery to keep the proceeds and think about planting anew. But even with these good fortunes, what eventually dawned upon us is that neither of us knows anything about growing garlic.

For a short time, of course, this did not matter. Garlic, like many plants once in the ground, can grow quite well by itself. But we did have questions, pressing questions about "our crop" which many books on gardening did not address, garlic being a virtual edible exile, forced to the fringes of our culinary consciousness by its strong odor and flavor. We had practical and technical questions: What kind of garlic was it? How and when should we harvest? What about residing? How and when should we plant?

But we also had some metaphysical questions: Was there some intrinsic value in growing your own garlic? Would homegrown garlic taste different because of our labor? Would growing and eating our own garlic matter much in the eternal scheme of things?

To help find answers to these questions, I began to search for a local producer who might instruct us as to the benefits and foibles of cultivating the pungent plant. My search was cut short, however, by

the discovery of a book, an amazing book called *A Garlic Testament*.

Like its primary topic, this book is not ordinary; it has an extraordinary literary texture, taste, and aroma, and is written by someone who knows the value of cultivating words as much as garlic. What the author/farmer tells us in his book is less about the technique of growing garlic than the art of growing garlic. In short, Crawford has created a resource for would-be garlic growers which is only partly about *how to grow* garlic and mostly about *how to feel* about growing garlic.

But Crawford's book is not simply a testimonial to garlic. It is, in fact, a rather exhaustive, touchie-feelie description of growing vegetables on a small farm in New Mexico and all the troubles, triumphs, and travails which accompany that life. The only literary comparison which comes rapidly to mind is the work of Wendell Berry. What Berry romanticizes about small farms in Kentucky and elsewhere, Crawford just as eloquently but more realistically tells us about small-time vegetable farming in New Mexico.

What inspired Crawford to write his book about garlic is exactly what enticed me to read it, the fact that so little has been written about the vegetable. But Crawford's writing about the garlic farmer's experience also is a good excuse for him to educate readers about the politics of food production and consumption in an agri-economy which all too often mystifies both the reality and potential future of agriculture. My advice: Read this book with an open, critical mind and don't be afraid to sympathize with Crawford's vampires.

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Book Review

by Bill London

EDITOR'S NOTE: With this review, we are continuing a tradition, now two issues old here at the newsletter, of including book reviews. Please help us continue this tradition by submitting a review of your latest favorite read. Bring your review (handwritten legibly or typed) to the Co-op, and please include the basic information (author, title, publisher, year of publication, and the price) in the first paragraph. We would like reviews 200 to 500 words long -- which translates to one or two double-spaced typed pages. Thank you.

Edward Mendell, *A Bevy of Beasts*, published by Edward Mendell and distributed by Atrium Publishers Group, Lower Lake, California, at 800-275-2606, 1983, \$50.

A Bevy of Beasts seems just like another typically-beautiful coffee table book crammed with large color photographs of various large creatures in evocative poses. It certainly is all that, but even better is the story behind the book.

First, the photographer/author of the book took all the photos with a basic Hasselblad camera system and Fujichrome 100-D film. That's a quality camera, good lenses and a fine enough film, to be sure, but it's all off-the-shelf. There's not the usual and expensive gimmickry that too often accompanies such great photos.

Second, all the photos were shot in the wild, in their native habitat, not in zoo settings, by one person.

Third, the photographer, Edward Mendell, is not just your average person. After 40 years in business, Mendell had the heart attack (and the open heart surgery) that gave him a change of heart. Leaving the corporate world behind, he chose an earlier passion -- photography.

Soon, his interest focused on photographing animals of the wild, then refined to searching for the most elusive of the wild creatures; the endangered species. To search them down, he headed around the world, through the jungles, to the ice flows, up the mountains.



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To maintain the bond with those wild creatures, Mendell put this book together himself as his way to tell these animals' stories and share his commitment to their survival. He donates all the profits from the sale of this book, and his earlier book, to the World Wildlife Fund. So, if you want a beautiful book, with great color photos of some of the world's endangered animals, and you want to support their continued survival, this is a good book to choose.

Of course, there are other reasons.

I like his occasional field notes, reproduced in hand-written form, about his feeling on finally catching these creatures in his lens, close enough to photograph.

I also like Mendell's obvious humility. The only photo of him shows him on safari watching through his lens, his face mostly obscured.

I even enjoyed the reproduced letter from Buckingham Palace, bearing the stamp of the House of Windsor. In the letter (it's signed "Philip"), His Royal Highness, Prince Philip, the Duke of Edinburgh KG KT, gives his stamp of approval to Mendell and the book and the photos, and really to the heart at the center of it all.



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The Tofu Bug Bites Big

by Skott Larsen

As many customers requested, here are the recipes for the tofu eggless "Egg Salad" and Herb Tofu Dip that we served during the 20th anniversary parking lot extravaganza, as well as recipes for tasty Herb Tofu Veggie Lasagna and Lemon Tofu Cheesecake. They have been provided by Small Planet Soyfoods, our local tofu suppliers.

Here's a little story about our friends at Small Planet as told by Phil.

Small Planet Soyfoods is locally owned and operated by Phil and Stephanie Spiegel as a home-based business located 17 miles outside of Newport, WA. Small Planet Soyfoods started as a dream back in 1981 when the tofu-bug bit Phil while living in Boulder, CO. He was introduced to Bill Shurtleff, the author of *The Book of Tofu* when he came to Boulder to present lectures and workshops. Phil then attended the North American Soycrafters Conference in Fort Collins, CO later that year. The next move was to come up to the Northwest in the fall of 1981 with the aspiration of starting a tofu shop, but it seemed that the Inland Northwest wasn't quite ready or Phil and Stephanie weren't either. The dream was then put on hold.

Eleven years later, after commuting to Spokane, WA as an engineer, reality struck Phil. Tofu-reality that is. It was time to do it. So Small Planet Soyfoods was started on a part-time basis, located in a sprout shop in Spokane, making tofu at nights and working full-time by day. Since then they've constructed a licensed facility on their property in Pend Oreille County and are growing every day. Bringing to the Inland Northwest some of the

finest organic tofu and other soyfoods. Some of the innovations have been flavored tofu. Herb and Hot Tofu introduced to the area receiving a great reception.

They feel that fresh tofu and other soyfood products, locally produced and delivered fresh with minimal packaging (bulk tofu), make all the difference. We hope you'll agree and try the weekly delivered fresh products.

Products available from Small Planet Soyfoods:

Firm Tofu Italian Style Soysage
Herb Tofu Salsa Style Soysage
Hot Tofu (vegetarian sausage)
Coming Soon: Flavored Soy Beverages:

Honey-Vanilla
Carob-Vanilla
Organic Swiss Cocoa-Vanilla
Maple-Vanilla
Herb Tofu Dip

2 lbs. Small Planet Herb Tofu
4 cloves garlic

1/2 small red onion
1/4 C. cider vinegar or
1/2 C. lemon juice
1/2 C. good quality mayonnaise
3/4 tsp. salt

Blend all ingredients in blender and serve with crackers, chips or vegetables, or used as a salad dressing. Could substitute plain yogurt and a little honey for the mayonnaise.

Tofu Eggless "Egg Salad"

1 lb. firm tofu
1 tsp. dill weed
1/2 tsp. each turmeric, celery seed
3 - 4 T. mayonnaise
1/2 small onion, grated
1/2 C. minced parsley
1 clove garlic, pressed or minced
2 T. sesame seeds
2 T. nutritional yeast
1 - 2 T. wet mustard
1 stalk celery
1/2 green or red pepper, chopped
paprika, black pepper and tamari to taste

Mash tofu and add all other ingredients. Serve with chips, crackers, or bread. Could use yogurt and honey for non-egg salad or use soy mayonnaise.

Herb Tofu Veggie Lasagna

2 lbs. Small Planet herb tofu
pasta tomato sauce of your choice
1/2 lb. shredded soy cheese

(Soya Kaas, Tofurella, etc.)

black olives

cooked lasagna noodles

3 C. steamed veggies (finely chopped) (e.g. kale, carrots, cauliflower, broccoli, etc.)

Start assembling lasagna by spreading a thin layer of sauce on the bottom of pan. Add layer of noodles, some mashed tofu, some finely chopped veggies and a layer of soy cheese. Repeat until you've reached the top of the pan. Top with a layer of sauce, plus soy cheese and black olives. Cover with aluminum foil and bake at 350 degrees for 30 minutes, uncover and bake another 10 minutes. Remove and let sit for another 5 minutes before serving. Serve with large salad and perhaps some whole grain garlic bread.

Lemon Tofu Cheesecake

2 lbs. firm tofu
1 T. vanilla
1 T. lemon extract
2/3 C. water
2 large lemons
grated rind of 1 lemon
2 T. oil
1/2 C. honey (1/4 C. for lemon mix)
3 T. arrowroot powder (1 1/2 T. for lemon mix)

To prepare the lemon mixture, in a medium sauce pan, combine juice of 2 lemons, rind of 1 lemon, 1/4 C. honey, and 1 1/2 % arrowroot powder. Bring to boil, stirring constantly. Set aside (should be thickened).

In blender, combine tofu, water, 1/4 C. or more of honey, lemon extract, vanilla, oil, and 1 1/2 T. arrowroot powder. Add cooked lemon mixture and blend. Pour into toasted almond pie crust. Bake at 350 degrees for 30 minutes or until set. Chill 1 to 2 hours before serving.

Toasted Almond Crust

1 1/2 C. toasted almonds
1/3 C. oil
2 T. honey
1 1/2 C. whole wheat pastry flour
1/2 tea. sea salt

Grind toasted almonds and combine with flour, oil, honey, and salt. Press into a springform pan.

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The ICA Petition:

Don't Sign!

by Natalie Shapiro

"No Special Rights for Homosexuals!" shout the Idaho Citizens' Alliance supporters. "Sign the initiative!" Wait. Stop. Don't sign their initiative: it is full of lies and heavily veiled half-truths. The ICA initiative, entitled An act establishing policies regarding homosexuality would be a step backwards in the history of civil rights; it would be the first time that a group of people are singled out to specify that they cannot seek protection against discrimination.

In the initiative, homosexuals are singled out to deny them the right to have their problems addressed by the government. This is discriminatory, and violates the equal protection clause of the U.S. Constitution.

Although this Section states that gays can't get "special status," the Idaho Code has examples of other classes of people who have distinct legal protection: farmers, doctors, homeowners.

What is so "special" about wanting the right to get and keep a job based on merit, the right to have housing, the right to raise children without the state seizing them, the right to privacy in your own home or the right to walk down the street and not be attacked? Gays are continually denied these rights, and they have no legal recourse. A Department of Justice study reported that "homosexuals are probably the most frequent victim" of hate crimes.

The ICA states that homosexuality is a behavior, unlike race, ethnicity or gender, and that behaviors should not get minority status. However, religion is a behavior, and religious groups do have special rights: no taxation, military exemptions and freedom of expression, to name a few.

If the initiative passes, teachers and counselors could not tell students who think they are

gay that their feelings are normal. If students tease or beat up a child because they think he or she is gay, teachers could not tell them that this is wrong. With 30% of teen suicides being gay youth, this Section of the initiative could have disastrous effect on gay youth.

School-sponsored newspapers would have to be censored to delete any reference to homosexuality as healthy and acceptable. This violates freedom of speech protected by the Idaho Constitution and First Amendment.

Also, libraries would have to sift through all their materials for any mention of homosexuality. Public or University libraries could not order materials that suggest homosexuality is normal. A librarian would have to go through every book that a minor checked out to make sure there was no reference to homosexuality in it. Books such as the Bible would be off-limits to minors.

University professors could not discuss the viewpoint that homosexuality is acceptable and healthy. Again, this violates the first amendment of the U.S. Constitution and the Idaho Constitution.

This initiative would also prohibit counselors employed by the state to advise patients that their homosexuality was normal.

Idaho Attorney General Larry Echohawk, in his Certificate of Review for the original ICA initiative (which differs slightly from the revised one shown here) concluded "This initiative is not merely an innocuous effort to ensure homosexuals do not receive "special status." Rather, it targets a class of citizens for denial of basic constitutional rights ... all Idahoans will suffer an abridgement of our most deeply held and cherished constitutional rights ... the right to freedom of speech, the right to academic freedom in our universities, the right to free political debate in our governmental bodies ..."

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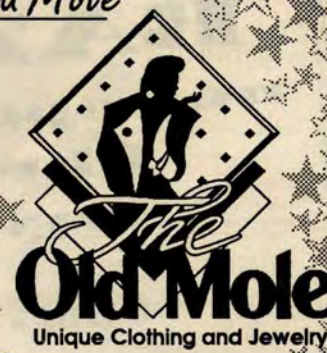
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HANDS-ON WORKSHOPS THAT WILL
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5 - 8 PM
SOCIAL HOUR/DINNER

8 PM
DANCE
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here, at no charge, on a
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month, to Beth Case at the
Co-op.

Kathy Guillermo, Education Coordinator
People for the Ethical Treatment of Animals

Author of the upcoming release:
*Monkey Business: The Disturbance That
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will speak on:
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Tuesday, October 19, 7:30 pm WSU Compton Union Building

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