

Day-Mu
AD
3254
N48

MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843

APRIL 1994



COMMUNITY NEWS



THANK YOU

SPECIAL COLLECTIONS
LIBRARY:
UNIV. OF IDAHO
MOSCOW ID 83843



PAM MOVES ON..... WHO MOVES IN? OR PAM CUTS THE CHEESE..... AND DO WE HAVE A DEAL FOR YOU!

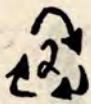
February, 1990 was my first month as layout person for the Co-op newsletter. I was pregnant at the time (that was a long time ago). A lot of changes have happened since then. The first newsletter I pasted up was one-sixth the size of the newsletter in your hands. The whole newsletter could have fit on one piece of newsprint, instead of six!

Co-op members have become a more active voice in the past four years. We have found a place to express ourselves.... I have enjoyed being a part of the process in helping the Moscow Food Co-op Community News prosper and grow. It is definitely one of the best reads around. Thank you for the opportunity.

It is time for me to move on however, and make room for someone new to have the fun of deciding what and how to put it all together. I am training this week to be a cheese-cutter at the Co-op. I plan to work regular hours in the store each Thursday. I have loved the flexibility, creativity, and challenge that are all part of this newsletter business. Part of me is sad to let it go, but let it go I must.

If you are out there reading this, and you are interested in using your skills as layout volunteer (for an 18% discount on groceries) please let Bill London know right away (call 882-0127) so we can plan ahead for next month's edition. I will be happy to work with you in the transition period, to pass on what I know about the process of making sure the newsletter happens every month. We need you! After all, once the newsletter is published each month, we can kick back and read... **and that's good for everyone.**

Pam Palmer



The Membership Meeting, from the Back Row

by B. J. Arbtin

My daughter Sharon and I found the foyer of the community center alive with the sound of children at play. Having lost Sharon somewhere between "Hold still a moment" and the coat rack, I opened the door to the 1994 annual membership meeting of the Moscow Food Co-op.

Being late I choose not to disturb the meeting in progress. Thus, I stood in back next to Bill London, who I presumed was late as well. Bill, however, was not late at all; he was trolling. Our illustrious editor made some excuse about having to leave early and "Could you take notes and write myself at the Deli on a gray rainy day, as a deadline looms near, with a scrap of paper in my hand; "March 20 is due date!" heads the hastily scribbled notes.

The notes begin with the election to the Board of the Green Party, as recognized by the color of their clothing. The party includes Erika Cunningham, Evan Holmes, Vicki Reich, and Eva Strand. Our two new members of the board are Evan and Eva. Vicki will continue in the position previously held by Suzanne Tatham, and Erika holds the Staff Liaison chair. And to all four: I honor the personal commitment and sacrifices your actions demonstrate.

Food for thought was followed by the real thing, pizza for the children. While we adults waited, we digested some Co-op information! Peg Harvey-Marose focused our attention to the past. August saw a report from Kenna

which asked that we do something about our space. We are into the last year of our lease, and some decisions need to be made. An architect looked at the present space, including the cost of an elevator and loading dock. Looking at the other locations, we discovered everybody wanting us.

In September, the Bazaar opened and our 20th Anniversary was celebrated, yeah! November and December saw an outside perspective; Phil Ricord (Co-op consultant) give us a visit and an objective view. (Many thanks to Mountain People for covering half his expenses.) Phil confirmed some problems already noted. He also confirmed our risk from outside competitors and pointed out that "Being debt-free and breaking even (is not) good enough." For those who are interested, Phil's report is on file at the Co-op.

January witnessed a strategic planning committee at work, and with a full plate. Make a business plan, decide who we want to be, do something about space, take financial control and accumulate capital -- computer, bulk bins, etc. Peg also noted the board resolve for more stability, setting and meeting goals for the future, and to do so without changing the nature of the Co-op. Wow!

So, where is the food and what is Bill doing ahead of me anyway? Wasn't he going to leave early? The pizza was a big hit, though slow in appearing, a problem with one of the ovens. I had a slice topped with artichoke heart and feta which places me among the luck few. Thanks to you for feeding so many of us; you know who you are.

The second half of the program began with honors extended to Peg and Sarah Swett. Both have given time and knowledge to the Co-op, and they will be missed. A round of applause for their service on the Board over the past few years is well-deserved.

Remodel or relocate, what direction do we move? In an attempt to answer this question, the membership considered many factors. Greg Brown facilitated a process which looked at pros and cons of both strategic directions. After considerable discussion and brain-storming, the membership voted to explore the option of relocating the co-op. If you are interested in participating further in this process, the strategic planning committee could use your insights.



**It's FREE, It's FUN,
It's LOCAL**
By Bill London

On April 30 and May 1 (Saturday and Sunday) a village will pop up in Moscow's East City Park like a springtime mushroom in the woods nearby.

About 135 craft booths, 20 food booths, huge area of children's activities, two full days of free entertainment on the stage, a chance to see old friends, a reunion, and a celebration of spring -- it's the Moscow Renaissance Fair!

You can go there with no money and a picnic lunch or you can buy armloads of great handcrafts and a stomach full of unusually delicious food.

This is the first year in a decade that I'm not writing this in my (previous) official capacity as Fair Publicity Director. I'm still writing this because it's such a great event.

See you there.

And remember, for a quick colorful costume--just wrap yourself in a bright tablecloth or other bright piece of cloth. Instant celebration apparel!

Editor
Bill London
Layout
Pam Palmer
Advertising
Tami Adam
Typesetting
Nolä Steuer
Distribution
Therese Harris

Graphic Artists
Paula Ruth
Front Cover Design
Merlene Forde
Back Cover Design
Beth Case

Children's Page
Krissy Beoka

General Manager
Kenna Eaton

Chair of Board of Directors
Jeanne Harvey

Members of Board of Directors

Eva Strand
Mare Rosenthal
Anne Adams

Erika Cunningham

Evan Holmes
Dean Pittenger
Vicki Reich

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.

**Become a real
Granola-Maker!**

Volunteer to create our in-house granolas. Spread the granola and earn a discount. Contact Erika at the Co-op

**This newsletter needs
VOLUNTEERS!**

Help with illustrating, writing, or layout and earn a discount! Contact Erika at the Co-op

Beautifully Crafted
Hand Drums

Available at

Inner Vision
Bookstore and Lifestyle
Resource Center

A Soothing Shopping Experience



ART GALLERY

Open 10 am to 5:30 pm Tues-Sat
118 E. Third, Moscow
883-1037



The Fish Man

Corner of Troy Highway & Highway 95

Every Friday
10:00 - 6:00

Best Selections
Come Early
Fresh Seafood

The Annual Member Meeting Strikes Again

By Erika Cunningham

Just a quick note from me, your friendly resident secretary of the corporation (corporation? the Co-op is a corporation?) to let you know what happened in case you missed it, and I know a few of you missed it because there weren't 2000 people in the community center. That might have been o.k. for Kenna, Ed and I, the pizza makers; but for those of you who missed, you missed a lot.

We once again had spectacular pizza, thanks to Ed and his sauce and you and your toppings. At times it was hard to keep up with the demand, which was nice. It meant that while not all 2000 members were present, attendance is growing. Each year I've been here more and more members show, and it feels good to have that many people come and give their input.

As Kenna talked about in her article last month, the board was looking for input as to which

direction the Co-op should go, whether to stay in this building and remodel, or to try and locate a different store. The overwhelming nudge from those who showed was to move to a new location, with a few restrictions. The store had to remain downtown, on one level, needed a loading dock, and room on that one floor for the Bakery and Deli. Those are a few of the general requirements that the members present charged the board and staff with.

They also asked for longer hours, both in the morning and the evening. Kenna knows that while the morning hours are the favorite in the hearts of many, they aren't worth it to be open. What I mean is the sales don't even cover the wages of those there to wait on you. So we're going to try staying open until 8:00 pm. There seems to be a 6:30-7:00 pm rush that might be alleviated if we stay open one more hour. So in response to requests, we're going to try it out.

Do you get up early?

Volunteer as an early morning stocker or store opener
7 am - earn a discount!
Contact Erika at the Co-op



Micro Moviehouse
Great Movies!!
Only \$1.75
3rd & Almon - Moscow
882-2499

Why MOSCOW?

Annie Hubble and Chartra Melior

We pondered for a while, and then realized that in order to get a true answer, we needed to ask the cows themselves, and here is their answer.

"How amoosing! How teatillating that you would want to know our trail. It is long but we can cowtail it. We herd and saw for ourselves that the grass was indeed greener on the other side of the fence than anywhere else, so taking the bull by the horns, not cowering in the slightest, we henceforth mooved in, and are now udderly content in the town of Moscow."

SMART SHOPPERS WANTED

By Erika Cunningham

Volunteers are needed to help organize and carry out a Smart Shopping Tour project. The Co-op, in coordination with another Moscow grocery store, will be offering tours for shoppers to educate themselves on how to make wise environmental consumer choices. We need people to develop the tour curriculum, lead the tours, publicize the program, and recruit participants. If you are interested, please call Erika at 882-8537.



SPRING FEVER



By Erika Cunningham

I woke with a bounding energy to the bluest sky since last September. Gloved and booted, I headed out to the garden, which I really hadn't seen since last September either. I thought I should hurry, as spring on the Palouse holds no guarantees, and blue sky in the morning doesn't necessarily mean blue sky by lunch time.

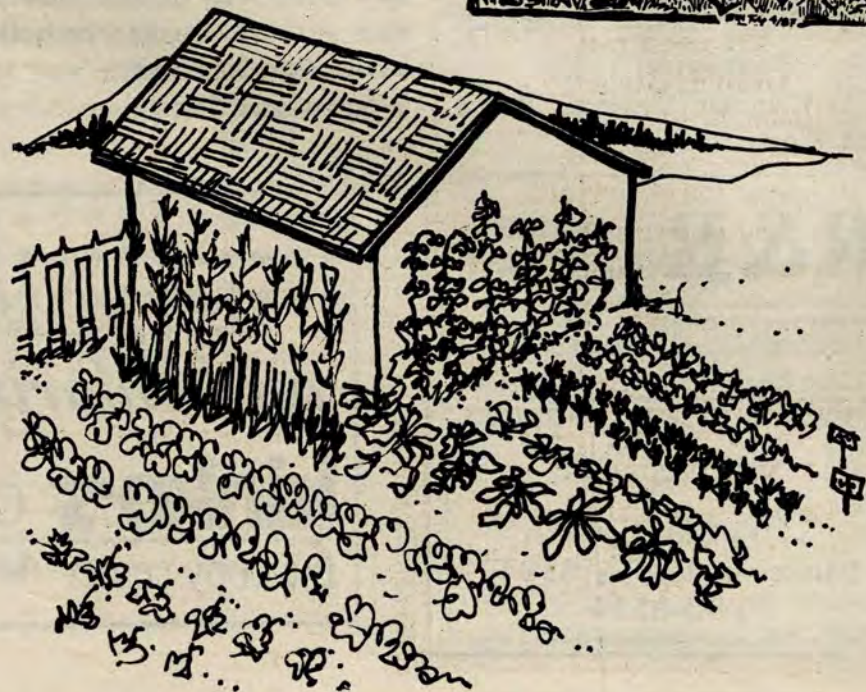
Into the muck I slogged, my boots suctioning to the earth. I stood, breathing in the smell of wet dirt, letting the just-a-little-too-cold-to-be-out wind redden my cheeks. Where to start? Too early to plant, too wet to till, too cold to just hang out and enjoy the scenery. My first move? Take a deep breath and realize that aside from cleaning up winter's litter all over my yard and garden space, I probably had to confine myself to inside jobs for a while. Boots off, clogs back on, I headed to the Co-op. If I can't plant, I can pick out what to plant.

Garden City Seed Company has had their rack sitting at the Co-op for two or so months. Fat with seeds, its rotating largeness tempted me. Could I really buy tomato seeds in January? Which lettuce is the best for me? Watermelons? Will they grow here? How early can you start basil? Does the bank get mad if

you skip a car payment and buy seeds and gardening equipment instead? (The bank has no mercy. Are there no gardeners among them?)

It was a test of wills, but I'll have you know I won. I paid my car payment, and not one seed packet bought prematurely this year. But it's after April 1 now and a free-for-all for gardeners, large scale and small scale alike. This year the Co-op has chosen to go with only one company for seeds. Garden Seeds are located in Victor, Montana, and their hardiness is perfect for our region. I used mostly their seeds last year and had huge success. In the past we have carried Seeds of Change, which is a wonderful company, but overall Garden City has more choice for our region.

The folks from Garden City have stocked us with a wide variety of seeds, from asters to zucchini, from petunias to peas, all with planting directions for our region, and an address to write if we run into trouble. So if you're like me, now's the time to buy. April is here and its time to plant your seedlings!





News from the Grocery Department

By Sandi "Skott" Larsen

New products at the Co-op:

Health and Body Care:

- * Jason Natural Cosmetics bath gels in three fragrances - available in 3 scents - in 34 oz. bottles or in bulk by the pound.
- * We are now carrying the full line of Aura Cacia aromatherapy bath salts and soaps.
- * Beauty Without Cruelty shampoo and conditioner.
- * Zand Formulas herbal mist throat spray with echinacea - located with the other tinctures.

Dairy:

- * Cheeses in bulk! - Parmesan, Romano, Asiago, Blends and more!
- * Raw cheddar (r-BGH-free) - back by popular demand.
- * Lifetime Fat Free cheeses: cheddar, mozzarella, Swiss, and cheese sticks in Swiss and Mexi flavors.
- * Stoneyfield lemon yogurt in quarts (no growth hormones used ever) - by request.

In the Coolers:

- * Emerald Valley Broc-Ole dip. Made with organic ingredients. A low-fat substitute for guacamole.
- * Fresh Lo Mien Peking Noodles - great for many Asian dishes.
- * Miso Master Barley Miso.
- * Spectrum Organic Veg Omega 3 Flax Seed Oil.
- * Beverages:
 - * Mountain Sun Organic Juices (pear, apricot, strawberry, raspberry, cherry grape, cranberry, apple, and lemonade)
 - * Knudsen Tropical Punch Juice, 8 oz.

- * Knudsen Cherry Cider, quarts
- * Rainbow Valley Organic Orange Juice, quarts - delicious!
- * Blue Sky Black Cherry soft drink in cans
- * After the Fall Cape Cod Cranberry, quarts - back by popular demand!

In Bulk:

- * Organic "Jasmati" white fragrant rice - grown in Texas.
- * Organic canola oil!
- * Organic spelt shells - replace the spelt egg noodles
- * Organic aduki beans are here!
- * Transitional organic green split peas from Paradise Farms
- * Salted peanuts in shell, now we have both salted and no salt
- * Taste Adventure Lentil Curry Soup Mix
- * Organic coconut (medium and wide)
- * Organic pistachios - back by request
- * Organic walnuts - by request
- * Organic butterstock peanuts
- * White beet sugar - by request

On the Dried Fruit/Carob/Chocolate Shelves:


- * Organic unsweetened pineapple - by request
 - * Unsulphered Turkish apricots
 - * Dried cherries
 - * Non-Dairy chocolate chips - molasses and cane juice sweetened
- ### Frozen:
- * Knudsen organic apple juice concentrate
 - * Thousand Stars non-fat chocolate mandarin frozen yogurt - similar to the Sweet Nothings frozen deserts but with the dairy.
 - * Cascadian Farms frozen yogurt bars made with organic milk and fruit - in 3 flavors: chocolate, vanilla, and blackberry - very low in fat but great tasting!

- * Sno-Pak organic corn - flavorful!

On the Tea Shelf:

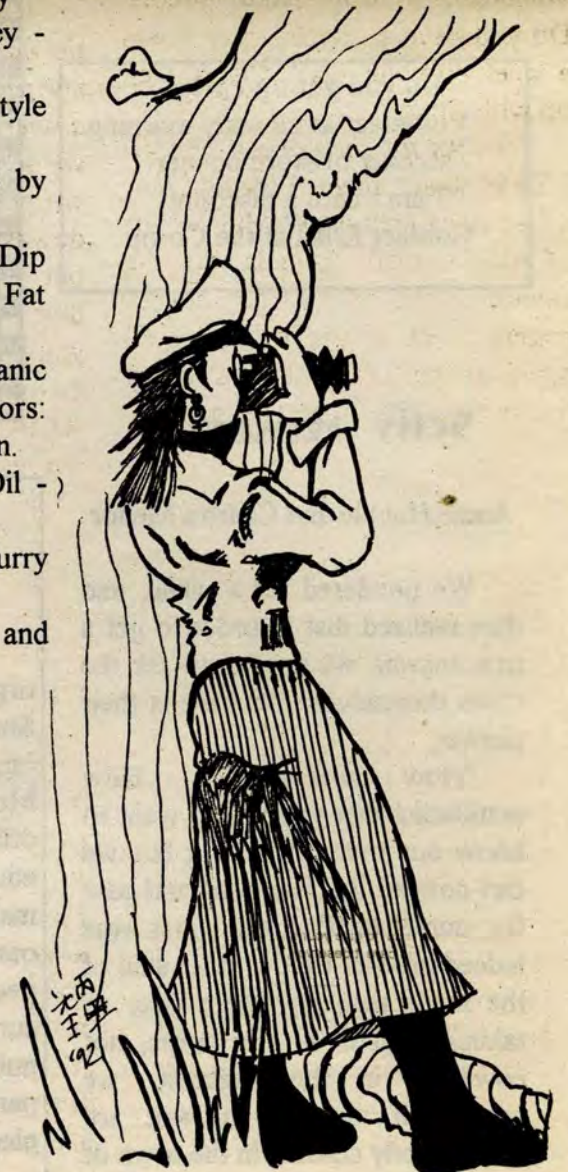
- * Republic of tea - a great selection of herbal, black, green, and twig teas ... some loose and some bags ... Erika really likes the Chamomile Lemon before bedtime.
- ### Sweet Tooth Central:
- * Enchantmints chocolate mints - similar to the Environmints but sweetened with Crystal Sweet, a crystallized cane juice.
 - * American Licorice Co. licorice sticks in regular and orange flavors - great for the movies.
 - * Bearitos Apple Sours - kinda gummy, kinda sour - made with organic ingredients -yummy!
 - * Non-dairy chocolate-covered raisins - Bonnie's favorite!
 - * Auburn Farms Fat Free Cherry Chocolate Jammer
 - * Auburn Farms Raspberry Fudge Brownies
- ### Packaged Food:
- * Three new chutneys - all by request! All delicious served with your favorite Indian meal.
 - * Busha Brown Spicy Fruit Chutney
 - * Patak Hot Mango Chutney
 - * Kozlowski peach chutney - no sugar added
 - * Cleopatra's Southwestern Style pilaf made with kamut orzo.
 - * Thai Kitchen Fish Sauce - by request.
 - * Santa Cruz Guacamole Dip made without Avocados. Fat Free!
 - * Rising Sun Farms Organic Vinaigrettes in 2 delightful flavors: lemon thyme and tarragon Dijon.
 - * Spectrum Organic Olive Oil - back by request.
 - * Thai Kitchen Green Curry Paste - by request.
 - * Terrazza Mixed Bean and Radiatore dinner mix.

- * Kendall Brown Blackberry Vinaigrette - delicious!
- * Knox Mtn. Wheat Balls - I haven't tried them, but they have been a popular alternative to meatballs.
- * Penguin Curry Rice Mix - very easy and very good!
- * More Bearitos Fat Free soups like Split Pea and Black Bean.
- * Progresso canned legumes: black beans, chick peas (garbanzos), and fava beans (by request).
- * Umeboshi paste and plum balls - both by request.
- * Co-op brand canned pineapple chunks.



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

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



R&R OFFICE EQUIPMENT

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

1104 South Main
Moscow, Idaho 83843
882-3514

Ask us about recycled
and chlorine free papers!

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

CUSTOMER REQUESTS

Meetings at the CO-OP



The Moscow Food Co-op Committees will meet regularly according to the following schedule:

Board meeting: 2nd Monday of every month at 6:15 - 8:15 PM.
 Strategic planning: 1st Friday and 3rd Wednesday 6 - 7 PM
 Financial/Legal: 3rd Tuesday of every month at 6 PM.
 Facilities: 3rd Thursday of every month 7 PM
 Personnel: 1st Wednesday of every month at 8:30 AM



The meetings will be held upstairs at the Co-op. The Board strongly encourages Co-op members, employees and volunteers to join any committee of interest.



THE BUYERS ARE IN

by Sandi "Skott" Larsen

Responses to Customer Requests and Comments:

Are the cows on the fence BGH free? The cows grazing in the parking lot have not been genetically engineered in any way!!! Do we know what they are doing out there anyway?

More Upper Crust Granola please! O.K! O.K!... We just cannot seem to keep up with the demand! We really need more volunteers to help make granola. Do you have a couple extra hours a week to volunteer? Please sign up with Erika.

Thanks for the cornell bagels! Please keep them coming...how about dairy free ones? Milk is part of the cornell formula so we cannot make dairy-free cornell bagels. All of the other bagels made in the bakery are dairy-free however. - The Bread Heads.

The croutons are not as exciting as in the past. Please add more herbs and garlic. Croutons are a funny story. We make them so we don't have to waste unsold bread. They are available when we have a bread surplus. Unfortunately twice-baked bread that takes a lot more preparation and ingredients is not profitable. In the interest of economy and efficiency, the bakery has begun making simpler croutons and selling them for less. It's an easy step to add to your own oil, herbs and salt - custom made for your own palette. Bon appetit!

- Ed the Breadiest head

I sure miss the cafe - even with the noisy rotating cooler. It's been my favorite lunch and pre-movie dinner spot. We miss it too! But we are ahead of our time. We feel we need to stay on top of things downstairs before we can branch out. We still have the same food that Annie makes every day. Soon you can be one of the sun bunnies eating your marinated tofu sandwich at the tables outside of the Co-op when the sun finally comes.

-Erika, former Bazaar Queen

Please carry Citra-Solv in bulk. It's coming back soon; we promise...but we are sorry to say we will be unable to sell it at the low low price of before.

I know the Co-op tries to keep the body care cruelty-free so why carry the Bee & Flower and the handmade soaps made with lard? Please try to carry vegetarian alternatives. We do! Look near the garden supplies for the locally made espresso garden soap. You're right, we do have a cruelty-free policy...so I am discontinuing the handmade soap with lard and I will be sure there is an obvious

shelf label stating the ingredients of the Bee and Flower soaps.

- Laura the animal lover

Please carry buttermilk. I don't like shopping elsewhere for it. It's this kind of dedication that has kept the Co-op alive for over 20 years. I certainly will try to locate a supplier. Our problem has been the availability of only 1/2 gallons of buttermilk which come from large dairy Co-ops where we cannot be sure of their practices (i.e.: antibiotics, hormones, cruelty, etc.).

Why do we put our deli food in #6 plastic containers that cannot be recycled in Moscow? I'm hungry and do not want to buy food in these wasteful containers.

- Signed, Disappointed. I thought the new recycling center would take #6 plastic, but I find not. We will not use them in the future - sorry for the inconvenience.

- Annie

Please use organic produce and grains in the deli salads and entrees when possible. How about at least one all-organic salad each day? I'd certainly be happy to try it for one week and see how it goes. It will be more expensive. I use organic foods when price isn't a large factor. - Annie, Deli Queen

Please have side dishes of rice and beans for lunch. This was in the plan for the juice bar. Still a good idea, but I don't know where we'd find room. We will certainly think about it.

- Annie, our favorite cook

Please use the organic sushi rice for the nori rolls. It's really sticky. I LOVE the nori rolls. I'm glad you like them. I do too! And they are fun to make. I will try the organic short-grain brown rice which is more wholesome than the

white sushi rice. Look for extra nori condiments too.

- Annie the sushi roller

Can we have more vegan sandwiches? I am slowly increasing the number. Interestingly, when I started working here, cheese sandwiches were the most popular. Now they are often the last to sell. I offer hummus and marinated tofu almost every day and am about to start a yummy tempeh salad - similar to tuna salad.

- Annie



UPDATE FROM THE DELI

by Annie Hubble

The Deli feels very much back at home in its old spot down in the store, and sales are back to normal and soaring. I received very helpful suggestions and requests this month and welcome more. I very much want to provide food that you enjoy, so feel free to write notes or pay me visits and tell me what you would like to see.

We are still looking for a volunteer on Sunday mornings to prepare sandwiches and heat up soup. The bakers are great company and it is a fun spot to fill. If interested, contact Erika or myself. The hours are flexible--a couple of hours somewhere between 7 am and noon. We do, however, need a consistent and dependable person.

Not much more news this month, but keep on enjoying Springtime! My fingers are itching to start work on my garden.

What's on your FACE ?!

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

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

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

Ask for a free demo!

contact ROSE TERRY-PARKS at
208-835-8810

Walking Through Gardens of Poetry

by Tim Eaton

True understanding is received by eyeing the Heart. This is an exercise in poiesis (the creative act) not an essay on poetry. Nonetheless, I advocate poetic thinking as an activated potential for all people. In this way I aim to clear a path between the garden and the poem, opening a series of conduits that, for most of us, have otherwise lain dormant. Hints, suggestions: from a dim source of light, beautiful shadows; and a narrow world palpitates to the rhythms of its closest star.

Within a perspective which starts with fish in the Paleozoic, and ends with Mankind in the Paleolithic, we are witness to a series of releases: the whole body from the liquid element, the head from the ground, the hand from ambulation. The human experience in the broadest sense appears to be conditioned by an erect posture. It is clear from fossil evidence we have been avid walkers for well over a million years. As astute practitioners of nomadology, walking is inscribed in the mythical substrate of our lives. Taking steps is a way of working it out, so often self-prescribed as, "I think I better go for a walk." Nooks, crannies, coves, all serve as pools for reflection. By linking acts and footsteps, moods to haunts, a whole complex of oracular deposits can be called upon, investing our steps with the healing powers of a sacred pilgrimage.

Dutch psychologist Bernd Jager has observed the differences in facial expressions between those that depend on their cars for transportation and those that use the buses, bicycles, subways, and sidewalks. Jager concluded that a loss of face results from the increased use of the automobile. How we countenance others, engage with our expression, open or close ourselves off--all this shows in the face. To bring the world within sensory reach, to increase the depth and fineness of our sensations, is to awaken the desire for life itself.

Two centuries ago, there was a good deal of walking in Europe, especially in and around gardens. The psychologist James Hillman writes, "In the art of the garden, it was considered essential that both the eye and the foot be satisfied: the eye to see, the foot to travel through; the eye to encompass the whole and know it, the foot to remain and experience it." The worst design is one that creates a straight line, favoring expediency over experience, where the foot is to travel, where the eye has already been. Landscape historian Mark Holborn highlights the importance of irregularity as people carefully step their way to the art of tea. "The path was the key to the garden. The stepping stones that constituted the path could hold the power of *sabi* [rustic unpretentiousness, evocative of contemplation]. Embedded in the moss, maybe surrounded with dried pine needles, they were arranged with all the art of asymmetry. The rough shapes of the flat-topped stones, placed at irregular intervals, drew one's concentration as one walked; you moved precisely, placing your feet with care. You were subtly drawn away from focusing on any possible image that the garden might present. The shrubs and the trees on the path were only glimpsed, and so the mood of suggestion was maintained, the design was not scrutinized."

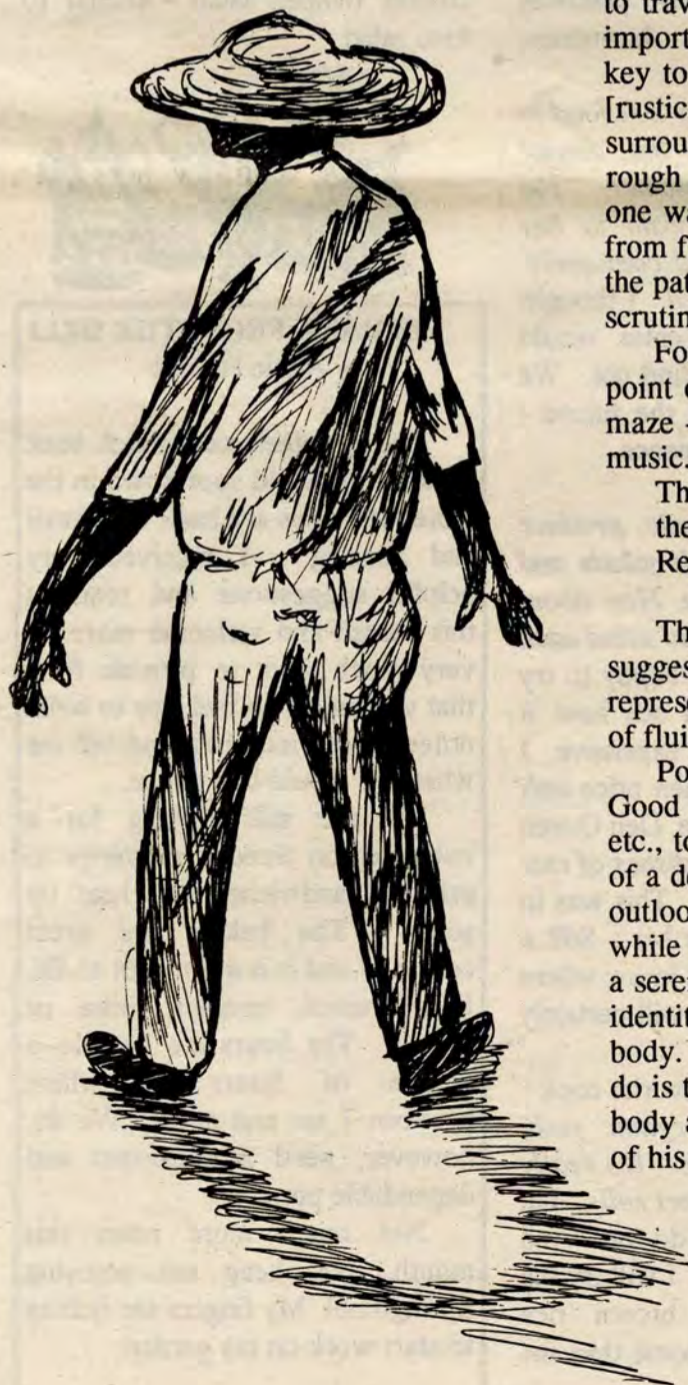
Footpaths glimpsed, moods suggested, verbal aromas as mythic statuary. A return to the point of entanglement. Coolness of the eyes, a waft of fragrance at the boundary of blur. A maze - amazement, a medley of senses bleeding into each other's love of operations. You see music. You feel redness. The garden as a game of masquerades:

Therein the tongues of the lilies are all vocal,
the eyes of the narcissus are all far seeing.
Regard each one with the eye of the Heart.

- Shabestari, "Rose-garden"

The garden is a place of liminality leading one out by implication, calling one in by suggestion. Gardens can enhance our ability to live poetically by cultivating suggestion not representation--a further detach-ment of the retina delivers us from what is real and solid by way of fluidity; pooling our thoughts in dreams and shadows.

Poetry and gardens derive from the same impulse to unhinge the spirit and moisten the soul. Good poetry and beautiful gardens can lead by way of texture, rhythm, understatement, sound, etc., to a rediscovery of the sensate world; opening the floodgates of experience to the porosity of a de-literalized self. To be captivated by the eye is the height of potency, but it hardens our outlook and fortifies a narrower definition of self. The Chinese poets, so often depicted drunk while reciting poetry in moonlit gardens, were more often drinking just enough wine to achieve a serene clarity of attention, in which a mind of imposing distinctions gives way to a sense of identity with the world. A softening occurs; there is no room for intimacy in a constantly erect body. The poet Robert Duncan: "I recompose what I call myself from the world" and "What I do is that I pose a creative process in which I assemble me from surrounding facts including the body and so forth." The individual breaks the boundary of his skin and occupies the other side of his senses. A dizzying precipice is encountered; is it the vertiginous desire to be swallowed,





decomposed, and reconstituted? In this way what we are capable of may partake of the tree, the grotto, the bloom in the shadow, in essence the nonhuman within us.

We are word. And thus one is not if one is not in dialogue. And so each one is two or more. Each thing for another thing. Each thing others. Language realizes this through us. The world speaks and we speak back--we are in dialogue. An evocative world elicits a poetic response; it stirs the imagination. Poetry by way of reciprocation brings imagination to habitual responses--in short, it's a way in which to make the stone stony. All real instincts in language go toward opening--finding the universe. The garden evocates poetry by suggestion, mystery nurturing mystery. Mystery defined or solved is a mystery destroyed. The yang calls; the yin responds.

The garden is quintessential nature, the earthly paradise. The garden is nature transformed, not subdued, by symbolic vision. Symbols which activate the mundus imaginalis. In the sufi traditions, the mental reconstruction of paradise is a way of rubbing shoulders with heavenly beings. This rapid oscillation between essence and form initiates a series of impulses along a sympathetic chain, in which each moment veiled stimulates further unveiling all the way back to its source. In Plato's *Symposium*: "This is the right way of approaching or being initiated into the mysteries of love, to begin with examples of beauty, in this world, and using them as steps to ascend continually with the absolute beauty as one's aim, from one instance of physical beauty to two and from two to all...." An angelic sensuousness pervades a well-designed garden; in a deeper sense they are angelic realms. They are places of Eros.

Eros as messenger or spirit, he is the desire that inspires both lover and poet. He is the allure or draw that consummates our consumption, the powerful compulsion to become and behave like something else. Flaubert's *The Temptation of Saint Anthony* reveals this in erotic excess: "I'd like to have wings, a carapace, a rind, to breathe out smoke, wave my trunk, twist my body, divide myself up, to be inside everything, to drift away with odors, develop as plants do, flow like water, vibrate like sound, gleam like light, ... to get down to the depth of matter--to be matter!" Or as in this description of a 13th-century center of learning, Eros manifests as a ladder to the celestial realm: "The knots and stars in the letters lead the spectator's eye higher to the dome whose white, bluish, black, and turquoise tiles form a pattern of most complicated stars which are connected with each other and yet remaining separate entities so the mind wanders, without finding a beginning or end, until it reaches the apex of the dome which is open so that at night the real stars can be seen; these are in turn reflected in a tiny pond in the middle of the madrasa." As above, so below. To journey with the poet through "knots and stars in the letters" to the real stars in the universe is truly profound, but limited only to the transcendent. When the universe depends and is seen reflected in the present moment, only then is the contemplation of the world complete--a world purified of all worldliness.

The making of gardens and the cultivation of poetry acquire the meaning of liturgy; in this way our stoops, courtyards, city parks, and frontyards, can become places of art and contemplation--cutting away the veils of inattention and anaesthetized dullness.

IN BRIEF

These products have been discontinued from the shelves:

- * Organic bulk semolina (no longer available...but the non-organic is here)
- * Ci'Bella pasta sauce
- * New Morning Fruitios & Oatios
- * Health Valley Fat Free Jumbo Raisin Cookies
- * Knudsen Marmalade
- * Many Aylas Dressings (I'd love to have some new dressing suggestions)
- * Horizon Organic yogurt
- * Health Valley Apple Bakes

Discontinued by manufacturer: Matador salsas, Natural Nectar Granola bars

Discontinued because of questionable ingredients: Orchard Fruit Apricot Raisin Cookies, Poppies Poppiroll, Red Oval Farms Some of Each Crackers

"Out Until the Next Crop":

- * Organic Jasmati rice
- * Mtn. Sun Organic Pear juice
- * Muir Glen Diced tomatoes

Thanks for the suggestion - it's on order: Purity Foods Ghee, Maranatha Pistachio Butter

We love suggestions! Please share yours by simply jotting it down on a piece of paper and hanging it on the suggestion board or by contacting me at the Co-op (Skott 882-8537).

SHOES
in The Old Mole Style!

WILD SOLES

Handcrafted leather for total comfort.

Feels like a moccasin
looks like a shoe ~ in great colors!

The Old Mole
Unique Clothing and Jewelry

22 years of Northwest style

N 119 Grand • Pullman
M-S 10-6 • Sun 12-4

Deane's

Restaurant
In the Moscow Mall

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

Homemade Soups and Pies

Join us for Breakfast, Lunch or Dinner
Mon-Fri 8:30 am - 9 pm
Sat. 8:30 am - 6 pm Sun 12-5

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

Supplier of bulk locally grown:

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

Be part of the Palouse!

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



GARDEN POEM #1
by Nancy Casey

When I am a matured and major poet
pristine words on the shape and the memory of dew
petals in the morning garden
shall blurt in slow bubbles from the cosmos through my pen
instead of grunts
again
at the sod clod that wouldn't die.

Got some great worms
pee weevils
the clay threatens to parch back into rock.
At best it's the kind of place that would attract elves
gophers and gnomes
tangled unruly angels.



UPPPER CRUST

Around the World Special

International Breads Every Wednesday

April 6: Irish Freckle Bread

April 13: Calamata Olive (back by popular demand)

April 20: Crusty French

April 27: Pusstabrot (Hungarian white bread)

May 4: Volkornbrot (Vieneese whole wheat)

Linda by Nancy Casey

We built the bread counter
around my shape kneading
this dough unelastic, still
relinquishing its shape.
Unincorporated flour stuffs
cracks: Sunday evening bread
chore island of sanity.

Her body capable confident
farrowing hog husbandry
walks bent-shouldered
clean colors on the just-rained road,
camouflage slicker and pig boots
clean yellow slacks, saved for
coinless trips for a telephone to swallow
shame and then cries staccato shrill for rescue.
She carries her bashed and purple bruises
already past my introspection counter. No
need to duck, I withdraw to my kneading.

After bends the washed road encounters
Al's hand-dug well and she Al's
bald quiet dot eyes and I
annotate my life in a cumbersome, bound journal
a gift, while my loaves rise.

4th Annual Paradise Creek Adopt-A-Stream Stewardship/Clean-Up Day

by Adam Thornbrough

On Saturday, April 23, 1994, the Palouse-Clearwater Environmental Insitute is sponsoring the 4th Annual Paradise Creek Adopt-A-Stream Stewardship/Clean-Up Day with funding provided by the City of Moscow, the Palouse Conservation District, the Paradise Creek Management Committee through the Washington Department of Ecology, and individual contributions.

PCEI is offering all organizations, businesses, schools, churches, and families who have in the past or currently wish to participate in the Paradise Creek Adopt-A-Stream Project, an opportunity to become "Stream Stewards" on specific segments of Paradise Creek. All organizations that would like to be identified as Stream Stewards will also receive

a certificate identifying their dedication to improving the quality of Paradise Creek. Many of the 22 stream segments within the City of Moscow have already been adopted. Stream segments are allocated on a first-come first-served basis.

In 1991 when PCEI adopted Paradise Creek, 500 volunteers cleaned up 6 tons of trash and planted 3,000 trees and shrubs. In 1992, 200 volunteers cleaned up 2 tons of trash and planted 2,000 trees and shrubs. In 1993, 200 volunteers cleaned up 1 ton of trash and erected Adopt-A-Stream signs at all of the bridge crossings over Paradise Creek within the city of Moscow, Idaho.

More details will be announced closer to the event. For more information contact Adam at PCEI at 882-1444.

KEN'S Stationery

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

Headquarters for
Recycled Paper Products
for Home and Office

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

NO MORE EGGS!

by Carol Hartman

By the time you read this, you will probably be knee-deep in leftover Easter eggs, patiently trying to swallow another hard-boiled egg. Well, here are a couple more recipes to spice up the post-Easter parade a little.

I confess I haven't tried either recipe, being a non-egg eater. However, they both came from one of my favorite sources: Mollie Katzen's *Moosewood Cookbook*. I usually adapt her recipes to be either eggless or substitute egg replacer, so for those of you who are non-egg eaters, keep reading!

This first recipe is for a tomato curry. Typical of most Moosewood entrees, the author suggests "a dash of" many different spices. This makes for a tasty, healthy meal on a budget, after making a quick economical trip to the Co-op herb and spice room. Try some non-dairy butter for a change, and be sure to buy organic vegetables when you can.

Tomato Curry

(Great over brown rice, Mollie says, but put up the rice when you start your preparations.)

1 T. butter or oil
1 1/2 C. chopped onion
1 tsp. salt
1 small bell pepper, minced
6 medium, ripe tomatoes, peeled and seeded

2 C. tomato puree
1/2 tsp. cinnamon
2 tsp. cumin
2 tsp. mustard seeds
2 tsp. grated ginger
3 - 4 med. garlic cloves, minced

Optional:

1/2 tsp. ground fenugreek
1/2 tsp. dried coriander
1/4 tsp. cayenne (or more, to taste)

Optional 2:

3 hard-boiled eggs, peeled & wedged
1/2 lb. firm tofu, cubed small
fresh cilantro, minced

Before you do anything: peel and seed tomatoes first. Core them and drop them into a saucepan full of boiling water for 10 seconds. Then hold them over a sink and pull off the skins. Cut the tomatoes open, squeeze and pull out the seeds. Chop the remaining pulp.

(After you put up the rice) melt butter or heat oil in a Dutch oven. Add onion, salt and mustard seeds. Sauté over medium heat for 8 to 10 minutes. (Onions will soften and seeds start to pop.)

Add ginger, garlic and minced bell pepper, and cook another 5 minutes until pepper is tender. Add remaining ingredients and mix well. Heat just to boiling, stirring often. Turn down the heat to a simmer, cover and cook for 15 - 30 minutes.

Serve hot, over rice, with wedges of egg or tofu arranged artistically on top, with the fresh cilantro topping.

If curry isn't to your liking these days, try some of those eggs a la Mexicano. Invite some friends over for a tostada party and provide these fixings:

chopped hard-boiled egg
grated cheese (try soy)
shredded lettuce
finely shredded lettuce
chopped tomatoes
refried beans
minced olives
guacamole
minced, mild chilies

Should you want to fix your own tostadas, buy some whole wheat or flour tortillas at the Co-op and fry them in hot oil until crisp. Dab off the excess oil with a paper towel and place them in a basket, covered with a paper towel. Be sure to buy some bulk black bean mix or some canned Bearitos (rice and beans mixed) to be the sustenance of your tostada party.

To build a tostada: take a crisp one and place it in the center of a large plate. Add some refrieds in the shape of your favorite design. Add some grated cheese, lettuce, olives, spread on a little guacamole or avocado slices and top it with a slice of hard-boiled egg with a dash of black pepper. Buen provecho! (Be sure to consider the proportions of your mouth as you build your creation.)



DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic

(208) 882-3723

803 S. Jefferson, Suite #3
Moscow, ID 83843

Rusty's Day School

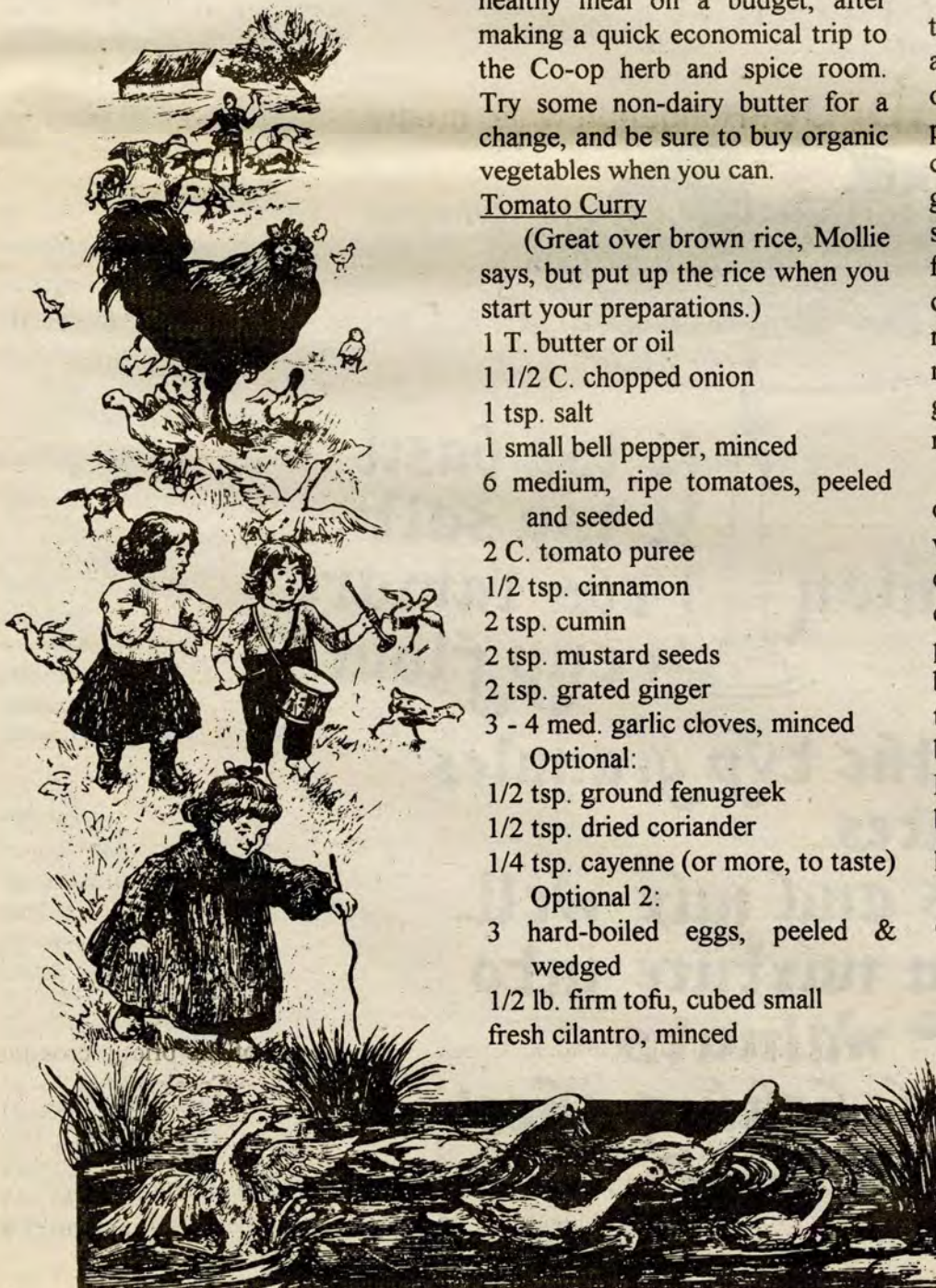
A preschool / daycare
for children 2 1/2 to 6
has openings.
Call 882-6262

PALOUSE
Ocularium
VISION CENTER

Precise, professional eyecare.
Comfortable atmosphere.

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

The **KUOI 89.3 FM**
Reggae
Party
KUOI 89.3 FM **Saturdays 3 - 6 pm**





LETTER TO THE EDITOR

by Lynn C. Bornholdt

This is a copy of the letter I sent to Celestial Seasonings. I thought other Co-op members might be interested:

Dear Sirs,

And exclusively sirs it must be, judging from the quotes on your Caffeine-Free Tea.

I have been buying and drinking Celestial Seasonings teas since the seventies. Never, until now, have I been offended by the quotes on the boxes. I have always read them, and was usually enriched or reminded of deeper qualities of life.

You are obviously not the same people who used to produce the teas. The Victor Hugo quote defining mothers as those who sacrifice even their own sustenance for their children and Aristotle's advice for a husband to gently and kindly rule the house do everything but relax me. I don't sit down with a cup of tea in my own house in order to be assaulted with the misogyny and patriarchy of our epoch. My home is my sanctuary from oppression, not my personal prison.

Many other companies with more egalitarian outlooks now have developed blends of tea comparable to Celestial Seasonings. If the philosophies on your boxes do not reach a little deeper and broader to include all of us, then they no longer will be a part of my life.

Please consider your attitudes and impacts.

Editor's Note: Rumor has it that Celestial Seasonings has been bought out by the Kraft/R.J. Reynolds Company. Can anyone confirm this news? Where can the consumer with a conscience turn for information on corporate mergers and diversifications?

Phyllis Van Horn

English Language Program

ESL Culture Learning

1185 Foothill Rd.

Moscow, ID 83843

(208) 882-6252



t.v.p. balls

With which to adorn pasta

1 cup t.v.p. granules

3/4 cup boiling water

1 Tbs. olive oil

1/4 cup finely chopped onion

1/4 tsp. garlic powder



1/2 tsp. basil

1/2 tsp. salt

1 Tbs. tamari

1/4 cup flour

Mix boiling water with the t.v.p. granules.

Let stand for 20 minutes.

Add rest of ingredients and mix well.

With your hands, form mixture into balls about the size of walnuts.

Place on lightly greased baking sheet.

Bake at 350° for half an hour.

Vol

Earth Day, Ground Squirrels, and Animal Poisoning

by Greg Brown

Earth Day is a day to affirm life on earth and the processes that sustain it. It is a day to celebrate and reflect upon the wondrous workings of this planet that both inspire and bewilder. Earth Day is also a day of opportunity--a day to challenge those practices that needlessly wound and harm the inhabitants of this planet we call Gaia, our mother earth. In this article, I present one such challenge.

As a frequent visitor to the University of Idaho's Arboretum, I enjoy basking in the bucolic setting--watching the trees and shrubs inch their way up and viewing the local wildlife. I have observed numerous migratory animals including songbirds, herons, ducks, and geese. I have also observed Columbian Ground Squirrels, long-time residents of the arboretum. Though I haven't actually seen one, the arboretum is also home to several badgers as is evidenced by their burrows, most visible in the southern half of the arboretum. By all appearances, the arboretum is a place of peace and tranquility.



There is a war being waged against the Columbian Ground Squirrels. Poison pellets lie in ambush beneath the surface. These are the University of Idaho's killing fields.

But such appearances are deceiving. Those who walk through the arboretum are greeted with signs at the trail entrances warning not to bring pets into the arboretum. The signs warn of "animal damage control" programs in this area that may be harmful to pets. We know, of course, that animal damage control is a euphemism for animal poisoning. There is a war being waged against the

Columbian Ground Squirrels. Poison pellets lie in ambush beneath the surface. These are the University of Idaho's killing fields.

Who declared war on the squirrels? Arboretum Director Dick Naskali stated that, because of the abundance of ground squirrels, the arboretum has become a feeding ground for coyotes, badgers, and dogs. Damage from the digging of these animals in pursuit of the squirrels "has become a considerable problem."

When I specifically asked how many trees and shrubs were lost as a result of this damage, I did not receive a response. Without question, green-lawn aesthetic purists would not approve of the holes left by the squirrels and badgers, but as any earthworm fancier can tell you, holes are a positive, not negative sign of a vital ecosystem. To my way of thinking, the solution to this problem of aesthetics is no further than a shovel handle away. I wrote a letter requesting an end to the poisoning programs.



Fearing that my reasonable request would not be heeded, I made the university a win-win offer in October of 1993. Representing Palouse Voice for Animals, I offered to humanely live-trap the ground squirrels and relocate them to our wildlife sanctuary (the trapping of ground squirrels appears to be quite feasible). Thanks, but no thanks, was the response. It would appear that the university would rather spend \$3000 a year poisoning these ground squirrels than seek a humane alternative.

Poison baits were placed in the arboretum in July of 1993 and again this year on March 14. I protested the poisoning this year and a story appeared in the *Daily News*. As a result of the story, I have received considerable support for my position from others in the community.

A reasonable paradigm for the UI Arboretum is to work with Mother Nature, not against it. Innovation and compassion should be the indispensable tools of the arboretum manager.

In reflecting upon your opportunities for Earth Day this year, please consider writing a letter to President Zinser at the University of Idaho respectfully requesting that she put an end to the arboretum poisoning programs. Message postcards will also be available at the Moscow Food Co-op on the outside bulletin board. I have given the university an opportunity to do the right thing. With your encouragement, it will. We can make this a better place to live by bringing peace and harmony into our relationships with all God's creatures.



KEY BANK OF IDAHO

KEY BANK

THE KEY TO YOUR FINANCIAL FUTURE

609 S. WASHINGTON
MOSCOW, IDAHO
882-6504

Involved. Innovative. Professional.
Member FDIC

Pilgrim's Nutrition Center
310 S. Main • Moscow, ID
208-882-0402

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

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

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



BEADATTITUDES™ presents

BEADS & BEADING CLASSES
882-7211 or 883-1037
or visit
Inner Vision
Bookstore and Lifestyle Center
Open 10am to 5:30pm Tues - Sat
118 E. Third, Moscow
New: Japanese Antiques & Delicacies

A coward is incapable of exhibiting love; it is the prerogative of the brave.
— Mahatma Gandhi

Dr. *Moss Valentine*
Chiropractic Physician

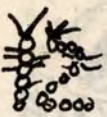
Activator Methods™ Advanced Proficiency Rated
"Safety and Effectiveness are our Goals"
882-0565

9:00 AM - 12:30 PM & 3:30 - 6:30 PM
Monday through Friday

311 So. Jefferson Street, Moscow
in Post Office Square

Family Plan is now available.
Efficient Insurance Billing • Convenient Payment Plan

WANTED
VOLUNTEER CHEESE CUTTER
THURSDAYS 10-1
TO WORK WITH PARTNER
CONTACT ERIKA AT THE CO-OP
HELPHELPHELPHELP
EARN DISCOUNTS ON YOUR GROCERIES



Egg April Rag



Oh look, an April fool!!

find the names of 'g' baby animals in the word search

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

How to Make it

1. Make a "tiddle" bug out of paper or cardboard. Use a pipe cleaner for the feelers and draw on the eyes, mouth, and wings.
2. Cut two slots in the "tiddle" bug and put a toothpick through the slots.
3. Cut out four connecting sections of an egg carton and stick the "tiddle" bug toothpick in the center.

There are literally tons of crafts and games for this season but here is one that uses the leftover egg cartons from Easter. Have fun !!!

tiddlywinks

How to Play it

1. Collect 10 pennies or buttons to use as tokens.
2. Put the "tiddle" cups on the floor, about two feet from the players.
3. Each player takes a turn and tries to toss the 10 tokens into the cups.
4. The player who gets the most tokens into the cups wins.



happy Spring books

"Easter" by: Aileen Fisher

"Easer Treat" by: Roger Duvoisin

* There is a seven day check out limit for the holiday books.

by: Frissy Books

by Carol Hartman

Vicki Reich's election (at the last annual meeting) to the Co-op Board of Directors couldn't have come at a better time; just as the Co-op faces one of the biggest decisions in its existence, along comes a volunteer willing to share her knowledge and experience with facility management.

As a board member, Vicki's main goal is working on the Co-op location decision. As one of the newer Co-op members, she hopes she can add a fresh voice, not being thoroughly entrenched in Co-op ways of business. She has chosen to join the facility operations, product selection, and personnel committees.

"Big changes are happening in terms of moving, either rearranging at our present location or relocating. I can use my skills as a scheduler, helping everything get moved and the construction to go as smoothly as possible. That's right up my line, making facilities run right," she said. "Hopefully, the facility operations committee will become more important if we move. And hopefully Skott and I can get that (product selection) committee started up again."

Although she and partner Kurt Rathmann are relative newcomers



to the Palouse, arriving last summer from St. Louis, the two are well-known faces at the Co-op. Arriving in Moscow to check out the UI graduate program for Kurt, they right away joined the Co-op.

"When we first came to town, pretty much the first thing we did was shop at the Co-op," she said. "We were only here for four days and we thought, 'Wow, this is pretty cool.'"

When they returned a few months later to stay, Vicki immediately began volunteering, taking everyone's favorite shift: the Saturday morning opener. She rotated in and around other positions also, working mid-day hours stocking, pricing, shelving, and other odd tasks. When Vicki landed a job at the UI construction office, managing construction, scheduling and estimate, Kurt often took her volunteer shift.

As Vicki's work day grew longer and Kurt's graduate architecture more intense, Vicki decided to run for the board.

"Well, I was pretty new in town and I'd been volunteering and enjoyed being at the Co-op. I thought it'll be a good way to contribute," she said. "I decided to see what it was all about."

This is the first Co-op Vicki has belonged to, but the philosophy is one she agrees with.

"I like the way it works, with people in a project management situation. I don't like to be the boss. I like to see that everything gets done, but I don't like to say 'you do this and you do that,'" she said. "The way I operate in my job is similar. The two ways of doing things are similar."

Highland Forge

Unique Handwrought Household Ironwares
 Custom tools for Home and Garden
 Custom designs and orders available
 Scott Randall Renee McNally
 SE 415 Jackson Pullman, Wa. 99163
 (509) 334-1165



NORTHWEST DOJOS

K
A
R
A
T
E

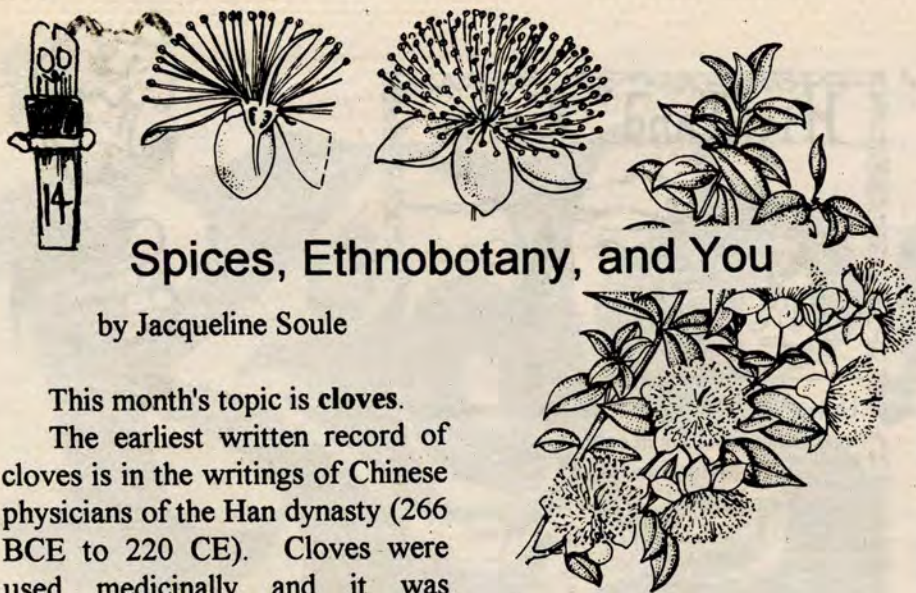


J
U
J
I
T
S
U

Traditional • Effective

- Learn self-defense; all ages welcome
- Ten classes to fit your needs
- No sparring, **safety emphasized**
- Get into shape, improve health
- Gain confidence and self-respect
- The most effective self-defense for all situations

885-8171 or 332-8625



Spices, Ethnobotany, and You

by Jacqueline Soule

This month's topic is **cloves**.

The earliest written record of cloves is in the writings of Chinese physicians of the Han dynasty (266 BCE to 220 CE). Cloves were used medicinally and it was customary to retain a clove in one's mouth when addressing the Emperor. Pliny (a Roman) mentions a spice called "caryophyllon" which led to an early scientific name for the clove plant. By the 4th century, cloves were widely used throughout Europe, medicinally and as a culinary spice.

Today, cloves are used in the home as a seasoning in sauces, meat dishes, preserves, pickles, liqueurs, or in cookies, pastries, pies, and cakes. Cloves are one ingredient in curry powder, and are used for scent in potpourri or pomanders.

As Easter approaches, some may purchase cloves to cook in the Easter ham, as my grandmother did. Another thing grandma used cloves for was to make pomanders, an orange with the skin pierced with multiple rows of cloves, then dried over the furnace (or other warm, dry area). Pomanders can be placed in closets or drawers to impart their exotic fragrance to clothing. Making pomanders is a great rainy-day project for kids.

Botanically speaking, the spice we use as cloves are the unopened flower buds of a tropical evergreen tree native to the 5 core islands of the Moluccas known as the Spice Islands (no part of Indonesia). The trees take 6-8 years to mature and begin spice production, and can be harvested for 40-60 years. The primary growers of cloves now are in Tanzania, near Zanzibar. The buds are harvested by hand and sun-dried on house roofs or flat areas.

The scientific name of the clove plant is *Syzygium aromaticum*, and it is a member of the Myrtaceae or Myrtle Family.

Although clove flower buds are harvested before they can produce fruit, many other members of *Syzygium* and the sister genus *Eugenia* are cherished throughout the tropics for their succulent fruits. If you travel to Mexico, Central or South America, Africa, Indonesia or the Caribbean, be sure to sample the fruit available in the local markets. Some of the common names of clove's sisters are: sea apple, rose-apple, Malabar plum, Java plum, Surinam cherry, Brazil cherry, cherry-of-the-Rio-Grande, red stopper, white stopper, Spanish stopper, jambolan, blue lilly-pilly, pomarac, pitomba, pitanga, and grumichama.

The active compound in cloves is called "clove oil" or "eugenol", and is pressed from the flower buds (the cloves), leaves, or from the bark of trees past their prime. The bark of *Syzygium* is also used in Africa to make a black dye. The wood is hard and dark and is used in home building or occasionally in carving.

Clove oil is used as a flavoring agent in foods, in Tom's brand Natural Toothpaste (available at the Co-op), and in perfumes, soaps, and bath salts. In medicine and dentistry, clove oil is used as a topical antiseptic; however, prolonged contact is to be avoided as it may cause inflammation or tissue damage.

Clove oil or ground cloves may be added to tobacco to make clove cigarettes.

Cloves are used in folk remedies as a carminative (decrease intestinal gasses), antispasmodic, aromatic stimulant, and applied externally to relieve toothache (avoid prolonged use as it can burn the gums).

What is Flax?

by Mare Rosenthal

Definition

A slender, erect plant with delicate, blue flowers: its seed (flaxseed) is used to make linseed oil. The thread-like fibers of this plant are spun into linen thread.

Benefits of Flax

Flaxseed is rich in compounds called lignans and in omega-3 fatty acids, both of which have been identified as having cancer-fighting properties. The omega-3 fatty acids called DHA and EPA in flaxseed are good for the skin. Raw flaxseed is an extremely effective antifatigue food: It is high in potassium and magnesium, which are antifatigue agents, and it actually increases endurance. Flaxseed is also high in trace minerals and in lubricants that aid sluggish digestion.

Some Ideas on How to Use Flax seeds

Ground flaxseed makes a good breakfast food. Take 4-6 tablespoons raw flaxseed, grind it to a powder in a coffee mill, and stir juice into it. It will become a thick, oatmeal-like cereal. (Do not toast or roast the seed.)

Replace fatty, cholesterol-laden eggs with an egg substitute made from flax seeds. Grind up 3 tablespoons of flax seeds in a blender; add 1/2 cup of water, and whirl in the blender until liquid thickens. It makes a super egg replacer in baked goods, a great binder for vegetable burgers, or a delectable, egg-free batter for French toast. The Co-op bakers use flaxseed in the egg-free muffins and they taste great!

Flaxseed oil can be added to salad dressing or mixed with food. You can even substitute raw flaxseed for butter.

Where Does One Find Flaxseed and Flaxseed Oil at the Co-op?

Flax seeds are in the bulk Herb and Spice area. The jars are in alphabetical order, so look for the "F's".

Flaxseed oil is in the cooler near the bottled juices and fresh soymilk.

(Information sources: *Foods that Fight Cancer*, by Virginia Messina, M.P.H., R.D., *Low Energy Blues*, by Susan Lark, M.D., and *Keeping Healthy Skin*, by Andrew Weil, M.D.)

ACUPUNCTURE

Diet • Moxabustion • Handwork

Charles Quinn

208-883-4960

Moscow, Idaho

Ever had fresh
roasted coffee?

Moscow's very own

The
BEANERY
roasts its own.

Serving breakfast,
lunch & dinner.

M-F 7-9, Sat 8-9, Sun 9-3
602 S. Main, Moscow
882-7646

Birkenstock

Quality • Comfort
Styles • Colors



NATURE SPORT
Palouse Empire Mall
882-9462

Cloves are available at the Co-op whole or ground. To preserve scent and flavor, store in a dark, airtight container.



**THE CO-OP PRICE
COMPARISON**
by Denise Horton

Every time I include cheese on my shopping list, I'm impressed by the wide selection of domestic, imported, and specialty cheeses at the Co-op. I decided to do this month's price comparison on cheese, and in the course of my travels, I noticed three remarkable things.

First, the Co-op has by far the lowest cheese prices in town. Combine this with the 18% volunteer discount and you will have astonishing savings! Second, the Co-op is the only market I found that is labeling dairy products known to be r-BGH-free. If you have any questions about unlabeled products, a staff member will be happy to help you.

And last, the Co-op's selection of cheese far exceeds those I was able to compare. Among those not found on the list are a variety of reduced-fat, fat-free, and rennetless cheeses. For those looking for a cheese alternative, the Co-op carries a good selection of Soya Kaas and Tofu Rellas.

The following comparison reflects the price of products of a similar quality. Prices were checked Saturday March 12, 1994.

Price is per pound unless otherwise noted.

Item (per pound)	MFC	MFC - 18%	Rosauer's	Safeway	Tidyman's
Swiss	3.83	3.14	4.55	4.99	3.98
Jarlsberg	5.19	4.26	7.55	6.49	7.49
Mozerella	2.33	1.91	3.75	4.39	3.98
Provolone	2.33	1.91	3.89	4.19	3.98
Gouda	4.66	3.92	5.35	7.79	6.29
Edam	4.31	3.53	-	3.84	5.98
Brie	5.78	4.74	8.99	7.29	9.85
Havarti	5.33	4.37	5.45	5.99	5.98
Dill Havarti	5.42	4.44	5.55	6.79	5.98
Danish Blue	4.64	3.80	-	6.99	5.99
Gorgonzolla	3.52	2.89	5.65	5.99	5.85
Farmer	5.45	4.47	2.65/8 oz.	2.95/8 oz.	7.48
Monterey Jack	2.93	2.40	4.35	4.29	3.98
Pepper Jack	3.30	2.71	5.45	5.19	6.29
Sonoma Jack (garlic)	4.16	3.54	-	-	6.29
Sharp Cheddar	3.56	2.92	7.65	4.69	5.75
Vermont Extra Sharp	5.15	4.22	-	-	6.85
New York Sharp	3.29	2.70	-	-	4.59
Canadian Sharp	4.04	3.31	-	6.39	-
New Zealand Sharp	3.35	2.75	-	-	5.45
Kasseri	5.62	4.61	-	7.49	-
Feta (domestic)	2.94	2.41	2.69/8 oz.	4.99	4.98
Feta (imported)	2.94	2.41	-	-	5.95

CARROT BREAD
by Pam Lee



No corn*, milk, or wheat, from *The Allergy Cookbook*, by Ruth R. Shattuck.
Yield: 2 small loaves or 1 large loaf.

- 1 C. oat flour
- 1 1/2 C. plus 2 T. brown rice flour, or 1 C. millet flour and 1/2 C. plus 2 T. Brown rice flour
- 6 T. arrowroot
- 3 tsp. arrowroot baking powder
- 1/2 tsp. salt
- 1 tsp. cinnamon
- 1/4 tsp. allspice
- 2 envelopes plain gelatin
- 1/4 C. cold water
- 2 eggs
- 2 T. molasses
- 1/4 C. honey
- 1/2 C. safflower oil
- 1 C. grated carrots
- 1/2 C. chopped dates, raisins, or nuts



Combine oat flour, brown rice flour, arrowroot, baking powder, salt, cinnamon, and allspice. Set aside. Stir gelatin in cold water and dissolve over low heat. Lightly beat eggs. Slowly add molasses, honey, oil, and gelatin. Stir in carrots and fruit. Blend in dry ingredients. Mix well. Batter should be medium-stiff.

Spoon into two well-greased 5" x 3" loaf pans or one 8" x 4" pan. Bake at 350 for 30-35 minutes for the small loaves or 60 minutes for the large loaf. Bread should be lightly browned, and a toothpick inserted into the center of the loaf should come out clean. Turn out onto a wire rack to cool.

* Variations: If you can use corn, you can substitute 1/2 C. cornstarch for this arrowroot and 2 tsp. regular baking powder for the arrowroot baking powder.

Substitute spelt or more rice flour for the oat flour.

Arrowroot Baking Powder:

- 1/3 C. baking soda
- 2/3 C. cream of tartar
- 2/3 C. of arrowroot

Mix well and store in an airtight container.

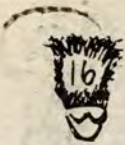
1 tsp. regular baking powder = 1 1/2 tea. arrowroot baking powder

Herbs for Woman
call Linda 883-2827
teas
tinctures
classes
consultations

NORTH COUNTRY BIRTH SERVICES
882-4735

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

NANCY DRAZIN, CCE
Professional, caring, non-medical support



Household Hazardous Waste Collection Day

by Diane French

Citizens of Latah County -- coming April 30, 1994, you will have a grand opportunity to dispose of your accumulated hazardous waste. The 6th annual Household Hazardous Waste Collection Day will be the last Saturday in April from 8 am to 4 pm in the vacant lot behind Fairco Mini Mart.

What constitutes household hazardous waste? Things that should not be in the landfill (or is that landFULL) such as paint, lawn and garden chemicals, aerosol cans, batteries, oil, and perfumes.

Moscow's Commission on Health and the Environment and Latah County Sanitation combine forces to make this program easy for you -- just load your wastes (in original containers, please) into cardboard boxes, put them in the trunk of your car, enter the collection site from White Avenue, and we will do the rest. We will unload your car, sort everything and the Chem-Safe Corp. of Arlington, OR will lab-pack, seal, haul and store the wastes in 55-gal. drums at the appropriate high-level facilities.

This program is paid for with tax revenues, so it is to your advantage to take advantage of it. It is to your children's advantage to keep things out of the landfill that do not belong there.

The short-term goal of this program is to safely store hazardous wastes. The long-term

goal of the program is to educate the community so that we no longer need household hazardous waste collections. To help us achieve this long-term goal, we ask you to use care in the products you select for purchase. Buy only as much as you will use in a reasonable period of time. For products that are only offered in a size too big for you to use, get together with a friend or neighbor and share. Use all products according to label directions and use them up in the manner intended whenever possible. If you cannot finish the product and do not know of anyone who can, save the remainder for the next HHWCD--DO NOT toss it into the landfill or pour it down the drain. The drinking water you spoil may be your own!

An exciting addition to this year's collection program is added emphasis on recycling of materials received. All usable latex-based paint will be redistributed to "Paint the Palouse" for use in repainting houses and to any member of the public. Used batteries, motor oil and all cardboard will be taken to the Moscow-Pullman recycling center for recycling.

As you can see, this is a big program. It is run mostly by community volunteers. This year you may see some of your elected officials volunteering their time, as well as other citizens. If you would like to help out, please call me at 883-3211 or call any member of Moscow's Commission on Health and the Environment.

Do You Want Your Street Sprayed?

by Diane French

Many citizens of Moscow are unaware that their City signs an annual contract to have weed spraying done along streets, alleys, dead-end barricades, and other City Rights-of-Way. Some citizens are aware of the contract but feel they have no power to change it. In 1990, only 6 letters were received by the Moscow Street Supervisor requesting that spraying not be done along the letter-writers' property. When such a small number register disagreement with a policy, that policy is viewed as having community support. However, in 1993, over 40 letters were received by the City requesting no spray on property owners' land.

If you are personally concerned about the spraying of chemicals such as Krovar, Princep, Roundup, Rodeo, Banvel, 2,4-D Amine, Surflan, and others on the public by-ways or near your property, then it becomes your responsibility

to notify those in charge of the program. In this case you need to WRITE to Mike McGahan, City Street Supervisor, P.O. Box 9203, Moscow, ID 93943, and express your concerns and recommendations. If you visit City Hall, you have the right to look at this (or other) contracts--they are public record. City council members and persons serving on City Commissions are knowledgeable or can direct you to proper sources for information.

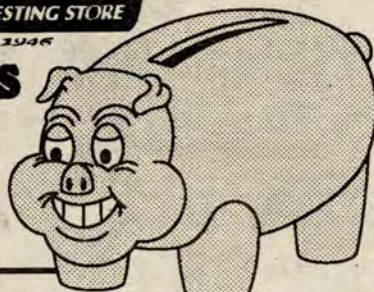
If citizens have an opinion about a public issue, policy or program, it is their responsibility to make that opinion known. If a street supervisor were to receive 100 letters regarding a certain program, city policy would be influenced by those letters.

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



TRI-STATE
IDAHO'S MOST INTERESTING STORE
Established in 1946

**Where It's Always
A Small Price To
Pay For Quality.**



1104 PULLMAN ROAD, MOSCOW 882-4555
OPEN DAILY MON.-FRI. 9AM-9PM; SAT. 9AM-7PM; SUN. 9AM-6PM

The Amazing Hemp Seed

compiled by Lex Levy

The Co-op is now offering 14 oz. packages of hemp seeds for use in the kitchen. These seeds have been sterilized so that they are perfectly legal and have no psychoactive value. They are an extremely versatile food and we encourage your experimentation and feedback. The following is a quick, and by no means expert, look at why the hemp seed deserves reinstatement in the daily lives of all the world's people.

Hemp seeds contain 24% protein, second only to soybeans in total protein content. These proteins are easier to digest than those in soybeans, and acre for acre hemp seeds are the greatest producer of protein on the planet. The seed is also 35% oil. 81% of this oil is essential fatty acids needed by, but not produced in, the human body. Many doctors believe trouble with degenerative diseases can be traced to a lack of essential oils. Besides the nutritional benefits, hemp seeds taste great and may be added to any recipe to add flavor and increase protein.

In the kitchen the possibilities of the hemp seed are only limited to the cook's imagination. They can be roasted, much like popcorn, and seasoned for a tasty snack. The roasted seeds can also be ground and hulled to produce a meal that may be made into fritters or porridge or used much like any other ground meal. The seeds can also be used along with or instead of other seeds, grains, and nuts used in baking. There are many other uses for the seeds and plant which have been suppressed from

the mass consciousness for almost 60 years.

For most of human history the fiber from the hemp plant sailed the world's ships, lighted its lamps, and served as its source for paper and clothing. The first "Levi's" were made from hemp cloth. The first drafts of the U.S. Constitution were written on hemp paper, and people have always made the strongest rope from hemp fiber. As a producer of biomass, the hemp plant is unmatched, yielding as much fiber per acre as 4 acres of trees in 6-8 months as opposed to the decades trees take to mature. Clothing made from help fiber is almost 20% more durable than cotton. In addition, scientists are just beginning to explore hemp's potential as a fuel source. Please help demystify this tremendous resource by asking about the various hemp products available at the Co-op and elsewhere.

The cookbook included with the seeds has lots of good recipes. I roasted some seeds on the stove at medium-high. They do pop like popcorn so use a lid and keep them moving. I also marinated some in tamari and garlic (garlic powder) and roasted them in the oven on cookie sheets. They have a nutty flavor and are delicious. Here are some ideas I haven't tried:

on pizza	pasta/pasta salad
in yogurt	cheese and crackers
mexi-dishes	in stir fry
salads	in dips
bagels	

For more information about hemp products call or write: H.E.M.P., 5632 Van Nuys Blvd., Suite 210, Van Nuys, CA 91401, (213) 392-1806 or The Ohio Hempery, Inc. 14 N. CArt St., #300, Athens, OH 45701, (614) 593-5826

TRANSPLAN is Coming (or at least breathing hard)

by Fritz Knorr

Transportation Coordinator at the Palouse-Clearwater Environmental Institute

Please attend and give testimony at the TRANSPLAN public hearing in Lewiston on Tuesday, April 5 at the Ramada Inn from 3:00 pm until 7:00 pm. If you miss the meeting, you can submit comments to Julie Stutts, Public Involvement Coordinator, Idaho Transportation Department, P.O. Box 7129, Boise, ID 83707-1129.

TRANSPLAN is the name that the Idaho Transportation Department has given their planning process for 1994. This public hearing will be "open house" style, which means that there will be about half a dozen "stations" where ITD personnel can record your testimony. Of course, you can also submit your testimony in writing. You can drop in any time during the hearing to comment.

This year, there is not one but three separate statewide transportation plans open for discussion. The three plans are: the three-year State Transportation Improvement Plan (STIP), the 20-year long range plan, and the state Bicycle and Pedestrian Transportation Plan. Last year, the ITD open house public hearings covered only the STIP.

TRANSPLAN is a direct result of the public involvement process mandated by Congress in the Intermodal Surface Transportation Efficiency Act of 1991 (ISTEA). In order to get federal funding for transportation projects, ITD must present a 20-year long range plan to the Federal Highway Administration (FHWA) by



January 1995. ISTEA requires that the public be involved in shaping that long-range plan. Therefore, for ITD to receive federal funds, they must listen to your concerns.

ISTEA also requires that the state submit its three-year plan (a funding schedule for specific projects, STIP) to public scrutiny. Furthermore, ISTEA requires the state to prepare a Bicycle and Pedestrian Plan as a separate document. The Bike/Ped Plan must also receive public input. So, that's why there are three separate plans open to comment at the TRANSPLAN hearings.

The TRANSPLAN hearing in Lewiston covers all of ITD District 2 (North-Central Idaho). There will not be a hearing in Moscow. If you need a ride, or are willing to offer a ride for carpooling to the hearings, contact me at PCEI, 882-1444.

Public involvement is strange new territory for ITD. It is also new territory for the public. When have you ever been asked by ITD officials for your opinion on the future shape of the Idaho transportation system? Tell them at TRANSPLAN.

Hodgins Drug and Hearing 100 YEARS OF SERVICE

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

Cosmetics
Surgical Supports
Hearing Aids

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

Drive-In Window 882-5536

**Mikey's
GYROS**

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

Moscow
(across from the theatres)
527 S. Main 882-0780
Pullman
(next to Burger King)
NE 1000 Colorado 332-8902



Stratton's Dairy

332-2216
Pullman, WA



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

Johnson Rd.
1 mile past the Professional Mall

FEDOROVICH CONSTRUCTION

- General Construction
- Remodel/Additions
- Custom Finish Work
- Decks
- Wash. Lic.

882-2693



Bovine Growth Hormone Update

by Sandi "Skott" Larsen

I promised, in an earlier issue of this newsletter, an update on the bovine growth hormone (known as r-BGH) that can now be injected into cows to increase milk production. Customers have asked me about this subject, and there is no other local source for this information, so I've been looking for some answers.

The best source turns out to be an article in another co-op newsletter, the Central Co-op News from Seattle, written by Melyssa Rice.

Melyssa compiled information from a conference on bio-engineering at the University of Washington which was sponsored by the Washington Biotechnology Action Council. What she learned about the risks of r-BGH is, as she writes, "staggering and frightening." For example:

* Dr. Richard Burroughs, formerly a scientist with the FDA, has stated that the studies of r-BGH he reviewed indicate that r-BGH is toxic to humans at the levels needed to increase milk production. He was fired from the FDA.

* The levels of r-BGH in injected cows are one thousand times higher than uninjected ones.

* r-BGH is known to increase mastitis, an udder infection. Mastitis is treated with antibiotics, which are then passed into the milk. Milk from uninjected cows usually contains over 60 antibiotics; milk from cows with mastitis contains far more. (By the way, guess who produces the antibiotics? That's right--the same drug companies which produce r-BGH.) Mastitis has another side effect: the infected udders drip pus into the milk.

* On John Curtis' farm in Minnesota, where the only long-term leaked studies were done (the studies are "private property," belonging to the research companies), all cows injected with r-BGH either died or had to be killed because they got severe mastitis or became sterile.

* In short-term studies, injected cows became seriously ill and gave birth to dead and/or deformed calves.

* In a Cornell University study (funded by Monsanto), it was estimated that 30 percent of small dairy farms will be forced out of business by the introduction of r-BGH.

* Europe recently banned r-BGH.

* There is no clear evidence that humans do not absorb r-BGH through their intestinal tract when they consume dairy products containing high levels of the hormone. The question of absorption was never addressed by FDA studies. Possible side effects of human absorption of r-BGH have also never been studied.

* 25 percent of all milk is consumed by schoolchildren. They will consume the largest amounts, and the hormone will affect their small, developing bodies in the most dramatic ways.

Melyssa suggests that concerned consumers contact their local school boards to make sure their kids aren't fed r-BGH milk. Some districts, like Los Angeles, have banned r-BGH milk in their cafeterias.

She also suggests contacting dairies, restaurants, and stores and tell them you want r-BGH-free milk and milk products.

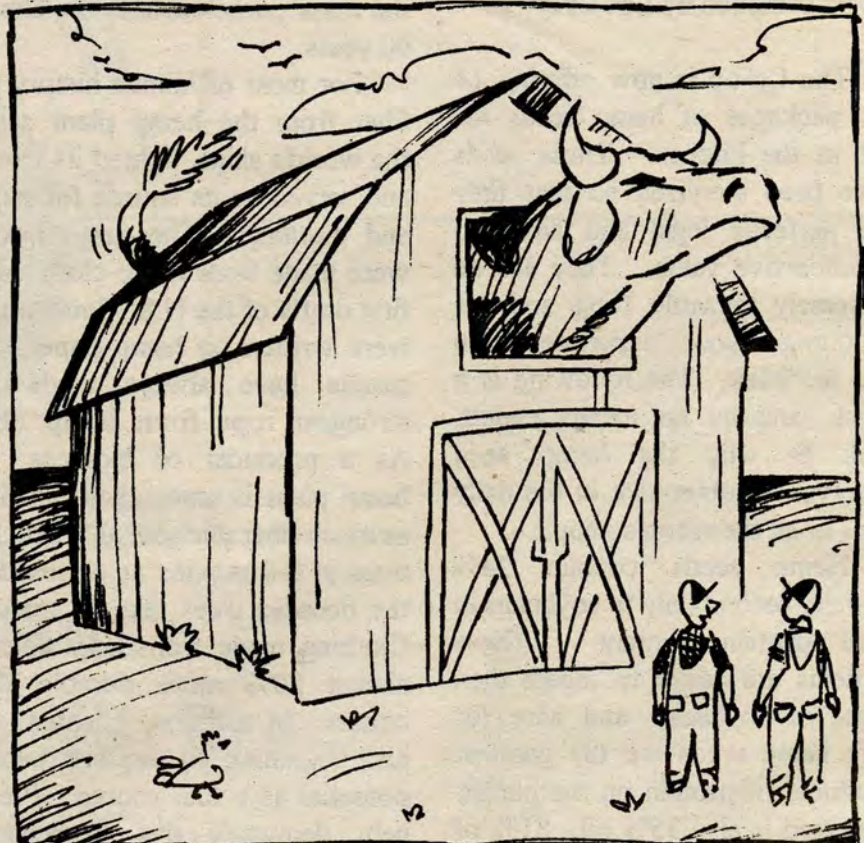
State agriculture departments and your political representatives should be contacted also.

The Ad Mart

**FREE
Classifieds**

**Serving Nearly
EVERYWHERE
208/882-2595**

THE NATURAL PERSPECTIVE



DO YOU THINK THE FDA MIGHT APPROVE
A "BARN GROWTH HORMONE" TOO?

Product Selection Committee

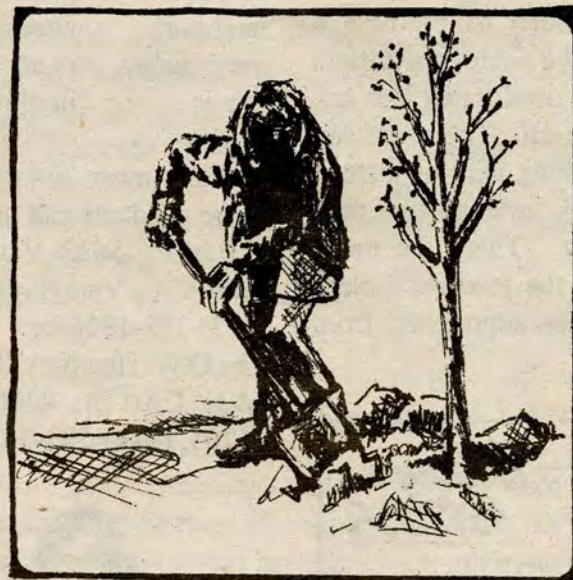
We need volunteers to help us create product selection guidelines

Receive an 18% discount on your groceries

and provide important input for the future of the Co-op.

First meeting will be near the end of April.

Contact Skott 882-8537.



Celebrate
EARTH DAY '94

Shopping Made Easy

by Robin Murray

I love food! I love to eat it, I love to cook it, and I love to shop for it! Of course, like most people, I cannot afford to spend all my days running back and forth between the Co-op and my small warm kitchen. In fact, between working two jobs and going to school, I have precious little time to indulge this food passion of mine. So I have developed a system in our house which not only saves time, but save money. It goes like this ...

Before the shopping trip, I set aside about an hour or so to prepare a menu and grocery list. I take a piece of loose-leaf paper, a pencil, and a list of family favorite meals, as well as a good cup of herbal tea, and sit down. The paper gets folded in half. The top half is divided into three sections: breakfast, lunch, and dinner. The bottom half gets divided into eight sections: freezer, produce, refrigerators, spice room, bulk bins, packaged, bakery, and soaps.

Next, I solicit requests for the week's menu and any observations about what things are getting low. Having done that, I select seven dinners from my list of favorites and write them down in the "dinner" section of the paper. I then move on to lunches and breakfasts. Here I am much less formal, listing suggestions for which we will have all the appropriate ingredients. Then I go through the entire menu, item by item, and write down what we need to buy for each one under the appropriate heading on the lower half of the paper. I double check all the staples such as flour and sugar, as well as toilet paper and dogfood, writing down anything which is getting low.

At our designated shopping time, we gather our bags, milk bottles, and reusable containers, put a little piece of masking tape on each container, grab the list and head on down to the Co-op. After weighing those containers on the

scale and marking the tare weight on the little pieces of masking tape, we are ready to begin. The list, as you probably noticed, is laid out in terms of the Co-op floor plan so we only go down each aisle once. To speed things up at the cash register, I jot down produce prices on my list as I pick each item up. I also put same-priced produce in the same bag so they all get weighed at the same time. Check out, and there's just one thing left to do.

The crucial final step happens when we get home. On the refrigerator, there is a magnetic clip in which the menu side of the list needs to be placed. Now when we stumble in the door, exhausted after a day's work, we don't have to think about supper. We just look at our menu, pick one of the seven choices, and all the ingredients are there!

Dinner		Breakfast	
		Lunch	
freezer	produce	refriger.	spice rm
bulk	package	bakery	soaps





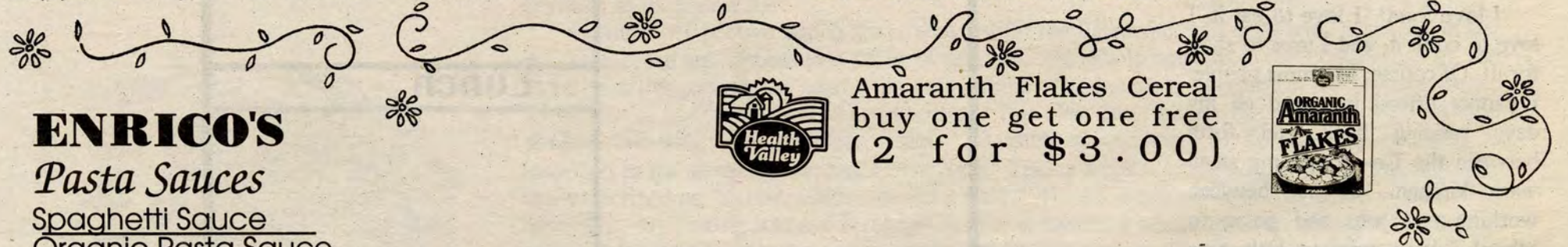
April Specials

(208) 882-8537

Moscow Food Coop

Prices Effective April 3-30th
Supplies may be limited on certain items

310 West 3rd Moscow, Id



ENRICO'S Pasta Sauces

Spaghetti Sauce
Organic Pasta Sauce
Pasta sauce w/ Garlic and
Sun Dried Tomatoes
Fat-Free
Fat-Free/No Salt
Tomato Basil
Garlic Marinara
Arabiata

30% off



Amaranth Flakes Cereal
buy one get one free
(2 for \$3.00)



Lundberg

one-step entrees **\$1.83**
chili, curry, garlic-basil reg. 2.15

CLEARLY NATURAL

Glycerine Soaps
20% off
(.86/reg. 1.01)

Willow Run
Soy Margarine 
\$1.32

reg. \$1.76

NATURE'S LIFE

Cranberry Concentrate
NOW 5.99 Reg. 7.95

SPECTRUM

White All-Purpose Vinegar
ORGANIC SULPHITE-FREE

15% off

Now 1.65/reg. 1.95

MORI-NU

Aseptic Pack Soft TOFU
\$.99 reg. 1.16

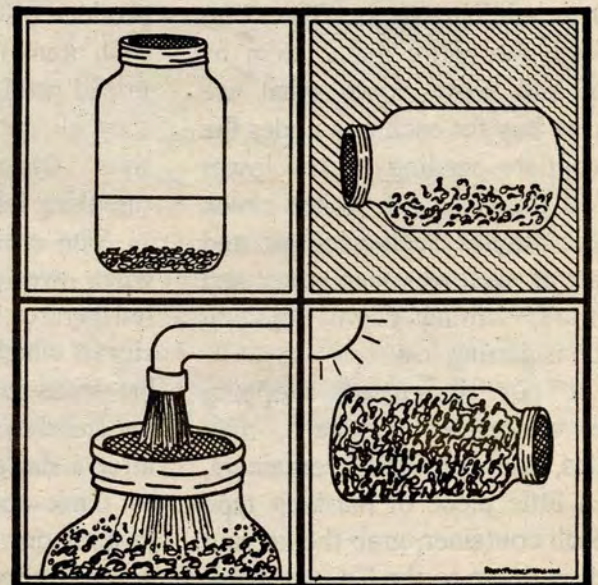
MR. BARKEY'S
Vegetarian Dog Biscuits in bulk
1.77#
reg. 1.95#

Sprouting—Your Home Garden



In a quart (or larger) jar, place enough rinsed seeds or beans (unhulled) to cover the bottom. Fill the jar with water, cover, and let soak overnight or longer. Strain out the water and rinse with fresh water, leaving the seeds moist but not wet. Place the jar in a cool, dark spot and rinse the seeds twice a day for two to four days—don't let the seeds dry out.

After a couple of days, your seeds will sprout. Place the jar in a brighter spot, continue to rinse two or three times daily until your sprouts are green on the ends. Refrigerate and use freely.



Co-op Members and the 1995 Farm Bill

by Paul J. Weingartner

In occasional book reviews in this newsletter, I have stressed the social significance of personal decisions about food and diet. As eaters, we all have a responsibility to promote food systems and norms which are economically and ecologically sustainable, socially just, and healthful.

As consumers and Co-op members, one way we can meet this responsibility is by familiarizing ourselves with the farm bill. The farm bill is federal legislation written every five years which establishes and implements national farm policy and authorizes funding for a vast array of farming and food-related programs. Many of these programs (e.g., low-income food assistance, organic standards, pesticide regulations, etc.) have decisive impact on consumers. Historically, however, those who have alternative ideas about farming (e.g., sustainable methods), food distribution (e.g., cooperatives), and diet (e.g., vegetarianism) have found it difficult to influence the farm bill.

But recently, I attended the Second Conference of the National Dialogue On Sustainable Agriculture, a nationwide process which solicits grassroots input for the 1995 Farm Bill. The purpose of the Dialogue is to develop a policy platform which promotes economical farming and food distribution methods that respect ecological limits and facilitate research and consumer education consistent with these objectives. The Dialogue is currently establishing an action plan to lobby

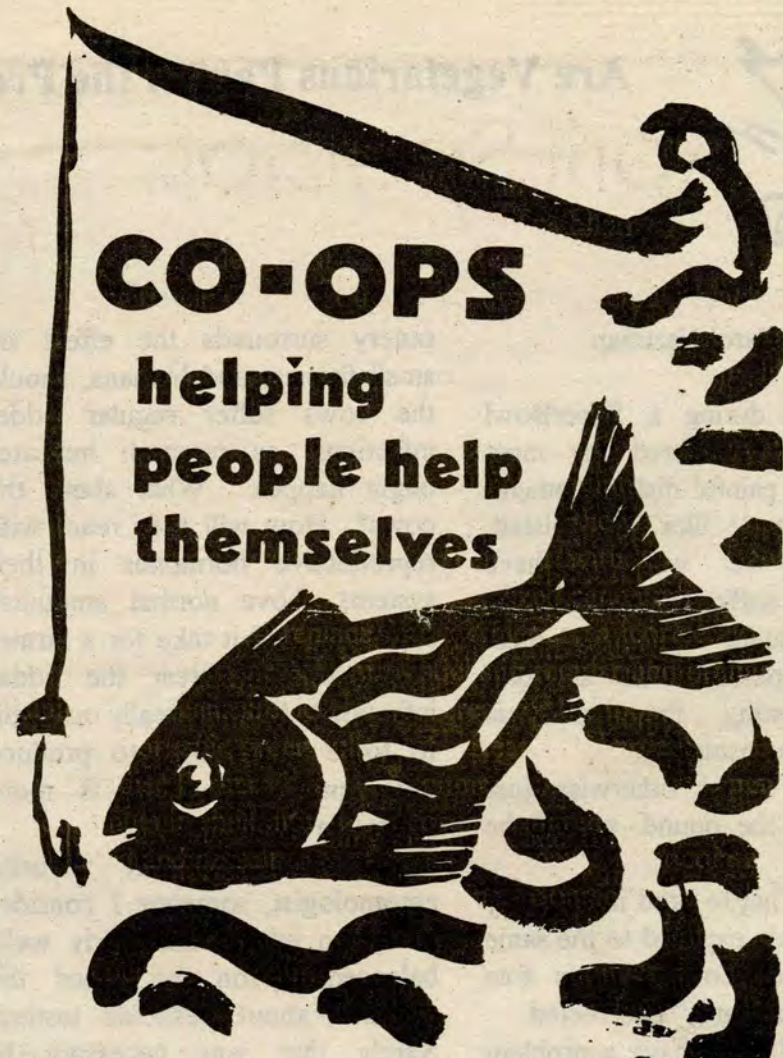
Congress for inclusion of this platform in the 1995 Farm Bill.

The conference brought together over 300 individuals from 42 states, representing 210 farmer, consumer, environment, animal rights, religious, education, and government organizations. A common ground among these organizations was found in the realization that something is amiss in our current food system and a more sustainable approach to farm policy is a necessary condition for setting the system right.

The conference worked on policy options concerning natural resources and conservation, marketing and organics, agricultural research and extension, commodities, trade, and minority farmers' and farmworkers' rights. A platform of 20 high-priority policy options was the result. Among these are several directly related to issues of concern to consumers.

The "BGH labeling" option requires regulation and identification of synthetic hormones used by the dairy industry; a "trade" option preserves the sovereignty of nations, states, and municipalities to establish high safety standards for imported food without facing trade sanctions; and the "sustainable producer and community controlled development and marketing" option calls for increasing the accountability of the food system to local communities and shoppers.

Why is the farm bill important, and what does the Dialogue process have to do with being a Co-op member?



In my estimation, one of the distinguishing characteristics of Co-op members is their willingness to extend their understanding of food issues beyond their refrigerator and local vendor. Social decisions, like federal farm policy, have personal consequences, and working toward a more sustainable farm bill is as much a social responsibility of Co-op members as is shopping at the Co-op.

Anyone who is interested in participating in the Dialogue/lobbying process is encouraged to contact me at 883-8281 or Nancy Taylor of PCEI at 882-1444. We have information about sustainable agriculture, the farm bill, the National Dialogue, and how you can participate in creating more sustainable farm and food policies.

Peacock Jasmine Thai
Rice
14.99 for 25#



HAUG
CHIROPRACTIC

DR. ROBERT W. HAUG
Chiropractic Physician
208-882-3012
102 S. Washington
Moscow, Idaho 83843

Bonnar & Assoc.

COUNSELING FOR:

Alcohol and Drugs
Anger Management
Adult Children of Alcoholics
Confidential

Steve H. Bonnar
882-4700



PALOUSE THERAPY
ASSOCIATES

Manual & Massage Therapy

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

(208) 882-7867
106 E. Third St., Moscow, ID 83843



Are Vegetarians Part of the Problem?

by Carol Hartman

It was during a SuperBowl party that I suffered my most recent and painful disillusionment. I knew people like this existed, otherwise we wouldn't have cruelty and suffering on Earth, but I never actually thought I'd meet one: a person who supports animal testing for ridiculous reasons like cosmetics.

"They would otherwise just end up at the pound, right?" he declared.

"No. They're bred in captivity and are rarely exposed to the same pollutants or conditions as free animals or humans," I corrected.

"Well, I don't have a problem with it," he said with a wave of the hand.

Hmm. There followed three very painful days. We have built so much cruelty into our world, why condone more in the pursuit of beauty, in the name of L'Oreal or Estee Lauder? If cruelty can be avoided, surely it's not too much trouble to purchase cruelty-free soaps, shampoos or cosmetics. Obviously, products that haven't been tested on innocent critters contain better ingredients, those known not to irritate human skin or cause cancer. My skin is certainly worth that precaution.

I began walking around, questioning co-workers whether they oppose or favor animal testing, whether they even recycle. (I know many don't; I always pull soda cans out of the trash and toss them into the recycling bin about five feet away.) I admit that I favor animals and plants over humans. Although I've worked in soup kitchens and with refugee programs, I will advocate animal rights more vigorously. Animals suffer from humans' arrogant attempts to control their reproductive and productive processes. With the USDA's approval of the bovine-growth hormone (why does the USDA regulate this and not the FDA?) for dairy cows, much of the public

outcry surrounds the effect on small farmers and humans, should the cows suffer regular udder infections, as research indicates might happen. What about the cows? How will they react with reproductive hormones in their systems above normal amounts? How long will it take for a farmer to notice and treat the udder infection? And is it really our right to force dairy cows to produce more milk because it is more profitable for the farmer?

As I asked my favorite entomologist, someone I consider to be an ethical and fairly well-balanced person, he raised the question about pesticide testing. Surely that was necessary to determine safe, noncarcinogenic levels for humans, right?

Call me stupid, call me a delayed reaction (and many have), but I never thought of it. Sure, I've been a vegetarian for 14 years, thinking I was doing the Earth and myself a favor by eating lower on the food chain. Better use of land, grain, water, fewer cancer risks for me, less damage to the ecosystem, maybe fewer animals hung up by their legs with slit throats. I never realized that every time I didn't buy organic I was supporting cruelty.

I haven't always lived where organic foods are available. Occasionally I'd find a health-food store. I usually grew my own vegetables, but I've never grown a head of broccoli successfully. We all know broccoli is one vegetable most likely to be treated with pesticides.

Even scarier is an article I read recently in *California Agriculture*. The author described how the USDA limits for the amount of pesticides humans can safely consume is set for adults, not children. Children liking their peas and carrots may actually be in danger. Citizens have been lobbying the federal government calling for pesticide testing on immature animals, arguing that separate limits need to be established for children. I say, why not just half them all? Why not select an arbitrary standard, the lowest possible so as to be the safest for adults and children. Think of the animals, chemicals, and yes, money that could be saved.

I have a feeling this article is just the beginning of a movement to lobby for safer pesticide use in our foods. This is a wise request, but not at the expense of life. We already know what the limit is. Watch for moves like this and protest. And, of course, support your organic grocer and grower.



CELEBRATE EARTH DAY!

ENVISION unbleached toilet paper
NOW \$.45 WAS REGULARLY \$.53
(\$41.75 PER CASE)

BIO-PAK dish liquid
15% off

NOW 1.06# WAS 1.24# (also regular price is a new price)



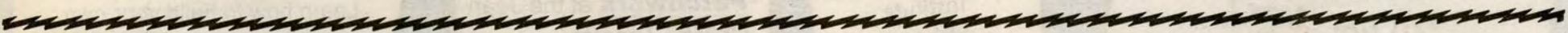
Gardening Supplies



Garden City Seeds
Kale, Chinese Greens, and Red Cabbage
20% off in April only

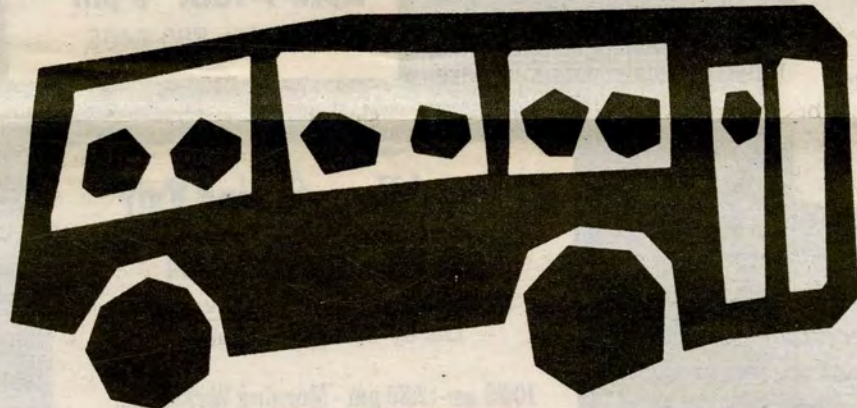
the COOP also has:
TOOLS, BIRD FEEDERS, BIRD SEED, GARDEN LATERNS,
NON-TOXIC REPELLANT

And:
all kids gardening books are 30% off



Planning Public Transportation for our future:

Workshop for
North Central Idaho and Southeast Washington*



How can we be served tomorrow
if we don't have a vision today?

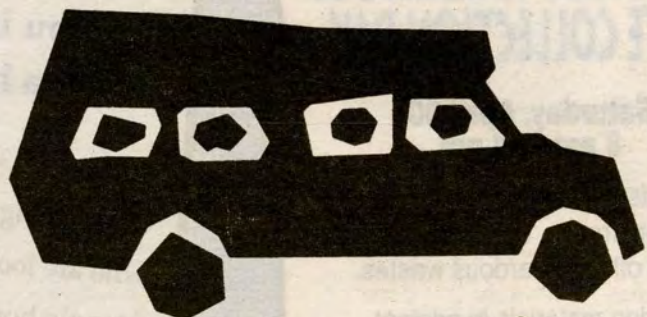
Saturday April 9 9 am-4:30 pm

Nez Perce National Historical
Park Headquarters,
3 miles north of Lapwai on US 95

no cost- lunch and
transportation provided

Call (208)883-0523
to register and arrange for transportation.

Presented by the Idaho Transportation Department's District Two Regional Public Transportation
Advisory Committee and the Nez Perce Tribe.



*Latah, Nez Perce, Lewis, Clearwater, and Idaho counties, IDAHO
Asotin, Garfield, and Whitman counties, WASHINGTON

BULLETIN BOARD

THE CO-OP NEEDS YOUR HELP!

Join us for Paradise Creek Clean-up

Sat. April 23

meet at the Co-op parking lot at 9 am with gloves, rakes, garbage bags and smiles!

Saturday, April 23, 1994

4th Annual Paradise Creek Adopt-A-Stream Stewardship/Clean-up Day

The clean-up begins at 10 am. If you have not adopted a segment, then please stop by the U of I Student Union Building to be assigned to a segment for clean-up.

for more information call Adam at PCEI: 882-1444

I-Bike 1994

May 7 & 8

Idaho Bicycle Transportation Conference Sun Valley, Idaho

Registration \$40

contact Fritz Knorr at Palouse-Clearwater Environmental Institute 882-1444

Tiny Lives

a new play by Ariana Burns author of Patchwork at the Jean Collette Theatre, University of Idaho

April 7-10th 8 pm Ticket info: 885-6465

COMPOSTING WORKSHOP

Saturday, April 16 9 am to Noon

Learn how to build your own composting system for recycling kitchen and yard organics.

Workshop includes slides, written materials and a tour of successful systems

contact Carrie Moscow Recycling 882-2925

STRAW BALE CONSTRUCTION WORKSHOP

ALL DAY - May 7 in Moscow

Announcing a revival of a time-proven and sustainable building material. Straw bales are annually renewable, plentiful, and energy conserving.

To gain hands-on experience in wall raising call: Kurt Rathmann The exact time and place have yet to be determined

Subscribe to the Moscow Food Co-op Community News only \$10 for 12 issues send and make checks to: Moscow Food Co-op (attn: Bill London)

Gardeners, barn raisers, food lovers, volunteers, come one and all!

Koppel Farm Spring Fair

Saturday, April 23, 1994

Professional Mall Boulevard & Derby Street, Pullman

10:30 am-12:30 pm - Morning Workshops: Gardening, Composting, Weed Identification, Native Plants, River Care

12:30 - 2:30 pm - Rose Planting & Lunch: featuring Palouse produced food and music

2:30 - 4:30 pm - Afternoon Working Bees: Plant, Soil and River Care

Inquiries: Theresa Beaver 335-2851 or Ron Hatley 882-8782

Plan to walk, bicycle, or ride special busses to the Koppel Farm Spring Fair. If it's sunny bring a blanket or folding chair, garden tools and seeds to plant.

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.

Sixth Annual HOUSEHOLD HAZARDOUS WASTE COLLECTION DAY

Saturday, April 30 8 am to 4 pm

Safely dispose of or recycle motor oil, paints, antifreeze, solvents, pesticides and other hazardous wastes.

Bring materials in original containers to vacant lot behind Fairco Minimart off Troy highway in Moscow.

Volunteers Needed!

contact Carrie Moscow Recycling - 882-2925

Are you interested in being a host family?

I have 13 Japanese and German high school students who are looking forward to a friendly home life experience. Fall, Spring, and full school year possibilities.

If interested please call Ashley at 882-0639.

MOSCOW RENAISSANCE FAIR

April 30 & May 1 East City Park Moscow 10 am to dusk

free admission • free entertainment • free community fun!