

Day-NW HD 3284 N48

FEBRUARY 1994



MOSCOW FOOD COOP  
310 WEST THIRD  
MOSCOW ID 83843

SPECIAL COLLECTIONS  
LIBRARY  
UNIV. OF IDAHO  
MOSCOW ID 83843

Look inside  
See what's up

See what  
Coop's  
do for  
the future?



Co-op Annual Meeting  
Sunday February 27

5 p.m. Moscow Community Center

Bring a topping for the topless pizza

child care!



## Annual Meeting: February 27th

by Peg Harvey-Marose  
Board of Directors Chair

The annual membership meeting of the Moscow Food Co-op will be held Sunday, February 27th at 5:00 pm at the Moscow Community Center. This will be a time for the membership to elect new board members and make decisions concerning the future of the Co-op. Childcare will be provided in the foyer beginning at 5:00 pm.

The first order of business will be the election of board members. The Election Process Committee, formed after last year's annual meeting, developed the system we are using this year. Board members are elected to three-year rotating terms so that each year 2 or 3 new members are elected. This year we have two positions open. There will also be a confirmation (yes/no) vote for one board member who replaced a member midterm and for the staff liaison. We will be using ballots with the names of the registered candidates listed with room for write-in candidates. We will take nominations from the floor at the beginning of the meeting.

Before the balloting, each candidate will make a three-minute presentation on why s/he wants to be a board member. After all the candidates have presented, there will be time for the general membership to ask questions of the candidates. Then the balloting will take place.

(Please remember there is one vote per membership. If you have two or more adults included in your family membership, you still have only one vote.) The results of the election will be announced when the ballots have been counted.

The Upper Crust Bakery will then present "topless pizza." This means they will supply the dough, sauce and cheese. The members are asked to bring whatever you would like on your pizza. Don't be shy!

The meeting will continue with a discussion of options for our space situation. (Please see Dean Pittenger's article for background information.) It will be important for everyone to participate in this discussion. Whether we move or stay at our present site, we have to deal with the growth we continue to experience. Something needs to change, but the board of directors knows a decision can't be made without the support of the membership. So please participate!

I hope to see a large turnout for the membership meeting. This is the one time of the year the board has to hear from the membership face to face. Come. Participate. This is your Co-op!

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Bill London  
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Mary Jo Knowles  
**Typesetting**  
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Alan Jay Solan Rodger Stevens  
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Kenton Bird Kenna Eaton  
J. Thaw Peg Harvey-Marose  
Gayle Newan Denise Horton

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**Members of Board of Directors**  
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Anne Adams Ari Burns  
Jeanne Harvey Dean Pittenger  
Suzanne Tathum

**Published by**  
Moscow Food Co-op  
310 W. Third  
Moscow, ID 83843  
(208) 882-8537  
Upper Crust Bakery  
883-1024

**HOURS**  
Every Day  
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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.

### WELCOME TAMI AND DENISE by Bill London

Two brave volunteers have answered the call. We now have a new advertising czar and a new price comparison writer.

Tami Adam volunteered to handle the advertising. She is now the one who will solicit new ads and arrange the payment for all ads. There is no more important job in keeping this newsletter afloat.

Of course, that means we must bid farewell to the two women who have handled the advertising chores for the last few years. Mary Butters (yes, the same person who is up to her armpits in the falafel business) did the job solo for three years, with the recent assistance of Mary Jo Knowles (former Co-op general manager and now full-time ski whiz). Now both Mary and Mary Jo are off to other projects--with our thanks for a job well done.

Denise Horton begins this month with her recipe/price comparison articles. She is committed to doing a complete job in this assignment and we are grateful for that dedication.

Thank you for your decision to help the newsletter, Tami and Denise.

*Phyllis Van Horn*  
English Language Program  
ESL Culture Learning

1185 Foothill Rd.  
Moscow, ID 83843  
(208) 882-6252



### TOO MUCH TO SOON by Skott Larsen

Two regular columns: The Buyers Are In (customer requests and responses) and News From the Grocery Department will not appear this month due to the great amount of membership meeting information. Please contact me at 882-8537 if you have any questions. Thanks! We'll talk next month!

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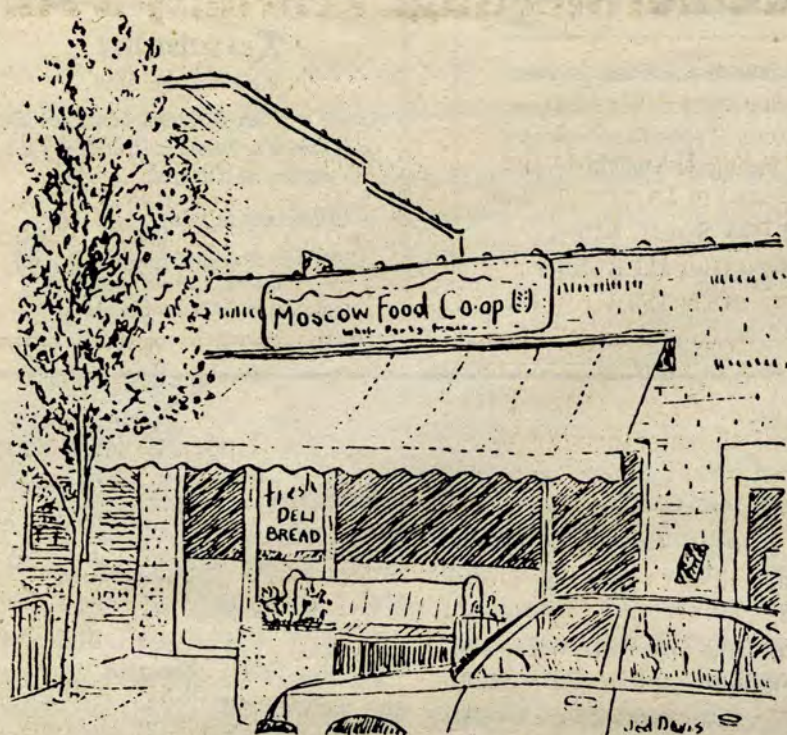
To my Dearest Treasure, Ruby -

You still send my heart spinning.  
Thank you for all the meaning you've given my life. Even learning to fly compares only dimly with the sensation I get just being with you in the wee hours, my sweet darling.

Love,  
Mossy



## Should We or Shouldn't We?



by Kenna Eaton

About a year ago the issue of the Co-op's future was brought up in a Strategic Planning meeting held here at the Co-op. Certainly the issue had been mentioned before, but now the time had come to do something about it.

We brought together a concerned group of Co-op members, staff and Board members for two nights to explore the possibilities for the future. We generated a wonderful list of strengths, weaknesses, goals and objectives for us to work on. Given our potential for growth, I felt the main question raised was: How do we grow gracefully? Now the time has come for the members to make some decisions.

As General Manager of the Co-op for the last 2 years, and a staff worker for 12 years, I have seen a lot of changes not only in the industry, but in the needs of the consumers. As we grow to meet these needs, the space we occupy seems to shrink. I've written several times about our frustrations as workers in trying to do the best job we can in the limited space we have.

As financial manager, though, I carry another burden of needing to make fiscally sound choices with someone else's money. As you can see from our current financial report, we are currently in a very sound position. Our growth last year was about 13% (average for our industry), we made a million dollars in sales (!), we made a profit of .6%, and we

are debt-free! I feel really good about our financial position; I guess being conservative eventually pays off. I certainly don't want to do anything to jeopardize our situation.

While this location has been very good to us (parking lot, highly visible location, etc.) other aspects have become increasingly frustrating: half the store is on the second floor, meaning we must negotiate a steep stairway many times a day; this also limits access for those who are physically challenged.

Another major problem for us are the twice-weekly deliveries from Mountain People's (our largest distributor) that must be trucked by hand across the store, a process that takes approximately 1 hour 15 minutes, and can be terminally frustrating to shoppers. There are other problems, but those two stand out. Should we chose to stay here they would have to be dealt with soon--and neither one will be cheap to solve.

So, I ride the dilemma, should we or shouldn't we? As options continue to become available to us, I find myself more and more excited about relocating the store to a location that is designed to be a grocery store. With loading docks, and everything on one floor, and enough space to store our back stock, and ... the list goes on.

I encourage all members to attend the February Annual Membership Meeting, listen to the options that we have, and help us make a sound decision about the future of the Co-op.

## Volunteer Wish List

by Erika Cunningham

A few of the positions of last month's requests have been filled, but there are a lot left to fill. Remember, there are other jobs available here, not just the ones I've written down. If you have new ideas, or would like an individual training, please call or come see me at the Co-op.

**Deli/Juice Bar:** Here you'll make juices, sandwiches, soups.

Generally help Annie provide us with scrumptious victuals everyday.

**Store Openers:** This position follows a checklist of a.m. chores, assists the cashier in helping customers, and makes the store ready for its day.

Shifts available: Mon., Tue., Wed., Thurs., Fri., Sun., anywhere from 7 am to 9 am.

**Produce Stockers:** Here you will trim veggies, stock them, lift heavy boxes, and display produce attractively. A good chance to apply your artistic talents!

Shifts available: Mon.: am or pm, Tues.: am, Wed.: am and pm, Thurs.: pm, Fri.: am or pm, Sat.: am or pm and Sun.: am.

**Cashiers:** This job requires a little bit of experience. We'd like you to have volunteered for a little while so that you know the products.



Shifts available: These I'll set up individually, as the training takes a little time.

**Fruit and Chip Merchandisers:** Skott's fancy way of saying she desperately needs people to bag fruit and chips.

Shifts available: pretty much every day, especially Thurs. and Fri.

**Janitors:** This job is generally in the evening, and you would be paired up with a paid worker.

Shifts available: Mon-Sun evenings after store is closed.

**Non-Food Caretaker:** Laura would like someone to take extra care with her non-foods over the weekend. If you're tired of toilet paper not being stocked on Sat., then this is the job for you!

Shifts available: Sat. and Sun.: both am and pm.

**Bakery:** Available here are both cleaning and bread running (up and down the stairs, that is).

Shifts available: Sun.: 7 am to 10 am for baking help and Tues. through Sun.: 11 am - 1 pm for cleaning.

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## GROWING PAINS

by Dean Pittenger, Board of Directors member

The Moscow Food Co-op had its beginnings in 1973 as a small cooperative buying concern, The Good Food Store. In 1994 the Co-op is a million dollar business. This entire operation is stuffed into its current location, the old KFC building on West 3rd. Lately, all concerned have been very busy exploring the possibility of moving -- and soon! With the annual meeting at hand, it is time you members became aware -- a great deal of energy will go to discussion of this issue at that meeting.

The Co-op has survived three previous moves and we have prospered at this location. Unfortunately, we are out of room. Outside of the building, parking is a pain. However, it is inside the building that we really feel the squeeze. You have probably noticed this fact, especially if you are 'fortunate' enough to be around when a big shipment comes in. The current store is limited with respect to both retail floor/shelf space and storage space. Out of a total of 5000 sq. ft., upstairs and down, only about 3000 sq. ft. are usable retail space. The rest is taken up by the bakery/kitchen, office, and various storage areas.

In this crowded situation, staff efficiency and store sales are affected. Staff efficiency suffers because it is necessary constantly to restock certain items (packaged items in particular) from hard-to-get-to storage. Sales suffer because we lack the retail floor space to increase shelf/display quantities and selection (in concert with guidelines established by the production selection committee). Sales also suffer due to inadequate storage because we are unable to order larger quantities of packaged and bulk goods (which we could purchase at better prices in larger quantities). This, in turn,

adversely affects the Co-op's ability to grow as a business. Shortly after our 20th anniversary celebration, the space issue became a serious priority for the Co-op staff and board; a year ago the need was already recognized.

A strategic planning process emerged in January of 1993 that, in part, recognized the need for pro-active management of the long-term growth of the Co-op. Among other things, the original group recognized the need to develop business, financial, and marketing plans. It also noted that the Co-op must take a very hard look at remodeling the space we're in or consider moving to a new location.

During August 1993 we made arrangements with a local architect, Nan Robertson, to provide a feasibility study with regards to re-modeling. At the very least, we would have to build a lift to the second floor and a loading dock. This study is still underway, but we should have more information to pass on at the annual meeting.

In late September of 1993, the facilities and planning committee came across a potential new location for the Co-op: Jeff's Market at the corner of the Pullman Hwy and Line Street. The strategic planning committee (working with facilities and planning) has aggressively pursued this opportunity. We have also been looking hard for other possible locations. From mid-October on, we have been meeting almost every week just to keep pace with changing developments.

Early on we decided to solicit outside advice and expertise. We contacted other co-ops (especially those who has recently moved) and we were advised to seek professional assistance in evaluating business, financial, and

marketing plans. We were also advised to carefully examine the feasibility of making any particular move in terms of financing, market responses, etc. We consulted with the Small Business Development Center (SBDC) at Washington State University and hired a lawyer, John Norton, to assist us with evaluation of our position with respect to Jeff's Market (or any other prospective location).

As of the end of January, 1994; we have completed a draft business plan and we are compiling more information to establish financial and marketing plans. We did provide Jeff a letter of continuing interest, but we have made no final offers. We have also contracted with an independent consultant (who specializes in cooperatives) who will be evaluating our business plan and providing general guidance on how to proceed with financial planning, financing a move, etc. The consultant is Phil Record from Arcadia, California, who comes to us under a generous cost-sharing arrangement made by one of our major suppliers (Mountain People is picking up 50% of the tab). He is already examining the draft business plan and other documentation sent the last week of December. From January 28th to the 30th, Phil will be here to visit our store, examine location options, and provide us with constructive criticism. He will also provide some guidance in terms of how to proceed from here.

What about Jeff's Market; does it hold some potential? Jeff's would provide a total of 11,000 sq. ft. of space, 7000 sq. ft. of retail floor space, 3000 sq. ft. of storage, a real loading dock, good parking, a stop light-controlled corner, and plenty of parking space. Its location at a major

intersection leading to the University of Idaho campus is a plus. There is also an operating and, according to the owner, profitable laundromat that comes with the deal. On the down side are increased costs of leasing, utilities, and property taxes. Also, there is the issue of image--does Jeff's fit our image? Can it fit our image? Is it close enough to downtown (we tend to see ourselves as belonging to the 'core' of downtown Moscow)? On more prosaic terms, does it meet our long-term business needs? While there continues to be some doubt over the image issue, it is true that Jeff's (or any other location for that matter) can be what we want it to be. As for the business concerns, we are still evaluating the possibilities which include obtaining current appraisal of existing equipment (coolers, check stands, etc.).

Very recently, another market location has become a possibility and we are evaluating this location as a viable option (in terms of cost, working space, structural soundness, lease options, etc.). At this time, we are prevented from disclosing any details at the request of the owner (and advice of our lawyer), but we will have more details on this and Jeff's Market by the annual meeting.

So--what's left to do? Lots, especially in terms of preparing a coherent, well thought out set of options to present to you members at the annual meeting. We will have the results of Phil Record's consultation, updated copies of the business plan, and lots of new information to pass along.

We need all members to lend their expertise, guidance, general concerns, etc. at this year's annual meeting (and beyond)--please be there!

# WHAT ABOUT ENTERING THE COW CONTEST?



by Bill London



Do you want to win a Co-op Anniversary T-Shirt?

Do you want to spend a few minutes entering a silly contest?

Say YES.

Good. Please do enter this contest.

All you have to do is think of the humorous and/or meaningful reason why there are now cows on the Co-op's parking lot fence.

Sure, the cows are there because Jim, Linda and a host of volunteers painted them there. But that's not what we are looking for. We want to know--WHY COWS?

Because Moscow needs cows? Because two-dimensional cows are poop-less and quiet?

Steal these answers or make up your own. But do it soon. Write up to 100 words of cowish explanation, add your name and phone number, and bring it to the Co-op (or mail to "newsletter cow contest," Moscow Food Co-op, 310 West Third, Moscow, ID 83843).

Kids too.

Just hurry. Get it written and submitted before February 20.

You'll be glad you did.

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## Making Real Progress

by Ken Nagy

Many customers at the Co-op must certainly, at times, find the store a bit confusing with its seemingly endless array of changes and re-arranges. A less-familiar eye might take it all in with frustration, but there is indeed a method to the madness. A near-continuous string of improvements has led to a considerable increase in our efficient use of space and enhancement of product display.

The new bulk bins, for example, house about five times the variety of the old clunkers while actually using less floor space. With the new open refrigeration case, we can expand the amount and selection of perishables while making many of them more accessible. No more propping open the door with a knee while digging for your tofu. We were fortunate to find that fridge at an auction and even more fortunate to get it for \$70--a couple-thousand dollar savings if we were to purchase it new!

The vast majority of the improvements are not quite so visible or noticeable, however. The bakery has come to house several new labor-saving contraptions in the last year, all of which were bought at auctions for very modest prices. By my estimates, they have all paid for themselves already. The deli benefited from a new-used commercial-sized refrigerator that was donated by a good friend to the Co-op. It came just in time to meet the demands of the deli's expanded menu. Some of you may have witnessed the gang of us trying to fit the beast up the stairs and through the narrow door frames that ambushed us around every corner. What an adventure!

It has been a year of many challenges and accomplishments, and if the members of the Co-op decide the best alternative for the future is to stay put in our present location (as will be discussed at the upcoming membership meeting), that will trigger the need

for many new projects. The fun must go on no matter what we decide because, as the saying goes, there's always room for improvement.

I'll finish up with a wish list. Anyone with any of the items listed below--or any good building materials in general--who would like to donate them to the Co-op, please contact Ken at 882-4735.

- \* 2-3 foot diameter blade fan (like a greenhouse exhaust fan)
- \* Working fluorescent light fixtures
- \* Vice
- \* Workbench
- \* Electrical conduit
- \* Any miscellaneous handtools (screwdrivers, wrenches, hammers, pliers, etc.)

I also need periodic use of a welder, air compressor, and drill press. Please call me if you can provide access to yours. Your benevolence will be greatly appreciated. A co-op survives on good business, but it thrives by its friends.

**Laurie Cortright**  
HOLISTIC MASSAGE

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The Co.op can no longer stockpile glass jars for customers to re-use. We applaud your efforts, but we have simply run out of room. Please bring your own containers when you shop, but if you have extras, use our recycling bins!

# •FEBRUARY•

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# •SPECIALS•

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## Read the Label!

by Carol Hartman

Although the time for public comment won't officially end for another couple of weeks, already consumers can see the results of the U.S. Department of Agriculture's proposed labeling regulations for meat and poultry products. Head to Safeway or your favorite butcher and you may see instructions for safe handling and cooking attached to packages of ground meat, said University of Idaho Food Safety Specialist Marilyn Swanson.

This information is part of the USDA regulations that will be instituted later this year. The new

requirements mandate that a safe handling label accompany all meat and poultry products, advising shoppers on how to avoid food-borne illnesses through proper handling and cooking procedures.

"The idea is if you have the information close at hand, you would be less likely to thaw meat on the counter and risk cross contamination," Swanson explained, adding that the regulation is a direct result of the E. coli outbreak that devastated the Pacific Northwest last year.

The new labels will include recommendations for:  
- thawing meat in a refrigerator or microwave;

- keeping raw meat and poultry separate from other foods;
- washing hands, utensils and working surfaces thoroughly after handling raw meat or poultry;
- maintaining cooked meat and poultry at 140 degrees or warmer, and refrigerating immediately after serving.

*Escherichia coli* (E. coli) is normally found in most human and animal intestines. Most strains are harmless. E. coli 0157.H7, a strain identified in 1983, is not. The bacteria create a toxin that can cause diarrhea, stomach pain, vomiting and fever. Cross-contamination can occur as easy as touching the hand of a contaminated person who fails to use proper handwashing techniques.

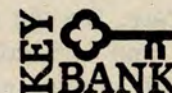
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## Moscow Vision 2020 is alive and wants you!

by Kenton Bird

Moscow Vision 2020 just won't fade away. Now we have three projects aimed at increasing community participation in decisions affecting the future of Moscow and the surrounding area. One involves possible new uses for the Moscow Mall; another deals with residential development in rural areas of Latah County; and a third deals with transportation planning.

Vision 2020 is an informal, non-profit citizens' group founded in July of 1993. We exist to promote creative thinking about the community's future and to encourage public involvement in planning. Last summer, we sponsored a contest called "Envisioning Moscow's Future." Contest entries became part of a dramatic reading that was presented to the Moscow Planning and Zoning Commission (as well as at the Student Union Building and at the Co-op's anniversary dance) and broadcast on KUOI-FM.

Now we find ourselves looking for answers to these questions:

### What about the Moscow Mall?

Vision 2020 volunteered its services to the Bennett family, the new owners of the mall. Representatives of community organizations and residents who live within one-half mile of the mall were invited to an open house and town meeting on Jan. 24.

"We began thinking of the mall as the center of a 'village of east Moscow,' and we asked how we could help that village decide what it needed in a revitalized shopping center," said Nils Peterson, who is coordinating the mall study.

Suggestions made at the meeting will be reviewed by architectural and business consultants looking at options for the mall. Follow-up meetings may be held later. Anyone interested in helping with this project should contact Peterson at 882-4620.

### What about zoning in rural areas?


The Latah County Planning and Zoning Commission has asked Vision 2020 to help design a process for determining what lands currently zoned agricultural-forestry should be rezoned for rural residential use. A task force co-chaired by Hoey Graham from the P&Z and Steve Cooke from Vision 2020 is looking at procedural issues, such as what type of information is needed and what criteria for zone changes should be established. For more information, contact Stauber at 882-1133.

### How are we going to get around town?

One of the major factors affecting how, where, and when Moscow will grow is transportation: the location of new streets, especially arterials, and the availability of alternative forms of transportation, especially bicycles and buses. A Vision 2020 task force met recently to discuss citywide transportation issues.

One possible follow-up event is a citywide "summit" on transportation issues; another is a series of "focus groups" involving cyclists, pedestrians, riders on the Pullman-Moscow commuter bus, and automobile users. The task force will also coordinate with the transportation element of the University of Idaho's long-range planning process, Campus 2020. The next meeting of this task force (the public is invited) will be on Thursday, February 17, at 3:30 pm at the conference room on the

# UPPERCRUST



## Wholegrain Bakery

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second floor on the Moscow Community Center. If you're interested in participating in any of these transportation activities, please contact Kenton Bird at 883-3156.

### What about future projects?

Suggestions are always welcome for other activities. Two that have been proposed so far are:

\* A greenbelt along Paradise Creek within the Moscow city limits. A walking tour for anyone interested in seeing areas along the creek that might be affected by proposed residential development has been scheduled for Saturday, Feb. 12, beginning at 2 pm. The tour will begin at the parking lot of Circle K at Main and Styner and will proceed regardless of the weather. For more information, contact S. Judd at 882-4785.

\* A children's arts project that would allow elementary, junior high school, and high school students to express hopes and concerns for the community's future through art, music, and drama. If you'd like to help get this off the ground, contact Susan Palmer at 882-5023.

Comments, questions, and suggestions on current and future projects may also be sent to Moscow Vision 2020, P.O. Box 9032, Moscow, ID 83843. Moscow's future will be what we make it.

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### LIFETIME MEMBERSHIP

#### APPLICATION

by Peg Harvey-Marose

Name \_\_\_\_\_

Address \_\_\_\_\_

Amount Paid \_\_\_\_\_

Balance \_\_\_\_\_

Because of the great response we've had we are going to extend the lifetime membership grace period and postpone the membership fee increase until the annual meeting Feb. 27th. This means you still have the opportunity to buy your lifetime membership at \$100.

After February 27th, individuals will pay \$10 and each individual adult will be \$7 for a family membership. Lifetime membership will be \$150. All you have to do is check the "big book of members" at the cash registers for your total amount paid and pay the balance. If you think the figure is inadequate, you may appeal to Kenna.

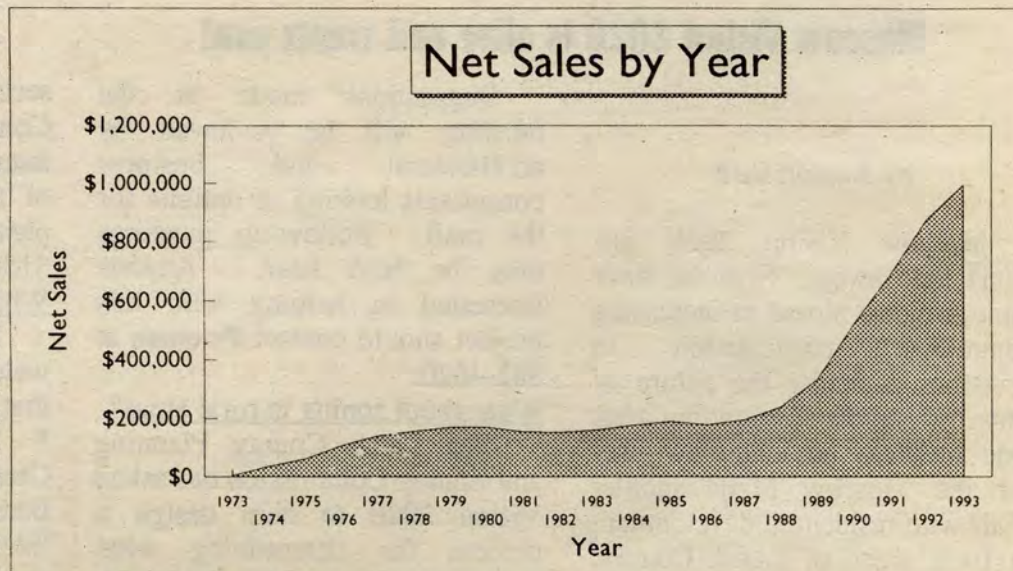
We hope lots of you will take advantage of this one-time-only offer. Don't wait too long. February 27th will be here before you know it!



	1990		1991		1992		1993	
Net Sales	\$519,019	100%	\$688,360	100%	\$876,038	100%	\$995,906	100%
CGS-retail	\$369,236	71%	\$468,843	68%	\$566,950	65%	\$628,728	63%
CGS-bakery	\$6,961	1%	\$13,569	2%	\$23,400	3%	\$28,919	3%
Labor	\$87,266	17%	\$149,299	22%	\$225,086	26%	\$257,603	26%
Operating	\$45,888	9%	\$57,666	8%	\$77,729	9%	\$74,397	7%
Net Inc(Loss)	\$9,668	1.9%	(\$1,017)	-0.1%	(\$17,127)	-2.0%	\$6,259	0.6%

*(before depreciation)*

Year	Net Sales	Percent Growth
1973	\$4,828	
1974	\$33,600	595.9%
1975	\$60,469	80.0%
1976	\$106,500	76.1%
1977	\$140,634	32.1%
1978	\$158,591	12.8%
1979	\$170,820	7.7%
1980	\$170,356	-0.3%
1981	\$156,412	-8.2%
1982	\$153,627	-1.8%
1983	\$162,323	5.7%
1984	\$177,529	9.4%
1985	\$189,834	6.9%
1986	\$179,428	-5.5%
1987	\$195,248	8.8%
1988	\$240,605	23.2%
1989	\$333,157	38.5%
1990	\$519,019	55.8%
1991	\$688,360	32.6%
1992	\$876,038	27.3%
1993	\$995,906	13.7%



### WHERE IS THE DELI?

by Annie Hubble

The question on entering the Co-op these days might well be "Where is the Deli?" Don't worry! It hasn't become extinct--it has merely moved to a bigger and hopefully for all concerned, better location. It has moved (at least most of it) up to the Bazaar. We have put out three tables for your comfort, so now you can come in for lunch or a snack and find all your old favorites plus carrot juice and smoothies. The hours for the Deli are from 11:00 am - 6:00 pm. The Juice Bar will be open from 11:30 am - 5:00 pm seven days a week.

In the last couple of weeks we have tried one new recipe--a tofu broccoli quiche--a quiche with no animal products and very tasty. There will be more. Though Ed considers it an oxymoron, I do now have an English cookbook, and am eager to try some of the recipes.

I want to thank all those who covered for me while I was gone; especially Laurie Cartright, Gerry Cortright, and Kelly. They did a wonderful job. Kelly still directs operations at week-ends and comes up with great ideas.

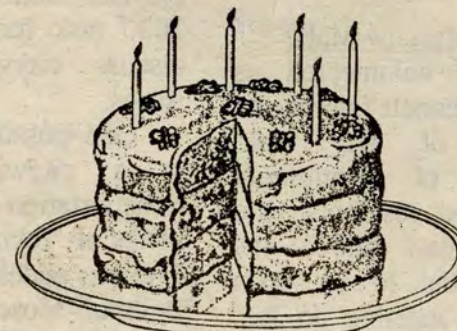
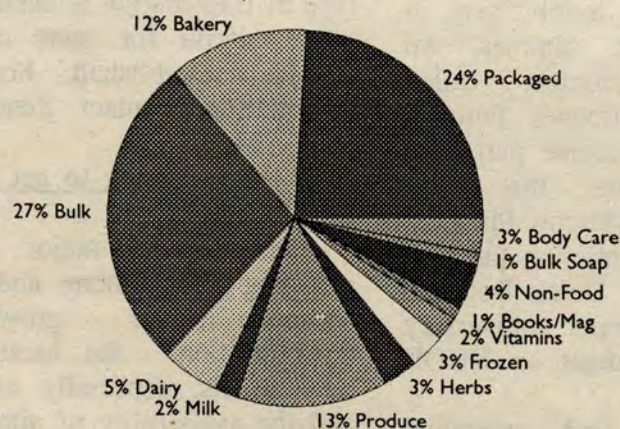
I very much enjoyed my stay in England. I felt blessed to be with my family at Christmas for the first time in 20 years. But to walk back into Moscow and see so many smiling faces was a blessing too. It is good to be back!

#### Types of Products Sold (without Bazaar)

Packaged	24%
Bakery	12%
Bulk	27%
Dairy	5%
Milk	2%
Produce	13%
Herbs	3%
Frozen	3%
Vitamins	2%
Books/Mag	1%
Non-Food	4%
Bulk Soap	1%
Body Care	3%
	100%

#### Types of Products Sold

(Bazaar not included)



Happy 40<sup>th</sup>  
to a few more of  
you!



## Into the Mouth of Babes

by Paul J. Weingartner



*Cows Are Vegetarians!* a book for vegetarian kids, Ann Bradley; Illustrations by Elise Huffman. Healthways Press. 1992. 17 pp.

In the December issue of *Community News*, I enthusiastically reviewed a book by John Robbins entitled *May All Be Fed: Diet For A New World*. In that review I failed to mention an earlier book by Robbins, *Diet for A New America* (Stillpoint Publishing, 1987), which readers might also find to be an excellent resource for understanding the meat-personal significance of a vegetarian diet.

I am reminded of this book, at present, because of another book I got and read over the holidays, Ann Bradley's *Cows Are Vegetarians!* In her brief notes at the end of the book, Bradley recognizes Robbin's earlier book as the source for much of her information, information which she transforms into a substance suitable for digestion by kids.

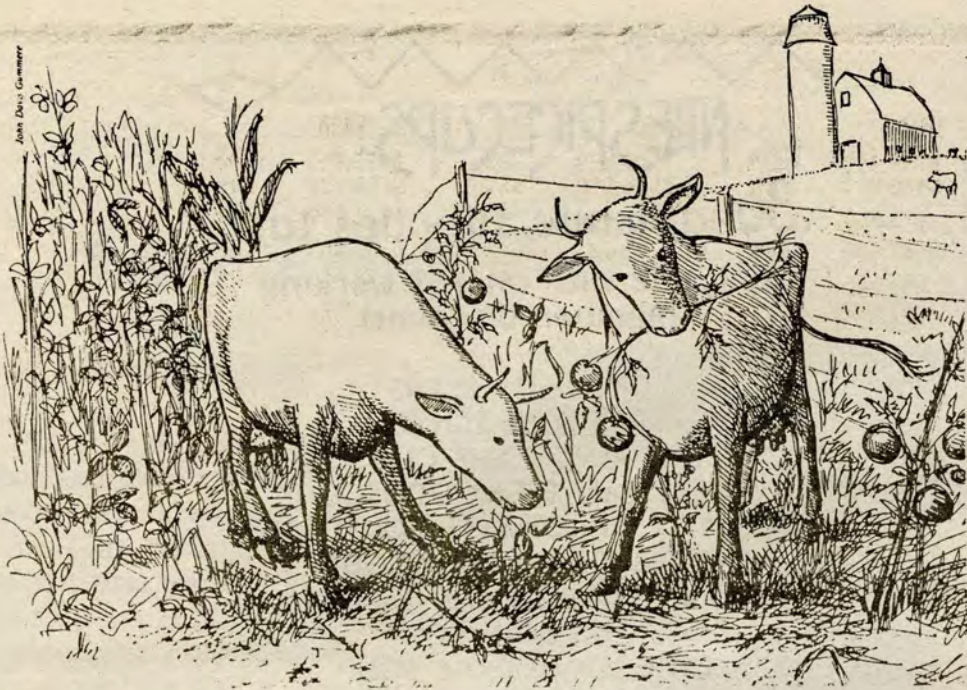
*Cows Are Vegetarians!* is a delightful primer for helping children understand the personal and ecological consequences of a vegetarian diet. It begins by claiming that vegetarians are special people, "People who love animals, and love to eat, but ...

don't want to eat the animals they love." And although the book has a moralistic tone, the arguments in favor of vegetarianism are objectively presented as are some of the important facts about the health of vegetarians.

The arguments are standard, but Bradley presents them in their complex interconnectedness, not an easy thing to do in a kid's book. So, eating animal products, especially at fast food restaurants, causes deforestation (although this word isn't used) because of the need for pasture land, and deforestation causes loss of habitat for animals, soil erosion, and oxygen depletion, all of which are ecological problems. The facts concerning the health of vegetarians come directly from Robbin's book.

Although it is written at about the level of a fifth or sixth grade reader, this book can be easily understood by younger kids whose parents read it to them. As well, the book has fine black and white illustrations.

Here's the catch, though: You won't find this book at the Co-op. You'll have to see the folks at that great bookstore on Main Street. They'll know how to get it for you. And if you have young kids who are vegetarians, I'd recommend it.



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I think that I shall never see  
a poem as lovely as a tree.

Joyce Kilmer



The Whole World is a Single Flower



I  
LOVE  
VEGETARIANS



## SHARON OLDS: POET

by Paul Lindholdt

Sharon Olds, *The Father* (New York: Knopf, 1992) and *The Gold Cell* (New York: Knopf, 1987).

Sharon Olds is one of the best poets in America today. Like Sylvia Plath before her, Olds despised her daddy--or so her poetic persona proclaims. Her first two books, *Satan Stays* (1980) and *The Dead and the Living* (1984), made a monster of the father. These third and fourth books detail his tyranny and death.

Ms. Olds enjoyed a privileged California childhood, but one that was thwarted at the hands of a selfish patriarch. Papa made her pee her pants and then laughed sadistically while racing up and down the streets of San Francisco. He held her captive in his car. And like Saturn, the cannibal god of Roman mythology, "he crunched the torso of his child between his jaws."

In all these books, generations of homelife fuel her poems. "I Go Back to May 1937" is a moving address to her youthful parents, over whose graduation photo she muses. She wants to warn them of the misery they will undergo, the pain they will inflict upon their children. She also wants to live, however, to be born. And so she bends over to "bang them together / at the hips like chips of flint as if / to strike sparks from them," a gesture designed to insure the generation of herself and her art.

A strong sense of sexual wonder also runs through the earlier poems and carries through to these later books. Poems like "The Pope's Penis," "First Sex," and "Love in Blood Time" from *The Gold Cell* invest the flesh with mystery. After a particularly satisfying bout of lovemaking, she sits rapt long enough to write the poem "It" to her husband, a poem that celebrates the way she likes to do nothing more than "sit on my bed the next day / with my mouth open and think of it."

Candor and graphic details do not guard her against sometimes

sounding priggish, like a Romantic painter in a swoon. Her post-coital reflections in "Still Life" discover a "Scene of destruction, scene of perfect peace, / sex bright and calm and luminous as the / scarlet and blue dead pheasant all / maroon neck feathers and deep body wounds." Many of these poems tend to exaggerate the grandeur of the moment, but they are genuinely poems of praise, something altogether rare today.

They exaggerate the grandeur of the moment, I suspect, because Olds draws so often upon domestic events. Poems like "When My Son is Sick," "I See My Girl," and "Mouse Elegy" succeed although (rather than because) they are infused with electrifying imagery: volcanoes, Hitler, Christ, for instance. Hers is a verse of high emotion and sensation, an exaltation of the commonplace.

What's best about both these books is seeing the generations lined up--her careless or mistaken parents, herself intrigued by love and lust, and the increasingly independent children over whom she frets. The books are, at best, a lyric family saga. At worst, they are books that include dozens of private poems about the birth and growth of children and the pain and death of parents.

The last one is *The Father*, the book named for that brute who had been torturing the poet through her youthful work, whom she had set to coughing and decaying by degrees. In this last work he conclusively dies the long and agonizing death of cancer, a sort of comeuppance for his earlier beastliness. The daughter learns ultimately to care for him, however, to empathize with and love him: "Into other hands than ours / we commend his spirit." Such details, as always in the best poetry, come right from life.

Sharon Olds' poems truly speak to me--have always spoken to me--on levels of the senses and the emotions and the intellect. She is clever, candid, daring, never dull. I follow her work with the keenness of a devotee. Perhaps she writes too much, perhaps diffuses her great strength with sheer quantity of output, but certainly that is a trifling charge.



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BLACK BEAN SOUP  
CHICKEN NOODLE SOUP  
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MINISTRONE SOUP  
READ BEANS AND RICE  
SPLIT PEA SOUP  
SWEET CORN CHOWDER  
POTATO LEEK SOUP  
POTATO ROMANO SOUP  
POTATO TOMATO SOUP



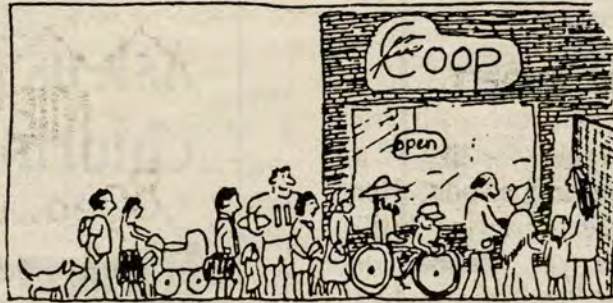
## PASSOVER

MARCH 26-APRIL 3

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# PEOPLE BEFORE PROFITS



**BOARD CANDIDATE:  
EVA STRAND**

As a volunteer, I assisted in bringing the Co-op out into the community by representing the Co-op at the Farmers Market. In addition I have also contributed to the Co-op booths setup at the yearly Latah County Fair and the Health Fair and have been the "demonstration lady" at the Co-op. These activities have given me experience in advertising and PR for the Co-op.

I have learned that lower sales are more profitable for the Co-op. So for the moment, what the Co-op needs is not additional PR but to become more efficient. As a board member I would like to participate in making the Co-op more efficient and thereby more profitable so that we can afford to reach out to the rest of the community with the important messages which are put so well in the mission statement, *To provide products with healthful consequences to the consumer and environment.* I believe that the Co-op has a lot to offer to the community in educating people in nutrition, environmentally sound living, and the principles of cooperation.

My engineering background has made me a number cruncher and given me valuable computer skills. I would probably serve best on the financial committee.

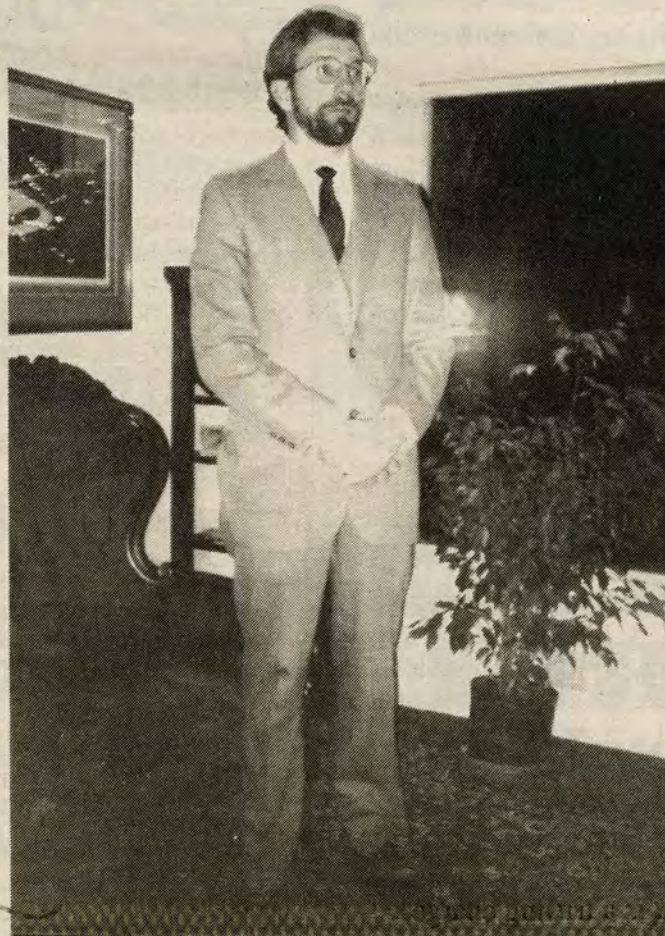
## Board Candidate: Evan Holmes

That pivotal time has arrived for the Co-op in which the past must be linked seamlessly to the future, where our roles in the business world and in the local community must be carefully defined and when we must decide, once and for all, if tomatoes belong with the fruits or the vegetables. It is up to the membership to elect board members who have the gumption to make hard choices, who demonstrate fortitude in the quest for fairness, and who have never exited the parking lot heading the wrong way on Almon. Furthermore, board members must be able to introduce themselves, their vision for the Co-op and their reasons for wanting to serve, in three paragraphs or less. Too bad I've wasted one already. Who am I, anyway, and why am I running for the board?

I'm not really running; it's more of a haphazard stroll and if I get there at all it's because of a long string of wrong turns and attempts to escape that all

canceled each other out. Three things attract me to the position: the high pay, which means I could buy a Porsche; and the short hours, which would give me the time to drive the Porsche around town trying to beat pedestrians to the crosswalks. I can't remember the third. I was once described as trenchant, iconoclastic, and saltatorial but I was very good at recess so Mrs. Childress passed me on to the fourth grade anyway.

Some of you may now be able to decide whether or not to vote for me. For the three or four others I offer these additional clues about my fitness for the position. The writers I most admire are Wallace Stegner and Loren Eiseley, but the only books I've read more than twice are *Zen and the Art of Motorcycle Maintenance* and *Desert Solitaire*. I wear no initials after my name. Years ago, when I was a vegetarian, I tried tahini but didn't like it. If elected to the board I promise one thing - I'll give tahini another try.



**BOARD CANDIDATE:  
VICKI REICH**

Hi, I'd like to introduce myself. My name is Vicki Reich and I'm the newest member of the Co-op Board of Directors. I've been on the Board since early October, and am currently on the Personnel committee and the Facilities and Planning committee. While in college, I was on the board of the college radio station where I gained a lot of experience coordinating a volunteer organization. After college, I worked for a sculpture, art, and architectural restoration company for three and a half years. This cultivated a real love of historic preservation in me. My other interests include gourmet vegetarian cooking, which is why I wandered into the Co-op in the first place, backpacking, and, since joining the Board and meeting Anne and Sarah, spinning and knitting.

I'm really excited about bringing new ideas and knowledge to the Board and becoming more involved with the Co-op. I am sure that my experience in construction and building maintenance will be a real benefit to the Co-op at this stage in its history, since there are many changes ahead of us, many of which involve the physical structure of the Co-op. I hope to help turn all of our dreams for the Co-op into a tangible reality. I would love to hear what your dreams are and to hear your ideas, so stop by on Saturdays and say hello.



## One Vote Against!

by Ken Nagy

The argument for moving the Co-op has its good points, but it has locked us into a vicious cycle. The present Co-op building is no longer adequate to house all of its activities and business--this is indeed obvious. We are reluctant to make the much-needed improvements, however, since we are not certain whether we want to stay in our present location. Thus, the shortcomings snowball and the building itself becomes the focus of frustration, instead of our own indecisiveness. One of the proposed solutions, then, is the typical American solution to any hardship--run away, move on, find some place "better."

There is much more to it than that. However, the assumption that our present location is simply no good is the center-point around which all other arguments to move merely revolve, as ornaments on a Christmas tree. If we examine these arguments point-by-point, instead of confronting them en masse, we may be able to dispel the myth that our present location cannot work.

"We need a loading dock." Yes, we do indeed so let's get it in! We'll have to re-do the back store room, where the dock will most likely go in, and move the furnace but that area is the biggest waste of space in the store anyway. We could store twice the volume in half the space if done right, which is exactly what we need.

"No handicapped access to the second floor." We can mount a wheel-chair lift on the outside stairway, which is exceptionally wide already. Perhaps we can even write for grant money to do it with.

"Third Street will be widened and ruin the location." Co-op's good location will indeed be degraded if this happens, but it's still a whole lot better than being stuck out on "the strip." We're mostly likely never going to be able to afford moving closer downtown, though that would be the preferred alternative.

"The needed improvements will take a lot of money while not significantly increasing sales." True, but they will save money in wages, which adds up dramatically in the long run. Furthermore, I have not yet heard any estimates on the cost of moving but it will be enormous--and no one can say for sure whether that will increase sales either.

"Business is booming and we will soon outgrow the present

location, no matter what we do."

That was a valid argument at one time, one that had me almost won over to moving. But, sales have leveled-off as of late, probably due to increased competition. To move our location in anticipation of growth, particularly with business leveling off, is an outright gamble--and the Co-op is not in the business of gambling. We must grow as necessity demands, not as profits beckon.

Many, many co-ops have gone under in this very stage of expansion, anticipating growth that never came. Other co-ops have made it, but only by sacrificing their homey atmosphere, filling their vast shelves with supermarket foods and, in many cases, doing away with their volunteers in an effort to cut corners. Many have become pseudo-co-ops: co-ops in name only.

The upcoming membership meeting has been designated as a time for discussing the possibility of a move, but as the deadline for a decision draws near there has been no other forum for most of us to discuss these issues. I'm putting out my thoughts here for your careful consideration now because this may prove to be a make-or-break situation for the Co-op. And, if this is the case, we cannot have enough thoughtful discussion. As is obvious, I am frightened by the risks of moving at this time, but that doesn't scare me half as much as does the ghostly absence of public debate.

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# That Vision Thing Again

by Ed Clark

Ken Nagy was good enough to ask for a response to his well-considered argument against moving the Co-op, so that timely debate might begin in this newsletter. Our noble editor, Bill London, asked if I wouldn't write the counterpoint and so, as this responsibility sits squarely on my shoulders, I attempt to focus my thought as to how I, myself, feel. As the designated opposition, however, I must admit that I agree with many of the points Ken has brought forward.

I, too, love our location. I think it is important to be accessible and in the center of the

greater community which supports us and which the Co-op serves. I believe that being at 310 W. 3rd, and the visibility which comes with it, is responsible for the boost in status that the Co-op now enjoys. It is hard to imagine that we could find a more reasonable landlord than we now enjoy. And, yes, our physical plant has some problems which can certainly be remedied.

On the other hand, I love playing with the possibilities that a larger more appropriate Co-op might offer to us all. It's that vision thing again. I like envisioning a bakery space where we can move without having to squeeze by, where we don't compete for space, where we have

room for some needed technology. I like envisioning a Co-op where more than one shopping cart can be in an aisle at a time. I enjoy fantasizing a store large enough that when you want to introduce a new product you don't have to think of which product to let go. I relish the concept of not having to go back to the drawing board again and again every time a shelf needs to be moved. I like visualizing a parking lot that can handle the shoppers and the workers. How about a room for a natural food restaurant or an organic gardening center. I'll stop now, lest I get carried away, but do we deserve to have better if we can accomplish it without risking the establishment and its mission? Of course we do.



The question of moving the Co-op is, so far, just that: Question. Our lease is soon to be over and so we must ask, "Is this space still adequate?" before we commit to another five years. Is this the best we can do for our members and our mission? The question of moving the Co-op isn't a new question. In fact, when it came up last year, as a possible location materialized, it got more mileage through rumor and gossip than it could possibly have as a serious consideration. Many of us were told by casual acquaintances and members alike, "Say, I hear you're moving the Co-op." All this happened before anyone was able to ask if the proposed site was available. It wasn't. Our enthusiasm got way ahead of our reality.

The idea of moving can hardly be secured with twenty-something staff, numerous volunteers, and public meetings of the board of directors and strategic planning committee. Everyone who heard about the possibility was asked to keep it under their hats, not because it was a clandestine plan, rather to have time to gather information, to ask all the right questions, to consider all the possible options and to be as well prepared as possible to go before the membership. That is exactly where we are at this time. Several people have been diligent in doing the groundwork for all of us. No one has any designs to railroad a move through. Actually, it seems, many of those who have been doing the research are more cautious than ever. I certainly haven't made my mind up and won't until I've asked and heard lots more questions, your questions. Now is the time to begin dialogue and public debate, and I thank Ken for bringing the issue forward. Your input into decision making is what makes us a Co-op and not just another business. Don't miss an opportunity to practice membership, to decide cooperatively about our future. Be at the Annual Membership Meeting! Our future is all of us.

Recipe by Ty Simpson's Grandma  
For Foxtire Cooking

## Oatmeal Cookies

- 2 cups oats
- 1 cup rice flour
- 1/4 cup lecithin
- 1/2 teaspoon salt
- 1/2 teaspoon cinnamon
- 1/2 teaspoon allspice
- 1/2 cup walnuts
- 1/2 cup raisins
- 1/2 cup unsweetened carob chips
- 1 teaspoon vanilla
- 1/2 cup wheat germ apple juice



Mix together all ingredients but the apple juice. Add the juice until mixture has consistency of cookie dough. Drop by spoonfuls onto a cookie sheet. Bake at 375° for 15-20

minutes.

*Ask the Herbalist*  
by  
Linda Kingsbury M.S.

As a local Herbalist and Wholistic Health Practitioner I will answer your questions about herbs and seasonal nutrition for wellbeing. My goal is to provide practical tools to help you build your own health. Bring your questions in person to a free monthly class (usually the first Friday night from 7-8:30) at Inner Vision or send your questions by the 12th of the month to me at P.O. Box 8608, Moscow, Idaho 83843.

**1. Are there herbs that can help me cope with menopausal hot flashes?**

Remember the menopausal years are the beginning of another aspect of life's journey helping you to connect more with your body and the wise woman within. If you feel anxious and uncertain about the many symptoms associated with "the change", seek other woman and share stories and remedies for support. Hot flashes are regarded as a symptom of estrogen deficiency by the modern medical profession and may also be the result of blood vessel dilation. There are three categories of nourishing and tonifying herbs that help ease menopausal hot flashes. Herbs with cooling action, plant hormones, and liver nourishing



herbs are listed to assist you in making healthy choices for your body. If you have major health concerns it is your responsibility to seek appropriate health care.

*Chickweed* is a local herb with cooling action. Look for some growing this spring and summer in shady moist areas. Taken daily as tea or tincture it helps nourish and stabilize the glandular temperature control system. Hibiscus, mints, and oatstraw are other cooling herbs. Be creative and make your own tea blend with these safe herbs. Alternate *Hibiscus* for a tart taste and increased vitamin C with *Mints* for a refreshing taste. A great Calcium tea blend that is also nourishes the nervous system and stabilizes blood sugar contains 2 parts Chickweed, 2 parts Oatstraw, 2 parts Nettles, 1 part Rosehips, and 1/2 part spearmint.

Phytosterol-rich herbs also reduce frequency and intensity of hot flashes as well as other menopausal symptoms. Phytosterols are plant hormones that can be converted to human hormones in your body. Rather than taking hormones made in the laboratory, phytosterols provide hormonal building blocks that create the precise amount of hormone that your body needs. There are a variety of these herbs that can help you move gracefully

into the crone years. Nourish your adrenals, ovaries, and pituitary gland with Black Cohosh, Chaste berries, Fenugreek seeds, Motherwort, and Stinging Nettle. Check with a health professional before using phytosterol-rich herbs since some symptoms may increase with use.

Scientific studies in Germany show *Black Cohosh* root to be as effective as ERT (Estrogen Replacement Therapy) in reducing menopausal symptoms. The root made into tea or tincture is best.

*Chaste berries* or *Vitex* normalizes estrogen and progesterone activity. Some herbalists consider it the herb for menopause. 20-40 drops of the tincture a couple of times a day is a usual dosage suitable for long term use. It also nourishes the pituitary gland which coordinates the menstrual cycle.

You've probably heard of *Dong Quai*. This root is the world's most popular chinese herb for woman with a long history of successful use. It does support estrogen production but should not be used if you are prone to heavy bleeding.

*Fenugreek* seed tea can be taken morning and evening for fewer hot flashes. Make a tea by steeping 1 tsp. in 1 cup of water for 15 minutes. Fenugreek seeds contain lecithin thus helping lower



cholesterol levels. As a bulk laxative it lubricates the intestines relieving constipation.

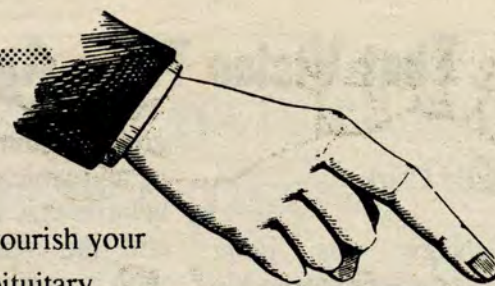
The flowering tops of *Motherwort* prepared as a tincture are most commonly used. While the plant is growing some leaves may be gathered for tea. A dropperful in water even after a flash begins may help. Motherwort regulates and tones the functions of the thyroid, blood vessels, liver, heart, and uterus.

*Stinging Nettle* is a local herb that nourishes and restores kidney and adrenal functions. Gather young nettle greens in the spring before the flower emerges. Steam like spinach or add to a springtime soup. Be sure to gather enough to dry for wintertime teas. High in iron, chlorophyll, potassium, and chromium this green herb can be taken daily to reduce fatigue and anxiety.

Liver nourishing herbs ease hot flashes. A couple of local herbs are Dandelion and Yellowdock. *Dandelion root* is a common nutritious weed that helps the liver metabolize surplus LH and FSH. *Yellowdock root* can be taken for longterm liver strengthening and health.

*Vitamin E* has been well documented as a remedy for hot flashes. Dosage varies according to many personal factors so it is best to use a pendulum or muscle test for optimal amount for you. Foods high in vitamin E include wheat germ, raw or sprouted nuts and grains, and green leafy vegetables. Check the produce section at the Coop for a fine selection of organic grains and winter greens. Steam and sprinkle with sesame seeds or add to a soothing soup.

This information is for educational purposes only.





## Bagels With A French Touch

by Carol Hartman

Be extra nice to Ashley Ater when you see her shopping at the Co-op or volunteering in the Upper Crust Bakery. This may be the last time you see her before she migrates to other lands. The world-traveler, multilingual artist admits she can stay in one place about five months before she gets the urge to take off. She arrived on the Palouse in August.

"I made myself stay more than a year the last time I went to Paris because I said, 'Ashley, this is a real test for you,'" she smiled.

However, with graduate school looming in the near future, we may be able to keep Ashley and her culinary skills a while longer. Since October she's been a weekly bakery volunteer and already is known for her bagel-baking skills. She became a Co-op member in August, receiving membership as a gift when she moved here from Paris.

"Working here is a really nice way to meet people," she said.

Ashley is a Palouse native although her family moved to St. Maries and then to southern Idaho while she was still young. What she calls her "formative years" were spent in Oakley, Idaho, and then later on she attended high school in Portland. She said she considers herself more an Idahonian than an Oregonian, relating to the wide open spaces and desert sagebrush more than big city life. During high school, she developed a talent for creating jewelry out of rusted car parts, mufflers included. She is currently developing a line that



she hopes to promote at the Co-op bazaar and the Farmers' Market this summer.

After graduation, she took her first trip to France, working as a nanny in Paris. Ashley then moved to New England, attending Hampshire College in Massachusetts to study art history and French. She left college for 2 1/2 years, returning to Paris to work at the Musee d'Orsay, then working in "a small Moravian town in Czechoslovakia teaching English" (she blames the last position on a close friend who convinced her to follow the wave of revolution across Europe).

After teaching preschool in Seattle for a few years, Ashley returned to Massachusetts to finish her degree and, you guessed it, return to Paris. She landed a job as a curatorial assistant back at the Musee d'Orsay, doing some work for the Louvre as well as the International Agricultural Exposition. She was chiefly responsible for exhibits in Paris and London, inspecting paintings before they were shipped out, translating catalog entries. Ashley also spent several months in New York City working at the Metropolitan Art Museum. But even living in the world's greatest cities can be wearing.

"I got tired of the city pace. I wanted to focus my energy on more art projects that I didn't have time for because I was working so hard to make ends meet," Ashley explained.

When relatives offered Ashley a job as a resident manager in a housing complex, Ashley accepted. Now, she works as a loan processor for a small, Moscow mortgage company in addition to her manager duties. The pace leaves her plenty of time to develop her art and tutor area children in French. Besides jewelry, she creates pins by cutting out images from magazines, then laminating them on cardboard.

Ashley's first few months on the Palouse were difficult; she suffered culture shock and was taken aback by the slower pace and friendly atmosphere of the Palouse. "I think the mix of hipness and rural life threw me off," she said.

One evening, however, a sort of premonition occurred at the Micro. As she forced herself to attend a movie, Ashley found herself in the unenviable position of sitting amidst a group of people who just returned from a costume party. They were still dressed up and somewhat rowdy. As she perused a Co-op newsletter, she read the feature on Ed Clark, then recognized him as the man sitting in front of her. The person who sat next to her is now her regular companion. Her favorite masseuse, Lori Cartwright, was also nearby as were several other people who are now important in her life.

If all goes well, Ashley will begin graduate studies in January, preparing for a master's degree in elementary education. She said she hopes to teach French and history in public school. Not surprisingly, she failed to name which part of the world she plans to teach in.



## CARROT SOUP: GOOD AND GOOD FOR YA

by Carol Hartman

It's not news that soup is a good way to brighten up these dreary, rainy winter days. But even the most avid soup lovers get a little tired of tomato or onion soup. The Co-op has a wonderful selection of lentil soup mixes that cook up rather quickly and provide sizable portions.

On days when I have time to be more creative, I've been enjoying this recipe from Mollie Katzen's *Moosewood Cookbook* (slightly adapted to my vegetarian palate). The Co-op's bulk spice section makes this recipe especially easy to make since it requires a "dash of" many different items. Fresh garlic, onion, and carrots are standard items in the produce section and cashews are never a problem to find.

### Gingered Carrot Soup

- 2 lbs. carrots
- 4 C. water
- 1 T. canola oil
- 1 1/2 C. chopped onion
- 2 medium garlic cloves, minced
- 2 T. fresh grated ginger
- 1 1/2 tsp. salt
- 1/4 tsp: cumin
- ground fennel
- cinnamon
- allspice
- dried mint
- 3 - 4 T. lemon juice
- 1 C. lightly toasted almonds

Peel and trim carrots, cutting them into one-inch size chunks. Place in a medium sauce pan with the water, cover and bring to boil. Lower heat and simmer until carrots are tender (10-15 minutes).

Heat the oil in a small skillet. Add onions and sauté over medium heat about five minutes. Add garlic, ginger, salt and spices. Turn heat down to low and continue sautéing for another 8-10 minutes. Stir in lemon juice.

Use a blender to gradually puree everything together (cashews, too). Transfer the puree to a kettle and heat gently before serving. Optional toppings include a small pitcher of buttermilk.

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# Kids' Page

February

Solve the Valentine puzzles

Hello and Welcome once again to another exciting issue of the Kids' Page. It's February already and "Love is in the Air." Take time this Valentine's Day to let someone know how much you care.

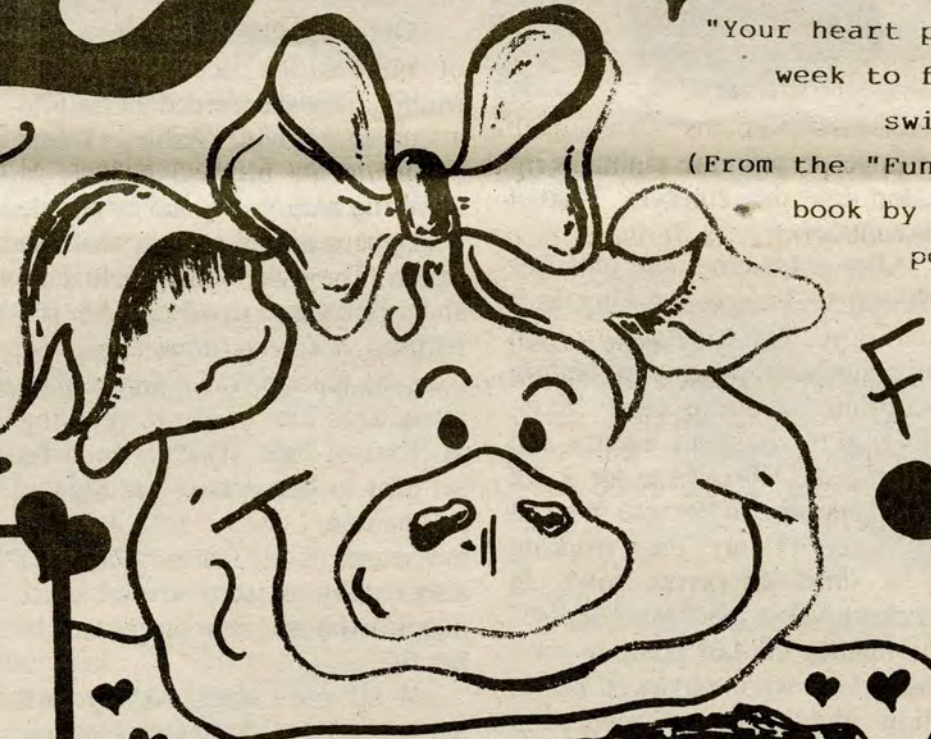
Remember that the best gifts come from the heart. Try your hand at creating your own Valentine's for your friends and family. The sky is the limit...write a poem, draw a picture, be creative. If you're feeling especially ambitious this Valentine's day make a booklet of special Valentine's coupons for friends or for Mom and Dad. Maybe one of them could be for doing the dishes or going out to lunch? Another could be for a hug--good anytime, or a shoulder to lean on. Keep in mind special talents you possess and share them with the ones you love. If money is a problem there are lots of simple things you can do that don't cost anything at all. This project is indeed a gift from the heart. Have fun...and have a wonderful Valentine's Day.

"Your heart pumps enough blood each week to fill a medium-sized swimming pool."

(From the "Fun Facts About Your Body" book by Sandra Gottfried, pg. 3, 1984)

Fun Facts

A vertical box containing a drawing of an eye, the letter 'A', a drawing of a door, and the letter 'U'.



TELL THEM HOW HAPPY YOU ARE!  
TELL THEM HOW MUCH YOU LOVE THEM!  
TELL THEM HOW MUCH YOU CARE!  
TELL THEM HOW MUCH YOU LOVE THEM!  
TELL THEM HOW MUCH YOU CARE!  
TELL THEM HOW MUCH YOU LOVE THEM!

by Krissy Beoka

U-R  
2-nice  
2-B  
4-gotten

hold up to a mirror!



## Home Libraries Make Veganism a Snap

by Paula Ruth

Some may call it an obsession while I prefer to think of it as a hobby, but I can't keep myself away from new cookbooks and recipes. I can go through a cookbook as if it were a novel, reading every page with zest. Knowing this, you shouldn't be surprised when I encourage you to start your own cookbook library.

Fifteen years ago I decided to become a vegetarian (which turned out to be an intermediate step toward adopting a vegan diet about 10 years later). Possessing nothing more than the red-and-white checkered cookbook that everyone's mom had at home (you know the book), it seemed to me that a trip to the book store was definitely in order. I timidly approach the clerk and asked if the store offered a vegetarian cookbook. She kindly and enthusiastically pointed me to *Laurel's Kitchen* by Laurel Robertson, Carol Flinders and Bronwen Godfrey, and that's where it all started.

With its wealth of information, *Laurel's Kitchen* helped transform me into a confident vegetarian cook. Everything from bread-baking basics to in-depth discussions of various vegetables is included. And something that I still use on a daily basis is a chart providing cooking times and yields of grains and beans. Through the years the book has undergone revision, but remains essentially the same valuable sourcebook, especially for the person new to vegetarian cooking.

Another lovely book is *Simple Food for the Good Life* by Helen Nearing. Actually much more than a cookbook, it offers up a multitude of entertaining quotes about culinary matters from literature dating back to antiquity. Her own culinary philosophy calls for keeping things simple, reducing time and trouble in the kitchen. The recipes here are very basic, not at all fancy -- just wholesome and good.

One of my favorite cookbooks is *World-of-the-East Vegetarian Cooking* by Madhur Jaffrey. A native of India, Mrs. Jaffrey takes a special interest in the recipes of her homeland, but she also offers many excellent recipes from other Eastern lands, including China, Turkey, the Caucasus, Syria, Iran, and others. Her recipes range from the exquisitely elegant to simple, everyday fare, but the flavor is in all cases exotic. A truly excellent book.

The foregoing are but a few of the best selections from my own cookbook library. Fortunately, things have really changed over the past 15 years. Great new vegetarian cookbooks are being published all the time. The Co-op has a good selection of such books and is also happy to order any that aren't currently stocked. Just ask Laura for help.

Additional Cookbook Suggestions

*May All Be Fed* by John Robbins. As demonstrated in his earlier offering, *Diet for a New America*, Robbins is a compelling spokesperson for animal rights and the vegan lifestyle. His latest work guides us further, in part through devoting half of its pages to well-chosen vegan recipes.

*Bean Banquets from Boston to Bombay* by Patricia R. Gregory. Mostly vegan. Recipes for 200 simple, tasty dishes from around the world. Who could ask for more?

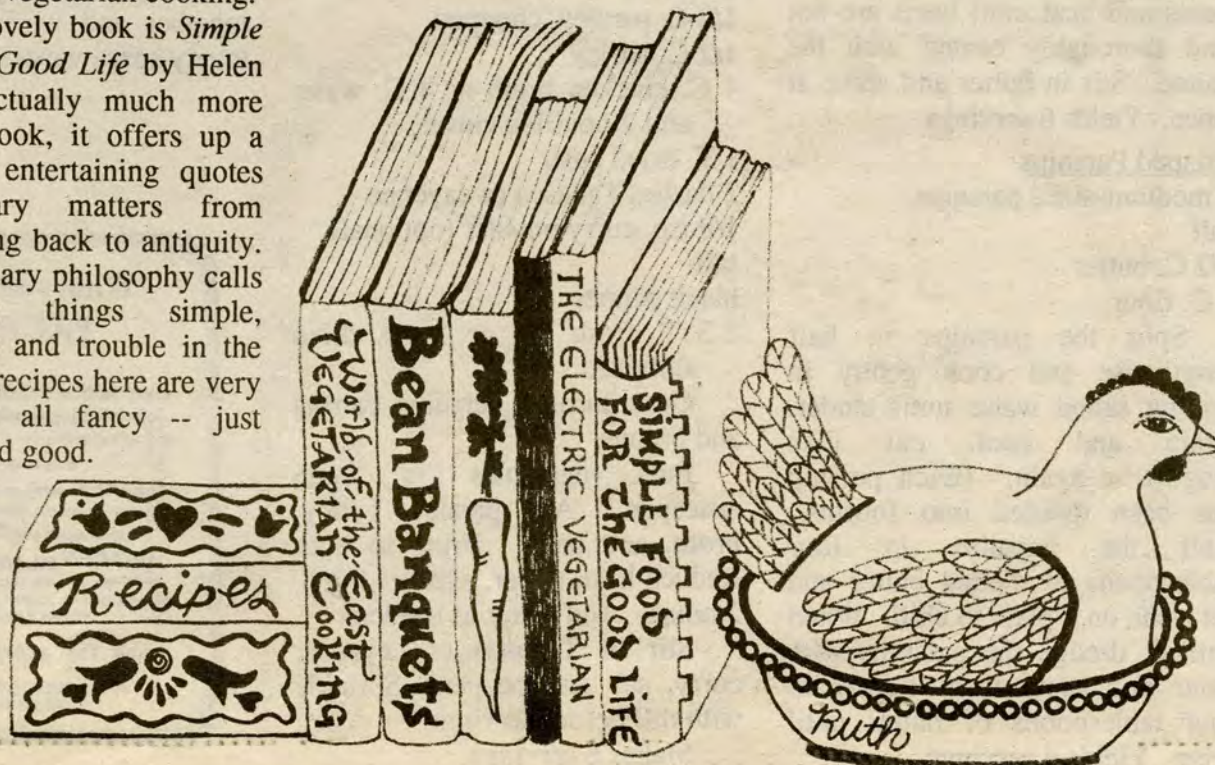
*The American Vegetarian Cookbook* by Marilyn Diamond. Highly recommended for anyone wishing to make the transition to vegan cooking. Helpful, informative tips on ingredients and nutrition, in addition to replacement options termed "stemma" dishes (e.g., "Tofu Stemma Eggs"). A good start to your personal library.

*The Electric Vegetarian* by Paula Szilard and Juliana J. Woo. Though many recipes are not vegan, a good, all-around cookbook especially noteworthy for its excellent bread section. The baking recipes are very reliable.

*Chinese Vegetarian Cookery* by Jack Santa Maria. Recipes from the Shanghai and Sichuan styles, made accessible to the Western cook. Unlike many Chinese cookbooks, most of the ingredients called for are easily found. Three short stories from the tales of Mu have been added for your pleasure.

*Vegan Nutrition: Pure and Simple* by Michael Klaper, M.D. Written to be understood by laypeople as well as health professionals, this informative, well-researched work instills confidence through knowledge. Included is a selection of recipes. A must.

Special thanks to Mare Rosenthal for her contributions to the above list.



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by Alan Solan

We haven't had much of a winter on the Palouse, but Ellyn and I thought some recipes for winter vegetable dishes might be in order.

Carrots are an excellent source of vitamin A -- in fact, a single medium-sized carrot provides a whole day's supply. The carrots currently available at the Co-op are grown near St. Maries, Idaho, by George Hay and are non-certified organic. They're also used to make the delicious carrot juice available in the Co-op Bazaar.

Parsnips, a cousin of the carrot, are harvested in late autumn and have a delicate sweet, nutty flavor. They're a good source of vitamins A and C and potassium. While its popularity as a vegetable source is limited, the parsnip makes an excellent addition to soup and stew stocks.

Turnips have been used for centuries as a food and medicine. A member of the Brassica family - which also includes cabbage, Brussels sprouts and broccoli, to name a few -- the turnip's hardness and firm texture make it excellent for storage. Turnips are high in vitamin C and are a good source of potassium and iron. Like parsnips, turnips go well in soups and stews.

The rutabaga, sometimes mistaken for its cousin, the turnip, is a relative newcomer among vegetables. The first reference to the vegetable appeared in the 17th century. Rounder, denser, and sweeter than turnips, rutabagas also contain more vitamins A and C than turnips, and are a good source of potassium. They generally can be used interchangeably in recipes calling for turnips.

Beets have been cultivated since prehistoric times. It is said that the early Romans ate only the tops, reserving the roots for medicinal purposes. Today, beets are grown commercially in 31 states for both their roots and tops.

The root color may be red (the most common), orange, yellow or almost white, depending on the variety, but all varieties taste the same. Beets are a good source of vitamin C and potassium and a

fair source of vitamin A. Don't cut beets before cooking or their red pigment will "bleed" and much of their wine-red coloring will be lost. Vinegar or lemon juice will help "set" the color while cooking.

The beets, turnips, parsnips, and rutabagas available at the Co-op are all organically grown.

#### Carrot and Potato Sauté

6 large potatoes, peeled  
4 carrots, scraped  
4 T. butter  
1 onion, chopped  
1 T. chopped parsley  
1 T. salt  
Freshly ground pepper  
Pinch of basil

Boil potatoes and carrots in separate pans for ten minutes. Drain and cut potatoes into 1-inch squares and carrots into narrow strips, 2 by 1/4 inches. Heat butter in skillet. Sauté onion until limp, then add cooked vegetables. Cook, turning frequently, until they are browned and buttery. Taste for doneness. Carrots should be barely tender and potatoes soft. Sprinkle with parsley, salt, pepper, and basil. Toss well and serve immediately with the entree of your choice. Yields 8 servings.

#### Orange-Glazed Beets

2 tea. cornstarch  
1/2 tea. salt  
1 T. sugar  
1 tea. lemon juice  
1/2 C. orange juice  
3 C. sliced, cooked beets  
2 T. butter

Place cornstarch, salt, sugar and juices in a saucepan. Cook, stirring until sauce thickens. Add beets and heat until beets are hot and thoroughly coated with the sauce. Stir in butter and serve at once. Yields 6 servings.

#### Crisped Parsnips

6 medium-sized parsnips  
salt  
1/2 C. butter  
1 C. flour

Split the parsnips in half lengthwise and cook gently in boiling salted water until tender. Drain and cool, cut then lengthwise again. (Each parsnip has been divided into fourths.) Roll the parsnips in four tablespoons of melted butter and set aside on a plate to chill. When chilled, dredge the parsnips with flour and sauté them lightly in four tablespoons of butter until crisp. Yields 4 servings.

## Winter Vegetables

#### Mashed Potatoes and Turnips

3 medium-sized potatoes (about a pound) boiled and mashed  
5 or 6 young turnips (about a pound) boiled and mashed with the potatoes  
6 T. butter  
salt and pepper  
buttermilk

In a saucepan, mix the potatoes, turnips and butter. Season with salt and pepper, and add enough buttermilk to give the mixture a creamy texture. Heat through and serve. Yields six to eight servings.

#### Golden Mashed Potatoes

3 pounds rutabagas  
4 pounds Yellow Fin or Yukon Gold potatoes  
1/4-1/2 C. hot milk  
1/2 C. butter, or margarine, melted  
1/4 tea. ground nutmeg  
salt and white pepper

Peel rutabagas and potatoes, then cut into 2-inch chunks. In a 6- to 8-quart pan, bring two inches of water to a boil; add rutabagas, reduce heat, cover and simmer for five minutes. Add potatoes; cover and simmer until vegetables are very tender when pierced (about 20 more minutes). Drain well.

Place half the vegetables at a time in a large bowl of an electric mixer and beat until smooth, adding hot milk to moisten to a desired consistency. Mix in butter and nutmeg; season to taste with salt and white pepper. Yields 12 servings.

#### Root Soup

4 white turnips, peeled  
2 parsnips, scraped  
2 carrots, scraped  
2 onions  
1/2 C. parsley, chopped  
1/2 C. barley  
4 C. chicken broth or 4 C. water and 2 bouillon cubes  
1 T. dried basil  
2 dashes Tabasco or cayenne  
1/8 tsp. curry powder (optional)  
salt  
black pepper  
2-3 T. fresh dill or 1 tsp. dried dillweed

Grate turnips, parsnips, carrots and onions.

Put vegetables in large saucepan. Add parsley, barley, broth, and basil. Bring to boil. Reduce heat, cover, simmer for 1-2 hours. Add water as needed.

Stir in Tabasco or cayenne, curry, salt and pepper. Sprinkle with dill before serving.

Makes 6 servings.



ERIKA CUNNINGHAM,  
STAFF LIAISON

A while ago the staff decided they would like to have someone on staff be a part of the board. The General Manager has always been required to come to board meetings, but not as a voting member, so the staff thought they should have a voting voice on the Board of Directors for the Co-op. We've had four so far in the last three years, me being the fourth. I was voted in last fall to take over Ariana's term when she left for lovely Ellensburg for the summer, and at the last staff meeting the staff voted me in for another term.

My job is to represent the staff voice on the board. I go to all the board meetings, sit on the personnel committee, and try to let the board know what the staff is thinking. Things have worked out pretty well so far. My favorite part of my job at the Co-op is working with personnel matters like scheduling, writing the personnel manual, and helping a bunch of different personalities fit together and work in our small lovely space we call the Co-op.

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## Pizza on the Palouse

by Erika Cunningham

On a cold winter evening, few things can compare to the irresistible aroma of bread, cheese, vegetables, and herbs baking in the oven. A pizza is a satisfying meal to make and eat. It's also nutritious and takes just over an hour to fix. A wide diversity of ingredients for making a really good pizza are easy to find at the Co-op. Co-op shoppers can also make pizza at a savings (see this month's price comparison). Use the money you save to buy a special topping like pesto or sundried tomatoes.

The following recipe for pizza dough is very flexible. You can use all whole wheat flour, all unbleached flour, or a mix of both. The total amount of flour will vary with the kind of flour used. This recipe can be easily doubled.

**Traditional Pizza Dough:**  
 makes 1 large, 2 medium, or 6 individual pizzas.  
 2 tsp. active dry yeast  
 1 C. warm water  
 just a pinch of salt  
 1/4 C. olive oil  
 1/2 - 1 tsp. salt (as desired)  
 3 - 3 1/2 C. flour  
 cornmeal

Pour the warm water into a large mixing bowl and add the yeast. Stir to dissolve the yeast, then sprinkle the sugar over the mixture to activate the yeast. Let sit until bubbly, about 5 to 10 minutes. Stir in the olive oil and salt. Add the flour 1/2 cup at a time and stir each addition with your wooden spoon until well mixed. When a soft (but not sticky) dough has formed, turn the dough out onto a slightly floured surface and knead for 8 to 10 minutes, adding additional flour as necessary to form a dough that is smooth, soft, and elastic. Form the dough into a ball and let it rest while you clean and lightly oil the mixing bowl. Set the dough in the bowl, then turn it over so that the oiled surface is on top. Cover with a towel and set the bowl in a warm place to rise (about 1 hour).

While the dough is rising, you can prepare your pizza toppings (more on this in a moment).

After the dough has doubled in size, gently punch it down and turn it out onto a lightly floured surface. Knead lightly then shape the dough into a ball. At this point, the dough is divided if you are making smaller sized pizzas. The pizza crust can be shaped by using a rolling pin or by gently pressing out the dough. Pizzas can be any shape; round, rectangular, even triangular! Turn the dough over several times as you work the thickness down to 1/8-1/4 inch. You can leave a thicker crust around the edges.

Place the dough on a lightly oiled baking pan sprinkled with cornmeal. Brush the surface of the dough with olive oil and cover with toppings. While topping the pizza, preheat the oven to 500 degrees F. Place the pizza into the upper third of the oven. Turn the heat down to 425 degrees F and bake: large pizzas 25-30 minutes and smaller ones 15-20 minutes or until the crust is browned. Keep an eye on the pizza while baking; some ovens are hotter than others.

### The Toppings

Pizza toppings can range anywhere from very traditional to very unusual. Be creative and have fun! One caution, however, don't overload your pizza. Instead, try different combinations of fewer toppings by dividing the pizza into sections of toppings or make several smaller pizzas.

Always start by brushing the dough lightly with olive oil (this helps to keep the crust crisp). When using tomato or pasta sauce, brush the sauce over the olive oil. Some vegetables such as eggplant, leeks, broccoli, or zucchini should be fried, sautéed, or steamed before topping a pizza. There are many herbs that can be used on pizza. Oregano, basil, marjoram, rosemary, fennel seed, and Italian seasoning are traditionally used alone or in combination. The Co-op has a good selection of cheese including mozzarella, parmesan, romano, asiago, provolone, and feta.

Here are some suggestions for toppings:

- Olive oil, thinly sliced fresh garlic, herbs (rosemary, marjoram or oregano, coarse salt, and freshly ground pepper.

- Tomato or pasta sauce, thinly sliced onions, red and green bell peppers, tomatoes, mushrooms, olives, herbs, and cheese.

- Olive oil, sliced eggplant and zucchini (lightly fried in olive oil), sliced tomatoes, garlic, olives, herbs, and sliced provolone.

- Tomato or pasta sauce, thinly sliced garlic, fresh tomato, herbs and cheese.

- Olive oil, thinly sliced garlic, onions, zucchini, artichoke hearts, herbs, feta and parmesan.

- Tomato or pasta sauce, thinly sliced garlic and onions, sliced fresh tomato, sliced pineapple, herbs, feta, and parmesan.



- Olive oil, leeks (white parts only, thinly sliced and sautéed), sliced garlic, mushrooms, herbs and cheese.

- Olive oil, thinly sliced garlic, sun dried tomatoes, herbs, pine nuts, olives, and cheese.

- Tomato or pasta sauce, thinly sliced garlic, onions, pineapple, pepperocini, herbs, feta, and parmesan.

- Olive oil, thinly sliced garlic, tomatoes, olives, herbs, cheese, and pesto (spooned on after the pizza has baked).

### MOSCOW FOOD CO-OP PRICE COMPARISON

by Denise Horton

The following prices reflect products of a similar quality (except where noted as organic). If the listed items look like all of the makings for a great pizza, you're right!

Item	MFC	MFC-18%	Tidyman's	Rosauer's	Safeway
<b>Flour (per #):</b>					
Whole wheat	.33*	.27*	.35	.34	.37
Unbleached	.40*	.33*	.34	.35	.37
Yeast (per #)	2.98	2.44	18.36	18.16	19.16
Extra virgin olive oil (per #)	3.86	3.17	4.32	4.88	4.00
Cornmeal (per #)	.51*	.42*	.73	.73	.38
Tomato sauce (per 15 oz.)	.59	.48	.59	.59	.65
Pasta sauce (per 26 oz.)	2.13	1.75*	2.57	2.57	2.79
<b>Herbs, dried (per oz.):</b>					
Italian seasoning	.73	.60	4.02	2.19	2.36
Basil	1.03	.84	5.79	4.06	5.18
Oregano	.53	.43	3.90	2.97	3.48
Marjoram	.40	.33	11.45	NA	5.78
Rosemary	.34	.28	3.53	2.64	2.86
<b>Cheese (per #):</b>					
Mozzarella	2.51	2.06	3.98	3.55	4.39
Parmesan (grated)	5.70	4.67	7.45	7.45	6.99
Romano (grated)	5.48	4.49	7.45	NA	6.99
Asiago	5.53	4.53	7.87	NA	6.99
Provolone	3.09	2.53	3.98	4.29	4.79
Feta	3.13	2.57	5.95	5.14	4.89
<b>Veggies (per #):</b>					
Tomatoes, roman	1.19	.98	1.39	1.29	1.49
Tomatoes, salad	1.59	1.30	1.99	1.99	1.49
Bell peppers, green	.89	.73	.99	.89	1.29
Bell peppers, red	1.99	1.63	3.49	1.99	2.98
Garlic	3.49*	2.86*	1.99	1.99	2.49
Onions, red	.69	.57	.99	.69	1.49
Onions, yellow	.99*	.81*	.79	.69	.79
Mushrooms	1.99	1.63	2.29	2.89	2.99
Broccoli	1.89*	1.55*	1.39*	.59	.89
Zucchini	.79	.65	.99	.89	.79
Leeks	1.09*	.89*	.99	NA	1.99
Eggplant	1.59	1.30	1.29	.99	.98
<b>Misc. (per #):</b>					
Calimata olives	5.99	4.91	NA	7.02	6.38
Pepperocini (Greek)	2.51	2.06	2.23	2.25	2.29
Artichoke hearts (per oz.)	.30	.25	.23	.23	.32
Pineapple (fresh)	.99*	.81*	.79	.79	.79
<b>Sundried tomatoes</b>					
in oil (per oz.)	.90	.74	.59	.65	NA
Pesto (per oz.) fresh	.83	.68	NA	.50	.58
Pesto (per oz.) frozen	.33	.27	NA	NA	NA
Pine nuts	5.46	4.48	8.95	15.96	14.99

\* Organic

Prices checked January 10, 1994.



by Eva Strand

## Quinoa, Millet and Couscous

Have you ever noticed how many different types of grains there are in the bulk section at the Co-op? Different kinds of rice, barley, and even bulghur are familiar to most of us, but how about quinoa, millet and couscous?

This month we will make an effort to introduce them to you. On Saturday afternoons (and a few Fridays as well) we will have food sampling at the Co-op, offering you delicious dishes made from these less-known grains. Also, recipe sheets will be available.

And now for an introduction, what are these grains, where do they grow, and how do we use them?

Quinoa (pronounced "keen-wa") originates from the Andes Mountains of South America. For centuries it was used by the Inca Indians. Quinoa means "mother" or "mother grain." Among the Incas, pregnant and lactating women were especially encouraged to eat quinoa so they would have healthy babies and an adequate amount of milk. The National Academy of Science has called quinoa "the best source of protein in the vegetable kingdom" because of its outstanding balance of amino acids. Quinoa is not a true cereal grain and is essentially gluten-free. An additional bonus for quinoa is that it is very rich in iron, containing 25% of the recommended daily allowance per 1 cup serving. This seed is also rich in calcium, phosphorus and the vitamin B complex.

Quinoa seed has a bitter coating and must be washed before cooking. To remove the coating, wash the quinoa in cold water 3-5 times or until the wash

water stops foaming. The quinoa is then cooked like rice, 2 cups of water to 1 cup of quinoa. Quinoa can then be used as rice, in salads, soups, stir-fry etc. At a cost of \$1.83 per pound, it is comparable to many pastas but more expensive than rice. However, it should be taken into account that 1 cup of dry quinoa yields 4 cups when cooked, which is more than rice.

Quinoa can only be grown above the altitude of 6 to 8,000 feet, so you wouldn't have much luck trying it in your garden. In the United States, quinoa is grown in the Rocky Mountains in Colorado. In South America quinoa is grown in Peru and Bolivia. The quinoa sold at the Co-op is organically grown.

Millet, a tiny yellowish seed, was a staple food in ancient India, Egypt and China before rice. It is also a staple food of the long-living Hunzas of the Himalayas. Millet is the only grain that is not acid forming in the body, which makes it especially valuable if you have stomach problems. Also, millet is gluten-free and is the least allergic grain. Millet is rich in high-quality protein, iron, calcium and potassium.

When cooking millet, use 2 1/2 cup of water to 1 cup of millet and cook on very low heat for 30-40 minutes. Fairly bland in itself, millet is a good base for soups, stews, puddings, and casseroles as an alternative to rice.

At the Co-op, organically grown millet is available for \$0.74 per pound.

Couscous is made from a strain of wheat that originated in North Africa and the Middle East. The wheat is steamed, dried and cracked and voila' ... we have couscous! The nutritional benefit from couscous is about the same as pasta and the taste is also pasta-like.

Two types of couscous are available at the Co-op, regular yellow couscous and whole-grain organically-grown couscous. The prices are \$1.22 per pound and \$1.51 per pound respectively.

The greatest advantage of couscous is that is extremely fast to prepare, done in 7 minutes. Bring 2 1/2 cups of water to boil, add 3 cups of couscous, cover and set aside for 5 minutes and you have enough to feed 6 people. Talk about fast food! Use couscous instead of rice or pasta mixed with vegetables for more flavor and texture. Some crumbled feta cheese on top makes the dish even more delicious. Couscous can also be used in salads, soups, and as a hot breakfast cereal.

The information for this article was taken from *Super Foods* by Marjorie Hurt Jones and *The American Vegetarian Cook Book* by Marilyn Diamond.

Don't miss the food sampling on Friday and Saturday afternoons!



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### ENERGY OLD AND NEW

by J. Thaw

Is seeing oneself understanding another  
our infinite likeness  
all the way inside magnified  
infinite differences  
calm concentration  
inward flow outward  
away from permanences  
led by the hand our minds our bodies  
life-energy-balances maintained  
pleasant things always present given time to take notice  
the unpleasant  
death-stupor-imbances neglected  
door-slam and gun-shot energies gone bad  
energies for respect unspent  
energy for attention  
enthusiasm and refuge  
all it takes out of a person to ask questions  
even if I expire haplessly tomorrow  
haven't I spent one fortuitous today?

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# Do Idahoians Hate Black Bears?

by Greg Brown



No. At least *most* of them don't. But one would not know by the way that black bears are treated in the state of Idaho. You see, black bears are hunted in Idaho--but not in the same way as other animals. Let me explain.

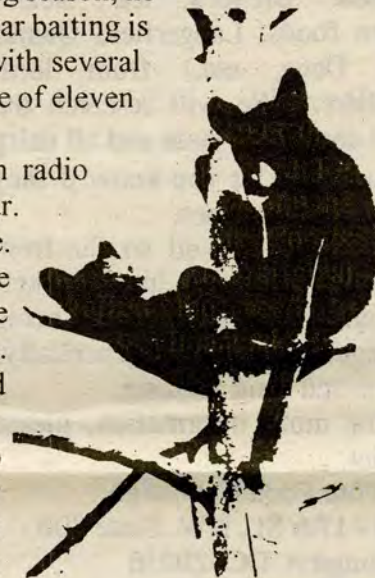


**Spring Hunting:** Idaho is one of only six states that permit spring bear hunting, a practice that leads to the killing of female bears with dependent, nursing cubs. In spring, female bears emerge from hibernation with a healthy appetite and often, newborn cubs. When a hunter shoots a lactating female, the cubs are orphaned and die from starvation or predation. While it is illegal to kill females with nursing cubs, it is difficult for a hunter to distinguish between male and female bears. And a hunter cannot tell by looking for cubs because females often leave their young behind when visiting a bait site (see baiting below).

The hunting of elk, deer, or antelope in the spring when they are raising their offspring is considered biologically irresponsible and offensive to people concerned about the orphaning of the young. Not so with black bears. In fact, over 50 percent of Idaho's black bears are killed during the Spring hunting season.

**Bear Baiting:** Baiting is the practice of luring and habituating a bear to a site with attractive, and often smelly, junk foods. When the bear visits the bait site during the hunting season, he or she is shot at point blank range. The combination of spring season and bear baiting is particularly lethal for females that emerge from hibernation hungry and with several offspring to feed. Of the 28 states that allow black bear hunting, Idaho is one of eleven that still allow bear baiting. Washington state also allows bear baiting.

**Hound Hunting:** In hound hunting, hunters fit their dogs with radio telemetry collars. When the dogs pick up the scent of a bear, they chase the bear. The end result of a chase usually finds an exhausted black bear up in a tree. When the radio signal from the dogs' collars emit from a stationary signal, the hunter follows the signal to the bear in the tree and shoots the bear out of the tree at close range. This method of killing, like baiting is very effective. Hunters that use dogs constitute only about 5 percent of black bear hunters and yet they kill about 20 percent of the black bears.



While hunting ethics and the idea of fair chase clearly do not apply to black bear hunting in Idaho, there is more to the story. The Idaho black bear population is showing signs of trouble. More black bears are being killed each year, fueled by the high prices of bears parts including gall bladders and bear claws. While other states have prohibited the sale of black bear parts, the practice is still legal in Idaho. The Idaho Dept. of Fish and Game (F&G) estimates that 2822 black bears were killed *legally* in 1992. What little data F&G has on the black bear population indicates *overharvest*. It is taking longer to kill black bears, more females are being killed, and younger bears are being killed. These indices of *overharvest* are due to the unsporting practices of baiting, hunting with dogs, and hunting in the spring.

But change is happening elsewhere. Last year, the citizens of the state of Colorado passed, through referendum, black bear legislation that eliminates spring, hound, and bait-assisted black bear hunting. The margin of victory was overwhelming--70 to 30 percent. And scientific public opinion polls conducted in 3 western states indicate that about 3 out of 4 people are opposed to bear baiting and hunting bears with dogs.

A regional animal advocacy group, Palouse Voice for Animals (PVA), believes the time has come for black bear hunting reform in Idaho. PVA has proposed legislation for Idaho called *The Idaho Black Bear Protection and Fair Chase Act* and is seeking support for the legislation. If you would like more information on black bears in Idaho or Washington, and what you could do to help protect them, please contact Greg or Mare at Palouse Voice for Animals, 883-4565.

## PCEI ELECTS TO NEW BOARD MEMBERS by Gayle Newman

The Palouse-Clearwater Environmental Institute has two new members on its Board of Directors.

Renee McNally is a former Co-op staffer who presently works as the Director of Sales and Marketing for Paradise Farm Organics. She brings to the board an interest in sustainable agriculture and a commitment to involving the community in PCEI.

Christina Crawford also focuses her interests in sustainable agriculture and sustainable communities. An internally-known author--of *Mommie Dearest*, *Black Widow*, and *Survivor*--she is now completing her fourth book. She recently moved to a 166-acre homestead near Sanders, about 35 miles north of Moscow, where she is establishing a bed and breakfast inn and farm.

## WHAT IS DAIKON By Mare Rosenthal

Long, white radish (daikon) is the most popular vegetable in Japan. Daikon has a sharp taste when raw, but a mellow, clean taste when cooked until tender. The following suggestions came from *The Self-Healing Cookbook* by Kristina Turner:

**In daily cooking:** add to soups, stir-fry, steam, or bake with other root vegetables.

**Weight-loss condiment:** Grate 1 T. raw daikon and sprinkle with a few drops of tamari soy sauce. Serve with grain-based meals, 3-5 times a week.

**To reduce fever:** Mix 1/2 C. grated daikon with 1-2 tsp. tamari soy sauce and 1/4 tsp. grated ginger. Pour hot twig tea over the mixture. Drink hot, go to bed and rest.

**For itching:** rub a slice of raw daikon on bites and rashes.

Try something new! Daikon is in the Produce section at the Co-op.



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## Bovine Growth Hormone: Threatening Our Right to Pure Food

by Skott Larsen

On February 3rd milk and dairy products will hit store shelves across the nation that may be laced with a genetically altered, artificial hormone called the Bovine Growth Hormone (BGH).

The FDA is not requiring that BGH-derived products be labeled as such. In fact, there is strong lobbying by the National Association of State Agricultural Departments to make such labeling illegal!

There have been no long-term studies of the hormones effects on humans, yet the drug-lord companies and the FDA are pressing at full speed to pump up dairy cows and pump up milk production. The European community has banned the use of BGH for the next 8 years.

BGH increases a cow's level of stress. She can be thrown into low-level shock. BGH cows suffer from more udder infections. The FDA admits that this may lead to large amounts of pus in the milk. Industry tests indicate that BGH cows may suffer from much more disease and sickness.

Next month we'll publish a full article with all the current information and results of our research. In the meantime be aware that you have no way of knowing if your milk is BGH laced. The dairy buyers at the Co-

op are making a commitment to try to keep your dairy products BGH free, or tell of you of products that are not.

Stratton's dairy of Pullman, our milk supplier, will NOT use BGH ever, they have told us.

Mountain People, our largest food supplier, assures us that they will only carry BGH-free foods. This includes Ben & Jerrys, Nancys, Stoneyfield, Organic Valley, Annie's, Brown Cow & Rennetless cheeses. We receive other dairy foods (i.e., majority of cheeses, Breyer's ice cream, frozen foods, Langerfield Quark, Alta Dena, etc.) from local suppliers. We will research the BGH content of these and all dairy products and let you know if they are BGH-free or not.

We have moved so far from the family farm and local markets that our right to pure food is being endangered by mass genetically-engineered drug farming.

For more information, please contact:

The Pure Food Campaign  
1130 - 17th St., NW, Suite 300  
Washington, DC 20036  
1-800-253-0681

or see our information board near the check-out area. To express concern:

FDA (Food & Drug Admin.)  
202-205-5251

P.S. 40% of the beef used in hamburgers comes from old dairy cows.

## Caring for Your Geriatric Pet



by Dawn Gill

Aging is a natural process which affects our pets as well as ourselves. Many factors can influence the rate at which your pet ages: genetics, nutrition, exercise, and regular preventive veterinary care. Spaying and neutering will also extend your pets' life span. Our pets age more rapidly than we do and generic veterinary care is appropriate for 9-year old cats and most dogs. Large dogs (50 pounds or more) have a shorter life span and should begin geriatric care at age 7.

Older pets are at risk for many problems including: obesity, constipation, dental disease, arthritis, heart disease, and kidney disease. Regular veterinary check-ups every 6-12 months can allow early diagnosis of such problems; while they still may be manageable with geriatric pets, it's particularly important for owners to watch for signs of age-related illness.

Obesity is common among older pets as their metabolic rates decrease and they often are less active. Excess weight exacerbates heart problems and arthritis. It can also create problems when the pet is unable to groom itself adequately. Rarely, obesity may be due to an endocrine disorder. Your veterinarian can rule these out with blood tests. Low calorie or senior diets can be useful in trying to reduce your pet's weight. It is important to reduce cats' weight slowly (less than 2 lbs/mo). It is helpful to gradually increase the amount of low-calorie food as you decrease the food they've been eating. Your veterinarian can council you on the right food and weight-loss program for your pet. Conversely, a cat that is losing weight with no change in diet may be experiencing some health problem and should be examined. As their sense of smell deteriorates, some pets may require food with a lot of odor to it.

Constipation is common in older pets and can be prevented with a high-fiber diet and/or laxatives once a medical problem is ruled out. Older pets require additional grooming to avoid constipation related to hair balls. Check your pet's nails frequently to make sure they are not too long, as they tend not to run them down as much as a younger pet.

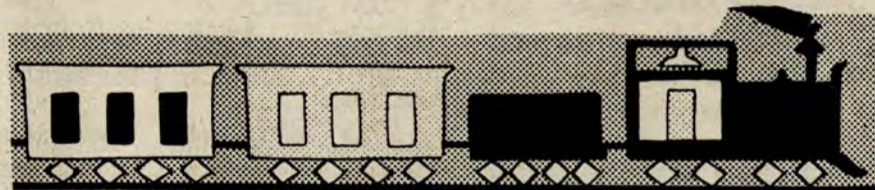
Dental problems and gingivitis are common in older pets. You may notice a foul odor to your pet's breath or red sore gums. When left unattended, dental disease can cause systematic problems when toxins get into the bloodstream around infected teeth and gums. Once the teeth have been cleaned by your veterinarian, you can help prevent recurrence by feeding mainly dry food or giving them a small piece of tough meat to chew on. There are veterinary toothpastes available which work well to prevent tartar buildup. Don't use human toothpastes or baking soda in your pet's mouth.

Arthritis occurs frequently in older pets and is aggravated by obesity and cold weather. Medications may help to lessen the symptoms, but the process is not reversible. Keep the pet's weight down and keep it indoors during cold weather.

Heart disease can be easily missed because often the signs are insidious. Your pet may tire easily or be reluctant to eat. It may get winded after minimal activity. This process, too, is irreversible, but early detection can help you manage these pets with dietary changes. Low-sodium diets are very important for these pets.

Kidney failure is the most common cause of death in older cats. Signs include weight loss, increased water consumption, and increased urination. Low-protein diets put less stress on failing kidneys. Make sure these pets have fresh water available at all times. Your veterinarian can monitor your pet's kidney function by checking its blood and urine.

The bond between older pets and their owners is often very strong. With regular veterinary care and close observation of your pet, at home, you can help it live a long and healthy life.



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

# An Emotional Minimalist's

by Paul Lindholdt

Raymond Carver, *Where I'm Calling From: New and Selected Stories* (New York: Atlantic Monthly Press, 1988) \$19.95.

Innocent as a babe I came to Raymond Carver, this guru of the American short story, translated into more than 20 languages, esteemed enough to spawn a fiction contest in his name. Before he reached the age of 50, Carver died in August of 1988.

He grew up in the Yakima Valley. Like so many of his characters, he worked a succession of blue-collar jobs and suffered periodically from alcoholism. In Port Angeles he spent his last years productively, partners with the poet Tess Gallagher, to whom *Where I'm Calling From* is dedicated.

Carver's stories have been called minimalist, a term from aesthetics to name a deliberate sparseness of detail. Framed rectangular planks, flat white and beveled at the edges--these are examples of minimalism we've groaned to witness in galleries for the graphic arts.

Carver is an emotional minimalist.

What makes his typical story minimal is not a dearth of detail but the tight rein he kept on emotions. Just as Ernest Hemingway's characters parade a so-called "grace under pressure," Carver's average folks undergo extreme doubts and trials and outright psychic agony with scarcely a flinching for it.

The tone most often is flat, matter-of-fact, as though a scientist had cracked an ant hill open and bent down to examine it. No climax, no renewal, no especial revelation.

Some readers might object that these stories fail to affirm life, that they operate instead by scrutinizing ways that lives break down. One exception is the beautiful piece "Cathedral."

The husband in this story is stressed out because his wife's old friend Robert, a blind man, has arrived for an extended stay. He becomes even more distressed when she goes upstairs; he "didn't want to be left alone with a blind man."

## Stories

He begins to relax when they eat a big supper, drink lots of Scotch, and smoke some pot. As the blind man wishes, the husband helps him visualize a medieval cathedral by guiding his hand to trace one out. Gradually the husband grows to enjoy Robert's presence.

Remarking on the massive cathedrals, Robert speaks a fitting epitaph for Carver: "The men who began their life's work on them, they never lived to see the completion of their work. In that wise, bub, they're no different than the rest of us, right?"

Carver didn't live to see this 10th book through the presses.

He had an alert ear for contemporary slang. He rendered art from the world of drugs and sex and jazz and blues, wage slaves and alcoholics, the emotionally handicapped and the chronically unemployed.

Another of his strengths dwells in the telling gestures he puppeted his characters to perform. He had a fine eye for tics and mannerisms, both verbal and physical. The actions of his people typically speak louder than their words.

Above all, this book is important for its previously uncollected stories. They display Carver's liberation from emotional constraints. In three of the first four new pieces, characters come to tears when they come to terms with mistakes they've made in love and marriage.

More than ever, too, these new stories reveal an impeccable sense of structure. Metaphors emerge subtly from each story title (always taken directly from the story itself), and each conclusion resounds in its satisfying emotional closure.

"Menudo" is wrenching and memorable, the story of a philanderer savaged by a guilty conscience as his hurt wife sleeps.

The American director Robert Altman released *Short Cuts* this last month, a film based on a series of Raymond Carver's short stories.



## Parable of the Month: A Matter of Degrees

by Rodger Stevens

Once upon a time there was a silverware drawer. Though it contained little silver, it did house a great variety of implements. There were forks of various sizes, spoons both metal and wooden, knives short and long. There were basters and skewers and a can opener, there were sieves and ladles and tongs. And there was a candy thermometer.

Day after day The Hand reached into the drawer and selected implements, and they gleefully jumped in and out as their skills were required, some more often than others. All the utensils but one saw continuous duty ... the forks forked, the spoons spooned, and the sharp-witted knives were incurable cut-ups. They were all proud that they were helping to make life more enjoyable for their owners, and whenever they were returned to the drawer, they talked about what good service they provided. They were proud of the fact that they helped the adults smile and the children grow strong.

All but the candy thermometer, who sat day after day collecting dust in her corner of the drawer, watching enviously as her companions fulfilled their tasks. She felt sad about this, wondering if her life had any purpose at all. All the other utensils were well used, and they often smiled with unmasked pride at their utility, saying in so many words that usefulness was the only validation to existence. This made

the candy thermometer even sadder. She felt useless, for she had brought no joy to the mouths of her owners, and was well-chided for it.

But then one day The Hand caused an uproar in the drawer. Instead of reaching in and grabbing a fork or a spoon, The Hand raked across the collection, disrupting their quiet existence and causing quite a stir--something which, according to the spoons, rarely happened 'in' the drawer. All the usual utensils were callously tossed out of the way, which upset them because they were used to being picked up right away.

Finally The Hand came to the candy thermometer, who was snatched from her dusty resting place with great joy. The other utensils didn't know what to make of this, but the candy thermometer was gone.

Only when she was later returned with loving care did the facts become known. She had helped create a batch of fudge which was the talk of the kitchen and made the children squeal with delight, and all the other utensils instantly saw the foolishness of their prideful treatment of her. The candy thermometer finally discovered that she existed for some good purpose, and her patience was richly rewarded.

*Standing in the wings can be a drag,  
Seldom used, remaining in the bag,  
But comes the day when others will not do,  
Your own skills alone will name you true.*

# Bulletin Board

You've read her  
Ask the Herbalist  
column in the newsletter;  
now meet her in person.  
Local Herbalist **Linda  
Kingsbury** will answer your  
herbal questions and  
provide an introduction to  
herbal wisdom. Friday,  
February 4th,  
7:00 - 8:30 pm at  
Inner Vision.  
Next one  
March 4th.

## 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.

## UPSTAIRS AT THE CO-OP . . .

**The holidays have  
gone but . . .  
The Bazaar lives on.**

**Shop upstairs at the Co-op**

**Handcrafted gifts, housewares, clothing,  
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## UPSTAIRS AT THE CO-OP . . .

**Lunch in  
Moscow will  
never be the  
same!**

**The juice bar and deli upstairs  
at the Co-op are open daily  
11:30 am - 2 pm**

**Smoothies! Fresh Juice! Organo-burgers!**

## Co-op Annual Meeting

**Sunday, February 27, 5 pm  
Moscow Community Center**

Bring a topping for the topless pizza  
dinner. Childcare provided.

**Big News! Big Decisions! Big Fun!**

## MOSCOW VISION 2020 Come participate!

- 1). Tour the proposed  
Paradise Creek  
Greenbelt, Saturday,  
February 12, 2 pm. Meet  
at the Circle K parking lot  
(on Main at Styner).  
Contact Suvia Judd at  
882-4785.
- 2). Join the Transportation  
Task Force. Meet at 3:30  
pm on February 17 at the  
conference room,  
second floor, Moscow  
Community Center.  
Contact Kenton Bird at  
883-3156.

## SUPPORT CURBSIDE RECYCLING

Come to  
the next  
Moscow  
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Council  
meeting!

**Monday, Feb. 7  
7:30 pm**

Moscow Community Center  
2nd floor

## Cupid's Cabinet: A Valentine Program of English, Scottish, and French Music from Olden Times

A concert by the renowned Baltimore Consort  
Friday, February 18, at 8 pm

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The Baltimore Consort has released several  
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