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JANUARY 1994




MOSCOW FOOD COOP

COMMUNITY NEWS



**CHANGES
AT THE
CO-OP**

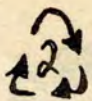
 **MOSCOW FOOD COOP**
310 WEST THIRD
MOSCOW ID 83843

NEW PRODUCTS!



NEW FRIG!

**SPECIAL COLLECTIONS
LIBRARY:
UNIV. OF IDAHO &
MOSCOW ID 83843**



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

Open Every Day
9:00 am - 7:00 pm

With plenty of FREE PARKING!

PRINTED ON RECYCLED PAPER
Deadline for articles: 20th of each month

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



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!

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annual Co-op membership meeting is being held around the corner from the corner of 2nd and 3rd streets. Please be sure to mark your calendar for the annual Co-op membership meeting. The meeting is just around the corner from the corner of 2nd and 3rd streets. Please be sure to mark your calendar for the annual Co-op membership meeting.

FINANCIAL REPORT FROM THE BEAN COUNTER

by Mare Rosenthal
(Finance Committee Board Member)

Sales at the Co-op have been strong, and as you can see from the following results, the Co-op has experienced 13% growth in sales over the same period last year. The biggest difference you will notice is the bottom line. Last year we were at a \$24,000 loss and this year we're at a \$200 loss! The Board and the staff have been working very hard in monitoring our costs and working within budgets.

Another big improvement over last year is that the membership fees have been deposited into a separate savings account and used for capital improvements and not on daily operations. From January-September this amounted to approximately \$15,000! Some of it has been used on such things as new bulk bins and the new cooler.

Let's all help keep the Co-op strong by shopping at the Co-op as much as possible and volunteering to help with the workload. The Bazaar offers many items for Holiday gifts or you can always give a Co-op Gift Certificate.

	1/93 - 9/93	%	1/92 - 9/92	%
Net Sales	\$708,677	100.0	\$624,952	100.0
Cost of Goods Sold	- 468,809	-66.2	-430,743	-68.9
Gross Profit	239,868	33.8	194,209	31.1
Operating Expenses	-242,687	-34.2	-220,051	-35.2
Other Income & Expenses	2,603	0.4	1,564	0.3
Net Income (Loss)	-216	0	-24,278	-3.9

RECYCLING AT THE CO-OP
by Ed Clark

Hey! Didja notice that big thing in the parking lot? It's our own mini recycling center.

It costs the Co-op to have it and we're responsible to haul it away weekly. We decided to get it as a service and convenience for our members and customers. We hope it will also save time and energy with the many recyclables a business like ours produces.

We need your help to make it function efficiently. Please consider these guidelines seriously:

- * Please bring everything properly prepared and sorted.
- * Deposit recyclables in the proper bin. If a bin doesn't exist, be prepared to recycle or dispose of your stuff elsewhere.
- * If the bins are filled, please wait until empty.
- * Help keep the area around the cart clean.
- * The Co-op accepts only clean, sorted bags and containers which can be reused by customers.
- * Recyclables which haven't been properly cleaned and sorted are TRASH.

With your help and good energy, this concept will work to the benefit of everyone. Thanks.

WHY'D THE COWS GET ON THE FENCE?

If you're observant, you have seen the fence outside the Food Co-op. Why'd the cows get on that fence beside the parking lot?

If you want to risk a guess, if your imagination's fertile free, write a story or poem to tell us what they maybe mean.

What are they doing? Where's the beef? What's their story? What's their feed?

Did she who made the cows make thee?

Some silly someone might just write, "I want my fences dairy-free!" Or "Graze your bovines elsewhere, see!"

Confine those contest entries to 100 words, please. Turn them in at the check-out counter or mail them to the Co-op c/o "Cow Contest." Winners will have their choice of 20th-anniversary Moscow Food Co-op T-shirts as prizes.

Separate contest categories for adults, for people under 13, and for entries by non-human mammals. Deadline: 16 January 1994.

The Board Election and The Annual Meeting

by Peg Harvey-Marose

It's that time of year again! The annual membership meeting will be February 27, 1994 and the board of directors is busy preparing for it. But we need the help of all the members. Two big issues are facing the Co-op at this meeting: the election of new board members and the future housing of the Co-op.

This year will be the first for the new election process. This was announced in the October newsletter and has been moving along since then. We are still looking for members to run for the board. We would like all members to think about running for the board. If you are interested, you need to do the following:

1. Contact Sarah at 882-1657 for an appointment with the nomination committee.
2. Prepare a 150-word statement of why you want to be a board member. This statement will appear in the February newsletter and will be posted on the Co-op bulletin board. This is due January 20th upstairs at the Co-op.
3. Bring a picture of yourself to be printed with your statement in the newsletter.
4. Present a statement (no longer than three minutes) at the annual meeting directly before the election.

If you miss the deadlines, you can still run for the board, but the members won't know as much about you. Therefore, we encourage you to decide early.

The second important issue for the annual meeting is the housing of the Co-op. Our present location has many problems. We

don't have enough usable space to run the Co-op efficiently. At our present rate of sales we have a difficult time turning a profit (lower sales are more profitable). Food has to be stocked repeatedly instead of just putting out a case when it arrives. Storage space and work space are in such short supply that things have to be rearranged prior to doing any work or stocking, taking two or three times more staff time. We need a loading dock! And we are eventually going to lose sidewalk and parking space from the 3rd Street expansion.

These and many other problems have caused the need for action. The board has been working on several options including moving to a different site and renovating our present site.

The Co-op needs your input! How do we deal with the growth in sales and still be the Co-op? This is a difficult question, and we all need to work together to deal with it.

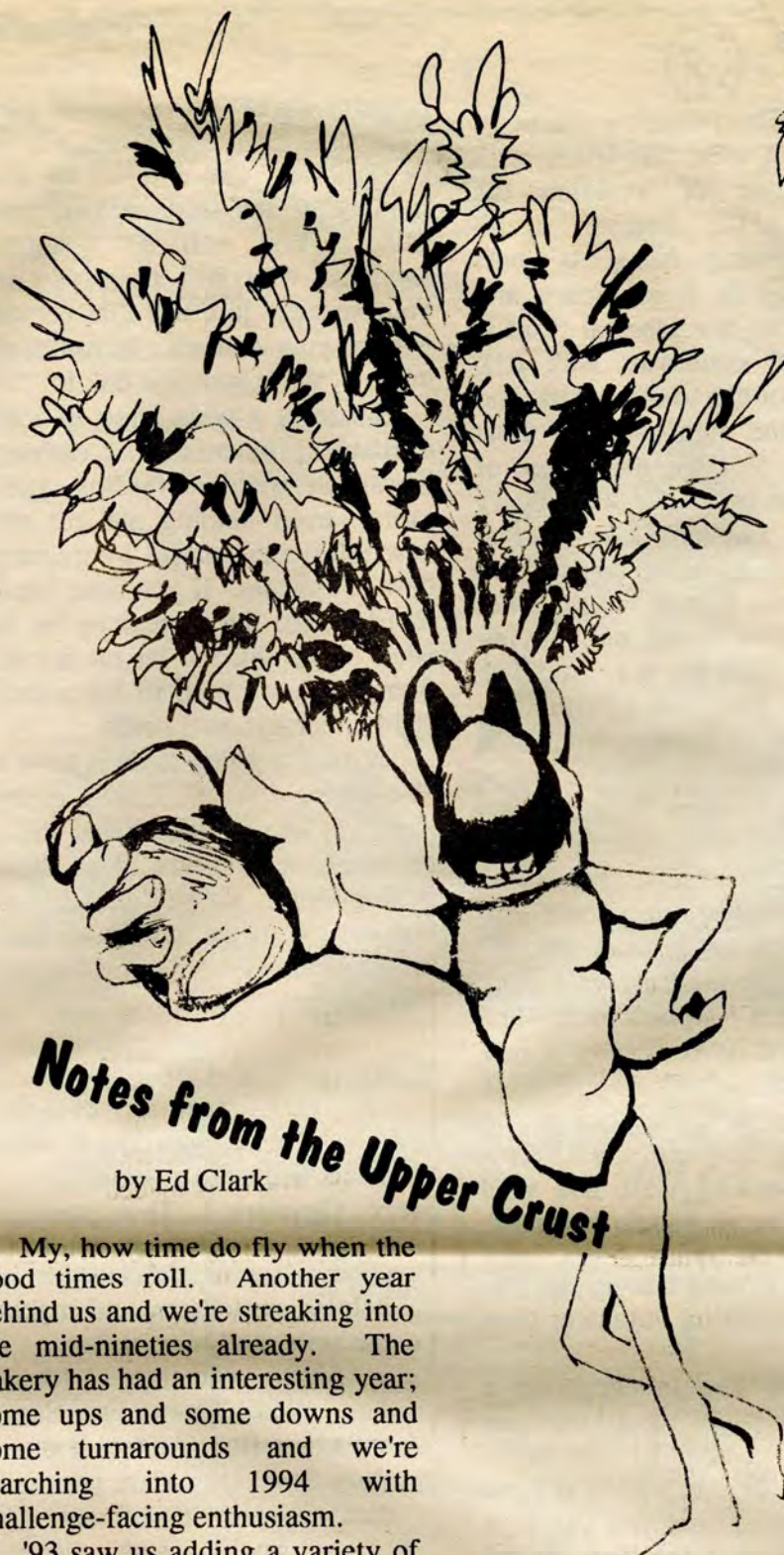
We hope everyone will consider running for the board and that every one will attend the annual meeting to help the Co-op be prepared for the future. If you have any questions or comments, please call me at 882-1593.

Laurie Cortright
HOLISTIC MASSAGE



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Notes from the Upper Crust

by Ed Clark

My, how time do fly when the good times roll. Another year behind us and we're streaking into the mid-nineties already. The bakery has had an interesting year; some ups and some downs and some turnarounds and we're marching into 1994 with challenge-facing enthusiasm.

'93 saw us adding a variety of cheese rolls, pesto rolls, nacho rolls, dinner rolls, tropical rolls, and focaccia. We've gotten rice bread and pumpernickel on line, and we're playing around with crackers. We eliminated egg wash on all products that contain no egg or dairy and we've begun offering an assortment of egg and dairy-free muffins. The deli, along with its diverse food offerings, has opened a juice bar on the second floor. We've installed new equipment including a freezer, a dough divider, a commercial refrigerator, and a dough roller. We're running out of room for the workers at the same time we're able to produce more.

This year we plan to add some things, and possibly remove some of the non-sellers. We have more great ideas than we have time or space. One ambitious product we hope to accomplish soon will be to have a nutritional analysis of all

we make and to begin listing our offerings by dietary characteristics.

I realize that our wholegrain bakery (the original), as well as our take-out meals and the Upper Crust Cafe, are some of Moscow's best-kept secrets. It's time for us to start tooting our horn and let everyone know what we're doing. P.R. will be on our to-do list to begin the year. (You may have already noticed the billboard at the Troy Highway intersection.) So pass it on/bring a friend/share a loaf.

As always we appreciate your comments, critiques, suggestions, and compliments. Your feedback keeps us headed in a service-oriented direction. Thanks for letting us know how we're doing.

The crusty characters from the Upper Crust wish you a joyous and complex carbohydrate-filled New Year.

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O.K. Third time's a charm. I sat down to write this article with the intention of avoiding the inevitable "It's January again, folks" beginning. But guess what? I can't avoid it. It is January, and it is the time for renewal (that is the general consensus isn't it?). We say goodbye to old habits, and usher in the right way to treat ourselves. For me it's a time of change. I'm no longer the Grocery Manager (we've taken that position and split it up so it's more efficient, one person buying bulk and packaged foods, one buying non-food. You get it.) And I've moved into the realm of volunteer land, as well as Bazaar clerk. Still with me?

So with the New Year comes a new way of training and scheduling volunteers. I'd like to see the volunteer times turn into integral working shifts at the Co-op, taking the place of paid staff hours where applicable. For example, we have already a few volunteer cashiers freeing up staff to make orders, supporting the staff during busy times, etc. This is really working well, and we'd like to get more people involved. It helps with labor costs, and contributes toward having the Co-op run as much on volunteer time as possible.

The first step to becoming a volunteer is attending a volunteer orientation. I conduct one every other week, or every week if I get enough interest, and you can sign up at the front of the store, at the volunteer counter. At the orientation you learn a little about the workings of the Co-op, get a few ideas about where you'd like to commit your time, and get a tour of the whole store. If you can't make an evening orientation, just call me at the Co-op and we'll set up a time that you can make.

The next step is assigning you to a shift in a particular

department or a particular job. That shift becomes yours, and is as important and integral to the running of the store as any paid shift. You will be assigned someone who will train you in your specific job, and that person will be your contact. If you can't make it, that's who you talk to.

There is a wide array of jobs available: produce stocker, cashier, newsletter writer, recycling, janitorial, even helping me get my new job under control by training new volunteers. If you have ideas as to where the store may be in need of volunteers, let me know. Sometimes it's hard to see what's right under our own noses.

What I'm going to do is have a "Volunteer Wish List" every month to let you know what shifts are available, and how to go about getting them. So pay attention to that section of the newsletter each month, and maybe the job for you will pop up!

Volunteer Wish List

(A new section of the newsletter to let you know what volunteer shifts are available.)

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.

Deli: Here you can do anything from making juices to sandwiches to cleaning. A great place to try out those recipes you've always wanted to, and get a discount at the same time.

Shifts available: Juice Bar: Mon. - Fri.: 11 am - 2 pm. Soup Maker: everyday, 10 am - 1 pm.

Recycling: We need someone with a truck and a hitch to haul the new recycling bin to the recycling center once a week. This would really help get our new recycling system off the ground.

Whew! Did that take as long to read as it did to write? Anyway, I hope the wish list can get smaller and smaller each month, meaning I hope we begin to fill these shifts quick. Thanks, folks!

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HOLIDAY BARTER FAIR NEWS
by D. Kate Schlack

The 4th annual Extended Post-Nuclear Family Holiday Barter Fair and Potluck will occur on Sunday, Jan. 23, 1994 in the basement of the Unitarian Church at 420 E. 2nd St. in Moscow.

The fair will run from 3:00 pm to 9:00 pm, and the potluck will occur at 6:00. Please bring a dish to share and your own plate and utensils for the potluck. A musical jam will follow the potluck, and everyone is encouraged to bring instruments to play.

An objective of the fair is to enjoy the holiday season with a minimum of commercialism and consumption. Fair participants may trade both used and handmade items, as well as services. This fair is a nice way to have a happy holiday without spending gobs of money.

Organizers emphasize that the fair is absolutely free, and anyone may attend any portion of this holiday celebration. Mark your calendar now for this fun event. For more information, call Kate Schlack at 882-9309.

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May the coming year bring us all
Peace, Harmony, Laughter, and Love.
.. Thank you, Moscow! Thank you, Idaho! You, too, Washington! ..

A Family Plan is now available.
9:00 AM - 12:30 PM & 3:30 - 6:30 PM 311 So. Jefferson Street, Moscow
Monday through Friday in Post Office Square

New FDA Regulations

by Kenna Eaton



On December 15, 1993, the FDA published its regulations for nutritional labeling and content claims for dietary supplements. These regulations will become effective in June of 1994.

These rules affect product labeling and not the product itself. For manufacturers of dietary supplements, it means relabeling all products to comply with the new format. This applies to amino acids and herbal products as well as vitamins and minerals. We do not expect to see any products removed from sale in January.

Any product label which contains a health claim will be in violation of the law. The FDA interprets health claims very broadly, and virtually all name claims or descriptive statements of nutritional benefits will become illegal in June. As a retailer, I welcome "truth in labeling" laws, but also find that the limitations imposed make it difficult for consumers (who don't come equipped with degrees in nutrition) to make a decision.

There is another section to this bill that has not yet been resolved, called the Dietary Supplement Health and Education Act (S 784, HR 1709). This bill would allow access to dietary supplements and provide for health information about their benefits. Without this bill, the FDA will likely adopt a policy that would:

1. Regulate amino acids as drugs.
2. Treat many herbs as unsafe food additives and drugs.
3. Establish "safe, daily intakes" (toxicity levels) for vitamins and minerals, creating very low allowable levels.

As a consumer, this would affect you by not allowing you to make choices. Many supplements currently available to you in the store would be available by prescription only. The FDA says that it is only trying to protect the consumer from unscrupulous supplement manufacturers who only want to rip us off. Instead the net effect will be to stop us from having any choices other than conventional medicine, and from being able to use nutritional supplementation for disease prevention.

As a retailer, I believe very strongly in the power of education. I think that a well-educated, informed customer is the best asset I can have. I want as much information as possible to be available to everyone, and I want those same people to ask lots of questions. I don't want to see anyone "ripped off." But I also believe that we should have a choice when we are ready to explore an avenue of health care.

There is a lot that we currently do for ourselves when it comes to prevention of disease. Now I am one of the first to go see a doctor when I feel that I or a family member is really ill. But on the other side I like the power I have to make a choice, and I don't want that taken away by government regulations.

Please take the time today to write to your senators (Larry Craig and Dirk Kempthorne) and Representative Larry LaRocco to let them know what you think. Tell them you want to continue to have access to information that can empower you to make an educated choice. Tell them you want to know where they stand on this issue. Thanks.

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic

(208) 882-3723

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

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New Products at the Co-op

by Skott Larsen

In Bulk:

- * Unsalted peanuts in the shell-- perfect for squirrels on low-sodium diets (by request)
- * Rainbow dinosaur-shaped pasta
- * Organic dried bananas
- * Beet garlic tortilla chips
- * Very veggie tortilla chips

Packaged Food:

- * Krino's Imported Calamata olives
- * Krino's Imported pepperoncini
- * A Taste of Thai lite coconut milk (customer request)
- * Kosher vegetarian marshmallows by Enes
- * Santa Cruz Apple Strawberry Sauce (back by popular demand)
- * Nature's Path organic multigrain oat bran flakes cereal (by request)
- * Party-size kettle potato chips
- * Barbara's yogurt & green onion potato chips
- * Barbara's ripple potato chips
- * Barbara's natural cheese puffs (made with natural blue cheese and real aged cheddar cheese)
- * Barbara's Salsa flavor pinta chips (my favorite! If you've ever liked "Doritos," you'll like these.)
- * Barbara's cookies & creme in 3 flavors: chocolate, raspberry-lemon, lemon and double chocolate fudge
- * Tiger's Milk nutrition bar in a six-pack box
- * Hain poppy seed ranch dressing (back by request)
- * Red Oval Farms variety pak crackers
- * Adarmos garlic snap crackers
- * Akmak Country Style cracker bread
- * Bearitos organic beans & rice (Mexican, Cuban & Cajun)
- * Lundberg elegant rice pudding mix
- * Barbara's small indulgence cookies
- * Wild Nuts candy bars (dairy free)
- * Lots of new yogurt in new sizes!
- * Nonna Lena's dairy free garlic spread
- * Featherweight sodium free baking powder (back by request)
- * Eden Kuzu root starch (by request)
- * Longlife wild ginseng tea
- * Casa Fiesta diced green chilies (new low price)
- * Little Bear fat free soups

In the Freezer:

- * Amy's non-dairy burritos (made with organic beans and rice)

- * Amy's organic Mexican tamale pie (non-dairy, low calorie, no cholesterol) - delicious!
- * Amy's organic blackbean & veggie enchilada
- * Tina & Holly's 7 grain and lentil burrito made with many organic ingredients

We also have kamut flour in 1 pound packages. And new orangemint ricola cough drop flavor.

KEN'S Stationery

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Kids

January '94

Page

by: Krissy Beoka

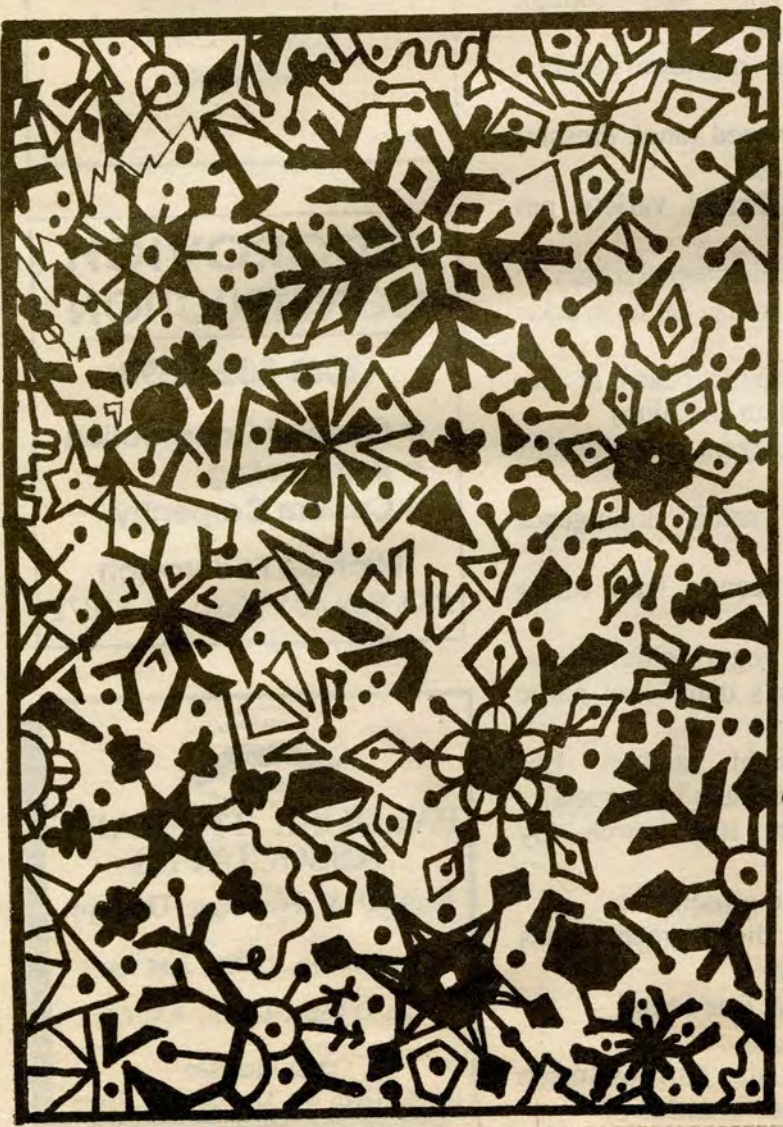
Find "g" snowflakes

~ Winter is here ~

Happy NEW YEAR and welcome back to the "Kids' Page." 1994 is upon us and now is the perfect time to start a fun project that will last the whole year through. Begin by buying a cheap scrapbook or blank book. Next you'll need to set aside a box (a shoe box would be perfect) and mark 1994 on the outside of the box. Now keep an eye out for interesting or unusual articles about things that happen in 1994--the opportunities are endless--current events, fads, fashions, what's hot, what's not, etc. Cut out the articles and pictures and set them aside in the box. When the weather is dreary and you have extra time on your hands glue or tape them into your book. For a more personal touch add comments and artwork of your own or give an interpretation of a special event that took place in your own life. Enjoy and have fun.

"You feel warmer when you shiver. This warmth comes from muscles tightening and relaxing very quickly." (From the "Fun Facts About Your Body" book by Sandra Gottfried, pg. 20, 1984.)

Fun Facts



CUSTOMER REQUESTS



Thanks for carrying the Small Planet Fresh Soy Milk. I've missed it since moving here three years ago and couldn't find any fresh soy milk in town. It tastes better than the kind that comes in the aseptic containers which is not fresh. Glad you like it ... it's been very popular. It's reasonably priced at only \$1.50/qt. For the plain ... actually cheaper than most of our aseptic packaged versions ... it's great for baking as well as drinking. Enjoy!

RE: Vegetarian Dog Food. I was very skeptical at first but my dog loves it. I like giving her good food without a bunch of awful ingredients -- by-products can be just about anything. I'm glad you're stocking an "alternative" pet food. Well, we've had a very supportive response since introducing the new line of Evolution vegetarian pet food. It seems it takes a while for most dogs and cats to ease into a new diet, but once they do --they love the pesto and seafood flavors. The accompanying recipes are great too.

Now that we have this nice new refrigerator in the Co-op, could we have the bulk eggs put out and let people put them in reused

cartons themselves and charge per egg? That way people could buy exactly the number of eggs they want instead of always having to get a dozen. Well, we've thought about it, but decided that with our space (and lack of) we will continue to package the eggs in dozens. However, customers are welcome to buy fewer than a dozen eggs -- just ask for assistance; we've got plenty of reusable egg cartons to repackage them in. You may purchase only 1 egg or several dozen anytime. P.S. single commercial eggs are only \$.09 each and farm eggs are only \$.11 each.

Please refrigerate the bulk maple syrup. Even though we have a new cooler, we don't have that much room. We've been selling Springtree Organic maple syrup in bulk for years with few problems. We stock a new barrel nearly every week. It has a longer shelf life than that. However, I do recommend keeping it refrigerated at home, since it does not contain any preservatives.

Can you get 1/2 gallons of Nancy's Yogurt? Yes! They're here! In fact we have two cooler shelves filled with new yogurt. Please experiment and let me know your favorites.

How about some alphabet macaroni like in some canned vegetable soups? We have it. Its in the packaged pasta bins (between the baking shelves and across the aisle from the bulk pasta). We also have two new fun pastas--Mr. Bean pasta and Dinosaur pasta shaped like their names and made with veggies for color.

Please stock pure kona or at least a kona blend coffee. We have kona in 12 oz. packages near the bulk coffee. It stays fresher this way.



Could we please have hot decaf coffee upstairs and/or down? We have decaf espresso upstairs in the bazaar and a decaf coffee pump upstairs in the deli area. I'm sure we could provide some hot grain beverages this winter as well.

Get a mocha station! Where have you been? We have one upstairs at the bazaar, 11-6 every day! Besides mochas you can get every type of espresso.

Please get toasted sesame oil. We do carry it in bulk. It's with the other bulk oils.

Please stock dried persimmons again. We will as soon as they are in season again. Our distributor tells me January or early February.

How about instant gluten for cooking (not baking). I think it's called Seitan. We carry two forms of gluten. 1) In the freezer called Meat of Wheat ... we usually carry 1 or 2 "flavors" (original, chicken, or sausage) ... it is also called seitan and is cooked, ready-to-eat gluten that has been marinated in tamari and spices and can be quickly warmed up. 2) Vital Wheat Gluten in the bulk specialty flour section ... this is the final product after high quality wheat dough has been kneaded and rinsed in running water and the remaining rubbery mass is dried and powdered. One cup powder and one cup liquid equals one pound gluten. Knead for a minute, and then cook.

Could you please put large bags near the bulk flours and some grease pens too? Yes! In fact, Ken is building a nice work table for the area between the flours and granolas. We'll stock lots of pens on it and bags below it.

Customer requests can be made through the in-store suggestion board, by mail, in person or even by phone. We love to hear your comments.

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TO THE HERB & SPICE CUSTOMERS

by the Herb Room Fairies

Yes, it's true. We're going to change something else, but I promise you it won't be a very big change. We only want to ask you, the customer, to do one little thing when you buy your herbs and spices. When you look at the price on the jars' label you will notice a letter after the numbers. This letter will denote a category to the cashiers so that they in turn will know what category to ring the product under.

The reasoning behind the new price system is this. The masters of the money are trying very hard to keep track of the sales in each department. By having accurate accounting of all the sales, we can then tell which departments are doing well and which are not. It also helps us tell which products you purchase most. That way we can give you the best service and selection.

The new prices will look something like this: \$7.58H/#. This number tells you that the item is \$7.58 per pound and the letter "H" tells the cashier that the item is an herb, and it will then get entered into the proper department. If you do forget the letter, that's okay; just let the cashier know what the item is in the little white bag and we can take it from there.

I know this will take a little getting used to, but with practice it will become easier, and it will help us a lot.

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Food For Your Pet

by Mare Rosenthal

Heart is a vegetarian dog. Dogs, contrary to popular belief, are not obligated to be meat eaters. In the wild, dogs and cats will forage for grains, nuts, seeds, berries, and herbs. They choose a variety of foods in addition to hunting prey. Much of this misconception about dogs' and cats' dietary needs comes from "authoritative" dog food commercials on television.

Why would I want to feed Heart vegetarian food? I've heard and read enough stories about the pet-food industry for me to question the ingredients in commercial pet food. I have been able to confirm that flesh from dead, dying, disabled, and diseased animals can be made into pet food as long as it is processed. The ingredient listed as meat by-products could be dogs and cats killed at animal shelters and pounds, animals recycled at rendering plants and sold to pet food producers--a sort of pet "soylent green."

Companion animals have no moral obligation not to eat other animals. On the other hand, as caretakers, we have an obligation to seek out ethical solutions while providing for the nutritional well-being of companion animals. I am happy to report that you can have both.



Some commercial pet food companies offer a vegetarian product, but only as an addition to a meat-based line of food. Natural Life, Nature's Recipe, and Wysong fall in this category. Another commercial pet food company, **Evolution**, stands out because the only product it produces is a nutritionally complete vegan dog and cat food. Evolution is on the leading edge of feline nutrition research. Evolution worked with the FDA and the Minnesota Department of Agriculture to create and approve a nutritionally complete meat-free diet for cats. From experience, nothing is sacrificed in flavor--Heart is always eager to chow down a bowl of Evolution dog food!

Homemade pet food is another option for pet owners who are willing to do some home preparation, 10-15 minutes a week. There are several books available with recipes, and this method allows a pet owner to control the quality of the ingredients. When I use this method I feel great about using organic grains and beans in Heart's food!

Harbingers of a New Age is one company that has found a solution for pet owners who want to take the guesswork out of cooking balanced vegan pet food. Harbingers sells Vegepet for dogs and cats--a powdered vitamin and mineral supplement you add to recipes included with the supplement. It also offers an excellent book, *Vegetarian Cats & Dogs*, by James Peden. The book contains nutritional information, testimonials from pleased pet owners using the supplement, and recipes like Soy Oat Delight and Gentle Lentil geared to your pet's specific dietary needs. Heart is eager to eat a bowl of homemade food with Vegepet supplement.

Some manufacturers make vegetarian products as a profitable sideline but depend on slaughterhouse wastes for their main product lines. Evolution and Harbingers products are made by companies committed to closing slaughterhouses.

Palouse Voice for Animals, a local non-profit animal advocacy group, has recently become a distributor of the Evolution products so you may now buy vegetarian pet food at the Moscow Food Co-op. The Co-op is carrying one flavor of both the dogfood and catfood in bulk, as well as 10#bags. (The bulk price is the cheapest per pound!!) 40#bags are also available by special order at the Co-op or by calling Palouse Voice for Animals at 883-4565.

The Vegepet supplements can be ordered by mail and there are some pamphlets with order forms on the top of the dogfood display at the Co-op or call Palouse Voice for Animals and we'll mail one to you. The Co-op would consider carrying the Vegepet supplement if there are enough requests, so speak up! (Write a note on the suggestion board at the Co-op!)

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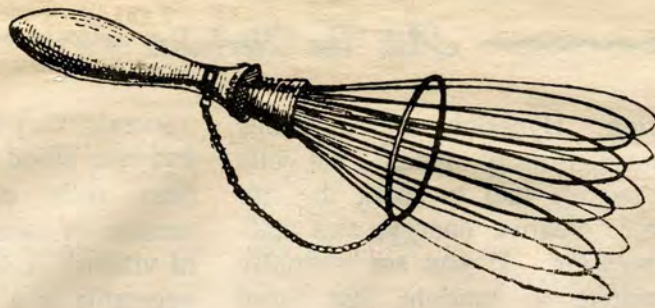
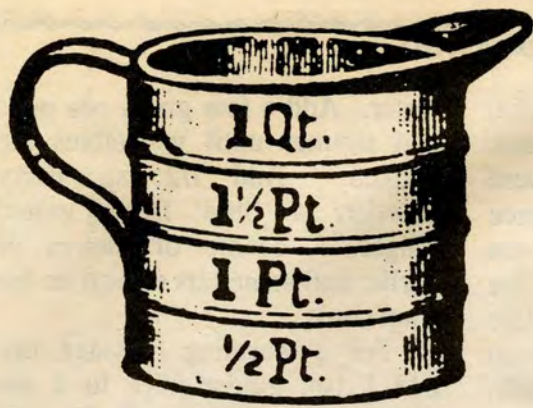
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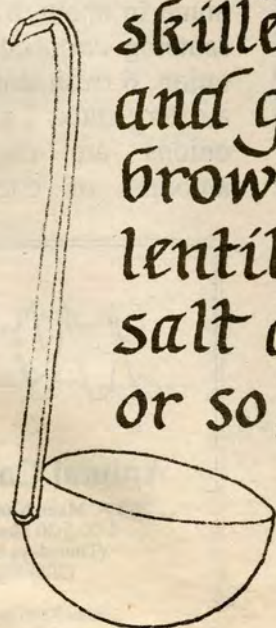
Italian Lentil and Escarole Soup

- 1 cup lentils
- 8 cups water
- 1/4 cup olive oil
- 3 cloves garlic, chopped
- 1 onion, chopped
- 1 head escarole, washed and cut into 2-inch lengths
- 1 teaspoon salt or to taste
- 1/4 teaspoon cayenne



In a soup pot combine lentils and water. Bring to a boil, lower heat and simmer until lentils are tender. This should take about an hour.

Meanwhile, heat oil in a small skillet and add to it the onion and garlic. Sauté until lightly browned. Add this to the cooked lentils along with the escarole, salt and cayenne. Cook 10 minutes or so, then serve.





I am a local herbalist and wholistic health practitioner who 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. Please send your questions by the 12 of the month to me at P.O. Box 8608, Moscow, ID 83843.

1. *During the winter I often feel depressed. Can herbs help with mood swings?*

In the winter, mother earth is in her resting season. This is naturally a time for you to be feeling more emotional, sensitive, and internally focused. If your body's signals are ignored, distress can set in. Society has labeled it Seasonal Affective Disorder or "wintertime blues" for people whose normal cherry attitude or production seemingly diminishes. I believe if the shift is seen as a natural response to the changing seasons and care is taken to honor that, physical and emotional distress during the winter would decrease.

Assist yourself with feeling winter by eating a balanced natural foods diet supplemented with herbs, regular exercise, adequate rest, creative expression, and a support system of friends. Though hibernating in your cave is natural now, when taken to an extreme it can be detrimental. Join a dream group for insight or try a yoga class to balance yin/yang energies.

Herbal oils and tinctures are a convenient way to include herbal properties in your winter routine. *Saint John's Wort* flowers, prepared in an oil or tincture, extract the active ingredient hypericin. According to a German study, internally the tincture extract has an antidepressive

action. Hypericin also increases photosensitivity, opening the cells to receive fuel to spark the life force, creative energy, and self-expression. If you are normally sensitive to sunlight, use *Saint John's Wort* with caution. *Saint John's Wort* is the King of Swords in the herbal tarot deck, signaling you to transform your life by breaking free from limited perceptions and being grounded in thoughts that serve you now. The oil helps relieve sciatica and neuralgia pain, and soothe tense muscles when used for massage. Ease trauma associated with change by adding a few drops of the oil to a hot bath, then relaxing.

Try *Lemon Balm*. Medieval Europeans used it for nervousness and anxiety: "it causeth the mind and heart to become merry, and driveth away all troublesome cares arising from melancholy." To make a tea, add 1 tsp. of dried herbs per cup of boiling water. Steep for 15 minutes. Relax and enjoy. A favorite lemon-scented bath blend called *Gracious Goddess* contains lemon balm, peony petals, and calendula flowers. If you do not have a bath tub, try a facial steam or foot bath. *Lemon balm* is represented by the moon card in the herbal tarot and a specific for people with intense *Scorpio* energy. Be easy on yourself. Accept the benefits in all life's challenges and open to integration of lessons on a deep level. Slow down with a cup of herbal tea and allow time to feel yourself adjust to the seasons of your life to ease depression.

2. *Are there any herbs to help me be warmer during winter months?*

Besides increasing the consumption of warm foods and beverages, there are specific herbs and foods that can help you keep warm. Sea vegetables are a number-one addition to winter meals. High in easy-to-assimilate

minerals, they increase circulation and take blood to cold extremities. *Nori* rolls create a Japanese version of tacos. A good source of vitamin A and protein, this sea vegetable is a tasty wrapping for brown rice and vegetables. I like to add bits of *Nori* to *miso* broth for an energizing afternoon drink. Add 1 tsp. of *miso* paste to 1 cup of hot water. *Miso* is an alkalizing food that helps with digestion and assimilation. To make a creamy sauce for brown rice, mix together the following ingredients in a small saucepan over low heat. 2 T. *miso*, 3 T. sesame seed butter (tahini), juice from 1/2 lemon, and 1/2 C. of water. *Kelp* powder has a salty sea flavor and can be sprinkled on foods. For a condiment that also boosts your calcium intake, blend 8 parts freshly toasted and ground sesame seeds to 1 part *kelp*. Check out the sea vegetable selection at the Co-op. Directions for use are included on the package with often at least one recipe suggestion.

My favorite warming tea includes 2 slices of fresh *ginger* root, 2 *cinnamon* sticks, 6 whole *cardamon pods*, 8 *cloves*, 6 *black peppercorns*. Boil the herbs for 20 minutes in 6 cups of water. Add a bit of honey and rice milk to complete this delicious warming drink often called *yogi* tea. Enjoy as a delightful after-dinner tea or sipped throughout these cold days.

Stir-fries and soups provide heating action longer when *gingerroot*, *cayenne* pepper, or *curry* powder are added. A Thai-style vegetable *curry* soup with coconut milk can be prepared at home in about 1/2 hour. Start by sauteing chopped vegetables: 1/2 onion, 6 fresh *shitake* mushrooms, a celery stalk, 2 carrots. When the onions are clear, add equal amounts of coconut milk and

water. Add a few green pea pods and simmer until vegetables are cooked. Add 1/2 tsp. *curry* powder, a little fresh grated *ginger*, a couple of cloves of *garlic*, and some bits of *nori* as the soup cools.

For a warming massage oil, add 1 tsp. *ginger* juice to 1 tsp *sesame* oil. (Grate 2 T. and squeeze in cheesecloth to yield *ginger* juice.) A skiers' secret to warm toes is to sprinkle a little *cayenne* pepper in your socks. These are a few suggestions that can help get you through the winter a bit warmer.

This information is intended for educational purposes only.



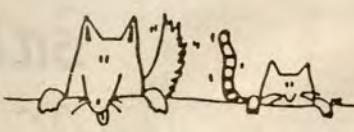
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Timber Management

by Nancy Casey

For our family, it was a summer camping trip to the Clearwater that drove home the importance of responsible, sustainable timber management practices--and how timber management in the National Forest is dismaying, at best.

From Elk River we drove the back roads via Dent Bridge to our destination. The map shows a winding road through a green patch labeled "National Forest". The road does indeed wind--up and down steep grades, around hairpin turns. From many vantage points there are wide vistas of scraped mountainsides, badly eroded banks and streambeds, an occasional tree, and areas of thistles in purple flower. Once we connected up with the main road, the view wasn't so appalling--except that now we knew what was behind the screen of trees that flank the well-traveled roads.

Without visiting Dixie it was not hard to understand the furor over the Cove and Mallard timber sales. Regardless of the euphemisms representatives of the Forest Service and the timber industry used to describe their plans, the largest contiguous wilderness are in the lower 48 states, much of it old growth and ancient forest, was about to be rent in two, with a landscape like the one we had driven through put into the gap.

According to the rules of red tape, these timber sales are "legal." What can you do if you disagree?

The Cove and Mallard timber sales have become a rallying point

for the protection of wilderness, bio-diversity and ancient forests. While most of us continued with the routines of our lives this past summer, a few people were putting their immediate personal safety on the line to prevent the clearcutting near Dixie, Idaho. Some of them are now facing jail terms and heavy fines for acts of civil disobedience such as "trespassing" on public land and slowing the building of logging roads. Even so, there are plans to begin felling the ancient trees this winter.

Are there things you can do short of going to Cove-Mallard, sitting down in the road and getting yourself arrested if you want to insist on real solutions to the problems of forests and the forest industry?

These thoughts prompted us to give the proceeds of our annual holiday tree sale to the Last Wilderness Defense Fund. At first glance one might see a contradiction in cutting trees to support forest protection, but the pieces fit.

Taking a different route home on our trip to the Clearwater, we passed many young stands of timber--trees less than 30 years old. Many of them were overcrowded, literally choking one another out. There were other places where natural reseeding had left gaps or patches of replanted trees had died. These stands of timber will not grow up to be as healthy or as productive as they could.

Truly managing timber for maximum yields and sustainability is labor-intensive. It requires knowing the trees, following their growth, watching from year to year, judiciously planting and thinning. There are many jobs in the forest industry that need to be done.

We know, because this is our situation at home. In addition to examining the habits that we have which create a demand for forest products--use of building materials, paper products, and wood heat, for instance--we are caretakers of an 80-acre parcel of forested land. The land was selectively logged in 1979 (before we acquired it) and all of the large trees were removed. Thinning the overcrowded baby trees that have sprouted to reduce competition for water, sunlight, and nutrients is a task that we concentrate on in the winter.

If your focus isn't solely on Christmas and you like the aroma and companionship of pine, spruce, or fir boughs in your home in winter, you can still come out and get boughs or a small tree. You don't have to get a tree to give a donation to help protect Cove-Mallard. Mail checks payable to the Last Wilderness Defense Fund and mail to P.O. Box 8968, Moscow, ID 83843, or call 882-9698 for more information.



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by Nancy Casey

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The Rise and Fall of the Palouse Empire Mall

by Patrick F. Donnellan

Recently, several writers who life in Moscow wanted to conduct a public reading of banned books. Part of National Banned Book Week, the event had, if anything, patriotic overtones.

Then, days before the event, news came that the banned book reading was banned. Of course, the irony was sweet, but the

circumstance was troubling. No one was protesting the fact that excerpts from *Clan of the Cave Bear* were to be read; rather, the reading needed a license. The reading was to take place in front of Waldenbooks outlet in the Palouse Empire Mall, but no one had gotten permission for the public reading from the public property's owner, the University of Idaho.

Until then, many of us mistakenly thought of the mall as an extension of city proper. The purpose of the overall design for our mall, like countless others, is after all to create the illusion of small-town America. Running the length of the shopping center is a broad central corridor, a main street as it were, tiled with ersatz cobblestone. At the major intersections, where the public enters the mall, one doesn't find the church where your parents were married or the hospital where your children were born. Rather, one finds a major department store where you purchased slacks you didn't need at a 30-percent discount.

The intersections themselves are Disneyesque versions of a village square. In front of our Penney's, one can pause if only for a moment at the ambitious 20-foot combination clock tower-fountain covered with artificial plants. Erected downtown, this structure would be laughably feeble. Yet in the mall, it possesses a certain grandeur, if only as witness to the artificiality and sameness of the surroundings.

Our town's center, on the other hand, wasn't created as an artifice to stimulate consumerism. Our Main Street, so named, evolved over time to meet the needs of the community. It's home to our city hall, our police station and fire department, our hospital, our saloons, and our churches. It's

where we demonstrate in times of discord; it's where we parade on the Fourth of July.

Most of all, Main Street is where we live our lives. Here is where Jim posed marriage in a cozy booth in a candlelit restaurant. There June witnessed a violent car accident. Jill lost a job over at the VanAllen Building. One Halloween, I bought my costume at the Goodwill Store. Main Street is the backdrop for my life. And I care about it deeply.

It seems I'm not alone in my affection for these four square blocks of office buildings, restaurants, and curio shops. At least that's my impression after a recent Saturday morning.

I drove to the mall (9.6 miles round trip) to pick up my two-for-one color prints at Payless Drugs. Walking through the mall, I was surprised to see so few shoppers. This was in fact our university's homecoming weekend and, according to my morning paper, Lamonts' was commemorating the event with a 60-percent sale off their already previously reduced discount prices. Granted, it was raining hard for the first time in months. But I had always thought the mall's *raison d'etre* was to shelter shoppers from the elements. True, people huddled under umbrellas at tables outside Sam's Subs. Still, this was somewhat unusual behavior considering the fact that the tables were inside the mall. Perhaps unusual settings engender unnatural behavior.

As I walked further through the mall, I felt as if I were meandering through a dimly lit museum. Shoppers moved slowly from one window display to the next, each store another exhibit of pop life to contemplate. My neighbors are polite to a fault and, since they were indoors, their conversations never rose above a murmur.

Seeking a more energetic atmosphere, I headed for downtown and our Farmers' Market. Held every Saturday, the market is a collection of craftspeople and truck farmers who transact their trade from the back of pickups parked a short distance from Main Street. Baseball cards, love beads, leather goods, dried flowers, and pumpkins were for sale. The City Council candidates glad-handing, children fighting, and dogs barking came free.

In a steady downpour I struck a bargain for a Guatemalan handbag, met seven people I know by name, and hugged a man. Perhaps not monumental doings for a Saturday morning, but time well spent with warm friends in wet surroundings. For us, several hundred strong, the dry, sterile comfort of the Palouse Empire Mall was not enough. We wanted to be here ... on Main Street.

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Book Review

by Bill London

Irene Allen. *Quaker Witness*. New York: Villard-Random House, 1993. 254 pages. \$18.00 hardback.

When realtors get ready to sell homes, they are reputed to explain that the three things that most determine the value of each house are: "location, location, location."

Similarly, with the modern mystery tale, the worth of the book can be judged with three other words: "setting, setting, setting."

More than just a framework to hold the convoluted plot and scattered clues, the setting of today's mystery story opens up worlds. Take for example, the Navajo cop Jim Chee carrying the armchair sleuth into the heart of Native American life--or the irreverent modern woman Kinsey Milhone giving readers entree into the gangs and games of Southern California. For many readers, it's not the sleuthing; it's the easy lessons about that time and place that make the book appealing.

That the setting tells the tale is certainly equally true of the *Elizabeth Elliot* mystery series, written by Pullman resident Elsa K. Peters (using her pen name of Irene Allen). The second of the three-book series, *Quaker Witness*, is now available.

In *Quaker Witness*, as in the previous installment, *Quaker Silence*, Allen opens the world of

the Society of Friends (that gentle religious order also known as the Quakers). The amateur sleuth who unravels the mystery, Elizabeth Elliot, is the Clerk of the Friends Meetinghouse in Cambridge, Mass. Throughout the books, readers are given a painless introduction to the questioning and kindly world of the Quakers. Allen can write with authority about the Cambridge Quakers, since she was a member of that meetinghouse while attending Harvard University.

In this installment, Allen also pries the lid off the sanctimonious realm of big-name science, the man's game played in the arena of world reputations at the major universities. She can write with equal authority here, since she lived that also, as a successful doctoral student in geology at Harvard.

From Harvard, she lifts a plot revolving around sexism and scientific fraud. To tell more here would spoil that story.

Suffice to say, *Quaker Witness* is a good read, one that enjoyably filled a morning on a sunny balcony for me. Allen has a better handle on how to tie a book together after completing the first installment. From this armchair, her second book is the better written and more engrossing. I'm looking forward to the third.

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Analysis of brewed twig and green leaf teas done by Rodale Press in Emmaus, Pennsylvania.

Oratorical and debating contests remained among the most popular of student activities in the first twenty years of the university's history, and sometimes as many people attended [speaking] meets as viewed sporting events:

"The greatest horror known to students then was the terrible 'rhetorical' system, when two orations a year had to be given by every student of college grade from the rostrum on Assembly days. 'Twas a pitiful, as well as a ludicrous sight, to watch each poor victim tremble up the aisle, bow to the faculty which sat in a rigid line behind him, and then tremble and shake through an oration before the eyes of his fellow students" (1903).

By 1911 the Idaho student body had adopted a dress code for men. It dictated the freshmen wear green caps; only juniors and seniors could sport derby hats, use a cane, or dress in corduroy trousers. Freshmen could not

wear dress suits at any college function. In 1907 the *Argonaut* editorialized in favor of distinctive clothing for each class--especially for men students:

"It's time we were drawing the line of demarcation somewhere. Under the present system...it requires several mathematical deductions to find out the difference between an upper and a lower classman, although after contiguous association a person can tell the difference. But we are all in a hurry. We wish to know and we want to know quickly" (1907).

The yell leaders did precisely as their name implied and bore little resemblance to the well-choreographed cheerleading squads of the post-1960 period. In 1923 the *Argonaut* even protested the rudimentary routines that were then beginning to infiltrate the yell squads:

"The recent basketball games have brought to light some male students who would do well in a Russian ballet, but who seem out of place leading red blooded men and women in stirring Idaho yells and songs.... If a little more attention were paid to the business of installing enthusiasm into the crowd during the actual yelling, instead of wondering what the girls thought of graceful exhibition, better results might be obtained" (1923).

Registration was one of the students' first communal activities:

"It's unamerican [sic] not to hate registration. If you like registration you must be some kind of pervert. To begin with your name is always in the wrong part of the alphabet so you spend three hours finding an advisor. Half the classes you want have been canceled or the times changed so you have to rework your entire schedule....

Finally after you've been drug through hell backwards, they want to take your picture" (1973).

From Keith C. Petersen, *This Crested Hill: An Illustrated History of the University of Idaho*, (Moscow, Idaho: University of Idaho Press, 1987).

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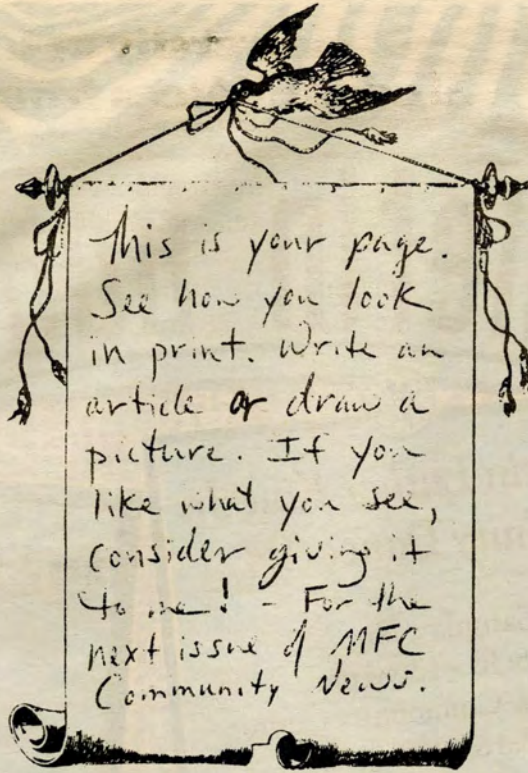
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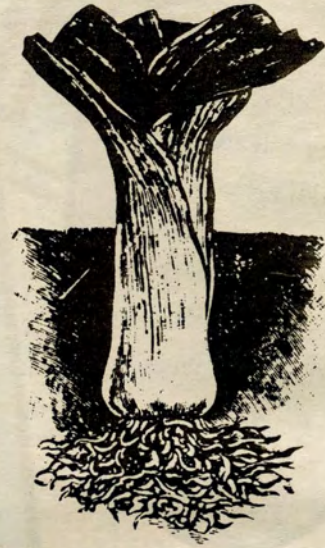




Pull your ideas out
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Share the harvest
with the rest of us.



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article or draw a
picture. If you
like what you see,
consider giving it
to me! - For the
next issue of MFC
Community News.



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,
January 14th,
7:00 - 8:30 pm at
Inner Vision.

Next one
Feb. 4th.

Bulletin Board

Martin Luther King Jr. Unity Dance '94

Saturday, Jan. 22
8:30 - 12:30 pm
Moscow Community Center
(3rd & Washington)

All ages. Donations accepted.
Music from around the world.

UPSTAIRS AT THE CO-OP . . .

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

Shop upstairs at the Co-op

**Handcrafted gifts, housewares, clothing,
espresso, gourmet food and more!**

UPSTAIRS AT THE CO-OP . . .

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

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

Smoothies! Fresh Juice! Organo-burgers!

Co-op Annual Meeting

February 27, 5 pm

(location to be announced
in February newsletter)

Start their year off right!

Give a subscription to the
Moscow Food Co-op Community News.
Only \$10 for one year, 12 issues.

Make check to Moscow Food Co-op
Send check and name of the lucky subscriber to:
Bill London
c/o Moscow Food Co-op
310 W. Third
Moscow, ID 83843

The 4th Annual Post-Holiday Barter Fair and Potluck

Sunday, January 23rd
Unitarian Church basement

The fair will run from 3:00 pm to 9:00 pm
with the potluck at 6:00. Please bring a
dish to share and your plate and utensils
for the potluck. A music jam will follow
the potluck, and everyone is encouraged
to bring instruments to play.

Fair participants may trade both
handmade and used items, as well as
services or anything else of value.

Organizers emphasize that the fair is free,
and anyone may attend any portion of
this post-holiday celebration.

For more information call
Kate Schalck at 882-9309.

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.**