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JULY 1994

MOSCOW FOOD COOP COMMUNITY NEWS



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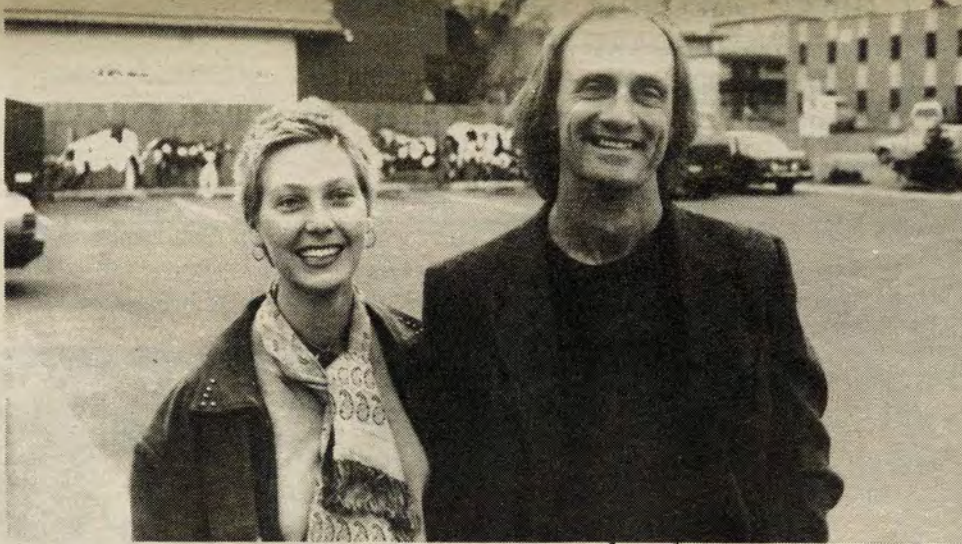


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Jacqueline A. Soule is in Alaska on a research trip, and will have an article next month on "Spices, Ethnobotany, and You."

Jacqueline A. Soule, who contributed her fine column, "Spices, Ethnobotany, and You," has to discontinue writing for this newsletter to concentrate on her doctoral dissertation at WSU. Thanks to Jacquie for the fine scholarship and lore that made her columns so fun to read.

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NEWS FROM THE PRODUCT SELECTION COMMITTEE

By Eva Strand

The product selection committee is continuing the work on developing product selection guidelines for the Moscow Food Co-op. Two examples that we would like to present are:

1. Organically Grown Products

Certified organically grown products will be promoted by the Co-op. Organically grown products have priority over non-organic products. Both will be offered when there is a significant price difference. The Co-op will promote organically grown foods through education and special programs.

2. Environmental Impact

The Co-op will promote low-impact living by giving priority to bulk, organically grown, and local products. The Co-op will limit the number of products sold in non-recyclable, non-reusable, or energy intensive packaging. The Co-op

will encourage recycling and the use of recycled containers. We will encourage manufacturers and distributors to make products available in post-consumer recycled and recyclable packaging. We will only carry biodegradable, non-dyed, and non-chlorine bleached paper products; low and non-phosphate detergents; and health and body care products that are not tested on animals or that contain no animal by-products.

Presently we are developing policies for sweeteners, meat and poultry, and alcohol.

The Product Selection Committee meets on the 1st and 3rd Thursday of each month from 6 to 7 PM upstairs. If you have the interest, please join us at these times.



NEW EQUIPMENT AT THE CO-OP!

By Kenna Eaton

Every year our 2300 members make a contribution to the Co-op in the form of membership fees. This money is set aside in a separate account from operations, earmarked for new equipment, shelving, and other physical improvements at the Co-op. Over the years we have used the money for items such as the reach-in cooler (the one for milk, cheese, and soda), building the Bakery, and purchasing a new computer for the office.

Recently the Facilities and Operations committee of the Board of Directors (Evan Holms, Vicki Reich, and myself) have been trying hard to find more ways to spend that money. We have spent a lot of time looking at catalogs, calling other co-ops (to ask them how certain items have worked out in their stores), and generally getting excited about our choices. Some stuff has already arrived. Last month we received the peanut butter machine; it's big, it's huge, it's RED. O.K. so I'm exaggerating a little bit, but it is RED. The grinder makes the most

delicious peanut butter I have ever tasted--plus it is nothing but pure, organically grown peanuts, no oil, no salt, no sugar. Ever since Vera White wrote about the grinder in the Daily News, we've seen a wide variety of people coming in to check it out, people we haven't seen before. We also bought new bulk liquid dispensers for oil, tamari, and maple syrup. This is the most popular type of system available to us. It was also relatively inexpensive. As a customer I really appreciate the easy way they flow out without making a big mess! "User friendly" is the appropriate term, I think. Also arriving this month is a new coffee dispenser. I haven't seen it yet, but I believe it will hold about 14 different types of coffees, with gravity-flow for easy access. White Cloud Mountain is giving us this system to hold their coffee. Thank-you, WCM! If we like it, we will have one made locally to hold our other coffees.

Last week we attended the auction at what was Jeff's Market. Ken Nagy did the bidding for us

and managed to get quite a bit of real grocery-story shelving. Most of it is still stacked up in the parking lot (against the cows), but slowly it is making its way into the store. The buyers and stockers are really excited to finally have shelving designed to do the job of holding food, not the food furniture we've been using. We also bought some small carts at the auction to help with the process of stocking food and produce. Yeah! Small things tend to make a big difference around here.

In the future we hope to buy new bulk, gravity-flow bins for beans, grains, peas, and lentils. These bins are space-efficient as well as easy to use. We are also hoping for new cash register stands, new bulk bins for chips, dried fruit, and chocolate/carob chips. A lot of these things are available from the manufacturers for a low price, or even no price at all, which is a big plus for us.

If you have suggestions on new equipment you'd like to see in the store, please tell us: chances are we want it too.

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THE BUYERS ARE IN

By Skott Larsen

Responses to customer requests and comments:

I am a former MFC member now living in Seattle. This co-op is better than anything in Seattle! Lots more bulk and organics. THANK YOU!

Please carry Nancy's plain soy yogurt. O.K.! We did pick up the plain soy yogurt and then, shortly after, the Nancy's Springfield creamery was destroyed in a fire. They are hoping to begin production by the end of June. Until then we will be supplementing our yogurt selection with varieties from Brown Cow, Stoneyfield, and Alta Dena.

*Dear Co-op, I was bummed when you wouldn't accept used jars and now I am especially bummed because there doesn't seem to ever be enough reusable jars and containers. Grrr#!!?** Dear GRR#!!?*, We understand your frustration and sympathize with you. We hope everyone understands the frustration that the staff and volunteers were feeling when we were constantly bombarded with used containers. We had an entire room overflowing with them, most not clean and without matching lids and many of them not reusable. It took what we felt was too much effort to sort through them and wash them, and then in the end we were forced to toss most of what we received. We appreciate those customers who diligently sorted and sanitized their containers and we apologize for the inconvenience to everyone. Nothing is definitive around here, so hopefully we will find a solution/policy that works for everyone; please share your ideas. In the meantime we still encourage everyone to bring in their empty

containers from home to shop with you; you will still receive a 4-cent discount on all reused ones.

I'm allergic to vinegar and would appreciate some more salad alternatives. Some tofu-based types have no vinegar. Thanks! We do carry the Simply Delicious Tofu Poppyseed dressing. However, it does contain vinegar. I will try to locate one that is vinegar-free. If you have a brand name, that would be most helpful.

Please carry Barbara's Shredded Wheat cereal. We are. We have both the Shredded Wheat and Shredded Spoonfuls. Both are very popular.

Can you get Brown Cow Plain unsweetened yogurt in large containers? A sugar-free-for-medical-reasons-Brown Cow Freak. Sure! We are currently stocking both the fat-free and regular in place of the Nancy's, but we can certainly continue to carry them as long as they sell.

Won't there ever be any almond malteds again? Of course! By the time you read this they should be in the cooler.

I think that it would be a good idea to get some coconut paste (the paste of coconut not just the water). Thanks. Unfortunately I cannot locate anything called coconut paste. We do carry coconut oil in the body care section. Possibly this can substitute.

How about a coat hook in the restroom, possibly below the water heater? Great idea! Ken will put one up ASAP.

Please carry Limare Atlantic Sea Salt from Europe again. It makes the best bread. O.K. I will order some as soon as I can fill the minimum order for the company which carries it. If anyone has any

special macrobiotic orders I can add in, let me know.

Why don't you carry pizza dough anymore? Lack of space. We really need another 2-door freezer to hold all the frozen items members want. The bakers would be happy to mix some dough up for you. Just let them know a couple of days in advance. The Upper Crust number is 883-1024.

Please carry new varieties of totally non-dairy (whey and/or casein-free) cheese substitutes. We carry all that are currently available. Sharon's is promising a vegan cream cheese soon, and I promise to pick up any others I can.

Please put the chow mein noodles in bigger bags. O.K., that's easy!

Why are the dried fruits packaged? Every bag is 1/2 full. What's the point of shopping at the Co-op if buying lots of something isn't possible? We tried bagging the raisins in gallon bags and it was a popular idea, so we'll keep doing it. With the exception of the raisins, dates, prunes, and other sticky fruits, I think the dried fruit can be sold in bulk bins. The problem is that we don't have extra bins right now, but we're working on it. The Facilities and Operations Committee is shopping for all new bins right now.

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



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By Jeannie

We are continuing to work on a number of the items you suggested at the Annual Membership meeting in February. First was to assess the Co-op's potential for a move. We have developed a checklist of items that we will use to assess a new location. This checklist includes 80 items under four major categories: physical structure, location, equipment, utility systems, and miscellaneous. Many of these items are from the pros and cons list we developed at the annual membership meeting: Foot/bike access, parking, eating area, ambiance, usable square footage, adaptable floor plan, bakery space, etc. Anyone interested in becoming involved in this part of the Co-op's activities during this next year should join the Facilities and Operations committee where much of this work is taking place.

From the ideas list someone asked whether we could keep the Bazaar. The board decided that the Bazaar is an important Co-op activity. At this time, we anticipate opening the Bazaar for two months this year, November and December. So, save your holiday shopping for the Co-op Bazaar!

"Encourage alternative trans-

portation; discourage driving," was one comment. We recently received a thank-you card from PCEI for our contribution to the Vanpool project. This project would encourage folks who live out of town to utilize a Van-car pool to get into town instead of driving their own cars each day. One way the Co-op encourages alternative transportation is to become involved in these types of efforts. If you have an interest in this area, there is lots of work to be done. Call Fritz Knorr at PCEI, and I am sure he would welcome a helping hand.

A couple of months ago Ed Clark, illustrious bakery manager, came to us with a proposal for increased and improved advertising efforts for the Co-op. Basically, Ed was telling us that he would design an advertising strategy that targeted folks who normally don't shop at the Co-op or folks who only buy one or two things. He said the Co-op wasn't doing much to let folks know the Co-op is easy, friendly, and often cheaper than buying elsewhere. We felt the need for the position was real; however, we had just slashed payroll and now we were looking at the possibility of adding more to payroll! The solution was to use

our advertising budget and to "borrow" from the capital fund for seed money and let Ed see if his "Promotions and Outreach" efforts could pay for themselves. So, in the long run, we anticipate that the position will actually pay itself back. In his new position, Ed will be helping with all aspects of reaching out to members and the wider community. We look forward to having Ed's creativity and energy in this important area.

Kenna came up with a wish list of things she hoped to buy to improve efficiency and flow at the Co-op. The Facilities and Operations Committee has been utilizing the capital fund to help make some of those improvements (see their report in this issue). We hope you've noticed some of the improvements. And, there's more to come!


I want to thank Renee McNally and Eva Strand for the work they are doing to put together the Shop Smart Tours. Renee wrote and applied for a grant from PCEI for seed money to begin these tours. Eva had begun working with Renee and will soon have a smart shopper tour at the Co-op. They are also meeting with executives of Tidyman's who are interested in having similar tours. We see this

as a great opportunity for the Co-op to educate consumers about environmentally safe and sound buying. Thanks to both of you! Anyone wanting to find out more about these tours should call Eva Strand at 882-0528.

As always, let me know if you have any questions or concerns for the board. Have a good month!



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6 CELEBRATE SUMMER WITH SOUP

By Carol Hartman

All the wise and knowledgeable weather people are predicting a summer that's a carbon copy of last year: cool, windy, dreary, with a few nice days tossed out as teasers during the week. In my household, we enjoyed lots of harvest soups last year, creating concoctions that resembled liquid salads. If you stored any potatoes over the winter, you might enjoy some of these recipes. (If not, visit the produce section at your favorite Co-op!) This first one is derived from both Mollie Katzen and Frances Moore Lappe recipes.

2 med. potatoes, peeled & diced
4 C. water
3 - 4 large garlic cloves, peeled
1 - 1 1/2 tsp. salt
dash of black pepper
1/2 lb. green beans, trimmed & cut
1 C. broccoli, diced into small florets
1 C. chopped cauliflower
1 med. carrot, chopped
1/4 lb. snow peas
2 small zucchini
1 med. red bell pepper, cut into strips
1 C. fresh corn
1/2 C. fresh spinach, chopped

Boil potatoes and water in a saucepan. Lower heat and simmer until potatoes are tender. Add the garlic cloves just before the potatoes are done simmering.

Puree the potatoes and garlic in their cooking water. Add salt and pepper to taste. Set aside.

Steam vegetables until tender in these combinations: 1. green beans, 2. broccoli, cauliflower, carrot, 3. peas, zucchini, pepper, spinach, corn. Set vegetables aside.

Heat the pureed potato before you are ready to serve. Stir in the steamed vegetables at the last

minute. For a little zing, toss some herbs, such as basil, dill or oregano, on top.

Succotash Chowder

Lima beans are not on my list of favorite beans. In fact, I generally avoid them as much as possible. However, they were snuck into this recipe so skillfully I noticed only how they complemented the potatoes and blended well with this seemingly perfect combination of spices.

If you're a lima bean avoider, keep an open mind on this one. You may become a fan! This is another Mollie/Frances derivation.

1 med. potato, peeled & diced
1 T. butter
2 C. chopped onion
3 - 4 med. garlic cloves, peeled & pressed
3 stalks celery, chopped
1 1/2 tsp. salt
1 tsp. salt
1 tsp. basil
1/2 tsp. thyme
3 C. corn
2 - 3 C. cooked baby lima beans
4 C. soy milk (dairy OK)
lots of black pepper

Boil the diced potato until tender. Drain and set aside. Melt the butter in a kettle or Dutch oven. Add onion, garlic, celery, salt, and herbs. Sauté over medium heat for 10 minutes. Stir in corn, and saute another 10. Add the cooked beans.

Add potatoes and milk. Season with black pepper. Serve very hot. Throw some fresh parsley or chives on top.

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LOVE IN THE HERB ROOM

By Bill London

Ashley and Peter first met at a New Year's Day party this year. But that meeting really doesn't count because, as Ashley notes, "We were both dating others, and he called me Roberta and I thought his name was Steve."

They really connected at the Herb Room of the Moscow Food Co-op. She was a Co-op volunteer and Peter was working as a stocker/cashier. "I scoped him out at the Co-op," Ashley admits.

She found out that he worked weekends, and that they were both romantically available.

"It was January 22, 1994, and I just happened to be there, in the Herb Room and there he was kneeling down filling herb jars," she recalled. "I kept thinking, how can I ask him out, especially since I was embarrassed that I had accidentally dyed my hair orange."

"So I just asked him if he wanted to go to the movies some time. When he said 'Yeah,' I was flabbergasted. I said, 'When?' He said, 'tonight.' Six weeks later, we were married."

The reason for that attraction,

Ashley said: "Pete has a good laugh and we laugh at the same things."

Pete's explanation of the beginnings of their whirlwind romance is more concise. "I was just oblivious," he explained.

Ashley (now Ashley Ater-Apgar) and Peter Apgar (still Apgar unhyphenated) originally planned a July wedding, but instead appeared before the local justice of the peace on March 25, with Judith Finel as their witness.

With that marriage vow, Ashley became an instant step-mother. Pete's two children, Catie, 13, and Jacob, 11, will be spending the summer with them before returning to school in Louisiana. The family will live on C Street, at the Peace House on the hill overlooking Moscow.

After Ashley completes graduate school at the University of Idaho, they plan to go to Portugal to live. The reason for that choice is obvious, Pete explained. "In Portugal, it's easy for foreigners to get jobs, there's plenty of cheap wine, good desserts, and great seafood."



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THE CO-OP CONDUCTS EXPERIMENTS WITH BOARD MEMBERS?

By Carol Hartman

Evan Holmes says the only reason he ran for the Co-op Board of Directors last winter is because "my arm was twisted to such an extent I had no choice" and "somebody thought I was better than nobody; I'm an experiment in board members."

Despite this determined lack of commitment, he brings a lot of valuable skills to the board as well as the committees he currently serves on: Facilities and Operations, and Strategic Planning. His experience in residential carpentry, renovating older homes, and his knowledge of supplies and costs is an asset as the Co-op faces the big challenge of finding a new location.

"I'll work on whatever the membership wants, and that's what we're working towards. We're negotiating with potential landlords, reviewing facilities and costs, and trying to figure out a way the Co-op can pay for it," he said. "(I'm looking at) what it really costs to do things."

Evan has also been sitting in on Finance Committee meetings. Here's where his work with media productions--planning, designing, writing scripts--comes in handy. He knows firsthand the costs and concerns of running a small business. Some of his recent projects include five videos on Hell's Canyon highlighting the history and recreation opportunities of the area and a tourism video for the Harper's Ferry Center of Denali National Park.

Evan is proud of his ability to avoid formal education and formal employment.

"I've not yet had a real job. I've worked temporary and contractual work only. I usually look for positions that last about six months

at a time," Evan said. "There's really no calling for my vocation in Moscow. I just do anything that comes along that seems interesting, like becoming a Co-op board member ... but I'm the busiest unemployed person you've ever seen."

Part of what keeps him busy is his family: partner Nancy Medlin and their two children Emily, 3, and Colin, 7 months.

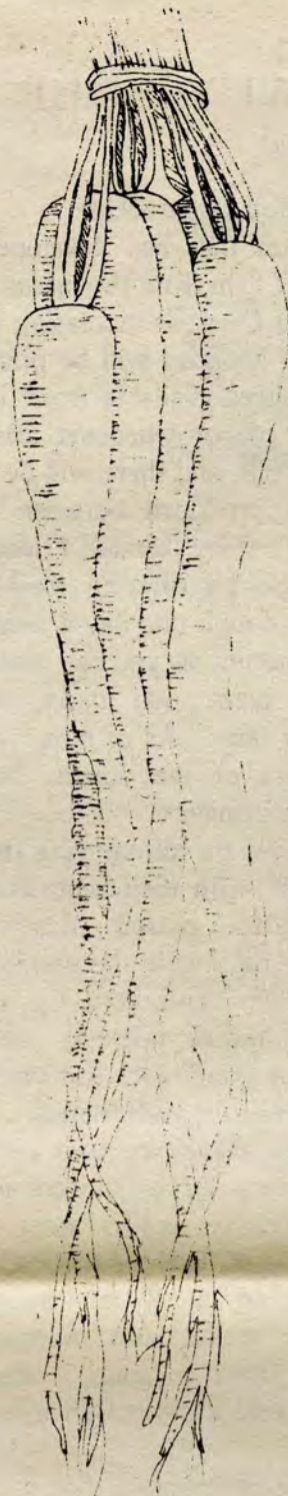
"My sports now are my children. I take Emily to the park, play with Colin," he smiled, admitting that this lifestyle is indeed quite a change from working as a climbing ranger at Mount Rainier National Park and as a backcountry ranger at Denali National Park.

Evan has also been a member of the Berkeley and the Boise co-ops. The ability to buy in bulk, as well as the availability of more nutritious food, keeps him a co-op supporter.

"Things I can't get at other places--bulk, that's it. There was one or two things I knew I'd come here all the time for," he said. "For years, I hadn't shopped at anything but the general grocery store, about a 170-mile drive one way, in Fairbanks. I walked into the Co-op and said, 'Hey, there's actually things I'd like to buy here.'"

Although Evan hasn't ever volunteered in his five years at the Moscow Food Co-op, he declares that the board is the perfect niche for him.

"It's actually fun. The Co-op board is the perfect thing for me. I think you kind of make your own niche. If I worked downstairs, I'd probably kill somebody before the day is through, it's so haphazard and busy down there!" he declared.



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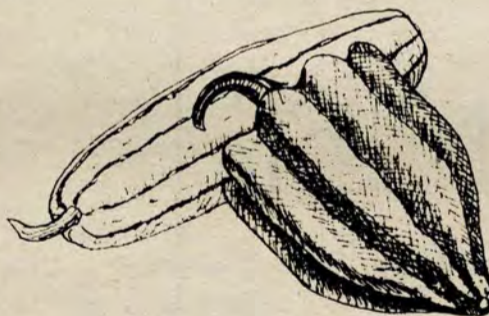
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By Annie Hubble

Hot summer days are with us again, at least while I am writing this, and the Deli is trying to provide you with refreshing salads and such to help you through the day. A couple of desserts, both vegan, have sold well this month--a chocolate mousse pie (yes vegan!), and a strawberry couscous pie--both nutritious and delicious, and light enough to satisfy when the temperatures are in the 80s or 90s. I will try to make more similar items. Any recipes out there?

After a shaky start (it's always a scary thing to inherit someone else's recipes with all the expectations attached therein), the cookies are now turning out in a consistent manner. And to the question posed by a customer about the need for bulk cookies, check out the Deli choices near the bread counter--you can buy just one or dozens, and there are 4 choices as of now: monsters--a yummy conception developed in the early days of the bakery that I think has every ingredient a cookie could have; chocolate chip and peanut butter; ginger; and the no-wheat oat cookies. In response to a request for a would-be cookie consumer, yes, I will work on

finding a good vegan recipe.

The pizza that has developed with a lot of help from the maestro of pizza, Ed Clark, is increasing in popularity. Monday will be pizza day, with slices available from 12 noon 'til 5 pm or whenever after that it runs out, and there will be a daily pizza produced between 4 and 5 pm Tuesday through Friday. We will also be offering freshly made pizza dough one day a week in the afternoons, so you can make your own pizza that night, or freeze it for later. As of now, we are not sure of the details, but watch for information.

I hope you are all enjoying the picnic tables, with their umbrellas and gorgeous potted flowers arranged by Ed, out in the parking lot--all to help make your Co-op experience more relaxing and enjoyable. A good place to have a bite to eat and visit with friends.

A special thanks to two new Deli volunteers--Dave who comes in each Tuesday and is such a pleasure to work with, and Kirstin who turns up at 8 am every Sunday to make sure Sunday shoppers have soup and sandwiches and a clean Deli case. Thank You!

Enjoy the summer!

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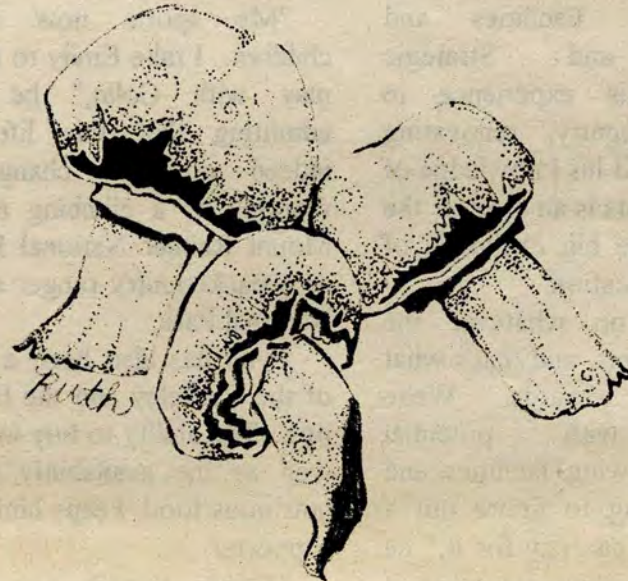


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A VEGAN RECIPE

By Mare Rosenthal

Barbecue season has arrived! These recipes were taken from *Grilling from the Garden: Vegetarian Dishes for the Outdoor Cook*.

Lentil Nuggets

1/2 C. brown lentils, rinsed
1 bay leaf
1/4 C. finely diced white onion
1 clove garlic, crushed
1/2 C. couscous or bulgur, cooked
1 small russett potato, baked
peeled & mashed
2 tsp. ground cumin
1 tsp. dried thyme
1 tsp. chili pepper
pinch of cayenne
salt to taste

Place the lentils, bay leaf and onion in a sauce pan with enough water to cover. Bring to a gentle boil, cover and simmer until the lentils are tender and the water is absorbed, about 30 minutes.

Discard the bay leaf and transfer the lentils to a mixing

bowl. Add the garlic, couscous or bulgar, potato, cumin, thyme, chili powder, cayenne, and salt. Mix well.

Shape the mixture into oval nuggets about the size of your palm and place on the grill. Grill for 15-20 minutes over medium heat, turning once, until the nuggets have browned on both sides.

Serve alone or with a dipping sauce (example follows). Makes 6 servings.

Pungent Pepper Sauce

1 pound cherry tomatoes, red or yellow
1 shallot, finely minced
1 clove garlic
2 T. fresh minced cilantro
2 serrano chili peppers, seeded, roasted, skinned and minced
1 T. fresh lime juice

Toss all the ingredients in the blender and process until chopped fine. Do not liquefy.

This will keep up to 3 days in the fridge. Makes 1 cup.

CAROL HARTMAN TALKS WITH HER HANDS

by Paul Lindholdt

She wore a shirt that said "Animal Workouts" -- a vestige of a bodybuilding phase ten years ago. She came to see me with Clyde, her 13-month-old Labrador and German shepherd cross. She drove a pickup truck in which she will be departing from us in one more month.

After July, our most reliable writer for the Community News will be leaving to get her Ph.D. at the University of Wisconsin. This interview is meant to thank her for all the good she's done.

When she goes, she will go to study communication science. Specifically, Carol wants to study the sociology of communication about natural resources. She will be living a mere two hours from Chicago, where she grew up listening to the legendary urban blues.

She had a Catholic upbringing in which "you didn't talk about having gas, for God's sake." The Jewish boys stigmatized her and her kind as prudes, goody two-shoes who didn't "do it." In that scene, "You grew up with a bullseye on your back," she recalled.

Feeling like a piece of meat may have started her on the vegan diet she sticks with today. As a teenager, she began shopping and eating in a cruelty-free cafe in Chicago. Asked if people accuse her of being a nutritional prig, Carol responded, "The way I live is the way most people know they should live." She dismisses contrary opinions on environment and diet as "consciences talking."

Carol lives in a way that might invite the amusement of less sensitive people. For instance, she

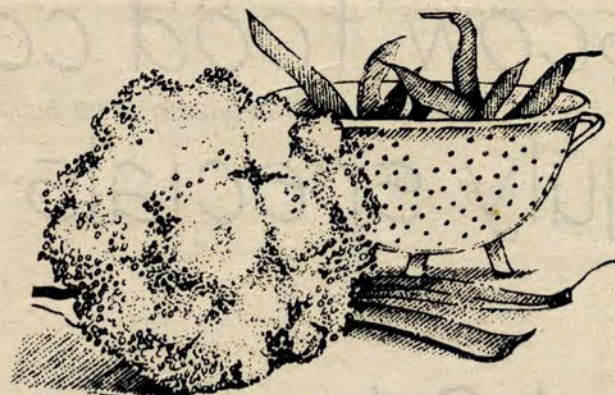
said she would not speak to me if I were wearing a leather jacket. She believes in the credo, "Leave no trace, do no damage." Blitzed by media campaigns about sudden impacts and high profiles, most Americans would poo-poo her.

Compassion for the planet unites Co-ops shoppers, Carol hopes. Folks patronize this grocery devotedly, she said, because they believe in supporting each other and the local growers who work so hard to improve the quality of life for many generations to come. She's proud to be a member of this collective.

Carol believes in animal rights. Once, when she saw a woman in a white fur coat walking a white dog, Carol asked--in what must have been a wonderfully snotty tone--"Is that what you did to your last dog?" Many of us have certainly yearned to be just as assertive. She admits, "I probably have more love for animals than for people."

But human culture has its attractions for Carol after all. She likes the TV programs *Seinfeld* and *Cheers*, shows that break new ground, discuss formerly forbidden topics. Reggae music stirs her. So do the writers Willa Cather, Annie Dillard, and J. D. Salinger. Nor are all her entertainments quite so tame. As an exchange student in Scotland, she joined a skydiving team.

Asked what's the one thing people should know about her, she responded that she's really Italian; her Italian grandmother can vouch for that. People should know Carol is excitable. She's passionate about her beliefs. She talks with her hands and people try



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to stop her.

Good luck, Carol, and thanks for contributing your excellent interviews and recipes and essays to this newsletter for so long.



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BARBECUED TOFU

by Paul Lindholdt

To complement Mare's barbecue lentil and pepper sauce recipes in this issue of the newsletter, I thought I'd add my own personal recipe, tried and true, for marinated and barbecued tofu.

Buy the firm blocks of tofu in the 5-gallon bucket in the back of the open-face cooler. Each block costs only .36 cents. Slice each block into five pieces; you'll end up with 1/2" X 2" slabs. Dump them into salted boiling water and boil for 10 minutes. Remove into a colander and cool; they will be sticky, almost gelatinous, so beware of their adhering to one another. After they cool they will be more firm; that's the function of the boiling.

Now take and marinate these slabs for 12 to 24 hours in your favorite sauce. Some folks will prefer a curry sauce, a pesto sauce, or a sauce of their own invention. I like a base of olive oil, basil, dill, chili, and garlic with a dusting of parmesan cheese. Purists may want to avoid the oil and dairy products, but a little bit of oil will help keep the tofu moist while barbecuing. Keep in mind that tofu, like a sponge, generally absorbs the flavor of anything it touches.

After marinating the tofu for as long as you can keep from eating it, slap the slabs on a barbie and grill long enough to add a bit of crust. Keep in mind that doctors are implicating charred foods as potential carcinogens, so limit the cooking to 5 minutes or so per side.

The finished product can be eaten hot like barbecued ribs, cooled and cubed for use in omelets or stir-fry, or put between slices of bread in a way to make Lord Sandwich proud.



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12 A BEAUTIFUL DAY IN THE 'HOOD

Photo and Story by David Milholland, In Good Tilth

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The "only student-owned natural food products company in the country" has its headquarters at Crenshaw High School in South Central Los Angeles. At a recent trade show five of its student owners stood proudly by a booth, where their *Straight Out the Garden All Natural Creamy Italian Dressing* was displayed.

Only two years ago, right on the heels of the LA riots, they cleared a quarter-acre plot behind the football field with weeds up to their waists. Working after school, the group then planted an organic garden. Today, they sell veggies and herbs at farmer's markets, and donate 25 percent of their product to the needy in their community. These past two holiday seasons, they fed meals to 585 people.

Not only are these student owners getting their fingers in the soil, they are learning to eat better. Sixteen-year-old LaChentia Patton says she always ate junk candy. "I

learned how to communicate with older people. They respect us as equals. I'm learning a lot of skills I can use later in life." That's not all keeping her in the project. "I like being in the news."

They've shown up on local TV and been featured on the editorial page of the *L.A. Times*. Recipients of a \$50,000 grant from RLA (formerly Rebuild L.A.), Food from the 'Hood, guided by biology teacher Tammy Bird, Melinda McMullen, an RLA official, with special assistance from Norris Berstein, of salad-dressing fame, hopes to turn corporate profits into scholarships. They even have a broker--Bromar Southern California--which met with the young entrepreneurs for an entire day, while school was closed after the earthquake, to develop "marketing documents and financial strategies."

The \$50,000 investment completely changed their attitudes. "Never in our wildest dreams," said Maurice McNeely, "did we expect to have a corporate office in 3 weeks and 2,000 bottles of salad dressing in 12 weeks." Student after student pointed out ways these developments are making big things seem possible in the future. Jaynell Grayson expects to "have a sense of business" to help her get "a better grade in college classes. This has given me a sense of pride." Though Food from the 'Hood calls itself "an organic food products company," its first offering is "natural." Ms. Greyson said that "we wanted to do it organic, but we were told it would cost too much. We want a product that people in our neighborhood can buy."

Perhaps some enthusiastic organic advocate can join forces with this fledgling company and help it make the "organic leap" with its next products. Look for *Straight Out the Garden All Natural Creamy Italian Salad Dressing* at the Co-op.

FOOD FROM THE HOOD



Straight Out 'the Garden

did not like Italian dressing. Now I eat less fast food. I go back to my vegetables." Her favorites: lettuce and carrots. Mary Lucas is excited to be learning all about accounting. She's part of the group which developed a marketing plan and a business structure. These young people are hoping to ride their experience right into college and beyond. As Cherise Wilson puts it, "We

MAKE YOUR OWN BERRY FESTIVAL

By Carol Hartman

One of the best produce items lining the Co-op shelves these past few weeks has been Moscow Mountain strawberries. Tiny, sweet and juicy ... I wonder if there is a single member who hasn't purchased a basket or a quart lately? These wonderful berries made me pull out some old strawberry recipes so I could enjoy them in other forms (that is, assuming I could stop myself from swallowing handfuls while I mixed the batter!).

We've only had one day on the Palouse where I felt it was warm enough to buy some (soy) ice cream, but this is the topping I prepared, courtesy of Mollie Katzen's *Moosewood Cookbook* (slightly modified). The next sunny, warm day I hope to spoon it atop some sponge cake to see how it tastes as a shortcake. Mollie describes it as a "berry topping" suitable for strawberry, raspberry or blackberry. Enjoy! Be creative.

1 C. fresh berries
1 - 2 tsp. honey (or substitute 1/2 tsp. fructose)
few drops of lemon or lime juice
Place all ingredients in a blender and puree.

Strain through a sieve to separate out the seeds. Discard them. Taste to adjust sugar and lemon juice amounts.

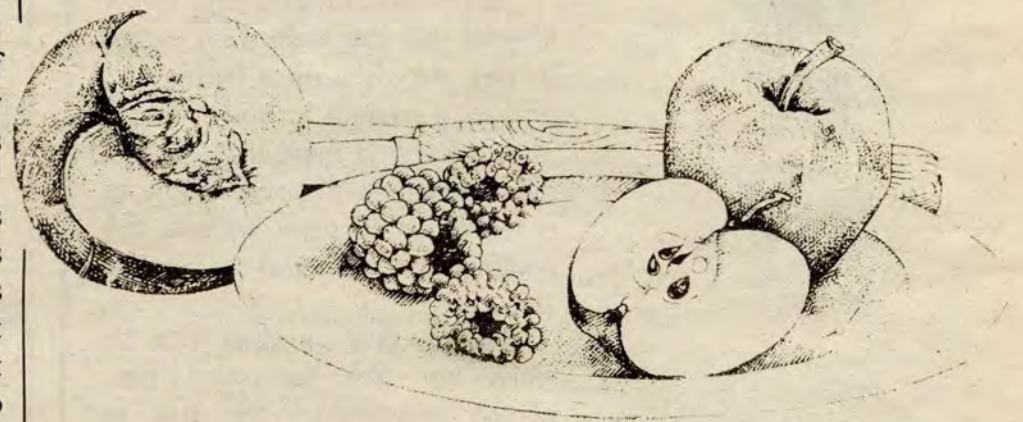
Transfer to a container, cover tightly, and refrigerate until you're ready to use it.

As the Co-op begins to stock all summer-harvest fruits, try combining a few for a tasty, healthy dessert. I used this next recipe quite a bit last summer (and I called that season "summer" only because I'm still optimistic that I will have a tan this year), interchanging whichever fruits were available at the time.

3 C. soy yogurt (dairy OK)
1 C. fresh strawberries
1 - 2 medium-sized ripe peaches, sliced
1 ripe banana, sliced
honey or brown sugar to taste

Mix it all thoroughly and chill. It should stay fresh for a week or so.

Later in the summer, try substituting grapes and blueberries for the strawberries and peaches. Flavored yogurt is tasty, too! Just decrease the amount of honey or sugar you mix in.



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How to Party

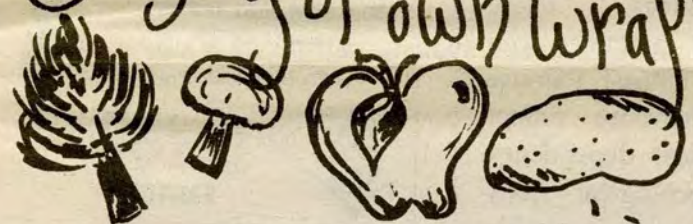
happy "unbirthday"
let's party
by: Krissy Beoka

It doesn't have to be your birthday to have a party. Why not have an "UNBIRTHDAY" party? Have some cake and ice cream and exchange presents that you make yourself. Why not start planning one today--be sure to ask an adult first.

plan a party.

Here is a fun party snack that is easy to prepare and fun to eat. First, core and slice an apple. Spread one side of each slice with a thick layer of peanut butter. Place three or four tiny marshmallows on top of the peanut butter on half of the slices. Top with the remaining slices, peanut butter side down. Squeeze together gently and eat promptly.

Stamp your own wrapping paper



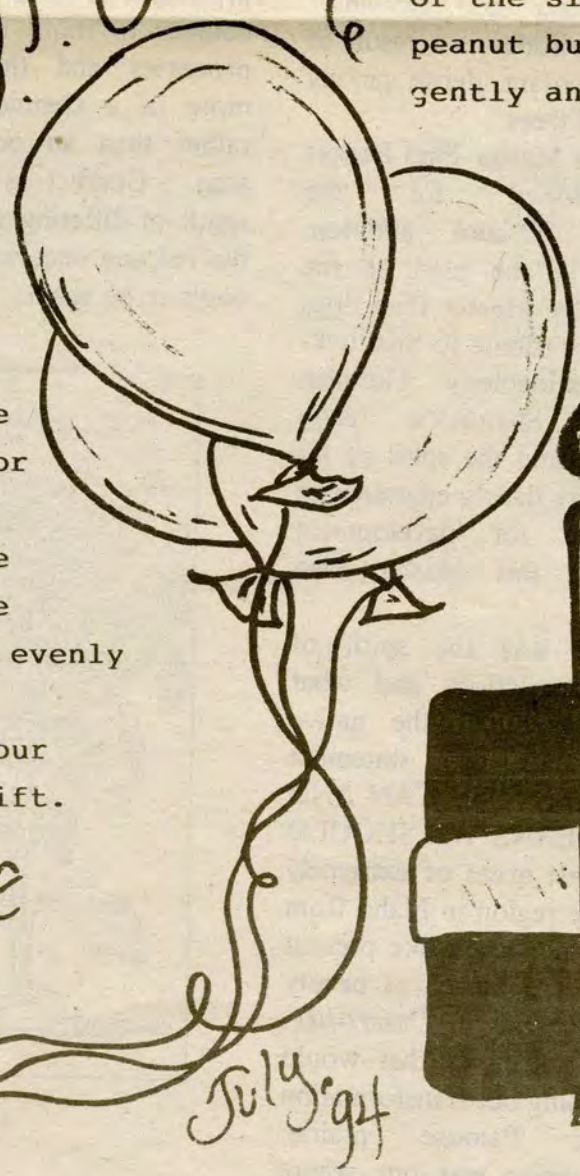
Apples, mushrooms, oranges and artichokes all make wonderful stamps for printing.

With adult help, use a sharp knife to cut the fruit or vegetable in half. let the peices air dry for about an hour to get clear prints.

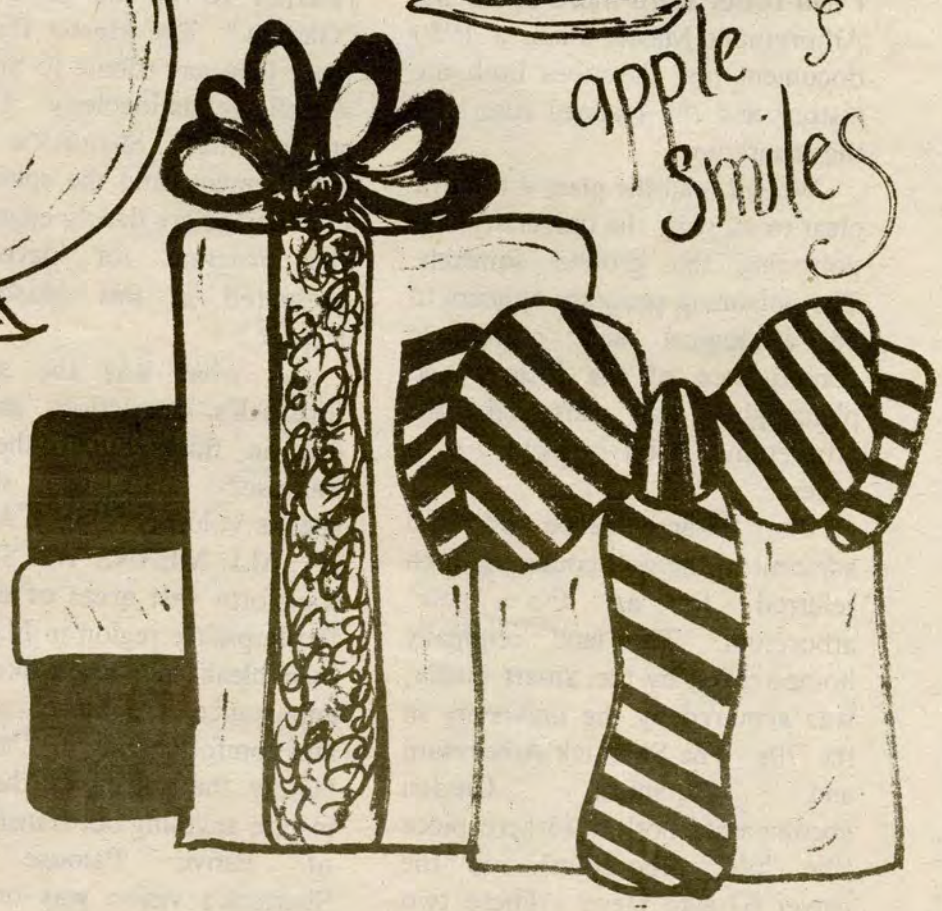
Spread paint over the cut side of the vegetable or press it in the stamp pad. Then, press firmly and evenly on to large sheets of paper.

Let your sheets dry and use your newly printed paper to wrap your gift.

fruit & vegetable printing



apple smiles



July 94

By Greg Brown

In the April Co-op Newsletter, I wrote about the University of Idaho's poisoning of Columbian ground squirrels in the university arboretum. The following article is the first part of a series that will explore the issue of animal poisoning in the UI arboretum, a situation that I believe to be a microcosm of the ideology and values that have come to represent development in the West. This first part focuses on the history of the arboretum and the values that inspired it.

As a member of Palouse Voice for Animals, a local animal advocacy organization, I was demonstrating in front of UI arboretum on May 31, along with six other individuals, against the absurdity of the poisoning program. As we demonstrated, we were joined by an individual carrying a very simple sign, "Give it back." When I inquired about the message, I learned that he objected to the "gardenification" of the Palouse. He objected to the imposition of a highly artificial landscape on an area that seems better suited to housing a piece of native Palouse prairie. I said that I agreed with him, but I decided that I had better learn more about the Arboretum's Master Plan, a 1980 document that describes both the history and the planned future of the arboretum.

When I read the plan, it became clear to me why the university was poisoning the ground squirrels. The poisoning program appears to be a logical and regrettable consequence of the history and philosophy that inspired the arboretum. A bit of history is in order.

The 63-acre piece of land adjacent to the golf course is often referred to as the "new" arboretum. This land, originally homesteaded by the Stuart family, was acquired by the university in the '70s. The Shattuck Arboretum and Botanical Garden encompasses both a 35-acre piece (the "old" arboretum) and the newer 63-acre piece. These two

arboretum areas are divided by Nez Perce Drive.

The arboretum was named after Charles Houston Shattuck, the first professor in the Department of Forestry at the University. Shattuck was born, raised, and educated in the East. Shattuck was, no doubt, imbued with the prevailing forest ideology of the time characterized by Gifford Pinchot, the first Chief of the Forest Service. Pinchot was a strong utilitarian and believed that forests should be improved through active forest management (read logging). An unmanaged forest was a wasted forest.

Shattuck was responsible for planting trees in the "Forest Arboretum," the 35-acre piece of land that lies between the Administration building and the golf course. He proposed to then-university President James MacLean, "On that hillside I would like to plant trees--a great variety of them to test their growing." What you see today is a result of that test--a verdant, dense canopy of a variety of trees.

In 1980, a Master Plan Report was developed for the undeveloped 63-acre addition, referred to in the plan as the "Garden." The Master Plan does more than pay tribute to Shattuck--it reflects his ideology. The plan states that Shattuck's "early achievements and the spirit of his convictions are deeply engrained in the program for development presented in this Master Plan Report."

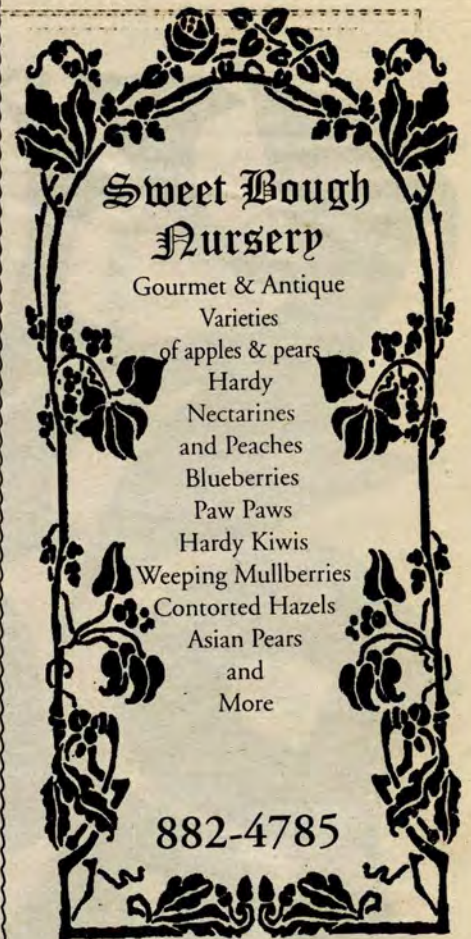
So what was the spirit of Shattuck's convictions and what did he think about the native Palouse? His one statement speaks volumes: "WE CAN AND BY ALL MEANS WE SHOULD transform vast areas of extremely fertile prairie region in Idaho from their bleak and desert-like present appearance into places of beauty and comfort." *Bleak. Desert-like.* Hardly the adjectives that would inspire anything but transformation of native Palouse prairie. Shattuck's vision was one where

Idaho would be transformed to make it "beautiful and comfortable." Of course, Shattuck's vision was well-rooted in the familiar gardens and forests of the East, a vision not easily achieved without major ecological intervention.

The ground squirrels, native residents of the Palouse, appear to be the unwitting victims of Shattuck's vision for the gardenification of the Palouse. The Master Plan has this to say about the squirrels--"the disruptive nature of their feeding and burrowing habits, in addition to their large population could be detrimental to garden development in the most heavily infested areas." *Disruptive. Infested.* Hardly the adjectives an admirer or student of nature would use.

In the next installment, I'll explore further the Master Plan and current arboretum management practices. These prescriptions and practices run counter to more natural Palouse processes and therefore reflect more of a chemical dependency rather than an ecological study area. Conflict is the inevitable result of differing visions of what the Palouse once was or, perhaps, ought to be again.





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Writers! Writers! We need reliable writers who will be willing to contribute columns or features on a monthly basis. Regular contributors will earn a discount on Co-op purchases. Do you have any ideas? Do you want to reach a readership of 1,000 to 3,000 per month?

Please propose writing topics to Bill London or me, Paul Lindholdt, via the Co-op.



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VEGETARIAN GAME

By Mare Rosenthal

The Vegetarian Resource Group has produced *The Vegetarian Game*, a computer game for IBM-compatible computers. Included on the program are 750 questions on health and nutrition, famous vegetarians, how food choices affect the environment, animal and ethical choices, and vegetarian foods. There are beginner,

intermediate, and advanced levels. The program is suitable for ages 10 to adult.

Palouse Voice for Animals has been given permission from the Vegetarian Resource Group to distribute this software freely, without charge. They encourage the non-commercial copying and distribution of this game. Anyone interested in a copy may call Mare or Greg of Palouse Voice for Animals at 883-4565.

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- Financial/Legal: 3rd Tuesday of every month at 6 PM.
- Facilities: 3rd Thursday of every month 7 PM
- Personnel: 1st Wednesday of every month at 8:30 AM

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

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needed contact
Erika**

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.

Palouse-Clearwater Environmental Institute's

EcoCuisine Dinner

Moscow Community Center
Sunday, July 31 6 pm

The dinner will be a fresh and lite summer feast. Renee McNally,
PCEI's WellHead Project Coordinator, will be giving an educational
presentation about our drinking water source and its protection.
Prices are: PCEI - members, students and seniors - \$5; Family (2 or
more)-\$12; Children under 5-FREE and Non-Members - \$7.

Thank you, Thank you, Thank you

This is just to extend a heartfelt
thanks to those who've put in
many hours of community
service the past few weeks. It's
been good to have your energy
around.

FREE Bicycle Repair Clinic

the last Saturday of every
month during Farmer's
Market, located on
Friendship Square in
Moscow from 9-12.