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JUNE  
1994

# MOSCOW FOOD COOP COMMUNITY NEWS



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310 WEST THIRD  
MOSCOW ID 83843

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JUN 11 1994

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**Published by**

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(208) 882-8537

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**Best of the Palouse**

By Bill London

May 18 (the 14th anniversary of the Mt. St. Helens eruption) was the night of the Best of the Palouse awards, sponsored by the Palouse Journal (now Northwest Journal). Kenna gave me the Co-op's ticket and off I went to report on the event.

Unfortunately, off I went to the dentist for root canal work first. So, by the time I was fully de-numbed, the ceremony had just begun.

Ellyn Kerr to the rescue! She agreed to accept any awards and let me know what happened the next day.

The Upper Crust (our adorable bakery) was second to the Main Street Deli in "best pastry and baked goods." It was the pesto

rolls that brought the Upper Crust to that pinnacle.

The Co-op was third as "best all-around store." Tri-State won that honor.

The Co-op was third also in the "best place to buy food" category. The bright lights of the new Tidyman's captivated consumers to win.

By the way, the Moscow Renaissance Fair again won "best community celebration."



by Skott-Larsen

After months of anticipation, on Thursday May 12th we finally loaded up Erika's car and headed for the Northwest Natural Foods Trade Show in Seattle. This year's Moscow Food Co-op representatives were Ellyn (a trade show virgin) and Laura and I (both veterans). Bonnie had planned to join us, but on departure day she took up battle with something unpleasant she picked up while battling the Lower Salmon River. Originally we were to take Bonnie's rig, but it had already fought it's own battle with another car--so Erika let us borrow her car (thanks Erika!).



In our extra time before the show we planned visits to other Seattle area natural food stores. Our first stop was Marleen's, south of the Sea-Tac airport. Marleen, a dynamic ball of fire, began her business 17 years ago. Although not a co-op, we were nearly overwhelmed with wonderful ideas and suggestions for improving our co-op ... many small things we can implement now--like more efficient means of purchasing and receiving.

We were impressed to see first-hand how a store can do what we've dreamed about if/when the co-op relocates ... like an organic coffee/espresso shop; a sit-down deli serving fresh wholesome and often organic meals; a staffed customer information center at the store entrance where we can greet every customer, answer questions, offer suggestions, set up product demonstrations, etc.; a juicing center; a sprouting center; a central customer sink and weigh station; a sit-down book department/library/reference area.

Eva, the head buyer for Marleen's answered many mysterious questions I've had

about implementing a pricing system based on margin vs. our current mark-up system. I also enjoyed exchanging idea, frustrations, and concerns with another buyer. I hope I will be able to network more with other people in the "industry" ... there are so many resourceful people willing to work with other people.

Eventually we made our way to the Seattle Center for a seminar entitled "7 Secrets of a Successful Buyer"--described in our program as a workshop on quality assurance. I was expecting a discussion of organic certification,

packaging concerns, food safety, the rBGH issue etc. ... Instead, it was a panel presentation on dietary supplement quality ... it was informative and well presented, however, not having a large supplement section at the Co-op, we don't have much room to implement our new knowledge--besides Kenna already takes pride in providing quality vitamins and supplements. So we were a little disappointed, and our desire to attend the Provender conference in October only increased (Provender is an Alliance of Northwest Food co-ops and independent natural food stores) where the workshops will be more applicable and the networking possibilities countless.

The vitamin quality issue is timely however, as legislation recently was shot down in Congress that would put more restrictions on over the counter supplements and the stores who carry them. However we still need to support Senator Hatch's S784 bill which protects the consumer while allowing them to make individual health choices. This legislation will require more

scientifically-backed labeling and information. Congress should vote on this bill by Memorial weekend before this goes to press. As the gate keepers, natural food stores will need to present the highest quality product and image to succeed against future restrictions--beginning with audits of questionable products on their shelves, and establishing and following guidelines for quality control. (Exactly what our product selection committee is currently working on.)

After feasting on complimentary nori rolls, dolmades (stuffed grape leaves) and the best spinach pie ever, we made our way to Capitol Hill and the Central Co-op. Jean and Rondi showered us with great ideas and shared their tricks of the trade. I was impressed by their overall cooperativeness and job sharing. We were also impressed by the water purification system they offer. Customers can purchase city water from a dispenser that has filtered the water through 4 different filters. This is an item I'd like to present to the Facilities and Operations Committee.

We met up with Jean and Rondi later at the home of our Mountain People representative, Deb. We enjoyed an evening of fine foods and wine and great company. We got to know women who have been in the industry for many years--all in different capacities--a few even from Mountain People competition. It was great to socialize on a strictly un-business level.

Saturday was the day for big deals. The doors to the exhibition hall at the Seattle Center were flung open, and with open mouths and bags we were fed taste sample after sample as our bags quickly filled with take home samples. Over 800 booths awaited our

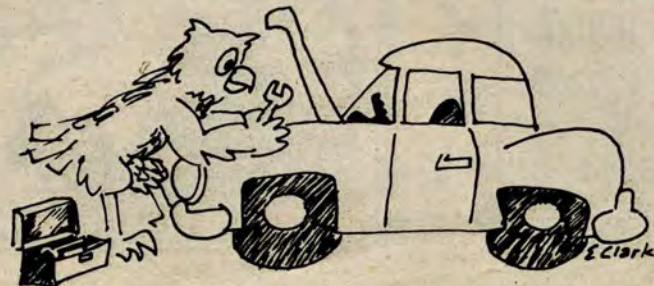
perusal and it only took 7 hours. I was impressed by this year's selection: fewer supplements and body building products; and there seemed to be more vegan and organic products. The supply is finally meeting up with the demand.

We had a wonderful trip and we're glad to be back!

Most of our "buys" will show up on the shelves in June.

#### New Products to Expect:

- Health Valley Fat Free Soy Moo (the first and, so far, only fat-free soy beverage)
- D'alterios Organic vegan spinach ravioli and tomato tortellini (definitely one of our favorite samples of the weekend)
- Eden organic hot mustard (very pure and simple ingredients)
- Soynuts (after so many requests I finally found them)
- Heartline meatless chicken (I didn't get to try this, but the folks at the Central Co-op highly recommended it. Now even the strictest vegetarian can enjoy chicken salad)
- Stonewall's Jerquee in mild and wild flavors (as much as I love the Garden of Eatin' meatless jerky we currently carry--I'm already hooked on these!)
- Vitaspelt organic white spelt bread machine mix (not only for Machines!)
- Solar tacos--meatless tacos sold frozen (I thought these were very weird before I tasted them, now they're too good to resist)
- Hardies stick gum sweetened with maple syrup and honey
- Country Grown multi grain chip--the natural foods version of "sun chips"
- Yves frozen bagel dog--a veggie wiener wrapped in a bagel
- Spectrum flavored oils--a Thai version and a Mediterranean version
- Nature's Path muesli with raspberries and hazelnuts



## Letter to the Editor

by Kenton Bird

I would like to compliment the editors, staff and volunteers who have helped make the Co-op Community News such an attractive, interesting and valuable publication. I look forward to the first week of each month because I know I'll be able to pick up a copy of the new Community News and find information not reported anywhere else.

I enjoy the nutrition news, recipes, product column, and reports from the board and committees. I also appreciate the articles about community issues that are ignored or overlooked by other local publications. The Table of Contents that appeared on page 2 of the May issue is a useful addition.

I know others have contributed to the publication's success, but I would like to praise Mary Butters and Pam Palmer for their work on advertising and layout, respectively, during the transition from newsletter to tabloid newspaper.

Because the Community News has become so professional in recent months, I was surprised and disappointed to learn that an article submitted by a Co-op member for the May issue was not published. The article dealt with the Latah County recall election, but the News has published articles in the past about local controversies. (I note that part of the Co-op's statement is to "provide an information network that fosters progressive social, political and economic change." Surely this

article was consistent with that goal.)

Because the May issue was 24 pages, there should have been plenty of room for the article, as indicated by the amount of "filler" artwork that ran on some of the back pages.

Could the editor and/or Board of Directors please tell why the article opposed to the recall was rejected, and explain the ground rules for publication of future articles of this type? Thank you, and keep up the good work.

### Editor's Response:

As Kenton noted, the Co-op newsletter does include articles on political/environmental topics that are "ignored or overlooked" by other publications. This newsletter avoids articles of a partisan or electoral nature which are commonly covered in other media.

The anti-recall article Kenton referred to was, therefore, not suited for this newsletter.

I am willing to take full responsibility for that decision. All Co-op members should know that this publication is the Co-op's, and thus policy decisions about its future and practices are ultimately made by the Co-op Board of Directors. Unsatisfied Co-op members should discuss this with the Board.

Since I began editing this newsletter ten years ago, I've tried to apply high standards to this publication. No articles, of any persuasion, about the recall seemed appropriate to me.

- Bill London

## To Set The Record Straight

By Bill London

If you, like me, are bored with the subject of the recall of the Latah County Commissioners now, please don't read this, because that's what I'm writing about.

On May 18, General Manager Kenna Eaton called me about a flyer posted on the Co-op bulletin board. The flyer headlined in bold lettering: "This is the article that was CENSORED from the Moscow Food Co-op Community News." The article on the flyer was about the recall, supporting the Commissioners' pay raise and restating the anti-recall line. Kenna wanted to know if we had, indeed, censored that article. After I explained what happened, she asked me to write about it for this issue of the newsletter. So, here's the story, from my perspective.

In late April, Paul Lindholdt (who was editing the May issue at that time) told me about a recall article he had received while I was visiting the Seattle area the preceding week. Paul (who is on vacation now as I write this--so we must rely on my memory) said Mark Solomon (one of the Commissioners facing recall at that time) first submitted the article under his byline. Paul called Mark to explain that he was uncomfortable printing an article that purported to be informative, but which was, in fact, a one-sided version of events written by someone directly involved in the recall issue.

Paul said that Mark responded by resubmitting the article with

someone else's name as author. At that point, I returned, and Paul left the article with me.

I recognized the writing immediately. The article was (word for word, for the most part) the same pitch that was sent out by the political group Support Our Commissioners in their mailing to the Moscow Chamber of Commerce members. It was, in essence, a political advertisement and did not deserve to run as an informative piece.

Secondly, the Co-op newsletter has made a practice of avoiding electoral and partisan political questions. Issue-based articles, write-your-congressman articles, and similar political warnings are printed regularly, but we stay away from political contests like candidate choices or this recall election. That's not our purpose. Under those guidelines, the article was inappropriate as well.

I called Paul, explained my concerns, and asked him to contact Mark and/or the second "author" to tell them that their information could certainly run in the newsletter as an advertisement (many political ads have been printed in the newsletter over the years--in fact our May issue contained a half-page ad for a Commissioner candidate), but not as an article for the reasons outlined above.

The response was this flyer accusing us of censorship. That's just not the way it was.

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# COMMITTEE NEWS

## STRATEGIC PLANNING COMMITTEE

By Dean Pittenger

The Strategic Planning Committee has been meeting twice a month since the annual Board of Directors retreat in April. We meet on the 1st Friday and 3rd Wednesday of every month at 6:00 pm in the Co-op.

Following the annual Membership meeting in March, we have focused our energies on 1) finding a new place to live (in accord with the majority member directions provided at the annual meeting), 2) considerations of small, portable improvements in our existing store, 3) consideration (in concert with other communities) of an advertising/art-work position to help provide a focused effort at increasing membership and sales, and 4) establishing a timeline for finishing the Co-op's business plan.

Remember, your comment and participation as members is not only welcome but essential. Please come to the meeting(s) if you want to join in.

## NEWS FROM THE PRODUCT SELECTION COMMITTEE

By Greg Brown

The Product Selection Committee is a group of Co-op members working on developing product selection guidelines for the Moscow Food Co-op. These guidelines are intended to reflect the prevailing values of the Co-op membership and will be used by the Co-op buying staff to guide purchasing decisions. Some of the product issues that the committee is addressing include organically grown foods, the environmental impact of packaging, food politics/product boycotts, additives/preservatives, special dietary needs and ethnic preferences, and alcohol and meat policies.

Does the committee select or dictate individual products? No. The committee does not select or recommend specific products but rather defines the characteristics of the products that are felt to be consistent with the Mission of the Co-op. Decisions about whether to purchase this or that product will be made by Co-op staff using the product selection guidelines developed by the committee. Of course, some policy guidelines will be more controversial than others!

The Product Selection Committee meets on the 1st and 3rd Thursday of each month from 6 to 7 pm upstairs. If you have an interest in helping develop the Co-op's product guidelines, please join us!

## Numbers from the Finance Committee

By Mare Rosenthal

Sales at the Co-op have been strong. The Co-op has experienced 8.7% growth in sales over the same period last year. Expenses have kept up with sales, resulting in break-even operations into a separate savings account designated for capital improvements. The Finance Committee oversees the financial information of the Co-op and works out ways

	Jan-Mar 1994	%	Jan-Mar 1993	%
Net Sales	\$251,805	100	\$231,627	100
Cost of Goods Sold	-167,659	-66.6	-156,767	-67.7
Gross Margin	84,146	33.4	74,860	32.3
Operating Expenses	-87,443	-34.7	-77,663	-33.5
Other Income & Expense	2,731	1.1	2,302	1
Net Income (Loss)	-566	-0.2	-500	-0.2

to date. This is common in co-ops. However, we are working to achieve a 2% profit by year-end, to be used for expansion or relocation. Membership fees of \$5,200 for this period are not included and have been deposited

to fund new projects. We are currently working on financing and fundraising ideas for a possible expansion or relocation project. Anyone interested in these activities is welcome to join us on the 3rd Tuesday each month at 6:00 pm, upstairs at the Co-op.

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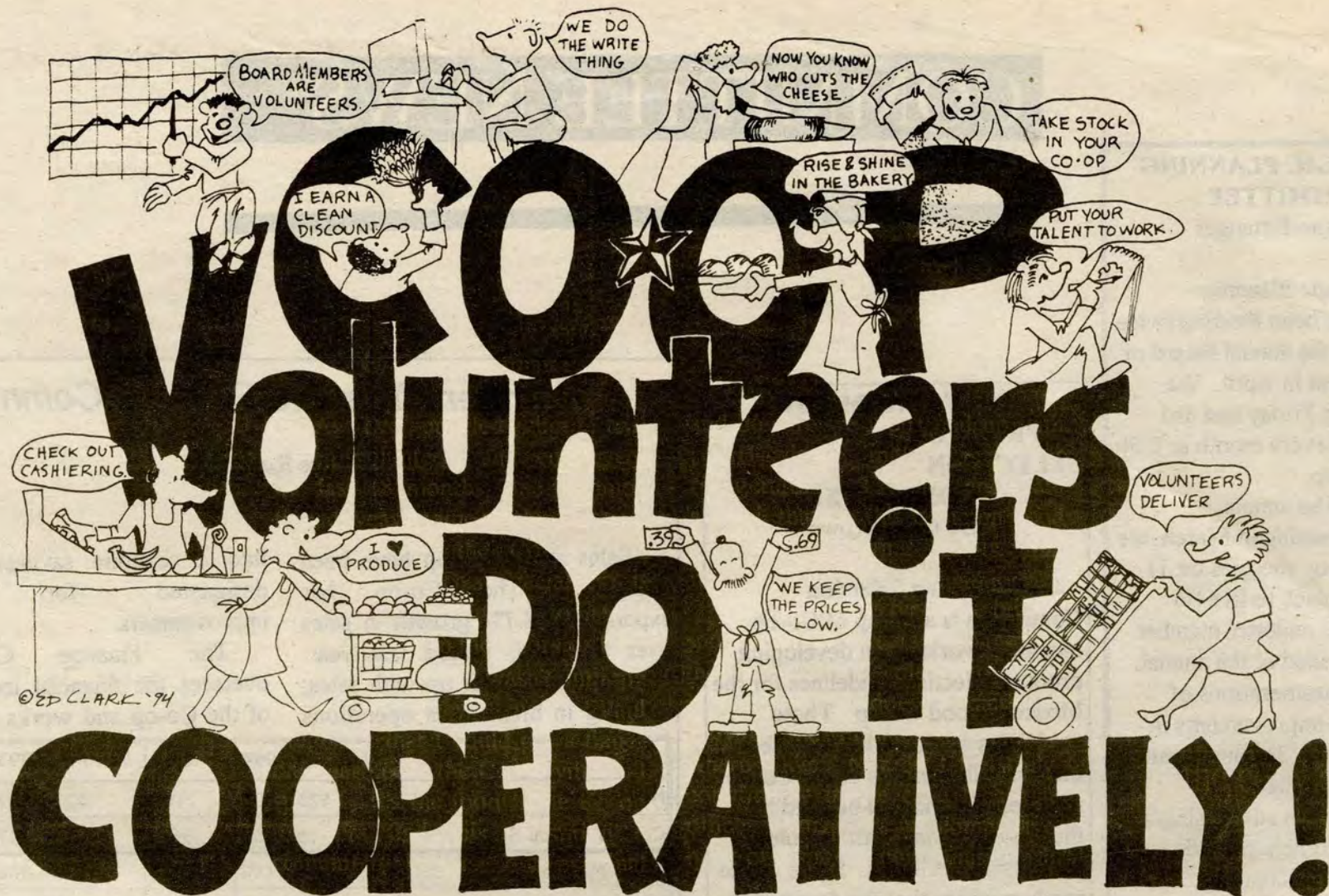
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## *Volunteering is what CO-OP eratives are all about.*

That's right! Volunteers are what makes the CO-OP a CO-OP.

The more than 50 working members of the Moscow Food Co-op share their time and talents for a few hours every week. In return they gain first-hand knowledge of store operations, they work closely with staff and other volunteers, and they have direct input into how the CO-OP is run. Volunteer time keeps the food prices down. In addition, each working member is entitled to as much as an 18% discount on personal purchases.

***If you would like to be part of this great team, get to know some wonderful people and take an active part in running your own grocery store, just stop in and speak with a staff member or call ERIKA at 882-8537. We look forward to CO-OP erating with you.***

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### Meetings at the CO-OP

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

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

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



## NOTES FROM THE UPPER CRUST

By Ed Clark

### BEAN POLE

By Nancy Casey

failed or planted poplar  
it can mock  
or await depending on  
memory of other  
dessicated hillsides  
naked  
brittle poles  
seeded secrets  
expectant  
optimistic  
encouraging  
silly  
public risk  
act of hope  
pillar of faith

### WISH LIST

The Co-op is in need of some telephones, especially 2 line phones. Our telephone/communication system is woefully inadequate. If you have a donation or know where we can obtain phones or an intercom for the "right" price, please see Kenna or call 882-8537 to see if the phones are working.

Things happen! Life has a way of dealing some interesting hands and ya just gotta play 'em when folding is not an option. The bakery is losing two key players simultaneously. Ari has been with the Upper Crust for so long she almost seems like a founder. She started back in the dim ages when the whole operation was run by a couple of people. She learned how to make the dough and breads with no previous baking experience and has been a dependable all around baker for several years.

Ari's true calling is a playwright. She got her degree in technical theater from the U of I and has given our community several original plays including "Patchwork," about how AIDS affects everyone. She is also a talented cartoonist and comic artist and we've seen her work on many Co-op newsletters. Ari is leaving for a couple of reasons, one being that flour dust just hasn't been kind to her. The other is that she plans to follow her career as a playwright and possibly find her way into graduate school. You'll still see Ari around the store because she is a part-time cashier. Tell her, "thanks" for all the bread.

Mike came to us from Alaska about nine months ago. He used to be a baker volunteer way back in the dim ages, as well. He took to baking like he was born in a mixing bowl and has offered us a torrent of creative energy. Thank

Mike for giving us Calamata Olive Bread and all the Around the World Specials. His sense of humor and good nature have made the bakery a fun place to be.

We're really going to miss the talents and contributions of these two and wish they weren't leaving and wish them well all at the same time.

Is there an upside to any of this? One thing is that we won't lose Jean until the end of the year. It breaks my heart to anticipate it. The other good news is that we were able to hire some absolutely marvelous replacements. Sarah, a recent volunteer in the Deli, was such a great worker we knew we had to have her and it just so happens that she wants to be a baker. Tanya is a long-time volunteer and accomplished home baker and is also fitting smoothly into our operations. I'm grateful that they have made the transition so easy for us.

So, the Upper Crust keeps rollin on. Oh yeah, I forgot to mention that I, myself, am doing very little of the actual baking anymore. I still work as the bakery manager but many of my hours have been put into Co-op outreach and promotions. Let me hear from you about how you think the Co-op can be better for members and customers.



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# June Specials

I Know I'm Welcome,  
But Thanks Again!

By Michael Brockman

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For Goodness Sake

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**Santa Cruz**  
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Organic Cranberry Nectar

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1.99 reg. 2.66

Organic Lemonade

1.89 reg. 2.39

Organic Berry Nectar

2.19 reg. 2.39

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ONE FREE

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Nine months ago, I moved to Moscow and almost immediately became the new "Muffin Man" at The Upper Crust. During this rare opportunity to work as an on-the-job-trainee, I feel as though I've become a baker.

THANKS: to Ed for giving me the chance to try (among countless other things); to Jean for all the baking knowledge she shared with me, as well as for her saran-wrap dancing to the steel drums of the Caribbean (not to worry Jeff, it was good clean fun); to Ari for her stoic wisdom delivered in the form of classic, early morning one-liners; to Annie for the consistently good vibes and great cookies; to Ellyn for the early morning coffee camaraderie; and lastly to Bonnie for putting up with all the green things in the muffins.

The river of life and time flows on and it's calling me to jump back in and leave this place. As I try to think of who else to thank and what for, I get overwhelmed with mental images of faces, and places. All these images in my head flow together to create a positive vision of this Co-op, this town, and ultimately the world (I know it's a big jump).

In our lives, we constantly consciously and unconsciously touch others with our words and deeds. When you open yourself to these touches, you allow yourself to be shaped by them. Thanks to all who helped shape me and to those who allowed my touch to alter and/or re-enforce their shape (hopefully not too much around the waistline).

My hope for the Co-op is that it continues to both provide wise guidance and act as a collective servant to the needs of its members and this unique community.

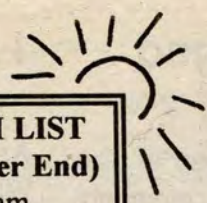
Thanks again.





**VOLUNTEER WISH LIST**  
**(Will the Wishing Ever End)**

By Erkia Cunningham



Summer's here and the volunteer pool is at a low. We usually experience a lull in help around now, but I'm prepared to fight that lull. Summer is a magical time around the Palouse, and the Co-op has traditionally reflected that slower pace, but times are changing, and I don't see us slowing down much. Along with those thoughts, the board and workers have committed to keeping the payroll figures in line, hence the skeleton crew you have seen around here as of late. What this means is the same amount of business with fewer workers.

What I'm proposing to you, the general public, is to help us out in our time of need.

**WE NEED VOLUNTEERS**  
**WE NEED VOLUNTEERS** WE  
**NEED VOLUNTEERS!**

Did you get that? With the new hours we need volunteers to close produce every night, people to stock the store every morning, and deli and bakery people. I would also like to begin training a few more volunteer cashiers to help take the load off those working long cashier shifts.

If ever you thought you might want to volunteer someday at the Co-op, now's the time! We need you and your time!

Make sure to check around the store for volunteer shifts available, or talk to Erika.



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By Paul J. Weingartner

*Beastly Tales, From Here and There*, by Vikram Seth; Illustrations by Ravi Shankar. Harper Collins. 1994. 130 pp.

Like many Americans, I consider myself poetically-challenged. I approach poetry as I do most art, that is, with rather amateurish, underdeveloped sensibility. To be sure, I know what I like, but rarely do I like what I'm told I *should*. I find that most poetry is very difficult to understand, and therefore takes too much time and energy to appreciate. I am not anti-intellectual. I am someone who knows, and is not afraid to admit, his handicap when it comes to verse. I prefer novels.

It was with some trepidation, therefore, that I read a peculiar novel by Vikram Seth (pronounced "sate") a few years ago entitled *The Golden Gate*. My concern arose from the fact that the entire book--narrative, acknowledgments, even the table of contents--was written in verse!

and have the most unusual animals. What I liked best about the poetry was that its meaning was apparent, it was easy to read and quick to appreciate.

Like *Golden Gate*, Seth's most recent collection of verse is simple, on-the-surface, and delightful. Although the title sounds more like a collection of Poe stories, the ten tales in this book are about all sorts of animals, most of whom are overtly anthropomorphized yet some of whom are not so nice. Some of the stories are very familiar--The Tortoise and the Hare, The Crocodile and the Monkey--but most of the plots have been altered in small ways to make Seth's telling fresh and interesting.



Iambic pentameter no less! 590 sonnets about the exploits of several romantically-linked persons in San Francisco who protest nuclear proliferation, drink coffee,

For instance, the moral of The Tortoise and the Hare is commonly understood to be that discipline and diligence defeats procrastination and speed. One can still find this in Seth's version, but he adds a more realistic moral, that discipline and diligence are sometimes less noticed and go unrewarded. So, after spending too much time eating mushrooms (!), the Hare loses the race but becomes rich off a book and movie about her hallucinogenic trip through the mushroom field, while "the tortoise was forgotten."

Although eight of the stories are derived from real cultures--two apiece from India, China, Greece, and the Ukraine--Seth made up the final two, the last of which, The Elephant and the Tragopan, deserves special note.

In this story, the animals of Bingle face certain extinction when the Great Bigshot Number One and the Man-Council decide to dam up the valley to provide water for their town. The ecological catastrophes associated with building roads and dams in pristine forests are explained by Seth's eloquent elephant:

As every bird and mammal knows  
When the road comes, the forest  
goes.

...  
But what will happen to your  
stream?

Before the reservoir, your  
dream/Of endless space, can  
come about,"

The soot and filth will snuff you  
out.

This story's struggle between humans and animals resembles the environmental clashes we see happening all over the world--some in our own backyard--complete with a confrontation between victims and the powers that be, a call for radical redistribution of natural resources, and the death of an activist who becomes a martyr for the cause.

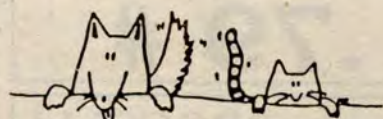
But in what is surely his most contemporary moralistic tale, Seth refrains from telling us whether or not the animals succeed in protecting themselves and the valley which is their home. He does provide two "quasi-morals"--one about fighting for a cause in the face of adversity, the other about finding friends in unfriendly faces--and then ends with this:

And so I'll end the story here.  
What is to come is still unclear."  
Whether fate will smile or  
frown,/And Bingle Vale  
survive or drown,

...  
I hope, of course, the beasts we've  
met

Will save their hidden valley, yet  
The resolution of their plight  
Is for the world, not me, to write.

Seth's book may not appeal to the serious poetry lover who enjoys the ambiguity of meaning that characterizes a lot of verse, but for those who like their poetry straight-forward and light enough to read on a very hot day, *Beastly Tales* is a delight.



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## Spices, Ethnobotany, and You

By Jacqueline A. Soule

This month the topic is a noble one, dealing with a plant which was once used to crown royalty and heroes, the **bay**.

The botanical name for the plant is directly derived from the long history of European use of the plant. *Laurus nobilis* is derived from Latin "laurus," meaning to praise, and "nobilis," meaning renowned.

In ancient Greece and Rome, the tree was considered sacred to Apollo, the sun deity. Leaf-covered branches of bay were woven into wreaths to crown the heads of kings and queens, priestesses and priests, poets, bards, and the victors of battles and athletic or scholarly contests. At the first Olympics in 776 B.C.E., laurel garlands were presented to the champions. During the Renaissance, doctors, upon passing their final examinations, were decorated with berried branches of bay. From this ancient custom derives the French word *baccalaureate* (from "bacca," a berry, and "laureus," of laurel), also occasionally found in shampoo, hair conditioners, or other "herbal" scented products.

Oil of Bay is extracted from the leaves. The oil contains cineol, geraniol, and some eugenol. The oil is used in industry to flavor baked goods, meats, sausages, and canned soups.

Bay has a reputation for soothing the stomach and relieving flatulence. An infusion\* is prepared for this purpose. Bay is also considered by some to be a healing agent for rheumatism. In such cases the essential oil is rubbed on the aching joints (see note on toxicity below). Bay has

also been used as an astringent, diuretic, narcotic, or stimulant. Studies of the purified essential oil have shown bactericidal and fungicidal properties. This may be due to the eugenol (also found in cloves, discussed in April), which has been shown to have sedative and narcotic effects in mice.

External use of bay may cause dermatitis (irritated skin) in some persons. Test yourself several days prior to intended use by rubbing a leaf on a small patch of the soft skin on the inside of your arm. Internal use appears to be safe.

The Moscow Food Co-op has whole leaves available in the spices area at \$16.46 per pound, which works out to about 3 leaves for a penny. You can use the leaves whole (remove prior to serving), or crumple the leaves well as you add it to your cooking, or prepare an infusion\*. Store bay, and all your spices, in an air-tight container, out of direct light.

\* **Infusion** is a tea-like preparation, which is prepared by pouring boiling water over the plant material, which is then



and, by modification, the term "bachelor" in referring to a college degree.

Other common names for Bay include Laurel, Bay Laurel, Sweet Bay, or Grecian Laurel.

Laurel is a member of the Lauraceae, or Laurel Family, which includes other economic plants, such as Cinnamon and Sassafras.

Depending on your background, you may think of bay as a flavoring agent in spaghetti sauce (Italian), coddle (Dublin Irish), soups (Spanish, Creole, and French), stews, marinades, pickling brines, sausages, game, especially game birds or hares (rubbed inside the body cavity prior to roasting) (Rumanian), or used in shellfish boils, and other Cajun preparations such as dirty rice.

One of my grandmothers would make a soothing bath soak by preparing an infusion\* of the leaves, and adding it to the bath water. My other grandmother placed bay leaves in her flour canisters as an insect repellent.

The bay laurel tree is an evergreen with glossy, deep green leaves. Native to the Mediterranean, in good conditions it will grow to 40 feet high. It does not tolerate much frost at all, so you could not grow one outside in the Palouse. If you have a sunny room, you could grow a bay tree in much the same manner as a *Ficus*, even placing the pot outside in the summer. Californian nurseries offer the trees occasionally.


Bay fat is extracted from the cherry-like fruits, which are technically berries. The fat is mainly glyceryl laurate with the aromatic oil cineol, and is used to make soap and candles. Bay fat is steeped for a while prior to use. This is opposed to a **decoction**, which is made by actively boiling the plant materials.




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By Mare Rosenthal

The following is a continuation of the article, *Food for Your Pet*, in the January 1994 Co-op Newsletter. The Co-op carries the EVOLUTION vegetarian dog and cat kibble mentioned in that article. I've included some additional information in the form of questions answered by the maker of EVOLUTION vegetarian pet food. Dr. Eric Weisman started EVOLUTION in 1989 to fill a void in healthy vegetarian pet food. He is also very active in promoting vegetarianism, animal welfare and animal rights through a weekly television show in Minnesota and by supporting many organizations. Dr. Weisman hopes to someday open a 400-500 acre farm and animal shelter.

**Q. Why should I pay more for EVOLUTION than a premium meatbased pet food?**

A. EVOLUTION is much healthier than our meat-based competitor, but it costs EVOLUTION 4-5 times more to make our food than our premium meat-based competitor. We use fresh whole grains, vegetable legume protein and pure vegetable oil while they use ingredients like animal by-products from the slaughter house that are loaded with bacteria, viruses, fungi, etc. According to the Nutrition Research Council and AAFCO (the government regulators of the animal feed industry), heads, feet, blood, feathers, intestines, and chemically treated waste can be and are used in premium pet foods and in so-called "lower quality" pet foods. The NRC and AAFCO also allow the use of cancer and disease ridden animals that cannot be used for human consumption in all pet foods. In pet foods marked with meat and/or meat and bone meal, lethally injected dogs, cats, and road kill are acceptable for animal feed and pet food. The cost per ton of diseased and/or wasted animals is only about \$200. The whole legumes (beans) that EVOLUTION uses cost about

\$800 per ton.

**Q. Why is EVOLUTION better than all other vegetarian pet foods?**

A. EVOLUTION is better than all other vegetarian pet foods because it exceeds all NRC and AAFCO nutrition and quality requirements, and, in addition, we use low temperature processing. As of 3/28/94, we do not know of any other 100% complete vegetarian pet foods in the industry. Other vegetarian pet food companies use high temperature extrusion and canning which destroys a lot of nutritional value.

**Q. How is your pet food healthier than other pet foods?**

A. All pet foods have to contain specific amounts of protein, pet carbohydrates, vitamins, and trace minerals to measure up to government standards of 100% completeness. Most pet foods, including premium brands start with ingredients that are very inexpensive, like dogs, cats, slaughterhouse refuse, etc. These animals and parts have been left to decay and, therefore, are cooked to help destroy bacteria, viruses, and fungus. The meat and bone meal is mixed with grain, animal fat, vitamins, minerals, and preservatives and cooked again. Then it is bagged or canned. Most pet food companies, including premium brands, are not only incomplete from the vitamin standpoint when you serve it, but the food contains lethal preservatives to increase shelf life. Ethoxyquin, BHA, BHT, have been linked to immune deficiency syndromes and cancer, and yet, even the premium brands use them. EVOLUTION uses vegetable protein and fat, so that cooking is not necessary and we use naturally occurring preservatives that have been proven to enhance immunity at the same time they preserve the food. EVOLUTION starts with human grade products.



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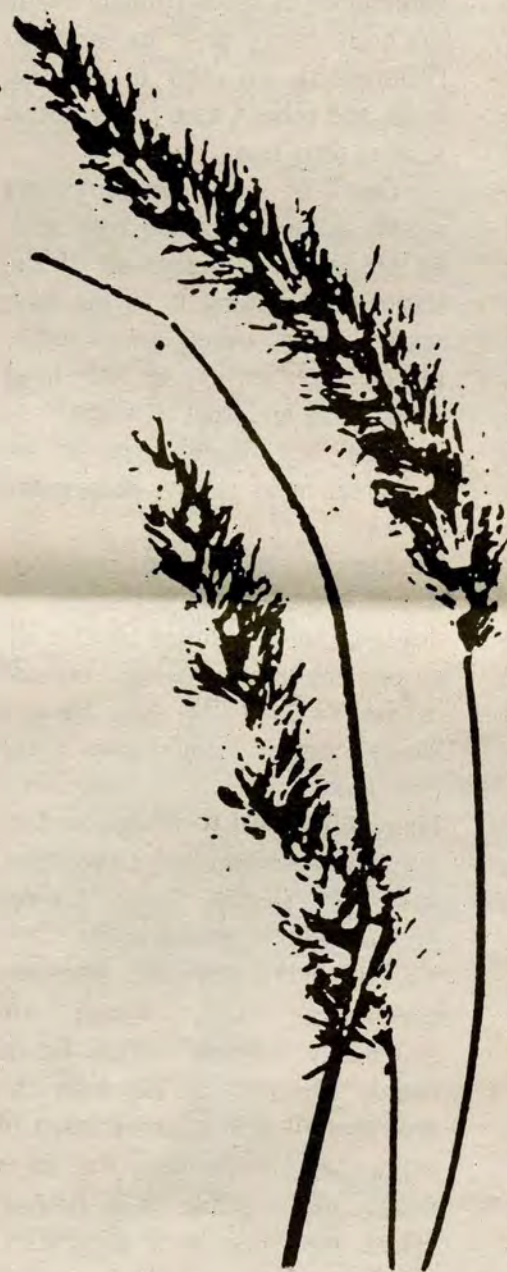


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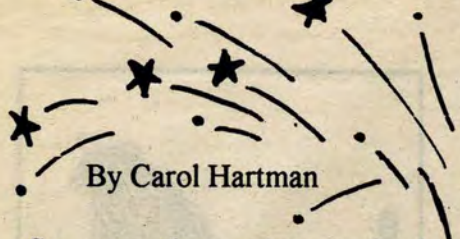
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★ Rhubarb, Forth of July and You! ★ . . . ★ . . . ★ . . . ★ . . .



By Carol Hartman

So, now that we've survived Mother's Day, graduation and Father's Day, it's time to plan ahead for a healthy Fourth of July menu. What better way to do this than with a little rhubarb? (Does anyone ever grow or give away "a little rhubarb?" It seems to travel in huge amounts.)

Last year, when a huge bundle lovingly landed on my doorstep, I went around collecting recipes from my co-workers. Unfortunately, I am a dork with xeroxing and I have pages of half recipes. Waste not, want not, so ever since then I've been sort of winging it. Successfully, I might add. So, here's one of my successes. Be sure to raid the Co-op produce section and stock up, then hit the bulk bins and buy plenty of spelt or kamut flakes for

a tasty crumble. (I sometimes use 2 T. applesauce as a substitute for the margarine. Depending on how juicy the strawberries and apples are, you may need to add a little more flour.)

- 3 C. sliced fresh rhubarb (1/2 inch pieces)
- 1 C. cubed, peeled apples
- 1/2 - 1 C. strawberries
- 1/3 C. brown sugar
- 1 tsp. ground cinnamon
- 1/2 C. white flour
- 1 tsp. baking powder
- 1/4 tsp salt (optional)
- 4 T. margarine (softened)
- 2/3 C. brown sugar
- 2/3 C. oats (spelt, kamut or oat)

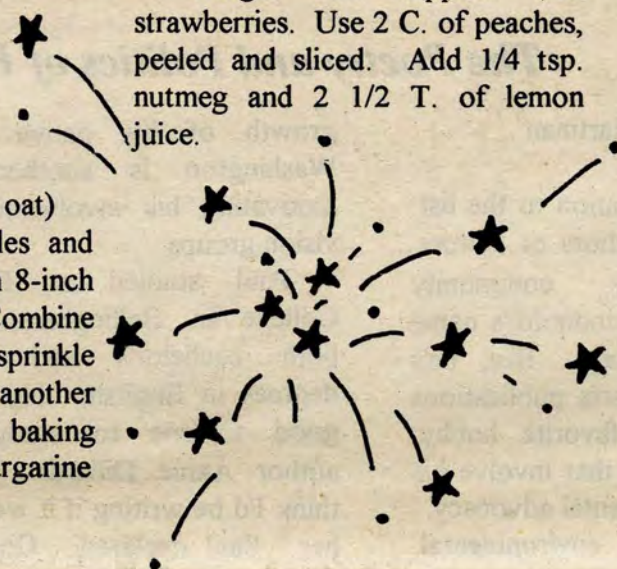
Combine rhubarb, apples and strawberries; spoon into an 8-inch square baking dish. Combine sugar and cinnamon and sprinkle over top. Set aside. In another bowl, combine flour, baking powder and salt. Cut in margarine

until the mix looks like coarse crumbs. Stir in the oats and sugar, mixing well. Pour it all on top of the fruit mixture and bake for 30 minutes at 350 degrees.

Some variations:

\* Forget the strawberries. Use 2 C. tart apples, add 2 - 3 T. of lemon juice and change the first dose of brown sugar to 1/3 C. of white sugar.

\* Forget the apples and strawberries. Use 2 C. of peaches, peeled and sliced. Add 1/4 tsp. nutmeg and 2 1/2 T. of lemon juice.



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CO-OP PRICE COMPARISON FOR JUNE 1994

By Denise Horton

As I write this, its raining cats and dogs so its a little hard to imagine being really thirsty after a hot day under the June sun. As you read this, maybe it's not so hard. Maybe you could use a Cold One right now. If so, take heart: the Co-op has a great selection of natural fruit juices (real fruit! no sugar added!), sparkling mineral waters, natural colas, ginger ales, carbohydrate energy and recovery drinks. And new at the Co-op are Mountain Sun Organic Fruit Juices from Colorado. Their list of no no's include no sugar or sweetener, no pesticide residues and no preservatives.

Whatever your tastes, there's something cold and refreshing waiting for you at the Co-op.

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Papaya Nectar	2.51	2.05	2.49	2.86
Very Veggie	2.51	2.05	2.49	-
Just Cran Concentrate	5.44	4.46	5.19	-
Tianfu (12 fl. oz.)				
China Cola	.87	.71	.99	-
Cherry Cola	.87	.71	.99	-
Reeds Ginger Brew (12 fl. oz.)	1.02	.84	.99	-
All Natural Sodas (12 fl. oz.)	.84	.69	.95	-
Ginseng Up (12 fl. oz.)	.58	.48	1.17	-
Bibi Caffè (6 fl. oz.)	1.01	.83	1.75	-
Twin Lab Ultra Fuel (32 fl. oz.)	2.63	2.16	2.69	-
Knudsen Recharge (32 fl. oz.)	1.73	1.42	1.77	-



## The Poetry and Politics of Paul Lindholdt

By Carol Hartman

If you pay attention to the list of contributing authors or editors of most any community publication, Paul Lindholdt's name is sure to be there. But, he's selective; he supports publications that involve his favorite hobby: politics, and those that involve his passion: environmental advocacy.

"Whether it's environmental, municipal, it could be gender politics--politics in all its forms is really a hobby. I don't do it for pay. I enjoy it, I get really pumped about it, grass roots politics, particularly," Paul explained. "In some sense, that's what the Co-op does; grass roots politics. And it's surviving."

Of late, Paul serves as an editor of this newsletter; a contributor to the Palouse Voice for Animals newsletter and Palouse Journal (now Northwest Journal); and editor of the University of Idaho Campus 2020 as well as being involved in another long-range planning effort, Moscow Vision 2020.

"(I support) environmental advocacy in all its forms," he said. "That's one reason why I work on all these vision groups is because I support growth management planning. Even if I'm not here, for other people--they deserve a quality community and way of life."

Since Paul has been on the Palouse teaching English for the University of Idaho, he says he has adjusted to and come to love the slower Palouse pace. The rampant

growth of his native western Washington is another factor motivating his involvement with vision groups.

Paul studied at Fairhaven College in Bellingham, earning both bachelor's and master's degrees in English. He had the good fortune to study under author Annie Dillard. "I don't think I'd be writing if it weren't for her," Paul declared. One of his most recent accomplishments is having four poems selected for publication in the *Chicago Review*.

Paul has been a Co-op member since 1991 and a newsletter editor for the last eight months or so. Moscow's is the first co-op he's ever officially joined, however he calls himself a long-time co-op shopper in various locations. The community atmosphere of the Co-op--it's social nature and the quality people who are members--are what Paul enjoys most about this co-op.

"It's the location and the people. My friends make fun of me for being such an avid fan of the Co-op," he admitted. "I've been accused of being a nutritional prig. I guess we all share that to some degree."

But Paul has a dark past: as a boy, he accompanied his father on many a hunting trip. And, typical of many writers, Paul is exploring his past in his writing.

"I grew up slaughtering all sorts of birds and animals. I've been trying to explore hunting as a tradition or custom in America ... I think if we were removed from that custom, we'd mourn our way

of killing large mammals (for food)," he said.

When not teaching, writing, or dancing with the Choda Dance Ensemble, Paul is generally playing, or thinking about playing, volleyball. Averaging about six hours of hard play weekly, Paul admits that he would play more if more team members were on hand (any takers? leave a note in the newsletter box at the Co-op!).

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by Carol Hartman

As I've profiled about two dozen volunteers and employees the last 18 months, one common thread weaves among almost every conversation: the Co-op is a special place. This specialness is why people volunteer to stock produce or clean the floors or bake pesto bread. But it wasn't until my recent interview with Paul Lindholdt that I could put a finger on what keeps the Co-op vital and special. It's the food! The Co-op members find this institution a community because our personal politics and morals include our eating habits.

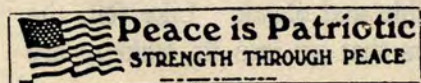
Food is a social link among humans; it's almost a given that any Co-op member you encounter in the store is someone who cares about what goes in the body as well as how it arrives on the shelves. And it's almost near as certain that members probably suffer a little humiliation when we are around people who don't think or eat this way. Think of parties or family gatherings where the main course is tortured animal flesh or a holiday where someone presents you with a leather briefcase as a gift. Who among us hasn't been teased about our dedication to this "grocery store?" Think of the last time you suggested to a friend or co-worker as you were out and about in Moscow about stopping for a nutritious lunch at the Co-op? Or how about when you prepared a dish to bring to a potluck supper and someone asks you to identify where you bought tasty grain?

For us, the Co-op is a safe place. We don't have to worry that anything suffered on its journey to the shelves or the freezer. We don't have to worry about false advertising gimmicks just to get us to buy. We can ask whether the avocados are organic,

and be sure we won't end up with rBGH-laden milk in our refrigerators. I think, and Paul agreed, that it's this common bond of political eating habits that makes the Co-op a community.

The Co-op has been one bright spot in my two years of living on the Palouse. Needless to say, someone like me doesn't exactly fit in with the Potlatch population where I live. Nor do I feel truly comfortable in the cave I call an office. Perhaps it's my compulsive habit of emptying community trash cans of recyclables or my refusal to suffer fluorescent-light induced headaches. But let me stop at the Co-op after work and discuss with Mare whether I should top my rhubarb crumble with spelt or kamut flakes and I'm revitalized. I don't feel like a "picky eater," as most of my friends and family insist. I am a cautious consumer who wants to maintain a cruelty-free existence. I don't trust government regulations and I won't support companies who willingly produce unhealthy produce. While this philosophy won't win me many friends at home or at work, at least there is one place I can feel somewhat comfortable and find what I need to feed both my soul and my body. When I leave the Palouse this summer to move to the Midwest, leaving the Co-op will be my main regret. (You can bet I'm saving up now for my final shopping trip!)

On a more joyous note, congratulations to former newsletter writer Diana Higgins and husband, Bill, and welcome to Katherine Lynn Higgins! Katherine made her appearance on Earth Day, May 10. Best wishes for a health life to all of you.



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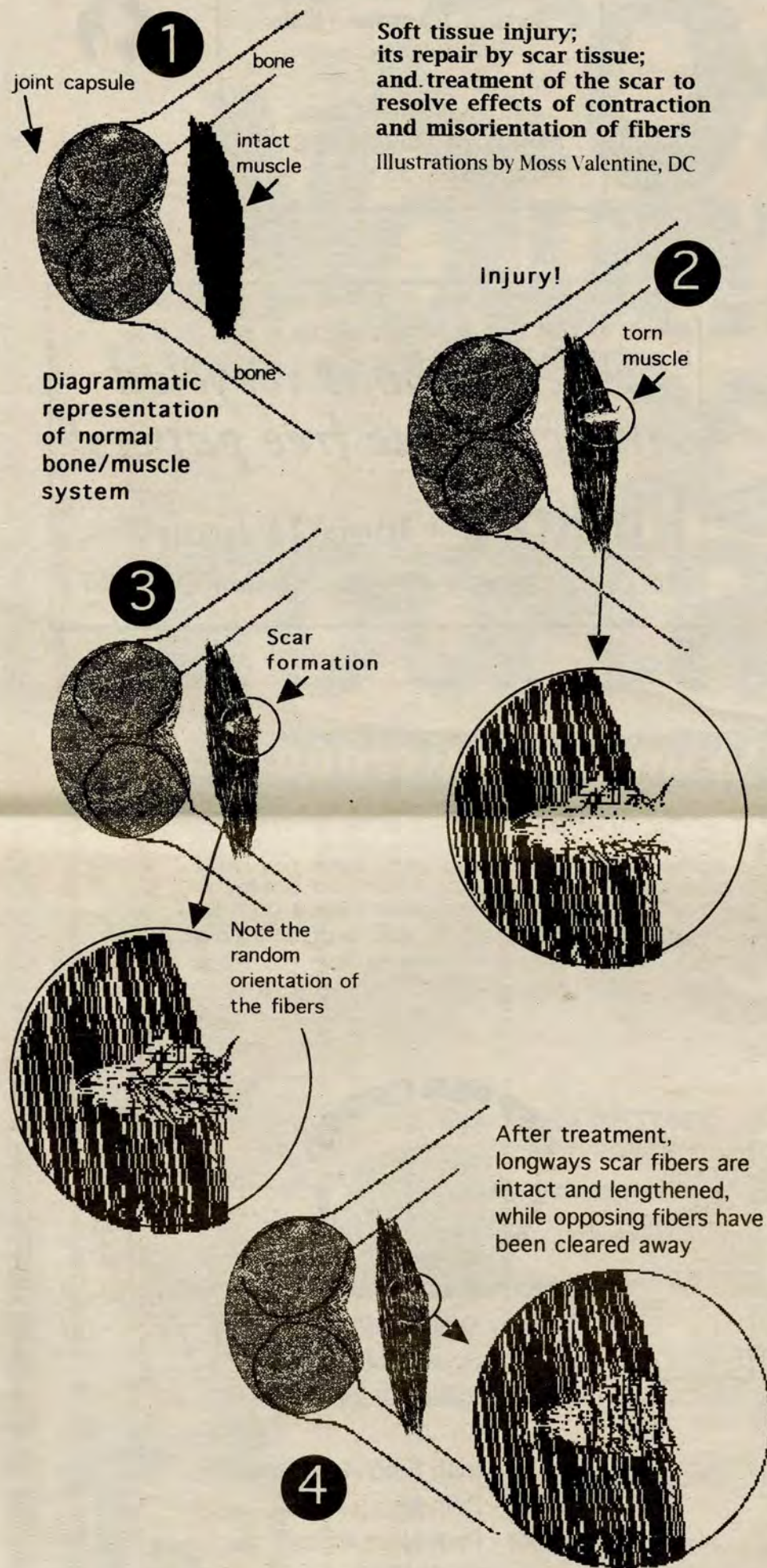
(corn meal bread)

June 15 - Irish Freckle Bread  
June 22 - Pain Noir (French Black Bread)  
June 29 - Pain Nord Africain au

Coriandre (North African Coriander Bread)

# THE PIANO PARALLEL

By Moss Valentine, DC



Soft tissue injury;  
its repair by scar tissue;  
and treatment of the scar to  
resolve effects of contraction  
and misorientation of fibers  
Illustrations by Moss Valentine, DC

Materials of all types have some common characteristics; which is why there are "laws" of physics and chemistry. The hard and soft tissues of the body, while they have the unique qualities inherent to life, are subject to some of the same stresses as the wood, leather, felt, and steel, with which, as a piano tuner/technician, I also work. Three specialized tissues (ligaments, tendons, and scars), in particular, respond to tugs and shoves, heating and cooling--the thousand shocks that flesh is heir to--similarly to the "tissues" of a piano. In a short series of articles, I will explore how we can apply simple mechanical and thermal (heat) principles to help overcome the painful results of cumulative injury.

### Scars and Adhesions

It's my business to take note of people's bodies--how they stand and walk, whether they have trouble with this or that kind of motion, if they have any scars that might interfere with normal movement or bring them future discomfort. In fact, a great deal of my type of doctoring has to do with scar tissue, which can be external or internal, and its precursor, fibrosis.

Scar tissue and fibrous adhesions are probably the major source of the aches and pains most of us get in our muscles and joints, as time goes by, partly because normal motion becomes restricted, and because this kind of "patch" material has a nasty habit of shrinking, thereby causing pain and stimulating inflammation, which leads to the laying down of yet more adhesions, more scarring, and so on. Soft tissue injury leads to fibrosis, a gluing together of all kinds of tissue, when the inflammatory process is allowed to become over exuberant in its job of mopping things up. This process, while necessary and appropriate, can get out of hand if the traumatized area is allowed to become too warm and swollen.

Scar tissue is the body's Bondo. At best it is only about 80% as strong as the tissues it replaces, and it is much less flexible and elastic. Like felt, the fibers that go into its makeup are

deposited in entirely random directions (which is why it usually looks shinier and harder than the surrounding areas). Healthy, normal tissues have their fibers laid in a single direction. To help restore a natural range of motion to the area and minimize the ill effects of shrinking scar tissue, in my practice, I try to "reeducate" the scar tissue by helping the patient break up the fibers that oppose natural movement.

Once the scar has been well formed, though, and has started to contract, it may be necessary to resort to more complex technologies to soften it and break up the wayward fibers selectively. A useful tool here is ultrasound. This can be used in pulsed mode when all that is wanted is to break up fibers that oppose useful orientation, or in continuous mode where deep heating is valuable, as in the plastic (permanent) deformation of shortened fibers that we would like to elongate.

To accomplish the former, pulsed ultrasound is applied to the area, to shake it up and mechanically separate the fibers, like fluffing a pillow. Even then, however, the remaining fibers will continue to pull the ends of the scar together, so something must be done to lengthen them. Fortunately, this is where a little piano science comes in.

When a body is set in vibration and the vibration is allowed to freely propagate, as in the action of continuous wave ultrasound on the minuscule fibers of scar tissue and adhesions, two things happen that result in the plastic deformation of those fibers--plastic, as opposed to elastic, so that their materials cannot snap back to their former length. The molecules get so shaken up that they are reshaped, both mechanically by the motion of sound at a wavelength small enough for them to resonate with, and by, the heat which results from the friction of their motion against that of other tissues in the region. If they are then stretched while in this state, and then allowed to cool while still stretched, they will, like so many metal wires, assume a new length, and the scar will become that much more like normal tissue.



# Kids' Dad

name these popular circus snacks...<sup>17</sup>

June 194



can you think of more?

Father's day is June 19th.

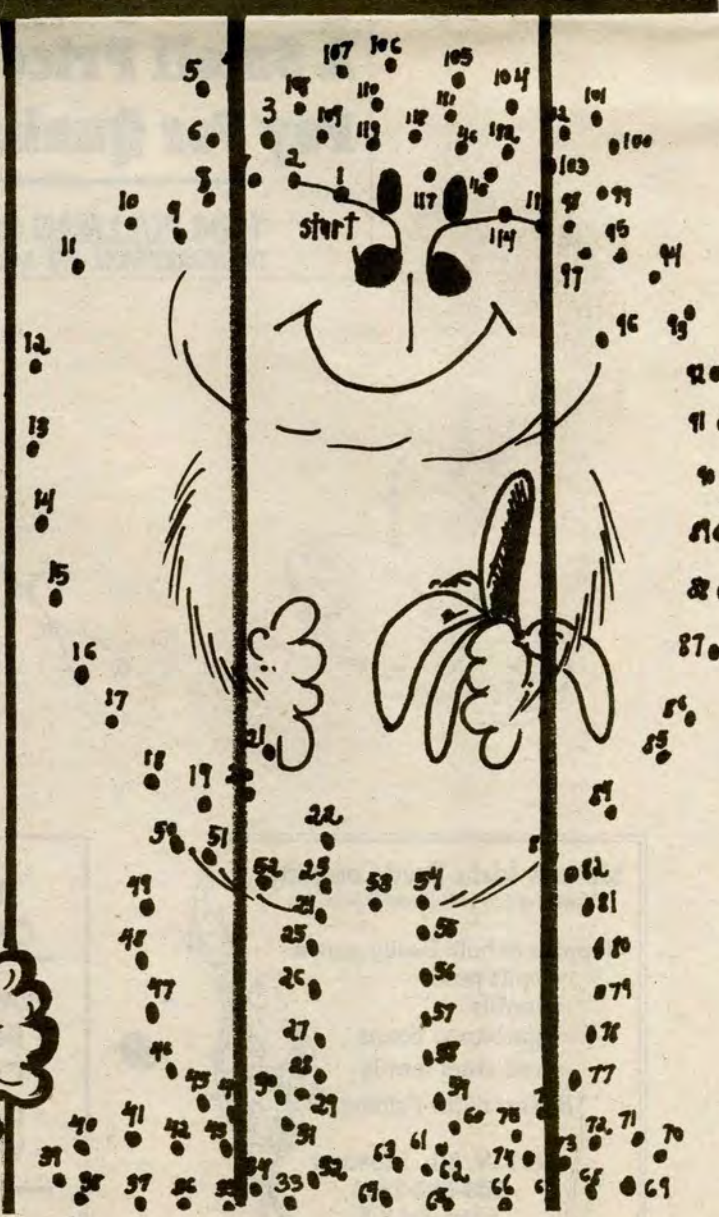
make a card for Dad!



Who is in the cage?

"Here's the world's longest tie for the World's greatest Dad! Happy Father's Day."

by: Krissy Beata



**YOU CAN MAIL ORDER  
PARADISE FARM FOODS**

By Bill London

Yes, it's true. Paradise Farm Organics (the Moscow company that supplies the Co-op with all those organic pre-cooked foods, like lentil soup, falafel, tabouli and refried beans) now has a mail order catalog.

That means you can order the same foods the Co-op sells anywhere in the world.

It also means you can give a catalog to your friends or relatives who would like to order these foods.

It also means you can take catalogs with you on your summer travels to give to friends and relatives.

If you want one or more catalogs for any of those reasons, just call Mary Butters at 882-6590. She'll get you as many as you need.



**ROAD TRIP 94**  
cont. from pg. 3

- Sharon's finest Veganella Cream Cheese (I haven't tried it--so we'll have to experiment)  
- Tofurella cheddar slices--a great product since tofu cheese is so hard to slice thinly, however the slices are individually wrapped--so I have begun pressuring the company to remove the extra packaging--I'd appreciate your feedback on this one!

- Breadshop Kamut 'n' Honey--just like, and as good as, the puffs n honey, but made with kamut ...

- Also on the way is a Taste of Thai wooden shelf so we can increase our Thai cooking section

- And also a bulk dispenser for our bulk chocolate and carob chips--compliments of the company.

- We'll also have many more recipes and product information handouts for you.

Great Deals for the Summer:

- Maple Almond Granola at \$1.35/pound, reg. \$1.81, the case price will be \$31.49/25 pounds.

- Extra low prices on Eden Soymilk.

- Special prices on Traditional Medicinals Teas.

- More great prices on Jan's organic salsas.

- Continued low price on Pacific Soymilk (\$1.19 for the Select Plain)

- Nancy's non fat quarts of yogurt.

- And many more special deals we are happy to pass on to our members and customers.

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Pay For Quality.**



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- garbanzo beans
- red chief lentils

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Call 24 hours for an appointment  
311 So. Jefferson Street, Moscow Phone (208) 882-0565

**NEW VOLUNTEER IDEA!  
VOLUNTEER FOR THE  
NEWSLETTER AS AN  
ADVERTISING ACCOUNT INTERN  
GET COLLEGE CREDIT AND A DISCOUNT TOO!  
ASK ERIKA FOR DETAILS**

The Co-op will be purchasing blocks of tickets to this summer's Idaho Repertory Theatre performances. The Co-op will receive recognition at the performance and the tickets will cost only \$6 each. The following performances and dates have been chosen: Thursdays: July 7 *Fallen Angels*, July 14 *Lost in Yonkers*, July 21 *Goodnight Desdemona (Good Morning Juliet)* and July 28 *Servant of Two Masters*. If you would like to join our theatre party please come in and ask for your tickets or call Ed 883-1024.



**CLEANING HOUSE**

The Co-op is the recipient of a pair of ER78-14 studded snow tires on VW rims which have been in the outside storage area for at least a year. Are they yours? Please take them away. If they are not yours but you think you could use them then they will be yours if you haul them off. Any questions? See Bob Thyberg, Recycling Engineer or Ed Clark.



**IF YOU LIKE THE  
MOSCOW  
RENAISSANCE FAIR...  
By Bill London**

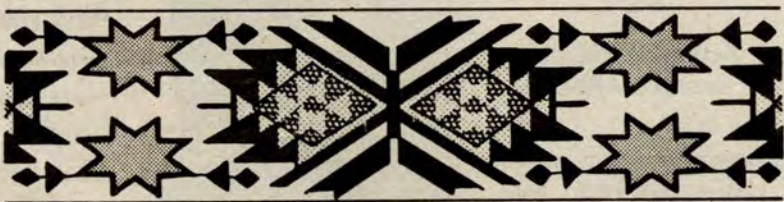
Those who enjoy the fun, the music, and the handcrafts at the Moscow Renaissance Fair will be glad to learn that a similar festival is planned for Kila, Montana, this summer.

Two Ren Fair stalwarts, Dan'l Moore and Helen Pilling, are helping organize this brand new event.

Like the Moscow Fair, admission and entertainment will be free. The crafts will be judged for quality. The music will be non-stop.

The Kila Countryfest will be held on July 30 and 31, at Kila (which is on Highway 2 just west of Kalispell, Montana). Applications for booth space are available for artisans now.

For more information, call (406) 752-4766 or (406) 755-4572 or write Kila Countryfest at P.O. Box 182, Kila, MT 59920.



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

What's on your  
**FACE ?!**

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

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

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

**Ask for a free demo!**

contact **ROSE TERRY-PARKS** at  
208-835-8810

# BULLETIN BOARD

at the Co-op ...

**Cheese Cutter  
needed  
Thursdays 10 - 1  
contact Erika**

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

*Palouse-Clearwater  
ENVIRONMENTAL  
INSTITUTE  
invites you  
to join them for June's  
EcoCuisine dinner.*

"A traditional farm supper" to  
be held at Wayne & Jacie  
Jenson's farm outside Genesee,  
Rt. 2 Box 148.

Enjoy a tour of the Jenson's  
farm and witness conservation  
practices in action. For  
directions or carpool  
information call Renee  
McNally at 882-1444.  
Everyone is invited to attend.

Free to public

**WORLDVEST '94  
CIRCLE OF UNITY**

Music • Food • Dance  
From around the world  
**SUNDAY, JUNE 12TH, 1-5 PM  
EAST CITY PARK, MOSCOW**  
Celebration of race unity day

Sponsored by: The Baha'is  
of Moscow

**COME TO  
MOSCOW RECYCLING CENTER'S  
GRAND OPENING**

**Saturday, June 9  
5:30 p.m.**

Come and learn first hand about the  
process of recycling and the operation  
of your local recycling center. Everyone  
is welcome. Tours, door prizes, and  
refreshments will be provided.

Moscow's new recycling  
center is at 401 N.  
Jackson Street.

For information call Carrie Lipe at  
882-2925.

at the Co-op ...

**Produce volunteers  
needed to close  
produce every night  
from 5-8 p.m.  
Contact Erika, Ellyn  
or Alan.**

Get yours!

Reduced price tickets to Idaho  
Repertory Theatre performances this  
summer with Co-op Theatre Group.

Call Ed: 885-1024

at the Co-op ...

**Let's Finish the  
Cow Fence!**

Any and all who  
want to help paint,  
let's meet on  
Sunday, June 5th  
at 2 p.m. at the  
fence.

at the Co-op ...

**Window Painter  
needed to paint  
outside store  
windows. Ask for  
Erika or Ed.**

at the Co-op ...

**Deli Volunteer  
needed Sundays.  
Contact Erika or  
Annie**

**FREE Bicycle  
Repair Clinic**

during Farmer's Market  
located on Friendship  
Square in Moscow from  
9-12.

**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.

**Moscow Transportation Summit**

A workshop for planning Moscow  
transportation will begin at 8:30 - 10 a.m.  
on Friendship Square, followed by a  
facilitated discussion from 10 - 2 pm at  
the Moscow High School Foyer. Lunch  
will be available. For more information  
contact Fritz Knorr at 882-1444 or Susan  
Palmer 882-5023 (eves.).