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March 1994

MOSCOW COOP

COMMUNITY NEWS



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Ruth



# Where Do We Go From Here?

by Kenna Eaton

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Somewhere along the way we (the Board and I) realized we needed some outside input. We kept seeing the same problems and solutions, and instead of solving them we just kept going round and round in circles. Our major supplier, Mountain Peoples, offered to share the cost of hiring a consultant to come to our store, analyze our situation, and offer advice.

The weather was foggy and cold when Phil Ricord arrived from sunny California. He was willing to start work immediately, so with latte in hand we started our store tour. Throughout the weekend we talked, toured, ate, and worked nonstop. I found the experience exhilarating! The feedback we received was hard to hear sometimes, but in my heart I knew I was hearing a realistic analysis of our operation.

At this point in time we haven't actually received Phil's written report, so what I am writing in my interpretation of what I heard him say. In a short period of time, Phil realized that though we are a creative, dynamic, talented group of people we lack formal training. Our on-the-job training works well most of the time for us but is limited, and because of that we aren't ready for the environment of a large grocery store. He also pointed out that we needed to work on acquiring experience and training in how to run a large grocery store before we move to one. Phil felt that our financial resources were limited and that we needed to work on acquiring more retained earnings. By the time I had listened to his questions and heard my answers, I realized that we have some problems we need to solve right now:

1. We need to lower our payroll drastically. It is way above the industry average.
2. We need to remodel our existing location (should we choose to stay here) to give us more contiguous floor space.
3. We need to replace our "food furniture" (equipment that wasn't designed for the job), with standard industry shelving.

Though Phil and I worked closely that weekend, we were lucky enough to be joined by both Erika Cunningham, our Volunteer Coordinator, and Jeanne Harvey, a Board member. All three of us took copious notes and asked tons of questions. On Saturday night we held a potluck for Staff and Board members to meet Phil, hear what he had to say, and ask their own questions. Phil was very open with us, willing to share his experience and knowledge (he was a Manager of Arcata Food Co-op for 15 years). His advice was both sane and timely--reduce payroll, learn some techniques to work more effectively, replace old equipment, clean up your act. But his strongest message was: Decide what your goals are, make a game plan, and go for it.

On this thought I am going to encourage everyone reading this to help us out. We need you to attend meetings, join committees, read this newsletter, and help us take this Co-op where you want it to go.

## Where's The Deli, Part II

by Annie Hubble

And so continues the new game of "Where's the Deli?" second only in popularity to "Where's Waldo?" In fact, I am considering approaching publishers with a whole new concept--"find the soup crock," "find the sandwiches," and for extra points "find the Nori rolls." We could even perhaps extend to video games, but instead of the swords and shields and laser beams that my son loves to win on his screen adventures, we could offer "ye magical serving spoon" or "ye magical soup cup" as aids on the quest.

Seriously, though, I know the question you all will be asking is "Where is the Deli this month?" I don't know if you're ready for this, but yes, it is all back just where it started, as if nothing had ever happened. You will be able to buy salads, soup, and sandwiches and pay for them, along with your groceries, as of old. We apologize for all the confusion. We tried a new idea and it didn't work.

The juice bar did work, and I am very sad to see it go, but for good reasons it has to vacate along with the bazaar. Carrot and veggie juices will be available downstairs as soon as possible on a "to go" basis. With the return of good weather ('spring is sprung'), the table in the parking lot will be accessible once more. And I promise in the future we will try the sit-down concept again.

New products this month include Nori rolls, nutritious and delicious and fun to make, a curried cream of cauliflower soup, and a black-eyed pea salad.

I want to extend a thank-you to all the wonderful volunteers who have helped in the Deli recently, Christian, Paige, Sadie, Magoli, Mark and Greg.

I'll miss seeing so many of you Co-oppers, upstairs, dropping by for a juice and cherry word, so do come buy and visit anytime. Let me know of any likes, dislikes, special needs or wishes in the deli area. I love input.

Happy Springtime!

by Skott Larsen

- \* *Sweet Nothings non-dairy frozen dessert is good stuff. Pretty healthy ingredients, too. Thanks! Yep, I agree. It's fantastic!*
- \* *I don't get it--it says, "Buy in bulk and save" on the laundry detergent but the bulk costs more per pound. I think we've tidied up this problem. Now we carry Country Save detergent in bulk as well as Bio-pack at a very affordable price.*
- \* *Can you sell bulk chips? I don't like to continue accumulating these ziplock bags. Our tortillas that we've bagged are the closest we've come to selling chips in bulk. We believe there would be many broken chips and much spoilage if we sold them from their 12-pound boxes. Any ideas you have for an alternative would be appreciated! Until then, we recommend you re-use those ziplocks for your bulk and produce shopping.*
- \* *Glad you carry BGH-free milk. Thank you! Me too! Hopefully this will be the norm for most stores. If not, then clear labeling.*
- \* *Please advertise that you have compost material (old produce) to give away. It is a shame for a co-op to throw out something and have it go to the landfill when it could feed a pig, gerbil, chicken or a compost pile. Great idea! We'll put a notice on the bulletin board. Anyone may have our compost--please ask a clerk to get it for you!*
- \* *Please carry organic parsley and organic bokchoy. Both depend on availability, quality, and cost. Ellyn, the produce buyer, stocks organic parsley when it is high quality. Organic bokchoy does not sell fast enough.*
- \* *Please do not mix organic and non-organic veggies in produce case. We try to separate them, but sometimes space prohibits us--we will do our best.*
- \* *Thanks for the no-egg-wash breads! You are most welcome.*
- \* *How about leaving breads unwrapped in order to reduce non-recyclable plastic waste? We do leave the bread unbagged and encourage everyone to bring bags from home. Any bread left in the bakery case is bagged in the afternoon to keep it from becoming stale and so that it can be labeled and priced as day-old. P.S. Our bags are recyclable and reusable!*
- \* *Can you carry red willow? Many medicinal herbs are available from our supplier even though we don't stock them. They generally sell too slowly to keep them on hand, but you may special-order any time.*
- \* *Please fix the rattling condensor on the revolving pie case turned deli case. Ken has done everything mortally possible to fix that noise. We apologize for the annoyance and promise we are just as concerned.*

In Brief

Yes we do carry (please ask if you cannot locate):

- \* Kefir cheese (in open-face cooler)
- \* Tropical Dairyfree chocolate bars (bottom candy shelf)
- \* *May All Be Fed* by John Robbins in paperback
- Thanks for suggesting these; look for them soon:
- \* Parsnips
- \* Mango and other chutneys
- \* Green curry paste (it's here!)
- \* Bulk tea bags
- \* Light roast coffee
- No space right now; will try when we can:
- \* Capers
- \* Green peppercorns
- \* Grits
- \* Shelton's Italian turkey sausage
- Looking for supplier:
- \* Corn husks for tamales
- \* Organic "Just Cranberry" juice--have you tried Mountain Sun organic cranberry nectar?
- \* Non-dairy easter chocolates



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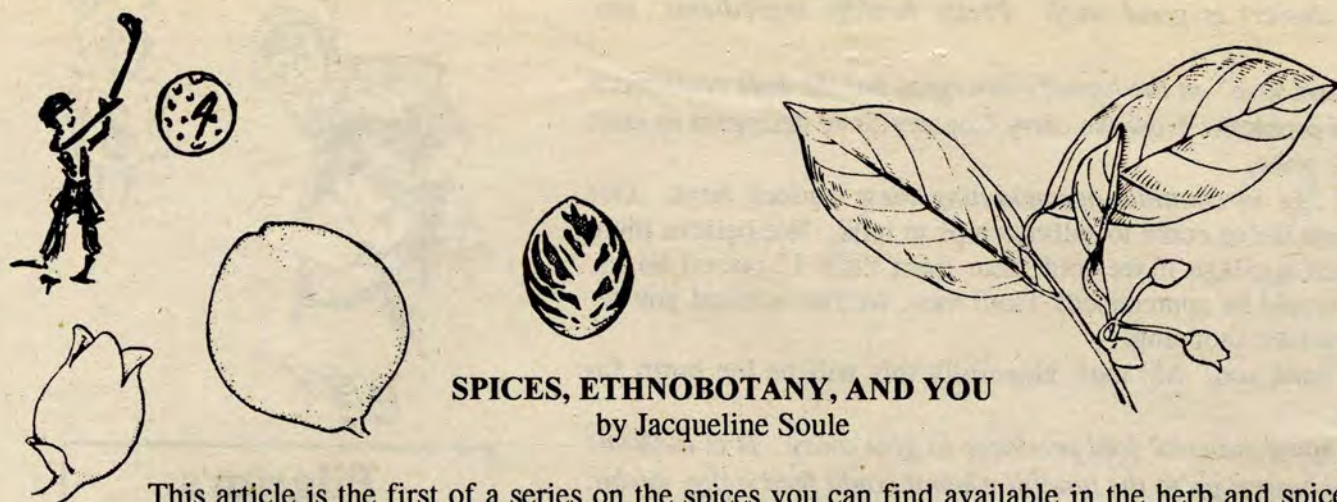
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**SPELT CARROT COOKIES**

- 1/3 C. safflower oil
- 1/3 C. honey
- 2 eggs
- Beat together in a large bowl.
- 1 1/2 C. spelt flour
- 1/2 tsp. baking powder
- 1/2 tsp. baking soda
- 1/4 tsp. nutmeg
- 1/2 tsp. cinnamon
- 1/2 tsp. salt
- Sift together these dry ingredients. Add this dry mixture to the oil, honey and eggs.
- 1 1/2 C. grated carrots
- 1/2 C. grated apple
- Stir in, blend well.
- Bake at 400 degrees for about 10 to 15 minutes, until lightly browned. Remove to cool.

by Pam Lee





**SPICES, ETHNOBOTANY, AND YOU**  
by Jacqueline Soule

This article is the first of a series on the spices you can find available in the herb and spice section of the Moscow Food Co-op. I have a Ph.D. in botany from the University of Texas, Austin. I am now at Washington State University on a post-doctoral fellowship, working on Pacific Northwest plants. I am delighted to find such a lovely food co-op in the area, with a newsletter that welcomes articles. I am pleased to be able to engage in writing for the lay audience once again (I received the 1986 Garden Writers of America Student Scholarship Award). There will be this monthly series on spices, and occasional articles on plants of horticultural/cultural interest, such as the one on shamrocks elsewhere in this issue.

One delightful aspect of the Northwest is the many fine places for a refreshing cup of coffee. Several spices are traditionally available to sprinkle on one's cup of coffee, including today's topic, **nutmeg**.

Nutmeg is known to have been highly prized by humans for almost a millenium. Actual use of nutmeg may be closer to five millennia, but durable records of its use have not survived. In 12th-century Europe, nutmeg was prized as a condiment and was also used as a medicine and fumigant.

Today, nutmeg is primarily used as a seasoning for a vast range of foods both sweet and savory. It is used in sauces, sausages, cheese, mulled wine, vegetable dishes, meat stuffings, eggnog, milk dishes, and desserts, including mincemeat pie.

The botany and ethnobotany (human use of plants) of nutmeg is fascinating. Nutmeg and several other spices are produced from the fruit of a broad-leaved evergreen tree with the scientific name *Myristica fragrans*. The tree is native to the Molucca Islands (part of Indonesia), where it thrives in the shaded rainforest understory. The trees are now cultivated in other tropical areas, and the primary producers of nutmeg are Indonesia and Grenada.

The portion of the plant used as nutmeg is the seed, which is surrounded by three outer layers. The outermost layer is a fleshy pericarp which is discarded. The next layer is also a fleshy layer, brilliant scarlet in color, termed an aril. (The yew, which you may be more familiar with, also has a red fleshy aril around its fruit.)

The aril of *Myristica* is dried, turning a reddish-yellow, and is sold under the name "mace." Mace is also available in the spice area of the Moscow Food Co-op, and is often used to flavor (and color) curries, pickles, meat dishes, and ketchup.

Inside the aril is a large oval seed surrounded by a thin papery husk. The husks are generally discarded although they are used in Malaysia to make jellies and candles. Finally, the innermost seed is the portion we know as nutmeg.

The nutmeg seed is generally treated prior to shipment with "milk of lime." This coating has been used for centuries and consists of a slurry of finely ground limestone often mixed with wood ash. The coating helps seal in the fragrant aromatic oils and thus preserve the flavor. It does not need to be removed prior to using the nutmeg.

The highest-quality whole nutmeg seeds are sold to the spice industry, and they are generally transported whole for later grinding. The leftover broken pieces are rendered to produce nutmeg butter and aromatic nutmeg oil, used in toothpaste, ointments, perfumery, and as a flavoring agent in tobacco. Waste fat from this process is used to make candles. Virtually every portion of the fruit of this tropical rainforest tree is used.

Nutmeg must be used sparingly! It contains the active chemical compound myristicin which gives nutmeg its characteristic flavor and fragrance. (Now you see why I included the scientific name *Myristica fragrans*.) Myristicin is a poisonous narcotic, 4-5 grams (0.15 ounce, less than 1/4 ounce) of which will produce signs of poisoning in humans. It is reputed to be an abortifectant, although I can find no reported clinical studies. Nutmeg has also been used for its reputed stimulant, carmitive (decreases intestinal gas), astringent (decreases bleeding when applied topically), and aphrodisiac properties.

Nutmeg is a tasty spice which has been used by humans for centuries. The flavorful oils in the nutmeg work best when used in a dish which contains oils, such as butter cookies, eggnog, roast ham, or the whipped topping of your next cup of mocha. Like all good things in life, enjoy it in moderation!

The nutmeg at the Moscow Food Co-op is available both whole and ground. The whole seed is fairly hard but can be ground with a hand-mill or a nutmeg grater (similar to a citrus grater). Whole nutmeg costs \$12.50 an ounce; ground nutmeg costs \$11.93 an ounce. To preserve the flavor, store all nutmeg in an airtight container, out of direct light, until use.



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by Jacqueline Soule

This is the first of an occasional series on plants of general or horticultural interest. Please see the "spices" article for information about the author.

St. Patrick's Day. La' Feile Padrig. Depending on your background this may make you think of shamrocks, leprechauns, wearing green to avoid being pinched, or perhaps raucous shouts of "Erin go braugh" and green beer. One of my early memories of the holiday deals with the frustration of trying to draw a shamrock on a card, armed only with the knowledge that a shamrock is "kinda like three hearts stuck together at the pointy end."

The shamrock is a national emblem of Ireland; thus it seems unusual that the honor of its true identity can not be assigned to one particular plant. Nor, despite claims of the natives of that land, is there any plant identified as shamrock which grows only in Ireland.

Six members of two different plant families vie for the honor of the national emblem of Ireland. These plants have all been described in the literature as "Irish Shamrock." There are three clovers, the small hop, the white, and the red or purple clover (respectively: *Trifolium procumbens*, *T. repens*, and *T. pratense*), and three sorrels, the wood, field, and yellow sorrel (respectively: *Oxalis acetosella*, *O. stricta*, and *O. corniculata*). The clovers are members of the legume or pea family, and the sorrels are members of the Oxalis family.

According to legend, folklore or fact, depending on one's belief, the missionary Patrick (later canonized as Saint Patrick), shortly after his arrival in Ireland in 432 C.E. (Christian Era), preached to the pagan natives from the Hill of Tara in County Meath. From the sod at his feet he picked a leaf with three leaflets and used it so effectively to demonstrate the doctrine of the Holy Trinity that many of his listeners were converted to Christianity.

Saint Patrick's plant is considered to be the true shamrock. But determining its identify with absolute certainty is impossible. We can be botanical detectives and determine the most likely candidate for the honor. The following logic applies, so listen closely, Watson!

The Hill of Tara is open; thus the common *Oxalis* known as wood sorrel can almost certainly be eliminated from the competition, because, as indicated by its common name, it grows in the woods in moist shady situations. The sunloving, more weedy members of the *Oxalis* genus, the field and yellow sorrel, are believed by botanists to be introduced into Ireland in later centuries, accidentally with seed of crop plants. Thus all the oxalis are eliminated from the running.

The botanical detective is left with the clovers as the possible true shamrock. From the three, the red or purple clover is much less rugged than the other two clovers and should also probably be eliminated. Of the remaining two, the small hop clover is perhaps the one most likely to have been plucked by the saint, for two reasons. First, there is some doubt that white clover is an original native of Ireland; and second, the small hop clover notoriously colonizes poor stony ground, such as that of the Hill of Tara. Thus the small hop clover, *Trifolium procumbens*, a native of southern Europe, is the most likely candidate for the honor of the national emblem of Ireland.

Closer to home, here in the Palouse, both sorrel and clover are offered by the floriculture and horticulture industry as shamrocks, and both can do well outdoors in the Palouse. If someone sends you a pot of shamrocks, the best way to determine if it is a clover or a sorrel is to eat one. The sorrel has a tangy flavor, and the clover "just tastes green," to quote my nephew at age six.

Sorrel has an underground tuber which persists once the leaves die back (in three or four weeks to several months). Save these tubers! You can plant them in your garden or lawn. They will come back every year in the spring; and if they are a species which died back quickly, they will be gone before your lawn greens up and needs mowing. If they don't die back quickly enough, harvest the seeds for your salad! The sorrels are offered by the floriculture industry are not weedy, so there is no danger of them taking over your lawn.

If you are sent clover plants, it is best to enjoy them as a potted plant since many clovers do not transplant well. Instead you can start your own clover from seed in a sunny location outdoors, once danger of frost is past. Clovers tolerate mowing well, or could make an unusual ground cover on slopes too steep to mow often. Clover is pollinated by bees, so do watch where you sit on sunny days.

Whether they be oxalis or clover, if you have some shamrocks available, don't forget to pluck several leaves, tape them together, and pin them to your jumper (sweater) on St. Patrick's Day (Thursday, March 17), in keeping with fine Irish tradition.



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by Eva Strand

More Grains at the Co-op

This month we will continue to explore the different grains available at the Co-op. We will make a special effort to prepare dishes using amaranth, teff, and the wheat varieties spelt and kamut. Spelt and kamut were well covered in an article by Mare Rosenthal in the November 1993 newsletter, but amaranth and teff might need some further introduction.

Amaranth made its comeback in 1972 when a research team from the Rondale Research Center in Eastern Pennsylvania succeeded in growing seeds from amaranth found in a remote region in Mexico. Before that, the Aztecs had used the grain until 1521 when Cortez banished amaranth as a commercial crop. This almost made amaranth vanish from the earth.

Amaranth seeds are very small, the size of poppy seeds. It is hardly worth the effort to grow amaranth in your garden for the seeds, but the leafy green vegetation might make it worth-while. Allow 3-4 square feet per plant--they grow like Jack's beanstalk, says Marjorie Hurt Jones in her booklet "Superfoods." Steam, stir-fry or toss the leaves into a soup or stew ten minutes before serving.

At the Co-op, we sell organically grown amaranth in the form of seeds, found in the rice and grain bulk section, and as flour. The amaranth flour is kept in the new cooler for guaranteed freshness. Other amaranth products are Amaranth Cookies and Amaranth Flakes breakfast cereal from Health Valley. Although these products are made from whole grains and other wholesome ingredients, amaranth is fairly low on the list of ingredients. The Kamut Flakes breakfast cereal from Arrowhead Mills also contains some amaranth.

Just for fun, take some amaranth seeds, put them in a hot skillet, close your eyes and listen. Clue: Think of popcorn! Yes, they taste good too, but be careful not to burn them. The tiny popped amaranth seeds can be mixed with honey and pressed into "candy" or used in granola. Amaranth seeds can be cooked with dried fruit to a nutritious morning cereal or the flour can be used in bread, muffins, pies, and other baked goods.

Amaranth is rich in lysine--the amino acid that true grains are deficient in. Substitute 15-20% of the regular flour with amaranth flour and get a more balanced protein in your baked creations. Amaranth is also incredibly rich in iron; one 2 oz. serving (dry measure) provides 80% of the daily requirement. Anybody who has ever been chasing this essential mineral knows that this is a lot of iron. Eat more than 2 oz. and you might rust! Amaranth will also provide you with a substantial amount of calcium and vitamin B.

Since amaranth is not a true grain, it is essentially gluten-free and might be a welcome addition to the menu for everybody on a grain-restricted diet. Amaranth flour mixed with arrowroot or starch flour makes delicious, completely grain-free muffins and fruit breads. However, like all protein-rich foods, amaranth may cause allergies; so be careful the first time you eat it, especially if you have other allergies.

Believe it or not, teff is a local product, grown here in Idaho. Teff originated in Ethiopia, but became increasingly popular on the health food market in this country during the 1980s. The word "teff" means lost. If you drop the tiny seed, you lose it since it is even smaller than the seed of amaranth.

Teff comes in ivory, brown, and reddish tan. However, they are all similar in taste and nutritious value. Five-fold richer in iron, calcium, and potassium than other true grains, teff should be a welcome addition to your diet. Teff is also rich in protein and in soluble and insoluble fiber. Like amaranth, teff is also gluten-free and will be a great alternative if you have grain allergies.

Teff seeds can be cooked into hot cereal or mixed with other grains like rice, millet or couscous for a delicious combination with a nutty flavor. Teff flour can also be used in cakes, cookies, scones, pies and pancakes. Don't worry if your teff scones, baked with ivory teff, turn out a little green; that is part of the fun of trying new products. However, if your scones turn green after several days of storage, be sure to discard them!

At the Co-op brown teff seeds can be found in jars by the bulk flour bins. Teff flour can be found in the open-face cooler with the amaranth flour. I hope that you are at least a little bit curious about these foods after reading this. Good, here is your chance; come to the Co-op on Friday afternoons or Saturdays and try dishes prepared with amaranth, teff, spelt, and kamut!

Most information for this article comes from *Super Foods* by Marjorie Hurt Jones.

Try these tasty grains Saturday mornings at the Co-op:

- March 12 - Amaranth pear pie
- March 26 - Teff peanut butter cookies
- April 2 - Spelt cookies
- April 9 - Kamut pastry

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**ERRATUM:**

Last month's pizza recipes should have credited Denise Horton, not Erika Cunningham. Sorry!



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Dorothy Does Co-op Designs?



by Carol Hartman

If, someday in the future, all Co-op employees and volunteers are wearing designer uniforms, look to Dorothy Hopkins as the culprit.

Among her other talents, Dorothy designs 98 percent of her wardrobe as well as business wardrobes and clothes for the University of Idaho dance theater. All this in her spare time.

Dorothy has been a part-time cashier and stocker at the Co-op since July 1993. A member for more than six years, the Co-op became such a large part of her life, she can't truly recall when it all began.

"I just found myself doing all my shopping there," she admits.

Dorothy's living habits may have led her to the Co-op doors. While not a vegetarian, she finds the idea of buying processed meat repulsive, having grown up on a ranch in Oregon. "It really grosses me out to buy meat in little wrapped packages. It's supposed to come in butcher paper that you pull out of the freezer that says 'ribeye' on it and that's what you get," she said, adding that her family ran a humane operation without antibiotics or steroids. "The cattle didn't have to stand around in 3 1/2 feet of (poop) while waiting to get their heads cut off."

Working at the Co-op, Dorothy naturally has learned more about what's on the shelves. Herbs are her latest hobby, one that has helped keep her immune from all the sickness plaguing Moscow residents. "I've always associated health with herbs, and not drugs, she explained.

Dorothy enjoys her Co-op work because she "likes the mission of the Co-op, the goals of the Co-op, and the fact that it's alternative." When she finishes her master's thesis at the University of Idaho in the near future, a co-op will be high on the list of priorities as she chooses her next location.

Presently, Dorothy is concentrating on her consumer economics thesis to become a certified home economist. She earned her bachelor's in clothing and textiles. A degree is an accomplishment in itself, but Dorothy has had to face a learning disability. With help from the UI student services, Dorothy is conquering a problem she has grown up with. She works part-time with the DARE to Be You program, run by the Latah County Extension Service. Decision-making, Assertiveness, Responsibility, and Esteem, the DARE program hopes to teach these skills to first-time offenders.

Dorothy's love of music prompted her to attend a trade school in Oregon to learn piano tuning and also to study music at the UI. She plays the violin and lists fiddle bluegrass music as her favorite. When not working at the Co-op or the Extension office, studying, playing violin, or designing clothing, Dorothy practices yoga, is an avid walker, and takes time to visit her favorite senior citizen friends in Moscow.

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by Carol Hartman

Jeannie Harvey seems perfectly suited to being a Co-op board member: she enjoys alternative organizations and she enjoys the challenge of making hard decisions.

"I love the Co-op, love the co-op idea, and love the ability to be a member of a store that provides good, healthy food and has a political conscience. So to be part of it in a guiding role is really great, really fun," she said.

No one more than the board members perhaps is aware of the hard decisions facing the Co-op organization. Issues like closing the bazaar and buying a new building top the board's agenda. Obtaining everyone's input is key to a wise decision, she said.

"How can we bridge that gap or narrow it so people feel that sense of trust and can raise hard issues and follow it up with action?" she asked. "Very few members attend the open board meetings. Sometimes staff members come. There need to be forums for people to participate and raise hard issues. I would hope those same people would get involved in working on those issues. Creative ideas and energy have sometimes come out of frustration."

Looking forward to the annual meeting, Jeannie hopes members come ready to provide input. The board is seeking members' approval to proceed with the possibility of moving within the next year.

"The building is in an optimal location, but logistically it is just very difficult for any kind of expansion.... We've tried to move 'work stuff' upstairs, like bagging chips. But there are health concerns to provide for," she said, adding that the narrow stairway often makes it difficult for staff members and volunteers to maneuver stock between the two floors.

But before the Co-op begins construction or moving, the first step should be one towards solvency, Jeannie said. This will require a lot of support and commitment from the volunteers. Streamlining the Co-op's mission will help this process and aid in decisions like the bazaar closure.

"That was a real hard decision. Well, the finances decided it for us when we looked at how much money we were losing every day. If any financial people would look at our losses they'd say, you can't afford to lose that much," she explained. "I hope it's temporary and that what happens is as we define the goals of the Co-op ... at a later point we can look at how much we can do for having a bazaar. The main goal is providing healthy food."

Hopefully, members will give their input on ideas like the bazaar, and another popular one, opening a vegetarian restaurant upstairs, she said.

Jeannie brings a wealth of personnel experience to the board. It is only appropriate that she serves on that committee and tackles such monumental tasks as revising the personnel manual and reviewing evaluation procedures. She is currently a UI graduate student in forestry. A Los Angeles native, she came from Jamaica where she worked for the Peace Corps as Deputy Director for that country's program. Prior to this position, she worked for the Peace Corps in Washington, DC, building on her experience as a rural development volunteer in Ecuador.

Jeannie earned a bachelor's degree in sociology at Humboldt State University and "kept moving north from Los Angeles." She first worked in Portland, Oregon, with a food gleaning program administered by the Community Action Agency. People who picked extras out of farm fields after harvest had to donate some of their pickings to low-income, refuge or elderly populations. She then worked in a job training program with similar populations. As Reaganomics attacked that program, she headed south to Ecuador.

Jeannie joined the Co-op as soon as she arrived in Idaho in 1991, immediately becoming a working volunteer. She joined the board in 1992, taking over mid-term. Looking forward to the remaining half of her board term, she commented, "This is a neat time for the Co-op. It's kind of exciting."



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## News from the Grocery Department

by Skott Larsen

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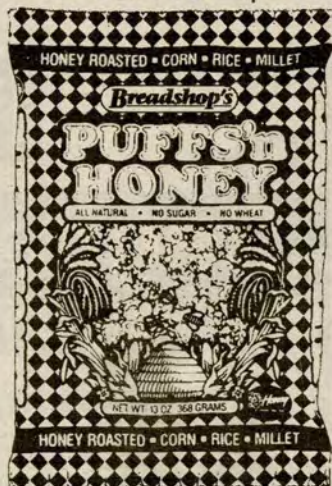
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By various miracles we continue to find room for new products in the Co-op. However, I'm sure we all can feel the walls closing in, so I'm afraid I'll be forced to put a moratorium on new food purchasing until we as a cooperative whole can find a solution to our space problem. Nevertheless, here are some of the new products we've squeezed in:

#### Frozen

- \* Turtle Island Indonesian Tempeh
- \* Turtle Island Tempeh Sloppy Joe Mix
- \* Sno-Pak organic peas ... excellent plump, flavorful green peas grown and processed by 3rd-generation farmers
- \* Rice Dream frozen dessert in Neopolitan quarts (non-dairy)
- \* Sweet Nothings non-fat non-dairy frozen desserts ... these are the best! They really are fat-free yet super tasty. Sweetened with fruit concentrate, they are available in chocolate, chocolate mandarin, espresso fudge, mango raspberry, raspberry swirl, and vanilla (all 16 oz. size).

#### On the Tea Shelf:

- \* Celestial Seasonings organic black tea
- \* Celestial Seasonings wildberry zinger
- \* Celestial Seasonings harvest spice tea (by request)
- \* Traditional Medicinals weight-less teas in various flavors
- \* Ahlaska! glacier mint hot cocoa mix, sweetened with sucanat.

#### For the Candy Lovers:

- \* Glenn's Sunrise Ginseng bar (these are tasty treats made with Korean ginseng. Beware; they are so good you may form a habit.)
- \* Stretch Island chunky cherry fruit leather
- \* Bearitos licorice bears (back by popular demand! Sad to say, but the cherry bars have been discontinued.)
- \* Prince of Peace ginseng chewing gum.

#### Other Snacks:

- \* Kettle Tigs lime-n-chili and tomato basil corn chips back in new packaging.
- \* Newman's Own organic salted pretzel rounds. Yummy! From the Paul Newman family who donate all pretzel profits to charity.
- \* Manischewitz Premium Gold lightly salted matzo crackers--so good we're going to sell them year round.
- \* Frookies fat-free cookies. These were sold at an introductory sale price of \$.99 each during a special one-time deal ... but we'll keep some stocked at the regular price.
- \* Health Valley fat-free breakfast brownie mix. Remember those delicious brownies we served during the 20th-anniversary parking lot fair? This is the mix.

#### Beverages:

- \* Blue Sky liters of rootbeer, raspberry, and black cherry.
- \* Knudsen organic grapefruit juice (quarts)
- \* Knudsen orange mango juice (quarts)
- \* Baron's Ginseng Energy Up (sports beverage in a can)
- \* Mountain Sun juices: raspberry, organic apricot, organic cranberry (by request), grape, cherry & strawberry. Look for more organic flavors in this month's specials.

#### Refrigerated:

##### Dairy Products

- \* Low-fat mozzarella cheese
- \* Stoneyfield french vanilla yogurt, 8 oz.
- \* Stoneyfield strawberry yogurt, 8 oz.
- \* Many new elegant cheeses!

##### Soy Products

- \* Soy Deli savory baked tofu
- \* No-tofu garlic herb spread
- \* Nancy's raspberry soy yogurt
- \* Sharon's finest zero-fat rella (mozzarella and jalepeno jack).

P.S. There should be a completely non-dairy vegan rella by Sharon on the shelf within the month. The bakery promises vegan cheese rolls as soon as possible.

We also have new dips by Annie's: chick pea, horseradish, and curried red lentil.

#### In Bulk:

- \* Organic bean and barley soup mix. An easy, nutritious home-cooked meal. Just throw in some veggies and seasonings and start in the crock pot in the morning--by dinner time it will be a delicious meal.
- \* Organic amaranth flour. Sorry to say our last batch of flour was not the tastiest. The flour we have stocked now is very good. We will buy it in smaller quantities to assure freshness. Watch for a new batch of teff flour as well. Both will be in the open-face cooler.
- \* Organic #1 gourmet semolina. Only slightly higher in price than the former non-organic semolina, but its improved quality should be worth it.
- \* Organic sunshine ... white sticky rice great for sushi as well as other oriental dishes.
- \* Organic aduki beans will be here soon. I've had many requests for these small red beans from the far east.

### Dried Fruit:

- \* Nectarines
- \* Organic monukkas (finally available)
- \* Organic pitted prunes. They are even cheaper than the non-pitted prunes which are currently unavailable. P.S. The dried apricots we currently carry are from an exceptionally good crop!

### Pasta Pasta:

- \* Cleopatra's kamut rotelle and spaghetti. Great for those with wheat or corn allergies and tasty enough for anyone.
- \* Michele's organic 2-minute pesto fettucine.
- \* Muir Glen organic pasta sauce with mushrooms and peppers and sauce with Romano cheese.

### Macrobiotic Foods:

- \* Wesbrae organic soy sauce (by request)
- \* Dried shitake mushroom
- \* Scaspice Dulse flakes in a shaker bottle--delicious on salads
- \* Eden Kudan root ... an easily digestible and tasty food thickener

### Packaged Foods:

- \* Cleopatra's kamut pilaf ... very yummy--made with kamut, or??? Available in Italian and Pharoh's pilaf
- \* Lundberg quick brown rice in 4 flavors: savory mushroom, Spanish, chicken, and the plain quick
- \* Casbah meal cups: jambalya, la fiesta, moroccon, pasta fajul, Thai yum
- \* Fantastic Foods tofu shells and curry. Currently at an introductory low price.
- \* Beaver horseradish powder on the spice shelf (bulk horseradish coming soon)
- \* Spectrum toasted sesame oil (by request)
- \* Spectrum peanut oil (back by request)
- \* Better Than Milk non-dairy soy beverage mix in 23 oz. cans (natural and natural lite)

### Body Care:

- \* Awapuhi shampoo and conditioner by Nature's Gate in bulk (finally available after many requests)
- \* Aura Cacia lemon and orange essential oils



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by Erika Cunningham

## Volunteer Wish List

March! Can you believe it? Not me. The next thing you know, we'll be buying Christmas presents. Well, maybe I exaggerate a bit, but the first of the year is rapidly fading behind us. Those promises you made to take care of yourself, eat right, exercise, and volunteer at the Co-op weekly are weighing heavily on your mind. If you haven't gotten started on those New Year resolutions, I've got some suggestions for you.

These volunteer positions earn 8%, 13%, or 18% discount on your monthly Co-op purchases if you work one, two or three hours per week. If you don't see what you like, or have some ideas of your own, please come and see me and we'll figure out something. Also, if you can't make an evening training, I'm more than willing to train you on an individual basis.

**Deli:** Make sandwiches, soups, and prep work for the day.

9-12 M-F and Sunday; also 2 steady workers for Thursday, 9-12 and 12-3 to run the Deli.

**Juice Bar:** We will be moving the juice bar downstairs and trying to make a go of it with as many volunteers as we can get. Annie will run it M-F 11:30-1:30. All other hours will depend on how many volunteers want to work. We've heard from you that you'd like to keep the juice bar, so now's your chance to put your time where your mouth is!

**Granola Maker:** No Upper Crust or Co-op granola? Everytime you shop it's gone? Help us keep up--volunteer time each week to make it so you and everyone else can have some.

**Demonstrations:** Skott needs more people to demo those new groovy products she gets in all the time. Generally Fri., Sat., and Sun. are good days for this.

**Early-morning stockers:** 7-10 am. We need people to pack those shelves and bulk bins every morning so we're not running over your toes during peak shopping hours.

**Cheesecutters:** We need people on Fri. and Sat. to cut, wrap, and stock our coolers full of cheese. Early morning or late afternoon is good for this.

**Newsletter Layout:** Pam would like to share her job with someone so she can work in the store as well. If you'd like to work on the newsletter, but don't like to write, here's your chance.

**Illustrator:** Graphics person needed to develop original illustrations for use in the newsletter.

**Store closing:** We need people Mon., Tues., Thurs., Fri., Sat., and Sun. to help close the store and keep it beautiful for the next day.

**Store openers:** Follow a checklist of morning chores, assist cashiers in helping customers, and make the store ready for the day. Mon., Tues., Wed., Fri. anywhere from 7 to 9 am.

**Produce stockers:** Here you will trim veggies, stock them, lift heavy boxes, and display produce attractively. A good place to apply your artistic talents. Mon. Tues. Wed. Fri. Sun. am. and Mon. Wed. Thurs. Fri. Sat. pm.

Cashiers: This job requires a bit of experience as a volunteer at the Co-op. After you've been here a while, we can fix you up with this job if you like.  
Fruit and chip merchandisers: Someone to bag fruit and chips every day. Help!  
Janitor: Help the paid janitors to get the store cleaner and get out early. Only for those who like later hours and strange music.  
Non-foods caretaker: Help Laura keep up with her stocking on the weekends. Tired of no toilet paper? Dirty shampoo bottles? Here's your chance to help.  
Bakery: You've all responded so well to the pleas to help here that the early morning shifts are filled. What we need now are people who love to clean. (No kidding--some people like it. I do.) Mon.-Sun. we need someone from 10 to 11 am to 1 or 2 pm to help clean. It's getting bigger than we can handle ourselves.

**Data entry person is needed ASAP....**

# Kids Page

March

Start

finish



Check out the library for stories on St. Patrick's Day

March is here already and with it comes tales of Leprechauns, rainbows, shamrocks and pots of gold. Don't forget your green on March 17th. and keep your eye out for a lucky four leaf clover!

The windy month of March is official kite flying season. Here is an easy kite for you to make at home. Be sure to use sturdy kite string when you test your kite or it may fly away and never return.

## the "flat flier"

### Materials

- White tissue paper
- Markers or paint and brush
- 3 plastic drinking straws
- Two 1 1/2x36" fabric strips
- Clear plastic tape
- Kite string

### Instructions

1. With adult help, slit ends of one straw one inch deep and cut away half. Wrap remaining half of straw ends around centers of two other straws; tape securely. It should look like an H.
2. Thread a 37-inch piece of string through one outside straw, back across bottom of "H" to form a framework. Tie ends together and trim.
3. Lay framework on tissue paper that is cut in the shape of the frame allowing an extra 1 inch all around for overlapping and taping.
4. With adult help, use a large needle and punch a hole at both intersecting points on the straws. Make a string bridle (a connection from the kite to the string) and tie through holes to connect.
5. Tie short piece of string at one end of each 36-inch fabric strip and tie each strip to bottom corners of kite.
6. Decorate your kite as you like with markers or paints.

Let's go fly a kite march?  
winds blow?

by: Krissy Beeka

# Ask The Herbalist

by Linda Kingsbury

As a local herbalist and wholistic health practitioner, I will answer your questions about herbs and seasonal nutrition for wellbeing. My goal is to provide practical tools to help you build your own health. Bring your questions in person to a free monthly class at Inner Vision or call in your questions to me at 883-2827.

## 1. What are some herbs and foods that can help me prepare for the transition into spring?

In the cold Northwest we tend to eat heavier, concentrated, and more warming foods in the winter. Now its time to shift to foods and herbs that can provide a spring cleaning.

When choosing foods for your spring meals, think green. Chlorophyll is a powerful healing agent available in sprouts, parsley, spinach, and kale, to name a few. There are many ways to include them in your diet, juicing them with carrots, finely chopping and adding to salads, or including them in soup. For a soothing soup, puree vegetables and broth in your blender. Spirulina is a green superfood packed with easy-to-digest plant protein, chlorophyll, B12, and iron. Perfect for your busy lifestyle, it is available in tablets or powder. Combine a teaspoon-tablespoon of spirulina powder in a blender with 1 C. water, 1/2 C. apple juice, 1 T. lecithin granules, 1 tsp. kelp powder, and 1/2 banana for a delicious snack. Try the shakes and juices that the deli makes for you upstairs at the Co-op.

According to Oriental medicine, the gall bladder and liver are the organs to cleanse in the spring. The emotions associated with these organs are anger and resentment. The congesting, traditional American diet contributes to this problem. For an alkalizing drink to detoxify the liver and settle your stomach, dissolve a teaspoon of umeboshi plum paste (a macrobiotic food available at the Co-op) in hot water. Foods that can help include daikon radish, burdock root, and sea vegetables.

A common liver purifying herb may be growing in your backyard. Dandelion root is a folklore remedy often used for regulating liver functions and purifying the blood. The young leaves are a tasty addition to spring salads and, lightly steamed, are an excellent source of minerals easy for the body to assimilate. Juicing the leaves is known in oriental medicine to heal stomach ulcers.

If you have been feeling impatient, frustrated, or angry or blocked in creativity, you will find that including the herbs and food above, combined with taking time to get outside and enjoy the miracles of all creation, will help you spring back into life.

## 2. Is there herbal relief for ear aches?

A couple of drops of garlic oil on a cotton ball placed in your ear often provides overnight relief for ear aches. The oil is simple to make. Chop a bulb of garlic and cover with cold pressed olive or sesame oil in a small jar.

Ear coning is an ancient healing process that has been used by some indigenous cultures to relieve ear aches. The cone carries herbal smoke into the ear canal to draw out toxins and debris. This process breaks up blockages in the lymphatic system and has a purifying effect on the whole system.



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## What is Kuzu?

by Mare Rosenthal

Kuzu is a white root-starch (no flavor), made from 7 foot-long roots. Kuzu grows wild in mountainous areas and has very deep roots. Its strong downward energy is traditionally recognized by Oriental medicine as good for helping to relieve intestinal troubles, diarrhea, constipation or other lower stagnation. In the southeastern United States, kuzu grows abundantly and, as a vine, is known as kudzu.

As a food, kuzu is dried and comes in the form of a white powder or chalky lumps. It cooks quickly, usually in 1 to 2 minutes. It should be diluted first in a little cold water and gradually mixed into the sauce or gravy at the end of the cooking time. Kuzu is done when it becomes transparent.

**Daily cooking use:** Use to thicken sauces, stews, puddings, Chinese vegetable combinations. Dis-solves in cold water, thickens in hot. Kuzu replaces cornstarch and other refined thickeners.

**For a vitalizing tea:** Dissolve 1 heaping tsp. kuzu in 1 cup cool water. Add 1/2 tsp. mashed umeboshi plum, a few drops of tamari soy sauce, and a pinch of grated ginger (optional). Heat and stir until thick. Drink once a day.

### Traditional benefits:

- Very alkalizing and soothing
- Renews strength and vitality
- Controls diarrhea (tea)
- Relieves upset stomach (tea)
- Beneficial for colds, flu, or prolonged weakness (tea)



Cooking Up The Green

March is the month to celebrate the green in all of us; it seemed only appropriate to provide green recipes this month. Even for the non-Irish, St. Patrick's Day can be celebrated in solidarity with the northern Irish. They could use our moral support in their struggle against British occupation. And it never hurts to add a little green to our lifestyles, I suppose.

So, let's start with my mother's recipe for zucchini pie. I adapted it to a lower-fat vegan mode and found this worked well. Hope it does for you, too.

This is another recipe that calls for "a dash of" many different spices and therefore is a great excuse to hit the bulk herb and spice room at the Co-op. All the fresh vegetables are Co-op regulars, naturally. Try some of the Tofu Rella (soy-based) cheese on top. The no-fat Jalapeno Jack is especially good.

- 4 C. thinly sliced, unpeeled zucchini
- 1 C. coarsely chopped onion
- 1/2 C. margarine
- 1/2 C. chopped parsley (or 2 T. chopped parsley flakes)
- 1/2 tsp. black pepper
- 1 medium garlic clove
- 1/4 tsp. basil leaves
- 1/4 tsp. oregano
- 8 oz. tofu rella cheese, shredded (if dairy, mozzarella OK)
- 8 oz. can quick-bake breadstick rolls
- 2 tsp. Dijon mustard

Heat oven to 375 degrees. In a 10-inch skillet, sauté zucchini and onion in margarine until tender, about 10 minutes. Stir in seasonings. Add shredded cheese to vegetable mixture.

Separate dough into 8 triangles. Place in ungreased 11-inch pan or 12x8 baking dish. Press across the bottom and up the sides to form a crust. Spread crust generously with mustard. Pour vegetable mixture into the crust.

Bake at 375 for 18 to 20 minutes, or until a knife inserted into the crust comes out clean. (If the crust turns too brown, cover the pan with foil during the last 10 minutes.) Serves 6.

Now, for your St. Patty's Day breakfast. What better way to start the day than with some green vegetables? The ingredients for this pancake recipe are all regular items on Co-op shelves. For you dairy eaters, be daring--try some of the tofu sour cream instead of the kind from Bessie. For members who prefer not to eat eggs, experiment with some egg replacer. (I think 1/2 cup equals about 4 eggs; I can't recall.) This recipe is from Mollie Katzen's *Moosewood Cookbook*. She suggests that half or all of the egg yolks can be deleted.

- 4 eggs, separated
- 4 C. packed, coarsely grated zucchini
- 1 C. finely crumbled feta cheese
- 1/2 C. finely minced scallions
- 1 tsp. dried mint (or 1 T. fresh, finely minced)
- 1/3 C. flour
- oil for frying
- salt to taste
- sour cream or yogurt for topping

Beat egg whites until stiff. In a medium-sized bowl, mix zucchini, egg yolks (or not!), feta, scallions, seasonings, and flour. Mix well. Add egg whites.

Heat a little oil in a heavy skillet. When it is very hot, add spoonfuls of batter, and fry on both sides until golden and crisp. Serve immediately, topped with sour cream or yogurt. Serves 4.

GINGER COOKIES

No corn, egg, milk, wheat\*, or gluten\*, from *The Allergy Cookbook* by Ruth R. Shattuck.

- 1/2 C. safflower oil
- 1/2 C. molasses
- 1/3 C. honey
- 1 tsp. ground ginger
- 1/4 tsp. salt
- 1 tsp. baking soda, dissolved in 1 T. hot water
- 2 2/3 - 3 C. brown rice flour or 1 C. brown rice flour, 1 C. millet flour and 2/3 - 1 C. garbanzo flour

Combine oil, molasses, honey, ginger, and salt in a saucepan. Stir to mix. Bring to a boil. Immediately remove from heat. Add baking soda dissolved in hot water immediately. While foaming, add flour. The dough should ball in the pan and be stiff enough to make into a roll on waxed paper. Slice 1/4-inch thick and put onto a lightly greased flour sheet. Bake at 350 degrees about 10 minutes or until lightly browned (do not overcook).

\* Variations: If you can use wheat and gluten, you can substitute wheat flour for the brown rice flour.

If you can use gluten but not wheat, you can substitute a mixture of barley and oat flour.

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## Introducing the New Baby to the Pet

by Dawn Gill



Lots has been written about sibling rivalry, but when one party is a dog or cat there is little information available. As couples are having children later, there is often a pet already at home. The pet has often been the sole focus of the parents' attention. Many people believe that pets will either jealously attack the new "rival" or will guard their new friend from harm. The reality is that most pets fall somewhere between these two extremes. With a few precautions and a little work before the baby's arrival, you can help to ensure a happy relationship.

Well before the baby is due, begin working on obedience training with your dog. Once the dog has mastered simple sit/stay and down/stay commands, work on these commands in the presence of a baby or use a doll to simulate a baby. For pets that have become accustomed to receiving all of the owner's attention, it is important to slowly decrease the amount of time spent focusing on the pet before the baby arrives.

While it is important to continue to make time for the pet, parents will be busy with a new baby, and sudden decreases in the amount of time spent with the pet can be very upsetting, leading to problem behaviors. Signs that your dog is having problems adapting to the new situation include: excessive barking, tail chasing or loss of house-training. Stress-related conditions can also cause diarrhea, loss of appetite or skin problems. A gradual decrease in the attention paid to the pet can decrease the likelihood that these problems will occur; however, if they do, consult your veterinarian.

If your dog is very protective, it would be wise to introduce it to the baby away from its home to avoid territorial problems. Introduce your pet to the baby slowly; don't force the baby on the pet, hoping for immediate results. Include the baby in activities the dog enjoys, such as walks, and reward it for good behavior in the baby's presence. These techniques can help the dog to develop positive associations with the baby.

Cats generally fall into three basic categories: (1) the timid, nervous cat who hides from visitors and is really only happy with you. These cats often are most upset by the new baby. They may begin spraying in areas that smell like the baby. Other problems include the stress-related conditions mentioned for dogs as well as vague personality changes. It is important to remember that punishing pets for these behaviors is not helpful and may exacerbate the problem. (2) The affectionate cat that follows you everywhere. These cats are most upset by a sudden decrease in attention from the owner. However, they are also the most likely to bond with the baby in time as they have with the parents. (3) The aloof cat with whom you have a somewhat impersonal relationship. These cats rarely have a problem and usually go about their business, ignoring the baby.

Get in the habit of taking up uneaten food or feeding the cat on a counter; pet food can attract flies and crawling insects. Some cats are attracted to and will eat wool; keep this in mind when selecting clothes and blankets.

Unprovoked attacks on children are extremely rare, despite massive media attention, but no baby should be left with an animal unattended. Babies' skin is very thin and easily broken by an over-affectionate pet. Studies have proven that children raised in pet-owning households have higher self-esteem and learn responsibility. By following some simple precautions, you can help ensure a happy relationship between your baby and your pet.

## Notes From The Upper Crust

by Ed Clark

Every year about this time I get stunned that the Upper Crust Bakery has gotten through another year. We're FOUR now! Overall, getting through the year brings to mind a picture of daily routines aimed at producing baked goods, cleaning up, and making sure we have what we need to begin again tomorrow. Looking closely, however, changes this snapshot into a full-length animation full of metamorphosis. The end is quite different from the beginning with changes in methods, equipment, and staff. Replaying four years of reels is more mind-boggling.

The first frames show a single baker, limited equipment, plenty of space, and a meager selection of breads all in the display by about 9 am. Checking the most recent part we find 5 employees, a multitude of volunteers, a full-service deli, more equipment, more supplies, less working space, and a variety of wholegrain goods that overflow our shelves. Throughout this time, it's all been on-the-job training in how to manage a bakery.

When I began I knew how to bake a good loaf of bread. That's all. I've learned an enormous amount about figures, marketing, people, and products. The biggest thing I've learned is how much more I need to know to keep up. Although 'profitable' is not exactly the word we tend to use in co-op context, it becomes important in terms of survival. As our maze becomes more intricate, we need to examine each aspect more closely and make hard decisions about why we do what we do.

We're no longer a tiny co-op or a tiny bakery. You can expect to see changes in prices, products, and in our process to reflect this. I hope that none of the changes is devastating to anyone (ex: your favorite bread is not baked as regularly), but for our future's sake it's time to throw the learning part into fast-forward. We're here to serve the Co-op and its members, and we want to do the best job that we can.

# BULLETIN BOARD

Saturday, April 23, 1994

## Paradise Creek Adopt-A-Stream Stewardship/Clean-up Day

We need your help!  
Contact Adam at 882-1444 for more information

sponsored by Palouse-Clearwater  
Environmental Institute

## Spring Barter Faires in Eastern Washington

**Columbia Barter Faire**  
near Newport, April 8-10  
call 509-446-4319

**Ferry County Barter Faire**  
near Malo, May 6-8  
call 509-779-4706

**Salish Barter Faire**  
Kalispel Reservation, May 27-30  
call 509-445-1112

**Rainbow Valley Barter Faire**  
near Little Rock, May 27-30  
call 509-459-9107

**Columbia Country Faire**  
near Metaline Falls, June 3-5  
call 509-446-4319

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## THE LARK QUARTET

with  
guest pianist  
SAMUEL SANDERS

Thursday, March 10  
at 8:00 pm

UI Auditorium

The popular Lark Quartet return to the Palouse as the final concert of the Auditorium Chamber Music Series. Since that time, they have won the Naumberg Award and the Gold Medal in the Shostakovich International String Quartet Competition. They will be joined in this concert by the reknowned pianist Samuel Sanders. Their program will include the Brahms F minor piano quintet. Tickets are \$9, \$8 for seniors and \$6 for students, available at Ticket Express (885-7212) or at the door.

For information call Dr. Mary DuPree  
885-6251

## 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.

## International Women's Day

In recognition of *International Women's Day*, the University of Idaho Amnesty International will present *Maria Pu*. *Maria* is a Quiche Indian from a village outside of Santa Cruza, Guatemala. She will speak on the issues of women's and human rights abuses in her country and also relate her personal experiences as a released prisoner of conscious. Everyone is welcome and encouraged to attend in recognition and celebration of *International Women's Day 1994!* **The event will take place at the University of Idaho, Tuesday, March 8th in the Student Union Borah Theatre at 7:00 p.m.**

## 1994 Moscow Renaissance Fair Poster Contest

The Moscow Renaissance Fair is celebrating the beginning of its second 20 years by looking at spring through the eyes of children. This year's fair poster will be the work of a child, as discovered through a local contest that will be fun for all children who participate.

### FOR CHILDREN WHO PARTICIPATE:

- Each child will receive a 1994 Moscow Renaissance Fair Button and other prizes.
- The overall winner will have artwork reproduced for the poster and displayed statewide and will receive a \$50 U.S. Savings Bond.

### FOR MORE INFORMATION CALL:

Mary Gresch at 883-4251 or Lisa Cochran-Kane at 882-8345.

### CHILDREN'S POSTER CONTEST:

- Theme: "A child's vision/celebration of spring"
- Grades K-6th only
- Must be created on white paper size 12" x 18" (max)
- Back must include child's name, address, age, school & home phone
- All entries must include the words "Moscow Renaissance Fair" and "April 30-May 1, 1994" in the art
- Entries due March 11 to the Moscow or Pullman Chamber of Commerce
- Artwork kept until the fair and then returned to only those who request at the Moscow Renaissance Fair information booth during the fair.

## NEEDED:

A little red wagon for Co-op Newsletter distribution. Call Therese Harris at 883-5598 if you have one available.