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November
1994

MOSCOW FOOD COOP COMMUNITY NEWS

The Holiday *Gifts from everywhere for everyone*



MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843

SPECIAL COLLECTION
LIBRARY
UNIV. OF IDAHO
MOSCOW ID 83843



upstairs

open 10-6 daily

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Published by

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Deadline for articles: 20th of each month

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



M E E T I N G S A T T H E C O - O P

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 at 7 PM.

PERSONNEL

1st Wednesday of every month at 8:30 AM.

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

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TEN YEARS: THE MOSCOW FOOD CO-OP COMMUNITY NEWS HAS AN ANNIVERSARY

By Bill London



November 1994. That's this issue. Next month's will be December 1994. Exactly ten years after the first issue of this newsletter. The December 1994 issue will be a milestone, an anniversary--ten years.

The first issue, back in December of 1984, was a small booklet, actually three regular 8 by 11 sheets of paper, photocopied front and back and folded in half, to make a little twelve-page newsletter. I recall some debate about the number we wanted to print, was it 100 or 200?

I wrote a lot in those first issues, and spent many hours searching for others who would add their writing, drawing, layout, or advertising sales talents to this fledgling publication.

Now, the newsprint tabloid you hold carries almost ten times as much information. It's printed on a newspaper press, not copied at Kinko's. We print 1,500 copies monthly.

The goal of the publication remains the same: to inform and entertain Co-op members and potential members, to entice the uninitiated to visit the store, to remind us all of the community we are creating.

To celebrate this anniversary, Jim Croft, bookbinder extraordinaire, has bound the first seven years of Co-op newsletters (the issues that were that booklet size). Croft, who has a home and workshop in the

woods near Santa, Idaho, sixty miles north of Moscow, binds books in the medieval style. No power tools. Hand-sewn backing, hand-carved wooden covers. They are works of art. He's been working on this compendium volume for about three years now, and he promises that the finished book will be ready for display during December, our anniversary month.

The finished book will be on public display upstairs at the counter of the Holiday Bazaar during December. Stop by and open the book, check out the early issues of this newsletter.



the Holiday
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FOUR YEARS AGO, HOLIDAY TRADITIONS, QUEENS AND BAZAAR STUFF

By Erika Cunningham

The wall is up. The gray panels loom in the corner of my eye, flat. Splotches of paint dotting the surface in a pattern that must mean something. There's one shaped like a duck. A new world is being created upstairs at the Co-op, and the duck is part of it. He lives in the form of a paint splotch, on the newly constructed wall that Kris Siess is building in the dark of night. With the wall comes more private office space, and a retail store (that's right, the Bazaar is back) with a different shape.

The first year we had the Bazaar, 4 years ago (yup, uh huh, I did say four years ago. Time flies, eh?) we had use of the whole upstairs. The offices still had a place downstairs--you remember, they were in the herb and spices room. The Bazaar was a wild idea we had of buying a few extra items for the Holidays, and seeing if a few artists around the Palouse would like to sell their goods through us. We didn't have any room downstairs among the beans and granola, so we moved everything upstairs. The next thing we knew, we had a whole store, complete with a seating area to have coffee and tea, and a fireplace. The effect was outstanding (you can tell we were a little proud of ourselves). People flocked to our little store, so much so that it has become a traditional part of the Co-op Holiday Season.

So now I sit in October, the skies blue-gray, then sunny, then gray, in true Palouse fashion, writing about this year's part in the tradition. I thought about writing my usual article about what's for sale in the Bazaar, what's returning, what's not, and what's new and exciting. But as I stare at the wall I realize that the only direction I'm sure the Bazaar is taking has to do with that wall. Every year the Bazaar takes on it's own personality, it's own life, depending on who did the buying and who puts the actual store together. Laura Church and I are pretty much commanders in chief, dictators, queens ... sorry, power goes to my head. Anyway, I think the buying is done. The products are arriving in droves, and they sit up here in boxes next to the wall, waiting to be priced.

Where am I going with this? Just to let you know, I suppose, that the Bazaar is forming, and whatever comes of it, rest assured that there will be a spot for you by the fire, hot spiced cider will be waiting, and there will be a friendly face to warm your cold November and December shopping times. The wall? It'll be covered by white paint, the duck splotch buried, gifts for your families will be leaning up against it, waiting for you to choose them. I'm looking forward to being part of your Holiday traditions again this year.

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CUSTOMER REQUESTS

THE BUYERS ARE IN

5

By Kristine Wildung

Please stock small pasta shells (the size of spelt shells). Ellyn, our pasta goddess, says she's carried them in the past and they didn't sell. She can offer you large shells, but we're out of room for the small ones.

Please get some different Ben & Jerry's. What flavors would you like? The B & J delivery person pretty much gives us what he has on the truck, but I'm sure if I talked to him he could fill your request. Also, ask someone to check the back freezer for you. There could be other flavors that haven't been stocked.

More Milk-Thistle/Dandelion Extract please. It's here and a product we regularly carry. Sorry it was out of stock for you.

Please carry Grainaissance Amazake in Original Light and Almond Light. I tried these in Michigan, very good! Great idea. As soon as I reset our refrigerator section I hope to have more room for new products.

I have to be yeast, wheat, and sugar-free. Here are some things that would help. 1) Plain Brown Cow Yogurt, 2) more wheat-free breads (the spelt is rather disappointing), 3) vinegar-free salad dressings. I can certainly bring in Brown Cow plain yogurt for you. And I know the bakery is currently working on finding more tasty, wheat-free recipes. Also, have you tried the Hain Tofu Poppseed Dressing or Simply Delicious Dressings?

What happened to the Stonyfield Farm non-fat Lemon Yogurt? Help! I'm in withdrawal. Bring back bulk tahini asap please. Although I strive to have everything in the

store at all times, sometimes we run out. We still carry this yogurt--look for it in the dairy section.

Tahini Alert: Okay, okay. It's obvious that you all want bulk tahini back. I'll bring it back, but give me a little more time to find a more sanitary and tidy way to dispense it.

How about displaying the catalogs that you order from, so that members can see what can be special ordered? Catalogs are always available for customer viewing. Just ask one of us to help you locate one.

Please get Limare Sea Salt. We have Lima Sea Salt. It's located in the macrobiotic section, Aisle E.

Where are the Dandy Bars? They're here. Look for them in the candy aisle.

I don't like Stonyfield Farm flavored yogurt. There's not enough fruit and the fruit isn't very flavorful. Alta Dena makes a good flavored yogurt, and so does Nancy's. I'm bringing in Nancy's Fruit yogurts in November.

New Products

Reed's Raspberry Brew: When Reed's puts out a new product, you've got to try it. Fresh ginger root, raspberry juice and spices make this a very tasty ginger ale.

Garden of Eatin Low-Fat Tortillas: No oil and one gram of fat per tortilla. Located in the cooler.

Barbara's Bakery Fat-Free Mini Cookies: We can't keep these on the shelf! Made with all natural ingredients and organic grains, these cookies contain no refined sugar or artificial color or flavoring. Four flavors to

choose from.

Erewhon Barley Plus Hot Cereal: A hearty blend of barley, oat bran and brown rice, all organic. No sweeteners, sodium-free, and a great source of fiber.

Homeopathic Remedies by Nova: Check out this new line located in the supplement section of the Herb & Spice Room.

Watch for these products in November:

Lundberg Family Farms Holiday Rice
Egg Nog by Stonyfield Farm
Rice Nog by Amazake
Amy's Cheesecake with Organic Strawberry Topping
Cloud Nine Bite-sized Candy Bars

Enriched Rice Dream Beverage by Imagine

Portion Packs of Sucanat
Organic Valley Condiments and Pasta Sauces

Nancy's Cottage Cheese will return in February

Thanksgiving Turkeys

Shelton's frozen turkeys will be available soon. They will be sold on a pre-order basis only and a non-refundable \$10.00 deposit is required. These turkeys are free-range and antibiotic-free. They've had no hormones or growth stimulants.

There will be a sign up sheet at the cash registers. Turkeys will be sold on a first come, first serve basis. The Co-op will purchase 30 turkeys, so reserve yours early. Delivery is Nov. 20 and you will need to pick up your turkey within 24 hours. If not, your turkey will be sold and your deposit forfeited.



PROVENDER AGAIN

By Kenna S. Eaton
General Manager



Ah! Lucky Me! I have the honor of reporting on our adventures at the Provender conference this year. For those of you who don't know, "Provender" is the name of our umbrella trade organization for Northwest co-ops. Every year they host a series of workshops focusing on issues of interests to both co-ops and natural foods stores in the Northwest.

This year's conference was held in the middle of October at Port Townsend, WA and was well attended by Moscow Food Co-op. Six of us left at 4: something Friday am and spent the weekend discussing and debating (and eating good food).

This year we didn't: buy an Elvis on black velvet, lose a gas cap or break the key off in the lock. We didn't hit a bird, rip our calf muscles dancing, or break down in Eugene. We didn't even get lost. That's because Kristi was with us (she

told me to say that). But we did work hard at learning what we can do differently.

The workshops we attended had titles like *Updates of the N.L.E.A.*, *Partnerships: Model for Sustainable Organizations*, *Volunteer Systems*, *Purchase or talking*, working and ocean-walking was a great change of pace for all of us, and one that we can (hopefully) take back with us to our homes and workplaces.

Perish, *Organic Retailer Certification*, *the Question of Meat*, *Agri-Spirituality*, *Zen and the Art of Customer Service*. During the eight hour plus drive, both ways, our respective car-loads spent a lot of that time discussing the Co-op in detail.

It was very enlightening to hear someone else's opinion of how they felt about the business, and to find out how much we agreed with each other. All too often I find that we focus on the

differences instead of the similarities.

During the workshops we had plenty of time to talk to other co-ops and find out how they do things. I find the interaction with others who do the same job to be so interesting. Each time, I come back from Provender full of ideas and inspiration to continue growing personally and to make this a progressive and supportive workplace for all of us.

The challenge is how to implement my ideas, in a way that is acceptable and workable. I find the daily routine to be hard to break, and the pressure of putting out the "fires" too hard to ignore. Hopefully this time I can, in the words of Nike, "Just Do It." I feel ready to make the leap from idea to action, to get beyond the stuck places.

So, we made it home in one piece, tired but full of hope and ideas. All the dancing, eating,

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COMMITTEE NEWS

THE STRATEGIC PLANNING COMMITTEE

By Dean Pittenger

The Strat Planning committee last met on Wednesday, 10/19/94. We are now trying to re-identify our short and long term goals. In the short term, we are still faced with the question -- do we move or what? We have a somewhat limited time frame with respect to our

current lease location. By the 1st of the year we will need to make a long(er) term arrangement with the owners or be certain that we are moving elsewhere. To date, we have limited options for moving somewhere else. The East-side Mall has some potential but it is situated away from the

city center. This also holds true for the old Jeff's Market location which is still available. **Do YOU, the reader, know of any suitable locations (about 7,000 sq. ft., decent parking, downtown area, loading dock, etc.)? Please let us know.**

Long-term efforts include re-

visiting our business plan and getting that finished prior to the Annual Membership meeting. We also need to spend some time and energy to clarify the Mission Statement of the Co-op. Clarifications would help us to state what we mean by such phrases as "right livelihood" as it

Join Us as a Moscow Food Co-op Board Member

Board Elections are coming up in February of 1995 and we will have two openings for board members. Now is the time to be thinking about your opportunity to contribute to the Co-op.

Challenges. As a board member you will have an opportunity to be part of the planning team for Co-op tasks, such as:

- Strategic planning - development of our business plan, short term and long range.
- Planning for increased member participation.
- Working to increase staff participation and job satisfaction.
- Educating members and the community at large about nutrition, politics of food, themes of cooperation, and an environmentally sound lifestyle.

Activities. You will be involved in many types of activities, especially those which fit your own skills and interests. These include (but are not limited to):

- Attending monthly meetings.
- Chair and/or participate in standing or ad hoc committees, including: computer operations, financial operations, volunteers, personnel, planning, physical plant operations, elections, etc.
- Plan and participate in the annual membership meeting.
- Write articles for the newsletter.



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Distributor inquiries welcome!

Minimum Qualifications	Other Qualities We Seek	How to Apply
Card-carrying member of the Co-op. Commitment to the Mission (see below) of the Moscow Food Co-op.	Natural foods, nutrition, and politics-of-food familiarity. Experience with Co-ops, management, law, advertising, marketing, public relations, grocery or retail business.	For more information or to apply, please contact: Anne Adams 882-8046 or Kenna Eaton 882-8537
Interest in serving the Co-op 10-20 hours per month for three years - that's about the same amount of time you spend in the shower! Communication and meeting skills. A sense of humor.	Experience with organizational planning or volunteer coordination. Financial experience a big plus (but not required) Board candidates will be considered without regard to race, religion, national origin, political or union membership, marital status, sexual preference, gender, or physical handicaps.	 The Mission Statement of the Moscow Food Co-op is: <i>To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment. To provide an information network that fosters progressive social, political and economic change. To strive to provide a sense of community for its constituency and right livelihood for its staff.</i>



NUMBERS FROM THE FINANCE COMMITTEE

By Mare Rosenthal

applies to the employees of the Co-op.

As always, we welcome (we need) your input. Please drop us a note or join us; the next meeting is Wednesday, November 16th (the 3rd Wednesday). Please note that we have dropped the 1st Friday of the month meeting for the time being.

The financial results of Co-op operations for the first nine months look good. Sales have been strong and expenses have been kept near budgeted amounts. The Co-op has experienced 6.9% growth in sales over the same period last year. End result is a net income of about \$5800 for the nine months of this year. For the same period in 1993 we were at a \$200 loss and in 1992 we were at a \$24,000 loss! The Co-op's financial stability is improving.

Any profit at year-end will be added to the capital fund with membership dues and used for projects to enhance the Co-op. We have a goal of a 1% profit for 1994.

The Finance Committee oversees the financial

information of the Co-op and works out ways to fund new projects. Anyone interested in these activities is welcome to join us on the 3rd Tuesday each month at 6 pm, upstairs at the Co-op.

	Jan-Sept 1994	%	Jan-Sept 1993	%
Net Sales	\$757,469	100	\$708,677	100
Cost of Goods Sold	-495,909	-65.5	-468,809	-66.2
Gross Margin	261,560	34.5	239,868	33.8
Operating Expenses	-259,085	-34.2	-242,687	-34.2
Other Income & Expense	3,375	0.5	2,603	0.4
Net Income (Loss)	5,850	0.8	-216	0

NOVEMBER SPECIALS

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MORE rBGH BLURBS by Natalie Shapiro

The September 30th issue of *Capital Press*, an agricultural industry weekly newspaper, contained some interesting blurbs regarding rBGH. From February 4 through August 4, 1994, Monsanto sales data showed 8 percent of the nation's dairy herd was treated with rBGH, a total of 6.4 million doses, with 400,000 given away. Milk production increases from using rBGH averaged 10 pounds per cow per day, according to Monsanto.

Dairy Profit Weekly reported that while over 90 percent of rBGH users were satisfied with the product, the biggest criticism was that the extra milk was not worth the costs, which increased from \$5 to \$5.80 per dose on October 1. Monsanto said that it received 95 complaints that were related to animal health, product efficacy, and other issues. 14 producers commented about mastitis.

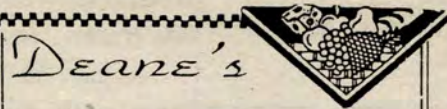
USDA reports that July sales of milk in comparable federal milk order marketing areas and in California were up 0.6 percent from July 1993 and 1.7 percent above June 1994.

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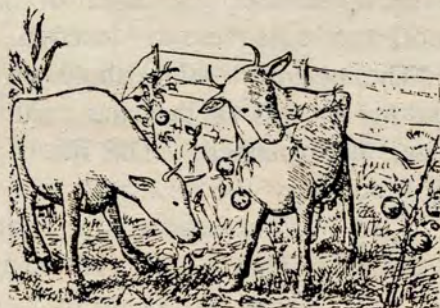
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GROWER PROFILE: OUT OF

By Bill London

George's carrots are returning to the Co-op this month.

That's good news for anyone who remembers, from the last few years, the crisp, fresh, super-sweet flavor of his bright orange carrots. As in previous winters, watch the Co-op's producer cooler for the carrots marked "locally-grown, no-spray" with the blunt, rounded ends (not the sharp points of the commercially-grown, industrial-strength variety).

George (if you ask him about his full name, he'll tell you to call him 'Hay George') will be hauling carrots to the co-op for the next six months. By the time he's done bringing in his carrot bags during March or April, he expects to sell us about three tons (yes, that's six thousand pounds) of carrots.

George began growing carrots in this region soon after he moved to rural Benewah County (sixty miles north of Moscow) in 1976. He started turning over the forest soil at their ten-acre homestead as soon as he arrived there with his family that spring. The land, a flat forested ridgetop, had never been plowed, planted, or most important, treated with pesticides of any kind.



For the last 18 years, since his arrival, George has continued that no-spray plan, preferring to control pests with tilling, trapping, and years of hands-on experience. He has also continued to expand his garden there, gradually bringing more and more land into agricultural production, adding tall fences to keep the deer away, and filling the entire ridgetop (about two acres) with gardens, greenhouses, pastures and barns. Year after year, he planted more carrots, learning from his own experience what conditions and management options were best.

This year, he planted three fields of carrots. The largest is comprised of ten parallel rows, each about 200 feet long.

Despite repeated requests from newspaper journalists and photographers, George has never allowed anyone to interview him and photograph his gardening operation. Until now, there was no public record of his mountain home and the methods used to grow such delicious carrots.

But recently, in a fit of marketing zeal, George decided to come out of the carrot closet. He decided to tell a few of his secrets to encourage other small-scale farmers (especially others living in similar remote places who are also looking for a source of regular income) to sell vegetables to the Co-op. The possibility that Co-op shoppers might read this article and buy more carrots also inspired his decision to open his fields to notebook and camera.

"What's important in carrots is youngness," George began, as I

settled into an armchair strategically placed in the sun on one of his 'verandas' (which are collections of chairs, recently rescued from the local landfill, circled in comfortable locations and conducive to conversation and contemplation). "I don't sell old carrots. We're looking for sweetness, not size."

"The carrots I bring to the Co-op are always fresh. They are stored in the ground where they grew. I dig them up just before I bring them to Moscow. That way they don't freeze, don't rot, and don't wait around in some warehouse."

"To make sure they are sweet, I buy seeds for the variety that makes the round tips. They're the sweetest. Then I plant the seeds late, during the summer, not the spring. I live at 3,000 feet (elevation) and the summer comes later than down in the flats. By the fall, the carrots are still young, still sweet. They may not be big, but we are going for sweetness, not size."

Don't expect too much detail from George regarding his growing secrets. He's hesitant about sharing information, fearing others will try to duplicate his success and take away his market at the Moscow Food Co-op. He was, however, willing to talk fertilizer.

His main soil-builder is manure, already well-rotted from the storage piles of a local dairy farmer. To make sure weed seeds and pathogens are dead, George then composts that manure for a year. He also adds mineral supplements like dolomite lime and steamed bone meal to the soil.

This year, to give his ground an added boost, George imported two dump truck loads of river bottom mud. This nutrient-rich, black dirt came from the wetlands-development project on the St. Joe River floodplain.

"I had to spread the dirt around. It took four guys with wheelbarrows and shovels about eight hours to move it all," he explained. "It was lots of fun."

To mix the fertilizers in, and to kill the existing weeds, he prepares the soil with his roto-tiller (the only mechanized gardening tool he uses). Later, the planting, thinning, weeding, and harvesting are done by hand.

A killing frost (about 17 degrees) arrives at his garden about November first. Just before that frost, George spreads hay on top of the rows of carrots.

He adds about one foot of hay to the carrot rows. The hay, and the snow that covers it later in the winter, acts as a blanket insulating the carrots to keep them cool, but above freezing. Then, when it comes time to harvest the crop, he just shovels off the snow, lifts off the layer of hay, digs up the carrots and hauls them to Moscow.

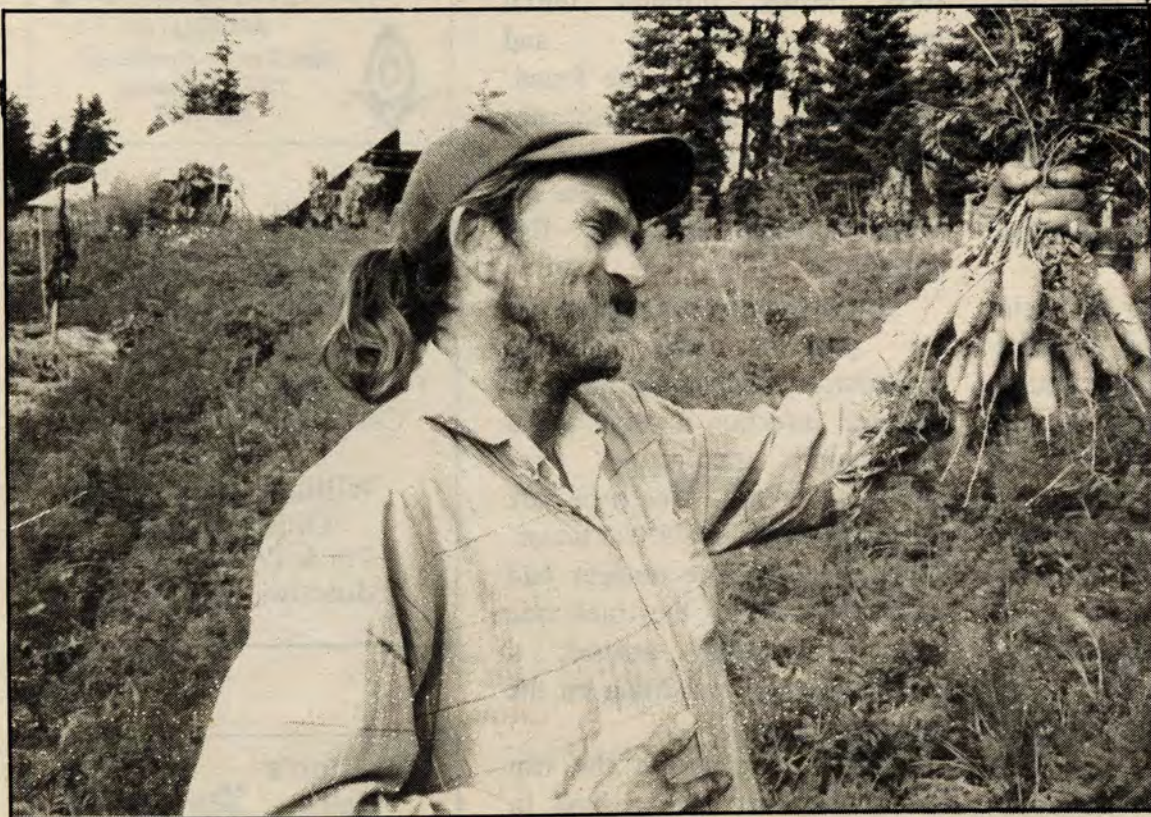
"The beautiful thing about using the earth to store the carrots is that the earth's warm on the inside," he explained. "This life is protected by that heat."

"Also, the carrots are always fresh, fresh from the ground. They weren't stored in coolers, using electricity. These carrots are really organic."

"I try to make growing food meaningful."



THE DIRT AND INTO THE STORE



"The carrots I bring to the Co-op are always fresh. They are stored in the ground where they grew. I dig them up just before I bring them to Moscow. That way they don't freeze, don't rot, and don't wait around in some warehouse."

Not officially organic, however.

Despite a spotless record of pesticide-free agriculture, George has never tried to register with the state agricultural agency to gain registered organic status. But, he's thinking of doing so.

"I would like to apply and have someone come out and see what I do," he said. "I'd like to have a certified organic farm."

To prepare for his future as a certified grower, George has already decided upon a trademark name for his crop. Because the focus is on sweetness, not size, he now calls his carrots "Sweet Babies."

Since he uses strict organic methods to raise his babies, I asked George what he does about various pests.

What about weeds? "I pick 'em." Few weeds survive the pre-planting roto-tillage.

OK, how about bugs? "There's no such thing." The combination of late planting, a lack of pest species in that remote site, and the climate means that insects are not a problem.

Deer? "The fence."

Other animals? "Gophers and mice. In the mountains, rodents are the big thing. They can chew up a row of carrots in nothing flat. Ten years ago, I lost almost a whole crop of carrots to gophers. My defense is using cats and traps. Lucille (his cat) has gotten her share, and I set gopher traps all the time. I lost count how many gophers I got this year—at least 30, approaching 50. Here in the mountains, gophers send out their young to invade the farmer's field. Industrious little _____."

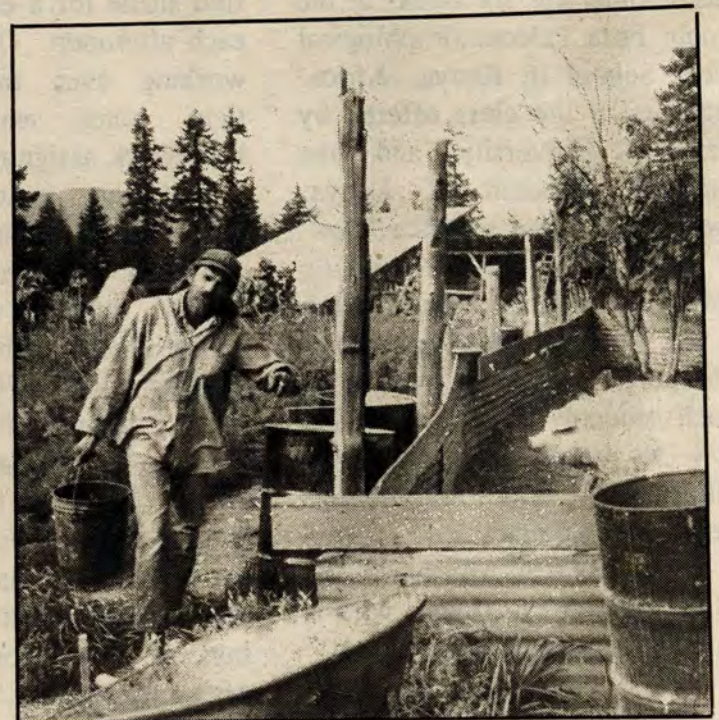
My last questions involved his plans for the future.

"My garden's about as big as it can get. There's not much more flat land left here," he responded. "I could perhaps add another one-third again to the size, but that's about it."

Turning forest into farm is not an easy task, George explained. Ridding the soil of grasses, brush and trees is hard work. To begin the process, George has enlisted the help of a herd of pigs.

For the last few years, George has (with a group of friends) purchased three to five piglets in the spring. The pigs live in a fenced area at the perimeter of his garden. He feeds them grain and garbage, and they become pork in the fall. But they leave behind an area of fertilized land that they carefully rototilled with their hungry snouts. After the pigs leave, it's relatively easy to dig out the large bushes and trees that remain and turn that area into an addition to the garden.

Starting at the long row of carrots, all planted and tended by hand, I had to ask about the work involved. Raising carrots in that manner is incredible labor intensive. When asked about the work, George pondered and then responded: "I try to make growing food meaningful."



LOCAL WOMAN BRAVES WILD ANIMALS TO EARN 'A' FROM HARVARD



By Alan Jay Solan

Maia Cunningham has bathed with hippos. She's stood duty for snake reconnaissance, hid in 100-degree shade from 135-degree sunshine, and walked through the villages of the Masai tribe. She did all this and more this summer for six weeks at the Koobi Fora Paleoanthropological Field School in Kenya, Africa. Students in the class offered by Harvard University and the National Museum of Kenya, spent time at four separate "digs" or excavation sites -- assisting university professors or working at the field school's own sites. The purpose of the class was to teach students how to dig and how to better understand the culture whose bones and artifacts they were studying.

The class was well worth the \$7,000 tuition said Maia, who is a part-time cashier at the Co-op.

"I did a lot, I learned a lot, and I got an 'A' from Harvard."

What Maia did began with landing in Nairobi, Kenya. Assistants from the field school showed Maia and a classmate she'd met on the plane to the YMCA for the night and in the morning the adventure began.

After an orientation at the National Museum of Kenya, the 24 students in the class embarked on a 4-day truck ride to the

plains overlooking the Rift Valley. (The ride was only supposed to take three days, but the truck kept breaking down, Maia said). Most of the time the students wore sunglasses and kept wet handkerchiefs wrapped around their noses and mouths to protect themselves from the glare and dust and heat.

When they stopped to begin the "Savannah Ecology" segment of the class, they found themselves looking down on the legendary Rift Valley, with its volcanoes and many lakes and villages beside the lakes where the Masai live. The foliage was lush and green near the lakes compared to the short, thorny trees that dominated the landscape on the long truck ride, Maia said.

The weather varied as much as the landscape, Maia said: from four straight days of hard rain at the main base camp to 135-degree days where students and staff abandoned the digs to find shade for a couple of hours each afternoon. They continued working even there, updating field notes and completing homework assignments. Around 4 PM they returned to their shovels and sifting screens and worked until around 6:30.

The people who ran the school tried to "Americanize" the food as much as possible, Maia said. "Soup, mush, a lot of bread, a lot of peanut butter and jelly." Potatoes, rice and beans were staples. One of the few native foods Maia tried was a bread called ugali, which she says is "like cornbread, only drier and spongier."

While in Kenya Maia saw lions, giraffes, zebras, wart hogs, crocodiles, snakes, hyenas, vultures and scorpions. And those are just the ones she can remember off the top of her head, say over a cup of tea at The Beanery. She took lots of pictures, which she'd probably be glad to show to almost anyone.

Maia, who intends to be a

forensic anthropologist when she completes her master's degree soon, sifted through burial mounds examining and cataloging everything she found. The human bone fragments she found were smaller than a knuckle bone, and at one site she found nothing but tiny fish bones.

Unfortunately, on top of all the pleasant and exciting experiences, Maia contracted a bacterial infection a week and a half before the classes were scheduled to end. She'd be sick for a while then she'd feel better. When a plane one student had chartered to avoid the truck ride back to Nairobi arrived, a unanimous vote put Maia on the plane with him.

Maia felt okay on the trip back, but after she arrived in Moscow she began getting sick again and local doctors diagnosed her as having a bacterial infection of the liver. She was queasy and sluggish and slept a lot and ate very little for a couple of weeks and then the infection went away and she's felt fine ever since.

Maia, who has also traveled in Iceland (where she has relatives), Mexico and Canada, said she was excited the entire time she was in Africa. And it's no wonder: the simple act of bathing provided more excitement than many of us will experience in a lifetime. Sometimes the students were able only to take sponge baths, but when they were near a lake they shared the space with hippos, crocodiles and other water creatures, Maia said.

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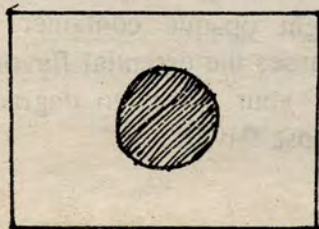
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November Kids page



Did you Know...

November 15th is the 7-5-3 festival in Japan? On this holiday parents give thanks for



their sons who are 3 and 5 years old and for their daughters who are 3 and 7 years old.

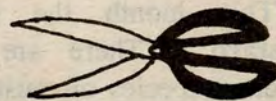
Try This:

Make a Bean Jar



You'll need:

- One clean, dry jar with a lid, tall & skinny is best.
- A fabric scrap larger than the jar lid.
- scissors
- yarn or ribbon
- Dry beans, lentils, split peas and/or grains of different colors



Directions:

Pour some of one color beans into the jar. Carefully layer another color bean on top. Continue until the jar is full. Cut a circle out of the fabric at least a 1/2 inch bigger than the lid. Screw the lid onto the jar. Cover the lid with fabric circle and tie it up with yarn.



LOOK FOR THESE BOOKS AT THE LIBRARY:

How Many Days to America by Eve Bunting illustrated by Beth Peck
Mystery at Mouse House by Norma Q. Hare

A recipe

For Mom
or Dad & Me

Homemade Applesauce:

4 medium apples

1/3 cup water

2 inches of stick cinnamon

1/4 cup sugar

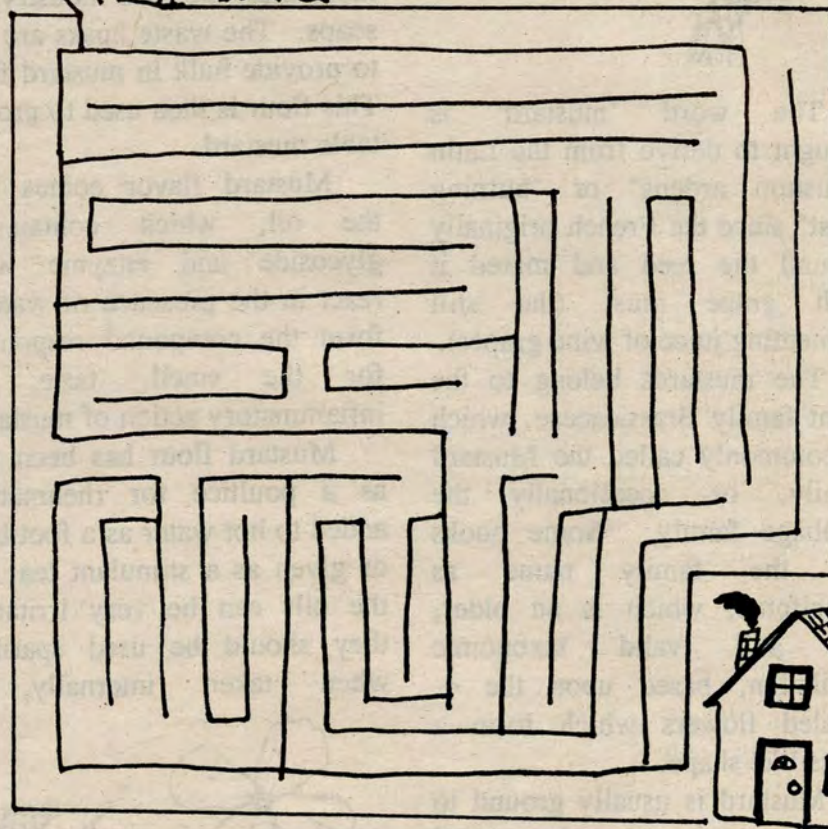
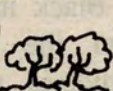


Peel apples. Core and slice them.

Combine apples, water and cinnamon in a saucepan and simmer 10 minutes or until tender. Remove cinnamon.

Mash apples until smooth. Stir in sugar.

Help this family get to Grandma's house for Thanksgiving!



By Jacqueline A. Soule

This article is part of a series on spices, human uses of them and the plants they come from (ethnobotany). The series began last Spring, and was interrupted for a (very long) summer of field work. I apologize to those of my readers who missed me, and welcome you new readers.

This month the topic is **mustard**. There are several different species of mustard, and the species used for greens is different than the species used for spices. The seed of three species are used as spice. *Brassica nigra* is the epicurean black mustard, *Brassica hirta* is the much milder white or yellow mustard, and brown mustard, *Brassica juncea*, is the common commercial variety.



Plant

The word 'mustard' is thought to derive from the Latin "mustum ardens" or "burning must" since the French originally ground the seed and mixed it with grape must (the still fermenting juice of wine grapes).

The mustards belong to the plant family Brassicaceae, which is commonly called the Mustard family, or occasionally the Cabbage family. Some books list the family name as Cruciferae, which is an older, but still valid taxonomic appellation, based upon the 4-petaled flowers which form a cross-like shape.

Mustard is usually ground to a fine powder termed mustard flour, and used as a table condiment. Originally, the black mustard was used alone, but for commercial use is generally

mixed with the less pungent seed flour from white and brown mustard.

Whole mustard seed is often used in pickeling, some types of chutney, stews, white sauces, Cajun boiled "crawdads" or shrimp, and rarely in fish dishes.

Black mustard is native to the Mediterranean region, and is still an important spice crop in southern Italy, Sicily, and Ethiopia. Canada and Chile provide most of the rest of the world's supply of mustard, but this is mostly brown mustard.

Palouse summers are long enough for you to grow your own black mustard seed, which should ripen in August. The flowers are small, bright yellow, and are born in racemes (clusters).

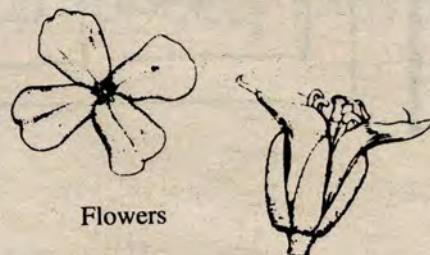
Young leaves could be used in salads, but can be very strong. Brown mustard is better used as greens, and can be allowed to bolt for the seed.

In Europe seeds of black mustard are sprouted and used in salads, in the same manner as alfalfa sprouts.

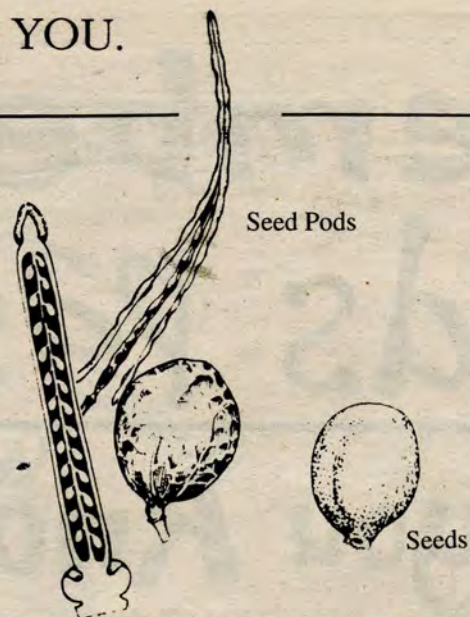
Black mustard oil is pressed from the seeds and used in medicines, the food industry, and soaps. The waste husks are used to provide bulk in mustard flour. This flour is then used to produce table mustard.

Mustard flavor comes from the oil, which contains a glycoside and enzyme which react in the presence of water to form the compound responsible for the smell, taste, and inflammatory action of mustard.

Mustard flour has been used as a poultice for rheumatism, added to hot water as a foot bath, or given as a stimulant tea. As the oils can be very irritating, they should be used sparingly when taken internally, or



Flowers



Seed Pods

Seeds

externally, as they may blister tender skin. In the past, a strong mixture was used to induce vomiting in cases of poisoning, but now is not recommended.

Native Americans used members of the Mustard Family for food and medicine. When the European black, brown, and white mustards escaped cultivation, the Amerindians used them as well.

The Moscow Food Co-op has mustard seed available at \$4.08

per pound. The seed can be used whole, or ground just prior to use with mortar and pestel (a wonderful gift idea for those who love to cook) or in a spice or coffee mill. For longest freshness, store mustard seed, and all your spices, in an airtight opaque container. Light causes the essential flavoring oils of your spices to degrade, thus loose flavor.

NOTIONS OF EARTH(LING)

by J. Thaw

To get along with what demands little surely one must demand little
 soil and air and water and spirit and flesh of course
 do we have any idea how ignorant we are
 how overburdened and stubborn and fragile
 like love that is strictly planned or strictly incidental
 like unacceptable chemistries of technologies
 entertainments and conveniences and poisons and explosions
 like touching that is without respect and friendship
 like when feeling high is not spiritual
 why leave ourselves without a choice besides anxiety or neglect
 chemistries of life and people I try to accept
 the few controls my mind does not have on my body
 why all the different ways people are that I am too
 choices like calm and cultivation
 how many ways to awaken and relax without violence or possessiveness
 the trick to seeing one's own worth as a spirited and mutual earthling
 like experiencing life and people instead of looking the other way
 surely a past doesn't look so bad if a future doesn't look so bleak
 surely it can't be that humans are so hurt or so brainwashed
 but hopeful and lucky enough to admit when we've been fooled
 deluged and calloused and clutched and onfused and scared
 invented too much to possibly know
 all people who stay sexist or racist or too busy to be a friend
 too much to ignore
 any idea that we can get along together and on our own
 earth wind rain spirit and flesh of course.



Thanksgiving is MURDER on Turkeys

by Mare Rosenthal

Ben Franklin called turkeys "true American originals." He had a tremendous respect for their resourcefulness, curiosity, agility, and beauty. Of course, he was talking about wild turkeys who can fly 55 mph, run 18 mph, and live up to 15 years. The first Thanksgiving was no "Turkey Day" at all, but rather a celebration of life, when the fall of 1621 offered a bountiful corn harvest for the struggling settlers. Native Americans have an even older tradition offering thanks to the Three Sisters: corn, beans and squash. This Thanksgiving, revive these age-old traditions and make your holiday a celebration without suffering.

(Fall 1993 PETA News)

Stuffed Tofu "Turkey"
Serves 10-12

- 5 lbs firm tofu
- 1 cup onions, diced
- 2 cups celery
- 1 cup mushrooms, diced
- 2 cloves garlic, minced
- 1/2 cup sesame oil (don't substitute any other kind)
- 1/2 cup soy sauce or tamari
- 8 cups bread, cubed & dried-out
- 1/2 cup fresh parsley, minced
- 1/4 cup sage
- 2 Tbsp marjoram
- 2 Tbsp thyme
- 2 Tbsp savory
- 2 Tbsp rosemary
- 1 Tbsp celery seed
- 1 Tbsp black pepper
- 2 cups vegetable broth or water



Mash tofu. Line a 12-inch colander with a large piece of clean, wet cheesecloth, and cover with a small plate. Add mashed tofu, cover with overlapping cheesecloth and cover with a small plate. Place a 5-lb object on top of the plate and leave it on for 1 hour or more.

To make stuffing, saute' onions, celery, mushrooms, and garlic in 2 Tbsp sesame oil. Add herbs (except parsley), pepper, and 1/4 cup soy sauce. Cover and cook 5 min, or until vegetables are soft. Add to bread cubes and parsley and mix well. Add broth or water and mix to moisten.

To make basting sauce mix together remaining sesame oil and soy sauce.

Remove weight, plate, and top layer of cheesecloth from tofu. Hollow out tofu to 1 inch on sides of colander. Keep some tofu for top. Baste inside of cavity with a little basting sauce and pack in stuffing. Cover with remaining tofu and pat down firmly. Place an oiled baking sheet on top and flip stuffed tofu over, flat side down. Baste the outside well and cover with foil. Bake for 1 hour at 400 degrees. Remove foil, baste, and bake 1 hour more, until golden. Remove to a platter with two large spatulas. Garnish with parsley. Serve with mushroom gravy and cranberry sauce.



INTERNAL POLLUTANTS ARE HARMFUL 15 FOR THE BODY

By Donald Hungerford

Editor's Note: Donald Hungerford is a Doctor of Naturopathy (N.D.). Last month's newsletter stated him as an M.D.

We are all aware of the fact that energy to heat our homes and offices and run our factories comes from burning fuel. We are also aware that burning fuel can produce pollution. As a result of this we recognize that some fuels are seen as dirty and others as clean. What we may not have seen is that our bodies are like our homes and factories, they must burn fuel to give energy. The fuel that provides us with energy is our food. Just like the fuel we use for our homes and factories, some of the fuel for our bodies burns dirty. The food that burns dirty pollutes the internal environment of our body just as much as dirty fuel in our factories pollutes our external environment.

It has been well established that the pollution found in our air and water are the cause of many of man's physical problems. If the pollutants which accidentally enter our body can cause us physical problems, it is easy to understand that those pollutants which enter our body directly as a result of food which burns dirty, are bound to have an even more harmful effect upon our health. Because our body has a remarkable ability to work around these pollutants for a long

time, most of us do not notice any harmful affects until we are past thirty years of age. We then begin to notice less and less energy with each passing year and more and more aches and pains. When we begin to look for ways to gain energy and relief from these physical problems which have come against our body, we must see that these pollutants must be cleaned from our body.

Clearly we can see that the pollutants cannot be removed from a body using the same foods that caused problems in the first place. So the first step is to provide the body with foods that burn clean. The cleanest burning foods are those that are provided in nature as they come from the garden and orchard -- fresh fruits and vegetables. Almost anything we do to alter or "improve" them will cause them to burn dirty to one degree or another. The more processed a food is (the more chemicals, preservatives, stiffeners, emulsifiers, homogenizers, softeners, flavor enhancers, flavorings or colorings), the dirtier it burns in your body. The body has no nutritional or metabolic need for these food processes. It cannot use them. They will prevent its proper operation and destroy its health.

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By Ken Nagy

Television is indeed one of those technologies whose deficits greatly outweigh the benefits. This doesn't mean I'm telling you not to own one. I just feel sorry for you if you do.

If Nielsen Research is to be believed, the average American spends roughly as much time in front of the tube as they do sleeping--between 7 and 8 hours a day. Outrageous? Yes? No? This means that most people spend nearly every minute of every day either sleeping, working, eating or watching TV. I hear some people can do all of these activities simultaneously but I wouldn't know, being as out-of-touch with the world as I am (not owning a television set).

And this is, after all, the fear most TV viewers have--that of falling out-of-touch or being left out somehow. Television has become their electronic umbilical cord, but what is at the other end? Why, it's the modern world, of course! TV viewers believe they gain some understanding of the world and that is why they stick up for all the "good" stuff that's on. However, the world they come to know is distinct from the real world around them. It is this thing called the modern world. The real world must be experienced directly and this takes effort and energy. Indeed, the televised, modern world is much more accessible--all it takes is time and a comfy couch, and a television set of course.

Admittedly, I'm getting into hot water because I'm drawing distinctions and making judgement calls. What's more, I am at a marked disadvantage since the vast majority of this

country's population seem to enjoy television viewing with gusto. But, what the hell--an issue's been raised and it's too spicy to let pass.

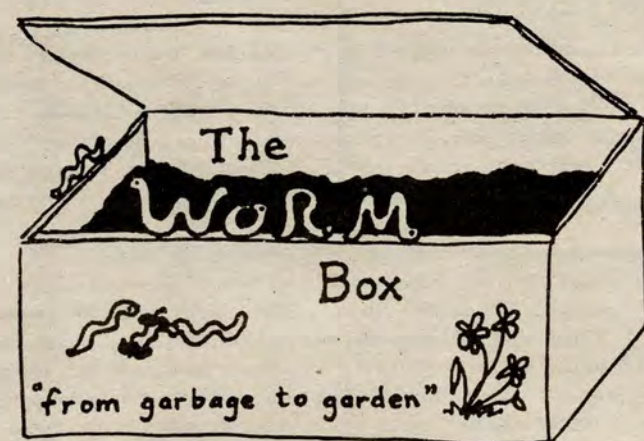
Any activity or technology that substitutes passivity for interaction, complacency and paranoia for productivity and righteous outrage, is not worthy of our precious time. I hate arguing politics with a person who gets their news from the networks because it always degenerates on their part into unfounded, elaborate conspiracy theories (often involving John Kennedy somehow) and moronic political prejudices that always begin with a statement like, "well, you know that they" Worse yet, if you question their sources, they generally respond with a sigh of depression, uttering "can you really believe anything?"

Though it may be masked in living color, all television is in black and white. TV viewing breeds extremism and fundamentalism. Either you "just know" something or you can't really know anything. There is no middle ground, no grey zones, none of the half-truths and half-lies that abound in the real world. The modern world, as portrayed through television, lays bare crystal-clear tenets, neatly packaged and simple for the average viewer to comprehend. In the end, the real world cannot measure up to the video world because it is too muddled. Life in Kansas will always be grey, Oz a shimmering emerald.

It is easy to see, then, why Charlie Powell, in last month's Co-op Newsletter, would come

rip-roaring out branding Bill London a "technophobe" when all Bill wrote was that he decided to kill his television set. Powell exhibits the same either/or logic system that the video culture so ardently puts forth. He seems to feel it his duty to save some poor fool from the catastrophe of a wasted, television-free life. I say, why so touchy? If Bill wants to waste all his time not watching TV, let him!

I wouldn't live in a house with a television either, but can certainly say I am no technophobe. Why, I like many of the machines in my life and make my living repairing them. I'll tell you, a TV set is a lot more interesting to fix when it is broke, than it is to watch when it's working. Anyway, a technophobe is a person who fears mechanism, not machines. I would venture to guess that the person who has the courage to dump television viewing in order to better devote one's energies to understanding the mechanism of this great and complex world we live in has less of a phobia than the person who fears parting ways with their electrical umbilicus.



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Contact Shelly Werner at 882-1445

By Sioux Westervelt

I love being the bearer of good news! Early in October, plans for the training range for Mountain Home AFB proposed in the Owyhee Canyonlands of southwest Idaho were shelved due to changes in the Air Force's proposal. A couple weeks later the U.S. Forest Service announced that plans for the huge White Pine timber sale proposed near the North-South Ski Bowl, which had been appealed by local and regional groups, gave inadequate consideration to water quality concerns and effects on wildlife and will be re-evaluated. These are temporary victories, but they prove that diligence by concerned citizens does pay off.

Nationally, conservationists have been lulled into complacency by what we perceived as an environmentally-friendly administration when the Clinton-Gore team took over the White House. Letting down our guard has manifested itself in a number of ways, including unsuccessful attempts to pass

conservation legislation (except for the creation of a massive reserve in California's Mojave Desert - a major victory), ineffective leadership for needed change in resource management practices on national lands, and shrinkage of membership in conservation organizations.

Recently, a friend and I traveled to Montana to attend the annual Alliance for the Wild Rockies' Rendezvous. Attendees discussed the above topics, and agreed that grassroots movements, nationwide, are in need of overhaul. We seek new inspiration and direction, and we must switch our emphasis to what we don't want. To be more effective, we should reach beyond our own ranks to civic groups, schools, churches, other organizations, and our neighbors to encourage involvement in environmental concerns.

The interconnectedness of life is a rallying theme that can be supported by all factions of the

populace. Acknowledging life's interconnectedness reaffirms the idea that nothing can be done to the natural world (our life support system) without affecting all other processes and life forms. Vision, education, and the need for changing attitudes were themes that kept resurfacing throughout the Montana gathering. Many of us are eternally hopeful, but realistically, vigilance and activism is what the world needs now. We have great power in our numbers, but only if we all pull together and act from our hearts.

I'd like to leave you with a suggestion: that you consider including a "green" message in holiday greeting cards to friends and family. Encourage them to learn about threats to the environment, and become involved in whatever way fits their budgets and lifestyles.

THE TIME IS NOW TO HELP LEONARD PELTIER

By Ken Nagy

America's most famous political prisoner is right now being considered for Presidential pardon. Leonard Peltier, an Ojibwa Indian who was accused of killing two FBI agents on the Pine Ridge Indian reservation in 1975 and was subsequently railroaded into prison, has served nearly 20 years for a crime that he did not commit. Anyone not familiar with the case can learn more by seeing the film Incident at Oglala (available at BookPeople or TR Video) or by reading Peter Matthiessen's In the Spirit of Crazy Horse.

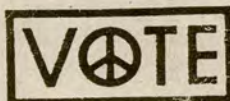
If you know the case already and support Leonard in his quest for justice, please call the White House and demand executive clemency for Leonard Peltier (dial 202-456-1111, do not push any buttons during the instructions and wait for a message operator to come on the line). You can call everyday -- tell all your friends.

You can also write the President at :

President Bill Clinton
The White House
Washington, DC 20500
email:

president@whitehouse.gov
on Mosaic:
<http://www.whitehouse.gov>

Every letter and phone call increases his chance of going free, or at least receiving a fair trial. It is his only hope now.





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By Bill London

You probably noticed Rod Hardies walking around Moscow. Slim with short, poorly-trimmed white hair, Rod walked regularly from his house to the Food Co-op, smoking his pipe and sharing the company of his small, mop-like black dog, Summer. Quiet, but very knowledgeable about backyard flora and fauna, he was in fact what he seemed to be--a retired science librarian.

He's the one who often left baskets of produce from his bountiful garden and orchard at the Co-op, gifts to anyone who needed food.

A fanatic about waste, he would check the dumpsters downtown on his way home for scraps of wood to burn in his heater or almost-usable furniture to stash on his porch or in his house. Scraps of potential firewood or moderately-functional stuff from trash cans in our neighborhood, too, moved magically to his house.

The morning after the big windstorm a few years back, Rod was up at dawn dragging home branches that toppled from the maple trees along Third Street. of junk--odd pieces of wire, piles of lumber--to sort through in times of need. We gave him eggs from our hens, he gave us vegetables from his garden. We talked about the weather over the fence. We'll miss him. Polk Street will never be the same.

In the autumn, he would fire up his baby-blue Mercedes sedan and scour the neighborhood for bags of leaves. By November the bags emptied into a pile in the middle of his garden that grew daily until they created a mountain of leaves.

Mountain really is the correct term--a volcano-shaped peak standing at least 20 feet tall and 30 feet in diameter at the base. By February, that mass of composting material was so hot that snow melted off it as steam. When planting time arrived in the spring, Rod would dig into the mountain, extracting pitchforks-full of steaming black compost to move to long windrows winding through his apple orchard. By the next fall, that compost was ready to use, spread across beds destined to produce tomatoes, corn or squash.

The depth of his commitment to recycling and reusing was an inspiration to us all.

On Friday, October 7, Rod died. His health had faded over the last year or so. But he steadfastly refused to see a doctor, go to a hospital or consider a move to a nursing home. He died in his own way and time--at home.

Rod was our neighbor, and an excellent person to have next-door. No loud parties, no screaming kids. Always plenty



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(attn: Bill London)



NOVEMBER Environmental Events Calendar

Thursday, Nov. 1
7:00 pm

Northwest Power Planning Council
Public hearing about proposed amendments
to the strategy for salmon.
University Inn, Moscow, ID

Thursday, Nov. 3
7:00 pm


**Palouse Conservation District Study of
the Paradise Creek Watershed**
Planning and developing best management
practices. Cougar Depot on North Grand
in Pullman. Contact Bruce Davis at
(509)332-6235 for more information.

Friday, Nov. 4
9:00 am - 6:00 pm

**Annual Meeting of all Farm
Improvement Clubs, Community
Support clubs and interested persons**
Sharing of experience and information.
At the Combine Mall on Pullman's main
street near Grand Avenue. Contact
Nancy Taylor at (208)882-1444.

Saturday, Nov. 19
9:00 am - 3:00 pm

**"Streamside Management: Alternatives
for Private Landowners"**
This workshop will be held in the UI
Forestry Building, room 10. Contact
Ms. Brenda Haener at (208)885-7952.



Non-Profit Organization Weekend at the Palouse Empire Mall

November 19 & 20
Saturday & Sunday

Come and learn about what local non-profit
organizations have to offer and what they do.
Some groups will be selling items to raise money.
Get involved!
For information call Dahlia Smith at 882-8893.



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.



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882-0127 or Erika at the
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