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# COMMUNITY NEWS

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**ERROR EXPOSED**

by Bill London

The August issue of this newsletter contained the draft report of the Product Selection Committee, an article authored by a mysterious "Doug Brown."

Our intrepid team of investigative reporters has discovered that the author was in fact Grew Brew. He knew his name. We blew it somehow.

**Another Error Exposed**

by J. Thaw

I'm afraid I must ask for a correction in my last contribution to the August edition of the Moscow Food Co-op Newsletter: "insulated" in line #9, should read "insulted". I think it has something to do with the relationship between self-esteem and happiness.

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**FUN FAIR FIGHTS FOR FAIRNESS**

by Natalie Shapiro

Get ready to put on your dancing shoes and fill your belly, eyes, and ears with goodies. Sunday, September 11 will be the first ever "United in Diversity" fair, to be held at East City Park in Moscow.

The fair's goal is to raise awareness about the discriminatory agenda of the Idaho Citizens' Alliance, to raise awareness about other human rights issues, and to collect donations for "No on One," the group fighting the ICA's anti-

gay Proposition One.

Local bands such as Mayfly Clutch and Mo's Cow will perform. Speakers include Diane Allen of the Coeur d'Alene tribe, Mary Leeper from Disability Action Network, and City Council member Pam Palmer.

Local nonprofit groups will have food and information tables, and local businesses including Inner Vision, Retro, BookPeople, and the Co-op will have food or retail booths. The fun begins at noon. For more info call 882-8034.

## Bye Paul, Greetings Alan

by Bill London

Paul Lindholdt, stalwart editor of every other issue of this newsletter for the last year or so, is now married and living in Spokane, happily ever after. Since the commute to Moscow just to edit the newsletter seemed pretty unrealistic, he is relinquishing his duties.

Our thanks to Paul for a job well done. He was enthusiastic in his view of this newsletter's potential and reliable in the performance of his editorial function.

That was the bad news. The good news is that Alan Solan, who presently works as the produce stocker at the Co-op, wants to add this volunteer position to his activities. He will begin with the October issue. He will edit every other issue from that month forward (at least until he stops doing so).

Welcome, Alan. He plans to occasionally write fun features on local people or happenings that interest him, so I'm hopeful we'll see something different on these pages in the future.

Also, a welcome to Robin Murray who will do our Children's Page.



## WHAT'S HAPPENING

by Kenna Eaton,  
General Manager

Why, when things are just settling down, do we insist on making changes? After we published our letter in the Daily News in July stating that we had suspended negotiations for the Third St. Market, we must have been craving change or suffering from temporary insanity! That's the only reason I can think of for totally resetting the store.

Well, Yes it was over crowded (rat maze is the word that springs to mind) and we did purchase lots of new shelving that we needed to bring in. Still ... Resets are crazy events, as any of you who helped know. It takes large amounts of people and time and muscle to rearrange all the shelving in this store, small as it is.

We spent two weeks before the event planning how we wanted the floor plan, how it was going to happen, and who was going to do it. The Facilities and Operations committee has spent a lot of its time helping to make decisions about new equipment. We purchased the shelving at the auction of Jeff's Market earlier this summer for about \$900. The gravity feed bulk bins were purchased through Mountain Peoples Warehouse (our major supplier) for about \$8000, and the Coffee bins were from White Cloud Coffee Roasters of Boise, Idaho at no cost as long as we carry their coffee. We plan on purchasing one more coffee bin from Frontier Co-op for about \$2000 that should be here soon.

The next step was to figure out the floor plan. Skott, Erika, Ed, Kriss Siess, Evan Holmes and Vicki Reich of the F & O

committee put in lots of time discussing all the different options. We finally arrived at a plan we were all happy with, although quite different from what we first envisioned. The week before was filled with figuring out the details like where would all the food go during the transition (the parking lot), where would the old bins go to (Evergreen Mkt in Sandpoint, we hope) and who would watch our kids while we did this work (Autumn and Elise Lear were brave enough to say yes).

We started Wednesday night the 24th of August and finished Thursday night a million years later. It was lots of fun and lots of hard work. Our thanks again to all of you who helped out, and to all our customers who were patient with us through this transition. We hope the store is now an easier place to shop (although still small!).

We are still looking for a new location, and have checked out a few sites in town. We still haven't found the perfect place but continue to be hopeful that we will. If you have any ideas or are interested in helping us look, please join us at committee meetings. Strategic Planning committee meets every 1st Friday and 3rd Wednesday of the month here at the Co-op.

The Co-op welcomes three new staff people this month. Kristine Wildung has an extensive background in purchasing and inventory control. She lives with her husband in a house on a hill in the country where she can see the sun set every night. Kristi is our new buyer for both grocery and

HABA. She is replacing Skott Larsen, who has done an excellent job as buyer for the last year (before that she was the assistant buyer). Skott is going back to school to study International Studies. We shall miss her a lot tho' she promises to come and volunteer between classes! Kim Cantrell will be replacing Alan Solan as Produce Stocker. Most recently Kim has been working at the Beanery as a Baker. Alan will still be working at the Co-op as a cashier and stocker. Our third welcome is to Maia Cunningham-Greenwall as cashier. Maia has been working at the Co-op for the past year as a substitute cashier while finishing up her studies. Bonnie Hoffman has been Skott's assistant as grocery buyer, responsible for receiving and purchasing small orders. Bonnie will still be working here as a cashier, but is also going to school in between raising three children! Please help us welcome these new staffers and say thanks to those leaving the Co-op.

Finally I'd like to mention that we are planning a Communication Workshop for Staff and Board members on Tuesday, September 27th. Everyone on staff will be there, while the store will be run by our indispensable substitutes. Dave Potter and Lauren Fins of Concurrent Sciences have offered to facilitate this workshop for us. We hope to improve internal relations while gaining some skills in communications. Wish us luck!

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by Lois Blackburn

This is a love letter to my co-op. I have no requests or complaints. As probably one of the older members of the Moscow Food Co-op and a person long committed to food co-ops, I have been a member of many co-ops in many places. Fortunately for me, since I plan to live in Moscow for the rest of my life, this is my favorite co-op ever. The people are friendly, helpful, and caring. The bakery is superb. The produce is robust and looked-after. The store is clean, well-organized, and inviting. The variety of products is such that I do most of my weekly shopping there and have opportunities to explore new ideas and recipes. Finally, the Moscow Food Co-op supports and demonstrates the environmental and humane concerns to which I

am committed. That probably covers it, if you go back and underline it all.

In following the efforts of the Moscow Food Co-op to find new quarters and expand, I have felt a little edgy, and I admit that this is mostly attributable to a human quality of which I have more than my share: I want beautiful things to stay the way they are. Change and expansion are often not an improvement. In my long history with co-ops, I have seen several go down, always after efforts to move and expand. So I'm nervous. But the people who keep the Moscow Food Co-op so well organized obviously know what they're doing, so I am firmly keeping faith in their judgement. (I personally have no aptitude for business and merchandising! The fact that it is all such a mystery to me probably makes me paranoid about it.) This

is a love letter. So my comments will mirror those of lovers everywhere: Stay the way you are, wherever you go. Keep doing what you're doing. And ... THANKS!

by Jan Lambert

This letter is in reference to the article in the Moscow-Pullman Daily News of July 11, 1994, concerning your wishes to move the Moscow Co-op to the Post Office Plaza, and thus causing the Third Street Market to have to vacate their present location.

I have a friend who is currently employed at Safeway. This friend has told me that there have been many shifts where people have asked about 'natural' food items. Because of their constraints, they are unable to offer the same

products that you do. I also know that Tidyman's does not carry these products. I am a member of the Co-op because I am unable to obtain these items at the other local grocery stores.

Since the Moscow Mall has so much available space, plenty of parking, and a loading dock area in the rear (concerns mentioned in the newspaper article), I feel that with the surrounding area booming with residential developments, and the increasing demand for 'natural' food products, that consideration of renting Mall space would be beneficial to you as well as to the Third Street Market, who have been reported as unwilling to vacate their present location. Your line of products are complementary, rather than in competition, to the grocery items offered at the grocery stores in the area, and I feel that your clientele



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## MEETINGS AT THE CO-OP

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

### BOARD MEETING

2nd Monday of every month at 6:15-8:15 PM.

### STRATEGIC PLANNING

1st Friday and 3rd Wednesday 6-7 PM.

### FINANCIAL/LEGAL

3rd Tuesday of every month at 6 PM.

### FACILITIES

3rd Thursday of every month 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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## THE EDITOR

will remain loyal regardless of location. You will retain customer access via the Wheatland Express bus line, plus the Senior Citizens bus does a regular stop at Safeway, giving these special customers access to your more healthful products.

The Mall is more accessible to the public, it is located in a less traffic-congested area of town, and the new traffic light at Highway 8 and Blaine Street is a definite plus for the area. I feel that the Post Office Mall has much the same vehicular problems as your present location on 3rd Street, it's only advantage being a slightly larger parking area.

The open areas in the Mall would offer you an eating area that could be used regardless of weather conditions, a drawback to your patio area at your present location.

by Dave Potter and Lauren Fins

Although the furor seems to have died down, we want you to know that you and the Co-op have our support in your handling of the Third Street Market affair.

First, we were amazed that the Daily News let Mark DeLeve set the character-debasing tone for what became an unnecessarily inflammatory set of articles and letters. We were mystified that even some Co-op members mindlessly accepted DeLeve's characterizations of the Co-op's interest in the property as being predatory and malicious. It must have taken great reserve not to mount a counter-attack against this campaign of mis-information about the Co-op's involvement.

We thought Mare Rosenthal's careful and reasoned reply, printed

in the Daily News on July 23, would end the hysteria and misinformation. Her letter was clear, fair, and reserved, and left no doubt that the Co-op was caught in the middle of a tenant-landlord dispute that had been going on for years. If anyone was "ousting" DeLeve, it was their landlord, Beckett, not the Co-op. DeLeve's inability to pay market rates for the rental of the property, or to come to a mutually-satisfactory lease agreement with Beckett, was obviously the crux of the problem.

The final straw for us was the July 28th editorial ("Public Consumers Win in Grocery Store Battle"). Clearly, the Daily News editors had not read Mare's July 23 letter. Maybe they had, but simply found it more poetic to continue to characterize the Co-op as a bully that needed to be subdued, and

they were more interested in publishing David & Goliath fairy tales than the truth. It was that editorial that made us want to let you know that there are members of the Moscow community who continued to believe in the Co-op throughout the whole media-inflamed ordeal. While we are very disappointed in the Daily News and in some quick-to-assume-the-worst members of our community, the Co-op's stance throughout has been fair, ethical, and humane, and we are proud to be members of the Co-op.



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## VOLUNTEER OF THE MONTH:

## Ingrid Keller



by Judith Finel

For some of us shoppers, eating truly reflects a way of life, like I found when meeting Ingrid Keller, a dedicated volunteer for the past year.

A foreign exchange student from Germany and a food and nutrition major at U of I, Ingrid is deeply involved with consumption issues. No doubt you've noticed her on Saturday mornings, either at the Co-op doing demos or at the Farmer's Market more recently. Tall and slender, she talks with a determination that reflects her involvement in anything related to food. She also belongs to the Product Selection Committee which puts out the survey currently available at the store.

"I like the concept of the Co-op," she explains, "the fact that you can be a member and be responsible for what the store carries." Ingrid is a faithful believer of natural foods and points out that her primary interest is nutrition, not food science which aims at processing the food so that the consumer will buy it. "I don't want bio-engineered tomatoes, or bovine-growth hormones, preservatives, stabilizers, color-enhancers, and so forth. I don't even want non-fat milk, I just want plain milk."

Our Co-op actually has imprinted such a positive impression on Ingrid that she plans on showing pictures of the store to everybody back home to emphasize how great a concept this is. "In Germany people are more strict about those issues.

Natural food stores will carry only organic foods. This leads to economic problems. They're not willing to make a compromise. Some students on campus would like to shop at the Co-op but think the prices are too high. But they can work three hours a week and earn a discount."

Ingrid has been enjoying Moscow's friendly atmosphere through events such as the Renaissance Fair and appreciating the feeling of safety that Moscow provides. The Farmer's Market ("social event as much as shopping time"), seems to be her favorite. She views the Co-op booth down at the market mainly as a way to promote the store and reach out to new faces. Typically, she's been selling coffee and muffins and being attentive to what's going on around her. "People don't pay attention to what they buy, whether the muffins contain natural sweeteners or not. There is a lot of competition and it wouldn't make sense to go there just to make money." What she likes most of all about the market is its grass-roots aspect, the fact that farmers must bring "only things they produce."

Unfortunately Ingrid is leaving us soon to go back to her home country and finish up her studies. Two more years and then she'll write a thesis which will probably deal with nutrition in the Third World. She feels happy about it even though she'll miss Moscow and her activities with the International Program. "I have to say it is definitely good to go away for a year. I've learned a lot, even about my own country, because people would ask me and then I would go look it up! But it requires some work too. You have to be active and involved outside of class. That's how you learn most about another culture."

Back in Germany, Ingrid will tack a picture of the Co-op on her wall and remember the wheat fields and how the Palouse landscape changes color every season. She's departing September 18th so try and meet her before then if you still haven't. She'll be sitting at the Co-op booth for

Lollapalooosa at U of I on August 27th and also at the Latah County Fair in September. To conclude, a message from Ingrid to the Co-op: "I enjoyed learning how the Co-op works. Thank you to all and good luck finding a new location." Same to you as well, Ingrid!



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## NEWS FROM THE PRODUCT SELECTION COMMITTEE

by Eva Strand

In the July and August Co-op newsletters Greg Brown and myself listed a number of product selection guidelines suggested by the Product Selection Committee. I would like to make clear that the guidelines developed so far are suggestions, and publishing them in the newsletter is our way of bouncing them off the membership. We want your reaction! For example, do you expect the candy section at the Co-op to offer products only sweetened with unrefined sweeteners or should we also carry products sweetened with white sugar (such products may have other special properties such as dairy free, free of additives and preservatives etc.)?

None of the guidelines published in the Co-op newsletter so far have been approved by the Board of Directors. In October this committee will present a

complete proposal of a product selection guideline for the Moscow Food Co-op to the Board of Directors. We hope that the finished product selection guideline will be a useful tool for staff and members when making difficult decisions regarding the product line. The guidelines are not intended to be "the law."

In addition to developing a product selection guideline we are also drawing up a process through which decisions are made regarding selections of specific products or product lines. This process will define how Co-op buying staff, management, the Product Selection Committee, the Board of Directors and the membership will work together to make our store and our product line what we want them to be.

The Product Selection Committee is presently working on developing a product selection

guideline for alcohol. At our present location alcohol is not an issue since our building does not have a license for alcohol, neither do we have the shelf space. However, should the Co-op relocate in the future alcohol may become a possibility, and we would love to have your input as to whether we should carry it or not. Please jot down your thoughts on the Suggestion Board!

At this point we are investigating the possibilities of offering a selection of organically produced wines, and beers from small local breweries. So far we have found that organically produced wines could be available to us at a reasonable price (we have not tasted it yet!). Do you know a source of organically grown wines or have a favorite source of beer? Leave a note on the suggestion board or come to the Product Selection Meetings on

the 1st and 3rd Thursday of every month at 6 PM upstairs at the Co-op. We'd love to have you become part of the process. Please feel free to attend!

Other policies that will be discussed in the near future are meat, dairy products, tobacco, vitamins & supplements and frozen foods.



## CUSTOMER REQUESTS

by Sandi "Skott" Larsen

This is my final buying column for the newsletter. Kristi Wildung has been hired as the Grocery Coordinator. I am confident that she will do an excellent job assisting with customer requests and concerns. Kristi is very friendly and courteous and she loves to research information. So don't hesitate to bug her, even with those obscure suggestions.

*Dear Moscow Food: As I picked yet another garbage-sized bag of lettuce, I marveled at it's quality, even after these 100+ degree days. We planted it (Garden City Seeds, red leaf lettuce) in a sunken bed, well-mulched, but even so, it surprised us. Drue says he's planted lots of bolt-resistant lettuce before, but he's never seen the likes of this. The other seeds we planted are also now robust plants. Thank you for carrying such good seed stock! - Lynn.* We have all been impressed with the quality of

## THE BUYERS ARE IN

Garden City Seeds. You bet we'll keep carrying them. Thanks for your comments and enjoy those salads!

*How about figuring out some way to keep hulled and unhulled sunflower seeds separate?* We have! The new bulk food units with individual scoop bins are perfect for sunnies.

*Where is the Quick and Creamy Rice Cereal?* I really need this since I can't eat hard cereals. I was surprised when the Pacific company discontinued this popular product. I have a feeling it may reappear in a different form or under another name. Have you tried the Lundberg hot rice cereal or farina (similar to Cream of Wheat)?

*How about some good fresh THIN cornilla chips?* Like Imelda's out of Milton Freewater or from a local restaurant. I get tired of chipping my teeth on the big thick chips. I have tried

without success to get service from Imelda's ... I'll ask Kristi the new Grocery Buyer to try again or to find other alternatives. We'll get something for you!

*Please carry unrefined sea salt--the grayish kind.* Have you tried the Real Salt sold in bulk in the herb and spice room? It's a pink-grey color. It comes from an ancient sea bed that dried up thousands of years ago and has been buried beneath the earth under protection. It is not refined and has not been exposed to any of the modern pollutants contained in the oceans today.

*Why are you out of Real Salt? Please get more. Thanks, the Saltlickers.* It's here!

*I think the Product Selection Committee is creating good criteria. Thanks, Tom.* It's not been easy on some issues ... and the decisions certainly are not final ... but guidelines we create now will make buying decisions more

simple in the future. Please join us every first and third Thursday at 6:00 at the Co-op.

*Please get more Stella's Feta. It's terrific and inexpensive.* It's here and now we can get it on a regular basis.

*Please continue carrying bulk tahini.* It's true there have been many requests to restock the bulk tahini. Hopefully Kristi and Kenna will find a way to carry it without it being too messy.

*Can you order quinoa flour?* Yep! It comes in small packages. Let Kristi know if you'd like to special order.

*Please bring back Limare Atlantic Sea Salt.* Yeah, I found it. It should be on the shelf in September.

# AROUND THE WORLD

## International Breads

Sept 7 Texas Pecan Bread  
 Sept 14 Russian Black Bread  
 Sept 21 Makos Kalacs  
 (Hungarian Poppyseed bread)  
 Sept 28 Ka'ak  
 (Middle eastern sesame bread rings)  
 Oct 5 Pain Noir  
 (French Black Bread)

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## NOTES FROM THE UPPER CRUST

by Sarah Meyer

Everyone in the band (Baker Babes from Mars) really wanna thank you for the humungous amount of lovin' fan mail we've been getting, especially all the underwear.

Things are really hot now, and it ain't just the ovens. We've all been trying out new and groovy things for your tastin' pleasure, such as: many variations upon the BREAKFAST ROLL theme, different and sundry types of WHEAT-FREE breads, a brand-spankin' new SOURDOUGH FRENCH bread, bizarre BAGELS, and let's not forget the smash new hit single--TARTS.

One of our old standbys, the SALT-FREE bread, has been a somewhat delicate situation of late. Of course we're concerned with

the dietary needs of our adoring fans, but what do we do when the bread doesn't sell consistently? Our beautiful and fearless leader Jean has suggested that we bake a no-salt bread on one Sunday a month, and see how this pans out. (No pun intended). So every 3rd Sunday of the month we will offer this, and we need you, our sage public, to respond one way or another.

Did you know that SPECIAL ORDERS can be placed at the bakery for no extra charge, as long as they fit the "minimum amount" requirement. Say, for instance, if you order 8 loaves of no-salt--this is a wonderfully freezable bread! Yes, you too, can have 7 loaves of bread in your freezer!

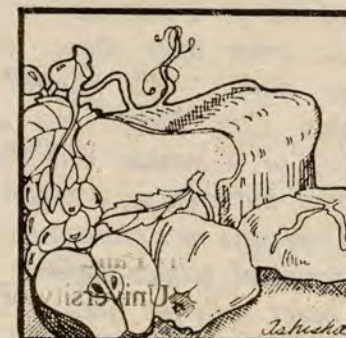
We need to hear something--

what do you cats and dolls think of all this new stuff? There most certainly is a totally excellent suggestion/comment box in the store, conveniently located near the restrooms.

Even though flexibility is a very cool thing, indeed, for a bakery to practice, we do try to keep to a regular schedule of daily breads. Check out our way cool DAILY SCHEDULE next to the bread case to see which days we bake what breads, rolls, etc.

Hey! Thanks for hanging in there with us--we have a great team in the kitchen right now, and it's a pretty small kitchen, we BETTER get along. Let us know what you think of our ROCK-N-ROLL BREADS. Inquiring minds want to know.

Saray Jean, for the BAKER BABES FROM MARS (Ed on backup).





## THANKS FOR THE MEMORIES, OR THE KING AND I

9



by Sandi "Skott" Larsen

I sit here staring at my desk and bulletin board for the final time wondering how I make a smooth transition from three years of employment at the Co-op to being a full time student. I wonder what forces led me here and which will lead me away and to where. I wonder what my collection of bulletin board items communicates to others about me and my job here. For example, the Elvis doll, minus a left leg, that I gave Erika one Christmas ... the Elvis cologne ... the snapshot of Laurie Cortright and I at my desk ... the card from a customer so happy that her daughter's allergies have been calmed by food alternatives at the Co-op ... the condom sample tacked to the board ... the Elvis commemorative stamp announcement ... the postcard I sent from Guatemala ... the volume discount goal highlighted and

posted (goal was achieved in November of '93) ... the flier for the herbal symposium I could never afford ... the quote from Jane Evershed:

Respect Mother Earth  
and she will feed, clothe, and  
shelter you,  
Mind body and soul.  
Destroy her and she can only  
show you  
a wasteland where spring flowers  
are a distant memory

... the map to Ken and Nancy's property near Challis ... the butterfly Matthew created for his mom, Bonnie ... the cards full of words of encouragement from Erkia and Bonnie ... the list of Elvis albums that hit gold or platinum ... the picture of Graceland ... the quote from Elvis:

... I had that experience in the desert. I didn't only see Jesus' picture in the clouds-Jesus Christ literally exploded in me ... I was Christ ... I thought I might be him. I really thought I was singled out, not only to be Elvis, but, ah ..."

... the list that followed comparing Elvis and Christ ... Jesus was the Lamb of God; Elvis had mutton chops ... Jesus was part of a Trinity; Elvis' first band was a trio ... Jesus walked on water; Elvis surfed ... Jesus' Purple Robe; Elvis' Pink Cadillac ... Jesus said, "Love thy neighbor;" Elvis said, "Don't be cruel" ... Jesus is the Lord's Shepherd; Elvis dated Cybill Shepard ...

It was June 1991 when Kenna trained me to volunteer in the Co-op. I was immediately excited to be a working part of such a special place. Although my weekly shift was only 3 hours I'd find myself hanging out all afternoon sometimes just because I enjoyed it so much. Soon I began getting paid to cashier when staff persons needed a break. (This was about the time Erika acquired the Velvet Elvis.) Then the first Bazaar was created and I worked there for two months. (This was the year that the Find Elvis Magic Wand was introduced at the Christmas party at Laura's ... Jesus and Elvis were both Capricorns.) The next thing I knew I was the Assistant Grocery Manager working closely with Erika whom I'd always idolized for her never ending energy, her incredible customer service skills and her ability to smile through any situation. I put school on hold--only taking classes here and there. I found I was learning so much at the Co-op that I would never gain from college. I had never been so happy with my employment and

my co-workers. Somebody in the Co-op obviously had confidence in me because soon, after only one year since I began volunteering, I was also coordinating the volunteers with Renee. Then after two years, a trip to Central America, and the exchange of the Magic Elvis Wand, I became the Grocery Coordinator. I really do love groceries. I love ordering and merchandising. I enjoy shmoozing with brokers and reps. I like trade shows and trying new products ... but mostly I love the people of the Co-op ... my co-workers present and past ... the volunteers ... the members and customers ... I will never have another chance at anonymity in Moscow having met so many incredibly wonderful people and friends through the Co-op.

Well that's about as sappy as it gets ... with another exchange of the wand I'm back to school to study International Studies hopefully with a trip to the Czech Republic in January.

Thank you everyone for all of your support and ideas through the years.



## FAREWELL FOOD CO-OPERS

by Paul Lindholdt

This is farewell to Moscow and the Food Co-op. Last month I got a new job at Eastern Washington University in Cheney. Yesterday I got married.

I married Karen Palrang, a 1994 graduate of the University of Idaho College of Law. We will be living in Spokane, a city that will provide her greater legal opportunities than the Palouse. Karen took the Washington bar exam.

On High Rock Lookout near the base of Mt. Rainier we got married by a Unitarian minister, Roger Kuhrt, who used to live in Moscow and shop at the Food Co-op. Karen and I wrote our own vows and incorporated a Salish Indian blessing-poem. Afterwards the five of us in the wedding party hiked to Cora Lake for a reception feast. Mt. Rainier presided.

Today we are staying at Wellspring, a retreat with saunas,

cabins, hot tubs and a masseuse near Mt. Rainier. One hot tub and sauna overlook a Japanese garden and falls. The others overlook a woodland pond.

At Eastern Washington University I will be teaching writing and literature. We will be able to buy a house. We will have better health insurance and greater job security. We will be living, for now, in the top floor of a restored Victorian house on the south hill

of Spokane. We have found an organic grocery.

One of my friends in Moscow calls Moscow "the town that time forgot" and "the town in a bubble." The four years I spent there were idyllic and serene. I romped in meadows, swan in farm ponds, plucked mushrooms, and danced in the dirt. Thanks to those of you who showed me around.

May the Moscow Food Co-op continue vital for another 20 years.

# September is Organic! Month

## What Is Organic?

Organic refers to the agricultural systems used to produce food and other products such as cotton. Organic systems:

- replenish and maintain soil fertility; and
- eliminate the use of synthetic pesticides and fertilizers.

Organic foods are minimally processed to maintain the integrity of the food without artificial ingredients, preservatives or irradiation.



## What Does Certified Organic Mean?

The label *certified organic* is the consumer's guarantee that the product has been produced according to the following standards:

- A public or private certifying organization does annual inspection of farms and food handlers and periodic testing of soil and water to verify that a farm meets or exceeds defined standards.
- Organic farmers are required to keep detailed records of purchases and practices that inspection agencies examine systematically.
- Most farms are required to farm organically for three years before the food they produce can be labeled certified.

## Does Organic Food Cost More?

Although organic food often costs more, does it really?

- Organic agriculture utilizes conservation practices that protect soil, water and air whose costs are an investment in the future.
- The industry is still small and so cannot take advantage of economies of scale;
- Organic practices are often labor-intensive, such as hand weeding;
- Organic agriculture is not subsidized to the same extent as conventional agriculture.

"Cheap" food has hidden costs we must evaluate. Damages to water supplies, topsoil run off, harm to wildlife, health problems of farm families and farm workers bring the social and environmental costs of "cheap" food to an estimated \$8 billion per year. We pay that cost through our taxes. If these costs were factored into the price of conventional food, organic food would cost the same, or more likely, be cheaper.

## Consumers: Vote With Your Dollars!

Knowing where your food comes from and how it is grown can be very powerful knowledge! "How we eat determines to a considerable extent how the world is used," states writer/farmer Wendell Berry. "Eating is inescapably an agricultural act." Every dollar you spend is a vote cast.

## Our Health Depends on the Health of the Earth!

*Promoting and Providing Organically Grown products is an important part of our mission. We've been doing it for over 20 years. Visit the Co-op for the region's greatest selection of Organic produce, bulk foods and processed foods.*

by Sandi "Skott" Larsen

September is Organic month, so I wanted to highlight a few of our newer organic items.

I'm excited about introducing a few products from Hamilton Road Milling out of Colfax. Clarence Hamilton has already made two deliveries to the Co-op. All the Hamilton products we carry are certified organic. Including 12 grain pancake mix, buckwheat pancake mix, barley flour, spelt flour (now the spelt bread is certified organic!), brown rice flour, oat flour, and buckwheat flour -- all in bulk. We also have their organic buttermilk pancake

mix in 2 pound bags which has received great reviews.

In the freezer ... Cascadian Farms makes excellent products!! They have introduced many new frozen items which are made with organic milk and organic fruit ... including the Orange Sorbet and Cream (you'll love it if you like creamsicles), the chocolate covered Raspberry bars, the chocolate, vanilla, and strawberry frozen yogurts. We also carry the frozen yogurt bars (chocolate, vanilla, and blackberry) and the frozen fruit sorbets (strawberry, raspberry and blackberry) ... all

organic. I'd carry more of their yummy treats if only we had more room for frozen foods.

Montserrat Organic dressings ... garlic onion, no oil basil, and Italian. Simply splendid--specially on Pete and Clyde's local no-spray lettuce.

More Muir Glen organic pasta sauces ... one romano cheese, fat free tomato basil, and fat free garlic onion have been added to the other three we carry.

Arrowhead organic spelt bread mix. Use with or without a machine.

Health Valley Organic Raisin

Bran Flakes cereal.

Eden organic EdenBlend (rice and soy beverage) and organic EdenRice rice beverage ... nice alternative to the non-organic Rice Dream.

Oshwasha unpasteurized organic brown rice miso in the cooler.

Westbrae organic brown rice syrup.

Also look for more bulk legumes and grains that are organically grown like garbanzo beans, bulghar, and maybe more organic rices.

Look for the green "It's Organic" signs around the store.

## SHOP SMART TOURS AT THE CO-OP AND TIDYMAN'S

by Eva Strand

We all feel pretty good when we take our carefully sorted waste to the recycling center. We are doing the right thing, recycling. According to Carrie Lipe at the Moscow Recycling Center we are doing a great job on recycling in this area. Since April this year 36% of Latah County's total waste stream has been diverted from the landfill through recycling, composting etc. This saved the City of Moscow \$133,000 during the months of April, May and June only. Keeping garbage out of the landfill is especially important for us in Latah County since all of our municipal solid waste is presently shipped by truck to central Oregon for final landfilling! The 250 mile long trucking costs \$78.00 per ton of waste. If we produced less waste, much of that money could be spent on things more interesting than hauling garbage!

Fortunately, there is more that we can do. The most effective way to reduce household waste is to never get it in the house! Reducing waste is healthy for the environment and for your pocketbook. You may not have thought of it, but we actually pay for packaging material *three* times. The first time is when we buy the packaged item, the second time is in the garbage bill and the third time is in the form of taxes to

cover the costs of the landfills. There is definitely money to save here, especially since there is a very good possibility that volume-based garbage collection will be implemented in Moscow. Under such a system a household that sets out less waste will have a lower garbage bill. The most effective waste-reduction method is to become a Smart Shopper. Prevent tomorrow's garbage today by *pre-cycling!*

Sounds interesting? If you think so, you may be interested in taking one of the Smart Shopper tours that will be offered at the Moscow Food Co-op and at Tidyman's grocery store in Moscow. The Smart Shopper tours will take you through these grocery stores and give you ideas on how to make environmentally wise shopping decisions that take the whole life cycle of a product into account.

Have you ever thought about the life cycle of a banana, bean, bottle or bagel? What is the difference between "recycled fiber content" and "post-consumer fiber content" in paper products? Why avoid chlorine containing cleaners and other products? Why buy organically grown foods even though they are sometimes more expensive than conventionally grown products?

The Smart Shopper tour will also give you an opportunity to become better acquainted with your local grocery store and our local food sources. During the tours we will discuss such issues as:

- \* The five R's of waste reduction: Reduce, Reuse, Recycle, Recognize and React
- \* Specifically, what is recyclable in Moscow
- \* The concept of a product's life cycle
- \* Organically grown foods and sustainable agriculture
- \* The advantages of buying locally produced products
- \* Alternatives to hazardous household chemicals
- \* How to shop smart and save money

There is no need to feel powerless in a world full of pesticides, hazardous waste, overloaded landfills and pollution. The power is in our hands two to three times a week in the form of a shopping cart! Every time we shop we can use this power and make informed choices that reflect how and where we like our food and other products to be produced.

The Smart Shopper project was begun by Renee McNally and Eva Strand and is funded by PCEI's new Ag Option Project.

The Moscow Food Co-op and Tidyman's act as organizers with technical assistance from the Moscow Recycling Center. We greatly appreciate the time and effort put into the Smart Shopper project by Judi Broderius, recycling coordinator at Tidyman's and Carrie Lipe at the Moscow Recycling Center. Tidyman's has made their Moscow store a pilot study for this type of project, thanks to the Moscow management and Judi Broderius. The Washington State Department of Ecology has also supplied us with educational material.

Tours will start September 21st with a Grand Opening. Look for further advertisement at the Co-op, at Tidyman's, at the Latah County Fair and in the local newspaper or call the Moscow Food Co-op at 882-8537 or Tidyman's at 883-2643 to sign up for a tour.

Participants will get a free shopping bag packed with useful information, an opportunity to find the answers to personal questions regarding waste reduction and sustainable agriculture and last, but not least, learn how to make bathroom cleaning fun. And YES there *will* be FOOD SAMPLES.

by Natalie Shapiro

Here's some more good news on your adulterated dairy products: present the truth and thou shall be slapped. Last spring, Monsanto (maker of rBGH) sued Swiss Valley Farms and another dairy producer for "false and misleading advertising and promotion activities" because of the wording on their "rBGH-free" labels.

According to the Eugene Weekly (June 30, 1994), Monsanto's director of biotechnology communications gave this logical reason for their suit: "The labels the companies used didn't indicate that milk from cows with rBGH is no different than milk from cows without rBGH. Customers are entitled to all the information necessary to make fully informed choices." Monsanto's "choice" is simply "none." As of June 30, the suits were not settled, but Monsanto's intimidation campaign has worked. Other dairies have opted to avoid labeling.

Shouldn't the FDA require labeling of rBGH-treated dairy products? Yes, but it doesn't. Here's an interesting little story... Michael Taylor, FDA deputy commissioner for policy used to be a partner in King and Spalding, a law firm whose clients included Monsanto's agriculture division. Taylor wrote the rBGH labeling guidelines that restricted labeling of genetically engineered milk and

food. According to the Pure Food Campaign, the FDA was well aware that the labeling issue was handled by a former attorney for Monsanto.

The Pure Food Campaign has thus filed a petition with the FDA demanding they withdraw their restrictive guidelines and that they investigate Taylor's role in the FDA's approval of rBGH. Members of Congress have also called for a GAO investigation of this conflict of interest between the agency in charge of protecting consumers from bad food and chemical companies with an economic interest in producing bad food.

Now for some good news: A bill was introduced into the House June 21 that would require mandatory labeling of dairy products from cows treated with rBGH. The bill, "Bovine Growth Hormone Milk Act," would require milk from rBGH-treated cows to bear the statement: "this milk was produced by cows injected with synthetic BGH." This bill was written by Rep. Bernard Sanders (I-Vt) and has at least 15 co-sponsors.

For more information: Pure Food Campaign, 1130 - 17th St., Suite 630, Washington, DC 20036 (202) 775-1132.

Also please remember to write your Congresspersons. The Co-op has information on rBGH that you can use in your letters.



### ICL Fall Hiking Series by Larry McLaud

The Idaho Conservation League Moscow Chapter is sponsoring a Fall hiking series that will include three day hiking opportunities around the Palouse area. Each hike leader is a volunteer and is eager to share time and knowledge with the group.

**Sunday, Sept. 8:** We will be going to the Grandfather Mountain area northeast of Moscow. This is a Roadless Area proposed for Wilderness.

**Saturday, Oct. 1:** Our destination will be Elk River Falls, east of Moscow. This area is interesting for many reasons including geology, water quality, and diversity.

**Saturday, Oct. 15:** We will hike among the White Pines, north of Moscow in one of the last uncut areas on the Palouse. Visit some of the ancient trees and experience the wild.

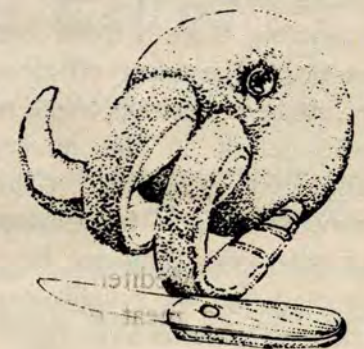
If you want to come along please:

- \* Call the ICL office at 882-1010 and reserve a place.
- \* We will meet at 8:30 am to rideshare to trailhead.
- \* Bring water, boots, hat, lunch, first aid, and extra clothes.
- \* Please no dogs, guns, hatchets, or other inappropriate equipment.
- \* Children are welcome as long as they are under your watchful eye and the trip matches their abilities.
- \* Hikes are free so bring a friend!

### THAT SURVEY THING Are we having visions yet? by Ed Clar,

Very grateful thanks to all of you who took time to fill out our (not very scientific) survey during August. Additional thanks to all of you who added your personal comments. I quite enjoyed going through them and they gave great insight into the diversity of our membership/customer base. They contained a number of suggestions that will help us to do our job better.

The surveys are still coming in and the results have not yet been compiled as we go to press. By the next issue of the Community News we'll be able to present a picture of how the respondents see the Co-op's future. Nothing is ever final, however, and we always want to know what YOU think.



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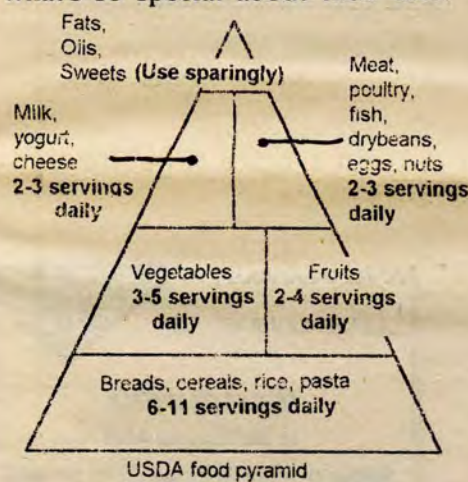
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by Eva Strand

The other week an article about a new food pyramid, the Mediterranean diet, caught my eyes. The fact that different countries promote different eating habits is not a new concept for me. When I grew up in Sweden we were studying the "Food Circle" with as many as seven food groups. (No, food groups number 5, 6 and 7 were not pickled herring, ludefisk and smoked reindeer.)

However, when I read further into this article it became apparent that the pyramid was not developed in the Mediterranean countries, but in the US with assistance from the European office of the World Health Organization. The Mediterranean food pyramid was developed because of the amazingly low rates of heart disease and cancer in the Mediterranean countries. Now, what's so special about their diet?



Well, it starts off much like the US pyramid with bread, cereal, rice and other slow carbohydrates, followed by fruits and vegetables. A small difference is that the Mediterranean alternative includes legumes, nuts and seeds in the fruit section. Then comes the large difference. Where the US pyramid recommends several daily servings of high protein foods like dairy products, meats and legumes, the Mediterranean diet drizzles on with olive oil complemented with a few chunks of cheese and some yogurt. The traditional US pyramid is topped off with fats and sweets whereas the Mediterranean alternative puts red meat on top with the suggestion "a few times per month."

Maybe the Mediterranean diet will put an end to the present "fat-craze" since up to 35% of the

calories in this suggested diet comes from fat. Personally, I am suspicious of many "low fat" products. For example, how to you make "fat free" bean dip? Beans naturally contain some fat and frankly, I don't want anybody to mess with my beans to try to extract this fat. Possibly a "fat free" label could be justified if the recommended serving size is so small that it contains less than 0.5g of fat, the technical definition of "fat free" under the new food labeling standards.

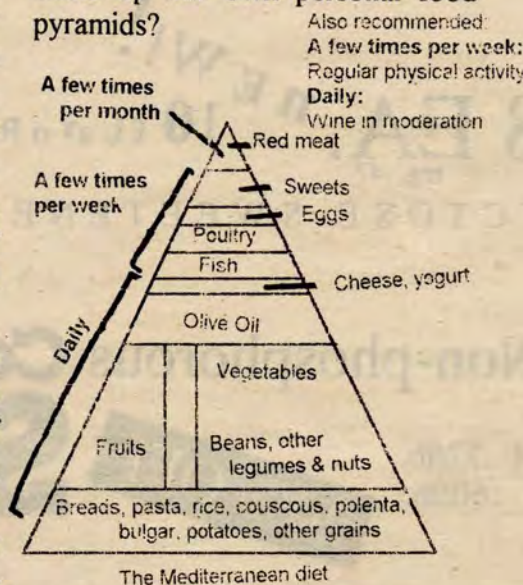
Another controversy that the Mediterranean diet has stirred up is the daily recommendation of alcohol in moderation. The "French paradox" presented several years ago suggested that the reason the French can gobble down buttery sauces and other "forbidden" saturated fats is the fact that they consume 1-2 glasses of wine daily. Maybe the French die from cirrhosis of the liver before their hearts give in. Seriously, I just want to point out that there are many ways to analyze data.

Anyway, I am not sure I believe in some kind of magical neutralization of saturated fats by the glorified wine molecules, but rather that a glass of wine once in a while can contribute to a more relaxed life style. Who would work full speed, pushing oneself to get that article done or those shelves stocked after enjoying a 2-3 hour lunch of buttery pasta, crunchy bread with garlic cheese and some wine, in the company of good friends? Quite different from the lunches most of us whip up on a daily basis.

Nor am I sure it is the high olive oil content in the food of the inhabitants of the island of Crete that make their cholesterol and heart disease rates so incredibly low. I can imagine that, for example, the stress level, social and family life and the closeness to the food sources are very different for the average inhabitant of Crete compared to the average American (or northern European for that matter). Diet is definitely a key to health, but it is not the only one.

Even if the Mediterranean diet doesn't represent the whole truth

and nothing but the truth, I definitely like it. A largely plant-based diet with the addition of olive oil and some wine sounds tempting. After all, don't we all make up our own personal food pyramids?



Greek Yogurt Dip (Tzatziki)

Dip fresh bread in this cooling, flavorful sauce, or use it as a dressing on your falafel or avocado pitas. The Brown Cow natural unhomogenized yogurt with "cream on the top" works great in this recipe, or add some sour cream to the yogurt.

- 2 C. yogurt or yogurt + sour cream
- 1/2 med. cucumber, peeled and coarsely grated
- 1 clove garlic, minced
- 1 T. fresh dill weed, finely chopped
- pinch of salt

Press most of the liquid from the grated cucumber. Mix all ingredients and chill before serving.

Greek Salad

- 3 lg. sun-ripened tomatoes, sliced
- 1 lg. cucumber, peeled & sliced
- 1 sweet onion, thinly sliced
- 1 gr. pepper, seeded & thin sliced
- 4 T. olive oil
- 2 T. white wine vinegar
- 1/4 tsp. salt
- 1/4 tsp. ground black pepper
- 1 tsp. dried oregano
- 4-6 oz. feta cheese (optional)
- 20 Greek black olives

Place the prepared vegetables in a salad bowl or on individual plates. Mix oil, vinegar, salt, pepper, oregano and sugar for the dressing. Pour dressing over the salad, crumble feta cheese on top and garnish with black olives. Serve with crusty white bread rolls or herbed bread.

Mediterranean Summer Vegetable Pie

- 1 large leek, thinly sliced
- 2 T. olive oil
- 2 med. zucchini, cubed
- 1 med. eggplant, cubed
- 3 tomatoes, peeled & cubed
- 1/4 C. fresh parsley, chopped
- 2 cloves of garlic, minced
- 2 T. fresh oregano, chopped or 2 tsp. dried
- 1 C. grated Romano cheese (opt.)
- 1 C. cooked navy beans or black eyed peas (optional)
- salt & black pepper to taste
- bread crumbs if necessary
- 10 sheets commercial filo
- 5 T. melted butter or olive oil mixed

Saute leeks in oil in a large pan for 5 minutes. Add zucchini, eggplant, tomatoes, parsley, garlic, salt and pepper. Simmer for 10 minutes. Add beans and oregano and simmer for another 5 minutes. Remove from heat and add cheese if desired. Dust with bread crumbs if any liquid remains. Line the bottom and sides of a 9x13" baking pan with 6 of the filo sheets. Brush with melted butter or olive oil between each sheet. Pour filling into the lined pan. Cover with remaining filo sheets, brushing with butter or oil between sheets. Bake for 20 minutes at 375 F until filo is golden and crisp. Let stand for 10 minutes before cutting. If filo sheets sounds like too much work, fill a standard pie crust with the vegetables and sprinkle parmesan cheese and bread crumbs on top, or skip the crust and serve the vegetables over rice or pasta. You can never make mistakes in cooking, just turn it into a different dish (OK, sometimes a non-eatable one)!

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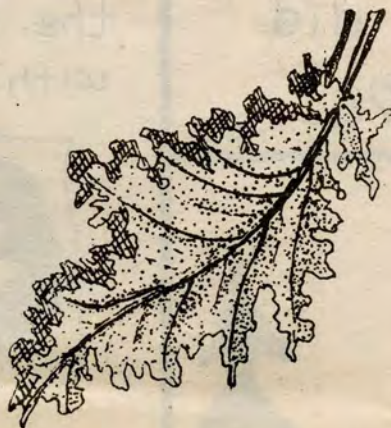
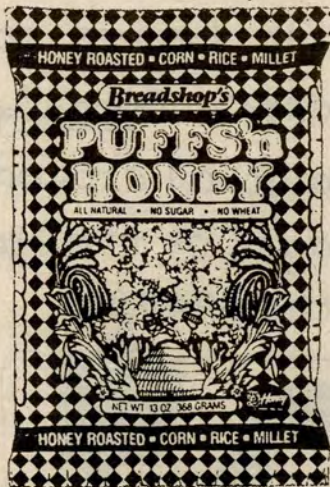


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**GOAT LOVERS UNITE**  
by Victoria Christensen

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# Hi! September is

full of new things. New clothes, new teachers, new friends - and now a **new Kid's Page!!**

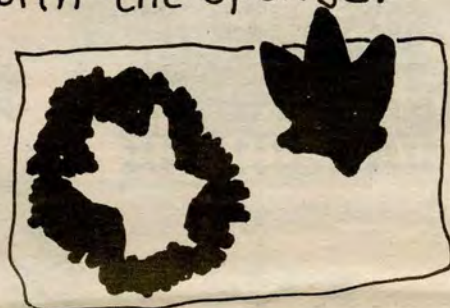
My name is Robin Murray, and I have taken over for Krissy. I hope you enjoy my Kid's Page as much as you did hers!  
 ♡ RM

## Try This:

### LEAF SILOUETTES

You will need - Paper, paint, an old sponge and some leaves.

Lay the Leaves on the paper. Gently dab paint all around the edges of the leaf with the sponge.

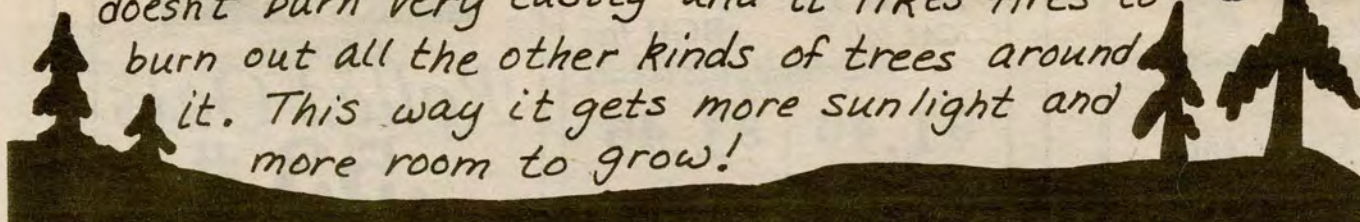


Lift up the leaf and you have a silhouette! Try it with different shaped leaves and different colors of paint! Have Fun!!

## Did you know....

Some trees like forest fires!!

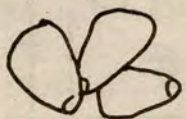
The Lodgepole Pine needs fire to break open its very tough pine cones and let the seeds out so new Lodgepole Pines can grow. The White Bark Pine doesn't burn very easily and it likes fires to burn out all the other kinds of trees around it. This way it gets more sunlight and more room to grow!



LOOK FOR THESE BOOKS AT THE LIBRARY:

- The Giving Tree, by Shel Silverstien
- The Dead Tree, by Alvin Tresselt

I bet you knew we use trees to make wood and paper, but did you know we eat some parts?!? The Co-op sells Pine Nuts in bulk. They're kept in the cooler and they really do come from pine trees!



**MOSCOW** has several streets named after trees. Can you find all six of these? --  
 ASH TAMARACK  
 PINE CHERRY  
 ELM JUNIPER --



Look up, down, across, and diagonal!

T	N	P	Z	T	Y	T	J
X	A	I	A	C	S	A	U
J	U	M	R	H	Q	M	N
A	R	E	A	E	U	E	I
S	C	L	M	R	B	M	P
H	J	L	T	R	A	I	E
C	E	R	I	Y	F	C	R
Q	P	I	N	E	L	K	K

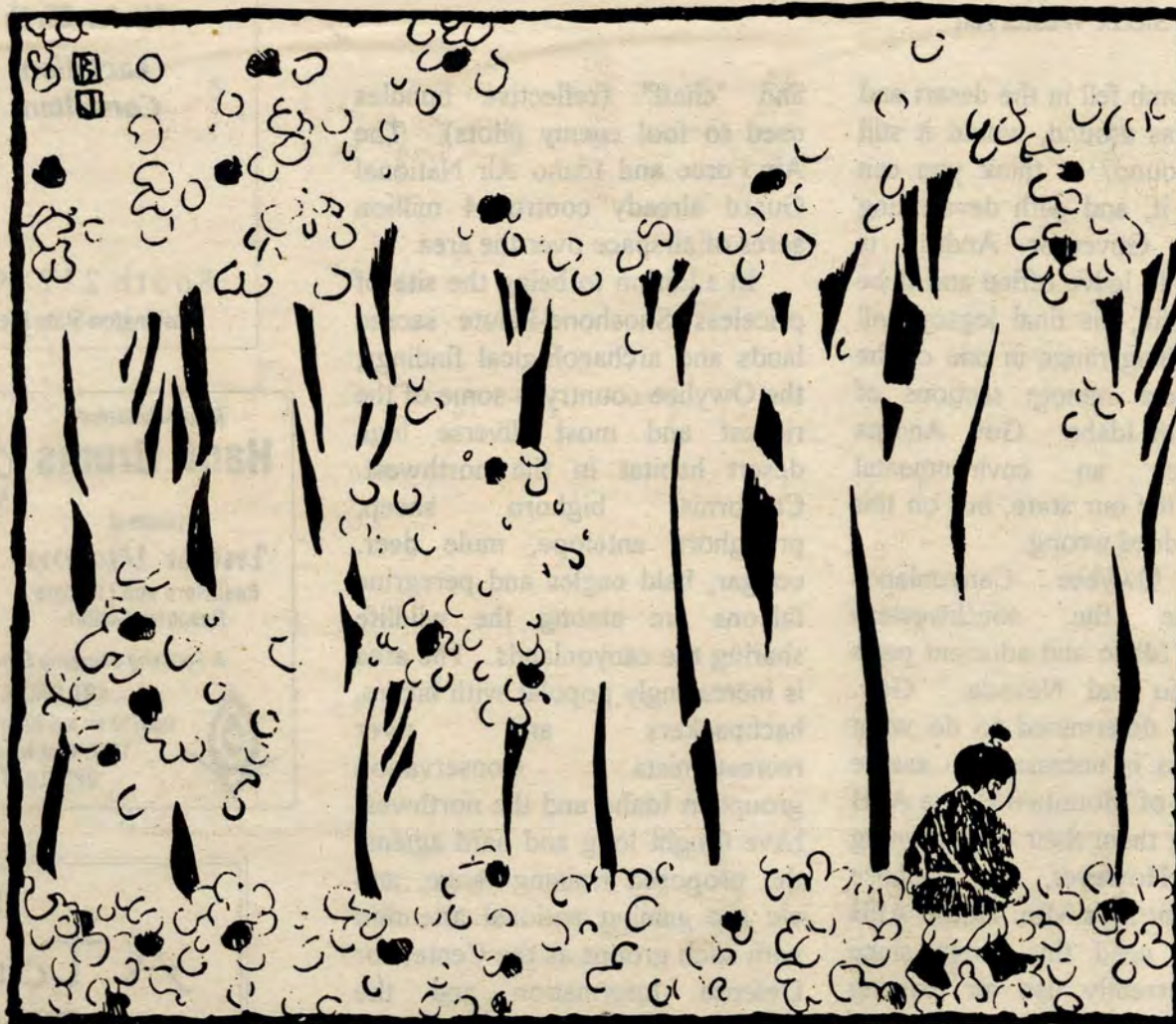
Did you find them all? Now get a map of Moscow (There's one in the Phone Book) and see if you can find them there! Good Luck!



# TOASTER

by AEzra Tishman

To the Sunbeam we offer our sacred bread. Stainless, gleaming, its two slots are the great equals sign of the universe, and accept without judgement these slices of wheat. By this ritual we give over, then receive back the grain of our Home, overflowing with radiance and grace. Yes, I, eater, *belong!* These bricks of our day escort us across that groggy bridge from night past, into the fully awakened Sun. We draw the toast to our lips, strike the holy spark, fortified by the electric eye of God's own "man". We have done nothing, if not *that* for which we came, fulfilling our destiny, slot by slot, slice by slice, in the image of, yes, the One. By this bread we mark our time. From this manna we shall build our house of days. This toast in our mouths that talks to us of time and sweat and loss and finally of our own fruits, ripened to sweetness, at last.



# CREAM IN YOUR COFFEE

By AEzra Tishman

Dispatched from pitcher tipped aloft,  
 Voluptuous missile -  
 slow and real idea of cream -  
 Cascades heavy, confident, right past the cup's rim:  
 (gate-mouth of the mug-faced nightwatch-  
 plenteous sentry, lost-in place) -  
 bludozing on the job - tunnelvision again,

Brother Friar St. Lactose, assimilating angel,  
 Nosedives to his assigned coordinates - the epicenter  
 of a clear glass cup of hot black coffee which but a  
 second ago  
 squatted pure and smug upon the stovetip,  
 its transparent, hand-on-hip handle little more than  
 posturing - brittle testament to racial purity.

Holy missionary robed-in-white,  
 propaganda veiled behind a fatsome smile,  
 he tumbles through the once-dark brew,  
 each ringed finger a tributary outspread to the masses  
 which suffuses, like a cry for harmony  
 through this now reborn and roiling sea.  
 Mountain ranges tumble into caffeine clouds;  
 a rolling spume of firmament foams across the screen.


Here repeats creation ... in a cup,  
 dilution's dazzling alchemy that I,  
 eternal guzzler, seeker yet again  
 take, as lightning to this tongue, this blood  
 and then by vein, to brain.

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# 18 BOMBS IN THE IDAHO DESERT

by Sioux Westervelt

If a bomb fell in the desert and no one was around, would it still make a sound? I think you can count on it, and with devastating effects. Governor Andrus is preparing to leave office and if he is successful, his final legacy will be a bombing range in one of the finest, most remote sections of wildland in Idaho. Gov. Andrus has been an environmental advocate for our state, but on this one he is dead wrong.

The Owyhee Canyonlands encompass the southwestern corner of Idaho and adjacent parts of Oregon and Nevada. Gov. Andrus is determined to do what he believes is necessary to assure the future of Mountain Home AFB by getting them their own training range. However, the Defense Department says Mtn. Home AFB does not need this range since planes currently use an existing range 20 minutes away in Utah. The proposed plan calls for trading Idaho state lands for 25,000 acres of Bureau of Land Management (BLM) land to create a state-owned range, an unusual maneuver in itself, since there is a national moratorium on public land withdrawal for military training areas.

According to the governor's office and an article in High Country News, the proposed training range has been broken into two target areas. One on the north side of the E. Fork Owyhee River canyon and one on the south. The north range, which includes Shoshone-Paiute sacred sites, lies on a 6,000-foot plateau between Deep Creek canyon and Battle Creek canyon. All three canyons are rim-to-rim wilderness study areas and contain rivers that are candidates for wild and scenic status.

Although the Air Force would not drop "live" bombs on the area, plans could fly 100 feet above ground level through the region. During composite wing exercises, pilots could fly 160 sorties in a day, including an unknown number of supersonic flights above 10,000 feet, drop a variety of practice bombs, laser-guided bombs, flares,

and "chaff" (reflective bundles used to fool enemy pilots). The Air Force and Idaho Air National Guard already control 4 million acres of airspace over the area.

In addition to being the site of priceless Shoshone-Paiute sacred lands and archaeological findings, the Owyhee country is some of the richest and most diverse high desert habitat in the northwest. California bighorn sheep, pronghorn antelope, mule deer, cougar, bald eagles and peregrine falcons are among the wildlife sharing the canyonlands. The area is increasingly popular with hikers, backpackers and river recreationists. Conservation groups in Idaho and the northwest have fought long and hard against the proposed training range, and we are gaining national attention with such groups as the Center for Defense Information and the Oregon Peace Institute. The Idaho Wildlife Federation and its national counterpart say they will sue the federal government if it accepts Gov. Andrus' plan.

The public comment period on the Draft Environmental Impact Statement (EIS) for the proposed training range is over and the final EIS is expected out soon. We need the voices of each of you if we are to stop the military from invading the Owyhee Canyonlands. As the population of the nation and the northwest increases, our wildlands are under immense pressure for the resource riches (or in this case, the open space) they yield. These lands are far more important for their intrinsic value, and for the solitude and spiritual renewal they offer our troubled society. The sound of low-flying bombers and sonic booms does no spirit good--not ours, and especially not the wild one's. Please write today.

Governor Cecil Andrus  
Idaho State Office  
Boise, ID 83720

President Bill Clinton  
c/o Kathleen McGinty, Dir.  
Office on Environment  
Old Executive Office Bldg,  
Room 358  
Washington, DC 20201

Secretary Bruce Babbitt  
Dept. of the Interior  
1849 "C" Street NW  
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# THE GREAT GRANOLA GIVE A-WAY

by Sandi "Skott" Larsen

And the winner is ... EUNICE CUNNINGHAM of Clarkston, Washington. Eunice picked up her 25 pounds of Maple Almond Granola and told us how happy she is to have such a great Co-op in the area. She is a new resident and soon to be volunteer.

I was impressed by the answers to the question we included on the drawing forms: "What is your favorite thing about the Co-op?" The "staff and volunteers" tied for favorites with the "pesto rolls." Also very popular were the "low prices."

Other responses were:

- \* It smells good.
- \* Lots of neat stuff not found anywhere else.
- \* A little bit of everything.
- \* No Muzac.
- \* Good prices.
- \* Good food.
- \* Organic food.
- \* Beautiful fresh produce.
- \* Clearly listed ingredients.
- \* Cooperativeness.
- \* Member voices are heard.
- \* Friendliness.
- \* Always something new to try.

- \* All the fat-free food.
- \* The armor in the playroom.
- \* The children's playroom.
- \* Herbs and Spices.
- \* Nostalgia.
- \* I don't have to drive to Oakesdale to get Joseph Barron's three grain cereal.
- \* Quality food.
- \* Variety.
- \* The Upper Crust Bakery.
- \* Atmosphere.
- \* Great bread, rice and grains.
- \* The candy.
- \* Natural foods with minimal processing.
- \* Nicest place to do community service.
- \* Fresh veggies.
- \* Reusable glass milk jugs.
- \* Fresh fresh fresh variety exotic exotic!
- \* I can buy and sell farm fresh produce, get milk, vitamins, cereal, etc. all at a good price.
- \* My happiness here.
- \* Diversity.
- \* Bulk pasta.
- \* Community.



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## POTS AND PANICS FOOD REVIEW

by Aubrey Gewehr

Featuring: The Chewy Goopy Brownie Mix.

OK OK I admit it, I have that downfalling disease so common these days, the habit that dissolves teeth and explodes diets, that's right, the chronic sweet tooth. Of course I try to temper it into reasonable proportions, as we all should. A treat a day, let's say, is OK (in my book), and it sure helps to put the mind at ease to eat all natural yummys made of stuff I don't need a chemistry degree to decipher. This is what led me to The Chewy Goopy Brownie Mix.

While not ending up quite as chewy or goopy as the name suggests (of course I overcooked them so ....), The Chewy Goopy Brownie Mix from Mixed Company Inc. of Lexington, Massachusetts produced tasty results. The Co-op sells this mix for \$3.12 (less for volunteers!), and even with the added cost of 1/2 C. oil, 2 eggs (use Co-op farm-fresh happy chicken eggs!), and 3

T. of your "favorite liquid," this was a reasonably priced desert. Betty Crocker may be cheaper but you seldom read ingredients like "unrefined cane sugar" and "organic whole wheat flour" on her label now do you?

Baking these tasty morsels proved quite easy. Simply mix up all the above mentioned stuff, slop it into a well-lubed 8x8 baking pan, and pop 'em in the oven for thirty minutes, ONLY thirty minutes, trust me! Of course you can modify this recipe a little by adding some of those yummy organic walnuts like I did and boost up the taste factor a bit. Or mix in some pecans, orange peel, bananas, dried cherries, or anything else that suits your fancy. What the heck, be creative!

Oh yeah and one last suggestion, top off your brownie with some sinfully decadent Ben and Jerry's French Vanilla ice cream, Mmmmmmm-M, ya just can't beat it! Enjoy!

# BULLETIN BOARD

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## 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.

## at the Co-op ...

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