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MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843



SPECIAL COLLECTIONS
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883-1024

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Deadline for articles: 20th of each month

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WATER HERE, WATER THERE

By Ed Clark

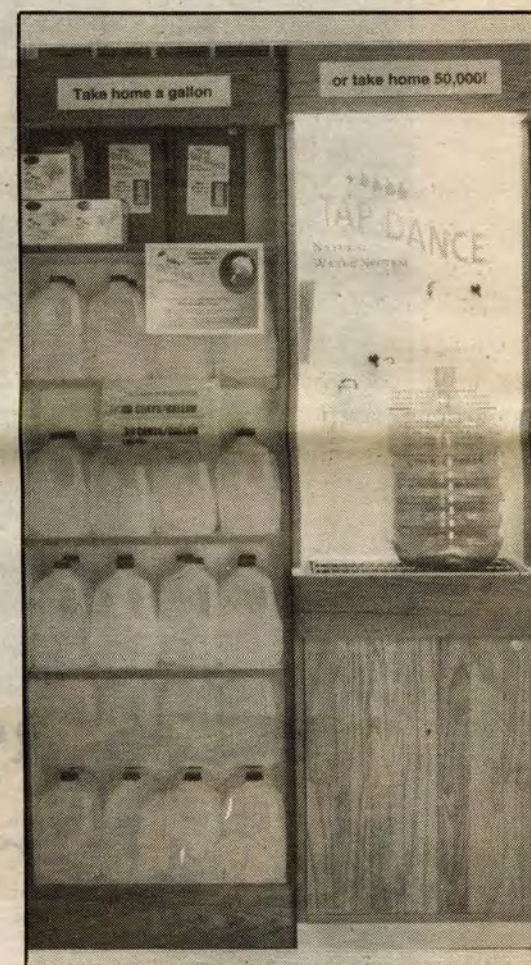
How do you like your water: out of the tap or out of a bottle? It would be great to just turn on the faucet to get a nice refreshing glass of water but sometimes the water that comes out just isn't that savory.

The Moscow Food Co-op sells a great quantity of Big Spring water from Montana but demand, especially in warm weather, has made it difficult to keep enough in stock. Enter TAP DANCE, a natural water system that the Co-op has recently installed.

"We wanted to be able to sell good water in bulk that was safe to drink, tasty, not too expensive and environmentally friendly," said Kenna Eaton, the Co-op's general manager, "The TAP DANCE system answers all of our concerns more than adequately."

Customers can now fill their own bottles or use bottles supplied in the store. It is Moscow water filtered right on the spot through catalytic action.

A patented new System called KDF (tm) utilizes a pure copper zinc alloy to safely oxidize and remove chlorine, biological, inorganic, and metallic contaminants (including lead). Fine particle filters and carbon further remove microorganisms, sediments, chlorine, organic chemicals, tastes and odors.



One of the great advantages of this system, compared to others such as reverse osmosis or distillation, is that essential trace minerals are left in for taste and health. Reverse Osmosis also uses more water for the process than its output of drinking water.

"We can now sell our customers great tasting water for half the price that we can sell bulk bottled water," said Eaton.

Please come in to see our new system and sample our improved water.

BOP TO THE BOUNTIFUL BENEWAH BARTER FAIR BEAT

By Bill London

Fall is coming--and so is the (approximately) 15th annual Beneway Barter Fair. September 9 and 10 are the days, the same Tyson Creek site as all previous year's fairs is the place, and the quality and quantity of the goods available for trade or sale depends on You. Of course, it's all free.

As co-organizer Leah Sempel explains: "We want to encourage Moscow and Pullman people to come to our fair--and we want to encourage them to bring their crafts or the bounty from their gardens to trade."

On Saturday, the fair begins as a big circle of vehicles forms in the meadow by Tyson Creek (to get there follow the signs from Santa, Idaho). People display their wares--fruit from backyard trees, homemade crafts, produce from their gardens, stuff from their yard sale boxes--and then trade or buy or sell. About 2 pm on Saturday, the talent show provides a break for modest entertainment. Saturday night, there's a big potluck dinner and

music jam. Camping is encouraged (just remember to bring water to drink).

Sunday is more relaxed. There's still some trading, of course, but the traditional sweat lodges offer both women's and men's sweats, and a women's circle is usually organized for the morning. By Sunday night everything is gone, and the site returns to meadow.

This year a new addition is the raffle. Organizers of the fair are selling tickets for a raffle to make some money to pay for the copying and mailing of flyers.

Another addition to the 1995 fair is a more serious effort to control dogs. Dogs on leash are OK, but off the leash the owners will have to pay \$5. Dogs are a special problem, since they form packs and harass children and the barnyard animals there for trade. Several years ago, a goat was killed by a dog pack at the fair. The best thing for all concerned is to leave your dogs at home.

If you have questions, call Leah at (208) 245-4381.



FORUM ON PRODUCT SELECTION

By Eva Strand

How about a five minute shopping spree at the Co-op or a free bag of lush organically grown produce and other goodies from your favorite local grocery store? Door-prizes, introduction to new exciting foods, interesting discussions and much, much more! Maybe I should stop for a second and explain what I am talking about before I promise you gold, green forests and good health for the rest of your life.

The key word is FORUM. To improve the contact between the Board, Staff and the Membership of the Moscow Food Co-op, the Board of Directors will periodically organize forums, where Co-op members get a chance to discuss hot Co-op topics. Being a board member, it is sometimes frustrating to make decisions that affect the entire Co-op with input from the membership only at the yearly membership meeting. It is surely equally frustrating not knowing what the Board of Directors are doing, that is, if they are doing *anything*. So, let's quit being frustrated! These new and exciting forums will give us a chance to talk to more members

before making decisions and the members will get an opportunity to become more familiar with and influence what is being discussed at board-, staff- and committee meetings at the Co-op. (By the way, everybody is of course welcome to join Co-op committees and meetings.)

Sounds great! When? Where? What? OK, I'll tell you. The first forum will be held upstairs at the Moscow Food Co-op on Thursday August 24th at 5:30 pm. The hot topic is Product Selection. This topic is so hot that last year's Product Selection Committee went up in smoke and came back as the Education Committee. How about that?

Who chooses the products to be sold at the Co-op? What are these choices based on? Why are products sometimes rejected? Would the product line be different if we moved to a more spacious location? What product selection options do we have if we move? Product selection is one of the backbones in a food cooperative, it makes us who we are. Let's talk about it at the Forum! And there will be surprises, most likely in eatable form. See you on the evening of the 24th!

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NEWS FROM THE DELI



By Annie Hubble

The Deli is well and thriving in these hot summer months. Cold soups are selling well, as are salads and sandwiches, and with the Rendezvous week-ends, cookies and brownies left the store with alarming rapidity. Speaking of cookies and brownies, we are once again providing these as part of the fare offered for sale at the

intervals of IRT productions. (These productions are excellent--if you still have a chance to attend when this appears in print, do so!) Chantra Melior and Pam Lobart are doing a great job of selling these concessions at the theatre.

My volunteer crew is down as always in summer--now is the time to sign up for Deli positions--there are openings. A sandwich maker for Monday mornings would be wonderful, but there are many slots open. The volunteers who are working are doing a superb job--my thanks to Larice, Tora, Nicole and Fred.

My thanks also to those who cover my Tuesday and Thursday mornings so I can attend massage school. This person is often our stalwart manager--thanks Kenna! I owe you all massages!

So as always, come up and say hello! Let me know of any problems or ideas. It's always good to see you.



Yay, Team!

by Ed Clark

Did you know that the Moscow food Co-op sponsors a baseball team? For the past several seasons the Co-op or the Upper Crust Bakery has sponsored a baseball or girl's softball team through Moscow Parks and Recreation Department. Every evening during the summer you can find hundreds of families at Mountain View Park cheering for the national pastime. The local program is well organized and all kids who want to are eligible to play. No tryouts. They move up gradually learning new skills as they go. They start with T-ball then to

pitching machine and finally play in regular regulation games.

This year's co-coaches are Donna Reisenauer and Jenny

Pierce. "The program is great," says Donna. "The main thing is to have fun. If you get through the season feeling that the kids have learned some skills

and had a good time then it has been a success.

The Co-op congratulates the girls and coaches for their hard work and energy. We'll

look for you all on the playing field next spring.



INVASION OF THE CO-OP SNATCHERS REPELLED!!

By Jeannie Harvey
and the Board of Directors

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The July meeting of the Board of Directors was unusual. There was the normal discussion about which side of the bottom line the business is running on, the typical peeking into the relocation crystal ball and the planned discussion about the member forum to be held in August. Nothing here for CNN. But innuendo and accusation made several appearances at the normally staid meeting and were met by their familiar counterparts, perplexity and denial. If one reason had to be given for the contentious moments that reason could be the perception by some members and/or employees that some recent actions by the board or members of the board were poorly made. This will probably not make it to Oprah, so some further discourse is in order.

Some people thought it was unforgivable that the directors agreed to pay only \$1200 of the \$2000 it would cost for Kenna to attend a two-week training session on Co-op management. There also seemed to be some

discontent over questions raised in response to a proposal to increase the contract wages of the bookkeeper from \$15/hour to \$25/hour. Perhaps the most mysterious gulf of the evening appeared when a written proposal in the form of a potential newsletter article (see "Planning the Financial Plan" elsewhere in this issue) was presented. Apparently some displeasure had been fomenting in the hours leading up to the meeting because of a meeting held two days previously. Some people felt that holding a meeting to discuss whether or not to broach the topic of Financial planning was in actuality an initial step in the Financial planning process. Furthermore, they contended, granting the veracity of this assertion, it was wrong to hold such a meeting without inviting everybody who might have an interest in the process or a stake in the outcome.

Perhaps there are important philosophic questions underlying these issues. Who does the Board of Directors serve? The

members? The employees? The business? How much control should be in the hands of a volunteer Board of Directors comprised mostly of non-employees? Do a million dollars in revenue automatically elevate a business to a different status in the eyes of the owners, the customers and/or the employees? Does the answer to that change when the same business reports a million dollars of outlays used to generate that million dollar revenue? In the months ahead we hope to investigate these matters. The August board meeting will feature initial discussions about financial planning. Sometime this autumn we plan to sponsor a forum with our members to scrutinize the structure and management of the Moscow Food Co-op. You are invited. In the meantime consider this paraphrase of a hackneyed 35 year old quote: "Ask not what your Co-op can do for you, ask what you can do for your Co-op."



STRATEGIC PLANNING COMMITTEE-MORE SURVEY STUFF

By Dean Pittenger

Strategic Planning—we had a fairly quite month during July. Many people were sick or absent but we managed to do some work on the survey and we present more results below. Again; I must warn you that these results are preliminary.

This month we look at the in-store survey with 291 respondents. Once again, we have not finished analyzing this data and will not offer any explicit interpretations except to note that the responses are complex and reflect a wide diversity amongst our members and the community as a whole.

Gender?

Gender	Count	Percent of Total
Female	140	48.1
Male	89	30.6
No Answer	62	21.3
Totals	291	100.0%

Current member of the Moscow Food Co-op?

Member	Count	Percent of Total
Yes	186	63.9
No	105	36.1
Totals	291	100.0%

How many years a member?

Years Member	Count	Percent of Total
1	98	51.9
2	17	9.0
3	18	9.5
4	14	7.4
5	8	4.2
6	7	3.7
7	2	1.1
8	3	1.6
10	12	6.4
>10	10	5.3
Totals	189	100.1%

Where do you live?

Residence	Count	Percent of Total
Moscow	171	58.8
Pullman	44	15.1
All Other	76	26.1
Totals	291	100.0%

The following set of questions about where you did most of your shopping allowed people to make more than one choice. We will not calculate totals for this set of questions and the percentage reveals how many out of 291 respondents shop at a particular store--it does not mean that they only shop at that store.

Grocery Store	Count	Percentage
Safeway	65	22.3
Rosauers	58	19.9
Tidymans	74	25.4
Dismores	38	13.0
Excell	12	4.1
Co-op	113	38.8
Other	20	6.9

How many people do you shop for?

How Many?	Count	Percentage
1	80	27.5
2	102	35.1
3	50	17.2
4	40	13.7
5	11	3.8
6 or more	8	2.7
Totals	291	100.0

What percentage of grocery \$'s do you spend at the Co-op?

How Much	Count	Percentage
0-10%	107	36.8
11-25%	63	21.6
26-50%	47	16.1
51-75%	36	12.4
75% or more	32	11.0
No Answer	6	2.1
Totals	291	100.0

What would encourage you to shop more at the Co-op?

Again, people often choose more than one response so there are no totals and percentages are relevant only to the option available.

Encourage	Count	Percentage
Price	74	20.5
Product Selection	115	39.5
Location	50	17.2
Other	44	15.1

What percentage profit (given current 2%) should the co-op strive for?

Profit Margin	Count	Percentage
More than 2%	63	21.7
Less than 2%	4	1.4
The Same	177	60.8
No Answer	47	16.1
Totals	291	100.0%

Would you support a move to the outskirts of downtown?

Move Outside	Count	Percentage
No	143	49.1
Yes	102	35.1
No Answer	46	15.8
Totals	291	100.0%

Location	Count	Percentage
Old Tidymans (Inrepid)	67	23.0
Old Jeff's Food	108	37.1
EastSide Market	66	22.7
Co-op (Current)	98	33.7
Other	37	12.7

Questions regarding products, services, activities:

	Strongly Agree		Agree		No Opinion		Disagree		Strongly Disagree		No Answer	
	N	%	N	%	N	%	N	%	N	%	N	%
PRODUCTS												
Frozen Foods	58	19.9	93	32.0	95	32.6	17	5.8	2	0.7	26	8.9
Meat/Fish/Poultry	40	13.7	78	26.8	90	30.9	35	12.0	22	7.6	26	8.9
Major brand names	15	5.2	31	10.7	107	36.8	74	25.4	32	11.0	32	11.0
Select beer and wine	49	16.8	78	26.8	71	24.4	41	14.1	29	10.0	23	7.9
Specialty gift items	28	9.6	115	39.5	88	30.2	30	10.3	7	2.4	23	7.9
Organic/Eco clothes	50	17.2	119	40.9	70	24.1	24	8.2	3	1.0	25	8.6
Org. gardening sup.	70	24.1	120	41.2	70	24.1	7	2.4	4	1.4	20	6.9
SERVICES												
Meeting Space	45	15.5	91	31.3	110	37.8	10	3.4	3	1.0	32	11.0
Child play area	72	24.7	112	38.5	76	26.1	3	1.0	1	0.3	27	9.3
Home delivery	27	9.3	81	27.8	129	44.3	21	7.2	5	1.7	28	9.6
Call-in ordering	28	9.6	82	28.2	119	40.9	25	8.6	5	1.7	32	11.0
Special orders	83	28.5	116	39.9	63	21.6	4	1.4	0	0.0	25	8.6
Help carrying groc.	27	9.3	84	28.9	118	40.5	27	9.3	5	1.7	30	10.3
Deli	90	30.9	124	42.6	45	15.5	4	1.4	2	0.7	26	8.9
Bakery	156	53.6	98	33.7	18	6.2	0	0.0	0	0.0	19	6.5
Seating area	62	21.3	118	40.5	72	24.7	7	2.4	2	0.7	30	10.3
Covered bike rack	47	16.2	71	24.4	130	44.7	8	2.7	3	1.0	32	11.0
ACTIVITIES												
Community outreach	76	26.1	117	40.2	68	23.4	2	0.7	1	0.3	27	9.3
Political involvement	48	16.5	90	30.9	83	28.5	25	8.6	16	5.5	29	10.0
Advertising	39	13.4	116	39.9	82	28.2	23	7.9	3	1.0	28	9.6
Charitable contributions	53	18.2	126	43.3	73	25.1	6	2.1	2	0.7	31	10.7
Newsletter	75	25.8	136	46.7	49	16.8	3	1.0	2	0.7	26	8.9
Speakers/Workshops	53	18.2	123	42.3	78	26.8	8	2.7	1	0.3	28	9.6
Health/Nutrition educ.	103	35.4	126	43.3	37	12.7	4	1.4	0	0.0	21	7.2

Please remember that these results are preliminary. The tallies from the survey taken at the Membership meeting have not been compiled. We are looking forward to presenting a more detailed analysis of all the data next month and, once again--thanks for your participation.

Strategic Planning meets the 3rd Wednesday of every month, upstairs at the Co-op (we will announce any variations on the board downstairs by the main door). Feel free to join us and add your voice, your ideas--we will always need this help from all of our members.



The Buy Line

by Kristi Wildung

I have been thinking about the way in which I respond to customer comments and suggestions, and I feel like I'm being a little inefficient and repetitive. Therefore, I want to change things a little bit, and I welcome your suggestions and comments as I try to work it out.

Instead of reporting each comment or suggestion and then giving my reply in the newsletter, I would like to perform that part in-store, that is, I will answer the questions and suggestions on the customer comment board in the Co-op as they come in. I will publish your comments in the Buy Line, and also share information about new and discontinued products. I would also like to write each month about some aspect of buying, such as telling you about a particular food or

manufacturer, or letting you know about upcoming events or exciting news in the industry. I think this process will serve everyone better.

The Customer Suggestion Board is located between the Kid Care Room and the restroom in the Co-op. I will have a clipboard located there and you will be able to write your comments, suggestions, and questions there. I can serve you more efficiently by being able to answer quickly; when I walk by the Board (which I do at least 20 times a day) I can jot down an answer and the next time you're in the store you can find it. Right now it takes me a month to review and publish the answers.

This month I will just share some comments I have received from customers and a little

product information. If you have an idea about an article you would like to see me write, please let me know. I can always use help!

Comments:

Thank you! My husband and I think Cafe Mam Decaf Espresso may be the best coffee we've ever had! Even at the price/lb.-it's okay if you get a great cup or coffee.

The Kettle Chips brand of popcorn and chips uses yucky packaging (plastic & tin). If we must buy their goods packaged for convenience, let's at least encourage them to use better packaging material. Let's boycott them if they won't change their packaging!

We like the food Co-op a lot, and appreciate the people who volunteer their time. Thanks!

Boca Burgers are great. Thanks for carrying them.

Music is too loud!

Jasmine Rice is only available in 25 or 50 lb. bags.

Diatomaceous Earth is no longer available to us in Bulk. I'm looking for another source.

Bulk peanuts in the shell were discontinued because they did not sell quickly and were spoiling. I am considering bringing them back because I've had a lot of requests.

Odwalla Juices are not available in our region. I've asked three times for a truck out this way, but they're not giving in. Please send them a letter. They are located in Seattle.

Products:

Bulk Inka is available in the Herb and Spice Room in a jar below the Frontier Coffees.

Dried blueberries are terribly expensive, about \$17 per pound your cost.

Dried Persimmons are out of season right now. Hopefully we'll see them again this fall.

Broccole dip is out of stock at the manufacturer for an indefinite amount of time.

Vitamin C powder (Ascorbic Acid) is available in bulk in the Herb and Spice Room.

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GARBANZO BEANS--VERSATILE & NUTRITIOUS

By Peggy Pace

Recently when faced with a choice between Co-op pizza with regular or soy cheese, on a whim I tried the soy cheese and found I liked it. I began thinking about how often I make food decisions based on preconceived notions and how it is easier to fall back on known food choices rather than invest a little time and energy in trying something new. This column will give me an opportunity to try some new things and share them with you and give you my personal response to the featured food item, and I hope it will make you willing to try something new as well.

My first assignment is a food I love--garbanzo beans, also known as chickpeas or ceci beans. Not only do they taste good, they are easy to prepare, versatile, and nutritious. A cup of cooked beans contains 20 grams of protein, 5.8 grams of fiber, and 4.6 grams of fat. The most common variety in this country is the white garbanzo bean, but there are also red and black varieties. They are popular in Italian, Spanish, Mexican, and Indian cooking, and these are only a few of the major cuisines that feature garbanzo beans.

They can be used by themselves or in soups, salads, and vegetable loaves, and in a variety of other ways. (One of

the more interesting recipes I came across was an Indian chocolate fudge made from garbanzo bean flour.) Garbanzos also have a special place in my heart because I was first introduced to them by my father in a Spanish soup he made, which was a winter treat in my home.

To prepare the beans, I rinsed and picked over 2 cups of dried beans and then covered them with 3-4 cups of cold water and let them soak overnight. You can also boil the picked-over, washed beans for 5 minutes and let them stand for 2 hours if you prefer, pressure cook them, or use canned beans, although I find the canned ones mushy and not as flavorful. Since I have a very sensitive digestive tract, I drain the water I soak my beans in (even though this reduces the nutritional content slightly), cover them generously with fresh water again, and then add one strip of kombu seaweed (available at the Co-op). I have forgotten where I learned this trick, but I have used it for many years, and it seems to help me avoid digestive discomfort and helps the beans cook more quickly. Before I used seaweed, I cooked my beans for several hours thinking that would be the best way to decrease flatulence. Needless to say, I ended up with mushy

beans (and still had gas!). I now cook my garbanzo beans about 1 to 1 1/2 hours, since I like them to have a little firmness when they are done. I don't use any salt during the cooking process, preferring to add it after the beans are cooked.

Once you have a pot of beans cooked up, the fun begins. The beans by themselves are nutty in taste, palatable, and have a nice fragrance. However, instead of eating them plain, I usually prepare them according to my version of my father's garbanzo soup recipe, which follows. Unused cooked beans can be stored in the water in which they were cooked in your refrigerator for several days. They can be added to almost any dish since the taste of garbanzos seems to be compatible with a variety of foods and spices. You can also marinate them and serve them as an appetizer.

On a scale of 1 to 10, I would rate garbanzo beans as a 10. I hope you'll try them and send me your favorite recipes so I can share them with our readers in future issues.

Garbanzo Bean Soup/Stew

2 C. Cooked garbanzo beans
2 cans stewed tomatoes (try the Italian or Mexican canned tomatoes for variety)
2-3 cloves chopped garlic
Cayenne pepper, salt (optional),

and black pepper to taste

Simmer this for 20 minutes to meld the flavors. You can also add green beans, zucchini, carrots, or other vegetables to the pot if you want a more hearty soup or stew. I serve this over cooked rice, and, if you like, you can add some grated cheddar or jack cheese on top before serving.

Broccoli, Potato, and Garbanzo Salad with Lemon-Tarragon Dressing

1 lb. New or russet potatoes, cut in 1-inch cubes
2 T. Dry white wine
1 T. Chopped, fresh tarragon (be sure to get the French, not Russian, tarragon for the best flavor!)
6 C. Broccoli florets
1 C. Cooked garbanzo beans
1/2 C. Nonfat, plain yogurt
2-3 T. Fresh lemon juice
1 T. Red wine vinegar
1 tea. Dijon mustard
1/2 tea. Minced garlic

Steam the potatoes until tender. Cool and toss with the white wine and tarragon. Season to taste with pepper and salt.

Steam the broccoli florets until tender. Drain and rinse under cold running water. Drain again and toss with the garbanzo beans, yogurt, lemon

cont. next page

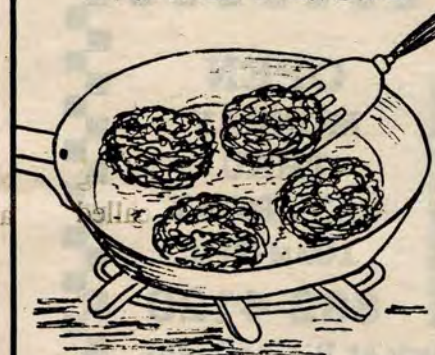
EASY LOWFAT EATS by Ginny Clark Kohler



MASH (USE FOOD PROCESSOR)
1 CUP COOKED
GARBANZO BEANS
STIR IN
1 CUP GRATED CARROTS
1/4 CUP FLOUR
1/4 t GARLIC POWDER
1 t SALT (OPTIONAL)
1/8 t PEPPER
4 t WATER



SHAPE INTO 4 PATTIES
(THE DIAMETER OF BUNS)
BROWN IN NONSTICK
FRY PAN
5 MINUTES EACH SIDE



SERVE ON BURGER BUNS.

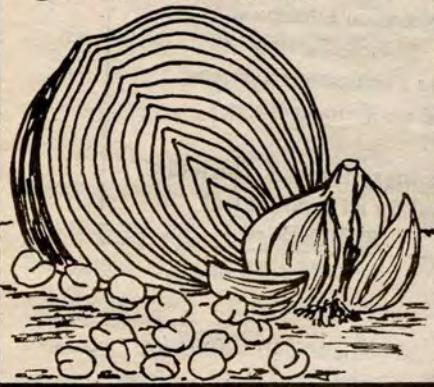
ENJOY DELICIOUS,
FAT FREE BURGERS!



SERVE WITH YOUR CHOICE:
LETTUCE, TOMATO, ONION,
MUSHROOMS, SPROUTS,
CATSUP, MUSTARD, ETC.

EASY LOWFAT EATS by Ginny Clark Kohler

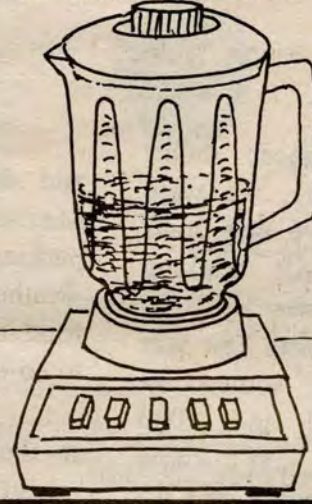
QUICK GARBANZO BEAN DIP



PLACE IN BLENDER
 1 CAN (15oz) GARBANZO BEANS - DRAINED
 1/2 ONION - CHOPPED
 2 CLOVES GARLIC
 1 t CUMIN
 3 T LEMON JUICE
 1/4 t SALT (OPTIONAL)



BLEND FOR 3 MINUTES OR UNTIL SMOOTH



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SURROUND WITH VEGETABLES AND NONFAT CORN CHIPS!!
 MAKES 1 1/2 CUPS.

Garbanzo...

juice, red wine vinegar, mustard and garlic. Adjust the seasonings.

Combine the potatoes and broccoli mixture in a large bowl and toss gently to mix. For best color and flavor, serve at once.

This refreshing salad will serve 4-6 and is especially nice on a hot summer day. (This is an adaptation of Dean Ornish's recipe from *Eat More, Weigh Less* [New York: HarperCollins, 1994].)



SWEET RED LENTILS

By Mare Rosenthal

I got this recipe over the Net from someone, somewhere. It's sweet and tastes of ginger, cinnamon and citrus. Some people I know don't particularly like cinnamon, so don't cook this if you're one of them.

Organic Summer Eats

By The Education Committee

It seems appropriate, as sweat drips down the back of our legs, that the education committee's next display will be on cool summer eating with organically grown foods. Why talk about organic and not just plain ordinary old cool foods? Well, part of the Co-op's mission is to promote organically grown foods, and the Education Committee has decided to take the next month to explain why we are promoting it.

The obvious reason to eat organic is that the food does not contain harmful pesticides and other chemicals used in "modern" farming practices, but there are other equally good reasons to buy and eat organic. Organic farming helps bring back the living matter, called humus, in the soil that years of modern farming have stripped away. Organically grown foods often taste better. They are not processed in any way and are picked ripe instead of picked

when they are green and treated with waxes and preservatives so they can make it to the grocer's shelf. They are also grown in healthy and fertile soil which improves the nutritional value of the food. Growing organically does not contribute to the pollution of our soil and water, since no harmful chemicals are used. By buying organic food, you are helping to preserve the soil and stop the pollution of our groundwater, as well as getting a better tasting, healthier product for yourself. Now perhaps you can see why the Co-op is working to promote organic foods.

Interested in learning more about organic food? Look for our new display in August. We'll have great new recipes and lots of info on organic food. Interested in helping us plan the next in-store display? Come to the next Education Committee meeting, the first Monday of the month at 6:00 pm, upstairs at the Co-op!

- 1 large onion, sliced thin
- 2 cinnamon sticks
- 1 lb. Red lentils
- 1/2 tsp. Chopped fresh ginger
- 1 pint vegetable stock or vegetable bouillon
- 1 pint hot water
- 1/2 tsp. Chili powder
- 1/2 lemon
- 1 garlic clove, chopped thin
- 1/2 green chili, chopped (whenever I don't have chilies on hand, I just sprinkle in some cayenne. Not the same, but it gives the same spiciness.)
- 2 bay leaves
- fresh coriander leaves or parsley to garnish, chopped small
- salt

Fry onions and garlic until soft, add cinnamon, lentils, chili, and ginger and cook for a minute. Add stock, hot water, chili powder, and bay leaves. Boil for 10 minutes. Squeeze the lemons into the pot and then throw in the lemon rinds. Cook for another 50 minutes. Salt to taste, and then remove the lemon rinds.

Caribbean Black Beans (Quick Easy Vegan)

From the Moosewood Cooks At Home book. They are a little dry on their own. The book recommends serving them with Mango Salsa.

- 1 1/2 chopped onions
- 3 garlic cloves, chopped fine
- 2 T. Olive oil
- 1 T. Fresh grated ginger root
- 1 tsp. Fresh thyme or 1/2 tsp. Dried
- 1/2 tsp. Ground allspice
- 4 1/2 C. Drained cooked black beans
- 3/4 C. Orange juice
- salt & pepper to taste

Saute the onions and garlic until barely soft. Add the spices and saute until very soft. Stir in the beans and orange juice and saute for about 15 minutes, stirring occasionally to prevent burning. Mash a few of the beans with a fork or the back of a spoon. Add salt and pepper to taste.

Taste Fairs and Summer Fun!

by Kenna S. Eaton

The day started with an last minute meeting between Kristi, Ed and I to cover the last minute details and check the check list (twice!)

The canopy was up in the parking lot, the ice was on the way, the food had finally arrived, and we were as close to being ready as is legally possible. The first annual Taste Fair had begun!!!!!!

the food almost didn't arrive on time, we were able to survive that crisis by some swift thinking (Well done Kristi!).

The Taste Fair was attended by somewhere between 750 and 1000 people. (We don't know how many people, but we do know how much food we gave away). The day was hot and windy. The signs threatened to fall.

We promise to try and do this more often. Maybe not always in the parking lot, depends on the weather, but giving away food is the ultimate thrill to co-operative grocers.

The next big event at the Co-op will be a "clean the walls and painting party"

Again the idea is to get a lot of people to help, so the work goes quickly. We have changed the date to August 18th to cover everyone's holiday schedule. Of course I will be away vacationing with my far flung family(One sister lives in Canada, another in England and I in Idaho!).

But I'm sure you'll all have fun without me! If your interested in lending a hand or two, please contact me at the Co-op, before 8/9, or talk to Bonnie after that date.

We are also looking for drop cloths, rollers, wall washing equipment, and other such stuff.



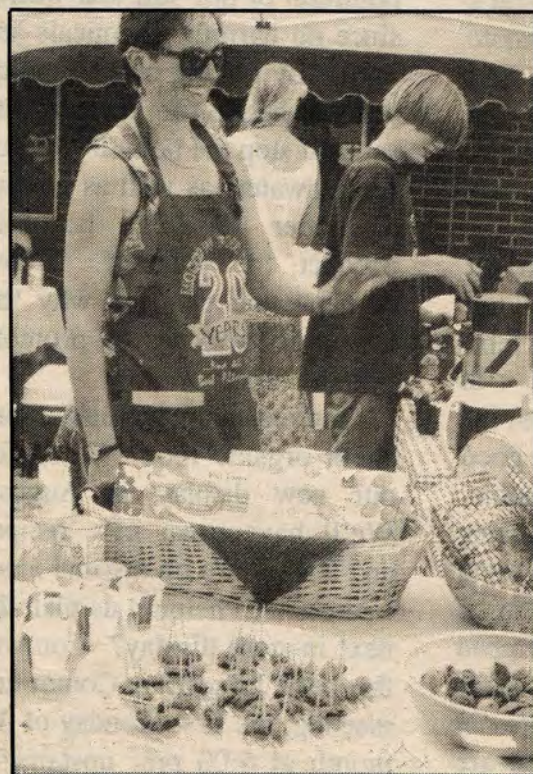
The idea came to us while we were pondering the long, hot days of summer and what we could do as part of a city-wide promotion to increase sales and excitement in Moscow. After we thought about it, the idea of a taste fair seemed obvious. What could be better than to share our excellent food with our favorite people--our shoppers?

The idea is an old one. Let everyone taste samples of the best food in town, that way the scary, unknown becomes friendly.

With help from our manufacturers' representatives, we were able to come up with a wide assortment of great food. The menu included Gardenburgers, root beer floats, chips and dip, cookies, juice, fruit, and cereal bars. These were all donated by the manufacturers. Though'

The ice kept melting. The food went faster than we thought, and WE HAD A BLAST!!!!!!!!!!!!

So, to any of you who missed this extravaganza, be there next time. We had fun, the eaters had fun, and the staff had fun (well we think they did anyhow).



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HAPPENINGS

by Ed Clark

The summer has been busy, but things always seem to get busier as we prepare for the fall semester. The Co-op just held its first ever taste fair as a part of "Swing Into Moscow" sponsored by the Chamber of Commerce. By all available feedback, it was deliciously successful.

The Co-op helped facilitate "Swing into Moscow" by hosting the weekly meetings of the Chamber of Commerce retail committee and by helping to design the Swingo game used for the event. The food basket donated by the Co-op to the drawing was won by Edward Mueller.



We are now gearing up to welcome back the thousands of students who reside on the Palouse. On August 26 we will participate in "Palousa Fest" (formerly Lalla-Palousa). This event on the U of I campus is filled with games, entertainment, information and lots of products and samples from local merchants. It's all free. It is a great opportunity to introduce ourselves to many new

residents in our community and to share the many benefits of being part of the Co-op. We hope to show students how they can eat well, healthfully and inexpensively at the Co-op. This year, as before, we will be offering anyone with a student I.D. a one month trial membership prices.

In September the Co-op will be participating in the Latah County Fair. We will be doing tastes and samples once again and introducing the public to our organization. On the 23 of September the Co-op will be working on cleaning our sectors of Paradise Creek. Bring your boots and shovel and meet at the Co-op at 9:00 a.m. or find us near the U of I Student Union Building and G. Gormley Park on 6th St.

In October the Co-op will once again have members of the staff and board attend the Provender Alliance meeting, this year in Warm Springs OR.. Provender is an association of natural food producers, distributors and retailers from the Northwest. It is often an enriching and inspiring experience for those who attend. Also in October we will be participating in the Health and Nutrition Fair at the U of I. Come visit us there for lots more tastes and samples. This brings us back around to the Holiday Bazaar in November and December and the end of another active year.




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**Premarin: Prescription for
Animal Cruelty**
By Mare Rosenthal

For decades, one of the best kept secrets has been the abuse of horses to produce an estrogen (hormone) replacement drug called Premarin. Wyeth-Ayerst Laboratories uses the urine of pregnant mares to manufacture the drug, which is taken by millions of post-menopausal women. In 1992, sales of Premarin amounted to \$642 million -- 14 percent of Wyeth-Ayerst's \$4.5 billion revenue.

As many as 100,000 mares are on the production line of 600 farms in North Dakota and Manitoba, Canada, confined to stalls for 7 months of their 11-month pregnancies so that their urine can be collected. After the mares give birth to foals each spring, they are impregnated again and put back in the stalls. The foals are an unfortunate by-product of the production line, and most are sent off to slaughter to end up as food in Europe and Japan.

It doesn't have to be this way. More than a half dozen estrogen alternatives are available, all of them derived from plants or synthetics, most of them approved by the Food & Drug Administration for the same uses as Premarin. A number of herbal and dietary alternatives to estrogen may produce the same beneficial results.

(Information from the Animal Protection Institute. For more information call Mare Rosenthal at Palouse Voice for Animals, 883-4565.)



Living In Antarctica, WITH LIGHT FROM MOSCOW

By Diamond Western

One of my concerns about wintering over in Antarctica was the extended lack of sunlight. The sun headed behind the horizon for the last time in mid-April. I don't expect to see it again until mid-August. (Here near the South Pole, our winter is your summer.)

It is not all that bad. I can still see a faint glow of deep royal blue along the northern horizon when I walk back to work after lunch so I know the sun is still out there somewhere. I also know that it will shortly be reaching its zenith in it's northern migration and will soon begin it's march back to the south.

While I was in Moscow last summer I noticed, during one of my many lunch stops at the Co-op, some full spectrum neon lights adaptable to an incandescent light socket. I figured that would be a possible solution to the problem of light deprivation if, and when, I did get to winter over down here. As I was not sure I would be receiving a winter contract I did

not pick up any of the lights.

It wasn't until the very end of my summer contract that I was informed of my success at getting to stay for another season. There was not time to get a light down here before last flight. When the last airplane left here in February we were isolated from the rest of the world until August.

Except for mid-winter airdrop. During the full moon of June, the Air Force flies over both McMurdo and South Pole Stations and drops out mail and cargo. While the bundles of cargo do have parachutes attached to them, the chutes' purpose is to get the bundles to land in an upright position. They do not slow the descent of the packages. The cargo hits the ground at about 60 to 70 miles per hour. And that is only if the chute opens and works effectively. On two of the 40 bundles dropped the chutes did not deploy correctly. Consequently a lot of lettuce and tomatoes created a spontaneous tossed salad in the drop zone.

Fortunately all of the mail arrived in fairly good shape. Out of 10 packages I received, only one was fairly well crunched. As that package contained coffee and candy, and all of it was double wrapped, the loss was negligible.

The package I received from Bill, my friend and erstwhile editor of the Co-op newsletter, arrived intact. In it was the full spectrum light I requested he send me, along with an on/off timer. Now, in theory, I can awaken to simulated Moscow sunlight. This should help keep me in good spirits during this long and cold winter night. I will put it to the test over the next several months of darkness. I must admit, however, it will be difficult to measure the effectiveness as, much to my pleasure and surprise, I am in the best condition I feel I have ever been, both mentally as well as physically, in spite of the lack of daylight. Regardless of the outcome, it will be nice to have a bit of Moscow sunlight in my day.

WIN BIG PRIZES IN *VISIONS OF MOSCOW* PHOTO CONTEST

By Nils Peterson

Moscow Vision 2020 is sponsoring a photography contest offering 20 prizes for the best photos and captions about features of Moscow that should be retained and features of other towns that should be added to Moscow.

We're looking for snapshots from anyone with an interest in Moscow's future. We want to know what people value about our community now, plus what they have seen in other communities and would like to add to Moscow in the future.

The deadline for submissions is September 6, 1995. The judging will be done at the Moscow Farmer's Market by public balloting on September 9.

While you are on vacation or visiting nearby communities this summer, we hope that you remember our contest. When you see a pathway, city facility, commercial zone, or residential area that you like, we ask that you take a photograph and then enter that in the contest.

The purpose of this contest is to help create a shared vision of Moscow's future, to help

both the citizens and planners of Moscow to recognize and preserve the valued qualities of this community, and to gather examples from other communities that would improve Moscow as it continues to grow.

Twenty prizes have been donated by local businesses and individuals. Ten prizes will be awarded for the best entries of existing Moscow features, and then prizes will be awarded for the best entries from other places. The prizes include \$25 gift certificates from BookPeople, the University of Idaho Bookstore, and the Wine Company of Moscow; certificates for dinners from The Beanery, Pasta, Etc., Casa de Oro, and Mikey's Gyros; a deluxe color calendar of the winner's photos from Kinko's; film and developing from Safeway; a bicycle helmet from Paradise Creek Bicycles; tickets to the Nutcracker from Festival Dance; a set of baseball cards from Brown's Cooperstown; and a variety of other prizes.

Entries must be submitted by September 6, at the Moscow

Chamber of Commerce or at the Moscow Public Library.

To enter the contest, a photo, sized 4 inches by 6 inches or larger, should be submitted with an attached caption not less than 100 words that states the location of the photographed image and explains why the features of facilities pictured are valued by the entrant. For a complete set of instructions for entering the contest, you can read the rules printed on the contest drop-off box at both the Chamber office and the library or get a Visions For Moscow Photo Contest flyer at one of the sponsoring businesses or from a Moscow Vision 2020 member.

The contest is sponsored by Moscow Vision 2020, a local non-profit citizens' group dedicated to increasing public participation in planning and development decisions.

For more information, call Nils Peterson at 882-4620, Susan Palmer at 882-5023, or Bill London at 882-0127.

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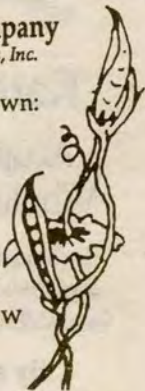
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BLENDING *Herbs and* SPICES

By Jacqueline A. Soule

Blending herbs and spices is a wonderful way to give foods an international flair. Or, if you are tired as I am after a long day, and simply cannot decide which spices to use, a ready-made blend of your own solves the problem nicely. You can also justify these blends by saying that your goal is to "enliven dishes which have become boring over time."

Spice blends can be modified to suit your family taste preferences, but in general they are so flavorful that you will forget to reach for the salt shaker. No-salt alternatives are great if you have a member of the family with high blood pressure, and are just plain more healthy for the rest of us anyway.

All the spices are listed in dry measurements, and are available in the Moscow Co-op spice area.

Italian Blend: Three tablespoons basil, three tablespoons marjoram, one tablespoon garlic powder or two of granulated garlic, one tablespoon oregano, two teaspoons thyme, two teaspoons rosemary, two teaspoons crushed red pepper.

Great to sprinkle on chicken prior to roasting or grilling, also a nice mix to have on hand for pasta sauce, pizza, or gazpacho.

South-of-the-Border Blend: Two tablespoons cumin, one tablespoon onion powder, one tablespoon garlic powder, two teaspoons ground ginger, two teaspoons paprika, two teaspoons oregano, two teaspoons mustard, two teaspoons parsley, two teaspoons cilantro, one teaspoon cayenne pepper.

Stir this into guacamole, sour cream, or yogurt for a great dip. This blend is also great in chile, meatloaf, or over grilled chicken. You can also make your own salsa with this blend and cans of stewed tomatoes (or fresh garden tomatoes, YUM).

Greek Blend: Two tablespoons garlic powder, or three of granulated garlic, one tablespoon lemon peel, one teaspoon oregano, one teaspoon ground black pepper, one teaspoon ground white pepper.

Sprinkle on chicken or fish before baking or grilling. Also good over steamed vegetables, or mixed with yogurt or sour cream for a vegetable dip.



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Everyday Magic

By Rodger Stevens

There is magic in our world. It occurs all over the place, but sometimes it takes a little extra nudge from circumstances for us to see it.

I recently saw some magic. The nudge was the drama of watching the Northern California state wrestling championships. One wrestler in particular stood out from the crowd. Way out! In addition to finishing the season with a record of 41-0 with 36 pins, he won the MVP award in every tournament that gave one (including these state championships), and set all sorts of school and state records in the process. I had heard good things about his skills on the mat, but was only superficially prepared for what I saw.

I saw Ervin (Magic!) Johnson play basketball, I saw Jack Nicklaus play golf, I saw (and heard) Andres Segovia play the guitar. There was unmistakable magic in these performances, a magic which had only partially to do with the skills of the players.

Magic? Yes, and it came in a way I never expected (doesn't it always?). Okay, this kid's got all the tools--he's strong, quick,

smart, and determined. He has found something that turns him on, something he loves to do. Goaded, no doubt, by his desire to succeed, his performance was charged with an aura of something I can only call magic. His opponents, their parents, and I weren't the only ones in tears that evening.

The experience jolted me ... after all, the highest within us is also the most powerful. How do we find the flavor of that highest in our mundane worlds? Joseph Campbell suggested that we follow our bliss. But in the worldly drone of meals, money, kids, spouses, work, and whatever else we have time for, where is there room for higher pursuits, let alone bliss?

Thankfully, your bliss is right where you happen to be, for the highest things are also the most ordinary (which is what the many-headed world of money-related enterprises doesn't want us to know). The magic in life is like the molecules in a piece of wood: we can't see them with our eyes, but there's little else there.

When we treat these wondrous encounters with magic as occasional, special, or rare,

we are cheating ourselves out of just about all of it. How? By believing it to be rare, etc. Children in general are magical because they still haven't learned yet how to be outside of that magical zone which they still find everywhere. They glow with curiosity, and they tremble with excitement, they energize us, and each other. It is said that the energy level around children is proportional to the square of their number. If it weren't for our adult(erated) egos, more of their magic might reach us.

Thinking about that tournament, thinking about the awe and appreciation in which the crowd held that young wrestler, I realized that by doing 'his' thing, he was releasing and sharing his portion of magic with the audience. And the whole crowd felt it, as all eyes were on his mat, even though other matches were in progress. And when he pinned the second best in the state, the crowd roared with glee.

What about you and me? Our roles are probably not as spectacular as this, and counting our appreciative crowds may leave extra fingers on one hand,

but the magic is there just the same. You don't find it out there. You find it "in here." Unless you find it "in here," then no "out there" will ever suffice. And the beauty of that is that we don't have to go anywhere or buy anything to bring it about. It already is--it is what you and I are made of. If you believe so, then you know what I mean. If you doubt so, then those doubts are the very things keeping you from realizing it.

The world is undergoing vast changes now, only a scant few of which will ever be reported in the news. Each of us is here as we are, and as who we are, because that's what's needed. Some will get the message, most won't. But where you and I are concerned, following our bliss and looking for the magic in our lives will improve the world better than all the politics, religion, money, and altruistic schemes imaginable. Find your own magic, and you will understand.

By the way, the wrestler who showed me this magic also happens to be my son Jed. Yes, parental pride has magical overtones as well.

August

by: Robin Murray

Kids page

Did you know...

If your car is travelling at 60 miles per hour you are going one mile every minute?



That means if you want to know how far you are going, you can count slowly to sixty and you will know you have gone one mile!

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Three Days on a River in a Red Canoe by Vera B. Williams and Harold and the Purple Crayon by Crockett Johnson

A RECIPE:

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- 1 cup raisins
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- 1/2 cup chocolate chips



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Variations: add 1/2 cup of your favorite nut, chopped dried fruit or M&M's®

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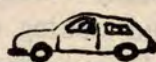
- a natural space outside
- sticks
- paper scraps
- tape
- pencil

Look all around your little natural space for interesting mini attractions such as mushrooms, pretty plants and neat rocks. Write information about the attractions on paper scraps and tape paper to sticks to make little signs. You can also clear little paths and build pebble borders.

When you are all finished take friends and family on a "tour" of your Mini National Park!



A Travel game

Sometimes long car rides on vacations can get mighty boring! Try this game to pass the time: Start by looking for something along the way that starts with the letter "A", such as an airplane in the sky. Then find something which begins with the letter "B" and so on until you get to the end of the alphabet. Good luck with letters like "Q" and "X".!! 

Answer to July's Puzzle: 301

THE BENEFITS OF SPECIAL DISCRIMINATION

By Susan Baumgartner

In a recent survey, lesbian and gay Idahoans revealed that they're satisfied with the current level of discrimination they experience. For example, lesbian and gay taxpayers can lose their jobs, their homes, or their biological children because of their sexual orientation. They are not allowed to marry, no matter how long they have been in committed relationships with their partners. They receive none of the tax breaks or insurance benefits that other couples receive. If a partner is ill, they may not be allowed to visit the hospital. If a partner dies, they may lose the shared income and assets of a lifetime spent together. When they are harassed or beaten, they can't automatically count on the police or government officials to help them. Many lesbian and gay citizens feel sufficiently challenged by this level of discrimination and are anxious about bearing the burden of additional, special discrimination.

However, gay people are simply being selfish. As a marginalized group just like fundamentalist Christians, or Jews, or people of color or the disabled, they should know that human beings are instinctively

uncomfortable with anyone who is different, and that people who are different must meekly accept that fact. Some Idaho citizens are especially uncomfortable with the idea of gay people and need anti-gay laws in order to feel safe. In the interest of keeping the peace and saving our tax dollars, we should simply ask lesbian and gay Idahoans to accept the necessary special discrimination. It's a small price to pay to stop all the nastiness and bickering.

Unfortunately, for every anti-gay citizen who would be happy with the special discrimination solution, there is probably at least one gay-friendly citizen who objects. For example, parents of gay children find it hard to think of their own offspring as threats to society. Members of a growing number of churches are embracing their gay parishioners and welcoming them just as they are. From Socrates and Plato to the present day, teachers find it difficult to dissect out and make invisible the disproportionate contributions of lesbians and gay men to western civilization. Many straight Idahoans have basic knowledge about human sexuality and the complicated process involved when one

person falls in love with another. They know their gay friends would no more try to recruit them than they would try to date their gay friends. It simply wouldn't be natural. All these people complain that they'd feel foolish if forced to make a fuss about something that doesn't bother them.

Other spoilsports fret about the expense and difficulty of enforcing the special discrimination laws. Would we have inspectors to close down productions of "The Nutcracker" at Christmas? Would we need midget spies to make sure teachers say bad things about Hans Christian Anderson? Would we hire censors to keep out all the gay-positive books, articles, plays, movies, and television shows? It could be expensive to isolate the state of Idaho in the midst of the information age, especially when so many other states and nations are moving in the opposite direction of acceptance and utilization of their gay citizens.

The final group of special discrimination foes feels that if we're going to have the state interfering in our private lives, there might be more positive forms of interference than trying

to disrupt loving gay families. For example, the state could invest its time in nurturing heterosexual marriages, fifty percent of which end in divorce. Instead of worrying that children might learn something positive about their gay family members and friends, the state could work harder on ensuring that children learn math, reading, science and simple human kindness. Rather than trying to take jobs away from gay taxpayers, the state could work to create meaningful employment for all Idahoans who want to work.

Special discrimination. If that's really what a large percentage of Idaho voters want to spend their time and money on, then we should probably get on with it. We're the taxpayers and it's our money. Gay people have survived regular discrimination for centuries. There's no reason to believe they couldn't also endure the special discrimination needed to keep Idaho's anti-gay citizens happy. After all, that's what America is all about--life, liberty, the pursuit of happiness--and who cares how much it costs?

Mything Persons

By Ezra Tishman

Tonight, in this lilac-smitten town my twelve-year old son and I slowly cruise on our bicycles through the cool, twilight streets, through an archway of weeping birches which welcome us into its dark myth and hush. Tidy fairytale houses, porched and proportioned, line both sides of "C" street. There is something oddly substantial about the solid-looking doors, the diamondpane windows. They are open mouths, chanting out their architectonic litany in response to the age. We pass

two children sitting, balanced on their top step with a man who is probably their father, all of them dazzled into quietude by the dusk, ruminating upon their memories of the day or the life gone by. The lilac-perfume suffuses the summer air like a witchy language, a dream-waft temptation, barely held in check.

I understand! Finally, I understand.

It is Dick and Jane. Spot and Puff are frolicking underground, in the bedrock. Sally and Timmy are inside

discussing film and video options with Rod Sterling. Mom and Dad ... well, Mom and Dad are old. It is e.e. cummings's "... pretty-how town, with an up so floating and many bells down ... , a stage-set of: "American Home-as-Second-Millennium-Concept."

We swim through this dream, our fat tires swishing, gobbling up the vision, shaking it off behind, our words silenced as before a dollar, a gun, or a god. Suddenly it is darker. I follow the red light on the back

of my son's bike, faithful eye, sweet boy who knows no guile. He rolls to a stop at our favorite corner, North Howard and "C", where a 90-degree bench straddles the northwest corner of this storyland like a glazier's point which braces this transparent, precarious illusion in place. Charley's kickstand thunks down, a comforting sound announcing the end of something, and I lean my pony up against a lightpole. We sit quietly collecting a few stars from the dense, leafy

cont. next page

Mything...

overweave, our bikes cooling off in the night. This boy, less than a head shorter than I, nuzzles into my shoulder and silently we consider the merits of a sputtering lecture from a lawn-sprinkler dervish, whirling toward godhead without comment, without question.



DURING DROUGHT LET YOUR LAWN GROW

By Jacqueline A. Soule

If the present dry weather has you concerned about the future of your lawn, relax. Lawn grasses naturally become dormant during hot dry periods. They can quickly revive once therefore, greater drought susceptibility.

Discourage soil compaction. A lot of foot traffic or bicycle riding on the lawn increases soil compaction, making less space for water in the soil. During dry spells, turf is less able to recover from heavy traffic, and bald patches could develop.

Do not fertilize. Since the soil is dry, the fertilizer elements can burn the grass. It would be a good idea to fertilize in the fall, September or early October. Fall fertilizing encourages the natural thickening of the turf, and the lawn will be healthy and vigorous well before the onset of winter.

Reduce pet use. Rover should be encouraged to use a non-grassy section of the yard, or find an out of the way patch of lawn for him to use until the wet weather returns.

Alternatively, the area should be well watered after Rover's use, to avoid burned patches of lawn.

Do not apply weedkillers. The grass is under stress and could be injured along with the weeds. Wait until there is adequate soil moisture in the fall before using turf weedkillers. Of course the weeds are under stress now too, so if you want to use a hoe on them, you stand a reasonable chance of killing them for good.

Keep mower blades sharp. This is good for your lawn anytime, but is especially important now. A sharp mower blade cuts the grass cleanly; a dull mower shreds the leaf edges

cool moist weather returns. To insure a quick comeback by your lawn, several things can be done right now. Above all, keep in mind that you want to keep your lawn healthy. Just like a human body, if your lawn is healthy to begin with, it can more quickly recover from the stresses of daily existence in the hottest time of the year.

The easiest thing you can do for your lawn right now is--nothing! Let your lawn grow! An old gardening sayings is "As above, so below." This refers to the fact that if the grass leaves are left to grow taller, then the grass roots will be deep and vigorous. In this hot, dry weather, the surface soil dries very rapidly and grass roots should be encouraged to grow as deeply as possible. If you really must mow, do not cut the grass shorter than 2 inches. Yes, you now have official written permission to lay in your hammock sipping lemonade and watching your lawn grow! Refer any spousal complaints to this article.

You could also consider letting a less used section of lawn grow out to 6 to 8 inches tall. This lush area will provide an interesting texture to your landscaping. It is also nice to watch the blades wave in the breeze, reminiscent of the wheat fields which surround us here in the Palouse.

There are several other points to proper lawn care during our typical Palouse hot, dry periods.

Avoid light watering. Light watering of your lawn only encourages shallow rooting, and which then dry out and become unsightly. The shredded leaf tips also lose water more readily and offer favorable sites for invasion by disease causing microorganisms or fungi.

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Provender Alliance's 18th Annual Educational Conference

The Provender Alliance will host their 18th Annual Educational Conference at Kah-Nee-Tah Resort and Lodge on the Warm Springs Reservation in Central Oregon October 6, 7, and 8. The theme will be "We Who Remember: Renewing Our Vision."

The Provender Alliance is a non-profit Northwest regional trade organization providing networking and education to natural foods and related companies. The conference is open to anyone active in natural foods or natural care businesses.

For Provender Alliance membership and conference information (deadline for postmark or registration is September 21) write to Box 10305, Eugene, OR 97440, or call (503) 345-3843, FAX (503) 465-1803.

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