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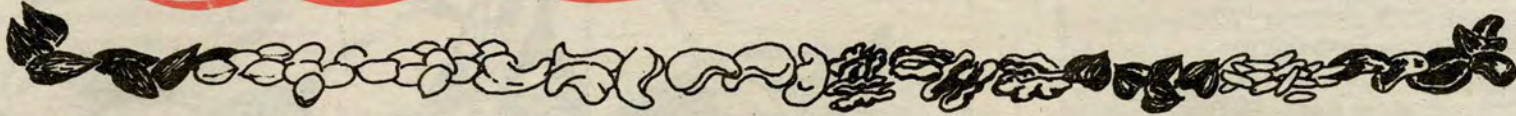
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1994

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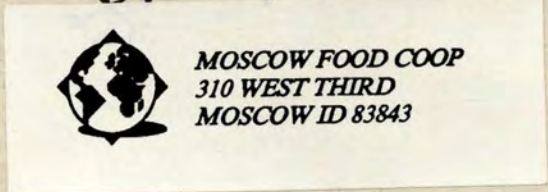
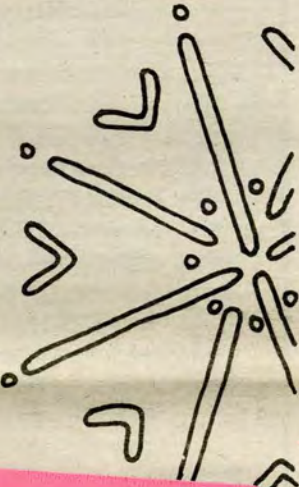
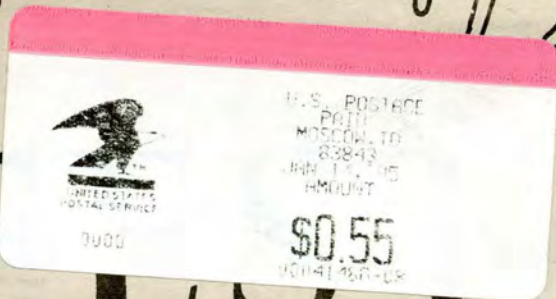
# MOSCOW COOP

# COMMUNITY NEWS



## the Renaissance

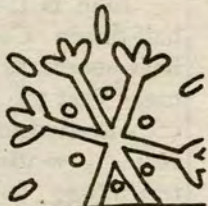
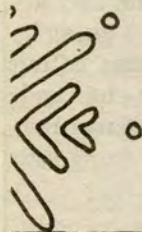
# WINTER



## Dance

SPECIAL COLLECTIONS  
LIBRARY  
UNIV. OF IDAHO  
MOSCOW ID  
83844-2351

see page 14 for details



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Bill London

**Editor of This Issue**

Bill London

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**Published by**

Moscow Food Co-op

310 W. Third

Moscow, ID 83843

(208) 882-8537

Upper Crust Bakery

883-1024

**Open Every Day**

9:00 am - 8:00 pm

*With plenty of FREE PARKING!*

PRINTED ON RECYCLED PAPER

Deadline for articles: 20th of each month

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

**JANUARY**



*Home Birth*

*Water Birth*

*Lactation*

*Consultant*

**Wind Song  
MIDWIFERY**

**KatiAnn Watson LM**

**397-BABY**

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**LETTER TO THE EDITOR**

by Mary Jane Butters

Dear Co-op Foodpersons and Readers of this Newsletter re: recent TV debate;

My brother was recently set free of the relentless suckhole of television by eating Paradise Farm Organics hot-n-spicy CHILI. One night, while he was watching the tuuuuuuuube, a paid advertisement came on. They were hawking spray hair to cover up bald spots. Not hair spray, but Spray Hair.... He said these bald guys were spraying their heads and the crowd was going "oooooooooh!" and applauding these men with what looked like paint spots on their heads. Then, this beautiful woman was saying how handsome they looked and this guy was talking about what a fantastic breakthrough this was, and the thought slowly dawned on my brother, there were people calling on the phone and actually ordering the stuff.... I guess he just snapped. He had been eating Paradise Farm hot-n-spicy chili and, well, the bowl of Paradise Farm hot-n-spicy chili was suddenly flung into the TV. BULLSEYE!!!!..... s.i.l.e.n.c.e

Send YOUR testimony to:  
Bill London  
c/o Food Co-op Newsletter  
310 West Third Street  
Moscow, ID 83843

**JOIN THE EDITOR OF THE  
MONTH CLUB  
by Bill London**

Alan Solan is leaving Moscow. He's headed to Priest Lake for a new life and a new love. We wish him well and thank him for editing several issues of this newsletter.

Alan is the most recent of the half-dozen Co-op volunteers who have served as alternate editors with me. That job entails preparing the copy needed for every other month's issue, writing as necessary, reworking submitted articles as necessary, and cajoling others to get their articles in on time

If you would like to replace Alan and try some hands-on writing and editing, please contact Bill London at 882-0127. Then you, too, can join the editor of the month club!

**Sweet Bough  
Nursery**

Gourmet & Antique

Varieties

of apples & pears

Hardy

Nectarines

and Peaches

Blueberries

Paw Paws

Hardy Kiwis

Weeping Mullberries

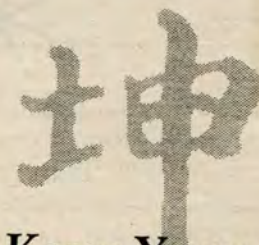
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and

More

882-4785



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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 5:30 PM

## PRODUCT SELECTION

1st and 3rd Monday of every month at 5 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.

## YES, WE STILL HAVE A POLICY

by Bill London

One of the tasks that falls to the editors of this newsletter is to write about subjects of interest to our Co-op members - if we can't find anyone else to do it.

That's why I'm writing about our newsletter's editorial policy.

In response to a mini-controversy about my refusal to publish anything about the Latah County Commissioner recall election (including an anti-recall article written by a Co-op member), an editorial policy meeting was held upstairs at the Co-op on October 20. The meeting was publicized in this newsletter and open to the public.

Co-op General Manager, Kenna Eaton, Alan Solan (who was then alternate editor), and I were there. Six or seven others came as well.

I had written, in the October newsletter, a summary of the editorial policy that has evolved here. That seemed, with one exception, to be well accepted.

Three Co-op members came specifically to challenge the policy regarding subjects allowed in the newsletter. I had written that (in addition to libelous statements or advertising copy masquerading as an article) we don't print political stuff of a partisan or political nature. Anybody can write about issues (save the whales, write your congressman, etc.) but nobody can write giving electoral advice (vote for Fred, vote yes on Proposition X).

As I tried to explain at the October meeting, that's best left to newspapers. I see the newsletter as a

place where readers can avoid that campaign rhetoric. I also think that if we allowed electoral support articles, we would drown in lefty stuff, which would tend to tarnish what has become the Co-op's image as everybody's store.

Despite a prolonged discussion, I didn't change my mind. Except for the three members who came to try and change this policy, the people at the meeting agreed with retaining the policy.

I suggested that one of the three dissenters write an article about the meeting. They also could bring the issue before the Board or the General Membership.

As of now, the policy will remain.

What also became clear at the meeting was the need to clarify responsibility. I will (if controversy seems possible) discuss potential articles with Kenna, but the editorial responsibility is mine. Those who edit every other issue (like Alan Solan) will discuss all potential controversial articles submitted during their month with me.

Our masthead will now list me as editor and also list who is editing that issue, to clarify that role.



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### THAT BILLBOARD BUSINESS

by Ed Clark

This is in response to Kenton Bird's letter, printed in the last issue of MFC Community News, concerning the Bazaar billboard on the Moscow-Pullman Highway.

I was responsible. I take the blame. It was my fault. I must admit that I agree with the sentiments you expressed in your letter and that I don't much care for billboards either. I'd say it was circumstances that got us out there on the highway and had I thought more about it, I might have done things differently. This is not an excuse - only an explanation.

When I began doing the promotions for the Co-op, we already had a contract for a billboard at the corner of the Troy highway and Highway 95. It was experimental and we wanted to see if it would reach a part of the community that didn't know much about who we are or what we have to offer. We also used it to advertise the Bazaar which is only a two-month part of our whole operation. We found out that, although we had the contract for that space, we would have to vacate it for the month of October because the political campaigns had reserved almost all of the billboards well in advance. October seemed important and since we were under contract we opted to move to another space, but there were virtually no choices. I picked the current location hoping to remind commuters and travelers about the Bazaar. Not until it was in place was I aware of how difficult it would be to read from the road.

This contract is about to run out and I had already planned to discontinue billboard advertising for the Co-op. I think we can use our resources in better ways. Thanks for reminding us about our responsibilities to our environment. I hope you will continue to write letters to other businesses that choose to advertise in this manner and contribute to the visual pollution of our landscape.

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# GINGER AND BEYOND. . .

by Kenna Eaton

Recently we acquired a new toy at the Co-op: an Herb-o-matic!! You may be wondering "what on Earth is she talking about?!" It lurks in the Herb and Spice room, next to our new coffee bins, its small and full of little blue boxes. Each of these boxes, or cassettes, is filled with capsules of different organically grown medicinal herbs. The Herb-o-matic is actually a counting machine that dispenses these herb-filled capsules for you in almost any amount you could want from 1 to 100. The capsules are priced individually from .07 cents to .21 cents, which is a great savings over those little bottles of the same product. For a long time I've looked for an alternative to filling our world with even more of the those little brown bottles, and feel I found the solution with this machine. You can bring in your own bottle or bag to refill (tho' I do have small bags available for those of you who forget).

Among the 45 herbs available you'll find Echinacea, Goldenseal, Spirulina, Kelp, Ginko, Cascara Segrada, Garlic, Ginseng, and a blend of Echinacea/Goldenseal especially popular in this cold-filled season!

Lately I've had a lot of customers asking for Ginger filled capsules. Ginger's power goes beyond the zest and spice it adds to our cooking. The ancient cultures of India, China, Egypt, Greece, and Rome valued ginger as highly as they did pepper or ginseng. It's been found in

tombs, described by Confucius and Marco Polo, and was so precious that it was taxed in Egypt. The earliest Chinese Writings refer to ginger as a physical and spiritual cleanser. Thus, traditional cultures have wisely incorporated it into their daily fare as a medicinal food. For example, for centuries it has been added to Chinese meat dishes, and we now know that ginger is an excellent antioxidant, helping to prevent spoilage. Gingerbread and gingerbeer were created in England because of the spice's digestive attributes. Chinese sailors chewed ginger because it prevents seasickness.

This traditional wisdom is now being reported in medical journals. Ginger is being confirmed as an anti-nausea remedy for motion sickness, early pregnancy nausea, and post-chemotherapy nausea, an anti-viral against colds and flu, and an aid for arthritis because it increases circulation. In the next year, the U.S. Food and Drug Administration will review ginger for use as an over-the-counter anti-nausea remedy for motion sickness.

Keep a stash on hand in the fridge to grate over fish, mince into stir-fry, bake into pies and cakes, or to use as a tea to warm ease, energize, and to settle those upset stomachs.

## THE SPOILS OF THE BAZAAR

by Erica Cunningham

I remember last October, writing my article about what was coming up for the Bazaar. All I was sure of was the wall that was being built. Here it is, the end of the season and the one thing I'm sure of is that things went pretty well.

Retail sales were higher than I expected - I think we are going to match our best year in sales (I don't have the exact figures at the time of writing). The set-up itself was the best one yet - lots of privacy for office and the Bazaar and Deli had plenty of room. The atmosphere was really nice, lots of people took me up on my invitation to sit and relax by the fire. (Often it was staff on lunch break, but hey- staff are people, too, huh?)

The break-down will be the first week back in January, then back to business as usual. What's to become of the Bazaar in '95? Who knows - maybe customer response will tell us - let us know what you thought, what you want, and what you don't - it's your store!



## MOSCOW YOGA CENTER

525 S. MAIN MOSCOW, ID 883-8315

### WINTER/SPRING CLASS SCHEDULE

#### SESSION I

January 18 - March 17, 1995 (16 classes)

#### SESSION II

March 27 - May 19, 1995 (16 classes)

Classes will not meet Monday, Feb. 20th or Tuesday, Feb. 21st

#### MONDAY AND WEDNESDAY

Intermediate	5:15 PM - 6:45 PM	Jeri	\$80.00 per session
Advanced Beginning	7:00 PM - 8:30 PM	Jeri	\$80.00 per session

#### TUESDAY AND THURSDAY

Beginning I	6:30 AM - 7:30 AM	Jeri	\$75.00 per session
Advanced Beginning	9:30 AM - 11:00 AM	Jeri	\$80.00 per session
Beginning I	5:30 PM - 7:00 PM	Jeri	\$80.00 per session
Gentle/Restorative Thursday Only	4:00 PM - 5:00 PM	Jeri	\$40.00 per session

#### INTRODUCTORY BEGINNING CLASS

Session I	January 23 - March 17, 1995	(14 classes)
Session II	March 27 - May 19, 1995	(14 classes)
Tuesday & Thursday	7:15 PM - 8:30 PM	Erika \$65.00 per session

#### NOON CLASS AT THE UNIVERSITY OF IDAHO

Monday & Wednesday 12:00 PM - 1:00 PM Jeri Jan. 30 - April 12  
At the Memorial Gym - To register call the U of I  
Enrichment Program at 885-6486

REGISTRATION - Pre-registration is necessary for all classes. Classes fill quickly so please register early to assure your space! Please use the enclosed registration form and register by **Jan. 1st, 1995** for Session I and by **March 12, 1995** for Session II.



by Kristi Wildung

1. Peppermint tea bags just like the chamomile tea bags. We used to have them-will we have them again? Please?

2. Just plain old orange juice or apple juice in containers about the size of the 12 oz. cans in the fridge. No sparkling water, just 100% O.J. or apple juice.

First, thank you for bringing the peppermint tea bags to my attention. In the transition to becoming the new buyer, some products and vendors got lost in the shuffle. I've found the peppermint tea bags and they'll be back on the shelf soon! Second, we have carried Tropicana Orange Juice in the past, but it didn't sell. We do have Rainbow Valley Organic Orange Juice, but in a larger size than you requested. I will bring Knudsen & Sons Orange Juice in 8 oz. bottles and we'll see how it goes.

1) Bulk dill pickles, 2) Cool mint gel toothpaste by Nature's Gate, 3) Bulk tahini

I've been looking, but so far I cannot find any bulk dill pickles. I will have Produce take a look for me and if we find some we'll consider bringing them in, depending on the cost, etc. I can, however, bring in cool mint gel toothpaste. Look for it right away. As for the bulk tahini, we're working on it. The manufacturer has been out of stock for a very long time.

I would like some whole milk yoghurt that is unsweetened and a trail mix with no raisins in it.

My suggestion for the yoghurt is Brown Cow Plain Yoghurt, which is made with Grade A pasteurized milk. Any of the flavored yoghurts and even Nancy's Yoghurt are sweetened with natural fructose and honey. I'll bring in some plain Brown Cow for you to try. About the trail mix: we would be happy to mix up a batch of our Co-op trail mix without raisins any time. Just give a call and tell us how much you want and when. Also, many of our customers mix their own trail mix with the abundance of terrific dried fruits and nuts available in our store.

Can you start carrying Shikai Shampoo and Conditioner again? I haven't found it anywhere else in town and my hair decidedly does not like Rainwater shampoo as a substitute.

Yes! I've made a small amount of room in our HABA section, and I was looking for something to fill it. Look for Shikai products the next time you're in the store.

Please try Twinings "Prince of Wales" tea. No one else in town carries it.

Yes, I can do that. However, if you don't mind, I would rather special order one or two boxes for you because our tea shelves are full to capacity and I must find a source for organic black tea!

Can you get Nicoise olives?

I've looked, but I've never heard of them and I can't find a listing in any of our catalogs.

Please, could you carry the Plain Brown Cow Yoghurt, cream at the top? Pretty, pretty, please.

Well, since you put it that way, certainly! Look for it the next time you're in the store.

Alta Dena makes fruit juice sweetened ice cream in delicious flavors (like Butter Pecan). I've seen it in the Mountain People's catalog. Can we please get it?

I would love to carry lots of great ice creams; the only problem is our lack of freezer space. We are, however, searching for a new freezer, and as the winter nears an end I will be re-evaluating our ice cream stock. I will be sure to put that one on my list.

Please carry more items 100% wheat and gluten and corn free, like 100% rice pasta, muffin mix, etc. I can't tolerate spelt or kamult.

We do carry some white and brown rice mixes by Ener-G, and I'm bringing in the line of Ener-G Rice Pastas. I'm always on the lookout for good wheat and gluten-free products since many of our customers are wheat and gluten sensitive. Let me know if you hear of any others that sound good.

I've shopped at the Food Co-op for over twenty years and I can say it's the most service-oriented store I've been to. I really appreciate it. -Rudy Heicksen

Well, we certainly appreciate your comments. We try hard to provide the very best service to our customers - comments like yours make it a job well done. Thank you!

Hey - sheep feta is good! Can we have more?

We agree - it's good, but we have to order such a large quantity that it spoils before it sells. Sorry!



## SOLUTION TO SALT CLUMPING

by Kristi Wildung

Many of you buy and enjoy the REAL SALT™ we carry at the Co-op. The manufacturer of REAL SALT™, American Orsa, sent me the following instructions to guard against clumping. I found them humorous and helpful, and thought you might also.

### What to do when your REAL SALT™ clumps and sets up!

1. Shout Hip, hip, Hooray! as loud as you can, then call everyone you know and tell them the good news.
2. Thank your lucky stars that you've finally found a salt that is free of chemicals, because any salt that does not set up has added chemicals.
3. Give a big "thank you" hug to the people you got it from. (Before doing this, be sure your spouse is either not present, or understands what's going on.)
4. Give yourself three pats on the back for having made such a wise selection in the type of salt you purchased. (Be careful not to reach too far, or you may have to go see your chiropractor to put your arm back in place.)
5. Throw away all the names, phone numbers, and addresses of former suppliers whose salt didn't set up, because now you've finally found a salt fit for human consumption.
6. To reduce the clumping:
  - keep the container closed when not in use
  - keep from high humidity as much as possible
  - put a cracker or a few grains of rice in the shaker
7. To use salt after it has caked:
  - tap or shake, or lightly drop the container
  - roll the lumps with a rolling pin
  - scrape the salt loose with a cup (if in a large container)
  - run the lumps over a cheese grater
  - put the lumps in a blender for a minute or two

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# JANUARY SPECIALS

## AH! LASKA COCOA SAVE 15%

reg \$4.59 now \$3.90

This cocoa comes all the way from Homer, Alaska, where they know what cocoa should taste like. The owners of The Fresh Sourdough Express began by making cocoa in their home and sampling it out to their customers, who found it to be rich and delicious. The milk and sweeteners are organic, and the flavorings are natural. It's lowfat, and can be used with hot or cold milk and for baking. And when you buy Ah!Laska cocoa products, part of the proceeds are donated to the Alaska Wildlife Organization.

## RJ CORR SODAS SAVE 20%

reg .47 each now .38 each

These sodas made a big hit the last time we put them on sale. Available in 10 delicious flavors, RJ Corr sodas are fat-free and all natural, with no preservatives and no caffeine. And the cans are beautiful... and recyclable! Don't forget to try their new flavor, Ginseng Ginger Ale.

## PARROT BRAND SALSAS SAVE 20%

reg \$2.87 now \$2.28

These salsas are all natural and fat-free, made with a unique blend of garden fresh vegetables, herbs and spices. Parrot salsas are thick with vine-ripened tomatoes, jalapeno peppers and cilantro, adding a fantastic taste to a variety of foods. Available in hot, medium, mild, or black bean medium.

## KETTLE CORN TIAS SAVE 20%

reg \$2.52 now \$1.99

We haven't tried this kind before, but considering Kettle Chips' track record, we know they'll be delicious. They're made with organic yellow corn, and contain no MSG, artificial colors or flavors. Corn Tias are cooked by hand in the best quality oil and lightly salted. Dip them with our Parrot Salsa!

## COUNTRY SAVE BLEACH SAVE 15%

reg \$3.39 now \$2.90

Country Save chlorine-free bleach is available in 2.5 lb. boxes and is safe for all washable fabrics and colors. It's all temperature, phosphate-free, biodegradable, unscented, and septic tank safe. Country Save products are manufactured locally in Everett, WA, are never tested on animals, and contain no animal by-products. Try some and add a little brightness to your life!!

# My Final NOTES from the UPPER CRUST

by Ed Clark

It was mid-December when I stepped down as manager of the Upper Crust Bakery, which I had helped to start in the beginning of 1990. I retired from actual baking nearly a year ago, but have continued to play a small part in the operation alongside my other responsibility as the Co-op's community liaison. It was not too hard for me to relinquish the reins to the bakery because of the really excellent team which now bakes the breads. Although all four bakers are somewhat new to this endeavor, they have all jumped into their tasks with unbounded enthusiasm and continually come up with creative and exciting new recipes.

I'm not the only one who has resigned from the bakery. Jean Cahill is, in large part, responsible for the continuing success of the Upper Crust Baker. Jean has been with the bakery for over a year and a half and spent time as a volunteer before that. Her husband, Jeff, has recently been commissioned as a Navy officer and they will soon be leaving for other ports. I will certainly miss Jean's good humor and great attitude, not to mention her amazing energy, efficiency and creativity in the bakery. We all wish her well on her journey.

Sarah and Tanya are now the official bakers, and Jackie and Heide are the assistants. Thanks to their abilities and enthusiasm, the Upper Crust hasn't missed a beat even with personnel changes. They all love baking good products and look forward to your comments, suggestions and criticisms. Last, but certainly not least, we have Fast Food Annie. She has been running the deli section almost since its beginning. Under Annie's competent guidance, the deli has recently become its own department as she continues to entice us with great new selections.

Although I would miss the baking, I won't get the chance since my desk is right next to the door. I still get the smells, the conversation, and even a taste or two. I am happy to hand it over to its new life and happy to be able to watch it continue.

I also love the job I'm doing now. Community Liaison is the early title that was given to this position. I have responsibility for the Co-op's promotions, events, sponsorships, and community relations, among other things. I welcome your input on how well the Co-op is doing and what you think it could be doing better. But, don't worry, if you still think of me as the baker man, I still love to talk about bread.

## BASIC BASKET

Providing an assortment of minimally processed, minimally packaged foods at a basic price with an emphasis on organically grown food.

### IN BULK

ORGANIC GREEN SPLIT PEAS

\$ 1.05#

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### IN BULK

ORGANIC LONG GRAIN BROWN RICE

.79 #

reg. 89

RUMIANO MILD CHEDDAR CHEESE  
rennetless rBGH free

\$2.66#

reg. 2.96

ORGANIC RAW HULLED SUNFLOWER SEEDS

\$2.58#

reg. 2.87

ORGANIC WHOLE WHEAT SPAGHETTI

.95#

reg. 1.18

UPPER CRUST BAKERY

ORGANIC WHOLE WHEAT

\$1.75

2LB. LOAF

STRATTON'S LOCAL MILK — rBGH free  
RETURNABLE GLASS BOTTLES

\$1.40 | \$1.45

SKIM & 2% | WHOLE

### IN BULK

9 GRAIN CEREAL

.58#

reg. .65

### IN BULK

MOUNTAIN STAR HONEY

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BULK TOFU

FIRM 1/4 # BLOCKS

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Plain \$1.19 ea.

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## STRATEGIC PLANNING

by Dean Pittinger

The last two months have seen us revisiting the issue of moving, whither and when. We have come to the realization that a desirable downtown location, other than the one we already occupy, may be very difficult to achieve. We therefore must pose the following questions. If we cannot find a suitable downtown location but we still and (and/or need) to move, what location would be acceptable? We have looked at space in the old Tidyman's (not Intrepid) - this is a possibility but we need to confer with you members first. We could also revisit the Jeff's Market idea.

What we need to hear from you folks is: given a paucity of choice, what should we do? Should we consider a move to the East side of town (the old Tidyman's/Intrepid space)? What about Jeff's Market on the West side? What about staying where we are? There are pros and cons to any of these locations. On the west side there seems to be more 'residential' access but traffic is heavy. On the west side, the University population may have better access but again there is a lot of traffic to contend with. If we stay where we are we have good landlords and we know our limitations. On-the-other-hand, our present location is still too crowded, it is difficult to park and Third Street may be expanding to crowd us even more. There are certainly more issues with regard to any of these locations but, again, we need to hear from you.

We need your help, suggestions, input, etc. At the very least, we will be discussing these issues at the annual membership meeting which will occur on Sunday, February 19th (watch this newsletter for further details). If you have something to say, please join us prior to the annual meeting. We meet on the 3rd Wednesday of every month (the next meeting will be January 18th).



Your Co-op Needs You

## Join Us as a Moscow Food Co-op Board Member


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

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

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

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

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

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



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International Breads  
Every Wednesday

- Jan. 4 Pfeffernuss Brot (Pepper spice)
- Jan. 11 Russian Rye
- Jan. 18 Portugese Sweet Bread
- Jan. 25 Pain Hawaiiien Fauchon (sweet fruit & nut)
- Feb. 1 Pain Aux Noix (bread with nuts)
- Feb. 8 Idaho Potato Bread (a country of our own)



by Melodie Armstrong

I'd like to introduce you to someone who chose Moscow as her home, and the Food Co-op was one of the main reasons for that choice.

Heidi Heffernan grew up in suburban Boston. In 1990 and 1991 Massachusetts was bankrupt, she was tired of the city, and ready to move.

Heidi and a friend decided to go on a trip looking for a university and a town they liked. They rode a bus across the country. Laramie, Wyoming was the first stop and Moscow was the last, and both were picked from university bulletins. She says that trip was a lot of fun and she met a lot of interesting people.

We sat in the Beanery with my year-and-a-half-old. He had grown tired of "taking notes" and drawing "airplanes," and was now testing customers' reflexes by suddenly running in front of them - oblivious to the peril. My son's antics reminded Heidi of small children she met on the bus.

When the bus arrived in Moscow, Heidi discovered the Food Co-op and found she really liked it. I asked her for reasons, and here are some of them: she likes being able to buy an amount she can use instead of

a boxed amount that may be too much; she can also make herself at home and go get a product that isn't stocked, instead of waiting for some one else to do it. Heidi learned a lot about meat substitutes here, and then, of course, there are the people. I think we should pay Heidi for advertising the Food Co-op!

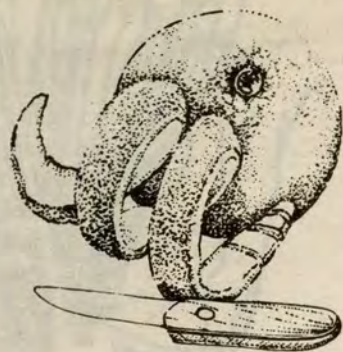
Heidi then moved to Moscow, driving for five days with cats howling in the car, and hiding the bed every morning. She says they still don't like the cat carrier.

She is a "sometimes student" (but not right now) and currently is working at the Moscow Hotel, where, she says, she is the token vegetarian. She is pushing to have vegi-burgers, added to the menu. "I don't necessarily mind other people eating meat. It's Ok if they raise their own food or go hunting. So many people are going hungry, it seems inefficient to feed people that way."

Heidi even met her boyfriend through the Co-op! It was some Co-op friends that introduced them. Matt works at the University of Idaho. They say his dog got them together. The dog was at her doggie boyfriend's house and showed up at Kim and Heidi's apartment. When Matt came over to pick his dog up, they talked and.....

Heidi often goes to Benewah county on the weekends. But during the week you can find her in town. Tuesday through Friday she's a cook at the Moscow Hotel. Mondays she is at the Co-op doing cashiering, stocking, or whatever's needed. Often, Erika asks her to do something that's been left undone. I remember when I did odd jobs and helped tie up loose ends. (Now I seem to make loose ends!)

So if you are shopping on a Monday morning and need help, or if you'd like to hear about some parts of the country you may not have seen, or if you want to be reminded of why you picked Moscow, Idaho - ask for Heidi.



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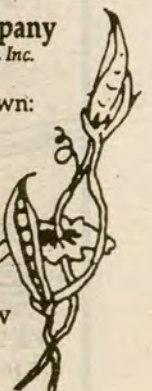
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by Jaqueline A. Soule

This month the topic is one of those spices which is often overlooked: **caper**. Caper is the unopened flower buds of the Caper Bush.



The Caper Bush or Common Caper is native to the Middle East, and is found growing throughout Israel, which is where I first tasted it. "Kapar" is mentioned in the Old Testament, and has evidently been used as a condiment for over 3000 years. This early name became "kapparis" in Greek and Latin.

In many cases the ancient name for the plant was later used as the genus name, and caper is no exception. *Capparis spinosa* is the family Capparidaceae. As you can tell by the second part of the name, the shrub is spiny, but the large beautiful flowers, which are present from May to September, the purplish stems, and olive green foliage more than make up for the spines.

No other genera in the Capparidaceae are commonly used as a spice or condiment. Perhaps the family is best known for the garden flower *Cleome* (see illustration).

The caper really comes into its own as a spice for egg or fish dishes, and in sauces. Capers are generally sold pickled in vinegar or salt brine, or as caper sauce, in tartare sauce, and Liptauer cheese.

Eggs Benedict are delicious, but are even tastier with some capers in the sauce. A Northwest favorite, salmon, is very savory when poached with capers. For any vegans reading this, I make a white-type sauce for cooked greens using olive oil thickened with arrowroot, and spiced with capers and the barest hint of mustard seed.

In Cyprus I was served a plate of fresh greens with a jar of pickled capers plunked on the table beside them. In Tasmania, *Capparis mitchelli* flower buds are locally used as a condiment in the same manner a *C. spinosa*, but the fruits are also eaten.

The caper really grows best in Mediterranean climates, which includes southern California, in dry rocky sites. You could grow caper as an annual in the Palouse if you started seeds inside in January or February, and transplanted once the danger of hard frost was past. The shrubs grow three feet tall and will be covered with blooms by July. You could try cutting one back and transplanting it back to a pot for the winter.

The unique flavor of capers comes from capric acid, which develops especially well when the buds are pickled. Phytochemical ("phyto"=plant) laboratories in western Germany are exploring medicinal use of the compounds found in caper.

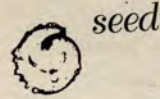
Capers have some use as a folk medicine, and they are said to aid in cases of dry skin. Extracts from the whole plant are used to reduce enlarged capillaries.

The Moscow Food Co-op has pickled capers available in the main grocery section, (and are currently somewhat) near the produce section.

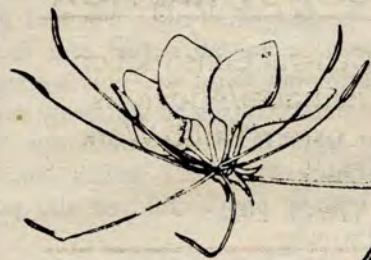
Why not cheer up your winter doldrums by trying a new spice from the warm climates? After all, variety in spices is life!



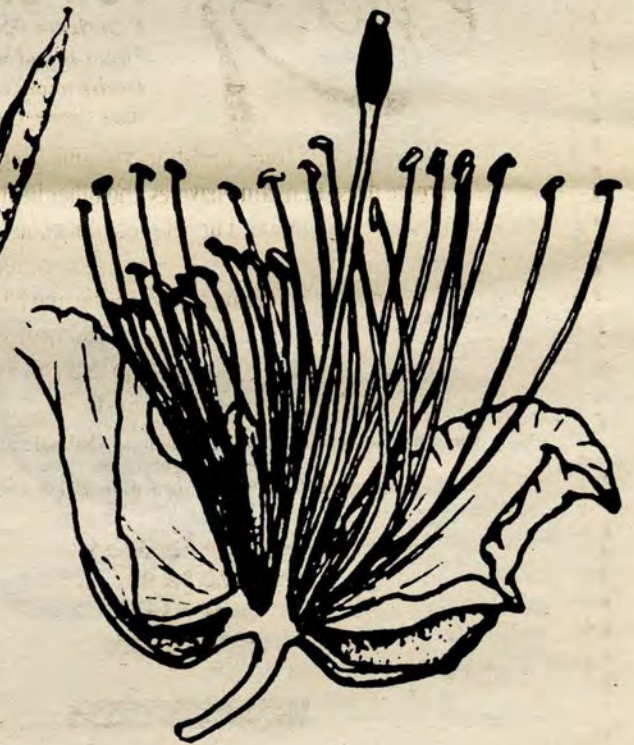
caper flowers



seed



cleome



## EASY LOWFAT EATS by Ginny Clark Kohler

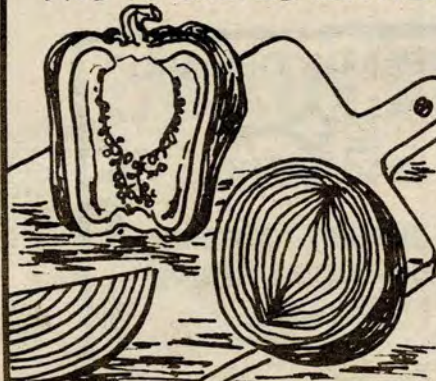
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SIMMER IN COVERED PAN FOR 45 MINUTES  
1 CUP LENTILS  
2½ CUPS WATER



YES, LENTILS ARE THOSE TINY BROWN THINGS!

CHOP  
1 LARGE ONION  
1 GREEN BELL PEPPER  
ADD TO COOKED LENTILS



t=teaspoon

ALSO ADD AND STIR IN  
1 CAN TOMATOES (14½oz)  
1 CAN TOMATO SAUCE (15oz)  
3 t CHILI POWDER OR MORE  
½ t CUMIN  
1 t OREGANO  
½ t SALT  
¼ t RED PEPPER FLAKES  
OR MORE (OPTIONAL)



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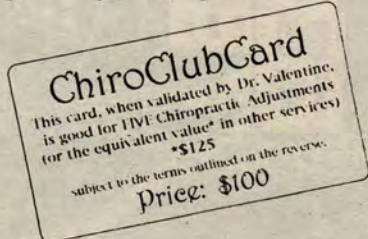
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IT'S YOUR PUBLIC LAND; WE  
NEED YOUR IDEAS  
by Larry McCloud

The Upper Columbia River Basin-Environmental Impact Statement Team will hold a teleconference in Moscow on Saturday, January 28th. It will start at 9:00 a.m. in a place to be determined later; please call Larry at Idaho Conservation League (882-1010) for details.

The goal of this project is a coordinated ecosystem management strategy for federal lands that is scientifically sound for the Upper Columbia River Basin, of which Idaho is a part. The team will be asking for concerns and comments on the purpose and need statement and proposed action.

This Environmental Impact Statement (EIS) will amend Forest Service and Bureau of Land Management land use plans.



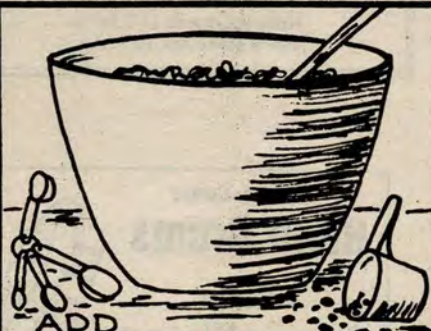
## EASY LOWFAT EATS by Ginny Clark Kohler

### MOLASSES COOKIES

STIR TOGETHER  
1/2 CUP BROWN SUGAR  
1/2 CUP APPLE SAUCE  
1/2 CUP MOLASSES  
3t CINNAMON  
2t GINGER

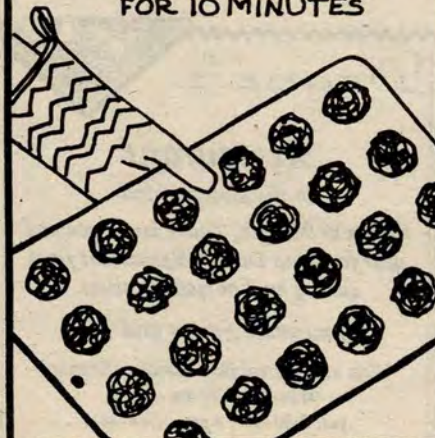


t=teaspoon



ADD  
3/4 CUP FLOUR  
(WHOLE WHEAT)  
1 CUP OATS  
1 CUP RAW WHEAT GERM  
1t BAKING POWDER  
1t BAKING SODA  
1/2 t SALT (OPTIONAL)  
1 CUP RAISINS

MIX THOROUGHLY  
SPOON ONTO NON-STICK  
COOKIE SHEETS  
BAKE IN OVEN AT 375°  
FOR 10 MINUTES



ENJOY SPICY,  
NONFAT COOKIES



MAKES 4 DOZEN  
DELICIOUS COOKIES

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## HOUSING IS NOT A SPECIAL RIGHT, EITHER!

by Ken Nagy

In this region where rents were low and housing plentiful a few years ago, it has not yet become common knowledge that would-be tenants are protected from landlords by the federal government.

This is an ignorance that some landlords have taken advantage of as competition for rentals has intensified and the market has swung greatly in their favor. One of the most subtle forms of discrimination - and perhaps one of the most common - is that of denying housing to people with children. For most landlords, this is a violation of the Fair Housing Act, a federal law which regulates landlord-tenant relationships. It is in everyone's best interest to know this law as it applies to them.

All landlords who rent four or more dwellings or who use a rental agent are subject to the Fair Housing Act. We did not know this last fall when - my wife and I and our two children - began the arduous search for housing that went on for two full months.

Landlord after landlord informed us that they could not rent to us with two children. Palouse Properties, the main rental agency in town, would tell us they had various apartments available but, upon learning that we had two children, would deny us access. The only way we

were finally able to move into a place was when Palouse Properties forgot to ask once who would be living in the apartment and overlooked that we had written "2 children" on the credit application.

When the time came to sign the lease, when we had already paid our rent and deposit and had received the keys, they finally noticed we had children. At first they said that they couldn't rent it to us after all, but decided, after we informed them of the law, that it was their mistake and would give us the apartment.

"But we hope you will be moving on in May," when the lease is up, we were told.

This is a straightforward case of housing discrimination, according to our attorney. Unfortunately, in many cases it is harder to prove. However, if you believe you have been the victim of any discrimination - whether it be for children, race, religion, marital status, whatever - do not hesitate to talk to a lawyer. Low income people will find a responsive action at the Lewiston Legal Aid Clinic (208-743-1556).

Do not feel guilty for holding landlords to the letter of the law. Remember, they are merely businesspeople who make their living (and an affluent one at that!) by exploiting other people's inability to purchase a home.



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# WHAT DO YOU DO WHEN THE GOOD GUYS ARE BAD?

by Susan Baumgartner

*Editor's Note: With this article, Susan begins a series entitled "Speaking 'Out' on the Palouse: What it means to be lesbian or gay." News you won't find in the straight media. A dialogue between gay and straight people as we all learn to live together.*

In the aftermath of Proposition One, I'm relieved but also confused. All the pointless discussions with fundamentalist Christians and the incredibly moving meeting with tolerant Christians have left me totally muddled about the nature of Christianity and religion and spirituality.

I started out a confirmed atheist. I believed that religions of all kinds, and Christianity in particular, were responsible for more human suffering in the world than any other source. I believed that the total abolition of religion was essential for human liberation.

Discussions with fundamentalists only confirmed this belief. I couldn't get over their arrogance, that they alone of all Idahoans knew the true God and the true interpretation of the Bible, that theological and scientific facts which contradicted those beliefs could simply be ignored, that it was perfectly acceptable to hurt other people in the name of Jesus.

So it seemed simple. Black was white and white was black. Christians were sinners. Secular people were saints. We had to get rid of the people who thought they were good so that the actual good people could live their lives in peace.

But into this nice absolutist world view suddenly came Catholics and Lutherans and Methodists and Episcopalians and Quakers and Unitarian Universalists and Jews. All these people were religious, and all of them were willing to take a stand for my gay, secular humanist rights.

There was Fr. Finucane, the Irish Catholic pastor of my church in Genesee, confined to a wheelchair but courageously speaking out against Proposition One, even after furious calls from his parishioners. The brave sisters of St. Gertrude's who helped win the election for us. The Lutheran minister, Bruce Wollenberg, who hosted our first Voices for Human Rights meetings at his Campus Christian Center. Mike Burr, the United Church pastor who was so involved, along with other members of the clergy, in the Voices of Faith group in Moscow. Our own Reverend Lynn Ungar. The Jewish people Alan and Nicole Rose, and especially Joann Muneta, who gave so much and worked so tirelessly to defeat Proposition One.

So now what was I supposed to do? Obviously, I had to consider the idea that religion could also be a good thing, a powerful force for justice in the world. And I had to start looking at individuals instead of labels. My Baptist brother worked very hard for the passage of Proposition One and was devastated when it was defeated. My Nazarene brother believes I'm a sinner because I am a lesbian, but he also feels he has no

right to judge something that should be between God and me, and he believes morality must be a religious commitment, not something that is mandated by the government. He voted no.

Consequently, I'm left with confusion and lingering prejudice. Many religious people still give me the creeps. They seem too "oogy" to me. My aesthetic sensibilities are grossed out by their little Jesus wall plaques and their syrupy world view. I think of all the truly meaningful things they could do with the time they lavish on church. And yet, they've found something that helps them get through their lives. They are trying to be good people. Some of them are even willing to accept my cerebral, pantheistic, do-it-yourself approach to spirituality, along with my sexual orientation. Which means, I guess, that I have to practice what I preach: stop being so judgmental, celebrate diversity, avoid labeling people, respect individual lifestyles. It also means that there is hope. Christians can exhibit Christian love. Religious people can get past the cruel or outdated rules of their respective religions. The people who think of themselves as "the good guys" really can be good.



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THE RENAISSANCE WINTERFEST DANCE

by Bill London

It's almost that gloomy, dark time in early February when the winter seems forever and the slush slops over your boots.

But this year we have something to look forward to, an event destined to brighten that mid-winter gloom - the Moscow Renaissance Fair is sponsoring the Renaissance Winterfest Dance.

**When:** Saturday, February 4, 8 pm to 11 pm

**Where:** Moscow Community Center  
Third and Washington Streets

**What:** Dancing to chase away February blahs

**Cost:** We are requesting a donation of \$2 per person to pay for the bands

**Music:** Headliner band, The Clumsy Lovers from Vancouver, British Columbia

Yes, the 1995 Moscow Renaissance Fair will still be held in May (May 6 and 7, this year). This dance is something else, something special, a gift from the Fair to the community.

The Winterfest Dance is a chance to celebrate the coming spring, and a chance for the Fair to thank all the volunteers who make the Fair happen every year.

Ok, and the truth is we are putting on this dance to encourage new volunteers. We need help to make the Moscow Renaissance Fair a success. We need people who will move hay bales, sit at the information booth, patrol the parking lanes, move garbage, and do the hundreds of other tasks that make the Fair fun. If you are considering helping the Fair, please come to the dance to sign up for that perfect volunteer job.

But come to the dance anyway. We'll have two bands. Opening from 8 pm to 8:45 or 9:00 pm will be a local rhythm and blues band so new and so bold that they remain nameless, at least they haven't chosen a name as of press time.

Then at 9:00, hang on for the Clumsy Lovers, a high-energy very danceable folk-rock band from Canada. Remember them at last year's Fair? They got everybody moving, with their folk melodies played fast and furious.

See you there!



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 208-882-0402

UPS Shipping  
 Let us ship your packages this year in our convenient downtown location.

HEALTH FOOD • TEAS • VITAMINS  
 • NATURAL COSMETICS • BREADS  
 • ATHLETIC SUPPLEMENTS •

Hours: 9-6 M-F 9:30-5:30 Sat.

24 years  
 of Northwest style

**The Old Mole**  
 Unique Clothing and Jewelry  
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Wonderful gifts! Jewelry, dresses, skirts, pants, jackets, sweaters, gift certificates!

Perfect Christmas Treasures  
 Await you at The Old Mole!

Great shopping assistance!  
 Layaway! Gift Certificates!

# January

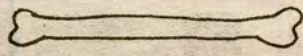
## Kids page

### Did you know...

Ice Skating started in Holland?



Ice Skates were originally made out of animal leg bones!



LOOK FOR THESE BOOKS AT THE LIBRARY:

Midnight Snowman by: Caroline Feller Bauer

Stopping By the Woods on a Snowy Evening

by: Robert Frost illustrated by: Susan Jeffers

## Try This

Make a snow painting

You'll need:

- Empty spray bottle
- Food Coloring
- Water

- Snow Outside!



Pour a little water into the spray bottle.

Add a few drops of food coloring until the water is the color you want. Spray onto snow to create pictures. Try using different colors.

## Recipe:

SNOW ICE-CREAM  
adapted  
(from: the Joy of Cooking)

Start with a tray of

\* Freshly Fallen Snow

Do not use old snow or snow from the sides of roads.

\* Sprinkle with Sugar.

\* Add a few drops of vanilla

\* Stir in some Evaporated Milk (not Condensed milk.)

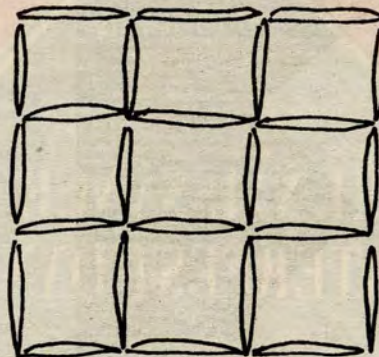
Eat right away!!!!

Variations: Substitute other flavorings for the vanilla, such as mint or almond.

Substitute fruit juice for the vanilla and the milk.

## PUZZLE

Arrange 24 toothpicks like this:



Now take away eight toothpicks so that there are only two squares left behind. Good Luck!

# BULLETIN BOARD

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

**WANTED:**  
Volunteers to work  
with school  
children in the  
Palouse Clearwater  
Environmental  
Institute's EcoArt  
Program.  
882-1444.

Public comment  
welcome.  
Teleconference  
January 28, 1995  
at 9 am.  
RE: The Upper  
Columbia River  
Basin  
Environmental  
Impact Statement.  
For information  
contact Larry at  
Idaho  
Conservation  
League at  
882-1010.

at the Co-op...

## ANNUAL MEMBERSHIP MEETING!

Sunday, February 19  
Moscow Community Center  
Pizza for all!  
Check next month's newsletter for  
agenda and time.

at the Co-op...

## EDITOR NEEDED!

This newsletter is looking for  
an editor to share the job with  
Bill London. Volunteer  
discount and great experience  
available to the right person.  
Contact Bill London at  
882-0127.

Moscow  
Community  
Center

FEB. 4, 1995 - 8 pm

## RENAISSANCE WINTERFEST DANCE

dance to the music of The Clumsy  
Lovers from Vancouver BC  
requested donation - \$2

sponsored by the  
Moscow  
Renaissance  
Fair

### 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.

## PCEI ECOCUISINE IS BACK!

SUNDAY, JANUARY 29, 6:30 PM

Celebrate the 5th anniversary of PCEI's  
Sustainable Agriculture program.  
It will be held at the Moscow Community  
Center. The evening's presentation is,  
"PCEI's Sustainable Agriculture Program: 5  
year Anniversary." Menu -TBA be watching  
your mail for a postcard reminder.