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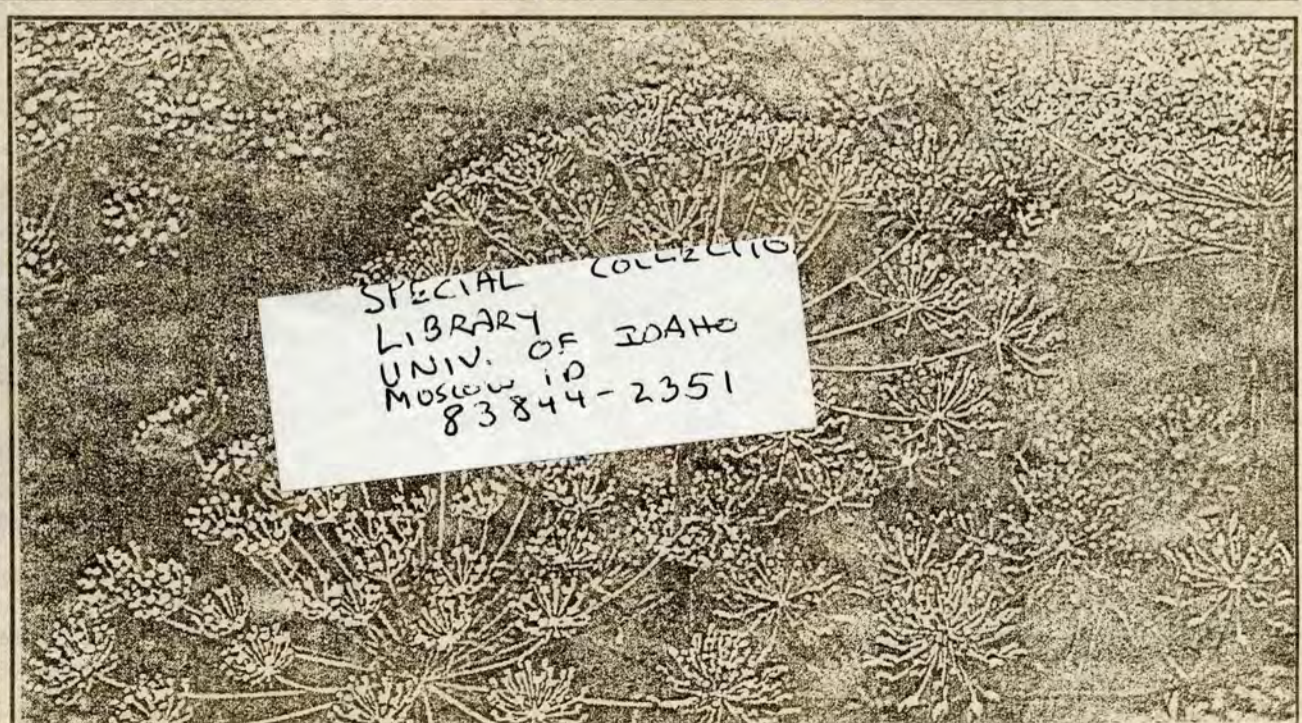
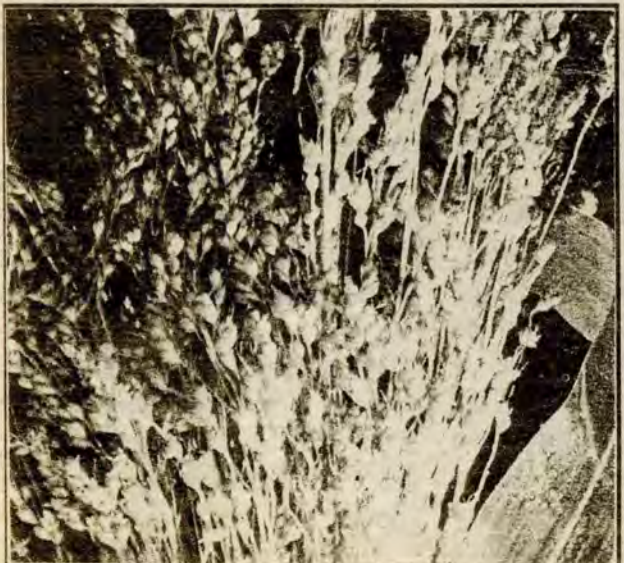
MOSCOW FOOD COOP COMMUNITY NEWS



MOSCOW FOOD CO-OP

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MEETINGS AT THE CO-OP

Strategic Planning

3rd Wednesday, monthly

6:15 PM

Finance/Legal

4th Tuesday, monthly

8:00 AM

Education Outreach

1st Monday, monthly

8:00 PM

Everyone is Welcome!!



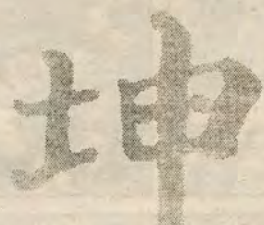
WHO ARE WE?

The Moscow Food Co-op is a natural foods grocery store which has served the communities of the Palouse for over 20 years, providing a unique combination of quality products and community resources. As the only cooperative in the area, we specialize in organic produce (grown without synthetic pesticides) and bulk foods (enabling one to purchase as little or as much as is needed without the waste of packaging). We also carry a wide selection of bulk herbs, spices, teas and coffees, a variety of specialty items for restricted and conscientious diets, over 30 different types of bulk pastas, and vitamins and foods packaged without preservatives or artificial ingredients.

The Co-op houses the Upper-Crust Wholegrain Bakery, providing fresh bread and cinnamon rolls every morning as well as daily specials

(bakery item schedules are available at the baked goods section). The bakery is also available for catering.

You don't have to be a member to shop at the Co-op, but we think that once you visit us will want to take advantage of the benefits of membership. If you choose not to become a member, a surcharge of 7% will be added above our posted members prices. The annual membership fee is \$10.00 for one person and \$7.00 for each additional adult in the household. Members from other co-ops are honored as non-working members for up to three months. SENIOR CITIZENS receive a free membership card. When you become a member, you will be given a membership card with an expiration date. You need to show this card to the cashier when you are paying for your goods.



Karen Young

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MOVING INTO SUMMER

By Jeannie Harvey
for the Board of Directors

Nearing summer and shorts weather is beginning to feel great! It's spring and there's new energy in the air. As we hear from so many Co-op members through the survey we really do feel like there is new energy re-charging us. We have been delighted with the interest and dedication of all the members who responded. We are working very hard to get the results compiled and will have that completed before the next board meeting June 12th.

Our May board meeting was a busy one. We heard a proposal from Ken Nagy regarding how to streamline the process of recycling cardboard at the Co-op. You may have noticed (or if you've volunteered, you know) that the incredible volume of cardboard the Co-op moves through the store must be handled multiple times by a number of different people before it finds its way finally to the recycling center. Kenna and Ken will be working on finalizing a plan to reduce the number of people who have to handle the cardboard all the way along the line.

We also heard from Tung-wai Hui, a business student at WSU who, along with Malia Post, prepared a marketing plan for the Co-op. This research project will be a valuable resource for the Co-op well into the future. Tung-wai described the key strengths of the Co-op and some of the weaknesses he and his partner had noted. Our strengths include the well-established membership base, the volunteer program, bulk products offered at lower cost, unique products, part of a national market interested in health foods, and convenient location. Among the weaknesses they noted are store image, space (crowded), lack of consumer and member information, limited working capital, and limited product line. Following these strengths and weaknesses Tung-wai described opportunities the Co-op could take advantage of to reduce the

weaknesses and improve upon the strengths. These include increase membership, renovate current location, take a proactive approach to targeting what members like and build on that base to strengthen it. They also suggest at some point targeting non-members, but this would come later. They include industry and market analyses in the report and discuss specific ways to implement the suggestions they make.

The report by Tung-wai was very informative. Copies will be available to read at the Co-op. These students put an incredible amount of work into this project and Tung-wai told us that doing the report had changed his mind about the Co-op. Prior to being involved in the project, he had never been in the Co-op and wasn't really sure what we sold and who could shop here. Now he brings his friends in to shop! Please ask to see their report, if you are interested. Ed Clark will now take this information, along with survey results, to create the Co-op's business plan.

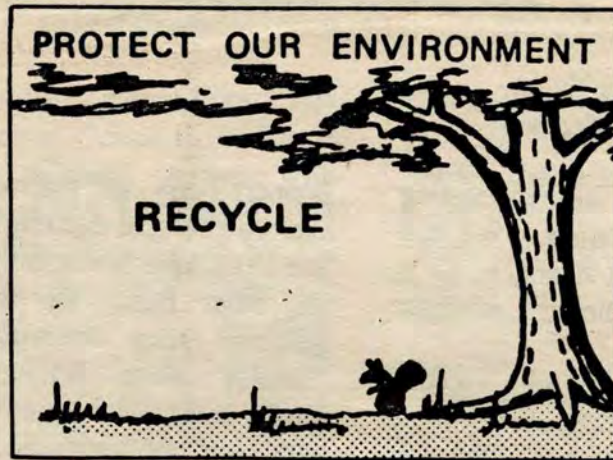
In addition to these reports, we also had our usual business meeting. We voted to continue to fund Ed Clark's position as Community Liaison. We are working out the details for a new lease on the current building location. This will be the topic of discussion at the June board meeting. We also discussed the newsletter and ways we could increase circulation. An ad hoc committee was created and will meet in June.

As we move into summer, please join us for one of our board meetings.

* June board meeting topic: Survey results, lease on current location.

* July board meeting topic: Goals and benchmarks for Ed Clark's Community Liaison position.

* August board meeting topic: Our first member forum will be in August on the topic of product selection.



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THE NEWSLETTER GOES TO COMMITTEE

By Ed Clark

The Co-op recently had a marketing plan completed by Malia Post and Tung-wai Hui, both graduate students in the College of Business and Economics at WSU. One of the strengths that they highlighted was the *Moscow Food Co-op Community News*. They had high praise for both the format and contents and said that they found it informative about both the organization and the products we sell. They encouraged the Co-op to take further advantage of the newsletter as our main promotion tool.

"The newsletter appears to be very entertaining and effective in informing the reader of the Co-op's activities, products and areas of interest, however this promotional tool is being left at the very site it is promoting."

They made several suggestions on how to enhance our use of the newsletter including the possibility of mailing it to members' homes.

At the May 8 meeting the Co-op Board of Directors discussed newsletter proposals and a motion carried to start a newsletter committee. Tentatively, this committee plans to begin meeting sometime around mid-June. If you have interest or would like to serve on this committee, please contact Kenna, Kristi or Ed at the Co-op 882-8537. Leave your name and telephone number and someone will contact you with the specifics.

By Kenna Eaton,
General Manager

May was an interesting month at the Co-op. We had many personnel changes, as is often the case when the semester ends.

Annie, our Deli Queen, decided to return to school, massage school that is. She will still be working every day preparing delicious soups, sandwiches and salads, but now I will be her lovely assistant for the summer. This should be interesting, not to mention challenging, at least for me. I hope you will continue to make take-out food part of your regular life!

Jacque Herum has been baking delicious, new and exciting breads for us in the Upper Crust Bakery. Did you get to try the kamut bread?? Jacque is ready to try her hand at something different and has decided to move back to

Bonnors Ferry, get married, and explore new and exciting vistas. We shall miss her greatly. On the other hand, we want to welcome John Griswold (aka "Greasy Mind Wrency" on KUOI radio), he comes to us with lots of experience and recommendations--should be interesting!

Erika Cunningham applied for a much needed sabbatical that will last the summer. She decided to work only two jobs, instead of three. You may take a class from her at the Moscow Yoga Center, if you really miss her (like me), or look for her driving a tractor as she grows basil and garlic for "Pete and Clydes." I will take over her Volunteer Co-ordinator responsibilities until her return, so if you're bored and want some lite entertainment this summer, come on down to the

Co-op and learn how to volunteer.

Felice Rogers handled our newsletter advertising accounts as her volunteer job during the past year. Recently she was offered a job too good to be turned down, and so decided to leave us (can you believe it?). So for a while at least I shall be responsible for the collecting money part of the job, keeping records, and handling the ad copy. I shall be aided in this endeavor by my trusty cohort, Ed Clark. Hmm! Sounds like a busy summer for me ...

The Co-op has decided to lease a water filtration system that will be installed June 12th. This system uses a new technology patented under the trade name "KDF." KDF is a highly pure alloy of copper and zinc. It safely oxidizes and removes chlorine, biological,

inorganic, and metallic contaminants (including lead and fluoride) through natural catalytic action. Contaminants become neutralized and attached to KDF through the micro-electric charge generated by the copper-zinc and water. This system is called Tap Dance and claims to produce water that tastes good, retains a balance of essential minerals, and doesn't waste water (like reverse osmosis). The best part is the cost. We will be able to sell this water for \$.39 per gallon, if you provide your own container. We will continue to sell Big Spring Water, because it is still great, but now you'll have a choice!

Have a great summer, don't forget to make the Co-op part of it.

THE BUY LINE

By Kristi Wildung

Organic Rye Crisp. Nature's Path makes a good one. Also more organic cheese. I've looked for Nature's Path Rye Crisp and cannot find it. Could it possibly have been another brand? I would happy to get more organic cheese. Do you have any particular flavors in mind?

Hey! I really miss the Nile Spice instant food cups. The Perfect Recipes are terrible. That's what I heard. I brought them in because we got a super cheap price on them. Look for a new shipment of Nile Spice cups in June at a super good price.

Can you get Toor Dahl? Sorry. I cannot find it.

Please bring back Kasha. Thanks. We do carry some Kasha products from the Kashi Company, like Kashi Medley, but not just plain Kasha. I'll look into bringing it back in.

Have you stopped carrying

that wonderful Peloponese Kallamata Olive paste? I surely hope not. If you have stopped, why, and how do I get more? I have not stopped carrying this great paste; we've just been out of stock. Hopefully we'll have some more in soon.

Alta Dena fruit juice sweetened Butter Pecan Ice Cream please! Okay, okay. As soon as the peach flavor is sold out. Even though we bought a new freezer, we still do not have any extra room. We had to combine two freezers into one and that is why it is taking so long to evaluate and change products.

I really like your store. In Clarkston we don't have too much stuff like this. I'm so glad there's people that care about everyone. Thanks. We feel the same way. Thank you!

Can you get chocolate mint chips? I can't find chocolate mint chips, but I have found

chocolate mint squares. Let me know if they would do the job.

Peelu gum!! Here's the story. I've been waiting for the manufacturer to restock the bulk packages of Peelu gum. Unfortunately, it doesn't look like it's going to happen, so I will be carrying it in boxes of 20 pieces.

Can you get organic butter? We have it. It's located in the freezer. (I don't know why, but it comes frozen, unlike all the other butters we carry).

Another plea for Kamut Puffs. Yes! I'm sorry. Somehow in the midst of switching to the computerized ordering system, their tag disappeared. They will be back in stock immediately.

Sunshine burgers. Our distributor doesn't carry Sunshine Burgers. I've looked in other places as well and cannot locate them. Sorry.

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By Jeannie Harvey
for the Board of Directors

One task of the board retreat was to identify the on-going and new committees needed for the next year, to list members and meeting times. The monthly Board of Directors meetings will continue to be the 2nd Monday of each month at 6:15 pm. Members and others will be, as always, encouraged to attend the meetings. Time will be reserved at 7:30 pm for members to bring new items, questions, etc. to the floor for discussion.

Please join us for any of the following committee meetings. They all meet upstairs at the Co-op.

Strategic Planning: This committee is dealing with planning for the future of the Co-op. Activities include: assist with the member survey, help with the writing of the business

plan, and coordinate major remodel or move issues.

* Members include: Tom Gaul, Jeannie Harvey, Dean Pittenger, Sandy Stannard

* Committee Chair: Dean Pittenger

* Meetings: 3rd Wednesday of each month at 6:15 pm.

Finance/Legal: This committee deals with all aspects of the Co-op's financial affairs. Activities include: assess financial statements, evaluate proposals for major purchases, job changes or expansions, etc. They are also responsible for dealing with legal affairs of the Co-op.

* Members include: Kenna Eaton, Evan Holms, Dean Pittenger, Mare Rosenthal

* Committee Chair: Evan Holmes

* Meetings: 4th Tuesday of

each month at 8:00 am

Nominations: This committee is responsible for recruiting new members to the Co-op board. Activities include: assess current skills and talents of board members, determine skill areas most needed in future board members, and recruit volunteers to be on the board.

* Members include: Jeannie Harvey, Vicki Reich, Eva Strand

* Meetings: 4th Wednesday in June, September, November, December, January, and February at 6:15 pm

Personnel: This committee will revert to an ad hoc basis and will meet only when special projects need to be completed. Projects could include assisting with staff and/or board training, assisting with evaluations when needed.

Education Outreach: This committee will promote nutrition education both in the store and newsletter. Activities will include signage in the store and articles in the Co-op newsletter and local papers, etc.

* Members include: Ed Clark, Vicki Reich, Eva Strand, Kristi Wildung

* Meetings: 1st Monday of each month at 8:00 pm

Newsletter: This ad hoc newsletter committee has been formed to follow up on suggestions made in the marketing study. This

committee will look for ways to increase readership of the newsletter and to coordinate in-store sale items with recipes, etc. Please call Kenna or Kristi at the Co-op for more information if you'd like to join this committee.



June Specials

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Save 35%

Breadshop Puffed Cereals

Puffs 'N Honey & Kamut 'N Honey

\$1.99 each!

Save 29%

WHAT ABOUT VEGAN DIETS FOR INFANTS AND CHILDREN?

By Mare Rosenthal

My article in May's Co-op newsletter briefly covered the topic of veganism and where vegans get their protein. Now that I have a child, I've been asked if children can thrive on a vegan diet. There are many good sources of support for children thriving on a vegan diet. One that most will recognize is the American Dietetic Association. According to the American Dietetic Association, vegetarian diets can meet all nitrogen needs and amino acid requirements for growth. A vegan diet, to be on the safe side, should be well planned, and probably include fortified soy milk. If you live in a cold climate and you don't intend to get your child out in the sun a lot after they finish breastfeeding, then a vegan source of vitamin D should be added to their diet. Children need more of the essential fatty acids than adults so a bit more fat in their diet is a good idea. Also, keep the fiber content down, as their under-developed digestive systems can't handle it. Generally, the energy content of their meals should be higher than for adults. You should also ensure that they get a regular supply of vitamin B-12.

Some good books with recipes: *Pregnancy, Children, and the Vegan Diet* by Michael Klaper, MD., and *Vegetarian Baby* by Sharon Yntema. An excellent article available from the Vegetarian Resource Group: *The Vegan Diet During Pregnancy, Lactation, and Childhood* by Reed Mangels, Ph.D., R.D.





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TV or Not TV: A Debate? By Bill London

The May issue of this newsletter included a suggestion for a debate on the merits of television. I want to keep this public conversation going (like a monthly soap opera installment, maybe our readers find it interesting).

Perhaps a debate would be both entertaining and useful, but to be either, we will need people to voice strong opinions. Ambivalence ("neither our salvation nor the anti-Christ") makes for poor debating. Who wants to be part of a debate where everyone agrees?

So what now? Anyone want to keep this conversation going?

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By P. Lee

Flavored vinegars have many culinary applications. Use them in salad dressings, on vegetables, in pasta salads. They add pizzazz to bean dishes, soups, meats, or fish. They make an elegant gift when presented in a shapely bottle with decorative sprigs submerged in the vinegar. Though summer has barely begun, it is now when the herbs are in season that I begin making herb flavored vinegars for holiday and Christmas giving.

The possible herb and spice combinations for flavoring your vinegars are many. You can use rice, white, or red-wine vinegars, or use apple cider or white distilled vinegars. Most wine vinegars do contain sulfites, so if this is a concern, check the labels. You can special order Four Monks Brand vinegars by the gallon jug through the Co-op.

As far as flavoring the vinegar, think about what combination of herbs and seasonings you like when cooking. I'll offer some combinations I've tried and liked, but feel free to experiment. Flavor apple cider vinegar with: sage and coriander seed; sage and peppercorns; basil and garlic and peppercorns. Flavor white vinegar with: tarragon, mustard seed and garlic; french sorrel and chives; cilantro, garlic, and peppercorns; sage flowers (this turns the vinegar a lovely tinted shade). Flavor red-wine vinegar with: parsley, oregano, and chives; lemon balm; rosemary and garlic; mint.

There are several methods for making flavored vinegars. This year I am combining methods that I've tried in past years. I want both strong flavor

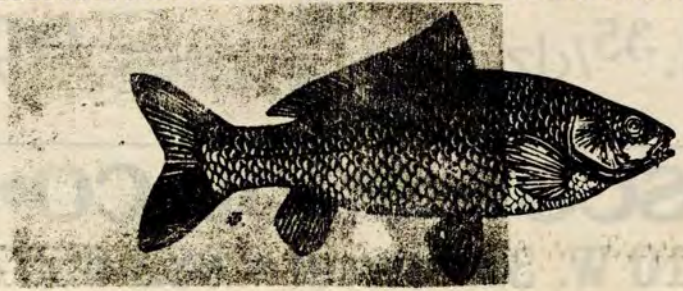
and a decorative presentation.

1. Select large sturdy jars with tight fitting lids for the initial brewing stage. Wash all utensils and jars well. Clean-up your work area. Pick and wash your herbs. Discard damaged or rolled pieces. Dry herbs well. (I use a salad spinner, then pat dry with a clean towel.)
2. Heat your vinegar in a non-reactive pan (such as stainless steel, enamel, or glass) until the vinegar is hot, but do not boil. Crush and bruise your herbs as you put them into your large jars. Pour in the hot vinegar. Seal the lids, label and date your jars. Set them outdoors in a sunny spot. Turn the jars occasionally.

3. In 3-4 weeks your vinegars will be ready to decant and bottle. Wash and sterilize your final bottles. For the plastic lids: wash them well; bring a pan of water to a boil; remove the pan from the heat. Add the lids and let them sit in the water until you are ready to use them.

Strain your sun brew through cheesecloth to remove the herbs and spices. Select fresh sprigs of herbs that will fit and look nice in your final jars. Clean and dry these herb sprigs, place them in the sterilized jars. (Hint: Don't put delicate herb sprigs into jars that are too hot or the sprigs will steam and wilt.) Funnel your strained vinegar into the jars. Use a chopstick or bamboo skewer to push down and submerge your herb sprigs. For decoration and identification, add the combination of seasoning you originally used for each vinegar. Label, seal, and store your herb vinegars in a cool dark spot. They should last for a year.

I hope you enjoy creating, consuming, and giving your own herb vinegars.



Debra Goldfine, Ph.D.

Psychologist

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By Jacqueline A. Soule

June has been the month of weddings for several millennia. It is a lovely month for a marriage to begin in, with the long glorious days of summer ahead, the spring planting done, the crops ripening in the field (an auspicious omen for future of the new couple); summer is generally a time of plenty to eat, and an easier time of life than the harshness of winter. In these modern times, school is out, people travel across the countryside, and airlines hold airfare wars.

Weddings share a common thread in virtually every culture; the couple will declare their vows to each other in front of the community, often with religious sanction. This is followed with a wedding meal or feast, and topped off with a sweet, to token a sweet life together. In European cultures the sweet is generally a wedding cake.

There is some evidence that points to the origin of wedding cake as an outgrowth of an early Roman custom. After elaborate celebratory feasts, an expensive cake was shared among the guests as a digestive aid and a sweet, flavorful desert. This cake was made of ground anise seed and several other spices which were believed to stimulate digestion. The anise provided the bulk of the mixture and is

naturally very sweet (about 30 times sweeter than the same weight of sugar cane). Since spices were very expensive, the anise cake was seen as a mark of respect the hosts paid the guests, especially to whomever the feast was held in honor of, gods, gladiators, or young couples about to start a new life together.

In the Renaissance, white flour became attainable, but was very expensive, so wedding feasts ended with a sweet white cake. With the rise of Catholicism, the whiteness of the cake became tied in with the purity of the bride, and the pagan custom of marriage after the union was proven fruitful fell into disfavor in European culture.

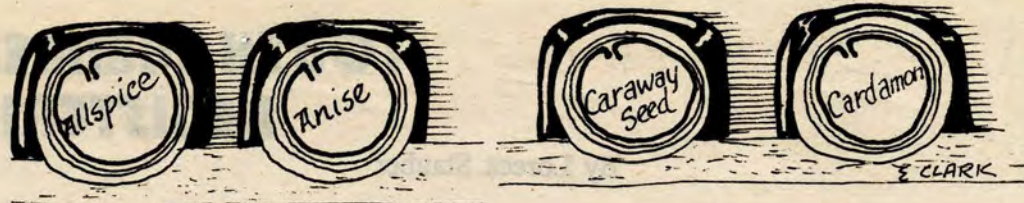
Wedding cakes have become more elaborate over the years, with towers and spires, frosted rose buds and silver sparkles, but underlying the expense and glitter is the idea that this sweet concoction is a symbol for the sweetness we all wish for the newly joined couple. Blessings on you and yours!

(In March I wrote an article on anise. Due to the limitations of space I can never write of all the fascinating things I discover when researching an article. This seemed like a good month to tell you 'the rest of the story.')

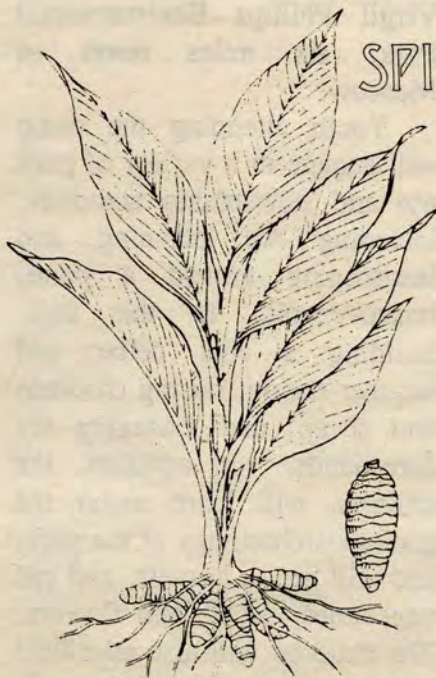
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SPICES, ETHNOBOTANY, AND YOU



By Jacqueline A. Soule

In the days of alchemy, a paste made from turmeric and water was applied to paper. This paper would then change color from a saffron yellow to a reddish brown if exposed to alkaline conditions. The Latin term 'terra merita' (deserving or deserved earth) became shortened to termerit, and later changed into turmeric. In the 1500s, Herbals, which were used as medical guides, mention turmeric as another name for 'curcuma.' Curcuma was used as a name because the spice is highly similar to saffron, called jurkum by the Arab traders who brought it to Europe from Asia.

In 1753, when names for many plants were systematized by Linnaeus, he used the name Curcuma for the genus of plants which turmeric belongs to. The spice turmeric comes from Curcuma domestica, which older books incorrectly call Curcuma longa.

Tumeric belongs to the plant family Zingiberaceae, commonly called the ginger family, which does include the spice ginger, as well as the ginger "root" you can buy fresh in the produce section of the Co-op. The Ginger family is related to grasses, orchids, and bananas,

all are flowering plants known as monocots. Like most monocots, Curcuma is not woody, but grows in a 3-4 foot tall shrub-like clumps of huge, paddle shaped leaves. The economic portion of the plant is the rhizome, a large, lumpy underground storage stem which is structurally different than a root (see illustration).

The flowers of Curcuma are pale to bright yellow and very showy. Unfortunately, the genus is a tropical to subtropical one, and all species need lots of warmth, rainfall, and humidity, and will not grow very well indoors.

Some species of Curcuma are esteemed for their starchy, edible roots, mostly in Java, Malay, and India. East Indian arrowroot is obtained from C. Angustifolia. In Burma, C. Petiolata is called the Queen Lily, and the flowers used in rituals, while the flowers of a closely related species are eaten as a vegetable in Vietnam. The dried, ground rhizomes Curcuma domestic are used worldwide as the spice turmeric.

Turmeric is valued worldwide for the subtle flavor and brilliant color it gives to curry sauces. It can be used alone to color rice and rice pudding. In Yugoslavia, a festival bread is flavored and colored with tumeric. My grandmother Soule used turmeric in her bread-and-butter pickles, which always included slices of onions. I remember my astonishment at the brilliant yellow hue the white onions became after the canning was done.

Turmeric plants are commercially grown in the moist tropical or subtropical lowlands of India, Bangladesh, China,

and Taiwan. In the New World, Peru, Jamaica, and Haiti are now major producers. In the Himalayan foothills, plants thrive up to 4000 feet in elevation, and are often planted in family gardens with millet, maize, onions, and other crops. Turmeric plants do not do well indoors or in greenhouses, so you can't grow them in this region.

One major non-spice use of turmeric is as a coloring agent. It colors both cotton and wool without need of a mordant (fixing agent). The yellow robes of Buddhist monks were often dyed with turmeric. Turmeric powder is also used in candies, cosmetics, pharmaceuticals, and in some commercial mustards (which is why mustard "stains" your clothes). Essential oils have been extracted from the rhizomes, but have proven chemically unstable once extracted, apparently the starches in the ground rhizome help stabilize the flavor molecules.

Turmeric is popular in India and the Far East to treat stomach complaints. A paste is applied to help cure bruises, and to accelerate the formation of scabs caused by chicken pox and (in the past) smallpox. The fumes of the burning rhizomes are used to relieve colds and lung congestion. In the 1800s turmeric was used in the United States as a stimulant and stomach tonic.

The Moscow Food Co-op has turmeric available at \$6.55 per pound. For longest freshness, store turmeric, and all your spices, in an air-tight, opaque container.

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YOUTH SUMMER DAY CAMP IS REGISTERING NOW

By Loreca Stauber



SUMMER IS HERE

By Bill London

Summer is here again. And not just the season of sun and warmth, either.

Summer, the dog, is here. Again.

Summer, the black rag-mop of a dog. The one who, for almost a decade, went everywhere with our neighbor, Rod Hardies.

Rod, the seventy-ish retired librarian known around Moscow for his baby-blue Mercedes, his massive collections of fire-wood and everything else, his passion for composting leaves in his backyard, and his continuous walkings around town with Summer, the dog, prancing alongside.

Rod died in October and Summer spent the winter with Rod's friend Cindy. But by spring Cindy was moving and Summer needed a new home.

In the meantime, Rod's house (complete with collections and compost) was sold to Margo Kay--our new neighbor. Margo has already proven to be a great neighbor, and now she's become a great guardian for Summer. Cindy brought Summer back to Rod's/Margo's last month. After a short adjustment, Margo and Summer are an equally-inseparable pair around town.

So if you thought you recognized the dog--you were right.

And by the way, the Mercedes is still in the neighborhood, too. Wayne Ruby is now its proud owner.

If you wish to enroll your child or children for up to eight weeks of learning fun at the fifth annual Youth Summer Outdoor Day Camp at the Virgil Phillips Environmental Park, please request a registration form now from Better Living, Incorporated (BLI) the camp sponsor. The camp will be open for four sessions of two weeks each this summer, beginning on June 19 and ending on August 11.

The camp is open daily, Monday through Friday, from 7:30 am to 3:00 pm. Children living anywhere in this region, and who will be entering grades 5 through 10, are welcome. Each youngster must bring a lunch daily. A donation of five dollars per day per child is requested by BLI. A bus, available at no extra cost, will pick up the children in Moscow

each morning and return them to Moscow that afternoon.

The day camp is held at the Virgil Phillips Environmental Park, six miles north of Moscow.

Youth attending the camp will engage in a variety of park use and stewardship activities, including the planning and landscaping around a pond, improvements to the trail, building a root cellar and weather station, raising chickens and sheep, and managing the forestlands. In addition, the children will learn about the geology/archaeology of the park, and will grow, harvest, and sell vegetables, herbs, and flowers. The children will also take field trips to nearby sites of interest.

Adult leaders at the camp are all certified teachers or have experience working with youth

group programs. One adult leader will be present for each ten children enrolled. In addition, resource experts with specific skills and knowledge in areas like horticulture or geology will lead those planned activities. Parents are also requested to offer one day at the park, helping the leaders at the camp.

The request for five dollars daily is used to pay for the bus transportation to and from the park, and for field trips. Most of the administrative and staff costs are paid for by donations from local individuals, businesses and civic organizations.

All interested parents should contact BLI as soon as possible to register, by mail at Route 1, Box 54, Genesee, ID 83832, or by telephone at 882-1133.

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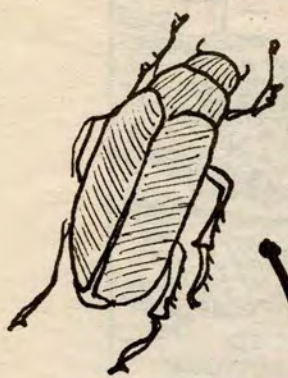
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by Robin Murray

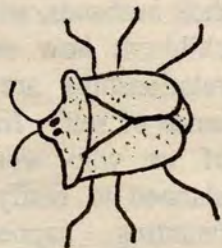


JUNE kids page

Did you know...

All bugs are insects but not all insects are true bugs? Bugs are only one family are insects.

They are known to scientists as "Hemiptera". You can recognize most of them by the V-shape on their backs.



LOOK FOR THESE BOOKS AT THE LIBRARY



The Grouchy Ladybug by: Eric Carle and Ant Cities by: Arthur Dorros.

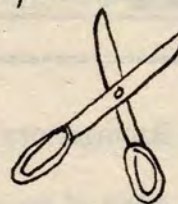
Try This



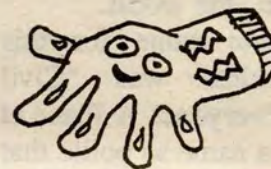
Spider Puppet

You'll Need:

- An Old Glove
- Felt or Fabric Scraps
- Buttons
- Needle & Thread
- Scissors
- Glue



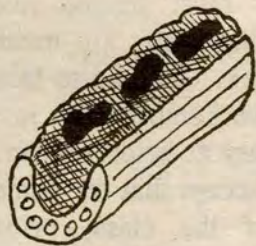
The fingers of the glove will be the spider's legs and the hand it's body. Sew on buttons for eyes and glue or sew on fabric scraps to make stripes, spots, or whatever you want to make your spider look like. Since real spiders have 8 legs, you may want to add 3 extra legs, although only 5 will be able to move.



A recipe:

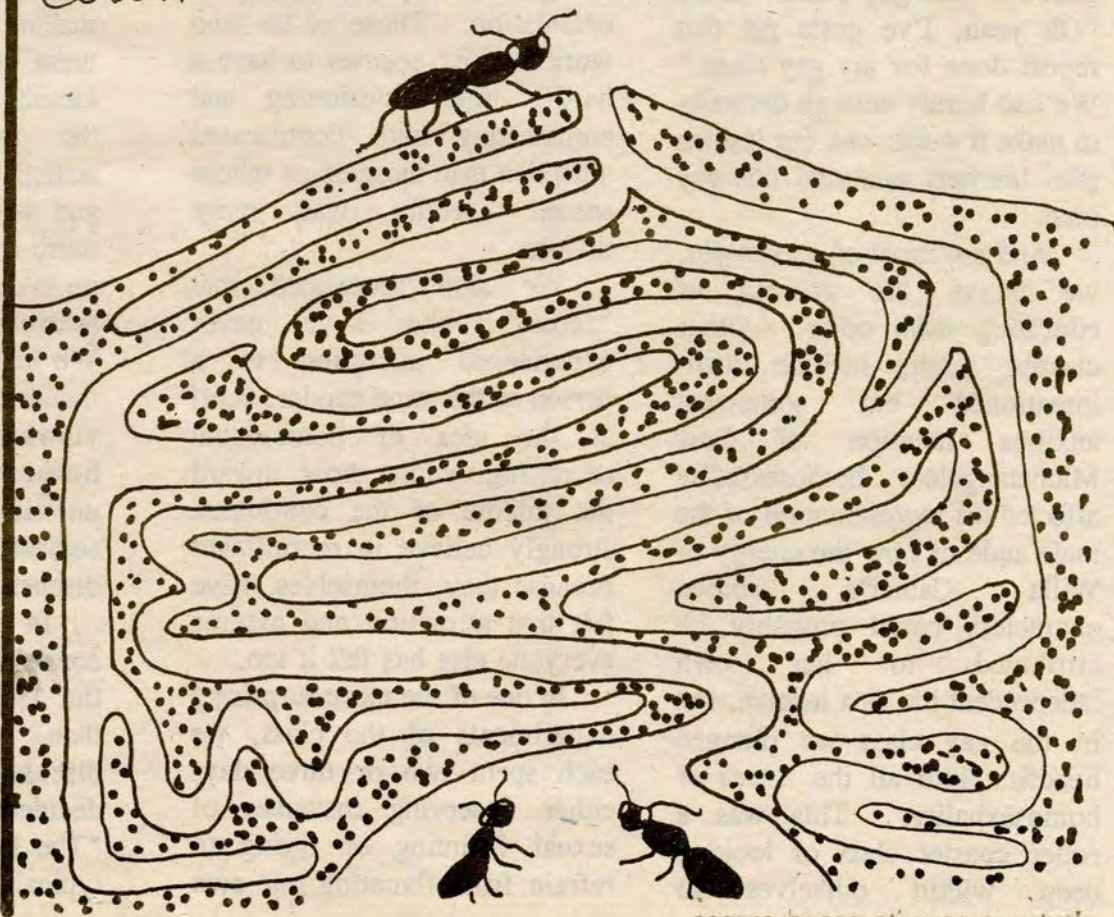
Ants on a Log

- Celery
- Peanutbutter
- Raisins



Wash celery. Cut off the leafy part. Fill the middle with Peanutbutter. Top with raisins in a straight line like ants marching across a log.

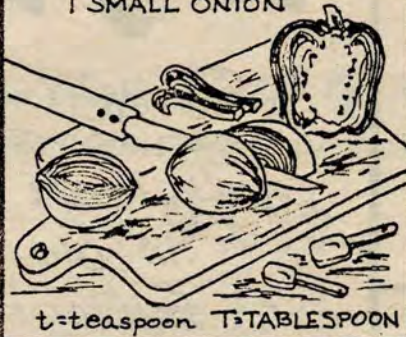
Help this ant find the other ants down inside the ant hill.





BLACK BEAN & CORN SALAD

DRAIN AND COMBINE
1 CAN BLACK BEANS (15oz)
1 CAN CORN (11oz)
1 CAN CHOPPED CHILIES (4oz)
FINELY CHOP AND ADD
1/2 GREEN OR RED PEPPER
1 SMALL ONION



t=teaspoon T=TABLESPOON

COMBINE AND STIR IN
2 T LEMON JUICE
2 T RED WINE VINEGAR
1/2 t OREGANO
1/4 t CHILI POWDER
1/4 t CUMIN
1/4 t SALT



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2 HOURS OR MORE.

GREAT FOR
POTLUCKS!!



SERVE ON SLICED
TOMATOES & LETTUCE
OR STUFF TOMATOES
WITH MIXTURE!

CLOSING THE DOOR ON UCC 302

By Susan Baumgartner

UCC 302. Most of the week it is just another sterile, chalky classroom, but for 75 minutes every Tuesday and Thursday through spring semester it became a miraculous space where 14 people came together to change themselves and maybe, even, the world.

The polite name for this honors seminar was "Civil Rights for Everyone: A Place at the Table," a name so polite that several students didn't even realize they'd signed up for a course dealing almost exclusively with civil rights for lesbian, gay and bisexual (lesbigay) people. The teacher's name for the class was "The Gay '90s," but we soon simply called it "the gay class," as in, "Oh yeah, I've gotta get that report done for my gay class." We had barely enough diversity to make it work: one out lesbian (the teacher) and one out gay man.

And so, most of us straight, we began the process of educating each other. Other classes might include well-intentioned but somewhat anxious mention of how Michelangelo's homosexuality affected his representation of the male nude or how the energy of Willa Cather's women characters could probably be attributed to her own independent life as a lesbian, but in the gay class we plunged headfirst into all the issues of homosexuality. This was a roller coaster class of looking deep within ourselves to

examine sexual identity and gender stereotypes and biology and spirituality. Quickly, we began to believe in Kinsey's continuum of sexuality, with a score of 0 for exclusively heterosexual and a score of 6 for exclusively homosexual. We had surprising results on various "gaydar" checks. We watched clips from *Four Weddings and a Funeral*, some of us realizing immediately that, of course, Matthew and Gareth were gay some of us astounded and demanding to know how a few minutes of film--a scene of two men preparing breakfast together, a devotion to gaudy waistcoats, and one impassioned speech at a funeral--could be enough to clearly indicate sexual orientation. Those of us who were "zeros" seemed to have a harder time envisioning and empathizing with homosexual attraction than those of us whose sexual identity was more diffuse.

We also speculated that "zeros," who have never experienced attraction to a person of the same gender, scoff at the idea of homosexual recruiting, while those toward the middle of the continuum strongly believe in recruitment because they, themselves, have felt that attraction and assume everyone else has felt it too.

In one of the more surprising experiments of the class, we each spent two or three days either observing instances of sexual flaunting or trying to refrain from flaunting our own

sexual orientations. Reporting back, we were astonished at how constantly people mention their husbands, wives, marriage, children; how central intimate relationships are to our own sense of self. Ironically, three of us who were single and planned to easily refrain from flaunting, happened to have romantic experiences during that period and found it completely impossible to lie about the existence of that "other" who had so unexpectedly and wonderfully appeared.

Those of us who were gay discovered how much we actually like to be on the margins, questioning and rebellious, how quick we were to polarize issues as a way of making our positions clear. We were constantly being dragged, kicking and screaming, back to the middle ground where, statistically, most people live and where the issues are much more complex. We had to face up to our own homosexism, just as exclusionary as heterosexism. We had to accept that for some members of the class, prior views or religious beliefs about homosexuality remained unchanged even after an entire semester of information and discussion.

In a sort of finale to the course we did a presentation for the Honors Program. Rather than simply reading and discussing our final papers, we decided on a talk show format, "The Janna Dwelle Show." In typical talk show fashion, we

had nine combative guests: a group of more progressive, visible lesbigays, a group of closeted lesbigays, and a couple of homophobes to keep things interesting. In the adrenaline rush of rehearsals and performance, we were able to dramatize many of the issues and conflicts of the semester, with intellectual energy sparking wildly from group to group and argument to argument.

Probably the most fun, though, was revealing to the audience near the end of the hour that almost all of the lesbigay panelists were actually straight. The students had been completely convincing. Later, we remarked that those playing lesbigays hadn't seemed that concerned about revealing their true sexual orientation and thus removing the stigma of being considered gay, but the "homophobes" had immediately asked to have their role playing revealed.

The class is ending now, fascinating presentations of final projects being delivered. Soon UCC 302 will be just another classroom, back to comma splices and differential equations. Still, perhaps some ghosts of the warmth, laughter, mental gymnastics and startling revelations of the gay class will remain, as the teacher, overwhelmed by the anguished joy of the whole experience, closes the door on the classroom for the last time. It's likely that she will cry.

By Ed Clark

Creeping

by J. Thaw

Thank goodness we are all alive to always grow up
times necessary for taste and ear and eye adjustment
to respect the right to feel things differently and wince or smile
congruous eagernesses to please and to undecieve
as far as I know such miracles
the time I watched my flesh creep slowly back over my bone
cell by bumpy cell a smooth mass of vibrant purple-pink healing
my face cringing all the while my eyes grinned even in sleep.

For the first time since I was kid back in Connecticut, I have a lawn to mow. It came with the house. I must admit that I've never been a big fan of lawns and lawn maintenance but my kids love to play on grass and so we'll probably wait 'til they've grown and gone before turning the lot into a native plant eco-system. In the meanwhile the stuff needs to be mowed and so I had to make a decision on what type of lawnmower to get. I don't particularly like the roar or odor of gasoline powered mowers especially when I'm standing right behind one. Electric ones are a tad quieter but you have to drag this cord around while trying not to cut it. Either kind costs a bunch of money.

The alternative that I chose is a manual reel type mower. Its the kind I had to use as a kid. The two wheels turn gears which, in turn, rapidly rotate a cylindrical reel of scissorlike blades. These "cut" the grass rather than pulverize it. I don't imagine that it takes me much more time than if I had a motor. Where I gain time is that I don't have to buy, store, fill or spill fuel or motor oil. Mine starts up every time with no priming, adjusting or yanking the cord. It takes hardly any cleanup and stores in a tiny space.

In 1994 the Palouse-

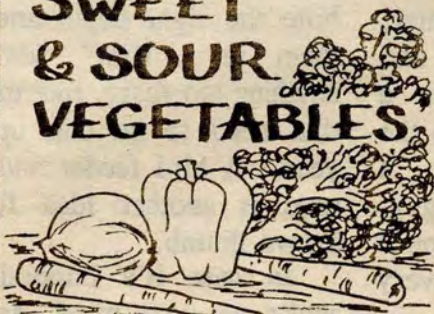
Clearwater Environmental Institute held a reel mower workshop that was conducted by John Elwood, a reel fan. He taught a group of us how easy it was to "tune up" our mowers and keep them working smoothly. Sharpened and adjusted blades can usually last about 3 seasons. Watch for an upcoming workshop, possibly in July, at PCEI (882-1444).

The only drawbacks that I've found for reel types are that it is hard to cut wet grass and if the grass gets too tall it doesn't feed well into the blades. (My neighbor rescued me from my too tall grass with the generous loan of his power unit.) I've learned to mow early and often and when the grass is dry.

Want to hear more advantages? They're relatively inexpensive. Good new ones can be found for under a hundred dollars but better used ones are plentiful. Yard sales are a good source, or try a classified. You can often pick one up for \$5 or \$10.

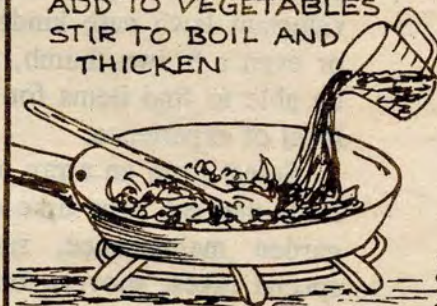
Safety concerns are considerably fewer (just don't get fingers into a moving reel) and kids love to push them. This can get part of your job done for you although the patterns can tend to be creative.

Best of all, you can still hear the birds sing.

EASY LOWFAT EATS by Ginny Clark Kohler**SWEET & SOUR VEGETABLES**

COOK FOR 6 MINUTES
IN LARGE SKILLET
1 LARGE ONION-CHOPPED
1 GREEN PEPPER-CHOPPED
2 CUPS BROCCOLI-CHOP
2 CARROTS-GRATED
1 CUP WATER

DRAIN 20oz CAN
PINEAPPLE CHUNKS
COMBINE JUICE WITH
1/4 CUP BROWN SUGAR
2T CORN STARCH
6T VINEGAR
1/4 CUP SOY SAUCE
ADD TO VEGETABLES
STIR TO BOIL AND
THICKEN



T-TABLESPOON

STIR IN
PINEAPPLE CHUNKS
1 TOMATO CUT IN WEDGES
1 CAN WATER CHESTNUTS
DRAINED (5oz)
HEAT FOR 2 MINUTES



SERVES 4

SERVE OVER
COOKED
BROWN RICE.



DELICIOUS!!

Summer Organic Tours In Idaho & Washington

By Nancy Taylor



The Palouse-Clearwater Environmental Institute (PCEI), with a grant from Patagonia Inc., will offer organic food production tours in Idaho and Washington this summer to increase the education, participation and support of organic agriculture. As an "organic tourist" you will have the opportunity to see first hand, diverse organic farming and handling in different regions of Washington and Idaho. These tours are open to all--farmers, extension agents, policy makers, Future Farmers of America, 4-H youth, consumers--anyone who wishes to understand organic production and meet the people who bring them these products. As an "Organic Tourist" you will:

- * Visit certified organic farming, processing operations, and markets which offer certified organic products.

- * share in discussions about organic production, processing, and marketing issues and the political, social, economic, and ecological implications of

"going organic."

- * Enjoy a catered meal featuring locally produced organic ingredients from some of the farms we visit.

- * Learn about state and national organic standards.

- * Have free transportation to and from the meeting point in an air-conditioned bus.

This project is made possible by a grant from the Patagonia Inc., with collaborative support from Idaho and Washington Departments of Agriculture, Washington and Idaho Extension Services, Idaho Organic Producers Association and Washington Tilth Producers.

Each organic tours cost \$10 per person for advance registration or \$20 at the door. Space is limited so please register two weeks in advance of tour date.

The Moscow area tour is set for July 29, 1995.

For registration information and an ID/WA Organic Tours brochure call Nancy Taylor at 208-882-1444.



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INTERESTED IN UNIQUE GIFTS FOR DAD?



By Jacqueline Soule

Of course the best gift you can ever give your father is to become an honest, upright, self-sufficient person, but that is a long-term kind of gift, and it is nice to reward dad with a physical gift once in a while. If you are drawing a blank as you shop for pop, try a nursery or garden center.

There are many imaginative, useful gifts available at the nursery or garden center, including plants, tools, and books. Whether dad is a devotee of gardens, new to the pleasures of gardening, a reluctant lawn care kinda guy, or even a brown thumb, you'll be able to find items for every level of experience.

Select from an array of cool tools that can save time during garden maintenance, such as special rakes, shovels, brooms, clippers, and power tools which are available for all types of

yard and garden jobs. Books are always welcome as information resources for the veteran as well as novice gardener. The diversity of plants now available is surprising, with many new landscape plants that do well in the Palouse (also check out the garden seed racks at the Co-op). Dad has a brown thumb? Try bulbs! All he has to do is dig a hole the right depth and drop them in. Hint" don't get anything too fussy, like the kind that need to be dug up each year. A bird feeder and some seed is another idea for the brown thumb.

In case it's impossible to make up your mind, and you have absolutely no clues--get a gift certificate. That way dad can select exactly what he wants, and enjoy strolling the aisles as he tries to make up his own mind.

Five Steps to Kids' Gardening Success

One of the many challenges of parenting is providing your children with wholesome, inexpensive and enjoyable activities. Thanks to gardening, you can provide your kids with hours of fun right in their own backyard.

STEP 1—Get your children's gardening activities started on the right foot—with a visit to your local retail garden center.

Many garden centers have "kids clubs" that provide birthday parties, children's gardening newsletters and discounts on tools designed for little hands. Encourage your children to browse through the gardening books, and show them the wealth of plants and flowers that grow well in your local area.

STEP 2—Once you've stimulated the interest of your kids, ask them what type of garden they'd prefer.

Do they want to grow something they can eat, like tomatoes? Would they prefer flowers with a strong scent? Do they want to plant a garden of many colors or would they rather select one color and plant several varieties? This is a good time to let kids know how important it is to plant the right plant in the right place, such as a sun-loving plant where it will get plenty of light.

STEP 3—Give children a small part of the garden that is their own, or provide them with one container on your patio or deck.

Show them how to transplant and

water plants, and explain that part of the fun of gardening is watching the plant grow little by little. Since kids perceive time differently than adults, you might "cheat" a little by selecting fast-growing plants! The professional at your local garden center can help you choose the best plants for little gardeners.

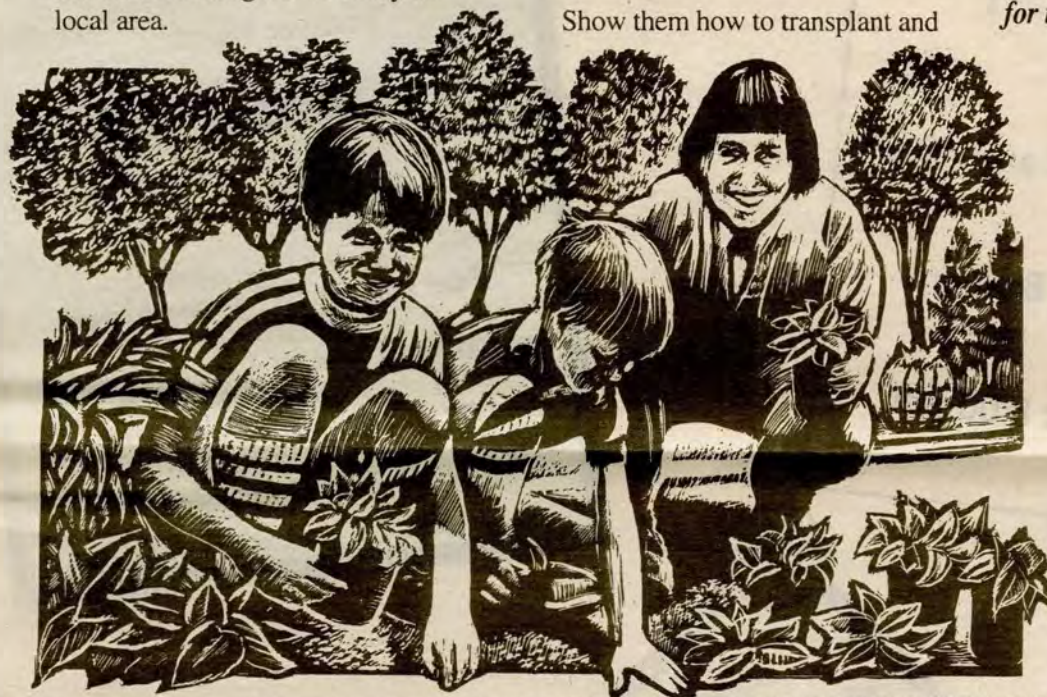
STEP 4—Encourage your children to construct a mini bird bath with an attractive bowl or discarded pie tin, and let them feed the birds and squirrels by scattering bread crumbs or bird seed in the backyard.

Best yet, let them select several plants or shrubs known to attract birds, and explain to them the vital role plants play in providing food and shelter for wildlife.

STEP 5—Gardening and caring for the environment go hand-in-hand. Let children know what a difference they're making when they take time to recycle newspapers, glass, plastic and aluminum.

You might take advantage of a rainy day by helping your kids build a child-sized recycling center. The children can create colorful labels to designate the type of discarded material to be placed into each recycling bin.

Children's gardening is the perfect way to keep young hands and minds occupied, and it can help your child build self-esteem and a sense of pride in work well done.



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4th Tuesday of every month at 8:00 am
- **Education Outreach**
1st Monday of every month at 8:00 pm



Be an Organic Tourist

- Tour organic farms and organic processing operations.
- Only \$10 advanced registration
- Moscow area tour is July 29

For more information
contact Nancy Taylor at Palouse Clearwater
Environmental Institute - 882-1444.



Youth Summer Day Camp

Registration has begun for the June 19 through August 11 sessions at Virgil Phillips Environmental Park.

Contact:
Loreca Stauber
882-1133



Subscribe to the
**Moscow Food Co-op
Community News**
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send and make checks
to:
Moscow Food Co-op
(attn: Bill London)



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.