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MARCH 1995

MOSCOW FOOD COOP COMMUNITY NEWS

Happy 5th Anniversary,



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MOSCOW ID 83843



Upper Crust Bakery!

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Editor

Bill London

Editor of this Issue

Therese Harris

Layout

Kim Cantrell

Advertising

Felice Rogers

Typesetting

Nola Steuer

Proofreading

Connie Hatley

Distribution

Therese Harris

Christine McGreevy

Back Cover Design

Beth Case

Children's Page

Robin Murray

General Manager

Kenna Eaton

Chair of Board of Directors

Jeannie Harvey

Members of Board of Directors

Erika Cunningham

Tom Gaul

Evan Holmes

Dean Pittinger

Vicki Reich

Mare Rosenthal

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Published by

Moscow Food Co-op

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Moscow, ID 83843

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Upper Crust Bakery

883-1024

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Deadline for articles: 20th of each month

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

Prepare For Spring!

Free Composting Workshop

Saturday, April 8, 1995

9am to Noon

Reduce waste by recycling your organics! Learn to build a composting system to turn kitchen scraps and garden debris into a valuable soil enhancer. Workshop includes slide show, bin "blueprints", written materials and a tour of successful composting systems. Call Carrie at Moscow Recycling to sign up ahead of time. 882-2925



DISTRIBUTOR FOUND, EDITOR PLEASED

by Therese Harris

The call went out last month for a new distribution person, since I was moving (up?) to alternate editor of this newsletter. Christine McGreevy heard and answered and takes over papering Moscow for us this month. So, when you see her traipsing around town with her little entourage and wagon full of newsletters, give her a hearty hello, Thank You, and Welcome to Moscow!

ANNUAL MEETING, IN BRIEF

by Therese Harris

Approximately 40 Co-op members gathered at the Moscow Community Center on February 26, to elect new Board Members, fill out the new survey, view the proposed New Product Selection Guidelines, discuss again the Co-op's growth/moving options, hear about advertising, marketing, and business plans in the works, and, most delightedly, dress up and munch down hot potatoes. It took a full three hours, but Jeannie Harvey (Co-op Board of Directors Chair) steered us through it all, and we covered a lot of ground--some new and some old.

The first agenda item was the Board of Directors election: our newest Board Members are Tom Gaul and Sandy Stannard. Congratulations! We want to heartily thank Melissa Harris and Frank Floyd for running as well, and invite them to consider committee participation and next year's elections.

Our thanks, too, to Mare Rosenthal and Anne Adams, the outgoing Board Members, for their hard work and commitment to the Co-op. We wish them success and satisfaction in their future endeavors, and spare time for sitting down and relaxing!

Ed Clark updated us on his latest Co-op projects: developing advertising and marketing plans for the Co-op, a part of which is the survey that has been devised and will be conducted at the Co-op in

upcoming weeks. Ed has also enlisted graduate students at WSU to help draft a business plan for the Co-op, which will encompass the history of the Co-op as well as its potential, and serve as a "roadmap to our future."

Greg Brown presented, very briefly, the proposed guidelines that the New Product Selection Committee has suggested. These guidelines will be available for member review, discussion, and inevitable revision, as soon as possible, although no venue for such has, as yet, been decided.

The dinner bell didn't ring, but we got up and ate anyway, feasting on a wealth of spuds and amazing toppings, as well as an impressive wild rice salad, complements of John Maucieri and Bruce Peterson of the Saint Mary's Wild Rice Company. With their permission, that salad's recipe is printed elsewhere in this newsletter.

For dessert, Evan Holmes outlined a number of options the co-op has in answer to the questions of growth, location and future of the Co-op. Discussion of these options was facilitated by Paul Cowles and then the members still alive got up to mark their first and second choices of the options. The options and their subsequent rankings are as follows:

Option A: Move the Co-op to the west side of Moscow; i.e., to the old Jeff's Foods store.

Score: 4 First Choice

8 Second Choice

12 Total votes

Option B: Move the Co-op to the east side of Moscow; i.e., to the old Tidyman's store.

Score: 7 First Choice

11 Second Choice

18 Total votes

Option C: Stay on Third Street, where we are, and lease for 5 more years.

Score: 3 First Choice

9 Second Choice

11 Total votes or,

Stay on Third Street and buy the building we are in, while still looking for a more suitable building/location.

Score: 22 First Choice

28 Second Choice

50 Total votes

Option D: All other possibilities, i.e., buy land and build our own facility; buy an existing facility; downsize and stay where we are; foster the opening of another co-op, in Pullman, for instance.

Score: 2 Second Choice.

All of these options were examined, discussed, cussed, ridiculed, lauded, and/or applauded, but more feedback from our members and constituents is always welcome. Any and all of the issues discussed at this meeting are open for general comment from the Co-op membership. Please write to, or call, the board member of your choice. Letters can be dropped off at the Co-op when you come to shop or volunteer.

Spring

By Kenna Eaton

Spring is in the air! I always feel that the warm weather, flowers budding, and so on, is the great reward for making it thru another winter.....

The Co-op rewarded itself with some much needed new equipment this spring, as part of our ongoing program to upgrade the old fixtures and tools. We decided to splurge on a four-door freezer to hold more of your favorite quick-fix meals and treats. The Third St. Market sold the freezer to us, Ken Nagy (our maintenance dude) organized the installation, and I took the pictures of four people wheeling a freezer down Third St. on a rainy Sunday afternoon. A pretty typical example of the creative way Co-ops work together to get a project done. As I write, the freezer is waiting to be hooked up, but everyone is exited by the thought of a dripless, noiseless, easy-to-access display case. Thanks for your patience during the transition!

Another Thank-you for your patience as we integrated our new cash registers! It took us a long time to find registers that would accomodate our, somewhat unusual, needs, but we finally lucked out with these registers. As a cashier, I find it easy to appreciate the qualities of a good



register that you, as a customer, probably don't. But from a customer's viewpoint, I can appreciate the clear, itemized register tapes and the way we don't need to tell the cashier the produce prices anymore (tho' we still need to let the cashier know whether the produce is organic or not). The new registers also freed up the old scales, which allowed us to use them throughout the store for you to weigh your containers or bulk purchases. In case you didn't see them, we put one in the bulk area, and one in the herb-and-spice room. Thanks for all of you who suggested this over the years! Please remember you still need to tare (weigh) your empty containers, write down the price of your bulk items, and let the cashier know when you are re-using bags.

Thanks also to all of you who attended the Annual Membership Meeting-we love to explore how we are doing, receive feedback, and share food with all our members. If you missed this year's meeting, put it on your calender now for next year. It's another one of those things that sets us apart from other businesses. Being a Co-op member means you are also an owner of our store, and that means we want you to be involved and informed!



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New: Japanese Antiques & Delicas

NOTES FROM THE DELI

By Annie Hubble

Perhaps, after that coyote spring a few weeks ago, the season is finally here. It's good to see the grass greening, and the daffodils and tulips pushing up through the dirt. After three winters in the Northwest, I am beginning to learn how to pace myself through the dark months, but it is still a wondrous thing for me to see the light and warmth return.

In spirit with this seasonal change, the deli is trying a new look. The revolving deli case just does not work too well in its new corner. Only one of its doors is accessible, and the balancing act involved in spooning salad into a container is a challenging one, to say the least. So within the next couple of weeks, we are going to move the deli case towards the back of the store. This will give us plenty of room to provide all your favorites, plus new items. We plan to provide some pre-packaged salads to make your shopping easier, and with some of the new snap-close containers, I am excited about selling desserts (apple crisp? cous-cous pie? cheesecake?) priced by the pound.

The juice bar is well and thriving. Open between the hours

of 10am to 5pm, on weekdays, we are serving carrot juice and smoothies. On Tuesdays we will offer baked potatoes with trimmings for \$1.79. They will be ready to serve about midday. We have devised a system that will, hopefully, make it easy. For everyone: Simply go to the register downstairs and purchase a coupon for the desired item - present the coupon to the deli person who, in return, will give you your delicious and nutritious fare.

In response to many requests we will be making vegan pizzas very soon.

I am so grateful to all of you who support the deli, and pass on to me requests, recipes, and ideas. I have a wonderful crew of volunteers right now: Iam, Laurie, Nicole, Marc, Scottie and my homeschooling son Joseph, but there is always room for more, so feel free to talk to Erika or myself and sign up for a few hours per week. Tim Dalton is doing a great job with the granola-we haven't run out in weeks! So say a thank you to him, if you see him. Happy Springtime!

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By Kristi Wildung

I would dearly love to find a yeast-free alternative to fermented tamari or soy sauce to use in stir fry cooking. Any suggestions? You might look into flavored oils or one of the stir fry sauces we carry like Schezuan Simmer Sauce or Peanut Curry Sauce. However, we would have to double check to make sure that they do not contain yeast. For your reference, we do carry packaged soy sauce and tamari that are wheat and yeast-free.

Olive paste, I'm sure I've seen it before. We haven't had it for a long time, but I'll bring some in.

More 5 gallon water, please! This is everyone's request. We are kind of in a corner on this issue. Big Mountain Spring Water is about our only source of bottled water and even though we sell lots of their water; 1) we do not have the space to store large quantities in the winter because our storeroom freezes, and 2) the distributor in Spokane is not willing to travel to our store more frequently without a large quantity order. I have, however, worked out a deal with this distributor. He promises to come to Moscow every other Monday, and bring us at least 200 gallons each time. Hopefully this will suffice for a while.

I haven't seen any licorice bears in individual packs for a long time. Can you still get them? If so, I'd love to have some. The manufacturer has been out of licorice and cherry bears since last

summer. This is really unfortunate because they are certainly a popular item. When I was looking through the March catalog the other day, I saw that Mountain People's Warehouse is offering bears for a March special. This either means they will be back in stock or the warehouse is doing a bit of wishful thinking. I hope they'll be back in stock.

Try AlmondRella, Garlic Herb, and Jalapeno Jack dairy-free cheeses. We carry all of these products plus more. Look for them in our dairy case. Sharon's Finest, the manufacturer of these cheeses, began repackaging in October and we've had some shortages. Hopefully, they will be back in stock soon.

I love Newman's Pretzels, but they're so salty. Can we please get the no-salt variety? Yes. Look for them in March.

What happened to cottage cheese? I had to go elsewhere to buy it. Unfortunately, that's everyone's case. Nancy's creamery burned down last summer and although the main production facility was back in operation within 3 weeks, the cottage cheese section is taking longer. They tell me the cottage cheese will be back in stock in March. I have looked everywhere for a replacement all these months, but no one else makes cottage cheese, at least no one we want to, or can, buy from.

Please, larger size Vanilla Rice Dream Ice Cream. Yes! I promise, but first we have to get our new freezer up and running. It will be the first item I stock.

Please order wheat germ oil. Okay!

Request for Westbrae Malted Soymilk packets. This item has been discontinued due to a lack of sales during the winter months. We may reconsider bringing it back in the summer. We can always special order it for you.

Please, Jan's Salsa in bulk or at least a larger container. I'm trying. I have spoken to our distributor about it and they will see what they can do. I know that they can get it, it's just a matter of picking it up that sometimes takes a while.

Could you check into carrying Odwalla juices and smoothies? I have looked all over Eastern Washington and Northern Idaho. This product is wonderful and I would love to carry it. I had some in Seattle and it was great! After attending a trade show recently, I contacted Odwalla to ask about distribution. They distribute the product themselves and do not have a truck to our neck of the woods. They said they would check into it and maybe make it happen. We can keep our fingers crossed.

What happened to the soy jerky? We'd love to see it again. Especially for spring and summer hiking. One brand was discontinued, but we still carry Stonewall Soy Jerky. It's hanging on the wall next to the chips.

Please get organic rolled spelt flakes in bulk. We used to have them. I haven't been able to get them for a long time. The manufacturer is out of stock, with

no determined delivery date. We do carry spelt flake cereal if that's of interest to you.

Upper crust granola is greatly valued and out of stock. I would buy it at double the price if that would include maintaining stock. For example, what about giving volunteers more incentives? The upper crust granola has been a problem for us for a long time. It is a volunteer project which requires a consistent three hour commitment each week. We currently have a person who is willing to make that commitment, and we shouldn't be out of stock for a while.

Special Note: If anyone is interested in sharing a box of Udon noodles, please let me know. I have a customer who wants to purchase a box, but it comes in 13 pound boxes and she doesn't want that much. We used to carry them, but they did not sell, and we are still debating whether to bring them back. Give me a call if you're interested.

From the Deli

Here's an idea. How about making some pizza slices with Soya Kaas Fat Free Cheese? I will be starting a 'vegan' pizza very soon. I have had many such requests.

Peanut butter and chocolate chip cookies, bigger and moister please! The peanut butter and chocolate chip cookie recipe is the driest of our cookie recipes, but they seem to be very much enjoyed. I advise trying the oatie cookie, which is must moister and also full of chocolate chips. I try to provide a range of cookie sizes in order to have a range of prices.

EASY LOWFAT EATS by Ginny Clark Kohler

BAKED POTATOES WITH BBQ VEGETABLES

SCRUB 4 POTATOES
BAKE IN 400° OVEN
FOR 1 HOUR.



CHOP
1 LARGE ONION
1 GREEN BELL PEPPER
CUT INTO QUARTERS
12 MUSHROOMS



CAN ADD OTHER VEGETABLES
(BROCCOLI WOULD BE GREAT)

SAUTE OVER MEDIUM HEAT
IN 2 TABLESPOONS WATER
FOR 5 MINUTES
ADD 1/2 CUP OF YOUR
FAVORITE BBQ SAUCE
COOK AND STIR
FOR 5 MINUTES
MORE.



ADD MORE SAUCE IF NEEDED.

CUT OPEN BAKED POTATOES
SPoon ON BBQ VEGETABLES



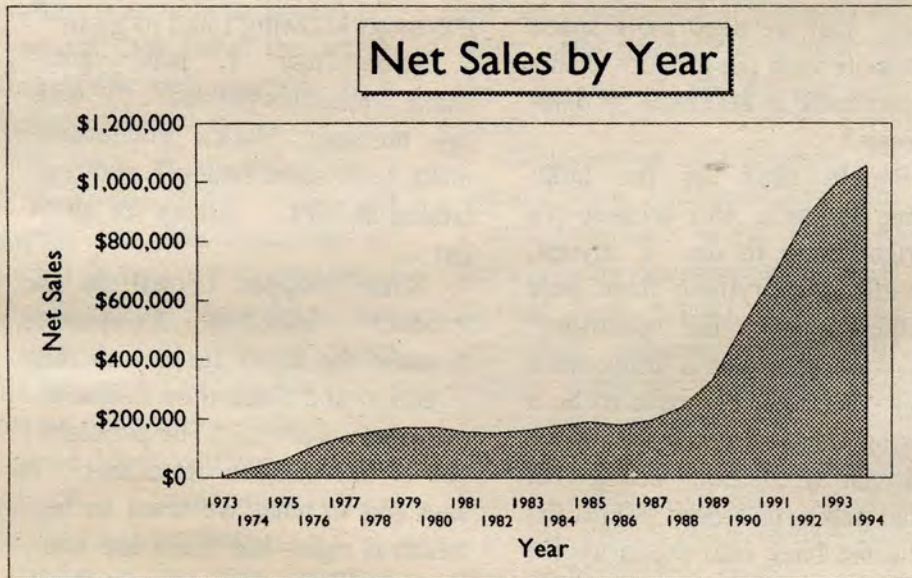
ENJOY A FAT FREE
DELICIOUS POTATO

F.Y.I.: CO-OP FINANCIAL HISTORY

	1990		1991		1992		1993		1994	
Net Sales	\$519,019	100%	\$688,360	100%	\$876,038	100%	\$995,906	100%	\$1,053,254	100%
CGS-retail	\$369,236	71%	\$468,843	68%	\$566,950	65%	\$628,728	63%	\$648,900	62%
CGS-bakery	\$6,961	1%	\$13,569	2%	\$23,400	3%	\$28,919	3%	\$35,805	3%
Labor	\$87,266	17%	\$149,299	22%	\$225,086	26%	\$257,603	26%	\$256,526	24%
Operating	\$45,888	9%	\$57,666	8%	\$77,729	9%	\$74,397	7%	\$96,373	9%
Net Inc(Loss)	\$9,668	1.9%	(\$1,017)	-0.1%	(\$17,127)	-2.0%	\$6,259	0.6%	\$15,650	1.5%
							(before depreciation)		(before depreciation)	



Year	Net Sales	Percent Growth
1973	\$4,828	
1974	\$33,600	595.9%
1975	\$60,469	80.0%
1976	\$106,500	76.1%
1977	\$140,634	32.1%
1978	\$158,591	12.8%
1979	\$170,820	7.7%
1980	\$170,356	-0.3%
1981	\$156,412	-8.2%
1982	\$153,627	-1.8%
1983	\$162,323	5.7%
1984	\$177,529	9.4%
1985	\$189,834	6.9%
1986	\$179,428	-5.5%
1987	\$195,248	8.8%
1988	\$240,605	23.2%
1989	\$333,157	38.5%
1990	\$519,019	55.8%
1991	\$688,360	32.6%
1992	\$876,038	27.3%
1993	\$995,906	13.7%
1994	\$1,053,254	5.8%

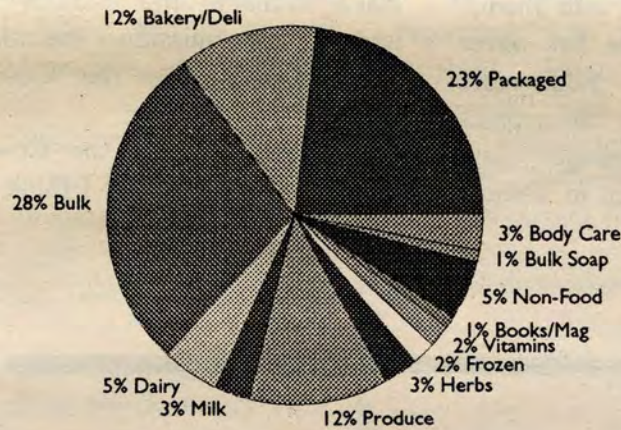


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 Niles Reichardt, D.V.M.
 Nancy Maxeiner, D.V.M.

Types of Products Sold (without Bazaar)

Packaged	23%
Bakery/Deli	12%
Bulk	28%
Dairy	5%
Milk	3%
Produce	12%
Herbs	3%
Frozen	2%
Vitamins	2%
Books/Mag	1%
Non-Food	5%
Bulk Soap	1%
Body Care	3%
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Types of Products Sold
(Bazaar not included)



(pie chart for 1994)

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EASY LOWFAT EATS by Ginny Clark Kohler

PASTA WITH SPICY GREENS



COOK 12 oz. SPAGHETTI IN LARGE KETTLE OF BOILING WATER FOR 10-12 MINUTES DRAIN WATER

IN LARGE PAN OR WOK COOK FOR 4 MINUTES 2 CUPS BROCCOLI-SLICED IN 1/2 CUP WATER. ADD & COOK 2 MINUTES 8 oz. MUSHROOMS-SLICED 4 CUPS SLICED GREENS (SPINACH, KALE, CHARD, etc.)



MIX TOGETHER & POUR IN 2 T CORN STARCH 1/4 CUP BROWN SUGAR 1/2 CUP CIDER VINEGAR 2 T SOY SAUCE 1 T FRESH GINGER-MINCED 3 CLOVES GARLIC-MINCED 1 t RED PEPPER FLAKES 1/2 CUP WATER STIR TO BOIL & THICKEN



t=teaspoon T=TABLESPOON

TOSS IN SPAGHETTI MIX TO HEAT & COAT.



SATISFYING SPICY PASTA !!

By Misty Meadows

We finally found a moment in Kristi's busy 35-hour workweek to sit on the couch upstairs by the bakery and chat. Not that Kristi has minded postponing this chat--she'd rather work! Also, she's not one to divulge a lot of personal who-ha, which I respect (probably because I tend to gush!)

Anyway, we started, and stayed, talking mostly about what drives her right now. As a Washinton-grown perfectionist, and very qualified detail person, taking on the new position of overall store buyer has been "overwhelming, but absolutely fulfilling." Imagine keeping your own pantry, fridge, and freezer full of every wish, whim, taste, and delicacy of any passerby--that's the job! Seven months have passed since her one day of training and she's been organizing ever since.

One Sunday morning, while doing every volunteer's favorite job (packing chips), I hear Kristi announce, "I can't stand this pile any longer--3 days is long enough!" In her perfunctory manner, pen in hand, she begins to unload and distribute. Seven minutes later, the pile's gone. Kristi is quite correct when she

describes herself as an "on-demand problem solver!"

Kristi doesn't mince words or straddle fences, either: "The Co-op needs to move! Remember, we've never had competition before--with the natural foods business growing so phenomenally, we are in a constant state of change. But we need more space to compete with the grocery chains that can truck in 80 crates of mac-n-cheese."

"People shop us for bulk, organic produce, and because it's the right thing to do. I, myself, can't afford everything from here and there's not a full spectrum." (Just wait--give her a little more time!) "We need to strive to be a one-stop shop. People forget we are driven by customer needs, that is what makes us work. All profits are turned back into the store for hiring, programs, and food choices."

While Kristi is "frustrated by having a large staff and not being able to communicate with them," at the same time, she has never enjoyed a job more. Four years ago, Kristi was an electronics buyer, inventory manager, and technical writer. Even in a small

company of 13 people, there were bureaucratic hoops and personal agendas. She felt no connection with her "coworkers who were pretty conservative and therefore wanted to pigeonhole me [as] liberal. I was treated fairly and paid well but hated it." Hated? "Absolutely. I would even cry mornings knowing I had to go in."

"One day I just quit," (hmm...'take this job and') "with my husband Mark's encouragement, took some time off, and then landed at MFC." Lucky for all of us!

Kristi plopped herself on the Product Selection Committee because she didn't agree with their direction and since they decide for the whole store.... "The problem I see is the mission statement. It says this is what we want to be--which is right--but there are many goods, like white sugar, non-organic coffee and tea that don't fit. If you make a rule, follow it." Instead, wouldn't it be better to make available the choices and update the mission statement, without sacrificing the Co-op's integrity?

'I think I'm like the Co-op.' She didn't say that, but I think she

might. Both are fluid and with that fluidity can come tolerance and latitude for growth and change. Kristi said that she and Mark met in high school. They both have grown and changed, but have been married for seven years and both see the Co-op as a business in a useful and righteous niche.

It's inspiring to be with someone who truly loves her job, enjoys her coworkers, and fills her private time with activities that accentuate (but don't accessorize) who she is.

Typical of her "never waste a moment" attitude, Kristi reads (or sleeps) while riding the transit bus from Pullman. (Food catalogs, I'm sure.)

Also, which is really cool, she is learning to play Beethoven on her Whorlitzer upright piano. In 6 months Kristi will give a live performance at her home overlooking Kamiak Butte and the Blue Mountains. Actually, you must wear fur or feathers to attend. Ready? Sorry! Her 2 dogs, 3 cats, 15 chickens, and lone bunny will likely be the only ones tapping their respective toes or claws.

I found a quote by Mognon McLaughlin that I think suits Kristi: "Even cowards can endure hardship; only the brave can endure suspense."



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By Carrie Lipe,
Moscow Recycling

For the past two years, hundreds of gallons of good paint have been recovered from Household Hazardous Waste Collection Day and returned to the community for re-use. This paint has been used to spruce up the Kibbie Dome, over-paint graffiti, cover park benches, renew Habitat for Humanity homes and decrease costs for individual fix-it-up projects by home-owners and renters.

I'm looking for people and projects to use this year's re-usable paint so we don't have to send it off as household hazardous waste. Please call Carrie at Moscow Recycling (882-2925) to place an order for recycled paint, or to let me know about a community group (theater? artists? service groups?) that might have a use for good, free paint. Supplies are limited and given out on a first-come-first-served basis, so contact me as soon as possible.

At the event, each paint can is opened and carefully checked for quality. Paint is bulked into 5-gallon batches by color, and interior paint is kept separate from exterior. Batches can be re-tinted to a desired color or used as-is. In the past, we've recycled only latex (water-based) paint, but we're happy to set aside good oil-based paint if we have requests in advance. When placing requests, keep in mind that we don't know exactly what will come in, but it's a good bet we'll have the following: interior white, interior light-colored (for re-tinting), and exterior white, light, medium and dark shades. At the end of the collection event, the paint will be inventoried and given back to the community in the order that requests came in. For large batches of paint, it is best to make arrangements to pick the paint up around 4:15 on event day (Saturday, April 22 at Eastside Marketplace). For smaller batches, I will call you to make arrangements for later pick-up.

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ORGANIC LONG GRAIN
BROWN RICE

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ORGANIC WHOLE WHEAT
SPAGHETTI

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UPPER CRUST BAKERY
ORGANIC WHOLE WHEAT

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2LB. LOAF

IN BULK

9 GRAIN CEREAL

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reg. .65

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8 CELEBRATE EARTH DAY BY LENDING A HELPING HAND

By Carrie Lipe,
Moscow Recycling



Why not celebrate Earth Day by helping keep Latah County's soil and waterways free of toxic waste? Every year the City of Moscow, Latah Sanitation, Inc., and Latah County combine forces to organize Household Hazardous Waste Collection Day. This year the event falls on Earth Day weekend, Saturday, April 22, at Eastside Marketplace. Approximately forty volunteers are needed to dress up in funny yellow protective suits and help direct traffic, hand out educational materials, unload waste from cars, recycle paint, motor oil and antifreeze and empty non-recyclable toxic wastes into special storage drums.



The event lasts from 8 AM to 4 PM, and volunteers are asked to sign up in advance for a four-hour shift (8 AM to noon, or noon to 4 PM). Lunch and snacks will be provided by Tidyman's and the Moscow Food Co-Op, so you'll have plenty of fine fodder to keep you going.

This event provides a safe way for Latah County residents to recycle or dispose of those common household products marked *hazardous*, *toxic*, *poisonous* or *corrosive*. These materials pose a health to sanitation workers if mixed with normal household trash and become a source of soil and water pollution if dumped down the drain, poured onto the soil or included in landfill debris.



Examples of household hazardous wastes include: pesticides, solvents, antifreeze, motor oil, paints, nail polish, drain cleaners, lighter fluid, and pool chemicals, to name a few.

The State of Idaho has no mandate regarding the collection of household hazardous waste, and many Idaho communities do not provide for the safe disposal or recycling of these materials. One of the main reasons the Latah County community has been successful in providing this annual service over the last seven years is due to the cooperative effort of many organizations and individuals working together to make Household Hazardous Waste Day happen. Come help this year! You'll find it a real education, as well as being fun.

To volunteer, please call Carrie at Moscow Recycling (882-2925) before April 21. And if you want to address the issue from BOTH ends, also call the Palouse-Clearwater Environmental Institute to sign up for their creek clean-up on the same day!

(Washington residents, please note: Whitman County will be opening a permanent household hazardous waste collection point later this spring, so please hang on to your materials until then. Call Whitman County for more information, 397-6206. We cannot accept materials from out of Latah County at HHW Day.)



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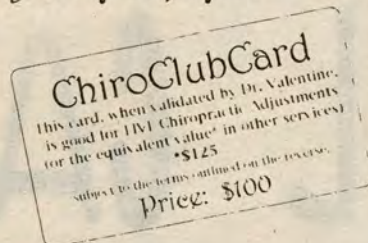
Dear Honey-Bear,

You are my dearest darling. I want you to feel really great again, so I got you a ChiroClub membership, good for five chiropractic adjustments from Dr. Valentine, and big discounts on other services.

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-Zelda

P.S. - I got one for myself, too. XOXOX



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By Jacqueline A. Soule

This month the topic is one of those spices which is often also considered an herb: **anise**.

Anise is native to the dry, rocky soils of the eastern Mediterranean, including Israel and Egypt. The Greek know the plant as "anison," while the name in modern Hebrew and Arabic is "anysum." Anise bears the scientific name *Pimpinella anisum*. Both its common name and specific epithet refer to the ancient name for the plant.

In the Middle Ages, anise was used as a spice, as medicine, as an ingredient in classic aphrodisiac mixtures, and as bait in mouse traps. More recently, wolf and cougar trappers have tried to hide the "steel scent" of their traps with Oil of Anise.

Anise is a member of the Carrot (Umbelliferae) Family. The family name, "Umbelliferae," refers to the fact that the flowers occur in a dense cluster, termed an umbel (see illustration). Other members of this family include caraway, dill, cardamom, coriander, parsley, parsnips, and of course, carrots. Local, native plants in this family include *Lomatium*, or Biscuit-root, as well as the beautiful, but deadly, Water Hemlock, occasionally mistaken for Indian Parsnip.

Much of the anise plant is useful. Leaves, flowers and seeds are edible. Spice uses vary by ethnic origin: the seed is used in many Moroccan and Arabic dishes; the French consume anise in the liqueur anisette; Austrians use anise to flavor beef dishes; Germans season pork; East Indians spice their curries; and Swedes and Norwegians flavor their breads with anise when caraway is not available. Anise is also tasty in eggs, cheeses, baked goods, pastries, fish dishes, or with many types of steamed vegetables, in pickles, or in fruit dishes such as compote, applesauce, or some chutneys. I mix anise seed or leaves with tofu and stir-fry for a pleasantly different flavor. Others use the leaves raw in green or fruit salads, or in soups and stews. Leaves may also be dried for tea or use as a spice.



With all these wonderful uses of the plant, you may wonder, "Will anise grow on the Palouse?" The answer is "yes!" Anise is an annual that requires only 120 frost-free days. Grow it just like you would carrots. The flavor is so strong that you only need a few plants.

Anise contains two essential oils called anethol and anisol. Anisol is also found in the licorice plant, *Glycyrrhiza glabra* a member of the Legume or pea Family, and is the source of Oil of Licorice--the flavoring for Panda licorice candy and Tom's toothpaste (both available at the Co-op).

The extract, called Oil of Anise, is used in perfumery, soaps, beverages, and to enhance the flavor of the more expensive Oil of Licorice in some brands of cough medicines and lozenges.

The major producers of anise are southern Russia, Bulgaria, Spain and now Mexico and Chile. Last year the United States imported close to 50 metric tons of the essential oil, valued at over half a million dollars. Most of this was from Spain.

Ethnomedically, anise is used to promote digestion or relieve stomach upsets. It has been shown to increase secretions from gastric, sweat, and mammary glands. Anise also has mild expectorant

qualities and currently is used in some cold remedies.

As a home cold remedy, anise can be prepared as an infusion (pour boiling water over the seeds), not a decoction (which is boiling the seeds in water). It will have a slightly sweet taste to it. There is no indication of toxicity, but as all plants contain defensive compounds to deter pests, it is best consumed in small doses, or under the direction of a qualified herbalist or health professional.

The Moscow Food Co-op has anise seed available at \$8.04 per pound, which may sound expensive, but it takes a great deal of time to use up even 1/10th of a pound (\$.80 worth). Store anise, and all your spices, in an air-tight container, out of direct light.



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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.

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By Susan Baumgartner

The letter arrives and I delay opening it. It's from Robbie, loyal friend from my years in Bellingham in the late '70s, Christian, home schooler, mother of three. I came out to her at Christmas and said I hoped we could still be friends in spite of the way my life kept moving farther and farther from hers.

The letter was sweetly tolerant. She had done "research" on homosexuality, locating two flyers from an Episcopal church that had a ministry for "men and women who find their homosexuality is incompatible with their faith in Jesus Christ." Robbie had all the quaint psychological theories from pre-1973 and was anxious to save me from the deep pain and anguish that had made me choose homosexuality, encouraging me to give up that out-of-control addiction for the healing power of God. In short, the same old discouraging, though well-intentioned, hogwash.

Ironically, I believe the mirror-image hogwash about Robbie. I can't believe in her happiness, living such a constricted life, anymore than she can believe in mine. But Robbie is happy—happy and comfortable and safe. She has her faith. She has her family. Everything is laid out for her.

The problem of reaching Robbie and the millions of people like her is never far from my mind. They are great un-reachables, the

huddled masses who stand in the way of most progressive ideas. Whether we're tree-huggers or feminists or non-fundamentalist Christians or intellectuals or liberals or vegetarians or multiculturalists or gays, we all face this same obstacle. Why should conservatives worry about any of us or take on any of our concerns? Why would they leave the warm comfort of the status quo to face the realities we preach?

Yet most of us progressives feel that our ideas will help everyone, including conservatives. We want to keep our communities small and livable. We want to save the planet. We want to foster world peace by finding ways for disparate people to get along. But our good ideas might as well be castor oil. Conservatives simply don't want to hear them.

Maybe we're too negative. Don't use that word. Stop eating meat. Don't spray those pesticides. Nag, nag, nag. Worry, worry worry. The sky is falling, the sky is falling, and it's all your fault. Meanwhile, conservatives are having a wonderful time, enjoying their return to power. They're on top and we're fighting for our lives. What can we possibly offer them that seems better than what they already have?

One idea came to me while reading about gay make-up artist, Kevyn Aucoin. In his words, "Tolerance and acceptance are not

enough for me—it's celebration I'm aiming for."

Tolerance—for lesbians and gay males—simply means that people still disapprove, but they know they can't express that disapproval openly. Acceptance is neutral, not finding anything particularly bad in homosexuality, but not recognizing anything good either. But celebration, I think, is the key, and not just for gay civil rights.

Those of us who attended the Latah County Human Rights Task Force breakfast were reminded forcefully by the singing of WSU student Rick Austin, and by an incredibly moving speech by WSU's Bennie Harris, that celebration is everything. What incredible talent and charisma these two black men had. What a wonderful infusion of "difference" they gave to our mostly "white bread" breakfast. They lifted our hearts, all of our hearts, no matter what color our skin.

So my new resolution, beginning with my response to Robbie's letter, is to fight happiness with happiness by putting celebration first. Instead of focusing on the sacrifices we have to make to help people of color, I'll

emphasize the help they've given me. Instead of nagging at loggers to stop clinging to an outmoded way of life, I'll promote compatible job opportunities designed to free them from the cruel and dangerous work of clear-cutting trees. Instead of whining that women are always marginalized, I'll celebrate the courageous men who are stepping back a little so both genders can stride forward together.

Celebration is inherently energetic, and celebratory energy is hard to resist, even for people warm and safe in their cocoons. It's Pollyanna, it's the old sugar-instead-of-vinegar trick, but vinegar hasn't been working very well. To reach Robbie, to reach all the people like her, we have to use something enticing enough to overcome their contentment. It's possible Robbie will just tell me, once again, that Satan is a great liar and seducer, that he can make us feel really happy when the happiness isn't real. But she might also be able to sense that the joy I feel is authentic, and that idea of joy might do more to coax her out of her cocoon than all the arguments in the world. I'll keep you posted.

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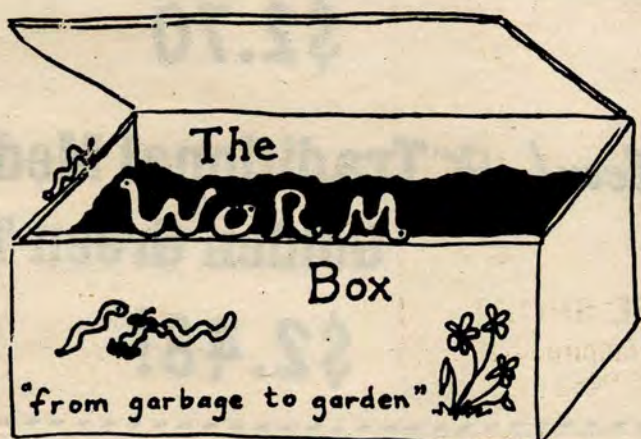
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2 C. (16 oz.) uncooked St. Maries Wild Rice

Cook rice - 4 C water and 2 C rice at low boil 45-50 minutes, until water has evaporated (ratio for cooking rice is 2 C. water to 1 C. rice).

Pour warm rice into large salad bowl, add:

1-2 cloves fresh garlic, mince or pressed into warm rice

1 lemon, squeeze juice and pulp into warm rice and stir

1/2 lb. fresh raw carrots, shredded

1 lb. fresh ripe tomatoes, chopped

1 bunch fresh parsley, chopped

1/2 lb. red cabbage, chopped

1 large fresh green pepper, chopped

1 large red bell pepper, chopped

(optional: 1/2 - 1 lb. sugar snap peas)

Add all ingredients to cooked rice and mix well. 8 oz. favorite vinegar/oil dressing. Chill and serve with Pita bread.

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THE POTATO: FROM THE INCAS TO IRELAND TO IDAHO



By Jacqueline A. Soule

In honor of this month's holiday, St. Patrick's Day, I decided to write about potatoes. According to an old Irish saying, there are only two things too serious to joke about in Ireland--marriage and potatoes.

How did potatoes get to Ireland from their native land of the Incas? Some people believe that they arrived as flotsam from the wrecks of the Spanish Armada, where they had been used to prevent scurvy.

The English claim that the potato was introduced to Ireland by Drake or Raleigh.



Either way, the potato was firmly rooted in the Irish diet and soil by the time Oliver Cromwell invaded in 1649 and began his campaign of violence and pillage on the Irish and their food crops. It is documented that the canny Irish turned to wild foods, including the leaves and roots of the native species of Oxalis, the shamrock.

In 1846, a wet spring and a tiny fungus combined to cause the deaths of thousands of people, the emigration of tens of thousands more, and the rot of millions of tons of potatoes. This event is known as the Great Potato Famine. Other crops had failed as well, but the loss of the potato crop was an especially hard blow.

Nutritional Storehouse

What the Incas learned several thousand years ago, before they even began cultivation of the potato, is that the potato is a life-sustaining storehouse of energy and nutrients. Per unit of land, potatoes provide more protein and calories than any other food crop; five times more than soybeans, corn, or wheat. There are also a number of important trace minerals

which the tuber stores in the tissues one layer below the skin.

A single medium potato (approx. 5 ounces) has 110 calories, 6% of an adult's daily protein requirement, as well as a wealth of the other RDA's. First of all, vitamins: 50% of the RDA of vitamin C, 20% of the B6, 10% of the niacin, 8% of the folic acid, 4% of the pantothenic acid, 2% of the riboflavin, and a trace of vitamin A; and minerals: 15% of the iodine (no need for iodized salt!), 8% of the phosphorous, copper, and magnesium, 2% of the zinc, and a trace of calcium.

Several nutritional studies have been done, and have proven that all these wonderful vitamins and minerals are available, IF the potatoes are boiled or baked in their skins. Thus potatoes, properly cooked, rival beans and surpass rice and pasta in their food value.

Varieties

There are a myriad of varieties of potatoes, all of which have approximately the same food value, but differing in properties which make them more suited for various uses.

New potatoes (the medium to small, red-skinned potatoes) are best for boiling because of their low starch content. They also microwave very well in only 3-5 minutes. Serve new potatoes with a dab of butter, olive oil, and spice them with just a touch of 'Spike.' I like to eat potatoes the way I first had them in Turkey, with plain yogurt and dill.

Old potatoes aren't really old, they are just the first sort introduced to the Old World (Europe). Old potatoes are the dirt-brown, lumpy oblong sort. Their skins are thick and tough,

but their high starch content makes them ideal for mashed potatoes, German potato pancakes, Irish coddle, Polish knish, or my grandmother's potato kugel.

Red potatoes are similar to new potatoes, but are rare in markets as they do not store well. They should be stored at room temperature and eaten with two weeks of harvest.

Potato Safety

First, never eat anything larger than your head! Seriously though, potatoes are so full of nutrition that they have to protect themselves from being eaten by hungry animals. They are safe to eat as long as they think they are underground (hiding from predators). Once potatoes have been exposed to light and warmth they begin to turn green and produce a toxin called solanin. This toxin is also found in the potatoes' cousins, eggplant and tomato. So, store all your potatoes in a cool, dark place.

Grow Your Own

Potatoes grow well on the Palouse, and there are so many truly interesting types, including several blue-fleshed varieties recently introduced from Peru, as well as yellow, rose, red, or even the "color-splashed" varieties which have purple or red around the eyes. I know of one company which specializes in potatoes for gardeners: Ronniger's Seed Potatoes, Star Route, Moyie Springs, ID 83845. Include \$1.00 for their catalog.



FOR TV "LOVERS" (...?)

By Ken Nagy

The latest round in the quickly-growing-tiresome television debate is an article in the February Co-op Newsletter which equates "TV bashin" with book-burning. My assertion holds true that anyone who voices the least criticism of television viewing will be branded a technophobic extremist, a person who cannot be trusted to not enter your home and violently deprive you of your constitutionally-guaranteed TV set.

Come now, let's do try to keep our heads and not go screaming into the night as blind extremists. Just because I hate television doesn't mean I hate you—or society. In fact, it is my love of society that causes me to have such a low opinion of television and TV viewing. I will defend your right to watch television in the face of imminent peril, but—pardon my lack of bliss—reserve my right to hate anything I perceive as a brain-softening agent and a bloody waste of time.

But, hate was not what necessarily instigated this debate. The author of last month's fiercely pro-television article seems to have decided that when people who have chosen to live without TV send out a call to unite and celebrate their joy in public, it is somehow a hateful act which infringes on everyone's freedom. However, it is infinitely more difficult to get through one's day without being subjected to the infernal babble of the boob-tube than it is to find a TV set in a sudden moment of need. The situation is so excessively lopsided that such a debate is beyond humorous—in enters the realm of the absurd.

Who are the extremists here? The defenders of television who believe that their addiction is the perfect expression of freedom and an open mind? Or, those who wish to laugh in the face of such folly?

March

by:
Robin
Murray

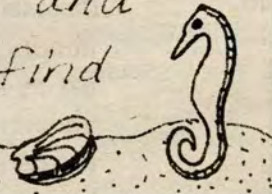
Kids Page

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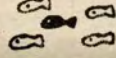
that there are five oceans on earth? Get out a



map or a globe and see if you can find them all!



LOOK FOR THESE BOOKS AT THE LIBRARY:

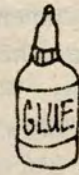
Swimmy by: Leo Lionni and 

Is This A House for Hermit Crab? by: Megan McDonald
illustrated by S. D. Schindler

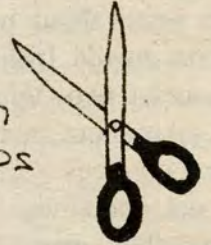
Try This:

Egg Carton Turtles

You'll Need:



egg carton
paper scraps
glue
scissors
markers or paint



Cut out cups from the egg carton. From paper scraps, cut a head, four feet and a short tail. Glue to egg carton cup.

Decorate shell and head using markers or paint. Let dry and then play with them or string them on a stick to make a mobile. Have fun!



A recipe for Mom or Dad & Me

NORI CRISPS

(Potato Chips from the Ocean!)

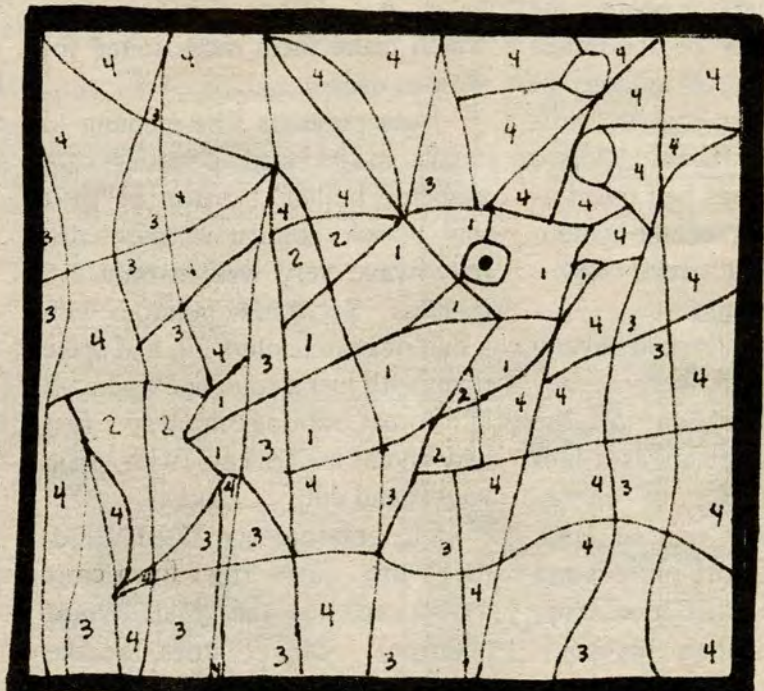
With kitchen shears, cut Nori sheets into 1 to 1 1/2 inch squares. (You can cut more than one sheet at a time.) Have an adult heat 2 tablespoons of oil in a wok or a frying pan. Add the Nori squares and fry about three minutes, stirring constantly with two spoons. The Nori will become crisp. Salt if desired and serve immediately.

Adapted from: Recipes for the Rest of your Life by Bonnie Mandoe.

Color by number

Color each space the color indicated by the number in that space to reveal the picture.

1 = Yellow 2 = Orange 3 = Green 4 = Blue





*A month's worth of
things you can do to make a difference
April 1995*

SUN	MON	TUE	WED	THU	FRI	SAT
2 Volunteer for Hazardous Waste Collection Day Apr 22 call 882-CYCL(2925)	3 Remove your name from a junk mail list	4 Bring your own bag to the grocery store	5 Take the bus instead of driving	6 Install low-flow shower head and faucet aerators	7 Buy rechargeable batteries. Recycle used batteries.	8 Free composting workshop 9-12 Moscow Recycling call ahead 882-2925
9 Use cloth napkins	10 Donate household items to charity	11 Fix leaky plumbing	12 Ride your bike instead of driving	13 Replace toxic household cleaners with a safer substitute	14 Enjoy a meatless day	15 Mow lawn; let grass clippings lie
16 Easter	17 Start a recycling program at work or school	18 Check the air pressure in your tires	19 Walk instead of driving	20 Volunteer your time for an environmental cause	21 Use durable mugs and lunch containers	22 EARTH DAY Hazardous Waste Collection 8am-4pm E. Side Marketplace Latah residents only
23 Replace an incandescent light bulb with a compact fluorescent	24 Make double-sided copies	25 Buy recycled products	26 Carpool instead of driving alone	27 Start a compost pile	28 Shop at a yard sale	29 Arbor Day - Plant a bush to attract birds.
30 Go for a nature walk	May 1 May Day Set up a bird bath					

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APRIL 22

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Saturday, April 8
9 am to Noon

Learn to recycle garden & kitchen waste to your own backyard. Reduce waste & save money on your garbage bill.

Includes free bin design "blueprints", slideshow and tour. Call Carrie at Moscow Recycling to sign up. 882-2925.

March 9

Reed Noss,
Editor of
Conservation Biology,
will give a talk at
7:00 pm at the College of Forestry, rm. 10 - UI Campus.

WILDERNESS ISSUES

March 15

Endangered Species Act Panel.
Speakers TBA. **7:00 pm**
at the College of Forestry,
Rm. 10 - UI Campus

WANTED: Volunteer Gardener

We need a volunteer gardener to water, weed and maintain our flower beds. 18% discount!
Talk to Erika

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)

Moscow Vision 2020

Recycled Paint

Recycled paint will be available from Moscow's Annual Household Hazardous Waste Collection Day (April 22, 1995). Call Carrie Lipe at Moscow Recycling - 882-2925 to get on the list. Paint will be distributed on a first-come, first-served basis.

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.

Planning & Growth DISCUSSION GROUP

Stay abreast of news affecting the future of Moscow and Latah County. Join Moscow Vision 2020's free electronic discussion group. To subscribe, send an E-mail message to "majordomo@uidaho.edu" with the content "subscribe vision2020." For more information, contact Greg Brown (gregb@uidaho.edu) or Kenton Bird (kbird@wsu.edu).