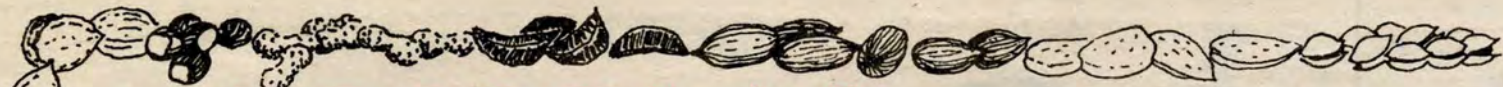


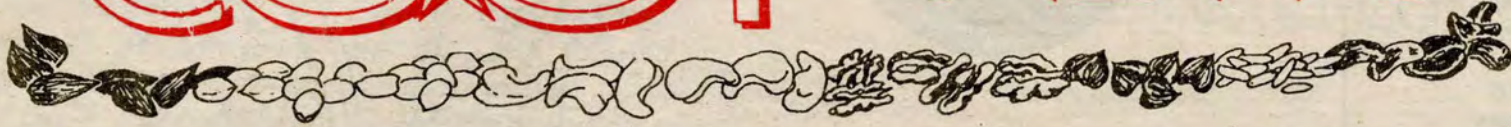
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MAY 1995




# MOSCOW COOP

# COMMUNITY NEWS



 **MOSCOW FOOD COOP**  
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MOSCOW ID 83843

  
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# Moscow Food Co-op

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Upper Crust Bakery

883-1024

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Deadline for articles: 20th of each month

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**LETTER TO THE EDITOR**

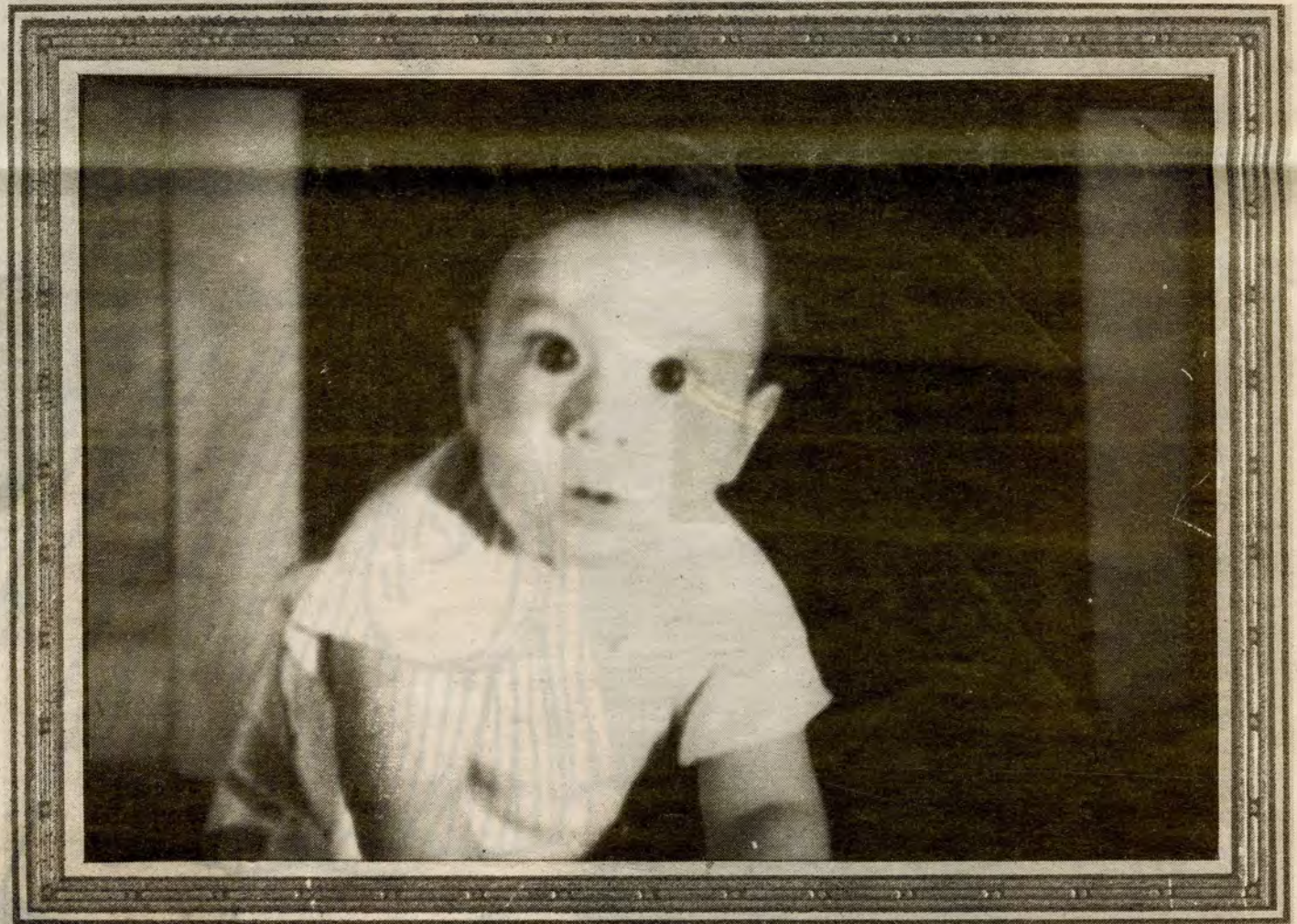
A message of thanks to the Moscow Food Co-op, from the Moscow High School Class of 1995 parents.

The parents of the seniors in the 1995 graduating class would like to thank you for your donation of 5 T-shirts to be given to the graduates attending the all-night senior party on June 9. Your generosity is appreciated.

There will be a public lecture: "Could a Large-Scale Composting System Work Here?" on May 11, 1995 at 7:00 pm in the Moscow Community Center, 2nd floor (3rd & Washington).



Hi, my name is Patti Scott and I am making a transition to a macrobiotic lifestyle. I am looking for folks in this area with the same commitment. Please call me at 332-5857 before 9:00 pm if you are interested in getting together for some networking. I'll look forward to hearing from you.



**This boy is turning 50?**

**Ed Clark Born May 13, 1945**

By Vicki Reich

Do you feel there is something missing at the Co-op? Have you ever wanted to know more about the products you buy, how they are made, how they effect you and the environment? Do you want the Co-op to be more of an information center, a meeting place to discuss new ideas and hear what other people are talking about? Well, so do the board members of the NEW Education and Outreach Committee.

At the board retreat, we agreed that the Co-op should be providing more of a forum of ideas as well as educating our customers. We wanted a way to disseminate the information gathered by the Product Selection Committee (which is being asorbed into this committee) and to continue bringing educational information into the store. Thus was born the

Education and Outreach Committee. Our goal is to bring new and interesting information into the store through monthly displays. We are also going to try out the idea of bringing in pertinent speakers to make good use of our upstairs floor space.

Sounds like a great idea, but something is still missing. YOU! We can't do it alone. We need enthusiastic members to join us to get the job done. So if you want to have an influence on what topics are discussed or how things are presented in the store, please come join us. Meetings are held the 1st Monday of the month at 8:00 pm upstairs at the Co-op. For more information, please call Vicki Reich, Eva Strand, or Ed Clark.

See you there!



## SHOP SMART CONTINUES

By Eva Strand

What is going on? Gigantic TV cameras are rolling down the isles of the Moscow Food Co-op and Tidyman's, followed by enthusiastic students from the communications department at the University of Idaho. Co-op members are dressing up in clean aprons and the peppers in the produce case are being polished for maximum shine.

Thanks to a new grant from the New Ag Options Network of the Palouse Clearwater Environmental Institute (PCEI), the Shop Smart program that was initiated last year can continue in 1995. This program promotes the very ideas that started the Moscow Food Co-op 20 years ago. Does promoting organically- and locally-produced products as well as waste-wise and environmentally-friendly shopping sound familiar? There you have it, Shop Smart in a nut shell.

Last year's Shop Smart grocery store tours at the Co-op and Tidyman's have been quite successful, with approximately 300 tour participants since October of 1994. Tour sizes range from single individuals to families and to school groups of over 25 participants. Participants walk home with a free net bag for grocery shopping and lots of useful information on how to cut down on waste. This fits right in with the volume-based garbage billing system that was implemented in Moscow early this year. No, no, no, don't worry, you didn't miss THE TOUR. Tours are continuing at the Moscow Food Co-op and at Tidyman's through 1995. Call to sign up for a time that fits your schedule.

This year we are also trying a new approach to Shop Smart education. The "new approach" explains the TV stuff. In addition to offering in-store Shop Smart

tours, we are using the grant money to produce a local Shop Smart video presenting the Shop Smart principles. How about curling up in a cozy corner with a hot cup of tea and absorbing the Shop Smart principles through a friendly, local, 12-minute Shop Smart video, all in the comfort of your home? Beats rushing out in the cold night for an in-store Shop Smart tour, doesn't it! The filming will take place at the Moscow Food Co-op, at Tidyman's grocery store, at Moscow Recycling and at various other locations in the Moscow area.

This is quite an exciting project to be involved in, with much thanks to enthusiastic and creative co-workers: Ed Clark at the Co-op, Carrie Lipe at Moscow Recycling, Judi Broderius at Tidyman's and Alan Lifton and the students at the Communications Department at U of I. Special thanks to Mike Nelson, our student contact and organizer of shooting the footage for the video. Our learning curve is steep. Grant writing, fund raising, script writing, writing biro and shot sheet, shooting footage and (soon) video editing are some of our activities.

We plan to have the video ready for distribution this fall at the participating stores, PCEI, local libraries, and recyclers, at schools and through other educational programs. If you have comments or questions of ir you are just plain curious about this project please feel free to give us a call: Ed Clark (882-8537), Eva Strand (882-0528), or Carrie Lipe (882-2925).

By the way, don't miss the Shop Smart displays at the Moscow Public Library April 17 - May 15 and at the U of I Library April 17 - May 1. I wish you all a wonderful and, hopefully, a little bit warmer spring.



# THANKS FOR THE CORRESPONDENCE

*The Surveys Are Coming, The Surveys Are Coming*

By Ed Clark

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We sent out 356 surveys to addresses randomly selected by our computer from Co-op membership lists. It was heartwarming and a bit incredible that we had over 100 returns in the first 2 days. They've kept coming in and at this writing about half have been returned. That is some kind of statistical phenomenon and it reinforces our belief that Moscow Food Co-op members are the Best! Thank you for taking the time to fill it out.

You would love to participate but weren't given the chance? Don't give up hope. The next segment of the survey will be conducted during May at the Co-op among people coming to shop. This will include members and non-member shoppers alike. During selected times someone may ask you if you would care to spend a couple of minutes checking items on our short survey. With luck you might still be included. If you got one in the mail just say so.

A database is being prepared by Board member, Dean Pittenger, and we will begin tabulating the results when we have about 60% returned. We should have something to publish by the next issue of this newsletter. The information contained will help the Board make decisions for a great cross-section of the Co-op's constituency and also help in writing the Co-op Business Plan.

Special thanks to those who took extra time to write comments and share thoughts. They truly show the great diversity of our co-op. All of the suggestions will be carefully considered and I expect an improved Co-op to be the result. Whether or not you receive a survey, your comments concerning the Co-op are always welcome. Please write your criticism, praise, suggestions and complaints and send them to me c/o the Co-op. I will make sure that the appropriate people see and consider them.

## THE BUY LINE

By Kristi Wildung

*Will you be stocking more Republic of Tea "Keeman Oolong?" It is wonderful so I hope you get more, please. I'd love to help you out, but Republic of Tea has discontinued this product.*

*How about some more baby products, lotions, oils, etc.? I've found some SPF-30 sunscreen and unpetroleum jelly for babies, but I'm still looking for oil and lotion. We do carry soap by Burt's Bees.*

*When I was in Seattle I discovered Odwalla drinks. These are the best, especially the micronutrient green one with spirulina. Can you get these? I discovered them when I was in Seattle too and called them right away. Unfortunately, they are not handled through a distributor and do not currently run a truck out*

*this way. I told them to let us know if they ever do.*

*Cascadian makes a real Kosher dill pickle with no vinegar. We can get them and I will consider the request. I've been looking for a true Kosher pickle. If you need them right away, please see me about a special order.*

*Please carry Vegit Seasoning. Okay.*

*Please carry distilled white vinegar in bulk. We are very low on room, as you know. But I will see what I can do.*

*Please, small sizes of Nutella. The manufacturer has discontinued the small size of this product.*

*Please carry salted sunflower seeds in shell. Sorry, these are not available in bulk.*

## M E E T I N G S A T T H E C O - O P

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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## RETREATING INTO 1995

By Jeannie Harvey  
and the Board of Directors

It was a clear day so we climbed the ridge overlooking Paradise Farms and tried to see the future. It was not just another board meeting; it was the annual "retreat" where we, the directors of the Food Co-o Board, reviewed the recent past, discussed the burning issues of the present, and set goals for the year ahead. Some noteworthy results sifted out.

We will work to change a perception that the directors "just do what they want." In fact, the survey in progress is intended to allow us to better profile our membership and make decisions that represent the member-owners. In addition, each board meeting will now include a set time (7:30 pm) for any member to address the board with comments, questions, or complaints. As in the past, all board meetings are open to all members, but we feel this new structure will better convey that invitation and make it easier for members who wish to participate. Also, we want to try to feature one particular topic at each board meeting so that we can discuss it in more detail while handling other business as succinctly as possible. We hope that by announcing the planned topic in advance, members will be encouraged to attend board meetings and thus contribute to the management of the Co-op. We are even going to take this one step further by holding special forums to discuss specific issues with the members. We know there will be some lively interchange in these sessions and we need the extra input for some of the decisions we have ahead. A likely first topic will be the ins and outs of product selection.

These actions demonstrate the commitment we have to education and outreach. We even agreed to start up a new committee with that

focus. Two other committees, finance and strategic planning, will continue meeting with the hopes of resolving some of the difficulties that face our organization. For the present, we'll sign a new 5-year lease with the McCoys and, hopefully, include negotiations for building improvements. Because we have decided to delay moving, we must find new ways to face the growing problems and risks that come with our current facility. In comparison to industry averages, we run an expensive operation--despite a couple of years of successful streamlining efforts. This means you probably pay higher prices than you would if we were in a different facility, and, worst of all, it means other vendors can easily compete with us. We are already seeing some of the results that we predicted would come (declining sales and reduced membership, for example) if we did not move from the current location. The future is sneaking up on us.

The future we saw from that ridgetop also included an expanded deli operation with seating, continued efforts to introduce new products to the area, a commitment to serve our members first and best rather than over-reacting to the changing demographics of the area, and to remind ourselves constantly that the employees and volunteers (the corps at the core) must not be taken for granted.

You may have joined us once by paying your dues and now we invite you to rejoin us through comments and participation. An updated list of the directors and their phone numbers is posted inside the Co-op door. You'll find meeting schedules there, also. Next time you glimpse the future, look for the Moscow Food Co-op. We plan to be there.

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# 6 WHERE DO VEGANS GET THEIR PROTEIN?

By Mare Rosenthal

Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products, such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products. Although some people follow a strict vegetarian diet for health and/or environmental reasons, vegans typically have an ethical justification for their lifestyle. Ahimsa is the Indian-based view of non-killing, dynamic harmlessness. I chose this lifestyle in order to promote a more humane and caring world. I know I am not perfect, but I believe it is my responsibility to try to do my best.

A question I am often asked is "Where do you get your protein since you don't eat dairy products?" From the same sources most other people do: grains, legumes, nuts, and other plant foods. Unlike others, however, I avoid the excess protein from meat, dairy, and other animal products which are laced with fat, cholesterol, pesticides, hormones, antibiotics and similar harmful

ingredients which place an unnecessary burden on our digestive system, liver, and kidneys. It is easy for a vegan diet to meet the recommendations for protein as long as calorie intake is adequate. Strict protein planning or combining is not necessary. The key is eating a varied diet.

Almost all foods, except for alcohol, sugar, and fats, are good sources of protein. Vegan sources include: Whole wheat bread, rice, oats, lentils, peas, beans, potatoes, broccoli, kale, almonds, chickpeas, peanut butter, tofu, soy milk, etc. For example, if part of a day's menu included the following foods, you would meet the Recommended Dietary Allowance (RDA) for protein for an adult male: 1 cup oatmeal, 2 slices whole wheat bread, 1 bagel, 2 tablespoons peanut butter, 4 oz. tofu, 1 cup broccoli, and 1 cup brown rice.

(Nutrition information obtained from the American Dietetic Association position paper on Vegetarian Diets issued in 1992. Copies available by calling me at 883-4565.)



The chives in my garden are thriving and ready for harvest. The first recipe is newly invented. It is easy to make. I've been decanting it into a squeeze bottle and decoratively squeezing it onto cooked vegetables (as well as salads). This smooth green dressing looks spectacular on cooked red cabbage.

Enjoy in good health,  
P. Lee

## Blender Chive Dressing

- 1/4 cup fresh squeezed lemon or lime juice
- 1/4 cup extra virgin olive oil
- 1/8 cup cold water
- 1 cup chopped, fresh chives
- 1/8 teaspoon salt, or to taste
- fresh ground peppers



Place all the ingredients in a blender. Blend until smooth + well mixed.

## Blender Tofu Dressing with Chives

- 8 oz. tofu
- 2 Tablespoons extra virgin olive oil
- 2 Tablespoons fresh squeezed lemon juice
- 1/4 cup apple cider vinegar
- 1/2 teaspoon salt, or to taste

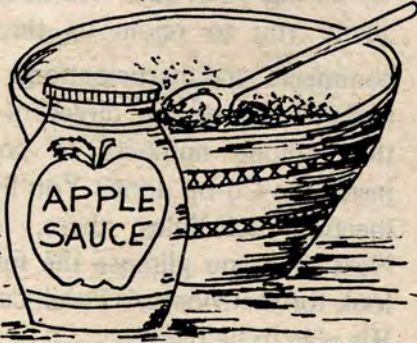
Blend all the above ingredients well, then stir in, by hand, 1/2 cup finely chopped fresh chives.



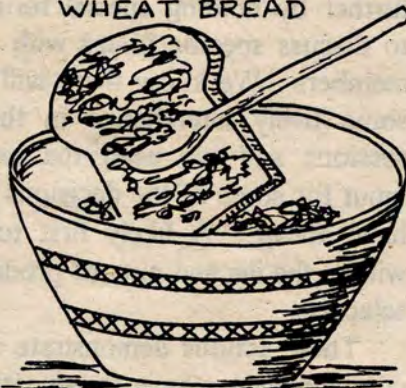
## EASY LOWFAT EATS by Ginny Clark Kohler

### "FRENCH" TOAST

MIX  
1 CUP APPLESAUCE  
1 teaspoon CINNAMON

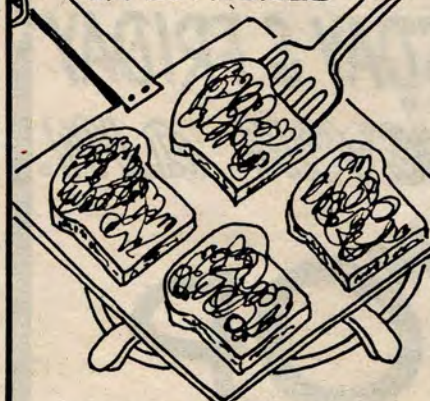


DIP OR SPREAD MIXTURE ON BOTH SIDES OF 4 SLICES OF WHOLE WHEAT BREAD



LEFTOVER APPLESAUCE? EAT IT!!

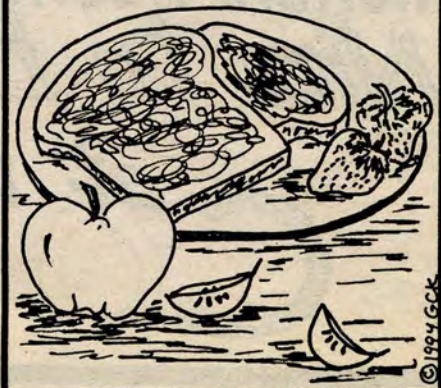
COOK IN A NON-STICK FRYPAN UNTIL GOLDEN ON BOTH SIDES



YOU MAY WANT TO USE A NON-STICK SPRAY

THIS REALLY WORKS AND TASTES GREAT.

SERVE WITH MAPLE SYRUP OR SUGARFREE JAM



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# SPICES, ETHNOBOTANY, AND YOU

By Jacqueline A. Soule

This month the topic is an ancient spice: Cumin.

The plant is native to the region around the source of the Nile. The spice and its name are of prehistoric origin. Minoans cultivated the plant in the 13th century B.C. A plant which may be cumin is pictured in several ancient Egyptian paintings. The first printed reference to the spice is in the Old Testament Book of Isaiah, where 'kumman' seeds are mentioned. The venerable common name for the plant was preserved in its scientific name, *Cuminum cyminum*, by Linneaus in 1753.



Dioscorides, a Greek physician of around 50 C.E. and author of a 5-volume treatise on medicinal plants, used until late in the Renaissance (for almost 15 centuries), listed cumin as a

medicinal plant. Citizens of Rome used ground 'cumini' in much the same way we use black pepper. Cumin was very widely used as a spice in Europe during the Middle Ages. After the European expansion into the New World, when many new spices were discovered, cumin began to be less used in Europe, and is now found mostly in Indian or Middle Eastern cooking. The major producers of cumin include: Morocco, Lebanon, Iran, and Turkey.

Cumin belongs to a plant family with many spices in it: the Umbelliferae, or Carrot, 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 anise, caraway, cardamon, coriander, dill, parsley, carrots, and parsnips. Local plants in this family include *Lomatium*, or Biscuit-root, one of the first wild flowers of spring on the Palouse, with umbels of many tiny, delicate, yellow flowers.

Technically, the portion of the plant used as a spice is the dried ripe fruit of cumin. This is commonly referred to as the cumin "seed," even though the seed is tiny, and is inside the hard fruit. The ripe fruit is generally 7 mm long, or about 1/4 inch.

Cumin is commonly used in curries, for pickling, and for flavoring cheese (Lieden cheese), liqueurs, and cordials. The slightly

acid flavor limits its uses, although I enjoy a homemade salad dressing with cumin seed in it. In the Middle Ages, cumin was also used to flavor bread and cake, but this use has largely been replaced by caraway, a close relative with a milder flavor.

As with other Umbelliferae spices discussed in this column, cumin will grow on the Palouse. Start cumin now, or, in general, when you start your carrots or parsley. Cumin requires even water throughout the growing season. It does well in containers, and could be grown in a deep planter, where it should, ultimately, produce tiny white or pink flowers and then seeds. Cumin is an annual plant, thus it will mature, flower, set seed, and die in one growing season (60-90 days).

Cumin contains the essential oil cumene, as well as cuminic alcohol and cumaldehyde. The spice industry distills these chemicals from the seeds, and sells it as "Cumin Oil." Cumin Oil is used in perfumery, and is also used in veterinary medicine, especially in Europe.

Ethnomedicinally, cumin is used for digestive complaints, such as slow or poor digestion, or diarrhea. In most cases it is prepared as an infusion. 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 supervision of a certified herbalist or health professional.

The Moscow Food Co-op has cumin seed available at \$9.13 per pound. The seed can be used whole, or ground just prior to use. Store cumin, and all your spices, in air-tight, opaque containers. Light causes the essential flavoring oils of your spices to degrade, and thus lose flavor.

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## EASY LOWFAT EATS by Ginny Clark Kohler

**SPICY BEANS  
IN CRISPY TORTILLAS**

HEAT IN FRYPAN AND MASH TOGETHER

- 1 CAN KIDNEY BEANS - DRAINED - (15oz)
- 1/3 CUP TOMATO PASTE
- 1/4 t CUMIN
- 1/4 t GARLIC POWDER
- 1 t CHILI POWDER
- 1/4 CUP WATER

DIP 6 CORN TORTILLAS  
IN WARM WATER  
TO SOFTEN

t = teaspoon

SPOON BEAN MIXTURE  
ON TORTILLAS - ROLL UP  
PLACE IN BAKING PAN  
SO THEY DON'T TOUCH.

BAKE IN 400° OVEN  
FOR 10 MINUTES  
OR UNTIL CRISP.

EAT WITH FINGERS  
OR  
COVER WITH SALSA,  
ONIONS, LETTUCE,  
AND TOMATOES.

YOU CAN EASILY DOUBLE  
OR TRIPLE THE RECIPE.

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# THE SEMI-GREAT TV DEBATE OF 1995

By Greg Meyer

While one side implies extremism on the part of the other, followed by counter-implications, and so forth ... well, I just can't seem to keep up on the hottest Co-op Community News issues of 1995 - "TV or Not TV?"

One would think that there are certainly other issues more worthy of attention, energy and ink (albeit soy ink). Issues such as urban pesticide use, or creating a community recreation center for our young people, or further exaltation of the superior nature of "George's Organic Carrots."

But no, it's the relative virtues or associated evils of "TV" that remain the focus. So now, I'll do my part to keep it going. After all, I can conform with the best of 'em! (By the way, in my humble opinion, television/video technology is neither our salvation nor the anti-Christ.)

Rather than let this sucker just hang out and fester, I've decided on a way to "air" this whole mess out, pardon the pun. I propose a good, old-fashioned, public debate ... before peers, live, and in living color. "The Semi-Great TV Debate of 1995."

Let's choose teams, pick the date and time, do our research, prepare our notes, comb our hair (what we have left), grab some friends, assemble and make our respective cases.

It might be enlightening, it could be fun and it may be the start of something. So if you are interested in being a part of this, contact me via this newsletter.

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# 10 ANOTHER ONE DOESN'T BITE THE DUST:

By Misty Meadows

## An Interview with Andy Boyd

When you meet someone who reminds you of a significant other (to use a politically vague term), the one thing it usually provides you with is perspective. Andy Boyd, 31, is much like my brother. Both follow their hearts.

A New Yorker, Andy has lost the familiar "Nu Yawk" accent and speaks in a pleasingly baritone resonance--a good story-telling voice. Physically, he has a Bohemian, well-educated collegian look--that means clean, great teeth, with well-broken-in Levis and a dash of creeping cynicism in his eyes. As he lounges on the couch for our chat, he could have easily been mistaken for a black lab.

Now for some background. He grew up on Long Island, knowing that when you graduate from high school you go to college. Did. Got a Bachelor's degree in Communication and then became a food broker. Sometime in the 9-to-5 grind, between reading U.S. News and World Report, Greenpeace info, and being extremely sensitive to the poverty and crime of the city, he realized all this was not his cup of tea.

Four years ago, after applying to schools up and down both coasts, he found the University of Idaho. He is in the final hours of finishing his thesis in Wilderness Management and expressed that right now his life consisted of "sleeping or typing." When he

arrived here he said, "This area and its people were like putting on a favorite hole-y sweatshirt."

Though his parents are happy that he's happy, they don't quite understand his choices--not to be already well into a career with a wife and kids. And what--you have no life insurance?

After nearly 2 hours of talking about the usual get-to-know-you-stuff, finally, beautifully and (for me) magically we began to talk about what Andy really cares about most. Her name is Gaia: this world we share and how we are treating her. (Personally, I think more people treat "her" like a stepmother if you know what I mean.)

Anyway--his posture changed. He sat bolt upright, faced me, and made continual eye contact. Wilderness, and the more the better, is what makes him tick.

An example of some of the issues he and some friends are working on is a document to stop the State of Idaho from stocking high-altitude lakes with fish. These lakes and streams naturally don't have fish (I didn't know that), and what they do to the microorganisms, and the amphibians, plus the list of other eco-damaging facts that he rattled off, was fascinating. We proceeded through the gambit of this topic with me hoping that he becomes a teacher of some sort. It is wonderful to come across open-minded, thought-filled people who

can share knowledge and inspire action.

He did. Being the overly exuberant giver of unsolicited advice, like all good back-seat drivers, I urged him to follow a wish of his own and become an elementary school teacher. Now this brings me back to my brother. I've watched my brother tackle the questions in and around him that so many people ignore, like, Why am I here?, What is my purpose? and, How can I not succumb to the almighty dollar? In fact, the same questions Andy has asked and answered for himself. Except for the fact that Andy was born in New York, he could have been my brother. He even has an older (and, of course, terribly wise) sister.

But he isn't my sibling because then his name might be Rollin Meadows ... lucky for him. Mostly I felt proud that Andy hadn't done all that he was supposed to do. His choices have been thought out and he hasn't sacrificed himself or his principles. I think few thirty-somethings can say that, probably few people in general. Y'know, since you don't choose your family members, that's the rub of friendship. I would hope after dislodging the emotional albatross that I carry about my brother, that I could talk with him as freely as I did with Andy. I would learn a whole mess, and gain another very interesting friend.



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By Susan Baumgartner

The statistic is inescapable. Several places, lately, I've read that lesbians have a higher tendency to be overweight than straight women. Scientists and gay studies professors argue over the cause. Is it low self-esteem? A form of self-protection against the unwanted advances of straight men? Another of the genetic factors of being lesbian? A more hedonistic approach to life? Freedom from the often harsh standards of appearance set for straight women? It's hard to say.

Within the diversity of the lesbian community, there seem to be distinct types. There are tough, wiry, boyish lesbians and big, voluptuous, lusty dykes and earth mother types and waif-like, vegetarian poets.

I must admit to being one of the lusty types. Am I a hedonist? Yes. From an early age, quality of life has always been more important to me than quantity. If something made me miserable, like wearing dresses or going to meetings, I rebelled. In the darkest days before spring when life was nearly devoid of hope and most of my family members were making it worse by denying themselves little pleasures for Lent, I always made

it a point to eat extra chocolate. My religion was based on enjoyment of creation, not on personal suffering. I figured there was already plenty of personal suffering in the world without artificially adding more.

If I have a choice between going to a Broadway musical or buying new socks, I always go to the musical. If I want ice cream, there's no point in buying the 99 cent-a-carton stuff because it's going to taste like 99 cents. Why bother if the ice cream isn't going to be a bowl of rich, creamy, melting delight?

On the other hand, I don't think that being gay is more hedonistic than being heterosexual. Love makes hedonists of us all. Humans have sacrificed everything for socially unacceptable forms of love, from Romeo and Juliet to the white man who falls in love with a black woman, Jew with Catholic, Irish with British, king with commoner.

Still, I'm learning that there are consequences for my particular brand of hedonism. Immediate gratification is not all its cracked up to be. Periodically in my life I've been thin or almost thin. How did I feel? Mostly wonderful. The

stress of not having my usual food fix was usually counteracted by the feeling of lightness and energy and righteousness in my body.

Consequently, I'm in another phase of trying to move from lusty dyke to more waif-like, vegetarian poet. Actually, this is the first time I've ever seriously considered giving up meat. It's the healthy thing to do. It saves money. It's good for the environment. It's spiritually uplifting. I've flirted with the idea for years, but also been very resistant, and I think I finally know why.

It's tough living on the margins. Over the years I seem to have abandoned all the precepts that most Idaho residents hold dear. I'm an intellectual from a blue collar background. An artist from a family of practical farmers and business people. A Democrat in a state that always votes Republican. An environmentalist surrounded by neighbors addicted to agricultural chemicals and happy to chop down trees. A pagan in a country that clings stubbornly to the Judeo-Christian tradition. A lesbian in a society dedicated to the exaltation of heterosexuality. The only sport I watch is figure skating. So now I

want to be a vegetarian?

I come from a family of joyous carnivores. Butchering animals, eating meat is one of the last comfortable links I have with them. We really do this German thing of sitting down to massive platters of T-bone steak or fried chicken or spare ribs and sauerkraut. I also feel a certain mainstream comfort when I shop at Tidyman's, just like everyone else, buying turkey hot dogs and tortilla chips and pregnant Oreos (the ones with the extra frosting).

But if I go vegetarian, I add yet another name to the long list of invective--elitist, politically correct, liberal humanist, pagan, dyke, tree hugger, granola.

So when you see me in the Co-op making my first furtive attempts to join this latest despised minority, please be kind to me. This is tough. Other, more limited attempts have failed, and the siren-song of demon chocolate and burgers on the grill may drag me back. Being a lesbian is innate, so that's easy. Being healthy is a choice. I don't know if I can do this.

By Natalie Shapiro

Piñeros y Campesinos Unidos del Noroeste (PCUN) is Oregon's union of farmworkers, nursery and reforestation workers, 400 members, and most are Mexican or Central American immigrants. The majority of Oregon's 100,000 farmworkers speak only Spanish, and have limited formal education. Oregon agriculture depends heavily on Mexican labor.

For decades, the agriculture industry has used its economic and political power to keep farmworkers isolated, unorganized, and unassertive by encouraging frequent turnover and oversupply, by convincing lawmakers to exclude farmworkers from federal and state labor legislation, and by pressuring for weak enforcement of the

limited legal rights farmworkers have. Farmworkers are among the lowest-paid workers in Oregon, often being paid less than minimum wage. Most receive no medical, sick-leave, or vacation benefits. Workers apply carcinogenic pesticides, using little or no protective gear. They live in overcrowded, substandard, yet expensive housing.

PCUN's goal is to empower farmworkers to take action against exploitation, by securing collective bargaining agreements with area growers. These agreements would mandate fair treatment on the job, establish basic job security guarantees, provide benefits, and raise wages. This would also assure workers a voice in

workplace policies.

One of PCUN's projects is the Farmworker Labor Rights Project. This seeks to advance unionization by challenging barriers to organizing: discrimination against farmworkers in labor laws, low wages, and bad labor practices. This summer, PCUN will launch the biggest farmworker organizing drive ever attempted in the Northwest. The goal is to win a substantial wage increase in the 1995 strawberry harvest by going on strike. The kickoff will be May 21st, when a major rally will take place. PCUN intends to recruit organizers and keep them in the fields throughout the four-week strawberry harvest in June.

PCUN needs bilingual Spanish

field organizers as well as volunteer picketing, demonstrations, literature distribution, mailings, construction, and to donate supplies such as kitchen items and food. For more information:

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# Bulletin Board

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Tuesday, May 9  
7:00 - 8:30 pm

*Herbal Support for these Changing Times –  
Herbs for Emotions*  
Place: Inner Vision Resource Center, 118  
E. 3rd, Moscow

Wednesday, May 10  
7:00 - 8:30 pm

*Introduction to Herbal Wisdom – Focus on  
Fennel*  
Place: Moscow Food Coop (upstairs)

Thursday, May 11  
7:00 - 8:30 pm

*Introduction to Herbal Wisdom –  
Focus on quick fix herbs and foods*  
Place: Carters Health Foods,  
Lewiston Center Mall near  
Godfathers Pizza

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