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MOSCOW FOOD COOP COMMUNITY NEWS

NOVEMBER 1995



MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843

SPECIAL COLLECTIONS
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UNIV. OF IDAHO
MOSCOW ID
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Published by

Moscow Food Co-op

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Moscow, ID 83843

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Upper Crust Bakery

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Open Every Day

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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.

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Karen Young

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Board Members

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desired but not necessary.

For more information call:

Eva Strand 882-0528 or

Vicki Reich 883-1446

3rd Quarter Financial Results
from the Finance Committee

The 3rd quarter financial results of Co-op operations for the nine months of 1995 are shown below. Sales have been lower than last year at this time and expenses have been higher than their projected amounts. End result is a net loss of about \$6,800 year to date. The General Manager is in the process of implementing some changes in order to correct the negative bottom line.

The Finance Committee monitors the financial information of the Co-op and works with the General Manager and the Board to oversee the financial stability of the Co-op for its members. Anyone interested in these activities is welcome to join us on the 4th Thursday each month at 9a.m., upstairs at the Co-op.

	Jan-Sept 1995	%	Jan-Sept 1994	%
Net Sales	\$744,210	100	\$757,469	100
Cost of Goods Sold	-492,248	-66.1	-495,909	-65.5
Gross Margin	251,962	33.9	261,560	34.5
Operating Expenses	-261,013	-35.1	-259,085	-34.2
Other Income & Expense	2,269	0.3	3,375	0.5
Net Income (Loss)	-6,782	-0.9	5,850	0.8

DEAR EDITOR

By Tony Catt

On Friday October 13th, my English teacher took our class on a field trip to the Moscow Food Co-op. On our outing we had to take notes on three topics of our choice we wanted to research at the Co-op. When we got back from the trip we made editorials from our notes.

When I first entered the store I noticed how clean it was. The shelves were stocked full. There was no bleachy smell that would normally smell in a grocery store.

In my first venture in the store I looked for the bakery aisle. I had to find out if they sold canolies. I love canolies. Although there were none, I noticed a large selection of breads and other freshly baked goods.

My next stop was the candy section. Everybody knows a teen-ager had to have candy to survive. The selection was very large. The brands were those you don't find in grocery stores. Good change of pace!

After that I located the deli. Although small, it had many delicacy items such as cheeses. The sandwiches they had on hand were from the day before. But it was only 9:00 am, still time for breakfast. The prices were very competitive.

I was impressed with this store. I always thought it was just grains and stuff. I was surprised to see everything in that store. With good prices and a variety of products. This store shouldn't be counted out against other stores.

By Justin Babb

I'm a high school student that visited the Moscow Food Co-op, Friday, October 13.

The deli has sandwiches, many different cheeses, and other items that I don't find any place else. The bakery was small too. It had all the breads, but it didn't have all the pastries and donuts. But they did have one of the best cinnamon rolls I have ever tasted.

The produce section was good-sized. Beverage section had some drinks that I enjoy, like the multi-flavored milk, and rootbeer. And there was some I would not drink, like yogurt beverages. I don't know about anyone else but I like to eat, not drink, my yogurt.

Now there is only one other part, and that was the candy section. It had gourmet and natural candy. They also have Power bars and Clif bars, which are performance bars.

Over all, I thought that it was a fun experience and I look forward to my next visit to the Moscow Food Co-op.

By Tamara Fountain

I love the Food Co-op! It's my favorite food store for a few reasons: It has home baked goods, wonderful medicines, natural products, and a wonderful feeling.

The second I stepped in the door I caught a whiff of a delicious home baked smell that reminded me of an old time cottage. It was the homemade carmel buns, rolls, croissants, and cinnamon rolls. My mouth began to water as I stared at them, neatly arranged on top of the bin, full of freshly, baked rolls. I could just picture myself sinking my teeth into one. My favorite are the carob-chocolate cream cheese rolls. My mom and I treat ourselves every time we have a little spare change.

How many stores have medicines and herbs that are natural and actually help you feel better from stress to fever? Not only that, but they have the largest variety and unique flavors of coffee beans. I am not a coffee drinker, but one sniff of those beans and I want to drink coffee.

This store doesn't only have unique products, but has our minds to new and interesting items in our city. Unlike some of my classmates, I went with an open mind.

When I arrived at the Co-

op, I noticed the size of the store. The Co-op has everything I look for in a regular store, but condensed into a very small area.

very healthy products as well. It has bins filled with dried beans, boxes of dried soups, low fat and organic cheeses, garden burgers, nutritious juices, and a lot more packaged and dried foods. There are even sweets for candy lovers, but if you want meats or fatty, processed foods, like Mc Donalds ... Sorry, you're out of luck!

The main reason I love this store so much is because of the feeling it gives me. I have a sensible feeling when I spend my money at the Food Co-op. I feel like I am actually buying products of nature, as opposed to products of man. I feel like I could be standing in a moist, lush garden just by being in the produce area. This is a place I know my money is well spent. Shopping at the Food Co-op reminds me that people are using what God gave us in a sensible, healthy manner.

Now, who wouldn't love a store with home-baked goods, natural products, wonderful medicines, and excellent vegetables?

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NEWS FROM THE FRONT

by Vicki Reich

Things have been hopping around the Co-op this month. The Bazaar is taking form even as I type; Provender (a conference for Co-ops and natural food stores) proved very enlightening and inspiring for those of us who were lucky enough to go; and the Board was very active at the last meeting. We've decided that its time to GET A MOVE ON!

Why, you may ask, do we need to move when the present Co-op is such a hip and happening place? Well, that's one reason. The Co-op has been doing so well at this location that this space can no longer keep up with the level of sales. It is too inefficient to haul the order through the store twice a week, and to restock the shelves two and three times a day. The electrical system in the building can't handle running the microwave when someone is grinding peanut butter. Some of you may have noticed that it's hard to get two carts down an aisle at the same time. The building is efficient in one way--the bakers and deli workers don't need to go to the gym for their workout, they run up and down the stairs with 50 pound sacks of flour so many times they get plenty of exercise at work. With the Bazaar coming up, we are reminded that it is impossible for disabled shoppers to shop upstairs. And let's talk parking. There is not enough parking to handle the amount of shoppers we have, and when there is a parking space available it's not always possible to get across 3rd St. And worst of all, there is no room to expand.

Besides the physical limitations of the building, there are other reasons to move. Kristy, our buying goddess, is constantly being asked to carry new products; with a bigger store we could bring in new products, especially an expanded bulk

section, without having to get rid of products we already carry.

And how about a permanent sit down eating area, with a hot and cold deli selection? And an expanded produce department? And enough bread to last until the end of the day on Saturday? What about a big enough kitchen to have cooking classes? Not to mention that a bigger store would mean bigger buying power and better prices for you, the shopper.

Some of you might be worried that a move to a bigger store would mean the end of the "Co-op" atmosphere, but if you remember, this building was a Kentucky Fried Chicken and now look at it. We have an incredible ability to transform a physical space into a place in which we all feel comfortable shopping. What about the risk of a move? Well, if the rest of the industry is any indication, the only way we can go is up. Several Co-ops in the Northwest

have recently moved and are doing even better than they expected.

All these things, and many more that we've been dreaming about, could be possible if we moved. But we have a lot of work ahead of us. First we have to find the right location. We want to stay in or near downtown, we want a place we won't grow out of, and someplace affordable. The Board realized that this search would take some work, so we

Continued to pg. 15

Your Co-op Needs You

Join Us as a Moscow Food Co-op Board Member


Board Elections are coming up in February of 1996 and we will have two openings for board members. Now is the time to be thinking about your opportunity to contribute to the Co-op.

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

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

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

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

Minimum Qualifications	Other Qualities We Seek	How to Apply
Card-carrying member of the Co-op. Commitment to the Mission (see below) of the Moscow Food Co-op.	Natural foods, nutrition, and politics-of-food familiarity. Experience with Co-ops, management, law, advertising, marketing, public relations, grocery or retail business.	For more information or to apply, please contact: Eva Strand 882-0528 or Vicki Reich 883-1446
Interest in serving the Co-op 10-20 hours per month for three years - that's about the same amount of time you spend in the shower!	Experience with organizational planning or volunteer coordination.	 <p>The Mission Statement of the Moscow Food Co-op is: <i>To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment. To provide an information network that fosters progressive social, political and economic change. To strive to provide a sense of community for its constituency and right livelihood for its staff.</i></p>
Communication and meeting skills. A sense of humor.	Financial experience a big plus (but not required) Board candidates will be considered without regard to race, religion, national origin, political or union membership, marital status, sexual preference, gender, or physical handicaps.	



NOTES FROM THE INLAND NORTHWEST

By Ed Clark

Potsdam, NY Oct. 19. The Clark Bouchard Family is reunited and settled (settling) into our new home. Moving is never easy but this move came on especially fast as Kim was hired at virtually the last minute to teach drama at the State University of New York. She is now happily busy directing *The Diary of Ann Frank*, scheduled to open on Oct. 26. Paco and Bida are into their school schedules. Bida, in the 4th grade, is learning to play the cornet and likes her school but misses her Moscow friends (as do we all). Paco is enrolled in a wonderful alternative school called Mountain Tree and, most amazingly, loves it. He even wishes it were open on weekends.

Our home is most conveniently located across

from Kim's university office on a little street which dead ends at the Raquette River where we can put in our canoe and paddle to the village, only a few blocks away. This area, known as the "North Country," has similarities to the Palouse. We are in the middle of rolling agricultural countryside not too far from the Canadian border. For those who think of New York as "The City," we are separated from that Big Apple by 8 or 9 hours of driving. Speaking of Apples, New York state, too, has a reputation for great apples and we are enjoying them.

I left Moscow on September 15th with my traveling companion, Mary Jo Knowls, for a 3000 mile trip across the northern U.S. of A. We'd planned a week long trip with camping and sightseeing. We started with an inspiring visit to Yellowstone but then the gentle autumn we were anticipating turned on us and we found ourselves trying to view Crazy Horse Monument and Mt. Rushmore through a snowstorm. From that point on, our tourist activities included seeking out the best coffee and the cheapest motels as we drove unaccountable hours in the rain. Fortunately, we had some great books on tape to make some of the miles fly by. We traveled up through Canada to bypass some of the Great Lakes and got to see the autumn foliage changing as we went. We arrived at my sister's house on Oneida Lake near Syracuse on September 23rd for a homecoming weekend with family, friends and feasting. It was great to be back with Kim and the kids again after our

distant separation.

Shortly after Mary Jo flew home we got more Moscow visitors. Ellyn, of produce and pasta fame, arrived with her daughter, Katie, and grandchildren for a brief stay and we all traveled together through breathtaking Appalachian scenery to Vermont on a ferry across Lake Champlain. We waved them off to see family and friends as we also drove to see relatives. One of the luxuries which we plan to take advantage of while back east is to spend time with our families who are now considerably closer than before.

What a huge relief it was to find an active Potsdam Food Co-op! I wasted little time finding my way there. Waiting for our family was a Potsdam Co-op gift certificate, a present to us from you at the Moscow Food Co-op. Thank you all so much. It helped us buy our family membership and get started stocking our cupboards. I worked my first weekend here helping on their quarterly inventory and have recently begun as a core worker doing outreach, 3 hours a week. The Potsdam Co-op is a bit smaller than Moscow's but it has many similarities. It is comfortable and has a very friendly staff. I am just learning about the workings of this co-op and would like to share more with you in a future letter.

I've been here about three weeks as of this writing and I'm still waiting to see what adventure might grab me. I hope to be able to do some work as an artist but in the meanwhile I have applied to area schools as a substitute teacher. Getting moved in and settled, spending time with the

kids and familiarizing myself with this area seem to be taking up all the time for now. Winter is coming and we've been continually cautioned about its possible severity. (Hey, we don't even own a snow blower.) As we begin to prepare by buying extra bulky winter clothing, I'm praying that our first winter will be kind to us.

We truly miss our Moscow community and especially miss all of our friends. If you have any plans to travel east this year, please think about stopping by. We have plenty of room and we'd love to see folks from the Palouse, even if we don't know you yet. In the meantime please keep in touch by whatever means. Our address is 7 Spring St., Potsdam, NY 13676. Phone is (315) 265-1416 and E-mail is bouchaka@potsdam.edu so please stay in touch. We'll also be enjoying our subscription to the Co-op newsletter. Spring is not too far away and we'll be heading west around May. Until then, Best Wishes from all of us and Keep Smilin'.



MOVING COMMITTEE

Please come join us
1st and 3rd Wednesday
Every Month
6:00pm
Upstairs at the Co-op

Lend your time, ideas and expertise to our search for a new home. We need your help to:

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Chocolate Pudding and Pie Mix, Lowfat and Dairy Free

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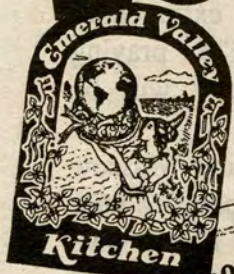
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Volunteer Profile:

Cheryl Campbell

By Jackie McLennan

It's not easy catching up with Cheryl. When we finally did meet, Sunday after her volunteer shift at the Moscow Co-op, she flew into the Beanery. You could feel her energy and enthusiasm just the way she walked through the door. I instantly liked Cheryl and knew it would be fascinating getting to know her.

Cheryl is originally from Portland, Oregon. She has also lived in California, Boise, Orofino, and Troy, finally landing in Moscow in 1988. She teaches Biology, Life Science, and Reading at Troy High School. As she said, "this is just a small part of my work." Cheryl is also an advisor to the Ski Club, Travel Club, and a senior class advisor. As if this isn't enough, she also works part time as Secretary for the American Chemical Society, in addition to taking a night class at Lewis Clark State College in Lewiston. This girl certainly doesn't let moss grow under her feet!

Cheryl and I talked about many different subjects, however, when I asked about her kids, her face lit up! She has two sons: Sean, 19, a freshman at the U of I and a member of Sigma Nu fraternity; and Jason, 14, (recognizable by his green hair) a football player, wrestler, bass guitarist, and artist. She talked about her sons as if they were miracles. I immediately wanted to meet both of them, and I have a feeling I will see their art work on display at one of the local art galleries. Cheryl said, "I want

my sons to be who they want to be, and to be independent so that no matter what life deals them, they'll be able to adapt." I'd say that's a pretty cool mom with a handle on what life's about.

I asked Cheryl, if she had one wish, what would it be. She thought for a moment, and then said, "I'd like to live to be 150 and be healthy. That's how long it would take to do all the things I want to do, plus I'd get to see history change." Some of the other goals Cheryl has are to travel through Europe, and to go to Africa where she would work with indigenous people. Her most impressive goal, to me, was wanting to learn the names, needs, and habitat of every living organism on the planet. Funny thing is, I believe she will do it!

Cheryl is going on her third year as a volunteer at the Co-op. She works in Produce and loves trying out new fruits and vegetables: "It has a lot of variety, things you'd never find at any of the other grocery stores." She highly recommends the Blood Oranges and the purple peppers; I know I'll be trying them. Working in the Christmas Bazaar is another area of the Co-op she likes. That's where she does her Christmas shopping. Cheryl also likes the personal touch that you get at the Co-op and how nice all the people are who volunteer and work there.

It was great meeting Cheryl and I felt as though I'd always known her. I probably won't bump into her while she's doing her 5:30 am runs with her running partner, April, and their trusty companions, Joker and Bear. However, I do hope I see her hiking in the wilderness, cross country skiing or riding her bike. Cheryl thinks everyone should volunteer and show their community spirit, "I'd do it full time if I was independently wealthy!"



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<p>IN BULK Organic - Local SMALL BROWN LENTILS \$1.04 # <small>reg. 1.17#</small></p>	<p>IN BULK Organic Short Grain BROWN RICE .78 # <small>reg. .87#</small></p>
<p>RUMIANO Monterey Jack Cheese rennetless rBGH free \$2.58# <small>reg. 2.87#</small></p>	<p>Organic BUTTERSTOCK PEANUTS \$2.61# <small>reg. 2.88</small></p>
<p>Organic Whole Wheat SPAGHETTI .95# <small>reg. 1.18</small></p>	<p>UPPER CRUST BAKERY ORGANIC WHOLE WHEAT BREAD \$1.75 / 2LB. LOAF</p>
<p>STRATTON'S LOCAL MILK— rBGH free returnable glass bottles \$1.40 \$1.45 <small>SKIM & 2% WHOLE</small></p>	<p>IN BULK Organic ROLLED OATS .54# <small>reg. .60</small></p>
<p>IN BULK MOUNTAIN STAR HONEY \$1.19#</p>	<p>BULK TOFU FIRM 1/4 # BLOCKS .36 ea. <small>(from vacuum)</small></p>
<p>Pacific unsweetened Soy Milk \$1.74 ea. <small>reg. 1.93</small></p>	<p>BIG SPRING BOTTLED WATER in bulk and assorted sizes all minimally priced for Basic Basket</p>
<p>FARM EGGS \$1.35/dz.</p>	<p>P ASSORTED .69# r organic & No-Spray o SQUASH d u CAMAS FARMS .69# c Mixed Organic e POTATOES</p>
<p>Organic Whole Wheat Flour .36 #</p>	<p>MOSCOW FOOD COOP 310 W. 3rd. Street · 882-8537</p>

TALES OF THE BARELY VEGETARIAN

By Susan Baumgartner

I thought it was about time to report back on my adventures with vegetarianism. Am I a vegetarian? Sort of. Am I a vegan? Not within a million light years of that. There's the M&M part of me that can't bear to accept that almost all the food I love is unhealthy.

So here's what I'm doing. In reality, I've simply given up the fat and bad chemicals of meat and replaced it with the fat and bad chemicals of cheese. No matter how many

times I read that rice and beans in the same dish equal protein, I never feel properly fed until I melt some cheese on top. Perhaps the one change is that now I'm grossed out to think of how much hamburger I used to pack into my lasagne before adding in piles of cottage cheese, mozzarella cheese, and Parmesan cheese besides. Protein overkill.

My major food has always been casseroles, and that hasn't changed. I've simply gone through my recipes and substituted beans or lentils for the meat. Chicken Cilantro becomes Black Bean Cilantro. Shipwreck Casserole now has lentils instead of hamburgers in its potato, green pepper, onion, celery, rice, kidney bean, tomato layers. And no cheese. I've experimented with falafel and tofu and Garden Burgers. Still, I've wandered around the Co-op enough to know that I'm just beginning.

Have I fallen off the vegetable wagon? Yes. Here's the most interesting story to date. My very favorite food at the cabin was hot dogs. One of the first meals I made there back in 1983 consisted of two pieces of bread, mayonnaise, mustard, two Ballpark franks and potato chips. I split the hot dogs lengthwise so I could flatten them onto the bread and

then covered them with a thick, crunchy pile of potato chips. The meal was hot, easy, satisfying, and packed with the unreplicable flavor of chemicals.

About a month ago I decided I had to have my traditional hot dog lunch. My only change was to use chicken instead of beef hot dogs. The result? Although there was a certain nostalgic satisfaction, there was also disappointment. What I'd once thought of as a big, protein-packed meal now seemed small and quickly swallowed. There was no chewing. Within an hour or two I felt hungry again. I realized that my big bowls of beans, rice and vegetables left me feeling much more fed than my old, protein-heavy national pastime feast. Now, when I think of eating meat, I think of getting hungry quickly as opposed to choosing meals that keep my relentlessly ravenous stomach occupied for much longer periods of time. Real vegetarians kept telling me that complex carbohydrates are more satisfying, but I had to experience it myself to believe it.

Another recent event made me realize I might be getting closer to being a real vegetarian. I was asked to RSVP for a banquet at the

Ramada Inn in Lewiston. The choices for dinner were prime rib or chicken with tomato caper salsa. Although prime rib used to be my favorite decadent restaurant meal, I can no longer imagine eating it. And chicken. I wasn't sure I could eat that either. At first, I thought I'd just go with the chicken, have a few bites, and hope there would be lots of rice and vegetables on the side. After all, I didn't want to make a fuss or embarrass myself. But when I called to RSVP, I found myself admitting that I don't really eat meat and asking if there was another option. I chose honesty over saving face with the meat-eating majority. This was a scary sign. Who knows where this adventure is going to lead?

Shipwreck Casserole

Layer in a 9 x 12 casserole adding salt and pepper to each layer, if desired:

potatoes, sliced in circles
celery, onion, green pepper, chopped

1 C. uncooked rice
1 C. uncooked lentils
2 cans kidney beans with liquid
1 or 2 cans of condensed tomato soup to cover all other ingredients (or 4 large fresh tomatoes, chopped)

Bake at 350 F. for 90 minutes.

MEETINGS AT THE CO-OP

General Board of Directors

2nd Monday, monthly
6:15 PM

Strategic Planning

3rd Wednesday, monthly
6:15 PM

Finance/Legal

4th Thursday, monthly
9:00 AM

Education Outreach

1st Monday, monthly
6:00 PM

Everyone is Welcome!!

EASY LOWFAT EATS by Ginny Clark Kohler

MOLASSES COOKIES

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

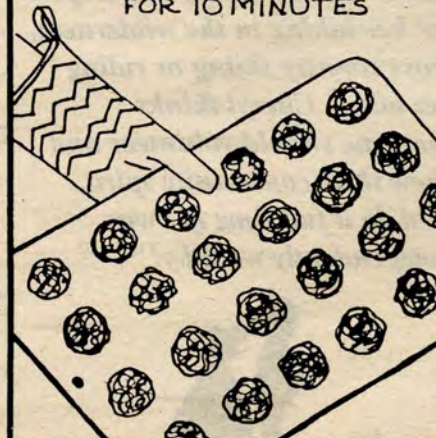


t=teaspoon

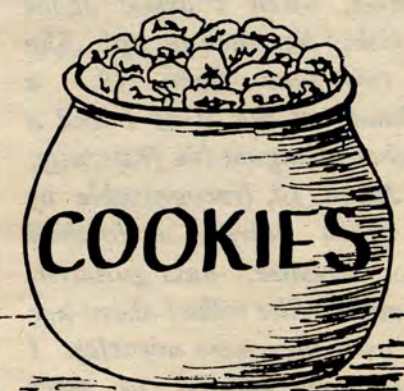


ADD
3/4 CUP FLOUR
(WHOLE WHEAT)
1 CUP OATS
1 CUP RAW WHEAT GERM
1 t BAKING POWDER
1 t BAKING SODA
1/2 t SALT (OPTIONAL)
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KUOI-FM, 89.3 CELEBRATING HALF A CENTURY OF DIVERSITY

By Erik Marone,
KUOI Promotions Director

This November 15th will be a huge landmark for KUOI-FM, the U of I's student-run station. It will mark the 50th anniversary of KUOI's first broadcast. KUOI's beginnings were humble. The FCC experimental license allowed them to broadcast a two-watt carrier current signal at 655 KHz, using underground power lines as an antenna. The first broadcast equipment was borrowed from the university, the NROTC and several private individuals. In fact, the station's first turntables came from disk jockey's homes.

Two years later, KUOI became affiliated with the Intercollegiate Broadcasting System. That same year, a five watt transmitter was installed and KUOI began broadcasting at 660 AM. Although things were running smoothly for the station technically, it needed some help physically. Namely, they needed a home. The first studios were located in the UI Engineering Annex, which was located in what is the Niccols Building parking lot today. From there, operations moved to a building in the Shattuck Arboretum. It wasn't until 1958 that KUOI moved to the third floor of the Student Union Building, where it can be found to this day.

KUOI is best known and

loved today for its noncommercial, free-form programming. It wasn't always this way, however. Regular programming from the station's early years included shows like Campus Hit Parade, Western Jamboree, Music on the Go, Tales From Reader's Digest. KUOI even used to have contests with national sponsors, such as the KUOI Quiz Show, sponsored by Lucky Strike cigarettes.

In 1963, station operations were almost turned over to Alpha Epsilon Rho, the campus broadcasting society in order to provide more opportunities for broadcasting majors. This would have involved full commercialization for the station, so advertising students could gain some experience, too. Fortunately for KUOI, the move failed. Then in 1966, KUOI came under fire from the ASUI for not providing a "responsible voice to the student body or a training ground for future broadcasters." In an attempt to clean up their act, KUOI received permission from the ASUI Communications Board to air local commercials, and from May 1, 1966 to April 31, 1967, KUOI was a commercial station.

In December, 1967, KUOI received permission from the FCC to construct a new

transmitter tower, and in less than a year, KUOI was serving the campus and community at 10 watts on their new frequency, 89.3 MHz FM. In 1977, KUOI became a "feisty fifty watter" and began broadcasting in stereo.

In April of 1986, KUOI entered one of its most controversial periods. The UI administration was not happy with the way the station was being run, so the ASUI Senate appointed Rosellen Villarreal-Price to the position of station manager, despite strong opposition from KUOI DJs and the community. In the four short months she was in office, Villarreal-Price cut the 2-6 time slot and started banning entire albums from airplay in her attempt to convert the station to a Top-40 format.

Leigh Robartes was appointed as interim station manager and was able to get KUOI back on its feet, rescuing popular programs such as Live in the Lobby and live broadcasts of the Renaissance Faire.

In January this year, KUOI realized a long-standing goal and jumped to 400 watts, enabling people to receive KUOI in Pullman and beyond. In the station's 50th year, KUOI is a model for others, with collages in Lewiston and Missoula planning their

operations after KUOI's. They stay at the forefront of music as a part of College Music Journal's "core college radio," which incorporates the most influential college stations.

You can be a part of KUOI's celebration this fall at the station's 50th anniversary party and concert on November 13th, featuring Matthew Sweet. KUOI has been giving away albums every evening and making frequent public appearances with their new remote broadcasting equipment, which the Renaissance Faire committee helped purchase, all leading up to the big celebration in November.

Happy birthday to a 400-watt KUOI-FM. Here's to 50 more years of free-form diversity for the school and community!



November Kids page

by:
Robin Murray

Did you know..

One of the most nimble kind of horse is the "Appaloosa"?



Moscow even has a museum about them and the Nez Perce who made them famous! It's on Pullman Road past the mall, almost to the border.

LOOK FOR THESE BOOKS AT THE LIBRARY



The Girl Who Loved Wild Horses, by Paul Goble

Mare on the Hill, by Thomas Locker

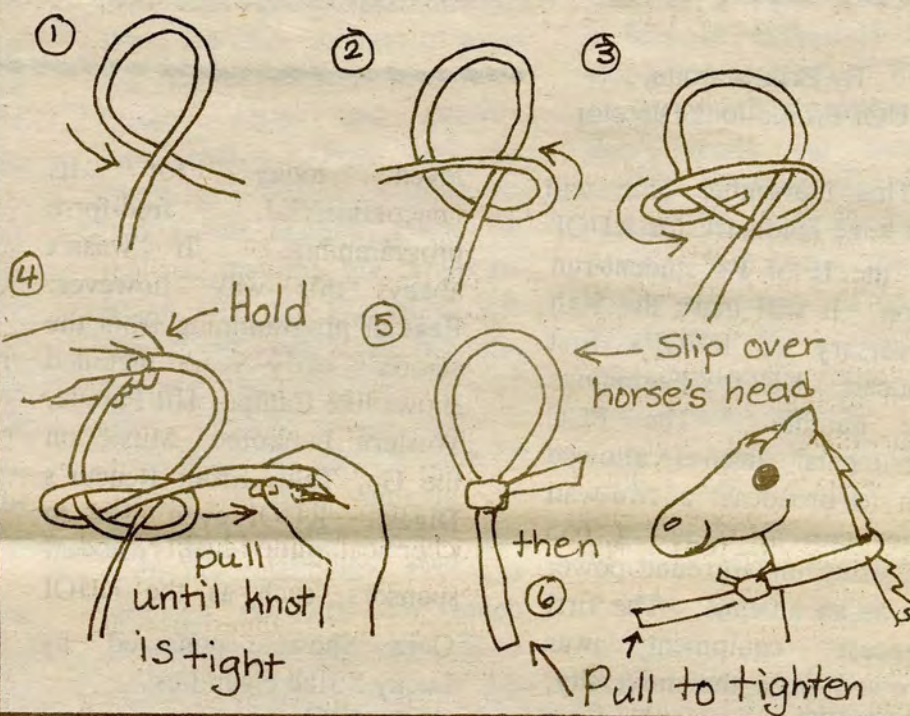
Try This:

Make a Mini Lasso

You'll need:

a piece of string or yarn
a toy horse

To tie a lasso knot:



A Recipe:

Horses just love treats like apples and carrots. Treat yourself to apple slices and carrot sticks with this easy dip:

1 Tbsp. Peanut butter
1 tsp mayonnaise
2 tsp. plain yogurt

Stir all ingredients until smooth. If it's too thick for dipping, add a few drops of milk or soymilk.

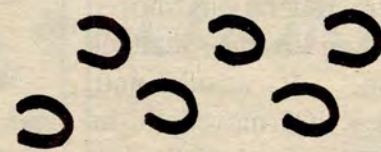
JUST FOR FUN!

P C F O O H
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P T R Y D S
S A D D L E
M C O T O S

Find these words:

Horses Saddle
Mare Pony
Colt Hoof

Last
Month's
Answers:
① Erik was
39 years old
② 3 more
years.



look up, down, diagonal and backwards!

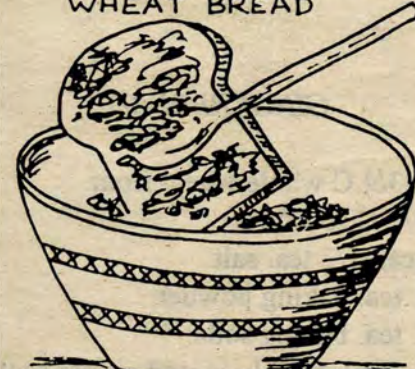
EASY LOWFAT EATS by Ginny Clark Kohler

"FRENCH" TOAST

MIX
1 CUP APPLE SAUCE
1 teaspoon CINNAMON

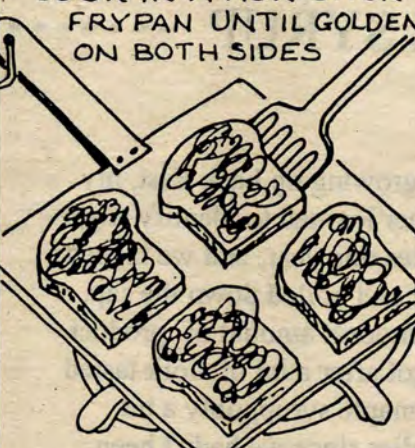


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SERVE WITH MAPLE SYRUP OR SUGARFREE JAM



SWEET NOTHINGS

By Pamela Lee

"Honey," "sweet-heart," and "sugar" are among the most common terms of endearment which we use for our loved ones. Our predilection for sugar is apparent in both our language and our diet. According to USDA statistics, the average American ate more than 133 pounds of sugar in 1991. This accounts for some 232,218 sweet calories annually consumed by each average American. The 133 pounds of sugar included not only the amount of table sugar, molasses, and honey we ate on our food, but also all the sugars added to processed foods, beverages, canned fruits, cereals, ketchup, etc. Our statistical average consumption of white sugar, about 60 pounds per year, hasn't changed much since the turn of the century.

Nutrition experts all think it's best if we moderate our consumption of sweets. Some

nutritionists claim that sugar is sugar; whether it is white sugar, brown sugar, honey or molasses, it is all broken down into glucose (also known as blood sugar). And yet, many of us have found through personal experience, and many nutrition experts agree, that this simplistic view ignores biochemical individuality and disregards the way various sugars are digested and metabolized. Some people get downright jittery after eating a dessert sweetened with refined sugar, but a fruit juice-sweetened treat goes down just fine. Hormones that help regulate a person's blood sugar level are affected by factors such as one's overall diet, state of health, and one's individual biochemistry. You are less likely to be affected by sugar if you eat your sugar treats after consuming a nutritious meal. Conversely, a sugary food that is consumed on an empty stomach is more likely to

exaggerate any response you might have to that sugar. The way your body absorbs each type of sweetener is related to each sweetener's sugar profile. The six simple sugars found in sweeteners are: glucose, fructose, galactose, sucrose, maltose, and lactose.

Honey

A cave painting in Valencia, Spain, dating from c. 800 BC, shows two people raiding a beehive. Ancient Egyptians soaked the cloth wrappings of mummies in honey. Ancient Greeks and Romans baked with honey, preserved whole fruits and meat in honey, and offered honey, in ceremonies, to their gods. In the Old Testament, the promised land is described as flowing with milk and honey.

Honey comes from flower nectar via honeybees. Honeybees tap about two million flowers and travel over 55,000 miles to make one

pound of honey. Raw honey is often considered a healthy sweetener because it is one of the least refined, least processed simple sugars. The honeybee does the processing. When a bee draws nectar with its proboscis, the nectar passes through the bee's esophagus into the honey sac, a sort of storage tank. As the bee buzzes around, before returning to the hive, enzymes are at work in the honey sac, breaking the nectar down into smaller chains of sugar, making honey. Good quality raw honey is a natural product and is refined only by the bee. It is heated only enough to extract the honeycomb and the occasional bee. The less heat and less processing, the more likely the honey will retain its natural flavoring, enzymes, and trace proteins. Honey's virtue is its flavoring, enzymes, and trace proteins. But, before you go dipping indiscriminately

Continued to pg. 15

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MOLASSES & MAPLE SYRUP

by Peggy Pace

Molasses and maple syrup are two of the most popular "natural" sweeteners, although I think, for many people, molasses is an acquired taste. Molasses is a liquid produced during the preparation of white, or cane, sugar. (Sorghum, on the other hand, is a syrup that comes from the grass, *sorgo*.) Molasses is available in various strengths: light, dark, and blackstrap (the syrup that remains after maximum extraction of sugar from the cane). I am not a blackstrap fan (it always tastes "medicinal" to me), and until I wrote this article I had not tried the Co-op's molasses, being a long-time fan of Br'er Rabbit green label. I tried a little Co-op blackstrap on waffles one morning, with my usual dismayed response. I then tried the Co-op's light molasses. It was acceptable, but it still doesn't have quite the flavor and body of Br'er Rabbit green label. In addition to using molasses on pancakes, waffles, and baking powder biscuits (an old Southern treat my mother raised me on), I like the following gingerbread recipe for the molasses flavor, the use of fresh ginger root instead of dried, powdered ginger, and its ease of preparation.

All maple trees produce a slightly sweet sap, but maple syrup is only made from the reduced spring sap taken from sugar and black maples. When I

was growing up back East, my brother learned to identify sugar maples one year, and we tapped them and boiled down the sap. The modest amount of product we got after a lot of work tasted like maple syrup, only a bit woodier since we hadn't been scrupulously clean with our taps and buckets.

Maple syrup is graded, the highest grade being A, 100% pure maple syrup, which is not blended with cane or any other syrup. I have been getting my maple syrup at the Co-op for as long as I have been a member. It's a good buy and is certainly a quality maple syrup, with a rich maple flavor. Most of the maple syrup that I buy I consume on pancakes and waffles.

In researching this article, I was surprised at how few recipes I could find that use maple syrup. Maple syrup has a light, mild flavor, and I think many people have come to regard the strong taste of imitation maple extract as being the taste of maple and may find the real thing bland. Last month I offered a recipe for acorn squash stuffed with apples in maple syrup. Here I offer another simple way to use maple syrup for baked apples (which gives this classic fall treat a delicate, maple flavor) and recipes for making maple cream and maple sugar.

GINGERBREAD*

1 3/4 C whole wheat flour
1/2 C soy flour
scant 1/2 tea. salt
1 tea. baking powder
1 tea. baking soda
1 Tabl. freshly grated ginger root
2 eggs beaten
1/3 C oil or melted butter
1 C molasses
3/4 C hot water

Stir the dry ingredients together. Stir the liquid ingredients together with the fresh ginger root. Combine the two mixes with a few swift strokes. Immediately place the mixture in a well-oiled 9" x 9" pan. Bake in a preheated oven at 325 degrees for 30 to 35 minutes, or until the cake tests done. Serve with whipped cream or fruit and yogurt.

*Adapted from Ellen Buchman Ewald's Recipes for a Small Planet (New York: Ballantine Books, 1973)

BAKED APPLES WITH MAPLE SYRUP

4 tart apples, cored and peeled
halfway down
1 Cup maple syrup
1 Tabl. butter

Place the apples in a shallow dish and pour syrup into and over them. Dot with butter. Bake at 350 degrees for 30 to 40 minutes

until apples are tender, spooning up syrup and drizzling it back over the apples several times during cooking. Serve warm or cold with cream.

MAPLE CREAM

Heat maple syrup to 232 degrees (measured on a candy thermometer). You can pour the hot syrup over cracked ice to make "jack wax," a chewy confection, or, pour the syrup into a flat dish, cool rapidly to room temperature, and then stir rapidly for 15 to 20 minutes.

MAPLE SUGAR

Heat syrup to 240 to 242 degrees (measured on a candy thermometer). Stir the syrup as soon as it reaches this temperature. Pack in molds, or, leave in a bowl and crumble it when cooled. Maple sugar can also be shaved and used as you would use brown sugar.



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BETTER LIVING THROUGH *PHOTOCHEMISTRY*

by Jacqueline A. Soule, Ph.D.

The more that researchers study the relationships between diet and health, the clearer it becomes that we are far from knowing all of the physiologically active components of food. During the past few years, scientists have uncovered many chemicals in plant foods (fruits, vegetables, grains, legumes, and herbs). These chemicals are called phytochemicals (phytos is the Greek word for plants). Phytochemicals have no nutritional value in the USDA sense, but can affect the body, for better or worse. Hundreds of these phytochemicals are being investigated for their health promoting potential, mostly anti-cancer or heart-protective effects. People with food allergies, for example, to wheat gluten, know about the negative effects of phytochemicals. There are also phytochemicals which are cancer promoters.

The National Cancer Institute (NCI) has funded a major program to find out which chemical compounds in plants may protect against cancer. They hope to concentrate and combine these substances to produce special anticancer "designer foods." One basis for the program is

the wealth of studies over the past 20 years, showing enhanced disease resistance among people who eat lots of fruits, vegetables, and grains. I personally have a problem with spending vast quantities of my tax dollars searching for a "miracle cure." I believe this study will determine that the real answer is to live a healthy life-style, avoid known carcinogens, and eat a healthy, well balanced diet--full of a wide variety of fruits, vegetables, and grains.

Specific phytochemicals have been found with specific different effects. Let's discuss a few of them.

Indoles, found in broccoli, cabbage, mustard greens, and other members of this family (called cruciferous vegetables) have been shown to slow the growth of some kinds of cancer in lab animals.

Organosulfurs, are natural antibiotics, and have been proven to kill both bacteria and virus in laboratory settings. They are found in garlic, onions, leaks, and marigold leaves and petals.

Lignans are a kind of plant estrogen that appears to affect the action of certain human hormones, and to have some sort of anti-tumor activity. Another study indicates that

lignans are involved in calcium absorption. Lignans are found in whole flaxseed, berries, whole grains, licorice, but lignans are not found in flaxseed oil. Guys who think estrogen is only for women are wrong! Estrogen is found in both men and women and is critical for calcium absorption by the body, and for reproductive activities in men and women.

Monoterpenes, found in citrus fruits, have anti-oxidant abilities, and appear to act as free radical scavengers, mopping up these cell-damaging radicals which are the natural by-products of cellular activity. There are additional free radicals in our environment, due to smoking, sunlight, and air pollution from cars and industry. Incidentally, citrus fruits, tomatoes, and peppers are high in vitamin C, another free radical scavenger.

The bottom line is, choose a wide variety of nutritious fresh fruits, vegetables, and grains. There are well over 5000 nutritious and delicious plants to eat in this world, yet the bulk of human nutrition comes from a mere 200. Apples, oranges, and bananas are good staples, but add some plums, grapefruit, and berries

(kiwi "fruit" is a berry). Don't eat just white potatoes (sorry Idaho)--try different kinds of sweet potatoes, rice, and other whole grains (have you had your whole amaranth today?). Carrot sticks and celery make a nice crispy snack, but so do parsnips, jicama, and broccoli stalks! Be creative, innovative, bold, and adventurous. Try one new food product each and every week. I guarantee that the Co-op has well over 52 foods you have never eaten.

Like some vitamins, many phytochemicals are partially destroyed by excessive heat, and/or may escape in cooking water. So, lightly steam or stir fry your vegetables. Don't boil, and don't overcook.

Dried fruits often retain many phytochemicals and vitamins, especially if they are unsulfured. The Co-op has a wide selection, any of which fit well in the lunch box, or can ride around in your glove compartment for those times when a snack is really needed. I add dried fruit to my morning hot breakfast of oats/wheat/rye/flaxseed as I am cooking it. My favorite is peaches which soften with cooking, and sweeten the porridge. What better way to experience better living than through phytochemistry?


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THANKSGIVING TURKEYS -----

by Kristi Wildung

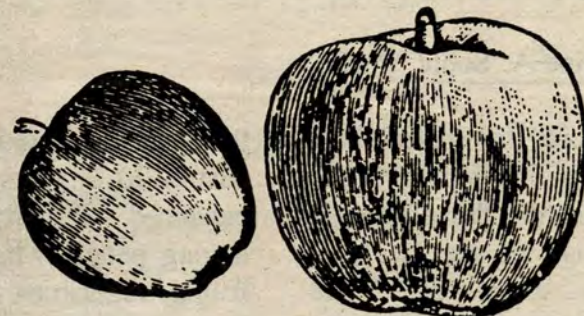
It's turkey time! We will be ordering Shelton's Turkeys again this year. These delicious turkeys are produced without artificial growth stimulants, antibiotics, or vaccines, and they're raised longer than the normal 16 weeks to improve the meat-to-bone ratio for the consumer. Their feed consists solely of corn, soybeans, grains, and supplements, and their processing is done on a small scale, therefore producing a cleaner, better quality bird. In addition, they are really fresh, meaning once processed they are held between 26 and 28 degrees, while most "fresh" turkeys are held between 16 and 25 degrees. In the end, the difference most consumers find to be worth the extra price is the better tasting turkey that winds up on their table.

If you want a Shelton's turkey for Thanksgiving, come in and order yours as soon as possible. We are pre-ordering 20 turkeys from our distributor in California in a range of types and sizes. You can sign up at the cash register for the turkey you would like. However, we cannot guarantee that we will get exactly what we request, so please be patient. Turkey sign up will be on a first come, first serve basis. There is a \$5.00 deposit which can be paid when ordering. Unfortunately, there are no exceptions to this deposit. If you need to order by phone, we will hold your order until you come in and make your deposit. We want everyone to be able to get a turkey. These pre-ordered turkeys will sell for approximately \$1.94/lb.

The turkeys will be shipped frozen to us on Sunday, November 19. We do not have room to keep them frozen and they will begin to thaw very quickly. Please pick up your turkey after 10 a.m. on Sunday. Turkeys not claimed by Tuesday, November 21 will be sold.

If we have additional requests for turkeys after we have sold these 20, we will place another order from a different distributor on Thursday, November 16. The order deadline for this second round of turkeys is Wednesday, November 15, and we will only order enough turkeys to fill the number that have been requested. So, if you don't order a turkey, chances are there won't be any extras hanging around. The turkeys will be delivered on Tuesday, November 21. Again, they will be shipped frozen, so please pick them up immediately. This order of turkeys will be approximately \$2.08/lb.

Happy Thanksgiving!



James Johnson

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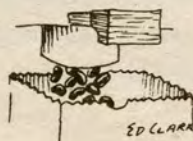
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into the honey jar, please note that honey is about 25-50% sweeter than refined sugar, and honey is metabolized in the body much the same way as white sugar. Eaten in excess, honey can cause major fluctuations in one's blood sugar level, in much the same way as white sugar can. Honey's sweetness comes from 31% glucose, 38.5% fructose, 7.2% maltose, 1.5% sucrose and 4.2% other sugars.

Grading of honey in the U.S. is voluntary. The grade of honey indicates the degree of filtration and heat the honey has been subjected to. The higher the grade, the more processed and less flavorful the honey. Heat processing destroys the natural enzymes, bee pollen, propolis, and trace nutrients. The flavor of raw honey can range from the hearty flavor of buckwheat honey to the light sweet taste of a clover or a snowberry honey.

Raw honey should never be given to infants under one year old. Their young internal defense systems are underdeveloped and can't handle potentially occurring spores of *clostridium botulinum* in raw honey.

Baking with Honey: Since honey is 25-50% sweeter than sugar, use 1/2 cup - 2/3 cup honey for each 1 cup of sugar called for in a recipe. In baking, reduce the amount of liquid required by 1/4 cup for each 1 cup of honey used. Honey-sweetened baked goods keep moist longer, but they also tend to be heavier in terms of volume. To lighten, add 1/4 tsp. Baking soda per 1 cup of honey. This neutralizes honey's acidity. If your recipe already calls for baking soda, then no extra soda should be needed. Honey carmelizes at a lower temperature than sugar, so when converting a sugar baked recipe to honey, lower your oven temperature by 25 degrees F.

Brown Rice Syrup

The sweet taste of brown rice syrup comes from 45%

maltose, 3% glucose, and 50% complex carbohydrates. This high maltose and complex carbohydrate profile means that this sweetener should be easy on your blood sugar. Both require digestion, and so will be absorbed by your body in a slower, steadier manner than the other simple sugar sweeteners. The brand of brown rice syrup that the Co-op carries is Westbrae Natural; it's organic. To concoct this sweet brew, brown rice is crushed to break the hull, then is steamed. Sprouted barley is added. Diastatic enzymes from the sprouted barley break the rice starches down into maltose and a small percent of glucose. Then the mix is strained and cooked to thicken.

Rice syrup has a light, mellow carmel-like taste. The sweetness is much more subtle than the other types of sugars. Brown rice syrup is very satisfying as a topping spread on breads, pancakes, rice cakes, etc. **FOR BAKING:** To substitute for sugar in baked goods, use an equal amount of rice syrup for sugar, but reduce the liquid required by 1/4 to 1/5 cup per 1 cup of rice syrup used. Like honey, rice syrup is very humectant, so expect a flatter, less leavened sweet bread than you would get if using refined sugar. As with honey, you can add 1/4 tsp. baking soda to recipes that haven't already called for baking soda to lighten your muffins or sweet bread.

The following recipe calls for honey or rice syrup. The product made with brown rice syrup will be less sweet than one made with an equal amount of honey. If you want to tone down your sweets, try the recipes as they are written. If your sweet tooth really needs tickling, you can add a bit more rice syrup.

This dessert is rich and elegant. It makes a stunning rolled cake for a special occasion. I've had the recipe for so long that I no longer know who to credit or how much I've changed it.

Carob Cream Roll

Blend together well:

- 6 egg yolks
- 1/2 C. Honey or brown rice syrup
- 1 tsp. Vanilla
- 4 T. Sifted carob
- 2 T. Sifted flour
- a tad of salt

Whip the 6 remaining egg whites until they are stiff and hold a peak. Blend them gently into the carob mixture. Spread the light batter gently onto a rimmed cookie sheet that has been lined with well greased parchment or brown paper. Bake at 325 degrees F. For 20-25 minutes, until it springs back to the light touch. (It is better a little under-, rather than over-done.)

Flip out of pan onto a tea towel that has been dusted with sifted carob. Roll up gently, with the towel inside. When cool, unroll; spread with 1 to 1/2 pint whipped cream that has been lightly sweetened with honey (or rice syrup), cinnamon, and vanilla. This dessert can be kept in the freezer and thawed a bit before serving. It can also be left as a sheet cake, cut and staked in 4 layers.

By planning our work
And working our plans,
We gather more honey
And stay out of jams.

- Author unknown



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have formed the Moving Committee, whose job it is to actively pursue finding a new place for us. And, of course, we would love to have more people involve in our search. The Committee meets the 1st and 3rd Wednesdays of the month at 6:00pm, upstairs at the Co-op. Please come and lend your voice to this important decision-making process.

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at the Co-op...

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If you can help us out contact Erika at the store, leave a message at the cashier or call 882-8537.

VOLUNTEERS NEEDED:

Cheese Cutter

We need a volunteer for Thursday or Friday to help cut and wrap bulk cheeses..

Recycling Help

We need help keeping up! If you would like to work in the store for a discount and help the environment too, please volunteer!

Produce Stocker

Monday morning anywhere from 7 am to noon

Store Openers

On Friday morning and help get things going anywhere from 8 am to noon.

Store Closers

We need people to help us close the store everyday from 5 pm - 8 pm.

Deli Workers

Monday morning and afternoons and Sunday mid morning

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.



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Watch for specials throughout November and December!

Complimentary coffee, tea and cider on Saturdays and Sundays!

New, fun gift ideas for everyone!

Come and see us at the Bazaar - open everyday from 10-6!

Latah/Nez Perce Voices for Human Rights sponsors its second annual

Auction for Justice

Entertainment by Dan Maher

*Sunday
November 5, 1995
2-5 pm*

Moscow Community Center

Paintings, sculpture, and other artwork donated by local artists. Proceeds go to help educate people about the ICA's latest anti-human rights initiatives.

Want to Buy

A mini climber with slide for a one-two year old. I'm looking for one for a Christmas present and don't want to have to buy one new since I'll only need it for a short time. Please call Beth at 877-1614 or leave a message at 885-6293. THANKS!