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OCTOBER 1995



COMMUNITY  
NEWS



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Deadline for articles: 20th of each month

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**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!!*



## POLKA STREET

By Bill London

August 27, 1995, dawned bright and sunny--and the families living on Polk Street between Third and Sixth were glad for the good weather because that afternoon was the first annual Block Party.

At 4 pm, I moved the orange City of Moscow barricades across Polk at Third, and Wayne did the same at Sixth. Then about 8 of us met at the truck loaded with tables and chairs parked mid-block. We unloaded the 5 tables and 50 chairs Phil borrowed, and spent a few minutes discussing the best set-up. None of us had ever done a block party before. Finally, we agreed to put 3 tables in a "U" shape for conversaton, leave one table without chairs to hold the potluck food, and set the last table next to the "U." By 4:20 pm, Polk Street (the actual street) was blocked with tables and chairs. Other people arrived and the table filled with food.

What did we do at the Block Party? Basically ate and talked. Neighbors met neighbors, many

for the first time. With cars banished temporarily, the street was used for football-tossing, rollerblading, hacky-sack, and bicycling. About 80 people in total (including some who actually lived on other blocks, but wanted to be adopted by our groovy block) were filled and satisfied by a magnificent spread of salads, entrees, and a variety of desserts.

By 7:45 pm, it was getting dark, and the tables and chairs were replaced on the truck. Lots of "good-byes" and "next years" were heard. The barricades came down, and the first car came by at 8 pm.

You can have a block party on your street. Just get the permit at the Moscow Police Department, and a week before the event, call the city street department to order the barricades. We wrote up a simple flyer asking for ideas and enthusiasm (and giving several contact names and phone numbers) that we passed out door to door. It is just basic organizing and community building.

### LEIGH IS APPRECIATED

By Bill London

If you see Leigh Robartes and wonder why he is glowing, the answer is clear. He knows now that he is appreciated.

September 23 was Leigh Robartes Appreciation Day. A group of dedicated admirers gathered that day to sing, dance, make musical merriment and to present Leigh with the tape recorder of his dreams. The recorder, a collective gift from his fans, will enable Leigh to tape the news before it happens.

That's why Leigh is glowing.

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# IT'S GETTING A LITTLE BAZAAR AROUND HERE

3

by Kristi Wildung

If you've been upstairs at the Co-op lately, you've probably noticed that things are starting to change a little bit, once again. That's because it's Fall, and come September of each year, we start to plan our Holiday Bazaar.

I'm the queen of the Bazaar this year, so I really want to say that it will be the biggest and best we've had yet. However, I may offend others who have worked so hard in the past years by saying that, so I'll just say come and see for yourself.

Laura Church and I drove to Seattle one hot August afternoon (without air conditioning) to take part in the biggest holiday and gift show this side of the Mississippi (I'm from Louisiana you know). It was something to behold. Three large buildings with numerous floors each, filled with so much cool stuff we were completely overwhelmed. We were able to cover 2 floors of one building and about four vendors in another building in the one-and-a-half days we had allotted ourselves to shop. And shop we did. Imagine being able to buy to your heart's content without having to spend your own money! I think we hit all the very best vendors in the place because we ended up with some

pretty cool stuff. And it's starting to arrive. So don't be alarmed if you can't move around upstairs for awhile.

Erika and I will soon start primping the old place up with some new paint and other fancy stuff. We still have the Great White Wall of the Co-op from last year, but rumor has it that it may contain a hint of peach this year. I'm winding up my ordering and gathering the staff. The big opening day is scheduled for November 1.

And what can we offer you? Almost anything you can think of. We'll have jewelry, candles, T-shirts and organic clothing, toys and puppets, recycled paper products, cards, dishware, soaps, and much, much more. I don't want to give it all away, but I'm sure there will be something there for everyone on your list this year.

We will be open everyday from November first until the end of December from 10 a.m. until 6 p.m., excluding Thanksgiving Day, Christmas Day, and the day after Christmas. There is some talk of extending our hours as we draw closer to Christmas, but we'll have those details later on.

So come and join us on November 1. (*Remember, it'll be the best one yet!*)

## Handbuilding With Clay 7 Sessions in November Offered by Carolyn Fortney

**Dates:** Tues & Thurs in Nov., except Thanksgiving Week

**Times:** 6:30 - 7:30pm Youth (Ages 8 - Jr. High)  
8:00 - 9:30pm Adult (including Sr. High)

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Adult: \$60.00 plus materials fee \$25.00

**Location:** Artist's Studio • 618 West A St. Lower Level  
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### RIGHT LIVELIHOOD?

By Bill London

One of the questions raised at the Product Selection Forum was: "What is right livelihood?"

Our Co-op's Mission Statement (visionary document that it is) includes providing a right livelihood for the employees as one of the Co-op's goals.

When we created the Mission Statement a decade or so ago (a gray day in Elk River, at a board retreat, as I recall), right livelihood was a commonly-understood phrase meaning that the staff would be compensated as well as the Co-op could afford (in wages and benefits) and that the staff would do good earth-saving work.

At the time the Mission Statement was written, the staff got plenty of the latter and very little of the former. They were exploited, working overtime for no pay, given no benefits and meager wages, etc.

I am very glad that over the last few years that part of the Mission Statement has become a reality (or certainly lots closer thereto)!



# BOARD ELECTIONS

by Eva Strand

How does the Co-op really work? How are we doing financially? Do we need to relocate in order to survive as a business or can we make it in our present location? How can we become more efficient and at the same time keep a decent, and hopefully peaceful work-environment at the Co-op? How can we keep supplying our community with good wholesome foods at reasonable prices? What is the Co-op's role in our community?

If these are important questions to you, you may consider becoming a member of the Board of Directors at the Moscow Food Co-op. This year, two positions are open for nominations at the upcoming election at the annual membership meeting in February. At present the Board consists of eight board members.

Besides attending the monthly Board meeting we participate in one or more of the following committees:

\* Finance/Legal: Short and long term planing of our finances.

\* Strategic planning: Short and long term planning for our business on issues such as location and membership structure.

\* Education committee: Educating our members and the community at large about nutrition, preparation of natural foods, politics of food and environmentally friendly shopping (if there is such a thing!).

\* Nomination committee: Constantly looking for potential Board Members.

Nominees for a position on the Board of Directors must be a

card-carrying member of the Co-op, be committed to our mission statement and willing to serve the Co-op 10-20 hours per month in meetings and committee work. Naturally, you will get a discount like other working Co-op members.

It is a big plus if you have financial experience, experiences with accounting, legal issues, advertising, marketing or Co-op management.

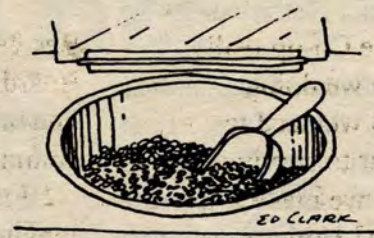
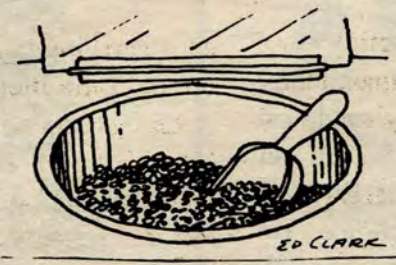
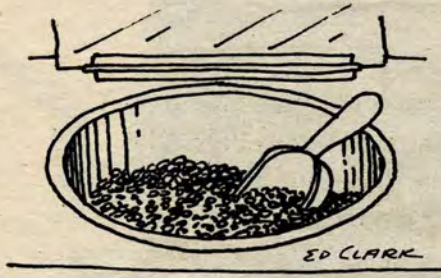
Ready to jump on Board (or kick somebody else on Board)? Nominate someone or yourself by calling me at 882-0528 or Vicki Reich at 883-1446. We will set up a meeting with the nominee and the nomination committee to talk more about life as a Board member. Nominees will appear in the February newsletter with picture and a statement explaining how they

want to contribute to the Co-op as Board members. The membership will vote among nominees at the annual membership meeting. Nominations from the floor will also be allowed at this meeting.

Sounds interesting but you are not sure what you are getting yourself into? Come to a Board meeting and check it out! Information about Board activities and Co-op meetings can be found on the bulletin board to the left of the cash registers.

Call Eva or Vicki, we would love to hear from you.





# REPORT FROM THE PRODUCT SELECTION COMMITTEE

by Eva Strand

The mozzarella cheese was smoky, the grapes were sweet and the company was great at the first Forum at the Moscow Food Co-op. Twelve selective members of our Co-op showed up on the evening of August 24th to discuss Product Selection.

Discussions on product selection started last fall when a committee was formed and guidelines for choosing which products to sell at the Moscow Food Co-op was drafted. The drafted guidelines were based on our mission statement and suggested policies for organically grown products, environmental impact of products and packaging, specialty products, meat & poultry, sweeteners, wine & beer, frozen foods and coffee, to mention a few.

Now, since a mission statement more or less is supposed to be idealistic and vague you can imagine that the proposed guidelines caused some smoky discussions. Is sugar environmentally friendly? Is meat and alcohol healthful to the consumer? Is organically

produced coffee reasonably priced? What does consciously selected mean? Selected by who? Where do you draw your lines for health and environmental friendliness?

We have certainly learned one thing; everybody draw their lines a little bit different and it is completely impossible and maybe undesirable to please all. After all, a Co-op is also about cooperation as well as acceptance and appreciation of each others personal quirks and differences.

Creative suggestions that were brought up at the forum:  
\* Skip the guidelines and use in-store information to educate shoppers about the environmental impact of products. An Education committee has already been formed for this purpose.

\* Label products containing white sugar, animal products, additives and preservatives as a service to customers who want to avoid these substances. At present, very few products in the store contain these substances.

\* Put red, yellow or green dots

on products for environmental friendliness in a similar fashion that Tidyman's does for fat in their "See the light" campaign. Environmentally friendly products would be blessed with a green dot, less friendly with a yellow dot and the real bad guys would be marked with red. The problem is however that it is sometimes tricky to judge how environmentally friendly a product is, by the time you include environmental costs for raw material, production, energy, transportation, storage, disposal etc. Environmental friendliness also depends what you compare a product to. For example, paper towels made from recycled fiber may be more earth friendly than paper towels from bleached virgin fiber, but it is less friendly than not using paper towels at all. The obvious answer is: grow your own vegetables and stop shopping. Oops, did I just put a red dot on the Co-op? Am I the only one who think this is mind boggling?

\* Choose suppliers with good "environmental ethics". We are

already trying to do that.  
\* People speak with their purchases. Stock what sells and trust the Co-op to supply good food.

\* "U-catch" free ranging chickens in the store instead of a counter with organically grown meat/poultry to save space. Pretty spacy, uuh....

However, the million dollar question that was brought up at this forum was: WHERE HAVE ALL THE GREASE PENS GONE! If you find one of them in your pocket, home or elsewhere, please return it to your Co-op. It could mean the difference between red and black numbers on the balance sheet in our, this year, fairly tightly balanced Co-op!


What do you think? If you have comments and missed the Product Selection Forum, talk to our buyer Kristi Wildung or come to an Education committee meeting, 1:st Monday of the month at 6 PM, upstairs at the Co-op. And watch out for those loose chickens....



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# WHAT'S UP AT THE UPPER CRUST

By Heidi Heffernan

There's plenty of happenings at the bakery these days. First and foremost, we'd like to welcome Kim Cantrell to the bakery staff. Many of you probably already know Kim from the Produce section. Well, we've stolen her away from Ellyn and we think you'll all be quite pleased. Not only is Kim an excellent baker, she also has great handwriting skills, so now you'll even be able to read our signs!

Next on the agenda is our ... (drumroll, here) ... new mixer! The Board has recently approved us to purchase a 30 quart reconditioned Hobart mixer. Not only will it make our lives easier, since it is both larger and more time-efficient than the mixer we are currently using, but it also will increase our bread-making capabilities.

However, like every other department at the Co-op we still will be plagued with a limiting factor of SPACE. We are eagerly looking forward to the inevitable Co-op move to eventually solve this problem, but that's a-whole-nother hornet's nest. But for now, we'll do our best to keep the bread case well stocked.

Anyway, this new mixer has gotten us to thinking about expanding our current selection. We've talked about some ideas, had a few requests, and it looks like we shall be changing the schedule again. Yes, now that you've all memorized the current schedule we're throwing our shoes in the gears.

But we're giving you all fair warning this time. The new schedule will start on Halloween. Most of the old standbys are still there, plus some new treats we hope you'll approve of, including (but not limited to):

\* Egg wash will no longer be used on any items, except Challah which does contain eggs. We've had several customer requests to do so.

\* Cornell (now made with flax seed wash) will still be made on Sundays, but look for it on Wednesdays instead of Fridays. The white bread choice on Fridays will be Sourdough French. We've had many requests to add another S.F. day during the week.

\* For those of you with yeast sensitivities look for these new breads:

1) Tibetan Barley Bread (Tuesdays). Although no yeast is added to this dough, it is allowed a long rise time in which airborne yeasts (which are all around us) ferment and give this bread its "rise." Tibetan Barley Bread does contain wheat.

2) "N.Y." wheat (Sundays). This bread will probably be renamed when we think of something more clever. "N.Y." wheat uses a starter culture (made of water, potato, and honey) instead of yeast. Again, as with Tibetan Barley Bread it does contain critters of the wild variety, but no commercial yeast is added to the dough. I am playing with the recipe to develop a version using either Spelt or Kamut flours for those who would like a non-wheat/non-commercial yeast bread.

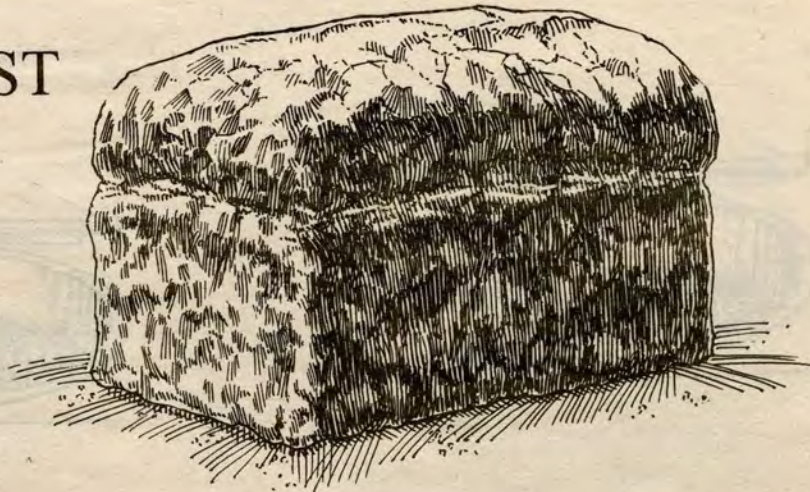
\* Both of these breads may be suitable for some yeast sensitive individuals.

3) Chapatis! Another NO YEAST option. Look for them on Thursdays.

Jenn will begin making Herb Brioche on Saturdays. Herb Brioche will be replacing Many Herb.

We've finally received our oven stones, so Crusty French Baguettes will at last grace our Sunday bread case.

We'll be sampling out a lot of our new products in the next few weeks, so be sure to stop by and get in on the action. And please, tell us what you think. After all, this is your bakery.



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# TO JEFF'S OR NOT TO JEFF'S?

By Ken Nagy

A charge has been leveled that there is a growing gulf between the Co-op's Board of Directors and the membership. Yes, there is indeed a gap, but this is the fault of everyone, not just the Board and its officers. From the Board's very accurate perspective, it is incredibly difficult getting Co-op members to commit the kind of time and energy necessary to complete the long and drawn-out decision-making process that keeps the Co-op democratic. More and more of the burden falls on the Board and the employees. Therefore, for sanity's sake the decision-making process becomes streamlined.

In response, members who do want to be involved are often overlooked and become frustrated by the lack of communication and the perceived absence of an effort by the Board to solicit their very valuable opinions. This results in hard feelings and accusations, and even less communication.

It is, by all means, not my intention here to add to the schism (if there is one). I instead hope to shed some light on some of the misunderstandings that surround Board/member relations in order to promote the Board's greater accountability to the membership--and the membership's responsibility to the Board!

The main issue that has been smoldering for years now (is it really that long?) is that of the possibility of moving to a new location. It has been a disheartening realization that, regardless of the overwhelming support at the last annual membership meeting to purchase the present location

and, regardless of the lack of another feasible location in town, the Board of Directors discards out-of-hand a member mandate with little explanation.

When questioned on this, one Board member's response to me was, "We don't have a down-payment. I don't have to go beyond that." When asked how we could possibly fund a move with no money (\$100,000 was budgeted for the aborted move to the Third Street Market building), the response was that "it will come from somewhere," such as bank loans and leased equipment. The attitude is that we can scrounge up the money to pay for a move but not to buy the present building. The logic here runs that:

A) The present building is bad. No one likes it and wants to get locked into it.

B) And, anyway, sales have flattened, the other food industry people say a move might increase sales.

C) If we believe sales will increase, we will be able to afford higher rent and payment on all new equipment. If sales don't increase after all, the equipment will get repossessed and we will simply go back to the old stuff.

D) The costs associated with the move are so insignificant (even though they will probably be higher than a down-payment to buy the present building) that they need not even be considered. The important thing is to arrange for the loans we need.

E) If the whole deal falls through and we don't move after all, we're still better off not being locked into the present location because the building is bad and no one likes it ...

That this is merely circular logic is less significant than that

it completely side-steps most of the larger issues. It says nothing of the value, for instance, of owning one's home. Rather, it stresses mobility in the hopes of finding that dream location (for rent). It considers no possibilities at all for staying in and improving the present building nor does it consider that this is indeed what a majority of the members present at the last membership meeting want. Rather, it discards the option because, according to that Board member, "everyone who works in the store hates the building."

It is indeed difficult not to fall into the trap of conspiracy theories here in the face of such rigid narrow-mindedness and, instead, keep in mind that we all have the Co-op's best interests in mind--we all want to see the Co-op survive and thrive. It is imperative, however, to point out some of the fundamental flaws in the Board's logic:

1) Regardless of how nice a location or how well planned a move, a large sum of money will be spent, yet there is no proof that sales will increase.

2) The transition from large grocery store to supermarket is the most risky move for any Co-op to make. Many, many co-ops have failed in this very attempt, most of them in urban areas with a vastly larger pool of potential shoppers. Read the history!

3) The atmosphere and "feel" of the Co-op will change--less personal, principled and friendly, more business-like and more junk food. Often, the volunteer program is eventually dropped for efficiency's sake.

4) As far as location goes, the Moscow Food Co-op presently has one of the best I have seen. Visit other Co-ops!

I've been to them all over the country. With some serious renovation, the present building could be ideal. However, this would most likely require buying the building (which would only cost us a few hundred dollars more a month than we already pay in rent).

This last point leads me to what I consider the crux of the problem. No large changes are ever made because there is the ever-present hope among the powers-that-be in the Co-op that we will soon be moving. Yet, no satisfactory location ever arises and minor, band-aid improvements are employed to avert the coming crisis. What could be a wonderful space in a good location has become stigmatized by a lack of commitment. The building bears the brunt of our frustrations, which are ironically the result of our own indecision. We are caught in the midst of many vicious circles and only by extreme patience, tolerance and co-operation can we ever break free.

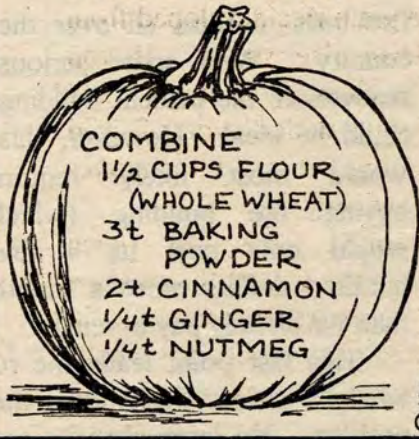
The Co-op can most certainly afford to scrounge up a down-payment, if we so choose, to buy the building. It is, at least a bit more doubtful whether we can afford to move to a higher rent situation. We cannot however, afford to alienate any of the committed members who have helped keep the Co-op afloat through thick and thin--Board and non-Board members alike.

As always, the challenge is on all of us to make it work. For, undemocratic government begins first with our own apathy. If the Board is misguided, it is also most receptive to input. Let 'em have it! (constructively, I mean.)

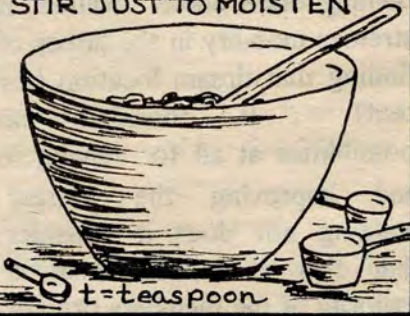


# EASY LOWFAT EATS by Ginny Clark Kohler

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## SEA VEGETABLES

By Mare Rosenthal

"It's slimy, it smells like the seashore, and it's so expensive!" This is a common first reaction. But the extraordinary nutritional value might inspire you to experiment. The key to making sea vegetables delicious is what you combine them with and how they are cooked. Sea vegetables are an incredible source of essential minerals, including trace minerals. Modern agricultural practices have depleted the soils, resulting in land vegetables which have a lower mineral content than they used to. Unlike the land, the oceans are still rich in minerals, and sea vegetables assimilate these inorganic substances and convert them into organic compounds which can be used by our bodies. Sea vegetables are also rich in vitamins, including vitamin B12, which is uncommon in the plant world. Some vegetables--like nori--contain 20-30% protein.

Though the sea vegetables are expensive, with rehydration

they expand up to five times in volume and can provide equal or greater nutritional values than land vegetables with smaller serving sizes. Most sea vegetables have a long shelf life of two to ten years when stored properly--air tight, moisture free, dark and cool (below 60F).

How long a sea vegetable is soaked and cooked and what it is cooked with will greatly determine its palatability. If soaked or cooked too long some sea vegetables, like wakame, become slimy. If not cooked enough, some remain tough or rubbery, like kombu. Here's some guidelines:

### No cooking necessary:

- \* Dulse
- \* Nori
- \* Kelp frond pieces

Eat dry from the package as a snack or add to soup, salads or grains at the end of the cooking process as a garnish or condiment. Nori (my favorite), is used for wrapping around rice to make sushi and Nori rolls.

Grind with roasted seeds for a wonderful condiment.

### Brief cooking time:

- \* Wakame:

Soak briefly (one or two minutes--the stems need longer soaking and cooking time) and drain. Cut into one inch pieces and add to salads and soups toward the end of the cooking process.

- \* Arame:

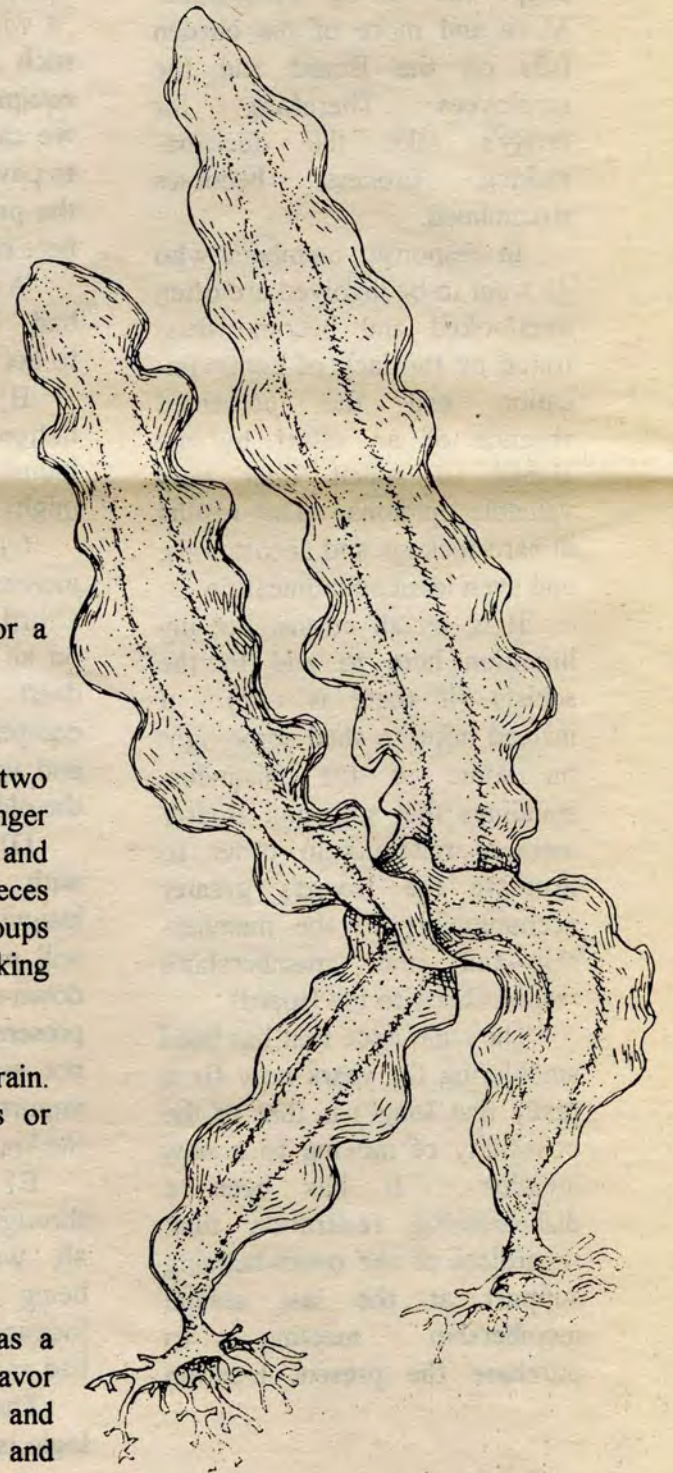
Soak five minutes and drain. Add to sauteed vegetables or casseroles.

### Long cooking time:

- \* Hijiki
- \* Sea Palm
- \* Kombu

Add kombu to beans as a natural tenderizer and flavor enhancer. Cook sea palm and hijiki with sauteed onions and ginger or add to cold grain salads.

(Information from the Bellingham Community Food Co-op Newsletter article, *Vegetables of the Sea*, by Angela Edwards.)





By Pamela Lee

We say, "Hello, how are you?" The Chinese say, "Have you eaten rice yet, today?" Rice is synonymous with food. When you eat in a Chinese restaurant, the plate of Broccoli in Oyster Sauce is called "the dish." The rice is "the food."

Rice was first cultivated in the East. Where, exactly, is not certain. Some historians believe that rice was first cultivated in Thailand in about 3,500 B.C. Other historians claim that rice growing began in India, then spread along with Bhuddism, from India to China and on to the rest of Asia. Today Asia produces about 90% of the world's rice.

Rice is a highly nutritious food. It is easily digested and assimilated by the body. This is because rice starch grains are very small and the starch grain's cell walls are very delicate. Rice is easy on the stomach. It is non-allergenic and gluten-free. Rice is a good source of vitamins, minerals and protein. It's very low in sodium and contains very little fat.

There are literally thousands of varieties of rice grown around the world. Some are red, blue, and even purple. I'll limit my discussion to the rice basics (long or short-grained, white or brown), and to the varieties of rice that the Moscow Food Co-op carries or has carried.

When **long grain rice** is cooked, the individual kernels tend to remain separate and fluffy, more flakey than sticky. These are desirable qualities when making rice salads, pilafs, curries, paellas, and stir-fried dishes. By contrast, **short grain rice** cooks up more moist and sticky. It has a sweeter flavor than long grain rice. These characteristics are well suited to preparing rice puddings, croquettes, pancakes, rice cakes, and stuffings. If you are using chopsticks, it is easier to pick up short-grain rice.

**Brown rice** is the unpolished, whole rice grain with only the outer husk and a very small portion of bran removed. The color comes from the outer layer of nutrient-rich bran. Brown rice is chewier than white rice and has a nuttier flavor. Brown rice provides vitamin E and a goodly amount of fiber. It has more protein, phosphorus, and potassium than white rice.

Regular-milled **white rice** is stripped of the husk, bran, polish, and gum. (The polish refers, in this instance, to a thin skin located under the bran.) The Co-op's white rice varieties are not parboiled, converted, precooked, instant, nor coated with talc.

**Basmati** rice is named after a fragrant Asian flower. Most basmati is grown in northern

India and Pakistan. The plants grow five to six feet in height and requires cooler, less windy growing conditions than America's rice regions can provide. Basmati rice is aged for a year after it is harvested. The aging intensifies the distinctive nutty flavor of the basmati, and it decreases the moisture content of the grain. Rinsing before cooking helps keep these kernels from splitting apart during cooking. Several pre-cooking rinsings will result in fluffier, less sticky rice.

Lundberg's **golden rose rice** is a medium length brown rice. It is especially flavorful. The "Lundberg" in the name refers to the 3,000 acre family farm in the Sacramento Valley of California. The four brothers that run the Lundberg Farm are innovators in organic rice farming. They've developed and trademarked a couple of rice varieties. The Co-op sold some of them last year, during the November-December holiday season. If you didn't buy them last year, try them this year. They are good! **Wehani** rice is a basmati hybrid. It is a gorgeous russet-red whole grain rice. The outer bran is red. The rice keeps the intense color right through cooking. It looks striking served with green cabbage, green peas, or white cauliflower. Lundberg's **Christmas Rice** is a reddish-brown

whole grain rice developed from an Asian rice strain. If you quietly chew, you might note the subtle underflavor of wild mushroom that differentiates this Lundberg rice.

**Jasmin Rice** has been grown in the United States since 1989. This strain originated in Thailand. Jasmin rice has a soft, slightly sticky texture and a delicate flavor. Most jasmin rice is eaten as white rice, though a whole grain version does exist.

The Co-op used to carry white **sushi rice**. This is a very sticky, slightly sweet tasting short-grained Japanese rice. It is the best rice to use when making mori wrapped sushi rolls. It also makes an excellent risotto! **Arborio** is the rice traditionally used to make risotto. Arborio is an Italian short grain rice. The rice kernels are especially short and round. Arborio works well in risottos because of its ability to absorb large amounts of liquid and to provide a creamy, yet still chewy texture.

**Wild rice** is not really rice and its not really a grain, though we call it both. Wild rice is the seed of an aquatic grass that is native to North America. Wild rice is extremely nutritious. It provides more protein than regular rice. It also contains lysine, the amino acid that most grains are lacking. Wild rice is rich in dietary fiber, B vitamins,

*Continued on page 18...*

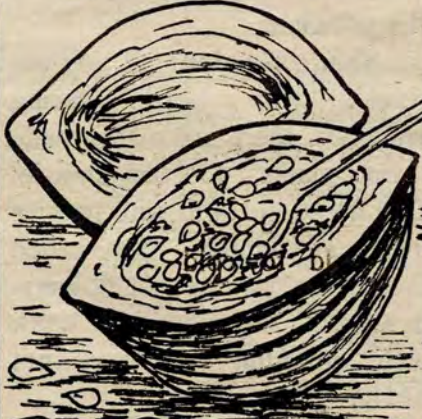
## EASY LOWFAT EATS by Ginny Clark Kohler

**ACORN SQUASH WITH APPLE FILLING**



PIERCE SQUASH 5 TIMES  
PLACE IN CUSTARD CUP  
COOK IN MICROWAVE UNTIL SOFT (ABOUT 8 MINUTES)

CUT IN HALF  
SCOOP OUT SEEDS




T=TABLESPOON t=teaspoon

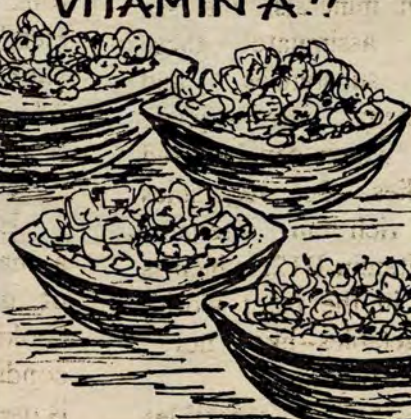
FOR EACH ACORN SQUASH COMBINE

- 1 APPLE-PEELED, CORED, AND CHOPPED
- 2 T RAISINS
- 2 T MOLASSES
- 1/4 t CINNAMON
- 1/2 t SALT

FILL CENTERS  
MICROWAVE COVERED FOR 4 MINUTES



**ATTRACTIVE & RICH IN VITAMIN A!!**



- 1/2 SQUASH SERVES ONE -

## TWINKLE, TWINKLE

By Melody Eckroth-Croft

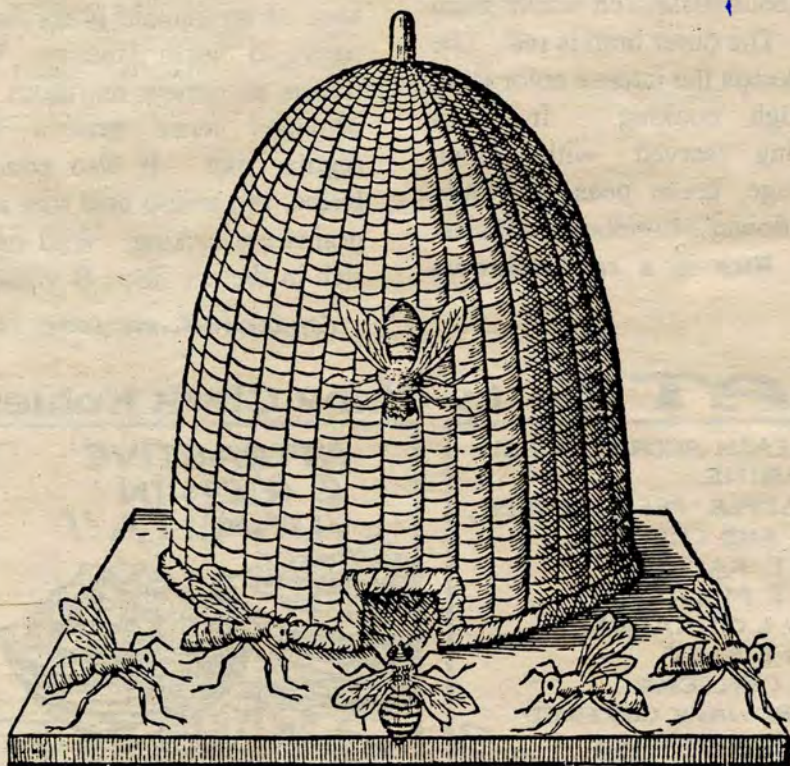
Twinkle, twinkle little star  
How I wonder what you are  
Up above the world so high  
Like a diamond in the sky  
Twinkle, twinkle little star--how I wonder what you are

Twinkle, twinkle bright glowing moon  
Sing to us your fully moony tune  
You make the waters ebb--as well as flow  
Thank you for your moonlight glow

Twinkle, twinkle little sun  
Are you up there having fun?  
Burning hot--burning bright  
Making it so we have light  
Twinkle, twinkle little sun  
Are you up there having fun?

Twinkle, twinkle little galaxy  
Billions of stars spinning round endlessly  
Round and around and around we go  
All of creation in a cosmic flow

Twinkle, twinkle little human  
What on earth do you think you're doin' ?  
Instead of focusing on war and strife  
Be grateful for Creators gift of life.  
Twinkle, twinkle little human  
Think a little deeper on what you're doin'.



## CREATE A GARDEN IN YOUR KITCHEN

By Jacqueline A. Soule

Your kitchen probably serves as the focal point for casual entertaining, the homework center for studious kids, the home office for paying bills, and the ideal place for late-night quiet and reflection. The kitchen's multi-purpose role makes it a great place to start a fragrant and colorful indoor garden, and here are a few tips to get you started.

Square plastic pots fit best on a sill, or even milk cartons wrapped in decorative foil. Seed packages are marked down at this time of year, a bonus, but the drawback is that choice is limited. You may decide what kind of kitchen garden to have based on what is available.

**Herb Garden:** Select a window with a southern or western exposure for best results, since most herbs prefer full sun. East facing windows are ok, but not optimum. If you use clay pots, they can dry out quickly, so check your plants daily. Herbs like to become lightly dry between waterings. Do not let the soil become waterlogged. Herbs can be harvested throughout the winter for cooking, and some can be planted outdoors in spring. Chives are a good example of this principle.

**Shade Garden:** If you are stuck with north facing windows, there are many shade loving plants you can choose. One friend did well with pansies inside all winter. She called them her "cut-rate cut-flowers-in-a-pot." Impatiens also work well, although they may not bloom.

**Learning Garden:** Help

your child plant some of each of the following (choose at least one from each group for really interesting comparisons): a) corn, wheat; b) pea, bean; c) radish, carrot; d) lettuce, sunflower. Compare and contrast the first "leaves" that come out (actually seed-leaves of cotyledons) to the later, true leaves. Which type of seed germinates first? Which gets taller?

Did you ever suspend a potato by toothpicks over a jar of water and watch it sprout? Will this work with a sweet potato? If you home-school, I have plant learning components available, just give me a call (509) 332-7787.

A minor caution: my cat went crazy for the wheat, and ruined that part of the experiment. Green wheat-grass is actually good for cats, so you may have to plant a pot of it by the cat dish.

Which ever kind of kitchen garden you decide to try, or even all of the above, if you have single pane windows, on nights below 20 degrees F you will need to take your plants off the sill or they may get chilled and wither on the window side.

Try to avoid the top two plant killers: underwatering and overwatering. Plant roots can't breathe in waterlogged soil and the plant dies. Plants need to evapotranspire on sunny days and if the soil is too dry, the plant dies.

I hope that with these ideas, your kitchen will become an even more pleasant focal point for your everyday life. Living, green plants inside your home add a trace of the natural world, providing a gently fragrant and graceful touch to your life.

by Peggy Pace

I must say I have never met a squash I didn't like, and whether it's summer squash or winter squash, I'll eat it all. I spend June and July waiting for my zucchini to ripen, and I generally grow several kinds, my favorite being golden zucchini. I also like the golden pattypan or scalloped squash.

During the late summer, I eat squash at almost every meal, and I fix it in the simplest way possible. I used to steam it, but lately I've taken to cutting it up and putting it in a bowl with a few tablespoons of water, covering it, and microwaving it for 20 minutes, stirring once halfway through. Then I add butter or a butter substitute and salt and pepper.

Winter squash can be prepared the same way. Peel off the rind and don't make the pieces too large or they won't cook through. You can also bake winter squash. Sometimes I will cut a section out of an acorn squash large enough for a spoon, scrape out the seeds, add butter and brown sugar, insert the cutout section back in the squash, and bake it for about 45 minutes to an hour or until tender.

Native to the Western Hemisphere, squash was an important component of Native American diets. Summer squash is rich in vitamins C, A, and niacin, and it's low in calories and sodium. It is generally bland in flavor and can be used in a wide variety of ways. Winter squash is an excellent source of Vitamin A and a fair source of Vitamin C, riboflavin, and iron. The flesh of winter squash varies from light yellow to a deep, dark orange, and the texture can either be smooth or slightly mealy.

I have so many recipes for squash that I found it hard to select just a few. The zucchini-carrot cake recipe is one of the best I've ever had. The zucchini seems to make the cake lighter and more tender, and it's a good way to use up the giants you missed picking. It is definitely not low fat, but if you have been adhering to low-fat

eating overall, it's nice to take a break occasionally so you don't feel totally deprived. My other favorite is a soup that is loosely based on one Marie Callender's Restaurants sells. The last recipe is just one of the many stuffings you can find for both summer and winter squash.

## Zucchini-Carrot Cake\*

Cake:

- 2 eggs
- 3/4 C. sugar
- 2/3 C. oil
- 1 1/4 C. all-purpose flour
- 1 tea. baking powder
- 1 tea. baking soda
- 1 tea. cinnamon
- 1/2 tea. salt (optional)
- 1 C. carrot, grated
- 1 C. zucchini grated, squeezed, and tightly packed
- 1/2 C. chopped nuts (optional)

Frosting:

- 1 3 oz. package cream cheese or neufchatel cheese, softened
- 3 Tabl. margarine
- 1 tea. vanilla
- 2 C. powdered sugar

Cake: Beat the eggs with the sugar until frothy. Gradually beat in the oil. Add the dry ingredients and beat on high speed 4 minutes. Stir in the carrot, zucchini, and nuts. Pour into a greased 9-inch square baking pan. Bake at 350 degrees for about 35-45 minutes or until the top springs back when lightly touched.

Frosting: In a small bowl blend the cream cheese and margarine; add the sugar and vanilla and beat until smooth. Spread evenly over cooled cake.

\*Adapted from Nancy C. Ralston and Marynor Jordan's Garden Way's Zucchini Cookbook and Other Squash (Garden Way, 1977).

## Summer Squash Soup

- 2 large cans stewed tomatoes or a combination of 1 large can stewed tomatoes and peeled and chopped fresh tomatoes
- 6-8 cloves garlic, sliced

- 1-2 tea. basil
- 3 C. zucchini or summer squash, thickly sliced
- 2-3 carrots, thickly sliced
- 1 C. green beans cut in pieces (optional)
- 2 tea. vegetable broth powder dissolved in 1 C. boiling water or 1/2 C. Dr. Bronner's Mineral Bouillon (both available at the Coop)

- Water to cover
- Dash of red pepper flakes
- Salt and freshly ground black pepper to taste

Place all ingredients in a crockpot or soup kettle. Simmer on medium until the squash and green beans are just tender. In a crockpot, this will take all day. On the stove it may take only a few hours. Adjust seasonings before serving.

## Apple-Stuffed Acorn Squash

- 2 acorn squash
- Boiling water
- 3 tart apples
- Melted butter or margarine
- 1/2 C. maple syrup or honey

Wash squash and cut in half lengthwise. Scoop out seeds and fiber. Place in a pan cut side down and add 1/2 inch of boiling water. Bake in preheated 400-degree oven for 20 minutes. Meanwhile, peel, core and dice apples. Mix apples with 1/4 C. melted butter and mix in the maple syrup or honey. Turn squash halves cut side up and brush surfaces with melted butter. Fill with apple mix. Cover pan and continue baking at 400 degrees for 30 minutes or until apples and squash are tender.



## TOFU-SPINACH LASAGNA

By Mare Rosenthal

Here's a vegan version of a very popular dish. It's goood!

- 1/2 lb. lasagna noodles
- 2 10-oz. pkg. frozen chopped spinach, thawed
- 1 lb. soft tofu, patted dry
- 1 lb. firm tofu, patted dry
- 1 T. maple syrup
- 1/4 C. soy milk
- 1/2 tsp. garlic powder
- 2 T. lemon juice
- 3 tsp. basil
- 2 tsp. salt
- 4 C. homemade tomato sauce or 1 32-oz. jar commercial sauce

Preheat oven to 350 degrees. Prepare the lasagna noodles according to package directions. Drain carefully and set aside. Squeeze the spinach as dry as possible and set aside.

Place the tofu, maple syrup, soy milk, garlic powder, lemon juice, basil and salt in a food processor or blender and blend until smooth.

Cover the bottom of a 9" x 13" baking dish with a thin layer of tomato sauce, then a layer of noodles. Follow that with a layer of half the tofu filling and half the spinach. Continue in the same order, using half the remaining tomato sauce and noodles and the remaining tofu filling and spinach. End with the remaining noodles covered by the remaining tomato sauce. Cover with foil and bake for 25 to 30 minutes. Remove foil and bake for an additional 10 minutes or until tomato sauce bubbles.



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## Touch

by J. Thaw

Love opened and chanced  
 touch slow momentary or timeless  
 soft awkward difficult or overwhelmed  
 any soul unexplored any flesh untraveled  
 complaints illnesses catastrophes cured  
 bad food low self-esteem automobile abuse  
 no back seat to this vehicle  
 my mind's geography my body's solid ground  
 we're all in front with the huge world  
 elements and spirits touching  
 the same grope and caress  
 remorseless labors and swallow  
 the same plunge and embrace  
 remorseless rests and flow

## PEACE AT THEIR PIECE OF PARADISE

by Bill London

Sunday, while coming down from a glorious fall hike on Paradise Ridge, I decided to visit Paradise Farms, the home of Mary Butters and Nick Ogle and their business, Paradise Farm Organics, Inc.

I hadn't been there for over a year, and was astounded by the changes. The cottage that Mary and the kids lived in had grown to the command center of a cottage industry. An organic garden (three-quarters of an acre fenced), new rock walls, flowers everywhere, silver siding with green trim on the house--all the changes were beautiful.

And the old farmhouse had changed, too. An addition to the north has become their living room (and Emil's homeschooling space). A wrap-around deck and additional room on the south has become the shipping and receiving center. The greenhouse is filled with basil drying in bags.

In step with the physical changes, the business has grown as well. They just added 19 new Backcountry Ecocuisine meals to the established line of ten introduced earlier. These little instant meals-in-a-packet are perfect for eating on the trail or on the river.

You can submerge the packets in water for days and the contents remain dry. You can

burn the empties in your campfire. And best of all, you can enjoy delicious, organic gourmet meals when you're out in the woods.

Mary reports that the new Ecocuisine meals are selling well nationwide, even without the real national marketing they deserve. Added to the continuing success of their packaged foods, the result is a welcome level of financial stability for the company.

"I love it," Mary said. "There was a time of anxiety attacks at midnight about the future of the business--but no more. Financially, we're doing well. We're cash-flowing our growth--meaning we paid for the new Ecocuisine foods with the sale of the foods, not with new debt."

Through years of trial and error, Mary and Nick have developed a business plan that works for them. Capital for expansion comes from stockholders who buy shares in the business and offer advice. Mary and Nick have no employees. The shipping and packaging work is done primarily by local contractors working in certified kitchens at their homes.

A series of interested individuals have served as interns, coming from across the

US to Moscow to work at Paradise Farms and learn the business from the ground up. The interns are offered a cabin of their own to live in rent-free, use of a car, and all the organic food they can consume. In exchange, the interns work in the gardens and in the shipping room--and end up enjoying their life at Paradise Farms so much that they often stay twice as long as they planned.

I too, stayed twice as long as I had planned. The sun setting behind the ridge dropped the temperature below the comfort level, and I left with a smile. Seeing old friends succeed is always enjoyable of course, but to see success coupled with a commitment to high ideals is even sweeter.

As Nick explained: "We're going strong toward organics. We're pacing ourselves and educating consumers since we can't compete and make a living without the support of consumers. It's a slow transition that everyone can participate in."

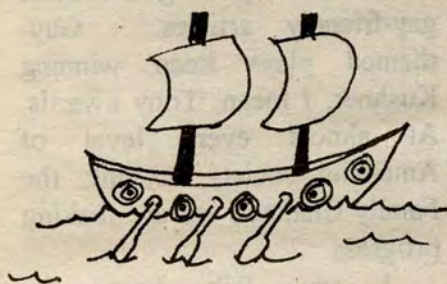
And for those who don't plan to visit Paradise Farms to see for themselves, there will be a chance to read about their operation in National Geographic magazine. Check out the December issue for a great interview and wonderful picture of Nick and Mary.



# October Kids page

## Did you know...

October 9th is known as Leif Erikson Day? Leif Erikson was a Viking who's exploring the world is believed to have brought him to America nearly 500 years before Columbus set sail on his famous voyage.



LOOK FOR THESE BOOKS AT THE LIBRARY:



Free Fall by David Wiesner

## A Recipe:

Early explorers had no refrigerators on their boats. They had to rely on other ways to keep their food from spoiling, such as drying.

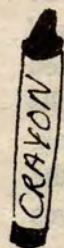
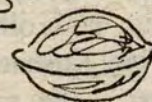
### Dried Apples

- Use only very fresh apples!
  - Wash apples and wipe dry.
  - Cut apples crosswise into disks about  $\frac{1}{8}$  inch thick.
  - Thread slices onto a string and hang the string in a warm dry place such as over a radiator or in a sun porch.
  - Let hang until apples are leathery and do not give juice when squeezed.
- adapted from: The Little House Cookbook by B. Walker

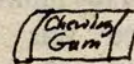
## Try This

### Walnut Shell Boats

you'll need:



walnut shell half (nuts eaten)  
soft bubble gum or beeswax  
toothpick  
paper scraps  
scissors  
markers or crayons



Fill inside of walnut shell with gum or beeswax. Cut a sail from paper scraps and decorate with Crayons or markers. Insert the toothpick through the bottom of the sail, then bend the sail slightly and push the toothpick through the top of the sail.

Insert toothpick with sail into the gum or wax. Sail the boat in your sink or a puddle



adapted from: Good Earth Art by Kohl and Gainer

## A PUZZLE

Leif Erikson's father was also an explorer. He was known as Eric the Red and his exploring brought him to Greenland. When Leif was 23 years old, his father, Erik, was 49. At what age was Erik three times older than Leif? How many years will it be until Leif is half as old as his father? Good Luck!



Look for answers in next month's issue.

By Susan Baumgartner

On Saturday, July 29th, I spent six hours in the future. I was at the Intiman Theatre in Seattle with about 200 other people watching Tony Kushner's *Angels in America*. We saw both parts, *Millennium Approaches* at 1:00 and *Perestroika* at 7:00, and in the process of this theatrical marathon we became what America can be in the future.

The audience was split, about half gay and half straight. As the first play began, we were quickly pulled into a story with seemingly limitless themes, issues and historic periods--AIDS, gay men, African Americans, Jews, Mormons, drag queens, politics, Ronald Reagan, Ray Cohn, Ethel Rosenberg, 13th century Yorkshire farmers, Valium, hallucinations, the ozone layer and, oh yes, angles. For six hours we all soared together on the wings of Tony Kushner's brilliance. We laughed. We cried. We were disturbed. We were enchanted. It was like being inside an intellectual/artistic hurricane with everything blowing wildly around and yet with everything fitting perfectly, precisely in place.

In an age of timidity where many artists content themselves with delicate little studies of personal dysfunction, Tony

Kushner roars in and talks about everything. His characters are wild and bigger than life, but also exhilaratingly human. He reminds us that life matters, that it's not some bland cycle of getting up, work, television and going to sleep again, repeated endlessly until we die. He jolts us awake. He makes us think. He forces us to confront the adventure that is our own lives where anything can happen.

The power of the play resonated through the audience. For those of us who were lesbian or gay, there were moments that were so quintessentially queer that we couldn't help responding with a roar of recognition. Sometimes it was a line that evoked this response; sometimes it was merely silence and a single arched eyebrow that encapsulated all the irony and wonder of our existence. And often, the straight people beside us could also get the joke, could also feel the universal humanity embedded in a gay character, and then the entire theatre would seem to rise for a moment in communion of desparate but sympathetic souls. There was a great feeling of warmth, both in the theatre and outside during the intermissions and again at 7:00 as we settled in for Part Two and recognized

each other from Part One. Kushner made us into a family for those six hours, and it was a family that excluded no one, that found the basic humanity in everyone from a man so homophobic he couldn't even admit he was gay when he lay dying from AIDS to The Angel, complaining that she'd pulled a muscle in her thigh while wrestling with Prior Walter.

Some time during or after that "out of body" six hours, I had two visions. One was of the America I experienced in the theatre--straight, gay, black, white, female, male, religious, secular, old, young--all appreciating each other. Of course for someone like me who lives in Idaho, the mere sight of female couples and male couples walking arm in arm in the theatre lobby, even embracing or kissing, while male-female couples looked on unconcerned or with smiles of approval, was almost inconceivable. That being gay could be no big deal, is no big deal. It was a revelation.

The other vision I had was of Kelly Walton, not obsessively gathering signatures for his second attempt at pushing his antigay agenda in Idaho, but, standing at the edge of the ocean, catching the spray of the incoming tide in his little pail,

and hurling the water back out into the sea. His goal is that big. He's trying to make the world stop on its axis and spin backwards. He's trying to reverse a tide of truth and acceptance that grows larger every day. In spite of the current backlash, the momentum of an earlier wave of understanding keeps rolling onto the shore of the American consciousness. Television series are rushing to add gay characters. *TV Guide*, the most widely-read magazine in America, is beginning to include gay-friendly articles. Gay-themed plays keep winning Kushner, I mean, Tony awards. At almost every level of American society, except, the Family Channel, we are making progress.

I say, let's keep the momentum going. Rather than pulling back and waiting for the Republican wrath to subside, let's keep building that wave until even Kelly Walton has to admit there aren't enough buckets in the world to hurl back our relentless sea. Tony Kushner has taught me to see visions and I want to see the vision of a small pail abandoned on the beach and the tide coming in, glorious and uncontested, and the world spinning forward into the future.

Karen Young

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# PLANT A ROW FOR THE HUNGRY: PART II

By Jacqueline A. Soule

If you garden, you know that by now your friends and neighbors simply refuse to take any more zucchni, or tomatoes, or whatever. Once you've canned and conned all you are able, what to do with the rest? Answer: ALL the food banks in the area will gladly accept fresh produce. You may recall that last spring I urged you to dedicate one row in your garden to produce produce for the hungry. Now here is where you can share your bounty:

## MOSCOW

Moscow Food Bank  
618 E. First Street  
883-3580  
2:00-4:00, Tuesday thru Friday

## PULLMAN

Community Action Center of Whitman County  
105 W. Main  
334-9147  
Drop off anytime 8 to 5,  
Monday thru Friday. Families

pick up food on Monday, Tuesday, and Thursday.

## CLARKSTON

Asotin County Food Bank  
1456 Maple  
758-7085  
10:00-3:00, Monday thru Friday

## LEWISTON

The Valley Food Bank  
124 New Sixth  
743-4362  
9:00-4:00, Monday thru Friday

## LAPWAI

843-5208  
Call the evening before for time and address.

A wonderful side-effect of your donation is that you are helping your community directly, not through government programs with complicated distribution systems or multiple layers of administrators. I urge you to donate some fresh, flavorful food to those currently less fortunate.



## REPORT FROM SOUTH AFRICA

by Connie Koestler

EDITOR'S NOTE: Connie sent a packet of information to the Co-op for dissemination to all through this newsletter. What follows is my attempt to share her message.

After ten year's absence, this long-time Moscow resident and one-time VISTA volunteer has returned to Africa. I'm feeling at home in Africa now, like I felt a decade ago.

Ten years ago I was a student at the Unitarian College in Oxford, England. There I met the Unitarian minister of Capetown, South Africa. In February of 1984, I came down to visit and ended up staying and working at a vegetarian restaurant for a year and one-half. I left in July of 1985 to hitchhike up Africa with Kerri from Australia. It took us four and one-half months to get to Kenya (and we were hurrying).

Now I am back, and I am really surprised by the joy of being here again.

The times they are a-changing here. Nelson Mandela's

birthday was this week. He is 77 years old. Even I would give 5 years of my life to Nelson Mandela if I could. They need him here to hold together the new nation, but already he says he won't run again for president.

They are truly trying to create a new rainbow nation here. It's one year into the new democracy.

I arrived here at the end of March and went through a rough transition. Ten years is quite a distance to bridge with distant friends. So, I was very happy to find this little yellow house and now here I am, happily settled two months, already feeling sorry for the day when I must leave.

Capetown is even more beautiful than I remembered or imagined.

The prayer flags are flying to welcome all the people of the north to visit here in the land of the people of the south. Write or come visit. I will be here through February or March at 80 Scott Street, Observatory, Capetown 7925, South Africa.

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and minerals. It is delicious. Wild rice has a definite robust nutty taste to it. It is special! It is also expensive. It used to be even more expensive, back when all wild rice was really wild (uncultivated) and all wild rice was hand harvested from canoes, the traditional Indian way. Now, this watergrass can be cultivated and it can be mechanically harvested which has brought the price down ... somewhat.

Wild rice grows in marshy regions. The wild rice that the Co-op sells is cultivated near St. Maries, Idaho. There are distinct, though subtle, flavor and texture differences between the wild rice grown in Idaho and the wild rice in the upper Midwest.

**A basic wild rice recipe:** Thoroughly wash 1 cup of wild rice. Place the wild rice in a heavy saucepan with 3 1/2 - 4 cups of water and 1/8 - 1/2 tsp. of salt (to your taste). Bring to a boil, stir. Reduce the heat to a low boil, cover loosely, and cook 40-50 minutes, or until the wild rice has puffed open and most of the water is absorbed. If you like your rice soft textured, fluff the rice with a fork and cook uncovered until any excess liquid has evaporated. But, if you like your wild rice firm and chewy, cook only until half the kernels crack open, showing their inner whiteness. Then, pour off any excess liquid, rather than cooking it more to evaporate any unabsorbed water. When you are cooking wild rice, lifting the lid to peek in does not compromise the cooking process.

**A variation** on the basic wild rice recipe, which I often prepare, is to add 1 tsp. coriander seed, 1/2 tsp. celery seed, some chopped ginger root, a bay leaf, and some freshly ground pepper to the saucepan as I begin to cook the wild rice. (I crush the coriander and celery seeds in a suribachi before I add them to the saucepan. If you don't have a suribachi, a mortar and pestle will do.) Leave out the salt and

season with soy sauce when you serve it.

**Perfect Rice:** My secrets to cooking perfect rice are two: use a heavy pan with a tight-fitting lid, and resist the urge to lift that lid. The pan I use, with consistent results, is a large Le Creuset 4 1/2 quart saucepan. Your pot need not be that large, just don't crowd your rice. Give it room to cook.

Then there is the question of whether to wash the rice or not. I wash it. I may lose some nutrients, but I get fluffier rice. If you prefer sticker rice, don't wash it.

With that preface, here's a **Basic Brown Rice Recipe:** Place 1 cup of brown rice and 2-2 1/4 cups water in a heavy saucepan that has a tight-fitting lid. Add 1/8 tsp. salt; you can add more salt or soy sauce later, to suit your taste. Bring to a good boil, stir well. Immediately turn the heat down to medium-low and cover the pot with the tight-fitting lid. Set your kitchen timer for 45 minutes. When the timer rings, turn the burner off. Do not lift that lid! Resist the urge to peek or stir; just leave the pan alone, on the burner, for an additional ten minutes ... Now, you can lift the lid, stir or fluff with a fork, eat, add condiments or other goodies.

The **Basic White Rice Recipe** follows the same procedure as the brown rice recipe, but uses less water and a shorter cooking time. Place 1 cup white rice and 1 3/4 - 2 cups water in a heavy pan. (I salt white rice after cooking.) Bring to a good boil, stir well. Immediately turn the burner to medium-low, cover the pot, set your timer for 20 minutes. When the timer sounds, turn the burner off, slide the pan off the warm burner, BUT, do not lift that lid. Leave the pan alone for an additional 10 minutes, then remove the lid. Fluff the rice with a fork, and enjoy.

Rice will vary in terms of the kernel's water content. This accounts for the 1/4 cup variations in cooking water. The individual varieties of rice vary in how much water they will absorb. Also, rice dries as it ages. I have read that in Japan,

the freshly harvested rice is cooked in 1 cup of water to each 1 cup of rice.

Here are some quick and easy variations on the basic rice recipes. They work with brown or white rice varieties.

**Persian Rice:** When the rice is just done - the 10 minute wait has past and you first lift the lid from the rice pot, add 1 T. butter (or extra virgin olive oil), stir quickly. Crack 1 fresh egg onto the steaming rice, stir well, and immediately replace the lid. Wait a few minutes; the hot rice and the still hot pan will cook the egg. You now have a light golden, saffron colored rice.

**Dalmation Rice:** Stir 1 T. of Peloponnese Kalamata olive spread into your warm, cooked rice. It'll make your rice look dirty, but it'll taste wonderful. You can find this delicious Greek olive spread on the Co-op shelves near the pickles, condiments, and bottled cooking oils. The Kalamata olives are blended with extra olive oil, wild capers, garlic powder, and wild oregano. It is good on rice, pasta, bread, vegetables, salads ... it is good.

**Breakfast Rice:** Cook leftover rice for a nutritious breakfast. Heat 1/4 - 1/2 cup of water to a mild boil in a heavy saucepan, add about 1 1/2 cups of left-over rice. Cover, stir occasionally as the rice heats. Cook on medium-low until it is as soft as you like it. If you like your morning rice mushy, like oatmeal, use more water and cook longer. You can add any number of goodies to your morning rice: blueberries, chopped dates, currents, toasted nuts, a few tablespoons of a crunchy granola, honey, rice syrup, maple syrup, milk, or rice-milk. If you aren't hooked on a sweet taste in the morning, try topping your morning rice with toasted sesame seeds. I confess to eating Pete & Clyde's garlic in my morning rice. Chop it and add it to the initial heating water. The garlic will render down to a mellow, warm taste by the time the rice is soft and hot.

**Rice Salad:** Toss left-over rice with a good olive oil, fresh lemon juice, thinly julienned scallions, fresh ground pepper,

salt (or soy sauce), and your favorite herbs. One of my favorite herb mixtures is chopped, chives, parsley, and fresh sorrel. When I don't have the sorrel, I use arugula, or nasturtium leaves in the mix. Or, if you like fresh mint in tabbouleh, try it in your rice salad, with chopped parsley and a bit of cumin.

This last recipe is not one of mine. I'd like to credit the magazine, but I don't recall which magazine I clipped it from. The food writer, recipe developer's name is intact on my clipping; this recipe belongs to Lilian Kayte. It is good. I've made it often. My favorite version, so far, was made with left-over Wehani red rice and fresh green parsley. Both rice and herb kept their vivid color during baking. This is not a sweet muffin. They are great served with soup or with a vegetable dish or a salad. I do not use as much baking powder as the author uses. I substitute either melted butter or safflower oil for the margarine. But, here is the recipe, as written:

#### Savory Brown Rice Muffins with Herbs

1 3/4 C. unbleached white flour  
1 T. plus 1 tsp. baking powder  
3/4 tsp. salt  
1 egg or equivalent egg replacer  
1 1/2 C. soy, rice or dairy milk  
2 T. melted margarine  
1 C. cold cooked brown rice  
3/4 C. finely minced fresh parsley, scallions or fresh dill, or a combination

Preheat oven to 400 degrees. Line a 12-cup muffin pan with paper muffin cups, or oil or spray with cooking spray; set aside.

In a large mixing bowl, sift together flour, baking powder and salt; set aside. In a separate bowl, lightly beat egg replacer or egg; stir in remaining ingredients.

Make a well in dry ingredients; pour liquid ingredients into well all at once. Stir until combined, leaving no dry spots; do not overmix.

Fill cups 3/4 full with batter. Bake until muffins turn pale golden brown and tester inserted in muffin comes out clean, about 20 minutes. Makes 10-12 muffins.

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.	  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>
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.	



### Moscow Idaho Seed Company

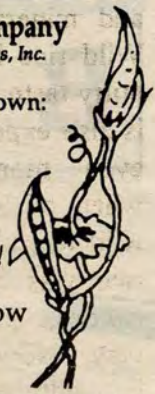
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# Bulletin Board

## at the Co-op . . .

Volunteer wanted to coordinate advertising in our newsletter. Receive an 18% discount on your purchases plus a little pocket money for 3 hrs work/week. Talk to Kenna @ the Co-op.

Get Ready for the Holiday Bazaar Opening Nov. 1!

THE *Palouse-Clearwater* Environmental Institute sponsors a special event . . .

*"Working Toward a Sustainable Future"*

a workshop with Alan

Atkisson to be held on

Monday, Oct. 9, 7pm at

the Holiday Inn Express

in Pullman

contact PCEI at 882-1444.

## Building Your Own Theology,

a seven week exploration of personal beliefs and values, will begin at 4 pm, Thursday, October 5th at the Campus Christian Center, 822 Elm St., on the U of I campus. The class is aimed at providing individuals with the opportunity to explore their own religious beliefs, rather than providing any given set of answers, welcomes both students and members of the larger community. For more information contact Lynn Ungar or Krista Kramer at 882-4328. Sponsored by the Unitarian Universalist Church of the Palouse.

## Y's Buys Thrift store

All proceeds go to support the Sojourner Truth House and the Food and Clothing Bank

Open: Tues. - Thurs. 11 am - 3 pm and Sat. 9 am - 5 pm

110 Jackson St., downtown Moscow

The Washington Idaho Symphony announces the 20th annual **Young Artists' Competition**, to be held Nov. 12. Contact the Symphony office at 1-800-949-ARTS.

## 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.

## Auditorium Chamber Music Series

presents

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Friday, Oct. 27 at 8 PM, UI Auditorium

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## Community Halloween Dance

October 31

8 pm - 12 am

Moscow Jr. High School

(all purpose room)

This costume dance and raffle is sure to be lots of fun. The bands playing are the **Bed Heads** and **Circle of Knots**. Tickets are \$3 per person and go on sale Oct. 17; tickets will also be available at the door. All proceeds will go to the **Disability Action Center's** bi-monthly newsletter, which reaches over 300 people with disabilities in our area giving them information to help them live more independently.

For more information contact Wanda or Carolyn at 883-0523. Prizes have been donated by local business merchants and will go to the following categories of winning costumes: the most outrageous, scariest, funniest, ugliest, most unique, and worst costume. So come celebrate Halloween this year by putting on your dancing shoes, and your best costume.

Help raise funds for a worthwhile cause while having a great time!