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September
1995



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VOLUNTEER NEEDED

The Co-op newsletter is looking for someone to take on the job of layout design. Are you interested? Give me, Kim, a call at 882-0191 and I'll tell you more.

NOTE TO CONTRIBUTORS: NOW ACCEPTING ARTICLES ON DISC!

MEETINGS AT THE CO-OP

Strategic Planning

3rd Wednesday, monthly

6:15 PM

Finance/Legal

4th Thursday, monthly

9:00 AM

Education Outreach

1st Monday, monthly

8:00 PM

Everyone is Welcome!!

by Therese Harris

If you wish to submit something for publication in the Moscow Food Co-op Community News, we can now accept articles on disc (either 5 1/4 or 3 1/2 inch). We use Microsoft Word, but can import AASCII files as well. Please keep your formats as simple as possible--no wild bunches of hidden codes, etc. Please mark your diskettes with your name, phone number, the article's filename, and the format or program used. We would also appreciate a hard copy, or print out, of your

article to proof and edit, just in case we have a problem with the disc. Your discs can be retrieved from the Co-op after the first of the month for which your article was written. That is, since the deadline for this September issue was August 20, the discs these articles were on could be reclaimed on Sept. 1.

We are attempting to modernize our Newsletter's production--this is one step. Stay tuned for updates and more Community News!

by Ed Clark

It was exactly six years ago, almost to the day. We were driving toward town on Third St. when Kim shouted excitedly, "Ed, its a Coop. Turn Left!" I barely had time to notice a sign that merely said, "COOP," as I pulled into the parking lot of a building that looked like anything but a grocery store. I expected a farm co-op or a seed co-op. A natural food grocery store would be too good to be true.

We had just arrived in Moscow the day before. Our journey was a long and interesting one. Our family of four had gone from Mexico to Virginia to Syracuse, N.Y. to Connecticut to Idaho. Idaho was the surprise for all of us. We had lived in Mexico for many years and had been involved in theatre. Kim decided to pursue directing as a career and applied to a number of graduate schools including the U of I. We had expected to be living back east waiting for an opening at Syracuse University when we got a call. Idaho's theatre department was offering her an assistantship for a single semester. It took only a

few minutes for us to decide to go for it. That phone call changed our lives in the best of all possible ways.

The Moscow Food Co-op *was* a natural food grocery store and it *was* too good to be true. It became an important part of my life from the moment I walked through the door. It turns out the Co-op had barely gotten through the door itself because it had only just moved from its location on Washington street. Right away we became members and volunteers. Right away we began meeting some wonderful folks. Right away we felt welcome and at home. We had found "our" community.

So, in the autumn of '89 Kim was at the U of I, Paco was entering 1st grade and I was at home with Bida, our three-year-old. I had expected to somehow use my masters degree in ceramic sculpture for family income. What a dreamer. I felt over- or under-qualified for most positions. I answered an ad for "experienced baker" at the Main St. Deli. (We'd had a thriving home

bakery for many years in Mexico. I knew how to make good bread.) What I got was a low-wage, part-time job where creativity was not welcome. "Say, I could do this for the Co-op." At an Earth Day meeting, Mary Jo Knowles, George Mancini, Kris Seiss and I started discussing the Idea of an in-store bakery. We proposed the Idea to an enthusiastic board of directors and the rest is history.

Needless to say, my family and I settled in. Kim was very successful in her program, got her degree and began applying for jobs. Nothing in her field the first time around but she got hired at Idaho for events and, eventually, the Women's Center. We bought a house. We got comfortable and involved in our community.

Although we feel Moscow may be the greatest place on earth, it has taken me awhile to concede that this is just a stop on our journey. Kim has been offered a teaching and directing position at the State University of N.Y. at Potsdam and we're on our way. We are following our bliss. That

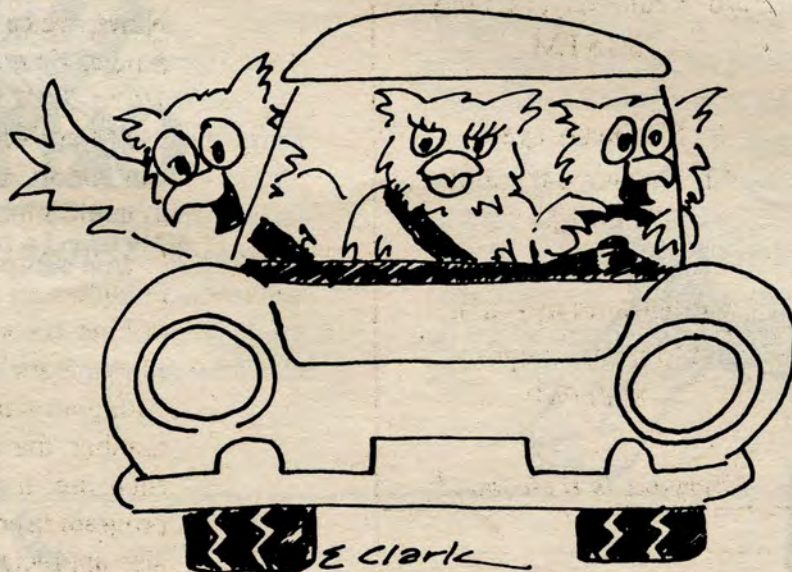
is, after all, the reason we came here in the first place. Her position is for one year, so we expect to return around May or June. Only time will tell whether the journey will lead us back or elsewhere. It's a big world out there.

For these six years the Co-op has been a centerpole in my life. I feel blessed to have had the opportunity to work with and for such a great organization. I feel doubly blessed for the friendships and relationships we've made in and around the Co-op.

Hasta Luego means 'until later,' and I eagerly look forward to seeing you all in the spring. As I ride off (into the sunrise?) I know everything will be fine, 'cause I'll be packing my lifetime Co-op membership card.

Abundant peace and well-being to you all.
Keep Smilin!

Love, Ed



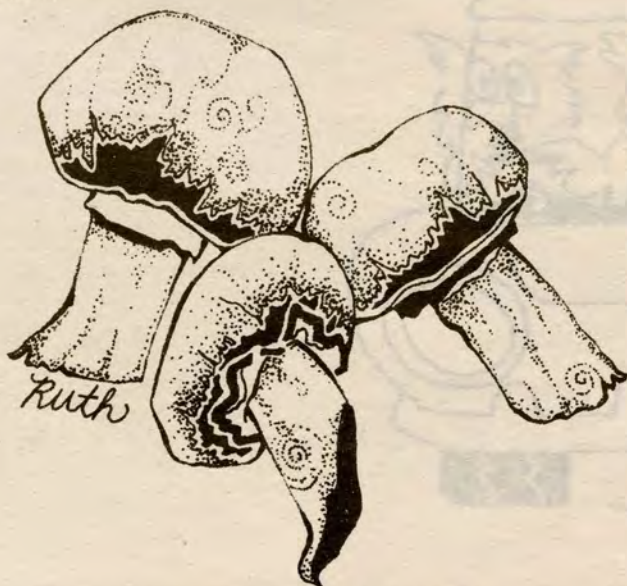
THE BUY LINE

by Kristi Wildung

September is Organic Harvest Month, so support our industry by buying organic! Look for organic specials throughout the store and be sure to check out our Education Display as you come into the store. There are great ideas and recipes to be had.

Look for these new items in the store:

- Eden Wheat-Free Brown Rice Crackers. They're very tasty.
- Newman's Olive Oil and Vinegar Dressing. Mr. Newman's company donates all their yearly profits to educational and charitable causes.
- Patak's Black Peppercorn Pappadums. The plain ones weren't hot enough for some of our customers, so give these a try!
- Barbara's Nature Choice Cranberry Breakfast Bars. These were a big hit at our Taste Fair.
- R.W. Knudsen Lime Cactus Quencher. Sounds kind of weird, but lots of people like it!
- Marrakesh Express Sun Dried Tomato and Lentil Curry Cous Cous mixes. These are the best I have ever tried and their packaging is nice.



- Apple Cherry Clif Bars. I had not noticed that both of our Clif Bar products were of the chocolate persuasion.
- Childer's Fat-Free Potato Chips Lightly Salted and Onion & Chive. It took me a long time to bring these in, but I must say they taste like they have fat in them. Delicious!
- Pure Planet Minty Carob Spirulina Powder in powder and chewable form, some with Ester C. Also Ginseng with Spirulina. These are good products, (Kenna's daughter even liked them!)
- Herbs for Kids in Sweet Echinacea, Goldenseal, Echinacea Goldenseal, and Minty Ginger forms. Guaranteed to taste good!

The following products are back in the store after a long hiatus:

- Little Bear Licorice and Cherry Twists. I hope they made enough this time to keep their customers supplied.
- Weleda Natural Salt Toothpaste.
- Nancy's Cottage Cheese.

The following products have, unfortunately, been discontinued by the manufacturer:

- Emerald Valley Broccoli Dip.
- Kendall Brown Blackberry Vinaigrette.
- Krino's Peppercinni.
- Frontier Herbs and Spices bulk Jasmine Flower Tea.
- Tom's of Maine Honeysuckle Rose and Unscented Roll-on Deodorants.
- Desert Essence Tea Tree Shampoo.
- Equal Exchange Cafe Libre Dark Roast Coffee in bulk.
- Nature's Path Brown Rice Flakes.
- Muir Glen Organic Tomato Paste.
- Carafaction Original Rice Crisps.
- Pacific Foods Lite Cocoa Soymilk.

Organic Monukka Raisins, Organic Persimmons, and Organic Pistachios are seasonal items and are currently not available. Hopefully, they will be back in stock this Fall.

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MEMBER PARTICIPATION AND DECISION- MAKING ON THE BOARD

Jeannie Harvey and
the Board of Directors

Summer Greetings! Or, should I say End of Summer Greetings! Anyway, hello from the Board of Directors.

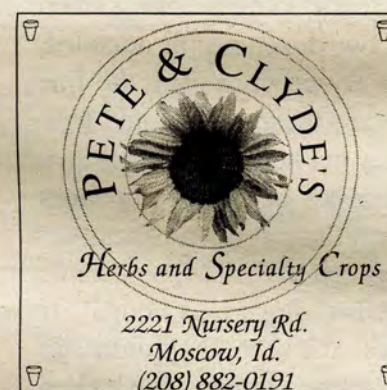
I wanted to write about a couple of things briefly. First of all, I want to thank staff and Co-op members for their participation in recent board meetings. It is great to have more minds at work sorting out some of the complex decisions faced by the Co-op at this time. I want to thank each of you for taking time out of your own busy schedules to join us at these monthly business meetings - not always the most exciting place to be on a Monday night. Your presence does enrich and broaden our discussions. And, although at times, we deal with emotional issues, the fact that we can talk and discuss ideas, and hopefully, make better decisions as a result, makes me feel positive about solving problems when they do arise. If you are wondering what I am talking about, elsewhere in this issue you will find a report from the board giving an overview of our last board meeting. Also, if you want to find out in more detail what went

on, please see the minutes posted in the store. As always, if you have something to tell us, please write or stop by a board meeting and share it with us. After all, we are your voice.

The other thing I wanted to mention was the process we are using for making decisions about what members told us at the Annual Meeting and in the survey. Many members told us at the annual meeting to investigate purchasing the building we are currently in, some members told us in the survey to stay where we are, while still others told us they thought we should move to other locations. We have been attempting to gather as much member input as we can, consider the financial realities the Co-op presently faces, and then develop a plan from that perspective. When we heard you tell us at the Annual Meeting to buy the current location, we went back to the board and the financial committee and asked about the feasibility of buying the building. We found out a potential purchase price for the building and realized that it

would not be possible for the Co-op to purchase the present location, make the necessary improvements, and then still consider other downtown locations if and when they came up.

So, we decided to hear out all the members as we completed the survey and began the process of developing a financial plan for the Co-op which is basically where we are now. We are being particularly cautious because we have watched the financial situation of the Co-op stay flat for some time now. We feel the problem is somewhat due to the inefficiencies of our current location. Thus, we are still exploring other possible locations in the downtown area. If you are interested in sharing your ideas with us, please join the next Board Meeting, September 11, 1995. You can come at 7:30 pm to share any ideas you have or come for the entire meeting (beginning at 6:15 pm) to discuss our special topic of 'Planning the Financial Plan.' Thanks again for your participation in our Moscow Food Cooperative.



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WHO ARE THESE PEOPLE AND HOW DID THEY GET HERE?

By Jeannie Harvey
and the Board of Directors

What if they held a Board Meeting and nobody came? In the history of the Moscow Food Co-op some extensive experiments have been conducted to answer this question but the research received a major setback at August's Board Meeting when about two dozen people attended. David Byrne once sang the line "Who are these people and how did they get here?". Perhaps they wanted to hear the directors perform their version of another Byrne original, "More Songs About Buildings and Food." If that was the case, they didn't go away disappointed. We talked about buildings, especially in terms of relocation, and we talked about food, especially in terms of product selection. And we talked about other things. In fact, in many ways that evening, we were the Talking Heads.

The other things discussed included the newsletter article

generated by July's board meeting; the minutes from July's board meeting; and the now infamous, unintentionally secret, meeting that preceded July's board meeting. The Finance committee reported that June's loss of \$3300 might be a sign of things to come but somehow, unfortunately, amidst all the other discussion we didn't get around to discussing what to do about it. The planned subject of discussion for the evening was "financial planning" and that discussion would have dovetailed neatly into the discussion of June's losses, if we had had such a discussion, but as it was we had to postpone discussion of the planned topic of discussion anyway because some people had to get home before breakfast.

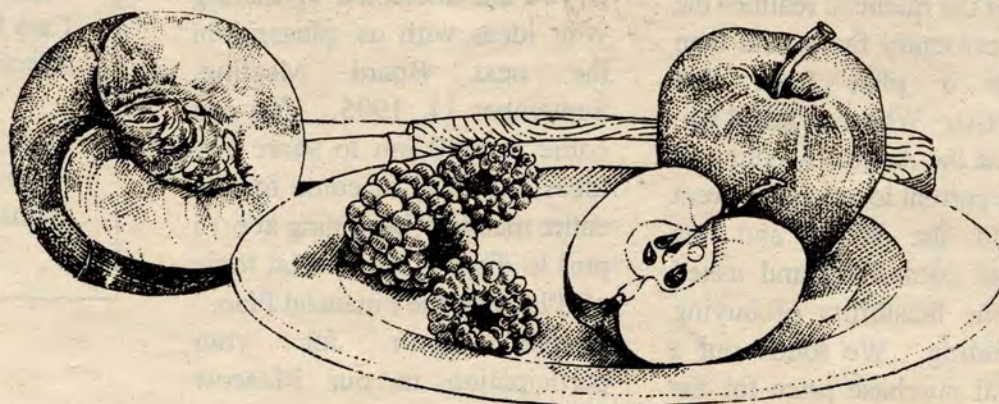
Is that clear? No? Well then you probably won't believe that the August board meeting was in some ways the most vibrant,

productive and thought-provoking meeting we've had in a long time. Many employees and members heard the latest news about our evaluation of the former Jeff's Foods location, about a downtown location that might become available for building a new Co-op, about what a bank's loan underwriters think of our borrowing position, about the product selection forum, about the important roles the departing Ed Clark performed as our community liaison, about our new lease, and about reinventing the membership/surcharge/discount system.

A variety of comments arose throughout the evening. The ideas contained within these are worth repeating, even if we must resort to fictional paraphrases since nobody with a photographic memory or an operating tape recorder was

present. "If you move out to the strip I'll stop coming ... we need to be a cooperative, we don't need to be another regular business ... all volunteers are equal, a board member is no more important than a chip bagger ... board members need to work in the store to understand how things are run ... the employees work hard all day and have busy lives so it difficult to also attend meetings ... there's a gulf between the employees and the board and something needs to be done ... shouldn't somebody impartial be writing the minutes ... you have to be certain to not hold meetings that aren't announced to everybody ..."

Business as usual? No, the August board meeting certainly wasn't. And perhaps it would be better if we never had a business-as-usual meeting again. For instance, for the next meeting, would somebody please bring desert? For thirty. See you there (Monday, September 11, 6:15 pm).



By Jacqueline A. Soule

Three world-wide revolutions have lead to massive expansion of the human population: the industrial revolution, the agricultural revolution, and most recently, the health care revolution.

Last month I discussed the need for global biodiversity in agriculture. I mentioned the fact that extensive monoculture of crops produced ample food for all and led to a massive increase in human population worldwide. But--evolution happens. Nature hates a vacuum. Vast fields of genetically identical crops with no fungi or insects or bacteria feeding on them is a very large vacuum waiting to be filled. Biocide-resistant crop pests evolve to fill this vacuum; often leading to a great loss of money or even human life.

The third revolution--health care--appeared once and for all to put health security in our own hands, and to insulate us from an unpredictable natural environment. But, once again, evolution caught up. While we are able to cure some diseases, with many others the battle lingers on. Migrating human populations, changing virulence of disease-causing organisms, and the emergence of new diseases, all demonstrate once again that human health care is still linked closely to the laws of the natural world.

Once, nearly all medicines came from plants and animals, and many species are vital sources even today. In the U.S.

alone, 25% of prescriptions involve drugs whose active ingredients are extracted or derived from plants. The dollar value in 1990 was \$15.5 billion, and over \$60 billion worldwide. 79% of the top 150 prescription drugs sold in the U.S. in 1993 were in some way linked to natural products.

The natural world is a more critical part of health care in the rest of the world. The U.N. estimates that traditional medicines still form the basis of primary health care for almost 80% of the people in developing countries. In China, over 5000 species of plants and animals are used today, while in the former Soviet Union, over 2500 species are used.

Of the 7500 species used, very, very few have been investigated for their biologically active compounds. The dilemma--many of these species may soon become extinct. The species face a two-fold threat: habitat destruction occurs at a rapid pace as land is cleared for fields or the forest is logged; and over-collection to fill the increasing demand reduces wild populations to where there are too few plants left for viable breeding. Many plant species can't be cultivated.

Loss of natural remedies is a global issue. Curare from the rainforests of South America gives the rest of the world the option of open heart surgery. It is becoming increasingly hard to find and can't be duplicated in

the lab. Another example is a rare Chinese plant which stimulates immune system functions. This plant may hold the key to helping cancer or AIDS patients recover, but its seeds do not germinate in "captivity."

Ethnopharmacology--the study of medicines used by traditional peoples--has stimulated a new surge of laboratory research on natural products. Leads from ethnopharmacology can greatly increase the probability of finding a commercially viable drug. Once field workers find a likely natural product, a screening process is done to pinpoint the active ingredient and determine its exact location in the plant or animal product.

In recent years, the screening process has become much more efficient and much less expensive, both excellent advancements. Yet, until all natural products can be tested, global biodiversity must be maintained! And, the biodiversity may have to be maintained for past that testing point since many species do not survive in captivity.

In a remote site in Arizona, a research group built "Biosphere 2," a much simplified model of "Biosphere 1" -- our earth. The model is inside an airtight dome and is supposed to be a totally self-sufficient series of interlocking ecosystems. The 8 researchers who were locked inside for over a year were beset

with a host of problems. One of them told me their problems all stemmed from the fact that their working model was far too simplistic. "Biosphere 1" (earth) is far too complicated to be simplified or easily replicated.

The 1950's myth that scientists and researchers working in their laboratories could save the world is just that--a myth. Research has shown, time and again, that Mother Nature is far stronger and far more complex than we can yet comprehend. The 1990's myth of fancy computer simulations as our new salvation is just an electron cloud to be scattered by the harsh winds of reality. (The cry of "But I don't understand, the simulation worked perfectly" was overheard at a recent scientific conference.) The natural world in all its glorious diversity is far more complex than can be modelled. The reality must be preserved intact.



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By Jacqueline A. Soule

More than any other biodiversity-related issue, public health concerns can help in the formulation of a sound management system for the world's biological diversity. Economically-driven solutions may be the only way to get many nations to agree to preserve biodiversity.

Write letters! They really do help. Send letters to politicians and drug companies. Send letters to companies whose policies you approve of and to big businesses whose actions you abhor.

Maybe you feel you don't write well and can't find the time--send them the article

"Biodiversity and the Third Revolution.) Tell the recipient in a quick note, "I agree with this article and I vote." It is a rule of thumb that every letter to a politician represents roughly one hundred people with the same viewpoint.

At home, you can do many things that you have heard of before. Here they are again with some new information.

Reduce cutting of the rainforest by buying Brazil nuts. The trees which produce the nuts only grow in mature forests and are pollinated by a rare wild bee. It takes 10-15 years to establish a grove, which must have other

plants in it for the bees.

Reduce beef consumption. Cattle denude the landscape, trample young trees and other plants, and turn the landscape into a monoculture. Eat lower on the food chain: more grains, or more fish (rabbit is good too, but not popular with Americans).

Recycle more metal and paper. "Precycle," or reuse, as many times as you can at home. This reduces timber harvests and mining in biologically diverse wilderness areas. I realize that loggers and miners need to support their families--they can get jobs driving recycling trucks or in the recycling plants. When

the mine industry in Africa slowed down, many miners turned to making jewelry and crafts--and their families are better off now.

Change is painful--but if humankind can not change our patterns of destructive resource use--we may all die. We too are part of the biosphere, the living natural world, and we must, as a species, evolve a non-destructive, kinder, gentler way of interacting with the world of which we are an integral part.



The MOSCOW FOOD CO*OP

Is more than just a whole food grocery store.

It is an active community organization with over 2000 members from Moscow, Pullman and surrounding areas.

It is a member owned and operated business serving the Palouse since 1973.

The Moscow Food Co-op is a market in the original sense of the word and acts as a meeting place for the exchange of ideas and information as well as commodities.

It offers members an opportunity to participate in the selection of products and to affect decision making.

It provides consumer education concerning natural foods and a healthy lifestyle.

The Co-op actively supports a number of community organizations and programs and is committed to the environmental concerns of the Palouse and the world.

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

PASTA SALAD



BOIL 12oz. SPIRAL PASTA IN LARGE KETTLE OF WATER FOR 6 MINUTES - DRAIN

CHOP OR SLICE
1 GREEN PEPPER
1 RED PEPPER
2 YELLOW SUMMER SQUASH
6-12 GREEN ONIONS
OTHER VEGETABLES



T=TABLESPOON t=teaspoon

COMBINE
1/4 CUP VINEGAR
1 T PREPARED MUSTARD
1 t MUSTARD SEED
2 t TARRAGON LEAVES
STIR INTO COOKED PASTA
MIX IN CHOPPED VEGETABLES
CHILL 3 HOURS OR LONGER



SERVE ON
LETTUCE LEAVES



FESTIVE & MAGNIFICENT!!!

LOW-FAT PASTA

By Peggy Pace

Since this issue of the Co-op News is featuring pasta, I decided to experiment with some very low-fat pasta dishes. When I have looked for pasta recipes in the past, I have mostly found ones that use olive oil, cheese, or a cream-sauce base making it difficult to incorporate pasta into my low-fat diet. However, pasta by itself contains relatively little fat and is high in carbohydrates, making it an ideal component of a low-fat diet.

Of the three recipes I came up with, my favorite is the eggplant stir-fry with Chinese noodles. I love the Co-op's Chinese noodles. They are easy to prepare, hearty, economical, and a nice change from rice. I was a little leery about an eggplant stir-fry at first, but this one is delicious and can be adjusted so it has more or less zing depending on your personal taste. I like it pretty hot, but you may want to tone it down a bit. My second favorite recipe is an adaptation of a dish offered in Laurel's Kitchen: A Handbook for Vegetarian Cookery and Nutrition that uses soy beans. I am not fond of soy beans, but they appear in only a moderate amount in this dish and add a textural dimension similar to pine nuts (as well as a good nutritional boost with their high protein). I used whole-wheat vegetable pasta, but I think almost any pasta would work. This is a great

end-of-summer dish since it incorporates many wonderful summer vegetables that are available now. Surprisingly, I wasn't as taken with the summer tomato pasta salad, although I liked the tomato part just fine when I tasted it before adding the pasta. I used the Co-op's new organic garlic-parsley ribbon pasta, and it just didn't taste as good as I thought it would. Perhaps a linguine would be better, as called for in the original recipe. If I make it again, I'll probably add a teaspoon of sugar to the tomato mixture, too, to give it a little more dimension.

You can, of course, use a small quantity of oil to stir-fry the eggplant, to saute the vegetables in the casserole, or even in the tomato-pasta salad. But to keep it all as low in fat as possible, I used a canola nonfat spray for my cooking and omitted oil from the salad.

Stir-Fried Eggplant*

1 T. finely minced fresh ginger
4 garlic cloves, finely minced
8 scallions, thinly sliced white and green parts
1 dried red chilli, seeded and finely minced, or 1/2 tea. Chili oil
3 T. soy sauce
2 T. light brown sugar
2 T. Balsamic or wine vinegar
3 T. vegetable broth
2 eggplants (2 lbs. total) peeled and cut in 1-inch cubes
1/2 - 1 medium package of Chinese noodles

Heat a large kettle of water to boiling.

In a medium bowl combine the ginger, garlic, 1/4 C. of the scallions, chili, soy sauce, sugar, vinegar, and vegetable broth. Mix well and set aside.

Add the Chinese noodles to the boiling water and cook for 8-10 minutes or until al dente. Do not overcook.

Heat a wok or heavy skillet over high heat, coat with nonfat spray, and add the sauce. Cook until heated through, about 1 minute, stirring constantly. Add the eggplant, stir, and then cover and cook for 5-6 minutes. Stir in the remaining scallions and the drained Chinese noodles and serve with soy sauce.

Vegetable Bean Noodle Bake

3 C. cooked whole wheat noodles (6 oz. Uncooked)
2 C. cooked soybeans (1 C. uncooked)
1 onion, diced
1/2 bunch of celery, diced
2 carrots, grated
1 potato, grated
2 ears fresh corn
4 tomatoes, 1 chopped, 3 sliced
5 T. flour
3 C. soybean stock
1 tea. salt
1/4 tea. fresh pepper
1/4 tea. mustard
1/2 tea. sage
2 tea. basil
1/3 C. minced parsley

Cook the soybeans early in the day.

Cook the noodles and drain.

Saute the onions and celery in a large wok or fry pan with nonfat spray until soft. Stir in flour and cook several minutes stirring over medium heat. Slowly add soybean stock stirring constantly. Keep heat low. Add carrots, potato, corn, chopped tomato, and seasonings. Bring to a boil stirring constantly, until thickened. Remove from heat.

Preheat oven to 350 degrees. Grease a 9" x 13" baking dish with nonfat spray.

Alternate layers of beans and noodles, putting some vegetable gravy over each layer. Liquid should come almost to the top of the mixture. Arrange sliced tomatoes over the top and sprinkle with parsley.

Bake for 40 minutes.

Summer Tomato Pasta*

1 lb. very ripe vine-ripened tomatoes, diced, skin on
6 large cloves of garlic, minced
1/4 C. fresh minced basil
1/4 - 1/2 C. wine vinegar
salt and freshly ground pepper
pinch of crushed red pepper
1/2 lb. Linguine or cappelletti

Place the tomatoes in a large bowl and add the remaining ingredients except the linguine. Mix well and set aside for 3 hours at room temperature.

In a large pot of boiling water, cook the pasta until al

cont. on pg. 12

PASTA IN TIME

By Pamela Lee

To introduce myself: I signed on to write food articles for the Co-op Newsletter because I am often hungry and have a curious mind. I love to eat, cook, arrange, think, read, and learn about food. I thought I would try my hand at writing about it.

The Co-op's Education Committee selected pasta as the featured September "food of the month."

History - Yankee Doodle and Marco Polo

The story that Marco Polo introduced the noodle to Italy upon returning from his journey to China is apocryphal. I first heard this tale from a junior high social studies teacher. I just reread it in one of my favorite Chinese cookbooks. But, the story does not bear the weight of historical fact. Though a Chinese person may indeed have eaten the first noodle in the history of recorded time, other noodles were independently invented and consumed by a variety of ancient peoples. Chinese records note the phenomena of noodle eating as long ago as 5000 B.C. There is archaeological evidence that noodles were a staple of the Chinese diet during the Shang Dynasty (c. 1700 B.C.), and specialty noodle shops were in vogue during the Sung Dynasty (c. 960-1280).

Long before Marco Polo, the ancient Greeks and Romans

made what they called "pastes" out of ground grain and water. Some "pastes" were shaped and dried for later use. In 400 B.C., thirty miles north of what would eventually be Rome, an Etruscan was buried in a tomb graced by a low-relief sculpture depicting a sack of flour, a water jar and ladle, a table, rolling pin, pastry wheel and knife ... all the necessary implements and ingredients for making pasta.

Marco Polo returned to Venice from China in 1295. Venetians may not have experienced Chow Mein (fried noodles) before that, but Italian literature reveals that 13th-century Italians were already chowing down on lasagna, macaroni, and ravioli.

Pasta has been eating around the world for ages. Jewish people might be able to claim credit for the invention of ravioli since history records their stuffing of small pasta pockets with lamb meat well before the first century. Ostrogoth Prince Theodoric the Great is reputed to have served "nudels" in Ravenna (now in Italy) after he conquered the region in the 490's. Early Arabs have long eaten noodles; they call them "threads" (rishta or righta). In England, pasta was apparently fit for a king: in 1817, the soon-to-be-King George IV dined on a special entree of "LaTimble Macaroni a la

Napolitaine." You may have enjoyed this same entree as a child--I did. When Mom was especially tired, it came from a cardboard box labeled simply "Macaroni and Cheese."

Macaroni and childhood bring me around to Yankee Doodle Dandy. Remember the ditty: "Yankee Doodle went to town, riding on a pony, stuck a feather in his cap and called it macaroni..." The ditty may make sense after one reads history. Machine-extruded, mass-production of pasta began in Naples in the 18th-century. English tourists, traveling to Italy, developed a fondness for these new, mass-produced noodles. In 18th-century England, the term "macaroni" came to be used to refer to a young man who had traveled to the European continent and had begun to affect foreign tastes and mores. In this context, to call a man a macaroni was to call him a fop or a dandy (it was not a compliment). And yet, with the peculiar vagariess of history and slang in the 1800's, English gentlemen took on this epithat with pride, as they gathered to socialize at "Macaroni clubs." On the American continent, 'Yankee Doodle' was first sung by the British to lampoon the American Revolutionaries ('Yankees'), who in turn, adopted the sing-song ditty to

mock the British. Then, as before in England, "macaroni" became the slang term attached to anything highly fashionable. If you find this macaroni slinging confusing and inconsistent, consider examples of current jargon: "bad" is good, "cool" is once again warmly positive.

Macaroni Today

As the pendulum of food fashion swings through time, pasta is in vogue again today. For instance, Moscow Food Co-op stocks a wide variety of dried pastas. A shopper can walk into any major food market in America to find a large array of packaged pastas--many brands, shapes, sizes, and colors. Ethnic food sections or markets offer yet more noodles. Still, statistics published in the mid- to late-1980's claim that the average American consumes only 8 to 10 pounds of pasta per year, compared to the 65 to 70 pounds of pasta Italians consume each year. Will statistics on eating habits in the 90's reflect the increasing American affection for this healthful and delicious food?

Indeed, health-conscious Americans are enjoying pasta, and should. It is a complex carbohydrate and without fatty cream or cheese sauces, pasta can be a low-fat, filling, and satisfying meal. The USDA serving of dry, refined wheat pasta is 2 ounces, or about 1 cup

Cont. on pg. 12

EASY LOWFAT EATS by Ginny Clark Kohler

SPINACH PASTA



BOIL 12 OZ. SPAGHETTI IN LARGE KETTLE OF WATER FOR 12 MINUTES - DRAIN

COOK IN LARGE SKILLET OVER MEDIUM HEAT FOR 6 MINUTES
1/2 CUP WATER
1 LARGE ONION-CHOPPED
4 CLOVES GARLIC-MINCED
2 T LEMON JUICE
1/2 t ALLSPICE
1/4 t SALT (OPTIONAL)
1/4 t RED PEPPER FLAKES



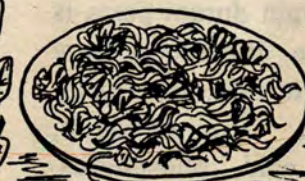
T=TABLESPOON t=teaspoon

STIR IN
5 CUPS FRESH SPINACH
3 ORANGES-PEELED & SLICED
HEAT FOR 3 MINUTES



TOSS IN COOKED SPAGHETTI
STIR TO REHEAT

IRON RICH,
DELECTABLE
PASTA!



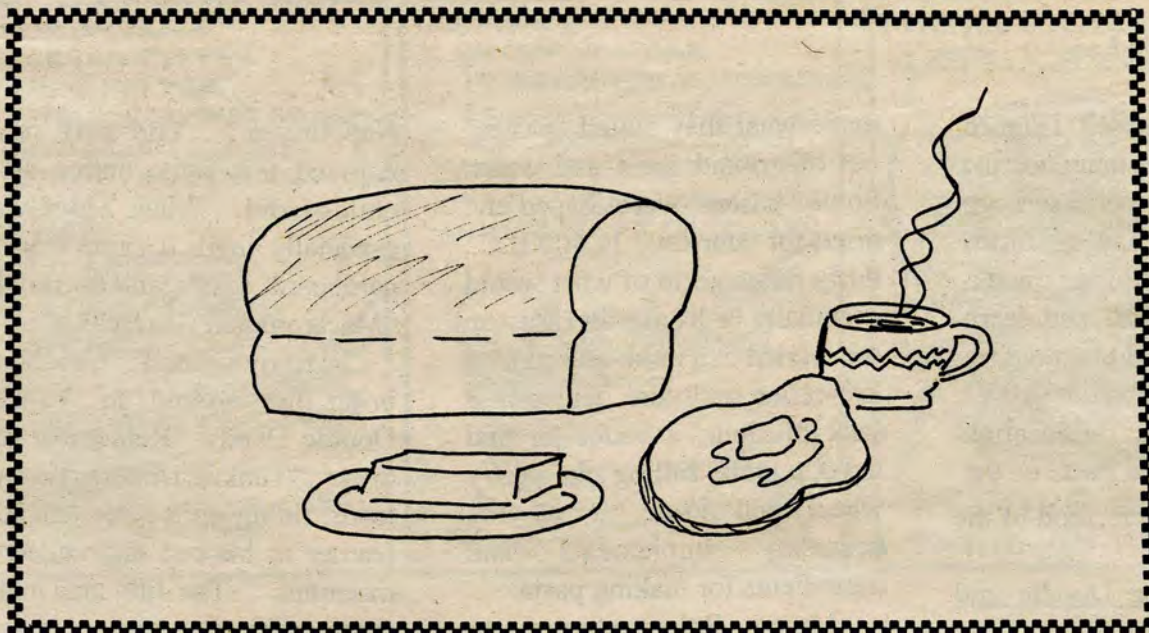
SERVES 4

LOW-FAT PASTA

dente. Drain and add to tomato sauce. Toss well and serve immediately.

Variation: Shallots, jalapeno peppers, bell peppers, fresh sage, or a few tablespoons of olive oil may be added to the sauce.

* Recipes adapted from Julee Rosso's Great Good Food: Luscious Lower-Fat Cooking.



PASTA IN TIME

of cooked pasta. This provides 210 calories from 8 grams of protein, 42 grams of carbohydrate and 1 gram of fat. Even a more realistic portion of 2 cups of naked, cooked pasta is a mere 420 calories. Pasta's popularity is high among runners and other athletes because it is a good source of glycogen (from the carbohydrates), which provides fuel for muscles before or after strenuous physical exercise.

Pasta consists mainly of wheat and water. The best American and Italian mass-produced wheat pastas are made from the endosperm of durum wheat, known as "semolina." Refined semolina pasta is typically a golden amber color. Semolina is comprised of strong, glutenous endosperm protein with very little free starch, so it stands up to commercial machine extrusion. Semolina gluten is also strong enough to endure the swelling of pasta as it cooks. Too, the stronger the gluten, the less foamy starch leaches into the cooking water, and the less gummy your cooked noodles become.

Whole-grain durum pasta is also available. It contains more fiber and more calcium, copper, magnesium, manganese, pantothenic acid, phosphorus, potassium, protein, vitamin B6 and zinc than refined semolina pasta. It also has a nuttier, more robust flavor. The textures and cooking times of whole grain and refined durum wheat pasta differ,

so if you plan to cook them together, experiment a bit.

I've read that there are over 300 types of pasta. This refers to the variety of pasta shapes and colors and doesn't even address sources or seasonings. Colored pastas contain at least 3% powdered, dried, or pureed vegetable matter, from spinach, carrots, tomatoes, beets, or even Jerusalem artichokes. Spelt and Kamut pastas are made from ancient varieties of wheat that are sometimes tolerated by people mildly allergic to more common wheat flours. (Please note that spelt and kamut are and do contain gluten.) Corn pasta is produced from a blend of corn flours. 100% corn pastas do not contain gluten, so can be eaten by many people who cannot tolerate wheat. But, since there is no gluten, corn pasta is very easily overcooked. Remove corn pasta from boiling water immediately after it first becomes tender. If you don't, it quickly turns to gummy mush. My warning is meant to help don't let me discourage you from sampling it—the flavor is special and worth trying.

I've used pasta technology here loosely: strictly and technically, flour and water pastas are classified as macaroni and egg pastas are noodles. Egg noodles are higher in protein, iron, vitamin A, calories, and cholesterol than their eggless counterparts.

Cooking Your Macaroni

There is a lot of information

available on cooking pasta. Some is complicated, some is simple. The basics of cooking wheat pasta are: Use plenty of boiling water (or broth). Salt the water or not, as you prefer. As you add the pasta to the boiling water, use a long-handled utensil to submerge and separate it. Put the lid on the pot so the water will quickly return to a boil, but remove the lid as soon as the boil resumes or you'll have an overflowing pot. Begin tasting your macaroni five minutes after the pot resumes its boil. Then, taste a sample of pasta each minute until it is done the way you like. (Some directions say cook pasta "al dente" ['to the tooth'], but there is a lot of variation in judging when the pasta is done to each individual's tooth and taste.) When the pasta is deemed done, drain it immediately. It will continue to cook a bit after it is removed from the boiling water. When draining, be careful and pour the water away from you. Unless you are making a chilled pasta salad, don't rinse the pasta after draining it. But, for pasta salad that will be overnight in the refrigerator, rinsing the cooked macaroni briefly with cool water will help prevent the pasta from soaking up all the dressing and leaving you with cold, dry salad the next day.


Your sauce should be ready before the pasta. To keep pasta hot for serving, sauce it in either your drained cooking pot or the pan you used to make the sauce.

If you add oil to your cooking water, or to your drained pasta, your sauces will not adhere as well. But, if you have to wait to add sauce to your cooked pasta, very lightly oiling the cooked noodles will keep them from sticking together.

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A VEGAN RECIPE

By Mare Rosenthal

I've made this yummy recipe a few times lately and everyone really seems to enjoy the tacos. If you have any leftover filling, it also is good crumbled on a salad-Taco Salad!

Spicy Tofu Tacos

1 small onion, diced
 1 small red pepper, diced
 1 T. olive oil or water for sauteing
 2 tea. paprika
 2 T. cumin
 2 tea. chili powder
 1/3 & 1/2 C. water
 1 pound firm tofu (frozen and defrosted or fresh)
 1 small can tomato paste
 Ground rock salt to taste (optional)
 12 taco shells
 Saute onion and red pepper

with olive oil in a large skillet, adding paprika, cumin, and chili powder as vegetables begin to soften. Add 1/3 cup of water and stir well to allow vegetables to cook through.

Crumble tofu into skillet. (If you are using frozen and defrosted tofu, be sure to squeeze out all the excess water.) Add tomato paste and 1/2 cup of water and stir well. Saute for 10 minutes. Season to taste with salt, if desired.

Spoon this delicious filling into taco shells or soft corn tortillas, top with avocado, tomato, sprouts, shredded lettuce, shredded soy cheese and salsa.

(Adapted from the *American Vegetarian Cookbook* by Marilyn Diamond.)



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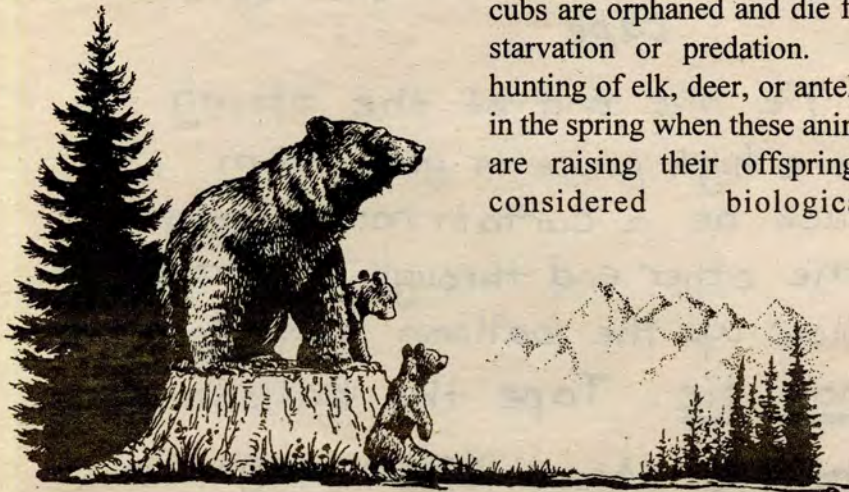
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MAKING IDAHO BLACK BEARABLE

By Greg Brown

At a time when hard fought environmental reforms hang in the balance, when proponents of environmental degradation wield the reins of power, and when a vision of ordinary citizen participation in the affairs of government is but an illusion, it is indeed salvation to have a real opportunity to restore dignity to the human relationship with the natural world. After several



years of rear-guard action and defensive maneuvers, the opportunity to shape the future and to actually set the environmental agenda has surfaced in the form of the 1996 Idaho Black Bear Initiative.

The initiative process is a way for ordinary citizens to create laws. To put the black bear initiative on the November 1996 general election ballot, about 42,000 valid signatures will need to be collected statewide.

The 1996 Idaho Black Bear Initiative is an effort to protect Idaho's wildlife heritage by eliminating unethical and unsporting black bear hunting practices. Idaho is the only state outside of Alaska to continue all 3 of the most unfair and unsporting black bear hunting practices. The use of bait, dogs, and hunting of black bears in the spring are practices that offend even the most conservative friend of nature. The 1996 Idaho Black Bear Initiative would eliminate these egregious black bear hunting practices while preserving the traditional fall hunting season. No radical,

anti-hunting bill here. Just plain common sense.

Idaho is one of only six states that permit spring bear hunting, a practice that leads to the killing of female bears with dependent, nursing cubs. In spring, female bears emerge from hibernation with a healthy appetite and often, newborn cubs. When a hunter shoots a lactating female, whether intentional or not, the cubs are orphaned and die from starvation or predation. The hunting of elk, deer, or antelope in the spring when these animals are raising their offspring is considered biologically

irresponsible and offensive to people concerned about the orphaning of the young. Not so with black bears. In fact, 50 percent of Idaho's black bears are killed during the Spring hunting season. Some of the bears killed are lactating females.

Baiting is the practice of luring and habituating a bear to a site with attractive, and often smelly, junk foods. When the bear visits the bait site during the hunting season, he or she is shot at point blank range while enjoying a last meal. Very unsporting!

In hound hunting, hunters fit their dogs with radio telemetry collars. When the dogs pick up the scent of a bear, they chase the bear. When the radio signal from the dogs' collars emits from a stationary signal, the hunters follow the signal to find an exhausted bear in a tree which is then shot at close range. Very effective. Hunters that use dogs constitute only about 5 percent of

black bear hunters and yet kill about 20 percent of the black bears.

Idahoans will support the 1996 Idaho Black Bear Initiative by a considerable margin because they want to protect Idaho's wildlife heritage by eliminating these unethical and unsporting hunting practices.

A coalition of individuals supporting the initiative, the Idaho Coalition United for Bears (I-CUB, P.O. Box 1456, Boise, ID 83701-1456, 208-622-8060, icub@moscow.com.http://www.moscow.com/~icub), is a very diverse group of individuals who share a "big tent" of philosophies. What we all share is a common belief that black bears deserve a fair chance in the hunt.

Let's help protect Idaho's black bears by eliminating unethical and unsporting hunting practices. It's good for the bears, it's good for Idaho, and it actually benefits the image of sport hunting. Volunteers are needed in Moscow and Latah County to help circulate petitions. If every person who reads this article would agree to collect just 20 signatures for the initiative--an easy task--Latah County and the City of Moscow would show they rightly deserve to be considered among the most progressive areas in Idaho. Please contact Greg Brown or Mare Rosenthal (883-4565) for copies of the initiative or check the bulletin board outside the Co-op.



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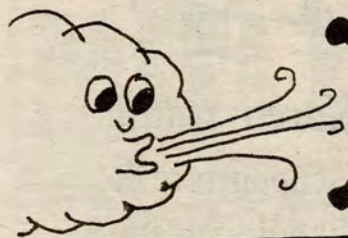
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September

Kids page



Test your knowledge

about the wind!

Circle One

① Chicago is known as "the Windy City". True False

② The trees moving their leaves make the wind. True False

③ Nez Perce Indians used to dry their salmon by hanging them up in the windy river canyons. True False



④ Winds in a hurricane are stronger than winds in a tornado. True False

Now Check your answers →

A Poem by Christina Rossetti

Who Has Seen the Wind?

Who has seen the wind?

Neither I nor you:

But when the leaves hang trembling,
The wind is passing through.

Who has seen the wind?

Neither you nor I:

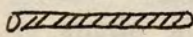
But when the leaves bow down their heads,
The wind is passing by.

LOOK FOR THIS AND OTHER POEMS

in The Random House Book of Poetry for Children by: Jack Prelutsky ill. Arnold Lobel

Try This

A Balloon Rocket

You'll need: 

a balloon

a drinking straw

a long string

tape



Tie one end of the string to a high place in your room such as a curtain rod. Thread the other end through the straw. Blow up the balloon but do not tie. Tape the balloon to the straw (you may need someone to help you.) With one hand, hold the end of the balloon. With the other, pull the string tight. Let go of the balloon and watch your rocket take off!!

from: Sunset's Children's Crafts book.

① True. They get a lot of wind there.
② False. The wind moves the trees. Wind is caused by changes in air temperature and pressure.
③ True. But they cannot do this anymore because dams built on the rivers make lakes which cause the wind to spread out and slow down too much.
④ False. Hurricane winds rarely go more than 100 miles an hour. Tornado winds go so fast they are difficult to even measure!

Answers:



ADVENTURES IN PROOF TEXTING

By Susan Baumgartner

"And verily I say unto you, it is easier for a camel to pass through the eye of a needle, than for a rich man to enter into the kingdom of heaven."

Although many radical fundamentalists who insist on a literal interpretation of the Bible seem to have conveniently forgotten this passage as they pile up riches in this life to finance their cultural war on America, I took it to heart decades ago. Actually, my source was Henry David Thoreau, but the sentiments expressed are similar. My net income hovers around ten thousand dollars a year. Although admitting this sounds like whining, I have no cause to whine because I've made a conscious choice to be relatively poor. I teach only half-time at the University of Idaho. By working less I buy myself more time to pursue my writing dream. "Dream" is the operative term here. No royalty payments from either book this year. My writing earnings to date for 1995 total \$50.00.

But that's okay. For me, material wealth gained through misery is worse than enduring the sometimes frustrating limitations of being poor. There

is a problem though, another anti-gay initiative. For weeks I thrashed around like Jesus in the Garden of Gethsemane, trying to see if there wasn't a way to avoid drinking from the bitter cup Kelly Walton was once again holding out to me. Finally I decided I had no choice but to rejoin the cause, so I went as bravely as I could to our Voices for Human Rights meeting in July. I was thinking about an uplifting campaign of education and inspiration.

But the consensus at the meeting was that our major goal had to be fund raising. We needed huge amounts of money. All my courage vanished. As a poor person, I'm feeling more and more powerless, like the only way to ensure life, liberty and the pursuit of happiness in America anymore is to buy it. This buying of freedom seems relatively painless for big corporations and big special interest groups like the Christian Coalition, but it's difficult for me. Every day I feel guilty when I have to recycle the "I want" letters, all of my own special interest groups desperately pleading for money. The volume of letters and the level of alarm convince me I'm on the poor side

of almost every issue -- the arts, education, the environment, gay civil rights, human rights in general, freedom from religion. There aren't enough of us and we don't have enough cash to pay the protection money for the beliefs we hold dear.

Could America really descend into some kind of radical right nightmare where all the rich people get meaner and richer and all the poor people get screwed? When I get really depressed, and I suppose I've written myself into a fairly good depression right here, I like to create diverting little "proof texting" (finding passages in the Bible that support what I want to believe) fantasies.

Did Jesus buy acceptance for Christianity? No. He was the poorest of the poor. Was he conservative? No. He was a radical, a rebel, a pesky irritant to the status quo. In a mean-spirited time, he preached love and compassion. In a time of materialistic excess, he preached the spiritual freedom of dropping out of the rat race -- "look at the birds of the air: they do not sow, or reap, or gather into barns." He was the champion of women and prostitutes and tax collectors and all the downtrodden of the earth. He was highly intelligent,

continually thwarting his opponents by exposing the hypocrisy of their own lives. Rather than piously denying the needs of the flesh, he insisted on physical pleasure as a way of celebrating God's gifts to us, allowing Mary Magdalene to "waste" expensive oil by anointing his head and feet.

If Jesus were here today, he would marvel at all the fat camels who have so misinterpreted his message. Then, with an ironic smile, he would turn his back on them and join with the artists and the teachers and the environmentalists and even the atheists. As a dark-haired, dark-eyed, dark-skinned Palestinian, he would side with other people of color. He would take the hand of John, the disciple whom he loved, and fight for gay liberation. And all the downtrodden would gather together and eat beans and rice and support each other and love each other and watch the astounding spectacle of materialistic, power-driven fundamentalists seemingly doing the exact opposite of what they've always preached they needed to be doing in this life in order to win their crowns in the next life.

Many are called but few are chosen. The Lord works in mysterious ways.

The End.

By Melodie Armstrong

"I should be living 100 years ago." My mom would say, telling about how her first grade students were acting, or when disgusted by reading the paper. "I was born too late." I used to feel that way too, but not anymore.

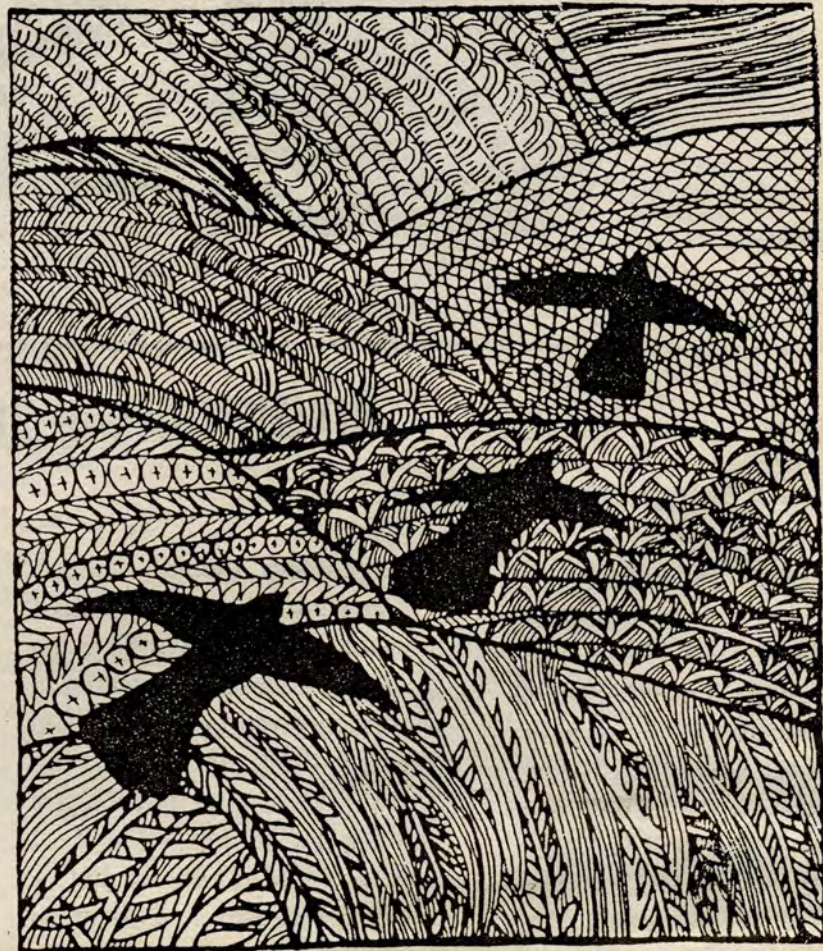
I remember when the Berlin wall came down. How amazing to be living when the world is changing in such a way! It wasn't brought about by a war. Then the USSR became Russia and numerous other countries -- there wasn't a big war there beforehand, either, although change has brought on fighting. I know that change can be frustrating and frightening, bring hopes, new concerns, new expectations, new problems. I get depressed and scared to see how much anger and fear there is. Still, things are changing. We humans seem to be trying to change without wars. I am anxious and excited to see what we can and will do. I want to help move in positive and sustainable directions. I think individuals have a big role to play in these changes. How challenging to be alive now!

I like technology. I know some of you may wonder how I can say this. Yes, our TV is black and white. We don't have a VCR or a microwave or an electric mixer. I do cut our grass with a push mower. But we also ask a friend to rototill our garden. We use computers. We know of people who are very beneficial to society and who would be dead if not for advances in medicine.

What about safety? Many people owe their lives to changes in safety procedures and equipment. I'm glad I am alive now.

We now can communicate with people around the world quickly and fairly easily. We have access to information and -- if we are careful -- the understanding that goes with it. We can listen to and look at different points of view, explore various solutions, and even learn that what we think of as a problem may not seem like a problem to someone else. Information (one of my hobbies) is becoming more accessible. I'm alive at the right time.

Because I am here now, I can advocate wise use of ideas, technology, and information. I believe we can learn to use these tools to help us live better lives, not to be better than someone else or live so selfishly (or unthinkingly) that we take resources others need. I don't believe it is necessary to have the latest gadgetry. I believe we can live high quality lives without having every intellectual or material advancement. We can pick and choose what really contributes to *our* individual or family quality of life, and not be pressured into thinking we need it all. We can use our tools as tools, and not as an end unto themselves; to help us live happily, not just because having is good. There is a lot of challenge and possibilities in living today. I am glad I have the chance - I wasn't born too late.



HOW ON EARTH! MAGAZINE

By Mare Rosenthal

How on Earth! is a unique quarterly magazine for and by youth who support compassionate, ecologically sound living. How on Earth! (HOE!) Covers a variety of environmental, animal, and global issues, while encouraging activism and empowerment among youth who are concerned about animals and the Earth. HOE! recognizes that a pure vegetarian (vegan) diet is a vital component of compassionate, ecologically sound living, and so provides information on the vegan diet and offers support for young people considering or choosing a vegetarian diet. HOE! celebrates every person's potential to make a difference!

Young people, ages 13-24, submit articles, artwork, poetry, personal essays, vegetarian recipes, photography, and advice covering everything from current issues, to activism, to boycotts, to dealing with parents and peers who just don't understand.

I really enjoy this magazine even though it's targeted for youth. To subscribe, send \$18 for 1 year/4 issues to HOE!, P.O. Box 339, Oxford, PA 19363. HOE! Is published by the Vegetarian Education Network, an all-volunteer, nonprofit organization dedicated to supporting young vegetarians, and promoting compassionate, ecologically sound living.

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LIFE IN ANTARCTICA

By Diamond Western

This past Sunday, July 2nd, was an interesting day here in Antarctica. It started out normal enough with a Sunday morning coffee klatsch with some friends, and then a trip to the galley for Sunday brunch. Then, on the way back to the dorms, I noticed the horizon. There was an orange glow towards the north. Daylight is returning to the land of ice. After two and a half months of constant darkness this was an amazing moment.

Later in the afternoon I caught the shuttle over to Scott Base (New Zealand). The Kiwis' (New Zealanders) were having their mid-winter plunge into McMurdo Sound.

As a child I remember seeing photos of some folks running out of one of the Great Lakes after a mid-winter swim. They were members of a polar bear club. I thought they were nuts. Just as I figured jumping into a hole in the ice over McMurdo Sound was something only someone who is a tad bit shy of rational would do. But to be on the safe side, because I realized I am not always rational, I took a towel and some extra clothes along with me.

When I arrived at the base I headed straight out onto the sea ice. It was obvious where the action was, as there were several flood lights illuminating the

scene. There was a hole about four feet wide and five feet long cut through the four-and-a-half foot thick ice. In the hole was seawater with chunks of ice floating in it. One of the Kiwis was using a net to try to get out the ice. It was a constant battle as the hole had a tendency to refreeze fairly rapidly. There was a board laid across one end of the hole. On the side with the board were two fellows with a rope and harness. On the other side of the hole there was a ladder.

The idea was basic enough. Participants would step into the harness and then onto the board. Clothing was optional but footwear was mandatory. As soon as the person stepped on the board they would jump off into the water.

I still wasn't convinced this was something I either needed, or desired, to do. After a few minutes of observing I started to get chilled in the -25 degree temperatures so I headed to the warm up shack. I was there about three minutes when it hit me - that wave of irrationality. I dressed in a sweatsuit and cold weather boots. I took my thongs and a towel with me. I walked straight to the hole, strategically placed my towel, removed my garments, and stepped out of my boots into my thongs. I then

stepped up to the jumping area.

The harness was waiting. I stepped into it and the Kiwis pulled it up under my arms. I stepped out on the plank. I heard several encouraging comments but I do not recall most of them. I do recall someone saying to cannonball. I am not sure if I replied vocally but I do know I was thinking "no way." Beyond that, I don't recall too much. I jumped feet first into the water.

While in the water my mind was totally and clearly focused on getting out of the water. The clarity of thought was amazing. I reached for the ladder and climbed out as fast as I could.

The water temperature was about 28 degrees fahrenheit, lower than the normal freezing point of water due to the salt content. The ambient air temperature was minus 25 degrees. When one leaves extremely cold water to an even colder air temperature it is best not to linger. And linger I didn't. All of my best laid plans of doing a quick dry down and then get into my sweatsuit went by the wayside. Basically I put on my boots, grabbed the towel and sweats, and made a beeline for the warmup shack. The warm up shack was about 100 yards away. Needless to say it was a brisk walk in every sense of the term.

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BULLETIN BOARD

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UI Auditorium

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Sept. 9 Moscow Vision 2020 Photo Contest Judging

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9 am - Noon

Everyone Votes!

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.