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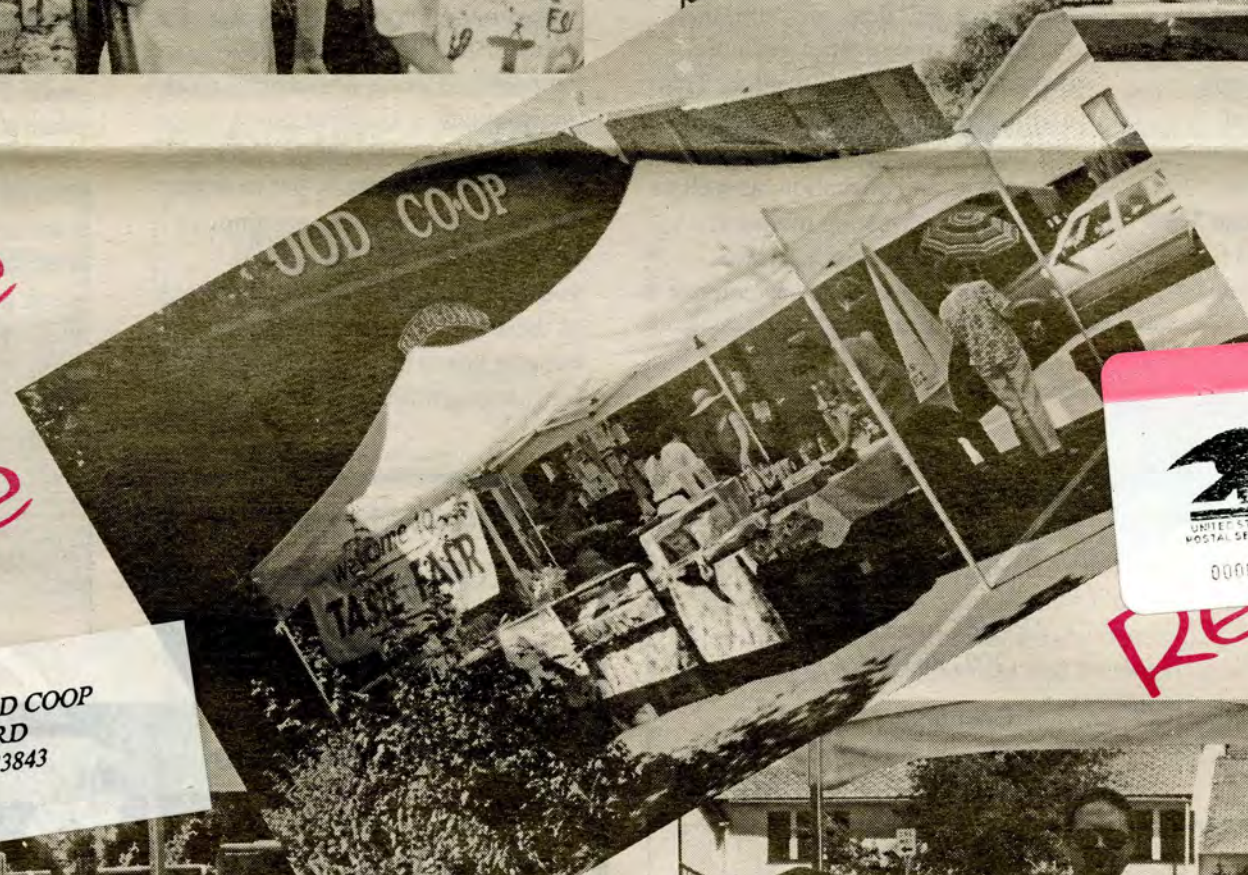
August 1996

# MOSCOW Community News



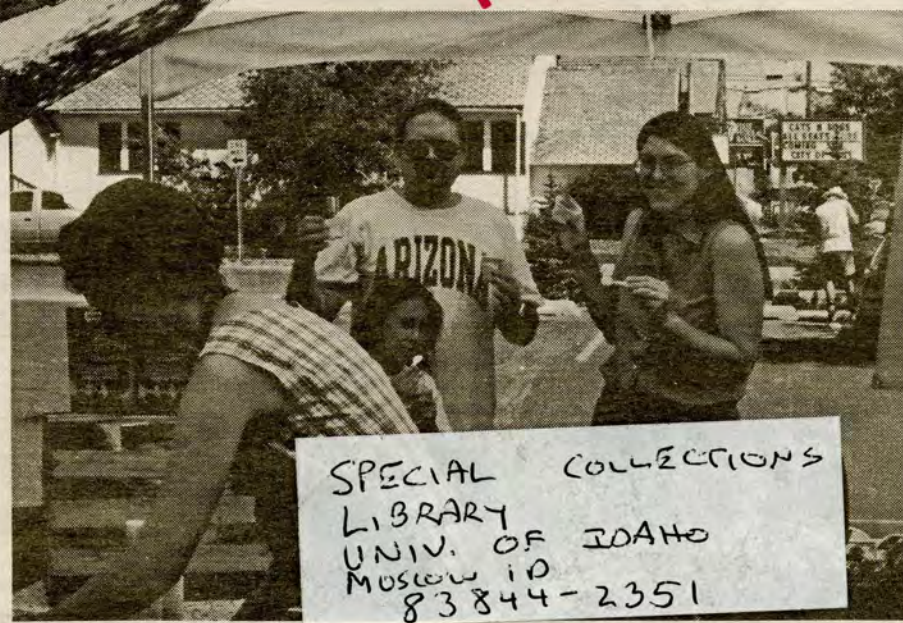
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# Co-op - News

## News of the Board

by Kristi Wildung

On June 29 and 30 the Board of Directors, along with a few staff people and other members, got together for our yearly retreat. We worked very hard while enjoying the sunshine and set a lot of directions to be carried out for the rest of the year.

One of the biggest discussions focused on our Mission Statement. During our board training session in February, we had decided to design a Vision Statement for the Co-op as well as rework our Mission Statement. This process drew a lot of attention at the retreat and needless to say, we did not come to any grand conclusions during the course of the afternoon. We did however, come up with a list of terms which we all felt were important to include in whatever statement should come forth in the future. These included the words believe, locally and/or organically grown products, information network, benefits, community, consumer awareness, meaningful shopping, sustainability, education, staff, co-operative, alternative, membership, and involvement. The consensus was to form an ad hoc committee, chaired by our newest

board member, Paul Weingartner, to work on this project and come to the board with preliminary Vision and Mission Statements. This process is very important to the Co-op; we will have to live by and with whatever we decide upon. If you are interested in helping to develop these statements, please contact Paul.

A few more agenda items took the rest of our time and a few new committees were formed to deal with some of the long range goals we set for ourselves. The first of these was the Relocation Committee, which will define what it is exactly that we need and set a financial direction to met those terms. It will include strategic planning, education, and encouraging member support and education. Next was the Membership Committee, which will deal with all issues facing our membership, including discounts and communication. This committee will work on increasing our membership through membership drives and education, as well as continually reviewing member benefits. Last but not least, we formed an ad hoc advisory commit-

tee to review and brainstorm about our volunteer program. This committee will work on issues like the direction of our volunteer program, benefits to our volunteers, and increasing the longevity of our volunteers. I'd like to take this opportunity to congratulate our new Volunteer Coordinator, Bonnie Hoffman. She will be involved in this committee and has a lot of great energy to offer the program. If you have questions about the program or would like to volunteer at the Co-op, she's your gal.

The board will also be tackling another big issue this summer in the form of staff benefits. We will be reviewing our evaluation process and staff training, as well as health and other benefits. The staff has been invited to attend the next board meeting so that we may have their input on these topics. We all agree that we want the Co-op to be a supportive, fair, and rewarding work environment.

Now that all the brain work is done, it's time to really get to work. We have many tasks to accomplish between now and March, so if you're interested in helping with any of these projects, please check the bulletin board by the cash register for meeting times and contacts.

## New Election Process

by Vicki Reich

In the next few months, the Nominations Committee will run a series of articles on the new election process we are developing. Why a new election process, you ask? Well, it's quite simple -- most members don't vote and we want you to. One of the 7 Cooperative Principles is Democratic Control and we feel that a Board of Directors selected by 30 out of 2000 members is not a very democratically-elected Board. The new process will make it much easier for members to vote and will supply them with more information about the candidates so you can vote intelligently. We will be mailing out ballots to all members that you can mail back or bring into the store. These ballots will have information about all the candidates and any other issue up for member vote. The articles that follow in the coming months will discuss the nominations, petition, and election processes, as well as giving you a sneak preview of the ballots appearance. Keep your eyes open for them. If you have any comments about this new idea or want to get involved, drop a note in the suggestion box or tell one of our cashiers.

### Editor

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Eva Strand	882-0528
Kristi Wildung	509-397-4951

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Deadline for Articles:

20th of each month

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice.

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## Monthly Meetings at the Co-op

### General Board of Directors

4th Thursday  
5:30 p.m.

### Nomination

1st Tuesday  
4:00 - 5:00 p.m.

### Finance/Legal

1st Tuesday  
Noon - 1 p.m.

### Education/Outreach

3rd Monday  
2:00 - 3:00 p.m.

*Everyone is Welcome!*

# It's 1996! Do You Know Where The Co-op Is?

by Paul Weingartner

Paul Gauguin asked, "Whence do we come? What are we? Where are we going?" The Coop Board of Directors is asking similar questions about the co-op, and it would like the help of the membership.

The Board has established an ad hoc committee charged with creating a "vision statement" for the coop. A vision statement would clearly state the purpose of the co-op, its raison d'être, and what is unique about the co-op as a grocery store on the Palouse.

The purpose of a vision statement is to guide the decisions of the Co-op's Board of Directors, especially decisions that concern long-range planning (e.g., relocation, etc.). As one member of the Board said, "How do we know where to go when we don't have a clear sense of who we are or where we've been?"

The founding members of the co-op had one purpose in mind: bring natural and organic foods to

the Palouse. In the ensuing years, the co-op has done this. So what is the co-op all about now? It is obvious that the co-op serves a purpose, but what is it?

The Vision Statement Committee wants to hear from you, the members. We want to get a sense of what it is about the co-op that encourages you to shop here. Specifically, we would like you to focus on two questions: 1) What is the purpose of the co-op? and, 2) What is unique about the co-op (i.e., why is it different from other grocery stores in town)?

The committee will be meeting on September 10th to begin hammering out the vision statement. We are asking all co-op members to respond to these questions by then. Written responses should be sent to Paul Weingartner at the Co-op, or placed in a box at the front of the store. If you'd rather give a verbal response, call Paul at 883-8281.

# Membership: Now Better Than Ever

by Ed Clark

There are many good reasons for joining the Moscow Food Co-op. Many people believe in the principles of cooperation. Some join to have a voice and play an active role while others appreciate the prices and member discounts. Many support the product selection and the availability of organic and bulk foods.

Now the incentive to Co-op membership is expanding. The Business Partner Program has been on the back burner for about a year, but businesses such as Brown's Cooperstown, One Hour Western Photo and Kinko's have been giving a 10% discount to Co-op members. We are now actively promoting the program and the list is growing.

Show your card at the Beanery, 602 S. Main St., for 10% off the price of any breakfast or lunch. Get 15% off the cost of a relaxing body massage from Annie Hubble, Massage Therapist at Massage or Knot, 106 E. 3rd St. (882-9793 for appointment.) Columbia Paint, at 610 Pullman Rd., offers Co-op

members 30% off the retail price of paint and supplies. And Pasta, Etc., in the Eastside Market Place, is now offering a 10% discount to card-carrying Co-op members.

This is just the beginning. Other local businesses, such as Northwest Showcase, have expressed interest but details weren't in by press time. Watch the list posted in the store as well as future issues of this newsletter for further developments.

To help the program work, support the merchants in the program and express your appreciation. Understand that discounts are based on regular prices and normally cannot be combined with sale prices or other promotions. Please ask about details and present your card before making a transaction.

If you know someone with a business or service who would like to participate, please contact the Co-op for an application.

Co-op membership has been enhanced and now there are several more good reasons for joining. It pays to belong.

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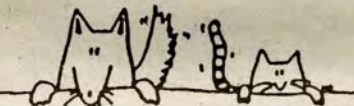
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(Intro. Beginning)**

**Free Introductory Class  
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7:15-8:15 pm**

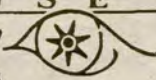
10% Discount for  
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## Volunteer Profile: Rochelle Smith

By Linda Canary



Rochelle Smith is one of the spice people. That means when you're at the Co-op and need to know, for example, the difference between annatto and fenugreek seed, she can tell you. So look for her (at least through August), she's a willowy, long-limbed, lithesome gal with a lovely smile and dancing brown eyes.

The Co-op is one of the reasons Rochelle decided to stay in Moscow after visiting friends here a couple of years ago. That, and a job immediately falling into place for her as a music librarian at the Hampton School of Music.

A native of Trinidad, she came to the states (New Jersey) when she was seven, eventually earning a degree in Environmental Studies from Rutgers. After her "formal" schooling, she joined a "very radical group of environmentalists" in Washington, DC. They worked to bring awareness of environmental racism to the public eye. "Environmental racism?" I ask. Apparently it's everywhere. An example is in New York City—a sewage treatment plant was not put amongst the Hoipoli but in Harlem. Or another—an asbestos dump that almost happened on the Navaho reservation. "We won that one," she grins delightedly.

Being in the Southwest during that confrontation created a dream for Rochelle—that of driving a bookmobile on the reservation. So

in the fall, she's off to Pittsburgh to study for a Master's in Library Science so she can realize that vision or maybe be a Children's Librarian somewhere.

In either case, whatever she chooses to do, it will be with a lot of energy and passion. She's been a quilter for years, and during these last two has learned to spin, dip and weave with the Hog Heaven Handspinners. She's also learned to Contra dance here. And now her face lights up and she says, "Oh, I know what else I can tell you—I've been writing poetry!" She's taken two classes at the U of I with Tina Foriyes. When I ask what kind of poetry—if it's nature oriented—she replies, "Oh no, I write angry sex poems." And then goes to recite one about salt and mollusks ... I liked it.

Anyway, Rochelle has shared her passion for poetry this summer with some fortunate Upward Bound students, in addition to everything else she does. "My whole life has been one big extra-curricular activity since I've gotten here," she laughs.

One last question. I ask her what her birth sign is? "Oh, can't you tell? Aquarian. You know—eccentric and humanitarian." Yes, I nod and silently add: funny and bright, fluid and graceful, open and courageous. I'm certain this 28-year-old woman will continue blooming wherever she is planted.

## The Results of the Onion Sack Contest

By Bill London

The most impressive result of the contest to discover and publish great uses for the Co-op's recycled onion sacks was the Co-op running out of sacks. Co-op members took them all away!

But they didn't bring back any actual onion sack creations. So, since no fanciful uses (clothing, hats, rugs, etc.) were submitted for display, that part of the contest was declared void by the judges.

The other part of the contest (written descriptions of actual uses for recycled onion sacks) provided three great entries. The judges struggled and debated, but in the end awarded the cookbook prize to Becky Chastain for her double-barreled entry. Becky suggested using the sacks to remove dirt from fresh-from-the-garden carrots, potatoes, parsnips, etc. She advised placing the dirty vegetables in the sack and hosing the dirt off (plunging the sack in a tub of water also works). In addition, Becky suggested putting shampoo, soap, and other shower items in a small onion sack for storage in a locker at a gym. She says the items are easy to find and dry quickly.

Becky wins the Food of India

cookbook and the title: Moscow Onion Sack Queen, 1996.

Hearty thanks for entering the contest and providing good ideas for recycled onion sacks also go to Miriam Kent and Mare Vales.

Miriam explained that she uses recycled onion sacks to store toys (like empty plastic containers, balls, or pom poms) at schools where she works or at home.

Mare also suggested using onion sacks for toy storage. She explained: "For the parent(s) whose child(ren) have too many stuffed animals and dolls, here's a great use for those onion sacks—A storage hammock! Obtain some decorative ribbon or colorful strips of material. Attach onion sacks together end to end by weaving the strips through the netting. Make sure weaving is secure, and that the end sacks have the open ends facing out to use the drawstrings for hanging. Hang hammock across a corner of child's room and place stuffed animals in their new storage space!"

Our thanks to all who took onion sacks. Keep coming back to the Co-op for more reusable onion sacks. Try out the suggestions above—or think of something new.

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# Food & Nutrition

## Saving Some of Summer's Bounty

by Pamela Lee

My grandparents didn't have a basement to their old Nebraska farmhouse, they had a root cellar. Separate from the house, just west of the kitchen, it was dug into the ground and had two old wood doors on top that opened skyward. Being a city kid the cellar's hump in the ground was such a mysterious place. At night, a trip to the outhouse meant walking over or around that mound. On those occasions, the cellar's round hump and closed doors were downright scary. Who knew what could be lurking just under those doors?! When indoor plumbing came to the farmhouse, for me it was more than a welcome convenience; it meant no more night walks around that cellar.

I didn't mind the cellar during the day, especially if my grandmother or mother were close by. The double doors swung creakily upward. The stairs leading down were rudimentary. The cellar smelled cool and earthy. Spiders' webs laced the walls, ceilings, and shelves and sparkled in the sunlight like the finest gossamer lace. The shelves lining the cellar's dirt walls were graced with beautiful glass jars filled with foods of varied, muted colors. There were jars of watermelon pickles, sweet relish, stewed tomatoes, green beans, peaches, cherries, mulberry jams and much, much more.

Across the road from my grandparents, my aunt and uncle had a basement at their farmhouse. The floor of their basement cellar was packed earth, but there were bright electric lights that clearly revealed the rows and rows of canned fruits, vegetables, and pickles on the tidy shelves, which lined the walls. There was also a simple rope-and-board swing that hung from the rafters. Lee kids and cousins would take turns swinging, sometimes getting perilously close to the shelves stacked with my aunt's carefully canned bounty. Remembering this as a canner, myself, now, I'm surprised my aunt would put her precious canned food in the path of rambunctious kids on a rope swing.

With the wide variety of fresh produce and store-bought canned

goods now available to us year round, some of my reasons for canning summer's bounty are different from those that motivated my grandmother and aunt. My reasons are varied. The price of fruit in the summer is so much better than winter produce prices. Summer's fresh produce is more apt to be locally grown, from nearby farms or my own garden. I like the taste of my own jams, preserves and fruit butters better than most store-bought brands. I simply like cooking up my own concoctions. I take pleasure in the creation of good food, then saving it to enjoy throughout the year, or to give as gifts to special friends and family. Canning is also a nostalgic link to the past—for centuries people have been putting food by for winter.

I preserve high acid foods so I don't have to fiddle with a pressure canner. (I freeze my vegetables.) High acid foods can be processed in a hot water bath in a large enamel kettle. There are many books available that will instruct you on safe canning procedures. Follow the canning and sterilizing instructions exactly—this is a foolish time to hazard shortcuts. Also, always read the instructions that come with canning jar lids. Over the years, lid manufacturers have changed their products, so, don't rely on how you learned to can with jar lids; read the instructions each year. With that, I'd like to share a few of my favorite recipes. If you don't feel like going to the trouble of canning, yet would like to try a recipe, make a half batch, and keep it in the refrigerator for up to two weeks.

The following two recipes are from a small booklet that I bought at the Co-op in June of 1993, called You Can Can with Honey, by Nancy Cosper. They are delicious. The jam cooks up to a strikingly bright yellow school bus color.

### Golden Sunshine School Bus Jam

5 cups cubed peaches  
4 cups cubed cantaloupe  
1 cup cubed pineapple  
1/2 cup citrus juice; orange, lemon, and/or lime  
2 cups honey

1/2 cup tapioca flour

Combine fruit, reduce partially. Add honey and simmer. Add tapioca flour diluted with water. Cook to desired consistency. Seal in hot, sterile jars. Makes 4-5 pints.

### Applesauce and Apple Butter at the same time

8-10 lbs. apples washed (if desired, peeled)

Chop apples and place in kettle with 1 cup water to prevent scorching. Cover and cook to bring out the juices. Uncover, cook until thickened. Add:

1 to 1 1/2 cups honey  
1 T. cinnamon  
1 tsp. nutmeg  
1/2 tsp. ground cloves

Cook until desired consistency, slightly chunky or smooth. At this point 2 pints of applesauce can be sealed into hot sterile jars. For apple butter, to what is left add:

1/4 cup molasses  
1/2 tsp. allspice  
1/4 tsp. ginger

Cook down until very thick and smooth. Seal in hot, sterile jars. 2 pints.

The following easy juice recipe is from Joy with Honey by Doris Mech. The Mechs have been selling fine honey and beeswax products at Seattle's Pike Place Market for over 20 years. This is such an amazingly easy way to can grape juice. Here's the recipe as it appears in the book, but I've experimented with the amount of grapes I add to each quart jar. I like sturdier juice, using 1 1/2 to 2 cups grapes in each quart jar.

### Easy Grape Juice

Concord grapes  
Honey  
Boiling water

Wash the grapes, discarding the stems. Scald [sterilize] your quart canning jars. Fill each jar with 1 cup of grapes, topped with 1 tablespoon of mild honey. Cover the grapes with boiling water. Screw on the lids tightly and process in a hot

water cooker-canner for just 10 minutes. Remove from the canner and place the jars on a Turkish towel away from any drafts. After they have sealed and cooled, store in your fruit cellar or cupboard for at least 6 weeks. After the juice has aged, simply pour through a strainer or a colander and you'll have the most delicious grape juice in your life! It's almost too simple to be true, but we've been putting up grape juice like this for years and it works every time. Just make sure the grapes are nice and ripe.

This chutney is a winner. (After devouring her Christmas allotment, my mom was on the phone requesting more, but she was out of luck until the next rhubarb season.) This recipe is from the Farmhouse Cookbook by Susan Herrmann Loomis. Again, here's the recipe as it appears in the book, but my marginalia says that I've used more onion (1 1/2 medium onions), more lemon zest (2 T.), 1/2 t. ground cloves, and only 1 cup of cider vinegar (with a note that I could have used even less vinegar.)

### Rhubarb Chutney

2 pounds fresh rhubarb, diced  
2 cups gently packed light brown sugar  
1 small onion, diced  
1 T. coarse (kosher) salt  
Zest of 1 lemon, minced (about 2 t.)  
1 cup raisins  
2 T. minced fresh ginger  
1/4 t. ground cloves  
1/2 t. ground cinnamon  
2 t. yellow mustard seeds  
1 1/2 cups cider vinegar

1) Place all the ingredients except the vinegar in a large heavy saucepan and bring to a boil over medium heat. Cook, stirring occasionally, until the mixture softens, the onion becomes translucent, and the rhubarb begins to lose its shape, about 30 minutes.

2) Stir in the vinegar, and continue cooking until the rhubarb is thoroughly soft and shapeless, another 30 minutes.

3) Allow the chutney to cool, then ladle into jars. Cover and refrigerate for up to 3 weeks.

Alternatively, ladle the boiling-hot

(continued on page 8)

## AUGUST SPECIALS



### New! Cascadian Farms Organic Ice Cream

*Peanut Butter Toffee Fudge, Vanilla  
Caramel Almond, and Mocha Almond  
Fudge*

**\$2.49 each**

*Save 15%*



### Emerald Valley Hummus

*Regular, Olive & Roasted  
Garlic, Roasted Red Pepper*

**\$2.99 each**

*Save 15%*



### Crystal Geyser Mineral Water

*Lemon, Lime, Orange, Plain*

**85 cents each**

*Save 20%*

### Tropical Attitudes Tea Koolers

*Cranberry Breeze, Grapefruit Tangerine,  
Raspberry*

**99 cents each/16 ounce**

*Save 20%*

### Garden Valley Naturals Organic Salsa

*Roasted Garlic Tomato, Sun Dried Tomato,  
Chunky Black Bean*

**\$2.39 each**

*Save 15%*



### New! Alta Dena Lowfat Ice Cream

*Chocolate Honey, Honey-Nut, Praline-n-  
Cream, Vanilla Bean*

**\$2.69 each**

*Save 15%*

# August

## Kids page

by:  
Robin  
Murray

### A Poem

#### August

The sprinkler twirls.  
The summer wanes.  
The pavement wears  
Popsicle Stains.  
The playground grass  
Is worn to dust.  
The weary swings  
Creak, creak with rust.  
The trees are bored  
With being green  
Some people leave  
The local scene  
And go to seaside  
• Bungalows  
And take off nearly  
All their clothes.  
by: John Updike

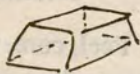
### Try This

#### Ice Paintings

You'll need:



paper  
powdered tempera paint  
ice cubes



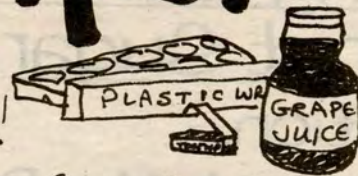
Lay paper on the sidewalk, or on a newspaper covered table.

Sprinkle paint powder on paper lightly.

Set icecubes on paint and move around as they melt to create pictures and patterns.

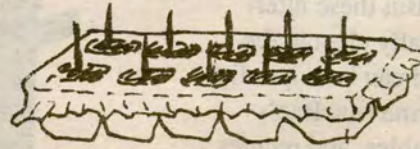
### A Recipe:

#### Popsicles!



You'll need: your favorite juice  
plastic wrap, tooth picks  
an ice cube tray & a freezer

- ① Pour juice into ice cube tray.
- ② Cover tray tightly with the plastic wrap.
- ③ Poke toothpicks through plastic wrap in center of each cube
- ④ Put tray into freezer until juice is frozen.
- ⑤ Remove plastic wrap. Take cubes out of tray and eat!



#### LOOK FOR THESE BOOKS AT THE LIBRARY



Hooray for Pig by: Carla Stevens

Splish Splash by: Joan  
Bramsfeld Graham, illustrated  
by: Steve Scott.

## Games for Outside!

① Sponge Tag: Get a sponge and a bucket of water.  
The person who is "IT" has to tag people using the wet sponge!



② Fill the Bucket: Get a bucket, enough cups for each player and a kitchen timer. Have one player stand at a faucet or garden hose and all the other players stand in a line with the bucket at the other end.



Set the timer for 5 or 10 minutes depending on how big your cups and bucket are. When the timer begins, the first player fills their cup with water as fast as they can, then pours the water from their cup into the next player's cup and begins refilling. The other players keep pouring the water into the next player's cup until the last player pours it into the bucket. They keep doing this, trying to fill the bucket before the timer rings. The faster they go the better except they risk spilling! It's a race against time!

# Book Review Canning and Preserving Without Sugar.

3rd Edition.

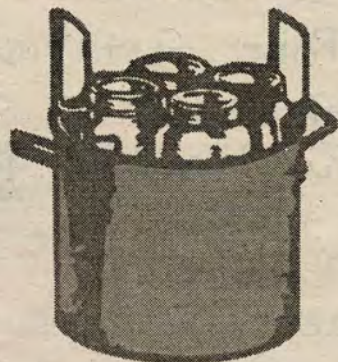
by Norma M. MacRae, R.D.

by Pamela Lee

The recipes in most food preservation books call for so much sugar my teeth start to hurt just reading the recipes. So, I was glad to discover this book. (You'll be seeing it soon on sale at the Coop.) For years I've been cutting back on the amount of sugar a recipe requires, or substituting a more wholesome type of sweetener for the white sugar. But these alterations can drastically change the intended taste and can be unpredictable. Author Norma MacRae's instructive text, tables, and recipes teach one how to safely preserve food without resorting to the use of white, granulated sugar. Most of the recipes use fruit juices or concentrated fruit juices selected to enhance the flavor of the fruit or vegetable featured in each recipe. A smaller section of the book's recipes use honey. There's also a handy chart that tells how to convert recipes either way—from juice to honey, or honey to juice.

The book's tables and charts are one of my favorite features. When one is hot at it, in the kitchen canning, easy reference tables are such a help. When I'm planning the day's activity, I'm happy to leisurely stroll through my cookbooks' text and recipes, but when I'm cooking and need a question answered, a

well-organized table or chart is exactly what I want. Among the helpful tables in this book are: How much fresh fruit for one pint canned; Classification of fruits according to pectin and acid content; Natural sugar content of fruit juices; Sug-



gested fruit juice replacement for honey sweetening; Calorie content of juices compared to honey; Times and pressures for canning fruits (and low-acid vegetables).

Canning and Preserving Without Sugar could serve as your basic canning guide. There are clear instructions on selecting produce, what equipment you'll need, sterilization and safe canning practices, freezing fruits and vegetables, thickening agents including regular pectin, low-methoxy pectin, gelatin, and agar. There's also a short section for diabetics and hypoglycemics. And last, but far

from least, the recipes are creative, interesting, and tasty!

## Fancy Spiced Pears

- Pears, small, not overripe, 4 lbs. (10-12 or more)
- Concentrated apple juice, 1 cup
- Concentrated white grape juice (1 cup simmered down from 2 cups)
- Cinnamon sticks, 4 (broken into pieces)
- Whole cloves, 2 T.
- Peel from 1/2 large lemon, cut into strips
- Ginger root, 1/2 inch, sliced (optional)
- Pickling vinegar, 1 1/4 cups
- Red or green vegetable food coloring, 1/2 t. (optional)

Peel, core, and halve pears. Place in deep saucepan and add juices; cover and simmer for 10 to 15 minutes until fruit is getting soft but not mushy. Place spices in small cloth bag and add to pears along with vinegar. Simmer for 5 minutes. Remove spice bag and add coloring if desired. Immediately pack into hot, sterile pint jars and cover with hot syrup, leaving a 1/2-inch space at the top. Cover with hot, sterile lids and process in boiling-water bath for 15 minutes after water returns to boiling. If any jars fail to seal, refrigerate and use within ten days. Do not freeze. Makes 4 pints.

## Missing Peggy

### Pace's Food Article?

She's out of town this month and will be back in time for the next issue.

Summer's . . . (cont. from page 5)

chutney into hot, sterilized canning jars and seal according to the lid manufacturer's instructions. Or, place the chutney in freezer containers, cool to room temperature, and freeze. The chutney will keep up to 3 months in the freezer.

About 3 pints.

This catsup recipe is from Canning and Preserving Without Sugar by Norma M. MacRae, R.D. This is a good reference book, with lots of intriguing recipes; see the book review elsewhere in this newsletter.

## Tomato Catsup

- 12 large, ripe tomatoes, peeled and cored
- 2 large onions, peeled, finely chopped
- 4 large green peppers, seeded, finely chopped
- 4 cups pickling vinegar
- 1 cup concentrated apple juice
- 1 1/2 T. lemon juice
- 2 T. salt or salt substitute
- 1 T. ginger
- 1 T. cinnamon
- 1 T. mustard
- 1 t. nutmeg
- 1/2 t. black pepper

Place all ingredients in a deep, non-aluminum kettle. Bring to a boil and simmer until thick (about 3 hours), stirring often. Skim, then pack immediately in hot, sterile pint jars, leaving a 1/2 inch space at the top. Cap with hot, sterile lids. Process in a boiling-water bath for 15 minutes after the water has returned to boiling. [This boiling time is for altitudes higher than 1,000 feet.] If any jars fail to seal, refrigerate and use within ten days or freeze for later use. Makes 8 cups.

## EASY LOWFAT EATS BY GINNY CLARK

**SPICY BLACK BEAN STEW**

©1996 GINNY CLARK

**CHOP**  
1 ONION  
1/2 CUP CELERY  
1 SMALL ZUCCHINI  
1 YELLOW SQUASH  
PLACE IN LARGE PAN  
SAUTE IN 1/2 CUP WATER  
FOR 5 MINUTES

**STIR IN & SIMMER 30 MINS.**  
1 CAN TOMATOES - 28oz  
1/3 CUPS CORN KERNELS  
1 CAN BLACK BEANS - 15oz  
1/2 CUP SALSA  
1t CUMIN POWDER  
1 to 3 t CHILI POWDER  
1t SALT (OPTIONAL)  
1t OREGANO

t=teaspoon

**SAVORA BOWL OF HOT, ZESTFUL STEW!!**



# Family & Friends

## Quality Child Care

By Robin Murray

Deciding on child care arrangements for a young child can be a daunting task for many parents: Concern for our children's emotional and physical well-being can make us fearful, however there are strategies for ensuring both. First ask yourself a series of questions: What kind of environment do I feel is best for my child? How many other kids do I want mine to deal with? What is our family's needs for time and location? What is our budget?

Next, examine the options available to you. You can have yourself, or someone you hire, in your home. This option is the most convenient but often the most expensive. If you decide to hire someone to come into your home, remember that you will become an employer. Check for tax laws that may apply to you. Also, be prepared to interview and check references for each candidate. For an excellent list of suggested interview questions I recommend Sonja Flating's book, *Child Care: A Parent's Guide*.

Another option is parent exchanges where you and other parents trade off caring for each other's children. There are also small home day cares. These tend to be more flexible and offer a more intimate setting than larger centers

but often lack resources and caregiver training. Conversely, large day care centers may have training and resources, but can lack in individual attention.

If you decide to put your child in a home-based or a large center, visit it first. In Moscow, any child care facility that has more than



five children is required to be licensed. This license ensures a basic level of safety and sanitation in the facility as well as requires a fingerprint-based background check for care providers. If a prospective center has no license, cross it off your list. If it has one, look very

carefully.

I once interviewed at a day care center where one look told me I didn't want the job. What was wrong? I saw no toys, only a television. A good center will have toys in good repair, though perhaps a little worn, and which are organized (e.g., leggos separate from puzzles). If there is a television, ask how often and in what way it is used.

Look at, and listen to, the children. Unless it's naptime, it should not be quiet, but the noise level should be under control. Children should be doing a variety of activities and not wandering aimlessly. How about staff? Are they kneeling to child level or talking down to them? Are they attentive to what the children are doing? Do they treat play and learning as inseparable? Watch to see if they wash their hands after diapering and before handling food. Ask them what sort of experience and training they have in child care.

In making a final decision, the most valuable tool you have is your gut reaction. If something doesn't feel right to you, don't do it. Each child will have different needs and therefore thrive under different circumstances. Finding the right care takes time, but it's worth it.



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## EASY LOWFAT EATS BY GINNY CLARK

### SUGARFREE OATMEAL FRUIT COOKIES



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MASH  
2 RIPE BANANAS  
STIR IN  
1/4 CUP APPLE SAUCE  
1 TABLESPOON  
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2 CUPS OATS  
3/4 CUP RAISINS  
3/4 CUP CHOPPED DATES



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# Insights

## Doing the Right Thing

by Bill London

If you see Co-op members Ken Nagy or Nancy Draznin smiling these days, don't be surprised. They have at least two reasons for feeling good. First, their third child, a girl named Sophia, was born on Friday, July 12. And second, last month, they were handed a check for 10,000 bucks.

Nope, not from the lottery. They were awarded that money in a settlement negotiated through the federal government agency that oversees discrimination in rental properties (the US Department of Housing and Urban Development—or HUD). Ken and Nancy had been denied housing (because they had children) by the Moscow rental agency owned by Don Mackin—Palouse Properties. Palouse Properties agreed to pay them that money, plus adhere to a number of public interest provisions in the settlement (including displaying fair housing posters, making all employees aware of the law, keeping a log of all rentals, and submitting to anonymous testing of their practices for the next two years).

Astute readers of the Moscow Food Co-op Newsletter may recall Ken's article about the problems they have had renting in Moscow.

He detailed his family's efforts to find housing, and how he felt that the town's rental agencies, including Palouse Properties, illegally (in violation of HUD requirements) discriminate against renters with children.

Well, it turns out Ken was right. It was illegal. When Ken and Nancy passed the credit test, and had proven themselves to be suitable renters for that apartment, the law says that the rental agency cannot refuse to rent to them just because they have children.

Ken and Nancy are glad to have received the money (it's already spent), but agree that the reason they filed the complaint was not financial.

Ken explains that they did it so others can learn from, and benefit from, their experience. When they filed the complaint, they didn't know any monetary settlement was possible. Their goal was a public service of making others aware that the big rental agencies are bound by federal guidelines.

So, Ken and Nancy, congratulations—on Sophia, and on being right and following through with your beliefs.



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**Paradise Farm Organics' Mailbox**

Mary Jane,  
 I discovered your products in an unusual way. A group of us were up from Florida late this summer, hiking in the Sawtooth Wilderness Area. We found a large zip lock bag on the trail which was packed with some of your products. It apparently had been dropped by a previous hiking group. We had been out on the trail for a couple of weeks and were running very low on food so we decided to serve them up. We tried your Tabouli, Hummus, and Salsa products. They were wonderful!

Our group does the majority of our hiking back East around the Appalachians. Where can I find your products in Georgia, Florida, or North Carolina? Can you send me a catalog of all of your products?

Merry Christmas,  
 Dan Neustadter, Tallahassee FL

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# THE CO-OP *Bulletin Board*

## at the Co-op...

The following merchants offer discounts to Co-op Members with a current Co-op Membership Card.

**The Beanery** - 10% off the price of any meal at breakfast or lunch, 602 S. Main, Moscow

**Brown's Cooperstown** Sportcards and Memorabilia - 10% discount, 202 S. Main, Moscow

**Columbia Paint** - 20% Discount and New Homeowner discount on window treatments, 610 Pullman Rd.

**KINKO'S**, East Side Mal I- 10% discount and free Co-op card lamination

**Massage or Knot** - Annie Hubble, Massage Therapist, 15% discount, 106 E. 3rd, Appointment 882-9793

**1 Hour Western Photo** - 10% discount on processing, 320 W. 3rd St., Moscow

Please help by asking about details and showing your membership card before making transactions. Understand that discounts cannot be combined with sale prices or other promotions.

## Camas Farms Open House

Sunday, Aug. 25 -  
11am-5 pm

Farm tours, potluck lunch, croquet and swimming.

Music from 12:30 to 2:30 by Snake River Six.

The farm is located near Cavendish, Idaho. For directions, call (208)476-4959

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### 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.

## FREE CONCERTS AT MOSCOW'S FARMER'S MARKET

Saturday Mornings, Friendship Square

Market Open: 8 am to noon

Music: 9:30 to 11:30

August 3 - Joshua Ritter (folk, country)

August 10 - Jazz Co-op

August 17 - Makin' Island Music  
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August 24 - Tom Armstrong/Main Street Dance

August 31 - Sagin' Time (rock n' roll)

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