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July 1996



Community  
News



It's Summertime  
the Palouse!!

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# Co-op - News

## News of the Board

by Kristi Wildung

I thought I would use this issue of the newsletter to tell you a little about the committees of the Board of Directors and what they've been up to these last few months.

The Finance Committee, which meets on the first Tuesday of each month at 12:00 noon, has been hard at work trying to tie together a budget for the 1996 fiscal year. Although it may seem a little late to be doing this, we are way ahead of schedule considering that we have not had any sort of budget in the past. Things are looking good. Our bookkeeper came to one of our meetings and helped us decipher her financial statements and gave us a timeline for getting the Co-op finances fully computerized. We're looking for ways to cut costs so that we can make the Co-op more profitable. Profitable, of course, means having enough money to give our staff raises and buy the equipment we may need this year.

The Education Committee, which meets the first Monday of each month at 2:00 p.m., is juggling a number of projects right now. We are continuing to set a monthly

theme for the store and researching products and other information that tie into that theme. Look around the Co-op for product information and recipes. We are getting ready to do a little comparison shopping with other stores in our community to find out just where we stand on the price issue. Last year we were awarded \$1000.00 to be used toward in-store education and we have ear-marked that money to provide profile displays of our local suppliers, complete with color glossy photos. We could use more help on this committee, so if you're interested please contact me at the Co-op. If the meeting time does not meet your schedule, we can always rearrange it.

The Nominations Committee is making progress by leaps and bounds. We have completed a brochure to encourage applicants to the Board of Directors and are working on a board training manual that will be given to new board members to get them quickly up to speed on what we've been doing. It seems that we may even have a couple of warm bodies who are

## Fresh Juice

by Kenna S. Eaton

Fresh juice is the most often requested item at the Co-op—next to espresso, that is. And now the Co-op will be able to offer both to our customers.

Earlier this summer, I noticed that the espresso cart located on Sixth Street was for sale. You know, the one across from Taco Time, in that cute little house with the garage door. It only took a moment to realize that the Co-op could do both espresso and juice from a cart, and do it without losing any space inside the store. Finally a way to make great juice and meet customer demand for organic espresso.

So, opening July 1st, (well, if all goes according to plan) we will be offering fruit and vegetable juices made to order, smoothies, espresso

and tea. The cart will be located in front of the store, with only a few modifications. We plan to be open for business 7:00am- 7:00pm seven days a week.

Lots of volunteers and staff have put time into this project, and I wish to thank all of them.

This does mean we will be moving the bike rack. The volunteers who helped me with this part of the project worked hard to make a situation better than the previous one. Don't hesitate to give us feedback on this area. As a devoted bicyclist myself I am totally appreciative of the trials and tribulations of bike parking.

Bicyclist, pedestrians, and motorists alike are welcome to taste and sample our juices at our annual Taste Fair, July 12 & 13, in our parking lot.

Come Juice with us!!

interested in serving on the board. The Annual Membership Meeting has been tentatively set for early March, and you will be receiving a ballot to cast your votes for prospective new board members in early February. Whew! We've been busy.

The adhoc Bylaws Committee

has been meeting to review and rework our bylaws. They're out-of-date and contain a lot of language which is hardly decipherable. This project should be completed soon.

Our annual board retreat is scheduled for June 29 and 30. I'll let you know how it went next month.

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Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

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# Supplements— With Our Own Label

by Kristi Wildung

For many years our Co-op has focused on food. Good food, whole food. And for that reason we decided to carry only a small select group of supplements. We feel that food is our focus, and probably is yours also.

But we also realize that not all of us eat the way we know we should. Whether it is because of our hectic schedules, or those not so wholesome food choices we all make, we sometimes need to supplement our diets with a little extra. The buyer here at the Co-op has been looking for a long time to find a new line of supplements that would complement the food sold here at the Co-op.

Before we offered you a new line of supplements, we searched for a supplier that could meet our high standards.

If your goal is to buy the least expensive vitamins you can find, the chances are that the store you're buying them from has the same goal. And their suppliers satisfy that goal by using the cheapest raw materials they can find.

While on a recent trip to California, I stopped at Chico Natural Foods. I was delighted to find that they had their own line of vitamins!! We quickly got in touch with the manufacturer, received the information, a list of their customers, and met their representative. Well, to make a long story short, we were very impressed by the manufacturer, by their quality, their integrity and their high standards.

They use state of the art technology and their suppliers of raw materials are carefully screened for quality and uniformity. All their manufacturing procedures and standards for cleanliness are written down and periodically checked by the FDA. They've never failed to pass.

Our manufacturer checks their materials and supplements for potency and clarity, more often than required by the FDA.

Our confidence in these private label nutritional supplements is reflected in the clarity and completeness of our labeling. We tell you everything. Full disclosure. In plain English. You can rest easy about sugar, starch, artificial flavors and colors as well as preservatives. We simply don't want them in our quality vitamins.

Another measure of quality is the size of inventory and the freshness of ingredients. The ingredients turn over seven times in a year. So you know our supplements are fresh you can check for yourself by looking on the bottom of the bottle for the expiration date. Therefore, you can really count on their potency.

We hope you will try out

"Moscow Food Co-op" supplements. We know that if you do, you'll notice the difference!!

We expect the first shipment to arrive in early July, so look for it on our vitamin shelf located across from the herbs.



**Moscow  
Food Co-op**  
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# Do You Need Your Groceries Delivered from the Co-op?

By Bryan E. Burke  
of Pedal Express

If you live in Moscow, Pedal Express Delivery will do your shopping for you at the Co-op and deliver your groceries to you in a quick and dependable manner. This service is for everyone, but it is especially meant for home-bound individuals. If you know of anyone who has a difficult time getting out of the house, pass the word on to them, please.

For this service Pedal Express will charge \$3.00 plus 5% of your grocery bill. Call us at 332-4260 and leave your phone number on our answering machine. Do not leave your grocery list on the answering machine, nor give your grocery list to the Co-op. We will return your call by the end of the day, and take your list from you. Or, if you need immediate service, please call our beeper number at 336-344, and an electronic voice will ask you to punch in your telephone number so we can call you back.

We deliver on bicycle with a 500-pound capacity trailer—so we can haul as many groceries as you could possibly order. We deliver year-around and in all weather. And, of course, our service is pollution-free and does not use fossil fuels.

Other services that Pedal Express offers includes: running errands for people, the collection and composting of yard waste, and deliveries for businesses.

# Don't Forget the Contest

by Bill London

Onion sacks—those very sturdy, plastic mesh bags that the Co-op gets filled with 50 pounds of onions. What can you do with recycled onion sacks?

The Co-op is sponsoring a contest to answer that question.

One prize (the 100 page Indian foods recipe book) will go to the person who describes the best actual use of recycled onion sacks. (Bring a 50 words or less description of that use to the Co-op by July 15—leave it in an envelope marked newsletter at the counter or in the newsletter slot upstairs.)

A second prize (the recipe book plus a selection of Indian foods) will go to the person who actually creates something fanciful, whimsical, or just remarkable using recycled onion sacks. How about an onion sack dress or hat? Make it and bring it into the Co-op for display by July 15 for your chance at the prize.

Everybody is eligible for the prizes. So, come on down and pick up a few recycled onion sacks.....

## 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.

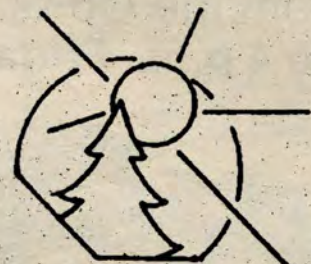
### Finance/Legal

1st Tuesday  
Noon - 1 p.m.

### Education/Outreach

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

*Everyone is Welcome!*



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# A Taste from the Co-op

by Kristi Wildung

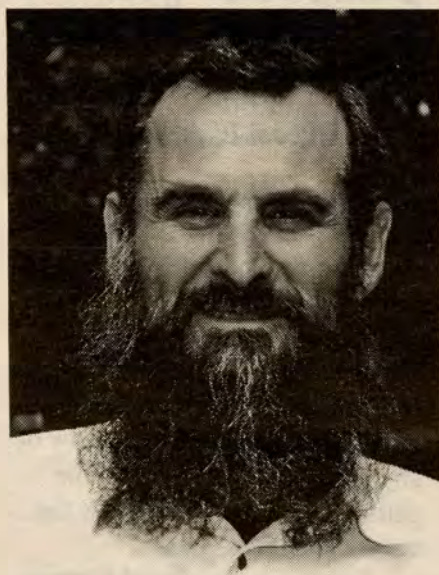
It's time once again for our annual (2nd that is) Taste Fair! If you joined us in the parking lot last year you know how great it was to try all of those tasty samples supplied by our most gracious manufacturers. My taste buds are watering already thinking about what's in store for this year. So far we've got veggie hot dogs and Gardenburgers, Bearitos organic potato chips (yummy!), the new fruit and veggie drink Vruit!, After the Fall juices, and many, many more. It's still early as I write this, so all the details aren't yet complete. But I do know that the dates are July 12 and 13, from 10:00 a.m. until 4:00 p.m. in our very own parking lot.

It's guaranteed to be a good time. Kenna got us a groovy new Taste Fair sign and a tent to keep out the sun, and Mr. Ed Clark is back in town and will hopefully be there to greet you. And I hear rumors that we just might have live entertainment (besides Kenna and me at the barbecue!) in the form of guitar playing. It's also a great time to bring along some new friends to check out a membership at the Co-op. I hope you'll join us and take advantage of all the great goodies. It's important to the Co-op and our manufacturers that you get a taste of some of the best products on the market. It's our way of saying thanks to you, our customers.



## Volunteer Profile: Bill London

by Jackie McLennan



This interview was pushing my envelope. Bill has always been one of those people I've been curious about, yet never really had the nerve to speak to. So this time, I requested to do an interview with him.

I knew this was not a conventional man. When I walked into his back yard, a jungle of wild flowers and beautiful overgrown trees made me feel as though I had just entered paradise on Polk Street. He was eating lunch and enjoying one of the first days of real summer weather. I was reticent at first, however, he immediately made me feel comfortable with his easy manner.

Bill edits the newsletter and has written four travel books, writes for various magazines, and does feature stories on local artists for the Lewiston Morning Tribune—along with his “part time” job.

As Bill says, “I was dragged kicking and screaming into a job at WSU by a friend.” This was in

1991 when he got a part-time job as the news and information coordinator at WSU's College of Education. Since then he has realized what a great idea it was. It gives him a secure base to work from. He grins, “The place where I work is really on the move, so that makes it fun, plus they let me work at home.” He also sees working in a bureaucracy as an education in itself.

Bill moved to Moscow in 1984 with his partner Gina and their daughter Willow. He had been living near St. Maries since 1975, in a log cabin he and Gina built. No electricity or telephones. Sounds like a dream come true. His goal in living in that environment was to learn more about himself, about what he could do, and to find what was truly important to him. He began to explore community building. He started the food co-op in St. Maries (now closed) and the barter fair at nearby Santa, which is still surviving today.

I asked Bill why he volunteered at the co-op. His answer came very smoothly. “The Co-op is a vital part of Moscow. I wouldn't know where I'd get the food I want to eat if it weren't for the Co-op. The Co-op motivates, educates, and is a community center which helps builds ties between people.”

His personal goal is to nurture and keep people talking to each other. Bill wants to help the board and staff create community.

He also shared a personal note. “I've worked for co-ops that have failed and it's wrenching. There is a recognizable downward spiral. People become disinterested, management becomes sloppy, this is all very obvious. What's not so obvious is what to do about it. The good news is that this is not happen-

ing here. The Moscow Food Co-op is vibrant, strong, and enthusiastic.”

Bill adds: “One sign of the strength of this Co-op is the disagreement, prodding, and belly aching in articles and letters to the editor in our newsletter from people who care about the Co-op. It shows the health, not the weakness, of the organization. People should understand that the Moscow Food Co-op is strong enough that we can have disagreements as in any democracy. That's why we can publish these letters. We don't have to hide things.” I say, lets all speak out, never be afraid to say what's on your mind.

I asked Bill if he had one wish what would it be. His answer came quickly. “That my novel would be published.” He has written a mystery novel set in Benewah County. It's on its fourth draft. With the patience Bill shows, I'm sure it will be out soon. I know I'm looking forward to reading it.

What's important to Bill is obvious in what he does: “being in a place where I can share ideas and be a part of a loving family and circle of friends and community.”

On the other hand, here's what is not important to Bill: “The trappings of status and money.”

Thank you Bill for letting me see a little more of you, for sharing a few of your visions, and most of all, for being a part of a community and being yourself. Voices are faint in this day and age and when I here people speak out it always makes me cheer. I'm cheering for you, for your mystery novel, and most of all that we can all learn a little more about how community works. And I hope “paradise Polk” succeeds with “traffic calming” (you'll have to ask Bill about this).

## Come to the Co-op's Annual Taste Fair

Sample great food from the Co-op including burgers, sodas, salads & chips!  
10 a.m. to 4 p.m. Friday July 12 and Saturday July 13

Held in the  
parking lot!





## Cool Summer Salads

by Pamela Lee

Peggy Pace and I coordinate the topics for our food columns at least a month in advance. It was barely June when I was considering July's Newsletter topic. This is my 18th summer in the Palouse. Though this region's June weather is variable (it can be cool and rainy or sunny and warm), July's weather is much more predictable. When I think of July in the Palouse, I think of dry, hot summer days, short road trips, picnics, still afternoons, ice tea and cool summer salads. When the weather is hot and the produce is fresh, salads are at their best.

### Bread Salads

Over the last year I've been noticing recipes for bread salads in food magazines. It was an article in Taunton Press' *Fine Cooking Magazine* (June/July 1996), complete with enticing colorful photographs, that inspired me to finally try my hand at making a bread salad. While bread salads are new to me, for centuries they have been a traditional dish to the peoples of the Mediterranean region where bread is not only the staff of life, for many it is considered holy. I'm attracted to the notion of using old bread in such a delicious, savory dish. I rarely get around to making croutons or bread puddings. I don't throw old bread away; the neighborhood squirrels have been eating my stale bread.

The bread you use to make bread salad is critical to the success of this dish. Bread salads are traditionally made from leftover sturdy rustic breads. You don't want to use sweet, sugary breads. Nor do you want to use soft and mushy processed white sandwich loaf bread. I found that the Upper Crust Bakery's Friday-featured sourdough, unbleached flour baguette was the absolutely best bread for making bread salad. This Friday bread had plenty of body, the baguette form provided the perfect ratio of bread to crust, and the sharp sourdough flavor added an additional taste component to the savory mixture of flavors in the salad. The articles I've read advise that, optimally, your bread should be three or four days old. If it's too fresh, your salad will become soggy

too quickly and won't hold up to the dressing. If all you've got is fresh baked bread, you can dry it in the oven: Tear it or cut it up into bite-sized pieces before drying. Spread it, in a single layer, over a baking sheet. Bake in a preheated 375° oven for about 10 minutes. While this oven toasting is advisable for larger sized loaves of French or Italian style breads, I found that the Friday sourdough baguettes were sturdy enough to be used when only 1-day old, untoasted, with delicious success. The narrow baguette shape makes for a firmer centered bread, and consequently better bread salad.

When making bread salads, you can blend and prepare all the ingredients ahead of time — except the bread. I recommend mixing the dressing and fresh vegetables together at least an hour ahead, thus allowing time for the flavors to marry. Wait and add the bread just before serving. In making these marinated dishes (in both the bread and the pasta salads), use your best, extra-virgin olive oil. The flavor of this oil will pay off in the rich, satisfying flavor of the finished salad.

I invented the following bread salad after reading quite a number of bread and pasta salad recipes. I selected a combination of ingredients that appealed to me:

### My First Bread Salad

- 1/2 lb. Sourdough baguette, not fresh-baked, cut into 1-inch chunks
- 1 clove garlic
- 1/2 tsp sea salt
- 1/4 cup fresh squeezed lemon juice
- 1/3 cup extra-virgin olive oil
- 6 oz. crumbled feta cheese
- 3 large ripe tomatoes, coarsely chopped
- 1/2 cup black olives, drained, pitted and chopped
- 1/4 cup cucumber, diced
- 1/2 cup red onion, finely chopped
- 2 tbs fresh chopped chives
- 2 tbs fresh chopped basil or mint or parsley
- Fresh ground black pepper

Place the sea salt and the peeled clove of garlic in the bottom of a

large mixing bowl. Using the tines of a fork, mash the garlic and salt together into a paste. Add the lemon, stirring with the fork. Add the olive oil, blending well. Add the crumbled feta, tomatoes, olives, cucumber, onion, finely chopped fresh herbs and black pepper. Toss the dressing and vegetables together. Set aside at room temperature for at least one hour, letting the flavors blend. Add the 1-inch pieces of sourdough just before serving; gently mix the bread with the vegetable mixture. Transfer to a nice serving dish and garnish with fresh sprigs of basil, parsley, or mint.

The following recipe is my combination of two Fattoush (Middle Eastern bread salad) recipes, one from *Cook's Illustrated* (Sept/Oct 1995), the other from *Fine Cooking* (June/July 1996):

### Fattoush

- 4 six-inch pita breads, several days old, torn into 1-inch pieces
- 1 medium cucumber, peeled, seeded, cut into 1/2-inch cubes - or - half an English cucumber (skin intact and unseeded), cut into 1/2-inch cubes
- 1 pint cherry tomatoes, cut in halves - or - 2 large ripe tomatoes, coarsely chopped
- 6 scallions, cut into 1/2-inch pieces
- 1 green bell pepper, cut into 1/2-inch cubes
- 1/4 cup chopped fresh parsley
- 1/4 cup chopped fresh mint
- 3 tbs chopped fresh cilantro
- 2 large cloves garlic, minced
- 1/4 cup freshly squeezed lemon juice
- 1/3 cup extra-virgin olive oil
- Freshly ground black pepper
- 2 tsp crushed sumac (optional)

Heat oven to 375° F. Spread the pita pieces on a baking sheet in a single layer and bake until dry and crisp, but not browned; this can take from 5 to 15 minutes, depending on how stale the pitas are.

Spread the cucumber on paper towels, or in a colander; sprinkle with about 1/2 teaspoon of salt. Press with a weight (a heavy pan or a zip-lock bag filled with water) and let stand to extract the juices, about 20-30 minutes. Rinse with cold

water, pat dry.

In a large mixing bowl, combine the cucumber, tomatoes, scallions, green pepper, parsley, mint, and the cilantro. Whisk the garlic, lemon juice, and olive oil in a measuring cup or small bowl. Season with salt and freshly ground black pepper to taste. Toss the dressing with the vegetables and the toasted pita pieces.

Spread the salad on a serving platter, and sprinkle with the sumac (if using) or garnish with the sprigs of the fresh herbs.

**Note:** Sumac adds a distinctive Middle Eastern flavor. It's a spice ground from dark sumac berries; it tastes astringent and slightly acidic. I was once given a jar of sumac seasoning when some Middle Eastern friends moved from Pullman. I recently read that it can be ordered from Penzeys, Ltd. (414) 574-0277.

### Pasta Salads

I have to admit I've only very recently become fond of pasta salads. Perhaps this is because the pasta salads I'd eaten previously were the supermarket deli or salad bar varieties — heavily laden with mayonnaise dressings or too-oily vinaigrette. I'm real particular about the oil used in salad dressings; I have an aversion to the off-flavor of even slightly rancid oil. Too many food vendors (like large markets and restaurant chains) skimp on the quality and age of the oil they use. This definitely affects a salad's flavor, much to the detriment of the dish.

This last month I've been trying out pasta salad recipes, and all of a sudden I'm a big fan of the pasta salad. My favorites (so far), the ones I'll share with you in this article, use remarkably small amounts of oil. I used my best extra-virgin olive oil.

Reading the recipes, you'll notice that you are directed to rinse the pasta with cold water after cooking it. While this should never be done when preparing warm pasta dishes (it'll inhibit the warm sauce from adhering to the noodle), the rule for making cool pasta salads is that the noodles should be rinsed after cooking. If there will be any delay in time between cooking the pasta, rinsing, and blending the



noodles with the rest of the salad's ingredients, simply toss a teaspoon of extra-virgin olive oil with the rinsed and drained cool noodles. (This will prevent the pasta from ruthlessly sticking together in an impenetrable clump.)

All three of these recipes were published in the May/June 1996 issue of *Eating Well* magazine. They are absolutely delicious! Though I am presenting the recipes pretty much as they were written, I used fresh squeezed lemon juice (and not vinegar) in all three pasta salads. (This change was for personal health reasons. They tasted great with the lemon juice.) I resisted my reflexive urge to add garlic to the roasted vegetable salad, and I'm glad I resisted. The flavor of the oven roasted asparagus was subtle and delectable. I did peel the thick part of the asparagus stems with a potato peeler. When roasted, this made the large stems as tender and succulent as the asparagus tips. I only used one and a half bunch of scallions (because it was all I had). I was happy with the results, using the lesser amount of scallions.

#### Roasted Vegetable & Linguine Salad

- 3/4 lb linguine
- 1 tsp plus 2 tbs extra-virgin olive oil
- 1 1/2 pounds asparagus, trimmed and peeled
- 3 bunches scallions, trimmed
- 2 large red bell peppers seeded
- 1 tsp salt
- 1 tsp freshly ground black pepper
- 1/2 cup freshly grated Parmesan cheese
- 1/4 cup balsamic vinegar

1) Position racks in the lower third and middle of oven; preheat to 450°F.

2) Break linguine into pieces about 3" In a large pot of boiling salted water, cook the broken linguine until *al dente*, 6-8 minutes. Drain in a colander and rinse under cold water until cool. Press to remove excess water. Transfer to a large bowl, toss with 1 tsp of oil and set aside.

3) Cut asparagus and scallions into pieces about 3 inches long. Slice red peppers into thin strips. In a large bowl, toss the vegetables with the remaining 2 tablespoons oil, salt and pepper. Divide the vegetables between 2 large baking sheets, spreading them in an even layer. Roast for about 10 minutes, stir the vegetables and switch the positions of the baking sheets. Continue roasting, stirring occasionally, until the vegetables are tender and well-browned, 10 to 15 more minutes.

4) Add the vegetables to the linguine and toss to combine. Add Parmesan and vinegar and toss again.

*(The salad can be prepared ahead and stored, covered, in the refrigerator for up to 1 day. Bring to room temperature before serving.)* Makes about 8 cups, for 4 servings. [520 calories per 2 cup serving]

#### Olympian Orzo Salad

- 1 cup orzo or other tiny pasta
- 1 tbs extra-virgin olive oil
- 2 cloves garlic, crushed and peeled
- 1/4 tsp salt
- 3 tbs fresh lemon juice
- 1/4 tsp freshly ground black pepper
- 1 14-oz can artichoke hearts (*not* packed in oil), drained
- 1 14-oz can chickpeas, drained and rinsed

3/4 cup crumbled feta cheese (3 ounces)

- 1/4 cup chopped fresh dill
- 3 tbs chopped fresh mint leaves
- 2 cups chopped vine-ripened tomatoes (2 large)
- Several fresh spinach leaves, washed and dried

1) In a large saucepan of boiling salted water, cook pasta until *al dente*, about 3 to 5 minutes. Drain in a colander and rinse under cold water until cool. Press to remove excess water. Transfer to a large bowl and toss with oil.

2) With a chef's knife, mash garlic and salt into a paste. Transfer to a small bowl and whisk in lemon juice and pepper. Set dressing aside.

3) Gently squeeze the excess moisture from artichoke hearts and cut lengthwise into eighths. Add to the orzo along with chickpeas, feta, dill, mint and the reserved dressing; toss gently to combine.

*(The salad can be prepared ahead up to this point and stored, covered, in the refrigerator for up to 1 day.)* Add tomatoes and toss again. Serve on a bed of spinach leaves. Makes about 7 cups.

#### Pasta Salad Niciose

- 2 cloves garlic, crushed & peeled
- 1/2 tsp salt
- 2 7-oz cans white tuna, packed in water, drained and flaked
- 1/2 cup diced bottled roasted red peppers
- 1/4 cup chopped fresh basil or parsley
- 1/4 cup chopped fresh chives or scallions
- 1/4 cup chopped pitted black olives
- 2 tbs drained capers
- 2 tbs extra-virgin olive oil
- 2 tbs balsamic vinegar

- 2 tbs fresh lemon juice
- 1/2 tsp freshly ground black pepper
- 1/2 tsp red-pepper paste, such as harissa (optional)
- 3/4 lb small pasta shells or spirals (*rotelle*)

1) With a chef's knife or fork, mash garlic and salt into a paste. Transfer to a large bowl and add tuna, peppers, basil, chives or scallions, olives, capers, oil, vinegar, lemon juice, pepper, and red pepper paste, if using. Toss gently to combine. Let stand for 15 minutes to allow the flavors to blend.

2) Meanwhile, in a large pot of boiling salted water, cook shells or spirals until *al dente*, about 10 minutes. Drain in a colander and rinse under cold water until cool. Press to remove excess water. *(If not serving immediately, toss the shells with 1 teaspoon oil. Refrigerate the shells and the tuna mixture separately for up to 1 day.)* Add the shells to the tuna mixture and toss gently to combine. Makes about 8 cups, for 4 servings. [540 calories per serving.]

## YOGA

At the Moscow Yoga Center  
525 S. Main 883-8315

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on the door of the Yoga  
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## EASY LOWFAT EATS BY GINNY CLARK

### STUFFED POTATOES

WASH, SCRUB, & BAKE OR MICROWAVE ONE POTATO FOR EACH PERSON

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CUT EACH POTATO IN HALF  
SCOOP OUT COOKED POTATO  
& SMASH IT IN BOWL  
SAVE POTATO SKINS

FOR EACH SMASHED POTATO  
MIX IN  
2-3 TABLESPOONS OF  
NONFAT SOUR CREAM  
1 GREEN ONION-CHOPPED  
PINCH OF SALT & PEPPER  
FILL POTATO SKINS WITH  
POTATO MIXTURE  
BAKE IN 400° OVEN  
FOR 15 MINUTES TO CRISP

### SATISFYING FAT FREE POTATOES!!

NEXT TIME TOP WITH  
NONFAT SHREDDED CHEESE!



# One Potato, Two Potato . . .

by Peggy Pace

This month I was assigned to work on cold soups and potato salad, and decided to combine both by making Cream of Vichyssoise Glace--cold cream of potato soup--as well as potato salad. Potato salad, it seems to me, is one of those things you learn at your mother's knee, if you are lucky, and you use that family recipe for your entire life. No other potato salad tastes right or as good. However, my mother didn't make potato salad, but she did make vichyssoise, so I was exposed to cold potato soup well before I learned to like and make potato salad—and when I did learn to make potato salad, I had to teach myself and invent my own recipe. I decided to take my mother's recipe for vichyssoise and lighten it up a bit. Her original recipe calls for a quart of chicken broth, 2 cups of whole milk, 2 cups of light cream, and 1 cup of heavy cream, but she appended a note saying she lightened hers up by using 1 quart of whole milk and 1 cup of light cream. Even her "light" version seemed too fatty for me (which shows some progress in our fat thinking I suppose), so I substituted a quart of 1% milk and 1 cup of 2% milk and a quart of vegetable broth. I wasn't crazy about the result. It may be that vichyssoise is just not to my liking (as a matter of fact, I always preferred hers warm rather than cold) or it needs all that fat to be really successful. I am not a cold soup fan in general. Soup, after all, should be hot, shouldn't it? But next time I think I'll try a fruit soup

or a gazpacho rather than vichyssoise!

Now the potato salad I've developed is not particularly low fat and not even particularly original, but I like it and my son likes it too, always a plus with a picky teenager! I peel and then boil the potatoes until they are barely tender and cool them quickly in cold running water. While the potatoes are cooking I hard boil 6-8 eggs and cool them in cold running water. I then chop 1 onion and lots of really good dill pickles. I prefer the fresh dills that have to be kept refrigerated. In a large bowl combine the eggs, which have been chopped into pieces, the pickles, the onion, and the cooled potatoes. In another bowl I stir together 1-1 1/2 cups mayonnaise, 2 or more tablespoons of dijon mustard (here I prefer the kind with whole kernels of mustard stirred in wine), and 2 tablespoons of good apple cider vinegar. I mix the dressing with the potatoes, onions, eggs, and pickles, and add salt and pepper to taste and chill to blend the flavors. Frequently we just have potato salad for dinner, and it makes a nice meal by itself. If you wish to lower the fat content, use a low or nonfat mayonnaise.

## Low-fat Cream of Vichyssoise Glace

- 4 leeks (white part only)
- 1 medium onion
- 2 T. butter
- 5 medium potatoes, peeled and sliced
- 4 C. vegetable broth

- 1 T. salt
- 4 C. 1% milk
- 1 C. 2% milk
- Chopped fresh chives

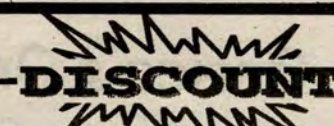
Slice the leeks and onion and brown very lightly in butter, then add the sliced potatoes. Add the vegetable broth and salt. Boil gently for 35 to 40 minutes or until potatoes are tender. Put in a blender or food processor (be careful—it's hot!) and then strain to remove any lumps. Return to the stove and add the milk. Heat gently and bring to a boil (watch out it doesn't scorch), and adjust seasonings. Either serve warm with chopped chives or chill thoroughly and garnish with chopped chives.

Chilled vichyssoise makes an excellent introduction to a light lunch on a hot summer's day.



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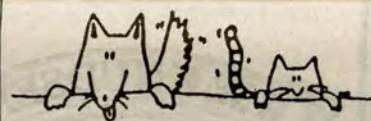
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# EASY LOWFAT EATS BY GINNY CLARK

## BBQ ZUCCHINI SANDWICH

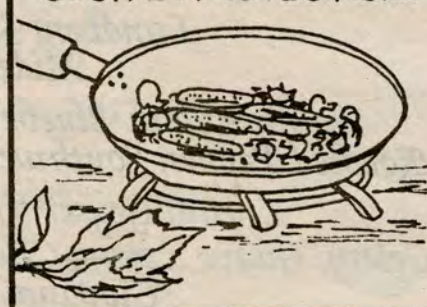
- 1 SMALL ZUCCHINI (5")
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SLICE ZUCCHINI LENGTHWISE  
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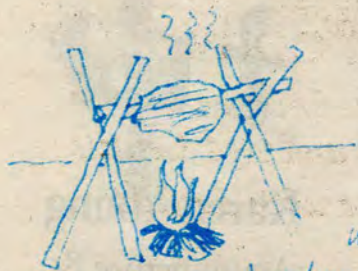
# July

## Kids page

by:  
Robin  
Murray

### Did you know..

That the word "barbecue" comes from the Spanish word "barbacoa"? It means a frame of sticks on which meat is cooked. Of course we now use metal for our barbecues and cook more than just meat!



#### LOOK FOR THESE BOOKS AT THE LIBRARY



What I did last Summer by: Jack Prelutsky, and The Little Witch's Summertime Book by: Linda Glovich.

### Try This:

#### Grow Charcoal Crystals

You'll need:



ammonia  
iodized salt  
liquid laundry bluing  
measuring spoons  
container

charcoal briquettes  
aluminum pie tin  
food coloring  
patience!

In container, mix 2 tablespoons of each: ammonia, laundry bluing and salt. Place charcoal briquettes on aluminum pie tin. Drop a few drops of food coloring on each one. Pour ammonia mixture over top of the briquettes. Let stand until crystals form. Replenish ammonia mixture as it evaporates.



(adapted from: Good Earth Art, by Kehl & Gainer)

### A Recipe:



#### Barbecue Sauce

1/2 cup ketchup

1/8 cup molasses

2 teaspoons worcestershire sauce

2 tablespoons frozen concentrated orange juice, thawed

2 teaspoons onion powder

1 teaspoon vinegar

Mix all ingredients well.

Store in a jar in the refrigerator until ready to use on your favorite barbecue food! Makes about 1 cup.



### JUST FOR FUN!

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S G O T B S Q

See if you can find these hidden words:

burgers

hot dogs

kebabs

tofu

bbq



Remember to look up, down diagonal and backwards!





# Family & Friends

## A Culture of Consumption

by Robin Murray

We are a nation of consumers and we have become slaves to consumption. We let the fashion industry control what clothes we wear. We let the music industry decide what music we listen to, and we let the guy with his finger on the laugh track button decide what is funny. Our money influences industry decisions somewhat, however, I would challenge anyone to find a pair of brand new spats or a compact disc recording of rural Manchurian folk music. If you found them, try wearing the spats to work at a mall shoe store or asking a commercial radio station to play the compact disc in its entirety.

Even our religions tend to be consumer-based. We hire ministers, priests and rabbis to interpret sacred writings for us and decide what is moral behavior and what is "sin." One report on National Public Radio described the new breed of churches that have been forming which cater to the non-church goer. The buildings have been stripped of religious paraphernalia and "made to resemble malls or theaters" so that "people will feel more comfortable." The congregations are then invited to "sit back and watch the show."

We are free to choose which faith to belong to, but seldom are we encouraged to participate in the creation or interpretation of our own faith.


If we choose not to participate in a religious group, we do not normally engage in activities that determine morality and acceptable behavior. We let our media or legal system decide for us. The "political correctness" movement is a perfect example. It is the threat of being sued or losing our jobs that keeps us from discriminating openly against others, not any sense of moral responsibility. Another example are cases where youths blame their violent acts on the music they listened to. The musicians may never have intended for people to take their violent lyrics literally, but in a society where we are accustomed to letting others make our choices for us, why not musicians?

Our political system is another example of consumerism's pervasiveness in our society. We no longer seek to improve our general living conditions, but rather hire politicians to perform that function for us. The political rhetoric echoes the same year after year - more jobs,

less crime, improved services, lower taxes. When they fail to deliver, we discard them and vote in new ones. Our responsibility ends when we cast our ballot. Sometimes we go a step further and join an organization which will hire a lobbyist to try and encourage the politicians to achieve our goals, but seldom does our society demand that we put our own creative energies into solving our own political problems.

Without creative contribution to our own culture, we begin to become alienated from the creative aspect of being human. Our identity no longer lies in our culture itself, but in how much of our culture we can consume. Without the power to change our culture, is it so surprising that some young people rebel against that powerlessness by lashing out against the society over which they perceive no control? It's time to take back our culture! Get involved in the community! Turn off that ball game and go watch the little league play. Join a local choir. Volunteer at the Co-op, or the YWCA, or a nursing home. Do something active to make our culture better for everyone!

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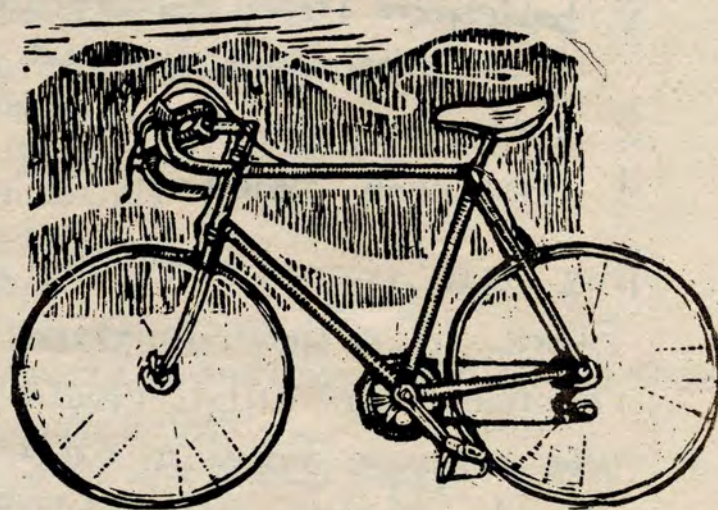
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# Gardening

## Sweet Corn - The Cream of the Crop

By Theresa Beaver

When I was growing up my father would put the pot of water on the stove to boil and then run to pick the corn. Corn feeds were common back then. But then I grew up in Southern California, where growing corn is as easy as growing radishes.

Since most of my adult life has been spent living in cooler climates, I have had to learn a few new strategies for growing corn.

Like all other warm-season crops, corn seeds need warm soil to germinate. This means corn should be planted around the end of May. But with some fore thought next year, your garden soil can be warmed up with a sheet of plastic. A sheet of plastic, or a row cover, will also protect your corn from light frosts.

But frost is not all you have to protect your corn from. Those beautiful pheasants and quail we see so boldly roaming the streets and fields love young corn plants. If these feathered critters visit your yard, you might want to use a row cover till the plants are about four inches high.

Corn appreciates growing in soil that has been amended with compost or rotted manure. If the young plants are not a deep green, you'll probably need to give them some of

your favorite nitrogen fertilizer. My favorite fertilizer is manure tea. I make this "tea" by soaking a shovelful of fresh manure in a barrel of water. After a few days the liquid is light brown and ready to water

plants with. Fish emulsion is another very effective nitrogen fertilizer.

When the corn is about knee-high, you should top-dress the plants with compost or fertilizer. Top-dressing is applied at the base of the plants, like a mulch. This will

help retain moisture. Corn is pollinated by the wind. This explains why you rarely see corn planted in just one long row. Planting corn in hills or blocks will help insure that the pollen reaches its destination.

The ears are ripe when the kernels feel full, all the way to the end. But I usually cheat and peel back the husk a little to see how things are going. It never seems to bother the development of the corn, and I can catch worms before they do much damage.



Be sure to plant enough corn for the freezer. Corn freezes very well. I learned this the hard way—or was it the easy way? I came home one summer night, all excited because I knew my bountiful corn patch was ready to pick. To my horror, the patch had been picked cleaned, and someone had neatly piled all the husks at one end of the patch. My screams and cries were heard throughout the neighborhood. I was ready to call the garden police, but through my own detective work, I learned that a neighbor's garden sitter had mistakenly harvested the wrong patch. But the story has a happy ending. I called the thief and he promptly returned my corn to me, in 20 dinner size frozen pouches. I ate sweet corn all winter.

To freeze corn, simply blanch the ears and remove the kernels with a sharp knife. Eating home grown, sweet corn in January adds a ray of sunshine to your meal.

Equally important as the planting date is the variety you plant. With our short growing season, you'll need to plant one of the newer, short season varieties. Try to find a 65 day variety, though you'll still take about 80-90 days. But it is well worth waiting for.

Another advantage to the new, shorter season corns, is the sugar enhancement (SE). These varieties hold their sweetness longer, so you don't have to put the pot on the boil before you pick the corn. But I still do sometimes, just to remind me of my father.

## Paradise Farm Organics' Mailbox

### A Letter from the Backcountry

Just now used your backpack meals I got two years ago; they kept perfectly fresh and tasty. I hiked 8 days across Zion National Park and your back-pack meals were my dinners. I enjoyed them all; particularly liked the **Black Bean Soup** and **Split Pea Soup** and the lemon bits in the no-cook tabouli. I really appreciate everything about them: your writing on them, simplicity of directions, low-low fuel usage, variety/taste, ease of packing and disposing of packing (the paper is *great* for cleaning the dishes afterwards), lowfat, and organic. Bravo!

Mark Kruegar  
Portland, Oregon

Available at the  
*Moscow Food Co-op*

Try this recipe for corn on the cob for a little variety from the old butter and salt routine. A friend taught this to us two years ago and its the only way we eat corn at home now.

Cook your corn your favorite way.

Take a hot sauce, we use Buffalo's, and pour five, thin stripes down the sides of the cob. Go easy the first time, and adjust to your tolerance for 'hotness' as you go along.

Take a wedge of lime and squeeze gently over the cob. Use the wedge to spread the hot sauce over the entire surface of the corn.

Finish it off with a sprinkling of Parmesan cheese and munch away!

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# Insights

## The Lunch Scene at the Co-op

by Gina Gormley

My favorite place to eat lunch downtown is the Co-op. It's a short walk from where I work (the GTE office by Rosauers), and when I get there, I can eat some great food.

The choices provided by the Co-op Deli staff are very much appreciated. I never know what will be there, but it's always good. That's really the fun of it—not knowing what I will be having, and not being limited to the same old stuff. At the Co-op, I can try new things, like the feta and walnut pate with veggies sandwich (delicious!).

Sitting outside to eat lunch there is also wonderful. Part of the entertainment is watching the bird gather crumbs by the table to feed her babies in the nest up at the

corner of the Co-op roof. The other part of the lunchtime entertainment is the chance to visit with someone—I never know who—during lunch. Since so many people eat lunch or shop at the Co-op when I do, I run into someone I know every day. It's a great chance to catch up with friends. Not everyone eats on the outside tables (many folks buy food to take away), but there's usually several people sitting there. It's a friendly place.

I'm pleased that so many people eat lunch at the Co-op. I just hope when the cold weather hits that we will be able to continue to eat lunch there, on tables upstairs, for example.

## Are you interested in rural housing alternatives?

by Bill London

We are.

A small group of individuals and families have met several times recently with the goal of creating a rural neighborhood in Latah County (or maybe that could be better stated as forming a community in rural Moscow).

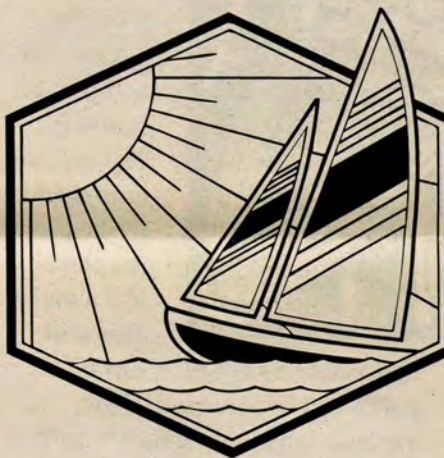
We are now discussing pooling our resources to purchase a large parcel (about 200 acres) of land. On that land, we want to cluster our dwellings to both form a mini-village and to leave the majority of the acreage in open space. We are considering the possible donation of a conservation easement to the Palouse Land Trust for that open

space to insure that it remains greenspace in perpetuity.

In addition, we are considering the separate ownership of small (2 or 3 acre) homesites within the larger common space, all located near one another to share improvements like driveways, well, snow removal, etc.

We are open to input and ideas and suggestions from those who share this vision and who can financially share the burden.

If you have any interest in this, you may contact John and Barb at 882-1266, or come to our next meeting at the Beanery, on Monday, July 22, at 7pm.



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# The Boycott of Wholesome & Hearty Foods

by Kristi Wildung

I recently received a flyer about a boycott against Wholesome & Hearty, makers of Gardenburger. I was a little confused about the whole thing because it's a complicated issue. I like Gardenburger and I like the company Wholesome & Hearty Foods. They have a clean product and a clean reputation.

While attending the trade show in Seattle in April, I had a chance to talk to a member of the W & H team, who, unfortunately, did nothing to clarify the issue for me. He was angry about the attempted boycott and this was about all that I understood from our conversation.

Recently I was reading a copy of the Provender Journal and found an article which addressed this issue. The following information was provided to the Journal by Ashland Community Food Store. It is a synopsis of the information they are giving to their customers.

Pineros y Campesinos Unidos del Noroeste (Farmworkers & Treeplanters Union, or PCUN) has called for a boycott of Wholesome & Hearty Foods. PCUN's stated goal is to procure better conditions for agricultural workers at Kraemer Farms, a member of the agribusiness cooperative NorPac Inc. (who has the trade labels Santiam, FlavorPac, and Steinfeld's).

W & H has no connection with the disputed behavior of Kraemer Farms. W & H does have a contact with a sales agent in mass market discount stores, who is the same sales agent for NorPac, Inc.

PCUN believes that even though W & H can't have a direct influence on Kraemer, they should show solidarity by disassociating themselves from the sales-agent-in-common. This is potentially very costly for W & H and it isn't clear whether such an action would have much affect on the plight of the farmworkers.

At the end of April, the General Manager of Ashland Community Food Store met with Frank Card of W & H to express their concern that W & H is not making the best effort to support the farmworkers. Ashland says that Mr. Card was very receptive, though he was puzzled why people would think that W & H would have much influence on Kraemer Farms. As he expressed it,

W & H faces some obstacles: 1) their mass market sales agent accounts for a good part of their business, and separating from the agent could cause a downturn in sales and consequent problems for their own workers; 2) W & H is now a publicly-owned company, and there are potential legal difficulties about what kind of public statements they can make without consulting their shareholders.

The General Manager of Ashland Foods has offered to send Mr. Card a copy of PCUN's requests of Kraemer on behalf of the workers. Mr. Card said he will get the W & H lawyer's opinion on whether they can take a stand in favor of farmworker's rights. The General Manager also asked whether it was possible for W & H to find a different sales agent for mass market. Mr. Card did not know, because the agent's contract may prohibit it.

What does this mean to you as a consumer of our Co-op? I have chosen not to boycott W & H because I do not believe they are in any way connected with the problems of Kraemer Farms and feel it is unfortunate for them to have become involved in such a volatile situation. I will continue to carry their products in the store. However, I am informing you of the situation so that you can make a choice whether to boycott. There is a postcard consumers can mail to W & H that states, "I add my voice to those who support Oregon farmworkers in their struggle for justice. To that end, I am currently boycotting all Wholesome & Hearty products until you cancel your contract with NorPac Food Sales." Or write to: Charles Monahan, Vice President Retail Sales, Wholesome & Hearty Foods, 975 SE Sandy Blvd., Portland OR 97214.



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# Wisdom: Finding Happiness

by Robin Murray

People often ask me if I like my job and my answer is an enthusiastic "YES!" When you get right down to it, my entire life is wonderful right now. A great deal of my good fortune stems from my accidental birth into a healthy family. However, some of it stems from the wisdom of others.

One of the best pieces of advice I've ever been given came from a sign of the desk of a camp director I once worked for. It was one of those little wooden triangles with a brass nameplate on it, only instead of her name it said simply "ADJUST." That single word has helped me through times of mourning and times of deep unhappiness. When the situation is out of my control, I adjust my attitude. When I have the power to change things, I adjust my life.

When faced with general unhappiness, the question of where to begin adjusting was difficult at first. I found another piece of wisdom to help my with this in a book on organizing, of all places. The author had intended it as an organizing tool, but I found it helpful in diagnosing the trouble spots in my life. She suggested that you take some time to think through

your day, step by step. Imagine getting up and going through your regular routine. When you come to a spot where your stomach knots up, you know you've hit on a trouble spot.

Having found a trouble spot, you then must do something about it. Buying a lottery ticket in hopes of winning doesn't count. Your effort must directly relate to your goals. "You can't get there without going" is another wonderful piece of wisdom I recently encountered in a book by the Delaney Sisters. To find your dream job, you must look for it. To master your favorite sport or musical instrument, you must practice. Happiness takes effort. The good news is, the happier you get, the easier that effort seems.

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# Rendezvous in the Park: a Community Pursuit

by Jackie McLennan

Rendezvous in the Park is Moscow's summer music festival, bringing cultural diversity and the world's music to East City Park for four evening outdoor concerts.

This year I have the privilege to be the manager. It allows me to meet and talk with dozens of people in the community and to work with a self-less board of directors and to really find out just how cooperative-minded our town is. I have been amazed at the generosity and commitment of Moscow.

Rendezvous is a non-profit organization created from grants and donations from individuals, local businesses, and organizations. The board begins planning around November. I started in early January. My job is to implement the directives of the board. The board members are Mark Moorer, President; Cindy Miller, Vice President; Joann Muneta, Secretary; Mike Waite, Treasurer; Dan Bukvich; Michael Cox, Jodi Donaldson, Jackie Haxton, David Mucci, Ivar Nelson, Jan Proctor, Ellen Hardy, Bill Voxman, Michele Ward, Cindy Magnuson and Shelly Femreite.

Each of these board members put in endless hours of their free time to plan Rendezvous. This is no easy task. I think each member of the board should be congratulated on their community commitment.

This year's entertainers include Riders In The Sky, with Texas Tea opening for them on July 12. Street Sounds, an a cappella quintet, with The Groove, a reggae band, opens July 13. We end with Irene Farrera and her Tropical Band along with Latin Expression Orchestra on July 19 and Queen Ida and the Bon Temps Zydeco Band with Dan Maher on July 20.

Other activities include Rendezvous for Kids on July 13 and 14 featuring workshops in dance, chemistry, drama, and paper making with recycled paper. Tidyman's is sponsoring Rendezvous for Kids this year and has donated T-shirts and a free lunch. The Lions club is sponsoring Friday afternoon's entertainment, story telling by Sherry Werner, and a grant by Western States Arts Foundation is sponsoring Street Sounds for Saturday afternoon.

Rendezvous is continuing the "Button Up" program, which offers discounts at various local businesses to people who wear their Rendezvous button between July 12 and July 10. Look for "Button Up Here!" signs around town and save money! You can find out about Rendezvous on the net, (set up by First Step). Just go to the Moscow page and you'll see us there. We will also be running ads on TV, thanks to Century communications and Impact TV. The Moscow and Pullman Chamber of Commerce are selling tickets, buttons, and T-shirts for us, along with Pasta Etc., Tidyman's and The Palouse Empire Mall Office. We set up a table at the Farmers Market every Saturday to promote Rendezvous and sell tickets and buttons. As you can see the community is very involved in Rendezvous. Moscow is a community that supports the arts!

All performances are at Moscow's East City Park (thanks to the city of Moscow) unless it rains, then we move inside to UI Memorial Gym.

I'm very pleased to be a part of this community and to have had the experience to see first hand how a community works together to bring such an extravaganza together. It's important to me that I be a part of a community and help build bonds that tie. I am forever amazed at how people band together to help one another and to support community projects. This job has given me insight to what is possible when hundreds of heads are put together. I look forward to seeing you at the Park!



# PCEI Joins Pullman in Planning Effort!

By Taylor Pittman

Recently a group of citizens in Pullman came together to address issues of the city future. Represented by neighborhood associations, city officials, WSU administrators, professors and students, business owners, service organizations, and others, this group is organizing a series of events that should have significant implications for the future of the quality of life in Pullman.

The official title of the effort belongs to the American Institute of Architecture (AIA). R/UDAT, or Regional Urban Design Assistance Team, is a service of the AIA and consists of urban design professionals with expertise to address a community's growth and development issues. Through an on-site, hands-on process, the team works with the community to develop a specific action strategy. For instance, the team's work may result in specific recommendations for downtown revitalization, economic diversification, or traffic re-engineering, among other things.

A strong point in the R/UDAT process is its commitment to community involvement. The AIA will not form a R/UDAT until a community demonstrates the willingness to implement the suggestions of the

team. Therefore, R/UDAT visits should result in actual, workable, outcomes for the community. To assist in this community commitment, PCEI is sponsoring (along with R/UDAT steering committee) a community-wide, priority-setting meeting on July 18 in Reaney Park. At 7 pm, with free ice cream for all, community members will have a chance to hear more about the R/UDAT process and to give their input into what issues the R/UDAT should address. Children and teenagers are welcome.

The success of the R/UDAT process depends on widespread community involvement. The issues that are addressed, and the approaches taken to determining action strategies for their resolution, will be determined by the participants in the process. So, if you have an opinion about how Pullman should look in the future, your involvement in the R/UDAT process is vital. If you would like to get involved, or offer suggestions immediately, you may contact the R/UDAT Steering Committee at P.O. Box 592, Pullman, WA 99163, email address: scubed@pullman.com., or PCEI at 882-1444, email: pcei@moscow.com.

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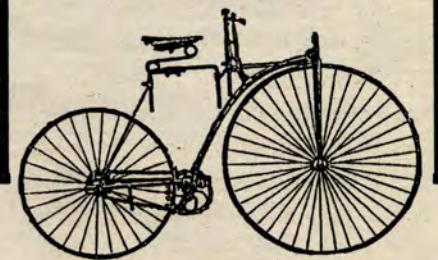
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# Sustaining Life on the Palouse

By Jette Morache

In the past year I've come to deeply appreciate the Moscow Food Co-op. Though I've been a member since my family moved to the Palouse over six years ago, I used to do most of my shopping at the supermarkets, thinking they were more convenient, and my work schedule too hectic to devote much thought to shopping or cooking.

At the same time, though we lived in a home surrounded by agricultural fields between Moscow and Troy, I didn't worry much about being surrounded by pesticide spraying. If spraying was standard practice certainly the farmers, the chemical companies, and the government regulators wouldn't do anything that would hurt anyone! Each spring the omnipresent roar and drone of low flying crop dusters and the trucks with chemical tanks only made me vaguely uneasy as I went about the business of my life.

But last summer everything changed. Our lives were wrenched when our nine-year-old son—a healthy boy who loves backpacking, a boy who packed thirty-seven rugged miles in three days at age eight—fell ill with what at first seemed to be a typical childhood infection, a swollen lymph gland. Agonizing weeks later, after he wasted away to a skeleton of his former vital self, barely able to walk, he was finally diagnosed with cancer: non-Hodgkins lymphoma.

During the early months following our son's diagnosis, we focused solely on the daily reality of saving his life. Doctors told us that his cancer was probably caused by a combination of bad luck, genetics, and the toxic substances of our modern environment. Cancer had been rare in our family before and at first we saw his illness as bad luck. But as his condition improved, we began to take time to read and were sickened to discover that non-Hodgkins lymphoma is repeatedly correlated with agricultural pesticides.

For example, the National Cancer Institution has conducted studies in Kansas, Nebraska, and Iowa/Minnesota that show excessive rates of this cancer among farmers who use pesticides. Though cause and effect have not been proven to the statistical level required by traditional scientific method—any

more than it's been proven that smoking causes lung cancer—the connection between pesticides and non-Hodgkins lymphoma (as well as some other cancers) is clear.

Certainly the connection is known in people's lived experience. Our pediatric oncologist has seen enough childhood cancers coming out of agricultural areas to make the connection in his mind. Our vet nods knowingly after seeing the dogs and cats with cancerous tumors who lived among sprayed fields and lawns. Sometimes the association between substance and illness is obvious.

My son's swollen lymph gland and other symptoms first appeared in June—several weeks into the spraying season of 1995. Some people will call this coincidence—but how can I, a mother cherishing her child as the essence of life, pass his grave illness and terrible suffering off to coincidence?

Many pesticides in use today were certified under a cost/benefit analysis. That means calculating a certain number of human cancers, birth defects, and other disorders as an acceptable 'cost' for spraying carcinogenic chemicals that may improve short-term productivity and profit, the 'benefit' to society. Ignored is the cost of long-term damage to the land, water, and wildlife populations. Ignored is the cost of medical treatment and the immeasurable cost of human suffering.

The widely used herbicide 2,4-D is illustrative. Commonly sprayed—not only in agricultural fields, but also on lawns, roadsides, and the parks where our children play—2,4-D induces mutations in animal and human cells, damaging DNA in a manner similar to ionizing radiation. This damage is increased synergistically by its break down product, 2,4, diachlorophenaol. Though studies have linked 2,4-D to cancer, miscarriage, and birth defects in animals and humans, chemical companies have successfully challenged the methodologies used in these studies, stalling the Environmental Protection Agency from banning or strictly controlling use of 2,4-D.

Even more alarming, testing procedures for pesticide certification attempt to evaluate the effects of

only one chemical product on human beings. This is because it's impossible for laboratory tests, controlling variables according to the scientific tradition, to assess the synergistic effects of the stew of chemicals that saturate the foods we eat—and permeate the environment of those of us who lives in areas of intensive agriculture.

One does not need much 'ecological awareness' to recognize the effects of chemical-dependent farming practices on the Palouse. How will future generations—our children's children and beyond—feed themselves and sustain life from this land and water?

As consumers we need to support farmers who are shifting to sustainable agricultural practices, weaning themselves and their crops from chemical dependency. The only way widespread change will occur is when people like me re-evaluate their priorities and purchase food that is not laced with synthetic chemicals. Our children deserve healthy food and an environment that will sustain life into the future.

We can make it so by supporting the farmers who are using sustainable agricultural practices, using our dollars to buy organic and no-spray products. Buying organic food can be costly, but the expense is balanced by making do with less variety, buying in bulk, and minimizing waste. I no longer spend money on the variety of brightly colored fruits and vegetables shipped out-of-season to northwestern supermarkets. Now that I understand the attractive colors and flawless skins of those fruits and vegetables hide a variety of chemicals sealed in with wax and that they are grown at a great cost to environmental health. I've learned to eat produce in season and be satisfied with less variety.

Truthfully, I haven't found it easy to break out of my give-me-fast-food, I'm-too-tired-to-cook

mentality. I had to learn, in the most painful way, the foolishness of thinking I'm too busy making a living to take the time to seek out uncontaminated food and to recognize how chemicals poison our environment—to understand that the way I cook is connected to the way farmers farm and the health of the land and my family. Sustaining life means valuing the time and effort needed to understand and nurture life in the field and in the home. Neither the grower of the organic wheat that I now use to bake my family's bread nor I can rely on quick-fix solutions to provide grain or satisfy hunger.

We'll be moving as soon as possible. I leave this community with sadness, but with the hope of finding a place where we won't be exposed to agricultural pesticides (or many of the same common chemicals routinely sprayed on lawns, roadsides, and parks by counties, institutions, and landowners). It won't be easy. But we have to try. Our son deserves a chance to live—all people do.

I know I will miss the Co-op more than as a store. Throughout this year of our son's illness (he is now doing well, with cancer in remission), shopping at the Co-op every week was very comforting.

Purchasing organic good gave me the feeling that I was doing the best that I could for my son. The Co-op felt like a haven in a storm. Thank you for your friendly faces and advice. Thank you for helping us get through this rough time.



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# The CO-OP Bulletin Board

## Canopy Partner Sought

The Coalition for Central America seeks a local non-profit organization to jointly purchase canopy for fairs, displays, parties, etc. The canopy would be available year-round except for Renaissance Fair weekend. Please call 883-0898 or 883-3156.

## Tours of Organic and other Sustainable Farms!

offered through PCEI  
July 20 -- Moscow area  
August 8 -- Yakima area  
August 17 -- Salt Lake area  
September 8 -- Skagitt area  
September 14 -- Boise area  
Call 882-1444 for more info

**Family Needs Home**  
Well-established, working family of 4 needs 2-3 bedroom house to rent (or possibly buy) in or near Moscow ASAP  
Great References  
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2 Cats (90% outdoor)  
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**Help Save the Whitworth Building!**  
Friends of the Whitworth are seeking creative uses for the 1912 high school. If you are a member of a community group looking for space, or are willing to volunteer, please call us at 882-6595, 883-1469 or 883-3156.

## Local Issues on the Net!

Moscow Vision 2020 sponsors an on-going discussion of local planning and growth issues on the Internet. To subscribe send an e-mail message to [Majordomo@uidaho.edu](mailto:Majordomo@uidaho.edu) with the text "subscribe vision 2020."

## LIVE MUSIC AT WSU!

Thursday noon barbecue and concert series on the Glenn Terrell Mall at WSU  
Free music noon until 1 pm!  
July 11 - The Senders (classic rock)  
July 18 - The Toucans (steel drums)  
July 25 - Potatohead (folkish fun)  
For more info call 335-9666  
(Both the Senders and the Toucans will also be featured during free evening concerts at 6 pm on the Holland Library lawn.)

Try the  
Taste Fair  
Co-op Parking Lot  
July 12 & 13  
10 am - 4 pm  
Free samples!  
Free fun!

**FREE World Beat Music  
in Pullman!**  
Smell No Taste -- Afro-pop band from Liberia  
6 pm, July 24 at Reaney Park  
(7 pm Bryan Hall Aud. in case of rain)  
for more info call 335-9666

## Enter the Contest!

Recycle those onion sacks!  
For more information see story inside this issue, or talk to Co-op staff member!  
Hurry, contest ends July 15!!

## Envision Pullman's Future!

Eat Free Ice Cream!  
Join in the R/UDAT Process!  
July 18, 1996 7 p.m.  
Reaney Park  
For more info call  
PCEI, 882-1444