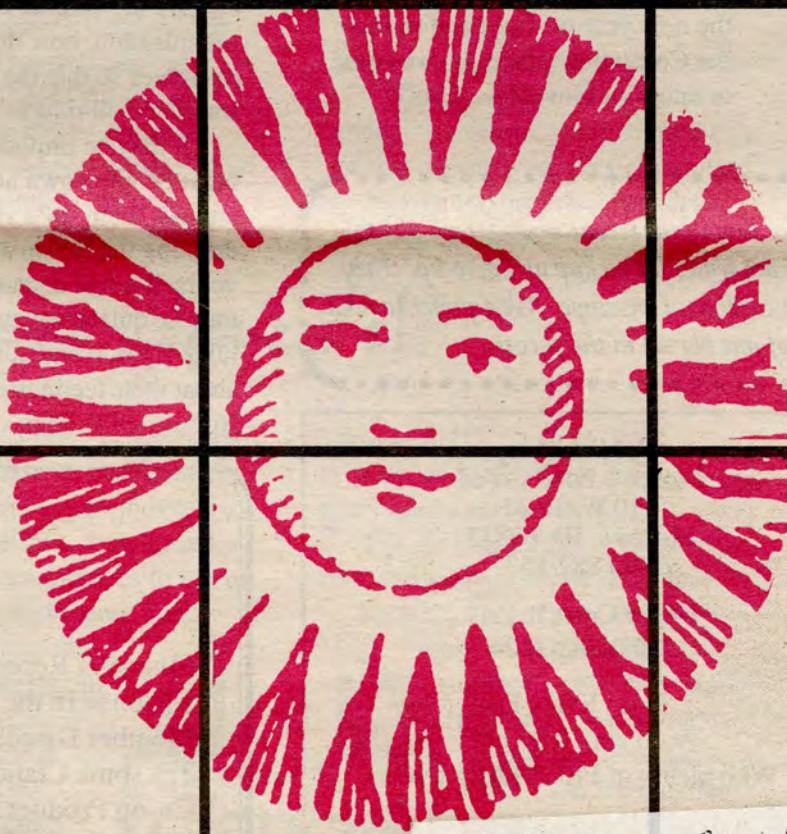


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Community News



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Co-op News

Financial Report for 1995 for Moscow Food Co-op

by Kenna S. Eaton

Sales	\$ 1,052,872
COGS	(\$ 681,735)
GM	\$ 371,137
expenses	(\$ 360,505)
other inc.	\$ 2,209
NET	\$ 12,836

Above is a really short version of our Dec. 1995 financial statement. To help you define what we mean I'd like to give a very small financial lesson, and I'll try not to be too dry about it.

Sales is that total that covers all our sales, but also includes mark-ups and discounts.

COGS stands for Cost of Goods Sold. This figure shows how much we paid for the stuff we sold (inventory with adjustments).

G.M. means Gross profit margin, what we have left over to run the business on.

Expenses, on the next line, is the total we spent on running the Co-op. The largest part of that cost is payroll.

Other income is not a large figure and mostly consists of rebates and dividends from other Co-ops we belong to.

The last line is of course the number we are always most interested to see.

Did we make profit? Yah, you bet!! That figure represents about 1.2% of our sales and is totally within our goal for 1995.

Interestingly that figure is positive because of our annual Holiday Bazaar. All that money goes back into operations to start the new year off right and to keep the Co-op that place you've come to know and love!!

If you have written articles for any of the recent newsletters, please remember that your computer disks are ready for pickup at the co-op. They are located in the newsletter file in a cardboard envelope. We'd prefer to hold disks for a maximum of one month in the future.

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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.

Vision is in the Eye of the Beholder

by Kristi Wildung

Vision. It's very important, isn't it? Without it you couldn't see the glorious world around you. But vision can be much more than a physical attribute, as we on the Board of Directors are finding out. It has to do with corporate values and beliefs, where we are now and where we want to go in the future. We're trying to define ourselves through a vision statement.

This may sound easy at first. After all, we are the Co-op. But in reality, it's not so easy. How do you put down in writing, for all the world to see, the answers to the questions: who are you and what do you believe in?

We are an ever-changing organization; how do we define ourselves so that the definition will transcend all time?

It may be impossible, but sit eight people down around a table and ask them for a vision statement defining the Co-op and you've got yourself a real discussion! At first it may be quiet. Not everyone wants to jump right in and spill their guts about their feelings on the Co-op. But we are an impassioned group,

and eventually it gets going. The first question we ask is "What is a Vision Statement?" And this can take up much of the time we have for our discussion in itself. It can be defined as the broad philosophical beliefs of the organization- the ideals, values, and philosophy that are the foundation of what the organization does and what standards will govern its operation.

It's relatively easy to define our beliefs. We believe in good food. We believe in recycling, organic farming, safe environmental practices, less packaging, and treating our employees and members well, just to name a few. These are all important to us. The challenging part often comes in the running of our business in terms of these beliefs. We have to be committed to what we put down on paper, and that can make anyone think twice or thrice. That's where we are right now.

Karen Zimbelman, the director for our workshop in February, says "Boards that spend time to clearly define their Co-op's values provide a foundation for a strong and vital Co-op." This is where we want to be.

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Member Discounts and more tales of the Co-op

by Kenna S. Eaton

April started off with lots of excitement at the Co-op as we began our new policy of giving our members a 2% discount on every purchase! I love the energy that surrounds change at the Co-op. I know not all our customers agree, but I honestly believe that every change we make is for the better.

The majority of our members feel really good about this new policy. Numerous people have come up to me and said that they love the idea of open shopping for everyone (no more 7% surcharge for non-members), and that they really appreciate the chance to save some more money while shopping at their favorite store in town.

A note here: there appears to be an idea floating around that this discount will pay for your membership. Not so!! But if you spend \$20/week at the Co-op, you will receive \$20 in discounts over the year.. So... maybe you can look at it that way.

I have had a few members express frustration at being asked to show their membership cards. All I can say to that issue is that it's not that we don't trust people, but that showing a current membership card is a simple way of being sure your fees are up to date and eliminates all doubt on everyone's part.

On a positive note memberships are up, as many people want to take advantage of our great new discounts.

坤

Karen Young

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Co-op Product Selection

by Kristi Wildung

Recently I received a note from a concerned customer about the possibility of the Co-op discontinuing product selection guidelines. I'm writing this article to set the record straight and tell you a little bit about the criteria I use when choosing products for our store.

The Co-op does not have product selection guidelines per say. What we do have are buyers who are committed to our mission statement, which says we will try to carry healthful foods and other products that are reasonably priced, locally and/or organically grown, and are chosen with the environment in mind.

What does this mean? We try to stay clean. We try to buy organic whenever it's available and the price is not exorbitant. We only buy recycled paper products. We steer away from excess packaging. We try to stay away from products which contain refined sugar (I can only think of one offhand), artificial ingredients or colors or preservatives. We never support products that are tested on animals. We offer alternative products for members

who may not want dairy or wheat, and alternative remedies for sickness. When we look for a product, we look for it in bulk form first.

Do I research every product I bring into the store? Yes and no. Some companies are very trustworthy and I know that when they offer a new product it will be good and clean. I never buy anything I'm the least bit unsure about without asking plenty of questions. I always ask for a sample if a salesperson is soliciting me on the phone, and I often ask for samples of new products from companies I have never heard about, even if my trusty distributor has already picked up their products.

I guess the most important criteria we have to follow are the wishes of the members. We almost always bring in what they want us to sell (unless of course it is in hideous violation of what we believe or has not sold in the past).

What members want has been changing over the years. It used to be that people were very committed to bulk and to produce. And there still are a lot of those people out

there, but others have changed their desires. Many customers want good, nutritious food without a lot of preparation time and fuss. Convenience foods like frozen entrees and jarred pasta sauces are enjoying increased sales. Not everyone enjoys making dinner from scratch every night, and I have to keep that in mind when I'm shopping for the store. The buyer's jobs are a continuous balancing act between what our members want, what's available, and what kinds of products we feel we should be carrying.

Just to put in my own two cents worth, I have been a little dismayed lately to find that almost all of the great new products on the market are only being offered in packaged form. There is probably only one new bulk item to every 50 new packaged items. Doesn't that seem like a disgrace to you?

Anyway, to put our letter-writer's mind at ease, we are careful about the products we bring into our store. We choose them consciously and we support them when they get here.

Try some Clancy's!

by Tom Lamar

I liked it so much I bought three cases of it. For years, Pam's mother sent me a case for my birthday, and another at Christmas. I've turned on lots of friends and relatives to it with a gift bottle her and there. The most common response I hear from people tasting it for the first time is "Wow, its hot *and* it tastes good." I'm talking about Clancy's Fancy Hot Sauce.

Now, the shoppers of the Palouse are lucky to have the opportunity to purchase this nectar directly at the Coop. Clancy's Fancy Hot Sauce comes from Ann Arbor, Michigan made from organic garlic, ginger root, cider vinegar, olive oil, peppers, and more. It has a distinctly unique flavor that deserves a place in any connoisseur's hot sauce collection. Clancy's goes well on many foods,

bringing to life potatoes, rice, noodles, and tofu. I use it on everything except pancakes.

For the past month, Clancy's has been available at the Beanery and soon the Main Street Deli for those who would like to sample it before buying a full bottle. Rather than putting the same-old Tabasco sauce on your spuds, you can spurt some Clancy's on your food and start living!

The company tells the origin of their sauce like this:

"Once upon a time, a young Irish woman, Colleen Clancy went to live in the old Irish country near Knockmaroon gate. While attending Mt. Sackville Convent School, Colleen met students from places as

diverse as Trinidad, the Sudan, Mexico, India, Nigeria and Spain who shared their traditional condiments to liven up the dreary boarding school fare. The spark was kindled, and her quest for the ultimate hot sauce had begun.

Fifteen years later in Ann Arbor, Michigan, Colleen created a hot sauce to share with friends. It was an instant success and the word about Clancy's sauce spread like wildfire!"

Clancy's can be habit-forming. It is part of the morning ritual I share with my 5 year old daughter, Brya. We put it on our morning rice dish (which Brya has named, "Papa's Stuff"), take a bite, and reach for our orange juice to put out the fire. Who needs coffee?



Volunteer Profile: Christine McGreevy

by Jackie McLennan



There are no accidents! Christine had been wanting to meet me due to our similar interests, and because of that thought it happened. This train of thought comes from the book *Celestine Prophecy*. Walking into her home was like walking into the Zen of households. The calm that surrounds her home is apparent by the simplicity of lightness in each room.

I was met by Christine and two of her boys, Kadin 2, and Mitchell 9. Mitchell helped serve me tea and Kadin told me about the buses and trucks he had seen walking his sister Maura to school. Maura is the only one of the four children who attends school. Before you panic let me point out, these three boys were the most charming and bright kids I have experienced in a long time. My interest was peeked by the home schooling. I asked Mitchell how much time he put in on school work each day. He

looked at me shyly and at his mother with a shrug. "They don't, they play" was her response. Christine said, "I want them to be who they were when they got here." I have to agree often times the spirit of children is taken away from them when they enter school, or when we try to control them.

Christine had finished the course *The Artist's Way* by Julia Cameron. This is a book I have facilitated in workshops for the past three years. It is a course in discovering and recovering your creative self, a spiritual path to higher creativity. In this course Christine was "finding her voice." Both figuratively and literally. She is now taking singing lessons and learning how to express herself. One area that Christine has many ideas in is how to teach children. I hope she writes a book about her ideas and becomes a mentor in fielding new ways of teaching.

Christine was born in Montana. She attended twelve schools while growing up. Her father was a computer expert when computers were as big as a room. She met her husband Tim while going to college. They married in 1983. They moved to Boise in 1985 and spent nine years trying to get back to Moscow. Tim travels much of the time for his job with the Pea & Lentil Commission. She planned to stay in one place and have an unchanging home. However, "what I planned is now completely different."

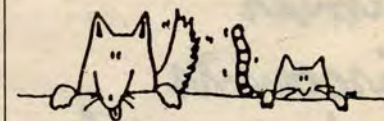
Children, spinning, singing, and delivering the Co-op newsletter (her volunteer job) is how she spends much of her time. She and her children do the delivering together. Christine said about the Co-op "I

love that you can volunteer." She belonged to the Boise Co-op, where volunteering wasn't an option. "The people at the Moscow Co-op are great and they go out of their way to help you."

I asked Christine what was important to her. Having the freedom to do what I want, especially in my own territory; my home. I'm very private. For ten years I've been trying to fight back, I was always the rule follower, now all the missing pieces are coming together. The twelve year old is coming back, I'm finding my voice. Everything I ever worried about never happened."

Christine considered when asked about her wishes. "I wish it would be safe to be who you are, that there wouldn't be so many should's. Real diversity would be valued (especially in thinking). I wish you could be more than one way within the community, that we could change, we could be someone different and show who we really are."

I hope Christine brings out her true spirit and shows who she really is. I'll anxiously await to hear her sing, to read a book that she's written and to see the true child of Christine emerge. I admire Christine's willingness to raise her children the way she sees fit, to go against the norm and to live by her convictions. Christine's home is peaceful and loving, she gives her children options, loves her husband openly, and is willing to stretch herself beyond her comfort zone. Christine believes, and as she said "once you start believing it appears."



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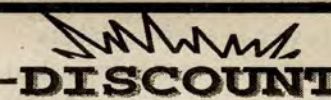
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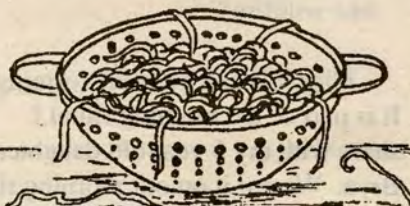


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EASY LOWFAT EATS by Ginny Clark Kohler

PASTA WITH SPICY GREENS

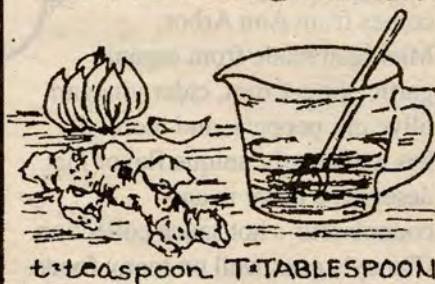


COOK 12 oz. SPAGHETTI IN LARGE KETTLE OF BOILING WATER FOR 10-12 MINUTES DRAIN WATER.

IN LARGE PAN OR WOK COOK FOR 4 MINUTES 2 CUPS BROCCOLI-SLICED IN 1/2 CUP WATER. ADD & COOK 2 MINUTES 8 oz. MUSHROOMS-SLICED 4 CUPS SLICED GREENS (SPINACH, KALE, CHARD, etc.)



MIX TOGETHER & POUR IN 2 T CORN STARCH 1/4 CUP BROWN SUGAR 1/2 CUP CIDER VINEGAR 2 T SOY SAUCE 1 T FRESH GINGER-MINCED 3 CLOVES GARLIC-MINCED 1 t RED PEPPER FLAKES 1/2 CUP WATER STIR TO BOIL & THICKEN



t=teaspoon T=TABLESPOON

TOSS IN SPAGHETTI MIX TO HEAT & COAT.



SATISFYING SPICY PASTA !!

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Spring Greens: A Leaf By Another Name

By Pamela Lee

I remember when salad meant iceberg lettuce, period. Now, I can't remember the last time I ate iceberg lettuce in a salad. The array of lettuces and other leafy greens available now is wide and wonderful. As May draws near, I'm anticipating the appearance of fresh spring greens in the Coop's produce section. There are so many new lettuce varieties and assorted spring greens available, it's sometimes difficult to choose. To simplify the choice, let's look at the four basic types of lettuce.

First, there is the once-ubiquitous iceberg lettuce. Its crisp head is supported by its 90% water content. That is why it stays crisp longer. Unfortunately, it's not big on flavor and cries out for powerful dressing, like Thousand Island. The second type of lettuce is Romaine, also known as "Cos". It's also crisp, and keeps well. Fortunately, it's more flavorful and more nutritious than iceberg. The third type is the butterhead. Butterheads can be further subdivided into two categories: a) Boston, also known as Butter Lettuce, and b) Bib or Kentucky Lime-stone. The fourth type of lettuce is the Looseleaf. There are many varieties, but they're easy to recognize — they have loose leaves; there is no head or heart, just leaves.

Endive is technically not lettuce. (Sure, you can use it as such if you desire.) Endive, escarole, and radicchio are all chicories.

Mixed Greens or Mesclun

The Coop often offers a prewashed, trimmed and ready to serve mixture of various tender lettuce leaves. As I write, the current mixture of prewashed fresh greens in the Coop's produce section is labeled "Camas Farm Salad Mix". This could have been labeled "Camas Farm Mesclun".

For a couple of years, I'd read

salad recipes that called for an ingredient called "mesclun". I didn't know what mesclun was. I thought it must be some variety of lettuce. Finally, this winter, I read in a Gourmet Magazine what mesclun means. Mesclun is the French term referring to a mixture of tender young lettuces and assorted greens. The ingredients in mesclun are traditionally varied. It is typically characterized by an inviting combination of color, texture and fresh flavor. Mesclun mixtures provide instant, no-work salads. They are also a good option if you can't decide which type of lettuce to buy; you get variety with mesclun.

Arugula

I started reading about arugula in food magazines five or six years ago. It wasn't until one article had a photograph of arugula that I realized this was the same green I'd been growing for years. I'd been calling it "rocket lettuce" because that is what the woman that introduced me to this peppery green in her garden called it. She'd lived in Milan for 10 years. When she and her husband returned to California, she brought back seeds from her Milan garden. She shared her seeds with me when I moved to the Palouse in 1979, and I've been growing her strain since then. Arugula goes by many names: rocket, roquette, rucola, rugola and ruchetta.

Rocket lettuce is a member of the mustard family. It's an ancient plant, indigenous to the Mediterranean region. Though arugula has only recently become popular and available in our food markets, it's an old-fashioned salad green in European countries. It has a distinctive, bold peppery flavor. Some have described the flavor of arugula as nutty, even smoky. To me, eating a fresh leaf of arugula is like chewing lettuce, but tasting the flavor of a succulent tender radish.

If you're adding arugula to salad mixtures or otherwise eating it raw, you'll want to select small young leaves. If summer heats up, arugula does too. If you eat the larger, summer toughened leaves raw, you might get some insight as to how this green plant earned the name "rocket," as in hot rockets! Arugula can be cooked, and heat softens the fiery taste of the larger late summer rocket leaves.

Though arugula leaves pack a peppery punch, they are delicate and require careful storage. Once you get your arugula home from the market, you can crisp the leaves by putting the stems in a glass of very cold water. (Incidentally, this is also a very good way to keep fresh-cut basil.) If you are not going to use all your arugula quickly, wrap the stems in a dampened paper towel, and gently store in a sealed plastic bag. I use the perforated, zip-top vegetable storage bags available in supermarkets. These perforated bags can be washed for reuse. I do think they keep refrigerated produce fresher longer.

I can't count all the ways I've used rocket lettuce. If you find you are as fond of this peppery leaf as I am, you'll discover many uses for it. It's good raw, mixed in with salad greens. I find I use less, or even no salad dressing when my salads are jazzed up with small pieces of rocket leaves. Fresh arugula can be used in layered sandwiches in place of both the lettuce and the mustard. It can be used as a garnish or component of a constructed salad, or as a chopped topping for a wide variety of dishes — much as one would use chopped parsley or chives. I've also added arugula to cooked vegetables, to scrambled eggs, pasta dishes, and soups. Last summer I had a bumper crop of rocket lettuce and made a pesto-like concoction of olive oil, lightly blanched arugula, and salt. I froze the arugula pesto in ice-cube



trays, then stored the ice sized chunks in bags in the freezer for winter-long use.

Chives

Chives are the first herb my garden gives me in abundance. Spring brings the common chive, with its tubular leaves and lavender blossoms. Later, in the summer months, the Chinese chives appear, with their flat, broad garlic-flavored leaves and larger white flower heads.

Chives have been added to foods for some 5,000 years. They are native to the Orient, first used by the Chinese, then by the ancient Greeks, and later by 16th century Europeans. Early Colonists brought them to America. My mom always had a clump of chives outside the kitchen door, and I've furthered the tradition planting generous chive borders outside both the front and the back doors of my house.

As authors Carolyn Dille and Susan Belsinger put it so poetically in their book, **HERBS IN THE KITCHEN**, "Chives' flavor has the sweetness of a platonic onion and the echo of very young garlic." I couldn't describe it better. Chives have many culinary uses. In Japanese food, they are used as both an ingredient and a garnish in sushi and in clear delicate soups. Italians use chives in summer salads.

In French cooking, they're found in egg dishes, sauces, and lightly cooked vegetables. Middle Eastern cooks use chives in spicy meat and bean dishes, in sauces, salads, and soups. In fact, the flavor of fresh chives is compatible with every flavor and every food except sweets. Young chive flowers are edible as well as the slender leaves. Flowers can be tossed in salads or used as visually striking garnish. Whole, long chive leaves can be decorously tied around small bundles of steamed asparagus or julienned carrots. Fresh chives can be carefully well wrapped in Saran Wrap, then frozen for up to three months. Use a scissors to snip the chives you need, then quickly wrap and return the rest to the freezer.

(Continued on next page)

A Review of The Self Healing Cookbook by Kristina Turner

reviewed by Linda Kingsbury

Kristina has taught classes in Healthy Cooking and Conscious Eating and spent a year on staff at Findhorn Community in Scotland. She writes the book in a user-friendly style containing many charts and diagrams for the visual learner. Her recipes are macrobiotic (primarily vegetarian), low-fat, and sugar-free. One list of fat-dissolving foods includes daikon radish, green onions, and shitake mushrooms. My favorite chart to share with nutrition education students is one she prepared called Mood

Foods. It is a great tool for understanding the mind-body-emotion connection based on the five element theory in Chinese medicine. For springtime eat barley, lentils, spring greens, and daikon radish to revitalize your liver and gall bladder as well as to relieve feelings of frustration and impatience. Recipes on creative ways to use these foods is included as well as daily seasonal meal suggestions.

One of my favorite recipes is a Marinara Spaghetti Sauce. It tastes surprisingly like a tomato-based marinara sauce.

(Spring Greens... cont.)

Watercress

"Watery cress, Queen of the stream, in salads fine you have no peer; poor man's bread, rich man's cream, all men's delight for half the year
-from HERBS IN THE KITCHEN

Though there are several varieties of cress, all members of the mustard family, watercress is the cress most commonly available in our markets. It can also be found growing in the wild and harvested for free. If you know of a spot where watercress grows wild, in running water that is free from pesticide, human or animal contamination, you are a fortunate person. (And, I'd be ever so grateful if you'd tell me where this patch is.)

Watercress contains goodly amounts of iron and vitamin C. Ancient Persians steeped cress in milk for their children, believing it increased their growth. Greek armies ate cress to gain strength for battle. Romans eagerly harvested wild cress for their salads.

When watercress is used fresh and raw, in salads or as garnish, its taste is peppery. When it is cooked, the pleasant peppery bite is replaced by an agreeable vegetable taste, reminiscent of spinach, parsley or cooked mustard greens.

When buying watercress, look for shiny, deep green leaves. Store in the refrigerator, with stems in a glass of water, and a plastic bag placed gently over the bunch. I've also kept watercress in a glass of

water, uncovered, in my kitchen, but only when the weather is cool. Usually, it's best to use watercress within a day or two.

I've sometimes kept watercress for longer, and when a sprig forms roots, you might even want to transplant it to your garden if you've a partially shaded spot that's always moist. I've had some success growing a small patch of watercress in a shady spot where a faucet spigot leaks gently at the hose connection.

There are a lot of culinary uses for watercress. As with arugula and chives, they can be tossed in fresh salads, chopped for use as a topping (as one would use parsley), or use whole sprigs of watercress to elegantly garnish your platters. Watercress can be adapted to many savory cooked dishes, chopped and added just before serving.

Spring Green Recipes and Cooking Ideas

CHEESES: For soft cheeses, such as ricotta, cottage cheese, cream cheese, or a mild goat cheese — add 1 - 3 T. minced arugula, chive, or watercress to each 1/4 lb. of cheese; blend well.

EGGS: For omelets or scrambled eggs, mix in 2 T. minced arugula, chive, or watercress leaves before cooking.

SOUPS: Mince generous amounts of arugula, chive, or watercress. Add to soup just before serving. This can be used with cream soups, potato soups, vegetable

Basic Sauce

6 carrots & 1 small beet
or 6 c. butternut squash, diced
1 large onion, quartered
1 stalk celery, sliced
1 bay leaf
1 1/2 C. water

The Flavor & Fun

3-4 cloves garlic
1 onion minced
1-2 tsp. olive or sesame oil
1 tsp. basil or thyme
1 tsp. oregano
1/4 C. parsley, minced
2 T. miso or tamari sauce
2 heaping T. kuzu, dissolved in 1/2 C. cool water
For meaty texture, add
1 s. minced seitan
or 1 C. shitake mushrooms

Directions: Use carrots and beet for a red sauce. For a delicate, sweeter orange sauce, try squash.

Place the Basic Sauce ingredients in a pressure cooker. Bring to pressure, then simmer 20 minutes. Or, flavors. Season with miso or tamari. Add kuzu, stirring until thick and shiny.

Spread this sauce on a wholewheat pizza crust and sprinkle with tofu ricotta (recipe in the book) for a healthy pizza that even pleases the teenagers in your household.

I highly recommend this book as an educational tool for conscious eating, introduction to seasonal eating, and creative healthy meals. It is a convenient guide to encourage you to explore incorporating sea vegetables, grains like quinoa, and home healing recipes in your daily life. Regularly \$15.00, look for it this month on sale at the Co-op for \$12.99

soups, chowders, etc.

SAUCE: Lightly saute' minced garlic in olive oil, add about a pint of halved cherry tomatoes, cook for two more minutes. Add 2 T. finely chopped fresh arugula, chive, or watercress; quickly toss to combine. Remove from heat and serve.

Basic Herb Butter

1/4 cup butter
1 - 3 T. freshly chopped arugula, chive, or watercress
salt to taste

Allow butter to stand at room temperature to soften. Cream butter with a fork in a mixing bowl, blend in the freshly minced herbs; salt to taste. Set aside at room temperature for an hour to let the herb's flavor marry with the butter. Or, if you are preparing this well ahead, cover and store in the refrigerator. This herb butter is delicious on cooked vegetables, grains, potatoes, and warm breads.

A variation: For cooked seafood or fish, add 1 teaspoon freshly squeezed lemon or lime juice to the basic herb butter.

A Rice Salad

You can use either brown or white rice in this salad. Make ahead of time so the flavor can develop.

1 cup fresh or frozen green peas
4 - 5 cups cooked rice
1 red or yellow bell pepper, roasted, seeded and peeled

[I often use Mezzetta's Roasted Bell Peppers, from the jar, estimating the equivalent amount of one pepper.]

1 ripe tomato
1/3 cup extra virgin olive oil
1 T. lemon or lime juice, or to taste
1 clove of garlic
a few dashes of Tabasco, bitters or worcestershire sauce
1/3 cup chopped arugula, chive, or watercress
salt and freshly ground pepper

Cook the peas, drain, and cool. Place the cooked and cooled rice in a large mixing bowl. Cut the pepper in thin 1-inch lengths. Chop the tomato. Add peas, pepper and tomato to the rice.

In another bowl, briskly stir the olive oil, lemon juice and Tabasco (or the sauce you chose in its stead) with a fork to emulsify. Crush the garlic, add it to the dressing.

Add the dressing and the chopped spring green of your choice to the rice mixture. LIGHTLY season with salt and pepper. Refrigerate, covered, for a minimum of 1 hour. Before serving, let the rice salad warm slightly to a cool room temperature. Taste again and adjust the salt and pepper, if need be.

This can be served on its own, garnished nicely with a wedge of lemon and leaves of the fresh green. Or, serve the rice salad on top a bed of mixed salad greens.

It's Time Again for Artichokes and Asparagus

by Peggy Pace

Artichokes are the leafy buds (later flowers) from a plant resembling the thistle. They have been cultivated as a food for hundreds of years in Europe, and French settlers brought them to Louisiana. Later the Spanish introduced them into California. Artichokes are generally cooked by boiling them slowly in water for 45 minutes or until they are tender when a fork pierces the base. The most common way to eat cooked artichokes is to pull off the leaves and dip them into a sauce then draw the leaves between the teeth. This continues until you reach a core of tight, thin leaves that covers the choke or heart. The thin leaves are pulled off and eaten in a clump. The remaining fuzzy choke is scraped off the heart and discarded and the heart is eaten with a fork after dipping it in sauce. Artichoke hearts are available in bottles and cans. A popular contemporary pizza topped with pickled artichoke hearts, sun-dried tomatoes, and feta cheese on a pesto sauce was very popular in Corvallis when I visited recently. Artichoke hearts can also be used in salads, omelets, and quiche.

I used to eat lots of artichokes, but my son is so fond of them that I don't get as many as I used to. Our favorite dipping sauce is a combination of mayonnaise and horseradish—mixed to taste. My mother always served artichokes with melted butter or browned butter (butter that is slightly burned). They

are also good with French dressing. I prefer mine cold, but my son usually can't wait and eats them right out of the kettle.

A cooked artichoke has 50 to 60 calories and contains traces of vitamins and minerals.

Asparagus is a member of the same family as lily-of-the-valley. The name comes from the Greek word for stalk or shoot. Asparagus originated in Asia Minor and spread to Europe, and as early as 200 B.C. the Romans wrote down directions for growing and drying asparagus. The English later came to eat it raw, and it is still frequently used that way in salads. Pioneers brought it west, and in many areas it still grows wild along streams and ditch banks where it was planted and can easily be collected in the spring.

Asparagus is a versatile and sophisticated vegetable. It can be used elegantly and simply in a variety of dishes, and it is delicious when served hot, warm, or cold. Look for green stalks that are not discolored or dried out with tips that are well formed and tightly closed. Rinse the stalks in cold water and bend at the base until the stalk naturally snaps apart. Discard the base and steam the asparagus for 10 to 20 minutes or until just tender. Do not overcook. Serve with butter.

I find I like both the very thin early asparagus and the later, thicker stalks—freshness is the key to how good either is. It is best to use asparagus within a day of purchase,

and it can be stored in the refrigerator by standing the base in water. I generally just put it in a ziplock bag with some water and stand it up in the fridge.

Asparagus is a good source of vitamin A and 3 1/2 ounces equals about 26 calories. If you have any left over after cooking it, add a little cider vinegar, a few tablespoons of water, and some salt and pepper to it or some French dressing for a cold pickled asparagus to add to salads.

On my return from Corvallis, I purchased a lug of asparagus in northeastern Oregon. I was able to buy it for about \$.71 a pound or \$17 for the box, and right now it is sitting in the shade on my back porch waiting for me to freeze it. All I need to do is prepare the stalks as you would for steaming and scald them in boiling water for 3 to 4 minutes (or cut the stalks in pieces and scald for 2 to 3 minutes), drain, and chill in cold running water. The asparagus can then be placed in freezer bags so we can enjoy this vegetable through the fall and winter instead of just in the spring.

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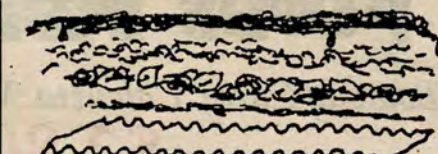
WASH 10oz LEAF SPINACH
COOK FOR 2 MINUTES
DRAIN WELL

STIR TOGETHER
NONFAT RICOTTA CHEESE -15oz.
1/3 CUP PARMESAN CHEESE
2 t OREGANO
1/4 t GARLIC POWDER
1/2 t SALT
1/4 t PEPPER
(t = 1 teaspoon)



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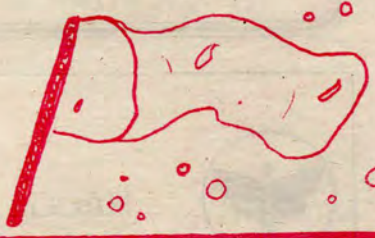
May

Kids page

by:
Robin
Murray

Did you know..

In 1988 David Stein of New York City made a bubble 50 feet long! He made it



using a bubble wand, water and ordinary dish soap!

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Tubtime, by Elvira Woodruff
So You Shouldn't Waste a Rhinoceros, by Nathan Zimelman

Try This:

Bubble Painting

you'll need:



liquid dish soap
tempra paint
straws
cup
paper
newspaper



Cover work area with newspaper. Mix dish soap with paint in cup. If too thick, add a small amount of water. Using straw, blow bubbles in paint-soap mixture until they slightly overflow. Gently press on to bubbles and lift off to reveal your bubble print. Try with different colors to create an unusual painting.



press on to bubbles and lift off to reveal your bubble print. Try with different colors to create an unusual painting.
adapted from: Childrens Arts & Crafts

A Recipe:

Orange Spritzer.

- Ice cubes
- 1/4 cup mineral water or club soda
- 1/4 cup orange juice
- 1/4 cup apple juice



Fill a tall glass with ice. Pour mineral water and juices over ice. Stir with a spoon or a straw. Serve immediately. Makes one serving.

JUST FOR FUN!

Unscramble these words then unscramble the letters in the bubbles to complete the message

SEEPAL — — — () — — —
 () — — — — VIEG
 UROY — — — () — — —
 — — — — () — — — RHOMET

(The letters in the bubbles make two words.)

Family & Friends

Family Issues: Leisure

by Robin Murray

There is a perception that we have more free time today than people have had historically, but this is only partly true. In the old Roman Calendar out of 355 days, in the middle of the fourth century, 175 were holidays. The industrial revolution saw drastic increases in worker hours, and unlike agricultural workers, these hours did not vary with the seasons. By 1850, the average worker in French cities worked 70 hours per week.

In the first part of the twentieth century, industry discovered that reducing work hours did not reduce production but rather gave workers more time in which to consume the goods being produced. Thus, the 40 hour work week was born.

Unfortunately, the idea of leisure time being consumption time has persisted. To have spare time without the ability to spend money is looked down on. A "normal" healthy person who does not work and has no money is thought of as lazy by our society, whereas a person who does not work, but has a money is considered lucky. It's the "lifestyles of the rich and famous" that attract interest and respect.

Consumption does not guaran-

tee satisfaction, however. "Families that play together stay together" has quite a bit of truth to it, but playing together doesn't have to mean a trip to Disney Land. There are plenty of other shared experiences a family can create to strengthen their family bond. One friend told me she made summers exciting for her children by visiting a different city park each day. Moscow has 10 parks, not



counting the U of I Arboretum.

Other free activities include school sport games and musical events. The public library makes books, videos and tapes available to families at no cost. Galleries and museums such as the Prichard Art Gallery and the Appaloosa Horse Museum here in Moscow appreciate donations, but do not charge entrance fees. And a trip to the

National Forest Service Office in Potlatch can lead you to numerous free outdoor opportunities.

Other family activities with little cost involved include going on a picnic, going sledding, or doing a litter pick-up in your neighborhood. Also, you can keep a family journal or scrap book and look through it together every now and then. You can cook together, have a backyard baseball game, or get one of those 5000 piece puzzles and spend a few weeks working on it as a family. And if you do decide to go to Disneyland, hold a family yard sale or car wash to raise spending money for the trip.

Aside from the family, individuals need private leisure time as well. So often we ignore our own needs to meet work and family demands, letting stress build and build. Finding a balance between our commitments to others and our commitment to ourselves is crucial to our mental well-being. Delegate some work and household responsibilities if you have to, but make time for yourself. Read a book. Start an exercise routine. Take a hot bath. Start a hobby. Join a social group like a church or a bowling league. Believe it or not, you'll be more able to give to others if you give a little to yourself, too.



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Nature's Friends

How Worms Wiggled into my Life

By Theresa Beaver

"There's a worm box for sale on the Co-op board, why don't you buy it?" Rebecca asked. Knowing how much of a "compost nut" I am, my partner expected me to be overjoyed. Actually I was only lukewarm about the idea at first. In my zealously to learn everything about composting, I had already had an experience with composting worms. Back in the early 80's I tried raising them in my greenhouse. What a mistake that was, worms can't take the temperature of a greenhouse in the summer.

Weeks later the ad was still there and I was beginning to consider another attempt at raising composting worms when my friend Pat announced that she had bought a worm box. I knew just which one she was talking about. When Pat's worm family outgrew their home, she built a second box and offered it to me. This time I jumped at the opportunity to have a worm box of my own.

I read every book I could find on raising worms. Back in the 60's and 70's, there were quite a few books published on the subject of raising worms for the bait industry. It wasn't until 1986 that the first book on raising worms exclusively to compost kitchen waste came out. What a thrill it was for me to discover *Worms eat my Garbage*, by Mary Appelhof. I consider this book the "bible" on raising worms in a box.

I began experimenting with different types of boxes and bedding materials. I kept records on how much food they were eating, what their favorite foods were, and even monitored the temperature of their boxes. As my population increased, I began to build more boxes.

I guess the timing was just right, because people began to ask me questions about raising composting worms. I was even asked to speak about worms at the Washington State Recycling Association's 1994 Annual Conference.

As more friends began to ask if I would make them a worm box, I decided I would try marketing worms and worm boxes at the Moscow Farmer's Market. That was

really successful and a lot of fun. I love turning people on to these amazing creatures. It's hard to imagine that just 3 years ago I was hesitant to have composting worms. Now I can't imagine being without them. I'll be back at the Farmer's Market this year starting May 4th, so come by if you'd like to meet my wormy friends.

Worm Terms

Eisenia foetida - genus of composting worms also called redworms, red wigglers, or manure worms

Castings - manure of worms, plants love it

Bedding - starter mix that worms live in, usually shredded paper

Vermicompost - mix of worms, castings, and partially decomposed food and bedding

Vermiculture - raising worms

Manure Tea - a liquid fertilizer made by soaking castings in water (5:1), use to water plants

Cocoon - egg sac, size of small kernel, golden wheat color.

Small white babies will emerge in three weeks

Hermaphrodite - each individual has both male and female sex organs. After mating, each will produce a cocoon

Worms in a Box

Redworms are easy to raise in a box. Unlike their larger cousins the nightcrawlers, redworms are not burrowers and don't require soil, so they'll stay put in a box as long as all their needs are meant. Fortunately, their needs are few: moisture, oxygen, organic matter, and a nice box to call home. In return they'll give you great fertilizer for your garden, entertain you and the little ones, and make you feel good about your contribution to the cycle of nature.

Worm Boxes

Simple boxes can be made out of plywood. A good size for a small family is 1 ft high and 2 ft square. If there are four or more in your

family you may want a box that is 1 ft high, 2 ft wide and 3 ft long. If you're not interested in building a box, Rubbermaid plastic boxes work well too. All you have to do is drill 1/4 inch size air holes on all sides of the box, including the lid and the bottom. The box should be at least the 16 gallon capacity, which is approximately 8" x 16" x 24". This is a good size starter box, taking no more than one quart of food per week or about two pounds.

Bedding

Before you put your worms in their new home you'll need to fill it about half full with bedding. The



bedding material I like best is shredded paper. It can be newspaper, office paper, or junk mail. Just rip it into 1-2 inch strips. Worms need a balance of moisture and oxygen. They get this in a moist bedding mix. Soak the shredded paper in water for a few minutes, then let the excess water drip. Don't wring the paper out, this will compact the mix. Remember you want to keep their environment moist but aerated. Other things that can be used for bedding are shredded cardboard, manure, leaves, or compost.

Feeding

The rule of thumb for feeding worms is to feed them about one pound of food per week for every square foot of box. A quart container of kitchen scraps weighs about 2 pounds. Don't overload the box, odors will develop.

You can feed the worms almost anything from the kitchen, except meat and dairy products. However, they don't like an acidic environment, so if you make orange juice,

don't give them all the peels at once.

Temperature

Redworms cannot take freezing temperatures for very long and cannot tolerate excesses of heat. Plastic boxes should be kept in the shade during the summer and not allowed to dry out. During winter, boxes should be put in a garage, basement, attic, mud room, or somewhere protected from freezing.

Harvesting Worm Castings

As your worm population continues to increase and their castings build up, you'll need to divide out some of the worms and put in fresh bedding for the remaining worms. This will happen about every four months.

One method to get the worms out is to empty the box out on a sheet of plastic in the sunshine or under a lamp. As the worms slowly go down to the bottom of the pile to get away from the light, you can remove some of the mix off the top. After a while, more will move down and the process is repeated until you end up with a squirmy pile of worms.

My favorite method is done right in the box. Just push everything over to one side and put fresh paper on the other side. Put new food where the fresh bedding is and the worms will slowly move to that side. After about 3-4 weeks you should see enough worms in the new mix and can remove the castings to put on the garden. An even easier method is just to remove half the box and put it in the compost pile, the garden, or give it to a friend, and start fresh on the other half.

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A Day in the Life of a Fish and Game Volunteer: Transplanting Beaver

by Connie Grant

As the chocolate-brown beaver feasted on the few plant delicacies we could provide for his journey, the live steel trap jostled with each bump in the road. At the end of their trip awaits a task natural to this large rodent species. Once valued and trapped for a handsome pelt, the beaver is now increasing in popularity for the engineering expertise it has at constructing, reviving, and managing streamside zones. As the Fish and Game truck carried our two friends towards a new destination, I pondered the intricacy of releasing them into an unknown stream far from their original home.

The beaver is a mastermind builder and manager of the important riparian zones. Its dam-building techniques are efficient in providing a wetland site for the surrounding area that is sometimes drier in soil content. Livestock and wildlife will often utilize these wetland areas for water, cover, the mild microclimate, succulent forage, and gentle terrain. Waterfowl, upland birds, and other mammals are also attracted to the quality of life within the bountiful ecosystem. Habitat for nesting, brooding, migration routes, and the feeding of birds will develop out of the lush growth of vegetation permitted to grow around the water. Furthermore, the enhanced water quality provides an abundance of aquatic life in addition to a diverse fishery.

When the "busy" beaver finishes building, the stream channel is altered in such a way that a new complex ecosystem results—the riparian wetland. It is now a habitat capable of increased diversity in vegetation and animal life from which the surrounding area can profit. With the beaver dam decreasing stream velocity, transported sediment becomes deposited rather than eroded from the banks and beds of the channel. This provides organic material and nutrients for ecosystem stability. It also means less erosion and minimal flooding

downstream with the new stream profile.

A shady spot off the road offered access to some aspen and willow branches near a cool stream. We stopped the truck to eat a quick lunch and pick a mid-day snack for the hungry beavers that we had named "Ozzie and Harriet." We hoped our two pilgrims were a compatible pair—male and female—that would start a prosperous colony in the new site. Determining the sex of these creatures can be a trying task, as their tails may slap a person into the next county. Zsa Zsa would have been a better name for the feisty one ...

As we drew near the release site and excitement began to mount, the small valley came into view. The stream made a gentle cut through prairie range, and looked as though it had been kept free from excessive grazing and misuse. A variety of trees dotted the bank here and there—some young and some old. Willow branches wove an olive thread through the mosaic, and gave the area a velvety texture. Indeed, it looked like good habitat for our travelers. We worked quickly to set them free, as they were undoubtedly road-weary and tired of the unfamiliar human contact. They sputtered their indignation as we carried the traps to the water's edge. Along with much annoyed tail-slapping and fast submerging, the liberated beavers made a break for seclusion in their new home. While investigating the area, we noticed some weathered stumps with tell-tale chiseled ends. Seen nearby was a mound of dirt and gnawed tree limbs—no doubt an old beaver lodge. Now our project seemed complete.



Looking Ahead to 2001

by Susan Baumgartner

It's 2001 . . . and Jesus never came. Radicalism is out. Quiet logic is in. For years, America teetered on the brink, but with the millennium safely and benignly past, the choice was relatively easy. Those extremists who wanted to take everyone back to the Dark Ages — militias, the NRA, Christian and Muslim fundamentalists, angry white males — carried guns and believed in violent change. The extremists who wanted us to move into the future — scientists, environmentalists, secular humanists, people of color, women, the gay community, progressives of all kinds — tended to be anti-gun and favored peaceful change. No woman, that anyone knew of, had ever opened fire on workers at Operation Rescue. No gay male couple had blown up an office building in a midwestern city to protest the treatment they received at the hands of the federal government. No secular humanists had stockpiled guns and withdrawn to some remote compound to wait for Armageddon.

Here in 2001, the new vice-president of the United States is an African American woman. Nationwide, two lesbians and one gay male have been elected governor of their respective states. Six of the 25 major nominations for the Academy Awards are people of color. Jodie Foster has finally come out, but it is Amanda Bearnse who is nominated for best director. DreamWorks SKG is flourishing, distributor of some of the most cutting edge films on the market. Mel White has successfully dismantled Pat Robertson's empire. Sweet-faced Ralph Reed has come out as a gay man. Scientists and educators are national heroes. Rush Limbaugh is working for a small radio station in South Dakota. Jesse Helms is finally dead. In a recent poll, most high school seniors listed their orientation as bisexual. Fred Phelps, in a fit of apoplexy at learning that one of his grandsons is gay, choked on a piece of fried chicken and is now in a vegetative state under the care of Dr. Jack Kevorkian.

Although there is still no cure for AIDS, it has been reduced to a chronic disorder which shortens the average lifespan by about ten years. Researchers believe a successful,

multi-strain vaccine is now only two years away. A member of the Nez Perce tribe is currently serving with the international team on the space station. Child abuse is down. Extended and non-traditional families are increasing. The last of the deep south and mountain western states have abolished their sodomy and same gender marriage bans. Hawaii continues to be the destination of choice for lesbian and gay weddings. Environmental and environmentally-friendly businesses rank high in the Fortune 500. Public and private support for the arts is up 23%. In reaction to the dwindling membership in fundamentalist churches, local theatre groups, community bands, neighborhood volunteer organizations and enrichment classes are flourishing. Tony Kushner is likely to win again at this year's Tony Awards.

Teen smoking rates decreased for the second time last year, while African Americans continue to have the lowest percentage of smokers. Helen Chenoweth is doing infomercials for Rigidly Right hair spray. Seven sitcoms currently feature lesbian or gay lead actors. Reading, math and science scores for American students increased again this year. "Star Trek: Discovery Point" is the highest-rated syndicated show on television. Several openly gay athletes will be competing in the Winter Olympics in 2002. A Men's Studies Program was recently unveiled at the University of Idaho. Hallmark's latest lines of gay and mixed race cards are also popular with straight and mono-ethnic customers.

That cute Purina Dog Chow commercial with all the lesbians is slated to win the top Clio award. Pat Buchanan is selling used cars in Nogales, Arizona near the Mexican border. The New Catholic Church of America encourages birth control and is actively recruiting straight women, gay men, and lesbians, married or single, as seminarians. Kelly Walton is still on the run from family members angry that he ran the family business into the ground supporting unpopular political causes. In general, Americans are looking forward to 990 years of relative calm before the next wave of millennium madness hits.

Union Summer

by Bill London

This sounds like a cross between the Peace Corps and the Freedom Summer civil rights work of the 1960's.

Union Summer is an ambitious plan by the bold new leadership of the AFL-CIO to get young Americans involved in social justice. The union will provide \$210 per week, free housing and training to young people (college students or young workers over 18 years old) for 3 week sessions this summer.

Those who enroll will help with organizing efforts reaching out to low income communities.

Sounds like an incredible opportunity. For more information, call Liann Ainsworth at 1-800-952-2550.

Nancy and Dave

by Bill London

Nancy Casey and Dave Peckham hosted an unusual, bitter-sweet party last month.

First, their house (the old log cabin on Wallen Road) burned on the night of Friday, April 5. Ironically, April 5 was also the date labelled, on my calendar at least, as Good Friday. And while it didn't seem like there could be much goodness in the ravaging of their home, there was plenty of goodness associated with it.

The goodness became more apparent on Saturday when at least a dozen of their friends and neighbors arrived for what became a work-party. Part work, of course, with the debris and salvageable belongings in the house removed (and either taken to storage or to the landfill) and much of the burned roof demolished in preparation for rebuilding. But certainly part party, with a lively upbeat feel and megatons of support, affection, and encouragement for Nancy and Dave.

Both the work and the party were useful in equivalent amounts to bolster their spirits and make everyone feel very good about living in such a caring community.

Such caring was also shown in the creation of a benefit bank account that they will be using to purchase the materials needed to rebuild. Donations can still be made to the David Peckham/Nancy Casey Benefit Account at First Security Bank in Moscow.

Paradise Farm Organics, Rising Again, From the Ashes

by Bill London

After agonizing for months about the words, the prices, the illustrations, and the layout, Mary Jane Butters and Nick Ogle made the final decisions about the new Paradise Farm Organics mail order catalog in mid-February. On February 26, they picked up 3,500 catalogs at the printer, intending to mail them all out to the names stored on the company computer.

But February 26 was also the date of the Big Fire. Most of the old farmhouse that was home for both Mary's family and the business was destroyed that night.

"That slowed down our catalog distribution," Mary said. "We did mail 500 to friends and company stockholders, and plan to mail the rest this summer. From that first mailing, our business jumped 30 percent—which was wonderful and terrible at the same time."

Filling those orders while rebuilding (a complete insurance package meant that plenty of money was available) was difficult, but doable, she added.

The catalog is like having the broad range of organic and natural foods on sale at the Moscow Food Co-op available through mail delivery—which is a blessing for people working at Antarctica or living in a town without a decent co-op store. The catalog has that range of products since Mary uses the Moscow Food Co-op as her warehouse for the products that she doesn't produce or that she doesn't stock in bulk for her own products.

"I'm the Co-op's best customer," Mary said. "I love supporting the Co-op this way. We buy Co-op products every day, and pay the regular price for them, and then bring them here to pack into orders that are sent around the world."

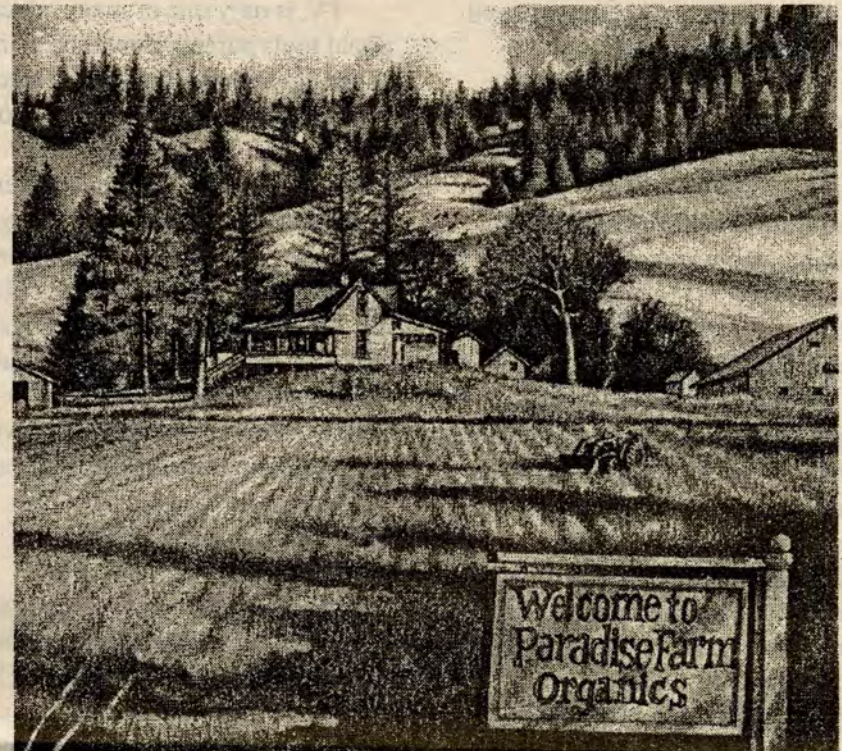
Every day at 1:15 p.m., Mary explains, her daughter Megan goes to the Co-op to shop. She buys things like toothpaste, dried fruit, shampoo, condiments, prepared noodles, cold cereal, and soy milk, and then returns to the Paradise Farm warehouse to package and ship the orders.

"Megan likes to do that shopping. She's a little fussy budget," Mary said.

The Paradise Farm Organics

catalog is available to anyone who wants to be able to buy the same things that are available on the Co-op shelves. How about your cousin in Arco, Idaho, or your old roommate who moved to Jordan, Montana? Catalogs can be ordered by

telephone (882-6590 here in Moscow, or toll-free at 800-758-2418 from elsewhere), by e-mail (paradise@moscow.com) or from their World Wide Web site (<http://www.members.aol.com/ecocuisine/>).



Drawing by Tom Bowman

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In Defense of TV....Sort of

by Robin Murray

I compare television to alcoholic beverages. Most people can enjoy them in moderation, and may even benefit from them in small quantities. Some people are prone to addiction and are better off without them. Only adults can make the decision on how to use them. The fact that some people make poor decisions does not make either television or alcohol inherently evil.

Children who watch up to 5 hours of television per week have been shown to perform better on standardized tests than those who watch no television at all. Both groups do significantly better than children who watch more than 10 hours a week. Of course standardized tests have problems of their own, but that's another article....

I believe the reason for this magic number of 5 hours each week is that parents of these children are more likely to be using television as an educational tool. Children watching many hours each day have parents who use TV. as a pacifier or baby-sitter. Television can be used for gathering information and developing skills or it can be used for mindless entertainment. Children, in their inexperience, will be equally open to both types of activities. They rely on their parents to teach them how to be good TV. watchers much the same way they rely on parents to teach them how to cross the street.

When I was 2 years old, Sesame Street began airing on Public Television. Each day, my mother turned on the TV. at 10 am and off again at 11 am. She never left the room while I watched. When I was 4 years old, we moved to an area of Canada where Sesame Street had not yet begun. My Kindergarten teacher thought she had a genius on her hands. Academically, I knew everything in her curriculum. She talked with my parents about moving me ahead into the First Grade but it never happened. The truth was I wasn't any different than the other kids socially, emotionally or in intelligence, just in self confidence and knowledge.

My mother had used Sesame Street as a teaching tool. It was a jumping off point for discussion with us. Grover going far and near the camera turned into Robin going far and near Mommy. In addition, it

helped Mom remember how important play is to children. She also used Mr. Rogers' Neighborhood in much the same way. These days Public Television stations even offer a companion book and newsletter in which Mr. Rogers stresses the importance of parent involvement and offers ideas for activities and discussion based on each episode.

TV. is only one of many educational tools parents should be using. If you find yourself unable to teach your children how to use television properly and/or use it properly yourself, by all means, follow Ken Nagy's advice and give it a spring fling. Getting rid of the television or even limiting it, however, is like any other attempt to stop negative behavior in child rearing. It should be accompanied by alternatives. Telling a child "don't watch television" will be more effective if you offer suggestions as to what else they could be doing. Otherwise, they'll just go watch TV. at a friend's house. (For suggestions see my article on leisure activities elsewhere in this month's newsletter.)

I have lived without television quite successfully at various points in my life, just as I have lived without alcohol. I still prefer to have wine with dinner and a good movie on "Bravo" now and again, but I'm happy either way thanks to my parents who worked to teach me appropriate use of both.

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.

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Paradise Farm Organics' Mailbox

A Letter from the Backcountry

Hi Mary Jane,
On a recent backcountry trip down near Navajo Mountain Arizona we got a small but hot pinon fire going. We found two perfectly flat pieces of red sandstone and laid one right on the coals. We then took your Garlic Fry Bread and squeezed out the whole bag onto the ungreased hot stone. After the bread started rising, we carefully put the other flat rock on top. After 15 minutes or so we lifted the rocks off and had these perfect golden brown loaves. Oh my! The three of us went thru 4 bags that evening. OK, enough for now. I'm getting hungry!

P.S. Your *Outrageous Outback Oatmeal* is god in a bowl.

Roch Horton,
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Guest Opinions

Pro

Con

Sorry, due to lack of reader input, there's no guest opinion section this month. If you'd like to see the return of this section in the future, contact Bill London with suggestions for topics or a willingness to write a pro or con article. Bill can be reached at 882-0127 or 'london@wsu.edu'.

Letter to the Editor: A Response to the Black Bear Feature

This is my response to the Co-op newsletter's pro/con opinion page about protecting black bears.

Washington and Idaho rank among the very few states that still allow black bears to be hunted in the old ways. Hunters can still kill *Ursus Americanus* in the fall or in the spring by using baits or hounds.

Such policies pose many problems, as wildlife officials know. And so they tried to outlaw bait hunting in Idaho recently, but guides and hunters protested so much that the plan fell through.

The small but fierce ranks of hound hunters continue to hold sway, although a 1988 study found that a vast majority of hunters who responded favored eliminating the use of hounds.

Some officials have proposed a compromise whereby bears may be hounded and treed, but not killed. But the stress and the fear that the bear experience during the chase can cause reproductive failure. Moreover, sow bears are nursing newborn

cubs during the spring hunts, and mothers and

cubs are commonly separated during the chase.

If spring and hound hunts for bears are ecologically unsound, baiting is worse. Guides engaged in this very efficient sport can guarantee that their clients will bag a bear. But hazards accompany bears that grow used to human scent and lose their natural fear. Habituated to the presence of people, bears are less apt to flee and more apt to attack.

Change is in the air, however. The Washington Wildlife Coalition is collecting signatures to put a measure on the ballot that would outlaw hounding for bears, cougars, lynx and bobcat in the state. It would also outlaw baiting.

A similar petition is circulating in Idaho. Some hunters are sure to oppose such reforms loudly, not because they approve of such barbaric sports, but because they fear other hunting "rights" will be lost.

If you are asked to sign a petition, think hard about if and how you want bears and wildcats killed.

I believe most Americans would find it unsporting—cruel and unusual—to shoot an animal that has been treed by hounds or lured by baits to within can't-miss range.

Paul Lindholdt

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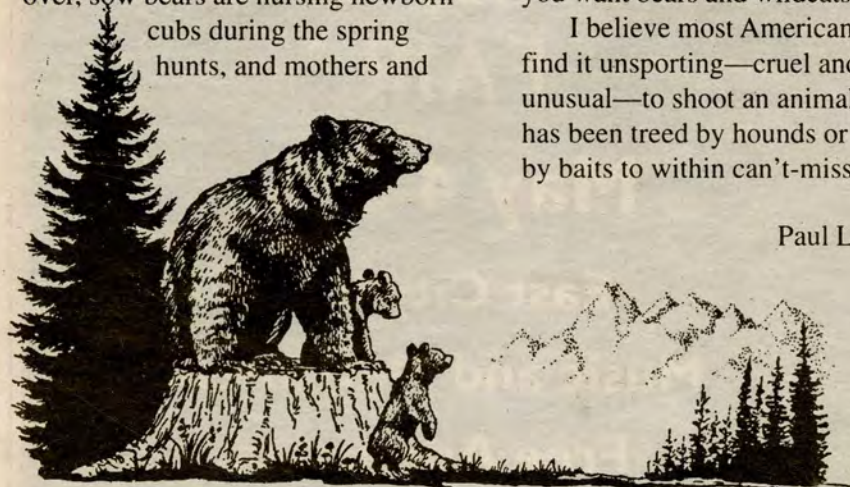
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THE CO-OP

Bulletin Board

*Come and enjoy the Koppel Farm
Spring Fair*

May 18 th - beginning at 10 am

10 am - 2pm

Plant Sale

10:30 am

Flower planting

10 am - 12 noon

Animals to pet, horse plowing, crafts,
river gear, blacksmithing, weed control,
plant clinic (bring your sick plants), and
mower sharpening (bring you push
mower for sharpening).

LUNCH - Noon

Prepared by the Moscow Food Co-op
and Pullman Merchants.

Music by Dan Maher and friends

For further information call Susan Lutzenhiser - 334-5381,
Erika Kuhlman - 332-5154 or Ron Hatley - 882-8782.



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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.

LOST: 2 DOGS

Please help us find our lost
dogs! They are both German
wire-hair pointers. They
vanished Tuesday, March
26th in Deary. One is male,
liver color, with white spots
and very short hair, answers
to Flint. The other is female,
white and liver, wirey hair
and a beard, she answers to
Bell. If anyone sees them
please call us at 877-1614.

SPRING GATHERINGS

Ferry County Barter Fair
May 3-5
Orient, WA
(509)684-6656 or (509)738-2853
Heartlake Healing Gathering
June 21-23
Kettle Falls, WA
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