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November 1996



# Community News

## Holiday Bazaar 1996

by Kenna S. Eaton

The Bazaar begins in August when we attend the gift show in Seattle, and come home with news of all the cool and groovy gift items that have been ordered.

In October the packages start arriving, filling the UPS van, and the hallway at the Co-op. Next we start pricing, sorting and placing the great things on shelves upstairs at the Co-op. By the time we open on **November 1st**, the store has been transformed. It's my favorite time of year (again!!) when the Bazaar re-opens with all those FUN and exciting gifts.

All year we wait quietly for the Bazaar to refill with the most amazing collection of delightful sounds, scents, and visions. If you haven't experienced the Bazaar you are in for a treat! If you have, then I know the Bazaar is already on your shopping list of places to go.

This year we also brought in some fun new ideas such as our Bread Basket, a bread-shaped candle with a gift certificate good for 5 loaves of our fresh baked breads. A great gift for bread lovers who don't have time to bake.

We also have a new Co-op t-shirt available in a variety of colored long sleeve styles for \$15.00. The delightful design on the t-shirt is delicate yet representative of what the Co-op stands for-FRESH-NESS!!!

We have a great variety of kid toys and gifts, like Window Wiggles and Garden Goggles (sounds like fun doesn't it?). Well I'm not going to list everything in the store. You'll have to come and discover them for yourself.

And look for a coupon in this newsletter good for a discount at our Holiday Bazaar. We'll be open upstairs at the Co-op, daily, from 10 am to 6 pm. See you there!



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# Co-op - News

## We Could Use Some Help

by Bill London

The constant volunteer staff turnover at the newsletter has created, yet again, more opportunities to volunteer, to share your talents and time with the Co-op.

We have two vacancies now.

Nola Steuer, ever-resourceful and ever-enjoyable typesetter, is moving away from Moscow. Nola has been typing the articles not submitted on disk for the newsletter for almost a decade. She has come through with polished copy from scraps of torn notebook paper covered with scrawls and ink drippings—and she has done it with a smile and sometimes even with jokes that are modestly funny (rarely, actually). It will not be easy for anyone to fill Nola's Birkenstocks, but we are going to have to try. If you want to consider typing (on a computer) approximately 3 to 6 articles per month, please contact Bill London, 882-0127. We need someone to start in December.

And where is Nola going, you might ask? She is returning to Montana, to her hometown of Wibaux (pronounced We-bo) to the

arms of her very own cowboy, Don (or "Red" as she calls him). She's going to live on the ranch with Don and his girls (8 and 11), happily ever after.

The second vacancy is the advertising czar. Cynthia Rozyla has already left for Michigan, and we need a replacement now. Please talk to Kenna (our general manager at the store) about this opportunity. If you want to really help the newsletter and want to set your own volunteer working hours, as well as work on this from your home, this position is ideal.



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## Democracy in Action

by Kenna S. Eaton

With all the talk of elections lately, I started thinking about the Co-operative Principle of Democratic Control: One member—one vote.

The Moscow Food Co-op, along with all other cooperatives, uses the Seven Cooperative Principles to guide how they do business.

Every year, co-operative member/owners elect a Board of Directors to lead our Co-op.

This ability to select your Board makes a Co-op different than a corporation, where the person with the most shares has control over the whole business.

One member—one vote. Each member has only one vote, but that vote is important. Your vote should be used to elect Board members who you feel will help keep your Natural Foods store healthy.

The B.O.D. is responsible for setting the vision and the annual goals for the business. They are also responsible for hiring and supervising the General Manager (me!) and making sure the business is run correctly.

B.O.D. members do not run the store, nor do they need to be in the

store daily. Any member wanting to be involved can run for a position on the Board. As a business, we appreciate those B.O.D. members who bring special skills to our business, such as accounting or business backgrounds, though that is not necessary.

So, how do you go about applying for this volunteer job?

November 1st. is the opening date for nominations. Contact Vicki Reich, B.O.D. president for a candidacy package that explains in more detail the commitment and responsibility involved.

Elections will be held in March 1997, so you have plenty of time to think about this. But please don't think too long !!!

If you are not interested in actually being a B.O.D. member you still have a responsibility to read the articles in the newsletter, check out the minutes of the Board meetings, and question your Board members so you know what's going on in your store.

And of course don't forget to vote.

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Bill London

### Issue Editor

Bill London

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Vicki Reich	883-1446
Sandy Stannard	882-8449
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20th of each month

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

Published by  
Moscow Food Co-op

# Kitchen Scraps

by Heidi Heffernan, Bakery/Deli Manager

Hi All. I was tactfully reminded the other day that the newsletter had not seen an article from the Bakery/Deli for some time. So here I sit at my kitchen table trying to sum up exactly what's been going on in the Co-op's kitchen.

First, I'll cover the easy subject—the Provender Conference. Kevin Kane (Board Member extraordinaire) and I set out on the long, arduous journey to Port Townsend, looking for inspiration, guidance, and enlightenment. (See Kevin's article) For those of you who are unfamiliar with Provender, it is the Pacific Northwest Alliance of Natural Food Retailers, of which our co-op is a member.

I learned tons, met lots of great people, fantasized about our future Co-op, and realized that the push towards sustainable agriculture is not only needed, but wanted and gaining momentum daily. As one speaker put it, "When's the last time someone came into your store looking for some of those alar-treated apples? No, they want organic!"

So, summing up my weekend at Fort Warden, I am now convinced that we not only will succeed but are showing others the way to the future. There are lots of other co-ops and buyers' clubs around that are doing this in more conservative areas and making it. The consumer wants to know what they're buying is safe, pesticide-free, hormone-free, and not contributing to mass environmental damage. And the key to it all is education. The more people know about sustainable agriculture, the more they will demand it. We

shouldn't try to directly compete with the big guys, but rather educate the consumer about what's going on, and with this information help them to make better choices for themselves and their families.

Which leads me to ... organically grown, whole grain breads of which we have plenty to chose from. The Bakery will be playing a bit with our schedule, but hopefully we'll have something solid by mid-November. There will be some deletions and new additions, but we hope the changes will be good ones and we're sure that if they're not, we'll hear from all of you. From the responses we've been getting lately we think we're on the right track, but keep those suggestions coming.

Lastly, I'd like to extend my gratitude to Kenna and the Board of Directors for my recent promotion to Bakery/Deli Manager. I have confidence that I'm up to the job and it's so nice to know that others share this confidence. One hope I have for the future (see paragraph 3 "Fantasizing about our future Co-op") is to expand our selection and rival places in Seattle for great prepared food. I think we already have the potential because of our fantastic kitchen staff! But as always, space is our limiting factor. Perhaps someday that perfect building, in the perfect location, with the perfect rent, will appear on the Moscow horizon and beckon the Co-op into her arms. But until then you'll find me upstairs wedged between the counter and the rolling machine forming loaves and of course, pesto-cheese rolls.

# The Move that Wasn't and the Meeting that Was

by Bill London

The word was out, the meeting (October 14 at the Moscow Community Center) was set, the announcement prepared, and then—the Big Letdown. The chance to move to the old Jeff's Foods store on the Moscow-Pullman Highway was not going to become a reality. The building's owner decided to lease it to Sears instead.

Four tough weeks of information gathering and financial planning on the part of the ever-vigilant and ever-dedicated members of the Co-op Board of Directors was for naught.

But the meeting, called originally to let members know of the possible move and gain their input and ideas, was held anyway. About 20 Co-op members and board members sat in a circle and discussed the need for a move, and the planning for a move, for several hours. The ideas presented at the meeting ranged from staying in our present cozy location to looking for a place to build a great new store building, to renovating the present location, to moving into the Whitworth Building, to taking over the buildings adjacent to the present store.

The Board will be investigating the options again, one more time. And again requested the help and suggestions of the membership.

Following questions, the discussion turned to a more general appraisal of the need to move and the process for any move in the future. Kenna noted that the limitations of the present location are adversely affecting the Co-op. While the Co-op's bottom line is still solid, the trend is to no increase in sales, rising expenses, and individual purchases becoming smaller. The Co-op is becoming less like a grocery store and more like a convenience store, with fewer people relying on the Co-op for their major food purchases. That, plus the fact that volume purchases are not possible now because of a lack of storage space, drives up expenses.


Bruce Peterson, regional representative for Mountain People, the Co-op's primary supplier, was at the meeting as well. He explained

that Mountain People had promised the owner of the old Jeff's Foods building to guarantee the Co-op's lease for five years and to offer strong financial support for the move (a loan of up to \$200,000). He explained that Mountain People believed that the Co-op has the dedicated board, staff, and membership that will make the move successful—and he expects the company to offer similar financial help in the future.

The group indicated that the level of involvement in the decision to move that was offered to the membership by the board at the meeting was enough. It was viewed as a model for future opportunities to move, and an effective compromise between the board's need to make financial decisions quickly and the membership's right to be informed. And even those with serious reservations about moving to any location said that with that level of democratic involvement by the membership, they would support the direction and choice made by the board and membership.

An amiable and pleasant meeting, all in all, filled with rousing support for the Co-op and thanks to the Board members for their beyond-the-call-of-duty efforts.

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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!

# The Good News at Provender

by Kevin Kane

The 19th Provender Alliance Educational Conference was held in Port Townsend, on October 4-6. This is an annual meeting of natural foods retailers and vendors where people can attend seminars and lectures about co-ops and what we sell, meet with others and share information, and learn about new developments in the areas of natural foods and products. I drove to the conference with Heidi Heffernan, our newly appointed bakery manager. We attended a number of the scheduled seminars and workshops, and spend time talking with other co-op and natural food store employees and board members. Both Heidi and I came back with many ideas and much enthusiasm.

Each day's schedule has a variety of lectures and group discussions, and there is a keynote speaker in the evening. As a new member of the Board of Directors, I attended the seminars that I thought might help make our Board better

and more effective. Most co-ops in the Northwest have Boards with 9 members, and we all seemed to have the same troubles of getting new members on the Board, communicating effectively with our members, and competing with large-scale grocers. It was encouraging to hear many times that more people are turning to natural foods and products, and I tried to get suggestions on how the Moscow Food Co-op could better meet the demand in our own community.

The Saturday night keynote speaker was Harry Lyman of the Humane Society. Harry has been hailed as "Montana's most famous Vegan," a far cry from his beginnings as a large-scale farmer and cattleman. His interview on the "Oprah Winfrey Show" caused the beef futures market to tumble the following day (for which he is being sued). His talk at Provender, "We are what we eat," covered topics such as the bovine growth hormone

controversy and dangerous farming practices. He was a very inspirational speaker, and he told us that the movement to pure and organic foods was gaining significant ground. His take-home message was, "Take care of yourself and your family, don't worry about changing the world. If more individuals change to buying healthier products, a revolution is inevitable." It seemed to me that our Co-op helps us do just that by providing some of our food and product alternatives from people here in the Palouse, and that helps sustain our choice of better foods.

For next year's conference, I hope that more people from our Co-op can attend. This is a great venue to learn and teach others about what natural foods can do for us, and how we can effect a change in the larger community.

## When is the Cart Going to Close? Never!

by Leeanne Witzel

The Co-op's organic juice and espresso cart will stay open through the winter. It's new awning, temporary walls, and human french fry lamp give the cart and its barristas protection, comfort and a classy Seattle look. So the wind may blow and the rain and snow may fall, but the cart will continue to create yummy drinks all winter long.

The cooler weather has inspired us to expand our menu. We are now serving fresh hot apple cider. Yum! We're also carrying new syrups including cinnamon, butter rum,

kahlua, macadamia nut, and egg nog. And, in fulfilling a popular request, we are now serving chai. Chai is a spicy Indian tea made with milk. We carry Oregon Chai which is a well-liked vegan version.

As the days grow darker and colder, don't forget to stop by the cart. And to liven up the winter blahs, juggling is now in season (7 am - 2 pm, Monday-Friday). It'll put a smile on your face and help keep the barrista from becoming a frozen french fry.

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## Staff Profile: Leeanne Witzel

by Linda Canary



Leeanne works the first shift of the Espresso Cart outside the Co-op (7 am until 2 pm). She's the tall, sweater-bundled gal in the leopardskin pillbox hat. I asked her if she'd ever heard the song by Dylan about that hat, and she

grinned a great big smile "no," so I started to sing it, but could only remember, "I'm standing the in the corner wearing her leopardskin pillbox hat."

So, we sat under the radiant-heat human french fry lamp that only heats up objects with mass, like us, and not air, and we decided that it definitely needed a name since it is such a presence. You know, like the computer in 2001, Hal. Leeanne started to talk about herself, how she likes the outdoors — in fact, she considers it a fringe benefit of her job to be able to watch the sunrise every morning, and to watch the day change.

She's "a happy person," which is just what the folks need to see at 7 am when they come for their jumpstarts. Leeanne, herself, is "a juiceaholic." She has that healthy glow of someone who is intimate with fruits and vegetables on a daily basis. She moved to Moscow with her mom thirteen years ago, and has

## Co-op Business Partner: The Northwest Showcase, Andrea and Garrett Kruse

by Linda Canary

Seems like I can never the leave the Northwest Showcase without spending some money. This time was no exception. I bought myself some lavender, tuberosc scented soaps, and a jar of sweet red bell pepper sauce. The red bell pepper sauce has now replaced my summer addiction to the Kalamata olive/caper spread from the Co-op.

Anyhow, Andrea and Garrett and I spent a mellow hour talking about their business—the gallery/gift store, the honey biz, the wine and mead, the candle making. Enterprising folks, these two, and an amazing asset to the community: a year-round store on Main Street that is full of some really beautiful handmade artworks and a varied

selection of specialty gourmet foods, honey, pollen and mead. I like the huckleberry jam, mustard, pancake batter, and sweet red bell pepper sauce.

Local stuff, 60% of it from Idaho, the rest from the great Northwest, hence the name. Smells good in there. Looks good in there. Bricks and wood, soft music in the air by local guitarist, James Reid. I was sitting on a pretty pine bench looking over pottery and glass, silk clothes and wooden masks, wind chimes and silver jewelry, photographs and paintings. That is only the half of it. A visual delight. All carefully presented with an eye and hand that clearly cares for the work and the artists behind the work.

worked as a pre-school teacher up until this job. She says she "wants to work with big people for awhile."

We were listening to Bob Marley. "My favorite," she says, "I have a radio show on KUOI, and I try not to play him all the time." In addition to the radio show, she also makes "little art/gift things for my family and friends." Like the picture magnets she has stuck on the cart. And she's being trained as a healer by Linda Kingsbury. She's taking classes in aura cleansing and chakra balancing. I am very interested in this kind of healing myself, and I told her that I am glad to hear that there are people out there learning to do this kind of work. I asked Leeanne, "Why psychic work?" and she replied, "It's an awakening of myself and finding out my own place in things. As I learn, I become healthier."

As I learn, I become healthier. Not much more I can add to that. Leeanne practices yoga, and she dances and does cartwheels, something I mention only because I've never been able to one in my whole life. She is interested in working with animals, and she likes (hold on now) r-a-t-s. "Rats make great pets," she demurs as I shudder, "They're independent and smart, a great cross between a dog and a cat." Now I have to admit that I have a deep-seated prejudice against

The time went by quickly. We talked about the boxes of paperwork involved in running all those interrelated businesses, and we talked about valuing their employees, and all the different people who shop there. Turns out a lot of folks tell them "it's the niciest store I've ever been in!" They marvel at the "high quality and low prices." Welcome to Idaho, you folks from all over the states and the world who come here to have Andrea fill and ship a basket of Idaho foods and soaps or art to all parts of the globe.

"So, what's in the future?" I ask, and, with sparkling eyes, Garrett answers, "A catalog." Makes sense and cents. Seems like something this good should be on some coffee tables in the country in the form of a catalog. Too good a place to be kept a secret any longer. So get on down there to 520 S. Main. The hours are Tuesday-Saturday, 10 am-5:30 pm. After Thanksgiving, the extended hours are Mondays 10-5:30, and Thursday-Saturday until 7 pm. It's a great

rats —after all, they started the Black Plague, didn't they? (I know, it was actually the fleas on the rats.) So whenever anyone mentions rats, I immediately see their long hairless skinny tails, and their beady little eyes glowing in the sewers, biting the babies in Harlem. But I'm getting carried away here. Can't help myself. Remember that scene in George Orwell's 1984? That guy didn't like rats, either.

But, I didn't let her preference for rats over some other *normal* pet stop the interview. We moved on to a more pleasant subject, like what book was she reading right now? "Oh, I've just started Alice in Wonderland" she grins delightedly like the Cheshire Cat. "Oh," I say, "you are in for a real treat," thinking of my favorite character the Mad Hatter; which reminds me, I want to go now and listen to that Dylan tune, you know the one that has the line "it sits there on her head, like a mattress sits on a bottle of wine, her leopardskin pillbox hat." Go on and visit Leeanne from 7 am-2 pm, she'll make you a warm drink. She'll take good care of you. Promise.

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place to find a gift for yourself or anyone else, and don't forget to ask for your 10% discount. I forgot to ask for mine.

Remember to look on the back page to see the list of business that participate in our Co-op Discount Program.

# November Co-op Specials



**Crystal Geyser  
Mineral Water**

*Lemon, Lime, Orange, Plain*

**.85 ea.**

*save 15%*

## TRADITIONAL MEDICINALS

**Traditional Medicinal**

*Cold Season Remedy Teas*

**\$2.59 each**

*Save 15%*



**Kettle Brand Potato Chips**

*Assorted Flavors*

**\$1.37 ea.**

*save 20%*



**New! White Wave  
Chocolate Silk Soy Beverage**

*32 oz.*

**1.99**

*save 15%*

## AFTER THE FALL.

Vermont's Juicemakers

**After The Fall Juices**

*Cranberry Grapefruit and Cranberry Mango*

**\$2.29**

*save 25%*

# November

by Robin Murray

## Kids page

### Did you know..

Canada is the 2<sup>nd</sup> largest country in the world? It goes from the U.S. border clear up to the North Pole!



LOOK FOR THESE BOOKS AT THE LIBRARY:



Let's Discover Canada - a series of books by Suzanne Levert  
Hey World, Here I am! by Jean Little

### Try This:





Make a Canadian Flag

you'll need:



a sheet of white paper  
red paint - tempera or poster  
paint brush  
maple leaf



- ① Lay out the white paper lengthwise →  and paint two red stripes on either side of the paper → 
- ② Paint one side of the maple leaf with red paint. Carefully lay the leaf paint side down in the center of the paper →  Press down gently with your fingers. Peel off and voila! A Canadian Flag! 

### Food For Thought

When I was a kid we moved to Newfoundland in Canada. I had to get used to some different ways of eating. Here are a few things they did differently in Newfoundland. Try some of them!

- \* Vinegar instead of ketchup on french fries - always use a good quality vinegar such as malt or cider
- \* Molasses instead of syrup on pancakes
- \* Molasses on toast or with peanut butter in a sandwich
- \* Canned milk instead of cream or fresh milk in tea. (hot tea, that is)
- \* Fried Baloney instead of bacon or ham for breakfast.

### Just for fun!

Find Canada's 10 Provinces:

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J I E E G R U A C E M L O ② Manitoba  
X F A W S Q B S A R A R Q ③ Quebec  
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L P E I F G A D R Q A P Z  
B I Y C A H X K Q T J N I  
S A S K A T C H E W A N D

- ⑧ B.C. (Short for British Columbia)
- ⑨ P.E.I. (Short for Prince Edward Island)
- ⑩ New Brunswick

Have fun!

CANADA HAS BEEN A COUNTRY SINCE JULY the 1<sup>st</sup>, 1867!

## Baking without Wheat

by Pamela Lee

The holiday season is rough time for folks on special diets. So many celebrations are centered around the sharing of food, often baked, rich in butter, and high in calories. Baked goods are almost always made with wheat, because the gluten in wheat is so helpful when making cookies, cakes, pie crusts, or sweet holiday breads.

I've been working my way through non-wheat recipes for months, planning to write a two-part non-wheat baking article for the November / December holiday season. It is a challenge to make tasty, delectable, proper-textured baked goods without the help of wheat's gluten, but it is possible. My failure rate for non-wheat baking is definitely greater than for recipes that contain some wheat flour. I like to experiment and invent recipes, but baking without wheat has put a crimp in my creative bent. I've learned that it's a good idea to start with someone else's recipe, and then, if you are so driven, invent variations and make changes gradually. Food allergy cookbooks, with good reference sections, are important if you are going to learn to bake without wheat and other common food allergens.

I've been working (primarily) from four food allergy cookbooks, all purchased, over the years, from the Moscow Food Co-op. If not in stock, they can be special ordered.

The one I acquired most recently, with the writing of these articles in my mind, is The Gluten-Free Gourmet by Bette Hagman. All the recipes are designed without the use of any wheat, oats, barley, or rye. When I got the book home and began looking at it, I thought about returning it. Many of the recipes contain dairy products (such as cottage cheese or sour cream), mayonnaise, and more refined sugar than I am wont to use. But I've kept the book. It contains good reference information and helpful baking hints. One such hint is to save one's baking failures and use them as croutons or as crumbs to make pie crust. A large number of Ms. Hagman's recipes use eggs. If this is a problem for you, substitute

Ener-G egg replacer or flax seed.

The Gluten-Free Gourmet has a helpful, informative chapter describing the various gluten-free flours and alternative other ingredients. I learned that because of the high amount of oil in rice bran, it's a good idea to store it in the freezer once you get it home. The same with rice polish. Brown rice flour, milled from unpolished rice with the bran intact, has a high nutrient value but a shorter shelf life and it tends to become stronger in flavor as it gets older. (Purchase what you'll use soon, or store it in the freezer.) Tapioca flour, white rice flour, and potato starch flour all have long shelf lives, can be purchased in quantity, and do not require special storage. I also learned that potato flour is different from potato starch flour. Potato flour is made from dehydrate cooked potatoes and has a distinct, strong potato flavor.

Ms. Hagman's book also includes sections on how to avoid hidden glutens (such the lick-strip on envelopes), tips on eating out, mail-order resources, flour substitution information, and more.

Many of this book's recipes use xanthan gum as a substitute for the gluten in yeast bread. The Coop used to carry xanthan gum, but no longer does because it came in cellophane packages that had the habit of tearing and dumping the (expensive) xanthan gum on the shelf and floor. Xanthan gum can be mail order-purchased from a number of sources. The supplier geographically closest to us is Ener-G-Foods, Inc., in Seattle, WA. The in-state phone number is (800) 325-9788; out of state (800) 331-5222. Ener-G-Foods sells a host of ingredients as well as already baked goods for folks with food allergies. I recently purchased a 6 oz. bottle of xanthan gum (for \$7.49) at the Bountiful Fresh Foods store in Spokane, at Division and Main. I accidentally forgot to add the xanthan gum to the (no yeast) coffee cake recipe below, and it still turned out wonderful. The xanthan gum (or guar gum) is necessary when making no-gluten yeast breads.

One of my main reasons for

keeping this book is that I've found a few recipes that I really, really like, so I'm going to experiment with others, trying my own substitutions for the ingredients I want to avoid. I should, however, mention that the author's emphasis is on creating delicious, gluten-free recipes that simulate regular (glutinous) foods; her emphasis is not on providing wholegrain, low fat fare.

The following coffee cake is absolutely delicious and light. When I baked it, I didn't have any mayonnaise in the refrigerator so I used 1/3 c. of canola oil. I couldn't bring myself to use the required amount of sugar; I used 1/2 c. sugar, and it was plenty sweet. I accidentally forgot the xanthan gum. It was fine without. I didn't have soy flour, so used amaranth flour in its stead. I didn't have pumpkin pie spice, so substituted 1/2 t. each cinnamon and nutmeg. I used frozen cranberries and 1 c. chopped fresh apple. I didn't use the nuts. I did add a 1/2 t. salt. The result was wonderful! I sliced and froze what wasn't eaten right away; it keeps & defrosts well, without compromising the texture.

### Cranberry-Plus Coffee Cake

- 2 large eggs
- 3/4 c. sugar
- 1/3 c. mayonnaise
- 1/2 c. rice flour
- 1/4 c. soy flour
- 1/4 c. potato starch flour
- 1/2 t. xanthan gum
- 1 t. pumpkin pie spice
- 1 t. baking powder
- 1/4 t. baking soda
- 1 c. fresh or frozen cranberries
- 1 c. chopped fruit or grated vegetable
- 1/2 c. chopped pecans, walnuts, or macadamia nuts

In a mixing bowl, beat together eggs, sugar, and mayonnaise.

Mix together the flours, xanthan gum, spice, baking powder, and baking soda. Stir into the egg mixture, blending well. Stir in the whole cranberries, chopped fruit or grated vegetable, and nuts.

Spread batter into a greased 9"x9" pan. Bake in preheated 350° oven until cake feels firm when touched in center and edges begin to pull from pan, about 45 minutes. Cut into squares and serve either

warm or cool. Can be made ahead and kept covered with plastic wrap for up to 3 days.

I've had The Allergy Cookbook (TAC) by Ruth R. Shattuck for years and have found some of the recipes worth repeating again and again. It is a small format (7"x4") 365-page paperback book. The author has degrees in nutrition and dietetics, a husband who is allergic to milk and eggs, and a son allergic to wheat and corn. The recipes emphasize healthful nutrition, whenever possible using whole grains, unprocessed foods, honey instead of refined sugar, unsaturated oil instead of margarine, carob instead of chocolate, a minimum of salt, and a lot of unroasted nuts and seeds. Introductory chapters address nutrition, the allergy diet, how to use the book, basic ingredient information, and hints on cooking techniques. The recipe chapters include various baked goods categories (yeast breads, quick breads, cakes, etc.), as well as main dishes, soups, and vegetables. Each recipe chapter begins with a chart letting the reader know which individual recipes use corn, eggs, milk, wheat, or gluten. Reading the chart, one can locate recipes that will work for you, with consideration to each individual's (combination of) food allergies.

TAC's reference sections contain a lot of good information. Over the years, I've often used to Ms. Shattuck's recipe for baking powder. Most commercial baking powders contain corn (and many contain aluminum). Whether one is allergic to corn or aluminum or not, this homemade baking powder is easy to make: "Combine 1/3 c. baking soda, 2/3 c. cream of tartar, and 2/3 c. of arrowroot. Mix well and store in an airtight container. 1 t. of regular baking powder = 1 1/2 t. arrowroot baking powder." If you bake infrequently, reduce the measurements, maintaining the same ratio of ingredients.

"For corn-free recipes, substitute arrowroot for cornstarch: 1 T. cornstarch = 2 1/2 t. arrowroot. Do not use arrowroot in a recipe that has to be rewarmed. It loses its thickening capacity. Instead, use tapioca flour, potato flour, or brown rice or wheat flour as a substitute for



cornstarch." [Arrowroot should be added during the last 5 minutes of cooking. If added too soon, the sauce or dish will thicken, but then thin.]

In her discussion of flours, Ms. Shattuck writes that "Soya and potato flour are very heavy, and soya has a rather strong flavor. These flours should be used sparingly. Breads made from brown rice, soya, and potato flour must be kept in the refrigerator, as they mold very easily. Freezing for very long will dry them, causing them to become crumbly. It is best to bake often and not too much at a time."

My margins near the following cookie recipe notes that I gave it 3 stars (very good), that these cookies are rich, need all the honey called for, that I used liquid oil (not shortening), and that I added more vanilla (1 t.). If you substitute liquid oil for shortening, as I did, the shortbreads will be flatter and will brown more easily. The author notes that the recipe uses no corn, egg, milk, or wheat, and that it yields 32 wedges.

#### Oat Shortbread

1/2 c. corn-free vegetable shortening  
1/3 c. honey  
1/2 t. vanilla  
1 1/2 c. plus 1 T. oat flour  
3/4 t. salt

Cream together shortening and honey. Add vanilla. Gradually add oat flour and salt. It will make a crumbly mixture. Press into a ball. Divide into four parts. On a lightly floured board, roll each into a circle about 6 inches in diameter. Place circles about 4 inches apart on a lightly greased baking sheet. With a sharp knife, cut each circle into 8 wedges. Bake at 350° about 15 minutes, or until lightly browned. Carefully remove to rack to cool.

*Variation:* If you can use milk, you can use butter to replace all or part of the vegetable shortening.

#### Tofu Pumpkin Pie

No corn, egg, milk, wheat, or gluten. Yield: filling for one 9-inch pie crust. This is best served the day it is made.

1 12-oz. cake soft tofu  
2 t. gelatin  
3 T. frozen orange juice concentrate, thawed  
2 c. canned pumpkin puree  
1 t. cinnamon  
1/2 t. ground ginger

1/2 t. allspice  
1/2 t. salt  
1 t. grated orange rind  
1/2 c. honey  
1 1/2-2 t. vanilla

Prepare tofu by draining and rinsing the cake in cold water. Split it in two horizontally and put the cakes side by side on 3 to 4 thicknesses of paper towel. Put more towels on top. Put a cutting board or something heavy on top to press out the excess moisture. Repeat if necessary. Pat tofu dry. Put into a blender or food processor with steel blade and blend until creamy. When the tofu reaches the consistency of whipped cream, scrape into a large bowl. Set aside. Add gelatin to orange juice. Let sit 5 minutes, then warm gently to dissolve. Blend pumpkin, spices, salt, orange rind, honey, and vanilla. Spoon 1-2 T. pumpkin mixture into warm gelatin and stir to give it a smooth texture. Return to rest of pumpkin. Mix well. Fold pumpkin mixture into tofu, blending thoroughly. Taste, and adjust flavors if necessary. (No tofu flavor should come through. If it does, adjust vanilla, cinnamon, or orange rind.) Pile into prebaked 9 inch pie crust of your choice. Refrigerate for several hours.

*Variation:* For Tofu Pumpkin Pudding, omit crust and refrigerate in pudding bowls. Serves 6.

Super Foods by Marjorie Hurt Jones is a 8 1/2"x 5 1/2" 36-page booklet, packed full of information and easy-to-make recipes using amaranth, buckwheat, quinoa, spelt, and teff. The booklet is divided into recipe sections: Breakfasts, Breads, Desserts, Etc. The booklet ends with information on the alternative grains, including their nutrient values, gluten content, their history and origin, and a short resource guide. Super Foods is an excellent introduction to using and learning about these alternative grains.

#### Amaranth Pie Crust

3/4 c. amaranth flour  
1/3 c. arrowroot or tapioca starch flour  
1/4 c. ground nuts or seeds  
1/2 t. ground cinnamon, (opt)  
3 T. oil  
3 T. water

Whisk together the flour, starch, nuts or seeds and cinnamon. In a small bowl or cup, mix the oil and water. Blend into the four with a fork. Stir until a ball forms.

Oil a 9-inch pie plate or spray

with a nonstick spray. Press dough in place, crimping the top edge. For a filled crust, bake empty shell at 400° for 12-15 minutes. Cool before filling. [For a filled crust, bake empty shell at 400° for 3 minutes. Then add desired filling, and finish baking as your recipe directs.]

The Allergy Self-Help Cookbook by Marjorie Hurt Jones, R.N. contains over 325 natural foods recipes, free of wheat, milk, eggs, corn, yeast, sugar and other common food allergens. Besides all the recipes, this 9"x7" 385-page hard-back book offers loads of valuable reference information on ingredients, a diversified rotary diet, food families, nutrition, an allergy-free kitchen, dining out, and a resource directory to foods, kitchen aids, and information services. The author is a registered nurse, with a background in biology that lent itself to a search for and creation of nutritious, wholesome non-allergic recipes when she herself was diagnosed with food allergies. If I had to buy only one food allergy cookbook, this would be the one. The baked good recipes do not rely overly much on rice flour. Ms. Hurt realizes that new food allergies can be too easily acquired through over-dependence on just one alternative grain. I like that the book's recipes use amaranth, quinoa, buckwheat, and other such (unusual) grains and flours. I've learned so much from this book, to mention just two: to refrigerate or freeze amaranth flour (it becomes strong flavored and rancid quickly); to place the shiny side of aluminum foil towards your food because the dull side is coated with plastic.

In the "Exploring New Ingredients" chapter, there is a table on "Cooking and Baking with Alternative Flours" that I have found invaluable. Each alternative flour is discussed in terms of: flavor and color, breading, thickening, baking, and other comments. The flours included in Ms. Jones's table are amaranth, arrowroot, brown rice flour, dark and white buckwheat flours, chick-pea (garbanzo) flour, legume flour, nut, peanut and seed flours, oat flour, potato flour, potato starch flour, soya powder, and tapioca-starch flour. (The only other grain that I missed and would have liked to have been included is millet. In another of her books, Ms. Jones mentions that she excludes millet flour because she cannot tolerate it.)

To introduce the pumpkin muffins, Ms. Jones notes that "You'll never miss the eggs in this recipe." In the recipe, I used 1/4 c. of chopped dried apples in place of the ground nuts. I added 1/2 t. of salt to both of the following muffin recipe. The recipe make 12 muffins.

#### Spicy Pumpkin Muffins

1 3/4 c. sifted amaranth flour  
1/4 c. sifted arrowroot  
2 t. baking soda  
1 1/2 t. ground cinnamon  
1/2 t. vitamin C crystals  
1/2 t. powdered ginger  
1/4 t. grated nutmeg  
1/4 t. ground cloves  
1/2 c. raisins or chopped nuts  
1/4 cup ground nuts  
1 c. pumpkin puree  
1/4 c. oil  
1/4 c. honey  
1/4 c. water

Sift the flour, arrowroot, baking soda, cinnamon, vitamin C crystals, ginger, nutmeg and cloves into a large bowl. Stir in the raisins or chopped nuts and ground nuts.

Whisk the pumpkin, oil and honey together in a small bowl. Pour into the flour bowl. Mix with a few swift strokes. If needed, add a tablespoon or so of water. Do not over mix.

Divide batter among 12 muffin cups. Bake at 375° for 18 to 20 minutes, or until center of muffin feels firm. NOTE: You can replace the vitamin C crystals with 2 T. lemon juice or vinegar; reduce the pumpkin puree by 2 T.

#### Egg Substitute

Makes about 1/4 cup. This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do. But it will not leaven like eggs for souffles or sponge cakes. This recipe makes enough to substitute for one egg; you can easily double or triple it.

1/3 c. water  
1 T. whole flaxseed

Place the water and flaxseed in a small saucepan. Bring to a boil, then reduce heat so mixture bubbles slowly. Cook for 5 minute, or until mixture is the consistency of a raw egg white. Do not use too high a heat or mixture will become thick and gummy. NOTE: Don't bother straining out the flaxseeds. They don't have much flavor and won't detract from whatever you're making.

# Insights

## Reading the Labels on Jewelry

by Robin Murray

I imagine most of us Co-op shoppers read the labels to be sure we know what is in (or not in) our food. Although not as important to our health and well-being, jewelry also has labels you can read. Gemstone labeling is usually found on the packaging or presentation. Precious metal labels are stamped somewhere on the jewelry itself. The following is a brief glossary of some common jeweler's jargon used in labeling. I hope this makes you as informed a jewelry buyer as you are a grocery shopper.

**Gemstones:** any pretty rock that is cut into some shape which lends itself to setting in jewelry. Some organic substances are also included as gemstones, mainly pearls and amber.

**Precious and semi-precious:** these are euphemisms for more expensive and less expensive. Generally the harder and/or rarer the gemstone, the more expensive it is. Because gem value is actually a continuous scale, professional jewelers seldom use these two categories outside of marketing.

**Carat:** the standard weight measurement for gems. 1 carat = 200mg. The label will likely indicate the weight of the gemstone in whole numbers, decimals or fractions followed by the letters "ct". If a piece or set of jewelry has more than one of the same gemstone, the weight may be followed by the letters "twt", meaning the number shown is the *combined* carat weight of all the stones. Different types of gemstones the same size may have different carat weights just as a cup of puffed rice will weigh less than a cup of granola.

**Karat:** this refers to the percentage of gold in a piece of alloyed metal. Pure or "fine" gold is referred to as 24 karat gold and may be stamped 24k, 24kt or .999. Because pure gold is both expensive and very malleable, gold jewelry is usually made of gold that has been mixed with less expensive, harder metals. Pure gold is *always* bright yellow but mixed gold may be yellow or white (silver) in color depending on the alloy metals used.

The most common mixture is 14 karat gold meaning it has 14 parts pure gold and 10 parts alloy metal. It may be stamped 14k, 14 kt, 14kp (p for plumb) or .585. Other common blends are 10kt, 12 kt 18kt and 22 kt. Beware if the product has been stamped with ct instead of kt, it may or may not be gold.

**Gold Filled:** this means the metal is made by laminating gold with a base metal such as brass in many layers. The result is a product that looks like gold but costs significantly less and is not as durable over the long run. Gold filled is usually stamped with the karat gold used in laminating followed by the letters GF or by a fraction such as 1/20.

**Gold Plate:** this means there is a very thin layer of gold over another metal. If that metal is sterling silver, the product may be called "vermeil." Most often the metal underneath is a cheaper base metal. Either way, the plating will wear off sooner or later depending on how thick it is. Plated jewelry may be stamped with the karat gold used in the plating process followed by the letters GP. If the product is vermeil, it may be stamped the same as sterling silver.

**Sterling Silver:** this is a blend of at least 92.5% pure or "fine" silver with another metal, often copper. It may be stamped "Sterling" or .925. Pure silver will be stamped .999 and have a very light gray color. If the product says "nickel silver", "mexican silver" or some other variation not including the word "sterling," there may be no actual silver in it at all. SP stands for silver plate.

**Euphemisms for Man-Made:** faux pearls, created gems, laboratory grown, "Chatham Emeralds" and "Lindy Star Sapphires." Other terms to watch for are "color enhanced", "clarity enhanced" or "fracture filled" which indicate natural stones altered to improve their appearance. All of these less expensive alternatives are fine so long as you are making an informed choice.

## Message for Bikers

by Diane Porak

John Barnes, from the Idaho Transportation Department, will present a free workshop on increasing bicycling safety on Tuesday, November 12, from 6:30 to 9:30 pm at the Eggan Youth Center, 1515 East D Street, Moscow.

The program is geared towards educators, administrators, advocates, and anyone who would like to learn




more about how to teach and promote responsible and safe bike

riding, including examples of safety programs and their funding sources.


The workshop is free and will last about 3 hours. Refreshments will be served. Reservations are encouraged and can be made by contacting the Moscow Parks and Recreation Department at 883-7085 or [citypark@moscow.com](mailto:citypark@moscow.com).

The workshop is sponsored by the Moscow Bicycle Advisory Commission. For more information, contact Diane Prorak at 882-3959 or e-mail [dial@moscow.com](mailto:dial@moscow.com).

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

## It's Time . . .

by Kate Grinde

The recreation trail between Moscow and Pullman is about to become a reality. Named the Bill Chipman Palouse Trail, in memory of Pullman businessman and UI graduate, Bill Chipman, the trail will provide a safe, 10-foot wide paved path for recreation and non-motorized commuting. For the majority of its length it will be located on one of the two existing railroad beds.

But, as usual, having the trail become a reality is dependant on money. While most of the trail will be supported by a Department of Transportation grant, that grant is dependant on matching private donations. And that's where we come into play, *it's time to donate that money*. The grassroots 'Become a Trailbuilder' campaign was kicked off on Wednesday, Oct. 23. In the next few months you'll see various 'Trailbuilder' fund-raising activities taking place in Moscow and Pullman. The goal is \$250,000 to add to the \$200,000 all ready paid or pledged by businesses or individuals.

The time to chip in is now. According to one news reporter's calculations, if every citizen of our communities chipped in \$4.00 we could raise all the money we need. Regardless, I encourage you to chip in what you can. Look for one of the fund-raising activities, the fund-raising envelopes around town, or send your contribution to one of the following organizations that will forward 100% of your contribution to the Trail's fund. Your contribution is tax deductible as allowed by law in both Washington and Idaho.

PCEI  
PO Box 8596  
Moscow ID 83843

UI Foundation  
619 Nez Perce Drive  
Moscow ID 83844

Pullman Civic Trust  
PO Box 2284  
Pullman WA 99165

WSU Foundation  
French Ad Building, Room 442  
Pullman WA 99165

If you'd like more information on the Trail before contributing please call (509) 334-5636, if no one is there to answer your call, someone will get back to you shortly.

# Water on the Palouse

by Anne E. Volme

The day my family and I moved to Moscow a year ago, I found myself asking about the water. That very day I learned that our municipal water supply comes primarily from deep wells and that the quality is good. I was relieved to find out we could drink from the tap and we wouldn't need to buy bottled water.

As the Water Conservation Coordinator for the Pullman-Moscow Water Resources Committee, I have since learned much more about our water supply. The goal of the committee is to plan for a long-term, high quality water supply for the Pullman-Moscow area. Planning and cooperative action are essential, or we may need to look to more expensive (for the taxpayer as well as for the environment) alternatives to our current low cost, high quality water supply. To help us all make better water related decisions, I would like to address various water issues in this and future articles. In addition, I want to address your water questions over the coming months. Please contact me if you have questions or concerns about water on the Palouse.

**Where does our water come from?** The cities of Moscow and Pullman, the University of Idaho and Washington State University pump water from several deep wells

in a common aquifer system. An **aquifer** is a natural storage area in the underlying rocks and sediments. Water stored in aquifers ultimately comes from precipitation. Water soaks into the soil, seeps down through the sediments, through fractures in the rock to reach the aquifer. This process is known as **recharge**. Local streams can also contribute to the recharge of our aquifers.

Several aquifers underlie the Palouse, the most productive being the deep Grande Ronde Aquifer. This aquifer is the primary water source for Pullman, Moscow and the universities. Outlying communities such as Genesee and Uniontown, as well as businesses and residents with private wells generally tap less productive aquifers that are closer to the surface.

**Water quality.** The quality of our municipal water supply is excellent, meeting all federal drinking water standards; and because it is deep underground, the water is well protected from surface contamination.

While our water meets federal standards, it does contain iron, manganese, and "hardness" (calcium carbonate). These minerals pose no health threat, but they can flavor the water and affect its use.

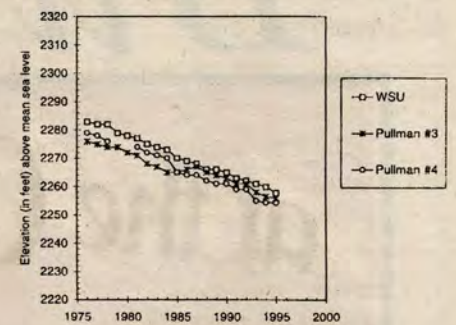
Under the right conditions, minerals can precipitate out in municipal water pipes, just as they do in your tea pot. Sometimes, these precipitates can be picked up again by the water, en route to your tap. If you are new to municipal water, you may also detect the taste of chlorine. Chlorine is a necessary component of municipal water treatment, used to kill bacteria. The taste of chlorine can be minimized by simply leaving a water jug or pitcher uncovered for a few hours. This allows chlorine molecules to escape into the air, thus improving the flavor.

**Water treatment in Pullman and Moscow.** Pullman maintains six deep wells, and water is treated with both chlorine and fluoride right at those wells. Fluoride levels are maintained at approximately one milligram per liter.

In Moscow, chlorine is added at three of the City's six wells. Water from the other three wells is piped to a treatment plant where it is filtered and chlorinated. Fluoride is not added to the Moscow water supply, as naturally occurring fluoride levels are close to FDA recommendations.

**Enough water?** Pullman and Moscow are fortunate enough to enjoy a plentiful, high quality water supply. However, ground water levels in the deep aquifer have been

dropping in some local areas, at the rate of about one to two feet per year for over twenty years (see accompanying graph).



Declining ground water levels in three Pullman wells.

The rates and patterns of recharge for the deep Grande Ronde Aquifer are not fully understood. So while we have an ample supply for our current needs, we do not know how much or how fast the water we use is being replaced in the aquifer. We do know that water demands will naturally increase with the continued growth of our two cities.

Conservation efforts and efficient use of this our valuable water resource will reduce the demands on our declining aquifer. For questions or for suggestions on water efficiency and conservation, please contact me at the Pullman-Moscow Water Resources Committee at 885-2170.

## Community Updates Delivered to Your Computer Daily

by Bill London

Join the Moscow Vision 2020 electronic mail list and your e-mail will bubble and fizz with conversations on a variety of Moscow and Latah County topics. The conversation lately has included discussions about local forums, appropriate requirements for sheriff candidates, better bicycling alternatives, the results of the passage of the One-Percent Initiative, and a host of other topics.

If you want to listen in, or toss in your comments and diatribes, it's free and easy to subscribe. (That is, if you have a computer that receives electronic mail.)

To subscribe, all you have to do is send a message to the following address:

[majordomo@uidaho.edu](mailto:majordomo@uidaho.edu)

The message must be only the following two words (with no punctuation):

**subscribe vision2020**

Moscow Vision 2020 is a multi-partisan loosely-organized citizen's group that focuses on planning, growth, and development issues in the Moscow area. There are about 60 subscribers to the list (including some ex-Moscowites now living elsewhere). Vision 2020 facilitates and organizes community forums and other educational activities.



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THE CO-OP

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at the Co-op ...

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Moscow Food Co-op  
(attn: Bill London)

**Hey Bikers!**

Workshop on bicycle safety  
presented by John Barnes, from  
the Idaho Transportation  
Department.

Open to the public at no charge  
**Tuesday, November 12**  
6:30 pm to 9:30 pm

Refreshments served at Eggan  
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Sponsored by the Moscow Bicycle  
Advisory Commission.

## **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.



## **The University of Idaho Auditorium Chamber Music Series and ASUI Productions**

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the door, U of I undergraduates may attend for free.

Questions? Call 885-7557