

Day-MW  
HD  
3284  
N48

October 1996




Community  
News


**Meeting!**

**Meeting!!**

**Very Important**

**Meeting!!!**

 **MOSCOW FOOD COOP**  
310 WEST THIRD  
MOSCOW ID 83843

 U.S. POSTAGE  
PAID  
MOSCOW, ID  
83843  
OCT 15, 1996  
AMOUNT  
**\$0.55**  
00040185-04

**Monday, October 14, at 7:15 p.m.**  
**Moscow Community Center**

SPECIAL COLLECTIONS  
LIBRARY  
UNIV. OF IDAHO  
MOSCOW ID  
83844-2351

This is an informational meeting to discuss the possibility of moving the Food Co-op to the old Jeff's Foods location. The possibility has become greater and we want to let people know about it as well as hear what people have to say about it. So, if you have an opinion on this subject, now is the time to speak up!! Come, hear, and be heard.

# Co-op - News

## Welcome to Fall!!

by Kenna S. Eaton,  
General Manager

Finally the rains came, and with it the cooler weather, and our thanks for making it through another long hot summer.

Our Business/Partners program is off to a great start with two more businesses offering discounts to our members: Market Time Drug offers a 10% discount on Beer making supplies, and Hodgins Drug and Hobby offers a 10% discount on all educational toys and hobbies.

How it works is, you show your current membership card at the time of purchase (don't forget to ask for details before making a transaction). Discounts generally apply to normal prices and can not be combined with sales or other promotions.

Everyone is excited by the idea of community members working together, and keeping the energy within our town. We hope you will help make this program a success by continuing to shop and support at these local businesses. For a complete list of the businesses participating, check the back page of this Newsletter.

Happy Shopping!!!

## Just a Few Words from the Volunteer Coordinator...

By Bonnie Hoffman

Hi, I want to take a few lines to say THANKS and WELCOME to our new volunteers. It takes dedicated folks like yourselves (You know who you are!) to help make this co-op run smoothly. I've had so much fun meeting new people and remembering all your names.

There is still plenty of room for new volunteers: produce, bakery and the deli are all lobbying for an extra pair of hands, for example. If, at any time, you find yourself with a block of time that you would like to share, there is a wide variety of jobs, both on the floor or behind the scenes. There is almost always a job suited for you. Call me at the Co-op, 882-8537 and we'll see what we can work out.

Editor's note: As of this writing, Bonnie Hoffman is not the Volunteer Coordinator anymore, but Kristi Wildung has stepped in to capably take over those duties. So call and talk to Kristi about volunteering—we'll be glad to have you!

## The New Election Process

by Vicki Reich  
Nominations Committee

As you all know, the national election season is upon us. It is also the beginning of the Co-op election season. The new election process will officially begin in November with a call for candidates. We will have information about becoming a board member and how to declare your candidacy for the Board on display in the store. Now is the time to start thinking about how your skills can help the Co-op. There are four seats available for next year's Board. If you have ever thought about being a Board Member, please pick up a Board Candidate Packet from the display and find out what it takes to be a member of the Board of Directors.

After the candidates have submitted their Declaration of Candidacy, the nominations committee will nominate all qualified candidates. Those who are not nominated will then have a chance to petition the Co-op members for a spot on the ballot. Information about the candidates will appear in

the February newsletter. Information will also be provided on the ballots that are mailed to all current members. The ballots will be mailed in February. Make sure your membership is current, so you can have a say in Co-op governance. We are very excited about the new election process, and will continue to keep you informed of the status. Look for more articles in the next issue of this newsletter. If you have any questions or would like to get involved with the Nominations Committee, please contact myself or Kristi.

## R & R OFFICE EQUIPMENT

Guaranteed Sales and Service  
Cash Register • Office  
Machines  
Electronic Typewriters • Scales  
Facsimile Machines

1104 South Main  
Moscow, Idaho 83843  
882-3514

## Contents

Welcome to Fall!!	2
Just a Few Words from the Volunteer Coordinator...	2
The New Election Process	2
October is Co-operative Month	3
BIZ: Brown's Cooperstown with Peter Brown	3
Volunteer Profile: Carissa Neff	4
Good-bye Bonnie, We'll Miss You!	4
The results of a field trip to the Co-op!!	5
Winter Squash	6
October Specials	8
Camas Farms—A Five-Year Celebration	10
Get Control of Your Stuff!	12
Letter to the Editor: Open Letter to the Board of Directors	14

### Editor

Bill London

### Issue Editor

Therese Harris

### Layout

Kate Grinde

### Typesetting

Nola Steur

### Proofreading

Connie Hatley

### Distribution

Therese Harris  
Christine McGreevy

### Photographer

Eric Goodman

### Back Cover Design

Beth Case

### Children's Page

Robin Murray

### Advertising

Cynthia Rozyla

### Published by

Moscow Food Co-op  
310 W. Third  
Moscow, ID 83843  
(208) 882-8537

Upper Crust Bakery  
(208) 883-1024

Open Every Day  
9:00 am - 8:00 pm

With plenty of FREE PARKING!

### General Manager

Kenna Eaton

### Members of Board of Directors

Mary Butters 882-6590  
Kevin Kane 882-3154  
Chris Moffit 882-8985  
Vicki Reich 883-1446  
Sandy Stannard 882-8449  
Eva Strand 882-0528  
Paul Weingartner 883-8281  
Kristi Wildung 509-397-4951

### Printed on Recycled Paper

Deadline for Articles:  
20th of each month

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

# October is Co-operative Month

by Kenna S. Eaton, General Manager

Over 150 years ago, a group of 28 on-strike flannel weavers in Rochdale, England, pioneered what was to become the worldwide model for co-operative business. Unable to buy even the most basic food supplies from the company store because of high prices, they pooled their savings to buy a few staples which they sold themselves at a significant savings. Their fame came when they developed a set of rules and methods for doing business.

This set of principles forms the basis of all Co-operative business today. So, whether you're a member of this Co-op, R.E.I., a credit union, or a Farmers Co-op, you are part-owner of a business that follows those seven principles.

One of the first issues covered in the *International Cooperative Alliance Statement of Cooperative Identity* is the definition of a co-operative:

"A cooperative is an autonomous association of persons united voluntarily to meet their common economic, social and cultural needs through a jointly-owned and democratically-controlled enterprise." This means our businesses are value-driven, not profit-driven.

Now, this means to me, as a manager, that while we are interested in making a profit, like any other business, it's what we do with that profit that makes us different.

North Coast Co-operative, located in Arcata, California, is able to put part of its profits into college scholarships for community kids.

Or, in Columbia, South America, one national law stands alone in requiring co-ops to donate 20% of their profits toward cooperative

education.

For us in Moscow, we make donations to our local schools to help with their fund-raising efforts.

Being value-driven means that we are interested in knowing who our members are, not just what they want to buy. Value-driven also means we think a lot about the products we carry in the store, and their impact upon the environment. This often affects in-store operations as well as product line. Also, we chose to recycle because we think it is important, not because it's easy, or cost-effective.

So, what are your values?

What is important to you?

We hope to be implementing a survey fairly soon so that we can know more about you and your values. Tell us what you think of your Co-op.

In the meantime, I challenge you to identify how many Co-ops you are a member of, and see if they also embrace the Cooperative principles.

\*(many thanks to Ann Hoyt of the University of Wisconsin Center for Co-operatives for informational help.



HAUG  
CHIROPRACTIC

DR. ROBERT W. HAUG  
Chiropractic Physician  
208-882-3012  
102 S. Washington  
Moscow, Idaho 83843

## BIZ:

# Brown's Cooperstown with Peter Brown

by Linda Canary

Peter Brown used to be my boss. I was working for money, not love, at the time (hey, we've all done it). Answering phones and trying to recall the alphabet so I could file transcripts at the U of I Admissions Office. I remembered him as a quiet, friendly guy in a suit who wore great ties, made firm but fair decisions, and who treated his staff as human beings. I also remembered that he would skip lunch to swim for an hour every day.

Well, Pete still swims at lunch everyday, but this interview was like talking to an entirely different person. He exudes happiness and well-being, and we spent a joyful hour discussing his business, among other sundry and related topics.

Pete taught math in Chicago, but moved into college admissions 26 years ago, working first at Dartmouth, then Walla Walla, Portland, and finally at the U of I. It was in Walla Walla that he started to get back into his childhood hobby of collecting baseball cards, so when the U of I decided to faze out the Admissions Director, Pete decided to buy the Main Street Specialty Store. He's been successful he says because of his real passion for what he is selling. He enjoys people, and he has an incredible card collection himself. Plus, he doesn't mind the roller coaster ride of the sports card industry.

The store itself, at 202 South Main, is very pleasing to this person's eye—done in a deep forest green with colorful pennants and posters, it was designed by Lorena Herrington and Pete's architecture-student son. I asked Pete what he does about kids who just hang out and he immediately quipped, "I give 'em a job to do." Yes. These kids are his friends, they're knowledgeable and helpful, and they convince other people to start collecting. Plus, I think they add a flavor to the shop that is what baseball is all about. Boys, hot-dogs, sauerkraut, peanuts. I think Pete should get a cart going.

Anyhow, Pete mentioned that he'd been to several trade shows, so I asked him if he'd ever made a good find. Yes, but not at a trade show. One time, an older couple came up with an 1888 postcard of Cap Anson and his team that had sold for \$10,000 in a Sotheby's auction. He also showed me a picture of a rare card of Honas Wagner who had all his cards recalled that came in cigarette packs because of his strong aversion to tobacco. There are maybe 25 of those cards still in existence; a pristine one of them just sold for close to half a million dollars. Half a million dollars?! The guy who bought it owns Wal Mart, and he used it in a promotional giveaway. The gal from Florida who won it, couldn't pay the taxes on it so it's back on the market. (You still have a chance to buy it!!) Did you know you can't get cards in bubble gum wrappers anymore? The gum was staining the cards—not good for trading. (Bazooka has recently started issuing packs where the gum is sealed tight.)

Pete showed me these really cool holographic cards—3.5 seconds of baseball action. We used to call them 'magic motion'—remember in Cracker Jacks—the hula dancers? Well, I wound up buying, for my daughter, a holographic card of Barry Bonds. He is sliding into second base—dust and everything—3.5 seconds of genuine baseball action. I love it. I paid for the card and got my 10% discount 'cuz I'm a Moscow Food Co-op member.

Pete likes "what the Co-op represents and likes to do things that are good for the community."

But we are running out of column space now, and to use a line of Pete's, "I think we've covered all the bases." Grin.

Brown's Cooperstown is located at 202 South Main Street in Moscow. Their hours are M-F, 10 am -6 pm, and Sun. noon - 4 p.m.

Editor's note: We regret that we failed to mention last month that the profiled Partner in Business—the Beanery—is located at 602 South Main Street in Moscow. Their hours are M-Sat, 6:30 am -9 pm and Sun. 7 am -9 pm, with breakfast served until 11 am each day.

**"I want to make county government more responsive to the people. I will set aside Friday mornings to meet with any county resident."**

**Loreca Stauber**  
FOR COUNTY COMMISSIONER  
Democrat

**Vote November 5**

member of the Moscow Food Co-op for more than 20 years  
questions? call Loreca at 882-1133 or email at <lstauber@moscow.com>  
paid for by Committee to Elect Stauber, N. Chaney, treasurer

## Volunteer Profile: Carissa Neff

by Linda Canary



Carissa Neff is 8,000 miles from home. (This reminds me of an old folk song, Lord, I'm one, Lord, I'm two, Lord, I'm three ...). Anyhow, when she was 18 she moved to Guam to be a journalist, but was soon lured to traveling as a flight attendant all over the Indonesian islands, Japan, Australia, and Hawaii—until a year ago.

When I met her at the Co-op, we stood in the bread room with the sun pouring in while Carissa bagged the day's bread. She's a wavy-haired, slender gal with a clear gaze that takes in a great deal. She says, "I look like everybody here, but inside I'm different." And she gestures in the air with long tapered fingers as gracefully as any Balinese

dancer, the sunlight creating a halo around her silhouette.

I can only imagine the culture shock she's experiencing back here in the home of the brave. And I agree with her that everyone should experience being a minority somewhere. It would lead to a great deal more understanding and compassion in the world.

Carissa and her partner moved back to Idaho to go to school: she's in theater and English education; he's in tropical forestry. She says that school's been her biggest challenge yet, they take it seriously, and they work very, very hard. They expect to return to that other part of the globe in three more years. "I'll travel the rest of my life ... children don't have to slow you down."

Maybe not. This 25 year old Piscean has a lot of verve and spirit. She's scuba-dived with sharks. "Sharks!" I screech. "Oh yes," she says matter of factly, "gray reef sharks, they're beautiful—and in warm water there's so much for them to eat besides humans." I guess she was out of the country when Jaws came out.

Well, the bread room is beginning to fill up with people, and suddenly there are several of us in there sharing our favorite quotes. Carissa quotes Eleanor Roosevelt, "The greatest experiences in life are those that are unplanned." I reply that it was once said of Eleanor that she would light a candle rather than curse the darkness. Light a candle. "Be happy where you are." "Find beauty everywhere." We go on and on. The room is still full of light and, suddenly, we are all passing through it and going our separate ways, together. We take some of the light with us.

## Good-bye Bonnie, We'll Miss You!

by Therese Harris

Well, we've lost a wonderful person from the front lines at the Co-op. After more than six years with the Moscow Food Co-op, Bonnie Hoffman is moving on to become one of the city of Moscow's 911 Dispatchers.

As we sat in the Co-op parking lot talking and reminiscing about her time at the Co-op, several customers came over to ask if it was true—was she really leaving?

"It's time," says Bonnie. "I've always been someone who needs to be learning new things—'testing my boundaries,' my mother says, and I guess it's true...it'll certainly be a new challenge as dispatcher. I mean, a whole new language and way of looking at situations..."

Bonnie came to the Co-op originally as a janitor, a position she has held for nearly all of her six+ years at the Co-op, in addition to that of cashier, stocker, and Volunteer Coordinator.

Does it strike her that this career change is a bit, um, extreme?

Well, Bonnie laughs, It's definitely a change! Then she continues, But you know, it's still a service job—I'll be a civil servant—working with people, helping people, and in that way it's not that different. And it fits with the E.M.T. classes I was taking a while back. And, there are things about the compensation package that will help me take care of my kids better, like health insurance for all of us and even life insurance for me! I mean, I've never had life insurance before! And, much as I dislike the whole insurance thing, it is something I have to think about, as a single parent, for taking care of my kids.

We talked about the switch from working at the Co-op, with its almost stereotypical, politically liberal membership to working with

and for the 'Establishment'

"But, you know what," Bonnie said, "at the interview, several people on the panel said, 'You look familiar...' and when I said I worked at the Co-op, they're like, 'Oh, yeah! That's where I've seen you!' So they aren't all complete strangers. But the job environment is very different. Everything is in black-and-white, concrete—policies, job descriptions, wages, hours, everything is cast in stone!. I do have to wear a uniform, but no gun, no police training, none of that. I won't be a police officer, but I will work at the Police Station, answer their phones, work with the officers, and dispatch them. It will be very different from working at the Co-op."

When I asked her what she would miss the most about her Co-op job, Bonnie didn't hesitate.

"The people. Definitely. There are some customers who influenced me and helped shape who I am by my getting to know them. Like Gladys, who just had a hip replacement. You know, I hadn't seen her in a couple of months and I was wondering how she was doing. And she came in yesterday and she was walking! She was happy and her pain was gone! I was so glad for her and I hope God gives me that kind of strength to keep going!"

While she is going to miss her customers very much, she laughs, "I hope I never hear from you PRO-FESSIONALLY!" (And don't call 911 just to say hi!) But feel free to drop her a note at P.O. Box 9990, Moscow, ID 83843.

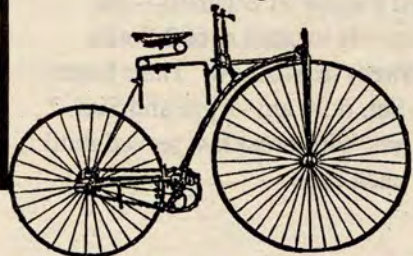
Bye, Bonnie, don't be a stranger around here, either!

### Pedal Express Delivery Service

Now you can have your  
**GROCERIES DELIVERED**  
from the Co-op

\$3.00 plus 5% of your  
grocery bill

Call 332-4260 for more  
information or to leave  
a message.



YOUR  
**RANCH  
DIRECT**  
BEEF SOURCE

BCR Salons BEEF

"WE KNOW OUR BEEF"

"Naturally raised, USDA  
approved beef and  
specialty meats."

Scott & Pamela Meyer  
Blaine Cattle Ranch

3466 Eid Rd.  
Moscow, Idaho 83843

(208) 883-0965

PALOUSE

**Ocularium**  
VISION CENTER

*Precise, professional eyecare.  
Comfortable Atmosphere.*

**William French**  
Optometrist  
7th & Washington  
Moscow / 883-3937

### YOGA

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

**New  
Session  
Begins  
October 21**

**Introductory, Beginning,  
and Advanced  
Classes.**

10% Discount for  
UI & WSU Students



# The results of a field trip to the Co-op!!

Yoshie Takami  
Kurajegal Hall  
Washington State University  
Pullman WA 99164  
August 8, 1996

Mr. Ed Clark  
Moscow Food Co-op  
310 W. 3rd Street  
Moscow, ID 83843

Dear Mr. Sams:

Thank you for inviting me to your shop. How the Moscow Food Co-op works? I am sure my parents and I will be able to do it. I will be a fine memory. See you again.

Sincerely,  
*Yoshie Takami*  
Yoshie Takami

State Dept  
Kurajegal Hall  
Washington State University  
Pullman, WA 99164  
August 18, 1996

Mr. Ed Clark  
Moscow Food Co-op  
310W 3rd Street  
Moscow, ID 83843

Dear Mr. Sams:

Thank you for being the tour guide for me on July 31. I'm from Nihon Commerce Summer Program. I had a very good time. I will be a fine memory. See you again.

Sincerely,  
*Etsuko Murai*  
Etsuko Murai

Naofuji  
Kurajegal Hall  
Washington State University  
Pullman WA 99164  
August 8, 1996

Moscow Food Co-op

Dear Mr. Sams:

How are you? Thank you for your explanation of your shop. I enjoyed it. I was surprised at big cucumber, cheese peaches, TOFU, and sour breads! You gave me a piece of the bread. I'm most grateful to you. But it's too sour for me. I can't forget the taste. I hope to eat another bread when I go to Moscow Food Co-op again. Peach is one of the expensive fruits in Japan. The shop where I work sells a peach about 150yen (1=111yen). How delicious! Japanese cucumber tastes different from American cucumber. And it's smaller than American's. But the size of cucumber is good for ASAZUKI. ASAZUKI is Japanese traditional foods. make with some vegetables - for example cucumber, cabbage, Chinese cabbage - and a lot of salt. You only massage the material. Please try it.

I hope to go Moscow Food Co-op one more time. Thank you again.

Sincerely,  
*Naofuji*  
Naofuji

**Washington State University**  
Intensive American Language Center  
International Programs

Bryan Hall 101  
P.O. Box 845110  
Pullman, WA 99164-5110  
509-335-6875  
Cable Address: wstucmos  
TWX 510-776-1091  
FAX 509-335-2373  
e-mail: ialc@wsuvm1.cpc.wsu.edu

New Address:  
Intensive American Language Center  
McAllister Hall 116  
Washington State University  
Pullman, WA 99164-3251

August 23, 1996

Mr. Ed Clark  
Moscow Food Co-op  
310 W. 3rd Street  
Moscow, ID 83843

Dear Mr. Clark:

Thanks so much for taking our students on a tour of the food coop. As you will see from the enclosed letters from students, the message of the coop did get through to at least one, and the others enjoyed themselves for a variety of reasons. I am really grateful for your help and the cooperation of the Moscow Food Coop. (By the way, the sample letter I wrote to demonstrate a thank-you letter to the students was addressed to "Dear Mr. Sams", and they often take things very literally. That's why you appear here to be Mr. Sams, even though your name is clearly in the address.)

Sincerely,  
*Linda Brady*  
Linda Brady  
Coordinator, Nihon Commerce Summer Program

Yukiko Kinugasa  
Kurajegal Hall  
Washington State University  
Pullman, WA 99164  
August 8, 1996

Mr. Ed Clark  
Moscow Food Co-op  
310W 3rd Street Moscow, ID 83843

Dear Mr. Sams:

Hello. Thank you for being the tour guide for me. I'm student of Nihon University in Japan. I'm interesting to your store. Japanese co-op is 5 times square than Moscow's co-op. And in Japan, there is not selling by measure. (I bought cherries in your shop. It was so delicious.) All products package.

I think Moscow's co-op is so friendly. I enjoyed in your store. Japanese co-op is big, so that it's not friendly. I don't like much.

I hope that Moscow's co-op is good store to everybody. If I'll come to WSU again I hope to visit to Moscow's co-op. Thank you again.

Sincerely,  
*Yukiko Kinugasa*  
Yukiko Kinugasa

AYAKO KOBAYASHI  
Kurajegal Hall  
Washington State University  
Pullman, WA 99164  
August 6, 1996

To the Moscow Food Co-op

Dear sir

Hello. How are you? Do you remember me? I want to say thank you for your kindness of introduction of food co-op. I am interested in natural food and I'd like to see the shop from the environment position. So I think food co-op is so great as a cooperative. If there were a lot of healthy food shop like the Moscow food co-op in Japan, I would be more healthy. I want to visit your shop again. Thank you and say hello to the another shop assistant. Please. Good bye!

Sincerely,  
*Ayako Kobayashi*  
AYAKO KOBAYASHI

Masao Hino  
Kurajegal Hall  
Washington State University  
Pullman WA 99164  
August 18, 1996

Mr. Ed Clark  
Moscow Food Co-op  
310W 3rd Street  
Moscow, ID 83843

Dear Mr. Sams:

Thank you for explaining in your store a few days ago I was surprised to sell a lot of Japanese food. I think a natural foods is good for health.

If so thank you again.

Sincerely,  
*Masao Hino*  
Masao Hino

# Food & Nutrition

## Winter Squash

by Pamela Lee

Winter squash start appearing in markets as early as late August and September causing some folks to complain that these shapely vegetables would more appropriately be named "fall and early winter squash." Others contend that winter squash should be called "hard squash" to distinguish them from their soft rind cousins like zucchini and crook neck. For years I hadn't cared one way or the other what they were called; I didn't like them, or so I thought.

My mom loves winter squash, so I ate a lot of it growing up. She'd halve a big acorn or Hubbard squash and bake it in the oven with lots of butter and brown sugar. This had been the sum of my experience with hard squash, and I hadn't been impressed. After I left home, I avoided eating winter squash. This strategy lasted some twenty-three years. Then, about four years ago, the Coop's produce section had an unusually large variety of organic winter squash in stock. They were beautiful to look at—with all their variation in color and form. Lured by their looks, I decided to buy one of each variety and put my prejudice against these starchy veggies to a test. Each squash was conveniently labeled identifying the varietal name. This meant I could easily keep track of any particular variety I might like. Wanting to be systematic and consistent in my approach, I decided I'd better cook them all using the same technique. I steamed them. I ate one squash at a time, tearing off the Coop's adhesive label, resticking it to a piece of paper where I noted how each squash tasted and whether I liked it or not. I'm sure you've already guessed: I did end up liking some of those winter squash. I am, in fact, now a big fan of Sweet Dumpling, Golden Nugget, Kiri, and Delicata squashes. These varieties do not need the butter or the brown sugar of days past to dress them up. I found them so sweet and delectable that I often eat them with just a bit of salt and freshly ground black pepper. Since that tentative and

experimental venture four autumns ago, I've eaten lots of winter squash — oven baked, steamed, stuffed, stir-fried, in soups, pureed, in pies. I've even grown my own Sweet Dumplings; I like them so much I wanted to be sure I would be able to eat them. Now I keep a supply in the freezer.

### Some Squash Varieties

*Sweet Dumplings* are small squash, often weighing less than a pound. These sweet squash have distinctive green stripes that run along the recess of the squash's fluting. The green is set against a rich cream background. When cooked, the yellow flesh is rich, starchy, somewhat grainy, full-flavored, and sweet and nutty tasting.

Cooked, even the rind is edible and delicious. If stored for long, Sweet Dumplings will turn a golden hue, losing the green and cream coloring. If you can wait that long to eat these delicious little gems, you'll be rewarded with an even richer, nuttier squash.

*Carnival* is a cross between an acorn squash and a Sweet Dumpling. It is similar in size and shape to an acorn squash but is colored like a Sweet Dumpling (cream with green stripes). The flesh is deep yellow, sweet and flavorful.

*Acorn* may be the best known variety of the smaller winter squashes. They resemble a fluted acorn in shape. At their best, they can be sweet, but can as often be (in my still-prejudiced opinion) bland. Acorn squash are green, orange, or cream colored. The green ones are more apt to be sweet and flavorful.

*Delicata* is a tiny- to medium-sized oblong squash. It is cream-colored with green stripes. Its coloring greatly resembles that of Sweet Dumpling, except for its shape and less pronounced fluting. The texture of the flesh is light, sweet, fine, and moist. One food writer likened the taste of a baked Delicata to corn, butternut squash, and sweet potato. As with Sweet Dumpling, Delicata's rind becomes tender and tasty when cooked.

*Butternut Squash* are bottle-shaped, light-yellow to golden-cream colored squash. They are sweet and nutty tasting.

*Golden Nugget* is a small, round squash with very thick (inedible) rind. Its flesh is rich, sweet, and nutty. To me, the intensely orange *Kiri* squash resembles Golden Nugget in both appearance and rich, complex flavor.

*Mini-Pumpkins* have been popularized as holiday decor, and even though they are pumpkins, not squash, they are edible and wonderfully delicious. They can be cooked after you've enjoyed them as decoration. Their flesh is even

sweeter than oven-roasted pie pumpkin.

*Spaghetti Squash* can be used as a substitute for noodles.

This pale-skinned squash is oblong and heavy. The best flavor is obtained by baking, though the pulp can also be steamed if you are in a hurry.

### Selection

Choose squash that feel solid, heavy, and have firm skin. As winter squash dry out and lose their freshness, they become lighter and feel spongy to the touch. The skin of a good, ripe squash should appear dull (not shiny). If you can easily pierce the skin or scrape the skin off with a fingernail, then the squash is probably immature and the flavor will likely be bland. Avoid squash that have been waxed; waxing masks the condition (and age) of the squash skin and it isn't a good idea to eat waxed skin.

### Storage

Refrigeration is not recommended for hard-rind winter squash. Most winter squash will keep at least a month in a cool, dry, well-ventilated spot, such as a dry basement or a root cellar. Softer rind varieties, like Delicata and Sweet Dumpling will not keep quite as long. Warmer temperatures and higher humidity will shorten the shelf life of your squash. The color

of some squash skin will get paler in storage, but if properly stored, the flavor of the flesh may actually deepen. Once a squash is cut, it should be wrapped and refrigerated and used in three or four days.

### Preparing and Cooking

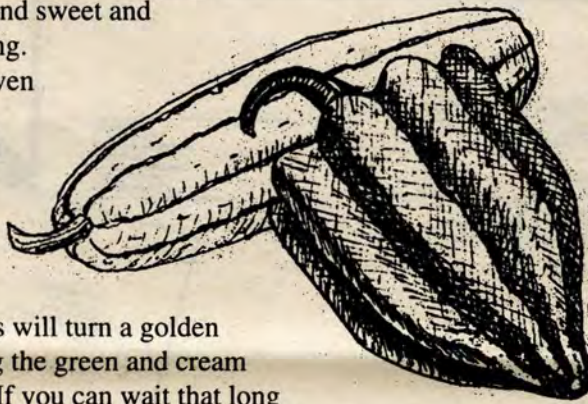
Wash your squash first, even if you aren't going to eat the rind. Any dirt or microbial contamination on the outside of the rind can be transferred to the inside as you slice it open.

It can be a real challenge to cut through the tough rinds of some squash. I've used both a Chinese cleaver with a wooden mallet and a good sharp chef's knife. Cut down from both sides of the tough stem, grasp hold of each half and crack the stem-end apart. (Do be careful to not cut your tender fingers.) I read an article by a woman who cracked a large 12-pound Hubbard squash by dropping the cumbersome vegetable on her cement patio. Smaller squash with tough skin can be softened in the microwave. First, pierce the rind in several places, cook it in the microwave for a minute or two (long enough to soften the rind), then slice. Once the squash is open, remove the seeds and the stringy membrane.

Squash can be prepared in a myriad of ways. If you are steaming or baking squash, you can season the flesh by sprinkling it with an herb or spice, such as nutmeg, mace, allspice, cumin, coriander, marjoram, rosemary, sage, basil, or dill. If you hunger for something sweet, you can use the traditional brown sugar or try real maple syrup, honey, a fruit syrup or jelly. If you want something spicy-hot, drizzle some hot Thai oil or your favorite salsa on the cooked squash. A good salad dressing or an oil-and-herb vinegar dressing make tasty toppings as well.

Baking gives maximum flavor. Clean and halve the squash. Place the halves cut-side down on a foil-covered baking sheet. Bake them in a preheated 350° oven for 40-60 minutes, or until they're tender throughout. It's better to overcook squash than to under cook it (and end up bland, fibrous flesh).

Small squash can be baked whole. Check for doneness by piercing the flesh to see that it is



tender all the way through. Then, cut off the top, scoop out the seeds, and add your oil, seasoning, or sweetener.

Steaming squash is quicker than baking, but results in less intense flavor. Place the clean squash halves 'cut-side' down on a steamer rack. Cover and cook about 20 min., or until tender throughout. For a quicker steam, peel, and cut the squash into rings; cover and cook.

### Butternut Squash Soup

This recipe was clipped from a newspaper ages ago—I don't know who or what paper to credit. This soup is both tasty and its easy to prepare. I don't use the full amount of fat called for, and olive oil can be substituted for the butter. If you use oil, the flavor will, of course, be different. Sorry, no measurements were given for the seasoning.

- 1 butternut squash
- 1 large onion
- 8 T. butter
- cinnamon
- nutmeg
- thyme
- salt and pepper

Peel and cube squash. Boil in water until soft. Mix in blender with sufficient water to desired soup consistency. Sauté onion in butter with spices to taste. Add to squash and cook over medium heat 15-20 minutes. Additional vegetables, such as pieces of spinach may be added for color and variety.

### Roasted Butternut Squash with Shallots and Thyme

This recipe is from the November/December 1994 issue of *Cook's Illustrated* magazine.

- A 2 lb butternut squash, peeled and cut into 1 1/2-inch cubes
- 6 shallots, peeled
- 2 T. vegetable or olive oil
- 2 t. minced, fresh thyme leaves
- Salt and pepper

Heat oven to 425°. Put squash and shallots in a roasting pan large enough to hold them without crowding. Toss with oil, and season with thyme and salt. Roast squash and shallots, stirring them or shaking the pan every 15 minutes, until they are tender and evenly browned, 45-50 minutes. Season with pepper to taste; serve warm or at room temperature.

### Twice-Baked Squash

This recipe is from *Rodale's Basic Natural Foods Cookbook* (available at the Co-op). Though it

calls for acorn squash, other varieties work, as long as the squash shell is hard enough to retain its shape after baking. Rice or soy milk can be used in place of the cow's milk.

- 2 medium-sized baking potatoes
- 1 medium-size acorn squash
- 2 T. butter
- white pepper, to taste
- milk
- ground nutmeg

Preheat oven to 400°. Bake potatoes for 20 minutes.

While the potatoes are baking, cut squash into quarters and scoop out seeds. Place squash in oven with potatoes and bake until 'fork-tender', about 25 minutes.

Carefully scoop squash and



potato from their shells and place in a large bowl. (Reserve squash shells.) Mash with butter and pepper, and add enough milk to make a smooth consistency. Fluff with a wire whisk or fork, and then gently spoon mixture into reserved squash shells. Garnish with nutmeg and bake for another 15 minutes. Serve in shells.

The following two recipes are from Marjorie Hurt Jones' *Allergy Self-Help Cookbook*.

### Spaghetti Squash Italian

- 1 large spaghetti squash (about 3 1/2 lbs.)
- Spaghetti Sauce or Pesto Dip

Pierce the squash deeply in several spots with a knife or cooking fork so steam can escape as it cooks. Place in a jelly-roll pan or baking dish. Bake at 375° for 25 minutes. Turn over, and bake another 20 minutes, or until the skin yields to gentle pressure. Allow to cool for 10-15 minutes.

Cut the squash in half cross-

wise. Remove the seeds and strings from the center with a spoon. Take a fork, and gently separate the flesh into strands.

Transfer to serving plates, and top with Italian Spaghetti Sauce or Pesto Dip.

### Pesto Dip

- 1 large, ripe avocado
- 1 cup basil leaves
- 1 T. lemon juice or 1/4 t. vitamin C crystals
- 1 garlic clove, minced or 1/8 t. garlic powder
- 1/4 cup pine nuts
- 1/2 t. olive oil

Cut the avocado in half and remove the pit. Scoop out the flesh, and place in the bowl of a food processor or blender. Add the basil, lemon juice or vitamin C crystals, garlic and pine nuts. Process for about 2 minutes, stopping several times to scrape the sides of the container. Transfer to a small bowl, and coat the surface with the oil. Chill. Use within 24 hours. A few more pine nuts can be scattered on top when served.

NOTE: Pesto Dip will discolor if left exposed to air, so if you don't plan to use it immediately, coat the surface with a film of oil.

### Delicata Squash with Tomato-Cilantro Dressing

This is from the September/October issue of *Eating Well* magazine. The author notes that "for this dish, deep yellow-gold rings are topped with bright tomato and cilantro. If the cilantro still has its fragrant roots, scrub them well, chop fine and cook with the onion for a considerable flavor boost.

- 2 Delicata squash (about 1 lb. each)
- 1/4 t. salt, or more to taste
- 2 T. olive oil
- 1 medium red onion, chopped
- 1/4 t. ground cumin
- Pinch of ground red pepper (cayenne)
- Pinch of ground cloves or allspice
- 1 plum tomato, diced
- 2 T. cider vinegar
- 1/2 t. honey
- 1/2 cup fresh cilantro leaves (no stems), coarsely chopped

With a vegetable peeler, zip skin from squash, leaving what remains naturally in the indentations. Trim the ends and cut the squash in half lengthwise. With a melon baller or spoon, scrape out and discard the

seeds and fibers. Cut crosswise into 1/2-inch slices.

Set the slices on the rack of a large steamer and sprinkle with 1/4 t. salt; cover and steam until tender, 5-10 minutes. Transfer the cooked squash to a serving dish.

Heat 1 T. of the oil in a skillet over medium heat. Add onions and sauté until tender, about 2 minutes. Add cumin, red pepper and cloves or allspice; stir briefly. Reduce the heat to low and add tomatoes, vinegar and honey. Cook, stirring, just until the tomatoes are juicy. Remove the pan from the heat, stir in half of the cilantro and the remaining 1 T. oil; season with salt. Spoon the sauce over the reserved squash and sprinkle with the remaining cilantro. Serve warm or at room temperature. Serves 4.



# October Specials

October is National Co-op Month. In celebration, please present your Co-op membership card to receive sale prices during the month of October. Non-members will not receive discounts during National Co-op month.

Frontier  
French Roast  
Coffee

\$6.99/lb.

Save 15%

The Herb & Spice Specialists



Brown Cow Yogurt

8 ounce, Assorted Flavors

78 cents each

Save 20%

Cascadian Farms  
Meals for a Small Planet

Cajun, Oriental, and Indian

\$2.39 each



Save 15%

AFTER THE FALL

Vermont's Juicemakers

Cranberry Grapefruit Juice

32 ounce

\$2.99 each

Save 25%



Crystal Geyser  
Mineral Water

Lemon, Lime, Orange, and Plain

85 cents each

Save 20%



Lundberg  
Hot 'n Creamy  
Rice Cereals

Purely Organic, Amber Grain,  
and Sweet Almond

\$1.89 each

Save 15%

WESTBRAE  
NATURAL

Organic Canned Beans

Split Peas, Lentils, Black Beans and Soup Beans

\$1.19 each

Save 20%



# October

## Kids page

by Robin Murray

### Did you know...

that the Nez Perce did not always live in teepees made from animal skins?



Before Europeans brought horses to America, skins were too heavy to carry. The Nez Perce used Tule Reeds to cover their teepees.

LOOK FOR THESE BOOKS AT THE LIBRARY:



The Nez Perce by Alice Osinski  
Thunder Rolling in the Mountains

by: Scott O'Dell & Elizabeth Hall (a chapter book)

# Try This:

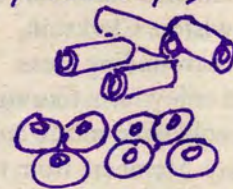
## Bead Necklace

the Nez Perce are famous for their beadwork!

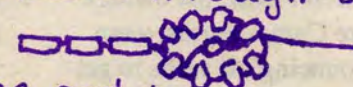
You'll Need:



- Beading Needle (very small eye)
- Thread
- Tiny round beads
- Tiny tube beads
- Scissors



- 1 Cut a piece of thread about twice as long as your arm. Thread through needle and tie a knot in the end.
- 2 Thread four tube beads and eight round ones. Bring the needle around through the first round bead. Add another round bead and then bring the needle through the fifth round bead.
- 3 Repeat steps one and two until the necklace is long enough to slip over your head. (about 24 inches) Tie a knot in end



and snip off the end.



# Food Fun!

## Tortilla Teepees

Cut a round flour tortilla in half. Form half into a cone, overlapping slightly. Secure with a toothpick.

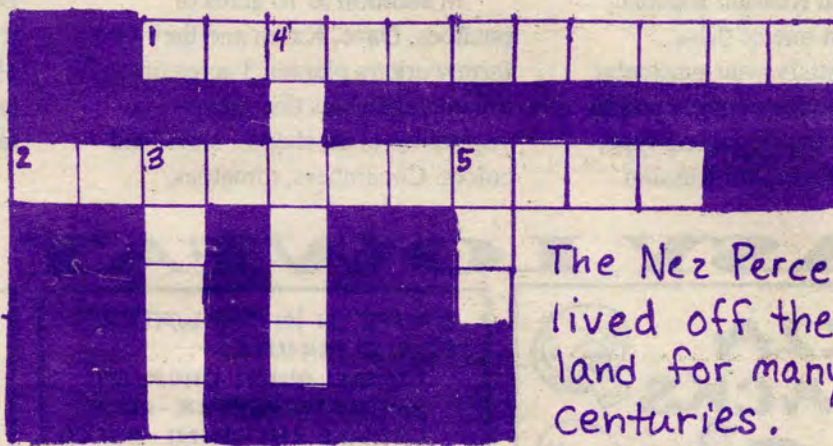
Dip ends of three pretzel sticks in peanut butter and insert into top of teepee adhering to side with peanut butter.



Paint sides of teepee with food coloring and clean paintbrush or toothpicks.

adapted from Better Homes & Gardens

# PUZZLE:



The Nez Perce lived off the land for many centuries.

See if you can figure out these Nez Perce Foods: DOWN:

ACROSS:

- 1 This root plant was ground and made into cakes.
- 2 We still enjoy this berry today.

- 3 This root food had pretty blue flowers
- 4 This fish was a main staple food
- 5 This large animal gave meat & leather

# Camas Farms— A Five-Year Celebration

by Eva Strand

On a sunny, hot Sunday afternoon at the end of August, Camas Farms put on a magnificent celebration for five years of growing and selling organically-grown produce. Bunches of satisfied customers from Moscow, Lewiston, Clarkston, Orofino and surrounding areas showed up to enjoy farm touring, tasty eating, cold beer, music and good company. Members from the education committee at the Co-op and I drove nearly one hour from Moscow, through Kendrick and Cavendish and down the old Ahsahka grade to get a glimpse of what organic farming is all about.

What struck me first was the enormous energy level at the farm: Dave and Karen Fisher, the owners of the 55-acre Camas Farms, were constantly bouncing off walls to get things going. You can taste this energy if you pay a visit to the Camas Farms produce booth at the Moscow Farmers Market on Saturday mornings. You get the impression that "it is happening" at Camas Farms.

Today, the major crop at Camas farms is potatoes, to be more exact, 10 acres of a wide assortment of delicious potatoes: Yukon Gold, Yellow Finn, Red Ruby, Red Norland, Desiree, Caribe, Burbank Russet, Gold Rush Russet, Butterfinger and Russian Banana. I'm sure at least one of these varieties will satisfy your particular potato-taste. The fashionable potato of the 1990's is the fingerling type, such as Butterfinger and Russian

Banana. Dave gets a good price for them at restaurants and specialty markets, and I must admit they are very good. Fingerling potatoes are small, two to six inches long, shaped like "fingers," and the flesh has a rich golden color and nutty, buttery flavor. I just boil them in water and enjoy with some salt and butter, but they are also great for sautéing, roasting or in salads.

Potatoes are quite far from where Dave and Karen started out in 1990, when they bought a small farm in Ahsahka, Idaho. They were thinking more along the lines of organic blueberries, goats and free-range chickens.

"The goats didn't like it much here," says Dave. Today there are no blueberries or chickens on the farm either. (At least I didn't see any....) There are lots of dogs though, and horses, not to mention Karen and Dave's two children: Ellen and Grant.

In addition to 10 acres of potatoes, Dave, Karen and their two farm workers planted 3 acres of mixed vegetables this year—vegetables of all shapes, sizes, and colors. Cucumbers, tomatoes,

eggplant, all kinds of salad greens, herbs, and more are grown in greenhouses that are productive from April through November. During the tour we frequently sampled the growing goodies

such as round, yellow lemon cucumbers, oddly-shaped, large-but-very-tasty Brandywine tomatoes; and lots of the different kinds of salad greens that are sold in Camas Farm's famous salad

mix. This mix contains peppery mustard greens, tangy arugula, edible baby chrysanthemum, flavorful bok choy and maybe also some good old lettuce. It is one of my favorite treats from Camas Farms. There's no doubt in my mind that eating baby chrysanthemums will make just about anybody blossom!

Outside the greenhouses there are long rows of zucchini plants, various types of squash, Jerusalem artichokes, onions, leeks, fennel, bush beans, and more:

"Zucchini is a problem!" Dave admits. "Right now we are harvesting 2,000 pounds a week. They grow to harvest-size in two days!"

The crops are watered with snow melt from the two farm ponds. Dave and Karen use a trickle-irrigation system, and because of its efficiency Dave recommends this type of irrigation system to all farmers or gardeners.

"It takes 16,000 gallons of water

to water just the zucchini," says Dave. But at the end of August there is still water in the pond, so it looks like they'll be self-sufficient on water this year, too.

During the farm tour I learned that organic farming takes hours and hours of manual weeding and that it is marginally profitable.

"We sell Christmas trees in the winter to pay off our debts from farming," says Dave. I'm not sure if he is joking or not.

Raising potatoes and vegetables organically means lots of weeds and is very labor-intensive. The definition of organically-grown is that a crop is grown without the addition of synthetic fertilizers, herbicides, insecticides, fungicides, arsenicals, or other synthetic materials. These materials can not have been applied for a minimum of 3 years prior to certification.

Weeds are controlled by lots of cultivation early in the season and hours and hours of hoeing later. The fertilizers used at Camas Farms are composted animal manures and fertilizers such as fish emulsion. As a matter of fact, next year's potatoes will be grown where the horses are grazing and naturally fertilizing the fields this year. Insects are controlled through careful crop rotation and with botanical pest controls.

Organically grown produce is generally more expensive than conventionally grown, and by now you can probably guess why. Right, higher labor costs. However, by buying organically grown from Camas Farms you are supporting a small, local family farm and avoiding potentially harmful chemicals.

Now, how do you get hold of the goodies from Camas Farms? You're lucky—there are many ways.



## EASY LOWFAT EATS BY GINNY CLARK

**PIZZA SNACKS**

©1996 GINNY CLARK

SAUTE IN 1/2 CUP WATER FOR 10 MINUTES  
 1 SMALL ONION-CHOPPED  
 1/2 GREEN PEPPER-CHOP  
 1 SMALL ZUCCHINI-SLICED  
 6 MUSHROOMS-SLICED  
 THEN ADD & STIR TO HEAT  
 3 T TOMATO PASTE  
 1/2 t OREGANO

T-TABLE SPOON t-teaspoon

SPLIT & TOAST  
 4 ENGLISH MUFFINS  
 SPOON ON TOMATO MIXTURE  
 BAKE IN 400° OVEN  
 FOR 5 MINUTES

A SAVORY SNACK  
 OR SERVE WITH  
 A GREEN SALAD  
 FOR LUNCH!!

Camas Prairie ... (cont. from page 7)  
Buy Camas Farms potatoes and produce directly from Karen and Dave at their booth at the Saturday Farmers Market in Moscow or look for their greens in the produce section at the Moscow Food Co-op. You can also sign up for a weekly vegetable delivery if you live in Moscow, Lewiston, Clarkston or Orofino. Contact Karen or Dave if you are interested in a subscription of the veggies and potatoes of the week. The season is pretty much over for this year, but keep this chance for garden fresh veggies in mind for next year.

One more thing: Karen and Dave have published a recipe collection featuring recipes of seasonal vegetables from around the world, "The Camas Farms Folk Cookbook." The recipes are inspired by the Mediterranean, Southeast Asia and Central America, and use fresh, unadulterated ingredients. The Arugula and Black Olive Pesto is excellent and the Green Bean and Zucchini Salad gave me great ideas on how to prepare the harvest from my own garden. The Thai Green Chili Sauce is certainly hot, while the Sweet Corn Chowder is generously sweet. Treat yourself to an inspiring recipe collection the next time you wander by the Camas Farms produce stand at the Farmers Market!

With Dave's permission, here are a couple of recipes from the Camas Farms Folk Cookbook. Enjoy!

#### Arugula and Black Olive Pesto

Toss this tasty pesto into a bowl of steaming fresh pasta. I serve this dish with a tomato salad and oven-fresh bread.

- 1 can of black olives (or Greek or Italian olives)
- a handful of arugula (2 oz)
- 2-3 Tbsp. grated parmesan cheese
- a handful of walnuts
- olive oil
- (I also added a clove of garlic)

Drain the olives (and pit if necessary), and chop them in a food processor. Add the arugula, parmesan and walnuts. Drizzle in a little olive oil.

#### Broccoli, Spinach, and Mushroom Frittata

This hearty Italian style omelet is great for breakfast, lunch or dinner. Garnish with a dab of sour cream, salsa, some fresh tomato, and fresh herbs.

Chop one large or two small stems of broccoli into small pieces. Wash and chop a handful of spinach and slice a few mushrooms. Sauté broccoli until almost tender. Briefly sauté spinach and mushrooms and put everything in a mixing bowl. Add to the bowl, six eggs, a little milk, salt, and pepper. Sprinkle in some fresh herbs (parsley, thyme, marjoram, basil...). Mix and pour into an oven-proof skillet, on low heat. Preheat the oven broiler. Grate mozzarella cheese for topping. When the eggs are cooked on the bottom but not yet set on the top, add the mozzarella and sprinkle on some parmesan cheese. Pop the whole thing under the broiler until the cheese melts. This should only take a couple of minutes. Cut in pie-shaped pieces, garnish, and serve!

**"I will work to increase communication and cooperation both by visiting people in their communities and by taking advantage of electronic technology, public access television, and other media."**

**Loreca Stauber**  
FOR COUNTY COMMISSIONER  
Democrat

Vote November 5

member of the Moscow Food Co-op for more than 20 years  
questions? call Loreca at 882-1133 or email at <lstauber@moscow.com>  
paid for by Committee to Elect Stauber, N. Chaney, treasurer

UPPERCRUST



Wholegrain Bakery

FRESH BAKED, ORGANIC, NATURAL  
EVERY DAY

**Moscow Food Cooperative**  
a multi-natural corporation  
310 W. Third, Moscow, Idaho



#### Animal Care Center

328 N. Main, Moscow, ID 83843  
8:00-5:30 Monday-Friday  
(Thursdays until 7 pm)  
(208) 883-4349

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

*This is the last month Ginny Clark will be submitting recipes to the newsletter as she is moving. We wish to thank her for her commitment to the Newsletter and wish her the best of luck!*

## EASY LOWEAT EATS BY GINNY CLARK

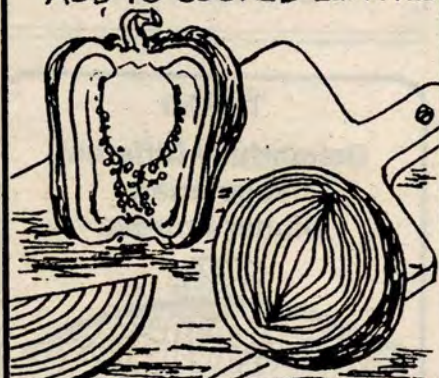
### LENTIL CHILI

SIMMER IN COVERED PAN  
FOR 45 MINUTES  
1 CUP LENTILS  
2 1/2 CUPS WATER



YES, LENTILS ARE THOSE  
TINY BROWN 'THINGS.'  
©1996 GINNY CLARK

CHOP  
1 LARGE ONION  
1 GREEN BELL PEPPER  
ADD TO COOKED LENTILS



t = teaspoon

ALSO ADD AND STIR IN  
1 CAN TOMATOES (14 1/2 oz)  
1 CAN TOMATO SAUCE (15 oz)  
3 t CHILI POWDER OR MORE  
1/2 t CUMIN  
1 t OREGANO  
1/2 t SALT  
1/4 t RED PEPPER FLAKES  
OR MORE (OPTIONAL)



SIMMER 20 MINUTES

ENJOY A BOWL OF  
PIPING HOT CHILI!!

→ PROBABLY SERVES 4 →



LENTILS ARE LOADED  
WITH FIBER AND IRON!!

# Family & Friends

## Get Control of Your Stuff!

by Robin Murray

"I gotta get organized!" I said to myself as I searched through piles of clutter for the scissors. I had told myself this many times before, but so far all my efforts to gain control over my stuff had failed. I wasn't ready to renounce all earthly possessions, but it was obvious that something had to change.

The next time I visited the public library, I decided to see what the experts had to say. Now, two and a half years later, I still consider our house an organizational "work-in-progress," but I feel much better about my day-to-day life. Just by learning a few little rules, I gained a great deal of control over my material possessions.

Rule #1: Clutter and disorganization are not the same thing. When it comes to stuff, your level of organization is judged solely on your ability to retrieve. If your desk appears to be a mess, but you can immediately lay your hands on any item you want, relax. You're organized. If, however, it takes you five minutes just to find a pen, and when you do, it doesn't even work, the

time has come to get organized.

Rule #2: If something hasn't been used in the last year, you should seriously consider getting rid of it. "But I might need it some-day..." is true, but look at the object in terms of value versus space. We pay \$375/month for 630 square feet. That's \$.625 per

square foot per month or \$7.50 per square foot per year. Is the object worth more than the money you're spending storing it? It may be more cost effective to give it away and then buy another one when you do actually need it. With sentimental objects you might consider taking a photograph and then keeping the photo instead of

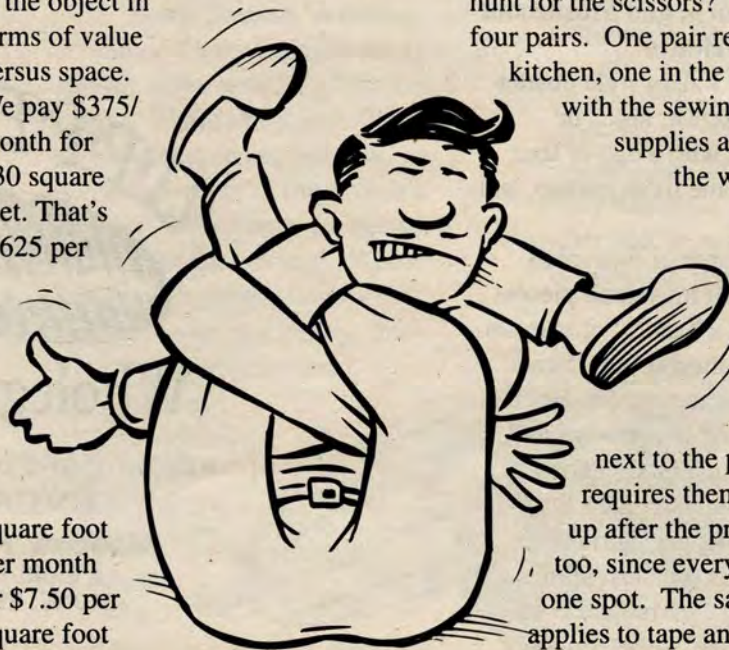
the object. However, if your heart won't part with it, let yourself keep it.

Rule #3: Sometimes getting organized means getting more stuff. That's right, more. Remember my hunt for the scissors? We now have four pairs. One pair resides in the kitchen, one in the desk, one with the sewing/mending supplies and one with the wrapping paper. When

I need them, there is no hunt. They are right there

next to the project which requires them. Cleaning up after the project is easier, too, since everything goes in one spot. The same thing applies to tape and other low-cost items which get used in various locations for various purposes.

Rule #4: Break down your



organizing needs into small, completable tasks and work on only one at a time. To do this, mentally go through your day, noting the points at which you are slowed down or inconvenienced by your stuff. Next, decide what it would take to solve the problem. Finally, prioritize. Which area should you tend to first? For me, my trouble started when I got home from work and tried to hang up my coat on a hook already holding three other coats. My first organization project involved getting rid of one of those three coats and installing a bar for hanging the remaining ones properly. Money was an issue, so I used the handle from a broken shovel. Someday I'll buy a better looking bar, but even the shovel handle looks better than the pile of soggy coats on the floor below the hook. More importantly, I don't walk through my front door feeling frustrated because of coats anymore.

Rule #5: No whining! You can't get there without going, so just roll up your sleeves and get started! You'll be glad you did!

### Wouldn't It Be Nice

not to have to plan dinners, but still have healthy, delicious, hot meals? And at a fraction of the cost of going out to eat?

**MAID FOR A MEAL**  
makes dinner enjoyable again!

Call Mary Jo Knowles  
882-4643  
for more information.

### Moscow Idaho Seed Company

Division of George F. Brocke & Sons, Inc.

Supplier of bulk locally grown:

- split peas
- lentils
- garbanzo beans
- red chief lentils

Be part of the Palouse!

223 W. 8th Moscow  
208-882-2324  
Mon-Fri 8-5



## 坤

### Karen Young Acupuncture & Wholistic Massage

Techniques include Polarity,  
Ayurvedic Massage, Shiatsu,  
Swedish/Esalen and Reflexology

By appointment  
208/883-8894

### Paradise Farm Organics' Mailbox

Dear Mary Jane Butters,

I am writing at Creek Cabin, 16 miles up the West Fork of the Gila River in the world's first designated wilderness area. It is a good place for a wilderness ranger to enjoy your **chili ecocuisine**.

My name is Lucas Cox and this is my first season as wilderness ranger; for this, and for the opportunity to test your simple food, I am thankful. Buying organically grown food, to me, is one of the single most effective means of environmental conservation. For me, one who picks tiny bits of aluminum out of fire-rings, this food choice makes my low impact lifestyle that much more effective.

Again, I thank you and encourage your efforts.

Sincerely,  
Lucas Cox  
Silver City, New Mexico

Available at the  
Moscow Food Co-op



### Micro Moviehouse

Great Movies!!  
Only \$2.00!

3rd & Almon - Moscow  
882-2499



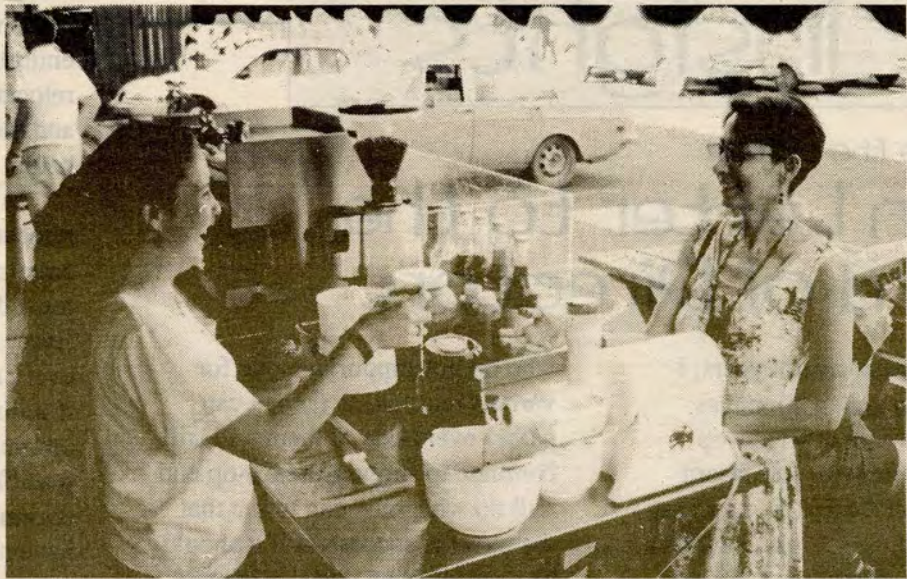
Now with two locations  
Serving up the fabulous Greek Gyro, and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow  
(across from the theatres)  
527 S. Main 882-0780  
Pullman  
(next to Burger King)  
NE 1000 Colorado 332-8902

Try Our  
Delightfully Different  
Vegetarian  
Dinner Entrees

The  
**BEANERY**  
More than a coffeehouse

# The Co-op's New Coffee & Juice Bar!



Have you stopped by the Co-op's Coffee and Juice Bar yet? If not, give it a try. It's open from 7 to 7 each day!



*Where good food is made easy!*

- Fresh Pasta and Sauces
- Raviolis, Lasagnas and Entrees
- Ready to eat lunches

Open Monday thru Saturday 10 AM - 7 PM  
and Sunday Noon - 5 PM

1420 S. Blaine at the Eastside Marketplace  
882-4120

**Earth's First Food...Super Blue Green™ Algae**  
An Outstanding Natural Food *"Wild Grown and Organic"*  
PLUS  
An Outstanding Natural  
Income Opportunity.

**Satisfied Consumers Report:**

- Increased physical stamina & mental clarity
- Strengthened Immune function
- Reduces fatigue, PMS & allergy symptoms
- Reduced appetite & cravings ...& more!

**1-800-235-7130 for FREE Audiotape & Information Pack**  
Organic Whole Food Health Inc.

# Insights

Letter to the Editor:

## Open Letter to the Board of Directors

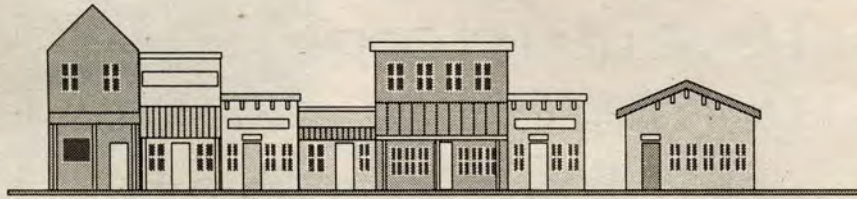
Over the past several years, I have been engaged in countless conversations with other Co-op members, employees, and Board members about the issue of moving the location of the Co-op to another facility. Throughout every one of these dialogues, certain elements are always present, themes that become more clear and coherent the more we all talk. The overriding ones are as follows:

1) Everyone has the Co-op's best interest in mind. We all do what we do in order to best ensure that the Co-op will survive. The debate is only about what is the best action, most certain direction to move in to achieve this end.

2) The move, if it is to happen, must be done in such a way as to alienate as few members and customers as possible. With each individual member's or customer's support lost, the likelihood increases that the relocation will fail.

3) Finally, among those members

who do not support a move for various reasons, as far as I can gather every one of them will still continue to support the Co-op and will do what they can to see that the move is successful if it should be decided in an open and democratic way to relocate the Co-op.



Therefore, I can draw three over-riding conclusions out from these principles:

1) In pursuing a new location, the process must be always completely open to member input. To say every scheduled meeting is open to members is not enough. If an aspect of the move is to be discussed in a particular meeting, an effort must be made to invite and even solicit input from the membership. Ways of doing this are by articles in the newsletter (when timely), posting agendas and posters in prominent places, even

word of mouth as a last-ditch effort. A membership forum dedicated entirely to discussing possible relocations is particularly imperative, and the sooner it is scheduled, the better.

2) In investigating a possible relocation, we are by necessity entering the business world. We must be good business people. Every detail must be considered, every angle discussed to death even if it disgusts us to death. We must eliminate as many unknowns as is feasible. The let's just do it" mentality must go. In every area that we have no expertise, an expert must be engaged. Experience" with a particular aspect is not nearly enough. This is a time for well-informed decisions based upon expert information. If, for example, we must advertise nationally in order to hire a relocation coordinator and pay her or him more than we want to, so be it. Countless funds will be saved in the long run by doing it right in the first place.

3) We must be patient and united. If we get into negotiating for a particular location, we must have the maturity to relent and await a better alternative when the numbers don't add up, the voices of experts give warning or other signs of danger begin to surface. A divided membership is, in my opinion, one sign of danger.

—Ken Nagy



Release Stress  
Alleviate Pain  
Promote Relaxation  
Balance Energy  
Change Behaviors

Jackie McLennan  
Certified Hypnotherapist  
Reiki Master/Teacher

106 E. Third St Suite 1-B Moscow Id 83843 (208)882-9408



Reiki  
Imagery  
Hypnotherapy  
Flower Essences

James Johnson  
Reiki Master/Teacher  
Cert. Flower Essence Practitioner

## NATURAL BEEF

### FOR SALE

OUR RANCH RAISES HOMEGROWN STEERS, WITH THE USE OF NO HORMONES OR ANTIBIOTICS

WE SPECIALIZE IN CORRIENTE CATTLE, THE MOST GENETICALLY LEAN BEEF ON THE MARKET

(509) 334-0248

WE ARE CURRENTLY SEEKING ORGANIC CERTIFICATION FROM WASHINGTON STATE DEPARTMENT OF AGRICULTURE

### Quality Stone Grain Mills

Household and commercial models available.

Free Catalogue

Grass Roots Living

Dep. Mec 56  
HCR 60, Box 39P  
Bonners Ferry ID 83805-9505  
Phone/Fax (208) 267-7377



## Cycle Accident

by J. Thaw

A cycle of mistrust dissolved  
a bone or a belief wrecked  
a vehicle or an avenue haphazard  
hopeful ways to wonder how or why  
thoughts and feelings cleared away  
splinters and scraps removed  
a cycle of hatred drained  
the old unstirred fluids just beneath the surface  
beginning to see deeper into easily  
keeping sight through at great risk  
branded memories grafted or massaged over and over  
skin sewed back together growing  
a cycle of violence deceased  
driven with dissatisfaction or stable with tenderness  
constructive craziness or painful art  
love or careful inquiry  
the influences and stitches that pass through  
the blankets and scars that cover

**DISCOUNT**  
 For Moscow Food Co-op Members ONLY  
**10% OFF**  
 ALL SERVICES AND MERCHANDISE  
 with card

**COPY COURT**  
 Mon-Thurs: 7 am - 11 pm  
 Fri: 7 am - 8 pm  
 Sat: 10 am - 6 pm  
 Sun: 11 am - 11 pm

428 W. Third Street • Moscow, ID 83843  
 882-5680 • FAX 882-6091

"During my nine years on the Planning and Zoning Commission, I have learned to bring people together to help make progressive land use decisions."

**Loreca Stauber**  
 FOR COUNTY COMMISSIONER  
 Democrat

Vote November 5  
 member of the Moscow Food Co-op for more than 20 years  
 questions? call Loreca at 882-1133 or email at <lstauber@moscow.com>  
 paid for by Committee to Elect Stauber, N. Chaney, treasurer

**DR. ANN RAYMER**  
 chiropractic physician

Palouse Chiropractic Clinic  
 208-882-3723

803 S. Jefferson, Suite #3  
 Moscow, ID 83843

KEY BANK OF IDAHO

**KEY BANK**

THE KEY TO YOUR FINANCIAL FUTURE

609 S. WASHINGTON  
 MOSCOW, IDAHO  
 882-6504

Involved. Innovative.  
 Professional.  
 Member FDIC

Monthly Meetings  
 at the  
 Co-op

General Board of Directors  
 4th Thursday  
 5:30 p.m.

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

Finance/Legal  
 1st Tuesday  
 Noon - 1 p.m.

Education/Outreach  
 3rd Monday  
 2:00 - 3:00 p.m.

Everyone is Welcome!



Resource and Health Conscious Construction Design

Additions Remodels Light Commercial Compact Homes Passive Solar

**ESSENTIAL CONSTRUCTION**

John Dancey  
 Barb Ripperda  
 Bonded and Insured

(208) 882-1266

Now Open Sundays • 12-5

**-HOBBIES-**  
 Come See Our  
 New Educational Toy Department

Brio • Playmobile • Geo Safari • Creativity for Kids • Alex Art Center  
 Also: Books • Games • Chemistry & Science Experiments

Architectural Model Building Supplies • Top Quality Model Railroad Kits • Radio Control Models and Supplies  
 Model Rocketry • Doll House Kits • Miniatures  
 Military Simulations • Breyer Horses • Erector Sets  
 ...and much more!

Something for everyone...

**Hodgin's Drug & Hobby**  
 307 South Main, Downtown Moscow • 882-5536  
 Special Orders Welcome • Layaways Available

We're getting ready for our

**Holiday Bazaar**  
 (Again!)

This year you can expect to see...

- \* local crafts
- \* regional foods
- \* holiday cards
- \* body care/ aromatherapy
- \* toys
- \* housewares
- \* and much more

THE CO-OP

# Bulletin Board

## at the Co-op ...

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

**The Beanery** - 602 S. Main, Moscow

10% off the price of any meal at breakfast or lunch

**Brown's Cooperstown** - 202 S. Main, Moscow

10% discount on retail prices

**Columbia Paint** - 610 Pullman Rd., Moscow

30% off retail price of paints and supplies additional discount on Del Mar blinds

**Copy Court** - 428 W. 3rd St., Moscow

10% discount on retail prices

**Hodgins Drug & Hobby** - 307 W. Main St., Moscow

Save 10% on all educational toys & hobbies

**KINKO'S**, East Side Marketplace

10% discount and free Co-op card lamination

**Marketime Drug** - 209 E. 3rd St., Moscow

10% off all beer making supplies

**Massage or Knot** - Annie Hubble, Massage Therapist

106 E. 3rd St. #3, 15% discount, Appointment 882-9793

**Moscow Yoga Center** - 525 S. Main St., Moscow, 883-8315

10% off classes for new students

**1 Hour Western Photo** - 320 W. 3rd St., Moscow

10% discount on photo processing

**Northwest Showcase** - 520 S. Main St., Moscow, 883-1128

10% discount on retail purchases

**Pasta Etc.** - Eastside Marketplace, 882-4120

10% discount on retail prices

**Paradise Creek Bicycles** - 511 Main St., Moscow, 882-0703

10% off parts, most accessories, and skateboards

**John A. Hauser, Global Portfolio Management** -

126 S. Grand, Ave. Pullman 334-3351

10% off investment advise

Please help by asking about details and showing your membership card before making transactions. Discounts generally apply to normal prices and cannot be combined with sales and other promotions. Show your appreciation by patronizing the members of this Business Partner Program.

The Latah Citizens for Community-Based Law Enforcement and Moscow Vision 2020 are sponsoring two educational forums on "Law Enforcement and the Latah County Sheriff"

first forum:

a panel discussion on effective community-based law enforcement for Latah County  
Tuesday, October 15 at 7:30pm,  
Moscow Community Center

second forum:

questions for the sheriff candidates  
Tuesday, October 22 at 7:30pm,  
Moscow Community Center



Subscribe to the Moscow Food Co-op Community News only \$10 for 12 issues send and make checks to:  
Moscow Food Co-op  
(attn: Bill London)

### 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.

HOLISTIC HEALTH FAIR  
OCTOBER 26  
MOSCOW COMMUNITY CENTER



Readings and Market  
10:00am - 5:00pm

\*Psychic Readers and Multidimensional Healings  
\*Natural Health and Creative Gifts Marketplace  
\* Explore Natural Health Alternatives

Full Moon Celebration Dance  
6:30pm - 8:30pm

Open to the Public Free Admission  
call 208-883-2827 for more information

sponsored by Earth Wisdom Foundation

### Paul Ehrlich,

the scientist who wrote the *Population Bomb*, will speak at WSU Todd Auditorium on October 10 at 7pm. A reception will be held at the Todd Auditorium lobby at 6:30pm. The reception and lecture are free and open to the public.

A debate on Idaho Proposition 2 (the black bear initiative)

Thursday, October 17  
7:30pm

Moscow Community Center

*please come*