

Day-Mw
HD
3284
N48

September 1996



Community News

Thirsty?

by Leanne Witzel

Hot and smooth, fresh and juicy, organic and comforting.

That's right, I'm talking about the Co-op's new organic juice and espresso cart. Located under the blue awning in the Co-op's parking lot, it's now open 7am-7pm every day of the week.

Listen to this dream come true...fresh squeezed organic orange, grapefruit, and carrot juices, vegetable cocktails, frozen fruit smoothies, Cafe Mam's organic espresso, Lattés, mochas, and cappuccinos made with Stratton's local RbGH-free milk or Edensoy's organic soy milk, Italian soda's and



and with preservative-free syrups, fresh baked treats, and daily your way to the Co-op, to school, to work, or just walking by, stop and check out the new cart. Join the card club where ten drinks buy's a free one. So have a drink, and chat with the barrista. And look forward to fresh yummy drinks come fall and winter. We plan to remain open rain or shine.

SPokane, WA 992
PM
[6]
1996

SPokane, WA 992
PM
6
1996

SPokane, WA 992
PM
1996



MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843

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



Moscow Food Co-op Espresso Stand

2 for 1

Buy two espresso drinks and pay for only one

Bring along a friend or drink them both yourself

Coupon expires October 15, 1996



Co-op - News

Co-op Newsletter Update

by Bill London

There's been a few changes of note in the newsletter lately.

Peggy Pace, one of our two stalwart food writers, is overloaded and must stop her monthly column. We will miss her work, and thank her for her volunteer commitment. Luckily, Pamela Lee is continuing with her food stories. But, we could use a second food columnist, if you want to give that a try.

Theresa Beaver has stopped her gardening column as well. We would love to see someone continue the good gardening stories she wrote for the newsletter. If you want to give that a try, let me know.

Linda Canary has taken over the role of profile writer. Her work has been exemplary, and I'm very glad she's promising to keep going. Actually, she will continue not only to write the volunteer profiles, but also do a monthly profile of the Co-op's business partners (see the first one in this issue).

Eric Goodman is the Co-op's

new photographer. He shot the cover photos of the Taste Fair last issue, as well as the picture of the volunteer profiled in August. He's taking the volunteer shots and other photos as needed.

Welcome to all the new volunteers, and thanks to those who shared their talents with us. If you want to help to make this newsletter work, contact me at 882-0127.

Post Summer News

by Kenna S. Eaton

General Manager

This is not just another "What I did this summer" article, but on the other hand I do want to let members know how the Co-op's General Manager spent her summer.

I have been interested in attending a school for cooperative managers for some time, and this year my dream came true. The University of Wisconsin has a Department of Co-operative Studies that sponsors a two-week intensive course specifically for managers of natural food co-ops.

For two weeks I was surrounded by thirteen people who do the same job I do in co-ops spread around the country. East coast, West coast and the Mid-West were well represented by a wide variety of co-ops.

Our course covered a wide range of subjects with focus on: marketing, co-operative management, financial planning, and personnel management

As part of my class work I have a project to complete by the new year. Although it will probably evolve, it is focusing on ways to monitor our financial situation. I am looking forward to returning to Madison, Wisconsin, next year to give an oral presentation of my project and to attend four more days of classes.

As the year progresses I will be writing in our Newsletter in more depth about some of the things I learned, but if you'd like to see my notebook or ask in-depth questions please come by the Co-op or call 882-8537.

The Bazaar is up and running....

by Kenna S. Eaton, G.M.

Well, not quite. But we have started the season by sending Kristi and Laura, our two most experienced buyers, to the Gift Show in Seattle.

Kristi and Laura will spend two FULL days perusing the delights of the world of gifts at the Seattle Trade Center. They have a large budget and orders to find "cool and groovy" stuff for Moscow's gift giving season.

If you haven't experienced the Holiday Bazaar at the Co-op before you are in for a treat. The second floor of the store is transformed into a wondrous spectacle of beautiful, useful, environmentally friendly, neat, and interesting gifts nestled amongst a quiet, warm atmosphere. We've got a fireplace, music, food and helpful staff lined up to help make this the easiest year ever to find the perfect gift for friends and family.

So plan on shopping in your own personal Holiday store, upstairs at the Co-op starting November first.

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.



The Co-op does not endorse the service or products of any paid advertiser within this issue.

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
Mark Becker 883-4372
Melissa Harris 875-0537
Chris Moffit 882-8985
Vicki Reich 883-1446
Sandy Stannard 882-8449
Eva Strand 882-0528
Kristi Wildung 509-397-4951

Printed on Recycled Paper

Deadline for Articles:
20th of each month

Editor
Bill London

Issue Editor
Bill London

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

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

坤
Karen Young

Acupuncture & Wholistic Massage

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

By appointment
208/883-8894

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

New of the Board

by Kristi Wildung

During the last couple of months the Board of Directors has seen some personnel changes. One of our members, Mark Becker, resigned his position during our June retreat. Mark felt that his energy would be better spent by directly volunteering his time in the store.

I mentioned in my last article that a new board member, Paul Weingartner, was elected at our June retreat to fill one of two of our vacant positions. With Mark's resignation, we were still two members short, but I'm happy to report that we have filled those positions and are now happily functioning as a full board. Welcome aboard to our newest members Kevin Kane and Mary Butters. They were voted in at the July board meeting.

Kevin Kane comes to us from Athens, Ohio where he was a graduate student in the chemistry department. He moved to Moscow to take a position as a post doc in chemistry at the University of Idaho. During his graduate studies, Kevin served on the research committee for graduate students where he participated in fund-raising events and managed the graduate student budget. Kevin wanted to join the board to return something to a community; he feels its important that members participate in our Co-op. He likes to play Irish music on his guitar and fiddle and is a committed home brewer. Kevin has chosen to serve on the relocation committee and the ad hoc vision statement committee.

What can I tell you about Mary Butters? She's a familiar face around these parts and we are very honored that she has chosen to share her energies with our board. Mary has been a member of our Co-op from the get-go. In 1986 she

founded Paradise Farm Organics, providing fresh and organic foods to our local and nation-wide community. She has a lot of experience in the raising of a business, and will be a great assistance to us during the process of writing our business plan. Welcome aboard to both of our new members.

So we're full, now what? We are in the process of developing a business plan, writing a new and improved mission statement, evaluating our General Manager, reviewing our staff policies and procedures, rewriting our bylaws, developing a budget for 1997, improving our nomination and election processes, and looking in depth at the way in which the board governs itself. Is there any way we can get it all done by next March? You bet.

Here's the updated list of our Board Members:

- Mary Butters: 882-6590
- Kevin Kane: 882-3154
- Chris Moffitt: 885-7049
- Vicki Reich: 883-1446
- Sandy Stannard: 882-8449
- Eva Strand: 882-0528
- Paul Weingartner: 883-8281
- Kristi Wildung: (509)397-4951



At Summit Realty we know about an FHA mortgage program that makes the "fixer upper" truly affordable.

For information about this program and for all your residential or commercial real estate needs, call

Cynthia
(208) 882-4374
(208) 746-2255

or visit the Summit Realty Office nearest you.

Fresh from the Produce Department

by Laura Church

Recently we had a note on the request board that read as follows "I noticed the Bornt Family Farms pre-packaged organic carrots are labeled "Produce of U.S.A." on some and "Produce of Mexico" on others. Organic produce from Mexico? As if? What are Mexican organic standards? 1 year free of DDT? Will you verify Please?! Thanks"

I appreciate whenever questions about labeling arise, since it gives us an opportunity to answer!

Before we purchase any produce labeled as Organically Grown, we check with our distributor to make sure that they have all the proper paper work on file to support these claims, whether the produce is grown in the States or elsewhere.

The certification of South American produce is a little complex.

In Mexico the growers use an American third party to certify them for resale in the States. In Chile, the certification of O.G. is done by a third party called

PROA (Corporacion de Promocion Organica Agoropecuria). They are members of IFOAM (International Federation of Organic Agriculture Movements), like all U.S. organic certification agencies. PROA's organic standards are in accordance with IFOAM regulations and international organic guidelines. PROA has been reviewed in the U.S. by Oregon Tilth and the Washington State Dept. of Agriculture Certification Program, and it has received approval from both organizations. In Argentina, the government has enacted a law governing O.G. labeling standards that is also in accordance with IFOAM.

All third party certification is taken seriously by everyone involved, but you, the consumer, provide the important support needed by only purchasing properly labeled O.G. produce and asking your supplier for verification. We have asked our distributor to pass on the written organically grown certification and expect to have it in the store soon.

So, thanks for asking!

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
208-882-3723

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

.....

September is Organically Grown Month

by Kenna S. Eaton G.M.

Throughout the newsletter this month you will find articles and information relating to Organically Grown food products.

September is the month designated to honor this growing area of food production.

While there is a lot of mis-named food out there, I think it is important that you understand the implication of these terms.

As we've been saying for years now, there's ten reasons (at least) for buying Organically Grown food. If you choose organic, you:

1. protect future generations
2. promote biodiversity
3. protect water quality

4. prevent soil erosion
5. save energy
6. keep chemicals off your plate
7. help small/local farmers
8. protect farm workers
9. support a true economy
10. eat food that tastes good

At the Co-op we have a commitment to "Organically Grown," both in the food we make (bakery, deli and juice/espresso cart) and the food we sell. This means that we will carry O.G. whenever possible, and always chose to carry the O.G. over the conventionally grown if we have to make a decision. Our selection of O.G. food is the largest and the best on the Palouse. Stop by and buy some today!!!



Where good food is made easy!

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

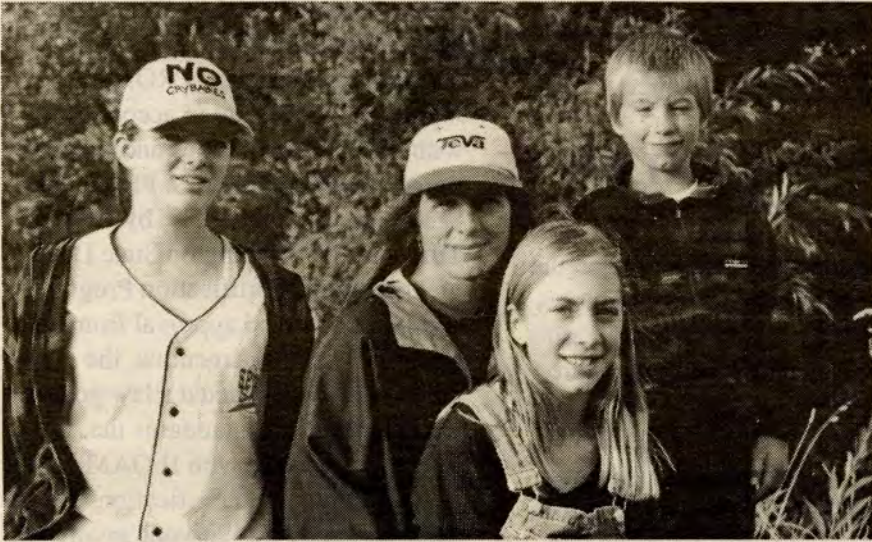
Open Monday thru Saturday 10 AM - 7 PM
and Sunday Noon - 5 PM

1420 S. Blaine at the Eastside Marketplace
882-4120

Staff Volunteer Profile:

Bonnie Hoffman

by Linda Canary



She says people think of her as "the girl behind the counter." A brown-eyed girl. A girl with very long brown hair. A girl who's "thirty-ish," has three kids, and has seen a lot of water go under the bridge. Rough water. But, "I'm still an optimist, a Pollyanna type. A completely ordinary person."

"Hmmm," I murmur.

"It's true," she says, "I'm a bit of a homebody. I make jam and pesto, read books, and can talk about my kids forever. I like to be with my kids."

Raised in suburban San Jose, California, she married young, straight out of high school, became a ballerina, then a mother. Bonnie is part Choctaw, part Cherokee and has only been to church in the woods. She inherited her love of nature from her Dad who first showed her Idaho when she was a kid. She remembers saying, "This is where I'm going to live when I grow up."

But first she lived in Nevada. "I left one man and went to Nevada, and followed another man to Idaho." I told her about the book I'm writing called, Men I have Followed Home, and we had a good laugh. Anyhow, she, like many of us, loves Moscow because of the Renaissance Fair, the Co-op, and the community here that has enough time to stop and talk.

Bonnie has worked at the Co-op for six years and loves watching the passage of time. "I've watched as people meet, get married, have children, and seen those newborns go to school. I love that part of being behind the counter." The Co-op is the best job she has ever had: the flexibility, the caring and supportive atmosphere. "I don't think I'll ever be able to hold down a 'normal' job again," she laughs.

She's now holding three positions: cashier, head janitor, and most recently, volunteer coordinator. "I want to match up all the interesting creative, talented people I know with all the positions here at the Co-op. Everyone has something to give."

Seems as though Bonnie has a lot to give. She's going to train as an EMT in November and eventually follow a course in Nursing. "That takes a lot of strength," I say. "I can do it," she replies. Of course. This is someone who supports three kids and still wants to hike the Pacific Trail. An ordinary person.

No TV in her house. Just books, two cats, a cockateel and a parrot who shouts, "What??" "Hey, I've met the parrot," I exclaim, "Does he still mimic the phone ringing and then pretend to be the answering machine?" "Yes, that's Louie." One time she was on the phone with her mom and Louie was doing his "What??" routine in the background. "Will you please just answer that child!" her mother demanded. "Just answer that child," I ponder. That child. That girl within. That girl behind the counter who says, "I'm teaching my kids to be kind to each other and to the planet." And, "There are no such things as mistakes, only learning experiences." That brown-eyed girl behind the counter who asks me when I'm there, "Have you found everything you need?" and laughingly adds, "Spiritually, mentally, emotionally?"

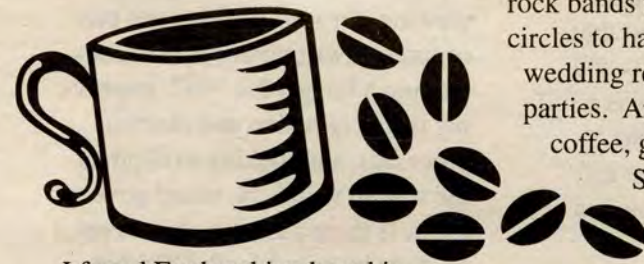
Next time I'm going to say, "Yes, I think so, and thank you Bonnie, for reminding me that I can find it all here right in front of me." If I slow down, lead an ordinary life, and enjoy the simple pleasures that are everywhere.

Co-op

Business Partners: Fred Seidel at the Beanery

by Linda Canary

Editor's Note: With this profile, Linda Canary inaugurates a series on the Co-op's business partners (the stores that offer discounts to Co-op members). For a complete list of all the business partners, see the back page of this newsletter.



I found Fred making bread in the back room bakery of the Beanery. He was just kind of standing there watching the bread mixer do its thing. He was paying attention. Which is why the bread is so good there. He also personally hand roasts all the coffee beans that get ground there.

"Do you have a college degree?" he asks me. "Uh-huh," "Oh, then it would take me over an hour to teach you. Normally, it's a fifteen minute thing." We laugh.

Now Fred didn't want to tell me how to write this article, but he does want the focus to be on the Beanery and not his personal life. So, just one line with the stats: his name is Fred Seidel, he's almost fifty (in November), was raised in Baltimore, educated at Penn State, and did radio/computer stuff before he came here. I forgot to ask about his marital status. Oh well, I did ask him though, how many cups of coffee he drinks a day. He just laughed deliriously.

Fred found out about the Beanery "by accident." Since I believe in synchronicity, I see the universal logic behind all the steps that brought him here. And like many people, I'm glad he's here and I like the way he's doing business. When I tell him that, he says, "I love the people here. Love the book-stores. Love the community feeling."

And he's done so much to enhance that community feeling. Especially significant to me is the way he has embraced the high school aged person. He's encouraged young artists to paint the chairs (and what gorgeous pieces of art they are now). He's invited punk rock bands to play and drumming circles to happen. Poetry readings, wedding receptions, political parties. Art. Music. Plays. Good coffee, good food, good people.

Soon you'll be able to surf the Internet there. His attitude is, "It's all something to try."

Like he's trying this 10% discount to Co-op members. "The more people who use the discount, the stronger it makes both businesses. We're all in this together. If we don't support each other, who will?"

So, next time you're at the Bean, remember your Moscow Food Co-op membership card and ask Fred if he has any kids. I forgot to ask him that, too.

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

Native Habitats for gardens

Specializing in the care of ecologically sensitive,
spiritually restorative gardens.

Now seeking clients

Tim Eaton

208-882-7063

Food & Nutrition

Pears

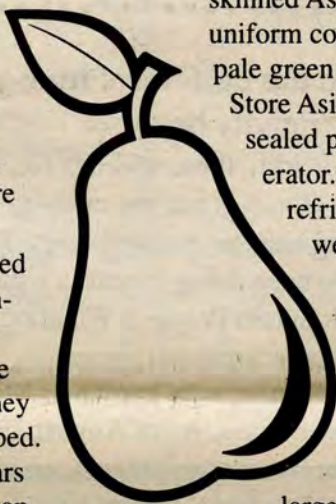
by Pamela Lee

The pleasure we take in food is often intricately linked to memories of and nostalgia for meals past. As I write about pears, I'm hoping I'll be eating and cooking with plenty of fresh, ripe juicy Washington pears this year, and not just remembering the experience from years past. I'm somewhat concerned because I've just learned that Washington's pear production is expected to be the lowest it's been in about thirty years, since the harvest of 1955. I'm guessing that the blame lies with the inordinately wet and cool weather we had in the spring. Pears may be amongst the very oldest of cultivated fruits. Some 10,000 years ago, pear remains were left, fossilized, in an Ice Age dwelling in Switzerland. Food historians believe pears originally grew in Eurasia, in the Caucasus Mountains between Russia and Turkey, and that they were then spread by Aryan tribes — west into Europe and east into India. A Sumerian text from 2750 BC describes a poultice (that was applied to the body) made from mashed pears, thyme, figs, oil, and ale. Homer expressed the Ancient Greeks' fondness for this luscious fruit when he called pears "the gift of the gods". Ancient Roman records reveal that as many as 38 varieties of pears were known, eaten, grown, and propagated across the vast Roman Empire. We know that a pear was a customary way to end a Roman meal. The ancient Romans also pickled pears and preserved them whole in vessels of honey. Pears were also cultivated in the ancient east. Chinese documents refer to pears as far back as 1000 BC. Third century Chinese documents enumerate the many varieties of pears grown in the Chinese Empire; sixth century documents record propagation technique. The European pear was introduced to North America through several routes: Spanish friars, traveling the old mission trails north, brought pears to California. French trappers introduced the Iroquois Indians to the pear. English settlers brought pears with them to Massachusetts as early as 1629. One pear tree, planted in Massachusetts in 1630, lived 250 years! Though France is

the leading pear producer for the European countries, the Western States (California, Oregon, and Washington) have become major world suppliers of both European and Asian pear varieties. Though today some of the commercial pear varieties grown in the U.S. are hybrids, crossing a European pear with an Asian pear, the Asian pear is not itself a hybrid. And though many Asian pears are grown in the orient, Asian pear varieties were carried to this country by Chinese prospectors during early gold rush days. Today, over 5,000 varieties of pears are grown throughout the world's temperate zones.

Selecting and Storing Pears

Pears are one of the few fruits that ripen successfully off the tree. Pear get mealy if they are allowed to ripen on the tree. They must be picked before the onset of ripening. The fact that pears are picked when they are green and hard means they can more easily be shipped. But once purchased, pears require watching; they can move from unripe, to perfect ripeness, to over-ripeness, to spoiled with surprising speed. Pears come in such a range of hue that color is not a good indication of impending ripeness. A better guide is that a pear should be ready to eat when the flesh near the stem end yields slightly to gentle pressure. A ripe pear should smell fragrant, sweet, and fruity. If a pear feels distinctly soft and mushy on the outside, you can pretty much count on the fruit being disappointingly overripe. When selecting a European pear variety, look for smooth unblemished skin, without dents or bruises. The fruit should feel firm and slightly under ripe. Store at cool, room temperature, allowing the pears to ripen naturally. The ripening process can be sped up by placing the fruit in a sealed brown paper bag with a ripe stone fruit (such as a plum, nectarine, or peach). Conversely, the ripening can be slowed down by wrapping each pear individually in wax or tissue paper, then storing them in the refrigerator or a cool dry place.



Asian pears, sometimes called "apple-pears", resemble apples in their shape and in the firm, crisp texture of their flesh. Depending on the variety, Asian pears range in color from a pale yellow to a deep golden yellow to a nutty brown. Asian pears are usually found in the market in a very near ripe to a fully ripe state. They should be feel firm to the touch, with crisp flesh, even when they are ripe. Avoid Asian pears that are at all soft or mushy; they've likely gone bad. Wait for the skin to turn a uniform color. A brown-skinned Asian pear should be uniformly brown, with very few pale green patches. A ripe yellow-skinned Asian pear should also have uniform color, with very few or no pale green or whitish-yellow spots.

Store Asian pears in a tightly sealed plastic bag in the refrigerator. They should keep, in the refrigerator, for up to two weeks.

Some European Pear Varieties

Anjou: Available October - January. Named after the Anjou region of France. A

large, thin-skinned yellowish green pear. Texture medium-grained to coarse. When underripe, good for cooking and baking. When ripe, eat fresh or uncooked in salads.

Red Anjou: October - January. Medium-sized pear with a squat neck, mottled reddish skin with speckled areas of tawny-green. Firm textured, sometimes dry and mealy, subtle flavor of nuts or spice. Good cooking pear. When underripe, use in slow-cooked dishes, baked goods, or chutney. When ripe, good for dessert or in uncooked salads.

Bartlett: July - November. Large, bell-shaped pear with light greenish yellow skin, sometimes has a red blush. Sweet, succulent, juicy flesh with fine texture. Definite pear flavor and fragrance. Ideal for eating, dessert, and fruit salads. Highly perishable; doesn't ship well when at all ripe. When underripe, good for quick cooked dishes.

Red Bartlett: August - November. Somewhat smaller than the greenish yellow bartlett, but has similar juicy texture and flavor. Use when color accent is desired.

Bosc: August - March. A medium to large pear with russet-gold skin and a slender form. Firm texture, medium-grain, crisp flesh with a nutty flavor. When ripe, it can be juicy yet firm, though can sometimes be dry. Ideal for cooking and baking.

Comise: August - November. Medium to large fruit. Medium yellow color with areas of light green. Fine texture, mild flavor, not too sweet. Good for green and fruit salads. When underripe, use for cooking and baking.

Packham: July - October. Sometimes called a Bartlett Packham; this is a large pear. Once ripe, it is distinctly yellow. Fine-grained, moderately juicy, "carrot-like" in flavor. It is excellent for cooking and baking.

Red Crimson: July - October. Medium to large pear with deep red skin and creamy white flesh. Fine grained, juicy, buttery texture. Sweet floral undertones. Excellent eaten raw or in cooked or baked dishes.

Seckel: August - February. Tiny firm pear with thick skin. Sometimes called the "sand pear" because of its gritty texture. Medium-green to russet colored skin, yellow-white flesh that is sweet, flavorful and juicy. Firm flesh makes this pear ideal for poached dishes, for canning, preserving or pickling.

Some Asian Pear Varieties

Chojuero: Available August - December. Small to medium-sized pear with golden brown skin and crunchy white flesh. Sweet and crisp. Good for snacking, leafy green and fruit salads, and savory dishes.

Hosui: August - January. Small to medium-sized fruit. Yellow-gold when semi-ripe; warm toasty brown in color when fully ripe. This deeply flavored fruit is said to have hints of brown butter and butterscotch. Good in desserts, salads, and eating fresh.

Shinko: August - January. Medium to large in size. When ripe, has a rusty gold skin and a crunchy white flesh. It is very crisp and juicy, but not too sweet; apple-like, tart undertones. Good when used in savory baked and cooked dishes.

Shinseiki: August - January.

Panda[®]

The Licorice Company
Original and Raspberry

.39 cents per bar

\$1.75

for a box of chews

Save 25%

September Specials



**Crystal Geyser
Mineral Water**

Lemon, Lime, Orange, and Plain

.85 cents each

Save 15%

A note to our customers from your friendly buyer:

As I am preparing these specials for September, the Co-op is getting ready to experience a big change in distributors. The company we've been doing business with for many years, Mountain People's Warehouse in Auburn, CA, has recently purchased Nutrasource in Seattle, now known as Mountain People's Northwest. As of August 19, we will begin to receive our shipments out of Seattle instead of Auburn. I have been informed that not all of the products we currently carry from Auburn will be available from Seattle, and I have yet to receive a catalog depicting these products. I am publishing these specials anyway in hopes that everything will work out and these products will be available to you. If they are not, please bear with us until I get all the details worked out. There will be specials, it just may be that the specials will be different from what I have predicted. Wish us luck!

**Taj Gourmet
Foods Indian
Sauces**

*Bombay Curry, Calcutta
Masala, and Kashmir Tandoori*

\$2.79 each

Save 15%

Imagine

F O O D S

**Imagine Rice
Dream Enriched
Beverage**

Original and Vanilla

\$1.39 each

Save 15%

CELENTANO[®]

Non-Dairy

Vegetarian Selects

*Tofu Eggplant Rollettes,
Lasagne Primavera, and
Manicotti Florentine*

\$2.99 each

Save 20%

R.W. KNUDSEN
FAMILY



For Goodness Sake

**Lemon Ginger
Echinacea Juice**

32 ounce

\$1.99 each

Save 25%

Nature's Gate

*Herbal Deodorant, Herbal Hair
Care, and Herbal Toothpaste*

**All 15% off in
September**

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



Global Portfolio Management

Investment Adviser
John A. Hauser
President

126 South Grand Avenue
Pullman, WA 99163

Telephone: 509-334-3351
Fax: 509-334-3270

P A L O U S E

Ocularium
VISION CENTER

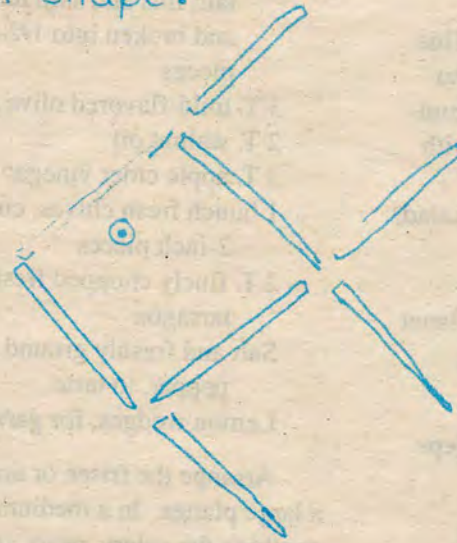
*Precise, professional eyecare.
Comfortable Atmosphere.*

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

September Just For Fun

by Robin Murray
kids page

Lay out 8 toothpicks to form a fish shape:



Did you know..

You should not wash the gravel in the bottom of an aquarium? After rinsing off the factory dust when you first get it, you



should not wash the gravel. It holds many micro-organisms important in breaking down fish waste and uncaten fish food!

Now, can you make the fish swim in the opposite direction by moving only 3 toothpicks? Good Luck!

A Poem:

Fishes' Evening Song

Flip Flop,
Flip Flap,
Slip Slap,
Lip Lap;
Water Sounds,
Soothing Sounds.
We fan our fins
As we lie
Resting here
Eye to Eye.
Water Falls
Drop by Drop.
Plink Plunk,
Splash Splish;
Fish fins fan,
Fish tails swish,
Swush, swash, swish,
This we wish...
Water Cold,
Water clear,
Water smooth,
Just to soothe
Sleepy fish.
by: Duhlov lpcar



LOOK FOR THESE BOOKS AT THE LIBRARY:

Tropical Fish by Pam Jameson (non-fiction)

The Prince who was a Fish by Jan Wahl

Try This:

Play
Aquarium

You'll need:



2 paper plates

Scissors

Glue

Paper & fabric scraps



crayons or felt pens

Stapler

clear plastic wrap

sand, pebbles, sea shells (opt.)



- ① Cut center out of one paper plate leaving a rim.
- ② Lay the cut plate as you would if you were going to eat off of it. Stretch plastic wrap across hole and glue it down to make a window.
- ③ From center, cut out fish and color with crayons.
- ④ Using these fish, the paper and fabric scraps, sand, pebbles shells and your imagination, glue an aquarium scene to the other plate.
- ⑤ Place the first plate upside down on the other plate and staple in place around the edges.



adapted from: Australian Womens Weekly Children's Arts & Crafts

Medium large pear, pale to medium yellow skin with tiny brown spots and mottling around the stem. Moderately crisp and juicy, with a sweet herbaceous flavor. Suited for savory cooked dishes.

Twentieth Century or

Nijisseiki: August - January. This Japanese pear is the most popular Asian pear. Large, round, medium-yellow skin; crisp, juicy flesh with sweet, nutty overtones.

The following appetizers, salad, and entree recipes are from a gorgeous book called *Pears: A Country Garden Cookbook* by Janet Hazen, Collins Publishers, San Francisco.

Broiled Asian Pears with Peppered Stilton

In this simple recipe, crisp Asian Pear rounds provide a striking contrast in texture and flavor for barely melted English Stilton. If you can't find Stilton, any mild, semi-firm blue cheese can be substituted.

- 1/2 lb. Stilton cheese, rind removed, crumbled
- 1/2 t. coarsely ground black pepper
- 2 large Asian pears (preferably Twentieth Century or Shinseiki), cut into 1/2-inch thick rounds, seeds removed (approximately 8-10 slices)

Preheat the broiler. In a small bowl, combine the cheese and pepper. Using a clean kitchen towel, pat the pear slices dry and arrange in a single layer on a baking sheet. Evenly distribute the cheese among the pear slices. Leave a 1/2-inch border around the edge, gently flatten the cheese onto each pear slice, making an even layer. Place under the broiler and heat until the cheese is just melted, approximately 3 minutes. Remove from the oven & serve immediately. Serves 4 to 6.

Smoked Trout Salad with Celery and Pears

A variety of distinctive ingredients provides an interesting contrast in texture, color and flavor in this memorable salad.

- 1 bunch arugula or frisee (chicory or escarole), trimmed, washed and dried
- 2 inner stalks celery, trimmed, sliced on the diagonal into 1/4-inch wide pieces and blanched
- 2 ripe red-skinned pears (prefer-

ably Red Bartlett, Red Crimson or Red Anjou), quartered, cored and thinly sliced crosswise

- 1 whole smoked boneless trout (approximately 1 lb.), head, tail, fins and skin removed, and broken into 1/2-inch pieces
- 3 T. mild-flavored olive oil
- 2 T. walnut oil
- 3 T. apple cider vinegar
- 1 bunch fresh chives, cut into 1/2-inch pieces
- 2 T. finely chopped fresh tarragon
- Salt and freshly ground black pepper, to taste
- Lemon wedges, for garnish

Arrange the frisee or arugula on a large platter. In a medium bowl, combine the celery, pears and trout. In a small bowl, combine the olive and walnut oils. Slowly add the vinegar, whisking constantly with a wire whisk to form a smooth emulsion. Add the chives and tarragon and mix well. Add to the trout mixture, season with salt and pepper and toss gently. Mound the mixture over the frisee or arugula and serve immediately, garnished with the lemon wedges. Serves 4.

Chicken Saute with Pears and Red Bell Peppers

This spicy, colorful melange of fruit, vegetables and chicken is lovely served on a large platter surrounded by steamed rice, tossed with cooked pasta or cracked wheat, or atop a bed of mixed greens.

- 3 shallots, halved and thinly sliced
- 2 cloves garlic, minced
- 2 t. ground coriander
- 1 t. ground fenugreek
- 2 T. fruity olive oil
- 1 T. unsalted butter
- 2 boneless, skinless chicken breasts, sliced into 1/2-inch wide pieces
- 1 large red bell pepper, stemmed, seeded and cut into 1/2-inch wide pieces
- 1/3 cup pear eau-de-vie
- 2 T. Peppercorn Pear Vinegar or sherry
- Salt and freshly ground black pepper, to taste

In a large saute pan, cook the shallots, garlic and spices in the olive oil and butter over medium-high heat 3 minutes, stirring frequently. Add the chicken, bell pepper, pear and eau-de-vie. Cook 4 or 5 minutes, stirring constantly,

until the chicken is just done and the liquid has evaporated. Add the vinegar and season with salt and pepper; mix well. Serve immediately. Serves 4. Note: Pear eau-de-vie, to the best of my knowledge, is a pear liquor, a sort of pear brandy. You could substitute a similar liquor, though either pear juice or chicken broth would work as well. The juice would sweeten the dish, the broth would contribute to a richer chicken flavor. (I'm not one to fret over using the precise ingredients a recipe calls for.). You could use white wine vinegar or freshly squeezed lemon juice in place of the Peppercorn Pear Vinegar.

While doing the research for this article, I read a lot elegant and fancy pear dessert recipes. While the thought of an almond pear tart, pear upside down cake, pear-date phyllo rolls all make my mouth water, I'm struck by the utter simplicity of the following two poached pear recipes, both from Jane Brody's *Good Food Book*.

Poached Pears with Peach Sauce

- 4 large ripe pears, peeled, halved lengthwise, cored
- 4 cups cranberry juice
- 2 t. vanilla
- 1 16-oz. can peaches (slices or halves) in juice or extra-light syrup
- 1/2 t. almond extract
- Fresh mint leaves for garnish (optional)

1. Place the pears, cranberry juice, and vanilla in a large saucepan. Bring the ingredients to a boil over medium heat, reduce the heat to low, cover the pan, and simmer the pears for 15-20 minutes or until the pears are tender but not mushy.
2. Transfer the pears and juice to a bowl, setting aside 1/4 cup of the liquid. Let them cool, then chill for at least 2 hours.
3. Meanwhile, drain the peaches (the juice can be used for another

purpose), and place them in a blender or food processor. Add the almond extract and the reserved 1/4 cup of the poaching liquid. Blend the ingredients at high speed until the peaches are pureed. Refrigerate the sauce for at least 1 hour.

4. To serve, remove the pear halves with a slotted spoon from the poaching liquid, place 1 or 2 halves in each dish; and top each half with the peach sauce. Garnish each serving with mint, if desired.

Spicy Poached Pears

This slightly sweeter, spicier version of poached pears can be served as an companion for fowl or meat or as a dessert or snack.

- 4 ripe pears, peeled, halved lengthwise, and cored
- 2 cups cranberry juice
- 2 T. sugar
- 1/4 t. cinnamon
- 1/4 t. ground cloves
- 1 t. grated orange rind
- 1/2 t. grated lemon rind

Combine all the ingredients in a saucepan. Bring the liquid to a boil, reduce the heat, cover the pan, and simmer the pears for about 15 minutes or until they are just tender. Serve the pears warm, at room temperature, or chilled.


YOGA

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

**Fall Sessions Begins
August 26 (Level 1-4)
&
September 4 & 5
(Intro. Beginning)**

**Free Introductory Class
Thurs., Aug 29
7:15-8:15 pm**

10% Discount for
UI & WSU Students



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.

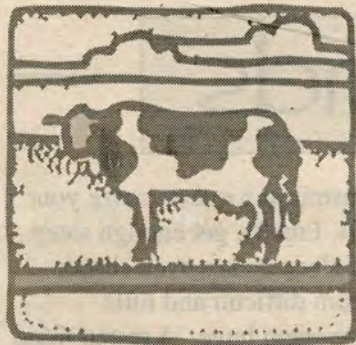
A Visit to Stratton's Dairy

by Eva Strand

Sweet tasting milk in reusable glass bottles, cream so thick you have to shake it out of the bottle, half and half that you can whip, and smooth, cool, creamy sour cream that is how I got to know Stratton's Dairy through my purchases at the Moscow Food Co-op. As a matter of fact, that is all I knew about Stratton's until last week when Peggy Adams from the Palouse Clearwater Environmental Institute and I visited Stratton's Dairy for an interview.

Ward and Joyce Stratton started processing milk in 1966 in the present location on Johnson Road east of Pullman. In 1994 their daughter Karen and her husband Wayne took over the business. Today Stratton's has about 50 cows, 10 calves and produces 1600 gallons of milk per week. They have two full-time employees, 3 or 4 part-timers and of course all the work that Karen, Wayne and the other family members put in.

What is it like to run a small dairy like Stratton's? Well, it starts early—milking time is 5 AM with a second milking at 4 PM. The whole milk is collected in a large tank, and processing takes place every other day. Unfortunately, the day we visited was not a processing day, but Joyce gave us a full tour of the processing facilities and with a little imagination we could easily see the milk being separated, pasteurized,



homogenized, cooled and bottled. The whole milk holds a 3.6% butterfat content before it is separated into cream, half & half, 2% fat milk and skim milk. The different grades of milk are then pasteurized.

"It is our way of pasteurizing that makes our milk taste fresher than the milk from most other dairies", says Joyce Stratton. At Stratton's, the milk is heated to 147 degrees for half an hour instead of the more commonly pasteurizing sequence at 160 degrees for one minute. Pasteurizing at a lower temperature leaves more taste in the milk, there is no question about that.

The heated milk is then cooled in a heat exchanger and homogenized to disperse the fat in the milk. Then, time for bottling, another step where Stratton's differs from other dairies. Stratton's uses heavy duty half gallon glass bottles that come back to the dairy for cleaning and refilling.

"We have had some of our glass bottles since the start", says Wayne, "but we still have to replace bottles every year". Last year the dairy had to buy 2500 bottles in order to replace lost bottles. Besides drinking more milk, Wayne strongly encourages the Stratton's customers to return the milk and cream bottles. Returning bottles is both resourceful and helps keep the milk prices

down.

I did bring a camera to the interview but found it difficult to get any good pictures in the dark milk processing facilities. I was not out of luck though, because Tony, Karen and Wayne's daughter, was kind enough to bring out into the daylight the youngest addition to the dairy: BS, the two-week old calf. If you feel the need to know what BS stands for, give me a call, you may be surprised!

BS lives on mothers milk for the moment but at about six weeks of age she will be started on hay. If she is lucky she will stay on milk for up to eight months. In three years, BS will be eating alfalfa, hay, and barley mix, and producing milk for the dairy. Maybe she will have calves of her own. By the age of eight, her best milking years are over and she will be sold.

If you are ready to try some locally-produced milk, cream or sour cream, you can buy some either in Pullman or Moscow. Stratton's products are sold in their store on Johnson Road in Pullman, at the Moscow Food Co-op, or you can even sign up for weekly milk delivery by contacting the dairy.

YOUR
RANCH
DIRECT
BEEF SOURCE

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

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.

Release Stress
Alleviate Pain
Promote Relaxation
Balance Energy
Change Behaviors

Reiki
Imagery
Hypnotherapy
Flower Essences

Jackie
McLennan
Certified Hypnotherapist
Reiki Master/Teacher

James
Johnson
Reiki Master/Teacher
Cert. Flower Essence Practitioner

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

EASY LOWFAT EATS BY GINNY CLARK

POTATO PANCAKES

©1996 GINNY CLARK

SCRUB WELL & GRATE
4 LARGE POTATOES
CHOP & ADD 1 ONION
COMBINE & STIR IN
1/4 CUP CORN STARCH
1/4 CUP PREPARED
MUSTARD
2 TABLESPOONS PARSLEY

SPOON ONTO NONSTICK
COOKIE SHEETS
BAKE IN 400° OVEN
FOR 25 MINUTES
OR UNTIL GOLDEN BROWN

ENJOY CRISPY,
FLAVORFUL,
FAT FREE
POTATOES!

MAKES ABOUT 36

Family & Friends

Stress

by Robin Murray

One of the most stressful parts of modern life is trying to balance work and family. The source of much of that stress is caused by the guilt we feel for not living up to our own standards.

Often our standards can be traced back the 1950's era working father and housewife image. Many women feel as though their choice to be employed rather than be housewife and mother is a selfish one. On the other hand, many men feel that they have failed as a provider if their wives have to work outside the home. We need to remember that these stereotypes became prevalent back in the 50's mostly to ensure jobs for returning World War 2 veterans by pressuring women into voluntary unemployment.

Another source of stress for women is the pressure to "do it all." Remember that old commercial for perfume in the 1970's? It went: "I can bring home the bacon, fry it up in a pan, and never let you forget that you're a man!" Our roles have changed, but our expectations for what we ought to be have not adjusted accordingly. On top of the pressure of being a good worker, being a good parent, and being a good spouse or partner, we have the guilt of not being able to do all those things. Sometimes we just have to stop and assess what is really important, what we can delegate to others, and what we can give up.

According to a Time/CNN Poll

taken in 1991, 61% of those surveyed believed earning a living makes it difficult to enjoy the life we're working for. What we need to decide is what are we working for. Is it to have stuff? What good is getting cross country skis if you never have time to go skiing? Are you working to make payments on a car you only use to go to work? Is the stuff serving you or are you serving the stuff?

A number of people feel they need to work extra so they can provide luxuries for their children such as a college education. Let me assure you, there are thousands of us out here who got through childhood and college with more emotional than financial support from our parents and still graduated "Magna Cum Laude." I'm not saying there's anything wrong with wanting skis, or a car, or to pay for your children's education. I'm questioning working for them if it means sacrificing the basic things that make life worth living, such as personal relationships.

Many people today are reducing stress by choosing to join the "simplicity movement." These people are cutting down their material success in favor of personal development. Other stress busters include making time for physical exercise like jogging or Yoga and for relaxation activities such as Positive Visualization. The Moscow Public Library has several good books and tapes on how to organize your physical environment to minimize stress. Keeping a journal can be an excellent way to express some of

your frustrations and organize your thoughts. Finally, get enough sleep. Lack of sleep makes even simple tasks seem difficult and little problems seem huge. A rested mind is a less stressed one.



**HAUG
CHIROPRACTIC**

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

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.



Micro Moviehouse

Great Movies!!
Only \$1.75

3rd & Almon - Moscow
882-2499

KEY BANK OF IDAHO



THE KEY TO YOUR
FINANCIAL FUTURE

609 S. WASHINGTON
MOSCOW, IDAHO
882-6504

Involved. Innovative. Professional.
Member FDIC

Try Our
Delightfully Different
Vegetarian
Dinner Entrees

The
BEANERY
More than a coffeehouse

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



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

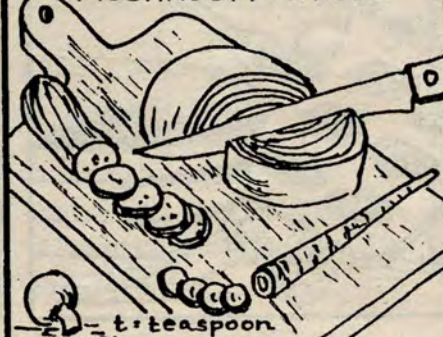
EASY LOWEAT EATS BY GINNY CLARK

ROASTED VEGETABLES



©1996 GINNY CLARK

SLICE 1/4" to 1/2" THICK
EGGPLANT
GREEN PEPPER
ONION
CARROT
ZUCCHINI
SWEET POTATO
MUSHROOM - WHOLE



2 t = teaspoon

STIR INTO VEGETABLES
1/4 CUP LEMON JUICE
1/4 CUP WINE VINEGAR
2t WORCESTERSHIRE SAUCE
2t SUGAR
1t PAPRIKA
1t TARRAGON OR DILL
MARINATE FOR 1 HOUR
OR MORE



SPREAD ON NONSTICK
BAKING PANS.

BAKE IN 375° OVEN
FOR 30 MINUTES
OR BBQ!!



SERVE WITH
CRUSTY BREAD!

Insights

Report from Santa Fe

by Susan Baumgartner

As I begin my seventh week in sunny Santa Fe, I finally feel centered enough for a little reflection and, much to my surprise and embarrassment, I find that I've turned traitor to my hermit existence.

For those of you who don't know, I spent the last seven years living in a nine by twelve foot cabin out on Fix Ridge in rural Latah County. I didn't have indoor plumbing or electricity, although I did have a limited solar panel/battery system to run my computer and sometimes, if it had been an especially sunny day, to enjoy one hour of electric light in the evening.

After living this solitary existence for so long, I expected to be horrified by the noise and crowding of a city of 70,000 people. Instead, I find myself entranced by it. It's

amazing how easy it is to sleep through almost anything when you're exhausted, and my new job, taking care of my nieces, Susie and Beth, is exhausting. Besides, Santa Fe seems very civilized.

There are trees all around our compound, more than enough sun in this desert country, and at night, all I have to do is walk out the front door to see the moon and the stars.

I've been collecting all these scraps of paper, lists and ads and important Santa Fe phone numbers. I was sorting through them at the kitchen table and made a mental note: I need refrigerator magnets. I thought of the beauty of organization, all this information magnetically suspended for ease of access. And then the enormity of the situation hit me. I actually have a

refrigerator. I have 24-hour-a-day electricity. I can turn on the Mac any time I want and leave it on for as long as I want. I can read as much as I want as late as I want, without suffering from eye strain due to flickering candlelight. I can go to the bathroom when it's raining without getting wet. I'm ruined. I've become civilized. I've been seduced by refrigerator magnets.

Well, I won't panic yet. This could just be a brief urban honeymoon before the reality sets in. Or it may mean that my first priority when I return is to get real electricity for the cabin. Or it could be the start of an embarrassed surrender to physical comfort over the harsher joys of wilderness and an eventual move into Moscow. Something. Meanwhile, I'm still learning and exploring. And tomorrow I'm taking the bus out to the Villa Linda mall to buy some refrigerator magnets.

mine is to them. I simply make a choice to support the institute of marriage and any couple who is seriously committed to entering it. I will happily offer my services as a jeweler and rejoice in their joy. By the time this goes to print, Rebecca and Theresa will be newlyweds. Rebecca, you *will* get used to wearing that ring. God bless you both!

Of Weddings and Rings

by Mrs. Robin Murray

Among the greatest joys of my job as a jeweler are the wedding rings. Marrying Michael was one of the best choices I have made in my adult life and I am a firm believer in the sanctity of marriage.

It thrills me to play a part in the beginning of a couple's union, even in such a small way as making the rings. I get nervous for the young man who is about to pop the question and present a ring I have made. I get excited for the bride-to-be as I solder her wedding band to her engagement ring just days before the big day. I am touched when a couple has new rings made for their tenth anniversary. What joy! What love!

Today my joy for the couple in front of me was marred by the knowledge that the law won't recognize their commitment. Theresa and Rebecca's union will not be accorded the same privileges and respect Michael and my union commands. They will probably have to fight to get employee spouse benefits for the other, if they get them at all. There will be other, smaller conveniences they will miss out on too, such as when I tell a store clerk looking at Michael's name on an account that I am Mrs. Murray and he responds

"Good Enough!" To many people, this couple's marriage vows will not be "good enough." Worst of all, years from now when they are old women, and they face the sickness part of "in sickness and in health," they are not guaranteed the right to sit by the hospital bed and hold the other's hand the way my father held my mother's through her last days.

I do not understand this discrimination. I've heard no valid argument for excluding these two from the privileges accorded Michael and me. Their love is no less, their commitment is not weaker. I see their desire to stick together as a family no less worthy than any other two adults seeking marriage, who happen to be of different sexes. I believe in God and that the hand of God is at work wherever we find peace, joy, and love. Looking at Theresa and Rebecca, I can see that they have found all three in each other. God is there. No amount of Bible thumping can convince me otherwise.

So what to do? I know that a lot of people, including many of my own friends and relatives, disagree with me. Their point of view is as unfathomable to me as

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




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 

Santa Barter Fair

by Bill London

During the weekend of September 14 and 15, a remote meadow a few miles southeast of the tiny town of Santa, Idaho, (about 65 miles north of Moscow) will suddenly become a small city with a population equal to several other Benewah County communities. *It's time for the Santa Barter Fair.*

Time to bring your extra stuff (like the extra apples your tree has produced or the handmade crafts) and trade it for other stuff.

It's also time to bring the kids for a chance to run around in the woods and try new adventures. Be sure to arrive in time for the mid-day kid's parade on Saturday.

And it's time for a giant potluck meal and music jam-boree around the campfire on Saturday night. *In other words, don't miss it.*

Bring water to drink, food to share, money or trade items and good vibes in general. For more information, call 208-245-4381.

Paradise Farm Organics' Mailbox

Dear Ms. Butters,
We are Peace Corp Volunteers/Vegetarians in the Solomon Islands. It's a beautiful country but the traditional diet is low in protein, particularly if meat, poultry and fish are eliminated. My mother recently sent us two of your products- **black bean soup** and **tabouli**. The soup in particular is a great supplement to the local staple of baked sweet potato. Just wanted to let you know your products are being enjoyed in the 'backcountry'.

Rachel Tensend and Ed Staples
South Pacific

Available at the
Moscow Food Co-op

THE CO-OP

Bulletin Board

at the Co-op...

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

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

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

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

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

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

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

John A. Hauser, Global Portfolio Management - 10% off investment advise, 126 S. Grand, Ave. Pullman 334-3351

Paradise Creek Bicycles - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703

Moscow Yoga Center - 10% off classes for new students, 525 S. Main St., Moscow, 883-8315

Copy Court - 10% off all services, 428 W. 3rd St. Moscow, 882-5680

Northwest Showcase - 10% off all purchases, 520 S. Main St., Moscow, 883-1128

Pasta Etc. - 10% off all purchases, Eastside Marketplace, 882-4120

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

77th Annual Wild Rockies Rendezvous

September 27-29
Teller Wildlife Refuge
Corvallis, Montana

For more information call (406)721-5420

The Brentano String Quartet
performs Beethoven, Schubert and
Bert in the opening concert of the
1996-97 Season

of the
Auditorium Chamber Music
Series

Tues., Oct. 1 at 8 pm

UI Auditorium

Tickets and season subscriptions
available at the door.

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.



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)

Fall Barter Fairs!

Grouse Creek Barter
Fair
Loon Lake, WA
(509) 937-4824

Santa Barter Fair
Santa, ID
(208)245-4381

Ferry County Barter Fair
Kettle Falls, WA
(509)738-2853

Columbia Valley Barter
Fair
Northport, WA
(509)732-8845

Moscow Farmer's Market Music Series

Saturdays, May - October
8 am - noon

Sept. 7:
Full Circle Band
and Cowboy Poetry meeting

Sept. 14:
Pullman Concert Band
also Bicycle Resurrection
Brothers (free bike repair)

Sept. 21:
Potato Head
Celtic Sounds

Sept. 28:
Oela/Hispanic Music
International Days

Farm fresh produce • Plants • Flowers • Handmade crafts