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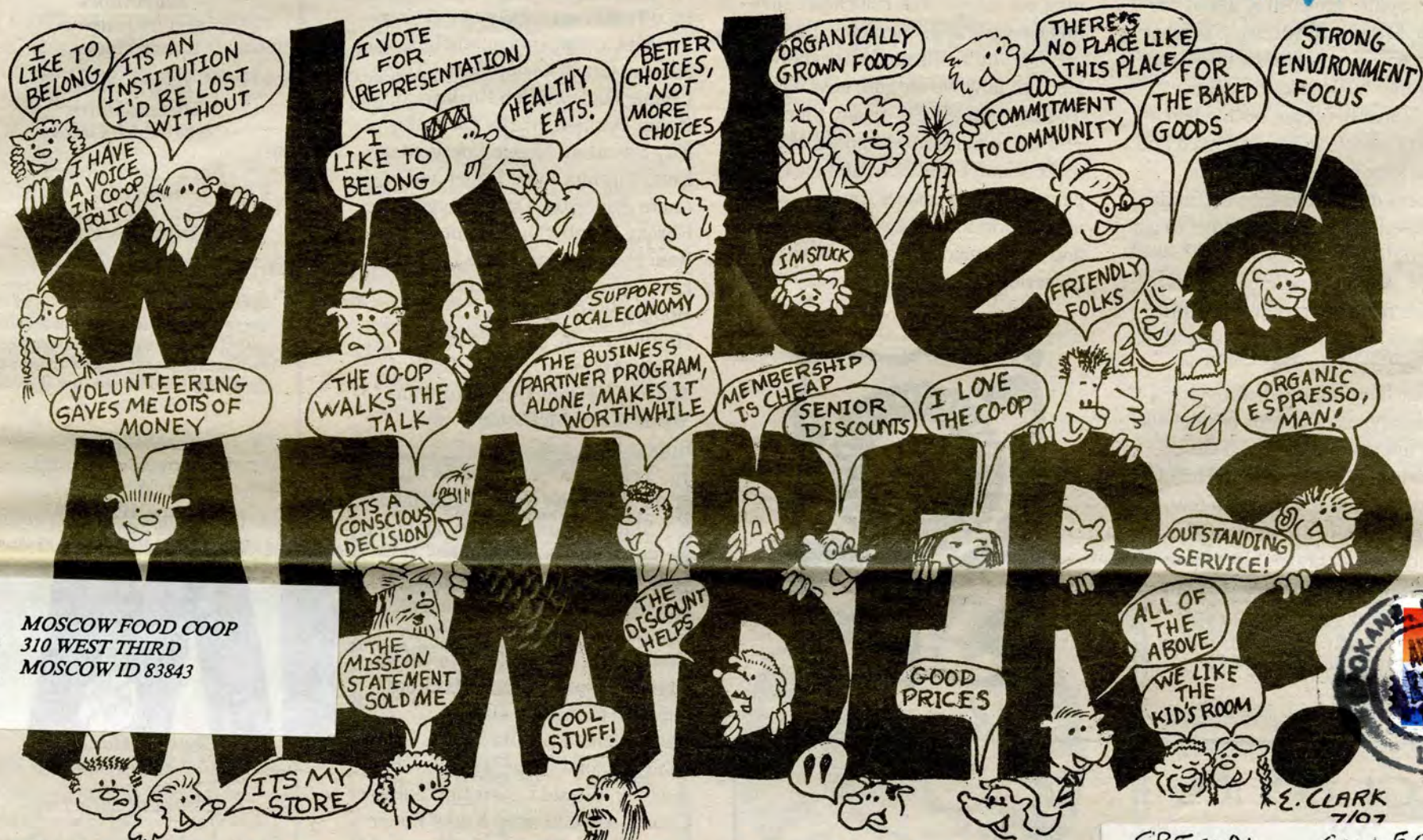
Moscow Food Co-operative


August 1997



Community News

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Wouldn't You Like To Be An OWNER.

by Kristi Wildung

It's more than a discount. It's more than wide aisles and bright lights or the convenience of finding a parking space right up front. It's all about the health of body and mind and the support of a business which has been in the heart of our community for almost 25 years.

"Wouldn't you like to be an OWNER too" is one slogan you'll be hearing and seeing a lot of in the next few months. Why? Because the Co-op is kicking off its first annual membership drive this month. Our goal is to gain 400 new members by the end of October and we'll be asking all of our members to help us out by spreading the word about joining our Co-op.

Why are we asking for new members? We need the membership of our Co-op to continue to grow so that we can continue to prosper. We want to offer our shoppers more of the products and expanded services they've been requesting and we need more capital to make it work. New capital will be used to finance the great ideas, like expanding our deli and saving for a possible new location.

People give lots of reasons at the registers for not joining our Co-op. When asked if they are members of our Co-op, some folks reply that they don't have the time to be a member. This leads me to believe people think they must volunteer to be a member. Not so. Volunteers receive larger dis-

counts, but members do not have to volunteer. The ability to volunteer is just one of the benefits that comes with membership, it's not a requirement of membership.

Other folks say they'd rather save us money and instead of joining they won't take a discount. Discount dollars and membership fees are very different. Discounts are given directly from our operation expenses, whereas membership dollars add to our capital. When we need to buy a new refrigerator or oven, we take the money from capital. Without membership capital, our business would never be able to expand or improve.

So please consider joining our Co-op during our membership drive. You are the most important ingredient for a successful Co-op. If you're already a member, please consider purchasing your lifetime membership during our drive. Tell your friends and family what it means to you to be a member of the Co-op and encourage them to join.

Remember, without you, our members, there is no us. There are few alternatives to those of us who don't eat meat, who have food allergies, who want to feel better without antibiotics or anti-depressants, who want their dollars to stay local. Without you there are no farm eggs, no fresh, local, organic produce, no whole-grain natural bread, no killer vegetarian deli food. And no oaties. Can you imagine a world without oaties?

Co-op - News

"100% Member Owned"

by Kenna S. Eaton

As I walked into my Credit Union last week, I saw this sign upon the doorway: "100% Member-Owned." I felt a great upsurge of warmth for my credit union, and at the same time realized that you could say the same thing about our Co-op. Member Ownership is what makes both our businesses different from other businesses in town.

Co-operatives are born when a group of people discover a need and decide to create a solution. The members donate the start-up funds and the energy and knowledge to get the fledgling business off the ground. And no single person benefits from the co-op; the profits are turned back into the business, and everyone benefits.

Our lives are touched by many different types of co-ops besides the credit unions and the Food Co-op. Clearwater Electric, Group Health Northwest, and R.E.I., are a few examples. There are many different farmers' co-operatives, including Cenex—a grain/seed/fuel Co-op, and the list goes on.

Co-operatives agree to follow "Cooperative Principles"—a set of

guidelines that directs how we do business, though the details are up to us. For instance, while we are democratically controlled, nowhere in the Principles does it say that we have to let our members volunteer in running our store—that is a choice that this Co-op and its members made.

So, you're intrigued by who we are, and how we are run, now what? You can join the Co-op any time you are in the store shopping. We make it quick and easy, and inexpensive. Ask a cashier for an application form, pay the small fee, and Hey Presto! you are now an owner of the Co-op. Welcome!



Member Update

by Kristi Wildung

"Welcome!" to our new members. Don't forget to check out the back page of this newsletter for a listing of our Business Partners. You can earn discounts at area businesses, offered exclusively to members.

New members include Leif Nelson, Grant Kester, Susan Trapp, Connie Hatley, Ellen Roskovich, Robin Durham, Sheila Cichoski, Kay Swenson, Nickie Poesy, Mary Lutz, Virginia Junk, Roger and Laura Anderson, David Biggs, Christy Wimberley, Connie Kravas, Rani Hader, Anne Marie Lankard, Lori Calentine, Alenka Lovy, Bonnie Nielson, Wiley Hollingsworth, Amanda Rains, Donna Atkinson, Nancie Burns-McCoy, Heather Houchard, Pam Vande Water McClelland, and Robert Flanagan.

Thanks to the continued support of the following renewing members:

Slayton Varner, Hilary Dunlop, Kenton Bird, Donna Holmes, Georgia Williams, Laurie Flaherty, Kai Middleton, Dorene Magera, Jennifer O'Laughlin, Wendelyn Bolles, Ken Mopper, Susan Odom, Christine Cremo, Carol Bradford, Antone Holmquist, Gary MacFarlane, Priscilla Salant, Cindy Johnson, Sheryl Lee, David Schlater, Gerald Courtright, Sally Chang, Anne Adams, Kathy Potter, John Dibble, Cheryle Carlson, Judy Biller, Lori Meier, Warren Miller, Robert Ronald, Roderick Sprague, Roger Warren, Tabitha Simmons, Jean Becker, Leellen Hughes, Donna Grauke, Linda Tompkins, Sue Byrne, Julie Trail, Thomas Arthur, David Ritzenthaler, Robin Elwood, Judith Brown, Jean Sweetapple, Jeanne Anderson, David Kramer, Shirley Lin, Stephan Flores, Christine Oakley, Sara Perrine, Patricia Hart, Lydia Gerber, Kandace Prisbrey, Mary Jo Hamilton, George Capowich, Donna Nagy, Carol Hackney, Michelle Ney, Margarethe Konzak, Geetha Ramarcian, Melinda Harm, Suvia Judd, Marc Cortese, Ellen Harter Wall, James Workman, Edward Bechinski, Kelley E. Flaherty, and Tania Stevens.

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

Published by
Moscow Food Co-op
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Deadline for Articles:
20th of each month

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Membership Committee News

by Kevin Kane

Wow! What an exciting time to be a part of the Co-op! In case you've missed the news, August 1 marks the beginning of our 3-month membership drive. In the coming weeks, we'll be striving to add 400 new members to our Co-op, and you, the membership, can play an important part in our Membership Drive. We want all of you to tell your friends and coworkers about the advantages of being a Moscow Food Co-op member and, better yet, get them to join!

We've been working on ways to make joining the Co-op easier. A lot of people say that they don't have time to register when their purchases are being totaled up. Well, we've created a mail-in membership form for you. Do you have some friends who aren't members yet? We've got a card that helps you get them to join, and there's an incentive for you as well!

Your Membership Committee has also been talking about increasing member benefits: those perks that only members can take advantage of. For instance, we're considering making the monthly sales prices available only to members; non-members would pay the normal price. Something else under deliberation: Want to write a check for more than your purchase? Show your Membership Card and write a check for cash back. Finally, being a member means that when you register for all of the great cooking classes and pay the Member price.

Something else . . . When was the last time you had a tour of your

store? Well, starting in August we will schedule Member Orientations for new and current members. During these Orientations, you'll have the opportunity to learn more about your Co-op—how to shop and make special orders, how to participate in the decision-making process, and how to increase your benefits by earning a discount through volunteering. Look for the schedule posted on the notice board by the registers for the next Member Orientation.

Lastly, the Membership Committee will have a spot at the Taste Fair on August 1 and 2, so stop by and talk to us. If you have friends who want to join the Co-op, we can sign them up then. Want to see a new class or service offered at the Co-op? Let us know, and we'll see what we can do. Your input is vital to the growth of the Co-op. After all, we own it!

OOOOOOps!

by Bill London

In last month's (July) newsletter, after the zucchini and eggplant stories, and the Kid's Page, there were four articles added by mistake.

And—mea culpa—the responsibility is mine.

The articles that were there, but should not have been, included "Recycle the Onion Bag" contest on page 13, "Talkin' Math Talk" and "Still Supporting Camp Roger Larson" on page 14, and the "College of Education Wins Diversity Leadership Award" on page 18.

This is how it happened:

With our regular design diva, Kate Grinde, out of town for a month, Kelvin Saxton (the alternate design/layout meister) took over. Kelvin, who had never done this newsletter design before, and who has moved from Moscow since completing the task, did a very good, and timely job. He followed the directions given to him very well.

As editor of the issue, I gathered all the articles submitted, worked a few editing changes, gave the submissions that needed typing

to our ace typesetter, Debby Carlson, and compiled the rest on a disk for Kelvin. I also wrote a list (as is our usual procedure) of all the articles for Kelvin to use and told him to (if possible, given available space) include all the articles submitted for the issue.

I blew it by using one of my old disks that had a few of my other documents on it. Old, documents, like the announcement of the onion bag contest from last summer. And more recent writings from my work at Washington State University, like the math talk, Camp Larson, and diversity leadership award stories.

Previously, I had used disks with stuff not listed on my page of submissions for that month, and Kate knew to ignore that other stuff. But Kelvin didn't. And I had told him to use all available articles. So, he did.

So, Sorry folks, my fault. It's a problem that is not likely to happen again, since I will make sure to delete all similarly irrelevant stuff before any future reuse of a disk!

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die tomorrow:
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live forever."*

-anonymous-

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- Please mail me my membership card(s)
- I will pick up my card(s) at the store

Remember: Members make the Co-op work

Newsletter Openings...

by Therese Harris

Are you looking for a way to volunteer for the Co-op that doesn't require being AT the Co-op? Are you, perhaps, looking to break into the world of publishing (starting on the ground floor, of course)? Are you looking for a new creative outlet? Well, we may have just what you are looking for.

This Co-op Community News now has openings for illustrators, backup and/or alternate computer-layout persons, and writers on various subjects. Each position is very part-time, and can be filled on a rotating schedule, if you feel monthly publication is too overwhelming. We do work with a deadline, but try to be cheerful about it. So, if you're interested, or even merely curious, call Bill London at 882-0127. We'd love to have you!

Volunteering at the Co-op

by Kristi Wildung

The summer is nearing its end already, and pretty soon those who have been away will be returning. Life seems to begin again around here with the start of the university semester and what better way to kick off this beginning than by starting to volunteer at the Co-op. We offer a number of positions that may pique your interest and flexible times that can fit your schedule.

The number one reason to volunteer at the Co-op is, of course, the generous discount. Our volunteers earn up to an 18% discount for 3 hours of work per week. That's quite a bit of savings on every bag of groceries! But more than just a discount, volunteering is beneficial to everyone involved. You support your local Co-op and we keep our operating costs lower through your help. Plus you gain valuable volunteer experience while giving the gift of time.

It's easy to volunteer. Check out the volunteer board in the store for vacant positions and then fill out a volunteer application for the one that suits you. I'll call you to schedule an interview and get you on the road to volunteering.

Welcome to our newest volunteers:

Anna Williams has taken not one, but two shifts in the kitchen,

...And a Closing

by Therese Harris

When our growing season draws to a close this autumn, our Gardening Writer will also be ending her production—of garden articles. Ellen Lark has been greening our thumbs this year with her articles full of details and garden suggestions, not to mention her handy to-do lists and very modern websites-to-see. But, as with many good things, this too comes to an end as she moves on to other pastures and ventures. Thank you, Ellen! And, good luck—may the bindweed only strangle the thistles, wherever you end up! (Not that I'm wishing bindweed or thistles on you, or in your garden, I mean, you know, oh poop, I mean, oh compost. Oh, nevermind... but Thank You!)

working as a deli assistant on Mondays and an assistant baker on Tuesday mornings. Suvia Judd has volunteered her truck as well as her time to our Friday milk run, and Margo Kay (good old Margo) has returned to help us with our bulk stocking after freight on Wednesdays. Betsy Hennessy, a former Board member, is assisting us in our office on Thursdays, and Robin Elwood has returned to make our bulk section presentable on Saturday mornings. And last but not least, Nickie Poesy and Jacquie Weller, our mother-daughter team, have filled the much-needed Saturday afternoon produce shift. Thanks to all of you for taking the time to help the Co-op.

There are still volunteer positions to be filled. We need an herb stocker, a coffee stocker, a price checker, a cardboard recycler, a fruit/chip bagger, a bulk stocker, and many produce volunteers. And despite my plea for assistance in keeping the cashiers at bay, I have yet to sign up one courtesy clerk to help at the registers during rush times. If you're interested in any of these positions, apply at the store or give me a call.

Answers to Your Questions from our Request Board

by Staff

"You need to stock Maple Syrup in the **light grade—not the dark amber (poor grade)**" It is my understanding that the Grade A is more highly refined and thus considered a more desirable grade of Maple Syrup. Howsoever we stock both grades! The grade A light amber maple syrup is available in our bulk liquids section, as is the darker, more flavorful, less expensive (and popular) Grade B.

"The service is Wonderful!!" Why Thank You! We try hard.

"Thanks for the **clean** microwave." Purchased by membership dollars, not only is the Microwave clean, it is new!

"Please bring back the marinated tofu-miso sandwiches, my favorite!" By popular request, Annie promises to make them on Tuesdays!

"Please bring back Island Spring Organic Silken Tofu. It sold well, and it is **not** practical to order a case for one family (and you are not carrying **any** organic silken)" Actually, the Organic Silken Tofu did not sell well—we had to throw it away often. Sorry.

"Fresh Mozzarella would be very appropriate for this store. Huckleberry's in Spokane has it and this store is similar" Unfortunately fresh mozzarella is not available to us in small bulk quantity. When it becomes available we be happy to stock it. In the meantime have you tried our smoked mozzarella?

"I would love to see you carry these products:"

Organic Lemons: currently in stock! We have been carrying a wider selection of organic produce due to increased customer demand.

EarthPreserve Hair Care products: We have access to this line through our distributor and would be happy to order it for you anytime. We sampled the products several times ourselves and were not that pleased with either the quality or the price.

Organic Sheep's Feta: Currently unavailable to us.

"Lip Balm Unscented (black cap) from Autumn Harp? Usually the co-op has it, but not for the last

month or so)" I believe you mean Nanaks Brand. While that was my favorite brand we did have to discontinue that line due to slow sales. We are looking for a replacement.

"Sorry, but thumbs down on the BBQ Tofu-pineapple pizza! Glad some pesto varieties are back" Thanks for the comment. Amy and Rochelle have a lot of fun coming up with new ideas for their Friday night Pizza fest.

"Coffee just went up another \$1.00/ pound!?!? Yes, it's true, and by now you probably know the reason why. People who trade in futures drove the prices up when they heard about various freezes of coffee crops this spring. The price might not go down until next year.

"I was desperately seeking the Thai Masum(sp?) curry Paste. Loved it, bought it, please...more" Sorry the manufacturer discontinued the product.

"Casein-free soy cheese, please!" Look for Soymage Soy Singles in our walk-in cooler

"Can you please order Mocha rice-dream pies. They are much better than vanilla!" Due to space limits in the freezer we rotate the ice cream pies, meaning that your mocha pies will be re-ordered when the kind presently in stock runs out

"I would like to see more house wares, cleaning supplies. ex: bathroom cleaner or kitchen something?" We are currently working on revamping that section of the store. We agree with your suggestion, please be patient with us. Thanks.

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Staff Profile:

Gary Macfarlan

by Linda Canary



"Wild deor ness" Gary's shirt says, "the place of wild beasts." So I ask this lanky clear-eyed person sitting across from me if it's Gaelic, and he says, "It should be Gaelic, but, unfortunately, it's not, it's Old English."

Hmmm, I think, unfortunately? Let's talk about England. Churchill, the Empire, the British attitude and genocidal tendencies. But lest we offend, what I really wonder is how early those seeds were planted in that race of people to make them, on that tiny island, want to rule so great an empire for so long. And so on. Gary has a great deal to say about empires, particularly the one we live in. He's a political kind of guy, an Earth First! movement person. And he is as serious as one can get about preserving the little land we have left for all the species to share.

I tell him about the trouble I made for myself once at a party by saying I felt as though trees were as important as humans, and that I understood why some people were taking direct action to save old growth by chaining themselves to trees. So Gary tells me about the time he was arrested in 1995 along with quite a few others at the Cove Mallard site for blocking the building of a logging road. Right now, the entire issue is waiting to be resolved in a court of appeals in January 1998. Meanwhile, the Cove Mallard Coalition is keeping track of what's being done there. That's one of Gary's jobs, keeping the office open here in Moscow. He speaks eloquently against the forest (dis)service; how the mining, grazing, and logging rights granted by that organization actually wind

up having to be subsidized by us, the taxpayers. "Corporate welfare," he calls it.

Gary has long long, tapering fingers, and for a moment I am mesmerized by the movement of them as he

speaks. His hands remind me somewhat of Glenn Gould, the pianist, and when I tell him that, he is disconcerted a bit, and holds them on his lap, but like birds on the wing, they fly back out as he continues, and I further remember that Gould used to, in effect, visually conduct a conversation with his hands. (I have Glenn Gould on the brain I guess, on account of the movie 32 Short Films about GG. You can get it at the library. Four star recommendation from this writer. But, geez, this is an interview not a film critique I can hear some of you saying. So back to the subject at hand.)

Gary says that he tried to go the route of working with governmental agencies, but that they lie too often, and he never felt as though he could gain anything by selling out to an agency. His background in environmental science and range forestry something (he's been out of school as long as I have and couldn't remember the exact degree Utah State University awarded him) has found him jobs in places as diverse as the Frank Church wilderness, Montana, the Bob Marshall region and Glacier National Park. Backpacking in the wilderness is his passion, as well it should be for someone with as long a legs as he has. Oh, and basketball, too. No hacky sac for this fellow, he likes to keep his competitive edge honed because he needs it, just as he needs his sense of humor to survive. His real skill is in reading the land, seeing the inter-relationships between wild things. He can tell the past, present, and future of a stretch of land, and when I teased him

about his omniscience, he matter of factly said that it was true and went on to explain to me about fire ecology, for example. (As Dizzy Dean once said, "It ain't braggin' if you can do it.")

For some reason, I began to think about another Jack Morman, Edward Abbey, and then about Gary Snyder, who was the first one I ever read that talked about bio-regions like this Gary was doing. Of course, he'd read both those guys, but he usually reads non-fiction like Norm Chomsky's Manufacturing Consent which is all about the myth we call the free press. Or books about linguistics. (not to be mistaken with linguine.) All in all, this is a very interesting person, and I could have continued the discussion for the entire afternoon, but he started to shift in his seat a lot, so I quickly asked him the following:

"What do you do at the Coop?"

"I tend the juice/espresso cart, and cashier."

"Do you believe in an afterlife?"

Response: "No, well actually, I don't know, I guess I'm an agnostic."

"Do you plan on staying on the Palouse?"

"Yes, I was drawn back here for a couple reasons—the Coop being a major one, and the fact that it's a fairly bike-friendly town."

"Are you married?"

Wryly, "Not any more."

"What is your favorite quote?"

"Don't have one."

"What is your favorite dream?"

Instant response, "To see the re-wilding of North America—to see the rivers run red again with salmon."

I didn't have to ask this hardcore activist what makes him mad. He'd already told me, but at least he's doing something about it. Direct action, or as my dad used to say, "Putting your money where your mouth is."

In winding this up, I have to confess that during the conversation with Gary, to make myself feel better, I did just happen to mention that I send yearly checks to the Southern Poverty Law Center, and to the Lakota College on the Pine Ridge reservation. I hope he forgave me.

Cooking Classes at the Co-op

We've had so much response to the cooking classes we've had that we're offering more. Below is a schedule of upcoming classes through the beginning of September. All classes are held upstairs at the Co-op from 6:00 to 7:30 p.m. Classes cost \$10.00 for members and \$15.00 for non-members. Please sign up at the registers. Classes fill up quickly so reserve your space today!

Wednesday August 13:

Basic Bread Baking offered by Ed Clark. Please bring a large bowl, a wooden spoon and a dish towel for this one.

Wednesday August 20:

Backcountry Cooking offered by Vicki Reich.

Wednesday August 27:

Cooking with Herbs and Spices offered by Eva Strand.

Wednesday September 3:

Cooking with Tofu offered by Eva Strand.

Onion Bag Contest:

Null and Void
by Bill London

The contest for uses of the Co-op's extra onion sacks, announced on page 13 of last month's (July) Co-op Community News just doesn't exist.

The contest was a modest hit last year, and sparked a recycling renaissance of usefulness for those mesh bags.

This year, the Co-op doesn't have a big problem with the overflow of used onion sacks since all are snapped up quickly, most by the growers at Paradise Farm Organics. Those very useful sacks have plenty of applications on their farm.

The contest announcement was written for publication last year and was accidentally included in the July issue this year (see my article entitled "OOOOPS" in this issue for the explanation of how)

If you have worked long and hard on an entry, please see Kenna and she will give you a prize. Sorry for the mix-up.

Food & Nutrition

Tempeh (TEM'-pay)

by L. L. Lundstedt

Warning: I'm new to tempeh, and I'm enthusiastic about it. Having explored the possibilities of tofu and TVP, I figured that cooking with tempeh was the next step in the Wonderful World of Soy. So I've spent the past few weeks trying tempeh recipes, and with good results. I'm now one of the converted.

Tempeh is so easy to work with, and produces such tasty dishes, that it's now a permanent item on my Co-op shopping list. Like tofu, tempeh can be used in a variety of dishes and has a texture better suited for a meat substitute. You can cut it into kabobs for grilling, slice it into strips for fajitas or sandwiches, cube

it for stir fries and salads, or grate or crumble it for burgers and casseroles.

Although folks have been eating tempeh in Indonesia for hundreds of years, tempeh isn't as exotic as it sounds. According to Jack Bishop in "I Can't Believe It's Tempeh" (Natural Health, Jan.-Feb. 1997), tempeh is made from soybeans that have been soaked, split, hulled, cooked, and fermented. The fermenting culture, *rhizopus oligosporus* (gesundheit!), makes tempeh more easily digestible than other soy foods and reduces the flatulence problem that some folks have with eating soy. Water and the fermenting culture are added to the cooked soybeans, which turns them

into a firm cake. In 24 hours the culture has bound the cake into a slab known as tempeh, which is then blanched or frozen to prevent further fermentation.

The tempeh will be mostly white and gray and, as Bishop aptly describes, will look "like the rind on Brie cheese." Gray patches are okay; black patches are not. Dorothy Bates, author of *The Tempeh Cookbook*, notes that fresh or defrosted tempeh will keep in the fridge for 3 or 4 days, and frozen tempeh will keep for six months. The Co-op carries several varieties of Turtle Island tempeh, made in Hood River, Oregon. It comes as frozen 8-oz. slabs inside a handy reusable plastic bag. (Send back five of these bags plus postage and handling to receive a genuine Wham-O Frisbee Flying Disk!)

Nutritional Profile

There's a lot to like about tempeh. Nutritionally, it's better than tofu since the entire soybean is used, so you've got all of the essential amino acids. According to Bishop, you get as much protein as in the same size serving of beef and three times that of a serving of tofu. According to Sally Hayhow and Mark Messina (*Vegetarian Times*, March 1994), tempeh has less fat than tofu.

The amount of fat and protein may vary depending on the amount packaged. Bishop lists 3 grams of fat and 12 grams of protein in a 2-oz. serving; the Turtle Island tempeh nutritional information lists a 3-oz. serving as having 3.5 grams of fat and 13 grams of protein. Bishop also notes that tempeh contains some calcium, no cholesterol and almost no sodium. The Turtle Island package lists one serving as meeting 80% of the vitamin A requirements for a 2,000-calorie diet. Bates writes that tempeh provides iron, vitamin E, lecithin, and fiber. All-soy tempeh is a good source of protein, but flavored tempehs may have grains and vegetables, thereby reducing the fat content but also the protein.

Cooking Tempeh

Don't eat tempeh without cooking it. Fortunately, you can cook it in a variety of ways: steam it, fry it, grill it, bake it, deep fry it if you must, but cook it.

Like tofu, tempeh cries out for bold flavors but for the opposite reason. Whereas tofu is bland and needs something else to give it flavor, tempeh is rather strong-tasting because it's fermented and needs other flavors to mellow it out (At least for beginners. I've chatted with several veteran tempeh-eating customers who are happy to eat it with just a dash of soy or barbecue sauce.)

Marinating is important when you're cooking with tempeh, and Bishop's method works well. In contrast to simmering tempeh in a marinade or marinating first and then cooking it (traditional methods) Bishop recommends that you leave the tempeh in the marinade or return it to the marinade after cooking so that the pieces continue to absorb more flavor. For a stir-fry, you can even add the marinade when you return the tempeh to the pan. Also, smaller pieces absorb flavor better than larger ones, so cut the slab in half lengthwise too when you're cutting it up for stir fries and kabobs.

Getting Started

Turtle Island tempeh offers a chili recipe by Colleen Pride on the back of the bag. It's easy to make and tasty, so it's a great way to become familiar with tempeh. There's also a mail-in offer on the back of the bag for Dorothy R. Bates' *The Tempeh Cookbook*. This amazing little cookbook offers suggestions and recipes for using tempeh in appetizers, salads, soups, sandwiches, and entrees for Oriental, Italian, Mexican, American, and International dishes. There's a nutritional breakdown included at the end of each recipe. It even has a section for making tempeh at home. The Co-op has a few of these fabulous books and has ordered more.

More Recipes

I intentionally chose tempeh recipes that had a home-cooked, familiar ring to them. I have also included some recipes from tempeh-wise friends.

Stir-Fried Tempeh with Broccoli and Red Pepper

This recipe from *Natural Health* is quick, easy, and good! Dinner is on the table in half an hour.

Oh -oh!!

Editor's note: These recipes are reprinted from last month's newsletter, as some of the quantities had been inadvertently left out.

Probars

- 3 eggs
- 1/3 c. honey
- 5 T. whole wheat flour
- 1/2 c. ground sesame seeds
- 1/2 c. ground sunflower seeds
- 1 c. chopped nuts
- 1 c. toasted wheat germ
- 1 c. coconut flakes

Preheat the oven to 350° F. Beat the eggs and honey together until thick then blend in the remaining ingredients. Press firmly into a greased 8-inch square pan and bake for 25 minutes or until lightly browned. Cut into bars, then let cool.

Honey Nut Bars

- 1 egg
- 1/2 c. honey
- 1 t. vanilla
- 3/4 c. whole wheat flour
- 1/4 c. instant dry milk
- 1 t. baking powder
- 1/2 t. ground coriander
- 1/4 t. nutmeg
- 1/4 t salt

- 1 c. chopped roasted peanuts or almonds
- 1/4 c. ground sesame seeds

Preheat the oven to 350 F. Beat together eggs, honey and vanilla. Combine the dry ingredients, except for the nuts and seeds, and blend well with the egg and honey mixture. Fold in the nuts and seeds. Spread the batter in an 8-inch-square, greased pan and bake for 25-30 minutes. Let cool and cut into bars.

Molasses Marbles

- Mix together:
- 1/2 c. molasses
 - 1/2 c. peanut butter
 - 3/4 c. instant dry milk
 - 3/4 c. toasted wheat germ

Form into small balls and roll in one of the following: Chopped nuts, sesame seeds, coconut flakes, sunflower seeds.

Spicy Seed Snack

- 1 c. pumpkin seeds
- 1 c. sunflower seeds
- 2 T. sesame oil
- 1 T. tamari
- 1 t. curry powder
- 1/2 t. cayenne
- 1/8 t. garlic granules (optional)

Combine all ingredients thoroughly. Spread on a cookie sheet and bake at 350 F for 20-25 minutes, stirring occasionally.

8-oz. tempeh, cut in half lengthwise and then into 1" cubes
 1/4 cup tamari
 2 Tbs. vegetable oil
 2 medium garlic cloves, minced
 1 Tbs. fresh ginger root, minced
 1 large red bell pepper, cored, seeded, and cut into 2" strips
 4 cups broccoli florets cut into bite-sized pieces

Place tempeh, tamari, and 1/4 water in a medium bowl and marinate for 20 minutes, stirring occasionally. Meanwhile, mince garlic and ginger root, cut up bell pepper and broccoli, and put rice or noodles on to accompany this.

Heat 1 Tbs. of the oil in a wok or large pan. When oil is hot, add tempeh to the pan. Do not add the marinade, and watch out for some splattering. Sauté tempeh about 2 or 3 minutes or until browned and crisp. Return the hot tempeh to the marinade to soak up more flavor.

Add remaining Tbs. of oil to pan and sauté garlic and ginger root for about half a minute. Add red pepper and sauté for another minute. Add broccoli and sauté for a couple of more minutes. Return the cooked tempeh and marinade to the pan and mix to heat through. Serve over rice or noodles.

Tempeh á la King

Comfort food from The New Laurel's Kitchen! I adapted the cooking method to Natural Health's recommendation.

8 oz. tempeh
 2 cups vegetable broth (vegetarian "chicken" broth works well)
 1 medium onion, minced
 2 Tbs. olive oil
 1/2 cup chopped red bell pepper
 OR 1/4 cup drained canned pimientos
 1 cup fresh mushrooms, sliced
 3 Tbs. whole wheat flour
 1 tsp. light miso
 2 Tbs. sherry
 freshly ground black pepper
 1/4 cup almonds, blanched and slivered

Bring broth to a boil. Cut tempeh into small cubes and simmer in broth for 10 minutes. Remove from heat and set aside.

Sauté onion in oil until clear and then add bell pepper and mushrooms. Sauté over low heat until mushrooms are soft. (If you're using pimientos, add them after the mushrooms have cooked.)

Stir flour into vegetables and sauté a few minutes more. Drain vegetable broth from the tempeh into a measuring cup and add water to make 2 cups liquid. Gradually add this liquid to the pan, stirring well. Bring to a boil, reduce heat, and simmer for a few minutes more. Stir together miso and sherry and add it to the pan along with the tempeh. Simmer briefly and add almonds just before serving over noodles or rice.

"Flight-Less Salad"

Vegetarian Times July, 1997, issue offers this recipe makeover for chicken salad by Nancy Berkoff. It's a bit labor-intensive, but it makes enough for a small crowd.

8 oz. tempeh
 2 tsp. tamari or soy sauce
 1/3 cup vegetable broth (vegetarian "chicken" broth works well)
 1 tsp. fresh lemon juice
 1 tsp. poultry seasoning
 4 Tbs. vinegar
 2 Tbs. low-fat mayonnaise or plain yogurt or vegan mayonnaise
 2 tsp. prepared mustard
 1 tsp. minced garlic
 1/4 tsp. freshly ground black pepper
 3 Tbs. vegetable or olive oil
 1 cup shredded green cabbage
 1 cup shredded red cabbage
 1/4 cup diced carrot
 1/4 cup diced onion
 1/2 cup diced red or green bell pepper

Chop tempeh into 1" pieces and steam for about 5 minutes. Mix tamari or soy sauce, broth, lemon juice, and poultry seasoning in a large bowl and add the steamed tempeh, stirring to coat pieces. Cover and refrigerate to marinate for three to six hours. After tempeh has marinated, preheat oven to 325 degrees. Spread tempeh on a baking sheet and bake for ten minutes or until golden brown. Set aside to cool.

In a small glass bowl, whisk together vinegar, mayonnaise or yogurt, mustard, garlic, and black pepper to make the dressing. Gradually add oil, whisking until sauce has thickened.

In a large bowl, toss tempeh, green and red cabbage, carrot, onion, and bell pepper. Add half of the dressing and mix well. Taste and add more dressing to taste. Eat as is

or on a sandwich or in a pita.

Tempeh Almond Salad

This tempeh recipe comes from Robin Ohlgren-Evans, one of the Co-op's Education Committee members.

1 pound tempeh, thawed and cut into 1/2" cubes
 1/2 cup water
 1/4 cup tamari
 1/2 pound soft tofu
 2 Tbs. lemon juice or vinegar
 1 tsp. salt
 2 tsp. garlic powder
 a pinch of black pepper
 1/2 cup celery, diced
 1/4 cup red onion, minced
 1/4 cup carrot, diced
 1/4 cup slivered almonds, toasted
 1/4 tsp. sugar

Steam tempeh in water and tamari for 25 minutes. Drain excess liquid and cool. In a blender or food processor, blend tofu, lemon juice or vinegar, salt, garlic powder, black pepper, and sugar to the consistency of mayonnaise. In a mixing bowl, combine cooked tempeh, celery, onion, carrot, and almonds. Stir in tofu dressing and adjust seasonings to taste.

Tempeh Tacos

Eva Strand, another Co-op Education Committee member, gave me this recipe.

4 oz. tempeh
 1 Tbs. soy sauce
 1 tsp. chili powder
 1/2 tsp. garlic granules
 1/4 tsp. ground cumin
 1/4 tsp. dried oregano
 1 tsp. oil
 1/4 cup chopped onion
 4 tortillas
 taco toppings: lettuce, tomato, cheese, avocado, salsa, sour cream . . .

Steam tempeh for 20 minutes and cool. Grate coarsely and add soy sauce, chili powder, garlic, cumin, and oregano.

Sauté onions in oil for 15 minutes. Add tempeh mixture to the onions to heat. Warm the tortillas, place some tempeh-onion mixture into each tortilla, and add with the toppings of your choice. Fold and eat!

Stay Tuned . . .

I've just started learning how to incorporate tempeh into meals, so I won't punish you with my very own tempeh burger recipe yet. In the

meantime, the Co-op carries a ready-to-heat-and-eat Tempeh Burger in the freezer. If you're interested, consider signing up for the Co-op's beginning tempeh cooking class, where even more recipes will be cooked and sampled to tempt you into cooking with tempeh.

[For more recipes, see *The New Laurel's Kitchen* by Laurel Robertson, Carol Flinders, and Brian Ruppenthal; *Breadtime Stories: A Cookbook for Bakers and Browsers* by Susan Jane Cheney; and especially *The Tempeh Cookbook* by Dorothy R. Bates. For basic information, cooking instructions, and recipes, see "I Can't Believe It's Tempeh" by Jack Bishop in *Natural Health* (Jan.-Feb. 1997). For the disease-fighting abilities of tempeh and other soy foods, see "The Soy Solution" by Sally Hayhow and Mark Messina in *Vegetarian Times* (Mar. 1994)]



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August

by Robin Murray

Kids page

Did you know...

There are about 330 different breeds of cats? The largest breed is called the ragdoll and weighs an average of about eight pounds. The smallest breed is the Singapura with an average weight of only five pounds.



LOOK FOR THESE BOOKS AT THE LIBRARY:

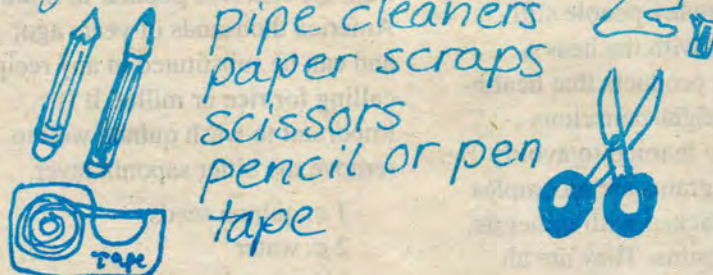


The Cat Next Door by Betty Ren Wright
illustrated by Gail Owens and
The Lives of My Cat, Alfred
by Nathan Zimelman ill. by Evaline Ness

Try This:

Pipe Cleaner Cats

you'll need:



① for each cat, take three pipe cleaners. Wrap one around another about one inch from the edge. Wrap the third one around about 3 inches from the other end.

② Cut a cat face from the paper and draw on eyes, mouth & whiskers.
③ Tape the head to the short end. Bend the long end up to make the tail!



Food Fun!

A Cat Cake

Using your favorite cake recipe, bake two 8 or 9 inch round cakes. To make the cat cut them like so:



Then frost with your favorite frosting and decorate!

Just for Fun!

Can You Figure Out the Answer to this old English Rhyme?



As I was going to St. Ives,
I met a man with seven wives
And every wife had seven sacks
And every sack had seven cats
And every cat had seven kits.
Kits, Cats, Sacks, wives
How many were going to St. Ives?



Answer: Just me!

Summertime Grains

R. Ohlgren-Evans

Like many people, my menu planning is highly influenced by the seasons. With the onset of summer, I start thinking about the bounty of fresh fruits and vegetables now available, outdoor grilling, and packable, picnic meals. Light. Simple. Refreshing. GRAINS!

Grains are an easy and adaptable choice for anytime of the year, and in hot weather they make a great base for nutritious salads too.

Unfortunately, many people still associate grains with the heavy, refined, starchy products that health-conscious or weight-conscious individuals have learned to avoid. Wrong. Whole grains are a complex carbohydrate, packed with minerals, fiber and B vitamins. They are an important (but sadly overlooked) source of protein, especially when combined with foods that

contain complementary amino acids (legumes, seeds and dairy products). Once people began practicing agriculture, grains became humanity's most important food. And today, whole grains are an essential component of the modern vegetarian diet. Whether or not you include meat in your diet, grains should be a key ingredient in each day's nourishment. Here are some summertime ideas:

Wild Rice Salad

Wild rice is actually not rice, but it is often treated as a grain. It's a seed from a tall aquatic grass, native to America. Don't let its price keep you from using it occasionally—consider it a very healthful luxury for those times you feel like a treat.

- 1 1/2 c. wild rice
- 1 1/2 tsp. salt
- 6 c. water
- 3/4 c. thinly sliced green onion
- 3/4 c. diced celery
- 1/2 c. slivered almonds, toasted
- some parsley, minced
- 1/2 c. carrots, sliced thinly

Dressing:

- 3 Tbs. olive oil
- 3 Tbs. safflower oil
- 3 Tbs. white wine vinegar
- 3 Tbs. fresh thyme
- 1 Tbs. fresh rosemary
- 1/2 tsp. salt
- 1/4 tsp. pepper

Rinse wild rice and place in a heavy saucepan with salt and water. Bring water to a boil, then lower heat and simmer until rice is tender (45-50 minutes). Drain & rinse

under cold water, and place in medium bowl. Stir in the vegetables and nuts.

In small bowl, whisk oils into vinegar one drop at a time. Combine the other ingredients for dressing and toss lightly with the rice. Chill and serve.

Quinoa Salad

Pronounced "keenwa," this grain is high in protein, calcium and iron. Quinoa was popular in South America thousands of years ago, and can be substituted in any recipe calling for rice or millet. It is important to wash quinoa well to remove the bitter saponin layer.

- 1 c. quinoa seeds
- 2 c. water
- 1/4 tsp. salt
- 1 medium tomato, chopped
- 4-6 green onions, thinly sliced
- 1 c. finely chopped parsley
- 1/3 c. black olives, sliced
- 4-6 oz feta cheese

Dressing:

- 1/4 lemon or lime juice
- 2 Tbs. olive oil
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cumin
- black pepper

Wash quinoa well (rinse until water doesn't foam too much) and drain in strainer. Put grain in saucepan with water and salt and bring to a boil. Reduce heat, cover and simmer 20 minutes. Set aside to stand for 10 minutes and allow to cool. Stir in tomato, green onions, olives and parsley.

Whisk dressing ingredients together and toss with salad. Crumble feta cheese on top and refrigerate 30-60 minutes.

Golden Corn Bake

Native to America, some people claim that fresh sweet corn is what summer's all about. Try this hearty, warm casserole when corn is plentiful in season.

- 1 Tbs. oil
- 1 medium onion, chopped
- 3 medium yellow squash (try substituting lightly steamed broccoli)
- 2 c. sliced mushrooms
- 4 c. corn, cut off the cob
- 6 eggs
- 1 tsp. sea salt
- 1 tsp. basil
- 2 c. grated cheese
- 1 1/2 c. bread crumbs

Heat the oil in a large skillet.

Add the onions and saute for 2-3 minutes. Add the squash and stir for a minute. Add the mushrooms, stir, cover the skillet, and cook for about 5 minutes more.

While the vegetables are cooking, place the corn, eggs, salt, and basil in a blender or food processor. Blend until smooth and creamy. Place the sauteed vegetables in the bottom of a 7 x 11 baking dish. Pour the corn mixture over the vegetables. Top with grated cheese and sprinkle with bread crumbs. Bake at 350 degrees for 45 minutes, or until set. If necessary, place the casserole under the broiler for a minute to brown the top.

Jasmine Rice Salad

Jasmine rice is a long-grain white rice popular in Thailand for its sweet, jasmine-like fragrance. Perfect complement for a Thai meal—or anytime!

- 1 1/2 c. jasmine rice
- 2 1/2 c. water
- 1/4 c. peanuts
- 1 cup blanched snow peas or sugar snap peas, cut in thirds on the diagonal
- 1/2 c. fresh bean sprouts
- 1/2 c. shredded carrot
- 1/2 c. seeded and minced cucumber
- 1 c. finely diced mango
- 1/4 c. shredded dried coconut
- 1/4 c. minced green onion
- 2 T. minced lemon grass (optional)

Dressing:

- 2 Tbs. minced cilantro
- 2 Tbs. minced mint
- 2 garlic cloves, minced
- 2 tsp. minced ginger
- 1 tsp. minced red chili
- 1 Tbs. minced lime zest
- 3 Tbs. fish sauce
- 2 tsp. sugar, or to taste
- 2 Tbs. rice wine vinegar

Fill a medium saucepan with water, add the rice, stir and drain. Repeat twice. Place the rice and the 2 1/2 cups water in the pan and bring to a boil. Stir the rice, cover the pan, lower the heat to a simmer, and cook for 15 minutes. Remove from heat and let stand for 10 minutes. Uncover and fluff the rice with a fork. Let cool to room temperature.

While the rice is cooling, toast the peanuts: in a small heavy skillet over medium-high heat, stir the peanuts constantly for 3-5 minutes, or until fragrant and toasted. Place the peanuts in a clean kitchen towel and let cool for about 15 minutes.

Rub the peanuts inside the towel to remove the skins. Empty the towel into a colander and shake it to discard the skins. Chop the peanuts coarsely.

Place the rice in a large bowl. Add the chopped nuts and all the remaining ingredients except the dressing, stirring gently to combine. In a small bowl, combine all the ingredients for the dressing and mix well to dissolve the sugar. Pour the dressing over the rice and stir gently to combine. Serve at room temperature.

Summer Grain Pilaf

By adding a protein-rich sauce, pan-fried tempeh, baked tofu or grated cheese, this light grain dish can easily be made into a complete meal. By itself, it's a nice summertime accompaniment or potluck dish.

- 2 Tbs. olive oil
- 1 c. chopped onions
- 2 stalks celery, chopped
- 2 medium carrots, sliced
- 1 tsp. basil
- 1/2 tsp. thyme
- 1 cup millet, washed and drained
- 2 1/4 c. boiling water or stock
- 1/2 tsp. salt
- 2 c. corn, cut off the cob

Heat the oil in a large skillet.

Add the onion, celery, carrots, basil and thyme, and saute for 2-3 minutes. Add the millet and stir over medium-high heat for 2-3 minutes more. Remove the skillet from the heat and add the boiling water. Add the salt. Stir once, cover and return the skillet to the heat. Reduce the heat to low and simmer for about 15 minutes.

After the millet has cooked for about 15 minutes, add the corn. Do not stir. Cover immediately and simmer for another 5 minutes, or until the liquid is absorbed. Toss the pilaf lightly with a fork before serving.



Sweet Corn

by Pamela Lee

"Knee-high by the 4th of July" was the Midwestern farmer's way of voicing their corn growing expectations. The plants were supposed to reach the knee-height standard by Independence Day. Growing up in Minnesota, August brought the sweetest sweet corn to the table, boiled, but just barely. Though my parents were very big on enforcing table manners, when sweet corn was served, we would each take our turn at lavishly rolling the whole corn cob on a communal stick of salted butter. And, even though we handled the corn by those miniature plastic corn pokers stuck into either end, eating corn came darn close to eating with my fingers (not silverware)...something I longed to do as a kid. Butter, salt, and sweet corn, a quintessential summer food. After I grew up, moved west, and would visit my folks in Minnesota in August, sweet corn on the cob became my brunch of choice. I'd wake, take a quick drive to the produce stand and boil up three ears to start the day. Yumm.

I've lived out west since I was 21, and I'd often wondered why western corn didn't grow as sweet. Was it the difference in humidity? (Minnesota summers are horribly humid.) For years I wondered why westerners even bothered to boil the water to eat corn on the cob in the summer. I'd given up eating western so-called-sweet corn. It was always such a disappointment - not sweet and tender like the corn of the Midwest...until recent years. Now, thanks to new super-sweet and sugar-enhanced hybrids, western corn is every bit as delectable as the corn of my youth. The super-sweet hybrids like Summer Sweet (yellow), Starbrite (white), and Honey and Pearl (bi-color) contain a special gene that make them far sweeter than the standard varieties, and the sugar converts to starch far slower—so the corn stays sweet longer. The old maxim used to be: boil the water, then pick the corn. But now, the super-sweet hybrids will stay sweet refrigerated for up to a week. The sugar-enhanced varieties like Summer Flare (yellow), Argent (white), and Peaches and Cream (bi-color) have characteristics of both standard and super-

sweet corn. These sugar-enhanced varieties are sweeter and creamier than standard sweet corn, but not as sweet, nor do they remain sweet for as long as the super-sweet corn. Still, the sugar-enhanced varieties are good, and a definite improvement on previous western sweet corn.

Botanically speaking, corn, *zea mays*, is a giant grass. Each kernel is a seed. But, unlike other grasses, left to its own devices corn will not propagate. It needs the human hand to plant it and help it grow. The Jemez Indians of New Mexico have long pointed out the spindly grass that grows wild at Bandelier National Monument and claimed, "From this we got corn." Botanists would concur since the teosintes, wild annual grasses that grow in Mexico and Guatemala, are corn's closest relatives. It was recently discovered that a particular teosinte variety had the same biochemical and genetic makeup as corn, and could even be interbred with corn.

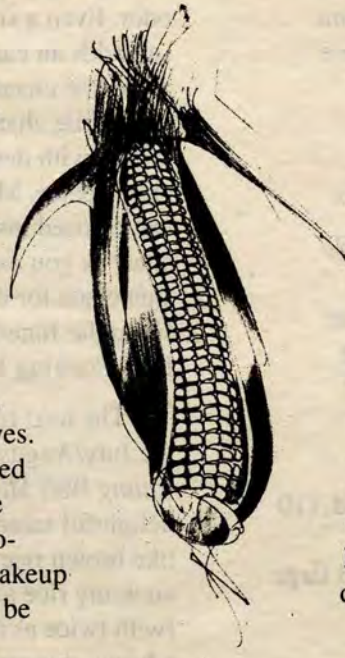
Corn is a new-world food, indigenous to this hemisphere. When Leif Erikson landed south of Cape Cod in the year 1000, he commented on the cornfields he saw there. When Christopher Columbus landed in the new world, he found and very much liked eating both corn and cornmeal. He wrote that "corn has a pleasant flavor and all the people of this country live on it." He described cornmeal as "a very well-tasted flour made of a kind of grain called maize." (Maize is the Native American word for corn.) When Columbus introduced corn to Europe, it was not immediately nor widely accepted. Many Europeans thought corn was best left to be fed to animals. They preferred wheat.

Corn produced today is divided into two categories. Field or dent corn (it dents when dried) is used mostly for animal feed and for oil production. Sweet corn, also called green corn, is eaten fresh or fresh-frozen, on the cob or off. Over the last couple of years, with a newsletter article in mind, I've collected and tried many corn recipes. I've liked so many of these recipes that I've decided to write only on sweet corn this month, then follow with a cornmeal-cornbread-polenta article

sometime later, probably during the winter months when the lovely fresh summer produce is gone.

Selecting Sweet Corn

Look for tightly-closed green husks that smell fresh. The corn silk should be sticky, pale, with brown only at the end of the tassel. Feel the cob. It should feel firm and full of well developed kernels all the way to the tassel end. Immature kernels are not filled out and have furrows between each row. Check the stem to see that the cut is still fresh, not withered, old, or molded. If there is not a sign prohibiting it, open the husk at the tassel end and have a look. Are the kernels well formed and fresh looking? Kernels that are overripe start to dimple or cave in. If you're a bold shopper, press your fingernail into one kernel. If fresh, the juicy should squirt out. If overripe, the kernel will be dry and doughy.



Cooking Corn on the Cob

Fresh corn is so good it can be cooked most any way you want. Corn on the cob cooking can be broken down into husk on and husk off methods. The American Indians roasted their corn with the husks on. The early European colonists came up with the husk-off, boiling-water cooking method.

Leave the husk on if you want to grill or oven-roast your corn. Gently pull the husk down to the stem, remove all the silk, then carefully pull up the still-attached husk, rewrapping the corn. Soak the ears in cold water for 20-30 minutes or they will dry out during cooking. Roast or grill the corn at a moderately high temperature, about 400°, rotating the cobs a quarter-turn every 5 minutes for 20 minutes. Some people like to slather the corn with seasoned butter or olive oil and herbs before rewrapping the husks. Tie the husks at the end with either cotton string or a narrow strip of husk (so your butter doesn't ooze out during roasting). If you liberally butter your corn before roasting, you don't need to presoak it. My mother uses the microwave to cook corn. She uses the same preparation—removing the silk, rewrapping the

husk, and soaking the ears. Then she lays a damp paper towel over the ears and microwaves them until cooked. Four ears take about 7-10 minutes on high; then let the corn sit in the microwave for 3 more minutes.

I prefer the simple, boiled, husk-off method for cooking cob corn. Use plenty of boiling water, at least a gallon for 4 ears of corn. Don't salt the water—it toughens the kernels. Remove the husks, then scrub the silks away with a vegetable brush under running water. When the water reaches a strong rolling boil, gently lower the corn into the water bath. The usual time, most often cited for boiling sweet corn, is 5 minutes. To my taste, for good fresh corn, this is overcooking it. I like sweet corn that is cooked only a minute, at most two minutes, after the water has returned to a boil.

One can also steam sweet corn after removing the husk. Place the corn on a rack that allows you to maintain at least one-inch of water in the pan. Lay some of the husks on top of the rack, under the corn cobs. Cover and steam for 7-10 minutes.

Cooking Corn off the Cob

How you take the corn off the cob depends on what you intend to do with it. If you want the kernels whole for cooking relishes, salsa, salads, or other dishes where you want the whole grain, slice the kernels as close to the cob as possible with a sharp knife. Some pulp will inevitably remain on the cob; you can either scrap this pulp off for another use, or save the cobs for making a tasty stock. I use this sharp knife corn removal technique when freezing sweet corn. If freezing, first quickly blanch the ears in boiling water. A couple of years ago, I read a quick tip in *Fine Cooking* magazine that really helps when you are cutting corn off the cob: Set an angel food cake pan on a large, shallow baking pan. Place the narrow end of the corn on the tall stem of the angel food cake pan. As you cut the kernels off, using downward strokes with the sharp knife, the kernels will fall safely into the cake pan. The milky juice will seep through the seams of the cake pan, but remain contained in the shallow baking pan. Turn the ear of corn as you work. This method is faster and far neater than cutting corn on a cutting board.

If you are using fresh corn in soufflés, soups, chowders, fritters, puddings, or other delicate dishes,

you might want to grate the corn off the cob. Grate the corn into a bowl using the large hole of a vegetable grater. Then, with the back of a knife, firmly scrape the remaining pulp off the cob. Another way to achieve hull-free corn pieces is to first cut down the center of each row of kernels, slicing the kernels down the middle, with a sharp knife. Then, with the back of the knife, push the pulp out of the outer hulls of the kernels. The hulls should remain on the cob.

Double-cutting yields halved corn kernels, which give the right texture to breads, biscuits, rolls, and some sautéed dishes. With a sharp knife, slice down the ear through each row of kernels, cutting them in half. Then slide the halved kernels off the cob.

I've read that an ear of corn will yield about a half cup of kernels. This is surely an averaged amount, since I've sliced plenty an ear that yields a good 3/4 to 1 cup of whole corn kernels.

The following recipe from *Cook's Illustrated*, July/August 1993, is very forgivable and adaptable. For instance, you can substitute yellow or white onions for the red, 2/3 t. dried oregano works as well as the 2 t. fresh, and if you don't have cilantro, use minced parsley or arugula. (Of course the taste will change with the variations.)

Roasted Corn Salsa

Serves 8

The serrano chile fires up this dish; omit it for a mild to medium salsa. If neither poblanos nor serranos are available, substitute 2 small red bell peppers and 1 jalapeno, both roasted and seeded. Dice the red pepper finely, and mince the jalapeno.

- 5 ears corn in the husk, soaked in water for 30 minutes
- 2 poblano chiles, roasted, peeled, seeded, and cut into small dice
- 1 serrano chile, roasted, peeled, seeded, and minced
- 1/2 cup oil-packed sun-dried tomatoes, drained and diced fine
- 3 T. oil from sun-dried tomatoes
- 2 T. minced cilantro
- 2 t. minced fresh oregano
- 1/2 small red onion, minced
- 2 garlic cloves, minced
- 3 T. juice from 1 large lime
- 1/2 t. celery seed

Salt and ground black pepper to taste

1. Heat grill or oven to 400°.
2. Place pre-soaked ears of corn on hot grill rack; cover and grill, turning often, until outer husks brown and corn is cooked, about 20 minutes. Alternatively, place corn on oven rack and roast until outer husks brown, about 20 minutes. Cool corn slightly, then husk. Slice whole corn kernels from the cobs.

3. Mix corn kernels with remaining ingredients in a medium bowl. (Can cover and refrigerate overnight.) Let stand at room temperature for 1 hour before serving.

Corn Chowder

Makes about 8 cups

Heat in a large sauce pan:
3 T. butter

Over medium heat, sauté:
1/2 cup celery, chopped
1/4 cup onion, chopped
3 cloves garlic, minced

Add, cook, and stir:
3 cups fresh corn, grated, (10 large ears)
2 cups fresh corn, cut (3 large ears)
3 1/2 cups whole milk
1 1/2 t. salt
1/2 t. white pepper

Stir in:
3 T. chives, minced

Garnish each bowl with:
1 T. chives, chopped
2 chives whole.

From the July/August 1997 issue of *Cuisine Magazine*.

Lemony Corn Chaat

(Bhutta chaat)

This delightful salad of corn, cucumber, sweet onion, and tomatoes is best in the summer, when fresh corn and vine-ripened tomatoes are abundant. Serves 4.

- 1 cup fresh corn kernels or frozen corn (thawed)
- 2 T. fresh lemon juice
- 1 tsp. grated fresh ginger
- 1 jalapeno, cored, seeded, and minced
- 1 T. cilantro leaves, minced
- 1/2 t. black salt*
- Dash cayenne
- 1 cup cucumber, peeled, seeded, and diced
- 1 cup red onion, diced
- 1 cup tomatoes, seeded and diced
- Salt to taste

Ground, toasted cumin seeds (optional)

Steam or boil the corn just until tender. Cool to room temperature.

Combine the lemon juice, ginger, jalapeno, cilantro, black salt and cayenne in a large bowl; mix well. Add the corn, cucumber, onion, and tomatoes, and toss gently to coat the vegetables. Add salt to taste. If you like, sprinkle with ground cumin seeds before serving.

*black salt isn't really black; it's a pinkish-gray rock salt from India with a distinct, slightly sulfurous odor. Even a small sprinkle of black salt adds an earthy flavor that makes an Indian chaat, a chaat.

While chaat is traditionally served with deep-fried wheat puffs called papri, Mexican tortilla chips can be used instead to scoop the chaat as you eat, or to serve along side chaat for crispness and texture. From the June/July 1995 issue of *Fine Cooking Magazine*

The next two recipes are from the July/August 1997 issue of *Eating Well Magazine*. The first is a delightful salad, but since I don't like brown rice cooked al dente, I cook my rice as I usually would (with twice as much water as rice, in a heavy, covered pot for 40-45 minutes), then I proceed with the salad as it is written. If you don't want to fire up the grill for step 3, you can oven-roast the corn, onions, and bell pepper at 400°, but I'd advise roasting the onion and pepper for at least 10 minutes, then add the corn. (Unhusked, the corn will dry out before the onion and pepper are tasty and roasted.)

Grilled Corn Salad with Black Beans & Rice

- 2/3 cup short-grain brown rice
- 1 15-oz. can black beans, drained and rinsed
- 3 large ears corn, husked
- 2 medium red onions, cut into 3/8-inch thick slices
- 1 green bell pepper, cored and quartered lengthwise
- 1 small ripe avocado
- 1/2 cup hot tomato salsa, preferably chipolte
- 1/2 cup fresh orange juice
- 1/3 cup fresh lime juice
- 3 T. chopped fresh cilantro
- 1 T. canola oil
- 3/4 t. ground cumin
- Salt and freshly ground black pepper to taste
- Baked tortilla chips (optional)
- 1. In a large pot of boiling salted

water, cook rice until al dente, 25-30 minutes. Drain and rinse. Place in a large bowl, toss with beans and set aside.

2. Meanwhile, prepare a charcoal fire or preheat a gas grill.

3. Using a long-handled barbecue brush, lightly oil the grill rack. Grill corn, onions and bell pepper, turning frequently, until tender and charred, 10-12 minutes.

4. Cut kernels from cobs and add to reserved rice and beans. Dice bell pepper and half of the onions; add to rice mixture. Place remaining onions in a mixing bowl. Peel and dice avocado; add half to rice mixture and half to the bowl with sliced onions.

5. In a small bowl, whisk salsa, orange juice, lime juice, cilantro, oil and cumin. Season with salt and pepper. Toss 3 T. of the salsa mixture with sliced onions and avocado. Toss the rest with the rice mixture.

6. Spoon rice mixture onto a serving dish and top with onion-avocado mixture. Serve with chips, if desired.

Makes about 7 cups, for 4 main-course or 6 side-dish servings.

Corn & Scallion Griddlecakes

- 1 large egg
- 1 1/2 cups buttermilk
- 3 t. canola oil
- 1 t. salt
- 1/4 t. freshly ground black pepper
- 2 cups cooked corn kernels (from 2-3 ears)
- 6 scallions, finely chopped
- 1/2 cup grated smoked Cheddar cheese
- 1 jalapeno pepper, seeded and minced
- 1 cup yellow cornmeal, preferably stone-ground
- 2 T. all purpose flour
- 1 t. baking powder
- 1/2 t. baking soda
- 3/4 cup tomato salsa
- 6 T. reduced-fat sour cream
- 1. Preheat oven to 200°.
- 2. In a bowl, whisk egg, buttermilk, 2 t. oil, salt and pepper. Stir in corn, scallion, cheese and jalapeno.
- 3. In another bowl, whisk cornmeal, flour, baking powder and baking soda; stir into wet ingredients.
- 4. Brush remaining 1 t. oil evenly over a large nonstick skillet;

heat over medium heat. Use about 3 T. of batter for each griddlecake. Working in batches, spoon batter into hot skillet and spread into 3-inch rounds. Cook until lightly browned on the bottom and set around the edges, about 2 minutes. Turn the cakes with a spatula and cook until lightly browned on the other side, 1 to 2 minutes more.

5. Transfer griddlecakes to an oven-proof platter, cover loosely with foil and keep warm in the oven until all of the batter is cooked. Serve hot with salsa and sour cream.

Makes 24 griddlecakes, for 6 servings.

The following recipe is an American take on risotto, created by and named after owner-chef of Pasadena's Twin Palms. I clipped and saved it from a *Saveur Magazine*. It is delicious and admittedly rich if you use the entire 1 cup of heavy cream. You could use only a portion of cream, and the rest milk. Even an 1/8 to a 1/4 cup cream (and milk to total a cup) will impart a lot of rich flavor and "mouth satisfaction". Since delicious risotto can be made using vegetable stock, I would imagine that this variation could be as well.

Michael Roberts' Corn "Risotto"

Serves 4

Kernels cut from 3-4 ears fresh corn, about 3 cups
 2 T. minced scallions or shallots
 8 T. butter
 1 cup chicken stock
 1 cup heavy cream
 1/2 cup freshly grated parmigiana-reggiano cheese
 12 fresh shitake mushrooms, sliced
 1/2 cup shelled fresh peas
 Salt
 Freshly ground black pepper

1. Preheat oven to 200°. Sauté corn, scallions or shallots, and 4 T. butter in a medium skillet over medium heat for about 1 minute. Add half the stock, turn up heat to medium-high, and reduce liquid quickly until mixture thickens. Add cream and stir occasionally, reducing liquid again until thick, 5-7 minutes. Remove from heat and stir in cheese.

2. Pulse mixture once or twice in a food processor to release flavors. The kernels should be broken, but not pureed smooth. Put mixture in an ovenproof serving bowl, cover, and keep warm in oven.

3. Sauté mushrooms with

remaining butter in a medium skillet over high heat. Add peas and remaining 1/2 cup stock, and reduce the liquid for 3-5 minutes until it thickens. Add salt and pepper to taste. Fold mushroom mixture into corn and serve immediately.

Shaker-Style Creamy Corn Pudding

Serves 8 as a side dish

1/4 cup bread crumbs
 10-12 ears corn, husks and silk removed
 2 eggs, beaten
 1/2 t. salt
 3 T. chives, chopped
 2 T. butter, melted
 1 cup milk

1. Heat oven to 350°. Grease a 1/2-quart casserole dish, add bread crumbs, and roll them around the dish to evenly coat bottom and sides.

2. Grate each ear of corn on a coarse grater to extract 3 cups of corn pulp. Mix grated corn with next 5 ingredients.

3. Pour corn mixture into prepared dish. Bake until the center is barely set, 45-50 minutes. Serve hot or warm.

To make a sweet version of this pudding add (in place of the chives) 6 T. sugar, 1 t. minced orange zest, and 2 t. ginger juice to the grated corn. To make individual puddings, you can divide the mixture among 8 6-oz. custard cups and bake until set, about 25 minutes.

From the July/August 1993 issue of *Cook's Illustrated*.



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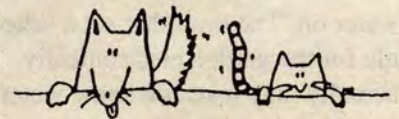
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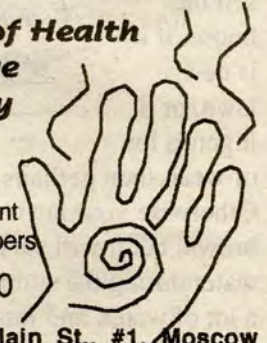
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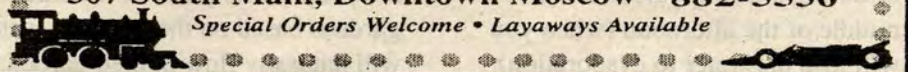
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Gardening

Water Efficiency

by E. Lark

As with most gardening, saving water consists of doing a variety of small things. This is nice, as it allows you to do as much as you are able to do, and to gradually save more by mastering more techniques.

One very simple way of saving water is to buy a timer. This is advice for those of you who, like me, have a tendency to leave the water on too long because you have forgotten about it. There are timers available that will turn the water off for you. These are the very simple ones that you attach to the faucet and which require you to turn the water on. The ones that set a schedule for the garden electronically actually may lose you some water by watering when there has been plenty of rain.

Another way to save is to water the parts of the property that need water. For this, you will need to make some decisions. For example, is there a reason why you need to water the lawn? If you are trying to sell the house, if it is new lawn, or if it gets a lot of wear, then perhaps you do. Otherwise your lawn may turn brown, but it will survive without water during the summer. Lawns use a lot of water, and lose water to evaporation very easily. In addition, if your house has a seasonal drainage problem, you can add to it by using unnecessary water on the lawn and garden.

Try sprinkling at a different time of day. If you sprinkle in the early evening or in the early morning, you will do little harm to your plants, and you will lose less water in evaporation. Watering during a light rain does the same thing. On the other hand, you do not need to water when there has been plenty of rain, or during a downpour, or in the middle of the afternoon (when you will lose the water to evaporation).

Finally, try using different watering devices such as soaker

hoses. These do not need to be buried, but to protect them from the sun, you might put them under a layer of mulch. The type that I like the best is one that both sprinkles and soaks. The older types were flat, but you can now buy one that is round (remember struggling with the flat ones to get the sprinkling side up?). I also look for the ones that are made from recycled tires. Generally, you should also look for a filter to remove some of the salts and impurities in our water. This filter is available at hardware stores and is not the one that you use for removing salts from drinking water. So you will need to explain what you are looking for.

Soaker hoses on our clay soil will soak approximately one to two feet away from the hose. So if you have a large area to water, the best thing to do is to buy plenty of hose and either lay it down in a grid, or in a zigzag pattern. You

want to replenish water that has been lost to evaporation, so either water for about 5

minutes a day or for about 35 minutes a week. You should not need to do more than this.

When using the hose, first take off the end cap (it should have a removable one). Then turn on the water, and let 1 - 5 gallons run out the end. Replace the end cap, and let the water soak through. You should not need to run the water at high pressure. In fact, that is the nice thing about soaker hoses. Because they are efficient at low pressure, you not only save water lost to evaporation, but save because you should use less water.

There are lots of ways in which to save water, and the small savings do add up. Believe it or not, there are people who plant their entire gardens based on the way that water will naturally flow in their garden, which uses the water very efficiently!



August To-do's

Things to do in the Garden

1. Prune back old raspberry canes that have finished fruiting.
2. Water as necessary.
3. Weed.
4. Sow vegetables that winter-over, such as lettuce.
5. Sow Fall vegetables.
6. Mow lawn as needed (hint: if you don't water, you might not need to mow).
7. Harvest vegetables and fruits.
8. Remove sucker growth from trees.
9. Prune lilacs.
10. Plant perennials.
11. Garden construction.
12. Plant new lawn or patch old with seed.
13. Enjoy your garden!

Web site of the month:

<http://www.pathfinder.com/@I22YGgYA9uXJyu3D/vg/TimeLife/Project/Handbook/HTML/water.html>

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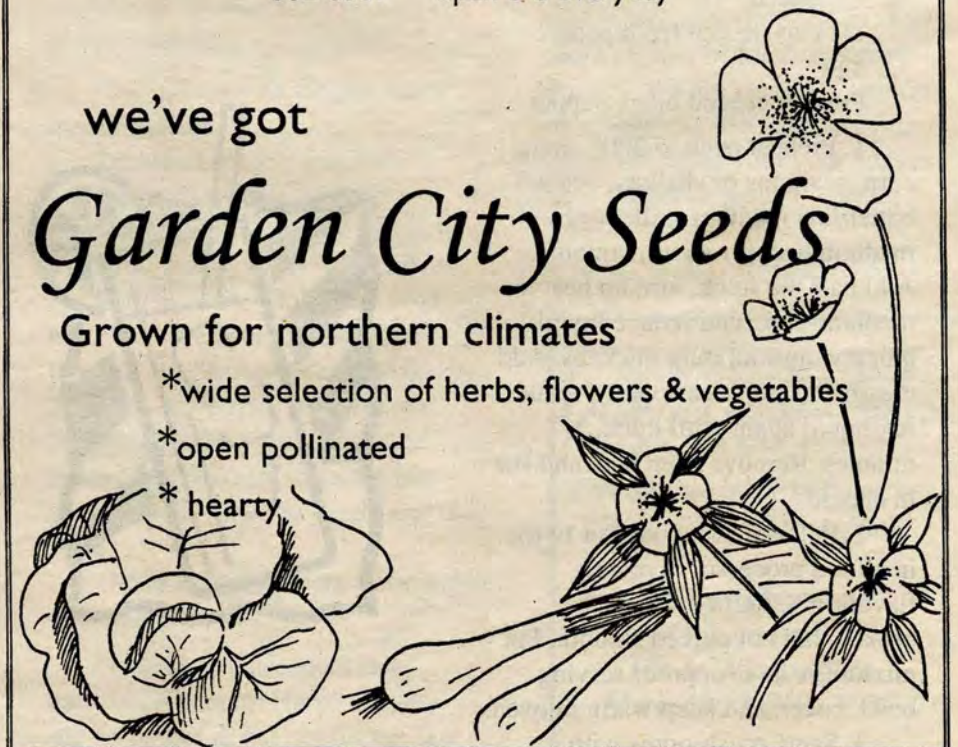
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Insights

Announcing a New Regional Magazine

by Bill London

There's a new magazine planned for this region. Jason Thomas (formerly of Pullman, now in Bonner's Ferry, Idaho) started Northern Journeys to display the creative writing and art of the Idaho Panhandle and southern B.C. area. That publication has been successful enough that he has decided to create a version for this area.

This magazine will also be called Northern Journeys, will also be a tab format printed on newsprint (looking much like the old Palouse Journal), and will also focus on writing (poetry, short fiction, and essays).

He is looking for submissions from the Latah and Whitman counties area. JT's goal is to build community and nurture artists.

Publication of the bimonthly Palouse region edition will begin with the September/October 1997 issue, with submissions due August 4. He will print 10,000 of the first issue. The magazine will be 24 pages, with a color cover and back page and will be supported by ads and subscriptions.

So, if you want to share your work, see your words or lines in print, and help a new publication (but not receive any money at this point), please submit a piece and support this new community-oriented venture.

For more information, contact Thomas and Associates, PO Box 1789, Bonner's Ferry ID 83805, (208) 267-2212.



Help Support Women in Childbirth

by Nancy Draznin

Doula, Birth Assistant, Labor Assistant, they all mean the same thing; someone who is trained to help women and their families through labor, as well as offering support before and after the birth.

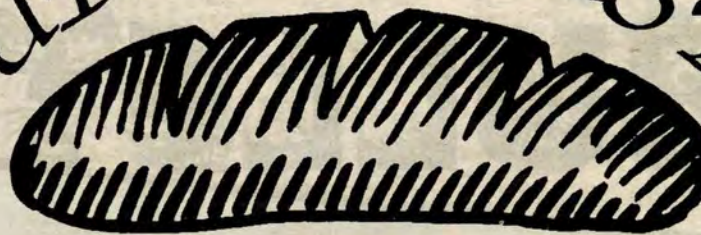
Are you drawn to pregnancy and birth? Perhaps you have a friend or loved one who has asked you to support her during labor. You want to help, but don't know where to start. Maybe you're looking for a career that brings meaning and fulfillment to your life, as well as financial rewards.

A unique opportunity is coming to the Palouse. A Labor Assistant training and certification workshop will be offered by ALACE (the Association of Labor Assistants and Childbirth Educators). Pullman Memorial Hospital will be the site of the workshop which will be held October 24-26. Participants in past workshops have come from a wide variety of backgrounds and have included midwifery apprentices, childbirth educators, labor coaches and nurses, but anyone who is interested may register. ALACE offers the oldest training program in the country. They have trained over 2,600 Labor Assistants.

Studies show that the presence of a Labor Assistant results in a 50% decrease in cesarean section, a 60% decrease in epidural use, a 25% reduction in the length of labor, and large decreases in the use of narcotics, forceps and oxytocin. Labor Assistants really make a difference.

If you're considering becoming trained and certified as a Labor Assistant, this is the time to do it. A workshop has not been offered in the Inland Northwest for a long time, and is not likely to be offered here again any time soon. Call me for a brochure and registration form, or if you have any questions. Nancy Draznin (208) 224-6965.

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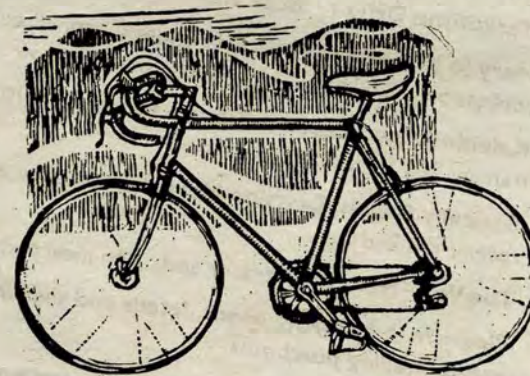
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The Latah Historical Society's annual **Homes and Gardens Tour and Ice Cream Social** will be **Sunday, August 17**; the **tour** will run from **1-5 pm** and the **social** from **3-5 pm** at the **McConnell Mansion**. Among others, **sites** on this year's tour include the **Japanese water garden** at the Bennett residence and the **Unitarian Church**.

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