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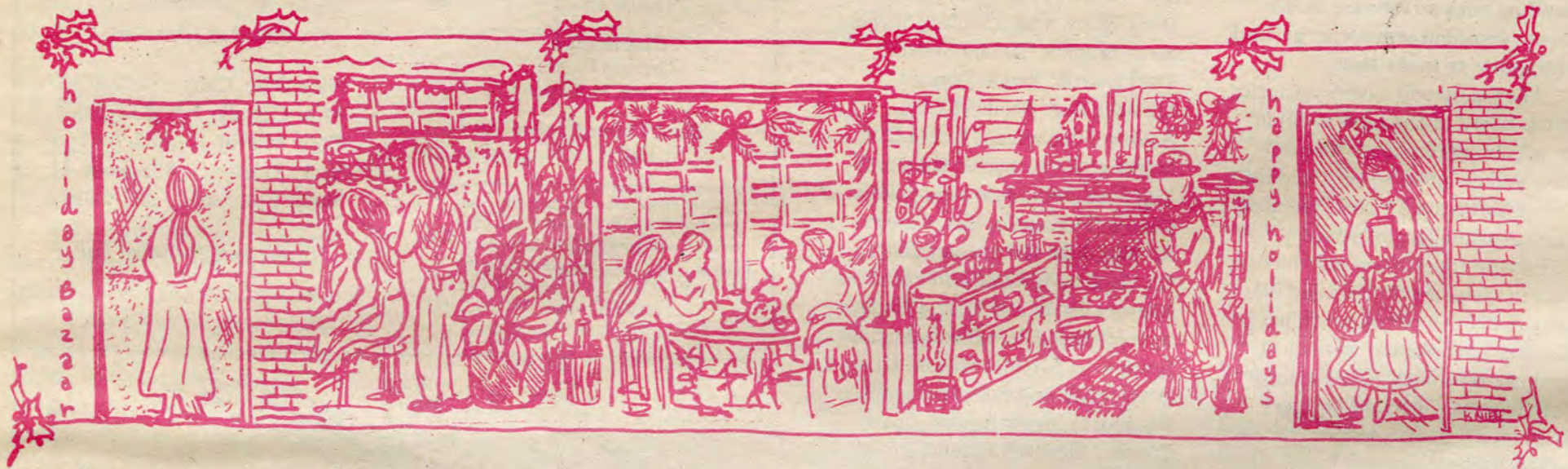
December
1997

Moscow Food Co-operative



Community News

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One



Leisure, Luxury, and Lingerings at the Co-op Bazaar

Rose Harris

How much more comfortable must the shopping experience be, before it stops being a chore? I think my experience at the Co-op Bazaar on Saturday, November 15, was almost too nice to be legal.

It was incredible, coming out of the cold, clammy weather to find a toasty fire, freshly baked cookies (Pumpkin Clouds!) waiting by the espresso cart, enjoyable music dancing in the air with the warm scents of incense and fragrant candles, and, as if that wasn't enough, a friendly masseuse waiting with her trusty chair, to rub away any tensions, aches, and misgivings! I dumped my jacket and bag under a great table and wandered around the Bazaar, marveling at the jewels and baubles, gifts and goodies, while waiting my turn in Meredith's massage chair.

The cookies to sample were part of the Grand Opening celebration of the Bazaar, but other treats are scheduled for the Bazaar—the jams, relishes, wheat berry "caviars," and pestos which are for sale will be set out occasionally for tasting, so we can decide which to include in the treat baskets we give as gifts, or to add to our own pantries. I sipped a large hot chocolate (with almond flavoring) from the espresso cart as I wandered, and made mental notes to myself about which items I could send to family and friends. It was really a feast for the senses: the laser-stenciled river rocks sat warmly in my hands as my eyes roamed over the piles of toy treasures—books, face painting, harmonica playing or beading, Washy-Squashy modeling soap, puppets and pets. My nose was entranced by the potpourris, candles, and incense, and my mouth was filled with yet another pumpkin cloud cookie, even as I considered the roasted garlic pesto.

With the realization that I could take care of everyone on my gift-giving list, I eased myself down onto Meredith Kusmer's massage chair and let her take care of me! For \$10, I got 15 minutes of relief and relaxation that I hadn't even known I needed! Usually I don't allow myself such an indulgence, but really—is self-care an indulgence? Why do so many of us have to literally ache before we seek a healing touch? Visiting with Meredith afterwards, we spoke of these things, but couldn't really figure out why a massage seems extravagant. With massage being her vocation and career now, Meredith would like people to see massage as therapeutic, not just luxurious. She is available most days around lunchtime up in the Bazaar for mid-day, casual back- and neck-rubs—but these aren't just fluff. Meredith is professional, having graduated from the Moscow School of Massage in June. She has an office in Pullman and is at the Bazaar as a way of introducing people to massage in a friendly, low-key atmosphere. Too, we can purchase gift certificates for massages in any time amount from Meredith for people who might not consider massage otherwise. And, much as I like my partner to rub my back, there's no comparison to having a professional job done!

With full shopping bags, and a completed list, I left the Bazaar that day relieved, relaxed, and ready to face the holidays! (And how often can you say that after shopping?)

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Co-op - News

Volunteer Board Members Needed

by Christine M. Moffitt,

B.O.D. Nominations Committee Wanted: Members in good standing with an interest in the Co-op, common sense, energy, and willingness to make time.

The Co-op will have 5 vacancies on the Board of Directors to fill in the upcoming elections. We need dedicated members to help lead the Co-op. Terms are 3 years. One need have no particular skills except willingness to learn and commitment to spend the time needed. We average 10-12 h per month in work. Members are asked to serve on at least one committee (e.g. Finance, Nominations, General Manager Evaluation). Board members receive a 18% discount for their work.

Now is the time for you folks who have been wondering what is going on to join the leadership. Nothing happens without help. Volunteer board and cooperatives are dependent on their members for leadership.

We have Board of Directors Candidacy Packets available at the Co-op. Ask a cashier or Vicki Reich, chair of the Nominations Committee for a packet. You will be asked to file a declaration of candidacy form with the Nominations Committee at the Co-op by 1 January 1998. Candidates must have a written statement and photo for the ballot by 20 January 1998. The new board members will be announced at the membership meeting in March.

Membership News

by Kristi Wildung

Be sure to read the articles in this newsletter which address the new changes to your membership. Things will be a-changing when we ring in the new year.

Welcome to these new members: Debra Greggerson, Su-Jin Dean, Stacy Agar, Candace Shepard, Tanja Brunner, Tamara Shokes, Tyler Barron, Taylor Stoneart, Michelle Bell, Sheila Holder, Andrew Shemeline, Theresa Selfa, Margaret Gates, Sachie Kikukawa, Kelly and Beth McManus, Hillary Watson, Doreen Broyles, Casey Rosetto, John Hermanson, Joan Kluwe, Lisa Wolcott, Dolores Michael, Brent and Marcia Harken, Jennifer Bell, Brian Baker, Jennifer Hardgrove, MeiMei Welker, Jami Bronson, Kristin Schultheiss, Amy Buratto, Deen Schlichting, Lynn Weaver, Elizabeth Edlund, Russ Schnifeer, Dana Weigel, Leona Swanson, Zeth Dubois, Jenny Severson, Brenda Keene, Jennine Crane, Deborah Manning, Robert Pattison, Teresa Kubo, Dave Haining, Merrill Conitz, Anna Coussons, Kim Sarff, Tatjana Cosko, Kathlyn Russell, Lynn Farnworth, Glenn Johnson, Sharon Anderson, Ann Elmborg, and Geoffrey Puzon.

Thanks so much for joining! We need the support of our members to continue to serve our community. Be sure to check out the back page of this newsletter for a listing of our Business Partners. You can save lots and show your appreciation by patronizing them. And don't forget, members can volunteer for extra discounts at the Co-op. Check out the volunteer board near the cash registers for more information and available positions.

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Shoppers' News

by Kenna S. Eaton, GM

Let's cut to the good news: Greater Discounts for Members! 10% discount on every purchase \$20 or more!! How Sweet!!

Here's the story. The Co-op has been struggling with financial issues for the past year. The Board and I have spent many hours discussing ways to make our store a strong and profitable business. For the most part we have been successful. Two years ago we changed our structure to a 2% discount for members and shelf prices for non-members. Our feeling (after analyzing two years worth of financials and our survey

of shoppers) was that the current discount structure was not being viewed by members in a positive way, nor was it having a positive effect on our bottom line. Members felt that the 2% discount was not worth the price of membership. And we felt we were giving away our profits to members before they were made. So, to begin the process of change we held a member forum and asked our members to brainstorm on ways to resolve this problem. We took their suggestions, developed them, called another member forum, and asked again for member feedback. Based on these

suggestions, the financial committee and myself reworked a few options. We finally were comfortable with making a proposal to the Board to adopt a new, improved discount system.

I can hear you saying "How on earth can the Co-op afford to give me an even bigger discount?" Well, with the wonder of mathematics (and a ouji board) we discovered that most purchases at the Co-op are less than \$5. We would like to encourage our shoppers to purchase more here and reward them for supporting us. We feel that this new discount structure will encourage more of our members to purchase in larger amounts. But of course not all of

you will, most of you will continue to shop in the same old way. So, the upshot is that we think we can give this mega discount and still be more profitable than we currently are. Cool, huh? Yes, we will be monitoring this structure closely and we are only committing to the 10% discount for 1998.

We feel really good about this change, we hope it'll be good for our store and good for you too.

So, starting January 1st., say "Goodbye" to the old 2% discount and "Hello" to the new, improved 10% discount on a \$20 purchase (or more) structure! Happy Shopping!

The Buy Line

by Vicki Reich

Happy Holidays to Everyone. This is a great time of year for thinking about and making delicious food. I'm sure when you read this you will be well into planning your Christmas/Solstice/Chanukah/Kwansa meal. Or, you may be busy making edible gifts to give away. In either case, there are always lots of good ingredients at the Co-op to help make your holiday meals spectacular. Remember to look for holiday specials throughout the store. **And here's a list of all the new products this month.**

Emerald Valley Spinach & Feta and Sun-dried Tomato Hummus—two delicious new additions to the Emerald Valley line of hummus.

Natural Value Tongul Tuna and organic Refried Black Beans—these are replacements for the Tree of Life brand.

Organic Valley Farmer's Cheese—another organic cheese in our line up, and low fat too.

Cafe Westbrae Coffee Drinks—three flavors of dairy-free coffee drinks that taste like iced lattes.

Blue Sky Cranberry Raspberry Ginkgo Ginseng Soda—a great addition to the Blue Sky line.

Shari's Organic Pumpkin—in for the holidays

Natural Value Pumpkin and Cranberry Sauce—in for the holidays

Mrs. Leepers Brown Rice Spaghetti—a replacement for Ener-g spaghetti.

Muir Glen Chunky and Regular Tomato Sauce—a requested addition to the Muir Glen line.

Lundberg Hot and Creamy Sweet Almond Hot Cereal—a request for the cold winter months

Edensoy Blend—a requested blend of rice and soy milk.

Mori-nu Vanilla Pudding Mix—a new flavor from Mori-nu.

Traditional Medicinals Think-O2—a requested addition to the TM line.

Cascadian Farms Frozen Chopped Spinach—This was my request to myself.

Cascadian Farms Sunrise Blend Frozen Concentrate—a yummy new way to start the morning.

Natro-Bio Homeopathics—our new homeopathic line.

Nature's Gate Petal Fresh Products—I've had lots of requests for a reasonably priced beauty care line so I brought back an old favorite.

Kiss My Face Virgin Forest Shave Cream—a great-smelling new flavor.

Barabara's Bakery Cookies—6 new cookies from Barbara's, try them all they're fabulous.

Cookies and Creme, Lemon Creme, Double Chocolate Cream, Shortbread, Oatmeal Raisin, and Double Dutch Chocolate.

Panda Herb Licorice—a new twist on an old favorite.

And now it's question and answer time.

More flavors of ice cream. I agree and I'm searching for some good ones, however our distributor doesn't have a lot to choose from.

Please get more of this recycled writing paper and sell it for half-price. It's the right thing to do and encourages us all in our actions. We have recycled and reused paper in the Bazaar this year, however we cannot sell everything at half price

and still stay in business.

Put out a shelf where we could bring in unused containers and bags for people to use in case we don't have enough of our own bags. We have unused bags and containers available for customers to use in the store. Unfortunately, the health department will not allow us to have used containers for customers.

Could you get mizithra cheese? Sorry, it's not available from any of our suppliers.

Thanks for bringing back Thai Tofu? You're welcome.

Can we bring in a new title to the magazine rack? Crone Chronicles. Great choice. It's in the magazine rack now.

Where is the yogourmet yogurt starter? It's back. Sorry for the shortage.

Thanks for bringing back the silken organic tofu. Well, I didn't really bring it back, it was a distributor mistake that got stocked accidentally. We once again had to throw away 2 of 6 in the case. It seems to be a problem with the packaging. I will talk to the manufacturer about it and see if we can get a longer shelf life, then I'll think about bringing it back.

Whatever happened to those delicious Indian dinners you had in the frozen food section circa 1994? I have no idea. That was way before my time.

How about some good hot sauces as for example Melinda's or some other Habanero-based scorchers? Lots of varieties exist...good for the immune system. I agree. Our hot sauce isn't even close to medium in my mind. I will be picking up a new one soon.

Could you carry dulce? As

seaweed goes, dulce must be the best and organic dried mango puts me in a buying frenzy. Well we wouldn't want to waste that frenzy of yours. We have dulce flake in bulk in the Herb and Spice section. If you have problems finding it, ask one of our friendly cashiers, they love to support buying frenzies.

Soymage cheddar style cheese. I like it the best of all I've tried. Sorry, it didn't sell well for us but everyone seems to like Sharon's Finest Tofurella.

Kalamata Greek olives with pits. These are not available at this time, but we looking for a supplier.

A drinking fountain. If you get thirsty while shopping, you can have a cup of water from the Tap Dance dispenser. Ask a cashier for a cup.

Could you stock tortillas made from spelt flour? I'm allergic to corn and wheat and get tired of making everything from scratch. Sorry, but we don't have a lot of requests for these. I can special order them.

Put up pictures of other local Growers besides just Mary and Nick. Mary and Nick provided us with that picture. Other local growers and suppliers are welcome to bring in promotional material that we can display.

Sprout Seeds! Good! Yes, Good! I agree, and if you're looking for our selection of Alfalfa, Clover, Radish and Broccoli seeds, they're in the bulk section above the pasta.

Ak-Mak Crackers always taste rancid. Sorry about that. The small version sell very well, so it surprises me, but if you are dissatisfied with any product you buy at the Co-op we will refund your money if you have a receipt or we will exchange it if you don't have a receipt.

Volunteer News

by Kristi Wildung

Doesn't anyone want to work on the weekends anymore? We have bulk stocker and courtesy clerk positions available on the weekends, but no one wants them. These positions are getting very lonely and we really need the help!

Welcome to our newest volunteers! Shane Early will be helping Gary in produce on Sunday mornings and Tenley Burke has moved from courtesy clerk to bakery assistant on Tuesdays. Susan Brooks has joined the Education Committee and Lynn Farnworth will be checking prices for us on the Wednesday orders. Sachie Kikukawa is working as a bakery assistant on Saturday mornings and Cynthia Snelson will be tidying up produce on Saturday evenings. And last but not least, Rochelle Collins and Tony Falotico have teamed up to stock our packaged goods on Saturday afternoons. Be sure to check out our volunteer board by the cash registers for available positions. Vacancies occur quite often, so if a position you want isn't there, check back next week.

Thanks to all of our volunteers for working so hard to help the Co-op to succeed. We couldn't do it without you and we'd like to show our appreciation by inviting all of our volunteers to the annual Christmas party in their honor on Friday, December 19, at 6:00 p.m. We'll be serving goodies upstairs in the Bazaar and having an all around jolly good time. Please join us in this evening of festivities and allow us to show our gratitude for jobs well done. See you there!

Karen Young

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Newsletter Housekeeping

by Bill London

Here's some basic info about the newsletter to explain how we are doing financially. The answer is: "We are not paying our way, like we should." Our newsletter should be able to pay for the publishing costs every month, but it's not. The income from the ads sold by Advertising Czar Tim Lohrmann is about \$250 monthly, while the cost of printing the newsletter is \$360, leaving us about \$100 short.

The Co-op Board has been generous, letting us slide because the newsletter is such a valuable education and advertising vehicle. But, I would like to raise income.

So, here's the pitch: If you have something to sell and you think the Co-op membership is a good audience for it, please consider advertising in the newsletter. It's real cheap. It's money given directly to the Co-op. It can even help you sell your stuff. Please talk with Ad Czar Tim Lohrmann at 882-9030.

Another thing that we've considered is cutting the number of issues printed. Every month we give away somewhere between 1200 and 1500 newsletters. So, if we printed only 1200 would we get rid of all the newsletters and save some money? No. The cost of printing 1200 or 1500 is the same—\$360. That's for a 16-page newsletter. If we print a 20-page newsletter, the cost does go up—to \$440.

So, we'll continue to print about 1500 16-page newsletters—and hope that we can inspire more ads.



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A Robin Goes North for the Winter

by Therese Harris

With this issue, we say goodbye to Robin Murray who has done our Kid's Page and contributed many family-issue articles over the past several years. She has migrated with her husband to Alaska for a job with the National Park Service. Thank you Robin, for all your creative efforts and concern for all of our families and children!

Robin's departure leaves us with an opening on the newsletter staff—would anyone out there like to step up and take on the challenge of creating a children's feature for us each month? We are open to suggestions on what that feature should encompass, and we'd like to hear from kids who liked (or didn't like) the kid's page. Maybe some kids or a class would like to take this project on—let us know! As a regular contributor, you can earn a discount on your Co-op groceries. Call Bill London at 882-0127 for more information or to give us feedback. Hope to hear from you!



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Board News

The Moscow Food Co-op Board of Directors held its past meeting on November 13, 1997, upstairs in the Co-op at 6:00 P.M. after the Bazaar had closed for the evening.

The first order of business was a presentation by Debbie Reynolds on the intricacies of balance sheets and ways to interpret the information provided on those sheets. We had a most informative session and thank Debbie for most graciously volunteering her time.

Vicki, who chairs the Nominating Committee, reminded us that every board member should take responsibility for finding candidates for all the five positions that will be open at the next Annual Meeting. The Nominating Committee has developed a pamphlet that describes the duties and functions of the Board and has a declaration of candidacy included to make it a simple process for those of you who wish to serve on the Board. Please give Vicki a call if you are interested, January 1, 1998, is the deadline for filing.

The Board, after much debate, has restructured the discount system to provide a 10% discount to members who make a \$20.00 or greater purchase. The Board will monitor how this affects sales and profits to ensure that our members have a healthy, viable store from which to purchase their groceries. Look elsewhere in this newsletter for a more detailed article on discounts.

The next item up for discussion was the By-laws which are presently being updated; there are several major changes and we are coming close to a final draft.

Kenna presented the 1998 budget proposal, which was reviewed and will be discussed at the next finance committee meeting. The vote for approving the budget will take place during the next scheduled board meeting on December 11 at 6:00 P.M., upstairs at the Co-op.

That's about it for November. Have a great Thanksgiving and don't forget to do your Holiday shopping upstairs at the Bazaar.

Respectfully,
Nick Ogle, Chairman

I Will Serve No Pesto Rolls Before Their Time!

By Heidi Heffernan, Kitchen Manager

Another Saturday morning, 9:30 A.M. Gary walks into the kitchen looking at me rather sheepishly, the way my dog looks at me when she knows she's done something wrong. Oh, dear, here we go, and it's not even 10:00 yet.

"There's someone downstairs who wants to know when the Pesto Cheese Rolls will be ready," he says, looking as if he expects me to hurl some blunt, dangerous object at him.

This month I celebrate my third anniversary at the Co-op and this is hands down the question I get asked the most. The standard answer?

"The Pesto Cheese Rolls are a lunch item and will be out at 11:00." That's it.

I've been asked why they can't come out any sooner. Well, here's why:

My Saturday mornings start at approximately 1:00 A.M. (No, that's not a typo!) I need to come in that early because Saturday is my heaviest baking day. I am not whining about this—this is the life of a baker, the life I have chosen for myself. I knew the hours were bad when I got into it.

Anyway, between 1:00 and 4:30 or so, I mix up my first rounds of dough. Calamata Olive, Sour Rye, Caraway Sour Rye, and Garlic Herb: several batches of each. These are set aside to rise. I then move on to by breakfast treats: muffins, scones, and sweet roll dough. Once these are done, I start to shape and proof the bread doughs I have waiting. At the same time, I begin to mix the remaining bread doughs: Whole Wheat, Sprouted Wheat, and Country White. Why don't I just mix them all at the same time, you ask? Because when bread dough sits too long, the yeast gets "exhausted" (read: dies) and you end up with a big soupy mess, somewhat akin to what liquid Velcro would be like.

OK, so between 5:00 and 9:00 A.M. or so, I finish up the second round of doughs and begin working in earnest on shaping, proofing, and baking loaves, buns, and baguettes. About 6:00 A.M., my lovely assistant, Bobbi, shows up, and once she's poured several thousand units of caffeine into her body she's ready to take on the onslaught of bread coming out of the oven, as well as

her various other duties about the kitchen.

Somewhere around 10:00 A.M. I am ready to roll out the dough for the Pesto Cheese Rolls. I smear on the pesto, sprinkle on the cheese, roll em up, and cut them. They get placed on a baking sheet to rise for about twenty minutes, and then bake for twenty minutes. Once out of the oven, they need to cool for several minutes before they can be handled (350 degree cheese is definitely a hazard!) At this point, they are transferred to a serving tray and brought down to your waiting arms. And I breathe a big sigh of relief. Of course, the bread is usually not finished by this point, and it takes about one more hour to get everything out of the oven and to clean up my work space (with a lot of help from Bobbi). So about noon I am able to emerge from the kitchen sweaty, flour-covered, and, shamefully admitted, somewhat cranky.

There you have it. That is why Pest Cheese Rolls don't come out until 11:00 A.M. I have played with other ways to do things, different orders of preparing the breads, but this way is the most efficient way for me to do things. Sometimes, when I can't sleep, I come in Really early and those days things may be available sooner. But that's the exception, not the rule. So, the next time you come in and the Pesto Cheese Rolls (or whatever you are looking for) aren't ready yet, please be patient, I am doing the best I can.



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Changes in Membership for 1998

by Kristi Wildung

Beginning January 1, 1998, your Co-op membership will have a few changes, all for the better we think. The biggest news is the new discount structure. On November 13, our Board of Directors unanimously approved a 10% member discount on purchases over \$20.00. Volunteer and staff discounts will remain unchanged. You can read more about this change and its implications in this month's Board of Director's article.

In addition to this change, a few new ones will go into effect at the cash registers. Monthly sale promotions will be given to members only. Non-members will no longer be offered bread cards or have the privilege of writing checks for more than the amount of purchase. And we will be asking all of our customers to refrain from writing us checks on their deposit slips anymore. The bank does not like this.

If you have questions or concerns, please feel free to contact Kenna or myself at the Co-op or any of our Board Members by phone or e-mail. We hope these changes will go off without a hitch and that our members will receive them with the good grace they always have. Happy New Year!

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Co-op News and Cost Effective Ads

by Tim Lohrmann

Advertising is outrageous. And I'm not talking 30 second prime spots. That's not something a "TV-free" person can discuss intelligently anyway. No, I'm on about everyday, run-of-the-mill print ads here. This outrageousness manifests itself primarily in the cost column. Not that you small business or self employed folk need me to report that intelligence.

But there's a bit of good news. Look at this paper you're holding and see the local businesses taking advantage of low-cost ads in the Co-op Community News. No, we don't reach 120 million drunks on Super Sunday. But 119,998,600 of those are probably not going to look you up when they need goods and services anyway. Not a concern. We do reach a whole bunch of loyal Co-op members and shoppers. The kind of consumer that may give you a try just cause you support the Co-op. You probably have the kind of biz they can get behind.

The Co-op news has a pretty impressive circulation, too. There's about 1,400 of these little papers put out every month. They're full of consumer news, recipes, environmental and political thoughts sometimes, and lots about what's up at your favorite food place. Ads are sounding better huh? Now comes the really good part. The prices. You can advertise here for starting at \$8 per month! We'll set your ad up for a tiny (\$5) fee and you're ready to go. If you have the ad all ready, we even skip that \$5 fee.

Talk about bargains! Get the word out about your business and support the Co-ops commitment to progressive information at the same time. I hope you're wondering how to get in on this action. Easy. I'll handle—Co-op ads are my voluntary responsibility. Give me a jingle @ 882-9030 and we'll get it done. You may see me some day making a "cold call" in your business to get you interested. But here's your opportunity to pre-empt me. I'll expect your call.

Business Partner Profile: Eva Jo Hallvik is Hands of Health

by Linda Canary

There are a lot of masseuses in town because of the local massage school (of which Eva Jo was in the first graduating class of Spring, 1996), but only a few claim to work with the body and mind as one.

"I believe that the healthier we are in our physical existence, the happier we are," says Eva Jo, a sprightly thirty-year-old "I want to help people become more aware of their bodies, so that they can better heal themselves."

Then she offered me a massage because she thought her hands could speak better than her words. A few hours after my two-hour massage, I am still so relaxed I could float. The massage itself was work for both of us. Though she knows several techniques, Eva Jo mainly used some trigger point deep tissue technique that kept me aware of my pain threshold, but through breathing and communication, I released a lot of resistance in tight places and found new energy flowing through parts of my body that have been blocked. What else can I say, except that she has small, yet capable, strong, healing hands, and I'm going back first chance I can. A two-thumbs up recommendation to all of you. (A massage joke—get it?)

Eva Jo's office is in the Alternative Building at 520 « South Main (above Laura's Tea & Treasure). She shares the building with all sorts of other health practitioners—an art therapist, an acupuncturist, a counselor and two other body

workers. Her space is through the first door, and when I walked in the first thing I noticed was the beautiful fountain, which as it turns out, was made by Eva Jo. The top stone is a hollowed-out piece of black basalt, and it made me wonder how long another rock had to roll around in the hollow to leave that impression.

Eva Jo, a Taurus, is earthy, patient, and persistent. This last quality is important for a masseuse, because as I found first hand, when she finds something that needs working out, she follows it through. Just one of my legs took an hour on account of a fifteen year old trauma.

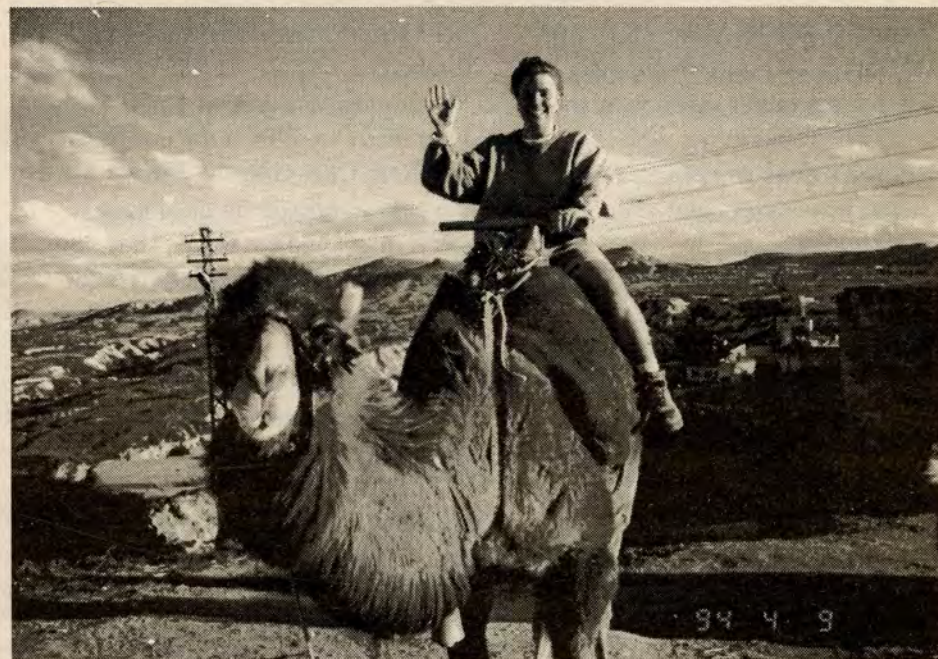
She has recently finished a clairvoyant course with Linda Kingsbury, and feels that honing her intuition and sensitivity is a big plus for her work with bodies and minds.

Eva Jo thinks we should all be glad to be alive, and she enjoys her own physical existence (and it is physical—ask her about her landscaping business, *The Incredible Growing Women*). She wants to "feel like a worthwhile asset to the community," which she loves, and so offers a ten percent discount to all Co-op members. Here truly is someone who can, as she says is her goal, "make you feel more at home in your body."

So with the holidays, think of her gift certificates for someone you love—like yourself. Put yourself in someone else's hands for a while—Hands of Health, 883-8745.

Staff Profile: Jami Bronson

by Linda Canary



Jami is at first glance, a healthy, happy person with a level gaze and ready smile. She is extremely personable, and great to have behind the cashier's counter at the Co-op. She's the second Taurus I've interviewed this month, and she also feels very lucky to be alive. Perhaps this is a trait of Taurus I had never noticed before. She is a recent graduate of the Food and Nutrition College at the U of I and expects to stay in Moscow for at least another year before traveling on. She spent a study year abroad in San Sebastian, Spain, from whence she traveled to Greece, Turkey, Morocco, Poland, the Netherlands, and the rest of Europe and England. So she's got the travel bug, and wants to visit South America and Australia. I asked her if she was a collector of anything.

She laughed and said, "No, I travel light; I hardly own anything."

When I asked what she did for fun, Jami said "I like to exercise."

I admit that made me gasp and ask incredulously, "That's what you do for fun?"

"Oh yes, hiking and biking, dancing, walking...."

That kind of exercise! I had envisioned sit ups and step aerobics—you know, painful exercise. Anyhow, all that exercise is, no doubt, what keeps her so mellow, for she truly does seem to be totally laid back. She couldn't even think of one thing that made her angry. With a long pause after my question, a rueful grin, "I really can't think of anything."

I'll increase my level of activity

if that's what it does for the temperament.

We talked about books for a bit; she had just read Kerouac's *On the Road*, and said "It makes me want to buy a five-hundred-dollar car, and see how far across America I can go." (I have just the car, it will probably get her just about to her hometown: Burley.) Now she is reading *Ishmael* by Daniel Quinn, one I haven't heard of, but at this time of year, I'll try anything.

I asked Jami about her beliefs; does she believe in reincarnation?

"Yes, I guess I do."

And how about life on other planets?

"Yes, why wouldn't there be?"

And is she a half-empty or half-full glass?

"Both."

That's the first time anyone has ever answered that question that way!

She also considers herself a spiritual person. "I am not in a hurry. In fact, even bicycling is too fast. I like to walk, and really observe my surroundings. I love to watch people and make up little stories about them in my mind." And she really loves to take long, introspective baths. Maybe that's what it takes to look out at the world with such steady eyes—introspection. It was a pleasure, Jami, just being near your energy for an hour made me feel more solid.

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Food & Nutrition

Chevre, Goat Cheese

by Pamela Lee

Chevre is the French word for both goat and goat cheese. At the Co-op, and other markets, chevre is available in prepackaged 5 « oz. logs. If you haven't tried it, do! It's not only delicious, but also healthier than many other soft cheeses. It's lower in fat and cholesterol than most cheese, and it's an equally good source of calcium. Goat cheese has 20 percent fewer calories than cream cheese and 30 percent less than cheddar, with only two-thirds of cheddar's cholesterol. But chevre is not low in fat—it's still cheese. Like cheddar, goat cheese's calories are 70 percent fat calories; but compare that to cream cheese, which has a whopping 90 percent fat calories.

Some people believe they digest goat's milk and its cheese better than cow's milk, because goat's milk has smaller fat globules. If you are allergic to cow's milk, you may be able to tolerate goat's milk, as it doesn't contain casein, an allergen in cow's milk. But if you are lactose-intolerant, not allergic, go easy—the lactose content is equal to that of cow's milk.

The fat in chevre is different from the fat in cow's milk cheese. Not only does goat's milk have less saturated fat than cow's milk, but it also contains two to three times more of certain (relatively) benign saturated fats: caproic, caprylic, and capric fatty acids. These fatty acids are metabolized more like sugar than fats. They are converted to energy more readily than other saturated fats and are less likely to clog arteries.

This same trio of fatty acids are what gives goat's cheese a distinctive sharp taste and smell. But, if goat's cheese is handled carefully, this distinct taste can be a subtle and interesting flavor-note, not strong or overwhelming. Unless chevre is old, or hasn't been properly refrigerated, it should be no more fragrant than creme fraiche. Unopened, a vacuum-sealed log of chevre has a shelf life of about 90 days. Once

opened, store it in a clean, well-sealed container on the coolest shelf of your refrigerator.

Goat's cheese does cost more than cream cheese. Goats yield less milk, and in this country, goat's cheese is produced by smaller-scale operations. While a Holstein cow gives 80 pounds of milk a day, a productive goat gives only seven pounds, which in turn produces less than 3/4 of a pound of chevre. While there are small farms in the U.S. producing goat's cheese, the Couturier Company of Poitou, France, produces most of the chevre available in our area.

If you find you like the subtle, distinct flavor of chevre, there are many ways to use it. Dab it on pizza, foccacia, or fruit tarts, chicken, fish dishes, or sauteed vegetables. Add the chevre at the end, so it remains fresh and deep its crumbly texture. Alice Waters made goat's cheese popular in the 1970's when she coated it with bread crumbs, baked it and served it on a salad.

If you are serving chevre appetizers, dips, or spreads, you can combine several pre-packaged logs of Couturier chevre into a larger, more decorative log. Unwrap the packages, then shape and mold the cheese using foil or heavy plastic wrap, such as Saran Wrap (thinner wrap will give you grief). Rolling the chevre in peppercorns or grape leaves is traditional, but you can try using herbs, toasted nuts, or toasted sesame seeds. For dips and spreads, you can use chevre like cream cheese—you can even douse it with salsa.

I've found I like the taste of chevre on pasta. I add the cheese at

the end, when I'm combining the sauce and pasta, right before serving. A small portion of cheese can impart a lot of flavor.

Baked Chevre with Garden Salad

(serves 4)

3 to 4 2 1/2 inch diameter rounds of fresh chevre, about 1/2 inch thick
about 3/4 cup virgin olive oil
3 to 4 sprigs fresh thyme
1 tsp. Dried thyme
1 cup fine dry bread crumbs
2 to 3 T red wine vinegar
salt and pepper to taste
garlic croutons
4 handful of garden lettuces such as rocket, lamb's lettuce, small oak leaf or red leaf lettuces, or chervil

Marinate chevre rounds in 1/4 cup olive oil with the fresh thyme for a day. Mix the dried thyme with the bread crumbs.

Make the vinaigrette by whisking the remaining 1/2 cup oil into the 2 to 3 T of vinegar until the vinaigrette is balanced, and season with salt and pepper. Wash and dry the lettuces.

Dip the marinated rounds of chevre into the seasoned bread crumbs and place on a lightly oiled baking sheet. Bake in a preheated 400 degree oven for about 6 minutes, or until the cheese is lightly bubbling and golden brown. Toss the lettuces with enough vinaigrette to lightly coat them.

Arrange on salad plates. Put the baked chevre in the center of each pile of lettuce, with the browner side up, and arrange the croutons around them. (From The Chez Panisse Menu Cookbook by Alice Waters,

Random House, 1982)

Fusille with Chevre, Tomatoes and Basil

1 1/2 lbs. Plum tomatoes
1/4 cup olive oil
2 tsp red wine vinegar
1 large garlic clove, minced
1 lb. Fusilli pasta
3 1/2 to 4 oz. Fresh chevre, chilled and cut into small pieces
1/3 cup finely diced, fresh basil

Blanch tomatoes for 20 seconds. Drain and peel. Cut tomatoes in half and squeeze out the seeds. Chop tomatoes and place in a large bowl. Mix in oil, vinegar and garlic. Season to taste with salt and pepper.

Boil pasta in salted water until just tender, but still firm. Drain pasta and add to the tomatoes. Add chevre and basil, tossing to blend, until the cheese melts. Serve immediately. (From Bon Appetit magazine, October, 1995)



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A Selection of Illustrated Poems

by Lexie Lynn, age 16




Earth

The river whispers mysteries
the wind tells secrets to the trees
water kisses rocks and sand
Mother Earth becomes her land.
Trees are blessed by butterflies
the clouds upon the soft sea cry
Sun caresses earth beneath her
all becoming blessed and pure.
Children with their arms upraised
dance and sing a song of praise
with the shadows of the light
as the day becomes the night.
Gently, moon's light bathes the ground
into dream's earth slowly drowns,
the magic and the mysteries
are no longer secrets of the trees.
All the worlds wisdom, etched upon the stars,
that look down from afar
and guide the earth
from death till birth.



Under the Sidhe

In the forest
under the hill
where love is birthed
and dreams stand still
Come with me
Through darkened skies
leave the ones
with darkened eyes
Dance as the river
as shadows become one.
becoming the moon
inside the sidhe.
Falling into dreams
with time and place
both unknown
- just space
Free to fly
live with the fae
in enchanted sleep
through night and day



Mother Mary

Mother Mary,
Please be wary
the skies that you knew
are no longer blue.
the clouds have come
the damage done
the man that once sang your love in a song,
he has done you greatly wrong
your beautiful world is forsaken
there is nothing he hasn't taken.
I'm sorry we have gone astray
It's to the earth that I now pray
but please don't shut your eyes to the pain
his only power is in a name.
The goddess shall return,
and the flame shall forever burn.
With the mothers sweet caress,
she will touch and heal and bless
for within the ruins of her earth,
Love and peace and freedom birth.

Chestnuts

by Laura Church

It's almost time for the winter holidays again, so here's a different food for you to think about for your holiday menu. Chestnuts can be found in the produce department at the Co-op. They're a smooth, brown nut with a very satisfying amount of meat inside its shell. Generally, nuts are very high in fat, but the little chestnut is only 1.5 percent fat by weight and is relatively high in carbohydrates. One cup (approximately 6 ounces) of shelled nuts has only 310 calories, so don't be afraid of these little guys.

There are two popular ways to prepare chestnuts: roasting and boiling. Both are easy, so try them, even just as an experiment! To roast chestnuts, put a small slash in the nutshell, and roast on a baking sheet at 400 degrees for 15 minutes. Cool them, then peel and chop for as the recipe specifies. For boiling, slit shells as above, and drop into boiling water for a minute or two. While they are still warm, but not hot, peel with a sharp paring knife. If they are especially difficult to peel, you may reboil them for a few seconds. Here are a couple of recipes for your holiday cooking. Enjoy!

Braised Chestnuts (serves 4)

- 1 lb chestnuts, shelled
- 1 cup beef broth (or you could substitute a vegetarian beef broth, sold in bulk)
- 1/4 t salt
- 1/8 t freshly ground pepper
- 2 T butter (soy margarine or olive oil would also work)
- 4 T heavy cream (optional)

In a pan, simmer the chestnuts with broth, salt and pepper for about 15-20 minutes. Drain. Add the butter (or drizzle a little olive oil on top),

turn up the heat, and shake the pan so the chestnuts are well anointed with the butter. Serve hot. Add 4 tablespoons heavy cream with the butter if you are feeling especially decadent.

Old-Fashioned Chestnut Stuffing (serves 8-10)

- 1 cup finely chopped celery
- 1/2 cup chopped onion
- 1/2 cup butter or margarine
- 1 teaspoon poultry seasoning or sage
- 1/2 teaspoon salt
- 1/8 teaspoon freshly ground pepper
- 8 cups dry bread cubes
- 3/4 to 1 cup chicken broth or vegetable broth
- 1 pound fresh chestnuts (3 cups) coarsely chopped

In a saucepan cook celery and onion in butter till tender but not brown; remove from heat and stir in poultry seasoning or sage, salt, pepper and chestnuts. Add to dry bread cubes in a large bowl. Mix. Drizzle with enough broth to moisten, tossing lightly. This yields enough stuffing for a 10-pound turkey. Or, you may bake the stuffing in a 2-quart covered casserole at 375 degrees for 20-30 minutes.



Desserts for all Occasions

by Vicki Reich

As the temperature starts to drop and the leaves change color, the smell of winter gets stronger. Thoughts of snow and skiing replace thoughts about gardening and sunshine. At this time of the year you start craving hot soup, dense warm bread, and something rich and satisfying for dessert. Dessert is often the most longed for part of the dinner meal. Whoever said "life's too short, eat dessert first" had it right. But dessert doesn't have to compromise your healthy lifestyle. The following desserts vary from super healthy to incredibly decadent. Make the healthy ones for an everyday dessert and save the decadent ones for a special occasion and you'll always feel satisfied.

Fast and Easy Peanut Butter Cookies

- 1/2c. peanut butter
- 1/3c. maple syrup
- 1/2c. whole wheat pastry flour

In a medium bowl, cream together peanut butter and maple syrup. Add the flour and mix well. Drop batter by the heaping teaspoon on a well greased cookie sheet and flatten with a fork. Bake 12 min. at 375°F. Makes 1 dozen cookies.

Gingered Pear Crisp

- 1 c. whole wheat pastry flour
- 4 1/2 t. grated ginger
- 1/2c. organic unrefined cane sugar

- 3 T. butter or margarine, cut into small pieces
- 1 c. finely chopped pecans
- 6 large firm ripe pears, cored and sliced into sixteenths

In a small bowl, mix together first three ingredients. Add butter and work into flour mixture with a fork until the mixture is pebbly. Stir in the pecans. Spread the sliced pears evenly in the bottom of a greased 8-inch square pan. Sprinkle flour mixture over pears. Place pan in the center of a preheated 400F oven. Bake for 30 min.



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Gardening

HERB GARDENS

By Patricia Diaz

This month's topic was supposed to be gardens for birds and bees but Kristi asked me to review a wonderful herb book so I'm juggling the topics a bit and am writing about herb gardens this month. Next month, barring some unforeseen event, I cover gardens for birds, bees, and butterflies.

There are lots of books on herbs and many approaches to creating herb gardens. Herb gardens are typically planted for functional uses, and herb gardeners are often the most passionate of gardeners. While most people plant herb gardens with culinary uses in mind, there is a growing body of gardeners planting herbs for medicinal or healing purposes and for cosmetic uses.

One of the nicest things about growing herbs is that you can tuck the plants into whatever space you have - flower beds or vegetable gardens - if you don't have room for a full-fledged herb garden. Even windowsill pots will work with some herbs, if that's all the room you have. If you do have space, however, allow one square foot for each herb. Most herbs prefer well-drained soil in a sunny location, although a few will tolerate partial or light shade.

To prepare the soil for your herb garden, spade it to a depth of 12-18 inches. Work in organic matter such as peat moss or compost. This is especially important for the clay soil so familiar to gardeners in our area. You can also add aged, well-rotted manure to improve soil fertility. Soil drainage is essential - even herbs that require high soil moisture content cannot tolerate water-loaded soil. Plan your herb placement so that plants with similar moisture needs are planted together.

The same holds true for light preferences. Herbs that prefer full sun need at least six hours of direct sunlight with filtered light for the remainder of the day: partial shade, or at least four hours of direct sunlight and filtered for the remainder of the day, is preferred by a few herbs and tolerated by another

group. There are also a few herbs that tolerate shade if they receive filtered sunlight for part of the day and are shaded by foliage and structures the remainder of the day.

One of the most important considerations is how much of any one herb is enough. Since our area is blanketed by snow most of the winter we need to grow enough herbs to preserve, usually by drying. We use a lot of parsley at our house, so this year I planted 20 plants so I could dry them for winter use. Things went swimmingly for a couple of months, but when I went to check on them near harvest time, I couldn't believe my eyes: I could only find four parsley plants! I thought I'd lost my mind! That's when I saw it... a cunningly crafted, well-hidden mole tunnel. That ##@#!\$@*?#\$@ rodent had eaten all of my parsley plants! Nothing else did it touch - just the parsley plants and right at the peak of harvest. Winter supplies of herbal teas also require large numbers of herb plants, as does growing herbs for potpourri, etc. I've included a chart for herb planting quantities for the most popular herbs.

While some herbs may be grown from seed, others need to be propagated or purchased in plant form as they don't produce viable seeds. Your nursery person or plant catalog can tell you or you can do further research once you've decided which herbs you'd like to grow. Herbs that must be purchased in plant form include the following — comfrey, geranium, many lavenders, lemon verbena, many mints, rosemary, many sages, santolinas, tarragon, and many types of thyme. Other herbs can be started and some can be seeded directly into the garden.

There are some herbs willing to spend the winter indoors growing on your windowsill without supplemental lighting. They won't grow as quickly, but you'll have fresh herbs for your use. You can move the pots outdoors or transplant in spring. Those that require a south window include aloe, geranium, French lavender, and lemon verbena. Those that can live in either the south or east window include lemongrass, lemon thyme, mints, rosemary, pineapple sage, and tarragon.

Herbs are wonderfully repellent

to many pests and vegetable gardeners have been using herbs this way for a very long time. A good herb book will give you an extensive list of which pests are repelled by which herbs. You can, however, invite pests to your herb garden if you aren't aware of a few special rules- mix different herbs together in a bed (a large group of basil, for example, will be irresistible to Japanese beetles)- grow annual herbs in a different part of the bed every year and every four years transplant perennial herbs to different parts of the bed (parsley grown in the same spot every year allows carrot weevil populations to build to damaging levels)- apply compost to encourage beneficial organisms; weed, feed, water, mulch, and clean up conscientiously to maintain a healthy garden with no places for pests to hide.

You might want to consider replacing a thirsty lawn with a thyme lawn. Prepare the soil to a depth of six inches-, place thyme plants 12-15" apart in a grid pattern. Coverage can be expected in about four months. Water needs of a thyme lawn are substantially less than that of a blue grass lawn. Thyme lawns tolerate moderate foot traffic and you can place stepping stones for walkways in heavy traffic areas. The best varieties to use are 'Pink Chintz', 'Reiter', 'Wooly', 'Coccineum' and 'Doone Valley'.

There are so many wonderful things you can do with herbs — incredible culinary enhancements, making herbal vinegars and herb-flavored oils, making herb teas, jellies, and honeys, herbal breads, making your own beauty treatments, custom-blending potpourris, making beautiful dried arrangements, and using herbs to heal both as foods and as ointments, etc.

Planting Quantities of a Few Popular Herbs

Herb	For Cooking	For Tea and Preserving
Anise (seeds)	6 plants	
Basil	4-6	8-12
Borage	1	2-4
Calendula	6	12
Caraway	6	12
Catnip		12
Chamomile		40-60
Chives	4	6
Cilantro	12	20-40
Dill	10	20-40
Fennel	1-2	4-5
Lavender	2	6-12
Lemon balm	4	6-12
Lemongrass	2	
Lemon verbena	3-4	10-12
Marjoram	2-4	6-10
Mints	1-2	8-12
Oregano	2-4	6-12
Parsley	6	12-18
Rosemary	1	2-3

Insights

Achieve the Mystical State of Yo

by Fritz Knorr

These are high performance yo-yos, and Ryan and Ben have put a lot of effort into getting the look and functionality to a nationally-acclaimed level.

Moonspin has been producing yo-yos for about a year. Before that, Ben had taken some stabs at hacking out yo-yos, but just for personal use. The turning came when Ryan and Ben took a class in school on Manufacturing and Production, taught by Bill Marineau. They needed a product to manufacture, and after a few minutes of thought, decided: yo-yos. That course and the resulting product was such a success that they decided to continue with it, and

they formed Moonspin.

These beautiful yo-yos are made from exotic hardwoods like bubinga, gonalco alves, ebony, peroba rosa, kingwood, zebra wood, and many more. These woods are harvested in a sustainable manner. Their supplier is certified by the Conservation International, National Hardwood Lumber Association and the Woodworks Alliance for Rain Forest Protection.

As Ben said, "We really care about sustainable hardwood harvest, because we want to keep having these woods available."

In the Moonspin team, Ben seems to be the artisan and production supervi-

sor and Ryan is the PR man, computer expert and Yo-Yo King. Ryan is practicing up for competition. Unfortunately, there aren't any competitions around here. "We're thinking about starting up local competition," says Ryan. "Other than that, there are some in California, or Internet competitions."

Internet competition?

"Yea, that's where you take a video of your tricks and send it in."

Competition or not, Ryan is way good on the yo, and Moonspin is his favorite yo-yo.

Yo-yos seem to go up and down in popularity in about 20-year cycles. Moonspin hopes that they are on the leading edge of a new resurgence in interest. Even at that, the market for high-end, hardwood, high-performance yo-yos is pretty small. Local marketing, like the Co-op Bazaar is good, but they are working on addressing a national and world market through Internet marketing. Check out their web page at http://members.tripod.com/~m_spin/moonspin.html. "Web marketing is key to take our business to the next level," says Ryan.

If you want to catch the spin, check out Moonspin Yo-Yos at the Holiday Bazaar. They're in the toy department to the left of the fireplace.



Yo-Yo Workshop in the Bazaar

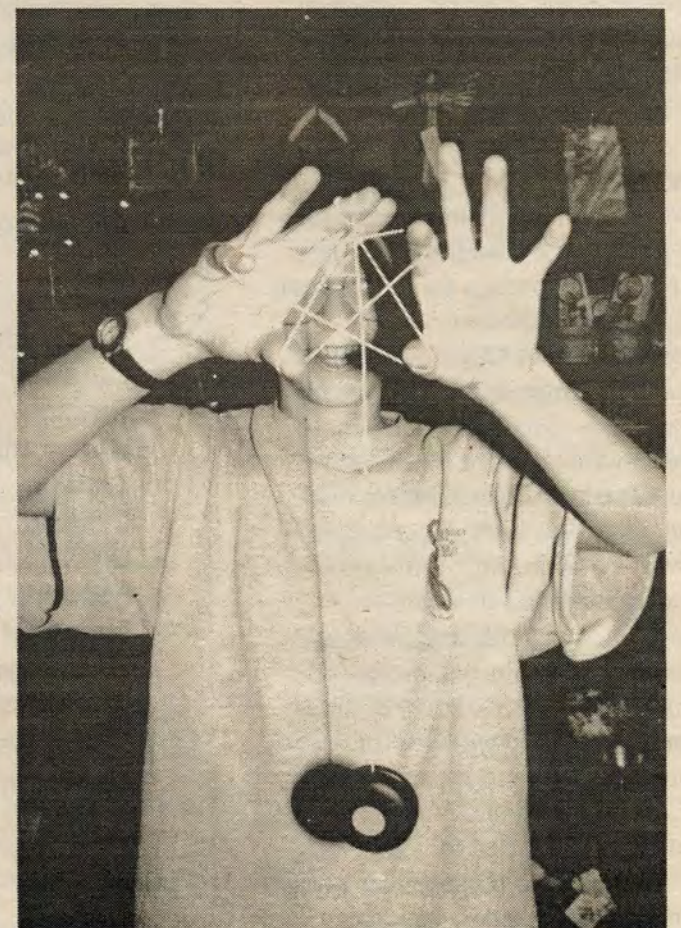
Ben Carpenter and Ryan Town, of Moonspin Yo-Yos, will be live at the Bazaar to give instruction, demonstrate tricks and answer yo-yo questions, at 12:30 and 4:00 pm on Saturday, Dec. 6, and again on Saturday, Dec. 13. Be there and be Yo.



Ryan puts the finishing touches on a Moonspin Yo-Yo.

When you shop at the Holiday Bazaar, be sure to check out the fancy yo-yos, made right here in Moscow by Moonspin Yo-Yos. They are strikingly beautiful, with the colors and patterns of polished exotic hardwoods. So, even if you never fling it, a Moonspin Yo-Yo is a work of art, suitable for display. But don't forget that Moonspin Yo-Yos are high performance yo-yos. That means that they have just the right feel for you to do all your tricks and for you to learn a few new ones. And remember, a yo-yo makes the perfect gift for everyone on your list.

Moonspin Yo-Yos are made by Ryan Town and Ben Carpenter, both 9th grade students at Moscow Junior High School. I met with them at the shop they rent from Ben's father, Jack Carpenter. While Jimmi Hendrix wailed from their stereo, they showed me some of the process of producing these beauties. Not all of the process, though; because some of the steps are a trade secret.



Ben's trick

Feed a Cold . . .

by L. L. Lundstedt

Last month, Kristi wrote about eating well and taking echinacea to prevent colds and flu. Sometimes, however, a cold manages to break through your lines of defense. If you're already in the throes of a cold or flu, consider what others may do to speed their recovery.

Colds are caused by cold viruses. They attack the upper-respiratory tract and are easily passed a round, generally by hands. Sometimes you can feel them coming; your throat feels scratchy or sore, you're feverish, or your nose becomes stuffy or drippy. The flu—short for influenza—is a viral infection that typically hits without warning. You may have many of the symptoms of a cold along with chills, a headache, and a general weakness that leaves you whimpering in bed.

Most people recover from colds and flu, but knowing that you'll feel better next week doesn't make you feel better now. Grocery stores stock all kinds of decongestants, cough syrups, and expectorants designed to alleviate your symptoms. Unfortunately, many remedies produce side effects that are worse than the symptoms; some people get sleepy, while others get jittery. To make things worse, some medicines suppress your body's natural healing processes. Doesn't it make more sense to help your body instead of hinder it?

C You Later

A common, yet much-debated, method of dealing with a cold is to take large doses of vitamin C. Some folks swear by it; others suspect that taking it produces a placebo effect—you think it will heal you, so it does. Even worse, some people fear that too much vitamin C can hurt them. Yet numerous studies have shown that vitamin C, even taken in large doses, won't harm you. It won't destroy vitamin B12, cause your body to overload on iron, or promote kidney stones. According to *Beyond Antibiotics: Healthier Options for Families* by Michael Schmidt, Lendon Smith, and Keith Sehnert, vitamin C is not toxic, even at high doses.

Practitioners recommend varying amounts, but 1,000 mg a day is about average, and some triple or even quadruple this amount when they have a cold. Because

your body only absorbs vitamin C in short doses, many recommend that you take several doses every three hours or so throughout the day. Vitamin C won't prevent a cold, but it can shorten the duration of a cold by as much as one-third.

How does vitamin C help you get rid of a cold? According to Schmidt, Smith, and Sehnert, vitamin C affects certain viruses and bacteria and boosts specific aspects of the immune system. Vitamin C, they claim, "supports stressed-out adrenal glands, stimulates the production of interferon, and enhances the antiviral and antibacterial action of white blood cells."

Some folks find the acidity of vitamin C upsets their stomach. If you're one of those, consider taking a buffered vitamin C. A good indicator of whether you're taking too much vitamin C is diarrhea; loose stools indicate too much vitamin C, so decrease intake until diarrhea ceases. While *Beyond Antibiotics* recommends vitamin C in a powder form when you're sick, taking it as a fluid in the form of juices isn't a bad idea, as your body uses fluids to flush infections out of your system. Knudson's "Simply Nutritious" line of juices are good for sickness and health. If you feel a cold coming on, you might try the Lemon Ginger Echinacea; to consume over 100% of the recommended daily intake (RDI) of antioxidants A, C, and E, try the Morning Blend. And for a super dose of vitamin C, drink the Mega C, which contains 1,000% of the RDI of C.

Peppers and Garlic

Peppers are also good foods for colds. Fresh peppers have twice as much vitamin C as citrus, but the alkaloid, capsaicin, which puts the fire in the pepper, is also available in dried capsule form. Capsaicin helps you overcome a cold or flu by stimulating the circulatory system and inducing perspiration ("The Promise of Peppers," *Herbs for Health*, Sept.-Oct. 1996). You can take it in capsule form if you suffer from gastrointestinal disorders or just don't like peppers, but eating fresh peppers—salsa, anyone?—also clears your sinuses.

Garlic is another substance you can take in large doses without danger, unless you are taking

anticoagulants. According to "Herbal Care for Cold and Flu" by Daniel Gagnon, if you are taking such medication, eating a lot of garlic—more than 5 cloves a day—may slow blood clotting. While it's available in capsule form, some people insist that garlic in its food form works best. If you're not up to concocting your own garlic dish, try Shari's Organic Tomato with Roasted Garlic Soup. If you prefer the chicken soup remedy, start with Pacific Foods of Oregon's All-Natural Chicken Broth. Available in a resealable 32 oz. carton, it's made from free-range vegetarian chickens that have not been fed antibiotics.

Homeopathic Remedies

If you're not content to feed or let your cold or flu runs its course, consider taking a homeopathic remedy. Homeopathic medicine is a natural pharmaceutical science that uses extremely small doses of various plant, mineral, or animal substances to stimulate the body's natural defenses.

Practitioners generally ask lots of questions to determine a person's symptoms and, based on the answers, prepare specific doses of substances that will mimic the body's symptoms and help the body heal itself.

Homeopathy has a long and interesting history. According to Dana Ullman, who has a master's degree in Public Health, homeopathic medicine was popular in America and the Old World until the turn of the century, when organized "allopathists" (today's "orthodox physicians") finally succeeded in legislating and organizing its practitioners out of practice. Nevertheless, homeopathy has survived and is becoming increasingly popular again. Its basic principle is the "law of similars"—that a small dose of something that induces the symptoms you already have will boost your body into high healing gear. This law dates back to ancient Greece and also appears in Chinese, Asian Indian, Native American, and Mayan cultures. In modern times it has been used successfully in conventional medical therapies such as immunizations and allergy treatments.

The Co-op now carries three lines of homeopathic remedies. While these remedies are not

customized for the individual, they are what Ullman calls "combination medicines" that act on most people's illnesses. Natra-Bio has remedies for sore throat, sinus, flu, colds, allergy, and other ailments, and Nova Homeopathics offers treatments for fever, throat complex, and other ailments. Boericke & Tafel, Inc. offers a variety of remedies designed to induce symptoms like runny nose and sore throat. I've tried the boxed versions of Alpha CF (Cold and Flu) for the early stages of cold and the Bronchitis and Asthma Aid for the later stages with great success; the colds and flu version also comes in a child's version. Of course, if you have chronic or serious health problems, you should consult your physician. But if you're reasonably healthy (except for the cold or flu), consider testing a homeopathic remedy. The best part is that you don't get woozy or jittery from the side effects of over-the-counter medicines.

For further reading: "Herbal Care for Cold and Flu" by Daniel Gagnon, *Herbs for Health*, Sept.-Oct. 1996; "The Latest on Vitamin C, Zinc, and the Common Cold," *Herbs for Health*, Sept.-Oct. 1997; *Prescription for Nutritional Healing* by James Balch and Phyllis Balch; "Homeopathic Medicine and the Immune System" by Dana Ullman, www.homeopathic.com/intro/theimmu.htm

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Book Review: Natural Body Basics— Making Your Own Cosmetics.

by Dorie Byers (80 pp. \$6.95)
by R. Ohlgren-Evans

This is a great little book for anyone wanting to check out alternatives to commercial skin and hair products. It's a fantastic price, and the recipes cover bath recipes, facial care, great hand cleansers and creams, mouth and tooth care, balms for the lips, eyes and feet, and more.

Admittedly, bath and beauty recipes are one of my weaknesses—and this time of year I am looking for unique gift ideas that I can make myself. This book is a great introduction to the craft—the recipes are clear and simple and the ingredient lists are kept short. Even the experienced will find new recipes to try (Ms. Byers' shea butter creams are very intriguing).

Natural Body Basics includes a nice introduction to ingredients and

supplies, and a good glossary of terms used in the art of making bath products. Each topic has at least four or five recipes to choose from—enough to give you options without being overwhelming.

And remember, the Food Co-op now has lots of beautiful bottles upstairs in the Bazaar for your year-end gift giving, as well as the essential oils and most of the other ingredients needed in the recipes. (If you don't see them on the shelves, just ask—Vicki is glad to special-order anything she can!).

Even if you don't have the time or inclination to make your own bath products, the book would be a great gift for someone who would like to get started.

Letter to Editor

Dear Newsletter Folks,

Last month I submitted a photo of Maia Cunningham & "Frank" her new skeleton, a gift from friends (including many Co-ops) to be printed in the newsletter. It didn't appear anywhere. Will you please run it? There are several people who are very interested in seeing it printed.

Thank You,
Heidi Hefferman

Here it is. "Sorry it wasn't run last month, we ran out of space.

See Ya' Frank

by Bill London

This photo of Maia Cunningham and her new friend Frank has been lost and found. We were going to run the photo this summer. But it got lost. But, it's such a great photo that we're bringing it to you now.

Maia (on left) was a great cashier and all, but she chose to teach in Glendora, California, instead of keeping us all smiling here at the Co-op. Her heart-felt desire for a going away gift (really) was a skeleton. She's an anthropologist teaching now at a community college, and Frank should prove himself useful there.



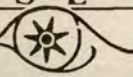
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Revolution in Homebrewing: Organics Are Out There!

Kevin M. Kane

Some homebrewers will tell you that the reason they make their own is because their beer is less expensive than store-bought brew. True, but I brew at home because my beers taste the way I want them to taste. I also thoroughly enjoy the process, which explains why I've been a homebrewer for almost ten years.

As far as beer contributing to a healthier lifestyle, I would argue "yes," but now there are ingredients available that just might make your home-brewed beer even better for you. With the increasing popularity of organic foods, it was only a matter of time before organic brewing supplies appeared, and that time is now. It wasn't easy finding information about organic homebrewing supplies, so I first turned to the craft brewing industry reference, the 1997 Brewers' Market Guide. I later talked to a few microbrewers, and then finally did some surfing on the Internet. Organic brewing ingredients are still a niche market, but there seems to be a growing surge of interest in them.

Of course, it took a few of the more daring craft brewers to help start that process. I couldn't discover who offered the first organic brew, but Rogue Ales of Newport, Oregon, featured their organic doppelbock at the Oregon Brewer's Festival this past July. Rogue used pale malted barley from Bioriginal Malt of Saskatoon (1-800-446-2249). Closer to home, Treaty Grounds Brewpub has their Aesop's Organic Oatmeal Stout on tap now. And it looks like our Co-op may soon be offering organic bottled beers.

I'm skeptical when someone says they have something better to offer my home brewery, especially when it might cost more. I obtained some data sheets and price quotes from Bioriginal, and their malt compares favorably with standard malted barley in terms of mashing and cost (only slightly more expensive). Unfortunately, shipping charges are a bit steep, pushing the price per pound to almost double that of non-organic malt. At the moment, though, Bioriginal is the only North American company that offers organic malt extract, an important point since many homebrewers don't make all-grain beers.

I don't brew pale ales and lagers

exclusively, so I was very interested in finding organic coloring grains, and these have just recently become available. Briess Malting Company of Wisconsin has introduced their Briess Organics line of base and specialty malts, including both 2-row and 6-row base malts. Steinbart's in Portland, Oregon, is the closest distributor of Briess malts. I received price quotes for the wholesale brewery prices on grains from Steinbart's, and the per-pound prices were around 60 cents. Homebrewers can expect to pay at least twice that price, mainly because most of us don't buy grain in 50-pound bags. You can call Steinbart's at (503)232-8793, but a better option might be to talk to Market Time Drug or Tri-State and see if they can special-order your organic grains. Be sure to ask if you will be charged shipping costs for the special order.

Even people who don't like beer know that hops are part of the brewing process. So what are the options for organic hops? Always try the local or mail-order homebrew supply shop first, but you may have to contact the hop growers directly. Freshops, in Philomath, Oregon (800-460-6925), was the source for organic hops used in the Treaty Grounds organic stout. Although the hops used in that brew were acceptable for bittering, they appeared old and slightly oxidized, so when ordering organic hops, be sure to check on their freshness. Another Oregon grower, Cascadia Hops (800-580-0256) is listed as a supplier of organically grown hops, but I didn't receive their product information in time for this article. Hop Union (Yakima, 800-952-4873) is our closest hop grower, but given the poor crop of non-organic hops this year, organically grown hops may be in extremely short supply.

If you're really interested in organic beer supplies, and you're a brewing fanatic, you can go a step further by actually growing your own hops organically. In fact, there are a number of people in the area who grow their own. Unfortunately, these same folks also watched this summer's aphid population feast on their hops cones, so don't think that organic hop growing is without disappointment. But, it is fun!

I got my first hop rhizomes via mail-order from Alternative Garden

Supply in Illinois (800-444-2837). I received three varieties and a book on growing hops for about \$20. After planting the rhizomes in March, I was fighting Japanese beetles through July, but I harvested enough hops for two brews. The vines grew to incredible lengths, and the aroma throughout the summer was wonderful.

The best sources for specialty organic brewing supplies, though, is our own Moscow Food Co-op. The organic rolled oats, wheat, and rye flakes are perfect for those Belgian or Scottish ales, and the variety of other organic grains gives homebrewers more possibilities for creative beers. Although I was thwarted by a stuck mash the first time, I will be trying to brew my organic lentil-weizen again in the next few weeks.

The take-home message is: organic supplies for homebrewers are becoming available, but they may be hard to find for the next few years. In order to reduce costs, I suggest pooling resources with other brewers and buying in bulk from the suppliers. The Co-op's buyer, Vicki Reich, is considering offering homebrew supplies, but with our limited shelf space, this might only happen on a special-order basis. In the meantime, talk to our local suppliers and you might be able to develop enough demand such that organic brewing supplies could be available more regularly.

Finally, I need to add a word about resources for homebrewers.

Sometimes it's difficult to find other homebrewers in the area, because most are busy doing their own stuff. But there is a group of people who meet each month to trade beers, good food, and great conversation. The Homebrewers On the Palouse (HOPS) meets every third Saturday at different locations, and each meeting features a beer style that the brewers try to make for that meeting. I've gotten lots of advice and tips from these people, and I've made some great friends. Membership is only \$10 per year, and that gets you a 10% discount on brewing supplies at Tri-State; I've even gotten the discount on hardware items that I use to make brewing gadgets. If you're interested in HOPS, call Richard Nelson (334-4817) or Layne Davis (509-878-1845) for the date and time of the next meeting. The beer style for December is holiday beers and meads.



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