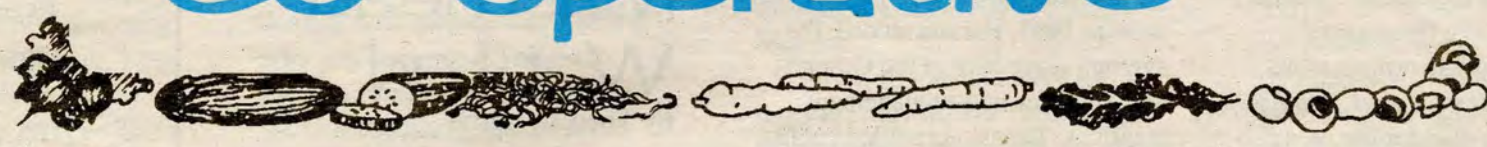


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Febru

# Moscow Food Co-operative Community News



## Annual Membership Meeting

## March 7

Remember to VOTE for the Board of Directors!



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MOSCOW ID 83843



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# Co-op - News

## 1997 Budget

by Kenna S. Eaton

Budgeting is a process, a game, if you will, of projecting the future based upon past experience. We sit down with our past three years' financial history and project what will happen next year. And, if we're really good, we plan for the next 3-5 years! After looking at the Co-op's recent financial history we felt that it was time to take a serious stance. Sales over the past two years have increased by 0%, while expenses have increased by 1% to 3%. Last year we were able to show a 1% net profit and we would like to do the same this year. Any profit is retained by the corporation to help with cash flow and to act as a small hedge against potential crisis. In the early part of January the finance committee submitted a budget proposal to the B. of D. for 1997. Based upon projections, we felt that we were not in the position to offer any raises to the staff in 1997. The Board was unhappy about this proposal, even though they all understood the reasons why. The finance committee suggested that we look into a profit-sharing plan as one way of compensating the staff. To start the year off right, the B. of D. gave the staff a lump-sum bonus of "Found Money" (a refund from the State Insurance Fund) which the staff then voted to distribute evenly among themselves.

Needless to say, the staff was pleased about the bonus, but some are still unhappy about the lack of a raise in 1997. For the record, the average wage here at the Co-op is \$6.38/ hr. for non-management positions. We also provide benefits in the form of health insurance, sick and vacation pay, and discounts on all purchases here. As a staff person and a manager I am in a funny position. Of course I'd like to earn more, but knowing the financial situation here as I do, it would be difficult for me to support any pay raises for anyone this year.

Over the past two years we have watched several businesses in Moscow begin to carry products similar to ours. You can now buy tofu just about anywhere! The competition has increased faster than the population. The sales we have lost are a challenge for us to become stronger, and better at what we do well, and to improve in those areas where we are weak. My challenge to you, the member, is to ask you to look at your shopping habits and ask yourself: "What can I do differently? What can I buy at the Co-op that I'm not buying now?" The Co-op is dependent upon its owners for support. Without you, the member/owner, we are nothing.

Remember, this is YOUR Co-op.

## Contest! Contest! Newsletter Masthead Wanted

by Therese Harris

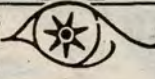
It's not too late to enter your design in our contest! We are looking for a new masthead for the cover of our newsletter: the Moscow Food Co-op Community News.

We would like entries to be either computer-drawn or freehand drawings in black ink on white paper, approximately the same size of the current masthead (10 inches by 2 1/2 inches). The design must include our title: Moscow Food Co-op Community News, as well as the month, year, and the words "Free, Please Take One."

Entries are due by March 1, and should left in the newsletter slot upstairs in the Co-op office, or put in an envelope clearly marked 'Newsletter' and left with a cashier.

The winning designer will receive a new Co-op T-shirt, plus a \$15 gift certificate from the Co-op, as well as a certain amount of local notoriety and, possibly, fame.

As with shopping at the Co-op, all are welcome, and anyone can enter!

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**Distribution**  
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**Back Cover Design**  
Beth Case

**Children's Page**  
Robin Murray

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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Upper Crust Bakery  
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Eva Strand	882-0528
Paul Weingartner	883-8281
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20th of each month



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# Buy-Line

Kim Cantrell

I'm back again with more requests, thank you's and desires for products in the Co-op.

**Please restock Summer Savory in the herb dept. again.**-Well, we did an evaluation of herbs that were selling and not selling, Summer Savory was not. But, feel free to special order this herb. They all come in 1# packages.

**See-lect melatonin Tea**-I'll think about it, but in the mean time try special ordering it.

**Thank you for restocking the Habanero sauce**-You're welcome.

**Bring back the peeled garlic in bulk**-Sorry, it would mold before it all sold.

**Please, Garlic Pappadums**-I can't get that particular flavor from our distributors. But, they add new products every month, maybe that will appear soon.

**Please start carrying sassafras**-You are more than welcome to special order sassafras.

**More sesame chips please**-Yes, I keep upping the order but then there is the issue of who is going to bag them all, so sometimes we have them in the back but haven't had time to bag them. Please ask our staff to look for you.

**Wa Guru Bars, I just wish you still had them**-Hey me too, I'll see what has happened to them.

**Aren't you ever going to change the varieties of Cascadian Farm ice cream?**-Why yes, in the summer when the ice cream starts a movin' again.

**Please, carry blue & corn Hav A Chips**-I've just recently gotten to sample these, but haven't really come to a conclusion about them.

**Smaller portions of cranberries**-No problem.

**Please get Patak's Lime Pickle**-I'll check it out.

**Could you please get some (all natural) taco shells?**-You mean the hard kind that you just fill with stuff or corn tortillas? We stopped carrying corn tortillas due to a molding problem (it's that no preservative thing) but anyway, I'll look into the-hard kind.

**Organic Black Tea**-If you can find it, I'll carry it. But according to my suppliers I can only get Choice. Celestial Seasonings has discontinued many of their teas and the Organic black appears to be one of them.

**Non-caffeinated Chai Teas blend**-Great request, I'll see what I can get.

**Please bring back the \$ .36 tofu**-It never left, all we did is try to give a better deal by offering it by the pound (we found that the pieces started varying in size). Also, the price has gone up to about \$ .42 ea. if we still sold it that way.

Remember the Co-op is always dealing with a space issue, that is why you may not see all your favorite products, so we offer you the opportunity to special order products so long as we can get them from our distributors.

And I suppose you've all seen all the great new products throughout the store. But just in case you've missed a few here they are:

**Holy Cow Tofu**-this is pre-marinated tofu in a Thai sauce or in BBQ sauce. We had samples of this last Saturday and it was great.

**Shari's Bistro**-We have added 4 new soups to the previous ones and 3 flavors of refried beans. Look for both to be on special in February.

For those looking for more variety in the plain tofu try Island Spring Tofu in the open face cooler.

Barbara's O's are on the shelf in both Apple Cinnamon O's and Honey O's. They are absolutely delicious.

For a change from Annie's mac & Cheese try Debole's 4 cheese blend or shells & cheddar.

**Terra Chips**-Chips made from exotic vegetables.

Millina's Ketchup  
Tumaro's Black Bean Burritos  
Tumaro's Blue Corn Tamales  
Trinidad Bay Cream Cheeses-  
Sundried Tomato and Sweet Basil Pesto

Santa Barbara Olives-Jalapeno Stuffed, Herb Spiced & Sun Dried.

Bien Padre Bulk Chips-  
Multiseed and Bean. These are so delicious!

Kiss My Face Deodorant-this is an active vegetable enzyme deodorant in scented and unscented.

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# Annual Membership Meeting

by Vicki Reich

I must say I am pretty darn excited about this year's Membership Meeting. And you're probably saying: "Hey Vic, been eating too many Oaties? There's not much exciting about the Membership Meeting."

Okay, so maybe I have had a few too many broken Oaties lately but the newly redesigned Membership Meeting is going to have you anxiously waiting for next year. Maybe we should rename it the Membership Celebration 'cause that's what we're doing this year. We're throwing a party in honor of you: the people who make the Co-op happen. We're going have Moscow's biggest potluck, free home-brew, and a dance with Moscow's own Galactic Tofu Farmers. We'll announce the

winners of the Board election and tell you about the State of the Co-op. We're also in the planning stages of getting some of our local producers together for you to talk to and find out about how they get their fine products to our store and the importance of buying locally. This will be a great opportunity to socialize with your fellow Co-op members, meet your new and returning Board Members, talk to local producers, and have a great time dancing with friends.

So get psyched and mark your calendars for MARCH 7th at the American Legion Hall. The fun starts at 5:30 pm. Bring a dish to share and plates and silverware to use. And don't forget to show your card at the door because MEMBERSHIP is your ticket to FUN!

# Volunteer News

by Kristi Wildunging

There are some changes happenaround here concerning the volunteer program. As of February 1, as you read this, all available volunteer positions will be posted on the new volunteer bulletin board. This board is located next to the front door as you come in to the store, and will also hold news of the Board of Directors. Volunteers are now asked to check the board for available positions, read the job description for the job that interests them the most, and then fill out a volunteer application, also located on the bulletin board. Volunteer applications will no longer be accepted by our cashiers. Give them to the volunteer coordinator (that's me!) and I will review applications and contact potential volunteers for an interview. Job listings will be updated weekly, so if the position you want is not listed, check for it again in a week or so.

This change is happening because the volunteer program has gotten a little out of hand. I don't know who's working when or in what position. There are now a limited number of volunteer positions scheduled for the times when we really need volunteers, instead of times when volunteers may not have anything to do. This will also enable our staff to better train volunteers

for the jobs they'll be doing. There is also a new volunteer handbook that will be reviewed with each volunteer. This handbook explains the workings of the Co-op, plus our policies and procedures, and details what we expect from our volunteers, as well as what they can expect from us. Volunteering is serious business. It takes a lot of time, effort, and money on the part of the Co-op to train and keep volunteers, and we want to make sure that we're spending our money wisely. If you have any questions about this new program, please call me or stop by for a visit. I think the program will make happier staffers, happier volunteers, and happier customers.

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## Staff Profile: Vicki Reich

by Linda Canary



Lucky for us that we are both adept at talking with our mouths full, because when Vicki and I met for this interview, we were both very hungry. So between bites of carrot, sprouts, cauliflower, and tomato basil pitas, this conversation ensued.

Vicki is a baker, cashier, barrista, and the chair of the Coop's board of directors. She comes across to me as a very earthy person, in fact, I felt very grounded the whole time we talked. (or maybe it was because I had just eaten). Originally from New Jersey, most recently from St. Louis, she came to Moscow with her grad student husband who is revolutionizing housing by building with straw bales. "Oh, your husband is the straw bale guy!" I exclaim, since I want to add a straw bale greenhouse onto my place.

She showed me her studio, which is partial bales covered with an adobe-colored stucco that bulges and dips and in general has an organic beauty of line and form to it. "Yes," I say, "this is what I want." They own land in Deary that one day will have a complete straw-bale house on it, built with other recycled materials as well. Presently, they live right down the alley from the Coop in a small house with some very interesting drip caps and sun shades over the windows. I wanted to go home immediately and make a few for my house—copying something is my greatest tribute to someone's work since I can't afford to buy it!

Anyhow, in one half of her studio, Vicki has an eight harness loom set up at which she made all those lovely rugs that you may have seen at the Bazaar over the holidays. In the other half of the shop is a

huge table saw. We never did talk about what gets made there.

You'll have to ask her yourself. She also spins, and knits, and is currently knitting a self-designed sweater. I was delighted to hear that she is left-handed, so maybe after thirty years of futile knitting

attempts, she can teach me that subtle art of controlled knot tying the left way instead of the right way.

When I asked Vicki about her philosophy of life, she laughed and said, "I'm still searching, but it has a lot to do with the simple life and nature." She elaborated by saying she wants to enjoy every day as a good day while she's here. And she does seem to enjoy quite a bit: cooking for and entertaining her friends, hiking, reading, and of course, spinning, weaving, and knitting. She's another no-TV-in-my-house, although she did confess to having a brother in L.A. who writes TV scripts. I'm very heartened by the number of no-TV people I've met recently. It gives me hope that there are thirty-year olds like Vicki who have better things to do. Like practicing yoga, and aerobics, and weight-lifting (and this is separate from the 50-pound sacks of beans and flour that Vicki and those other folks lug around at the Coop.)

So then we talked about other things in life besides TV, and got on to books, music, and movies. "I like all kinds of music," Vicki says, "as long as it is music and not just feedback." And then she recommended the book *Firebrand* to me which about the Trojan War told from Cassandra's point of view. Sounds like my kind of book. We also both agreed that *Celestial Clockwork* was one of the best movies ever, especially when the taxi cab changed color after she slammed the door.

"Well, any last words?" I ask as I am taking her picture. She scoops up a velvety black cat, and says, "I have five cats. This one is Mystic."

## Co-op Business Partners: Pasta Etc.

Eastside Marketplace

M-S: 10 - 7. (Fridays till 8) Sundays 12-5  
by Linda Canary

Walking into Pasta, Etc. at the Eastside Marketplace reminds me of Italian town back home. Its red, green, and white decor, the smell of garlic (fifteen pounds used each week), strings of red peppers hanging everywhere, and of course, there's pasta: ravioli, lasagna, tagliatelle.

Talking with owner Kim Berly as she made noodles, long, long strands of golden noodles, I asked, "So why pasta?" She laughs and says that she honestly doesn't know. "One day I was on the phone buying a pasta machine, and I don't remember making a conscious decision." When Kim left the now sadly-departed Café Spudnik two years ago, she was going to run a Gourmet-to-Go place, strictly take-out, but then there was this "holy intervention," and now she's the pasta zsarina of Moscow. There's nothing else like her place on the Palouse.

"Who taught you to cook?" I ask. "My grandma. I've been cooking since I was little. Ever since I was 16, I knew I wanted to be a cook." And then she tells me this great story about asking her mom why she cut off the pointy end of the ham everytime she cooked it. "Because your grandma did." And the grandma said, "Because my mother did." And the great-grandma said, "Well, it was because those hams wouldn't fit in the baking pan I had." Is that a classic, or what?

Working her way up through various restaurants, Kim found herself in Amsterdam, cooking for eight years at a very fine place where she learned a lot. And now she brings all this expertise back to

us in the form of such things as mushroom, pine nut cream sauces, and basil and tomato pestos (which you can find in the Co-op's egg case), salmon raviolis, and exotic cheese lasagnas.

Kim employs another full-time cook, her "kitchen goddess," Shandra Bohn who is invaluable for her help in cooking as well as decision making for the catering side of the business. They have different tastes, which Kim says helps broaden the styles of cooking. In addition to Shandra, there is a part-time helper, and an accountant. Makes sense to me, I couldn't imagine doing the whole thing alone.

The whole thing being a shop where you can find a hot meal from 11 am-7 pm, or take home dinner for a whole family that you finish cooking yourself, or a place to order an hors d'oeuvre tray for a party, or a place that will come up with a dinner for 270 people. "I used ovens all over town," Kim says with her big smile.

The best part of owning Pasta, Etc. she says has been "building the relationships with the regular customers." She likes getting to know their tastes; she likes cooking for them and serving them. "It's intimate, like being part of their family." Suddenly the phone begins ringing, there's someone in the shop, and she springs into action adroitly juggling three balls at once, to which I'm sure she's accustomed. "Hi, can I call you back in a bit?" and to me, "Oh, I'm done, I think," and to the customer at the counter, "Hi, how can I help you?"

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# February Elections for Co-op Board of Directors and Candidates' Statements

Just a reminder that we'll be mailing out ballots this year for the upcoming Board of Director's elections. These ballots have to be returned to the Co-op no later than March 1 so that we can count them before the membership meeting on March 7. There will be a lovely green ballot box located in the bulk section if you choose to bring your ballot in by hand, or you can mail it back to us. Please take the time to review the candidates and fill out the ballot. These are the people you are hiring to run your Co-op and everyone should put some thought into it. New board members will be announced at the March 7 membership meeting.

To help our members make an informed vote we've decided to run this article featuring the candidates and their 'candidate's statement'. We hope the information is useful.

## Mike Cressler

As long-time consumers of whole and natural foods, it was only natural that my wife and I joined the Co-op when we first arrived in Moscow in 1990. After spending three years overseas, I have returned to Moscow to join a local law firm to practice law. I would now like to become more involved in the operation of the Co-op.



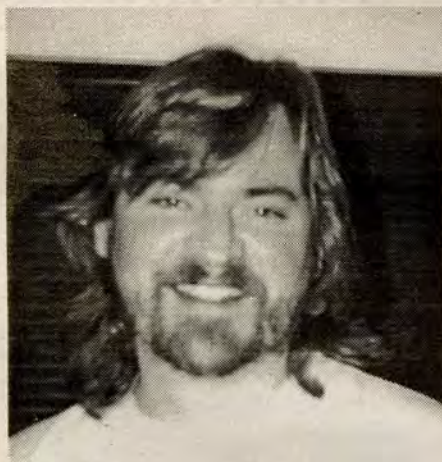
I see the Co-op not only as a store where great food and products are sold, but as an agent of progressive social, political and economic change in the community. By selling locally-and organically-grown food and earth-friendly cleaning products, encouraging recycling and environmental awareness, and engaging in other similar

activities, the Co-op can be such an agent of change and still make a profit.

As a board member, I would strive to maintain a balance between the Co-op as a business venture and the Co-op as an agent of progressive change, without jeopardizing its future. And as an attorney, I would make my greatest contribution on the finance/legal committee.

## Kevin Kane

During the past year as a member of the Moscow Food Co-op, and through my involvement with the Co-op's Board of Directors, it has become clear to me that we, as a Co-op, spend almost all of our efforts "preaching to the converted." As a Board member, my responsibilities are to represent the interests of the membership and ensure the financial health of the Co-op, but without our active involvement in the Palouse community we cannot hope to appreciably increase our membership, effectively spread the word about the benefits of natural foods, or even educate our community about the advantages of participating in a cooperative.



In some instances, this ineffectiveness in education spreads into our membership, particularly to those members who find it difficult to shop at our Co-op, or who do not understand the benefits of buying food and goods at our store instead of one of the other local grocers. Our store's sales have remained flat for a considerable time, in part because of the increasing availability of some of those products at other stores. Still, we offer many things unique to our Co-op, particu-

larly whole-grain breads, and produce and foods from local growers. Our promotion of local farmers who grow natural foods must be broadcast beyond our doors and the newsletter. I believe that our Co-op needs to play a greater role in our community, and this can be started by increasing our visibility. By promoting and involving our Co-op in Moscow, we can better educate and show concern for our community.

The rising cost of doing business threatens our viability. Our Co-op has grown and changed greatly over the years, and it is time now to change the way we do business while still operating under the Cooperative Principles. The Co-op's survival as a business depends upon the direction given by the Board to our General Manager. I believe that we need to nurture the parts of our business that are successful and correct the problems in those areas that are weak. The limitations in our business methods and our current location prevent us from meeting the demand for natural foods in our community. By correcting those deficiencies, we can better serve our members and customers, and perhaps poise ourselves for a future relocation.

I have been a member and chair of several student and university organizations over the last 6 years, and I am currently involved with a local business that is being started. I believe that these experiences and my time as an interim Board member since July make me sufficiently qualified to serve as an effective and productive Board member. I look forward to serving the membership of the Moscow Food Co-op and being a representative for our Co-op in the community.

## Mary Jane Butters

I would like to continue in my position on the Board of Directors of the Co-op.

Although I've volunteered on and off at the Co-op for the last ten years, I've served as a board member for only a short time. I was appointed several months ago to replace a member who left the area. In the past I was the volunteer night



janitor for two and a half years. I solicited ads and money for the newsletter for two more years. I have also held two paid positions with the Co-op. I was the idea person for marketing and outreach at the old store. I was one of two carpenters hired for remodel when Moscow's 3rd Street Kentucky Fried Chicken became what is now the Co-op. When the time arrived to physically move the store, my young children were passed around to Co-op folks for a week so that I could work night and day getting us moved.

I think of our Co-op as a necessity in my life. I've lived in Idaho towns without a Co-op and felt a void. The Co-op attracts the kind of people and food that are important to me. Running an alternative grocery isn't an easy task. As a board member I want to create an atmosphere of support for those managing the day-to-day jobs at the Co-op that keeps us so well fed and socialized. The combination of friendship and food we all enjoy at the Co-op should never be taken for granted.

## Alan Lifton

I've been a member of the Moscow Food Co-op since moving to Moscow 12 years ago. My wife was the Produce Manager for a year and I helped the Co-op move to its present location. I feel as if I'm vested in the operating and success of the Moscow Food Co-op, and I want to get more involved.

I have experience working with non-profit groups, as I was actively involved in the early development of the Palouse-Clearwater Environmental Institute and have served as

# Food & Nutrition

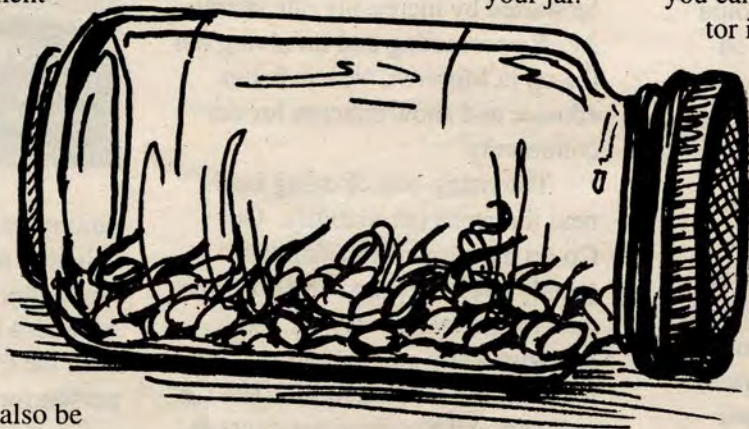
## Starting LIFE in a jar

by Laura Church

Well, it's wintertime and the vegetable selection can begin to seem uninteresting and expensive, so don't forget that sprouts are cheap, nutritious and you can grow them yourself. Okay, we do sell them in the produce department as well, so if you don't have the time or the inclination you could just buy them. In the produce cooler you will find mung bean, alfalfa, clover, and "spicy" sprouts. They are inexpensive and locally grown for you by New Life Gardens. Not only will you be supporting a local business, but you will also be doing something good for the planet because sprouts take a lot less water to grow than the other popular sandwich topping, lettuce.

Almost any bean or grain can be sprouted at home. The co-op has a wide variety of seeds and beans that you can sprout. Just be sure to choose organic because sometimes the non-organic beans have growth

inhibitors sprayed on them and they won't always sprout. So just use your imagination and go crazy! All you will need is a quart size jar and a little cheese cloth or a piece of screen to cover the top of your jar.



You will need about two tablespoons of the smaller seeds like alfalfa or clover, or about 1/4 of a cup of the larger seeds like mung beans or lentils. Sprouts can grow up to ten times their original size so keep that in mind when you start. Put your seeds in the jar and rinse them twice a day. The cheese cloth or screen will keep them from

going down the sink when you rinse them. Then just put them somewhere in the dark like in a paper sack or in the cupboard. In general, figure on three to five days for your sprouts to grow. Once they are ready you can store them in the refrigerator in a sealed plastic bag with a wet paper towel. Don't let them sit in water or they will get all soggy.

Now that you realize just how easy sprouts are to grow, you should also know that they are one of the best foods that you can eat. Sprouts are a low-calorie and high-protein food and are rich in most vitamins and minerals, including vitamin C. Sprouts also have dietary fiber, and that, along with their high water content, helps to fill you up before you over eat. They are a great addition to any salad or sandwich and are also great in soups or stir-fries.

## Monthly Meetings at the Co-op

### General Board of Directors

4th Thursday  
5:30 p.m.

### Nomination

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

### Finance/Legal

1st Tuesday  
Noon - 1 p.m.

### Education/Outreach

1st Friday  
Noon

*Everyone is Welcome!*



## Animal Care Center

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

### Large & Small Animals

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

## Candidates' Statements (cont..)



the President of the Board of Hanford Watch.

I'm a professor at the UI, where I teach video production and mass media classes. I have many areas of expertise to bring to the Co-op including organizational skills, writing skills, computer skills, communication skills, and marketing and business skills. I would be happy to work with the Co-op to develop educational outreach projects and to help promote the Co-op utilizing my media expertise. I

work well in groups and have considerable experience working with committees.

I'm looking forward to participating more actively in the Co-op, and would feel privileged to serve on the Board.

### Nick Ogle

My name is Nick Ogle and I would like to serve on the Moscow Food Cooperative board of directors for several reasons.

As a native of Moscow I have watched the Co-op grow from its very inception to the institution that personifies wholeness and well being through, not only the variety of food it sells, but also the diverse personalities of the people who run the store.

It would be one of my goals as a member of the board to retain this aura while structuring the business entity to a strong, viable financial position.

Co-op's by their very nature tend to be cumbersome and slow to



respond to changes in the business climate. I would work towards the objective of placing the Co-op in a proactive position in the health food and organic retail business.

The Co-op is a vital link in the community's food chain by providing an outlet, unsurpassed in the area, for small organic growers to market their products in a sustainable manner. As a board member I would be interested in expanding this market to the mutual benefit of

both growers and consumers, with the Co-op providing the link to bring them together.

As the Co-op continues to explore the possibilities and options of moving to a new location, I would work to make the move a positive step towards a long and memorable future in the Moscow business community.

On a personal note I am 46 years old, married, and my lovely bride and I have four children. I was born and raised in the Moscow/Genesee area and farm the same ground as my father and his father before him. I served on the board of the Inland Empire Pea Growers Association Inc. (a farmers' processing and marketing co-op) for twelve years and am familiar with the workings of co-ops in general. My wife, Mary Jane Butters, and I operate Paradise Farm Organics and are lifetime family members of the Co-op.

# True Love

by Amy Dinter

February is the month in which societies all over the world have set aside a day for love and romance. The thought of Valentine's Day for me has always brought the glorious image of chocolate—I have a bittersweet romance with the melt-in-your-mouth euphoria of cocoa butter. This romance has plagued me with immense guilt because of all the bad rap that chocolate receives from nutritional-do-gooders. But, I found some very interesting information last year in the Vegetarian Times February 1996 issue, contributed by Max Friedmen. This information has eased my guilt for the love of chocolate. I would like to share some of this with other chocolate lovers who haven't seen the original article. I have heard all the negative aspects of chocolate: how it will cause acne; it's fattening, and is high in saturated fat. This all seems to put a real damper on the exquisiteness of chocolate but in Friedman's article, he quotes Scott M. Grundy, M.D., Ph. D, professor of internal medicine and biochemistry at the center for Human Nutrition at the University of Texas Southwestern Medical Center in Dallas, whose 1980's study "...indicated chocolate may be the olive oil of desserts." Dr. Grundy came up with this possibility by feeding his subjects, vegetarian humans, "one of three high-fat diets based on either palmitic acid (a saturated fatty acid found in palm oil and animal fats, known to raise blood cholesterol); oleic acid (a monounsaturated fatty acid found in olive oil, which does not raise cholesterol); or stearic acid (found in larger amounts in chocolate than any other food)." This research is amazing because it shows that the diet high in stearic acid did not raise cholesterol levels, in fact, cholesterol levels of those on this diet went down. The researchers came up with the theory that "...stearic acid begins as a saturated fat and is converted to monounsaturated oleic acid by the liver."

To give even more evidence that chocolate is not as bad as nutritionists make it out to be, there were three separate studies done in 1994 that showed that eating chocolate "on a daily basis over a period of time does not raise blood cholesterol levels in healthy individuals, while other forms of fat do." These studies

help me to enjoy chocolate stress-free. I no longer feel guilty for this romance, and neither should you. The craving for chocolate is thought to be a "sign that the person needs what chocolate has to offer: sugar, which boosts mood-stabilizing serotonin levels in the brain; fat, which raises endorphin levels, which in turn lift the spirits; magnesium, which also boosts serotonin; theobromine, which increases alertness and concentration; and PEA, which is phenylethylamine, an amphetamine-like chemical." Although chocolate seems almost like the perfect treat, it does need to be consumed in moderate amounts because it can give you a stomachache and a guilty conscience. I know this to be true because I did a little experiment myself. On January 6, 1997, I ate dark chocolate in very large amounts through out the day, and by the time I went to bed I wasn't feeling too hot—my belly was not happy with my decision to consume so much chocolate. Two days later I ate a normal serving of chocolate: two squares of the bar of chocolate and this felt much better—it did lift my spirits and it didn't bother my stomach.

So, when you give your valentine their favorite chocolate remind them as they are gorging themselves, that moderation is the key to enjoying Theobroma cacao, the Food of the Gods.

**Debra Goldfine, Ph.D.**  
**Psychologist**

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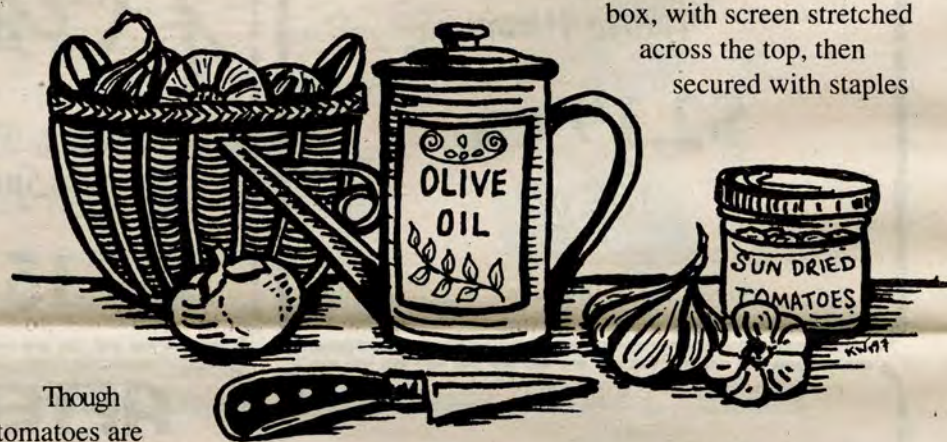
# Sun-dried Tomatoes

by Pamela Lee

Tomatoes are considered a "fruit-vegetable," as are eggplants, peppers, and avocados. Botanically speaking, tomatoes are fruit because they contain seeds—they are actually berries. Tomato plants were originally raised as decorative plants in South America, but were not eaten as they were thought to be poisonous. Tomatoes are members of the nightshade family, as are potatoes. Now, food researchers tout the tomato as being rich in vitamins C and A, niacin, phosphorous, potassium, fiber, and lycopene. Lycopene is a carotenoid, related to beta-carotene, and, like beta-carotene, is an effective antioxidant. Lycopene is what makes tomatoes red, and tomatoes are the richest source of this particular nutrient.

been imported from Italy and were very pricey indeed (about \$18.00 a pound). As these delectable dried fruit have risen in fashion, American companies have entered the market, and the prices have fallen (thank God). If the price still slows you down, consider that it takes about seven pounds of fresh tomatoes to make one pint of dried. Now, doesn't the price seem reasonable? And, if you find that you really like them, dry your own next August.

It takes about 72 hours to dry tomatoes under the sun's rays. You'll need hot, sunny, dry weather, and a screen-tray. A sturdy wooden frame with clean rust-proof screen (or sturdy nylon netting) stretched tautly across the frame works as a drying support, but so does a wooden produce (or wine) box, with screen stretched across the top, then secured with staples



Though tomatoes are now available all year round, I rarely buy them except when they are truly in season: late summer. Fresh, seasonal tomatoes simply taste the best. I have tried eating hydroponic tomatoes in the winter—they have been disappointing. I even, once, bit into a genetically-altered tomato (I was relieved that these Frankensteinian fruit-vegetables offered no more temptation than other winter tomatoes.) During winter months, my tomato cravings are satisfied by the home-canned or dried tomatoes. In recent years, I've become so fond of the concentrated flavor of dried tomatoes, that I'm canning less and less of my summer harvest. Besides being easier to preserve and store, dried tomatoes offer an incomparably intense flavor and a dense, sturdy texture. Even if you presoak dried tomatoes in boiling water, they hold their shape and texture remarkably well.

Ten years ago, if you were able to find sun-dried tomatoes in a market, they were likely to have

and lath. Since receiving an electric dehydrator as a gift a couple of year ago, I now use it. With the dehydrator, one needn't wait for the right weather; you can dry whenever your tomatoes are ripe. Tomatoes can be successfully dried at 170° for 12 hours, but I prefer the flavor of tomatoes dried at a lower temperature (135°), for a longer time. I think the more slowly dried tomatoes taste more like sun-dried fruit.

I've read that the meatier fleshed Roma (also known as Italian or as plum) is the best tomato for drying, and I've dried plenty. They are good, but my all-time favorite dried tomato is the Sweet 100 cherry tomato. The flavor is really sweet, and they are diminutive enough to not need cutting or chopping before using them in a dish. (But, be prepared—each pound of fresh cherry tomatoes yields a mere 2-3 ounces dried.) Whichever variety you dry, start with perfectly ripe

(Continued on page 10)

# February Specials

**FRONTIER**  
COOPERATIVE  
**HERBS**  
Herbal Teas

(In Bulk)  
Forever Fruit, Indian Spice  
Herbal Orange Spice  
**\$8.79 per pound**  
15% off

**Brown Cow Farm**  
INC.  
NATURAL YOGURT



New!  
Organic  
Yogurts

Fat Free Plain, Whole Milk Plain  
24 oz.  
**\$2.19 ea**  
10% off

**Emerald Valley  
Hummus**



Plain, Hummus with Olives &  
Roasted Pepper, Hummus with Red  
Pepper  
**\$2.49 ea.**  
15% off

New!  
**Rice Silk**  
White Wave

**\$2.19 ea.**  
10% off

*Amy's*  
New!  
Amy's Pizza

Cheese, Roasted Veggie &  
Spinach Feta

**15% off**

**CASCADIAN  
FARM**



Frozen  
Veggies and Fruit

blueberries, raspberries,  
strawberries, green beans & corn  
**15% off**

**Ken & Robert's**  
Veggie pockets  
6 varieties to choose from

**1.49 ea.**  
15% off

**AFTER THE FALL.**  
Vermont's Juicemakers  
Organic Special  
Harvest Apple Juice

64 oz

**\$3.99 ea.**  
20% off

**Shari's Bistro Soups**  
in 6 delicious flavors

**\$1.49 ea.**  
20% off

**KISS MY FACE**

**Kiss My Face**  
Active Enzyme deodorants  
Scented and Fragrance free

**\$4.19 ea.**  
reg. \$5.39

**Mill Milk**  
Oat Milk

**\$2.09 ea**  
20% off

**R.W. KNUDSEN**  
FAMILY

For Goodness Sake

**Knudsen**  
Fruit Teasers, Spritzers  
and Spritzer Lights

**\$.83 ea.**  
reg. \$.93 ea.



by: Robin Murray

# February

## Kids page

### Did you know..

The president of the United States who served the longest was Franklin Roosevelt?



He was president from 1933-1945. He was also the only physically disabled president ever to be elected!

LOOK FOR THESE BOOKS AT THE LIBRARY



Bully for you, Teddy Roosevelt, by Jean Fritz and Dear Chelsea,

Edited by Judy Goldberg, written by kids

## Try This:

### President Puppets

you'll need:

- paper
- pencil or crayons
- coins
- popsicle sticks
- scissors
- glue



Place coins face up under the paper. Holding paper firmly, scribble over the coin until the face appears.

Cut out and glue to the tops of the popsicle sticks.

Draw and cut out bodies to go with the heads and glue to sticks. When dry you have mini president puppets! Hint: See if you can find a Canadian coin and make a Queen!



## A Recipe:

A Few Years ago, then President George Bush said that he didn't like broccoli. Obviously he never tasted it like this!



1/4 cup mayonnaise

1/4 cup sour cream

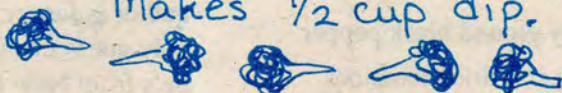
dash of curry powder

broccoli, washed & cut for dipping



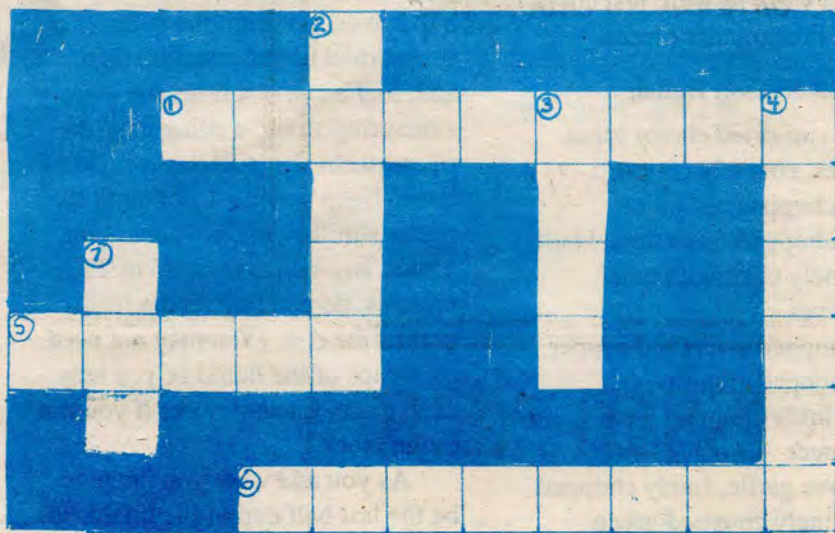
Mix together the mayonnaise, sour cream and curry powder. Dip in the broccoli and eat!

Makes 1/2 cup dip.



## JUST FOR FUN!

DOWN



**ACROSS:** ① A Toy named after a President.

⑤ Six Presidents had this first name.

⑥ This man was president for only 32 days.

**DOWN:** ② The second President. ③ President Clinton's first name. ④ The oldest president ever elected. ⑦ The kind of pet the Clintons have.

Sun Dried Tomatoes (Cont.) tomatoes. Drying intensifies the original flavor, it does not improve or change it.

There are countless ways to cook with dried tomatoes. Quick and simple pasta sauces can be made by stirring slender slices of dried tomatoes with olive oil and any combination of ingredients, such as: garlic, olives, artichoke hearts, capers, mushrooms, peppers, cheese, fresh parsley or herbs. If you want to soften dried tomatoes, boil a small amount of water and pour over your tomatoes, so they are just barely covered. They'll soften in about 10 minutes. Don't throw the tomato soaking water away; use it. It'll add flavor to the dish. Try using dried tomatoes in quiches, risotto, salsas, omelets, frittatas, on pizza, and in savory quick breads, biscuits, and muffins. With dried tomatoes, a fairly small portion imparts a large amount of flavor.

If you want oil packed tomatoes, first quickly submerge your dried tomatoes in white wine vinegar, shake them off, pack them in a sterile jar, then pour a flavorful extra virgin olive oil over them until the fruit are just submerged. Oil-packed dried tomatoes should be stored in the refrigerator. Wait at least two days before eating them; they'll keep for several weeks.

The following three recipes are from the June/July 1996 issue of 'Kitchen Garden Magazine'. These recipes call for dried cherry tomatoes. Other, larger varieties of dried tomato will work as well, just cut or chop them into smaller pieces.

#### All-Season Relish

- 1/2 c. sun-dried cherry tomatoes, coarsely chopped
- 1/4 c. chopped red onion
- 1/4 c. chopped fresh fennel bulb
- 1 T. finely chopped fennel leaves
- 2 T. chopped sweet red pepper
- 1 T. chopped cilantro
- 1/2 t. finely chopped fresh ginger
- 1/2 clove garlic, finely chopped
- 1/2 t. finely chopped green jalapeno pepper
- 1/2 t. salt
- 1/2 cup fresh lime juice (about 2 juicy limes)

In a glass, ceramic, or stainless steel bowl, thoroughly combine all the ingredients. Allow the relish to sit, covered, at room temperature for at least half an hour before serving.

Makes 1 cup

My note: If you don't have fennel, you can substitute celery or an English cucumber for the chopped fennel bulb (and delete the fennel leaves). This won't taste the same (as when made with fennel), but it'll be good.

#### Sun-Dried Cherry Tomato Risotto

- 4 servings
- 4 cups chicken or vegetable stock (pref. homemade)
- 4 T. butter
- 1 T. extra-virgin olive oil
- 1/2 cup chopped red onion
- 2 cups arborio rice
- 1/2 cup dry white wine
- 4 bay leaves (fresh if available)
- 1/2 cup freshly grated Parmesan
- 3/4 cup sun-dried cherry tomatoes, coarsely chopped
- 1 T. chopped fresh lemon zest
- 1 T. chopped fresh sage or 2 T. chopped parsley
- Salt

Before you start cooking, prepare, measure, and arrange all the ingredients. Bring the stock to a simmer in a saucepan.

In another large, heavy-bottomed pan, heat over a low flame 2 T. of the butter and all the olive oil. Gently sauté the onion in the oil mix until it's translucent. Then raise the heat to medium and add the rice. From this point until the rice is done, you must stir the rice constantly with a wooden spoon. When the rice is well coated with oil, pour in the wine and add the bay leaves. Stir until the wine is absorbed by the rice, and then add, half a cup at a time, the simmering stock, waiting until the rice absorbs the stock before adding more. Keep stirring. Cook until the rice is still firm but not hard at the center, any-where from 15 to 25 minutes, depending on the freshness of the rice. (You may not need all 4 cups of the liquid or you may need more. Use hot water if you run out of stock.)

As you add what you judge to be the last half cup of the liquid, stir in half the cheese and all the remaining ingredients. Stir the rice for 15 seconds, then remove it from the heat. Taste and add more salt if needed, but go easy—this is a subtle dish. Cover the rice and allow it to sit for 5 minutes to let the flavors blend. Remove the bay leaves and serve the risotto on warm plates. Pass the remaining cheese.

#### Fusilli with Pine Nuts, Shallots, and Sun-Dried Tomatoes

- 12 oz. (4 cups) dried fusilli pasta
- Salt
- 1/2 c. sun-dried cherry tomatoes
- 4 T. extra-virgin olive oil
- 3 large shallots, finely chopped
- 1/2 cup pine nuts
- 1/4 cup coarsely chopped parsley, tightly packed
- 1/2 cup freshly grated Parmesan
- Salt and Freshly ground pepper
- 1 lemon, cut in 4 wedges

Place a large kettle of water on the stove, add 1 T. salt per 3 quarts of water, and bring to a boil. Throw in the fusilli and cook, stirring every couple of minutes until the pasta is al dente, about 12 minutes.

Meanwhile, put the sun-dried tomatoes in a bowl and cover them with hot tap water.

Put 2 T. of the oil in a small skillet, add the shallots and heat gently. When they are translucent, stir in the pine nuts. Continue to cook without letting them brown.

Just before the pasta is done, drain and pat dry the tomatoes. Drain the pasta briefly in a colander and immediately place it back in the hot pot. Stir the pine nut-shallot mixture, the remaining olive oil, the parsley, half of the cheese, and the tomatoes into the fusilli. Add salt and pepper to taste. Serve immediately in warm bowls with the reserved cheese and the lemon wedges on the side.

Makes 4 servings

The next two recipes are from *The Encyclopedia of Pasta* by Bridget Jones. They are both sauces, intended for pasta, but are delightful on top of rice or other grains.

#### Red Bell Pepper Paste with Sun-dried Tomatoes

- 8 sun-dried tomatoes
- 2/3 cup red wine
- 2/3 cup water
- 4 garlic cloves, peeled
- 2 bay leaves
- 4 red bell peppers
- 2/3 cup olive oil
- Salt
- Freshly ground black pepper

Put the sun-dried tomatoes, wine, water, garlic and bay leaves in a small saucepan. Bring to a boil,

reduce the heat, and cover the pan. Simmer for 30 minutes; then let cool. When cold, drain the tomatoes, reserving the cooking liquid, and discard the bay leaves.

Meanwhile, skewer one of the bell peppers on a large metal fork, and rotate it over a gas flame until the skin is charred. Rub off the skin under cold water. Repeat with the remaining peppers. Alternatively, the peppers may be charred by placing them under a hot broiler and turning until the skin has blistered.

Deseed and cut up the peppers; then place them in a food processor or blender with the drained tomatoes and garlic. Boil the reserved cooking liquid rapidly until it has reduced to about 4 tablespoons; add it to the peppers, and puree. Trickle in the oil while the machine is running. Stir in salt and pepper to taste.

Makes about 1 1/4 cups

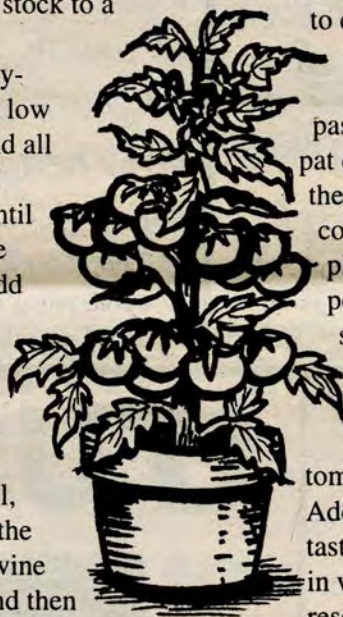
#### Garlic Cheese with Sun-dried Tomatoes

- 8 sun-dried tomatoes
- Generous 3/4 cup full-bodied red wine
- 1 small onion, finely chopped
- 3 garlic cloves, chopped
- 2 T. chopped fresh oregano
- 2 bay leaves
- Salt
- Freshly ground black pepper
- 4 T. olive oil
- 8 oz. Gouda cheese, cubed
- 2 pickled walnuts, chopped
- 4 T. chopped fresh parsley

Use a pair of kitchen scissors to snip the sun-dried tomatoes into small pieces. Put them in a small sauce pan with the wine, onion, garlic, oregano, bay leaves, and salt and pepper to taste. Heat gently until simmering. Cover the pan, and cook for 5 minutes. Remove from heat, and let sit for 2 hours.

Add the olive oil, cheese and walnuts to the tomato mixture, stir well, and let marinate overnight. To serve, strain the liquid from the cheese mixture into a large saucepan. Bring to a boil, and boil hard for 3 minutes, whisking occasionally. Pour this hot dressing over freshly cooked pasta. Add the strained cheese and tomato mixture, and the parsley. Toss well and serve at once.

The last recipe is from *Great Food without Fuss*. The recipe's author is Jasper White, and as you may guess from his first ingredient, he's from New England. The introduction, suggestions and tips are all his:



Scallops are the ideal quick-cook dish. The acidity of the sun-dried tomato is the perfect balance for the sweet cape scallop. Bay and sea scallops work well, too, of course.

Serves 4

## Cape Scallops Sautéed with Garlic and Sun-dried Tomatoes

1 1/2 pounds cape scallops  
Salt  
Freshly ground black pepper  
3 T. olive oil  
2 T. finely chopped garlic  
1 cup julienned sun-dried tomatoes  
Juice of 1/2 lemon  
2 T. unsalted butter  
3 T. chopped Italian parsley  
Risotto or buttered pasta

Pick through the scallops, removing the straps and any particles of shell. Place the scallops in a colander to dry. Prepare, measure, and have all the ingredients ready to go. The cooking time for this dish is very short.

Heat the sauté pan (or pans) until smoking hot. Season the scallops with salt and pepper. Add the oil and then the scallops to the pan, leaving a little space for the garlic. As soon as the scallops hit the pan, add the garlic. Do not move the pan or stir the scallops.

After 30 seconds, add the sun-dried tomatoes and toss. Cook for 30 seconds more. Add the lemon juice, butter, and parsley. Remove from heat and toss or stir until butter melts. Check the seasoning. Serve immediately.

Serving Suggestions: Buttered angel hair pasta makes a nice base for the scallops. Or serve them over toasted rounds of Italian or French bread. A vegetable accompaniment never seems to work well with scallops; pack the vitamins into a salad instead.

Tips: Since scallops very often throw off juice when they're sautéed, try this tip from Julia Child: Test one scallop by sautéing in a dry pan before starting to cook. If it exudes liquid, sauté the scallops separately, very briefly, to avoid watering down the sauce.

Use 2 pans if necessary to prevent overcrowding.

Cook scallops just before serving; they don't reheat well. Be careful not to overcook scallops.

Steam or poach the tomatoes if they are completely dried; simply cut them into strips if they are packed in oil.

## Happily Ever After

by Robin Murray

I have been, and always will be, a hopeless romantic. Do I believe in true love? Absolutely! What else would drive people to put in the hard work and take on the emotional risk it takes to build a successful relationship? Unfortunately the western fairy tale "love" story usually ends with a couple's decision to start a relationship. As a result, many of us grow up knowing all about falling in love, but the staying in love part is kind of vague.

The corner stone of any sustained relationship, be it romantic or otherwise, is shared experiences. Living day-to-day is shared, but what bonds people even stronger are special events. For this reason I maintain that getting married is no reason for two people to stop dating each other. No matter how busy life gets, a couple should always make time for activities which serve no purpose but mutual enjoyment. By this I mean planned activities. Make a date ahead of time for something special at least twice each month like dinner or a movie.

If money is a problem, look for less expensive options. Try breakfast

out instead of dinner. Go to one of the discount movie theaters like the Micro or the Old Post Office. The Lionel Hampton School of Music at the U of I often has student concerts and recitals for little or no admission price, and are open to the public. Go for a picnic in a park, or try a hike on Moscow Mountain.

If children present a complication for you, be creative. Swap baby-sitting with other parents. Plan some things for at home after the kids are in bed. Make a date for a video and get a special bottle of wine to go with. Put a table cloth and candles on the table and enjoy a quiet dinner together. Or try arranging for a lunch date during the week while they are at school or daycare. Of course you'll want to plan some things which include your kids as family building activities, but be sure to arrange for some alone time for you and your partner as well.

Another key to "happily ever after" is listening to each other. If your partner is complaining about a hard day at work, listen. If you had a hard day too, wait until they've had their say to tell your story so as not

to start a competition about who had a worse day. Also, if your partner does not specifically ask you for advice about a problem, refrain from offering any. They may be telling you their troubles not to seek help but to explain to you why they may be crabby or maybe just because they need to vent. More often as not, offering unsolicited advice makes the person feel worse, not better.

Listen to their silence as well. If your partner says they don't want to discuss something that is obviously bothering them, let the matter drop. Sometimes we feel hurt, thinking that our partner doesn't seem to trust us with a problem, but we must remember to trust our partner's judgment as to whether they need to discuss something. The important thing is that they know you are there to listen, if and when they need an ear.

So take charge of your "happily ever after." It can happen. There's a photo of my grandparents waltzing in the garden of their nursing home after 69 years of marriage that proves it. But as with anything worth having, you have to work for it. Be your own fairy godmother.

## Wedding Gifts

by Robin Murray

Valentines! Love! Hearts! Weddings! As many of you know from my previous ramblings, I am highly in favor of marriage. I'm also in favor of good parties, so I'm always thrilled to get a wedding invitation. The only difficult part is deciding on a good gift. I mean, dishes and sheets are nice, but I have this compulsion to be different. So, I've been conducting a little anecdotal research as to people's favorite non-traditional wedding gifts.

One of my favorite gifts was a box of Christmas stuff, although I didn't get to fully appreciate it until six months after the wedding. One of my cousins filled a package with a string of lights, house and tree decorations, cookie cutters and a package of holiday napkins. I heard about someone else who organized an entire bridal shower around holiday themes with each guest

being assigned a holiday to bring a gift and recipe for. Included on their list of holidays was Superbowl Sunday—not my favorite day, but food for thought, anyway.

My parents were very poor college students at the time of their wedding. The gift they talked about the most came from one of my father's professors. It was a 25 pound bag of pinto beans. Unglamorous, perhaps, but my mother remembered that it got them through some very lean times as they finished their degrees.

Most of my friends who had already established households before their weddings say their favorite gifts were the ones that they could never justify buying for themselves. Towels, for instance, most of us will buy ourselves. A fancy towel rack, however, is another story. It doesn't have to be

expensive, just a little decadent. Handmade things also seem to be a big hit, like stained glass and quilts. My Great Aunt Edna gave us a framed piece of her embroidery (stitchery painting, she calls it) which I will cherish my entire life.

Of course, one much appreciated gift is just plain cash. An awful lot of us used cash gifts to pay for honeymoon expenses. Unfortunately, cash has no character. It doesn't express any special wishes or ideas. The honeymoon memories cash gifts bought us are priceless, but to be honest, I can't remember clearly which relatives gave us the money we used. I do, however, remember who gave us pillowcases with handmade lace and who gave us the agate bookends. What matters most is not the object itself, but the care and thoughtfulness that went into making or buying it.

# Gardening

## Review of Seed Catalogues

by E. Lark

(Please leave questions and suggestions in the Moscow Co-op suggestion box. Suggestions for future columns would be greatly appreciated.)

As this is a new column, let me introduce myself. I have a biology degree from WSU and work there as a staff member, but have been gardening for about ten years in Pullman. I consider the last qualification to be the best one for writing a column here—that is, I am a gardener. As such, I will try to talk about methods and tools that really work for me.

While I like winter, I always begin to wish at this time of the year for something green and growing. House plants are nice, but I want to see something new (this is a minor form of cabin fever). Starting plants from seed is a good way to take care of this itch. And perusing catalogues for just the right seeds is a nice, mid-winter activity.

Catalogues are suited



Illustration by  
Kendra Carlson

to different tastes and everyone has their favorite. If you are a beginning gardener, you will want a good all-around catalogue, with dependable products and service. Two of the best of these are the Burpee's Seeds and the Park's Seed catalogues. In general, their seeds have been treated and packed to give good germination. They sell both flower and vegetable seeds, and they include photographs of many of their varieties. Because of the variety of seeds offered, it really isn't necessary to go beyond these. I should add that catalogues like Park's aren't the cheapest, but are dependable. Other companies that I would include in this category are Stokes Garden Seeds, Gurney's, Johnny's Selected Seeds and the Harris Seed Co. The last two include lots of how-to information in their catalogues, so they are worth reading and keeping, even if you don't order from them.

After a few years of gardening, many people branch out and try other companies. They might want cheaper seeds, or fewer seeds per packet, or be interested in varieties that the more general companies don't carry. In addition, general catalogues are aimed at a national market, and don't cater to regional differences. Some of the companies that fill these niches are: Nichol's Garden Seeds (Northwestern), Garden City Seeds (Montana), Shepherd's Garden Seeds, Pinetree Seeds, and Territorial Seed Company. These companies offer, for the most part, vegetables with some flowers, and don't have photographs (although many are starting to illustrate the ornamentals). Of them, Pinetree Seeds is known for having the lowest prices, but they all have bargains, if you look, and all seem to carry good quality seed.

Finally, there are catalogues for those who want to try different varieties of vegetables, or who want exotic ornamentals. For instance, Totally Tomatoes carries (of course) tomatoes, plus peppers. Blum's Seeds carries many varieties of potatoes, as well as specializing in heirloom varieties of vegetables. Cook's Garden specializes in salad greens of all types. For exotic ornamentals there are the Thompson and Morgan Company and Chiltern Seeds. I should

add a word of warning: Chiltern Seeds has no photographs and many of the seeds are gathered in the wild, which is a questionable environmental practice. This also means that their seeds will be untreated and germination rates will vary a lot, so you will have to research the plant in order to use the right method for germination. This is something that I find interesting, and similar to solving a puzzle—and, by getting it right, you get a growing plant.

Phone numbers of catalogues mentioned above:

1. W. Atlee Burpee & Co (800) 888-1447
2. Park's Seed Catalogue (800)845-3369
3. Stokes Seed Co. (716) 695-6980, TDD (905) 688-2366
4. Gurneys (605) 665-1930
5. Johnny's Selected Seeds (207) 437-9294 FAX (207) 437-2165
6. Harris Seed Co. (800) 514-4441, (716) 442-0100 FAX (716) 442-9386
7. Nichol's Garden Seeds (Northwestern) (503) 928-9280
8. Garden City Seeds (Montana) (406) 961-4837 (this is an old number)
9. Shepherd's Garden Seeds (203) 482-3638; California (408) 335-6910
10. Pinetree Garden Seeds (207) 926-3400, FAX (207) 926-3886
11. Territorial Seed Company (541) 942-9547
12. Totally Tomatoes (803)-663-0016
13. Blum's Seeds (800) 528-3658, FAX (208) 338-5658
14. Cook's Garden (802) 824-3400 FAX (802) 824-3027
15. Thompson and Morgan Co. (908) 363-2225 (800) 274-7333 for orders
16. Chiltern Seeds (Eng.) Phone: (01229) 581137, Fax: (01229) 584549

### Web site of the month:

<http://www.cog.brown.edu/gardening/fl4idx.html>

This site contains the addresses and phone numbers of many plant and seed catalogues.

### EL's Things To Do In the Garden This Month:

1. Pruning. Now's the time to prune fruit trees and other trees. If you are pruning shrubs, remember: If they bloom before July 4, then they should be pruned in the summer (after blooming).
2. Dead-head outdoor plants.
3. Order seeds.
4. Concentrate on getting house plants into excellent condition.
5. Order gardening supplies.

*Next Month: Growing Plants From Seed: Part I*

坤  
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## Aroma—a powerful language

by Robin Ohlgren-Evans

For those of us who appreciate the effects of fragrance, to imagine a world without scent is to imagine a world less mysterious, less beautiful, and less harmonious. Our sense of smell can warn us of danger, provoke strong memories, make our food (and that first cup of morning java) taste better — scent can even draw us to love.

Aromatherapy is the ancient practice of using the essential oils of plants to achieve emotional and physical well-being, and the effects of plant essences on our psyche have been studied for hundreds of years. Essential oils are derived from the *soul* of the plant. Within the minute plant hormones are tiny living cells that circulate in the sap and when diluted they have a pleasant odor and beneficial effect.

Even if you don't subscribe to the healing powers of aromatherapy, scent is an important part of our five senses, which are united in a joint perception of life and beauty.

Practicing the art of making our own scents embodies the essence of who we are. It is a way to nurture ourselves (and someone we care for, if we delight a friend with a gift of fragrance).

Aroma is an individual thing. With just a handful of your favorite oils, you can develop a beautiful aura of scent. The following recipes are simple and inexpensive - the ingredients are readily available in

food stores or pharmacies.

### Simple Bath Salts

Pour 2 cups of borax into a wide mouthed jar. Add 20-30 drops of an essential oil or perfume that you enjoy. Stir thoroughly with a wooden spoon and cover. The next day add 20-30 more drops of scent and allow to soak. After a few hours, tighten the lid, making it airtight until needed. Use 2 or 3 tablespoons in a bath.



\*note -

borax is derived from naturally occurring ore of boron, and has water softening properties.

### Restorative Rock Salts

2 cups coarse rock salt  
6 drops yellow food coloring (optional)  
6 drops each sandalwood, vetiver, and tangerine essential oil  
1/4 teaspoon glycerin

Place salts in a glass bowl. Add food coloring and oils. Mix until salts, color and oils are blended. Add glycerin and stir to blend. To use toss 1/2 cup into hot running water.

Either of these recipes can be adjusted to accommodate your own personality. They make wonderful gifts and look especially nice in the colored glass bottles and jars popular in today's marketplaces.

### Velvet Touch Massage Oil

1/4 teaspoon cardamom essential oil  
1/2 teaspoon each carnation, jasmine, violet and rose fragrance oils  
1/2 teaspoon vitamin E oil  
8 ounces sweet almond or grapeseed oil

Place sweet almond or vegetable oil in plastic squeeze bottle. Add oils and vitamin E. Stir or shake to blend. Let sit overnight. Keeps well when stored away from heat and light, or refrigerate. (You can warm this oil in a microwave with the lid removed - or just set in a pan of hot water until desired temperature is reached).

These adapted recipes and more can be found in Jeanne Roses's herbal, *Herbs and Things* and from *Rituals for the Bath* by Kathy Corey and Lynne Blackman.

## Yoga, a Winter Warm-Up

Robin Ohlgren-Evans

For thousands of years, people have been seeking a greater balance of the body, mind and spirit through a system of exercises and discipline called yoga. Yoga comes from the Sanskrit word, *yogah*, and means union or joining, which makes good sense when you consider how yoga practitioners combine concentration, awareness, relaxation and strength.

In mid-January, the Moscow Yoga Center began its winter class schedule, and I met with yoga instructor Jeri Stewart to talk about her art.

Jeri practices B.K.S. Iyengar's Hatha Yoga, which emphasizes body alignment through strength and flexibility, and breathing. She has been an instructor in Moscow for the past nine years and her student enrollment has grown to about 130 students.

Jeri's classes are for all levels of students. She assured me that anyone can do yoga, and everyone benefits. Beginners notice a lot of change - in their ability to stretch and relax, especially. Many people comment that they've never known that level of relaxation, and Jeri said her favorite thing about teaching yoga is watching that happen.

Other rewards from yoga are more subtle, especially the self-awareness. Many students are surprised at how vigorous yoga can be. It is a workout, even aerobic at times and there are many benefits to the respiratory and circulatory systems.

Students of the Moscow Yoga Center meet generally twice a week for an hour or an hour-and-a-half, depending on the class. Sessions are scheduled for two months at a time, and they allow flexibility for making up classes, or rearranging them to meet your schedule. A 10% discount is offered for university students, and a pay-per-class option is available.

If you are interested, but missed this round of classes, a new session begins on March 23. Might be just the thing to make the sometimes riotous transition to spring a smoother and more gentle passage.



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# Turn Up the Heat

by Lisa L. Lundstedt

When I was a kid, my mother warned me against "getting into hot water." Now it's something I love to do. In fact, my husband and I chose our rental house in Moscow based on the hot tub out back, and we've made lots of friends. Yet hot tubbing is more than a recreational activity. Going by the medical term hydrotherapy, warm water relieves physical aches and emotional stress, helping you stay healthy. Furthermore, the hot-water application of hydrotherapy called hyperthermia can help you fend off a cold or virus and relieve certain muscular aches. Whether you sit in a sauna or soak in a hot tub or bath tub for preventative or curative purposes, here's some evidence that what you're doing is good for you, providing you don't overdo it.

Baths and saunas have a long history. From the Roman and Egyptian baths and Native American sweat lodges of the past to the Finnish saunas and Russian steam baths of today, hydrotherapy has been recognized for its physical and emotional benefits. The Indian city of Mohenjo Daro, circa 2,500-1,500 BC, featured the Great Bath, a central pool with smaller bathing cubicles that were believed to have been used in rituals. At the ancient Roman baths of Caracalla, visitors could choose a mineral, oil, steam, massage, or friction bath or any of the 15 other types of baths offered. The site of the warmest mineral springs in England is in Bath, founded by the Romans and later popularized by a visit from Queen Anne in the early 18th century, when visitors both drank and soaked in the waters of the famed pools. For the next two centuries, "taking the waters" referred to the practice of the elite visiting natural hot water spas for health reasons.

Behind the social aspects of taking the waters are some practical benefits. Hydrotherapy consists of a variety of treatments used by physical therapists and physicians who may prescribe it along with other alternative cures. Baths, hot tubs, saunas, sitz baths, compresses, colonics, and wraps are just a few. Whereas cold water reduces inflammation and tones muscles, hot water is possibly more beneficial, as it

stimulates the immune system, causing white cells to move into tissues and help the body eliminate toxins and wastes. Hydrotherapy is used to treat a variety of illnesses and conditions, but you don't have to be sick to benefit from the soothing warmth of a hot bath, hot tub, or sauna. Fortunately, hydrotherapy may be as near as your own bathroom.

## Bathtubs

The bathtub is often a neglected stress reliever in our busy lives as we opt for the quicker shower. Yet a bath need not take any longer than a shower, unless you give in to the temptation of a relaxing soak—which might not be such a bad idea now, would it? It might be the most beneficial fifteen minutes of your day, as the hot water relaxes your muscles and calms your mind. In addition, the benefits of a bath can be improved by the use of herbs.

Some herbs soothe, stimulate, or tone while others are used for their antiseptic, astringent, and healing properties, and you even want to add herbs solely for their fragrance. For a soothing bath, add chamomile flowers, comfrey, lemon balm, or valerian root; for a stimulating soak, use bay, lavender flowers, mint, nettle, or rosemary. Toning herbs include blackberry leaves, orange, and patchouli. Eucalyptus and sandalwood are antiseptic whereas lemon grass, raspberry leaves, and witch hazel bark and leaves are astringent. Don't forget the aromatherapeutic results of using herbs. For fragrance, consider clove, rose flowers, or a variety of other herbs; consult an herbal guide for other suggestions. Limit the number of herbs to four or five per bath, and make sure you like the aromas of the herbs you're using and that they don't clash. For those with medical concerns such as high blood pressure or pregnancy, get the advice of a trained professional about which herbs you should avoid.

An easy way to prepare an herbal bath is to wrap 1/2 to 1 cup of dried herbs in cheesecloth or a cotton bag and hang it under the spout while the tub fills. A sock, nylon stocking leg, t-shirt scrap, or even a large tea infuser may also be used. Crushing the herbs with your hand before wetting them will help release their essential oils. You may also make an infusion by

pouring boiling water over herbs in a non-aluminum bowl, steeping them for 10-20 minutes (or several hours), and then adding the strained liquid to running bath water. For a stronger mixture, you can make a decoction by adding cold water to herbs, bringing them to a boil, and then adding the strained liquid to the bath. If you use fresh herbs for any of these methods, double the amount. If you substitute an essential oil for a dried herb, add the oil after the tub is filled and mix well with your hand to disperse the oil.

The temperature of the water will also affect your physical and emotional state. A bath temperature of around 98 degrees Fahrenheit is best for a relaxing bath, while a hotter one will make you sleepy and dry your skin. A 92 degree bath is more refreshing but still relaxing, and a cooler bath will wake you up. Fifteen minutes is the recommended soaking time. If you don't have a tub, you can still pamper yourself in the shower. The January 1997 issue of *Vegetarian Times* describes a simple salt scrub using table salt followed by an oatmeal rub using quick-cooking oats.

## Hot Tubs

Hot tubs are more social than bathtubs but provide the same relaxation. It's pleasant to share this soothing rite with friends. An added benefit of some hot tubs are the jets that circulate the water and soothe tired muscles. But the hot tub is probably the most abused form of hydrotherapy. Because of its social nature, people tend to stay too long or may drink alcohol while soaking, both of which can lead to sleepiness and, in extreme cases, harmful medical conditions.

Hot tubs should be no hotter than 104 degrees Fahrenheit. If your body temperature reaches 106 degrees, symptoms such as numbness or dizziness could result, although the heat will usually force a tubber out of the water before that time. If you drink while in a hot tub, drink water or juice, as alcohol lowers your tolerance to heat. Those with cardiac conditions and women who are pregnant (as well as men who trying to father a child) should avoid hot tubs. Finally, while rolling in the snow after soaking in a hot tub may sound exhilarating to some, the sudden contrast in temperature contracts blood vessels, instantly increasing blood pressure and straining the heart. With all of the pleasant sensations that a hot tub

produces on you, you won't need additional stimulants, although a cool shower afterward feels nice.

## Saunas

If you're lucky enough to have access to a sauna or steam room, the procedure is slightly different. As with hot tubs, your time should be limited, since the heated air of a sauna inhibits the oxygen-carbon dioxide exchange. Ten to twenty minutes is the recommended sauna time, though you may have to build up to this length with shorter periods. If you can use a Russian steam cabinet, which generally has a higher humidity but allows your head to be outside of the cubicle, you can stay for up to an hour.

The Finnish sauna produces enough steam to produce between about 12 to 40 percent humidity, and temperatures will vary according to location within the sauna. For example, it may be 90 degrees Fahrenheit near the floor but 175-194 degrees near the top. It's a good idea to drink water to compensate for the loss you'll incur in the sauna. Start on the lowest bench and work your way up as desired. You can also lie on the platform with your feet up, since feet can take the heat better than your head can. To increase your circulation, you can whisk yourself with a "vihta"—a small birch twig broom—or just use your bath brush or loofah. Finish with a cool shower.

Actually, there's more to the sauna than just time and temperature. In Finland, where there are more saunas than cars, the sauna is taken very seriously. Originally used in magic, divination, and purification rites, the practice of pouring water on hot stones produced a steam that was considered a spirit, now termed löyly. The ritual of the sauna is certainly secular now, but there is a certain degree of etiquette to follow in joining others in a sauna.

Generally, you should shower before entering a sauna, or a hot tub for that matter, and bring a towel to sit on. Conversation will vary, depending on culture; the Finns tend to prefer tranquil saunas with quiet conversation, while Native American saunas may incorporate chanting and singing. Creating löyly by throwing splashes of water on the heated stones should be done with the wishes of those present in mind. Leave the sauna tidy. If you've used a friend's sauna, rinse the benches, refill the bucket, and lean the

floorboards against the wall to dry.

### Hyperthermia as Treatment

If, despite preventative hydrotherapy treatments, you still pick up a cold or the flu, you're in luck—a hotter bath, hot tub, or sauna treatment can help you get rid of your infection and even other conditions by means of hyperthermia, or artificially induced fever.

Technically speaking, hyperthermia is the condition of having an above-normal body temperature—a dangerous condition if you work out too long, especially in the summer sun, but an effective way of treating a variety of medical conditions if carefully monitored. Fever is one of the body's natural defenses against viruses and bacteria. According to Alternative Medicine: The Definitive Guide, many invasive organisms such as rhinovirus—responsible for the common cold and other respiratory illnesses—are unable to survive when the host is running a fever. While not every virus may be eliminated, a fever can reduce their numbers, allowing the immune system to handle the rest by producing antibodies and interferon.

Medical centers may use high-tech hyperthermia treatments, such as diathermy, which is the use of radio frequency electromagnetic energy, or extracorporeal heating, in which the body's blood is removed, heated, and returned to the body. (If you're interested in the medical technology of hyperthermia, see the Hyperthermia Home Page at <http://heatwave.oci.toronto.edu>). Low-tech methods, however, may be used at home, either applied locally or requiring whole-body immersion. Local application can be as simple as inhaling steam to treat a head cold. Bronchitis, pneumonia, sinusitis and other respiratory infections also benefit from this treatment. Whole-body treatments can be done in a bathtub or hot tub to treat bladder problems and urinary tract infections such as cystitis as well as upper-respiratory infections. Saunas and hot tubs are also used to provide relief for rheumatism and arthritis as well as sore muscles and aches caused by working out.

Hyperthermia also helps treat conditions beyond the more common illnesses. The treatment of chronic fatigue syndrome, herpes simplex and shingles, syphilis and gonorrhea, and HIV has in many instances been aided by hyperthermia. In the late 1980s, the Healing

Aids Research Project (HARP), conducted by the Natural Health Clinic of Bastyr College in Seattle, recognized hyperthermia as the most beneficial aspect of its regimen. Hyperthermia is also being explored as part of a treatment regimen for cancer, since the immune system is stimulated into producing more and stronger white blood cells.

Hyperthermia is also used in detoxification therapy under medical supervision. The BioToxin Reduction (BTR) Program uses a steam cabinet to produce hyperthermia. Toxins are stored in fat cells as well as in the fat in cell walls, and hyperthermia stimulates the release of these toxins from cells through the skin and later through the kidneys and bowels. Daily steam cabinet treatments are part of the two-week regimen of exercise, diet, and chemical analysis. Because the large amounts of toxins that can be released by hyperthermia treatments may cause medical emergencies, including respiration and cardiac problems, patients being treated for toxins such as pesticides, herbicides, solvents, and prescription and recreational drugs are closely monitored.

### Hyperthermia Treatments at Home

Care should be taken if you practice hyperthermia at home. First, consult a physician if you have any ongoing health problems. In hyperthermia treatments, your temperature should not go above 102 degrees Fahrenheit as measured by an oral thermometer. Ill effects may appear above 106 degrees, but people with heat sensitive conditions, such as cardiovascular disease (including arrhythmia, tachycardia, hypertension, and hypotension), anemia, diabetes, seizure disorders, tuberculosis, and pregnancy, should be particularly careful. The elderly and very young children should not undergo hyperthermia treatments at all.

For a whole-body home hyperthermia treatment, you can use a hot tub or your bathtub, providing you maintain the temperature. Immerse your body in 104 degree water for up to an hour. Drink plenty of liquids, and apply a cold rag to your forehead to prevent headaches. After soaking, rinse in cool (not cold) water and wrap up warmly in a blanket or two. You may place a hot water bottle on your stomach or drink hot liquids for additional heat. Allow yourself to

perspire for as long as you can, possible several hours. Follow with a cool (not cold) shower.

### For More Information

Inhabitants of the Pacific Northwest are lucky in that two of the only three naturopathic colleges in the country are not too far away: John Bastyr University in Seattle, WA, and the National College of Naturopathic Medicine in Portland, OR. If you'd like to find a naturopathic physician who uses hydrotherapy, contact the American Association of Naturopathic Physicians in Seattle at (206) 323-7610. Personally, I plan on visiting some of Idaho's hot springs this year: Zims Hot Springs and Ceilann Hot Springs in New Meadows, Challis Hot Springs in Challis, Indian Hot Springs and Givens Hot Springs in southwest Idaho, and maybe even the many hot springs around Ketchum. I bet I can find out about other hot springs too—if I let folks come sit in my hot tub for a while!

Further reading:

"Healing Herbal Baths" in Natural Health (Nov.-Dec. 1996) offers 12 "recipes" for herbal baths, and the January 1997 issue of Vegetarian Times suggests a regimen for an at-home spa session in "A Little Bit of Heaven at Home."

"Live like you'll  
die tomorrow:  
Farm like you'll  
live forever."

-anonymous-

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### OSCILLATION by J. Thaw

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unique energy wavelengths and amplitudes  
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an oscillating flow constantly from all living things  
held in reserve or filtered through or let out free and clear

rays somewhere beyond the gamma and the cosmic  
sent to be absorbed or deflected or passed on through

frequencies with some agreement or unity  
impulses and values of equal measure

two or more currents changing into similar quantities  
one same swinging to and fro

# THE CO-OP Bulletin Board

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  - Jo to Go** - 10 for the price of 7 on a prepay card, 730 Pullman Rd.
  - Hobytown U.S.A** - 10% discount on all purchases, 1896 W. Pullman Rd., Moscow, 882-9369
- Please help by asking about details and showing your membership card before making purchases.

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Announcements of events, classes,  
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will be printed here, at no charge,  
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