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# Moscow Food Co-operative July 1997



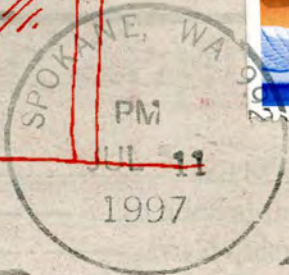
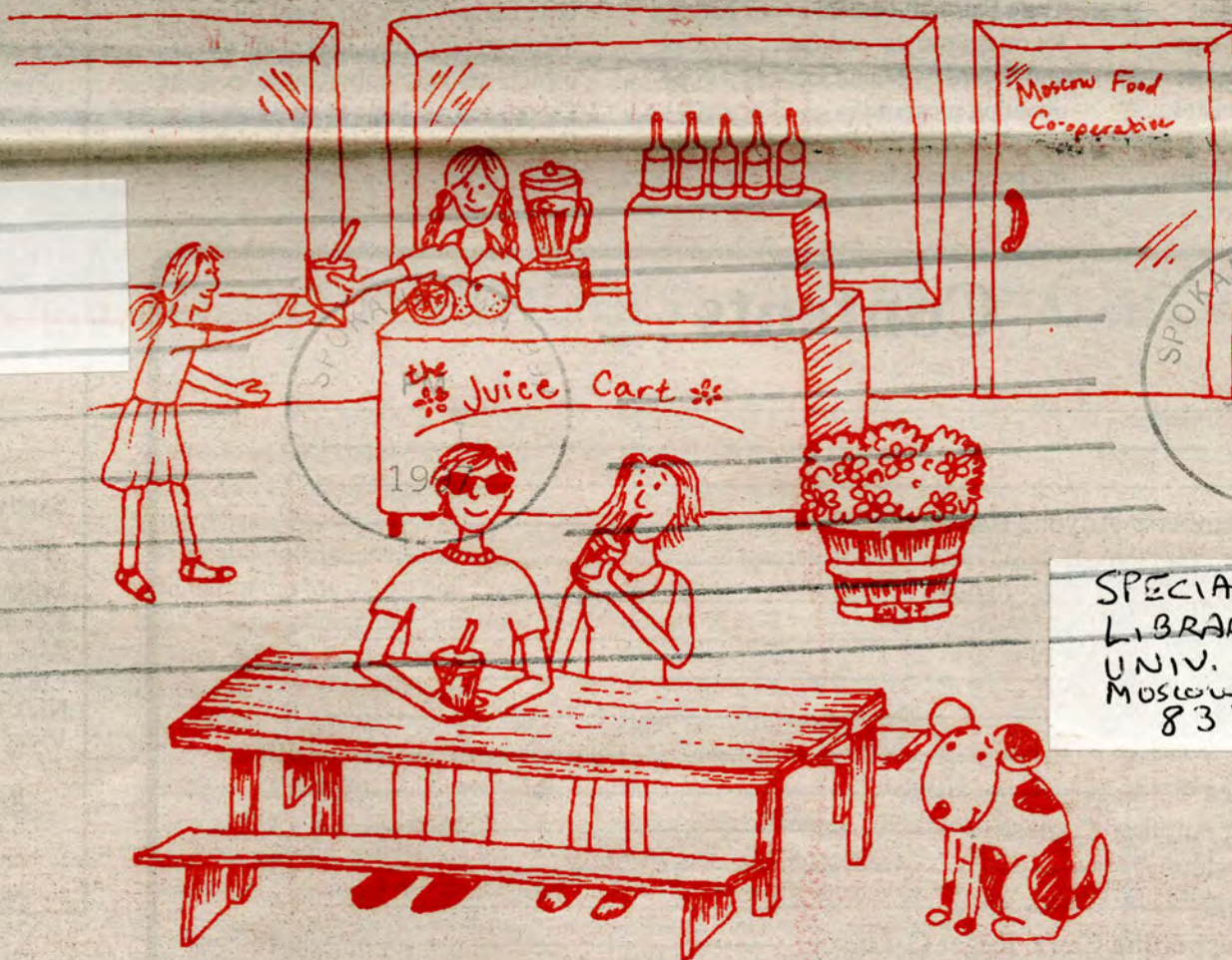
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# Co-op News



## So Long Maia....

by Kristi Wildung

There are times in every person's life when they must bid someone they really care about good-bye. So it is now. Maia Cunningham, Cashier Extrodinaire and Produce Queen, is moving away to Glendora, CA to teach anthropology and sociology at Citrus Community College, her true calling. She'll be driving cross-country with her sister and her cats at the end of July to make a bright and sunny home in southern California.

Maia has been working and subbing at the Co-op for 4 years, doing just about every job imaginable. Her outstanding customer service skills and sweet nature have made her an invaluable asset to our store, one we'll find very hard to replace. I'm sure our customers will notice this void at the check-out counter and be as sad as we are to lose her.

But most of all we'll miss her companionship in our work world. Maia has always made us feel special

with a kind word or a hug when we needed it. She laughs at our jokes (funny or not) and cries at our woes (imagined or real). Maia is one of those people whom everyone adores. And how can you not, she is the Supreme Ruler of the Universe! (She wanted this printed on her name tag, but we thought it might offend some would-be copy catters). So long Maia, we will miss you immensely, and the next luau will be at your place in California!

## Taste Fair is upon us....

by Kenna S. Eaton

A couple of years ago we got the bright idea that our shoppers needed to taste and sample all the great foods we sell here. We know that a lot of what we sell can look pretty strange or even weird to the uninitiated, but we also know that (most of) it tastes great!!

So here is your annual opportunity

to taste all those items, hear why they are different and make an informed choice before buying. This years Taste Fair will be held in our parking lot on August 1st and 2nd. , a Friday and Saturday. Manufacturers will be donating most of the goodies we'll be sampling, and the Co-op will supply the people and the awning. We

always have alot of fun, and we hope you will too.

This year we'll also be using the taste fair as a kick off event for our Membership Drive. Our member/owners are very important to us at the Co-op, and we hope to convince a few of you to pitch in and join the fun.

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# Membership News



## Co-op Membership News

by Kristi Wildung

This is the new membership column. I will be writing it every month to let you know what's going on in the membership world. I will also use it to convince you how important it is to become a member of the Moscow Food Co-op.

For those of you who are unfamiliar with our workings, I will give you a brief history lesson. The Moscow Food Co-op started in 1973 as the Good Food Store. In 1974 we incorporated with 25 members and a small grant from the Community Action Agency. Since that time we have grown to more than 1500 members and \$1 million in sales. We are a member-owned, member-operated business. Membership is non-exclusive and members make a non-refundable capital contribution in the amount of \$150.00, payable in yearly installments of \$10.00. Shopping is open to everyone, but members receive discounts on purchases, voting rights, and the ability to volunteer. Day to day operations are supervised by the General Manager, who over-

sees a staff of about 20 people, all paid members of our Co-op. Operations are also aided by a core of approximately 50 volunteers.

Many people are confused about why they should become members of our Co-op. Number one on our list of reasons is that without your support, the Co-op would not exist. Members own our business and every dollar they contribute keeps our business afloat. All contributions are funneled directly into our store in the form of equipment and other small extras that are not attributed to our operation costs.

Last year your membership dollars purchased the new bakery cases to house our lovely breads, the dry produce cooler to keep the apples and oranges fresh, a new mixer for the bakery, the juice bar and its awning and heater, and custom shelving we needed around the store. We would not have been able to afford these necessary items without your contributions. It's a nice feeling to know that there is tangible evidence of

where your money is being spent year to year, that it's not being given to some corporate headquarters and never reflected back in your store.

Each year Co-op members elect an eight person Board of Directors. These Board Members are responsible for hiring, supervising, and evaluating the General Manager, setting policy, and planning for the long-range health of the Co-op. Pretty big agenda. You can speak to any of our Board Members at any time, and you'll often encounter them while shopping. Board meetings are open to all members, in fact, members are encouraged to attend and share their views. Our Board Members are guiding a cooperative, and what better way to cooperate than to mingle and listen to your constituency.

And then there's volunteering, one of the greatest perks of all. Every member receives a discount, but volunteers can work to earn up to an 18% discount on all purchases each week. That's an incredible amount of

savings. And it's not just what we give to our volunteers, but what they give to us. We rely very heavily on volunteer labor to efficiently operate our store. Volunteers deliver our milk, design and edit our newsletter, bag our fruit and chips, bake our bread and make our soups and salads, along with a whole host of other jobs too numerous to list here. We couldn't make it without our volunteers and, you guessed it, all of our volunteers are also members of our Co-op. What a huge statement of support they're making.

Beginning on August 1, the Co-op is conducting its very first membership drive. (Please refer to Kevin Kane's article in this issue). We need more members to help us continue to grow and improve. I know our members love our Co-op because they continue to support us year after year. But now is your chance to help us even more by telling everyone you know about the benefits of membership at the Co-op and encouraging them to join us. Remember, we can't do it without you.

## Wanted: 400 Co-op Members. Anyone Can Apply.

by Kevin Kane

"Are you a member?" Our busy cashiers ask every one of our customers this question when ringing up purchases. But did you know that we have fewer members now than we had a year ago? Sometimes people move away, but more often we're not getting our current members to renew, maybe because the only benefit they see is a 2% discount on purchases.

Most people in Moscow know that the Co-op is the only place in town where you can get Stratton's milk and baked goods made from organic flours, and the Fish Guy has a loyal following that brings folks into our store for groceries such as organic fruits and vegetables. The trouble is, too many of these shoppers aren't members of the Co-op, and they're missing out on some great benefits.

Well, I'm here to tell you that the Co-op is starting a membership drive. Sure, we've got a committee and a few volunteers to increase our membership, but we need our current members (YOU) to help out, too. We

want all of our members to get other people to join the Co-op, so that they can receive all of the benefits of being part of this Co-op.

Why should anyone become a member of the Moscow Food Co-op? Well, besides saving money at the register, did you know that your membership contribution goes towards equipment purchases in the store? That means that you're an OWNER. In fact, the Moscow Food Co-op is 100% member-owned! Using the membership dollars we have, we can purchase that new oven or deli equipment and not have to raise prices. In fact, with more members spending more money at the Co-op, it might even be possible to lower the prices of some items!

Being an owner means that you get to take part in the direction of the Co-op. Cooperatives are governed by a democratic process, and, as a member, you can tell the elected members of the Board of Directors what you want to see happen. I can guarantee

that you don't have this much influence at the larger grocery chains.

Members can earn discounts on their purchases by providing a small amount of service to the Co-op. Whether it's working on a committee, doing the milk run, or helping unload the deliveries, members can earn up to 18% off that week's purchases for three hours of work.

Members get special discounts on bulk purchases when you place an order with our buyer. Recently, my wife and I just bought 50 pounds of jasmine rice at a substantial savings amount that nonmembers can't get. Members also can get discounts by showing their membership cards to our Business Partners.

How much does a Co-op membership cost? Well, Lifetime Membership is \$150, but most people (like me) spread out the payments over several years, which works out to \$10 every year for individuals. Some of you are reluctant to part with that ten-dollar bill each year, but compare that

amount to what you spend elsewhere: \$10 is less than what you'd have to pay for two tickets at a first-run movie theatre. But that same ten dollars buys you a year of OWNERSHIP and

Continued on page 4

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**Continued from page 3**

BENEFITS in the best food store in town, and that year's membership is one more step toward a lifetime of ownership and benefits in our Co-op.

The Membership Drive starts on Friday, August 1<sup>st</sup>, and we're kicking off the event with the annual Taste Fair that will be held in the Co-op parking lot on August 1 and 2. From then until the end of October, we'll strive for a total of 2000 Co-op members. That means that we need to get another 400 people to join our Co-op, and the best way to make it happen is with your help.

I'm asking every member to tell others about the benefits of being a member, why the foods we sell are better than what can be bought at the megastores, and how these members

can get more out of their membership dollars. Our members are perhaps our best resource for promoting the Co-op. Don't be shy! Brag about what our store has to offer members! If you're not yet taking advantage of these benefits yourself, try out something new.

In addition to getting your friends and coworkers to join our Co-op, you can help out with any part of the Membership Drive over the next couple of months. If you have ideas about the Drive or are willing to help out, call me, Kenna, or Kristi. We have many things to do, some small, some big, but the work get so much easier when more people help. Look for more info on the Membership Drive member benefits in the coming months in the store and in this column.

## Member Update

by Kristi Wildung

Starting now I will begin listing all of our new and renewing members in the newsletter as a way of saying thanks for your support. I apologize for not beginning this earlier and excluding some folks, but you gotta start somewhere. I'll catch you next year!!

Welcome to these new members and don't forget to check out our listing of Business Partners for additional savings around town exclusively for Co-op members: Joe Turner, Anna Nemer, Kurt Schekel, Dawn Frueden, David McCaskill, Dianna Adamski, Stephan Devadoss, Rob & Marjorie Gruenwald, Brandon McCalmant, Christina Rios, Mary Fuller, Raechelle Farnsworth,

Michelle Feeley, Kirsten Patey, and James Nelson.

And thanks to the continued support of the following renewing members: Patricia Cassidy, Ann Christenson, Sue & Jim Congelton, Linda Crowe, Tracy Echanove-Richards, Kimberly Thompson, Bob Schmidt, Eric Goodman, William Levinson, Dayna Willbanks, David Drake & Nicole Weiss, Jill Lynch, Robin & Patrick Ohlgren-Evans, Cheney Hepner, Lael Turnbow, Peter & Carolyn Larson, Einav Shuchat, Fran Collette, Susan Simonds, Lou D'Aleo, Teresa Keller, Joseph Erhard-Hudson, Gillian Coldsnow, C.M. Koester, Roger Thomas, Kathleen Warren, and Angelike Schwabl.



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# Volunteer News



## Volunteer Profile: Yo Iijima

by Linda Canary

Yo and I arranged to meet at the steps of the Deli during Farmers' Market. The MAC band was playing a medley of TV Western tunes, and I was distracted by all the people, so we went inside where we could really hear the band through an open window. When they started on a medley of West Side Story songs, Yo looked at me and said, "I know that song." It was "I Love to Live in America."

And everything's fine in America according to Yo. He is a 27 year old from a suburb of Tokyo, and for the last five years the Northwest has been his home.. He is an Environmental Sociologist master's student at WSU, and chose the Northwest because of a professor in his field. "One of the top people in Environmental Science," Yo adds, "but I am not a scientist; I am coming from a sociology background."

Because of his interest in the environment, Yo chooses to work stocking the produce in the Co-op, and because it reminds him of a natural foods store back in Tokyo whose owner is one his friends. "It reminds me of the store back home."

I ask if he's a good cook, and he grins and says, "No, but my mother is." Which led us to talking just a bit about Japanese cuisine. His favorite Japanese holiday is the celebration of the New Year because the cook makes enough dishes for a whole week, and then rests while everybody eats the many different foods.

"Here, there are not so many choices," says Yo kindly.

Meanwhile, I'm thinking about a ticket to San Francisco where I've eaten the best food of my life this side of the Pacific. Yo also likes the New Year celebration because of the thousands of fireworks that are set off from the middle of the Sumida River. Maybe it's a ticket to Japan I want.

Anyhow, we talk a little about his past, "I am a bad son," he grins, "not traditional at all, no respect for

ancestors." And we talk about his future. "I have no plans for the future; I don't know really about the future." And he means it, doesn't think it's unusual, just looks at me as though "What do you what to do or be when you grow up?" is a question from the moon. A refreshing attitude as far as I'm concerned.. He's just taking it one day at a time. Of course, he will do something in his field, and he may return to Japan, and he may



get married, but right now they're playing "Maria" outside and I have to stop thinking and hum along.

Yo lives alone, no pets, "In Japan, we do not keep pets, many people would like to, but the apartments are too small, and the landlords do not let us have pets." He likes to read science fiction, especially anything by Ursula LeGuin. "Oh, have you read Wrinkle in Time?" I ask, but then I remember that it is a book for younger kids, still I recommend it. Yo is also a "huge Northern Exposure fan." and he likes the movies, so we talk a bit about Kurosawa's films and I recall that "The Seven Samurai" is still one of my favorites. So which film is it anyway that has the snow falling gently in a peach orchard? Would someone let me know. These images are so imbedded in my mind, and I don't think they are mine.

Naturally, I ask Yo what travelling he's done in the USA (United States of Advertising), and he says, "None, but I do want to go to Alaska and the South, like Alabama." In Alaska he wants to get to the alpine heights in order to find a flower he's seen only in books, but doesn't know the English name. He describes it to me, but it could be anything from a lotus to an orchid; the only alpine flower I know is the one from Sound of Music.

only the MAC Band isn't playing that medley so I can't sing it for Yo. You know, "Edelweiss, edelweiss, every morning you greet me." Why does that remind me of the book Heidi? All these associations...Did you say The Association? "Cherish is the word...." See, it just goes on and on.

Speaking of music, Yo is going to the gorge in George, WA on July 5th to hear his favorite singer, Sarah McLachlin. "It is my first concert ever," he says delightedly, "Tracy Chapman, Jewel, all female singers." Sounds like fun. So we wrap up the interview with my question that I have to ask everybody these days for some odd reason, "Just what makes you mad,

anyway, Yo?"

"When I miss the goal in soccer. I get very very mad at myself."

"And what makes you happy?"

"Children, I really like children alot. I used to work in a daycare in Japan. I could work with young children again. Teach them about the earth."

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## Volunteer Notices!

by Kristi Wildung

Last month I issued a challenge to would-be volunteers to make this the most successful volunteer summer ever, and I have had a great response. We've had a ton of inquiries and as I write this the month is not over yet. Welcome to our newest volunteers. Shannon Waters will be bagging and stocking our bulk fruit and chips on Monday mornings, and Jacki Vorhees will be assisting Bennett in produce on Sunday mornings. Veena Shetty is helping Kim with that unwieldy order on Sundays, and Annie Volmer and Martina Ederer have volunteered as our new milk runners. Ann Garnsey will be our price checker and deli assistant on Wednesdays. And Sheila Cichoski has agreed to put a little art in our world by becoming our new window painter. I'd say it's been a very successful month.

We still need a cardboard recycler, a milk runner, a deli assistant, a coffee stocker, a bulk bin washer, bulk stockers and produce assistants. We also need someone who would be willing to build us a couple of new flower planters for the front of the store. The cashiers have issued me an ultimatum; find them some help during rush hours. They need volunteers to bag and carry out groceries and run price checks, etc. If you are interested, please let me know. Hours and times are flexible. Help me out before the cashiers get to me....

I'd like to take this opportunity to say good-bye to one of our long-standing volunteer cashiers, Maura Frasier. Maura has been volunteering at the Co-op for a good 2 years, starting out as a freight assistant on Wednesdays and then moving up to cashier on Friday afternoons. She and her husband are moving to Port Angeles, WA for a new job. We wish her the best of luck and want her to know that she will be missed. And Maura, I know there's a new Co-op in Sequim. Keep looking!!!





## Zucchini

By Pamela Lee

Why do some folks hide when they see a neighbor walking towards their house with zucchini in hand? Of course that's a rhetorical question; we know why.

I admit that I was one of those people who usually refused offerings of zucchini. And, I certainly never bought zucchini in a store. I think my problem with this particular vegetable was that my repertoire of zucchini dishes was too limited. I either prepared it steamed, served with soy sauce or grated cheese on top, or I made zucchini bread. And, one can only eat so much zucchini bread.

Then, about five years ago, a friend prepared a dish of zucchini, mushrooms, onions, and garlic, sauteed in extra virgin olive oil. It was delicious! Zucchini had never tasted so good. The dish left me wanting more zucchini. I even bought some - from a store. Now, I grow several plants each year, and I enjoy the abundant harvest... as long as I pick the squash before they get too large. And the extra harvest? Well, I freeze it, or dehydrate it for later use, or I attempt to give it to friends. Freezing plain, blanched zucchini still leaves me cold, but a friend gave me a pureed zucchini recipe that freezes very well and can be enjoyed during cold winter months as a base for a wide variety of soups. I use an electric dehydrator to dry sliced zucchini, first dipped in lemon water, or a lightly salted brine. Dried slices keep well in an air-tight container, then can be added to soups, stews, or casseroles during lean months.

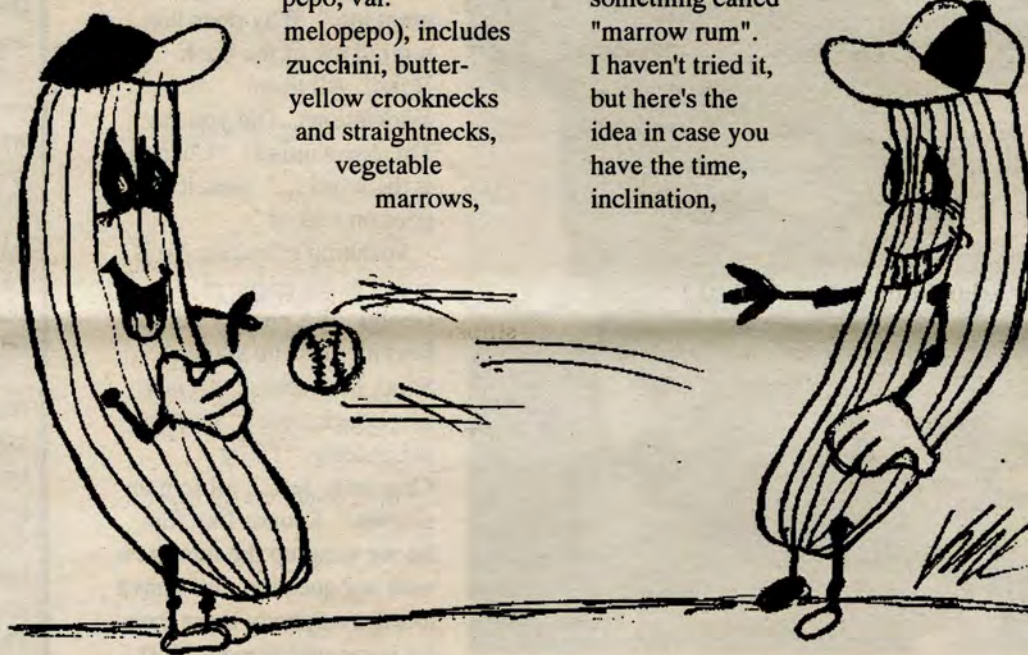
Squashes belong to the big five New World foods. (The other four are beans, tomatoes, potatoes, and corn.) Some botanists believe squashes were the first food cultivated in the Americas. Seeds found in Mexican caves have been carbon-dated at 9000 BC.

The word "squash" is a contraction (invented by the early colonists) of the Indian name askoot asquash, which means "eaten green". While American Indians imbued squash fruits with legendary and mystical powers, this did not prevent them from eating the prolific vegetable. Baked, boiled, roasted, and dried squash supplemented the Indian diet

of game and fish. Early European colonists borrowed Indian techniques for cultivation and storage, and thus managed to ward off starvation during their first difficult winters on American land.

Early European explorers thought there were too many different squash varieties to count or record them all. The number of varieties has increased at least tenfold since then. The easiest division amongst the vast array of squashes is between summer and winter squash. (I've already written an article on winter squash, printed in the October 1996 Coop

Newsletter.) Summer squash (C. pepo, var. melopepo), includes zucchini, butter-yellow crooknecks and straightnecks, vegetable marrows,



and patty pan or scallop squash, also called syblings or cymbings (in the South).

In France, summer squash are known as courgettes; in Italy as zucca (marrow) or zucchini (little marrow). Italians frequently cook the blossoms, as well as the fruit. (A recipe for stuffed summer squash blossoms was included in my edible flower article in last month's Newsletter.) It is the Italian varietal of summer squash, zucchini, that Americans grow and eat most often.

Zucchini is best when picked small. When they are tiny, finger-sized, they are delicious raw - sliced and dressed with oil, fresh lemon juice, and sea salt. Small, fresh and firm zucchini can be welcome substitutes for cucumbers in a salad or slaw. Slightly larger squash can be

lightly cooked with a good extra-virgin olive oil, combined with garlic, onions, mushrooms, tomatoes, olives or with other vegetables or condiments. I've come to think of zucchini as the tofu of the garden world; the zucchini will take on the flavors and tastes of whatever you combine or cook it with (as will tofu). But, the larger the summer squash, the more attention it'll need to make it taste good. Zucchini bread must have been invented with overgrown fruit in mind.

The oddest, most curious use of overgrown zucchini that I ran across in my reading was something called "marrow rum". I haven't tried it, but here's the idea in case you have the time, inclination,

recipes, too many in fact. Working through the pile, I've selected recipes that don't require overly many ingredients, are fairly simple and straightforward, and (of course) taste good. I've also tried to choose a well-rounded selection, representing the various courses of a meal. Here are some of the best, beginning with that pureed squash recipe that freezes so very well, and can be used as the base for many a soup. Though the recipe's soup variation calls for chicken broth, I've found a vegetable broth or water works just as well. On separate occasions, I've added potatoes and I've added fresh corn kernels to the puree, before freezing. I liked both these variations.

### Judy Baker's Summer Squash Puree

6 lbs. summer squash (e.g. zucchini), cut into thin slices  
2 green peppers in thin slices  
3 large onions, sliced  
6 T. butter or oil  
3 cloves garlic  
2 1/4 t. salt (or to taste)  
1/2 t. pepper  
1 cup parsley, chopped  
1 cup fresh basil leaves or 1/4 cup fresh tarragon, chopped  
water or broth  
bay leaf

In an 8 quart pan, melt the butter or heat the oil. Add

onions and cook until soft. Add 1/4 cup water, squash, green peppers, 3 cloves garlic, 2 1/4 t. salt, and 1/2 t. pepper.

Cover and cook, stirring often. When tender, add 1 cup chopped parsley, 1 cup fresh basil leaves or fresh tarragon. Blend in a blender.

Variations: For a hot soup, add 1 can chicken broth and 1 bay leaf and 1 pint sized container of Summer Squash Puree.

For chilled soup: In a bowl, gradually add 1 pint Summer Squash Puree to 1/2 cup sour cream. Stir in 2 cups buttermilk, 1 T. lemon juice, 1 1/2 t. sugar, 1/4 t. worcestershire, 1/2 t. dill weed. Add salt or garlic salt to taste.

The following two recipes are from The Allergy Self-Help Cookbook by



Marjorie Hurt Jones, R.N., published by Rodale Press, 1984:

### Zucchini Bisque

A creamy no-milk, no-wheat soup  
1 cup chopped onions  
1 T. olive oil  
1-2 garlic cloves, minced  
3 cups chicken stock or miso broth  
1 large zucchini, shredded (about 3 cups)  
1 T. minced basil or 1 t. dried basil  
1/2 t. grated nutmeg  
few gratings of black pepper  
1 T. lemon juice

Saute the onions in the oil in a 2-quart saucepan until soft but not brown. Add garlic, and saute 1 minute. Then add stock or broth, zucchini, basil, nutmeg and pepper. Simmer for 15 minutes. Cool for 5 to 10 minutes.

Puree, half at a time, in a blender or food processor. Reheat. Stir in lemon juice, and serve.

Serves 4 to 6.

### Zucchini Milk

Makes about 1 quart

When zucchini is made into a milk, its mild flavor disappears completely, leaving a versatile liquid that can be used in bread, cakes, pies, and some cream soups. If you have enough freezer space, make the milk when zucchini is in season, and freeze in one-cup containers. If you desire a white milk, peel the zucchini thickly. Peeling the vegetable thinly will result in a pale-green milk.

2 1/2 lbs. firm zucchini

Peel the zucchini as desired. Cut vegetable into chunks. Place enough chunks in a blender to fill it about one-quarter full. Process until you have a liquid. Transfer to a saucepan.

Repeat until all zucchini has been blended and placed in the saucepan. Heat to boiling to scald the milk. Cool, and store in the refrigerator. Use within 1 week. For longer storage, freeze.

(Ms. Hurt adapted this recipe from Organic Gardening, July, 1977.)

### Zucchini Salad

3 small young zucchini (about 1 lb.)  
3 scallions, finely chopped  
2 T. snipped fresh dill weed  
1 T. chopped parsley  
1/4 t. oregano  
1 cup yogurt  
1 T. lemon juice  
1 t. honey

1. Wash the zucchini and dice very finely. Place in a salad bowl with the scallions, dill, parsley, and oregano.  
2. Combine the yogurt, lemon juice

and honey and pour over the zucchini. Toss to mix well. Refrigerate 30 minutes or longer before serving.

1/4 t. ground black pepper  
1 T. finely chopped ginger root

If you have a mandolin or a

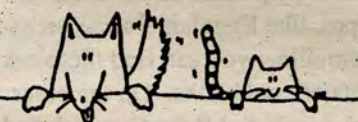


Yield: 4 to 6 servings

From The New York Times Natural Foods Cookbook by Jean Hewitt, Avion Books, 1971.

### Asian Squash-Noodle Salad

4 zucchini, each about 10 in. long  
2 T. minced scallions  
3 T. soy sauce  
2 1/2 t. sugar  
2 T. dry sherry or Scotch  
1 T. rice vinegar  
1 T. toasted sesame oil



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Benriner-type slicing device, use it to cut the zucchini lengthwise into shoe-string "noodles." Otherwise, with a knife, cut the zucchini lengthwise into 1/8-in. thick slices. Stack the slices and cut them lengthwise into 1/4-in. strips.

Steam the zucchini noodles for 5 minutes or until just tender. Rinse them under cold water, drain them well, and put them in a large bowl.

In a separate bowl, whisk together 1 T. of the minced scallions and all the other ingredients until the sugar is dissolved. Pour the dressing over the zucchini noodles and toss well. Garnish with the remaining minced scallions.

Makes 4 servings.

From the June/July 1996 issue of Kitchen Garden Magazine.

### Tortas de Calabacitas

(Zucchini Pancakes)

These are delicious cold as well as hot. They can be made ahead, chilled, and packed for a picnic.

2 cups (about 1 lb.) uncooked zucchini, grated  
1/2 cup flour  
1 t. baking powder  
1 egg, well beaten  
salt  
butter for frying

Put zucchini in a bowl; add flour and baking powder that has been sifted together, then add salt and egg; mix well. Fry in butter as you would pancakes, making each pancake about 2 to 3 inches in diameter. Makes 10

to 12 pancakes.

From Elena's Secrets of Mexican Cooking by Elena Zelayeta, Dolphin Books, 1973.

### Zucchini Stuffed with Corn and Cheese

2 narrow 6- to 7-inch long zucchini or yellow squash  
1 cup corn kernels  
1/2 to 2/3 cup ricotta  
1 to 2 T. snipped chives (optional)  
Salt and freshly ground black pepper  
3/4 cup grated Cheddar

Blanch squash in boiling salted water for 5 minutes. Place under cold water and drain. Halve and scoop out the seeds, forming cavities. Coarsely puree the corn and ricotta cheese in a food processor or food mill. Add the chives (if you wish) and season with salt and pepper. Fill squash halves with the mixture, mounding slightly. Cover with grated Cheddar. Place in a buttered casserole and bake, covered, in a preheated 350° oven for 15 minutes. Uncover and bake 20 to 25 minutes or longer, until the squash is tender and the topping is browned.

Serves 4 as a side dish, though this hearty accompaniment could also stand alone as a light main dish.

Recipe by Marian Morash, from Great Food without Fuss, Henry Holt and Company, 1992.

### Meatloaf

2 medium zucchini, chopped (or 3 cups large chopped zucchini)  
2 small onions, chopped  
2 tomatoes, chopped (or one 7 1/2-oz. can tomatoes, drained)  
1 T. vegetable oil  
1 egg  
1 T. worcestershire sauce  
1 garlic clove, crushed  
1 t. salt  
1/2 t. fresh ground pepper  
1/2 t. sage  
1/2 cup soft bread crumbs  
1 1/2 lbs. ground beef

Saute zucchini, onions, and tomatoes in oil; simmer until tender. Cool, drain, and mash. Beat egg; stir in worcestershire sauce, garlic, seasonings, and mashed vegetables. Add bread crumbs and ground beef; mix well. Let stand at room temperature for 1/2 hour; then pack into oiled loaf pan, mound up top, and bake at 325° for 1 1/2 hours. Drain off accumulated fat. Let stand at room temperature for 15 minutes before slicing. Serves 8.

From The Zucchini Cookbook by Paula Simmons, Pacific Search Press, 1979.



# Eggplant 102: Beyond Ratatouille

By L. L. Lundstedt

If aliens from another planet were to take over our world, they'd be able to infiltrate easily if they disguised themselves as eggplants.

By this I mean that the eggplant, in its numerous varieties, is grown all over the world. Of course, we earthlings could easily defeat this alien invasion by cooking and eating eggplants in the hundreds of ways they appear in various world cuisines. And we'd find them delicious!

But seriously. . .

Variety!

Eggplants come in all shapes and sizes. Most of us are used to seeing the oblong dark purple version, and occasionally we find the zucchini-like Oriental eggplant. But there's a world of eggplant most of us don't know about. Jeannette Ferrary and Louise Fiszler's Monthly Market Basket article on eggplant ([www.bpe.com/food/recipes/ferrary/eggplant/index.html](http://www.bpe.com/food/recipes/ferrary/eggplant/index.html)) lists some unusual varieties: "the lavender and white-striped Listada de Gandia, or the heart-shaped Rose Bianco, the white-skinned Long White Sword, the Pink Bride, and the provocative Black Beauty. . . the rare, tomato-colored Small Ruffled Red. . ."

This variety also explains what has puzzled me for years. The name eggplant is derived from the white, egg-like version rather than the one most of us are used to seeing. The authors also point out that, despite their variety in appearance, most eggplants taste pretty much the same.

People all over the world have come up with hundreds of ways to prepare eggplant. You may be familiar with French Ratatouille, Greek Moussaka, Romanian Caviar, Indian Bengan Bartha, Italian Caponata, and the almost-ubiquitous Eggplant Parmesan, and Baba Ganoush has recently become "the dip" to serve at parties. You probably already own cookbooks that instruct you on these and other ways that eggplant can be prepared. When I surfed the Net, I found over 10,000 listings for eggplant, most of them recipes. You can use eggplant in soufflés, sautés, casseroles, spreads, soups, stews, stir fries, fillings, and patties, and it can be stuffed, grilled, roasted, broiled, baked, and deep-fried. In fact, about the only thing you can't do with eggplant is eat it raw. The need to do something to eggplant before you eat it may be why it's not an everyday dish. But most

folks agree that the preparation is well worth the effort.

## The Role of the Eggplant in World History

Ferrary and Fiszler offer a short history of eggplant, but you can skip this paragraph if you're hungry. Eggplant is a native of India, and Arab traders are credited with introducing it to the Mediterranean in the Middle Ages. The Arabic word for eggplant developed into the western European word *aubergine*, so check your cookbook's index for this word (e.g., *Linda McCartney's Home Cooking*. Note: Using "aubergine" instead of "eggplant" is a way to enthruse unsuspecting guests. You could also use the Spanish word, *berengena*.) In America, eggplant wasn't as popular, although Ferrary and Fiszler write that Thomas Jefferson grew it at Monticello.

Nineteenth-century eaters didn't quite know how to cook it. One cookbook recommends serving fried eggplant with catsup—which is pretty good. New York City's Delmonico's is said to have introduced eggplant to the general eating public at the end of the nineteenth century, thereby placing it permanently, if marginally, in American cuisine. We late-twentieth century eaters are indeed fortunate to have the diversity of eggplant recipes from around the world.



## Basic Info

Some basic information on eggplants is handy to know before you start cooking. First, eggplant should be firm, smooth, and without blemishes (unless you're making eggplant patties). Refrigerate it until you're ready to use it, and wash and dry it prior to cooking it. A large eggplant weighs approximately 1 1/2 pounds, a

medium about 1 pound. A one-pound eggplant will produce about 4 cups when diced. Nutritionally, one cup of cooked eggplant provides approximately 38 calories, contains some protein, is a source of vitamins A, B complex, and C, and provides 150 mg. of potassium and some phosphorus and calcium.

There's some question as to whether sliced eggplant needs to be salted and left to sweat for a half-hour, or soaked in cold salted water for 15 minutes, to reduce its bitterness. Some folks insist upon these steps; others believe it's not necessary unless the eggplant is "over-mature," as *The New Laurel's Kitchen* refers to it, and still others think that such preparation is a waste of time.

If you're required to bake or roast the eggplant before doing anything else with it, you have a couple of options. One way is to slice the eggplant in half lengthwise, place it on a

lightly oiled cooking sheet, and bake it for 20-40 minutes (depending on size) at 350 degrees until it's soft. You can then scrape out the soft insides. Alternately, you can roast the eggplant whole on a grill or under a broiler until it is soft and the skin turns black and blisters. Rub the skin off in cold water and use the cooked, softened inside.

## The Recipes

In selecting recipes for this article, I chose to skip some of the basic recipes, like Eggplant Parmesan and Ratatouille—you can find these easily in lots of cookbooks. On the other hand, I included Baba Ganoush and Caponata because they're good party dishes. There's still hundreds of eggplant recipes I'm omitting, so I encourage you to explore on your own.

### Baba Ganoush

Okay, okay, everybody spells the name of this dish a little differently, and there's a few variations in cooking the eggplant and adding the ingredients, but it's still eggplant with tahini.

3 lg. eggplants  
2-4 garlic cloves (to taste)  
1/2 cup tahini  
1-2 Tbs. lemon juice (to taste)  
1/2-1 tsp. cumin  
2 Tbs. chopped parsley

salt  
sliced black olives or slice tomatoes to garnish (optional)

Roast eggplant halves on oiled cookie sheet in a 350-degree oven until soft (about a half an hour). Scrap soft pulp from the skins and mash with a fork or potato masher, or use a blender or food processor. Crush garlic and add to eggplant pulp. Add tahini, lemon juice, cumin, and salt, beating well with each addition. Taste and add more garlic, tahini, lemon juice, salt or cumin if needed. Scoop into serving bowl and garnish with sliced olives or tomatoes. Serve as a salad or as a dip with bread or crackers.

### Caponata

This recipe was a new one for me. Apparently, there's lots of versions of caponata, the consistent theme being eggplant and celery. According to *Sundays at Moosewood*—the source of this particular recipe—caponata can be used as a dip, a sandwich filling, a pasta topper, a stuffing, or a salad. Sautéing the vegetables separately is an important point (why, I don't know). Make sure you chop the vegetables small enough to be picked up with a tortilla chip. You can also omit some of the last items and still have a tasty dish.

2 sm. eggplants, unpeeled, and diced (5-6 cups)  
1 lg. onion, diced  
1/2 cup olive oil  
4 celery stalks, diced  
2 lg. red or green bell peppers, diced  
1 heaping Tbs. minced garlic  
3 tomatoes, diced  
3-4 Tbs. red wine vinegar  
salt to taste  
black pepper to taste  
1 cup sliced, pitted black olives  
1/4 cup pine nuts, toasted  
1 Tbs. capers, rinsed

Soak the diced eggplant in salted water for 15 minutes, rinse, and dry. Meanwhile, sauté the onion in a few tablespoons of olive oil in a large skillet. Add the celery and sauté until it is bright green and still firm. Put the onion and celery into a large mixing bowl. Add a couple more tablespoons of the oil to the skillet and sauté the peppers. Add the garlic and sauté a little longer. Add the tomatoes and sauté for another minute, and then add this mixture to



the onions and celery.

Add the rest of the oil to the pan and sauté the eggplant until it is tender and golden. While the eggplant is cooking, add the red wine vinegar, salt, and pepper, and other ingredients to the vegetables already in the large mixing bowl. Add the sautéed eggplant and mix everything together. Serve hot, cold, or at room temperature.

### Spicy Garlic Eggplant

I adapted this from a recipe I found on the Net. My dinner guests were kind enough to give me their honest opinions on how to improve the original.

1 lg. eggplant (1 1/2 pounds)  
2 fresh jalapeños, seeded and chopped  
4 garlic cloves, minced  
1 lg. green onion, chopped in 1/2" pieces  
1/2 cup peanuts (shelled)  
1/2 cup oil

#### Sauce:

1/4 cup soy sauce  
1/2 cup water  
2 Tbs. brown sugar  
1/2 to 1 tsp. white pepper  
1 Tbs. cornstarch

Cut eggplant into 1" x 3" julienne pieces and soak in cold water for 15 minutes. Drain eggplant and dry. Heat wok or large frying pan and add oil. Add eggplant, stir to coat with oil, cover, and cook for 2 minutes. Uncover and cook for 2 minutes more. Add chopped peppers, garlic, and green onion, and cook until eggplant is tender, about 20-30 minutes. Pieces must be completely limp before the sauce is added. Mix sauce ingredients together and add to the eggplant. Stir until sauce is thickened. Add peanuts to warm. Serve over rice or noodles.

### Grilled Eggplant

I found this recipe by Linda Askey on Southern Living's on-line page ([www.pathfinder.com/e@CTPIWQUAttQ84bLH/vg/Magazine-Rack/SoLiving/1995/SSGG/recipes.html](http://www.pathfinder.com/e@CTPIWQUAttQ84bLH/vg/Magazine-Rack/SoLiving/1995/SSGG/recipes.html)).

2 med. eggplants  
1/4 cup olive oil  
2 Tbs. lemon juice  
2 garlic cloves, crushed  
2 tsp. fresh thyme  
2 tsp. fresh rosemary  
1/2 tsp. salt  
1/2 tsp. pepper

Cut eggplant into 1/2" slices. Combine olive oil, lemon juice and garlic and brush on both sides of each

eggplant slice. Sprinkle herbs on both sides. Place on medium-hot grill, close the cover, and roast for 5 minutes or so. Turn and grill other side for an additional 5 minutes or so.

### Eggplant Rolls

This recipe comes from Linda Haynes' The Vegetarian Lunchbasket.

1 eggplant, sliced no thinner than 1/4"  
olive oil  
2 cups tomato sauce (or leftover spaghetti sauce)  
1 cup ricotta cheese  
3 Tbs. grated Parmesan cheese  
2 Tbl. fresh chopped basil or marjoram



Sprinkle each eggplant slice with salt and let sit for 1/2 hour. Brush off moisture and fry in olive oil over medium heat until lightly translucent and limp. Mix ricotta, parmesan, and basil or marjoram together and place about a

tablespoon of this filling on each slice. Fold slices over to form a little taco and place in baking dish. Pour tomato sauce over the rolls and bake at 350 degrees for 1/2 hour.

### Battered Fried Eggplant

While not the healthiest version, battered fried eggplant satisfies that occasional need for something crunchy. I came up with the following batter by reading Judith Gould and Ruth Koretsky's Brew Cuisine: Cooking with Beer and tinkering.

12 oz. beer (I used a porter)  
1 tsp. Tabasco sauce  
1 1/2 cups of flour  
1 1/2 tsp. salt  
1 tsp. garlic powder  
pepper to taste  
1 lg. eggplant, sliced 1/2" thick and cut into french-fry lengths  
cooking oil

Wisk together the ingredients in a large bowl. Slice and french-fry the eggplant and dunk into the batter. Heat a 1/2" of oil in medium frying pan over medium-high heat. When oil sizzles when a drop of batter is dropped into it, it's ready for frying. Gently lay the battered eggplant in the oil, and turn after about one minute to fry the other side. Remove and drain on a paper towel. Add oil as needed to the frying pan, but let it heat up before adding more slices. Serve warm with catsup or dip.

### Penne with Eggplant

This recipe comes from a Berkeley recipe web site ([recipes@soar.berkeley.edu](mailto:recipes@soar.berkeley.edu)). It's less fuss than some of the other recipes.

12 oz. penne  
1 med. eggplant  
3 Tbs. olive oil  
1 sm. onion, chopped  
1/2 cup white mushrooms, thinly sliced  
1 1/2 cups tomato sauce  
1 tsp. dried basil  
1 bay leaf  
1 tsp. dried oregano  
1/4 cup dry red wine  
1/2 cup mozzarella cheese, grated  
salt and pepper to taste



Cook penne in boiling water until al dente. Drain and set aside. Peel eggplant and cut into 1/3" cubes. Heat 2 tablespoons olive oil over medium heat in a large non-stick pan; add eggplant and sauté until brown and translucent. Transfer eggplant to a bowl and set aside.

Add remaining tablespoon of olive oil to the pan and sauté onions and mushrooms until onion is transparent and mushrooms are dark brown. Stir in cooked eggplant, tomato sauce, herbs, and wine. Cook for about ten minutes, reducing the heat if the sauce becomes too thick. Discard bay leaf. Add penne and cheese and stir until cheese is melted. Season with salt and pepper to taste. Serves 4.

### Eggplant Patties

I've saved the best for last. I've fixed this at least a dozen times in the past two months. It's an excellent use of those "over-mature" eggplants that may have a few bruises. The recipe comes from Opal Irving's food column in the April 23, 1987, issue of the Austin American-Statesman, and it has a permanent place in my recipe collection and my heart.

1 med. eggplant  
2 medium potatoes  
2 cups chopped celery  
1/4 cup chopped onion  
3 Tbs. soy or tamari sauce  
1 tsp. sage

2 beaten eggs  
wheat flakes (or whole wheat bread crumbs or even oats) (about 2 cups)

Wash, peel, and dice the eggplant and potatoes. Cook eggplant, potatoes, celery, and onion in water in medium saucepan until vegetables are tender. Drain and transfer mush to medium bowl. Add soy or tamari sauce, sage, and eggs and mix well. Add enough wheat flakes/whole wheat bread crumbs/oats to form patties. Cook in non-stick skillet over medium heat about five minutes and flip and cook another 5 minutes so both sides are golden brown. Serve plain or top with cheese or mushroom sauce, or use as a burger.

For more recipes, see Eggplant Recipes: Collection at [www.cs.cmu.edu/nmjw/recipes/vegetables/eggplant-coll.html](http://www.cs.cmu.edu/nmjw/recipes/vegetables/eggplant-coll.html)

### 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!*

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

-anonymous-

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# July Specials

The Herb & Spice Specialists



## Frontier

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## Yves

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**\$2.19 ea.**



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Sprouted Wheat Hot Dog  
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**\$1.49 ea.**



## Crystal Geyser

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**15% off**

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**New!**

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Apricot Papaya, Guava  
Berry, Mango Pineapple,  
Tropical Passion,  
strawberry Banana

**25% off**

**regularly 97¢,  
now 69¢ ea**





by: Robin Murray

# July

## Kids page

### Did you know...

One of the longest sand castles ever made was 5.2 miles long? It was made by the staff & students of a school in Great Britain called the Ellon Academy near Aberdeen in 1988.



### Just for Fun!

Chris and Pat are having a pretend beach party in their sandbox. Unscramble these words to see what they brought:

KUBTEC    \_ \_ \_ \_ \_ ⊖  
 THA        \_ ⊖ \_  
 CENUSSERN    \_ \_ \_ \_ \_ ⊖ \_ \_ \_  
 WOTEL        \_ \_ \_ ⊖ \_ \_ \_  
 SLEVOH      \_ \_ \_ \_ \_ ⊖ \_

Now unscramble the letters in the circles to find out what they drank lots of at their beach party!



Answers: ① Bucket ② Hat ③ Sunscreen ④ Towel ⑤ Shovel what did they drink? water!

## Try This:

### Make Sand Pictures

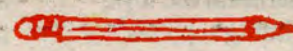
you'll need: Paper



Glue

Colored Sand \*

pencil



On your paper draw a picture or design. Decide where in your picture you want to use which color of sand. Put glue in the places you want your first color. Sprinkle sand over the glue, pouring any extra that doesn't stick back. Do the same for the next color and so on until your picture is finished. Let Dry.



### A POEM

Driving to the Beach  
On the road  
Smell fumes and tar  
through the windows  
of the car.

But at the beach  
Smell suntan lotion  
and wind  
and sun  
and ocean!

by: Joanna Cole  
from The Random House Book of Poetry for Children  
ed. Jack Prelutsky  
ill. Arnold Lobel

\* To make your own colored sand:  
you'll need:

light colored sand  
food coloring  
cups & spoons  
pour a little sand in a cup. Add a few drops of food coloring and stir in. Let dry slightly before

using!







## Disabilities and Families

by Robin Murray

I just got back from a trip to see my sister and brother and their families in Indiana. My sister's household is a wonderful place to be, with children and animals running rampant through her rambling five bedroom Victorian "fixer-upper". Underneath the toys, and clothes, and building supplies, there lies a lot of love. She's done very well since she was twenty-six when her disastrous first marriage ended, leaving her a single mother of two active girls and a boy with severe autism.

Her son's disability led her to her present occupation as a disabilities advocate.

Her fight to keep her son at home with school services during the day has been a long and uphill battle. In spite of the fact that such arrangements cost far less than institutionalization, our society still pushes hard to have the mentally disabled locked up away from sight. In a country that espouses individualism, we are painfully unable to accept an individual whose ability to communicate and follow social nuances deviates even slightly from the norm.

Fortunately, our lawmakers have, over the years, put into place laws which protect these individuals' right to life, liberty and the pursuit of happiness. Getting those laws upheld, however, is another matter. My sister had to spend a great deal of time familiarizing herself with them just to keep her family together, and now she shares that knowledge with other parents. They file complaints and even lawsuits against the public schools and the State of Indiana, over and over again.

The complaints range from a lack of programming as required by law, to families not being notified about legal hearings regarding their child, to

children not permitted to use the toilet during the school day. One child was even, without explanation, wheeled off the school bus in her wheelchair unconscious and with head injuries. Some of these offenses if committed against a "normal" child would cost someone their job at the very least. When the victim is a disabled child however, it seems a lawsuit is re-

quired to get even a slap on the wrist. Our society seems unable to cope with these kids. The fear and ignorance about them are well summed up in two questions regarding her son which people frequently ask my sister. She tries not to allow herself to feel as deeply offended as she has the right to be, but rather uses the question as an opportunity to educate.

The first question is "What did you do wrong when you were pregnant?" We need to be able to blame someone for this apparent tragedy, and parents are a handy scapegoat. While it's true

that some disabilities such as fetal alcohol syndrome are caused by a mother's abuse of her body while pregnant, most disabilities are not. My nephew's autism is, according to current theory, caused by a neurological birth defect. It is no more anyone's fault than if he had been born with a cleft palate or a kidney disorder. Some autistic people go on

greatly benefit society, as in the case of Bill Gates of Microsoft. Sometimes they're like my nephew and only benefit the people who know and love him. You can blame God if you want to, but no one else is at fault. The second question is "Is it fair to your other children to keep him at home?" Is it fair to deny her son the love and support of a family just because he has a disability? Is it so unfair to teach her other children tolerance and unconditional love? Of course, in keeping her son at home,

my sister has had to take extra precautions to ensure the physical safety of her other children but they have never been subjected to abuse or deprived of things such as food and love. They have even learned to take a little responsibility in caring for their brother, much the same way other children might learn to help care for an infant sibling. As for their

social lives, well, when I was visiting, there seemed to be no shortage of teenage friends hanging around and raiding the refrigerator! The girls clearly love their brother and if you know what to look for, he clearly loves them back.

This July 26th marks the seventh anniversary of the Americans with Disabilities Act being signed into law. Remember that the legal protection this Act grants is only the first step in guaranteeing the right of those with physical and mental disabilities to the same freedoms as the rest of us. Wheelchair ramps alone won't do it. We have to change our attitudes. We have to rid ourselves of the ignorance and fear surrounding our interactions with the disabled.

What can you do? If a friend or relative is disabled or has a child with a disability, be sure to invite them to events you normally invite friends and relatives to. Don't assume they can't come or that they won't bring the child. Instead, ask if there is anything you can

do to make it easier for them to attend and take part in the activities. If you feel uncertain or uncomfortable with the situation, ask for help. Let the disabled person or their caregivers know that this is all new to you and you need help understanding. Sooner or later all of us are affected by a disability, either our own or a loved one. It may come in the form of a birth defect or as a result of an accident or from aging. Wouldn't you like people to be supportive when your time comes?







# Get Involved



## Summertime... Time for Another Contest!

**Win Big Prizes!  
Have Fun while Recycling Onion Bags!**

by Bill London

Yes, it's summertime on the Palouse, and another long winter and rainy spring have driven us all a little bananas. So, it's time do something crazy, something to release those pent-up emotions, display a little of that hidden creativity.

It's also time to do something about all those onion sacks, those plastic mesh bags that the Co-op receives filled with onions.

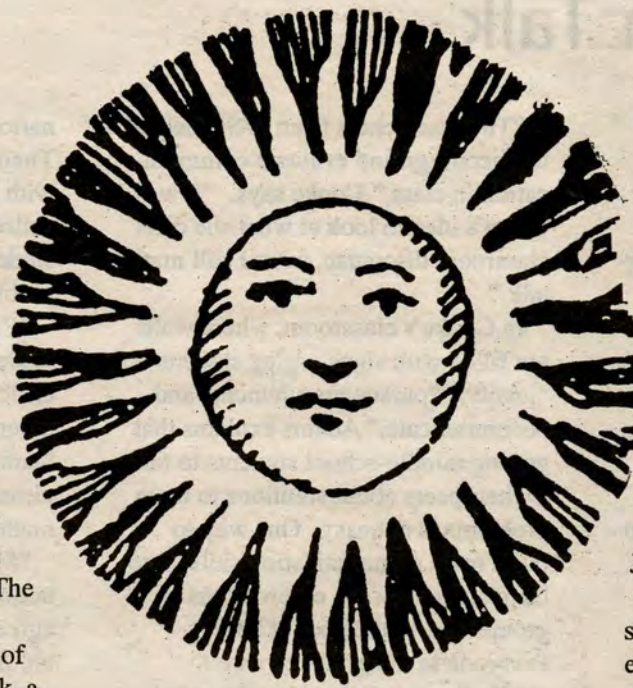
The recycling-conscious staff at the Co-op can't bear to throw away those onion sacks, so they stockpile them under the produce table in the backroom. The sacks have now filled every possible storage space. We need to do something with them.

We need to unleash the creativity of the Co-op shoppers to find a solution to the problem of excess onion sacks. (Go ahead, take some home.)

Welcome to the First Co-op Onion Sack Recycling Contest

### THE CONTEST—PART ONE (THE REAL WORLD):

The Co-op offers one prize for the best written description of an actual use for the onion sacks. The best written use of these handy storage units will receive a copy of the Recipes From India cookbook, a 100 page compilation of great family recipes from the Indian Women of Pullman. Those entering this part of the contest must send or bring a short (50 words or less) description of what they have used empty onion sacks for, or what they have seen the sacks used for. These short narratives, including entrant's name and phone number, must be mailed to the Co-op (310 West Third Street, Moscow 83843) or brought to the Co-op check-out stand and given to the clerks there. Put the narrative in an envelope and mark the envelope NEWSLETTER in big letters. All entries are due by July 15,



1996. These entries will be published in the August newsletter, and the winner will receive his or her prize at that time.

### THE CONTEST—PART TWO (THE NOT-SO-REAL WORLD):

The Co-op offers one prize for the best creation of anything fanciful or outrageous or whimsical using onion sacks. Imagine onion sack clothing, toys, hats, curtains, whatever. The best actual use of these onion sacks will receive a copy of the Recipes From India cookbook—plus a

selection of Indian foods off the Co-op shelves. The onion sack creations must be brought to the Co-op for display in the store, by July 15, 1996.

For these creations, recycled onion sacks must be one ingredient or element of the object—or onion sacks can form the entire object. Contest entrants are encouraged to take some onion sacks home for experimentation or for use in the creation.

### THE HIDDEN AGENDA:

We hope for entries from Co-op shoppers of any age, and even Co-op staff, volunteers and board members. Everyone is eligible to win.

We also hope to inspire everyone to take home some of these onion sacks. Ask any staff member for your share. They are located around, beside, and under the produce table in the back room. Take home a dozen.

## Can You Help the Newsletter?

by Bill London

We need an illustrator or two, and we could really use a backup layout computer whiz.

Do you want to earn volunteer discounts and support the newsletter? Please consider either of these positions.

The illustrator—we need to replace Kristina Wentzell. Kristina produced some wonderful cover illustrations and smaller inside art as well. She recently left for Maine, and we are going to have some boring covers unless one of Moscow's artists volunteers for this position.

The layout whiz—we need to replace Kelvin Saxton. Kelvin has been our replacement layout person

for a while, and though he is filling in for Kate Grinde this month while she is on vacation, this is the last time he will do so. He is leaving town, and we need someone who is ready to cover for Kate—or share the layout position and do it every other month. Kate says that the layout person would need some serious computer skills and computer stuff (including zip drive and a Mac with Pagemaker 6.0).

Are you the illustrator of our dreams? Are you the layout whiz we are looking for?

Please contact Bill London at 882-0127. Thanks.

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## Talkin' Math Talk

by Bill London

Linda Cooke wants her students to talk in class. A teacher of seventh-grade math at Pullman's Lincoln Middle School for 17 years, Cooke (M. Ed. '82) didn't start out encouraging that kind of behavior.

"The traditional way I taught, everybody taught, math was the old sit-and-get," she explained. "The students sit, get instructions from me, and complete problems on their own papers. No talking in class. Then along came Steve and Verna, and then the new standards, and I learned how to include student discussion in my classroom."

Steve Williams and Verna Adams, both faculty in mathematics education at the College of Education, brought the idea of encouraging and videotaping classroom discussion. When Williams moved, Adams took over the project in 1992. She wanted Cooke to try something new: student-centered discourse about mathematics to replace teacher-centered lecturing.

At the same time, new standards were released by the National Council of Teachers of Mathematics (NCTM) that also emphasized communication between students.

"The researchers from WSU helped us encourage and evaluate communication in class," Cooke says. "It was Verna's idea to look at what she calls classroom discourse, what I call math talk."

In Cooke's classroom, where walls are filled with signs urging students to "justify," "pursue your hunch," and "communicate," Adams explains that getting middle-school students to talk to their peers about solutions to math problems is not easy. One way to build math communication skills is to have students work on problems in groups—with the goal of having everyone in the group be able to justify the solution to the class while displaying it on an overhead projector.

Cooke smiles as she remembers the hours spent learning this new way of teaching. "We spent the summers analyzing videotapes with Verna. Little by little, we incorporated math talk and learned its value."

Their three years of continuing research, which was funded with \$344,000 from the National Science Foundation, culminated in publication of their findings and a presentation by Cooke and Adams at the NCTM

national conference in April of 1996. Their research partnership concluded with agreement that whether it's called discourse or math talk, getting students to explain how they solved problems is best.

"I've seen significant growth in the students," Adams says. "Discourse is critical to learning mathematics in a diverse society, where not everyone learns math in the same way, but virtually everyone can benefit from math discourse."

"Math talk is vital to students' understanding of math," Cooke agrees. "It has been exciting to be involved with something that really works, something that I want to share with other teachers. I'm not going back to the traditional way of teaching math. To do that would be cheating my students."

Especially the girls. Math talk, both agree, helps girls overcome the aversion to math that traditionally develops with puberty.

"Discourse in the classroom makes math more accessible to all students and lessens the difference between boys and girls in understanding math," Adams says.

"Math talk builds confidence. I've seen the girls improve in math after math talk came in," Cooke agrees.

Partly as a result of her research partnership experience, Cooke was selected as Washington's 1997 Christa McAuliffe Fellowship teacher of the year. The \$34,000 award will allow her to take a sabbatical year to work with Washington math teachers on student communication and problem-solving.

While incorporating her experience with classroom discourse in the college's preparation program for teachers, in the fall of 1996 Verna Adams began a classroom partnership with Judith Lancefield, third-grade teacher at Pullman's Sunnyside Elementary. Adams brings her students into Lancefield's class so the future teachers can try the discourse methods with children.

"We want to build our students' understanding and to give the third-graders some good problem-solving experiences," Adams says. "We would like to continue that partnership to build a model program for effectively teaching mathematics in a diverse society."

## Diane Albright: Still Supporting Camp Roger C. Larson

by Bill London

The College of Education owns a 40 acre camp on Lake Coeur d'Alene that includes docks, forestland, and facilities to house and feed 180 people. The camp was established in 1950 and known as Camp Easter Seal and Camp WSU before the Board of Regents, in 1980, renamed the site in honor of Professor Roger Larson of the college's physical education faculty.

Associate Professor Diane Albright, who now coordinates the Recreation Administration and Leisure Studies Program at the college, was the camp's director during the late 1970's and early 1980's. She saw the potential there for something more than a summertime recreation site.

"We only used the camp three months out of the year," she said. "In the 1970's, I suggested that the camp would be a great alternative school or outdoor education site. The place is

magic. Things can happen at camp that can't happen anywhere else."

This year Albright's dream will be realized. The camp will reopen this summer as a residential educational center for the most vulnerable youth, those with physical disabilities and those who struggle due to family instability, economic disadvantage, or other reasons.

WSU students in a variety of disciplines, from education to nursing to architecture, are redesigning the facilities and programs. The changes include upgrading and winterizing the buildings for year-round use, and installing the newest technological tools.

In partnership with local schools, generous alumni and friends, corporations like GTE and the Washington Water Power Company, and social agencies like the Casey Family Program, Camp Larson will be

transformed into a multi-use residential facility equipped to provide innovative and technologically-advanced educational and recreational programs.

"It's now happening," Albright said. "And I feel very good."

She can also point with pride at the volunteer labor and donated funds she, and many WSU faculty and staff, as well as community members, gave to the camp over the last few decades. Albright donated the repairs to the camp's pontoon boat, for years has volunteered with summertime mowing and caretaking responsibilities, and last year, paid to have the camp buildings professionally cleaned. And again during the 1997 Faculty/Staff Drive, she plans to offer more support for her favorite camp.

"This is what we needed: an infusion of youthful energy to take the camp into the next century," Albright

summarized. "And the new director, Geoff Wood, is the man to make it happen. He loves the facility and the people involved—just like Roger Larson did."

### Please Note

Diane Albright, Geoff Wood, and the College of Education invite all WSU faculty and staff (and their families) interested in the future of the camp to an openhouse, on Saturday, May 3, 1997, between 10am and 4pm. Lunch, as well as boat rides and other activities, will be provided. For more information and directions, contact the College of Education Development Office, 509-335-7475.





## Day Hiking in the Palouse

by Vicki Reich

It's the day before Solstice as I sit writing and it still feels like spring. But these cool sunny days make me want to take a walk in the woods and a drive through the still green wheat. Where to go is the question some of you may be asking. Well, we've got a lot of choices just a short car ride or even a bike ride away. So, pack up a snack (see end of article for some make-at-home snacks) and plenty of water and go explore some of the great day hikes on the Palouse.

### IDLER'S REST

Idler's rest is Nature Conservancy owned land. It has a couple of loop trails that take you through a stand of western red cedar, an old orchard, and typical Moscow Mountain Habitat. Trails range in length from 1/2 mile to 2+ miles. The grove of cedar is especially delightful, giving you the feel of being in a sanctuary. It's a great place to go on a hot day, since the enormous trees keep the forest floor nice and cool. Idler's Rest is located on Idler's Rest Road at the base of Moscow Mountain (take Mountain View Rd to Idlers Rest Rd.). It can be a little tricky to find, look for a pull off on the left side of the road and there's a small trail marker in the parking area showing you the trail starts across the road.

### KAMIAK BUTTE

Kamiak Butte is a Whitman County park. It is the best day hike to take on a clear warm day. There are two trails leading up to the top of the butte, one is very well maintained and has a fairly gentle incline while the other is pretty steep in places and not as easy a hike. Both have you gaining a great deal of elevation and are not easy hikes. The two trails form a loop so you can go up the easier one and walk all the way along the ridge line and then go down the steeper trail. Either way you go, you will be treated to spectacular views in every direction. The trails going up the butte are mostly through wooded areas but the trail across the ridge is open and it can be quite windy up there. Bring lots of water and maybe a second layer of clothing since the temperature on top can be colder than at the base. To get there, take hwy.

27 to Palouse from Pullman and follow signs for the park. The first parking area leads to the easier trail and the second parking area leads to the steep trail. There is also overnight camping available there.

### ROSE CREEK PRESERVE

This little known section of Rose Creek is an example of a healthy riparian area. It is also Nature Conservancy land. There is a short trail that leads you along the creek. It's a beautiful spot to visit on your way to Kamiak Butte. It's interesting to see what a healthy riparian area looks like, since there aren't very many examples in this area. The trail is somewhat wild and it's a good idea to wear long pants since stinging nettles grow in profusion there. You should also bring your binoculars to do a little bird

watching. Take hwy. 27 from Pullman and turn left on the Palouse-Albion Rd. Go about 4-5 miles and turn right on Shawnee Rd. The preserve is on your right.

### KLEMGARD PARK

Klemgard Park is located between Pullman and Colfax and is a great place to take the kids and have a barbecue. It has a wonderful playground and pavilion for picnicking. It also has a lovely hiking trail which is about 2 miles long round trip, which climbs up the hill behind the pavilion. The best way to get there is to take hwy. 195 from Pullman toward Colfax. Look for the signs to Klemgard Park after you pass the landfill, then just follow the signs to the park.

There are lots of other areas to explore that are a little further away. Palouse Falls in Washington is an all day trip that's worth the drive. Take hwy. 26 out of Colfax to Washtucna and take a left then look for signs to the falls. Another beautiful falls is Elk River Falls. Take hwy. 8 towards Elk River and look for signs. Steptoe Butte offers beautiful views but not a lot of hiking. You can drive all the way to the top. It's the perfect trip for those who can't manage the hike up Kamiak Butte. There is a three mile loop trail along White Pine Dr. north of Potlatch that starts at the Giant White Pine Campground. This is one of the last places to see the giant white pine. A great place to stop on your way to Spokane is the

### Turnbull National Wildlife

Area. Take the Cheney-Plaza Rd. from Plaza or Cheney and follow

the signs.

This is a great bird-watching area. And

there's

always

Moscow

Mountain.

There are

lots of

trails to

explore and

some great

mountain biking.

When you visit any

of these places, please

obey all the posted signs, keep on the trails and pack out more than you packed in. The following recipes will keep you well fueled for your hike:

### PROBARS

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

Preheat the oven to 350 F. Beat the eggs and honey together until thick

then blend in the remaining ingredients. Press firmly into a greased 8-inch square pan and bake for 25 minutes or until lightly browned. Cut into bars, then let cool.

### HONEY-NUT BARS

- 1 egg
- 1/2 c. honey
- 1 t. vanilla
- 1/2 c. whole wheat flour
- 1/2 c. instant dry milk
- 1 t. baking powder
- 1/2 t. ground coriander
- 1/2 t. nutmeg
- 1/2 t. salt
- 1 c. chopped roasted peanuts or almonds
- 1/2 c. ground sesame seeds

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

### MOLASSES MARBLES

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

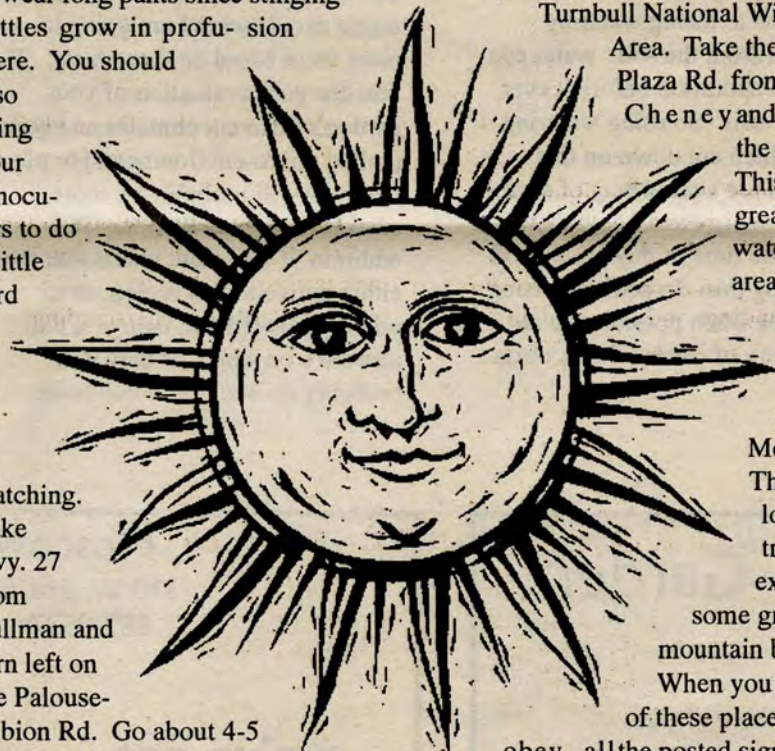
Form into small balls and roll in one of the following: Chopped nuts, sesame seeds, coconut flakes, sunflower seeds.

### SPICY SEED SNACK

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

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

If you'd like to find out more about Backcountry Cooking, the Backcountry Cooking Class is being offered again on July 16<sup>th</sup> from 6-7:30 p.m. Sign up at the check-out stand.







# The Garden Corner



## Saving Water in the Garden

by E. Lark

Seasons in the Inland Northwest sometimes seem to be a matter of definition, rather than occurring in a sensible sequence. We have had sudden thaws and springlike weather in December, winterlike weather (including frost and snow) in the summer, and summer-like conditions in the spring. However, we can generally count on 2 - 4 months of dry weather in the summer. Because of this, and because water is becoming an expensive resource in many places, it is good for the average homeowner to be able to save water.

It turns out that there are many ways that water can be saved. However, for the most part, these can be divided into three groups: First of all, protect bare soil from losing water through evaporation. Second, water so that less is lost through evaporation. Finally, try to grow plants that do best in the conditions that you are able to provide. I will write in more depth on each of these, but in this column, I intend to just give a basic list of solutions.

When the weather is dry, soil is continuously losing water. However, some soils lose less water than others. On the Palouse, in general, we have a heavy clay soil (although, those of

you in the mountains may have an acidic loam). While there are problems with a clay soil, it can be a blessing, when growing many perennials. Clay holds water well (especially when the top layer has dried). Still, even clay needs protection from water loss. Generally this is done by covering the soil. This is called mulching. In my dictionary at home, mulch is defined as a cover of loose materials such as straw or other plant materials on the soil. However, mulch is used in a much broader sense nowadays. So a covering of plastic might also be a mulch, and some groundcovers are described as mulches. So the first step in saving water would be to cover the soil with a mulch of some sort.

In addition to losing water by evaporation from the soil, water can be lost in evaporation before it ever touches the soil. So using watering methods which cut down on this evaporation are a good way of saving water. Changing the amount that you water and the time of day are a good way of doing this. In addition, using soaker hoses when possible are an excellent way of cutting down water use.

If you know your garden, then you will know that different parts of it have different environments. For an example of this, contrast the north side of your house, to the south side. On the south, you have more sun. On the north, it may always be shady. If you had a moisture-loving shade plant, you might want to put it close to your house, on the north side. On the other hand, if you wish to grow hardy cacti, you might place them in a well drained, dry spot on the south of the house. If you think about your garden, you might find more subtle differences as well. It is windier in my back yard than in my front. In addition, I tend to get frost on the middle part of my back yard before I get it anywhere else. So I might decide what I am going to plant there based on these facts. If you use your evaluation of your garden's different climates and soils (called micro-environments) to plant, then you will probably be more successful at saving water. In addition, if you plant plants that are either native to this region, or to other regions like it, then you will also save on water, as they will probably do better in our climate.

From the above, you will probably think that saving water can be quite complex. However, if you start by doing small things, you will probably be rewarded. In addition to saving water, you may actually save time — and be able to spend it enjoying your garden.

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## Things to do in the Garden: July

1. Start beans and warm weather greens (again)
2. Start a new bed.
3. Mow lawn.
4. Some pruning
5. Weeding.
6. Garden construction.
7. Pick flowers for cutting.
8. Plant warm weather grass, such as buffalo grass.

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## Can Progressives Permit Themselves To "Burn Out"?

by Fred Krissman

Editor's Note: Fred has been Rockefeller Scholar at WSU's Center for American Cultures and Race Relations this year. He is writing a book comparing citrus and grape workers in California and apple workers in Washington's Yakima Valley.

A progressive person may listen regularly to *National Public Radio* and *Pacifica's* "Democracy Now", and read *The Nation* and the *New York Times*. There's so much bad news that many throw up their hands and say something like: "The world has so many problems and these problems seem so eternal that there is nothing I can do, except maybe be fair and honest and sincere with the people that I come into contact." There are so many consumer causes that a journal (*The Boycott Quarterly*) is required to compile and update all the forbidden products. It is a natural defense mechanism to respond, when informed that a favorite product is verboten: "Its getting to the point where there's nothing left for me to eat!" Its easy under these circumstances for a progressive to "burn out."

Although it IS natural to react defensively, a progressive must get beyond the knee-jerk response, taking the time to get the facts and then act upon them if intolerable conditions in the world are ever to improve. (That's why you're reading this article, right?)

Examples: a boycott against Nestle products moved that transnational corporation to negotiate an end to unethical practices in the promotion of baby formula in 3rd World nations where impoverished conditions favor children that are fed breast milk; boycotts and divestments of companies helped end racist apartheid in South Africa. Therefore, it was progressive consumers, like those that market at the Moscow Food Coop, that changed policies and practices that affect millions of lives far from Pullman-Moscow. We DO have power if we choose to use it!

I'm writing to you because there is a simple action you can take to foster

a just cause much closer to home. There is a segment of the population right here in America that live under conditions more like those in the 3rd World. The people who provide us with our fruits and vegetables work under dangerous conditions and live in poverty. Their children are malnourished, poorly educated, and without health care. Things are so bad that the average American farm worker has an average life expectancy of only 49 years, far lower than the average in Mexico! Indeed, farm work is so poorly remunerated that only recent immigrants, with few other options, are found laboring on our farms, exacerbating the immigration problem. Three million of these workers produce total annual agricultural revenues of \$150 billion, yet the average farm worker only earns about \$5,000 annually.

You may have thought that the United Farm Workers union solved all these problems in the 1970s, with the help of a progressive consumer boycott against table grapes. Unfortunately, growers continued to fight the UFW, and over time consumers stopped responding to the boycott call. For example, there has been a table grape boycott in effect since 1983, when the grape growers refused to sign new contracts with the union, and wages fell back to pre-1970s levels. Indeed, Pavich Farms was one of the grape grower leaders in decertifying union contracts, yet the Moscow Food Co-op is selling their grapes this summer. With so many other good fruits in season, is it necessary that the Co-op ignore the UFW boycott and sell Pavich grapes?

In other states, conditions for farm workers are even worse than in California (see *Z Magazine*, 10-1995). For example, the PCUN (translated as "Northwest Treeplanters and Farmworkers United"), the only farm workers union in Oregon, has had a boycott against the state's largest food processor/distributor (NORPAC) since 1992. Wholesome and Hardy (W&H) distributes its "Gardenburger" through NORPAC to major retailers across the nation. PCUN requested a meeting with

W&H to discuss the boycott hoping W&H would try to pressure NORPAC to negotiate with the farm workers. However, W&H refused to even meet with PCUN representatives. Therefore, PCUN added W&H's Gardenburger to the boycott, since the 2 companies have an ongoing business relationship (just like Shell Oil was a boycott target in the anti-Apartheid campaign). PCUN will never get anywhere with the NORPAC boycott if every company distributing through it refuses to discuss the problems in the fields. PCUN has informed the Co-op staff of the boycott, and an article appeared in the Co-op's newsletter last year. However, because the members did not speak out, Gardenburger remains in the frozen food case, one of several soyburger products available. Is it necessary that the Co-op ignore the PCUN boycott when there are alternative brands readily available?

America's farm workers remain the most impoverished of the working poor because growers, processors, and distributors make higher profits by paying low wages. Until consumers demand that all people that work get a living wage, this situation will continue. It is not too difficult to stop eating table grapes or to eat a different brand of soyburgers.

Call Kenna Eaton and Kim Cantrell at the Co-op. Tell them that the Co-op should not carry products under a boycott call by the poorest workers in America. Don't be a progressive that tolerates burn out—the farm workers need your support. Thank you very much for your consideration and activism.



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## Moscow Vision 2020

by Bill London

Moscow Vision 2020 has a new home. Instead of residing at the University of Idaho, this list is now housed at First Step Research. The new address is (vision2020@moscow.com).

Messages sent to this new address or to our old address at the UI will go to this list.

We changed because our original list manager, Greg Brown, is moving to Alaska and was ready to pass on the managing chores.

John Teeter of FSR generously offered to house Vision 2020 at no

cost. And in addition, he provided a World Wide Web site, archiving options, easy subscribing, and a host of other user-friendly linkages and stuff. In sum, he is donating a whole pile of services to Vision 2020, and we are very appreciative.

Everyone who subscribed to the previous email list is now subscribing at the new address. For anyone who wants to join our email discussion list, now there are 2 ways to subscribe. (There is no cost to subscribe, and by subscribing you will receive all messages sent to Vision 2020 and will be able to comment to the list and join in our discussions.)

1. through email. Send email to <vision2020-request@moscow.com> and type <subscribe> in the subject line. Within a few minutes, you should get the mission statement as a welcoming message. If not, try again or use method 2 (using the World Wide Web).

2. using the World Wide Web. Go to the following WWW address—<http://www.moscow.com/>. At the bottom of that page, click on Moscow Vision 2020. That opens the Vision 2020 page with 5 underlined options. To subscribe, choose option 2 (joining the discussion). After you

click on that underlined phrase, a simple subscription form will appear. Just fill it out and send, following the instructions.

To comment to the list, address messages to <vision2020@moscow.com>.

Please visit the Moscow.com page on the WWW. Enjoy what else is there and build links to other Moscow stuff.

And please join us in expressing our thanks to John Teeter and everyone at FSR for their very generous support of Moscow Vision 2020 and the Moscow community.

## Planning to Go to the Barter Fair?

by Bill London

For 18 years now, autumn has meant Barter Fair time in Benewah County. In September, the Santa Barter Fair has been a big party for trading, selling, and watching how tall the kids can grow.

And for the last few years, this fair can claim an amazing distinction—the last of the free fairs. As the other larger barter fairs of the Northwest have become expensive destinations (costing \$5, \$10 or more daily), this fair has stayed free, with no admission or sales fee or anything.

On the weekend of September 6 and 7, a remote meadow three miles outside of Santa, Idaho, will be transformed into a little village, as tipis, busses, pickups, and all manner of vans become instant homes and retail outlets. Anyone is welcome to join the circle. Fill your car, truck or van with produce, crafts, or the junk you were saving for that next garage sale, drive it north, and park it in the circle. Soon people will wander by, and offer you apples for that chair, a few bucks for the candles you made, or a selection of dried herbs for

sampling and purchase.

In addition, to foster the community spirit of the event, on Saturday night (September 6) the community potluck will combine everyone's food into a meal you'll remember for a long time. The meal will be followed by music, a down-home jam on guitars and drums around the bonfire.

There is no admission fee of any kind, though the fair's organizers could use donations to keep it going. Dogs must be kept on leash. No noise from generators is allowed. Remember that there is no electricity or water available at the site, so bring flashlights and filled water jugs.

The site is easy to find. From Moscow head north on Highway 95, then turn through Potlatch on Highway 6. At the intersection with Highway 3, between Santa and St. Maries, turn right toward Santa. Turn right onto the gravel road before the river, about a mile from the intersection. Follow that road (plenty of signs will be posted on it) to the Barter Fair.

If you have questions, call Leah at 208-245-4381.





# College of Education Wins Diversity Leadership Award

PULLMAN, Wash.—Washington State University's College of Education received a 1997 Recognition Award for Leadership in Diversity Issues from the Washington Alliance of Black School Educators on March 22, according to alliance president Hertica Martin, principal of Meadows Elementary School in Lacey.

The college is the first public institution to receive the award, Martin said. Previous winners have included individuals and private corporations, she said.

"The college of education is the leader in this state, not only in increasing the diversity of its students, faculty and staff, but also in infusing diversity issues throughout the

curriculum," Martin said. "I don't know of any other institution that is so committed to diversity—not just words on paper, but actually doing it."

The award was presented at the alliance's annual conference at Seattle. With Dean Bernard Oliver unavailable, Milton Lang, director of student recruitment, accepted the award.

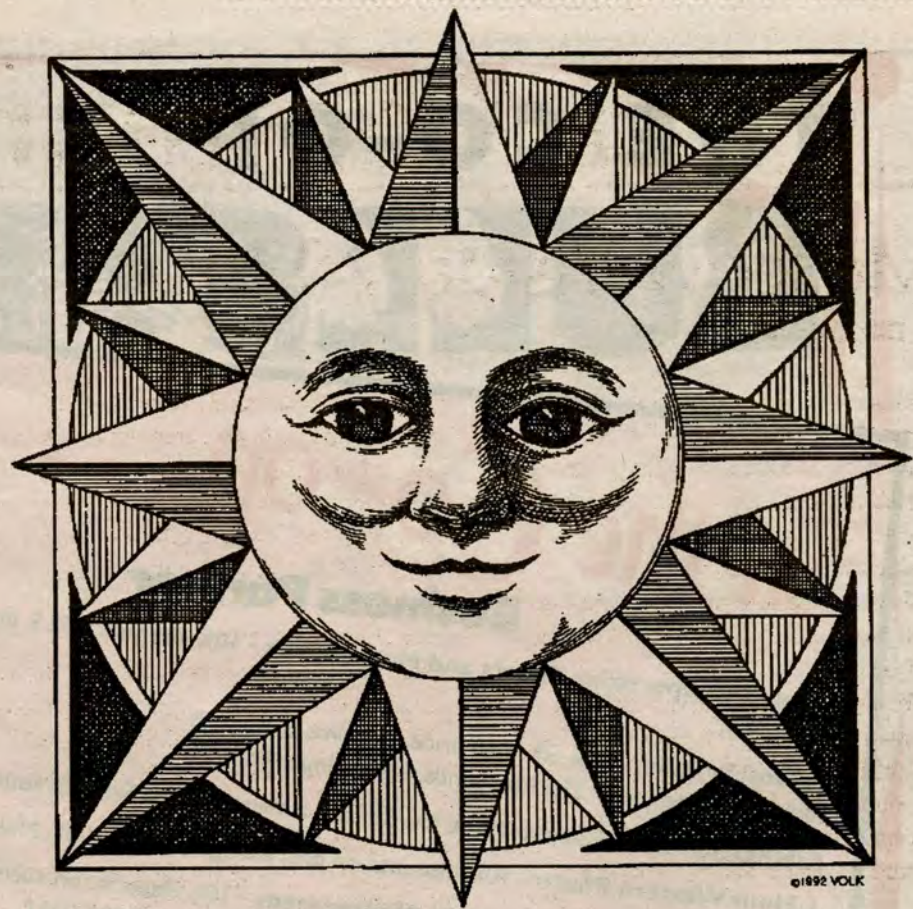
#### CONTACT:

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london@wsu.edu

Bernard Oliver, 509-335-4853

Hertica Martin, 360-493-2282

Milton Lang, 509-335-4864



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## Business Profile



### One Hour Western Photo

by Linda Canary

I decided to talk to the manager of this business because she has always been so very kind to me and she somehow remembers my name every time I'm in there. Now that's a remarkable thing to me. I learned her name today, and it's Leigh Boyd. She's been at the store a total of seven years and plans on staying there for a while, too.

She's one of those people that I encounter occasionally who have a way about them that is soothing and peaceful, and so I ask her if she learned it in management school. You know, a seminar like "How to deal with the stressed out customer whose grant deadline is tomorrow and they have these exotic type portfolio slides that take a week's processing in California."

She replies that a couple times a week someone does unload stress on her, but she knows it has nothing to do with her, so she is nice to them, tries to explain the situation in an intelligent manner, and helps them find a way to get their stuff get done,

maybe somewhere else in town. "Then, they'll come back, and some even apologize." That's what she likes about working at the Moscow store rather than the one in Lewiston or Pullman. "The people in Moscow are the friendliest — weirdest, but best that I've worked with."

She is good to her help, brings them back presents when she's been on vacation. "Gee, why not, they've been holding together the store, doing all the work," she says, "They become my friends." Need a job? I think it sounds like a great place to work, except for the chemicals. And then Leigh explains that OSHA has very strict guidelines for them to follow: ventilation fans, ionizers, dilute (two parts per million) solutions before they go down the drain.

The prices at Western Photo haven't changed for ten years. But it looks as though this whole digital camera push is going to be changing the face of developing in the future. Leigh says, "It's a very scary thing, this Advanced Photo System that the

camera companies are pushing; the consumer doesn't know what it entails." What these companies aren't telling us is this computer film and developing are costing a mint, not to mention the cost of the equipment for the processor — like \$60,000. Think I'll keep my 25 year old Minolta. It may soon be a relic.

Leigh loves the Palouse. "We have the best of everything here," and goes on to mention the rolling hills, deserts, proximity to rivers. And she

loves the Co-op, "I cried the day they were going to move, 'cause I feel loyal to these Third Street businesses." She was one of the very first businesses to offer the 10% discount to Coop members. So, don't forget to tell them about your membership, before they ring it up cause they don't have a void key, although Leigh is the kind of person who will go through the hassle for you if you forget. When she says, "Thank you," she really means it.

Now Open Sundays • 12-5

## -HOBBIES-

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# THE CO-OP

# BUZZEN BOARD

## at the Co-op... Business Partner

- Brown's Cooperstone Sports and Memorabilia** - 10% discount, 202 S. Main, Moscow
- Columbia Paint** - 30% off retail price on paints & supplies - additional discount on Del Mar blinds, 610 Pullman Rd.
- KINKO'S** - 10% discount and free Co-op card lamination, East Side Marketplace
- 1-Hour Western Photo** - 10% discount on processing, 320 W. 3rd St., Moscow
- John A. Hauser, Global Portfolio Management** - 10% discount on socially responsible investment consultation, 126 S. Grand Ave., Pullman, 334-3351
- Paradise Creek Bicycles** - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703
- Moscow Yoga Center** - 10% off classes for new students, 525 S. Main St., Moscow, 882-8315
- Copy Court** - 10% off all services, 428 W. 3rd St, Moscow, 882-5680
- Northwest Showcase** - 10% off retail prices, 531 S. Main St., Moscow, 883-1128
- Pasta, Etc.** - 10% off retail prices, Eastside Marketplace, 882-4120
- The Globe - Gyros and World Eatery** - 20% discount on meals, NE 1000 Colorado, Pullman
- Hodgins Drug and Hobby** - 10% off all educational toys and hobby supplies, 307 S. Main St., Moscow
- Hands of Health Massage Therapy - Eva Jo Hallvik** - 10% off massage, by appointment, 502 1/2 Main St. #1, Moscow
- Jo to Go** - 10 for the price of 7 with prepay card or 10% off, 730 Pullman Rd., Moscow
- Hobbytown U.S.A.** - 10% discount on retail prices, 1896 W. Pullman Rd., Moscow, 882-9369
- Marketime Drug** - 10% of all beer-making supplies, 209 E. 3rd St., Moscow
- Mary Jo Knowles - WMC Mortgage Corp.** - Free Credit Report (\$53) with loan application, 882-1812. 111 S. Washington, Moscow
- Kaleidoscope "Custom Picture Framing"** - 10% discount on retail & custom framing, 208 S. Main #11, Moscow
- Basically Bagels, Eastside Marketplace** - Buy one bagel w/cream cheese and receive the 2nd free.
- The Vox** - Free coffee, tea, or soda with meal purchase. 602 S. Main, Moscow
- Please help by asking about details and showing your membership card before making purchases.

### Bulletin Board Announcements

Announcements of events, classes, give-aways, and non-profit sales will be printed here, at no charge, on a space-available basis.  
Submit written announcements by the 20th of the preceding month, to Beth Case at the Co-op or send to Beth's e-mail address: bethc@uidaho.edu

### Don't Miss the Taste Fair!

in the Co-op Parking Lot  
10 am - 6 pm  
August 1 & 2  
come by and try our free samples.



## MOSCOW FARMERS' MARKET FRESH Produce

Flowers, plants, baked goods, crafts, and music

Friendship Square, Downtown Moscow

### Farmer's Market Music - July 1997

- July 5th Two Dollar Bills - Bluegrass  
July 12th Snake River Six - Dixieland (free bike repair)  
July 19th The Equinox - Jazz fusion  
20 year Anniversary of the Market Celebration!  
July 26th Makin' Island Music - Hawaiian

For more information, contact Mary Blyth at 883-7036.  
Sponsored by the Moscow Arts Commission.

**SATURDAYS 8 a.m. - 12 p.m.**

### 1997 World Walk for Breastfeeding

Breast Milk is green... that is, it is one of nature's most remarkable renewable resources. Breastfeeding is not only best for baby and mother - providing perfect nutrition and protection against infection for the baby while decreasing the likelihood of breast, uterine, and ovarian cancer in the nursing mother - it is also the ecologically sound way to nurture infants, requiring no packaging, energy resources, or waste disposal. Please help support breastfeeding locally and globally by walking and pledging in La Leche League International's World Walk for Breastfeeding. Bring your family and come walk a mile with us on Saturday, August 2. Walkers will meet at 10 am at Reaney Park in downtown Pullman. LLLI, the world's foremost authority on breastfeeding, provides support to some 200,000 women in more than 66 countries. For more information on the walk, call Laurie at 332-1120 or Jean at 334-0832. To pledge, make checks out to La Leche League of the Palouse and send c/o Laurie Schneider, 1015 NW Clifford, Pullman, WA 99163.

### Summit on Economic Vitality

in Pullman on Wednesday, September 10 at 7 p.m.  
in Moscow on Thursday, September 18 at 7 p.m.

A Historical Perspective on Growth on the Palouse  
Infrastructure Issues  
Pros and Cons of Growth  
Economic Vitality from a Business Perspective  
Audience Discussion on Creating Feasible Acceptable  
Economic Growth which Preserves and Enhances the  
Quality of Life