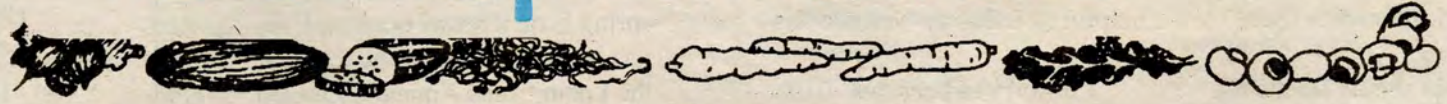


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Moscow Food Co-operative Community News



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Juicing at the Co-op

by Kenna S. Eaton

Did you know that eating fresh fruits and vegetables can boost your energy level, supercharge your immune system, and maximize your body's healing power? Who says so? The United States Surgeon General, the National Cancer Institute, Congress, the world's top scientists and medical researchers. Respected doctors and nutritionists all endorse this approach to health. And how can you get the greatest benefit from fruits and vegetables? Through juicing! Juicing is a convenient and inexpensive method of obtaining the most concentrated form of nutrition available from whole foods.

The Co-op's juice bar is the only place in town to experience fresh, organic (whenever possible) whole juices. These juices are made to order and can utilize any of the produce we sell in the store. This unique lunch idea is low in fat and calories, high in nutrition and an easy way to get those five or more servings of fruits and vegetables a day. You can make it the cornerstone of any meal and build from there. Or drink juice instead of a meal when you're in a hurry.

So, juice is good for you, but how does it taste? "It's wonderful!", "Sweet!" and "Delicious" are only some of the words that our customers use to describe our fresh juice. Use the coupon from this newsletter for 50¢ off any juice, any size through March 31st and try it yourself!

Co-op - News

Questions from the floor

by Kenna S. Eaton ,gm

Often the suggestions from the board by the kids' room are routed to my desk. I must be the last resort for unanswerable queries. I thought I'd take some time to answer these questions this month.

1) "How about setting up the toy room with an adult table and chairs so it can serve as a place for deli customers to eat during the winter and foul weather? Of course kids should still feel welcome to be there."

Thanks for the suggestion! That is the most common request at the Co-op right now. Unfortunately I think that using the kids' room wouldn't work. I think that the kids would be uncomfortable with the grown-ups in there, and it is such a small space. We do hear a lot of requests for sit-down seating at the Co-op, and the problem is always "where?" We do have a large space upstairs (the Bazaar) that is not in use most of the year. So, what do you think? Would people go upstairs to eat? What sort of place would it be? How about our physically-challenged customers? These are the questions we ask ourselves. To that end I am currently devising a survey to ask our shoppers just those questions and more. It'll probably be a survey conducted in the store, sometime this spring. I'll be sure to let everyone know the results.

2) "How about a gutter over the entry door from the parking lot?"

It is a drippy mess right there isn't it? I am looking for a solution to that problem, though I don't think a gutter would solve the whole problem (these things are always more complex than one imagines). I'm thinking of an awning. Of course that would only move the drips further out into the parking lot. Hmmm!! This one needs deeper thought. In the meantime, Thank-you for the feedback, and have you tried the door on Third St. yet? It's a little less drippy.

3) "Request dog owners tie their dogs well away from the front door"

Ah! Consider it done. I will post signs outside the Co-op asking dog-people to "Please tie up your dogs away from the door"

Take note dog owners ! There

are lots of small children, and people who are uncomfortable around dogs who shop at the Co-op too.

4) Be at least as friendly and helpful as Safeway- you are slipping"

I'm sorry to hear that. Usually our customers comment on how friendly and helpful our staff is. You must of caught us on a rough day. We will make every effort to let staff know that you are unhappy with us. Please let me know how we do.

5) "I came into the store this evening and it was really gross -- food all over the floor -- open containers of food around the store - - you should clean up this or people will stop shopping here!"

Ah! Caught again! My apologies! Bulk foods can be messy, that's one of the reasons other stores don't like to sell them. But it shouldn't get that dirty. We do make every effort to clean up after ourselves and others, but sometimes it's more than the staff can handle at one time. I will make sure that the staff makes it a priority to keep up with the mess.

Thanks for commenting on the Co-op. It is one of the ways we can find out how we need to improve our service and store.

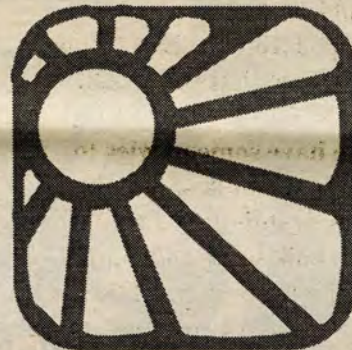
Creek Clean Up

by Kristi Wildung

Although the snow is still flying as I sit and write this, I know that spring is on it's way because I've just been informed of the date for the Latah Creek Annual Clean Up.

The Co-op has adopted two stretches of the Creek near the UI campus and will be needing lots of dedicated volunteers to help us make it beautiful once again after the long, cold winter.

The clean-up will be held on Saturday, April 19th and will last about three hours, probably from 9 a.m. to 12 p.m. Dress warmly and in clothes that can get dirty, and please bring gloves and shovels or other tools that can aid the clean-up. I'll post a sign-up sheet on the volunteer board at the Co-op to help you remember. Hope to see you there!



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Buy-Line

by Kim Cantrell

Please try to get some light roast coffee-Ah, but we do. Okay so up until last week we only had one from Cafe Mam called "light roast," but since then we've brought in Craven's organic line of coffees and they have 5 different light roasts.

Please get Celestial Seasonings Maple Nut-The closest I can tell, they make a Vanilla Maple. They have also discontinued many flavors in their line of products.

Please get licorice tea (in bulk)-Sure

Organic Silken Tofu-Alright, I'll try it and see how it goes. Look for Island Spring brand.

Chow Mein Noodles-We have them, look by the bulk pastas or ask a staff member to show you where they are.

Organic catnip-You are more than welcome to special order this product. It comes in a 1 lb. package and runs about \$16.

Will you be carrying sweetened cranberries instead of craisins-We do, our cranberries are sweetened with apple juice.

Larger quantities of bulk raisins-Yes, it is true we only package raisins in the smaller zip-lock bags but you can order larger quantities in as small as a 5# box or up to 30#. Also, ask one of our staff members to bag you up a larger quantity.

Bamboo back scratcher-Special order, please.

Is the Blue Sky orange creme discontinued? Please say "no"-Yes, we really did discontinue that particular flavor due to slow sales. You can get special order it by the 6 pack or a case (4-6 packs).

Chicken Noodle soup-We still have it. Look on the top shelf of the soup aisle.

Can you get Traditional Medicinals Mother's Milk tea?-Yes, and we have had it in the past, but it is a very slow mover. You can special order it.

Organic Coconut Oil-I was not able to find organic coconut oil, let me know if you know a particular brand.

White utility candles-They are here, there was a shortage from our distributor for awhile.

Please reconsider discontinuing large bottles of organic olive oil and organic vinegar-I'm sorry, neither product sold very well. I

asked about carrying bulk organic olive oil but found that it tended to go rancid quite quickly. I can special order it by the bottle and I will seriously consider these products again.

Goat Milk please (not powdered)-Alright I'm going to try Meyenburg aseptic packaged milk and see how it goes.


Herbal comfort tea "Diet Partner"-This product will have to be special ordered.

What happened to bulk Republic of Tea Rainforest-Good question-look for it again soon.

No Equal Exchange coffee!?!-I asked about this product and was told 1) sales were slow (making the coffee quite unfresh), 2) Frontier and Cafe Mam buy from farmer co-ops like Equal Exchange (so if you are worried about money going back to the farmers, don't), 3) Cafe Mam and Frontier are roasted the day I order them so they are much fresher than Equal Exchange which was being shipped from the East. I can though still order it if you would like.

Please have some movies to watch while the bulk shampoo pours, it is so slow-If you are finding the bulk soaps and lotions pumping slowly, please feel free to go to the back of the store and use a funnel.

Can you please carry Guar Gum-Sorry, this product is rarely asked for but can be special ordered in 1# packages.



Karen Young

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From the Produce Department:

Concerns About Raspberries and Plastic Bags (OK so it's a boring title, what can I say?) by Laura Church

Here are some questions from the suggestion board that I thought merited a little more attention than just a quick response.

I do not think you should carry raspberries or any other fruit from Chile because of importing pesticides here.—This is a very valid concern, and I would like to address this issue. The first line of the Co-op's mission statement says "To provide food and other products that are reasonably priced, locally and/or organically grown...." First of all, I would like to assure you as the consumer, that the produce department tries it's very best not to bring in fruits and vegetables from Latin America if they really are just luxuries. However, we don't always know where produce is grown until we get it here in the store. But it's also important to know that much of the commercially grown produce that we have here in the winter does come from Latin America. Tomatoes, bananas, zucchini, all of these vegetables are grown in Mexico or Chile in the winter. If you are ever concerned with where something is grown, just ask. We bring these products in because they are inexpensive and there is a demand for these items from our customers. Not only are we here to bring you good food, but also affordable food. You will also notice that there is often a choice between organics and non-organics in our produce department. Often we only have the organic option if the price is such that we feel people will not mind the extra dime or two it costs to buy organics. As with the raspberries, we brought them in because we thought people would like them for Valentine's Day, but if you look in the freezer section you will notice that we also have frozen organic raspberries available almost every day. Spending your money is about choice and what you want your dollar to support. We don't want to make those choices for you, although we always encourage you to buy locally and organically.

Could you possibly get smaller plastic bags for the produce? I hate to waste an entire huge bag on a few carrots, but there's not

really any other way to carry them. Unfortunately there aren't really smaller bags available to us at a reasonable price, and you know the Co-op is always trying to cut costs where we can to keep the consumers' prices down. However, here are some suggestions you might consider. First of all, try not taking a bag at all, or if you really need one, why not try putting several items in one bag. The cashiers are always happy to sort out the produce at the register. You can also reuse your bags any time, or take one of our recycled bags. You will also save 4 cents on every bag you use, which is the approximate cost of the bags to us.

What ever happened to George's carrots? Well, here's the deal kids, I hear this question at least once a day, and the truth of the matter is the reason we don't have any is because he wasn't able to grow a good crop (his water pump died and the weeds won the war). So, can we convince him to grow them again. I don't know. But, Mary Butters' Paradise Farm will be growing local organic carrots for us again this year, and they are *very* sweet and tasty. So, when will we have them you ask. Just as soon as they can till the ground, plant the little seeds, and the sun shines on them enough that they can grow. I predict sometime in June or July. Until then we will all just have to make due with those other boring carrots that are indeed orange, but have very little flavor.

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Volunteer News

by Kristi Wildung

Well, I must say that I am very pleased with the way our new volunteer system is going. There hasn't been one glitch so far (knock on wood) and I take that as an indication that everyone is as pleased as I.

To review our new system: If you wish to volunteer at our Co-op, first you must have a current membership. Take a look at the volunteer board located near the cash registers and the front door. All currently available positions will be posted there on a weekly basis along with the job descriptions for each position. Don't fret, if the job you must have is not available, check back. Volunteers do occasionally give up their positions. When you have found a position you feel is well-suited to you, fill out a purple application form and indicate the position for which you are applying. Then return your application to the file marked "completed applications." I will contact you within a week's time to schedule an interview and get you on your way to fulfilling your volunteer dreams.

As of the writing of this article, we still have positions available in bakery, deli, produce, office help, bulk and package stockers, and a

demo person for Saturday mornings. If any of these interest you, please check the volunteer board for more information.

I'd like to take this opportunity to thank all of our volunteers for doing such a great job. We depend on you to make our store run smoothly and we know it takes a lot of dedication to take time out of your busy schedules to volunteer. So when you're in the store doing a little shopping and see one of our many volunteers, take a moment to thank them. They are most likely the ones who have bagged those chips you're buying or stocked that beautiful produce.

And welcome aboard to our new volunteers! **Lana Weber**, a textile design major at UI, will be beautifying our windows and **John Connett** will be our new Wednesday bakery volunteer in the wee hours of the morning. **Bennett Barr**, traveling to us from 'Trip To Bountiful Natural Food Store' in Couer d'Alene, will be servicing our produce department on Tuesday evenings, and **Tanya Heikkinen**, who used to be one of our very dedicated bakers, will make sure that your bulk fruits and chips are there for your buying pleasure. We're pleased to find such talented individuals to join our team. I'm sure I'll have plenty more to introduce by the next newsletter.

News from the Board

by Kevin M. Kane

My wife and I took advantage of the recent good weather one weekend to get into the garden beds and remove the old leaves and other compostables. Our landlord has planted many flowering plants that have already started to put out that first spring growth, but there are several empty beds that are left to our imaginations for vegetables and flowers.

The clearing of old growth for the new green shoots of irises and crocuses was back-breaking, but by the end of the afternoon, we had flower beds ready to bloom healthily and the beginnings of a vegetable garden ready for seeds and starters. It dawned on me then that my efforts in the garden were very similar to what the Board of Directors has been working on in terms of our Co-op's finances.

The natural foods business is a growing one, and it is becoming more sophisticated. The methods that we used years ago aren't working as well now. The Board has recognized that we need to change the way the Co-op manages its money in terms of capital expenditures (such as a new bakery oven) and the way we handle the membership fees that we pay to belong to the Moscow Food Co-op. In short, how can we help our Co-op grow?

One of the areas that the Board is looking into is how we manage the membership funds. When I renew my family's membership each year, that renewal is essentially an investment in the Co-op. Currently, the Co-op uses these funds to purchase equipment and help run the business. What the Board would like to do is invest these membership funds as savings for a future relocation or a renovation of our

current store. As a member of our Co-op, I'd like to see that investment grow and strengthen the Co-op's financial future. The Board has been drafting some policies that should help us to better use our membership dollars.

Our Co-op actually owns quite a lot of the equipment you see in the store, even though we lease our building. As you might expect, these aging ovens and produce cases do break down in spite of all of Ken Nagy's valiant efforts. The Board wants to set up a system in which each newly purchased item of equipment has a schedule of how its purchase price is paid back to the Co-op. Among other benefits, this process allows us to save up for that next walk-in cooler or bread slicer, and it keeps us from having to scramble to find a replacement oven to satisfy all of you who just gotta have those pesto cheese rolls.

Just a final word about one of our Board members, Paul Weingartner, who resigned in January in order to spend more time with his family and on his nursing studies. Thank you, Paul, for all of your efforts during the last few months, and for reminding us about the essentials of this democracy we call the Moscow Food Co-op. I, for one, learned a great deal from you about what it means to be part of a cooperative.

To Seat or Not to Seat!

by Heidi Heffernan

That is the question. The question being the most frequently asked as of late: "Can we, the people, please have an eating area?" Well, I'm not quite sure how to answer this one and I may be sticking my neck out prematurely but, we're working on it.

As of late, Kristi, Kenna, Kelly and I (among others) have been trying to figure out what on Earth we can do to provide a permanent seating area for us all to sit and meet, drink lattes, exchange info, or simply enjoy one of Kelly's fabulous sandwiches (with or without onions). However, we do have some obstacles to overcome.

1. Space. Didn't you know *that one* was going to come up? Downstairs there is obviously not enough room, unless we oust the kids from the playroom. Somehow I doubt this as a serious option. If we were to put it upstairs, would it work? Would you guys come upstairs to use a space if we created it?

2. Money. Always a touchy subject no matter who you talk to, even the illustrious Board of Directors. Mainly money becomes an issue because, if we were to put an eating area upstairs we'd have to revamp the floor plan, put up new walls, remodel the kitchen to accommodate the increase (hopefully) in sales and thus, production.

3. Accessibility. If we were to put an eating area upstairs there would be an accessibility problem. Obviously, we would *have* to overcome this obstacle.

Anyway, we your humble Co-op servants are working on a plan and we do welcome your input. WAIT! Before you all run to Kenna and tell her your great ideas, please note that we will be fabricating a survey some time in the not too distant future to collect your input. In the meantime, please remain patient and know that we're thinking of you and it's something we would all like to see happen, too.



Volunteer Profile:

Erik Barr

by Linda Canary



Erik and I both just returned from Portland (separate trips, same town), so we had a great time discussing the architecture, public art and wonderful restaurants in Portland. Erik is an architect, a recent graduate of the U of I and eventually wants to make Portland his home, or how exactly did he put that? "I'm going to pour some Miracle Grow on my feet and make Portland my town."

Erik is a tall, red-bearded thirty-one year old from Philly. "Big E," to some, he has a broad range of interests, and can talk quite volubly about them. We discussed architects from Greene and Greene to Frank Lloyd Wright to the designer of Brazilia (we think it's Oscar

Niemeyer). We also talked about his most recent remodels and his business, Taboo Design Build.

His style is what he calls pseudo-industrial modernist. I immediately thought of Starbucks, but somehow we never got around to defining what that really is, so you'll have to ask him when you see him cashiering at the Co-op.

He is inspired by the grain elevators on the Palouse, particularly the way they are connected with one another. We marvelled at the silos in Minnesota that are made of brick, and each farm has its own design of colored brick at the top of the silo. I asked him if he'd seen the grain elevator that had been restored and made liveable out in Palouse by

a WSU student who later went on to make a whole lot of money somewhere else. It has a glass floor in it and now that we've talked about it, I want to have a glass floor in my house, too. He says it will cost a lot of money. So what else is new?

Erik has designed remodels for a few clients here in Moscow, and most recently worked on the Bill Bowler/Jacki Wright house on Hayes. He really enjoyed the project, "I like working with creative folks." If you go by the house, you will see a dramatic roof line, and optical illusion brushed steel siding, and something that's not technically an arch, but serves the same function. It's all very innovative. Jack Carpenter and Erik have teamed up now to work on an addition for the Johansens. I asked Erik just when he planned to make this move to Portland, and he laughingly replied, "I've been sleeping on people's couches now for a year and a half; I'm having a hard time getting out of Moscow — it's such a cool little town. I'm in a comfortable rut, I guess."

How well I know that comfortable rut, having beaten down a path myself among the three or four places where I spend most of my time. And how well I remember Carlos Castenada's Don Juan warning that death can find you too easily if you take the same route all the time. So, I try to vary my way, and I keep looking over my left shoulder.

Erik, too, has wandered all over the world, from Greece to Rome to

the Selway Bitterroot Wilderness. He's an avid backpacker, really likes to get out there and move, although he has been taught to notice the small purple flowers along the way, too. (by a female friend, I might note.)

He also likes Frank Zappa and eggs. When I asked him what he liked to eat, he grinned and said, "Well, if you asked my housemate, she'd say EGGS; but actually, I don't care as long as it's good." I told him he just had to listen to Zappa's last symphony in which he plays the digeridoo in a bucket of water.

It was so refreshing to share ideas and have an intelligent conversation with someone who isn't a teenager and actually admits to not knowing everything under the sun. It's one of the perks of this job to be meeting all these thirty-something folks and having these fun talks.

Of course, being an avid reader myself, I asked him if he had any good books to recommend. He likes Vonnegut and Tom Robbins, and suggested I read "Frogs Asleep in Pajamas." I think I will, but while we're on the subject of Robbins, is there anyone out there who read his book about the stick, the shell, and the silver sugar spoon that become animate and journey to Jerusalem? I cannot remember the title and I think Erik would really like it. It's a fun book, and he's a fun guy. (not to be mistaken with fungi or feng shui.) Thanks, Erik, for a stimulating morning in the sunshine of your mind.

Co-op Bakery Spring Schedule

by Heidi Heffernan, Kitchen Manager

"What are you baking today?"

To answer that question for everyone, here's the schedule we'll be using for awhile.

Now you can come in on the day of your favorite bread.

Sunday

Whole Wheat
Cornell Formula Wheat
Asiago Cheese Bread
Breakfast Loaf with Sesame and Raisins
Multicrunch
Vic's Pix
Orange-Coconut Rolls
Pizza Rolls

Monday

Whole Wheat
Peppercorn-Parmesan
Tuscan Bread
Cracked Wheat
Tomato-Basil Pitas
Tomato-Basil Lunch Rolls
Berry Cream Cheese Rolls
*To Be Announced

Tuesday

Whole Wheat
Spelt
Idaho Spud Bread
Idaho Country Bread
Roadhouse Buns
Crusty French Baguettes
Jalapeno Corn Bread
Assorted Breakfast Treats
Wheat-free Muffins
Pasties

Wednesday

Whole Wheat
Cornell Formula White
Cornmeal Loaf
Onion-Herb
Norwegian Farm Loaf
'Round the World
Almond Poppyseed Rolls
Calzones

Thursday

Whole Wheat
Anadama
Lemon Dill Rye
Country White
Pain du Campagne
Vegan Wheat
Pitas
Scones
Pesto Cheese Rolls

Friday

Whole Wheat
Sourdough French
Lemon Sourdough
Challah
Yow Bing
White Spelt
Tomato-Garlic Bread
Maple Nut Rolls
Pasties

Saturday

Whole Wheat
Country White
Calamata Olive
Sour Rye
Caraway Sour Rye
Mrs. Cheezmo's Garlic-Herb
Pesto Cheese Rolls
Breakfast Rolls
Scones

Tofu: Traditional, Timely, Terrific!

by Lisa L. Lundstedt

Probably no single food defines vegetarianism as much as tofu. The word tofu goes beyond cuisine to define (haphazardly) a point of view regarding politics, philosophy, and health. Bumper stickers with the slogans "Legalize Tofu" and "I Eat Tofu and I Vote" humorously reveal the perceptions of both those who love it and those who have never tried it. This article can help novices understand what tofu is and what they can do with it, but veteran tofu eaters can also learn about recent nutritional findings and new tofu products on the market.

What IS Tofu?

Tofu, also known as bean curd, is one of many forms of the soybean. Tofu is Mandarin for "curdled bean," and it originated in China thousands of years ago. It is made by first boiling pureed soybeans and straining them to produce soy milk. A coagulant is then added to the soy milk. Traditionally, the coagulant is nigari, a sea salt liquid, though calcium sulfate or calcium chloride are also used today. The coagulant curdles the soy milk, and the curds are pressed into molds and weighted to squeeze out the water. The amount of coagulant and weight determines the softness and firmness of the tofu. Other soy foods include tempeh, textured vegetable protein (TVP), miso, soy sauces, and soy dairy alternatives. Space doesn't permit an investigation of these soy products here, but the Co-op carries them all.

The texture of tofu may vary, but the taste is basically the same—very bland, at least to the western tongue. But this apparent failing is exactly what makes tofu so popular; its sponge-like consistency enables it to absorb whatever flavors you add to it. So if you've heard anyone say he or she doesn't like tofu, chances are the person didn't like the way the tofu was prepared.

Vegetarians and vegans frequently use tofu for its versatility. It would not be fair to say that tofu merely substitutes for meat because tofu can be used in so many more recipes than meat can. Tofu can be marinated, sautéed, baked, fried,

grilled, barbecued, shish-ka-bobbed, rolled into "meat" balls, shaped into patties or loaves, and made into jerky. It can also be used in breads, casseroles, dips, dressings, sauces, salads, sandwich fillings, soups, stuffings, and desserts, thereby making it more versatile than most meats.

Tofu's nutritional value appeals to vegetarians and vegans but is also beginning to attract non-vegetarians. It's richer in protein than other foods of equivalent weight, it's low in saturated fats and cholesterol-free, and it contains calcium, iron, and vitamins B1, B2, and B3 and other trace minerals. The nutritional make-up of tofu varies with its types. Firmer tofus have higher calories, protein, and carbohydrates than softer tofus.

Tofu and Health

Recent research indicates that tofu may benefit your health in other ways. Investigating the longevity and low cancer rates of Asian peoples, researchers determined that a high consumption of soy products, along with a high consumption of fresh fruits and vegetables and whole grains, helps prevent cancer and heart disease. In 1990, a Symposium on the Anticancer Effects of Soybeans identified five anti-carcinogens in soybeans: isoflavones, saponins, phytosterols, soy phytates, and protease inhibitors.

Research on soy's isoflavones has reached the public recently because of the potential in preventing breast cancer and in treating the symptoms of menopause. Isoflavones are a naturally occurring form of estrogen, structurally similar to human estrogen but 500-1,000 times weaker. Since isoflavones mimic estrogen, they attach to the receptor sites of cells in estrogen-receptive tissues (like breast tissue). This prevents the more potent human estrogen from linking up, thereby slowing cell turnover rates and reducing DNA reproduction and thus the mutations that can lead to malignant transformations.

Isoflavones also produce

enough mild estrogenic effects to alleviate the symptoms of menopause. Current clinical studies on the effects of isoflavones on menopausal women are encouraging. According to Dr. Suzanne J. Paxton of Preventive Nutrition Consultants, Inc., "Should you desire a healthful alternative to estrogen/progesterone therapy for postmenopausal symptoms . . . consuming soy with 40-50 mg. isoflavone content per day may obviate the need for . . . drug therapy." Tofu, soy milk, and soy flour contain the highest ratios of isoflavones. For tofu, this means that firm tofu contains more isoflavones than the softer forms. Paxton cautions women to check with their doctors before making tofu a part of a diet-vitamin alternative to drug therapy.

Getting Your Hands on Tofu

The Co-op carries several types of tofu and tofu mixes. Mori-Nu offers four types of tofu in 10.5-oz. aseptic packages—firm, extra firm, soft, and firm "lite." Island Spring Traditional Firm Tofu and White Wave Tofu come in 1-lb. refrigerated blocks. The Co-op also offers tofu in bulk; check the white buckets in the open-face cooler for Sacramento Tofu (sold by weight) and Small Planet Tofu (sold by the piece). These tofus differ in texture, so experiment to find the ones best suited for your recipes and tastes.

Tofu will spoil beyond a certain date. Bulk tofus should be stored in the refrigerator in water. Change the water daily, and use the tofu soon after you buy it. Island Spring Tofu and White Wave Tofu have expiration dates stamped on the sides of the container that state when you should use it or freeze it. Fortunately, tofu can be frozen until you're ready to use it, and freezing it will give it a chewier, crumbly texture. Although the Mori-Nu tofus can't be frozen in their package, they have the longest shelf life, with the expiration date stamped on the package.

Ready-to-Eat Tofu

If you've never cooked with tofu and don't feel adventurous in the kitchen, or if you're just tired of cooking tofu the same old ways, consider trying a prepared tofu or a tofu mix. My personal favorite in

terms of taste and time is Holy Cow's Tofu To Go. The Co-op carries the barbecue and Thai flavors. When you're running out of time and hands at dinner, all you need to do is heat it and scoop it over rice or noodles—and it's delicious. The Soy Deli brand also makes a baked tofu that is fully cooked. Fantastic Foods carries a line called Tofu Classics that requires you only to sauté one-half a pound of cubed tofu and add water and the contents of the box to make a skillet meal such as Mandarin Chow Mein and Creamy Stroganoff. You can also find FF's Tofu Burger Mix in boxes and in bulk at the Co-op. TofuMates offers envelopes of seasoning mixes such as Eggless Salad or Texas Taco to spice sautéed tofu and vegetables. White Wave Tofu includes recipes on the box. But tofu does more than provide the main meal. Mori-Nu also offers a low-fat pudding/pie filling mix in chocolate, lemon creme, and cappuccino flavors for folks who want dairy-free desserts. Even my skeptical chocoholic husband was impressed with the chocolate pudding.

Cooking with Tofu

Preparing tofu yourself allows you to flavor it to your personal taste. If you're hesitant to feature tofu in a dish, try crumbling a few ounces into your usual spaghetti sauce or casserole (a subversive way to get your family to eat it without realizing it). Keep in mind that the softer forms will disintegrate more easily than the firm forms. Try freezing and thawing a block of tofu for a chewier texture.

Two of the most popular ways to incorporate tofu into a meal are to use it in a stir fry and to bake or fry slices of it for sandwiches or soft tacos. The following recipes are suggestions for beginners—adapt the seasonings according to your own tastes.

Versatile Stir Fry with Tofu

This recipe is very adaptable. Use whatever vegetables and seasonings you like or happen to have on hand. Just remember to cook the longer-cooking vegetables before the quicker-cooking ones. How thinly you slice the vegetables will affect their cooking time.

About 8 oz. of tofu
 Oil, tamari sauce, wine, or
 broth*
 2 Tbsp. curry seasoning
 1 clove garlic, finely diced
 2-3 carrots
 1 onion, diced
 2 c sliced mushrooms
 2 c broccoli flowers (or sliced
 zucchini)
 Seasoning or herb (basil or dill)
 to taste
 4 c cooked rice (or noodles)

Other Possibilities

peppers, snow peas, celery,
 bean sprouts, cauliflower,
 water chestnuts, cabbage,
 greens, eggplant, toasted nuts,
 squash, asparagus

*Sesame oil imparts a particu-
 larly nice flavor. If you're
 cooking low-fat, use tamari
 sauce or wine or broth.

Drain tofu and cut into 1/2"
 cubes. In a large skillet, sprinkle 1
 Tbsp. of curry over tofu cubes and
 sauté over medium-high heat in oil
 or liquid until brown. At this point,
 remove the tofu to a bowl to be
 returned to the pan during the last
 few minutes of cooking.

Add more oil or liquid to the
 pan. Sauté the remaining veg-
 etables, starting first with the
 longer-cooking carrots and then
 proceeding to add the garlic and
 onions, then the mushrooms, and
 finally the broccoli. Finish with the
 remaining tblsp. of curry and season
 with your favorite herb to taste.
 Return the tofu to the pan to reheat.
 Serve over hot cooked rice.

Tofu Sandwich Slices

This tofu recipe is also adapt-
 able to your taste and the tofu may
 be baked or pan fried. The amount
 of tofu you use is up to you; it will
 keep for several days in the refrig-
 erator after it's cooked.

tofu
 tamari sauce
 sage
 oregano
 black pepper

Slice tofu into 1/4" slices. Pour
 some tamari into a small bowl. Dip
 each slice into the tamari and place
 on cookie sheet or in nonstick frying
 pan. Sprinkle each slice with sage,
 oregano, and black pepper to taste.
 Turn tofu slices over and season
 with other side. Bake at 350 until
 brown, turning once, or pan fry over
 medium heat until brown, turning
 once. Cool slightly before storing in
 the refrigerator.

Brown Rice

by Amy Dinter

Can any of you guess what I am
 talking about? It's versatile, easy,
 tastes great, nutritious, and brown.

That is right, I am talking about
 brown rice. I love brown rice
 because I can create amazing, and
 nutritious dishes with this wonderful
 grain. Brown rice is a must in my
 staples cupboard. I like its nutty
 flavor and tender yet crunchy
 texture. Brown rice is a delight to
 eat. The only draw back to most
 brown rice is that it takes between
 40 to 60 minutes to cook. Some-
 times I can not wait 40 to 60 min-
 utes to eat—I need to eat now!
 When I am in this dilemma I will
 prepare the quick-cooking brown
 rice that is pre-cooked and only
 takes 10 minutes to prepare.

To cook the old-fashioned slow-
 cooking rice the easiest way (if you
 are fortunate enough to own a rice
 cooker) you can put the rice in the
 cooker on your way out of the house
 in the mornings, and the rice will be
 done and ready to eat when you get
 home. Modern technology at it's
 finest. Quick and nutritious food
 completed before you arrive home.
 Now all that is left is to sauté some
 vegetables and tofu, or mix the
 finished rice in some soup that has
 been cooking in the crock-pot and
 you have an almost-instant good-
 for-you dinner in about 20 minutes
 or less. What more can you ask for?

Recipes?! I had to ask.

Here is a great recipe I found in
 my Vegetarian Times Complete
Cookbook, it is called, "brown rice
 and poppy seeds."

3 c uncooked short-grain brown
 rice
 4 c water
 3 to 6 tbs poppy seeds
 1/8 to 1/4 tsp salt
 Chopped parsley, for garnish

Place the rice and water in a pot.
 Toast the poppy seeds in a covered,
 dry skillet over medium-high heat
 until they begin to pop. Let cool.
 Add the poppy seeds and salt to the
 rice. Cover the pot and bring to a
 boil over medium heat; then lower
 the heat and simmer 45 minutes.
 Remove from heat and let sit for 10
 minutes. Stir gently. Transfer the
 mixture to a serving bowl, and
 garnish with parsley.

This recipe has no cholesterol
 and only 55mg. of sodium.

For a rice dish that is more of a
 main dish, try "Jolof Rice"

1 c dry black-eyed peas
 3 quarts water
 2 medium eggplants
 1 teaspoon salt
 1 1/2 tablespoons canola oil
 2 large onions, chopped
 3 tbs chopped ginger root
 2 jalapenos peppers, roasted,
 stems and seeds removed,
 chopped
 2 cloves garlic, minced
 1 green pepper, chopped
 4 large tomatoes, chopped
 1 1/2 tbs tomato paste
 2 tsp cayenne pepper
 2 tsp curry powder
 Hot pepper sauce to taste
 (optional)
 1 pound carrots, chopped
 1 1/2 c uncooked long-grain
 brown rice
 1/2 lb green beans, cut in thirds

In a large pot soak the peas
 overnight in 1 quart water. Drain.
 Add 2 quarts fresh water to the peas
 and simmer 15 minutes. Drain and
 reserve the cooking water. Slice the
 eggplants into rounds about 1/2 inch
 thick and place in a colander.
 Sprinkle with salt and let drain for 5
 minutes.

Heat the oil in an ovenproof
 saucepan or casserole dish. Add the
 eggplant, 1 tablespoon chopped
 onion, 1 tablespoon chopped ginger,
 1 chopped jalapeno, 1 clove garlic
 and the bell pepper. Cook, stirring
 until the eggplant is browned, about
 5 minutes. Remove the eggplant
 from the saucepan or casserole dish
 and set aside. Add the remaining
 onion, ginger, jalapeno, garlic, bean
 liquid, tomatoes, tomato paste,
 cayenne, curry powder, and hot red
 pepper sauce. Simmer 10 minutes.
 Add the peas, carrots, and rice.
 Simmer 5 minutes more. Add the
 green beans and browned eggplant.
 Simmer 15 minutes. Meanwhile,
 preheat the oven to 400 degrees
 fahrenheit. Cover the saucepan or
 casserole dish, and bake 25 to 30
 minutes.

I hope anyone who tries these
 recipes enjoys them as much as I!



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Mmm! Tasty Tofu!

by Kenna S. Eaton, director of things

Tasty Tofu? Can this be true? We all know the reports that say we
 can be healthier and live longer just by eating the trusty soybean. But
 how can we make it taste good?

The Co-op Cooking Class will attempt to show you the way! This
 month we will offer a class on how to cook and prepare a complete
 meal from tofu. We will show you how to make tofu taste good, give
 you some recipes on how to prepare it and let you taste the dishes we
 create in a special 1 1/2 hr class.

The class will be held Thursday, March 27th, from 6-7:30 p.m.
 upstairs in the Co-op's kitchen. The class will be taught by a team of
 co-op volunteers. Come hungry, you will get a chance to eat what you
 prepare afterwards. Space is limited, so you'll need to sign up in
 advance at the Co-op, and there will be a small fee to cover our
 costs—\$5.00 for members and \$10.00 for non-members.

Come join us and learn how to make your friends and family
 swoon over tofu!



March Specials



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Natural Gourmet Potato Chips

March

by Robin Murray

Kids page

Did you know...

that Mount Everest may be the highest mountain, but it's not the tallest? The tallest

is Mauna Kea in Hawaii which measures 33,476 ft from its base at the bottom of the ocean to its peak above the water.



LOOK FOR THESE BOOKS AT THE LIBRARY



My Side of the Mountain by: Jean Craighead George (a chapter book)
When I was Young in the Mountains by Cynthia Rylant ill. by Diane Goode

Try This:

Make a Mountain Picture

you'll need:



1 sheet of paper, white or blue colored paper, large scraps o.k.

glue

scissors



To make the mountains tear long pieces of paper. Try to make the tears bumpy instead of smooth.



Glue these torn strips to your sheet of paper in layers.



Use your scissors to make any trees, houses or animals you want in the foreground from your remaining paper scraps. Glue in place to finish your picture!

A Recipe:

Baked Apple Mountain

- 1 tart apple (serves one)
- 2 table spoons granola
- 1 table spoon brown sugar
- icecream or whipped cream

Have an adult cut the core out of the apple. Put apple in baking dish. Stuff the inside with sugar and granola. Bake at 350° oven for 45 min covered with foil OR microwave on high for 3-4 minutes. (no foil!) Top with icecream or whipped cream and serve hot!



Just For Fun

TRUE OR FALSE?

1. The highest mountain in the U.S. is Mount McKinley in Alaska.
2. The air temperature gets cooler as you go up a mountain.
3. In a lightning storm, the safest place to be is on top of a mountain

ANSWERS: 1. True! It is 20,320 feet high!
2. True! That's why sometimes you see snow on top of mountains when it's warm down below.
3. False! The top is most dangerous in lightning storms.

Comfort Foods

By Pamela Lee

Food can be comforting. When the day has been overly long. When you're tired, harried, you've been hurrying around and it is time to slow down, to stop, to feed, comfort, and care for yourself. Ah, time for comfort food.

I've been taking an informal survey this past month; I've been asking friends and family what food they eat for comfort. It quickly became apparent that comfort foods stand in stark contrast to obsession foods.

Obsession foods are those we easily over-eat in times of stress, and with the overindulgence, we feel worse than before. Key to distinguishing an obsession food is the amount of the food one eats. Two people named the same food as a comfort and an obsession food (one, deviled eggs and the other, hard crusted rolls). The comfort turned to guilty obsession when they overate.

It also became apparent that comfort foods are often nostalgic, linked in memory to Mom, to childhood memories of nurturing meals. While obsession foods seemed easily and generally agreed upon (sweets, chocolate, ice cream, and salty foods - salted peanuts, potato chips, corn chips, popcorn, crackers), comfort foods were far more individualistic. The list of foods that were identified as bringing comfort were: hot chocolate, mashed potatoes, twice-baked potatoes, white rice, cream of rice, deviled eggs, New England clam chowder, pasta alfredo, fresh hot tea, egg nog with brandy, cream of anything, fresh chilled oranges, fresh chilled grapefruit, cold milk, chicken noodle soup, hot homemade soup, eggs and potatoes, hot baked pot pie, home made baked bread fresh out of the oven (ditto, with lots of butter), hard-crust dinner rolls, spaghetti with tomato sauce (served hot or cold), scalloped potatoes, potato soup, a baked potato, miso soup with garlic and noodles.

Recipes for Some Comforting Food

Dill-Deviled Eggs

6 hard-cooked eggs
4 to 5 T. sour cream
4-5 T. chopped fresh dill
(or 1-2 t. dried)
salt and pepper

If you do not have the time and/or the patience for the half shell

routine, here is a nice idea for deviled eggs which still manages to avoid that mayonnaise-mustard business that I find so tiresome.

Peel the eggs, slice them in half, and empty the yolks into a bowl. Mash the yolks with the sour cream and dill, adding salt and pepper to your taste. Put this mixture back into the egg whites and sprinkle a little more dill on top. Serve chilled.

-from the *Vegetarian Epicure*, by Anna Thomas

Leek and Potato Soup

You'll note there's no chicken stock here, just water, leeks, potatoes, and salt in the soup base. However, you may include chicken stock if you wish, and you may certainly include milk. A bit of cream at the end is a nourishing touch, but by no means a necessity. If you are not pureeing the soup, cut the vegetables rather neatly.

About 2 1/2 quarts, serving 6-8.

4 c sliced leeks - the white part and a bit of the tender green

4 c diced potatoes (old or baking recommended)

6 to 7 cups water

1 1/2 to 2 t. salt, or to taste

1/2 c or more sour cream, heavy cream or creme fraiche, optl

Equipment suggested: a heavy-bottomed 3-quart saucepan with lid.

Simmering the soup: Bring the leeks, potatoes, and water to the boil in the saucepan. Salt lightly, cover partially, and simmer 20 to 30 minutes, or until the vegetables are tender. Taste, and correct seasoning.

Serving suggestions

Serving au Naturel: Ladle out the soup, and top each serving with a dollop or sour cream, if you wish.

Pureed Leek and Potato Soup: Puree the soup through a vegetable mill, or in a blender or food processor. Serve with the optional cream.

Cream of Leek and Potato Soup: Use a cup less liquid when simmering. After pureeing, whisk 2/3 cup or more of sour cream, heavy cream, or creme fraiche into the soup, simmering a moment to blend.

-from *The Way to Cook*, by Julia Child

Master Recipe for Mashed Potatoes

Makes about 4 cups
If you're serving mashed

potatoes with sauce or gravy, this is the recipe you want. It delivers spectacularly smooth, fluffy potatoes, not too rich and not too assertively flavored. Consider one of the variations when the mashed potatoes will stand alone.

2 lbs. Russet or Yukon Gold potatoes, peeled, eyes and blemishes removed; cut into 2-inch chunks

3/4 t. salt, total

6 T. butter, softened

1 cup whole milk or half-and-half, warm

Ground black pepper to taste

1. Put potatoes in a large saucepan; add cold water to cover and 1/2 t. salt. Bring to boil and continue to cook over medium heat until potatoes are tender when pierced with a knife, 15 - 20 mins.

2. Drain potatoes well and return pan to low heat. Rice or strain potatoes into pan if using these methods. With whisk or wooden spoon blend in butter, then warm milk. Or, return potatoes to saucepan; mash over low heat, adding butter as you mash. Stir in warm milk. Season with 1/4 t. salt and a pinch of black pepper, or to taste. Serve immediately.

Mashed Potatoes with Poached Garlic and Olive Oil: Follow Master Recipe, adding 2 large peeled garlic cloves and 2 bay leaves along with water in step 1. Remove bay leaves as potatoes are drained, and mash garlic with potatoes. Decrease butter to 2 T. and stir in 1/4 c. virgin olive oil with butter. Stir in warm milk as in Master Recipe.

Mashed Potatoes with Parmesan Cheese and Lemon: Follow Master Recipe, stirring in 2 T. lemon zest and 1 cup grated Parmesan cheese to finished potatoes.

Variations: You can cook any number of other vegetables with potatoes. Try celery root, carrots, turnips, or parsnips. Follow Master Recipe, substituting 1 pound of your chosen vegetable for 1 pound of potatoes; cut other vegetable into pieces that will cook in the same amount of time as potatoes (cut softer vegetables into larger pieces than potatoes and cut harder vegetables into smaller ones.)

-from *Cooks Illustrated Magazine*, November/December 1993

A Perfect Baked Potato

One of the joys of baking a potato is the sheer simplicity of it. All you really need to do is scrub

the potato, pierce it, and bake it right on the rack of a hot oven. Stabbing the potato several times with the tines of a fork before baking allows moisture to escape, which gives you a light, dry interior.

If you like the potato skin crisp, leave it alone. If you like a softer, pliable jacket, lightly rub the skin with a little olive oil, butter, or lard before baking; this will also add a little flavor to the potato.

Once the potatoes are in the oven, there isn't much to do except turn them every 15 to 20 minutes to ensure that they bake evenly.

Oven temperature can adapt to the rest of the meal. You can bake potatoes at 325° to 475°; they'll just take more or less time. The temperatures and times in the chart below are a guide. To test baked potatoes for doneness, squeeze them with an oven mitt or kitchen towel. When they give slightly and feel soft, they're done.

For best flavor and texture, serve the baked potato immediately. A perfectly baked potato won't stay that way for long. If allowed to sit, it will quickly go limp.

Lightly massage the potato just before cutting it open to loosen the inside, making it fluffier. Then slit the top and push on both ends to plump the flesh. Drop in a pat of butter, sprinkle with salt and pepper, and grab a fork.

Temperatures and Times for Baked Potatoes

For a medium-sized (8- 10-oz.) potato	bake it at	for
	325°F	1 hour & 30 min
	350°F	1 hour & 15 min
	375°F	1 hour
	400°F	45 - 50 minutes
	425°F	40 - 45 minutes

-excerpted from a *Fine Cooking Magazine* article, December 1996

Southwestern Chicken Pot Pie

Prep and cook time: About 1 hour and 40 minutes, including 1 hour baking.

Notes: For a vegetarian version, use 3/4 pound potatoes instead, and substitute 4 cups broccoli florets for the chicken (and use a vegetable broth).

Makes: 1 pie, 6 servings

1 cup chicken broth
4 boneless, skinless chicken breast halves, cut into about 3/4-inch chunks
1/2 lb. thin-skinned potatoes, diced
3 T. cornstarch
1 can (14 1/2 oz.) stewed

Mexican style tomatoes
 1 can (15 oz.) black beans,
 rinsed and drained
 1 can (8 3/4 oz.) corn kernels,
 drained
 1 can (4 oz.) diced green chilies
 1/2 cup chopped fresh cilantro
 1 unbaked pie crust (1/2 of a 15-
 oz. package), at room temp.

1. In a 10- to 12-inch nonstick
 frying pan over high heat, combine
 1/2 cup broth, chicken, and potatoes.
 Cover and cook, stirring occasion-
 ally, until chicken is no longer pink
 when cut in thickest portion and
 potatoes are just barely tender when
 pierced, about 5 minutes.

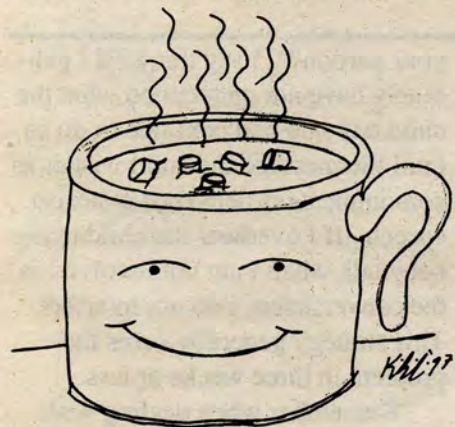
2. Stir together remaining broth
 and cornstarch.

3. When chicken is done, stir in
 cornstarch mixture and bring to a
 boil. Remove from heat. Stir in
 tomatoes with juice, black beans,
 corn, chilies, and cilantro. Pour into
 a 10-inch pie dish, 9-inch square
 pan, or 1 1/2-quart baking dish.

4. Unfold 1 pastry round ac-
 cording to package directions. On a
 lightly floured board, roll into a 12-
 inch round for pie dish, or 1 inch
 larger than dish of another shape.
 Place over filling; fold edges under
 and flush with pan rim, and flute
 firmly against rim. Cut shapes from
 crust and decorate top, or make a
 couple of decorative slits in crust.

5. Bake pie in a 350° oven until
 filling is hot in center, about 1 hour.
 Lay foil over crust if it begins to
 overbrown. Let pie cool about 10
 minutes, the spoon from dish.

Per serving: 384 cal., 28% from
 fat -from Sunset Mag., March 1997



Master Recipe for Hot Cocoa
 Serves 4 in small mugs

If you want to increase or
 decrease this recipe for hot cocoa,
 the key ratio to remember is one and
 one-half T. of cocoa and one heap-
 ing T. of sugar per cup of liquid. If
 you have whole milk on hand rather
 than low-fat, go ahead and use it,
 omitting the half-and-half.

6 T. Dutch-process cocoa,
 measured by dip-and-sweep

4 heaping T. sugar
 Small pinch of salt
 1 cup water
 3 cups low-fat milk (1 or 2
 percent)
 1 t. vanilla extract
 1/4 cup half-and-half

1. In heavy 2-quart saucepan,
 whisk together cocoa, sugar, salt,
 and water over low heat until
 smooth. Simmer, whisking contin-
 uously, for 2 minutes, making sure
 whisk gets into the edges of pan.

2. Add milk, increase heat to
 medium-low, and cook, stirring
 occasionally with whisk, until steam
 rises from surface and tiny bubbles
 form around edge, 12 to 15 minutes.
 Do not boil

3. Add vanilla and half-and-half.
 For foamy cocoa, beat hot cocoa
 with hand mixer or transfer to
 blender until foamy. Divide be-
 tween four mugs, top with whipped
 cream or marshmallows if desired,
 and serve immediately.

Hot Cocoa with Orange: Re-
 move zest from 1 orange in strips
 about 1-inch wide. Follow Master
 Recipe, adding zest along with milk.
 Remove zest strips with slotted
 spoon before beating or serving.

-from Cook's Illustrated Maga-
 zine, January/February 1997

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

-anonymous-

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4th Thursday
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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!

roads

paul j weingartner

walking is the great adventure, the first meditation...
 gary snyder

first thoughts, walking
 ferment on county roads
 heat generated
 from your hand around mine,
 a familiar unknown.
 step for step
 empty lanes engulf me
 mile markers betray
 i've not been this way before.
 new paths, fresh patterns
 supple my mind;
 a big broken heart, thawed
 pumps spring run-off coursing
 clearing ice-clotted veins
 ruts in the road;
 sun from a smiling enamel sky
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 second thoughts, walking
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 Nancy Maxeiner, D.V.M.

Friends & Family

Is Love All You Need?

by Robin Murray

As the regular readers know, I am highly in favor of marriage, any marriage shared by two committed adults. So when I learned that my niece, a senior in high school, is planning on getting married right after graduation, I had to take a good long look at why the first thing I said was "Oh no!". After all, she's eighteen and has been since September. She's an adult and I assume her fiancée is similarly aged. Why was I not happy to hear this news? I guess it's because if I had married the person I thought I wanted when I was eighteen, I'm reasonably certain my life would be a mess right now.

Now, intellectually I acknowledge that her experiences may not be the same as mine. There are many people who married right out of high school and even younger who have stayed happily married for decades. Unfortunately, I don't think I know any. My niece's parents got married at eighteen and nineteen years old and were divorced seven years later. I was nine at the time of their wedding and even then I could see it wouldn't last. My brother has always had a passion for boats and the sea. My ex-sister-in-law has always had a strong attachment to hometown and family, which

happen to be in Southern Indiana. They loved each other so deeply they couldn't see that they were headed in distinctly different directions. Eventually, it pulled them apart.

When I was eighteen, a very happily married man gave me a piece of wisdom which helped keep me out of the same trap. He said "love alone is not a basis for a marriage."

That's right, I'm saying the Beatles were wrong! Love is not all you need! You need shared goals and values as well. Two people considering marriage have a lot of questions to ask of themselves and their prospective partner. One obvious question is "do we both (not) want children?" but there are many more.

Money is a very important issue. Do you share similar values about what to spend it on? Travel? Stuff?

A house? Education? Charities? Eating out? Clothes? Cars? What happens when you don't have enough for everything? Where are each of your priorities? Some people would rather make payments on an expensive car and worry about

everything else later while others would rather spend the same amount of money driving an old beater and going out to restaurants and concerts. As a couple, you have got to be able to decide on a budget. That's not to say there won't be compromises here and there, but

overall you should agree on where your money should go.

Time is another big issue. Do you like to do activities together all the time or do you prefer a lot of personal time alone? Either is okay as long as you both are comfortable with the arrangement. Is one or both of you inclined to put in long hours at work or travel a great deal for your job? If so, will the other mind being alone during those

times? For some people "absence makes the heart grow fonder" while for others it breeds resentment and feelings of abandonment.

Are your career goals compatible? Are you likely to find jobs in the same town? People with very specialized areas of expertise often have trouble with this. Also a wheat farmer and an urban city planner may have trouble finding a place where they can both live and work. Consider where each of you would like to live. What kinds of sacrifices are you willing to make to live there? Many residents of Moscow are making less money than they would working in Seattle because this is where they want to be. Still others will forego the chance to own their own home and garden to live in the heart of a big city with all its excitement and activity.

So I guess all I can do is tell my niece everything I just told you and hope for the best. The best may mean a change of plans or may mean I'll be flying out to Southern Indiana this June for her wedding. Either way, I'll back her up. I will not be narrow minded and discriminate against her because of her age. Now if only the Washington Legislature would open their minds and not discriminate against couples based on their gender....



Bad Habits

by Robin Murray

Bad habits. We all have them and we all try to break free of them with varying degrees of success. Parents and care givers, however, are also responsible for helping children break theirs. This is a daunting task, but most of the time the solution can be quite simple.

First of all, try to find the cause of the habit. For example, if your six-year old never hangs up her coat, look at where you want her to hang it. Up on a clothes rack she can barely reach? Start by putting a hook down at her shoulder level. In the closet by the front door when she most often goes in and out the back door? Again, install a hook by the back door at her shoulder level. You will still have to get her in the habit of using the hook, but at least

you've made it a little easier.

Secondly, examine possible motivations to stop a bad habit. You may have to provide the motivation yourself. I had one friend who sucked her thumb. At four years old, she wanted a bicycle. Her father maintained she was too young for one, offering the thumb sucking as proof she was too little. He then made a pact with her that if she could stop sucking her thumb for a month, that would prove her maturity and he would buy her a bicycle. With some gentle reminding along the way, she made it to the end of the month thumb-free. By then, the habit was broken and she never went back, even after getting her bike.

Sometimes, adding an element of choice to the matter can help. I know of one parent who wanted to encourage her children to watch less television. She gave them each

twelve straws at the beginning of the week which they could cash in for a half hour of t.v. watching each. This set a clear limit on the amount of time they could watch, but then she took it one step further. At the end of the week, she gave them twenty-five cents for every leftover straw they had not cashed in. Once the choice was theirs, it was amazing how many of their "favorite" shows turned out not to be worth a quarter.

I've met parents who get furious when they hear baby-talk coming out of their grade school children's mouths. The more angry the adult gets, the more frightened the child becomes and the worse they baby-talk. However, in my experience as a caregiver, baby talking is the easiest childhood bad habit to break. The trick that has always worked for me is, when spoken to in such a manner, to very politely say "I beg

your pardon?" I say this as if I genuinely have not understood what the child has said and continue to do so until the message the child wishes to communicate is delivered in proper speech. If I overhear the child using baby talk when I am not involved in the conversation, I do not interfere. This strategy generally cures the problem in three weeks or less.

Remember when dealing with children that they are relying on you for guidance as to what behaviors are acceptable and which ones are not. If you entirely ignore a bad habit, down the road they will find themselves in embarrassing situations that may damage their self esteem. Their self image can also be damaged, however, if you substitute assistance and motivation with punishment and ridicule. Your positive reinforcement is by far the best solution to bad habits.

Nurturing Nature

Starting Plants From Seeds

By E. Lark

Once March arrives, many gardeners in the Palouse would give anything to be gardening outside, but there are still at least 8 weeks till the last average frost date here. However, if you start plants from seed, you can have the feeling of growing things and of working in the dirt. The popular plants to start from seed are annuals and vegetables. Here are the supplies that you need to get started growing these particular plants.

First, you will need seeds. Hopefully you have already ordered them and will only need to make the decision of what to start at what times. If you are just beginning, then it is a good idea to start slowly. Start by planting one or two types of seeds. You will learn more if you can spend time on one or two varieties of plants. I fill gaps in what I need by buying plants later in the season. Generally, tomatoes and peppers are good vegetables to try to start early, indoors. Both can be transplanted, if they outgrow the pots they are in. It is important to read the sowing and germination information. If you try to grow seeds at the wrong temperature for instance, they will not germinate.

One of the most important supplies is the soil. After all, soil is the medium into which you put the seeds. I strongly recommend using a germination mix. This is a fine mix made from peat moss or a peat moss substitute such as coconut fibers. The key word here is fine. Most of the seeds that you will be starting indoors at this time are small, and they won't live very long if they start life on a large piece of gravel or perlite. At the same time, while the soil in this area is clay (which is fine grained), it doesn't drain well. So what you want is a fine soil that is able to drain well. That is why I suggest a commercial germination mix, rather than garden soil.

Finally, you need to choose containers and clean them. Any container will work. Some people like clay pots. Others like to use the commercial peat pots. Then, there are those of us who like to use materials which we have

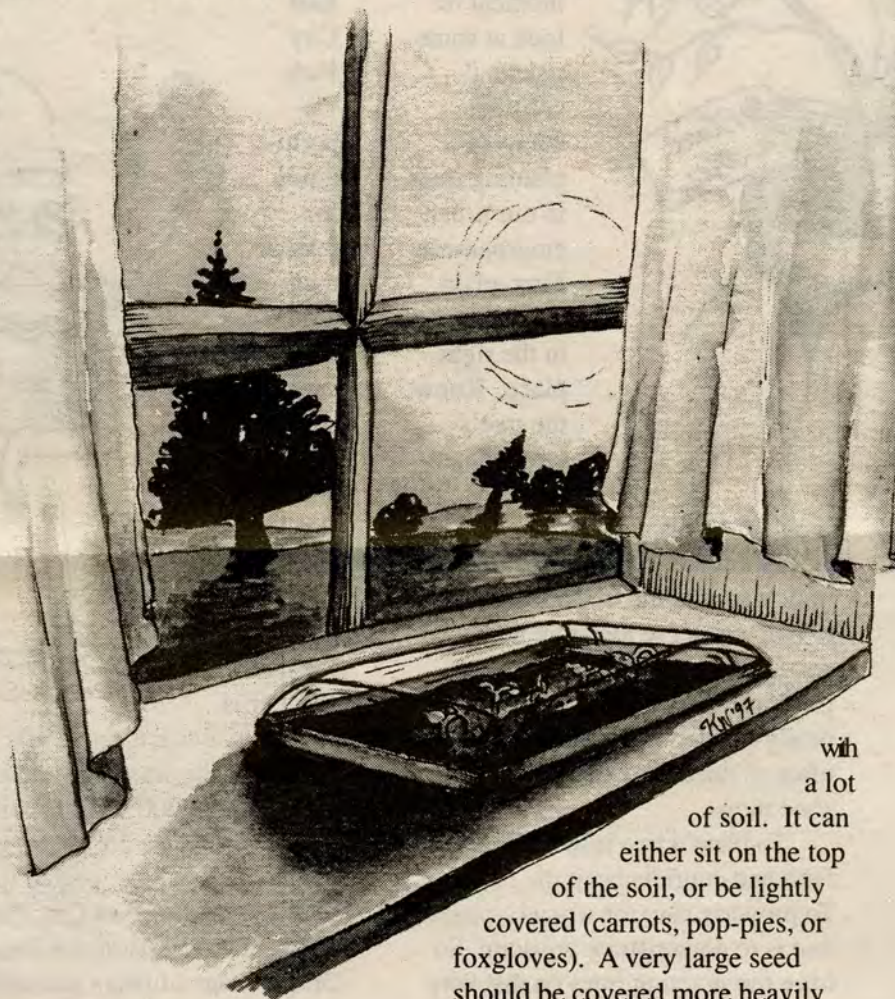
problems recycling. I use containers that I call deli dishes, and that are called pasta dishes by others. These are those ubiquitous containers that one gets when one buys fresh pasta or deli foods. They generally have a black or clear bottom part and a clear lid. I do not punch holes in these containers, and I clean them thoroughly before using. Some people bleach their containers as well, to rid them from possible fungus contamination. It is important to use a clean container to avoid problems later.

Having taken care of the above, you are now ready to plant the seeds.

1. Make sure that you have the seeds, soil and container ready. The soil should be moist so that it is able to take water easily. As most commercial mixes are on the dry side, you should moisten them. I generally do this in a large saucer, such as the ones that go under plant pots.
2. Fill your container with soil. Do not pack the soil down. Adding water should do that for you. If you have no holes in your container, you will need to be careful as to the amount of water you add. I generally get the soil wet, but not sopping (definitely no puddles). At this point, I sometimes gently flatten the soil (especially if I am planting

small seeds). Wetting the soil properly is the part that probably is most difficult for a beginner. And unfortunately is also difficult to describe easily.

3. Plant the seeds. Make sure to follow directions that you are given. If you don't have package directions, then you will need to think about seed size. A very small seed should not be covered



with a lot of soil. It can either sit on the top of the soil, or be lightly covered (carrots, pop-pies, or foxgloves). A very large seed should be covered more heavily (generally to twice the length of the seed — corn, peas, beans).

4. Cover the container tightly with its lid (see why I like the deli dishes), or with something transparent and stable. If the container has holes in the bottom, you will need to place it in a tray that can hold water. I generally do not punch holes in my deli dishes — but I also have a fairly good idea of how much water to put in.
5. Set the container at the appropriate temperature. For peppers, this is at about 80° F, for tomatoes, at about 70 - 75° F, and for lettuce, it can be anywhere from 60° to about 80°F. While germinating, the seeds can be in the dark.
8. Keep an eye on the seeds (I generally only start a couple of

trays a week, and watch them every day). When they poke their first leaves out (called cotyledons), they will need to be moved into light and into cooler temperatures. This prevents the plants from getting "leggy". Generally bright light is best indoors, but you should read the packet instructions for individual needs of the plants.

9. The house in the winter is much drier than the environment that your seedlings are growing in. So you need to adapt your seedlings to house conditions. This is done by loosening the lid of the container bit by bit. At the final stage, I let it sit upside down under the container, thus giving the seedlings a bit more head room. This is called "hardening off" and you will need to repeat when you put the plants outside.
10. At this point, the soil can begin to dry out. When you water the seedlings, be very gentle. I generally use lukewarm water and trickle it down the edges of the container. It will soon spread by capillary action to the middle. Do not overwater!
11. As the seedlings get larger, they can be transplanted to larger pots. Remember that small seedlings are delicate - handle them gently.

Web Site of the Month: <http://www.vcu.edu/news/rec.gardens.html>

Things To Do in the Garden: March

1. Finish pruning, deadheading.
2. Start tomatoes, peppers, inside.
3. Tool care
4. Planning and laying out your garden
5. Early March is probably a good time to experiment with grafting fruit trees.
6. In late March, you can probably plant lettuce and onions outdoors. Remember: beans and peas do not grow well with onions, so plan your vegetable garden so that the two are not together.
7. In late March, you can plant dormant perennials outside (as long as it isn't freezing).

Tree Planting and Care for Arbor Day

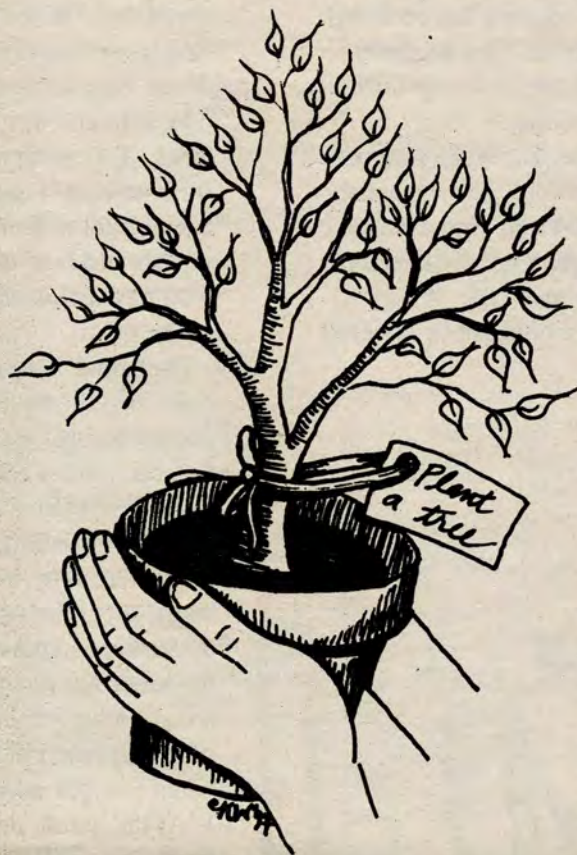
by Roger Blanchard, Moscow Parks/Facilities Manager and city staff liaison to the Moscow Tree Committee

This is a special year for trees.

One hundred and twenty five years ago, the first Arbor Day was celebrated in Nebraska. Over a million trees were planted that day (some probably still living to this day). The idea of a tree planting day quickly spread to neighboring states. Today all 50 states celebrate Arbor Day on a day coinciding with their best planting times.

On this 125th anniversary of Arbor Day, we are planning plenty of tree planting activities here on the Palouse. Local groups including PCEI, the Lion's Club, and the Moscow Tree Committee are gearing up for spring planting. The Moscow Renaissance Fair has adopted a tree theme for this year's event and promises some fun tree-related surprises for fair-goers this year. If you or your group would like to get involved in this special year of tree-planting, contact one of the organizations above. Better yet, organize your own planting project, even if it means simply planting a

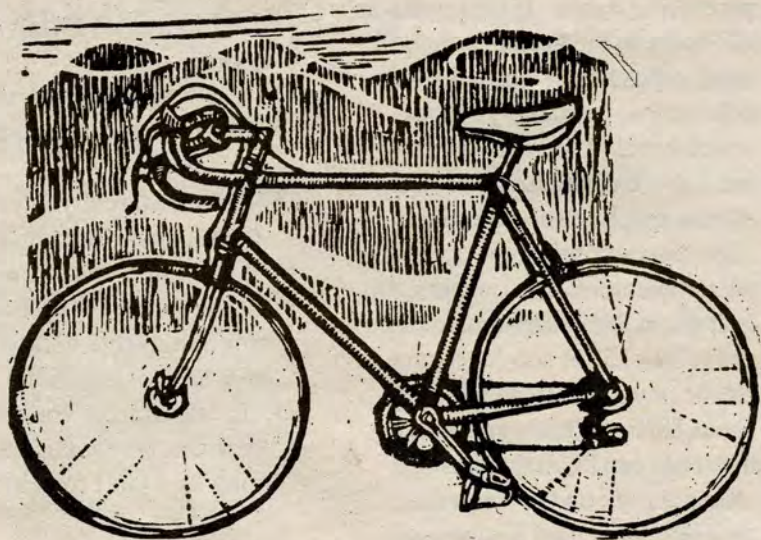
seedling in your own yard.



Now that we're all thoroughly excited about marching forth and planting trees to save our planet, let's take a moment to look at some practical considerations of planting trees in our urban environment. First, plant the right tree in the right place. Know the tree's environmental needs, it's

growth habit, and eventual size. Apply three or more inches of mulch around the tree after planting to help conserve moisture and encourage growth of soil microorganisms. Most important, water newly planted trees weekly or as often as needed to keep the root zone moist.

To plant a tree is to demonstrate faith and confidence in the future. To properly care for a newly-planted tree is to demonstrate wisdom. So have fun planting trees on this very special Arbor Day (April 25) and please remember that tree planting isn't over when the shovel is hung back up in the garage.



Insights

Calling Entertainers! Calling Costume-Creators! We're Preparing for the Fair!

by Kellie Tormey and Miriam Kent

Winter is nearing an end, but plans are just beginning for our community celebration of spring, the 1997 Renaissance Fair, to be held on May 3

and 4 at East City Park. Opportunities for involvement are available now, particularly for anyone with interest or talent in children's entertainment or historical costumes. The fair is the first major arts and crafts festival of the season, attracting more than 14,000 visitors daily.

This year, we are creating a new stage which will be located in the southeast part of East City Park. It will be a synthesis of the Dance & Drama Stage of years past and the Children's Stage.

We are calling all storytellers, magicians, dancers, puppeteers, theatre folk, poets, musicians and young performers to come forth and be a part of Stage II. Though our budget is modest, entertainers will

be paid for their offerings.

Interested? Know someone or a group of someones who might be? Please call Miriam Kent at 882-7192.

And now, information about costumes for the fair. An historical costume guild is forming for those interested in the attire and customs of the Renaissance period. Guild members will be involved in making period clothing as well as learning more about the language and customs of the time. Anyone interested may contact Mellowdee Brooks at (208) 883-8852. Educational and entertainment-related opportunities for

guild members will be explored with fair organizers.

"Each year, the Moscow Renaissance Fair attracts thousands of visitors," said Brooks. "Many have expressed interest in seeing more period costumes and performances."

In its 24th year, the Moscow Renaissance Fair is a celebration of spring held under the big trees at East City Park. While historical costumes are welcome, organizers encourage at-tendees to convey the spirit of spring by wearing any whimsical or brightly-colored clothing.



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-HOBBIES-

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Keeping Up with Old Co-op Friends . . .

Update on Ed's Family by Ed Clark

Kim is now tenure-track faculty in the Dance and Drama Dept. at the State University of New York, College at Potsdam. This year she has been busier than ever teaching, directing and working on committees. She directed a diverse cast in the world premiere of a modern Mexican play, *Margarita Came Back to Life* by Leonor Azcarate. The playwright came up from Mexico twice to work with Kim and her cast. The translator is a colleague in the Dept. of Modern Languages and it was a very exciting experience to work collaboratively across disciplines. We also got to dust off our Spanish during this time. Next semester she will be collaborating and performing with all the faculty in Dance and Drama as they develop a new work that opens March 21. Never a dull moment.

Ed has dusted off his skills as a ceramic artist to teach a course in pottery at the same institution. It has been challenging, exciting and rewarding to watch the students grow in skill and creativity. In October several of his ceramic pieces, both old and new, were exhibited in an invitational show called "Northern Clay."

Francisco and Carmelinda

(Paco and Bida) are growing and becoming more comfortable in their new community. Paco entered teenagehood in July! He returned to public school this year in the seventh grade. Once he got accustomed to the multiple classes and the organization skills he began to thrive. He was selected a "Student of the Week" by his teachers for an epic writing project he masterfully completed. Paco enjoys humor and making people laugh. He likes hanging out with his friends, "Red Dwarf" (a British sci-fi comedy) and making videos. He plans to be on the school track team, and he and Ed will begin saxophone lessons together.

Bida, now 10 and in 5th grade in the middle school, is also doing fantastically well. She made a bunch of new friends, really likes her teacher and has abundant activities including playing the French horn, Girl Scouts, art club and basketball. She loves art and music and is getting quite good at drawing and cartooning.

This summer we will once again be on the road to Idaho and, possibly, Alaska for a Bouchard Reunion. We need to begin to make some hard decisions about where we will live and what we want to be when we grow up. If you haven't been to visit us (and even if you have) take the opportunity this coming year. We love company and can always make room at the table and always find a cozy sleeping space for you and yours. Call us at (315) 265-8124.

And Others by Bill London

What happens to former Co-op staff and shoppers when they move from Moscow? Do their lives end when they live the Palouse?

Apparently not. The answers from several former Co-op'ers indicate that they are still happening folks.

Bill Beck, for example. Bill was a Co-op staffer and then general manager until he and his beloved, Kathleen Benton, moved to San Diego a decade ago. He moved there to take over the family business, a company started by this father that specialized in cleaning high-rise office buildings throughout Southern California.

Bill is the company president now (his father has died), in charge of about 70 employees. Kathleen is his office assistant, commuting partner, and confidante. They live at the edge of some beautiful brush-covered hills in El Cajon.

Or how about Peter Apgar and Ashley Ater, who met and fell in love in the herb room at the Co-op? They have since gotten married and pregnant and left for Portland and possibly Finland last summer.

Peter and Ashley now have a baby (a boy born November 7, 1996 and weighing 9 pounds and 2 oz at birth) named Henry. The Finland job never happened and now Ashley is teaching English as a Second Language in Portland. They hope to move back to the Palouse and expect to check out jobs and houses during a visit during the Moscow Renaissance Fair (May 3 & 4).

Debra Goldfine, Ph.D.
Psychologist
* Individual & Couples
* Sliding Fee Scale
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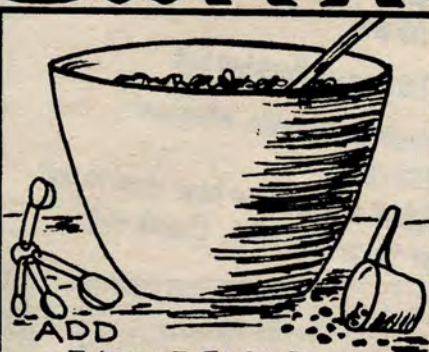
EASY LOWFAT EATS by Ginny Clark Kohler

MOLASSES COOKIES

STIR TOGETHER
1/2 CUP BROWN SUGAR
1/2 CUP APPLE SAUCE
1/2 CUP MOLASSES
3t CINNAMON
2t GINGER

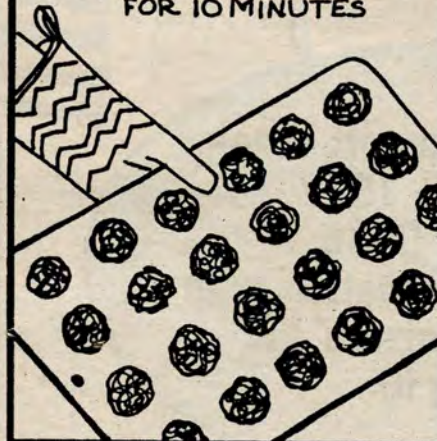


t = teaspoon



ADD
3/4 CUP FLOUR (WHOLE WHEAT)
1 CUP OATS
1 CUP RAW WHEAT GERM
1t BAKING POWDER
1t BAKING SODA
1/2 t SALT (OPTIONAL)
1 CUP RAISINS

MIX THOROUGHLY
SPOON ONTO NON-STICK
COOKIE SHEETS
BAKE IN OVEN AT 375°
FOR 10 MINUTES



ENJOY SPICY, NONFAT COOKIES



MAKES 4 DOZEN
DELICIOUS COOKIES

THE CO-OP

Bulletin Board

The Moscow Arts Commission in partnership with Gritman Memorial Hospital is please to sponsor

"Opening Windows"

a riveting piece of theatre for teens and families that addresses the health and social issues facing today's teens.

Written by Moscow playwright Micki Panttaja and performed by Idaho Theatre for Youth, *Opening Windows* is a series of powerful vignettes based on actual interviews with parents, children and health care providers in rural areas in Idaho.

Monday, March 24, 1997
7:00 pm

FREE at Moscow High School Auditorium

Artisans...Do you want to sell your creations?

The Moscow Renaissance Fair and the St. Maries ART by the River are accepting applications for craft booths for their juried shows.

Moscow Renaissance Fair
(May 3 and 4):
contact Rose at
PO Box 8848
Moscow ID 83843 or 208-835-8810

St. Maries ART By the River
(July 19 and 20):
contact St. Maries Art Council
1117 Main, St. Maries ID 83861

Holistic Health & Psychic Fair

Saturday, March 29
Moscow Community Center
206 East Third St.

Readings and Market
11:00 AM - 6:00 PM

Psychic Readers
Natural Food Booth
Multidimensional Healings
Natural Health & Gift Market

*Earth Reverence
Celebration & Dance*
7:00 PM - 9:00 PM

Open to the Public Free Admission
Healings & Readings \$13-half hour

Auditorium Chamber Music Series
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An Evening with the Palouse's finest chamber musicians

performing

Beethoven: Septet for Strings and Winds

Samuel Barber: "Dover Beach" for Baritone and String Quartet

George Crumb: Voice of the Whale (amplified cello, piano and flute)

Friday, March 7
UI Auditorium at 8 pm

This is a free concert

Coming April 1: *Chanticleer!* Limited seating, so buy your tickets early.

Volunteers Needed!

It's time to find volunteers for the 9th annual Household Hazardous Waste Day! We will be accepting toxic wastes, plus recycling motor oil, antifreeze and latex paint. Please help make this important event a success! Volunteer for a morning or afternoon shift. Lunch & snacks provided, plus a thank-you note from the Mayor for your files.

DATE: Saturday, April 26, 1997

SHIFTS: 7:15 am - 12:00 pm and
11:30 am - 4:15 pm

LOCATION: Tidyman's Parking Lot

CONTACT: Heather Cataldo, Moscow Recycling, 882-2925

Please call ASAP so we know how close to our 50-volunteer target we are! Thank you!

Don't miss it... the Co-op's Annual Member Meeting/Celebration

March 7 - 5:30 p.m.
American Legion Hall

Potluck dinner, live music and dancing
For more information call (406)721-5420

National TV-Turnoff Week
April 24-30, 1997
(202) 887-0436

Call for more information or to order an organizers' kit.
Unplug it!

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: beth@uidaho.edu

at the Co-op...

Co-op Cooking Class
Thursday March 27
6 PM

talk to Kenna or other staff members
for more information