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Moscow Food Co-operative May 1997



Community News

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Farmer's Market

Everyday is Farmers' Market at the Co-op!!

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by Kenna S. Eaton

Imagine fresh green spinach, tender little heads of red lettuce, crunchy sweet carrots that beg to be eaten... is this only at the Moscow Farmers' Market? No, you can find great-tasting produce daily at the Co-op!!

Flashback to the Spring of 1977: a group of concerned Co-opers get together to start a community garden here in Moscow, and a weekly market to sell their extra produce. The Market is such a success that the City of decides to take over the management and running of this weekly event... and now we Spring Forward to 1997 and the start of another season of the Moscow Farmers' Market.

We all enjoy spending Saturday morning drinking lattes and visiting with friends, while we peruse the luscious greens and local foods available at the Market. But did you know that you can do the same thing at the Co-op? The Co-op has an excellent selection of local items, lattes and people. Great food, great people, great coffee... 7 days a week. What more could you ask for??? Well we've got 23 years of service and a commitment to our community to back that up. So if you've got a hankering for groovy greens and it's only Tuesday, come check out the Co-op's "Market." You deserve a healthier bag of groceries!!

Co-op - News

Co-op Wins GreenStar Award

by Kenna S. Eaton

6:00 am, April 9th, Wow! A little too early in the morning for me to be driving down to Lewiston, but face it, I do all kinds of crazy things for the Co-op, including going to a Lewiston Chamber of Commerce breakfast to receive the Green Star Award for the Co-op.

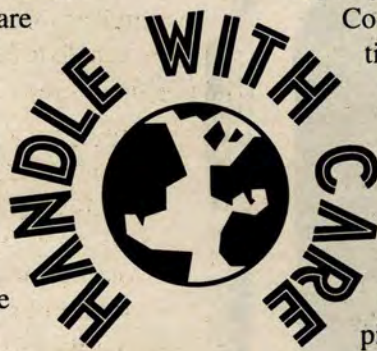
The GreenStar program has been developed to demonstrate that "pollution prevention and energy efficiency are environmentally responsible and also economically sound." The nationwide program recently started in Idaho has accepted waste reduction is its central goal. This "includes all activities that avoid, eliminate or reduce the creation of waste."

The Moscow Food Co-op has shown that it is committed to both the program and its effort to make global changes to benefit the environment by starting at the local level. I applaud the efforts of all the staff and volunteers at the Co-op

at reducing waste and recycling whenever possible. It takes quite a commitment to become part of the solution.

Although many people have volunteered their time to the Co-op, one person in particular stands out in my mind as being instrumental in keeping us committed to recycling during the last 23 years - Bob Thyberg. Bob has volunteered at the Co-op over a 20 year period of time. During that time span he helped keep us on track, reminding us when we got sloppy that the recycling needed to be sorted and grouped properly.

He drove to the Co-op weekly in his blue van to pick up all our recyclables and take them down to the Recycling Center. Bob spent far more than the allotted three hours week in doing this mammoth job. In early October 1994 Bob took his last load to the recycling center prior to undergoing heart surgery. At age 76 he is still shopping at the Co-op and using his honorary volunteer discount card to make his purchases. Our heartfelt thanks, Bob.



Ode to Kelly

by Heidi Heffernan

This month is a sad month for me. This month I have to say goodbye to a valued co-worker. Someone who not only did her job proficiently, but also energetically and enthusiastically. Today I officially bid farewell to Kelly Kingsland. If that name is not familiar to you, Kelly is the one who is responsible for almost all the great food the deli has put out over the past two years.

It has been an honor and a privilege to work with Kelly. Her loyalty to the Co-op, her hard work, and her dedication to using local organically grown products has always reinforced, in my mind, Kelly's status as an artist. Not one who works in oils, or watercolors, or clay, but one who works in food.

Some may scoff at the idea of a food preparer being an artist. After all, those of us in the food service industry tend to be looked down upon as menial workers, those who are either unable to do anything else or too unambitious to do more meaningful work. But there are among our numbers, those for whom food service is meaningful work. Food preparation is a chance to help others; by feeding people high quality, wholesome, and delicious food. Kelly is such a person. She has always managed to balance nutrition with great taste. She has experimented daily with ideas that would improve the food at the Co-op, that would satisfy both busy, frantic business people and stressed out, broke college students alike. She has done this with flair and finesse and I for one would like Kelly to know that it has been appreciated. I salute her and thank her.

More likely than not, the thing I will miss most after Kelly's departure is her mere presence in the kitchen. Kelly is energetic, good natured, supportive, and an all-around good egg.

So long Kelly, and thanks for everything.

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

Published by
Moscow Food Co-op
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Printed on Recycled Paper

Deadline for Articles:
20th of each month



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Board Member Elections at the Co-op

by Kenna S. Eaton

This year the Board decided to try a different way of electing their replacements- using mail-in balloting. The Board started early in 1996 recruiting potential Board members. The ad-hoc committee of Vicki Reich, Larry McLaud (of ICL fame) and Kristi Wildung developed a packet of information for candidates, a schedule for elections and a brochure detailing the candidates' experience and commitment to the Co-op. The ballots were mailed out in early February to all members.

The Board spent \$119.02 on Xeroxing, and \$378.40 on mailing the ballots.

Over 100 members responded, a record high. Previously Board members were elected at the Annual Membership meeting by the members who attended, (usually somewhere between 35- 70 people) and the Board wanted the elections to reflect the votes of a wider group of people.

While we had six excellent candidates, just days before the mailing, one candidate chose to pull out of the running.

Next year we will add a new twist. Candidates will have to receive a certain percentage of the returned votes to win. Interested in helping with the process? Contact Vicki Reich @ 883-1446.

Juice Cart Moves Outside....

by Kenna S. Eaton

The Buy Line

Kim Cantrell

Here are this month's customer requests & suggestions.

There is a toothpaste I really like and Vicco is its name-o. V-I-C-C-O, V-I-C-C-O, (well, you know the rest)-Please try special ordering it.

Organic Apple cider vinegar- We do stock Bragg's organic apple cider vinegar.

Large Organic Olive Oil-I did return this product to the shelf after may requests. The Co-op still encourages you to buy bulk.

Corn tortillas-We've tried these many times and every time they mold on our shelves. But, we are getting new shelves for our freezer and I'll consider keeping them there.

You are always out of whole wheat tortillas-Please ask a staff person to check on this item for you. We have a very small amount of frontstock space available, but often we have more tortillas in our backroom freezer.

Organic enchilada sauce- Sorry, I really liked it too. Unfortunately sales were extremely slow and we had to discontinue it.

Seventh Generation dish detergent and dishwasher detergent-The last time I purchased the dishwasher detergent was July last year and the last box of 6 just sold. Sorry, I've had to discontinue that product. But try the bulk dishwasher detergent by Bio-Pac it appears to do as good a job. And as for the 7th. Generation dish detergent in bottles, the manufacture has been reformulating the product. We will bring it back as soon as it is available to us.

Now we KNOW Spring is here! April 16th the Juice/espresso cart moved back outside to its home under the green awning. The sun is shining and business is booming.

We decided to revamp our smoothie recipe to include some new flavorful combinations and to add a special boost to an old favorite. The price is still the same (\$2.75), but now you can have two "extras" in your smoothie at no extra cost. The choices include protein powder, wheat germ, oat bran and lecithin- or one "special extra" of spirulina, ginseng or bee pollen. These "extras" add a special bonus to an already healthy drink,

Annual Report from the Finance Committee

by Christine Moffitt, Finance Committee

The Moscow Food Co-op ended the year with mixed financial signals. The business sales volume was nearly identical to that of 1995 (about 1 million annual sales), but the annual Bazaar did not provide the revenue that had been anticipated. Gross profit margins on this seasonal event at the store are higher than for other parts of the store, therefore this venture yields extra profits to the total business. So if the Bazaar does well, the Co-op finishes the year well. Early signals were good, but sales in December did not achieve expectations. Other costs such as the staffing for the Juice/Esspresso Cart reduced our profits at year end.

As a result, the Moscow Food Co-op showed a 1% loss at the year end (December 31, 1996). Part of this loss is explained by changes in the monthly payment schedule. Over the past year, we have paid our bills faster. At the same time, the businesses that owe us money have not paid us more rapidly. Therefore, this change in timing of transactions lowers the monthly bottom line over that time, but really does not change the total business assets and liabilities. In addition, we own the inventory remaining from the Bazaar and can regain some of the lost margin when it is sold.

What to do with a static business? It is hard to maintain a business under static model when costs are rising, you have a desire to increase wages for employees, but total sales volume is flat. The Board

of Directors would like to increase our capital reserves to provide money for business opportunities that enhance our position in the community such as relocation to a larger store to provide our members with more complete shopping, or providing capital for renovations at our present site.

The positive side of our financial situation is that we are nearly debt free, since when we assume debt, we must raise the costs of products and services or raise our volume to offset these additional costs of business.

We suggest three things that members can do to help the financial position of the Co-op.

- 1) Increase your personal business volume at the store whenever possible. Not only do we want and like your business, it is necessary for our financial security and flexibility.
- 2) Work to increase our membership base. Each person who contributes as a member helps increase our capital available for building the business.
- 3) Participate in leadership roles. Lend us your human capital of enthusiasm, talents, and ideas. Volunteer for projects and special committees.

We promise to keep you informed about our progress toward increased financial success.

and they still taste GREAT. (Of course you don't have to have any of these if you choose not too).

Our juice cart still prepares fresh-squeezed organic juice made to order, plus a new favorite; Strawberry Lemonade for only \$1.75 (\$1.50 w/o the strawberries). We squeeze the lemons daily, add a smidgen of sugar, some frozen strawberries and voila! An instant refreshing moment in a glass.

Yes, we still make organic espressos and mochas with Stratton's milk for those of us still needing to indulge in caffeine, but if your ready for an adventure, try a smoothie instead.



Volunteer Profile: Tim Lohrmann

by Linda Canary



Tim Lohrmann is a gracious man. He agreed to this interview even though he had just spent the

entire weekend driving around Idaho's Panhandle taking care of his real job which is being the CEO of the National Association of the Self-Employed. And he gave me a delicious cup of wildflower tea, too.

His job at the Coop is as the advertizing czar, and he's already procured two new accounts for the Coop in the short time he's been on board. He says the Coop is one of the main reasons he and his wife, Cindy, moved to Moscow from Grangeville. "The level of wellness in our family has a lot to do with eating organic foods," he asserted. "Most of our food budget is spent at the Coop; I think it's great that a town this size has a Coop."

Tim is a writer. He likes to write about politics, politicians, and national issues such as grazing rights. He writes an occasional opinion column for the UI Argonaut, and is currently taking a journalism class in order to learn to become a better editorial writer. His first degree is in political science, at least I think that's what he said. I forgot to write it down since I was so fascinated by his little deer-faced Chihuahua, Lucy. Lucy came from Texas with the family, she's five, and she doesn't bark like I thought all Chihuahuas did.

"So why'dya leave Texas?" I ask. And he and his two kids yell, "Too many mosquitos!" And his four-year old son, Joseph starts to talk about bats, and how bats consume tons of mosquitos. Tim tells him to bring over the article about all the bats that live under the Congress Avenue bridge in Austin. From that article I learned that a single bat can eat 600 mosquitos in just one hour, there are 20 million bats living under the bridge, and they eat 250 tons of mosquitos nightly.

That's a lot of guano. Wish I had some for my garden, it's the best manure on the market. Any-

how, for those of you out there that may occasionally imbibe tequila produced from the agave plant, I also read that if it weren't for the little brown bat being its pollinator, the agave plant's production would drop drastically. So next time you're knocking back some of the worm, thank the lowly bat.

Now where was I anyway? Oh yes, talking to Tim Lohrmann about what he likes to do in his spare time. Before he can answer, his seven year old daughter, Louisa, pipes up, "He likes to play charge." "Charge? Tell me more," I say.

"Well, Daddy is a bull moose, or a rhino, or a sea gorilla, and I'll be the zookeeper's daughter or someone, and he comes charging up, and then we wrestle." "Ah, I know that game." remembering back to when my own kids would wrestle with my husband, until one day the four of them broke the living room couch.

"But tell me, what is a sea gorilla?" "A sea gorilla? He lives under the sea, then we get to be underwater when we wrestle." Of course. How could I have forgotten that playing is like dreaming, all stream of consciousness, anything can and does happen. So I ask the sometimes sea gorilla what else he likes to do, and he says that hiking, reading, walking Lucy, and eating fat-free frozen yogurt. Fat free frozen yogurt is important for a man who just turned 39, like Jack Benny. Does anybody else remember that bit about Jack Benny's age, or am I getting to that place of nostalgia only the war babies know?

I ask Tim about his favorite book, and he goes right to the bookshelf and pulls out Confederacy of Dunces, and shows me the preface quote by Jonathon Swift, "When a true genius appears in the world, you may know him by this sign, that the dunces are all in a confederacy against him."

When I ask him what makes him mad, he laughs and says, "Too much coffee. When I drink too much caffeine, I get mad." And when I ask him what he'd do if he had a million dollars, he and the kids say all at once, "We'd take a little trip and go see some castles in Germany, some wildlife in New Zealand, Australia, and Minnesota."

"Oh yeah. there's some great wildlife in Minnesota, especially the mosquitoes." I reply.

Thanks, Tim and family for sharing your child-centered home with me for a pleasant hour.

Business Partner: Paradise Creek Bicycles

by Linda Canary

Earl Aldrich and I are both very busy people, but when we finally found a time for this interview, it was unhurried, and I could tell that here is a person who takes time and care at whatever task he is doing. It is Spring cleaning time, and he is carefully wiping off dust from inventory that lines the walls. Some things I recognize, others are a mystery. The store on Main Street is where I've bought all my kids' bikes and accessories; I don't go anywhere else, because Earl has been doing bikes since 1969, he stands behind the bikes he sells, services them beautifully, and he's really a nice person. So are the people who work with him, Kris and Josh.

Does that sound trite? Why do business with someone who isn't nice, I ask you? We've bought Giants and Raleighs there, and I noticed he's carrying a new line there now called Haro. Tune-ups cost \$34.95, and that price hasn't changed in ten years. Earl will fix anything that rolls by human power: wheelchairs, walkers, skateboards, in-line skates, recumbents. He'll fix a bike that's even been made in lower Slobovia fifty years ago — coaster brakes, three-speeds, you bring it in, he'll repair it, or let you trade it in. Paradise Creek Bicycles is the only shop in town that takes trade-ins.

Earl's original intention in moving to Idaho from California was to semi-retire, and he laughs at that when he says it. He loves it here on the Palouse for all the same reasons I do, but mostly because people are so darn friendly. "I've met and been befriended by more people in a ten mile radius of my home in Deary in the last four years than in the entire 25 years I lived in a California suburb."

He bought the shop in July of 1993, and put his home-made three-wheeled recumbent in the window. Recumbents are a bike of the future — the very near future apparently.

He sells 90% of them now to the physically challenged but tells me that Huffy, the largest bike manufacturer in the world, has just bought up one of the most popular recumbent production plants, and soon will be pushing these fast bikes on the market in big way. Earl likes recumbents, "They're stable and they're fast — a two-man can go ninety mph, a one man can go 70."

I shuddered, thinking out loud that I don't even like to go that fast in a car.

"Bikes today, are like cars," he says. "they are as complicated and well-designed and built."

Earl gives a bike repair class once a year through the UI Enrichment program. He's just finished one up that could have been three times the size it was. "It's a good deal. We give the students at least \$30 worth of bike tools, and a bike stand below cost, and I wish I could teach more of them, but time is always a factor." So maybe when he really retires, he can teach bike repair and maintenance, kind of like those dancers who go on to choreograph. Sure wish I could get all my kids into one of those bike classes—although they are getting to the car stage. When I ask Earl if there's great bike attrition around the mid-teens, he says that Moscow is a very bike-oriented town, and that there are a lot of teens and college students out there who are avid bicyclists.

So, today I rode my bike, thinking about Earl and all the other avid bicyclists out there, and I feel really good about myself because I left the car at home. I need a light, though, so I'm going to get one at Paradise Creek Bicycles, and I'm going to get a 10% discount cause I'm a Moscow Food Co-op Member. If I were a veteran or senior citizen (and that's coming up sooner than I'm ready to acknowledge it), I'd get a discount, too. That's 'cause Earl's a nice guy, and he's a welcome part of the community.

Paradise Creek Bicycles is located at 511 South Main in Moscow and is open Monday through Friday, 9:30am to 5:30pm.



Food & Nutrition

Onions, for Spring

by Kenna S. Eaton

I know it seems odd to think of onions as a springtime food, but the very best onions I've ever had were the new crop of onions that you find in the stores this time of year. They are much sweeter than the storing variety of onion that you usually find around in the winter which can have quite a bite to them by the time April rolls around.

This new crop of onions is not as sweet as the Walla Walla sweet we find in the early fall, but they are very fresh and tasty. You will find a conventionally grown variety down under the produce case, and when they are available there are also organic new crop onions as well. They cost a little bit more, but I think they are worth it. I've included my favorite onion soup recipe for you. It's easy as pie and a really warming treat for this in between weather time of year.

Here's what you will need:

3 Tbl. butter or margarine or canola oil

4 cups thinly sliced onions

1/2 tsp. sugar

1 Tbl. flour (or 1/2 Tbl. of cornstarch if you have wheat allergies)

Dash of salt

Dash of freshly ground pepper

Enough slices of toast to give one to each person

Shredded Parmesan Cheese

Melt the butter or margarine in a

large soup pot on medium-high temperature. Add the onions to the butter, let them heat up then turn down the heat to low and cook for 45 minutes. Stir frequently to prevent burning. Don't get impatient at this step because the longer they cook at a low heat the better the soup will be. Then stir in the flour and sugar and cook for another 3 minutes. Then add six to eight cups of water to the pot.

If you are not vegetarian, you may substitute beef broth for half of the water, but it is not necessary. Also, if you are feeling adventurous you may also add 1/4 cup soy sauce and a couple teaspoons of worcestershire sauce at this point (worcestershire sauce is not vegetarian so beware). Bring the soup to a slow boil and cook for another 30 minutes. Serve the soup over the slices of toast and top with shredded parmesan cheese.

I hope you enjoy this soup as much as I do. I think the soy sauce is good because it adds a little extra richness to the broth, but it's not necessary, and make sure you have enough cheese for seconds because you'll be tempted to eat it all off of the top first! Happy Spring!

Popular Tofu Cooking Class

by Eva Strand

The education committee at the Co-op has recently discovered that one of our secret interests in this town is COOKING WITH TOFU!

This spring the education committee initiated a series of cooking classes, starting with 'Cooking with Tofu'.

The response has been far above our expectations. The first class in March filled up in no time, and a second class was held in April. Your next chance

to join the trendy, tasty, terrific tofu class is on Thursday May 15th 6-7:30. Sign up at the cash register today, tomorrow the class might be full. Oh well, if you miss the May class I'm sure we will share our tofu cooking tricks as long as it attracts curious tofu cooks. The classes are held upstairs at the Co-op and cost \$5.00 for Co-op members and \$10.00 for non-members. Each class is limited to ten participants.

In the class we talk, touch and taste tofu. Recipes are handed out at the class and after a short introduction we press, marinate, slice, sauté, blend and broil tofu into dips, fajitas, balls, marinated slices, creamy desserts and more. The

evening becomes complete when we all sit down together and taste our creations along with dishes prepared in advance and tofu products from the store.

Future

classes? Of course! Presently we are planning a 'Cooking in the Back Country' class, keep your eyes open for this class in the end of May or beginning of June. Other suggestions from class participants are: 'Cooking with Tempeh', 'Basic Vegetarian Cooking', 'Cooking with Herbs', 'Vegan Cooking' and last but not least 'Cooking with Spam!!'. Who knows, maybe we'll kick loose with SPAM next time. We will keep you posted!

*Editors Note: As we go to press that class is already full, look for new Tofu classes this summer.



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MSG

by Pamela Lee

Monosodium glutamate. I've learned to avoid it. Like a laboratory rat that gets a stunning electric shock when she pushes the wrong lever or scampers down the wrong lane in the maze, I've learned to avoid the mean pain that comes after I ingest MSG. It's why I buy tuna at the Coop. It's why I'm willing to part with two dollars for each small can of tuna, because the Coop's tuna doesn't contain MSG. Yes, tuna can be bought at any grocery store for less than a dollar, but I've read *all* the labels on cans of tuna at the supermarket. Each and every brand contains MSG, by another name.

Obscure Labeling

MSG would be easy to identify (and avoid) if it were honestly and plainly labeled as such. But, it is not. MSG goes by far too many obscure descriptions, names one would not easily associate with monosodium glutamate. For a while, I had a list of six to eight of these names (compounds behind which MSG hides) written in a small purse-sized notebook, and I'd consult the list when shopping. I never did memorize the whole list. I learned a couple of the most commonly used descriptions (like hydrolyzed protein), but mostly I learned to avoid the prepared foods that typically contain MSG.

If you want to avoid eating MSG, watch for the following on food labels:

Food label names that always contain some MSG:

monosodium glutamate	hydrolyzed protein
monopotassium glutamate	textured protein
glutamate	hydrolyzed oat flour
glutamic acid	yeast nutrient
gelatin	autolyzed yeast
calcium caseinate	yeast extract
sodium caseinate	yeast food
Accent	Glutavene
Ajinomoto (in Oriental foods)	

Food label names that often contain MSG or create MSG during processing:

malt extract	carrageenan
malt flavoring	bouillon
barley malt	broth
maltodextrin	stock
whey protein	natural beef flavoring
protein isolate	natural chicken flavoring
protein concentrate	natural pork flavoring
protein fortified	flavoring
pectin	natural flavoring
protease enzymes	seasoning
enzymes	soy sauce
protease	sauce extract
enzyme modified	fermented
ultrapasteurized	

Also, disodium guanylate and disodium inosinate are two expensive food additives that are hardly ever used in food without the presence of the cheaper flavor enhancer - MSG. These two expensive additives, also flavor enhancing chemicals, work synergistically with the inexpensive MSG. Manufacturers boost the effects of tiny amounts of disodium guanylate and disodium inosinate by using ample amounts of the cheaper MSG.

If you have severe reactions to MSG, notice that low-fat milk products often contain milk solids that contain MSG. Adverse reactions to MSG have even been reported with cosmetics, soaps, shampoos, and hair conditioners. Apparently, sensitive individuals can react to cosmetic ingredients that are hydrolyzed. Candy, chewing gum, manufactured drinks are other potential sources of MSG. People that react adversely to MSG are susceptible to cross-reactions to aspartame. The two additives are reported to have similar chemical structure, and both are considered "excitotoxins".

History of MSG

Japanese cooks have traditionally used pieces of Kombu, a seaweed, to flavor broth and stew. In 1908 a Japanese scientist, named Kikunae Ikeda,

became curious about why his wife used Kombu to season the family's soup. Taking his curiosity to the laboratory, Ikeda soon isolated the flavor enhancing component of kombu. He identified it as sodium salt of glutamic acid, or monosodium glutamate. Kikunae Ikeda was apparently as quick in business as in science, for he took out a patent on the manufacturing of this white powder flavor enhancer that he'd isolated, as well as on subsequent patents on commercial manufacturing processes to use it.

By 1933, monosodium glutamate had become an important, even a predominant, ingredient in flavoring Oriental food. But it wasn't until World War II that the United States became intrigued by this potent flavor enhancing powder.

Our government first became interested in MSG as a way to enhance the flavor of army field rations, to make them more palatable. In 1948, the Armed Forces Chief Quartermaster convened an eight-hour symposium that was attended by all the major American food manufacturers and sellers. The topic of this historical one-day meeting was the marvelous uses for the new flavor enhancer, monosodium glutamate.

Leading food industry representatives returned from the 1948 meeting, excited about what they'd learned: how MSG could increase the flavor and palatability of their commercial food products. Moreover, not only does MSG increase flavor and aroma, but it also suppresses undesirable "off" flavors. It could make marginal food taste better, and could even eliminate the "tinny" taste of canned foods. This "discovery" coincided perfectly with the rise of fast and commercially prepared food products in this country.

Competing fast food companies eagerly took advantage of this new flavor enhancing powder. Now, MSG, in all its guises, is difficult to avoid. Americans consumed about one million pounds of monosodium glutamate in 1950. Today we consume about 300 times that amount!

Adverse Reactions

Some researchers claim that only 1-2% of the American population experience adverse reactions to MSG. Other studies reveal that as many as 25-30% of the population react to monosodium glutamate. The FDA-documented adverse reactions to MSG are, listed in order of frequency: headache, vomiting, diarrhea, heart rate change, stomach cramps, mood changes, fatigue, and dizziness. Other studies include reactions such as: difficulty in concentration, extreme mood swings, depression, difficulty with balance, sleep disturbances, convulsions, hyperactivity, esophageal reflux and heartburn, flushing of the skin, asthma, and swelling of the throat.

Reaction time varies, from shortly after consumption, to delayed reactions of up to 48 hours after ingestion. Duration times also vary. While MSG reactions vary widely from one individual to another, the reactions are markedly consistent for each individual. In other words, if your particular reaction to eating MSG is a dangerously racing heartbeat and flushing skin, that will consistently be your reaction each time you consume MSG. I get horrible, hideous migraine headaches if I eat MSG.

I didn't always react to MSG. My immune system became sensitized to quite a number of things, including MSG, after I became very sick from an exposure to chemicals in the workplace. Before this injury, and resulting sensitivities, I reckon I consumed a goodly (normal) amount of monosodium glutamate. Growing up, we ate a mixture of Chinese food and American Midwestern food. I remember my father liberally sprinkling meat with Accent. When I was in high school, a girlfriend told me that she'd read that MSG could cause mental retardation. I asked my father about this, as he was routinely seasoning meat (with Accent), and he'd replied, "then, all the people in China must be retarded."

I think my dad was being a bit defensive; he's Chinese. So was the first doctor to write about "Chinese Restaurant Syndrome" in a letter to the *New England Journal of Medicine*, in April of 1968. Dr. Ho Man Kwok wrote: "For several years since I have been in this country, I have experienced a strange syndrome whenever I have eaten out in a Chinese restaurant, especially one that served Northern Chinese food. The syndrome, which usually begins 15 to 20 minutes after I have eaten the first dish, lasts for about two hours, without hangover effect. The most prominent symptoms are numbness at the back of the neck, gradually radiating to both arms and the back, general weakness and palpitations..."

George Schwartz, M.D., author of *Bad Taste: The MSG Syndrome*, published by Health Press in 1988, became interested in monosodium glutamate when he was studying food poisoning for several articles that he

was writing. Dr. Schwartz believes that reactions to MSG are drug-reactions, that MSG is not an allergen, but a poison, and that adverse reactions are dose related. In an interview, published in issue #66 of the *Mastering Food Allergies Newsletter*, Dr. Schwartz said that: "An allergen seems less threatening, since most people assume that it won't be a problem to everyone. MSG is toxic to everyone, at some dose.... Extremely sensitive people may experience severe, serious and debilitating reactions after ingesting a very small amount of MSG in a single food. Other people may tolerate many times that 'dose' by eating processed foods or in restaurants for most meals, continuing to get additional doses all day. Those people who think they aren't bothered by MSG are reacting. Physiologically, at the cellular level, body processes are being disturbed in subtle ways. Some may experience headaches or something else that is a direct result of ingesting food contaminated with MSG. But as long as they haven't made that connection to realize the cause, they go on having their headaches (or other symptom) - and go right on thinking they aren't reacting to MSG!"

In the newsletter interview, Dr. Schwartz briefly explains the mechanism for MSG's flavor enhancing ability. It excites the neurotransmitters, causing nerve cells to discharge an electrical impulse, exciting the nerves of the tasting apparatus. But this same excitatory impulse is what can cause a host of adverse reactions, from diarrhea to headaches to racing heartbeats. The excitatory action is non-specific.

MSG Intake

Does everyone react to MSG, like author/physician George R. Schwartz contends? I don't know. I didn't register any adverse symptoms for years. It wasn't until my immune system was overloaded by other chemicals that I became hyper-reactive. Do you eat MSG? Yeah, you do if you eat in restaurants, purchase any canned, processed, or manufactured food, or Asian food condiments.

Both sides of the controversy over MSG's safety seem to agree that sensitive individuals react to eating about five grams of MSG, while nonsensitive folks are able to eat high doses, up to 25 grams, without having adverse reactions. (A pound contains about 454 grams.) But, most of us don't know how much MSG can be found in common foods. Here are a few food listings, excerpted from a 1991 chart titled "Average MSG Intake for the General Population in Grams per Person per Week":

Food	Aver. consump. of specified food (g/person/week)	Mean MSG content of food (%)	Calculated intake of MSG (g/person/week)
Canned ham	32	0-83	0-27
Pork sausages	38	0-20	0-8
Frozen Fish, i.e. (convenience products)	30	0-39	0-12
Canned beans	126	0-14	0-18
Crisps and potato snacks	27	0-91	0-26
Other vegetable products (soya meal)	14	2-68	0-38
Cereal snacks	14	0-92	0-13
Soups (canned)	77	0-33	0-25
Pickles and sauces	60	0-62	0-37
			Daily total (g) 0-58

Risk Assessment

Studies conducted by Patricia Bell, Ph.D., and James E. Merrett M.S. of the Eastern Virginia Medical School Department of Pharmacology found that MSG-containing foods pose a serious risk for individuals with pre-existing vascular disease, hypoglycemic patients, pregnant women, and people with renal or congestive heart failure. Other researchers warn that the vascular system is not the only body system vulnerable to large amounts of MSG. It is possible that the nervous system may be at risk for subtle damage from diets high in foods containing MSG. Small children would be especially vulnerable. MSG was removed from baby food manufactured in this country in 1960, but as soon as the young ones start eating typical table food, they'll be exposed to MSG.

Dr. Schwartz, at the end of the *Food Allergy Newsletter* interview, said: "As for children in my opinion, we can't effectively improve education in our schools without first taking the toxins out of the food we're feeding our children." And, he stated that "We have a curious national mentality in the late twentieth century. Every year we develop new, more potent medications to relieve headache and depression, two of the most common symptoms of MSG reactions - without ever asking or diagnosing the cause."

If you're concerned about the additives you're eating, read the labels... if you can [make any sense of them].

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4th Thursday

5:30 p.m.

Nomination

1st Tuesday

4:00 - 5:00 p.m.

Finance/Legal

1st Tuesday

Noon - 1 p.m.

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1st Friday

Noon

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-anonymous-

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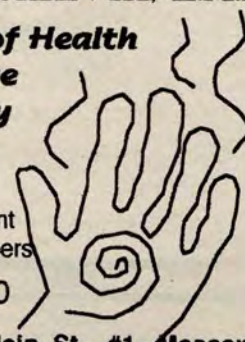


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by: Robin Murray



May



Kids page

Did you know...

Isadora Duncan was born on May 27th, 1878? She was a famous dancer and is considered to be the "mother" of modern dance!



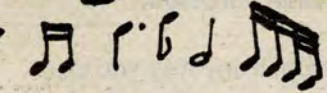
THE DRAWINGS HERE ARE COPIES OF ONES MADE BY AN ARTIST WHO SPENT HOURS DRAWING ISADORA WHILE SHE DANCED!

LOOK FOR THESE BOOKS AT THE LIBRARY:



Barn Dance by: Bill Martin Jr. and John Archambault, ill. by: Ted Rand
Angelina on Stage by: Katherine Holabird illustrated by: Helen Craig

A recipe for Modern Dance

Ingredients: 
A Music Source (radio, cd, tape)
An open space to move in
A scarf (optional) (but helpful!)

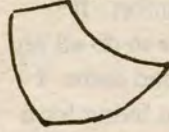
Turn on the music. Start moving in ways that show how the music makes you feel! Have Fun!



Try This:

Dancing Finger Puppets:

you'll need: stiff paper
markers or crayons
scissors
hole punch



- ① Draw a figure on stiff paper but leave out the legs. Color however you wish.
- ② Cut out the figure.
- ③ Using hole punch, punch out two holes at the bottom of your cut out, about 1 1/2 inches apart.
- ④ Using the scissors, cut the holes big enough to slip your fingers through.
- ⑤ Make your puppet dance!



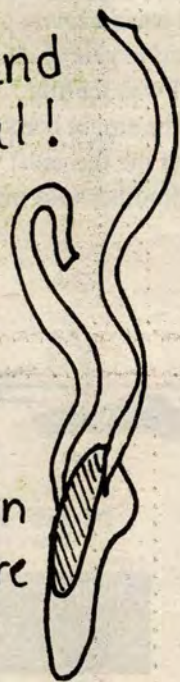
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- ② Jazz
- ③ Line
- ④ Modern
- ⑤ Square
- ⑥ Tap
- ⑦ Waltz



Friends & Family

Grief and Consolation

by Robin Murray

Mother's Day is a very hard holiday for me, and I know I am not alone. Before my mother died, I never knew what to say to someone facing the death of someone close. Now, through the wisdom harsh reality so often brings, I know the best course of action is usually to say very little and to listen a lot. Of course every person grieves in their own way, with needs and feelings changing day to day, hour to hour.

For me, one comforting thing people said was a simple and graceful "I'm sorry." At first I found it difficult to hear, especially when said by people who never met my mother. Gradually, however, I came to realize they weren't sorry for my mother, but for the pain her loss was causing me. **The most comforting words offered to me were personal anecdotes on the other person's experiences with death, grieving and healing. I felt less alone, and I learned from their perspectives on death.**

The most *unhelpful* words offered to me were "Don't worry, it will hurt less with time." Since my mother wasn't getting any less dead, all this said to me was that the person wanted my grief to go away, as though there was something wrong with it. This phrase seemed a polite way of saying "get over it." But I wasn't ready to get over it. I wanted to grieve and to express the pain I was feeling.

The single conversation that helped me the most was when my grandmother told me about her

feelings for my long-dead grandfather. She said for her, the grief didn't ever completely go away. To me this was a great comfort. It meant that I didn't have to do all my grieving at once, then and there. I could stop and focus on living for a little while, then go back to unresolved feelings when I had more energy.

Now, three and a half years later, there are times where something will trigger a memory and the pain will wash over me as though she just died yesterday. Mostly, though, when I think of my mother, I think of how wonderful she was. I think of the intangible gifts she gave me, and the many things she taught me. I am grateful that she saw fit to share her body with me for nine months and then to bring me into this world by herself.

I remember her soft lap and timid singing as she rocked me in the rocking chair. I remember when she taught me her recipe for pancakes. I remember how she approached my teenage years with openness, honesty, and faith in my abilities. I remember long telephone conversations across the miles after I left home. I like to think she'll be waiting for me on the other side to help me through the way she helped me through this one. I am glad to have been able to call her "Mom." To quote Fred Small, "the only measure of your words and your deeds is the love you leave behind when you're gone."

Helping the Grieving

by Robin Murray

When a friend loses a loved one, we often wish there was something we could do. Death, however, has a way of making us feel powerless. In our attempts to avoid those feelings, we often shy away from a grieving person just when they need us the most. In helping a friend through a tough time, acknowledge that you cannot ease their pain. You can, however, assist them in dealing with their own pain by offering emotional support and by helping with day to day tasks so they can focus on their emotions for a little while. Here are a few ideas on how to be a good friend in the face of loss:

- call or visit as soon as you hear the news;
- if you are far away, send a card, flowers, a fruit basket or a memorial charity gift;
- touch the mourner - a hug or a hand on the shoulder really does help;
- listen without judgment;
- bring food;
- offer to help in any way you can;
- if the mourner says "no" to help, wait a few hours or days and repeat your offer;
- offer rides to the lawyer or the funeral home - grieving people

- aren't the best drivers;
 - offer to house-sit if the person needs to travel for the funeral;
 - offer to care for small children and/or pets;
 - offer to run routine errands;
 - offer to help with cooking and cleaning;
 - offer help in playing host to relatives in town for the funeral;
 - offer to help keep track of gifts and cards which will require thank you notes later on;
 - remember to keep in contact as the months go by;
 - acknowledge anniversaries and other occasions which may revive old grief with a phone call or gentle word of sympathy.
- For an in-depth look at ways to help those in mourning, I recommend the book **The Art of Condolence**, by Zunin and Zunin.



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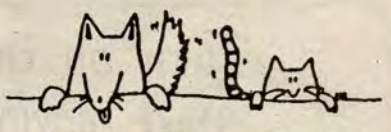
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The Great Outdoors

Natural Insect Repellents: The Herbal Way to Keep Bugs at Bay

by Lisa L. Lundstedt

Frankly, bugs have never bugged me much. Mosquitoes bypass me to attack friends and family; ticks go the extra yard to latch on to neighbors. For years I thought it had something to do with lower body temperature or good karma, until I re-read an entry in an herb book on chamomile.

Chamomile is an herb I have used for years in my homemade herb/Castile soap shampoo. Although I add chamomile to my shampoo as a hair lightener, a few years ago I discovered that in the Middle Ages chamomile was used as a strewing herb—an herb placed on the floors of dwellings so that walking on it would release its fragrance and **insect-repellent abilities!** For years I'd been shampooing an herbal insect repellent into my hair and didn't know it.

Chamomile is but one strewing herb. In fact, many common herbs (and uncommon ones) can keep bugs away. Granted, they may not stop insects dead in their tracks like commercial repellents with dire warnings on their labels. The New Age Herbalist (NAH) voices the concerns many of us have about these products whose effects endanger animal life and human health, stating, "Very often the pesticide is more harmful than the pest." The use of some herbs in oils, infusions, and baths is a happy alternative.

However, just because an herb is "natural" doesn't guarantee its safety—some plants can harm or kill humans when taken internally, or cause skin irritation when applied in concentrated forms. For example, ancient Romans and Native American Indians rubbed pennyroyal on themselves and their animals to keep fleas away. According to The Practical Encyclopedia of Natural Healing, (PENH) it's also good for keeping away mosquitoes and gnats. It wasn't too long ago that you could find pet flea collars made of braided pennyroyal. But good luck locating pennyroyal today. Because it is an abortifacient—and a dangerous one

at that, with small amounts causing convulsions, coma, and even death when taken internally—its availability has been recently curtailed.

Furthermore, some purported cures work for some folks but not for others. PENH offers a variety of scientifically unproved practices: one herbalist recommends hanging dried tomato leaf bouquets throughout the house to keep out bugs, and a woman reports ridding her pantry of ants with a box of goldenseal tea bags. Indeed, I'm reluctant to try some herbs, such as lemon balm. Bees love it. According to Rodale's Illustrated Encyclopedia of Herbs, (IEH) beekeepers used to rub the inside of hives with lemon balm to entice new swarms to stay. Since bees are so attracted to it, I'm reluctant to rub the herb on my body.

Instead, I'd rather toss lemon balm into a fire to keep insects away. (Sage and thyme can also be burned to deter bugs from crashing your backyard party.)

Finally, some plants are just too rare in the Inland Northwest. For example, NAH reports that Spanish country folks use the sticky roots of elecampane as a natural fly-paper, suspending the roots in windows to lure and capture flying insects. I'll stick to discussing some of the more common herbs and the ways they can be used to keep bugs at bay.

Start from Within

Many people know that eating raw garlic supposedly keeps mosquitoes away; unfortunately, it tends to keep everyone else away too. Instead of eating it, though, you might want to try an external application of garlic, mentioned in the next section. For a moment, however, I want to talk about the internal use of a vitamin that may make your fun in The Great Outdoors bug-free.

According to Mark Bricklin, Prevention magazine's executive

editor and author of PENH taking large amounts of vitamin B₁, also known as thiamine, is a good way to keep bugs from being attracted to you. When you take an overload of B₁, your body secretes the excess through your pores, producing an odor that most bugs find unbearable. Bricklin recommends taking 100 milligrams of vitamin B₁ before leaving for a picnic or other short outing. For longer sojourns in The Great Outdoors, like camping trips or getting hopelessly lost on a day hike, he suggests you take this amount two or three times a day. Bricklin writes, "I would consider this to be a highly reliable preventative measure, especially for mosquitoes and flies."

Outdoor Insect Repellents

Whether or not you take megadoses of vitamin B₁, you might try the external application of herbs to reduce your swatting time. The May 1997 issue of The Vegetarian Times offers



California's Gilroy Garlic Festival recipe for garlic as an insect repellent. According to VT, mince garlic and soak it in mineral oil for 24 hours (the article doesn't give amounts). Add a teaspoon of this garlic oil to a pint of water and the juice of one lemon slice. Mix and strain into a sprayer.

If you lack the foresight to prepare such a concoction, you can go straight to herbs. If you find yourself in The Great Outdoors unprepared, NAH suggests rubbing fresh elder leaves on your neck and limbs. Unfortunately, the book notes that you must repeat this treatment every twenty minutes or so, though you can also wear elder leaves in your hair. A compromise between the 24-hour garlic repellent and the spontaneous yet Puckish adornment of elder leaves might be an herbal bath.

Before leaving home, take a bath that has a few drops of an essential oil or an herbal infusion in it. One or two drops of chamomile oil should be enough. Or you can make an infusion from the flowers.

To make an infusion of any herb, add about a handful of the leaves or flowers to boiling water and steep them as you would tea. The longer you steep, the stronger the infusion. Add the liquid to your bath, straining it first so you don't have to pick wet herbs off your body and out of the tub. Although it is possible to drink some infusions, I don't recommend drinking any used to repel insects—they could adversely affect your health. Besides, the aroma will do more for keeping bugs away when it's outside your body.

Like chamomile oil, lavender oil is reputed to repel insects and has an interesting history. It has been used to flavor snuff, embalm corpses, cure animals of lice, and repel mosquitoes. Although the IEH doesn't give details about embalming or flavoring snuff, it does provide some cosmetic tips. Skin conditions such as eczema and psoriasis can be treated by a few drops of an infusion made by mixing 2 drops of lavender oil to a cup of other oil; this may also be enough to keep mosquitoes away. NAH advises deterring mosquitoes by wearing lavender oil on the skin or hair, but I would suggest using a diluted infusion rather than full-strength application to keep the bugs at a distance.

Speaking of bay, bay leaves help keep bugs from getting personal. The IEH states that bay oil may cause dermatitis in some people, but a less concentrated application should be safe. Make an infusion by adding a handful of bay leaves to boiling water, let it steep, and strain it into your bath water. It will soothe your skin and help stall insect invasions.

Like bay oil, eucalyptus oil should not be applied full strength. IEH recommends making an infusion by steeping a handful of leaves in a quart of boiling water for 20 minutes and adding that to your bath. You could also mix a teaspoon of eucalyptus oil in 1/2 pint of warm water and rub it into your skin to repel insects.

Citronella is well-known for its bug-detering capabilities. The NAH writes that it is a "lovely" scent to wear on the hair or skin to keep mosquitoes away, though I might point out that you'll smell like someone's patio party. Being the

voice of caution, I'd also recommend diluting it before applying it.

You can also take an herbal infusion with you. I took a bottle of my homemade shampoo minus the soap when I went camping and applied it to my legs and arms whenever I got out of the river. It worked pretty well, until I sweated it off in the hot Texas sun and had to re-apply it. The NAH suggests you carry a bottle containing a strong infusion of chamomile or elder leaves. IEH recommends toting an infusion of bay as a lotion for the added bonus of soothing your skin as well as keeping insects away.

Around the House

If you find insects have the nerve to invade your home, you can use herbs to discourage them. Using herbs in the home to keep insects away dates to that medieval practice of strewing herbs on floors to walk on, thereby releasing their insect-repelling scents. These herbs can have a place in your home today -- visitors might find it rather quaint if you scatter them on your floors.

Instead of strewing herbs on your linoleum, The NAH recommends hanging herbs in windows or putting them in vases to sit on windowsills. Among the strewing herbs the book recommends are eau-de-cologne mint, pennyroyal, rosemary, rue, southernwood, thyme, and tansy. Tansy was particularly popular for keeping flies away with its strong, clean smell and was even rubbed on meat to keep flies away (but because of its toxicity, don't try this at home.) The IEH also notes that, in recent centuries, tansy was placed in coffins to repel insects. Because of its toxicity, it's not used on a living body but placed strategically to repel insects. Hanging it in windows or even planting it near doorways where passers-by may brush against it, thereby releasing its scent, is said to discourage insects from entering the house.

Ants bugging you? Bricklin suggests sprinkling black pepper at the entrances ants use to get into your house. The NAH remedy is more labor intensive; boil 6 handfuls of walnut leaves in a pint of water for 20 to 30 minutes and paint the floors or work surfaces where the ants are troubling you.

For garlic lovers, here's the household version of the Gilroy Garlic Festival insecticide. As with the repellent, mince garlic and soak in mineral oil for 24 hours. Add a tablespoon of this oil to a pint of

water and 1/2 teaspoon of dishwashing liquid, stirring well. Take 3 tablespoons of this mixture and dilute it with a pint of water. Strain it into a spray bottle, and you've got an insecticide purported to kill roaches, flies, mosquitoes, slugs, and aphids. Remember—this is the version you spray on the bugs, not on yourself!

You may know about putting bay leaves in flour and rice canisters. NAH suggests placing two or three nutmegs or a few peeled elder shoots in the bag or bin to keep critters away. But don't rely on herbs to solve a bug problem. Prevent a problem from occurring by using clean containers when you buy in bulk. The Co-op encourages recycling, but re-using a paper bag for bulk items like flour and rice is asking for trouble—use new bags. Better yet, use plastic or glass containers that can be washed before you refill them; you'll still be recycling and getting that 4¢ refund.

Have you stored your winter woollens yet? As long as you're putting away your cold-weather clothes, take some time to bug-proof them with herbs. NAH advises keeping moths away from woollens by sandwiching southernwood, rosemary, or lavender between sheets of tissue paper as you fold the clothes. IEH recommends folding linens with the dried thyme flowers. But don't stop with winter clothes. Make herbal sachets to hang in closets or toss into drawers to scent your summer duds for an extra line of defense when you venture into The Great Outdoors.

A Final Note

In conclusion, keep common sense in mind when going into The Great Outdoors: wear light-colored clothing, avoiding bright and dark colors. Wear socks and shoes and long pants if you're going to be tramping through woods. Make sure your picnic blanket is thick enough to keep insects from stinging you through the material (though you could be polite and not put your blanket down on something else's home). Don't wear perfume or scented body lotions, deodorants, or aftershave. And don't antagonize the bees! Whacking bees only makes them angry, when they're probably just scoping you out as a possible source of pollen. Once they realize their error, they'll move on. And if they don't move on, maybe you should—remember, you're just visiting.

Soil Preparation

by E. Lark

My vegetable garden is in my backyard, and was started by me about 5 years ago. At that time it was pure clay, with perhaps a tiny amount of organic matter. When I first broke the sod, the soil broke up easily, but the following year, I turned the soil, only to find that it was huge chunks of clay. The problem was two-fold: I was working the soil too early in the year while it was still saturated, and I had not amended the soil with anything.

In the early spring soil structure can be destroyed by working the soil while it is still wet. This makes the soil almost impossible to work in the future (as I discovered). So one important rule is not to work the soil while it has too much water in it. To find out if the soil is workable, dig up a trowelful. Pull off a bit of soil from the bottom of the hole. If the soil crumbles easily, then it is ready to work. If it mashes together into a little ball (which might be the start of a clay pot), then it is still too wet. If it doesn't crumble or mold, it is probably too dry. If the soil is too wet, you will need to wait to work in the garden.

While there are benefits to gardening in the Inland Northwest, the most common soil type, best described as clay, is not one of them. When growing vegetables, many annuals, and non-native perennials, it isn't always possible to just pop them into a clay soil. Vegetables prefer a good, workable garden soil, preferably one that has organic material and drains well. Clay is soil that is composed of fine particles. Because it is so fine, water cannot drain through easily. In addition, there is little airspace in the soil, and oxygen cannot reach the roots of the plants. In general, clay has plenty of the trace minerals that plants need, but too few of the organic minerals that plants need.

To allow clay to drain more easily, it is necessary to add both sand and organic materials to it. And, in fact, this is what many people around here do, in order to provide soil that is good for growing vegetables. Sand can be purchased, and then added to your soil. Organic materials can be added in many different ways. When I first moved into my house, I started a compost pile. However,

I do not generate a lot of material (especially early in the year) for a compost heap. I knew that it would take my compost a year to get going. So I used steer manure for one to two years, in addition to compost. Now my compost heap is doing just fine, so I mainly use my own compost to add to my soil. Sometimes I also try a commercial compost, out of curiosity. There are many of these now on the market, and they are all quite good.

In addition to the above options there are many organic and slow-release fertilizers which are now available in garden centers and stores. These, however, I use only when I am raising a vegetable that needs extra "food," since they are too expensive to use in bulk. With fertilizers, you need to be careful, as different plants have different needs. So you should take care to read a little both about what your plants need, and what each fertilizer provides.

It is important to recognize that even clay has a structure. By taking care of your soil, whether amended or not, you will be giving your garden as much help as you do by watering properly or weeding.

Things to do in the Garden: May

1. Set out annuals and vegetables when danger of frost is past.
2. Work garden (if soil is not saturated).
3. Mow lawn.
4. Apply compost or fertilizer, if needed.
5. Start new lawns.
6. When frost danger is past, sow vegetables (such as corn), that are frost sensitive.
7. Weeding.
8. Late in the month, plant summer bulbs.
9. Start a wildflower area early in the month.
10. Enjoy your spring garden!

Website of the month:

<http://www.gardenu.com/NWgardening/SoilAndStuff.html>

20 Years of Moscow's Farmers' Market

by Mary Blyth

This year the Moscow Farmers' Market will be celebrating its 20 year anniversary; providing local residents with fresh regional produce, herbs, native plants, bedding plants, flowers and nursery trees, along with delicious homemade baked goods, locally grown meats and quality handmade crafts. Visitors and residents will also tell you that the community spirit and great local entertainment are two additional reasons for the popularity and longevity of the market.

The Moscow Farmers' Market was started by the Moscow Food Co-op to give local farmers a direct outlet for their produce. It quickly outgrew the parking lot and was moved to the Old Post Office. In 1979, the Moscow Arts Commission began organizing it, and soon the market was moved to its present location at Friendship Square in downtown Moscow.

Over the years many changes have occurred. Craftpeople and artisans have joined the farmers in offering locally made goods. The Market Music Series features local musicians in the outdoor setting of Friendship Square where shoppers can enjoy the entertainment and visit with friends and neighbors while watching their little ones play in the sand box, or while eating breakfast and having coffee on the patio at the Moscow Hotel.

For six months each year, from the first Saturday in May through the last Saturday in October, the market is open from 8 a.m. to 12 noon. Early in the season the market is abloom with a spectacular array of flowers, plants, trees and herbs for spring planting. Produce arrives slowly as the different fruits and vegetables ripen over the season, but by mid-June the variety and abundance is

truly a feast for the senses. Throughout the market local handmade arts and crafts are featured as well as delicious homemade baked goods, honey products, jams, jellies and locally grown animal farm products. On the second Saturday of the month, free bicycle repair is offered by the Bicycle Resurrection Brothers, Dave Pecham and David Vollmer. Just bring your bike down and the Brothers will do what they can to get you back in bicycle health.

International Day is the last

Saturday of the month. On that day you will be able to find high quality handmade imported goods from various exotic locales.

Children's art activities will be scheduled randomly

as will other community events of interest so be sure to check your Co-op Newsletter and local press for upcoming events and for the monthly entertainment schedule at the market.

This month, we have scheduled the following free musical entertainment for you at the market (from 9:30 a.m. to 11:30 a.m.):

- May 3 - Victory Gin (formerly Bacchanalia)
- May 10 - Paul Santoro, with special performance by the MAC choir at 11:30 to noon
- May 17 - LCSC Jazz Band
- May 24 - Jazz Co-op
- May 31 - Sagin' Time

Over the colorful 20 year history of the Farmers' Market one thing remains the same. The Moscow Farmers' Market is a true gathering place where this community can find its own reflection and be very happy about what they see.

Hope to see you there! The market opens Saturday May 3rd! Stop by on your way to the Renaissance Fair!

MOSCOW FARMERS' MARKET

F R E S H

Produce

Flowers, plants, baked goods, crafts and music

Friendship Square, Downtown Moscow

Opens May 3rd!

Entertainment by
Victory Gin
(formerly Bacchanalia)
9:30 - 11:30

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

Community Supported Agriculture Comes to the Palouse

by Jim Bauermeister

Kamiak View Farm is adopting a new marketing approach this season. Community Supported Agriculture (CSA) eliminates the middlemen and brings the customer fresher, more flavorful and nutritious and less expensive produce while increasing the income and economic security of small farmers.

Here's how it works: A family pays a seasonal fee of \$400 (low income discount available). Then for 24 weeks from May through October they receive a delivery of seasonally available produce along with a newsletter containing recipes, nutritional information and news about The Farm. One order or "share" is enough to feed a family of four.

The CSA season starts off slow in May with fresh spinach, lettuce, salad greens and radishes. Then it builds to a crescendo in late summer offering a wide variety of organic vegetables: vine-ripened full-flavored tomatoes, just-picked sweet corn, crisp cucumbers, fresh snap beans, basil for pesto and sweet and hot peppers. The season wraps up in October with winter squash, pumpkins, fall lettuce and greens and main-crop potatoes. Kamiak View Farms grows 36 different vegetables.

CSA customers will also save money. The over-all cost to the consumer will be much lower than produce offered in local supermarkets. The farmer is, in effect, pre-selling crops; reducing the risks and waste inherent in the conventional marketing structure. In return for this marketing security the farmer can offer lower prices. The farmer also benefits from receiving all of the consumer's food dollar, rather than the small cut a farmer gets from the wholesale market. The \$400 cost for almost six months of CSA produce represents only .06 percent of the average family's annual \$6,500 expenditure on food.

Despite its many benefits, belong-

ing to a CSA is not for everyone. The family has to be into eating a substantial quantity of a wide variety of produce and make a commitment to pick up their order at a specified time. Orders will be delivered Wednesday afternoons, 5:30-6pm, to a site in Pullman or, by special arrangement, to the Moscow Farmers' Market, Saturdays 8am-noon. Orders not picked up are donated to a local food bank.

Kamiak View Farm is located 13 miles northwest of Pullman. We,

Jim Bauermeister and my wife, Louise Dix, have sold produce at the Moscow Farmers' Market for five years. We have a total of 15 years of market farming experience. In addition to farming, I edit Washington Tilth, Journal of Organic and Sustainable Agriculture and

am a member of Palouse-Clearwater Environmental Institute's Sustainable Agriculture Committee. Louise Dix was formerly Farmer Liaison for the Pike Place Market in Seattle and is a past president of the Washington Farmers' Market Association. We have two children: Mara, age 6 and Sam, age 3.

Kamiak View Farm CSA will be one of the first organized in eastern Washington. Nationwide, there are over 500 CSA farms. This marketing approach is very popular in the Seattle and Olympia areas. Community Support Agriculture has the potential to strengthen and diversify the local economy while increasing community food security. Community Supported Agriculture may also help preserve farmland by making small farms on the urban fringe more viable and profitable.

Consumers interested in belonging to Kamiak View Farm's CSA should sign up soon. In order to provide quality service, first year participation will be limited to 20 members. Contact Kamiak View Farm at (509) 397-2787. Thank you.



Natural First Aid

by R. Ohlgren-Evans

As winter continues to release its steady grip on the Palouse, most of us start making summer holiday plans. Whether it's a major move, a reunion of family or classmates, a back country adventure or just a little day tripping that motivates us, we entertain the idea of a fair weather outing.

One important and necessary item to think about when preparing for your trip is the first aid kit. And even while you're on the road, you can include natural and home remedies to relieve some of the minor discomforts that might interfere with your holiday. Please remember that these suggestions must be taken in consideration of your basic health status, and the advice of our health care provider.

Insect Repellent: Several natural insect repellent preparations are available as alternatives to chemical sprays and are worth investigating, especially if you don't expect to encounter swarms of voracious mosquitoes (for those instances, or if your travels take you into malaria country, stronger concoctions might be in order). Most of these products include pennyroyal, citronella or lemongrass, all of which have insect repelling properties. If you prefer to make your own repellent, here's one simple recipe:

- 2 cups witch hazel
- 1 1/2 tsp. essential oil of citronella or lemongrass
- 1 Tbs. apple cider vinegar

Combine all ingredients in a 16-oz. spray bottle and shake vigorously. Apply liberally as needed. Keep away from eyes, nose and mouth. Does not need to be refrigerated.

Fennel Seeds: A handful of fennel seeds in a small zip-loc bag can help with several minor ailments. Chew a few of the seeds to eliminate bad breath and help aid digestion. Or boil a spoonful of seeds in a cup of water for 10 or 15 minutes to make a soothing cup of tea which can help to eliminate gas and indigestion. Fennel and orange peel both contain hot oils known as carminatives, which stimulate the intestines and promote the expulsion of gas from the gastrointestinal tract. Children like the following recipe:

- 1 Tbs. fennel seed
- 1 Tbs. dried sweet orange peel*

- 2 cups water
- honey to taste

Combine the fennel seed, orange peel and water in a covered pot. Bring the mixture to a boil and simmer for 20 minutes. Strain out the herbs and stir to recombine any essential oils. Serve warm, sweetened with honey to taste. Take 1/2 cup of tea every 2 hours while tummy is upset from gas or indigestion.

*Use organic oranges, as pesticides might be present in other commercial oranges.

Goldenseal: According to herbalist Maribeth Riggs, goldenseal root, along with corn and tobacco, was among the first gifts given to the Pilgrims by Native Americans. It is available in bulk, in capsules and tablets, and in liquid preparations. Topically, goldenseal is an antiseptic wash for skin irritations. Internally, it relieves stomach ailments and sinus and lung congestion. It kills germs when used as a mouthwash, and can also be used as a snuff to relieve a running nose. The following recipe is useful in treating diarrhea, and it's a good remedy if you have to take antibiotics. Herbalists say that the goldenseal helps to kill the germs which cause the diarrhea; red raspberries also help to provide astringent action against diarrhea, and yogurt rebalances the beneficial bacteria in the colon that aid digestion.

- 1/4 cup white rice
- 1 1/2 cups water
- 1/4 tsp. goldenseal powder
- 2 tsp. red raspberry jam
- 2 Tbs. plain yogurt

Bring rice and water to boil in covered pot. Simmer until the rice is completely cooked, about 30 minutes. Cool and add the remaining ingredients. Mix thoroughly and serve.

Echinacea: Echinacea is another herb reputed to be useful in fighting disease. This plant is native to the prairie regions of America. It is available in many forms and is supposed to be good for fevers, is antiseptic, and improves digestion. Herbalist Jeanne Rose likes the following remedy:

- 1 oz. echinacea
- 1/2 oz. goldenseal
- 1/4 - 1/2 oz. orange peel

Grind to a powder, each of the three ingredients and mix together. Stuff the mixture into size 00 capsules and take six a day when necessary for fighting illness.

St. John's Wort Oil: This oil has antiseptic properties, and is available in health food stores. Massaging into muscle aches and pains may relieve the pain. It also may help to heal minor burns and wounds when applied topically.

Garlic: Garlic is an antibacterial agent and is said to help lower blood cholesterol. On open wounds, garlic powder is an antiseptic. Garlic poultices help expel toxins from the body through the skin. Garlic oil ear drops are reputed to be extremely effective for relieving infections of the outer and middle ear - safe for use with children too. Garlic can also be used in syrups to fight off colds and prevent allergic reactions. Include fresh garlic in your diet whenever possible.

Sunscreens: Light exposure to the sun, before 10:30 a.m. and after 4:30 p.m. is probably beneficial to our health by helping to manufacture vitamin D and warming the soul. Overexposure, however, is not advised. Nonchemical sunscreens are making their way into the market. Some of the highly regarded are the titanium dioxide-based sunscreens. They can be used by all skin types, even sensitive, and are relatively sweat- and swim-proof. You can try making your own *very low SPF* sunscreen body oil for tanned skin, or for when minimal sunscreen protection is desired.

- 1/4 cup anhydrous lanolin
- 1/4 cup light sesame oil
- 4 tsp. vitamin E oil
- 1/4 cup sweet almond oil
- 1/3 cup aloe vera gel
- 15 drops essential oil of sandalwood or bitter almond

Combine all ingredients in one or two squeeze bottles. Store the bottle you're not using in the refrigerator. Use approximately 2 tablespoons per use. Use unrefrigerated oil within 3 weeks or discard. Makes a great after-bath skin softener.

Sunburn Relief: A few suggestions for those who overdo sun exposure:

1. Add two cups apple cider vinegar to cool bath water and soak for 10-20 minutes.
2. Apply cold aloe vera gel

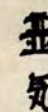
directly to sunburn. Apply several times per day.

3. Apply cold, strong, regular black tea directly to sunburn with soaked cotton pads. Apply several times per day.

Chamomile: A few chamomile tea bags in a small zip-loc bag can provide relief in a couple of ways. When prepared as a tea, chamomile is a safe calming remedy for all ages with its mild painkilling and muscle-relaxing properties (and it's high in calcium too!). When the teabags are immersed in warm water and applied to the eyes, they provide soothing relief for merely tired eyes, or they can draw out infection from inflamed and runny eyes.

Slippery Elm: The ground inner bark of these young elm trees makes a good poultice for skin irritations, including burns, minor abrasions and cuts, and poison oak and ivy. (Mix powder with a small amount of water or vitamin E oil to make a paste and apply - cover with muslin bandage or band-aid to help with healing). If you mix a tablespoon to 1/2 cup of water, you can drink it to heal bouts of diarrhea and dysentery, or use as a gargle for a sore throat.

By no means complete, these are some of the natural remedies you can keep in mind when you're putting together the first aid kit for your vehicle or backpack. Those of you embarking on an outdoor adventure might want to consider herb books containing information and illustrations of the medicinal plants occurring in the immediate area. The folklore and country wisdom of native plants is making a firm presence in today's emphasis on natural alternatives, and it is a welcomed presence indeed. *Happy Trails!*



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Big Trees

by Mark Germain,

Wood Land Stewardship Institute

Large trees are our greatest natural asset in terms of production of shade, wood, habitat, oxygen, etc. Any effective, efficient reforestation plan has to include large trees as a priority. Large trees are the ultimate solution to controlling the wind and the climate and rebuilding nature. Every road with noise and pollution should be lined and covered with large trees.

Unfortunately, this is not a priority with most people. They say, "It's too much work, and it costs too much." The truth is though, we cannot afford to do otherwise. This is the most important work we can do. All the life on this planet, depends on having enough trees. What could be more important than building forests and trees wherever we can, to compensate for all the artificial building that is done.

This would reflect the mentality of the people of a truly great culture.

Instead, we're doing the opposite. Many of the big beautiful trees are cut needlessly, and replaced with dwarf varieties that require no real knowledge or expertise to maintain. Worse yet, they're replaced with gravel, rock or pavement. With this mentality, the only effort and responsibility needed will be to sweep the sand off the sidewalk when everything turns to desert. That is if everything doesn't burn up or wash away first.

There's more to consider here. Trees could supply more of our needs. There should eventually be good markets for everything they produce. Fuel, energy, wood products, fertilizer, etc., could be produced in a sustainable, renewable, natural way while at the same time rebuilding the environment. Naturally, this would translate into good jobs, working with nature and not against Her.

If we understand the importance of these trees, it's just as important to know how to take care of them.

So many trees are cut needlessly, or improperly trimmed, or just not planted to begin with, because people don't understand preventative maintenance. What a waste, but you can't blame the public entirely. There are so few

examples of proper tree care that is safe, effective and natural. So, when they see trees fail, they're going to cut them down or cut them back, and try to make small safe trees out of them, how silly.

Then, there's the other extreme, never cut anything, leave the trees natural. Dead limbs are good habitat, and a natural part of the cycle of death and decay. Certainly, and never cut any green limbs, this would be raping the land. This is part of that old 60's mind set. Don't harm Mother Nature, but don't do anything to take care of Her either.



Here is an obvious fact, trees in domestic settings are safer, healthier, more productive, and appealing, if cultured and taken care of properly. This should be plain common sense.

We can't afford to let neglected forests burn up after all the overcutting we've done in the last 50 - 100 years. So many woodlots are treated the same way. It's not cost effective to provide fine quality periodic maintenance with heavy machinery. After years of neglect, they hack and chop, and rip and tear, and try to take enough gravy to pay for their clumsy contraptions. Then, whatever is left is vulnerable, and you have to try to help nature heal. We will continually be discovering the various repercussions of tampering with and trampling on nature. We're just beginning to see the results of the mess we've created. If we would have worked with nature from the beginning, we would have more productive useful forests and trees than ever.

Horses provide a natural, graceful, labor intensive way to manage the forest. The same can be said of the rope and saddle for

climbing and trimming. They are also the most efficient, if you're going to provide the best quality. Even if you developed a machine that could produce comparable quality, what would be the advantage? All you're doing is replacing people with some noisy, artificial, stinking, polluting, piece of junk. It's just not practical to do quality tree work with heavy equipment.

In the past, the timber barons made huge profits, thanks to unlimited volume and big machinery. There was lots of land and lots of timber, and the big companies had the big machines to make big profits. Those days are gone, but the big companies are sticking their necks out farther and farther, betting on expensive high-tech manmade junk. They are trying to maintain their margin by further reducing labor costs.

The problem is, after so many years of plunder, and artificial living, any real solution that creates jobs and nurtures the land seems so radical to most people that it's not even considered a viable option.

As you can see, we have a lot to learn about how to really take care of trees and forests in a safe, natural, sustainable way that will put people to work.

Dance Buys Trees for MOSCOW

by Kellie Tormey

The Moscow Renaissance Fair's Volunteer Dance on April 4 helped raise nearly \$200 for the purchase of trees for Moscow parks. The trees will be planted in Moscow parks, including East City Park where the fair is held, later this spring,

In celebration of the 125th anniversary of Arbor Day, the Moscow Renaissance Fair adopted the theme of "trees" for this year's festivities. The dance, held prior to the fair was hosted to attract new volunteers and thank the many individuals who give their time. Fair organizers decided to turn the event into a fundraiser for trees in keeping with the Arbor Day theme.

Great music, delicious baked goods and camaraderie were the high points of the evening as volunteers turned out in force. David Vollmer, fair vice president, was happy with the results. "It is particularly gratifying to give something lasting and living to Moscow parks," he said. He also expressed appreciation to the two local bands who donated their performances for the evening, The Galactic Tofu Farmers and The Son of the Rhythm Conspiracy.

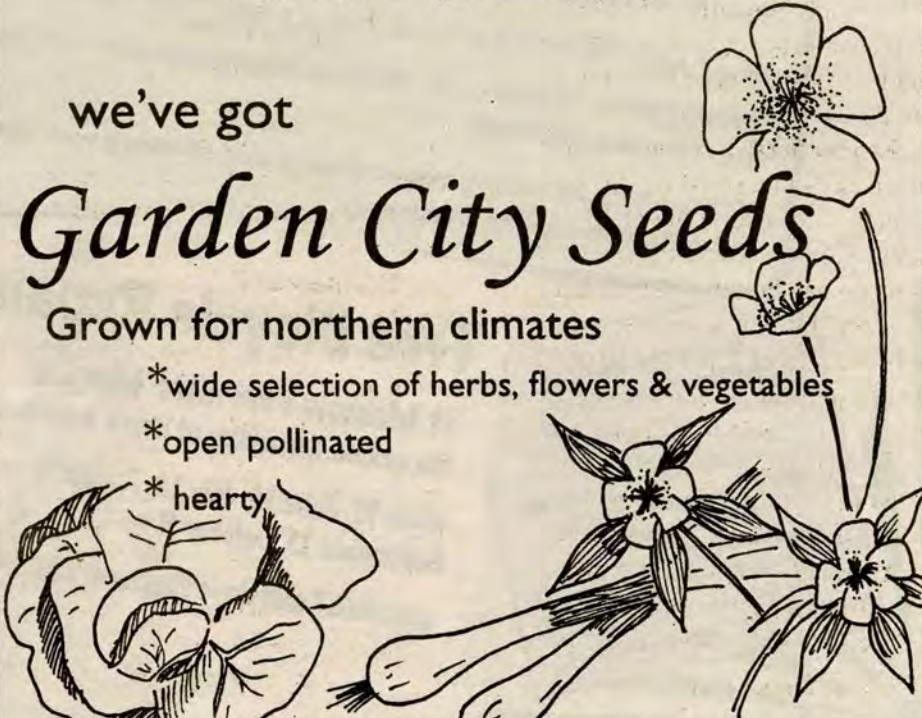
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310 W. 3rd. St. Moscow, Id 83843
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Garden City Seeds

Grown for northern climates

- *wide selection of herbs, flowers & vegetables
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THE CO-OP

Bulletin Board

at the Co-op...

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The Beanery - 10% off the price of any meal at breakfast or lunch, 602 S. Main, Moscow

Brown's Cooperstone Sports and Memorabilia - 10% discount, 202 S. Main, Moscow

Columbia Paint - 20% discount and New Homeowner discount on window treatments, 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 investment advise, 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 all purchase, 531 S. Main St., Moscow, 883-1128

Pasta, Etc. - 10% off all purchases, Eastside Marketplace, 882-4120

The Globe - Gyros and World Food - 20% discount of meals, NE 1000 Colorado, Pullman

Hands of Health Massage - 10% off massage, 204 E "D" St., Moscow

Jo to Go - 10 for the price of 7 on a prepay card, 730 Pullman Rd.

Hobytown U.S.A - 10% discount on all purchases, 1896 W. Pullman Rd., Moscow, 882-9369

Please help by asking about details and showing your membership card before making purchases.

Celebrate Spring!

Moscow

Renaissance Fair

Saturday, May 3 and Sunday, May 4
East City Park, Moscow

Music onstage all day, both days. Free admission, free entertainment, tasty food, home-made crafts multi-generational fun for the family. Wear colorful, whimsical costumes!

Backyard Composting

a free workshop in Moscow

Saturday, May 10
from 9am to noon

call Recycling Center
882-2925, for info.

Fishtrap Writers' Gathering

at Wallowa Lake Camp, near Joseph, Oregon.

July 7 through 12

enroll by June 10

contact Fishtrap at (541) 426-3623

Free music at

Moscow's Farmers' Market

Saturdays 9:30am to 11:30am

May 3 - Victory Gin

May 10 - Paul Santoro

(plus MAC Youth Choir 11:30 to noon)

May 17 - LCSC Jazz Band

May 24 - Jazz Co-op

May 31 - Sagin' Time

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.

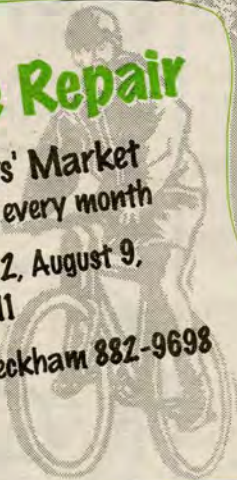
Submit written announcements by the 20th of the preceding month, to Beth Case at the Co-op or send to Beth's e-mail address: bethc@uidaho.edu

Free Bicycle Repair

at Moscow's Farmers' Market
the second Saturday of every month

May 10, June 14, July 12, August 9,
September 13, October 11

questions? call Dave Peckham 882-9698



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