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November  
1997

# MOSCOW Food Co-operative



Community News

FREE!  
Please Take  
One

## How Bizarre, How Bazaar

by Kenna S. Eaton, general manager



The words "Bizarre" and "Bazaar" are popping up a lot around town (The Holiday Season approaches) But nowhere are they more talked about than at the Co-op.

Our "Holiday Bazaar", a gift giving tradition for the last five years, opened November 1st.

We started earlier this fall by attending a gift show in Seattle. After choosing all the coolest gifts we could find we returned home to await their arrival. Last week Kristi and I set up the shelving and watched amazed as we saw the store unfold from an empty room into a cornucopia of excellent gifts !!

This year we have lots of new items. Lots of recycled and environmentally friendly stuff. (Journals, cards, hair clips,

notebooks) Lots of inexpensive, groovy candles, incense( and holders), and window flower vases (they attach to the window!). There's also the return of the old fave's- puppets for the kids, chimes, klutz books, and Nepalese sweaters and hats. Of course, we have the return of the work from local artists including wooden yo-yo's, so smooth you have to try them to believe them. Lots of ornaments- like cute little skillet and teapots. And the exciting henna hand-painting kits!

It is truly bizarre how this transformation takes place, one that must be witnessed to be believed. So, come on up!!

We'll be open daily from 10:00-6:00 pm, serving espresso, presents, a warm fireplace and all with a smile.



# Co-op - News

## Board of Directors - October Meeting

by Nancy Lee-Painter, minutes taker

Several board members thought it would be a good idea to change the meeting time of the monthly board meetings so that a report of each meeting could be written up in the monthly newsletter. First of all, those currently serving on the board include: Nick Ogle, Mike Cressler, Chris Moffitt, John Hauser, Vicki Reich and Sandy Stannard. Those present at the October 9th meeting were: Evan Holmes, Vicki Reich, Nick Ogle, Chris Moffitt, Kenna Eaton, Mike Cressler, Bob Hoffman, and Nancy Lee-Painter.

Bob Hoffman, who is currently in charge of the all new Co-op Web site, discussed the site. He asked for information regarding local organic producers as well as current information on board members and the minutes from each board meeting. He would like to see the site become a repository and an archive for recipes. He would also like to make Co-op membership registration possible through the site. John asked about setting up hot links at the site for business partners.

The Nominating Committee held their meeting October 13. Five board of director positions will be open for nominations.

Much discussion is still focused on changing the Co-op member discount structure. Nick opened the meeting to all present to express their opinion on this issue. Some of the ideas presented were:

Let discount structure be on a sliding scale so that the more products purchased the larger the discount.

Give only members the benefit of sales.

Give 10% discount across the board to members.

Determine who the members are first then arrange discount structure accordingly.

Remove discount but push for membership benefits and positive promotion.

Charge a flat rate across the board with no discount but allow a 15% discount to members that could be used 5 times a year.

Implement a surcharge to non members.

All that were present agreed that the Co-op should look toward increasing membership benefits.

The Finance Committee was asked to determine how a sliding scale discount will affect business and at what level this system will work.

The new business discussed in the meeting concerned the bylaws. The board discussed wording changes in the bylaws, an adjustment to the total number of directors needed to serve on the board, and a recommendation stating no more than two Co-op employees can be eligible to serve on the board due to conflict of interest.

Board members would like to see Co-op members vote on proposed changes in the bylaws.

Meeting adjourned at 8:58 pm.

And that's the latest from the Moscow Food Co-op Board of Directors.

## Road Trip!

by Kenna S. Eaton

Every year we eagerly await the annual Provender conference, a get together of Co-ops from around the Northwest. This year I took the three other departmental managers along with me for a weekend of fun and education in the wilds of South Portland.

We spent the days attending workshops with titles like "Taming the Deli Dilemma", "Measuring and Improving Productivity in your Store", "The Place of Produce in you Mix" and "Pricing and Merchandising for Explosive Sales". In the times between we ate, schmoozed and talked Co-op talk.

We won some great T-shirts at the raffle and listened to Helen Caldicot talk about the "Medical Consequences of the Ecological Crisis". We spent time working with the other Co-ops in the Inland Northwest to strengthen our relationship, and also spent three hours working one on one with our financial consultants, Paul Cultrera. Needless to say it was not all fun and games, there was a lot of work involved, but, as always, we managed to enjoy every moment.

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Vicki Reich 883-1446  
Sandy Stannard 882-8449

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## Volunteer News

by Kristi Wildung

Well, there are volunteer positions available once again. We especially need weekend produce volunteers and a Saturday bakery assistant. There is room to do some stocking in the bulk section on the weekends, as well as help our deli cooks on Monday afternoons. And the Education and Membership committees still need your help. If you're interested in any of these positions, please check out the volunteer board by the cash registers or give me a call at the Co-op. Remember, one of the privileges of being a member of our Co-op is the ability to volunteer!

Welcome to our newest volunteers. Charles Swift and Diana Armstrong will be handling the washing of our bulk bins, while Marci Wittman has moved from the deli to taking care of cleaning and stocking our coffee bins. Casey Rosetto has come on board as our Thursday evening courtesy clerk and Gretchen Stewart will be helping us compile all those responses on the survey we gave this summer. If you see any of these volunteers in the store, say hi and tell them what a fantastic job they're doing. Our business success depends on the hard work of our volunteers.

## Typist Needed

by Bill London

Debby Carlson, our nimble-fingered typist extraordinaire, is finishing the year 1997 by typing the December issue of the Co-op's newsletter—and then she says she wants to move on to other challenges, other tasks. It's been fun and she's been great, but now we need another typist.

Are you interested in typing the articles for the newsletter that are turned in on computer disk? Every month there are between one and six articles that need to be typed into the computer system. You could use the Co-op's computer, but having your own may save time.

If you want to help the newsletter, get a discount, and get an advanced preview of upcoming newsletters, please contact Bill London (at 882-0127) about becoming the next typist.





# It's Turkey Time

by Vicki Reich

This year we will be pre-ordering 24 Sheltons Turkeys to be delivered Sunday, Nov. 23rd. These turkeys are incredibly delicious. They will be available in a variety of sizes, both hens and toms. They stand apart from your run of the mill turkeys in several ways.

They are produced without artificial growth stimulants, antibiotics, or vaccines. They're raised longer than the normal 16 weeks to improve the meat to bone ratio for the consumer. Feed consists solely of corn soybeans, grains, and supplements. Processing is done on a small scale, producing a cleaner, better quality turkey.

All in all, you're getting a great tasting healthier bird for the holidays. To make sure you get one of these great birds, sign up at the register for the size and type of choice (sorry, we cannot guarantee exact weights and sizes). There is a \$10 non-refundable deposit on all orders and they are on a first come-first serve basis so sign up soon. The turkeys will be available for pick-up Sunday afternoon, November 23rd (any turkeys not picked up by Tuesday November 25th will be sold and cannot be reordered).

Sign-up sheets are at the register, so just ask a cashier to sign you up and enjoy a healthy turkey this Thanksgiving. And for those of you who want a meat-free holiday meal, you can special order Tofurky. Please allow 2 weeks for delivery.



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# The Buy-Line

by Vicki Reich

Well, I've now got two months under my belt as the new grocery buyer and I must say it is quite a challenging job. You may have noticed some changes and there's quite a few more to come. **Here's a list of the new items this month:**

- Moshe and Ali's Olive Sprate-a delicious olive spread
- Pacific Kamut Bread-a new addition to are wheat-free bread
- Natural Value Distilled Vinegar-a basic kitchen need
- Cascadian Farms Fruit Spreads-a new line of jams many people were asking for
- Veg-a-Fed Eggs-brought in to supplement our supply of farm eggs
- Nancy's Organic Cottage Cheese and Sour Cream-now there's an organic alternative
- Santa Cruz Organic Spritzers- These are great and selling like hot cakes
- Organic Pear Juice-another basic we just had to have
- Organic White Grape Juice-great to drink and ideal for baking
- Rice Stick Noodles-a necessity for Oriental cooking
- Pacific Foods Vegetable and Chicken Broth in aseptic packs-the perfect beginning to winter soups
- Simply Nutrious Ginko Alert-a new addition to this great line of juice
- Imagine Butterscotch Pudding-how could I pass it up
- Traditional Medicinals Gurana Chai, Reishi Defense, and Double Ginseng-three great new tea flavors just in time for tea season
- Bulk Sesame Pasta-a requested item
- Broccoli Seeds for Sprouting-we finally found a source for these sought after little gems
- Dried Cherries-they're in season again and we'll have them as long as they're available
- Mates and Bombilla-the traditional gourd and straw for drinking Yerba Mate
- Herbon Cough Drops with Echinacea-a great tasting cough drop for the cold and flu season
- Nutrition Now Vitamins for Kids-Your kids will love the way these taste
- SkiKai Dermaceutical Formulations-a new line of face care products

Kiss My Face Antibacterial Pear Soap and Olive and Aloe Soap-the perfect liquid soap for the bathroom

Sun Foods Oriental Frozen Dumplings-Laura begged and begged and begged

Seattle Sorbets-I can't keep these on the shelf, they are soo good

**And now the answers to all your burning question and suggestions**

*How about giving 5 or 10 cents off for people who bring their own non-disposable cup or mug for coffee or soup. The Co-op would be doing the right thing and encouraging/teaching others too!*

We totally agree and that's why we've always given 4 cents off for any container that customers bring from home, that includes paper sacks and containers for bulk, grocery sacks, and mugs for coffee or soup. If your cashier forgets to take of your refund, just remind them nicely.

*Small bags of bulk chips*

It's a volunteer job to bag the bulk chips and some remember to make small bags and some don't. We'll remind the ones that don't.

*"Plugra" You should consider carrying this great butter.*

Sorry, it's not available through our distributors

*Please order more St. John's Wort, you're out! Thanks.*

Sorry about this. I was totally unprepared for the huge demand for this herb. I promise to keep it well stocked from now on.

*Is it possible to get another skin care line. I use Zia and like it, but some of their products are too expensive.*

I'm bringing back Nature's Gate and I also picked up the new SkiKai line.

*It would be nice to have a scale by the bulk foods area so you could easily tell how much you have.*

We've always had a scale in the corner of the bulk area. If you can't find it ask a cashier for help.

*Where's the Thai Tofu?*

Okay, Okay, Okay. After about a million requests to bring it back, it's finally back!

*Celestial Seasonings Vanilla Maple Tea. It's available at Rosauers but I'd rather buy it here.*

Thanks for wanting to buy it here, but with the limited space we have, I'd rather carry teas you can't get at Rosauers. Why not try Republic of Tea Vanilla Almond instead, it's delicious.

*Weleda Rosemary Shampoo and Iris Day Cream*

You can special order both of those products

*Why does the Co-op carry commercial eggs? The poultry industry is abusive to animals, labor and the environment.*

We asked ourselves the same question and we are no longer carrying commercial eggs. We do want to have a continuous supply of eggs when the local hens aren't laying so we picked up Veg-a-Fed eggs that come from uncaged chickens.

*Tofu Pate from Eugene*

I'll need to know a manufacturer's name in order to find this product. Please let a cashier or myself know.

*Kiss My Face Olive and Chamomile Soap.*

I'm not going to carry it right now but you can special order it by the bar.

*Amy's Pizza*

Okay, okay, I hear all of you Amy's fans. I'll bring it back.

*Patak's Vindaloo Curry Sauce. Please!*

Sorry, I don't get a lot of requests for that, but you can special order it.

*5 pound bags of whole wheat flour.*

We don't have enough room for more sizes of packaged flour but you can buy the same great Joseph Barron Flour in bulk and get as much as you like.

*Have you ever thought of offering organic/healthy meats to those people who eat that?*

Boy have we thought about it, but we don't have any place to put it and a meat department requires a lot of space. Mitch's Seafood, who is in our parking lot every Friday, has organic beef.

*Please see if you can get Inca Gold Cola, Thanks.*

Sorry, our distributor doesn't carry it.

*Why oh why does the Co-op sell Neopolitan Rice Dream? It is the most wretched flavor and it doesn't sell (no wonder)! Could you stock some more imaginative flavors and please bring back mocha rice dream bars? Please!*

Your right and the Neopolitan is gone. Look for cherry vanilla and mint chocolate chip in the freezer section.

*You're Great!*

Thanks, we'll love to here that!



# Membership News

by Kristi Wildung

The membership drive is winding to a close; only two weeks left to go and my feelings on the subject are two-fold. I'm overjoyed that our hard-working staff has been able to sell 234 new memberships in 11 short weeks. But, I'm saddened by the fact that it doesn't look like we will be able to meet our goal of 400 new members. Did we set our sights too high? Possibly. This was our first membership drive ever and we have gained a lot of valuable experience to use in the coming years. I think as the Board of Directors develops a new discount structure we'll be able to count on more members through increased incentives. I just want to say "thank you" to all of our new members who purchased their memberships during our drive. And I want to say "thank you" to all of our staff members who worked so hard during this time. That full-body massage is just around the corner for some lucky cashier!!

Welcome to these new members: David Willard, Julie Pickens, Carole Julius, Shelly Werner, B.J. Swanson, Charlotte Salinas, Trisha Jones, Carolyn Burrage, Erik Nielsen, Eric Crossman, Nicole Masters, Judy Milton, Frances Wagner, Dan Nailen, Rachel Tompkins, Anri Nozaka, Nancy Grub, Jamie Fish, Eleanor Finger, Roger Hayes, The Wheeler Family, Janene Kingston, Vicki Malone, Stephen Caulfield, Rebecca Thistlethwaite, Danielle Cormican, Yuting Chen, Anne Borgerson, David Engen, Myradis Tearsong, Karen Conant, Joann Krauss, Jon Lane, Peg Hamlett, Bill Reddy, Kevin McGuire, Sara Holup, Erica Austin, Cydna Manette, JoAnna Slaybaugh, Mariah Maki, Sue Perin, Kristi Tattershall, John Tait, Jerry Solomon, Brian Clark, John Mimbs, Pamela McEashern, Mark Duimstra, Brooke Tippery, Neil Palmer, and Tyler Barron. Whew!

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

# Co-op launches Web site

by Bob Hoffmann

Have you ever wanted to check what's on special at the Co-op, only to remember that this month's newsletter is lining the bird cage? Or have you ever wanted to speak your mind to the Board of Directors, only to realize that you don't know who's on the Board?

This information, and lots more, is now just a click away on the World Wide Web. With a typically cooperative effort of volunteers, staff, and local businesses (with server space donated by First Step Research), the Co-op has now entered the Internet age by launching its Web site at:

<<http://users.moscow.com/foodcoop/>>

Sporting a retro design, the Web site will offer Internet surfers quick and convenient access to Co-op news and information. While the design and categories are subject to change, the site currently features the following areas:

- Member benefits
- Organic & locally produced goods
- Deli & bakery information
- Events & information concerning the Co-op, the Palouse, and beyond
- Monthly specials
- A Board of Directors page.

While the Web site will benefit current members by providing Co-op news, we hope it is also helpful for attracting new members and for generally advancing the mission of Moscow Food Co-op and the cooperative movement in general.

We invite you to visit the Co-op Web site and see what's currently online. Please bookmark our home page, as you may want to come back on a regular basis. If you have any suggestions for improving the site, desires for additional materials, or time and skills to contribute, you can send me an email by clicking the "Webmaster" link at the bottom of the page.



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# Winter Immunity

by Kristi Wildung

It's that beautiful, crisp, bug-ridden time of year. Your fellow students and co-workers are all coming down with it, your kids are bringing it home from school, and everywhere you go people are wheezing and sneezing. It's cold and flu season and before you succumb to those nasty little viruses, come and visit us at the Co-op for a dose of T.L.C.

We offer a number of traditional remedies and healthy foods to help you ward off those winter pests. We recommend a healthful diet to start, including lots of winter veggies rich in vitamins A and C like spinach, kale and squash. You can also benefit from the antibacterial properties of a diet rich in onions and garlic. Our produce department has a bountiful selection of these as well as other nutritious fruits and vegetables to get your winter diet off to a good start.

Many people suggest building the immune system with echinacea. Available in tinctures, tablets and wafers, this herb is an important traditional winter medicine. And if you've already got "the bug," our shelves are stocked with vitamin C and zinc to help you get over "it" fast. If it's liquids you need, the Co-op has just picked up a new line of juices called "Simply Nutritious" which are fortified with vitamins

and herbs to aid you in a speedy recovery.

The Co-op also offers a number of great books to help you prepare delicious and nutritious meals this winter, as well as books to help you understand and treat common ailments. My two favorites are Jane Brody's "Good Food Book" and Balch's "Prescription for Nutritional Healing." I use both of these books to look up the most common to the most difficult questions regarding my cooking and my health.

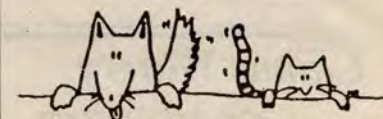
And if it's the winter doldrums that have you down, try our selection of St. John's Wort. This herb (new on our market, but it's been around in Europe for centuries) is purported to cure mild depression, and has been deemed "Nature's Prozac" by the media and medical researchers. Our selection includes tea as well as tinctures and tablets.

So, whatever ails you this winter, the Co-op has your cure. Just come in and browse through our books and shelves or talk to someone on our knowledgeable staff.

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## Volunteer Profile: Autumn Lear

by Linda Canary



This whole conversation, now that I think back on it, was about choices. Open-ended choices. I suddenly realize that it has been a long time since I thought about my own life as having open-ended choices, and maybe that's just my perspective as a forty-five year old with three teenagers, or maybe that's the reality of my life. But after speaking with Autumn Lear, a twelfth grade high school student who is about to turn eighteen, I decided to restructure my life a little as to have more openness about the future. I already feel different. Autumn has lived in Moscow a long time. It's her hometown, and like the hometowns we all left, she is eager to leave it and travel. She was bitten by the travel bug this summer, when she had the opportunity to work in a camp in Puerto Vallarta where the biologists are saving turtle eggs for hatcheries, and replenishing the seas. Autumn thought well of the way the program worked hand in hand with the people who live off the sales of turtle eggs — the so-called poachers, whose fathers and grandfathers and great great, you get the idea — it is a way of life that has supported many of generations for many decades. Basically, the poachers are sharing the eggs with the environmentalist "turtle savers" because they've been educated enough by reality to realize that without the eggs, there are no more turtles, and without the turtles, there are no more eggs, and there goes their livelihood. Anyway, Autumn wants to go back there next year, or, and here's where choices come in, maybe she'll do another senior year so that she can become a foreign exchange student in Italy. Not that she speaks Italian, French is what she has studied, but she really wants to go to Italy. Or, she'd really like to work at Yosemite, too, as a backcountry guide, or just travel

around the U.S. in a car, or even go to college. Where? Northern Arizona, or Southern Oregon, or Bellingham. The world is her oyster right now, and I never knew what people meant when they said that to me twenty-five years ago, but I know what it means now. It means any oyster she pries open may have a pearl in it, and if not, she can just move on to the next oyster. The real pearl is inside her, laying on layer after layer of nacre, becoming more and more beautiful and enriched by experience and time. But right now, Autumn spends most of her time at the high school here in Moscow, where she is one of two girls taking drafting, "It's more boring than I thought it would be because it's all on computer." And she likes art — especially watercolors. "I want to get back to painting, right now I draw — I start a line and it then it just comes out, takes me all sorts of places — it just comes out as something." It's her stress relief.

Autumn likes to read; she just finished *The Monkey Wrench Gang*, by Abbey which she found amusing, and she really enjoyed Huxley's *Island* which is about a culture based around love. This led to my asking her what she thought did make the world go round, and she very seriously answered, "I'd really like to be able to say it's love, but it sure looks as though it's money."

When I asked her what frustrates her, she replied, "When I'm thwarted, when I want to make my own decisions, and I can't. When I can't communicate with my par-

ents." Being a parent, that interested me, made me wonder if I listened in a way they made my teens want to bother communicating. Maybe if I sat down and interviewed them...

I had seen Autumn the previous day at a Tibetan monk chanting "concert" and she was with friends, so I wondered how she found herself there, and she said that she was interested in the culture, so she went. She became a vegetarian on her own, too, five years ago because of all the starving people in the world who could survive on the grain that is fed to livestock.

She volunteers at the Co-op "because I missed it. When I was little, my mom (Mary Jo Knowles) was the general manager, and I got to sweep the floors, and things like that. I missed the atmosphere and so I'm back now in the bulk department learning a lot about organic foods. I wish everyone ate organic foods."

I looked across the table at this pre-possessed young woman, and I couldn't ask her what she wanted to be when she grew up. She already has grown up as far as I can tell, and which of her many talents she'll expand, and choose as her life's work is only as limited as the number of stars in the sky. It sure was good talking to you, Autumn. It was even better watching you eat miso soup and enjoying it. Hurrah for this up and coming generation, I say. The more of them I meet and interview, the more I have hope for the world. We've left it in good hands. I trust them, at least the ones I've met at the Co-op.

## Business Profile: Jo-to-Go

by Linda Canary

This place is tucked in there off the Pullman highway. It is a drive through next to Jack in the Box and it has a big pink cup of coffee on a blue wall. (Painted by Lianne.) Inside are two very friendly faces, familiar faces — Erica Cunningham, and Lianne Witzel both one-time workers at the Co-op.

Erica has been in middle management for a long time, so when she met Joe Rosen in a yoga class, she went along with his idea for an organic coffee drive-through. And here they go. The only drive-through that uses organic coffee and local milk. "Money is political — how you spend it, and what you spend it on," says Erica. She wants more people to spend their money buying organic, and since coffee is one of the most highly sprayed plants in the world, she is glad to provide a place in Moscow where organic is the rule — for the baked goods, too.

Erica also has a theory about community, and how it has broken down and how if the person you're buying your coffee from in the morning is centered and friendly, it is a small brick in the community building we are all erecting. I agree. It's partly why I pay most of my bills in person — I could put stamps on of 'em, but I take the time to visit all the downtown utility companies, and city hall, so I can visit with the people behind the counter. It's not much, but it is my way of staying in touch with people that I then recognize outside of their place of work, and we have common ground.

Erica believes that the Co-op is an integral part of the community which is why she offers a ten percent discount to all members. So, anyway, she is waiting for you to drive up sometime for a cup of good java and a heartfelt "good-day." She promises, "If you give us a try, you won't want to buy your coffee anywhere else."

Jo-to-Go is at 730 Pullman Road in Moscow and is open weekdays, 7am to noon, and weekends, 8am to noon.



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# The Coop Creates Socio/Gastronomic Mythology

by Fritz Knorr



**Kelly starts rolling out the crusts.**

After living on the Palouse all these years, I had resigned myself to bad pizza. It's been one of those things we have to adapt to around here. Then, a few months ago, I rushed down to the Coop at an odd time (for me) for some last minute item. It must have been on a Friday evening, because as I was rushing around the store to get something together for supper, I saw them. There in bread room. Yum! Unbelievable! The most delicious looking pizzas I had ever seen. With good stuff, like artichoke hearts and sun dried tomatoes and real olives, swimming around in real cheese, even big hunks of feta on some, all on top of fantastic crusts from the bakery. I completely forgot about previous plans for supper and grabbed two, maybe three slices to take home. I am hooked now.

The Coop pizza is easily the best pizza on the Palouse, nothing else even comes close. Therefore pizza production and consumption has become a socio/gastronomic event for pizza lovers. It is a really

fun and tasty scene. "Pizza locusts" is the catch phrase that the cashiers have for the people that hover around the store at about 5:00 on Fridays, waiting for the pizza to appear. Oh well, a "pizza locust" am I. The pies are pulled out of the oven between 5:00 and 5:15 on Friday, and it sells fast. If you don't want to be disappointed, you've got to join the "pizza locusts."

If, by 5:15, the pizza isn't there yet, the locusts get pretty excited,

buzzing their diaphanous wings, looking to devour something. A word to the wise: do not go up to the kitchen to ask if the pizza is ready yet. The chefs are more grumpy than the cashiers. When I went up for an interview for this article, the chefs were loaded for bear, mistaking me for a "Is the pizza ready yet?" locust.

When the pizza is delivered downstairs, the locust tone changes from buzzing to munching. "Kelly is the pizza

**The stuff goes on.**

queen goddess!" cries one happy muncher between mouthfuls. And indeed, Kelly Kingsland, head chef, is the force behind it all. But she gets more than a little help from Bobbi Calentine, lovely assistant. (Who also grows the plants and starts that were for sale at the Coop this spring and early summer.) I observed the pizza prep at around 4:30. The dough is made that morning by the bakers and hidden for Kelly to find in the

kitchen cooler. The ingredients are planned and prepped by Kelly and Bobbi earlier in the afternoon. So, by 4:30 it is just a matter of assembly and baking. A flurry of motion, graceful as a dance, makes the final assembly. They even throw the dough in the air! The mixture of toppings is different each week, but expect a half-dozen inspired cre-



**Bobbi shoves another one into the oven.**

ations, including at least one vegan selection. "We just sorta wing it," says Kelly. "We ignore all requests and do what we want," adds Bobbi. I bought three slices: one with green basil pesto, zucchini, black olives, mushrooms, mozzarella, roasted garlic and green bell peppers; and another with pesto, spinach, onions, mushrooms, feta, garlic, pinenuts and mozzarella cheese; and the last one I forgot to write down, but it had tomato sauce and zucchinis and a bunch of other yummy stuff. The vegan pizza almost sold me, with roasted red pepper pesto, and miscellaneous sautéed vegetables.

Are you sold yet? Great! Now plan for the down side: packaging. The cost is \$2.50 a slice, but that's all you get. No box, no packaging. They have begun to put out some flimsy paper plates with the pizzas. But they are totally insufficient, because a slice is a couple of inches bigger than the plates, and hangs over

the edge. If you are planning on taking one home, the pizza on a paper plate is going to make a big mess on your car seat. You need another plan, but there really isn't much available in the store. I once tried the plastic bread bags, but that didn't really work. That kind of steams the pizza in the bag and makes a big mess. Now, I take a box and a bungee cord on my bike, which works perfectly. You gotta plan ahead.

Of course, most slices don't survive long enough to worry about packaging. With the paper plate packaging, the tip of the slice hangs over, so the customer bites the tip off. Then she goes for another bite. Then another. Sometimes, the thing is pretty much gone by the time it makes it to the cash register. Of the dozen or more slices that I saw being sold, I don't think I saw any make it out the door uninjured. It is such delicious pizza that no one can wait to take a bite.

Outside, by the tables, a pizza party forms. Pizza lovers munch in



**Hungry "pizza locusts" hover in the parking lot. Al Poplawski, Diane Prorak and their daughter, Meadow.**

delirious contentment, interrupting their chewing just long enough to shout praise of Kelly, the pizza queen goddess. It's quite a scene.

Remember: 5:00, Friday evenings, bring a box!



**Come and get 'em.**



# Food & Nutrition

## Happy Holiday Cooking

by Robin Ohlgren-Evans, Lisa Lundstedt and Eva Strand

The education committee at the Co-op has cooked up some yummy, festive dishes just in time for the holidays. In this article we are focusing on turkey alternatives for all of you who prefer a vegetarian holiday feast. Both the **Stuffed Tofu 'Turkey'** and the **Thanksgiving Roast** has the savory blend of flavors reminiscent of thanksgiving stuffing, and goes great with traditional trimmings such as **Mushroom Gravy** and **Cranberry Sauce**. Serve with traditional mashed potatoes or sweet potatoes or try our **Wild Rice Casserole**. Choose one or two of the vegetable dishes **Braised Cabbage**, **Carrots in Orange-Ginger Sauce** and **Spinach Artichoke Casserole**. The **Peachy Yogurt Salad** adds a tangy sweetness to the meal.

In November we are offering two cooking classes to our Co-op shoppers; join us in an evening of flavorful aromatic holiday cooking. On November 5<sup>th</sup> we are offering 'Traditional Holiday Cooking - complete with Turkey and Trimmings' and on November 19<sup>th</sup> we prepare a 'Vegetarian Holiday Meal'. We will cook many of the recipes featured in this article. Both classes start at 6 PM upstairs at the Co-op, don't eat dinner before you come!!! The cost is \$10 for Co-op members and \$15 for non-members. Sign up at the cash register. We hope to see you in the kitchen!

### Stuffed Tofu 'Turkey'

For all of you, who are looking for a vegetarian alternative to turkey, here it is; enjoy with mushroom gravy, cranberries and mashed potatoes. (Serves 10-12)

- 5 lb firm tofu
- 1 c onion
- 2 c celery
- 1 c mushrooms, diced
- 2 cloves garlic, minced
- 1/2 c sesame oil (don't sub.)
- 1/2 c soy sauce or tamari
- 8 c bread, cubed and dried
- 1/2c fresh parsley, minced
- 1/2 c sage
- 2 T marjoram
- 2 T thyme
- 2 T savory
- 1 T rosemary
- 1T celery seed
- 1 T black pepper
- 2 c vegetable broth

Mash the tofu. Line a 12 inch colander with a large piece of wet cheesecloth. Add the mashed tofu,

cover with overlapping cheesecloth and cover with a small plate. Place a 5 lb object on top of the plate and leave for an hour or more to drain.

To make stuffing, sauté onions, celery, mushrooms and garlic in 2 T sesame oil. Add all herbs (except parsley), pepper and 1/2 c soy sauce. Cover and cook for 5 minutes until vegetables are soft. Mix the vegetables with bread cubes and broth.

Make the basting sauce by mixing the remaining soy sauce and sesame oil.

Hollow the tofu to 1 inch on the sides of the colander. Save some tofu for the top. Baste the inside with some basting sauce and pack in the stuffing. Cover with remaining tofu and pat down firmly.

Place an oiled baking sheet on top of the colander and flip the stuffed tofu over. Baste the outside with the basting sauce and cover with foil. Bake for 1 hour at 400 F. Remove the foil, baste and bake for 1 hour more until golden. Voila, the "turkey" is ready to serve!

### Thanksgiving Roast

Serve with traditional trimmings for a holiday feast or with vegetables, potatoes and gravy for a satisfying winter meal.

- 1 c boiled lentils
- 1 c browned breadcrumbs
- 1 c walnuts
- 3 T olive oil
- 1 grated onion
- 1/2 c strained tomatoes, reserving juice
- 2 eggs, beaten
- 1/2 c chopped black olives
- 1/2 t vegetable salt
- 1/2 t sage
- 1/2 t celery salt
- tomato juice for basting

Put lentils, crumbs and nuts through a food processor.

In a large skillet, sauté onion in olive oil until browned, adding seasoning and tomatoes.

When tomatoes are done, add eggs and olives. Form into a loaf and turn into a greased loaf pan. Bake at 350 F for 1 hour - baste from time to time with tomato juice.

### Mushroom Gravy

8 servings

- 2 c mushrooms, finely chopped
- 1 T onion, finely chopped
- 2 T butter
- 4 cs vegetable broth
- 4 T flour

- 1 T thyme
- 1/2 T sage
- 1 small clove garlic, minced
- 2 T soy sauce

Sauté the mushroom and onion in butter until soft. Add 3 cups of the broth. Whisk the flour with the remaining broth and add to the sauce.

Heat slowly, constantly stirring until the gravy thickens. Add spices, garlic and soy sauce.

### Braised Red Cabbage

Traditional at Robin's Christmas table - the color is wonderful and so is the taste. (8-10 servings)

- 1 medium red cabbage
- 4 T butter (or olive oil)
- 1 T sugar
- 1 t salt
- 1/3 c water
- 1/3 c white vinegar
- 1/2 c red currant jelly (or other tart red jelly)
- 2 T grated apple

Shred the cabbage (9 c).

Combine butter, salt, sugar, water and vinegar in a saucepan and heat over medium heat. When it boils, add the cabbage and toss.

Place in a covered casserole dish and braise for about 2 hours at 325 F. Add water if necessary. Stir in jelly and apple and replace cover to bake for another 10 minutes.

**Spinach Artichoke Casserole**  
Frozen spinach makes this dish come together fast and easy, a plus around the holidays!

- 2 10 oz packages frozen chopped spinach
- 1/2 c butter
- 6 oz. Light cream cheese
- 1 can artichokes, chopped
- 1/2 t pepper
- 1 T lemon juice
- seasoned bread crumbs

Cook spinach and drain well.

Combine butter and cream cheese and heat until the butter is mostly melted. Combine with the spinach, artichokes, pepper and lemon juice. Stir well.

Spoon lightly into a greased casserole dish sprinkle with cheese and breadcrumbs. Bake at 30 minutes at 325 F until bubbly.

### Carrots in Orange-Ginger Sauce

- 12 medium carrots
- juice from 4 oranges
- 2 t grated orange rind
- 2 t grated fresh ginger
- 2 t flour
- 1/2 t salt
- 4 T butter

Peel carrots and cut them into

thin strips 2 1/2 - 3 inches long. Boil them till barely tender - remove from heat but do not drain (they'll continue cooking and stay hot while you make the sauce).

In another pan whisk together the remaining ingredients, except butter, over medium heat until thickened.

Add butter and cook until melted. Drain carrots and pour the sauce over, stir to coat. Keep warm until ready to serve.

### Peachy Yogurt Salad

4 servings

- 2 large ripe peaches, sliced (canned are OK)
- 1 c green grapes
- 1 c celery, sliced
- 1/2 c walnuts, coarsely chopped
- 1/2 c vanilla yogurt
- 2 T honey

Lightly toss peaches, grapes, celery and walnuts. Mix yogurt and honey and gently stir into the fruit.

### Cranberry Sauce

- 2 c fresh cranberries
- 1 c water
- 1/2 c maple syrup

Mix all ingredients in a saucepan and simmer for 15 minutes until thickened. Cool before serving.

### Wild Rice Casserole

An alternative or complement to mashed or sweet potatoes. (4-6 servings)

- 2 T olive oil
- 2 medium sliced leeks
- 1 medium zucchini, diced
- 4 cloves garlic, minced
- 1/2 t turmeric
- 4 c water
- 1 1/2 c long grain brown rice or white rice
- 1/2 c wild rice
- 2 medium carrots, diced
- 1 c fresh green peas
- 2 ears corn cut in 1-inch sections
- 2 T minced fresh parsley
- 1/2 t dried thyme
- 1/2 t pepper
- 1/2 t salt

In a large cast iron skillet or Dutch oven, heat oil and sauté leeks, zucchini, and garlic. Cook for a few minutes.

Add turmeric, water, rice, wild rice, carrots, peas and corn. Season with parsley, thyme, pepper and salt. Cover and bake at 375 F for 55 minutes.

Remove from oven and let sit 10 minutes. Fluff.



# NOVEMBER SPECIALS



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by Robin Murray

# November Kids page

## Did you know...

that the largest National Park in the U.S. is Wrangell-St. Elias National Park in Alaska?



It is 13.2 million acres big!

It's been fun!

I'm going to live there so this will be my last new Kids page. Bye!



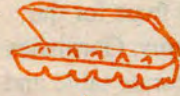
## Try This:

### Make your Own Cards

you'll need:



styrofoam egg cartons  
or food trays



pencil scissors



poster paint  
paint brush



Paper

- 1 Cut squares of styrofoam from lid of egg carton or from food tray.
- 2 Using pencil, draw design into styrofoam - pushing hard!
- 3 Carefully paint a thin layer of paint onto styrofoam (paint shouldn't go down into lines)
- 4 Fold a piece of paper in half.
- 5 Gently press onto painted styrofoam and peel off.
- 6 Repeat to make as many cards as you need! Have fun!



## A Recipe:

### Amazing Peanutbutter Cookies



- 1 cup Peanutbutter
- 1 cup sugar
- 1 large egg
- 1 teaspoon vanilla



Mix all ingredients well.  
Drop by teaspoons full onto an ungreased baking sheet. Grease a flatbottomed glass and dip in sugar. Use this to flatten cookies slightly. (keep dipping in sugar as needed)  
Bake at 325°F for 15-18 minutes.

## Just For Fun!

It's time to say Goodbye!

IN FRENCH: "Au Revoir"  
(say: oh-vwah!)

IN ITALIAN: "Ciao"  
(say: chow - this also can mean hello!)

IN RUSSIAN: "До свидания"  
(say: das-vee-DAHN-ya)

IN SPANISH: "Adios"  
(say: ah-dee-ohse)

Moscow has been a wonderful place to live! Thanks for reading my Kids Page!





# Winter Garnishes

Words & Illustrations by Patricia Diaz

Eating and drinking are not only basic necessities but also are occasions for social contact. We strive to provide foods and beverages which are appetizing and pleasing to look at. Food and beverage for special occasions should be a feast for the eye as well as the tummy. Garnishes have been used to decorate table and plate since ancient times. History records the use of garnishes by Romans, Chinese and Japanese for hundreds of centuries.

Garnishes are edible ornaments added to plates (usually the main entree) or as centerpieces for the festive table. We usually garnish with the ubiquitous parsley, lemon or tomato slice, or kiwi. There are, however, other garnishes we can add that will greatly enhance your table. There are special garnish tools which you need to create the full line of garnishes - a garnishing knife, a twin curl cutter, a spiral slicer, a food decorator tool, and, most, importantly, a good, sharp, paring knife. Because most folks don't own these special tools, I will concentrate on garnishes made with only a paring knife. I will also limit the selection to simpler garnishes; if there is sufficient interest in advanced garnishes, I will write about those at a later date.



CARROT BUNDLE

## Carrot Bundles

Make carrot sticks; select a fat, squatty carrot. Wash and cut off 1/2" of root end and stem end. With paring knife cut long strips, about 1/2" thick, the full length of the carrot. Trim each carrot stick to a 3" length. Thread a few carrot sticks through a pitted black or green olive to form a vegetable bundle which makes a great garnish for individual sandwich plates or on a relish tray.

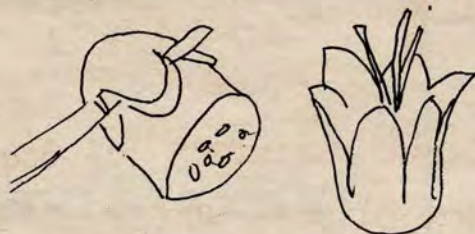


Celery Flutes

## Celery Flutes

Clean pieces of celery and cut into 3" lengths. Use inner stalks - they are more tender and less stringy. Hold the 3" stalk in one

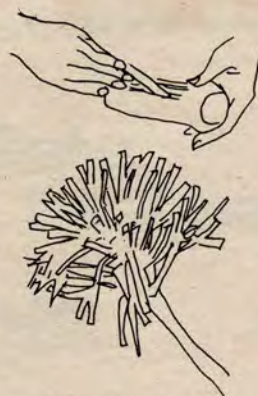
hand and with the other hand use a small knife - cut short slices, keeping them close together and as straight as possible. Make cuts from the outside end of the stalk toward the middle. Cut these slices about 1" deep, leaving the middle uncut. Turn the stalk around and do the other end the same way. Chill in ice water and refrigerate until the strips curl. These look great on a relish tray with cucumber slices, radish roses, and black and Spanish olives.



CUCUMBER FLOWER

## Cucumber Flowers

Select a well rounded cucumber and cut 2" pieces from each end. (You may have to remove a tiny slice to make these stand up.) Cut the outside skin into scallop shapes to form the petals. Scoop out the center pulp of each piece with a melon baller or small spoon. Place scalloped pieces into ice water for 15 minutes to allow petals to open. Remove from ice water and fill centers with smoke flavored cheese, tartar sauce for fish dinners, or mayonnaise or mustard for sandwich plates.



LEEK FLOWER

## Leek Flowers

Select leeks about 1" in diameter at the base. Cut roots off and wash leek. Where roots and layers meet there is a thick base like that on the bottom of a celery stalk. Slice through this thick base but don't cut it off completely. Use a small sharp knife and make a downward cut from the root end. Make the cut straight down, cutting through all the layers of the onion from the center of the onion. Continue cutting around the outside until you have strips all around. Put a toothpick into the end of the leek and swirl the leek to open the petals. Chill in ice water for 5 min. To color

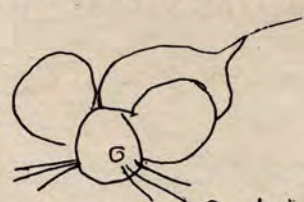
the flower, put a few drops of food coloring into the ice water. You can do the same thing with scallions to make a smaller flower.



Radish Rose

## Radish Roses

(You can make these without the special tool if you are careful and use only the tip of the knife so you don't cut the petals off.) Applying moderate pressure, make the first petal cut, stopping 1/2" from the bottom. Repeat, keeping cuts evenly spaced, until there is no more room for petals. Remove the root. Chill in ice water to fan petals out. You can keep these in cold water for up to 3 days but change the water daily.



Radish Mouse

## Radish Mice

These look really cute on cheese trays! Select 1 large oval shaped radish with root attached and 1 small round radish (cut root off). Cut 2 slices from a third radish to use for ears. Push a toothpick halfway into the large radish from the stem end. Slice 2 "V" notches in small radish and place 2 radish slices in the "V" cuts for ears. Make eyes by pushing 2 whole cloves into the radish. Attach the small radish to the large one with the toothpick. Position the head (small radish) on the toothpick protruding from the large radish. Complete the mouse using toothpicks for whiskers.



Tomato Wedge

## Tomato Wedges

To make the spread wedge tomato, select medium-sized, well rounded ripe tomatoes. Cut the vegetable in half by starting at the top, or stem end of the tomato and cut to, but not through, the bottom of the vegetable. Stop the downward cut about 1/2" from the bottom end. Give the tomato a quarter turn and make another cut in the same way across the first cut. Make two more cuts as if you were slicing a pie, dividing the tomato into eight

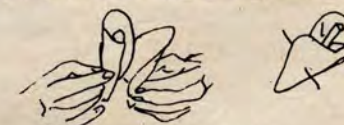
evenly cut wedges which are still joined at the bottom. Spread wedges open and fill centers with a mound of tuna, shrimp, egg, potato, or salmon salad. Sprinkle a little paprika on top and place on a bed of watercress or lettuce. Top with a radish rose to add a finished touch.



Tomato Rose

## Tomato Strip Rose

Using small paring knife, peel the skin of a medium-sized tomato in a spiral strip about 1/2" wide. Roll up the strip tightly to begin with, then more loosely at the other end. Place a sprig of parsley next to the rose for color.



TURNIP LILY

## Turnip Lily

This garnish looks best when placed among other vegetable flowers. Select a well rounded raw turnip about 3" in diameter. Wash and thinly peel. Cut in half cross-wise and cut off 4 THIN slices. Using the first thin slice, curve it into a cone shape. Hold this curved sliced in one hand and with the other hand curve a second slice around the first, wrapping it in the opposite direction of the first slice. Secure the two curved slices at the base with a toothpick. Chill in ice water for a few minutes to set the shape. Use a small strip of carrot for the stamen and place it inside the turnip lily. Make 4 of these lilies and place on the salad plate.



## Turnip Snowperson

Wash and peel three turnips, each one smaller than the other. Cut the largest of the turnips to create a flat surface. At the opposite end of the flat surface, push a toothpick halfway into this turnip. Create another flat surface on the middle size turnip and secure this turnip on the toothpick protruding from the large turnip. Do the same with the smallest turnip. Push whole cloves into the turnips for eyes, nose, and buttons. For the hat, cut a thin slice from the thick part of a carrot and another thick slice from the tip of the carrot. Attach these two slices together with a toothpick and secure them to the snowperson's head with another toothpick. Use a strip of pimiento or scallion leaf (parboiled) for the scarf.



# Choosing Sides

L. L. Lundstedt

Cooks often want to feature distinctive dishes in honor of Thanksgiving. Whether turkey appears at the table or not, special side dishes please guests and hosts. With so many delectable recipes filling cookbooks and magazines, you can have a hard time deciding what to make.

One factor to consider is time. These recipes can be prepared at least partially ahead of time and cooked on the big day, allowing for less kitchen time and more people time. Also, you can delegate some steps to folks who truly want to help.

Many recipes can be made vegan if you use soy margarine instead of butter. Also, you can use vegetarian "chicken" broth instead of the real stuff.

## Herbed Stuffing

This recipe, adapted from Reader's Digest's Cook Now, Serve Later, makes 8 cups of stuffing. Make it now and have it ready for T-Day.

- 1 lb. bread cut into 3/4" cubes
- 1/4 cup olive oil
- 1 tsp. salt
- 2 cloves of garlic, minced
- 2 Tbls. dried parsley
- 2 Tbls. dried minced onion
- 1 tsp. rubbed sage
- 1/2 tsp. dried thyme
- 1/2 tsp. black pepper
- (chicken broth for baking)

Preheat oven to 350 degrees. Toss bread cubes in a large bowl with oil, salt, and garlic. Layer onto two baking sheets and bake for 25 minutes or until crisp; stir occasionally. Remove from oven and toss with parsley, onion, sage, thyme, and pepper. Cool and transfer to air-tight container. Refrigerate for up to two months.

To bake, preheat oven to 325 degrees and combine one cup of chicken stock for each cup of dressing. Place in lightly greased baking pan, cover, and bake for 30 minutes, or stuff into turkey and roast.

## Roasted Potatoes with Garlic and Rosemary

This potato dish, a departure from the usual mashed potatoes, requires less work, uses fewer dishes, and tastes great.

- 6 medium potatoes, scrubbed
- 1/4 cup olive oil
- 6 peeled garlic cloves
- 1 Tbsp. dried rosemary, crumbled
- 1 tsp. salt

Preheat oven to 350 degrees. Cut potatoes into 1-inch -thick pieces and place in large baking pan or roaster. Drizzle olive oil over potatoes and add garlic and rosemary. Stir to coat potatoes and cover.

At this point you can leave the potatoes at room temperature for up to 6 hours or bake immediately for about 50 minutes, stirring occasionally. Salt before serving.

## Barley-Mushroom Casserole

Tired of potatoes and dressing? Try this recipe from Reader's Digest's Cook Now, Serve Later for a change of pace.

- 2 Tbsp. butter or soy margarine
- 2 shallots, chopped
- 4 oz. mushrooms, trimmed and sliced
- 3/4 cup barley
- 1 3/4 cup chicken stock
- 1/2 tsp. dried thyme
- 1/4 tsp. black pepper
- (2 green onions, with tops, sliced)

Melt butter or margarine in a skillet over low heat. Sauté shallots until golden (about 6 minutes). Turn up the heat to high, add barley, chicken stock, thyme, and pepper, and bring mixture to a boil. Reduce heat to low, cover, and simmer for about 45 minutes, stirring occasionally.

At this point, you can cool the mixture and refrigerate it for up to three days or freeze it for up to a month. When you're ready to eat it, reheat it in the skillet. Add the sliced green onions and stir. Transfer to a warmed dish and serve.

## Baked Carrot Ring

This dish is a little tricky, as it may fall apart when you unmold it. If this happens, stir it up and serve it in a dish—no one has to know you'd planned on a different form! Either way, it tastes good and brightens the table. It comes from Reader's Digest's Cook Now, Serve Later,

- about 2 pounds of carrots, trimmed
- 3 eggs
- 2 Tbsp. brown sugar
- 1 Tbsp. unbleached flour

- 1 tsp. salt
- 1/4 tsp. ground cinnamon
- 1/8 tsp. white pepper
- 1/3 cup milk
- 1/2 cup butter or soy margarine, melted

Preheat oven to 350 degrees. Cut carrots into 1-inch pieces and boil until tender. Purée carrots in a food processor or blender until smooth. Blend in eggs one at a time and add sugar, flour, salt, cinnamon, and melted butter.

At this point, you can store the mixture in an covered container in the refrigerator for up to four hours. When you're ready to bake, stir the mixture before pouring it.

Pour the mixture into a well-oiled or well-buttered bundt pan or casserole dish. Bake, uncovered, for 50 minutes to one hour. It's done when a knife inserted into the center comes out clean. Remove from oven and let cool for 10 minutes. Run a plastic spatula around the edges and unmold carefully onto a plate.

## Caramelized Onions

Although this recipe calls for what seems to be a lot of onions, they cook down considerably.

- 4 Tbls. butter or soy margarine
- 4 large onions, thickly sliced
- 3 Tbsp. red wine vinegar
- 1 tsp. salt
- 1/2 tsp. black pepper

**Debra Goldfine, Ph.D.**  
**Psychologist**  
 \* Individual & Couples  
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Melt butter or margarine in one large skillet (or two smaller ones if the onions won't all fit into one). Add onions, cover, and cook until tender for about 30 minutes.

Turn up the heat to medium and cook uncovered, stirring occasionally, for about 45 minutes. The onions will reduce and become light brown. Turn up the heat to high and stir in the vinegar, salt, and pepper. Stir constantly for about 5 minutes until the vinegar evaporates. Transfer to a buttered serving dish and serve immediately or store for later eating.

To store for later eating, cool the onions, transfer to a buttered casserole dish, and refrigerate for up to three days. To reheat, return to a skillet on medium heat for a few minutes.

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# Cranberries

by Pamela Lee

There are two versions to the story of how this tart berry came by its name, which was "crane berry" before it was combined into the present-day "cranberry." Some say that the fruit's pale pink blossom, with its slim vertical pistil, resembles the head of a crane, and was so named. Others contend that "crane berries" were named after the graceful birds that inhabited the New England bogs and fed on the tart red berries.

Cranberries are native to North America. Native Americans called them *i-bini*, meaning "bitter berry". North American Indians used cranberries when making pemmican, a mixture of meat, fat, fruit and berries. They also ate cakes made from crushed dried cranberries and parched corn. The American Indians taught the Pilgrims how to cook with cranberries. The berries, loaded with vitamin C, protected New England sailors from scurvy. No one knows for certain whether the Pilgrims actually ate cranberries at that first Thanksgiving feast, but, cranberries are now a traditional part of Thanksgiving fare.

The United States is the largest (world) grower of this tart fruit, with the Cape Cod region of Massachusetts leading the production. New Jersey, Wisconsin, Washington and Oregon all produce cranberries as well. Cranberries vines grow in either bogs of peaty earth or in marshy areas with high-acid sandy soil. Growers cover the bogs with a layer of sand to mimic how the berries grow in the wild. In the autumn, the cranberries are harvested either wet or dry. Most berries are harvested by machine when the bogs are flooded. These wet-harvest berries are made into juice or sauce. Wet-harvesting bruises the fruit, and so they are processed. Cranberries that are harvested dry (by either a lawn mower-like machine or by hand) are packaged as fresh (or frozen) fruit.

Washington state produces about 5 percent of the total crop grown in this country. Wild cranberries do grow in Washington, but most commercial cranberries grow on vines that were imported from Cape Cod in 1883. Northwestern cranberries are considered some of the best. They're plump and juicy and they are particularly red because the growing season is longer in the Northwest, allowing the red pigment (called anthocyanin) more time to develop. Most Northwestern berries

are reserved for the fresh dry-picked market.

Cranberries are too sour and bitter to be eaten without cooking. They are naturally high in pectin, so are admirable candidates for preserving with other fruits in preserves, relishes, or chutney. Dried, fresh, or frozen cranberries are a tasty addition to sweet baked breads, muffins, or scones. Their tart flavor make cranberries suitable for savory dishes. A few lightly cooked cranberries can be added to the gravy for duck, game, lamb, poultry, or trout. When making sweet dishes, cook cranberries until the skins pop before adding the sugar, otherwise the skins will remain tough.

Fresh cranberries will keep in the refrigerator for about 10 days. The keep even better, and longer, in the freezer. To freeze, first pick out the spoiled berries, then freeze in a sealed container at 0°F. They'll keep for up to a year.

This first recipe is my all-time favorite cranberry relish. My mother made it for Christmas about 6 years ago. It's from the Minnesota Heritage Cookbook. The amounts in brackets are my mother's adjustments.

## Cranberry Chut-Nut

1 lb. fresh or frozen cranberries  
1 cup raisins [3/4 c.]  
1 2/3 cup sugar  
1 T. cinnamon [3/4 T.]  
1 t. curry powder  
1 1/2 t. ground ginger  
1/2 t. ground cloves  
1 cup water  
zest of 1/2 an orange  
1/2 cup chopped onion  
1 apple, chopped  
1/2 cup thinly sliced celery  
1/2 cup chopped walnuts

Combine cranberries, raisins, sugar, spice, water, and orange zest in a saucepan. Cook about 15 minutes. Add remaining ingredients and cook 15 minutes longer, stirring constantly to prevent scorching. Cool and refrigerate in a tightly sealed container.

Yield: about 4 cups

This quickbread is from Laurel's Kitchen Bread Book. I chose this particular bread because it can be eaten and enjoyed by folks with wheat allergies. It's good for breakfast or teatime, and it's tasty plain or with jam, fruit butter, or cheese.

## Cranberry Rice Bread

3/4 cup coarsely chopped fresh cranberries  
1/2 cup chopped raisins

1/3 cup chopped walnuts  
1 T. undyed orange rind  
1 3/4 cup brown rice flour  
1/2 cup potato flour  
1 1/2 t. baking powder  
1/2 t. soda  
1/2 t. salt  
3 T. honey  
2 T. butter or oil  
2 eggs, slightly beaten  
1/2 cup orange juice  
2 T. lemon juice

Preheat oven to 350°F. Grease an 8"x4" loaf pan.

Stir together berries, raisins, nuts, and orange rind. Sift the flours, baking powder, soda, and salt into the bowl and stir.

Beat the honey with the butter or oil, then add the eggs, orange and lemon juices, stirring as you add. Mix until smooth. Add the dry ingredients, mixing just enough to moisten.

Bake about 45 minutes. Cool before slicing.

The next three recipes are from the Cranberry Recipe Collection.

## Pear-Cranberry Upside-Down Cake

### TOPPING:

6 T. unsalted butter  
1/2 cup Firmly packed dark-brown sugar  
1 can (10-oz) pear halves in light syrup, drained and halved  
1 cup fresh or frozen cranberries  
**CAKE:**  
1 1/2 cups all-purpose flour  
3/4 cup granulated sugar  
2 t. baking powder  
1/2 t. salt  
2/3 cup milk  
1/3 c unsalted butter, room temp  
1 egg  
2 t. grated lemon rind  
1 t. vanilla

Preheat oven to 350°F.

To prepare topping: Place butter in a 9x9x2" square baking pan. Place pan with butter in oven until butter melts. Stir in brown sugar. Arrange pears, rounded sided down, over sugar mixture in pan. Sprinkle cranberries between pears.

To prepare cake: Stir together flour, sugar, baking powder and salt in large bowl. Beat in milk and butter until smooth. Beat in egg, lemon rind and vanilla until blended. Pour batter evenly over fruit in baking pan. Bake 35 to 40 minutes or until wooden pick inserted in center comes out clean. Place platter on top of pan; invert cake onto platter, letting glaze drip down side of cake. Serve warm.

## Spiced Cranberry Mold

1 (6 oz.) package strawberry gelatin  
1 1/2 cups boiling water  
1 1/2 cups cold water  
1 cup cranberries, chopped  
1 orange, peeled and chopped  
1/2 cup chopped apple  
1/2 cup walnuts, chopped  
1/2t. ground cinnamon  
1/8 t. ground cloves

Dissolve gelatin in boiling water; stir in cold water. Chill until slightly thickened. Stir in cranberries, orange, apple, walnuts, cinnamon and cloves; pour into a 4 cup ring mold. Chill until set, about 4 hours. To serve, unmold onto serving dish. Garnish as desired.



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# Thanksgiving Yes. Turkey No.

by Heidi Heffernan

As I sit outside writing this and enjoying what may be the last beautiful Sunday morning of the year, I have become suddenly aware that the Thanksgiving season will soon be upon us.

Thanksgiving has long been my favorite holiday, and not just because it's a day dedicated to my all time favorite recreation: food. It's a time to clamor together with loved ones to celebrate the bounty of the past growing season.

This year I have much to be thankful for: a blissful marriage, wonderful friends, sweet although demented pets, coworkers that I adore, and my rapidly expanding belly. I am so looking forward to spending the day with close friends (and most likely, all their dogs!) indulging in all those yummys delegated as too decadent for everyday consumption.

But like many who abstain from eating meat, Thanksgiving poses a bit of a dilemma. Without turkey, it just doesn't somehow seem the same. Actually for me, it's not the lack of bird but rather mashed potatoes without gravy that seems not right. Luckily, I recently discovered a wonderful book, The Book of Miso (Shurtleff and Aoyagi, 1973, Ten Speed Press) that's provided me with a delicious vegetarian gravy made with miso that is quick, nutritious, low fat, and completely animal-free. It's meaty tasting and even has that "sheen" that fatty meat based gravies have. You'll find this recipe below.

And other tricks for preserving the traditional atmosphere of Thanksgiving, try stuffing and baking a large squash or pumpkin as your main dish. Or talk to Vickie about special ordering "Tofurkey" a meat-free turkey alternative. (Please

give her at least two weeks notice for your order.) With one of these and miso gravy for your spuds, you won't even notice that there's no bird on your table.

For those interested in, The Book of Miso, a comprehensive everything-you-ever-wanted-to-know-about-miso-but-were-afraid-to-ask masterpiece I suggest talking to Bookpeople Bob (Greene). He special ordered my copy for me.

**Miso Gravy** (makes 1 1/2 cups)

I have altered this a bit from the book's original version.

3 Tbsp. olive oil  
1 small onion, minced  
1 small carrot, minced  
1 stalk celery, finely chopped  
1/2 cup water  
1/2 cup white wine or rice wine  
fresh ground black pepper  
1 1/2 - 2 Tbsps. red, barley, or

Hatcho miso

Heat olive oil over medium heat in a skillet. Add vegetables and sauté until soft and onions are translucent. Add wine and stir to deglaze pan. Pour in water and let simmer 4-5 minutes. Place miso in a small bowl. Remove vegetables from heat and strain into miso. Stir until smooth. Add pepper to taste.

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# Family

## Fall Family Fun

by Robin Murray

The weather's gotten colder, but that's no reason to keep the family inside. Now is the perfect time for a family nature walk. There is wonder all around! Crackle through the falling leaves. Watch the squirrels bouncing from tree to tree gathering acorns and walnuts.

One fun activity on a nature hike with children is to stop and ask everybody to close their eyes, then have them listen for sounds and silently count the number of different sounds they can hear. Afterwards, have everyone open their eyes and compare sounds. If you are in a noisy place, you may want to limit the types of sounds to just nature or just birds songs. You can also so a similar game with colors.

Another game to play while out on a nature hike is a scavenger hunt. Make a list of natural objects such as an acorn, a forked twig, a red leaf, or whatever else you can think of. Bring along a bags and then send the kids out to see if they can find all these things. Of course, there's always the old stand-by of doing a litter pick-up, but for more ideas on things to do with children outdoors, check out the book Sharing Nature With Children, by Joseph Bharat Cornell.

One of my favorite things to do on a nature walk is to look for objects which can be brought home for an arts and crafts project. Few children in fall can resist the temptation of finding beautiful or unusual leaves. Once you have collected them, there are a couple of fun things to do with them. The first is to simply lay them out on white paper and then cover them with contact paper to create pictures or greeting card. The second is to sandwich them between two pieces of waxed paper and then iron them, waxed side in. The result is two-sided view of the leaves perfect for hanging in windows as a seasonal decoration.

Speaking of seasonal decorations, making a wreath to hang on your door is easier than you may think. All you need is a wire coat

hanger bent to form a circle with the hook on top for hanging. Grasses and evergreen branches may be



twisted around and secured with twist-tie wires, but an even easier wreath is to take large colored leaves and tape them from behind in an overlapping pattern.

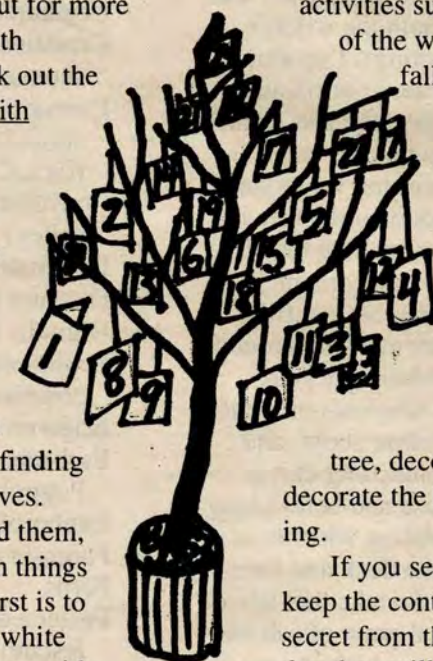
As the month of November draws to a close those celebrating the upcoming Christmas holidays may want to make an advent calendar. A fun way to do this is to hang twenty-four numbered cards from the twigs of a leafless branch propped up in a can of sand, gravel or beans. Instead of having traditional treats or pictures in the calendar, make it a calendar of events. Start by writing in activities you know will happen on certain dates such as school functions and church events and concerts. Then fill in the other cards with activities suitable to the day

of the week on which they fall. Some activity ideas include: making a gift wish-list, bake cookies, make cards, address and mail cards, go shopping, make wrapping paper, wrap gifts, get the

tree, decorate the tree, decorate the house, go caroling.

If you seal each card and keep the contents of them secret from the children, each day they will have a new

surprise and something to look forward to as they open the cards. The answer to the question "when are we gonna,?" becomes "when it says so on the cards!" Not only that, but you'll be organized yourself and have time to get everything done, one day at a time. Have fun!



**Sheri L. Russell**

(formerly Sheri L. Ryszewski)

◆ Attorney At Law

◆ Certified Professional  
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# Gardening

## Deer-Proof Planting

by Patricia Diaz

Before I say anything else, let me emphasize that if deer are very hungry, they will just about eat anything. However, there are plants that are more likely to withstand deer munching, which is this month's garden topic.

I've never been an advocate of sprinkling horrible smelly stuff or hanging things all around the yard and garden to keep deer out. I don't like smelling that stuff (urine? blood?) nor do I like the looks of the hanging stuff. Why not, instead, give in to the wildlife (isn't that one of the reasons for moving to the country?), buy your organic produce at the Co-op, and plant things deer don't normally eat.

Deer plant preferences seem to vary somewhat from region to region. For example, several publications say that deer don't like tulips. Someone forgot, though, to tell our resident population; we planted a beautiful little grouping of white crocus and red miniature early tulips. The minute they come up, the deer radar kicks in and all that's left are stumps! Some years we never even get to see them before they become deer dessert.

Deer also may eat some young plants but leave older ones alone. Seasons may change eating habits. It's best to experiment with the "best bet" plants on the following list and be able to enjoy both the wildlife and beautiful plantings. I've also found that the closer your plantings are to your dwelling, the less chance you have of having plants eaten. (Although one morning we looked out the front window of the loft and there was a deer munching tender tree leaves from a newly planted quaking aspen about 50 feet from the house. Another morning around 6 a.m. I did my customary peek through the back windows to see if there was any wildlife about, and there was a doe munching clover alongside the house and before long she was contemplating whether or not to get up on the deck and have petunia dessert.) So take that advice with the proverbial grain of salt and if you're in an area which is not heavily populated by deer maybe that advice will work for you.

Some of the popular bulbs seem to be disliked by deer - namely narcissus (daffodils/jonquils) and tall Dutch iris. We have daffodils naturalizing everywhere and the deer leave them strictly alone. As for crocus, the deer seem to like them

sometimes, which is too often for me to buy them anymore.

Most herbs appear to be "deer proof". Among these are lavandula (lavender), rosemary, artimisia (sage), nepeta (cat mint), oreganum (oregano), and thymus (thyme). Most herbs, except basil, should survive a deer onslaught, especially the ones with more aroma. Sage makes a good barrier for interplanting protection or as a "fence" around other plants more susceptible to deer browsing.

The following list of perennials and shrubs is a compilation from four sources -- Sunset Magazine, Clearwater Power's Ruralite, a publication from WSU's extension service, and High Country Gardens gardening catalog. The plants have all been zoned for our area. I hope that the list will be beneficial to you for your spring planning.

### PERENNIALS

Achillia (yarrow, esp. yellow)  
Aguilegia (columbine)  
Armeria (thrift)  
Artimisia (sage)  
Asclepias tuberosa (butterfly weed; orange glory flower)  
Aster  
Astilbe (false spiraea)  
Buddleia davidii (butterfly bush)  
Campanula poscharskyana (Serbian bellflower)  
Centaurea  
Cerastium tomentosum (snow-in-summer)  
Coreopsis lanceolata, C. auriculata 'Nana', C. grandiflora, C. rosea  
Convallaria majalis (lily-of-the-valley)  
Delphinium belladonna, D. elatum  
Dicentra (bleeding heart)  
Digitalis (foxglove)  
Echinacea purpurea (purple coneflower)  
Erigeron speciosus (fleabane)  
Eschscholzia californica (Calif. Poppy)  
Euphorbia myrsinites  
Fargesia murielae (bamboo)  
Ferns  
Festuca ovina "glaucua" (blue fescue)  
Gaillardia grandiflora (blanket flower)  
Geranium  
Gypsophila paniculata (baby's breath)  
Hedera helix, H. h. 'Baltica' (ivy)  
Helichrysum bracteatum (strawflower)  
Helleborus (hellebore)

Helianthus (sunflower)  
Hemerocallis (daylily)  
Herbs (except basil)  
Heuchera sanguinea (coral bells)  
Iberis (candy tuft)  
Iris hollandica (tall Dutch iris)  
Jasminum nudiflorum (jasmine)  
Kniphofia uvaria (red-hot poker)  
Lamium maculatum (dead-nettle)  
Lavandula (lavender)  
Limonium latifolium (statice; sea lavender)  
Lupinus argenteus, L. polyphyllus, L. Russell hybrids (lupine)  
Lychnis coronaria (crown-pink)  
Mimulus (monkey flower)  
Miscanthus sinensis (eulalia grass)  
Monarda (bee balm)  
Myosotis scorpioides  
Narcissus (daffodils)  
Nepeta (catmint)  
Oenothera missourianis  
Origanum (oregano)  
Papaver orientale (oriental poppy)  
Penstemon (beard tongue)  
Peony  
Phlox subulata (moss pink)  
Poaceae aureosulcata (yellow grove bamboo)  
Ratibida (prairie coneflower)  
Romneya coulteri (matilija poppy)  
Rudbeckia hirta (gloriosa daisy)  
Santolina  
Saxifraga (saxifrage)  
Stachys byzantina (lamb's ears)  
Thymus (thyme)  
Verbena bipinnatifida, V. gooddingii, V. rigida  
Veronica (speedwell)  
Vinca major  
Viola odorata (sweet violet)  
Zauschneria (Calif. fuschia)  
Zinnia grandiflora

### SHRUBS

Buxus (boxwood)  
Caryopteris (blue mist spiraea)  
Chrysothamnus (chamisa)  
Fallugia paradoxa (Apache plume)  
Juniperus (juniper)  
Kerria japonica (rosaceae)  
Mahonia aquifolium (Oregon grape), M. bealei (leatherleaf mahonia), M. 'Golden Abundance', M. nervosa (longleaf mahonia), M. repens (creeping mahonia)  
Perovskia (Russian sage)  
Next month's gardening topic will cover what kinds of plants are best to attract birds (especially hummingbirds), butterflies, and honey bees as well as tips on planting arrangements.

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# Insights

## Book Review Encyclopedia of Natural Medicine

by Michael Murray, N.D.  
and Joseph Pizzorno,  
N.D. \$19.95  
by R. Ohlgren-Evans

This 600-page book, written in 1991 by two naturopathic doctors from Seattle's Bastyr College, is exactly the kind of book that everyone needs to have in easy reach on their bookshelf. Like any layperson's medical book, the Encyclopedia of Natural Medicine is not meant to replace a qualified healthcare practitioner, rather it is designed to provide easily understood information to help you understand how to maintain good health, prevent disease, and treat illness.

The book is laid out in an easy-to-access manner - it is meant to be used, not necessarily read from cover to cover (but you might get really interested and actually try). Each condition is presented alphabetically, with great explanations of the symptoms and background to each problem. Then treatments are presented with several therapies, including nutrition, botanical medicine, homeopathy, acupuncture, physiotherapy, counseling and lifestyle modifications.

There's a nice section on nutrition and other basic principles of health, and great chapters on detoxification, stress and immune support. But by far the biggest section of the book is devoted to specific health problems, ranging from alcoholism and asthma to depression and periodontal disease - over seventy problems in all.

I love the holistic approach these two doctors take. And for me, the most valuable part of the book would have to be the treatments. Many books offer suggested herbs and nutritional information for treating disease - but this book gives dosages. How many times have you wondered just how much echinacea or goldenseal to take for that sore throat - and how many times a day? The answers are here, in plain English.

## Letter to the Editor

I am a member of the Co-op. I was reading the debate about what to do about pricing and loss of members.

There is another option that I did not see mentioned. The Co-op could raise it's prices by 5% and give members a 7% discount on food when they check out. This would work better than adding a percentage to non-members' food total; they would be paying the posted price. Members would be paying the same prices they are now. And non-members would have an added incentive to become members.

I let me membership drop for awhile when you started the new pricing policy. I did not think a 2% discount was worth bothering with the card. Later I signed up again because I believe in the Co-op and want to see it be successful. But I would have signed up sooner had the discount been 7% instead of 2%.

It is just another idea to throw into the pot.

Terri Schmidt

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## News To Me

by Bill London

I have an actual job. I am labelled a "News and Information Coordinator." The news and information that I coordinate flows through the College of Education at WSU.

Occasionally, news releases flow across my desk from researchers, universities, and organizations nationwide. Two of the latest news releases were interesting enough to get me to read them, and now decide to pass them on to you....

The first is a report on a study about the sexual practices of New York City youth, completed by a group of researchers from Hunter College. In New York, teens are given condoms, for free, along with sex education and HIV/AIDS awareness education. According to the 3-year study, the result is that having access to free condoms significantly increased their use, but did not increase rates of sexual activity. Teens who were already sexually active were able to protect themselves from STD's, HIV, etc—and did so.

The second is a report from the National Middle School Association (NMSA) listing the 12 ways they say parents can support young adolescents (aged 10 to 15). Their suggestions all focus on building and maintaining communication with the child. Specifically, they suggest the parents show the child photos of themselves as pre-teens and discuss the awkward realities of that age, participate together in exercise and community activities, and celebrate successes together.

If you have questions or want to see the full list, check out the NMSA website at <www.nmsa.org> or send away for a free bookmark containing all twelve suggestions, by sending a self-addressed stamped envelope to NMSA Bookmark, 2600 Corporate Exchange Drive, Suite 370, Columbus Ohio 43231.

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**Northwest Showcase** - 10% off retail prices, 531 S. Main St., Moscow, 883-1128

**Pasta, Etc.** - 10% off retail prices, Eastside Marketplace, 882-4120

**The Globe** - Gyros and World Eatery - 20% discount on meals, NE 1000 Colorado, Pullman

**Hodgins Drug and Hobby** - 10% off all educational toys and hobby supplies, 307 S. Main St., Moscow

**Hands of Health Massage Therapy - Eva Jo Hallvik** - 10% off massage, by appointment, 502 1/2 Main St. #1, Moscow

**Herbal Medicine & Holistic Healing** - Linda Kingsbury, 10% off consultation fees, 106 E. 3rd St. #3, Moscow

**Jo to Go** - 10 for the price of 7 with prepay card or 10% off, 730 Pullman Rd., Moscow

**Hobbytown U.S.A** - 10% discount on retail prices, 1896 W. Pullman Rd., Moscow, 882-9369

**Marketime Drug** - 10% of all beer-making supplies, 209 E. 3rd St., Moscow

**Mary Jo Knowles - WMC Mortgage Corp.** - Free Credit Report (\$53) with loan application, 882-1812. 111 S. Washington, Moscow

**Kaleidoscope "Custom Picture Framing"** - 10% discount on retail & custom framing, 208 S. Main #11, Moscow

**Basically Bagels, Eastside Marketplace** - Buy one bagel w/ cream cheese and receive the 2nd free.

**Strategic Pathways** - 10% off vocational exploration and piano lessons, 106 E. 3rd St. #4, Moscow

**The Vox** - Free coffee, tea, or soda with meal purchase. 602 S. Main, Moscow

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

## The Holiday Bazaar is Open!

Upstairs at the Co-op Shop in Comfort

## Cooking Class at the Co-op

Traditional Holiday Cooking

Nov. 5

## Holistic Health & Healing Fair

Saturday, Nov. 1 & Sunday, Nov. 2  
10 am - 5 pm

Moscow Community Center

(206 E. 3rd)

free admission

Featuring:

Free lectures 10 am - 12 pm

Market Place 10 am - 12 pm

Readings & Healings 1 - 5 pm

(special fair discount rates \$13 per half-hour)

Earth Reverence Celebration

Sat. 7 - 9 pm

## Key West Literary Seminar

January 8-11, 1998

call toll-free 888-293-9291

## Livable Communities annual conference

Los Angeles CA

November 14, 15, 1997

call 916-448-1198

The Auditorium Series Presents

## "Rue des jugleurs"

Songs and Dances from the Cathedral, the court, and the streets of medieval Paris performed by the Ensemble Anonymous of Quebec

Thursday, November 13,  
UI Auditorium

Tickets: \$8, \$12, and \$14 Ticket Express and at the door

## MUSEUM OPEN HOUSE!

Appaloosa to deliver Santa.  
Saturday, December 6th  
10:15 am at the Appaloosa Museum.

Tour the museum and enjoy cider and cookies! Free. Located on the Moscow-Pullman Highway at the stateline. Call 882-5578, ext. 279 for more information.

## PALOUSE HILLS WEAVERS' GUILD 24TH ANNUAL SHOW & SALE

Opening Reception Friday,  
Nov. 14th, 7-9:30 p.m. at the Needlenook,

175 S. Main in Moscow. Also, on Saturday, Nov. 15th, 9:30 a.m. to 5 p.m.

Subscribe to the Moscow Food Co-op Community News only \$10 for 12 issues send and make checks to:

Moscow Food Co-op (attn: Bill London)