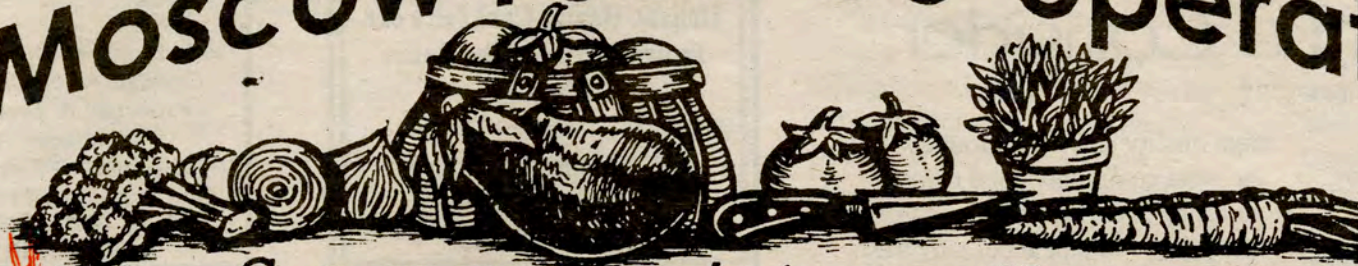


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Moscow Food Co-operative



Community News

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National Cooperative Month

Co-ops Supporting Co-ops

by Kristi Wildung



MOSCOW FOOD COOP
310 WEST THIRD
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It's a great time to catch the cooperative spirit and reflect on the reasons why co-ops are so cool. They reach power companies, as well as the farms who produce our food and stores like ours that sell it. If you look around you might discover a number of cooperatives you didn't know about.

One benefit of being a retail cooperative is the fact that we have the power to support other cooperatives through our purchases. For example, we support the cooperatives with which we do business.

We buy a lot of our coffee from Royal Blue Organics, a.k.a. Cafe Mam, based in Eugene, OR. Cafe Mam coffee is grown by indigenous Mayan-descent farmers of the Sierra Madre of Motozintla (ISMAM) cooperative, on their own land in Chiapas, Mexico. Allowing owners/workers to control their own farms insures continued sustainability of land, people, and economics. All the coffee is organically grown; all of their packaging is recyclable; and two percent of sales are donated to the Northwest Coalition for Alternatives to Pesticides. And best of all, ISMAM coffee is 100% shade-grown—an important consideration when purchasing coffee. Studies in Columbia and Mexico found 94-97% fewer bird species on sun-grown coffee plantations than on shade-grown plantations. Tree canopy in coffee-growing regions protects the soil from erosion and provides a natural mulch for coffee plants. And, coffee plants exposed to full sun are more susceptible to disease and require large applications of chemicals. All of these are good reasons to support this cooperative and why we have chosen to give them our business. Visit their web site at mmink.com/cafemam.html.

Then there's Frontier Herbs, who provides almost all of our bulk herb stock and with providing herbs and spices to our industry for almost 25 years, and they were the first to the world, as well as maintaining their own 60-acre certified organic farm in Norway, Iowa. All of their herbs and spices, are all certified by Quality Assurance International. Frontier provides 100 bulk specialty food products and 65 varieties of tea.

Frontier is in the coffee business too. They have developed dependable sources for organically-grown Arabic coffees by developing close relationships with small farming communities in the world's great coffee regions. Frontier trains and assists farmers in organic methods so that their families are not exposed to hazardous chemicals, their communities become more economically self-sufficient, and their land is preserved for future generations.

Frontier says that they were born a Co-op and they will always be a Co-op.

"One of the reasons we serve our customers so well is that our customers own us. There's never a conflict between owners' interests and customers' interests at Frontier."

If you're interested in learning more about Frontier Herbs, you can visit their web site at www.frontierherb.com.

There are numerous other small co-ops who provide products to us through our distributors. When you shop with us, you're not only supporting your local co-op, you're supporting all of the co-ops with which we do business, all over the world. That's a pretty powerful feeling of cooperativism! Read on in this issue of the newsletter to learn more about other non-food cooperatives in our community.

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Co-op - News

Something to Consider

by Kenna S. Eaton, generally managing

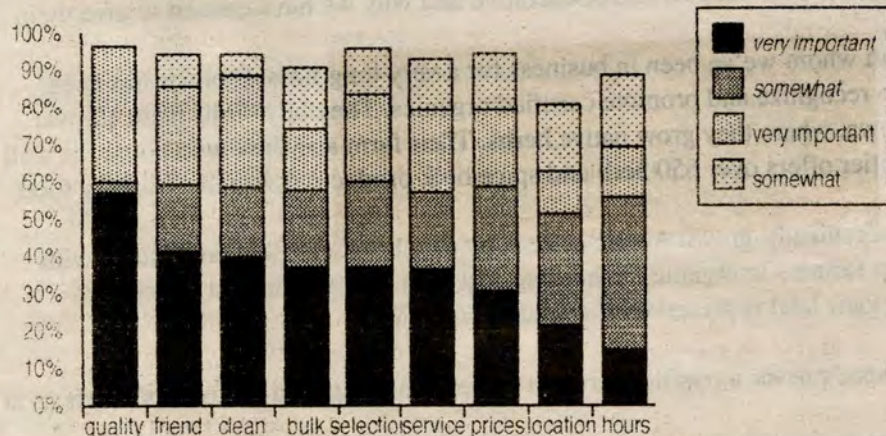
One of my large projects undertaken this year was a survey of our shoppers. I promised in an earlier article that I would report back to you on the results. Well, as you know these things take longer than one ever expects, but I do have some preliminary reports. The raw data has been taken (by many helpful volunteers, I might add) and with the help of Rick Allard, a local computer consultant, we created a database to enter all the results. I also received a lot of help and advice from Priscilla Salant, a member volunteer, who's help me create the survey, digest and interpret the ream of numbers we received. In fact, there is so much information that I've decided to present it to you in several different stages: the first stage will be some basic info on who you are and how you see our Co-op. Almost everyone had something to say to us in the essay question, and those responses will be printed later also. More women than men shop at the Co-op, and you are very well educated; most of you have more than a college degree. The average age of a Co-op shopper is somewhere between 25 and 55 (that tells me that good food is important to everyone, regardless of age!) The average household has 2 or more people, and the average household income is less than \$35,000. Over 60% of our survey participants are members and find the 2% discount somewhat important. The primary reason you shop at the Co-op is for

high quality and fresh products, but the most commonly cited reason you shop elsewhere is price (that reminds me to talk about why fresh, locally-grown/organic food costs more and why you might just want to pay the higher price).

Most people surveyed buy their bulk groceries and fresh breads at the Co-op. You like our organic produce and "take out" deli, but don't buy a lot of frozen foods or paper products at the Co-op (a lot of you indicated that you don't buy these products anywhere). You find the special order service, newsletter and brochures useful, but haven't quite figured out the Business Partner Program. (see the back page for a current listing).

So much for basic information. One other part of this survey was to find out if you would shop at our deli if we remodeled it and brought it downstairs. I know from sales that this is a popular part of our store and the survey tells me that you would like to buy more prepared foods on a daily or weekly basis.

I am working on a more detailed analysis of your responses, and plan to use them in many different facets of our store—marketing, product selection, pricing and expansions. Thank you to everyone who took the time to fill out a survey, and again to those of you involved in the rest of the process. I was really pleased with the quality and depth of the responses- it tells me you care about our store- Keep On Co-opin' !



The first question of the survey asked, "Here are some reasons people sometimes give for shopping at a particular grocery store. How important to each of these reasons?" This chart compares member (italics) and non-member responses. Percentages are of 350 surveyed.

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Printed on Recycled Paper

Deadline for Articles:
20th of each month

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Apples, Squash, and Pears, Oh My!

By Laura Church

Well, we're coming into the fall season again, and it's time for all those great fall fruits and vegetables like apples, squash, potatoes and roots, galore. Right now at the Co-op, we have several kinds of winter squash on hand that are great for soups, pies, or just sticking in the oven with a little bit of butter on it. We also have several varieties of potatoes that you may not have tried before. Look for Yellow Finns, Yukon Golds, and little purple potatoes. All these varieties are great for soups, stir fries, curries, steaming.... The ideas are endless, so use your imagination freely. We also have your basic russet potato, which is great baked or mashed with a little cheddar cheese or salsa on top for a quick lunch or dinner to warm you up on these chilly days.

As the season progresses we will also be carrying turnips, parsnips, rutabagas, beets and other roots to tempt your palate. So, as the tender young greens of spring fade from our produce case try not to be too sad because the fall vegetables are here, and they're happy to be back.

Fall is also the time for apples and pears as well. Look for an article in this month's newsletter on the different types of apples we will be carrying. Pat will let you know what varieties are the best for pies, sauces and just for eating out of hand. And as for pears, Kenna says they "rock," and Kristi says "they're shaped like beautiful women." So try a pear instead of a peach this fall. And for my final paragraph of produce gems and wisdom, I had a very interesting comment on the suggestion board last month. "How come all the produce prices end in a 9? Quite a coincidence...." Well, I really thought this was a funny question, mostly because I've

worked here for six years and I didn't know the answer. So I turned to Kenna, who has worked here longer and is much wiser about these things than I. We came up with several good answers so just pick your favorite.

a.) They end in a 9 because it makes the prices easier for the cashiers to memorize.

b.) They end in a 9 because the old signs were hand written and it made it easier to reuse the signs if they all ended in the same number.

c.) They end in a 9 because no one really knows why, but we're all creatures of habit and never change anything unless we absolutely have to. (Personally I like this answer the best, but it makes the least sense.)

And that's all the news that's news from the produce department this month, and then some.

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Karen Young

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The Buy-Line

by Vicki Reich

Hi! My name is Vicki, and I'm the new buyer in town. Kim, by the time you read this, is off on a great adventure traveling across the country in search of fun, new places, and excitement. We will all miss her a great deal and wish her luck in her travels. Meanwhile, she has left me to search out all your special orders, answer all your questions and suggestions, and bring in products we hope you want to see. I will be continuing to post new products, out-of-stocks at the warehouse, and discontinued products on the suggestion board, but I also want to tell you about some new products I'm excited about.

New in the health and beauty aids section of the store:

Purell hand sanitizer, a great product for camping and backpacking.

The Emerita line of products for menopause, including creams and personal lubricants. This is a women-run company with a toll-free number for customer support.

New in the Dairy case:

Organic Valley organic low-fat and regular cottage cheese and organic milk in quarts. There's been a lot of requests for organic milk and here it is.

Soyco vegan cheese slices in two flavors, both casein-free.

Organic Valley Swiss cheese, with more flavors coming.

New in Packaged:

Spectrum spray oils in organic olive oil and super canola. Koslowski red raspberry vinegar, a customer request that I thought made a good addition to our vinegar selection.

Health Valley beef broth, Laura begged for this one.

Deboles radiatore in tomato sauce.

New in the Bulk section:

Arborio rice, the packaged arborio sold so well we decided to bring it in bulk.

Organic rye flakes, this was a customer request.

New in Non-Food:

Citra-Solv Pump, the all-purpose cleaner is now in a spray bottle.

And now the answers to all your questions and requests:

Could you please get Kiss my Face Honey and Calendula skin cream in bulk again? It's back, look

for it on the bulk soap shelf.

I noticed that you don't carry any carob candy. We carry carob covered raisins in bulk, Tiger Milk bars, Carafecton carob-covered rice cakes and Ginsing Sunrise. If there is something specific you want, please let me know and I'll look into getting it.

Do you get short-grain white rice? It's good for sushi. I agree, but we carried it in bulk before and it didn't sell. I'll see if I can get it in packages.

Please bring back the original cinnamon swirl bread? Sorry, it didn't sell.

Please stock Lemon Wintergreen Republic of Tea. I love Republic of Tea too. I'll bring it in with the next order. Look for it in November.

What happened to the sesame flour linguine. Sorry, this wasn't a big seller, but you can special order it.

Please, please, please, please, smoked jack Tofurella? This would mean getting rid of another flavor. I'll have to think about it.

Teff? We used to carry this but it didn't sell. I can special order it for you.

Hyland's insomnia homeopathic sleep pills. This is not a line we carry but I can special order it for you.

Is it possible to order Vegan-Rella Italian-style almond cheese garlic herb? I don't think so but try the new vegan slices.

Dairywave plain vegan yogurt, please! We carry Nancy's soy yogurt. It's vegan.

Edensoy blend, soy and rice! Sounds interesting, I'll look into it.

Goat cheese. We have it, it's in the cooler with the other cheeses.

Please, a small brush and waste container by the coffee grinder. We'll see what we can do.

Low or no sodium pickles and relish. I'll see if I can find any.

Taco shells? We used to carry these and they didn't sell.

Can you stock rice syrup in bulk? It would be cheaper than the jars. It's actually about the same price, and we don't sell enough to keep it in bulk and still offer a fresh product.

Please reorder Holy Cow tofu products. This is a wonderful product. I thought so too, but we were spoiling out more than we were selling.



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Membership News

by Kristi Wildung

When I started this column, I had visions of bold typeface letters spelling out all of the names of our new and renewing members. Then came the reality of the matter over the past few months. There are so many new and renewing members that to bold typeface them would take all of the pages of the newsletter. Therefore I've decided to cut back; I'll only be printing the names of our new members in the monthly newsletter. Renewing members, please don't feel that I've overlooked you. I know how much you support our co-op. Your renewal tells me that. I just thought you might get tired of seeing your names in the newsletter year after year after year? Maybe not. But I promise you'll be rewarded in many other ways in the months to come.

Welcome to these new members: James Reece, Alexis Held, Jill Eglund, Brenda Marmon, BJ McNeil-Miller, Lauren Fryett, Nathan Pierce, Malathi Jandhyala, Sarah Arnett, Susan Stroud, the Hodge family, Susy Buhler, Casey Hardison, Karen Watts, Marilyn Riley, Pam Hartwell-Beal, Kim O'Brien, Martha Hirth, Christopher Grote, Tran Smith, Audra Manson, Stacy Schellinger, Eric Gallandt, Tamara Thomas, Stacy Rosevear, Meera Manvi, Debbie Hilbert, John Lanman, Takako Usui, the Christopher family, the Peterson family, Arlene Miller, Sara Mahoron, Kristen Gurley, Dan Stone, Richard Gomulkiewicz, Jason Hall, Kurt Laven, Cindy Gallagher, Tanya Yost, Gary Lambacher, Nancy Modsen, Margaret Hancock, Bobbi Hoblitt, John Sacchi, Catherine Kennedy, Judy Ferguson, David Atterberry, Katie Bagby, and Karl Umiker.

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 the newsletter for a listing of our Business Partners. You can save lots and show your appreciation for their participation by patronizing them. And don't forget, members can volunteer at our co-op for additional discounts. Check out the volunteer board near the cash registers for more information and available positions.

AND THANK YOU CHRIS PETERSON FOR BECOMING A LIFETIME MEMBER! (Look for your new lifetime membership card, due out this winter.)

Winding Down the Membership Drive

by Kristi Wildung

Well, it's September 19 as I'm writing this, and we just wound up the seventh week of our membership drive yesterday. We are half-way through our drive and we have more than half of the 400 new members we desire. We have six weeks to go and 275 more memberships to sell. Why do we want to sell so many memberships? Well, we're a cool place to shop and we want everyone to know about it. But also, because we need the support of our members and our community to continually improve our business. All of your membership contributions are cycled directly back into our store in the form of equipment and savings for future needs like relocation.

How can you help us? Join our co-op today, or, if you're already a member, tell your friends, families, and neighbors about the benefits of becoming a member. And there's always the option to purchase your lifetime membership. Ask a cashier for the balance due on your lifetime account and help us on our way to making our membership dreams come true!

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Remember: Members make the Co-op work

Volunteer News

by Kristi Wildung

We've had a remarkable turnout of volunteers this fall, and as I sit writing this article, I don't have one volunteer position to give away. Don't despair, however, volunteers come and go frequently, so keep checking the volunteer board near the cash registers.

I have a lot of new volunteers to welcome this month:

Liz Alstad is our new herb stocker and Holly Wendell has joined our bakery team on Thursday mornings. Two of our long-standing volunteers have returned after the summer, Marci Wittman in the deli and LeeAnne Witzel as our new window painter. Also joining us in the deli is Cynthia Ingersoll and her son Nathaniel. And welcome to our new produce volunteers Casey Hardison, Craig Miller, and Susy Buhler. Cadi Kivimagi has joined us as a bulk stocker on Sunday afternoons and John Moore is our new coffee stocker on Mondays. We created a new volunteer courtesy clerk position at the Co-op which got rave reviews and filled quickly.

Welcome to Jennifer Johnson, Cindy Barker, Monica Prior, Tenley Burke, Suraya Markmann, and Tara Foote. We couldn't continue our successful business operations without the help of our volunteers. Keep up the good work everyone!!

Juice Cart Closes for the Season

by Kenna S. Eaton

Sad news for us smoothie junkies: I have decided to close the smoothie/juice/espresso cart for the winter months. For you juice heads, we will squeeze carrot juice daily and bottle it for sale with our fresh sandwiches, and we might be selling espresso at the Bazaar. We sold a lot of smoothies this summer when it was hot, but on the first cool day, sales dramatically dropped off, and, unfortunately, sales are too low to keep it open. We'll bring the cart back next Spring, I think, so look for an announcement then. In the meantime, come and taste our Espresso at the Holiday Bazaar, due to open November 1st.

Come Cook with us at the Co-op!

by Eva Strand

This fall we are offering a number of yummy cooking classes at the Co-op. The classes started as an initiative from the Co-op education committee earlier this year and have been very popular among members and non-members of the Co-op. We cook with the ingredients you can find at the Co-op and try to find new and delicious ways to prepare them. The class schedule is posted on the front door of the Co-op and are also advertised in the newsletter. The cost is \$10.00 per class for Co-op members and \$15.00 for non-members—a price well worth paying for the good eating alone, not to mention the fun of cooking and the useful recipe handouts.

In the Herbs and Spices for Cooking and Enjoyment class, we will show you how to enhance ordinary dishes with extraordinary herbs and spices. Freshen up plain dinners with basil, cilantro, dill, tarragon, rosemary, ginger, cumin, lavender and many more. Right, lavender is a cooking herb, not just for decorations. Lavender meringues make an ideal treat for a special occasion—everybody will be surprised at the fine taste of lavender in the sweet, chewy meringue. Other popular dishes are Sun-dried tomato Pesto with basil, Sea-food salad with dill, and zesty Shrimp stir-fry with ginger. End the meal with a glass of spicy, hot Chai and a Coriander Date Cookie or two. This class is a one-and-a-half-hour show-and-tell class presenting over 15 herbs and spices. The herbs and spices will be available for taste, smell and touch and a dish containing each herb will be prepared for tasting. Recipe handouts are available to participants and the class is taught by Eva Strand, Robin Ohlgren-Evans, and Lisa Lundstedt.

The Seven Course Indian Dinner class gives you much more than food to digest. While showing you how to cook vegetarian Indian style, Nancy Wright tells you about her own experiences cooking and living in India for 20 years. The dinner features dishes such as Rice and Mung Dal-Khichari with Cauliflower and Peas, Chapatis (Griddle-Baked Whole Wheat Bread), Eggplant and Bell Pepper Stew with Fried Panir (Cheese) and

Green Beans With Coconut. Nancy flavors the dishes with typical Indian spices and gives suggestions on how you can use these spices to enhance your own cooking. We make the Panir (cheese) starting with a half gallon of milk curdled with lemon juice; cow milk this time, not the more authentic Indian water-buffalo milk.

Cooking with Tofu has so far been one of our most popular cooking classes. Over 60 ladies and gentlemen have already expanded their tofu cooking to include delicious Rosemary-Marinated Tofu, Yummy Tofu Fajitas, Crisp Baked Peanut Tofu, smooth Tofu Red Pepper Spread, and Chinese Sweet and Sour Tofu Balls. This class introduces the student to the various tofu products on the market, even allowing tasting and touching. After the introduction we do some hands-on experimentation with tofu in the Co-op kitchen, followed by a tofu buffet including appetizers, dips, main courses and desserts, all made with TOFU of course. Robin Ohlgren-Evans, Eva Strand and Lisa Lundstedt are the instructors in this class.

Tempeh Cooking is a new class this fall and so is Cooking with Miso. Both topics were requested by members that enjoyed the tofu class to the point that they wanted to learn more about the use of soy products. Tempeh is a fermented soy product that is prepared much like tofu. Lisa Lundstedt will teach you other preparation techniques and yummy ways to serve this ancient Indonesian food in the class Tempeh Cooking.

Miso, a pasty, flavorful soy product, is commonly used as stock

in soups, most likely you have had or heard of miso-soup. Miso is also great in spreads and dips, or spread miso paste on salmon or other fish for your late fall BBQ. Check times and dates by the Co-op front entrance and sign up for these classes at the cash register!

Also on request from the tofu-students, we are offering Basic Easy Vegetarian cooking. I'm sure you have devoured Vicki Reich's deli foods and baked goodies already; this class is your chance to learn how she and the other Co-op cooks prepare our delicious foods.

In the late fall, closer to the holiday season, we hope you will join us in some tasty Holiday cooking. We will cook traditional turkey, or turkey alternative for vegetarians and vegans with trimmings, desserts and holiday fun.

Tired of cooking? Well, here is a different class for you—try Homebrewing with Kevin Kane. Kevin will introduce you to Homebrewing techniques including demonstrations of equipment and products needed for successful beer making. This is a hands-on class, we are actually going to brew it.

That's it for now. Hopefully you are already on your way to the good old Co-op to sign up for a class this fall. Now that I think about it, you don't even have to go there, simply call 882-8537 to reserve your spot or to get information about the class schedule. See you in class!

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October: Apple Month

by Patricia Diaz

Nearby in north-central Washington is one of the world's great fruit-growing areas, with apples, of course, probably bringing the region the most fame. Settlers began planting apples there in the early 1800's, with commercial orchards established near Yakima by the 1890's. By 1920, Washington's apple industry was the nation's largest. Most of the original varieties (Winesap,

Jonathan, Rome and Common Delicious) have been replaced by newer strains, mostly of the Red and Golden Delicious varieties. Now, approximately 80% of the crop is Red and Golden Delicious with Granny Smiths ranking third in production. The "hot, new apples to plant" (Sunset Magazine), however, are Fuji, Braeburn, Gala, and Jonagold. Other new varieties include Criterion, Carousel, Akane, Empire, and Pink Lady, with older varieties such as Rome Beauty, Winesap, Newtown Pippin, and Spartan making a comeback. If you are interested in antique apple varieties and sources for them, see the September issue of Sunset Magazine for interesting, in-depth coverage.

Probably no other fruit signals the arrival of fall better than fresh, crisp apples. The Co-op presently carries nine varieties. Most apples don't fit every purpose; so it is important to know what you are going to do with the apples before you buy them.

Red Delicious is best known as strictly an eating apple. But for sauces, it's hard to beat Golden Delicious, Granny Smith, Gravenstein, and McIntosh apples.

If you choose Golden Delicious, you can make wonderful, unsweetened applesauce—now an important ingredient for baking without fat. (The recipe is featured elsewhere in this issue.) For pies, choose Golden Delicious, Gravenstein, and Jonagold. (Granny Smiths are generally not considered good pie apples, but here in the Northwest we seem to love that tart taste.) As an aside, it's often difficult to tell how many apples to buy for a pie; two 3-inch apples weigh about 1 pound. Peeled and sliced, they yield 3 1/2 to 4 cups.

As for the varieties carried by the Co-op, the Golden Delicious is highly aromatic and crisp. It is excellent for both eating and cooking. The Granny Smith is firm-fleshed and tart. It stores well and makes good pies and sauce. Gravensteins are crisp, aromatic, and juicy. They are excellent for eating and make what Sunset Western Garden Book calls "applesauce with character." The Jonagold is firm, subacid, and juicy, with fine flavor and long storage life. The McIntosh is a tart apple with excellent flavor. Red Delicious is, of course, an excellent eating apple, but bruises easily. Don't go pinching these apples to see if they're crisp. Rome Beauty is an outstanding baking apple but is mediocre for plain eating. Gala is a firm, crisp apple with yellow flesh. It is juicy, very sweet, and stores well.

If you're wondering what kind of apple trees thrive in our part of the country, the following types do best: Arkansas Black, Braeburn, Empire, Enterprise, Fiesta, Garden Delicious, Ginger Gold, Golden Delicious, Golden Supreme, Jonagold, Jonathan, Macoun, McIntosh, Melrose, Newtown Pippin, Northern Spy, Red Gold, Sierra Beauty, Spitzenberg,

Stayman (Winesap), Sunrise, Wealthy, William's Bride.

Remember, good apples need not be red;

Golden Delicious apple trees produce fruit without a separate pollinator and come into bearing earlier than other types of apple trees. The Golden Delicious apple tree is, in fact, an excellent pollinator for other types of apple trees.

Golden Delicious keep well while the Red Delicious become mealy unless kept at temperatures around 35-40 degrees F or lower. Apple trees need sun and some water to do their best. Of course, most apple trees need nice cold winters which we can certainly provide. If you'd like to read more on apples, be sure to get the September issue of Sunset Magazine. There's also an incredible coffee table book at the Pullman Public Library entitled Washington Apple Country, which has unbelievable photography.

Apple Trivia

When was the first apple tree planted in Washington?

1826 at Fort Vancouver

What is Washington's #1 apple variety?

Red Delicious

What is the most popular early-season apple?

Gala

Unsweetened Applesauce

Wash, pare, quarter and core Golden Delicious apples. Simmer in a covered pot with a small amount of water until tender. Press apples through sieve or food mill. Put back

into pot and reheat to boiling. Pour boiling hot, into hot canning jars, leaving 1/2 inch head space. Stir with rubber spatula to remove air bubbles. Adjust caps. Process pints and quarts 20 minutes in boiling water bath.

Apple Butter

Preparation and cook time, about 1 1/2 hours

5 pounds Golden Delicious apples
1 cup apple juice
1 cup honey
1 tsp. ground cinnamon
1/8 tsp. ground cloves
1/4 tsp. ground allspice

Peel, quarter, and core apples. In 6-8 qt. pot, combine apples and juice. Cover and bring to boil over high heat. Reduce heat and simmer, stirring occasionally until apples are very soft when pressed, 20-30 minutes. Puree in blender in small batches (important because ingredients are hot and will explode out of the blender if you fill it). Pour puree into 12 x 17" roasting pan. Stir in honey and spices. Bake, uncovered at 325, stirring occasionally, until apple butter is thick enough to mound when spooned onto a plate, 30-45 minutes. Serve warm or cool. To store, cover and chill in an airtight container for up to 1 month. Or, spoon into freezer containers, leaving at least 1 inch headspace. Freeze for up to 1 year.

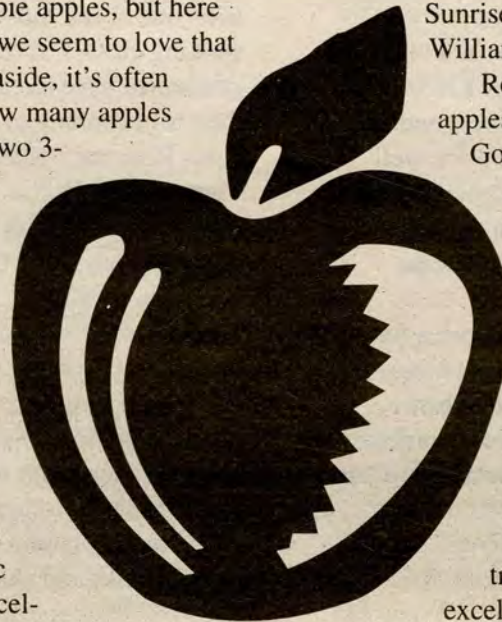
The following recipe comes from my favorite cookbook, Healthy Homestyle Cooking by Evelyn Tribble, M.S., R. D.

Waldorf Salad

Salad:
2 cups. chopped apples
1 1/2 tsp. fresh lemon juice
1/3 cup chopped celery
1/4 cup chopped raisins
3 tbsp. chopped walnuts

Dressing:
1/3 cup fat-free vanilla yogurt
1/4 cup frozen reduced-calorie whipped topping, thawed
1/2 tsp. grated lemon peel
1/8 tsp. ground nutmeg

To make the salad: Place apples in medium bowl. Toss with lemon juice. Add celery, raisins, and walnuts. To make the dressing: In a small bowl, gently fold yogurt and whipped topping together. Gently



Apple Varieties at the Co-op

Variety	Eating	Pies	Sauce
Brite Mac	X		
Golden Delicious	X	X	X
Granny Smith	X	X	X
Gravenstein	X	X	X
Jonagold	X	X	
McIntosh	X		X
Red Delicious	X		
Rome Beauty	X		
Royal Gala	X		

fold in the lemon peel and nutmeg. Add the dressing to the apple mixture and gently fold until the apple mixture is coated. Makes 6 side-dish servings.

From the Moosewood Cookbook come the following two recipes:

Apple-Stuffed Squash

For four servings of stuffed squash, split 2 good-sized acorn or butternut squashes lengthwise, down the middle. Remove the seeds and bake, face down, on an oiled tray for 30 minutes at 350 F. Make your filling while the squash is baking.

Apple Stuffing:

- 2 medium cooking apples, chopped
- 2 cups cottage cheese
- Juice from 1 lemon
- 1/2 cup chopped onion
- 3 tbsp. butter
- Dash of cinnamon
- 3/4 cup grated cheese

Saute apples and onion in butter until onion is clear. Combine with remaining ingredients and stuff the squash. Bake, covered, 15-20 minutes or until heated through. May also add 1/2 cup chopped walnuts (sauteed) and a handful of raisins or currants.

The Pumpkin Patch

by R. Ohlgren-Evans

Must pumpkin always be pie? Certainly not! In this country today, we use the pumpkin largely for pies and other desserts, but in various countries around the world, the pumpkin is an important part of savory dishes as well. Curried pumpkin is often served in Thailand. Spicy pumpkin-based soups are common in the West Indies. Pumpkin is often paired with beans throughout South and Central America. And if you visit a local vegetable market in central Europe, a chunk of pumpkin might be included with the soup greens you purchased. In our own country, the northeastern Native Americans introduced pilgrims to pumpkins, which were stuffed with wild apples and cranberries—it was a sustaining food in the early years of colonial America.

Pumpkin is a highly nutritious food deserving serious culinary attention. It contains over 52,000 International Units of vitamin A per cup and is a good source of minerals and fiber. Pumpkin stores well for up to five months, if kept in a cool dry place or root cellar, and pumpkin puree freezes very nicely too.

When purchasing, it's best not to buy pumpkins that resemble Cinderella's coach or a perfect jack-o-lantern. These are called field pumpkins. They are edible but are not the best choice. Pumpkin varieties grown specifically for cooking are called 'pie' or 'sugar' pumpkins. They have a smaller seed cavity, more flesh and are less stringy. They are recognizable by their smaller size, heavy weight and thicker stems. However—when I'm preparing my jack-o-lanterns from those field pumpkins, after I seed the beast, I scrape the pumpkin's inside walls to about 1-inch thick, to make them easier to carve. Depending on the size of the pumpkin, this method can yield a pound or two of scraped pumpkin ready to cook and use for soup or bread.

Some recipes ask you to peel raw pumpkin. Simply cut off a portion of pumpkin that is easy to hold in your hand and peel the skin with a sharp paring knife. To prepare puree, preheat the oven to 350 degrees. Cut pumpkin in half and wash. Scrape out seeds (save those seeds to roast later!) and thready pulp. Bake skin-side-up on a cookie sheet until pumpkin is tender enough to pierce with a fork—about 45 minutes. To keep a pumpkin from drying out, cover loosely with foil and add a small amount of

water. Cool and peel skin off with a paring knife. Use a food processor or a potato masher to puree. One pound of pumpkin will yield about one cup of puree.

Pumpkin is a tasty side dish when served boiled or baked all by itself, perhaps with a little butter or black pepper, and it's a wonderful addition to your favorite stew. You can substitute pumpkin in any recipe calling for winter squash, or choose one of the following dishes to spice up your dinner table this autumn.

Jamaican Pumpkin Soup

- 4 large onions, sliced
- 4 tsp olive oil
- 1 3/4 c stock or water
- 1 lb pumpkin, peeled and diced
- piece of habanero pepper, minced
- few dashes of aromatic bitters
- freshly ground nutmeg

Saute the onions in butter in a large, heavy-bottomed saucepan, then add the remaining ingredients. Cover and simmer for about 1 1/2 hours. Allow the soup to cool and then puree in a blender. Adjust the seasoning and reheat before serving with a little nutmeg sprinkled on top.

Pumpkin Muffins

- 1 cup cooked pumpkin puree
- 1 cup brown sugar
- 1/2 cup honey
- 1/2 cup butter
- 1/4 cup milk
- 2/3 cup yogurt
- 1 tsp soda
- 1/2 tsp cinnamon
- 1 tsp cloves
- 2 cups flour
- optional: walnuts, raisins, sunflower seeds.

Combine pumpkin, sugar, honey, butter, milk and yogurt. Cream together and add the sifted dry ingredients. Fold in nuts or dried fruit. Fill muffin tins 2/3 full and bake at 350° for 20 minutes.

Lemony Lentils with Pumpkin

- 3/4 cup onion, chopped
- 1 cup lentils
- 3 cups vegetable broth or water
- 3/4 lb. raw pumpkin, peeled and cut into 1/2 inch cubes
- 3 Tbs. lemon juice
- 1/4 cup minced fresh parsley
- 3/4 tsp ground ginger
- 1/4 tsp salt
- 1/4 tsp black pepper
- 1/4 tsp ground cumin
- 1/3 cup sliced scallions

In a large saucepan add the onions, lentils and broth. Bring the

mixture to a boil, reduce the heat, and cover the pan. Simmer the lentils, stirring them occasionally, for 30 minutes. Add the pumpkin, lemon juice, parsley, ginger, salt, pepper and cumin, stirring to combine the ingredients well. Cover the pan and cook the mixture until pumpkin is tender (about 20-25 minutes). Before serving, toss the mixture with the scallions.

Pumpkin with Black Beans

- 1 tsp vegetable oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup pumpkin, peeled and cut into 1/2 inch cubes
- 1/4 cup sherry
- 1/4 cup vegetable broth
- 2 cups cooked black beans
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp thyme
- 3 scallions, sliced.

In a large frying pan, heat the oil. Add onion, garlic, and pumpkin and saute until the onion is softened. Add sherry and broth and simmer until the pumpkin is tender when pierced with a fork, about 8 minutes. Add the beans, salt, cumin and thyme; continue to simmer until the beans are heated through. Garnish with scallions.

Penne with Pumpkin Sauce

This recipe serves two.

- 1 onion, chopped fine
- 1 red bell pepper, chopped fine
- 2 large garlic cloves, minced
- 2 tsp butter
- 1/2 c. canned solid-pack pumpkin
- 1 cup chicken broth
- 1/2 cup water
- 2 Tbs. heavy cream
- freshly grated nutmeg to taste
- 1/2 pound penne or other tubular pasta
- 3 Tbs. minced fresh parsley
- freshly grated Parmesan, as an accompaniment

In a large skillet cook onion, bell pepper and garlic in butter over moderate heat, stirring, until the vegetables are softened. Stir in pumpkin, broth, water, cream, nutmeg, and salt and pepper to taste. Simmer the sauce, stirring occasionally, for 10 minutes. While the sauce is simmering, in a kettle of salted boiling water boil the penne until it is al dente, ladle out and reserve about 1 cup of the cooking water, and drain the penne well.

Add the penne to the sauce; cook the mixture over moderate heat, stirring and thinning the sauce as desired with some of the reserved cooking water, for 1-2 minutes, or until the pasta is coated well, and stir in the parsley. Serve with Parmesan.

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October

by
Robin
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Kids page

Did you know...

One of the largest Pumpkins ever grown weighed 816 pounds and 8 ounces! It was grown



by the Gancarz family in Wrightstown, New Jersey. That's a lot of pumpkin pie!

LOOK FOR THESE BOOKS AT THE LIBRARY



The Big Pumpkin by Erica Silverman

Georgie's Halloween by Robert Bright

Try This:

Make Some Tiny Jack O'lanterns!

You'll need:

orange paint

green paint

black paint or marker

paint brushes

acorns.



Take your acorns and paint the tops green. Let dry and paint the rest of the acorns orange. Let dry. Use your black paint or marker to create little faces on the acorns. They can be scary or funny faces!



A Recipe:

Pumpkin Brownies

- 1/2 cup margarine or butter
- 1 cup brown sugar
- 2 eggs, beaten
- 1 tablespoon vanilla
- 1 cup canned pumpkin
- 2 cups flour
- 1 teaspoon cinnamon
- 1/2 teaspoon each: salt, baking powder, and ginger
- 1/4 teaspoon each: allspice and cloves.



Cream together butter, sugar, eggs vanilla and pumpkin. Stir in flour, baking soda, salt and spices. Bake in a greased 9x13" pan for 25 minutes, or until a tooth pick comes out clean.

JUST FOR FUN!

Something to color



158

Potatoes

by Pamela Lee

"What small potatoes we all are, compared with what we might be!"
-from "My Summer in a Garden,"
Charles Dudley Warner, 1870.

I grew up in a house where we ate rice daily. We had potatoes on holidays—mashed with lots of butter or gravy, baked, or twice-baked and topped with melted cheese). When I left home and had my first apartment, I ate potatoes nearly everyday, for months. It was fun and made it seem like everyday was a holiday. I've returned to rice as regular fare, but I still love to eat potatoes. There are times when a baked potato is the perfect light supper or when mashed potatoes are the very comfort I need.

Some Potato History

While potatoes are now considered the most important vegetable crop, this edible tuber has survived a checkered history. Potatoes' popularity has varied over the centuries. This edible tuber has been cultivated in South America for at least 10,000 years. Not only did the Ancient Inca people grow potatoes so very long ago, but they were also the first to process a portable, freeze-dried potato product known as chuno. Chuno is still prepared by present-day Andean Indians, who spread potatoes on the ground at night and leave them to freeze. During the day, families come out to stomp on the potatoes, thereby pressing the water out. This process is repeated for several days until the tubers are dry, light-as-air, and ready to be stored.

The Spanish conquistadors took the potato from South America to Spain during the 1500's. The Spanish were not much taken with this new vegetable, though Spanish monks carried potatoes to Italy. From there it made its way (via Papal legates) to Belgium, and onto France. The 16th-century Italians liked potatoes, but acceptance was slow at other European tables. Europeans had never before seen an edible tuber. Plus, there was that dubious relationship to deadly nightshade to be overcome. When leprosy and tuberculosis broke out in regions where potatoes had recently been introduced, potatoes were blamed. Gradually, potatoes caught on, and European explorers, traders and missionaries began carrying potatoes with them (to eat and disseminate) on their travels

around the world—to China and Japan (in the 1600's), New Zealand (1700's), Africa, India, and Southeast Asia. Potatoes were cultivated in North America after European settlers brought them back across the Atlantic. Captain John Smith observed potatoes being planted in Virginia in 1620. In the early 1700's, Scotch-Irish settlers in New Hampshire began intensive potato production.

The Potato

Potatoes are tubers, not roots. A tuber is the food storage unit for the green foliage one sees growing above the ground. This tasty tuber contains about 80% water, and yet, it's solid, low in fat, and high in vitamins and minerals. Potatoes are a good source of potassium and niacin, dietary fiber, and vitamin C. A 6-ounce potato contains 110 calories, whereas an equivalent amount of pasta or rice has about 400 calories. I've heard that potatoes are such a complete food that one could live on a diet of potatoes alone. 18th-century Irish peasants did; they consumed between 8 and 12 pounds of potatoes apiece each day, and little else, until the infamous potato blight struck Ireland. Potatoes seem to contain at least a trace amount of every vitamin except A. They even supply protein, about 3% by weight. They are a near-perfect food.

The potato, as a member of the Solanaceae family, is related to the tomato, pepper, eggplant, petunia, tobacco, and deadly nightshade. The potato is now widely accepted as a healthy and wholesome food—for most people. I have read that some arthritis sufferers should avoid nightshade vegetables—apparently these foods can exacerbate their symptoms. I've read the same for psoriasis, though as a psoriasis sufferer myself, I've not observed any relationship between eating nightshade vegetables and psoriasis outbreaks.

I used to eat potato peels...until I read an article in a 1991 Smithsonian Magazine that addressed the problem of solanine. Solanine is a glykoalkaloid that occurs naturally in potatoes. When potatoes have been stored in the light, they turn green, indicating too much solanine. The Smithsonian



article claimed this greening made the entire potato unfit to eat. Another source, The Nutrition Bible, said one could cut off all the green parts and still eat the potato. Another book, A Passion for Potatoes by Lydia Marshall, said solanine is destroyed by cooking, but can turn the potato's flavor bitter. If you're shopping, avoid potatoes with green skin and you'll avoid the dilemma. Solanine can cause cramps, diarrhea, headache, and even fever and birth defects. (This is why pregnant women are advised to avoid potatoes.)

Cornell University biochemist Nell Mondy just peels her potatoes. She said, "The potato is a great food; however, I see no reason to glorify its peel, which is the potato's main weapon against attack and its chief means of protection against insects and nematodes [spud-loving worms], as well as Man. Under stress from light, handling and agrichemicals, the potato builds up toxic compounds in the peel in order to protect itself." The Indians of the Andes peel their potatoes, and have apparently done so since antiquity. Ancient tuber peels, found in a swamp in Chile, were carbon-dated to 11,000 BC. I now peel my potatoes and discard the skins, except when baking. I still can't resist a baked potato's crisp and firm skin. But, I do throw away any potatoes that have developed green skin.

Varieties

There are hundreds of potato varieties. Most supermarkets offer a scant few. On the Palouse, we are lucky enough to be near independent local farms, such as Camas Farms, that have been growing a delightful variety of potatoes. One of the best ways to sort, comprehend, and learn to cook with this array of potatoes is to classify them according to their starch content—there are high-, medium-, and low-starch potato varieties.

High-starch potatoes, like Idaho's Russet Burbank and the Russet Arcadia, are best when baked, mashed, or deep-fried. When boiled, high-starch potatoes tend to crumble, and become soggy. They are not the potato for potato salad. If boiling high-starch potatoes for mashing (or for bread), watch the pan carefully. As soon as the potatoes are tender, remove them from heat and drain off the liquid. You might want to save the liquid to use when mashing the potatoes, or making soup. Though I grew up on



potatoes mashed with milk and butter, I've come to like them mashed with potato water, extra-virgin olive oil, salt and pepper just as well.

Medium-starch varieties are also called "all-purpose potatoes," which they are. They can be baked, fried, roasted, mashed, or used in gratin. They are more moist than high-starch varieties, and hold together better in boiling water. The Yukon Gold, one of my very favorite potatoes, is a medium-starch variety, so is the Peruvian Blue potato.

Low-starch potatoes, also called "waxy potatoes," are firm with shiny, almost waxy-looking flesh. Low-starch varieties include Ruby Crescent, La Rouge, La Soda, Desiree, and Fingerlings. Choose low-starch varieties for that perfect potato salad. Their firm texture holds up well to boiling or steaming. They can also be roasted, barbecued, or used in scalloped potatoes. Of course, there are going to be exceptions that don't fit neatly into these defined types. Medium-low-starch potatoes include White Rose (also known as Long White), Red Norland, Red Pontiac, and Yellow Finnish potatoes.

If you've forgotten what variety or starch-type potato you bought, here's an empirical way to find out what you have. This experiment comes from Harold McGee's On Food and Cooking, Science and Lore of the Kitchen. Place potatoes in a brine of 1 part salt to 11 parts water. Waxy potatoes will float, while starchy potatoes sink. Don't be discouraged if it doesn't work immediately; sometimes it takes an hour. You needn't use the whole potato for this experiment; 1/4" slices will work.

Storing Potatoes

Ideally, potatoes should be stored between 45° and 50°F. in a well-ventilated, dark room. Store-bought potatoes should be kept at room temperature and used within 10 days. Remove them from plastic bags and store them loosely in either a vegetable bin or a brown paper bag. One should not store potatoes in the refrigerator, or the starch will convert to sugar. Though, if refrigerated potatoes are left at room

temperature for several days, the sugar will revert back to starch. That written, I'll admit that I do store potatoes in the refrigerator, and, they seem just fine as long as I use them within a week or so. I carefully select potatoes that do not show any green or loose skin, and feel firm. Then I store them in the refrigerator in a bag that breathes, such as brown paper or perforated plastic bags. In the winter, potatoes sprout readily, so cut out the sprouts before cooking. Sprouts also contain potentially toxic alkaloids.

Some Recipes

This first is my all-time favorite potato recipe. The recipe and the ingredients are so simple, and every time I've made it, I'm delighted at what a wonderful meal it makes. It's from Patience Gray's *Honey from a Weed*: I typically use Yukon Golds when preparing this recipe, and don't let the oil reach the smoking point; I'm skittish about rancid or hydrogenated oil. I use a large, heavy Le Creuset frying pan, and simply heat the oil until hot (not smoking), then add the potatoes.

Eggs and Potatoes \ Avga Ke Patates

- 4 large, firm, purple-skinned potatoes
- olive oil
- thyme
- savory
- salt
- cloves of garlic
- 4 eggs
- chopped parsley
- ground black pepper

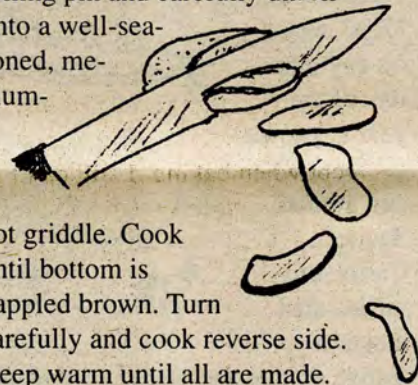
Cover the bottom of a heavy frying pan with olive oil and heat it slowly while peeling and slicing very finely with a mandoline the large potatoes. When the oil begins to smoke, throw in the sliced potatoes, spreading evenly. Sprinkle with salt and herbs, raise the heat and cover with a large lid. In about 7 to 8 minutes the potatoes should be golden brown on the underside and have cohered. Turn the whole thing carefully with a spatula, sprinkle the cooked side with salt and some slices of garlic, then cook on the other side. After 7 minutes, pour in the beaten eggs to which you have added a little salt, some chopped parsley, and some pepper. Tilt the pan to spread the egg evenly; prod the potatoes here and there to let the heat penetrate the egg. This takes only a few moments; the eggs should not be completely set. Divide in two and serve.

This recipe is from Rodale's *Basic Natural Foods Cookbook*. If you're calorie-shy, this recipe will work with milk in place of some or all of the cream. If you've never eaten lefse and you like potatoes, try some. Lefse is good warm with butter, or wrapped around food, much as you would use a tortilla.

Lefse

- 3 large potatoes, cooked and mashed
- 1/2 t. pepper
- 3 T. butter, melted
- 3 T heavy cream
- 2 t. mild honey
- 1 1/2 cups whole wheat flour

To the hot, mashed potatoes, add pepper, butter, cream, and honey. Gradually add flour. When cool to the touch, turn out onto a well-floured surface (dough will be sticky). Knead with floured hands for 5 minutes. Then chill for 1 hour. Divide dough into 12 balls, about the size of golf balls. On a floured surface, roll each ball paper thin. Keep balls chilled while working. Drape and roll pancake over a rolling pin and carefully unroll onto a well-seasoned, medium-



hot griddle. Cook until bottom is dappled brown. Turn carefully and cook reverse side. Keep warm until all are made. Serve with extra melted butter, cinnamon, and honey, if desired.

Makes 4 to 6 servings.

The next recipe is from a gorgeous book called *Monet's Table, The Cooking Journals of Claude Monet*, published by Simon and Schuster. Use a double pie crust recipe that isn't sweetened. For a variation, add a bit of crushed, minced herb to the pie dough—such as rosemary or thyme. With rosemary, I prefer it dried as fresh rosemary can overpower the simple delicacy of this dish.

Potato Pie / Pate de pommes de terre

- 1/2 lb. savory pie dough
- 6 medium-size potatoes, peeled and cut into thin rounds
- 4 medium onions, thinly sliced
- 1/2 cup chopped parsley
- 1/2 t. salt
- 1/2 t. pepper
- 3 T. heavy cream or creme fraiche
- 1 egg, beaten

Grease an 8-inch pie pan. Roll out half the dough and use it to cover the base and sides of the pan. Arrange potato rounds in pan, and cover with onion rings and parsley. Sprinkle with salt and pepper and add the cream.

Roll out the rest of the dough and use it to make a lid for the pie. Arrange the pastry lid over the pie and make a hole in the center. Roll a small piece of cardboard into a tube for a funnel-shaped pie chimney; this is essential to allow the steam to escape during cooking. Preheat the oven to 350°F. Brush the dough with the beaten egg and bake the pie for 1 1/2 hours. If it browns too soon, cover with greased parchment paper.

Oven Fries

Slice Idaho potatoes lengthwise into 1/4" x 1/8" strips. Soak them in cold water at least 15 minutes to remove excess starch. Drain and pat completely dry. Toss them with oil. Season with salt, pepper, and if you like, cayenne or herbs. Spread on a heavy baking sheet with a rim. Roast at 450 F, turning often until browned and fairly crisp, about 15-20 minutes.

(I've had this recipe so long that I've forgotten where it came from.)

Sheri L. Russell

(formerly Sheri L. Ryszewski)

◆ Attorney At Law

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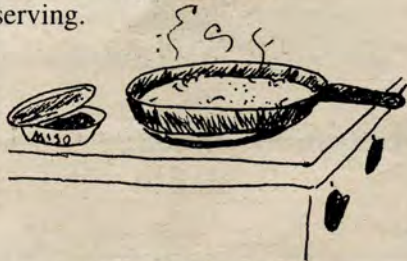
Miso

by R. Ohlgren-Evans

Recently, the Co-op Community News has featured articles on tofu and tempeh, and the Co-op has conducted cooking classes utilizing these important soy products. This month we take a closer look at miso, a versatile, tasty and nutritious soy condiment. On October 20th, we'll be offering a Miso Cooking Class—for more information, talk to the staff or check out the announcements on the back page.

Well-known in Asia, and making its presence known in the West, miso is a salty paste made from soybeans that are cooked, then aged with salt in large wooden tubs from two months to several years. This traditional Japanese food is high in protein and acts as an aid to digestive enzymes. As a general guideline, the longer the miso is aged, the darker its color, and stronger (saltier) its flavor. In the US, the most commonly available types of miso are white (rice) miso, which is mild and relatively sweet; red (barley) miso, which is savory and versatile; and dark (soy) miso, which is thick and more strongly flavored. Miso adds a deep, rich flavor and is a good complementary protein for dressings, soups, spreads, stews and sauces. Refrigerated, it will keep indefinitely.

Different misos can be interchanged according to your personal tastes. When using miso in soup, dissolve it in a little broth and blend with the soup just before serving.



Simple Miso Soup

There are many variations on this soup—adjust it to your taste.

- 1 cup sliced carrots
- 4 cups vegetable stock or water
- 1 1/2 cups shredded greens, such as bok choy, endive, Chinese cabbage, or spinach
- 3-4 Tbs. miso (red or light or a combination of the two)
- 1 cake firm tofu, chopped scallions

In a soup pot, cover the carrots with 3 1/2 cups of the stock or water and bring to a boil. Lower the heat and simmer for about 10 minutes, until the carrots are crisp-tender. Stir

in the greens and continue to simmer for about 5 minutes, until they are just tender or wilted. In a small bowl, blend miso with the remaining 1/2 cup of the stock. Cut the tofu into 1/2-inch cubes. Stir the miso mixture into the soup, add the tofu and heat gently. Be careful not to let the soup boil.

Garnish the soup with scallions.

Grilled Salmon with Miso

This was my favorite miso discovery this summer.

- 1/2 cup red miso paste
- 1 egg yolk, beaten
- 6 Tbs. sake or white wine
- 3 Tbs. sugar
- 1 Tbs. tamari, shoyu or other natural soy sauce
- 4 8-oz salmon fillets

After you've lit your grill, make the miso sauce: In a small bowl, combine all the ingredients and mix to a smooth sauce. Place in a double broiler and cook for 8-10 minutes, stirring occasionally, until the sauce thickens; set aside to cool. Spread the sauce on both sides of the filets and let them sit at room temperature while the coals are heating.

When the coals are hot, scrub the cooking rack with a grill brush if necessary and oil the cooking rack with a long-handled brush dipped in oil or a vegetable-oil spray. Place the salmon on the grill flesh-side down and grill for 5 to 6 minutes. Baste again with the sauce, turn and baste again, and grill the fillets another 5 to 6 minutes, depending on how well done you like your salmon. YUM!

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Family

A Healthy Halloween

by Robin Murray

As a child, just about the only time I was permitted to have candy was on holidays. I can still remember hiding my Halloween loot at the back of my dresser, eating one precious piece at a time, determined to make it last until Christmas, or at least a week. It's a happy memory and for this reason, as a health-conscious adult, I don't begrudge children their Halloween candy.

At the same time I don't believe the holiday should be an excuse for gluttony and over-indulgence. The saying "all things in moderation" applies to Halloween candy too!

To begin with, trick-or-treaters need a good meal in their stomachs before the candy hunt begins. One tried-and-true Halloween dinner is "Blood and Guts" which on any other day of the year is known as "Spaghetti and Tomato Sauce."

Carrot and raisin salad makes a festive orange and black accompaniment, but any other salad or side dish can become festive too, when served in a hollowed out pumpkin. Dessert on this occasion is really unnecessary, but if you simply must have one, try an orange colored sorbet or Jell-O. Another somewhat healthy option is dipping fresh fruit in "Goblin's Blood" (a.k.a. chocolate sauce). For the very brave, there is also a truly hideous brain-shaped gelatin mold on the market these days with directions for creating an opaque gray Jell-O. Ick!

Once the door-to-door begging begins, there is not much you can do about what other people provide, but you can control what you give to other people's children. I usually give each little spook one piece of "good" candy, such as chocolate, and then supplement it with non-candy items. Apples, peanuts and raisins are well-known alternatives to candy, but we're not limited to edibles. Some non-food treat ideas

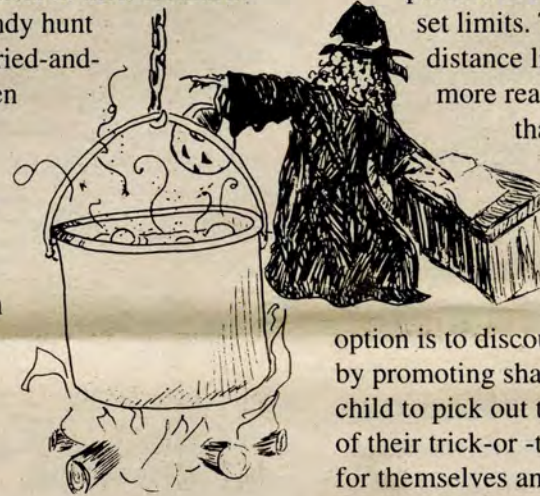
include: pencils, erasers, Halloween stickers, wash-off tattoos, arcade tokens, and pennies or nickels, depending on your budget. If you'd rather stick to candy, consider low-fat or sugar-free varieties such as Sorbees, jelly beans and red licorice.

Besides struggling with quality of treats being brought home by trick-or-treaters, there is also the issue of quantity. There is a great temptation for kids, especially older ones, to hit every house in town. "How many bags did you get?" is a question ringing through fifth and sixth grade classrooms everywhere after the big night. One option for

parents to curb this greed is to set limits. Time and/or distance limits often seem more reasonable to kids than bag limits and are just as effective as long as you include a "no wheels" rule. Another

option is to discourage greediness by promoting sharing. Allow each child to pick out ten favorite pieces of their trick-or-treat candy to keep for themselves and require the remainder be put in a bowl for the whole family to share. This can also serve to eliminate sibling competitions for "who got the most" and help parents keep tabs on how much candy is being eaten by whom.

Finally, the consumption of candy does not need to be the final activity of the evening. There are usually many different activities going on around town on Halloween which are suitable for children, such as haunted houses, costume contests and concerts. Another idea is to rent a "scary" movie for the whole family to watch. I recommend black and white ones, as they are usually "G" rated and the low-budget special effects are less likely to cause nightmares. If you have access to a video camera, you may even want to make your own family production of "Dracula" to watch next year. See what other sorts of Halloween traditions your family can scare up this year to make this and every Halloween as fun and healthy as possible!



Gardening

Winter Protection for Your Garden, etc.

By Pat Diaz

It's hard to believe that Fall is here already. About the only gardening left to do is planting bulbs and getting the rest of the garden ready for winter. You can actually plant bulbs all the way up until the ground is frozen, but October is usually a better month. I remember one Thanksgiving in Deary, I was planting bulbs in a near-blizzard just to get them in. That's what procrastination will do for you. If you have crowded daffodils and tulips, lift the bulbs, divide and replant them. In order to guard your bulbs from soil temperature fluctuations, plant the larger tulip and daffodil bulbs around 10-12" deep and the smaller crocus and hyacinth bulbs around 5" deep.

If you haven't done so already, make sure you spread organic mulch around your perennial plants to insulate the roots and keep freezing soil from heaving plants out of the ground. Many people use straw for mulch which is easily available and quite inexpensive. In Japan, gardeners build straw houses for their revered peony bushes. The mulch should be about 2" thick, deeper for trees and shrubs. Mulching is absolutely essential for any plants, trees, or shrubs planted this Fall. If you have plants, trees, or shrubs that are on the edge of the hardiness zone or ones that are situated in harsh, exposed sites, circle the plants with chicken wire cylinders filled with clean wheat or barley straw, leaves, or other similar non-matting insulation material.

October is also a good time to clean your greenhouse if you have one. Scrub your seed containers with a weak solution of water and bleach; check and replace any torn plastic or broken glass and check the weatherstripping. Also check vents, heaters, filters, etc., for necessary repairs.

How about starting a compost pile this month if you don't have one? Build a pile of dead leaves, grass clippings, etc., to about 4' in diameter and keep the pile moist (about like a wrung-out sponge), turning weekly.

Don't forget to water your plants in the Fall. While you should reduce watering frequency to slow down plant growth, you shouldn't

let plants get crispy. A good deep soaking in late Fall will get your plants through until the soil begins to thaw out a bit in Spring. Also, do not fertilize your perennials in the Fall until after active growth has stopped (after a few hard frosts have browned the leaves). Then apply a low nitrogen (N), high phosphate (P), high potassium (K) fertilizer to stimulate strong root growth and harden the plants for winter cold.

Don't be in too much of a hurry to cut off the stems and leaves of perennial flowers and summer blooming shrubs. Many plants thrive over the winter more successfully when the stems and leaves are left on until mid-Spring. Stems and leaves help trap blowing snow which helps insulate the roots and provides extra Spring moisture.

Lastly, make sure you've completed harvesting any late vegetables, herbs, and flower heads for potpourri. Now you can relax and enjoy the upcoming fall and winter. Next month we'll look at deer-proof plants so you can start planning your Spring gardening needs.

Good Catalog—A Review
Probably my favorite gardening catalog is from High Country Gardens in Santa Fe, NM (800-925-9387). They specialize in plants for Western gardens, especially xeriscaping (planting water-wise perennials). Their catalog is a treasure trove of pictures and information on native and adapted plants for the Western garden, as well as wonderful information on the needs of plants and specialty gardens.

The Praying Mantis—An Eco-Update

A recent article in the Lewiston Tribune covered the advance of the praying mantis. Formerly, cold weather had stopped the arrival of these insects by killing their eggs. Through a series of mutations, however, the praying mantis has adapted to cold conditions and is now in Southern Idaho. The praying mantis is one of Nature's most beneficial insects. Hatching in April and May, they eat aphids, scale insects, and mites. As they grow larger, they eat increasingly larger insects, including grasshoppers.

Insights

Compelled To Respond

by Kenna S. Eaton

Generally I like to read the "Insight Section" and refrain from responding, since I see this as the members' opportunity to discuss the Co-op. But as General Manager I feel compelled to respond to a letter written by a Co-op member last month. The letter suggested we keep an open mind about his ideas, and I certainly did find some of them intriguing. However, he also offered quite a few "facts" that were not checked before being cited.

For instance, we have checked into a "front-end" system and found it to be economically unfeasible. We also feel that we do not have a problem with inventory control; we have a good understanding of our customers' purchasing styles. Our out-of-stock items are usually because of a manufacturer's or distributor's issue.

While technology can be a great tool to help a business run well, it is not an answer to every problem. We do have health benefits for staff members, though I agree that pay increases would be welcome.

I probably could spend a lot of time defending myself in this response. Instead I would like to point out that anytime a member would like more information about our business, please feel free to call me, I'll be happy to make time to answer your questions.

Letter to the Editors

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 its 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 totals—they would be paying the posted prices. Members would be paying the same prices they are now. And non-members would have an added incentive to become members.

I let my membership drop for a while 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.

Yours truly, Terri Schmidt

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Cooperatives: From Toad Lane to Today

by L. L. Lundstedt

What is a cooperative? It's not a commune, nor is it a Communist-inspired plot to undermine the Great American Way. In fact, cooperatives have been a feature of the American economy since colonial times.

"Cooperatives are business organizations owned by the members who use their services," reports the Canadian Cooperative Association. "The members of the co-op are people, or groups of people, who use and need the services and products a cooperative provides."

You may not even be aware of how cooperatives are a part of your life, though you may be one of the over 100 million people who are members of 47,000 U. S. cooperatives. Here's some numbers gleaned from the National Cooperative Business Association:

- About 30% of farmers' products in the U.S. are marketed through cooperatives.
- Rural electric cooperatives operate more than half of the electric distribution lines in the United States and provide electricity for 25 million people.
- Insurance companies owned by, or closely affiliated with, cooperatives serve over 50 million U.S. citizens.
- Cooperative health maintenance organizations (HMOs) provide health care services to almost 1.4 million American families.
- Food cooperatives are marketplace innovators. Unit pricing, consumer awareness and protection, and nutritional labeling came about through food cooperative influence.

How Co-ops Differ from Other Businesses

Cooperatives differ from other businesses in their structure and goals. In *Mutual and Cooperative Enterprises: An Analysis of Customer-Owned Firms in the United States*, John Hetherington explains that "propriety firms" (your typical capitalist business ventures) are organized to generate profit for the owners from third parties—the customers. Economic gain is in the form of returns on invested capital. On the other hand, in "mutual enterprises" (mutual firms and cooperatives), the owners are the customers, and economic gain is in the form of reduced costs or services.

An important factor in these systems is where the owners are. If the owners are local, the money

stays in the community. If the owners are not local, the money goes outside the community. In fact, an interest in community is one of the principles by which co-ops throughout the world are organized.

Cooperatives exist in many aspects of business: agriculture, retail and wholesale, health care, child care, housing, transportation, education, communications, food and restaurant, insurance, finance, forestry and fishing. Depending on what they offer, cooperative organizations may be supply, service, marketing, financial, consumer, or worker co-ops.

Supply co-ops enable members to purchase a variety of merchandise—animal feed, farm machinery, petroleum, and building materials. Service co-ops provide services such as health care, housing, or child care to their members. Marketing co-ops are organized by producers to sell their products. Grain, livestock, and dairy farmers as well as artisans and craft workers may establish marketing cooperatives. Credit unions are examples of financial cooperatives, which provide financial services to members. Consumer co-ops sell products and/or services to their members, either retail or wholesale. Worker co-ops, in which workers are member-owners, provide employment in many areas, such as forestry, printing and publishing.

Cooperative History

Like other businesses, cooperatives are affected by what goes on in the world. As Robert Jackall and Henry Levin write in *Worker Cooperatives in America*, "History is linked to the economic, social, and cultural dislocations of capitalistic economic and political life." What is different about cooperatives, though, is that they tend to succeed in times of economic hardship and fail when the economy is doing well. In fact, economic need, as well as social and cultural activities, is generally the reason people and communities establish cooperatives.

Some people consider the first cooperative to be the Philadelphia Contributionship for the Insurance of Houses from Loss by Fire, formed by Benjamin Franklin in 1752. Others even go back further, claiming that the Mayflower pioneers were essentially a cooperative. While these organizations exhibit the spirit of cooperatives, its the

principles that form the basis of modern cooperatives. These principles came from workers' responses to economic conditions of the previous century.

Albert Lee provides a brief history of cooperatives that shows how economics influenced cooperative movements. The idea of cooperative enterprises arose from the harsh working conditions brought by the Industrial revolution of the nineteenth century. In America and abroad, employees worked long hours, often in unsafe working conditions, and were subjected to sporadic hiring. Social reformers such as John Stuart Mill, Charles Fourier, Karl Marx, and Robert Owen responded to the workers' plight with theories and experiments. While their utopian visions failed, one of the 60 study groups started by Robert Owen did eventually establish what came to be known as the birthplace of modern cooperatives.

In Rochdale, England, 27 men and one woman combined their savings (about \$140) to start a cooperative store. On December 21, 1844, the Rochdale Equitable Pioneers Society opened on Toad Lane, selling sugar, flour, oatmeal, butter and candles. These member-owners had tried cooperative enterprises before; the difference this time is that they were successful. Their guiding principles became the principles by which modern cooperatives still operate, with some modification. (The original store is now a museum.)

Although cooperatives caught on quickly in England and Europe, several factors kept them from flourishing in America. First, while working conditions in America were not ideal, the economic situation of American workers was not as limited as for those across the Atlantic. America was big, and people dissatisfied with their lives and jobs often picked up and moved elsewhere. Also, voting rights came earlier to Americans, so they could legislate change. Furthermore, unions helped workers, thus eliminating the need for cooperatives. Finally, belief in the American dream and rugged individualism discouraged cooperative efforts. While many successes in American history are due to the combined efforts of a group, American ideology prizes individual effort. In America, you pulled yourself up by your boots; if you worked hard, you would succeed.

American farmers were the first to see a need for working cooperatively. At the mercy of buyers and processors, farmers sometimes found it difficult to make a living.

Fortunately, immigrant farmers brought their cooperative experience from their homelands and encouraged agricultural cooperatives. In 1810, a cheese cooperative was established in Connecticut, and by the Civil War, there were more than 400 cooperative creameries in New England. Cooperatives also formed for grain elevators, hog-slaughtering, and irrigation.

Most of these nineteenth-century cooperatives failed, but they kept the ideals of cooperatives in the minds of the people. When the stock market crashed in 1929 and the Depression hit, Americans' economic needs rose and cooperatives flourished. Congress established government agencies to provide loans and assistance to cooperatives—The Farm Credit Administration in 1929, the National Credit Union Administration in 1934, and the Rural Electrification Administration in 1936.

When war production brought an economic boom in the early 1940s, cooperatives again began to disappear. Then the idealism of the 1960's, fueled by the Democratic administration's war on poverty, produced another surge in cooperative enterprises that was carried further by the recession of the 70's. In the nineties, customer demand for quality goods and services sustains cooperative businesses.

Cooperative Principles

The Rochdale Equitable Pioneers Society's founding members did not preach their principles; in fact, they did not practice all of them in the beginning. Yet the guidelines they followed eventually became the basis for cooperative enterprises and were adopted by the International Cooperative Alliance (ICA) in 1995. Today, co-ops all over the world operate more or less on these principles adopted by the ICA. I found this list on the National Cooperative Business Association's web site:

1) Voluntary and open membership—The co-op is open to anyone able to use the services and willing to accept the responsibilities of membership.

2) Democratic Member Control—Members have equal voting rights—one member, one vote. Members elect a board of directors, who in turn hire managers and other workers.

3) Member Economic Participation—Members contribute equally to a cooperative to provide capital. Surplus is put into developing the cooperative, setting up reserves, supporting member activities, or passing the benefits on to members.

4) Autonomy and Independence—Cooperatives rely on the guidance of their members. They may enter into agreements or raise capital from external sources, but only if they maintain democratic control and autonomy.

5) Education, Training and Information—In order for co-ops to develop, they provide education and training for their members, elected representatives, managers, and employees. They also inform the general public about their products and services and promote the nature and benefits of cooperation.

6) Cooperation among Cooperatives—Cooperatives strengthen the cooperative movement by working with other cooperatives.

7) Concern for Community—Although meeting members' need is the primary focus for co-ops, they also promote community development. Investment and direction and benefits are local, so business stays in the community.

Maintaining cooperative principles is not always easy. It requires members to look beyond self-interest and to do what is right rather than what the others may be doing. People and communities are more important than profit. "Cooperatives have devoted themselves to the theory that individual human dignity is possible by encouraging self-reliance and control over one's environment," writes Lee. "Cooperators' insistence on not adulterating their merchandise for the sake of member profits, of insisting on standards even when it means less benefit, and of respecting human issues such as ecology and energy conservation all give this movement a heavily ideological bent."

Web sites: See the National Cooperative Business Association's web site at <http://www.ncba.org/ncba.htm>. Check out the University of Wisconsin's Center for Cooperatives at <http://www.wisc.edu/uwcc>. Visit Toad Lane at <http://www.unet.com/manchester/tourist/rochdale>.

Heavy reading: John A. C. Hetherington's *Mutual and Cooperative Enterprises: An Analysis of Customer-Owned Firms in the United States* (UP of Virginia, 1991); Robert Jackall and Henry M. Levin's "Work in America and the Cooperative Movement in Worker Cooperatives in America" (U of California P, 1984).

Enjoyable reading: Albert Lee's *How to Save Money Through Group Buying* (Stein and Day 1977—a bit dated); Upton Sinclair's *Co-op* (1936), a novel of a utopian cooperative community; Ann Hoyt's "And Then There Were Seven," *Cooperative Grocer* Jan.-Feb. 1996.

Idaho Grizzlies

by Gary Macfarlane

Everybody needs a vacation, even if you work at the Co-op. A few weeks ago I stocked up on Paradise Farm's great dried food, crammed my life into my old Kelty backpack, and took off for my almost-annual major backpack trip. There are three places I usually go: the greater Yellowstone region, the wilds of central Idaho, or the Glacier/Bob Marshall country. This year it was the Glacier/Bob Marshall country.

There is something special about humility, and you certainly feel it when visiting grizzly country. Senses are heightened and wildness reigns. Of the three great areas in the Northern Rockies, only two—the Yellowstone and Glacier/Bob Marshall areas—have viable grizzly populations. A few bears may still haunt the back country of central Idaho, but their status is extremely tenuous. That hopefully will change.

The US Fish and Wildlife Service has released the Draft Environmental Impact Statement (DEIS) for recovery of grizzly bears in central Idaho's wild lands, also known as the Greater Salmon-Selway-Bitterroot Ecosystem. This swath of wild land is in Moscow's backyard, and encompasses the majority of the Clearwater and Salmon River drainages, as well as the headwaters of the St. Joe, Boise, Payette, Wood and Lost rivers. It is the largest wild land ecosystem left in the lower 48 states, and it provides the last habitat for the full complement of wild species that naturally occurred here prior to industrial society.

Written public comments will be accepted by the US Fish and Wildlife Service through November, 1997. It is crucial that letters be written in support of Alternative 4 in the draft EIS.

Of the 4 alternatives considered in the DEIS, only alternative 4 is biologically realistic for grizzly bear recovery. Alternative 4, also known as the Conservation Biology Alternative (CBA), was submitted by the Alliance for the Wild Rockies and is supported by locally-based organizations, including Friends of the Clearwater, Inland Empire Public Lands Council, Clearwater Biodiversity Project and the Cove-Mallard Coalition. It is a common sense, habitat-based approach that is supported by many of the world's



leading grizzly bear experts, including Dr. John Craighead and Dr. Charles Jonkel. It is also supported by seven labor unions throughout the region, church groups, nearly 40 western economists, and over 200 conservation organizations and business owners.

Summary

Alternative 4 maintains full legal protection for grizzly bears as threatened species under the Endangered Species Act for all grizzlies, whether they are reintroduced, immigrate naturally, or are a remnant population.

Alternative 4 encompasses the entire Greater Salmon-Selway-Bitterroot Ecosystem.

Alternative 4 protects roadless grizzly habitat by prohibiting logging and road building within roadless areas on national forests.

Alternative 4 links the GSSB and the Cabinet Mountains with a habitat linkage corridor to help foster natural grizzly bear movements and genetic interchange. It also begins an immediate study of potential linkage corridors between the Yellowstone and Glacier/Bob Marshall areas. It is the only alternative which includes linkage corridors. Alternative 4 restores grizzly habitat by ripping out 3,500 miles of unnecessary roads to restore habitat linkage corridors. More than 1,500 high-paying jobs employing local people, including those in the timber industry, would be associated with restoration.

Alternative 4 implements management by a Scientific Committee appointed by the National Academy of Sciences, and would include scientists from the private sector, the U.S. Fish and Wildlife Service, the Nez Perce Tribe, and the state wildlife management agencies in Idaho and Montana.

Alternative 4's sponsors intended that no bears be taken from threatened populations in the greater Yellowstone and Glacier/Bob

Marshall for reintroduction into Idaho. The U.S. Fish and Wildlife Service changed this part of alternative 4 in the EIS: Let the Scientific Committee determine whether there are unthreatened populations which can provide a source of bears for reintroduction.

Alternative 1, which is the option preferred by the U.S. Fish and Wildlife Service, has serious problems:

Alternative 1 removes females grizzly bears from the Yellowstone and Glacier/Bob Marshall areas, currently protected as threatened under the Endangered Species Act, and downgrades them to experimental status without ESA protection.

Alternative 1 contains a misnamed "Citizen-management Committee"—appointed by the governors of Idaho and Montana. This politically-appointed committee would run grizzly bear management rather than the U.S. Fish and Wildlife Service. Since Idaho's governor opposes grizzly bear recovery and the citizens of Idaho support it, the committee will not represent the will of the citizens, but the anti-environmental political cronies of the governors.

Alternative 1 limits the official recovery area for grizzlies to the Selway Bitterroot Wilderness, less than 1/4 of the GSSB ecosystem. However, the best grizzly habitat is found in the north end of the ecosystem, outside the wilderness, in unprotected roadless areas of the upper Clearwater and St. Joe drainages.

Alternative 1 isolates the GSSB ecosystem from other ecosystems by deliberately failing to provide linkage corridors.

Alternative 1 fails to protect essential grizzly habitat by allowing road building and logging in roadless areas.

What You Can Do

1) Write a letter by November, 1997, and send To: Dr. Christopher Servheen, Grizzly Coordinator U.S. Fish and Wildlife Service, P.O. Box 5127, Missoula MT 59806

2) Attend a hearing and speak out. There will be a hearing in Lewiston, Idaho, on October 2, 1997 (Thursday), at the Lewiston Community Center, 1424 Main Street, Lewiston, from 4 to 8 P.M. Call 882-9755 for more information.

When not working at the Co-op, Gary Macfarlane can be reached at the offices of Friends of the Clearwater and the Cove/Mallard Coalition, 882-9755.

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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

FREE CONCERT

nine Buddhist monks
from Tibet

Sunday October 12

3pm

WSU campus, Bryan Hall
auditorium

509-335-9666

at the Women's Center

Wednesday, October 15, 12:30-1:20 p.m

Kathy Clark, Associate Athletic Director UI,

commemorates the 25th

anniversary of Title IX, discussing its effects

on women's sports programs and opportunities.

Women's Center Lounge

Tuesday, October 28

EVENING PROGRAM

5:30-6:30 No host social

6:30-9:00 p.m Banquet

UI Women's Center 25th

Anniversary Banquet

UNIVERSITY INN

Exhibit, anniversary tote bags for sale,

speakers, entertainment, dinner!

To make (\$15) reservations, call 885-6616.

Cooking Classes

Indian Cooking

Oct. 15

Cooking with Miso

Oct. 20

**Herbal Medicine
& Holistic Healing**

with Linda Kingsbury

Oct. 27

**Traditional Holiday
Cooking**

Nov. 5