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Moscow Food Co-operative



Community News

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Committed to Organics— See For Yourself in the Produce Section

by Laura Church, Co-op produce queen

- Is it really worth it to take chances with the food we eat?
- Wouldn't you prefer to eat organic food and avoid all exposure to pesticides?
- Don't you want to do your share to protect our soil, water, and air from contamination?

Now that it's September, the month we celebrate organics, the produce department here at the Co-op is shifting to a complete commitment to organics.

For many years now, I have wanted to make the Co-op's produce department completely organic, and reading articles about soil contamination recently made me finally decide to just go for it. I have also been reading your responses in the Co-op survey, and many of you seem to want it too. Maybe, you've already noticed that about ninety percent of the produce has been organic since the middle of August.

One of the best things about changing over to organics has been the great selection of produce that has been offered to us by our very own local organic growers, Paradise Farms. We also have a new supplier in Spokane that has also been giving us just about everything we want in organic produce. We will continue to carry the ever popular "local no-spray" produce because I believe it's important to support these people as well, since in many cases their quality is just as good as organic. Also, I like to encourage people to support the local growers since everything is very fresh and the impact on our environment is reduced because it's grown right here instead of being trucked up from California on a big semi-truck. I hope everyone is as excited about this change as I am. Remember, you are what you eat!

Co-op - News

Changes

by Bill London

This month you can prepare to welcome a new writer to this newsletter. She will actually begin next month, by submitting both a gardening article and a food preparation article.

Pat Diaz will be our new gardening writer and another food writer.

Her gardening articles will be seasonally-appropriate ideas and practical suggestions. Her food articles will focus more on food preparation—like new cooking techniques and unusual kitchen equipment.

That doesn't mean we're fully-staffed here at the Community News. No, we need an illustrator. Some gifted graphic artist who can produce great cover art using themes that we provide. Are you that person? Please let me know by calling 882-0127.



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The Co-op Gets a "Face Lift"

by Kenna S. Eaton

Six years ago Ed Clark, man of many talents, painted some signs for the then-recently relocated Co-op storefront. They were lovely, but with time the signs became faded and scratched, and in desperate need of help. Voila!! Ed returns to Moscow (from Potsdam, New York) to repaint our signs (well, actually he wanted a vacation, and maybe a small temporary job, instead he got a major undertaking).

This time we chose a dark green background for the signs, a new lettering style, and some new words. The sign facing the parking lot now reads "GROCERY" in large letters with "natural foods, vitamins, bakery & deli, and organic produce" scattered around. The other two sides of the building say "MOSCOW FOOD CO-OPERATIVE." Last, but not least, the green awning will have "Moscow Food Co-op" painted onto the drop front. The signs are gorgeous. Very sexy and bright.. Stop by and admire them anytime!

Thanks also to Ed and Jim Gale for installing the signs.

Volunteer News

by Kristi Wildung

The Board of Directors needs you! Because of recent resignations, the Board has two vacant positions which need to be filled. Co-op Board members work with management to set direction for the Co-op, including financial guidance and long-range planning for our business. Board members serve on committees and attend regularly scheduled board meetings, and compensation is made in the form of discounts. If you have some talent you'd like to share with our Board, please contact Vicki Reich, chair of the nominations committee. The next Board meeting is scheduled for September 11 at 5:30 p.m. if you'd like to come see what it's all about.

There are also many positions on Board committees which need to be filled. The Education committee works to promote the Co-op through classes, articles, and in-store promotions, as well as through community events. There's lots of work to be done and we need help. Our newest committee, the Membership committee, is searching for ways to increase membership and membership benefits. If you're interested in either one of these committees, please contact me at the Co-op.

The Finance committee is always searching for members who know their way around a balance sheet and who can offer guidance to our management team concerning the financial health of our business. If you're interested in this committee, please contact Chris Moffitt.

Welcome aboard to our newest Co-op volunteers. MaraLei Monroe will be assisting our bakers on Tuesday mornings and Autumn Lear will be helping with our freight shipment on Sunday afternoons. Karen Faunce is checking our prices on Wednesdays and Donald Lindsay will be stocking our bulk section on Sunday afternoons. And thanks Jerry Glover for filling in for our vacationing milk runners. We couldn't have done it without you!

There is one alert: I NEED AN ARTIST TO PAINT OUR WINDOWS. If you have some graphic art experience and would like to put it to work for a good discount, this

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

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is the job for you. Please contact me at the Co-op for further information.

Remember, there's always lots of space for new volunteers at the Co-op. If you'd like to share your time with us, please check out the volunteer board near the cash registers for available positions. Then fill out an application and I'll give you a call.

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Shoplifting

by Kristi Wildung

There seems to be a lot of dialogue happening on our suggestion board about some signs that were posted in the Co-op concerning shoplifting. Customers feel that it puts out bad karma in an otherwise friendly store to have a sign saying we'll prosecute shoplifters. I agree, but I think even worse than the signs is the bad karma of stealing from the Co-op.

A lot of people think that a place like the Co-op should be immune to the likes of shoplifters, but this is not the case. Some shoplifters do so unintentionally, like grazing in the bulk or produce sections. But some customers really do steal, and that's why we had to put the signs up.

We will not tolerate shoplifting. It cuts into our bottom line, making raises for our staff and supplies for our store that much harder to attain. Because we are such a small business, every single item that someone swipes hurts us.

The Co-op has never been greedy and we're not greedy now. We give a tremendous amount to our community in the form of cash and food donations. If someone walked into our store and said they were hungry, we would feed them. The thing that bothers me the most is that many of the people who shoplift don't need to; they have money to pay for the products. I guess it's the thrill of getting away with something that encourages them to do it. Whatever the reason, if they're caught, they will be prosecuted.

I'm sorry that most of our customers must pay for the mistakes of others by having such a negative sign gracing the walls of our Co-op. But until we live in a perfect world where everyone truly is cooperative, the signs will have to stay.

The Membership Forum: I Was There, Where Was You?

by Bill London

Thursday, August 14, was very toasty, but walking down to the Co-op for the 7 pm meeting, the warmth of the breeze up an almost-deserted Third Street reminded me again about why I enjoy living here during the summers.

The reason for my late visit to the Co-op was a membership forum, organized by the Board and staff to discuss the membership and discount structure. The 25 of us who sat around the air-conditioned splendor of the upstairs spent a few hours learning about those intricacies and discussing options for the future.

Here's the problem as I understand it. In March of 1996, the Board voted to change a long-standing discount structure for the Co-op. For years, Co-op members paid the prices listed on the shelf or tagged onto the products, and non-members shopping at the Co-op had to pay an additional 7 percent surcharge. So, imagine the response of many shoppers who were surprised by the surcharge. They didn't like it, said so to the clerks, and possibly left never to return.

Listening to this problem, the Board changed the discount structure in March of 1996. The Board tossed out the surcharge and instead had non-members pay shelf prices. To reward membership, the Board gave all members a 2 percent discount. The goal was to make membership attractive, so people would continue to join and to maybe even become working members, while eliminating the surcharge shock at the cash register.

Well, it turns out that this new structure has a significant impact on the Co-op and its profitability. Unfortunately, it was a negative impact.

Before the change in March of 1996, 80 percent of the sales were made to members (20 percent to non-members). After March of 1996, only 65 percent of the sales were to members, and 35 percent were to non-members. The number of members shopping decreased.

Also, before the change, about \$25,000 was paid annually to discounts. After March of 1996,

since so many people (all members) got a discount, the Co-op paid about \$40,000 to discounts. The discount made for some important cash flow problems.

Lastly, before the March of 1996 change, the Co-op had about 2,000 to 2,500 members. As of March 1, 1997, the Co-op has 1,560 members. Oops, big membership loss.

The Board members at the forum had fancy overheads and all kinds of impressive stuff to try to convince everyone that something serious was happening. It worked. The numbers were clear. In order to provide raises for employees, profitability to the Co-op, and support for moving to a better location, the member discount structure had to change.

This is not a financial crisis, several people noted. The Co-op has made a small (\$4,000) profit for the first half of this year. We just need to figure out what to do to resolve this.

To summarize an hour's discussion, we suggested a variety of alternatives, including: limiting staff discount, raising prices, cut cost of student membership, eliminate all member discounts (working member discounts, too), double-price each item with both member and non-member prices, get more members by recruiting at Farmer's Market.

The options seemed to coalesce into three:

1. continue the existing system (with a discount for membership), coupled with a price raise.
2. return to the non-member surcharge, with each item double-priced (post both member and non-member price).
3. eliminate all discounts, increase non-monetary benefits for membership.

In the straw vote taken near the end of the meeting, each of the three options received an almost equal number of supporting votes. So much for a consensus at this point. The divisions indicate that more

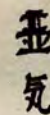
talking, thinking and discussing is needed before the answer is clear.

Another reason surfaced that also points to continuing the dialog. The discussion shifted to the difficulties this lack of unity has had on relations between Board and staff and within the staff itself. The working environment at the Co-op has become intense and stressful. Burnout is starting to appear among both Board and staff.

We all need to work to defuse this situation

And now, here is my sermon. One solution for this problem of distrust and disunity is more face-to-face dialog, more membership forums, more Board, staff and members talking and sharing ideas. The on-going series of Membership Forums is an ideal place for growth of the kind of understanding and consensus the Co-op needs. So, please plan to attend the next one. We've got to meet to realize the commonality of our support for this Co-op.

The second membership forum, on these and related issues, is planned for September 25 at 7 pm (upstairs at the Co-op). Please be there—and be heard.



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Membership Update

by Kristi Wildung

Well, the membership drive is underway and our staff rocks! They're out front at the cash registers selling memberships like you wouldn't believe and spreading the good word about our Co-op. We've had a little internal incentive plan to encourage membership sales and I think it's got them competing a little. Congratulations to our weekly winners so far, Anna, Bennett, and Nicky. Keep up the good work.

All you members out there can help us with our drive by telling all your friends and family about the benefits of membership at the Co-op. You can also purchase the remaining shares of your lifetime membership. Just ask a cashier to look you up to see how far you have to go. Thanks Sue Bull and Frank Pelfrey for getting your lifetime memberships. It's members like you who make it all happen around here.

Welcome to all of our new Co-op members. Be sure to get a list of our Business Partners so you can reap the benefits and support the local businesses that are helping us. Thanks for joining Renee Leonhardy, Marie Glenn, Roberta Randall, Mark Herrman, Ralf Denger, Sandra McLam, Elaine Shirley, Karen Schumaker, Terry Leno, Loanne Meyer, Karen Faunce, Nancy Larson, Monica Glumbik, Monica Prior, Irma Burda, Dorian Drury, Deborah Sullivan, Jennifer Green Johnson, Amy Keil, Patty McDonald, Dawn Halliday, Donna Baysinger, Dan Mohr, Constance Larson, Diane Johnson, Laura Clark, Hoey and Ronnie Graham, Sally Suk, Denise Godfrey-Hampton, John Owens, Sarah McDaniel, Judith Terrio, Kimberly Dunlap, Katrine Barber, Gloria Murray, Scott Fedale, Holly Wendell, Don Lindsay, Erin Pratt, Darice McCabe, Virginia Elliot, Patty Rimbey, Kristi Edlefsen, Ed Musante, Pam Shapiro, Tanya Beebe, Amber Risteen, Lillian Young, Gustavo Barbosa-Canovas, Christe Bruderlin, Janet Marden, Susan Platt, Yoshiko Kato, Lin Mei-Fen, and Kaori Ashida.

And as always, thanks to our renewing members. We appreciate your continued support of our Co-op and we couldn't do it without you. Thanks to Cathryn Cox, Nan Miguel, Liela McLachlan, Gregory Sower, Rita Robillard, Marilyn VonSeggern, Maureen Laflin, Sonja Lewis, Sandra Martin, Lynne

Appleton, Greg Polgar, Doris Edwards, Sarah Koerber, Carol Woodall, Linda Edwards, Catherine Bicknell, Laurel Branen, Theodora Jankowski, Lois Johnson, Jennifer and Troy Roach, Barbara Aston, Carol Wilson, Angela Bonner, Karen Gipson, The Nielsen's, Patti Gova, Stephen Schelly, Jackie Wright, Sonia Hussa, Christine Dewitt, Yvonne Sertich, Donna Deerkop, Renee Smith, Darlene Ames, Anna-Maria Shannon, Carrie and Jerry Lee, Jerry Weaman, Judith Allen, Mary Ann Judge, Jo Mark, Sue Krekemeier, Kay Leinweber, Danal Chapman, Christi Jackson, Nancy Berkheiser, Larry Olsen, Alison Kay Oman, Angela Brown, Diane Walker, Ellen Kittell, Marilyn Stein, Dayna Mooney, Jill Price, KatiAnn Watson, Jose Aquilar, Pamela Steele, Patti Bowen, Barbara Paulson, Helen and Wayne Hill, Diane Curewitz, Gayle Fairbanks, Crystal Dollhauser, Eleanor Seeley, Mark Jensen, Bob Wilson, Caroline Sherony, Deirdre Fahy, Don Coombs, Anne Prosser, Maria Maggi, Carolyn Fortney, Margaret Shene, Veronica Kiklerich, Sandi Klangler, Larry Duff, Shawn Smith, Marcia Gossard, and John Sandell.

News From The Deli

by Annie Hubble

Finally a note from the Deli! The last few months have seen many changes in this department. We said a sad farewell to Kelly Kingsland who had delighted us with her creative and tasty recipes, and who instigated such honored traditions as Friday's 5 pm pizza plethora. (If you haven't yet tried a slice, or two, I urge you to do so. Amy and Rochelle have taken on the task with great success. But I advise you to be prompt - it sells quickly!)

So we said our farewells to Kelly, and welcomed the peaceful presence of Amy DesRosier. After only a short time with us, she deservedly obtained a position in her subject, and moved on. Amy Buratto has since joined us, and has proved herself well able to produce a wonderful variety of healthy and delicious food. Have you tried her lemon bars? The Wednesday lunchtime Bruchette has already attracted loyal customers, and her many soups, salads and specials make a trip to the Deli section more worthwhile than ever.

Rochelle Collins works in both the Bakery and Deli, helping us out with pizza production on Friday afternoons, and covering the Sunday morning shift to ensure that your supply of soups and sandwiches stays uninterrupted over the weekend. We very much enjoy her warm smile and cheerful ways.

I would also like to acknowledge our volunteers, who bring their own expertise and enthusiasm to the department. Anna helps out on Mondays and is also training as a sub. Anna specializes in vegan cooking, and she is responsible for the new vegan cookie of the week series we are now running. Once a week she creates a different vegan cookie. As I write, a peppermint chocolate chip cookie is available, and in the last few weeks the yummy vegan brownie and 'Not Nanaimo Bars' have been particularly popular.

Barb has been volunteering every Tuesday now for quite some time with her husband John occasionally taking a turn. Both are a delight to work with. They bring in sections of their vast CD & tape collection, and we listen to wonderful ethnic music as we chop vegetables and stir soups. An observer might happen to witness the occasional dance step or two... Barb puts

together a couple of delicious salads each Tuesday, constantly trying out new recipes. We watch carefully to see how you, our customers, respond to the new item. If you seem to like the product, the recipe gets entered into our permanent files to be used in the future.

Yvonne and her daughter Aurora are loyal Friday volunteers. Many of you have enjoyed Aurora's pasta salad. Aurora is a homeschooler and we are very pleased that she and Yvonne make the Co-op part of their weekly schedule. Recently Yvonne was accompanied not only by Aurora but also by two other youngsters who were visiting from Arizona. Between them, they chopped, diced and sliced all of the vegetables for the afternoon pizza - no mean feat! As winter comes on, I am sure you will all get the chance of once again enjoying Yvonne's incredible Minestrone Soup. Thank you Yvonne and Aurora, for your work.

I still work in the Deli on Mondays and Tuesdays and/or Wednesday mornings, and enjoy it as much as ever while profiting from the variety offered by my positions as cart barrista and cashier.

The Deli has much to offer. We are always trying out new recipes, whilst also producing your old favorites. And yes, vegans, we hear your cry. Many of the soups and salads already qualify, and we are working hard at offering a fair share of specials and treats in that category. Those of you who do not embrace the vegan diet - try the products anyway - they taste good!

Continue to let us know your needs and ideas, and enjoy the food!



Let's meet at Main Street deli & bakery for lunch. Their new sandwiches are wonderful!

Did you know the garden area and the dining room are no smoking now? It's the perfect place for lunch! See you there!

~ Noelle

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Staff Profile: Bennett Barr

by Linda Canary



When I think back to our conversation at the Vox (see Business Partner Profile), the word that comes to mind is nice — it was a nice day, nice conversation, nice place, and nice guy. Bennett Barr is an all round truly nice person as far as I can tell, and I enjoyed hearing this 25 year old talk about his aspirations. And if it's true, as he said, that the only thing that makes him mad is getting parking tickets downtown, then I suggest all you single gals out there find out what shift he works and put yourself in his way. Bennett, a Moscow resident since January, hails from Emmett, ID. In the seventh grade he started wearing Birks, growing out his hair, and generally changing out of the Emmett Wrangler and cowboy boot scene.

His mother is an attorney who took the family traveling a lot in a big old van, and it sounds to me as though she has had a lot to do with the shaping of his open-mindedness. (Yeah, moms!) He is now enrolled at the law school here, his focus being environmental law, and when he's completed his schooling, he hopes to stay right here in Moscow and find a job. Now I wonder to myself if he's going to have to cut his hair, like my

brother-in-law did in kowtowing to the bench. (Remember that old Crosby, Stills and Nash song? "Almost cut my hair... it happened just the other day...") Anyway, I asked Bennett what he would do when he ran into corruption, if he thought it would change his basically optimistic attitude, and he replied, "Ideally, I want to teach."

Succinct enough. To the point, and I didn't press the issue. "So, what do you do for fun?" I ask. "I play the accordion and keyboards in a band, I work in the Coop, cashiering, doing produce on the weekends, and building pizzas on Fridays."

Bennett also gets out into the backwoods as much as possible; says that's his spiritual practice — to retreat into the woods. He's addicted to traveling. "Got that travel bug from mom." He writes an occasional editorial for the Argonaut and reads things like Thoreau's Civil Disobedience, and Edward Abbey's Desert Solitaire. When I ask him how he sees himself in ten years time, Bennett, without pause, says, "I see myself more involved in community, working for the community." Yes, he imagines he'll have a family. I sure hope so, I think he's coming from a great gene pool. I mean it. How could think otherwise about someone who has gone to see Baba Ram Dass, and whose favorite quote comes from Star Wars? "Stay on target."

Business Partner Profile:

The VOX

open 6:30 am - 3 am 7 days a week
located at Main and 6th, Moscow

by Linda Canary

Now just about everybody I know, knows Tim Waterman. He's the tall-drink-of-water guy with multiple hoops in his ears who used to work at Bookpeople, put on open-mike poetry readings at Mikey's, and was the director of the Idaho Writers' Connection. But not anymore. Tim is now the owner of the VOX. For those of you who have been gone all summer, when you walk into what used to be the Beanery, you will now be in the VOX which opened June 13. You will know that you are in a different place, like maybe Seattle. The VOX is cool. It has a lot of metal in it, corrugated. It is painted purple and green (one of this writer's favorite color combinations), and it still has incredible chocolate desserts. (I never even notice the other kinds, although I'm sure they have them since Tim says they even make wedding cakes there.)

Tim's whole concept of the VOX is as a community space — an intergenerational space where everyone's voice is heard. Hence the name. There is music almost every night. Poetry readings on the final Friday of the month, people working on their books, creating their own sandwiches from store-baked bread, and drinking really good coffee that is roasted right there. (He calls it the Red Square Roasting Company, a take-off on Moscow.) I've never seen such big croissants, and Tim says that they operate on the principle that "It takes fat to burn fat, although we do offer low-fat selections as well."

"So are you writing still?" I ask. "No," he says with a smile,

"but I am eating better." The Chef is Frank, a graduate of the NW Culinary Institute, and the floor manager is Niki. The baking is done by Jennifer. Tim washes the carafes and scrapes the waffle irons, at least that is what he was doing when I came in.

"The restaurant business is very demanding and risky, but I love this community and I want to have a place where it can come together."

Tim's favorite aspect of the whole venture is the people. He seems to know everyone by name, and shines his wide grin on everybody. Made me feel good. Tim will be serving wine and beer in the Fall, and he invites you all down for a meal. If you show your Coop card, you'll receive a free drink with your meal. And if you drink enough of that coffee, you'll be able to stay up until closing time — 3 am. Finally, a place for night owls.

Thanks, Tim.

坤
Karen Young

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Moscow ID 83843

- Please mail me my membership card(s)
- I will pick up my card(s) at the store

Remember: Members make the Co-op work

"Come Taste What We're All About"

by Kenna S. Eaton



Taste Fair 1997 was tremendous fun, and an excellent opportunity to sample all those **interesting foods** we carry.

Despite the 101 degree day, customers ate a lot of food. "Tofu Phil" of Small Planet Tofu, located in Newport WA., quickly whipped up a tasty stir fry that defied all our expectations of what tofu tastes like. Samplers raved about the recipe (see below) and asked for seconds. LaRocco Pizza of Spokane bake pizzas on our BBQ for a taste sensation (kudos to Nick who remained cool despite the heat), and Mary Butters of Paradise Farms sampled out her excellent humus and bean dips. Have you tried the black bean humus yet? It tastes great and it's good for you and the environment (ask us why!).

Our Co-op deli chef, Amy, created a pesto pasta salad that had little Cooper's mom asking for the recipe ("He never eats stuff like that" she confided). We drank

lemonade and smoothies, ate chips and cookies, and.... well you get the idea. If you missed out this year, plan to be at the next year's Taste Fair, sometime in the summer.

Congratulations to our T-shirt raffle winners (if you haven't picked yours up yet, Come on down): LG Hulse, Ingmar Salieri, Rose Conner, Lucas Cressler, Kurt Queller, Maja

Strand, Lauren Bender, Jan Kent, Kate Schalk, Tishan, and Gail Cochran.

Thanks to the manufactures and brokers who donated the T-shirts, and Kim who thought of the idea.

Small Planet Simple Tofu Stir-Fry

- 1 lb. Tofu
- 2-3 Tbs. Toasted sesame oil
- 1-2 lbs. mixed cut up veggies (carrots, broccoli, peppers, peas, corn etc.)
- 2-3 Tbs. Tamari soy sauce
- 2-4 cloves garlic (minced)



1-2 tsp ginger root (fresh or powdered)
 Drain and lightly press tofu to remove excess water. Cube tofu and set aside. In a large wok or frying pan, lightly sauté veggies in garlic, ginger, oil, and soy sauce. Add cubed tofu and lightly sauté until tofu is thoroughly heated. Serve over a fresh bed of brown or basmati rice. Simple, easy, enjoy!

Questions ? e-mail Phil & Small Planet at > small.planet@povn.com



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 Farm like you'll live forever."

-anonymous-

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Membership Forum

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Food & Nutrition

Reaping (and Keeping) Summer's Bounty

by R. Ohlgren-Evans

Tucking away some of the tastes of summer so we can conjure up fond memories of them during the winter is more than just a romantic notion: drying, canning, freezing and bottling surplus food in the season of plenty can mean more healthy foods for our families in seasons when these foods are not available fresh. What a delight to make your favorite dried tomato recipe from the produce you grew, or bought in season from the Coop the summer before. If you're concerned about chemical use in the growing or preservation of food, this is just another way that you can assure yourself that the food on your table is safe and nutritious.

I also appreciate the creative aspect of preserving my own food. You can adapt your food processing and packaging to meet your family's specific needs, setting aside your best efforts for mid-winter gifts. Canning my grandmother's dill pickles in late summer, is a touchstone to my creative heritage, and the hot kitchen shrouded in a herbed vinegar mist, is one I cherish every year. The hard part is making my family wait until Thanksgiving to open the first jar.

Deciding which method to use for putting up your food is a personal choice.

- Consider the size of your freezer, the utensils you have on hand (or intend to purchase), storage space, the process and packaging that suits your environmental concerns, and most important - how you like to eat and prepare the food. Freezing raspberries, for example, would be quite effortless - but it's not a fruit that I normally use frozen. Instead, I make a batch or two of jam (my family is most passionate about 'red' jam), and a bottle of raspberry vinegar (once you've got a bottle, you'll find endless uses!). My freezer space is small, so I use it for a few pie portions of rhubarb, blueberries, cherries and apples to accommodate our winter desert desires. Strawberries I also make into jam, and then I dry several quarts because it's a

nutritious sweet snack that takes up little space (and one that my 5-yr. old adores). And don't forget to freeze a gallon or two of freshly pressed cider - its snappy good taste is an incredible sensation in January. If you have space, you can freeze cider in plastic milk or juice bottles (just remember to leave an inch or two of expansion room) - I use doubled freezer bags.

Here are a few other ideas you might like. Remember to consult a reputable source for safety standards concerning food preservation - the Extension Office will supply you with latest USDA recommendations.

Moosewood Dilly Beans

The Moosewood Restaurant offers these intensely flavored beans which can be prepared on the spot anytime, or you can make enough to can using the water bath method. Serve as a garnish or side dish - a great picnic item.

- 1 1/2 c. water
- 2 c. stemmed green beans (about 3/4 pound)
- 2 Tbs. chopped fresh dill
- 2 large garlic cloves, pressed
- 1/4 tsp. red pepper flakes
- 1/3 c. cider vinegar
- 1/2 tsp. sugar or honey
- 1 tsp. vegetable oil (optional)

Bring the water to a boil in a small pot. Cook the beans, covered, for 3 to 5 minutes. Drain the beans when they are still bright green and just tender. Place them in a bowl and stir the dill into the warm beans.

Combine the garlic, red pepper flakes, vinegar, and sugar/honey in a saucepan and quickly bring to a boil. Simmer for 2 mins. Pour the dressing over the green beans and mix well. Add the oil if you like.

Serve immediately, or chill for about 20 minutes and serve later. Covered and refrigerated, Dilly Beans will keep for 4 days.

Oven-Dried Tomatoes

Drying in the oven is easy, and you can dry small quantities of food without investing a lot of effort or expense. Certainly, if drying food is something you enjoy and plan to do

often, you might consider investing in one of the many economical food dryers on the market today. Next time you've got some fruit that is slightly on the edge of ripeness, throw it in the oven.

To dry plum tomatoes, split them in half lengthwise, place them on a large drying rack set on top of a sheet pan, and sprinkle with salt and pepper and a bit of finely chopped rosemary or thyme. Place in a 190 degree F oven for about 8 hours, depending on the size and ripeness of the tomatoes. The tomatoes should be shriveled up and reduced to about half their original size when done. Their taste will be rich, sweet and slightly acidic.

**To plump and tenderize any dried fruit, cover with an equal amount of boiling water and steep for 10 to 15 minutes, until softened.

Raspberry Vinegar

Select any wide-mouth jar with a lid, and fill with as many raspberries as you have (any size jar will do, but a wide-mouth jar will be easier to empty and strain). Cover the raspberries with a mild white vinegar - I like to use rice or white wine vinegar. Cider vinegar will work, but the mild raspberry flavor and color will be sacrificed.

Set jar with lid on in direct sun for at least a month, at which time you can strain the vinegar through cheesecloth or coffee filters (my preference). Bottle the vinegar in any decorative bottle and use in any suitable recipe calling for vinegar. Makes a great gift.

Apricot Chutney

Great with any curry, especially as a side to rice and dahl (curried orange lentils).

- 1 c. cider vinegar
- 1 c. granulated sugar
- 1 c. brown sugar
- 1/4 c. mashed ginger
- 10 c. apricots, quartered
- 1 c. currants
- 1 tsp. crushed dried chilies (or 1/8 tsp. cayenne)
- 1 tsp. allspice
- 1/8 tsp. ground cloves

Bring all ingredients except apricots to a boil. Add apricots and return to boil; then lower heat and simmer about 45 minutes. Process in pint jars, in boiling water bath for 10 minutes. Makes 5 pints.

Drying Herbs

You don't need anything terribly high tech to dry herbs. Leaves and flowers can be placed on old window screens in a dry dark place. Or hang bunches of leaves on string in a dark, dry, well-ventilated place. Flowers are particularly in need of a dark place because the sun leeches out the nutrients, and they may even disintegrate.

Freezing Herbs

One way to preserve herbs is to chop the herbs (parsley, cilantro, etc.) then place into an ice cube tray. You can fit in a premeasured amount, i.e. one Tbs. Then add just enough water to cover the chopped leaf and freeze. You can pop out the cubes and store in bags and have the flavor of fresh herbs year round to add to soups and sauces.

Freezing Whole Berries and Cherries

If you're freezing berries to use for pies and cobblers, it makes sense to just prepare the fruit and freeze it in quart containers or freezer bags. But if you want to be able to remove a few berries at a time to put in your yogurt, try freezing the whole berries first on a cookie sheet, spreading the fruit out in a single layer, making sure the berries don't touch each other. Then you can store them together in a bag, and when you go to use the berries, they will separate easily.

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by: Robin Murray

September

Kids page

Did you know...

That the largest member of the deer family is the Alaskan Moose? The average bull moose weighs about 1,100 lbs and stands about 6ft tall but they've been known to weigh nearly 2000 lbs



LOOK FOR THIS BOOK AT THE LIBRARY:

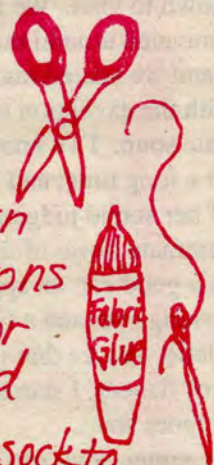


If You Give a Moose a Muffin
by: Laura Joffe Numeroff
illustrated by Felicia Bond

Try This:

Sock Puppets

you'll need: old socks
scissors
fabric scraps, yarn
felt, ribbon, buttons
fabric glue and/or
needle and thread



Put your hand inside the sock to prevent gluing or sewing together! Glue or sew scraps, yarn, felt ribbons and buttons to the sock to create an animal or person. HINT: to make moose antlers, use stiff fabric or cardboard. Trace your hand as shown &



cut out to make antlers. Glue or sew to the sock!

A Recipe:

Spice Muffins



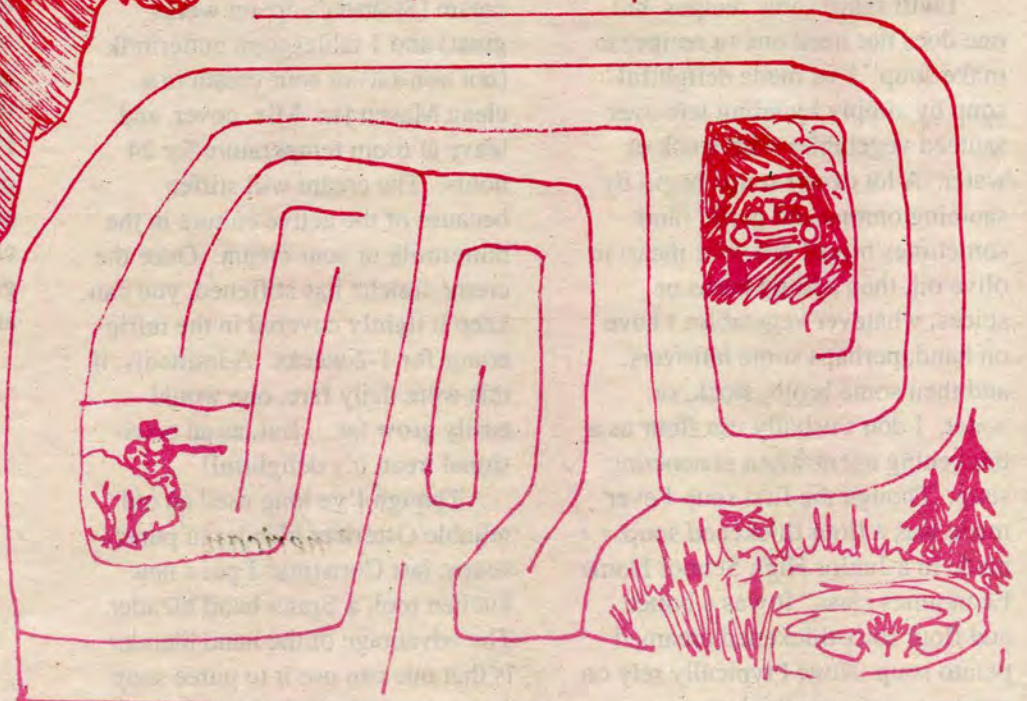
- 2 cups whole wheat flour
- 2/3 cup brown sugar
- 1 tsp. baking soda
- 1/2 tsp. salt
- 1/2 cup oil
- 4 tsp. vinegar
- 1 cup water
- 1/2 tsp. each: cinnamon & ginger
- 1/4 tsp. nutmeg
- 1/8 tsp. cloves
- 1/2 cup walnuts (optional)



In a large bowl, mix all dry ingredients. In a smaller bowl mix together all wet ingredients. Add to dry ingredients. Mix well. Bake in greased or lined muffin pan at 350°F for 25 minutes

JUST FOR FUN!

Help this poor lost Moose find his way home!



Summer and Soup

by Pamela Lee

My friend Sandy got me started on a soup jag. Last October she came to town to visit. We talked up a storm, traveled around the Palouse, and we shared many a meal. With the exception of breakfast, she ate soup. I've known Sandy for a long time, and I am certain of her sound judgement and her consummate sense of taste. She possesses a good ear, an appreciative discerning eye, and a finely honed palette. Aware that imitation is a form of flattery, I started eating more and more soup.

In the winter, soup can thoroughly warm ones' belly and bones. A large pot can last several days, and with each passing day, as the flavors marry and mature in the refrigerator, the soup tastes better and better still. In the summer, if one doesn't feel like standing by a hot pot stirring, cold soups can be deliciously refreshing fare. Soups made with simple vegetable puree can be light both in terms of calories and in how easy they are on the digestive tract. Hearty meat or cream soups can be satisfying enough to make a meal in themselves, perhaps with just bread or a light salad. Soups are remarkably versatile - they can be thick or thin, hearty and complex or light and simple. When you are accommodating the tastes and caloric preferences of a group of people, you can serve the toppings and condiments on the side, so each person can measure out their own dollop of cream fraiche or sour cream. And, each can add chopped chilies or chives to suit their own taste.

I will share some recipes, but one does not need one (a recipe) to make soup. I've made delightful soup by simply blending left-over sauteed vegetables with stock or water. A lot of my soups begin by sauteing onions and garlic (and sometimes bits of left over meat) in olive oil, then adding herbs or spices, whatever vegetables I have on hand, perhaps some leftovers, and then some broth, stock, or water. I don't usually use flour as a thickening agent when concocting soup. Though the first soup I ever made was a flour thickened soup, made in a Junior High School Home Economics class. It was a butter and flour roux thickened creamed potato soup. Now, I typically rely on potatoes or rice to thicken my

creations. If you use arrowroot, cornstarch, or potato flour to thicken soup, add it at the end, or it'll thicken briefly, but then thin with exposure to too much heat for too long. All three can be used in clear soups, as they won't cloud a broth. Before adding these thickeners to your soup pot, mix them until smooth in a bit of cold water (to avoid lumps).

I associate yogurt with chilled summer soups. If you add yogurt to a heated soup, do so with these precautions. Yogurt can curdle if heated to quickly or added to a soup that is too hot. Yogurt (in soup) should not be allowed to boil. Before adding it to a hot pot of soup, first remove a portion of soup, let it cool slightly, then mix it with your yogurt before adding the mix back to the pot, stirring.

Different precautions apply when using heavy cream in a heated soup. Cream cooked in a covered pot can curdle. Once heavy cream is added, leave the pot uncovered. When you add cream, it is recommended that the soup be returned to a full simmer. This both sterilizes the cream and keeps it from turning sour if the soup is stored overnight in the refrigerator.

Creme fraiche makes a wonderful (and calorie-laden) topping for soup. It is rich and deliciously fat tasting, like heavy cream, but tangy and complex, like sour cream. It's thick enough to sit decoratively on top of a bowl of soup and not sink, like cream would. Creme fraiche is hard to find in our markets, but it's easy to make. Combine 1 cup heavy cream (Stratton's cream works great) and 1 tablespoon buttermilk (not non-fat) or sour cream in a clean Mason jar. Mix, cover, and leave at room temperature for 24 hours. The cream will stiffen because of the active culture in the buttermilk or sour cream. Once the creme fraiche has stiffened, you can keep it tightly covered in the refrigerator for 1-2 weeks. Admittedly, if this were daily fare, one would easily grow fat.... But, as an occasional treat, it's delightful!

Though I've long used an old reliable Osterizer blender to puree soups, last Christmas I got a new kitchen tool, a Braun hand blender. The advantage of the hand blender is that one can use it to puree soup (or sauce) right in the pot. It is also

easy to clean - simply "blend" some soapy water, rinse, wipe dry, and it's clean. The disadvantage of the hand blender is that it works best with fairly thick concoctions. If the solid to liquid ratio is small, a regular blender works best. I've learned the hard way (by scrubbing soup off the kitchen cupboards, walls, and ceiling) not to overfill the blender and to hold the blender top down (firmly) with a kitchen towel. I don't like using my food processor to puree soups. This may be a personal prejudice, but I just don't think it works as well.

Before the recipes, I've a confession to make. I often substitute and change recipes. It is extremely difficult for me to adhere to a recipe strictly as it is written. With this in mind, I hope you feel free to try a recipe in this column even if you are lacking one of the ingredients; use common sense substitutions. If you can't, or don't want to use heavy cream, substitute milk, or rice or soy milk. I do make, then freeze, my own brown stock. But, if I don't have meat or chicken stock on hand, I use water (or vegetable broth). If you don't like mint, use another herb, more to your liking. Writing this monthly column has encouraged me to try more new recipes. I've habitually read cookbooks and food magazines for a long time, but in the past, I would use recipes as inspirational material - to inspire a dish, but not necessarily to follow. I hope you feel free to add to and change the recipes I've selected as your taste dictates.

I've been on an avocado binge this summer. Sure, they are expensive, but my, are they ever good: sliced, with salt, cayenne, and lemon or lime juice; in guacamole with lots of garlic and Parrot Tomatilla Salsa; and now in soup. This recipe (and the two that follow) are from a book I've very recently acquired, Splendid Soups by James Peterson. The author introduces the soup as "a cross between guacamole and gazpacho and is best after sitting for an hour. Serve it with tortilla chips."

Avocado Soup

makes 6 servings

2 garlic cloves, peeled
1 small onion, minced
2 jalapeno chilies, seeded and very finely chopped
juice of 4 limes
1 bell pepper, preferably yellow, roasted, peeled, and chopped

4 large or 6 medium-size tomatoes, peeled, seeded, and finely chopped
1/4 cup finely chopped cilantro leaves
2 ripe avocados
1 cup ice water
salt and pepper
tortilla chips
sour cream

In advance: Up to 8 hours ahead, crush the garlic to a paste in a mortar and pestle or by chopping it and crushing it on a cutting board with the side of a chef's knife. Stir the garlic paste, onion, jalapenos, lime juice, and bell pepper into the chopped tomatoes in a mixing bowl.

Add the cilantro leaves to the soup.

At the Last Minute: Peel the avocados, remove the pits, and dice them into 1/2-inch cubes. Combine with the rest of the soup and the ice water. Adjust the seasoning with salt and pepper to taste and serve in chilled bowls. Pass tortilla chips and sour cream

Suggestions and Variations: Try substituting yellow tomatoes for red or, better yet, make two different versions - one with red tomatoes and one with yellow - and serve them together in the same bowl.

Creamed Puree of Fresh Corn

6 servings

This soup is essentially creamed fresh corn that has been pureed and strained. You can leave out the jalapeno chilies and the thyme and just cook the corn with a little broth and finish it with cream, but the thyme and hot chilies give it a lovely Mexican accent and do wonders for its flavor.

4 T. unsalted butter
1 medium-size onion, finely chopped
4 garlic cloves, chopped
1 jalapeno chili, seeded and finely chopped
1 t. fresh thyme leaves or 1/2 t. dried
4 cups corn kernels, from 6 to 8 ears of fresh corn, or 2 10-oz. packages frozen
1 quart chicken or vegetable broth
1/2 cup heavy cream
2 T. finely chopped cilantro
1 t. sugar or more to taste
2 T. fresh lime juice or more to taste
pinch of cayenne pepper (optional)
salt and pepper
sour cream or grated Cheddar or Monterey Jack cheese
Tabasco sauce or finely chopped jalapeno chilies

Melt the butter over medium heat in a 4-quart pot and add the onion, garlic, jalapeno chili, and thyme leaves. Stir until the onion turns translucent, about 10 minutes.

Add the corn kernels and half the broth. Partially cover the pot and simmer the soup for about 15 minutes, until the corn kernels have softened thoroughly.

Puree the soup in a blender or food processor and strain it through a food mill with a medium disk or forcè it through a medium-mesh strainer. Add the rest of the broth - slightly more or less, depending on the texture you want. If you want the soup to have an even smoother texture, strain it again through a fine-mesh strainer.

Add the cream, bring the soup back to a simmer, and add the cilantro. Add the sugar, lime juice, and cayenne to taste. Season the soup with salt and pepper. Pass a bowl of sour cream or grated cheese at the table. I also make a bottle of Tabasco or some chopped chilies available for those who want the soup hotter.

Suggestions and Variations: This soup is particularly good with barbecued foods. Sometimes I put barbecued shrimp or chicken - taken off the bone and cubed - right into the soup. The spiciness of the soup is incredible with the smoky flavors from the grill.

Perfect Summer Tomato Soup with Tarragon Sauce

6 servings

This is the soup for the perfect tomato. It is best served from the height of summer to the end of September, when the best tomatoes are in season. If you can find them, try it with yellow tomatoes; or make both a yellow and a red version and ladle them out next to each other in the bowl.

The tarragon sauce is wonderful but not essential, so don't give up on the soup if you don't want to deal with it or can't find the herbs.

This soup is thick, and you may want to thin it with a little water or an ice cube or two (anything else takes away from its delicacy), but I like it almost the consistency of a stew so I can scoop it up onto slices of crusty bread. Serve hot or cold.

The Soup:

6 large or 10 medium-size perfect tomatoes, 4 to 5 lbs.
1 T. salt*
pepper

*Although this may seem like a lot, the salt not only functions as a seasoning but also draws the water out of the tomatoes and gives the soup a thinner consistency. Of course you can use less salt, but the soup may be thicker as a result.

The Sauce:

3 large fresh tarragon sprigs
2 t. olive oil
1/2 cup heavy cream or yogurt
salt and pepper
6 slices of country-style French bread, toasted

Bring a pot of water large enough to hold the tomatoes to a rapid boil. While the water is heating, put a colander in the sink. Plunge the tomatoes into the boiling water for about 20 seconds and pour the tomatoes and water into the colander. Quickly rinse them off with cold water. Keep rinsing until they have completely cooled. Gently peel away the skin with your fingers or a small paring knife. Slide the tomatoes in half crosswise and gently squeeze the seeds out of each half over a strainer set over a bowl. Strain the liquid. Save the liquid and discard the seeds.

Chop the tomato halves on a cutting board until they have the texture you like - I recommend leaving the texture on the chunky side. Put the chopped tomatoes in a glass or stainless-steel bowl and sprinkle with the salt and pepper. If the soup seems too thick, thin it with the strained juice from inside the tomatoes or add a little water.

Preparing the Sauce: Remove the tarragon leaves from the stems and put them on a cutting board with the olive oil, which will prevent them from turning black once they are chopped. Chop the leaves coarsely so their color remains and contrasts with the soup. Combine the chopped tarragon with the heavy cream and season the sauce with salt and pepper. Let the sauce sit for 30 minutes to allow the flavors to infuse in the cream. If you're serving the soup cold, chill it in the refrigerator.

Serving: Heat the soup if you're serving it hot. Stir half the tarragon sauce into the soup and pass the rest of the sauce at the table for guests to swirl into their soup. Serve the soup in wide bowls. Pass the French bread toasts.

Suggestions and Variations: Eat outside if you can; this is great al fresco fare. The tarragon sauce is wonderful, but basil, marjoram, and

cilantro can all be used for unique variations. You can also try more elaborate sauces such as flavored mayonnaises and vinaigrettes. Or try serving the soup with a bottle of extra virgin olive oil on the table as the only sauce.

This soup is also delicious served hot. If the weather suddenly turns cold and you want something a little richer, stir the tarragon sauce directly into the hot soup and add an extra 1/2 cup or more of heavy cream and you'll have the ultimate cream of tomato soup.

Membership Forum

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Can You Afford Not To Buy Organic?

L. L. Lündstedt

I recently decided to "go organic," but the decision took several months. In the past, I chose groceries according to their price. Money is tight, and I didn't think I should spend the money for organic food. Then, while working at the Co-op, I started noticing some characteristics about organic food and the people who bought it.

While cashiering, I began to notice differences between organic and commercial produce. Commercial apples are shiny with wax. Hmm, I thought. My car sure could use the wax, but not me. So I bought organic apples and liked the taste, and I liked knowing that I wasn't eating wax. After that, it was organic bananas—they too tasted better than the commercial. And then the carrots, and the lettuce . . .

I discovered that I wasn't spending much more money on organic produce than I had been on commercial produce. For one thing, I was eating all of the organic stuff while the commercial stuff sometimes withered in my fridge because it wasn't as appealing. Then I noticed that the organic produce wasn't always more expensive than the commercial. Frequently, prices were about the same and, on occasion, the organic stuff was cheaper!

I also met some of the folks who grew the food I was eating. Mary Butters and Nick Ogle of Paradise Farm Organics bring their products to the Co-op themselves. They like to talk organics. I like knowing the people who grow my food, the same way I like knowing the mechanic who fixes my car or the dentist who cleans my teeth. I trust them.

Working on articles for the Co-op newsletter, I inadvertently came across information on organics. While researching for an article on hydrotherapy, I read that AIDS patients were usually put on organic diets. This wasn't surprising, since I knew that cancer patients were put on organic diets. Heck, at least once a week someone walks into the Co-op and asks for help finding certain foods to meet a doctor-recommended diet—including an organic diet. But I had no health crisis myself that I knew of.

So I ate a few organic foods on a regular basis but didn't worry about eating commercial produce.

Then, on Sunday, July 6, 1997, a Seattle Times article on toxic fertilizers was reprinted in the Idaho-Spokesman Review. A few days later, NPR covered the story in its morning news. Maybe you read or heard it, or heard some of the co-op folks talking about it. It's the final reason that the co-op started buying organic produce exclusively whenever possible. It was enough to make me buy organic whenever possible.

The title of the article is "Toxins Relabeled Fertilizer" and carries the subheading "Hazardous wastes are being spread around nation's farms." Duff Wilson, the writer of this article, describes the discovery of Quincy, Washington, Mayor Patty Martin and a group of concerned farmers. They were trying to determine why their crops were bad and their cows sick. Although they didn't find evidence that conclusively names the cause, they were shocked to discover that toxic waste from manufacturing industries is legally used as fertilizer on American farms.

Recycling industrial waste as fertilizer isn't completely evil; recycling saves landfill space, and not all industrial waste is toxic. But there is no national regulation of fertilizers, and state laws are generally lax. According to Wilson, "Any material that has fertilizing qualities can be labeled and used as a fertilizer, even if it contains dangerous chemicals and heavy metals." These wastes are the products of incinerated medical and municipal wastes, wood-product slurries, iron, zinc and aluminum smelting, mining, cement kilns, and other industries.

The most startling example Wilson offers describes how a toxic by-product from Oregon steel mills is stored—by federal permit—in a Bay Zinc Co. silo in Moxee City, WA. Yet when the toxic by-product comes out of the silo, without any treatment, it's fertilizer, and thereby no longer a regulated substance.

The use of toxic fertilizers isn't limited to Quincy, WA. The Seattle Times investigated further and found that industrial toxic waste is used as fertilizer all over the country. When something does go wrong with crops and livestock and someone discovers or suggests a link to

toxic fertilizers, fertilizer companies and even some farmers are quick to take offense and go on the defense. Mayor Martin has been pressured to stop her investigation and has been threatened with a lawsuit by a local farmer. Wilson's article explains more about this controversy and is a must-read if you're concerned.

The discussion continues in the newspaper. Paul Lindholdt, a Spokesman-Review's Board of Contributors member, responds to Wilson's article in his editorial "Your Next Meal Needn't Come As A Toxic Shock." Some of his information is based on his experience working for a fertilizer company whose grounds later became a Superfund cleanup site. An organic food proponent, he points out that many people garden organically in their own yards: "Who, after all, would knowingly spray poisons on the food they and their kids eat?"

These organic home gardeners, however, often don't think about the foods grown with fertilizers and chemicals that end up on store shelves and in produce bins. If his own experiences aren't convincing enough, he recommends the book Toxic Deception: How the Chemical Industry Manipulates Science, Bends the Law, and Endangers Your Health by investigative reporters Don Fagin and Marianne Lavelle.

I'm looking for a copy of the book. I don't know if the situation is as bad as it sounds, and I want to know more about it. But until then, I'm eating organic. And I'm not the only one. The organic food business is purported to be about \$3.5 billion now and is expected to increase to four times that amount within the next ten years.

According to Curt Anderson in the news article "Government Readies New Rules for Organic Farmers," about 12,000 farms in this country are organic farms. The basic definition of organic, when you're not referring to body organs, pertains to something derived from a living organism. In that sense, all produce and meat is organic. But organic has become a special term in the food industry. When you walk into a grocery store and start reading labels, organic takes on a third meaning, one whose use is enforced by law: organic food is grown without the use of certain chemicals that are used in conventional farming.

Beyond the dictionary definition, foods that are organically

grown are produced, processed, packaged, transported, and stored under strict codes. They are grown without the following: pesticides, including herbicides (weed killers), fungicides (mold and bacteria killers), insecticides (insect killers), and rodenticides (rodent killers); growth-regulating hormones, colorings and waxes; and synthetic fertilizers.

Organic farmers do rely on the following: naturally produced fertilizers, beneficial predators, biodegradable herbal sprays, and health-promoting farming techniques. Organic farmers use natural fertilizers (composted manure, sea kelp and fish emulsion, rock powders, and plant matter) to help the soil retain moisture and essential nutrients. Using beneficial predators means encouraging ladybugs to hang out in your strawberry patch and eat the aphids. Mary Butters said that their farm was "an oasis" of ladybugs this past summer when the aphids hit our area. Some natural protectors are microscopic. *Bacillus thuringiensis* (BT) is a bacteria sprayed on cabbages to kill the cabbage looper. Biodegradable herbal sprays include garlic-thyme water solutions—those home-made concoctions some use on their backyard gardens.

Some health-promoting farming techniques are used by conventional farmers as well as organic farmers. Rotating crops, for instance, provides for a healthier soil than growing the same crop year after year in the same spot. Organic farmers increase soil nutrients and prevent soil erosion by adding decomposed plant material and by growing green manure crops, like clover, which is plowed back into the soil to add nitrogen.

Conventional farming, however, relies on chemical fertilizers that add nothing to the soil and make it susceptible to erosion. Furthermore, while chemical pesticides initially increase crop yields by killing pests, the pests develop resistance to the toxins and more powerful chemicals must be used. Chemical pesticides also kill many beneficial organisms and are washed into waterways. For example, Mary Butters said that the sprays used to kill aphids also kill the ladybugs that eat them. So organic farming is kinder to the environment than conventional farming.

Not many studies have been conducted on the nutritional com-

parison of organic and conventionally grown foods. A 1948 Rutgers University study and a 1993 Doctor's Data, Inc. study found organic foods to have higher levels of nutrients, but the studies are limited.

But many people buy organically grown foods for what is NOT there—the over 35,000 pesticides that may be used in conventionally grown foods. Numerous pesticides are systemic, meaning that they enter the plant tissue and cannot be washed or peeled off. Insoluble waxes may be combined with pesticides and sprayed on fruits and vegetables. Many of these pesticides are known to have long-term effects, including cancer, birth defects, Alzheimer's syndrome, and other degenerative diseases.

Sometimes the cost of organically grown food appears to cost more—but not always! Eating seasonally helps. This means, for instance, buying melons in the summer and not in the winter, not vice-versa. Eating seasonally not only saves you money, but it also provides variety in your diet.

But, yes, often the price of organic foods is higher. One reason for the higher cost is that organic farmers use more live bodies than machinery in farming. Did you ever do all of the planting, hoeing, weeding, watering, bug-picking, and harvesting in your own little garden? Mary Butters says that Paradise Farms Organics is run the same way—just on a much larger scale. Mary and Nick and their crew work long days to raise acres of vegetables and herbs the way you raise your own. For example, in foliar feeding, the natural seaweed fertilizer must be sprayed directly on the plants as someone walks the rows; flea beetles, which have no natural predators, must be picked off by hand. And despite all this hard work, organic farmers do lose plants to pests and viruses, and lower yields mean higher prices.

When you consider the amount of labor that goes into producing organic foods, the higher price doesn't seem that high. Even if the organic produce signs do have higher numbers than the commercial ones, a comparison of costs at the cash register doesn't reveal the whole picture. The prices of conventionally grown food hide the real costs of environmental degradation and human health. What will we pay in doctors' bills and pollu-

tion of habitat due to chemically grown food?

Unlike fertilizers, organic foods have to meet strict requirements. In order for foods to be labeled organic, they must receive certification from a third party agency. Washington, Idaho, Maryland, Texas and several other states have state programs, while Oregon and California have voluntary associations. These independent third parties inspect the farms, interview growers, take soil samples, and require the grower to sign an affidavit stating adherence to organic standards.

The effort it takes to make a farm organic is labor-intensive and doesn't take place in one season. That's why you may see some fruits and vegetables labeled as **transitional produce**. This refers to food that is being grown organically but hasn't yet met the strict certifiably organic code. You may also see signs proclaiming produce as **local no-spray**. This means that the store is relying on the integrity of the growers who say they haven't used non-organic methods to raise their produce.

Whereas organic farmers are closely regulated, marketers and distributors have not been as closely watched. With the increase in organic foods' popularity comes the temptation to make a fast buck off the unwary consumer. Marketers and distributors have been caught passing off commercial produce as organic. Fortunately, this means jail time for them, so the crime does not go unnoticed nor unpunished.

One event that will help stop unscrupulous middlemen is the upcoming national standards for organic food products. The Department of Agriculture, aided by a congressional 14-member National Organics Standards Board, will soon release regulations and require federal certification for handlers, processors, and marketers as well as organic growers (if it hasn't happened by the time this gets to press). When this happens, the entire process of the organics industry, from field to shelf, will be closely watched.

Some of the Board's recommendations are in line with existing state requirements and the Organic Trade Association. For example, fields have to be free of prohibited substances for at least three years. For processed foods, such as canned soup, to be labeled "organic," they

must contain at least 95% organically grown ingredients. Organic livestock would have to be fed organic feed and be raised in uncrowded conditions. Growth hormones could not be used, but antibiotics could if the animal was ill. A controversial point is the classification of genetically modified plants and animals as synthetic and therefore not organic.

A final statistic: Americans pay 11 percent of our average national income for food, according to Lindholdt, while the rest of the world pays up to twice that amount. So we've got cheap food—cheap, chemically grown food. You get what you pay for. Sometimes you get a lot more.

There's a lot of reasons to buy organic foods. Do it for your health; don't wait for a health crisis. Do it because it tastes good. Do it because you want to let the chemical farming companies know what you think. Do it because you want to support organic farmers. Do it because you want to help save and protect the environment. Do it because it impresses your dinner guests. Above all, buy organic and appreciate this food that is grown with such principled care.



Co-op Cooking Classes

Indian Cooking

Sept. 10th

Cooking with Tempeh

Sept. 11th

Home Brewing

Sept. 17th

Cooking with Herbs

Sept. 24th

Cooking with Tofu

Oct. 9th

All classes
6:00 - 7:30 pm
at the Co-op
\$10 for members
\$15 for non-members

ENTHUSIASM by J. Thaw

A love for the present or a respect for the past or a plan for the future
attractive like a laughing face and honest like a child
the naturalness of a constantly changing rhythm
how death keeps us all together in life
time and energy that is the one condition for love
moments of touch and ages of feeling and eternities of reflection
imagining and making a world without time limits

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-HOBBIES-

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Rebel With A Cause

by John A. Hauser, MBA

Our Co-op is at a crossroads. Sales have been flat. And other grocery stores, like Safeway, Dissmores, and Waremart offer many of the same products as does the Co-op, often at lower prices. Informed sources say that Huckleberry's (a regional chain specializing in natural and organic foods) will soon open a store in Pullman. But we can survive, even flourish, in this highly competitive environment. Here's how...

This won't be easy, and you've got to keep an open mind. And we've got to consider some "radical" ideas. We need to think of the Co-op as a business. Not to maximize profit, but to have the money we need to invest in the things to keep us competitive. One of the first things I'd like you to consider, even if we need to take out a loan, is an investment in modern cash registers and inventory tracking system. So we can better understand and adapt to the buying patterns of customers. An inventory control system could help avoid "stock-outs." When an usually carried item is not on the shelf, customers may go somewhere to find it and may never come back.

We've got to specialize (called "niche" marketing) in the areas that we can do better than our competition. This means providing goods which other stores don't or competing on price for those they do. Our selection of cookies might be an example something the other stores don't offer. We could buy water and

soymilk in bulk and compete on price. And maybe we shouldn't offer ordinary canned goods or vitamins. These items take up much needed space and we can't compete with the likes of Waremart or Wal-Mart. This may mean that we'll have to go somewhere else to get these things.

I'd also like to see the distinction between members and non-members eliminated. In particular, the Co-op should be open to everyone, with no discounts, and no need to show our membership card. I don't particularly enjoy being asked for my membership card every time I check out. And it must be uncomfortable for the general public to be treated differently just because they're not a member. Why make this distinction? We can still have membership, but with different privileges, like voting rights.

I'd like to increase staff pay for the lower paid workers by 40% and link future increases in pay to the Co-op's profitability. We should also offer health and retirement benefits. I'd eliminate shopping discounts for management, staff, board members and volunteers. Workers should be rewarded for a job well done, and not arbitrarily based upon how much they buy at the Co-op. Volunteers should be true volunteers-unpaid. For those jobs that must be done we'd pay our workers a decent wage.

We need to think differently about where the Co-op is heading. These radical ideas are just the start.

Debate Over Discount/ Mark-Up Structure Continues

by Ken Nagy

The Moscow Food Co-op Board of Directors held a member forum on Wednesday, August 14th to discuss the possibility of changing the way we give discounts to members and mark-up prices to non-members. The present method is to not mark-up shelf prices to non-members and to give a 2% discount to members. The Board of Directors is considering going back to a previous system used at the Co-op in which non-members paid a surcharge on shelf prices and members got their purchases at shelf prices.

The Board is considering this change due to a drop-off in membership which they feel coincides with the time when the old system was changed to the existing one. They believe there is not enough incentive to join the Co-op as a member under the present system. In the past, many non-member shoppers would join as a member when informed that they would have to pay a 7% surcharge if they didn't purchase a membership for \$10.00. Many realized that their membership would pay for itself in just a few shopping days at the Co-op.

Unfortunately, some employees experienced angry customers at times. The employees felt that the customers' lack of knowledge of the surcharge beforehand led to a perception of bait-and-switch. Hence, the present system where there are no such surprises in store for customers when they make their purchases.

Needless to say, some of the employees who have been around since the days of non-member surcharges are resistant to going back to the old system. Many newer employees who have not experienced the old system are not so sure the present system is best. However, some think that it is appropriate for a member-owned co-operative to charge non-members a surcharge, even as high as 10%. It was mentioned at the meeting that one co-op elsewhere in the country has a 30% mark-up to non-members.

It was suggested at the meeting

that if the main intent in doing away with non-member surcharges was to avoid customers "going ballistic" at the register when informed of the surcharge, perhaps a double-pricing system would resolve this problem and make it possible to return to a surcharge again. With double-pricing, each item on the shelves would have a price tag that showed two different prices—a member price and a non-member price. Thus, there would be no perception of bait-and-switch and the non-member customer could see in black and white the potential savings if a membership is purchased. Employees have pointed out that double-pricing would increase their workload although there is no consensus on whether this increase would be significant. Some employees support double-pricing.

The Board of Directors is open to input on the subject and invite any member with an opinion or suggestion to contact them individually or to attend the next board meeting on September 11th at the Co-op or attend the next member forum on September 25th.

While there is little consensus on which is the best system to use, everyone agrees on one thing. It is very important that the Co-op increase its membership and the sooner, the better.



Wholegrain Bakery

FRESH BAKED, ORGANIC, NATURAL
EVERY DAY

Moscow Food Cooperative
a multi-natural corporation
310 W. Third, Moscow, Idaho

*Monthly Meetings
at the Co-op*

Board of Directors
meet
Second Thursday
5:30 p.m.

Finance/Legal Committee
meets
First Friday
Noon - 1 p.m.

Everyone is Welcome!

Bicycling in Moscow

by Robin Murray

The City of Moscow is getting more and more bike-friendly. We now have bike lanes on both Sixth Street from downtown to campus and on Third Street from campus to the Palouse Empire Mall. I notice because my bicycle is my primary mode of transportation. Unfortunately, I can't say that the drivers of Moscow are equally as friendly towards us peddle-pushers as are the city planners. Part of the problem I'm sure is just plain ignorance, part of it is that they don't always see us, and part of it is hostility, especially by those folks who have encountered one too many erratic cyclists.

So here is my message to motorists:

1. Cyclists have a right to use any street that a car has the right to use.

2. When we exercise that right, you must treat us as if we were a slow-moving car in front of you. Pass only when it's safe and respect our signals.

3. There's a good chance we are moving faster than you think. NEVER try to squeeze a right turn in front of us. Most cyclists I know have been nearly or actually hit by motorists doing just that!

4. If we are stopped at a stop sign and you do not have one, don't yield the right of way as if we were a pedestrian. If we are in the crosswalk pushing our bikes, feel free to stop, but when we're using the road, treat us as if we're just another car.

5. Note when there's a bike lane. If you need to cross the bike lane to make a right turn, remember that the cyclists have the right of way and like I said in #3, we are probably moving faster than you think! Commuters often ride at 15+ miles an hour.

6. Look for us! Our numbers grow daily, especially as gas prices rise and parking becomes more difficult.

Now a word to cyclists:

1. Be visible. Choose noticeable colors for your helmet, such as white or bright yellow, and accessorize heavily with reflective material. Make a fashion statement!

2. If you ride at night, you must have a light. Reflectors are not enough. The police may ticket you without one, or worse yet you'll get hit by a car.

3. Wear your helmet. I didn't consider this important until I met a man once who had been hit without one. He now has to wear one at all times because his skull no longer protects his brain. He is no longer able to ride a bike, or feed himself for that matter. He was an engineer, now it takes him five agonizing minutes to spit out a sentence. He can't hold a pencil. The worst part? He knows what he lost. His memory and intelligence weren't damaged. Wear your helmet.

4. If you ride on the sidewalk, lower your speed. In busy pedestrian areas, five miles per hour is too fast! I've seen many people nearly run over by cyclists while walking down Main Street. If you need to get there quickly, use the road.

5. If you use the road, obey the rules of the road. Always use hand signals when turning or changing lanes and use the lane appropriate to your direction of travel. Make left turns from the left lane and don't go straight through a right-turn-only lane. If you feel uncomfortable on the road, slow down and use the sidewalk or get off and walk. (I sometimes do this on rainy nights when the traffic is heavy.)

6. NOTE THESE EXCEPTIONS TO THE RULES OF THE ROAD: According to Officer Lindquist of the Moscow Police Department, cyclists do not necessarily have to stop at stop signs. You may treat it as a yield sign. Also, you must stop at a red light but if the way is clear, you do not have to wait for it to turn green before proceeding.

7. Moscow does have a bicycle-licensing ordinance. I have my license, do you have yours?

I must say, most of my friends have had multiple unpleasant experiences with cars while cycling, but I haven't had any problems lately. Maybe it's because I seldom ride to campus anymore, sticking mainly to Third and A Streets. My last narrow escape was almost a year ago now and I ride to and from work every day. Nowadays, about once a month someone leans out their car window and thanks me for signaling or compliments me on my cycle driving. Maybe the motorists are getting conscious of those of us who commute on two wheels instead of four.

Happy Anniversary, Women's Center

by Kenton Bird

The University of Idaho Women's Center is 25 years old this month. And I remember this much about that time.....

The year was 1972. George McGovern was challenging Richard Nixon for re-election. The Watergate burglary had occurred the previous spring but never became a major campaign issue that year. Idaho State University President Bud Davis and Congressman James McClure were in a tight race for a U.S. Senate seat from Idaho.

In Moscow, the legal drinking age was 19, and the popular student watering holes included the Rathskeller (now Waterman's Floor Covering) and Mort's Club (now Howard Hughes Appliance). Three buildings were under construction at the western edge of the University of Idaho campus: the Performing Arts Center (now the Hartung Theatre), the College of Law, and the west wing of the Agricultural Science Building.

I came to Moscow in August of 1972 to enroll at the UI. That semester, the Women's Center opened on the first floor of the Administration Building. I wasn't aware of its existence, however, until spring semester. As a cub reporter for the Argonaut, I was assigned to cover a noon-time presentation on the results of a study comparing salaries of male and female faculty.

The resulting story appeared on the front page of the Argonaut on Feb. 6, 1973, one of my first bylines in the student newspaper. The headline read: "Women discriminated against in UI salary scale." I quoted the report's analysis of the disparity in salaries: "Although much of the inequity is based on ignorance and social custom, rather than malicious intent, it does not help the women on the faculty and staff get equal treatment as far as salary and promotions are concerned."

The creation of the Women's Center in 1972 and its prominent location—across from the President's Office—symbolized the beginning of a change in attitude toward women on campus. I commend former UI President Ernest Hartung for his vision in

helping to establish the center and his other efforts to improve the university's treatment of women.

One measure of progress is in the increase in numbers of women students. When I was a freshman, men outnumbered women in the student body by nearly 2 to 1. Today the ratio, is closer to 50-50. I'm especially pleased to see the number of women students in disciplines that had been almost exclusively male, such as law, engineering and natural resources. Idaho's economy is well served by a more diverse work force, and the UI has certainly contributed to that in the past 25 years.

To celebrate the anniversary, Women's Center staff is planning an Open House, more noon programs, and an anniversary banquet. For more information about these activities, call the Center at 885-6616. And plan on attending the Open House at the Center on Wednesday, September 3, from 10 a.m. to 2 p.m., for cake and other refreshments as well as exhibits.

There are two noon-time programs planned for September. On Wednesday, Sept. 17, Gary Williams will discuss Julia Ward Howe. On Tuesday, Sept. 23, Stephen Simko will talk about Hospice of the Palouse.

The big event is the banquet at the University Inn. This is the only event that is not free (cost \$15), at 5:30 p.m. the no-host social and at 6:30 p.m. the banquet.

Please plan on attending at least one event to help celebrate the UI Women's Center 25th Anniversary!

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THE CO-OP

BULLETIN

BOARD

The UI's Women's Center

Wednesday, September 3, 10:00 a.m. - 2:00 p.m.
 UI Women's Center 25th Anniversary Open House
 at the Women's Center
 (cake, time line exhibit, logos over time, photos, 25 years
 of Argonaut coverage, refreshments and more!)
 Everyone welcome!

Wednesday, September 17, 12:30-1:20 p.m.
 Gary Williams, UI English Dept., discusses and reads
 from his new book on Julia Ward Howe (Battle Hymn
 of the Republic, Mother's Day). Specifically, he discusses
 her experiments with "forbidden" writing.
 UI Women's Center Lounge

Tuesday, September 23, 12:30-1:20 p.m.
 Stephen Simko, Hospice of the Palouse, presents
 "Hospice: A Shared Journey" featuring patients, family
 members, and workers.
 UI Women's Center Lounge

Landscape Connections conference

how to restore the Northwest
 with ecological
 connections like greenways
 and corridors

September 19 and 20
 WSU
 335-0945

FALL Barter Fairs

- Ferry County Barter Faire
 Sept 19-21
 north of Republic WA
 509-684-6656
- Santa Barter Fair
 Sept 6 & 7
 near Santa, Idaho
 208-245-4381
- Columbia Barter Fair
 October 10-13
 north of Northport WA
 509-732-8845
- North Country Faire
 September 12-14
 south of Colville WA
 509-684-8629

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Farmer's Market Music - September 1997

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|------------|---|
| Sept. 6th | Pullman Concert band |
| Sept. 13th | The Coyote Band - Blue grass (free bike repair) |
| Sept. 20th | Gallactic Tofu Farmers - light rock |
| Sept. 27th | Border Highlanders - bagpipes (International Day) |

* all bands perform between 9:30 a.m. and 11:30 a.m.

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

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

Harvest Festival at Koppel Farm

The third annual Harvest Festival will be held at the
 Koppel Farm on Saturday, September 6th, 10:00 - 2:00.
 The festival will feature activities for the kids, food
 workshops, exhibits, animals and more. Local musicians
 will be performing, as well as children from the garden,
 including the youth winner of the 1997 Jazz Festival.
 There will also be fresh garden produce and fall bulbs for
 sale.

Location: at the intersection of Professional Mall Blvd

The Auditorium Series presents

Renowned baritone Sanford Sylvan
 and pianist David Breitman

Performing
 Schubert's song cycle *Die Schöne Müllerin*
 and short piano works in celebration of the
 Schubert bicentennial

Tuesday, Sept. 23 at 8 pm
 University of Idaho Auditorium
 Tickets \$8 (student), \$12 (senior) & \$14
 Preconcert talk on the Schubert cycle begins
 at 6:45

For more information, or a series brochure, please call
 885-7557

at the Co-op...

Membership Forum
 September 25
 7pm, upstairs at the Co-op
 Be there. Be heard.

Bringing Home the Harvest 3rd annual Farm and Market Garden Tour

sponsored by Palouse-Clearwater
 Environmental Institute
 tour Moscow/Pullman
 area Sept 20
 tour Kootenai/Spokane
 counties Sept 24
 tour Clearwater valley
 region October 18
 for more info, call
 PCEI 882-1444



Wild Idaho North

Saturday, September 13, 1997

A Cross-Border Conference on Endangered Species,
 at Seven Oaks Center, Bonners Ferry, ID

Learn more about Caribou, Sturgeon, and Grizzly Bear
 in North Idaho and Canada.

Cost: \$20 each includes lunch and dinner.
 For more info, call Larry at Idaho Conservation League
 882-1010,

or send e-mail to lmclaud@moscow.com

Writers and Readers Rendezvous

October 10-12

Shore Lodge, McCall, Idaho
 enrollment limited, cost \$50
 (800) 632-6586, ext. 3492