

Day-News  
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April  
1998

# MOSCOW Food Co-operative



Community News

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## HAPPY 25<sup>th</sup> Anniversary MOSCOW CO-OP!

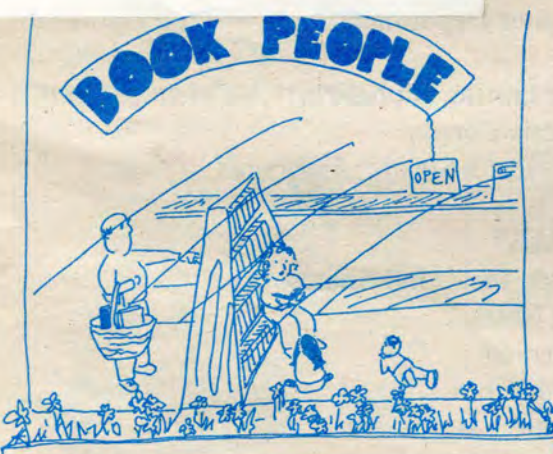


by Peter Luis Basoa

This is a tale of time and a town of now and then. 1974 was a particularly good year for Moscow: possibilities and changes were in the wind. I came to visit my brother and to attend the town's annual Blue Mountain Rock festival. There was lots of live rock & roll, holy smoke, and "naked" to get away from cities and was searching for "a good" the bill so I went back to Portland, packed all my stuff in a, ready to participate in all that was happening.



MOSCOW FOOD COOP  
310 WEST THIRD  
MOSCOW ID 83843



new students with money to spend, and a sense of community. There was a Recycling Center: a slanted, shaky shack, seemingly stapled together. "Bookpeople" was a worker-owned book co-op. A restaurant called O Joe Hall's, started by four guys who came to Moscow from Cuba, via New York. I still remember getting their steamed rice and vegetables. Yum. A self-described "psychedelic ski-bum," passing through town bought an abandoned church. He already owned the Crystal and the Sunshine Theaters in Montana, so he brought in equipment and seats and created the "Micro" theater. My first job was installing the seats (with my brother) and taking tickets. The sk... moved on, to the U.S. government's marijuana fields in Mississippi. KUOI was pumping out progressive music and the sometimes operating three hours a day! I gathered so and we convinced the UI School of Communication and create programs. We created

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RADIO FREE Moscow: more music for dancing in the streets... The Renaissance Fair bloomed at East City Park. There was also a bulk food buying club, started in an apartment. In 1973, Rod David, Jim Eagan, and David and Katie Mosel took the next step and opened a storefront. The GOOD FOOD STORE'S first month's sales came to \$126.88; the second month's sales were \$1,100.00. In 1974 they incorporated, with twenty five members. The next year, they changed the name to Moscow Food Coop, and moved to South Main Street, across from the Fire Station. Constantly growing and juggling the details of pricing systems, volunteers, work parties, board structures, meetings, workshops and surveys.

In 1976 the MFC decided to hire a janitor and write down the bylaws.

(continued on page 15)





# Co-op - News

## Election Results Are IN!!

by Kenna S. Eaton

It was the best Board of Directors election ever—we had six candidates for four positions, and over two hundred of our members took the time to vote. Definitely a record!!!

In previous years, members elected their directors at the Annual Membership Meeting. This changed last year when we revised the system to mail-in ballots. We did this because we felt that every member should have an opportunity to vote, not just the folks who turned up at the meeting (traditionally about 30 members). Last year about 100 members voted, and double that voted this year.

So, now you want to know who won, right? Well, the four winners are: Mimi Penguilly, Ernie Biller, Jim Gale and Suzanne Peyer/John Hermanson. Congratulations, everyone. "Thanks" to everyone who ran but didn't win—we appreciate your commitment to your Co-operative.

The winners were announced at this year's "Amazing Annual Membership Meeting." At the next regular meeting of the Board, our new directors will start their three-year terms.

Remember, members are always welcome to attend Board meetings. They are scheduled for the second Thursday of every month, and usually start at 5:30 pm. Meeting notices and minutes are listed on the Member Information Board above the shopping carts.

## The Price Is Right!!

by Kenna S. Eaton

One of the most commonly added comments on our last shoppers' survey was "Lower your Prices." Being a manager who takes these things seriously, I decided to conduct a price comparison study of my own. I created a list of our top-selling packaged and bulk items, and added to that our distributors' 100 top-sellers. We spent time comparing our prices to those of Rosauers, Waremart and Tidyman's, and the results are extremely interesting.... Tidyman's and Rosauers consistently have higher prices, while Waremart usually undercuts us by only a few pennies.

Price comparisons can be deceiving though, especially when many of the items we carry or make are totally unavailable in other stores. For instance, our unusual varieties of homemade breads, organic produce, Stratton's milk, local farm eggs, and locally-grown or produced items. It's true you can go buy bread anywhere for 99 cents a loaf, and it's also true that our bread costs more. But for that bit of extra money you are getting a much different product—one that is made fresh daily with certified organically-grown products, and made by people who really care about what they are doing.

Another glaring difference is that **nobody carries the selection we do!!** Out of 56 items selected for comparison, Waremart carries the most, 10. That's 46 top-selling items you can't find anywhere but at the Co-op! This makes it hard really to compare our prices to anyone else's. For what price tag can you put on your community or your health?

### Sheri L. Russell

(formerly Sheri L. Ryszewski)

◆ Attorney At Law  
◆ Certified Professional Mediator

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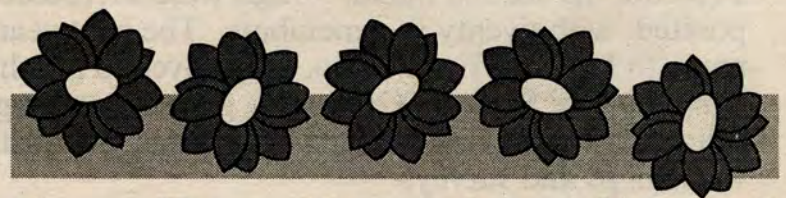
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S P R I N G



# A New Twist on Bulk

by Vicki Reich

As always, something new is brewing at the Co-op: modern technology has arrived and we will be switching over to a PLU system for checking out your bulk purchases. What, you may ask, is a PLU system? Well, it literally stands for Price Look Up, which probably doesn't help much. This is a code system for pricing bulk products. We use it right now in the produce department so you don't have to memorize the prices of all the produce and the cashiers don't have to keep up with fluctuating prices. Every produce item has its own code and the register (computer) is told on a regular basis what the price should be for that code. We're going to be doing this with all the bulk products in the store. Right now we are just at the set-up stage, and we probably won't have the whole system up and running until May, but I wanted to let you know since it will mean a small change in the way you, our customers, shop. Here's what we're going to need you to do: Know The Code. It's just that easy. Instead of writing down the price per pound, we need the PLU number. You'll start seeing the new numbers on the bins at the end of April. The price per pound will still be there, but right next to it will be a four-digit code. That code is all we need to know.

You might be wondering why go through all the hassle of setting up this system, when writing down the price per pound does the trick now. There are a bunch of advantages to the shopper, the cashier, and the business. For shoppers, all the

bulk purchases you make will be detailed on your receipt, making it easy to check over your purchases. For those of you who reuse your containers, you only have to write down the code once, no more crossing out old prices, because the codes won't change. And no more having to run back to the bin for a price you forgot. All the codes will also be up at the register, so the cashier can look them up for you, but please try to remember to write them down anyway. The system should help speed check out. The store benefits by having an accurate accounting of the movement of our bulk inventory. Hopefully, this will help with ordering and eliminating out-of-stock conditions.

At this point you might be asking yourself, how do I know the price in the register is the same as the price on the bin? The system we are setting up will allow us to change the price in the computer and on the bins at the same time. Our distributors let us know of any price changes so we can immediately update them. Of course, there will be a learning curve involved with all of this and we ask that you bear with us while we make this change. If you notice a price difference between your receipt and the price on the bin, please let us know **right away**. We will credit you the difference and remedy the situation immediately. So, look for the new codes and signs around the store to start appearing soon. If you have any questions, please ask a cashier, or find me in the store.

## Help Wanted:

Are you looking for a Co-op volunteer position that has extra-flexible hours and doesn't require you to actually be at the Co-op? Do you like to talk to people and ask them questions? Can you write or type, even sort of? You could be our next Profiler of Business Partners. The Co-op Community News needs someone to interview Business Partners for a profile article each month. You earn a bigger discount on your purchases at the co-op and get to meet some great people, too. So, if you're interested in seeing your byline in this newsletter, call Bill London at 882-0127.

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Karen Young

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# The Buy-Line

by Vicki Reich

I stopped chanting my spring mantra this week. After several glorious days of sunshine and warmth and then a day of snow and hail, I knew it was truly spring on the Palouse. The big news around here for spring is the new PLU system for bulk purchases. You can read all about it in an article elsewhere in the newsletter.

## Here's what else is new in the store.

Spectrum Only Olive Spread—a spreadable olive oil that will go great with that fresh loaf of bread.

Clif Kicks—these are a cross between an energy bar and a granola bar in four yummy flavors.

Organic Linguini—in bulk.

Choice Herbal Chai—another tasty organic tea from Choice.

Lightlife Teriyaki Savory Seitan—I finally found seitan that doesn't leak all over the cooler and it taste good too.

Rennettless Swiss Cheese—an addition to our great cheese selection.

Mocha Balance Bars—these were a customer request.

## And on the Suggestion Board this Month....

Can we get Quinoa Pasta? Especially spaghetti, linguini, etc.????? We carry lots of different kinds of Quinoa pasta in our bulk pasta section. If you have trouble finding it, just ask a cashier.

Any plans for free range chicken? I'd love to carry free-range chicken and organic beef but we are pretty limited on space right now so it will be a while before you see any. I can special order free range chicken, turkey, duck and goose.

Burt's Bees Lipbalm? We still getting it? Yes, it's back.

Please stock mocha-flavored Balance Bars. They're here.

Seventh Generation toilet bowl cleaner. Can we get it? You can special order it, but I don't have enough room to stock it.

I think you should have more flavors of pudding? I think we have a pretty good selection. Is there a particular flavor you wanted?

The new membership benefits are elitist, uppity, and too restrictive to non-members. Sorry you feel that way, but we are a co-operative and we're here for our members. I suggest you talk to a Board member

about your feelings. Their phone numbers are in the newsletter.

Puffs and Honey cold cereal. This isn't a big seller when it's not on sale. I'll bring it back whenever I can get a deal on it.

The outside write/erase note board always gets my attention—now I keep up with those things! Thanks for the feed-back, we really appreciate it. And we'll keep putting important info on the board now that we know someone is paying attention.

Please get Nancy's organic, nonfat plain yogurt or another brand of organic nonfat yogurt. Thanks. Since you asked so nicely, I'll bring some in.

Please carry Choice organic Earl Grey tea, thanks. Okay, I'll bring that in too.

Once again—can you **please** get pappadums? Sharwood is a brand name available in Spokane? I'm sorry, I wish I could get pappadums but the brand we used to carry was discontinued and the Sharwood brand is not available through any of our distributors. I'll keep looking.

And from the mouths of babes: "keep up the good work! I sodas are GREAT Their not like others, THEIR BETTER." I agree, and I hope you're eating lots of organic fruits and vegetables with your sodas.



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# Spring Kitchen News

by Amy Buratto, new Kitchen Manager

Welcome to the kitchen calendar of events. As of the beginning of March you may have noticed our breads changing a bit—sizes, shapes, designs, textures, tastes etc. Due to the departure of Heidi, along with a few of her favorite breads recipes, we, Nikki and I, have been experimenting with some new sponges, starters and recipes. Please bear with us in these initial phases of reconstruction.

I would like to introduce some new breads, names, and styles of some familiar oldies.

Sunday: will remain the same.

Monday: Whole Wheat will be vegan—meaning it will be made with molasses instead of honey—a nice twist and flavor.

Palouse Bread (new)—will feature local grain and bean flours. All else remains the same.

Tuesday: I would like to introduce a Pumpnickel Bread here. I like the recipe and the flavor combinations. I think it will accompany the unique variety of breads on this day well. All else remains the same.

Wednesday: Tomato Garlic is moving and Caraway Sour Rye will find its home here. We will also be offering the calzones, with or without cheese, every Wednesday. All else remains the same.

Thursday: Lemon Sourdough is gone but will be replaced by a lovely loaf of Semolina.

Pain du Campagne will now be Pain du Levain—again, a nice rustic loaf of bread.

Mrs. Cheezmo's Garlic Herb is being replaced with Roasted Garlic Herb Bread.

If you miss the cheese in this bread, we may consider adding some—any suggestions? All else remains the same.

Friday: Basically remains the same. Samosas are the regular lunch delicacy as with Pizza pulling up into the early evening hours for your enjoyment.

Saturday: Well, this day has some pleasant surprises. Let's see, Calmata Olive Bread has acquired a friend whose name is Rosemary. So half of the loaves will be Calmata with the other half Calmata/Rosemary. Tomato Garlic makes its appearance on this day flanked by a Crusty Pesto Baguette or Round. We will also have a nice Cinnamon Roll for your breakfast pleasure

and Buddha Buns for a lighter offering at lunch. And, yes, many, many, Pesto Rolls. Enjoy! Occasionally we will offer specialty breads, a daily wheat alternative, as well as vegan and/or gluten-free baked goods. Also, watch for a new Bakery Schedule coming for your enjoyment soon.

The Deli has a new face with a familiar name (Amy). Please help in welcoming her.

As always, our Deli is churning out many sandwiches, soups, salads, specials and baked treats. We've heard many concerns about unequal amounts of vegan vs nonvegan items in our product lines. We always make both vegan and dairy foods. Sometimes though, certain foods sell more quickly than others, so you may see some apparent discrepancies. Please bear with these times, or just ask each other to eat more!.

Here are some questions we'll answer, and some comments we would like to share....

We have had a request for more small loaves—I hope we've been able to accommodate this need.

Pesto Rolls earlier? Not necessarily. I will reiterate what our once-upon-a-time Pesto Cheese Roll maker Heidi has said; "not before 11:00 a.m., this is a lunch item." However, sometimes they do appear earlier. Keep an eye open and a taste bud ready.

We have had questions about our size of Ginger Cookies—we will be alternating the sizes and they will be priced accordingly.

"Dem Wild Rice Muffins shore wuz muy muy bueno! yummee!"

"Are any of your yummy breads iron fortified? I need them for my baby." Barring any naturally-occurring elements in the ingredients used to produce these breads, no. Two suggestions: Spinach Pies—look for these from our deli, they are made often (also referred to as spanikopita). If you have another idea for a Spinach Pie please come forward so that we may accommodate your taste sensations.

Focaccia—occasionally we make this, so keep watching. Any specific ingredients you'd like?

Wheat-Free Altered Oaties—we will begin making these the first week of every month.

And a compliment from a young culinary connoisseur: "crazonts are so good I can't explain them. I put them in my lunch box and for breakfast." Couldn't have said it

# Membership News

by Kristi Wildung

Every month I sit down at the computer and write this article, partly because it's my job as Membership Coordinator, but, more importantly, because I want everyone to know how meaningful their membership is to the Co-op. We know it's not always easy or convenient to shop with us; it gets kind of cozy in here at times and then there's always that parking thing. But each membership purchased goes a lot deeper than that. It tells us that you are committed to the success of our community and the spirit of cooperativism. For this we'd like to say "thanks." We couldn't do it without our members and you've shown your support for, well, count 'em, 25 years!! And you, our members, have made us the best darn natural foods store in the Inland Northwest!!

Welcome to these new members: Suzanne Lindbo, Matt Smylie, Kelly Uriguen, Bill LaVoie, Kristen Mitchel, Ian Knowles, Danielle Dalton, Eleanor Gittins, Carol Benesh, Kari Grosser, Jo Ann Lundfelt, Barbara Irzyk, Karen Morgan, Lance Luschnig, Emily Petra Hanson, Jody Lyn Jones, Nancy Bierbaum, Heidi Echlesdafer, Jason Hurdlow, Shelby Quinn, Pamela Steg, Gloria Wilson, Suedee Grisson, Bob Dirty Moccasins, Rita Dixon, and Mary Boynton.

Be sure to check out the back page of this newsletter for a listing of our Business Partners and show your support by shopping locally. And be happy to show that bright yellow card!

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better myself.

Thank you all for your input. Feel free to talk with us personally.

At this time, an offering of thanks to our volunteers—without them some mornings and afternoons can be a little bewildering:

Tuesday: Shelby in the Bakery (new volunteer) and Barb in the Deli (thanks for your continued support and good work)

Wednesday: Iris in the Bakery (welcome back)

Thursday: Holly in the Bakery and Cynthia in the Deli

Friday: Yvonne and Aurora in the Deli (hi guys)

Thank you all for enjoying our team work.

# New In The Produce Department

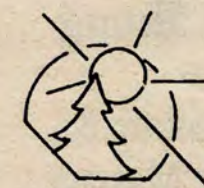
by Laura Church

Okay everybody, it's almost spring, and hopefully there will be some new fruits comin'. I don't know about you, but I'm getting awfully tired of oranges and apples. We have been getting strawberries intermittently, and when we have them they're very sweet and tasty. The pears have been really nice too, do try one and see. By the way, don't be afraid of little brown spots, because that just means they're ripening nicely. We still have plenty of local carrots from George Hay and red and yellow potatoes from Camas Farms, so you can still support the local guys. I found two comments on the suggestion board this month that I want to bring to your attention.

Please carry biodegradable produce wash. Thank you. We do carry this product in our store on the same shelf with the laundry liquid. It is called Bio-Kleen II All Purpose Cleaner and it says right on the label that you can use it as a produce wash.

How about smaller onions? I can't use an entire coconut-sized onion within one week. Well, I do understand that the onions were rather large there for awhile, but they were the only organic onions available from our supplier at the time. Because of the weather in California, produce availability could get rather interesting for the next month or so, and we may not always be able to have exactly what we want. Besides, did you know onions are loaded with vitamin C??

That's all the news that's news from the produce department. Have a great April, and I'll talk to you all in May.



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# Volunteer News

by Kristi Wildung

It got pretty quiet around here during spring break.. Many of our volunteers escaped for that much-needed break from school and life. It makes me realize how much we rely on our volunteers at the Co-op and how much we miss them when they're gone. I never want to be without volunteers!!

We have a few new ones to introduce to you this month: Shelby Quinn has joined our bakery team on Tuesday mornings and is also working as a package stocker on Thursdays. John Lanman has taken that long-vacant Sunday evening produce shift and saved me from the wrath of Laura, the produce queen. (She had given up begging and was starting to threaten. Thanks, John!) And Gretchen Stewart is back in our lives wearing two hats—one as a price checker and one as an herb stocker. Welcome to these new and returning volunteers. When you're shopping and happen to encounter any of our volunteers, take a moment and let them know what a great job they're doing.

We still have a few positions available. If you're interested in raising your discount by volunteering at the Co-op, check out the volunteer board by the cash registers for available positions. Or give me a call at the Co-op and I'd be happy to chat with you about volunteering. It's good for the Co-op and good for the soul!

**Volunteers Needed For Household Hazardous Waste Day!**

Help keep Latah County's waters and soils free from toxic chemicals. Volunteer at the 10th annual Household Hazardous Waste Collection Day. Volunteers help direct traffic, hand out educational materials and survey forms, recycle paint, oil and antifreeze. Protective clothing along with lunch and snacks provided for volunteers. Please call Amy at Moscow Recycling to sign up ahead of time: 882-2925, Tues-Thurs.

Business Partner Profile:

## Global Portfolio Management

126 South Grand Avenue  
Pullman (334-3351)

by Linda Canary

"A fool and his money are soon parted." This old adage fits my financial acumen perfectly, so when it came to talking to John Hauser about his business, I warned him that he was trying to explain technical things to a complete economic bimbo, and maybe we should stick to a general overview of what he does.

What he does is this: He advises those who want to invest in the stock market as to which companies are the most socially responsible and will have the best return for your dollar within those parameters. And the emphasis is on socially responsible: JC Penney wasn't listed, nor was Nike in the portfolio he showed me. He is not a broker; *he will not invest your money for you; he does not work on a commission basis as many do. In fact, he thinks that would be self-serving. And so he is a consultant. And his main interest is in Active-Managed Index Funds—Mutual Funds.* He can start you out for as little as \$25. (But not if you have any outstanding credit card balances; pay those off first, he advised me when I was all ready to sign on. See above old adage.)

John and I talked about committed, disciplined, active saving (it was hypothetical) and stocks and bonds, and US Treasury something or other. His whole focus is to "empower and educate people" about the market. He's been doing it for six years now—full time for the last year.

I asked John how he found himself in this career, and learned that he came to it from a background in Botany and Conservation. Back when he was finished with his master's course work in plant pathology, he started "stealing off to a business class to learn how to invest, and hiding in the library to read the Wall Street Journal." He switched horses in mid-stream, got an MBA, and hasn't looked back.

"I get great satisfaction in playing and winning the game, and in helping others win the game; the

Staff Profile:

## Carrie Corson

by Linda Canary

When I met with Carrie to talk, I realized that we have been acquaintances for a long time, but I didn't know anything about her except that she cashiers at the Coop just about full-time, and she is affiliated with the Turning Point Healing Center. In the course of our dialog, I learned she was born in Wyoming 33 years ago, and lived in Benewah County for most of her life. She is very interested in nature-based religions and women's spirituality (is that redundant?).

Now she lives in a community outside of Harvard, where the Center is established. Her nature-based lifestyle comes out of her days spent in a beautiful landscape. Carrie makes jewelry of rocks, minerals and crystals especially conscious of their healing properties. Her pieces are inspired by totem animals that she represents with beads of quartz, turquoise, or carnelian. We talked a while about the animal cards that are on the market now—how you focus on the deck, and then choose a card. I once chose a card in front of a room full of people and drew the Skunk. Everyone laughed. But when I read the skunk's medicine of self respect, I felt better.

Anyhow, Carrie was wearing a very beautiful necklace this day, with a bear beaded into it, among other lovely things. She sells her jewelry at conferences like "Women and Wisdom," from which she had just returned.

.....  
money keeps the score." He handles three million dollars a year. I would trust this man with my money—if I had any. And not just because he belongs to the Coop.

John also believes that "Money in itself is not evil, in fact, it represents freedom." So, if you are looking for objective, expert investment advice, you don't have to look any farther. Give John a call, and if you are a Co-op member, you'll get a half-hour consultation free. Considering what I learned from this interview, that's a generous amount of time. (And ask him about no-load mutual funds, he'll think you know what you're talking about.)

The Turning Point Healing Center began two years ago as a place for Transformative work. There have been workshops held there about Medicine Shields, and Women's Spirituality, to name a couple. Carrie sees that eventually the dome set up out there now, will be used for regular classes and workshops, in addition to serving as it currently does, as a retreat center. I've been out to the Center and can tell you that the passive-solar house sits on top of a south-facing, rolling hill that looks out over hundreds of undulating forms that could be ocean, but is, of course, our gorgeous Palouse.

Carrie likes to sing and plays the guitar to accompany herself. She likes lyrics about personal issues that are timely in her own life. She is also learning to play the Native American flute, which she says is difficult, because there is very little written music available. A very creative woman here.

I asked her if she were going to take a stretch, in what direction it would go. She replied, "My whole life is a stretch right now. Ten years ago, I would have said that I was going to be a detective. I was in law enforcement until just recently..."

My pen stopped just then, and I was completely nonplussed—law-enforcement?? Yes, she had been a cop—for the County. She left the profession because she "needed to do something that nurtured a more spiritual side of herself."

But I got to thinking (and don't ask me why) how perfect it would be if after a few years of exploring who she is, and becoming stronger, if she were to go back and maybe share that nurturing, spiritual side with young women caught on the wrong side of the system.

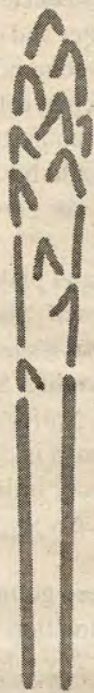
So I asked her what she thought about becoming a probation officer, and this time she was nonplussed. Hope it doesn't give her any sleepless nights.

Good getting to know you better, Carrie. It was steady to sit across from you; it felt solid, like the earth under our feet.



## Feet in Water, Heads in Steam: Asparagus

By Pamela Lee



Though the Ancient Greeks ate asparagus gathered from the wild, the Romans were the first to cultivate it. Romans lavished so much attention on their asparagus beds that, reportedly, some stalks weighted 3 pounds apiece! Julius Caesar is said to have liked his asparagus topped with melted butter.

Asparagus (like onions, leeks, and garlic) is a member of the lily family. This elegant and nutritious vegetable is low in calories and sodium, and is a good source of vitamins A, B2, and C, as well as glutathione (an antioxidant), potassium, iron, calcium, and fiber. Beside all the nutritional benefits, fresh asparagus simply tastes good.

Whether you prefer fat asparagus stalks or thin, freshness is the key to good flavor. When shopping select firm stalks with tightly closed buds. The stem end should look freshly cut, not all dried out. If it's not going to be cooked immediately, store asparagus in the refrigerator with the stem ends submerged in a half inch of water.

To prepare asparagus, grasp each spear at either end and snap. The stalk will break naturally at the point where the stem gets tough and woody. And, though I once thought the practice odd, I now peel asparagus, especially if the spears are fibrous, and definitely if I'm roasting it.

I've read that the ideal way to cook asparagus spears is with their feet in water and heads in steam, and one can buy tall, narrow pots with rack inserts that allow you to do just that. While asparagus is tasty steamed, boiled, sautéed, or grilled, lately I've come to prefer it peeled and oven roasted. Roasting intensifies flavor and adds delectable nutty, caramelized notes. When cooking asparagus, select stalks of uniform thickness, or synchronizing the doneness will be difficult.

**Steaming:** If you own one of

those tall narrow pots, bring an inch of water to boil in the bottom. Place the asparagus stems in the water, cover and steam for about 5 minutes. Or, lay the spears in a rack over boiling water, cover, and steam until tender.

**Boiling:** Bring salted water to a boil before submerging the asparagus. Don't cover the pan, since trapped chemicals from the asparagus can turn it yellow. You may flavor your cooking water by simmering bay leaves, shallots, garlic, and salt for at least 10 minutes before adding the asparagus.

**Sautéing:** Asparagus can be sautéed whole or thinly sliced. Heat olive oil in a sauté pan. Add asparagus, salt, and freshly ground pepper. Cook over medium-high heat until golden brown and just a little crispy.

**Grilling:** Brush asparagus with olive oil, salt lightly, then grill over medium-low heat, turning it often.

**Roasting:** Preheat oven to 400°. Peel asparagus spears below the buds, then lay them on a baking sheet. Drizzle with olive oil, salt and pepper. Roast about 15 minutes, turning once or twice as they cook. When done, the spears will be lightly browned, crisp, and delicious.

The following recipe is from the May, 1996, issue of "Eating Well Magazine." Since first making this dish two years ago, I've served the roasted vegetable portion of the recipe (without the linguini) on top of quinoa, rice, millet, and tossed green salad. The pasta salad idea works just as well with quinoa pasta. You can find a variety of quinoa pasta in the Coop's bulk section.

### Roasted Vegetables & Linguini Salad

- 3/4 pound linguini
- 1 t. plus 2 T. ex. virgin olive oil
- 1 1/2 lbs. asparagus, trimmed and peeled
- 3 bunches scallions, trimmed
- 2 large red bell peppers, seeded
- 1 t. salt
- 1 t. freshly ground black pepper
- 1/2 cup freshly grated Parmesan
- 1/4 cup balsamic vinegar

1) Position racks in lower third and middle of oven; preheat to 450°F.

2) Break linguini into pieces about 3 inches long. In a large pot of boiling salted water, cook the broken linguini until al dente, 6 to 8 minutes. Drain in a colander and rinse under cold water until cool. Press to remove excess water. Transfer to a large bowl, toss with 1 t. of the oil and set aside.

3) Cut asparagus and scallions into pieces about 3 inches long. Slice red peppers into thin strips. In a large bowl, toss the vegetables with the remaining 2 T. oil, salt, and pepper. Divide the vegetable between 2 large baking sheets, spread them in an even layer. Roast for about 10 minutes, stir the vegetables and switch the positions of the baking sheets. Continue roasting, stirring occasionally, until the vegetables are tender and well-browned, 10 to 15 more minutes.

4) Toss vegetables with linguini. Add Parmesan and vinegar and toss again. Makes about 8 cups, for 4 servings.

### Roasted Asparagus with Lemon-Chili Oil

From CookWise by Shirley O. Corriher:

- 1 shallot, minced
- 1 t. dried red pepper flakes
- 1/4 t. white or black pepper
- 1/4 cup peanut, corn, or blended vegetable oil
- Finely grated zest of 3 lemons
- 1 t. water
- 25 to 30 spears fresh asparagus, about 1 lb.
- 1/2 t. salt

1) Bring the shallot, pepper flakes, ground pepper, and oil to a simmer in a small saucepan. Simmer over very low heat for about 4 minutes. Remove from the heat and let stand for 5 minutes. Stir in the zest of two lemons only (save one to garnish) and the water. Let stand for at least an hour, then strain the oil into a small bowl.

2) Preheat the broiler or preheat the oven to 500°F.

3) Snap the tough bottoms off the asparagus spears. Arrange in an oblong heatproof dish, stir in 2 T. of the prepared flavored oil, and roast the spears about 3 inches from the broiler for 5 minutes, or 6 - 7 minutes on the top shelf of the oven. Spoon the rest of the flavored oil over the asparagus. Sprinkle with salt. Taste and add more salt if

needed. Sprinkle with the remaining zest and serve immediately

### Asparagus Tart with Ricotta

from "The Complete Encyclopedia of Vegetables and Vegetarian Cooking" by Christine Ingram

For the pastry:

- 6 T. butter
- 3/4 cup all-purpose flour
- Pinch of salt

For the filling:

- 8 oz. asparagus
- 2 eggs, beaten
- 8 oz. ricotta cheese
- 2 T. plain yogurt
- 3 T. grated Parmesan cheese
- Salt and freshly ground black pepper

1) Preheat the oven to 400°F.

Rub the butter into the flour and salt until the mixture resembles fine bread crumbs. Stir in enough cold water to form a smooth dough and knead lightly on a floured surface.

2) Roll out the pastry and line a 9-inch tart pan. Press firmly into the tin and prick all over with a fork. Bake for about 10 minutes, until the pastry is pale but firm. Remove from the oven and reduce the temperature to 350°F.

3) To make the filling, trim the asparagus, cutting 2 inches from the top and chopping the remaining stalks into 1-inch pieces. Add the stalks to a saucepan of boiling water, and after 1 minute add the tops. Simmer for 4-5 minutes, until almost tender, then drain and refresh under cold water.

4) Beat together the eggs, ricotta, yogurt, Parmesan cheese and seasoning. Stir in the asparagus stalks and pour the mixture into the pastry shell. Arrange the asparagus tips on top, pressing them down slightly into the ricotta mixture.

5) Bake in the oven for 35-40 minutes, until golden. Serve warm or cold.



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# Tofu Desserts

by Eva Strand

Tofu in desserts...is this the Co-op's idea of an April fool's joke or can good old, spongy, tasteless, "good-for-you" tofu be part of a delicious dessert?? The lack of taste and texture in tofu is the key here—tofu can be anything you want it to, anything from barbecued sandwich slices to chocolate cream pudding.

For desserts I use the Mori-Nu creamy silken tofu, available at the Co-op in 10.5 oz aseptic packages. Silken tofu whipped with a sweetener and at least one flavorful ingredient such as chocolate, vanilla, or fruit, is the beginning of a cream pie or cheesecake-type dessert. Decorate the tofu dessert as you would your favorite cream pie or cheesecake and nobody could ever know what is hidden between the crust and the cherries.

Considering all the good press tofu has gotten lately you may even dare tell your children, spouse or dinner guests what they are eating. Tofu is low in saturated fats, is cholesterol-free, and contains calcium, iron, and vitamins B1, B2, and B3 as well as other trace minerals. Recent research gives many more reasons to add tofu to our menus. Studies of longevity and low cancer rates among Asian peoples suggest that a high consumption of soy products (such as tofu) along with plenty of fresh fruits and vegetables and whole grains help prevent cancer and heart disease. Five anti-carcinogens have been identified in soybeans: isoflavonoids, saponins, phytosterols, soy phytates, and protease inhibitors. Isoflavonoids are structurally similar to human estrogen but much weaker and studies show that they may help prevent breast cancer and alleviate the negative

symptoms of menopause. Furthermore, research shows that these anti-carcinogens may prevent or slow prostate cancer, reduce LDL oxidation that can lead to atherosclerosis, as well as thin the blood to prevent heart attacks and strokes. Allergies to dairy or eggs are other reasons to investigate tofu as a dessert ingredient (make sure you don't develop a soy allergy though from excessive tofu consumption!).

No time to make dessert? Mori-Nu makes an instant pudding mix available in three flavors: chocolate, vanilla, and lemon crème, all available at the Co-op. Add one package of silken tofu and a bit of water, pour in a pie crust or serving bowl and chill for a few hours to create this no-fuss, low-effort, nutritionally-correct dessert. My kids like the chocolate version of this pudding a whole lot.

April fool's joke or not, the only way to find out is to try tofu in your own desserts....

## Chocolate Cream Couscous Cake

Justifying chocolate eating by adding tofu? Maybe. Anyhow, try tasty dessert from "Friendly Foods" by Brother Ron Pickarski

- 3/4 c pecans
- 2 1/2 c water
- 1 1/2 c Sucanat
- 1/2 c cocoa
- 1 c couscous
- 1 Tbsp. vanilla extract

### Filling:

- 10 oz chocolate chips, melted
- 2 packages (10 1/2 oz each) firm silken tofu
- 3 Tbsp. maple syrup or honey

Roast the pecans at 300°F for 30 mins., remove from oven and cool. Grind in a food processor until they have the consistency of coarse meal.

In a medium saucepan, stir together water, Sucanat, cocoa and couscous. Simmer until it thickens (5-10 minutes). Add vanilla. Spread the mixture in a 9-inch spring form pan. Sprinkle 1/2 cup of the pecans over the couscous.

Mix the ingredients for the filling in a blender. Pour filling into the couscous crust and sprinkle with remaining nuts. Refrigerate for 2 hours and serve cold.

## Strawberry-Topped Tofu Cheesecake

This tasty, non-dairy cheese cake is from "Cooking with the Right Side of the Brain" by Vicki Rae Chelf

### Crust:

- 1/2 c whole wheat pastry flour
- 1/2 c rolled oats
- 1/2 c finely shredded coconut
- 1/2 c oil
- 1 tsp. cinnamon
- 2 Tbsp. water, or as needed

### Filling:

- 1 cup cashews
- 10.5 oz firm silken tofu
- 1/2 c honey
- 1 c soy milk
- 1 1/2 Tbsp. arrowroot powder
- 1 1/2 tsp. lemon juice
- 2 tsp. grated lemon peel

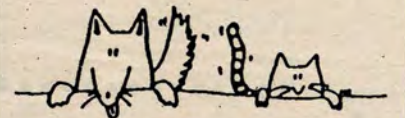
### Topping:

- 2 c sliced strawberries
- 1/2 c water
- 3 Tbsp. honey
- 1 Tbsp. agar flakes

Mix the ingredients for the crust and press directly into a 9" pie pan.

Process ingredients for the filling in a food processor until very smooth. Pour into the pie crust and bake at 350°F for 30 minutes. Chill.

Arrange 1 1/2 cups of the strawberries on top of the cake. Cook the remaining berries with the water, honey and agar flakes for 5 minutes until the agar is dissolved. Blend in a blender, chill and pour over the cake. Chill until set.



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# THE KIDS PAGE

Illustrated by: Allix Lee-Painter

Compiled by Nancy Lee-Painter

Jeremy Rabbit

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## Do the Orange Twist

Here's a little something to wet your whistle as the days keep getting warmer. It's a thirst quencher that's cool, bubbly, and naturally sweet.

- 1 orange, lemon, or lime
- 1 12-ounce can of orange juice concentrate thawed
- 1 1-liter bottle of unflavored seltzer

Fill six tall glasses with ice cubes. Thinly slice the fruit, remove any seeds, and add a few slices to each glass. In a large pitcher, gently stir together the juice concentrate and the seltzer. (Do not over mix or the seltzer will lose its fizz.)

Pour over the fruit and ice and serve immediately.

Serves 6



## Thyme for Seeds!

Spring has Sprung! Have you smelled the air lately? Have you noticed all the new green shoots exploding through the ground? Every spring we look forward to planting seeds. This year we wandered into Garden Thyme at their new location and asked co-owner Kelly Riley about starting seeds indoors. She was very helpful.

First of all what do you want to plant? Garden Thyme has a great selection of Renee's and Shepherd's seeds. This particular seed company has more than the usual amount of information on the back of each seed packet. We decided to peruse this selection of seeds one Saturday morning while having wonderful liquid refreshment and cinnamon rolls. We found several varieties of flowers we had never grown. So how do you know what seeds to buy? If you want quick results, try radishes, beans or cucumbers for vegetables and sunflowers, marigolds, or nasturtiums for flowers. If you want flowers that are fun to play with, Sharon Lovejoy in her book Sunflower Houses recommends:

- Poppies;** great dancing dolls on their stems or water ballerinas
- Bachelor Buttons;** great for garlands
- Four O'Clocks;** open every day at about 4 pm
- Calendula;** easy to grow and can be added to rice dishes and salads
- Snapdragons;** great for hiding secret messages and making clip-on earrings
- Daisies;** for daisy chains

Next Week, Jeremy Rabbit went to the Co-op with his Mother again. The flower was still there, but it was starting to fade. At the Co-op, the beekeeper was bringing in honey. Jeremy looked at the honey. There were different kinds, some darker and some lighter, but they all looked good.

Jeremy Rabbit told the beekeeper about the flower and asked what else flowers do. The beekeeper said that flowers do something very special.

"Bees get nectar from flowers and make it into honey! Honey even tastes different depending on what kind of flowers the nectar comes from", said the Beekeeper. "See all the different kinds?"

Jeremy hurried to find his Mother. "I know what flowers do that is special," he said. "Flowers make nectar which bees use to make honey!"

"Well, that is a very special thing," said his Mother. "But that is not what I was thinking of when I told you the flower would do something special."

"Oh well," said Jeremy. "At least I know that there are four things that flowers do that is special. Flowers make nectar which bees use to make honey. The soapmaker picks them to make the soap smell good. They look pretty, in vases or just where they grow. And, they do something special that I don't know yet."

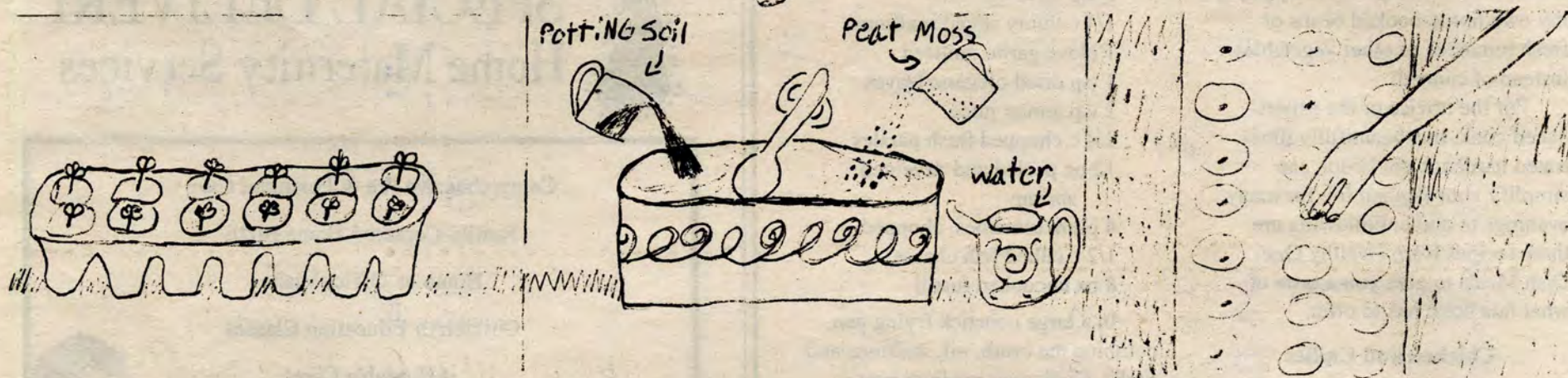
"Yes," said his Mother. "And I am sure you will be able to find out what that special thing is soon."

(To be continued)

Happy Easter!!!

Once the seeds have sprouted put them in a window where they can get alot of light. They will grow towards the light so you may have to turn them often so they can grow straight. Seeds have all the food they need to sprout, but seedlings need extra food that they can't get from the soil. When seedlings have sprouted their second set of leaves, ask an adult to help you feed them with fish emulsion. If you mix the fertilizer with water at half the recommended strength you won't over fertilize the seedlings. You can feed them every 10 days or so.

Now watch your seedlings grow. Ask an adult to help you thin them if the seedlings are too thick. Use scissors to snip off the stem close to the soil instead of pulling the seedling out by the root so that other roots won't be disturbed. So how do you know when to plant the seedlings outside? Look for the Kid's Page in the May issue when it will be about time to transplant or you can also get a Shepherd's Garden Seeds pamphlet "How to Succeed at Seed-Starting" at Garden Thyme. By the way, thanks for your thyme, Kelly.



Use a cardboard egg carton for your planter. Once your seedling is big enough to transplant outside, you can separate each compartment with scissors and plant the whole thing in the ground. Kelly recommends that you cut out the bottom of each section to let the roots get through.

Kelly uses potting soil and adds some peat moss (about one part peat moss to 3 parts potting soil.) Mix in a large container then add some water to make it moist but not sopping wet. Fill your carton up almost to the top and press it down lightly.

Now it's time to plant the seeds. The seed packet tells you how deep, how far apart, and when to plant. Use a spray bottle to moisten the soil on top then cover with plastic wrap. (If you pour water on the seeds it disturbs the soil too much and exposes the seed.) Kelly likes to place her covered seeds on top of her refrigerator where it's nice and warm.



# Healthy One-Dish Meals in Minutes

Written by the editors of PREVENTION Magazine Health Books  
200 no-fuss, low-fat recipes. \$27.95  
Rodale Books

Reviewed by Eva Strand

Healthy One-Dish Meals is a treasure to rely on for all those days that fly by so fast that they leave no time for cooking that nurturing, home-cooked meal you'd love to eat. Most recipes in this book can be on the table in less than 45 minutes; the 'express meals' in 15 minutes or less.

Healthy One-Dish Meals is not primarily a vegetarian cookbook, although it features many vegetarian recipes. All recipes are low-fat and low-salt and are accompanied by nutritional information. The directions are easy to follow and the ingredient lists are pleasantly short, but still generous, when it comes to herbs and spices. The non-vegetarian recipes are mostly based on chicken, fish, or shrimp and are deliciously flavored with vegetables, herbs and spices. Try low-fat varieties of classics such as Spaghetti and meatballs, Chili, Lasagna, Macaroni and cheese, and Hungarian goulash, or go for the newer flavor combinations in Shrimp and feta skillet dinner, Cajun Chicken, Szechuan shrimp or Linguini with savory mushroom sauce. Other chapters feature comforting soups and fresh salads, vegetarian feasts, pizza, and sandwiches, baked casseroles, and microwave meals. While the authors are a bit too fond of canned food for my taste, I get around this minor problem by using my own home-cooked beans or fresh tomatoes or other vegetables instead of canned.

For the novice or the experienced cook, this beautifully illustrated hardback cookbook can simplify your kitchen life for many evenings to come. Following are three recipes from Healthy One-Dish Meals to give you a taste of what this book has to offer.

## Chicken and Chilies

(Makes four servings)

- 12 oz cubed, boneless, skinless chicken breasts
- 1/4 tsp ground black pepper
- 1/4 tsp salt (optional)
- 2 tsp olive oil
- 1 medium onion, chopped
- 2 cloves garlic, minced

- 1 can (8 oz) reduced-sodium tomato sauce
- 1 can (15 oz) black beans, rinsed and drained
- 1 can (4 1/2 oz) chopped, mild green chili peppers
- 1 tsp chili powder
- 1/2 tsp ground cumin
- 1-2 tsp sugar (optional)
- 3 c hot cooked rice

Sprinkle the chicken with the black pepper and salt (if using).

Coat a large nonstick frying pan with no-stick spray. Brown the chicken over medium heat for about 5 minutes. Transfer to a bowl and set aside until the chicken is cool enough to handle. Cut into small strips.

In the same pan, combine the oil, onions, garlic, and 2 tablespoons of broth. Saute' for 5 to 6 minutes, or until the onions are soft. Add the tomato sauce, beans and remaining broth to the pan. Stir to mix well. Add the chili peppers, chili powder, cumin and reserved chicken. Bring to boil. Reduce the heat and simmer for 15 minutes, or until the chicken is tender and the liquid has thickened. Taste the sauce. If it's too acidic, add the sugar. Serve with rice.

## Shrimp and Feta Skillet Dinner

- 3 Tbls defatted, reduced-sodium chicken broth
- 2 tsp olive oil
- 1/4 c thinly sliced scallions
- 1 clove garlic, minced
- 1 tsp dried oregano leaves
- 2 tsp lemon juice
- 1/4 c chopped fresh parsley
- 12 oz peeled and deveined shrimp
- 4 plum tomatoes, chopped
- 1/2 c cubed feta cheese
- 8 oz uncooked fusilli


In a large nonstick frying pan, combine the broth, oil, scallions and garlic. Cook over medium heat, stirring frequently, for 2 to 3 minutes, or until the scallions soften. Stir in the oregano, lemon juice, and parsley and mix well. Stir in the shrimp, cover and cook for 3 to 4 minutes, or until shrimp turns pink. Stir in the tomatoes and feta. Cook for 2 minutes, or until tomatoes are

hot. While the sauce is cooking, cook the fusilli in a large pot of boiling water until tender. Drain. Served topped with sauce.

## Linguini with Savory Mushroom Sauce

- 1 ounce dried shiitake mushrooms
- 3 oz sun-dried tomatoes (not oil-packed)
- 1 c boiling water
- 1 c defatted reduced-sodium chicken broth
- 2 cloves garlic, minced
- 3 c sliced fresh mushrooms
- 1 can (14 1/2 oz) Italian-style stewed tomatoes
- 12 oz uncooked linguini

Place the shiitake mushrooms, sun-dried tomatoes and water in a small bowl. Soak for 10 minutes. Bring the broth to a boil in a frying pan and add garlic and fresh mushrooms. Add the soaked mushrooms and sun-dried tomatoes plus the soaking liquid. Cook for 5 minutes, until slightly thickened. Remove from heat and let cool slightly. Transfer to a food processor and puree coarsely. Return the puree to the pan, add the stewed tomatoes and heat through. While the sauce is still cooking, cook the linguini and drain. Toss with the sauce until well combined. Enjoy!



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# Yard & Garden

## April Gardening Notes

by Pat Diaz

Is everyone getting anxious to get into the garden? With all this wonderful weather it definitely feels like Spring! Just remember, though, a killing frost is still possible this early in the year. But there are a few things you can do now:

Set out bare-root stock such as berries, grapes, roses, fruit and ornamental trees, asparagus, horseradish, and rhubarb.

If you can work your soil (if it's not too soggy), you can sow beets, carrots, endive, kohlrabi, lettuce, onion, parsley, parsnips, peas, radishes, spinach, Swiss chard, and turnips.

Set out transplants of broccoli, Brussels sprouts, cabbage, cauliflower, and green onions.

Plant seed potatoes.

Make sure you use hot caps to protect your seedlings from late frosts.

Before new growth emerges, prune grapes, roses, vines and deciduous trees.

Because our Spring is starting so early (due to El Nino?), it might be too late to do more than a light pruning.

In this month's Sunset Magazine, there is a feature about a new rhododendron that has been bred to tolerate our cold winters. It is called Northern Starburst and has pink blossoms. Ask for it at our local nurseries or you can order by mail from Whitney Gardens and Nursery (800-952-2404; 3-gallon plants cost \$25 ea.) or from Wayside Gardens (800-845-1131; 1-gallon plants cost \$30 ea.).

### NEXT MONTH:

May's issue will feature Salsa Gardens with a few recipes and a review of the magazine Organic Gardening. Until then, happy garden puttering.

## Book Review The Herb Companion

(in celebration of the useful plant)

by Pat Diaz

This delightful magazine comes out every other month and is available at the Co-op for \$4.95. It is a great magazine for those interested in growing herbs and creating herbal dishes and crafts, as well as learning more about these wonderful plants. Some of the regular departments include the following: Editorial comments; readers' letters (and these are really informative and interesting—makes you want to read them instead of skipping this section); notes from regional herb gardeners; cooking with herbs and spices; a featured herb for each issue; information for beginning herb gardeners; a books section; a resource guide; a calendar; and a marketplace of cool herb stuff.

Recently featured articles included the following: Poppy Fields Forever, a sprinkling of poppy seeds (recipes); Sex in The Herb Garden (birds and bees, sorry); A Rose By Another Name (scented pelargoniums); Washington's Herbal Pursuits

(George, that is, a gardening heritage); A Valentine That Blooms (flowery handmade cards); Herb Timbales (shapely egg dishes); and, Herbs For Health.

There was a great recipe for lemon poppy seed muffins that I plan on making as soon as I can get my hands on the ingredients. And, one of the neatest things in this issue was a Resource for dried flowers for papermaking and crafts. Apparently drying your own flowers for papermaking results in browning of the flowers within a couple of months. Contact Oak Ridge Farms, Inc., at 800-444-8843 for a catalog, or their catalog is on-line at [www.oakridgefarms.com](http://www.oakridgefarms.com). They really have an extensive list of nature craft supplies, dried florals, potpourri supplies, etc. I have my catalog on order already!

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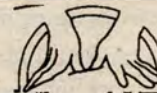
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• Saturday, April 25th 8am to  
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Safely recycle or dispose of  
toxic household chemicals such as  
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pool chemicals, batteries, etc.

Deliver chemicals in original  
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# Landscaping With Trees

by Pat Diaz

One of the great joys of planting a tree is knowing that it is a legacy for future generations. It is also a tiny, tiny way to help reduce global warming. And planting a tree is a way of repaying previous generations for the trees they planted.

It is very important to plant your trees properly. Container-grown or balled-and-burlapped trees should be planted as soon as possible after purchase. If a delay is anticipated, however, keep the tree in the shade and water regularly. Dig the hole no deeper than the root ball but as wide as possible. Planting too deeply is especially a problem in our area with our heavy soil. It is important to loosen the soil and add organic matter. Water immediately and, for the first year, whenever the top inch of soil is dry. Water slowly so the moisture will seep in. Avoid staking except in very windy locations. Fertilize in the spring and fall.

Because of their size, trees have the greatest visual impact on a garden. They can either frame or screen views. Trees define spaces, and form the "ceiling" of the garden.

Trees can be planted either as individual specimens or in mass plantings. When planting a specimen tree, make sure it is allowed to stand out, with no other trees planted within the specimen tree's potential crown spread. A good example of an individual specimen tree is one of the weeping varieties.

In mass plantings, young trees are planted close together so that the branches grow together as the trees mature. Good examples of trees that are suitable for mass plantings are those that are found growing in masses in the wild—sugar maples, white pines, aspens.

When selecting a tree, it is important to consider the size of the house and the size of the tree at maturity. If a house appears too large for its setting, large trees can reduce the apparent size of the house and soften the overall feeling. If you have a smaller house, you can create a cottage feeling with large trees, or plant small trees to make the house look larger.

It is also important to watch where you are planting trees. They don't stay small, and sometimes

people plant trees too close to their house's foundation, so years later find the foundation being cracked and distorted due to the tree's growth. Also, don't plant trees with large root systems or water loving trees (such as those from the willow family) near septic or sewer systems as you'll be fixing them as the trees grow and start to invade those areas.

There are some other considerations for choosing trees, such as whether to plant evergreen or deciduous, ornamental fruit and berries, flowering, fall color, or windbreak trees.

One of the most important decisions to make when choosing an evergreen tree is to make sure that the tree won't cast too much shade on gardens or flower beds and won't block the warming winter sun. So, consider the tree's height and width at maturity when choosing trees.

Evergreens are very effective as windbreaks, sound barriers, hedges, and boundary markers. The view involving evergreens will remain the same year 'round.

Deciduous trees, however, visually open up an area in the fall and winter, yielding an entirely different view. They can shade a home in the summer, but let in winter's warming rays and thus, help conserve energy. Deciduous trees change color and shape—from early spring-green leaves to red, yellow, and orange colors in fall, and from full bushy midsummer shapes to skeletal winter shapes.

The main consideration with ornamental fruit or flowering trees is the mess from dropping fruit, nuts, and flowers. Avoid planting these trees near parking areas, decks, or patios. Flowering trees do look especially nice when planted in front of evergreens, and, if planted to be seen through windows, can brighten an entire room.

Something wonderful happens to our snowy landscape when we find trees with bright red berries contrasted against all that white or bright yellow or red bark coming up out of the snow. There are also some trees with stunning branch shapes that look great against the stark winter backdrop.

## Flowering Trees And Their Flowering Times:

*Cercis canadensis* (Eastern Redbud) spring  
*Cornus* (dogwoods except Pacific) summer  
*Crataegus* (hawthorn) spring  
*Halesia* (silver-bell) spring  
*Koelreuteria paniculata* (golden-rain tree) summer  
*Magnolia kobus*, *macrophylla*, *x soulangiana*, *stellata* (magnolias) spring  
*Magnolia virginiana* (sweet bay magnolia) summer  
*Malus* (crabapples) spring  
*Oxydendrum arboreum* (sourwood; sorrel tree) summer  
*Prunus* (cherries and plums) spring  
*Sophora japonica* (Japanese pagoda tree; Chinese scholar tree) summer  
*Syringa reticulata* (Japanese tree lilac) summer

## Trees For Fall Color

### Yellow Color:

*Cercidiphyllum japonicum* (Katsura tree)  
*Cercis canadensis* (Eastern Redbud)  
*Chadrastis lutea* (American yellowwood)  
*Ginkgo biloba* (maidenhair tree)  
*Gleditsia triacanthos* var. *inermis* (thornless honey locust)  
*Halesia* (silver-bell)  
*Larix* (larch)  
*Liriodendron tulipifera* (tulip tree)

### Red Or Orange Color:

*Acer griseum* (paperbark maple)  
*Acer saccharum* (sugar maple)  
*Amelanchier* (shadbush)  
*Cornus florida* (flowering dogwood)  
*Cornus kousa* (Japanese dogwood)  
*Liquidambar styraciflua* (sweet gum)  
*Metasequoia glyptostroboides* (dawn redwood)  
*Nyssa sylvatica* (sour gum)  
*Quercus alba* (white oak)  
*Quercus coccinea* (scarlet oak)  
*Sorbus* (mountain ash)  
*Taxodium distichum* (bald cypress)

## Trees With Unusual Bark, Berries, or Interesting Branching

### Branching Pattern:

*Hamamelis virginiana* (Virginia witch hazel)  
*Salix matsudana* 'tortuosa' (corkscrew willow)

### Bark:

*Acer griseum* (paperbark maple)  
*Acer palmatum* 'bloodgood' (bloodgood Japanese maple)  
*Betula nigra* 'heritage' (heritage river birch)  
*Betula papyrifera* (canoe birch, paper birch)  
*Cercidiphyllum japonicum* (Katsura tree)  
*Chionanthus retusus* (fringe tree)  
*Metasequoia glyptostroboides* (dawn redwood)  
*Prunus maackii* (amur chokecherry)  
*Salix alba* 'tristis' (golden weeping willow)

### Winter Berries, etc.:

*Crataegus viridis* 'winter king' (hawthorn) orange-red berries  
*Koelreuteria paniculata* (golden-rain tree) lantern-shaped seed pods  
*Oxydendrum arboreum* (sourwood; sorrel tree) dried seedpods  
*Sorbus alnifolia* (Korean mountain ash) persistent berries



# Insights

## Organic Food Action Alert!

by Laura Church

First of all I would like to thank all of you who attended our forum on the USDA proposed organic standards. I would also like to give a big "Thank You!" to Nancy Taylor, our resident National Organic Standards Board (NOSB) member, who came and answered all of our questions about the proposed standards. If you were not able to attend, hopefully this article will answer any questions you may have. The comment period on the proposed standards is open until April 30th. The NOSB is encouraging people to write to the USDA and recommend that they scrap the proposed rules and rewrite them according to the proposal that the NOSB has written.

If you haven't been following the news on this topic lately, the USDA proposed new organic standards on December 16, 1997. These new standards would replace the various current standards enforced by a variety of state and private organic certifiers. In 1990, Congress, in conjunction with organic industry workers, passed the Organic Foods Production Act to establish a uniform and consistent standard for organics among all states and certifiers. The Act established the National Organic Standards Board, a committee of growers, certifiers, and producers, who would recommend to the USDA a policy about what could be considered "organic" under the new law. After many years of hard work, the NOSB developed a proposal, but the new standards proposed by the USDA barely reflect them. Not only did the USDA ignore many of the recommendations made by the NOSB, but they have also included many practices that previously have not been allowed by private or state organic certifiers. The proposed USDA rules would allow the use of certain synthetics (fertilizers and pesticides), genetically-engineered plants, sewage sludge, and ionizing radiation in organic production. The requirements on organic livestock have also been significantly lowered

from what the current standard has been. And (what I believe to be the worst of all), the newly proposed rules prohibit the development of eco-labels, which simply means that a producer who does not use any of the above practices will not be allowed to tell you, the consumer, that their product might be of a different (read "higher") standard: i.e. pesticide-free or irradiation-free.

If you are interested in making comments on any or all parts of the USDA's proposal, please contact: Eileen Stommes  
Deputy Administrator  
USDA, AMS  
Room 4007-S, Ag Stop 0275  
P.O. Box 96456  
Washington, D.C. 20090-6456  
Fax: (202)690-4632  
email: <http://www.ams.usda.gov/nop>

The docket number on should be included on all comments: Docket# TMD-94-00-2. You should include who you are (farmer, consumer, etc.) and why you are commenting. You should organize your comments in categories corresponding to sections of the rules and include the section number. It would also be helpful to make copies of your comments and send them to your Congressional Representatives with a letter requesting that they convey their concern about the rule to Secretary of Agriculture Glickman. Remember, you have a voice in the process!

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## Earth Week Events in Moscow

by Michel Brockington

It's April again, and for many of us that means time to renew our relationship with the earth. Over the winter, we may have let indoor life come between our commitment to the outdoors, but it's time for reconciliation! Earth Week is a great time for everyone to celebrate nature and, in doing so, come together as a community. So, in addition to your own personal spring excursions, why not contribute to some events that make it possible to celebrate our beautiful surroundings as a group? Earth Day is no longer just one day; it is the time of the season for renewing our love of nature and getting our hands dirty for the earth's benefit. Who says spring cleaning is an indoor activity?

### **Moscow Recycling Events:**

April 18—Earth Day Celebration and Recycled Art Contest

Bring in your garbage-turned-art! This is the perfect way to use what is around us—call it garbage, if you will—to make our lives more interesting and beautiful. Kids and adults are welcome to bring in their masterpieces on this day. So, get those kids together, have them make a project, and do one of your own too!

There will be an additional premium paid for aluminum cans brought to the Recycling Center on this day—up to 10 extra cents per pound. There may be a drawing for prizes for people who bring in cans this day, as well. Call the Moscow Recycling Center at 882-2925 for more details.

April 25—Hazardous Waste Recycling Day, 8 am to 4 pm at the Tideyman's parking lot. All Latah County residents can bring in any household chemicals such as cleaners, insecticides, weed killers, old paints and paint thinner, motor oil, nail polish remover, or antifreeze for proper disposal. This is the time to clean out the old shed or garage and get rid of potentially dangerous substances. Latex paints will be saved, sorted, and given away to anyone who can use them. Of

course, there is a waiting list, so hurry and call the Recycling Center for a chance to get some free paint. Because of liability and other constraints, only Latah County residents are eligible to participate in this event.

### **Palouse Clearwater Environmental Institute Events**

April 22—Earth Day Annual Membership Party: This Earth Day Celebration will feature wine, cheese, and community spirit. Everyone is invited to this evening event. Please call PCEI at 882-1444 for more details, or check their website at [www.moscow.com/pcei](http://www.moscow.com/pcei).

April 25—Annual Paradise Creek Cleanup Day, 9 am: Everyone is invited to PCEI's annual spring cleaning event. The festivities begin at 9 am at the U of I Student Union Building, where people will be assigned a section of the creek to clean up, and be given instructions and garbage bags. Bring your own gloves and be prepared for any kind of weather.

Other events around the Palouse are still in the planning stages as this newsletter goes to press. Check with the University of Idaho for campus events and activities. The Pullman Chamber of Commerce, as well as the Moscow Gardening Club may be sponsoring events too. Celebrate spring by doing good things for the earth!

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clinical psychologist  
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## You Are Invited

Planetary Stewardship An Interdisciplinary Conference on the Environment, will be held April 15-18 in Moscow, ID at the University of Idaho. Renowned guests will include Robert F. Kennedy, Jr., Charles Wilkinson, Reed Noss, and Edward Miles. Actress Kaiulani Lee will Portray Rachel Carson in a one-woman show, "A Sense of Wonder." In addition, a total of twenty or more break-out sessions will be offered free to the general public as space allows during the four-day conference. Registered participants, however, will be accorded first preference for seating and will receive a packet containing tickets for all events, refreshments, a booklet of conference abstracts and other conference materials. Luncheon and banquet charges are extra. A listing of session topics, the conference schedule and other information all are available on the World Wide Web at [www.martin.uidaho.edu](http://www.martin.uidaho.edu), or you may contact UI conferences and Events at (888) 884-3246 or (208) 885-6662. Interested persons from the area are invited and encouraged to attend any or all of the events free of charge depending upon availability of seating. Those not registering for the conference must obtain (complimentary) tickets at the registration desk in the Student Union Building prior to attending the Kennedy, Lee, or Noss programs.

**Shamaness**  
**Mandala Drawing Classes**  
 Moscow, April 14 & 18  
 \$25 per session  
 Register early  
 509-332-6089  
 Dianna M. Georgina  
 Clairvoyant Consultant  
<http://home.earthlink.net/~dmgeorgi>



## Place An Order Now For Recycled Paint!

Every year hundreds of gallons of high-quality, reusable paint are collected from Hazardous Waste Collection Day. Help us recycle this paint so it doesn't have to be shipped off as hazardous waste. Interior and exterior paint is available in a variety of colors (it is also possible to have light shades re-tinted to a desired color by paint shops). We can only save the paint we have orders for, so please call before Friday, April 24th. Also, please call me if you know any groups or organizations that could use recycled paint. Call Amy at Moscow Recycling: 882-2925, Tues-Thurs.

## Community News Ads Reach Progressive Consumers

by Tim Lohrmann

Got goods? Services? A home-based business?

If it's yes to any of the above, you really oughta give me a ring! Let's talk advertising—Co-op Community News advertising. Yeah, the little tabloid in your hands, The Community News, is way cost-efficient. It reaches the most health-conscious, socially-aware consumers on the Palouse. Lots of 'em too! Did you know there are 1,400 copies of the Community News distributed every month? And the best part is cost: Minimal is the word. Ads start at just \$8 per month. If you've checked out other print you know that's beyond reasonable. There may be another best part too, depending on your point of view. Since your advertising supports the Community News financially, it helps the Co-op "provide an information network that fosters progressive social, political, and economic change." That's what a section of the Co-op mission commands. Co-op folks are doing it too. The recent forum concerning

the assault by agri-business interests on Organic Standards is just one illustration. And what about "propaganda of the deed," leading by example? The hard-working Co-op employees who help provide a friendly place to buy organic and environmentally responsible products are certainly doing some of that, whether they realize it or not. Plus, this paper usually has plenty of nutritional and environmental news. So things ARE going pretty well. But there's always room for improvement. An expanded, newsier, Community News would be welcome. Is there ever a bad time for a better progressive information source? Your advertising will help make that financially possible. More ads, more news, more "network," man. So like I said, gimme a ring let's talk ads! And let's do it now, the deadline for the May issue is creeping up as it always does. Don't postpone your good intentions! Again, I'm Tim at (208) 882-9030—leave a message. Or if you'd rather: [lohr0426@novell.uidaho.edu](mailto:lohr0426@novell.uidaho.edu)

I'll get right back at ya!

## Spring Cleaning: Paradise Creek

by Kristi Wildung

Last weekend I thought it was spring, and then yesterday I thought not. But, then I learned that the annual Creek Clean-up has been scheduled for April 25 and I knew spring had arrived! Sponsored by Palouse Clearwater Environmental Institute, the Creek Clean-up is held annually to beautify the waterways of our town. The Co-op is responsible for 2 sections of creek, so we'll need lots of help. Please pencil us into your schedule for Saturday, April 25, and meet us in the Co-op parking lot at 9:00 a.m. Wear your grungies and gloves and bring any tools you think may help. Contact me at the Co-op if you have any questions. See you there!

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**Renaissance FAIR**  
  
 A decorative border with a diamond pattern surrounds the text and the banjo image.



Along the way, we started a Farmer's Market (which the city took over), encouraged and supported a regional trucking/distribution operation called Equinox, and tried to create a regional newspaper. Many ideas, much food, energy, and discussion, buying and moving equipment, building bins, a cold room, etc., became part of everyday life at the Co-op.

To illustrate how different the world was in the late seventies, consider these two notes from 1979: "Coordinators get raise to \$3.00/hour," and "Coffee voted down." Then, coffee was considered "another addictive drug." Now, it is society's "Drug of Necessity." You can get it anywhere and everywhere, and it's not just coffee, it's high-powered espresso that fuels the world. A large number of people have "Starbucks in their eyes." And, we now sell coffee at the Co-op.

As a lifetime member of the Co-op, I have seen and participated in the work, the details, the moves and more. Our "latest" move, into the Kentucky Fried Chicken building, (now they call themselves KFC, because "fried" is recognized as unpopular) brings a memory. With ceremony, and celebration, we cleared away years of grease and chicken guts. A smudge stick given to me by a former Co-op director was taken from me by some children, who ran all around inside the building and out, cleansing and certifying that another generation of MFC'ers was involved and dancing. So thank you, all who have been involved, Rod, Jim, David, Katie, JJ, Mallon, Janet, Phil, Dorothy, Kenna, all the workers, volunteers, distributors, Board members, all helpers and heroes—too many to mention... And think of all the GOOD FOOD that has cheerfully passed through our hands and enjoyed... Terry Lawhead, a longtime MFC member, once wrote "Co-ops have consistently promoted a mild-mannered message: Eat balanced meals of whole foods, enjoy what you eat, and support your local farmers, town businesses, and friends." So smile as you cut the cheese and fill the bins. Let's keep the Co-op going at least another 25 years! Let's eat, let's dance!

## At the Garden Center

by T. Rose

Stoney-eyed deer watch  
laughing ladies pile pots,  
pot plants,  
plant seeds  
of knowledge freely.

Under skies sunny, then lost  
to fog, snow, or worse  
perennials sit, stoic through it all.

The deer still watch, almost smiling.

Brilliant adolescent annuals  
murmur and nod, preen  
under their plastic parasol roof  
when no one's looking. They dream  
of blowing this joint and taking  
over the world.

The zucchini-in-charge knows better,  
keeps her comestible comrades in line,  
watching for last frost.

The deer migrate to more permanent pastures.



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c/o MPWNW  
4005 6th Ave. South  
Seattle, WA 98108  
or fax to: 206-682-1485



National Arbor Day is the last Friday in April. Idaho celebrates Arbor Day then (April 24), but Washington State celebrates Arbor Day on the second Wednesday in April (April 8). For information about National Arbor Day Celebrations, or to join the National Arbor Day Foundation, call or write:

The National Arbor Day Foundation  
100 Arbor Avenue  
Nebraska City, NE 68410  
(402) 474-5655  
www.arborday.org



**Moscow Food Co-op**

# Bulletin Board

## Co-op Business Partners

**Brown's Cooperstone Sports and Memorabilia** - 10% discount, 202 S. Main, Moscow, 883-4400

**Columbia Paint** - 30% off retail price on paints & supplies - additional discount on Del Mar blinds, 610 Pullman Rd., 882-6544

**KINKO'S** - 10% discount and free Co-op card lamination, East Side Marketplace, 882-3066

**1-Hour Western Photo** - 10% discount on processing, 320 W. 3rd St., Moscow, 883-8338

**John A. Hauser, Global Portfolio Management** - complimentary half-hour socially responsible investment consultation, 126 S. Grand Ave., Pullman, 334-3351

**Paradise Creek Bicycles** - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703

**Moscow Yoga Center** - 10% off classes for new students, 525 S. Main St., Moscow, 882-8315

**Copy Court** - 10% off all services, 428 W. 3rd St, Moscow, 882-5680

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

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

**The Globe - Gyros and World Eatery** - 20% discount on meals, NE 1000 Colorado, Pullman, 332-8902

**Hodgins Drug and Hobby** - 10% off all educational toys and hobby supplies, 307 S. Main St., Moscow, 882-5536

**Hands of Health Massage Therapy - Eva Jo Hallvik** - 10% off massage, by appointment, 502 1/2 Main St. #1, Moscow, 883-8745

**Herbal Medicine & Holistic Healing** - Linda Kingsbury, 10% off consultation fees, 106 E. 3rd St. #3, Moscow, 883-5370

**Jo to Go** - 10 for the price of 7 with prepay card or 10% off, 730 Pullman Rd., Moscow, 882-5448

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

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

**Kaleidoscope "Custom Picture Framing"** - 10% discount on retail prices, 208 S. Main #11, Moscow, 882-1343

**Basically Bagels, Eastside Marketplace** - Buy one bagel w/ cream cheese and receive the 2nd free, 883-4400

**Strategic Pathways** - 10% off vocational exploration and piano lessons, 106 E. 3rd St. #4, Moscow, 883-3062

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

**Special Delivery Home Maternity Services** - First month of prenatal vitamins free, Charlotte Salinas, Licensed Midwife, 883-3694

**Peacock Hill Bed & Breakfast** - \$10 off a night's lodging and half price on one breakfast when you buy two. 1245 Joyce Rd. 882-1423

**Diana Georgina, Shamaness** - 10% off Clairvoyant Consultation, Art & Tarot. 332-6089

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

## Palouse Trail Dedication

**April 4, noon**

on the trail 2 miles west of Moscow  
335-1990 or call PCEI 882-1444 for more information.

## Paradise Creek Cleanup

**April 25, 9 am**

Meet at the Co-op parking lot. Bring gloves, tools, and boots. *The more the merrier!*

## Strategic Training Conference

**May 1-3**

Camp N-Sid-Sen on Lake Coeur d'Alene  
skill-building for grassroots activists  
(208) 331-7028

**June 1 through 6**

## Benefit Float Trip

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## Moscow Renaissance Fair

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**Sat and Sun, May 2 and 3**

music, crafts, dance, joy,  
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**You can E-MAIL your announcements for the BULLETIN BOARD (no later than the 25th) TO:**  
**bethc@uidaho.edu**

## Planetary Stewardship: An Interdisciplinary Conference on the Environment

**April 15-18, U of I**

**Twenty or more break-out sessions**

Registered participants will receive first preference for seating and will receive a packet containing tickets for all events, refreshments, a booklet of conference abstracts and other conference materials. Those not registering for the conference may obtain (complimentary) tickets at the registration desk in the Student Union Building prior to attending the Kennedy, Lee, or Noss programs. A listing of session topics, the conference schedule and other information are available at [www.martin.uidaho.edu](http://www.martin.uidaho.edu) or you may contact UI Conferences and Events at (888) 884-3246 or (208) 885-6662.

## Join in TV Turn-off Week!

**April 22 to 28**

**Get your 1998 organizer's kit**

(all you need to organize a school or community TV Turn-off Week)  
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**April 25, Saturday, 8am to 4pm**  
**Tidyman's parking lot**

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