

Dm-Nw
HD
3284
N48

August
1998

Moscow Food Co-operative



Community News

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

FREE!
Please Take
One

Celebration



MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843



& Taste Fair

SPECIAL COLLECTIONS
LIBRARY
UNIV. OF IDAHO
MOSCOW ID
83844-2351

Celebrating Twenty-Five Years of GOOD FOOD

by Kenna S. Eaton

25 years ago, a group of people worked together to find a way to bring natural foods to the Palouse. As a result of their efforts the Good Food Store was born (later to be re-named the Moscow Food Co-op). Since that time natural foods have become widely available. You can now find them in grocery stores, drug stores and even those little convenience stores. But even so, there are people who are still afraid of what we sell! What better way to convince folks of the great tasting food available to them at the Co-op than through a taste fair? Now in its fourth year, the "Taste Fair" is an annual event held in the Co-op's parking lot. Under a canopy, a panorama of delights awaits you. And it's all FREE!!! To add to the excitement, we've combined this fun party with our 25th Anniversary Party, for a whole day (10 am.-4pm.) of door prizes, balloons, cake, music and of course, FOOD. Everyone is invited.

So, come help us celebrate 25 years of good food, and fill your tummy at the same time.

Co-op - News

Membership News

by Kristi Wildung

I'm back from Hawaii—rested and relaxed. As much as I love the Co-op, I must admit I was a little sorry to return. But then I started thinking of and planning for the 25th Anniversary of the Co-op and I got a little excited. Can you believe we've been in business for 25 years? Not many businesses can claim that kind of fame. The simple reason for our success is our membership: those people who have supported us patiently and diligently through all of those years. This month we will be saying "Thank you" to each and every one of you with many little special tricks and treats. And don't forget the Anniversary Party/Taste Fair bash on August 29. Come on by and see what we have in store for you.

Welcome to these new members: Tobin Peever, Casey Slattery, Thomas Goss, Jennie Milewski, Pamela Freske, Pamela McBride, Cindy Goff, Karen Carter, Mike

Behrens, Marjory Sackett, Sarah Houghton, Timothy Kendall, John Stockman, Karen Mertel, David White, Kiran Annaiah, Sue Lundgren, Remony and Robert Henry, Milly Welsh, Steve Springer, Cassandra Crawford, Kathleen Kennedy, Jacqueline Hanna, Victoria Ozeran, Howard Morton, Jenny Ridinger, Rebecca Huston, Melissa Saul, Maureen Howell, Carole Lowinger, Annette Bigham, Thanya Sripo, Brande Baudino, Kai Schraml, Michael Tuttle, Mary Katherine Morrill, Allison Bullard, Sue Epley, Laura Harbinson, Christiane Loehr, Tana Hendrickson, Josh Sosnow, Jody Hanser, Robin Tramosch, Anne Klowden, Stewart Bohnet, Christina Maughan, Colleen Quinn, Nancy Nelson, Margaret Jelinek Lewis, and Sara Swanson. Whew! Don't forget to check out our Business Partners listed on the back page of this newsletter. Shop locally and save!

A Note from the Ad Czar

by Bennett Barr

As the weather changes with the seasons in Moscow, so does my volunteer position at the Co-op. Working with the produce over the past year and a half has been exciting, but I expect the tasks of Advertising Manager will be just as exciting, if not more challenging.

A grandfather I never knew was an editor and printer of a newsletter for grocery store advertisements in the Wallingford district of Seattle during the 1940's and 50's. Now that I have this Newsletter Ads position, I feel somewhat connected to him.

So, as the duration of my college education continues in Moscow, I will gladly help serve the newsletter and Co-op as best I can. If not for the Co-op and its wonderful customers, staff, and volunteers I would be truly lost in North Idaho.

If you have any questions regarding advertising, please contact me at 883-8281 or barr4521@novell.uidaho.edu.

IN MEMORY OF

Anna Chung Magaret, 25, died July 17 at Deaconess Medical Center in Spokane following a central nervous system hemorrhage.

She was born in Korea Feb. 20, 1973, and came to Pullman in 1976 to live with her parents, David and Patricia Magaret, who survive her. She was a student at WSU in fashion merchandising and volunteered locally to introduce international students to the community.

Anna worked the Co-op's espresso cart for about 6 months before moving back to Pullman. She loved her co-workers and all the great food at the co-op. Her cheerful smile and helpfulness will be sorely missed.

Editor
Bill London

Issue Editor
Therese Harris

Layout
Tanya Perez

Typesetting
Kathy Burton

Advertising
Bennett Barr

Illustrators
Heidi Maut
Kelly Riley

Distribution
Therese Harris
Christine McGreevy

Kids' Page
Nancy Lee-Painter

Back Cover Design
Beth Case

Webmaster
Bob Hoffmann

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

Published by
Moscow Food Co-op
310 W. Third
Moscow, ID 83843
(208) 882-8537

Upper Crust Bakery
(208) 883-1024

Open Every Day
8:00 am - 8:00 pm
With plenty of FREE PARKING!

General Manager
Kenna Eaton

Board of Directors


Ernie Biller	332-7803
Mike Cressler	883-5375
Jim Gale	882-7804
Christine Moffitt	882-8985
Nick Ogle	882-4132
Mimi Pengilly	882-6307
John Hermanson	334-9245
Suzanne Peyer	334-9245

Printed on Recycled Paper

Deadline for Articles:
20th of each month

Contents

Celebrating 25 Years of Good Food	Cover
Membership News	2
In Memory Of	2
A Note from the Ad Czar	2
The Buy Line	3
Kelly Riley to Rest Her Pen	3
Local Produce	3
Pencil Yourself In - Here!	3
Co-op Business Partner Profile: Darryl Kastl's Kaleidoscope...	4
Volunteer Profile: Iris Lange, Bakery Volunteer	4
Kids and Cows: Stratton's Dairy	5
Volunteer Update	5
A Look Back at the Last 25 Years	6
AUGUST MEMBER SPECIALS	9
Word of Mouth	10
For the Cook Who Likes to Garden, and the Gardener Who...	10
Kids' Page	11
Preserving Summer Fruit	12
The Bookshelf—Monthly Reviews of the Co-op's Literary...	13
Organic Gardening 25 Years Ago	13
Ground Covers for Shade and Sun	14
August Gardening Tips	14
Life on the Gender Frontier: Full of Surprises	14
The Fair Housing Crisis in Idaho	15

 Additions
Remodels
Light Commercial
Compact Homes
Counter Tops

ESSENTIAL CONSTRUCTION

John Dancey
Barb Ripperda
Bonded & Insured
wa.reg.essenc*043Q1
(509) 878-1116

 **Mikey's GYROS**

Now with two locations
Serving up the fabulous Greek Gyro, and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow
(across from the theatres)
527 S. Main 882-0780

The Buy-Line

by Vicki Reich

We've had quite a bit of excitement this past month, with the most frustrating being the freezer melt-downs. As you probably noticed though, the freezer is back up and running—thanks to the hard work and quick mind of Ken Nagy. It's amazing how much trouble one little timer can cause. We apologize for any inconvenience this outage caused. I know I missed the Howler Gelato on some of those scorcher days. On the happy side of excitement, we finally have the bulk tincture dispenser I talked about months ago. It's a pretty cool set-up and very easy to use, but if you need assistance on your first try, any cashier will be happy to help you. There is also a new bunch of organic wines from some new wineries, perfect for that afternoon picnic. Here's what else is new and exciting at the Co-op:

Spectrum Organic Red Wine Vinegar with Raspberries—An Organic replacement for the Koslowski's vinegar that was discontinued by our distributor.

Natural Value Habanero Sauce—Something new to spice up your life.

Muir Glenn Grill Sauce—Just in time for BBQ season.

Annie's Natural Sauces—Three new delicious sauces from the makers of those wonderful salad dressings. They're on the soup shelf. I've tried them all and they're great.

Seventh Generation Toilet Paper—100% post-consumer waste content, and soft too.

Dawson Taylor Coffees—Roasted in Boise; grown organically and in the shade. A great addition to our coffee selection.

LingLing Manapua Buns—Yummy little buns stuffed with curried tofu and veggies.

Boca Burger Hint of Garlic—**Yet another great tasting burger from Boca.**

Genisoy Bars—These were a request and they're a tasty way to add soy to your diet.

Sheltons Turkey Sticks—Free-range, of course, and mighty tasty too.

Here's what I found on the suggestion board this month:

Could you carry Breadshop cereals regularly, please? We have tried to carry them on a regular basis but they don't really sell unless they are on sale. I will bring them in

whenever I can get them on sale.

Can you get the Terra sweet potato chips again? You used to carry small bags and they are the best. We now carry them in the 6 oz. size. The smaller size didn't sell as well and there's much less packaging this way.

Organic tofu from around Seattle—curry, veggie, hot and other flavors. Very Yummy!! Sounds like you're talking about Small Planet Tofu, which we have carried for years. It's actually made near Spokane by Tofu Phil and we are big fans of it around here. It's in the open-face cooler near the other packaged tofu and the plain is available in bulk.

It's summer in Idaho. Are we ever going to get local/organic produce from our local/organic farms? It's one of my favorite things about the Co-op. I can't go to the farmer's market. Laura says: We are starting to get some things, but it's still very slow because of all the rain we had. Just keep looking.

Steamed Island Spring Tofu, can we get it? I'll bring it in and see how it does.

There is a lot of little litter in the parking lot and in the flower beds of the Co-op, sad. Our landscaping is done by volunteers and we never seem to have enough of them. If you would like to volunteer, you can sign up on the volunteer board or talk to Gary. And, of course, you are always welcome to pick up some trash whenever you stop by. Remember, it's your store too. That's what Co-ops are all about.

Please find a source of either packaged or bulk powdered kombu seaweed. It is great for soups, dressings, etc. Thanks. I'm sorry but I can't find any from our distributors. Do you know who makes it? Let me know and I'll gladly try to find it for you.

Pure vanilla powder in bulk? This is available in ½ lb. packages that you can special order. There isn't enough interest for me to carry in the store.

The umbrella tree in the bulk room needs more dirt. Its roots are exposed. We'll take care of that. Thanks for letting us know.

Can we get local bee pollen to help with my family's allergies in the Moscow area? The bulk bee pollen is from Peck, Idaho, near Lewiston and the packaged bee pollen in capsules is from the Moscow area.

Simple Green household cleaner is great stuff. Can you get it? Sorry, it's not available from our suppliers.

Refrigerate your water. Thanks. We keep the Idaho Ice in the cooler as well as on the shelf (except for the gallon size, which we don't have enough room for).

Please order Lifestream Essene Breads, I think they'd sell very well—they do in other stores. Also I wish you had umeboshi vinegar. Sorry, the Essene bread is not available from our suppliers. However, I will bring back the umeboshi vinegar. How's that for a compromise?

Could you carry Celtic Sea Salt in addition to, or instead of Lima. Celtics' organic standards are higher and their trace elements are much more intact. I haven't found a source for this yet but I'll keep looking.

Kelly Riley To Rest Her Pen

by Therese Harris

We'd like to thank Kelly Riley for sharing her talents with us here at the newsletter for the past year. Her illustrations have graced many of our covers and illumined many of our inside stories. As she moves on to other projects—including spending more time at her store, Garden Thyme—we wish her great luck, happiness and time to do everything she wants! Thank you, Kelly!

MOSCOW INTEGRATIVE THERAPIES

ALAN SLAUGENHAUPT, C.M.T.

Therapeutic Massage
Pain Relief
Stress Reduction

102 N. Main
Moscow, ID 83843

(208) 883-4707
(208) 883-0160

alanonlinenow@webtv.net

MOSCOW INTEGRATIVE THERAPIES

Local Produce:

Ed Steele: Sweet Onions

Snow Peas

Bunch Beets

Garlic

Yukon Gold Potatoes

Dale: Tomatoes (60# at a time)

Paradise Farms:

Spinach

Lettuce

Stir Fry Greens

Salad Mix

Bunched Greens

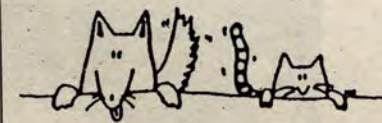
Raspberries: Just order about 12 pints at a time, they really don't keep for much longer than a day.

Pencil Yourself In-Here!

By Therese Harris

Do your fingers itch when you see clip art where a small sketch should be? Do you doodle in the margins next to an article—and make the paper look better? Would you like to put that artistic talent to use and see your work published? I think we could help each other out.

Our newsletter illustrators are moving on to other projects and challenges, so we are looking for a few good pens, so to speak. Whether you are a bona fide, certified artist or someone who just enjoys sketching, we'd love to show off your talents—and dress up this newsletter at the same time. Hours and projects vary monthly, and you earn a discount on your Co-op purchases. So, if you'd like to cooperate on our newsletter, call Bill London for details at 882-0127.



Animal Care Center

328 N. Main, Moscow, ID 83843

8:00-5:30 Monday-Friday
(Tues. & Thurs. until 7 pm)
(208) 883-4349

Large & Small Animals

Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

Co-op Business Partner Profile: Darryl Kastl's Kaleidoscope Gallery and Frame Shop

by Tim Lohrmann

Late summer; soon it'll happen—it does every year, doesn't it? The phone or doorbell will ring. Your friend, the one with the ample trust fund, will call you up. Back from 'traveling,' as it's called. You'll get the whole story—the unedited version. They'll pause only to catch their breath and to clarify that yes, you spent your summer right here, working. Sooner or later the briefing will turn to that amazing little out-of-the-way shop they discovered in Lisbon, Prague, or wherever it was this year. And when it does, I've got a one word come-back: Kaleidoscope.

It's an amazing little out-of-the-way shop you're about to discover right here in downtown Moscow, Idaho. Kaleidoscope: A Rock and Roll Art Gallery/Custom Frame Shop is on Main Street in Moscow, but not just everyone knows about it yet. To find it, trot down to the Army-Navy store, and take the stairway just to the right of it in the O'Connor Building. Go up the stairs and down the hall, look to your right, you're there.

Kaleidoscope is the creation of Deary area resident, Darryl 'Dead-head' Kastl. Giving Darryl that nickname isn't just fooling around either. You see, although he loves calling it home now, Darryl isn't exactly a Deary native. He grew up in the Bay Area and lived through the rise of the Dead, the Jefferson Airplane and the rest of the greats of the late 60's and early 70's San Francisco scene.

As a matter of fact the shop owes its existence to Darryl's love of that era's music and outlook.

"When Jerry Garcia died I felt like part of my past was being ripped away," says Kastl. "It wasn't just Jerry's music, but what he stood for. He was a genuinely good person."

Kastl says that Garcia's death motivated him to open a space where the memory of the Dead and the spirit of the 60's could be celebrated. And with Kaleidoscope he has succeeded.

When you check out Kaleidoscope, you'll agree. The walls are covered with framed prints of the

famed photographic work of Herbi Green and Gene Anthony. Kastl even has a copy of Anthony's book "The Summer of Love," from which any of the photos can be custom ordered, signed by Anthony himself.

Another Kaleidoscope feature is a wide selection of posters promoting the unforgettable Avalon Ballroom. Kastl is a friend of Avalon Ballroom and Fillmore West founder Chet Helms (pictured), and many of the Avalon posters carry Helms' signature as well.

And while you're browsing the posters and photos at Kaleidoscope, ask Kastl about framing that art. Kaleidoscope has you covered. Kastl offers 900 different frame samples as well as an extensive selection of mats.

"I'm really into 'conservation framing,' (using acid-free rag mat material—cotton instead of wood fiber) so the piece will look great far into the future," said Kastl.

And if you haven't heard enough yet, if you're not quite planning the short trek up to Kaleidoscope, there's more. Kastl is one



Darryl Kastl (left) with Avalon Ballroom and Fillmore West founder Chet Helms, at Helms' Atelier Doré Gallery, San Francisco

of the Co-op's Business Partners, so Co-op members receive a discount. A big one: You'll get 20% off your total framing bill when you present your Co-op card.

What's Kastl's motivation for participating as a Co-op partner? That should be obvious.

"They're my kind of people!" he says, smiling.

And Kaleidoscope will be your kind of place. Bring a friend.

Kaleidoscope Custom Framing and Rock and Roll Art Gallery: 208 South Main #11 (above Army-Navy store) Moscow (208)882-1343.

Open: Tue., Wed., and Thurs. 5-7p.m. and 11-4 on Saturday

Volunteer Profile: Iris Lange, Bakery Volunteer

By Tim Lohrmann

You just never know—where your life will lead, that is. That's what Co-Op bakery volunteer Iris Lange has learned. A couple of years ago, the idea of a home on the Palouse hadn't crossed her mind. Living in her native Germany, she'd never even heard of the place. But Pullman has been Iris' home for one and a half years now. She's getting past the culture shock quite nicely, she says.



Iris Lange with 2-year old Moritz

And working as a volunteer in the Co-op bakery for the past year has been a part of that.

"The people are really wonderful here and I love to bake, so that's why I applied," she says. She's glad she did. Baking at the Co-op has even helped ease the abrupt changes she has gone through in moving.

"It reminds me a little of some of the shops in Germany," she says of the Co-op bakery. "I really like the place—I'd recommend volunteering to anyone."

Even though Lange is enjoying Pullman/Moscow so far, there's quite a bit she misses about her home. Friends and family of course, but something else she finds largely lacking in the US is, as she put it, "the infrastructure of Europe." Lange says she likes the option of taking public transportation to a pedestrian-friendly city center and finding plenty to do without relying on a car. It's hard to blame her there. Sounds marvelous. There's something else, too: the bread.

Lange says she's impressed with the variety of products the Co-op produces, but would love to see more of the dense, dark, intensely-flavorful German style breads.

"I'm even interested in introducing some recipes to the Co-op," she said.

But while she may miss some German foods, Lange has also learned a more international approach to both cooking and baking in the US. That's where shopping at the Co-op and her working member discount have come in handy.

"The Co-op is the place to find ingredients," she says. "I've been trying Indian and several other cuisines and I find everything I need here."

So now let's answer the obvious questions: Why Pullman? And especially why Pullman—from Germany?

Lange says it's a family thing. Her biochemist husband was accepted into a post-doctoral program at WSU. So she decided

she'd come along. A pharmacist herself, Lange says she's enjoying the full-time job of raising her two sons, but will eventually return to professional life. And she plans to take her interest in alternative remedies with her.

"I'm very interested in doing research in homeopathic pharmaceuticals," she says.

In Germany, I ask?

Lange is quick to affirm that yes, as much as she likes the Northwest, she'll be returning to Europe with her family when the post-doc is complete. Germany is still home. Then with a smile, she pauses, remembering the lesson.

"But you never know," she says.

True enough, Iris.

But one thing's certain, the Co-op's bread has never been better. And if we see big loaves of dark, delicious Black Forest Rye in the bakery case someday soon, we'll know who to thank. Keep up the good work!

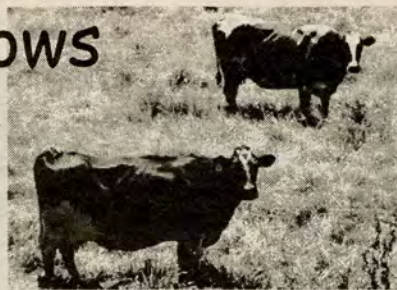
Kids and Cows

Fritz Knorr

A lot of the really great stuff at the Co-op depends on volunteers. In fact, my favorite Co-op products, those things that are the most Co-op-y of all, those things that I just couldn't get at a regular grocery store, seem to be the things that are the most volunteer dependent. Bulk chips would never get into their bags without volunteers. The bulk department uses lots of volunteers, and so do the bakery and kitchen. For that matter, this newsletter is produced with all volunteer labor. But the most volunteer-dependent product line of all is that wonderful Stratton's milk in the glass bottles.

Each day of the week, except Sunday, a volunteer does a milk run to the Stratton dairy. On Wednesdays, the milk run is the responsibility of Christine McGreevy and her sons, Martin, Mitchell, and Kadin. Every Wednesday morning, they swing by the Co-op, pick up the empties, drive out to Stratton's, pick up the order of a dozen or so cases of milk, and hustle them back to the Co-op. Then, Christine does her Co-op shopping while the boys move the milk from the car to the walk-in cooler.

"It's the best volunteer job," said Christine. "Once a week we go see the cows. We're so lucky to have Stratton's!" And isn't that the



These gals live south of Pullman on Johnson Rd. and graciously provide your milk

truth. If you drive by Stratton's dairy on Johnson Road, you can see the cows that produce your milk. The Stratton's have about 50 heifers, so each one of them produces, more or less, one-fiftieth of the milk you drink today. So they aren't just some cows, those are the cows—the actual individual cows that produce your milk. That is incredible these days when food is a commodity and people haven't the vaguest clue of where their food comes from. Consider grocery store milk. Where are the cows that produce that? Southern Idaho? California? Argentina? Who can say?

"It's better than organic," states Wayne Stratton, owner and operator of the dairy. "We don't put anything into the milk that the government doesn't make us." The FDA requires that they fortify the 2% and skim milk with vitamins A and D, because those vitamins are fat-soluble and are removed with the butterfat. Apparently, some people who seem to be

truth.

If you drive by Stratton's dairy on Johnson Road, you can see the cows that produce your milk. The

allergic to milk are actually allergic to the added vitamins A and D in skim and 2%. For those people, Stratton's whole milk doesn't cause a reaction, because nothing is added to it. Stratton does not use BGH (Bovine Growth Hormone) on his heifers. Virtually all the dairies that produce for chain groceries use BGH.

"It's the best," said Martin McGreevy,

as he was lugging cases of milk into the Co-op. And that's a pretty good recommendation, because Martin is a twelve-year-old who drinks a lot of milk. Martin used to like the plastic milk, you know, the milk that comes in plastic jugs. But that was mostly because plastic milk was

"normal," and what twelve-year-old wants to be weird? Once he got past the social stigma of the glass bottles, he found that he liked the Stratton's milk much better.

There are two other ways to buy Stratton's milk other than from the Co-op, but neither is as convenient for me. First, you can go directly to the dairy, where they operate a retail store. The dairy is about a mile south of Pullman on the Johnson Road, and the store is open 11am—6:30pm Monday through Saturday. While it isn't convenient, going to the dairy does give you the opportunity to see the cows.

Alternatively, if you live in Pullman, Moscow, or Albion, you can have Stratton's delivered to your home. For delivery call 334-7326.

If you are like me, though, it is easiest to get the milk from the Co-op. And, when you do, you can be assured that the milk wouldn't be there without the dedicated efforts of our volunteers.

Volunteer Update

by Gary Macfarlane

When I was a kid my grandmother made me weed the garden every summer day from 4:30 AM to 9:00 PM. She was generous and allowed me to take a break or two during that time to work in the orchard picking CHERRIES, and other FRUIT.

During our marathon weeding sessions, 75-year-old Grandma would wield

Excalibur, her hand-forged hoe, and challenge me to a contest to see who could "slaughter" the most weeds—nasty, mean, vile plants which had invaded our garden overnight and were threatening to choke the LETTUCE, PEAS, CARROTS, SQUASH, and other VEG-ETABLES. Our separate piles of weeds reflected our personalities: Mine was the size and shape of a basketball; Grandma's had the girth and height of that famous rock, Everest.

After the contest Grandma would haul the two weed piles—the ball and the mountain—in her wheelbarrow out to the edge of the property for all the world to see. She would then recount the exploits of the day to any neighbor who happened to pass by, explicitly detailing who was responsible for weeding which pile.

The point of this story is twofold. First, volunteering at the Co-op is a lot easier than weeding a garden with my grandmother. It is a rewarding and fun experience and you receive a discount on healthy food. Second, the Co-op desperately needs volunteers to work in the produce section. The summer season brings an end to the school year and many of our volunteers leave town.

Produce volunteers work 3 hours per week in the evening from 4 to 7PM. Responsibilities include stocking produce, rotating stock, and removing stressed produce. Several evenings are available. Please check the volunteer board at the Co-op. You will be glad you did, especially when you enjoy healthy, organic fruit and vegetables from the Co-op at a bargain rate.



You can also get Stratton's delivered. For delivery, call 334-7326



Kevin McGreevy (12) & brother Kadin (5) deliver the Wednesday Stratton's milk order

HOUSE FOR SALE

IDEAL LOCATION: Halfway between downtown Moscow and East City Park in a friendly, family-oriented neighborhood with lots of trees and well-kept homes.

PRIVATE BACKYARD: Tree-covered deck, flowers, with pick-your-own apples, cherries, plums, apricots, raspberries and Siberian kiwifruit.

PLENTY OF ROOM: Three bedrooms, two and one-half baths, basement, separate workshop, carport, 2088 square feet, complete with appliances, new roof, and new gas heater and gas water heater.

REASONABLE PRICE: \$116,500

CONTACT: Bill London at 882-0127

Custom Picture Framing
KALEIDOSCOPE
 208 S. Main St.
 One Block North of Friendship Square
 Featuring: RARE Photos & Lithographs of
JERRY GARCIA
 Hours:
 Tues. thru Thurs. 5-7pm
 Sat. 11am-4pm
 882-1343

A Look Back...



The Good Food Store opens on Second Street, 1973



How it all began...1973



Not your average customer, 1984 (Hey, isn't his name Ed?)



Storefront at 314 South Washington, circa 1983

Editor's note: This history was compiled with the help of many people, but our collective memories haven't recovered all the co-op shaking events of the past 25 years. If you have memories of important events that are not mentioned here, please write them down and send them to us at the Co-op. Feel free to 'name names' and weave tales. We'd like to fill in the gaps and document as much of this 'long, strange trip' as possible.

A Co-operative History

1973: August – Rod David, Jim Eagan, David and Katie Mosel open the Good Food Store with a \$500 loan from the S.B.C.D.C. (a community development council in Lewiston). First month's sales: \$126.88. Second month's sales: \$1,100.

1974: April – The Good Food Store incorporates with 25 members.
May–Good Food Store receives \$4,615 in grant money.

1975: August – store changes its name to the Moscow Food Co-operative, and moves to 610 Main Street, across from the fire station.

September – Board of Directors looks at ways to increase efficiency and sales; discusses management job benefits such as insurance, sick leave and vacations; membership cards proposed.

December – 3-tier pricing system goes into effect, with only members getting the 'bulk' rate on food.

1976: February – S.R.C.D.C. loan to be renegotiated; CAA to audit books; Proposal made to separate Chair of the Board of Directors and President of Co-op positions.

March – Board of Directors is restructured; meeting process and decision-making structures are put in place.

May – Co-op moves to storefront on the southeast corner of A and Washington Streets; working discount program set up; Co-op withdraws from the Chamber of Commerce; Permits applied for with the city of Moscow for a Farmer's Market.

June – Work Party to construct bulk bins and to rearrange store.

Regional Co-op gathering at Cosmic Farms in Fairfield, WA.

July – Board of Directors writes down the bylaws.

August – Board decides to have a paid janitor.

September – Sandy Ogle resigns as Manager.

December – Co-op begins buying from Equinox—a cooperative wholesale supplier.

1977: September – Co-op purchases first certificate of membership in Equinox.

1978: May – Co-op has a booth at the Renaissance Fair.

June – Board decides it should hire any janitors. At the membership meeting, members suggest "...more munchies..." Board decides to collect \$5 from current and new members to fund capitalization of Equinox; Building party held for Equinox.

October – Co-op is losing money, even though sales are up; David Cole volunteers to do a budget. Co-op relocates to 310 South Washington St.

December – regular shifts and days established for cashiers; new bulk bins designed; overall markup on products raised by 10%.



Linda Rabnor, July 1996



Mary Butters and Jack Carpenter, hanging up our shingle, 1990



Kelly setting up, or taking down the Bazaar, 1992



3 bakers baking: Lucy Gallardo, Jean Cahill, and Ed Clark, 1992

1979: **January** – Finances are in the black “for a while now;” Cold Room construction plans begin; interest-free loans from members fund cold room construction; Coordinators (shift managers) get raise to \$3.00 per hour.
February – 5-door reach-in cooler bought in Spokane for \$500; digital scale next on capital equipment list; volunteer clerks get perk of food at cost;
March – Food-at-cost benefit extended to coordinators as well; March 31st is largest sales day ever—\$1,600. Best sales month ever—\$16,800; Coordinators, janitor, and bookkeeper get raises to \$3.50 per hour; New pricing system: general 45% markup, 5% discount for nonworking members, 15% for working members, 25% for volunteer clerks and coordinators. Board members work half days Saturdays to relieve coordinators.
July – Street dance held on 22nd; Working member discount increased to 20%; new bulk bins built according to health codes.
August – new decision making process: members to decide major policy, Board of Directors to facilitate that policy and coordinators to implement it. Finances go into red ‘again;’ janitor placed on salary; proposal made for mandatory new member orientation.
September – “bad financial condition” requires store wide markup of 3%.
October – bylaws under revision; newsletter “going strong.”
November – wholesale pricing system approved for members; 6 month moratorium on in-store charges; members vote against carrying coffee.



Rearranging, reorganizing, all over again. 1992

1980: **January** – Board of Directors vote to limit meetings to 2 hours.
April – Store to stay open until 7 p.m. on Fridays and not open until 10 a.m. on Sat.
June – Members propose we buy a building; long-range planning proposed; Personnel policies being developed.
August – T-shirt design contest planned; Equinox requests loan of \$60,000.
October – sales droop all year, co-op has lost \$2,000 so far; Store wide markup increased by 2%; grievance procedure put in place; work requirement raised to 3 hours per month; herb prices raised 30%;
November – Co-op begins advertising.



Ed Clark, Most Relaxed Co-op Member, 1992

1981: **June** – finances are ‘looking good; marketing committee formed.
October – Herb workshop cosponsored with the Historical Society.

1982: **March** – sales down compared with 1981 and 1982; store layout to be rearranged.
May – sales still lagging—summer layoffs arranged to cut losses; volunteer system revised.
October – Bylaws Committee overhauls Articles and Bylaws.

1983: **April** – Equinox starts ‘Cheese of the Month;’ Equinox restructures its Board of Directors and plans capitalization; Co-op T-shirts arrive; beer licensing discussed.
June – bad cash flow—sales lagging; shopper survey done.
September – Co-op staffs a booth at the Latah County Fair.



Our 20th Anniversary, 1993



Co-op Staff gathering at Kenna's, 1993

...at the Last 25 Years!



Kristi Wildung at the Taste Fair, 1997



Gary Mitchell, the 'Fish Man' at Taste Fair, 1997



Kelly Kingsland and the pizza story, 1998

1984: August – Losses still high; coordinators cut their wages and accrue comp. time instead; vitamins now carried in store; Ron Stoltz is new manager at Equinox.

1986: Sometime – Mary Jo Knowles becomes Co-op General Manager; membership increases; sales start to rise.

1988: Equinox files for bankruptcy; The Great Divide starts up as another cooperative wholesale supplier.

1989: August – Co-op relocates to current location, in former Kentucky Fried Chicken building;

1990: Upper Crust Bakery rises to life upstairs, with Ed Clark as Baker; Co-op newsletter changes format from booklet to tabloid, with Bill London as Editor; Co-op sales break \$500,000, up 43% over 1989.

1991: August – MaryJo Knowles resigns as General Manager; Kenna Eaton steps up from produce manager to General Manager. Deli soups, salads, and sandwiches are introduced—Annie Hubble is first 'Deli Queen.'

1993: August – Parking lot dance.

October – first annual Christmas Bazaar started upstairs;

1994: Co-op tops \$1 million in sales; store layout is rearranged and the 'Bread Room' is set up; new bulk bins are installed.

1995: Co-op starts billboard advertising; discussion starts about a major remodeling or relocating; first Annual Taste Fair held in the Co-op parking lot;

1996: Members' discount changed to straight 2% on all purchases; Espresso cart starts up.

1997: Co-op holds its first-ever membership drive; Co-op helps establish the Northwest Co-operative Grocers Association as a strategic network of co-ops to maintain co-op viability.

1998: Co-op's web page goes online; Co-op's first TV commercial airs; experiment with 10% members' discount on purchases over \$20 only lasts 3 months; overall 2% discount reinstated; bulk foods converted to PLU system; bulk tincture dispensers set up; new, open-face cooler bought and set up.



Laura and Bonnie, staffing the front counter, 1997



View from the lot, 1996

Long Live the Moscow Food Co-op!

AUGUST MEMBER SPECIALS

Breadshop

New England Super Natural Granola

35% off

\$1.69/#



Barbara's Bakery

Shredded Wheat,
Shredded Spoonfuls,
Puffins, and Shredded
Oats

30% off

Bulk Cashews

20% off

\$3.69/#

Santa Cruz

Spritzers

35% off

59¢

Emerald Valley

Hummus

20% off

\$2.49

Tazo

Iced Teas

25% off

\$1.19

Amy's

Spinach Feta Pocket

25% off

\$1.39

Desert Essence

Tea Tree Oil, 2 oz.

25% off

\$14.95

New! Annie's Naturals

Bottled Sauces

All Three New Flavors

\$2.59

NUTRITION NOW

Nutrition Now

Rhino Vites, Rhino Dophilus, and Rhino
Echinecea

15% off

Food & Nutrition

Word of Mouth

by Eva Strand

I am just about to add some new flavor to my life. In front of me are four pints of ice cream from the Co-op, surely every one of them is full of its own secret combination of flavorful cooling magic. This hot summer day is full of anticipation and the kids' eyes are glowing simply from looking at the colorful packaging.

We began this month's taste testing with the light, cooling Seattle Sorbets. This sorbet comes in several flavors; Coconut, Blueberry Zinfandel, Blackberry Cabernet, Dark Sweet Cherry and Tequila Lime. Tequila Lime has a deliciously sweet-sour lime flavor, and tastes just like homemade sorbet. Coconut is milder and creamier with a taste of smooth coconut and vanilla. My baby-sitter and friend Jeannine comments "Nice mild flavor. I like the shreds of coconut! Creamy. Very good!" I agree with Jeannine and so do my three kids. We all liked the Seattle Sorbets so much that at the next Co-op visit we purchased the Blueberry Zinfandel flavor. Just as we suspected, it was packed with authentic, sweet blueberry flavor and tasted extremely cooling together with a spoonful of vanilla ice cream. The Seattle sorbets are low in fat, 80-100 cal/serving and contains no preservatives or additives.

Next in line for tasting was Rice Dream Cocoa Marble Fudge, a non-dairy dessert from Imagine foods. Finally a great ice-cream alternative for non-dairy fans. Cocoa Marble fudge has a mild chocolate flavor with chunks of fudge for your enjoyment. This dessert is made from brown rice

milk and flavorings, rice syrup, safflower oil and guar gum. Other flavors are Mint Carob Chip, Cappuccino, Cherry Vanilla and Vanilla. This non-dairy dessert satisfied my sweet tooth without leaving me with the feeling of heaviness that sometimes follows an ice-cream encounter.

Over to the heavier stuff...Gourmet Italian Ice Cream from Howler. I tried the Mocha Chocolate Chip flavor...yum, yum. Howler Organic Galeto ice-creams are rich and creamy, made from whole milk and real cream, and all ingredients are organically grown-everything from the whole milk down to the last little vanilla bean...quite impressive. The mocha flavor in Mocha Chocolate Chip Organic Galeto was remarkable: tastefully blended with chocolate liquor and miniature chocolate chips - truly a gourmet ice-cream. Too much coffee flavor for the kids though, Mocha Chocolate Chip has a grown up taste. I suspect the kids would have liked Mayan Blackberries & Cream or Chocolate Orange much better.

Above and beyond, this our Co-op also carries Ben & Jerry's ice-creams in a symphony of flavors. Take your pick: Chunky Monkey, Chubby Hubby, Butter Pecan, Vanilla Bean, Coffee with Heath Toffee Crunch or Chocolate Fudge Brownie.

Conclusions: my new addiction is the Seattle Sorbets, with the Coconut flavor being the winner among my kids. This surely turned out to be a summer day with lots of flavor!

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Bee Balm and Peaches

by R. Ohlgren-Evans

Bee Balm (*Monarda didyma*), also known as Bergamot, may owe its name to the resemblance of its fragrance to that of the bergamot orange. However, it is the orange, not the herb, whose oil flavors Earl Grey tea and some perfumes. Bee balm is often found in gardens on the Palouse, probably because of its reputation as a great allure to bees and hummingbirds.

Scarlet is the most common and best-known color of this species, but cultivars range from white to pink and lavender. To use them in the kitchen, rinse the flower heads gently and pat dry. Pull the individual florets from the blossom head. Bergamot flowers are especially good with summer fruits and are used in jams, jellies, and desserts, and also make a colorful garnish for salads and drinks.

Peach Shortcakes with Bergamot Flowers

6 to 8 very ripe peaches, peeled and sliced
1 Tbs. lemon juice
1 to 2 Tbs. Bergamot florets
2 cups flour
1 Tbs. baking powder
Scant 1/2 tsp. salt
3 Tbs. sugar
6 Tbs. butter
1 cup half-and-half with 1 Tbs. Bergamot florets
1 Tbs. butter, melted
Whipping cream or vanilla ice cream or yogurt

Preheat oven to 425 degrees F, and lightly grease a baking sheet. Toss the peaches in a bowl with the lemon juice, sugar and half of the Bergamot flowers. If the fruit is tart, use the larger amount of sugar; if it is sweet, use less. Reserve the remaining flowers for garnishing the dessert.

Combine the flour, baking powder, salt, and 2 Tbs. of the sugar in a bowl or food processor. Cut the butter into the mixture until it is a coarse meal. Add the half-and-half with the Bergamot flowers to the



dry ingredients and mix until just blended; do not overmix.

Turn the dough onto a floured surface and knead 8 or 10 times. Roll or pat the dough to about 3/4 inches thick. Using a 3-inch cutter, cut out rounds using all of the dough.

Place the rounds of dough on the baking sheet, brush the tops with the melted butter, and sprinkle them with the reserved tablespoon of sugar.

Bake the cakes in the center of the oven for 12 to 14 minutes, or until golden brown. Cool the shortcakes for at least 5 minutes before splitting them open; they are best served warm, but are still good at room temperature.

To assemble the shortcakes, split them in half. Place a spoonful of fruit on the bottom half with a bit of the juice. Add a dollop of whipped cream (or substitute) and cover with the top half of the shortcake. Repeat layers of fruit and cream and garnish the top with a few peach slices. Scatter the reserved Bergamot blossoms over the desserts and serve immediately.

Camas Winery

Local wines by the bottle & glass

Tasting Room & Wine Bar
Noon-6:30 pm
Tues - Sat

110 S. Main
Moscow
882-0214

Bruised Books

buy • sell • trade
hardbacks • paperbacks

105 N Grand
Pullman WA 99163
509-334-7898

Monday - Saturday
11-6

A Beginning Course in Spirituality, Metaphysics & Shamanism

The Invisible Structures of Light

332-6089
Classes begin in August

Iseum of Nuit & Bast

Dianna Georgina
The Holistic Shamaness
509-332-6089

THE KIDS PAGE

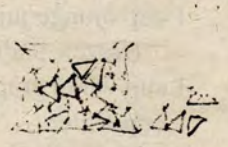
Happy 25th birthday, Co-op! We asked several of you Co-op kid shoppers what you like best about the Co-op. Here's what some of you said:



I like the pop and the Oaties...*Martin McGreevy, age 12*



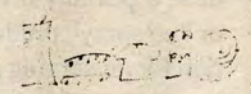
HAPPY Birthday!



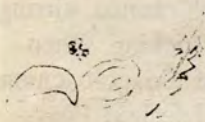
I like the nacho chips and bean dip...*Taylor Evans, age 10*



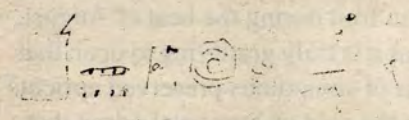
I like the smoothies, the ice cream cookie sandwiches, the muffins, the pop, and the pesto rolls...*Allix Lee-Painter, age 12*



The bread sticks are good and the regular cinnamon rolls and the croissants with any kind of berry fruit filling but they never have them when I go there...*Mitchell McGreevy, age 11*



I like the smoothies, the ice cream cookie sandwiches, the pop and the pesto rolls...*Molli Lee-Painter, age 10*



I love the pesto cheese rolls. I like the dried apples and the smoothies from the espresso cart. We shop at the Co-op because the food doesn't have any bad chemicals...*Bryn Evans, age 5 1/2*

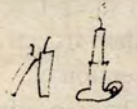


I like a bread stick and all the kinds of pop...*Kadin McGreevy, age 5*

I like the Oaties...*Brya Palmer, age 8*



I like the candles...*Teva Palmer, age 12*



First I get to see Vicki and then I like the juice squeezes...*Henry Edwards, age 8*



I like the Co-op because the fruit is organic and good. I won't drink store bought milk when there is Co-op milk around. Their soda is good and it is sold for a great price. I go there more then I go to Safeway. They have great candy and you can't forget their shampoo, it makes you hair silky soft. There's even a play place for your young ones. I love their yogurt, and everyone is friendly. Anyone can join, and their prices are great. So if you haven't tried the Moscow Food Co-op try it today... *The Strand sisters*



I like the smoothies, the pesto rolls, and the rice dream bars...*Maura McGreevy, age 14*



read this ↓

Here's Your Chance to Win a Prize at the Co-op!

It's the Co-op's 25th birthday. In honor of this great event we thought we'd invite you kids to make a big birthday card for the Co-op showing what you like best about the Co-op. Feel free to design this card any way you want. You can draw or color a picture, you can write a poem or you can make a collage... just let your imagination run wild. When you're finished, bring it to the Co-op where it will be displayed in the store. In exchange you will receive your own Co-op coupon punch card which entitles you to something free every time you come into the Co-op.

Preserving Summer Fruit

By Pamela Lee

When I lived in California, fresh fruit was available almost year-round, but I missed seasonal changes, especially autumn. Having grown up in the Midwest, September never seemed quite right without leaves tinged with gold, orange and red hues. I almost hesitate to say, for fear I'll have to face a really harsh freezing long winter, but I've even come to like (a bit of) snow—that graceful blanket of white that softens contours and brightens winter days.

In our northern climate, where fruit trees go dormant, "putting food by" is a practical and frugal activity. While we can now buy fresh fruit year round, the price is often dear, especially if you prefer organic or "no spray" produce. My motivation for preserving summer's bounty is complex—it's part frugality, part nostalgia for the tradition, and part delayed gratification. It takes discipline to stand at a hot stove and can fruit during the heat of August, but it is truly gratifying to open that jar of sumptuous preserved apricots in the cold of January. I admit that I've done less canning in recent years, but I still like to preserve some of summer's bounty. I bought a large, used freezer, which I pack full every summer, and I dry a lot of fruit and tomatoes with an electric dehydrator.

The fruit you select for preservation should be fresh, firm, and ready to eat. Preservation will not improve unripe or overripe fruit. Wash the fruit in cold water, being careful not to bruise it. Berries can be put in a colander, then dunked in

cold water for the very gentlest of washing. Prepare the fruit as you would for eating—pit, peel, or slice it if necessary or desired. Cut away any damaged portions.

Canning Fruits

There are two basic methods to canning fruit: hot pack or raw cold pack. In hot pack canning, place the fruit in a large non-reactive kettle, add sweetening, and cook until tender. One can taste and adjust the fruit, adding more sweetening, lemon, or spices as needed. The hot fruit is then packed into hot sterile jars, leaving at least 1/2-inch empty headroom. Closed with hot sterile lids and rings, the jars are boiled in a water bath or pressure canner for a specified amount of time to ensure sealing and sterilization. One should always follow the USDA canning recommendations to ensure the safety of your canned product. It is foolish to take shortcuts with sealing and sterilization.

The raw cold pack method is simpler and quicker, but one does not have the chance to taste the cooked product or make changes in the ingredients or amounts of sweetness or flavoring. Pack peeled (and if desired, sliced) fruit directly into hot, sterile jars, add the sweetened liquid to within 1 inch from the jar top, and screw on hot, sterile jar lids and rings. Then put the jars into the boiling water bath or pressure canner according to USDA canning recommendations for time and temperature. With the cold pack method, liquid must be added to the fruit to help spread the heat, and to add some sweetness to the fruit.

Drying Fruit

Drying is easy and straightforward. Follow the time and temperature directions for your dehydrator. You may want to dip your sliced fruit in either a citric acid or ascorbic acid solution, or fresh lemon juice before drying. When I have fresh lemons, I use a one-to-one solution of fresh squeezed lemon juice and water. Otherwise, I dissolve about a tablespoon of citric acid in one cup of water. Dip the fruit slices and dry. After they are dry, store in sterile jars or freezer-quality plastic bags. Store in a cool, dry place.

Freezing Fresh Fruit

Most fruits have very fragile tissues that can rupture when frozen. The fruit can become mushy and juices can leak out. To prevent

this, many people pack more delicate fruit (such as melon or pears) in sugar or in a sweetened syrup. The fruit cells still rupture, but they absorb the sweetener and stay plump and solid. Sugar seems to act on many fruits to preserve the natural flavor that can be lost during freezing. A sweetened peach, when thawed, tastes much more like a fresh peach than one that was frozen without sugar. That said, I've frozen a lot of fruit without adding sweetening, and the fruit is good for baking, or just eating over ice cream or cake.

If you are adverse to adding refined sugar to deliciously ripe summer fruit, you can use concentrated fruit juices, honey, Succinct?, raw sugar, date sugar, rice syrup, or some such less refined product for sweetening.

Before freezing, some folks sprinkle a solution of 1-teaspoon ascorbic acid per 1-tablespoon cold water over fruit that might oxidize and darken. Certain fruits, such as raspberries or blackberries, may be tray-frozen before packing in freezer containers. Spread the delicate berries out in a single layer on a baking sheet and freeze them hard. Then bag for freezing; they won't stick together in a frozen clump. When packing fruit for freezing, leave a minimum of 1/2-inch headroom in rigid containers.

If you make a sweet syrup, be sure to chill the syrup thoroughly before adding the fruit. You need about 1/2 to 2/3 cups syrup for each 2 cups of fruit. Seal syrup-packed fruit in airtight, rigid plastic or glass containers, leaving at least 1/2-inch headroom. Place a piece of crumpled waxed paper in the air space between the syrup and the lid to keep floating fruit submerged in syrup. (Otherwise the fruit that floats to the top dries out during freezing.)

Most general cookbooks, like *Joy of Cooking*, *Betty Crocker's*, or *Fannie Farmer's* have a section on preserving. There are also many good books that specifically address the topic. I bought two of my favorite books (on the subject) from the Co-op: *Canning and Preserving without Sugar* by Norma M. MacRae and *You Can Can with Honey* by Nancy Cosper. The first is a good well-rounded treatment of the subject, the latter is a small 24-page publication. I also use old, well-worn copies of Sunset Book's *Home Canning, Preserving, Freez-*

ing, Drying, The Green Thumb Preserving Guide by Jean Anderson, and *Putting Food By* by Hertzberg, Vaughan, and Greene.

Since Italian Prune Plums grow so prolifically on the Palouse, I've selected a recipe from *Canning and Preserving without Sugar* that also doesn't require pectin.

Plum Marmalade

- 6 cups ripe purple plums, pitted and ground
- 2 cups sweet apples, cored and ground
- 1 cup seedless raisins, ground
- 1 large orange, seeded and ground
- 1/2 medium lemon, seeded and ground
- 1 cup orange juice concentrate (frozen, undiluted)
- 1 cup white grape juice
- 1 cup water
- a dash of salt (optional)


Combine all ingredients in a deep, non-aluminum kettle. Simmer over low heat until thickened, stirring frequently to avoid sticking. When thickened, taste and add more lemon juice or fruit juice if desired. Pour into hot, sterile pint jars, leaving 1/2 inch at top. Cap with hot, sterile lids and process in a boiling water bath for 5 minutes after water returns to boiling. If any jars fail to seal, refrigerate and use within 10 days or freeze for later use.

To freeze, pour into clean freezer containers or jars, leaving 1/2 inch at top. Cover with clean lids and allow to cool to room temperature before placing in sharp-freeze section of freezer. When frozen hard, move to other section of freezer for storage. Thaw in refrigerator overnight before using. Makes 9 1/2 cups.

**MOSCOW
YOGA CENTER**
525 S. Main • Moscow, ID 83843

FREE
Introductory Class
Tuesday, August 25, 1998
7:00 - 8:00 pm
at the yoga center
Meet the teachers, see the yoga center,
ask questions and do some yoga.

Fall session begins August 31. For more information call 883-8315



**MOSCOW
YOGA CENTER**
525 S. Main • Moscow, ID 83843
(208) 883-8315

**Fall Session Begins
August 31, 1998**

- Beginning to Level 4 •
- Pre-natal • Restorative •
- Relaxation •

*daytime and evening classes
Classes fill quickly so register early*

Schedules available on the yoga center door.	10% discount for full-time U of I & WSU students.
--	---



The Bookshelf—Monthly Reviews of the Co-op's Literary Repast

by R. Ohlgren-Evans

Cooking Like a Goddess
by Cait Johnson

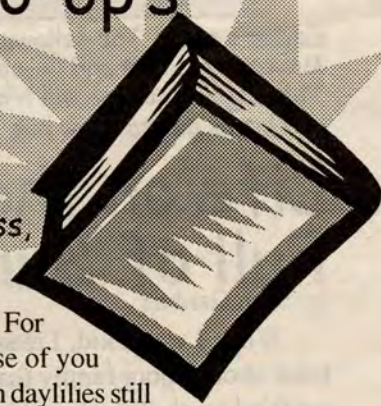
222 pages; \$16.95, Healing Arts Press,
Rochester, Vermont

Cait Johnson has an ongoing, divine and sensual love affair with food. In her new book, *Cooking Like a Goddess*, she shares appealing vegetarian recipes and encourages the reader to transform the kitchen from a place of dreaded chores to one of creativity, love, and wonder.

Ms. Johnson invites us to rethink the unkind clichés that have plagued the kitchen for years (“...barefoot, pregnant, and in the kitchen...” for one) and says it’s time to reclaim our Right of the Apron. The sitcoms of the 1950’s and 60’s portrayed every woman as a wife, and every wife in an apron, creating a stereotype which has endured far too long. An apron is too practical to let Donna Reed influence your image—find an apron that reflects your own energy and wear it like a high priestess’ robe!

Further, she claims that our culture has stolen the spirit from cooking, and from food, and asks us to restore a sense of magic, joy, and sacredness to our food and its preparation—like creating kitchen altars and holding ‘ancestor feasts.’

I love how the recipes in *Cooking Like a Goddess* are gathered together by the seasons. This is a most practical approach to organizing a cookbook, for those of us who try to cook with fresh foods that are seasonally available. Last month when my cherry tree was raining fruit, I made ‘Titania’s Cherry Soup,’ which received resounding applause at my dinner table.



For those of you with daylilies still blooming, try this delight:

Daylily Bud Saute

1 handful of daylily buds per serving
1 to 2 tablespoons olive oil
Sea salt or tamari, to taste
1 garlic clove, crushed (optional)
1 tablespoon chopped onion (optional)

Pick only firm, unopened buds, and be sure that no sprays or chemicals were used wherever you find the buds. Gather a handful of buds for each serving you wish to make.

Saute the buds over medium-high heat in 1 to 2 tablespoons olive oil. Season to taste with sea salt or tamari. Throw in a clove of crushed garlic, if you wish, or a tablespoon of chopped onion for each serving. Serve immediately and enjoy every marvelous bite!

R & R OFFICE EQUIPMENT

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

2113 South Main
Moscow, Idaho 83843
882-3514

Yard & Garden

Organic Gardening 25 Years Ago

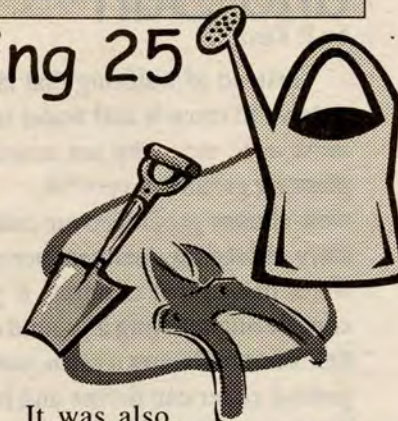
By Patricia Diaz

It’s been 25 years since the Moscow Food Co-op was founded and I was asked to discuss a little about what was going on in the world of organic gardening 25 years ago. I have a feeling that many “youngsters” of today don’t know exactly how prevalent organic gardening was becoming among the home-gardening set. Unfortunately, that’s where it still is today, for the most part. There are more, but still not many, commercial organic farmers around, mainly because growing organically is more difficult than just throwing pesticides, herbicides, etc., around.

Let me create the setting for you: 25 years ago was smack in the middle

of the back-to-the-land movement, which resulted from the upheaval of the 60’s, where people wanted to get “back to the soil, back to real life.” In fact, that’s how I arrived in the Northwest from Santa Barbara in 1975. I grew up in a small southern California town that was soon overrun by too many people and I just had to get out. I ended up in Deary, ID, on a small, 10-acre farm where I soon had a milk cow (I’m NEVER doing that again!!!), rabbits, chickens, a great organic garden, two horses, and lots of fun! But then that restaurant thing happened to me and things were never the same.

Anyway, there were many people instrumental in promoting the organic gardening movement at that time—the Nearings, Ruth Stout, Rodale Press, Mother Earth News, etc. Ruth Stout wrote the famous *No Work Garden Book* on recycled paper in 1971. In that book she revealed the secrets of her famous year-round mulch method. At the time of writing the book, Ruth had already been gardening organically for over 40 years. At that time also, a booklet was printed called “Science vs. Witchcraft,” calling organic gardeners of the times “faddists” who were not using a “sane and sensible” approach. The booklet also said that organic matter was neither essential nor necessary for plant growth.



It was also during these times that Rodale Press, an important early proponent of organic gardening, came out with the magazine ‘Organic Gardening.’ The book *Grow It!* came out in 1972 and was addressed to new and future homesteaders who “long to return to the country.” It was the beginner’s complete in-harmony-with-nature small farm guide. I still have my copy! Mother Earth News also came out around this time—in 1976 a subscription was only \$8.00 per year! Another good book of the times was *Five Acres and Independence* which came out in 1973. This book discussed the pros and cons of organic methods and was a handbook for small farm management.

And then there’s our own famous Carla Emery of Kendrick, ID, who came out with *The Old-Fashioned Recipe Book* in 1971—a book that became a nationwide hit by the mid-1970’s. I still have my copy of that, too.

Before I moved to Idaho, I had taken an intensive (organic) gardening class in S.B. Say what you will about Californians, most have always been at the forefront of environmentalism. Nearly everyone I knew at that time was gardening organically. I think it’s a tougher go up here, having to fight against pesticides, and pesticide attitudes, etc. What a wonderful thing it is to have our Co-op!

Sheri L. Russell

(formerly Sheri L. Ryszewski)

◆ Attorney At Law

◆ Certified Professional Mediator

P.O. Box 8141
208 S. Main St., Suite #1
Moscow, ID 83843
(208) 882-9587

Now Open Sundays • 12-5

-HOBBIES-

Come See Our
New Educational Toy Department

Brio • Playmobile • Geo Safari • Creativity for Kids • Alex Art Center
Also: Books • Games • Chemistry & Science Experiments

Architectural Model Building Supplies • Top Quality Model Railroad Kits • Radio Control Models and Supplies
Model Rocketry • Doll House Kits • Miniatures
Military Simulations • Breyer Horses • Erector Sets
...and much more!

Something for everyone...

Hodgin's Drug & Hobby

307 South Main, Downtown Moscow • 882-5536
Special Orders Welcome • Layaways Available

Ground Covers for Shade and Sun

by P. Diaz

Instead of watering that lawn only to have to mow it and water it some more, etc., etc., why not consider planting ground covers? A well-chosen ground cover can drastically reduce the maintenance and water use a lawn requires. If you're considering planting a ground cover that's not replacing a lawn, your ground cover can define and beautify that space. The ground covers discussed in this article are divided into 'shade-lovers' and 'sun-lovers' and require low to moderate maintenance.

The first thing you must do is amend your soil if it is compacted or poor in nutrients. The soil should crumble easily. If it doesn't, till in a 3-4" layer of compost, well-rotted manure, or peat moss. Water well to settle the soil and then plant your ground cover plants, usually in a diamond pattern with spacing intervals based upon your plant variety. Mulching helps conserve water and keep down the weeds and, in our area, can help prevent the soil from heaving when the ground freezes. The first summer, as they are getting established, you'll need to water the plants more often than during their second summer.

Shade-Lovers:

Plants that like shade still need some filtered light. Some of the plants that would do well in shade areas include the following:

Dwarf periwinkle (*Vinca minor*) has flowers that are blue ('Bowles'), wine ('Atropurpurea'), white ('Jekyll's White'), or variegated ('Ralph Shugert' and 'Variegata');

Dwarf Plumbago (*Ceratostigma plumbaginoides*) grows as a low carpet of fresh green leaves in spring, is topped by pretty blue flowers in summer and fall and has deciduous leaves with good fall color (this one needs mowing back in winter);

Epimedium rubrum spreads by creeping roots and produces red flowers (this one dies back in winter here);

Variegated Japanese spurge has cream-edged leaves and is a tough, weed-defeating plant.

Sun Lovers:

In our area, with its often hot summers, you can plant these ground covers in filtered sunlight as well and they should do fine. Sun-loving ground covers include:

Cotoneasters come as either evergreen (bearberry [*C. dammeri*]) or deciduous (*C. adpressus praecox* or rock cotoneaster [*C. horizontalis*]—both have fall color) and bear showy berries, usually red, that birds love;

Creeping St. Johnswort (*Hypericum calycinum*) with evergreen leaves, yellow summer flowers, takes shade or poor soil and spreads fast;

Kinnikinnick (*Arctostaphylos uva-ursi*) is a great native evergreen with pink flowers in early summer and red berries in the fall;

Wintergreen (*Gaultheria shallon*) is dotted by red wintergreen-scented berries and likes shade in our area and acidic soil.

By far, my favorite are the thymes which I discussed here a while back. Just wander around your nursery and look at all the wonderful, fragrant varieties you can grow! I have several cotoneasters, kinnikinnick, and thymes, and all are doing wonderfully.

August Gardening Tips



Not a whole lot to do this month except keep up on that harvesting, EAT, keep the weeds down, EAT, harvest your herbs, EAT, pinch off faded flowers, water and fertilize, EAT. Also, protect vegetables from any chance of early frost. People keep saying we're going to have an awful winter due to La Nina, and the squirrels have been squirreling away seeds all summer; last summer they waited until really late in the summer to start that—does that tell us something???

Meadow Springs

Unique Gifts Custom Designs

Trade Beads • Supplies • Baskets
Crystals • Fossils • Jewelry
• Incense & Accessories •
• African Art •
• Massage & Fragrance Oils •

**110 E. 3rd, Moscow ID
883-3557**

Insights

Editor's note: The following is one in a series of articles by the former Moscow resident and Co-op member whom we knew as Susan Baumgartner. This ongoing column will track the metamorphosis from Susan into Sean, and let us get to know him, as we knew Susan from her writings, as well.

Life on the Gender Frontier: Full of Surprises

by Sean Gardner

When I was a kid, I read this book about a poor family that had to eat fried mush. How horrible! Almost inconceivable in my farm-bred life of meat and potatoes. That one detail brought their poverty home to me more than anything else. Then, the other day I was making one of my favorite meals and looked into the frying pan where my veggie burger, the fragrant paste reconstituted from the dried mix I first learned to use at the Co-op, was just about ready to turn.

"Fried mush," I thought. "I'm eating fried mush and I love it." So much for childish ideas of poverty and good nutrition.

It's just as surprising to find myself starting in on my second year of living as Sean. That childhood idea that I was male, rather than being discarded, has become a dream come true. But it's hard work being a man. I seem to have less and less time. Also, I'm much mellow on testosterone than I was on estrogens, so I find myself less driven. As you've noticed, this mellowness has translated into fewer columns for the newsletter.

Anyway, just wanted to let you all know that I'm doing fine. In April I finally landed a "real" job here in Santa Fe with real pay and real benefits. A writer and former English teacher, I now spend my days working on spreadsheets for a mutual fund company and only using Microsoft Word about once a month. It's seems a bizarre waste of my talent and education, but Santa Fe is a bizarre place in terms of employment. Most people end up waiting tables or working two or three funky part-time jobs.

I'm lifting weights and losing weight in preparation for the second part of my "top" surgery in August when Dr. Menard will sculpt a male chest. This will allow me to go swimming again, after two long hot summers of abstinence, and will dramatically increase my wardrobe, from loose, concealing shirts to anything I want to wear. Time to

break out all those Voices for Human Rights T-shirts.

My body is changing slowly, far too slowly, if you ask me. I'm now shaving every other morning instead of once a week. I have one visible chest hair, a dark, mutant guy that grows in the middle of my left shoulder. I call him Bob. I actually have deltoids now. Six months ago, I didn't even know what a deltoid was. My legs are hairier. My feet are bigger.

In February, I auditioned for the New Mexico Gay Men's Chorus, and I've had a fabulous time singing with them. We do one last mini-tour this coming weekend, and then we're off for two months. The chorus has probably been the best part of my transition, getting to hang out with all those guys, performing with them in my hand-painted, glittery tux shirt. I ended up taking voice lessons from my sister Marilyn because, early on, not only was I having trouble finding the right note, I couldn't even find the right octave. I've been singing second tenor, but Marilyn and I are experimenting with the baritone range this summer to see if that's more comfortable.

This whole process of being Sean is endlessly fulfilling. When people call me "sir," it's still a big high and helps to counteract those androgynous moments when people call me "ma'am." The restrooms are easier. The small talk is easier. (My brother-in-law, Cris, coaches me diligently about the current athletic stuff—the Bulls and the Jazz, etc.—so I won't embarrass myself at work.) Getting a haircut. Meeting new people. Making comfortable the people who knew me before.

In a life fully packed with adventures, becoming gender congruent has been the best one of all. I'm definitely looking forward to this second year in my new life. And I hope to send you an update now and then from out here on the gender frontier.



The Fair Housing Crisis in Idaho

by Ken Nagy

Who among us has the great

fortune of never having had a problem with a landlord? Very few, I would venture to guess. The term "landlord" itself reflects the volatile mix of components embodied by this none-too-respected occupation. They may be lord of their land, however, we would like to know that they aren't lord over us. Thus, most people tend to get a bit perturbed-to say the least-when their landlord interferes with the place they call home.

Unfortunately, for the most part, your landlord can screw you out of house and home, and yet remain within the law (Idaho law, that is, which is not particularly tenant-friendly). Since housing is my forte, I am asked often about these laws. People want to know, for example, if a landlord can really tell them to beat it in thirty days with no reason if they don't have a lease? Yes, I say, actually they can. Next time get a lease. The sad truth is that we live, for the most part, at the mercy of our landlord's desire to have us remain on their premises. And, it is mercy we need when it is a tight housing market.

There are several bodies of law, however, that address particularly egregious activities by housing providers. The Federal Fair Housing Act is one such law, and I want everybody to be aware of their rights under this law. It is the most pro-tenant law on the books. It protects us from discrimination in the sale or rental of housing based on race, color, sex, religion, national origin, a disability, or familial status (the presence of children under age 18). The federal courts, which handle fair housing cases, take a very dim view of such discrimination and award significant cash settlements when they are persuaded that such an act of discrimination has occurred. Furthermore, the Act empowers the Department of Housing and Urban Development (HUD) to investigate such complaints. Thus, when you have been the victim of such discrimination and you make a complaint, you will be backed by the full weight of the government's investigative abilities and resources. This is no

small matter and often results in out-of-court settlements.

If you even suspect that you have been denied or deprived of housing due to such discrimination, you should promptly contact the Idaho Fair Housing Council at 1-800-717-0695. The Fair Housing Council will investigate your complaint and forward it to HUD if it finds it has substance. Please write down this phone number in your address book right now. Even if you don't need it at the present time, or own your home, you or someone you known may need it in the future. Also, do not become discouraged from making a complaint simply because you feel you don't have any "hard evidence." The Fair Housing Council has very effective means of establishing the evidence needed to prove a case. What's more, my research indicates that complainants who involve a fair housing organization in their case have a vastly higher rate of success when they have to go to court. Here in Idaho, we are fortunate to have at our disposal one of the country's most active fair housing organizations. Please take advantage of this excellent resource.

One of the focal points of the Idaho Fair Housing Council's work at this time is discrimination against people with a disability. The law says that all ground floor units built after March 13, 1991 must be fully accessible to a person with a disability. That means not having front steps and having wide enough doors, designated parking spaces and other basic structural accommodations. Estimates have been, however, that as much as 90% of post-1991 construction in the State of Idaho does not comply with the federal law. Everyone involved in the design and construction of such buildings is liable for private litigation because of this improper design. Any disabled person who is seeking housing and applies at such an apartment complex can sue the owner for a significant amount of money. The Fair Housing Council strongly encourages anyone who has a disability and has had the experience of applying for such housing, or plans to apply for rental housing, to contact them for more information. It will be well worth your time and you will be performing a service of enormous importance to the disabled community.

In the absence of such private litigation, the builders of these dwell-

ings also risk large financial penalties from HUD. In addition, they will be required to do a total retrofit to bring their buildings into compliance with the Fair Housing Act. This year, the Idaho Fair Housing Council filed 23 complaints against builders around the state who now face such penalties and requirements. The sad part is that if these buildings had been designed and built correctly in the first place, it would have added a mere 1% at most to the total cost of construction. Now, the builders are faced with the potential for private litigation in addition to the enormous cost of penalties and retrofitting. The hope is that the large number of owners that are in non-compliance will not wait until a complaint is filed and penalties assessed, and will cut their losses by voluntarily retrofitting. Only time will tell if the builder community will get its act together.

In the meantime, a few cities in Idaho have gotten into the act to help educate their builders. Pocatello has formed a fair housing commission in recent months and the city of Moscow is at the moment looking into reviving its fair housing commission, which has been defunct for a decade and a half. These efforts should be commended, the more so since local municipalities are not required to do anything under the Fair Housing Act, and they will hopefully set the right example for the rest of the state to follow.

The question remains, however, why Idaho has such a low rate of compliance with the Fair Housing Act. Many of us involved in this current crisis can't help but see a connection between the prevailing anti-federal government mood of this state and the near-complete disregard for this federal law. Other states have had a much better record of compliance with this law, which was enacted 10 years ago and took effect over 7 years ago. Idaho's builders seem to have gotten the idea into their heads that they would somehow remain immune from the Fair Housing Act. Perhaps all of us—the builders of Idaho included—have our anti-federalist leadership to particularly thank for helping to create this housing crisis which is going to cost us all valuable financial resources for many years to come—something to keep in mind in an election year.



The
Vox
Coffeehouse

Moscow's gathering place

Come for fresh-roasted coffee, espresso drinks, deli sandwiches, baked goods, soups, salads, daily specials, games, music, conversations and a place to relax.

Hours 6:30 a.m. to 3:00 a.m.
7 days a week

Dr. Ann Raymer
Chiropractic Physician

**Holistic Health Care for Your
Entire Body and the Entire
Family**

803 S. Jefferson, Suite 3
Moscow, ID 83843
(208) 882-3723

P A L O U S E
Ocularium
VISION CENTER

**Precise, professional
eyecare.**
Comfortable Atmosphere.

William French
Optometrist
7th & Washington
Moscow / 883-3937

Susan Simonds, Ph.D.
clinical psychologist
WA license #2246

**women's issues
couples therapy
life transitions**

Funabiki, Hamilton & Associates
1205 SE Professional Mall Blvd.
Pullman, WA
334-0677

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

I-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

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" - 20% discount off complete order with custom frame order 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 - 10% off Clairvoyant Consultation & Tarot. 332-6089

Anatek Labs, Inc. - discounts on water testing packages, 1917 S. Main Street, Moscow, 883-2839

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

Celebrate the Co-op's 25th birthday

**Come one, come all
Taste Fair and
Birthday Festival**
Saturday, August 29
10am to 4pm at the Co-op
It's fun! It's free!
Cake and door prizes

Kids! Help Celebrate the Co-op's Birthday.

Every child who makes a birthday card for the Co-op will get a card good for free gifts at the Co-op. Plus, the cards will be displayed at the Co-op. See the Kid's Page inside for more information.

1998 World Walk for Breastfeeding

**Friday, August 21
5:15 pm - Simpson Methodist Church in Pullman.**

Please help support breastfeeding locally and globally by walking and pledging in La Leche League's World Walk for Breastfeeding. Bring your family and come walk a mile with us! A bring-your-own picnic will follow the walk. La Leche League International, the world's foremost authority on breastfeeding, provides information and support to some 200,000 women in more than 66 countries. Locally, La Leche League of the Palouse meets monthly for mother-to-mother support. For more information on LLL, the walk, or to pledge, call Jean at 334-0832.

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

Northwest Coalition for Alternatives to Pesticides

**sponsors organic farm tours in southern Idaho
August 4 & 6**
contact Jeff Rast at 208-764-2332

Free concerts at the Moscow Farmer's Market

**Saturdays
9:30am to 11:30am
Friendship Square**

Aug. 1	Glen Kastrinos - Celtic
Aug. 8	Dan Maher - Folk
Aug. 15	Snake River Six - Dixieland
Aug. 22	Josh Ritter - Singer/songwriter
Aug. 29	Palouse Jazz Combo
Sept. 5	Moscow Chamber Orchestra
Sept. 12	Pullman Concert Band
Sept. 19	Coyote Band
Sept. 26	Paradise Ramblers

The Palouse Folklore Society plans the following contra dances for the summer:

Aug. 15

8-11 pm, Old Blaine Schoolhouse; to find, drive 4.5 miles south of Circle K on highway 95; turn left on Eid Road, driving 2 miles. Blaine Schoolhouse is across the intersection on the left. Call 882-4620 for further information re: the dances or the Palouse Folklore Society.

Additional events are posted on the Co-op Web site:
<http://users.moscow.com/foodcoop/event.html>