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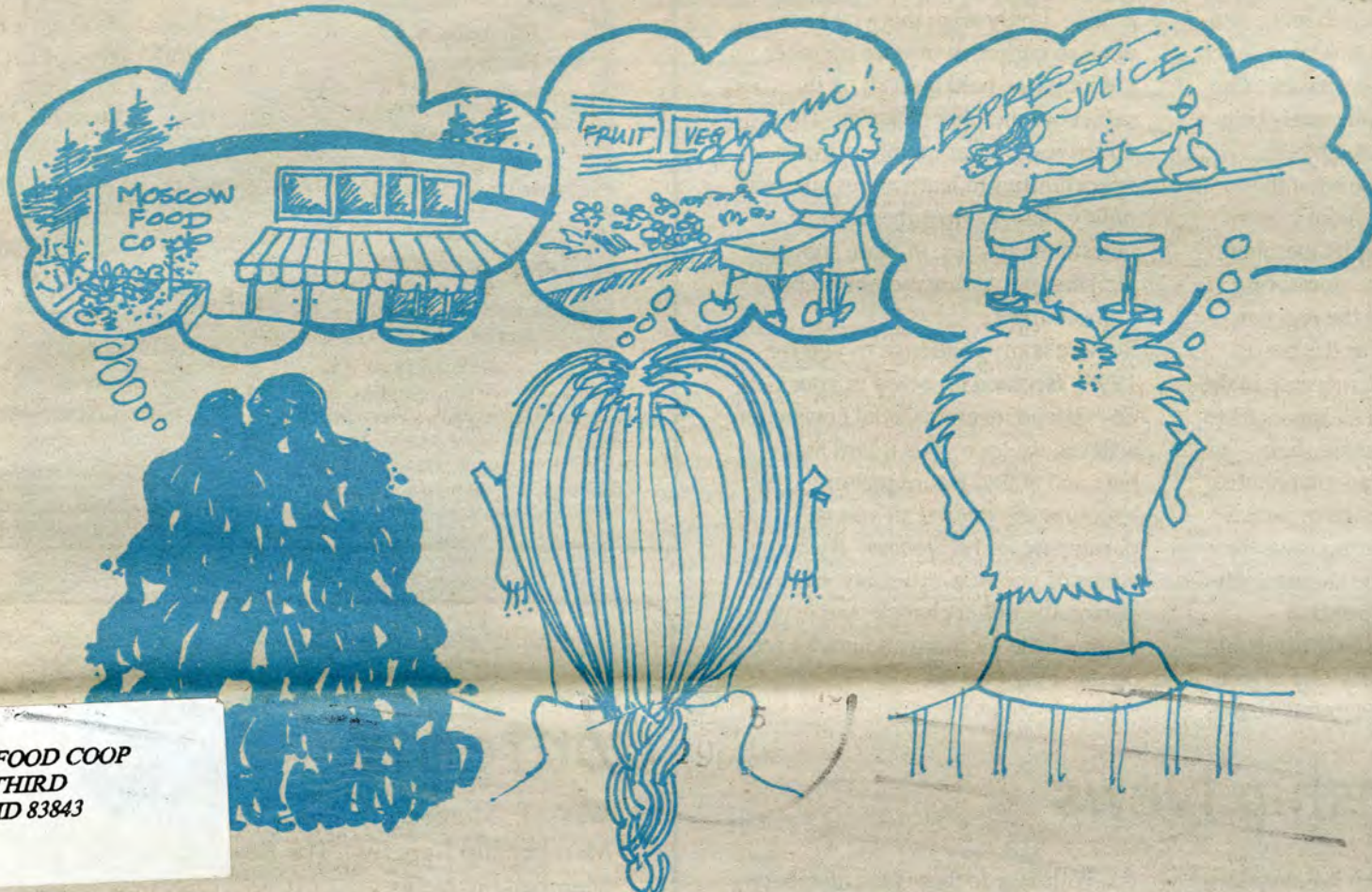
# Moscow Food Co-operative



Community News

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

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One



MOSCOW FOOD COOP  
310 WEST THIRD  
MOSCOW ID 83843



## Wanted: Members to Speak Up!

by Nick Ogle

The Moscow Food Co-op Board has decided to host a member forum in February, with the topic of discussion to be "vision." This means we will let everyone have an opportunity to present their views on where we want the Co-op to be both physically and philosophically in 5, 10, 15, 20 years and longer. This meeting should address the present, immediate decision of whether we remodel the current store for the purpose of creating more usable downstairs space, even though we do not own the building, or do we make do with what we have with an eye towards buying property to tailor a store to our needs. For that matter, what do we envision our needs being in the future?

There are several things we need to decide when we discuss these issues, such as short term and long term goals. It seems one of the short term goals is to find a common ground that unites us as members. In my many talks with different members it feels like one of the things we have in common, is a sense of environmentalism coupled with a strong feeling of community. The very name Moscow Food Cooperative implies we share an interest in providing good food to the entire community. Personally, I would encourage local growers to convert ground to organic production. I would like to see a future where we move away from chemical farming, one that provides hope for a sustainable future.

This is just one thought, one opinion, we need to hear yours.

My own personal favorite vision of our store twenty years from now is where we construct a building that would have ample room to display retail items, room for a nice sit-down deli with the food being grown, in season, right outside the store in an immaculate organic garden. Perhaps a garden on the roof? Having grown the food, we would prepare items on the deli menu for sale in a kitchen where more than two people could work comfortably. This store wouldn't be so big that we would lose the friendly personal touch that we have all come to enjoy and expect. Another thing I would add to this vision would be several rooms for office space that could be rented out to small businesses, this would provide extra income for the Co-op and make shopping more convenient for our members. Now, how long would a project like this take to accomplish? And how exactly would we pay for it? And who will be doing all of the work? Good questions that can only be answered after we all sit down and hear from the rest of you who have a Co-op vision.

So don't forget, and don't put it off. Start thinking now and plan to attend February 19th upstairs at the Co-op from 7:00 to 9:00 in the evening.

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# Co-op - News

## Membership Benefits: The Rest of the Story

by Kenna S. Eaton

We started the New Year off with a BANG by changing the benefits our members receive. The biggest change was the discount taken at the register which increased to a 10% discount on purchases over \$20 from 2% on all purchases. The Board spent a lot of time analyzing the information provided by the bookkeeper and choose what they felt was the most beneficial system for both the Co-op and its members. We've been informally monitoring members' reactions at the register, and it's interesting. For the most part, members like the increase in the discount. Quite a few shoppers have made the effort to increase their purchases to reap the added benefits. Quite a lot of shoppers have joined the Co-op, at long last, because they feel it now is worth the savings. But we do have a few disgruntled members who feel unfairly discriminated against. For every one of you who has taken the time to talk to me,

I'd like to extend a HUGE "THANK YOU." It means a lot to me when members take the time to coherently express their feelings on a Co-op policy. I only wish that you had done so earlier, at the two member meetings we held last fall on the subject of member benefits. The Co-op strives to offer members many opportunities to learn about potential policy changes (member forums, newsletter articles, in-store signage etc.) and yet so few members chose to participate.

So here is my challenge to you for 1998: Become involved in your Co-op—attend meetings, read newsletter articles, write to your Board members and attend Board meetings. We encourage every one of you to participate in the process. By being a part of your Co-operative you can personally effect change, and even a learn a little bit more about why we do the things we do.

## Membership News

by Kristi Wildung

Well, it's been a few weeks now since the implementation of our new discount structure and there seems to be some mixed feelings about it. However, new memberships are up, leading me to believe we did the right thing and people are actually happy about the whole thing. If not, well, don't yell at the cashiers. Your member-elected board of directors made this decision after *much* member involvement and deliberation, so if you're unhappy with it, call them. I'd be happy to pass on their numbers to you.

If you've joined the Co-op recently, thank you from the bottom of our hearts (it being National Heart Month and all). Be sure to check out all the great new benefits you receive with your membership, like a 10% discount on purchases of \$20 or more, bread cards, check cashing, member sale prices, participation in the Business Partner Program, and additional discounts for bulk special orders.

Welcome to these new members:

Alicia Hubbs, Shawn Walker, Ramona Moore, Dawn Little, Jodi Hodge, Karen Gray, Joan Folwell, Janet Anderson, Susan Cleveley, Janet Craine, Nathaniel Hall, Vince Magrini, Deborah Wallin, Suzanne Lashbrook, Kwan Mee Kim, Michael Maudlin, Jeannette Mageo, Elizabeth Johnson, Kim Mikolajczyk, Sharon O'Neil, Deborah Weiss, Rebecca Raplee, Cerridwen Hansen, Carol Lichtenberg, Krisha Smith, Holly McGrath, Alice Emerson, Robert Schepe, Marie Cameron, Jessica Chivvis, Mary McKenzie, Gloria Reeves, Marsha Schoeffler, Kyle Lennargie, Pat Sauer, Sherry Hudson, Jeff Cubtey, Erin Emerson, Kevin Bynum, Carrie Bickle, Tamara Nilson, Jennifer Harrington, Michel Brockington, and Becky Ashcraft.

If there's anything I can do to make your membership more meaningful, please contact me at the Co-op.

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Please help us by selling or donating a used, upright freezer for our Bakers to use in the kitchen. It doesn't need to be pretty, but it does need to work pretty well. Contact Heidi or Kenna at the Co-op 882-8537. Thanks.

## Volunteer Profile: Linda Canary

by Linda Canary

I know this is highly unusual, but after three people turned me down for interviews, claiming to be too boring or shy, my little brain began to click and this is what it came up with--an auto-interview.

So, let me tell you something about myself that I haven't already let slip into my other columns. I was born 45 years ago (the Year of the Dragon) on Long Island, New York. My parents were hoping for a boy, and almost named me Edwina after my father, Edward, but they, fortunately, thought that through, and decided that the eventual nickname Weeny Canary might scar me for life. Instead they chose a name after a popular song of that era, "When I go to sleep, I never count sheep, I count all the charms about..."

We didn't stay long in NY, in fact, for the next eleven years, we never stayed long anywhere since my father always thought the grass was greener elsewhere. We finally settled down in Wisconsin, where I went to high school and university. Started out in Madison in journalism, got "into" zen, and wound up in art--ceramics, specifically.

And it was ceramics that led me West. In 1976, I came for a summer to participate in a workshop in Sun Valley, and never left Idaho. Met my husband, Jim, at a ceramics convention.

It was love at first sight, or, as Sylvia Plath once wrote, "... a bell rang in my womb." Did it ever!

We moved to McCall, Idaho where I stayed barefoot and pregnant or nursing for seven years. The year that it froze on my birthday (August 2nd, which makes me a Leo), I told Jim that he either get me out of there, or I was going to slit my wrists. By



then, he knew me well enough to know that I did not bandy words about, and so within two weeks, I was looking in Moscow for a place for our family (three kids, a dog, four cats, two guinea pigs, three birds, and a dozen chickens; we sold the goat). It has taken me about seven years to get over the McCall trauma, but perhaps it was not from the weather so much as having three kids in five years. No, no, really it was the weather.

Anyhow, in 1989, we made Moscow our home and we've never been sorry. I immediately offered my services to the Co-op by painting the large vegetable murals that grace its South side. Then Jim and I facilitated the cow paintings on the fence for the 20-year celebration. Now I am writing these interviews which I began doing after a twelve week course called The Artist's Way. I'd like to say here, that the course worked to free me up to write again, and I highly recommend it to anyone who longs to discover or hone their creativity. If it weren't for the Co-op, we'd be living someplace else that had a co-op. (Oh, and the Micro, too.)

To make a living, I teach art classes for kids and adults; my summer Art Camp is the most fun

thing I do. In the dead of winter (like now), I have been known to weave countless potholders on those plastic frames, using cut-up old socks. I also work part time at the Unitarian Universalist Church which is a low-key job, right up my alley. I love to garden and to dance. At the Main St. Studio we follow Gabrielle Roth's instructions for Ecstatic Dance and it is part of what keeps me alive (besides qigong and chocolate). Besides all that, I only read fiction, and never listen to the news, read a paper, or watch TV. I can no longer stomach violence of any sort in movies either. I guess I'm your basic ostrich. Right now I am reading, *Unraveling*, which I picked out because of its cover art: two hands holding two eggs; I think it is superb. The last CD I bought was Paul Winter's *Canyon*. My favorite number is nine, and what really angers me is when I am thwarted for some reason that is unclear to me at the time.

Since self-description comes hard, I've asked those around me for some help. And so, from my three teenagers come the following: "Cute, for a midget;" "...can ring cast iron pans with her sneezes;" and, "...the most annoying person on earth besides my brothers."

So, there you have it, the unvarnished truth. But perhaps I should tell you that though I am all of the above, I believe the most important thing about me is I am a Buddhist, having taken vows some six years ago, and that is the best thing I have ever done for myself and probably the world at large. Besides the fact that I do not kill, drink, smoke, or engage in sex without a long-term, loving commitment, there are also some very subtle and wonderful changes that come with this practice. As for the words that get me through the night these days, they are from a poem of Thich Nhat Hanh's:

*"We should enjoy our happiness and offer it to everyone.  
Cherish this very moment.  
Let go the stream of distress and embrace life fully in our arms."  
Namaste'*

## Volunteer News

by Kristi Wildung

Wanna do something healthy for your heart? Volunteer at the Co-op! We'd LOVE to have you! (Just a little volunteer pun to celebrate this month of hearts). We've got open positions, so cruise on down to the store and check out the volunteer board near the cash registers. If there's not a position you like, check back in a week or so. As I've mentioned before, things are continually turning over in volunteer land, so chances are you can get the position you want with a little perseverance.

Welcome to our newest volunteers: Marie Cameron will be joining us as a writer on the Education Committee and Amy Ulvan will be our new bakery assistant on Monday mornings. Kevin Golder will also be working in the bakery on Friday mornings and Susan Roberts is gracing us with her presence as produce assistant on Wednesday evenings. And have you by chance been checking out our website? Volunteer Robert Hoffmann has been diligently working on it for a couple of months now and doing a great job. Check it out and let us know what you think. Our address is: [users.moscow.com/foodcoop](http://users.moscow.com/foodcoop).



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

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Moscow  
882-0214

# Business Partner Profile: The Moscow Yoga Center,

525 South Main St., Moscow

By Linda Canary

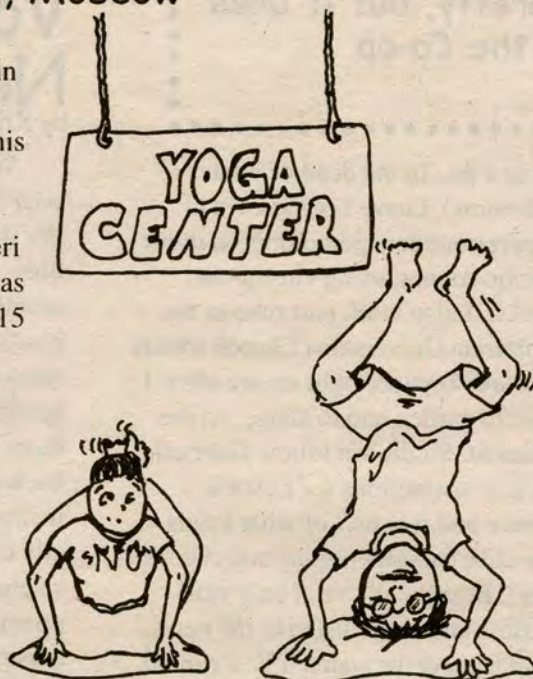
When we moved to Moscow in 1989, I was pleasantly amazed to find a Yoga Center in a town of this size. This community is very fortunate to have two highly-qualified instructors available: Jeri Stewart and Kathy Curley. Jeri has been practicing Iyengar yoga for 15 years, and this is her 12th year teaching it. There are several classes of all levels and times to choose from--early morning (we're talking 6:30 am), mid-morning, lunch and dinner times and evenings. Pick up one of the schedules on the door at 525 Main Street, or here on the Co-op bulletin board.

What you'll find at the Yoga Center is dedicated instruction of the Iyengar method of Hatha yoga. B.K.S. Iyengar, himself is 80 years old, and still teaches in India, though his son and daughter do the bulk of the teaching at the month long retreats. Jeri has attended one of those retreats, and makes it a point to attend yearly yoga teacher training workshops, mostly in Seattle. She also recruits outside yoga teachers to conduct weekend workshops through the Center. The next one is with Alaskan teacher, Lynne Minton, on April 3-5.

In addition, Jeri collaborates with Seattle teacher, Richard Schachtel, once a year to offer a yoga workshop in Hawaii. This year's "Hawaiian Vacation" is from February 21-28 on the Big Island at the Kanai Honua Resort. Sun, sea, yoga, and vegetarian meals cooked by someone else. Sign me up!

I asked Jeri what was the difference between Iyengar and other yoga disciplines, and it turns out that the use of props is what distinguishes Iyengar from, let's say Ashtanga. Also, Iyengar works therapeutically, so if you're in chronic pain, there is probably a yoga position just waiting for you to learn it and free yourself.

Imagine the typical class: you come in and sit quietly with others for a few minutes while you center and watch your breath, then you stretch and hold positions that tone the body and relax the mind, then you lie flat on your back for 15 minutes in deep relaxation while you listen to a guided visualization.



Sounds like something your boss should pay for after a day's hard work, don't you think? Maybe you can talk her/him into it.

We talked a little bit about the mind/body connection in yoga, and I think the quote she has on the brochure best explains it: "If you look after the root of the tree, the fragrance and the flowering will come by itself. If you look after the body, the fragrance of the mind and spirit will come of itself."

My own experience of yoga is that the above is absolutely true. I didn't have to push anything away to practice it. The more I practice, the more toxic habits fall away of their own accord--gently and unobtrusively. It's a very subtle and wondrous thing. Kind of how Jeri began teaching. She one day said to a friend that she'd like to teach Yoga, and within the month, was called in to substitute teach for Airin Wheeler, her yoga teacher. Who says the universe isn't listening? So now Jeri is putting a new desire out there--for a larger space for teaching, a place with a wooden floor. (With the universe it's best to be specific.)

**Debra Goldfine, Ph.D.**

**Psychologist**

\* Individual & Couples

\* Sliding Fee Scale

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# 1997 Year in Review

by Kenna S. Eaton

So, all the reports aren't in yet (something about an extra \$80??), but the bookkeeper tells me that we can expect to make a small profit for this past year!! This is exciting news for all of us here at the Co-op. We worked extremely hard in 1997 to turn around the financial picture—and it looks liked what we did, worked.

Staff worked hard and cooperatively to reduce expenses and increase sales in 1997. We attended workshops and passed the informa-

tion onto our staff.. We hired a financial consultant to help us better define our goals and strategies for coping with a loss from 1996 and a flat sales trend. Last year in an effort to keep expenses low, employees at the Co-op did not even receive a raise. But, it worked! All together those moves added up to a happy close to 1997. Now we gladly welcome the continued challenges for the marketplace for 1998. See you in the store!

## What's Cooking at the Co-op?

February 11:  
Cheap, Fast and Healthy  
February 25:  
Cooking with Grains  
March 11:  
Cheap, Fast and Healthy  
March 25:  
Cooking with Grains

All classes meet upstairs at the Co-op from 6:00-7:30 p.m.  
Members \$10 Non-members \$15

Call  
882-8537

Questions?

Please sign up in advance at the registers.

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**Beginning - Gentle - Intermediate**

New Session begins  
March 23, 1998

**Lynne Minton Weekend Workshop**

April 3,4,5  
Daytime & Evening Classes  
Schedules available on door  
of Yoga Center

### Monthly Meetings at the Co-op

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

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

Everyone is Welcome!

# The Buy-Line

by Vicki Reich

I have just placed my first order of organic wine. I am very excited. I wish it was here already so I could sip some while I write this, but, alas, I will have to wait a few more days. I'm sure some of you feel the same way since we led you to believe the wine would be here sooner. Ah bureaucracy! Of course our licensing process took a little longer than we thought, but now we have it. I want to hear what you think of the wine and beer I've selected and others you'd like to see us carry. Leave a note on the suggestion board or track me down in the store. I really want to hear from you. Here's what else is new in the Co-op: **Rainforest Green Habanero Sauce and Papaya Pepper Sauce**—for those who wanted some new hot sauces.

**Mrs. Leepers Brown Rice Lasagna Pieces**—yet another alternative pasta for those on a wheat-free diet or anyone who wants a new shape in noodles.

**Santa Cruz Organic Apricot Juice**—back by popular demand.

**Marin Marinated Artichoke Hearts**—I thought we should have these.

**Muir Glen No Salt Diced Tomatoes**—a sodium-free alternative.

**Religious Experience The Wrath and Medium Hot Sauce**—you've got to try this stuff if you like hot sauce. I know where they get the name!

**Koslowski Hot Sweet Mustard**—you can never have too many kinds of mustard.

**Soyco Soy Parmesan Cheese in Bulk**—I've had lots of requests for this and I love that it comes in bulk.

**Meadowbrook Butter**—I've been asked to find a less expensive butter and here it is.

**Natural Value Refried Pinto Beans**—a low cost refried bean.

**Nature's Hilights Rice Sticks**—a bread stick for a wheat-free diet.

**Grissini Sesame Bread Sticks**—tasty bread sticks for dunking or snacking.

**Health Valley Burrito, Enchilada, and Fajita Flavored Chilies**—a new spin on an old favorite.

**Annie's Mac and Cheese Family Size**—same great Annie's with less packaging.

**Organic Republic of Tea**—a new line a delicious organic teas.

**Choice Organic Chai, Regular and**

**Decaf**—a great new offering from one of the first organic tea manufacturers.

**Tamari Cashews in Bulk**—beware, these may be addicting.

**Earth Science Facial Care Products**—a wonderful line of reasonably priced face care products.

**Travel Size Tom's of Maine Toothpaste**—cute little tubes of toothpaste for travel or to sample.

**Greenfield's Coffee**—a locally-roasted coffee, from Lewiston.

## And now, on to those burning questions and suggestions....

*Can we buy Methocel for baking w/ rice flour?* I have not heard of this product but I will be bringing in Xanthan gum for rice flour baking. If you can find a manufacturer's name for Methocel I can see if I can special order it.

*Can you get organic gluten flour (not just flour high in gluten but real gluten flour)?* Joe Barron's will soon be carrying organic gluten flour. In the meantime, the gluten flour we have with the specialty flours is real gluten flour, it's just not organic.

*Why don't you consider having Altoids?* We do. They're with the candy.

*Parmesan cheese grater?* That's a good idea, I'll see what I can find.

*Bring back Please: 1. Bulk salsa 2. Zand throat spray.* I'll have to say no on 1. It didn't sell well and we threw away a lot of salsa, and I hate to throw away salsa. And I'll say yes on 2. Look for it back on the shelf.

*Please label the salts more fully so we know what process, what source, iodine present, etc.* What is Real Salt? All our salts are just that, salt, a.k.a. sodium chloride. They are from different sources. Real salt is a natural mineral rock salt, Lima salt is an Atlantic sea salt, and the fine and course sea salts are from the Pacific. None of them have added iodine or any other added ingredients.

*Bigger paper plates in bread room, to be used for quiche, foccacia, pizza, etc. when a person doesn't need a 25 cent to-go box?* We'll look into it.

*Please post a sign by coffee grinder asking users to make sure all the beans have been ground.* Okay, I will.

*Please bring back the juice bar?*

Sorry, it was not paying its way. *Please continue getting desert essence shampoo and conditioner. They are wonderful!* No problem.

*Is the organic cocoa you had in cardboard jars the same as the bulk?* The kind in jars dissolved really well. No, it is not the same brand. The packaged cocoa was from Rapunzel and the bulk is from Royal Blue Organics. I stopped getting the packaged cocoa when I found an organic bulk source. I can still special order the packaged variety if you would like.

*Please bring back the large bottles of organic apple cider vinegar again.* I'll do one better than that, I've found bulk raw organic apple cider vinegar. I will stock it as soon as the existing vinegar is gone.

*I love the pesto rolls and the dried mangoes. Keep up the good work!* You are not alone. And, thanks.

*Honey bears break in squeeze part.* I will talk to my supplier about that.

*Keep up the good work.* Thanks, we will.

*Sesame chips.* We try to keep those little rascals in stock but every once in a while demand outweighs supply. We'll try harder.

## Suggestion Board Responses

1. *Thank you for the smaller ginger cookies—they are excellent! (The larger ones were often doughy inside.)* Glad you like 'em.

2. *The Orange Coconut Rolls have improved lots since we suggested changes.* Thanks. Great! Glad to hear it. Keep on eating them!

3. *I would like that yummy Potato Soup.* Thanks! Rachel Draznin-Nagy. Thanks, Rachel, but which yummy Potato Soup???

4. *A request for lowfat cookies with raisins and not only chocolate or carob (Raisins would be healthier.)* Our lowfat cookies are the vegan cookies which we try to keep varied. Of these, biscotti have the lowest fat content. We should apologize for the decreased cookie varieties as of late, but Anna Williams (our Cookie Queen) has left us briefly, but fear not, she will return!

5. *Christmas Eve (?) You had a braided sweet loaf which was simply delicious! Could you*

*make it again? It's not on your list. Thanks.* If it was Christmas Eve, then I think you are referring to Orange Challah (If not, it could have been any one of a slew of special breads we made for Chanukah and Christmas). I would be willing to consider making it again, although in the past it has been reserved for the Jewish Holidays.

6. *Pumpkin Scones, YUM!!* We all agree! We'll have to be extra nice to Amy, so she'll make them again.

7. *We miss the Altered Oaties. Will you make them again?* Hmm, I agree that the Altered Oaties were great cookies. Unfortunately, our sales showed that others did not share our enthusiasm. We ended up throwing away a lot of them and that's not only bad for business, but just darned wasteful. Look for them occasionally in our rotation.

8. *I love the Co-op bread, but I would love it and the muffins more if the insides were consistently cooked (often they are raw and mushy).* Our muffins have been giving us a hard time lately. We're trying to figure out exactly what their deal is. We adjust things, having the muffins turn out beautifully for a couple of days, only to experience a disaster down the road. We're beginning to suspect that we have had a "muffin-hex" put on us. Is anyone out there experienced in expelling kitchen demons?

9. *What happened to the regular pasties with cheese? The new fatter ones SUCK!*

10. *The vegan cookies SUCK!!!! and WHERE are the altered Oaties?????*

These last two questions are prime examples of notes that really tempt me to just toss them into the trash. There is no need to phrase things in such a rude, crude, and abusive manner. I am sorry if you do not enjoy some of our products, but there are many people who do and there are staff members who put a lot of time, energy, and love into creating these. Please be respectful of them.

The regular pasties still appear on Tuesdays. The Altered Oaties are no longer part of the regular rotation since very few people bought them.

# Letter to the Editor

by Chris Norden  
Moscow, Idaho

I applaud Idaho Governor Phil Batt for his belated, but apparently heart-felt, turn toward a somewhat more environmentally-oriented way of viewing the business of public policy. It is a sad comment on the state of the electorate, however, to realize Mr. Batt, who is not running for re-election, only dared reveal this green streak when he could no longer be punished for it by the voters. Why are we, here in the West, so far out of the mainstream on matters of having to do with the environment? My guess is that it has to do with this being a very recently "settled" part of the country, and the fact that much of the exploitable space here is federally-owned public land.

Both of these factors seem to contribute to the notion that anything we take from the earth is therefore free—on someone else's tab, so to speak. The fallacy of externalized costs simply means fooling oneself into thinking that the immediate, short term benefits of resource extraction, development, and non-sustainable farming can be divorced from long term costs. Such logic suggests (falsely, I would argue) that negative costs such as pollution, habitat loss, species extinction, and so forth can be put onto someone or something else indefinitely, and need not be factored into a long term cost/benefit accounting. That's bad business, and pretty obviously unethical—not a good way to demonstrate responsible cooperative citizenship, and likely a reason why Idaho and other parts of the West are seen by the rest of the country as sociopathically anti-environment, eager to blindly destroy for quick profit what remains of our greatest natural heritage—our rivers, ancient forests, and other native ecosystems.

Governor Batt claims that "farmers were the original conservationists." With all due respect to American farmers, no single organization in America has done more to weaken laws protecting ecosystems than the Farm Bureau. Authors like Wendell Berry, Wes Jackson, and Gene Logsdon (all lifelong farmers) suggest that the history of agriculture generally, and in America especially, has been characterized in the main by non-sustainable land use practices. Each author focuses on the American habit of over-farming (and over-grazing) for maximum

short term productivity. Historically, predictable costs have included depleted soil fertility, massive soil loss due to erosion, reduced species diversity in ecosystems, reduced genetic diversity within crop and livestock species, and reduced long-term yields.

In modern times, high-tech agribusiness' huge surpluses depress commodity prices while forcing the overcapitalization of smaller operations, resulting in widespread failures, especially of family farms. Allowing below-cost and essentially responsibility-free use of public lands for agricultural production simply adds further temptation to a system which chronically fails to reward even responsible use, much less deliberate investments in long-term health and productive capacity. All costs internalized (borne by producer & consumer), the disposable diaper or the gallon of gas really cost a lot more than what we now pay for them. Do we really want to subsidize environmentally unsound business and consumer behaviors?

The Governor also suggests that "conservatives conserve." Even most children will recognize this as semantic hocus-pocus. Such logic gives us pro-life politicians who want to get Big Government off our backs and out off our private lives, while at the same time authorizing Big Government to enforce religious doctrine and arbitrarily limit Constitutionally guaranteed rights. So long as it remains profitable and easy to destroy native ecosystems, there will be a portion of the citizenry lining up for their quick money, eager to dispute anything or anyone that dares to assert environmental quality or preservation of wild lands as bedrock American values.



# Food & Nutrition

## Grapefruit, a Botanical Mystery

by Eva Strand

Is grapefruit a gift from nature itself or has it been intentionally bred? Apparently nobody really knows! Appearance and flavor of the grapefruit indicates that it is a hybrid between the sweet orange (*Citrus sinensis*) and the shaddock (*Citrus maxima*), a large sour citrus fruit. However, there is no record of deliberate hybridization between the two plants. Many populations of naturally growing grapefruit has been found in Caribbean citrus groves, while none has been recorded in Europe or Asia. The wild-growing grapefruit were smaller than today's modern hybrids, were more flavorful, juicy and were loaded with seeds.

The modern grapefruit growing industry developed in the mid-1800 in Florida, where 75% of the US crop is grown today. The almost-seedless golden-fleshed Marsh is the most popular of the modern hybridized grapefruit. Ruby Red and Star Ruby are leading varieties of pink grapefruit, grown primarily in Texas. Nutritionally, grapefruit is very close to the orange; both are rich in vitamin C and potassium.

How to pick the best grapefruit off the shelf? Pick a fruit that is flat at both ends and has a smooth, thin skin. Avoid fruit with a pointed end or deeply-pored, thick skin. Like all

other citrus, the fruit should be firm with no soft or discolored spots.

Grapefruit essential oil is a by-product of grapefruit juice production. The oil is produced by scraping the spongy white layer off the skin and then pressing the outer thin yellow skin to obtain the oil. The extracted oil is then filtered and bottled. One ton of fresh grapefruit produces only 1 1/2 pounds of essential oil, and lots of grapefruit juice, of course. The aroma of grapefruit essential oil is fresh, fruity and clean and almost identical to the aroma of a freshly-peeled grapefruit. In aromatherapy, grapefruit oil is said to be refreshing, cheering, slightly euphoria-inducing and energizing. Grapefruit oil is considered a "releasing" oil—releasing bottled-up emotions and resentments. The oil is also said to evoke warm feelings that melt sour dispositions. Sneak a few drops in your simmering potpourri and watch the bottled-up emotions erupt and all the sour dispositions melt away—it might be worth a try. If nothing else, your house will most likely smell refreshed, and you might get a kick out of imagining the meltdown of the sour dispositions. Grapefruit season is now, and there are plenty of them waiting for you here at the Co-op.

## Bulk Chips Have a Name

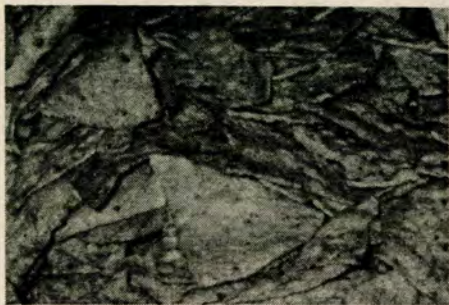
by Fritz Knorr

Mexi-Snax. I just love that product name. It is so unpretentious and undercapitalized, kind of like our home town, Moscow. Clearly, this product's name didn't come from some high-powered ad agency. Which makes it likeable. It will even make you smile when you say it. Go ahead, try it. Say "Mexi-Snax" three times fast. There is something about the combination of "ee" sounds and "sn" sounds that tugs at your smile muscles. You feel better in spite of yourself. Which makes it a darned shame that you don't see the Mexi-Snax logo



anywhere on the Coop shelves.

Ironically, we sell tons of their chips. Literally. Tons. Mexi-Snax is the supplier of the Coop bulk chips. We sell about 15 boxes a week, and each box is 12 pounds, so



that is over 9000 pounds, or 4 1/2 tons of chips per year!

Mexi-Snax also sells their products in normal packaging, but the bulk chips are totally unique to the Coop. Other coops may have them, but you're never going to see bulk chips at a regular grocery store. They are another example of great things that we have that are completely dependent on volunteer labor. The Mexi-Snax bulk chips arrive in those big 12-pound boxes; and volunteers repackage them into the bags that you see on the shelves. It's a slower process than you might think, because the chips have to be transferred one handful at a time.

They're great chips, too. They aren't a modern "snack-food-product" from a trans-national snack-food/telecommunications conglomerate. They aren't made in some giant food processing plant by catalytically cracking and reforming the food products. Mexi-Snax are more like tortilla chips from a storefront tortillaria: fried tortillas.

"Man, when you first open up a box, the smell is wonderful," says Bruce Miller, the Thursday afternoon chip bagger.

Before bagging chips, Bruce volunteered as a cashier, and something else before that, and something before that, all the way back to 1977, when his volunteer job was making granola and the store was near where the Vox is now.

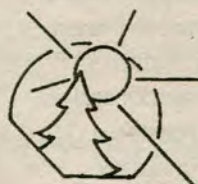
There are three or four other volunteers who bag chips throughout the week. In fact, I've bagged chips many times, myself. Like all the chip baggers, Bruce is careful, precise, neat, clean and sanitary. And he doesn't smash up the chips. That was just a joke. Let's get this straight: the chip baggers do NOT break chips. If you do happen to get some broken chips in your bag it is because they were broken when they came in the door. There is absolutely no truth to the rumor that the baggers play hackey-sack with the chips after they're bagged.

"These chips are a great product, Bruce observed. "The only reservation I have is how many of these bags we use." He is referring



to the plastic zip-lock bags that are the Coop's packaging. And he's right—it's a lot of bags. For instance, if every bag were about one pound of chips, then from our previous calculation, that would be over 9,000 polyethylene bags per year. Is there no escape from appalling packaging waste?

That's not my objection, of course. I'm saddened by losing the Mexi-Snax name in the repackaging process. So, next time you reach for bulk chips, think "Mexi-Snax." Even say it out loud, three times fast. It'll make you smile.



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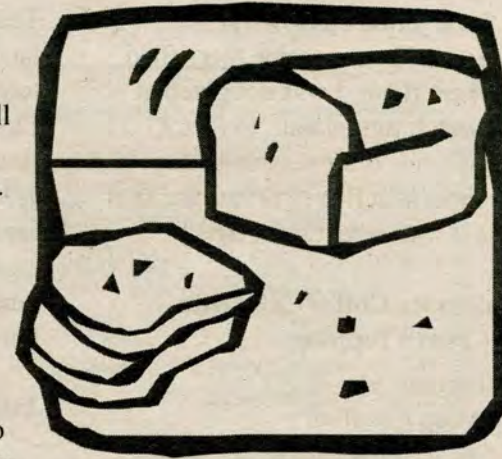
## Snacks

By Pamela Lee

A snack, by definition, is a small quantity of food or drink; a light repast, usually taken between meals. For me, a snack is also something that is relatively quick and easy to prepare. In this day of fast and processed food, for most folks, snacks are abundant and easy to find. But, for people with food allergies, snacks are not so simple to buy or to contrive. This is especially true if folks with food allergies need to pack snacks, to take to work or with you for a day away from home. My challenge for this article was to prepare snacks that were tasty and delicious, and that might be suitable for people who suffer from food allergies. If you have food allergies, you know what a challenge this is!

Usually, when I try to convert standard quick-bread recipes to rice flour, I have pounds of failed breads to feed to the squirrels. Sorry squirrels; I spent yesterday in the kitchen testing recipes and all were good enough to eat, save, or freeze for future snacks. And, these recipes are good enough to be enjoyed by all—not just the food-allergic folk. Of course, if you are allergic, you'll need to read the recipe carefully. If eggs, are a problem, you can substitute flaxseed or use a commercial egg substitute. If you are allergic to milk, use soy, rice, or oat milk instead.

I typically bake extra, then cut, wrap in Saran, and freeze my breads into individual proportions. Then, I can pull what I need out of the freezer. Wrap a bit of spread, dip, or goat cheese; take some carrot or celery sticks, an orange or apple, and a portion of one of these breads--your snack will be satisfying and healthful!



This is a pretty, tart, and festive loaf. With only raisins, it lacks the colorful sparkle of the cranberries and is much sweeter than with cranberries. I left the nuts out, used tapioca flour, and fresh squeezed orange juice. It is delicious! If you let the loaf cool first, it slices very neatly.

### Cranberry Rice Bread


- 3/4 cup coarsely chopped fresh cranberries
  - 1/2 cups chopped raisins (or use all raisins, no cranberries)
  - 1/3 cup chopped walnuts (optional)
  - 1 T. undyed orange rind
  - 1 3/4 cup brown rice flour
  - 1/2 cup potato flour (or 1/2 c. tapioca flour)
  - 1 1/2 t. baking powder
  - 1/2 t. soda
  - 1/2 t. salt
  - 3 T. honey
  - 2 T. butter or oil
  - 2 eggs, slightly beaten
  - 1/2 c. orange juice
  - 2 T. lemon juice
- Preheat oven to 350 F. Grease 8" x 4" loaf pan.

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

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

Bake about 45 minutes. Cool before slicing.

(more snack recipes on page 8)



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I converted this low-fat coffeecake from a recipe that called for wheat flour. I was delighted at how well it turned out. In fact, I liked the rice flour version better than the wheat flour coffeecake. (I'd made it with wheat flour first.)

### Applesauce Coffee Cake with Crumb Topping

#### Topping:

¼ cup rice flour  
¼ cup brown sugar or Sucanat?  
3 T. unsalted butter, room temperature -or- 3 T. canola oil

½ t. ground cinnamon

#### Cake:

1 cup rice flour  
½ cup tapioca flour  
¼ cup brown sugar or Sucanat?  
2 t. baking powder  
½ t. baking soda  
½ t. salt  
½ cup unsweetened applesauce  
1/3 cup low-fat buttermilk  
2 T. vegetable oil  
1 large egg yolk  
½ t. (packed) grated lemon peel  
2 large egg whites  
Preheat oven to 350 F.

For topping: Combine all ingredients in small bowl. Mash with fork until blended and coarse crumbs form. Set aside.

For cake: Spray 9-inch diameter cake pan (or 9" x 9" square cake pan) with nonstick vegetable spray (or grease pans).

Sift flour, sugar, baking powder, soda, and salt into large bowl and set aside. Whisk applesauce, buttermilk, oil, egg yolk, vanilla and lemon peel in medium bowl until well blended.

Add to dry ingredients and stir just until moistened. Beat egg white in another large bowl until stiff peaks form. Whisk half of whites into batter. Fold in remaining whites.

Transfer batter to prepared pan. Sprinkle topping over batter. Bake cake until tester inserted into center comes out clean, about 30 minutes. Transfer to rack; cool in pan. Cut and serve.

Note: By accident, one time I forgot to beat the egg whites, and I discovered that by not beating the whites until stiff, the coffeecake turned out lighter, with a more crumbly texture which I prefer.

This recipe is from Bette Hagman's Gluten-Free Gourmet.

The first time I made these, I didn't have corn flour on hand, so I substituted Hagman's (Gluten-Free) GF Flour, which is 2 parts white rice flour, 2/3 parts potato starch flour, 1/3 part tapioca flour. The muffins are tasty either way, and especially good spread with goat cheese and honey.

### Yellow Corn Muffins

1 cup yellow cornmeal  
1 cup corn flour  
¼ cup sugar  
2 t. baking powder  
1 t. baking soda  
1 t. salt  
2 eggs, beaten  
1 cup buttermilk  
2 T. shortening, melted (I use canola oil)

Sift the dry ingredients together into mixing bowl. Stir in the beaten eggs, buttermilk, and melted shortening (or oil).

Pour into greased muffin cups. Bake in preheated 400 F oven for about 20-25 minutes. Makes about 12 muffins.

The following recipe is from The Yeast Connection Cookbook. They are rich, satisfying crackers that taste like they have peanut butter in them, but don't. I found it took nearly 20 minutes to cook them, not 12, but keep your eye on them—don't over-bake.

### Sesame Oat Crackers

¼ cup sesame seeds  
1½ cups oat flour  
¼ cup oat bran  
½ t. salt  
Optional: ¼-1/2 t. chili powder  
¼ cup olive oil  
¼ cup water  
1 t. toasted sesame oil

Preheat oven to 350 F. Toast the sesame seeds until golden brown in a dry skillet or oven. In a mixing bowl, whisk together the seeds, flour, bran, salt and chili powder.

Stir in the oil, water and sesame oil; mix thoroughly. Roll out on a baking sheet, with a sheet of oiled wax paper over the dough. Cut into squares with a knife or pizza-cutting wheel.

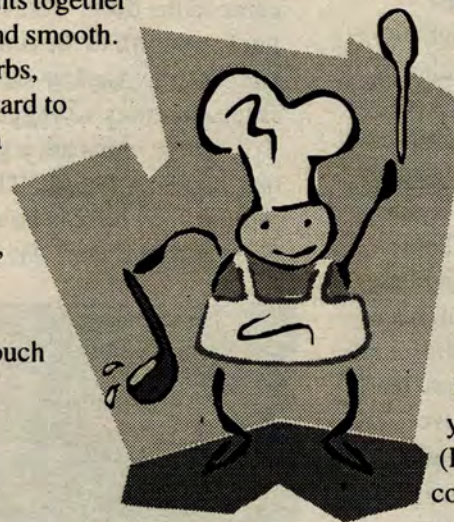
Bake for 10-12 minutes until lightly brown. When cool, store in an airtight container.



### Tofu Spread

8 oz. tofu  
3 T. lemon juice or vinegar  
¼ t. salt  
3 T. safflower oil or olive oil  
Optional flavorings: herbs, spices, Dijon mustard, maple syrup, honey, etc.

Rinse, drain, and pat the tofu dry. Place in a blender or food processor, using the steel blade. Blend ingredients together until creamy and smooth. Flavor with herbs, spices, or mustard to taste. Or, for a sweet spread, add maple syrup or honey, perhaps some cinnamon, allspice, or a touch of nutmeg.



### Garbanzo Dip or Spread

¼ cup olive oil  
Optional: ¼ cup yogurt (or rice or soymilk)  
1 can garbanzo beans  
1 T. tahini  
1 clove garlic  
½ t. cumin  
3 T. lemon juice  
2 t. miso

Process all the ingredients in a blender until smooth. If you want a spread, eliminate or use less yogurt (rice or soy milk). If you don't have miso on hand, you can substitute a bit of soy sauce (use 1 t., then taste before you add more) or use salt. If you use salt, use ½ t. increments, tasting as you continue to season. (Prepared mustards also contain salt).

## Word of Mouth

by The Taster (a.k.a. Vicki Reich)

Welcome to the newest regular column in the Community News. Each month I will pick several products from the store to taste and compare. I hope this will give you some ideas about the products we carry and help you decide which product is right for you.

To start things off, my panel of experts (that being my husband and myself) tasted four different kinds of meatless burgers: Hempeh Burgers, Fantastic Foods' Nature's Burger with Roasted Red Pepper and Garlic, Boca Burger, and Amy's California Burger. The burgers are all about the same size, with the Hempeh burger weighing in half an ounce more than the rest at 3 ounces. They were all different in appearance. The Boca burger looked most like a hamburger with the Hempeh burger coming in second. The Nature's burger had lovely grill marks and a reddish color from the roasted red peppers. The California burger looked like it had lots of grains in it. All four cooked up fast and easy in a non-stick skillet. The wonderful smell they all made together got my husband in the kitchen ready to taste. We were both surprised at the wide range of tastes available in the same type of product. They were all good

but in different ways. The Boca burger was the most like a meat burger. It was moist and chewy with a smoky barbecued taste. The Nature's burger was the most like a veggie patty. It had a great roasted red pepper taste and was nice and moist. Both the California burger and the Hempeh burger had a grain-like texture with good herbs and spices.

Nutritionally, the burgers were pretty similar. They had about the same calories and fat content with the Hempeh burger having the highest fat content at 6 g., it also was the only burger with its fatty acids listed, derived from the hemp seeds. The California burger and the Nature's burger had the highest carbohydrates while the Boca burger had the highest protein. The Hempeh and California burgers were the only ones with organic ingredients. The Boca burger was the only one with any dairy products, it has cheddar cheese, but it is available in a vegan version. We decided they were all really good with our favorite being the Boca burger (it's Bill Clinton's favorite too). We split on our second choice. I picked the California burger while my husband liked the Hempeh burger.



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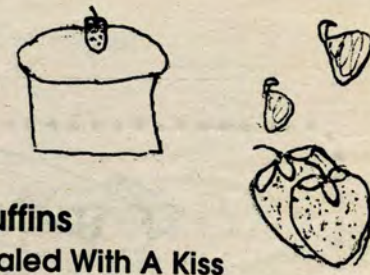
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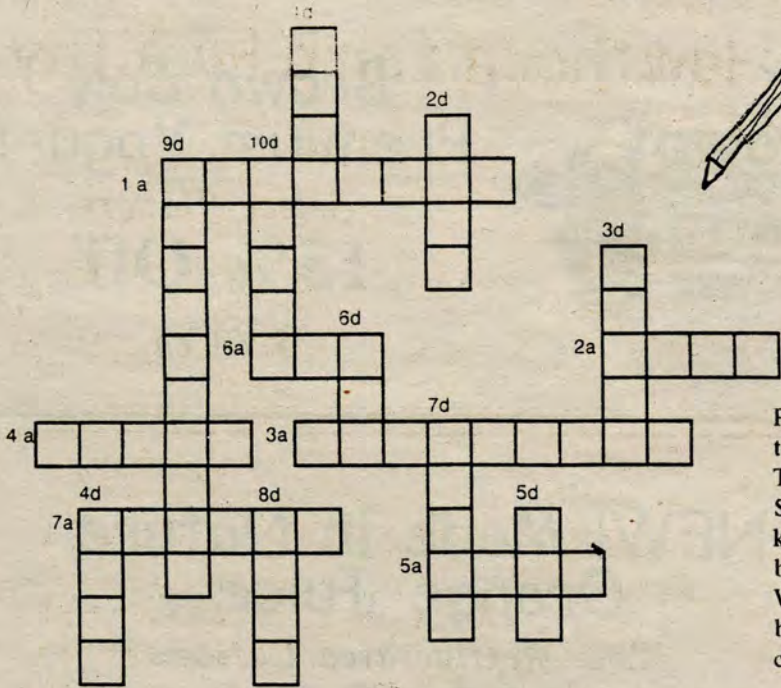
**Hungary As A Horse Crossword Puzzle**  
by Erin Jehn



**The Kid's Page**



**Strawberry Surprise Muffins**  
A Valentine's Day Breakfast Treat Sealed With A Kiss

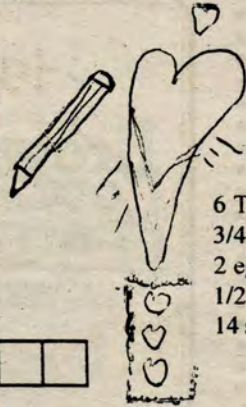


**Across**

1. A boy horse
2. A girl horse
3. A little orange
4. It's sweet and rots your teeth.
5. A partridge in a \_\_\_\_\_ tree.
6. What you do when you are hungry.
7. It's an orange veggie.

**Down**

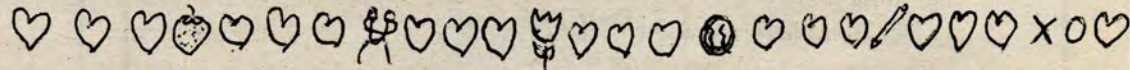
1. A baby horse.
2. A short horse.
3. A yellow and sour fruit.
4. You eat one at parties.
5. Horses eat it.
6. Drink it slowly -- it's hot.
7. They grown in bunches.
8. \_\_\_\_\_ and beans and \_\_\_\_\_ barley grow. (song)
9. Red & delicious, it grows in a patch.
10. A fruit -- grows on trees, comes in red, green & yellow.



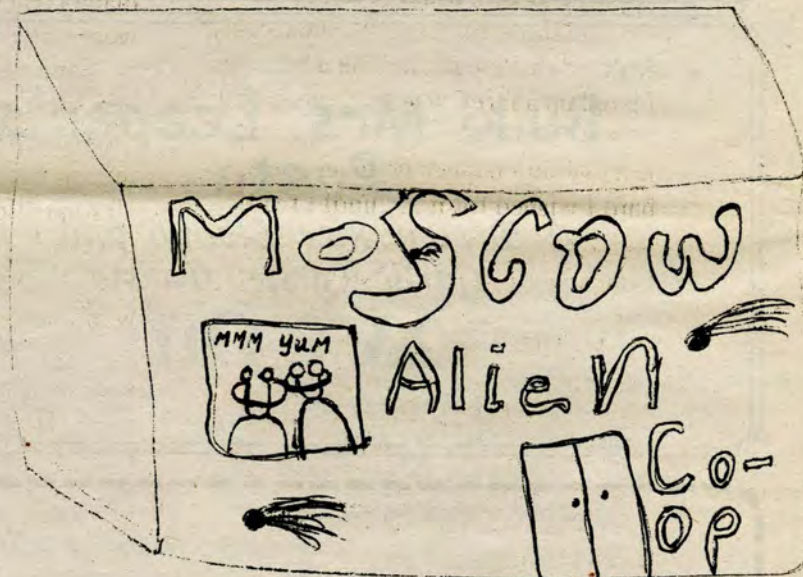
- 6 Tbsp butter
- 3/4 cup sugar
- 2 eggs
- 1/2 cup milk
- 14 strawberries (fresh or defrosted frozen)

- 2 cups unbleached white or whole wheat flour
- 1/4 tsp salt
- 1 Tbsp non-aluminum baking powder
- Hershey's Kisses or Strawberry Jam (we recommend Cascadian Farms Strawberry Spread)

Preheat the oven to 350 degrees. In a large bowl, cream butter and sugar. Mix in the eggs, one at a time, and add the milk. Rinse the strawberries and cut off the greens. Mash the berries with potato masher or pure in a blender. Then stir the berries into the butter and milk mixture. In a separate bowl sift the flour, salt, and baking powder. Stir well. Add the flour mixture to the berry mixture. Fill muffin cups halfway, add the surprise, an unwrapped kiss or 1/2 tsp strawberry jam. Then spoon more batter to fill almost to the top. Bake until the muffins begin to brown and a toothpick inserted near the center (but not in the surprise!) comes out clean, about 20 to 25 minutes. While the muffins bake consider making valentine cards to go with them. For example: roses are red violets are blue here's a surprise just for you! Remove the muffins from the tin and cool. Serve them warm with hot chocolate or tea. Makes 12 muffins. Happy Valentine's Day! (From Family Fun Magazine, February '98 issue)



**Even aliens go to the Co-op. We left you some extra space. Draw some of your own aliens and then color this picture by Beth Armstrong.**



**Jeremy Rabbit**  
By: Melodie Armstrong



Jeremy Rabbit was a little rabbit who liked to run and play and have fun. Jeremy did so many interesting things that it was easy to have fun. One day Jeremy Rabbit's Mother took him with her to the Co-op. At the Co-op he saw so many things! There were dried beans, and candles, and nuts of all kinds, and honey and molasses, and apples, carrots, and oranges, and lettuce and spinach, and soap, and herbs, and fresh bread, and noodles of all shapes and colors, and teas, and so many other things. Jeremy Rabbit looked at all these things while Mother Rabbit shopped. On the way home, Jeremy saw a beautiful flower. "Look at the flower, Mother," he said, "Can I pick it for you?"

Oh no, Jeremy, said his Mom. "If you pick it and we take it home and put it in a vase, it will look pretty for just a few days. But if we leave it here, it will look pretty for a long time, and more people will be able to see and enjoy it's beauty. We will be able to enjoy it as we walk to the Co-op. AND, IF WE LEAVE IT, the flower will do something special."  
"What will it do, Mom?" asked Jeremy.  
"You wait and see, Jeremy. Watch and see what happens. Try to figure out what will happen."  
So Jeremy Rabbit had to wait and see, only he could hardly wait, and it seemed so long until next week, when he would go to the Co-op with his Mother again.

(To be continued next Month)



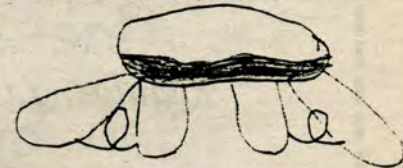
This Month's Kid's Page created by  
The Lee-Painter, Armstrong and Jehn

**The Flip Side**

By Allix Lee-Painter



HE COULDN'T DECIDE IF HE WANTED TO STUDY WILDLIFE OR BE A PROFESSIONAL BASEBALL PLAYER SO HE MADE A COMPROMISE



**Here's Some Dates You Might Want To Remember for the Month of February**

- 1-28 Black History Month
- 2 Groundhog Day
- 4 Halfway point of winter
- 9-15 Random Acts of Kindness Week
- 13 Friday
- 14 Valentine's Day
- 14-21 Homes for Bird's Week
- 16 President's Day
- 24 Mardi Gras
- 26 Solar Eclipse

We want your ideas and comments for the Kid's Page. Please write to us, Allix and Nancy Lee-Painter at 905 Nez Perce St. Moscow, ID 83843 or e-mail us: davidlp@uidaho.edu



# Insights

## Stranger than Fiction

by Sean Gardner

You know, I'm not sure why I spent all those years writing fiction. People had always told me fact was stranger than fiction, but I didn't believe them until now.

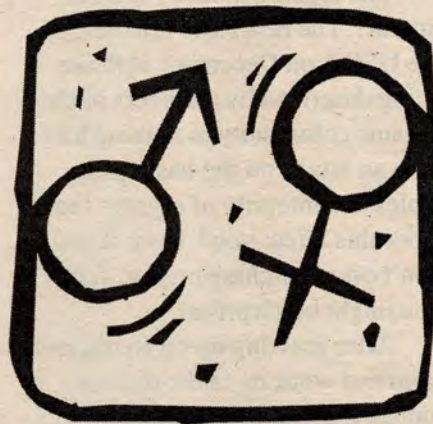
Some of you may still remember me as Susan Baumgartner who used to write a monthly column for this newsletter. Well, all the time I was writing those columns, I had a secret, a very old secret.

In 1976 I did one of those cliched things: I read an article, in *People* magazine, of all things, that changed my life. I'd known for a while that men sometimes chose to live as women, like Christine Jorgensen or Renee Richards. What I hadn't dreamed could be possible was that some women choose to travel in the opposite direction and become men. Around the age of five I'd consciously realized that I wanted to be a boy, but I lived on a farm, was confronted daily by the basics of biology and figured it just couldn't happen no matter how hard I wished for it . . . until I read that article about Dr. John Money and some of his patients, female to male (FTM) transsexuals.

By 1978 I was on testosterone and planning to begin my life as a man. But the whole FTM thing was tough back then. We were supposed to be strong and macho and make our transition totally on our own. I couldn't pull it off.

It seemed easier just to repress all this gender confusion and do my best to live as Susan.

I tried. I lived in the cabin for eight years where I could be whoever I wanted to be. I wrote lots of novels with male protagonists. I tried really hard to be a lesbian. And then David Harrison happened. I saw him do a



performance of his autobiographical play, *FTM*, in June of 1996. Seeing him up there on that stage, cute, short, British, dressed in rugby shirt, jeans and sneakers, dramatizing his journey from Catherine to David, I knew immediately that my days of repressing were over.

Since then I've been riding the obsessive avalanche that is familiar to anyone who has been gender incongruent and finally decides to do something about it. I moved to Santa Fe. Found a therapist. Found a physician/psychiatrist who would help me with the medical/bureaucratic stuff. Started back on testosterone in June of 1997. Had my legal name change to Sean Gardner approved in September. And on 14 January I will have had the first of the FTM surgeries, what we call "top" surgery: a double mastectomy and chest reconstruction.

How do I feel? Happy. Relieved. Scared. Excited. Why am I telling you? Because from inside my skin this feels like a joyful thing, something to be shared with the people who knew me, or thought they knew me. None of my novels quite prepared me to accept that this real thing would happen to me, this elusive phenomenon that is part biological, part psychological, part curse and part blessing. It's tough to understand if you're standing outside of it; impossible to escape if it is part of you. It's been an E-ticket ride for the past year and a half, with even more adventures to come. I'll keep you posted.

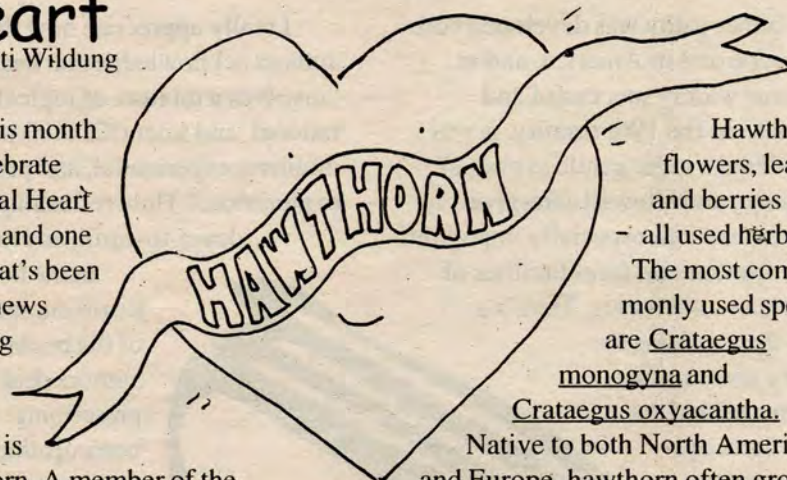
## Hawthorn for a Healthy Heart

by Kristi Wildung

This month we celebrate National Heart Month and one herb that's been in the news as being very "heart smart" is

hawthorn. A member of the rose family, hawthorn has been used for centuries to treat everything from stomach aches to dropsy. Practitioners of Asian and European medical traditions have commonly used the herb to treat hypertension, arteriosclerosis, and angina pectoris. But much of its recent acclaim comes from its high flavonoid content which gives the plant superior antioxidant properties.

By inhibiting free radical formation, hawthorn's antioxidant activity may be beneficial in maintaining healthy heart vessels and promoting overall heart health. Its flavonoids help the heart pump more efficiently by increasing blood supply to the heart muscle and by increasing the heart's output of blood. The flavonoids also decrease blood vessels' resistance to normal blood flow, resulting in a stronger, healthier heart and improved blood circulation. European physicians usually include hawthorn in a larger program to manage mild cardiac arrhythmia in the elderly.



Hawthorn's flowers, leaves and berries are - all used herbally. The most commonly used species are *Crataegus monogyna* and *Crataegus oxyacantha*.

Native to both North America and Europe, hawthorn often grows as a shrub or small tree. It has smooth, deeply-lobed leaves and strong, spreading branches that produce sharp thorns an inch or longer. The common name "hawthorn" comes from the plant producing both thorns and a fruit, known as a "haw." The hawthorn's white flowers appear as clusters in May and June and are followed by these red, oval haw fruits.

The most commonly used extracts are those derived from hawthorn leaves and berries. When purchasing this herb, customers should look for labels stating that the extract is standardized to oligomeric procyanidins or to total flavonoid content. Hawthorn is considered to be very safe, but, as in all matters of the heart, you should check with your health care provider before attempting self-treatment.

References: *Frontier Herb Notes* by Dr. Ed Wallace, ND, DC, *Herbs for Health*, September/October 1997.

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## Book Review

by Robin Ohlgren-Evans

# Healing with Homeopathy

by Wayne B. Jonas and Jennifer Jacobs

349 pp. \$24.95

Homeopathy was developed both in Europe and in America, and at first was widely successful and popular. In the 19th century, it was considered a more gentle system of medicine, and allowed care-givers to treat themselves, especially important to the frontier and farm families of American settlements. Here's a book that explains the history and curative theories behind the art of homeopathy, as well as guidelines and treatments for administering homeopathic medicine.

This is a fascinating book, written by two physicians who use both conventional and alternative therapies in their own practices. The book is based on their own research and clinical experience, as well as published studies. Healing with Homeopathy is very readable, and seems to provide a balanced approach to this alternative system of medicine.



I really appreciate how the authors acknowledge that healing "involves a mixture of logical, rational, and scientific thinking, and intuitive, experiential, and personal exploration." How refreshing, down-to-earth, and holistic.

In the home treatment section of the book, the authors deal with prescribing homeopathic medicines for a variety of symptoms and medical issues. These include injuries, children's illnesses, women's health, and digestive problems, with many detailed problems covered under each topic. Their explanations of symptoms are clear and easy to understand, presumably making the diagnoses easier and more accurate. The back of the book contains summary charts for quick reference, which looks like it would be a valuable resource once you read the book in depth. This would be a good resource book to add to anyone's home health collection, and is a great introduction to homeopathic medicine.

# Organic Standards Cause For Concern - Consumer Alert!

by Richard A. Repp

The organic industry is in an uproar! The new rules released by the USDA on December 16th are being described by members of the organic community as nothing less than an attack on the basic principles and integrity of organic food. Does this affect you? Even if you don't often purchase organic food you might be surprised.

After growing up on an organic farm and working in the organic industry, I would probably be expected to have strong views about the proposed National Organic Standard, but reading through the proposed rules quickly reveals issues that should cause alarm for all food consumers, both organic and conventional. The USDA is proposing and allowing consideration of some processes for organic food that are highly questionable, including:

1) The use of genetically modified organisms; (Despite the lack of research regarding their long term impact on human health and the natural ecosystem.)

2) The use of irradiation on organic food; (Despite the evidence of reduced nutrition value and decreased digestibility, as well as indications of other health risks.)

3) The use of human sewage and industrial sludge as fertilizer; (Despite the content of viruses, heavy metals and various known and unknown toxins.)

4) The use of up to 20% non-organic feed, including reprocessed animal protein, for organic livestock; (In clear violation of existing organic standards requiring 100% organic feed and despite the fatal results of such practices in British "Mad Cows.")

5) The confinement of livestock in high density facilities; (Despite the desire of organic consumers and producers to encourage humane treatment of animals.)

6) The application of synthetic "animal drugs" to organic livestock; (Despite existing organic standards which do not allow any medicated animals to be sold as organic.)

7) The use of synthetic substances and "inert" or incidental additives" as ingredients in production and processing of organic food.

A national organic standard that allows these practices will be unacceptable to the consumers, farmers and industry members who have built the organic food market into a \$3.5 billion industry. The market has been growing at a rate of 23% annually because consumers care passionately about the health of their families, the health of the environment and often the health of small family farms. They cannot be expected to accept adulteration of their food in ways they have sought to avoid.

The basic issue is consumer rights. It's bad enough that questionable practices are used without proper labeling in conventional food, but allowing these processes in organic foods will eliminate an existing consumer option for avoiding them.

Do we as U.S. citizens have the right to determine what we put into our bodies...or does the USDA have the right to pre-determine for us what is healthy and limit our choice of what we can and cannot buy? According to Secretary of Agriculture, Dan Glickman in his Dec 15th press conference, "**We have one high standard for food safety in this country. Period.**" ...because, after all..."**It's a well known fact that the very best science has proven the products of biotechnology and the process of irradiation not only safe, but beneficial.**"

I don't know about his definition of "the very best science", (would that be the same science that put phen-fen on the market in the first place?), but I do know that pushing irradiation, bio-engineering and other synthetic processes for both conventional and organic food limits my options as a consumer.

And that is cause for concern.

If this issue concerns you, please check out the USDA website at [www.ams.usda.gov/nop](http://www.ams.usda.gov/nop) and then **voice your opinion by March 16th** to:

Eileen S. Stommes, Deputy Administrator  
USDA-AMA-TM-NOP, AG  
Stop 0275, Room 4007-So.  
P.O. Box 96456  
Washington, D.C. 20090-6456

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# More News on USDA National Organic Standards

by Laura Church

Last month I wrote an article about the new national organic standards policy that the USDA had released. The policy is just a proposal at this time and is still open to public comment until May 1st. Hopefully, this article will answer a few of the most common questions, but you are still encouraged to inform yourself as much as possible and send your own comments to the USDA. You should also be aware that the information here is not my own opinion, but rather most comes from a bulletin sent to the Co-op by the USDA. Whether or not you agree with the answers here, it is still important to know what the USDA's position is.

*How will the USDA define organic for the purposes of the new policy?* The proposed standards define "organic" as agricultural products produced through a natural versus synthetic process. The proposal will also require that imported products meet equivalent standards if they are to be labeled "organic."

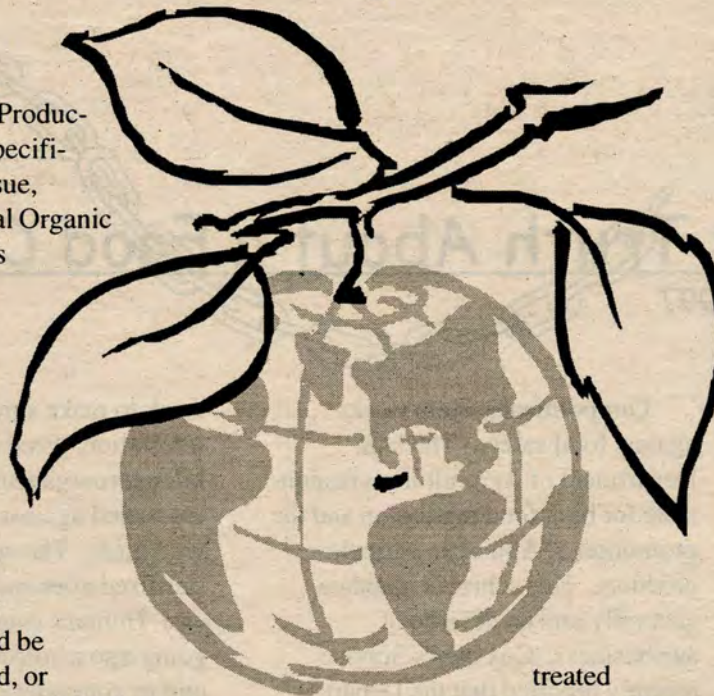
*Can a state or private organic certification program contain requirements other than those established by the National Organic Program?* An organic certification program will be required to meet the requirements of the USDA's National Organic Program, and be certified by the USDA. However, a state program will be allowed to include additional requirements provided that they are consistent with the purposes of the Act, including the purpose to establish consistent, uniform national standards for organic production and handling.

*Does the proposed rule permit genetically engineered organisms to be used in organic production?*

The Organic Foods Production Act does not specifically address this issue, however the National Organic Standards Board has recommended that they be prohibited from being labeled as organic. At this time the USDA is still requesting public input on whether the use of genetically engineered organisms or their products should be permitted, prohibited, or allowed on a case-by-case basis.

*How does the proposed rule address the subject of irradiation of organic foods?* Although the Food and Drug Administration has allowed irradiation to be used of food products, the OFPA does not specifically address the use of irradiation. The NOSB (NATIONAL ORGANICS STANDARDS BOARD) (National Organics Standards Board) has recommended that the use of irradiation be prohibited in handling organic products. The USDA is still requesting public comment concerning this issue.

*How are the issues of antibiotic use and living conditions for organic livestock production dealt with in the proposed rule?* The proposed organic livestock standards require the preventative management, measures, such as access to outdoors, space for movement, and appropriate living conditions, be established to maintain animal health without the use of drugs. The proposed rule would permit drugs to be used in certain circumstances to treat illness, however, products from



treated animals could not be labeled "organic" until the withdrawal period had passed, and the animal had recovered from its illness. The Organic Foods Production Act does not permit the use of hormones, antibiotics, or other growth stimulants in the absence of illness.

Join us for a discussion of the proposed National Organic Standards program, on Tuesday, March 3rd, upstairs at the Co-op from 7:00-8:00 pm. Nancy Taylor, a member of the National Organics Standards Board will be here to help you find out what the USDA will allow in your "organic" food and what you can do about it.

Don't forget to mark your calendar:

- March 3rd discussion at the Co-op
- May 1st. deadline for comments

Hopefully this article has answered some of your questions, or caused you to ask some new ones. If you would like to send your concerns, questions, or comments to the USDA please address them to:

USDA—National Organic Standards  
 Docket #TMD-94-00-2  
 Address: USDA, AMS, Room 4007-S, AgStop 0275,  
 P.O. Box 96456 Washington, D.C. 20090-6456  
 Fax: (Include docket number) 202-690-4632  
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## A Book Review

By Jim Bauermeister  
Kamiak View Farm  
Colfax, WA 99111  
509-397-2787

# Spoiled: The Dangerous Truth About a Food Chain Gone Haywire

By Nicols Fox; Harper Collins, 1997

This is the ultimate diet book. Read it when you're feeling hungry and you're sure to lose your appetite. It is Upton Sinclair's *The Jungle*, updated for the '90's.

I'm not an alarmist. After all, I survived two years in South America. In the meat section of Mercado Quatro in Asuncion, great slabs of meat hang in an open air market in the subtropical climate. But in Paraguay we never ate anything resembling rare or raw meat; it was always grilled to a crisp. In our unrefrigerated village, customers would line up while the cow was still alive. Within two hours the cow and customers would be gone. A few hours later the meat would be consumed, thoroughly cooked over open fires. This is not to say people didn't suffer or even die from food pathogens.

Still, people in Paraguay don't trust their food system any farther than they can throw one of their creole cows. North Americans, on the other hand, are extolled to trust their food. Just last October, President Clinton assured us, once again, that we have "the safest food system in the world." He needs to read Spoiled. The Dangerous Truth About a Food Chain Gone Haywire. Nicols Fox writes:

"We like to think of our food supply as safe. The idea that so simple an act as nourishing the human body with familiar foods can together in stressful, filthy environments and then feeding them a constant stream of antibiotics is a recipe for disaster.

A friend with a background in public health picked up Spoiled from my farmers' market table and began to peruse it. "You know," she said, "There are things happening that aren't supposed to happen." A recent biological innovation: *Salmonella* bacteria can now enter an egg via the hen's oviduct. It doesn't matter how much you scrub the shell, the egg can still be contaminated.

Our political system works against food safety. The U.S. Department of Agriculture is responsible for both food regulation and the promotion of American agriculture products. This schizoid mandate generally errs on the side of agribusiness. Cox News Service recently reported that the Department of Agriculture allowed hundreds of meat and poultry plants to operate virtually uninterrupted despite 138,593 violations "certain" to endanger consumer health.

Food processors have a great deal of political power exercised through high powered lawyers and lobbyists, campaign contributions and media campaigns. Witness Tyson Food's cozy relationship with

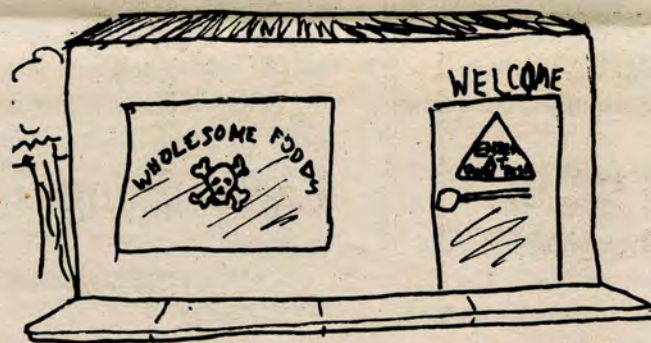
stock to make sure it is free from infestation. Feed is heat-treated to kill microorganisms. Poultry houses are sealed against rats, mice and wild birds. The entire place is sterilized after each batch of chickens. Humans enter as if they are going into a hospital intensive care unit or computer chip factory. This system reminds me of Edgar Allen Poe's story, "The Masque of the Red Death," in which some aristocrats try to elude the plague by hiding in a castle. It didn't work.

It's trite, but true: nature abhors a vacuum. There is probably no way to ensure biosecurity over the long term. An alternative strategy is to try to fill bacterial niches with beneficial or at least innocuous

anything you can buy in the supermarket stamped with the USDA seal of approval. My birds don't get antibiotics. They don't eat rendered animal carcasses. They are moved to fresh, uncontaminated ground every day. Feeders and waterers are above butt level. The chickens and turkeys are processed in a spotless facility that is only used a few days per month. The poultry is gutted by hand, not machine, and air chilled, not plunked into a fecal soup that may or may not contain enough chlorine to kill pathogens. Right after processing, the place is steam-cleaned with a pressure washer and left to air dry.

At C&L Lockers, north of Moscow, the customer is the inspector. Everything is done up front. You can actually watch sausage being made. This contrasts with a major meat processor who wouldn't let Nichols Fox into one of its plants.

The vendor adjacent to me at the farmers market, B&R Meats, sells frozen beef processed at a USDA inspected plant at the University of Idaho. Their steers eat grass and a little bit of grain and alfalfa meal—no beef brains, no baked manure. Their packages of ground beef are all



President Clinton and former Agriculture Secretary Mike Espy. Needless to say, industry does not use its power to protect consumers. A spokesman for the beef industry calls e-coli "a public relations problem." He might feel differently if it was his child who suffered an agonizing death caused by the bacteria. There is a description in Spoiled of a child who is essentially eviscerated in a futile attempt to save her life.

Despite what the President says, the U.S. does not have the safest food system in the world—Sweden probably does. Swedish farmers are required to take measures to avoid bacterial contamination of poultry that American farmers would consider extreme. The control program begins with the breeding

microorganisms. Feeding livestock (and ourselves) lactobacillus probably does this. There has been insufficient research into this approach, presumably because there is little or no profit for the drug industry to make from it.

Nichols Fox's personal approach to food safety is to buy locally: "It only makes sense that if the distance between producer and consumer is less, if fewer hands touch it, and if those hands are clean and healthy, the consumer is more likely to get clean food. One obvious advantage of buying produce directly from the producer at a farmer's market is that you are looking directly into the truck that transported it."

I am convinced that the uninspected poultry I sell is safer than

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muscle meat that comes from just one animal. In the concentrated beef industry one bad animal can contaminate 16,000 pounds of hamburger.

Perhaps the greatest difference is that the small, direct-market farmer looks his customers straight in the eye. You know the people you're feeding; you're not protected by layers of lawyers, P.R. people and corporate irresponsibility. They are essentially eating out of the same pot as your family. This is not to say the food we produce is automatically safe. We still have to use good sense and sound judgement to protect our families and our customers.

Nichols Fox urges consumers to "reject the powerful creed of the industrialized model" and "reestablish a direct relationship with food."

He writes, "The key word to put back into our complex relationship with food is respect—for the lives of

animals, for how foods are grown and harvested, for the conditions of those who do the harvesting and the preparing, and finally, for ourselves and our families and what we put into our bodies. If there is something sacred about life, then it extends to all life. The point is not to reject the consumption of animal foods, for instance, but to restore mythical sacredness and profound respect to the raising and killing and consuming of animal life; to restore reverence for the earth and what it can provide us when it is carefully and respectfully nurtured and tended; and finally, to restore the self-respect that puts value back into human activities even when they produce no obvious return. When we reclaim this respect, not only will food be safer, but it will taste better, and so in the process we will restore joy to the sacredness not just of life but of living."

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(see article inside)

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Discussion on proposed  
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