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July
1998

Moscow Food Co-operative



Community News

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

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Get Your Beer Here!

by Vicki Reich

Beer, that ancient and world-renowned beverage, is now at the Co-op (as if you hadn't noticed).

We've brought in several organic beers and two lines of locally-produced beer. Our organic beers are predominantly from California. The newest ones—Stonehouse Stout, Amber, and Golden, from Crawford Brewing Co.—are selling like hot cakes. Steep Canyon Stout, Jaipur Ale, and Cavedale Ale from Humes Brewing are all sold in recycled champagne bottles. They're the perfect size to bring along on a picnic or share with a friend.

In the local arena, we have Pend d'Orelle Brewing from Sandpoint, Idaho with their offering of HooDoo Porter, Idaho Pale Ale, and City Beach Blonde. Cirque from Prosser Washington offers Nine, Dark and Golden. We are the only place in Idaho where you can get Cirque and their special triple mashed beer (you can thank Mark, Kristi's husband for this great find).

All four of these breweries offer three types of beer. That's enough for you to have a different beer every night of the week with some to spare. We sell by the each or by the six-pack, so you can mix and match and find your favorites. All our beers are from small breweries with small production runs, so if you don't see your favorite try something new. Summertime is a great time to try a selection of cold brews with your afternoon barbecues, but please always drink responsibly.

Co-op - News

Co-operatives Here and There

by Kenna S. Eaton

There are lots of other food co-ops around the country and I look forward to receiving their newsletters every month. These newsletters are inspirational to us. From here we get ideas for marketing or merchandising, ideas for "new" programs (we patterned the Business Partner Program on the Davis Food Co-op's model) and intimate news of the health of these sister Co-ops.

A sadly recurring theme lately has been the inability of some of these Co-ops to withstand new competition. When a new business comes to town with more capital money, more expertise and more corporate support, the Co-ops suffer. Co-ops dig deep, cut expenses, cut inventory, cut programs and look to their members for continued support through tough times. And sometimes this works. A recent example is The Mercantile Co-op in Lawrence, Kansas, that almost went under when a "Wild Oats" came to town. After

three (tough) years, their competition moved on and the Merc was able to recover. Other Co-ops do the same cuts, but without the deep community support they find they are unable to keep the doors open.

The Gentle Strength Co-op in Tempe, AZ wrote in their June 1998 newsletter that member "loyalty over the next few months (will) make all the difference in the world." Without it, they will be out of cash by the end of August.

Your own Co-op, here in Moscow, is healthy and in recovery from the losses caused by our discount program. Luckily, we made the necessary changes before things got really bad. We are also lucky that the people of Moscow cherish their neighbors, their local businesses and their community ties.

We depend on you, our owners, to continue to patronize your Co-op, allowing this community market to stay strong and healthy.



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20th of each month

Membership News

by Kenna "She can do anything" Eaton

Yes, it's true- Well, maybe I can't do anything, but I'll give it a good try.

This month I agreed to look after the membership data base while Kristi was on vacation (in Hawaii, no less!). It was fun to see the new and renewing members come through the system, to enter their names into the data base and to send them a "Thank-You" card. I know I shouldn't be, but I am amazed by the number of people who continue to renew their memberships. It makes me feel good to know that our members are supportive of their Co-op.

The money you invest as an owner of MFC is used to purchase capital equipment or set aside for future projects, such as relocation or remodeling. Every piece of equipment in this store has been bought with members' money. It's like owning a piece of the "rock", only it's a cooler or shelf! This business relies on the capital investments, and the continued support and loyalty of its members to grow. Without you, we'd be just another grocery store. We value members for their input, their volunteer work, and for their interest in this truly community-owned business.

This month we'd like to welcome the following new members (cos they're cool, too!): Marita

Nelson, Robbin Maudlin, Fern McLeod, Dani Trevett, Alan Wittbecker, Randi Movich, Rudeena Ballantyne, Glenn Grishkoff, Linda Myers, Raquel Brown, Erin Dickinson, Danielle McVay, Cindy Pitcher, Carole Bequiley, Emma Kossman, Celia Fockler, Claire Rutledge, Fred Johnson, Miriam Borkowski, Dusty Rhodes, Katie Wilde, Angelia Horner, Shea And Jennifer Meehan, Wade McCollum, Ilda McCurry, Melanie Murph, Clark House, Anna Ebert, Cerra Hansen, David & Jody Root, Joan Taylor, Lisa Conkey, Tami Hammondd, Laurel Rueben, Gail Siegel, Gwen Lyons, Juile Morrison, Vanessa Mendenhall, Natalie Kroses, Penny Hasenoehrl, Robert Mendenhall, Shelly Carter, Jason Lakey, Tony Falotica and Eric Rodriguez.



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Kitchen News

by Nikki Walker

You may have noticed that there hasn't been a kitchen article for the past two months. I have to take responsibility for that. My name is Nikki Walker and I'm the new kitchen manager.

Well, I was new in May, and now I'm finally feeling settled enough to remember the newsletter deadline. There have been many transitions in the deli and bakery during the past few months. I have people to introduce and there are people that we will be saying good bye to soon.

Amy Richards is new in the deli and has a lot of experience making really yummy soups. Watch for her creations during the week. Kelly Kingsland is still in the deli on Friday, Saturday and Sunday and has added the assistant baker duties to her weekend shifts. She just graduated from the Moscow School of Massage... Congratulations Kelly!!! Kelly and Amy are the creative force behind those tasty pizzas on Fridays. Annie Hubble has been on vacation in England for a month and we are looking forward to her return. You will see her in the store as well as the deli.

Liz Alstead is the baker on Friday, Saturday and Sundays. You have her to thank for the Rum Honey Bread. Unfortunately we'll be saying good-bye to her in the middle of July. She's taking off for southern Idaho to go to culinary school. Christina Mangliers has moved to Germany. Good Luck Liz and Christina! Holly Wendell, who has been a wonderful bakery volunteer for almost a year, is now working as an assistant baker. I would also like to welcome our new bakery volunteers, Kristin Ruether, Susan Cleveley, Adam Fish and Miriam Borkowski. Thanks to Ron Hatley and Iris Lang for your ongoing bakery help. Now that you're updated on who's who upstairs, I'll answer those questions that have been stacking up in the comment card box.

First...there have been many questions about and requests for more gluten-free goodies. We have been making gluten-free baked goods several times a week, but not on specific days. To make it more convenient for those who have restrictions, the bakery will begin

having gluten-free items every Tuesday, Thursday and Saturday. If there is something in particular that you would like us to make gluten-free, please call. We are happy to alter/create new recipes.

You used to make sour rye with caraway seeds every weekend. I haven't seen it in several weeks. I love it. Please make it regularly again. And...Hello, you used to have the caraway seed on the rye bread outside. Is it now inside? We moved the sour rye bread with caraway seeds to Wednesdays. The seeds are in the bread and sprinkled on top. Sour rye bread without caraway seeds is still being baked on Saturdays.

We loved the spinach/garlic bread and the lemon/rum bread. Could they be regulars or at least 2X per month? Also, the almond white chocolate scones were the best! Thanks! The honey rum bread is made occasionally on Sundays and we've only made the spinach garlic bread once, but we're happy you let us know that you like them so we can make them more often!

I think the Co-op sandwich maker should neatly cut in half one or two of each kind of sandwich each day so that smaller eaters could eat that good food. Great idea! We'd be happy to.

Remember when you made bagels in the bakery? A year or so ago- Can you bring them back? Actually, I don't remember because I wasn't around, but I've talked to the bakers that made them here, and I have made bagels in the past. My experience with bagels is that they're labor intensive and take a lot of time, especially if the right equipment isn't available. So, for now, I don't think it's a possibility.

Please bring back bulk salads! No plastic!...I AGREE! I understand your concern about the plastic containers, but we've actually sold more salads since we started packaging them. This means the salads are fresher and the area is more sanitary. It might ease your mind a bit to know the plastic is recycled.

I would like to get some bakery/deli food to eat, but everything has dairy or refined sugar...Sorry. Not everything! We do try to put out non-dairy, non refined sugar items, BUT we hear you and will make more of an effort. If you have any recipes you'd like to share, or any favorite item that you'd like us to alter to fit your need, just give us a call and we'd be

Business Partner Profile

Pasta, Etc./Kimberly Wheelhouse

by Tim Lohrmann

Picking the name was the biggest problem. That's what Pasta, Etc. owner Kimberly Wheelhouse remembers about starting up her business.

"We had literally pages of names and finally settled on one because all the paperwork just had to be completed," she recalls. "And to tell the truth, Pasta, Etc., pleasant as it is, doesn't really do the place justice." It's difficult not to agree. The "Etc." part does leave the door open.

Just not nearly wide enough. How's the public at large to know that Pasta, Etc. is the only source of really fresh "genuine" mozzarella on the Palouse? Or that dishes ranging from Thai chicken skewers with sate' sauce to blue cheese truffles are available to-go?

By stopping into this impressive little Eastside Marketplace shop, of course. Many of your fellow Co-ops already are.

"Co-Op members are some of my best, regular customers," says wheelhouse, the former chef at Moscow's late great Spudnik restaurant. "They get 10% off their purchases with a Co-op membership card, I really think that's helpful."

That's since Pasta, Etc. is a part of the co-op Business Partner program. And Wheelhouse says the arrangement is working well for all involved. "I really feel I have something to offer Co-op shoppers," she said. "I like to do whatever I can to support the Co-op, and it's nice to have the working discount I get as part of the deal, too."

We've already seen that "something to offer" is an understatement. Wheelhouse characterizes her business as "half fast food joint and half New York style deli." And the clientele is as diverse as the choices on Pasta Etc.'s chalkboard menu.

happy to help.

I wish there were Co-op cookies without refined sugar (I'm kind of tired of the ginger cookies).

....Thank you. Please let us know what kind of cookies you'd like and we'll try altering them for you.

Haiku For The Deli

I had egg-salad.

It was May twenty-seventh:
So light and spicy.

-BenCartwright

*Thanks Ben!



"We get a steady lunch crowd, but many of our clients just want high quality gourmet items they can serve at home," said Wheelhouse as she made quick work of a mountain of powerful white onions in the Pasta, Etc. kitchen. And the summer hours-10 am until 7:30 p.m.—make taking these special items home convenient as well. Remarkable that she appeared thoroughly content in her work, I noticed several Buddhist thankas displayed on the kitchen wall. Kimberly assured me that there is a connection between her positive, centered frame of mind and her Buddhist beliefs. I was then lucky enough to hear a bit about her travel to Nepal and introduction to Tibetan Buddhism. She says it was there that she decided it was time to "make a commitment," to become more serious about her spirituality.

"I often say a mantra while I'm doing the day-to-day preparation, the work that has to be done," says Wheelhouse. "I believe the food receives some of the blessings."

Sample any of the choices from the Pasta, Etc. take-out menu. Once again, it will be difficult not to agree.

Pasta, Etc.-Eastside Marketplace,
Moscow (208) 882-4120

Sheri L. Russell

(formerly Sheri L. Ryszewski)

◆Attorney At Law

◆Certified Professional
Mediator

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The Buy Line

by Vicki Reich

Hi, I'm back from a much needed vacation and I'm trying to catch up with everything I missed for two weeks. This includes a huge backlog of new products to tell you about and a two-inch stack of suggestions to answer. So, I won't waste anymore space with the niceties, here's what's been happening the last two months.

New Products You Should Check Out:

Nasoya Chinese and Japanese noodles and Egg Roll wrappers-in the open face cooler.
Lightlife Barbeque Seitan
Island Springs Organic Silken Tofu
White Wave Baked Tofu, Oriental and Thai flavor
Rudi's Bakery Spelt Tortillas
Organic Valley Organic Mozzarella, Feta, Colby, Romano and String Cheese
Organic Valley Neufchatel Cream Cheese
Cirque Brewing Co. Nine, Dark, and Golden Beer
Annie's Mild Mac and Cheese
Oregon Chai Kashmir Green Tea
Bulk Senna Leaf-in the Herb and Spice Section
Bulk Summer Savory-in the Herb and Spice Section
Ling Ling Potstickers
Howler Gelato
Natural Nectar Chocolate Chip Ice Cream Sandwiches
Rice Dream Chocolate Nutty Bar
Green Magma, Veggie Magma, and Magma Plus
Tortise and Hare Herbal Tinctures
Badger Balm and Sore Muscle Rub
Midel Sandwich Cookies
Breadshop Bulk Wildberry Granola Bars
Breadshop Bulk Golden Flax Cereal
Bulk Brown Jasmine Rice

And from the large stack of suggestions:

Is there such a thing as all-natural animal-safe perfume or cologne? If so, why don't you sell it? There are some natural colognes on the market, but we don't carry them because we have limited space for personal care products and we don't get requests for cologne. However, we have several books on making your own cologne. It's inexpensive and fun. Try the book

Bath Scents by Alan Hayes.

Keep the Primal Soap patterns coming. I love them. Don't worry, we love them too. They're my favorite thing to order.

Would you please periodically wash the funnel and the dispenser spouts for the Tap Dance water? Yes, we will. Sorry they were overlooked.

Can you please carry Vitasoy soy milk? Sorry, we have limited space and the three lines of soy and rice milk we carry are the most popular here. You can always special order it.

Can you bring back Rumford Baking Powder in Bulk? Our main distributor stopped carrying this, but I will try to get it from elsewhere.

Bulk roasted mixed nuts w/o peanuts. Is there a brand you know of that makes this product? I haven't seen one in my catalogs.

Bragg's Liquid Aminos in bulk, please. Sorry, it's not available.

Would it be possible to get umeboshi plums and ume vinegar? We used to carry these but they didn't sell.

Please get Emerald Valley Curry Sauce? Sorry, it didn't sell well.

Do you have Cloud Milk Chocolate with Cherries? No, but maybe someday.

We would love to see carob covered almonds too. The carob raisins are great! Sorry, they're not available at this time.

Ben and Jerry's Phish Food? Sorry, what you see is all we can get from our supplier. It's a long and complicated story why the others aren't available. We'll have them when they are available.

Jerky??? We have vegetarian jerky that is very yummy. Coming soon is turkey jerky.

Vegan rella "cheese" would be great. We're a little short on cooler space but I'll look into it.

I was wondering why the Co-op doesn't sell reusable coffee filters? They're very practical. We used to carry these but they were very slow sellers. You can special order them.

Can you stock San Francisco Soap Co. natural chamomile and apricot facial moisterizer with alpha hydroxy? You can special order it.

Can you carry black bean dip from Emerald Valley Kitchen? Sorry, we used to carry this but we threw away more than we sold.

Can you get organic bulk medjool dates? We used to carry these but they sat on the shelf and got stale.

Please carry, or could I order, Westbrae Vanilla Lite Soy Milk? Sorry, we have limited space. You can always special order it.

Please bring back Bearitos Licorice. Sorry, it sold too slowly.

How about posting the Espresso Cart hours. They are out there now: 9am to 3pm daily.

I miss the blached sliced almonds. Sorry, they were discounted by the supplier. We now have natural sliced almonds.

And from the GM...

Could we get a more liberal bread card back now that there are no longer ANY membership discounts? Bread cards are a member benefit. Members still receive discounts on special orders and for volunteering at the Co-op. From your note it's unclear what you mean by liberal, however we are developing and refining the idea.

I hate to be a whiner but could you sand down the splinters on the picnic table seats-ouch! Hey! No problem, consider it done.

Why don't you guys look into moving into the old Ambassador motors building? The Co-op's Board of Directors is currently looking at several options for relocation. Unfortunately that particular site is not available.

Suggestion: Give up the yuppie direction- we don't need MBA thinking-we need a return to the original ideals. Your "new" discounts along with the other "20 min" discount did nothing to help me. I can't afford to buy that much at once. When I came looking for herbs (white oak bark, myrrh etc.) you didn't have them. I had to go to Huckleberries in Spokane. K. Schumacher. Wow! You have lot to say. From the last to the first comment here's my reply.

1) Because we want you to have the freshest and best quality herbs, we need to sell a pound of a particular herb per year. Those two herbs did not meet our criteria so they were discontinued. We are always happy to special order them for you.

2) I'm sorry that our discount system did not fit your needs. I hope that the recent changes are more to your liking.

3) Having worked at this Co-op for 15 years, I am still committed to running a healthy business and one that reflects the needs of the current members. From a recently conducted a survey we discovered that our members were happy with the way their Co-operative was being run.

Your Education Committee

Needs You

by R. Ohlgren-Evans

The Education committee is looking for a few new participants to help us write articles for the co-op Newsletter and brainstorm about other ways we can serve our Co-op and community. We meet one afternoon a month at the Co-op, and your participation means fame (your byline), fortune (a great 18% discount), and the immense satisfaction of knowing that you're lending a hand to one of the greatest institutions this community has (your Food Co-op)! You would also add some badly needed input and fresh ideas to our shrinking committee of Vicki, Eva and myself.

Please contact Vicki at the Co-op if you even think you're interested in joining us, or talk to Eva or myself. We would love to have you aboard.

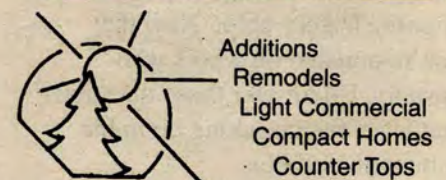


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Volunteer Profile: Mimi Pengilly

by Tim Lohrmann



Naturally.

That's how Mimi Pengilly fits into her new volunteer position as a member of the Co-op Board.

If you know Mimi already, no one has to tell you she's a natural for the job. But if you've not had the pleasure, read on and see if you don't agree. After catching up with her for a quick chat as she was winding up a committee meeting, the wisdom of the Co-op membership's voting majority became clear.

Pengilly's commitment to the co-op philosophy is striking. "I believe the local organic products, bulk buying, and consumer involvement in nutrition the Co-op promotes is the way of the future," she says. "I believe this really is the responsible way, the way people should be eating."

She's behind the philosophy for several reasons, so running for a Co-op decision making role was an easy next step. And it's one Mimi says she's glad she made.

"I really feel I'm contributing to the vision of the Co-op," said Pengilly. "We started off with a retreat for the new board members and heard from more experienced members and staff. Now we're involved with new goals and plans—it's an exciting time."

And the substantial discount on Co-op food and merchandise volunteers earn comes in handy since Pengilly is a frequent Co-op shopper. "The organic grains, nuts and fresh products at the Co-op just can't be beat," says Mimi. "I rely on the Co-op for all these foods." In

fact it's her career.

She's a registered dietitian and has been Director of Student Nutrition Services for the Moscow School District for more than fourteen years.

And since she's been a member of the Co-op for over 18 years, she brought considerable knowledge and opinions on nutrition to her job with the school district.

"I thought I was going to change the eating habits of all those school kids," she says with a broad smile. "And that just wasn't going to happen—I mean we serve 2,500 lunches a day." After a couple seconds speculation on possible kid-reaction to lunches most Co-op members would consider "nutritionally correct," I had to agree. Mimi faces challenges in that struggle.

But Pengilly's expertise may be better appreciated in a completely different forum. If her picture looks familiar, you may have noticed it above her weekly nutrition column "Food for Thought." The column runs in the Moscow-Pullman Daily News, and Mimi uses it to cover everything from food history to the latest nutrition studies. her goal? "To encourage people to re-think their eating habits," she said.

Thinking about nutrition has paid off personally for Pengilly. "My family has great eating habits because they have great choices," she said.

Thinking about nutrition has paid off personally for Pengilly. "My family has great eating habits because they have great choices," she said. "And the Co-op helps me make those choices possible.

Pengilly encourages future volunteers, or those who may be thinking about getting more Co-op involved. "The more I work here, the more I shop here and the healthier my family—and I eat," she says.

Good advice. Thanks Mimi.

And what a great new Co-op Board Member, as well. Thanks voting members!

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The
Bookshelf - Monthly
(review of titles at the Co-op)
by R. Ohlgren-Evans

Identifying and Harvesting
Edible and Medicinal Plants in
Wild (and Not So Wild) Places
by "Wildman" Steve Brill with
Evelyn Dean
317 pp \$18.95
Hearst Books New York

Any of you who have heard the Wildman on NPR (or had an opportunity to attend one of his nature tours in New York City's Central Park) will know the inspiration and delight that this book promises. What becomes apparent from any encounter with Steve Brill is what a Brilliant guy he is. I mean, he knows so-o-o much

The illustrations by Evelyn Dean are great - she too is a naturalist living in New York City. We living on the Palouse can only wonder at the juxtaposition of the words naturalist and NYC appearing in the same sentence, but these two are proof of urban conservation - and they are impacting the masses.

The book is an easy read and serves as a field guide to identifying literally hundreds of plants that most of us tend to overlook or spend way too much time and energy trying to eradicate from our lawns and gardens. He includes tasty and healing recipes- you'll never weed your flower bed with the same vengeance again.

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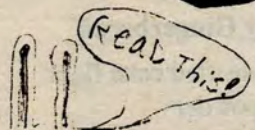
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THE KIDS PAGE

Illustrated by: Allix Lee-Painter

Gathered by: Nancy Lee-Painter

Jeremy Rabbit
©Melodie Armstrong 1998



Next Week, Jeremy Rabbit went to the Co-op with his Mother again. The funny shaped knob had grown bigger. Jeremy noticed that when the wind blew, it rattled.

"Mom," said Jeremy. "That sounds just like the shaker that the drummer used the other day. I can use it for a shaker to make music with!"

Jeremy's Mother smiled and said that Jeremy was right.

"There are seed pods that are used to make music," she said.

At the Co-op, the candle maker was setting up his candles. There were all different colors and shapes, round, short, tall, skinny, and in every color Jeremy could think of. They all were pretty. Jeremy Rabbit told the candle maker about the flower and asked what else flowers do.

The candle maker said that flowers do something very special.

"Do you know where I get the wax for my candles?" asked the candlemaker.

"No," said Jeremy. "Where?"

"Bees make their homes out of wax, and I take the wax from their home. I always leave enough for them to have a good home, and they make enough each year so that I can make lots of candles. If there were not flowers that made nectar for bees to eat, there would not be any wax for my candles. There is something else, too. The flowers make beautiful smells that make my candles smell nice, and many flowers grow into fruits that either smell nice or make my candles beautiful colors."

Wonderful Wolves

by: Allix Lee-Painter

Want something fun, exciting and wonderful to do? If you do, I have the perfect thing for you. In May, my friends and I went to Winchester to the Wolf Education and Research Center (WERC) on the Nez Perce Indian Reservation to see a pack of gray wolves known as the Sawtooth Pack. My mom had scheduled a 7:00 pm tour for us. When we first got there, two women met us. They were our guides. First they taught us how to fox walk, use owl eyes and deer ears. You will find out how to do all of these things when you go there. Then we went on a trail through a really pretty meadow. We practiced using fox walk, owl eyes, and deer ears. When we got to the end of the trail, we heard one wolf howl then all the rest began to howl too. I've never heard anything like it. Almost immediately we saw the wolves racing by very close.

The wolves live in a big twenty acre enclosure with a chain link fence all around it. It is the largest enclosure in the world for this size pack. We all sat down by the fence to watch them. After a while a wolf named Motomo, decided to come up close to the fence where we were sitting. Our guides told us his name means "he who goes first" and he usually is the first to greet people. Once he said hello to us the rest of the pack decided to come. They came so close to the fence that they were only inches away. Our guides put their hands flat against the fence so that the wolves could lick them. The wolves licked their faces too. They were so beautiful and amazing. Our guides told us we were lucky to see the wolves so close because they didn't always come to the fence for visitors. I wanted to stay forever and watch them. After a while our guides took us back on the trail and my friends and I ran all the way to the visitors center which was really cool. WERC doesn't have any running water or electricity because they are trying to protect the environment so it was a little hard to see all the cool stuff for sale. That didn't stop any of us from buying hats and a t-shirt though.

You can go to WERC's visitor's center during the day throughout the summer.

"Wow, Wow, Wow!" shouted Jeremy. "THAT is a special thing. I am going to ask my Mom if that is what she meant. Thank You!" Jeremy hurried off to find his Mother. "Mother, I know what the special thing is! Flowers feed bees, and bees make wax that the candle maker uses to make candles! And, flowers make the candles smell nice, and some fruits make the candles beautiful colors!"

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

"Oh well," said Jeremy. "I know that there are nine things that flowers do that is special. Flowers feed bees, so that they can make wax which the candle maker makes into candles. Flowers make fruit which makes beautiful colors which the candle maker uses to color his candles. Some flowers grow into fruit that we like to eat. Some flowers grow into a shape that looks like a squirrel head. Flowers make nectar which bees use to make honey. The soapmaker and candle maker use them to make the soap smell good. Flowers look pretty, in vases or just where they grow. And, they do something special that I don't know yet."

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

We decided to provide space in this month's Kid's Page for drawing or coloring. You can draw your favorite animal or anything you like. Have fun.

Blueberries

By Pamela Lee

Many of my favorite foods have ties to nostalgic traditions. My early affectionate memories of blueberries are connected to a family tradition of eating Easter brunch out at Bernie's Lincoln Delicatessen (in St. Louis Park, Minnesota) after mornings at church. I'd always order a generous plate of fluffy blueberry pancakes with hot maple syrup. My love for the blueberry has not diminished with the years. Rather it has grown as I've learned new ways to cook with and eat this sumptuous, though subtly delicious small round berry.

The blueberry is an all-American berry, related to both heather and to the wild huckleberry. Until 1909 when Dr. F.V. Coville made a breakthrough in his cultivating experimentation, there were no garden varieties of blueberries. All modern garden strains are the result of his experimentation.

Blueberries are versatile. They bake-up deliciously in a wide variety of recipes - in cakes, shortcakes, cheesecakes, cobblers, crisps, pies, pancakes, muffins, preserves, syrup, and even as flavored vinegar. Blueberries are low in calories and provide respectable amounts of potassium, dietary fiber, vitamins C and A. I recently read that blueberries contain the same bacteria-fighting agent as cranberries. And, if you've been following news about healthful phytochemicals - blueberries have been added to that list of foods that are good for you.

When shopping for fresh blueberries, look for fruit that is plump, round, and tinged with the characteristic silvery finish that signals the berries are truly fresh. Though blueberry season is short, frozen blueberries are a viable substitute for fresh. You can easily freeze your own. You can freeze the berries spread out in a single layer on a rimmed cookie sheet, then seal them in containers. I use a simpler method. I simply wash the blueberries carefully, pick out any spoiled berries, and then gently pack them into plastic freezer bags.

When using frozen blueberries for baking, add them to the batter

while they are still (at least partially) frozen. While frozen they stain the batter less, are easier to work with, and are less likely to break apart.

I keep an ample of supply of blueberries in my freezer. And, while I regularly enjoy them in my morning mush and in my favorite summer yogurt smoothie (banana/blueberry), I decided to try some different recipes in preparation for this article. Since I'm cooking ahead of newsletter deadline and ahead of this year's berry crop, I've done all my cooking with frozen blueberries.

This first recipe is from the Pike Place Market Cookbook. It is tasty and is remarkably easy to make.

The dough starts out on the bottom, then during baking, rises to the top. Though not at all necessary, the cobbler can be topped with some Stratton's whipped cream or vanilla ice milk. I added a pinch of salt to the batter and some fresh grated nutmeg to the fruit. I used a 9x13-inch pan, though next time I'll choose a deeper baking dish and will slightly reduce the amounts of butter and sugar.... And, there will be a next time.

Blueberry-Peach Cobbler

A Bickford Orchard recipe serves 6 to 8

1/2 cup butter or margarine
1 cup flour
3/4 cup sugar
2 t. baking powder
1/2 cup milk
2 cups sliced peaches
1 1/2 to 2 cups blueberries
1/2 cup sugar

Preheat the oven to 350°F. Get out a 2 1/2-quart-baking dish.

While the oven preheats, melt butter in the baking dish in the oven, then set aside. Combine flour, the 3/4-cup sugar, and baking powder; add milk and stir just until blended. Spoon batter over butter in baking dish, but do not stir.

Combine fruit and the 1/2-cup sugar. Spoon over batter, but do not stir. Bake until fruit is bubbly and crust is golden brown, 45 to 55 minutes. Serve warm.

The next recipe is from Great Food without Fuss. It slices beautifully once it cools a tad, making it a good cake for a picnic or buffet. As with all gingerbread, this is delicious served still warm with

whipped cream. But, if you are feeling calorie-conscious, try some fresh or frozen yogurt on top. (Since I do not keep cake flour in the house, so I substituted 1 1/4-cup organic unbleached flour combined with 1/4-cup white rice flour.)

Blueberry Gingerbread

1 1/2 cups unsifted cake flour
1 t. baking powder
1/4 t. baking soda
1/4 t. salt
2 t. ground ginger
1 1/2 t. ground cinnamon
1/2 t. freshly grated nutmeg
1/4 t. ground allspice
2/3 c fresh blueberries, cleaned
8 T. (1 stick) unsalted butter, softened at room temp.
1/2 c plus 3 T. vanilla-scented granulated sugar or plain granulated sugar
5 T. light molasses
1 extra-large egg, at room temperature
2 extra-large egg yolks, at room temperature
1/2 c our cream, at room temp
Confectioner's sugar for dusting (optional)

Lightly butter and flour an 8-inch round springform pan; set aside. Preheat the oven to 350°.

Sift the flour with the baking powder, baking soda, salt, ginger, cinnamon, nutmeg, and allspice onto a large sheet of waxed paper. Put the blueberries in a bowl and toss with 1 T. of the sifted mixture.

Beat the butter in a large bowl of an electric mixer on moderately high speed for 2 minutes. Beat in the sugar; beat for 2 minutes. Beat in the molasses. Add the egg and beat it in; beat in the egg yolks. With the mixer on low speed, alternately add the sifted dry ingredients in 2 additions and the sour cream in 1 addition, beginning and ending with the dry ingredients. By hand, fold in the floured blueberries. Spoon the batter into the prepared pan. Gently push the batter about 3/4 inches up the sides of the baking pan with a small spatula, to help the batter rise evenly as the cake bakes.

Bake the cake on the lower-third-level rack of the preheated oven for about 40-45 minutes, or until a wooden pick inserted in the center of the cake comes out without any particles of cake clinging to it.

The cake will pull slightly away from the sides of the pan when done.

Let cool in the pan on a wire rack for 10 minutes, then remove the hinged ring of the pan. Let cool completely. (If you are transporting the cake to a picnic, leave the outer band on for traveling.) Dust the top of the cake with a little confectioner's sugar, if you like. Serve the cake cut in wedges.

The following recipe is from the July 1997 issue of 'Sunset Magazine'. While not the fluffy pancakes of my youth, they are an unusual variation on the traditional theme.

Blueberry Buckwheat Pancakes

Makes 12 pancakes

2/3 cup fresh blueberries
1/3 cup buckwheat flour
1/3 cup cornmeal
1/3 cup all-purpose flour
2 T. sugar
2 t. baking powder
1/2 t. baking soda
2 large eggs, separated
1 cup buttermilk
Butter
Blueberry or maple syrup

Rinse and drain blueberries.

In a bowl, mix buckwheat flour with cornmeal, all-purpose flour, sugar, baking powder, and baking soda. Add egg yolks and buttermilk; stir just until batter is evenly moistened. Add blueberries.

In a deep bowl, whip egg whites with a mixer on high speed just until whites hold stiff peaks. Gently fold whites into batter.

Place a nonstick griddle or 11- to 12-inch nonstick frying pan over medium heat. When hot, pour batter, about 1/4 cup for each cake, onto griddle. Cook until tops of pancakes are bubbly and edges appear dry 1 to 1 1/2 minutes. Turn over to brown other side.

Serve hot with butter and syrup.



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Word of Mouth

By Eva Strand

Summer is here with campfires, barbecues and easy quick eating – time to bring out the hot dogs! For this month's taste-testing, the Co-op provided me with five different kinds of hot dogs: three meat-free varieties from Yves Veggie Cuisine and two meaty dogs from Shelton's.

To prepare my dogs, I carefully boiled them in separate pots to make sure the tastes would not mingle from dog to dog. It worked, they all tasted different.

The first candidate on my plate was a Tofu Wiener from Yves, a vegetarian (also vegan) alternative to the classical hot dog. It sure looked like a regular hot dog and smelled much like one, too. The taste was pleasantly mild and lightly smoked. I buy Tofu Wieners often, my kids like them a lot, preferably in a hot dog bun with a sting of ketchup. I also use Tofu Wieners sliced up in soups like Potato-Leek Soup, Lentil Soup and Minestrone. I think it is the smoky flavor in the Tofu dogs that make them so tasty.

The Veggie Wiener from Yves tasted so much like the Tofu Wiener that I had to taste them several times to detect the finer nuances in flavor between these two dog varieties. My conclusion is that the Veggie Wiener is slightly milder in taste compared to the Tofu Wiener, but the difference is minute. Looking at the ingredient list, I noticed that they were almost identical. The basic ingredients are soy protein, wheat gluten, spices, liquid smoke and vitamin B1 and B12, calcium and potassium. The Tofu Wiener also contains - guess what... sure enough.....TOFU! Tofu and Veggie dogs contain 0 g fat and no cholesterol, 340g sodium for the Veggie dog and 240g sodium for the Tofu dog. When it comes to calorie content the Tofu dog supplies you with a slim 45 calories per dog compared to 55 calories for the slightly larger Veggie dog.

The third vegetarian dog I tasted was the Veggie Chili Dog from Yves Veggie Cuisine - full of chili flavor, not at all bland! The flavor was almost too pungent for me and my kids preferred the Tofu and Veggie Dogs. Served with plain refried beans, salsa, sour cream, chopped onions, tomatoes, grated cheese and steamed vegetables I can see how

the chili dog could be a charming addition to the dinner plate.

When it comes to 'meat dogs' the Co-op offers two alternatives – Chicken Franks and Turkey Franks, both from Shelton's. The chicken and turkey franks tasted very much alike, the turkey frank was possibly a bit saltier with a coarser grain than the chicken frank. In general Shelton's franks were saltier than the veggie dogs, the skin was more crunchy and the dogs juicier. They contain 6 grams of fat and 35 mg cholesterol per dog compared to 0 for the veggie dogs. Shelton's dogs contain no nitrates and no preservatives and should be kept frozen at all times. I liked Shelton's dogs and so did my kids.

I also tried cooking the different dog varieties over an open fire. Shelton's dogs grilled up quite nicely while the Veggie dogs became a bit dry and rubbery, but what can you expect from non-fat doggies!

Why buy Co-op hot dogs instead of those traditional hot dogs from the other stores?? The regular hot dog often contains nitrates and preservatives. The amount of fat and sodium varies quite a bit among hot dogs, but none are as low as the vegetarian dogs. That will conclude this month's taste-testing. Have a great summer. May it contain many 'hot-dogging' moments!

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Gardening

SALSA GARDENS

by Patricia Diaz

This month's topic is salsa gardens. I suspect that our readers know enough about the tomatoes and onions part and would like to know more about all the exciting chile pepper varieties one can grow.

Chiles originated in south America and migrated to Mexico long before the Spaniards arrived. Peppers have cross-pollinated to such an extent that today there are at least 100 varieties. Their colors include white, yellow, green, and orange with some varieties ripening to a deep red. Their flavors range from mild to incendiary, but there's much more to peppers than just heat. Each chile has a distinctive taste, ranging from rich and mild to spicy and piquant to fiery hot. And chile peppers are not only good tasting, they're good for you - they're loaded with vitamins C and A and they cause the body to produce endorphins.

It is important to handle chile peppers very carefully as they contain volatile oils that can burn the skin. You should wear rubber gloves when cutting or peeling chiles and avoid touching your face, especially your eyes. If you do get chile oil on your hands you can remove the oils by rubbing them with lemon juice and salt or rubbing alcohol. If you get chile juice in your eyes, flush immediately with water. You may also wish to work in a well-ventilated area so your chest won't tighten up or so you don't start coughing. And if you start having a burning tongue or mouth when eating peppers, drink milk, eat ice cream or yogurt. Don't drink water it only lights the fire!

Growing chile peppers take a growing season of at least 63 days for the earliest variety to as much as 100 days for the really hot ones. One of the best sources for chile pepper seeds is Shepherd's Garden Seeds. You can get a catalog by calling 1-860-482-3638 or visit them online at <www.shepherdseedss.com>. They also sell couple of pepper books: one is The Pepper Garden by Dave DeWitt and Dr. Paul Bosland; the other is Peppers of the World by the same authors.

If you're not buying pepper plants from our local nurseries, you need to start your seeds indoors, making sure you keep the flats or pots at 80-85 degrees for good

germination. Pepper plants like full sun and rich soil. Don't place your plants outside until the nights remain in the 50's. The plants should be spaced properly and mulched well in order to conserve moisture and keep the roots cool. Keep them well-watered and weeded and plan to feed at least monthly. You may have to stake plants with heavy fruits. Harvest peppers when they have a high gloss and are mature. Cut them off the plant, don't pull. If you're planning on roasting the peppers, harvest at mature color. An interesting note - cool summers produce milder chiles and hot weather makes chiles hotter. You can dry extra-thin-walled chiles by hanging them. Thick-fleshed varieties should be cut into pieces and dried in a very low oven or a dehydrator. You can also freeze chiles. In New Mexico, they are first roasted then frozen in plastic bags

Before we talk about chile pepper varieties, we need to talk about one more ingredient - cilantro. Sometimes known as coriander (don't mistake this with coriander seeds) or Chinese parsley, cilantro has a fresh, pungent flavor that is essential in Mexican, Thai and Vietnamese cooking. Fresh cilantro resembles flat-leafed parsley. Since you usually don't need the whole bunch of cilantro when you buy it at the store or if your garden produces cilantro when you're not ready for it, you can either dry it or put the leaves in ice cube trays, fill with water and freeze for later use in soups and salsas. The other ingredients that you'll need in your salsa garden are tomatoes, onions, and garlic.

Following is a sampler list of chile peppers. Remember, immature chiles have a more vegetal or herbaceous flavor, and ripe chiles have a mellower, richer flavor. Each chile has a pungency rating from 0 (no heat) to 10+ (hottest, which is equivalent to the maximum Scoville units, 100,000+). Another loose rule to remember is that the larger and longer the chile, the milder it probably is. The smaller it is, the hotter it probably is.

ANAHEIM/NEW MEXICO, also known as California long green chile, is a mild and meaty chile often purchased canned. You can harvest at either the green or red state. These chile peppers can be used liberally and add a delicious taste accent to corn, squash, or green beans, and add a new dimension to

(continued on next page)

egg or cheese dishes or vegetable casseroles. These are the chiles used in chile rellenos. Their growing period is 68 to 75 days and their heat rating is 3 to 5.

CAYENNE, one of the first chiles transported out of the New World, is the most widely grown chile pepper. It is dark green and ripens to red or yellow. It has a vegetal flavor, and is mellow and sweet at first, hot later. The growing period is 70 days and the heat rating is 7 to 9.

CHILACA, Nahuatl for old chile as it's wrinkled and bent, is also called a pasilla (little raisin in spanish) when dried. It is dark green to black, ripens to a dark brown. The flavor is vegetal to sweet and they are used in enchilada and chile sauces, soups and stews. The growing period 80 days and the heat rating is 3 to 5.

CHILPEQUIN, Nahuatl for small chile, is also known as chilipiquin. It is green, ripens to red, some nearly black. The flavor is fruity, floral, and mellow if you can separate the thin flesh from the fiery veins. These are easy to dry and light up a dish. The growing time is 70 to 75 days and the heat rating is 10+.

HABANERO, Spanish for "from Havana", also known as Scotch bonnets, are the hottest chiles known. In fact, the **RED SEVINA HABANERO**, introduced by Frank Garcia, Jr., of GNS Spices, has been accepted into the Guinness Book of Records as the hottest chile known today, topping the Scoville heat scale at 350,000 to 500,000 units! According to Shepherds, "Red Savinas create an excitingly intense burn in the back of the mouth that tingles and tantalizes - the essence of heat". These peppers are wrinkled, Chinese-lantern-shaped fruits and are about 200-300 times hotter than jalapenos. Their brilliant color and intense fiery heat are the classic ingredients in Caribbean and South American barbecue meat marinades and pastes, and the principal ingredient in table sauces with names like "Hellfire". These are the peppers for the mach crowd who like to pretend that there's no chile hot enough.

JALAPENO chiles are bright green or deep green-black, and ripen to red or yellow. Their flavor is herbaceous to sweet. The **FIRENZA JALAPENO**, from Shepherds, has the shortest growing period of 63 to 67 days. The heat rating is 4 to 8.

POBLANO chiles, also known as ancho (when dried) or mulato chiles, are dark green, ripening to red or brown. The flavor is mild, mellow, slightly vegetal. As the flavor is so aromatic, they combine

well with other ingredients in Mexican cuisine to make rich sauces and mild chile powders.

They are wonderful stuffed or roasted and added to tomato or egg dishes. Poblanos are easy to dry and hang in the kitchen in long, shiny strings. The growing period is 75 to 78 days and the heat rating is 3 to 7.

ROCOTILLO, or pimiento chiles, are green, ripening to a deep red. Their flavor is sweet and fruity and can be cut up into salads fresh. The growing period is 68 days and the heat rating is 1 to 3.

SANTA FE GRANDE, also known as guero, are the yellow chile peppers we find in the grocery stores locally. They are pale green-yellow and ripen to orange, then red. Their flavor is grassy to sweet and the heat rating is 5 to 7.

SERRANOS, also known as chile verde and tipico, are green chile peppers, ripening to red. Their flavor is herbaceous and the heat rating is 6 to 8.

A few recipes using chile peppers:

PICO DE GALLO

- 2 c. fresh serrano peppers, trimmed but not seeded for really hot
- 1 med. clove garlic
- 4 lge. fresh ripe tomatoes, cored and chopped (plum tomatoes are best here)
- 3 T finely chopped scallions with tops
- 1/2 t dried oregano, crumbled
- 3/4 c. water
- Salt
- 2 1/2 T chopped cilantro
- Pinch of garlic

SALSA CRUDA

- 1 tomato, chopped
- 2 cloves garlic, chopped
- 7 guero chiles, minced
- 2 slices onion, minced
- Water, almost to cover
- Salt
- Small amount of fresh cilantro, chopped

Add all ingredients in blender or food processor and chop very briefly.

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Insights

Our Community Retreat

by Susan Palmer

A hearty thank you is extended to the nearly 200 community members who participated in the Moscow Community Retreat. There was considerable lively discussion that resulted in imaginative thinking about the future of Moscow. A printed summary of those ideas will be available in mid-July, with at least one copy available at the Moscow Public Library for review.

Planning for the retreat began last fall, and its success was possible with the financial support of the Idaho Humanities Council, City of Moscow, Moscow School District, University of Idaho, Gritman Medical Center, Latah County Library District, Kiwanis Club of Moscow, Unitarian Universalist Social Action committee, Bennett Realty, and several generous individual donors. Donations from the Co-op provided our break-time snacks and drinks.

In addition, scores of volunteers were instrumental in the success of the retreat, including many city employees from parks and planning to the mayor, school district employees from custodial support and food service to administrators, Opportunities Unlimited, KRPL, Latah Sanitation, Moscow Food Coop, Moscow day School, Moscow-Pullman Daily News, Boy Scout Troop 345, food vendors, countless working group volunteers, Tom Hudson Company, retreat facilitators, display participants, and the Moscow Community Retreat Advisory Committee. Facilities were made available by the city, school district, Latah County Historical Society, St. Mark's Episcopal Church, Unitarian Universalist Church of the Palouse, First United Methodist Church, and the Moscow Public Library.

What You Really Want to Know About Gas

By Bill London

Gasoline, this is about gasoline, and America's deep commitment to the automobile.

Appropriate to the approaching road trip season, Exxon recently sent me a fancy press kit about their groovy new superstations. The company collected data about American drivers, their habits and desires, that I feel compelled to share.

Did you realize, for example, that only 2 percent of drivers wait until their fuel gauges register empty before refilling? Only 9 percent wait until the tank registers almost empty, 50 percent fill when the gauge is at one-quarter, and 34 percent fill up when it registers half full.

Two-thirds of drivers sing aloud when driving alone.

Most people (61 percent) use cup holders, and only 11 percent admit to holding their beverages in their laps.

Ten percent of male drivers shave while driving, and 20 percent of women drivers apply makeup.

America has more cars (165 mil.) than registered drivers (163).

About 73 percent of drivers would give up their morning coffee to keep using their cars, while 71 percent would give up their televisions, and 60 percent would give up their phones. The data did not include the percentage that would give up their children before surrendering their automobiles.

The average American motorist spends 3 years of his/her life in a car (averaging 9.5 hours per week).

Americans took 505 million long-distance auto trips (not commutes), travelling 280 billion miles on this nation's highways, in 1995.

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Magazine Review

by Patricia Diaz

This month's magazine to review is "Herbs for Health," a bimonthly publication available at the food Co-op for \$4.95. This is a very informative magazine, filled with extremely useful and timely articles on current health concerns with herbs to enlist for good health.

There is the usual editor's page and section for readers' letters. Then next is a great section entitled "Health Professionals Answers Your Questions". One herb is discussed in-depth in each issue. There is a section entitled "Case Studies" every issue which looks at a common disease and discusses remedies. There is a pet section, also, which discusses herbal remedies and helps for our pets.

One of the best sections is called the "Primer", which helps readers choose and use medicinal herbs. There is also a nutritional supplement, which recently treated such subjects as the arthritis debate and youth hormones.

Recent articles included those on breast cancer and herbs to beat it and treat it; banishing the blues with nature's mood managers; how to calm down and relieve anxiety with valerian; new research on Alzheimer's using rosemary, sage, and balm; how to give your breakfast a healthful boost; and the use of kava, its history and somewhat controversial present. The magazine ends with a "Bookshelf" section and a really good section entitled "Market Basket" which lists goods and services for sale. I had a great time reviewing this magazine and learned a whole lot in the bargain. I highly recommend this magazine to our members!

Join Our Discussion

by Bill London

One of the suggestions made at the Community Retreat was to bring as many Moscow community members as possible into the discussion on the Moscow Vision 2020 email list. So, here's the way anyone with access to the Internet can join the discussion (no charge, of course, it's open to all):

Visit the Vision 2020 website at <http://mocow.com/archives/vision2020/index.html>.

Click on the underlined phrase, "joining the vision 2020 discussions."

Fill out the form that appears.

Click on "subscribe me"

That's it!

By subscribing to the list, you will receive all the postings made by other subscribers and will be able to post messages to the list yourself.



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Don't Count on a Co-op Revolution

Fritz Knorr

"I have this really interesting book. I think you should write an article about it for the Coop Newsletter."

Was that an order? Bill doesn't usually give orders.

"I got it in the mail the other day," continued my Editor, Bill London, "from David Cook, who used to be the manager of the Coop."

He seemed pretty insistent, so, always one to obey my superiors, I took the a poorly photocopied book, The Co-opolitan by Zebina Forbush, published by Kerr in Chicago in 1898. I will quickly return a review: Don't bother, it's really dumb.

The Co-opolitan is a vision of utopia, where society is run as a giant co-op rather than the standard competitive system. Forebush tells the story of how this co-op revolution starts in Idaho in 1898, and of how the state politics of Idaho are then taken over by the Co-op. Idaho is renamed the Cooperative Commonwealth of Idaho in 1906. Obviously, things didn't turn out that way.

To be fair, in 1897, when this book was written, there was a depression going on, labor conflicts were big news, and there were rumbles of revolution in Europe. Idaho must have seemed like a blank slate to people in Chicago. To them, Idaho might be just the place where a new idea or a new economic system could get a start before it was crushed by society at large. As we know, Idaho was hardly a blank slate in 1898.

What this book got the most wrong, though, wasn't its naïveté about Idaho; it was its complete misunderstanding about the nature of co-ops. Co-ops are not about taking over the economic system and directing all the labor and capital flow of a community. That is another "C" word; which has been shown to be a colossal failure.

A cooperative is just a group of people who get together as equals to address a need. There are dozens of different types of co-ops addressing different needs; for instance, credit unions are financial co-ops, and grain growers associations are agricultural marketing co-ops. There is almost no connection

between the various co-operatives and there probably never will be. Could you imagine the Moscow Food Co-op getting together with the Latah County Grain Growers, the Latah Federal Credit Union, and Clearwater Power to form a separate kind of co-operative economic system? Ridiculous. Such an entity would control production, finance, retail and utilities, but, it's just not going to happen. And why should it?

The strength of co-operatives is that they are grass roots, decentralized and they have very tangible missions. They start with the problem to be solved, such as providing rural electrical service or marketing agricultural products, and they don't move past that mission. Each member has deep investment in that particular niche of society, and that personal investment leads to the investment in the co-op. In our case, our members care very much about the food they consume, and therefore they invest in the Moscow Food Co-op. Because co-ops are focused, and their members have great demographics, they are uniquely successful at providing their services. As an example, the Moscow Food Coop is the best food store in the area.

Don't be blinded by that success. The co-op model is not appropriate for all economic ventures. And it certainly would be difficult to do on a grand societal level, as The Co-opolitan envisioned. There are glaring weaknesses in the co-ops: they are certainly not entrepreneurial; they do not exist to fulfil a personal vision; and the management structure can be clumsy. However, if there is a definite tangible need that can be tackled by a group working together, then it is a great model.

In fact, we have a micro-co-op within the Co-op here at the newsletter. We are a group of people working together as equals toward a very tangible goal. "OK, you're late, just e-mail it to me by 2:00." says my patient and forbearing editor, with the true spirit of co-operatives: Get the job done.

Ed. Note. The Co-opolitan is available for borrowing from Kenna at the Co-op.

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

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July 17: Bayou and Blues Night with Balfa Toujours

July 18: Rhythm and Romance Night with Freddy Cole

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882-1175 for more information

Registration open now for the 7th annual Boise State University Writers and Readers Rendezvous

**October 9-11, at the
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The Palouse Folklore Society
plans the following contra
dances for the summer:

July 25 • Aug. 15

**ALL three dances from 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
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further information re: the dances or the
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