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March
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MOSCOW FOOD Co-operative



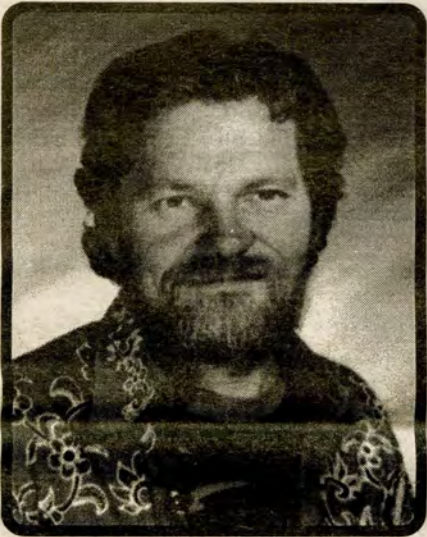
Community News

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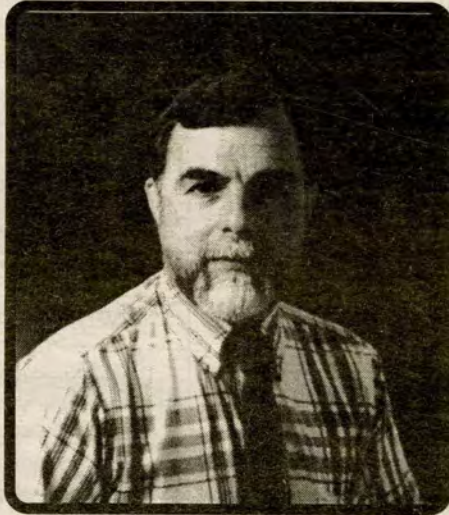
FREE!
Please Take
One

Vote

Board Election
Through March 15th
Choose 4



Jim Gael



Ernie Biller



Tim Dalton

Do Your Duty: Vote!

by Nick Ogle

By now all members should have received their ballots and candidate profiles for the upcoming board of Directors election in the mail. This article is a brief explanation of the process that took place in order for those candidates names to be placed on the ballot.

s Vicki Reich and Christine Moffitt, two capable individuals whose efforts over the past year have made this included, but not been limited to, writing a candidacy packet that details the job description for prospective Board to that persons qualifications, and then compiling, printing, labeling, and mailing all of the ballots.

situation here at the Co-op, there are four positions open and we have six (seven, counting the combination team of candidates seeking election. In addition to Suzanne and John we have Jim Gael, Mimi Penguilly, Ernie Biller, Tim Dalton and John Hauser casting their hats in the ring. Each person is very qualified for the job and I would like to see the spirit of involve-



MOSCOW FOOD COOP
310 WEST THIRD
MOSCOW ID 83843

and John Hauser casting their hats in the ring. Each person is very qualified for the job and I would like to see the spirit of involve-

All ballots that are either mailed or dropped off at the Co-op March 15th to be valid. Each member may vote for up to four candidates, one vote per candidate. To be elected a candidate must receive at least 25% of the returned votes. Your new Board Members will be announced at the March 27th membership meeting.

I do urge all members to vote in this election, we traditionally have a very poor voter turnout for whatever reason. This year you really do have a choice in the election process so please vote.



Mimi Penguilly



John Hermanson / Suzanne Peyer



John Hauser



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Co-op - News

Envisioning at the Co-op

by Bill London

On the evening of February 19, upstairs at the Co-op, Nick Ogle was just opening the meeting as I arrived. Ogle, chair of the Co-op Board of Directors and Leader of the Free World, explained that his goal for the meeting that night was a vision statement. He hoped that the 20 or so of us could use the existing Co-op mission statement (which in generalities discussed the purpose of the Co-op) and try to refine a vision statement that would move us to that goal. He introduced facilitator Frank Pelfry. And he ended with a summary of his own vision of the Co-ops future. Ogle's vision is of a large free-standing building built by the Co-op to house both a food store and a deli/restaurant. Outside, a huge organic garden (and of course, a parking lot) would surround the building. By example and by creating a regular market for the produce, the Co-op would encourage local landowners to become small-scale organic farmers, supplying the Co-op with high quality vegetables.

What followed was a free-for-all of ideas and suggestions. We learned that there is local money, from members, available to pay for a move to a new space. We again learned all members don't always agree on everything, and that is hard

to have and express opinions without offending some shoppers.

Education was the one thing we could all agree was vital to our future growth. Several people suggested mailing the Co-op newsletter to all members. Surveys of member values and ideas was another topic.

In summary, a consensus did develop to do 2 things: first, educate the Co-op membership about the options available. Expand the newsletter by direct mailing it to members or refocusing some issues to deal with specific relocation topics. Consider opening a deli/restaurant as a means of spreading information as well as serving good food. Second, continue preparations for relocating or building after the present lease is over in two years (plus option for a third year).

We will be discussing the creation of special issues of this newsletter to focus on topics about relocation or building. If we try that plan, we would drop all the stories (for that issue) about recipes, herbs, profiles, etc, and just run a newsletter full of stuff on one topic, like: "should the Co-op buy land and build?" If you would like to participate in that kind of writing project, please let me know...Bill London 882-0127.

Welcome Tanya

by Bill London

Kate Grinde, who has faithfully, month after month, put this newsletter together, is ready for a break. All she needed was someone able and willing to replace her every other month in completing the newsletter lay-out duties.

And hoo-ray, Kate has found that person.

Tanya Perez will, beginning with this issue, do the electronic layout that makes this newsletter come out on time with such clean lines and illustrations. Welcome Tanya and thanks again, Kate, for carrying that burden all by yourself for what may have seemed like decades.

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General Manager
Kenna Eaton

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Mike Cressler	883-5375
John Hauser	334-3351
Chris Moffitt	885-7047
Vicki Reich	883-1446
Sandy Stannard	882-8449

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Annual Membership Meeting

by Kenna S. Eaton

Our annual membership meeting is a great way to learn about your business and party with your fellow Co-ops! Every year we are required to report to our members on the health of our business, but it doesn't mean we can't have fun.

This year we plan to: enthrall you with tales of how healthy and strong our business is, thrill you with the results of the election of new Board members, fill your stomach with good food (provided by you, it's a potluck, but no mexi-snacks chips please, or you'll have to do the dishes!), tantalize your ears with the sounds of good music, and generally have a good time. Oh! and don't forget we'll be sampling from a keg of one of our new microbrewed beers (but only if your 21, otherwise it's juice for you!).

This is a good time to kick back and listen to the sounds of Co-operators talking business while enjoying the ambiance of the American Legion log-cabin located on Howard between 3rd. & 6th. St. The party starts at 5:30 PM (we'll be closing the store early) on Friday March 27th.

Be there or Be Square!

The Election That Was

by Bill London

Co-op members have received, by mail, their ballots. The ballots must be returned by March 15 in preparation for the annual membership meeting on March 27. We've done all that before.

What's surprising, amazing and wonderful is that there will be an election this year, not just as coronation of whoever is running. There are more candidates than positions. Six candidates, four positions.

My thanks to all the candidates. Your willingness to serve has listed this balloting to the status of a real election - not like the pathetic last Moscow city election.

My thanks especially to those two candidates who will lose this election. It was really great that you tried. I appreciate your commitment to the Co-op.

Year End Profits Results in Staff Bonuses

by Kenna S. Eaton

Last night I was watching the Winter Olympics, when a reporter stuck her microphone in a Gold Medal Winner's face "... and now you've finally won the Gold, what will you do next?" she asked. The response from the winner expressed all those years of trying to attain a goal plus she added "I'm not going to think about tomorrow, I'm just going to enjoy this moment"

O.K. I know I shouldn't compare making a profit to winning a Gold Medal, but gosh darn, we worked hard to make our store profitable and now ... we are all so excited! It took a lot of work from the staff and a lot of support from our members to attain this goal of profitability, and here we are.

Ah! Take a deep breath and enjoy this moment. Your Co-op made a profit last year!

All the numbers from 1997 have finally all been entered, completed and adjusted. It takes a while to tie up all the loose ends and make all the adjustments necessary, but the results were worth waiting for. Profitability indicates a healthy business, one that's working to meet it's customers needs, and watching it's expenses. In a Co-operative, no one person benefits from making a profit. Usually the money goes back into the business, but because our staff did not receive raises in 1997 the Board of Directors decided that they wanted to give a bonus to the staff of one half of retained earnings (with a few minor adjust-

ments). Below are some financial figures for you to look at comparing 1996 to 1997.

	1997	1996
gross sales	\$1,079,800.00	\$1,049,919.00
minus cost of goods sold	\$680,705.00	\$696,565.00
=gross profit margin	\$399,095.00	\$353,353.00
minus expenses	\$380,806.00	\$364,704.00
= net income	\$18,289.00	<\$ 11,351>

Plan on attending our Annual Membership Meeting on March 27th, at the American Legion Hall where you can hear more details about your business, and learn who your new Board members are. And not so incidentally, it's a great party. Potluck food, music and tastings of one of our new microbrewed beers. Don't forget, we couldn't have done it without you. See you there!

Staff Profile: Nikki Walker

by Linda Canary

Meet the new baker: Nikki Walker. She's 22, from Beaver, Oregon, and she likes those wee hours of the morning when no one else is awake. In fact, it all sounded very poetic to me when she told me that her boyfriend also wakes up at 2:00 am, and walks her to work at the Co-op. I imagined the dark, silent streets, the shadows, the stars, the clarity of the air.

Anyhow, Nikki brings a great deal of baking expertise to the Co-op, but when I asked her if she brought any favorite recipes, she replied, "I didn't have to... I was amazed at the large variety of breads that this small town co-op offered... way more than any co-op I've ever been in."

Nikki moved here in November and started baking at the Co-op almost immediately. She loves the feeling of Moscow, and says she fits right in. Nikki is in school, studying psychology, anthropology and women's studies, and hopes to someday incorporate everything that she is into a practice of wholistic psychology.

Already a Reiki master, she now wants to teach others this positive life-force channelling. (If you are interested in Reiki, please call her at 883-5301). Recently, she has become a Buddhist practitioner, and says of this, "I feel very lucky that Buddhism has come into my life —

it has helped me get through alot of the stuff I've been going through — I'm very grateful." So we talked awhile about gratitude and creative visualization. She gave testimony to the power of thought, "I saw the amount of money I wanted in my bank account; I imagined what I would do with the money, and when I left Spokane, my boss gave me an \$800 bonus which brought my account exactly to the figure I had visualized."

So I asked her what she does with the rest of her daylight hours, and found that she reads alot of books about comparative religion, takes long drives, sews, makes jewelry, and plays the guitar. She was wearing a lovely self-made rose quartz necklace, a jade ring, and several incised silver bands (not to mention the tiny nose ring).

If she were president (a new question from me), she would want people to govern themselves. "I wish people could just appreciate life, and take responsibility for their own actions." That reminded me of the fifth Buddhist remembrance which goes something like, "My only true belongings are my actions." So we talked about Buddhism for a while, and that was fun.

All in all, it was a very pleasant conversation, even though our croissants flaked all over the place. Nothing like eating something



totally messy in front of a stranger. I think it helped us bond. So, I asked Nikki what makes her angry, and it is when people are judgmental of each other. Of course we both know that whatever it is that bugs us about others, it is usually what we are working on in ourselves.

Last, but not least, we talked about being busy, and we both agree that everyone is way too much so, and that we like having some lazy time. In fact, she said that sometimes her boyfriend will ask her what she's thinking about, and it will really be about nothing. So I quoted an old line, "Sometimes I sits and thinks, and sometimes I just sits." Try it, it isn't as easy as it sounds.

Volunteer News

by Kristi Wildung

The sun is finally coming out more frequently now, and I'm thinking about such things as spring cleaning. If you're itching to get out of the house and do something fun, come volunteer your time at the Co-op. We've got lots of positions right now, including produce assistants, bulk and package stockers, bulk bin washers, deli assistants, and a window painter. If you're inter-

So Long and Thanks for Everything

by Heidi Hefferman, Kitchen Manager

It's official. I can no longer fit between the rolling machine and the counter. That's the gauge that we set for me when I announced my pregnancy. At that point I would no longer fit in the kitchen and it would be time for me to go. And after all, in a kitchen the size of a shoe box when 3 or 4 people are working together (2 bakers, I deli cook, and usually a volunteer) it's important that everyone be lithe and gracefully enough to "do the deli dance", the elaborate steps we perform when we maneuver around one another. Well, it's here. I no longer fit in the kitchen and I'll just have to go.

In December I celebrated my three year anniversary as a Co-op baker, the longest lasting in a long line. The average life-span of a Co-op baker is approximately 11 months. Why did I last so long??? Probably one of two reasons: stamina or insanity. (Keep your opinions to yourself about this one, please!) Although I've not always agreed with how things are done at the Co-op, I must say that by far these years have been the best employment experience of my life. I've spent a lot of time lately thinking about my time spent here and there are a few things I would like to say.

First, I'd like to thank Kenna for always encouraging me to be creative (something surprisingly rare in a professional kitchen!), for listening to me rant and rave when I needed to, and for allowing me to spend lots of Co-op dollars to replace and update worn kitchen equipment.

I'd also like to thank all the folks who've bought my bread and given me feedback and such praise

ested in any of these positions, give me a call at the Co-op or check out the volunteer board by the cash registers next time you're in shopping.

Welcome to our newest volunteers, Nate Van Matre and Aubrey Gewehr. Nate is stocking the coffee for all of us junkies and Aubrey is taking care of all that Wednesday bulk freight. Thanks for joining us.

over the past few years. I am grateful to have been supported by you all and be able to earn my livelihood in a manner that I could be proud of. My leaving, I'm sure will have minimal impact on you all. Any special qualities that I have lent to the bread will soon be overshadowed by the magic that Amy, Nikki, and Liz will be showing you.

Which brings me to my most important offering of thanks, which is to all of my fellow kitchenettes, staff and volunteer, alike. You are by far the best group of professionals I have ever had the pleasure of working with. I have been enriched and forced to grow by the support, the feedback, and the lack of competition between us all. The Co-op's kitchen has truly shown to me what co-operative means and I hope that I have been as supportive and encouraging to you all as you have been to me. Best of luck to you all and keep up the great work and great food that so many have come to rely upon.

Lastly, I'd like to wish Amy Burrato, who's taking the slot of kitchen manager, the best of luck. I know you will do a much better, thorough, and efficient job than I have ever aspired to. Remember that you have a great wealth of resources in your co-workers.

You're all not completely rid of me yet. Although I'll no longer be baking anymore, you may see me "snubbing" around the Co-op between now and early May, which is when I'll be making that career move to motherhood. Yes, I realize that the hours won't be any better than baking and I probably won't receive as much positive feedback for the work. So long, and thanks for everything!

Notices & Information

10th Annual Household Hazardous Waste Day

• Saturday, April 25th 8am to 4pm Tidyman's Parking lot, corner of Blaine and Troy Hwy in Moscow

Safely recycle or dispose of toxic household chemicals such as antifreeze, solvents, paint supplies, pesticides, cleaners, drain openers, pool chemicals, batteries, etc.

Deliver chemicals in original container when possible. Do not mix together.

Volunteers Needed For Household Hazardous Waste Day!

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

Place An Order Now For Recycled Paint!

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

Executive Director Needed For Non-Profit Organization

- Part time/flexible hours - Work from home
- Strong organizational, writing, editing, computer and people skills required
- Commitment to Natural Foods Industry a must
- Excellent networking and personal growth opportunity

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

The Freight Crew

by Fritz Knorr

On Wednesday mornings, the normal roles of the Co-op staff are suspended for three hours or so. The normal titles of Produce Manager or Checker or Volunteer or Grand Poo-Bah or whatever are put on hold. When the truck from Mountain People's warehouse arrives, and Russ the driver shouts up the stairs, "Viiiickeeel!", that's the signal for everyone to drop their normal chores and report as members of the Freight Crew.

"It's a break in the tedium. We get to work together intensely as a coordinated team for a few hours," says Vicky Reich, normally Buyer and shout target.

Mountain People's is the Coop's largest supplier. More than half of the products that go out the door comes from them. They deliver on Wednesday and Sunday mornings, and the Wednesday delivery is about twice as big as Sunday's. So you can imagine: this is a really big pile of stuff.

The process of getting the stuff starts the evening before, when "pickers" at the warehouse in Seattle assemble the order on pallets. The truck is loaded around midnight and the driver leaves around 1:00 to deliver "health food" the wilds of the Inland Northwest. Besides Moscow, he goes to Pullman, Lewiston, Orofino, Kooskie, Hamilton, Missoula, and Helena. Some of those places are pretty primitive. Mountain People's motto is, "To boldly go where no distributor has gone before."



Kenna Eaton with a load of food



Mountain People's Driver Russ Strutz

"Moscow is my favorite stop," says Russ Strutz, driver for the Wednesday delivery. Of course he is the key to the whole process, so it is important to keep him happy. But that doesn't seem too hard because he is a super nice guy.

The shipment arrives stacked on pallets. The truck driver is kind enough to get the four or five 800 lb. pallets off the truck and deliver them to the parking lot using a hydraulic lift and a pallet jack. But there is no way to fit the pallets into the building itself. The pallets have to be broken down in the parking lot and reloaded onto two-wheeled carts that can get through the entrance door and thread through the store to the back room. That seems like a Herculean task, or at least an incredible pain in the neck; but the Freight Crew rips right through the pallets in less than an hour with just two two-wheeled carts.

The swirl of activity increases when the whole Freight Crew hits its stride. While the "luggers" are toting the stuff back there is a gang waiting in the back room. The invoice checkers open the cases and check the delivery against the invoice. Pricers price everything for sale. Stockers stock the packaged food on the shelves. There is a walk-in cooler specialist and a frozen foods expert each squaring away her particular department.

Throughout the whole process, the store is open as usual, of course. The main indication that

the freight day process is going on is perhaps some untidy piles of boxes in the aisles and people on their knees reaching into shelves, coolers, freezers and bins. Despite the lack of appearances, there is some powerful Freight Crew action going



Vicky Reich demonstrates proper lifting while breaking down a pallet

on.

Then, by about noon, it's over. Everything is stocked, the boxes are flattened, and the overstock is jammed into the microscopic storage space in the back room. Everyone returns to her normal duties and the Freight Crew goes into dormancy. Until next week.



Head 'em up and move 'em out!

Member News

by Kristi Wildung

It seems that our new member discount structure is attracting new members to the Co-op. Most people are very happy about it and after our second month with the new structure, we're only getting a few grumblers. Please remember that if you want to have your voice heard on this issue, you need to contact your board members. Their names and numbers are located on the bulletin board near the cash registers.

Welcome to these new members: Susan Hill, Beverly Thonn, Andrea Carroll, Ralph Carnco, Tom Gaffney, Laurence Cruz, Dan Hammond, Rob Frisk, Ellen Maring, Alexander Farinas, Colleenn Teevin, Tom Rogers, Iva Pfiester, Jeremy Lizotte, James McAteer, Patricia Berger, Gloria Luther, Donna BeVan, Ed Klechner, Matt Hanson, Raylene Knoke, Susan Dexheimer, Bear Nisse, John Neiswender, Duane Mabeus, Cathy Willmes, Linda Snook, Clifton and Phyllis Anderson, Lesley Griffel, Cheri Andrews, Kurt Merg, Ruth McGlothen, Ora Carter, Kathy Andrews, Amy Oldis, Robert Iyall, Tanyel Taysi, Terry McGovern, Elise Mebel, Elisabeth Shepard, Mark Thorne, Mark Pubols, Buzz and Wilma Goertzen, Nathan Van Matre, Tony Scott, Kathleen Anspach, Tammy Meyer, Judy Sanchez, Tom Lee, Joan Honican, Shari McEvoy, John Hasko, James Jeremy, Amy McMurtry, Nicole Beach, Melanie Siebe, R.V. Burnett, Bruce Davis, Barb Ulliman, Lynda Crescenai, Mary Searchfield, Britta Von Tagen, Mary Haupt, Renee Groom, Sherry Swayze, and Marilyn Dillsi. Whew!

And what does your membership get you? A 10% discount on purchases of \$20 or more, member sale prices, bread cards, special order discounts, check cashing privileges, and the ability to volunteer and vote at your local cooperative. And don't forget our Business Partner Program. Check out the back page of this newsletter for a current listing of our Business Partners and show your patronage by paying them a visit. It's great to be a member!!

The Buy-Line

by Vicki Reich

It must be Spring. It must be Spring. It must be Spring. This is the mantra I've been reciting ever since I saw the daffodils poking out of the ground on the side of the Co-op. And then the seeds came, and I recited more. Alas, it is still cold and the flowers are still not blooming (except for a couple of brave snowdrops in the back yard). But, at least I can buy my Garden City Seeds and start planning my garden. Passover food will be here soon too, yet another reminder of the beginning of spring. Look for it around the middle of March along with the new products listed below. And, of course, DON'T FORGET TO VOTE for your Board Members!

New Stuff at the Co-op

Organic Beer and Wine-you've waited a long time for this and I hope you're enjoying it. I know I am.

Mezzeta Roasted Red Peppers-an indispensable ingredient in lots of yummy dishes.

Bulk Animal Cookies-BEWARE! These are highly addictive.

Sharon's Finest Hickory Smoked Tofurella-a new flavor of dairy-free cheese

Alacer Cranberry Emergen-C-a new flavor for an old favorite.

Organic Valley Organic Milk-this brand is less expensive than Horizon and it's from a growers Co-op

RW Knudsen Simply Nutritious Morning Blend and Lemon Ginger Echinecea-in great big bottles.

Barbara's Wafer Crisps in four flavors-these are a dynamite new cracker. All the flavors are really tasty.

RW Knudsen Organic Concord Grape-I like the concord better than the white so here it is.

Xanthan Gum in Bulk-this is a vital ingredient in making rice bread that I've had lots of requests for.

Organic Sucanat-It's back but it is only available in 1 pound packages now.

Island Springs Kim Chi-God, I love Kim Chi, and it's made on Vashon Island.

Mrs. Leepers Brown Rice Veggie Twists-more choices of wheat-free pasta

Vita-Spelt Spaghetti-even more choices.

Hemp Sprout Bags-these are great bags that you sprout the seeds right inside and they come with interesting organic seeds to start.

Zinke Orchard Almond Butter-this is a no-spray almond butter from Oregon with a great low price.

Traditional Medicinals St. John's Good Mood-a new addition to the TM line.

Eclectic Institute Herbal Tinctures-we got rid of these for a little while but there was such an uproar that we brought them back.

Here's the answers to this month's questions and suggestions:

In my not so humble native New Mexican opinion, the Emerald Valley salsa is really bad. There's too much vinegar and not enough flavor. Can't you get something else? It's expensive as well as having a taste not remotely similar to salsa! Have you tried any of the other salsas we carry. I like Religious Experience "The Wrath" and Parrot Chipotle. If you are interested in only fresh salsas, we only have a choice of three and we think Emerald Valley is the best, and so do lots of other customers.

What happened to the green flat kitchen scrubbies? Also, can you get Tea of Inquiry in bulk? The green scrubbies will be back, sorry for their absence. Tea of Inquiry isn't a best seller in packages so I hesitate to get it in bulk, but it is available if you want to special order some.

Baked Tofu in packages with seasoning-great for sandwiches. You've had these for a long time. Are you not ordering it? No, because we threw away more of these than we sold. You can special order them or try making them at home. They are cheap and easy to make, just marinate thinly sliced tofu in whatever marinade you want then bake at about 375 until dry on one side then flip them over and cook til dry on the other side. Yum!

Can you get Celestial Seasonings Harvest Spice Tea? Celestial Seasonings renamed it to Harvest Chamomile and we carry it.

You guys are great! My suggestion is keep up the good work. Thanks! And don't worry, we will.

You have Tofurella-why no Hemprella? Sorry, we've had it before and it didn't sell.

Can you still get wild rice in broken pieces (cheaper)? Sorry, I made a decision to carry only one kind of wild rice since none of them sell very fast, and I think the whole pieces are the best quality.

Organic safflower oil, please. We sell non-organic safflower oil but it isn't a big seller here and the organic variety is very expensive in comparison, so I don't want to bring in the organic one.

Please bring back the fabulous organic cocoa powder by Rapunzel. It was a very slow seller and we have a great organic cocoa powder in bulk.

Please get soy-based non-dairy acidophilus in liquid form. You used to carry this. Look for Nature's Life brand in the cooler, I've brought it back.

Help-can you please get some unsweetened soy milk while Edensoy's factory is down? Pacific makes an unsweetened soy milk that we carry regularly. *Can we get Co-op brand toothpaste back.* It was good and economical. Co-op brand went out of business over a year ago.

Del brand breath freshener drops, please. That's not an item we get a lot of requests for.

Do you expect to get "Winterized Vitamin C" back-it contained echinacea, melatonin and zinc. Sorry, we not longer order from that company.

You need Tofu Mate Eggless Egg Salad. Sorry, we had this and it didn't sell.

Are we going to have Seventh Generation toilet bowl cleaner again? Please. Sorry, there is very little room for cleaning products and we get very few requests for such specific cleaners.

What happened to the Sucanat? It's back, but it's only available in packages.

I think you should sell pizza. We do.

Better pressure on the Tap Dance water dispenser is good, but... almost too pressurized. Difficult to top off jugs. The pressure can be regulated by how much the valve is opened. We will try to keep it closed down but if you have problems, ask a cashier for help.

A brand of bottled smoothies from Colorado the are 100% fruit and GREAT. They are called "NAKEDS". How about it? Sounds good, but they are not available from our distributors.

Bulk calendula flowers? I can special order these for you.

Please stock Taylor and Harisgate teas. I promise to buy them and I'll tell everybody else, too. I'm sorry but none of my distributors carry that brand.

Organic Puffs-n-Honey Cereal. Sorry, Breadshop doesn't make this cereal organic.

Please get back your yeast in big packages. The big packages you are referring to were a one time thing when we couldn't get bulk yeast. We are not going to bring them back.

And here's what the kids are saying about the Co-op:

Hello, how are you-Rachel Draznin-Nagy? I'm fine Rachel and how are you?

What happened to the thing without suger? You'll have to be a bit more specific for me to answer that.

I think the Co-op is a really great Place!!!-Louisa Thanks, Louisa, so do we.

I love your chips, the co-op is my favorite store when I grow up I want to work in the food co-op. I think that's what I said when I was your age.

Your Blue Skys are the best my favorite is Black Cherry. You are not alone.



Food & Nutrition

Herbs We can Grow and Use

By Patricia Diaz

In the December issue of the newsletter I covered growing herbal gardens. For this issue, the discussion will be on how to use some of the herbs we can grow in our area.

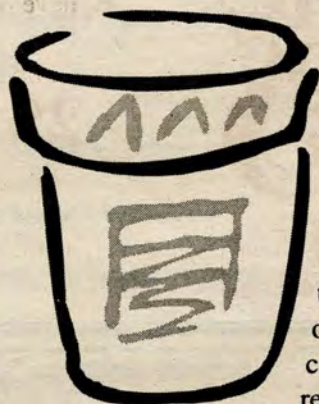
Interest in herbals is growing rapidly due, I believe, to dissatisfaction with all the drugs that are pushed upon us, plus our desire to be healthy naturally. There are a couple of great magazines at the Co-op. "The Herb Companion" and "Herbs for Health", and several good books. According to "Herbs for Health," last year the top ten herbs were (in order) echinacea, garlic, ginkgo, goldenseal, saw palmetto and St. John's wort.

There has also been increasing amounts of research on herbal remedies for disease, mainly for cancers. A recent article on breast cancer research shows that several herbs have great promise in treating this dreaded disease. Rosemary possesses antioxidants long known to be effective preventing cancers of all types. Recent studies show rosemary prevents carcinogens from binding to and mutating DNA, increases the body's ability to detoxify carcinogens, and decreases the number of breast tumors in animals. Turmeric contains curcumin, another strong antioxidant which has been shown to inhibit breast tumors in rats. Garlic contains selenium and germanium, anti-cancer compounds.

There are many uses for herbs for healing and soothing. You can make teas from so many different kinds of herbs; you can make herbal oils and vinegars, salves, potpourris, and dream pillows, just to name a few things. I'll explore a few of these for you.

Making Herbal Teas

To make most herbal teas, add the amount of herbs according to the strength of tea you like. If you are making tea from fresh herbs, add 2 tablespoons of fresh herbs for every cup of tea and 1-2 teaspoons for the pot. If you are making tea from



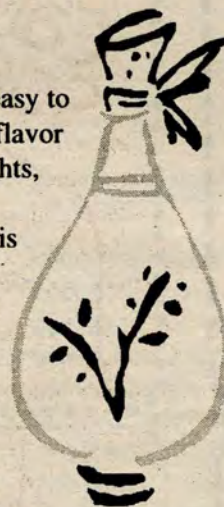
dried herbs, use one teaspoon for every cup and 1-2 teaspoons for the pot.

Following are some teas you might like to try, linked with the traditional cure or affect of the herb. Ginger, catnip, chamomile, and red raspberry all help ease nausea. To make chamomile tea, brew tea from dried flowers to quiet nerves, aid indigestion, and remedy infections and nightmares (remember Peter Rabbit?). You can also boil the flower for 20 min. and pour over your hair to bring out natural blond highlights. Basil aids digestion also- just steep leaves in almost boiling water about 5 minutes. Lemon balm makes a great bedtime tea - use 2-4 teaspoons of dried herbs in 1 cup of boiling water. It has a calming effect without known side effects. It is also recommended if you suffer from Seasonal Affective Disorder (SAD). Passionflower tea is made from up to 1/2 teaspoon of herbs per boiled water. It relieves spasms, eases anxiety, lowers blood pressure, and aids insomnia. The only caution about passionflower is that it can reduce the effects of MAO inhibitors if you happen to be taking them.

Herbal Vinegars

These are really easy to make, give excellent flavor to your culinary delights, and make wonderful gifts. The procedure is always the same: mince the herbs, heat the vinegar until warm but not boiling, bruise the herbs as you add to the jar, and then after steeping for two weeks, strain and rebottle. You can add a spring or two of the fresh herb to make your vinegar look especially lovely. Following is a sampling of herbal vinegars you could try:

- Chive flowers with white wine vinegar makes great additions to salads, marinades, and sauces.



- Tarragon with white wine vinegar is for salads, and sauces for fish.
- Parsley, rosemary, and sage in equal parts with red wine vinegar is used for potato salad, grain and tofu salads.

Other Herb Uses

A few other things you can make from herbs include wonderful massage oils and bath oils, scented candles, and potpourris. I will explore the potpourri subject further another month. Probably the most popular herb used in the above applications would be lavender. It's wonderful calming effect and delightful smell are great additions to oils and baths. A comfrey leaf poultice helps heal wounds, as does calendula compresses, which help heal surgical wounds and reduces scarring.

Making a Sleep Pillow

This comes from "The Herb Companion" which can be found at the Co-op.

Cut a piece of fabric 12" square for the front. Cut two 9x12" pieces for the back. Fold under 1/4", then 3/4" on a long side of each back piece; hem. With right sides together, lay back pieces on the front, overlapping the hems, and stitch. Sew together two 12" squares of muslin, leaving an opening on one side. Turn right side out. Fill the muslin insert with dried sedative herbs such as lavender, hops, marjoram, rose petals, thyme, rosemary, peppermint, lemon-scented herbs, or chamomile. Sew up the opening. Tuck the insert into the outer pillow. When the fragrance fades, make a new herb insert.

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Tues - Sat

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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!

Broccoli Sprouts - New Superfood to Fight Cancer

by Pat Diaz

What is 100 times healthier for you than broccoli? Broccoli sprouts!

Researchers at Johns Hopkins University recently discovered that broccoli sprouts grown for three days contain more cancer-fighting compounds than mature broccoli, ounce for ounce. These compounds, called isothiocyanates, help prevent cancers in animals and probably humans.

Translated, you get the power of up to 6 1/2 cups of chopped raw broccoli by eating merely 1/4 cup of broccoli sprouts. The sprouts taste rather like radishes and are wonderfully zippy on salads and in sandwiches.

You can buy the sprouts in your market (broccoli sprouts are expected to be available at the Co-op soon) or you can grow your own - just don't buy ordinary broccoli seeds as they could be contaminated with pesticide. You can grow sprouts in a jar (as you normally sprout other seeds) and the Co-op carries broccoli sprouting lids. If you wish to purchase a sprouter kit, you can order one from Shepherd's Garden Seeds.

MARCH SPECIALS



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Regular and Gray Hair Formula

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THE KIDS PAGE

Next Week, Jeremy Rabbit went to the Co-op with his Mother again. The flower was still there, looking pretty. "What will it do, Mom?" asked Jeremy.

But his Mother only smiled and said, "I know you can figure it out, Jeremy?" She looked at him just the same way she did when he asked what was in his Birthday present, so Jeremy thought it must be something special.

At the Co-op, the soapmaker was there, bringing in fresh made soap. There was lavender, and oatmeal, and jasmine, and lilac, and orange, and huckleberry, and peppermint, and so many other kinds! Jeremy had never noticed how many kinds of soap there were! He asked the soapmaker "My mother told me that the flower we see on the way home will do something special if I leave it and let it grow. Do you know what the flower will do?"

The soapmaker smiled and said "I don't know what kind of flower that flower is, but I use flowers in my soap. The flowers make my soap smell pretty. Here, smell this one." Then she told Jeremy how she put the flowers in the soap.

Jeremy smiled as he smelled the soap. "It smells nice," he said. Then he ran off to tell his Mother. "Mother, I know what the flower will do! The

soapmaker will pick the flowers, and use them to make the soap smell nice. That's what the flower will do!"

"That IS a very special thing, Jeremy, but it is not what I was thinking of." said Jeremy's Mother.

"Mom," Jeremy said, "I know that there are three things that flowers do that is special. The soapmaker picks them to make the soap smell good. They look pretty, in vases or just where they grow. And, they do something special that I don't know yet."

Green Food For St. Patrick's Day

St. Patrick's Day is coming and it's time to think green. Surprise your family with a totally green meal. Here are some suggestions.

Get some spinach noodles and that really good Pesto from the Co-op. Boil and drain the pasta (you might want to ask your mom or your dad when the pasta is cooked if you haven't done this before) and just toss it with the Pesto. Presto! There's your main course. Make a totally green salad with different kinds of lettuce. Add avocado, peas, zucchini, I bet you can think of even more ideas.

For dessert how about some sliced kiwi, green apple and green grapes. Top this mixture with honey sweetened yogurt. If you want to make the yogurt green add a few drops of green food coloring.



Sight Gag

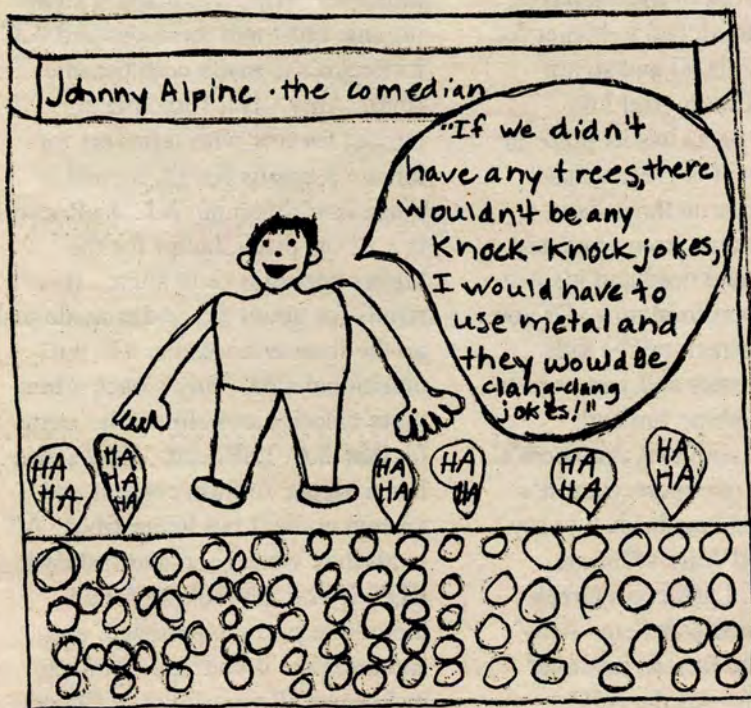
There's still alot of cold days in March. Here's a trick you can do with a friend inside while you wait for the weather to warm up. This could also work as an April Fool's Trick.

First, find someone who is willing to be sat upon. Then sit on him/her. Put your legs back out of the way and cover both the person and your legs with a blanket or something. (See illustration) Now it looks like the legs of the person you are sitting on belong to you.

Now just play around with all the possibilities, you'll get lots of ideas. For instance if you bring the person's legs all the way up to your chest it looks hilarious. Have fun!
From: The Rubber Chicken Book, Klutz Press

Some Dates To Look for in March

- 1-31 National Women's History Month
- 7 AVSAB Household Dog Show at the Latah County Fair Grounds all day
- 14 Save a Spider Day
- 17 St. Patrick's Day
- 20 Spring Equinox
- 20-27 National Spring Fever Week
- 26 Make Up Your Own Holiday Day



COMIC BY MITCHELL MCGREEVY



A Wonderful Dog That Needs A Home

I love dogs sooo much so I work at the Humane Society were I met Lucy. I liked her a lot and decided to foster her so I could find her a wonderful home. We have had her 3 weeks now and we know a lot about her. She is a 3 year old Pointer /Pit Bull cross maybe. Lucy knows how to sit, lie down, stay, heel and jump over little things. She is about knee high. She is black and white, sooo sweet -- she would make a wonderful family dog or would be super for a single person. Lucy is nice and calm and absolutely loves kids. She is also kennel trained. If you are interested please call and ask questions!
Allix Lee-Painter at 882-8642.

Do you volunteer for something you really care about? What are your special interests? We'd like to know . Please write or e-mail us: Allix and Nancy Lee-Painter 905 Nez Perce St. Moscow, ID 83843 or davidlp@uidaho.com.



Lucy
the Same Markings AS the real Lucy

Pizza

by Michel Brockington

Pizza...the very thought of it evokes pangs of hunger from anyone who catches it thrown into conversation. That coveted combination of carbohydrates, cheese, and your favorite toppings makes everyone happy, and has infinite variations. One of the oldest known answers to the question "What's for dinner", pizza began as the day's leftover bread dough topped with more leftovers and heated to perfection. A baker for the royal court in eighteenth-century Naples, Italy, is credited by some sources as the first to 'invent' pizza, but this simple meal is now infinitely reinvented.

If the day has gone awry and we just need some comfort food, we can have it made to order and brought to our doorstep without even leaving the couch. The ready-made idea is great for stressful days, yet nothing is more heavenly than homemade pizza. It was a Friday night tradition in our house that required a little more effort for my mom than just picking up the phone, yet the rave reviews we doled out must have been worth it. Every Friday night pizza was better than the last, and far exceeded our hungry imaginations and any fast-food or frozen variety.

Pizza is the ultimate food craving, and most people dash all of their healthy intentions for those slices of heaven. Yet by making it yourself, you can easily make it healthier and in tune with your cravings (and whatever's in your refrigerator or cupboard!)

It's not hard to take the basic idea of pizza and fly with it: you can make chocolate pizza for dessert, pita, or tortilla pizza for lunch, Thai, or Mexican pizzas for dinner. Be creative! I have seen some recipes that use brown rice (1 1/2 cups) mixed with an egg and mozzarella cheese (2oz.) for the crust, yet I still prefer a good flour-based crust. (To try a rice crust, mix all ingredients and press into an oiled 12-inch pan, bake first at 400 for 4 min., add toppings and cook 8-10 min.) You can use whole wheat flour, but using half white flour makes it stick together better.



My favorite crust recipe is as follows: Mix 1 cup warm water, 1 Tbsp. yeast, 1 Tbsp. honey, 1 tsp. Salt, and 1 Tbsp. oil and let stand for 5 minutes. Mix in a cup of white and a cup of whole wheat flour, knead with another 1/2 cup white flour for five minutes, let rise in a covered bowl for 10-20 minutes, and press into pizza pan. Top with anything and cook for 20-30 minutes at 350. You can vary the size of the pan if you prefer thick crust to thin crust. I like to add surprises to the crust mix such as garlic, minced fresh basil, or grains. One of the best topping combinations, in my opinion, are minced fresh garlic, fresh basil, a little olive oil, spices, feta and parmesan cheeses, and some fresh or sundried tomatoes. Suggestion for vegans and anyone wanting to eat less dairy: Substitute tofu cheese or soy cheese instead of dairy cheese products...OR enjoy your pizza creation "cheese-less" by just adding extra spices to boost flavor! Add minced raw garlic and fresh herbs! Experiment and have fun with our celebrated (albeit adopted) national food, and give new meaning to the "pizza party!" Bon Appetite!

Mexican Pizza

Prepare crust (see above)
Mix 1 can tomato paste with a cup of your favorite salsa and spread on crust
Top with olives, peppers, onions, black beans, monterey jack and cheddar cheeses, bake at 350 20-30 min.
Garnish with fresh cilantro, sour cream, and guacamole. Bueno!

Spicy Thai Pizza

Prepare crust (the brown rice crust, above, would be perfect)
Combine and set aside:
3/4 Cup crunchy peanut butter
1/2 Cup hot water
1/4 Cup minced fresh cilantro
2 Tbsp. soy sauce
2 Tbsp. dark sesame oil—divided
1/4 tsp. ground red pepper

Stir-fry on med-high heat until tender-crisp:

1 Tbsp. sesame oil:
2 Cups broccoli
1 medium red onion
2 large carrots, julienned

Spread peanut sauce over crust and top with vegetable mixture. Sprinkle with 1 cup mozzarella or tofurella, or your favorite cheese. Bake at 400 degrees for 10-12 minutes. Let stand 5 mins. before serving.

Word of Mouth

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

March is National Pizza Month, which struck me as funny, why isn't every month Pizza Month. It's such a great food, why limit the celebration of it to only one month. Well, I decided to go with it anyway and taste the three frozen pizzas we carry at the Co-op and tell you what I thought of them. I must start my review by saying I am a tad bit skeptical of frozen pizza. I grew up on the East Coast eating pizza at neighborhood pizza parlors, fresh and piping hot out of the oven (the roof of your mouth had to blister for it to be perfect pizza) and so am kind of a pizza snob. But I do believe frozen pizza has its place in the food chain. It is great to have one in the freezer on those days when you get home from work and you're hungry and tired and it's just you and you want food now. Or you want to have something the kids won't eat for dinner and you want to feed them something fun and nutritious. So, with that said, here's what my panel of experts (yes, it's my husband and I again) had to say.

We sampled Amy's Cheese Pizza and A. C. LaRocco's Greek Sesame and Tomato & Feta. Amy's pizza cooked the fastest, just over 10 minutes, where as the A. C. LaRocco took longer at a lower temperature. I ended up turning up the heat to crisp them up a bit more. All three were very tasty. I was

Breakfast Pizza

Pizza for breakfast is especially yummy!

Try using a bagel, English muffin, toast, or pita bread topped with ricotta or cream cheese, fresh fruit, and a drizzle of honey and heat in your broiler or toaster oven until hot. Or, butter two slices of toast, top with apples and Parmesan or Brie cheese, broil till bubbly...the best!

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Food Allergy and Hypersensitivity

By Pamela Lee

Food allergies are troublesome, but one can still enjoy food, eat well, and healthily in spite of them. I know; I suffer from food allergies. My "allergic" problems did not start with food. It began with a workplace exposure that left me chemically sensitive. But, as is apparently often the case, other allergies followed. I admit that I miss being able to eat the all the foods I used to be able to consume (symptom free). But, I eat well nonetheless, and continue to enjoy cooking.

If you suspect that you may be allergic to food, but haven't figured out which, there are a number of approaches to finding out if you are allergic. There are elimination diets, food journals, skin tests (more accurate for inhalant allergies), a blood test called a RAST (radio-allergo-sorbent) test, and a FICA test. There are a lot of good books that explain these methods and tests, so I'm not going to take up a lot of space explaining on them.

In brief, the problem in diagnosing food allergies is that not all food intolerances are mediated by the immune system's mast cells (IgE, IgG, etc.). Adverse reactions to a food (or food additive) may be definite and extreme, but are technically considered "hypersensitivity", "an intolerance", or "idiosyncrasy" if immunoglobulins are not involved. Even anaphylaxis is considered "idiosyncratic" if immunoglobulins are not involved.

To make detection even more difficult, food intolerance can be masked if you are eating the problem food every day. (This is where the elimination diet, then controlled reintroduction is useful.) I've often read that if you strongly suspect that you are allergic to something you are eating, the foods that you crave most are the likely culprits. The vast majority of food allergies are nagging symptoms produced by foods that are eaten every day - milk, wheat, eggs, soy, corn, citrus fruits and yeast.

Adverse reactions can be immediate or delayed. Food intolerance can affect a range of body systems, including the gastrointestinal, genitourinary (e.g. bedwetting), mental/emotional, musculoskeletal, respiratory, skin, and the immune systems.

If you are allergic or hypersensitive to particular foods, you may have to rethink what you eat and how you

cook. You may need to spend more time preparing food, since quick snacks are difficult to find, especially when you are away from home. I'm allergic to wheat, dairy, and sesame, and I don't tolerate beans; on the days when I need to avoid these foods, I have to plan ahead and pack food when I leave the house. If you need to avoid wheat (and spelt and kamut), baking becomes a challenge, though it can be done. I find savory foods the easiest to adapt to my particular allergies. One needs to educate oneself, and read labels carefully.

Many processed and prepared food products may contain the very food you are trying to avoid. For instance, "whey", "lactose", and "caseinate" are all dairy products found in a host of foods - including seasoned potato and corn chips. Corn lurks in aspirin, beer, powdered sugar, and salad dressing to name just a few products. People who are especially corn sensitive may even have to avoid paper cups and milk cartons, which may be coated with cornstarch. A book that lists food families can be helpful, especially if you are going to undertake a rotation diet. The food family list that I've found most useful is an 8 page booklet that I bought when I ordered a back issue (#6) of the Mastering Food Allergies Newsletter. You can write Mast Enterprises, Inc. 2615 N. 4th St. #616, Coeur d'Alene, ID 83814 for a list of newsletter back issues. This newsletter is no longer being published, but back issues are still available. The woman who published the newsletter was cured! (I'm currently under the same treatment regimen, with fingers crossed in hope.)

Tips and Recipes

Two Wheat-Free, Corn-Free Baking Powders:

First recipe: 3/4 cup cream of tartar + 9 T. bicarbonate of soda + 6 T. potato starch flour.

Sift three times, mixing well each time. Store in an airtight jar.

Second recipe: 1/3 cup baking soda or potassium bicarbonate + 2/3 cup cream of tartar + 2/3 cup arrowroot. Mix well and

store in an airtight container. 1 teaspoon of regular baking powder = 1 1/2 t. of arrowroot baking powder.

A cornstarch substitute: substitute 2 1/2 teaspoons of arrowroot for each 1 tablespoon of cornstarch. Do not use arrowroot in a recipe that has to be rewarmed. It loses its thickening capacity. Instead, use tapioca, potato, chickpea, buckwheat, or brown rice flours as a substitute for cornstarch.

For breading foods without wheat: use buckwheat flour, puffed amaranth, arrowroot, tapioca starch flour, or oat flour. Avoid using potato, chickpea, or rice flours; they don't work well as breadings.

Egg substitute: This mixture will bind patties, meat loaves, cookies and cakes as well as eggs do. But it will not leaven like eggs for souffles or sponge cakes. This makes about 1/4 cup, enough to substitute for one egg. You can double or triple it.

1/3 cup water
1 T. whole flaxseed

Place the water and flaxseed in a small saucepan. Bring to a boil, then reduce heat so mixture bubbles slowly. Cook for 5 minutes, or until mixture is the consistency of a raw egg white. Do not use too high a heat or mixture will become thick and gummy. You needn't bother straining out the flaxseeds. They don't have much flavor and won't detract from whatever you're making.

Good Morning Kasha

Serves 2

1 cup raw kasha (buckwheat groats)
2 cups water
1 cup rice milk (Rice Dream)
1/2 cup unsweetened flaked coconut (optional)
1/4 cup raisins
1/3 cup unsalted walnuts
3 T. pure maple syrup
2 t. pure vanilla extract
1/2 t. cinnamon

Rinse the kasha and remove any impurities. In a medium-size saucepan bring the water and rice milk to a boil. Reduce heat to

medium and add the remaining ingredients. Cook uncovered over medium heat for 15 minutes or until all the liquid is absorbed. Serve hot or cold with rice milk or juice.*

Wheat-Free Waffles

Yield: Five 8-inch waffles
(Note: the substitutions, in parenthesis, are mine.)

1 1/2 cups cooked short-grain brown rice
4-5 T. butter (or oil)
1/4 cup honey
3/4 cup milk (or rice or soy milk)
2 eggs, separated
1 1/2 cups brown-rice flour
2 t. wheat-free, corn-free baking powder
3/4 t. cinnamon
1/4 t. nutmeg

In a 4-quart saucepan, heat rice, 3 tablespoons butter (or oil), honey, and milk together until butter melts. With a wire whisk, beat the egg yolks until frothy and add to rice mixture. Remove from heat.

In a small bowl, mix flour, baking powder, cinnamon, and nutmeg and add to the rice mixture. Let stand while beating egg whites until stiff. Fold in egg whites. Melt a small amount of the remaining butter (or oil) on a heated waffle iron.

Spread 2/3 cup of batter on waffle iron. (Batter will be thick.) Cook waffles approximately 10 minutes. Use a small amount of butter (or oil) to coat iron before making each waffle. Keep waffles warm and serve with maple syrup.

Note: Because these waffles take a little longer to cook than conventional wheat waffles you may want to put them in a warm oven as they come off the iron, keeping them hot until all the waffles are done.

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The Month of the Noodle

by Kristi Wildung

I have been waiting with anticipation for the month of March, not only because it's my birthday month, but also because it's National Noodle Month. And I have to say that any kind of pasta is by far my favorite food. I will be celebrating all month long with tasty pasta recipes.

Did you know that the Co-op carries 43 different types of pasta in bulk? We have a phenomenal selection of whole wheat, wheat-free, buckwheat, spinach, semolina, vegetable, corn, artichoke, chinese, kamut, soy, and sesame noodles in just as many shapes and sizes. We always have a great selection of sauce to go on top of your favorite pasta, including our

own local Pasta, Etc sauce. And if you're the make-it-yourself type, Muir Glen tomato products will be featured this month for our member sale.

The month of March has 31 days, so if you're running out of ideas for great pasta dishes check out The Best 125 Meatless Pasta Dishes, by Mindy Toomay and Susann Geiskope Hadler. It's a great little book for simple but elegant dishes you can put together quickly and features all kinds of combinations you may not have overlooked.

Whatever way you decide to celebrate this month of the noodle, come to the Co-op for all of your pasta needs. We'd be happy to help you choose just the right pasta dish for that perfect meal!

Insights

The Bookshelf - Monthly Review of Titles Available at the Co-op
by R. Ohlgren-Evans

The Splendid Grain

by Rebecca Wood
394 pp \$30.00
William Morrow & Co NY

Like a gift from the great grain goddess above, this book was presented to me as Eva and I were preparing for this month's Co-op cooking class. Cooking with Grains. The Splendid Grain is a most splendid book. When I reached for the beautiful hardback, it fell open to recipes like Quinoa with Dried Cherries & Cashews, and Oat & Roasted Root Vegetable Soup. Talk about soul food! This book speaks to the peasant in all of us.

Any fine cookbook that includes Steamed Wheat Berries and a Barley, Fennel, and Beet Salad is a classic in my eyes (and mouth). But it also includes recipes with cosmopolitan ingredients as varied as miso & tofu, fennel, sun-dried tomatoes and grape leaves. There are even recipes with meat (doesn't Gingered Lamb and Quinoa in Phyllo sound

appealing to you non-vegetarians??), but the profiled grain is always the central part of the dish.

The morning after I got ahold of this book, I made the corn and Quinoa Raspberry Muffins. YUM! My kids devoured them warm from the oven for breakfast.

Rebecca Wood divides her elegant book into five sections - Native American, Native Asian, Native Near Eastern, Native European and Native African Grains. Each section reveals Ms. Wood's in-depth knowledge of grains indigenous to that area, and several recipes celebrating those grains. In the American section, for example, wild rice, corn, mesquite, amaranth and quinoa are covered - in the Asian section, buckwheat, millet, rice and job's tears are covered. These hearty recipes take you on an international food trip - your vagabonding spirit will soar.

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The Moscow Renaissance Fair: Celebrating Spring for 25 Years

by Kellie Torney

Forget the groundhog. There's only one way to usher in spring on the Palouse and that's to join the folks who attend the Moscow Renaissance Fair on the first weekend in May at East City Park.

This year marks the 23rd anniversary of the event, and early reports are it may be the best ever. Over the years, the fair has built a tremendous reputation for offering an irresistible blend of great food, music, entertainment and crafts.

The weekend stage lineup features exciting musicians, performing everything from jazz, Celtic and folk music to "knock your socks off" rock. Superb hand-created arts and crafts and a delicious array of gourmet, ethnic and homemade foods truly make it a fair for everyone.

Become a Part of It
One of the highlights of the fair is its strong community flavor. And what better way to enjoy it than to become a part of the fair. All storytellers, magicians, puppeteers, actors, poets and performers young and old are invited to come forth and be part of Stage Two. Nestled under the big trees in the park, Stage Two is a small acoustic stage that offers live entertainment throughout the weekend. If you are interested, or know someone who may be, please call Miriam Kent at 882-7192.

Recycle for the Fair
Thanks to a new recycling fund set up by the Moscow

Recycling Center, now you can donate the proceeds from your aluminum cans to benefit the composting program at The Moscow Renaissance Fair. Anyone wishing to donate can proceeds should specify their intention when they deliver the cans to the center. "Proceeds raised will be used to offset the costs of our fair composting program, which includes purchasing all biodegradable utensils and serving products," said Amy Scharnowske, recycling coordinator for the fair.



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More News About National Organic Standards

by Laura Church

Please don't forget that the comment period is still open on the National Organic Standards Proposal. We will be having a meeting upstairs at the Co-op on March 3rd at 7:00 p.m. to answer any unanswered questions that you may have concerning the new proposal. Nancy Tayler, a member of the National Organic Standards Board, will be attending. If you are unable to attend the meeting there are a number of other ways that you can get your comments to the USDA before May 1st.



Idaho Rural Council
P.O. Box 2236
Boise, ID 83701
(208)344-6184
irc@rmci.net

Senator Larry Craig
313 Hart Office Building
Washington, D.C. 20510
(202)224-2752
larrycraig@craig.senate.gov

Rep. Helen Chenoweth
1727 Longworth Bldg.
Washington, D.C. 20515-1201
(202)225-6611
ask.helen@mail.house.gov

Senator Dirk Kempthorne
Russell Seante Bldg, Suite 304
Washington, D.C. 20510
(202)224-6162
dirk_kempthorne@kempthorne.senate.gov

Rep. Michael Crapo
437 Cannon Office Bldg.
Washington, D.C. 20515
(202)225-3029
askmike@mail.house.gov

USDA-National Organic Standards
Docket #TMD-94-00-2
USDA, AMS, Room 4007-S,
AgStop 0275,
P.O. Box 96456
Washington, D.C. 20090-6456
fax: (202)690-4632 (include docket number)
email: see USDA web site
<http://www.ams.usda.gov/nop>

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Palouse Trail; Dedication Set For April 4

by Mary Gresch

The Bill Chipman Palouse Trail will be dedicated officially on Saturday, April 4, during a public ceremony at a picturesque point on the trail approximately two miles west of Moscow and five miles east of Pullman.

The noon "The Rail Is Your Trail" ceremony will take place where the trail runs parallel to County Road 270, a gravel road adjacent to the Moscow-Pullman Highway. Signs will be posted on the highway with directions and parking



instructions.

The next phase of the seven-mile pedestrian "rail to trail" conversion will be completed in the following six weeks - the results of a 15-year community effort. Donors have contributed more than \$525,000 toward the trail's construction in the past 18 months, matching a federal grant of \$900,000 and a cooperative venture with Palouse River Railroad to consolidate all rail transportation on the Palouse on one set of tracks. This final effort will continue into the future as well, with planting trees and other vegetation, building amenities, such as benches and posting interpretive signage.

"Already, this trail has brought our communities together in so many ways. It really

symbolizes what we can accomplish when we all work together," said Mike Werner, director of Whitman Country Parks and Recreation and one of the coordinators of the trail project. "The dedication will really be a chance for all of the Palouse to celebrate what we have accomplished."

Organizers are encouraging dedication participants to use the trail to get to the event. The University of Idaho and Washington State University marching bands will lead the way, with each band marching to the ceremony from each trailhead. Emcee Glenn Johnson, Cougar public address announcer, will begin the ceremony at noon, culminating with an official ribbon



cutting by community leaders, trail activist Nancy Mack, and the Carol Chipman family. Refreshments will be served.

"We are encouraging all community groups and organizations to make this a day for their group to come out, show their affiliation, and be part of this historic occasion," said Sonia Hussa, event organizer. Official starting times for the community marches from trailheads in Moscow and Pullman will be announced within the next few weeks.

The trail is for pedestrian traffic only, including bicycles, skateboards, and rollerblades. Motorized vehicles are prohibited. For more information regarding the trail, call Werner at 509-397-6238. For dedication information, call Hussa at 509-335-1990.



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Moscow Food Co-op

Bulletin Board

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Palouse Trail Dedication

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Moscow Food Co-op ANNUAL MEMBERSHIP MEETING

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at the American Legion cabin, on Howard near Third Street by East City Park potluck dinner with music and samples of beer and juice members only!!!!

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at University of Idaho Law School
Tuesday, March 31 at 7pm
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March 3, 7pm upstairs at the Co-op.

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