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October
1998

Moscow Food Co-operative



Community News

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

FREE!
Please Take
One



Free Massages!

by Bill London

It's true: a full, one-hour relaxation massage, provided by a professional massage therapist, for free!

A group of local massage therapists has offered to give massages to Co-op members who provide loans of \$1,000 or more to support the move to the new location. More than 40 massages have been offered and each one will be given away. Sign up soon, and reserve your own relaxing massage!


The Co-op's move to the new facility in Post Office Square, at Third and Jefferson Streets, will be possible only if the members support that move monetarily. The Co-op has secured \$200,000 in loans from the Bank of Pullman and from local economic development councils. However, the

costs of renovating the new building, increasing inventory, buying equipment, and training new staff will total more than \$300,000. That's why the Co-op needs loans and gifts from its members and supporters.

To learn more about the member loan program, pick up a prospectus at the Co-op. You can then fill out the form on the back page and return the prospectus to the Co-op. You can also contact general manager Kenna Eaton or assistant manager Kristi Wildung (at 882-8537) for more details about the interest rates and conditions.

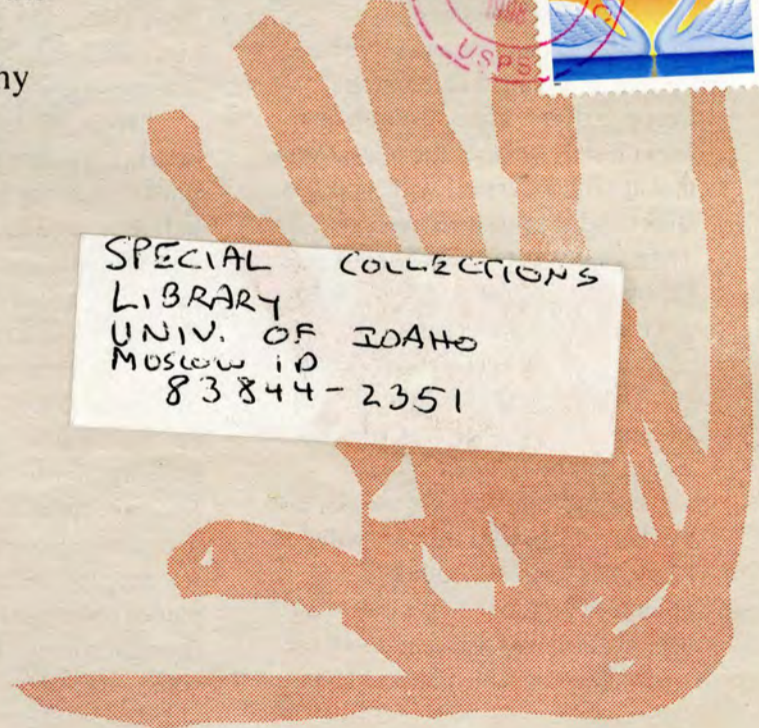
In addition, ten free massages will be offered to volunteers who donate two days or more of their labor to the Co-op. Vicki Reich, the Co-op's project manager, will be selecting the recipients of those free massages.

Please consider supporting your Co-op with a loan or a donation. And get yourself a relaxing full-hour massage with our thanks.

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Co-op - News

Fund-raising Update

by Bill London

As I write this report, it's just about time for the autumnal equinox, September 21, one of the two times each year when the number of hours of light equals the number of hours of night. This celestial event ushers in the fall, my favorite time of the year. Crisp nights, colorful leaves—you all know the story.

This year, my autumn is an active one. Promoting the move to the new location, and encouraging members to donate the labor and money that will make that move possible, are consuming the ever-fewer daylight hours available.

My job has been made much easier by the generous offer, originally made by massage therapist and Co-op member Connie Koester, to donate massages to those who contribute to the Co-op's member loan program. A dozen local massage therapists have now offered to help. We'll be able to give free massages to the next 40 people who provide loans of more than \$1,000. That, in addition to the interest paid, is a powerful incentive.

We have secured two loans, and have pledges of five more. General Manager Kenna Eaton and I are visiting with people who want to discuss lending their money to the Co-op. If you would like to discuss supporting the Co-op with a loan, please contact Kenna Eaton at 882-8537 or Bill London at 882-0127. We need to raise about \$75,000 from the member loan program.

In addition to the loans, we have received about \$3,000 in cash donations so far. Since our goal for donations is \$5,000, we are more than halfway there.

The response to this member support program has been very gratifying. I personally believe that this move will be wonderful, resulting in a blossoming of both the Co-op (better able to serve its members) and that entire part of Moscow.

I am proud to say that our family has participated in both the donation program and in the member loan program. Please join me in supporting the Co-op.

Bob Thyberg Was the First

By Bill London

On Friday, September 4, General Manager Kenna Eaton got the keys to the new storefront. The Third Street Market was no more. The future home of the Co-op was awaiting a cleansing and rebirth.

Kenna, along with longtime Co-op staffers, Laura Church and Vicki Reich, went to the new store that afternoon, armed with smudge sticks and supportive beverages. Their goal was to visit the new Co-op, imagine the possibilities, and get it ready to be reborn as a cooperative community resource.

They prepared the new Co-op site for its first guest. But who would that be?

Fittingly, the first visitor was Bob Thyberg. Bob, who with his wife, Mary, has been a member and volunteer for the Co-op's entire 25 year history, was walking down the sidewalk along Third Street. They

invited him inside, and told him he was the Co-op's first guest at the new site.

I asked him later for his response:

"Wow. Wow! That's a tremendously big building. I really didn't think it was that big. It was built before I came to Moscow 44 years ago. It needs some work."

I then asked him about the Co-op's move to that store:

"I am happy about it. You bet I am happy. The Co-op is ready. We can handle it. I remember shopping at the room off the back alley on Second Street. That was 25 years ago. The Co-op has really grown. It's time for this move. That whole part of town has been looking depressed lately. Now, we'll bring some real energy to that area."



Editor
Bill London

Issue Editor
Therese Harris

Layout
Tanya Perez

Typesetting
Kathy Burton

Advertising
Bennett Barr

Illustrators
Heidi Maut
Kelly Riley
Rebecca James

Distribution
OPEN

Kids' Page
Nancy Lee-Painter

Back Cover Design
Beth Case

Webmaster
Bob Hoffmann

Published by
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Mimi Pengilly	882-6307
John Hermanson	334-9245
Suzanne Peyer	334-9245

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Project Manager's Report

by Vicki Reich

On September 4, Kenna, Laura, and I took our newly acquired key to the new store location, along with a couple of smudge sticks and a bottle of wine. After we smudged the new store and toasted the Co-op, we began to dream about the space and what it would look like in a few short months. I realized that I was responsible for making those dreams come true. I've been hard at work on them all month.

On September 11, I invited contractors and builders whom I know have a soft spot in their hearts for the Co-op to help make the new store a reality. I got a great response and would like to thank all of them for their generous donations of time and skill: Thanks to Jack Carpenter, Dave Peckham, Jim Gael, Nick Ogle, Al Pingree, David Nebelsieck, Tim Dalton, Randy Atwood, and Rufus T. Firefly.

Sandy Stannard has been hard at work on the design of the store, and on September 10 we submitted drawings to the City Building

Department. We are now waiting for a building permit. Meanwhile, we've been busy whacking walls. With the help of a few dedicated volunteers, we've removed the old bathrooms. Thanks to Al Pingree, Dusty Rhodes, Tom Armstrong, Mark Lesko, Mark Wildung, Fritz Knorr, and Paul Weingartner. Then, on September 19, a whole bunch of strong and eager Co-op members whacked down the wall that divided the store. It was a great fund-raiser and a good time was had by all.

The remainder of this month will be spent gathering bids and waiting for the building permit. We hope to start construction early in October. I'm also hoping to start work on landscaping the 4th Street side of the building. If anyone has plants, top soil, or compost they would like to donate, please contact me at the Co-op. If you're downtown and want to look around your new store, stop by—if I'm there, I'll be happy to give you a tour.

Let's Move!

25th Anniversary Party a Big Success

by Kristi Wildung

The balloons and streamers are gone and the cake is long since eaten, but what a time we had! Our store rocked like I have never seen in all of my four years here. There were people everywhere, shopping and eating and partaking of all the goodies we had under that big tent in the parking lot. People were donating money to our relocation effort and signing up for volunteer work and "Whacks at the Wall" in our new space. I was heartily impressed with the turnout and must say that our party was a huge success. Thank you to all of our



Let them eat cake!

vendors who provided goodies for the event and to all the members of our community who came to party with us.

At the end of the day, when we were emptying out the final drops of the ginger brew keg in the parking lot, we drew names for our 25th Anniversary gifts to our members.



Tofu Phil stirring things up at the Taste Fair/Anniversary Party

Membership News

by Kristi Wildung

October marks National Co-op Month and what better way to participate than to purchase a new, or renew an old, membership in your local Co-op? The beauty of the cooperative, be it a bank, a food store, or even a power company, is that it is owned and controlled by its members. Each member's capital contribution is reflected on the balance sheet of the company and used to enhance services, usually in the form of equipment or as capital for projects, like our move to our new location. In return, members usually receive benefits like low interest rates or special pricing. Most cooperatives are non-profit and exist solely for the benefit of their members. Makes you feel kind of special, huh?

We at the store will be celebrating extra hard this month because it's our 25th Anniversary, as well as National Co-op Month. We're proud to have been in business this long and especially proud that it's been done as a cooperative effort between our staff and our members.

Welcome to these new members: John Giudice, Jean Thompson, Libby Walker, Lorna Bolduc, Roy Filby, Roger Wong, Erin Silva,

Gretchen Roffler, Michelle Amos, Deborah Wheeler, Susan Kay Pforsich, Stephanie Clark, Erin McKown, Whitney Henion, Cory Rosdahl, Anna Koelle, Carli Schiffner, Cecilia Lynn Kinter, Cameron Redifer, Kathleen Kearney, Ali Norman, Jeanette Reynolds, Jacob Rampp, Mitchell Frey, Boyd Ricks, Megan Larson, Wendy Jessup, Lily Corrock, Lincoln Hammons, Lee Hammons, Sasha Ray, Alisa Schulz, Liana Dallmann, Peter Speelmon, Kiley Lyons, Holly Williams, Kim Kleckner, Margaret Cahran, Caitlin Larson, Diana Stone, Michelle Melaneon, Noel Palmer, and Cassandra.

I'd also like to take this opportunity to thank the members who have heeded our call for help and purchased their lifetime memberships. Your contributions will make a world of difference this fall as we relocate and expand. Thank you: Nancy Collins-Warner, Kathleen Potter, John Judge, Michael Jennings, Marilyn Von Seggern, Janice Willard, Crystal Dollhausen, Mark Lesko, Elaine Queener, Diane Johnson, Lisa Cochran, and Janet Lacompte. We feel privileged to have members like you who believe in our Co-op!



Nick Ogle, BOD President enjoys the festivities

Here are our winners and their loot:

Grand Prize Winner: \$250 Shopping Spree:

Nancy Grub

- \$25 Shopping Spree: Bill Reddy
- 25 Oaties: Sara Houghton
- 25 Loaves of Bread: Leslie Griffel
- \$25 in Vitamins: Helen Bobisad
- \$25 in Coffee or Tea: David Hall
- 25th Anniversary T-shirt: Kristen Schultheis
- 25th Anniversary Apron: Cindy Pitcher
- Espresso Gift: Wendy Lawrence
- Espresso Gift: Melody Armstrong
- Coffee Gift Pack: Kris Allison
- Coffee Gift Pack: Nancy Casey

The Buy Line

by Carrie A. Corson

I'm discovering that the really hard part of this job is deciding what not to carry. There are so many great products available, with more coming out all the time. I get calls and samples every day. And even though I have to turn down a lot of products because of our limited space, I at least get to tell folks to be patient—soon we will actually have more space to fill. Still, we have managed to find room for a few new products that I think you'll enjoy.

We are happy to say that we're one of the first stores in the area to carry Cowgirl Chocolates. Brought to us by Moscow resident Marilyn Lysohir, Cowgirl Chocolates were named Best New Product by both the 1998 Fiery Food Challenge and the Idaho Specialty Foods Association. They're selling fast, so come in for yours soon. But be warned, as May Lillie says, "sissies stay away."

For all the fans of White Wave Silk non-dairy beverage, we now carry both the chocolate and plain in half pints. It's a perfect compliment to a co-op lunch.

For a while now we've been carrying Organic Valley milk. However, we were disappointed with its short shelf life. Several customers complained that it spoiled before they could use a half-gallon. But we really wanted to carry an organic milk, so we found what we hope to be a solution: Organic Valley milk in quarts. Now we will be carrying that size instead of the half-gallons.

To all of our customers who enjoy the Ezekial 4:9 bread, we are happy to say that it is now certified organic. And speaking of organic,

try some of the new organic teas by Celestial Seasonings. Right now we have their organic green, chamomile and black teas, as well as their new line of flavored green teas. We also picked up a new line of organic salad dressings/marinade sauces from the folks at Hawaii Naturals. Too, look for new, organic wines imported from France's Domain De Farlet and Chateau Pech Latte. These are all nice wines, priced around \$8.00. Spectrum now has a butter- and margarine-substitute that contains omega oils. Called Essential Omega Spread, it contains 2g of Omega 3 and 4g of Omega 6 per serving. It has no hydrogenated oils or cholesterol and is dairy-free.

Now let's look at customer suggestions:

Please order the bulk size of Dr. Bronner's Eucalyptus Soap. Okay, it's here.

For several weeks now, the bulk Mango Ceylon tea from the Republic of Tea has been empty. Several employees have checked for me, and kindly passed on the message that it is gone. Any idea when it will come in? I really love this tea and don't want tea bags. This tea is out of stock with the Republic of Tea. There is no date for its return. I will continue to order it.

Could you get Tazo "Spice" tea here? That would be cool! Thanks! This flavor sold very slowly for us. You may special order it.

Have you ever heard of Hemprella (similar to Tofu Rella)? Would love to see it. I am considering picking this up. However, due to space limitations it may not happen until we move to our new location.

PLU 1707 is named incorrectly. It shouldn't have the word "high" in it. Either it's called "vital wheat gluten" and/or "instant gluten flour." It's the type that makes seitan when cooked in broth. Delicious! Thanks for carrying it. You're welcome. I will look into getting it properly labeled.

It would be delightful if you could all keep smiling a lot and having a wonderful time every day. Thank you. We will.

Can you get these semi-sweet chips (Tropical Source semi-sweet chocolate chips), no other flavors? Also how about Ecodent tooth powder? Thanks! Chocolate chips are a fairly slow seller for us. So rather than add a new flavor, I will give these a try when one of the others is gone. We'll order the Ecodent in right away.

Can you get a more efficient dispenser for the Nature's Gate shampoo? It takes over 10 minutes to fill an 8 oz bottle. We have tried other systems for this, with no success. But we're always looking. Sometimes the spigots on the dispensers get plugged with soap residue. If the shampoo is coming out really slowly, that might be the problem. Please ask a staff person for assistance. They can unplug the spigot or pour for you.

To the person who is requesting Vegan Rella, there are several kinds available: two types of "cream cheese" and two flavors of "block cheese" (Mexican and Italian). Is there a specific kind you are interested in? Please leave a note or give me a call here.

From the Board of Directors

by Mimi Pengilly

The Board of Directors met for our regular meeting on September 16. Of course, the bulk of the time was spent discussing the relocation/expansion of the Co-op. Vicki Reich gave an impressive report and showed the drawings of the new location. It was truly exciting to see the transfiguration of the space into what, I think, will be a more fun and functional Co-op. We also heard the timeline for the renovation. The Development Committee has been seen around town, at the Taste Fair and the Farmer's Market, drumming up interest and support for this project. Donations in the form of cash, labor and materials, as well as member loans are still needed. Please sign a yellow "Let's Move" flyer the next time you are in the store.

We are in the process of revising the by-laws for the Co-op organization. It is not as exciting as relocation, but is an important part of why we are here: to maximize the potential of the Co-op, and to insure its long-term viability and stability.

As Co-op members, your ideas are always important to us. Any suggestions that you have will be considered at board or committee meetings. Please jot them down for us, along with your name and phone number, so that we can call if we have questions. Or, even better, join us for board meetings, which are held from 7 to 9 PM. The next meeting is October 14. The member information board, located by the shopping carts, gives the dates and times of meetings and the minutes of the last meeting held. We want to hear from you.

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October is Co-op Month

by Kenna S. Eaton, GM

Lately I've been following some very interesting discussions on the Internet's cooperative list serve. "Just what is a Co-op?" and "What makes us different?" seem to be the most common questions. Of course, there are no simple answers, but to me one of the key differences seems to be a love of discussing the philosophy of our business. Where else can you find workers who are willing (and interested) enough to spend a few precious moments of their day talking about the ins and outs of the semantics of business?

At this same time, I've been reading a book entitled "Vice President in Charge of Revolution" by Murray D. Lincoln (no relation to Abe). Lincoln was the first extension agent in America. Hired by the state of Vermont in the early 1920's, he went to work for the farmer. His job description told him to "find out what the farmers want, and do it." He set out to do just that. The first thing he discovered was that farmers wanted a cheaper source of fertilizer. The fertilizer industry was tied up by large companies and the price was being kept too high for the farmers. So, Lincoln went out and bought a train boxcar load of fertilizer to sell to the farmers. Next, he organized the farmers into a cooperative that allowed each farmer to buy the fertilizer he needed at cost. This was both a revolutionary idea and a success, so they moved on to insurance and then electric power. Each time the farmers had a need that was not being addressed, the cooperative found a way to meet that need.

Essentially that is what every Co-op is trying to do: meet the needs of their owners. It matters not what the need is. It can be power (Clearwater Power company), gasoline and tools (Cenex), money (Latah Federal Credit Union), health insurance (Group Health Northwest), or natural foods (your very

own Moscow Food Co-op). And the local list goes on. Globally too, cooperatives are an important force in helping people meet their needs.

Your food co-op is planning a move. And to do that we need your help. We need to borrow money from our members so we can better meet your needs. The Co-op has developed a member loan program, offering members a chance to invest their money in a healthy, strong business, and to receive interest on those loans. It's a different idea, but then so is a cooperative. Interested? Contact either Kristi or me at the Co-op and we'll fill you in on the details.

Volunteers on The Move

by Gary Macfarlane

With the big Co-op relocation coming up, we need volunteers to help with many tasks--moving, building, funding, and the like. For those of you who already are volunteers, we need you to continue to fill the regular volunteer positions you have committed to do. If you are not a volunteer, please grab an application from the Co-op bulletin board and fill it out. There are many tasks to be done.

I can't attest to the veracity of the following lists about volunteer help and co-ops, but it does give one pause:

People Who Helped Their Co-op Move:

- Mary Austin
- Rachel Carson
- Mahatma Gandhi
- Emma Goldman
- Joe Hill
- Aldo Leopold
- Nelson Mandela
- Toni Morrison

People Who Didn't Help Their Co-op Move:

- Millard Fillmore
- Richard Nixon
- Margaret Thatcher
- Bill Clinton
- Tipper Gore
- OJ Simpson
- Homer Simpson
- Edith Bunker

So, which list would you rather be on??

Word of Mouth

By Eva Strand

I love homemade salad dressing made from lemon juice, olive oil, garlic and herbs, but sometimes it is convenient to simply pick up a bottle of ready-made dressing from the Co-op. There are many brands and flavors to choose from, so, for this taste test I picked five tempting bottles from the shelf.

Caesar dressing is one of my favorites and I was quite pleased with the bottled variety from Kozlowski Farms. It is made with canola oil and white vinegar and flavored with garlic, onion, Parmesan cheese, spices and, of course, anchovies. Kozlowski's Caesar is delicious on a simple green salad sprinkled with freshly grated Parmesan cheese and crunchy croutons.

Hawaii Naturals organic salad dressings from Kauai Organic Farms are newcomers on the Co-op shelf and I decided to try two flavors. Lemon grass Ginger was my favorite, but maybe not as a salad dressing—maybe as a marinade for tofu or chicken or a sauce on steamed carrots with parsley. Lemon grass Ginger Dressing is full of fresh ginger and lemon flavor in a thick spicy sauce. Other flavors that enhance this wonderful dressing/marinade are sesame oil, balsamic vinegar, garlic and honey.

Hawaii Naturals Wasabi Lime flavor was also pleasant. I would

use it as a dip for veggies or in a garbanzo bean salad. Besides lime, Wasabi Lime Dressing contains sesame oil, mustard, agave nectar and orange.

Another great tasting and versatile dressing is Sweet Onion & Garlic from Spectrum Naturals. This Italian-style dressing goes well with green salads, pasta salads, bean salads or on a Greek salad with tomatoes, onions, black olives and feta cheese. Besides being made from organically grown ingredients, this dressing is also completely fat-free. I liked the clean flavors of garlic and onion, with a touch of spicy hot pepper.

Annie's Naturals Roasted Red Pepper Vinaigrette flavored with garlic was the last one to be tasted. It's good on a green salad, but would also work well in a pasta salad. I also recommend Annie's other dressings: Cow Girl Ranch, Cilantro & Lime Vinaigrette, and Shitake Mushroom are all great choices. Shitake Mushroom sells so fast it has been hard to keep on the shelf.

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I Whacked the Wall

by Fritz Knorr

Have you ever been to a groundbreaking ceremony? A ribbon cutting? They are dull as dishwater aren't they? Rich, old white guys in suits and bureaucratic white guys in suits speechifying, "Blah, blah, blah, My Agency, blah, blah, blah, thanks to all the Little People, blah, blah, blah."

Of course, ceremony is important. We need ceremony to define the start of a new chapter of life, and we need to celebrate our successes. But all those suits? Well, the Co-op did it differently. We substituted a groundbreaking with a Wall Whacking.

On Saturday morning, September 19, the "I Whacked the Wall" ceremony was held in the future home of the Co-op at 221 East Third St. In place of the bureaucrats, we had kids (and slightly immature adults) smashing a wall with sledgehammers to officially consecrate the project of making the new home of the Co-op. The kids did not speechify. And in order to be important enough to participate, each whacker had to pony up \$5. Administrative fee, you understand.

There is another take on the origins and purpose of the "I Whacked the Wall." And that is, after sorting through all the yellow

"Let's Move!" volunteer sign up sheets (Have YOU filled one out yet? They're at the checkout stands.), the Co-op managers were joking about how many people wanted to volunteer to do demolition work: "If so many people want to do demolition, why not make them pay to do it?"

"Hmmm."

At the ceremony, the kids were pretty subdued, or maybe 'workmanlike' better describes it. I had been kind of concerned earlier, because I was supposed to cover

the I Whacked the Wall for the Newsletter. I had been there the day before to check out the space and found that the big, empty, 9,000 square-foot, hard-walled room echoes like crazy. It's much worse than even the Community Center. So, not being particularly child-oriented, I was having nightmares about swarms of shrieking children with hammers in that big echo-y room.

I wasn't the only one with nightmares. Vicki Reich, Project Manager, was concerned about some kid swinging a sledgehammer at the wall, having the hammer punch right through the dry wall, continue flying on the other side and drag the kid right through the hole in the wall. That would be really bad. So, safety was front and center for the whole event.

There was a nominal limit of a minute of wall whacking for each participant, but that limit probably wasn't necessary.

"It was tiring," said Ian Pannkuk, "But fun!" And that kind of sums up the reaction of the kids: tiring. A



Ian Fodor-Davis throws the first whack at the wall



Molly Pannkuk gives it a good shot.



The wall shows a little damage under the attack of Ian Fodor-Davis

Whack the Wall!

minute was more than sufficient for them. The myth of the infinite energy of children really isn't true. Give your kid a sledgehammer, and have him smash a wall for a full minute. It'll calm him right down.

The adults had a different take on it, which was more like 'release.'

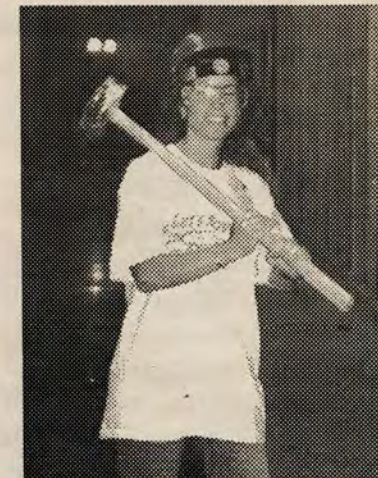
"It was cathartic," said Ian's mother, Molly.

And Sue Armitage really got into the full-body motion: "It was fun to just swing like that."

Even I whacked the wall. I certainly didn't intend to when I went down there. I was just there to take pictures. But after the ceremonies were done, the fact remained that the rest of the wall did have to come down. The debris had to be hauled out and the 10 ft. studs had to be salvaged. So, reluctantly, there I was in the middle of a dusty, dirty demolition chore. And I never even signed up for demolition.

The wall is only memories now. Most of the demolition seems to be done.

The next step is for our new walls to go UP! And when the time comes for a ribbon cutting,



Stand back! Molly Pannkuk is ready to do some whackin'

let's hope for a ceremony as weird and wonderful as the "I Whacked the Wall."



Project Manager Vicki Reich reviews the plans for the new store with Sue Armitage.

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Co-op Business Partner Profile: Hodgins Drug and Hobbies

By Tim Lohrmann

The Co-op Business Partner program is a mutual support network for local businesses and their customers. And since 'local' is the focus, it's more than appropriate that Hodgins Drug be a partner. That's because when it comes to Moscow business, Hodgins is the original local. And the term 'original' isn't used lightly.

Hodgins opened its doors on Main Street in Moscow 108 years ago, after starting out even earlier in Genesee. The "new" University of Idaho was the attraction and impetus for moving across the Palouse.

The founding Hodgins family decided that serving the new community springing up rapidly around the tiny college was an exciting opportunity.

They were right. Their business grew and prospered, staying in the Hodgins family until 1962, when Bob Beutler and his family bought it. And even though Bob is now semi-retired, his daughter, Pam, is keeping the Hodgins tradition going 36 years later--well into its second century.

Pam says the Co-op Business Partner Program is perfect for Hodgins. "After all, we shop at the Co-op; we're about as local a business as you can find, and we're really impressed with the Co-Op success story," she says. "I remember the Co-op when it was a little hole-in-the wall on Washington and I'm so excited about the service that has been provided for all these years, and especially about the move to the newer, roomier location. . . . I mean we're a pharmacy, but I've always believed in alternatives in nutrition and health products and that's what the Co-op provides."

Pam's philosophy meshes perfectly with the keep-it-local economic ideal of the Co-op. "Local businesses keep dollars right here instead of sending them to shareholders somewhere across the country," she says. "Plus, I believe supporting local downtown merchants is vital. Keeping downtown

the alive place it is now is important. I'm happy we're doing business and I'm glad the Co-op will be staying just down the street as well."

Excellence in pharmaceutical service has always been, and remains, central to Hodgins' business, but other facets of the store have changed along with Moscow. Hodgins was home to the first U of I bookstore, and has housed a music store and giftware department during its 100-plus year history.

And just in case there aren't any members of the 4-12 age group around your place, I'll let you in on the specialization nowadays: Toys. Not just any toys, but cool, educational toys. Cool toys don't have to be loud and violent and the selection at Hodgins shows why.

Some of my . . . er . . . my kids' favorites are the lifelike replicas of



Hodgins Drug Store, June 23, 1902. Roland Hodgins behind counter at left.

rainforest, marine and even ancient, extinct animals. Maybe I'm partial to these because a couple of family members have repeatedly brought them to my attention. There's lots more though--too much to do justice to here. And when Halloween rolls around, as it's just about to, the selection makes a real quantum leap. You'll see not just masks, but decor and gadgets and all sorts of scary, little noisy thingys. You've got to visit to appreciate. It's worth the trip.

Along with three pharmacists, Hodgins also has two licensed hearing aid technicians on staff. They will fit customers with back braces or support hose, and, of course, they carry a complete selection of over the counter medications as well.

Hodgins Drug and Hobbies-307 S. Main, 882-5536

10% Discount for Co-op members.

Volunteer Profile: Nancy Draznin

by Tim Lohrmann

A real loading dock! That's an advantage the future Co-op location (in the old Third Street Market space) has. That may be a ho-hum, "how nice" feature for the average Co-op'er, but it's a big deal for volunteer Nancy Draznin and her family.

Nancy and her three kids--Rachel, Sam, and Sophia--are into heavy freight: they do the Tuesday Co-op milk-run to Stratton's Dairy.

First, they sort all the crates of empty glass milk jugs and cream bottles, then stack 'em up, and lug 'em out to their van. Then they lug 'em out again at Stratton's after the quick trip to Pullman.

Quite a lot of lugging. But now here come the full bottles--the REAL powerlifting chore.

It's not easy. And the cramped, up-and-down logistics of lifting and hauling at the current Co-op aren't exactly spine friendly.

Not that the kids or Nancy are complaining. She says the volunteer job has worked out well: the kids can help out, and then have a little fun in the Co-op playroom while Nancy does the one-person job of stock rotation. And, it's flexible. Then, there's the 18% discount they earn. That's major for Nancy's family.

"We try to be nutritionally conscious and usually spend around 75% of our food budget at the Co-op, so our working member discount really helps out," says Nancy.

But even more importantly, the family just wants to be a part of the Co-op.

"The Co-op and its members are a major part of our community," Nancy says. "We support what the Co-op does--making local organic and whole food products available and keeping consumer dollars in the local community. Our volunteering is our way to show a commitment to that."

Nancy and her family have been a part of the Co-op community for as long as they've been on the Palouse--since 1992. Originally from the Chicago area, Nancy serves as a Childbirth Educator at Pullman General Hospital.



"I teach a seven-week course on just what childbirth is going to be like and help to provide labor-coping techniques," explains Nancy. She's also considering professional mid-wifery and says she's reviewing her training options there. "I'm got some ambitions in this area but it's difficult to do with three kids," she says. "I'm eventually going to get it done though."

It must be especially difficult with a husband like Nancy's. He's former Co-op worker and sometime volunteer Ken Nagy. The industrious Ken is now "kicking back" with 70- and 80-hour weeks as a second-year law student at the U of I.

"Law School is toughest on the student--there's just so much work," says Nancy. "But it isn't easy for the family either. I'm just glad his first year is over. It was stressful."

Which leads to the next question: the future? Will they be sticking around the Palouse after attorney-to-be Ken passes the bar in couple of years?

"We'll probably move wherever Ken finds a job," answers Nancy. "We have property near Challis, so we'd really like living in that area, somewhere in Central Idaho."

But the future has a way of taking care of itself. In the here and now, Nancy's just enjoying life: the Palouse, her family and friends, the community she has found here.

But when driving down East Third Street and passing a certain corner, she can't refrain from a little near-future obsessing: the new Co-op space. More room. A proper loading dock. Easy freight handling. And can you blame her for indulging in a little anti-Zen? Nancy's too busy for backaches!

THE KIDS PAGE

HAVE A HOWLING HALLOWEEN

This year Have a Party For your DOG! First invite some neighboring Dogs to come. Now for The GAMES, 1# Best Doggy Costume,

2# Bobbing For Biscuits. Get A Large, shallow Pan and Fill it with lukewarm water.



Lemur Facts

- How many baby's does a Lemur usually have?
1-2, 6-7, 3-5
- Size. What is the normal size of an adult Lemur?
17-19, 36-40, 20-24 in.
- What Lemur was identified in 1987?
The Golden Baboo Lemur or the Flying Lemur

Answers

1. The average lemur has 1-2 babies
2. The average lemur is 20-24 inches
3. The golden baboo lemur was discovered in 1987

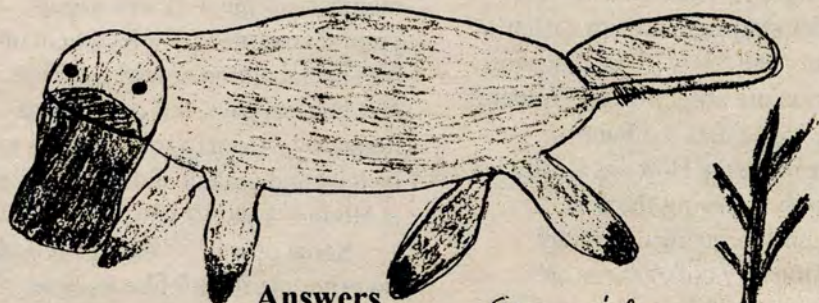
allix see - painter

Float several Large Dog Biscuits in The Water. Give each Dog a time limit for GRABBING all The Biscuits it can. The dog with the most Biscuits - or Eats The most - Wins. 3# Garden of Temptations. The dogs line up in a sit-stays on one side of The field of Toys or Treats with there owners on The other side. one by one The owners recall There DOGS. The DOG That comes to The owner without stoping for a Treat or Toy wins.

Have a Great Halloween!

Platypus Facts

- What is the average size of an adult platypus: 12-18, 18-22, or 10-12 in.
- What is the average weight of an adult platypus: 5.4-6.6, 2.2-5.3 or 1.1-2.1 IBS.
- True or false is the platypus the only mammal that lays eggs?



Answers

Erin jehn

1. An average platypus is 12-18 Inches
2. The average platypus weighs 2.2-5.3 Pounds
3. False! platypuses aren't the only mammals that lay eggs the echidna does too!



Giraffe Facts

- Height. How tall is a giraffe?
17, 15, or 21 ft
- Weight. How much does a giraffe weight?
2,000 2,100 or 1,800 IBS
- Life span. How old can a giraffe get?
26, 23, or 31 years
- Speed how fast can a giraffe run?
35, 45, 40 Mph
- How big can a baby giraffe get?
5.6 - 6, 4.2-5, 6.1-7ft

Answers

1. The average giraffe is 17 feet
2. The average giraffe weighs 1,800 Pounds
3. The average giraffe lives to 26 years old
4. The average giraffe can run up to 35 miles per hour
5. The average baby giraffe is born 5.6-6 feet high

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15% Off
\$1.99



Boca Burger
Recipe Essentials
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Oregon Chai
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\$3.69



Casbah
Organic Teapot Soups with Cous
Cous
15% Off
\$0.89



Casbah
Organic Teapot Soups
15% Off
\$0.89



**Fantastic
Foods**
Mashed Potato Cups
25% Off
\$1.09

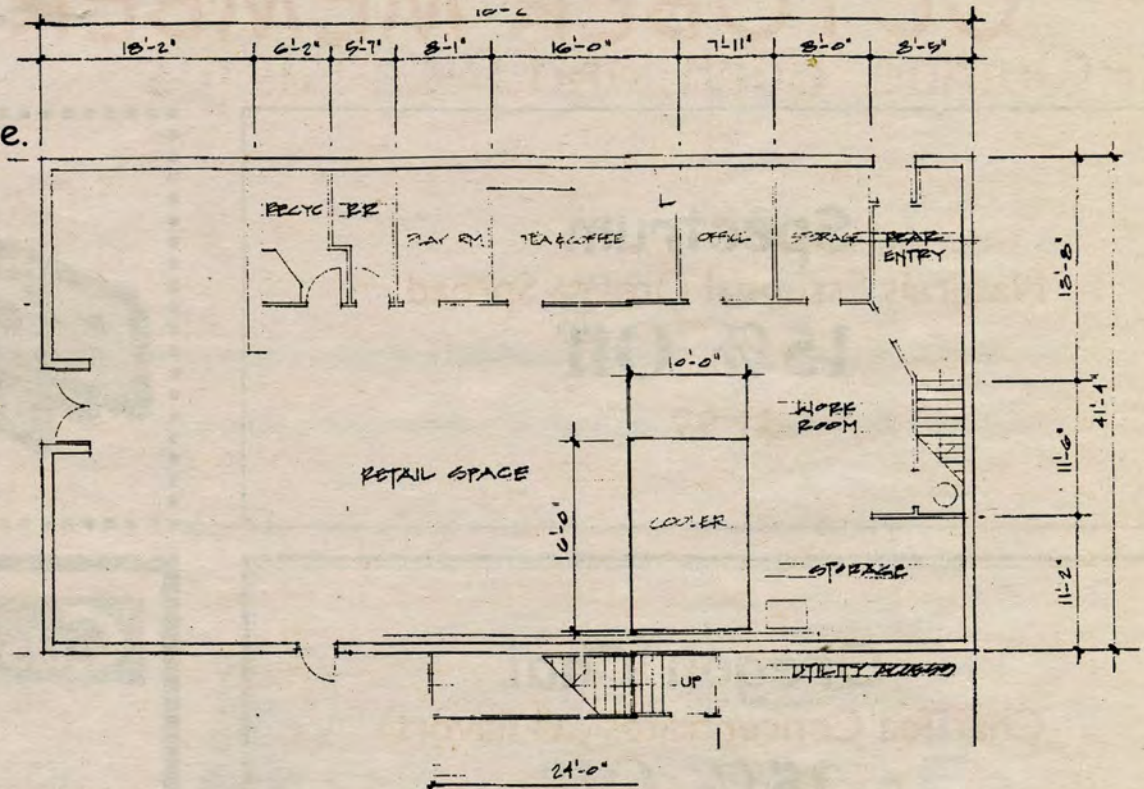
Crystal Geyser
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\$0.79

Holy Cow
Tofu to Go (all flavors)
10% Off
\$3.49

Quality Imports
Bulk Organic Jasmine Brown Rice
15% Off
\$1.19 #

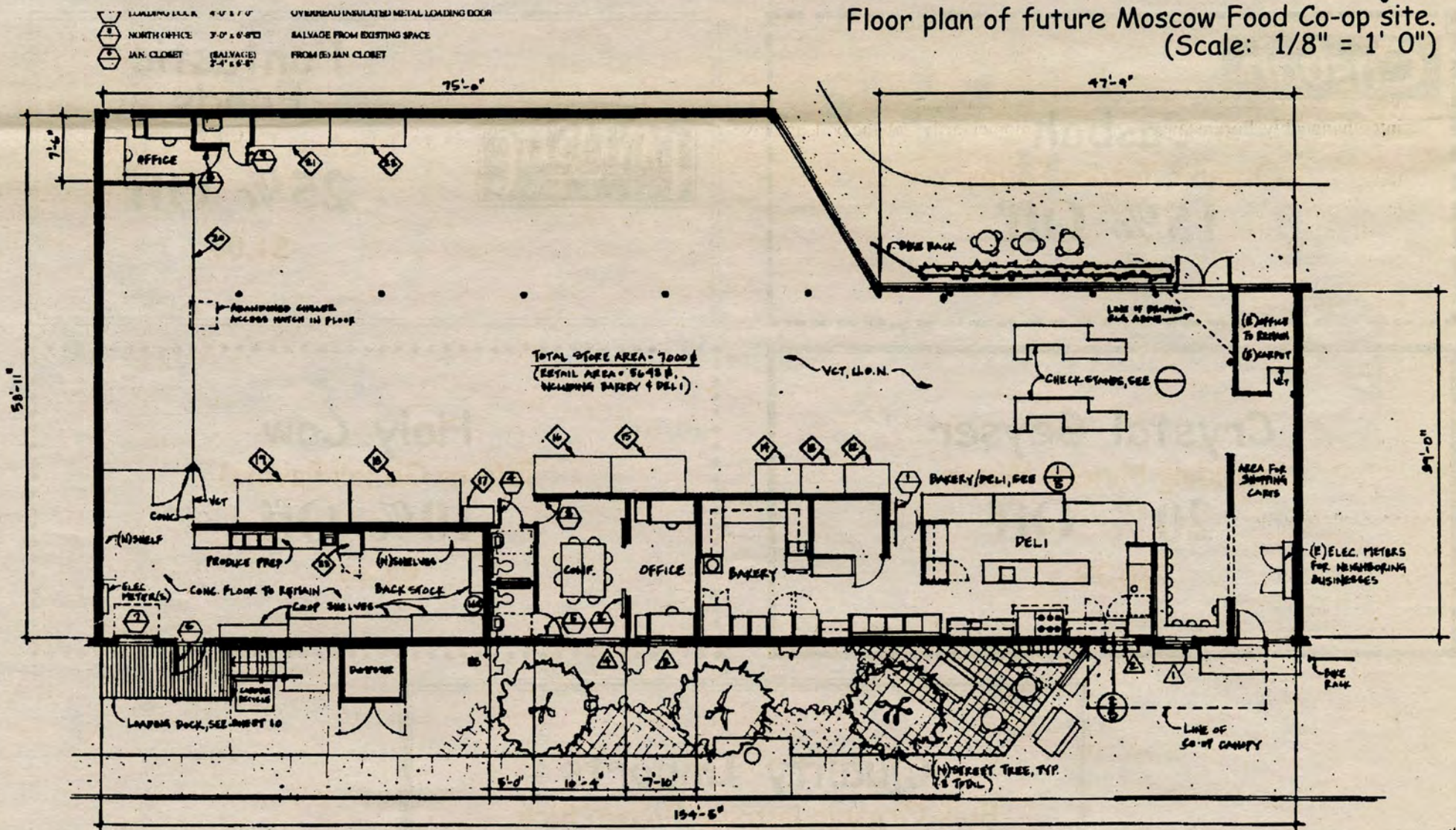
The Look...

Floor plan of existing Moscow Food Co-op site.
(Scale: 1/8" = 1' 0")



...Before We Leap!

Floor plan of future Moscow Food Co-op site.
(Scale: 1/8" = 1' 0")



NOTE
 (N) FOR EQUIPMENT SCHEDULE, SEE (2/5)



FLOOR PLAN		DATE 7/1/90 SCALE 1/8" = 1'-0"
MOSCOW FOOD COOPERATIVE 221 EAST THIRD ST., MOSCOW ID 83843 TEL. (208) 882-8537		SHEET 3

Quinoa, Corn, and Rice Pastas

By Pamela Lee

Pasta means 'paste' or 'dough' in Italian. The mixing of flour and water to form a paste (which is kneaded and cut into various shapes) is a very old culinary process. It is also common to many cultures. Manuscripts and paintings from a number of ancient cultures reveal that pasta was enjoyed as a staple as long as 3500 years ago (during the Shang dynasty in China, the Etruscan civilization, and in ancient Greece). A long history of pasta making also exists in Spain, Israel, Persia, and Russia.

Several decades ago, spaghetti with a red sauce or macaroni-&-cheese were about the only pasta dishes familiar to most Americans. Yet now we regularly consume pasta in many forms, with many sauces and presentations. In the 1960's few of us called spaghetti "pasta," so a few words about terminology: flour-and-water pastas are strictly classified as macaroni, and egg pastas are called noodles. But, we use these terms somewhat interchangeably. For instance, fettuccine is called pasta even though it is, strictly speaking, a noodle, i.e. made from an egg paste.

If you've browsed through the pleasing array of bulk pasta at the Coop, maybe you've wondered about the "macaroni" in the drawers in the far right-hand column: the garlic-parsley rice twists, the quinoa linguini, rotelle, curls and pagodas, the corn spaghetti? Well, let me testify that they are very good! The first time I bought corn spaghetti was many years ago, quite by accident. I was shopping in a hurry and didn't realize what I'd purchased. I thought I'd bought regular wheat spaghetti, and threw it in a big pot of boiling water. The flavor was intriguing and different, but since I thought I was cooking wheat spaghetti, I overcooked it. Since then, I've learned that I'm allergic to wheat; so now I purposely buy the gluten-free pasta.

While I do miss wheat terribly when it comes to my daily bread, I never feel deprived when I sup on gluten-free pasta dishes. They are plenty satisfying in their own right. My personal favorites are the quinoa and corn varieties.

The secret to cooking gluten-free pasta is not to overcook it. Without wheat's gluten, the window of time between underdone and overdone passes very quickly. I also don't think the rice, corn, or quinoa varieties expand as they cook as much as wheat pasta does. So you'll want to cook a little more dry pasta than you would with wheat. For each 8 ounces of dry pasta, bring at least 3 or 4 quarts of salted water to a rapid boil. Stir the dry pasta into the water with a large spoon or fork, breaking apart noodles that might clump together. Bring the water back to a gently rolling boil and cook uncovered for about 4 minutes. At this point, start tasting a bit of pasta every minute. As the pasta gets close to done, taste more often. When it is done, act fast: immediately drain it in a colander. Or, have a couple of cups of cold water handy, and throw the cold water into the pasta pot as soon as the noodles are done, then carry the pot to the sink and drain. (The cold water will momentarily stop the boil, and give you a bit more time to get your pot and colander to the sink.) Don't rinse cooked pasta under running water. Rinsing inhibits the adhesion of your sauce. Adding oil to your cooking water also keeps the sauce from clinging well.

The only time I rinse cooked pasta is if I'm making a chilled pasta salad that is going to spend the night in the refrigerator. Rinsing the cooked, drained pasta briefly with cool tap water will help inhibit the absorption of all your salad dressing, so you won't end up with dry, cold pasta the next day.

There are so many pasta recipes available these days. You can adapt most recipes by substituting gluten-free pasta of various shapes and sizes. Just remember that pasta with more surface area offers more space for the sauce to adhere. If you like leftovers, delicate shapes, like the quinoa pagodas, do not hold up to storage as well as linguini or elbows.

The following recipe is my invention. I've served it on both quinoa/corn linguini and on corn spaghetti. Since mushrooms cook quickly, have all your ingredients

chopped and measured, and get your pasta water boiling before you start cooking the mushrooms. I usually start cooking the spaghetti as the mushrooms cook. I add the garlic in stages, starting when I begin sauteing the mushrooms. When company has eaten this dish, they've devoured it with kudos and raves and never knew they weren't eating regular wheat pasta.

Shitake, Goat Cheese & Corn Spaghetti

- Corn spaghetti
1 medium onion, chopped (about 2 cups)
1 bunch scallions, chopped
3 T. extra-virgin olive oil
1/2 t. sea salt
1/4 to 1/3 c. garlic (or less, to taste), minced
4 c. sliced Shitake mushroom caps (discard stems or save for making stock)
1/8 cup organic red wine*
1 T. balsamic vinegar
1 T. fresh squeezed lemon juice
3 to 4 oz. Chevre (goat cheese)
1/3 jar (~6oz.) Parrot brand Chipolte Salsa
1/3 cup rehydrated dried tomatoes, chopped
1/4 cup fresh basil, finely chopped
Salt and freshly ground black pepper to taste
chopped parsley and chives for garnish
1. Caramelize the chopped onion and scallion (with salt) in olive oil using a large heavy skillet, stirring occasionally.
 2. While the onions cook, boil a bit of water and rehydrate the dried tomatoes. I prefer dried cherry tomatoes since they don't require chopping. If you are using larger tomato slices, chop or cut them with kitchen scissors in the hot water.
 3. When the onions have acquired a sweet, light brown color, turn the heat up to quite high as you add the sliced mushroom caps and some of the minced garlic. Stir and toss the shitakes with the onion/oil



mixture. Cook for a couple of minutes then add the wine, vinegar and lemon juice, all the while stirring. When the shitakes are nearly cooked, add the rest of the garlic, salsa and rehydrated tomatoes. Heat until the sauce is fully warmed. Add the chopped basil. Taste and adjust the salt to your palette. Add freshly ground pepper.

4. Drain the cooked pasta and transfer it to a large serving dish. Dress with the Shitake salsa sauce, top with crumbled Chevre, finely chopped parsley, and chives.

*If you don't have or don't wish to use red wine, save the tomato soaking water and use it instead. It's full of flavor.

Some Quick Pasta Sauces:

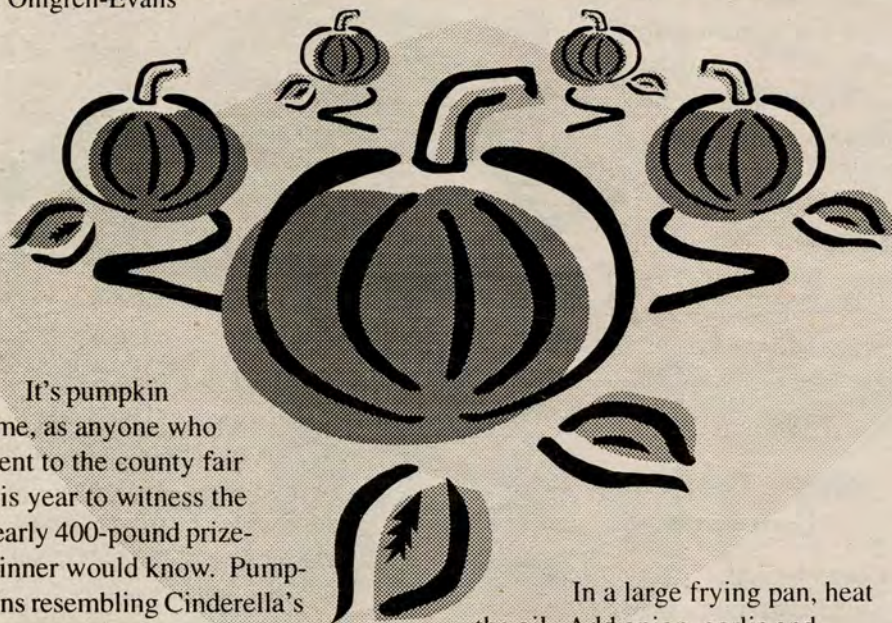
Thinly julienne strips of red, green, and yellow bell peppers. Saute the peppers in olive oil, with garlic, salt, and pepper. Toss with cooked pasta and, if desired, finely grated cheese.

Thin some Kalamata Olive Spread with a flavorful extra virgin olive oil and toss with cooked pasta. Garnish with fresh chopped parsley or chives. (If you haven't discovered Kalamata Olive Spread yet, it can be found at the Co-op across the aisle from the yogurt. It's delightful, with many uses: it's tasty on bread, cooked grain, eggs, or vegetables.)

Saute finely chopped garlic over low heat in extra virgin olive oil. Be careful not to toast the garlic or it will turn bitter. Drain a 7 oz. can of diced green chiles; heat them with the garlic and toss the mixture with cooked pasta. Top with grated feta cheese and freshly chopped cilantro or parsley.

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Pumpkin with Black Beans

R. Ohlgren-Evans



It's pumpkin time, as anyone who went to the county fair this year to witness the nearly 400-pound prize-winner would know. Pumpkins resembling Cinderella's coach might win blue ribbons, but would not be our first choice for cooking. The 'sugar,' or 'pie' pumpkins, which are grown specifically for cooking, have a smaller seed cavity, more flesh, and are less stringy.

A pumpkin stores well for up to five months if kept in a cool, dry place or root cellar, and pumpkin puree freezes well. And don't forget—if pumpkin is not available, any winter squash will substitute in most recipes.

This unique dish has a mild south-of-the-border influence, and would be great served with warm tortillas and some plain yogurt or sour cream.

Pumpkin with Black Beans

- 1 Tbs vegetable oil
- 1 small onion, chopped
- 2 cloves garlic, minced
- 1 cup pumpkin, peeled and cut into 1/2-inch cubes
- 1/4 cup sherry (optional may substitute another 1/4 cup vegetable broth)
- 2 cups cooked black beans
- 1/2 tsp salt
- 1/2 tsp cumin
- 1/2 tsp thyme
- 3 green onions, sliced

In a large frying pan, heat the oil. Add onion, garlic and pumpkin, and sauté until the onion is softened. Add sherry and broth and simmer until the pumpkin is tender when pierced with a fork, about 8 minutes.

Add the beans, salt, cumin, and thyme; continue to simmer until the beans are heated through. Garnish with green onions.



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

R. Ohlgren-Evans

**The Gluten-free Gourmet
Cooks Fast and Healthy**
by Bette Hagman
396 pp \$14.95
Owl Books New York

**Easy Bread Making for Spe-
cial Diets**
by Nicolette M. Dumke
250 pp \$14.95
Adapt Books Louisville,
Colorado

**The Quick & Easy Organic
Gourmet**
by Leslie Cerier
315 pp \$17.95
Barrytown Ltd New York

The Co-op is gathering quite a few cookbooks for special-needs diets, and this month we are looking at three of these selections.

The first, *The Gluten-free Gourmet Cooks Fast and Healthy*, is written by the author of other Gluten-free Gourmet cookbooks. Ms. Hagman's gluten-and wheat-free recipes are a sure way to restore good eating to those who must follow this diet. This is her third book and it is filled with recipes such as chocolate cakes, macadamia nut biscotti, ginger chicken and a peach and plumb crisp (notice how I kept going back to the dessert section?? hmmm...) She emphasizes time-saving mixes to aid the working family, cooking with less fat and sugar, and bread machine recipes.

Speaking of bread machines, our second selection, *Easy Bread Making for Special Diets*, includes



over 190 recipes for breads, cakes, rolls, buns, doughnuts...even pizza and danish for special diets. The special diets include wheat-free, milk-and lactose-free, egg-free, gluten-free, yeast-free, sugar-free, low fat, high or low fiber, low sodium, diabetic, and low calorie. Directions are adapted for the use of a bread machine, food processor or mixer, and the bread recipes are for 1-lb or 1 1/2-lb loaves. There are wholesome breads, such as quinoa and amaranth, as well as streusel coffee cake and cinnamon rolls.

The Quick & Easy Organic Gourmet is our third selection this month. In her book, Leslie Cerier highlights 'delicious, healthy meals without meat, wheat, dairy, or sugar.' She includes the exotic, such as Fragrant Indian Cabbage and Brazilian Black Bean Soup, as well as some updated traditional American dishes, like Spinach and Potato Salad with Capers, and Autumn Minestrone.

Any of these cookbooks would be a welcomed addition to any cook's collection—not just those with special needs.



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Yard & Garden

Mulching and Composting

By Patricia Diaz

Mulching is one of the most valuable things that a gardener can do for his or her garden. Mulching is simply a layer of organic or inorganic material that is placed on top of the soil. The main benefit is saving water which, of course, in turn will save labor as well as our natural resources.

When you mulch, you not only conserve the moisture in the soil, you also will cut down on, or eliminate altogether, weeds. Ruth Stout, one of the great foremothers of organic gardening, is a firm believer in mulching to eliminate work. When your soil is mulched, the rain is able to soak in more, rather than merely running off the baked clay soil that is so common here. Mulching will also save your plants from temperature fluctuations such as heat waves or extreme winter cold. Every fall we mulch our herb garden and trees with a generous layer of straw to help them survive winter better. (See mulch suggestions below.) Your plants will continue to grow a while longer in the fall, also, when mulched because they will be able to stay warmer under the mulch as the nights begin to cool.

As mulch decomposes, compounds are produced that improve our clay soil's structure by aerating it and adding crumbs to break up the clay's density. You will also help cultivate a great earthworm culture under your mulch which, we know from last month's column, is one of the best things for your garden.

You can, if not careful, do some damage to your garden by mulching incorrectly. You should not mulch seedlings (they can get damping off disease), nor should you mulch too close to a tree's trunk (it can get crown rot). And too much mulch (more than four inches) can suffocate your plants. In the spring, it is necessary to pull away the mulch in order for your plants and soil to get warmth from the spring sun. Then, put the mulch back as summer comes.

There are many kinds of organic mulch that you can apply to your garden: bark chips; buckwheat hulls (expensive here and must be renewed each year); coconut fiber (again, hard to find around here);

coffee grounds (good for nitrogen); compost (absolutely the best mulch!!); corn cobs (chopped); corn stalks (shredded first for lower mulch); excelsior; hay, field grass, or weeds (cut before they go to seed!); leafmold (good for the shade); leaves (but not cottonwood, aspen, linden, willow, or green ash as they're too alkaline); manure (only well-weathered and it's often still got weed seeds in it); sphagnum peat moss (don't use mountain peat—it's too acid); conifer needles (composted); pole peelings (from lumber mills); sand (disappears quickly); sawdust (need to fortify with nitrogen and don't use old fermented sawdust); snow (free winter protection! Called 'nature's best'); spent hops; spent mushroom compost; straw; and wood shavings.

Inorganic mulches include: aluminum foil (repels insects and reflects light which may increase crop yields); asphalt building paper (unattractive but effective); carpet (man-made fiber carpet is great between rows of vegetables); fabric-weed barrier; fiberglass matting (very effective); newspaper (3-6 sheets thick and covered with organic mulch); plastic film (good for short term use); perlite (blows easily but good for cacti and succulents); gravel, crushed stone, mineral clay chips, or marble chips (don't use marble on acid-loving plants, but it's especially good for rock garden plants); rocks and stones (can go right up to the trunks of trees, unlike organic mulches); and vermiculite (good insulator and holds water well).

Since we just discovered that the best mulch you can use (other than snow which obviously isn't available year-round [thank heavens!]) is compost, let's find out more about that wonderful stuff.

Organic matter is extremely helpful in our clay soil and composting is an easy way to get it, as well as making you a better recycler! It is necessary to make compost yourself—what you buy at the nursery doesn't last long enough.

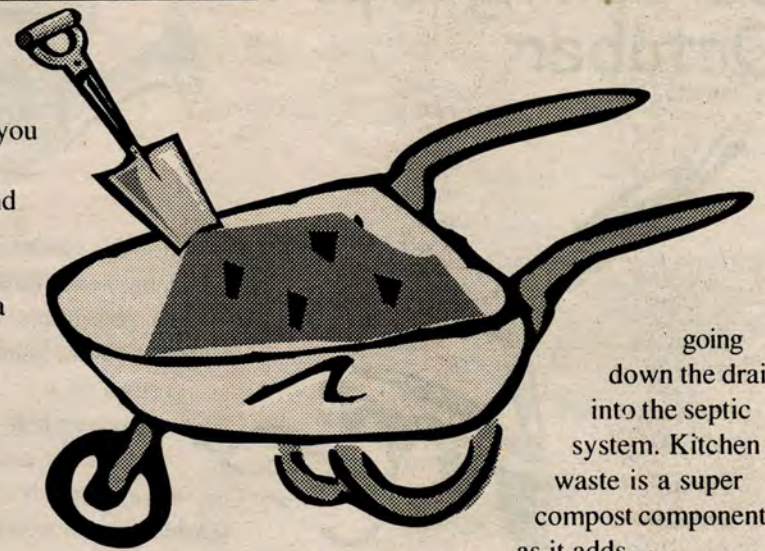
The first thing you need is an area dedicated to composting, and two bins—one for compost-in-progress and one for finished

compost. If you are really dedicated and can get oak leaves, you might have a third bin for oak-leaf compost which is really good for acid-loving plants. Bins can be made from anything, or you can just have piles if you want, but piles aren't very tidy. A good bin material is snow fence: wood slats held together with wire. You need air to enter the compost pile, which this fencing allows, and it's four feet tall which is about ideal. In fact, the height of the pile is often critical to your compost's success. Anything smaller than four feet tall or wide doesn't compost properly, as its mass isn't enough to generate and maintain enough heat for decomposition to take place.

You can also purchase compost bins but they are usually very expensive and unnecessary.

So, what do you put into the compost pile? One of the most basic ingredients is leaves. In autumn, soon actually, go around and get all the fallen leaves, plus your neighbor's leaves, to start your pile. The best leaves are maple, oak, fruit tree leaves, and pine needles. You can add green weeds in summer (as long as there are no seed heads in it), as well as twigs, kitchen garbage, and animal manure (but avoid cat and dog manure which may harbor parasites and other uglies). You will need to add soil (a shovel or two) in order to add micro-organisms for the decomposition process, and you will need to add some water. If you forget to add water at all, your pile can actually begin to smolder. Also, don't add too many grass clippings as they can mat together and prevent water from soaking in, and they can be a breeding place for house flies.

A word of caution about adding garbage and animal manure—check your town's ordinances about adding garbage to compost piles. In rural areas it's just a good idea to compost, as you don't want garbage



going down the drain into the septic system. Kitchen waste is a super compost component, as it adds

micro-nutrients from other areas, such as citrus rinds, coffee grounds, banana peels, etc. Animal manure is also a great addition, and there's little smell unless the pile is too wet or too dry. Rabbit manure is best, with chicken manure second-best.

When the bin is full, hose it down until a squeezed handful feels spongy. Top it off with a few shovels of ordinary soil. Later, if you want to turn your compost, lay a plastic tarp beside the pile and spade the contents onto the tarp in a long column. Put it back by spading the top of the former pile back in first and voila, your pile is turned.

When is the pile "done?" If you start now with fall leaves, your compost will be ready around the middle of June, if you turn your pile once in early spring. The pile probably won't freeze in winter but covering it with a clear plastic sheet will help conserve its heat and keep it from getting too wet from rain or snow.

Good luck and just watch how your garden grows next year with all that wonderful compost mixed in and good mulch on top!



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Gardening Tips For October

By Patricia Diaz



(see this month's gardening article about mulches) over bulbs, strawberry beds, perennials, and vegetables you are keeping in the ground such as carrots, horseradish, kale, parsnips, and turnips. I always mulch my herb garden for the winter, as I have lots of lavender which is rather fragile in this climate. You can also prepare planting beds now by working in lots of organic matter and leaving the soil rough so that it will absorb winter moisture. After their leaves have fallen, you can water deciduous trees deeply as long as the temperature is above freezing. Happy harvesting!

There are several important gardening things to take care of before winter comes: it's time to plant bulbs and set out ground covers, trees, shrubs, and other perennials. You can also sow wild flowers by lightly raking seeds in with a 1/4" cover of organic matter. If frost is imminent, harvest tomatoes or protect them with covers. Ones with bits of red or yellow color showing will ripen indoors eventually. You also need to think about mulching for winter—spread 2-3" of compost, straw, etc.

Another Fresh-Air Volunteer Position Is Open

by Therese Harris

Distribution of this newsletter in Pullman is a job that's in need of doing. It's got a flexible schedule, it gets you out-of-doors (and in and out of lots of other doors), it's great exercise and it's a cool way to meet people. So, if you have a few hours

at the start of each month and would like to see more of Pullman while earning a discount on your Co-op groceries, please call me and we can discuss the details. I, my family, or our machine can be reached at 334-0335.

Cerridwin's Riddle

Trite orts gathered from infant stage and on,
Loose connotations tightened when spawned,
Deliver! The ware of bouts known?
Gleemen fused to synapse and seethed in stone.
Then like sums in the still water rush
Forgotten frankincense make her blush
To this comes the Cygnus Plume
As the mind sails astute in Alice's room.

The Goddess comes hither
the Moon goes with her
And the Bards cry
"It's winter!"

By Tom Armstrong

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must be the
Change
you want to
see
in the
World*
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Did You Say Veterinarian? No That's Vegetarian!

by The Dynamic Duo

Why did I become a vegetarian? This is an odd but amusing story. After returning to California in 1987 my life became permeated with new age customs characterized by this state. I taught myself yoga, burned incense, and began eating tofu. All the yoga books told me that to be a yogini, I must be a vegetarian. "OK," I said and struggled through one vegetable-filled week before I broke down and succumbed to my carnivorous craving. But the saga didn't end there.

A month later as I sat in my backyard overlooking the San Diego Bay, eating my Lean Cuisine chicken meal, I was struck by the unexplainable. While I watched my cat Gumbo and the local ducks walk by I suddenly thought, "I could be eating them... and they are my friends." You can probably understand my sentiment of why I instantly became a vegetarian. I could not possibly eat my friends. I've never had a craving to eat animal flesh again.

Many of the greatest philosophers, scientists, and leaders have advocated and practiced vegetarianism, including: Emerson, Thoreau, Buddha, Plato, Socrates, and Pythagoras. Want to join?

There are a variety of types of vegetarians. A vegan eats no animal products of any kind. A lacto-vegetarian will add milk products to her/his diet. The ovo-vegetarian uses eggs. The most common is the lacto-ovo vegetarian who supplements her/his diet with milk products and eggs. In Jethro Kloss' health book *Back to Eden*, he states, "Vegetarians who eat eggs, milk, and milk products have no



difficulty in obtaining all the components that are necessary for a nutritionally adequate diet." Vegans should supplement their diet with B 12 vitamins or foods high in B 12 such as: fortified soy milk, cereals, and fermented foods such as miso. The main concern of prospective vegetarians is where they get their protein. Most people are unaware that typical Americans eat about twice the amount of protein required by the body.

Nutritionist Jethro Kloss also writes, "In summary, some of the important benefits of following a vegetarian diet are the following: less colon, breast, and possibly prostatic cancer; greater bone strength; lower blood pressure; lower serum cholesterol; less obesity; less expense; less heart disease; fewer problems with constipation, diverticulosis, and hemorrhoids; less chance of developing varicose veins; less exposure to toxins present in meat; conservation of the world's food supply; no danger of ingesting parasites, bacteria, carcinogens, or other toxic substances found in meat; and vegetarianism doesn't require the cruel treatment and slaughter of animals."

If these are not good enough reasons to become a vegetarian, you may want to consider these.

1. Excluding exports, about one-half of our harvested acreage goes to feed livestock.
2. The value of raw materials consumed to produce food from live-stock is greater than the value of all oil, gas, and coal consumed in this country.
3. American livestock contribute five times more harmful organic waste to water pollution than do people, and twice that of industry.
4. To produce a 1-pound steak requires 2,500 gallons of water.
5. Livestock production consumes more than half of all waters used for all purposes in the United States.
6. 85% of US topsoil loss is directly associated with livestock raising.
7. 260 million acres of US forest

have been cleared to create cropland to produce our meat centered diet.

8. In the United States, about 100 million animals a week are killed for food—in a year, that adds to about one for every person on earth.
9. One acre of trees is spared every year for each individual who switches to a strictly vegetarian diet.
10. Cattle feed routinely includes shredded newspaper, cement dust, feathers, sawdust, 'plastic hay', and processed sewage to promote rapid weight gain." (Statistics 1-4 taken from *Diet for a Small Planet* by Francis Moore Lappe'. Statistics 5-10 taken from *People for the Ethical Treatment of Animals* pamphlet and *Diet for a new America* by John Robbins.)

Over the past decade I have read descriptions about the cruel treatment of animals meant for slaughter and food sources. Most of these stories would turn your stomach and make you question the ethics of our humanity. "It is difficult to believe, but it really happens, that during the marketing and slaughtering process, many pigs actually die from fright before they can be killed," *Back to Eden* describes.

I assumed I would be safe in this respect, being a lacto-ovo vegetarian, until I read an article about the inhumane conditions for chickens (egg producing and otherwise). In some factories and farms the chickens are crammed, a few at a time, into cages the size of a record cover. Because they have no room to move about, their claws often grow around the wires of the cages.

These cages are piled one atop the other causing the chickens' fecal matter fall onto those underneath them. The "living conditions" are so stressful that some chickens actually peck each other to death. How can we, as aware citizens, avoid buying into such abuse? I would suggest purchasing eggs (or chickens) that are raised CAGE-FREE or FREE-RANGE. It should say this on the label, and the inflated price tag will



tell you so, too. But it is worth it to me, just knowing that I am not going to be ingesting all the negative energy passed down from the tortured chickens to the eggs. Other food labels you may want to look for are HORMONE-FREE, ORGANIC, and RENNET-LESS (for cheese). "Meats of all kinds are unnatural food. Flesh, fowl, and seafoods are very likely to contain numbers of bacteria that infect the intestines, causing colitis and many other diseases. They always cause putrefaction," Jethro Kloss explains. In fact, meat protein putrefies in the body twice as fast as vegetable protein.

If you think fish are safe, you may be interested that the following chemicals can be found in our finned floating friends: lead, mercury, zinc, cadmium, calcium, antimony, arsenic, and DDT. In my 10 years experience cooking in fine restaurants throughout the western states, not once have I cut open a fish that was not a worm carrier. Fish, as well as livestock, are often cancerous, affected by diseases, and/or genetic deformities, which are passed onto the meat-eater.

Well, I guess the Dynamic Duo was caught on the soap box, as I could go on forever. To close with, here's a simple test to define if you're a true vegetarian or not. If it has eyes and moves of its own accord and you eat it, you do not have the privilege to call yourself a vegetarian.

Blessed be to you and all Goddess's creatures on earth.

The Dynamic Duo are also known as David Smith & Cynthia Gott.



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