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1999

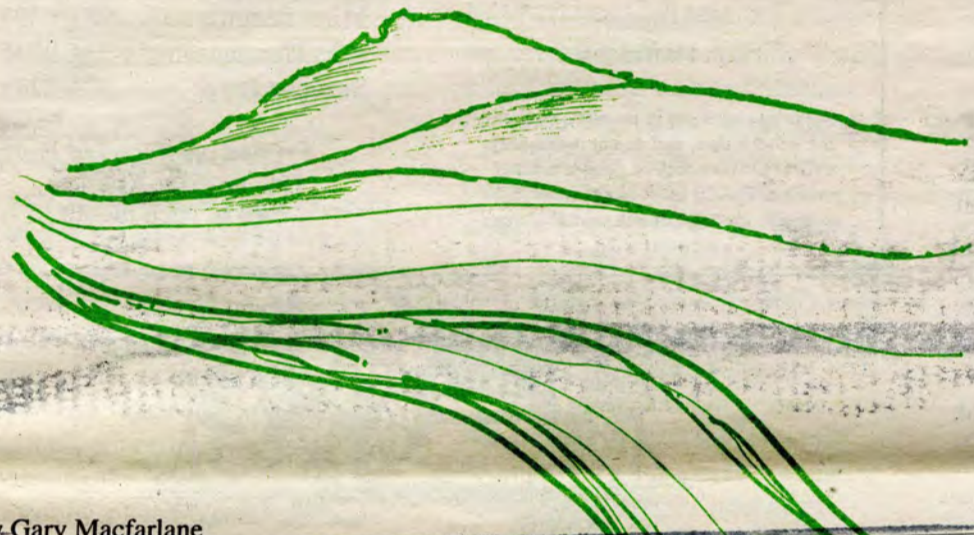
# MOSCOW Food Co-operative



Community News

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

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## Paradise Creek (Crick) Cleanup

by Gary Macfarlane

Cricks defined the West. They were, and are, ribbons of life that connect places and provide corridors for fish and wildlife. Two cricks tumbled down from the 12,000 foot mountain behind the town where I was raised. The cold, clear water provided respite from the dry heat of 100-degree days. Of course, once the cricks reached the canyons' mouths at the outskirts of town, they were quickly diverted for irrigation and drinking water. They were no longer cricks.

Here in Moscow we have Paradise Creek. Even as compromised as it is, it does flow through town, though it may only be a trickle during dry months. That is no small feat since much of the West is so thirsty that many streams never make it through town.

Each year we have an opportunity to help restore Paradise Creek. The annual Paradise Creek Cleanup, sponsored by the Palouse Clearwater Environmental Institute and supported by the Moscow Food Co-op, provides a good opportunity to pick up garbage along the banks, help out the community, and learn more about this unique feature flowing through our midst. The next Cleanup is on Saturday, April 17. The event starts around 9:00 AM and people can meet at the Moscow Food Co-op or the Palouse Clearwater Environmental Institute (114 West Fourth Street, located just north of Friendship Square in the basement of the Moscow Hotel). However, please call PCEI at 882-1444 for the most up-to-date information, or visit PCEI's web page at [www.moscow.com/pcei](http://www.moscow.com/pcei).

In any case, concern shouldn't end with the cleanup. Paradise Creek needs constant vigilance. We all need to become involved when anything untoward is happening to Paradise Creek or its banks and flood plain. Riparian areas (a fancy term for those bio-rich zones along water courses where the vegetation is influenced by the water) are critical for human enjoyment and wildlife, so don't be shy about speaking up.

Cricks are home to salmonids, cold water biota and (fancy terms for trout and associated species). Cricks flow cold and clear. Cricks have dense vegetation and trees along their banks where birds and other critters dance their lives. Paradise Creek needs help so it can become a crick once again.

Moscow Food Coop  
221 E. 3rd ST  
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# Co-op - News

## Year in Review

by Kenna S. Eaton

One of the most frequently asked questions from concerned members is "How **IS** the Co-op doing these days?" Well, the short answer is, "Just fine Thank-You!" And then there is a long answer...

Below is a simplified version of what I told members at the *Annual Get-Together and Have Fun Event* (otherwise known as the membership meeting).

First I'll give you a financial review of 1998, and then the information we have so far on 1999.

1998 Year		
Sales	\$1,116,530	100%
Cost of Sales	-\$735,644	65.89%
Gross Profit	\$380,886	34.11%
Payroll	-\$256,137	23.00%
Expansion	-\$ 24,553	2.00%
Other	-\$146,682	13.00%
Total Income	\$ (46,484)	-3.89%

This might look a little bleak to you, but as a financial manager I find most of this loss explained by relocation expenses that couldn't go directly on the Balance Sheet. This loss also includes almost \$11,000 in depreciation.

Since relocating, we have seen sales jump 38% in the first month (over January of 1998) and 13% over our projections. In February sales were up 49% over February of 1998. Expenses the first month ran high, mostly due to increased inventory for the new site, plus payroll. We feel very comfortable with these numbers. They tell us we can easily accommodate the debt we took on for this project. Our balance sheet is also very strong right now, showing that we are utilizing the members' assets and putting them to work. Other numbers such as operating expenses, margins, and payroll have not settled down enough yet for me to report on them. After the inventory at the end of the quarter we will know more.

## Ad Person Needed

by Gary Macfarlane

The Coop needs an outgoing ad person for the newsletter—someone who can convince folks to put ads in the newsletter. Kristi has been doing this important job, along with about 2,453 other jobs, but won't be able to continue as she is going to have a baby in June. (Congratulations Kristi and Mark!) Thus, we are in desperate need.

Since (with apologies to the Stones) I ain't to proud to beg, I know some Co-op member out there really wants this job and the volunteer discount that goes with it. Just think, good organic beer for about 99 cents a bottle, delicious deli soup at 18% off, bakery bread with the bread card and a discount! Please contact Bill London (newsletter editor), Kenna Eaton, or Kristi Wildung if you are interested. Thanks again.

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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.

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# New Directors Elected

by Evan Holmes

Margo Kay and Llewellyn (Al) Pingree are the newly elected members of the Moscow Food Co-op's board of directors. Patrick Vaughan also received considerable support for his bid to join the Co-op's governing body. It has been noted that all candidates ran honorable campaigns, avoiding smear tactics and without bombarding us with negative television advertising funded by out-of-state PAC contributions. Margo and Al replace outgoing directors Christine Moffitt and Mike Cressler.

Our new board members will work with incumbent directors Nick Ogle, Mimi Pengilly, Jim Gale, Suzanne Peyer/ John Hermanson (shared position) and Ernie Biller to determine the goals and strategies for the continued evolution of the Moscow Food Co-op.

The directors are any member's conduit to the workings of the cooperative. They are ready to hear questions, concerns or other input concerning the MFC's organization, philosophy, planning, management, or budget. The next Board meeting convenes Wednesday April 14 at 5:30 P.M. at Laura's Tea and Treasure on south Main Street in downtown Moscow. Co-op members are welcome to attend.

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# The Buy Line

By Vicki Reich and Laura Church

Spring is finally in the air. We've been opening up the loading dock door to let in the sunshine and revive all of our spirits. In-store, we have two seed racks up now to get you thinking about gardening. And Carrie keeps bringing in new plants to place around the store. Hope you're all enjoying the sunshine as much as we are.

Here's what you've been asking about on the suggestion board:

*For the past few weeks the bulk blue chips have been extra salty. Is this a fluke? They were perfectly lightly salted until now. P.S. I love the new store! We're betting it's just a fluke because we're still buying the same brand we always have.*

*You carry many different kinds of olive oils. Could you please carry some that are flavored for dipping? Also, how about paper towels by the bulk liquids? We will certainly look into carrying flavored olive oils, and the paper towel idea is great!*

*Can you get frozen or fresh tamales? I've been thinking of adding frozen tamales to the freezer. Look for them in the next month.*

*Please order sharp cheddar cheese without coloring? It's here.*

*The Pad Thai noodles used to cost \$1.20 for a 1lb bag. Now they cost \$3.00 for a \_ lb bag. So the price per weight has gone up by a factor of 5! What gives! We have two kinds of Pad Thai noodles. One of them still costs \$1.20/lb. Sorry they were out of stock when you were here.*

*Is there a Celestial Seasonings sampler tea box? Yes there is and we will look into carrying it.*

*Please bring back the cookie-ice cream sandwiches, especially the mocha pies. We will have them as soon as we can get them from our supplier again.*

Please carry Garden Burgers and Garden Sausage again. It's been a long time.

*Please do not carry these items. The makers of Garden Burgers buy their ingredients from growers who have inappropriate labor practices. These two comments were on the same piece of paper written by different customers. As you can see, there are many different opinions about this product. Currently we do not carry the product because they*

can be purchased elsewhere for much cheaper.

*Would it be possible to carry Evening in Missoula and Night on Glacier Bay teas? I'm looking into this product for you.*

*Please try to find Soy Boy ravioli. Sorry, but this product is unavailable from our suppliers.*

*How about a coarser whole wheat flour? Have you tried the graham flour? That's about as coarse as it gets here.*

*Please cover the lights. They hurt my eyes and they are exhausting and cause migraines. We are currently looking into different lighting options. However, nothing is cheap and we have recently spent a lot of money on moving the store.*

*Play Reggae on the intercom. Sure, if you will donate the CD's to us, we will be happy to play them.*

*Could you pack the saffron in \_ gram packets please? Sure, why not. Look for it in the future.*

*I would really appreciate organic half-n-half in the pint size. Thanks! It's here! Look for it by the other organic milk.*

*I'm sure you're aware of this, but the top bulk bins don't dispense large items very well. We do have plans to order some better bulk bins, but until they get here, please don't hesitate to ask a staff person or volunteer to assist you.*

*Please offer a trail mix without chocolate or carob candy in it. Thanks. We have added a new trail mix without candy. Hope you like it.*

*A granola awareness night would be extremely beneficial. The general public is simply not aware of the tremendous effect and vast variety of grains available. We will certainly pass on your suggestion to the education committee. I know they have plans for offering classes in the future.*

*We can no longer find whole wheat raisin English muffins anymore. Is the bakery making them? The bakery no longer bakes them due to slow sales, but we now carry several varieties of organic English muffins in the freezer.*

*Can you get "mild" versions of the parrot Brand Salsa? You bet! We will be bringing in the black*

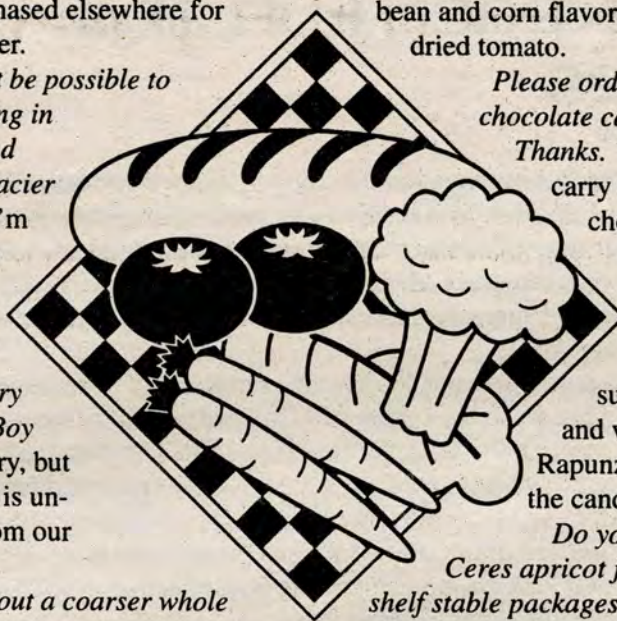
bean and corn flavor and the sun-dried tomato.


*Please order semi-sweet chocolate candy bars.*

*Thanks. We currently carry a couple of choices. We have the Ghirardelli brand on the baking supplies shelf, and we have the Rapunzel brand on the candy shelf.*

*Do you still stock Ceres apricot juice in the shelf stable packages? I haven't seen it since it was on sale a month ago. That was a popular flavor, and we will bring it back as soon as we can fit it on the shelf.*

*Is it possible to get low-sodium soy sauce in bulk? Also, is it possible to get rice wine vinegar in bulk? Love the store and the always friendly service! We will bring in the low-sodium soy sauce. Unfortunately the rice wine vinegar is not available in bulk, but we'll keep looking for it.*





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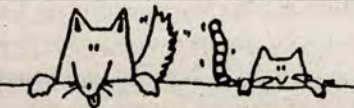
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Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.



# Out-Reach Fun and Games

by Kenna S. Eaton

The Co-op reaches out to our community in many ways. Sometimes it is as simple as donating an item for a fund-raising auction, or giving money to a local cause. Other times it can be more complicated. In February we sponsored a lecture on growing and using Medicinal Herbs, held an open house for the Moscow Chamber of Commerce, and spent time working with communications students from WSU.

We have also participated in "Cultivating the Harvest," a small-acreage-farm conference held at the University of Idaho and put on by the inland Northwest Community Food Systems Task Force. On a Thursday afternoon we had 20 conference participants come to our store for a tour and refreshments after a long day of traveling through the Palouse. The following Sunday I attended another portion of the conference and participated in a panel-discussion on rural economic development, sharing how effectively the Co-op was able to raise funds from within our membership.

Early in March we attended a Wellness Fair held by Latah County for their employees. Nestled amongst the blood pressure tests, cholesterol checks, and various other health professionals, the Co-op handed out samples of our excellent tabouli, hummus and chips, cookies, and juice, and answered lots of questions about the Co-op and what we do here. This month we'll be part of the Earth Day Paradise Creek Clean Up (April 17).

Are you interested in helping the Co-op with our out-reach efforts? We can always use help. Talk to Gary, our volunteer coordinator, or fill out a volunteer application on the Board at the front of the Co-op.

# What's New In The Produce Department

by Laura Church

*Please, no Dole bananas. They are dipped in vats of nasty chemicals and their labor practices are questionable.* This comment, and several more just like it, have appeared on the Co-op's suggestion board in the past several weeks. I am very happy to get such specific feedback from the membership, because it really helps me to understand what it is that you want from your store. Although we will continue to carry conventional produce on a very limited basis, we will be discontinuing the Dole produce line. Although I am still a firm believer in offering our members a choice, I also think that many of our customers depend on us to select products for them that are healthy for their bodies and the environment. If we carry Dole produce, many of our customers may then assume that the company isn't so bad. The Co-op is not, nor ever has been, a totally organic store, however, we do have high purchasing standards, and I do not feel that the Dole corporation in any way comes close to meeting those standards.

We are currently carrying non-organic peppers because the organic ones are not yet available, but when organic is available we will switch over to the organic source. This will be the new policy in the produce department. We will continue to support local and/or organic produce as much as possible. Some people have questioned whether or not we are following the Co-op's mission statement when we carry conventional produce. Just because we carry some conventional produce, does not mean we do not still support local and organic, it just means that we cannot get the local or organic alternative at that time.

*Cover potatoes with dark covers so they don't turn green from the light. Green potatoes are not healthy!* It's true that green potatoes are toxic, so please don't eat them! I apologize if you found green potatoes in our bins when you came shopping, because we usually try to cull them in the morning. Your suggestion of putting covers over them would be a good one, except that I have tried this in the past and I sold even fewer potatoes, causing us to have even more green potatoes to throw away. I think most people are not brave enough to peek under the cloth to discover the potatoes. What I have done is temporarily limited the selection of potatoes so that they will sell more quickly and this seems to have somewhat solved the problem of the green potatoes. Also, I noticed the other day that the spectrum of light in the produce cooler actually tends to make the potatoes look green even when they're not. Maybe we'll get new light bulbs so the produce looks even more appealing.

# Volunteer News

by Gary Macfarlane

A big thanks to all the volunteers who have come forward to help out in the new store. With all the new tasks that the larger location requires, the spirit of volunteerism is greatly appreciated.

There are a few new ideas we are trying to institute to make the volunteer program run more smoothly. First, we are ordering a trainload of industrial-strength ginkgo biloba capsules for the volunteer coordinator so he won't forget important details. Second, we are updating the volunteer handbook and brochure. Look for them in the coming few weeks. Third, a bulletin board will be placed near the volunteer desk, where messages will be posted. Please leave a note there if you cannot make it to your next volunteer shift. This bulletin board also has a schedule for when volunteers will be doing a task. In the event you can't leave a note on the bulletin board, in most instances it would be best if you could contact the staff person you work most closely with if you cannot attend your volunteer shift, rather than leaving a message for me. The message lag time when it is passed on down the line often takes too long. Besides, there is not enough ginkgo in the world to make my brain remember to relay all the messages to the appropriate staff people. Even my calendar fails me on occasion, such as the time I couldn't read my own cryptic scribbling, so I had no clue what I was supposed to do on March 19. Fourth, (NOTE: THIS IS THE MOST IMPORTANT ITEM OF ALL!) I think it would be a grand idea to have a quarterly volunteer appreciation party, though I must confess this idea is not mine. So, keep your eyes posted on the volunteer board. If I remember to show up in the first place, I'll be drinking ginkgo tea and searching for my calendar while everybody else drinks fun stuff, but such is life, or a semblance thereof.

# Virtual Co-op Revisited

by Bill London

Astute newsletter readers will recall an announcement in the January issue about the Virtual Co-op. That refers to efforts to expand the services and/or products at the Co-op on-line. Offering customers the chance to place special orders via computer, for example.

Several Co-op supporters contacted me about coming to such a meeting. We even had the Virtual Co-op meeting scheduled for March. But then the harsh realities of Co-op life intruded. Kenna and the other Co-op staff mutinied. They explained that they are still adjusting to the new building and new procedures and just can not involve themselves in this idea.

But the idea just won't go away. We will schedule this meeting in the fall, after the staff has time to mellow out in the new store. Then, like the opening of a fine wine aged to perfection, we will have our meeting.

If you wish to involve yourself in this discussion this fall, please let me know via email. Send your message to

<bill\_london@hotmail.com>.

Thanks.



## The Gladish Yoga Room



Yoga on the Palouse

Classes begin in January  
For information please call  
(208)892-0820



## Business Partner Profile: D. M. Georgina Publications

by Fritz Knorr

D. M. Georgina Publishing provides earth-friendly desktop publishing, design, and editing for small business. Since D. M. Georgina Publishing participates in the Co-op business partner program, Co-op members can get 10% off the cost of services, which include: business cards, brochures, newsletters, web pages, e-commerce, graphic design, writing, editing, photography, and printing.

D. M. Georgina Publishing really is Dianna Georgina, who serves as the president, sales, production, and janitor for the outfit. She has a big ol' computer and years of experience in getting nice looking documents down on paper. So if you have a document that has to be right, don't worry, just call Dianna.

What are Earth-friendly publications? That means that Dianna will chase down a printer that uses recycled paper and soy-based inks. The Earth-friendly thing is also an attitude. Dianna is very friendly with the Earth, so the flavor of her documents will reflect her respect for all living things. And her designs are bright, clean and cheerful.

"I have a lot of fun doing it," says Dianna about the publishing and design business. "I like to take a hands-on approach to design. And I like to project an image of cheerful Earth-friendliness."

Dianna, like many folks around here, is an academic emigre. She has wandered the country seeking enlightenment from institutions of higher learning. Four years ago, she left St. Louis on the river to get a PhD in Archeology at WSU.

The doctoral work sounds like it is going ok. She is writing her dissertation. In order to finish, she only

has to identify, interpret and catalog about 10,000 more bones and bone fragments, and then reconstruct the paleoenvironment of Southwest Alaska. She'll be done "soon."

About the Palouse, she says, "It's interesting." (Hmm, I guess we have great personalities, too.) "The geology is so unique, the basalt flows and episodic flooding resulting in the Palouse hills." And about the Co-op, "When I first got here, I asked around about whole food stores, and everyone recommended the Co-op. So, I've been shopping there since the day I arrived."

If you have a design or publication project, call D. M. Georgina Publications at 332-6089. And don't forget your Co-op member discount.

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## Membership News

by Kristi Wildung

Co-op membership is growing! I had a feeling that would happen with our new location, but now the numbers are in and it's official: January memberships grew 23% over January 1998 and February memberships increased 43% over the same time period last year. These increased membership dollars are helping us to pay for all the new equipment we bought for the relocation. They also insure that we have enough capital to pay for future needs. So keep those membership dollars rolling in and support your local cooperative.

Welcome to these new members: the Port family, Norma Jo Johnson, JoAnn Rattey-Hicks, Kristi Wilson, Juanita Lichthardt, Michelle Johnson, Cyndie McCabe, Nathaniel Stewart, Alecia Spooner, Dale Kromarek, Wendy Clayton, Jom Christansen, Donna Bergstrom, Kristy Jeppson, Wendi Rowlands, Lynn Pollock, Cyndee Baumgartner, Pamela Warnick, Kathy Merk, Chip Geffre, Lisa Morse, Susan Noh, Kristin Jones, Helen Rounsville, Rosara Payne, Mercia Neace, Eleanor Seeleye, Charles Decker, Ron Klimko, Becky Clark, Bill Voxman, Robert and Doreen Jones, Dennis Voigt, John Rousseau, Bonnie Wilcoxson, Jana Ragle, John Rushton, Kathie Meyer, Emily Wexler, Kathleen Nielsen, Meredith Wetherell, Connie Owens, Robert Olson, Iris Crisman, April Graves, Mandy Buck, Danielle Hess, Betty Walker-Rice, Donna Holberg, Krishna Sivalingam, Sheila Batey, Cynthia Mital, Allan Harwood, Tyler Nall, Kristen Fischer, Karen Toerne, Linda King, Seth Williams, Heidi Reiswig-Parker, Julian Matthews, Diana Ames, Valerie Phillips, Scott Thompson, Sandra Ristow, David Wenny, Amoreena Hackstedde, Maci Keithly, April Weber, Alan Roberts, Margaret Chavez, Anna Enger, Kelly Bengle, Suzie Trail, Kristin Jackson, Susan Hieronymus, Rebecca Macbeth, Remembrance Newcombe, Susmita Bose, Bill Warren, and Christine Johnson. Thanks for joining and be sure to check out our Business Partner listing on the back page of this newsletter. Shop locally and save!

## Further Adventures in Landscaping

by Kenna S. Eaton

As the days grow warmer and we are lured outdoors, the Co-op will be paying more attention to our "back yard" (4th St.). With money raised from the bike raffle we will be hardscaping the area around the trees that we planted last fall. We will also be pouring a concrete pad for the recycling bin, allowing us to push the bin all the way back from the sidewalk. A groovy new neon sign has been designed for the back wall. Large, lit up letters will spell out CO-OP so that drivers on Washington will be able to find us. Similarly, lights for the front of the store will be placed to illuminate our roof-top sign. Bike racks have been set into the concrete, both at the back and the front of the store, and planters will soon join them to add a touch of color to the landscape. All in all, things should look bright, colorful, and clean by the end of Spring.

MARGO KAY

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Hands On Therapeutic Massage



## Fenugreek

By Nancy L. Nelson

Of all the tastes that we experience and choose to include in our food, bitterness is one that most of us could do without. A mouthful of bitter cucumber can just about end cucumber-eating for the season; a bitter leaf seems to warn, "Maybe this isn't good for you."

But before you reject all bitterness from your table, consider a few tastes that some of us have grown quite fond of. Orange marmalade depends on the bitterest portion of the orange for its flavor. I suppose we could make orange jelly, but what would be the point when there's rich, strong marmalade? And don't forget bitter greens—I know some readers will refrain, but others are waiting for spring to raise a crop of mustard. They know that a bitter herb delightfully balances a meal of potatoes, white beans or pork.

Which brings me by the backdoor to fenugreek, one of those strange-sounding, strange-looking herbs at the Co-op that makes you wonder, "Is this medicine, tea, or spice?"

The answer, as frequently happens with herbs, is that it is all three. I will stick to cooking with fenugreek, because it fascinates me with its bitter qualities so unusual in more common spices.

To bite



*Foenum graecum*

*Fenugreek cooked in a hot skillet a few minutes won't taste bitter.*

down on a fenugreek seed is to wonder why anyone bothered to harvest the thing. But cook with it, and you add a complexity of flavor that most food lacks. For a hint of fenugreek's flavors, consider that it is the flavor-making component of imitation maple flavoring. Fenugreek might taste bitter at first, but its smoky, caramel-like finish is what you'll remember.

Bitter flavors prompt our bodies to secrete bile, which aids digestion, and believe it or not, makes a hint of bitter taste appetizing.

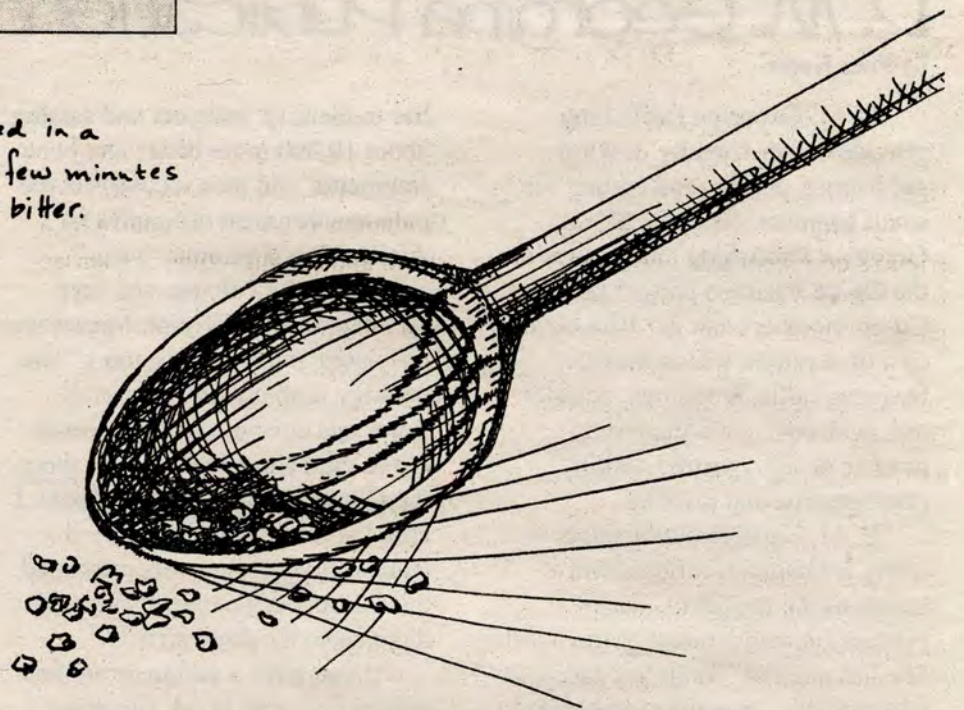
Fenugreek is most commonly used in Indian cooking as one of the components of good curry powder, strong spice blends and chutney, which all benefit from fenugreek's tang and intensity.

Fenugreek is also used in some African cooking and is one of the many spices in the hot Ethiopian pepper blend called berbere.

The plant that yields the strange-looking fenugreek seeds is actually a quite common-looking legume, with clover-like leaves and pea-like flowers. It is high in protein and has been cultivated since ancient times for animal fodder as

well as for human food and spice. The name fenugreek is actually a variation on the Latin, *Foenum graecum*, which means Greek hay.

If you would like to taste fenugreek leaves, you can sprout your own for salad or flavoring



in stir-fry blends. Otherwise, obtaining green fenugreek is difficult since it grows only in Mediterranean and tropical climates. India and Morocco are our major suppliers of fenugreek.

If you want to experiment with fenugreek, you'll have to buy it at the Co-op, as Moscow grocery stores don't carry it. If you want to try a couple of tablespoons of fenugreek, you'll pay about 12 cents. Ah, the delights of bulk spice buying.

Roasting fenugreek a bit before adding it to the dish you are cooking can reduce the bitterness and enhance its caramel-like flavor, but don't let it burn. Fenugreek goes well with potatoes, as I found in the following recipe, which calls for roasting several whole spices together before adding the vegetables. The fish curry is a delightful concoction, in which the fenugreek plays well off the nutty coconut flavors.

### Spinach with Potatoes

- 2 bunches spinach, coarsely chopped
- 4 medium potatoes
- 1 t. fenugreek seeds
- 1 t. yellow mustard seeds
- 1 t. poppy seeds
- 1 t. cumin seeds
- 2 T. vegetable oil
- salt to taste

Boil the potatoes until just tender; drain and cube. Heat oil in a large heavy-bottom frying pan. Add all the seeds and fry on medium hot until toasted. This will only take a minute or two, depending on how hot the oil is. A lid is needed to keep

the mustard seeds from jumping out of the pan. After seeds are toasted, add spinach, potatoes and salt. Reduce heat and saute until spinach is cooked. Serves two.

### Mild Coconut Fish Curry

- 2 T. canola oil
- 2 large shallots, sliced
- 2 garlic cloves, chopped
- 1/2 T. mustard seeds
- 3/4 pound firm white fish, skinned and cut in 1" pieces
- flour for dusting fish
- 1/2 t. fenugreek
- 1" piece of cinnamon stick
- 1/2 t. turmeric
- 3/4 c. coconut milk
- 1/4 c. water
- 3 T. grated coconut
- salt

Saute shallots, garlic, mustard seeds and fenugreek in oil for 1-2 minutes. Remove with a slotted spoon. Dust the fish with flour and briefly brown in hot oil. Return shallot mixture to pan and add turmeric, cinnamon, coconut milk and water. Simmer covered for 5 minutes until fish is cooked. Stir in coconut, add salt if desired, and serve.

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# Macro Musings: Amber Waves of Grain

by Peggy Kingery

"Macrobiotics? That's the brown rice diet, right?"

I couldn't help but smile. My friend's comment was one I had heard several times before, and is partially right. All whole grains (not just brown rice) plus cracked grains, and whole grain flour products are principal foods in the macrobiotic diet, making up 50-60% of the total intake. This month I will begin discussion of this diverse and delicious food group, focusing on the nutritional value and preparation of brown rice.

Our ancestors ate whole grains as their primary food thousands of years ago. Is it any wonder that so many food cultures of the world are defined by their grains? We think of the rice and millet of Asia, the corn of the Americas, the quinoa of the Incas, and so forth.

Whole grains are those with all their edible portions (bran, germ, and endosperm) intact. They are excellent sources of complex carbohydrates (fiber), protein, vitamins (especially B complex and E), and minerals. They are also one of the least expensive foods because they are so widely cultivated. They cost less to grow, and to eat, per food-value dollar, than most foods of animal origin.

For many of us, the idea of giving grains center stage on our dinner plates may seem new. The disappearance of grains as the principal food in our diet is largely a twentieth century phenomenon resulting from affluence, modern agricultural practices, and a more industrialized society. Thankfully, that trend is beginning to reverse.

From a macrobiotic perspective, whole grains are the ideal principal food because the ratio of protein:complex carbohydrates in them (from 1:5 to 1:10) reflects the ratio of yang and yin energy forces in our environment (1:7). To achieve balance and harmony with our natural world, our intake of our physical environment, in the form of food and water, should also follow this general proportion (minerals:protein, 1:7; protein:carbohydrate, 1:7; and carbohydrate:water, 1:7).

Rice is one of the oldest cultivated grains, whose origins go back at least 5000 years to Japan. It came

to the United States at the end of the 1600's, when a ship bound for England was blown off course by a storm and sought refuge at Charleston, South Carolina. The grateful captain gave the governor of the colony some rice grains, which were duly planted.

Brown rice has only its husk removed during the milling process. Because the bran stays intact, it is rich in fiber, contains most of the essential amino acids, and is high in protein, trace minerals, and B vitamins. Short-grain brown rice is most suitable for daily use in temperate regions because it is more yang in shape (smaller, rounder) than its long-grain cousin (larger, elongated). Medium- and long-grain rice may be used on occasion, especially in warmer seasons and on hot days. Here is a description of brown rice types, most of which are available at the Co-op:

Short-grain: thick kernels, soft, somewhat sticky;

Medium-grain: more cohesive quality than long-grain but less sticky than short-grain;

Long-grain: elongated kernels, fluffy;

Sweet rice: stickiest short-grain variety, used in desserts, sushi, and mochi;

Basmati: long-grain aromatic variety, distinct "smoky" flavor somewhat reminiscent of popcorn;

Wehani: long-grain aromatic variety, mahogany-colored, slightly floral or "caramel-like" flavor;

Japonica: long-grain variety, purple-colored, slightly sticky;

Jasmine: long-grain aromatic variety, delicate floral flavor.

Perhaps the biggest challenge facing macrobiotic cooks is consistently preparing perfectly-cooked brown rice—neither undercooked nor too watery. I find that pressure-cooking is by far the best way to achieve this. Also, pressure-cooked rice is easier to digest, sweeter, more nutritious, and more thor-

oughly cooked than rice that has been cooked in a regular pot.

For foolproof, pressure-cooked brown rice for six people, place 3 cups raw rice in a large bowl and rinse two or three times in cold water. Place rice, 4 1/2 cups water, and 1/8 t sea salt per cup of rice in the pressure cooker and attach cover. Bring up to pressure over high heat. If cooking on a gas stove, place a flame defuser beneath the cooker. Reduce heat to medium low, and cook for 45 to 50 minutes. Remove the cooker from heat and allow pressure to come down naturally. Remove the cover and let rice rest 5 minutes. Stir and serve. If you do not have a pressure cooker, follow these same instructions to cook in a regular pot, but use 6 cups water. Leave the pot lid on for 10 minutes once the rice is cooked, before removing it to let the rice rest prior to serving.

Brown rice is particularly

delicious when cooked with other grains: These combinations produce a myriad of tastes and textures, from slightly bitter, to subtly sweet, to chewy. Next month I will discuss the history, nutritional value, flavor, and uses of other whole grains. In the meantime, here is a simple recipe using left-over rice that is as delicious as the original dish!

## Easy Refried Rice (serves 4)

4 cups cooked brown rice  
2 t sesame oil  
2 scallions, thinly sliced  
2 T shoyu

Heat oil in a large skillet and add rice. Sprinkle with a little water if rice is dry. Turn heat to low, cover pan, and let cook for 20 min. Check halfway through cooking to make sure the rice isn't sticking; if it is, add more water. Sprinkle scallions and shoyu over rice. Cover and continue cooking for another 5 min. Stir and serve!



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PERSONAL



# Word of Mouth

By Eva Strand

During the last few days I have been carrying five bricks of soy milk around town looking for a wide selection of mouths to taste a wide selection of soy milks. We picked the unflavored soy milks for this comparison rather than vanilla, chocolate or carob. Twelve testers out of fourteen came to the same conclusion: Pacific Select Soy Drink from Pacific Foods in Oregon is the BEST! With a clean taste similar to cow milk, no 'wheaty' or 'beany' after taste, light color, full and creamy rather than watery--this is obviously what most of us are looking for in the search for a lactose- and cholesterol-free alternative to dairy milk.

Pacific Select soy drink is made from organically-grown soybeans and contains 26.8 mg soy isoflavones per serving. Isoflavones has been identified as one of the anti-carcinogens in soybeans. According to current clinical studies isoflavones also produce enough mild estrogenic effects to alleviate the symptoms of menopause. Price-wise, Pacific Select falls in the average- to low-cost category. Pacific Select is great to drink plain, on cereal, in shakes, for baking and cooking—basically, use it as you would dairy milk.

White Wave Silk Dairyless Soy beverage was only sampled by a few mouths, but I would like to give the Silk beverage second place in this taste test. Silk has a clean, refreshing taste with a touch of sweet vanilla. I would use Silk on cereal, in shakes, in baking or to drink plain, but maybe not in cooking because of the sweet vanilla flavor. Look for Silk in the beverage cooler at the Co-op rather than on the soy milk shelf. Silk also comes in half pint containers—great for lunch boxes.

Have you ever eaten the leftover milk in your kids' cereal bowl? Soy Dream from Imagine foods had this wheat-like, but not unpleasant, flavor. Because of this distinct flavor, Soy Dream would be best with cereal or in baking—I would not pick Soy Dream for plain drinking.

Eden Soy from Eden Foods Inc. turned out to be the favorite for two of the tasters while others among us thought Eden Soy has a touch of

wheat flavor—however, less so than Soy Dream. Eden Soy was also thinner and less sweet compared to Soy Dream.

Vitasoy from Vitasoy USA Inc. was very light—like skim milk with a tad of after taste. This milk would be good for drinking plain, however it was not as tasty as Pacific Select or Silk.

Last in the glass and our least favorite was West Soy from Westbrae Natural Foods. We found West Soy less appealing because of its strong soy flavor and aftertaste, plus excessive sweetness and watery consistency.

I was surprised to find such variety in flavor among the soy beverages—next time I will pick Pacific Select or Silk.

# Gardening

## April Gardening Tips

by Pat Dias

If you haven't been able to work on your beds yet, do so now by digging in composted manure or compost. Let them settle for one week before planting. Feed your shrubs, evergreens, berries, and roses. Hoe weeds now while they're young and shallow-rooted. Set out bare-root berries, grapes, roses, and fruit and ornamental trees this month. You can also set out cool-season annuals such as calendulas, English daisies, pansies, primroses, snapdragons, stock, and violas. You can plant flowering perennials such as bergenia, bleeding hearts, and forget-me-nots.

As soon as you can work the soil, plant hardy vegetables such as asparagus, horseradish, rhubarb, beets, carrots, endive, kohlrabi, lettuce, onions, parsley, parsnips, peas, radishes, spinach, Swiss chard, and turnips. Set out transplants of broccoli, Brussels sprouts, cabbage, cauliflower, and green onions. Plant seed potatoes. Feed lawns and mulch gardens. Before new growth emerges, prune grapes, roses, vines, and deciduous fruit and ornamental trees. Wait until after they've flowered to prune spring-blooming trees and shrubs like forsythia and spiraea.

# THE KID'S PAGE

## PILLOW COZIES



Even though Spring is officially here, there are still some pretty cold days with lots of wind, rain and even some hail. At times like this, it's hard to believe it's Spring and the days really are getting longer and warmer. So I think on these days it's a good idea to create something fun and comforting and then curl up with it. Draw a big cozy puppy or some big bright flowers on your pillow case. Use crayons (Press hard) Outline with indelible felt marker. Put a thick pack of newspaper inside the pillow case and one sheet of paper towel on top of your crayon drawing and iron it until all the wax melts out into the paper towels, leaving the drawing permanently printed on the pillow case. You can make 4 cozies and change them every week.



## Dream About Spring



wash gently in warm water



# A Garden Variety of Subjects

By Patricia Diaz

For quite some time now I've been collecting snippets of gardening tips, hints, etc. They don't pertain to any single subject, but I think there will be something for everyone interested in gardening.

## Gardening Fitness

Prevention Magazine's April issue has a small article about the physical benefits of getting into the garden and digging, hoeing, lifting, planting and weeding. In fact, gardening burns almost as many calories (about 340 an hour) as an aerobics class. Working in your garden will also reduce stress, increase strength, lower blood pressure and reduce cholesterol, provide optimism and foster creativity, connect you to the earth, and make you feel like a kid again.

## The "Other" Campus Bookstore

The Cooperative Extension at WSU recently sent alums a letter introducing us to their "bookstore." They have more than 2400 titles in their current catalog, including "Common Poisonous Plants and Mushrooms of North America;" "Christmas Tree Diseases, Insects, and Disorders in the Pacific Northwest: Identification and Management;" Landscape Plant Problems: a Pictorial Diagnostic Manual;" "The Cornell Book of Herbs and Edible Flowers;" "The Columbia Gorge: a Unique American Treasure;" and "Weeds of the West." Call 509-335-2857 or write Bulletin Office, Co-op Extension, Box 645912, Cooper Publications Building, WSU, Pullman, WA 99164-5912.

## Backyard Conservation

Planting a garden that's attractive to wildlife improves not only the land and water, but also creates a better place for ourselves. If you'd like to create something for critters of any kind (birds, lady bugs, bees, frogs, fish, etc.), call 1-888-526-3227 for a free copy of "Backyard Conservation" from the USDA's Natural Resources Conservation Service (NRCS). The booklet describes how to make ponds and terraces, teaches about composting and mulching, and lists wildlife-attracting plants, trees, shrubs, vines, and flowers which will provide food, water, and cover for our wildlife friends.

## Highbush Cranberry (*Viburnum Trilobum*)

The highbush cranberry is one of the most versatile and beautiful shrubs you can add to your garden. In spring it produces pretty, lace-like clusters of creamy-white flowers. In midsummer it has lush green foliage and bright red berries. In autumn the leaves turn all sorts of rich, vibrant fall colors and in winter the berries add a cheery splash of color to the drab winter landscape. It grows vigorously, requires little maintenance, and attracts wildlife. It is native to Canada and America, and is dense and rounded in form. It can grow 15' high and spread to about 12' wide. There are several different varieties available: "Andrews" produces fruit earlier than other varieties; "Hahs" bears fruit in mid-season; and "Wentworth" provides rich red leaves in autumn while producing yellow-red fruit that ripens to red later in the season. You can make jelly and tea from the large fruits produced by these varieties. The "Compactum" and "Alfredo" varieties are what you need if space is a problem—these grow to only about 6' high and are more compact, but still produce pretty flowers and edible fruit. "Alfredo" has particularly brilliant red leaves in autumn. Highbush cranberries like moist, well-drained soil, and do well in full sun or partial shade.

## Landscape Fabric

If you hate weeding, there's a great alternative to chemical controls and constant labor. You can install landscape fabric over the soil and around your plants, and the best of these fabrics provide a more effective barrier to weeds than organic mulch alone. The fabrics are made of synthetic materials including woven polypropylene and spun-bonded polyethylene. The fabric is porous and therefore allows air, water, and nutrients in solution to reach the soil. The density suppresses the weeds. These fabrics are best suited to permanent plantings around trees and shrubs and can be installed by placing them around the plants/trees or by cutting X-shaped slits in the fabrics to accommodate new plants. Before you install the fabric, make sure the

soil is free of weeds. Wait for a wind-less day to install. When installing, overlap the edges by at least 3" so there won't be any gaps. Anchor the outer edges with plastic, pegs, nails, or heavy wire staples. Then cover the fabric completely with 2-3" of a weed-free, organic mulch. Shredded bark works great and will protect the fabric from UV degradation and helps conserve soil moisture. A 3" wide 50' roll costs about \$15.

## Dried Gourds

It's really fun to grow and dry gourds for use as decoration or birdhouses. You'll need to grow the hard-shelled varieties such as Bottle, Bushel, or Calabash. It does take a long time to dry gourds so don't rush this part. Small ones take about a month and large ones can take 6 months to a year. You also need to let them mature completely on the vine before harvesting (the stem should be withered and dry). Harvest with 2-3" of stem still attached, and wipe away any soil or debris. Dry your gourds in a dry, well-ventilated place and leave space between each one as they're drying. Turn them every few days. (You can also hang them by their stems and then you don't have to turn them!) Surface mold won't harm the gourds but if one begins to rot throw it away. As they dry, turn them less frequently.

You can tell when they're dry by the lightness and rattling of seeds inside. Wash the dried gourd with mild soap or a weak bleach solution using a scrub brush or steel wool to remove any mold.

## Chinese Herbs

If you'd like to grow your own Chinese medicinal herbs, you can order them from Oregon Exotics Nursery, 1065 Messenger Rd., Grants Pass, OR 97527. Send \$4 for a catalog. They sell such plants as

chaste tree berry, Tomcat Quills, Upland Sea Snail Plant, and other unusual plants.

## Asparagus Seeds

There is a new product for asparagus lovers—hybrid asparagus seeds. These will produce harvestable plants next year—the same timing as if you'd planted year-old roots, and it's much cheaper too. Seeds cost about \$3 for 25 seeds as compared to 50 cents to \$1 per root. You'll need 4-6 plants per asparagus lover.

Before you plant the seeds, agitate them in a solution of 10% bleach, 90% water, plus 1 drop of dishwashing liquid. Rinse for 5 minutes in running water and sow in cell-packs or peat pots. Keep moist and warm in a well-lighted spot. When they reach 8-10" (about two months) transplant into an 8" deep trench of loose soil. Add soil to ground level as ferns grow. Harvest next year when spears are 7-9" tall by cutting stalks at a 45-degree angle, just below soil surface or snap them off at the base. Don't harvest a plant all at once; harvest plants gradually over a 2-3 week period, letting replacement spears grow into ferns. As the plants mature through the years you'll be able to harvest over a 6-8 week period. You can order seeds from Park Seed Co., Box 31, Greenwood, S.C. 29647 (catalog is free).

## Environmentally Responsible Garden Aids

I recently received a catalog from Gardens Alive, a company which sells products that enable a gardener to control pests, enrich the soil organically, and make gardening a whole lot easier while not using chemicals. They also sell lacewings, lady beetles (lady bugs), bumblebee homes, bird nets, and lots of other fun things. Too, they sell natural products for your pets. To order a catalog call 812-537-8650.

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## If You Are What You Eat, I'd Rather Be Compost Than Round-Up: Debunking Dennis Avery's Anti-Organic Campaign

by Dianna M. Georgina

### Sidebar:

Savvy consumers of organic foods will find these web sites interesting:

[www.hudson.org/](http://www.hudson.org/) The Hudson Institute, home of Dennis Avery and American Outlook.

[www.hawiaa.org](http://www.hawiaa.org/) The Wallace Institute for Alternative Agriculture.

[www.ota.com](http://www.ota.com) Organic Trade Association

[www.organicconsumers.org](http://www.organicconsumers.org) Organic Consumers Association

[www.epa.gov/pesticides/food/](http://www.epa.gov/pesticides/food/) "Pesticides and Food" brochure from the EPA. Much to the frustration of the Hudson Institute, this brochure is very pro-organic.

[www.purefood.org](http://www.purefood.org) Campaign for Food Safety

[www.envirolink.org/](http://www.envirolink.org/) EnviroLink, a good resource for environmentally-responsible living.

[www.emagazine.com/](http://www.emagazine.com/) E/magazine -- the Environmental Magazine

[metalab.unc.edu/farming-connection/index.html](http://metalab.unc.edu/farming-connection/index.html) Sustainable Farming Connection

"A mystery does not get clearer by repeating the question." --Rumi

A recent advertisement in the Moscow-Pullman Daily News entitled "Health Notice" has outraged and upset consumers of organically-grown produce. The ad was based on an article in the Hudson Institute's magazine American Outlook, "The Hidden Dangers in Organic Food," written by Dennis T. Avery.

According to a spokesperson for the Daily News, the ad was paid for by a local group, Northwest Business and Consulting, Inc. This corporation has no phone listing in the Moscow-Pullman area, although Larry Grupp is mentioned in the advertisement as "chairman."

The advertisement began with a statement that recent Centers for Disease Control (CDC) data suggests that people who eat organically grown produce are "eight times more likely than the rest of the population" to be attacked by a deadly strain of E. coli and a new, more virulent strain of salmonella. It went on to say that "[o]rganic food is more dangerous than conventionally grown produce because organic farmers use manure as the major source of fertilizer for their crops," the manure being the source of the E. coli bacteria.

The Hudson Institute denies that Avery intentionally mislead the public into thinking the CDC had done a study showing that organic foods were dangerous. In fact, the CDC says they have never conducted any studies that differentiate between organic and conventionally -grown foods, and don't see a need for such.

Dave Ervin, spokesperson for the Wallace Institute for Alternative Agriculture, a non-profit research and education organization headquartered in Maryland, says Avery's article made very clear and misleading implications.

"Dennis took raw data and inappropriately drew lines of causation to organic farming," says Ervin. In the CDC study, only a single case of E. coli poisoning was linked to organic foods.

According to the New York Times, contaminated manure migrated from the pen next to the barn to the lettuce packing system in the barn because of inadequate safety practices.

"This is the only case attributed to organic food," said Ervin, "and it is now clear that it was not due to the organic production system. Moreover, a credible scientific protocol would never draw such broad-sweeping conclusions, disguised as hypotheses, using one data point in one year, even if it were accurate, which it is not in this case."

The Organic Trade Association also challenged Avery's assertions. "Let the record show that manure use is a common agricultural practice for conventional and organic food production. The 1990 federal Organic Food Production Act prohibits the harvest of crops for human consumption for at least 60 days after the application of raw manure."

The fact is, no one knows yet whether there is greater risk of E. coli infection from eating organic foods.

"And that's the problem with the ad," said Val Hillers, Extension Food Specialist at WSU. "It's based on unsubstantiated accusations. Organic isn't risky. It's the use of manure." Growers need to be sure the manure isn't transmitting bacteria to the produce.

"There are a lot of good scientists looking into the best agricul-

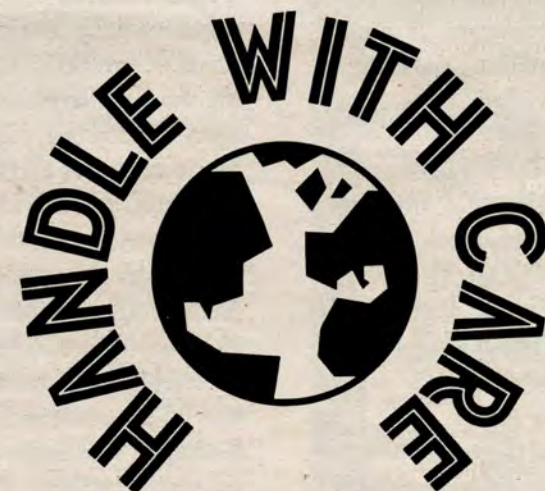
tural practice concerning the safe use of manure. We need to look at ways of controlling risks rather than just saying, 'don't use it.'

"Avery's claims sound like a bizarre attempt to divert attention away from the real issue," said Miles McAvoy, Organic Food Program Director for the Washington State Department of Agriculture. "The real food safety concerns are with meat, not produce." Food contamination with E. coli can occur in many different ways, but primarily happens during handling.

"It doesn't matter whether you fertilize with manure 30 days or 90 days before harvest," he said. "Food must be handled safely to prevent contamination."

New York Times columnist Marian Burros, in a February 17 article, claims Avery's work is financed by agribusiness. Avery told Burros his goal was "to prevent organic agriculture from becoming the norm." Burros writes, "[t]he attack on organic food by a well-financed research organization suggests that, though organic food accounts for only one percent of food sales in the United States, the conventional food industry is worried."

The CDC recommends that consumers thoroughly wash fruits and vegetables before eating them, regardless of how they were grown or fertilized.





# A Plea for Clean, Unscented Air

By Pamela Lee

Over the last decade, as each Earth Day has come and gone, I've wondered when vocal environmentalists were going to get to the issue of clean air. What? You might think clean air gets a lot of attention since there is lobbying and discussion about irresponsible industrial pollution and automobile emissions. Well, I include unscented air in my definition of good quality, clean air. But, unscented air is increasingly difficult to find. Fresh, clean air should not be fetid with so-called "air freshener," or overly saccharine potpourri, nor with the stench of scented laundry products. There seems to be a disconnect between the loss of naturally clean air and other environmental issues. Many environmentally virtuous people, who faithfully recycle and shop for organic produce, persist in their use of malodorous laundry and cosmetic products, laden with synthetic scents.

I have considered writing about this issue for some time, but it's not easy for me—I believe deeply in our individual freedoms, and it is difficult for me to ask others to restrain their personal use of scented products. But, the problem has increased to the point that fragrance, used by others, has ruthlessly encroached upon the very air I need to breathe. Today's scents are so potent and omnipresent that personal fragrance use has become a public nuisance. Nowadays, when I walk through residential neighborhoods, cloying clouds of fabric-softener air engulf me. I want to enjoy distinct olfactory vignettes of nature and the neighborhood: the herbaceous grassy odor of a freshly-cut lawn; the moist, earthy smell of spring; lilacs in the evening air; the distinct summer smell of a dusty vacant lot; delicious emanations of food cooking. Now, when I walk, it is rare when neighbors' fragrant laundry emanations are muted enough for me to smell anything natural. The delicate scents of real plants and flowers are overwhelmed by the clashing tang of industries' artificially concocted stench. I love our new Co-op store, but have you noticed how (especially on weekends) the parking lot reeks of scented dryer exhaust billowing from the laundromat next door?

Some peoples' perfumes are difficult to escape; they leave a wide, noxious odor trail as they walk through the world. Philosophically, I'm not against a person's choice to use perfume, but I don't want to wear your perfume just because I shared the same airspace as you. This kind of scent use goes beyond personal choice—it becomes an obnoxious imposition on other people. Some people claim not to use perfume, yet their laundry products are stunningly scented.

Have you thought of how many different scented products do you actually wear? Consider your hair care products, soaps, lotions, powders, deodorant, aftershave or cologne, laundry detergent, fabric softener, etc. They are all scented unless specifically labeled 'unscented' or 'fragrance-free.' You may be a walking cloud of strong clashing smells.

Why has the scent level in our daily environment gotten so bad, so loud and obtrusive? I think the reason is twofold. One, many people have become inured to the scents they use. Humans acclimate very quickly to smells and stop distinguishing those that are constantly present. The scent-wearer has gotten used to his or her own fragrance, and can't smell it anymore. Perhaps this is why some people are so heavy-handed with their use of perfume, cologne, or aftershave. The second reason is that advertisers have successfully foisted their smelly products on many an insecure consumer.

Was it Baudelaire that predicted that advertising would become the blasphemy of the 20th century? How farsighted. How many of us have been convinced that fragrance makes us more alluring? Television commercials have brainwashed millions into equating an artificially sweet smell with confidence and cleanliness. Take a sniff around you and ponder how advertisers have convinced an entire nation that fragrant laundry is somehow cleaner or fresher. Advertisements have convinced an insecure public that "static-cling" is a weighty social embarrassment, remedied only by the purchase and constant use of their product. And industry wants you to buy more: a pleasant voice

urges you to stuff malodorous dryer sheets into your closets and your gym bag; line your drawer with them. Good grief! We have all become aware of the hazards of second-hand cigarette smoke. Have you considered that we may be imposing second-hand perfume odor on those around us?

H.G. Wells said, "Advertising is legalized lying." Smelly concoctions of "air freshener" chemicals do not make air smell fresh. These polluting products have been grossly misnamed. These products do not improve a bathroom. One malodor does not mask another, nor make a facility cleaner.

Laboratory studies have shown that mice suffer respiratory and neurological toxic reactions when exposed to air fresheners and perfume samples of the same products that consumers purchase. I am convinced that many modern fragrances are also unhealthy for humans. Not only do many modern scents smell artificial and foul, but consider that some people are left severely ill in the wake of perfume.

"Chemically sensitive" individuals have been likened to canaries. Coal miners used canary birds to test the safety of their air as they burrowed deep into mine tunnels. Canaries were more sensitive to coal gases than the miners. The birds would stop singing, or die, when the gases reached dangerous levels, warning miners to leave the shaft immediately. Some of you haven't suffered physical ailments from perfumed product use. Some of you have not even noticed the loss of fresh, unscented air. But, I'm here to say, these powerful scents fill and foul our air.


Helen Moore wrote, "As a consultant who works helping those people injured by chemicals, I think we are really coming to the ecological issues through the back door. If we concentrated on making the planet livable for the "canaries," those affected first, we would have far less pollution than anyone could ever dream of. Pollution is breathed and absorbed by humans long before it reaches ground water or streams. We are the canaries. I'd like many 'environmentalists' to examine their lifestyles. Do they refuse to patronize businesses, restaurants and

places of entertainment that use pesticides, air fresheners, or toxic furnishings? Do they use scented products of any kind? If so, they help keep some of their fellow human beings hostage and unable to live a full life. Let's see environmentalists put their money where their mouths are. Then we might really accomplish some environmental change."

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# Rain or Shine, Join Me at the Renaissance Fair

by Kathie Meyer

For years I had a soap dish holder in my bathroom that everyone just loved and commented on: It was a ceramic face with bulging eyes and a tongue attached and it looked like some poor guy was getting his mouth washed out with soap. After I remodeled, the wide-mouth guy went to live in my garden as a pot for flowers. I think he prefers dirt (organic, of course) over soap (biodegradable, of course) and doesn't mind the change.

I have many things all over my house from the Moscow Renaissance Fair, the Palouse region's first major arts, crafts, and musical festival of the season, held this year on May 1 & 2. Rain or shine, the fair goes on and is free to everyone. This year's 26th Annual Moscow Renaissance Fair in East City Park will be no different in that respect—just better in all the visual, auditory, culinary, and fun ways. Get there early and stay late. The fair opens at 10am and ends at dusk both days.

Over 100 artisans—140 to be exact—will proudly display their original, hand-crafted items for sale. Rose Terry, arts and crafts Booth Coordinator, goes to great lengths to attract the best in quality and uniqueness.

Don't bring lunch because the food is another not-to-be missed fair attraction. Never mind the lines, the wait is worth every second. These booths are operated by non-profit organizations and we're not talking everyday fast food. Each morsel is made with love and commitment. There is a Turkish woman whose booth benefits a deaf school in Turkey; my favorite, the Palouse Asian American Association; and 18 other dedicated cooks for good causes. The choice is hard, so I recommend coming hungry and eating everything you want—a couple of times! After all, Ren Fair food is a once-a-year feast.

One way to supplement your Ren Fair budget is to enter the costume contest. This contest has gained popularity over the years and this year should be grand, with your participation. While historical garb is encouraged, the only serious—well, as serious as the Ren Fair gets—suggestion for your entry is to use wild splashes of color, put

together in the most whimsical way imaginable.

The contest will be held on Saturday, May 1, at 1:15pm on the Main Stage. Winners are chosen by the ever-faithful applause-o-meter. There will be three winners in the adult category (age 13 and up). First prize will receive \$35; second place, \$20; 3rd place, \$15. In the children's category (12 and under), all contestants will receive a prize with the top ten winners receiving \$10. Currency will be awarded in the form of the familiar "Ren Fair Buck," honored at any craft vendor or food booth both days of the fair. For costume consultation, please call Mellowdee Brooks, 883-8852.

Naturally, there will be music and other entertainment on both the Main Stage and Stage Two both days, all day long. Mark Lesko has lined up every type ranging from acoustic to amplified; classical, bluegrass, blues, jazz, and music from the high plains of Argentina. The Flood Plain Gang, winners of the Telluride Bluegrass Festival, will play on Sunday and Guarneri Underground, last year's hit, will definitely return. As the fair draws closer, watch the local media for the particulars.

Whatever you do, do bring the kids as there are activities planned just for them, thanks to Miriam Kent, children's coordinator. In fact, there is only one "don't" for the fair and that is: Please don't bring your dog—for obvious reasons. This is the kind of event best shared, so do bring a friend—or two or three!

Finally, the Renaissance Fair strives to recycle, recycle, recycle. Please be sure to separate your refuse into the proper bins provided. Recycling coordinators, LeeAnne Eareckson and Chantra Melior, are a couple of unsung heroes of the fair, so please make their job as easy as possible. Prior to the fair, those who wish may donate the proceeds from recycling their aluminum cans at Moscow Recycling to the Renaissance Fair Recycling Fund. Last year's proceeds subsidized the cost of the recyclable cornstarch eating utensils.

This year will be extra special to me as the publicity coordinator for the Ren Fair—a job I've lucked into.

# Update from Africa

by Dave Peckham

(Editor's note: Moscow Food Co-op member David Peckham is in Africa, sharing bicycle technology and tools. Here is his latest report (dated March 20, 1999). If you wish to receive further email reports from Dave, send an email message to <bill\_london@hotmail.com> to be added to the list.)

Greetings from Abidjan, Cote d'Ivoire (Ivory Coast) I've been in this country for two months doing bicycle work for Peace Corps.

About three years ago Peace Corps in Washington decided to quit giving motorcycles to volunteers, as they were the largest single cause of death and serious injury in Peace Corps. Instead, volunteers would get bicycles. With the motos gone, Washington rescinded the mandatory one week safety and maintenance training. I presume they concluded that anyone can ride a bike, since we all did as children and there's nothing to it.

The problem is that many people join the Peace Corps who haven't ridden a bike since they learned how to drive. They don't know anything about repairs: they took it to the repair shop, or to daddy. The volunteers need their bikes to travel up to 100 miles per week in the course of their work. And while their might be mechanics around, they have neither the tools or the experience with American mountain bikes.

That's where I come in. Since late January I've been training local staff in bike repair, developing and teaching a bike curriculum for new volunteers, and streamlining parts and tools ordering procedures.

It's been difficult to keep in

I've met some great people this way, and so can you. It's not too late to volunteer to help. If you would like to be a part of the inner workings, please call Andrea Chosch-Pittenger, 882-0211.

If you feel like getting psyched ahead of time, there will be a poster show unveiling this year's delightful poster designed by Adam Cone along with posters from all previous 25 years. Please drop by and see them at Laura's Tea and Treasure in Moscow, anytime between April 10 and the weekend of the fair.

I can't wait, but I guess I have no choice—how many days left until the first of May? See you at the fair!

mind that I'm in Africa. The office is air-conditioned, the place where I'm staying is much more up-scale than anything I'm used to in the states, (another irony). We have guards at the house, I've been working with Emanuel on his bike, he's been helping me with the different bike I ride home every day. I gave him some tools.

I'm headed to the villages for a week of riding around, and seeing how Peace Corps workers fare with their bikes and their neighbors in the village, than I'll be back in Ghana by April 1, to work with Bike Youth. They have a lot of interest in learning bike repair, and they are setting up mechanics classes for the general public, local mechanics, general public, and a women's group.

I spent a couple of weeks in a town about the size of Moscow, where I did the bike training for the new volunteers. I stayed with an American friend, Ian, who had a small two-bedroom house with combined kitchen/living room, small wooden windows, and very poor air circulation. There's no running water in the house. The water frequently goes out, so Ian keeps a 30 gallon barrel in the house for backup. Cold bucket showers are fine, as the weather is usually hot.

There are several students living in the same compound. They are about 16, and come from the surrounding villages to attend high school. They sleep two or three to a bed. Sometimes we find them studying on Ian's porch under the yard light when we come back from dinner, because they have no electricity. One morning a young woman came over, and after some time exchanging pleasantries, (I could see it coming) she told me she was hungry. I gave her an orange and a job: my laundry. She made sure 'I paid her when no one else was around or she would have been obligated to share her 50 cents with everyone.

I'll have a report on my month in Ghana with the Village Bicycle Project around the first of May.

I hear from people that there's fighting all over Africa. Since you only hear the bad news, that is the picture you get. For the vast majority of people here, everyday life goes on. There is no war here, or in Ghana. There are incredibly kind and helpful people—people who have nothing, yet they go to great lengths to help a stranger, just because that's what you do.



# Touring Disaster

by Laurel Reuben

Editor's note: This is the final chapter of a 3-part series, by co-op member, Laurel Reuben, about her journey as part of a Hurricane disaster Relief Mission to Central America this past December.

Last October, as Pastors for Peace was in the midst of their annual fall awareness and donation-raising caravan tour throughout the U.S., bound for the state of Chiapas in southern Mexico and for Nicaragua, Hurricane Mitch struck Central America. The caravan was transformed into a "hurricane disaster relief" endeavor which I felt compelled to join. Our journey through Mexico and into Nicaragua has been detailed in the past two issues of the Moscow Food Co-op Community News. My journey wound up as I met and stayed with a family in Cuo Bocay, Nicaragua, after helping the Relief Caravan distribute in Managua the supplies we had brought.

I accompanied Edwin, a 72-year old fellow caravinst, to Nicaragua's Cuo-Bocay region, northeast of Matagalpa. Cuo-Bocay was a primary target of the Contras during the war; its location affects access into many remote communities. And, it was easily accessed by helicopter from US army bases in Honduras. It is also the region where, in 1987, solidarity workers Ben Linder and two of his assistants were tortured and murdered by Contra soldiers while building a hydroelectric plant. Edwin lived in Cuo-Bocay for six years, volunteering to help complete the work Ben had begun. During that time, he grew close with a family, a particularly poor one, who lived in a shack near his machine shop. The father of that family was also tortured and murdered by the Contras. Edwin witnessed the progressive traumatizing of his widow, as well as the worsening starvation of their children. He began supporting the family, hired the mother as housekeeper, became their protector and friend.

When we slogged through the mud to their house, he had not seen them for four years. Staying in this remote and impoverished community, with a gracious and impoverished family, I felt the inevitable: a

consumer of rice and beans already spoken for. And, I felt grateful and honored. We engaged with each other, picking coffee, treating endless infections, watching television soap operas (yes, Ben's gift of electricity takes that form in most homes, even where there is little furniture or food), washing clothes, playing games, making tortillas, reviewing schoolwork.

One afternoon, Blanca, the eldest daughter, took me into the hills to find a guadabarranca (the national bird) and to visit a tiny island of uncut cloud forest within the region's vast coffee plantations.

Blanca, who at six years old was begging, including from Edwin, to help feed her family, is now 18 years old. At this writing, she is living for at least four months in Olympia, WA, in Edwin and Barbara's home. Her mother has long been asking Edwin to take Blanca to the US; Blanca's health is poor, with little likelihood of improvement in Cuo-Bocay. She has completed 8th grade; the school offers classes through 9th. She is bright and eager to see the world outside of Cuo-Bocay. At 18, it is easier for her, unaccompanied by a parent, to be granted the necessary passport and visa. Especially, Edwin said, if he was there to help with the process.

Blanca, Edwin, and I spent hours of many days at the offices of Immigration and the US Embassy in Managua. She eventually got her visitor's visa (we tried initially for a student visa.) Throughout this process, I witnessed her openness, courage, compassion and dignity. I also struggled with the ethical questions surrounding what I was doing. After all, Blanca is the most literate member of her family. What will her absence mean to them? I do have great faith in Blanca, her ability to discriminate and screen the bombardment of what we can

only imagine she is experiencing. She has much to offer, to North Americans and Nicaraguans alike.

After all the diesel fumes and (albeit interesting) cacophony, I wanted some contemplative and natural-history focused time in a place more verdant than Managua. I found Proyecto Ecologico, a biological research station and Spanish-language school south of Managua, on an astonishingly clean freshwater lake. According to Jeffrey, Proyecto's director, the cloud forest there is "as good as virgin cloud forest gets in Central America." After being there, I believe he is right. I also believe his suggestion, that I return to develop an environmental education program for the area's schools, or do field work on the strongholds of aracarís or trogons or long-tailed manakins there, is worth considering.

But for now, back in North Idaho, what seems important is that I continue to embrace these insights and questions. I am no scholar on Central America. I had traveled no further south than Guatemala, studying that country mostly to prepare for a 1991 Witness for Peace delegation there. I've done little focused study on Honduras, El Salvador, and Nicaragua. I have acted primarily from my heart. Now, I am taking a Modern Latin America course at University of Idaho. A case of cart before the horse? (or more precisely, heart before the course?) Perhaps. But, it is never too late to learn.

One late night, traveling in a taxi, Blanca and Edwin and I whizzed past a little girl curled up on the triangular divider in the middle of a filthy, trafficked intersection. "Miran! Paran! Que podemos hacer? ("Look! Stop! What can we do?") Blanca squeezed my leg, and turned to me with teary eyes. "Pobrecita. Ella necesita

comida y una cama." ("Poor little girl. She needs food and a bed.") Blanca was still upset when we returned to our hotel. As I brushed her hair, we talked about poverty and suffering, about the world's distribution of wealth, and about the things she might learn in the US that could empower her to one day make change in Nicaragua. If Blanca can view the world with such eyes of compassion, justice, and determination, then so can we.

Organizations to contact if you want to help or to learn more:

**Pastors for Peace**  
(773) 271-4817  
p4p@igc.apc.org  
ifconews@igc.apc.org

**Moscow Sister  
City Association**  
PO Box 8367  
Moscow, ID 83843  
Contact: Mary Voxman (208)  
882-1009  
mvoxman@uidaho.edu

**Witness For Peace**  
witness@witnessforpeace.org  
www.witnessforpeace.org

**Weekly News Update  
on the Americas**  
(212) 674-9499  
wnu@igc.apc.org  
http://home.earthlink.net/  
~dbwilson/wnuhome.html

## Sheri L. Russell

◆Attorney At Law  
◆Certified Professional  
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Moscow ID 83843

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- I will pick up my card(s) at the store

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# Bulletin Board

## Co-op Business Partners

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

**Brown's Cooperstone Sports and Memorabilia** - 10% discount on retail prices, 202 S. Main, Moscow, 883-4400

**Columbia Paint** - 30% off retail price on paints & supplies - additional discount on Del Mar blinds, 610 Pullman Rd., 882-6544

**Computer Serenity, Joseph Erhard-Hudson** - 20% off computer consultations. 882-8812

**Copy Court** - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow., 882-5680

**D. M. Georgina Publications** - 10% off business card or brochure design. 332-6089

**Global Portfolio Management, John A. Hauser** - complimentary half-hour socially responsible investment consultation, 126 S. Grand Ave., Pullman, 334-3351

**The Globe Eatery - Gyros and World Eatery** - 20% discount on meals, NE 1000 Colorado, Pullman, 332-8902

**Herbal Medicine & Holistic Healing** - Linda Kingsbury, 10% off consultation fees, 106 E. 3rd St. #3, Moscow, 883-5370

**Hobytown U.S.A** - 10% discount on retail prices, 1896 W. Pullman Rd., Moscow, 882-9369

**Hodgins Drug and Hobby** - 10% off all educational toys and hobby supplies, 307 S. Main St., Moscow, 882-5536

**Jim Trivelpiece, Waddell & Reed** - Free initial consultation regarding financial aid and retirement planning, investing, or life insurance. E 205 Main St., Pullman, 332-2543

**Kaleidoscope "Custom Picture Framing"** - 10% off retail and custom framing 208 S. Main #11, Moscow, 882-1343

**KINKO'S** - 10% discount and free Co-op card lamination, East Side Marketplace, 882-3066

**Marketime Drug** - 10% off Hallmark items, 209 E. 3rd St., Moscow, 882-7541

**Moscow Yoga Center** - 10% off classes for new students, 525 S. Main St., Moscow, 882-8315

**Northwest Showcase** - 10% off retail prices, 531 S. Main St., Moscow, 883-1128

**Oz Massage** - First massage \$20, additional massages 10% off, 520 1/2 S. Main St. #1, Moscow, 883-8745

**Paradise Creek Bicycles** - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703

**Pasta, Etc.** - 10% off retail prices, Eastside Marketplace, 882-4120

**Peacock Hill Bed & Breakfast** - \$10 off a night's lodging and half price on one breakfast when you buy two. 1245 Joyce Rd. 882-1423

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**Strategic Pathways** - 10% off piano lessons (local only), 106 E. 3rd St. #4, Moscow, 883-3062

**Tye Dye Everything** - 10% off any purchase, 450 W 6th St., Moscow, 883-5596

**Whitney Law Offices** - Complimentary initial consultation regarding wills, probate or criminal defense. 314 South Main St., Moscow. 882-6872

**Wild Women Traders** - 10% off clothing and jewelry purchases, 210 S. Main Moscow, 883-5596

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

## Palouse Forklore Society Dances

April 18 Moscow Comm Ctr 8PM

May 1 Renaissance Fair

**Instruction 7:30 pm, Dancing 8 pm**

\$7 (\$5 members) Newcomers \$4 before 7:30

Contact: Nils Peterson 882-4620

## Break Free of TV

**join in the 5th annual  
National TV Turnoff Week  
April 22-28**

to learn how you can participate,  
contact TV-Free America  
(202) 887-0436  
[www.tvfa.org](http://www.tvfa.org)

## 2nd Annual Spring Foward

### 5K RUN/WALK STROLL

*This is a campus and community  
fun run to benefit UI Women's Center.*

**When:** Saturday, April 24, 1999 - 10 a.m.

**Registration Deadline:** Monday, April 12  
at the UI Women's Center

**Cost:** \$15 with a short-sleeve shirt  
\$8 without a shirt

*Late Registration: Any registration received after Monday,  
April 12 will be subject to the late fee. Late registration is  
\$17 with shirt, \$10 without shirt. Late registrations will be  
accepted until 9:30 a.m. race day.*

Please contact the Women's Center at 885-6616 for  
questions or the registration brochure.

## Idaho Conservation League Fundraiser

**Saturday, April 24, 1999**

Idaho Conservation League will have it's annual  
fundraiser for the North Idaho Office, at the  
home of Mary DuPree, 320 North Adams,  
Moscow, starts at 6 pm. Please attend to show  
support for local projects.

## Place an order now for recycled paint!

Hundreds of gallons of high-quality, reusable is recycled at the Hazardous Waste Collection Day. Interior and exterior paint is available in a variety of colors (it is possible to have light shades retinted to desired color by paint shops). **We can only save the paint we have orders for, so please call before Friday, April 23rd.** Call Amy at Moscow Recycling: 882-2925.

## Backyard Forests

*A program to help landowners  
of 5 acres or less*

**April 13, 7 pm**

Idaho Forest Stewardship Program  
Idaho Department, 883-2267

## Moscow Renaissance Fair

**East City Park**

**May 1 and 2**

Celebrate spring, rain or shine!

### Ren Fair Activities

*Costume Contest*

adult and children's divisions both with big bucks prizes. Contact Mellowdee Brooks at 883-8852.

*26 years of Moscow Renaissance Fair*

*Posters on display*

at Laura's Tea and Treasure coffeehouse  
beginning on April 15

## Theatre Outside the Bell Jar

all original and local talent  
free performance

**Laura's Tea and Treasure**

**Friday, April 16, 7 pm**

You can E-MAIL your announcements for the  
BULLETIN BOARD TO: [beth\\_case@hotmail.com](mailto:beth_case@hotmail.com)

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