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Moscow Food Co-op  
221 E. Third  
Moscow ID 83843

# Food Co-operative



August  
1999



## Community News

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

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One

## What is A Co-op Anyway?

By Kenna S. Eaton

Well, the lofty answer to that old question is actually pretty simple. A Co-operative is a business owned and operated on a democratic basis by its members. This means a Co-op is about ownership. Anyone can be a member of a Co-op (that's one of our 7 principles), and everyone gets only one vote (that's the democratic part, and another of our 7 principles). No one person benefits at the Co-op—we all do. If we make any profits they go straight back into the business. Our members own the equipment in the store and we use their membership money to further build the Co-op's assets.

You are probably already a member of a Co-op somewhere else—possibly REI, the outfitters co-op, or a credit union, or if you live in the valley, Clearwater Electric is a co-op. The list of cooperatively owned businesses is rather long, and that's because they are (quite literally) everywhere. Co-ops are value-based, meaning we share and honor the values of self-help, self-responsibility, democracy, equality, equity, and solidarity. Wow, that's quite a list! And if you aren't already, you can become part owner of this great cooperative business too.

Over the years we have revised and refined the process of both joining the Co-op (it only takes a minute) and of the benefits (see side bar). We no longer offer a discount on all purchases by members. But we do offer many other benefits, including a healthy, strong business for you to patronize. This Co-op has been in business for 26 years this month—and we love this new location. Sales have grown 50% over last year and we are finding more and more ways to work with other Co-ops to benefit our members (yet another of those 7 principles!). Later in August we will be showing the video, "The Spirit of Co-operation," in the store, so if you have time you can find out more about Co-ops and their history.

Now is a great time to be a part of this community business—join today: become an owner and reap the rewards of membership.



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### Member Benefits:

- participation in the Business Partner Program;
- additional 10% savings on bulk and/or case orders;
- bread card for a free loaf of bread after you buy 10 loaves;
- check cashing for up to \$10 over amount of purchase;
- members-only sale prices on monthly promotions;
- opportunity to volunteer and earn extra savings on your purchases;
- a voice and a vote in your local Co-op.

# Co-op - News

## Newz From The Board

By Margo Kay

Greetings from your friendly, neighborhood Moscow Food Co-op Board of Directors (MFCBOD). This month we would like to present the news from the BOD Membership Committee. We are a group of four BOD members who are actively trying to create ideas to benefit the co-op membership. One of our ideas is that on September 18, we are hosting a Harvest Potluck at East City Park at 4:00 P.M. Everyone is welcome and encouraged to attend: past, present and future members of the Co-op. The theme of the potluck is: bring any locally grown food—plant, animal, or mineral. Seriously, we would love to have you join us for food, volleyball, and a chance to write down suggestions about how the Membership Committee can better serve your Co-op member needs. And of course, eat lots of yummy food harvested right here on our very own Palouse hills.

Other ideas we have come up with, to both include and benefit Co-op members, are centered around—you guessed it—FOOD. We brainstormed and would like to coordinate speakers and workshops on a variety of subjects such as

nutrition; cooking, growing, preserving, and marketing good food and garden products; and seasonal potlucks. Members or non-members with skills to share can give workshops or talks in such areas as making baskets from local plants, candle making, drying herbs and flowers, freezing fruit, etc. You get the idea, no?

Please plan on attending the Harvest Potluck- you won't get assigned any duties or be asked to serve on any committees. Honest! We want to have fun and socialize, and we'll provide a table with pencils and paper to collect any ideas on the above themes you may want to share.

All righty then.

Your membership committee members are:

Margo Kay  
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882-8169

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smpeyer@wsu.edu334-9245

John Hermanson  
Hermanson@wsu.edu334-9245

Jim Gale 882-7804

Please feel free to contact any of us with questions or comments. And remember: mark your calendars for September 18, 4:00 P.M., East City Park for a really good time with some really great folks!

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## Welcome!

By Laura Church

Thank you once again to all our new and renewing members. I really want to welcome you to your Co-op. Once again your membership dollars have been put to a new and exciting use here at the store. If you're out behind the store some evening around sundown, check out our new groovy "Co-op" sign. I really think it makes our store stand out in our beautiful downtown.

I also wanted to remind you of one of the many benefits of your Co-op membership: don't forget that you can now receive a 10% discount on bulk special orders if your membership is current. A bulk special order is anything that you purchase by the lot, so it could be a case of oranges, a case of soymilk or a 25-pound bag of lentils. It's a really great deal if you purchase a case of one of the member specials during that month because then you get the bulk discount and the special member price. And, if you are a volunteering member...well, you can take the 10% case discount, and earn up to 18%, and possibly even get the member sale price on just one case of an item. Just think how much money you'll be saving then! So see, it really does pay to be a member.

## OOOOOOPS!

by Bill London

Murphy's Law of compounding errors was in full evidence in last month's newsletter. We managed to put together three pages of photos, and then they were printed so dark they were unrecognizable.

Bummer.

What happened was that, during the layout phase, we neglected to properly scan the photos. They need to be translated to a dot format (at 85 dots per inch, I discovered) in order to be printed correctly. Unfortunately, that did not happen. Thus, they were printed too dark. This error occurred in the issue with the most photos ever. We had three photo spreads: matching the staff with their pets, the volunteer party, and moving the freezers.

Double bummer.

So, we have reprinted some of the photos this month on pages 14 & 15. Maybe they will come out recognizable this time.

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|--|--|
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## Credit Cards & Your Co-op

By Kenna S. Eaton

A couple years ago we gave in and started accepting credit cards at the register. Now credit cards account for approximately 30% of all our sales and we cannot imagine a time when they weren't a part of normal everyday business. However, we are still asked if we take credit cards, and we are also often asked the other question – "do we want to take credit cards?" The answer isn't clear, but I will tell you what I know.

First, we do lose money on every credit and debit card purchase. The credit card companies charge us a percentage of every sale (euphemistically called a 'discount'). Our 'discount' is 2.17% of every purchase. On debit cards we are charged 35 cents per transaction. However, the money from a credit/debit sale is directly deposited to our account and requires hardly any work on our part. We neither have to count it every night, nor deposit it. We don't see credit card slips returned to us for "non-sufficient funds," (unlike checks) and we don't have to count and bundle the slips (unlike cash). In many ways credit cards sales are very convenient for us and save us money.

Which method of payment is best? Well, I honestly don't know, so just do what feels right to you and "Thanks for asking!"

## The Buy-Line (Not!)

By Kenna S. Eaton

By now it seems that everyone has heard about Vicki's car crash, but if you haven't, here's the scoop: Vicki Reich, our food buyer, and her husband, Kurt Rathman, were returning from a wedding in LA. Their route took them through Nevada and through a dangerous intersection in a beautiful part of that state. Unfortunately, an oncoming truck hit them as they crossed through the intersection. Needless to say, the car was totaled, but luckily for us (and herself!) Vicki 'only' suffered a broken pelvis. Yikes!

Still, Vicki will be out of the Co-op until October; she may be back part-time in September. SO, we have decided to postpone the Taste Fair, scheduled for late August, until Mid-October, when Vicki can return and oversee the whole event with her usual panache.

In the meantime, we are coping. Carrie, non-food buyer, has taken on most of Vicki's ordering responsibilities, and Laura, the bookkeeper, has taken on receiving freight. I'm trying to make sure no one else gets injured. So, please excuse any "hiccups" you see on the floor (missing product, case stacks that look a little odd, no buyer's article in the newsletter etc.) and please be patient with us, at least until October.

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## The Buy-Line Part II

By Kenna S. Eaton

Since Vicki is indisposed this month, I thought I'd take a crack at answering the questions on the suggestion board.

*Endangered Animal Chocolate Bars, my fave is out of stock last week or so, the White Chocolate & Organic Crystals Harp Seal Bar. Craig Joyner, member.* Craig, this is one of our favorites too! We'll try to find room on the shelf for it and re-order it soon.

*Apparently there is such a thing as kosher gelatin not made from animal products. I will special order this if you don't want to carry it (if you can find it). Thanks, Diane Whitney, member.* We carry Hain brand gelatin that is kosher. However, we can not get unflavored gelatin except around Passover time.

*Get Olivio olive oil margarine, available in the United Kingdom and the rest of Europe. Tastes great! Lucy Linden, member.* Olivio brand is not available to us. However, Spectrum does make a "Mediterranean Spread" that is mostly olive oil. We tried carrying this product when we first opened here but there was not enough interest to continue carrying it. You may special order this item in case lots of 12 each.

*Please put a little step stool in the bathroom so our 4' and under members can reach the sink. Thanks. Nancy D., member.* Thank you, Nancy, for reminding us about our height-challenged members. We'll be sure to put this item on the shopping list.

*Please list products which contain genetically manipulated organisms (GMO's). For example, Light Life soy products such as soy bacon and tofu dogs contain genetically modified soy protein isolate, soy lecithin, etc. What about various products with Canola? Help! Michael, member.* GMO's and genetically engineered items and the labeling of such products will be of great interest in the next few years. Right now there is very little concrete information available to us as retailers. Probably most soy products are GMO's but we don't know for sure. We are planning to cover this issue in our next newsletter. Hopefully we will all be able to learn more about this important issue. If we know for sure that an item contains GMO/GEO's we will label such products in our store.

*Please retain interesting Cascadian Farm frozen entrees like lasagna and fettuccini alfredo. You had these in the Spring. We don't like Amy's. Jim Satterlee, member.* Jim, I'm sorry but we discontinued these items due to slow sales. You are quite welcome to special order any of these items and get the 10% case discount.

*We need Amy's Mac and Soy cheese again. Erin Dickinson, member.* Don't worry. They've been out of stock because of changing over to the new freezers. They'll be back this week.

*Thank you for carrying Dawson-Taylor coffee. It is excellent. A member.* You're quite welcome! We like it too.

*Please order more Edamame (frozen soy beans). Thank you. Atsuko Kanazawa, member.* Atsuko, we plan to continue carrying this item. We did re-arrange the freezer and you will now find Edamame next to the other frozen veggies.

*Could you please move the green dumpster back a little? Now there is an iron bar in the middle of the sidewalk. It is rude and dangerous. Fritz Knorr, member.* You're right, Fritz! As I've mentioned before, this is a concern for us at the Co-op also, and has been since we moved in. Unfortunately we were asked by the City not to pave under the dumpster until the issue concerning our loading dock has been resolved. Thus the gravel remains, making it difficult for the recycling guy to push the dumpster back into place. As of this writing, we have still not received permission from the City to fix this problem. In the meantime, 3 or 4 people can push the bin back, so if you see the bin sticking out please come and find us. Together we can move it!

*After discussing this with other Co-op users, we'd like to submit a possible change of the seating area as shown on the back of this form. It feels bad to face a wall now. The new plan allows for more sociability and would actually allow more seating. The existing space doesn't really seat more than 5 comfortably. We might be talked into helping with the counter removal and building a table. Tim and Roberta Daulton, members.* OK, I get it! You folks don't like the arrangement of the seating area! However, I am still unable to even think about changing anything (major) in the store until at least the New Year. Please come and talk to me then. In the meantime, thanks for thinking about this issue.

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# Local Produce is the Way

By Danielle McVay

July and August are my favorite months 'cause it's usually hot and the hotter the better for me. Plus this is when I start receiving local produce. I'm writing this on the 16<sup>th</sup> of July and we are flowing with fresh berries, peas, beets, onions, and garlic; hopefully you were here to enjoy. I'm anticipating a plethora of many more things to come, so keep your eyes and mouth open wide. I'm going to carry as much local produce as I can as it's "a good thing" to support local farmers, plus it tastes so much better and they treat the earth and animals with a more respect.

July is also my last month as the produce manager. I'm returning to school full time this fall, but I get to assist on Saturdays. Brian is also leaving mid-August to attend college in a far-off land. Laura is returning as the produce manager and David will be the produce assistant. So welcome them in mid-August!

I've thoroughly enjoyed my time as the produce gal and I'm going to miss it full time. Here at the Co-op we carry mostly organic and local produce, only carrying conventional produce when organic and local cannot be found. I feed my family produce from here strictly. I believe that organic and pesticide-free is the only way to go since 23 of the 28 most commonly used pesticides, herbicides and fungicides are extremely carcinogenic. I have to protect my family from these things, not to mention our water source, the air, animals and you. Look for a list of links and phone numbers that you can contact soon. I will get that information together and that way if you're debating about coming to the light side then you can make an informed decision.

Thank you, it's been fun. Have a wonderful August—soak up some sunlight and eat right. Your body and health you only get one shot at, so do it right and live healthily, radiantly and happily.

# Deli Dog Days

By Kelly Kingsland

July and August are my least favorite months of the year: It's just too hot and things are too hectic. Life in the Deli is no exception. I'm not complaining, just explaining my experience. While sales aren't higher than any other month, it feels like we're busier than ever. And Hot! Despite the air conditioning.

Part of the busy-ness is due to the fact that the time has come to prepare for fall. We've been thinking about how to increase production to meet the probable needs of the new school year. We're restructuring our cook schedule—this'll mean that we can get sandwiches out earlier and hopefully add a few more regular items to the case. We're also adding some server back-up for the busy times, so that you won't have to wait so long, and the cooks will be able to stick to their cooking rather than serving. We're going to add another cook (yes, we'll probably be hiring), and you've probably noticed a few new servers already.

Oddly enough, I'm also going to be doing some travelling—getting ideas from other natural foods delis, checking out one of our distributors' trade shows, and attending the Provender Conference. Now that we're approaching another stage in growth, I'd like to see us actively decide where we are going rather than just following the sales. Odd, too, because I don't 'business travel.' Well, didn't.

While it all seems hectic, it's also rather exciting. I like change, and the fact that the further into summer we get, the closer comes the fall!

This month's Deli recipe offering is a hodgepodge. Enjoy.

## Erika's Croutons

- 1/2 loaf of bread
- 1 stick butter
- 2 T minced garlic
- 1 T each oregano, basil & thyme

1. Chop bread into bite-size pieces.
2. Melt butter with garlic in saucepan or microwave.
3. Pour butter with garlic over breadcrumbs and mix in herbs.
4. Bake on a cookie sheet at 400 degrees, stirring every 10 minutes until done (taste them). Enjoy in soups, salads or ???

**Gingered Greens with Tofu**  
(Adapted from recipe in Moosewood Restaurant Cooks At Home, by The Moosewood Collective)

Marinade:

- 1/2 c tamari
- 1/2 c dry sherry or white wine
- 1/4 c rice vinegar
- 3 T brown sugar
- 1 1/2 pounds tofu
- 1/4 c peanut oil, divided
- 2 T grated fresh ginger
- 6 c chopped kale or swiss chard
- 3 T lime juice
- 2 T fresh cilantro, chopped
- pinch of cayenne
- toasted cashews (optional garnish)

1. Slice tofu into 1/4 - 1/2 inch squares and soak in marinade for 15 minutes.
2. Grill tofu in 2 tbsp. peanut oil until brown on both sides. Set aside, keeping warm.
3. In a large wok or skillet, heat remaining peanut oil; add ginger & greens. When greens have wilted add remaining ingredients and remove from heat.
4. Cut tofu into bite size pieces and combine with greens. Serve and enjoy!

## Gary's Vegetarian Cajun Stew (Vegan Too!)

Sauté the following ingredients for 3 to 5 minutes:

- 4 or 5 garlic cloves, minced
- 1 medium onion, chopped
- 4 or 5 celery stalks, chopped
- 1 small to medium eggplant, chopped
- 6 to 10 okras, sliced
- 2 T olive oil

at the end of sautéing, add:

- 1/2 t oregano
- 1/2 t thyme
- 3/4 t paprika

Transfer those ingredients to a pot and add:

- 1/2 c of garbanzo beans, fresh cooked or canned
- 1/2 c of black beans, fresh cooked or canned
- 1/2 c of red beans, fresh cooked or canned
- 2 c diced tomatoes with juice

Bring to a boil and simmer for 15 minutes. Add black pepper, white pepper, cayenne, and salt to taste.

(Note: This should be a close approximation of how Gary makes Cajun stew or Cajun beans. C'est ben bon, ca!)



# It's A Pooch Party!

By Carrie A. Corson

Join us Saturday, August 7, from 11:00 a.m. to 3:00 p.m. for the First Annual Co-op Community Dog Wash—right here at the Moscow Food Co-op, 221 East Third Street, in Moscow. Make a donation and get your doggie washed to help us raise money for a good cause: all proceeds will be donated to the Moscow Humane Society and CAPPS. Folks will also be here to answer your questions about natural pet foods, supplements and holistic pet care. Please remember that there will be lots of dogs here, so be sure your dog is on a leash and reasonably well behaved. There will be lots of fun and prizes, so come on down!





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## Staff Profile: Kenna Eaton

By Randy Paulin



has just started his "dream business" (Prairie Bloom Nursery, out on the Moscow-Pullman Highway) which Kenna's also busy with when she's not at the Co-op. And obviously there are many other things that I still don't know about her. But I am sure that she's got a real handle on the Co-op, not only in terms of the nitty-gritty details, but (more importantly) in terms of what the Co-op means to the community, as well.

When Kenna talks about managing the Co-op, she speaks immediately of the diversity of each day's

Of course everybody knows Kenna, right? After all, she's the Manager of the Co-op. She's been involved with the Co-op in one manner or another since 1982. She's taken two maternity leaves of absence, but returned to work at the Co-op each time. And today she's the general manager of a Co-op in a beautiful new location, with over 2000 active members, 50-60 volunteers, and 25-30 paid staffers. All of which makes her a pretty busy person. She said it's been "a while" since she was profiled in this newsletter. I didn't press for a specific date—she's got more important things to worry about. In the much shorter "while" since I've been writing these profiles, I've gotten to know Kenna a little bit myself. She's always been helpful in lining up the next victim, er, interviewee, for the monthly staff profile, and she's always got a friendly greeting for me when I see her in the store.

What I did not know about Kenna until recently is that she's going to become an American citizen this year, after thirty years in the U.S. as an expatriate Briton. And I also just learned that her husband

work. She enjoys the unpredictability of managing, and speaks self-deprecatingly of knowing how to do most of the jobs in the Co-op, but not being very good at all of them. But when she talks about spending a large part of every day helping customers, one really gets a sense of what keeps her coming to work every day: the people (whether members or not) who choose to shop at the Co-op, and who make it what it is. Kenna speaks of the Co-op as being a democratic institution, and she means it. But if that makes her the head of state, (and that's my extension of the analogy, not hers) I, for one, believe the process is working and the Co-op's in good hands. Because Kenna, whether you know her (by sight or otherwise) or not, has the Co-op's customers as her number one priority and she strives to balance the diverse needs and desires of those customers, plus the membership, the volunteers, and staff in order to respect the Co-op's democratic nature, and to make it a great place to shop. For that, she deserves a word of thanks from all of us who value our Moscow Food Co-op.

## Volunteering at the Co-op

By Gary Macfarlane

The end of August brings changes to blissful, quiet Moscow. The cumulative roar from millions of acres of wheat and legumes cracking as they dry in the searing heat is only the beginning. Students in search of knowledge, beer, learning, beer, wisdom, beer, sheepskins (AKA diplomas), and beer return to the desiccated Palouse like the flood of locusts described in that famous myth in the first book of the Pentateuch (Genesis for you Christians). In other words, many new people come to town, some of whom visit the Co-op for the first time.

To those of you new arrivals, returnees, or long-time residents, welcome to the Co-op. Those who know me realize the above metaphor equating the swarm of incoming people to insects is not done in a pejorative sense. This old misanthrope loves the natural world and comparing you new arrivals to a natural phenomenon is actually a compliment.

Anyway, many of you all reading this article have time and would like a volunteer discount. Here are a few simple tips about volunteering and how it works.

First, go to the volunteer board

at the east end of the Co-op (to your left as you come in the front doors). Look at the postings for available jobs, job descriptions, and how to volunteer. Please read carefully to avoid confusion. It is particularly helpful if you read the how-to-volunteer sign and pick up a brochure.

Second, fill out a volunteer application form and stick it in the slot. Then I will be able to call you to set up an appointment. After that, you will start by training with a staff member at the position you selected. It is as easy as that.

The Co-op survives on reliable volunteers. We need your help, so come on down, save a few dollars on your grocery bill, and have a good time volunteering. Oh, I almost forgot, we have a quarterly volunteer party—volunteering really is fun!

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## Macro Musings Part 3: The "Co-Star" Grains,

by Peggy Kingery



Pilgrims. Modern varieties are larger and more uniform in color, taste, and shape than traditional varieties. We are most familiar with sweet corn (which contains the largest proportion of sugar to endosperm), pop-

corn, and dent corn (a soft-kernel-type that is easy to grind). Dent corn is ground into cornmeal, masa, and corn flour by two methods: stone-grinding or crushing. Stone ground corn is the healthier of the two because the nutrient-rich germ is retained; crushing removes both the hull and the germ. Whole corn is delicious in soups, salads, stews, and especially as that quintessential summertime treat, corn-on-the-cob. Ground corn finds its way into breads, desserts, cereals, tortillas, and side dishes such as grits and polenta.

Wheat is one of the most important food crops in the world today. It's seldom used in whole form (wheat berries) because it's difficult to digest unless it's thoroughly cooked and chewed. Whole wheat is high in protein, calcium, phosphorus, and thiamin. There are several types grown: hard red (high in gluten and protein; used in making bread and seitan), soft white (lower in gluten and protein than hard red; used in cakes and pastries), and durum (almost no gluten and very low in protein; used in noodles and pasta). I enjoy pressure-cooking wheat berries with short-

grain brown rice (1/2 cup wheat berries, 2 1/2 cups rice, 4 1/2 cups water, pinch of sea salt) where they add a sweet and nutty flavor to the finished dish, especially if they're first toasted in a dry skillet.

Wheat is more commonly used in its processed forms of bulgur, cracked wheat, and flour. Bulgur is wheat berries that have been partially boiled or steamed, then dried and cracked. Cracked wheat is not pre-cooked, but has simply been partially milled. Both forms retain the same nutritive values as wheat berries. Because they've been processed, bulgur and cracked wheat are more yin than wheat berries and are especially cooling during hot weather. Bulgur and cracked wheat can be cooked with vegetables as pilafs and used in salads and cereals. They're delicious when mixed with rice, chickpeas (garbanzos), and lentils.

Whole wheat flour has myriad uses, but is particularly prominent in the macrobiotic diet when made into seitan ("wheatmeat") and noodles. Seitan is made by kneading the starch out of whole wheat flour in a water bath, leaving the elastic, chewy, protein-concentrated gluten. The gluten is then cut into pieces and simmered in a broth traditionally containing water, tamari, and kombu. Once cooked, it has the texture of meat and is delicious when added to soups, stews, and stir-fry dishes. Noodles and pasta come in a wide variety of shapes and sizes and are delicious in salads, soups, stir-fry dishes, and as a base for sauces. Macrobiotic cooking, with its roots in Japan, utilizes three types of traditional noodles: udon (fettuccine-shaped), soba (angel hair pasta-shaped), and soba (spaghetti-shaped that also contains buckwheat flour).

Next month I'll discuss the second-largest food group on the

macrobiotic diet: vegetables. In the meantime, try this pilaf as a side dish at your next barbecue—but don't forget the corn-on-the-cob, too!

### Wheat Pilaf (Serves 3 or 4)

1 tsp. unrefined oil  
1 cup onions, chopped  
1/2 cup mushrooms, sliced  
1/2 cup celery, chopped  
2 cloves garlic, minced  
1 cup uncooked bulgur wheat  
1/2 cup uncooked whole wheat macaroni  
3 cups water  
1 tbsp. shoyu  
1/2 tsp. dried oregano  
2 tbsp. fresh parsley, minced


Dice vegetables. Heat oil and sauté vegetables briefly, then add bulgur and macaroni and stir well. Meanwhile, in a separate pot, bring water, shoyu, and oregano to a boil. Add vegetables and return to a boil. Simmer, covered, for 30 minutes. Gently fluff with fork, garnish with parsley, and serve.

With the memory of our Fourth of July celebrations still fresh in our minds, it seems fitting to end this first series of articles on the principal food of the macrobiotic diet, whole grains, with the ones closest to America's heart: corn and wheat. Our nation's history—and future—are intertwined with its fertile fields and golden harvests. The corn (maize) of our native peoples sustained hungry European explorers during our nation's founding. The wheat fields which color our Palouse hills green in the spring and gold in the summer guarantee a continuing food supply for future generations.

How appropriate that corn, the grain of summer, is sunny-yellow in color! This prolific grain originated in South or Central America, reaching North America more than five thousand years ago. Because it flourishes in hot weather, it's the most yin grain and provides cooling, uplifting energy when the mercury rises. Corn is high in iron, protein, calcium, and vitamin A.

The varieties available to us today differ from the multi-colored flint corn that was enjoyed by the northern Native Americans and

Sole  
Mates.



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For the Cook  
Who Likes To Garden,  
and the Gardener  
Who Likes to Cook:

## Baked Tomato Salad

R. Ohlgren-Evans

Need a new picnic salad? This chilled, baked tomato salad may be just the thing to share at your next barbecue potluck. Serve it as a side dish, or as an appetizer along with a crusty baguette to mop up the juices.

### Baked Tomato Salad

olive oil  
large summer tomatoes  
salt and pepper  
fresh parsley, basil, and cilantro, minced  
1 jar roasted red peppers, chop-ped (or make your own!)  
dry bread crumbs  
capers

Preheat oven to 475 degrees. Choose a shallow baking dish for your desired, number of servings, and grease well with olive oil. Cut the tomatoes in 1/4" slices and place a single layer in the dish. Salt and pepper lightly, then layer with a sprinkle of the minced herbs and red peppers. Repeat the process twice, then drizzle a little olive oil, cover lightly with bread crumbs and sprinkle with capers. Bake 20 minutes. Chill well before serving.



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

R. Ohlgren-Evans

### The Phytopia Cookbook - A World of Plant-Centered Cuisine

by Barbara Gollman and Kim Pierce

191 pp. \$17.95

Phytopia, Inc., Dallas

What a wild and wonderful look at food preparation. How can it be that I am still wowed after several years of reviewing cookbooks? I'm afraid this is another 'gotta have', and I don't take adding another volume of recipes to my collection very lightly. Here is a beautiful collection of zesty and intriguing recipes inspired by the sunny climates on this earth, but with an everyday feel and healthful twist. The word phytopia was conjured up by Gollman and Pierce to convey their concept of plant-centered cuisine, nudging meat not necessarily off the plate, but certainly to the side, to make room for more grains and vegetables and fruits. With dishes like Spanakopita Pizza (with a phyllo dough crust—have you noticed the whole wheat phyllo dough in the Co-op's new freezer?), Raspberry Beer Chicken, Sweet Potatoes and Roasted Bananas, and a tofu smoothie called Very Berry Swirl—isn't that enough to pique your curiosity and palate?? I haven't even mentioned any of the terrific desserts—Dark Chocolate Sorbet, anyone? Each recipe is complete with a breakdown of calories, fat and basic nutritional content, and the back of the book has a section devoted to a comprehensive glossary and the results of some recent gastronomic research studies for the curious among you.

## Word of Mouth

By Eva Strand

This month turned out to be as much a dive into chocolate bars as an enlightened understanding of chocolate-lovers and their motives. Most people like chocolate, many love it with passion, and a few have nothing good to say about it. A while ago I learned that chocolate is one of earth's most complex flavors with over one thousand different chemical compounds contributing to its taste. Some of these compounds are supposedly yucky-tasting and foul-smelling if isolated on their own, while in combination they turn into the delicacy we know as chocolate. The complexity is impossible to copy in a chemistry lab—which is why we don't see any artificial flavors of chocolate. Grown-ups as well as children tested five different brands of chocolate bars and here are the comments:

Cloud Nine Cookies & Cream in white chocolate got great reviews from kids and occasional chocolate eaters. The creamy, just-right, sweet white chocolate was blessed with a crunchy texture from tiny, dark chocolate cookie crumbs. This bar is cane-juice sweetened and the company donates 10% of their profits to conserve the tropical rainforest where cocoa beans are grown.

From the Endangered Species Chocolate Company we picked the Elephant bar: Belgian milk chocolate and peanut butter brittle. Another winner—especially among children. It should be pointed out, however, that the peanut flavor is minimal and the brittles taste more like caramelized sugar. Don't expect a Reese's peanut butter chocolate experience, but rather a Heath bar-type chocolate—a warning to peanut butter lovers. The milk chocolate in this bar is wonderfully creamy—best described as "delicious!"

Tropical Source's Mint Candy Crunch got comments across the entire spectrum from "simply marvelous" to "never again." When passing out this chocolate I realized that there are a group of people that cannot stand the combination of mint and chocolate. Being a lover of peppermint patties, I personally found this chocolate very appealing with a strong mint flavor well balanced with a smooth dark chocolate. All kids liked this chocolate.

The winner among the truly

passionate, 'everyday practicing' chocolate connoisseurs was Newman's Own Organic Sweet Dark Chocolate. This bar was bittersweet with a grown-up taste and a lingering, satisfying choco flavor. A small piece goes a long way. This is the kind of stuff that people get addicted to. If somebody asks for a piece of chocolate before 10 a.m. with a glassy look in their eyes—a piece of Newman's Sweet Dark will fix them.

Extra Strong Dark Chocolate from Chocolove was found to be too dark and intense even for the most chocolate-crazy. Chocolove also makes a Strong Dark variety that many have fallen in love with—it is slightly more bitter and less sweet compared to Newman's Sweet Dark.

There are thousands of chocolate flavors and everybody appears to be looking for something very personal and special in their chocolate experience. All the above mentioned brands come in several scrumptious flavors with names that will tickle your fancy. I can't predict what you will like—but the Co-op sure has a great selection to choose from.

### Sheri L. Russell

◆Attorney At Law  
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GROCERY

# Summer Savory

By Nancy L. Nelson

Summer savory—what a great name for this leafy herb, with its bright, pungent flavor reminiscent of dill and a dash of thyme. It's a perfect foil to the sweetness of the new potatoes and fresh green beans we'll soon harvest.

And savory grows so well around here. This year's crop will set seed for the next crop in the stones around your garden. But I'll bet it's not growing in your garden now and I'll wager you haven't used in the stewpot lately.

Actually, you've probably never grown it, since local nurseries have given up selling it. "Nobody buys it," they report, and grocery stores only occasionally stock it.

Summer savory hasn't always had such a low profile. In another time and civilization, it had a decidedly more useful reputation, and a different name. The Romans called it "satureja," a name which, according to most herbalists, was derived the name for satyrs—those lascivious half men-half goats, who lived in forests filled with the herb. That led to the long-standing belief that summer savory, or Satureja hortensis, was an aphrodisiac. (Another variety of savory, Satureja montana, or winter savory, was believed to dampen the sexual appetite. You may draw your own conclusions as to why summer savory is the enduring favorite.)

At that same time, Roman cooks depended on savory for a peppery

flavor that combined well with oregano and thyme, which they also used. The Roman palate was fond of strong flavors, including spicy, sweet, and salty, and savory's strong flavor made it popular. Roman recipes that use summer savory include mussels steamed in a broth flavored with leeks, cumin, a sweet grape syrup and wine, and chicken baked with wine, leeks, dill, coriander, pepper and savory. It was also used to flavor vinegar for cooking.

Modern use of savory takes advantage of its pungency by using it with beans, both fresh and dry. In German cooking, the herb is called "bohnenkraut," which translates as 'bean herb,' an appropriate name since German recipes often use it with beans.

In France, savory is a traditional ingredient in the mixture known as 'herbes de

Provence', which also uses some combination of dried thyme, rosemary, marjoram, oregano, lavender flowers, sage, basil or fennel seed.

Generally, savory goes well with cooked vegetable salads, tomato dishes, marinades, and fish, especially trout. I like to think of it as a robust alternative to dill and have enjoyed it in sour cream-based vegetable dips.

To add summer savory to your cooking, buy a couple tablespoonsful from the Co-op's bulk spice jar for less than 50 cents. Otherwise, you will pay about \$3.50 for a 3/4 oz. jar of summer savory at a traditional grocery store—if they even stock it.

Growing your own savory is easily done, if you can find the seed. It will probably be difficult to find locally, but is certainly found in seed catalogues that emphasize herbs. Once you have the seed, sow it directly in a sunny spot for a hardy annual. One local gardener found her

crop last year seeded an abundant crop for this year.

Like most leafy herbs, fresh savory is better than dried. Use it with vegetables and salads. It is also said to be a good complement for mushrooms.

The following recipes take advantage of savory's robust flavor by pairing it with hearty vegetables. The green beans are cooked using the same method restaurants use to produce a bright green, still-crunchy bean for every plate: to time it just right for your table, hold the beans in the refrigerator after they have been boiled and rinsed with cold water. Season and heat just before eating.

## Green Beans with Summer Savory

- 2 lb. fresh, young green beans, trimmed
- salt
- 4 tbsp. unsalted butter
- 2 tbsp. finely chopped fresh summer savory, or 2 tsp. dried savory
- fresh ground black pepper

Bring a large pot of water to full boil. Add a generous dash of salt and green beans and cook on high heat uncovered for 6-8 minutes, depending on the size and freshness of the beans. They should be tender but still crisp.

Drain and rinse with cold water. Drain again and keep cool until you are ready to eat them.

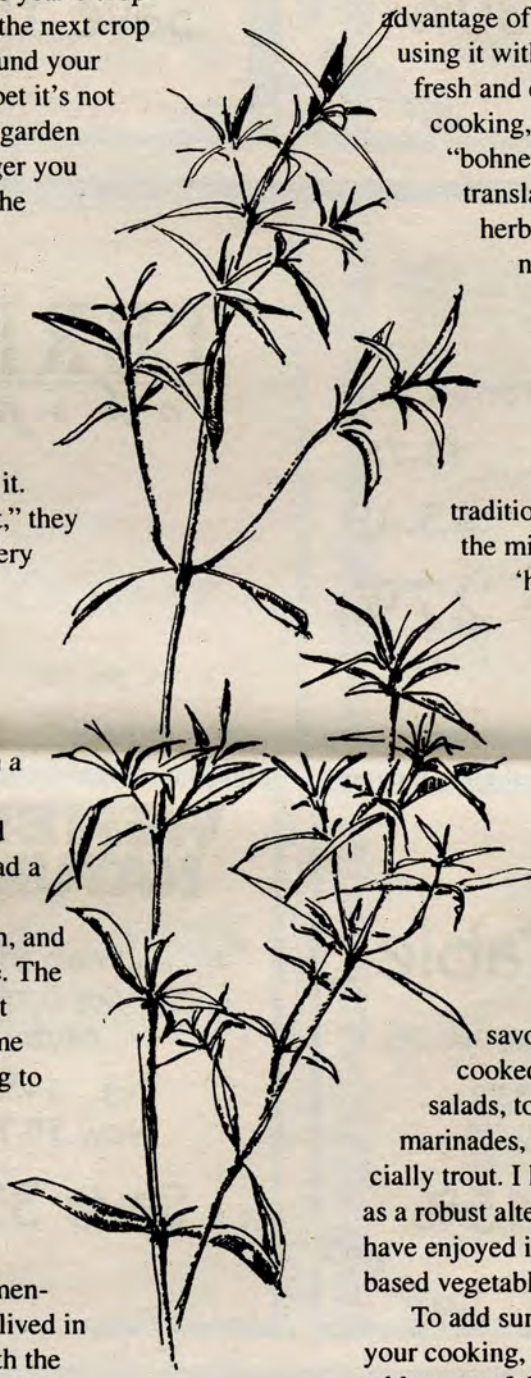
For final preparation, melt butter in a saucepan. Add savory and beans. Cook for 1-2 minutes and serve hot, seasoned with pepper, and salt if necessary.

## Herbed Roasted Potatoes

- 2 tbsp. olive oil, divided
- 2 lb. low-starch potatoes (red or yellow skinned), halved or quartered
- 1/2 tsp. dried summer savory
- 1/2 tsp. dried thyme
- 1/2 tsp. dried marjoram
- salt and fresh ground pepper

Preheat oven to 450 degrees F. Use some of the oil to coat a heavy baking sheet or pan. Combine potatoes, herbs and remaining oil in pan and toss well. Season with salt and pepper. Roast until potatoes are golden brown, stirring frequently, about 40 minutes.

To shorten the cooking time, you can parboil the potatoes for 4-6 minutes before roasting. Drain well, add oil and seasoning and roast for about 20-25 minutes.



Summer Savory



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# Summer & Soup

By Pamela Lee



Perhaps your appetite turns to soup during the cold winter months—mine does. But I also enjoy a light, soothing bowl of soup in the summer. On especially hot days, a bowl of tangy cold tomato or gazpacho soup seems just right. Although, so far, as I sit to write, we've had very few summer days that require a cold bowl, and I've been enjoying lots of light warm soup.

The majority of my soups are spur of the moment creations. For instance, when the Co-op's organic broccoli and gingerroot look especially fresh, they'll inspire an impromptu broccoli soup. When friends have asked how I make soup, my explanation almost always begins with sautéing onions and garlic. That's my tried and true flavor base. Perhaps it is a familial tradition: my sister once said that when it's time to fix dinner, she sautés an onion while she figures out what she is going to make.

In his wonderfully complete book, *Splendid Soups*, James Peterson writes that it is an almost universal technique to begin a soup by lightly cooking a flavor mixture in oil or fat before adding other ingredients. Each country has its own distinct flavor base(s) and ingredients that impart their particular ethnic taste. Let me introduce a few of the ethnic flavor bases and ingredients that Peterson covers in one of his introductory chapters. Maybe you'll be inspired to create your own soup. The quotations and recipes are from Peterson's book. For those of you who feel more comfortable with a recipe, I'll include a couple that I really like.

China is such a large country that it is not easy to characterize its soups. But generally, Chinese soups are concocted "by simmering one or two vegetable in a ginger-scented chicken broth." Soy and ginger are the most common flavoring agents. Other flavorful ingredients include sesame oil, ham, eggs, tofu, noodles, wontons, rice wine, dried mushrooms (e.g. straw, cloud ear, tree ear mushrooms), preserved vegetables, star anise or five-spice mixture. If thickening is desired, the Chinese cook will typically use cornstarch.

Soups made according to classic French cuisine fall into strict

categories, such as broths, velouts, consommés, bisques, etc. Regional French cooking is different—it reflects the ingredients indigenous to each area. For instance, soups from the Provence region tend to include saffron, olive oil, garlic, tomatoes and fennel. Soups from the Mediterranean areas are often finished with wonderfully pungent sauces, such as aioli (garlic mayonnaise) or rouille (a thick paste of garlic, bread, chilies, and sometimes saffron). Soups from southwest France utilize the region's ducks and geese. Northern soups make use of the abundant sea creatures. Most French soup begins with a sautéed mixture of chopped onion, carrots, and celery, (the mirepoix) in butter or oil.

In India, many cooks begin soup by slowly cooking finely chopped onion, garlic, ginger, and hot peppers in oil or butter. Curry powder is added, cooked a bit to enliven the flavor, then liquid is added. An alternative way to flavor their soup would be to add a 'tadka' just before serving. A tadka is a flavorful mixture of spices, onions, and garlic cooked in ghee. Yogurt or coconut milk might also be used to finish the soup.

Mexican soups use chilies, corn (dried and fresh), tomatoes, tomatillos, beans, Mexican oregano, cilantro, epazote, cumin, and seafood. Moroccan soups are flavored with typical Mediterranean ingredients plus lemons, dried fruit, slivered almonds, turmeric, ginger, or cinnamon. Moroccans make an herb mixture called 'charmoula' "by grinding together cilantro, parsley, garlic, vinegar, lemon juice, paprika, and cayenne into a pesto-like paste."

For the following recipe, if you don't have, or don't want to use, coconut milk, you can instead finish this corn soup with 1 cup of plain yogurt. (This is not Peterson's suggestion, but mine.) I do, however, caution that you add the yogurt at the very end, and don't allow it to boil, or it will curdle.

## Indian-Style Corn Soup

makes 6 servings

1 medium onion, finely chopped  
2 garlic cloves, finely chopped  
1 tsp. fresh thyme leaves or 1/2 tsp. dried

3 tbsp. unsalted butter, divided  
4 cups corn kernels, from 6 to 8 ears of fresh corn (or two 10-oz. packages frozen)  
3 cups water or vegetable or chicken broth, divided  
1 tsp. curry powder  
1 cup coconut milk  
1 tsp. sugar  
2 tsp. fresh lime or lemon juice  
2 tsp. finely chopped cilantro leaves  
salt

Cook the onion, garlic, and thyme in 2 tbsp. butter in a 4-quart pot over medium heat until the onion turns translucent, about 10 minutes. Add the corn and half the water or broth, cover partially, and simmer until the kernels are soft, about 15 minutes.

Heat the remaining tablespoon of butter in a small saucepan over low to medium heat. Stir in the curry powder and heat gently for 1 minute to wake up its aroma, but be careful not to let it burn. Remove the pan from the heat.

Puree the corn mixture in a blender or food processor and then strain it through a food mill with a medium disk or a medium-mesh strainer. If you want a smoother texture, strain it again through a fine-mesh strainer. Add the rest of the water or broth (slightly more or less, depending on the texture you want) to the strained mixture.

Whisk the cooked curry, coconut milk, sugar, lime or lemon juice, and cilantro into the soup a minute or two before serving. Season with salt.

Variations: You can use this soup as the liquid base for more elaborate vegetable soups and stews. You can add chopped, peeled, and seeded tomatoes, or add cooked spinach, potatoes, cauliflower, broccoli, and green beans. Each of these vegetables, except the tomatoes, should be cooked separately in boiling water rather than being cooked directly in the corn soup.

I don't think that all the lime called for in this next soup is necessary. I suggest that you begin with half the amount called for; you can always add more.

## Avocado Soup

makes 6 servings

2 garlic cloves, peeled  
1 small onion, minced  
2 jalapeno chilies, seeded and very finely chopped  
juice of 4 limes  
1 bell pepper (preferably

yellow), roasted, peeled, and chopped  
4 large or 6 medium tomatoes, peeled, seeded, and finely chopped  
1/4 cup finely chopped cilantro leaves  
2 ripe avocados  
1 cup ice water  
salt and pepper, to taste  
tortilla chips  
sour cream

In Advance: Up to 8 hours ahead, crush the garlic to a paste in a mortar and pestle or by chopping it and crushing it on a cutting board with the side of a chef's knife. Stir the garlic paste, onion, jalapenos, lime juice, and bell pepper into the chopped tomatoes in a mixing bowl.

Add the cilantro to the soup.

At the Last Minute: Peel and pit the avocados and dice into 1/2-inch cubes. Combine with the rest of the soup and the ice water. Adjust the seasoning with salt and pepper to taste, and serve in chilled bowls.

Pass tortilla chips and sour cream.

Variations: If you want a more substantial soup, barbecue or sauté some shrimp or chicken and add the shrimp or (boned) chicken to the soup just before serving.

You can pass croutons cooked in olive oil or toasted slices of French bread instead of chips.

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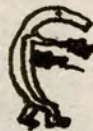
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# THE KID'S PAGE



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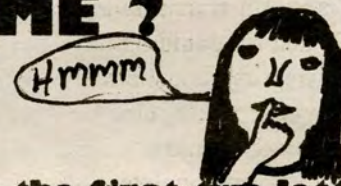
**O.K. Let's say you've been driving in the car for hours because maybe you're on vacation but you've had enough of the car and you're wondering-**

**when are we ever going to get there?**

**Or maybe you're just plain bored because it's August and it's hot and you can't think of anything to do. Suddenly you sit bolt upright fevrish with this burning question.....**

## What Is My STAR WARS NAME ?

Here's how to find out:



**1. Write down the first three letters of you first name. Now write the first two letters of your last name. This is your first Star Wars name.**

(For example Allix Lee-Painter's first name would be AllLe)

**2. Write down the first two letters of your mom's last or maiden name(which might also be your last name) then write the first three letters of the city in which you were born. This is your middle Star Wars name.**

(Allix's middle name would be: LeSea. She was born in Seattle.)

**3. Write the last three letters of your last name in reverse, then write down the make or model of the first car you ever drove (driveways and parking lots count) or rode in. This is, you guessed it, your last Star Wars name.**

(For Allix's last name reverse the last three letters of Painter which is Ret and add Honda and you get: RetHonda)

**4. Now write the word, "of"**

**5. Write down the name of the last vitamin, herb or medicine you took that made you feel better. This is the land you come from.**

(So Allix's full Star Wars Name is: Allle Lesea Rethonda of Flax Seed)

**O,K, so maybe the creators of Star Wars didn't use this method to name their characters but you've got to admitt it's fun and I bet you're not bored any more. Now that you know your name you can figure out the Star War's names for your whole family, your friends and even your animal companions. May the force be with you.**

Star Wars name game courtesy of Tony Folotico

Kid's Page by Allix and Nancy Lee-Painter aka Nanle Retcoronet of Arnica

# Gardening

## Pest-Free Gardens The Natural Way

By Patricia Diaz

Instead of letting garden pests use your flower and vegetable beds as a salad bar, fight back—but do it naturally. The first thing to do is to make sure that your soil is “good” soil. Till in organic matter, such as compost. This helps keep your soil clean by adding compounds and natural elements that will help keep pests away. If you have a real problem and want to start over, completely till your garden and cover it with black plastic for six months. Heat will build up underneath and kill most harmful pests and their eggs. Your garden will then be ready for planting with only light cultivation. The only problem with this method is the time constraints we have here with winter following close on the six months of heat.

Make sure you buy disease- and pest-resistant seeds and plant starts. If you're purchasing seeds from a catalog, look for the initials V, F, N or T after the name of the seed. These letters will indicate the problems to which the seed is most resistant. V and F stand for verticillium and fusarium, two tomato diseases. N is for nematodes and T is for tobacco mosaic virus. I remember buying alyssum on a whim at a cut-rate pharmacy/department store and a few weeks later had little green inchworms all over all the rest of my plants, happily munching away. So, always buy from a reputable nursery or plant and seed catalog.

As much as you might not like killing plants, you must thin your plants so that the weak ones don't remain and become diseased. They, then, will pass the disease on to the healthy plants nearby. Also prune away dead shoots and branches so that you maintain good airflow.

Water in the early morning to help with the photosynthesis process. Watering in the evening can leave the plants damp, which is a perfect condition for fungus and other diseases. Also remember to soak the roots, don't water the foliage. Soakers and drippers are

much better for watering your plants.

Remove faded blossoms, fallen leaves, and weeds. Decaying plant matter is a perfect breeding ground for fungus, insects, and diseases.

You can use insect traps, like yellow sticky cards, on the ground and between branches to catch traveling insects.

Use beneficial insects whenever possible, such as ladybugs (which eat aphids, mites, and the eggs of other harmful insects), praying mantises, lacewings, and parasitic wasps. If you've used chemicals on your garden, be sure not to release these insects until at least 10 days have passed.

Practicing crop rotation helps keep specific pests from remaining in that area waiting for next spring's crop. Crop rotation also helps keep vital soil nutrients from being depleted. A good example would be to plant legumes (which put nitrogen into the soil) where you last planted corn, squash, or tomatoes (all of which deplete nitrogen in the soil).

Pinch off dead or infested leaves immediately. Take them away from your garden area. If you need help identifying problems, place the infested or infected leaves or insect samples in a plastic bag and take them to your extension agent or nursery person. Do NOT take them for analysis without a protective covering to keep them from infesting other plants.

## Hints For The Compost Pile

By Patricia Diaz

Sometimes the compost pile just doesn't smell good or you get maggots in the pile. What went wrong? Many beginning composters have these problems, but with a little troubleshooting these problems can be corrected.

First, let's identify what should go into a compost pile and in what proportions. Brown matter, which is high in carbon, includes dry leaves, hay, sawdust, straw, wood chips, and woody prunings. Green matter, which is high in nitrogen, includes grass clippings, fresh prunings, fruit and vegetable trimmings, animal manure, coffee grounds, tea bags, and rinsed-out eggshells. Air is critical for the health of your pile as the bacteria in the pile need air to break down materials into compost. When you build your pile, add a thin layer of larger prunings or corn-stalks to create air pockets. You should also turn the pile every two to seven days to add air. Bacteria also need moisture, just not too much moisture. Do NOT add animal bones, cat or dog waste, charcoal ash, cooked food or dairy products, diseased or infected plants, fats, meat, or weeds.

To make your pile, chop the ingredients into pieces no larger than 1/2 to 1" by 6". Then mix equal amounts of brown and green matter. Alternate layers of these so that each layer is 2 to 8 inches deep (2 inches for grass). As you're layering, toss the materials with a pitchfork to mix. The optimal size of a compost pile is 3 feet tall by 3 feet wide by 3 feet

deep. Maintain moisture by adding water as often as needed to keep the pile as moist as a wrung-out sponge.

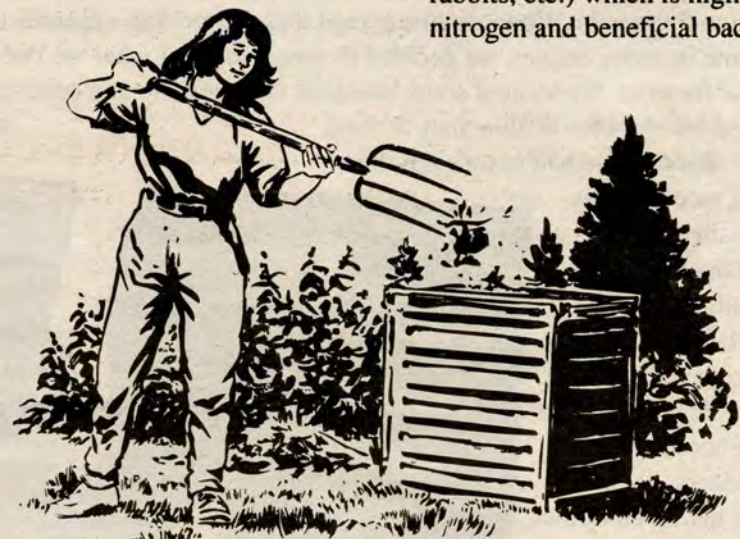
If your pile smells bad, you probably watered it too well, or have too much food or green waste which is making the pile too moist. A pile that is too wet becomes anaerobic (without air) and the bacteria that like this condition are slower and smellier. To correct, mix some browns into the pile. If you don't have any on hand, get some sawdust. When you add kitchen scraps, bury them in the pile or cover with additional browns.

If you have maggots in your pile, don't fret as they are benign creatures concentrating where there's too much food to waste. If you add more brown material and turn the pile they often disappear. You can also scoop them out by hand and discard them.

To know when the pile is finished and ready to use, it should be brown and crumbly. If you've put twigs in the pile, however, they may still be there. If you build your pile all at once everything will be broken down evenly. If you make your pile slowly, however, parts of the pile may be finished before other parts. In that case, remove and use the fine compost (you can sift the coarse matter through a 1/2" screen) and add the rest back into the pile or use as mulch.

Some people ask if they should use a commercial compost activator. Rather than do that, add manure from an herbivore (horses, cows, rabbits, etc.) which is high in nitrogen and beneficial bacteria.

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# Last Month's Photos and Their Stories

## A Good Time Was Had By All (AKA Volunteer Update)

By Gary Macfarlane

Faithful readers of the Co-op's newsletter know a fun potluck party for Co-op volunteers was held in East City Park on June 16—yes it pays to read the newsletter. Those in attendance cranked out some wonderful dishes. Since I'm a deli guy, I decided to bring something from the deli case. Maybe Emily Post or Miss Manners would consider such behavior a breach of potluck etiquette, then again they were not invited so the point is moot.

A keg of Henry Weinhard's Root (rhymes with foot) Beer and chips were provided by the Co-op. The sudden appearance of the keg at the Co-op reportedly convinced some folks to attend the party. They may have been under the mistaken assumption the keg contained another beverage of Henry's finest. Nonetheless, the drinks were a smashing success.

The highlight of the party was the inauguration of the newest addition to the Co-op's inventory—the official and colorful Moscow Food Co-op Volleyball. I personally think it is every bit as important as the new freezer, if not more so.

With much ado, I announced that important acquisition while vowing there would be no preaching or pontificating about signing volunteer cards, always informing staff members of absence, or a reminder about updating memberships. The crowd rushed me, snatched the volleyball, and descended, full bellies and all, on to the sandlot court. Perhaps they feared that I might break the promise and begin sermonizing.

The volleyball game had no rules and no score was kept. Well, maybe there were a few rules. I must confess, I surreptitiously kept score. My team won of course, 479 to 13. Please don't pass this information along as I would not want to embarrass anyone on the opposing team, especially Kenna. Not everyone is endowed with the athletic prowess evidenced on my team.

Actually, the game was a lot of fun. People were hustling all over the court, doing faceplants in the sand, executing fancy one-handed blocks, and leaping more than 36 vertical inches. We are considering starting a Food Co-op tradition of weekly volleyball games at the park. Yes, a good time was had by all—except for the volleyball. It took quite a pounding.



## New Freezers Arrive At the Co-op

by Kenna S. Eaton, Photos by Al Pingree

When the Co-op relocated we were very careful with our money. We were working with a tight budget, a short timeline and a mission to create the most beautiful co-op you had even seen. And so we did. With one small exception—the freezers.

The freezers we bought with us were old, ugly, inefficient, and they broke down frequently. When we discovered that the moving expenses had actually come in under budget, we decided to spend some of what we had left over on new freezers. We located some beautiful new freezers and ordered them. Monday the 14th of June they arrived.

But first we had to take out the old modals. This entailed packing up all the food and hauling it up to C & L lockers (where inside it's minus five degrees). After un-hooking the freezers, we had to get the up on dollies and roll them out of the store on to the sidewalk (Calvin has promised to give

them a good home). Then came the hard part, bringing in the new equipment. We had to unload them from a tractor trailer using a fork lift and lots of people, take them around to the front of the store and get them in the front door. With only an inch to spare, it was quite challenging.

Finally, they were inside the store and in place. All that was left was for the refrigeration guys to connect them to the compressor and then hooray!

So, come by the store and check out the new freezers for yourself. While they are not any longer, the new freezers do hold quite a bit more product. So look inside for new items, or ask Vicki to bring in an old favorite. And don't forget to tell us how good the new freezers look—you'll get lots of brownie points for noticing.



the with their  
**CO-OP ROOCHES**  
 staff members

## Co-op Staff and their Pets

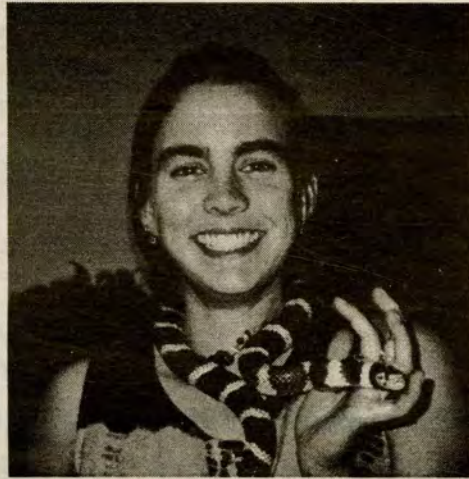
Do people and their pets grow to resemble each other? Can you tell which pet goes with which person?

Here's your chance to test your skill at matching pet and person. Photos of the staff members are lined up in the columns on the left. Photos of their pets are scrambled on the right. Each pet photo is identified by a letter.

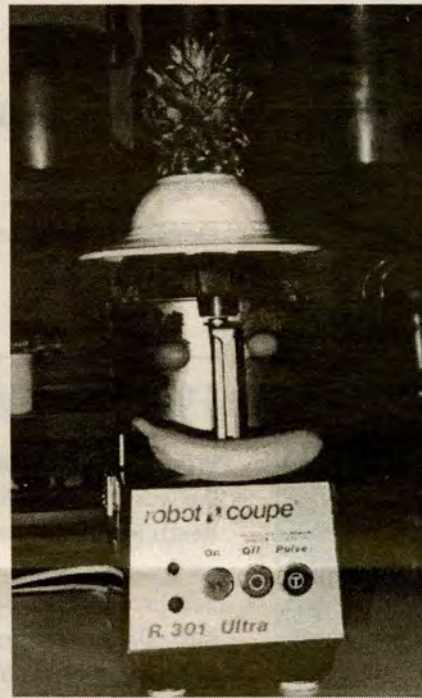
Now, you can match the pet to the person—and then test your skills by looking at the bottom of this page.



Carrie Corson



Lizabeth Edlund



A



D



Kenna Eaton



Danielle Mc Vay



B



E



Erika Cunningham



Kelly Kingsland



C



F

- A. Robo Cop - Kelly
- B. Indiana - Lizabeth
- C. Jaffy - Kenna
- D. Kuma & Gabby - Danielle
- E. Flax - Erika
- F. Chance - Carrie

# 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** - 15% off 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

**Hobbytowntown 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 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

**Markettime 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

**Special Delivery Home Maternity Services** - First month of prenatal vitamins free, Charlotte Salinas, Licensed Midwife, 883-3694

**Strategic Pathways** - 10% off piano lessons (local only), (208)875-0857

**Tye Dye Everything** - 10% off any purchase, 527 S. Main, Moscow (behind Mikey's Gyros), 883-4779

**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.

## August 6-8 Second Annual Kootenay Herbal Gathering

Kootenay Mountains, British Columbia  
250-355-2470

## August 21-22 Fourth Annual Northwest Herbal Fair

Deming (northwest Washington)  
360-592-5222

## 1999 World Walk for Breastfeeding

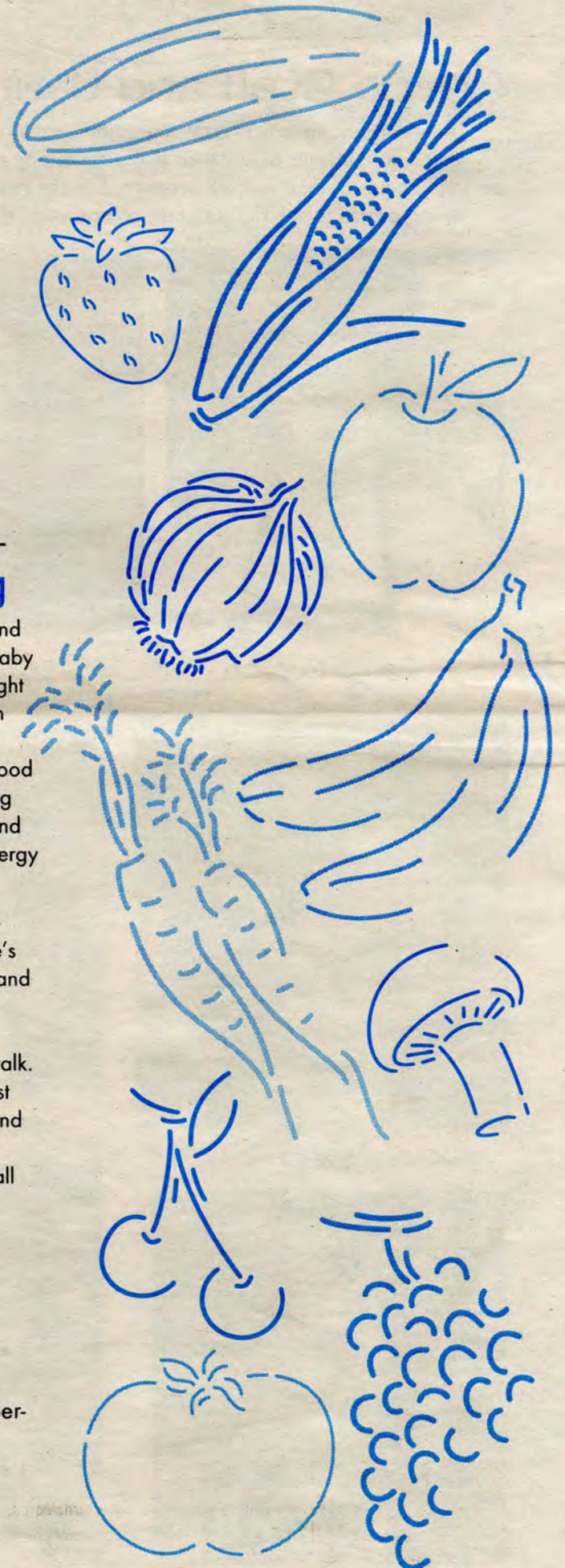
Breastfeeding makes a difference for families around the world. Breastmilk provides all the nutrients a baby needs in exactly the right proportions and at the right temperature, even in developing countries. Human milk provides protection against infection, disease, and allergies for baby while decreasing the likelihood of breast, uterine, and ovarian cancer in the nursing mother. Breastfeeding is also the ecologically sound way to nurture infants, requiring no packaging, energy resources, or waste disposal.

Please help support breastfeeding locally and globally by walking and pledging in La Leche League's World Walk for Breastfeeding. Bring your family and come walk a mile with us on Friday, August 27. Walkers will meet at 5:30 pm at Reaney Park in Pullman. A bring-your-own picnic will follow the walk. La Leche League International, the world's foremost authority on breastfeeding, provides information and support to women in more than 66 countries. For more information on LLL, the walk, or to pledge, call Laurie at 332-1120.

## Harvest Potluck Party

September 18, 4pm  
East City Park

sponsored by the Moscow Food Co-op membership committee everyone welcome  
882-8169/334-9245



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>