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December
1999

Moscow Food Co-operative



Community News

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

FREE!
Please Take
One

A-door-able Feast Raises Fun and Funds

By Bill London

The good news is that the A-door-able Feast was really fun. The Co-op's big banquet bonanza brought 90 Co-op supporters together for a grand stuffing of lasagna, a selection of organic wines, exquisite chocolate truffles and other edibles on November 11. The feast, the live musical performance by the Cariol Consort, the laughs, the meeting and mingling, and the careful inspection/selection of the auction items were all memorably wonderful.

The even better news is that the event was a monetary success as well. The tickets were sold out about a week before the event. Talented artisans and the Co-op's generous business partners contributed 47 items that raised more than \$1400 at the auction.

The final accounting of the income and expenses is as follows:

Total donations (from in-store donation jars, tickets, and silent auction bids): \$3,893.54

Total expenses (wine, food, banquet space rental, and organizing/publicity expenses): \$1,865.76

Net income: \$2,027.78

The goal of the feast was to raise funds to install a power-assisted door at the Co-op. We want to open the doors of the Co-op to everyone. With the help of Mark Leeper at Moscow's Disability Action Center, it looks like that will be happening quite easily.

Leeper has been discussing the Co-op's needs with our intrepid Al Pingree (board member and handyman extraordinaire). Leeper hopes to provide a first-class door-opening system to the Co-op for about \$1,600 (not installed). It looks like the money raised at the feast will be more than enough for the final costs of the door.

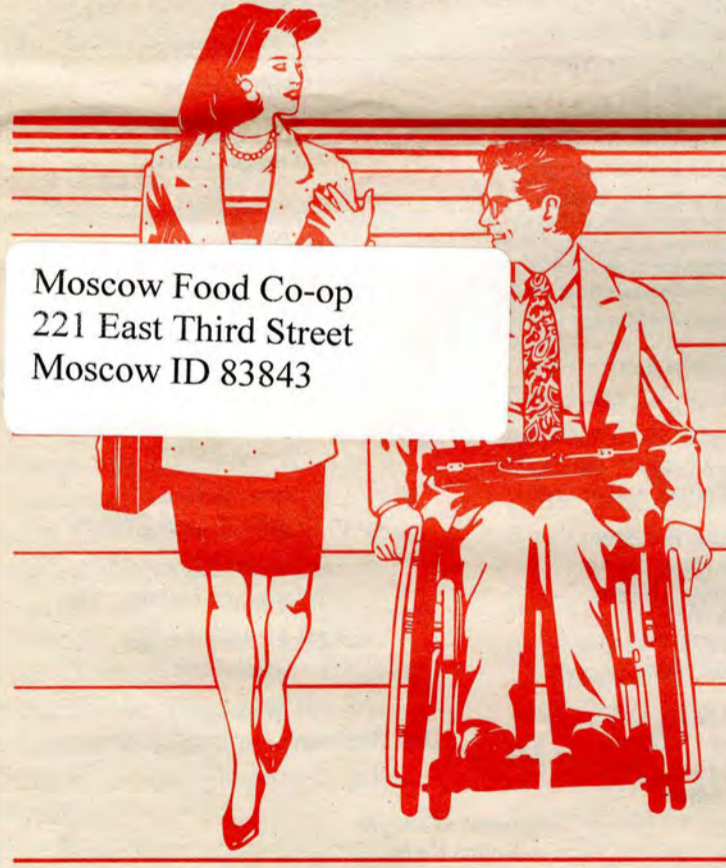
Stay tuned as we report the progress in future issues of this newsletter.

And now, our thanks to all who helped with the feast and auction. I hope I don't forget anyone.

Thank you to the people who "adopted" the tables (providing the linens and plates and decorations): Robin Ohlgren-Evans, Jeanne Leffingwell and Mimi Pengilly, Chris and Molly Pannkuk, Martha Loveatt, Linda Canary, Kenna Eaton, Eva Strand, Lois Blackburn, and Pat Vaughan.

We could never have eaten so well without the tasteful efforts of Kelly, Erika and crew. And we benefited from a reduced rental fee from P.J. Hudson at Current Events.

And, many thanks to all the folks who donated services or items to the silent auction: Pat Diaz, Royal Motor Inn, Tye Dye Everything, Floyd Peterson, Palouse Farm Organics, Laura's Tea and Treasures, Kinko's, Antoine Holmquist III, Hodgin's Drugs, Linda Cronquist, MarketTime Drugs, Debby Carlson, Sandy Klingler, Paradise Creek Bicycles, Bill London/Gina Gormley, Camas Winery, Gudrun Aurand, Jack Cooper, Suzanne Peyer, Moscow Yoga Center, Charlie Powell, Will Simpson, Carrie Corson/Cindy Carlson, Pamela Lee, Nancy Draznin, Sharon Cousins, Stephen Lyons, Tim Daulton, Connie Koester, Wild Women Traders, Jeanne Wood, John Cronin, Cowgirl Chocolates, Rose Terry Graham, Kristie Harden, Mary Butler, Karen Young, Prairie Bloom Nursery, Martha Loveatt/Pete Robichaud, and Bruce Peterson.



Moscow Food Co-op
221 East Third Street
Moscow ID 83843

Just a sampling of what's inside . . .

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Co-op - News

Of More Than Money

by Kenna S. Eaton

Since we moved to our new location, the Co-op has seen sales growth of 27% (year-to-date). As well as increasing the sales, we have been doing a better job of controlling expenses—something we anticipated would happen with the increased efficiency of the new store. It sure is satisfying to make a prediction and see it come true! Year-to-date, we are experiencing a profit though, as always, I yearn to see the year-end figures when it all gets tallied up and we can authoritatively say how much money we've made (or lost).

Last year it took many dedicated people to move the Co-op—and we did a great job! But it also took a lot of money to move the Co-op. Many members made loans to the Co-op—all together they totaled over \$77,000. The Co-op offered competitive interest rates on these loans, and now our members are reaping the benefits. Starting in September we sent out interest checks to all member/lenders. You may have already received your check—if not, don't worry. The checks are automatically calculated to be mailed out exactly a year from when your loan became official. If that date has come and gone though, we've made a mistake, so then please do contact us at the Co-op.

We've been working on many different projects over this past year. One of which is finally coming to bear fruit (we love food analogies here at the Co-op). We have helped found the Northwest Co-operative Grocers Association, a group of nine different consumer co-ops located here in the Pacific Northwest. Part of our mission is to strengthen the market position of all member co-ops by working together in various ways. One way involves the creation of a purchasing contract with our major distributor, Mountain Peoples Warehouse. Although nothing has been signed as of this writing, it looks as if we will finally see our dream come true in the New Year. We are hoping that with joint purchasing we will be able to get you, the customer, great deals and price breaks on the foods you purchase here at the Co-op. The

savings will be passed on to members through increased discounts on monthly sales items. Our dream is to see all the member Co-ops running the same sales and passing on the same great savings to all our members every month—Wow! Now that's Co-operation.

Finally, we need to talk about the loading dock. This story started 17 years ago when I realized the importance of a loading dock for facilitating the movement of products and supplies in and out of the store. This dream came to pass with the move to this location. Unfortunately, the original loading dock here was completely rotten and needed to be rebuilt. After soliciting advice we decided to rebuild the dock as a triangle. This allowed today's larger trucks to angle backwards into the dock and only block one lane of traffic. While the new dock works very well for us, our neighbor has a different opinion. He asked the city to reconsider their approval of our loading dock because he felt it was a detriment to his business. After many months of meetings, talks, architects, plans, etc., the City of Moscow has agreed with him. The City has ordered us to re-orient our loading dock 90 degrees (so trucks will back in from the opposite direction). The City will pay \$3,000 towards the cost of rebuilding the dock, though we will also need to replace the sidewalk at the same time. Needless to say, we would prefer to leave the dock as it is, but that isn't an option. Then finally, the adjacent landscaping on 4th St. will happen next Spring after the dock reconstruction work has been completed.



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Thanks!

By Kelly Kingsland

As we near our First Anniversary in our new form, it seems like the cracks are starting to be ironed out of the Deli. Things are running smoothly and, with nearly a year under our belts, we are beginning to have a sense of "normal." While the transition process was fun, it's wonderful to have some history. Thinking over this history I am conscious of how grateful I am.

Our one-year cycle has been a full experience. The Deli has received a lot of support both from our customers and from within. The Deli staff as a whole has given 110% from the start, and for this I am fully grateful.

More specifically, I am appreciative of each person who has spent time in the Deli. From John who always shows up, to Rochelle and Heidi who make outstanding sweet things, to Josh who calmly makes the most excellent Inka Mochas. Erika makes us laugh, Sugar makes me question, Dani giggles, Gary

harangues, Smoosh leaves, Amy comes back, and Eric cleans. Jen came and helped me realize that Bob Dylan might have a redeeming quality. Christine brought grace, Gretchen smiles, and our volunteers carry the recycle program, helping us all feel better about the work we do. Ultimately it is the people that make the Deli, and I appreciate each of them.

I am also feeling grateful to be working in a Co-operative environment. This rang especially true recently, when the Co-op B.O.D. so willingly took up the tasks of defining "Living Wage," and creating a viable system based on that definition. I am excited that these people who strive so hard to enjoy their work, who give so much, might be adequately compensated for their energy.

All in all, I'm feeling optimistic (yes, yes, I had a wonderful vacation) and ever so grateful for this place and these people.

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Welcome! Co-op Member News

By Laura Long

Hurray! Another holiday season has arrived, and no matter which celebration is your favorite, there's a perfect gift to give at the Moscow Food Co-op. Whether you think of it as the gift of health, the gift of fun, or the gift of friendship, the gift of a Co-op membership is never a bad idea. For a mere \$10 you can give a friend or family member a year's worth of good food, great information, and a nice warm place to come in out of the cold just for a smile and a hot cup of tea. Maybe your friend is already a member of the Co-op, but you can still give them a membership: they can just redeem it when their old card expires. Or maybe your sister has never been a member before. Then you will be giving her a present with real value that she'll thank you for later. And what's more, this gift doesn't take up much space, it's recyclable when they're done using it, and the money goes to support a good cause. If you're interested in purchasing such a fine gift, just stop by the store, and ask one of our cashiers to help you.

I'm also really excited to tell you about our newest Co-op Business Partner: Paradise Fibers, owned and operated by member Kate Painter, has joined the list of local businesses working in co-operation with the Moscow Food Co-op to make our community strong. You can find this new shop at NW 115 State St., Suite 112B, in Pullman (the Gladdish Community Center). Kate will be offering a 10% discount on all books, magazines, videos, yarn, and knitting needles (yeah!).

Remember, every dollar spent at a Business Partner's shop is another dollar kept in our local community. So when you're out on the town this pre-holiday shopping season, carry your Co-op membership card in one hand and your list of Co-op Business Partners in the other, and see how much fun you can have saving money! That list of Business Partners can be found on the back page of every Co-op newsletter.

The Buy Line

By Vicki Reich

Ah! The Holidays! Once again they are upon us and we are celebrating them for the first time in our new Co-op "home." To help you celebrate we'll have lots of gifts, good food and great deals throughout the store.

Don't forget, there's still time to order your Christmas/Solstice/New Year's turkey. Orders will be taken until Monday Dec. 20th. These are beautiful, organic turkeys—what a way to welcome the New Year. And speaking of the New Year, we'll have a great selection of champagne and sparkling fruit juice for your new millennium parties.

We're going to raffle off 10 of the organic turkeys for the first three weeks of December. You get a raffle ticket every time you shop (only one ticket per day, please). So shop early, shop often.

I'd like to welcome Josh Christensen to the Buying Team. He is my new assistant and he'll be here Sunday through Thursday helping with the orders and making sure everything is well stocked. He's a great, and much needed, addition to the team.

This month's purple slips ask:

Bring back Throat Comfort Yogi Tea please and thank you. Well, since you asked so nicely, okay.

Bless the Gluten-Free baker! Thank you for the yummy loaves on Fridays! You're welcome. Susan Cleevley is our bakery volunteer on Fridays and was instrumental in developing the recipe.

Can you order Uncle Sam's cereal? No, sorry, it's not available from our distributors.

Give everyone a raise! Wow, what a great idea, we'll see what we can do.

I'm in need of Shea nut butter—Jason Cosmetics makes it—but whoever you can get it from is OK. Thanx. We carry Shea butter from Rainbow Research—both scented and unscented—in the personal care section near the hand lotions.

Arrowhead Mills Puffed Wheat please. Okay.

This store and All Y'All are spectacular, awesome, wonderful, and amazing! Thank You! Wow! Thank you, we're all glad you feel that way.

Could you get Dr. Bronner's Soap in the bars? I noticed you have

the liquid, but no bars. These are available by special order.

Wondering if you could carry amasake and soy grit? I will look into these.

Can you please try to get Now & Zen's non-dairy whipped topping? It's here in the freezer near the ice cream. Look for mousse too.

Would you please try to get flax oil? I cannot find any anywhere in Moscow/Pullman. It is a good source of Omega-3 fatty acids for vegetarians. We have it in the cooler, just ask for help finding it.

Can you please get in Manna Bread (Nature's Path)? Thanx. Sorry, we used to carry this and it didn't sell.

Vicki, Thanks for the Barbara's Breakfast "O's." You're welcome.

Please bring back the Stonybrook Botanical unscented body lotion. I've not seen it for the past several weeks. Sorry, this did not sell well. You may special order it. You can order one bottle at a time, and as always there is no extra charge for special orders.

Please bring back Pappadum Lentil Chips-Baked. My Weight Watcher's group love's them. They're still here. They were just out of stock at the warehouse.

Contact Soynut Butter Co. Barrington, IL. They have a "no sugar added," creamy & chunky w/ honey, and "original" creamy & chunky. Sorry, but this product is not available from our distributors.

Can we order more "original" and "wild" Stonewall Jerkee instead of ordering so many other flavors? The original and wild are the best & sell quicker. Consider it done.

What happened to the California Bakes baked tortilla chips? They were your only baked chips! Ack!!! Must have em back! Sorry, but they didn't sell.

I really need a corn & alcohol free vanilla. Thanks! Do you know of any manufacturers for this product? I haven't been able to find any.

I hardly ever find Organic Valley half & half—my favorite condiment for coffee. Couldn't you increase your order? Oops, that's my fault. For some reason the order tag hides from me. Thanks for bringing it to my attention. I will keep a better eye on it now.

Thanks for everything that you guys do. You are most welcome.

All natural dog bones. Not biscuits and treats but the kind that dogs can chew on for a long time.

Like the Booda Veivets and Nylabone edibles. I'll get them.

Just a little point—could there be anti bacterial soap in the bathroom & a clean towel source for drying (the pull towel seems to always be broken). Response from another customer: "Anti-bacterial soap isn't recommended now because it encourages the growth of bacteria resistant to antibiotics. Regular soap & hot water are the best approach." Response from buyer: "I agree about not using anti-bacterial soap and I choose not to use it. But we will put both in the bathroom so customers can choose. Also, we try really hard not to use paper products, that's why we have the cloth-towels in the bathroom. If those towels are out, just ask one of the staff and we will be happy to change it."

Deli Recipes

LeeAnne's Vegan Dilled Peas

1/2 cup red onion
1 tbsp. olive oil
4 cups peas, frozen or fresh
1/4 tsp. dried sage
1/4 tsp. dried thyme
1 tbsp. dried dill
1 tsp. honey
3 tbsp. Nayoanise
1 cup toasted cashews
Salt and pepper to taste.

Finely chop red onion and saute in oil till soft. Add peas and mix well. Add herbs and 2 tsp. of water. Stir and cook until the peas are just tender. (It's easy to over cook—better to under-do it than over.) Remove from heat and stir in Nayoanise while peas are still hot. Add salt and pepper, and cashews. Chill and eat. Thanks, LeeAnne!

Roasted Vegetables

Select and coarsely chop a few nice veggies that you'd like roasted. Erika often roasts potatoes with onions and garlic, then dresses them with paprika and olive oil, salt and pepper. Amy likes potatoes, carrots, yams, red onions, peppers, mushrooms, and garlic, tossed with Balsamic Vinegar, olive oil, salt and pepper.

Roast your chopped veggies on a cookie sheet in a 375-400° oven until golden brown. Then toss them with your favorite dressing while they're still warm. Grated Feta and chopped parsley are nice additions after the veggies have cooled.

Veggie Tales

by Gordon

Greetings from veggie land! It's been quite a transition from the being in the deli to finding my way around the back. I really appreciate the opportunity to help run the produce department. I hope to continue carrying as many local and organic items as possible. It's important to me that we make an effort to strive towards that goal in our mission statement. This is becoming easier as the organic market continues to grow. One example is that we now carrying organic herbs as well as white button mushrooms. Yet, as the organic market gets bigger, it starts to push some of our small farmers out. This is one of the many interesting tidbits I learned at the Washington Tilth Conference.

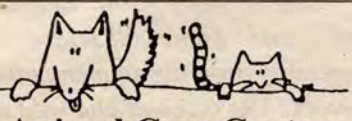
Conference you say? Yes, dancing and eating, but mostly...sitting. Yet as I sat and talked with all the folks, I found myself full of immense pride in our Co-op, because even though we're getting bigger, we still have things like the volunteer program.

Mostly I wanted to do my part to help create the feel of a community center, and the most obvious way is by supporting our local farmers and encouraging as many folks as possible to go organic. One way I found to do this, in the not-so-friendly months of winter, is by reaching out to new wholesalers who buy from farmers in western Washington, not the huge growers of California. Another way is just to track down small businesses willing to work with us. This opportunity came to me when I was told about a small organic mushroom business out of Missoula called Garden City Fungi. We now have the luck of getting organic shiitake, portabella, and oyster mushrooms the day after they're picked—pretty cool. Of

course, we are still carrying some backyard produce as well: squash, dried corn, and carrots from Paradise Farm Organics, yum. So keep your ears open for new sources for us to buy fresh fruits and veggies.

Well, it is the holiday season, and hopefully we'll have all the holiday fixings on the produce shelves: Cranberries, yams, chestnuts, brussels sprouts, and squash. Some things are also disappearing off the shelves too. This is the nature of the organic market, and life, so just think, we'll enjoy those berries and things all the more later.

So put another log on the fire and suck on a sweet potato. Seriously though, if you want a specialty item for that holiday recipe, feel free to tell me or write a note on the board. We also are willing to do special orders on any item. Hope you've noticed the notes about ordering juicing carrots and apples; you can never have too many bags of carrots when Y2K hits...how 'bout some lemons? Have a safe holiday season, hope the store is still standing on January 1....



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Reduce!

By Emily "Sugar" Loeb

In college, I took a Wilderness Ethics class. My professor, Paul Pinet, talked with our class about how many bags we use at the grocery store. Ten years ago he calculated how many plastic bags he used: 5 per week; 4 weeks per month; 12 months a year; times 10 years. That equals 2400 bags! He said that when he made that calculation, he could no longer think of not bringing canvas bags to the store; in fact, if he did not have his bags with him, he would not go shopping.

At the Co-op, we are great about reusing many items that would otherwise go to the recycling center or the landfill. We are conscious about our bag usage; people bring in plastic and paper bags for reuse daily. I see many customers return with old egg cartons or eagerly bringing back containers for us to reuse in the deli. My question is: why do we forget about this simple action when it comes to ordering drinks at the deli counter?

I am not writing this for any particular customer; I am writing for everyone to gain some perspective. As a cook I get to serve many of you tasty mochas and lattes. While I love to satisfy the needs and desires of our customers, I have to admit that I am starting to have minor stress attacks every time I pour a latte into yet another paper cup. It is painful to count the number of cups we go through in a day. Just imagine, a 12-ounce drink to go once a day, every day for 5 years. That calculation alone results in 1825 cups! How many trees is that? How much landfill space is that? How much energy went into that cup to go?

Please think about this impact. We are going to start a cup exchange program at the deli. Bring in your reusable plastic to-go mugs. We will sanitize and reuse them. And consider bringing a permanent mug to the Co-op. Think about doing it, not for a discount, but because you know that you are doing something good for our Earth.

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In Response

Answers by Kelly Kingsland

Please put LeeAnne's Dilled Pea Recipe in the Newsletter. OK.

You could not improve your Groundnut Stew. I'm glad you like it!!

Please make the coffee stronger. This is the only time I've heard this. If other folks agree, please let us know and we'll change our recipe.

Where did all the veggie Sandwiches go? Now it seems like there's mostly Roast Beef. Actually we make a vegan, a cheese, and a meat selection every day. We also pay attention daily to what is selling, which in turn determines what we make. Sorry you are disappointed.

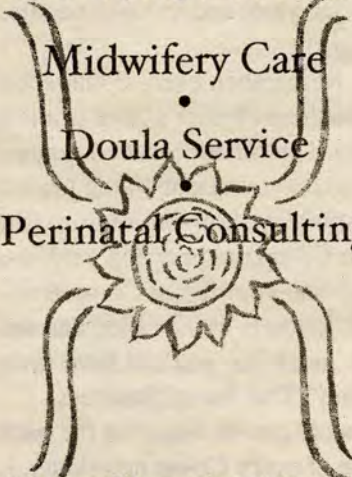
The Deli selection was pretty disappointing. Most of the sandwiches had meat in them. Sorry. This particular day we were madly cooking for the adorable feast. I don't think our selection is usually so dismal. Again, we do pay attention to what actually sells each day, and try to adjust in response.

The Ginger bread was Fabulous! Make it a regular please! Rochelle says, "How about once a week?"

Could you call me when you make Tofu parfait? I love them. Sorry, I know our randomness is hard, but to begin a system of calling specific customers each time we make a product would be too labor intensive. I will look into getting the recipe so that you can make them whenever you'd like.

I had a piece of Pizza here last night and it was really good. Glad you liked it! We make Pizza every Friday evening.

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Nancy Draznin, CCE, CLA
(208) 224-6965

Business Partner Profile: Northwest Showcase

By Randy Paulin



So who knew? How many of us are guilty of not really knowing what our local retail market has to offer? I'll pause here for a show of hands, including mine. When I visited Garrick and Andrea Kruse's Northwest Showcase recently, I discovered a store with an incredible wealth of artwork and crafts of all descriptions—the creations of some 85 different artists from around the region.

Northwest Showcase, which also features specialty foods and espresso, opened in 1992 and moved to its current location in 1997. Here, one can find the work of seven different black-and-white and color photographers, thirteen potters, nine jewelers, and various wood workers, stained-glass artists, soap- and candle-makers, carpenters, and card-makers. This is quite simply a bonanza of beautiful works by local and regional artists, and I cannot imagine that anyone looking for a special Christmas gift, for example, would walk out of the store empty-handed.

Garrick gave me a quick tour on the day of our interview (quick because I had another appointment) and I can tell you I will be back for a more leisurely visit and to make some purchases soon!

Garrick and Andrea have been a couple for over three decades, and for most of that time they have been involved in various businesses together. They tend to finish each other's sentences, but Garrick readily admits that it's Andrea who's responsible for the artistry of presentation within the store. And that artistry is evident the moment

one walks through the door. A stroll around the store allows one to take in the remarkable variety of items offered for sale, without being overwhelmed. And the balance and good taste of that presentation mirror the overall effect the Kruses strive for. In a world of rushed and pressured commerce, they run a store which is a haven of calm beauty and visual delight. If, like me, you've been missing out on this haven, your chance for redemption has come. And, even if you know the store, remember to support local and regional artists by shopping Northwest Showcase this holiday season!

In other words, get yourself down to Northwest Showcase. Savor an espresso, and enjoy the talents of those 85 artists. You're sure to find something that will bring more beauty into someone's life, whether that someone is a spouse, friend, or relative. And while you're at it, buy something beautiful for yourself too. Life's too short not to!

Northwest Showcase offers a 10% discount to Co-op members on all items in the store, including specialty foods and espresso.

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Virtual Co-op

By Bill London

Just in time for the Millennium, Virtual Co-op is a reality. The Co-op has its own hunk of cyberspace, its own domain name. Now, to find the Co-op online, use this address:

www.moscowfoodcoop.com

(Remember don't use a hyphen in Co-op and don't put any spaces between the words.)

On November 4, this new address became a reality. Co-op Webmaster Bob Hoffmann made the magic happen, and he has lots of plans and dreams for its future.

"Theoretically," he said, "we can do all kinds of things now."

Some of those things have already happened. Bob installed a counter to monitor the amount of use the site experiences. In its first two weeks (November 4 - 18), there were 674 visits to its pages.

He has also included a site-wide search engine. The recent issues of the Co-op newsletter are all stored on the site and accessible to that search engine. That means that if you vaguely recall reading a recipe about pumpkins a few years ago, you can go to the site, type "pumpkins" in the search window, and locate those recipes. You can search by name of staff member, or author of newsletter article or whatever.

Bob has also created some email accounts for Co-op staff. If you want to email the general manager, use kenna@moscowfoodcoop.com. If you want to reach Vicki Reich, the buyer, use buyer@moscowfoodcoop.com. If you want to reach Bob Hoffman, use webmaster@moscowfoodcoop.com.

Bob is considering a variety of other uses for the new website, such as a guest book for out-of-area visitors who live all over the world and who find the site through their own searches. They could use the guest book to record comments or input. Another idea Bob is considering is the creation of a bulletin board or email list for members or others to share ideas and thoughts on a variety of topics. And way in the future, Bob says we may be able to sell advertising on our website.

Anyone who wants to keep up on what is happening at the Virtual Co-op, or would like to be able to offer input about its future, is welcome to join a new email list that Bob is assembling. If you want to join the list, and get the updates and the opportunities for direct input, just send Bob an email at the webmaster address. He'll put you on the list and you'll get his periodic reports and requests for input.

Should we use this new website for e-commerce? Should the Co-op sell food through the Internet? I asked the question to Bob and to Kenna and in both cases got a resounding NO! It is very expensive to both establish and maintain. No other Co-ops are doing so (though the Albertson's in Bellevue, Washington, just went online with a limited inventory). The Co-op staff just can not be expected to add this task to their already full schedules.

Oh. Well, maybe not such a good idea.

Do you have any ideas, suggestions, or dreams for the future of the Virtual Co-op? Join Bob's email list and let him know. And you can thank this great Co-op volunteer for taking the Co-op boldly into the new electronic millennium.

Fresh Air Volunteer Position Open

Are you looking for an excuse to get outside and exercise this winter? Have we got the excuse for you! We are currently in need of someone to deliver this newsletter to businesses in Pullman. The job involves dropping newsletters at businesses downtown, on campus, and around Pullman during the first half of each month and it earns you a 13% discount on your Co-op purchases. This position is open to current Co-op members, has flexible hours, and requires use of your vehicle. For more information, call Therese Harris at 334-0335.

Volunteer Profile: Lindsay Lorain

by Randy Paulin



I met Lindsay Lorain, the Co-op newsletter's advertising manager just before the U of I's Thanksgiving break began. Although Lindsay only began doing advertising for the newsletter in June, she has an ambitious agenda. Her goal is to double the number of newsletter ads, and thereby make the newsletter self-supporting.

Lindsay is quite capable of meeting this goal. A Boise native and U of I junior, Lindsay is majoring in public communication with an emphasis in advertising. She volunteered to help with newsletter advertising in order to gain practical experience in her chosen profession, and she's certainly getting that. But she's also finding that her Co-op experience is reaping some unexpected benefits, as well. The advertising position gets her in contact with many non-students, and gives her a chance to get out of the "closed world" of the college student. Lindsay also says she's gotten a lot of enjoyment out of working with the representatives of the businesses which advertise in the newsletter. She's found them to be pretty easy-going and easy to work with—the result, she believes, of the small-town nature of our local business community.

When we met for our interview Lindsay told me she was staying for the U of I/Boise State game before heading home to Boise for Thanksgiving. When asked who she'd be rooting for, she laughed and said that she comes from a long line of Vandals.

Lindsay's also a budding snowboarder who's eager for some

winter weather to arrive so she can try out the new board she recently acquired. She's also a fluent speaker of German, and spent a month in that country two years ago.

"It was a very interesting experience," she explains, "since I basically didn't

know anybody over there." She went never-the-less, and that sense of adventure, one suspects, is what prompts her to pursue snowboarding, and perhaps even to take on the job of managing the advertising for the Co-op newsletter.

In addition to going to school full-time and volunteering as advertising manager for the newsletter, Lindsay is also working part-time at a local movie theater. Even with this crowded schedule she makes every effort to return calls from folks interested in advertising in the newsletter, within a day. So if you are interested in advertising in the newsletter, give Lindsay a call at 892-0702.

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A Look at Natural Help for Arthritis, Part I

By Carrie A. Corson

Since osteoarthritis is the number one cause of physical disability in the United States, it is no surprise that one of the most frequent questions people ask me is, "Is there any natural help for arthritis?" The answer is yes, there are actually a number of options. Three helpful supplements that we carry here at the Co-op are glucosamine sulfate, chondroitin, and MSM. All are a form of sulfur, a necessary ingredient in the regeneration of cartilage. This is an important component in arthritis relief.

Osteoarthritis is sometimes called the "wear and tear" disease. It is the result of deterioration of that cartilage around our joints which is supposed to prevent bone-on-bone contact. Many factors contribute to this deterioration: injury, stress on joints, aging, poor nutrition, and genetic predisposition (though not an overriding factor) all play a role.

Glucosamine is a natural substance found abundantly in our bodies. It plays an important role in the health and resiliency of our cartilage. It helps provide that cushion that keeps our bones from grinding together. As we age, we begin to lose some of the glucosamine and other substances in our cartilage. This can lead to a thinning of the cartilage and to the onset and progression of osteoarthritis. Supplementing with glucosamine can help regenerate the deteriorating cartilage, thereby relieving the symptoms associated with osteoarthritis. All of the forms of supplemental glucosamine that we carry, are made from the shells of shrimp or crab.

Chondroitin is another component of cartilage. There have not been as many studies done on the use of chondroitin as there have on glucosamine. However, preliminary research has shown that chondroitin sulfate interferes with enzymes that break cartilage down, has anti-inflammatory properties, and supplies the material for the production of new cartilage. The chondroitin carried at the co-op is derived from bovine cartilage. Both chondroitin and glucosamine can be taken individually. There is some recognition that there is a definite synergy that occurs when they are

taken together. However, chondroitin is significantly more expensive than glucosamine, so many people start with glucosamine and add chondroitin if they are not obtaining desired results.

Methylsulfonylmethane (MSM) is a naturally-occurring sulfur compound that is found in small quantities in the body and in food. It is the main healing ingredient of DMSO. However, MSM is odorless and does not result in any of the adverse reactions shown by DMSO. Stanley W. Jacob, M.D., of the Oregon Health Sciences University in Portland, and author of The Miracle of MSM-The Natural Solution for Pain, says that MSM can often provide significant relief, even for severe cases.

"People report less pain, less stiffness and greater mobility." There is some evidence that taking MSM with glucosamine can enhance the health benefits of glucosamine. The MSM that we carry at the Co-op is derived from algae.

Keep in mind that these are nutritional supplements that work differently than other treatments for arthritis. Because they are meant to begin regenerating cartilage, it may take several weeks before you notice improvement. MSM, glucosamine and chondroitin are all considered safe nutritional supplements. However, it is still recommended that you consult with a health care professional before using them. Next month, in part two of this article, I will discuss other helpful herbal and vitamin supplements as well as the importance of a holistic approach in dealing with osteoarthritis.

For further reading:

Dennison, Margaret, MA All About MSM. Avery Publishing, 1999.

Sahelian, Ray M.D., All About Glucosamine & Chondroitin. Avery Publishing 1998.

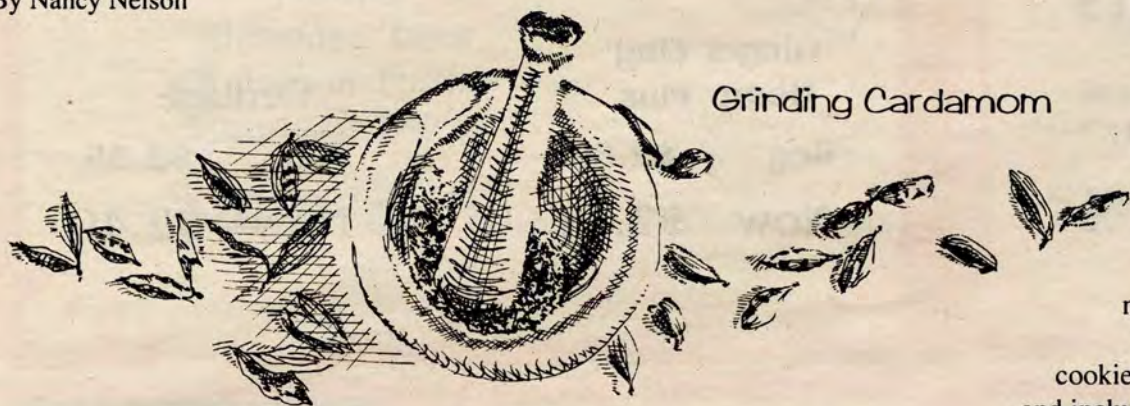
Adderly, Brenda M.H.A., Want Healthy Joints? The key is in the cartilage. Better Nutrition Magazine, October 1999.

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Food

Cardamom—for Viking Cookies & Arabian Coffee

By Nancy Nelson



Grinding Cardamom

Vikings had a fondness for cardamom. Of the many spices they carried home to Scandinavia, they especially liked this strong, exotic spice and used it in festival-day cakes. Today's bakers are happy to satisfy the Viking palate, especially this time of year. Soft sweet breads and darkly spicy cookies offer warm memories of celebrations in the northern European tradition. Cardamom has a warm, lemony flavor that goes well with many of the cinnamon-ginger-clove combinations we enjoy this time of year. Although it is one of the most expensive spices on the Co-op shelves (it costs \$22 a pound), a few cents' worth will spice a batch of cookies or flavor a fruit dessert. Besides, the Co-op's price for cardamom is about half that of most grocery stores in town, which only carry ground cardamom.

While the Vikings used cardamom for sweet rolls, the cultures where cardamom is native developed a very different approach to the spice. In India and Sri Lanka, cooks use it to flavor rice and complex curries, and frequently the food is spicy hot.

But the Arabs, who carried cardamom and other spices halfway around the world to sell at a large profit, are the greatest cardamom lovers. Arab coffee is heavily flavored with cardamom—sometimes to the point of having more cardamom than coffee. Some preparations use two teaspoons of cardamom seeds for each small cup of the sweet, fragrant coffee.

The coffee ritual in Arabian countries begins with green coffee beans, which are roasted and then crushed in a mortar and pestle. The

ground coffee is boiled with cardamom seeds, sugar and sometimes a pinch of saffron or cloves. The liquid is strained and for a final flavor boost, poured through cardamom pods as it is served.

To add a bit of cardamom flavor to coffee at home, grind a cardamom pod with the coffee beans, or add some ground cardamom to already ground coffee before brewing.

Thanks to their taste for cardamom coffee, as well as cardamom in many foods, Arabian countries have consumed an estimated 80 percent of the world's cardamom annual production in some years.

Although cardamom is native to India and Sri Lanka, the largest commercial producer today is Guatemala, which started growing the spice in the 1920s. In some areas of the country, cardamom has replaced coffee as the most important crop.

The green cardamom pods sold at the Co-op are Guatemalan and offer the best cardamom flavor if you are willing to crush or grind the seeds. Mortar and pestle are excellent low-tech spice grinding tools. They are also useful for mashing and combining fresh herbs—pesto gets its name from this technique. But if you don't have a mortar and pestle, the Co-op sells high-quality ground cardamom. White cardamom pods with bleached outer husks are also available at other stores, but some food writers find the bleaching process diminishes the cardamom flavor and can make it taste somewhat salty and bitter.

The green pods are dried in the sun after hand harvesting from *Elettaria cardamom*, a tall perennial and member of the ginger family.

Although the plant is easily grown in warm climates, its production is small, contributing to the high price of cardamom.

The following spice cookie recipe is from Latvia and includes an impressive list of spices including pepper, which gives it its name, "Piparkukas," or pepper cookies. It makes a thin, almost cracker-like cookie with a wonderful spicy taste. The dough cures for a week before baking, so plan ahead.

Piparkukas

- 1/3 cup honey
- 1/2 cup dark molasses
- 1 cup brown sugar
- 1/2 cup butter
- 3 tbsp. shortening
- 4 3/4 cups flour, divided in half
- 1 tsp. cinnamon
- 1/2 - 1 tsp. ginger
- 1/2 tsp. white pepper
- 1/2 tsp. cloves
- 1/2 tsp. fresh grated nutmeg
- 1/2 tsp. cardamom
- 1/2 tsp. coriander
- 2 eggs, beaten
- 1/2 tsp. baking soda
- 1 1/2 tsp. baking powder
- slivered almonds
- 1 egg, beaten

Bring first five ingredients to a boil and blend well. Mix together half the flour and all the spices. Fold flour mixture into butter mixture with a wooden spoon until well blended. Cool. Add eggs.

In a small bowl, mix remaining flour with baking soda and powder. When other mixture is completely cool, add remaining flour mixture. Knead by hand to incorporate and until dough is shiny. Cover tightly and refrigerate for at least a week.

To bake, roll out quite thin (about 1/8 to 1/16 of an inch thick). Cut in desired shapes. Decorate with almonds. Brush cookies with beaten egg and bake at 400 degrees until light brown, about 5 minutes. Cookies will be crunchy. Store in an airtight container.

The Bookshelf—
Monthly reviews of the
Co-op's Literary Repast
by R. Ohlgren-Evans

Cook Book of the Year

by Don Collins
367 pp. 23.95
Hara Publishing, Seattle

By now, many of you have perhaps met Don Collins ("Montana Boy Made Good" and author of *Cookbook of the Year*) during his recent cooking demonstrations at the Co-op. And if the sales of his cookbook are any indication, you like his stuff—my sources indicate the book flew out of the store.

Don Collins is not only a professional singer, actor and businessman, he is also the father of our very own Rochelle Collins, Co-op dessert baker extraordinaire and actress (I do believe I'm beginning to see a pattern here ...).

The most fascinating aspect of Collins' cookbook, is the organization. It's a Dinner Day Planner, complete with a weekly grocery list and nutritional analysis for each meal. What could be easier?

Don uses rice, beans, pasta and potatoes in many recipes, emphasizing complex-carbohydrate meals. His approach is orderly and the instructions are clear. I like how he intersperses the text with nutritional facts and kitchen wisdom.

Whether you're a harried or bored cook of many years, someone interested in making some dietary changes toward a healthier end, or perhaps looking for a gift for a newlywed or recent graduate, I recommend you take a look at *Cookbook of the Year*—and quick! They're a hot item these days.

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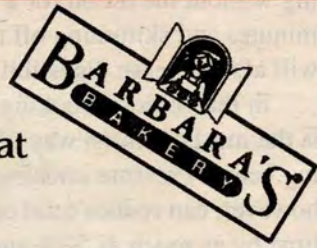
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Macro Musings: The Beneficial Bean

by Peggy Kingery

If ever there was a food in need of a good public relations campaign, it's the humble bean. Beans have been cultivated around the world since ancient times, but they lack the culinary status they should have, given how versatile and nutrient-dense they are. Besides being served in soups, stews, and salads, beans can be ground into flour, roasted as a beverage, processed into cooking oil, or fermented and made into a variety of condiments and seasonings. Combined with whole grains, they provide all the essential amino acids needed by the body. In addition, they are high in soluble fiber, calcium, phosphorus, iron, thiamin, niacin, and vitamin E. Although they contain only modest amounts of vitamin A, beans contain phosphatides that increase the absorption of beta-carotene, the precursor to A. The fat in beans is unsaturated and cholesterol-free.

For the macrobiotic diet, beans and bean products (tofu, tempeh, etc.) are eaten daily or several times a week and comprise 5-10% of daily food intake. Beans that are northerly in origin, small in size, and low in fat (such as azukis, lentils, and chickpeas) are eaten more frequently than larger beans (pintos, kidneys, limas, etc.). There are dozens of bean varieties to choose from, but I'd like to focus on the ones common in macrobiotic cooking and available at the Co-op. Soybeans, and the numerous products made from this nutrition powerhouse, deserve an article of their own. Look for it in next month's "Macro Musings."

Azuki (Adzuki) beans: Small, oblong, and reddish-brown in color, with a white line along the ridge, they contain less fat than other beans and can be served as a side dish, in soup, cooked with grains, and sweetened as a dessert. They have a light, nutty flavor that adapts to both sweet and savory dishes.

Black-eyed peas: Native to Africa, these beans are medium-sized, oblong, and have an irregular dark purple circle on their light surface. They have an earthy flavor and a smooth, buttery texture.

Black turtle beans: Small to medium in size, round, and black, with a white line along the ridge,

these are a member of the kidney bean family and have an earthy flavor reminiscent of mushrooms.

Chickpeas (Garbanzo beans): This light yellow, nut-like bean is small and compact. They have a full-bodied, rich flavor similar to chestnuts with a bit of a crunch. Chickpeas can be prepared in numerous dishes but are perhaps best known as a paste called "hummus."

Kidney beans: These come in a multitude of shades, shapes, and sizes but are most commonly medium-sized and red in color. They have a full-bodied taste and rich, creamy texture.

Lima beans: Limas come in two sizes. One type is large, flat, and kidney-shaped and white to light green in color. This bean has a creamy, slightly starchy taste. The other type is known as "baby limas" or "butter beans" and is smaller with a more buttery flavor.

Lentils: There are many varieties of lentils, the two most common being the Middle Eastern and the Indian. The Middle Eastern is green to brown in color, whereas the Indian is orange to red. Both are soft and need no soaking to cook up quickly. Red (decorticated or "skinned") lentils tends to dissolve into the broth in which they're cooked, while brown (whole) lentils keep their shape. Both types add an earthy flavor to soups, stews, and salads.

Pinto beans: Medium-sized, oval, and usually pinkish-brown in color with a freckled pattern, these are most often served as refried beans. They have an earthy, full-bodied flavor and a mealy texture.

It's common knowledge that beans tend to ... um, ... make one's lower digestive tract a bit "rumbly." There are several ways of making beans more socially acceptable. Some things which influence digestibility include proper cooking and combining of ingredients, thorough chewing, proper seasoning, and eating them in a moderate amount and not too late at night. A small piece of soaked, diced kombu (about 3 inches) will soften and make more digestible an entire pot of beans. Soaking beans for several hours or overnight before cooking will also help. Small beans, because they have less fat and protein than large beans,

are easier to digest. In addition to cooking beans with kombu, cooking without the lid on for a few minutes and skimming off the foam will also increase digestibility.

In macrobiotic cooking, boiling is the most common way of preparing beans. Pressure cooking, however, can reduce total cooking time by as much as 50% and is also used. Baking is another popular method. Cooking times depend on the size of the bean and how long they were soaked. Beans may be seasoned with sea salt, miso, or shoyu: 10-20 minutes before the end of cooking for salt and 3-4 minutes for miso and shoyu. As a rule, macrobiotic cooks don't add spices to beans.

With holiday preparations filling our already busy days with even more activities, cooking a healthy and satisfying meal may get pushed down to the bottom of our "to-do" lists. This recipe is simple to assemble and needs little attention while it's cooking—a delicious reward for getting the last of those presents wrapped.

Pinto Beans With Vegetables (serves 4)

1 cup pinto beans, soaked 6-8 hours
3-inch strip kombu
1 cup diced onions
1/2 cup sliced celery
1/2 cup corn
1 cup sliced carrots
1/4 tsp. sea salt
sliced scallions for garnish

Soak kombu for 5 minutes to soften, then dice, and place it on the bottom of a pot. Layer onions, celery, corn, carrots, and beans on top. Add water just to cover the beans. Bring to a boil, cover, and simmer 1 hour. Add water as needed just to keep the beans covered. Season with sea salt and continue to cook until beans are soft, approximately 20-30 minutes. Garnish with scallions and serve.

Sheri L. Russell

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Word of Mouth

By Eva Strand

Champagne for the millennium, accompanied by a few select Chardonnay wines, will end the taste testing in this column for this century. All the white wines we tasted were made from organically grown Chardonnay grapes, and they all contained sulfites.

Italian Piave 1998 is a smooth, mellow white wine; it is light with a tad of sweetness and is very gentle on the tongue. Sipping this wine makes me think of a lazy summer evening in the hammock with a good book, bird song in the background and a soft breeze. Piave would also be good with a light lunch—crab salad with crunchy French bread, for example. We all liked Piave, including its very reasonable price of \$7.89 per bottle. I will put Piave on the shopping list towards the warmer season.

Domaine de Farlet Chardonnay table wine, vintage 1998, from France had a bit more zip than Piave. "...more action on the tongue," was one of the comments. Still, this is also a very light white wine, easy to drink by itself or with a light meal. You have to pay \$1.56 for the extra 'zip' as this wine costs \$9.45 per bottle. This wine was very popular at 'The A-Door-Able Feast' on November 11. Domaine de Farlet also produces very good Merlot and Cabernet.

Badger Mountain, in Washington state, makes a smoky, oaky, complex Chardonnay that would be very good with fish, seafood or poultry—a generally well-liked wine with body and character. It sells for \$9.99 per bottle.

Another wine to accompany food is Headlands' Chardonnay 1996 from California. This wine is complex and quite dry with a flowery 'nose' and a quick, clean finish. 'It's got punctuation' or 'a full stop' were some of the tasters' comments. Headlands was also a well-liked wine but \$12.69 per bottle may make me choose something else.

We also tried two champagnes: a handmade sparkling white wine from Camas Winery here in Moscow, and an Italian Frederik sparkling wine. Camas champagne was very bubbly, dry, hearty and a bit oaky. Italian Frederik was well-balanced, not too sweet and not too dry, and quite easy to drink.

I can't say that we found a favorite this evening—I would buy any of these wines again, some for summer evenings, others for salmon and herbed potatoes, and one of the champagnes for New Year's.

See you all next year with fresh, curious taste buds!

An Apple a Day...

By Pamela Lee

I love it when scientific testing proves an old adage true. Apples are now being touted as another of nature's sweet antioxidants. Apples are particularly rich sources of antioxidants called flavonoids. Flavonoids not only help keep our arteries clean, but they also appear to fight infection and diminish inflammation. Other foods that are high in flavonoids include broccoli, garlic, onions, grapes, and plums.

One Finnish epidemiological study suggests that a diet high in flavonoids, chiefly from apples and onions, seemed to lower the risk of developing lung cancer. Researchers at the UC Davis laboratories tested whole apples, apple flesh, and apple skin to learn that though each provided some antioxidant protection, the most concentrated source of antioxidants was in the skins.

Ten years ago, when we reached for apples to load into the grocery cart, we usually got Red Delicious. Now, there are so many good varieties available that it can be difficult to decide among them. I've got a handy chart from an old issue of *Sunset Magazine* that tells which apple variety is good for sauce, which for pie, for microwave cooking, sautéing; or eating fresh. The problem is that I've often found the chart to not bear true. For instance, the chart says that Jonagolds have thin tender skins. I just ate a Jonagold with great flavor, but with leathery tough skin. Criteria are not supposed to be good for cooking, but I've made delicious baked apples and applesauce with them. So, now I tend to just buy apples that look fresh and feel firm. I have found that Fuji apples do retain their shape and stay firm when cooked (unless they are pitifully old). So if you want a softly pureed applesauce, you might want to avoid them. Yet, that very firmness is one of the qualities that make the Fuji a superior apple for munching fresh. Whichever variety you bring home, keep them in the cool part of your refrigerator in a perforated plastic bag. Apples lose their crispness and flavor 10 times faster at room temperature than they do under refrigeration.

Waldorf Coleslaw

a 2 1/2 lb. white cabbage, cored

and chopped (about 12 cups)
 4 Granny Smith apples, cut into julienne strips, plus apple slices for garnish
 4 ribs of celery, sliced thin diagonally
 1 1/2 cups walnuts
 1/2 cup mayonnaise
 1/2 cup plain yogurt
 1 tbsp. Dijon-style mustard
 3 tbsp. sugar
 1/4 cup vegetable oil
 3/4 tsp. salt, or to taste
 1/4 cup red-wine vinegar

In a very large bowl stir together the cabbage, apple strips, celery, and walnuts. In a small bowl whisk together the mayonnaise, yogurt, mustard, sugar, oil, salt, and vinegar until the dressing is smooth. Pour over the cabbage mixture, and toss the slaw well. Chill covered for at least 2 hours or overnight. Serve topped with apple slices.

Serves 10-12; from 'Gourmet Magazine', June 1992.

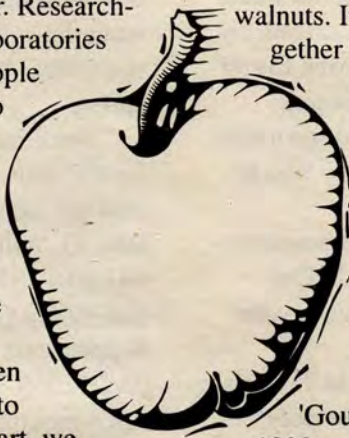
Apple-Cranberry-Raisin Pie

Pastry dough for a 9-inch, two-crust pie
 1 cup sugar
 1/2 tsp. salt
 3 tbsp. flour
 1 cup cranberries
 1/2 cup raisins
 Grated rind of 1 lemon
 5 large tart apples
 2 tbsp. butter

Preheat the oven to 425°F. Line a 9-inch pie pan with half the pastry dough. Stir the sugar, salt, and flour together in a large bowl. Add the cranberries, raisins, and lemon rind. Peel, core, and slice the apples and toss them in the sugar mixture. Pile the filling into the lined pie pan and dot with the butter. Roll out the top crust and drape it over the pie. Crimp the edges together and cut several small vents in the top. Bake for 10 minutes, then lower the heat to 350°F and continue baking for 30-40 minutes or until the apples are tender when pierced with a skewer and the crust is browned.

From the *Fannie Farmer Cookbook*, 13th edition.

This last recipe was adapted from the December 1991 issue of *Bon Appetit Magazine*. It can also be made using all organic unbleached flour, and if you are



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

Winter's Eve Potato Chowder

by R. Ohlgren-Evans

It's soup time, and this is my favorite time of year to eat those garden spuds. This non-dairy version is nutty and flavorful and makes the whole house smell cozy. Sometimes I add a spoonful of silken tofu to add a bit more protein.

5 medium potatoes, cubed
 8 cups water or stock
 1/2 tsp. olive oil
 3/4 onion, chopped
 5 cloves garlic, minced
 1/4 cup celery, chopped
 3 bay leaves
 1 tsp. salt
 1/2 tsp. thyme
 1/2 tsp. tarragon
 1 tsp. sage
 1/2 cup white wine
 2 tbsp. roasted tahini
 2 tbsp. fresh chives,

chopped
 In a large soup pot, saute onions and garlic in olive oil until translucent. Add celery, bay leaves, and salt. Cook for 2 minutes. Add stock, potatoes, thyme, tarragon, sage and wine. Cook 30 to 40 minutes until potatoes are tender.

Puree half of the soup in a blender with the tahini. Return to the pot, stir well to combine, and reheat on low. Garnish with pepper and chives just before serving.

pinched for time, the muffins are deliciously satisfying even without the topping.

Pumpkin-Apple Muffins

1 1/2 c whole wheat flour
 1 c all purpose flour
 1 tbsp. pumpkin pie spice
 1 1/4 tsp. baking powder
 1 c sugar
 1 c canned solid pack pumpkin
 1/2 cup vegetable oil
 2 eggs
 1 c chopped peeled cored apples
 1 c raisins
 1/2 c chopped walnuts

Topping:
 1/2 cup packed brown sugar
 2 tbsp. all purpose flour
 1/2 tsp. ground cinnamon
 1/4 cup chilled butter

Preheat oven to 350°F. Grease eighteen 1/2 cup muffin cups. Sift first 4 ingredients into a medium bowl. Stir sugar, pumpkin, oil and eggs in a large bowl until well mixed. Mix in dry ingredients, apples, raisins and walnuts. Place equal amounts of batter into prepared cups.

For Topping: Combine brown sugar, flour and cinnamon in a small bowl. Cut in butter until mixture is crumbly. Sprinkle topping over muffins. Bake until muffins are golden brown and tester inserted into centers of muffins comes out clean, about 30 minutes. Cool. Serve muffins warm or at room temperature.



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Gardening

Houseplants Help Remove Home Air Pollutants

By Patricia Diaz

A recent article in National Wildlife featured cleaning the air in your home with the help of houseplants. You may remember a long-ago study done by NASA that found that spider plants did a spectacular job of cleaning the air in your home; in fact, they said spider plants removed 95 percent of the toxic substances from a sealed chamber in 24 hours. Since then, much more research has been conducted and the news about spider plants isn't quite as spectacular as it was. In fact, some other plants do an even better job.

Many toxins waft through our homes, coming from building materials, adhesives, ceiling tiles, photocopiers, upholstery, and more. These toxins range from ammonia to benzene to formaldehyde. A growing body of research now offers even more evidence that houseplants are an effective means of improving the air in your home and office. Bill Wolverton, a former NASA research scientist, has found that plants absorb airborne pollutants as part of their normal "breathing" process. They then transport these pollutants to their roots where microbes feed on and detoxify them. The most effective plants have a higher transpiration rate, emitting more moisture into the environment.

He has written a new book on this subject called "How to Grow Fresh Air," and runs a new business, Wolverton Environmental Services,

Top Ten Houseplants

Bill Wolverton recommends the following plants for best chemical-vapor removal, ease of growth and maintenance, resistance to pests, and rate of water evaporation:

- Areca Palm
- Lady Palm
- Bamboo Palm
- Rubber Plant
- *Dracaena* (Esp. Janet Craig)
- English Ivy
- Dwarf Date Palm
- *Ficus Alii*
- Boston Fern
- Peace Lily

in Picayune, Mississippi.

There is plenty of anecdotal evidence that plants benefit us way beyond what is shown in lab demonstrations. Many people have eliminated headaches, sore throats, and other "sick building" symptoms from their lives after adding plants to their environments. A mix of plants is recommended, as each type of plant seems to have an affinity for different toxins.

Wolverton recommends two or three plants, in 8 or 10 inch pots, for every 100 square feet of floor space. The drawback to this is that you may have excessive humidity that can contribute to the growth of mold and bacteria and can encourage unwanted pests. You can help prevent this by not letting your plants sit in stagnant water. Once the water has drained through the soil to the tray, saucer, etc. below, dispose of it. You can also discourage mold from growing on the top of your soil by covering it with Spanish moss or aquarium gravel.

While plants shouldn't be thought of as a cure-all for air pollution, it's comforting to have plants nearby while you're reading, watching television, etc. And remember, the closer you are to the plant, the more it's going to benefit you.

Grow Fresh Herbs in The Kitchen

By Patricia Diaz

With snow just around the corner (sorry, I said the "s" word), you may satisfy your craving for fresh herbs by growing them on a sunny windowsill (they need at least 5 hours of bright light daily). The following list of herbs are the ones which will grow best in such an environment:

Chives: Don't harvest the whole bunch of chives at once. Instead, cut small bunches of leaves back to soil level to keep new ones coming.

Mint: Peppermint and spearmint are the two mints that grow best in pots.

Oregano: You might want to try peppery Cretan oregano, Italian oregano, or Greek oregano in your windowsill pots.

Rosemary: The upright Taylor's Blue grows best in window pots.

Sage: The best sage plants to use would be Berggarten or dwarf sage. Harvest the plants regularly to keep them productive.

Sweet Bay: You can even train this plant into a topiary.


Thyme: English thyme and narrow-leaf French thyme are standard culinary varieties of thyme. You can also try caraway thyme or lemon thyme.

As soon as you bring your herbs home or when you get them in the mail, set the pots near the proposed

windowsill site to let them acclimate to their surroundings for a few weeks. Then transplant them into 6" or larger pots filled with a fast-draining potting mix. During the darkest winter months you may need to supplement sunlight with fluorescent light.


DON'T over-water potted herbs or they'll die a quick death. You want the soil to dry slightly between waterings. Also, don't fertilize until spring.

Since our nurseries are closed for the winter, you may want to contact: Goodwin Creek Gardens, Box 83, Williams OR 97544, 541-846-7357, catalog \$1; Mountain Valley Growers, 38325 Pepperweed Rd., Squaw Valley CA 93675, 559-338-2775 or www.mountainvalleygrowers.com; or Thyme Garden, 20546 Alsea Hwy., Alsea OR 97324, 541-487-8671.



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New Master Gardening Book

By Patricia Diaz

A new gardening handbook just out called "Sustainable Gardening," is available from Washington State University Cooperative Extension, (800) 723-1763. At \$20 plus shipping (and sales tax for Washington residents), it is a good, basic gardening text and resource for Northwest gardeners. It covers basic botany, soils and fertilizers, pruning, vegetable gardening, houseplants, plant problem diagnosis, weed management, sustainable landscape design, and much more. It is indexed, has a glossary, and each chapter is separated by tabs. There are 536 3-hole punched pages ready for insertion into a binder (which is not provided).

For more information on Extension publications, visit the following website:
<http://cahedb.wsu.edu/infoPub/scripts/webCat.asp>.

Assistance Dogs: Freedom and Discrimination

By Sarah Hoggan

Ignorance can take many forms, including prejudice against the presence of an assistance dog.

Rachael Armstrong is a W. S. U. sophomore veterinary student who provides "basic training" to assistance dogs. "Zack" is a two-year-old German shepherd currently under Rachael's tutelage. His title is prominently displayed on the red vest he wears. Given that his job will be to assist someone with day-to-day living, Zack must be exposed to every possible public environment.

In July, Rachael and Zack were in New Orleans, Louisiana. Louisiana has a Trainer's Law, meaning that an assistance dog in training can legally go the same places as a fully-fledged assistance dog. Despite this law, and Zack's obvious uniform, Rachael and Zack had some disappointing experiences.

At a fast food restaurant on Bourbon Street they were met at the door by the manager.

"Are you blind?" he asked, getting close enough to look into Rachel's eyes as she took off her sunglasses.

Rachael replied, "No." and was then asked to leave.

Instead, she took out her copy of the Trainer's Law and showed it to the manager. They were consequently allowed to stay.

Two days later, Rachael and Zack were refused admission to the New Orleans Aquarium. Eventually, they were allowed in, but a needless scene had already been made.

The New Orleans Airport was the site of another confrontation. As Rachael and Zack approached their gate, a security guard stopped them and told Rachael to take Zack outside.

As with so many other times during the week, Rachel took out her copy of the Trainer's Law. The security guard, however, would not accept it. The pathetic battle continued through Rachel's presentation of

Zack's health certificate, her trainer's certificate, and her paperwork from Great Plains Assistance Dogs Foundation that verified that Zack was indeed an assistance dog.

Finally the security guard said it would be up to the airline and escorted Rachel and Zack through the airport to their check-in. The airline understood Zack's status and incredulously asked the security guard what the problem was.

Rachel says the treatment they received in Louisiana is, unfortunately, too common. There is a Trainer's Law in Idaho, but not in Washington.



It is essential for people to understand that assistance dogs, even in training, are not pets. They receive between one and two years of "basic" training, exposing them to public places, and then go on to "finishing" school for several more months to perfect their skills. If you encounter a person with an assistance dog there are a few simple guidelines to

follow:

First, do not touch or speak to the assistance dog. This is a distraction that interferes with their work and could endanger their human companion.

Second, never attempt to feed an assistance dog! Food is a significant distraction.

Third, speak to the person, not the dog, if you have a question or would like information about their dog.

Fourth, if you feel compelled to help someone with an assistance dog, offer your assistance and wait for it to be accepted. Well meaning or not, assistance that is not sought is interference and can endanger both the handler and the dog.

Dogs can certainly be a best friend, but when they are assistance animals they are much more. These dogs allow people freedoms many of us take for granted everyday. So look at them as you would any other hard working service provider, with respect for the job they are doing.

The Village Bicycle Project

by Dave Peckham

editor's note: Moscow resident and Co-op member Dave Peckham recently returned from Africa after providing both bicycles and bike repair training there. He wants to expand his bicycle project next year.

The Village Bicycle Project is gearing up for our continuing work in Africa. This trip will focus on materials delivery, (now that we understand the needs), and network building.

Someone asked me recently how long it took to get over culture shock. I'm still reeling over the disparities of wealth. In Ghana I saw people making gravel by hand, pounding rocks with hammer and chisel, grateful to have an income, earning perhaps a dollar a day. How many mouths did they feed with that dollar?

Here in the US it is staggering what we throw away, what we have to throw away because we can't afford the labor costs to have it repaired. In Africa I spent several hours working with a man on his forty-year old bike, a bike so twisted, bent and beat up I would have thrown it away immediately here at home. Instead, we greased, cleaned and adjusted as best we could so he could get another five years use from it.

The Village Bicycle Project addresses the huge poverty gap in its own very small way. Your recycled bikes find new lives in Africa, where over 99% of the population cannot afford cars. The tools and repair training we provide increases Africa's ability to prolong the lives of their bikes.

Our project goals for 2000 are based on the work of 1999. The seven goals include:

1. Used bikes from the USA: Recycling discarded but useable bikes, diverting them from the American waste stream to a new useful life in Africa. Partnering with the Bike Youth Organization of Ghana, we will ship 350 bikes in a cargo container.

2. Bike repair training: Holding

classes for young people in Ghana to learn bike repair skills, with additional opportunities for them to earn bikes and tools. A teacher training is included, to enable the establishment of on-going repair classes.

3. Adequate tools: Providing \$1000 worth of specialized bike tools for mechanics and parts dealers. Important tools include chain breakers, crank pullers, allen wrenches, freewheel sockets, and plastic tire sticks. Many bike mechanics don't know that specialized tools exist, and rely on hammer and chisel to remove and install parts.

4. Village owner-repair workshops: Helping village bike owners learn and practice maintenance while repairing their own bikes. In remote areas parts and even basic tools are scarce.

VBP will tour remote villages of Ghana and Cote d'Ivoire by bicycle, holding workshops in about 20 villages.

5. Police Bike Patrol Training: Providing follow-up training of the Hohoe Ghana, District Bike Police who received bikes and initial training from Bike Youth and VBP in 1999. Bike patrols are enormously successful in US and could serve as well or better in Africa.

6. Sustainability: Continuing work with Ghanaian non-profit bike advocate groups Future In Our Hands and Bike Youth in joint programs, assistance, and organizational development. Improving networks and associations between mechanics, parts dealers, importers, investors, bike owners, and local credit sources. Meet with education leaders to initiate bike repair training in trade schools.

7. Pro-bike public policy: Bringing Ghanaian decision-makers together with pro-bike transportation experts from the west to discuss improving conditions for bicycling, including infrastructure, education, enforcement, and economics. We are trying to raise sponsorship for Ghana's Minister of Transport to attend the world bicycle conference, Velo Mondial 2000 in Amsterdam in June. The experts may also meet with leaders of neighboring countries to discuss the benefits of

(cont. on next page)

(cont. from prev. page)

Ghana's pro-bike policies.

Over the summer I was able to setup an office in my home, with a donated computer. We've also located bike storage space, which now holds 50 bikes, and room for many more, without actively collecting them. Kevin Hamilton, a local bike mechanic, will be joining me in Africa to work with the project. He has developed a brochure for the project, and will be fund-raising in his hometown in New York.

Here at home, I am looking for groups to give my slide show presentation. I'd be glad to share it with your organization, service group, church group, circle of friends, etc.

VBP NEEDS LIST

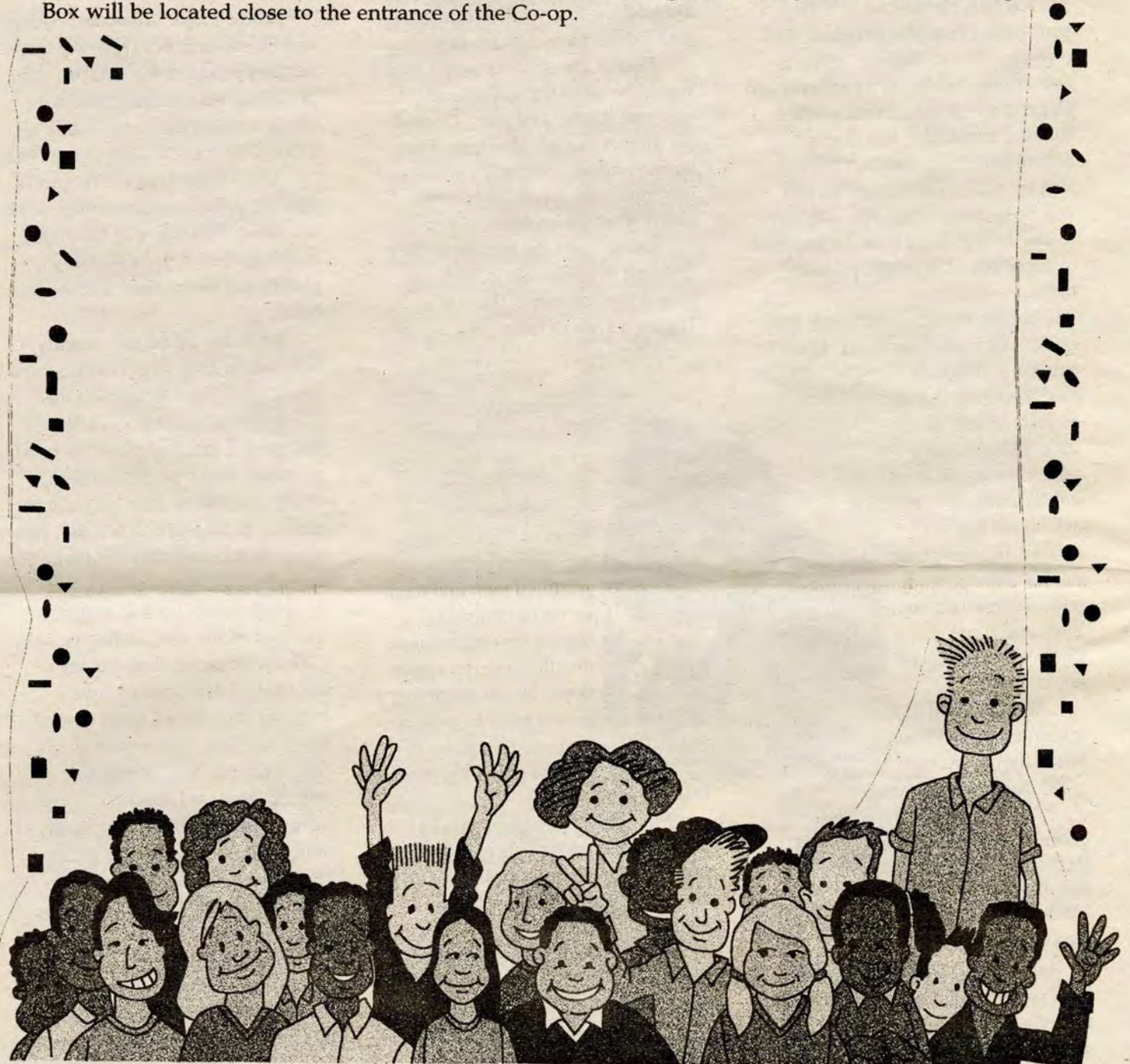
- Mountain bikes;
- Mountain bike rear wheels;
- Deraileurs;
- Printer compatible with a 486 PC;
- Bike repair manuals and bicycling magazines, in English and French;
- A truck to take bikes to Seattle;
- Volunteers to prepare and load bikes;
- Legal advice;
- Web page construction and site host.

If you would like to help with any of the above, you can reach me by email, <peckham@mailcity.com> or by phone, 892-2681.

THANK YOU to all who have helped the project in recent months, including, Chris and Molly Pannkuk, Roger Crawford, Denise Ortiz, Laura Aichele, Tri-State, Harry Moore, Dean and Gretchen Stewart, Ryan Broyles and his Boy Scout troop, Bill London, and Bill Kirsch.

THE KID'S PAGE

It's almost here, the year 2000, Y2K, the next millennium. What do you think we might see develop in the next century? What do you wish for? We left a lot of open space to draw or write or color your ideas. If you'd like to share your ideas with us drop your finished page into the Kid's Page Box the next time you're in the Co-op or e-mail us at: leep9438@uidaho.edu. If we get your response by December 20th, 1999, we can include your idea on the Kid's Page for January 2000. The Kid's Page Box will be located close to the entrance of the Co-op.



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Bioengineered Food: For Thought or Consumption?

By Donald Stanziano

The next time you are marinating in exhaust while incarcerated in a Seattle or Portland traffic jam, ask yourself this: Could Henry Ford possibly have foreseen drunk drivers, smog, gridlock, or drive-by shootings? Could the Wright brothers, imaginative as they were, have conjured hijackings, mid-air collisions, or a bomb-laden B-52? I think unforeseen consequences such as these are rarely, if ever, anticipated by the inventors themselves or society at large. Who among us can say what unintended results will issue from our overheated love affair with computer technology? What scenario could unfold if our efforts to genetically alter plants and animals create mutant strains that spin dangerously out of control?

One could reasonably argue that since virtually all technological innovations produce unintended and undesirable repercussions, society should always proceed with caution before fully embracing technologies that have the potential to produce catastrophic consequences should something unexpectedly go awry. The appropriate level and degree of caution to be exercised seems to be the point at which many concerned consumers and the FDA and biotechnology firms part company. The FDA, USDA, and bioengineering

companies insist that GEF's are at least as safe as conventionally raised and manufactured foods, and that individuals and groups that suggest otherwise are worrywarts at best, fear mongers at worst. They argue that mandatory or voluntary labeling of GEF's could create unnecessary consumer fears while offering no real benefit. Why risk getting folks all upset over nothing they seem to say.

Still, a growing number of people are advocating for a more prudent approach to GEF's. They suggest that if the technology of bioengineering is, as claimed, safe for consumer and environment alike, then no irreversible harm is done by taking the time to expand the scope of independent research, to plan for worst-case scenarios, and to encourage public debate of bioengineering, labeling, and other related issues. After all, hasn't the net effect of today's food labeling laws been to empower consumers to make more informed nutritional choices? If people eating only kosher, low-sodium, or vegan foods can use nutrition labeling to support their dietary preferences for health, religious, or moral reasons, why not allow the same level of choice regarding GEF's? The reluctance of the government and industry to

debate, let alone support, labeling leads many to suspect that there truly is something unsafe about these foods, or that corporate profits take precedence over the public welfare.

Back in July, I began researching the issues of genetically engineered foods and the campaign to have them labeled. Since then, I have watched this issue move from occasional comment in minor magazines to centerpiece articles in the most influential print and electronic media in the nation. Concurrently, there has been a remarkable shift in the public positions advanced by the government and industry. As recently as September, USDA Secretary Dan Glickman sniffed at suggestions that the government should promote or require labeling. Today, he has conceded that labeling is virtually inevitable, but he still wants the program to be voluntary rather than mandatory. Retreating from its "father knows best" attitude, the FDA has scheduled three national hearings and is accepting public comments until January 13, 2000. Equally encouraging is The Genetically Engineered Food Right to Know Act, H.R. 3377, that was introduced into the US House of Representatives by Ohio Congress-

man Dennis Kucinich on November 16th. This bill has 19 bipartisan co-sponsors and will offer another forum for the expression of opinions and concerns of the American people. Clearly, momentum is gathering on the whole range of issues spawned by the technologies of bioengineering, and we have a chance to say our piece.

If you have something to say about any of this to the FDA, you can attend the 11/30/99 hearing in Washington, DC, or the 12/13/99 hearing in Oakland, CA. You can write to FDA Commissioner Jane Henney at Dockets Management Branch (HFA-305), Re: Docket No. 99N-4282, Food and Drug Administration, 5630 Fishers Lane, Room 1061, Rockville, MD 20852, call (301)827-5006, fax (301)827-3052, or email palexand@oc.fda.gov. Though email opinions are important, mailed letters have been shown repeatedly to carry the most weight in the public comment stage of the hearing process. Contact your local US representative and encourage him or her to co-sponsor the Kucinich bill. Talk to your Co-op general manager, board members, and employees to thank them for supporting organic agriculture and to encourage them to ensure that GEF's aren't sold at the store.

The best source I have found for hearings information, form letters, news updates, and more is still the website <www.thecampaign.org>. Whatever action feels appropriate to you, the time is ripe to do what you feel needs to be done.

Lend Your Voice to Protect the Big Wild

by Natalie Shapiro

Idaho has 4 million acres of federally protected wilderness, and another 8 million acres of unprotected roadless areas. These areas provide clean water and spawning grounds for fish, and large, unbroken swaths of forests for wildlife such as grizzly bear, wolf, goshawk, and pine marten.

Unfortunately, we have lost over a million acres of roadless areas in the last decade to logging and road building, and will lose even more soon if we don't take a stand now.

Fortunately, there's a unique chance to keep our roadless areas wild. President Clinton has directed the US Forest Service to develop a

policy on roadless areas. The Forest Service is currently requesting public comments for an Environmental Impact Statement (EIS) on the roadless issue. This EIS is expected to be out in Spring, 2000, and will be available for one last round of public input.

The deadline for comment is December 20, 1999. The Forest Service is also conducting open houses and public hearings in Grangeville on December 1st; in Orofino on December 8th; and in Coeur d'Alene on December 14th.

Points to consider for your comments:

*ALL inventoried and uninventoried roadless areas, regardless of size, should be IMMEDIATELY protected to preserve their wilderness character and eligibility for Wilderness designation, rather than being deferred later

to the forest planning process. This should include roadless areas inventoried since the original RARE II inventories.

*Idaho's Targhee and Alaska's Tongass National Forests must be protected.

*No new road construction in roadless areas. Road obliteration should be planned for roads recently built in inventoried roadless areas.

*In accordance with President Clinton's mandate to protect the ecological characteristics of roadless areas, the policy should prohibit all forms of logging, off-road vehicle use, new mineral, oil and gas leasing and new grazing leases and permits. These activities are known to seriously degrade ecological characteristics of roadless areas.

Send Your Comments To:
USDA Forest Service-CAET,

Attn: Roadless Areas NOI,
P.O. Box 221090, Salt Lake City,
UT 84122

or email to: roadless/wocaet-slc@fs.fed.us

Friends of the Clearwater, a local environmental group, is looking for volunteers to help with this important issue. We are also renting buses to take folks to the public hearings and open houses. For more information, contact:

Natalie Shapiro at
Friends of the Clearwater
PO Box 9241
Moscow, ID 83843
foc@wildrockies.org

Cove/Mallard Coalition
PO Box 8968
Moscow, ID 83843

Shared phone: (208) 882-9755
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 - Vegans'** - Alternative fast food and juice bar. Free Tree Top Juice with any purchase. NE 720 Thatuna, Pullman, WA. Andre Zita, Owner
 - 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.*

Upcoming Palouse Folklore Society events

(\$5 members, \$7 nonmembers, kids free), 7:30pm

- Dec. 18 Hired Hands with Mitchell Frey calling
- Dec. 31 New Year's Eve dance with Off the Cuff, and Mitchell Frey and Joseph Erhard-Hudson calling

Full Moon Drum Circle

There will be no drumcircle in December, due to holliday season activities. The next drum circle will occur on January 22.

The Moscow Branch of the Latah County Public Library is currently exhibiting the **International Doll Collection** of Vicki Reich. Over 120 dolls are on display from all over the world. The collection will be on view until Christmas. This is the first public viewing of this extensive collection.

Subscribe to the Moscow Food Co-op Community News only \$10 for 12 issues send and make checks to:
Moscow Food Co-op (attn: Bill London)

You can E-MAIL your announcements for the BULLETIN BOARD TO: beth_case@hotmail.com

Announcement

The US Forest Service is considering Pres. Clinton's proposal to protect wilderness areas nationwide. Hearings and open houses are scheduled now in this region. The Friends of the Clearwater plan to charter buses. The hearings are in Orofino on December 8 and at Coeur d'Alene on December 14. For more information, call 882-1010 (Idaho Conservation League) or 882-9755 (Friends of the Clearwater)

There are jam sessions on the 1st, 3rd, and 5th Saturday of each month at Laura's Tea and Treasures in Moscow from 12 to 2pm.

Gluten Intolerance Support Group

Thursday December 2, 1999

7:00-8:30 p.m.

Gritman Hospital 3rd floor board room.

Tuesday January 18, 2000

7:00-8:30 p.m.

Gritman Hospital 2nd floor board room.

All are welcome to join us for an evening of information and sharing about living without gluten. We will be sharing goodies and recipes. We, also, will have plenty of resource materials for your review. For more information contact Susan Cleveley, 882-6491 or Kaye Girard, 882-6405.

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