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February  
1999

# Moscow Food Co-operative



Community News

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## Grand Opening

by Kenna S. Eaton

Well the dust is finally settling and we are getting a little bit more used to our new surroundings—so it must be time for a party! Mark your calendars now for our Grand Re-opening on Saturday, February 27th.

We're planning lots of fun events for you and your family. We'll be serving lots of FREE food from manufacturers and local vendors. Tofu Phil is planning to attend with his skillet and fresh tofu. So, if you're still wondering how to make this stuff taste good, Phil has lots of ideas, and he'll even let you and the kids sample some.

Laura, our produce manager, is planning to have lots of samples of Organic fruits and veggies and she promises to have some great specials for you, too. It's a great time for those exotic tropical fruits, like pineapples, papayas, and mangoes.

And the list goes on: we'll have balloons, drawings for prizes, and more fun than we might be able to stand! See ya' there!

# Co-op - News

## News from the Board of Directors

By Suzanne Peyer and John Hermanson

The January Board of Directors meeting, held Wednesday, January 13, was somewhat different from the other board meetings we've had recently. It was our first meeting without Mike Cressler, our now former-board member who has relocated overseas. Mimi Pengilly will be assuming Mike's duties as vice president. Also, for the first time in the past six months or so, we did not discuss the Co-op's relocation or the By-Laws. It felt great to move on to new topics of discussion!

Perhaps our most interesting discussion revolved around the idea of forming a membership committee. The membership committee would involve all board members (and perhaps Co-op members as well) with the main purpose of exploring avenues for member benefits, educational outreach, and

various related tasks. This topic initiated a discussion on ways that we, as members, could become more involved with the larger community via the Co-op.

Some suggestions included sponsoring various fund-raising activities such as the buffet, held during the Co-op's relocation, or the current bike raffle several times throughout the year to raise money for improvements at the Co-op or in the surrounding community.

This meeting also included some old, but important, business regarding the upcoming election for board members. We still need candidates to fill Christine Moffitt's and Mike Cressler's positions.

So, if you are interested in helping to guide the Co-op for the next few years, please let us know. We always welcome new and creative ideas.

**Editor**  
Bill London  
**Issue Editor**  
Therese Harris

**Layout**  
Tanya Perez  
**Typesetting**  
Kathy Burton

**Advertising**  
How about you?

**Illustrators**  
Cover - Jeanne Wood  
Nancy Wilson • Heidi Maut  
Kelly Riley • Rebecca James

**Distribution**  
Marc Brown  
Laurel Reuben

**Kids' Page**  
Nancy Lee-Painter

**Back Cover Design**  
Beth Case

**Webmaster**  
Bob Hoffmann

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Nick Ogle	882-4132
Mimi Pengilly	882-6307
John Hermanson	334-9245
Suzanne Peyer	334-9245

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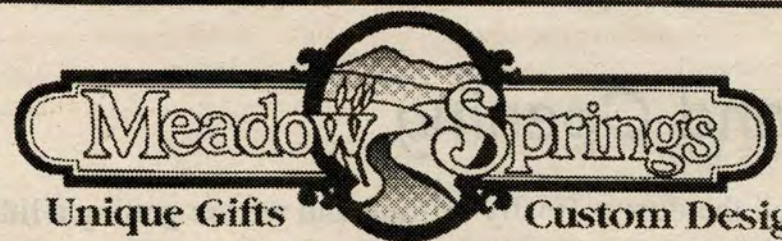
Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

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Wanted: Candidates for Moscow Food Co-op Board of Directors. Deadline for Nominations Extended to February 10, 1999.

See Co-op staff or Board Members for application details.



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# The True Story Behind How the Co-op Moved

by Kenna S. Eaton

I couldn't have begun to predict how moving a store from one (small) location to another (large) one would go—it was incredible!

The sheer number of people who came out to help was amazing. I arrived at the old location on Jan. 1 at 8:00 am. Already, there were 6 volunteers ready to go—and I hadn't even taken off my coat! So I just quickly grabbed a cup of coffee and set everyone to the task of counting and packing up products. Trucks began to arrive and before we knew what was happening, we were ready to deliver truckloads to the new store. At the new location I had staff and volunteers standing by, ready to unpack and shelve all the incoming goods. By 10 am, I was getting frantic phone calls to "please slow down." Unfortunately, we were on a roller coaster ride that wouldn't stop! Everyone worked so hard and so fast at the old store that the folks at the other end couldn't keep up. So, we sent over a lot of volunteers to help unload and we kept packing up the old store at a slower pace.

At lunch time we all filed over to the new store for lunch donated by Pasta Etc. and to re-group. We had finished our job of inventory and packing in half a day, instead of the expected two days.

**Day 2:** On January second, I met a new group of fresh volunteers at the old store to sort through

leftovers. Quickly I found myself armed with a pointer, directing people and stuff: "That to the dumpster; that to auction; that to keep..." And so it went for 2 hours. It's true many hands make light work—by the end of the morning we had sorted through a tremendous pile of junk and quickly dealt with it. The volunteers were dusty and dirty by the end of that project and so were sent home to shower! A few hearty souls settled into cleaning all the items for the auction, since they, too, were dirty from the storage room. Lunch, again donated by Pasta Etc., was a welcome break.

As the day wore on, we kept finding more and more projects to be done—moving the last of the equipment, moving stuff to our new storage facility and moving stuff out of storage for the auction. By the end of the day I was exhausted, dirty, and very pleased by how much we had accomplished in such a short time.

**Day 3** dawned too early. This time we all gathered at the new store to unpack the boxes of food that lay all over the store and to shelve those foods. It's a long, slow process and I know Vicki was tired of hearing her name hollered. "Hey Vic! where does this go?" was probably the most-heard question. Slowly but surely we got the job done. Lunch this day was donated by Paradise

Farms.

**Day 4** arrived. We had planned to re-open the day after this (Jan 5th) but because of the holiday weekend all the refrigeration and electrical workers had taken 3 days off. It became increasingly clear that without the freezers and coolers hooked up, with no electricity for the cash registers or checkstands, with no counter for the deli, nor cabinets for the kitchen in which to store their supplies, we would be unable to open on time. Together we made the tough decision to delay opening for one day. While we were all disappointed, we were also relieved to have one more day to pull everything together, to get the store in tip-top shape for our customers.

**Day 5:** All the freezers and coolers got hooked up and running. We stocked them as fast as we could. The checkout stands arrived and the cash registers were connected by the end of the day. The deli counter was installed, as were the kitchen cabinets and work surfaces. Quickly we stocked, filled, and organized ourselves. That afternoon the aisle signs arrived. As they were being hung, it finally dawned on me that we had aisles! Those of you who shopped in the old store can appreciate the novelty of wide, straight aisles.

Also that afternoon, the phone system went online, so we practiced paging each other and playing music through the speaker system. At 5:00 we stopped for a staff meeting—a last minute answering of questions from cashiers who felt a little lost. Afterwards we continued to put away things and clear stuff out of the aisles. But by 10 o'clock that night we finally felt comfortable and ready to open the store the next day.

**Day 6:** On January 6, 1999, at 8:00 am we opened to our first customer. I think she was a little surprised to find staff clapping and cheering as she bought coffee and a roll. Quickly the store was swamped with happy, excited customers ready to check out the best grocery store in town.

Since then, the roller coaster ride has slowed down somewhat, and we're starting to find time to unpack some of those other boxes and to deal with the details of sorting out our offices and backroom. It's a process that will surely continue for awhile, and hopefully we can continue to work out the kinks in the new system.

Thanks so much for your patience and support. And thanks for helping us move (over 100 people came out to volunteer). We couldn't have done it without the help of our member/owners. Thank you.

## So, What about the Kids' Room?

by Kenna S. Eaton

"What happened to the kids' room?" is probably the most often asked question at our new store (next to "where can I find \_\_\_\_\_?"). The answer lies in the process: When we first started laying out the new store, we had planned on having a kids' space, but as the process progressed questions kept arising: Where would it be located? Who was going to be responsible for the kids' safety? And, who was going to clean up their messes? (Sorry, but usually it was the staff, not parents who took on this task). We decided to bring in a random selection of moms and ask them where they would feel comfortable leaving their kids while shopping. The new store is much larger than the old one, so the moms felt that the kids should be up front under the

watchful eye of a staff person. We didn't like that response—after all, we hire cashiers to check-out your groceries, not your children!

Then came the issue of safety. Even in the old store we had felt uncomfortable about the safety of kids in that little room. Too many times we'd found kids threatening to hurt each other or fighting over a prized toy. Staff liked the kids' room when the kids were happy, but all too often parents were leaving their children unsupervised. And many times kids could be heard screaming and fighting, making many of us uncomfortable.


So as we continued to work on floor layout, we were less and less sure of the idea of having children unsupervised anywhere in the store, and we were less and less comfort-

able with the idea of being the ones to supervise them. So, the decision was made—and it was not an easy decision. The kids' room has been a part of the Co-op since we moved to the previous location 10 years ago. And many of us have been grateful for the diversion it provided (though there were those times when our little ones didn't want to leave, so we cursed its existence). But ultimately we felt that the best decision for the children and for us now is not to have a play room in the new store. I know many of you are disappointed, but I don't foresee changing that decision.

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# Candidates Sought for Two Board Vacancies; Nominations Deadline Extended

by Christine Moffitt

The Board of Directors is composed of, and elected by, members of the Co-op. The primary responsibility of the Board of Directors is to act as trustees to the Co-op membership by providing leadership to ensure the Co-op's future.

## Specific responsibilities of the Board of Directors are:

- Ensure the sound management of the Co-op's resources and serve as trustees for the Co-op's members.
- Initiate and oversee long term planning.
- Approve the operating and capital budgets and annual business plans.
- Define and oversee implementation of membership structure.
- Ensure that laws, bylaws, policies and procedures are followed.
- Recruit and train new board members.
- Ensure good two-way communication with members and represent the Co-op by participating in public relations.

## Responsibilities of Individual Board Members:

- Prepare for and attend all board meetings.
- Research issues thoroughly and be informed about Co-op operations and issues.
- Serve on at least one committee.
- Ensure good two-way communication with members and represent the Co-op by participating in public relations.
- Bring complete honesty and personal integrity to the Co-op's board.
- Provide leadership for the Co-op and its management.

Board members are required to attend meetings every month and to serve on at least one committee that meets as arranged by committee members. Each Board member is expected to spend 10-12 hours per month in preparation for meetings and assignments. Each year the Board members participate in a Board training session and a leadership retreat. Board members are compensated as member volunteers,

and receive a grocery discount for their contribution to the Co-op.

If you're interested in running for one of the open positions, please fill out an application form available at the Co-op, and notify Co-op Management or any Board member.

Elsewhere in this Newsletter, we profile our first candidate for the Board of Directors. Profiles for additional candidates will be included with the ballot mailed to all co-op members in mid-February.

## Board of Directors Candidate: Vision Statement by Llewellyn "Al" Pingree



I would like to see the Co-op grow to the size that best serves the customer base. Like any good relationship, communication and give-and-take are essential elements of success. Since it opened on South Main Street in '73, I've watched the Co-op grow and grow. It is essential that we continue to provide members and non-members with the best available products at the best prices possible. With fidelity to the founding ethic, this is not only possible but essential to our existence. To this end I will devote whatever time and effort is necessary.

# Personal Care Buy-Line

By Carrie A. Corson

First, let me thank everyone for all of the positive feedback about the new store. It's been great to hear you are excited about it. We love it too. If you haven't done so, stop over in the Personal Care section. We have greatly expanded our choices in this area.

We have added several lines to our vitamin and supplement section. We have brought in several new items in both the Moscow Food Co-op and Nature's Life brand of supplements. The new Rainbow Light supplements are food-based supplements that are easier for people with sensitive stomachs to absorb. Also look for specialty products from Natrol, including Ester-C supplements, Naturade, Kyolic and Thompson. We are now carrying the Rosemary Gladstar herbal supplements from Frontier. We have also been able to expand the number of herbal products from two local herbalists, Linda Kingsbury of Earth Wisdom Herbs, and Sharon Sullivan of Tortoise and Hare Herbs. You will also find a large selection of Homeopathic Remedies from Liddell, Boerick & Taefel, and Natro-Bio. We have also added several lines of kids' herbal and homeopathic remedies. We hope that we can meet your supplement and alternative medicine needs. Of course, anything we don't have, I will be happy to try to special order for you.

While I'm on the subject of natural health, Frontier Natural Products Co-operative is sponsoring a free seminar through the Co-op on the evening of Thursday, February 25th, at 7:00 p.m. The location is 'to be announced.' The speaker is Tim Blakley, co-author of "Medicinal Herbs in the Garden, Field and Marketplace." Tim is one of the country's foremost educators on herbal medicine and an authority on growing medicinal herbs. Tim will cover "Everything You Always

Wanted to Know About Herbs (including uses, preparations and cultivation)." I hope to see a large turnout. I think it will be an excellent seminar.

Now, here's news from the suggestion board:

*Get in Electric Grain Grinders.* We have ordered both electric and hand operated grain grinders. We will also be carrying electric juicers.

*Now that Inner Vision is closed, there are no metaphysical supplies like sage wands, aromatherapy oils, books, pendulums, etc. Please consider metaphysical supplies.* Take a look in the personal care section of the store. We carry a large selection of incense, sage wands and candles, aromatherapy oils and accessories. We also carry books on herbs, aromatherapy, and health and healing. This is a section that is growing and I will keep your request in mind.

*Dr. Bronner's Peppermint bar soap.* At this point I will probably not pick up the Dr. Bronner's bar soap. You may special order it.

*Country Save Laundry Soap in 50# bags. Just keep one on hand?* We do not have nearly the backstock space that we did in the old store. Now, it's pretty full and I hesitate to order large products that will have to be stored back there. Once we get a little more organized, this may be something we could stock. In the meantime you can special order it.

*Unpetroleum Lip Balm Citrus w/ Sunscreen.* Look for it soon.

*I would love it if you started supplying 2 items. 1) non-bleached 100% cotton tampons; 2) SpuruTeen.* I will look into these. If you have a manufacturer for SpuruTeen, that would be helpful.

*Could you stock small (4oz.) plastic flip-up spout bottles for the lotions/shampoos. They'd be good for trial size & travel esp!!* I'm not sure if I can get these or not. But I'll try.

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(208) 882-8169

Hands On Therapeutic Massage

# The Buy-Line

by Vicki Reich

Less than a week after opening the new store, the suggestion board was plastered with comments, praises and suggestions. I will spend the majority of this column trying to fulfill all your wants and needs.

But first, a few words about cheese. All the changes with the new store include changes to the cheese department. As many of you know, at the old store we bought cheese in bulk, unwrapped it from the original wrapper, sliced it, then re-wrapped it and priced it. What many of you don't know is this took at least 16 hours a week of paid labor which we did not pass on to the price of cheese. It also severely limited the shelf life of the cheese. Most cheese would last 2-3 weeks before going moldy. We also did not pass on the cost of this loss. All this resulted in cheese prices being lower than the true cost to us. With the coming of the new store, and the changes in job descriptions required to run it, we decided it was time for us to change over to pre-packaged cheese since we didn't have a good place to cut it anymore, nor did we have the extra personnel hours to dedicate to it. This should cut down on a great deal of waste—less moldy cheese to throw away and no more double packaging. We can now offer a wider selection of cheeses, since the shelf life is so much longer. The main down-side of this change has been an increase in price. Many of you have commented about this. When we selected the cheese for the store, we chose only high-quality cheeses, many of which are local and/or organic. But as you know, our selection is always in flux, so look for new additions to the cheese department soon.

And now a few words from our customers:

*Pink Beans.* Also add 3 to 4 tables and open at 6am and have coffee and rolls for the morning folks. I'll see if I can get pink beans. On the issue of the tables, sorry but we're still a small grocery store not a restaurant. However, there will be plenty of seating outside in the spring. We will take a look at our hours of operations after about six months here, so we can tell if or where we need to add more time.

*You can get cheaper Indian food in cans, which costs only a third of*

*what you have here. Anyway, happy to see Indian food here.* Unfortunately, canned Indian food is not available through our distributors. But those new Tasty Bite meals are delicious.

*Now that you carry Journey sodas, could you please get vanilla brew. I was addicted to them when I lived in Boise, and would love to continue the indulgence. They're the very best. Thanks.* We do carry Vanilla Brew, it's just not in the cooler. Look for it in Aisle 4.

*Tofu cooking class, please.* We haven't quite figured out how to do cooking classes in the new store, but we're working on it.

*Bulk items that would be great: roasted tahini, eggs, organic oils such as safflower, and nama shoyu soy sauce.* We used to carry bulk tahini, but it was too messy. No bulk eggs, but you can always ask to get a half dozen. I'll look into bulk organic oils. I can't find a source for bulk nama shoyu.

*How about a table in the bulk area?* We're working on it.

*Would love some microwave popcorn without hydrogenated fats.* We have it. It's by the rice cakes in aisle 1.

*Fresh or pasteurized goat's milk.* We have it. It's in the walk-in cooler below the cow's milk.

*Seven Sisters hard cider.* I haven't found a source for this brand but we now have Fitzpatrick organic hard cider and Woodchuck hard cider.

*Don't forget the little sesame candies please.* Thanks for reminding me.

*It would be great if you could get Ceres in peach, apricot and veggie medley.* I'll see if I can squeeze them in.

*Freeze-dried tofu-would be great for backpacking.* I've never seen this available. Where have you gotten it in the past?

*Dark brown sugar?* Sorry, it's not available in bulk.

*Any chance of carrying Mochi?* Sure, look for it in the freezer.

*Parmesan reggiano and several types of bulk olives with pits.* We have Parmesan reggiano. The Parmesan reggiano is very expensive. We now have three kinds of bulk olives with pits including the sorely missed Kalamata.

*Please carry turbinado sugar please. Thanks.* The unrefined cane sugar that we currently carry is the same as turbinado.

*Would like tempeh in big slabs. Isn't there a Spokane soya business?* There is a Spokane soya business called Small Planet. We carry their tofu, but they don't make tempeh. Have you tried the new Lightlife tempeh in the cooler?

*Could you please stock the Health Valley Chicken and Rice soup.* I'll look into it.

*The Soy Delicious ice cream is awesome. Please get more flavors.* O.K.

*Boca Sausage links are wonderful, would love to see you get them.* O.K.

*What happened to the unbleached receipt paper? Remember what Co-op's used to stand for.* We are no longer able to find a source for the unbleached receipt paper, but we're looking. And we do our best to make ethical consumption decisions—but we can't always get every detail the way we'd like it.

*"Lose the piped-in music in favor of wholesome silence." "It might be nice to have ambiance music by local musicians for sale in CD and cassette form."* As you can see everyone has different preferences in music from rockin' to silence. We will just continue to play something nice when we are in the mood, and nothing when we don't. (Paradise Creek CD's and Tapes has a nice selection of music for sale.)

*I see you have bought bags. I disapprove. People bring in plenty.* We bought some bags because we actually ran out of useable grocery bags. Of course we will still continue to accept re-usable grocery sacks—both paper and plastic—when you bring them in.

*You used to get a great sugar-less peach chutney. It seems to have disappeared. Why?* This product was a real slow seller at the old store, so I discontinued it in the new store, but I'll bring it back if enough people ask.

*Whole wheat ravioli and/or tortellini pasta, please.* I'll see if I can find any.

*Bulk bowties and wagon wheels please.* We have so many bulk pastas that I'm hesitant to bring in more. We do have them in packages.

*You carry Dr. McDougall's Right Food Restaurant soup, but you don't have the Tortilla Soup with baked chips flavor. Could you please carry it, thanks.* Sure, look for it by the other Dr. McDougall's.

The following comments speak for themselves:

- **We thank you for your support of our new store.**
- **Really cool new store.**
- **We came from Spokane to see you!**
- **Really like the new store.**
- **WOW!**
- **Great store, great products, more bread! There is no alternative in the community for good bread!**
- **You have exceeded our greatest dreams for the Co-op! Well done!**
- **So much cool stuff. Keep up the FAB work!!**
- **It's magnificent!**
- **AWESOME new store!!**

## Thank You, Again

by Bill London

Well, we did forget a few folks. The January issue of this newsletter contained a two-page list of the people and businesses who supported the Co-op move with money, materials, and/or labor. The following people were not included—they should have been, and we're sorry we didn't include them the first time around. Our Thanks to you too:

TerraGraphics Environmental Engineering

Paradise Farms

Antone G. Holmquist

Martin Trail

Ali Saberi

Shirley Caldwell

**Dr. Ann Raymer**  
Chiropractic Physician

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Family**

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# Why Co-Op?

by Evan Holmes

In the January issue of the MFC Community News, Bill London explained how the Co-op is more than a basic grocery store. He proffered these explanations:

1. The MFC is a meeting place.
2. It provides a hub for information networking through the newsletter, website, bulletin board, etc.
3. It fosters education and insight into nutrition and health.
4. The business makes donations to local organizations, events and causes.
5. MFC has demonstrated a commitment to helping retain a vital downtown business district.
6. It keeps money local.

These are desirable community needs and values but all can be met in other ways and/or are being addressed by other organizations and businesses. It is commendable that the Co-op participates in the satisfaction of these unwritten but obvious community goals. However, do these reasons either singularly or en masse create a compelling "raison d'être" for the Co-op? How much do they elevate the Co-op above the range of "basic grocery store?" There must be more.

In reality, the simple question "How is the Co-op is more than a basic grocery store?" implies bigger, more fundamental queries. And it is the exploration of these issues that reveals the Co-op's identity, character and vital significance. What is the answer to the big question, "Why Co-op?" Consider adding these reasons to the list:

1. Owned by members. Approximately 1500 local residents. One of the largest (although

loosely-knit) organizations in the community.

2. Organizational and business decisions are made by member-elected Board of Directors.
3. Reliance on the mission statement for goal setting and decision-making.
4. Membership dues are payments that buy equity in the assets of the organization.
5. Maintains cooperative practices and ideals. Although labeled "alternative," this method of organization, operation, and governance has been a vital part of socio-business structures for hundreds of years.
6. Volunteerism is fostered and rewarded.
7. MFC started a business partnering program that has created an alliance of local businesses and which rewards members for patronage.
8. MFC has chosen to minimize or eliminate "profits" in order to minimize retail prices.
9. The Co-op provides an outlet for upstart, local, alternative and/or innovative products even though statistics indicate that many/most will fail. Many of today's widely-available products were once "upstarts" that were only available at retailers such as the MFC.
10. Conscientious product selection. The staff does a lot of the research and screening which an individual might do if time and resources were available. This is useful for any consumer concerned with issues of environment, health, testing, or nutrition, or those who are concerned how the power of their retail spending is wielded.
11. The store practices recycling,

reuse, and minimalization of packaging.

12. The MFC Community News. This newsletter deserves its own place on the list. A free, printed public forum; its potential is largely untapped.
13. The staff is a collective resource and repository for information about nutrition and the integration of food, lifestyle, health and social belief. There is a sincere intent by managers and the directors that education be fostered and dialogue be shared in a non-judgmental fashion.
14. This is one type of organization where bigger is better.

Each of the reasons listed above is only part of the answer. Perhaps most of all, it is the willful intent to consider this question and to analyze the myriad "partial answers" that really sets the Co-op apart. These are the reasons to join, to shop, to attend meetings, to volunteer, to work, to become a director, to be part of a community. This combination of process and practice allows us to define and grow our lives holistically, that is, with a conscientious integration of the efforts to satisfy physical needs, to establish meaningful roles in the sociopolitical structure, to maintain individual and collective financial balance and to nurture spiritual growth.

That's why.

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Ghandi

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**Sheri L. Russell**

(formerly Sheri L. Ryszewski)

◆Attorney At Law

◆Certified Professional Mediator

P.O. Box 8141

208 S. Main St., Suite #1

Moscow, ID 83843

(208) 882-9587

## Wanted: Advertising Manager

by Bill London

What we're offering here is an entry into the world of advertising. What a bold career move! What a great resume builder! Maybe you've got what it takes to be the Ad manager for the Co-op's newsletter. This position will provide you with the chance to interact with local businesses and individuals, plus earn you an 18% discount on all Co-op purchases.

The duties of the position are:

1. Retain present ad customers and locate new ones with the goal of newsletter self-sufficiency (paying production costs with ads).
2. Help ad customers provide quality, camera-ready copies of ads for publication. (Customer is responsible for providing the camera-ready ad: black ink on white paper, laser-print quality, actual size of final ad.)
3. Provide quality paper copy of all ads to appropriate newsletter designer by 24<sup>th</sup> of each month for the next month's edition, plus provide a list of all ads to be included in that issue.
4. Maintain accurate records of ad payments, and collect for all ads in a timely manner.
5. Write short articles for the newsletter explaining how to contact the ad manager and encouraging more ads.

If you are interested, contact Kristi at the Co-op (882-8537) or Bill London at 882-0127 or <bill\_london@hotmail.com>.

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# The Anti-Organic "Health Notice" Hoax

By Bill London

On Wednesday, January 6, subscribers to the Moscow-Pullman Daily News also received a tan, single-sheet advertising insert in their newspapers (headlined "Health Notice") that attacked organic foods as a serious health risk.

The claims made in that advertisement were totally bogus.

The warning presented in that ad was that the US Centers for Disease Control (CDC) had compiled "recent data" that indicated that "people who eat organic and 'natural' foods are eight times as likely as the rest of the population to be attacked by a deadly new strain of E. coli bacteria (O157:H7)." That statement just ain't true.

I called the CDC (their phone number is 800-311-3435) and talked with the media relations office. I was told that the CDC has never compiled data about any bacteria outbreaks comparing organic and non-organic food sources. The press officer explained that the CDC had been fielding calls on this topic ever since the claims repeated in the Daily News were originally printed. The CDC had created a public statement on this issue, which they obligingly sent to me.

The CDC statement is short, and includes the following core message: The CDC "has not conducted any study that compares or quantifies the specific risk of infection with E. coli O157:H7 and eating either traditionally produced or organic/natural foods."

So how did this bogus statement about the CDC finding organic food dangerous get into print? Well, the statement was originally written by Dennis T. Avery. Avery is an employee of the Hudson Institute, a very wealthy think-tank with a strong pro-agribusiness perspective. I visited the institute's website (www.hudson.org). They don't list their sources of funding, but I checked out the Board of Directors. The Board includes representatives from across the American corporate elite, many from chemical and advertising companies. For example, some board members are: Thomas Bell, CEO of the Young & Rubican ad agency; Linden Blue, vice-chairman of General Atomics; Mitchell Daniels, senior vice-president of Eli Lilly & Com-

pany; Thomas Donahue, CEO of the US Chamber of Commerce; and Dan Quayle, former Republican Vice-President.

Avery is the author of a book (I swear that I am not making this up) entitled: "Saving the World with Pesticides and Plastics."

So, this started with Avery making a claim about the danger of organic food in print in the Hudson Institute's magazine, American Outlook, in the fall of 1998. He and his corporate friends managed to get the Wall Street Journal to publish five paragraphs from the article on the editorial page in the December 8, 1998 edition.

Then these people who are so anxious to discredit organic foods could write that this statement appeared in the Wall Street Journal. The statement is so bogus that the reporters from the Journal would never have written it. The only place it appeared was in the editorial page in the tiny "quotable" column, which is about the size and credibility of a letter to the editor. But they could now wrap this statement in the respectability of the Journal. Then they spread this out to their supporters, including some in Moscow, who paid to have it put in our newspaper.

Perhaps this all proves that you can't always believe everything you read. Or maybe it indicates that if you have enough money, you can get the most outrageous things printed. Which reminds me of another aspect of this story that still bothers me: while I fully support the rights of anyone to buy advertising space in the Daily News, I think the newspaper was remiss in not clearly labeling the insert a paid advertisement. The page was headed only by the words, "Health Notice" and, as a whole, looked semi-official, like it was a real warning and not a political diatribe.



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# Word of Mouth

By Eva Strand

I am truly impressed with our new Co-op. I love the tempting aromas from the brand new deli, not to mention its wide selection of lunch and dinner alternatives, desserts, coffees, and smoothies. The wide aisles make shopping easier and the greater variety of new products has finally made the Co-op a 'one-stop shop.' From now on it will be easier to be a committed Co-op member and not splurge at other grocery stores from time to time. It is also quite exciting to see so many new faces at the Co-op; our store has really grown. Welcome all new Co-op shoppers!

There are so many new products to taste and try, that I have no idea where to begin. So, I will tie into this month's 'pet theme' and let a few pets do my taste-testing.

The Co-op carries both cat and dog food from Natural Life Pet Products. Our two cats, Mao and Pumpkin, were in heaven when I opened two jars of Natural Life cat food: the feline formula chicken menu and the Lamaderm feline formula; and one jar of flaked tuna of the Natural Value brand. They normally eat dried cat food—guess if they enjoyed the juicy, gourmet canned cat food. I can not say whether they liked one brand or flavor better than another. They walked around the dishes and ate a bit of each kind<sup>1</sup>/<sub>4</sub>. I would call this a tie among the three varieties—all are winners. The cat food at the Co-op contains no artificial colors or preservatives and is formulated for kittens, cats, or older cats. Natural Life also provides dried cat food for cats of all ages.

I also let our cats try the Heartland Wheat Litter: scoopable kitty litter made from 100% wheat. This litter alternative contains no cancer-causing silica dust and no perfumes. The litter box is now amazingly odor-free due to the 'clumping properties' of this litter. When the wheat litter is exposed to cat waste it bonds into clumps that lock in the odor and wetness. The clumps can easily be removed, leaving the remaining litter fresh and odorless!

Living in a dog-less family, I recruited some friendly Co-op dogs for the dog food testing. The dogs were treated to two 'Lick Your Chops' gourmet dog biscuits (Italian style with garlic<sup>1</sup>/<sub>4</sub>all natural<sup>1</sup>/<sub>4</sub>freshly baked) and a hearty

serving of Natural Life's Vegetarian Dog Formula. Ladde at Paradise Farms reports that their dogs, Iris and Fatbear, chowed the food right down. This was expected for Fatbear but even the more finicky Iris gorged herself. Golden Retriever, Ginger Ohlgren-Evans, was presented with one bowl of her familiar dog food and one bowl of the Vegetarian Dog Formula. As if by habit, she first ate her familiar food but then continued without hesitation to the Vegetarian Formula. And, Ginger adored the Lick Your Chops treats!

Boo and Kayla Lee-Painter, Golden Retriever and Llewelyn Setter respectively, also gobbled down the test servings without hesitation. I would call this high score from our panel of test dogs.

Beside the Vegetarian formulas, the Co-op also carries dog foods containing meat for puppies, adult dogs, and older dogs. The reason I tested the Vegetarian formula was mostly out of curiosity.

Beyond pet food, the Co-op also carries supplements and vitamins as well as herbal formulas such as 'Joint Rescue,' 'Happy Traveler,' and 'Gentle Digest.' If you buy pet food or other pet care products consider trying the Co-op alternatives!



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# The Kid's Page

By Allix & Nancy Lee-Fainter

## Treat your Dog Like Royalty

Here is one of The Dog's Favorite recipes. Taken From The Magazine DOGFANCY. I Would Highly Recommend This Magazine to Dog Fanciers from Five to one Hundred.



### Wholesome Whole-Wheat Biscuits

#### Ingredients

- 2 1/2 CUPS Whole-Wheat Flour
- 1/2 CUP SELF RISING FLOUR
- 1 TABLESPOON BEEF OR CHICKEN BOUILLON
- 3 TABLESPOONS DEHYDRATED MILK (OPTIONAL)
- 2 CLOVES GARLIC, CRUSHED
- 1 EGG BEATEN
- 1 TABLESPOON MOLASSES OR HONEY
- 3 TABLESPOONS CANOLA OIL
- 1/4 CUP PLUS 2 TABLESPOONS WATER



### How Diggity Dog Jokes!

- 1# How Does a Dog Stop a VCR?.....  
He Presses The Paws Button!
- 2# What Do you call a Sick Dog?.....  
A Germy sheperd
- 3# What Do you call a Hungry Dog?.....  
A Chow Hound!

## It's Here!

Hi! My Name is Allix and I am 12 years old and I own two Dogs and Three cats. you could call me an AnimalAholc or Animal Crazy if you Wanted. So Since I am a Nut For Animals I Like to Give Them The Best! When I saw That The New

CO-OP HAD Pet Food I Was over joyed That They Finally Had Natural Pet Food! Today Both My Dogs Sampled The Lick your chops Dog Biscuits and The Natural Life Pet Products, Dog Food and Loved Them Both! (Especially The Dog Biscuits)

OH Ya one of our cats Has Kind of a Dull coat so We Bought her some Natural Animal Bits. It's a Daily Food Supplement That Promotes Healthy SKIN and Coat For Both cats or Dogs, and it Has Been Really Working! So Go Treat your Furry Friend to some Natural Goodies at The New CO-OP!

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# BCR Salers Beef

Fritz Knorr



**BCR Salers Beef cattle grazing beneath Paradise Ridge.**

Here is another example of how lucky we are to live in Moscow and have the Co-op. BCR Salers Beef is a local product that is now available in the Co-op's freezer section. It is a perfect product for the Co-op: it is locally and conscientiously produced and it is of very high quality. It might even be good enough to convince this vegetarian to use beef on occasion.

BCR beef is raised by Scott and Pamela Meyer at their Blaine Cattle Ranch (BCR, get it?) out by the old (mostly) abandoned town of Blaine on the south side of Paradise Ridge. They keep about 50 cows, which means they produce about 50 steers a year. The cattle operation is a sideline to their main business of farming 1800 acres of Palouse wheat land. You might say that they have vertically integrated the two businesses; since they raise all their cattle feed as part of the farming.

The steers never travel more than about a half mile from where they are born. BCR has two bulls, so they breed their own Salers cattle. The calves then grow up in grassy pastures along the bottom land of the West Fork of Little Potlatch Creek. The Meyers use a rotating pasture grazing system to keep the pastures from getting over-grazed and they fence off the creek to protect the water quality. So it's a pretty ideal existence for a cow: sun, wind, grass, barley, hay. That is, until the one traveling experience of their lives, when they are trucked five miles to the U of I Meat Lab.

At the Meat Lab, the cattle are processed and USDA inspected. As part of the processing, the meat is naturally dry-aged for 14 days. The meat is hung in a cooler, and held at just above freezing. This makes the meat more tender and (they say,

what do I know?) tastier. Apparently, when we mammals die, our cells release proteases that break down our tissues. We kind of pre-digest ourselves when we die. So the trick is to get that meat to break itself down without allowing opportunistic bacteria to get in there. That's where a custom meat processing plant comes in. High volume meat processors would never take the time and attention needed for dry aging.

The Salers in the name refers to the breed of cattle, like Hereford, Angus, or Guernsey. And like those other breed names, Salers refers to a geographical location. Salers is a town in the mountains of southwestern France, where this breed was developed over the centuries by selective breeding. According to Salers breeders, the beef is more lean than that of Herefords. They claim that it is similar in fat content to skinless chicken.

BCR beef is produced without the use of antibiotics or hormones. But then, why should you need antibiotics if you are raising cattle in open grass pastures? Routine antibiotic use is for corporate commodity beef production where you have 4,000 steers jammed shoulder to shoulder in a feedlot that is four feet deep in excrement. And hormones are for corporate production where every second it takes for a steer to put on one pound of weight counts big on the bottom line. Hormones and antibiotics are used to produce cheap beef.

And this isn't exactly cheap beef. I was going to do some research for this article, and cook up some beef. First, at the freezer, I was confronted with a bewildering assortment of cuts of meat: Top Sirloin, Rib Eye, Tri Tip, New York,

and on and on. I was confused, but an experienced beef cooker should know that there are a wide variety of cuts. But then there is the price thing. I am so cheap. I kept sorting through the selections and trying to figure out what to do with it, all the while feeling drawn toward the familiarity and economy of the bulk dried beans. After much fussing and fretting, I settled on a package called "Beef Kabobs" it was 1.54 lb. at \$4.29 per lb. for a total price of \$6.61. So, that's about the going rate. Brace yourself.

Unfortunately, I hadn't had a chance to taste-test the beef before the deadline for this edition of the newsletter. I'm thinking that I will marinate the kabobs in garlic, tamari, and vinegar, then barbeque it on sticks with spuds, more garlic, and onions. Even a veggie can handle that. But for right now, it is still frozen hard as a brick, waiting for that culinary occasion.

For more information on BCR Salers Beef, pick up their informative brochure in the freezer with the beef, or look up their web site at <<http://www.moscow-id.com/business/bcrbeef/bcr1.htm>>. To try the beef, stop by the freezer at the Co-op.

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# Business Partner Profile: Strategic Pathways

by Tim Lohrmann

Most of us have been lucky enough to hold jobs we've loved. If we've been luckier they're even on our current career path. But what if we're not so lucky? What if our career or the one we're preparing for is, well, bumming us out? Skeeter Davis has lived both sides of the career satisfaction coin. And that's what her current career and business--Strategic Pathways--is all about: helping clients develop a strategy to find the right career fit or vocational consulting is her goal.

"Living in a career where you have to basically 'check out' of life for a minimum of forty hours a week to merely survive emotionally is so unhealthy," says Davis. "But that's what millions of us are doing. I know, I've been there myself." Originally from Prescott, Arizona, Davis became involved with a major local employer soon after graduating from college. Unfortunately, she found communication and change all but impossible at this workplace. Instead of just keeping quiet, and putting up with the frustration, this negative work experience led her to seek a change. She saw a definite need and decided to fill it, by entering the field of vocational

consulting.

"I became certified as a mediator for dispute resolution, then branched off to continue my studies in the field of transformational mediation," says Davis.

And transformation is exactly what Davis' clients--stuck in unhealthy, inappropriate, even depressing career choices--need and hope for. To facilitate the process, Davis has created a guidebook for consulting sessions.

"My guidebook helps us use our session to set out the nuts and bolts of exactly what's going on in the client's life and where they want to go," says Davis. "Many people have just never done that. They've never taken the time to determine just what they want in life."

As ideas and concepts about the client's life needs develop, Davis gets them all down on a large message board.

"When my clients go through this process, then see the picture of where they want to go in one coherent framework, well, many times it's a very powerful moment for them," Davis says. "I feel I'm an excellent mirror for this process, but helping determine a person's true

dream is only the beginning. From there we start to develop strategies to turn the dream into reality."

And Davis says a change in career paths often means difficult, even painful, life changes as well. "Some clients decide that a move is necessary, or that they must make major decisions about their relationships and personal lives," she says.

If this sounds like a service you might be interested in investigating further, don't hesitate to contact Davis. She works by the session and her schedule is very flexible to accommodate clients with inflexible careers.

And speaking of flexibility, there's a whole other side to Strategic Pathways as well. The musical side. Or in this case, Skeeter Davis' musical side. A lifelong musician, Davis also teaches piano and music theory to students of all ages.

"In some ways, my musical instruction is like my vocational consultation," says Davis. "I'm a strong believer in understanding music theory, in making sure the student knows the nuts and bolts of how to write music. But the goal is to enable the student to improvise self expression."



**Skeeter Davis of Strategic Pathways**

Self expression. Makes sense. Isn't that what a sound career choice should lead to as well?

Davis thinks so. Her underlying philosophy says it all:

"Listen to the heart first; true happiness will follow," is how she puts it.

Now I'm no expert, but judging from her enthusiastic smile and kind, caring nature, it appears that Skeeter Davis is a good listener.

*Skeeter Davis of STRATEGIC PATHWAYS (by appointment) (208)875-0857 stratpath@moscow.com ask about special discounts for Moscow Food Co-op members on some services*

# Volunteer Profile: Marc Brown

by Tim Lohrmann

"Co-op newsletter distributor" That's the job title. Marc Brown holds it down. But I've got a suspicion. Based on a couple of quick chats with Marc, I suspect the Co-op is getting a little extra in this deal. Like two volunteer positions jobs filled for one discount maybe. Sure Marc gets this little paper right where it needs to be every month. That's the assignment and he gets it done. No doubts there. But Marc's enthusiasm makes his work 'value-added.' More than just a delivery guy; he's doubling his job to include "Co-op goodwill ambassador" duties as well. I mean picture yourself as a Moscow business-person or employee. It's an average sort of day. In marches Marc with a short stack of those newsletters. You've been checking them out each month since Marc's been dropping them off. You're glad he's here. You remember last time--the two of you got off on some topics then, like Alaska, for one. You were up there a while back. Marc heads

up every summer to work at Denali. You catch up. Whether it's weather in Fairbanks or business in Moscow, Marc's interested.

Of course, experience doesn't hurt either. And Marc's got it--northwestern wilderness experience especially. Seeking out the wild is the reason he's here. After growing up in New York ("watching Long Island sprawl" as he says) and attending college in Delaware, he drifted out west to a job in North Cascades National Park. He must have fallen in love. There's no doubt he found a new home.

"I just never really went back," he says of his native East Coast.

Marc worked in the North Cascades a few summers, then heard about work in Alaska--a job he returns to each year.

"I'm a combination shuttle bus driver/natural history interpreter," says Marc. "Environmental education just can't be done in a classroom, I don't think. You've got to be out in the field to get the full

impact. In Alaska you can appreciate one of the last intact eco-systems in the world," he says.

And for Marc, love of the wilderness in Alaska led indirectly to Moscow. Marc's goal is to become legally involved in the fight for Alaskan wilderness preservation. There's no Law School in the state of Alaska, so Marc started at the U of I last fall.

"Most of the advocates for Alaska's environment are in the lower '48," Marc says. "I think it's important to have more voices right in the state."

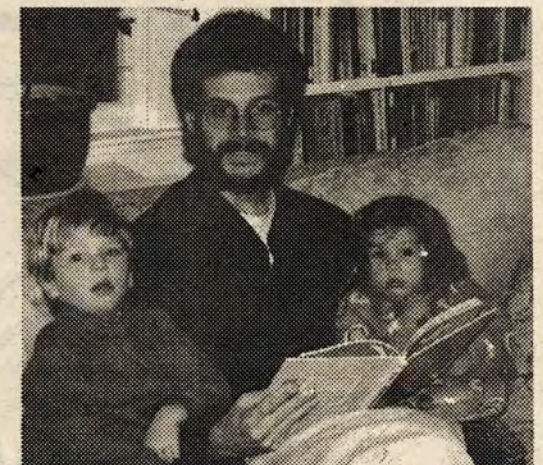
Of course Marc's full-time student status for nine months out of the year makes the volunteer position even more important--the discount really helps.

"I try to live as cheaply as possible," he says. "Having this volunteer discount makes the Co-op really affordable."

And having Marc as a newsletter distributor and

goodwill ambassador is a good deal for the Co-op, too.

So the next time you see him at the Co-op, on campus, or around town with a backpack full of Co-op papers, stop and say hello. Marc's always glad to take a break for a little chat. He'll be interested in what you've got to say and where you've been. And his interest makes him interesting too--an important trait for any ambassador.



**Marc with nephew Adam and niece Sophia**

*This is the first in a monthly series on culinary herbs and spices.*

## Saffron

By Nancy L. Nelson

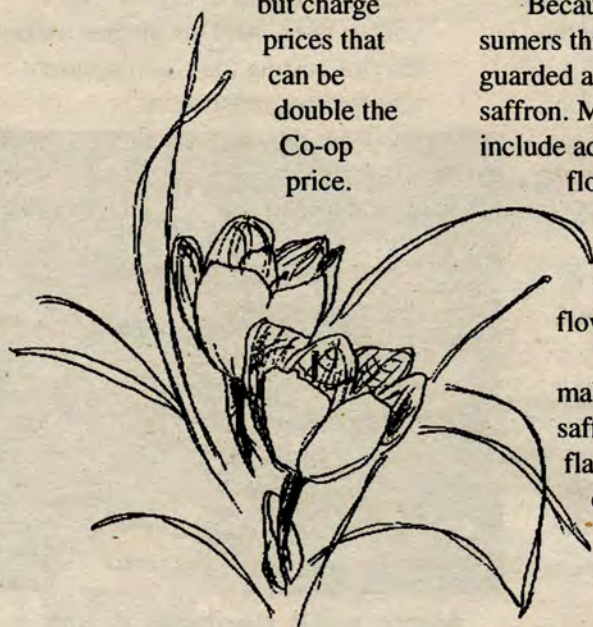
Food tinted with saffron is beautiful: broth shimmers golden and rice glows. But the real reason for cooking with saffron should be eyes-closed obvious—its scent.

When you lift the lid of a pot simmering with saffron, you inhale the same scent that perfumed ancient nuptial bedrooms of India, where its musky odor was an aphrodisiac; when you stir saffron-yellow rice, your kitchen takes on the ambiance of a Cuban restaurant in Miami, with its steaming arroz con pollo. All this from a few red threads of saffron.

Such kitchen magic seems appropriate for a spice that begins life tucked inside a lavender-colored, fall-blooming crocus grown in gentle climates. Its harvest is at dawn, when workers gather it into their aprons and tuck it carefully into canvas-covered baskets. The flowers are then painstakingly torn apart, revealing the powerful, valuable source of saffron: the stigma of *Crocus sativus*.

Thank goodness each flower's three red stigmas are potent. At \$7.60 per gram (about one scant tablespoon) saffron is, by far, the most expensive spice on the Co-op shelf. Supermarkets sometimes don't even stock it because of that sticker-shock price. Most Moscow area grocery stores carry saffron

but charge prices that can be double the Co-op price.



"Crocus sativus"

Expensive as it is, food writers will tell you that saffron isn't such a bad buy and have estimated that it comes in at fewer than 5 cents a serving. Most recipes call for a "pinch of saffron threads," which I have found results in about a dozen of those little flower stigmas (plus any broken pieces—don't lose a bit!) So maybe that's 20 or 30 cents worth of saffron, and I'd call that a cheap cuisine thrill.

Saffron has always been the most expensive of spices due to its cultivation, which requires careful handling at every step and yields so very little. Saffron sold at the Co-op comes from Spain, the largest producer of saffron exported to the U.S. Other sources include northern Greece, Kashmir, India, Morocco, China, and Italy. There is one U.S. grower located in Lancaster Co., Pennsylvania, where German immigrants have used saffron in cakes and breads for more than 200 years.

In the 16th century, saffron was widely grown and used throughout Europe, including in England where, according to a patriotic tale, a pilgrim returning from the Holy Lands brought wealth to his native soil by stealing a saffron crocus bulb and hiding it in a hollowed-out staff. This single plant led to a local industry that lasted 200 years and inspired the town name of Saffron Walden in Essex.

Because of its great cost, consumers through the centuries have guarded against paying for impure saffron. Methods of adulteration include adding weight by coating flower stigmas with oil or honey, or adding volume with cheaper flower parts, including pieces of safflower and marigold flowers.

When you buy saffron, make sure it is dry. Only dry saffron yields the most intense flavor. It should also be deep orange-red in color and made up of threads about an inch long. Keep it well-sealed and away from light and it will last several years.

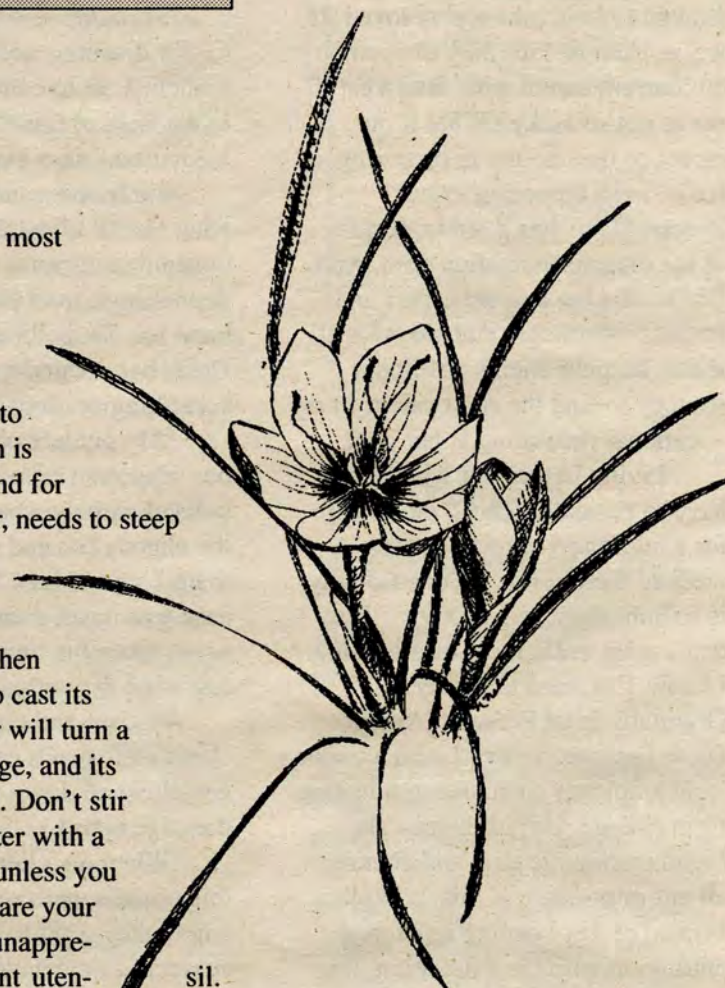
To make the most of your saffron, there is one rule: *always* soak it in liquid before adding it to the food. Saffron is water-soluble, and for maximum flavor, needs to steep at least 20 minutes in hot water or other liquid. This is when saffron begins to cast its spell—the water will turn a vibrant red-orange, and its scent is released. Don't stir your saffron water with a wooden spoon, unless you are willing to share your flavor with the unappreciative, absorbent utensil.

The most traditional saffron dishes are based on rice, due most likely to the showy effect of bright yellow on the white rice kernels. Italian risotto, Spanish paella, and, of course, arroz con pollo all use saffron. Sweet cakes and breads, including Santa Lucia buns used to celebrate the winter solstice in Norway, also become yellow and fragrant with the spice. Generally, saffron goes well with the flavors of tomatoes, garlic, thyme, ginger or lemon. Try it in quick breads, including poppyseed or almond.

For more information about saffron, you can visit a most exciting source: Ellen Szita's Contemporary Guide to an Ancient Spice on the web at <[www.saffroninfo.com](http://www.saffroninfo.com)> This web site includes lots of recipes and inspiration from someone who has traveled extensively to saffron growing areas. Following is one of Ellen's recipes. I used canned tomatoes as a winter adaptation.

### Garlicky Tomato Saffron Soup

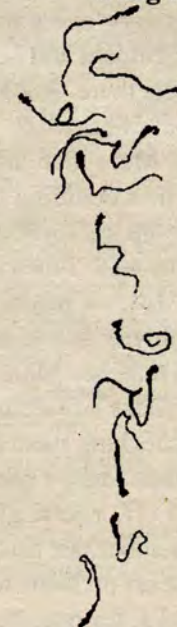
9 cups vegetable stock  
 ¼ teaspoon saffron  
 1 large leek, sliced thin  
 4 large garlic cloves, pressed  
 6 Roma tomatoes, skinned, seeded and cubed



½ teaspoon dried fennel seeds  
 8-10 fresh spinach leaves, sliced  
 Heat half a cup of the vegetable stock and add the saffron; set aside. Saute leek in just enough vegetable stock to soften, press in the garlic and saute another three minutes. Add the remaining ingredients, except spinach. Simmer, partially covered, 30 minutes. Add spinach and serve immediately.

*My beloved is gone down into his garden, to the beds of spices, to feed in the gardens, and gather lilies.*

### Song of Solomon



Saffron Threads

# Fat: the Good, the Bad, and the Destructive

By Pamela Lee

Fat. It's a small word with large significance. For thousands of years, fats were relatively scarce, therefore, valuable. But in our current culture of abundance, "fat" is a word we might apply to ourselves in derogatory terms. "Fat" is also that tasty, rich, oh-so-satisfying foodstuff which we hear, again and again that we should avoid, or at least limit. We've heard and read so many times how our fat intake should only be 20-30% of total caloric intake, that we might think that fat is simply bad. But, it's not all bad.

Fat is a concentrated source of energy and can provide twice the caloric energy of either protein or carbohydrates. Essential fatty acids are necessary for a healthy metabolism. Fats are important transporters of fat-soluble vitamins, such as A, D, E, and K; fats are an essential component of our cell membranes. Stored body fat holds our vital organs in place and protects them from bumping around during normal activity and movement. Fatty tissue insulates our organs from external temperature variations, and even helps regulate body temperature.

Fat, used in cooking, is responsible for imparting so many delicious qualities to the food we eat—like flavor, smoothness, crisp flaky texture, or moistness.

What's so bad about fat? The most obvious answer is: too much. Too much fat leads to obesity. Americans still average closer to a 40% fat intake than the recommended 30%. But more importantly, it is becoming clear that all fat is not created equal. And, the really bad fat is hydrogenated fat, often referred to as trans-fat.

Hydrogenated fat was first developed in 1905 as a cheap alternative to lard. Hydrogenation is a chemical process that transforms liquid vegetable oils into spreads that remain solid (or semi-solid) at room temperature. Hydrogenation extends the shelf life of vegetable oil and the processed products that contain it, which might, on the surface, seem like a good thing. The problem is with the way our bodies metabolize these artificially-generated trans-fats. With hydrogenation, vegetable oils are combined with hydrogen gas under pressure at high heat. Metal catalysts like

nickel, zinc, or copper are used to help break some of the oils' naturally occurring carbon bonds, ending up with an artificially-created, partially-saturated fat.

Research has been repeated, and has born out, that our bodies cannot metabolize trans-fats in the same way as natural vegetable or animal fats. Though the Institute of Shortening and Edible Oils continues to balk, many serious researchers have now reached the conclusion that hydrogenated oils (trans fatty acids) can be seriously detrimental to our health.

Remember when nutritionists pushed margarine over butter? It turns out that this is one of the biggest nutritional hoaxes of our time. The most widely-cited evidence has been the ongoing Harvard Nurses Study, chronicling the habits and health of 85,000 nurses. Harvard's Dr. Walter Willett's published results of this ongoing study found that women who frequently ate products containing hydrogenated fats have more than 50% higher risk of heart disease than those who rarely consume them. The more trans-fatty acid (TFA) products the nurses consumed, the higher their risk. Dr. Willett's group also has preliminary, as yet unpublished, data that the nurses who developed breast and prostate cancer had higher intakes of TFA's.

There have been a number of other research projects that have published more findings on the effects of trans-fatty acids. For instance, not only do TFA's raise the "bad" type of cholesterol, Low-Density Lipoprotein (LDL), but they also lowers the "good" cholesterol, High-Density Lipoprotein (HDL), thereby increasing the risk of cardiovascular disease. Other research has shown that TFA's have detrimental effects on brain serotonin, digitalis receptors, cell membrane structure, and even bone development. So, not only do TFA's contribute to heart disease, but they may also increase cancer risks, promote inflammation and accelerate tissue degeneration.

Trans-fats appear so harmful that their consumption should not be rationalized. Damage to one's arteries, cellular structure, and

metabolism are tolls that can not reasonably be compensated for by taking supplements or by merely juggling to keep one's total fat consumption below the recommended 30%.

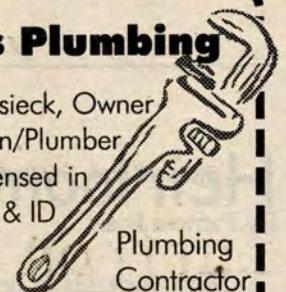
TFA's are widespread, excuse the pun. Americans use four times as much margarine (and shortening) as butter. Supermarket shelves are stocked high with foods made with hydrogenated oils: baked goods, cookies, crackers, chips, and other salty snacks, puddings, frozen fish sticks, imitation and low-fat cheeses, chicken nuggets, Hamburger Helper and other food extenders, ready-made frostings, cake and pie crust mixtures, Bisquick, and a whole host of processed foods. Typical French-fried potatoes are around 40% TFA's. Many popular cookies and crackers range from 30-50% TFA's; donuts have 35-40% TFA's.

Some good news is that the Co-op carries two non-dairy spreads that have absolutely NO hydrogenated fat. Both are Spectrum brand; one lists canola oil as the primary ingredient, the other contains mostly soy oil. I bought the canola oil spread, to taste-test it. It seemed fine to me. The next time I make muffins or a quick bread, I'll pull the Spectrum Spread out of the freezer. If I want oil on a savory bread, or a fat to dress a baked potato, I use olive oil.

*Next month: Part II Fats: Polyunsaturated Oils and Essential Fatty Acids*

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# Yard & Garden

## Heirloom Gardens: Part Two

By Patricia Diaz

Most varieties of heirloom annuals are available only as seeds, although you can purchase some as seedlings from nurseries in the spring. Many grow more vigorously and taller if sown in place. Plus, of course, seed packets are much more economical than actual plants.

One of the darlings of Victorian times was the sweet pea. Old-fashioned varieties are much more fragrant than most of the modern hybrids. The first known sweet pea seeds were gathered in 1697 in Palermo by a Sicilian monk. After two centuries of breeding, a lovely pink and white form, called 'Painted Lady' was discovered and the flowers became extremely popular during the Victorian era. Their frilled wings and gorgeous pastel colors make the sweet pea one of our favorites too. The early varieties of sweet peas are once again available. Thompson and Morgan (PO Box 1308, Jackson, NJ 08527; 908-363-2225) carries 'Painted Lady', along with 'Fragrant Beauty', another 18th century variety. Shepherd's Garden Seeds carries several varieties of the original Sicilian sweet peas (30 Irene St., Torrington, CT, 06790; 860-482-3638 or shepherdseeds.com). Other good varieties of sweet peas are 'Antique Fantasy' (mixed), 'Lady Fairbairn' (lavender rose), 'Royal Wedding' (white), and 'Snoopea' (mixed), a sweet smelling bushy type.

Sweet Pea seeds can be started indoors in early March, using sterile starting mix in peat pots, but sweet peas seem to resent transplanting. Outdoors, they need at least six hours of sun but don't plant them against the hot side of a wall.

Corn cockle is a wispy plant with grassy foliage, about 2-3' tall, and has satiny 3" plum-colored flowers veined with deep purple. One of the best varieties is 'Milas'. Corn cockles need full sun and they reseed.

Larkspurs are very tall garden plants, 4-5' tall, with beautiful spikes of blue, purple, white, salmon, pink, and carmine. Giant Imperial is one of the best strains.

The seeds are planted in the fall and should be thinned for the biggest flowers. They can grow in partial shade and the spikes dry well.

Love-in-a-mist is an attractive, lacy plant with 1 1/2" double flowers in rose, blue, and white. The plants grow 18" tall and, after blooming, have swollen, papery seed capsules highly valued for dried arrangements. Some good varieties are 'Persian Jewels', *Nigella hispanica* (2 1/2" deep blue single flowers), and Oxford Blue, which grows to 30". These are also sown in the fall and can tolerate partial shade.

Shirley poppies (Flanders field poppies) have elegant crepe-paper-like flowers and divided silver-green leaves. 'Mother of Pearl' has delicate pastel flowers, although other colors are white, red, pink, orange, and bi-color. Sow these in full sun; they reseed.

Stocks have fragrant spikes of either single or double flowers in cream, pink, lavender, purple, red, or white. The Giant Imperial strain has multiple spikes on branching plants to 2 1/2'. The seeds are sown in fall and need full sun.

There are quite a few other antique varieties of flowers, many with unusual names: Fenbow's Nutmeg Clove Carnation; kiss-me-over-the-garden-gate (*Polygonum orientale*); Chinese foxglove; Kniola Purple-Black morning glory; Crimson Rambler morning glory; jasmine tobacco; nasturtiums; painted tongue (a cousin to the petunia); love-lies-bleeding; lavatera; mixed balsam; orange Tithonia; gloriosa daisies; and snake gourd vine.

Antique roses are those that were developed before 1867, the year the first hybrid tea rose ('La France') was developed. Old roses are much more fragrant than modern varieties and many kinds possess a toughness and disease resistance that makes them survivors. They range widely in habit: China roses are compact, 4' shrubs with wide clusters of small flowers; hybrid perpetuals are 5-8' shrubs, with very large, very fragrant flowers; Bour-

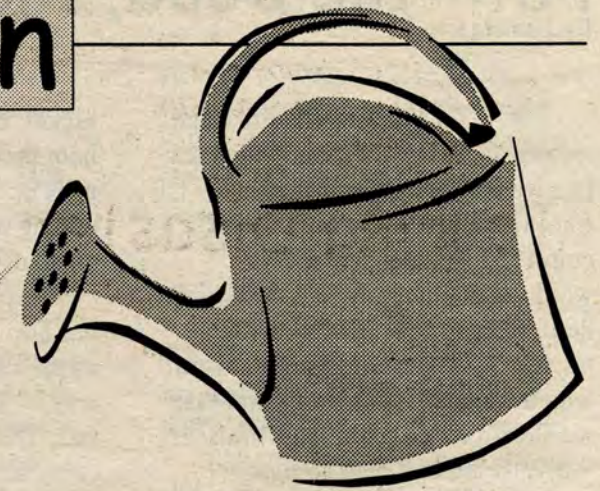
bons are somewhat gangly, but vigorous with cup-shaped blooms. Some old roses (albas, damasks, gallicas, centifolas, and most moss roses) bloom only once a year. Others, including most Bourbons, Chinas, hybrid perpetuals, hybrid musks, rugosas, and teas, are repeat bloomers.

The varieties of old roses which are best suited to our climate include autumn damasks, gallicas, centifolas, and species roses such as *R. rugosa*. We can grow Bourbons, hybrid perpetuals, and Portlands with protection during the winter. The best cold-hardy favorites are Austrian copper (*R. foetida* 'Bicolor' from 1590); 'Banshee', a damask not technically an antique as it dates from 1928; Harrison's yellow (*R. foetida* hybrid from 1830); and *R. glauca* from 1830. Some of the nurseries which stock these are Heritage Rose Gardens, 16831 Mitchell Creek Dr., Fort Bragg, CA 95437; Roses of Yesterday and Today, 802 Brown's Valley Rd., Watsonville, CA 95076, 408-724-3537; and Vintage Gardens, 3003 Pleasant Hill Rd., Sebastopol, CA 95472, 707-829-5342.

Some nurseries specialize in heirloom vegetables. One company, the Abundant Life Seed Foundation, is dedicated to preserving rare heirloom vegetables, medicinal herbs, and Pacific Northwest natives. Their catalog is available for a \$2 donation. Write Box 772, Port Townsend, WA 98368, 360-385-5660, or abundant@olypen.com.

J. L. Hudson, Seedsman, specializes in heirloom vegetables and unusual plants. His office is in the midst of a wild biological preserve in La Honda, CA, and he has no phone or fax. His 100-page catalog of exotic plants is available for \$1. Write Star Route 2, Box 337, La Honda, CA 94020.

Native Seeds/Search is a



foundation which sells Native American varieties of beans, chiles, corn, melons, gourds, and squash. For a catalog, send \$1 to 526 N. Fourth Ave., Tucson, AZ 85705, 520-5561 or contact desert.nat/seeds/home.htm.

One of my very favorite nurseries is Shepherd's Garden Seeds, which publishes one of the best "reads" in garden catalogs. They have many heirloom varieties of both fruits and vegetables, and the word "heirloom" is put conspicuously at the bottom of appropriate descriptions. The catalog has recipes, culinary equipment, baskets, and other delights.

Other resources for heirloom or uncommon plants include the following:

Canyon Creek Nursery, 3527 Dry Creek Rd., Oroville CA 95965;

Daisy Fields, 12635 SW Brighton Lane., Hillsboro OR 97123, 503-628-0315

Forestfarm, 990 Tetherow Rd., Williams OR 97544, 503-846-7269

Thomas Jefferson Center for Historic Plants, PO Box 316, Charlottesville VA 22902

Old House Gardens, 536 Third St., Ann Arbor MI 48103-4957

Perennial Pleasures, 2 Brickhouse Rd., East Hardwick VT 05636

Select Seeds Antique Flowers, 180 Stickney Rd., Union CT 06076-4617

The Seed Saver's Exchange, 3076 North Winn Rd., Dept. V, Decorah IA 52101.

*Next month we'll feature growing vegetables gardens for those who have little room or time. See you then!*

*Editor's note: This is the first of a three-part series by Co-op member Laurel Reuben, about her journey as part of a Hurricane Disaster Relief Mission to Central America this past December.*

# Insights



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## Touring Disaster

by Laurel Reuben

You may be familiar with Pastors for Peace (PFP). Since 1990, PFP has been transporting the Moscow Sister City Association's donations to Villa Carmen, our Sister City southeast of Managua. This past October, PFP was in the midst of their annual fall awareness and donation-raising caravan tour throughout the US, bound for the state of Chiapas in southern Mexico, and for Nicaragua, when Hurricane Mitch struck Central America.

The caravan was transformed into the "hurricane disaster relief" endeavor I felt compelled to join. We began with a well-organized itinerary, knowing that it would likely change because many bridges and kilometers of roads had been destroyed by the hurricane. We also prepared for unknowns at the five planned international border crossings, namely into Mexico, Guatemala, El Salvador, Honduras, and Nicaragua. We were the first Nicaragua-bound non-governmental organization relief effort that had not been given prior approval by Nicaragua's President Aleman. This was significant, as Aleman's response to the hurricane was highly political and unfavorable to peasant victims.

As we were leaving Texas, Aleman was taxing donations and denying aid to communities whom he identified as supporters of the Sandinista Revolution. We anticipated delays at the Nicaraguan border, and first at the US border with Mexico.

Approximately one-half of our group of 36 people was bound for the state of Chiapas in southern Mexico, specifically to communities at the core of the ongoing Zapatista Revolution. Currently, 60% of Mexico's military, largely funded by the US, is stationed in Chiapas. They are attempting to violently quash the peasants' struggle for land reform, and for other forms of justice. Certainly, the Chiapas-bound caravanistas, and the cargo destined for Chiapas, would be under close scrutiny. From San

Antonio, Texas, the site for our 3-day training, PFP staff phoned Mexico Customs to let them know that we would soon be at their border. This fostered both cooperation and expedience.

The Reynosa, Mexico Customs officials instructed us to unload every box, bundle, parcel and purse, totaling 30 tons, from each of the 11 vehicles. The inspectors, representing 10 agencies, did a just and relatively efficient job with what they felt they had to do. They found no weapons nor ammunition—the booty they were most concerned about us bringing to the Zapatistas—among our cargo of food, blankets, medicines, household items, and school and construction supplies. They placed official seals on our box trucks, thus prohibiting us from opening them until the Chiapas contingent reached their declared destination or, for the Nicaragua-bound vehicles, until we left Mexico.

In the very early morning hours, as officials were completing their 14-hour inspection of our goods, we enjoyed a spirited Contra (NOT a military term in this context) dance, called by yours truly, right there on the customs platform! That was to be the first of countless, spontaneous antics we caravanistas shared during what some might consider "stressful" moments.

We were a fantastic group, aged 22-72, from all over the US and Europe, of varied backgrounds, ethnicities, knowledge, skills, and experience. I enjoyed unforgettable feelings of well-being during our travels; in the company of bright, dedicated, affectionate, service-oriented, collaborative comrades, among them highly competent drivers and mechanics, traveling through stimulating and often very beautiful landscapes. But, I felt frustrated as well: The very same factors that we knew might make the trip unpredictable and difficult, ultimately served to insulate us from the disaster and its victims, particularly in the countries

we traveled through before reaching Nicaragua. Delays and detours ultimately resulted in 14+ hour travel days.

Our stops, except those for mechanical repairs, were brief and offered little opportunity to meet the people in whose terrain we traveled. We "toured" the disaster.

In the city of Acayucan, the Mexico and Nicaragua contingents parted. Traveling the Pan-American Highway, along the Mexican Pacific coast, our encounters with severe road and bridge damage, phenomenal slope and riverbed erosion, destroyed villages, and refugee camps of flood-displaced people began.

Chiapas was damaged by another storm three weeks before Hurricane Mitch. How obvious it was that deforestation (commonly for coffee and banana production) and grazing facilitated flood damage of phenomenal proportions. In many cases, rivers were eroded to five or more times their original flood plain width. They are now vast gravel or boulder-fields dotted with towering tangles of broken bridges, twisted trees, smashed tractor-trailers, house fragments, and God-knows-what else. The absence of any trees, dwellings, livestock, and people along the riverbanks bespoke the magnitude of the flooding. The few people we spoke with had no idea from how far upstream much of the debris came. And, they had no idea if or when the Mexican government was going to assist them in relocating. However, the bridges had been replaced, albeit in many cases very temporarily.

Situations such as this, with tremendous mudslides and river erosion, temporarily repaired bridges, destroyed dwellings, and displaced people—most obviously children—punctuated most of the route from Chiapas to Managua. Because of our frequent delays, detours, and very slow speeds of travel, we were always en route, passing people whose suffering we witnessed only through bus win-

dows. I also felt distanced from the land I was moving upon. The sense of touring without touching these pained landscapes and people saddened me.

As this was PFP's 10th caravan to Nicaragua, the staff was generally familiar with overnight options in each of the communities where we would likely stay. Each night, we slept in hotels of varying ambiance. Some were by-the-hour accommodations, others were rudely upscale in contrast to the lives of the people living around them. All had enough rooms to hold us (4 or more to a room at times) and also had some degree of security for overnight parking of the aid-laden vehicles. Most of the time, we were under escort (or surveillance) by national police. Our caravan leaders predicted this; the police were omnipresent, though they usually communicated very little with us. Such police accompaniment continued through each of the countries we traveled.

*Next month: Detour!*

## Co-op Friends in Mexico

by Bill London

Former Co-op stalwarts Ed Clark and Kim Bouchard (and their child units, Paco and Vida) are making a well-deserved winter escape from their present home in Potsdam, New York, for a two-month sabbatical in Mexico. Kim will be doing some academic research, and Ed will be lounging on the beach.

With their characteristic generosity, Ed and Kim invite their former Co-op buddies to visit them at their warm and sunny vacation retreat home. They expect to be in residence there for 6 to 8 weeks, from mid-January until early March. Their address is: Barranca #36, San Miguel de Allende, Gto. Mexico 37700

Their telephone number is:  
011-52(415)2-24-49

**Moscow Food Co-op**

# Bulletin Board

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

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Rose at 208-285-1770

**Community groups:** for food booth, contact Bill at 208-882-0127

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**extended to**

**February 10, 1999**

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**booksigning and talk by**

**Moscow author**

**William K. Medlin**

BookPeople, 512 S Main in Moscow

Saturday February 6 at 5pm

## Advertising Manager

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Bill London at 208-882-0127

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