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Moscow Food Co-operative

July
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Community News

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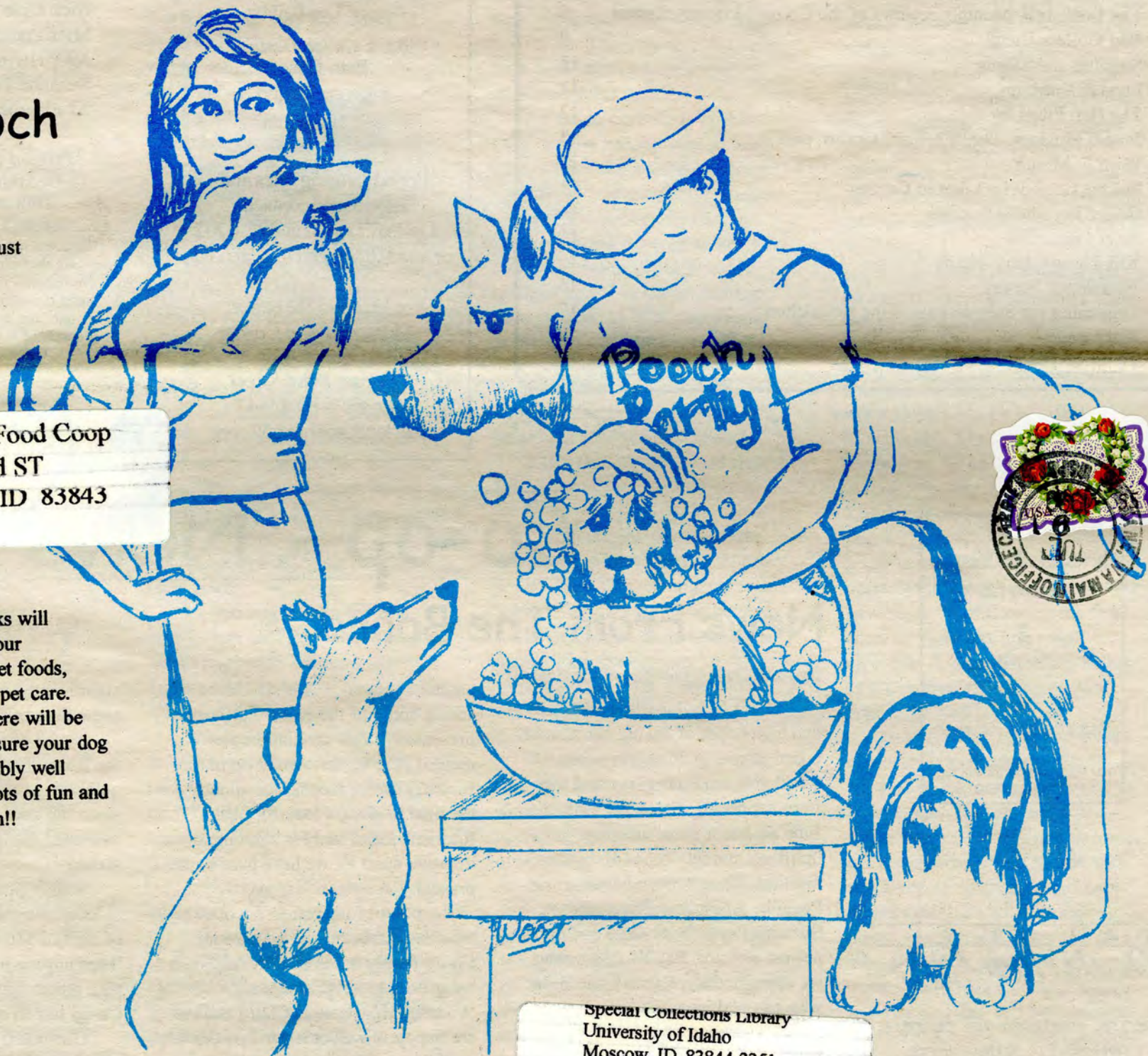
It's A Pooch Party!!!

By Carrie A. Corson

Join us Saturday, August
7th from 11:00 a.m. to
3:00 p.m. for the First
Annual Co-op Commu-
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prizes. So come on down!!

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Mountain Dog

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Editor
Bill London

Layout
Kit Craine

Typesetting
Kathy Burton

Advertising
Lindsay Lorain

Co-op Product Sale Pages
Kit Craine

Illustrators
Cover - Jeanne Wood
Rebecca James • Heidi Maut

Distribution
Marc Brown
Theresa Selfa

Kids' Page
Nancy Lee-Painter

Back Cover Design
Beth Case

Webmaster
Bob Hoffmann

For advertising rates and
information contact:
Lindsay Lorain at 892-0702
or lora8103@novell.uidaho.edu

For letters to the editor:
Moscow Food Co-op
Bill London, Editor
221 East Third Street,
Moscow ID 83843
bill_london@hotmail.com

Published by
Moscow Food Co-op
221 E. Third
Moscow, ID 83843
(208) 882-8537

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Christine Moffitt	882-8985
Nick Ogle	882-4132
Mimi Pengilly	882-6307
John Hermanson	334-9245
Suzanne Peyer	334-9245
Al Pingree	lap@moscow.com

Printed on Recycled Paper

Deadline for Articles:
20th of each month

Opinions expressed in the newsletter
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Co-op - News

News From The Board

By Nick Ogle, Chairman of the Board

At our May board meeting we had high hopes of having our annual board retreat in June. However, scheduling conflicts prevented that from happening. So on the 17th of June we had a usual exciting, uplifting, monthly board of director's meeting. Present were Mimi Pengilly, Al Pingree, Kenna Eaton, Suzanne Peyer, Nick Ogle and our newest director, Pat Vaughan, who we appointed to replace Ernie Biller who has resigned.

After approving the minutes for the last board meeting, Kenna gave us her general manager's report which included a briefing on her trip to Portland, to attend the Consumer Cooperative Managers Association

annual conference. We should be seeing some of the ideas that were presented at that meeting implemented here at our own store in the future. Thanks, Kenna, for taking the time to always look for new, futuristic ideas, and for working to improve upon all we have here in the present.

A point of interest to anyone who has not heard the news, our Co-op family has grown by one baby, born to Kristi and Mark Wildung. Her name is Claire and we are happy to welcome her into this world.

I would like to thank all members and patrons of our store for the fact that sales have increased

significantly, when compared with the same time period a year ago.

Those of you who wander over to the frozen food section will notice how quiet things are in that part of the store since the new freezer case, with a roof-mounted compressor, has been installed.

Senior citizens can now enjoy a reduced membership fee: \$5.00 instead of the full \$10.00 price. We hope this helps anyone living on fixed income take advantage of all the benefits the Co-op has to offer.

Our board retreat has been re-scheduled for July 25th, which is a Sunday, but the only day that we can all get together to plan for our store's future.

Please, No Photo's Of My Backside!

by Kenna S. Eaton

While Al was taking pictures of us moving the freezers for publication in this newsletter, I made him promise not to take any photos of our backsides. It's bad enough to cross to the other side of forty without having it immortalized in such a manner.

However, the backside of the Co-op (facing Fourth Street and the post office) seems to feel the same way. Those who have been following the newsletter reports know the tale of our loading dock, our neighbor and our problem. We have been asked by the City of Moscow to redesign and re-orient our loading dock because our neighbor doesn't like it—despite the fact that it was originally approved by the city.

In the meantime, the City has asked us not to complete any of the proposed changes to the backside of the Co-op until a decision has been made (by the City) on who is to pay for the changes. So, here we are, still waiting, hoping to finalize landscaping plans, pour some concrete under the recycling bin and basically make the backside an attractive place to be. As of the date of this writing, I have not heard what the City's decision is, so all I can do is wait a little longer and hope that no news is good news.

Y2K, or Why Not 2K...

By Fritz Knorr

Are you worried about the Y2K computer bug? Do you think all computers will die, and commerce will cease, on January first of the year 2000? Do you want to store large quantities of food in your house in case of shortages? Well, the Co-op can help with the bulk food and food storage part.

Perhaps you have heard about the Y2K computer "bug." Back in the old days of computers, programmers thought they would be clever and save some memory by recording dates using only the last two digits of a year, like we write dates, 07/05/99. These clever programmers figured, "Hey, who needs the other two digits?" 1975, 1976, 1977, all those

extra nineteen's just wasted valuable computer memory. And way back in 1975, the turn of the century seemed so far away and the cost of memory seemed so near.

Well, it turns out that a lot of the programs that were written way back then are still around, doing things like controlling nuclear power plants and air-traffic and bank accounting. When the century changes, some of those programs are bound to freak out when the date goes from "99" to "00."

Tens of thousands of programmers have spent billions of dollars in the last few years, trying to chase down all these bugs in older programs before the change of year. But there is no way that they will all be fixed by the New Year. So there will be some computer failures.

The disruption from these glitches happening all at the same time might be enough to bring about the collapse of industrial civilization. At least that's what a small army of Y2K doom-peddlers has been hyping. Civilization will collapse, they say, and therefore, you should buy lots of bulk food, guns and ammo to have the complete misanthropic apocalyptic survivalist experience.

The bulk food (but not the guns and ammo) should make you think of the Co-op. A vast array of bulk food and food storage systems are available by special order from the Coop. You are welcome to look through the catalogs of our suppliers. Anything can be special ordered, sometimes at a discount from the retail price.

So, you might think there has been a rush on Y2K items. But that hasn't happened. Moscow just doesn't seem to be getting into the Y2K disaster mindset.

"We haven't seen any detectable change in bulk food orders" said Vicki Reich, buyer for the Co-op. "You might want to talk to the Bozeman Coop, they have a whole Y2K section."

Sure enough, Bozeman is different.

"We saw our bulk orders double in April," said Kelly Wiseman, General Manager of the Community Food Co-op in Bozeman. "There is definitely a demand from our members there, so we made a display of Y2K related items, including 25 lb. bags of rice, 10 lb. bags of instant dried beans, 10 lb. boxes of pasta, dried fruit, ½ gal. aseptic containers of soy milk, and 6 gal. screw-top bulk buckets. We're

not trying to fan the fires of Y2K hysteria, but we are recognizing a need from our members."

You don't have to go to Bozeman for those items. Those same Y2K preparedness products can be yours, right here in Moscow.

"All those items are available by special order from the Moscow Food Coop," said Vicki Reich. "We're not going to have a Y2K display, though."

There is definitely a difference in attitude between the communities of Moscow and Bozeman. We are just not jumping on the bandwagon. Or we might be really foolish. You are welcome to interpret the difference. It might be a difference in demographics. It might be a difference in computer literacy. It might be a difference in community economic base.

As far as operations of the store, Kenna Eaton, General Manager, is checking on the equipment for Y2K compliance. In the bakery and deli, the staff is checking to make sure that the recipes are Y2K compliant. Some problems have cropped up. "The Oaties have not been certified as Y2K compliant," said Heidi, chief cookie baker. "The other cookies checked out." (Editor's note to serious Y2K worriers: that is a joke. Oaties will be around after the millenium.)

After January first, food should still arrive at the Co-op as scheduled.

"Mountain People (our main distributor) has assured us that they are certified Y2K compliant," said Vicki. "They are trying to be ready for large changes in demand if people start stocking up."

And what if the power goes out? "There's not much we can do," said Kenna.

What about the Co-op's own financial and corporate records? Kenna again: "Our computer operating systems and applications are certified to be Y2K compliant."

So there we are, six months from the new millenium, and it doesn't seem to be making a ripple on our little pond.

Remember though, it is a good idea to have a week's worth of food, water and consumables on hand in your house for a variety of emergencies, including storms, floods, earthquakes, volcanoes, etc. And remember that you can get those items at the Moscow Food Co-op.

Forcing Idaho's Builders to Abide By the Fair Housing Act

by Ken Nagy, Regional Consultant, Intermountain Fair Housing Council

The State of Idaho is facing a fair housing crisis. Nearly all of the multifamily housing built in this decade that was supposed to be accessible to the disabled is not. This means that there are thousands of apartments in Idaho alone that present significant physical barriers if a disabled individual seeks to live there—barriers that, by law, should not exist. The builders' lack of compliance with the Fair Housing Act is an act of mass discrimination and will take perhaps decades to resolve.

In 1988, the Fair Housing Act, which prohibits discrimination in the sale or rental of housing, was amended to include protection for the disabled. All ground floor units in four-plex buildings or larger constructed after March 13, 1991 must be accessible to a disabled person. There must be an accessible route to the building, into it, and through it. The design and construction of most post-1991 buildings violates this law, however, and presents one or more obstacles to a disabled person. Many have steps up or down to the front door, for example, and others lack curb cuts. Every obstacle is an act of discrimination and all of them need to be fixed.

Unfortunately, Idaho's builders do not want to fix their buildings and bring them into compliance with the law. Instead, they have enlisted Idaho Senator Larry Craig to try to get the law re-written so that they will be released from compliance with its disabled access requirements. Currently, Senator Craig, who chairs the committee that controls the budget of the Department of Housing and Urban Development (HUD), is sending strong messages to HUD that they must revise the Fair Housing Act. If the Act is so re-written, the disabled community will lose the most powerful guarantee of accessible housing it has. Such a move will also

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mark a sharp reversal in the trend to increase accessibility for the disabled.

The Intermountain Fair Housing Council (formerly the Idaho Fair Housing Council) has been working for years to see to it that the Fair Housing Act is properly enforced and that builders and building owners are held to the letter of the law. The Fair Housing Council needs your help, however, in continuing the struggle to uphold the law, guarantee that accessible housing is available for the disabled, and maintaining the integrity of the Fair Housing Act. There are many ways to become active in this struggle. Please contact the Fair Housing Council now and get involved!

In north Idaho, call (208) 224-6965

Elsewhere, call (800) 717-0695

Acronyms Abound

by Kenna S. Eaton

As we near the end of the nineties, one thing I can say for sure: business is constantly changing.

About 25 years ago, food co-ops had 70 percent of the natural food business in this country. Today we have less than 7 percent.

While more and more people want to buy natural foods, more and more stores want to sell it. At the same time as we have seen natural foods appear in traditional grocery stores, we have also seen the growth of natural food store chains (like Whole Foods and Trader Joe's). All this means less business for the co-ops. This threatens the very existence of food co-ops everywhere.

For the past two years our Co-op has been involved in the creation of an umbrella organization called the North West Co-operative Grocers Association (NWCGA). The NWCGA was created to strengthen those co-ops still in existence in the Northwest. Right now we have nine members, representing a total of about 15 stores.

Managers from all the NWCGA member co-ops gather quarterly at a host co-op. In between meetings, members work on various projects. NWCGA provides peer support, professional development, joint purchasing, and collaboration on areas of need, and in

addition, works to create visibility for the region's food co-ops.

At the same time as we were creating this northwest group, co-ops across America were realizing the importance of working together. There are now at least 6 other similar regional organizations across the country. This past year we decided to work together by creating a National

Co-operative Grocers Assn. (NCGA). This organization is charged with not being another bureaucratic layer, but an organization that is actually working to enhance the market position of all food co-ops. We have a short list of projects that we are working on, based on the premise that if you try to do too much at one time, nothing will get done.

The NCGA held its second meeting in mid June as part of a larger meeting/conference held in Portland, Oregon. The Consumer Co-operative Managers Association (CCMA) hosts this annual event. Co-op managers from around the country get together for 4 days of workshops, meetings, and networking (and a little bit of fun!). This year's conference was my first, and I was amazed by both the people and energy I found there.

Co-operators from around the nation were working together—co-operating in the very best sense of the word. Workshops focused on strengthening co-ops through innovative thinking, as well as focusing on finances and personnel issues. Keynote speeches covered the role of co-ops in the future. The neat part came in realizing that people don't just want to talk about working together, they want to actually do it! My personal goal is to implement some of the new ideas I found there, maintain the networking system, and to work actively to secure the future of your Co-op.

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Full Moon Drum Circle- A Community Event!



By Lahde Fesler

We held our first Full Moon Drum Circle on May 29, the Saturday of Memorial Day Weekend. It was a lot of fun, starting with a scrumptious potluck at six o'clock and winding down around midnight with the burning embers of an open pit fire. A diverse group of people from all ages and backgrounds created a good community feeling. The drum circle started out with the lighting of a fire as the sun began to set behind Paradise Ridge.

Adults and children gathered around the fire with drums and other instruments of percussion, including pots, plastic buckets, boomwackers, sticks, bells, rattles, etc. We even had a bazukee (you tell me how to spell it!) player in the group who described his instrument as "a melodic instrument from Greece." The rhythm called out playful and raucous, reflecting the group's youthful fun-loving nature. People danced, fluttering at the circle's edge.

What impressed me most were some of the little ragamuffins who drummed with the confidence of someone way beyond their years. There were plenty of really cute Kodak moments for the parents. As the little ones wondered off with their parents to be tucked into their respective beds at home (or into their tents for those who camped out) the drumming was left to an adult crowd. The rhythm changed, but still maintained its playful nature, involving the novice and well-seasoned drummer alike. People flowed in and out of the circle throughout the night like the moon tugging at a tide. Waves of rhythm worked their way across Palouse.

That summarizes our first drum circle of the summer. We plan to

repeat this event every full moon for the next few months—and invite your participation.

The drum circle congregates at the old Blaine Schoolhouse, just eight miles southeast of Moscow.

Nestled amongst a grove of large cottonwood trees, the schoolhouse fits neatly into the scenic rolling hills of the Palouse. The schoolhouse and a neighboring farmhouse are the only two remaining structures of the original community of Blaine which, as I've been told, used to consist of a church, a blacksmith shop, a little general store and several other homes! Nick Ogle, Co-op Board President, is the Mayor of this humble little settlement.

OK, enough history and gossip, directions to the schoolhouse and a list of suggestions for what to bring are given below. The drum circle falls on the closest Saturday to the full moon, the following dates are scheduled: July 31, August 28 & Sept 25. We will schedule subsequent events once a winter location has been established. I am currently the sole organizer for the drum circle, but I am interested in receiving input from the community, so please discuss your ideas with me at the next event or email me at HYPERLINKmailto:paradiese@moscow.com paradise@moscow.com (be sure to write "Attention Lahde" at the top). I look forward to seeing you all at the next Full Moon Drum Circle!

Directions to Blaine Schoolhouse:

- Go South on Hwy 95 from Moscow
- Take a Left onto Eid Rd. (approx. 4 mi. after Exxon)
- Take a Left onto Blaine Rd. (first yield sign, approx. 4 mi. from Eid Rd. turn off)
- Schoolhouse is first building on the Right

Suggestions for What to Bring:

- Percussion and/or other instruments of choice
- Potluck Dish + plates, cups, silverware (drinking water is provided)
- Blankets, additional warm clothes
- Tent/sleeping bag (if staying overnight)
- Flashlight

New Freezers Arrive At the Co-op

by Kenna S. Eaton

Photos by Al Pingree



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

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

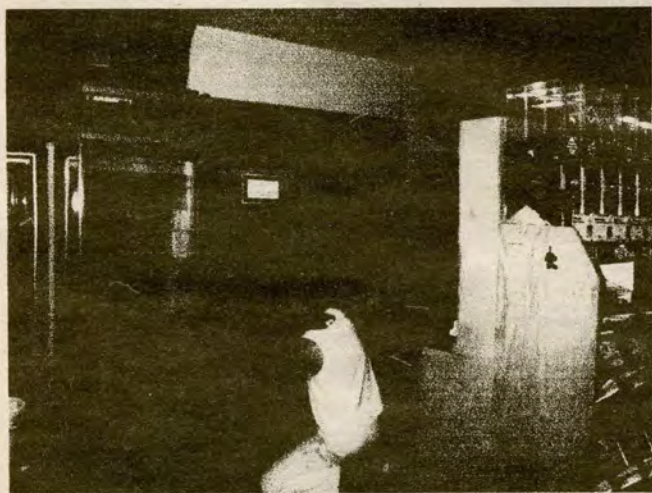
But first we had to take out the old modals. This entailed packing up all the food and hauling it up to C & L lockers (where inside it's minus five degrees). After un-hooking the freezers, we

had to get the up on dollies and roll them out of the store on to the sidewalk (Calvin has promised to give them a good home). Then came

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

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

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



The Buy Line

By Vicki Reich

If you haven't been down aisle four lately, you should take a peak at our new glorious freezer. Our old, noisy, ugly brown freezers have been handed down to our beloved refrigeration technician, Calvin. The new freezer only takes up about a foot more space than old ones but its modern design is much more efficient at holding products.

For example, you may have noticed that we always had to have one type of waffle on its end instead of facing out since three boxes didn't fit across a shelf. Now we can fit three across with a little breathing room. That extra space on each shelf allows us to fit more products in the same space. Also, the fans are now on the bottom of the freezer rather than hanging down into the top shelf, giving us an extra shelf per door. What do all these things mean for you, the Co-op Shopper? More stuff!

Here's what was on the suggestion board this month:

Is it possible to carry whole corn in bulk-for us that grind. Fresh corn meal is the best!

Thanks. Sorry, we've tried to carry whole corn in the past but it just doesn't sell. But you can always special order it.

I hope you will be getting peach tea again. We have Country Peach Tea from Celestial Seasons in the tea section. Was there some other kind you were looking for?

Do you carry protein powder? You bet! We have 3 varieties of bulk protein powders and 14 varieties of packaged protein powders. They are all now located in the Personal Care Department.

We need a graffiti board at the lunch counter! This is a community center, we should have a venue for our vandalism. I'm sorry, but my experience with giving people a place to write graffiti is like giving them license to write graffiti anywhere. Besides not everyone wants to read someone else's rambling while eating lunch. If you must doodle, we have plenty of scrap paper and pens for you to express yourself with.

I want my Mocha Pie and World's Best Chocolate Chip Cookie! Nectar Pies! I feel the same way and now that it's hot out there, the need is growing by the

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day. However, these products have been out of stock at our distributor's warehouse for months. I did meet the manufacturer at the food show in April and they assured me they would be back in stock soon, but I still haven't seen them. I promise that I will continue to order them twice a week and hopefully one day soon you and I will see them sitting happily in the new freezer.

Some white grease pencils would be handy in the bulk section, easier to read on bottles of tamari. Great idea, we'll get some with our next supplies order.

I would hate to see the Marlboro cigarette sign stay on the light post outside the Co-op front door (in the parking lot) Can the Co-op alternate months with Quick Fix for that space? What a great idea! We'll ask and see what can be done.

What is the possibility of having fresh ground almond butter? It's an idea that we've contemplated before, however it's probably not going to happen soon, sorry.

Please oh please-do we have room for those little espresso coffee/soda drinks? Those little coffee/soda drinks that you're talking about are no longer available, but I just saw some new little coffee drinks that I will bring in this month.

Could you please carry "nine bean loaf" by Natural Touch? It's wonderful (and I'm tired of driving to Spokane with a cooler to stock up). We are planning on resetting the coolers in the next couple of months and I will keep it in mind for then. Until then, you can special order it by the case of 6 and save 10% for being a member.

Would love it if you carried Yukon Gold Potato Chips Original, no flavor. Thanks! Sure.

Where's the pesto? Good question. There seems to be a bit of

miscommunication between us and Pasta Etc. I hope we will continue to carry their pesto but I have also brought in a new line of pesto from Nona Lena's. It's in the open face cooler.

Please carry more sulfite-free (red) wines. I had a delightful one recently from the Bellingham Co-op. It was a Pinot Noir from an Oregon winery. The label was "Ecco". I will try to find for you. Of the wines we currently carry, the following have no added sulfites: Frey Winery, Honeyrun, Guy Chaumont Red Burgundy, La Rocca Vineyards, Nevada County Wine Guild, and Organic Wine Works.

Does (or would) Stratton's Dairy carry milk (I prefer whole, but 2% is good) in pint or even quart bottles? Sorry, but they won't bottle it any smaller than 1/2 gallon. We've asked before.

What's up with the Michael Jackson on the Co-op music. It is not conducive to my usual Co-op shopping experience. Bring back NPR. Michael Jackson is gone, but we no longer have the ability to play the radio. We have a 200 CD player that we leave on random. We do take donations of Co-op appropriate music CDs to play.

How about bringing back the 2 lb. tubs of Vanilla Silk White Wave yogurt. Thanks. I don't remember ever carrying the vanilla flavor in the 2 lb. tubs but I will certainly bring it in.

How about carrying Hain Carrot Chips? MMM good!! I'll give them a try.

Thank you for carrying powdered Stevia leaf. I was wondering if you could also carry the white powdered extract. Wisdom of the Ancients makes a great tasting one! Thanks. I just saw that in the catalog today and I will bring it in. Look for it in the baking needs section of Aisle 3 with the other sweeteners.

Buy Line from the Deli

By Kelly Kingsland

Please make a few rolls along with the different kinds of breads that you make each day. Uh-oh, maybe we didn't let you know, the rolls are still being made, and sold from the deli counter near the soups. Selection varies daily.

The marinated tofu was really salty (perhaps over-saturated). A small complaint, since everything else was excellent! Sorry about the tofu. It could be over-saturation. We'll try to be aware of that potential.

Why not have a cashier at the Deli? Well, we think about this periodically. But actually I think the payroll hours would probably be better spent adding another cook. We haven't committed to not having one however, and as time rolls along one may appear.

Please will you leave the onions off some of the sandwiches. Onions don't actually appear on all of the sandwiches, but it true they are on many. Our philosophy is that they can be taken off. I think they add to the flavor.

What happened to the plethora of cakes and pies in the Deli case? I miss them. It does seem that there are fewer. It may be that the cookie productions' fever pitch has impacted the dessert array. I'll work on it!

The Potato salad was crunchy. This sounds awful! I wish you would have brought it back. We'll make sure to be more careful in the future.

Fresh From the Farm

By Danielle McVay

Hello and happy July! I hope that you are able to get out and enjoy this beautiful month of sunshine and warmth and build up your vitamin D supply.

The produce area should be getting full of wonderful summertime treats such as peaches, nectarines & plums, so be on the lookout for them. Plus any day now, the local farmers will be bringing in their peas, beans, potatoes, herbs, garlic, onions, berries, etc. so expect them as well. I'm excited about how the produce case will change to hold more colors & tastes. We have all been very patient. The peaches have been getting tastier with each new batch, the strawberries are out of this world and the watermelon is ready for picnic baskets. We have local tomatoes coming in from Clarkston right now. So keep checking in, because it will start to get very exciting back here.

I discontinued the bulk organic carrots cause they were just not selling, and I feel that you decide what you want us to carry by your purchases. So I have the 1 & 5 # bags back. This fall I will have the juicy, local carrots in bulk for all of you who hate extra packaging.

Get your local, fresh farm eggs soon and stock up! Our cooler is full of eggs right now but don't forget what happened to the eggs last summer. Once the summer heat arrives, the chickens are just to hot and miserable to be laying eggs—and they quit. So finding fresh farm eggs will be tough. But we have plenty now and they are located back in the dairy section.

Stay cool, wear sunscreen, go on lots of picnics, have fresh flowers on your table all summer long and don't forget what your mother told you "Always wash your produce off before eating it!"



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The Natural Side of Pet Care

By Carrie A. Corson

For many of us, pets are family. This is certainly true of me. I have always had dogs, cats, horses, fish, and reptiles, in some combination.

And just as I have become interested in holistic health for myself, I have also taken an interest in the holistic approach for my pets. So recently, my attention was grabbed by an article title on the cover of the May 1999 issue of Natural Health Magazine. The words "Killer Dog Food, Just What Are You Feeding Fido?", jumped out at me.

The focus of the article was the harmful ingredients in commercial processed pet food. I was appalled when I read about what we may find in many of the pet foods that are available. I was disgusted to find ingredients which could pose a major health threat to our companion animals. Natural Health listed eight ingredients to be wary of:

1. Meat by-products: These are animal products such as hooves, bowels, feathers, and intestines, which are deemed unfit for human consumption. They may also include euthanized household pets, diseased, disabled, dying and dead farm animals (including cancerous tissue and contaminated blood), sold to rendering plants, rendered and sold to pet food manufacturers.
2. Ethoxyquin: This is a pet food preservative originally used in rubber production.
3. BHA and 4. BHT: These are preservatives that keep oils from going rancid, which may be carcinogens.
5. Propylene glycol: A chemical preservative especially bad for cats.
6. Low nutrition grains: Specific examples include corn and rice gluten
7. Sweeteners: These can cause obesity.
8. Artificial colors: These only make the food look prettier for us and could cause health problems for them.



All of these products may contribute to serious health problems such as liver, thyroid, immune disorders, heart disease, cell damage and cancer. I was dismayed to learn that some of these products were in the "premium" commercial food that I had been feeding my dog and cat.

They have since undergone a change of diet.

So what can we feed our pets? Some experts believe that we should prepare our pet's food from fresh meat, vegetables and grains. There are several books available that contain recipes if you're inclined to cook your pets food. I can attest to the dramatic difference that this can make in some pets.

My parents have a dog that went from a high energy, playful dog, to a very sick and lethargic dog. She would go through bouts of vomiting and extreme discomfort. She had elevated liver enzymes and a possible diagnosis of pancreatitis. None of the medications she was given seemed to help her.

About 2 years ago, my mom started cooking Josie's food. Fresh vegetables, rice and chicken. She also gives her supplements (vitamin C, Chromium Picolinate and milk thistle (recommended by her veterinarian).

The change has been remarkable. Josie's liver enzymes have dropped dramatically and she is once again full of life. And even though it isn't the most convenient form of food, my parents remember how sick Josie used to get, they believe seeing Josie healthy is worth the trouble.

If you find it impossible to prepare your own pet food, there are natural pet food alternatives. Come in and check out our foods from Halo Purely for Pets (made with human grade food ingredients), Natural Life, Lick Your Chops and

Natural Value. We can also special order several other brands.

We also have a full line of supplements from Ark Naturals, including a feline and canine antioxidants, acidophilus and arthritis supplement.

We also stock several books on natural pet care. If you are going to make your own pet food, I highly recommend Dr. Pitcairn's Complete Guide to Natural Health for Dogs & Cats, by Richard H. Pitcairn, D.V.M. Natural pet foods are generally going to cost more than mass market commercial brands. But just as good nutrition can help prevent costly health care for us, I believe it can do the same for our pets. So in the long run, I think it probably works out even.

Don't forget to bring your dog in for a bath on August 7th between 11:00am to 3:00pm, right here at the Co-op. Donations for the dog wash gladly accepted. All proceeds will go to the Humane Society of the Palouse and CAPPS. We'll have lots of pet food and supplement samples and treats for your dog. See you there.

Birds Love Shade Coffee, Too

by Peggy Kingery

For many of us, there is nothing more peaceful than beginning our day listening to the cheery chirping of birds while sipping that first steamy cup of java. But did you know that birds are more dependent on coffee than we humans are?

Actually, they don't need the caffeine fix. With the destruction of rainforests in Central America, Mexico, the Caribbean Islands, and Columbia, migratory birds such as

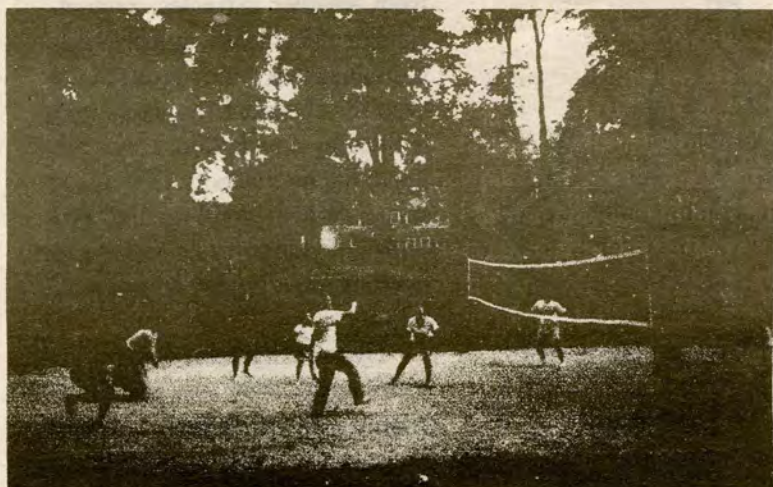
hummingbirds, swallows, warblers, orioles, and tanagers have come to rely upon coffee plantations as their winter homes. Coffee is a shade-loving shrub that flourishes under a canopy of diverse tree species. These trees protect coffee bushes from weather extremes, protect against soil erosion, and provide natural mulch which reduces the need for chemical fertilizers and herbicides. In addition, they contribute to the biodiversity of the landscape, furnish wood for fuel and timber, and provide fruit crops for families growing coffee on small farms.

Historically, most commercial coffee production was managed under a canopy of trees. Debt-strapped nations seeking to boost export commodities have recently undertaken a deliberate campaign to modernize growing practices away from traditional "shade" coffee to new "sun" or "technified" coffee. Sun coffee plantations do produce higher bean yields, but at serious environmental and social costs. Coffee plants exposed to the sun are more susceptible to disease and require large applications of expensive chemicals. Many small producers can't afford the increased costs and have been forced to sell their land. Lack of a tree overstory also increases nutrient losses due to soil erosion, necessitating fertilizing, and removes the winter habitat that migratory birds have grown to depend upon.

Can we, as consumers, make a difference? Yes! Because of increased awareness of the impact of technified coffee on the environment, coffee importers, roasters, and retailers have an incentive to track whether their product was grown in the sun or in the shade. All the coffee the Co-op sells is grown in the shade. Choosing to purchase shade-grown coffee helps to keep it economically viable and to preserve increasingly scarce migratory bird habitat. Not only will you please your palate, but you'll help insure that migratory birds will be singing with the sunrise for many more years to come.

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

By Gary Macfarlane



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

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

Nonetheless, the drinks were a smashing success.

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

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



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

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



Staff Profile: Eric Salontai

by Randy Paulin



You won't be seeing Eric Salontai in his accustomed place in the deli this summer. The UI junior has headed home to Fairfield, Idaho until the start of the fall term, but he anticipates being back at work at the Co-op come late August. Eric was my neighbor for the past couple of years, and I got to know him as a polite young man with a penchant for therapeutic screaming and a passion for Bob Dylan.

There's always more to the story, of course, and in Eric's case the 'more' centers on the Co-op. Eric tells the story of coming to Moscow to attend the UI in December '96, and developing the habit of going for walks and picking up trash on the route. An environmental science major, he felt that picking up trash made a modest positive impact on the community and was not something anyone would object to.

Eric discovered the Co-op first as a place to shop, and then became a volunteer in the bakery. With the move to the new location he was offered a staff position in the deli, which he accepted. The Co-op is a "real community atmosphere" for Eric, and working there has given

him a sense of belonging to the Moscow community. He talks of feeling more community-based than school-oriented, and credits his experience at the Co-op for fostering that perspective. In fact he now characterizes the Co-op as his big reason to stay in the Moscow area, as a student and otherwise.

Along with community, Eric cites the opportunity to work with his creativity as another positive aspect of his experience with the Co-op. He likes to put his imagination to work in creating new dishes, and appreciates the fact that as a Co-op staffer he was expected to be proactive. He credits his co-workers with inspiring him by example. "When some of the other people would make that kitchen shine before they went off shift, that really impressed me."

Eric also enjoys working with the variety of customers at the Co-op. He credits the membership with creating the relaxed atmosphere at the store, but also enjoys "reading" the different folks who come by the deli counter. His ideal situation would be for people to feel comfortable with coming around and helping themselves—although "that would never go" with the health department, he adds with a grin. And he does his best to help new customers feel comfortable with the Co-op.

Actually, that makes perfect sense. After all, it's the Co-op that has made Eric comfortable with the community. He anticipates finishing his degree in environmental science at the UI, but he's not in a hurry to do so. As he characterizes it, the community embodied in the Co-op gives him "another reason for existence besides being a student," and he's looking to stay connected to that reason while his life evolves. Sound wisdom for a young guy. Or for any of us, for that matter.

Membership News Update

By Laura Church

Many of you may already know me, but I would like to introduce myself as the new membership director. I've worked at the Co-op for eight years now, and this is just one more function I can add to my long list of jobs that I've performed here at the store. If any of you ever have any questions about your membership, just feel free to give me a call here at the store, and I'll be happy to try to help you.

I'm happy to report that recently three of our long-time members have finally achieved their lifetime member status. I know some of you may not be aware of what this is all about, so I'd like to explain it a little more. There is a small fee to join the Co-op: \$10 for one person for one year and \$7 for each additional adult for one year. We keep track of how much you've paid in on your membership, adding up every year's

contribution, and that once you reach the grand total of \$150, there is no more membership fee to pay. You have then reached your lifetime membership level. So if you're ever wondering how much you still owe to become a lifetime member, just ask at the register. Any cashier will be glad to help you look up your membership and find out how much remains to be paid. Then if you wish to complete the payment at any time, you can.

I'm also happy to report that memberships were up by \$600 last month. It's great that so many of you new and renewing members alike are glad to give your support to the Co-op. Every dollar helps. Just walk by that brand new freezer over by the north wall and you'll see what I mean! It's support like yours that makes the purchase of new equipment possible.

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

R. Ohlgren-Evans

Herbal Remedy Gardens

by Dorie Byers

Storey Books Pownal, Vermont
219 pp \$16.95

With spring a few weeks late on the Palouse this year, gardeners have even more reason to still be converting grass and dandelions into flourishing garden plots. Our community abounds with ready-to-plant seedlings, and as long as you are willing to provide the necessary water and TLC, it's not too late to coax young plants into fruitful yields. Even if you have an established garden, you are probably thinking of new ways to enhance it.

I have just the book to give you some great new ideas.

Dorie Byers' new book, *Herbal Remedy Gardens*, has just arrived on our Bookshelf (Newsletter readers may be familiar with another fine book by Byers, *Natural Body Basics*). It is an easy-to-follow guide with simple growing instructions for medicinal herbs, as well as recipes and tips for using the herbs.

She offers beautiful garden designs, including 20 gardens tailored to meet specific health needs. There's the Eye Care Garden, the Cold and Flu Garden, and the Tummy Care Garden. The Relaxation Garden features lemon balm, valerian, lavender, chamomile and sweet marjoram. In addition, there are recipes for a Relaxing Tea and a Relaxation Inhaler.

It couldn't be easier. Byers' plans are simple, and her ideas are utilitarian and down-to-earth. Happy digging!

Bad Golfers Unite!

By Greg Meyer

If you really enjoy playing a round of golf once in a while but...you're a bad golfer and...you'd like to play with groups of other bad golfers who won't make you feel inadequate...Call Greg at 882-1674 and sign up for our "Bad Golfers League".



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GROCERY

Buyer's Pick

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ORGANIC**

Organic Lemonade

Reg. \$2.55
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Save 49%

GROCERY



Pastas

Reg. \$1.99
Now 99¢

Save 50%

GROCERY



Tortilla Chips

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Save 15%

GROCERY

Buyer's Pick

Thompson

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Save 15%

SUPPLEMENTS



Kogee Cafe Drinks

Reg. \$1.99
Now \$1.69

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NEW ITEM

GROCERY

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Reg. \$1.55
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GROCERY



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Now \$2.49

Save 26%

GROCERY

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NEW ITEM

PERSONAL CARE

Buyer's Pick



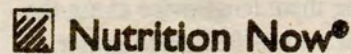
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Reg. 95¢

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GROCERY



Rhino Actalin &
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NEW ITEM

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**Drinks
that Work**

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Beverages

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SUPPLEMENTS

Buyer's Pick

Organic Botanical

Body Care Products

Save 15%

NEW ITEM

PERSONAL CARE

Food & Nutrition

Summer and Salads

By Pamela Lee

Summer and salad seem a natural pairing. Who wants to spend all day cooking?

These summer salads can easily become the main course. Serve them with soup or bread, or heaped on top of a bed of fresh, tossed greens. Make extra. Double the recipe and tonight's salad can become tomorrow's picnic. Summer salads can be packed in a cooler and taken along on road trips.

In summer, I keep a blanket and a backpack in the trunk of my car, stocked with picnic utensils, plates, napkins, etc. This makes roadside picnics quite effortless. Simply pack a hearty salad, some fruit, a thermos of iced tea, and all one needs on a day-trip is the right shady spot.

Here are some of my favorites:

- Roasted Vegetable & Potato Salad with Oregano Relish & Feta**
- 1 lb. Red Bliss potatoes, cut in rough 3/4-inch cubes (about 6 cups)
 - 1 medium eggplant, cut into 2-inch sticks inch thick
 - 1 red bell pepper, sliced thin, slices cut in half crosswise
 - 1 yellow bell pepper, sliced thin, slices cut in half crosswise
 - 1 lb. okra, bias-cut into inch slices (about 2 cups)
 - 1 small sweet onion, sliced inch thick
 - 1 head garlic, coves smashed and peeled
 - 2 T. olive oil
 - 1 cup chopped fresh parsley
 - 1 t. salt; more to taste
 - Freshly ground black pepper to taste
 - 1 cup crumbled feta cheese (about 5 oz.)

For the relish:

- 2 T. chopped fresh oregano
- 2 T. chopped fresh parsley
- 2 T. snipped fresh chives
- 2 T. chopped scallions
- 1 cup lime juice
- 1 cup honey
- 1 cup extra-virgin olive oil

Heat the oven to 375 degrees. In a very large roasting pan or ovenproof skillet, toss the potatoes,

eggplant, peppers, okra, onion, and garlic with some olive oil, parsley, salt, and pepper. Roast, stirring often, until evenly browned, 50 to 60 minutes.

Make the relish while the vegetables are roasting. In a large serving bowl, mix the herbs, scallions, lime juice, and honey, and then whisk in the olive oil in a slow stream. Add the roasted vegetables and the feta and toss. Taste and add more salt and pepper if needed.

This salad can be served warm or cool. Yields 6 cups. Serves four to six.

From Fine Cooking Magazine, September 1996

- Grated Carrots with Black Olives and Dried Currants**
- 2 T. dried currants
 - 1 cup black olives
 - 4 large carrots, peeled and cut into 3-inch lengths
 - 1 T. fresh lemon juice
 - 2 T. canola oil -or- extra-virgin olive oil
 - 2 T. finely chopped parsley
 - Salt and freshly ground white pepper

Soak the dried currants in barely enough warm water to cover for 30 minutes. Pit and coarsely chop 1 cup black olives. Grate the carrots by pushing them lengthwise along the teeth of an old-fashioned grater. Grate one side of the carrot sections until you get down to the woody core. Rotate the carrot a half turn, grate again down to the core, give a quarter turn, and repeat until you've grated all 4 sides and are left with only the core. Discard the cores.

Toss the carrots with the oil, lemon juice, parsley, salt, white pepper, currents, and olives.

Make 4-first-course servings. From Vegetables by James Peterson.

- Rice, Tomato, and Olive Salad**
- 1 to 2 cups cooked long-grain white rice, at room temperature
 - 1 tomato, chopped
 - 1 T. balsamic vinegar
 - 1 T. extra-virgin olive oil
 - 1 t. freshly ground black pepper
 - 1 t. salt
 - 1 cup minced red or green onion
 - 20 tart green or oil-cured black olives, pitted and chopped
 - 1 cup minced fresh parsley

Combine all the ingredients in a bowl. Turn gently with a wooden spoon until well mixed.

Serves 4. The recipe is from The Food and Flavors of Haute Provence, by Georgeanne Brennan. Ms. Brennan notes that in Haute Provence, this salad is made from the previous night's rice and served at midday. The olives give their deep flavor to the otherwise bland rice, and the tomatoes add texture and acidity. Other ingredients can be added, such as chopped sweet peppers, and basil can be used instead of parsley.

These last two recipes have become standards in my kitchen. They are so good; I've made them repeatedly over recent years, and am sure that I will again.

- Pasta Salad Nicoise**
- 2 cloves garlic, crushed and peeled
 - 1 t. salt
 - 2 7-oz. cans solid white tuna packed in water, drained and flaked
 - 1 cup diced bottled roasted red peppers
 - 1 cup chopped fresh basil
 - 1 cup chopped fresh chives or scallions
 - 1 cup chopped pitted black olives
 - 2 T. drained capers
 - 2 T. extra-virgin olive oil
 - 2 T. balsamic vinegar
 - 2 T. fresh lemon juice
 - 1 t. red-pepper paste (optional)
 - 1 lb. small pasta shells

With a chef's knife, mash garlic and salt into a paste. Transfer to a large bowl and add tuna, peppers, basil, chives or scallions, olives, capers, oil, vinegar, lemon juice, pepper and red-pepper paste. Toss gently to combine. Let stand for 15 minutes to allow the flavors to blend.

Meanwhile, in a large pot of boiling salted water, cook shells until al dente, about 10 minutes. Drain in a colander and rinse under cold water until cool. Press to remove excess water. (If not serving immediately, toss the shells with 1 t. oil. Refrigerate the shells and the tuna mixture separately for up to 1 day.) Add the shells to the tuna mixture and toss gently to combine.

The Deli Plugs In

By Kelly Kingsland

I grew up in a house that used very little electricity, built a house largely using hand tools, and recently moved to a cabin with no electricity at all. I support the breaching of dams, and wish we spent as much federal energy researching and subsidizing alternative energy sources as we did building and dropping bombs. With these perspectives in mind, it surprises me how much I love our Robot Coupe food processor in the Deli.

Robot Coupe plugs in to an outlet, and makes a loudish electric motor sound when turned on (uh!). But its potential in the kitchen is enormous! I especially like to drop tofu down into the whirling blades. Even a firm tofu becomes smooth and creamy when the Robo Cop (as we affectionately call him) does his job.

Food processors have definitely brought a whole new dimension to cooking. I think that my recent unplugging from the power grid has made me consider the use of this electrical apparatus, and while I will probably never have one in my own home, I recognize the convenience that one provides. This month I've decided to focus on some of the things we make in the Deli using our food processor. If you haven't got one, for whatever reason, don't feel left out. Many of these recipes can be made with a wire whisk. Grating the tofu with a cheese grater is a great way to begin the creaming process.



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Kelly's Tofu Whip-Up

I use this as a sandwich spread (most often on our Eggplant-Tofu Sandwiches), as a Pizza topping (often on the Vegan), and as a dip for veggies or chips. It's pretty versatile and the ingredients aren't set in stone. The main idea is that using tofu as a base. By adding any flavorings you think go well together, you can create a healthy, yummy, quick product. So as usual, I advise playing around and finding a mix that you like. Here's a base recipe:

- | | |
|----------|---------------|
| 1 block | tofu |
| 1/2 tsp. | minced Garlic |
| 1/8 c. | Tamari |
| 1/8 c. | Olive Oil |
| 1/2 tsp. | Salt |
| 1/2 tsp. | Pepper |
| 1/8 c. | Red wine |
| 1/8 c. | dried Basil |
| 1/8 c. | Oregano |

Even though you're using a food processor, the garlic needs to be minced before the rest of the ingredients go in—so add it first. Crumble the tofu a bit before adding it. The olive oil adds a creamy quality, but isn't mandatory. Drop all the ingredients into the bowl and press the "on" button. Blend till smooth, taste and adjust seasonings.

Kelly's Tahini Spread

This one also appears on Deli sandwiches, especially with Marinated Tofu.

- | | |
|-----------|---------------|
| 1 c. | Tahini |
| 1/2 bunch | Cilantro |
| 1/8 c. | Tamari |
| 1 Tbsp. | Minced Garlic |
| 1/8 c. | Lemon Juice |
| 1/2-1 c. | water |

Dump all ingredients into the bowl, push "on" again, and blend till smooth. Tahini has this weird quality of getting thicker at odd times, so the water quantity varies. You may need to add more as you blend. As usual, I encourage using the base ingredients and playing with the flavorings to taste.

Erika's (The Hummus Queen)

Roasted Pepper Hummus

- | | |
|--------------------|---------------------|
| 4 c. | cooked Chickpeas |
| 3 cloves | minced Garlic |
| 2 Tbsp. | Tamari |
| juice from one | Lemon |
| 2/3 c. | Tahini |
| 1/4 c. | minced Parsley |
| 1/4 c. | minced Green Onions |
| 1/2 c. | roasted Red Peppers |
| Pepper and Cayenne | to taste |

Heidi's Tofu Chiffon Pie

Crust:

- | | |
|----|--|
| 20 | crushed chocolate graham crackers and 3 tbsp brown sugar OR 2 1/2 cups cookie crumbs |
| 3 | tbsp Spectrum Spread |

Mix together and press into greased 9 inch springform pan. Bake at 350 degrees for 10 minutes.

Filling:

- | | |
|----|----------------------------------|
| 2 | cups chocolate chips |
| 2- | 10.5 oz pkgs of Silken Firm tofu |
| 2 | tsp vanilla extract |

Melt chocolate. In food processor, combine all ingredients and blend until smooth. Pour immediately into baked and cooled crust. Refrigerate until cool and well set.

Last month, I also promised the infamous Oatie recipe. Here it is. It comes with a warning however that it is touchy and often doesn't work well at home (yep, you're still going to need buy them). The original recipe was created by Mike Brockman, a baker who worked here so long ago we have almost forgotten his name.

Oaties

- | | |
|------|-------------|
| 6 c. | Brown Sugar |
| 1 # | Butter |
| 1 c. | Canola Oil |

Cream in a mixer on high till fluffy

Add 12 Eggs and continue to cream on a lower speed

- | | |
|------|-------------------|
| 8 c. | Oats |
| 8 c. | Oat Flour |
| 1 | Heaped Tbsp. Salt |
| 2 | Tbsp. Baking Soda |
| 5 c. | Choco Chips |
| 4 c. | slivered Almonds |

Chill dough 24 hours. Scoop and Bake @ 350 for 14 minutes, spinning tray 1/2 way through. I've entered this recipe at full Deli quantity as it is famous for its inflexibility. I would not try to reduce it, but it does store well in the fridge. Good Luck!



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Macro Musings: The "Co-Star" Grains, part 2

by Peggy Kingery

The \$10,000 question: What do Coors, cattle, Charismatic, and Crow (Old Crow, that is) all have in common?

We who desire to include more whole grains in our diet are in stiff competition with the breweries, distilleries, and livestock feeders in our country. A high percentage of the oats, rye, and barley grown here wind up as cattle and horse feed or as alcoholic beverages. What a shame! These three grains are delicious, nutritious, and appropriate for use as a complement to short-grain brown rice on the macrobiotic diet any season of the year.

Oats are naturally sweet, chewy, soothing, and revitalizing. They contain ample amounts of vitamin B, vitamin E, zinc, iron, calcium, and fiber, and are higher in protein and fat than any other grain. Oats are available in three forms: whole grain, steel-cut (steamed and cut into pieces), and rolled (steamed and rolled). Whole grain oats require a long cooking time, which can be decreased if they are soaked overnight. We are probably most familiar with oats in their steel-cut and rolled forms.

Rye is probably best known in its flour form as a basis for dark bread. It is high in protein, but low in gluten, so it must be mixed with other flours when used in baking. I grew up near New York City, where deli sandwiches are served on rye or pumpernickel more than on wheat bread, and very early on developed a fondness for its chewy, slightly-sour taste. Rye is a hardy plant; it is tolerant of cold and wet conditions and thrives in poor soil.

Barley is believed to be one of the oldest cultivated grains and is very calming and cooling when eaten. It is a good source of protein, calcium, and iron. Barley is available in several forms: pearled (white-colored and fatter than short grain brown rice), hulled (darker than pearled and with only the outer chaff removed), flaked (steamed and rolled), and flour.

Pearling is a refining process in which the aleurone or outer layer of endosperm is removed, reducing the amount of calcium and vitamin B.

For those who want to enjoy barley other than as a cold beverage at the end of the day, here is one of my favorite recipes.

Hearty Barley Stew

(serves 4)

- | | |
|--------------------|--|
| 1 | cup hulled barley, washed |
| 2 | cups peeled and cubed butternut squash |
| 1 | diced onion |
| 3-4 | cups water |
| 1-2 | cup diced carrot |
| sea salt or shoyu, | to taste |

Layer onion, carrots, squash, and barley in a saucepan. Add water, bring to a boil, cover, and simmer 1 hour. Season with sea salt or shoyu. Continue cooking until barley is tender. Thicken stew, if desired, with 2 tablespoons kuzu or arrowroot powder dissolved in 1/4 cup water.

Word of Mouth

By Eva Strand

The sensitive, holistic, spiritual '90's, when getting wasted means having a double espresso—and when Echinacea is on the ingredient list for chicken soup—is catching up with me.

Last evening we had a little get-together to compare the tastes of bottled water. This has probably been going on in California for quite some time—but I bet a bottle of fresh spring water that this was the first water-tasting party in Moscow, Idaho.

The evening began with a glass of crystal-clear Essentia from Global Water Technologies Inc. in Seattle. Essentia has been purified with reverse osmosis then enhanced with increased alkalinity and fortified with electrolytes such as magnesium, potassium, sodium and calcium. Essentia is smooth and pleasant with very little flavor. Of all the water we tasted, Essentia had the least flavor.

The local contestant, Idaho Ice from Elk River, Idaho was also very smooth and plain on the tongue but had a tad bit more mineral flavor than Essentia. I like the fact that Idaho Ice is bottled locally, practically in our back yard. It seems that we shouldn't have to

con't ->

pay the environmental and other costs of transportation for water, since there is plenty of it right here.

Crystal Geyser natural alpine spring water, bottled in the Sierra Nevada Mountains in California was said to 'tickle the throat' according to a few of the testers. I found the flavor quite pure, with about the same mineral hint as Idaho Ice.

The natural mountain spring water from Big Spring Water Company in Lewistown, Montana, put some new words in our mouths — sweet, slight almond flavor, lack of mineral taste. We liked it.

Water More Precious than Gold — a 'real liquid asset' from Okanogan Highlands Bottling Co. in Tonasket, Washington, was a full, earthy, complex water—nothing for the beginner. This particular sample had an unfortunate "bottle after-taste." Perhaps that was only a problem with this sample. Half of the profits from the Okanogan Bottling Co. goes to grassroots organizations that are actively trying to protect our environment.

Trinity from Trinity Springs Ltd. in Paradise, Idaho, has a pure, clean taste with an obvious, but not unpleasant, mineral component. Trinity Springs advertise their water source as the deepest known source

for spring water in the world. I agree, since 2.2 miles down is really down there. Trinity geothermal water has not been excessively filtered or purified and contains naturally-occurring silica and fluoride. Trinity of course meets US EPA and FDA standards for safe drinking water.

It is difficult to rank the different waters from good to bad. All of them do the trick for me. However, this was a fun opportunity to sharpen the taste buds and become aware of the fine nuances in a necessity often taken for granted.

After all this clean water, we turned around and finished the evening in a orgy of ten different kinds of decadently-marinated olives, one of which was describe as having the taste of "romance on a hillside."

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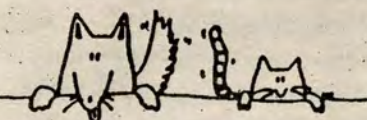
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For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Grilled Portabella Burgers

By R. Ohlgren-Evans

It's a little early to be harvesting much produce from our Palouse gardens, but it's definitely backyard barbecue season. Last summer I discovered grilled portabella mushroom caps - simple and delish.

For each 'burger', you need a 4- or 5-inch portabella mushroom cap, with the stems trimmed, and a bun to match (the shrooms will shrink a little bit in the cooking). Rinse and drain the mushrooms, then rub them lightly with olive oil.

Once your grill is hot (high heat on a gas grill), lay the mushroom caps, gill sides down and cook (covered, on a gas grill) until the juices start to drip - about five minutes. Turn the caps over and continue cooking until the mushrooms are no longer firm when pressed —about 5 minutes longer.

Here's where you can get creative - lay some veggies (roasted red peppers, sautéed onions —let your imagination go wild) or cheese (Swiss is quite lovely) in the middle of each cap and continue cooking until the veggies are warm and the cheese melts - three minutes or so.

I like to split and toast the buns cut sides down on the grill until lightly toasted. Set a delectable mushroom cap on each bun, season with salt and pepper, and add a mound of tender garden greens (save those thinnings for eating!) for a wonderful change of taste this picnic season.

Yard & Garden

Plant Protection

By Patricia Diaz

There are many ways weather can jeopardize our plants and a little bit of preparation can alleviate unnecessary heartache and frustration. This month's article will examine different weather factors and ways to protect plants against them.

Frost is an inevitable event in both spring and fall. It is, therefore, important to be able to protect what you can and know the signs of impending frost in order to harvest what can't be saved. In late spring and early fall watch out for clear skies at evening when the drop in temperature just before sunrise will be enough to kill tender spring growth or end autumn's growing season.

There are some ways to reduce frost's effects, but they are rather labor-intensive and cumbersome. It is possible to make a framework of PVC pipe over small trees and shrubs and drape heavy plastic for protection. Some people also do this in winter and pack the inside with excelsior to protect against extreme cold and heavy snow. You can also use smudge pots to warm the air and box fans to move air around to keep frost from settling on your trees and shrubs. If you decide to use the "wind" method, place the fan outdoors the night before and turn it on just before dawn.

It is also possible to spray water on your plants so that energy is spent freezing the water instead of your plant, creating protection for new growth or blooms. But remember, ice is heavy and you could possibly destroy that which you are trying to protect.

In the vegetable garden, probably the best defense is using a series of boxes placed around the garden with old bedspreads or blankets draped over them. You can also use plastic irrigation pipe or number nine wire placed in half circles over the rows as a framework for blankets or heavy plastic.

Hail is probably worse for gardeners than frost because it is so unpredictable and even a short hailstorm can devastate a garden in

no time. Onions can recover no matter how bad they look and corn can usually recover also even when leaves are split. If you end up with only stubs in your garden, figure out how much of the growing season is left before either digging up the whole thing in disgust or expending too much energy on a garden without enough recovery time.

Heat is another weather phenomenon that can damage a garden. Deep watering of trees and shrubs will usually ensure that they won't be harmed. You can keep seedlings alive during a heat wave by mixing polymer gel into the soil to hold a water supply.

No season is immune from wind. In the winter, you can place a snow-fence about fifty feet from the area you are trying to protect and this will keep your trees and shrubs from being flattened or damaged by wind-blown snow. You can also prevent wind damage by using trees and shrubs themselves for protection.

Winter tries the patience of all gardeners and a little prevention can prevent serious losses. Hardening off trees and shrubs by gradually withdrawing water starting in late August or early September will allow them to be better prepared for winter. You can also use commercial tree wrap to wrap trunks of trees and single-stem shrubs. You'll want to remove these in early April. Doing this for the first five years will help ensure thick bark and the health of your trees. Roughing up the soil before winter hits will ensure that moisture soaks in deeply.

To protect newly planted evergreens, you can construct a three-legged burlap screen to place on the southern and windward sides. Excelsior batts placed around shrubs or small trees is also good protection. You can even grow Zone 6 trees and shrubs in our area if you provide this kind of winter protection. Remember, you don't want to keep them warm, just uniformly cold but not too cold.

You can offer additional protection to fruit trees by cutting away any grass and weeds that are near the trunk, hiding hide those nasty little voles and mice that chew the bark all winter. You should also enclose the trunk with hardware

cloth (wire mesh).

If you're really a die-hard vegetable gardener and want to continue harvesting winter vegetables, place a thick mulch of straw over them to protect the soil from freezing. Mulch perennial beds with straw, leaves, or evergreen branches to create insulation. In the spring, remove only a little each week in order to harden plants to frosty nights.

Early thaws in January or February often create too much sudden warmth, heaving trees, shrubs, and perennials out of the ground. If this happens, be sure and tamp them back down so the roots don't dry and the plants die.

Heavy snow loads can break limbs from trees and smash shrubs and roses.

You can prevent damage by placing a forked limb under tree limbs that are likely to be damaged. You can also rush outside after a heavy snow and lift limbs with a broom to let the load drop off.

Now for some July gardening tips: Harvest vegetables and flowers; plant irises and divide established irises; apply liquid fertilizer every two weeks to container plants; add leafy garden debris and grass clippings to your compost pile and keep it turned and moist; feed annuals and vegetables with high-nitrogen fertilizer and water in well; pick faded flowers from spring-blooming bulbs but leave the leaves to dry; stake tall plants, driving stakes into the ground at least a foot and tying plants loosely; thin fruits on trees with lots of fruit; and be sure and continue deep watering.

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Kill Those Gutter Weeds

By Greg Meyer

The City of Moscow hires a local contractor to spray the weeds that grow at the curb edges on our streets. However, you may still be able to prevent the herbicide application on the curbs and gutters adjacent to your home this summer.

If you wish to prevent herbicide application on the street in front of your home, write a letter to:

Mike McGahan
City of Moscow Street
Supervisor
PO Box 9203
Moscow, ID 83843

Tell him your address, that you don't want the city to spray your curbs there, and that you will control the vegetation yourself. You might also mention you would like to see the city develop an integrated pest management program that will find alternatives to the on-going application of dangerous pesticides to the streets and elsewhere.

In addition, in my letter I request that the city more closely monitor the pesticide applications being done in order to assure that proper caution is being observed and that all state and federal regulations are being followed.

These letters should have been written sooner but the spraying continues all summer so it's not too late! Just make sure you save a copy, cc a copy to the City

Council so they know what's going on and make yourself a note to get the letter sent in earlier next year.

Now, roll up your sleeves and go get those weeds!



Insights

Newsletter Survey

By Bill London

The May issue of this newsletter included a readers' survey. We wanted to know what you (the readers of the Moscow Food Co-op Community News) think of our publication, what you like and what you want to change.

Our thanks to the 42 people who took the time to fill out the survey. The results were very supportive. The readers who responded, in general, like the mix of articles we offer and appreciate the design of the publication. They did provide some suggestions for improvements, which we will be discussing, and possibly implementing, over the next few months.

The winner of the \$25 Co-op gift certificate is Eileen Rock. Her coupon was selected by my daughter Willow (with her eyes closed) from the pile of coupons we collected. The gift certificate was given by the Co-op in appreciation to those who completed and returned the surveys.

And now, for the results:

The first nine questions were general ones. Almost all of the readers in the survey are Co-op members (41), most read the newsletter every month (38), and all get their copies at the Co-op, except for 2 who find the issues at a Pullman business. Everyone reads the ads, either regularly or sometimes, and almost all patronize local businesses because of seeing their advertisement (only 5 said no to that). Our new program of putting all the special sale prices for Co-op products on the two inside pages was applauded by all but 2 of the responders. All but one person liked the articles we include on community issues not directly related to the

Co-op. Two people did not like the design of the publication, but the rest indicated they did. Only 14 of the 42 responders have yet visited the Co-op website.

The next section of the survey inquired about the specific kinds of articles found in the newsletter. Newsletter editorial staff executive assistant Gina Gormley compiled the results. The higher the number, the more the responders liked that topic.

The results are below, with the type or topic of the articles listed with the response.

Gardening:	3.97
Comparing brands of Co-op products:	3.90
Community events:	4.10
Back Page:	3.90
Volunteer Profiles:	3.97
Business Partner Profile:	3.70
In-depth feature on specific food:	4.50
Co-op events:	3.90
Co-op board reports:	2.70
Co-op manager reports:	3.86
Co-op staff department reports:	4.00
List of new Co-op members:	2.70
Available volunteer positions:	3.00
Buy Line report:	4.00
Herb feature:	4.00
Macrobiotic cooking:	3.30
Letters to the editor:	3.30
Member's reports (from foreign countries):	2.80
Member poetry:	2.50
Food-based political controversies:	4.00
Books available at the Co-op:	3.40
Kid's Page:	2.20

We will use this information in future issues. For example, member's poetry and member's reports from other countries will be published only on a space-available basis. Nancy will be working on the Kid's Page to make it more interactive and attractive. The membership news stories, now primarily listing new Co-op members, will be refocused. We will continue to

highlight all the variety of topics the readers supported.

In addition, almost half the surveys were returned with comments about almost everything. Some of the comments had nothing to do with the newsletter, and were passed on to the appropriate folks. But there were some interesting ideas relevant to this newsletter. Here are the most intriguing:

Request for newsletter reports comparing personal care products, or other little-known cleaning or household products, now sold at the Co-op. Carrie will be beginning that kind of product comparison (similar to the food comparisons Eva Strand is now doing so successfully) in future issues.

Request for a series on other northwest Co-ops for travelers. Anyone want to do this?

Keep the articles short. We do try to do that, limiting most to just 500 or so words. Some in-depth food stories or other articles with lots of recipes (which the survey shows have strong appeal) are longer.

Request to add cookbook reviews. Robin has done some of that, and will continue as part of her popular book review series.

Sharpen the design of the newsletter. Several responders made that request—and we will be meeting soon to consider a redesign.

Request for product comparisons or reviews on supplements or health products. That is not likely, mostly because we can not be put in the position of prescribing medicines.

Request for more information on food politics or food controversies. Yes, who wants to write them? We're always interested in well-researched and documented stories of that sort.

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Guidelines for Submissions to the Moscow Food Co-op Community News

By Therese Harris and Bill London

We want the Co-op Community News to serve as a forum for discussion of food, health, and other relevant issues. It is also intended as a medium for informing Co-op members and shoppers about Co-op policies, activities, governance, and monthly specials.

We encourage Co-op members and other interested members of the community to share their ideas and concerns in the newsletter. We also urge representatives of community groups to announce their public events and programs to our readership by submitting that information to the newsletter. And we aim to provide a forum for Co-op members to discuss Co-op practices, products, and priorities.

The Co-op Community News is written, edited, and designed entirely by volunteers. In order to get this newsletter out on time and in a readable format, we need your help. Please submit your articles using the following guidelines.

Submissions

Deadline for submissions is noon, on the 20th of each month, for publication the following month. Articles of general community interest are encouraged, and are

used on a space-available basis. Articles supporting particular political candidates or telling readers how to vote on a particular ballot item are not accepted (that kind of partisan political message can be put in an advertisement).

We do not reprint brochures. Articles which merely repeat brochures, political material, or advertisements are not accepted. However articles which include some previously-printed material as support for the author's position are acceptable. The point is that the author must be a Co-op shopper/member and primarily use his/her own words to explain the issue.

Letters to the Editor are accepted, provided they are signed, and will be printed on a space-available basis. Those letters can cover any relevant topic, and are especially encouraged if written in response to articles printed in the newsletter.

Submissions are accepted as handwritten, typed, via email, or on disc. Articles on disc or via email are preferred (since this method eliminates retyping). All submissions should include the author's name

and phone number for editorial verification (the phone number will not be published).

Submissions can be left at the Co-op. Please place submissions in the Newsletter Drop Slot in the employees' meeting room (which is now also Kenna's office), next to the bathroom. The slot is the brown plastic container mounted on the south wall of that office room. Send email to the editors:

<bill_london@hotmail.com> and <foc@completebbs.com> and include the words "newsletter article" in the subject line.

Format:

For each article submitted, please supply your own article headline or title, and byline (author's name). Feature articles should be 400 to 500 words long, and may be shortened to fit the available space. A paper copy should accompany articles submitted on disc as well. On disc, please save your article in your choice of word processing program, as well as in ASCII text format. Please label your disc with your article's file name, the month and year you wish it published, as well as your own name and phone

number, if you wish to get it back. Returned discs are available after the issue has come out (generally at the first of the month), and can be retrieved from a box on a shelf to the right of the Newsletter submission slots at the Co-op.

Use any standard word processing program. Type your headline in title style—not all caps. Please use a standard font (Times Roman, etc.). Do not use any special formatting (italics, underlining, etc.) unless absolutely necessary, as it often does not translate well between software programs. Also, layout and design is easier with simple text. Do not leave blank lines between paragraphs—just put a hard return at the end of paragraphs.

Please note that the deadline for submissions is noon on the 20th of each month. If you have any questions about submissions, article topics, or suitability, please contact editor Bill London (882-0127).

If your article does not appear in the issue you expect, or as you intend, please contact the editor of that issue (listed inside the front cover) for details/explanations.



THE KID'S

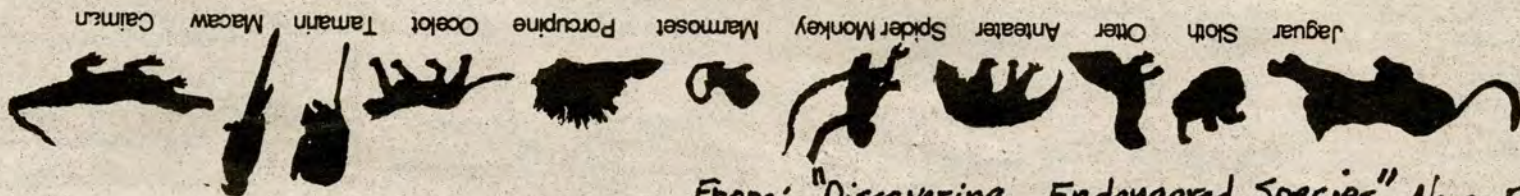
Rain Forests

Half of all plant and animal species on earth live in tropical rain forests. Nowhere is there more variety of life, or biological diversity. These rain forests are quickly disappearing. One reason is the demand for products. Trees, such as mahogany and rosewood, are cut to make items like furniture, boats and toys. Forests have been cleared for farmland and cattle ranches. Trees are often cut at the rate of 50 acres a minute. (That's about 45 football fields every single minute!) Forest loss causes the extinction of other life. Scientists will not have enough time to learn about or even name all the species before they are extinct.

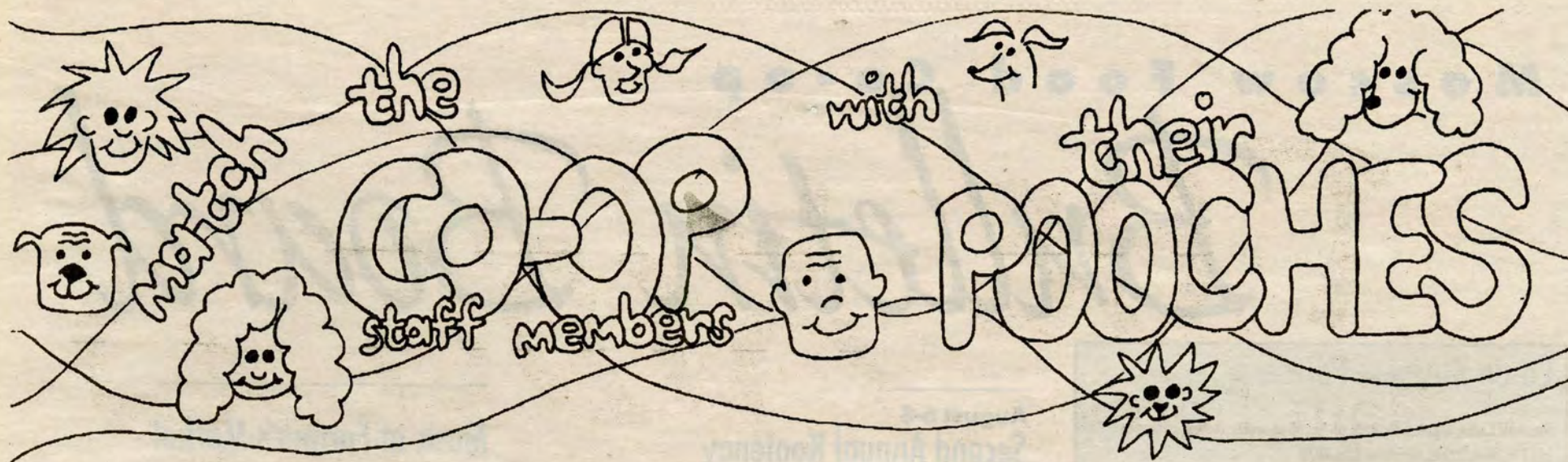


Find the following endangered species in this picture.

Three-toed sloth	Woolly spider monkey	Jaguar	Golden lion tamarin
Giant otter	Buff-headed marmoset	Ocelot	Scarlet macaw
Giant anteater	Thin-spined porcupine	Caiman	



From: "Discovering Endangered Species" Nancy Field



Co-op Staff and their Pets

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

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

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



Danielle McVay



Kenna Eaton



Elizabeth Edlund



Carrie Corson



Erika Cunningham



Kelly Kingsland



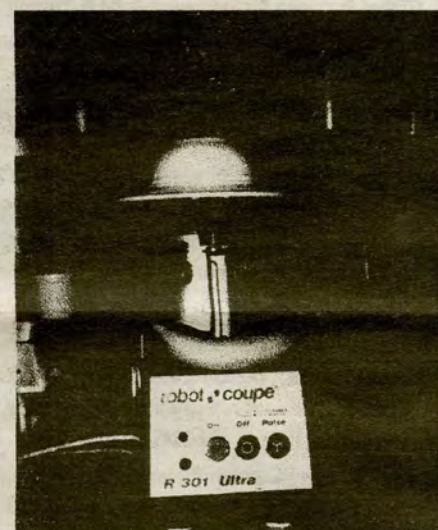
A



C



E



B



D



F

D. Chance—Carrie
E. Indiana—Elizabeth
F. Flax—Erika

A. Kuma and Gabby—Danielle
B. Robo Cop—Kelly
C. Jaffy—Kenna

Bulletin Board

Co-op Business Partners

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

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

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

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

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

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

Global Portfolio Management, John A. Hauser - 15% off socially responsible investment consultation, 126 S. Grand Ave., Pullman, 334-3351

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

August 6-8

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August 21-22

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Music at Farmer's Market

- July 3** **Coyote Special** - Bluegrass
- July 10** **Palouse Jazz Conspiracy** - Jazz
- July 17** **Makin' Island Music** - Hawaiian
- July 24** **Snake River Six** - Dixieland
- July 31** **Citizen** - Easy Rock

*All music begins at 9:30 a.m.

Wanna be a star?

We need actors/actresses to appear in the next Co-op TV commercial.

The commercial will be filmed at the Co-op in August.

If you want to appear on camera, contact Kenna at the Co-op

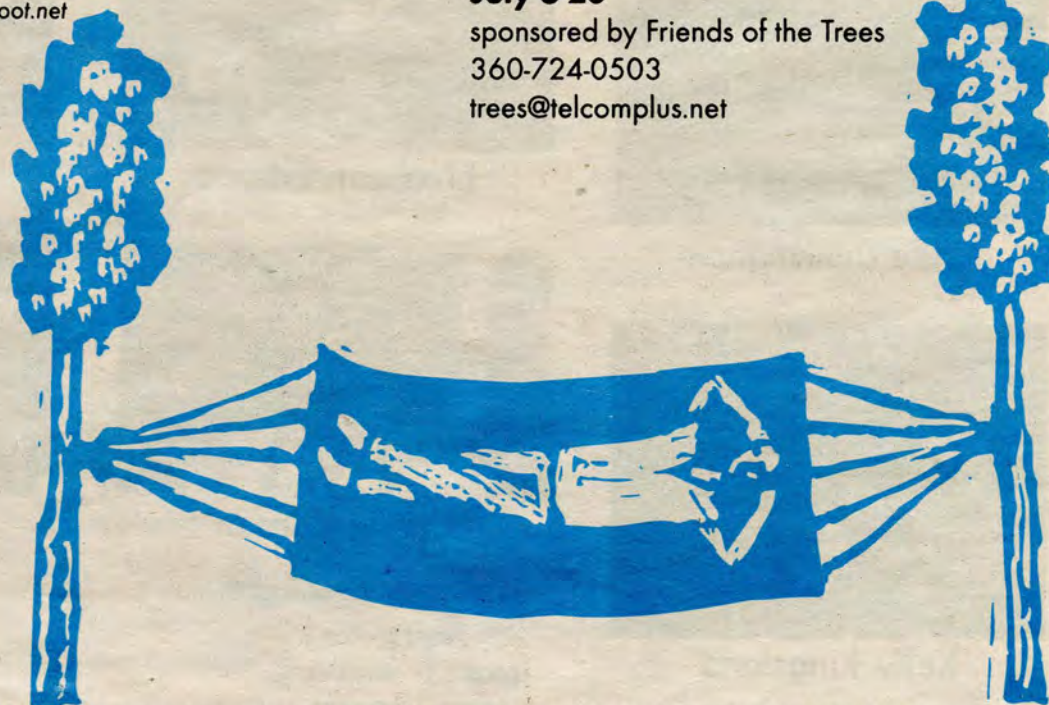
Permaculture design course

two-week course at the Herb'n Relief Farm in Methow River valley (north-central Washington),

July 6-20

sponsored by Friends of the Trees
360-724-0503

trees@telcomplus.net



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

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