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MOSCOW FOOD CO-OPERATIVE



Community News

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

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Young Scholars and Nutrition

Fritz Knorr

Like ants to a picnic basket they come, marching relentlessly, scrambling around obstructions, as if following a scent that affects their primordial existence. But they're not insects, they're high school students at noon on Thursdays, headed for the pesto cheese rolls at the Co-op.

Before the store moved to the new location, during the months of planning for the move, there was some speculation about what effect the new proximity to the high school would have on the Co-op, and what effect the Co-op would have on the high school. Which institution would influence the other? There were some fantasies about bringing a new awareness of quality food to the young scholars, while at the same time, there were some fears that the high school students' economic clout might lure the Co-op to sell deep-fried corn dogs, name-brand soft drinks and cigarettes. As it turns out, the Co-op and the high school student body have mostly passed like ships in the night, except for the cheese rolls.

But then, is that so surprising? Even though its business is retail, the Co-op hasn't put out any products to specifically attract the students.



Stephanie Thornton, Annie Martyn, and Amanda Guentner enjoy a Co-op deli lunch.

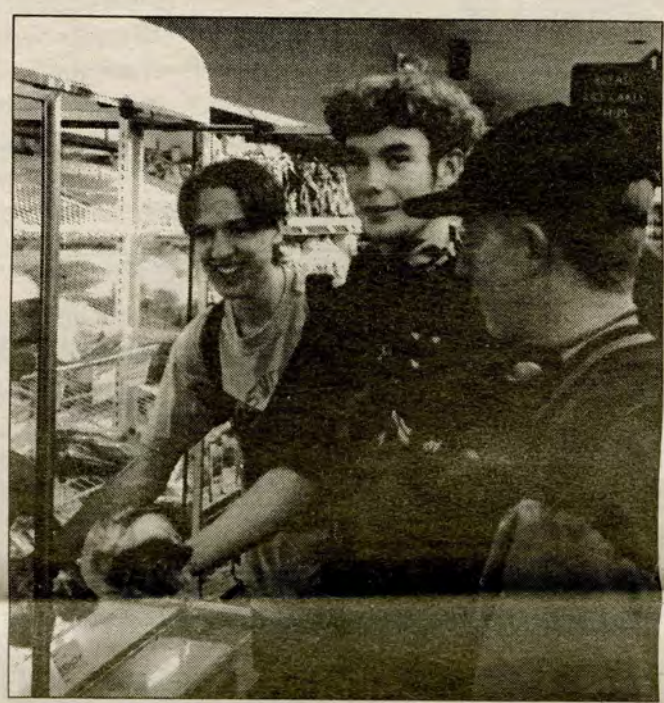
“I didn't go to the Co-op as often when it was over at the old place,” said Amanda Guentner. “Now I come three times a week or more.”

“My diet has improved,” said Jamie DeLong, commenting on the move. “The food is better than anything else available.” Although I have doubts about the healthfulness of Jamie's diet, since I caught her buying a 16-oz. mocha latte.

Still, these are kids who already knew that the Co-op isn't a scary place, and they don't live in terror of peer group disapproval. In order to get through to the main body of the students, we might need to have a TV ad campaign with rapid-fire flashes of images that define the Co-op to be 'kewl.' Or, we could have greasy food.

That's where the pesto cheese rolls come in. Those big ol' greasy things seem to be the one product that can attract mainstream high school students into the store—even the young men. It kind of makes me re-evaluate my own tastes, because I really like those cheese rolls. Does that mean that I have the same tastes as high school students?

One thing it means is that if I want a pesto cheese roll on Thursday, I need to get down to the Co-op before noon—when the hungry hordes swarm down from the high school.



Nate Vincent, Joseph Melior, and John Finkbiner grab for their pesto cheese rolls.

“We haven't done anything for them,” observes Kenna Eaton, manager, “and they don't like our candy.” But then, chasing after media-driven pop culture tastes isn't the mission of the Co-op. Personally, I would be among the first to protest if we brought in those TV-brands of candy.

It's not like there are no high school students who come into the store—there are a few dozen regulars for lunch, mostly young women. But those regulars went down to the Co-op at the old location, too. The new location is just much more convenient, so they come more often.



Jamie DeLong is caught in front of the Co-op, heading in for her 16 oz. mocha with skim milk.

Co-op - News

From the Board of Directors

by Mimi Pengilly

The Board of Directors met for our regular meeting on May 12, 1999.

At our previous meeting we discussed many items of importance for the co-op, including plans for involving members and the financial outlook of the store operations.

At the time of this writing, the weather is not exactly spring-like. But having new members on the Board of Directors is like a welcome change of season. A Board of Directors is made up of a group of interested people with different strengths and beliefs. We are all committed to the co-op as more than a place to shop. Don't get me wrong, I already miss the expertise of Chris Moffitt and Mike Cressler. They added legal and financial experience at a crucial time, as well as a positive outlook. But as a board member, I welcome the ideas and energy of the new members, Al Pingree and Margo Kay. The purpose of the Board of Directors is to provide a foundation. The excellent management of the co-op forms the framework that is the daily operations of the store. Just as one welcomes the change in seasons, the outlook is sunny for this group to CO-OPERATE!

Our next meeting, planned for June 19 is our annual retreat. I look forward to this day of planning and visioning for the best Co-op possible. As Co-op members, your ideas are always important to us. Any suggestions that you have will be considered at board or committee meetings. Please jot them down, along with your name and phone number so that we can call if we have questions. Or even better, join us for regular board meetings, which are held on the second Wednesday of each month, unless posted otherwise. We meet from 5:30 to 7:30 PM. The member information board (located by the shopping carts) gives the dates and times of meetings and the minutes of the last meeting held. We want to hear from you.

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Notice to Our Readership:

Don't forget to fill out the Community News Survey in the May issue of this newsletter. We're looking for your feedback, and don't want you to miss a chance to win a \$25 gift certificate from the Co-op for participating! Back issues with survey forms are still available at the Co-op. Survey deadline is June 10. Hope to hear from you!

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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.

Printed on Recycled Paper

Deadline for Articles:
20th of each month

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Hands On Therapeutic Massage

Contents

From the Board of Directors	2
Fresh from the Farm	3
Volunteer Fun	3
The View From the Backside, The Saga Continues . . .	3
Various Responses to Little Questions. . .	3
Personal Care	4
The Co-op Gives Back To Its Community	4
Membership News	4
The Deli Unveiled	5
The Co-op Gets a New Advertising Manager	6
Staff Profile: Gretchen Stewart	6
The Buy Line	7
Business Partner Profile: Computer Serenity	7
Just Nuts about Peanut Butter	10
Squash in Curried Coconut Sauce	10
Word of Mouth	11
Mustard	11
Eating Flax and Soy	12
Native Plants	13
Birds and Blooms: A Magazine Review	13
Gardening Checklist For June	13
The Kids Page	14
Green Traditions: Whole Plant Medicine Conference	15
Letter To The Editor: Greetings!	15
Corridor Changes	15
Herbal Workshop Series	15

Fresh from the Farm

by Danielle McVay

Hello from the produce corner! Laura has traveled on to the opposite corner of the store to become the Bookkeeper. She's ready to wear nice, mud-free clothes and have clean fingernails. Mainly, she is relieving Kristi who is wanting to deliver baby Claire and to wake up to new challenges each morn'. Laura, you will be missed by the veggies and me, so come on over and see us sometime.

I, Danielle, am now the produce manager and Brian Ogle will be the produce assistant. You will see me here Tuesday through Friday and Brian from Saturday through Monday. I have been Laura's assistant since we moved to the new store in January; so I have a few months under my belt. Brian is graduating from Moscow High School in June and will be joining the Co-op team.

We hope to carry on veggie ventures as usual but we need time to learn, grow and even fall down a few times. I have listened to people's comments and would like to try some new things as we get more comfortable. Brian comes to us from Paradise Farms and he has worked at the Farmers' Market in the past; so I am sure great ideas will be flowing from him soon as well.

I would like to carry bulk carrots and get rid of the packaged ones. They will not be George's Carrots (the ones we carry in the fall), but George's will replace these when his are available this autumn. We will see how the bulk ones are and if they aren't good, I'll bring the 1# and 5# back. I will continue to carry organic vegetables as much as possible, and get conventional only if no organics can be found. Right now is a limited time for organic veggies. We are waiting for new, fun things to grow. So as soon as they are available we will carry them.

We are able to special order produce most of the time. So if you do not see something or you would like 25# of juicing carrots, a flat of wheat grass or to buy something that is on special, then let Brian or me know, or place a special order with one of our many, sweet cashiers.

Remember, an apple a day keeps the doctor away and greens sweep you clean. Thank you and I'll see you in the far, left hand corner of the Co-op!

Volunteer Fun

Gary Macfarlane

So, you think volunteering at the Co-op is no fun, boring, and, worst of all you have to deal with Gary, the volunteer guy? Well, guess what, it ain't so—at least the no fun and boring part. (Ed. Note: Faint of heart beware, you still have to deal with Gary, the volunteer guy, who might rant about humanity's devastating effect on the everything, including humanity itself, when you meet with him for volunteer orientation. Then again, he just might be calm and staid).

We are having a volunteer potluck party scheduled for Wednesday, June 16, 1999 at the East City Park Pavilion. We decided it best to reserve the covered area to guarantee good weather for the event.

All volunteers are welcome to bring their favorite dish and join the fun. The Co-op will provide drinks. And, have no fear, there will be good food because you will bring it.

This is a fun opportunity to meet other volunteers, eat, socialize with your friends, eat, shoot some hoops at the court, eat, play on the swings, eat, and enjoy some good food that you bring (=eat). So volunteers, come join in the fun. I promise not to stick carrots up my nose or perform some other childish stunt to draw attention to the fact that we need more volunteers. I'll simply ask you to recruit all your friends and extended family. Besides, then they will all be able to come to the next volunteer party!

The View From the Backside. The Saga Continues . . .

by Kenna S. Eaton

Thanks for your patience! We are still working on landscaping the 4th St. side of the building, but as you may remember from last month, we must wait until we resolve the loading dock situation. When we are given the go-ahead we will complete the project as planned. Cross your fingers, maybe it'll happen this month.

Various Responses to Little Questions from the

Suggestion Board

by Kenna S. Eaton

"More little carts?" Tim D., member. When we moved into our lovely new location, we budgeted money for lovely new carts—ones that were light, but could hold a little more product, so we would no longer have to "stop & shop" (you know, when we used to leave our carts in a small place, go find what we wanted and then go back to the cart?) . We also wanted carts without attitude. Carts that went where we wanted them to, and in style. So, no, I did keep one, but that's it!

"How about a table and chairs with backs for those of us who can't sit comfortably on stools" Gwen, member. "Fantastic Deli!!! This is going to become the hot place to get lunch and dinner—you just need a better dining area—maybe where the carts are now?" Ken. "The Co-op should open a cafe! You already have great eats, coffee and baked goods- how about a cafe to eat, drink, and enjoy good company to help replace the void left by the Vox," Mark M., member. "Wish we have tables like in Vienna in the old days—a wholistic cafe" Miriam B., member. "Second the cafe/coffee shop idea" Ian Von L., a spouse(?) "Dear Friends! The lunch available here is awesome and certainly worthy of a proper place to sit. How about putting the carts outside and the water bottles in a shed of your creation by the loading dock. Too much prime retail /visual space being taken up with not very attractive storage. Best Wishes!" Ruby, member.

Thanks to all of you for taking the time to write your comments down. We appreciated them all. However we do not plan to run a restaurant/ coffee shop or even a cafe at this point in time. Before we embarked on this project we spent a lot of time investigating the options. All the advice we received from others in the business and consultants told us it was not a good idea. Too many cafes/restaurants/ coffee shops etc. go out of business every year/month/day. We didn't want to have the same thing happen to your Co-op that has happened to so many others. SO, we planned to keep it simple and cost-effective. A deli, a few stools and that would be it.

We have very little space at the

front of our store and we need to keep some carts inside (have you already forgotten the snow and ice?). However, we did bring back the pew for customers who want a little more comfort.

"A kids' table for deli eating" Sharon S., member. "Please put a table and chairs in the deli area so little ones can eat without spilling their food or falling off their chairs. Thank-you!" Nancy D., member.

Sorry, Sharon and Nancy. No room even for a little kids' table. But I have ordered a youth chair for toddlers, hope that helps!

"Open in Lewiston!" Lane, not a member.

Lane, thanks for your support! It's nice to know we are appreciated. Sorry, but we don't anticipate opening in Lewiston any time soon.

"I do hope the lighting is changed. We over-compensated perhaps for the low-light conditions in the old store. For those of us who must stand and work under the harsh glare for 8 hours at a time, it is similar to walking, working or driving for that length of time in the glaring sun or snow without the benefit of hat, visor or sunglasses (plus the known flickering effects...) Others probably think it's just nice and bright.." Gretchen, staff & member. "Please consider lowering the level of light (artificial) in the store. We did this at my office by removing every other bulb tube and no one hardly even noticed although the vibes were much better, less intense. Thanks", Mary B, member. "I second the light motion! Maybe using few neon light, incorporating lower wattage, etc." Colleen, member. "For whatever it's worth- I think the lighting in here is great! It was too dark in the old Co-op." member.

Thanks for your comments. Actually, as with most things ,there is a longish story behind our lights. When we relocated we couldn't afford new light fixtures. So we just cleaned up the fixtures and replaced the light bulbs. Because of the age of the fixtures our options for light bulbs were fairly limited. We spent a long time comparing various bulbs and selected these as the optimal light for this location. Perhaps we did over compensate for the low light levels at the old store. However, I, too, work here under the same light, and I like being able to see my work. We are investigating and testing some full spectrum light shields. If they are effective and affordable we will consider putting them in other parts of the store.

Personal Care

By Carrie A. Corson

Summer will be here soon. And, even though it's been a long, gray, dreary, cold, wet spring, I'm optimistic that we will have a beautiful, sunny summer. So with that in mind, I just want to remind everyone to wear sunscreen when they are going to be outside. Because while we may love the sun, over-exposure can lead to many negative health issues. So be careful!

While attending a trade show in April, I was able to see some of the product lines that customers have been asking for. One such line is Aubrey Organics. I was happy to see them at the show, and I did place an order. It just arrived in mid-May. Aubrey Organics offers a large selection of all-natural hair and facial care, hand and body lotions and some specialty skin care products. None of their products or ingredients has ever been tested on animals, nor do they accept data from animal testing as proof of an ingredient's safety or performance. Yes, you can expect to pay a little more for Aubrey Organics than some other brands. But, I think they definitely deserve a place here at the Co-op. For folks with dandruff or itchy scalp, Aubrey Organics Calaguala Scalp Treatment Shampoo comes highly recommended by one of our staff members.

I've also added Kettle Care herbal facial and hair care. This is a small herbal company located in Whitefish, Montana. You may recognize these products from the Renaissance Fair. They're a local favorite and I was happy for the opportunity to carry them.

On to the suggestion board:
Move bulk detergents/ dishwashing liquid to a higher shelf and away from a high traffic area (leaks onto floor—dangerous)-or place a spill board. I'll consider this. However, the reason the bulk detergents are down low, is that it is difficult to put other products on shelves below them because those products could be ruined by spills. There is normally a spill tray on the floor in front of the shelves.

Primal "Tranquility" soap. Love it-out of it on shelf. Thanks. By the time you read this, it should be back on the shelf.

Do you usually carry the Bi-O-Kleen stain remover/deodorizer in bulk refill? If so, you are out presently, when might you expect more? This is actually a Bio-Pac product. Unfortunately, it is not available in bulk.

Could you please try to get a homeopathic remedy for itchy eyes (due to allergies), it's called "Similsaw." Thanks. It's here.

A selection of progressive, issue oriented buttons (like for backpacks) would be nice.(like the environment, vegetarianism, pro-choice, etc.) I'll think about it.



Win BIG Bucks!!!!

by Kenna S. Eaton

Here is another great opportunity to help the Co-op and win some money at the same time. The time has come to spruce up the masthead of this newsletter. Yes, it true! We are

looking for a new "Look," something a little more appropriate for the new millennium, more hip, more . . . something.

So, here's the deal: Check out the guidelines below, submit your artwork, and win \$100! Not every one will win—in fact only one person can win this contest. You have until June 30th. to respond.

The new Masthead must:

- 1) say "Moscow Community News"
- 2) have space for the month and the word "Free"
- 3) include our web site address: <http://users.moscow.com/foodcoop> (if you haven't been there, go check it out!)

4) be able to turn the corner. What? Well we want people to be able to read the masthead when the newsletter is turned sideways and stuck in our wooden holders at the counter.

Membership News

by Kristi Wildung

Well, this is the last column I will be writing as your membership director. I'm off for my leave of absence to welcome my new baby into the world. I will be back in September, but only as the accounts manager. The duties of the membership director will be transferred to Kenna or Laura. We're not sure who yet, as they are still fighting over who gets this great job!! I have enjoyed my work in this position, which I feel is one of the most important at the Co-op. If not for our members, where would we be?

Welcome to these new members: Janet Anders, Rob Hume, Sandra Hart, Debbie Grieb, Mona Ballard, Christy Collins, Madeline Martin, Merry Farrington, Shari Harer, Melissa Dolan, Stan Smith, Jeffri Bohlscheid, Anna Ochs, Rayna Hargreaves, Denise Thompson, Sandra Blair, Kathleen Anderson, Lisa Beckley, Michelle Hovey, Stephanie Kalasz, Linda Cooke, Linda Fee, Mark Barnes, Robin Gilroy, Julie Coburn, Ramona Hull, Paul Blair, Becky Rousseau, Nancy Jo Tschida, Motonobu Taniguchi, Michelle Kimberline, Roxanne Hodges, Siobhan Baggot, Asenath Kemp, Silvia Mary Stein, Susan McGovern, Mary Anderson, Margie Wyeth, Molly Steele, Claudia Jaquish, Rob Davis, and Ashley Lyman.

I'm sure Kenna and Laura have new ideas in store for you for the summer, but in the meantime check out the Business Partner listing on the back page of this newsletter and start saving locally with your new membership.

The Co-op Gives Back To Its Community

by Kenna S. Eaton

Every month, more organizations find a need to raise money for their projects. Usually they turn to their community for support. And every month more and more organizations come to the Co-op. We have developed a policy over the years of supporting local groups that keep their money, and work, in the Palouse. Generally we give \$25 per group. Sometimes this is in the form of cash, but more often we donate an item for auction, or food for refreshments. Our budget runs about \$250/month. In April alone we supported the following: the Community Enrichment Program with a kids' scholarship; Moscow Charter School; Idaho Conservation League; Alternatives to Violence; Moscow High School Environmental Action Club; Multiple Sclerosis Foundation; and Shrine Circus Fund (OK it's not truly local, but their hospital in Spokane helps a lot of kids from the Palouse). Every month this list changes, but our commitment to support of our community stays unchanged.

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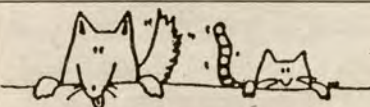
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Large & Small Animals

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

The Deli Unveiled

By Kelly Kingsland

Vision:

This month I want to share some of the inner workings of the deli. I humbly imagine that it might be interesting for you to know a little about why and how we function; why we make what we make, maybe share a few recipes, talk about growth, and report on our recycle program. In addition, this month we will begin answering suggestions and comments from the suggestion board. The Deli is dynamic; changing, growing, adapting, and finding its place in a new, more supportive environment. Hopefully this article will share some of that process.

One of my first tasks as the Deli manager was to create a vision statement—an explanation or set of guidelines regarding why we operate the way we do. With the help of the other cooks we quickly defined the Deli as being committed to creating healthy, inexpensive foods, using local and/or Organic ingredients whenever possible. Nice words, but our commitment felt larger. We also believe that our work environment affects our product, and so we strive for a work environment that allows as much creativity as possible. I know when allowed freedom I am able to maintain excitement, which is reflected through my product. This is part of our reasoning for resisting a set schedule of production. We work within a daily framework that begins with sandwiches, flows into a lunch special and salads, and rounds out with soup and any extras we have time for. Aside from that, each cook decides daily what types of each item they'll make. You'll notice that each of the four cooks has a different style, and you may find that you prefer one's product over another. While our lack of schedule may drive a few of you crazy, I see it as an interactive exercise in trust. We'll try to sustain excitement and clear intention with the food we make, and hopefully you will always be able to find something to fit your fancy.

It probably doesn't surprise anyone that the Deli has seen tremendous growth over the last five months. The actual numbers are impressive, and yet, while numbers

are important, the daily reality of this growth isn't reflected in them. At the old location two cooks shared one daily shift—working to fill the two shelves in the open-face cooler, the soup tureens, and the cookie jars. For the new store, we projected that our sales would double, and so we added another daily cook, a server position, and a desert/cookie position. We could only hope that our increased sales would cover and sustain our increased labor costs. They have—Deli sales have essentially tripled. Unfortunately, like at the old store, it still seems as if we could produce and sell more products if only we had the staff. Growth is a process, and we evaluate and scheme daily in response to customer demand. I imagine that by the fall we will have added another cook and we are currently working on a list of products we would like to add to our repertoire. Many of your requests have, and will be, included.

Lost measuring Spoons

One request that we find ourselves unable to respond to adequately is for recipes. While some of us use recipes some of the time, for the most part our products are spontaneous. Most often we just make things up as we go along. So when one of you asks for a recipe it is a complicated and time-consuming endeavor to go back and try to remember exact quantities and ingredients of any specific item. However, in response to your many requests I have decided to share some of our recipes in each newsletter article. This month I've asked each cook to contribute a favorite recipe. In addition I thought I'd throw in some of the Deli's old standbys.

Tabouli

2 c bulgur wheat
1/2 c canola oil
1 T. minced garlic
1/2 t salt
3/4 c lemon juice
3/4 c hot water

Mix ingredients together and let soak overnight, or a few hours till bulgur is softened.

1 bunch chopped green onions
1 bunch diced parsley
1/2 c sliced black olives
2/3 c crumbled feta cheese (optional)

Dice and add any other Veggies you like—lots of color is fun! Mix together and taste. Adjust seasonings.

Erika's Bulgur Delight

2 c bulgur wheat
2 c hot water

Mix bulgur and hot water, and let sit while preparing other stuff.

1 lg. yellow onion, chopped
3 green bell peppers, chopped
10 mushrooms, chopped

Sauté in 4 tbs. butter until soft. Set aside.

2 c cottage cheese
2 c crumbled feta cheese

Mix together and set aside.

6 eggs
dash of salt

Whip together, and set aside.

1 c tamari
1 c sherry or white wine
1 T marjoram

Mix with onion sauté mixture and set aside.

To assemble: spread the bulgur in the bottom of a buttered baking dish. Spread the tamari/onion mixture on top of the bulgur, then layer the cheese, and finally pour the eggs over the top. Sprinkle with paprika and bake at 375° till browned and set (about 45 minutes).

Amy's Bulgur Burgers

2 cloves garlic minced
1 1/2 c bulgur wheat
2 T canola oil

Sauté bulgur in oil for 2 minutes, then add:

3 c boiling water
Simmer for 15-20 minutes.
Remove from heat and stir in:
1/2 c chopped scallions
1/2 c grated carrots
1/4 c chopped, fresh parsley
1/4 c tahini
2 T tomato paste
2 T tamari

1 t Dijon mustard
a pinch of black pepper
Shape into patties and grill in canola oil till brown, or bake at 375 on oiled baking sheet for 20 minutes. (Adapted from recipe in 'Moosewood Restaurant Cooks at Home')

Kelly's Sesame-Gingered Kale Slaw

1 bunch chopped kale
1/2 c chopped scallions
1 c thinly sliced purple cabbage
2 grated carrots

Any other greens or veggies you want to use: play around!

Mix veggies and set aside.

1 c mayonnaise

1/2 c minced ginger
1 T Toasted Sesame Oil
3 T Tamari
1/2 cup toasted sesame seeds
1 sm. dollop of honey

Blend together in a food processor, or using a wire whisk. Pour and toss over the mixed greens.

Next month look for our Oaties recipe, and other favorites!

Landfill

One aspect that our Deli's vision statement doesn't address yet is garbage. We have long struggled with packaging in the Deli, and our bottom line intention is to minimize our distribution of non-recycled and/or non-recyclable packaging products. Thanks to the help and commitment of our trusty volunteers, Craig and Julie, and our recycling customers, our container recycling program is helping reduce our usage of these items. At this point however, we are not receiving enough clean, lidded containers to avoid purchasing new ones. And, while our new containers are made from recycled plastics, they are not recyclable unless they are returned to use for sanitizing and re-use. I hope we can increase our intake to a sustainable level that eliminates nearly all of our new container usage. While we have received full support from customers at the counter willing to use our sanitized containers, we are not receiving enough from you all to keep up with the demand. I know the plastics are out there; I know they're bound for the landfill if they're not brought in to us, so please remember to drop them by the Deli on your next visit to the Co-op. We take most sizes as long as they're clean and have snug fitting lids. As an aside to this, we are still looking for another volunteer or two who wishes to help with this program. If you are interested please contact Gary, our volunteer coordinator.

In Response

With our increased popularity we have begun receiving a lot more feedback, both in the form of verbal comments, and Purple Notes on the Comment/Suggestion board. I've decided to begin responding to these comments in the newsletter, rather than merely answering at the bottom of each suggestion. Hopefully you all will feel better served by this more formal answer, and possibly the info will help others understand the details of the Deli.

And so, without further ram-

bling...

"You guys have a great employee in Rochelle! She makes my day." Me too! When I heard she was interested in becoming an employee rather than a volunteer, I grabbed the opportunity. I'm hoping to keep her so happy that she'll stay a good long while!

"THANK-YOU!!! You made my day with the Vegan Tabouli! You guys rock!" You are welcome, and Thanks for the encouragement!

"The 'Gingered Greens and Tofu' was great, but a bit to salty or Tamari for this natural food nut." Sorry! I think that was one I made. Feel free to bring things back if you find them inedible.

"Please make dairy-free and wheat-free Deli selections? Perhaps more than one choice per day. For those of us with allergies. Thanks." Yes, we'll try to keep this in mind. But please don't forget that we serve so many people and appetites. For each specialized diet, one selection per day can be a complicated production. We do, however, consider each item we make, and try to offer a well-rounded daily selection.

"Could you not put cilantro in so many of the Deli salads? To some of us it tastes like soap! Maybe a side of cilantro for those who wish it?" Funny, I thought cilantro tasted like soap when I first tried it too. Maybe it's a developed taste, because I love it now. We'll keep your suggestion in mind. I know, too, that as cooks we play off each other, and have phases. So if you'll just wait a bit, the cilantro thing will probably run its course.

"Please don't discontinue the U-bake Pizzas. (I haven't seen them lately)" Uh-oh. I'm afraid that for now they are gone. The Deli has seen such incredible growth that we are hesitant to take on projects that we are unable to do consistently. If growth continues, we'll be adding another cook who will hopefully be able to take on these projects.

"Please avoid over-salting the soup. I used to love your soups, but recently they are so salty that I can't finish it" Hmmm, sorry. However, we haven't had this same comment from others, so please keep in mind (again) that we are serving many different tastes and appetites (more than ever before).

"Can I please have Creme de Menthe Torani Syrup?" I'm sorry, but in choosing our flavors we decided to only stock the more popular ones. This decision is due to

both in space considerations and inventory concerns. However, if we receive multiple requests for an item (from different people) we will consider adding it to our stock.

"Why don't you make more Vegan products? Non-Vegans can eat them too!" I believe that Vegan foods are very well represented in our products. And, while non-Vegans can eat Vegan foods they don't always want to. Actually many Vegan items don't sell as well as non-Vegan and we don't always have the time to make both.

So, there you have the Deli in a nut shell. Thanks for your interest, input, and patience.

The Co-op Gets a New Advertising Manager

by Lindsay Lorain

To start out, my name is Lindsay Lorain, and I'm a junior at the U of I. I am also the Co-op Community News Ads manager.

While waiting to get off work at Casa De Oro, where I am a hostess, I started flipping through one of the Co-op's newspapers that were stacked in the restaurant entryway. I noticed the article asking for someone to take over the position of Ad Manager. Since I am majoring in Public Communication with an emphasis in advertising, I thought this would be a perfect opportunity to get some experience, as well as build my resume!

Since moving to the new location, the Co-op has seen an impressive increase in membership, and many of those members are also volunteers at the Co-op.

My ultimate goal for the Community News is to have as many dedicated and pleased advertising clients as the Co-op itself does.

So, after meeting with Bill London, Kristi, and Laura, I am on my way to help the Co-op increase their ads base for the newsletter. If you or someone at your business would like to contact me about placing or changing your ad, please call me at: 892-0702, or email me at: <loral8103@novell.uidaho.edu>.

Staff Profile: Gretchen Stewart

by Randy Paulin



A former teacher, Gretchen mentioned teaching being in her blood, and so it is. She's the best kind of teacher—teaching by example and not pedantry. She's also a great advocate for the Co-op, which she characterizes as a great place to work—a human

place which features not only healthy food but healthy attitudes about work, and many interesting people to teach and to learn from. Gretchen characterizes herself as a "shy extrovert," which she explained means that she gets energy from people, but prefers to interact with a few people rather than a larger group. And I can tell you that she not only gets but gives energy—the joyous, infectious kind of energy that comes from doing what's right. Not because it's fashionable or expedient, but because it's right. Gretchen, herself, is a great example of the awesome people who make the Co-op such an interesting place for her, as well as for the rest of us.

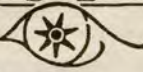
When I agreed to start writing the volunteer and staff profiles for the newsletter, I knew I'd be getting to meet some interesting people. This month's featured volunteer is certainly an interesting person. She's also enthusiastic, friendly, and generally delightful. When I met her at the Co-op recently, it was a typical Moscow May day—which is to say, wet and none-too-warm; weather some would call dreary, in fact. Gretchen walked into the store, bedecked in rain slicker and bicycle helmet and toting a backpack and bicycle saddlebags. As we introduced ourselves, she smiled a broad smile, which was a smile of joy as well as greeting. She was glad to have been riding her bicycle in the rain, as I would learn during the course of our conversation, because it's the right thing to do. It's part of her attempt to live lightly on the planet, something which many of us aspire to, but which Gretchen makes seem like an outright delight. Which in fact it should be, if we stop to think about it.

Gretchen's enthusiasm for environmental issues animated our entire conversation. She's had a long-standing "environmental awareness," as she puts it, but since moving to the Moscow area several years ago she's found a further focus for that awareness, and is determined to act on it. She's a volunteer with the Friends of the Clearwater, voicing a concern and an advocacy for wilderness. She works at the Co-op, and rides her bike whenever possible, for the same reason—because it's the right thing to do. She stresses the importance of trying to do what's right, even if we don't always succeed. It is indeed the effort that counts, and Gretchen demonstrates that by word and deed.

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The Buy Line

By Vicki Reich

At the end of April, Carrie and I attended the Northwest Natural Food Show in Seattle. It's a big natural food convention with seminars and lots of food and supplement booths. We spent two days sampling all the new products on the market, plus taking a look at some old favorites. I've begun to bring in some new items I saw at the show and wanted to talk about two in particular:

Veat is a new vegetarian chicken-like product that was the hit of the show. It's in the freezer in several different forms. This stuff rules! It's got great taste and a great authentic chewy texture. Add it to anything you would add chicken. The other new product is "Water More Precious than Gold" from the Okanogan Bottling Company. This company is trying to save Buckhorn Mountain in Okanogan County from a multinational mining company that wants to start a large-scale open-pit cyanide-leach gold mine on the mountain. Purchase of their water helps them be a role model for conscious, sustainable and profitable businesses. They also donate 50% of their profits to grass roots groups trying to protect the mountain. And not only that, but it's good water!

And now your suggestions:

I am in the process of settling down in Moscow for my new position at the university. I noticed your Co-op has absolutely no plain goat yogurt stocks. I ask you to carry this product. I'll bring some in.

I am allergic to regular dairy milk but not goat or yak milk. Can you please carry more yogurt, plain of goat or yak! As I said above, I will bring in plain yogurt, but I have no idea where to find yak milk.

I just love dark chocolate. You have had Chocolove's 77% dark chocolate in the past, but now I do

not find it, could you revive it, please? I agree, I'll bring it back.

Love this place. Very thankful to have you in my new town. Such nice people and so hardworking. Thank you very much. Welcome to Moscow.

Odwalla bars-very good! Do you think you might be able to carry them? I'd be ever so grateful! They're here with all the other sports bars.

Drink cups on the shopping carts would be nice. We considered this when we bought our new carts but we thought our money better spent elsewhere.

Please put your kids' page back in the newsletter. It was not in the May issue. Sorry, our volunteers that create the kids page were on vacation. Look for it in this issue.

Please make sure that all plastic containers are recyclable-I have purchased many products in non-recyclable containers, i.e. chai tea. All the plastic packaging in the store is recyclable, unfortunately our recycling center does not recycle all plastics. Perhaps if we all asked them to at least take #2 plastic again that would help. If the package has a lid and you clean it and bring it to the Deli, we'll reuse it.

I would like Nature's Gate tea tree oil shampoo and conditioner in bulk. Is it possible? I like to reuse my containers. Sorry, it's not available in bulk.

I would appreciate less trivial whining from my human fellows. Keep up the good work. Thanks for the support. We all have a tendency to whine from time to time; it does seem like the suggestion board brings out the best and the worst in people.

I loved that soft Brie-like cheese sold in \$3-\$5 chunks. Mmmm-sorry I can't remember the name. Will you carry it again soon? The name of the cheese is St. Andres and it's my most favorite cheese in the whole world so you can be sure that I will continue to carry it. Sorry it was out of stock when you were here.

Business Partner Profile: Computer Serenity

by Randy Paulin



When the subject of computers comes up, most of us don't think of serenity. But Joseph Erhard-Hudson, who operates a computer consulting, tutoring, and repair business out of his home, chose the name with the juxtaposition in mind.

"If the computer isn't making your life easier, it's not doing its job as a tool," Joseph says, and that philosophy illuminates the serenity he seeks to help his clients achieve—at least when it comes to email, the Internet, and the successful use of hardware and software.

Like many in the computer industry, Joseph discovered his knack for computers while ostensibly doing something else, in his case during a work-study job in WSU's Crop and Soil Science Department. His facility with computers led to a job doing telephone technical support for a local internet service provider. When his son, Karl, came along 21 months ago, however, Joseph became a stay-at-home dad and so Computer Serenity came to be. With this home business Joseph is able to be with Karl and also provide a service and resource to the computer-users of the Palouse—which anymore pretty much means all of us. Joseph believes that one of his strengths is his ability to bridge the gap between the technical and non-technical. In other words, he can help those of us who don't know RAM from SIMMs to understand our computers well enough to get them to do what we want them to do. He likes to use the auto mechanic analogy in describing what he does, and he will also give "drivers training" to the novice

computer user.

When I visited Joseph and Karl at home recently I was really taken by his thoughtfulness and friendliness. It's obvious that he knows computers, but in visiting with him it also became apparent to me that he knows how to help people use their computers better. That's a crucial service in today's society, and one which Joseph enjoys performing.

"It's great to have a job where you walk up to people's houses and they're happy to see you."

When I asked him where he hoped Computer Serenity would be in 5 years, Joseph told me that he wants to be a known quantity in the community—a reliable resource for anyone who's experiencing problems or frustration with their computer.

"I'm really happy being my own boss," he says.

Joseph is happy to help clients with system selection choices, hardware upgrades, software problems, and in learning the uses of their computers, whether for personal communications, small business applications, or entertainment. He will come to your home or business, days or evenings, to bring some serenity into your relationship with your computer, and he offers Co-op members a 20% discount on his already reasonable rates. Joseph can be reached by pager at 208-883-2416. His home phone is 882-8812, and he can also be reached (of course) by email at joseph@moscow.com.

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Ceres

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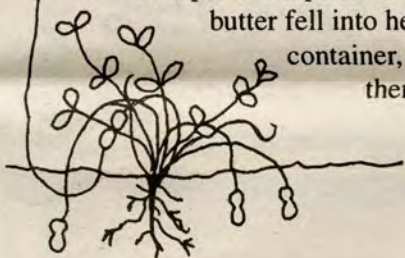
PERSONAL CARE 9

Just Nuts about Peanut Butter

By Bill London

Norma Carpenter, the national president of the Adult Peanut Butter Lovers' Fan Club, came to the Co-op on May 18 to sample freshly-ground, no-salt-added, pure peanut butter for the first time. Sure, she's eaten lots of peanut butter--but until her visit to the Co-op, she has only had the stuff with salt or salt and sugar added.

Norma watched as a glob of super-fresh peanut butter fell into her container, then



she dipped her finger in, licked it clean and proclaimed: "Great!"

"This is fantastic," she said after she finished swallowing. "The flavor is very peanutty. It's absolutely delicious."

Munching fresh peanut butter on celery and on crackers, Norma explained how she became the president of the fan club, and how this tasting at the Co-op was really a return visit.

Norma was born and raised in Orofino, but from 1967 to 1983, she lived in Moscow and worked at the Safeway store. The Safeway was originally located downtown where Gart's is now, but later during her tenure, moved to its present home at the Eastside Marketplace. For several years, she managed the health foods section at Safeway.

"I really enjoyed living in Moscow," she said. "I consider Moscow my second home town."

While living here, she was an occasional Co-op shopper. She was

surprised at the size and product variety of the new store. "I am very impressed with this store. This is one huge health food store. Moscow should feel blessed to have this."

In 1989, she saw a magazine coupon that changed her life. It was a request from the Peanut Advisory Board for people who eat peanut butter to become members of the newly-formed Adult Peanut Butter Lovers' Fan Club. She liked peanut butter, so she sent in her three bucks and joined. She started getting the national newsletter and noticed an invitation for members to start local chapters of the group. That sounded like a good idea, so she rounded up 43 friends and they formed the Orofino chapter in March of 1990. Now the club has 275 members and the highlight of their year is the all-peanut butter potluck they hold every November (celebrating National Peanut Butter Month).

And then recently, she was selected as the national president of



Norma Carpenter tries some fresh Co-op peanut butter on celery.

the club. She serves as a media spokesperson and good-will ambassador for peanut butter. Has Norma gotten sick of peanut butter yet? No way. She eats peanut butter, in biscuits, pancakes, main dishes, or cookies, at least once per day. And if she runs out of ideas, she has a library of ten peanut butter cook books on hand.

And what about her new experience with the fresh, pure peanut product? "I just know that I am coming back to the Co-op," she said. "And I am bringing a cooler to take back some frozen foods, and I'll be getting some of that great peanut butter."

If you are interested in joining the Adult Peanut Butter Lovers' Fan Club, send your three bucks (that's all--\$3 per year) to Norma Carpenter at 3144 Upper Fords Creek in Orofino ID 83544.

And in the meantime, here's a couple of recipes Norma offers to tempt you:

No Bake Peanut Butter Pie

4 oz of cream cheese
1 c of confectioners' sugar, sifted
1 c crunchy peanut butter
1/2 c milk
8 oz frozen whipped topping, thawed
1 deep-dish crust

In large bowl, combine cream cheese and sugar. Mix well. Add peanut butter and mix. Slowly add milk and mix well. Fold in whipped topping. Pour into pie shell and cover. Freeze for at least 30 minutes. If desired, drizzle each serving with chocolate syrup.

Peanut Butter Waldorf Salad

2 c diced apples
1/2 c raisins
1/2 c diced celery
lettuce

Toss those ingredients together and serve on bed of lettuce with dressing (below).

1/4 c unsalted creamy peanut butter
1/4 c honey
1/2 c fat-free mayonnaise

Blend dressing ingredients together. Serve over salad.

Squash in Curried Coconut Sauce

by R. Ohlgren-Evans

A couple of Newsletters ago, I promised that a recipe using coconut milk was forthcoming. In that issue, I spoke of the amazing coconut tree and how versatile a plant it is, and described how to make coconut milk from scratch. As with any recipe calling for coconut milk, you may substitute canned, unsweetened coconut milk. In this recipe, you could use the light version.

'Squash in Curried Coconut Sauce' could appear anywhere in southeast Asia, and this recipe is adapted from a dish we ate several times in Cambodia this spring - you can adjust the piquant seasoning to suite your taste. Serve over steamed rice or udon noodles for a hearty, savory meal.

1 T olive oil
1 1/2 c minced onions
2 lb butternut squash, peeled, seeded and cut into bite-sized pieces
1 c vegetable broth
1 T minced, seeded jalapeno pepper
1 T minced garlic
1 c coconut milk
2 T lime juice
1 t Thai red curry paste
chopped fresh cilantro for garnish

Heat the oil in a skillet over medium-high heat. Add the onions and sauté until golden. Add the squash and sauté 4 minutes longer. Add the broth, jalapeno and garlic and bring to a boil. Cook, covered, until the squash is almost tender - about 5 minutes. Stir in the coconut milk, lime juice and curry paste. Simmer uncovered until the squash is just tender. Season to taste with salt. Sprinkle with cilantro and serve.

**Try substituting other vegetables in place of the squash - eggplant, green beans or cauliflower all come to mind.

Word of Mouth

By Eva Strand

In recognition of June as National Dairy Month, I found it suitable to compare tastes of the various brands of yogurt available at the Co-op. I picked the strawberry flavor of six brands and sat down with my kids and six spoons at the kitchen table on a very cold and snowy Mothers Day.

Brown Cow Farm makes a deliciously creamy yogurt from organically-produced whole milk and unrefined sweeteners such as maple syrup, honey and fruit juice. Organic yogurt implies that the cows are grazed exclusively on unsprayed pasture and are only fed organically-grown grain without hormones or antibiotics. The milk is pasteurized but not homogenized, so some of the milk fat floats to the top of the container and forms a thick cream layer. Brown Cow Farm is a small, family-owned business located in California and, according to me and my family, they are doing a wonderful job! This is not the first spoon of Brown Cow yogurt I have eaten--we have been Brown Cow fans for a long time. Brown Cow comes in many many flavors like Maple, Vanilla, Lemon, Blueberry, Peach, and Plain. Non-fat Brown Cow is also available in numerous yummy flavors.

Yogurt number two turned out to be a pleasant surprise. Redwood Hill Farm, also from California, makes a mild, creamy and 'just right' sweet yogurt from non-homogenized, but pasteurized, whole goat's milk. This yogurt got the thumbs up from everybody around our table. I especially liked this yogurt because it was less sweet than any flavored yogurt I have ever tasted; the creaminess was also super. The unflavored varieties of both Brown Cow and Redwood Hill Farms are awesome in yogurt dishes such as Indian Yogurt Raita (yogurt mixed with grated squeezed cucumber, sesame oil, lime juice, cumin and other spices) and Greek Tsatsiki (yogurt with grated squeezed cucumber flavored with garlic, salt and black pepper).

Stonyfield Farms in Vermont makes an organic low-fat and non-fat yogurt with a naturally fruity flavor and satisfying creamy consistency, in spite of its low-fat status. The fruit yogurts are quite

sweet with chunks of berries or fruits. Surely kid approved!

Horizon Organic Dairy in Boulder Colorado makes a yogurt similar to Stonyfield Farms. Sweet, with chunky fruit and smooth consistency, even though non-fat. No pesticides, hormones or antibiotics are used in the milk, flavorings or sweeteners—quite impressive. Kid and adult approved.

The next two yogurts are soy-based and dairy-free and snuck in the back door during National Dairy month. White Wave Silk Dairyless Soy yogurt from Boulder, Co, turned out to be the favorite for one of my children. Anna liked it more than any of the dairy yogurts—she liked this yogurt so much she finished the cup before everybody got a taste! I have orders to buy a whole bunch of Silk yogurt as soon as the Co-op doors open tomorrow. I liked it too, but noticed the faint aftertaste that often distinguishes a soy product from a dairy product. Silk yogurt is made from organically produced soy beans and flavorings.

Nancy's Cultured Soy Yogurt made in Eugene, Oregon, was less popular among the kids and was compared to 'cold apple sauce' in taste. I would pick the Silk brand rather than Nancy's when looking for a non-dairy yogurt. Nothing against Nancy's—I love her low fat and non-fat plain dairy yogurts in large re-usable and recyclable containers. And the honey-yogurt from Nancy's is quite a treat!

I truly appreciate the efforts by these producers to provide wholesome, unadulterated, hormone-, antibiotic- and pesticide-free products. Thanks Co-op for carrying these yogurts along with so many other 'real foods'.

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Mustard

By Nancy L. Nelson

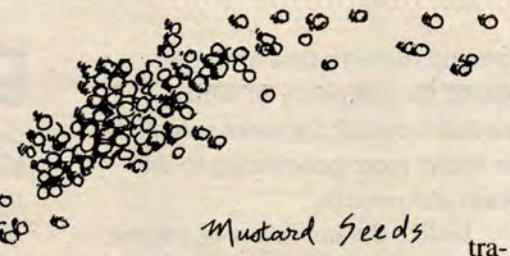
Maybe you remember the first time you felt like an almost-grown-up, and declared, "Yes, I would like mustard on my sandwich," after insisting for years that the spicy, yellow stuff could only contaminate food. After a few mustard-enhanced sandwiches, you switched to insisting that a sandwich wasn't a sandwich without mustard. If this sounds at all familiar, you are one of the many who make mustard the condiment of choice with a squeeze of a plastic yellow bottle.

Now, I would like you to feel even more grown-up by making your own mustard sauce. You will start with dry, powdery mustard out of the Co-op's spice jar and end with a powerful sauce that residents of Paris would have recognized 700 years ago when they sent their children out for a penny's worth of mustard for their meat.

Mustard was consumed with breakfast and dinner by 13th-century Parisians, according to French writer, Alexandre Dumas, who thrilled Europe with his tales of the Three Musketeers. He found mustard just as delightful a subject—especially when paid by a mustard company. Dumas wrote of street vendors who "would run through the streets of Paris, crying "Mustard sauce!" Anyone who was disinclined to eat his meat without sauce would open his window or door and summon the vendor, whereupon he would be served at once."

The diner used mustard to enhance, if not completely hide, the tasteless and likely tough meat he or she was eating. It was a use that probably began in prehistory and continues in ballparks around the U.S. today. It was also typically used in the American West of the 1800s when stagecoach travelers complained that boarding house food was tasteless, except for the mustard provided in an attempt to enliven it.

Condiment mustard was also used by the ancient Greeks and Romans, who considered sauce-making an art. Legend has it that Roman legionnaires scattered mustard seeds during their conquering travels to Gaul - which later became France, where mustard



ditions set the standard.

Spanish priests are said to have used mustard seeds to mark their travels along the coast of California in the 1700s. The bright yellow mustard flowers showed the way for later missionaries, thanks to mustard's easy-growing ways.

A member of the Cruciferae family, mustard grows wild in temperate zones around the world. It is also cultivated for its leaves, which are eaten as a vegetable, and its seeds, used as a spice. Mustard is a good early spring or fall garden crop sown directly; it tolerates poor soil and resists pests. Seed is available from most vegetable catalogues, and may be available locally. You can eat its leaves and then, after it goes to seed, harvest the brown pods. Don't let the pods split open in the garden, or you will have more mustard than you want next year.

Once you have mustard seed, you can have country-style mustard for your table. Just grind the seeds with a mortar and pestle, add enough water to make a paste and wait a few minutes for the flavor to develop. The short cut, of course, is to use ground mustard powder from the Co-op, but the secret is adding the liquid. Without liquid, mustard has no scent. The mustard oil is released only when water or another non-acidic liquid comes in contact with the seed. The liquid can come from just about anything - even the saliva in your mouth, if you were to chew a few mustard seeds. Beer works well, and grape juice, or mustum in Latin, was an early favorite that contributed to mustard's name, along with ardens, which means hot or burning.

After stirring in the liquid, wait about 10 minutes for full flavor, which lasts about an hour and a half. To prolong peak flavor, add a bit of acidic liquid, like vinegar, wine or lemon juice, and store tightly capped in the refrigerator. Cooking diminishes mustard's flavor.

When mustard is at its peak, it has a penetrating heat that is felt strongly in your sinuses. Pliny, a Roman famous for his extensive knowledge and appreciation of natural history, described mustard as

“among the very first of those plants, the pungency of which mounts upward; for there is none to be found more penetrating to the brain and nostrils.”

Unlike the hot flavor of pepper and chilies, mustard's heat will disappear quickly from your tongue (and sinuses), allowing you to enjoy other not-so-pungent dishes.

Now that we eat less meat, and when we have it, better meat than our ancestors enjoyed, the role of mustard has changed. Today, we are more likely to use mustard as a piquant alternative to vinegar, or to balance cloying dairy products. It is an especially good companion with cheddar cheese in sauces or sandwiches.

Either dried mustard or prepared mustards makes an excellent addition to salad dressings. In addition to flavor, mustard keeps dressings from separating and is a required ingredient in mayonnaise and Hollandaise sauce.

This mustard recipe makes one-half cup of a moderately hot mustard that is excellent with salty flavors, including pickles, cheese and meats. If you buy mustard for this recipe at the Co-op, it will cost about 65 cents. If you buy it in a pre-packaged form from other stores, it can cost more than four times as much.

Honey Mustard

- 2 oz (or 2/3 c) dry mustard
- 1 T flour or cornstarch
- 2 T cider vinegar
- 1 T brandy
- 1 T honey

Combine the dry mustard and flour. Gradually stir in 1/4 cup cold water to make a thick paste. Let stand for 15 minutes. Add the remaining ingredients and mix thoroughly. Store tightly capped in the refrigerator.

Although some flavor will be lost after the first day, it can keep for several months.

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Therapeutic Touch &
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Eating Flax and Soy

By Pamela Lee

When I wrote last month's newsletter article, I had been hounded by months of unrelenting hot flashes. My hot flashes did not follow the typical pattern cited in the four books I reviewed in last month's article on menopause - worse in the evening and night hours. Rather, mine were occurring in an irritating 24-hour schedule, as if wacky unseen forces were flipping my internal thermostat between 95 and 50 degrees Fahrenheit. I'd resorted to an only-cardigan wardrobe, and given up wearing any pullover shirt or sweater, which couldn't be shed quickly enough. But, I've found relief! In less than a month's time, my hot flashes have been tamed. Though, they still warm me unexpectedly, they are far less severe and mercifully less frequent. I owe my comfort to eating flax and some soy.

Now guys, lest you think this article is just for us middle-age women, much has been written about scientific studies indicating the beneficial benefits for both men and women in eating more flax and soy foods. The lignins and the essential fatty acids in flax seed have been shown to lower the risk of heart disease and to play a role in cancer prevention. Phytochemicals in soy have been shown to interfere with the reproduction of prostate-cancer cells. Not only is breast cancer lower in Asia, but rates of prostate cancer are also low among men eating traditional Asian diets which rely on soy products for protein.

I was afraid that food allergies would prevent me from making use of the beneficial benefits of soy. I used to eat a lot of tofu, back in my decade of vegetarianism. But, I had since become sensitized to soy. I'm please to find that after leaving soy alone for years, I can now eat it occasionally (once a week or so), but still not everyday. My (hot flash) cure came by consuming 2-3 tablespoons of flaxseed, daily. Sometimes I ate my daily dose in crackers, cookies, or quick bread. But, I found that a fruit smoothie was just as tasty and more efficient when I hadn't time to cook. Simply grind 2-3 T. of flaxseed in an electric coffee grinder, then blend it with fruit and rice milk, soymilk, yogurt, or milk. My favorite flax-smoothie is: 1 banana, 1 cup

blueberries (frozen until fresh is available), 2/3 cup rice milk, and 2-3 T. ground flaxseed. If you use soymilk, you'll increase the phytoestrogenic benefits of your drink. If your sweet tooth needs tickling, add 2 T. of blackstrap molasses and you'll be gaining more calcium as well.

This first recipe is what got me started with my daily dose of flaxseed. These bars are so tasty and easy to prepare, that I found the daily dose not only pain-free, but also pleasurable. When my home-dried supply of apples ran out, I made this cookie using (the Coop's) organic dried figs. I added a dash of salt and 2 T. molasses, then renamed my version "Flax Newtons". The following two recipes are from Nina Shandler's book called Estrogen The Natural Way.

Apple Bars

Prep and cooking time: under 20 minutes
Equipment: electric coffee grinder and electric food processor.

Yield: Makes 8 bars

- 1/2 c frozen apple juice or orange juice concentrate
- 2 c dried apples
- 1 1/4 c flaxseed
- 1 T vanilla extract

1. Place the juice concentrate and dried apple rings in a saucepan. Cover and cook over medium-high heat for 5 minutes, until softened.

2. While the apples cook, grind the flaxseed in an electric coffee grinder 1/3 cup at a time. Pour the ground seeds into a food processor with the S blade inserted. Add the softened dried apples and vanilla.

3. Process until the mixture is dough-like. If the mixture rises above the processor blades, shut off the machine and push the mixture down with a spatula. Then, turn the machine back on. When the dough is fully mixed, it will form a ball in the well of the food processor.

4. Press the dough evenly into a 9x9-inch cake pan. Cut into eight bars. (Make three evenly spaced cuts in one direction and one in the other.) Remove from the pan. Place in a storage container or in plastic sandwich bags. Refrigerate.

These crackers are wonderfully good. They are darker and heavier than corn chips, but still taste great with dips or salsa. I suggest trying them with the hummus. You can use 1/2 to 1 t salt instead of the miso.

Corn Crackers

Prep and cooking time: under 10 minutes
Baking time: 25 minutes
Equipment: electric coffee grinder
Yield: 32 crackers

- 1 1/3 c unsweetened soymilk
- 1 c flaxseed
- 1 T yellow miso
- 1/2 cup cornmeal, plus additional cornmeal for rolling

1. Preheat the oven to 325 F.
2. Bring the soymilk to a boil in a small saucepan. Remove from the heat.

3. Grind the flaxseed in an electric coffee grinder. Whisk into the hot soymilk. Stir in the miso and 1/2 cup of cornmeal to make a soft dough.

4. Divide the dough into four sections. Form into balls. Sprinkle cornmeal generously on a breadboard. Turn the dough onto the floured board. Dust the dough generously with cornmeal. Roll with a rolling pin into four 8-inch circles.

5. Fold and transfer to four 8-inch nonstick or oiled cake pans. Cut each circle of dough into 8 pizza-like pieces. Bake for 25 min, until lightly browned and crisp.

The next recipe are from the May/June 1997 issue of *Eating Well Magazine*. If you are new to tofu, allow me to caution you that unopened fresh tofu should be stored in the refrigerator.

Once tofu is opened, it will keep for a week in the refrigerator, but the water must be changed daily.

At the Coop, silken tofu is available fresh (in the northwest corner of the store) or in the aseptic packages (across the aisle from the array of chips).

Creamy Black Pepper Dressing

- 1/4 vegetable bullion cube
- 2 T hot water
- 1/2 c silken tofu, drained
- 1 small clove garlic, minced
- 1 T freshly grated Romano cheese
- 1 T fresh lemon juice
- 1 t canola oil
- 1/2 t black peppercorns
- 1/2 t granulated sugar
- Salt to taste

1. In a small cup, dissolve bouillon in hot water. In a blender, combine tofu, garlic, cheese, lemon juice, oil, peppercorns, sugar and bouillon mixture; puree until smooth. Season with salt.

2. Transfer dressing to a tightly covered container and refrigerate for at least 1 hour.

The dressing will keep, in the refrigerator, for up to 3 days. It will thicken as it sits, so stir well before using. Makes about 2/3 cup.

Gardening

Native Plants

By Patricia E. Diaz

If you haven't been to the new Prairie Bloom Nursery on the Moscow-Pullman Highway yet, you're really missing out on a big treat. Tim Eaton, proprietor (and husband of our own Kenna Eaton), is incredibly knowledgeable about native plantings and loves to tell you all about them and to suggest planting designs and types of plantings to suit your gardening needs. Of course, he also knows all about non-native plants to fill your garden.

We're planning on getting several hawthorn bushes/trees for the birds, a sumac for fall color, plus a couple of golden currants just because they're so beautiful and fragrant.

Hawthorns, or thorn apples as some people call them, are one of those trees that are a joy all year long. In late spring they have beautiful clusters of white flowers which turn into tiny bright orange fruits that birds just love. These fruits, or haws, often remain throughout the winter and provide winter color. The contorted branches also provide beauty in the winter landscape. Hawthorns do have sharp thorns which are one to three inches long, but these thorns provide safe shelter for nesting and roosting birds. Tim told us that hawthorn trees will have more bird nests than any other tree you can plant. You can purchase thornless varieties if you're not especially interested in creating wildlife habitat.

Hawthorns, whose scientific name is *Crataegus*, are members of the rose family and are extremely rugged plants. There are approximately 200 or more species which are found on every continent in the northern hemisphere. Species native to North America produce clusters of white blossoms which appear in the spring, although a few varieties produce pink flowers.

In autumn, some hawthorns, most notably Washington hawthorn (*Crataegus phaenoprum*) and Lavalley hawthorn (*Crataegus lavalleyi*), provide beautiful fall color. Winter King (*Crataegus viridis*) has

fewer thorns and long-lasting fruit that create colorful red patches in otherwise colorless winter yards.

Hawthorns grow best in full sun and can tolerate most any kind of soil as long as it drains well. You can plant small container-grown shrubs spring through autumn, but you should plant balled-and-burlapped trees in the spring. Most hawthorns don't get very large and make great plantings where you can view them from your windows. They make wonderful privacy hedges and barrier plantings; just keep in mind that you don't want them near walkways or doorways because of the thorns.

Rugosas ("wild" roses) are wonderful additions to your groupings of native plants. They are very hardy, resistant to disease, and are repeat bloomers. Most have a wild-rose look unsuitable for a formal garden, but they thrive as landscape shrubs and hedges in all of the other kinds of gardens.

Rugosas have dark green, glossy leaves, beautiful old-fashioned flowers, and decorative as well as useful bright orange or red rose hips. These hips are extremely high in vitamin C and also make good jams and sauces.

Many rugosas have a wonderfully spicy fragrance but don't hold up well as cut flowers. They prefer full sun and moderate water but these roses can tolerate drought much better than hybrid roses. They do like well-drained soil. They do NOT like to be sprayed with chemicals; in fact, spraying will discolor or defoliate rugosas. Also, don't fertilize these roses heavily as that will promote rank growth.

Sumacs are another of my favorite native plants. The deciduous kinds are hardy anywhere and thrive in poor soils. *R. glabra*, or smooth sumac, is native to our area and is an upright bush/tree growing to about 10 feet. The narrow leaves turn an incredibly rusty scarlet in the fall; hairy scarlet fruits last on winter's bare branches. Another common sumac is the staghorn sumac which doesn't get as large as smooth sumac and it, too, provides incredible fall color.

Serviceberry bushes are the beautiful bushes of white flowers we see all around here in the spring.

They are members of the rose family and produce their showy flowers before the foliage appears. They grow in almost any soil and produce small, sweet, dark purple fruits that look and taste like very seedy blueberries and are loved by birds. These are good bushes/trees to plant against a dark background in order to show off the flowers, form, and fall color.

The western chokecherry is another good native deciduous shrub/small tree. It is a member of the *Prunus* or flowering plum family and produces tiny white flowers after the leaves unfold. Chokecherries give a good display of autumn color and provide dark red to black fruit. They tolerate heat and aridity.

Currants are many-stemmed shrubs that grow to about three to five feet and have attractive foliage. The yellow flowers are followed by fruits in early summer. The golden currants we saw at Prairie Bloom Nursery were especially fragrant, beautiful bushes.

Birds and Blooms

A Magazine Review
by Pat Diaz

Before I close off this month, I wanted to tell you about one of my favorite magazines—Birds and Blooms. It comes every other month, is filled with incredible pictures, fun information about all kinds of plants and birds plus other garden critters, and has NO advertising to ruin your reading pleasure. It's one of the few magazines I read cover to cover and I have really gleaned a lot of good information and tips. To subscribe, call 1-800-344-6913. It costs \$17.98 for one year and is really worth every penny. See you next month!

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Gardening Checklist For June

This is the month to plant bulbs for late summer color, such as canna, dahlias, and gladiolus. Be sure and stake the dahlias and gladiolus at planting time as they grow tall. You can also plant strawberries from nursery pots. Be sure and choose a sunny spot and amend the soil with lots of organic matter.

Since June will hopefully be warmer than May was, you can sow seeds of squash, cucumbers, beets, bush beans, carrots, chard, lettuce, onions, parsnips, peas, radishes, spinach, Swiss chard, and turnips. And if you're an optimist, you can sow corn, melons, pumpkins, and plant eggplant, peppers, and tomatoes.

June is a good time to plant annuals—sow seeds of cosmos, marigold, sunflowers, and zinnias. Plant seedlings of African daisies, calendula, forget-me-nots, lobelia, pansies, snapdragons, sweet Alyssum, sweet William, and violas. After the last frost, set out coleus, geraniums, Impatiens, marigolds, nasturtiums, and petunias.

Plant trees, shrubs, ground covers, and vines this month. Water as needed, especially for the first year. Prune spring-flowering shrubs such as forsythia, flowering quince, lilac, and spiraea after they have bloomed.

Remove weeds now while they're small and haven't set seeds. If you have rose bushes, cut off faded flowers, fertilize, then build a basin around each plant to concentrate water around the root zone.

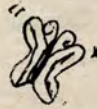


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THE KID'S PAGE



GROW

YOUR OWN

SUNFLOWER HOUSE

snif
snif

1#



Planting, watering

2#



Sunflowers Starting to grow

3#



string tieing The Sunflowers



Fully grown

Here's a story about a sunflower house that's fun to read and also tells you how to grow one of your own.

In early summer, my Mother would wake us up with "Get up you sleepyheads, today's the day!" We couldn't wait to get outside. Mother would use a stick to trace out a large rectangle, usually about 6 x 9 feet leaving a small opening for a doorway. She would drag the stick along the ground and gouge out a trench a couple of inches deep.

My little sister and brother would trail behind and drop in seeds. John would drop in a big, fat sunflower seed; daintily my sister would tuck in Heavenly Blue morning glory seed I would trudge along behind them lugging the huge tin watering can. I'd use my foot to knock the earth back over the seeds and then I'd give them a drink of water. We watered the rectangle every day.

Soon the sunflowers were climbing skyward and the 'Heavenly Blue' morning glories were wrapping their tendrils around the stalks and heading upward too. I don't know how long it took before the sunflowers were at least twice as tall as us kids, but soon they were and Mother would come out with a big roll of string we had saved up through the winter. My brother would drag out the ladder and Mother would tie string to the top of the sunflower's neck. She would lace the string across that rectangle back and forth, til all we could see was a spider web of string against the blue Nebraska sky. In a matter of days, the Heavenly Blues would start journeying across the web, and soon the string was invisible.

Looking up all you could see was the gold of the sunflower faces, the green of all the leaves and like patches of the sky itself, the blue of those morning glories

From: Sunflower Houses by: Sharon Lovejoy

Insights

Letter To The Editor: Greetings!

Last month while driving through the Moscow area, our family happened to come upon your wonderful, wonderful health food store. Right now we are in the process of looking for some acreage to buy in the Moscow area, and we'll most definitely want to become food-co-op members at your store as soon as we are able to relocate to Idaho. In the meantime, we would like to keep up as best we can with you guys by ordering a subscription to your paper: Moscow Food Co-operative Community News. I picked up a free copy of April's issue while in your store last month, and have found the articles to be informative and very interesting.

Enclosed, please find \$12 to help cover costs of receiving your paper. Thanks! Israel

P.S. The kale salad with red cabbage, carrots, and green onions at your deli there was outstanding! If possible, would you please tell me how to make the sauce that goes with this dish? I am anxious to try your lentil salad the next time we come through northwestern Idaho on our house/land-searching expedition.

Green Traditions: Whole Plant Medicine Conference

by Sharon Sullivan

In July there will be a wonderful opportunity to learn from herbalists from all over the country about a host of topics ranging from seed saving and organic herb-growing to herbal antibiotics, herbal foods, and herbs for animals. The conference will be held July 23 to July 25 in the Bitterroot Valley of Montana. It will be sponsored, in part, by the Moscow Food Co-op, so attend and reap the benefits! This is probably the closest to Idaho most of the speaker and teachers will ever get, so don't miss this opportunity. And, the conference is for a good cause: profits will be donated to United Plant Savers, a grassroots organization dedicated to the conservation and cultivation of "at risk" native medicinal plants.

For more information, pick up a flyer at the HABA desk (ask Carrie) or call (406)961-3913, or email: <downhome@bitterroot.net>

Corridor Changes

by Bill London

Traveling between Moscow and Pullman today is kinda fun. For the people-powered, the Palouse Trail provides a paved pathway perfect for walkers, joggers, and bicyclists. Drivers on the Moscow-Pullman Highway enjoy what is basically a leisurely drive in the country.

That may all end soon if the forces of "economic development" have their way. The Whitman County Planning Commission seems determined to fill the corridor with a wide range of wholesale, retail, and industrial businesses. That is the goal of the newly-released Corridor development plan authored by that commission.

Soon, I am afraid what is now a mellow trip to Pullman will have all the charm of a stop-and-go drive through a California strip mall. First come the businesses, then the cross-traffic, then the stop lights, the uglification and sprawl. A few landowners and builders will make some short-term bucks. Businesses will pull out of the towns for the greener pastures of the Corridor. Pullman and Moscow both will find empty buildings at their malls and downtowns, in addition to lowering tax revenues. Our quality of life will take a hit.

Despite the goals of this new plan, the future of the Corridor may remain in question for a while. On May 19, the planning commission held a public hearing on their plan. A huge crowd (estimated in the Lewiston Tribune at 150) agreed that they didn't like the plan as written (most because it was not restrictive enough, but there were a few who thought it was too restrictive).

The local governments that are not directly involved in the decision (the cities of Pullman and Moscow) want to have a chance to discuss changes to the Corridor--since the Corridor (complete with creek and trail) is what unites this region. It seems very likely that the Whitman County Commissioners will sponsor some kind of public input process involving residents of the region. So, the good news there is that those of us who are Pullman and Moscow residents will have elected officials

to contact to influence this decision.

And for Moscow residents, a new wrinkle recently surfaced. In an article published in the May 19 Lewiston Tribune, Moscow Mayor Comstock noted that he thought Moscow would benefit from some kind of quid-pro-quo deal with Whitman County. Moscow would bankroll this sprawl plan by providing water and sewage from the city for businesses on the Corridor, and Whitman County would let Moscow drill a well in Washington where the aquifer is deeper. Offering public services to the new Corridor businesses would certainly facilitate their development. Is that what Moscow should be doing? If you have an opinion about the future of the Corridor, maybe you should let your city officials know about it. You can contact the Moscow Mayor (Marshall Comstock) at City Hall, PO Box 9203, Moscow ID 83843 or at 883-7080 or by email at <comstock@moscow.com>. Or you can contact any of the city council members or City Supervisor Gary Reidner. Reidner shares the phone number and address of the mayor and his email is <greidner@moscow.com>.

In Pullman, an email message to <admin@pullman-gov.com> will be distributed to the mayor and all members of the council. Both the Pullman mayor (Mitch Chandler) and city supervisor (John Sherman) can be reached at 334-4555, or at PO Box 249, Pullman WA 99163.



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Herbal Workshop Series

by Sharon Sullivan, Certified Herbalist

On certain Wednesday nights and Saturdays, June through November, I will be hosting a series of herbal workshops. This series is designed to educate and empower individuals to use herbs in their lives for self-care, nourishment, and inspiration. It is a sharing of knowledge and intended to explore the therapeutic, nutritional, and spiritual aspects of medicinal plants.

Each class will consist of discussion of anatomy/physiology, materia medica (especially of useful herbs: their character, constituents, and effects), and tea tastings. Specific remedies and formulas will be explored. We will then do a hands-on project with samples for you to take home.

Classes will be limited to eight students, so please register early! For schedules, registration and detailed class information, please call or write: Sharon Sullivan, 708 West C Street, Moscow ID 83843. (208)883-8089. Or check the bulletin board outside the Co-op.

Sheri L. Russell

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sponsored in part by the Moscow Food Co-op
for more information and registration, call (406) 961-3913 or email: downhome@bitterroot.net

Music at Farmer's Market

June 5 **Potato Head - Celtic**
June 12 **Moscow Arts Commission Band**
June 19 **Snake River Six - Dixieland**
June 26 **Hearstrings - Choral**
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.

Herbal Workshop Series

by Sharon Sullivan, Certified Herbalist

Hands-on classes in identifying, crafting, and using medicinal herbs.
Certain Wednesday nights and Saturdays, June 9 through November 10.
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