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Moscow Food Co-operative



Community News

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Spring Celebration!

by Kenna S. Eaton

Just in time we discover the buds swelling, the grass growing and the birds singing. A sure sign that Spring is finally on the way! And to celebrate we'd like to invite you to a party.

Sometimes this party is known as the Annual Membership Meeting, but that has such a dry sound, a boring connotation if you will. So we'd like to re-name this event the "Spring Celebration" and invite you to attend (members only!). Friday, March 25th at 6:00 PM at the American Legion Cabin at 3rd and Howard. Come party with the best people in town, other Co-op members. We'll have a potluck dinner with beer and rootbeer provided by the Co-op. Next, a short business meeting and then we'll dance to a local band, or maybe just mellow out and socialize to their tunes. What better way to celebrate Spring than in the company of other Co-ops, good food and good music? See ya' there!

Co-op - News

Store Update

by Kenna S. Eaton

Well the dust is finally settling, and the boxes are unpacked, and most things have found a home in the new store. Whew! It's a good feeling. Since opening the store we've had so many good positive comments it warms my heart. One of our goals was to create a store that would fill the requests of our present members. Last year we conducted a survey of our current shoppers asking them what changes they'd like to see in their Co-op. Many of the changes we incorporated here we're based on the feedback we received and some came from our own personal experience. As a result lots more of you are shopping at the Co-op!

Of course there is another side

to the story. Some people are disappointed that we didn't add more tables and chairs to the deli area. Others are disappointed that we were unable to provide a kids room in the new store. And some just plain miss the warm, cozy atmosphere of our old store. I understand that not everyone is happy. I would like to ask you to take a moment to look at your feelings, check them out, make sure they are valid and then come and talk to me.

Don't tell the next cashier you see, they are just trying to do their job of ringing your groceries through the register. Don't tell the deli counter person, their trying to make that espresso for you. Tell me, that's my job, I'm listening.

Volunteer Update

by Gary Macfarlane

I'm in a four-letter kind of mood: the mood that says love is a four-letter word, the mood that caused the general of the 101st Airborne Division in Bastogne during the winter of 1944 to reply, in four letters no less, "Nuts" to the Germans call for surrender, the kind of mood that blurts another four letter word when you fall down on the ice, and especially the mood that yells, "HELP" when there is a lot of work to be done. (Speaking of work, an-honest-to-god four letter word, my father says when I was a kid I did more work to get out of work than the work would have taken in the first place but that is another story).

HELP! HELP! HELP!

Guess what, we have a lot of new volunteer positions at the Co-op and they really need people to fill them. We have stocker positions, a window washer, a few bakery assignments, deli-service jobs, a Saturday demonstrator and a plethora of others. Sales have been brisk, to say the least, and we need help. (NOTE: No, the Saturday demonstrator is not one who carries placards, locks down to 'dozers in the woods, or other entertaining methods of political outrage. If you want to do that kind of demonstrating, you know who to call . . .).

We'll also be trying to fill a new container recycling volunteer position. The Co-op will be accepting specific-sized containers for re-use in the deli and store. Volunteers are already signed up for that job though we may need others depending upon workload and demand. So, keep an eye on the volunteer board.

Speaking of the volunteer board, this is a plea to pick up a volunteer application, fill it out and come work at the Co-op. Besides, I don't want to be called a four-letter word (or derivation thereof) by management for failing to fill all the volunteer jobs.

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How about you?

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Deadline for Articles:
20th of each month

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

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Newsletter Volunteers Needed

By Bill London

Help—we need help to keep this newsletter coming. We are looking for some talented folks who want an 18 percent discount and a chance to have some real fun.

Tim Lohrmann, who has written the profiles of the Co-op business partners and Co-op volunteers for many months, is now totally involved at the UI law school. He's found that preparing for attorney-ness and writing for this newsletter at the same time is just not possible. We thank him for his good work, and now are looking for a replacement.

While waiting for a writer/photographer to agree to do the profiles for us, Fritz Knorr has volunteered to fill in. Fritz will be doing this writing for next month's newsletter, but after that, we're hoping to find a more permanent replacement. How about you?

In addition, we need a person with computer layout/design skills to create the in-house ads for publication in the newsletter. This job will require working with Vicki Reich to gather product logos and information about special prices, then to build the ads that will appear in the newsletter. This job does not include the layout/design of the newsletter itself (a job now shared by Kate Grinde and Tanya Perez), but only the creation of the in-house ads themselves for inclusion in the newsletter.

And third, we need an advertising manager to coordinate the ads from local businesses that appear in the newsletter.

If you are interested in any of those three volunteer positions, please contact Bill London at 882-0127 or by email at bill_london@hotmail.com. Thanks.

We're Ready for Your Newsletter Submissions

By Bill London

During the Big Move, many things were temporarily out of service, misplaced, and/or looking for a permanent home—including the plastic slots where newsletter submissions were placed.

But now the newsletter slots have been attached to a non-moving object, and are ready to receive your letters, articles, drawings and other submissions. If you have an opinion, idea, suggestion, or political concern that you want to share with your fellow Co-ops, please bring that written or typed material into the Co-op. You'll find the newsletter

slots on the south-facing wall (facing the post office) in the main office/break room at the Co-op.

Please use this opportunity to communicate with the 1500 other readers of this newsletter.

Just remember a few rules about such submissions: we don't print libelous material, and we don't reprint brochures and other prepared political material. We do, however, urge Co-op members who want to write about a political/environmental/health concern to do so—and include information from other published sources if they wish.

Membership News

By Kristi Wildung

Well, here we are in our beautiful new store. It's clean, it's shiny, it's stocked with lots of cool new products, but best of all, it's serving a lot of new members. So many, in fact, that I can't keep up on all of those little yellow cards on a daily basis. Membership sales are climbing heartily as lots of people in our community learn about the Co-op. It's an exciting time to be a member of the Co-op and we appreciate the patronage of all of our members, new and old.

My article was inadvertently left out of the February issue, so we have lots of new members to print this month. Welcome to these new members: Bill Dickson, Paul Mattfeld, Greg Terres, Mike Burke, Dawn Fazio, Frances Preston, Kasey Grubb, Jaime Jacobs, Marian Nordquist, Joe McGurkin, Robb Parish, Sarah Hamilton, Sharon Feeley, Mary Silvernale Shook, Margaret Hanley, Cindy Phelps, Heidi Peterman, Laura Taylor, William Medlin, Rita Bottger, Guy Anderson, Linda Gordon, Starla Hunter, Frances Trevisan, Christine Cegelski, Nicole Nelson, Alison Cliath, Cheryl Swain, Carl Westberg, the Riley-McCoys, Jennifer Scott, Alicia Cunningham, Jennifer Olson, Zenab Labaran, Louise Gray, Andrew Davie, Margaret Schell, John Morrison, Stephanie Haynes, Paula Coomer, Frank Smith, Cynthia Kinner, Mary Butler, Linda Fox, Heather Suitt, Karyn Best, Bonny Kukula, Dan Thayer, Rolland Reid, Rick Booth, Anne Drobish, Ronald Sipe, Byron Clercx, Brennan Dignan, Jessica Miller, LaDene Edwards, Shira Broschat and John Schneider, Jo Westcott, Selene Santucci, Joanne Brandt, Dian Koefed, Mary Presol, Molly Rice, Sally Blevins, Tamara Thomas, Dorothy Stuit, Carol Withers, Jason Mellin, Johann Klaassen, Heather and Steve Streets, Derek McLean, Cristina Carney, Daniel and Sherri Arosteguy, Mandie McDonald, Ann Marie White, Kathie Hasselstrom, Tracie Taylor, Judy Scheel, Tamra Bieber, Susan Butts, Stephanie Cody, Jill Barnum, Amy Grey, Janice Shoop, Bank of Pullman, the Parker family, Savannah Barnes, Gleanne Wray, Marlene Johnson, Joanna Mignano-Warren, Jason Barker, Joni

Hay, Irina Crookston, Miles Lockwood, Ruth Loomis, Andrea Jilovec, Jason Uhlman, Timothy Reagan, Maia Genaux, Gary Riedner, Angel Katen, Sarah Epstein, Linnea Marshall, Audrey Dunning, Courtney Lloyd, Mark Morasch, Karen Howland, Wendy Ongaro, Tina Bechard, Donna Anderson, Gary Cummings, Melinda Vance, Alisha Cartwright, Marty Yopp, Tami Moore, Clover Coyner, Sarah Smolik, Cheyenne Largetgau, Leona Schweiger, Jenny Weenig, Katherine Goslee, Mark Johnson, Bette Dailey, Theresa Kunch, Laurel Branen, Meredith Kusmer, Chris Stordahl, Jennifer Fluter, Kimberly Romain, Carol Taylor, Shirley Rencken, Suzanne Arter, Jessie Campbell, John Crock, Susan Borjesson, Vanessa Dobbins, Ginny and Craig Beisel, Glenda Dauvergne, Christine Lamoreaux, Kit Hymas, Wayne Beymer, Alletha Saunders, Jessanne Geigle, Dannielle Carda, Jeannine Drolet, Ben and Pat Jenness, Carl Johnson, Joanne Decker, Robert Haug, Carol and Dana Hoaglund, Susan Love, Gilbert Nelson, Lois Melina, Alia McClain, and Karen Davis. Whew! That'll teach those editors to omit my article!!

Be sure to keep up with the Business Partner listing on the back page of the newsletter each month. We've added and deleted some Business Partners, so make sure you know who they are. We'll be printing a new listing as a bag stuffer soon and you'll be able to have your very own copy to hang on your fridge. Happy shopping!

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The Buy Line

By Vicki Reich

We are approaching our two month anniversary at the new store. By the time you read this, the Grand Opening will have been a smashing success with good food samples all consumed. I hope everyone is having as much fun shopping here as we are having working in this great new space.

Most of your comments have been very supportive and helpful, but recently some of the suggestions on the suggestion board have been less than kind. I'm not sure why or what we have done to make you think we should be yelled at, but it has not made us very happy. Please, let's keep these suggestions more friendly.

And now, to the suggestions and questions from the last month or so:

Dig a pit in front of the door and lay palm branches over it. Why? Although we all found this comment confusing, it was our favorite one on the suggestion board. Perhaps you would like us to trap? what?

Brown Cow whole milk yogurt, vanilla flavored. Thanks! Sure, why not. What size would you like.

Put a coat rack on the inside of the bathroom door, please. Of course, what a great idea. It will be up as soon as our maintenance man can get to it.

More veggie slices, more variety. At this point we cannot increase our selection because it does sell slowly. If there is a particular brand you are looking for, please let us know.

Put the spouts of the honey, vinegars, oils, etc. some place where you can have a shelf underneath to catch drippings. We do currently have a drip tray under the oils and vinegars. There will be one under the honey as soon as we can rig up a new one. The old one was lost in the move.

Wheatgrass??? It'll keep us all healthy. You can usually special order flats of wheatgrass through the produce department any time. We can't currently have it juiced in the deli because the equipment is very expensive.

Smaller bunches of cilantro please! Half of it spoils before I use it. I'd rather pay 60 cents for a half bunch than 99 cents for a whole bunch. The size of cilantro

bunches varies daily from the supplier so sometimes they are smaller. I have already subsidized the cost of the cilantro down to 99 cents, so I really can't lower the price anymore, even for a smaller bunch.

Please get Traditionals French Vanilla tea. You've had it before, and I was hoping you would have enough room for it here. Thanks! I'm sorry, but this product is no longer available from the supplier.

Bulk, non-sugary, chocolate bulk candies are a good thing. Any chance you can carry a few more? I.e. chocolate covered raisins, etc. I had these great refined sugar-free chocolate covered dried cherries recently. They would be a good thing. We do have several kinds of bulk chocolate candies without refined sugar. As for the chocolate-covered cherries, we would need to know a brand name in order to find them from our supplier.

Please bring back the big rolling bins for the bulk flour. Sorry, they've moved on to the deli. There just wasn't a good space for them in the new bulk area.

Can you order World Market Santa Fe dipping oil? I'm sorry, but this product is unavailable from our supplier.

Sell celery in smaller sizes. Okay, but only if you can say it ten times fast. But seriously, you are welcome to buy anything we sell by the pound in any amount you want. So if you just want one stalk of celery, just take it off the bunch. All I ask is that you rewrap the bundle when you're done.

Can you stock the Seeds of Change salsa? We will keep it in mind if some room opens up on the shelf.

Can you get Tom's dental floss again. It's the best. We don't know, but we'll ask Carrie when she gets back from vacation. Have you tried the Poh dental floss? My dentist recommended it to me.

Bring back the canned green olives without the vinegar, please! Okay, you asked for it; you got it.

Bring back the bell! We currently have an intercom system to page another cashier. I'm sorry if you occasionally have to stand in line, but sometimes the other cashier is waiting on other customers or taking a lunch break. It is always our goal to help you as efficiently as possible and keep your shopping experience happy.

Bulk raisins would be great if possible. We do have bulk raisins. We bag them up to reduce the mess, and there is always a selection of sizes to choose from.

Can you get Barbara's Brown Rice Crisps cereal and Barbara's Breakfast O's? Thanks. We will keep it mind if a space comes open on the shelf.

Another excellent visit to the Co-op where I got everything I wanted! What a great place! Thanks! It's always nice to hear positive feedback.

Please bring back kava tea by the Yogi Tea Co., pretty please. Okay, but I'll need to make a space for it, so it may take awhile.

Please bring in whole bulk corn for grinding our own cornmeal. Thanks! There is not a high demand for this product, but you could special order a 25 pound bag any time.

Can you please stock more kinds of trail mix? We are working on making room for more variety.

How about more little grocery carts? I'm sorry, but the old ones were dangerous and full of sharp edges. We have saved one light-weight cart on special request from one of our members, but the others have to go to a new home in Colville. You can visit them at the North Country Co-op.

Small children have a hard time eating at the counter and those high stools aren't very safe either. How about a kid-sized table nearby? We are hoping to install a bench near the dining for people who need to rest, and kids who want to eat their lunch.

Green tea ice-cream? We were unable to find this product in the catalog.

Orange juice in containers larger than the 32 ounce size. Organic orange juice in half gallons will be available in March.

Coat hooks next to the dining area. You have the wall space.

We'll try to figure something out. The maintenance man is very busy, but we'll put it on the list.

I need goat's milk fresh from the goat. Sorry, the best we can do is the Meyenberg goat milk in the cooler.

Can we stock White Wave Silk dairyless soy yogurt- plain flavor- in the small containers? It makes for a great sour cream substitute on top of potatoes. Can we carry it? Sure!

The best tofu I've bought around here is made by Surata Soy Foods Co-op. I'd rather buy it here if you can carry it. You bet! It should be in real soon.

Can we get the sharp cheddar (non-colored) on a regular basis? Sure, sorry it was out of stock when you were here.

Please carry the Earth First Journal! BookPeople carries this journal on a regular basis, and they are always a wonderful place to visit. If you haven't been in there go check it out, it's cool!

Please bring back organic brown basmati rice. It is delicious and smells so good! We have organic Thai jasmine rice in bulk which is similar, and I will bring in brown basmati in 2 lb. bags.

What happened to the sprouted wheat bagels in the freezer section? They were so good, and I miss them. We forgot to order them for the new store, but as soon as we have enough room, we will bring them back in.

Could you please carry pints of organic half & half? Thanks. Sure, look for it in the cooler real soon.

Is it possible to get low carbohydrate breads? We aren't familiar with this product. Do you have a favorite brand? Please let us know.

Mrs. Renfro's Salsa, it's the best. I'm sorry, but our supplier does not carry this product.



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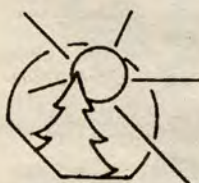
Design Contest: Win \$200

by Kathie Meyer, Moscow Renaissance Fair Publicity Director

The deadline for this year's Moscow Renaissance Fair poster contest is March 12. This contest is open to all members of the creative community. Camera-ready submissions should be no bigger than 16x20 inches. The poster theme should reflect springtime and the text, "26th Annual Moscow Renaissance Fair, May 1 & 2, 1999, East City Park," should be incorporated into the artwork. Entries should be turned into BookPeople at 512 S. Main in Moscow. Judging will take place on March 15. There will be a \$200 prize awarded to the winner.

The deadline for craft booths is also March 12. For more information please contact Rose Terry at (208) 285-1770 for an application. Community groups interested in operating a food booth should contact Bill London at 208-882-0127.

Those who wish to may donate the proceeds from recycling aluminum soft drink cans at Moscow Recycling to the Renaissance Fair Recycling Fund. Last year's proceeds were used to subsidize the cost of the recycle-able cornstarch eating utensils.



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News From the Board of Directors

by Suzanne Peyer and John Hermanson

The February Board of Directors meeting, was held at 7pm on Wednesday the 3rd, at Laura's Tea and Treasure. Although we all miss having a place to meet at the Co-op, it was an enjoyable change to meet in a more casual atmosphere and patronize one of Moscow's restaurant owners.

A large part of our February meeting was devoted to brainstorming ways that the Co-op could become more involved with the community and/or sponsor activities for both members and non-members. Some suggestions were 1) having a booth at the Farmer's Market, 2) providing live music, 3) serving a meal of the month, a dinner in a bowl that each individual could take home, or a 'share the health' dinner where members could be accompanied by non-members, 4) arranging for a speaker to talk on a specified topic or issue, and 5) educating the community about buying organic foods and supporting local farmers.

Please join us next month to discuss these activities in more detail and list some of the pros and cons. You all are an important part of the Co-op and the community and your thoughts and ideas are important to us. We are meeting at 7 pm on Thursday, 11 March at Laura's Tea and Treasure. If you join us, we may even pick up the tab for your tea.

Education Committee Welcomes New Member

by Eva Strand and R. Ohlgren -Evans

The Co-op's Education Committee would like to welcome our newest member, Peggy Kingery, Peg is excited to be involved in our goal of educating people in our community about the many healthy and wholesome foods and Earth-friendly products the Co-op provides. She has deep admiration and respect for the natural environment, and also a passionate love of

What's New in the Produce Department?

by Laura Church, Produce Buyer

I would like to welcome you all to the new store, and tell you all how excited we are to have you here. All your smiling faces and "wows" have made the long hard hours worth all the work. I can't tell you all how happy I am to be able to offer you twice the selection that we had at the old location. If there is something you don't see and would like to have, please just let us know and we will try to get it for you. Right now some of the selection is limited because it's the middle of winter, but I have high hopes of bringing you everything you desire with the coming of spring, so keep your eyes open.

Since the opening of the new store, I have had several comments on my decision to carry non-organic produce, some good and some bad. Many people feel strongly about this decision, and I would like to explain it to you. In the past the Co-op carried a full range of both organic and non-organic produce. About two years ago I made a commitment to carry as much organic produce as I could get my hands on, and reduced the selection of non-organic produce. The support of our supplier made this much easier for me. However, because organic produce is still somewhat of a new thing to the grocery industry, not all vegetables are available all the time. Winter time makes it especially difficult to get the range of organics that I would like to carry for you.

In addition, I have also had several comments in the past year from some of our members who would like to support the Co-op with their dollars, but cannot always afford to spend those dollars on organic produce. With the larger location, I wanted to be able to offer a small selection of less expensive produce for those members. Some people have commented that it goes against co-operative principles to carry non-organic produce, but I would disagree. I believe that it is the co-operative principal to listen to the members and try to give them what they want from their store. If you are one of the members that feels that we should not be carrying non-organic produce, then the best thing you can do is not buy it. If something sells well, I reorder it because I assume that people want it. If the product does not sell then I don't reorder it. It's as simple as that. I cannot stress enough how much I love this store and respect our members. I have never seen another group of people that was more principled or caring about their environment, and I deeply respect that. I can only try to reassure you that I will continue to support organics as fully as possible, and will continue to carry as many local products as I can get my hands on. Please be patient with me. Every day the weather is a little warmer, so we know that means that gardening season is approaching. Maybe we will have garden-fresh spinach soon!

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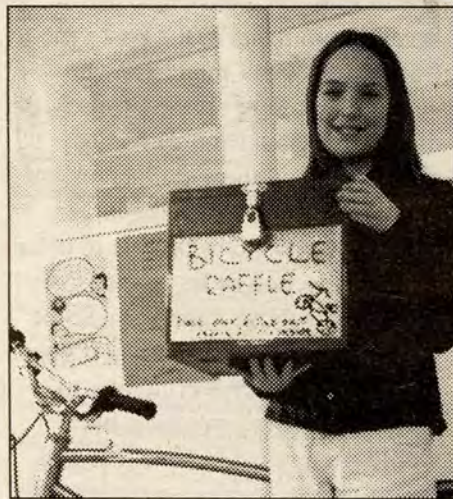
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Fritz Knorr



Caitlin Eaton prepares to conduct the bike raffle.



The "hand of mystery" searches for the winning ticket.



And, the winner is.....



Jeanne McHale, going shopping at the Co-op with her new bike.

The big drawing for the bicycle was held with great ceremony on the afternoon of February 2. Presiding over the event was the elegant and suave Caitlin Eaton, who also drew the winning ticket.

The bike was donated by Gerry and Elaine Queener of Little Bear Bike Works in Troy. The bike is an Electra "Bomber 7" cruiser bike, all chrome, with a magical 7-speed rear hub, with a kick-back brake, and chrome fenders and a rack. Raffle tickets were sold through January at \$1 each, with all the proceeds to go to landscaping on the south side of the Co-op along 4th street. Over \$500 was raised through the raffle!

I was quite taken with the bike;

so I bought \$20 worth of tickets myself. Well, I wasn't so taken with the bike as I was with the new store, and the thought of a nice mini-park on the South side of the building, across the street from the Richard Nixon post office. Shoot, how could you lose? I gave half of the tickets to Jeanne McHale, my wife.

I went down to the Co-op at the appointed hour as part of my volunteer duty for this Newsletter. The air was crackling with electric anticipation. The moment of decision was approaching. Over six people were in the audience there by the check out counters. The General Manager unlocked the box containing the tickets. Caitlin posed

for the photographs, then she reached in for the winning ticket. She squinted at the handwriting there and announced the winner, "Jeanne McHale!"

Woo Hoo! It was even better than winning myself, because the bike is way too small for me. Jeanne rides a lot, over 3000 miles per year, more if we do a long trip for vacation, so she deserves good equipment. Plus, she had been making hints that she wanted a "town" bike to do shopping at the Co-op on. And here she won the absolute coolest town bike, the Electra.

"It's like the bike I had when I was a kid," she said, "only better. It

has a chain guard, so my pants don't get greasy, it has a kick stand, it has these shiny fenders, although the kick-back brake does take some getting used to, it's been a while. On top of that, seven gears are packed into the hub with no derailleurs or anything. It's a cool bike." Asked what she was going to do with the bike now, she said, "Ride it!"

Finally, Jeanne comments, "Thanks to the Queeners for their generosity and faith in the Moscow Food Co-op. And thanks for the cool bike."

Recycling at the Co-op

by Margo Kay, Recycling Volunteer

Here are a few tips for recycling cans, jars, paper and some plastic at the Co-op. Please use the nice large bins at the entry door on 4th Street along with a garbage can.

At this time the recycling center accepts:

- Aluminum cans, foil, lightweight "disposable" pans.
- Metal or "tin" cans, if they are rinsed and labels removed, jar lids of steel (a magnet sticks to these).
- Clear, green, and brown glass bottles, PLEASE, NO dishes, window glass, or other broken glass.
- Mixed paper, including non-corrugated cardboard packag-

ing, junk mail, register receipts, egg cartons, BUT no napkins, paper plates, coffee cups or anything which foods has come in contact with.

- High grade white paper such as computer paper
- Newspaper
- Corrugated cardboard, brown grocery bags
- Magazines, catalogs, phone books
- Only plastics marked #1 on the container

We will greatly appreciate your help in our recycling efforts by:

- emptying your containers completely before placing them in the bins,

- avoiding broken glass in bins (as we reach in with our hands to empty bins)
- placing cups, plates, napkins, and paper towels in the trash
- keeping non recyclables out of the recycle bins.

We have a great recycling center in Moscow, which accepts many items other communities can't. By complying with Moscow Recycling Center's requests, we can continue to aid in the success of the effort to reduce, reuse, and recycle a portion of the stuff our culture produces. And with your cooperation, it makes our recycling volunteer positions safe and enjoyable.

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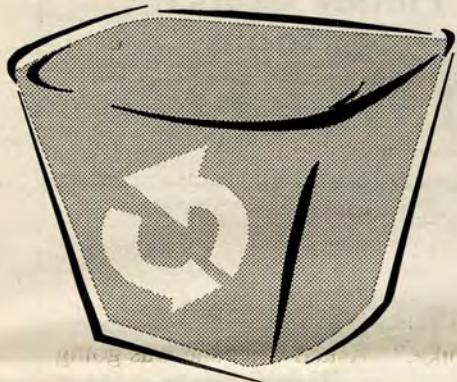
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Recycled and Sanitized

by Kelly Kingsland

It was a sad day in Co-op history, when the practice of providing recycled containers to customers was halted. As a customer I felt disappointed every time I arrived at the Co-op without a container, and yet in need of some bulk item. As an employee, I have felt the burden of responsibility for being a part of the system that spews non-recyclable waste into our environment. But, we had to discontinue the practice, since we could not guarantee clean and sanitary containers at our old location.

I'm glad to say that we are now working out the details of a system of bringing those recycled containers back to the store. Gary has found a



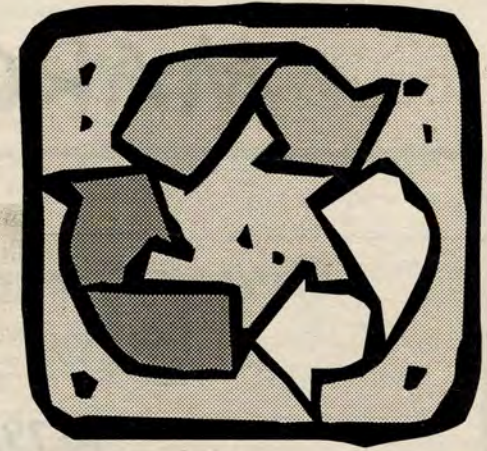
couple of volunteers who are willing to spend their time washing, sanitizing, sorting and stacking containers. In addition, we bought a sanitizer during the move and so we now are better equipped to adequately sanitize incoming containers to meet health standards. And we now have the increased shelf space, both front and back, to store them. It's pretty exciting to think of the potential impact this small step could have. So let's go back - back to recycled containers.

I have tried to revisit the old system and identify any snafus. It seems that the major issues in the old system were that many of the containers that were donated for reuse were 1) filthy, moldy or having previously stored questionable (possibly non-edible items. 2) Lidless, topless, or topless or otherwise unusable, and lastly 3) too prolific and otherwise out of control.

We hope to alleviate these problems by making the process more efficient..

All donations of clean, dry, and lidded containers will be taken at the Deli Service Center during Deli hours. It will be the service workers' job to accept or reject containers with criteria based on cleanliness, completeness and current stock of containers in the store. The deli is mainly interested in pint and quart plastic containers.

Please remember, however, that while we recycle we are not the recycle center. Our capacity to reuse will be limited by the instore demand for these containers. While we appreciate the effort spent preparing your donations, please understand that at times we may be unable to accept any more containers. It may take a bit of time to fully integrate this new system into our daily tasks but we're ready to give it



a go. Please be patient as we adjust, and trust our intention as supporters of this program. In addition, I have a feeling that we may require another volunteer or two to keep pace with the process. If you are interested, look for the notice on the volunteer board or talk to Gary.

So, look for recycled containers in the bulk area of the store and listen while we offer you the choice in the deli. I hope we can all make this work as we have the opportunity to affect regression back to recycled.

Food & Nutrition

Word of Mouth

By Eva Strand

What a treat – this month's taste testing is focusing on a selection of our Coop's organically grown wines: quite a step up from last month's doggy biscuits and kitty litter! Walking out the Co-op door with four bottles of Merlot, I knew I needed help. This time I turned to The Hog Heaven Hand-spinners – a grand group with great taste!

The four wines were organically grown and made from the popular red Merlot grape. The two California wines contained no added sulfites while the two French wines did not mention anything about sulfites. Added sulfites can cause problems for sensitive asthmatics. I don't know if the naturally-occurring sulfites cause the same problems.

First in the glass was California's La Rocca Vineyards Merlot from 1996. La Rocca has a woody, oak-like aroma and a deep brick red nuance. This wine is as

full-bodied and earthy as a Merlot will get, dry, slightly fruity and fairly high in tannins. Pasta with zesty tomato sauce, as well as flavorful, savory and salty foods would go well with this wine. La Rocca is definitely a wine to drink with a meal rather than by itself. Another year of storage would smooth the 1996 vintage to perfection – something to look forward to.

Deep burgundy red Nevada County Wine Guild Merlot from 1997 was next. Another good dinner wine with a floral aroma. Nevada County has produced a quite smooth wine where tannin, sugar and acid are well-balanced. When swirled around in the mouth, this wine reveals a whole symphony of flavors from woody oak to spicy clove. Wine tasting really makes you aware of how different parts of the mouth specialize in particular flavors – something to enjoy and appreciate

when tasting and drinking wine. Swirl and gurgle freely!

From California to France – time to pour a glass of Domaine de Picheral, vintage 1997. Believe it or not, we could all sense a distinct buttery aroma from this deeply purplish red wine. Domaine de Picheral is a smooth easy drinking wine – there is really no need for food here, unless you are hungry of course. This is the perfect wine to serve a friend who is new to red wine. For the more experienced red wine drinkers, this wine may be accused of lacking in complexity and fullness – it all depends on what you are looking for.

Next in the glass was French Domaine de Farlet 1997. This was very similar to Domaine de Picheral, but with a bit more after-taste and complexity. The Hog Heaven Handspinner's rewarded Domaine de Farlet 1997 with the Best Value

Award. At \$8.03 per bottle, this is a bargain—organically-grown, shipped from France and all. This wine has a touch of sweetness, little tannin and an herbal, clean green parsley aroma. It's an easy-drinking, smooth wine to be consumed solo or accompanied by cheese or a lighter meal. We didn't spin much this evening, but had lots of fun. Wine sure beats dog food and kitty litter...unless you are a dog, or a kitty in need.



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Part II of Fat: the Good, the Bad, and the Destructive

By Pamela Lee

Polyunsaturated versus Monounsaturated Oil

All natural fats are blends of monounsaturated, polyunsaturated, and saturated fats. Safflower oil is made up of about 75% polyunsaturated, 12% monounsaturated, and 9% saturated fat. Corn oil is 59% polyunsaturated, 25% monounsaturated, and 13% saturated fat. Both are referred to as polyunsaturated fats. A few decades ago, when nutritionists first warned us to avoid or minimize our consumption of saturated fats, many Americans switched to cooking with polyunsaturated oils. But now, food experts are expressing their doubts about oils that are (mostly) polyunsaturated, such as corn, soybean, safflower, and sunflower oils.

One problem is that polyunsaturated oil becomes rancid very quickly. This can be offset, to some degree, by adding a few drops of vitamin E to the bottle when you first open it, and by storing your oil away from heat and light. Many of us switched to cooking with polyunsaturated oil because we read that it lowers total blood cholesterol. While true, this is only half the story. The problem is that polyunsaturated fats lower *both* bad (LDL) and good (HDL) cholesterol. There is growing consensus that lowering the good cholesterol (HDL) may actually increase the risk of heart disease.

Now, food experts are touting monounsaturated fats. Monounsaturated oils do not deplete HDL, the "good" cholesterol, and they actually reduce LDL, which causes cholesterol to be deposited in the arteries.

Monounsaturated oils also appear to be a better choice in terms of cancer risk. For years studies on animals have shown a link between polyunsaturated fats and cancer. Last year, a four-year study of 61,000 women at the Karolinska Institute in Sweden found that women who ate the most polyunsaturated fats were 20 percent more likely to develop breast cancer than those who ate the least. Experts emphasize that the fats don't *cause* the breast cancer, but "that they may increase the likelihood that it will spread once it's occurred. That's because they seem to spur the production of hormonelike chemicals

involved in the growth and spread of cancer cells."

Monounsaturated fats now seem to be the healthiest choice amongst cooking oil. They do not cause cholesterol to accumulate and they do not easily become rancid, as do polyunsaturated oils. Though I sometimes use canola oil for baking and for making skin lotions, I use olive more than any other oil. Approximately 74% of olive oil's fatty acids are monounsaturated fats, about 10% polyunsaturated and 14% saturated. (The fatty acid percentages come from the USDA Agriculture Handbook No. 8-4, 1979.)

Populations that consume olive oil as their primary dietary fat have significantly lower rates of both heart disease and cancer than cultures that don't. Mediterranean populations consume an abundance of olive oil, yet even with an unusually high-fat diet, they have a low incidence of heart disease. A recently published analysis of the Harvard nurses study indicates that when olive oil is the primary dietary fat, even when consumed in amounts that exceed the 30% recommendation, olive oil appears to reduce the risk of breast cancer. A study at the Athens School of Public Health found that women who ate olive oil more than once a day had a 25% lower risk of breast cancer than women who ate it only once a day. Spanish researchers at the Escuela Nacional de Sanidad found that women who consumed the most olive oil were 40% less likely to develop breast cancer than those who ate the least.

Olive oil not only has a high monounsaturated fat profile, but it is also rich in antioxidants called polyphenols that seem to protect against heart disease and cancer. Olive oil is also the only significant food source of substances called "squalenes". In laboratory studies, squalenes seem to slow the growth of certain cancers.

Though I once *thought* I didn't like it's flavor, I've now come to love the nutty taste of a full bodied golden oil, pressed from ripe olives. Not all olive oil tastes the same. When selecting olive oil, choose bottles labeled extra virgin or virgin, indicating that they are unrefined. Refined oil labeled "pure", "light", or

just plain "olive oil" have been cleaned, filtered, neutralized, bleached and deodorized with solvents such as hexane.

You'll find a wide selection of wonderful extra virgin olive oils on the Coop's new shelves. You'll also find new varieties of previously highly polyunsaturated oils, now bred to be higher in their profile of monounsaturated fats, such as Spectrums's high oleic corn and safflower oils.

Canola oil, extracted from rapeseed, is also high in monounsaturated fat. Though I do use some canola oil, olive is still my primary fat. When buying canola oil, I select only varieties labeled unrefined or organic. Typical supermarket varieties are extracted with chemical solvents or high-speed presses that generate heat, which alters the oil's fatty acid chemistry in undesirable ways and promote rancidity. If you don't care for the olive flavor in sweet baked goods, try canola oil, especially Spectrum's new Super Canola that is even higher in monounsaturated fats.

Essential Fatty Acids

Lest I leave you with the impression that *all* polyunsaturated fats are bad, allow me to write a just bit about essential fatty acids. The essential fatty acids (EFA's) include linoleic, linolenic, and arachidonic acids. They are all polyunsaturated fatty acids that cannot ordinarily be synthesized in the body. Sometimes the essential fatty acids are collectively termed vitamin F. We need these fatty acids for a whole host of our bodies' healthful functioning and normal growth, including the growth of blood vessels and nerves. We need them to keep our skin and tissues youthful, healthy and supple.

Linoleic acid (omega 6) is in safflower, sunflower, and corn oils. It is also in other vegetable oils, nuts, and seeds. Alpha-linolenic, an omega-3 fatty acid, is found in flax oil, canola, soybean, pumpkin and walnut oils. Other good sources of omega-3 oils are cold-water fish and egg yolks (of free-range chickens).

I've read, in a quite a number of sources, that the problem with most of our diets is that we apparently consume too high a ratio of omega-6 in comparison to omega-3 fatty acids. The problem is that the fatty acids in polyunsaturated vegetable

oils (omega-6) are processed in our bodies by some of the same enzymes required to break down omega-3 fats. The typical American diet contains from 10-20 times more omega-6's (from foods ranging from mayonnaise to crackers) than omega-3's. The ideal ratio, according to many experts, should be about one to one.

Recommendations for reaching an ideal ratio include replacing oils high in omega-6 (polyunsaturated oils) with peanut, canola, or olive oils (monounsaturated oils), and increasing your consumption of fish or flaxseed oil. I've filled a pepper grinder with fresh flaxseeds and placed it on the table, next to the real salt, pepper, and the flask of my favorite olive oil.

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Tea Time

By Sharron Sullivan

Have you noticed the arrival of a new beverage choice at the Espresso/Deli counter? The Co-op has recently started to offer a brewed herbal tea of the day along side the coffee carafe.

As an herbal tea lover, (and I confess an occasional coffee drinker), I love cradling a steaming cup of brew as the rich aroma floats up somewhere past my third eye. Aahh, instant gratification...Well, I thought that everyone, not just coffee drinkers, should be entitled to such immediate pleasure. And we're hoping that we can tempt even the most dedicated caffeine seekers to try a more gentle form of liquid energy. So I (of Tortoise and the Hare Herbals) formulated a selection of teas just for the Co-op deli, made with organically-grown and wildcrafted herbs.

Each tea formula has been created with healing intent, to enhance vitality and gently balance the whole being. Each has a specific medicinal and/or spiritual focus, but also intended to taste good. The herbs are left in their loose, chunky form to retain the active properties that are often lost through the process of fine-cutting (and subsequent oxidation) of herbs to fit into those convenient little tea bags. Not to mention, some tea bags are bleached and sealed with PVC glue! The Co-op deli teas are brewed loose and strained through unbleached cotton. This helps you enjoy teas with the integrity and potency intact.

If you have comments or suggestions about the teas offered at the Deli, please don't be shy about offering them (you may contact me directly at Tortoise and the Hare Herbals at 883-8089). In addition, we can offer the teas in bulk, or in packages, for you to prepare at home.

The teas at the Deli are scheduled as follows:

Monday: Purify Tea
Tuesday: Roots of Resistance
Wednesday: Spirit Song Tea
Thursday: Spicy Roots
Friday: Energy Synergy
Saturday: Energy Synergy
Sunday: Calcium-Mineral Tea

Pepper

by Nancy L. Nelson

It's July, and the first ear of sweet corn is steaming in front of you. A bit guiltily, you start melting butter over the rows. With similar misgivings, you reach for the salt. But you don't hesitate to grab that pepper grinder and twist it vigorously.

Nothing, it seems, tastes as savory as black pepper. When it's time for supper and you want food that will make you feel like you've been fed, you probably season it with pepper. From our earliest meals, to last night's pizza, we learn to associate certain flavors with certain meals and food. Sweet says breakfast (or later in the day, dessert), vinegar says salad, and pepper shouts, "Supper."

In cookbook glossaries, black pepper is given the lofty designation "Master Spice," owing chiefly to its use in just about anything that isn't sweet. (Of course there are exceptions to that.)

Black pepper was also one of the most important spices traded through the centuries, and its power was once much greater than providing a pleasant heat to potato chowder. Black pepper inspired Marco Polo to travel the world in search of the source of spices and launched the voyages of Christopher Columbus. There was a time when a few peppercorns would pay your taxes and a small sack would buy a horse.

Growing pepper could also get you killed, if you were a native of the East Indies living too far from a main port to be convenient for Dutch merchant traders. They would murder you and your family, and cut down your pepper, because back in the 1700s, the spice trade was more about monopolies than trade, and merchants didn't want competing ships discovering remote pepper gardens.

Portugal's spice monopoly of the 1400s was the principal motivation for Columbus to search for a better way to the East Indies. When he encountered land, he frantically searched for spice-bearing plants to prove he had reached the Indies, or at least his fortune. The closest he got to a black pepper was the capsicum peppers we call chili

peppers, and the allspice plant, also known as Jamaica pepper.

Centuries later, an adventurous ship's captain in Salem, Mass., would reap a 700 percent profit from his secret knowledge of pepper-growing areas along a remote Sumatra coast. The pepper ended up in England, for Americans did not have a taste for it, yet.

Today, however, pepper is used intensely. A peppershaker sits on nearly every restaurant and kitchen table; some chefs blame the fast food industry's overuse of white pepper for ruining children's palates. In recent years, colorful combinations of "gourmet pepper" have become popular in stores.

Pepper is an extremely economical addition to food. Peppercorns at the Co-op cost 75 cents an ounce, a price that is nearly matched by some area grocery stores with .80 cents for off-brand pepper. Most grocery stores sell peppercorns for between \$1.50 and \$2 an ounce. Both black pepper and white pepper are the dried fruits of heat-loving *Piper nigrum* vines grown in India, Indonesia, Brazil and Malaysia. The Co-op's pepper, like most sold in the U.S., is from the Malabar region of southern India, where it has grown for 2,000 years. Pepper vines are often grown up coffee trees. Fruit is harvested by workers who climb 30 feet to collect spikes of green pepper berries, which are spread on mats in the sun to ferment and dry, and turn into hard, wrinkled peppercorns. Green peppercorns found in gourmet blends are blanched and dehydrated pepper berries with a milder flavor. The pink peppercorns are unrelated to *Piper nigrum*; they come from a South American tree and are included for color and mild aroma.

For white pepper, the *Piper nigrum* berries are left on the vine until they have ripened to a light red.

After harvest, they are soaked in wet sacks until the skins can be rubbed off. The remaining pepper cores are sun bleached, yielding a white pepper with pungency, but less aroma.

And it is the aroma that makes freshly ground black pepper such a culinary necessity. Pepper's flavor consists of aroma and pungency. The pungency of ground pepper can remain for years, but the aroma deteriorates quickly. To enjoy it, get in the habit of using a pepper grinder.

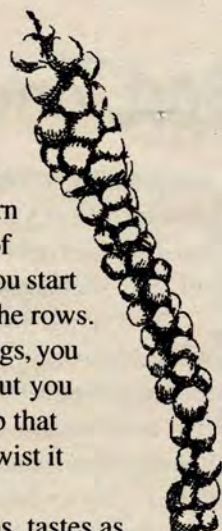
Pepper works well with many other herbs and spices, and is an ingredient in many spice mixtures, including curry powder and lemon pepper. Over-enthusiastic pepper use can ruin a dish, but the strong flavors of tomatoes, green peppers, and other vegetables can hold their own with plenty of pepper. White pepper is used in light sauces to avoid dark specks; it also blends well with sweet flavors in spice breads and cakes.

My pepper recipe is from the late Bert Greene's book, "Greene on Greens." The turnips' hearty flavor can balance quite a bit of pepper, so don't be afraid. The recipe has ancient Roman origins, and is typical of the Romans' love of hot-sweet food. I have changed Greene's recipe to call for browning the turnips; the original recipe cooks on lower heat with the pan covered. Either way, it is the best way to eat turnips, I believe.

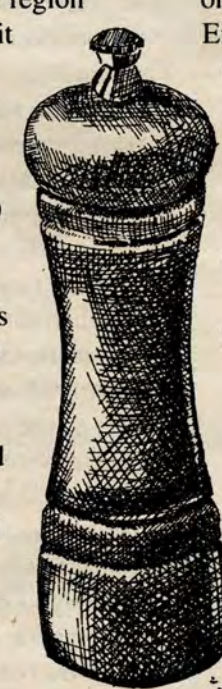
Honey-Peppered Turnips

1 tablespoon unsalted butter
2 tablespoons honey
1 pound turnips, peeled, cut into 1/2 inch cubes (no larger!)
1/2 teaspoon freshly ground pepper
salt

Melt the butter with the honey in a medium skillet over medium-high heat. Stir in the turnips and pepper. Cook, stirring occasionally, until turnips are browned and tender, about 12 minutes. Add salt to taste.



Piper nigrum, cut from the vine.



N. Nelson

Macro Musings

Macrobiotcs — Healthy Eating, Peaceful Living

by Peggy Kingery

A way of eating and living that leads to physical wellness and emotional peace and is environmentally sensitive? As someone who holds a healthy lifestyle and respect for our Earth's natural resources in high esteem, macrobiotcs immediately intrigued me. Was it really true that the quality of my diet could directly determine whether my life was one of continuing health and growth, or one of illness and decline? With this question in mind, I began my study of the macrobiotic way of life. Now, many books and many meals later, I would like to share some of what I have learned with you.

What exactly is macrobiotcs? It is an approach to balanced living, based on a natural diet, moderate exercise, harmony with the environment, and an understanding of the interplay of yin and yang energy forces. Macrobiotcs, as it is practiced today, is the result of the work and vision of George Ohsawa (1893-1966), although its roots go back thousands of years. Ohsawa's students, Michio Kushi and Herman Aihara brought macrobiotcs to the United States from their native Japan around 1950.

The word "macrobiotic" literally means "large life". It is a holistic way of living that is both ecologically - and environmentally-sensitive towards our Earth's natural resources. It advocates cooking according to the changing seasons and using ingredients that are organic, locally-grown, and minimally-processed. By eating more naturally, we become more familiar with the seasonal foods that thrive in the area in which we live in. In essence, cooking and eating this way brings us a greater awareness of the world around us and a feeling of balance and harmony with the natural world—one of the chief aims of macrobiotic cooking.

Because the food we eat is the foundation of a macrobiotic lifestyle, it will be my main focus in this and future articles. In addition, I will discuss some of the basic underlying principles associated with macrobiotcs, beginning with the importance of yin and yang in choosing and preparing our daily food.

Through the foods we eat, we

strive to achieve balance with the natural environment and, in so doing, experience a greater sense of health and well-being. There are many factors that must be taken into consideration when seeking to create balance; in macrobiotcs, these factors are understood in terms of two antagonistic but complementary tendencies termed yin and yang. Yin represents the force of expansion in the universe, while yang represents the force of contraction. Other examples of yin characteristics are inactivity, cold, dark, wet, and gentleness. Yang tendencies, on the other hand, include activity, hot light, dry and aggressiveness. An understanding of yin and yang is essential in macrobiotic cooking.

Although it may appear difficult to grasp at first, a feel for what is "yin" and what is "yang" is obtained quite quickly. For example, cooking methods that use oil, water, no pressure, and freshness are more yin, whereas those that use heat, pressure, salt, and long lengths of time are considered yang. Foods themselves are also classified as yin or yang. Vegetables, tropical fruits, and sugar are yin. In contrast, meat, cheese, and salt are yang. It is important to keep in mind, however, that yin and yang are not absolute, but are a matter of degree. Within each category of food, (i.e. grains) there are those that are more yin (corn) and those that are more yang (buckwheat) based on the growing conditions required for the production of the particular grain.

In macrobiotcs, the goal is to avoid extremes of either yin or yang in both the foods we eat and the methods by which we cook them. This is achieved in several ways. The first and most important is to choose as our primary foods those that are more centrally-balanced. These include whole cereal grains, beans, temperate vegetables, seeds and nuts, temperate fruits, grain sweeteners, and non-stimulant herbal teas. Another method is to cook foods that are more yin in nature (i.e. fresh vegetables) using more yang methods (i.e. boiling). Creating balance with environmental conditions is also important. This is achieved by stressing yin cooking methods (lightly-steamed, salads)

during the most yang time of the year (summer) and yang cooking methods (stewing, pressure-cooking) during the most yin time of the year (winter).

Keep in mind that no matter what we are eating, we are always subconsciously balancing yin and yang in our diet, as well as in every aspect of life. When we eat something salty, we desire something to drink. When it is cold outside, we crave a hearty stew. And what more natural combinations exist than win (yin) and cheese (yang) with salad (yin)? Macrobiotcs seeks to refine this intuition and to use it to create greater physical and emotional health.

Many people turn to macrobiotcs as an alternative means of coping with a disease condition, rather than choosing surgery, chemotherapy, or other conventional treatment methods. The macrobiotic diet, however, is not a "cure" for cancer, heart disease, arthritis, or any other health problems. It is simply a way of eating and living that allows the body the chance to heal itself. We need not be seriously ill to experience the

benefits of changing to a more natural, chemical-free diet!

Keeping all this information in mind, what foods are the most appropriate for achieving a diet that is in balance with the environment? The standard macrobiotic diet is made up of 50-60% whole grains, cracked grains, and whole grain flour products; 25-30% vegetables; 5-10% beans, bean products, and sea vegetables; and 5% soups. Other foods such as fish and seafood, nuts, seeds, fruits, pickles, and teas are also included on occasion. The use of foods that have been excessively processed or contain additives and preservatives of any kind is not recommended. The macrobiotic way of eating contains sufficient quantities of all essential nutrients and provides them in their highest quality and most natural form.

No matter how healthy a diet is, it will never bring health and wellness to us unless it also tastes good. My husband will attest that his taste buds have been quite happy since we began cooking macrobiotically, and I have to agree! Next month, I will begin discussing the myriad of grains and grain products that form the chief food group of the macrobiotic diet.

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

Touring Disaster (Part 2)

by Laurel Reuben

Last October, as Pastors for Peace was in the midst of their annual fall awareness and donation-raising caravan tour throughout the U.S., bound for the state of Chiapas in southern Mexico, and for Nicaragua, Hurricane Mitch struck Central America. The caravan was transformed into a "hurricane disaster relief" endeavor which I felt compelled to join. Our journey through Mexico on this mission was detailed in last month's Moscow Food Co-op Community News. The story picks up this month, as we travel beyond Mexico:

Our route, originally intended to be along the Pacific coasts of Guatemala and El Salvador, through only the southernmost extension of Honduras, and into Nicaragua was greatly altered by news of a newly-repaired bridge having failed at the El Salvador/Honduras border. Because of this, we traveled north into San Salvador and through the northern mountains of tiny El Salvador. We then crossed into Honduras, this hemisphere's poorest nation, continued far north, mostly on the superiorly maintained US military roads, then descended south through the capital city of Tegucigalpa, and eventually into Nicaragua. This detour, determined by road and bridge conditions, at times took us through the very heart of some of Honduras' most severe damage. The Ula and Choluteca Rivers, as well as the city of Tegucigalpa, were ripped apart.

Vehicle break-downs were one venue for being with the people. Most commonly, it was children, recent witnesses to their homes, animals, and families being carried away by flood waters or buried in mud. Some were housed in schools; others were living on the streets. Most seemed dazed.

We sat with them, shared food with them. We honored PFP's policy of distributing aid only to the organizations anticipating our arrival. What else could we do?

In Honduras, we stayed one night in the city of Comayagua, site of the Palmerola US Army base. It is now being used as a distribution center for hurricane relief. I had to wonder how the Honduran peasants were affected by the sound of

Insights

helicopter rotors descending upon them, with food or maybe with cables to pluck their stranded selves from the roofs of half-drowned homes. They are accustomed to US-trained soldiers shooting at them, to US helicopters dropping bombs, not bread. For now, the US military is their savior. The peasants are over a barrel, this time, instead of at the end of one.

We arrived at the Nicaraguan border, this hemisphere's second poorest country, in firefly light. It was an unexpectedly easy passage into that country. In Managua, we were to meet with members of the organizations to whom we were carrying the 18 tons of aid. From there, we were to travel to the Atlantic coast of Nicaragua, where the hurricane damage was extreme. There, we would deliver the aid, witness the situation and stories of the people, and provide whatever hands-on help our skills and time would allow.

We reached Managua five days later than anyone predicted we would, and off-loaded the aid there. We never made it to the Atlantic coast.

In Managua, we spent a couple of very rich, deep, and enlightening hours with Father Miguel D'Escoto, former Minister of External Affairs within the Sandinista government. He spoke with depth and quiet passion, continually offering us historical perspectives, statistics, and gems of insight and guidance. "Capitalism did not invent selfishness, but it caters to and aggravates it," he said. "The whole world is pickled in Capitalism juice."

He reminded us that Nicaragua's \$8 billion national debt, a debt not accrued by the Sandinista government, is the highest per capita debt in the world. He explained that the poor are no longer organized as they were under the Sandinistas. The once wide-spread consumer cooperatives have collapsed and now the peasants undersell each other. He spoke of his respect for Fidel Castro, of the parallel roles of the CIA and Catholic Church (he being a Catholic Bishop and no stranger to death threats) in Latin America, and his imagined strategy for a livable future. "The world needs a shot of 'divine insanity.' We need to begin living, gracefully, in a

way that appears crazy to most of the world."

Soon after our meeting with Father D'Escoto, most of my fellow caravanistas were boarding planes or climbing back into busses to return to the US. My presence in Nicaragua felt so incomplete! I attempted, for days, to join ongoing projects where I could be of more direct assistance to hurricane-stricken communities. Had I been a doctor, with my own supplies, finding that niche would have been easier. As it was, every grain of rice and liter of potable water within those places of greatest need (Poselttega, Esteli, Puerto Cabezas, *ad. inf.*) were spoken for. Without being affiliated with an organization, and thus supplied, my presence would put more demand on already scarce resources. There was still some chaos ongoing within the organizations I contacted—too much for them to take me on. It was both exasperating, and educational.

I then accompanied Edwin, a 72 year old fellow caravanista, to Nicaragua's Cuo-Bocay region, northeast of Matagalpa. Cuo Bocay had been a primary target of the Contras during the war; its location affects access into many remote communities. And, it was easily accessed by helicopter from US army bases in Honduras. It is also the region where, in 1987, solidarity workers Ben Linder and two of his assistants were tortured and murdered by Contra soldiers while building a hydroelectric plant. Edwin lived in Cuo-Bocay for six years, volunteering to help complete the work Ben had begun. During that time, he grew close with a family, a particularly poor one, who lived in a shack near his machine shop. The father of that family was also tortured and murdered by the Contras. Edwin witnessed the progressive traumatizing of his widow, as well as the worsening starvation of their children. He began supporting the family, hired the mother as housekeeper, became their protector and friend. When we slogged through the mud to their house, he had not seen them for four years.

Next Month: *Making it Personal, and What You Can do to Help.*

USDA Approves Irradiation of Red Meat What Does That Mean for Vegetarians?

by Dianna M. Georgina

Not everyone eats red meat, but it's important to understand the irradiation process because it's been approved for so many other foods. This recent action by the United States Department of Agriculture is a good opportunity to educate ourselves so we can make up our own minds and have an informed opinion.

The USDA in February approved the irradiation of red meat as a method for killing pathogens and extending the shelf life of foods. This follows a Food and Drug Administration ruling in December 1977 claiming that irradiation technology was safe for use on red meat. Irradiation was approved several years ago for poultry, pork, spices and some raw produce.

This doesn't mean that all red meat will be irradiated. It simply approves the process, and regulates the technology and labeling of irradiated products. This decision to irradiate or not will be left up to the packing plants themselves. Irradiation is a process that uses radiant energy to reduce or eliminate potentially dangerous microorganisms on meat and poultry. The radiation is produced in one of two ways: it may come from an electron beam machine, which can generate beams of electrons or x-rays; or it may be generated as gamma rays from radioisotopes such as cobalt-60. The process involves passing the food through a radiation field at a set speed to control the amount of energy or dose absorbed by the food. The food never comes directly in contact with the source of gamma radiation. According to the USDA, the food is not rendered radioactive.

Washington State University epidemiologist Dale Hancock says "Meat is not being directly exposed to radioactive particles in the process of irradiation any more than we are exposed to radioactive

USDA Approves Irradiation of Red Meat (continued)

particles when we walk out into the sunlight."

Irradiation is currently the only known method to eliminate completely the potentially deadly *E. coli* 0157:H7 bacteria in raw meat, Hancock added. The technology can also significantly reduce levels of listeria, salmonella, and campylobacter.

It's nearly impossible to produce bacteria-free meat, even under the most careful conditions. And it's no wonder that most of the cases of illness resulting from *E. coli* contamination are contracted from hamburgers, and the majority of meat recalled is ground beef.

"The contamination with *E. coli* and other bacteria is mostly on the surface of the carcass, and that gets all mixed up into the ground beef," Hancock says. He says it's essential for consumers to cook hamburger patties all the way through to kill bacteria. "Even taking temperatures is not completely dependable," he said. "Research in our own Department of Food Science and Nutrition has shown there's a pretty high standard of deviation between temperature measurements in the same patty."

Opponents to irradiation say that it is unnecessary and may cause cancer. A spokesperson for the consumer group Pure Food says "irradiation kills vitamins, friendly bacteria and enzymes, effectively rendering the food 'dead' and therefore useless to your body. In addition, some of the friendly bacteria that is killed produces odors indicating spoilage, and some friendly bacteria naturally control the growth of harmful bacteria."

All foods that have been irradiated are required to display a special symbol that looks like a stylized flower inside a circle.

The USDA rule on irradiation includes a public comment period throughout the end of April.

You can get more information about irradiation from the USDA's web site at <http://www.usda.gov>. The alternative opinion can be found at <http://www.pure-food.com>.

Letter to the Editor

From Dorothy Dunne, Sandpoint, Idaho

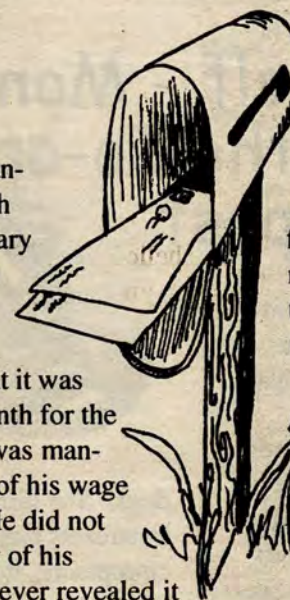
I enjoyed reading the article on the Food Co-op in the Spokesman Review in January. It is very gratifying to know that the Co-op is doing so well that the core of members continue to strive for improvement in its service to the community.

I thought that some of you may be interested in hearing a bit of the history of the Co-op as I recall it. The paper stated that there were only 4 original members, but that is not exactly the case. Jim Eagan and Dave (Mosely? Moser?) and their wives originally ran the store as a private enterprise that they called The Good Food Store. In the spring of '74 they decided to convert the store to a Co-op and held the initial members' meeting in May, after which they handed the store over to the first members - which numbered about 12 or 15. (They neither asked for, nor received, compensation for their investment, by the way.) Dave moved out of the area soon afterwards, but I think that Jim may have purchased a membership. Other people present at that first meeting included Charlie Brown (who was the only original member to buy a life membership - for \$15.00), Steven Basoa, myself and my ex-husband, Phil Sawatzky, a lady named Edie (who was the first Co-op manager), another lady named Eileen and her boyfriend, Josh (who wrote the grants that kept us afloat that first year or so). And a few other people whose names I don't recall - some of whom served as the first Board members.

I remember quite well that first meeting when Dave gave us a little 'lecture' on his theories regarding food and its distribution. Jim and Dave believed that food really ought to be free, but since our society isn't set up that way, then people who provide food to their community should make sure it is of good quality and that it is sold as cheaply as possible. We never had a formal 'mission statement', but I think that all of us carried that focus as a seed that seems to have matured very nicely. Mark-up on food (no tooth-paste or loofa sponges for sale then) was only 10% at the beginning - just enough to replenish stocks, pay shipping, and give the manager a starvation wage of \$200/mo. Not surprisingly Edie only lasted through

June. Eileen then managed the store through September with a salary of \$300/mo., and Phil came on as manager after that. He was paid \$550 and thought it was too much. Every month for the 3 or 4 years that he was manager, Phil gave \$100 of his wage back to the Co-op. He did not want anyone to know of his generosity and I've never revealed it until now. Phil loved the Co-op. Working there fed his soul in a way that I'm not sure he has managed to replicate in the work he has done since then. I sometimes wonder if the Co-op could have survived without the dedication he funneled into it - purely a reflection of the good the 'Good Food Store' did for him.

I think most people, including me, were very attached to the name 'The Good food Store,' which we kept for a year or so. The store was originally located in a teeny, tiny place on the alley between Main and Washington on, I think, 1st Street. I have a lot of good memories of those days. I will never forget the time Peter Basoa walked in one day when I was 'manning' the cash register. "Hi," I said, "You must be Steve's brother!" I think he was quite flabbergasted that a total stranger would recognize an anonymous New York boy, merely from the family resemblance. (It helped, of course, that I'd heard he was planning to visit. And it's nice that he decided to stay...) At that first members meeting Dave joked that they started out with just a bag of lentils, a bag of rice, and a tub of peanut butter. By May of '74, the store also carried a fairly full complement of grains and legumes, honey, a lot of herbs, cheese, and a few other items. Storage space was non-existent, which wasn't too much of a problem as we had fairly rapid turnover. (Phil was consummately gifted at not overstocking on anything. Even so, we also had extra bags of Lundgrens rice and Baron's flour stashed at our apartment.) The store's development was slow but sure. At the Good Food Store we always tried to keep the needs of the community at the forefront. We wanted to be where the U of I students would have ready access



so when we were able, we moved over by 6th and Main. Before the move it also had become evident that most residents did not realize that the town even had a cooperative food outlet. So, at one of our monthly meetings we decided that we should change the name to something that would better reflect what we were and had to offer. We spent a seeming eternity batting around several possibilities when I finally suggested 'The Moscow Food Co-op' (which was boring, but to the point). Much to my surprise, that proposal brought us to consensus.

I'm sometimes amazed that the Co-op, during those early years, successfully navigated all the vicissitudes inherent to small businesses. I still remember with some amusement how business plummeted after the volunteer macrobiotic devotees began lecturing customers on why cheese is bad for them. I imagine that organic produce is the big thing now, but in those days, cheese was our biggest turnover item and pretty much 'carried' the store. (We sold Jack cheese for \$.85/lb). But then, the practice of selling whole, organic foods in bulk was in its infancy and there was no competition in that respect from the likes of Safeway or Rosauers. I am just so pleased that the Co-op continues to do so well, and from the description of its new location, I'm guessing that you are in Safeway's old location. Is that ironic or what!

One somewhat bittersweet regret (if you can call it that), is that the Co-op evidently did not have the means - or perhaps the will to buy Joseph Barron's business when he retired some time ago. (He had told Phil years ago that he hoped the Co-op would do so.) But then it seems to have gone to a worthy individual, from what I understand, Barron's was/is the best in the country!

Anyway, I hope all of this is of some interest. Please feel free to copy any of this you'd like for the Co-op's "biography". I'm wishing all of you (Wow! 27 paid employees!) every continued success this next year and every year. If you see Steve, Peter, or Diamond Jeff, tell them Dorothy says 'Hi'. I sure miss those folks and the good times we had. I look back on my years in Moscow with much fondness.

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

by R. Ohlgren-Evans

Natural Health is an important issue not only for our two-legged family members and friends - what about our dogs and cats?

In response to customer suggestions and in keeping with the Co-op's desire to create a one-stop shopping experience at our new location, we now offer several lines of natural pet foods and supplements.

Three new books in our expanded book department can help you with pet dietary decisions.

***The Doctors Book of Home Remedies for Dogs and Cats* by the Editors of Prevention Magazine**
401 pp \$27.95

The editors of Prevention Magazine health books have put together a book of over 1,000 home remedies for dogs and cats. These solutions include 15 ways to keep your dog from barking and 13 ways to ease the aches of arthritis. There are 8 tips for dealing with burrs, 7 strategies to discourage chewing and 9 soothing hints for cat flu. These are all simple solutions using many everyday household items.

Natural Health for Dogs and Cats

by Richard H. Pitcairn & Susan Hubble Pitcairn
383 pp \$16.95

Veterinarian Richard H. Pitcairn and his wife, Susan Pitcairn, have teamed up to write a comprehensive reference for chemical-free nutrition, treatment and natural healing for pets. This bestseller first came out over ten years ago, and we carry the updated Second Edition. The first part of the book describes a natural and holistic approach to pet ownership, which would apply to anyone who cares for their animals. Part 2 is a reference section for diseases - it is set up like many self-help care manuals for human illness. Throughout the book are recipes for dogs and cats with special nutritional needs.

***The Natural Dog* by Mary L. Brennan**
350 pp \$16.95

The Natural Dog, written by veterinarian Dr. Mary L. Brennan, provides natural approaches to vaccinations, heartworm prevention, parasites and skin problems for



dogs. She discusses alternative treatments including acupuncture, chiropractic, homeopathy, aromatherapy and herbal remedies. This is truly a holistic guide. She also covers choosing and training a dog, so this would be a great reference for any new dog owner.

Three great new choices - just another one of the many wonders of our new and improved, bigger and better food Co-op!

***The New Soy Cookbook* by Lorna Sass**
120 pp \$17.95
Chronicle Books, San Francisco

Lorna Sass has done it again. You may be familiar with her highly acclaimed *Cooking Under Pressure* and *Complete Vegetarian Kitchen*. In *The New Soy Cookbook*, Sass features updated, innovative and internationally inspired recipes using soybeans and soymilk, tofu and tempeh, miso and soy sauce.

The look of the book itself is chic and irresistible. The vast array of recipes of this versatile ingredient will tempt the reluctant newcomer to soy, and delight folks who have already embraced this important bean.

There is, for example, a beautiful Red Lentil Soup with Indian Spices that uses soymilk as the creamy base; or how about the hearty and savory Double-Soybean Chili made with black soybeans and crumbled tempeh and a bottle of dark beer! - Wow!

I love the beautifully simple Fettuccine and Broccoli with Miso Pesto - it's a hearty rendition on an old favourite of my family's. And I've already chosen my 1999 summer picnic offering - Roasted Potato Salad with Diced Tempeh Italiano. The tempeh pieces are marinated for at least an hour, then sautéed before combining them with the crisply roasted potatoes, artichoke hearts, celery and red onion, and drizzled with a lemon juice dressing. Can't wait.

Ecstatic Dance

by Deborah Harsh

Editors Note: Deborah Harsh is a participant in Shelly Werner's "Ecstatic Dance" class. If you wish to join this class, contact Shelly at 882-1445.

Ecstatic dance clears our mind, aligns our body, and purifies our soul. It is a journey through the emotional spectrum to an accompaniment of the world's finest music. In dance, each individual's personal expression issues forth. The participants improvise to five emotions selected for their archetypal presentation of the human condition. Nothing is more basic than the curve and flow of movement transforming our bodies into our experience tempered in time and space. This dance is forty thousand years old. Our ancestors practiced it in shamanistic rites that bound them to their environment and empowered them to create their culture, heal their wounds and relax. It is fun. And it is simple and unpretentious. All you need to do is show up and move.

The first twenty minutes transports us into our body. It consists of warm-up stretches, yoga, tai ji, or whatever connects us to our body - with all of its parts. Shelly announces "body parts" to signal a systematic approach. We move each part in isolation from head to foot. In conclusion we draw back into the whole and move the whole body.

Formal ecstatic dance begins with flow. Flow is the inhalation and exhalation. The breath opens and closes as we face fear and self-consciousness. We relate to our self from a deeper level than simple

consciousness. Continuous movement links the past, present, and the future. Flow naturally increases into staccato, its counterpart.

Abrupt and discontinuous, repetitive, and like anger a secondary response, staccato sacrifices movement for stillness. Staccato adjusts the inner to the outer. It builds through repetition into the center.

The center of the dance, the center of the individual and the center of creativity is Chaos. Passing through Flow and Staccato creates a transformation into creative release. Everything - a primal mix - gyrates undifferentiated in chaos. Energy bursts through into a Lyrical release.

The story is told and enjoyed. The hardships, the separation, the joining, the resolve, the joy of being and of creation are all celebrated in lyrical abandonment. Structured with the prizes wrought from the previous emotions, Lyrical abandons the self-centered universe and enters the emptiness of compassion. As the Dao, compassion is undifferentiated and serves the deserving and the undeserving equally without discrimination. The journey concludes in Stillness.

Complete in body, and in soul, tired out we lay on the floor or meditate. This ending becomes a new beginning and I am comfortable and ready to pursue my journey.

Fascination or Infatuation

by J. Thaw

love is most interesting after all
the incredible balance of taking on and letting go
absorbed between desire and doubt and experience
equally patient and curious and exertive
complexity taken apart and built with the many discovered simplicities
engrossing pleasures and pains
mild or intense lasting the perfect amount of time
smoothly unattached converted into contact
the deathless feeling that remains special every time despite the past
surviving one's self and then everything else
primed with the perception and steadied for the shock
connecting with our utmost inside and out

The More Things Change

by Sean Gardner

There's no real "how-to" book for changing gender. During the past eighteen months my major strategy has been to throw out everything - the bath water, the soap, the baby, the bathtub, etc. It was hard to know what was "me" and initially been my natural behaviors, and/or my own conceptions and misconceptions about what it means to be a man.

I ended up questioning almost everything I did. I had loved chocolate before. Was it okay, still, to love it, or was that a leftover estrogen weakness? I had a metaphysical fear of spiders; could I

still be afraid of them? Cooking? Mending my jeans? Parallel parking? Crying at movies? Saying "no." Being a Mac hacker. Everything became a test of my new gender. I would wear a new behavior for awhile, just as I was wearing all my "new" clothes from Goodwill, and try to decide if the behavior felt innate or merely put on for show.

Recently I had a confrontation with one of my most stubborn behaviors. Since I was seven years old and had a 19-word article published in my grandmother's hometown paper, I have loved to

write. I had almost as many dreams of being a writer as I had dreams of being a boy. Was I really a writer? Or had I simply spent decades writing as a way to escape my gender problems? Was it a feminine, self-indulgent thing to keep writing simply because I loved to do it instead of "being a man" and working at a boring but remunerative job like most of the rest of the adult population?

In December of 111997, one of my creative writing teachers, assuming that I was still writing, gave me the germ of an idea for a science fiction novel. all through 1998 the novel wandered around in my brain, growing and evolving, but I wouldn't let it out, I wouldn't put it

down on paper. Until 26 December. I decided I'd use the two weeks around the holidays to indulge this old behavior, try it on again like an old coat, and see what happened.

Oh my. Fireworks. Nirvana. Joy. Obsession. Wholeness. Self-worth. Purpose. Meaning. Fulfillment.

Writing is me. There can be no escape. I was apparently not born for worldly success or creative comforts. And even if I'm largely unsuccessful, it still feels better to be a writer and poor than financially successful but empty.

In some ways I'm disappointed that testosterone is not going to make me a "master of the universe." But in other ways it's a relief to have my writing back. so much of my life has been a disconnect.

Yard & Garden

Gardening With No Space and No Time

By Patricia Diaz

To save time and to grow plants where no space seems available, think small. For example, try growing your garden in containers.

One of the benefits of container gardening is the fact that those pesky voles, moles, gophers, and other assorted critters can't eat your produce before you do.

That's what I had to do to beat out the voles that are in our "garden" (actually six acres of playground for them). I kept planting parsley for drying for the winter months and the voles keep eating it all - and I mean ALL. So this last summer I planted it all in containers on the deck and guess who got it all this time - me!

You can, indeed, grow enough to feed a small family in small raised beds, containers, and by using space that is generally not considered traditional garden areas.

The most important thing about gardening in small areas is the soil. It is critical that your soil be the very best you can create. Compost, of course, is the best thing to amend your soil as it will create light, rich soil that drains well and warms up quickly. Raised beds make this chore easier as the area is small. You also need at least six hours of sun each day and a water source that is nearby. Once your garden is installed, the time spent on the garden is usually somewhere around an hour a week.

Other places that people often overlook as possible mini-gardens are narrow side yards, along garage walls,

on patio overhangs, and other nooks and crannies.

Thinking vertically really helps here, too, as you can really increase your garden space by trellising things upward.

Some of the things you can plant on trellises are pole beans, cucumbers, tomatoes, squash, and pumpkins. And plants that are growing on your patio overhang create great summer shade. Another place not usually thought of is at the base of the drainpipe - you can tie stems to the pipe and let the plant grow upward.

The best way to plan maximum use of your space is to graph your plan out on paper. That way you can see how big the beds can be, how much wood you need, the amount of trellising you need, and whether you plan to install drip irrigation. The irrigation will cut down on time spent in the garden but if time isn't a constraint with you, you could just water with a hose.

The raised beds can be any shape, any size. You can make them shallow and you can make them deep. If you were to make a permanent herb garden, for example, you could make a 3' deep planter box. If you were growing salad ingredients, you could make it 12" deep. You can also purchase containers at nurseries, crafts fairs, etc. for your gardening needs. If you only have room for one pot on your deck, you could still grow a tomato plant as long as you get the

needed 6 hours of sun daily.

It is also important to choose the proper plants for your garden areas. Since we're talking about small areas, it would be smart to choose plants that won't take over the entire garden area. You can also choose vining plants for trellising which will free up garden space for other plants. You can also interplant fast-maturing crops like spinach and lettuce with slower-growing plants like cauliflower and broccoli. The fast-maturing ones will be harvested before they are crowded out by the slower plants. You can also plant quick-maturing plants like carrots and radishes in succession so that you can harvest throughout the season. And no one has ever said you have to plant in rows - you can plant in blocks if you so choose.

Some of the plants for gardening in a limited space include the following:

- Beans - Blue Lake, Yellow Romano; use pole beans to conserve space
- Beets - Kleine Bol (Little Ball)
- Broccoli - Mercedes
- Carrots - Chantenay or Nantes
- Corn - Early Sunglow
- Cucumber - Salad Bush, Lemon cucumbers, Kidma
- Eggplant - Osterei, Agora

- Greens - Reine des Glaces lettuce, Rouge d'Hiver romaine, Melody spinach
- Peas - Super SugarMel
- Peppers - Corno di Toro sweet peppers; Poblano chiles
- Pumpkin - Jack Be Little, Baby Bear
- Radish - Easter Egg II is fun (different colored surprises)
- Squash - Zucchetta Rampicante
- Tomatoes - Chello, Sweet 100, Tiny Tim

It's not too early to start thinking about your garden for this year. Nothing brings spring on faster than looking through gardening catalogs and dreaming of warmer weather. You can get lots of other planting ideas by thoroughly reading the plant descriptions to see which plant is best suited to containers or mini-gardens. If you choose to start your seedlings indoors, a good inexpensive way to do that is to take an egg carton (not the Styrofoam kind), cut an "X" in the bottom of each cavity, fill it with starter mix and plant your seeds. When it's time to plant the seedlings, just cut apart the egg carton and plant the individual "egg-space" in the garden. That way you won't disturb the seedlings and the cardboard will degrade in the soil.



Moscow Food Co-op

Bulletin Board

Co-op Business Partners

- Anatek Labs, Inc.** - discounts on certified water testing packages, 1917 S. Main Street, Moscow, 883-2839
- Basically Bagels, Eastside Marketplace** - Buy one bagel w/cream cheese and receive the 2nd free, 883-4400
- 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** - complimentary half-hour 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
- Jo to Go** - 10 for the price of 7 with prepay card or 10% off retail prices, 730 Pullman Rd., Moscow, 882-5448
- 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), 106 E. 3rd St. #4, Moscow, 883-3062
- Tye Dye Everything** - 10% off any purchase, 450 W 6th St., Moscow, 883-5596
- 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 member-

Palouse Forklore Society Dances

March 20 Moscow Comm Ctr 8PM
April 18 Moscow Comm Ctr 8PM
May 1 Renaissance Fair

Instruction 7:30 pm, Dancing 8 pm
\$7 (\$5 members) Newcomers \$4 before 7:30
Contact: Nils Peterson 882-4620

Break Free of TV

join in the 5th annual
National TV Turnoff Week
April 22-28

to learn how you can participate,
contact TV-Free America
(202) 887-0436
www.tvfa.org

Moscow Renaissance Fair

craft booth applications available
deadline March 12
contact Rose Terry
208-285-1770

Palouse Home Learning Alternative

Friday, March 12 1999
7 p.m.

Palouse Home Learning Alternative invites
homeschooling moms in the area to a
dessert meeting. *Please call Sue at*
882-9156 for more information

Those who wish to may donate the proceeds from recycling aluminum soft drink cans at Moscow Recycling to the Renaissance Fair Recycling Fund. Last year's proceeds were used to subsidize the cost of the recycle-able cornstarch eating utensils.

Volunteers Needed for Household Hazardous Waste Day!

Help keep Latah County's waters and soils free from toxic chemicals. Volunteer at the 10th annual Household Hazardous Waste Collection Day. Volunteers help direct traffic, hand-out education materials and survey forms, recycle paint, oil and antifreeze. Protective clothing along with lunch and snacks provided for volunteers. Lots of fun! *Please call Any at Moscow Recycling to sign up ahead of time: 882-2925.*

Place an order now for recycled paint!

Every year hundreds of gallons of high-quality, reusable paint are collected from Household Hazardous Waste Collection Day. Help us recycle this paint so it doesn't have to be shipped off as hazardous waste. Interior and exterior paint is available in a variety of colors (it is possible to have light shades retinted to desired color by paint shops). **We can only save the paint we have orders for, so please call before Friday, April 23rd.** Call Amy at Moscow Recycling: 882-2925.

Renaissance Fair Poster Contest Announced

The **deadline** for this year's Moscow Renaissance Fair poster contest is **March 12**. This contest is open to all members of the creative community. Camera-ready submissions should be no more than 4 colors and no bigger than 16x20 inches. The poster theme should reflect springtime and the text, "26th Annual Moscow Renaissance Fair, May 1 & 2, 1999, East City Park," should be incorporated into the artwork. Entries should be turned into BookPeople at 512 S. Main in Moscow. Judging will take place on March 15. There will be a \$200 prize awarded to the winner.

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>