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May
1999

MOSCOW FOOD Co-operative



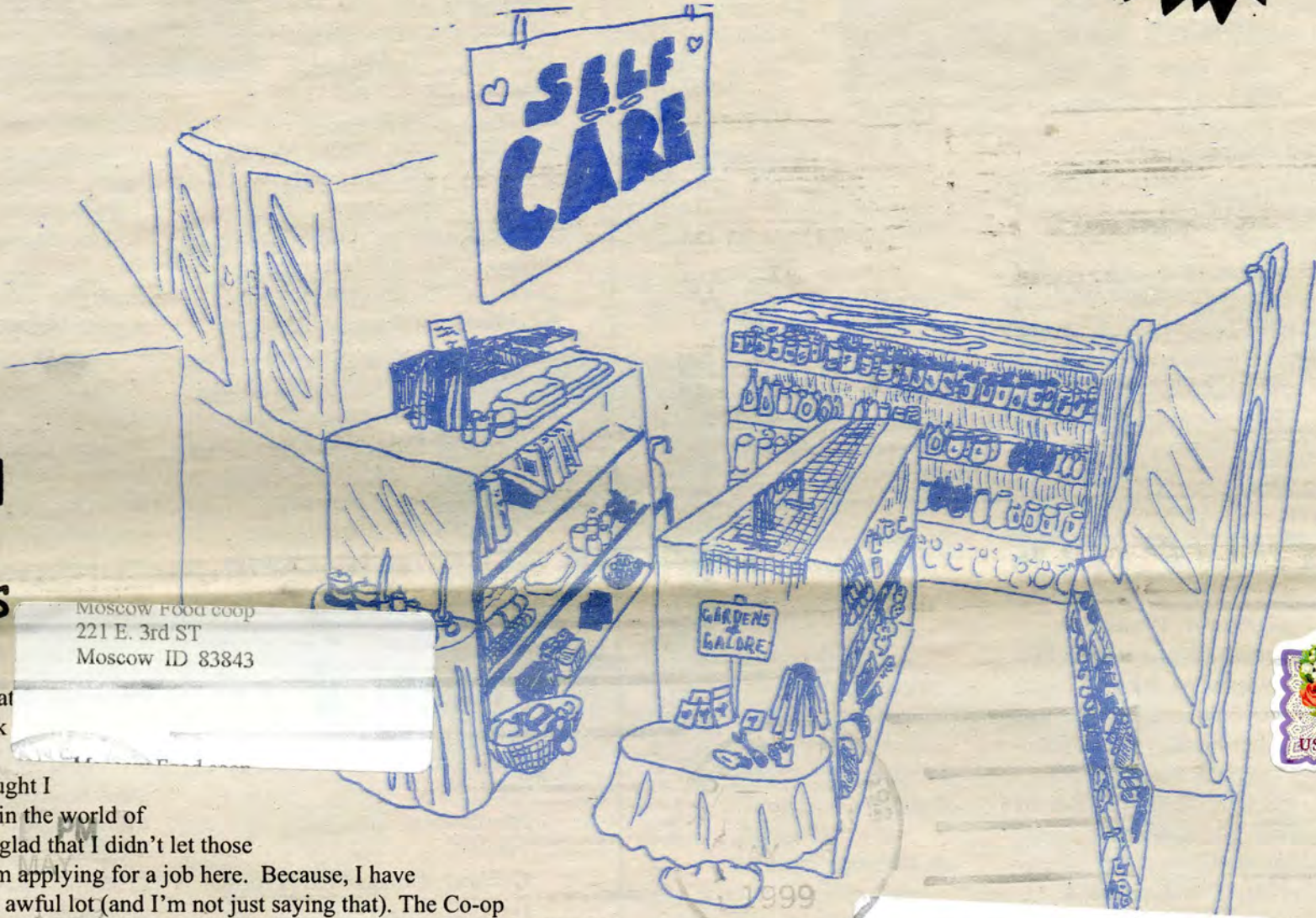
Community News

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

FREE!
Please Take
One

The Personal Care Business

By Carrie A. Corson



Moscow Food coop
221 E. 3rd ST
Moscow ID 83843



I have to admit that before coming to work at the Co-op a few years ago, I never thought I would enjoy working in the world of natural foods. I'm so glad that I didn't let those thoughts deter me from applying for a job here. Because, I have to say, I like it here an awful lot (and I'm not just saying that). The Co-op has offered me so many opportunities including my current position as buyer for the personal care department in the new store. Working here has opened my eyes to the world of natural products and how much diet has to do with overall health. It's been a big change for someone who was raised on a farm eating a steady diet of meat and potatoes.

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But I digress—back to the topic of supplements. We have greatly expanded our selection of high quality vitamins, homeopathic and specialized herbal remedies from Frontier. I get a lot of customer requests for particular supplements and I try to add them to inventory when I can. If I can't add them, I am happy to special order them. Many supplements are available by special order one bottle at a time. There is no extra charge for special orders and they are available to members and non-members alike.

I am also trying to add as many certified organic medicinal herbs and herbal remedies as I can. In some things I will only be carrying certified organic. This stems from the fact that some plants are becoming endangered because they are over picked in their natural habitat. Goldenseal is one such example. When an herb is certified organic, by definition it would have to be commercially cultivated. Organizations such as Frontier Herb Co-op and United Plant Savers are working hard to commercially grow as many native plants as they can in order to limit the need for wildcrafting.

Supplements are not by any means the only thing you will find in our personal care section. We also have paper products, bulk soaps and detergents, diapers, shampoos, and all natural cosmetics from Ecco Bella. But wait, there's more. Remember how you waited all year for the opening of the Holiday Bazaar? The buyers always picked way-cool stuff for your holiday shopping pleasure. Well, now we have a full-time mercantile sections.

The selection will change throughout the year. Right now you can find great accents for your home and garden. Check out our lines of scented and unscented candles. We have lots of incense from Japan and India (yes, we have Sai Baba Nag Champa). How about some really cute plant stakes? An elegant, hanging bird bath? Seed mixes for bird and butterfly habitat, coasters made from glass (great for patio parties), t-shirts, tank tops, and gloves.

And then there is our full line of aromatherapy products. We have essential oils, electric and candle diffusers, diffusers for your car and scent inhalers. Many people enjoy the relaxing properties of lavender or the ability of tea tree or eucalyptus oils to help clear sinus congestion. Aromatherapy oils are all natural and do not smoke when being diffused. This can be helpful for people who like the smell of incense but cannot burn it due to sensitivity to the smoke. So, if you haven't visited the personal care section lately, you don't know what you're missing. Stop by and say hello.

Co-op - News

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Jim Gale	882-7804
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20th of each month

News From The Board Of Directors

By Suzanne Peyer and John Hermanson

The last Board of Directors meeting was held at 5:30 pm, Wednesday April 14th. It was the first meeting with our two new board members, Margo Kay and Al Pingree. The first part of our meeting was spent welcoming them aboard. We look forward to the new energy they will bring to the board and the Co-op in general.

During this meeting we selected officers and established committee positions. The board decided that the officers for last year did such a great job that they were voted to retain their current positions. So, this year officers remain as Nick Ogle as president, Mimi Pengilly as vice president, and Suzanne Peyer/John Hermanson as secretary.

Board members are also required to serve on various committees that help with Co-op operations. These committees were filled as follows:

Finance: Nick Ogle, Mimi Pengilly, Al Pingree

Membership: Jim Gale, John Hermanson/Suzanne Peyer, Margo Kay

Nomination: Margo Kay, Al Pingree

General Manager Evaluation: Jim Gale, Nick Ogle

Benefits: Mimi Pengilly, Al Pingree

In addition to board members serving on the above committees, Co-op members can also volunteer their time to serve. Discounts are applicable. We welcome and encourage your participation.

Finally, we reviewed the terms of the maternity/paternity leave and unanimously accepted them. Now for the first time ever, the Co-op now has maternity/paternity leave. Next month we are meeting on Wednesday, May 12, at 5:30 pm in the board room on the main floor of the new Moscow School District administration office at 650 North Cleveland Avenue (by the Moscow Junior High).

The View From the Back

by Kenna S. Eaton

OK, so I know I said the back side of the Co-op (the south side of the building—facing the post office) would be finished by the time you read this newsletter, but I don't think it will be. It seemed like such an easy project—landscaping the area around the beds, making a space for picnic tables, and prettifying the area around the recycling bin and the dumpster. But of course, things are never as easy as you think they will be (one of the never ending lessons in life).

As plans were made to pour a concrete slab for the recycling bin, I was asked to wait by the City of Moscow until a situation with our loading dock had been resolved. It seems our neighbor, John Walker, is very unhappy with the way large trucks delivering the Co-op pull up next to his building when they unload. He is also unhappy that, to make way for our loading dock, the City moved two parking spaces back to the other end of the street (where they originally were).

The story gets more complicated from here. Until we can come to an agreement with the City of Moscow and our neighbor on how to resolve this issue, we are unable to actually do much of anything to the 4th Street side of the building.

This situation is frustrating for us, since we made sure to get city approval before configuring the dock the way we did. But our dock is on city "right of way", so we do not have a lot of choice in the matter. And of course, we'd like to be a good neighbor and make the back entrance work for everyone. So, as all good stories go, it's going to take a while to resolve the issue, and for us to have a happy ending.

Tune in next month for an update! Until then, please be patient with us as we try to make this part of Moscow an attractive and comfortable place to be.

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Spring Celebration, a.k.a. The Annual Membership Meeting

By Fritz Knorr



Nick Ogle, Chair of the Board of Directors, honors Kenna Eaton, General Manager.

"I hate meetings." How many times have you heard that phrase? It has to be one of the most irritating phrases ever repeated. There are only a few people I have met whom I suspected of enjoying meetings for meeting's sake. Sometimes a meeting is necessary, and it doesn't have to be unpleasant—and a good example of that kind of meeting was the Co-op's recent annual membership get-together.

The by-laws of the Moscow Food Co-op, Inc. specify that there be a Membership Meeting once a year. The meeting is usually in the spring, to report on how the business did the previous year. This year, on March 26th, there was a potluck supper, called a Spring Celebration, which served as the annual Membership Meeting. At the meeting (which would have been difficult to "hate") there was food, music, beer, and a very small, but adequate amount of business.

As people arrived, their food was piled up on tables in the kitchen room of the American Legion Cabin, where it was held hostage until the business meeting was concluded in the main room next door. So, with about 100 hungry



Nick, our selfless Chair, suffers through giving flowers to another woman, Chris Moffitt.

people, food smells wafting into the meeting room, and a dozen squirming babies in the audience, the business session of the meeting was kept very, very brief.

The annual Membership Meeting of the Co-op is analogous to an annual stockholder's meeting of a corporation. In this case, the members are the stockholders. The main

items on the agenda (besides the food and music and beer) are the presentation of the annual report for the previous fiscal year and the introduction of the elected members of the Board of Directors.

The meeting was called to order by Nick Ogle, Chair of the Board of Directors. Kenna Eaton, General Manager, gave a very brief and informal financial report. Really, all she said was that an annual report would be published in this newsletter. She reported that sales were up at the new location, but profitability was still lagging. And that was pretty much it. For more details, see the published report.

The members of the Board of Director are volunteers, but you could hardly tell by the amount of time and energy and heart that they put into the job. And no one has put more heart into the job than Christine Moffitt.

Christine's term on the board was up this year, after three productive years. I was very glad that her effort was recognized by the Chair with a bunch of flowers and a heartfelt thank you from everyone. I'll repeat it here: Thank you, Chris.

There was an election for new members of the Board of Directors the month before the meeting, remember? It was a mail-in election. If you are a member, you got a ballot mailed to you. The winners of that election, and new members of the Board, are Al

Pingree and Margo Kay. Al attended the Membership Meeting and was able to stand up and be congratulated on his volunteer spirit.

After recognition of the continuing Board members, and flowers for Kenna in honor of her skills, dedication and success of the last year, the meeting fell into questions from the floor. Now, up to that point, we were only about five minutes into the meeting. It seems like a lot of items to work through, but really it was just a brief

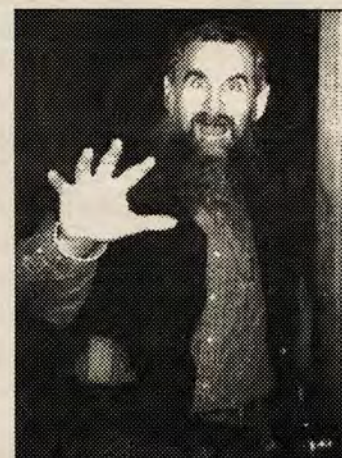
informal report, flowers, people standing up, applause. Everything quick. Eyes were drifting toward the food. Then the question.

"I'm a member of the Cleveland Co-op, and they have a detailed policy for product selection. What is the policy of the Moscow Food Coop for product selection?" asked Bob Hoffmann. I've learned that when

someone questions the policy of product selection at the Co-op, he might not really care about policy. More likely, there is one (or more) specific products that he objects to and wants to ban from the Co-op. But the discussion is about policy. So, in my little brain, I thought, "Hum, some product is bugging Bob, and he's coming at it by the long route, through policy. This might delay my eating."

The discussion from the floor started drifting toward endless debate about Product Selection Committees and "dynamic processes", things that have given meetings their previously discussed reputation. Babies stepped up their squirming.

Fortunately, at this point, we were saved by Bill London, who made a dramatic late entrance, which startled Bob into blurting out the real reason for his question:



Bill London makes a dramatic late entrance.

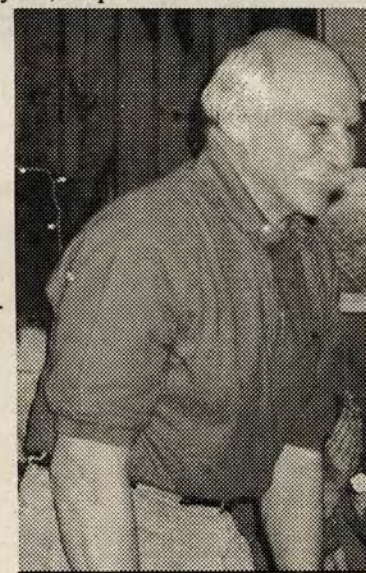
Dole bananas. Bob doesn't like Dole. Now, we had something tangible to work with, not a "dynamic process." It turns out that the Co-op had already stopped buying Dole products the week previous. Problem gone. Let's eat.

To answer Bob's question about policy, product selection at

the Moscow Food Co-op relies heavily on intelligent, concerned, professional buyers. Rather than having a rigid code and endless committee meetings to do micro-adjustments to that code, the Co-op actually believes that the people working here have hearts and minds. If you have a problem with a product, or if you have a suggestion, talk to the buyers: Laura and Danielle, produce; Carrie, personal care products; and Vicki, groceries.

With that, Nick brought the business portion of the meeting to an enthusiastic adjournment. At which point the members moved into the munching phase of the meeting. During dinner, we were entertained by Coyote Special. Coyote Special is George Conover, bass; Scot Oliver, guitar and vocals; Karen Launchbaugh, guitar and vocals; and Paul Anders, mandolin, etc. Look for their forthcoming CD this year.

After the food, music and conversation, the "Spring Celebration" was over. But, it will be back next year, so plan to be there. It's actually kind of fun, if you like meetings.



Hooray for Al Pingree, our newest Board member.



Erana Kitterman, right, did her best to keep the meeting brief. Here she is with her mother, Heidi Hoffmann.

Membership News

by Kristi Wildung

It has come to my attention that there are a number of shoppers out there who still think the Co-op offers a discount on purchases to members. I guess we haven't communicated to our new members (or old ones either) very well, so I'm here to set the record straight.

In December 1997, the Board of Directors voted to offer a 10% discount on purchases of \$20 or more to members, commencing January 1, 1998. This went into effect on said date and it blew away our wildest projections. The Co-op was giving away so much money that we'd soon be broke. So the Board again voted, this time to discontinue that member discount and offer other benefits to members. This went into effect on April 1, 1998 and has been our policy since. If you're new to the Co-op, or just want some updated information about our store and our benefits, read on. You'll find that being a member of the Co-op is just as rewarding as ever.

We're a full-line, member-owned grocery store with an empha-

sis on local and organic products. Everyone can shop here, but only members reap the savings on our abundant monthly sale deals and our special order discounts. We also offer our members bread cards, check cashing privileges, and a voice in how our store operates. Best of all, our Business Partner Program can't be beat. We've teamed up with local businesses who have agreed to offer our members exclusive discounts at their places of business.

Volunteers receive additional savings of up to 18% per week. We have a number of positions and times for members who wish to save more on their purchases and help the Co-op. The volunteer board is located next to the shopping carts at the shopping carts at the front of the store, or you can call Gary, our volunteer coordinator.

We're open from 8 a.m. to 8 p.m... seven days a week, excluding, New Year's Day, Memorial Day, Fourth of July, Labor Day, Thanksgiving Day, Christmas Day and the

day after Christmas.

Joining the Co-op is easy. Just let a cashier know you'd like to join and they can sign you up at the register. Or, if you can't wait until the next time you're in the store, there's a clip-out membership form in this newsletter that you can send to us with your payment. A single membership costs \$10/year and a family membership is \$17/year. Members pay in until they reach the \$150 level, at which time they become lifetime members. Your membership dollars buy all the equipment in our store.

Our deli makes fresh sandwiches, soups, salads and entrees seven days a week. If you're too tired to cook or just want to try something new, visit our deli counter. We also have an espresso/smoothie bar and delicious take-and-bake pizzas.

Our newsletter and brochures give you information you need about store and community happenings, cooking, nutrition, volunteering and more. We are committed to

providing up-to-date happenings, cooking, nutrition, volunteering and more. We are committed to providing up-to-date and accurate information to our customers on the products we carry and services we offer. With all of that said, I'd like to welcome these new members; Clara Dockter, Benjamin Johnson, Catherine Schulhauser, Steve Gill, Verla Reed, Shirley Hornocker, Jodi Birk, Valerie Brooks, Traee Walters, Vicki Rishling, Francis Roethle, Stewart Wuest, Monte Walker, Barbara Palmer, Bobbie Klossner, Susan Seaman, Alan Perry, Jo Campbell, Sylvia Heller, Diane Potter, Tricia Ritter, Perry Berger, Diane Lovejoy, Deta Stem, Shari McEvoy, Anant Naganathan, Carol Villanueva, Barbara Ham, Janet Fiske, Jugi Sekiya, Jan Simonsen, Cheryl Blankenship, Susanne Meier, Ardis Eckel, Brian Thie, Julie Kong, Amy Davies, Karl Launchbaugh, Amber Runkel, and Theresa Guenther. We appreciate your patronage and dedication to the success of our Co-op.

Money and the Co-op

by Kenna S. Eaton

Last month I mentioned that the Co-op was doing OK financially. We were able to carry our debt load and had seen some nice growth at the new location. On April 1st, we closed for the day to conduct a thorough inventory (and do some cleaning and meeting—a very busy day), so our latest financial report is composed of the "hardest" figures I've seen since the move.

These numbers are for the first quarter of 1999 and are taken from our profit/loss statement.

Sales:	
\$400,236	100%
Cost of goods sold:	
\$207,517	52%
Gross profit:	
\$192,719	48%
Expenses:	
\$157,088	39%
Net Income:	
\$ 36,631	9%

Sales in the first quarter grew by 45% over last years sales, while our gross profit margin grew 17% over the same period last year. Expenses held about the same percentage rate, but our profits are up to 9% of sales.

We are very happy to see this positive new trend emerging at this new facility.

However, I must offer a word of caution. These numbers look so good partly because of our inventory adjustments. You may remember last month I said the same thing about our loss in 1998, but as my bookkeeper keeps reminding me: "lower your inventory and you raise your cost of goods, and if you increase your inventory, you will lower your cost of goods." Inventory was lowered dramatically to move, and since that time has been increased to fill the new store. This increase in inventory makes our cost of goods look very low. We should see more of a pattern develop as the



year progresses. Already I'm looking forward to the 2nd quarter figures!

Our current assets to current liabilities ratio is 3.72/1, the goal is 1.5/1. Again inventory is an asset and we have a lot of it right now. Our debt to equity ratio 1.45/1. The goal for this ratio is 1/1, but when you are taking on debt, as we recently did, it is normal to have more debts than assets.

Companies that are in strong growth mode may even have a ratio of 3/1.

Thanks for your continued support. The Co-op is growing strong because of its members, and we couldn't do it without you.

Readership Survey

Complete This Readers' Survey and You May Win a \$25 Gift Certificate!

We want to improve the Moscow Food Co-op Community News. We want your opinions about how this newsletter could be made more interesting, useful and attractive for the members and customers of the Moscow Food Co-op. Please help us by filling out the survey below and then returning it to the Co-op.

This survey is anonymous. Your name will not be linked with your opinions. And please, only one

survey returned per person.

A gift certificate for \$25 worth of anything at the Co-op will be given to one lucky person who returns this survey to the Co-op. Anyone (including Co-op staff, Board members, and newsletter volunteers) who completes the survey and enters the coupon will be eligible for the drawing. The winner will be chosen in a drawing held on June 10.

To keep the survey anonymous, we ask you to fill out the name/ phone coupon and deposit it separately. The winner will be selected from those coupons. You could be the winner—it's easy:

1. Cut the survey out of the newsletter.
2. Complete all the questions
3. Cut the coupon (with your name and phone included for the drawing) off the bottom of the survey

4. Place the survey in the green box near the front door at the Co-op
5. Place the coupon in the jar beside the green box

All surveys and coupons for the drawing are due by June 10. The results of the survey and the name of the winner of the prize drawing will be published in the July newsletter. Thank you for your ideas and support.

Survey Questions: (Circle your answer)

1. Are you a member of the Moscow Food Co-op? Y N
2. Do you read the newsletter every month? Y N
3. Where do you usually get your copy of the newsletter?
At the Co-op At a Moscow business At a Pullman business At the University of Idaho By mail
4. Do you read the advertisements in the newsletter? Y N Sometimes
5. Do you patronize businesses because you see their advertisements in the newsletter? Y N Sometimes
6. Do you like the 2 center pages of the newsletter devoted to sale items available at the Co-op that month? Y N
7. Do you like reading in the newsletter about community activities and other information not directly related to the Moscow Food Co-op? Y N Sometimes
8. Is the newsletter layout/design attractive and easy for you to read? Y N Sometimes
9. Have you ever visited the Moscow Food Co-op website? Y N
10. Do you have any comments about the questions above, suggestions for other topics not now adequately covered in the newsletter, or anything else to add?

For the questions below, select the number from 1 to 5 which approximates your interest level in the kinds of articles that appear in the newsletter. The number 1 indicates you do not like and do not read articles on that topic, and the number 5 indicates that you really like and always read the articles on that topic. **Remember – circle 1 if you do not like the topic, circle 5 if you like it very much, or choose the number in between that approximates your interest level.**

- | | | | | | |
|--|---|---|---|---|---|
| 1. Articles about gardening | 1 | 2 | 3 | 4 | 5 |
| 2. Articles comparing different brands of specific food products available at the Co-op | 1 | 2 | 3 | 4 | 5 |
| 3. Articles announcing upcoming community events, festivals, or conferences | 1 | 2 | 3 | 4 | 5 |
| 4. The Back Page announcements | 1 | 2 | 3 | 4 | 5 |
| 5. Profile articles about volunteers and staff members | 1 | 2 | 3 | 4 | 5 |
| 6. Profile articles about businesses that have joined the Co-op Business Partner Program | 1 | 2 | 3 | 4 | 5 |
| 7. Articles with in-depth information about specific foods (like grains or oils) | 1 | 2 | 3 | 4 | 5 |
| 8. Articles about Co-op events | 1 | 2 | 3 | 4 | 5 |
| 9. Reports from the Co-op Board of Directors | 1 | 2 | 3 | 4 | 5 |
| 10. Reports from the Co-op General Manager | 1 | 2 | 3 | 4 | 5 |
| 11. Staff reports from Co-op departments like the bakery or the deli | 1 | 2 | 3 | 4 | 5 |
| 12. Staff reports about new Co-op members | 1 | 2 | 3 | 4 | 5 |
| 13. Staff reports about volunteer positions available | 1 | 2 | 3 | 4 | 5 |
| 14. Staff reports answering product availability questions (the Buy Line) | 1 | 2 | 3 | 4 | 5 |
| 15. Articles about specific cooking herbs/spices | 1 | 2 | 3 | 4 | 5 |
| 16. Articles about macrobiotic cooking | 1 | 2 | 3 | 4 | 5 |
| 17. Letters to the Editor | 1 | 2 | 3 | 4 | 5 |
| 18. Reports from Co-op members volunteering/working in foreign countries | 1 | 2 | 3 | 4 | 5 |
| 19. Poetry from Co-op members | 1 | 2 | 3 | 4 | 5 |
| 20. Articles about food-related political controversies | 1 | 2 | 3 | 4 | 5 |
| 21. Articles about books available at the Co-op | 1 | 2 | 3 | 4 | 5 |
| 22. The Kid's Page | 1 | 2 | 3 | 4 | 5 |

To enter the drawing for the \$25 gift certificate:

Fill out this coupon and clip it from the survey. Place this coupon in the jar next to the survey return box.

The winner will be chosen on June 10. The winner need not be present to win.

Name _____

Daytime Phone _____

Night Phone _____

Mary Thyberg, 1924-1999

By Bill London

Think back to the old Co-op, the one at 310 West Third, by the Micro. Can you remember in the parking lot the old blue Dodge van, wrinkled and dented and adorned with various lefty bumperstickers, that served as the Co-op's primary recycling vehicle?

That was Bob and Mary Thyberg's van (purchased brand new, for cash, in 1968). Bob was the Co-op's chief recycler, and Mary was his wife.

I remember Bob carefully and tenderly setting a small stool by the passenger seat after opening the door, and then helping Mary out of, or into, the van.

I also remember the sturdy throne room Bob erected in East City Park in 1995, the year they were selected as the king and queen of the Moscow Renaissance Fair. He was concerned that Mary would not have a dry place to sit and receive the adulation of her subjects. So he constructed a pavillion of plywood and 2x4's strong enough to withstand a nuclear blast.

Mary died on April 3. She left behind her husband of 40 years, five children, 16 grandchildren, 18 great-grandchildren, and four great-great-grandchildren.

Family was her focus. She lived as a homemaker, and worked as a baby-sitter. Her hobby, her passion, was children and family and the simple pleasures associated with home-canned, garden-fresh food. She freely gave. Even in death, she gave her eyes to the Seattle Eye Bank.

At the potluck meal following her memorial service on April 10, we spoke with some of her siblings. Mary was one of 11 kids raised in a sod house by sharecropper parents in the sand hills of Nebraska. One of her brothers spoke of the incredible hardships of that life. The kids slept three or four to a bed, covered with old overcoats. The snow slipped in all the cracks covering the beds and floors with icy layers. Despite the poverty, they had a strong family bond, and what they remember today are the good times on that farm.

Water and the Co-op

by Kenna S. Eaton

We sell a lot of water at the Co-op, I mean a LOT! I am constantly amazed by how much water people buy. Recently we've made a decision to focus on selling water bottled in our region, for example, Idaho Ice from Elk River, ID, Trinity from Paradise, ID, and Big Spring from Lewistown, MT (just on the other side of the Bitterroots).

But the most popular water at the Co-op by far is the bulk water, the kind you can refill your own bottle with. At 5 cents per pound, it is quite the deal. And for those of us who like to re-use containers, it satisfies us in other ways.

Bulk water is filtered water from city wells. Recently I asked Anatek Labs (one of our business partners) to do a broad spectrum analysis of our filtered water. For \$50 they will do this same analysis on anyone's water.

According to our report, the Co-op's water has very low levels of contaminants compared to the EPA's maximum contaminant level in almost all the areas they looked at, except for iron. When I checked with the laboratory director, he confirmed that all of Moscow and the surrounding area have this same problem. Something to do with the basalt in the area. The EPA MCL (maximum containment level) is 0.3ppm, the Co-ops water is at 0.55ppm. We can install a water softener to remove the iron but unfortunately it will also replace the calcium and magnesium in the water with sodium.

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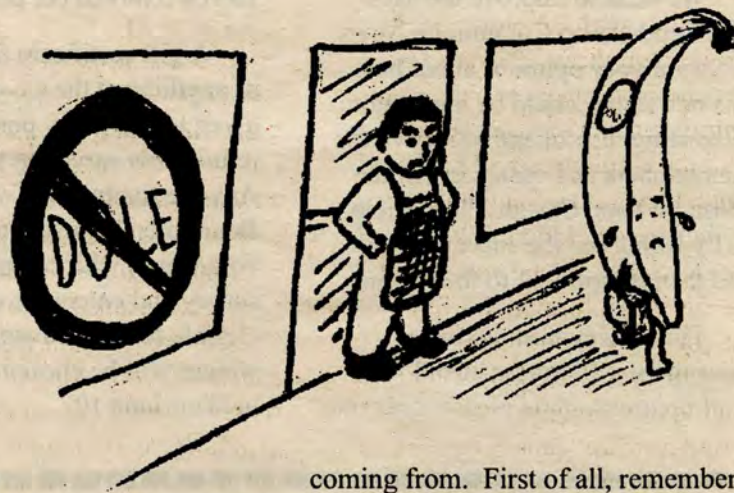
What's New in the Produce Department

By Laura Church

We are definitely in the spring swing of things now. The Farmer's Market has started downtown, and I know many of you have already started digging in your gardens. Everyday things get a little greener and the days are a little warmer. It's time to start eating more fresh vegetables to shake that final layer of winter "pudge."

Asparagus, artichokes and fresh salads are all really nice right now and the fruit selection is revving up. We still have some nice apples that are coming from an organic orchard in Argentina that are fresh and crisp. Remember it's fall down there, so that's been a special treat for us. My very favorite thing has been asparagus steamed just about 6-8 minutes and then sprinkled with a little bit of lemon juice or steamed broccoli with a little bit of soy sauce. Both of these bypass the usual cheese sauces and butter, and are relatively guilt-free unless you are watching your salt intake.

I did have one comment from the suggestion board that I wanted to address. *Please label the produce so we know where it's from. You do this sometimes, but I'd like it to be more consistent.* This comment has been made many times over the years, and I know there are many more of you than just one who care about this subject. The problem is that the Co-op is on a somewhat limited budget, and I can't afford to buy a sign system that would allow me to have a sign for every vegetable and fruit from all the possible countries that they come from. Product is constantly coming from different areas of the country, different countries, and different farms. In order to keep up with the changes, we would have to change the signs every day or so. I will give you some hints though to help you determine where your food is



coming from. First of all, remember if it's not summer here, your food is coming from the south or it's been in storage all winter. Most produce is grown in California and Arizona in the winter. There are some exceptions though. Our organic bananas come from Mexico all the time because they're not grown in the US anywhere. There are a few organic farms starting in Argentina that have very nice produce like apples and pears. Also, if you look at those little stickers on the vegetables they usually say where the produce is from. If you want more information than this always feel free to ask a produce worker, we're more than glad to help you if we can.

Please have special member prices on fresh fruit and produce. At this time our system can not handle dual pricing on produce items, but I do usually try to have different specials each week. Granted they're not for members only, but they are sales. When or if we are ever able to afford a computerized register system I will be able to have more member specials. Until then sale prices are for every one in the produce department, and hey, why not! I think it's cool that everyone can take advantage of organic produce sales, because the more that people try organic produce, the better it is for the environment!

Thanks for your Dole banana decision. The new store is a great asset in our community—a great way to spread good health! Thank you so much for your positive feed back! It's certainly made my day. And, hey I agree too, the Co-op is a great place.

The Buy Line

By Vicki Reich and Laura Churchill

Have you noticed anything new around the store? Maybe you've run into a couple of those little purple signs with Employee Pick of the Month on them. This is a fun new experiment that the Education Committee came up with. Each month the employees will pick a product they've tried and tell you why they love it, kind of like the book stores do. I hope you'll find these fun and informative. Tell me what you think about them, and keep your eyes peeled, they'll be changing every month.

And now for something completely different:

Can we have charge accounts when we pay say \$20 and then just subtract off that amount as we make small purchases? Thanks. Yes!, eventually. We studied a Co-op in Montana that does this very thing for their members and they said it worked great. The only hitch is that we have to wait until we get scanners for the registers. Scanners are essentially computers that will be able to keep also sorts of information for us, including account information for every member. Hopefully in the next year or so we will be able to do this very thing.

Can you get bulk almond butter? We can special order this item for you, but are unable to carry it in the store due to slow sales and the swift spoilage rate of the product. In the past the almond butter went rancid well before we were able to sell a whole bucket of it.

Bulk malt extract for home-brewing. They have this product next door at MarketTime Drug.

It's time to change the baking soda in the scoop pots by the spices. Thanks for noticing! It's already been taken care of.

I would love to see plain pickled horse radish, not horse radish sauce. Also, can we stock Buttermilk? We are not able to find a source for the horse radish, but we do now have buttermilk. Look for it in the cooler with the other milks.

I was wondering when you will have more Market spice tea in bulk. Hey guess what, it's back in stock, and hopefully we won't run out again.

Can you please stop having soy in everything you sell! I've heard soy is bad for you. Thanks. Are you sure soy is bad for you, or that

you just don't want to eat it. My mother always said it was good for me, and I believe her. And no there isn't soy in everything, just a lot of it, like the Soy Delicious Chocolate ice cream. It's yummy!

Put signs on "old" store to direct out of town shoppers and others to your new store. We did have signs there for quite awhile, but they were taken down when the new tenants took over. I'm sorry you weren't able to find us easily.

Tiene una tienda muy buena. Gracias. Thanks! (I think)

Can we get naturally cured bacon? I really like the frozen meat section. Thanks for making meat available. I don't know a source for this, Do you? And thanks for the compliment about the meat department. Lots of us are enjoying it. Mochi by Grainassance cinnamon/raisin, sesame/garlic are really good. (The pizza flavored mochi is yucky though.) We have plain and sesame garlic in the freezer by the bread.

Please no more fluorescent lights!! Sorry, but until someone donates a whole bunch of money to the Co-op, we are stuck with the lights we have.

Your wine selection is lacking! Something besides organic, more tasty would be nice. When we decided to carry wine, we didn't want to compete with the Wine Company, a great store that's been serving the Moscow area for 20 years. We chose instead to focus on organic and local wines and beers. Unfortunately there is not as big of a selection in those categories. I think that there are quite a few tasty wine in our wine department, and I'd be happy to help you pick out a good bottle the next time you shop, just ask for Vicki.

I'm hooked on Republic of Tea Mate Latte—any chance of getting it in bulk? Thanks! I will see if I can fit it in. In the mean time, you can special order it by the pound in either tea bags or loose.

Tempah with sea vegetable, please. I can't find a source of this. Do you know who makes it?

Just wondering why Dissmore's sells Craven's coffee for \$8.99/lb while the Co-op sells it for \$11 or \$12. We sell only organic shade-grown coffee at the Co-op. I suspect since Dissmore's sells their organic and non-organic coffee at the same price that they are inflating the price of the non-organic coffee so

they can bring down the price of the organic.

A hook on the door or wall in the bathroom would be really helpful! Thanks. Also, please carry the chicken flavored noodle cup of soup. It's my kids' favorite. The hook has been installed, sorry it took so long. And yes, I will bring in the Nile chicken noodle soup as soon as a space opens up.

What happened to the ingredients list on your bulk items? I miss them terribly, don't know what's in some of the stuff-like soap/detergent/pasta, etc. I'm glad you mentioned that because I am looking for a volunteer to redo our labels. This is a big job that requires some graphic design and computer skills. If anyone is interested, please come see Vicki. Until I get someone to help undertake the job of redoing the labels, you are welcome to ask any of the staff to locate ingredient lists for you or leave me a list of what you're interested in and I'll find them for you.



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Observations From Behind the Cases

By Kelly Kingsland

Well, I've worked in the Deli now for quite a few years, and have never tired of cooking. In contrast to life itself, making a soup is a very tangible task. The process of beginning, creating, and completing each project seems endlessly fulfilling.

Any creative task however, is open to interpretation, effected by both the creator and the consumer (in this case, the eaters). While none of us working at the Deli are formally trained cooks, we cook, and that at times seems to put us in a position of culinary authority. This responsibility can make my skin crawl when I think about it too hard. Observing how lightly we take on the task of making 5 gallons of soup or 15 pounds of salad, I realize that this ease is largely due to the positive responses we get from the eaters.

On the other hand, negative feedback seems to make me highly conscious of my work. Delivering

exactly what each person wants at exactly the right moment is a daunting task, and the job becomes an impossible exercise in perfection.

In saying all this I am attempting to say "Thank-you" to those who see our creations for what they are each day. And to those who believe we are failing by not producing enough Vegan products, or didn't salt our soup enough, or destroyed a perfectly good sandwich by adding onions: this is just a reminder that we are trying. We serve many different appetites, and receive constant feedback. The feedback is heard, weighed, and I believe, reflected back to our customers through our variety of products.

While we appreciate feedback, we are also highly conscious of the randomness of each creation. We revel in the chaotic nature of reduced produce, forgotten recipes, and lost measuring spoons. We cling to change, and scorn repetition.

Business Partner Profile: Joanne Milot of Marketime Drugs

By Randall S. Paulin

Some combinations are just naturals. Peanut butter and jelly. Laurel and Hardy. Joanne Milot and Marketime Drugs.

Joanne and her husband Steve bought Marketime Drugs from Vern Davidson about a decade ago, but Joanne's been working at Marketime since her name was Westberg. Actually, her association with the store goes back a decade further—her mom was a pharmacist at the store before she began to work there while still in high school. Although she flirted with a journalism career during her college days, Joanne's practical side prevailed. She realized she wasn't likely to make much of a living as a journalist, and turned (naturally) to pharmacy instead.

Joanne returned to Moscow for a simple reason. "I love Moscow," she says. "I love the size, and I love the focus of this community." When her 30-year high school reunion was impending, another Moscow resident, whom she'd known since she was a child, said to her, "I hear you kids are havin' a

reunion." The small-town ambience epitomized by that anecdote, which Joanne tells with a broad grin, is what has kept Joanne at Marketime all these years.

Vern Davidson still works at Marketime as a pharmacist, and Joanne wouldn't have it any other way. Her appreciation of Vern as a friend and a mentor animates her when she speaks about him. The continuity he represents for Marketime (he's been at the store for over 40 years) contributes a great deal to the community—almost family—atmosphere of the store. Joanne cites independence and service as the hallmarks of her business, and emphasizes that she's known much of the clientele for many years.

That clientele includes folks seeking health-care products and prescription service, of course, but it also includes people seeking beer- and wine-making supplies. Marketime has carried these for about 40 years. As Joanne says, they've seen the home-brewing trend come and go and come and go.



Joanne Milot of Marketime Drugs
(with Seth Thomas)

Customers from around the region come to Marketime for yeast, hops, and sundry other brewing and vinting goodies.

Joanne says the drug store has also seen an increase in foot traffic since the Co-op moved in next door. "I hope that continues," she says, "and I think it will. It's good to have new business coming into the shopping center." Joanne also mentioned that she's impressed with the selection available in the Co-op's new home.

Whether you're relatively new to the Co-op or a long-time shopper, you can take a moment to pop in next door and say hello to Vern,

Joanne, and company. As a Co-op member, you will be able to take advantage of the Co-op Business Partner discount of 10 percent on all Hallmark products purchased at Marketime. In addition, you'll notice the small-town, home-town feeling right away—and you might walk out with a new hobby as well as a new acquaintance!

Marketime Drugs is located in the Post Office Square Shopping Center, a few doors west of the Co-op, at 209 East Third Street in Moscow. The phone number there is 882-7541. Marketime is open from 9am to 6pm, Monday through Friday, and 9am to 5pm on Saturday.

Staff Profile: Aly VanderStoep

By Randall S. Paulin



Mention of the state of Iowa is likely to bring to mind bucolic images of barns and cornfields. For Iowa native and Co-op staffer Aly VanderStoep, however, Iowa means raptors—as in birds of prey.

Aly's lifelong concern for the environment was bolstered by the several years she spent working as a raptor rehabilitator in an Iowa City day camp. Aly got her degree in environmental education from the University of Wisconsin at Stevens Point, and you don't have to speak with her very long to realize that she's passionate about environmental issues. But her passion is modulated by the communications skills she learned at UWSP. She speaks lyrically of sunrises she's seen on the Columbia Gorge and of the joy of introducing city kids to the wonders of the night sky away from the glare of the city lights. She also talks concisely about the practical side of environmental

education, of the need to educate without finger-pointing.

Aly's had a number of opportunities to practice environmental education. In addition to her stint as a raptor rehabilitator, she worked for the Northwest Regional Outdoor School, and last summer had a "dream job" as a naturalist for the Girl Scout Council—where, among other things, she got to experience those spectacular Columbia Gorge sunrises. She was responsible for maintaining the Girl Scouts' nature center at the Gorge, and for teaching approximately 100 Scouts per day. Aly says she was surprised by how driven some of the girls were to earn merit badges in wildlife and ecosystems—efforts she was able to support through her teaching. She and the girls designed habitat structures for the Western Pond Turtle, which has been designated an endangered species. Aly believes that this kind of hands-on environ-

mental education had a profound effect on many of her students. And all her students seemed eager to learn about the environment, which contributed to the joy she felt in the job.

Aly came to Moscow in November of 1997 to visit a friend attending the UI. She became an avid shopper at the Co-op shortly thereafter, but it was with the Co-op's move to new quarters that she joined the staff. She's now working full-time at the Co-op, and speaks of that experience as consonant with her dedication to the environment. "There's an incredible feeling of community and ownership with the Co-op," she says. And she feels that shopping at the Co-op is a way to show a little bit of responsibility toward the environment. A responsibility we all share, and one which Aly's committed to educating people about. And with such a wonderful teacher, the lesson's easily learned.

Tales of Online Intrigue

By Robert Hoffmann, Co-op Webmaster

Have you been to the Co-op's Web site lately? If you want to visit, the address is: <http://users.moscow.com/foodcoop/>.

It's come a long way from its humble beginnings, when a handful of pages were cross-linked with graphics that looked like out-of-focus jelly beans. In fact, there aren't many Co-op Web sites out there that rival ours for extensive content and eye-pleasing design.

I do receive occasional comments on the Web site, but these are so few and far between that I've gained a sneaking suspicion: either the membership is overwhelmingly satisfied with <http://users.moscow.com/foodcoop/>, or there ain't too many of you making regular use of this Co-op resource.

Basing the ongoing Web site development more on the above fear than its accompanying hope, I've been slowly shifting the site's emphasis to make it a more enduring resource, and bring more of you back for regular visits. I don't seek to strictly duplicate newsletter content (as I had done in the early days). I am leaning towards two types of content for the site: newsletter articles with a long shelf life, and goodies that never make it into the newsletter.

Long Shelf Life

Remember that great recipe for asparagus from last year's newsletter? Sure was good when you tried it, but could you find it again? Of course you can, it's on the Co-op's Web site! Recipes are archived back to October 1997, and we have an increasing collection of other useful newsletter articles that won't be getting stale any time soon. Whether you're curious about what to do with bee balm, or you want the skinny on fat, the Co-op Web site has more and more answers every month. Eventually, I predict, it will be more useful than many of the books on your shelf. I've even renamed the "Organic & Local

Goods" page into "Healthful Resources!"

The Co-op also has a number of Business Partners willing to give you a discount when you flash your membership card. Of the 26 partners listed on the site, fourteen have links to either newsletter features or the partner's own Web site.

Never fear, I will still be posting newsletter items such as volunteer and staff profiles, the

Buy Line, Board Meeting Reviews, and other things that interest the membership. But if you don't see your favorite article, it doesn't mean that I didn't like it. It just didn't fall high enough in the editorial scheme of a volunteer Webmaster with limited time.

Info You Won't Find in These Pages

I don't want the Co-op site to be a mere catacomb for expired newsletter articles. That is why I maintain two pages specifically to pull you into our online presence. The first is the "Monthly Specials" page. "What!?" you exclaim, "The newsletter already has the monthly specials!"

Well, it does, but then again, it doesn't. Please allow me to explain. Every month, Vicki and Carrie chew their pencils (or keyboards) while compiling a long list of items to mark down. The Members' Specials pages in the printed newsletter just can't accommodate every item. It may also be the case that the newsletter goes to press before the full list is compiled. So you can wander around the store, looking for red stickers and discount signs, or you can go to the Web site, browse the complete list, and jot down the items that you'd like to purchase. As I write this article, I know that the Web site will list over 130 items that are discounted to members in May. So stop by every month, or you might miss a few good bargains!

The other page that you should consult frequently is the "Events &

Info" page, which you will find by clicking on the button that looks like a bottle and glass of red wine. In fact, if you would like to make a Co-op page into your browser's start page, this should probably be the one, as it changes most often.

This page had its beginnings with the Newsletter Bulletin Board, but has significantly grown. Half of the events on this page never make it into the newsletter, either due to missed deadlines, hastily organized events, or just because I heard about an event and decided to post it.

The "Info" part of "Events & Info" primarily includes links to other sites. While not a comprehensive listing, there are some sites that should interest Co-op members: local, cooperative, environmental, dietary, and progressive sites. If I've omitted your favorite site or event, just click the "Webmaster" link at the bottom of the page and let me know.

Rounding out the selection on "Events & Info" are a listing of progressive radio programs on KUOI-FM, and contact information for public officials, local and national alike. So if you want to give Marshall Comstock, Helen Chenoweth, and Bill Clinton a piece of your mind, that pleasure is just a click away.

So I'll be looking for you online, at a great, unique resource for Co-op and community members. See you there. ;-)

Side Bar:

How to make the Co-op Web site into your browser's start page.

First, go to the Co-op Web site (<http://users.moscow.com/foodcoop/>)

Netscape Navigator 4.0: Go to *Edit, Preferences*, and select *Navigator* from the *Category* list. Under "Home Page," click "Use Current Page," then click "OK."



Events & Info

Netscape Navigator 3.0: Copy Web address from Location field. Go to *Options, General Preferences*. Under the "Appearance" tab, "Startup" area, paste the address into the "Home Page Location" field, then click "OK."

Internet Explorer 4.0: Go to *View, Internet Options*, and under "Home page," click "Use Current." Click "Apply," then "OK."

Now the Co-op Web page will be the first page your browser visits when you surf the Internet!

Fresh-Air Volunteer Position Available

by Therese Harris

Would you like to get some exercise and see Moscow up close this summer?

Have we got the job for you! Distribution of this newsletter is a volunteer job with a flexible schedule, requiring between about 10 hours at the start of each month. It earns you a 13% discount on your Co-op groceries, and is a great way to meet lots of local folks.

This position is open for the summer only, and requires distributing copies of the newsletter to several dozen Moscow businesses monthly. If you'd like more information, please call me at 334-0335.

Mrs. Leepers

25# Organic Quinoa
10# Brown Rice Elbows
10# Garlic Parsley Twists

Save 15-20%

BULK



Salsas and Bean Dips

Reg. \$2.85
Now \$2.29

Save 20%

REFRIGERATED



Organic Non-Fat Plain Yogurt

Reg. \$5.99
Now \$5.09

Save 15%

REFRIGERATED



64 oz. Vanilla Silk & Chocolate Silk

Reg. \$3.95
Now \$3.15

Save 20%

REFRIGERATED



Veggie Weiners
Now \$1.85

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Save 30%

REFRIGERATED

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Fig Bars

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BOGO!

(Buy one, get one free)



All Flavors
2.4 oz.

Reg. \$1.45
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GROCERY



Sesame Ezekiel Bread

Reg. \$2.59
Now \$1.99

Save 25%

FROZEN

Nature's Choice

Dipped Desserts

Reg. \$3.15

Now \$2.69

Save 15%

GROCERY



All Snack Bars

Save 25%

GROCERY

Buyer's Pick



\$1.00 OFF

PER POUND

Craven's Coffees are personally selected by owner/roaster, Simon Thompson.



GROCERY



Mini Rice Cakes
Popped Corn Cakes

Reg. \$2.39
Now \$1.89

Save 20%

GROCERY



Organic Quarts

Reg. \$4.99
Now \$3.75

Save 25%

FROZEN

Buyer's Pick



23.9 oz.
Juice Squeeze
Reg. \$1.55
Now \$1.25
Save 20%

GROCERY



Hibiscus Cooler
Save 30%
Recharge
Save 19%

GROCERY



Peanut Butters
Reg. \$3.85
Now \$2.69
Save 30%

GROCERY



Eco-Pacs:
Corn Flakes
Mesa Sunrise
Honey'd Corn Flake
Reg. \$6.45
Now \$4.19

Save 35%

GROCERY



Rice Drinks
Reg. \$1.79
Now \$1.25

Save 30%

GROCERY

Planet
Harmony

Fruit Snacks
Reg. \$1.55
Now \$1.39

Save 10%

GROCERY

Ark
Naturals

All Supplements

Save 20%

PERSONAL CARE

Westsoy

64 oz.
Plus Plain Soy Drink
Vanilla Plus Soy Drink

Reg. \$4.29
Now \$2.99

Save 30%

GROCERY



Potato Chips

Reg. \$1.85
Now \$1.29

Save 30%

GROCERY



Great gifts
for
Mother's Day!
Lavender Fields
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Save 15%

PERSONAL CARE

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Products

SPF 15, 18, and 30

Save 40%

PERSONAL CARE

AFTER THE FALL.
Vermont's Juicemakers

All 32 oz. Juices

Save 15-20%

GROCERY

Annie's
Homegrown Inc.

Pasta and Cheese Dinners

Save 40%

GROCERY

Buyer's Pick

Richardson Lab

Arthred G 14 day

Thompson

Glu Co Pro Supplement

Save 15%

PERSONAL CARE

Volunteering At The Co-Op

by Gary Macfarlane

The opportunity to volunteer and receive volunteer discounts is one of the outstanding benefits of Co-op membership. Volunteers do weekly tasks and are compensated based upon the hours. One hour per week is an 8% discount, two hours a 13% discount, and 3 hours is an 18% discount.

Volunteers keep their cards at the cash register and inform the

cashier that they have a discount. These cards are filled out at the end of the weekly shift. Volunteers can share their discount with one other adult household member.

There are many tasks to be filled. Please check the volunteer board as some jobs are just coming open. We really need your help.

I am reminded of a story, the veracity of which I cannot attest,

about a "volunteer" who worked at the Moscow Food Co-op several years ago. Unlike any volunteer who has ever worked at this Moscow food co-op, Comrade Ivan (it was Moscow, USSR, now Moscow, Russia) forgot to punch his time card and didn't show up to do his "volunteer" work. Furthermore, he did not "renew" his membership, the annual rate which was some

2,000,000 rubles or some ridiculous number.

Comrade Ivan was reassigned to work in the salt mine co-op in Irkutsk under somewhat harsher working conditions.

We promise never to treat volunteers like Comrade Ivan was treated. As such, we never have problems like the other Moscow Food Co-op has with Ivan. So please come and volunteer.

Food & Nutrition

Macro Musings The "Co-Star" Grains, part 1

by Peggy Kingery

Every theatrical performance has an actor or actress that plays the leading role. If our dinner plate was the stage, and the scene of the play dealt with the grain portion of the macrobiotic diet, brown rice would be the star performer. A play's success, however, depends also upon a strong supporting cast. Beginning this month, and for the next two, I will be addressing the nutritional value of the "co-star" whole grains and whole grain products that compliment brown rice in macrobiotic cooking.

Grains as a principal food are the most balanced in terms of yin and yang energy; however, some display more yin or more yang characteristics than others do. The grains with more yang characteristics (i.e., small, hard, grow in cold climates) are the ones most suitable for cold weather eating. Buckwheat (or kasha) and millet are examples of this type.

Buckwheat is the most yang of the cereal grains and provides strength and warmth during the chilling days of winter. It is high in calcium, niacin, iron, protein, and the essential amino acid lysine. Botanically, it is really a fruit, not a grain, and is related to rhubarb. Whole grain buckwheat is available in two forms: roasted, called kasha; and unroasted, called buckwheat. It is delicious when prepared as a cereal, in soups, and in vegetable-grain dishes. Buckwheat flour is used in making Japanese soba

noodles, knishes, and pancakes. Whole grain buckwheat has a strong taste that I found required getting used to, but that my husband liked from the first time he tasted it.

Millet is a strong, energizing, grain that is easy to digest. Millet is alkaline in nature, and traditionally is used help settle an acid stomach quickly. It is high in phosphorus, magnesium, vitamin A, niacin, and protein, contains all the essential amino acids, is higher in B vitamins than brown rice and whole wheat, and is higher in iron than any other grain except amaranth and quinoa. It is a versatile grain that can be used in soups, vegetable-grain dishes, stuffings, and croquettes. Millet is too often relegated to the bird feeder rather than the cooking pot. When lightly toasted in a dry skillet before cooking it has a delicious nutty, buttery flavor.

There are other grains that are small, round, and hard but do not have such a strong yang influence on the body. Two of these are amaranth and quinoa. Amaranth is a fine, sand-colored grain that possesses a gelatinous quality after it is cooked. It contains many of the essential amino acids, including lysine, is high in calcium, is second only to quinoa in iron, and is rich in vitamins. Amaranth is available in two forms: whole grain and flour. It is used to thicken soups and as a cereal and can also be sprouted or popped in a dry skillet. Its texture is pleasantly crunchy and the flavor is

both sweet and peppery. It always retains its shape after cooking; the hulls stay firm and chewy. I particularly enjoy pressure-cooking it with short grain brown rice (2 1/2 cups rice, 1/2 cup amaranth, 4 1/2 cups water, pinch of sea salt).

Quinoa, like buckwheat, is not actually a cereal grain but the fruit of an herb in the goosefoot family. It contains twice as much protein as barley and rice and all of the essential amino acids, and is high in vitamins, iron, potassium, magnesium, and calcium. Quinoa is found in both whole grain and flour form. It can be cooked alone or with other grains and is particularly tasty in bean and vegetable dishes. Its flavor is very difficult to describe. It has a mild nutty aroma and a slight crunch but tastes different from any other food I've ever eaten. One unusual feature about quinoa is that while cooking, a tiny opaque spiral appears, which encircles the grain and curls into its center.

The Co-op stocks all of these grains in their whole form and carries many products made from their flours. Throughout the month of May, quinoa will be on sale to Co-op members. What a wonderful incentive to purchase some and try it in a recipe or two! And if you're like me — anxious for spring but still in need of something warming on these lingering cool days — here is a recipe that is sure to make the wait easier.

Millet Loaf With Mushroom Gravy (serves 6)

Millet Loaf

2 c millet
1/2 c diced celery
1 diced carrot
6 c boiling water
1 diced onion
2 pinches of sea salt

Water sauté vegetables in a small amount of water until tender. Add millet and sauté for 3 minutes more. Add boiling water and sea salt, bring to a boil, cover, and simmer for 30-35 minutes until all water is absorbed. Stir and press into a casserole dish.

Mushroom Gravy

1/2 c whole wheat pastry flour
1/2 lb sliced mushrooms
3 c water or vegetable stock
3 T shoyu
1 minced onion
1 t sesame oil

Heat oil in a skillet and sauté onion and mushrooms until onion is translucent. Add flour to vegetables. Mix evenly with a wooden spoon so that vegetables are coated with flour. Slowly add water and stir constantly to avoid lumping. Bring to a boil, cover, and simmer 5-7 min. Add shoyu, cover, and simmer for another 10-15 minutes, stirring occasionally.

Pour sauce over millet to cover surface. With a chopstick, poke several holes in the top of the loaf so that the sauce can be absorbed into the millet. Bake at 350° for 30-35 minutes.

Vanilla

By Nancy L. Nelson

It's the flavoring of the gods, loved by ancient Aztec rulers for the scent and flavor it gave the bitter dark chocolate they sipped from gold cups.

The sweet perfume of vanilla wafts through the steamy mountains where the only orchid eaten by humans climbs into the tree-tops. Its flowers grow into pods that yield the sweet flavor, but only after careful curing and drying.

In the process, the pods become so valuable, they are "branded" with a pattern of pinpricks to deter theft.

Finally, the pods are soaked in alcohol, creating a dark liquor used in the hot chocolate you had for breakfast, the cookies you had after lunch and the ice cream that's for dessert tonight.

Truly, "just plain vanilla" doesn't seem so plain.

After all, if you have a sweet tooth, you probably eat it several times a day. Its flavor, which we taste as sweet even though it doesn't contain sugar, is used in candy, cakes, chocolate, and especially ice cream.

But there was a time when vanilla was unknown in Europe. Its secret was the privilege of indigenous people living in eastern coastal areas of Mexico, who had figured out how to make the dangling vanilla pods give up their intense flavor.

It was no easy trick, since the pods have no taste or odor, and must be cured

by drying them in the sun by day, and wrapping them in blankets at night for nearly three weeks. The goal is to make the pods "sweat" and trigger an enzymatic reaction that releases vanillin, which makes vanilla taste and smell like vanilla.

How anyone ever figured out how to do this is still a mystery, though some estimate that vanilla cultivation may have started as long ago as 6000 BC.

Its introduction to Europeans, however, is known to the day. On Nov. 14, 1519, the Spanish conquistador Hernando Cortes forced the Aztec ruler Montezuma to meet with him. Cortes was served a bitter chocolate drink, flavored with vanilla. Within three years, the Spanish had smashed the Aztec empire and carried its riches back to Spain. The plunder included vanilla, chocolate, potatoes, peppers and tomatoes, in addition to gold.

Today, our desire for vanilla is satisfied with extract from plants grown in southeast Mexico, Guatemala, Madagascar and Indonesia. Although more widely grown today than it was four centuries ago, vanilla is still very expensive due to its cultivation, which is as demanding as its processing.

Each vanilla pod requires hand pollination of the fragile vanilla blossom, which blooms in the morning and is gone by afternoon. Workers sleep among the vines

to get an early morning start, pollinating each blossom with a stick. Insects and hummingbirds can also do the job, but are not considered reliable enough.

Hand pollination and careful curing make vanilla quite expensive, and not surprisingly, people use cheap imitations when they can. The most popular way to make imitation vanilla is to add an extract of tonka beans, which produce a vanilla-like odor. Synthetic vanilla is also produced from lignin, a wood pulp extract made from wood wastes.

Neither imitation has the same flavoring power as true vanilla and sometimes has an unpleasant aftertaste.

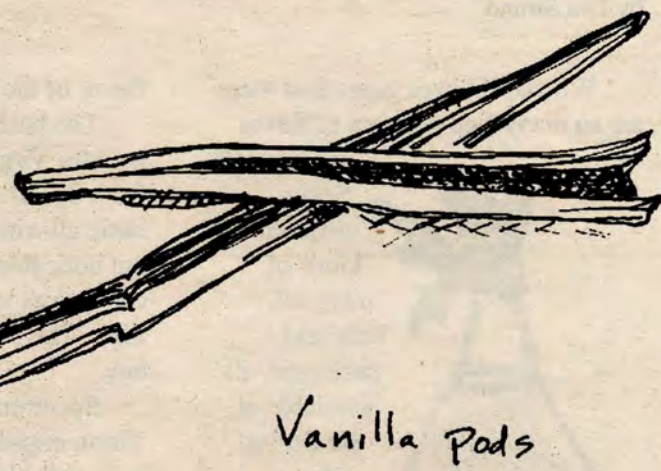
Local grocery stores sell imitation vanilla for roughly one-fourth the price of their pure vanilla, which is usually around \$2 an ounce. The Co-op's vanilla is the absolute best buy in town, at 65 cents an ounce for pure extract and \$1.20 an ounce for organic.

You can make your own vanilla extract by simply buying a few Co-op vanilla beans which cost \$2.68 each, and soaking them in six ounces of brandy for six weeks or so. As you use the extract, replace it with more brandy.

The Co-op's vanilla beans are beautifully fragrant and pliable. To keep them from drying out, store in an airtight container. Vanilla extract must also be capped tightly to prevent evaporation and away from of the light.

Both should keep indefinitely.

I have noticed cookie recipes are more generous with vanilla measurements these days, and I believe it is a happy improvement. As a general rule, I use about a teaspoon of extract for every cup of flour when baking. Chocolate



Vanilla Pods

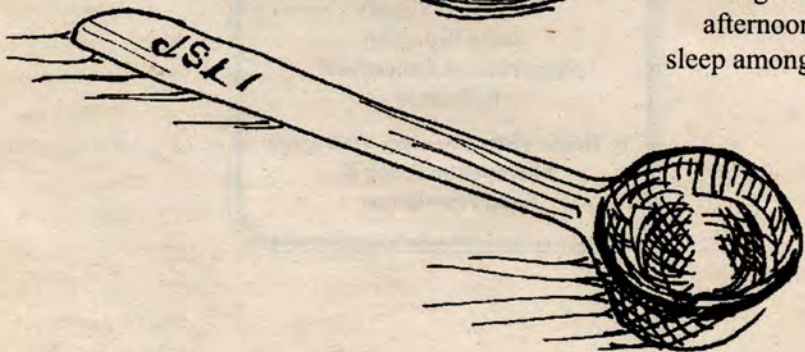
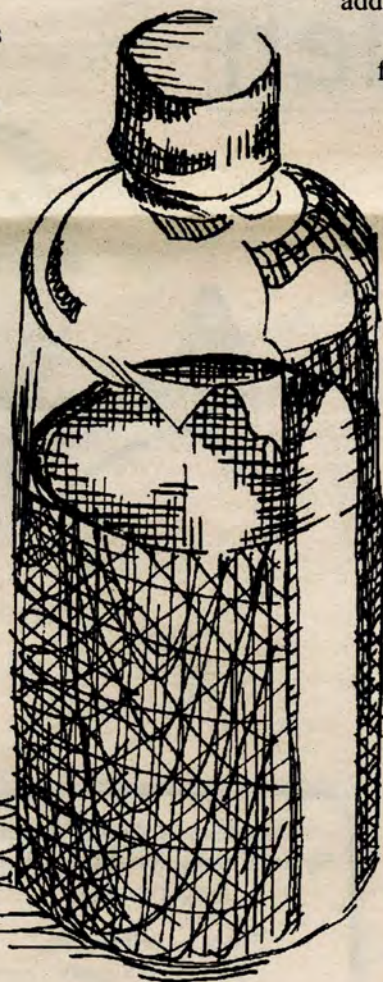
brownies and cake call for even more vanilla, I find.

Vanilla is also useful in fruit desserts, where it can ease the need for sugar. Try a quarter teaspoon of extract in a pie filling or fruit crisps, or a teaspoon when poaching pears. For best flavor, add vanilla at the end of cooking when a dish is cooling. For an intense, true vanilla taste, split a one-inch piece of vanilla bean in half lengthwise and scrape its tiny seeds into your dish. Those seeds are the same dark flecks you see in really good vanilla ice cream. Vanilla is a traditional flavoring for many dairy-based desserts, and absolutely necessary for good rice pudding. This recipe takes full advantage of its fragrance.

Rice Pudding

- 4 cups milk
- 1/2 cup sugar
- 1/3 cup uncooked white rice
- 1 vanilla bean
- 1/3 cup blanched almonds, roughly chopped
- 2 eggs, lightly beaten

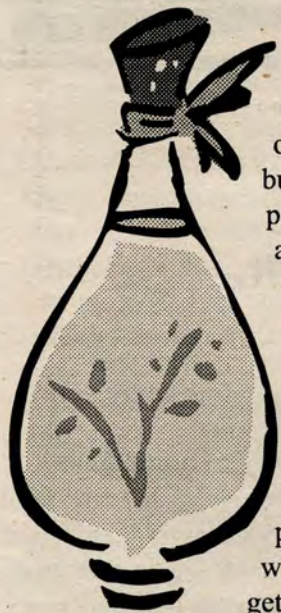
Combine all ingredients except the eggs in a heavy saucepan. Bring to a simmer and cook, uncovered, over by very low heat until the rice is soft, about one hour. Stir occasionally. Stir in eggs and cook about 15 minutes longer, or until very thick. Remove vanilla bean, dry and store for further use. If you don't want to buy a vanilla bean, add 1 tablespoon vanilla to pudding as it cools.



Word of Mouth

by Eva Strand

Who could ever guess that there are so many fine nuances of flavor



in olive oil? Seven different kinds of olive oil, bulk and packaged, all available at the Co-op, were selected for this tasting session. We tasted the oils plain on white bread to get the pure

flavor of the oil.

The bulk olive oil at the Co-op is Extra Virgin non-organic olive oil from Spectrum. We considered it a basic all-round olive oil with a mild but noticeable olive taste - good for cooking as well as in salad dressings. The price is right. It is a good buy.

Spectrum Tuscan style Extra Virgin organic olive oil turned out to be a well-liked oil with a light but earthy Calamata olive flavor - a favorite among some of us. Another winner was Anatoli Extra Virgin non-organic olive oil from Greece with a fruity, olivy, just-right taste. I am not surprised to read on the label that this is an award-winning oil. It was my favorite. California's Napa Valley Extra Virgin non-organic

olive oil was a top notch mild, fruity, creamy oil - only good comments on this one also.

Spectrum organic olive oil had a very mild, sweet flavor and is well suited for cooking or in dressings where you don't want much olive flavor. Spectrum also sells an Extra virgin olive oil which was described as nutty, slightly bitter, grassy flavor or with a hint of vanilla. In other words, this oil got a wide range of descriptions from very positive to not so good.

During my career as a taster, it has been fascinating to watch 'my victims' test some products and have such completely different opinions about them. This oil was one of these products - you may love it or you may not like it at

all.

Last to test was Gaeta Extra Virgin olive oil from Italy with an intense olivy taste - it was also described as 'bubblegummy'. I will have to test this one again just to get my definition of 'bubblegummy' straight!

I think we got this week's fat allowance taken care of in this one evening, but olive oil is 'good fat' isn't it?

My suggestion for tonight: Select a good olive oil, a crusty loaf of French bread, maybe garlic, herbs and dried tomatoes. Pour some oil in a beautiful bowl, add a crushed clove of garlic, chopped herbs and a few pieces of chopped sun dried tomatoes for sweetness - dip the bread and enjoy.

Yard & Garden

May Gardening Checklist

By Pat Diaz

This month you can plant cool-season crop seedlings such as Swiss chard, lettuce, peas, carrots, and beets. If the chance of frost looks as if it's past, plant corn, cucumbers, peppers, melons, squash, tomatoes, and basil.

Be sure and amend the soil by digging in one to two pounds of a complete fertilizer per 100 square feet. You'll also want to harden off your seedlings before transplanting by moving them to a coldframe or partially shaded patio and gradually

exposing them to more sun and nighttime cold.

Seven to ten days ought to be enough. Make compost, also, by alternating four-inch thick layers of green matter (such as grass clippings) with brown matter (dead leaves, straw). Keep your pile moist and turn weekly.

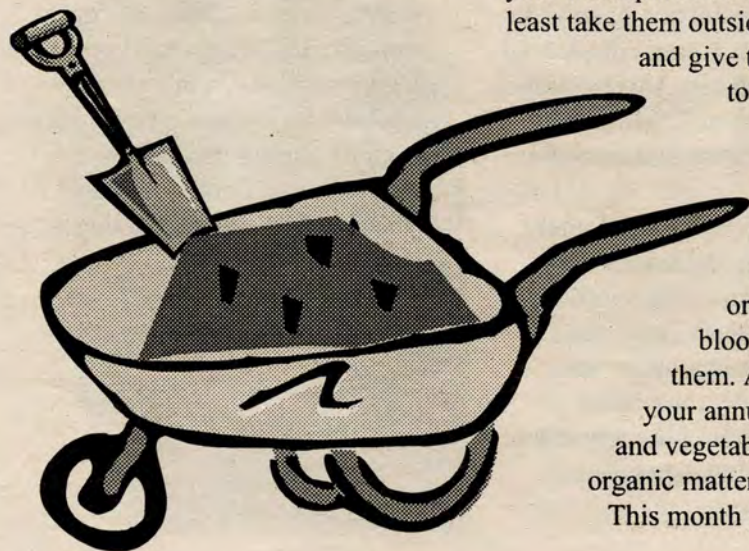
It's also time, once the last frost has come, to take houseplants outside to a shady summer spot. Prune, fertilize, and water them well. If you prefer not to expose your houseplants to insects, etc., at least take them outside this summer

and give them a shower to get the winter dust off of them.

After lilacs, spiraea, and mock orange have bloomed, prune them. Also mulch your annuals, perennials, and vegetables with organic matter.

This month you can set out

container-grown shrubs, trees, vines, and hardy ground covers. Early this month you can set out violas, lobelias, pansies, and bachelor's buttons; later in the month you can set out the rest of the annuals and perennials.



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Bare Root Vegetables

By Patricia Diaz

Bare root perennial vegetables, including asparagus, horseradish, Jerusalem artichokes, and rhubarb, are a wonderful addition to your spring garden.

The biggest advantage is that you prepare the soil once and then reap the harvest for years, sometimes decades. And not only do these plants provide wonderful food, they also add spots of beauty to your garden. They need full sun and good garden loam (dig in a 3" layer of compost). Since we have so much clay in our area, you may want to plant these in raised beds filled with imported garden loam.

Asparagus is a great spring vegetable and is a dependable crop. You need to buy all male varieties so you later don't have to weed out seed-producing females (you want spears not seeds). Expect to wait two to three years for full production from your plants. To plant bare root asparagus, dig a trench 6" deep in well-amended soil. Set them 15" apart and cover with 2" of soil. Then as the spears grow, add 2" of soil for every 2" of growth.

Keep doing this until the soil mound is 4" above the ground level. Also when you plant, add 1 pound of 5-10-10 fertilizer per 12 1/2' of row. In the years after, mix a high-nitrogen fertilizer into the soil just before the new spears appear.

The first year you should let the shoots mature into ferns in order to strengthen the roots and ensure better harvests in following years. The second year, harvest only a few spears. The third year you can harvest spears over a two-month period or until the spears appear to become thinner. Stop picking when spears are 3/8" in diameter. To harvest the spears, snap or cut 5-10" spears at ground level. Leave the ferns in place so that they can help hold snow mulch in place and protect the roots from freezing. The best varieties to buy are UC 157, Jersey Giant, Jersey King, and Jersey Knight.

Horseradish is easy to grow and produces roots which can be grated to make spicy-hot sauces. To plant, you can either use a horseradish container or put the roots in the ground 2-3' apart. Unless the soil is poor, horseradish doesn't need

fertilizer. However, it does need regular watering. You can harvest the first fall after you cut the tops off by harvesting the lateral roots, leaving the taproot to renew the plants. To make horseradish sauce, put 1 1/2 c. peeled and diced root in food processor. Whirl with one small peeled, diced turnip, 1 tsp. Salt, and 1/2 tsp. Sugar. Slowly pour in 1 c. white vinegar. This yields three cups of prepared horseradish which will keep approximately three months in the refrigerator.

Jerusalem artichokes are not from Jerusalem nor are they artichokes. They are also known as sunchoke as they look like seven-foot sunflowers. Plant the tubers on the north side of the garden, making sure they won't shade other plants, 4-6 weeks before the last frost. Make sure you plant them either where they can't spread, such as a strip area, or place a bamboo root barrier around them.


You can dig the tubers after the first frost, which sweetens them. You can leave some for next year or dig them all and refrigerate them. The best variety is Red Fuseau. To serve, scrub or peel and submerge in water with a little lemon juice added to prevent browning. Dice and use like water chestnuts in stir-fries and salads or steam them until tender (15 min. if whole, 5-10 min. if sliced) and season with butter, tarragon, or lemon juice. Just about everyone has rhubarb growing their yard because it lives for decades in our climate and some previous resident probably planted some.

But if you don't have any, here's how to get one going. Plant rhubarb with the top of the crown at the soil surface and mulch with manure (do

this in the fall, too). If flower stalks appear, cut them out. And remember that rhubarb is vulnerable to drought.

You can harvest rhubarb the second spring but you won't get a full crop until the third or fourth year. To harvest, pull stalks back from the base and TWIST. If you cut them, the remaining stalk will rot. Take up to a third of the stalks over a ten-week period. The best varieties are Victoria, Cherry Red, MacDonald, Valentine, and Crimson Red.





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Insights

Letter to the Editor

by Diamond J. Western

Editor's Note: Diamond Western, Co-op member and Co-op Newsletter subscriber, now works at a nerve gas decommissioning facility in the middle of the Pacific Ocean on Johnston Island. He responds to the letter published in the March 1999 Newsletter from Dorothy Dunne of Sandpoint.

I remember Dorothy quite well. We were good friends for quite a while. Actually, there were a group of us, kind of like family, that worked, played, and studied geology together. My buddy Bobby was part of the same.

Way back when, all of us terrorized the hallowed halls of the College of Mines - Jan, Bobby, myself, Dorothy, and a couple of others. Seems like Susan Judy was in there as well. But before I go into all of it, please allow me to go a bit further back. But before I do that, let me remind you, Dorothy, at a time, was married to Phil Sawatsky. Phil was the trooper holding down the Co-op. He was quite dedicated to the cause.

When I first arrived in Moscow to live, back in January of '76, I was still living in a camper on my truck. I parked by the boiler plant across from the engineering building for a couple of days until the University Gestapo gave me and my neighbor, Bill, a ticket. He ticketed us for having vehicles that wouldn't run. Admittedly mine hadn't run for a week or so, but that was a result of my not driving it, not a result of it not being able to run. I protested the ticket through the University protest board, or whatever it was

called, and was cleared of all crimes. But I still had to move. So I moved, along with Bill, to behind the Kibbie Dome. After awhile we were run out of there as well. So we moved into the parking lot of Steele House. I backed the truck up into the parking lot overlooking the city. I had one of the greatest views in town. In addition, I was adopted by several of the Steele House girls. What a life, eh? I even, at one time, had a pre-function at the truck for a Willie Nelson concert.

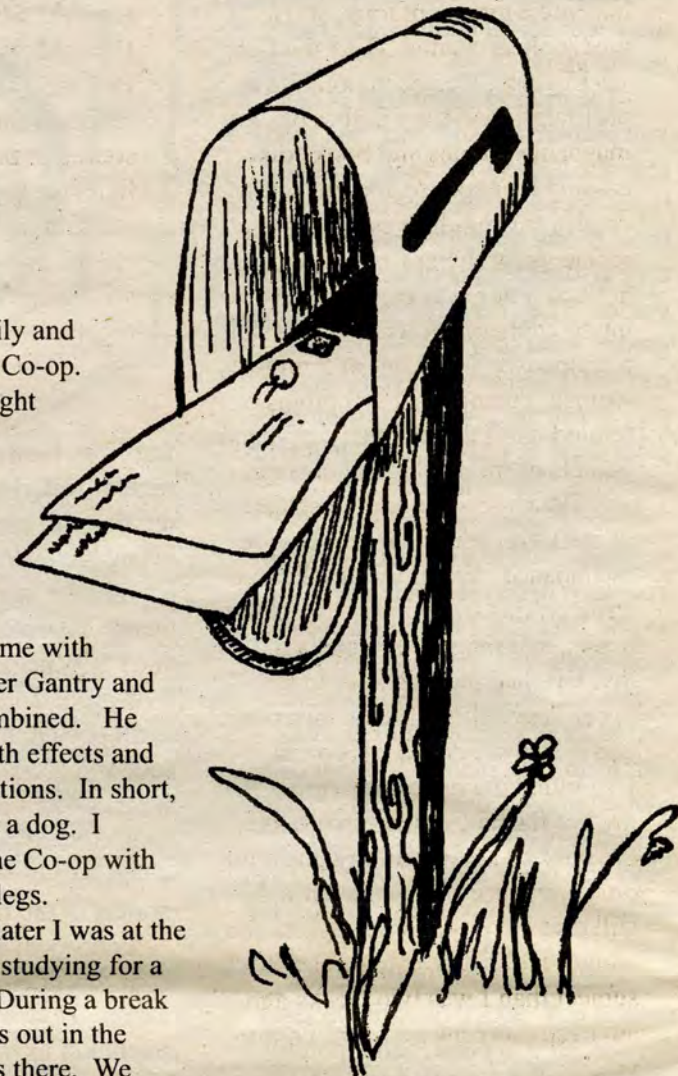
Sometime during this period I had a strong desire for some cinnamon toast. Pretty basic recipe - toast some white bread, smother it with butter, sprinkle it with sugar, and dust it with cinnamon. I had everything I needed except the sugar. I didn't eat much sugar during those days so I really didn't need a lot. Just enough to satisfy my immediate craving for cinnamon toast. So, me, in my naive, went to the Co-op to see if I could buy a small quantity of the sweet death. I knew it was carcinogenic, toxic, unhealthy, and created all sorts of problems. And I knew the production of it led to the subjugation of the masses and that buying it would only aid in the growth of the ruling pigs. But I still needed some. So,

as I mentioned, guiltily and naively I went to the Co-op. Phil Sawatsky was right there to be of assistance. That is, until he discovered the object of my search. He was aghast. He was disgusted. He laid into me with all the fervor of Elmer Gantry and Jimmy Swaggart combined. He reminded me of health effects and the political ramifications. In short, he made me feel like a dog. I slinked away from the Co-op with my tail between my legs.

Several months later I was at the Sawatsky residence, studying for a final with Dorothy. During a break from our labors I was out in the front room. Phil was there. We didn't really know each other. He was sporting a nice little lapel pin. To break the ice I commented on it. With pride he told me it was pure silver and made in the likeness of a stalk of corn. He told me the Co-op was selling them, and that they had many different varieties of fruits and vegetables. I asked him if they had any of sugar cane. Back in those days Phil didn't have much of a sense of humor.

Several years later I ran into

Phil again, this time at Bobby's house out in Onaway. I was just returning to town following a geology project. He pulled me aside and said he had a true confession to make. In a conspiratorial whisper he told me he had drunk a coke and eaten a candy bar. What's worse, he admitted he really enjoyed them. We celebrated our new found bonding by swilling a beer.



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Menopause

By Pamela Lee

With millions of baby boomers reaching middle age, menopause has become a prevalent topic and a media phenomenon. Over the last 10-15 years, I've been noticing a proliferation in the number of magazine articles and books discussing menopause and the controversies surrounding estrogen replacement therapy. I've also noticed that fewer of us are resorting to euphemism when discussing menopause. For 4 out of 5 mid-life women, menopausal symptoms remind us of the distinctly physical aspects of this biological change.

The Co-op has a good selection of books on natural approaches to menopause. When I was asked to write on this subject, I selected four books, and in the week and a half that I've had them, I've read between one-half to three-quarters of each. I wish I could tell you that I've found a quick way to relieve my hot flashes, or that I have found *the* book to answer all my questions on menopause. But, I haven't. I still dress in easily shed layers, and while I feel better read on the subject than I was two weeks ago, I am even more aware of the controversies and disagreements over treatment to relieve menopausal symptoms.

I'll discuss the four books in the same order that I read them.

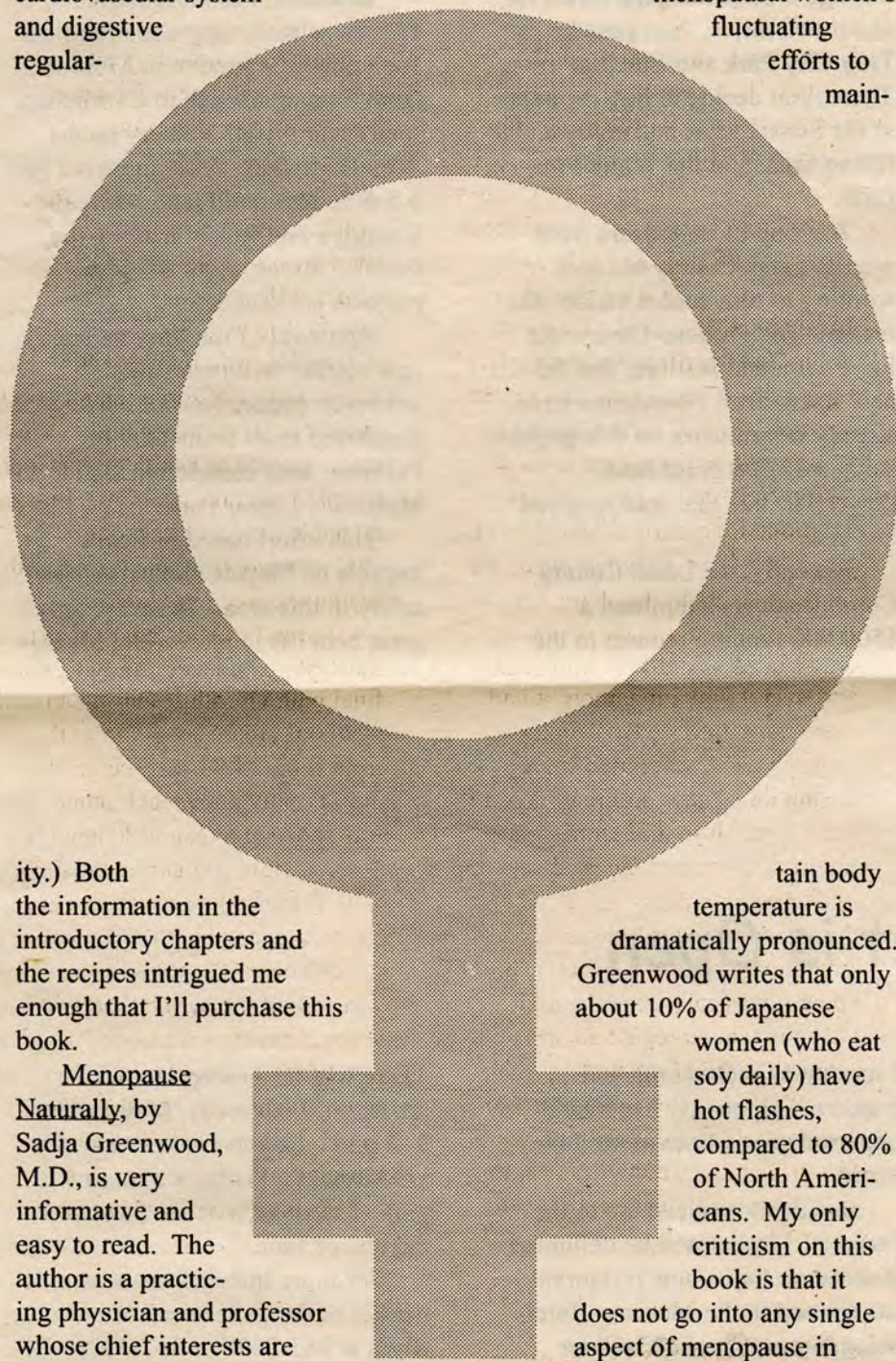
Estrogen the Natural Way by Nina Shandler is an eminently useful book containing over 250 recipes for the menopausal woman. Ms. Shandler's recipes incorporate generous amounts of soy and flaxseeds, natural sources of phytoestrogens and lignans. Prestigious medical journals, including the *New England Journal of Medicine*, *Cancer Research*, and the *British Medical Journal*, have published articles citing the health benefits of eating soy and flaxseed. These plant foods offer estrogenic benefits without the (cancer) risk of pharmaceutical estrogen replacement therapy (referred to as ERT).

The book contains useful charts, such as one diagramming the nutrients in soy vs. dairy and meat, and another charting how much of these estrogenic foods one needs to eat in order to reap their beneficial properties. For the soy novice,

Shandler unravels the differences between silken tofu, firm tofu, or tempeh. She explains why she uses flaxseeds in her recipes, rather than flax oil. (Though flax oil is high in omega-3 fatty acids, it is *not* a good source of plant estrogens called lignans. Lignans are not only estrogenic, but they also benefit the cardiovascular system and digestive regular-

women are not able to manage any subtlety in maintaining their skin temperature. We all shiver to keep warm and sweat to cool off in order to maintain an average body temperature of 98.6 degrees. Estrogen plays a key role in helping our skin's blood vessels expand and contract. With less estrogen,

menopausal women's fluctuating efforts to main-



ity.) Both the information in the introductory chapters and the recipes intrigued me enough that I'll purchase this book.

Menopause Naturally, by Sadjia Greenwood, M.D., is very informative and easy to read. The author is a practicing physician and professor whose chief interests are gynecology and women's health care. Because Greenwood suffered and survived breast cancer in her early 40's, she had a vested interest in nonhormonal methods (not HRT) for lessening menopausal symptoms, as well as in finding ways to lessen the risk of long-term low-estrogen conditions, such as osteoporosis.

I was intrigued to learn that hot flashes occur because menopausal

tain body temperature is dramatically pronounced. Greenwood writes that only about 10% of Japanese women (who eat soy daily) have hot flashes, compared to 80% of North Americans. My only criticism on this book is that it does not go into any single aspect of menopause in depth, but rather is a (successful) overview. This is a good first book for the woman preparing for this time in life.

Menopausal Years, The Wise Woman Way, by Susun S. Weed offers herbs and soothing words to assuage and to celebrate the midlife changes of menopause. Of the four books I took home, this was the one I liked the least. In fairness, there was a lot of useful information in

this book, such as helpful sections on calcium sources from both food and herbs, the prompting for adequate loading-onto-the-skeleton exercise to prevent osteoporosis, and the advice to use only one herb at a time when trying herbal treatments. What alienated me was the heavy current of goddess language that ran through the entire text. I realize that what turned me off may very well be what most attracts the next reader. If you like talk of "wise woman ways", "crone's ceremonies" and such - this may be the very book for you. Or, if you are specifically interested in herbal treatments for the symptoms that accompany menopause, the author seems very knowledgeable. At the author's recommendation, I am drinking a fenugreek seed tea at night and in the morning in an effort to temper hot flashes. The author promises that (at least) my "sweat will smell like sweet maple syrup".

I regret that I left *What Your Doctor May Not Tell You About Menopause* by John R. Lee, M.D. until last. I've run out of time to read the entire book before this article's deadline. Now, I'll have to purchase this book, too! Dr. Lee, and co-author Virginia Hopkins, offers meaty information on the confusing subject of hormone replacement therapy and natural progesterone. This is not easy (or light) reading, but the authors' ideas on the benefits of natural progesterone seem intriguing and valuable. In brief, Dr. John Lee thinks that standard HRT is harmful and that many of the adverse symptoms of menopause are not due to low estrogen levels, but rather to the menopausal loss of our bodies' production of progesterone. Lee writes that the form of progesterone that is typically used in HRT is *not* natural, nor beneficial.

During the month of May, the Coop will offer special savings on EmeritaJ products. As the EmeritaJ Pro-Gest Natural Progesterone Cream is one of the recommended creams in Dr. Lee's book, I am going to finish the book and make an informed decision whether this is a product I'd like to try.



Let's Build the Latah Trail

By Tom Lamar



Imagine heading off one summer Saturday morning on your new bike. You wind your way toward the Troy Highway in Moscow, cross the highway, and make an immediate turn onto the new Latah Trail. You have just started on the path that will take you to Troy.

You travel past lush green fields, winding up and down gentle grades left by the railroad that once used this corridor. You wave to the neighbors watching you ride by. The many ponderosa pines along

the trail shade you as you watch a flock of wild turkeys run along the path. Two Hungarian partridges fly out across the fields.

You can still hear and see the cars, but they are at a safe distance. As you get close to Troy you ride through a beautiful pine forest for about two miles. You pass by the Troy City Park and ride into town. There, you decide to buy the paper at the Sunset Mart and enjoy a nice filling brunch at the White Pine Café.

A group of volunteers from around Latah County are now working to turn such a vision into reality. The Palouse-Clearwater Environmental Institute and the new Latah Trail Foundation have already begun work on this project, using a \$2,500 grant from PowerBar, Inc. that was received last year.

Recently, the Latah County Commissioners submitted a \$500,000 funding request to the

Idaho Transportation Department which could be approved for construction in 2002. In addition to the County request, the City of Troy submitted an application to acquire and develop the portion of rail line within Troy.

In addition to these requests, ITD has already approved funding for a one-mile section in Moscow, from Steiner Avenue to Carmichael road (near the UI Nursery on the Troy Highway). Also approved is a 5.5 mile section of path between Kendrick and Juliaetta along the Potlatch River. Both of these projects are scheduled for 2001.

Approval of the Troy to Moscow section will mean almost unbroken connections of non-motorized trails from Troy to Pullman, with connections to Moscow's Linear Park.

This effort has significant impacts on bicycle and pedestrian safety in this area. There are also great benefits to recreation, histori-

cal preservation, and of course, commerce. As many of us are acutely aware after experiencing an hour of biking, walking or rollerblading on the Chipman Trail, we get hungry out there! People also want to live in an area served by trails.

We still have a long way to go however. Land ownership questions still need to be resolved and money needs to be raised. If you want to help, the Latah Trail Foundation can be reached at PO Box 9344, Moscow, 883-1505, or lamar@pcei.org.



Farmers' Market is Open

By Mary Blyth

Saturday, May 1 marks the opening day - and 22nd year- of the Moscow

Farmers' Market sponsored by the Moscow Arts Commission. The market is located downtown in Moscow's Friendship Square, every Saturday, 8 a.m. to noon, May through October.

The Farmers' Market is the premier place on the Palouse to find quality plants, fresh produce, flowers, herbs, shrubs, and exotic fruit trees, as well as handmade birdhouses, cedar deck furniture, and other unique garden wares. The Master Gardeners will be in regular attendance at the market, beginning May 1, sharing information, giving advice and offering support to area gardeners. International Day is held on the last

Saturday of each month and features high quality handmade imported goods from around the world.

Residents and visitors to the Farmers' Market will be delighted to discover that a new restaurant has opened in the Moscow Hotel. Smokehouse Charlie's will be serving both breakfast and lunch on Saturdays in addition to their regular hours.

A special gallery exhibition has been arranged to coincide with the opening of the market. Linda Pall's colorful photographs of the Farmers' Market and the market-inspired watercolor paintings of local artist Carla Kappler will be displayed at the Third Street Gallery located upstairs in City Hall, at the corner of Third and Washington.

There will be a reception for the artists on Wednesday, May 5, from 5 -7 p.m.. Regular gallery hours are Monday - Friday 8 a.m. to 5 p.m. The show will run through the end of June.

For more information about the market or the gallery call Mary Blyth at 883-7036 or 883-7000.


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Hands On Therapeutic Massage

Koppel Farm Spring Fair and Plant Sale

by Erika Kuhlman

Sunny spring promises to shake our wintry Palouse souls out of hibernation at this year's Koppel Farm Spring Fair. Come celebrate the arrival of the new season at Koppel Farm, corner of Derby Street and Pro-Mall Boulevard in Pullman on Saturday, May 15th, from 10 A.M. to 2 P.M.

The event this year will feature a plant sale, including locally grown starts of flowers, vegetables, and herbs - we'll furnish the bags, you bring enough arms to carry your treasures home! Fairgoers will enjoy baked goods and other foods furnished by Pullman's fine restaurant, The Globe. And, especially for children, we're planning a petting zoo replete with cuddly animals - as cute as the children themselves! All events will be accompanied by music from Moscow's Galactic Tofu Farmers.

As the Palouse Trail will continue construction alongside Koppel Farm this year, the Spring Fair will feature a display of historical and informative markers to be built along the trail.

See you there!

And don't forget Koppel Farm's mid-week Farmers' Markets, commencing in June and ending with the first heavy frost after September 1. The market features fresh vegetables, herbs, cut flowers, and homemade bread for sale. Is there a better way to spend a Palouse summer evening than munching on a savory salad of fresh picked lettuces, peppers, cucumbers, and fresh baked basil bread?

Perhaps you are interested in growing your own. Since 1992 the Greystone Foundation has sponsored an organic community garden at Koppel Farm in Pullman. With over 80 plots in production, the Koppel Farm provides space for individuals and organizations to garden each growing season. We open the season with our Spring Fair and Plant Sale every May and close it with a September Fall Harvest Festival. For more information about gardening at Koppel Farm, contact Pam Rosenman at 334-2313.



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208 S. Main St., Suite #1
Moscow, ID 83843
(208) 882-9587



Animal Care Center

328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Tues. & Thurs. until 7 pm)
(208) 883-4349

Large & Small Animals

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

Holistic Healing Gathering

by Bill London

Melody Eckroth is more than a talented artist and basket-weaver. She dreams of bringing people together, sharing visions and skills, and healing shattered souls and fractured planets.

She is now planning the Holistic Healing Gathering, to be held on May 21, 22, and 23, at the site of the Santa Barter Fair. The place is down two miles of gravel road from the two-lane highway at Santa, Idaho, about 60 miles north of Moscow. It's well beyond the nearest electric lines, sewage systems, or running water.

The gathering will be, in

Melody's words, "informal, at a woods camping environment, and anyone can attend."

And more than just show up, "anyone can come to set up a workshop or class."

She plans a big potluck dinner on Saturday, May 22, and lots of drumming and singing and fun.

The usual "please don'ts" apply: no alcohol, no guns, no generators, no unleashed dogs.

If you are interested, be prepared for any kind of weather, and for an authentic experience.

If you have any questions, call Carol at 208-245-5168.

Bulletin Board

Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Markettime 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 membership card before making purchases.

Palouse Forklore Society Dance

May 1 Renaissance Fair

Instruction 7:30 pm, Dancing 8 pm

\$7 (\$5 members) Newcomers \$4 before 7:30

Contact: Nils Peterson 882-4620

Second Annual Backyard Composting Bin Truckload Sale

One day only on Saturday, May 22nd from 9:00 a.m. to 3:00 p.m., Moscow Recycling/Latah Sanitation will be sponsoring the second annual backyard composting bin truckload sale. This sale will feature Norseman Plastics' "The Earth Machine" for only \$35 plus tax per bin. This "first come, first served, while supplies last" event will be held at Rosauers parking lot, 411 N. Main, Moscow and is open to the entire region.

Made from recycled plastic, the Earth Machine is North America's #1 selling backyard composter. It has an 80 gallon capacity and a 10 year warranty.

Please call 882-0590 for more information.

Koppel Farm Spring Fair

**Saturday, May 15,
10am to 2pm**

at the Koppel Farm, Derby Street and Pro-mall Blvd. in Pullman plant sale, food and fun, petting zoo, too.

Holistic Healing Gathering

May 21-23

rural site near Santa, Idaho
all free: camping, admission, potluck
dinner Saturday night 208-245-5168

Progressive Community Organizers Convene!

National Organizers Association
4th national gathering

May 19-23

Black Mountain, North Carolina
202-543-6603

Remember the Readers' Survey!

Please complete the readership survey inside this issue. Return the completed survey for your chance to win a \$25 gift certificate.

Co-op Volunteer Position Open:

Newsletter distribution in the Moscow area, this summer only. Involves dropping newsletters at shops, lounges, waiting rooms, etc., at the start of each month. Flexible hours-set your own schedule! Earns a discount on Co-op purchases. (Must be a Co-op member.) For more info, call Therese at 334-0335.

1st Annual 1999 Moscow Bead Festival

Free Admission!

Fri. May 7th 12 - 6

Sat. May 8th 10-6

Sun. May 9th 10-6

Latah County Fairgrounds

Exhibit Building - Main Room
1021 Harold St., Moscow, ID

Check out this fun-filled market of Weird, Wild and Wonderful Beads of the World. Info: 208-664-9552
e-mail zizzy@micron.net

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

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