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November
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Moscow Food Co-operative



Community News

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

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One

For Non-Bazaar Holiday Gifts

By Carrie A. Corson

Despite the fact that there will not be an official Holiday Bazaar at the Co-op this year, I think you will be pleasantly surprised by the number of gift items we'll have waiting for you.

When I shopped at the Holiday Bazaar in the past, I was always amazed at the one-of-a-kind items that the buyers were able to find. You couldn't get them anywhere else in town. Now as a buyer myself, I am trying to uphold that tradition.

I also think that our shoppers hope to find gifts that will make a difference. Our grocery shoppers know that their grocery money is going to support local business, organic farming, good manufacturing practices, and sustainable environmental practices. It makes sense to me that they would like to have the opportunity to know that their gift dollars go toward supporting these causes as well. So, many of the choices I've made in buying for the store have come from companies that are members of the Fair Trade Federation.

For those not familiar, Fair Trade means an equitable and fair partnership between importers in North America and producers in Asia, Africa, Latin America and other parts of the world. Members are regulated and must meet certain criteria. Part of which is paying a fair wage in the local context, providing equal opportunities for all people and engaging in environmentally sustainable practices. Members offer loans to artisans to provide them with the equipment they need to produce their goods in order to meet the criteria. Some of you will recognize products from Ganesh Himal, a fair trade member located in Spokane. We will be featuring a large selection from them, including hats, socks, mittens and gloves, as well as beautiful embroidered t-shirts, passport bags, statuary, prayer flags, tapestries and incense.

All fairly-traded products will be marked as such. I would encourage everyone to buy at least one of these products. It will make a huge difference in the lives of these artists. I hope that you will also enjoy our large selection of candles, books, calendars, chimes, kitchen wares and art by local artists. You'll find these products scattered all about the store. Keep your eyes open, you may find that perfect holiday gift nestled in the produce section.



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Co-op - News

"Profit" It's not just another ugly word

by Kenna S. Eaton, General Manager

Mid-way through every month, we pull all the suggestions and comments off the board by the shopping carts. We divvy up the pages according to subject matter, toss out the unsigned or rude comments, and then prepare to write a heartfelt response to all.

This month I found only a few in my pile. I usually end up with those suggestions no one else wants to deal with. In my meager pile was one comment, unsigned, that I was tempted to throw away. Then I decided to accept the challenge.

The message was: "Do not call yourself a Co-op, if you are a profit organization"

Ouch! That makes me wonder where the word "profit" ever got such an ugly connotation. Our dumb little dictionary (never any help with the crossword puzzle) defines profit as follows: **noun 1.** Any benefit, advantage, or return. **2.** Excess of returns over outlay or expenditure **3.** The gain obtained from invested capital **4.** Income gained from property, stocks etc.

verb 1. To be of advantage or benefit.

Hmmmm.. to be of benefit. It seems to me that the word benefit could be interpreted many different ways, but here's a few I thought of: better health through better food, saving money on your purchases, improving our community through strong economic growth, and providing a safe workplace for employees.

The definition of a Co-operative is a "democratically-owned busi-

ness" (see the list of cooperative principles below).

Moscow Food Co-op is democratically owned (one member, one vote), and yes, we are in the business of making a benefit, advantage, or return to our owners. Isn't that why they invested in this Co-op? Any profits this business makes goes right back into the business to help it grow.

Our members invested \$77,500 last year into this business specifically to help it grow, and now they expect a return on their investment—a healthy, strong business that meets their needs and wants. Our goal is to own and run a business that can survive, grow, and make a return on their owners' investment. However, to accomplish this goal we do need to make a profit. Other goals of this organization: to provide a healthy workplace and to support our community also can not be accomplished without money, and that money has to come from profit. Not such an ugly word after all, is it?

The Co-operative Principles:

- Voluntary and Open Membership
- Democratic Member Control
- Member Economic Participation
- Autonomy and Independence
- Education, Training and Information
- Cooperation among Co-operatives
- Concern for Community

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Moscow, ID 83843
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Printed on Recycled Paper

Deadline for Articles:
Noon on the 20th of each month

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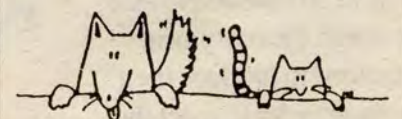
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Large & Small Animals

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

From the Board of Directors

By Patrick J. Vaughan

Hello! I am one of the newer members of the Moscow Food Co-op's Board of Directors. I was selected by the board to replace Ernie Biller when he departed for his sabbatical.

Before reviewing the activities of our most recent board meeting I would like to utilize this month's board column to share some of my thoughts on the Co-op. I want to revisit what I think is one of the most important aspects of performing a board member's duties—the set of values that is the basis for the Co-op itself. Finally, I would like to give a pitch for encouraging any and all members to consider running for election to the board beginning in 2000.

My biggest impression after having served on the Board of Directors for six months is how proud I am to be part of the Co-op. The Co-op is the only grocery on the Palouse that focuses on providing locally-grown organic produce as well as products that are selected for the healthful consequences to the consumer and the environment. The Co-op is also delicious food, listening to customers, a great new location, organization and cleanliness, as well as efficient and friendly managers and staff. All these things combine to make the Co-op a thriving business and community-enriching gathering place.

Moscow is a special place: a small town with the closeness to nature, friendliness, and family-oriented atmosphere that typically comes with a rural setting. Moscow also has a tradition of art and culture, educational excellence and diversity. I firmly believe the Moscow Food Co-op is one of those community institutions that significantly contributes to this unique quality of life.

Successful businesses and organizations have an established set of values that affirm what the organization is about or "why we do what we do". They can serve as an azimuth check when considering future directions, evaluation criteria when weighing advantages of different business or community support initiatives or even a rallying point when struggling with financial or organizational challenges. At our recent board retreat we reviewed the principles we all value:

- Good, healthy food.
- Democratic principles.
- Caring about customers.

- The interrelationship between good food, good health and a sound environment.
- Organic farming.
- Community.
- Ethical business practices.
- Right livelihood.
- Networking information and people on nutrition and environmental concerns.

The Co-op is clearly a values-based organization. And profit-taking is not the driving principle! I think this is a pretty good representation of the beliefs of the general membership. Do you agree? Let us know your thoughts. These values have certainly sustained the Co-op for the past couple of decades. And they appear to be leading us to a vibrant, healthy future.

We held our most recent board meeting on October 6th at the Pea and Lentil Commission offices. New, and better, health insurance benefits will soon be available to Co-op staff. Also, a committee comprised of several of the directors and department managers will consider ways to improve the Co-op's salary and wage structure. A possible redesign of our loading dock will again go before the Public Works committee of the Moscow City Council. Customers may soon benefit from a new contract we are negotiating with the Co-op's major supplier, part of an exciting initiative that proposes to partner several Northwest food cooperatives. The annual budget is scheduled for review at our next board meeting.

Finally, consider if you might enjoy contributing to the Co-op by serving on the Board of Directors. Three of the seven positions will be open for election in January 2000 for three-year terms. To qualify as a candidate you must be a member of the Co-op in good standing. We are looking for candidates who have an interest in the future of the Co-op and are willing to commit some of their time, energy, skills (and common sense!). Candidacy packets with information on the election process will be available toward the end of the year. If you are interested or have questions you can also talk to Kenna (the General Manger) or any board member.

And remember: see you at the "A-door-able" Feast on November 11th!

Business Partners

By Laura Long

Well, I missed last month's issue of the newsletter, but that doesn't mean I haven't been thinking about all of you members out there. September and October were very busy months for me: I got married, remodeled my kitchen and changed jobs. Whew! I'm still your member services director however, and now that things have settled down a little, I can focus on some new projects.

One project I've been working on is the Business Partner Program. As with everything in else in life, the BPP does not remain static. The list of Partners has been updated, and you will probably notice some changes. Several of you have been asking me about Hobby Town and why they no longer honor the discount. As it turns out, that business changed ownership, and the new owners haven't as yet decided to join our program. You will also notice that Pasta Etc. is also no longer on the list, for similar reasons. And Special Delivery Home Maternity Services also dropped from the list because Charlotte has moved away.

However, do not despair, because we have some new Business Partners that I think you will be excited about. Nancy Draznin has stepped in to fill the roll of midwife with Motherwise Midwifery & Doula Services. She will be offering a free supply of pregnancy tea for the duration of your pregnancy. And Andre Zita has joined the Business Partners with his alternative fast food restaurant and juice bar—Vegan's. He's located over in Pullman near campus, so if you need a healthy pick-me-up in the afternoon and

you're at WSU, then check out his new place.

Don't forget, the Business Partner Program—and all the discounts our Partners offer—is one of your benefits as a member. Check out the list on the back page of the newsletter and see how much you can save. And remember, by spending your money at these businesses you will be keeping your dollar local and supporting our community.

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It's Turkey Time!

By Vicki Reich

We've ordered a pallet of organic turkeys for the holidays. They are shipped frozen from Welsh Family Farms in Iowa. Welsh Family turkeys have been served at the Presidential Inauguration, U.S. Open Tennis Tournament, and in many gourmet restaurants. These organic turkeys are the same price as the Sheltons' free-range turkeys we've carried in the past.

Since we bought a whole pallet of turkeys, we'll have plenty for both Thanksgiving and Christmas. In order to insure you get one of these beauties, please fill out a Turkey Special Order Form at the cash register. Please indicate when you would like your turkey. We will have the turkeys available the Sunday before both Thanksgiving and Christmas. Be prepared to pick them up immediately. All the turkeys are hens in the 14-16 lb. range. They are \$2.19/#. This is a deeply discounted price so we are unable to offer a member special order discount on them. We will also be able to order Tofurkys, just fill out a regular special order form and tell the cashier when you would like to receive it. We hope you have a happy organic holiday season!

The Buy Line

by Vicki Reich

Wow! It's great to be back. Everyone has been so nice and I'm glad you're as happy to see me as I am to be here. Hopefully, you'll start noticing lots of new items on the shelf. So much new stuff has come out since I've been gone, and I can't wait to bring it into the store. Those of you who made it to the Taste Fair got an opportunity to taste some of the great new items. Some of my favorite new foods are Soya King Soy Chips, Urban Nomad Food Roasted Tomato Sauce, Dubliner Irish Cheese, and Tasty Bites Curry Paste.

I do have a bit of bad news for all you beer lovers. Both Crawford Brewery (makers of Stonehouse beer) and Cirque Brewery are no longer bottling their beer for retail sale. I was pretty devastated when I heard this news, since Stonehouse Stout is my favorite beer. But then I started thinking about it as a great

opportunity to bring in new and different beers. I've done away with my self-imposed constraints of having only organic or local beers and have thrown open the doors to the vast selection of beers available to me. So I immediately brought in Samuel Smith beer, which were my favorite before I found Stonehouse. And who knows what else I will find out there in beerland. You'll just have to keep checking out that far corner of the store to see what's new. As always, if you have a beer you'd love to see here, please let me know and I'll try to get it.

And know a word from our customers:

The recycling at the Deli is great! Thanks, we agree.

Now that there is more refrigerator/freezer space, would it be possible to store bulk nuts and seeds there? I've read that nuts and seeds go rancid when stored at room temp (and when shelled and stored in plastic). Thanks! We sell a case of most of our nuts and seeds in a couple of weeks. We keep as small an amount of backstock as possible. With turnover that fast, I don't think it's necessary to keep them refrigerated. And on top of that, there really isn't room.

Wheatgrass Please! What if we had various interested people buy shares of a machine (say \$20 or so each). And then they could be bought out within 5 years or not. I'm sorry but there is not enough interest in wheatgrass to justify the time and expense to put together what you're suggesting. We have tried carrying wheatgrass in the produce section and have repeatedly lost money on it.

Could you please stock the non-travel size of Desert Essence Tea Tree Oil face soap? Thank you. I will give it a try.

More Mocha Pie ice cream sandwiches, please! Last time you were out for over 7 months, I'll buy them all winter. I'm sorry to say that our distributor no longer carries this product. You are not the only one who misses them. I'll see if I can find a good substitute.

I am looking for a product, Dr. Bronners "Sal Suds". It's a dish soap I used to buy in bulk from Food Front in Portland, Oregon. You can special order this in 32 or 16oz. bottles.

Please restock the fantastic Japanese miso you used to have (hatcho miso paste) non-refrigerated. It's back. Look in Aisle 1.

Could you start carrying Carr's crackers in poppyseed sesame flavor? They are so delicious compared to the whole wheat ones. Thanks! Sure, I'll bring them in.

How about carrying marshmallow root, comfrey root, and yarrow? You can special order all of these in one pound packages.

Could you please get wheat grass seeds? Thank you. We have them, they're called wheat berries in the bulk section.

I don't use a microwave at home, so why would I want to use one here? Co-op needs an alternative way to heat food, even if it takes longer, I can shop. Just ask someone in the deli to heat up your food in the oven.

Thank you very much for having a smaller grocery cart for people. It made my shopping easier. You're welcome.

You guys need some chervil. Please. I think I have room for that. Look for it soon.

Can you get Kashi's Good Friends cereal? Sure, I'll bring it in.

Is it possible for the Co-op to get Clausthaler non alcoholic beer? It's better than any other we've ever tried. I'm trying to find a distributor for it.

Bonterra Cabernet. Excellent organic Cab. I'm trying to find the distributor of this as well.

Get automatic dishwasher detergent that's very low or phosphate free! Yours is 6% (that's high) and it's the only one you have. We'll try to find one. Do you have one you recommend?

Do not carry products in containers that are not locally recyclable. Ex: Some of your yogurt is type 5 plastic, others are type 2. Type 2 is collected for recycling in Lewiston, however, type 5 is not collected anywhere closer than Seattle that I'm aware. We do better than that. We reuse any plastic container you bring in. Just drop them off at the deli.

Carry Xylitol chewing gum. Excellent product. Was a standard product of Alfalfa's store in Denver and Boulder. Excellent safer chewing gum. Good for Halloween treat. A natural product. I'll bring it in.

I miss the Circe beer! Please, aris, mas e do thoil e!(bring it back, if such is your will). I'm very sorry, but as I told you in the beginning of my article, it is no longer being bottled. But the brewery is still going strong in Prosser, WA. Stop by and see them.

Please grind flax seed and have in refrigerator. Thanks. We sell flax seed meal from Bob's Red Mill in small packages in the baking section (aisle 3). For the freshest flax seed meal, grind it yourself in a blender.

Could we get a nutritional label for the bulk animal crackers? Thanks. I will ask the manufacturer for one.

What type of soy milk powder do you guys carry in bulk? There is no name brand on the label. Edensoy is the only brand that guarantees not to use genetically engineered soybeans. If not Edensoy, might want to switch. Our soy milk powder is from Guisto's. I'll do some research about their GMO status and look into switching.

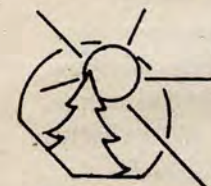
Ultimate 3 vitamins seem to be out of stock. They should be in by the time you read this.

Please bring back the Republic of Tea Mate Latte! I never discontinued it. It's just one of those orders that slipped through the cracks while I was gone. It should be back on the shelf by the time you read this.

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Business Partner Profile: Wild Women Traders

By Randy Paulin

I walked into Wild Women Traders for the first time on the morning I was scheduled to do the interview for this profile. Co-owner Sandra Russell told me that she and her partner Julie Kerr would be in a meeting prior to my arrival, and that left me some time to familiarize myself with the store before the interview.

And that's when the fun began. From the moment I walked into Wild Women Traders I knew I was in someplace special. I almost felt as if I was in someone's home rather than a place of business, and a beautifully and tastefully furnished and appointed home at that.

When the interview began it quickly became apparent that the sense of comfort and aesthetic pleasure I'd experienced as I strolled about the store arises from the passion and hard work of the two women who have created this remarkably "big-city" store right in Moscow, Idaho. And I mean "big-city" in the best sense of that term. Wild Women Traders is just not the kind of store one expects to find in a place as small as Moscow. Both the selection and arrangement of goods bespeak the sophistication and resources of an urban establishment. And yet here they are on the Palouse—and we who shop the Palouse are the richer for it.

Wild Women Traders is a clothing store, but they offer much more. Jewelry, antiques and found treasures, garden accouterments, and hospitality essentials are also on display at the store, and their display



and arrangement—for which Sandra credits Julie, creator of "beautiful little environments"—make a visit to Wild Women Traders a delightful experience. The name Wild Women Traders was chosen to create a sense of identification with the Northwest, and to honor the women who helped develop the West in general.

"We wanted to evoke the strong, creative force of early Western women," Sandra says, "and people have responded well to the name."

Sandra and Julie have had their doors open for just over a year now. If you haven't yet been in to visit them, there's no better time than this impending holiday season. You'll find a very special gift (or three) in their store, but you'll also find a place that you'll want to return to—a place of beauty and tranquility that you'll simply want to spend time in. A place to escape, for a little while, the mad rush of the holiday season. And as you do, the Wild Women will welcome you as a guest, and maybe even make you a cup of tea.

Wild Women Traders, located at 210 South Main in Moscow, is open from 10 a.m. to 6 p.m. Monday through Saturday. Sandra and Julie also offer Personal Shopping Parties, and shoppers may request a Wild

Women's trading card entitling them to a 10% discount off all regularly priced clothing and jewelry purchases. They also offer a 10% discount on jewelry and clothing purchases to Co-op members.

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Staff Profile: Vicki Reich

By Randy Paulin

Vicki Reich spent three months away from the Co-op recently—but not by her own choosing. A serious automobile accident led to an extended period of recovery, and as the time to return to work approached, Vicki admits she felt a little anxious.

She needn't have worried. The Co-op is, as she describes it, "basically a big extended family," and co-workers and customers have welcomed her back with open arms and warm smiles. That support extended back into her time of recovery from her injuries as well, but it's been especially important to her as she's been striving to get back into the swing of things as the food buyer for the Co-op.

As Vicki describes her job, it's largely a matter of experience and repetition. That doesn't do it justice, however. To get a sense of what Vicki does for the Co-op, try this mental exercise next time you come in.

Walk up and down the aisles, and imagine that you are responsible for both knowing where every food item in the store is located and maintaining a sense of how well it's selling. Imagine further that you're responsible for using that knowledge to keep every food item in the store in stock—but not over-stocked. (You don't have to include produce and non-food items in this exercise, since Vicki is not the buyer for them. But keep in mind that, prior to the move to the new location, she did the non-food buying. "But not produce," she adds. "I've never bought produce. I



wouldn't know where to begin buying produce.")

And again, imagine that your main tool for doing all this is your own memory. I performed this mental exercise in the course of my conversation with Vicki, and it made my head hurt. Although she downplays this ability, the fact remains that her talent for keeping the whole store in her head is an altogether remarkable one. It is also a talent that is integral to keeping the Co-op up and running.

Both during her convalescence and since her return to work, Vicki has been gratified at the expressions of concern and support she's received from everyone in the Co-op community.

It's nice for me, through the medium of this profile, to add my good wishes to those of others, and to voice to all and sundry (or at least to you, gentle newsletter reader) the sentiment I've picked up on, regarding Vicki and her work at the Co-op: "Vicki's back, and all's right with the (Co-op's) world!"

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The Kid's Page



Bring in a handmade snowflake and...

get a great surprise free from the Co-op!



So maybe it doesn't look like it now but it could really snow here in the next couple of months. To celebrate the season, we're inviting you to make your own snowflakes and bring them to the Co-op to decorate the store. In return the Co-op has a surprise for you. So if you're interested, here's some ideas for snowflake materials.

1. There's the regular white paper cut out kind.

OR



2. You can also choose colored tissue paper or tin foil for your snowflake.

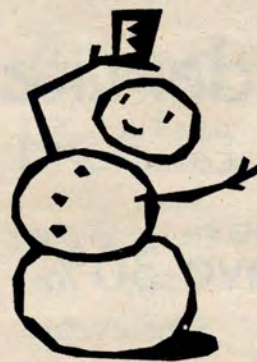
OR

3. If you want to get fancy there's the stained glass snowflake. Put two squares of white paper together then fold them into triangles and cut them out like you're making one snowflake. When

you're finished cutting, unfold the snowflakes and separate them. Insert a piece of colored tissue paper in between the layers and you've got the stained glass effect.

OR

4. Just bring in your own design and go for it!



Food & Nutrition

Macro Musings: Soup du Jour

by Peggy Kingery

Homemade soup every day? Hmm. As a beginning macrobiotic cook, I wondered how I was going to fit it into my diet, and where I was going to find the time to make it. Once I learned about its health benefits, and that some soups only took 15 minutes to prepare, it easily became part of my daily food.

In the macrobiotic diet, one or two small bowls of lightly-seasoned soup is eaten per day. It's an essential food because it corresponds to the sea in which life began. In essence, when we eat soup, especially when it's seasoned with miso or shoyu, we're connecting to our evolutionary origins. Usually served as a first course, it provides extra liquid and various nutrients, stimulates the appetite, and prepares our digestive system for the rest of the meal.

The types of soups enjoyed on the macrobiotic diet include those seasoned with miso; clear soups and soup stocks; and those made from vegetables, beans, or grains.

Miso soup has been valued in the Far East for thousands of years for its healthful properties. Miso is a dark puree made by inoculating cooked soybeans, sea salt, and barley or rice with a mold called koji and aging the mixture for one to three years in wooden kegs. It's easily digested and its combination of soybeans and grains contains all the essential amino acids. The enzymes in miso are believed to stimulate the secretion of digestive fluids and aid in the digestion and assimilation of food in the intestines. Miso has been traditionally used to detoxify the body from the harmful effects of excessive animal food, sugar, chemicals, and pollutants.

There are various types of miso. Their tastes and flavors differ depending on the ingredients used and how long the mixture has been aged. Slowly-fermented miso is usually darker in color than rapidly produced miso and has a rich, deep aroma and taste. The main types of miso are mugi (made from soybeans and barley), hacho (made from soybeans), and genmai (made from soybeans and brown rice). Mugi is the sweetest and the most suitable for daily cooking. Hacho is made

with less water and salt than the other types. It has a rich, hearty taste, a thick texture, and is traditionally enjoyed in winter soups. Genmai is rich-tasting but light and is enjoyed mostly in soups eaten during warm months.

Miso soup is quick and easy to make. For one serving, place soaked and diced wakame (a great way of including this nutritional powerhouse in your diet!) and a few slices of vegetables such as carrots, daikon, or scallions in a small saucepan with a cup of spring water. Simmer this for a few minutes until the vegetables are crisp tender, then stir in 1/4-1/2 teaspoon of miso that has been diluted with a little water. Miso should always be added to soup at the end of cooking to ensure that its enzymes are not destroyed, and lightly simmered for a few minutes to blend ingredients.

Clear soup is made from kombu, vegetable, or shiitake mushroom stock and usually contains just a few ingredients to act as a garnish. Kombu stock, also known as dashi, is prepared by boiling a piece of kombu for several minutes in a quart of water, then removing it. Shiitake stock is made similar to kombu stock except that the mushrooms are often left in.

With vegetable, bean, or grain soups, the only limit is the cook's imagination. What's most important is using fresh, seasonal vegetables and the highest-quality organic beans or grains that appeal to the eye as well as the taste buds.

In macrobiotic cooking, soups are prepared according to the principles of balance. If the meal is light, the soup should be thick and hearty; if the meal is rich, a simple miso soup or clear broth is more suitable. In hot weather, cooling soups containing seasonal vegetables such as leafy greens and minimal seasoning are generally prepared, whereas in cold weather, soups prepared with hearty root vegetables and heavier seasoning are more appropriate.

Now that the days are getting cooler, I crave a soup with the ability to chase away the chill in the air. This one, a hearty take-off on a traditional Italian dish, is a delicious way of doing just that.

Seitan Pasta E Fagioli (serves 4)

- 1 cup pinto beans
- 1 cup chopped carrot

- 1 6" strip kombu, soaked 5 minutes and diced
- 1 1/2 cups cubed seitan
- 4 1/2 cups water
- 1/2 cup whole wheat elbow noodles
- 1 teasp unrefined oil
- 1/2 teasp sea salt
- 2 minced garlic cloves
- 1 bay leaf
- 1 sliced onion
- 1/2 teasp oregano
- 1 cup sliced celery
- 2 tabsp mugi miso

Wash and soak beans for 6-8 hours. Place kombu in a stew pot. Add beans and water, bring to a boil, cover, and simmer for 1 1/2 hours or until beans are tender. Meanwhile, heat oil in a skillet and sauté garlic and onion for 2-3 minutes. Add celery, carrot, and seitan and sauté for 2-3 minutes more. Reduce heat to very low, cover, and cook for 10 minutes, adding water if necessary to prevent scorching.

When beans are cooked, add salt, bay leaf, oregano, noodles, and vegetable-seitan mixture. Simmer for 20 minutes. Dissolve miso in 2 tablespoons water and stir in. Simmer 2 minutes more.

Word of Mouth

By Eva Strand

Chicken broth is the theme for our November taste-test.

Chicken broth, or the vegetarian alternatives, is an important component in most soups, stews and gravies. This foundational liquid deserves some attention before the upcoming holiday season.

Again, the Hog Heaven Handspinners assisted me in this important task. My parent-like demand—"No cake before you finish your chicken broth"—didn't really work on this crowd. Most of the handspinners drank their broth without too much complaint. However, I got a few hints that maybe next time we could do potato chips, salsa, cookies, wine or something fun!

Healthy Valley low fat Chicken Broth was judged pleasantly clear with a nice color, mild salty, well-rounded flavor. We all liked Healthy Valley. This broth comes in a can and

contains chicken broth and fat, onion, sea salt and spices.

Everybody was also quite fond of the bulk vegetarian chicken broth offered by the Co-op. Add 1 tablespoon broth powder to 1 cup of boiling water for drinking or for soup. We liked the flavor although some of us thought it did not really taste like chicken. Guess why – it contains no chicken what-so-ever! The bulk broth comes as a powder and contains hydrolyzed soy protein, sea salt, yeast, safflower oil, parsley and dulse. The broth was a little bit on the salty side but with great lemony, herbal undertones. In sum, a good broth at a great price, easy to store, and contributes no packaging to your household if you buy it in your own container.

Funny enough, Shelton's Natural Chicken Broth got the comment, "It doesn't taste like chicken," although it is made from 'real' chickens (as opposed to 'unreal' ones??). Many of us found Shelton's canned broth to be very mild. It could be accused of being bland and even of lacking flavor. Fine-tuned taste buds can pick up a well-balanced, less salty and mildly herbed flavor. I suspect we should have tasted this broth first – before our taste buds were numbed by the saltier samples.

Pacific Natural Chicken Broth was the least favorite among the handspinners. Comments such as 'no flavor' and 'no chicken flavor' were common.

The last broth we tasted was Imagine's No-Chicken Broth – a vegetarian alternative. This broth comes in aseptic packaging and is more like thin soup than a clear broth. We were all excited by the fine vegetable flavor. However, after looking at the price, I think I will stick to the Co-op's bulk chicken broth that I have been using for years.

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Agar Agar, Arrowroot and the Thanksgiving Feast

By Nancy L. Nelson

Agar-agar. It's the first jar in the Co-op's spice and herb rack, and too many shoppers are clueless about agar-agar.

Some tofu cooks who have gotten beyond marinated slices and tofu stir-fry know what to do with agar-agar. They use it to change the shape of tofu, taking it out of its brick form and putting it into more imaginative and appetizing forms.

Agar-agar is a seaweed with the ability to thicken or gel liquids once cooled. It is one of several thickening agents found in the Co-op spice and herb jars, including arrowroot, corn and potato starch and tapioca.

Used properly, these powders can give tofu the texture of cheesecake, make a soup with substance, or glaze a fruit tart. They also offer a vegetarian alternative to gelatin, which is an animal product.

Agar-agar is the product of several species of seaweeds from the Far East named after the Malayan word for algae. It has been commercially harvested since the middle 1700s in Japan, where it is called kanten.

Three-foot long fronds of agar-agar seaweed are laid in the sun to dry and bleach out their brown, red and purple colors. The strips are boiled to create a semi-solid solution that is strained through a cloth and allowed to dry in the sun again. It is sold in several forms, including flakes, strips and sheets. The Co-op sells a powdered form, which dissolves easily and is the most concentrated.

Agar-agar has the unusual culinary qualities of being tasteless and indigestible by bacteria. It is high in fiber that passes through the body, giving it laxative properties.

Because it has no taste, it won't interfere with the flavors of the food it is thickening. This is especially useful for making jellies and jams with less sugar, since sweetener isn't needed to compensate for pectin, which is sour. One teaspoon

of agar-agar will firmly gel a cup of liquid; use less for a softer set. Stir the powder into cool liquid until dissolved. Bring the liquid to a boil, lower the heat and simmer for about two minutes. The mixture will gel as it cools; if reheated, it will continue to hold its shape.

Arrowroot is flour made from the rhizomes of a West Indian vine. The silky powder that results is similar to cornstarch, but without the chalkiness, and is often used to thicken fruit dishes, soups and gravy.

Arrowroot thickens liquids in the same proportions as cornstarch: one tablespoon to a cup of liquid. It is particularly suited for clear, delicate sauces and fruit glazes. Dissolve arrowroot in cool liquid and stir into a sauce or glaze during the last minutes of cooking. It will thicken without boiling, which makes it good for fresh fruit desserts. One part agar-agar and three parts arrowroot powder combine for a softer, less rubbery gel.

Cornstarch is commonly used in gravies and sauces. To keep it from lumping, always stir it into cold liquid before adding it to something hot.

Stir gently while cooking until the sauce is clear and thick.

Potato starch also thickens similar to cornstarch. Tapioca flour, which is the starch of the cassava root, also makes a clear glaze when cooked. In its granular form, tapioca is especially useful for thickening runny fruit pies. Just sprinkle a tablespoon over the uncooked fruit pie before adding the top crust.

The Co-op is an excellent source of thickeners not found in mainstream groceries stores, including agar-agar, bulk tapioca and potato starch. Most of these ingredients are very cheap (under \$2 a pound). The exception is agar-agar, which is a shocking \$57 a pound. However, a little goes a long way. A dollar's worth is enough for about six recipes.

The following recipe uses both agar-agar and arrowroot to give the tofu a new texture and shape surrounding a stuffing center. It is quite good, and comes from Chef Ron Pickarski's book, "Friendly Foods."

Thanksgiving Day Tofu

1 ½ lb tofu
2 tbsp vegetarian chicken soup base
¼ tsp salt
¼ tsp white pepper
1 tsp agar-agar powder
1 tbsp barley malt syrup
3 tsp water

Sage dressing:

½ c. finely diced onions
½ c. finely diced celery
½ c. finely diced carrots
2 garlic cloves, minced
2 tbsp corn oil
½ tsp ground sage
¼ tsp dried basil
3 tbsp soup base
1/8 black pepper
1 c. water
2 c. cubed dry whole wheat bread

Wash the tofu, pat it dry and cut into small pieces. Put the tofu, arrowroot, soup base, salt, pepper and agar-agar in a food processor and blend to a smooth paste. Oil and flour a loaf pan. Spread a layer of tofu paste inside the pan, lining the bottom and all four sides. (Spread only a thin layer on the ends.) Use all but about a cup of the paste.

Firmly but gently press the dressing into the pan, on top of the tofu paste "liner". Try to avoid displacing the tofu. Cover the dressing with the remaining tofu, carefully sealing the edges. Cover the pan with foil, making certain the foil doesn't come in contact with the tofu. (The tofu will eat into the foil.)

Bake in a preheated oven at 350 F for 30 to 40 minutes. Dissolve barley malt syrup in 2 tbsp of water. Remove the foil and glaze the top of the loaf with dissolved barley malt syrup. Turn the oven up to 450 F and continue baking for 10 minutes. Remove from the oven and cool for about 10 minutes. Unmold, slice and serve hot with a sauce of your choice.

Sage dressing: Saute onions, celery, carrots and garlic in oil for 5 minutes. Add the sage, basil, soup base, salt and pepper, and continue cooking 5 minutes longer. Add the water bring to a simmer. Stir in the bread and cook for a few minutes. Add more bread if dressing is too soft; add a little liquid if it is too dry. Adjust seasonings. Remove from heat.

Yard & Garden

Pruning

By Patricia Diaz

Pruning is often one of the most problematic things for a gardener.

Usually great misgiving overcomes most of us as we start cutting away: is this the right time of year? am I cutting the right branches? am I cutting away the right amount? does this bush/tree even need pruning?

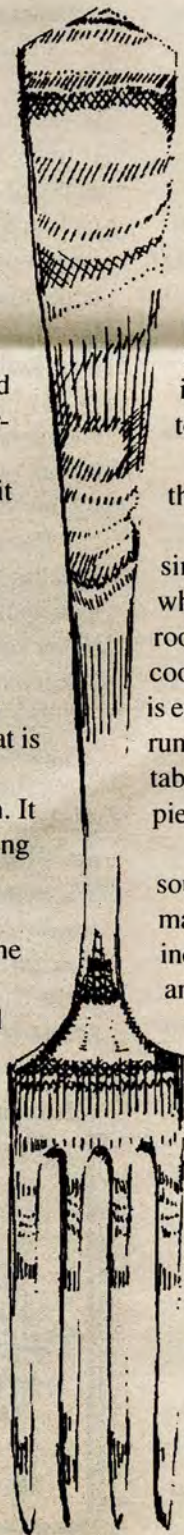
Hopefully I can allay some of your fears with this month's article.

It's not a given that you always prune everything in the spring or in the fall. Pruning is usually specific to the plant/tree/shrub. It might be wise to keep a notebook of when and how you're supposed to prune each of your items as you buy them. Let's look at deciduous trees first.

Because trees are often grown in nurseries rather close together, saplings put out branches close to the ground. These low branches aid in increasing trunk girth and you should remove them in the fall so that in the spring more of these low branches form, increasing the girth again. We no longer prune all the limbs back to half or decapitate the topmost upright growing branch. If you have an old tree that you've never pruned, examine it carefully or have an arborist determine what needs to be done.

You always want what are called scaffold branches on your trees. These bear the weight of a snow load, high winds, or your hammock. These low branches should march somewhat like the points of a compass around your tree. If you notice cracked branches you should always prune those. A good point to remember is that younger trees can withstand pruning better than older trees. One of the worst things you can do to a tree is top it. You can thin the crown but you certainly don't want to hack away all of its top growth - you'll definitely shorten the life of your tree.

Winter is the least desirable time of year to prune. Wait until March at the very earliest, although summer is best. The most dangerous time to prune is when the leaves are unfolding or when leaves are falling. It is



then that the tree is most susceptible to shock and insect attack and disease. In the summer you don't have to fight the cold weather and wind and you can see where branches are interfering with others.

If your tree bleeds, remember that this will not harm the tree. If you prune in summer your tree won't bleed as the wounds close quickly.

To remove a large branch, make a partial cut from underneath the branch to prevent it from skinning the bark when it falls. Make the second cut beyond the first on the top of the branch. Lastly, cut just beyond the bark ridge and branch collar. Don't leave a stub as that lets heartrot in which destroys the tree.

Always prune away suckers, secondary shoots that arise from a limb, the lower trunk, or even the ground. To remove the ones growing from the ground, reach beneath the soil surface to get at it. This is important because if suckers become blighted the entire tree will become diseased.

Most deciduous shrubs form multiple stems. To prune your shrub, you simply eliminate two to four of the oldest stems each year almost to the soil line, leaving a stub of only 2-3".

Pruning the single stem shrub is exactly like pruning the deciduous tree. You don't want to prune in the spring as you cut off the potential blooms. You can prune these bushes while they're in bloom actually; that way you aren't harming the bush and you can share the blossoms with friends. Or you can prune after the blooming is finished.

A few, including butterfly bush, blue mist, summer spirea, and cinquefoil, should be pruned to the ground in fall or winter. If you have shrubs that produce fruit, prune after the fruits have formed in the summer so that new shoots will become next year's producers.

Evergreen trees seldom need pruning, especially from the bottom. Some people like to create "parks" and remove the lower limbs and that creates the danger for wind-throw, a situation

where the wind comes along and neatly rips the tree out of the ground by its roots. If you wish to limit the growth of an evergreen, snap off the candles of new growth before the needles begin to elongate. Use your fingers for this. You can cut back the tip growth of Colorado spruce, white fir, or Douglas fir in late winter or early spring while the buds are dormant. Junipers and arborvitae are pruned when the new growth is one inch long.

If you consider pruning broadleaf evergreens, the word is: don't. Only cut away weak or crossing wood.

Pruning herbaceous plants usually consists of deadheading, or snipping off deadflowers. That way the plant will keep producing more flowers. Deadhead leafy-branched perennials by snipping back to the next branch. If you want to let your plants spread, leave one or two seed heads.

For flowering bulbs, cut the flowering stem all the way back to the soil level but never remove the foliage. It will fall away naturally as the bulb begins the dormant period.

If you grow lavender, resist the urge to cut away all the dead stems in the spring as old foliage becomes turgid again and pruning is often not needed. Cutting the flowering stems all summer will keep it in production.

Ornamental grasses should be pruned in the spring to allow sunlight to activate the crowns into growth. Shorter varieties should be cut back sharply after the first frost.

After frost has blackened top growth, seriously prune stems and foliage before winter mulch is applied. Don't apply the mulch until the soil is lightly frozen, usually about the end of

November.

Spring is usually the time to prune fruit trees. If the tree is young you only want to remove weak and crossing wood. If the tree is a little older, remove branches so that each is receiving sunlight. Once the tree is mature, pruning will take place in summer when the leaves have lost their shine and the spring growth has stopped. Peaches and nectarines are pruned in late winter for they produce fruit on second-year wood.

Insights

Bioengineered Food: for Thought or Consumption?

by Donald Stanziano

Editor's note: *this is part two of a three part series on genetically engineered foods*

Our questions from last issue are whether society should proceed with genetically engineered foods (GEFs), and if so, should those foods be labeled?

Simply because the USDA or Monsanto can engineer "terminator" seeds to subsequently produce sterile seeds or "traitor" seeds that won't grow without the application of a particular company's pesticide doesn't make the use of these technologies desirable.

Issues such as genetic engineering of food, cloning, life extension, and engineering humans for intellectual or physical prowess aren't for the USDA or Pioneer to answer for us. Already, these groups have concurred that since GEFs are "substantially equivalent" to conventionally grown foods, the labeling of GEFs in America is unnecessary. Yet evidence mounts every day that shows that unintended and undesirable effects from GEFs are beginning to appear.

Hardier insects with increased resistance to the Bt toxin have been found. Allergic reactions in people who eat soy products have skyrocketed, and the preliminary evidence suggests that GE (genetically engineered) soybeans are at fault.

Monarch butterflies, whose populations are already stressed from habitat destruction and degradation, now face new threats from GE corn. In laboratory and field tests that have been duplicated and peer-reviewed, nearly half the Monarch caterpillars died within four days of eating milkweed leaves that had been dusted with pollen from GE corn. There were no deaths in the caterpillars that ate leaves without the pollen.

Clearly, something's happening here. Consumer and environmental groups agree that prudence and the public welfare demand that exhaustive tests on GEFs begin immediately. The US would be wise to follow the lead of Japan, the European Union, Australia, and Brazil in placing bans or moratoria on GEFs until their risks and benefits have been more thoroughly addressed.

Poll after opinion poll show that

70-80% of Americans favor the labeling of GEFs. It seems that the time is becoming right for Americans to become more active in support of labeling.

There is much that can be done to make a positive difference. Eat organically. When you eat organically grown foods, you know your sustenance hasn't been genetically engineered and that you are supporting an industry that refuses such practices. The standards of the organic food industry is the thin green line that separates sustainable and nurturing farming practices from the Pandora's Box of GEFs.

To better inform yourself, read the articles on GEFs in September's Consumer Reports and the September 13th issue of Newsweek. The best source of information in support of labeling GEFs is online at <www.thecampaign.org>, where you can access a wealth of background information, find form letters for the President and Congress, get email news updates, and more. If you'd like, call them, The Campaign to Label Genetically Engineered Foods, at 425-771-4049, to join their organization or learn more about how you can help.

The position taken by the mainstream food industry in support of GEFs is presented at a website, <www.betterfoods.org>, which is maintained by the Alliance for Better Foods, a group that includes the Grocery Manufacturers of America.

Finally, <www.geneforum.org> is a site dedicated to discussing the moral and ethical issues surrounding genetic engineering.

Next month, in the third and final article in this series, we'll explore further the issues and players in the genetic engineering controversy and consider the stakes in this increasingly public and increasingly strident debate.

Sole Mates.

Florida

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

Gluten Intolerance Support Group

Tuesday, November 2, 1999, 7:00-8:30 p.m. at Gritman Hospital 2nd floor board room.

All are welcome to join us for an evening of information and sharing about living without gluten. We will have food samples from the Gluten Free Pantry and Oakland Dietetic Bakery. We, also, will have plenty of resource materials for your review. For more information contact Susan Cleveley, 882-6491 or Kaye Girard, 882-6405.

Full Moon Drum Circle

- All Welcome! -
November 20 @ Blaine Schoolhouse
Starts @ 6:30 pm w/ potluck

Suggested items to bring: percussion instruments/objects, food/plates/silverwear, blankets, warm clothes, etc...

Setting: Weather permitting we will hold the drum circle outside around the fire pit, otherwise we will move inside to the shelter and warmth of the schoolhouse with its newly installed oil stove.

Directions to the Blaine schoolhouse:

- Go south on Hwy 95 from Moscow
- Turn left onto Eid Rd (approx 4 mi from Moscow)
- Turn left onto Blaine Rd (first yield sign, approx 4 miles from turnoff onto Eid Rd)
- The schoolhouse is the first building on the right

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Saturday, Nov 6
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The Moscow Branch of the Latah County Public Library is currently exhibiting the **International Doll Collection** of Vicki Reich. Over 120 dolls are on display from all over the world. The collection will be on view until Christmas. This is the first public viewing of this extensive collection.

Books and Reading Events

at the Lewis-Clark Center for Arts and History
415 Main in Lewiston, 208-799-2243:

Friday, Nov 12, 7:30pm
open mike at the Talking River Reading Series

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There are jam sessions on the 1st, 3rd, and 5th Saturday of each month at Laura's Tea and Treasures in Moscow from 12 to 2pm.

Contra dances at the Moscow Community Center

(\$5 members, \$7 nonmembers, kids free), 7:30pm
Nov. 20 Paul Smith and Dan Maher, with Christa Powell calling

Palouse Folklore Society

Friday, November 12th, at 7:30 p.m., Arvid Lundin of Spokane, Washington, will play his original tunes in Scandinavian style on the violin and on the hardingfele. Tickets (\$5) are available at the door at the Unitarian Church in Moscow at 420 E. 2nd Street in Moscow.