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October
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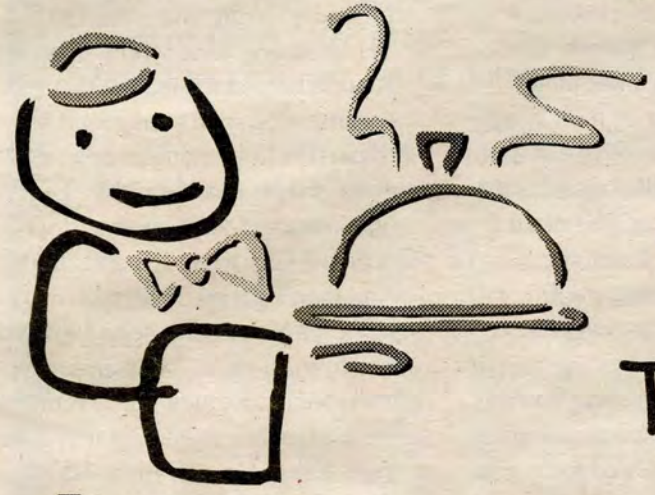
MOSCOW FOOD CO-OPERATIVE



Community News

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

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Co-op - News

October is Co-op Month

by Kenna S. Eaton

It totally amazes me every time October rolls around. I have a hard time believing that it's been a whole year since the last time I wrote an article celebrating Co-op month. The truth of the matter is though, that I don't just write this article once a year--I write it every month. Because every month I want us to celebrate the wonder of the Co-op. Every month I find there is still more I want to say about the business that has become my career, the place I have worked for 18 years, the environment that shapes my life. I can't keep it to once a year. The excitement I feel about being part of the Co-operative movement bubbles out of me at unexpected moments all year long. I am so excited to be part of a business that places Values at the top of its priority list, that encourages its staff to grow and learn new skills daily. How can I keep my articles to only one month a year? I can't.

I love Co-ops. And the longer I am involved, the more exciting it becomes. The progress we made this year in joining with other Co-ops to grow our businesses and to work together to improve our buying power is unprecedented. I have never seen Co-ops really sit down and commit to actually working together. This is what co-operation is all about. And, the Moscow Food Co-op will benefit from the work we are doing now for a long time -- long past my time at the Co-op.

This summer I discovered the true power of this Co-op as, one by one, my staff had to leave the Co-op for various reasons (babies, broken

body parts, weddings, new jobs, etc.). Every time someone left, another person would step in and say "I can help you; I can learn that job; I will do it." And they did, time and time again. It was truly wonderful and amazing and I want to THANK everyone who helped out. Also, it helped me realize that this organization is so strong, and so important to so many people, that none of us is indispensable. Every time a door closes, another door opens. Every time. It's amazing. And then I get an opportunity to work with someone new. Last week Kristi Wildung, a Co-op employee of many years decided not to return to work after her maternity leave was over. Laura Church (now Laura Long, since she's freshly married) offered to step in permanently to a job she did (temporarily) all summer. As Laura becomes our bookkeeper, we've promoted Gordon Gatewood (from the Deli) to position of Produce Manager. And so the doors continue to open. We welcome and thank these Co-op employees for saying "Yes, I'll do it," and we look forward to working with them both in these different positions.

The seasons change, the people within the Co-op change, but we are still working together to make this the best store in town. We hope you'll agree.

Come celebrate Co-op Month with us when we host the "Taste Fair" all day on Saturday, October the 23rd. We'll be partying, giving away food and prizes, and generally having a great time. Hope to see you there!

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Taste Fair 1999

by Vicki Reich

You may have noticed that Taste Fair didn't happen in August like it's been happening for the past four years. Maybe you thought you'd just missed it or we wouldn't do it at the new location. Not a chance! There are many reasons why it didn't happen in August (not the least of which was that I was lying in a hospital bed at the time) but none of them could stop us from having the Taste Fair this year. So, we're doing it again on October 23.

If you haven't been to a Taste Fair, you're in for a treat, and this year's is going to be bigger and better than ever. Taste Fair is just what you'd think it would be: a fair where you get to taste lots of good food. Throughout the store we'll have tables of goodies, some of your old favorites and some new items you might not have had a chance to try. We'll have local producers here to show off their products. The Personal Care department will have lots of stuff to sample too. It's basically a big party that we throw just for you. So mark your calendars for October 23 and come by to taste all the Co-op has to offer.

Volunteer Here

By Gary Macfarlane, Volunteer Coordinator

Since October is Co-op Month, you don't need to be reminded about volunteering at your favorite food co-op in Moscow. It is the best food co-op around, even if it is the only food co-op on the Palouse. Where else are you going to find organic and local produce, exotic chips made from Samoan vegetables, a friendly and eccentric staff, your neighbors and friends, great deli food, and all the smartest people from miles around? Not at some corporate warehouse grocery store, owned by some malevolent agri-business cartel. The Moscow Food Co-op is where you find the best.

October is also the end of the fair weather and the beginning of the wet and cold season. This means future volunteer parties will move indoors. Speaking of volunteer parties, we are going to have a potluck on October 13, 1999, at 6:30 PM, place TBA. A party at this time in the park might be a bit cold, though those of us who love cold

weather would get a lot of enjoyment out of 30 degree weather while running around a volleyball court in our shorts.

Volunteers, take note of the above date. We will be contacting you about details of the where in the near future. Also, keep your eyes open for signs to be posted around the Co-op.

Finally, if you are not a volunteer and want to come to the party, pick up one of the volunteer forms and fill it out. We always have need of good, reliable volunteers. It has been rumored that one high school volunteer starting at a food co-op in the Midwest eventually led to employment as the Queen of England's fashion designer, the most prestigious and financially rewarding job in the world.

P.S. Did anyone figure out the secret encoded message? No!? If not, ask me about it sometime.

News From The Board

by Margo Kay

Greetings fellow Co-op Members,

September's MFCBOD (Moscow Food Co-op Board Of Directors) meeting was our annual all-day retreat, and a very good one this year. We have a great group of people steering the Co-op, caring, active people committed to helping the Co-op run well. The group consists of: Nick Ogle, Mimi Pengilly, Jim Gale, Patrick Vaughn, Mary Jo Knowles, Al Pingree, John Hermanson, and Suzanne Peyer. Also in attendance at the Retreat were Kenna Eaton (our general manager), Cindy Carlson (our most helpful meeting facilitator), and Margo Kay (that's me!).

The discussion at the retreat included creative ways to look beyond our normal visions and define goals for the board, expectations of the retreat and the board in general, the principles behind the BOD, and why we do what we do for the Co-op. With Cindy's help we were able to define and discuss the details of the MFC Vision and Mission Statements such as our business practices and values, as well as the importance of continuing community support, the best ways to provide a source of education and information, and just how to facilitate

growth, adjustments, and improvements.

After a delicious lunch provided by the Co-op deli, we continued to share ideas and ended the day with a regular BOD meeting with details of "The New Loading Dock Saga" (we are still negotiating firmly but nicely), and voted to adopt a new health care plan for employees. Everyone left with smiles and the time seemed to fly by!

On a personal note, it is with regret that I announce my nine month leave of absence beginning October 1. I have been offered an exciting job in Holistic Resource Management, utilizing Cashmere goats for large-scale weed control (instead of herbicides). This is an opportunity for me to be with my family in Denver, and a rather unexpected change from when I accepted the position to serve on the BOD. My apologies for not serving out my term are offered, only tempered by the fact that my friend, and former Co-op general manager, Mary Jo Knowles has graciously volunteered to fill my position. So with best wishes to all, I bid you farewell and thanks for making the Moscow Food Co-op so much more than just a place to buy food.

Side bar: Pet Illustrations Wanted!

Would you like to see your pet's photo in this newsletter? We're looking for crisp, clear photos of pets, with or without their owners, to use as illustrations for future pet-related articles. Some upcoming topics may include pet adoptions, pets for children, pet care such as tooth brushing or dietary supplements, pet training, and gifts for pets and their owners.

Photos can be color or black-and-white, but must be clear with good focus and contrast. Please label each print with the pet's name, owner's name and phone number, as well as the photographer's name and phone number on the back. If you don't wish to have your name included in the newsletter, please note that with the print. Photos can be returned, but only if they are

properly labeled and if you request it!

If you have a snapshot you think we might use, please label it, put it in an envelope, and bring it to the Co-op. Drop it in the Newsletter Submissions Slot. We'd love to see it!



Animal Care Center

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8:00-5:30 Monday-Friday
(Tues. & Thurs. until 7 pm)
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Large & Small Animals

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

Remember Last Year?

By Bill London

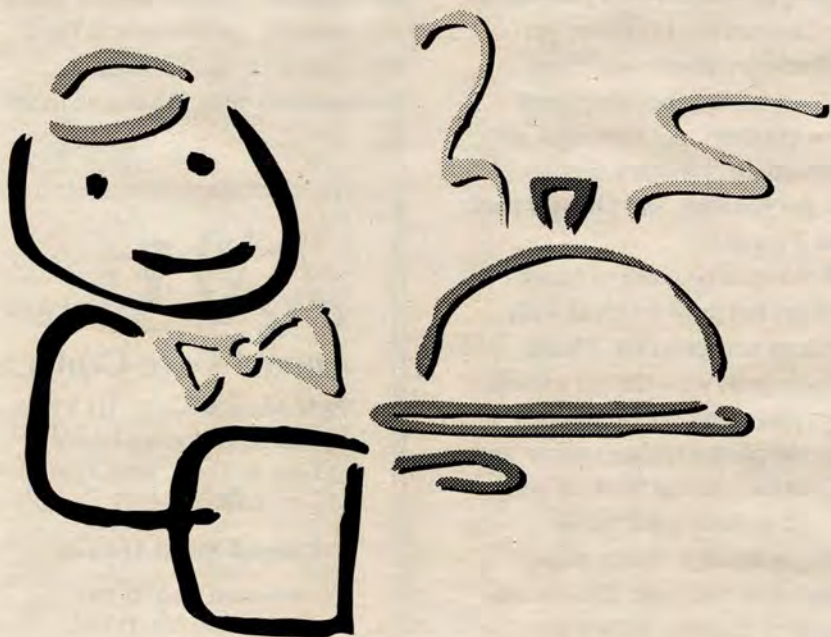
Remember the Moveable Feast last year? The uniquely decorated tables. The glasses of organic wine. The great stuff at the silent auction. The ten different delicious lasagna. The new friends and the old friends. The desserts. The fun for a good cause. The party with a purpose. We're doing it all again this year.

Please join us at the A-door-able Feast, a fund-raising feast to place a power-assist door at the Co-op, November 11, 1999. Buy your tickets from any Co-op cashier.



The A-door-able Feast: A Night to Remember

by R. Ohlgren-Evans



Well, okay, so it's not a night to remember...YET. But all of us who attended last year's Moveable Feast have such fond memories that we couldn't wait to do it again. Fortunately, The Door became just the excuse we've needed.

For those of you who weren't lucky enough to get tickets last year, don't miss this unique opportunity. You will not be disappointed! Here's your chance to dress up (...or not...) and come out for an elegant evening of great food, fine wine and merry folk—all for one of your favorite good causes. 'Tis the feasting season after all, in mid-November, when a hearty meal is a perfect way to celebrate with friends.

Last year, one of the more telling comments I heard during the evening was: 'This is like having a dinner party with 80 friends!' I heard those same words more than once that night. Not many of us could get a dinner reservation at our favorite restaurant for 80 people, and we'd certainly expect to pay more than \$30.00 a plate (take a moment to consider the unlimited wine privileges, ahem...).

So I urge you all to get your tickets early, to ensure a place at one of our fine tables. Treat yourself...Treat a friend...And then for you too, it will be a Night to Remember.

The Buy Line

by Vicki Reich

By the time you read this, I should be back at the Co-op part-time. I'll be working hard to catch up and bring in all those new products you've been waiting for, as well as some you didn't even know you needed. I'm also organizing the Taste Fair and making sure we've got all sorts of great new and local food to sample. Please mark your calendars for October 23 and come join in the fun.

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

Please bring in cracked pepper. A lot of people use it! How about if we swap the coarse pepper for cracked pepper?

Look for it soon.

Fresh Mozzarella (like you have the feta). Pasta Etc. used to have it, but it's now closed!

We do carry fresh mozzarella in packaged containers. I will look into carrying it in bulk for next summer. We don't sell enough in the winter to keep it fresh.

Glad to see you've got marbled halvah. Keep it coming and thanks.

You're welcome and it's here to stay.

I wonder if you guys could order Sugar Bal Tea by Triple Leaf Tea Company?

Sorry, that particular flavor is not available from our distributor.

Amazake-Green. Absolutely delicious--better than Odwalla's superfood-they use banana puree and lots of it! Yum!

I will consider it when we reset the cooler in a few months. In the meantime, you can special order them by the each.

Hey Carrie! I love those big green scrubby squares for my kitchen. Can we have them back?

Carrie says: They should be here any day.

Can you please try to get Berry Nectar from R.W. Knudsen?

I'd love to but I don't see anything in the catalog with that name...is it the elderberry nectar or is it Santa Cruz Berry Nectar? Let me know and I'll bring it in.

Do you think you could carry batteries?

No, but Market Time Drugs sells them, and they're only a couple of steps away.

Grapeseed oil for cooking. It's

good stuff!

I'll have to find a source but I'll bring it in.

Apparently there is such a thing as kosher gelatin, not made from animal products. I will special order this if you don't want to carry it (if you can find it). Thanks.

Yes there is such a thing and that's what the Hain Superfruit that we carry (in Aisle 3) is made with. I haven't found a source for unflavored kosher gelatin yet, but if that's what you're after, let me know and I'll do a little more research.

Pamela's makes a lemon shortbread cookie that is excellent.

I'll see if there's room to bring it in.

More Suggestions from The Suggestion Board

by Kenna S. Eaton

"Why are there large price differences between the Co-op and Dissmores? For example (same size) Organic milk Co-op \$3.65 Dissmores \$2.89; KMF moisture shave Co-op \$4.19 Dissmores \$2.59. Come on!"
L. McCall, a member.

No matter where you go, you will always find someone who sells something for less. Did you notice we have Muir Glen Tomatoes for \$.99 and Dissmores has them for \$1.89?

It's a tough world out there and we are all competing for your dollar. However, only the Co-op is committed to carrying organic and locally produced foods all the time--the grocery stores will only sell them as long as it is profitable for them. Also, have you taken the time to ask a staff person at Dissmores, or any other grocery store a question about natural foods lately? Did they have a good answer for you? We believe that our knowledgeable staff and personal customer service sets us apart. What do you think?

"Last time I was shopping at Hobbytown in the mall they didn't want to give the 10% discount."
Ingrid, a member.

Thanks, Ingrid, for letting us know. It turns out that this particular business was a little confused about the program. We will work harder to

keep up with all the changes with the Business Partners in our program. We feel this program is a valuable benefit to both members and the business community.

"I think the Co-op should open at least a half hour earlier if not a full hour. Thanks."
Jamie, a member.

Jamie, we have looked at changing the store hours but have decided to keep them as they are for a while.

"It would really help if you could get some covers for the fluorescent lights?"
Blue, a member.

We have ordered some full spectrum shields for the fluorescent light in the kitchen and will be trying them out. If we like them we may order them for the rest of the store.

"As I sipped my latte I wished I had some original art to look at. There are several blank walls in the Co-op. How about inviting local artists to display wall art on one of the blank walls?"
Jeanne, a member.

We agree Jeanne, the walls are very blank. However we just purchased some really cool posters to frame and place around the deli area. They should be installed shortly. Maybe next year we'll be ready to switch them for local artists.

"Can we please get a nice wooden bench (like our green indoors one or like the locksmith's new outdoor one) for outside the Co-op, somewhere along our N or NE wall? Great for conversing/resting/eating/drinking on a sunny or rainy day."
Gretchen, a staff member.

Thanks, Gretchen, benches are nice places to sit. As I look outside though, I'm having trouble seeing where a bench would go amongst all the carts, ice machines, bike racks, plant racks etc. Seems a little hectic out there to fulfill your vision.

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Robert Greene Email: bookpeople@moscow.com

I'll keep your suggestion in mind.

"The Co-op in Bellingham has a rack at the end of the check-out with good boxes for customers to use for groceries. Workers wouldn't have to break down so many boxes and shoppers could get their groceries from the Co-op to kitchen a lot easier. Is there room here for something like that?"
Allyson, a member.

Allyson, everyone liked your idea--especially since we've been very low on recycled bags lately (hint, hint). We'll be investigating the possibility later this fall.

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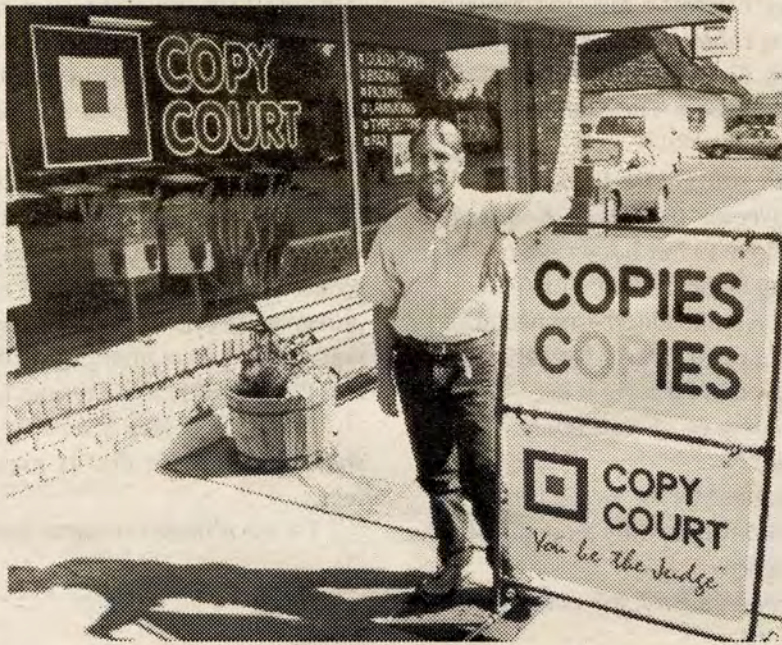
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Business Partner Profile: Copy Court

by Randy Paulin



Mike Alperin is a former upper elementary and junior high teacher. His classes must have been lively places indeed. Mike is an intense individual with a deadpan sense of humor. He's also very serious about providing a full-service reprographics business meeting the needs of customers in the Moscow market. Mike talks about Monopoly (the game) when asked why he started the business, but I got the sense that he stays in business because he relishes the challenges of each new business day. He was busy every time I stopped in to talk with him about this profile, but never too busy to talk, and talk about more than just his business.

Still, Mike wants this profile to reflect what his business offers the community--and that's a lot! In

addition to self-service and full-service copying, Copy Court offers labels and transparencies, color copies, typesetting and design, bindery and copy add-on services, laminating, velo- or spiral-binding, and fax services. If you need a resume, business cards, letterhead or envelopes, announcements, brochures, transparencies, presentation folders or binders, stamps and labels, or office and school supplies (including custom calendars), you can get them all at Copy Court.

If you're looking for typesetting help, especially for flyers, letterhead, or brochures, be sure to consult Mike's resident typesetting maven and mugwump, Matt McDowall.

And remember that Copy Court offers a Happy Hour on regular self-service copies--they're just 4 1/2 cents apiece after 5 p.m. Monday through Friday. Mike also offers free pick-up and delivery on orders of \$25 or more, and 1/2-off large volume copies (after 100, from one original). Presenting your Co-op Member Card when ordering earns you a 10% discount on any regular priced service, so you have to choose between one of Mike's specials or the Business Partner discount.

Copy Court is located at 428 W. Third Street in Moscow. They're open Mon.-Fri., 7:30 a.m. - 6 p.m. and Sat. 10 a.m. to 4 p.m. Be sure to bring that valid Co-op membership card--Mike will not only give you the discount, he will also laminate your membership card for free.

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Staff Profile: Hyla Dickson

by Randy Paulin



Hyla Dickson characterizes herself as basically pretty shy, which is ironic, when you consider how much time she's spent cashiering at the Co-op this summer. She's been working at the Co-op a year, and over the summer has been working full-time as a cashier. In fact, if you've stopped at the Co-op this summer you've undoubtedly had Hyla wait on you. She says that the cashiering work has been good for her, although she's looking forward to a vacation--she plans to spend some time backpacking in October.

Hyla is from Olympia, and was raised on a homestead on a lake. Some of her earliest memories are of watching her dad turn the compost pile, and walking out of their garden with a shirt full of peas. Given that background it's not surprising that Hyla is selective about where she will work. She volunteered as a cashier at a Co-op in Olympia for eight years before coming to Moscow to attend the Moscow School of Massage. She's hoping to put her massage license to work, but her heart is in environmental awareness and communitarianism.

"Healing on a fundamental level starts with ourselves," she reminds us. "In order to heal the planet we have to start at square one, and heal ourselves."

She speaks with delight of her four-month experience as a crew member of the *Adventuress*, a 100-foot schooner used as a floating

environmental education center by a non-profit group called Sound Experience. The *Adventuress* is used by schoolchildren of all ages, as well as the general public, and during Hyla's tenure aboard, she had a chance to help people learn about the interdependence of all of us on the planet by helping them live that interdependence aboard ship. She speaks of her time on the *Adventuress* as a great experience in community living and environmental education. The way she lights up when she talks about it, you can also tell she had a great deal of fun doing it.

The community atmosphere of the Moscow Food Co-op is very important to Hyla. She's glad to have had the chance to live in Moscow to get a more rural perspective, since prior to coming here she had never lived more than a few miles from I-5. She's not sure how long she'll stay in Moscow, since she feels like she's at a "fork in the road" of her life right now. But my guess is she will continue to work, quietly and earnestly, at raising environmental and community awareness wherever she goes.

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Word of Mouth

by Eva Strand

Fall is here with crisp, clear and sunny days, apple picking, cider making, and apple saucing. Apple aroma and flavor is so intermingled with the fall spirit that we picked apple juice for the October taste testing. The Food Co-op carries quite a few brands of bottled apple juice; we tried five of them. All juices were made from 100% pure apple juice, no additives or preservatives.

After The Fall certified organic apple juice from After The Fall Products Inc. was the first contestant. Most everybody's first reaction to the juice was, "This tastes like APPLE JUICE!" Surprise, surprise! This apple juice is filtered and quite

sweet and tastes much like the generic apple juice we drank as children. Kids loved After The Fall. It's a great, clear juice for young children—no fruit pulp to clog sippy cups or baby bottles.

Another clear, pulp-free juice is Martinelli's Gold Medal Apple Juice from Martinelli & Co. The flavor is very sweet and a tad more flowery than After The Fall. This juice has all the sippy cup/baby bottle advantages that After The Fall has. However, it is not organically grown.

The R.W. Knudsen family produces a wonderful, certified organic, unsweetened, whole apple juice more suiting a grown-up's



taste. Knudsen's apple juice is considerably less sweet, but pleasantly tart with a lovely apple taste. Most of the adults and some kids picked this juice as their favorite. The pulp in the juice makes it less suitable for baby bottles but it will easily pass through a sippy cup.

Natural Value Apple juice was almost as good as Knudsen's but not as full in taste—it could be described as flat, compared to Knudsen's. Still this is a good apple juice, not too sweet with a tart apple flavor. Natural Value apple juice is unfiltered and commercially grown, and slightly cheaper than Knudsen's.

Last in the glass was Santa Cruz Organic Apple Juice from Santa Cruz Natural Inc. The Santa Cruz juice is unfiltered, quite sweet and not very tart with a 'caramel nose.'

A good juice, but I would rather get a bottle of Knudsen's—the price is identical.

In addition to these apple juices, the Co-op carries a couple of spiced ciders, frozen apple juice and, in the fall, freshly squeezed apple cider. Enjoy a fruitful fall.

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Food & Nutrition

Bioengineered Food: for Thought or Consumption? Part 1

By Donald Stanziano

Editor's note: This is the first of a 2-part series on the controversial subject of genetically altered foods. It is intended to help folks make informed choices about our food sources.

Have you been paying attention to the growing controversy regarding genetically engineered foods (GEF's) and genetically modified organisms (GMO's)? Try this true-false quiz to see how well you're keeping apace:

- Nearly 55% of all soybeans grown in the US today are genetically engineered.
- Monarch butterfly larvae often die after eating pollen from Bt-engineered corn.
- "Terminator" technology will soon be replaced by "traitor" technology.
- Organic farmers are having their crops and soil tainted, and their organic certification jeopardized, by airborne pollen from neighboring fields of GE crops.
- Flounder and tomatoes are a geneticist matchmakers's dream/nightmare.

Yes, all these statements are true. And, as remarkable as they may seem, they only hint at the complexity and importance of the issues pertaining to genetically engineered foods. In America, the federal government, in concert with

agribusiness, biotechnology, and pharmaceutical conglomerates, has deemed that American consumers have no right or interest in knowing if the foods they eat have been genetically altered. Perhaps even more fundamental are the underlying assumptions that bio-engineering of food is good, its achievements universally beneficial, and that engineered food is safe for consumer and environment alike.

These, then, are some of the issues at hand: are GEF's safe? And, do we have the right to have them labeled?

Let me briefly explain a bit of the science involved. The particular physical traits an organism expresses are determined by that organism's genetic code in its DNA. Your eyes are brown because your DNA, which is essentially identical to that of every other human's, has a particular gene sequence that codes for, or expresses, brown eyes. Your blue-eyed sister has the gene sequence that expresses blue eyes. These subtle, though powerful, differences determine all the variety we find in the biological world. Jellyfish and falcons, soybeans and humans are all physical expressions of their distinctive DNA and particular gene sequences.

Long before anyone knew

anything about DNA and genes, people were using their knowledge of selective breeding to their advantage. For millennia, we have saved and planted the seeds from our biggest, healthiest plants and bred the cows that gave the most milk because we found these traits most desirable and understood that good breeding meant keeping these desirable characteristics.

Variations on this basic theme of selective breeding have served us until the late 20th century, but now new technologies are changing the rules. The once unthinkable has now become routine in our labs and research centers: we have blurred and crossed the natural boundaries between species. Current genetic engineering technology enables scientists to select a desirable trait in one species, say for example, a resistance to low temperatures in winter flounder. They can extract the gene sequence in the flounder's genetic code that expresses this trait, introduce this selected snippet of DNA into a carrier medium for replication, then splice this sequence into the DNA of the intended target organism. Using this recombinant or

'transgenic' engineering between species, tomatoes have been gene-spliced with flounders to be more frost-tolerant.

Scientific activity such as this leads to profound questions that demand

an informed and sustained discussion in a democratic society such as ours. Our ability to do the science notwithstanding, what scientific endeavors are aligned with our cultural, moral, and spiritual values? We can and do clone sheep—do we then clone humans simply because we can? We can create insect-resistant corn—do we therefore, in effect, create pesticide-resistant insects? Questions such as these must be addressed, if not answered, and next month we'll look at some of the unintended consequences that have been occurring and some possible ways to get involved.

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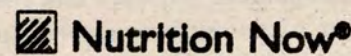
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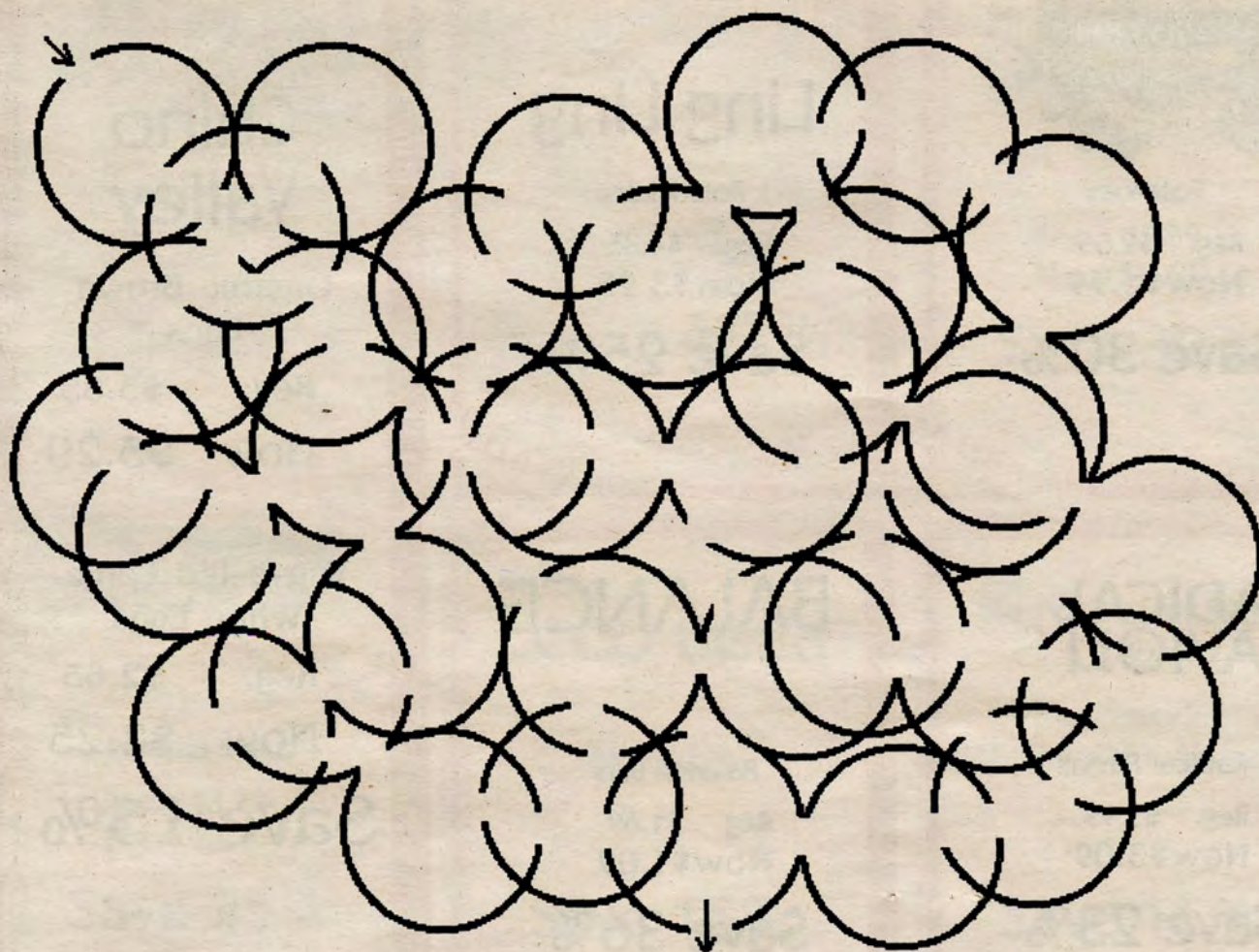
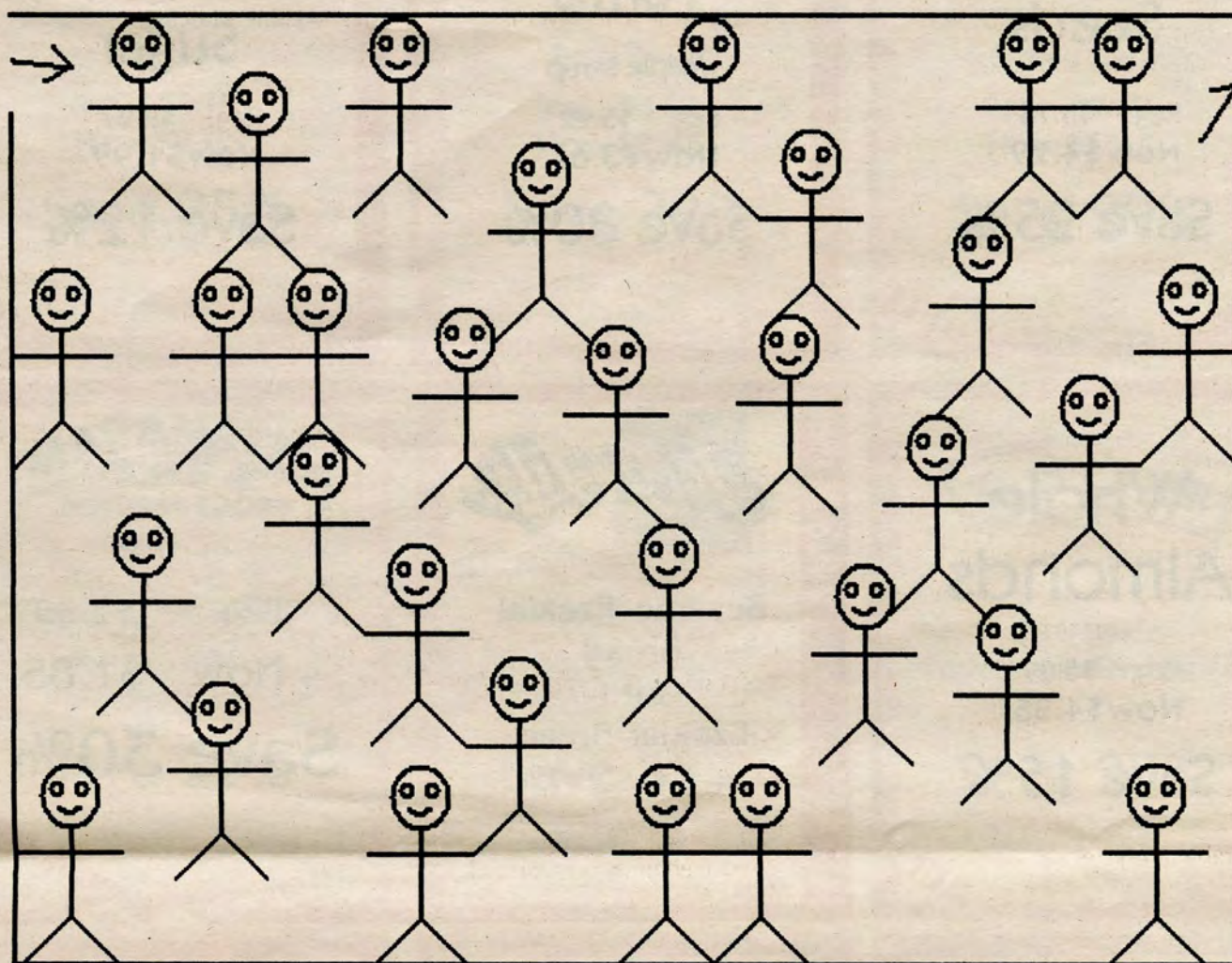
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THE KID'S PAGE

Here's some mazes for you to do if you happen to get caught waiting for your parents, your sister or brother or maybe just for Halloween. There are some great maze websites. There are sites that have 3-D mazes that you can do interactively on your screen or the kind you can print and do off line. Check them out.



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Halloween

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www.kidscourt.com

Defining Layers

by Kelly Kingsland

This month, in preparation for next month's Adorable Feast, I am writing about lasagne. For those of you who don't know, Erika, Amy, and I made the lasagne for last year's Moveable Feast, and have been asked for a repeat performance. This is no small task, considering that the lasagne themselves seem to have taken on larger-than-life qualities in the memories of last year's feasters. So now we are faced with the question of what made those lasagne so good, and how to recreate the phenomenon.

To give proper credit, I must say that we were all very excited last year. As cooks we were eager to move to the new kitchen that was being created in the new store, and it felt great to give a tangible contribution towards that end. The same goes for the eaters at the Feast. The communal excitement over the move was great, and so many of you were willing to contribute in so many ways. The Feast was a celebration of energy that might be hard to recreate. That fact leaves even more pressure and responsibility on us to again produce a worthy and memorable array.

Since only one of last year's lasagne was made by following a recipe, we've begun to think about what to make. Actually, last year's selections came together in exactly the same fashion that the pizzas do each Friday: we begin with a basic list of ingredients (see below) which are then distributed in spontaneous order. The goal during this distribution was to make a number of defined flavors; to have each ingredient carry the lasagne (or pizza) further into itself. We begin by assigning a sauce, and then start adding ingredients. Deciding how you want to combine ingredients is fun, and having a clear idea of where you want to take the flavor is important. In my opinion, too many conflicting flavors can become muddy. I think the key is to allow each ingredient to add to the flavor rather than compete with it. Yet even with this in mind, I think it's hard to go wrong if you're using quality ingredients.

So what is lasagne anyway? Without being too vague, I'd say lasagne is a cheesy (unless it's vegan) pasta casserole, made of alternating layers of stuff. A general

rule of thumb is to begin by laying a good slathering of sauce into a slightly oiled pan, following the sauce with a layer of pre-cooked pasta. Next comes a good thick layer of filling. As you'll see from the list below, the fillings vary from tofu to cheese and meat. This layer is usually topped with a goodly amount of shredded meltable cheese (I usually like to use Mozzarella) which is then covered with a second layer of the pre-cooked pasta. Add another layer of sauce, shredded cheese again and hopefully some veggies. Top with more pasta, sauce, and cheese (again). It may sound complicated but once you've reached the building stage it's easy.

One common problem with lasagne is moisture, and it's good to not use too much sauce. And the thicker the sauce the better. For first timers, I would recommend actually using a recipe, but once you get the

general formula and moisture levels down, you'll be free to create whatever fits your fancy. Below is a general list that we follow when making lasagne here at the Co-op. The list is by no means complete, but will provide enough variations to last a good long while.

Prime sauces: Pesto and all its variations; Red Sauce (again, a thick one will do you best); Béchamel (a cheesy, herbed white sauce).

Fillings: Tofu (the herbed Tofu-spread recipe printed in a previous newsletter would do nicely--plain tofu would need some perking up); Ricotta cheese (needs tofu added to thicken to a non-runny state); miscellaneous meats (all previously cooked).

Veggies and other stuff: Use veggies! But maybe just try to choose a few of your favorites rather than a big mix. Spinach can be added raw, but beware that it'll

cook to a fraction of its raw volume. I like to saute or grill onions first, so that they are truly soft and melded with everything else. Play around.

The one recipe that we did use last year came from Laura C.-- she was kind enough to share it again for this year's feast, and for this article.

We'll make Laura's lasagne again for the Adorable Feast, in addition to many others. We'll try again to satisfy the tastes of many different folks--we'll make vegan, meat, and vegetarian varieties. We'll try to create an exciting array of flavors and choices. One day soon we'll sit down, and really begin thinking about preparing for another celebration feast for the Co-op. I've tentatively enrolled Rochelle to make some fluffy, sinful dessert, and the bakers will make bread. It'll be the same yet different from last year, but hopefully enjoyed in the same way!

Laura's Smokey Chicken Cheese Lasagne

Ingredients to prepare ahead of time and set aside:

2 cup Smoked Mozzarella, shredded

1/2 cup Parmesan cheese, shredded

1 medium onion, minced

1/2 cup melted butter

minced garlic, to taste

Heat these two in a saucepan till bubbly. Whisk in: 1/2 c. flour and 1 tsp. salt.

Cook, whisking constantly until bubbly and slightly brown (the trick here is that you are making a 'roux.') While whisking continually, add 2 cups milk and 2 cups chicken stock. Heat to a gentle boil and cook a minute.

Once your sauce has started to thicken, add:

dried basil

dried oregano

black pepper

1 small can diced green chilies, and,

previously prepared cheeses and onion.

Cook over low heat, continuing to stir until the cheese has melted.

Remove sauce from heat and set aside while you prepare:

4-6 cups fresh spinach, chopped and steamed

2 cups cooked, smoked chicken, cut into thin strips (not chunks)

(Laura uses C-and-L brand chicken)

8 oz lasagne noodles, uncooked

2 cups ricotta cheese

Pre-heat oven to 350. Alternate layers in an ungreased 13x9x2 baking dish starting with noodles and ending with sauce. Top with some extra shredded Parmesan and dried basil. It works well to use a rubber spatula to spread the ricotta onto the noodles. Bake for 35-40 minutes. Let stand for 15 minutes to firm up. Don't worry, your noodles will be cooked!

Thanks, Laura!

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Macro Musings Treasures From the Sea

by Peggy Kingery

When I first mustered up the courage to make a side dish using sea vegetables, my husband responded by barking like a seal. So much for building up my confidence! Resolutely, I prepared the recipe and much to our surprise, we really liked it. We've been enjoying them ever since.

Sea vegetables, which comprise up to 5% of the macrobiotic diet, are one of the most nutritious and least processed foods on Earth. While we tend to think of them as part of Far Eastern cuisine, they were traditionally consumed by people all over the world, including North and South American natives and the early New England settlers. Today, they are harvested off the coasts of Maine, California, and Nova Scotia, as well as countries in the Far East.

The nutritional benefits of sea vegetables are astounding. As they grow, they convert inorganic minerals from seawater into organic mineral salts that combine with amino acids and are readily available to the body. They are abundant in calcium, iron, protein, iodine, niacin, thiamin, and vitamins A, C, E, and B12. More importantly, with the decline in the quality of topsoil due to modern farming practices, including sea vegetables in the diet may be the only way of getting essential trace minerals. Recent research has suggested that they may help reverse hardening of the arteries, reduce high blood pressure, regress and prevent tumors, and even remove toxic metals from our bodies by transforming them into harmless salts (via a substance called alginate) that are easily eliminated. They help purify and strengthen the bloodstream by alkalizing it if it is too

acidic and reducing any excess stores of fat and mucus. In addition, they strengthen the intestines, digestive system, liver, pancreas, and sexual organs; enhance mental clarity and awareness; and promote beautiful skin and hair. Phew!

There are a wide variety of sea vegetables to choose from, all with different tastes, textures, and uses. Following is a brief description of the most common ones available at the Co-op. All of these are purchased dried and can, therefore, keep indefinitely.

Arame: a brown algae with large leaf-shaped fronds. It comes shredded, and has a mild, sweet flavor. It is delicious when cooked with root vegetables, seitan, tofu, tempeh, and corn.

Hijiki: also a brown algae but with short, needle-shaped fronds. It looks like a thicker, darker arame, but has a rich, nutty taste. It is used in much the same way arame is, but needs a longer cooking time.

Kombu: comes in thick, flat strips. It contains naturally-occurring monosodium glutamic acid and, as such, is used mostly to enhance the flavor of grain, bean, and vegetable dishes; it also makes an excellent soup stock. Kombu helps soften beans as they cook, making them more digestible and less gas-producing. Its flavor is soft and sweet, but if not cooked long enough it tends to be tough and slippery.

Wakame: a delicate, thin, leafy green algae. It cooks very quickly, is excellent in soups and salads, and has a subtly sweet taste.

Nori: a red algae which comes in thin, flat, paper-like sheets or in flaked

form. It is used to garnish noodles, grains, and vegetables and serves as a wrapping for sushi and rice balls.

Other sea vegetables include sea palm, ocean ribbons, purple dulse, Irish moss, and agar agar.

Cooking sea vegetables is relatively simple. All varieties (except nori) are quickly rinsed or soaked for several minutes to soften before slicing into bite-sized pieces. The reconstituted form is generally 2-5 times greater in volume. Cooking times vary depending upon the variety. Nori needs only be lightly toasted over an open flame before using.

On the macrobiotic diet, eating 1/3 oz dry weight per day is recommended. Initially, the taste, texture, and smell of sea vegetables might take some getting used to. Wendy Esko, in "Introductory Macrobiotic Cooking," offers the following suggestions for beginners: 1) use a larger proportion of sweet-tasting vegetables such as corn, carrots, and onions when preparing side dishes to reduce the strong sea vegetable flavor; 2) when cooking arame and hijiki, cook until all remaining liquid is gone so that the sea vegetables taste sweet; 3) in soups and stews, cut the sea vegetables in tiny pieces and also reduce the amount called for in the recipe; and 4) do not use the sea vegetable soaking water in cooking if it has a strong and salty taste.

Unless your family enjoys experimenting with new tastes, I recommend introducing sea vegetables into your diet gradually, VERY gradually. A small handful can easily be added to soups and stews without noticeably changing the flavor of the dish. I always cook beans with finely-diced pieces of kombu; they dissolve into the liquid as the beans cook so that finicky eaters need not even know it's there.

Feeling adventurous? Here's an easy recipe for novice palates. And if anyone at your dinner table begins barking like a seal, take heart. Soon they'll be asking for seconds.

Arame With Sweet Vegetables

1/4 - 1 cup arame, to taste
1 cup onions, sliced in half-moons
1 cup fresh corn kernels
1 cup diced carrot
1 teaspoon sesame oil
spring water
shoyu or tamari, to taste

Wash and drain arame. Heat oil in a skillet and saute onions and carrots for two minutes. Add arame and enough water to cover the vegetables. Bring to a boil, cover, and simmer 30 minutes. Add corn and shoyu, and simmer until all liquid has evaporated.

Joys of Childhood

by Lynn Jessup

As we grow older we see
That simple things are best
Like a hot cup of coffee
With feet up to rest
Smelling a flower
Planting a tree
Birds singing
Scenery

"Do you wanna come out and
play?"
Joys of childhood
So far away...

Lying upon the fragrant hay
In a cool barn
On a hot summer day
Throwing rocks
Across the pond
Running barefoot
Through sprinklers
On the lawn
Sitting in a tree
Observing the universe
Or the pollinating bee
Playing grown ups
Having their tea
With a small cup Perched on a
tiny knee
Crowing like roosters
Just for a lark
Or going to the park
swinging up to meet the sky
With newly met friends, never shy
Reveling in kittens at play
Exploring the day

"Can Tyler Jesse come
out to play?"
Joys of childhood not
so far away...
As I watch my new
grandson
Tyler Jesse at play

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Nutmeg and Mace

By Nancy L. Nelson

Mysterious mace. If you've cooked with it, you know that it is one of the flavors of fall, often used with cinnamon, cloves and allspice in spice cake and squash pies. But have you ever noticed that nutmeg and mace are rarely used together? Their flavors are quite similar, so just one or the other is normally used. In truth, mace and nutmeg are so much alike because they are both parts of the fruit of the *Myristica fragrans*, or nutmeg tree.

Mace consists of the vein-like threads that cover the dried fruit, while nutmeg is the kernel inside the seed, rather like the kernel inside a peach pit. Mace threads, or blades, are chopped or ground and the nutmeg kernel is ground or grated. Both are traditional flavorings for sweets including custards, cakes, desserts, and savory dishes, especially fish, spinach, pasta and quiche.

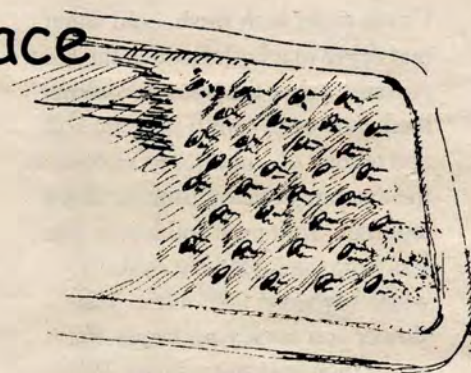
Confusion created by two spices from a single fruit is apparently longstanding: spice lore tells the tale of an English merchant who visited a Ceylon nutmeg plantation and, after learning that mace was worth more than nutmeg, declared, "We must raise less nutmegs and more mace."

Some spice historians speculate that mace may not have been considered a spice until long after nutmeg became popular, since it is not included in early European descriptions of spice use from 3rd and 4th centuries. However, cooking with nutmeg in India extends to ancient times.

Arab traders introduced nutmeg to the West some time in the 6th century. It eventually became as valuable as gold and was among the spices that prompted the European exploration of the world.

In the Middle Ages, Europeans who could afford spices especially used nutmeg to flavor pudding and beverages, including spiced wine. A Chaucer poem recommends keeping nutmegs on hand to put in ale. Nutmeg flavoring in beverages continues today with Coca Cola, which reportedly includes it in its secret recipe.

This could have something to do with the flavoring qualities of nutmeg and mace, which are spicier than most people imagine. Despite their use in mild dishes like custard and stewed fruit, nutmeg and mace actually include some of the same oils that flavor pepper and cloves.



Grating Nutmeg



Nutmeg and mace also contain hallucinogens and can be fatally toxic if used in a large quantity, for example, eating an entire nutmeg. However, the small quantities normally used in cooking are considered safe. The best nutmeg advice is from the "Joy of Cooking," which suggests using it "sparingly but often."

Cooks have vacillated through the years over the desirability of mace versus nutmeg. At times, people seem to have wanted what was harder to come by, and priced mace much higher than nutmeg due to the unavailability of mace. A 1909 book of spices declared that mace "has a peculiarity of its own which most people prefer."

Today, nutmeg's flavor is considered warm and well matched to food, and appetizing. Mace is described, somewhat contradictorily, as more subtle and spicier, a combination of cinnamon and pepper. Some books describe mace as the stronger flavor and some say nutmeg. I find flavor is closely related to freshness, and fresh mace is stronger than nutmeg sold already ground. For most purposes, mace and nutmeg are interchangeable. Try both and see which you prefer.

For best nutmeg flavor, purchase whole nutmegs at the Co-op, where a dollar buys three or four nutmegs, and grate them on the smallest grater holes just before cooking. One whole nutmeg yields two to three teaspoons of grated spice. Use it quickly, as nutmeg oil will soon evaporate, taking the best flavor with it. Don't look for whole nutmegs anywhere else--most Moscow grocery stores don't sell them.

The Co-op's mace seems to be quite a bit fresher than mace I've bought from traditional grocery stores. Though its price is slightly higher, it is worth it. You can buy three to four tablespoons of mace for about 60 cents.

The following recipe takes some extra effort, but the result is an exotic, rich vegetable experience

with subtle spicing. It is from the cookbook "Almost Vegetarian" by Diana Shaw and is best made a day ahead.

Carrot and Apricot Terrine

- 8 carrots, peeled and sliced in rounds about 1/2 inch thick
- 8 dried apricots, preferably organic
- 2 bay leaves
- 1/2 cup fresh orange juice, plus extra if necessary
- 3 large eggs, lightly beaten
- 1 cup grated imported Parmesan cheese
- 1 cup part-skim ricotta cheese
- 1 cup fine dried breadcrumbs
- a pinch powdered ginger
- 1/4 teaspoon freshly grated nutmeg or ground mace

Cook carrots covered with water in a medium saucepan until very soft, about 40 minutes. Drain thoroughly and cool.

Meanwhile, place apricots and bay leaves in a separate saucepan and add the 1/2 cup orange juice. Cover and cook on low heat until the apricots are mushy, about 30 minutes. Check often, adding more orange juice if necessary. Cool, and discard the bay leaves.

Heat oven to 425 degrees. In a food processor or blender, combine eggs, Parmesan cheese, ricotta cheese, and breadcrumbs. Transfer to a large mixing bowl.

Puree carrots and apricots together and stir into the cheese mixture. Add the ginger and nutmeg and mix well.

Lightly butter a loaf pan measuring 6 x 4 inches. Pour the carrot mixture inside and cover with aluminum foil. Place pan inside a larger, deeper baking dish and pour water into the larger dish so it comes halfway up the side of the loaf pan.

Bake 1 1/2 hours, checking often and adding more water as it evaporates. The terrine is done when a knife inserted into the center comes

out clean. Cool completely at room temperature before refrigerating 6 hours or overnight.

To serve, run a butter knife around the rim and gently turn it over onto a platter. Serves six to eight.

Sole Mates.

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Beans, Beans...

By Pamela Lee

Beans, beans the musical fruit,
The more you rinse, the less you
toot.

Dried beans and (to a lesser extent) peas are notorious for creating intestinal gas. Dried legumes contain complex sugars called oligosaccharides, which aren't easily broken down by our stomach's digestive enzymes. As undigested oligosaccharides ride through the gut, they eventually reach the lower intestinal tract where resident bacteria eagerly devour these complex sugars. Blame the bacteria for the gas--it's their waste product. I've recently learned, from reading *The Brilliant Bean* by Sally and Martin Stone, that the problem can be easily remedied by rinsing beans well and by cooking them thoroughly. Over the years, I've heard and read so many ideas and tips about cooking and soaking dried bean; often the instructions were contradictory. How delighted I was to find the "Bean Basics" chapter in the Stones' book. It was clear, concise, and when enacted, the information bore true.

Soak and Rinse

Soaking dried beans before cooking rehydrates and softens them, and it helps to break down those indigestible oligosaccharides. Pre-soaking cuts the cooking time by at least half. To soak beans, use three to four times as much water as beans. Four hours is as much time as most beans need to soak, though very old beans may need longer. Soybeans and Broad Beans (such as Fava beans) have very tough seed coats that require 12 to 24 hours of soaking. Do not add salt to the water--salt reacts with the seed coat, forming a tough barrier which will inhibit the absorption of liquid.

One can reduce the gas-producing effect of beans by changing the soaking water at least 3 times. Simply drain and rinse with lots of fresh tap water three times during the soaking process. Also, always drain and rinse beans well after soaking. Use your fingers to gently move the beans around under running water to wash away any of those indigestible sugars that might still be clinging to the legume skins. Do not use the soaking liquid for cooking.

If you're cooking beans separately (before adding them to other ingredients), you can further eliminate intestinal gas by rinsing the cooked beans again, after they are cooked

and before adding them to the dish you're preparing. The post-cooking rinse also works with canned beans. My favorite Co-op brand of canned beans is the Eden organic line. I empty the chock-full 15-oz. can of Eden organic beans into a four-cup measuring bowl. Under running water, swish the beans around to rinse them really well. This remedies the flatulence problem.

If you've forgotten to soak legumes four hours in advance, and haven't any canned beans in the cupboard, here is a Quick Soaking Methods from *The Brilliant Bean*:

1. Place washed and sorted beans in a large saucepan. Cover with 2 inches of fresh, unsalted water or 3 times their volume.
2. Bring to a boil. Reduce heat to medium and boil for 10 minutes.
3. Drain the beans and cover with 2 inches (or 3 times their volume) of fresh, cool water.
4. Allow to soak for 30 minutes. Discard soaking water, rinse, and the beans are reconstituted and ready for further cooking.

If you've heard that you should add baking soda to the soaking or cooking water, don't. Baking soda weakens the cell walls of beans and both the flavor and the nutrition suffer. The only instance for which the authors of *The Brilliant Bean* recommend using baking soda is when cooking beans in unusually hard water. And then they only recommend adding 1/8-teaspoon baking soda per cup of dried legume. If using extremely hard water, you can also stir-fry presoaked beans in oil for 10 minutes; then cook as usual.

Cooking beans

When cooking dried beans, do not add salt, acidic ingredients (such as tomato, vinegar, wine, lemon juice), nor molasses until the beans are as tender as you want them. Salt, acid, and the calcium in molasses toughen the seed coating of legumes, and the tenderizing effect of cooking is halted once and for all. Once these are added, the texture of the bean won't change, no matter how long you continue to cook them. While beans are cooking, you can certainly season them with onions, garlic, herbs, spices, bay leaf, or other such ingredients. Just remember to wait until the legume is as tender as you want before you add salt, acid, or molasses.

One cup of dried beans yields between two to three cups of cooked beans. To cook, simply place pre-soaked and drained beans in a pot.

Cover them with fresh, cold water and bring to a boil. Reduce the heat, partially cover the pot, and simmer the beans gently until they are soft and tender. 45-minutes to an hour is the average cooking time for dried legumes. Split peas and lentils take less time (and need No soaking) while soybeans take more. The slower you cook your beans, the easier they will be to digest. While a fast boil might seem expedient, it'll make digestion more difficult. It's best to let them simmer over a low heat.

The microwave works fine for reheating already prepared bean dishes, but not for the first cooking. Beans need to be simmered slowly in lots of water, and microwave ovens do not do this well. A crockpot, however, does lend itself well to slowly cooking legumes. A pressure cooker can also be used; follow your pressure cooker's recommendations. If using a pressure cooker, adding one tablespoon of oil (per cup of dried beans) to help keep foam and bean skins out of the vent.

Cooked beans freeze very well. If you prefer not to rely on canned products, cook your own dried beans, then freeze them in portion-sized freezer bags or jars. The freezer is also handy for cutting the cooking time of soybeans and older dried beans. You can shorten the cooking time of soybeans by freezing the

beans in the soaking water. After they are thoroughly frozen, thaw them, and discard their soaking water. Rinse and cover the beans with fresh water, then cook.

Ten-Minute Black Beans with Tomatoes and Coriander

(by Sally and Martin Stone)

- 1 Tbsp. oil (more if needed)
- 1 medium onion, chopped
- 1 tsp. chopped garlic
- 6 fresh plum tomatoes, peeled, seeded, and chopped (or one 14-oz. can Italian plum tomatoes, drained and chopped)
- 1 16-oz can black beans, drained and rinsed
- Tabasco, to taste
- salt, to taste
- 2 tbsp. fresh cilantro, chopped

Heat the oil in a small skillet or saucepan over moderately high heat and add the onion and garlic. Saute, stirring, until onion is almost translucent but still firm, about 2 minutes. Add tomatoes and cook, stirring frequently, for 2 minutes more.

Add the black beans, Tabasco, and salt, and stir to combine. Cover skillet and simmer until beans are heated through, about 2 minutes. Remove from heat and stir in 1 tbsp. of the cilantro. Transfer to serving dish and sprinkle with remaining cilantro. Serve immediately.

Yard & Garden

Weeds: the Good, the Bad, and the Beautiful? Part 2

By Patricia Diaz

Common Mullein: Very conspicuous alongside our roadways, mullein sort of resembles small saguaro cacti. It has a tall, branched but very spiky form with yellow rosette leaves. They shed their leaves in the fall and winter and remain standing alongside the roads. Downy woodpeckers love these seeds and you'll often see them in the winter hanging on a tall spike eating the seeds. Originally from Eurasia, mullein is not an aggressive weed.

Some hikers use the soft, large leaves to make pads for their sore feet. An infusion of mullein leaves is good for coughs and sore throats.

Teasel: This is another very common sight along our roads and in fields. It is a biennial herb that often grows to six feet. Opposite sets of

leaves are often fused at the base to form a small cup which holds water. There are ridges and miniature spines along the stem and the leaves are prickly. Its pale blue flowers grow in a dense, thick spike at the stem tip. This weed can become truly noxious in moist areas, fields, and pastures. The dry, spiny flower stalks are often picked for decoration.

English Plantain: An erect, fibrous-rooted perennial herb with lots of tough stems, plantain can be recognized by its strongly veined, narrow leaves which are up to 12 inches long. The plants stand up to 20" tall. The congested flowers have four papery petals that become apparent only after the stamens wither. It invades lawns, meadows, and cultivated fields. A widely-used folk

Weeds: the Good, the Bad, and the Beautiful? Part 2 (continued)

treatment uses plantain leaves for bruises, abrasions, and minor cuts. You apply the fresh, crumpled leaf to the wound, allowing some of the sap to flow into the wound. Hold it in place with a light bandage. The German Commission E approves plantain for its external astringent and antibacterial actions and internally for inflammations of the mouth and respiratory tract. Our little schnauzer is terribly allergic to this weed.

Oxeye Daisy: Another of the beautiful weeds, oxeye daisies can cover entire fields with their white flowers. A perennial herb, it spreads by rhizomes. The heads are about 2 inches across, with usually 15-30 rays per head. This plant is thought to have been introduced from Europe as an ornamental which then escaped. One of our most common roadside weeds, it competes aggressively in pastures and is now widespread in the Northwest.

Dog Fennel: This herbaceous, branched annual stands up to two feet tall and has tiny daisy-like flowers with large gold centers. The heads are about an inch across and the gold disk becomes cone-like after the flowers fall off. It has an unpleasant odor and taste. Grazing animals avoid it, so it continues to spread unchecked. It looks a lot like chamomile so be sure to smell the plant first before you pick it for tea!

Bull Thistle: This plant is a coarse, branched biennial that grows to three feet tall. The lobes of the leaves are spine-tipped, with spines

extending down from the leaves along the ridges of the wooly, white-haired stem. The heads are about two inches wide and have very showy purple disc flowers. A vicious spine tips each overlapping bract. Horses like the heads because of the sugary nectar, but you'll notice they chew very carefully. The seeds are loved by goldfinches and they build their nests with the thistle down. In fact, they have their babies much later than other birds since they wait for the thistles to open and release the down. The seeds ride the breezes beneath parachute-like pappus and find habitat everywhere.

Burdock: This weed is one of the nasty ones, especially for animals. The hooked spines cling to fur and spread the seeds and they're really hard to get out of the animals' fur. It has large heart-shaped leaves that look somewhat like rhubarb. The flowers are lavender-purple. It was used extensively as a vegetable in Eurasia and the whole plant is edible. Young leaves can be prepared like spinach; the flower stalks can be peeled, sliced and eaten like celery; the first-year taproots are excellent steamed or mixed in stews or soups. It has become a troublesome weed in fields, pastures, and waste areas.

Yellow Star Thistle: This might be a candidate for the Worst Weed in the Northwest. It's currently invading the Snake River Canyon, Clearwater River Canyon, and most of the idle

fields in our area. It is an extensively branched, annual herb with wooly leaves, bright yellow flowers, and vicious, inch-long, needle-like spines just below the flowers. It was introduced from the Mediterranean and now ranges all over the West. Often it is carried in on loads of gravel.

Skeletonweed: This is a member of the sunflower family with thin, wiry branches, and narrow, stiff stem leaves. Basal leaves are dandelion-like and there are a few yellow ray flowers on each plant. Because the plant is pale and the leaves are inconspicuous, it appears skeleton-like. It is rapidly invading grasslands and open forests in eastern Washington and central Idaho and may become one of the worst weeds in the Northwest.

Dandelion: Common dandelion may be the world's most widespread plant. It grows on every major continent and is loved, tolerated, and hated. Bumblebees love the flowers; people with hay fever hate it; those with lawns hate it. It is a nutritious plant, however, and many eat the greens. The roots can be used as a coffee substitute and you can make wine from the golden yellow flowers. The leaves also have diuretic properties and can help flush excess fluid out of the body. The roots stimulate the flow of bile, thus acting as a mild laxative. The herb is usually consumed as a tea prepared from one tablespoon of either roots or leaves in one cup of boiling water.

Chicory: This attractive weed has beautiful blue flowers. You can use both the leaves and roots of chicory to stimulate the appetite and ease an upset stomach. Make it as a tea, using one teaspoon per cup. Chicory root is also roasted and ground to make a rich-tasting, caffeine-free coffee substitute. Chicory is an extensively branched, coarse perennial herb growing as tall as six feet. It has large, dandelion-like leaves. The flowers are sky-blue and about an inch wide. It is a native of the Mediterranean where it's cultivated for its edible, succulent leaves and starchy taproots. It was introduced to the United States as a coffee substitute. It is not an especially aggressive weed.

St. John's Wort: Once called Klamath weed, St. John's wort once covered more than 2 1/2 million acres of rangeland throughout the Northwest. It was eradicated with herbicides and leaf beetles because livestock would eat it in large quantities and become susceptible to sunburn, blisters, and hair loss. Today, of course, it is one of the best-selling herbal treatments for depression. The plant has stout taproots which anchor several erect stems. It has very attractive flowers with five bright yellow petals, five sepals, and many purple-tipped stamens with deep purple dots along the jagged edges. The fruit is a many-seeded, woody capsule. It is considered to be one of the most aggressive and noxious weeds in the Northwest.

Feeding Pets for LIFE

by Sarah Hoggan

"Emaciated" was too mild a word to describe the condition of the young terrier mix. This sad animal had no known medical history other than obvious hardship. Her pathetic body condition was not the only testimony to her previous existence, a wide scar encircled her muzzle indicating at some point her mouth had been bound shut; either by accident or intention was immaterial, the end result was the same. A dog that should ideally weigh forty-five pounds tipped the scales at only thirteen, and as WSU veterinary students it was our charge to help get her back to a healthy weight.

Feeding her a high quality, well-balanced dog food was the first step toward her recovery. That meant a dog food that contained protein, fat, carbohydrates, vitamins and minerals, of sufficient quantity and quality, to

meet her metabolic needs.

Federal law requires that a dog food be labeled as either nutritionally complete or "complementary". Complementary labeled food must be fed in association with additional food, or nutritional supplements, to make a ration that would meet a dog's total nutritional needs. A "nutritionally complete" dog food requires no supplementation; it is a complete and balanced ration.

Comparing nutritionally complete dog foods, national brands sold by many local veterinary clinics, and Natural Life Dog Food sold at the Moscow Food Co-Op, revealed their nutritional values were comparable. The guaranteed analysis is the guaranteed percentage of a particular nutrient in the food. National brands, and Natural Life showed their percentages of protein and moisture

Insights

are identical and the percentages of fat and fiber differed by only 3 percent and 0.5 percent respectively. Consequently, Natural Life Dog Food would have been an acceptable diet option for treating this dog.

Simply feeding her dog food felt insufficient though, given the degree of her starvation. Americans are of the mind set that if some is good, more has got to be better. Not so in many nutrition cases, according to the literature.

Surprisingly, veterinary texts indicated the key was to simply feed her more dog food, not additional nutrients. Despite her starvation, she was an otherwise healthy dog. Consequently, supplementation of nutrients above and beyond what her food already contained could actually be harmful, not helpful. Excessive vitamin D could lead to calcium

deposits in her kidneys and excessive carbohydrate could cause digestive problems such as lactose intolerance. Lactose is the carbohydrate naturally found in milk and milk products. Best intentions aside, this pup received nothing but dog food and clean water.

Within a week, her pelvic bones began to disappear under a layer of new muscle. After two weeks, her ribs began to melt into a smooth side. After a month, the fur that had been shaved for a spay operation began to grow, diminishing her look of a patchwork quilt. An animal that once bit the bars of her cage trying to get the food faster than it could be set down, now left a portion uneaten. Her muzzle scar was all that remained as evidence to her former mistreatment: a thick white line sewn down a dark face. It was akin to her life experiences--the sharp contrast between human cruelty and human kindness.

Bulletin Board



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- Anatek Labs, Inc.** - discounts on certified water testing packages, 1917 S. Main Street, Moscow, 883-2839
- 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
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- Paradise Creek Bicycles** - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703
- Peacock Hill Bed & Breakfast** - \$10 off a night's lodging and half price on one breakfast when you buy two. 1245 Joyce Rd. 882-1423
- Special Delivery Home Maternity Services**- First month of prenatal vitamins free, Charlotte Salinas, Licensed Midwife, 883-3694
- Strategic Pathways**- 10% off piano lessons (local only), (208)875-0857
- Tye Dye Everything** - 10% off any purchase, 527 S. Main, Moscow (behind Mikey's Gyros), 883-4779
- Whitney Law Offices** - Complimentary initial consultation regarding wills, probate or criminal defense. 314 South Main St., Moscow. 882-6872
- Wild Women Traders** - 10% off clothing and jewelry purchases, 210 S. Main Moscow, 883-5596
- Please help by asking about details and showing your membership card before making purchases.*

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

Farming & Marketing Conference

"Wholesome Foods and Farms Forever"
Sat. November 6
Twin Falls, Idaho
208-764-2332

Full Moon Drum Circle

- All Welcome! -
October 23 @ 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 barrel 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

Is there Justice in the Drug War?

The University of Idaho chapters of the National Lawyer's Guild and the Minority Law Students Association present a forum on drug policy and non-violent drug prisoners—featuring Nora Callahan, Executive Director of the November Coalition. The November Coalition is a growing group of citizens demanding change in current drug policy. Monday, Oct. 25th, 7pm—in the University of Idaho, College of Law Courtroom

For more info. contact the Idaho National Lawyer's Guild at: timlohr@yahoo.com
Or the November Coalition at: www.november.org

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.

Call Lisa at 882-6416 for more information.

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

It's a Taste Fair!

At the Moscow Food Co-op
October 23, 1999

All Day Event—not to be missed!
Please bring your clean, reusable plastic containers (with lids!) to the Moscow Food Co-op deli for re-use.

For Sale:

New Life Gardens Inc.

is a full service sprout company offering Alfalfa, Clover, Broccoli, Radish and Mung bean sprouts to the greater Palouse area. has been in business for over ten years and is an ideal home business with huge potential for growth. Asking price is \$20,000. Terms maybe available. If you are interested in finding out more please call John O'Bryan 883-3910 evening.

Fall Barter Fairs

Kallispel Valley Barter Fair

Oct 1-4, near Usk, Washington
509-447-5910

Columbia Valley Barter Fair

Oct 8-11, near Northport, Washington
509-732-6130

Spirit Ridge Barter Fair

Oct 15-17, near Grand Coulee, Washington
509-633-1928

Okanogan Barter Fair

Oct 22-24, Okanogan valley
509-486-2173

The Day of 6 Billion

October 12, 1999 is the day established by the United Nations to recognize that we share this planet with 6 billion other humans. Also, to remember that the richest 20% of humans consume 66 times more that the poorest 20%.
If you want to learn more or get involved:
United Nations Population Fund
212-297-5020

Contra dances at the Moscow Community Center

(\$5 members, \$7 nonmembers, kids free), 7:30pm

- Oct. 16 Hired Hands with Ray Polhemus calling
- Oct. 30 Halloween contra dance with Joseph Erhard-Hudson calling; costumes are encouraged and prizes will be awarded.