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Moscow Food Coop  
221 E Third ST  
Moscow ID 83843

# Moscow Food Co-operative

September



Community News

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## Opening the Doors for Everyone

Allan Mathias has lived in Moscow, and shopped at the Co-op, for the last ten years. Three years ago, due to complications of long-term diabetes, he started using a wheelchair.

From his wheelchair, shopping at the Co-op became much more difficult.

"At the old store, it was an ordeal to shop," he explained. "You could hardly get a wheelchair in the store, and you couldn't get around well once you got inside."

After the Big Move in January, he discovered that shopping at the new store was much better because the aisles were roomier. However, the doors were still a barrier. He can't open the doors.

The funding necessary to add power-assisted doors (that open with the push of a button) was not available when the current store location was remodeled. But now, the Co-op is beginning a fundraising program to add a power door. The primary money-raising effort will be a gourmet feast in November.

"I am grateful to the Co-op for recognizing the problem and addressing it," he said. "I have grown to expect this kind of enlightened and considerate thought from the Co-op. It's an immediate and direct action to resolve this problem."

"You know, this response—to just raise the money to put in the power doors—is as natural as the natural food business. Like: let's eat some food together, let's get some money, and just do it."

"This is just one more reason for me to brag about this store and this community to friends of mine around the Northwest."



Martha Lovett came to Moscow in 1987, so her husband Peter Robichaud could attend graduate school.

"Well, it's twelve years later, and we both got degrees and we're still here," she said. "We're staying because we just like Moscow."

Following her recovery from the birth of their son, Patrick, in April of 1998, she found that it was difficult to shop at the Co-op.

"At the old store, there just weren't enough shopping carts, and carrying my baby in a sling, it was difficult to manage the door. For those first six months, when I was not 100 percent back to my normal self, shopping at the supermarkets was so much more convenient—the door opens for you and you just walk in."

"Now that I have my strength back, I can drag the baby anywhere. I have found that the stroller doesn't navigate well through the doors at the new store—but that doesn't keep me from going to the Co-op."

"It would be great if the Co-op had an automatic door. It's a basic need for the store to provide access for all the customers. After all, we have fully accessible bathrooms at the new store, so we should have accessible doors as well."

Last year, when the Co-op planned the Moveable Feast as a fundraising event, Martha and her husband were unable to attend. The tickets were all sold when she tried to purchase them. This year, with the Co-op planning a similar banquet, the A-door-able Feast, to raise money to install an automatic door, she plans to be there for sure.

"This year, I'll make it a point to get the tickets in a timely fashion. It's a very worthy cause, and I'm sure it will be a great thing to do."



## What You Can Do to Help

By Bill London

The Co-op Fundraising Committee is now planning a banquet this fall to equal last year's Moveable Feast. Again, the Co-op Deli will provide ten different gourmet lasagnas, salad, breads, dessert and beverages. We will again serve bottomless glasses of great organic wine from our distributor, Mountain People. The tables will be gloriously decorated, and there will be a silent auction (and the chance to buy some wonderful art, useful services, and products from our Business Partners). And the name of this event? Kenna christened it: The A-door-able Feast.

And what can you do to help raise the money to install the automatic door?

1. Buy a ticket to the A-door-able Feast and encourage your friends to attend as well. The feast will be held at the Current Events banquet hall, 111 N. Washington, on Thursday, November 11. Tickets, which cost \$30 each, are available at the Co-op.
2. Volunteer to help with the A-door-able Feast. You can adopt a table, providing all the linens, table service and decorations. You can help decorate the room.
3. Donate items or services to the silent auction
4. Leave money in the donation jar at the Co-op.

If you have any questions, or wish to offer any donations, please contact Bill London, fundraising chair, at 882-0127 or [bill\\_london@hotmail.com](mailto:bill_london@hotmail.com)

# Co-op - News

## Welcome to the Co-op (and Welcome to Moscow)

by Kenna S. Eaton, General Manager

Perhaps by now you've discovered almost all the reasons why you should be an owner/member of the Moscow Food Co-op, but maybe there are some secrets still to be revealed.

Not only do you save money by being a member of the Co-op, but you also can share in the "community center," the social center of Moscow.

No Kidding! I wouldn't brag about something like this if it weren't true! It seems like everyone who comes to shop at the Co-op runs into friends not encountered elsewhere. Now this isn't always a great thing if you're in a hurry (in fact, I know quite a few people who try to wear disguises when shopping at the Co-op). But when you stop to chat, more friends will join you.

Check out the pizza line on Fridays nights, I guarantee you'll know plenty of people there. And, if by chance you don't, this is a great opportunity to meet some new folks. If you take the time to visit with the people next to you in line, you'll be sure to meet someone who is a kindred spirit. Or that you went to high school with, or the parents of friends of your children, or... the list goes on.

The Co-op is truly a community market. This store is owned by our members. They shop here regularly, they volunteer here, and they meet their friends here. So, come on down and I'll see you in the check out line, next time!

## Welcome!

By Laura Church

It's another back-to-school season, and we gladly welcome you all back to town. I hope your summer adventures were successful and restful. While your were gone, we added a new member benefit to the list of incentives that we offer here at the Co-op. We now give a 10% discount off on bulk special orders, so please keep that in mind when you are stocking your pantry. You will also notice that we purchased a new freezer with your membership dollars. It's stocked with all kinds of great school lunch goodies so check it out.

I would also like to welcome several new lifetime members to the ever-growing list. Your dollars are really helping out. New memberships are also on the rise! If you've never been a member of the Co-op, now's a good time to join. For just \$10 a year you can enjoy all the benefits and be an owner, too.

One of the benefits that you will notice right away is the great list of specials that we offer to members every month. As you wander around the store you will notice there are signs on the shelves that mark the specials for that particular month. We also have a board at the front of the store listing the specials and a page of ads in the center of this newsletter as well. With a current membership card, you can enjoy up to 35% off on selected items every month. The items that we put on sale every month are our best sellers, or new items that we would like to encourage you to try. If you purchase just a couple of these items you will immediately save the equivalent of your membership dollars *every month*. Once again, it's your membership dollars at work for you. So join the Co-op now and save!

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

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MARGO KAY, CMT  
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**Hands On** Therapeutic Massage

# FAQ

By Bill London

As you consider the Co-op's plan of raising money to install a power-assist door at the store, perhaps you have one of the FAQ—the Frequently Asked Questions. Here's some:

1. *What kind of gizmo is a power-assisted door?*

The Co-op can not afford one of the foot-triggered doors (like at the major supermarkets, where you step on the mat in front of the door and it magically opens). Instead, the kind of door selected by the Co-op Board is operated by pushing the large button located adjacent to the door. Those kind of power-assisted doors are found all over WSU and UI, and an identical model to the kind we plan to purchase is at Moscow Family Medicine's clinic building downtown. The idea is that anyone who has trouble pulling the door just needs to push the button and the door will open. The door will then automatically shut after a few seconds.

2. *How much does the power-assisted door cost?*

The cost of adding a power-assisted door at the Co-op is \$2,345. Last year's Moveable Feast raised \$2,335. We should be able to raise all the necessary money through donations and the A-door-able Feast.

3. *What can we expect at the A-door-able Feast?*

More fun than you ever thought legally possible. For your ticket (\$30 per person), you will get an unlimited gourmet feast of ten exotic lasagnas, plus salad, bread, coffee, tea, water, juice, dessert, and of course, organic wines. In addition, you will have the opportunity to bid on a variety of silent auction items and enjoy the company of a great group of Co-op members and supporters.

4. *I can't go to the feast, but I want to help—what can I do?*

You can put some pocket change or loose bills in the donation jar at the Co-op. You can donate items to the silent auction.

5. *What is the silent auction?*

Donated items (works of art, certificates for services, etc) will be available for viewing at the feast. The highest bidder that night will take the item home. A paper is attached to each auction item. As participants browse among the items, they write their bids on the paper—each bid larger than the

previous ones. At the end of the auction, the last (and largest) bid gets it.

6. *When and where can I get a ticket to the A-door-able Feast?*

Because of the size limitations of the banquet hall, there will only be 80 tickets sold to the A-door-able Feast. Last year, the tickets were all gone after three weeks on sale. If you want to go, get your ticket early. Buy tickets from any Co-op cashier. They are available now.

## Greetings from Your Membership Committee

by Margo Kay

We would like to cordially invite the Co-op membership to a Harvest Potluck at East city Park, Saturday, September 18 from 4:00 to 7:00pm.

The theme for the potluck is to share food that was locally grown or produced. If you cannot bring locally produced food, please come anyway and bring whatever you want to share! This event is to celebrate our being members of a terrific co-op, share some good food from our gardens, have some fun and games, and provide a forum for you-the Co-op membership - to give us any feedback you may have on being a member. We will provide volleyball, please bring any other games you may enjoy, to share.

There will be an information table available and a small billboard with suggestions we have come up with to provide more benefits to our members. You can vote on which suggestions you are interested in, and then we can begin to plan events based on the feedback we receive. This is not a request for volunteer hours from you. We want to make being a Co-op member more fun, educational, and participatory. To provide community within our community. We welcome former and future members to attend, as well as any or all members of the Moscow Food Co-op.

We will gather under the covered picnic area in the NE corner of East City Park, and plan to hold the potluck come rain or shine, so please plan your food and dress according to the weather Saturday, September 18 at 4:00 pm. Hope to see you there!

## September Volunteering

By Gary Macfarlane, Volunteer Coordinator

No article should begin with "P is for Produce," or some such tacky introduction. Being hip, cool, and all, I won't deign to use such a lead-in even if it accurately presents one of the most important volunteer tasks here at the Co-op. It is fortuitous that September—a month that a lot of local produce arrives at the Co-op—is the time we need more produce volunteers.

One could say that working with produce is a sensual experience: patting the vegetables, handling the fruits, walking into the cooler and feeling the cold bite your nether regions (I have no idea what a nether region is but it sounds good). Good, locally-grown organic produce is one the reasons many people are members of the Co-op. Besides, the produce staff is a fun bunch (pun intended) to work with.

So, come on down to the Co-op, go over to the sign-up board, and select a volunteer produce position. You will have a lot of enjoyment and receive a nice volunteer discount to boot (I have no idea what to boot means, but it sounds good).

PS There is one-half a secret message encoded in the article above. It is an interesting mental challenge for you returning students. The message is a response to the question about what, or even whether, certain herbal preparations remove and/or mask traces of another herb in the human blood system. Hmmm . . .

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Congratulations to Mandy West of Blackfoot, ID, Winner of our Mountain Bike Raffle Contest!

## Compost and Plastic

by Kelly Kingsland, Deli Manager

Okay, so they have nothing in common right? Well, you're right. Except that I promised to make a plea for more of one, and less of the other.

Here's the deal. We're still not getting enough recyclable containers to fill the demand for Deli and store use. It may just be because the students are gone, but I just can't imagine that there isn't enough PLASTIC without the students. So whenever you think about it, whenever you're headed to the Co-op with a empty hand, grab some of your clean, lidded containers. It'll help us avoid using new ones.

As for compost, we've got too much. Every day at the Co-op we accumulate a pretty large pile of organic compost, both in the Deli and the Produce department. Many customers have traditionally taken the compost home to feed their piles, but lately it hasn't been at a fast enough rate. When the compost isn't taken from the bin, back by the dumpster behind the store, we have to throw it away. Seems tragic to me to be landfilling good organic material. I can't believe that there aren't at least a few avid composters out there that would appreciate a nice influx of divine leavings.

So, after you've come in and dropped off your excess containers, go out the back way and take a little compost. Both actions will help us operate a greener business!

# The Buy Line

by Vicki Reich

As many of you already know, my husband and I were in a serious car accident at the end of June. I suffered three pelvic fractures and most of my time since has been spent lying in bed. At this point I am able to get around a lot more. So here I am sitting at my computer at home trying to remember every product we carry and all that is available to us. You may notice that some of my answers to your requests are more vague than usual or that I ask you to wait for me to return to the Coop (hopefully the beginning of October) to bring in the products you've requested. The Buyer position does not lend itself well to telecommuting; therefore, I will need to be at the store full-time before I can buy new products. Please be patient with me—and everyone else at the store. It's been a difficult time for all of us.

I want to thank everyone who has helped Kurt and I since the accident. Those of you who wrote, brought lunch, cooked dinner, gave me massages and Reiki, or just stopped by the house, really helped us through those long days. I also want to thank the staff of the Co-op for being so supportive, especially Kenna who organized my lunch brigade, called almost daily, and wouldn't let me return to work until I was ready. My gratitude also goes out to Carrie who stepped into to my shoes like they were exactly the right size. She absorbed my workload with her own as if this kind of thing happens every day. She's doing an excellent job. Thank you all and I'll see you in October.

## This month's little purple pieces of paper ask:

*Is it possible to get nutritional labels for all the bulk cereal?*  
Thanks!

Before my accident, I was working with a volunteer to make all new labels for the bulk bins. At this point, I have no idea what is happening with that. In the mean time, I will try to get labels from the manufacturers.

*What happened to the fresh mozzarella? Now that the tomatoes are ripe we need it for salad!*

I'm sorry the fresh mozzarella wasn't in. I'm not sure why, but I know we are still carrying it. Keep checking for it, I know it is indispensable this time of year.

*Please try to get a better quality source of whole psyllium seed. The one you use is full of gravel and sometimes other types of seeds. Thank you.*

Our psyllium seeds come from Frontier, who has one of the highest quality standards in the industry. I spoke to them about your concern. They apologized for the bad batch and will happily replace it. Just bring back the bad ones and we'll give you a free replacement.

*I noticed your ascorbic acid is in a large clear container, isn't ascorbic acid air, light and water-soluble? If so is the exposed stuff still any good?*

Ascorbic acid is light and heat sensitive, however, not much light can get into our jars, but we will wrap it dark paper just to be sure. The manufacturer assured me what we have is still good.

*Can we have miso in bulk or packaged in smaller quantities? I never use it fast enough.*

We tried bulk miso in the past but we couldn't sell it before it went bad. I will look into smaller packages when I return.

*More soy, wheat and dairy free baby cereals.*

I'll see what I can find.

*Can we get dehydrated veggies, i.e. beets, spinach, celery leaves, carrots, etc. It's great if you're out hiking or don't have fresh veggies at home.*

We currently carry two kinds of dried mixed vegetables, but we don't carry the individual ones because they don't sell fast enough. They are available in one pound packages if you'd like to special order them.

*Could you get some elderberry flowers in the bulk herbs?*

Thanks.

This might take a while but I'll bring them in.

*Recycling for plastic.*

We reuse any plastic container with lids. Just wash them and bring them to the deli. Odwalla and water bottles can be recycled at the back of the store.

*Could you order Tazo Green Ginger Tea? It is much better than the green. I hate to drive all the way to Spokane to get it.*

Look for it in October when I get back.

*There were several requests for Vegemite and Marmite.*

We no longer have a source for these products but I will keep my eyes open for them.

*Vanilla powder, carob powder: I use both products a lot, also rice cream cheese.*

We carry carob powder, it's on a bottom shelf with the herbs and spices. I will see if I can find vanilla powder, but once again, it might take a while before you see it. The same goes for the rice cream cheese.

*Vary the music.*

I'll let someone at the store know. And please feel free to donate appropriate CDs to our 200 CD changer.

*Please cut feta into container-size pieces. Thanks.*

No problem.

*Cascadian Yogurt Bars, all flavors, and Cascadian Ice Cream.*

It's getting a little late in ice cream season to bring in new products, but I will consider bringing in the yogurt bars next summer. The Cascadian Ice Cream has never sold well here and I have tried it a number of times, so you'll have to special order it. Have you tried the Howler Organic Gelato? It is awesome.

*More bulk Republic of Tea Ginger Peach bags please.*

This item was actually an ordering mistake, but I will try to find a permanent home for it when I get back.

*Van's (no wheat gluten) waffles, Shelton's chicken/turkey bologna, and horseradish with no sugar or preservatives.*

We currently carry Lifestream wheat-free waffles, but you can special order Van's. The Shelton's bologna is now in the store. Bubbie's Horseradish is the only prepared horseradish I can find. It has sugar in it, but no preservatives. We also have bulk dried horseradish in the herb and spice section.

*Burt's Bees Farmer's Friend Salve? Mocha-O Cake in the deli case is SUPERB!*

We have the Burt's Bees Salve in the personal care section. If you have trouble finding it, please ask a cashier for help. I'll let Heidi, the dessert baker, know your feelings toward her cake.

*I'd really appreciate it if you could find some artichoke (Jerusalem) pasta. Thanks.*

We currently carry Deboles Artichoke Pasta on the packaged pasta shelf.

*Is it possible to get "Toby's Original Tofu Pate" put out by Tofu Palace, Eugene OR? It's great, I had some in Portland at the Co-op there.*

We sure can get it, and I'd been thinking about carrying it before my world came to a crashing halt (literally). Once again, if you can be patient, I'll bring it in when I'm back to work.

*The aprons on the Co-op clerks would look great on me! You should sell a few.*


Good idea, maybe we will.

*Do you still carry raw peanuts? We need them for a number of vegetarian recipes we make. If not, could you please stock them again? Thanks.*

We used to carry them but after we had to throw out the third batch because of slow sales and bugs, we had to discontinue them. When I get back, I'll see if I can get them in smaller quantities or packaged.

*Request for Slice of Life Pepperoni Mild.*

I'll have to say maybe to this one and see what's selling when I get back.



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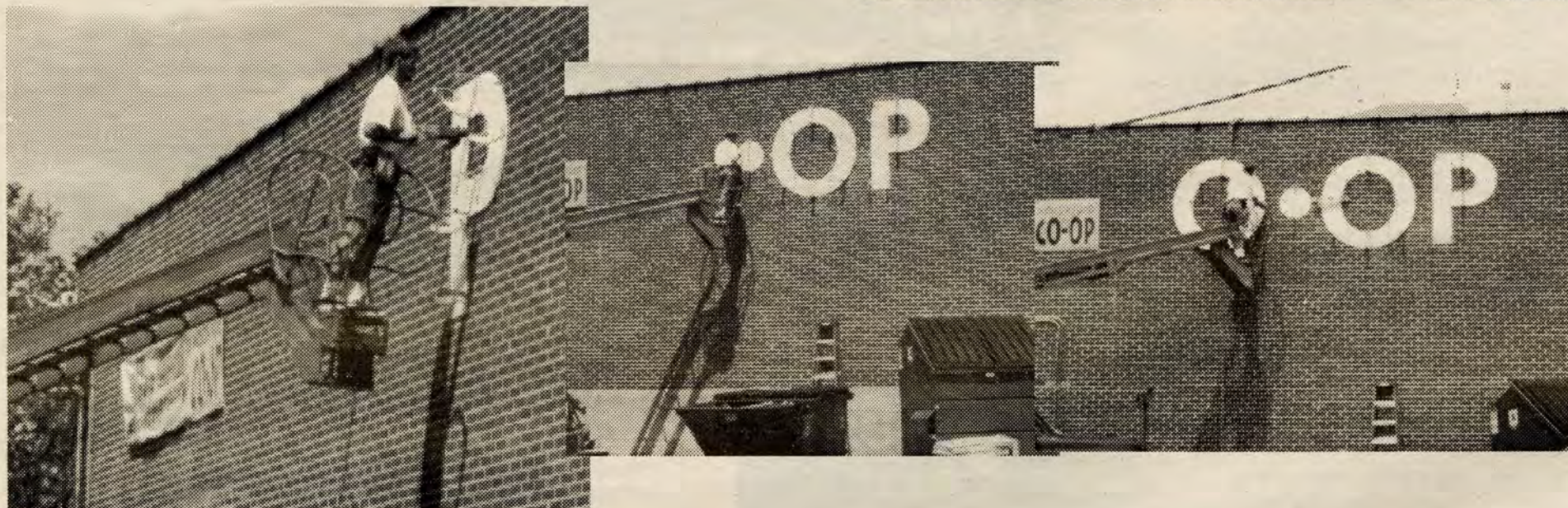
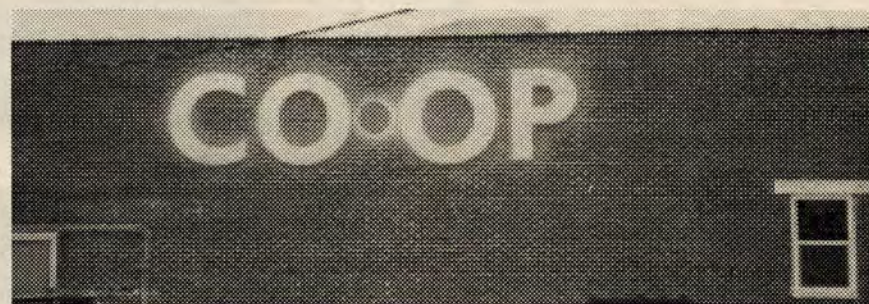


**Classes begin  
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**883-4918**

# The Co-op Gets a New Sign

by Kenna S. Eaton, General Manager



If you don't get out much at night time, you may not have noticed the huge new neon sign at the back of the Co-op...but maybe you should!

It's big. It's bright. It's bold. Designed for us by past and present Co-op members, we love the eye-catching use of bright yellow color and the simple clarity of the word "CO-OP". We liked it so much we even used it as the basis for our latest billboard (down at the intersection of the Troy Hwy. and Hwy.95).

Getting the sign installed did take quite a bit of expertise, though not a lot of time. First came Ken Yuhasz with a big yellow letter "P" on the top of his purple and green Volvo, followed by a truck with the letters C,O,O and the red dot. We felt like a segment on "Sesame Street"!

By the end of the day, Ken and his crew were able to mount the letters and hook them up to the electrical panel so we could go NEON. Wow! I love it.

You can even see the sign driving north on Washington Street. No more hiding the Co-op down a dark alley (metaphorically speaking). Now everyone can find us. Wahoo!



# Chaucey, Dave and Josh

by Kenna S. Eaton, General Manager



Summer always brings changes to the Palouse. However, there is one change that we should all be used to by now—though it is still hard—and that is saying "good-bye" to the folks leaving. We saw many such changes at the Co-op this summer. Nicky Siddoway left after two years here to pursue further education at the Naropa Institute in Colorado. Aly Vanderstop was hired by the Park Service to conduct surveys. Lizabeth Edlund took on a new job as the environmental educator for PCEI, Emily Severance moved to Olympia, Washington, to join VISTA, and Shannon Davis from our bakery has returned to her home in Spokane. And so the list goes on.

Fortunately as people leave the Co-op, we are lucky enough to meet and hire new ones. This month we were joined by Chaucey Wittinger as

Assistant Buyer (she'll be helping Vicki out), Dave Miles will be our new produce assistant, and Josh Christensen is our newest cashier.

Of course, there are even more new faces around the Co-op. They just haven't slowed down enough for us to take their photos. So, look for these friendly new faces at the Co-op. We think you'll like them!

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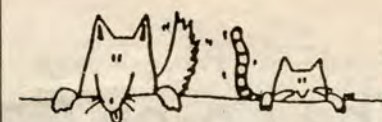
# A Howlin' Good Time

By Carrie A. Corson

Despite the somewhat cool weather, we can certainly consider the First Annual Co-op Dog Wash a success.

It was exciting, if a bit overwhelming, to see 10 dogs in line when we started at 11:00. In all, we washed about 40 dogs. We handed out lots of samples and gave away lots of prizes. We also raised nearly \$200.00 in donations for the Humane Society of the Palouse, and the Companion Animal Aid Society.

We couldn't have done it without our crack dog washing team. So a big thank you goes out to Allix Lee-Painter, Molli Lee-Painter, Tracy Potter-Fins, Tracy Rauk and Amy (whose last name, I'm sorry I did not find out). Added support was lent by Casey Loomis of Ark Natural Pet Products and David and Nancy Lee-Painter. We would also like to thank all of the dogs and their people who participated. Hope to see you next year.



## Animal Care Center

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## Pets

by Lyan Jessup

A pet is, in reality,  
a pest without the 's'.  
Are they "pooopies," or "pup-pees."  
or just a big mess?  
They bark, they whine,  
they scratch, they dig;  
If a spouse did that,  
we'd throw 'em in the brig!

Their tails say they love us,  
and their eyes agree;  
It's this loyal love  
that gets to me.  
They hold no grudges;  
their forgiveness is quick  
Hey, you and I  
should learn this trick!

# Staff Profile: Chaucey Wittinger

By Randy Paulin

I love doing these profiles for the Co-op: I get to meet new and fascinating people each month, and this month is no exception. This month I get to introduce you to Chaucey Wittinger, the Co-op's new assistant buyer/stocker.

My conversation with her took place while she was packaging dried apricots for sale, and she gracefully spoke with me while never missing a beat (or an apricot). Chaucey has just started at the Co-op, but she has extensive (and very successful) experience in retail business. In fact, she was a rising star in the management structure of a corporate enterprise (which shall remain nameless) that included several local franchises.

However, Chaucey decided she was paying too high a price for her success. She was expected to do things, and ask others to do things, she didn't believe in, or just downright disagreed with, in her old job. So she moved on, unwilling to sacrifice her beliefs and principles for monetary success.

Now that's integrity. And it's an integrity that I find typical of the folks associated with the Co-op. It gives me at least a glimmer of hope for our predominantly dysfunctional and selfish society. OK, rant mode off—and back to Chaucey.

Although she hails from Bigfork, Montana, Chaucey calls Moscow home. She came here in 1991 to attend the UI, and stayed because she loves the community. She mentioned its small size and neighborliness, coupled with the "rich current that runs through Moscow" due to the effects of the university.

However, Chaucey's Co-op roots go deeper than that. She lived in Moscow as a child when her parents were going to school at the UI, and she remembers buying peanut butter in bulk from the Co-op.

Since returning here in 1991, she's been a Co-op shopper. By becoming a staff member, she finds that she's working in a job that she feels good about both when she's at work and at the end of the day. And,

as she's quick to point out, she feels better and healthier overall, and has a life now—complete with time for hiking, camping, and spending time with friends, family, and her significant other.

Chaucey worked a lot with customers in her previous job. She says her work at the Co-op entails a little bit of everything. She describes her position (a newly-created one, by the way) as essentially a matter of being up to speed on what's going on, store-wide, with stock.

That's a pretty challenging task, but it seems to be one that Chaucey is relishing. And one which I have no doubt she'll excel at. She's just got that air about her—the aura of a person who's got her act together and acts on what she believes in.

I don't think it's much of a



stretch to say that is the Co-op air as well, and that Chaucey's found in the Co-op a place where work and life abide in harmony instead of conflict. Try that at your Generic Multinational, Inc.

So say hello to the new assistant stocker/buyer when you see her in the store.

She's a dynamic addition to the Co-op staff. She's got a wonderful sense of

Humor. And she packs a mean bag of dried fruit!

# Business Partner Profile: Arlene Falcon/Tye Dye Everything

By Randy Paulin



Purple Mall (behind Mikey's Gyros on Main Street in Moscow) Arlene holds sway over an empire of kaleidoscopic colors.

Talk to her for a few minutes and you'll hear her rhapsodize about the joy of color, and about how tie-dye represents "colors as a celebration of life" (a phrase she attributes to Moscow's own Peter Basoa).

Arlene and her two employees craft tie-dye creations in dazzling color patterns in the back part of her shop, while the front part serves as retail space. And a

counterculture ambience (in the very best sense of the term) pervades the whole enterprise. Arlene laughs a lot as she talks, and the banter between her and her employees is good-natured and relaxed. If you're too young to remember what the 60's were about, you could do much worse than stop by Arlene's shop for a taste of that era.

Customers of all ages do stop in. Arlene says that many of her customers are young mothers and teenagers. Tye Dye Everything is a going concern, and it took me all of 30 seconds to clue into the fact that Arlene is a canny businesswoman as well as a free spirit. She eagerly shared with me the file of news clippings she keeps regarding her business, and facts and figures about the enterprise rolled readily off her tongue. She sells over 100 different tie-dyed clothing items, and also does wholesale and special orders. In addition she works with local screen printers in creating tie-dye silkscreen tee shirts.

Since my own experience with trying to make tie-dye was limited to a rather pathetic incident in my junior year of high school, I was curious about how the process actually works. Conceptually, it's simplicity itself. Soak (to set the dye), fold, dye, wash, and dry. The crucial steps are, of course, the folding and dyeing, and Arlene admits that she's gotten much better at those with experience.

She started about ten years ago, and now has evolved a distinctive style that is quickly recognized by tie-dye aficionados. Her grand opening in the new location will have just taken place when this sees print, but she's been a retail presence in town since last October, when she opened her shop on Sixth Street. She closed that space in May and moved into her present location in June. It was a move she's very happy with, because of the more central location and the good parking available nearby.

Tye Dye Everything is open Monday through Friday from 10:30-5:30, and Arlene offers a 10% discount on all items to Co-op members. When you stop by the shop, be sure to ask Arlene to show you the picture of the elk hide she tie-dyed. No words of mine could do it justice. Oh, and also be sure to ask her about the tie-dyed bread. Yes, bread. Seeing is believing. And thereby, of course, hangs another tale—which Arlene will gladly tell you.

Don't give up on the spirit of the 60's.

OK, so Woodstock-plus-30 turned ugly, and the whole notion of a counterculture has been repeatedly skewered by the slings and arrows of the post-Watergate era. But, as Arlene Falcon reminded me recently, "hippie is an attitude." At her Tye Dye Everything shop in the old

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# Food & Nutrition

## Macro Musings Vegetables — Ground, Root, and Green

by Peggy Kingery

Who among us doesn't find tremendous satisfaction (and stress relief) from puttering in a vegetable garden? My little patch of leafy greens has brought me much pleasure this summer, especially when I see how beautiful they look artistically arranged on a plate with their natural complement, a cooked grain. This nutrient-dense, delicious food comprises 25-30% of the macrobiotic diet, two-thirds of which are cooked, with the remaining one-third prepared as salad or pickles.

In the macrobiotic diet, the vegetables eaten should be organic, or as natural as possible; locally grown; and consumed in season. Canned, frozen, and (in temperate zones) vegetables of tropical origin should be avoided. Compared to produce grown with chemicals, organic food is usually smaller in size, less shiny in appearance, and more symmetrical in shape and size. Most importantly, it tastes better! Research at Rutgers University in New Jersey has shown that non-organic produce may contain as little as 25% of important trace minerals

as found in vegetables grown organically. Not only do we reap the benefits of extra nutrition by eating organic produce, we also may reduce the risk of ingesting the chemicals used in commercial food production.

Eating locally grown, seasonal vegetables helps us adapt to our surroundings by subtly connecting us to the rhythm of the seasons. By emphasizing varieties with a high water content and that thrive in the heat (lettuce, cucumbers, green beans, etc.), we can stay cooler when the mercury rises. In contrast, eating heartier vegetables that are able to weather a frost (carrots, turnips, broccoli, etc.), gives us stamina and warmth in colder weather.

The vegetables in the macrobiotic diet are classified into three categories: root, ground, and leafy green. Root vegetables grow below the ground and generally have long cooking and storage times. They provide very strong, stabilizing energy. Examples include carrots, parsnips, daikon, and turnips. Ground vegetables include round, stem, and climbing varieties that grow near the ground. Their energy, cooking and

storage times are midway between the root and leafy green types. Onions, broccoli, beans, and squashes fall into this category. Green leafy vegetables consist of those with green or white leaves and harder stalks. They give an upward rising energy, cook quickly, and tend to spoil rapidly. Common varieties in this group are kale, collard greens, parsley, and scallions.

The cooking methods used to prepare vegetables greatly affect their energy and nutrient levels. Cooking should bring out their natural flavor, aid in their digestion, and enhance nutrient utilization by the body. The standard method in macrobiotic cooking is boiling, which produces the most centrally-balanced energy and sweetest taste. Other acceptable methods include sautéing, deep-frying, baking, and steaming.

The importance of fresh vegetables in preventing and relieving degenerative diseases is now well-documented. The cruciferous vegetables, those in the cabbage family, contain antioxidants that may help prevent cancer. Root vegetables and winter squash are great sources of vitamin A and may also have anti-cancer qualities. Leafy greens enrich the diet with iron, calcium, vitamin C, vitamin A, and fiber. For those trying to lose

weight, Chinese medicine recommends eating daikon, onion, leeks, and shiitake mushrooms because of their ability to dissolve fats and excess mucus.

All vegetables are not equal in terms of their nutritional qualities, however. Those in the nightshade family (tomatoes, potatoes, eggplant, and bell peppers) are not recommended on the macrobiotic diet. Research has shown that these varieties increase the heart rate and slow digestion. They contain high amounts of alkaloids which block vitamin B absorption (vitamins that help us cope with stress), and may also contribute to arthritic and rheumatic symptoms. Vegetables that contain oxalic acid (spinach, Swiss chard, and beets) are also best eaten only on occasion. Oxalic acid binds calcium and eliminates it from the body, which may increase the risk for developing osteoporosis and kidney stones.

Even if lack of garden space or time prevents you from growing your own vegetables, do remember to fill your shopping basket with some of the many varieties of organic produce available at the Co-op. You may not feel the same pleasure you would from serving what you have grown yourself, but you'll sure leave your stomach feeling satisfied!

## Word of Mouth

By Eva Strand

PowerBar, what a great word! Something that I can simply unwrap and eat that gives me power — unimaginable strength and endurance — probably wisdom, patience and peace of mind as well. After reading the label I realize that the all the PowerBar producer can guarantee is to keep my tummy from growling for a few more hours. Oh well, good enough, let's try some!

Before we get into the taste testing I would like to make you aware of the fact that different power bars have different purposes. A PowerBar high in carbohydrates and sugar, but low in fat and protein, is meant to give you a quick energy kick. PowerBars high in protein and fat offer longer-term sustainability. You may last until dinner, to the end of the day, or be able to hike to the end of the beach.

PowerBar Harvest and CLIF Bar are both of the high-carbohydrate, low-protein type. These bars are amazingly similar to oatmeal cookies: crunchy, sweet with all the goodness you would expect from a cookie, with a little less sweetness maybe. They even look like oatmeal cookies and were very popular among the younger taste testers!

The PowerBar Harvest was a bit more dry and crunchy, the CLIF Bar more moist with plump sweet raisins. Both bars are made from whole grains and sweetened mostly with brown rice syrup and fruit concentrates. The PowerBar contains some refined sugar, but over all I judge the ingredients as wholesome. The CLIF Bar is wheat and dairy-free.

The Boulder Bar is similar to fudge in texture and appearance but the flavor is dominated by whole grains and fruit juice sweeteners.

This bar contains no refined sugar, wheat, dairy or preservatives. The Boulder Bar is a good wholesome bar—but one that somehow lacks in umph and excitement.

GeniSoy and Balance are high protein bars that will carry you a few more miles. We found the GeniSoy bar to be very sweet and gooey and fairly popular among kids. We were not surprised to see that the first ingredient is corn syrup. Soy protein, non-fat yogurt solids and a white yogurt coating gives this bar plenty of protein. The Balance bar was more popular among the grown-ups, due to a more crunchy texture, good berry flavor (we tasted the yogurt berry variety), and less sweetener. Proteins

are derived from soy and dairy.

By the time you realize you need a PowerBar, it is too late to get to the grocery store to buy one. Now is the time to make small food stashes in appropriate places for later use. This behavior makes me feel a bit like a squirrel or hamster, but it sure beats low blood sugar and lack of energy. With that plan in mind, I think I will pick up a few of these energy bars. I'll choose the PowerBar Harvest and the yogurt/berry Balance.

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# Pickling Spices

By Nancy L. Nelson

Right about now, pickling season is in full swing on the Palouse. The peaches are already canned, the extra corn is in the freezer, and now crocks of cucumbers and cabbage are starting to ferment in at least a few farm cellars around here.

There was a time when every kitchen produced enough pickles to keep the pantry well-stocked. Pickling was a convenient, reliable way to preserve food, especially fruits and vegetables that weren't available in the winter. Fruits or vegetables were partially fermented and then submerged in an acid solution of salt, water and vinegar, which inhibited the growth of bacteria and mold.

While pickles stored in jars were considered "put up," those kept in open crocks and barrels were "put down" in the cellar where the cool darkness aided preservation. Thomas Jefferson must have found them an irresistible summer attraction.

"On a hot day in Virginia, I know nothing more comforting than a fine spiced pickle brought up trout-like from the sparkling depths of the aromatic jar below the stairs of Aunt Sally's cellar," he wrote.

Jefferson's description of a superior pickle as "fine spiced" reveals the great secret of the best pickles: spices for flavoring. Without

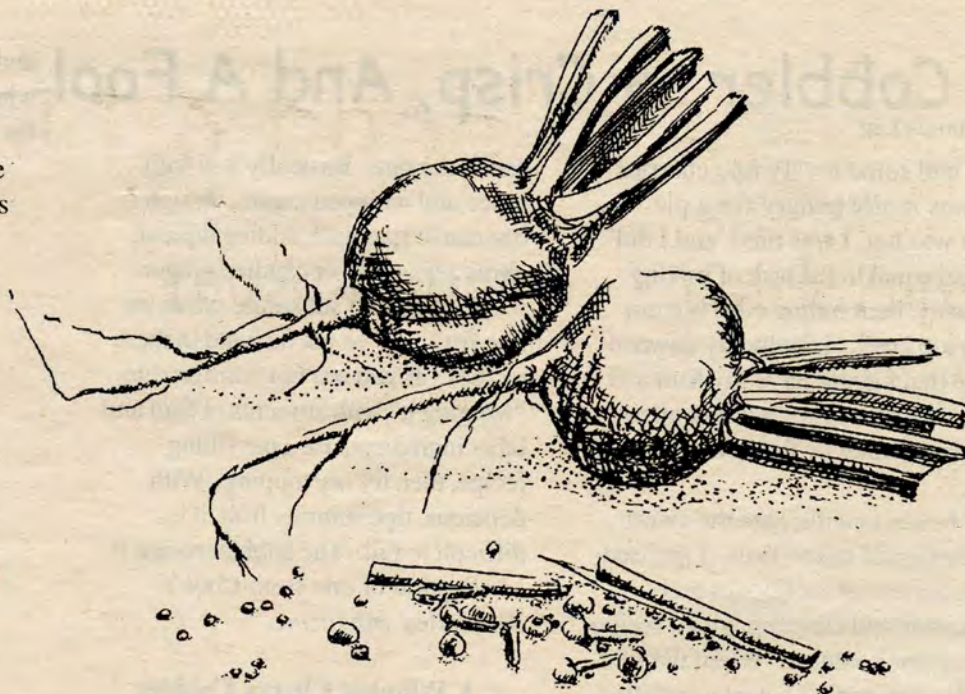
spices, vinegar is the predominant pickle flavor as it replaces much of the original fruit or vegetable taste.

By Jefferson's time, cooks were pickling with a wide variety of spices made available through world exploration. Mace, cloves, nutmeg, ginger, garlic, mustard, turmeric, horseradish and pepper were used to flavor just about anything the garden and orchard produced: cherries, pears, peaches, asparagus, currants, corn, okra, beans, celery root, cauliflower, mushrooms, parsley, melons, grapes and nasturtium seeds, which were used like capers.

All cuts of meat, fowl and fish were also pickled, leading to such recipes as "Pickled Ox-Palates" and "Pickled Muscles."

Today, cucumbers are the most popular pickling vegetables, although relishes seemed to be regaining popularity. Our favorite spices now include mustard, which makes the familiar bread-and-butter cucumber slices, and dill, which is used with garlic, bay leaf and red peppers to make the popular kosher-style dill pickle.

The Co-op sells a typical pickling spice combination of cinnamon, allspice, bay leaf, black pepper, mustard, dill, cloves and dill for \$8.49 a pound. It is a spicy, pungent mix, good for people who like their pickle flavors strong. Other grocery stores in Moscow sell two ounces for between \$3 and \$5. The Co-op's pickling spice is also made



Beets and spices for pickling

of whole spices, which are best for pickling, as ground spices can cloud the pickling solution and ground cinnamon leaves a grainy coating on pickles.

So, it's time to try pickling, and even if you've never done it before, it is easily done without jars, canners, crocks and other paraphernalia. To simplify the pickling process, I leave out the canning step, which seals the pickles in glass jars. Instead, I keep small batches in any convenient container, stored in the refrigerator. Pickles and relish will keep almost indefinitely this way.

The following recipes are from the *Ball Blue Book Guide to Home Canning and Freezing* and simply combine cooked vegetables with a syrup of vinegar, water, sugar and spices. If you find yourself interested in more pickles, and maybe even "putting up" a few pints, you can get the *Ball Blue Book* at Tri-State, along with all the canning equipment you can imagine.

## Spicy Pickled Beets and Onions

This recipe is a long-time favorite. Add pickled beet slices to romaine lettuce leaves, along with some asiago or blue cheese and balsamic vinegar, for an extra-elegant salad.

- 4 pounds beets
- 3 cups thinly sliced onions
- 2 1/2 cups cider vinegar
- 1 1/2 cups water
- 1 tsp. salt
- 2 cups sugar
- 1 tbsp. mustard seed
- 1 tsp. whole allspice
- 1 tsp. whole cloves
- 3 sticks cinnamon, broken

To cook beets: Wash and drain beets. Leave 2 inches of stems and the taproots. Cover with boiling water and cook until tender. When cool, slip skins off. Combine remaining ingredients in a large saucepot. Bring to a boil. Reduce heat and simmer 5 minutes. Add beets and cook until heated.

Store in clean, covered containers in the refrigerator. If beets are large, quarter or slice before adding to syrup.

(Note: for safest long-term storage in the refrigerator, wash containers in hot, soapy water just before using.)

## Garden Pickles

- 1 pound sweet green peppers cut into strips
- 12 ounces zucchini, sliced
- 8 ounces carrots cut into sticks
- 1 1/4 pounds onions, sliced
- 4 banana peppers, cut into strips
- 3 1/2 cups sliced celery
- 8 ounces mushrooms, sliced
- 1 quart cider vinegar
- 1 1/2 cups water
- 1 cup sugar
- 2 tbsp. pickling spice
- 1 tsp. dried oregano
- 2 tsp. dried basil
- 1 tsp. peppercorns
- 1 clove garlic, minced
- 1 tsp. salt

Prepare vegetables and set aside. Combine water, vinegar, sugar and spices in a large saucepot. Bring to a boil; reduce heat to a simmer. Add vegetables and simmer until just tender. Store in clean, covered containers in the refrigerator.

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# A Cobbler, A Crisp, And A Fool

By Pamela Lee

I had some lovely ripe cherries and was *really* hungry for a pie. But it was hot, I was tired, and I did not feel equal to the task of mixing pie pastry, then rolling out a bottom and a top crust. It suddenly dawned on me that I could have my fruit and eat it, too (as it were) without all the attending bother by fixing a cobbler....

I began to anticipate the sweet satisfaction of baked fruit. I perused my collection of cookbooks and magazines and came up with a recipe that proved a winner. When the first cobbler was gone, I baked a variation, and then, another. Curious and hungry, with visions of delectable fruit, I made a crisp. With Stratton's whipping cream, I tried a fool.

Though I've limited this month's baking to cobblers, crisps, and fools, while studying recipes I learned a lot about baked fruit desserts, some with delightfully cozy names that conjure up vestiges of folk tales.

A **cobbler** is a baked fruit dessert that is topped with either biscuit or pastry dough. Though the type of dough can vary, a cobbler topping does not cover the fruit uniformly, rather it appears "cobble" when baked to a scrumptious golden brown.

A **crisp** is covered with a batter that becomes crisp when baked. I had always assumed that oatmeal was a requisite ingredient in a crisp's topping, but reading recipes, I learned it was not essential. The crisp topping *can* be made with just butter, sugar, and flour. Nuts can also be added.

A **crumble** is topped with butter, sugar, flour, and oatmeal. A **betty** (or **brown betty**) is topped with buttered bread crumbs. A **buckle's** baked fruit is topped with yellow cake batter. To make a **grunt**, fruit is topped with drop biscuit dough, covered, and baked. With a **plate cake**, fruit is covered with rolled-out biscuit dough. After baking, the dessert is flipped out, upside down, onto a serving plate so the biscuit that was once on top is now on the bottom.

A **fool** is a lush, smooth, and satisfyingly mousse-like dessert. You can serve a fool in a handsome glass goblet, layer it parfait-style with fresh (unbaked) fruit, or you can spoon it over spongecake. A fool is an old fashioned dessert that is said to have come by its name because any fool

can make one. Basically it is fruit puree and whipped cream, though one can extrapolate, adding liqueur, citrus zest, mint, or candied ginger.

Feel free to substitute whatever ripe fruit you've got on hand in these recipes. If you are not comfortable "winging it" with amounts of fruit and other ingredient, use a pie-filling recipe, then try my topping. With delicious, ripe summer fruit, it is difficult to fail. The cobbler recipe is an adaption of one from *Cook's Illustrated Magazine*.

## A Winning Cherry Cobbler

*The topping:*

1 cup organic unbleached flour  
1½ t. baking powder  
¼ t. salt  
6 T. unsalted butter, cut into ¼-inch pieces

5 - 6 T. milk

1 T. sugar

*The filling:*

4 cups (or 1 ¾ lbs.) sour cherries  
1 ½ T. arrowroot  
1 cup sugar  
1 T. almond extract  
1/8 t. allspice  
1/8 t. cinnamon

1. Preheat the oven to 375°.

Adjust the oven rack to the lower middle position.

2. The topping: Cut the cold butter into the dry ingredients by hand until the mixture is evenly cut into small crumbly pieces. Turn the crumbly butter-flour mixture into a bowl. Pour in 5-6 tablespoons of milk. Toss lightly with a fork until it is clumpy. Gently knead between pieces of saran wrap. Chill in the refrigerator while preparing the filling.

3. The filling: Combine the sugar, arrowroot, allspice and cinnamon; mix well. Then, toss the sugared ingredients with the cherries and almond extract. Pour the fruit mixture into an 8-inch square pan or a 9-inch round cake pan.

4. Roll the topping into a 10-inch square or circle, rolling the moist dough between two layers of saran or wax paper. Cut into rounds with a biscuit cutter (or into squares with a knife) and lay the dough on top of the fruit. Sprinkle with the tablespoon of sugar.

5. Place the pan on a cookie sheet and bake until golden brown, about 45-55 minutes.

You can use almost any fresh ripe fruit in this crisp. I used a mixture of blueberries, sliced apricots,

and nectarines. You can substitute wheat flour for my barley, and butter for my Spectrum Spread.

## Fruit Crisp with a Wheat-free Topping

*Filling:*

7 cups prepared fruit  
1 T. fresh lemon juice  
1 t. grated lemon zest  
1/3 - 1/2 cup sugar  
1 t. vanilla extract

*Topping:*

1/4 lb. chilled Spectrum Spread (or unsalted butter)  
1 cup brown sugar  
3/4 cup barley flour (or unbleached wheat flour)  
3/4 cup quick oatmeal (do not use instant)  
¼ t. cinnamon  
¼ t. nutmeg  
¼ t. salt

1. Preheat the oven to 375°.

Adjust the oven rack to the lower middle position.

2. The filling: Gently toss the fruit filling ingredients together in a large bowl, then transfer to a 10-inch pie pan (or an 11x7" cake pan).

3. The topping: In a large bowl, mix together all the topping's dry ingredients, blending well. Rub or cut the fat into the dry ingredients until the mixture resembles coarse bread crumbs. Spread the crumbly topping evenly over the fruit.

4. Bake for 40- 60 minutes, until the topping is crisp but not burnt. If the crumbs begin to brown too quickly, cover the pan loosely with aluminum foil, but be sure to remove it at the end so the topping will indeed be crisp.

Note: For thicker filling, blend 2 T. arrowroot with the sugar.

## Blueberry Fool

4 cups blueberries, rinsed, picked over, and drained  
1/3 cup packed light brown sugar  
3 T. fresh lemon juice  
Pinch of salt  
Generous pinch of freshly grated nutmeg

1 ¼ cups cold heavy cream

In a medium saucepan, combine the blueberries, brown sugar, lemon juice, salt, and nutmeg. Simmer over medium-high heat, stirring occasionally, until the berries have released their juice and burst when lightly pressed with the spoon, about 6 minutes. You'll have about 3 cups at this stage. Increase the heat to high and reduce the mixture by half, stirring frequently to prevent scorching, 6-7 minutes. Pour the compote

into a bowl and refrigerate until very cold, about 4 hours. Taste and adjust the flavorings if you like, remembering that flavors will be muted when you fold the mixture with the cream.

In a chilled bowl, whip the cream to firm but not stiff peaks. With a rubber spatula, gently fold 1¼ cups of the chilled compote into the cream just until incorporated. Serve immediately or refrigerate up to 24 hours. Just before serving, spoon the remaining compote over the fool.

Note: The blueberry compote portion can be made up to 3 days ahead.

From Fine Cooking Magazine, number 27; serves four.

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# The Exchange

By Kelly Kingsland, Deli Manager

I like my job. Not only do I like to cook, I like to see people making a commitment that begins by taking care of their bodies and radiates outward through their communities and beyond.

In our current days of mass media, mass marketing, and mass mentality, it takes thought and action to obtain alternative products. Shopping at the Co-op requires both, and this commitment essentially boils down to another link in positive energy exchange.

You may be too busy to cook healthy food for yourself, you may even feel somewhat guilty for your lack of time, but the result of letting us do it for you is that you provide jobs for people who share your commitment. (The Co-op's Deli currently employs 11 Moscow residents). In order to create all the food we sell, we must in turn buy products that are produced by others who share our commitment to their environment and communities. Thus we create networks that support healthy livelihoods.

As the buyer for the Deli, I choose daily to purchase organic over non-organic, recycled over new; essentially consciously over unconsciously produced goods. Unfortunately, not all of our needs can be met with 'green' products, but I do continue the search. In the end, the increased cost of these supplies is reflected into our prices. While we keep our prices as low as possible, products from our Deli still cost more than they do at other local delis. It is my opinion, however, that while we can compare prices, we can't fully compare the actual products and the effects that producing each has on our environment and community, let alone our bodies.

Ultimately, each time you choose to stop by the Co-op and buy some quick food from the Deli (rather than swinging through the drive-through burger joint), you are furthering your commitment to your body, your community and your larger environment. This said, I would just like to add a Thank-you. I appreciate your concerted effort, and commitment- and the job!

Here are this month's Deli recipe offerings- Happy cooking!

**Emily's Goddess Salad**  
(this recipe will fill one of those big colored bowls you see in the deli case, approx. 15 servings)

*the salad:*  
7 red bell peppers – cut into cubes  
3 cucumbers – sliced into small pieces  
8 scallions - chopped  
6 carrots – cut into small pieces  
1 purple cabbage – diced

*the dressing:*  
(combine in food processor)  
3-4 tablespoons light miso  
2 tablespoons grated fresh ginger root  
1/3 cup fresh lemon juice  
2 tablespoons dark sesame oil (gradually add in a steady stream)  
1 cup vegetable oil (slowly add until dressing is thick and creamy)  
1/2 cup water  
Mix the salad and dressing together, season to taste, and enjoy!

**Maria's Vegan Pumpkin Torte**  
'The New Soy Cookbook'

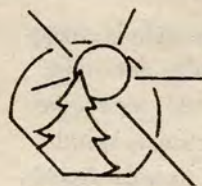
*Prepare Crust:*  
3/4 c rolled Oats  
3/4 c w.w. pastry flour  
1/2 c pecans  
1/2 tsp. cinnamon  
1/4 c canola oil  
3 Tbls. Maple syrup  
Mix all ingredients in food processor until even and well mixed. Pack evenly into a torte pan including up the edges and Bake at 350 for 10 min.

## Sheri L. Russell

(formerly Sheri L. Ryszewski)

◆Attorney At Law  
◆Certified Professional Mediator

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*The filling:*  
1c. soymilk  
1/4 c arrowroot  
1 lb. pumpkin puree  
1/2 c maple syrup  
1 Tbls. Fresh ginger finely grated  
1 1/2 tsp. cinnamon  
1/2 tsp. salt  
1/4 c. nutmeg  
1/8 tsp ground cloves

Blend soymilk and arrowroot in food processor until arrowroot is completely dissolved. Add all remaining ingredients. And process until well mixed. Pour mixture into crust smooth over and bake for 35min. Thanks Maria!

**Elsie's Bok Choy Salad**

*The Salad Part*  
Chop two large bok choys any shape you want, put in a bowl  
add one cup each of toasted and salted almonds and sunflower seeds  
toss together  
take 4 packages of packaged ramen noodles, crunch them up and add to the bok choy mixture

*The Dressing Part*  
half cup canola oil  
half cup apple cider vinegar  
half cup brown sugar  
about a tablespoon of soy or tamari

Mix together, pour over bok choy toss together and eat!

# For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Sunshine Tomato Dressing

R. Ohlgren-Evans

Here's a summertime tomato dressing that you can serve over a green salad, soak up with a hunk of day-old French bread, or even have over pasta.

Place all ingredients in a glass container with a tight fitting lid, and set out in the sun. It'll keep in the fridge, but serve it at room temperature.

8 summer tomatoes, roughly chopped  
3 cloves garlic, minced  
3 shallots, minced  
1 cup olive oil  
1/4 cup balsamic vinegar  
2 Tbsp basil, slivered  
2 Tbsp parsley, chopped  
1 tsp sugar  
lots of freshly ground pepper  
salt to taste

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# Weeds - The Good, The Bad, and The Beautiful?

By Patricia Diaz

*Editor's note: This is the first half of Pat's summary article on her favorite local weeds. Expect the second part in the October issue.*

The word "weed" comes from an old Saxon word "wiod" and generally, weeds are considered undesirable nuisances. They are also considered uninvited guests into our world. But many weeds, once deemed worthless are now highly prized for their health-giving properties. And many weeds are actually beautiful wildflowers. So let's look at what weeds are, examine some common ones in our area, and see if there is, indeed, a good weed. This information may help you in deciding if you should get rid of certain weeds in your garden and yard.

Emerson may have said it best: "A weed is a plant whose virtues have not yet been discovered." We recently discovered that we had St. John's wort growing right in our yard. That weed is now a sought-after medicinal herb. Several people in Weippe are making the harvest of that weed into a cottage industry.

There are several characteristics of weeds that make them somewhat different from landscape plants and garden plants. First, the seeds have great longevity and often have discontinuous germination, waiting for the best environment; secondly, these plants grow rapidly

# Yard & Garden

and produce seeds in a very short period of time; and thirdly, weeds have adapted for efficient seed dispersal. Weeds are often strong competitors, choking out other species of inhibiting their growth by poisoning the soil with chemical exudates. They are opportunistic and have a broad ecological tolerance.

If you'd like to read more about weeds, there's a great book out called *Northwest Weeds: The Ugly and Beautiful Villains of Fields, Gardens, and Roadsides*. It's by Ronald J. Taylor. If you can't find it locally, call Mountain Press Publishing Company, 406-728-1900.

Weeds normally cannot displace undisturbed native vegetation but as farmers, ranchers, and horticulturists cultivated and disturbed the native vegetation, weed species began to invade fields and gardens where they were unwanted. Most Northwest weeds are natives of Europe and Asia and were introduced to North America intentionally or by accident.

What follows is a list of some local weeds and their attributes.

**Bracken Fern** - This weed is a cosmopolitan species that thrives anywhere, most often in disturbed or waste areas. They are quite attractive but if you let them stay they become difficult to eradicate. They spread by rhizomes. Fiddleheads (young stems that are often called a wild alternative to asparagus) uncoil from them up to eight feet high. The fronds are poisonous to livestock and become a threat if alternative forage is limited. Their

shape is a huge triangle with stem-like bases. This is a non-clumping weed.

**Cheat Grass** - This European implant occurs throughout western North America, especially in grazed-over areas. If you've ever gone hiking where this weed is prevalent you'll soon notice that you're socks are covered with cheat grass stickers. The weed is approximately a foot tall and each plant has several stems bearing pendant spikelets. The mid bracts of the spikelets have bristle-like awns that can lodge in the mouths of cattle, causing infection.

**Wild Oats** - This weed is actually a wild cereal which closely resembles oats. Like cheat grass, the awns can lodge the grain in the mouth or throat of an animal and cause infection. The awns also assist in planting the seed by uncoiling and screwing themselves and the seed into the soft soil of cultivated fields. These seeds can lie dormant for up to 75 years before germinating. Wild oats are commonly seen along roadsides in our area.

**Curly Dock** - This weed is the most widespread *Rumex* (buck-wheat) species. It is a robust perennial herb that grows up to three feet tall and has a stout taproot. The leaves are narrow and strap-like with crisp, curly edges. This European weed is now widely established in cultivated fields and pastures and occasionally invades rangelands. You often see it on the edges of fields in our area. The flowers are somewhat reddish.

**Red Clover** - While most of us don't consider clover a weed since it's planted as hay, there are a few kinds which are quite aggressive and opportunistic. Red clover is a coarse, deep-rooted (that's almost an understatement!) and very persistent perennial. It is cultivated as a crop and often escapes into fields and along roadsides. You don't want this one to get started in your yard or garden.

**Fireweed** - This is definitely what I consider one of the beautiful weeds. We have it in quite a few places on our property and leave it because it does have such pretty foliage and flowers. It is an herbaceous perennial that grows up to four feet high and spreads through rhizomes. The stems are straight and the flowers are attractive rose-purple. The ovary develops into a long capsule that splits open when mature and releases thousands of seeds (in fact, they're doing it right now). Each seed has a tuft of hair that provides buoyancy and assists in dissemination. Fireweed loves burned-out areas and the seeds just wing along on the breeze until they find suitable habitat. Bees just love this flower.

**Dalmation Toadflax** - This weed is one of the bad ones. It is really a pretty plant, looking like a wild yellow snapdragon. They are pollinated by bumblebees, which have to force open the mouth of the flower, crawl into the throat and reach down to extract nectar. It originally came from the Mediterranean and has become a very noxious weed in the Northwest. It invaded our area from adjoining properties and very quickly became widespread.

# Insights

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

R. Ohlgren-Evans

## The Art of Tofu,

by Akasha Richmond  
88 pp \$10.95  
Morinaga Publications

Don't be put off by the fact that this cookbook's author has been called "Chef to the Stars", and that she namedrops Hollywood celebs. Or that at first look, the book has the appearance of a product endorsement. More than any other cookbook, this one has given me the courage to add tofu to the traditional (try Tofu House Chocolate Chip Cookies) and the mundane (Mushroom Noodle Casserole).

The recipes in *The Art of Tofu* use the silken style tofu, which the Co-op sells in aseptic packaging, and

is an easy addition to any kitchen's shelves. They've become standard items on mine.

Ms. Richmond's style is chatty and easy - but if you're not in the mood, you can just 'do' the recipe. The 50-recipe collection is spiral bound and a breeze to use. Across the top of each 6x8 page is the number of minutes to prepare and the serving size. Then the recipe follows in clear and simple instructions. Each page has the nutrition facts printed across the bottom. What could be easier?

Some of the recipes are predictable (Eggless Egg Salad and Southwestern

Tamale Pie, for two). But there's plenty here to pique anyone's appetite and curiosity—like Asian Fusion Pasta with Lemon Grass Tofu, Italian Spinach Dumplings, and Authentic Eggplant Curry. And every single dessert recipe looks truly scrumptious.

So along with a few boxes of silken tofu, please consider adding *The Art of Tofu* to your kitchen cupboard.

# Becoming An Organic Farmer, First Steps

by Patrick J. Vaughan

After almost 25 years of military schooling and service I was hungry to return to what I have always considered home (Idaho) and to immerse myself in what has become an intense love affair with nature.

Living in a small town, spending more time with family and working at what I love seem to make each day count a little more. These feelings and some of life's unexplainable coincidences and circumstances all came together to lead me to decide that I wanted to be an organic farmer.

Soon after moving to Moscow, my wife and I met Mary Butters and Nick Ogle, the owners of Paradise Farm. Wonderfully friendly and highly skilled agriculturists, they invited me to participate in the farm's apprentice program. I had stumbled into a perfect opportunity to translate my desires to farm into action.

I was learning within 5 minutes of meeting Lahde Fesler, the supervisor/director of the farm's "Pay Dirt" apprentice program. I have applied knowledge of soil types, soil organisms, sources of fertility, seasonal cycles of plant growth and reproduction, nutrition, watershed impacts, wild life habitat, using the right tool in the right way, equipment maintenance and repair. I call my time in Paradise Farm's apprentice program "getting a Masters in Applied Organic Agriculture." Between working two days a

week on the farm, applying it in a large backyard garden and greenhouse at home, reading and studying, the comparison to a post graduate program facilitating a "next career" is apt.

I began working last winter, helping harvest the biggest, sweetest carrots I had ever tasted. I have spent the last nine months tilling, hauling mulch, planting crops and an orchard, hoeing, irrigating and harvesting...It has been long, hard physical labor done in whatever weather rolls over Paradise Ridge. "Dog tired" comes to mind as a frequent expression I use lately. One of the snapshots that is permanently in my memory is digging through a foot of snow in a blizzard, hauling up carrots in a wheelbarrow, cutting off greens and washing carrots with ice forming on our faces from the water spraying in the freezing wind.

I have learned that growing good food is a craft. It is one that involves skill, science, art, dedication, and passion. This craft is not only life-sustaining, providing healthy, quality food for people, but in its highest form contributes to the benefit of the overall community by sustaining the soil, watershed, air and wildlife habitat.

Perhaps the most fundamental lesson I have learned so far is to develop a keen sense of observation

toward the soil and crops. I am learning more about the complex interactive relationships between soil, crops, pests, beneficial insects and weather. I am learning to work with natural processes rather than fight them.

There will never come a time when I know everything or lack a challenge. Working with living mediums like soil and plants mean that every season brings new crops, new challenges and opportunities for improvement. I am not afraid to try new things. I have learned to trust my experience and observations, but accept and expect that sometimes learning will occur from mistakes. Organic farming methods are very labor intensive and 2 or 3 acres can supply an immense amount of produce. This is about the most one person can handle. A small area farmed well is better than a large area that gets out of hand.

Finally, there's a lesson I didn't expect. Perhaps more important than the goal of establishing a profitable business in a beautiful setting, a family farm can be a lifestyle that is most satisfying in and of itself. Growing all the food we can eat, working together, living and working in a beautiful natural setting "at nature's pace" instead of office hours is actually as idyllic as it sounds. It is not about ease. It is as hard and as

constant an amount of work as I have known (and I have previous experience at work and responsibility in harsh conditions—slogging through swamps at night, tumbling from aircraft at the lead of paratroopers, baking and freezing on armored vehicles in a trackless desert). I have found the work is refreshing and invigorating, not stressful or spirit-breaking (though thistle and bind weed can come close). The simple pleasures inherent in that life—delicious fresh food at every meal, sharing amazement at nature's seasonal miracles, catching frogs in a pond with my kids, walking the farm and seeing deer and pheasant—more than replace commercial things we have thought we needed for "fun". A key thing for me to remember is not to overextend in acreage or financial debt early on; to take things at a small scale and grow into what we can handle.

I have yet to harvest a single snap pea or strawberry on a farm I own but I have developed confidence that I can make a living as a farmer, participate in a loving family and be faithful to the responsibility to be a steward of the land; to leave the soil, watershed and habitat in better condition than I find it. I am witnessing a wonderful example of successful farming on Paradise Farm and am more excited each day by the prospects of working our own small farm on the Palouse.

## Return of the Village Bicycle Project

By Dave Peckham

I've been back in Moscow for a month. I miss Africa's street food, ubiquitous tiny shops, exotic languages, easy (relatively) public transportation and the open friendliness of the people. I don't miss the incessant honking of horns, kamikaze drivers, plumes of smoky exhaust and open sewers.

You may recall that through the support of Moscow area individuals, churches, and social clubs, I took mountain bikes and the tools to repair them to Africa to provide the people there with a more effective and affordable transportation system. I'd like to share briefly some of the main points I learned during the project:

1. There is a strong interest in mountain bikes and a weak understanding of gearing, therefore I think they would be happy with bikes that have wide tires and upright handlebars.

2. There is a great need for specialized bike tools, while basic mechanical tools are widely available in the cities.

3. Kids from ages 10-14 are wildly enthusiastic to learn bike repair.

4. The cost of labor is so low relative to parts and bikes, that anything which needs fixing is better off fixed there than here.

5. There is a huge cultural gap between urban and rural people, and Peace Corps Volunteers are a valuable resource for organizing rural people.

6. There is a strong interest in repair workshops in villages, where even basic tools, grease and oil are scarce.

7. Giving things away does not promote efficiency, accountability, or sustainability. The two Ghanaian bicycle advocate groups I worked

with were not efficiently managed, and totally dependent on western donors for survival.

Given what I learned from the pilot project, there are several reasons why I want to continue the project:

1. I learned so much about where the needs are, what can be accomplished, and how to do it.

2. There is a lot of interest in Ghana for continuing my work, and I think the project will actually have a significant positive impact on people's lives.

3. I like it.

Here's my plan for the continuation of the bike project. Part two will be called West Africa Bicycle Project, and we will:

- send a shipping container to Ghana with 350 bikes, at least 25% mountain bikes,
- send \$1000 in specialized bike

repair tools to be sold at about 10% of cost,

- teach repair classes targeting youth, with opportunities for certification and earning their own bikes,
- engage Ghanaian advocacy groups to provide logistics and recruit students,
- offer village repair workshops using Peace Corps Volunteer as contact hosts,
- continue working with national policy-makers towards making their countries more friendly to bike transportation, and
- continue training bike cops.

I'm tentatively planning to leave again for Africa in February, 2000. I'm looking for assistants, (interns?), cooperation with non-profit institutes, partners here and in Ghana, sponsors and donations like cash, bikes, tools, storage and help loading! If you are interested, or want more information, please contact me by phone at 208-892-2681 or by email at [peckham@mailcity.com](mailto:peckham@mailcity.com).

# Bulletin Board

## Co-op Business Partners

**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

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*Please help by asking about details and showing your membership card before making purchases.*

## 19th annual Santa Barter Fair

**Sept 11 and 12**

free fun for the family  
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bring your own water, food and musical instruments  
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## 1999 Writers and Readers Rendezvous

**October 1-3, McCall, Idaho**

readings, workshops, discussions  
208-426-3492

## Virtual Grand Opening

**the Idaho Writers' Connection website**

(voice of the statewide writer's association)  
check it out! [www.idahowriters.org](http://www.idahowriters.org)

## Farming & Marketing Conference

**"Wholesome Foods and Farms Forever"**

**Sat. November 6**

Twin Falls, Idaho  
208-764-2332

## Full Moon Drum Circle

**Sat. September 25  
at the Blaine schoolhouse**

Potluck at 6:30 with the drumming to follow shortly thereafter. Bring plates, forks, etc. for the potluck

**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

**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.

## First Steps Program - Volunteers Needed

Every parent of a newborn encounters the joys and challenges of this new, round-the-clock role. Volunteers are needed to work with the First Steps Program whose goal is to help mothers and fathers integrate into their lives the skills needed to provide a healthy family environment for themselves and their children. We invite you to become a part of a family's newborn parenting journey by giving a 4 to 10 hours per month to support a family during the first vital months of a baby's life. Training will begin September 25, 1999. Other volunteer opportunities are also available. For more information or to volunteer, please call Marci Schreiber at the Family Support Program, Gritman Medical Center, 883-6454. Or e-mail [marci.schreiber@gritman.org](mailto:marci.schreiber@gritman.org).

## Fun for Co-op Members

**September 18, 4pm  
East City Park**

**Members' Harvest Potluck**  
sponsored by the Co-op's Membership Committee all Co-op members encouraged to attend

## Contra dances at the Moscow Community Center

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

Sept. 18 Bear House Band with Nora Scott calling  
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.

## Local concerts of interest:

**September 29**  
**TENTATIVE: Sharon Shannon,**  
an extraordinary accordion player, plus 2 fiddlers, play Irish music at UI SUB ballroom. Tickets can be purchased at the SUB and at Bookpeople in Moscow (\$10 students, \$15 nonstudents). The event is sponsored by Dan Maher.