

April 2000

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Watch for Falling Prices

By Vicki Reich

Something very exciting is happening at the Co-op these days. We're lowering prices all over the store. How, you ask, can we afford to do that? Well, we've gotten together with eleven other co-ops in the Northwest and formed the Northwest Cooperative Grocers' Association (maybe you've seen the brochures at the register). Together we went to our main distributor, Mountain Peoples Warehouse, and with our pooled buying power were able to negotiate a great discount for all our purchases. This has been in the works for quite awhile now, but this month we are able to start passing the savings on to you.

You may have already noticed the fluorescent orange signs hanging around the store letting you know about the new lower prices. As we sell out of product at the old prices, the new product will reflect the new permanently lowered prices. It will take a while to change over our entire inventory, so you will continue to see prices lowering for a couple of months.

Of course, we don't get everything in the store from Mountain Peoples, so not all the prices in the store will go down. However, I'd estimate that 80-90% of our packaged and bulk foods are from Mountain Peoples, and about 50% of the Personal Care department as well. Prices will not be affected in the Produce, Deli, or Bakery Departments.

With our new improved buying power, we will be able to negotiate 4 or 5 really great deals every month.

Our end caps should be full of great sale prices for our members. This month we've got Reed's Ginger Brews, Pacific Rice Milk, and Seventh Generation Products at great sale prices. Of course, you have to be a member to get those great sale prices, but the new lower prices throughout the store are for everyone.

### INSIDE:

- **Falling Prices**
- **Board of Directors Update**
- **Granolas**
- **Asparagus Fusilli**
- **Organic Control of Garden Pests**
- **Renaissance Fair Info**
- **and More!**

## Co-op Business Partners

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**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.**

# Community News

## Cooperation in the Northwest

By Kenna S. Eaton

(with some help from Eric at First Alt.)

Travel this land and you can visit hundreds of natural food cooperatives in almost every state. You can also visit nearly two hundred stores operated by two large natural foods grocers: Whole Foods and Wild Oats. The co-ops are united by principles but operate as separate businesses, while Whole Foods and Wild Oats are chain-store operations. The power of many stores operated by one corporation creates significant economic benefit to a chain-store operation. This economic power is a force that Co-ops can and should learn to harness.

Each of the hundreds of cooperative grocery stores acts as a buying agent for its own membership. Products are selected, prices negotiated, and deals are made by each in order to put the freshest food at the best price on the shelves. Can we learn to cooperate as cooperatives in order to be even better buying agents? In the Northwest we are doing just that. A group of a dozen co-ops from Washington, Idaho, Oregon, and Montana are working together as an organization named the Northwest Co-operative Grocers Association (NWC GA). Every part of this country now has a regional co-op grocers association, and a national association exists as well.

Working together we have been able to negotiate a buying contract with our major distributor, Mountain Peoples Northwest. Many prices all over the store are dropping and since our buyers are now able to negotiate some group purchases, this will result in even greater savings to you (see Vicki's and Carrie's articles).

The NWC GA is the coolest thing I have ever been involved with as Co-op manager. For many years we have seen chain stores growing stronger and the co-ops weaker. But by working together we are able to begin to turn that trend around. The NWC GA works not only to combine purchasing power, but also to share ideas and solve problems as well.

The NWC GA consists of Ashland Community Food Store, Ashland, OR.; Central Co-op Madison Market, Seattle, WA.; Community Food Co-op, Bozeman, MT.; Community Food Co-op, Bellingham, WA.; First Alternative Co-op, Corvallis, OR.; Food Front Co-op, Portland OR.; Moscow Food Co-op, Moscow, ID.; Olympia Food Co-op, Olympia, WA.; PCC Natural Markets, Seattle, WA.; Skagit Valley Food Co-op. MT. Vernon, WA.; Sno-Isle Natural Foods Co-op, Everett, WA.; and The Food Co-op, Port Townsend, WA.

Together we are working to create stronger, more responsive consumer food co-ops in the Northwest and nationwide.

## Fingers Crossed

By Kenna S. Eaton

If you've driven up or down Fourth Street lately, behind the Co-op, you may have seen us hard at work on the loading dock. As I mentioned last year, we lost our bid with the City of Moscow to keep our loading dock as it was. Thus, we have begun the reconstruction of the dock. Its orientation is turning 90 degrees with a curb cut to allow trucks to drive smoothly up onto the concrete pad next to the dock. The same pad will be used for the recycling and garbage dumpsters.

As soon as the concrete work is done, we will begin the long-postponed landscaping project. Our vision includes a screen between the dumpsters and the garden; space for two more picnic tables with colorful concrete squares in between; plantings along the sidewalk that will separate the tables from the passersby; and vines or roses growing up the wall.

We've all been waiting a long time for this part of the store to be completed, but I think the end is in sight. Cross your fingers, I know I am.

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# Gardeners, Dream No More

By Kenna S. Eaton

Earlier this winter, my husband, Tim, and I were discussing what he could put on his sign in front of our business, Prairie Bloom Nursery. It was cold and snowing that day while we were trying to think of something catchy to say. We pondered what gardeners were doing at that moment, whilst the gardens slept. Obviously, gardeners were dreaming—dreaming about spring, and what they would do in their gardens as soon as it was warm enough to get out there.

Well that time has come (though as I write this, it's snowing yet again!) Now is the time to start your seeds indoors so you can get a jump on the garden, or possibly just grow something not available locally as a bedding plant. The Co-op has a great selection of seed racks. The perennial favorite, Garden City Seeds, from Hamilton, MT, is back. Garden City seeds are consciously selected to grow well in our northern climate and many are organically grown. Every year, they bring back

the classics that always do well here and add a few new plant seeds. They now carry a larger number of medicinal herb species grown in Montana. For more information you can check out their web site at [www.gardencityseeds.com](http://www.gardencityseeds.com).

Our other rack comes from Seeds of Change. They have organically grown heirloom and traditional seeds, varieties not easily found anywhere else, and are free of GMO's.

Heirloom seeds are time-tested, open-pollinated varieties (meaning you can save the seed yourself), primarily of European descent. They are essentially favorite varieties passed down since the turn of the century for many reasons, including their flavor, vigor and hardiness. To learn more about the history of Seeds of Change, the varieties they offer and their new seed introductions, visit their web site at [www.seedsofchange.com](http://www.seedsofchange.com).

So, dream no more gardeners, Spring is here.



# The Buy Line

By Vicki Reich, Grocery Buyer

A couple of months ago I wrote about doing a cost comparison with the other grocery stores in town. With our new pricing now in place, I updated the results of the survey and I was amazed at the difference. As you recall, we compared the prices of items we carried at the Co-op with the same items at the other grocery stores. With our new lower prices, you'll save even more money when you shop at the Co-op. Check out some of these savings:

- Simply Nutritious Juice save 17-74 cents
- Rice Dream rice milk save 7-24 cents
- Health Valley Chili's save 18-80 cents
- Barbara's Shredded Wheat Cereal save 18-52 cents
- Muir Glen 28 oz. Canned Tomatoes save 20-74 cents
- Mori-nu Tofu save 4-54 cents.

Overall, if you bought one of every packaged food item that we carry in common with the other grocery stores in town, you'd save \$1.51—\$33.89, and with a 18% volunteer discount you'd save \$16.17-\$62.68. That should put the idea we're an expensive store to rest.

Now onto the little purple notes....

## From The Suggestion Board

*Please carry the Co-op Vitamin C in Capsules. I'm allergic to the fillers and binders in the tablet form.* Carrie says she'll see if we can get a Vitamin C capsule in our brand, and if not she'll try to bring in another brand.

*Please clean the microwave!!* Sorry you had to ask. This was a chore no one was assigned to do so it wasn't getting done regularly. But no longer. Hopefully you'll never have to remind us again.

*Could you please carry buttermilk and sweetened condensed milk?* Sorry, we did carry buttermilk for a while but we ended up throwing away more than we sold, and I don't have a distributor for sweetened condensed milk.

*What about selling refrigerated cookie dough (for Oaties, etc.)* We do have frozen cookie dough from Maury Bakes. They are really delicious and come in four

flavors. At the moment we don't have plans to sell dough for our Deli cookies.

*Please keep on doing exactly what you're doing and let Vicki know I love and appreciate her.* Gosh, golly thanks. Notes like this make my whole month and make me relish the great job I have at the Co-op.

*Please carry "English Toffee" Celestial Seasonings tea. It is so delicious—a dessert tea. P. S. I love your cookies!!* I'll pick up the tea as soon as a space opens up on the shelf. And don't worry you are not alone in your love of our cookies.

*Is it possible to carry amasake? Whole wheat ribbon noodles?* Yes to both requests, but they might take awhile. Look for the noodles in bulk once the pink beans run out. We'll be resetting the cooler in a month or two and I'll bring amasake in then.

*Le Pain Ordinaire c'est tres bon. Merci. De rien.*

*Could you stock or special order for me some chili penne, a macaroni product?* I'm sorry, I've never come across this product from any of our distributors. Where have you gotten it in the past? If you get me some more information on the product maybe I can find it for you.

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**For advertising rates and information:**  
contact Amy Richard at 882-6274  
or [alrichard@moscow.com](mailto:alrichard@moscow.com)

**For letters to the editor:**  
Moscow Food Co-op,  
Bill London, Editor  
221 East Third Street,  
Moscow ID 83843  
[bill\\_london@hotmail.com](mailto:bill_london@hotmail.com)

Open Every Day  
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**General Manager**  
Kenna Eaton  
[kenna@moscowfoodcoop.com](mailto:kenna@moscowfoodcoop.com)

**Board of Directors**

Jim Gale	882-7804	<a href="mailto:jimgale88@hotmail.com">jimgale88@hotmail.com</a>
Jim Hermanson	334-9245	<a href="mailto:hermanson@wsu">hermanson@wsu</a>
Mary Jo Knowles	882-0251	<a href="mailto:mjknowles@moscow.com">mjknowles@moscow.com</a>
Nick Ogle	882-4132/882-6590	<a href="mailto:paradisne@moscow.com">paradisne@moscow.com</a>
Mimi Pengilly	882-6307	<a href="mailto:pengillys@moscow.com">pengillys@moscow.com</a>
Suzanne Peyer	334-9245	<a href="mailto:smpeyer@wsu.ed">smpeyer@wsu.ed</a>
Al Pingree	882-8865	<a href="mailto:lap@moscow.com">lap@moscow.com</a>
Pat Vaughn	882-9005	<a href="mailto:pckh@moscow.com">pckh@moscow.com</a>

**Editor**  
Bill London

**Issue Editor**  
Therese Harris

**Layout**  
Tanya Perez

**Advertising Manager**  
Amy Richard 882-6274

**Co-op Product Sales Pages**  
Kit Crane

**Illustrations**  
Nancy Nelson

**Distribution**  
Evan Griffith

**Back Cover Design**  
Beth Case

**Webmaster**  
Bob Hoffmann,  
[webmaster@moscowfoodcoop.com](mailto:webmaster@moscowfoodcoop.com)

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## Personal Care Corner

### The Times, They are a Changin'

By Carrie A. Corson, Non-Food Buyer

Okay, I'll admit it. I couldn't let the presence of Bob Dylan on the Palouse go unrecognized. I hope he won't mind the obvious use of his song title for my article. But it's really true. By now you have read Vicki's cover article on the falling prices here at the Co-op. I must agree with her that it is quite exciting. There are some pretty remarkable changes in the personal care department. Some of our most popular items have been reduced by as much as a dollar or more. For instance, Tom's Deodorants have gone from \$5.59 each to \$4.59 each. Nature's Gate Tea Tree Shampoo went from \$7.89 to 6.55 and the conditioner is now \$6.75, down from \$8.19. Glad Rag triple packs went from \$23.65 to \$19.55. Pretty cool, huh? More of the little orange tags will be popping up all over. So keep an eye out.

Another change you will notice when you visit the vitamin department is that it has been re-set (as we say in the trade), or re-organized. We did this in response to suggestions by staff, customers and the general managers from other co-ops that are a part of the Northwest Grocer's Association, in order to make the area more user-friendly.

By incorporating vitamin, herbal and homeopathic remedies into categories relating to specific health and wellness needs, you will more easily be able to see all of the options that are offered at the Co-op. You will find categories for women's, men's and children's health, cold, flu and allergy products, heart health, soy products (including protein powders and soy supplements), joint health, digestive health, and more.

With this set, we also added some great new products to our inventory. Rainbow Light has just introduced a new group of supplements in their "Just Once" daily multiple category, including daily supplements for men and women, daily herbs, "B" Complete and Daily Veggies and Greens. As with all of Rainbow Light's supplements, these are food based. Look for a line of single amino acids from Twin Labs, in the very near future.

If you find yourself having trouble getting used to the new set, one of the staff will be happy to assist you. And, if you have suggestions for supplements that we do not currently carry, please feel free let me know. I am always open to exploring new products.



## Veggie Rap:

### Not So Silent Spring

by Gordon Gatewood, Produce Manager

Happy Spring from veggie land. You know what that means, local produce is right around the corner. We at the Co-op hope to serve you with the freshest greens and goodies from right here, well maybe just around here. And though we have always supported local growers, we wanted to reach out and encourage them to experiment in growing all sorts of stuff. So I called them up and invited our local growers in for the first ever Co-op farm meeting. We had seven show up at Laura's Tea and Treasures for a very productive evening full of shared knowledge from years and years of growing. We had George, the carrot man, and Elizabeth from the St. Marie's area, Lahde, Ed, Gresham, and Les from the surrounding area, and Dale from the valley in Clarkston. What I found most interesting was the diversity of growing seasons and crops from these three areas. For while Dale can grow tomatoes in Clarkston in February, Elizabeth can have lettuce in August because its so much cooler up north. We all soon realized that there was amazing potential to have crops like lettuce gradually migrate north, starting in the valley early on and ending up north at the end of the season. This summer will be a testing ground to see how much or little these three areas will overlap in production of the same crops. The hope is that instead of having local lettuce, chard, collards, and green onions for only 4 weeks steady out of the year, we can ride the tide of microclimate changes for another 4

weeks or more.

Besides dreaming of all the things we can only grow in Hawaii, we did come up with a nice list of the things we can grow hereabouts. The goal of the meeting was to give growers an approximate amount of what the deli and produce uses per week of each item and have them take it from there. It was quite fascinating to hear all the success stories as well as the horror stories, like George's whole carrot crop failing last fall. What was clear is that we don't have enough growers for the amount the Co-op uses. So if you always wanted to move out to the country and become a farmer, now's your chance.

The end result of all this banter was a better understanding on both sides of what the other does and expects. This will equate to more consistent and more varied locally grown food. So keep an eye out for the latest additions to the produce department labeled "local."

Moving on to eggs. Since Easter is coming upon us, I thought I'd share some words about our local free-range eggs. You may have seen our larger display in the cooler, all the more reason to think spring really is coming. Our eggs are often packaged the day the hens lay them, and those hens are often fed scraps and culls from both the deli and produce departments. We have egg folks who have been selling eggs to the Co-op for a decade or more. So celebrate spring with some egg salad and know that you're supporting a local "egg farmer" who does it right.

Something for everyone...

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## Deli Standard Time Deli Deli Deli

By Kelly Kingsland, Deli Manager

As Deli staff, we could have told you that we have been busy lately, and now, just a few days before I leave on vacation, Laura, our illustrious bookkeeper, has told us that February sales were the largest ever. I'll be back from vacation by the time this article is in print, but while I'm out I plan on spending some time thinking about how best to adjust our staff to meet our ever growing needs. I think we'll probably be hiring another cook, and reshuffling the schedule. I think, too, that we'll be adding a few products to our repertoire. I want to bring back U-bake Pizzas, and maybe even add another Pizza Night. In addition, we've thought of running a take-out Saturday Brunch during the Farmers Market season. Wouldn't it be great to swing by the Co-op to pick up some delicious, hot, breakfast as well as your espresso, on your way to the market? It's exciting really, to work in a department that demands constant attention and evaluation.

In other areas of the Deli things are going well. Our recycled cup program is in full swing, and while we are handing out more cups than we receive in return, I think in time a balance will be reached. Our container program, on the other hand

is partially stalled due to lack of volunteers. Maybe sanitizing and organizing containers is not a glamorous enough volunteer position, but we're having a hard time finding enough regular volunteers to meet the demand of containers. This too will undoubtedly balance out over time with some effort from our volunteer coordinator, Gary. If you are interested please contact him at the co-op.

In addition, our staff has recently made the decision NOT to cater. Because of the already demanding schedule of Deli work, we don't feel it is reasonable to take on extra projects, not even for special one-time events, and not even for longtime members. Catering causes chaos in our relatively smooth and organized lives. It's frankly just not worth the hassle. We are, however, looking for health-minded folks who are interested in catering so that we can refer those customers who inquire. Is there anyone out there who would like to take this on? Please contact me in the Deli if you are interested.

All in all, life in the Deli is going well. I'm expecting to have had a wonderful vacation and have returned with great plans and ideas.



## Up All Night In The Bakery

By Nikki Walker,  
Bakery Manager

Every Monday, Tuesday, Wednesday, and Friday we bake gluten-free muffins in the bakery. We've developed several tasty recipes that I believe are as good as, if not better than, a "real" wheat flour muffin. So, next time you stop by the bakery case in the morning, don't pass up our gluten-free creations just because you don't have a wheat intolerance. And in the meantime, for those of you who want a hot, steamy gluten-free muffin at home on the mornings that we don't make them, here's the recipe for my favorite gluten-free muffin.

### Apple-Cranberry Crumble Muffins

#### Dry:

- 2 ¼ cup soy flour
- 2 ¼ cup rice flour
- 1 tablespoon xanthan gum
- 2 teaspoons baking soda

#### Wet:

- 2 cup Nancy's plain soy yogurt (this is the only soy yogurt that I know is truly gluten-free)
  - 2 eggs
  - 3 cups brown sugar
  - 4 cups chopped apples
  - 1 ½ cups cranberries (dried & sweetened, like "Craisins")
  - 1 cup applesauce
- Topping:**
- ½ cup brown sugar
  - ½ cup chopped almonds
  - 2 tablespoons soy margarine
  - 1 teaspoon cinnamon

Mix dry and wet ingredients in separate bowls, then stir together. Scoop into greased or paper-lined muffin tins. Melt soy margarine and stir into the remaining topping ingredients. Sprinkle the topping mixture onto the muffins.

Bake at 375 degrees for 25-35 minutes.

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# Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

Photos by David Hall

In this month's volunteer column I'll refrain from begging for volunteers to do the SATURDAY MILK RUN, or BULK BIN WASHING,



and other essential tasks. Their importance is duly noted in the way we honor those jobs by putting them in reverential upper case. Okay, I lied, *please* volunteer.



The real purpose of this month's column is covering the fantastic St. Paddy's Day Volunteer Party. Those of you who missed it, well, let's just say we had FUN.

Dorothy dusted off her old Celtic fiddle and played a few tunes to warm us up. Laura's fine old Celtic dish, Rumpdethumps ("Raumpdhail Daigh t' daump"), and

the Co-op's wine combined to form a treat as invigorating as the Water of Life (the translation for whiskey from the Celtic languages). Did you

know the English word 'whiskey' comes from Irish (Uisce) and/or Scot's Gaelic (Uisge) for water. Somewhere along the line the 'life' part got dropped. Whiskey's not the only thing the English stole from the Irish or the Scots or the Welsh or just about any-

body or anything who ever existed (Gary's editorializing against the evil empire).

Anyway, the highlight of the evening was when Ken Gordon, Chris Norden, and Tim Daulton sang Danny Boy, for the second time, while Dorothy accompanied them on fiddle. Yes, that organic wine was a fine substitute for the Water of Life. You have to volunteer, however, before I will

divulge to you the fine brands chosen for the evening. Doesn't that make you want to run down to the Co-op this very instant and sign up to do BULK BIN WASHING or the SATURDAY MILK RUN?



Volunteers:  
Don't forget to  
fetch your  
Volunteer Card to  
present to the cashier  
when checking out!  
(And re-file it when  
you're done!)

The absolutely amazing thing was that everyone sang so well. That and the fact that Dorothy is a virtuoso on the fiddle. I can't wait till next St. Paddy's Day.

After the fiddle was put away



and the last bottle consumed, the revelers ended the evening by making paper airplanes. In a scene reminiscent of Dr. Strangelove, sides quickly formed and more airplanes,

missiles, and etc. were made and "deployed." Thank goodness Laura's Tea and Treasure

survived the maelstrom because that is where we hold our quarterly volunteer parties.

# From the Board of Directors

By John Hermanson

The Board of Directors met for our regular meeting on March 7, 2000. Well, not much relevant to write about this month. We had less of the usual business stuff than usual.

The Co-op's taxman, Jim Pilcher, dropped in to give us the low-down on various accounting procedures. He did a swell job of presenting complicated information. The board was interested in having Jim's company do more for us. Jim said he would be happy to oblige, but after April 15 would be best. Thanks for your time, Jim.

The rest of the evening was spent discussing the upcoming Annual Membership meeting, which by the time you read this will be a happy memory. You *were* there weren't you? Thus no need to bore you with those details....

This board meeting was the last for out-going board member Nick Ogle. Nick has been the president of the board for the last two years. His presence will be missed at future board meetings. If you happen to see Nick, give him a big 'thanks!' for volunteer service well done. **THANKS NICK!**

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# Profiles: A One-Year Retrospective

By Randy Paulin

This month marks the end of my first year of writing profiles for this newsletter. It's been a year of significant changes for me, and for the Co-op as well. Since I'm as nostalgic as the next person, and a former history teacher to boot, I'd like to reflect on the Co-op, its Business Partner Program, and the things that make both special, from the perspective of a 'one-year man.' Apologies in advance to all who were waiting with bated breath for the next business partner or staff/volunteer profile—we'll return with those next month. I promise.

I've said more than once this past year that doing these profiles is the most pleasant way I can imagine for earning a discount. It's an opportunity to meet all kinds of interesting people, and to get to know the business community's best representatives as well. In so doing I've thoroughly enjoyed myself, and gained at least a little perspective on the Co-op and its place in the local business community today.

Kenna, among others, would be much better able to give you facts and figures, but there's no doubt that the Co-op's move to its present quarters a year ago was a milestone event. My wife and I had lived in Moscow for almost five years at that point, and been Co-op shoppers for almost two decades before that, and yet we'd been in the previous store less than a dozen times. I know some people are nostalgic for that space, but to me it was claustro-

phobic. The move had the obvious tangible result of giving the store much more space (parking and interior) but the less tangible results have been important as well.

People's awareness of the Co-op as a great place to get good food and earth-friendly products has grown since the move. I know this because the topic comes up in just about every conversation I have with people about the Co-op.

"I can't believe the selection they have now." "I love the deli." "The new store is really amazing, especially compared to the old one." I've heard these comments and more in the course of a year's interviewing.

Another thing I've found this past year is the degree to which Business Partners appreciate the effectiveness of the program. When Co-op members show their card at a Business Partner's establishment, they're re-affirming that effectiveness. As one business owner told me, "When I see that Co-op card, it tells me that the Business Partner Program's working. And I see a lot of Co-op cards."

Ultimately of course it is our members who make the Business Partner Program work. The whole purpose of my Business Partner Profile column is to help Co-op members learn more about the businesses involved in our program. But just scanning the list on the back page of this newsletter gives you a sufficient idea of what's out there, in

terms of Partners, and should serve as an incentive for non-members to become members! Co-op membership is a very cost-effective investment.

Specifically, a Co-op member could get her water tested, buy paint for her house, get a business card designed and printed, get computer consulting and investment consultation, take a yoga class or a piano lesson, and buy a custom picture frame, an educational game, a slew of Hallmark cards, a new tie-dye shirt, and on and on—all with a 10% discount, or better. That paint I mentioned, for example, is 15% off at Columbia Paint for a Co-op member. So if you're a Co-op member and you haven't been taking advantage of the Business Partner Program—why not? You'll save some money and support both the Co-op and other local businesses as well. And, if you're not a member, the Business Partner Program is one of the most compelling reasons (from a dollars-and-cents point of view) to become one. You'll recoup your membership cost in short order if you patronize even 2 or 3 of the Business Partner businesses.

Here's a little something about the staff and volunteers I've been lucky enough to meet in the past year. Several of the folks I've interviewed have moved on, but that's inevitable in a 'college town' like Moscow. At the same time, the core staff of the Co-op is remarkably stable and extremely dedicated. When I walk in the door now I know

I'm going to see familiar faces, and I feel very 'at home' in the store whenever I'm there. I also feel good about the Co-op and its future knowing that people like Kenna, Vicki, Carrie, Laura, and all the other staffers are at the helm, and so many volunteers (most of whom I don't yet know) are doing their bit for the Co-op as well.

I'm looking forward to at least a few more years of writing these profiles for you, and in that time I know I'll have the chance to come to know the Co-op community even better. Meanwhile I very much enjoy the opportunity to help you do so as well, and I want to encourage every reader of this newsletter to take as active a part in the life of the Co-op as your own schedule allows. Become a member if you're not already. Volunteer if you can. Patronize our Business Partners. Take time to get to know the people who work in the store—they're the finest kind, one and all. And thanks for reading my intermittent scribbles as well. Questions, comments, criticisms, and pledges can be sent to me at [rpaulin@turbonet.com](mailto:rpaulin@turbonet.com).

*Randy Paulin teaches, writes, studies history, plays war games, runs a multi-faceted one-man business, gardens, deejays, loves his lifemate, votes, emotes, recycles, bicycles, and ponders middle age, the Middle Ages, and the excesses and anomalies of post-modern global culture all from his home in Moscow.*

## Newsletter Distribution Volunteer Needed in Pullman

This position entails picking up the *Community News* at the Co-op each month and delivering it to numerous sites in Pullman. The hours are flexible, as long as the deliveries are made in the first half of each month. It takes between 4 and 6 hours each month, and need not be done all at once. This will earn a 13% discount on Co-op purchases, plus gets you some exercise and fresh air. Must be a Co-op member to apply. For more information, contact Therese Harris at 334-0335 or email [foc@completebbs.com](mailto:foc@completebbs.com).



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# Volunteer Profile: the Medieval Gnome

Dateline: Lower Thuringia,

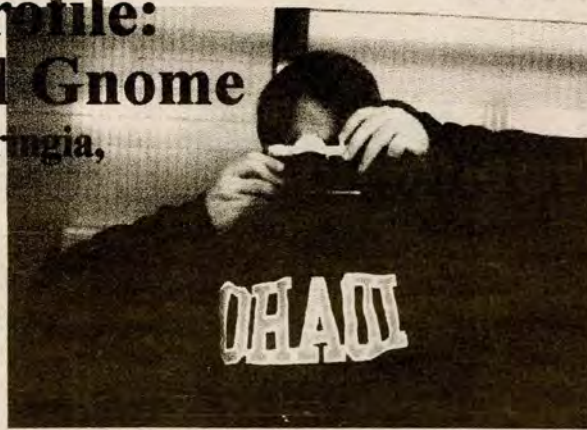
1 April 1000

By Randy Paulin

It is incontestable that the medieval gnome is one of the co-op's most elusive volunteers. However, a recent confirmed sighting of the gnome by several staffers (on a Sunday morning) prompted me to this poor effort to relate and make sense of what little is known about this personage. I was assisted in this matter by luck enough to speak with someone who actually has spoken with the gnome. They spoke with me on condition of strictest anonymity.

The gnome's origins are obscure, but apparently are somehow related to depression-era politics. The scurrilous rumor that he is the love child of George Marshall and one of the Andrews Sisters is simply absurd: he's not old enough. In any case, the gnome's efforts as a Co-op volunteer are also somewhat unclear. Ask Vicki and she'll reply cryptically about favorite dead presidents. Kenna speaks of lists made and unmade, confusion of names and numbers, and other enigmas, but adds that the gnome's discount of negative 18% makes him a valuable volunteer nonetheless. And then there are the frozen-turkey incidents. But let's not go there because somehow, in a way that not even Kenna, indeed, that not even Vicki or Laura can explain, the gnome does contribute to the ceaseless collective effort to make the Co-op, well, The Co-op!

So who is this gnome, who renders such odd and quirky service to the Co-op? Very little can be said with certainty. He is rumored to appear regularly on a local radio station, on which he plays something called 'renegade medieval monk music.' And I have it on good authority that he is a dedicated contributor to the Found Money Fund at the University of Idaho, having earned a coveted Bobtail Award from that organization (or was that Ron Featherstone)? In any case, the gnome is said to be a happy gnome. His zither playing is legendary, and he is reputed to have once made a mean rutabaga-and-lime quiche. No survivors of that culinary debacle are known to exist. In closing, let me leave you with the



one quote I was able to garner from the gnome: "All gnomes are monks, but not all monks are gnomes. Or is it the other way around?"

"I would just like to add:" (sez the gnome hisself) "lest any readers be confused or distressed, let it be said here and now that this medieval gnome has not been kidnapped by any cult, second grade class, or other group or organization and sent on a world-girdling jaunt--but oh, how I wish. And that thing with the frozen turkeys was only a minor misunderstanding--no one was even hospitalized. I've never touched a zither, although I do enjoy noodling around on a harmonica. Renegade Medieval Monk Music is a collage of world, folk, thinking person's rock-and-roll, and spoken word programming that is heard Thursdays from 9:30 to noon on KUOI-FM (89.3). I have the honor of assisting the Found Money Fund--in fact the photo herewith is one of me on a Found Money Surveillance in the men's room of the French Admin Building at the University of Colorado, Boulder, in May, 1996. That was a good day--I scored quite a bit of Buffalo coinage to bring back to Vandal-land. I was once almost kicked off an email list because of my fondness for Monty Python. I bear no resemblance to Ron Featherstone, living or dead. I think this Paulin guy has it in for me. And my volunteer work for the Co-op is both delicate and highly secret. Suffice it to say that cats...are...on the upgrade, and that.... (the rest of the tape from which this message was transcribed is, unfortunately, utterly garbled.)

*Randy Paulin teaches, writes, studies history, plays war games, runs a multi-faceted one-man business, gardens, deejays, loves his lifemate, votes, emotes, recycles, bicycles, enjoys the first of April and ponders middle age, the Middle Ages, and the excesses and anomalies of post-modern global culture from his home in Moscow.*

# Young Writers Wanted

By Bill London

Hey! All you high schoolers chowing down on those pesto rolls! Yup, you kids who come down from the high school for lunch, or snacks, or a quick cup of wake-up coffee.

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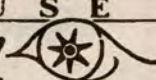
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## Macro Musings

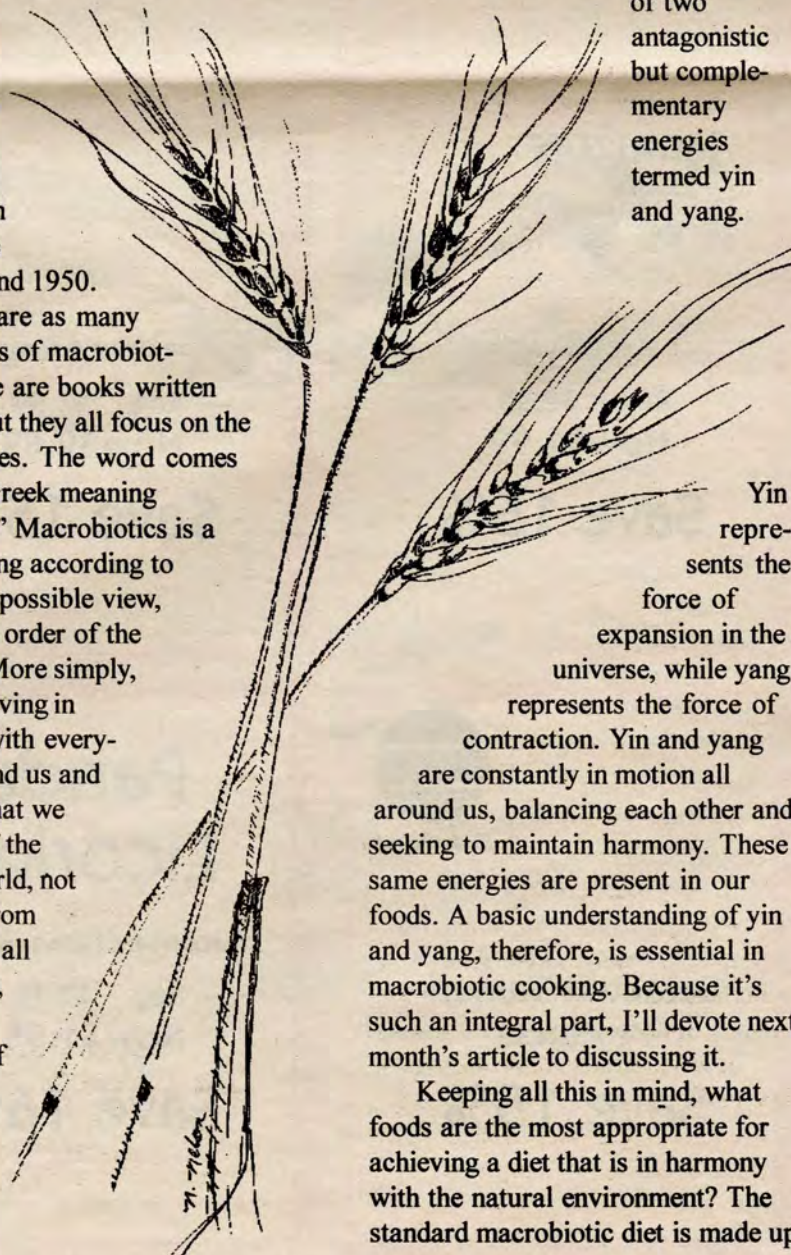
# Macrobiotics 101

by Peggy Kingery

It's hard to believe that I've been writing this column for a year already. To those of you who've been faithful readers from the beginning, thank you! I've been focusing my articles on the foods of the macrobiotic diet, but there's so much more to this way of eating than merely the ingredients used in cooking. Over the next few months, I'd like to start discussing topics related to the macrobiotic way of life: establishing a macrobiotic kitchen, cooking techniques, how food affects our emotions, and others. But first, it might be helpful to review what macrobiotics is and what some of the underlying principles supporting it are.

Macrobiotics, as it's practiced today, is the result of the work and vision of George Ohsawa (1893-1966), although its roots go back thousands of years. Ohsawa's students, Michio Kushi and the late Herman Aihara, brought macrobiotics to the United States from their native Japan around 1950.

There are as many descriptions of macrobiotics as there are books written about it, but they all focus on the same themes. The word comes from the Greek meaning "large life." Macrobiotics is a way of living according to the largest possible view, the infinite order of the universe. More simply, it's about living in harmony with everything around us and realizing that we are part of the natural world, not separate from it. Just like all of creation, we are products of environmental forces that shape



our development on a daily basis. Because of this, the closer we live in harmony with our environment, particularly in the foods we eat, the more healthy we'll be—physically, emotionally, and spiritually.

Through the foods we eat, we strive to achieve balance both within us and with the world around us. The balance within comes when we understand that food, like all life, is energy and that everything we eat becomes part of us and shapes us into who we are. Balance with the world around us results when we cook according to the changing seasons and use ingredients that are organic, locally grown, and minimally processed. By eating this way, we become more familiar with the seasonal foods that thrive in the area in which we live and obtain a greater awareness of the world around us.

In macrobiotics, balance is achieved through an understanding

of two antagonistic but complementary energies termed yin and yang.

Yin represents the force of expansion in the universe, while yang represents the force of contraction. Yin and yang are constantly in motion all around us, balancing each other and seeking to maintain harmony. These same energies are present in our foods. A basic understanding of yin and yang, therefore, is essential in macrobiotic cooking. Because it's such an integral part, I'll devote next month's article to discussing it.

Keeping all this in mind, what foods are the most appropriate for achieving a diet that is in harmony with the natural environment? The standard macrobiotic diet is made up

of 50-60% whole grains, cracked grains, and whole grain flour products; 25-30% seasonal vegetables; 5-10% beans, bean products, and sea vegetables; and 5% soups. Other foods such as fish and seafood, nuts, seeds, fruits, and various condiments are also included. The use of foods that have been excessively processed or contain additives and preservatives of any kind is not recommended. Foods that are avoided include meat, eggs, dairy products, and anything containing refined sugar or caffeine. I've discussed each of these food groups in previous articles. They can be found on the Co-op's web page: [www.moscowfoodcoop.com](http://www.moscowfoodcoop.com).

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

No matter how healthy a diet is, it'll never bring health and wellness to us unless it also tastes good. Macrobiotic cooking emphasizes using the finest natural ingredients with a minimum of seasonings and spices to allow the delicious flavor of the food itself to tantalize our taste buds. The macrobiotic way of eating differs sharply from the modern day diet, no doubt about that, but I invite you to give it a try to see if it helps you feel better not only physically, but emotionally as well.

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Gomoku (Mixed Rice)  
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This is an excellent way to use up bits and pieces of vegetables in the fridge.

2 cups short-grain brown rice  
1/2 cup diced celery  
1/2 cup cubed dried tofu,  
tempeh, or seitan  
1/4 cup diced daikon  
2" piece of Kombu, soaked and  
diced

1/2 cup diced onion  
1/2 cup corn  
1/2 cup diced carrot  
3 cups water  
2 Tbsp. minced parsley or  
chives

Mix all ingredients except parsley or chives in a pressure cooker. Place the cover on the cooker and bring up to pressure over high heat. Reduce heat to medium-low and cook for 45-50 minutes. Remove from heat and allow pressure to come down naturally. Remove the cover and allow rice to rest for 5 minutes. Stir gently, garnish with parsley or chives, and serve with steamed greens.

*Peggy Kingery likes to spend as much time in the woods as she does in the kitchen, and welcomes questions and comments about macrobiotics at [king6619@uidaho.edu](mailto:king6619@uidaho.edu).*

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# Word of Mouth

By Eva Strand

We have about 20 different kinds of granola available at the Co-op—quite impressive. On top of this, there are also a few packaged varieties of cereals and boxed hot instant cereal. Our buyer, Vicki Reich, picked eight varieties for this month's taste testing—we only tasted the bulk granolas.

The Super Natural granola was full of crunchy surprises like puffed corn, nuts and raisins. Most surprising of all was the distinct mocha flavor—this could be good or bad depending on your relationship with coffee—I liked it.

Golden Flax Crunch was well liked by everybody on the tasting panel. These flakes have a nutty clean flavor of corn and whole grain. Another favorite was Heritage Raspberry—full of puffed rice, raspberry flakes, whole raspberries and nuts, although a few of us thought that Heritage Raspberry was too sweet.

If you are looking for a chewy, not too sweet granola saturated with nuts, seeds, and grains you might choose the Moscow Food Co-op Granola. "This would be great with yogurt" was the most common spontaneous reaction to the flavor and texture of the Co-op granola.

Another winner is Low Fat Strawberry/Raspberry Granola. This granola is 'glued' together in big

yummy crunchy clusters and the berry flavor is genuine and lovely. Among the kids this was one of the two favorites. The other granola favored by children was Hemp Plus with a buttery, cookie-like flavor. The clusters of Hemp Plus are big, light and airy, filled with seeds that look more like flaxseeds than hemp seeds. Funny that the two granolas highest and lowest in fat content would be the winners among the kids.

AOK granola is a bit different with a spicy warming flavor of cinnamon, cloves and allspice. The most noticeable ingredients are the pumpkinseeds (boosts your zinc intake) and dried cranberries in a crunchy whole-grain base. AOK does not contain wheat or oats—quite unusual for a granola.

Lowfat Organic Cranberry granola ended up with the short stick in this contest, not because it didn't taste great, but because everything else tasted better. Lowfat Organic Cranberry is crunchy and dry with oats and cranberries, low in sugar and fat.

Remember, beyond breakfast, granola is also yummy as a topping over vanilla ice cream, used as "crisp" in Apple-crisp, as a coffeecake topping, or in your favorite granola bars or oatmeal-raisin cookies.

## For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook

# Asparagus Fusilli

R. Ohlgren-Evans

After a winter of hearty soups and casseroles served up with roasted root vegetables and cruciferous salads, Spring makes us think fresh and young again: crisp green spinach, new potatoes and peas, baby carrots and my all-time Spring favorite—asparagus.

The first sign of asparagus is a sure herald of Spring, with a season so brief that that we never have time to tire of it. If you're lucky enough to have your own asparagus patch, you'll soon be harvesting these tender shoots. If not, you might consider planting some—even a narrow strip at the back of a flowerbed is adequate, because by midsummer, asparagus makes tall, feathery ferns that provide a beautiful backdrop to your garden.

This recipe comes from this month's Bookshelf selection, Recipes for Change. The authors describe it as an elegant pasta that delivers vitamin E to revitalize the entire system. This dish is also high in Vitamin K and Folic acid.

### Asparagus Fusilli

- 1 1/2 quarts water
- 2 tsp. salt
- 8 oz whole grain fusilli, or other shape pasta
- 2 tsp. extra-virgin olive oil
- 3 cloves garlic, sliced
- 1/2 tsp. basil
- 1/4 tsp. oregano
- 1/4 tsp. red-pepper flakes (opt)
- pinch sage
- 3 Tbsp. pine nuts
- 6 sun-dried tomato halves, sliced
- 1 bunch asparagus, about 1 pound
- 1/2 tsp. herbal salt

In medium pot, bring water and salt to boil, covered. Add pasta to water and cook uncovered until soft, about 10 minutes, stirring occasionally.

In large sauté pan, heat olive oil and garlic. Cook 1 minute and add basil, red-pepper flakes, sage, pine nuts, tomato and 1/2 cup water from pasta.



Break off woody ends from asparagus and discard. Break off tips and set aside. Cut stems diagonally into three or four pieces. Add stems to sauté pan, stir well, cover, and cook 1 minute. Add asparagus tips, sprinkle with herbal salt, and cook 2 to 3 minutes, uncovered, until the asparagus turns bright green.

Drain pasta in a colander. Place in a large serving bowl. Place asparagus sauté on top of pasta and serve while hot.

*A self-described holistic peasant cook, Robin Ohlgren-Evans is a serious foodie and a capricious gardener. Your comments are welcome: rohlgren@moscow.com.*

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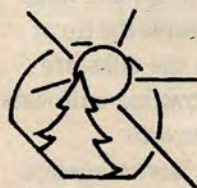
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# The Bookshelf—Monthly Reviews of the Co-op's Literary Repast

R. Ohlgren-Evans

## Recipes for Change

by Lissa DeAngelis and Molly Siple

399 pp. \$14.95, Penguin Books, New York

Well fellas...this is a cookbook for women. It is written by women and is about the metamorphosis of a woman's bodily functions. But ANYBODY concerned with good health and gourmet whole food will be intrigued with this comprehensive collection of recipes and essential information targeting the needs of menopausal women. We would all benefit by following the guidelines outlined in Recipes for Change.

The full title of this book is actually Recipes for Change—Gourmet Wholefood Cooking for Health and Vitality at Menopause.

There is so much good information within the pages of this book, it would be a powerful tool for any woman wanting helpful advice for treating menopausal symptoms.

The authors write about the importance of organics and the special nutrients needed by women as they age. They offer simple nutritional ways to address signs of menopause, including hot flashes, PMS, mood swings and weight gain. For example: A meal composed solely of complex carbohydrates will cause your body to produce its own natural tranquilizer, so eating a bowl

of brown rice or any other whole grain will raise the level of serotonin (a brain chemical which elevates moods and regulates sleep). The authors call this The Happy Meal and suggest using it as a 'tranquilizer' in the evening if you're having trouble sleeping. Well that sure beats hormone replacement therapy!

This book is full of great food tips and menu suggestions—both vegetarian and non-vegetarian—that will stabilize your emotional and physical health. The recipes use familiar ingredients, so you don't need to worry about learning how to

cook all over again. Walnuts, fish, citrus fruit, dark leafy greens and beans are commonly featured, as they are important ingredients for menopausal women.

I can't say enough about this important cookbook—it's an inspiring, empowering, yummy creation. Bon appetit!

*Robin Ohlgren-Evans pens this monthly column with the misguided notion that it would help curb her insatiable hunger to purchase yet another cookbook.*

## Gardening

### Organic Control of Garden Pests (Part Two)

By Patricia Diaz

After three inches of snow here yesterday it's hard to tell Spring is just around the corner. But soon it will be planting time and then, soon after, time to rid the garden of pests so you can reap your harvest. So this month we will conclude the article on organic control of various garden pests.

#### Imported Cabbage Worm/ Cabbage Butterfly

I know you've all seen this butterfly. It's white with three to four black spots on each wing, and lays small, yellow, bullet-shaped eggs on the underside of leaves. The larvae hatch in about a week as green caterpillars with an orange stripe down their backs and a broken yellow side stripe. They feed for about two weeks on your garden, attacking primarily the cabbage family (including broccoli, Brussels sprouts, cabbage,

cauliflower, kale, kohlrabi, mustard, radish, rutabaga, and turnips), lettuce, and nasturtiums. To rid your garden of these pests, handpick, sprinkle moist plants with a wood ash-flour-salt mixture, sour milk, or use a garlic infusion. You can also use *Bacillus thuringiensis* (sold as 'Dipel' or 'Thuricide') or use diatomaceous earth (sold as 'Fossil Flower').

#### Corn Earworm/Tomato Fruitworm

The adult version of this pest is a grayish brown moth that flies at dusk and on warm cloudy days. Yellowish dome-shaped eggs are laid singly on corn silks and leaves. Larvae are light green or brown to almost black, usually striped with yellow

heads. They roll up when disturbed. The larvae attack corn—especially sweet corn, tomatoes, beans, peppers, lettuce, eggplant, peas, potatoes, squash, and even some garden flowers.

When the larvae attack corn, they enter the tip of the ear via the silks, devour kernels, and foul the ear with their excrement. Molds then can develop at the feeding sites and their toxins can poison livestock. The larvae eat both the foliage and fruit of tomatoes, especially when the tomatoes are green, usually entering from the stem end. To control, plant resistant varieties of corn with long, tight husks such as 'Silvergent.' You can also put a clothespin on the ear tip where the silks emerge in the early stage of growth. Dropping ½ dropperful of fine, light, non-toxic oil just inside the tip of each ear after the silks are wilted and browning suffocates the larvae. *Bacillus thuringiensis* works against the young larvae as do garlic or onion sprays. Black light traps can catch the adults. You can also dust with diatomaceous earth.

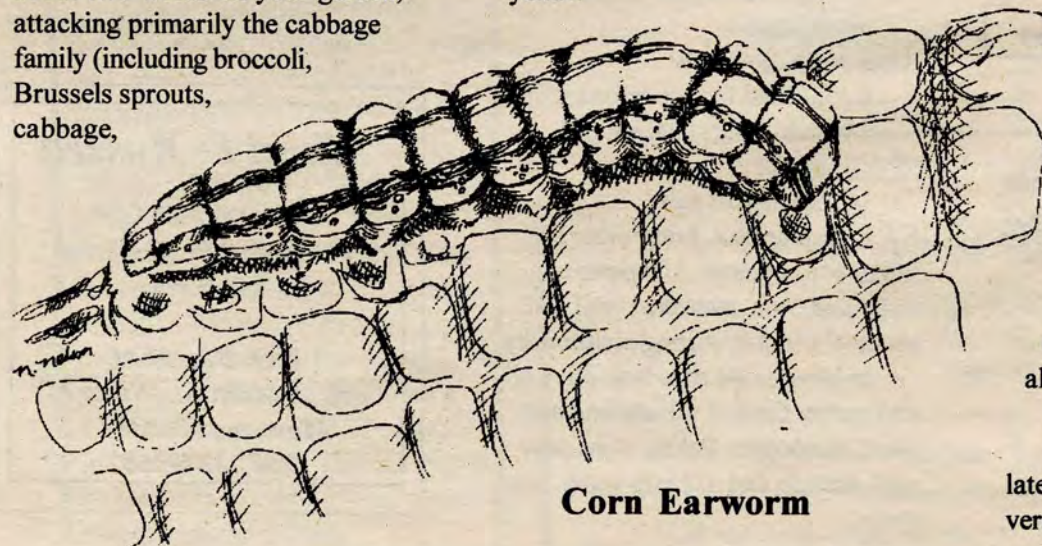
#### Eastern Tent Caterpillar

Yellowish brown to dark chocolate brown moths are the adult version of this pest. They have two

oblique whitish stripes on each wing. Shiny, dark brown, saddle-like egg cases that straddle or encircle the twigs of susceptible trees are laid in the fall and overwinter there. Black caterpillars with whitish back-stripes and blue, yellow and reddish-brown markings emerge in the spring and make communal webs. The caterpillars attack leaves of wild cherry, wild plum, apple trees and other orchard and shade trees. The attacks seldom kill the trees but they do weaken them. To control, wipe newly spun webs off the branches in the spring with a kerosene-soaked cloth. In the fall or winter, destroy egg cases and cocoons (but be careful not to confuse these with the papery spindle-shaped cocoons of the praying mantis that is a most beneficial insect). You can spray *Bacillus thuringiensis* on the caterpillars and trap the adults with black light traps. You can also dust with diatomaceous earth.

#### European Corn Borer

From May to August, a nocturnal moth emerges that is buff-colored with dark wavy bands across its wings. They lay flat clusters of white to yellowish eggs on the underside of lower leaves of garden plants, primarily corn, eggplant, peppers, beets, beans, potatoes, tomatoes, oats, soybeans, and various flowers (chrysanthemums, dahlias, and gladioli). The damaging form of the pest is the larval caterpillar, which is flesh-



Corn Earworm

## Organic Control of Garden Pests (continued)

colored with a black head and inconspicuous brown spots. If you have holes in your stems with fine "sawdust" nearby, and broken stalks and tassels, you have corn borers.

Control consists of planting resistant varieties; rotating plantings with legume crops; turning stems/stalks under in fall or shredding and turning under in early spring; hand-picking (split the stalk with your fingernail below the entrance-hole and remove larvae); using a light trap for adults; using *Bacillus thuringiensis*; and/or using parasitization by *Lydella thompsoni*, a tachinid fly.

### Potato Flea Beetle

Both adults and larvae of this insect damage potatoes, eggplant, and tomatoes. The tiny adult beetle is black or brown and jumps. It feeds on weeds and tree foliage until vegetable shoots appear where it can feed for over two months if left uncontrolled. It hibernates in the soil or under crop remnants. The eggs are very tiny and are laid in June in or on soil near the base of the plant. Larvae are slender and white with brownish heads and feed on plant roots or tubers. Adults leave tiny shot-like holes in leaves, mostly from the underside, and the larvae attack underground parts and transmit plant diseases such as spindle tuber, blight, brown rot, scab, and scurf.

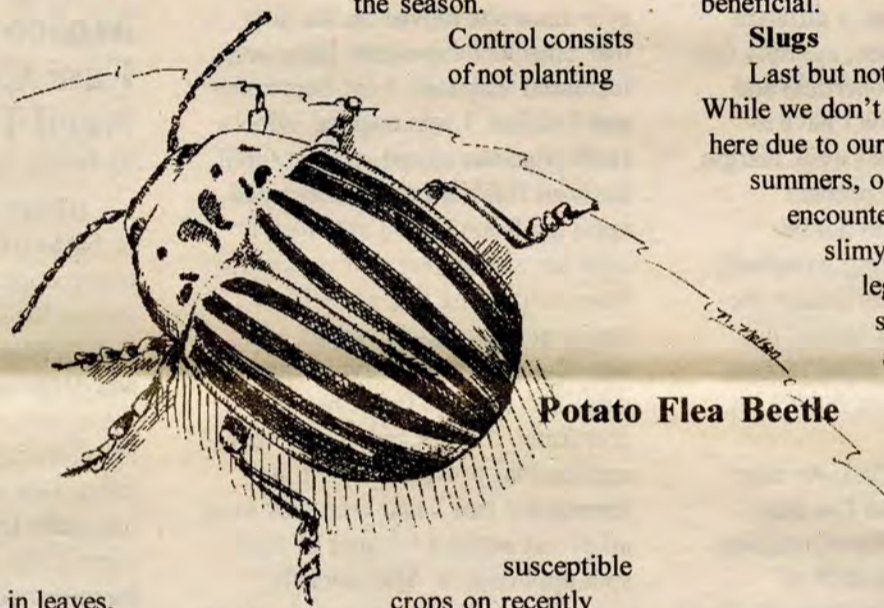
To control, cultivate frequently, which kills the eggs, and till after harvest, which kills the adults. Remove weeds and plant debris to deprive them of food and hibernation sites. You can repel them with small containers of equal parts of old soot and agricultural lime; by sprinkling hardwood ashes on plants two to three times a week; and/or by applying garlic spray or diatomaceous earth. You can protect seedbeds with gauze. Seed thickly then thin after the early-season danger is past. You can also pass sticky shields ('Tangletraps') or boxes over infested plants to catch the beetles as they jump. Interplanting with cabbage family crops helps, as does growing near shade-giving crops as the beetles don't like shade.

### Wireworm/Click Beetle

Click beetles have elongated

brown or black bodies and flip in the air when placed on their backs. They live mostly on or under the ground but can fly. They lay eggs singly in damp soil in May and June. Larvae are shiny, slender, hard, and jointed. They are yellowish to brown and are found year-round in most soils. They live 2-5 years, moving only a few yards in this time. They can bite if held. The larvae are very destructive and hard to control. They especially attack corn, potatoes, beets, beans, lettuce, cabbage, carrots, onions, peas, turnips, and small grains and grasses. They eat the underground parts of stems, roots and seeds. If you have this infestation your crop may fail to germinate or may come up in patches, then die or wither later in the season.

Control consists of not planting



Potato Flea Beetle

susceptible crops on recently sodded land and by rotating crops, turning over the top 6" of soil very early in the spring and leaving it rough for a few weeks. You can also lure them with potatoes perforated and impaled on sticks which are then buried about 1" deep; shake "worms" out of them into soapy water every few days. You can also collect them under boards resting on the soil surface or sow a row of corn as a trap crop between susceptible crops as the wireworms prefer corn roots which you can later dig up and burn.

### Spinach Leaf Miner

The spinach leaf miner is a slender, gray fly with black hairs and two wings. They lay white, oval, sculptured egg clusters on the undersides of leaves. Females can lay up to 300 over a month or so. The destructive larvae are pale green to whitish maggots with pointed heads. They eat the tissue between the surfaces of leaves and may migrate from leaf to leaf. They attack spinach, beets, sugar beets,

chard, lettuce, carrots, parsnips, celery, and many weeds like chickweed, lamb's quarters, and nightshade. They feed between but not through leaf surfaces. Their mines will stunt your plants and the first generation does the most damage. To control, pick off affected leaves and burn or compost them.

Destroy crop residues and host weeds in the area. Screen beds with cheesecloth until a week before harvesting. Early spring spinach may escape injury. The larvae are very susceptible to parasitic wasps (especially the second to fourth generations), thus planting Queen Anne's lace, dill and parsley around your plants is encouraged. Heavy watering can wash off eggs and kill pupae, and deep spring plowing is beneficial.

### Slugs

Last but not least, is the slug. While we don't have many around here due to our cold winters and dry summers, occasionally we do encounter them. They are slimy, soft-bodied, and legless, resembling a shell-less snail. They attack the cabbage family, lettuce, and potatoes. Diatomaceous earth works well on these pests—dust the leaves and resting places. You can also use wood ash or sharp sand on soil around plants, which irritates their skins, or lay lines of lime or sawdust to discourage migration. Shallow pans of beer (refresh daily) or yeast sunk into the ground are good traps.

*Pat Diaz writes and lives on six acres in the woods near Dworshak Reservoir. She shares this space with her husband, a black schnauzer, and lots of deer, elk, turkeys, birds, pine squirrels, and the occasional bear and cougar.*

## Useful Info...

### Any Volunteers?

Volunteers are needed for the 12<sup>th</sup> Annual Household Hazardous Waste Collection Day, on Saturday, April 15, from 8 a.m. to 4 p.m.

Volunteers for both the morning and afternoon shifts are needed to direct traffic, hand out educational materials and survey forms, unload vehicles, and recycle paint, oil, and antifreeze. Lunch, snacks, and protective clothing will be provided. For more information, please call Moscow Recycling at 882-0590.

### Moscow Recycling says, "It's Paint Exchange Time!"

Each year, hundreds of gallons of usable latex paint are collected at the City of Moscow's Household Hazardous Waste Collection Day. This paint is redistributed through the Paint Exchange program. Individuals or groups who wish to get some of this year's paint should contact Moscow Recycling as soon as possible to be put on the paint distribution list. While the paint distribution is primarily on a first-call-first-served basis, preference will be given to Latah County residents and organizations.

Because of the nature of this program, there is no guarantee of specific colors, interior/exterior availability, or quantity of paint available. To serve as many residents as possible, we limit each organization or household to 10 gallons of paint. If you need additional paint, your name will be put on a separate list for any paint remaining at the end of the exchange program. For more information, contact Moscow Recycling at 882-0590.

### Paradise Creek Cleanup: Saturday, April 15

As part of Earth Day-related activities, PCEI is coordinating the annual Paradise Creek Cleanup. The Co-op is again sponsoring the cleaning of a stretch of Paradise Creek along Sixth Street by the U of I campus.

After the morning's cleanup, lunch will be served at Mountain View Park where an afternoon of tree planting is also scheduled.

So, come join other Co-op members in an earth rescue activity! Bring your shovels and rakes, wear your muck boots, and bring a friend. Potential Volunteers are encouraged to contact Gary Macfarlane at the Co-op for more details.

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## Whose Earth Is It?

By Pamela Lee

Last April I deviated from my usual food article, appealing instead for clean unscented air. As another Earth Day rolls around, I'll again put food aside for an environmental petition. Please, think of the tender creatures that inhabit this earth before applying that next round of yard chemicals, be it fertilizer, so-called weed and feed, antifungal agents, herbicides, or convenient spot spraying with systemic killing agents.

I lost my sweet Red (cat) on February 23, 2000. I've always had cats, but Red was my favorite. He was spunky, brave, loyal, smart, irascible, occasionally sweet, and always full of personality. He died from a horribly aggressive lymphatic sarcoma. I was shocked at how quickly the cancer ravaged his tiny body. One day, out of the blue, one of his hind legs was swollen twice its size. It took several weeks to diagnose the problem. Eventually, Red was put under anesthesia for a biopsy, but once the leg was cut into, the tumor was so obvious and so large that the leg was immediately amputated. Little Red recovered from the surgery and he adjusted admirably and courageously to being a three-legged indoor cat (after almost fourteen years as a four-legged outdoor Tomcat). But, our grace period after the surgery was far too brief. The cancer had spread.

Since learning that Red had lymphatic cancer, I've had plenty of time to look back and wonder why. Of course no one knows conclusively what causes cancer. I am an artist and I teach in the humanities, not the sciences, yet I read and have drawn up my own theories. I believe that there are probably genetic propensities that can be triggered by environmental conditions, such as tainted food, toxic chemicals, etc. As I watched little Red's body quickly and ruthlessly consumed by the cancer, I considered environmental factors. The veterinarians had indicated that they've been seeing more and more aggressive cancers. I wondered why?

I am a chemically sensitive individual, one of those "canaries" that reacts with hypersensitivity to environmental stresses. I get horribly sick (vomiting, migraines, in pain for days) from food additives, allergens,

and from my neighbors' lawn and garden chemicals. As spring approaches I eagerly anticipate getting outside, turning the soil to see what I might grow. But since acquiring chemical sensitivities, my gardening expectations have repeatedly ended in frustration. Not from natural garden disappointments, but because I end up sick and locked indoors when neighbors apply their yard chemicals. Perhaps you only apply two or three rounds of chemicals each summer. But, I've neighbors on all sides. I am trapped indoors, sometimes for weeks at a stretch, after each neighbor applies his or her weed-and-feed, tree spray, Round Up, or fungicide. Consider that each neighbor has a different schedule for application, multiply that by eight (adjacent properties) and imagine how little time I have to garden, allowing a two week margin after each neighbor's product application when I can not be outdoors without getting wretchedly ill. The eight neighbors include the three adjacent houses behind my property, the three in front (across the street), and the two houses on either sides of me.

Back to my Red cat. As summers have passed and I've been locked indoors, sometimes retching and vomiting from the drift of neighbors' chemical applications, I've wondered how little Reddy could tolerate those yard chemicals. He was a male cat who made regular forays onto surrounding properties. At least three times each day he would patrol the perimeter of our yard, then come in the house and patrol it (walking through each room, upstairs and down). This routine seemed so instinctual, so much a part of his hard-wired male catness, that I never had the heart to keep him inside, even when I could not go outside myself because of the neighbors' (toxic) yard chemicals. I wondered how such a small creature could tolerate the chemical-laced air.

I regret that I did not keep Red inside when my own hypersensitivity told me the air was bad, that chemicals had been applied. He threw such a fit whenever I kept him inside during daylight hours. I gave in.

I like that we in America have property rights. Yet, how do we democratically decide who gets to use what chemical in their own

yard? We have to share the air, and what you put on your yard next door is in my air.) Because I get violently ill, and need medical care, my doctor has written a diplomatic letter that I take around to my neighbors. The letter briefly states the severity and nature of my illness and asks that they notify me before they apply lawn or garden chemical so I can stay indoors and attempt to avoid exposure. I don't dictate what neighbors do with their property. Yet for me, neighbors' use of yard chemicals can mean days, weeks, and even months of painful debility. I wonder what it did for my little Red.

There is one neighbor that seems to be ecology minded. Yet, ever since she moved in, the summer chemical exposures have been increased manifold. Last September and October, I was trapped indoors (with windows closed up tight) until the hard frosts hit and she stopped applying Round Up. Last week I took her another copy of my doctor's letter, requesting that she tell me before she applies chemicals so I can take measures to avoid exposure. She said she didn't use any chemicals, that she only uses "spot applications of Round Up." I informed her that I had been sick most all of last autumn because of those spot applications. She seems to apply the stuff every few days, or at a minimum every weekend. The prevailing winds bring the chemical drift right to my door and driveway. I wore a half-face respirator to take the garbage and compost out, even to get from my door to my car. When Red was out of sight, and I'd call him home, he came through the back hedge, from the direction of her yard 80% of the time.

So whose earth is it? How do we decide what is "earth- and creature-friendly?" Since I appreciate my own freedoms and property rights, I am cautious when asking neighbors to inform me of what they apply to their yards. But, I want to garden and sit outdoors during summer months. Red's cancer-ravaged body showed me that I should have kept him inside, that his little body couldn't tolerate the environmental stress any more than mine.

So, please, remember that you share this earth with other creatures. I understand the desire to ward off

weeds and insects, but I wish you'd reach for safer products that won't harm my cat, or me. Shop for your yard products at Prairie Bloom (on the Pullman-Moscow highway), at Gardens Alive (mail order), or some such ecology-minded vendor. Share this fine earth with the smaller and more sensitive creatures. It just might prolong all our lives. And life is such a blessing.

*Pamela Lee writes this column in the memory of her dear cat, Red, whose life and love she shared from September 18, 1986 to February 23, 2000.*

## Help! Moscow Renaissance Fair Craftspeople Need Places To Stay

by Nancy Taylor

HELP! Camping spaces, rooms or backyard lawns are needed for craftspeople attending the 27th annual Moscow Renaissance Fair on Friday, May 5th, Saturday, May 6th and possibly Sunday, May 7th. All the motels in Pullman and Moscow are currently booked for the Renaissance Fair weekend since Washington State University's commencement is the same weekend. The Renaissance Fair features up to 135 craft booths annually.

At this point, craftspeople coming to the Renaissance Fair have no place to stay during the weekend of May 5th-May 7th. Most of them just need a place to pitch a tent or park their RV for the night. If you have a room, backyard or driveway that you are willing to make available to craftspeople in need of a place to stay, please contact Charlie Wheeler at (208) 875-8760, or email: [shamancbw@turbonet.com](mailto:shamancbw@turbonet.com) as soon as possible. Please let Charlie know:

1. your name, address, and phone number;
2. what type of accommodations you have available;
3. how many people you can accommodate; and
4. dates your accommodations are available.

You will be contacted the week of the Fair if someone needs your accommodations. Any and all accommodations would be greatly appreciated.

# Pet Care: Fishing with Fido

By Sarah Hoggan

Fishing can be wonderful recreation, but sharing the catch with your dog can be an act of kindness that kills. Salmon Poisoning Disease is a horrific and often fatal condition seen in dogs that eat certain raw fish. Salmon (salmonid fish) and other anadromous fish can be infected with a parasite called *Nanophyetus salmincola*. Overall, the parasite is relatively harmless. The danger occurs when the parasite itself is infected with a rickettsial organism called *Neorickettsia helminthoeca*. It's this microorganism that causes salmon poisoning.

"Salmon poisoning is most prevalent west of the Cascade mountain range," says Dr. Bill Foreyt, a veterinary parasitologist at Washington State University's College of Veterinary Medicine. He adds, "Canids are the only species susceptible to salmon poisoning.

That's why cats, raccoons and bears eat raw fish regularly without consequence."

Generally, clinical signs appear within six days of a dog eating an infected fish. Fever, diarrhea, weakness, and swollen lymph nodes are all common symptoms of salmon poisoning. Additionally, a dog may show weight loss and refuse to eat. Death usually occurs within fourteen days of eating the infected fish. Unfortunately, 90 percent of dogs showing symptoms die.


Thankfully, salmon poisoning is treatable if it's caught in time. A key to its diagnosis is telling your veterinarian that your dog ate raw fish. If you have a dog that wanders, or raids trashcans, and you are unsure of what it's eaten, salmon poisoning can be diagnosed with a fecal sample. Detecting the parasite's eggs as they are shed in the feces confirms its presence. The

combination of symptoms plus the presence of eggs, is enough to justify treatment.

Given the severity of the condition, treatment is relatively simple. Your veterinarian will prescribe an antibiotic and a "wormer." The drug kills the rickettsial organisms causing the illness, and the wormer kills the parasite. Once treatment has been started, most dogs show dramatic improvement within two days.

Next time you are fishing or purchase raw salmon and you hear the familiar begging whine of your dog—ignore it. They may not understand, but not sharing the fish is the best thing for them. This will save them from suffering salmon poisoning, and save you from a costly veterinary bill.

*Sarah Hoggan is a junior at WSU's College of Veterinary Medicine. She and her wonderful husband have three dogs, two cats, and are expecting a baby in September to add to their happy commotion.*



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**Large & Small Animals**  
Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.

# Tales From Mexico

By Natalie Shapiro

Buenos! I am writing this in southern Mexico. I would like to share some of the extraordinary food and culture I've encountered on my travels.

Perhaps the heart of Mexican communities is the Mercado (market). Market day, a specific day each week, is a bustling, chaotic experience. My favorite mercado is in Oaxaca City. This is a huge, permanent establishment occupying several city blocks near the bus station. Literally anything can be purchased here—fruit, cheese, liquor, meats, electronics, housewares, and even live chickens!

I love wandering through the crowded aisles, breathing in the exciting smells of fresh-baked bread, dried and fresh herbs, and the pungent aroma of mangoes. The chaos is overwhelming—people shoving by, small boys on bicycles darting along, women rushing by holding onto several plucked chickens, vendors calling out to shoppers.

"Tlayudas!" "Tlayudas!" the women call in hoarse voices. Fresh homemade tortillas, hmm! As a woman opens her bag, the warm smell of corn greets my nose. I buy 10 tortillas for about 5 US pennies.

Nearby are several carts with homemade treats. Amaranth is very

popular here—it's mixed with honey to create a delicious snack. It is also sold in a puffed form, like puffed rice. Tamarind pulp, from the tamarind bean, is used in drinks and candies. Its sweet-sour taste is very pleasant. Ask me for samples!

The meat aisle is my favorite because it is so wildly different from anything I have ever experienced in the USA. American sanitary laws would prohibit Mexican mercado-style meat aisles. I pass by platters of raw intestines, slabs of freshly sliced beef, multitudes of organs, sheep's heads, and mounds of plucked yellow chickens (they are fed marigold flowers to achieve the yellow color). All carefully and cleanly displayed, but nonetheless, unrefrigerated. "A vegan's nightmare," I think, chuckling at the thought of Gary or Josh from the Co-op Deli finding their way through the carnivorous delights. Onto the produce section, quickly.

Here lay rows and rows of produce. It's mind boggling to see the sheer quantities of produce—hundreds of mangoes piled up high, mountains of limes, avocados, and other delights. I point to a mango.

"Cuanta Costa?"

"Dos pesos," replies the woman. That translates to about 20 US

cents. Less, if I choose to barter.

A few stalls over lurk a plethora of bulk bins with every imaginable variety of bean, several kinds of dried hot peppers and nuts. I buy half a kilo of my favorite hot pepper: chipotle. This is a jalapeno pepper that has been smoked to give it a delicious barbecue flavor.

I slow down at a stall selling several kinds of mezcal. The well-known tequila is a kind of mezcal. Mezcal is produced mainly in Oaxaca, from the Agave plant. I show interest in a bottle of mezcal, and the grinning woman pours me a sample. Realizing my good fortune, I show interest in several more bottles. Now feeling a pleasant buzz, I buy one. But wait, she's not done with me. Still grinning, she gestures to a small bowl of the famous Oaxacan chocolate. I savor the coarse, granular, sweet and cinnamon treat and have to buy some of that too.

Outside, I pass a stall selling live chickens. I pause and consider the ramifications of a couple of chickens in the backyard of our temporary Oaxacan home. I decline the temptation.

Next issue: Oaxacan recipes you can try!

# Celebrate Spring at the Fair

By Nancy Taylor

Please come celebrate spring at the 27th annual Moscow Renaissance Fair at East City Park in Moscow on Saturday, May 6<sup>th</sup>, and Sunday, May 7<sup>th</sup>, from 10:00 a.m. to dusk. Admission to all the festivities and the main stage entertainment both days is free.

Headlining two days of top-notch entertainment will be Yonder Mountain String Band, a blue grass band from Boulder, Colorado, and BeeCraft, an acid jazz band from Seattle. Other regional acts such as Shaughnessy Hills Band, an Irish band from Montana, and Coeurimba, a marimba band from Coeur d'Alene, will also perform on the main stage.

The Renaissance Fair is the first major juried arts and crafts festival of the year in this region, with 135 booths filled by artisans from throughout the Northwest.

Dozens of food items, sold by non-profit groups, are traditional favorites at the fair. Selections will range from Chinese and East Indian cuisine, to American favorites like homemade pie.

The large children's area will have entertainment for the entire family on the acoustic stage, "Stage Two." Performances there will include local dancers and storytellers as well as a shortened Shakespearean play. Other activities scheduled include arts, crafts, and the "Adventure Bound" climbing wall and zip line.



**Yoga and Western Medicine**discussion by **Dr. Krishna Raman****Thurs April 27, 4:30pm**

with reception to follow WSU Fine Arts Auditorium, 335-4593

**Community Drum Circle****-All Welcome!****April 22 @ Blain Schoolhouse**

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**begin April 1, continues through May****April 15:** annual Paradise Creek clean-up day**April 22:** Earth Day 2000! annual membership mee**April 28-29:** Arbor Day and Chipman Trail Plant**Friends of the Clearwater  
Wild Forest Events****PANEL DISCUSSION ON PROTECTING  
WILD FORESTS****Thursday, April 13, 7.30 pm**

University of Idaho Law School Rm 104

Includes: Howie Wolke, Tom Rhode (Forester),  
Hirt as moderator**EARTH DAY PARADE FOR WILD FORESTS****Saturday, April 22**2 pm Rally at Friendship Square, 4th and Main  
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For more information on Wild Forest Events call Friends of the  
Clearwater (208) 882-9755**Protect Your Kids-Inside and Out**  
**Informational health and safety event**  
sponsored by the Children's Health and Safety Coalition  
of Latah County.**Eastside Market Place in Moscow on**  
**April 8 from 8A.M to 9P.M.****Celebrate spring  
annual Moscow****East City Park on Saturday  
Sunday May 7th.**Admission is free. Enjoy two  
food and frolic And if you w  
883-8080.**Ina May Gaskin is coming  
to Moscow (she's the well-known midwife  
and author of Spiritual Midwifery)****Friday, April 14, 4:30pm**speech, reception and booksigning UI Law School courtroom  
also: she will teach midwifery workshops on  
Saturday, April 15 for more information, call Nancy Draznin,  
208-224-6965**US Forest Service Roadless Areas  
panel discussion****Thursday, April 13, 7:30 pm**

UI Law School room 104. 882-9755

**Spring Barter Fairs****-Columbia Spring Celebration**

April 7-9, Northport WA - 509-732-6130

**-Spirit Ridge Barter Faire**

April 28-30, Nespelem WA - 509-633-1928

**-Okanogan Highlands Event**

April 19, Tonasket WA - 509-486-2173

**Palouse Folklore Society****March 18th:** PFS contra dance at the Moscow Community Center  
@7:30pm (\$5 members, \$7 nonmembers, \$4 newcomers who arrive  
at 7:30pm). **Potatohead and Dan Maher** are playing with Joseph  
Erhard-Hudson calling.**April 14th:** **Wilson-Cannavaro** play smooth jazz for a concert  
@7:30pm at the Unitarian Church in Moscow. Tickets can be  
purchased at the door for \$5.**April 15th:** PFS contra dance at the Moscow Community Center  
@7:30pm (\$5 members, \$7 nonmembers, \$4 newcomers who arrive  
at 7:30pm). **Arvid Lundin** is playing with Mitchell Frey calling.**May 6th:** PFS contra dance at the Moscow Community Center  
@7:30pm (\$5 members, \$7 nonmembers, \$4 newcomers who arrive  
at 7:30pm). **Potatohead** is playing with **Justin S. Morrill** calling.Submit non-profit announcements  
no later than the 25th of each month  
"For additional events & information  
Web site at <http://www.moscowfoodcoop.com/event.html>"Special Collections Library  
University of Idaho  
Moscow ID 83844-2351