

August 2000

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co•op

Welcome Back Barbecue

By Vicki Reich

I think I have kind of a love/love relationship with students. I love it when they leave for the summer and I love it when they come back. It is so nice to have the streets quiet and no loud parties on my street. You can get a pesto roll even an hour after they come out of the oven. But the store can be awfully quiet during those months and I live for the hustle and bustle of a busy store. So when students return, I love that



This year, we're welcoming students back with an outdoor barbecue. The whole mall will be out on the sidewalk offering up their wares. We'll be serving up samples of various kinds of burgers and hot dogs, as well as chip and salsa and a keg of Reed's Ginger Brew. The party will be in the parking lot on Saturday, August 26, starting at 11:00 am and ending around 4:00 or whenever the food runs out. Everyone is welcome to come and sample, and while you're here you can help welcome back all the students. See you there!

INSIDE:

Successful dog wash,
Avocados, Critter
control, Veterinary
Acupuncture
and Good-bye
to Barbara . . .

.....

Ode to The Oatie

By the women of City Hall,
caught in the spell

A Cookie so divine
Fit to be put into rhyme
A delightful snack highly favored
No other baked good so savored.

This treat is thought of with affection
Daily it is baked to perfection
Hats off to the Bakery
That can make such a supreme pastry.

A tasty tidbit relished completely
A treat tasting most sweetly
Award this master cookie recipe,
But, please "alter" it on occasion and
oh how happy we will be.

.....

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

Community News



Bulk food is Beautiful: A Shopping Primer

By Kenna S. Eaton, General Manager

I've been shopping and working at the Co-op for over 18 years and the bulk department is definitely one of my favorite parts of the store. When I started here, almost all our bulk items were in white, 5-gallon buckets; in fact the store was a virtual sea of white buckets. Immediately I wanted to bring in bulk dispensers that could showcase all the colors and varieties of bulk food we had. We finally achieved that goal about 5 years ago, and now I love just looking at all the cool stuff we have. Bulk food not only looks good, it's also one of the best deals at the Co-op. It's easier on the environment and you can save lots of money by shopping the bulk department, especially if you come prepared.

Shopping at the Co-op starts at home. Gather up your shopping list, your empty containers and bags, and, since shopping at the Co-op does take a little longer, allow yourself some time. When you arrive at the Co-op, grab a shopping basket and head back to the bulk section. If you have brought some containers with you, you'll need to weigh them first. We have a scale you can use back by the bulk herbs, or if you feel you need some help, stop at the registers and a cashier will be happy to assist you.

Once your containers are weighed, go ahead and fill them. Next you'll need to write down the PLU number from the bin onto your shopping list, or, better yet, onto your containers. If you are a Co-op Member and the bulk item is on sale this month, be sure to note the temporary PLU number that begins with a '9.' This information allows the cashier to charge you the correct price.

We also recycle containers at the Co-op—these sterilized containers are free and available for you to use. They're located in the bulk section under the bulk liquids. Again, don't forget to weigh your containers first.

Now you're ready to head to the

registers (well, after you get the rest of the items on your shopping list!). If you forgot to write down the PLU number for the items you bought, don't worry, our cashiers have a master list. However, they may need to ask you a few questions before selecting the correct number, so please be patient. After you check out, our cashiers will offer you a receipt. Look at the receipt: first you'll see the description of what you chose, the weight of the item, the price per pound and the total price for the amount that you bought. If you have any questions, please don't hesitate to ask—we know the receipts can be a little confusing.

If you spill a bulk item on the floor, please be sure to tell a staff person so we can clean it up before someone else slips on it or spreads it around the store. And take your time; enjoy the colors, sights and smells of the bulk department—it's my kind of fun!

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The Non-Bored Board News

By Suzanne Peyer

When Kenton Bird asked to be put on the agenda for the July board meeting, we knew he wanted to discuss the restoration of the 1912 Building, now on the National Register of Historic Places, but we weren't sure what role he wanted the Moscow Food Co-op to play. After Kenton gave an overview of the history of, and the intended use for the building following its restoration, he requested that the Moscow Food Co-op "endorse the 1912 Center and the community's effort to redevelop this facility to serve this and future generations."

As Board Members, we agreed to endorse the 1912 Center, because we felt that the objectives of the Center were consistent with the values of the Moscow Food Co-op. According to Kenton, the 1912 Building served as a high school from 1913 to 1939, a junior high school until 1958, and school district

administrative offices for a period of time thereafter. The building has now been purchased by the city of Moscow with donations from citizens. The intended use of the proposed Center is to host community-based programs focusing on family, heritage, arts, and science, and to provide a place for various groups to hold conferences, meetings, or social gatherings. As the 1912 Building is centrally located, it will be easily accessible by foot or bike for many of Moscow's residents, contributing to the health and vitality of Moscow's downtown. A more detailed synopsis of the 1912 Building restoration is available for review at the co-op, including a floor plan with specific purposes listed for each room in the building.

We hope you agree with and support our decision to endorse the 1912 Center.



Welcome!

by Laura Long, membership manager

I know it seems like summer just got here, but it's already time to start thinking about heading back to school for the fall. I want to welcome back all our returning student and faculty members. It's good to have you back. As a "thank you" we have planned a Parking Lot Barbecue Party to welcome back the students, and to familiarize you all with the member benefits at the Co-op. If you've never been a member before, this will be a great time to meet some of the staff and board members, try some good food, and learn about membership at the Moscow Food Co-op. Vicki has lined up some great treats for us, so check out her article in this issue to find out what she has planned. If you are already a member, this will be a good time to stop by the Co-op, renew your membership, and meet up with friends you've missed while you were away. I hope to see you there!

I also wanted to spend a little time this month talking about one of the member 'thank you's' that we offer at the Co-op: the ever popular bread card. I had this comment from a member in July: "It bugs me that you don't give a bread card discount on 'old' bread. Since it's only marked down 10 cents and the bread card discount is 20 cents per loaf, you end up paying more for 'old'

bread than for fresh."

Our bread cards were originally offered as a way to say thank-you for buying fresh, homemade bread right from the Co-op's own bakery. Every time you buy a fresh loaf from the bakery, you should get your card punched by the cashier, and after you have purchased ten loaves you can redeem the card for up to \$2.00 off on another loaf. It's true that if you buy ten \$2 loaves this works out to 10% off, but if you buy ten \$.99 loaves, it works out to a 20% discount. However, the bread card was not specifically designed to be a discount card—we just wanted to find a way to show our appreciation for your support of our local bakery by giving away a "free" fresh loaf with the purchase of ten fresh loaves. I also checked with the bakery, and they assured me that they usually mark the bread down about 20 cents on the first day, another 20 cents or so on the second day (if there's any left!).

I hope this clarifies what we were hoping to accomplish with the bread cards. Many people seem to be happy with how the system works, however, we are always willing to take member input on any and all Co-op policies (that's another benefit of membership!) So, thanks for your comment.

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The Buy Line

By Vicki Reich, grocery buyer

August always seems to me like the last gasp of summer (although my grandfather always said that July 4th was the end of summer, a little too depressing for me). School starts and life seems to return to its normal busy self (whatever 'normal' is, we haven't quite figured that out at the Co-op). Even though fall doesn't officially start until September 22nd, August is really it for summer. I always try to fit the most summer fun into this month. I'm busy in my garden, I go visit my family at the beach, and I barbecue.

I love barbecuing. The smells that emanate from anything put on the grill makes my mouth water just thinking about it. My favorite thing to barbecue is definitely beef, and not just any beef but BCR beef. If you haven't tried it, you don't know what you're missing. BCR beef is raised right here, just 9 miles outside of Moscow at the base of Paradise Ridge. These Salers cattle live a good, clean life. They are not treated with hormones or antibiotics and they're not fed animal by-products. Although they are not fed certified organic feed, they are fed all natural grains, including feed raised on the ranch. Not only is the beef well fed, but also before it is processed, it is naturally dry-aged for 14 days, helping to make it the most tender beef I've even eaten. BCR is a family-run operation and Scott Meyers and his family really know their beef.

The Co-op stocks BCR beef in our freezer section. We have ground beef as well as a wide selection of steaks and roasts. I've just recently reorganized the beef in the freezer and I hope it's a lot easier to find

what you're looking for.

So enjoy the heat and the dog days of summer with a delicious barbecue, and don't forget to join us for our Welcome Back Barbecue on August 26th, we'll be sampling BCR burgers.

The Suggestion Board

Would you please stock Thai rice discs? They are used to wrap up vegetables, etc. (like spring rolls) Thanks! I would love to but I can't find a source for them. I will keep looking and when I find them you'll have them.

Can you get Uncle Sam's Cereal by General Mills? Has flaxseeds and no sugar! Sorry, it's not available from any of my suppliers

Have a simple 3x5 or 4x6 file card box (perhaps near the vitamins, etc.) where natural doctors, naturopaths, chiropractors, massage therapists can leave their cards or tape them to a 3x5 with any notes. Helps people in the area know who's here and connect up. Thanks. Carrie says: We're working on a system for this! Thanks for the ideas.

The ice cream brownie sandwiches are excellent! Keep it up. I think so too. Have you tried all the other new frozen novelties from Soy Delicious? They're great too!

Please research another source of bulk Spirulina (try a brand or distributor called Now). The best kind comes from Hawaii (Big Island) and should cost about \$25 retail vs. \$66 (your present price). Thank You! I will try to find a different source but I can't get Now brand. Keep an eye out for the change.

New Products

By Vicki Reich

Soy Delicious Novelties—fudge bars, ice cream sandwiches and more. These are all yummy and made from soy.

Corn Nuts in Bulk—very addictive, beware!

Yves Good Dogs—that same great Yves quality with a higher fat content so they plump when you cook them.

Drew's Chipotle Grill Sauce and Caribbean Grill Sauce—this guy knows his sauce.

Good Health Rosemary and Cracked Pepper Olive Oil Chips in 1.25 oz bags—those awesome chips in single serving bags.

Shari's Organic Canned Beans—beans, beans, the magical fruit.

Courtney's Organic Water Crackers—as good as Carr's plus they're organic and no hydrolyzed oils.

Thai Kitchen Roasted Red Chili Paste—I love all the Thai Kitchen pastes and this is a great new addition.

Sucanat in Bulk—a much requested item.

Thai Kitchen Instant Noodles—like ramen only with rice noodles. They're gluten-free and delicious.

Nature's Path EnviroKids Cereal—four great new cereals that passed the Co-op kid test (Josh loves them).

Cowgirl Chocolate Caramel Sauce—Oh My God! She's made another amazing flavored caramel. Try dipping fruit in this stuff. It's to die for.

Sarah's Garden Salad Dressings—fat-free and delicious.

Salsa, Salsa, Salsa Fresh Salsa—made fresh in Moscow.

Bergerac Bordeaux—A beautiful '98.

Rising Sun Tortas and Pestos—great tasting stuff from a small family farm.

Vegi Deli Turkey Strips—these make delicious fajitas.

Vegi Deli Salami Slices—real salami taste.

Barbara's Cheese Puffs in 1 oz. size—for those of us who can't stop eating a big bag of these and really should.

Kettle Crisps in 1-oz. bags—ditto.

New in Personal Care:

Bulk Vegetable Glycerin. Now you can get the exact amount you need.

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Produce News

By Lahde Fesler

Fresh, local produce is the ongoing topic here in the produce department, with our bountiful Palouse growing season picking up momentum. Organic farmers and gardeners deliver all sorts of scrumptious local produce right to our doorstep. But, all too often, the BIG question from Co-op shoppers is, "Now what do we do with all this wonderful fresh local produce?"

Collard greens, for example, are one of our most health-giving vegetables, a dark leafy green packed full of chlorophyll, rich in vitamins and mineral. Nonetheless, collards sit waiting and wilting under the mister, relentlessly hoping for a health-conscious shopper to scoop them up! Northerners, unfamiliar with these greens, associated them with 'down south' home cooking: collards, grits, and ham chops—mmm...mmm...good! But there are literally hundreds of ways to prepare them and collards are actually highly suited to our northern climate. They can be minced up fresh and tossed into salads to give added nutrition, flavor, and color. They are excellent cooked up in stir-fry dishes or vegi soups. I like them best lightly steamed and drizzled with fresh olive oil, lemon juice, and sprinkled with black pepper.

Elizabeth from the Farmer's Market says collards are great to use in place of grape leaves in the Greek dish known as 'Dolmas.' Below is a recipe for dolmas from The American Vegetarian Cookbook by Marilyn Diamond, modified for use with collard greens. Give it a try!

Onto another subject.... This last month I received quite a few comments on how HORRRR...IBLE the broccoli looked, and I must agree it looked pretty sad. There was also a request to find another supplier.

Well, these comments deserve a response that may give you all a better insight into the woes of our organic produce supply, or rather, the seasonal fluctuations of our organic produce supply, depending on how one looks at it. Conventional produce, which is often the yardstick held up to organics, is much less affected by seasonal fluctuations, thus offering a much more consistent product to the customer. And organic produce is much more limited in choices of suppliers, thus making availability less consistent but also influencing the organic shopper's diet to be more seasonal and more local.

Using broccoli as an example, we are faced with what is called "in-between seasons." Basically, the supply that has looked so good all winter, coming from California, is now yellowing in color and looking peaked. This is due to the broccoli's love of cooler temperatures. When temperatures heat up the broccoli becomes stressed and susceptible to aphid attacks which only exasperates the 'ugly broccoli' problem. In addition to this, supply becomes limited because it is the tail end of the season and prices go up to unheard of proportions. Customers, understandably so, balk at the high prices and the poor pitiful broccoli is left to sit in the produce case all the longer, just worsening the ugly problem all the more. Fortunately for us, these trends do not last forever. New crops from Washington, where the climate is milder, begin to trickle into the Co-op, expensive and sporadically available at first, but very beautiful (definitely winning the beauty contest against its uglier sister, the California broccoli.) This is what I mean about "between seasons."

So when we are between seasons on a certain item of produce, all we can really do is wait for the Beauty Queen to make her entrance. And, if you are really suffering from a bad case of the produce blues, let me know and I might be able to help you choose a substitute. For example, in the case of broccoli, kale or collards are often a good substitute because they are in the same family, (Cruciferous) and are similar in flavor.

So, next time you see a sad trend in the produce department, rest assured, I have searched out the best we are able to get for the time being, and things will come around as the season permits.

Keep the comments rolling...and enjoy all the fresh local produce while the season lasts!

Dolmas (stuffed collard leaves)

- 1 bunch collards
- 9 Tbsp. olive oil, divided
- 1 small onion, minced
- 1 tsp. dried dill
- 1 Tbsp. dried currants (optional)
- 3 tsp. grated nutmeg
- 1/2 tsp. ground cardamom
- 2 cups cooked basmati rice
- Juice of one lime (2-3 Tbsp.)
- Several thin slices of lemon
- 2 to 3 bay leaves

Prepare collards by cutting out the thick white rib that runs down the center of the leaf and parboil the leaves by quickly dipping them in boiling water for just a second to make them wilt. Sprinkle lightly with salt. Set aside.

Heat 5 tablespoons of olive oil



Personal Care Corner Dog Wash a Success

By Carrie A. Corson, non-food buyer

I really love dogs, so the Co-op's Dog Wash is something I was looking forward to. And I'm happy to report that this year's event was as much fun and as big a success as last year's. We even got interviewed for T.V.—look for us on Channel 8.

I'm sure that we must have washed half the dogs in Moscow—at least it seemed like it. We washed two Great Danes, a

Dachshund, and everything in between. They all had good humor about being washed down in the middle of the sidewalk by a bunch of people they didn't know. Most of them actually seemed happy for a little relief from the heat.

I want to thank each of our marathon washers: Robin Germain and Cathy Schulhauser of the Whitman County Humane Society, Rosemary Strasser of the Humane Society of the Palouse, Aurora Cody, daughter of Co-op volunteer Yvonne Cody, and Kate Drake, daughter of Co-op Deli manager, Kelly Kingslund. They all did an outstanding job. Casey Loomis of Ark Naturals Pet Products was also on hand again this year to answer questions on pet health and nutrition.

All baths were by donation with proceeds benefiting both of our local Humane Societies. Pullman recently lost its animal shelter due to budget cuts. Now, thanks to the efforts of Robin, Cathy, and others, a new shelter has been established. They are temporarily housed in the old animal shelter building, but it's too small so they are in the process of raising funds for a new facility. I'm glad that the Co-op could sponsor an event that will help them achieve their goal, as well as helping the Moscow facility continue its work.

So thanks to everyone who donated. We're already looking forward to next year. Hope to see you there.



in a large skillet. Add the onion and saute until transparent but not brown. (Add a tablespoon of water to prevent browning, if necessary.) Add the dill, currants, nutmeg and cardamom. Remove from heat and combine white rice. Mix thoroughly.

Preheat oven to 350 Degrees F. Place 1 to 2 heaping tablespoons of rice mixture in the center of each collard leaf, depending upon the size of the piece of leaf. Fold the sides of

the leaves over the filling and roll gently from the bottom to the top. Arrange dolmas in a baking dish.

Mix the lime juice, remaining olive oil, and water to equal 1 cup of liquid, pour over the dolmas. Top with lemon slices and bay leaves. Cover casserole with a sheet of parchment and secure with a sheet of aluminum foil. Bake for 45 minutes or until liquid is almost completely absorbed.

Up All Night: New in the Bakery

By Crista Haagensen

There is a new Bakery manager: Crista Haagensen. Hello! I have been baking here for almost one year now and am excited to make the transition. I have been working on a few new changes. I am trying to move the bread baking schedule back a couple of hours so that the baker can be here to help with customers and questions. The breakfast items, however, will still be ready, piping-fresh at 8 a.m. We have also been expanding our recipe base for both muffins and breads. One such recipe we received is the following vegan muffin recipe from the Wiily Street Co-op in Madison, Wisconsin.

Any other recipes or suggestions are welcome. Keep your eyes open for more changes to come!

Vegan Muffin Recipe

- 4 cups whole wheat flour (or this wheat-free combo: 2 cups millet flour & either 2 cups spelt flour, or 2 cups brown rice flour with 2 1/2 tsp. Xanthan gum)
- 1/2 cup tapioca flour
- 1/2 cup potato starch
- 1 cup soy margarine, or whipped canola oil, or spectrum spread
- 1 Tbsp. baking powder
- 1 tsp. baking soda
- 1 tsp. sea salt
- 2 cups 'goodies' like chocolate chips, nuts, seeds, fruits, etc.
- 3/4 cups tahini or almond butter
- 2/3 cups rice or soy milk
- 1 cup maple syrup
- 2 tsp. vanilla
- * any spices needed

Mix wet and dry ingredients thoroughly. Add nuts, spices, or any goodies needed. Scoop into well-greased muffin tins. Bake at 325 degrees for 25-30 minutes or until a knife inserted into the muffin comes out clean. Enjoy!

The BookShelf - Monthly Reviews of the Co-op's Literary Repast

By R. Ohlgren-Evans

Stevia Sweet Recipes: Sugar-Free— Naturally!

By Jeffrey Goettenmoeller
144 pp. \$9.95
Vital Health Publishing,
Bloomington, IL

What a great find!! As I was browsing the BookShelf of the Co-op looking for a new stack of books to review for the coming months, I was delighted to discover this delicious little bon-bon of a book. I bought my first bottle of the herbal sweetener, stevia (*Stevia rebaudiana*), a few months ago, but with its sweetness 200 times more powerful than sugar, I was a little unsure how to use it. Because stevia is non-glycemic and virtually calorie-free, it seems the only natural and healthy alternative for those of us trying to avoid refined sugar or artificial sweeteners.

Stevia is an herb native to Paraguay and Brazil, and has been a traditional sweetener in the Guaraní Indians' yerba maté tea. Research shows that stevia does not cause cavities, may help to regulate blood sugar, and is thought to be good for the heart and vascular system. Wow! Doesn't sound anything like the sugary desserts most of us consume!

Author Jeffrey Goettenmoeller is a serious plant guy, and has been involved with a stevia cultivation research project in the Midwest. He has appeared in *Back in Thyme* and *Organic Gardening* magazines, and has written books about drying wildflowers; he's also founded a seed company and publishes a flower and herb directory.

Stevia Sweet Recipes is a collection of over 100 recipes, developed in the Goettenmoeller family kitchen. It includes recipes for Lemon Pudding, Dessert Crepes, Fresh Peach Crunch, coffeecakes, cheesecakes, and cookies. While most of the recipes are desserts, there are also beverages, breads, salads, and even a few main dish offerings that use the flavor-enhancing stevia.

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

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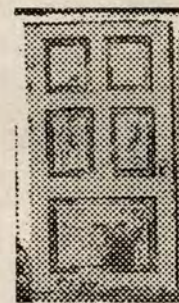


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Volunteer Volleys

by Gary Macfarlane, volunteer coordinator

The past month has been a time of transition for the Co-op's volunteer program in many ways. Thus, this article will jump around from subject to subject. The segues may not be elegant, so hang in there.

The hot summer month of August heralds the arrival of new students at the universities in the fall. This past month we have seen considerable changes in volunteer staff. I want to thank those who are moving on, like Marie Elaine, who is going back to her home, the Netherlands, after having finished her graduate work.

That means we have a lot of holes to fill in various and important tasks. As of the newsletter deadline, we need produce volunteers, a milk runner or two (especially a substitute that can fill-in, bulk-bin washers, a price checker (Vicki really needs a good person with computer skills on this one), loaves of bakery volunteers, help in closing the store on Fridays, and someone to clean carts and mats, among others.

Volunteering is rewarding at the co-op because you can beat the heat of summer. The Co-op is much cooler than sitting out in the sun next to a dark building that is radiating from its huge thermal mass on Main Street at 3 in the afternoon. Truly.

Please check out the volunteer board in the store for the latest updates. If you fill out a volunteer application, please leave a daytime telephone or message number. My schedule is such that it is easiest to contact you or leave messages during the day.

One of the most important tasks volunteers do in the Co-op is the recycling of deli containers. They wash the containers and send them through the dishwasher/sanitizer. This handy gadget kills all the germs through heat and pressure. The reason this is relevant is because it makes things more efficient when those of you that bring in containers to be reused—AND THAT SHOULD BE JUST ABOUT EVERYBODY—put the lids on the containers. A whole city of orphan lids and containers has developed because somehow the lids and/or containers got separated and they have no mates.

Now, I digress a bit to recognize

this would not be a problem if there were a law or other mechanism requiring standardization of containers and their lids. But, in this country of freedom, profligate waste, advertising niches, and rampant consumerism, such common sense measures may be seen as too authoritarian or socialistic. Never mind the fact that mega-corporations—those undemocratic institutions with more rights than citizens—are on the welfare dole and as the biggest beneficiaries of "socialism." are able to rob the treasury legally because laws were passed by legislatures that they, the corporations, bought and paid for, probably with the same money granted them by a previous legislature ad nauseum . . . But, as I said, I digress.

In other words, please put the lids on the containers you bring in to have recycled/reused. The volunteers try to keep the lids and containers together as much as possible. We have added another container-recycling shift to keep up.

The Co-op and members of the community were fortunate to have one of the most kind and intelligent friends imaginable. Barb Ripperda was a pizza volunteer for what seems like years and she was always a source of stability and wisdom. When I returned to Moscow a few years ago from a yearlong hiatus in the Bitterroot Valley of Montana, Barb was the first person I saw when I walked back into the Co-op. She was always a grounded person and that is rare in the sea of insanity that seems to describe our modern society. She had this gleam of something magical, something feral, in her eyes that showed she was alive in all senses of the word. Barb passed away at the end of June. A party was held in her honor in July at the home she shared with her wonderful partner, John Dancy. I miss her. I give my best wishes to John and her family. Happy trails, Barb.

Word Of Mouth

By Vicki Reich


You may have noticed we have quite an extensive selection of snack food here at the Co-op. Pretzels, rice cakes, potato chips and corn chips abound. As I walked by our wall of chips thinking about what to taste test this month, I wondered if the corn chips I always buy are indeed the best tasting chip we carry. And thus was born the taste test of the month.


I love corn chips. There's is something so appealing about the combination of corn, salt, and crunch. And of course what better way to eat a pint of fresh salsa (especially homemade, made now while the tomatoes are so good) than one crispy dip after another. I limited my testing to yellow corn chips (even though I have a preference for blue corn, it will have to be another month) and even that was not so limiting. We carry 7 different, plain yellow corn chips; this doesn't even include the chips with flavors or additional ingredients like sesame chips. Of those 7, we tested 6. I eliminated Garden of Eatin' Yellow Chips because they had the same ingredients list as the Mini Corns. So off I went to spinning with my bags of chips, and was greeted with smiles (chips are much more fun to taste test than water or chicken broth, although I was asked when we were going to test wine again).

The first chip up to bat was the bulk organic salted chip. These are made by Mexi-Snax and bagged in the store by a fine group of volunteers. They had a good corn taste and weren't too salty. They were a little chewier than most people preferred, but were a good solid dipping chip. They cost \$0.12 per ounce and come in a variety of sizes. The second chip we tasted was Kettle Foods Yellow Corn Tortilla Chip, made with organic corn. These have an intense corn flavor with just the right amount of salt.

They are very crunchy and hearty with a distinctive stone ground corn taste. They cost \$0.17 per ounce and were an instant hit. Next up were Garden of Eatin' Mini Corns, made with organic corn. These were described as a typical chip, more like you'd find in main stream stores. They have a good crunch but are a bit on the salty side. They cost \$0.19 per ounce. The fourth chip was Kettle Foods Little Dippers, made with organic corn. I was surprised at how different these were from the Yellow Chips by Kettle. Besides being small and round, as opposed to big and triangular, the Dippers are saltier and not as corny as their big brother. They do have good flavor and texture though, and they're a nice snack size. They cost \$0.22 per ounce. Native Fresh-Cut White Corn Thick Tortilla Chips were up next. These are very thick chips and have quite a crunch. Some of the testers thought it took too much work to chew them, but I love that extra crunch. They have a more traditional flavor (if there is such a thing) with a hint of lime and a good aftertaste. These chips will stand up to the thickest guacamole or bean dip you can make. They cost \$0.18 per ounce. Last, but not least, was Que Pasa Yellow Corn Chips, made with organic corn. These are light and crunchy with the perfect amount of salt. They have a nice toasted flavor and were well liked by everyone. They aren't the best choice if you're serving thick dips since they are so light and crispy. They cost \$0.14 per ounce.

It was a deliciously crunchy evening of tasting. The favorites were the Kettle Yellow Corn Chips and the Que Pasa Yellow Corn Chips, but they were all good. Why not buy a bag for that new Salsa, Salsa, Salsa made fresh in Moscow?

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Macro Musings

Macro Eating in a Non-Macro World

By Peggy Kingery

One of my greatest joys in life is sharing a meal with family and friends. There's something so binding and nurturing about gathering around the table with people you love while feasting on the cook's culinary talents. For someone following a strict macrobiotic diet, however, eating in places other than the controlled environment of her own kitchen can be a source of anxiety—or, at the very least, awkward.

There's no reason to become a meal time recluse. The macrobiotic diet is restricted, but it's not carved in stone. (That is, at least for someone who's in good health.) Eating on the go, or eating out in a restaurant, while traveling, or at a friend's house can be dealt with if you remember that macrobiotics is about choice. Every day, we choose the most nutritious foods available, being careful to balance the yin and yang tendencies in our choices. Although the types of food available on a menu or served during a dinner party may not be those recommended on the macrobiotic diet, with careful selection and portion control, you can still eat a healthy meal. Deviating from the diet occasionally probably won't cause any long term negative health effects—and it may even give you a greater appreciation for wholesome, natural food.

I'd like to share with you some tips and personal experiences that might help when you find yourself without the time to prepare meals at home, or are at the mercy of a non-macrobiotic cook. Please keep in mind that my suggestions are for those who haven't turned to macrobiotics as a means of healing a serious illness.

The macrobiotic diet is quite adaptable to brown bagging, with only a little advanced preparation. Brown rice and other grain-based dishes are the ideal breakfast foods because they provide complex carbohydrates for energy that will last for hours. Leftover grains can be mixed with soymilk, fresh fruit, nuts, or seeds and eaten just about anywhere. They can also be mixed with whole grain flour and soymilk to make pancakes. Spread with nut

butter or sugarless berry preserves and rolled, they make a tasty breakfast on the run.

I always cook more than my husband and I can eat for dinner so that we'll be sure to have quick choices for lunch the next day. Leftover grains find their way into our lunch sacks, too, but are usually adorned with bits of cooked vegetables, tofu, tempeh, seitan, or beans. Chunked raw vegetables satisfy my need for something to crunch, and seasonal fruit gives me just the right amount of sweetness to top off my meal. In the summer, I'll often prepare a big grain- or noodle-based salad, which also transports well; in the winter, reheated soups and stews carried in a thermos will keep warm until lunchtime.

For me, eating out is a treat so I want to enjoy nutritious, delicious, and festive food. I've always been able to find menu items that were at least in the "spirit" of the macrobiotic diet. I've had best success in places that serve ethnic cuisine or "heart-healthy" foods. In Chinese restaurants, I always choose a dish made in a "light" sauce, request that it be MSG-free, and look for ingredients that are fresh and not canned. Eating tasteless white rice makes me appreciate the nutty taste of brown! In Mexican restaurants, I order bean burritos or corn tostadas, requesting that they be made without cheese or sour cream and with extra rice and vegetables. Some ethnic restaurants, such as Italian or Thai, present challenges. Most of the dishes are doused with heavy sauces, hot spices, or cheese. I pick the simplest dish on the menu: pasta tossed with a light sauce and vegetables, or rice-based dishes; and always order a big salad with oil and vinegar dressing on the side.

Anyone concerned about good nutrition knows that eating healthily while traveling can be a Herculean task. Now most airlines offer vegan meals, which will probably give you something to pick at. With a little creativity, you might be able to find a snack in a convenience store (apples, sunflower seeds, whole grain crackers, chopped vegetables). Breakfast isn't usually a problem

because most places serve oatmeal. My best advice is to travel prepared—make room in the car for a cooler or your carry-on for a lunch sack. Many foods are ideal for toting around: leftovers packed in "Tupperware", temperate and dried fruits, nuts and seeds, rice cakes, and carrot and celery sticks. And don't forget to stop at the Co-op's deli before leaving town!

I'm blessed with friends who are sensitive to the way I've chosen to eat and prepare meals centering on whole grains, vegetables, and fish when I'm at their homes. What to do, however, when that's not the case? My number one rule is to NEVER hurt my hostess' feelings. When we cook for others, our inherent *ki*, or vital energy, is transferred to the food. The food, prepared with love, is filled with love. I can't imagine a more nourishing meal than that. I take a small portion of everything offered to me, not worrying that I'm eating things I probably shouldn't. No diet is worth missing being surrounded by loved ones!

When I'm the cook du jour, I love serving macrobiotic meals to my guests—and I've never had anyone turn up their nose! The following rice salad is always a hit, and it can be enjoyed at home, at your workplace, or at 30,000 feet.

Oriental Rice Salad

(Serves 4)

8 oz tofu, cubed
3 cups cooked brown rice
8 snow pea pods, sliced
1 celery stalk, diced
1/2 roasted red pepper, diced
2 Tbsp. sunflower seeds
scallions, sliced for garnish

Marinade

2 tsp. sesame oil
juice of 1 lemon
juice of 1 lime
2 garlic cloves, minced
grated ginger
1 Tbsp. shoyu
2 Tbsp. brown rice vinegar

Place tofu in a shallow dish. Mix marinade ingredients and thin with a little water. Pour over tofu and marinate for 15 minutes.

Combine vegetables, rice, and sunflower seeds with the tofu and marinade. Garnish with scallions. Serve 'as is' or chill to serve later.

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

Salsa Roja

R. Ohlgren-Evans

3 large, very ripe tomatoes,
diced fine
1 cup tomato juice
2 Tbsp. minced chipotle peppers

*
1 red onion, diced fine
1 tsp. minced fresh garlic
1/2 cup chopped fresh cilantro
1/2 cup lime juice (about 4
limes)
salt and freshly cracked black
pepper to taste

Mix everything together—that's it! Refrigerated, this salsa will keep about a week.

*Chipotle is the name given to the dried, smoked jalapeño pepper. It has a unique, smoky, imposing flavor that goes with everything and has a consistent level of heat. Chipotle chili peppers are available canned (packed in an adobo sauce—a mixture of onions, tomatoes, vinegar and spices) or dried. To use the dried variety, place in very hot water and allow to soak for 40 minutes to reconstitute.

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

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Avocados

By Pamela Lee

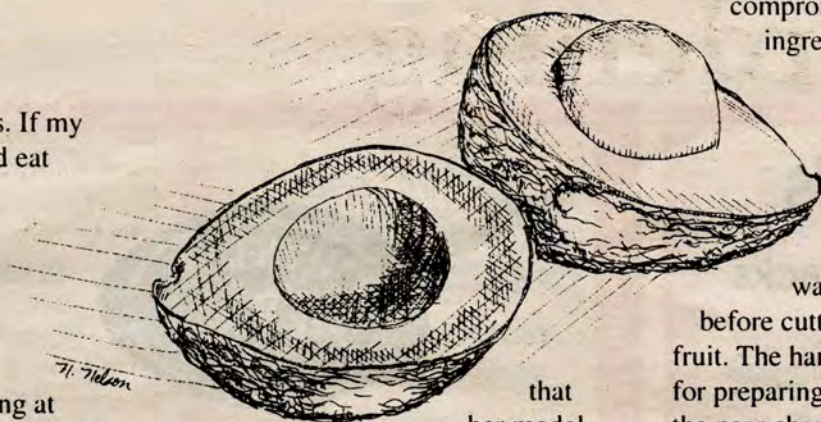
I never tire of avocados. If my budget would allow, I could eat them everyday.

I encountered and ate my first avocado in the mid-1970's when I was a student in California's Sonoma County. I remember stopping at a fruit stand and finding the new and peculiar fruit for sale at six for a dollar. (Imagine such prices today!) As a child, in the Midwest, I'd never seen, nor tasted, an avocado. If avocados were to be found amongst the produce shipped to Minnesota, my mother or father never brought them home. While avocados were once found only seasonally or very rarely in food markets, they are now available to us year round.

Avocados are native to Mexico. The ancient Aztecs called this luscious fruit *ahuacatl*. Spaniards called avocados, *aguacate* (or 'alligator pears'), basing their name on the Aztec's, not (as I'd thought) on the fruit's bumpy skin. The British call an avocado a 'butter pear,' stemming perhaps from British schooners that sailed the Caribbean and took avocados on board to be used as "midshipman's butter."

The avocado is a (pear-shaped) fruit that tastes more like a vegetable. It is one of the world's few fruits that contain fat. And it does contain fat! An average-size avocado weighs in at around 335 calories, a large one about 370. Fortunately, most of the sapid mouth-satisfying fat in this vegetable-like fruit is of the good monounsaturated variety. Also, avocado's many calories provide lots of beneficial nutrients: protein, calcium, magnesium, phosphorus, potassium, iron, some B vitamins, as well as vitamin E.

Most of the avocados that make their way into our markets are raised in California or Florida. The most buttery and richest variety is the Haas. These are my favorite. They are the small, rough dark knobby-skinned fruit that are in season in the spring and summer months. The Nabal is another variety. It can easily be mistaken for a Haas in that both the Nabal's and the Haas' skins are dark, almost black, when ripe. When unripe, both their skins are greener. The Nabal's skin is less deeply knobbled and the fruit is rounder in shape. If you are familiar with Georgia O'Keeffe's painting called 'Alligator Pear,' my guess is



that her model was a Nabal. The Fuerte is the paler green and markedly smoother skinned variety of avocado that typically heralds from Florida. Fuertes flood our markets in the winter. Fuertes contain less fat. Correspondingly, they taste leaner and less richly sumptuous. Though I've never had the pleasure of eating one, I have read that there is also a delicious large spherical Hawaiian variety of avocado.

A perfect avocado should have consistent, unblemished skin without any discolored patches. When the fruit is ripe, and squeezed, there is a pleasant, soft give to the flesh. Besides the squeeze test, another litmus for gauging an avocado's ripeness is to try to gently flick the little round bumpy nub off the stem-end. If the fruit is unripe, the nub will not come off with a gentle push of the fingertip. If ripe, it will. Avocados will ripen easily on your countertop at room temperature. Though I've read that you can hasten the ripening by placing an avocado in a paper bag or a dark wool sock, my experience has only shown that avocados will ripen in their own time. If you need an avocado to ripen for a special meal on a certain date, my advice would be to buy several avocados that appear to be at different stages of ripeness. Since I often store bananas and avocados in the same place, I've noticed that bananas do seem to speed the ripening of avocados. If, in the future, I desperately need to hasten ripening, I'll close my avocados in a brown paper bag with some bananas.

Once an avocado has reached a ripe state, it can be kept in the refrigerator for a couple of days. While there is no harm in purchasing unripe fruit, there is no point in buying an overripe avocado. Overripe avocados taste like garbage. Throw them out or start a tree. When, in the spirit of parsimony, I've cooked with an avocado that has passed its prime, I've only regretted it—the aged avocado's garbagey taste permeated and

compromised the dish's other ingredients.

Even though the skin is not eaten, after noticing how many people squeeze-test avocados in the store, I began washing avocado skin before cutting into the ripened fruit. The handiest method I know for preparing an avocado is to cut the pear-shape in half length-wise with a sharp chef's knife so that you cut in to and all around the pit; then rotate and pull the two halves apart. To remove the pit, carefully whack it so your chef's knife blade is imbedded about a half-inch into the pit, twist the knife, and the pit should slip right out. Though I've seen people peel an avocado half, why go to all that trouble? I slice or dice the halved fruit while the peel is attached, then use a soup spoon to separate the flesh from the shell by scooping the soft ripe fruit gently out. If you are not consuming or cooking avocado immediately, remember to squeeze fresh lemon or lime juice over all exposed fruit flesh. Avocado flesh discolors almost immediately when it is exposed to air. Contrary to what I've read and heard, I've never found that the pit detains the oxidation of leftover guacamole. It may delay the darkening of a leftover avocado half, simply by lessening the amount of surface that is exposed to air. I've found that acid (lemon, lime, or vinegar) and placing plastic wrap right next to the surface of the avocado does more for delaying the inevitable discoloration of an avocado's succulent flesh than a pit.

Warm Avocados with Tangy Topping

- 1 small red onion, sliced
- 1 garlic clove, crushed
- 1 Tbsp. sunflower [or olive] oil
- Worcestershire sauce
- 2 ripe avocados, halved and pitted
- 2 small tomatoes, sliced
- 1 Tbsp. fresh chopped basil, marjoram, or parsley
- 2 oz. Lancashire or mozzarella cheese, sliced
- salt and ground pepper

Gently fry the onion and garlic in the oil for about 5 minutes, until just softened. Shake in a little Worcestershire sauce.

Preheat the broiler. Place the avocado halves on a broiler pan and spoon the onions into the center.

Divide the tomato slices and fresh herbs between the four halves

and top each one with the cheese.

Season well and broil until the cheese melts and starts to brown.

From The Complete Encyclopedia of Vegetables and Vegetarian Cooking by Denny and Ingram

Baked Avocado with Eggs

- 2 very large avocados
- 4 small eggs
- dash of paprika
- dash of celery salt

Preheat the oven to 350-degrees.

Cut the avocados in two, then remove the stone and break an egg into each cavity. (If the cavity seems too small to hold the egg, scoop out a little of the avocado's flesh.) Season with paprika and celery salt.

Bake directly in a 'bain-marie'* for 8-10 minutes or until the egg whites are just set.

Serve at once with a light tomato, basil, garlic, or cheese sauce.

From Visual Delights by Nathalie Hambro

*A bain-marie is a pan of water that is used to help mixtures such as custards bake evenly and to protect them from the direct heat of the oven... The water for a bain-marie is usually brought to boil on top of the stove; cold water would cause the food to cook too slowly. (This definition is excerpted from the glossary of one of James Peterson's wonderfully comprehensive cookbooks.)

Pamela Lee wishes perfect avocados were still six for a dollar, and she hopes that no one ever decides to introduce a moth, fish, or other such spliced gene into this already perfect food—regardless of the price.

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Critter Control

By Patricia Diaz

Now that we have the multi-legged and winged pests under control in our garden, let's talk about those cute little furry critters that sometimes wreak havoc in our garden areas. It's not only wild animals that can damage our gardens, domestic animals and rodents do a lot of damage too. So don't think you're immune just because you live in town.

CATS AND DOGS

Dogs and cats just love to dig up plants and roll in the garden, smashing plants as they go. Or maybe they've decided to make your newly dug up area their private potty stop. To deter dogs and cats there are a few things you can do. Two herbs repel these animals - cats hate rue and dogs don't like calendula (marigolds). Make a tea from the rue and spray the boundary. To deter dogs plant loads of marigolds around your garden area. You can also repel them with ground up grapefruit or lemon rind - sprinkle it over the soil. Also try spraying full strength lemon juice where they get into the garden. Some say sprinkling red pepper around the perimeter or spraying a hot pepper spray works.

DEER

First of all, don't believe what everyone might say about deer-proof plants. It depends on how hungry they are. Apparently tulips are on the list of deer-proof plants but someone forgot to tell the deer around our place. I never even see one bloom! A friend of mine even has deer climbing up on her deck to eat her petunias. About the only real deer deterrent is a tall fence. If they're hungry enough they'll eat just about anything. Here are some of the methods you might want to try.

First, plant time-release garlic capsules at the bases of trees or shrubs. Or try wrapping bars of gold Dial deodorant soap in cheesecloth and hanging them at intervals of four feet apart and four feet above the ground. To stop deer from chewing the bark off your trees, mix bone tar oil (Magic Circle Deer Repellent) at a ratio of one part oil to 50 parts water. Paint this solution on the tree trunks. Some people suggest an egg spray: mix 5-6 raw eggs in one gallon of water and spray. This should cover about 1,700 square feet. It's supposedly the smell of decomposing eggs that keep the deer away and the solution is supposed to be faint enough so that it doesn't bother humans. The U.S. Forest Service uses this method.

Still other folks use a hot sauce

spray: mix 1-2 teaspoons of Tabasco or other hot sauce with two teaspoons of antitranspirant in one gallon of water. Spray and reapply after every rain.

If you plant certain kinds of plants as a perimeter around your yard or garden for the deer to graze on they might not even eat your garden plants. Good choices are Gambel oak, fourwing saltbush, Rocky Mountain smooth sumac, Saskatoon service-berry, and Wood's rose. There are a number of plants that deer won't eat unless they're absolutely starving: blue spruce, hawthorn, holly, Norway maple, smoke tree, walnut, boxwood, butterfly bush, mountain mahogany, junipers, potentilla, red-twig dogwood, rhododendron, scotch broom, wild lilac, lily of the valley, dianthus, peppermint, spearmint, St. John's wort, clematis, English ivy, bee balm, daffodils, daylilies, echinacea, dusty miller, coreopsis, foxglove, iris, lamb's ears, oregano, oriental poppy, pampass grass, sword fern, yarrow, and hens-and-chicks.

A few other deer foils might be putting pallets flat on the ground as deer usually won't walk or jump over these, hanging fabric softener sheets in and around the garden (replace after several rains), and mixing a gallon bucket of clay soil and water with cayenne or hot pepper and garlic and painting this on trunks and stems. You can also buy coyote urine but some people say none of the predator urine scents work at all. Some people say deer can't stand Russian sage so you could plant this all around. It's a beautiful plant and honeybees love it.

VOLES

Regular readers probably already know how much trouble we've had with these pesky critters. One year they quickly ate 20 parsley plants, leaving me with none. This year we stuck one of those Mole Chasers in the ground (they're powered by four D batteries and give off a sound every 15 seconds that is supposed to keep the voles and moles away). Then we confidently planted two parsley plants in the herb garden. Well, I guess they love parsley so much that here they came anyway! They'd stayed away until the parsley got into the ground. They ate one plant down to a single stalk before I noticed anything, and before I could transplant it and the other heretofore untouched plant, they completely ate the big one down to absolutely nothing! So there I was with a one-stalked parsley plant. But it's safe in a container on the deck now! The voles then left again. So...these chasers work—except

when it comes to parsley, I guess.

MOLES

One of the best deterrents for moles is to plant castor beans around and in the garden. You can also drop bean seeds into moles' tunnels. Just remember that these plants are very poisonous and if you have small children, don't use this method.

You can spray a solution of one-tablespoon castor oil plus one table-spoon liquid dish soap per gallon of warm water on both the soil and plants. Some people place elderberry cuttings in the tunnels. Or try sprinkling chili powder and powdered garlic into the tunnels weekly, or scatter ground red pepper (cayenne pepper) into their tunnels. Wood hyacinth repels moles and it's a very pretty plant, multiplying over the years and providing ongoing protection.

The next method is cruel and kills the moles, but if you're angry enough you just might want to try it: Wear gloves and unwrap Juicy fruit gum and place in the tunnels. Apparently moles love the gum but it fatally clogs up their digestive systems. You can do the same thing with Ex-Lax, only it has the opposite effect.

RABBITS

To protect your trees against rabbit chewing, wrap the lower portions of the trunks with commercial tree wrap, burlap, foil, or metal window screen. The wrapping should be two feet above the height of the deepest snow you will get (rabbits walk on top of the snow). Be sure to remove the wrappings in the spring.

You can also sprinkle or hang cheesecloth bags of bloodmeal around your plants. Or, try soaking corncobs in vinegar for five minutes and scattering them throughout the garden. You can soak the cobs in the same vinegar over and over again all season. Soybean plants, onions, marigolds and garlic are all supposed to repel rabbits. Or you can spray a tea made from cow manure and water. Dusting with peppers will also get rid of rabbits as they are always sniffing so they'll get a snort of this and leave. You can also try a garlic oil spray: Combine three ounces of minced garlic cloves with one ounce of mineral oil. Let this soak for 24 hours or longer. Strain. Next, mix one teaspoon of fish emulsion with 16 ounces of water. Add one tablespoon of castille soap to this. Now slowly combine the fish emulsion water with the garlic oil. Keep this in a sealed glass container and you will have a mixture that will last all season. To use, mix two tablespoons of garlic oil with one pint of water and spray.

RACCOONS AND SKUNKS

Not much stops raccoons, unfortunately. But these animals and skunks both like a lot of the same things so here are a few things to try. Plant anything with prickly foliage such as squash plants, oriental poppies, globe thistle, pumpkins, or Kentucky Wonder pole beans, as a barrier. To keep both of these animals from their dearly beloved corn plants, put 2-3 drops of hot pepper sauce near the tip of the ear at least one week before picking.

One successful deterrent is to surround your garden with a horizontal border such as crumpled black plastic, newspaper, or foil. They don't like to walk over this kind of thing. You can anchor your barrier with rocks or soil. Other things that might work include: spreading naphthalene flakes, as raccoons hate the taste of this on their paws; using netting or rose trimmings as a barrier; planting cucumbers with your corn as both of these animals hate cucumbers; and using the corn-cobs-soaked-in-vinegar trick (although some people say that they got used to this after a couple of months and starting wreaking havoc again).

RATS AND MICE

Mint is a great deterrent for these critters. Sprinkle it everywhere, either dried or fresh. Have cats! Don't mulch perennials until after a few frosts so rodents won't find a nice cozy home there. Encourage snakes and owls to stay nearby, especially garter snakes. We have a really nice female one who has lots of babies every year so we don't have this critter problem. Plant barriers of perennial sweet peas. Daffodils, wood hyacinths, and grape hyacinths are also natural repellants.

SQUIRRELS

To repel squirrels, mix naphthalene flakes, gypsum, and chili pepper and spread around the problem areas. Put sheet metal collars on trees to keep them from climbing the trunks. Learn to enjoy them. They really don't cause much trouble at all and are so fun to watch.

Hopefully these ideas will give you some sort of critter control. Personally, I'd rather have the wildlife to watch but if you've put a lot of work into your garden it is somewhat disconcerting to watch it being eaten before you get your chance. So try these tricks and maybe you'll have lots of produce as a reward for all your work.

Pat Diaz lives with her husband, Tom, and cute little schnauzer, Gus, on 6 acres in the woods by Dworshak Reservoir. They cheerfully share their garden with deer, snowshoe hares, and wild turkeys.

Insights

Holding Your Child

By Lisa Cochran
 No matter where I go, I notice babies. I can't help it, any more than I can help turning my head when I hear a little voice calling, "Mama." And like Vonnegut's Billy Pilgrim who would slide back and forth in time at the slightest cue, when I see babies, I am transported in time to my pregnancy, labor, and birth, and I re-experience the miracle of holding my newborn child against my body. From the moment I took her into my arms, I didn't want to put her down! So it is with some perplexity that I have come to notice that, no matter where I go in the US, the majority of babies I see are being held in any number of devices that in no way remotely resemble arms, chests, shoulders, or any other part of the human body. In fact, it would appear that Americans prefer to keep their offspring at arm's length, either inside an awkward plastic bucket, or in a pram or stroller. As Dr. William Sears says in *The Baby Book*, "...in our culture, we wheel our babies, then park them somewhere."

Regardless of the device, I am saddened to see the socialization process of alienation beginning at birth, and fail to understand why a parent would want to miss out on the most spiritual and intimate time they will ever have with their child before the natural process of curiosity and independence pulls them out of their arms. But the importance of holding our babies goes beyond that.

Studies show that babies who are "worn" somewhere on a care giver's body not only behave better but develop better as well. They grow faster, and smile more often. They are more relaxed, tend to be less fussy, cry less, and sleep better. Premie studies especially support these studies, as these babies benefit from the increased contact that their



early entrance into life outside the womb cut short. Wearing or carrying your children not only feels more natural, it feels good to the carrier and nurtures the child. So why is it so rarely practiced in American society? Why are we so eager to distance our children from ourselves when we went to all the effort to bring them into our lives? Perhaps this is like the trend some years ago to avoid even the most fundamental practice of nurturing our children using the human breast, (or certainly not the mother's) which led to the explosion in baby bottle manufacturing and formula production for those not employing a wet-nurse. Whatever is going on, it just ain't NORMAL.

So who does 'wear' their children, and in what way? Well, to begin with, humans have been carrying their infants since the dawn of time. Every culture has and does, with the exception of a few "developed" nations. Carriers are of all types and sorts, but most often have been swaths of fabric tied or fastened in such a way as to carry children in a variety of positions, depending on the needs of the carrier to move and use their hands.

In fact, these days, there is such a wide variety to choose among, from the common shawl such as the Mexican rebozo, to slings, to baby packs for older babies. My sister sent me photos from Zimbabwe of young children carrying even younger children on their backs using just a towel tied around their chests.

Just remember, it is essential to take care not to compromise the integrity of a newborn's spine by the use of an improper carrier which could cause spinal stress. This is why sling-type carriers are preferred for newborns up to the age where the child can sit alone well. Then choose a front or back pack that supports the child's entire bottom.

Choosing the right one for you and your child will depend on finding what works, is safe, convenient, and comfortable for both of you. Want to find out more? Check out the internet, or look in books such as the Dr. Sears one mentioned above—an entire chapter is dedicated to the subject. There is no lack of available resource information on baby wearing. Or, walk up to other folks you see wearing their children and ask them about the method they use. It's a great networking tool!

So take parenthood to the limits of all it is meant to be: carry your baby as much as possible, right from birth. Be in contact with your little bunny. Let her feel your warmth, be lulled by the sound of your voice,

and be reassured by the constancy of your breathing and heartbeat. Obviously, the amount of carrying will decrease with your baby's age and development, but enjoy the few precious months that you have before she begins to crawl off to claim the world beyond your arms as her own!

For assistance or further information on this subject and a review of baby carriers, call 882-8345, or email <muddypuddle.com>. For further inspiration, read *The Continuum Concept*, by Jean Liedloff, contact the Liedloff Continuum Network at <LCN@continuum-concept.org> or visit their web site at <www.continuum-concept.org>

Lisa A. Cochran is a longtime resident of Moscow whose daughter Madysen just recently turned 2.

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Those Awful Fluorescent Lights

By Mike Forbes

This is the first in my series of articles on appropriate and alternative technologies. I will be writing about things you can do in your home to make it a more energy-conserving place. My goal is to give you concrete suggestions for things to do at home to conserve energy.

Let's start with Compact Fluorescent Lights (CFLs). CFLs have been around for many years now, but only recently has the technology improved to eliminate many of the stereotypical problems that fluorescent lights have had: that they buzz, flicker, and have a "cold" color to them. While this was true of older lights that had magnetic ballasts and were of the cool, white variety, these problems have been eliminated with most newer bulbs. Probably the most compelling reason to use CFLs is that they consume less energy—nearly 80% less energy than conventional incandescent lights.

People commonly refer to the "brightness" of a light in wattage, which can be misleading when referring to various types of lights. Light output or "brightness" is measured in lumens, whereas wattage is a measure of power or energy usage. A typical 60W incandescent light and a 13W CFL both output approximately 850 lumens. This ratio holds true throughout the spectrum of CFLs, a pretty remarkable difference in energy usage and energy costs. That brings us to the next topic: cost. Typically most CFLs cost between \$8 and \$20 for common sizes. But, considering that the CFL lamp will last for 10,000 hours compared to an incandescent's 1,000 hours, the higher cost per lamp will be offset quickly.

The common "buzz" associated with fluorescent lights came from the magnetic ballast used to start the light. Most CFLs now use a much more efficient electronic ballast that starts quickly, eliminates the buzz, and lasts 65,000 hours.

Many CFLs have an elongated tube shape, from about 4 to 8" in length. This can pose some problems with fitting into existing fixtures. Manufacturers have solved this by creating a spiral-type lamp that reduces the size dramatically, making the lamp fit into most conventional fixtures. Something


I've found appealing is the newer CFLs with a frosted globe surrounding the bulb. It diffuses the light and makes it almost impossible to tell the difference from an incandescent bulb except for the slight size difference.

As for light color, most of us like the warmer light that is common to incandescent bulbs. CFLs makers have addressed this by producing lights that are "warm white" as opposed to the traditional "cool white" fluorescent lights most office buildings seem to have. It's best to try the light to see if you like the color; many brands vary in the color of light produced. At our house we use CFLs exclusively for our lighting. It's taken me a little while to collect them all but I've only spent about \$100 now for all of them, and we live in a big, 4-bedroom farmhouse. Recently I brought home 2 CFL torchierre lights that utilize 55W and put out the same color and quantity of light as the common 300W halogen light. A real bonus is that these aren't a fire hazard.

I hope this helps answer any questions you may have, or introduces something new to you. If you have any questions about lights (where to buy, more technical stuff, etc.) you can email me at mikeforbes@moscow.com. Next month I'll be writing about the evil phantom load.

Mike Forbes is a junk collector who lives in an old, soon-to-be-more-energy-efficient farmhouse.

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Veterinary Acupuncture

By Sarah Hoggan

Despite the fact that many of its practices are thousands of years old, Eastern—or 'non-traditional'—medicine is becoming more popular today than ever. Acupuncture is one specialized facet of non-traditional medicine that has not only entered the mainstream of human health, it's become a treatment option for our pets.

"The specific origin of acupuncture is uncertain," said Rodney Bagley, Chair of WSU's Veterinary Clinical Sciences Department and a veterinary neurosurgeon. "No one knows if it originally came from China, Korea, or India, but it's widely held that the Chinese perfected it." Dr. Bagley recently completed a three-week certification course learning veterinary acupuncture techniques.

The specific mechanism of how acupuncture works is uncertain. One theory is that acupuncture stimulates the release of natural chemicals with in the body; another is that it stimulates neuromechanical mechanisms that diminish pain and promote healing. Local micro-trauma from the needle itself may also play a role.

There are more than 150 acupuncture points on a dog's

body, with 50 to 100 of those points being most commonly used. Overall, acupuncture is based on a principle of



restoring balance with in the body.

Veterinary ailments that acupuncture is most commonly used for are pain management and diseases of the liver, kidney, and skin. Generally, acupuncture treatments are combined with traditional approaches to healing such as physical therapy or the use of medications.

Just as with any medical treatment, acupuncture has some innate risks associated with it. According to Dr. Bagley, "There is always potential for site infection, but that's rare because the needles used are small. Acupuncture's effect on animals is usually positive or none at all. There have been some studies that showed it increased the growth of certain forms of cancer, so it shouldn't be used in those circumstances."

Veterinary acupuncture isn't widely available yet. If you think it could benefit your pet ask your veterinarian for more information or a referral.

Acupuncture isn't a panacea, but it's another tool to treat ailments and enhance the quality of our pet's lives. Despite the amazing scientific advances in veterinary medicine, one of the most exciting new treatments may be thousands of years old.

Sarah Hoggan is a senior veterinary student at Washington State University's College of Veterinary Medicine. Upon graduation she plans to become a small animal veterinarian.



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Palouse Area Singles

Palouse Area Singles is a nonprofit, all-volunteer club formed by and for single people in the Palouse region. It is aimed primarily at people in their thirties and above.

For some people, PAS provides a way to meet new friends; others use it as an opportunity to widen social activities. The club has a membership directory so that members have the opportunity to contact one another without having to wait to meet at an organized event.

We hold house parties, picnics, and coffee get-togethers. PAS is a cooperative organization and individual members will let others

know of an upcoming dance, movie or exhibit and invite them to come along.

PAS is not affiliated with any church or other organization. It has been operating in this area, in one incarnation or another, for more than 20 years. Membership is only \$16/year, mainly to cover the cost of the directory.

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Barbara Ripperda's Farewell: How I Wish to be Remembered...

For my free spirit, for my love of travel and sense of adventure, for my love of life, of nature, of growing things, for having gotten my degree at Huxley College, W.W.V. in Environmental Studies, and attempting to live what I learned. For having earned my living cabinet making. For having done the things I enjoy and not waiting for retirement. For loving animals. For being blessed by the presence of family, friends, and pets. I am sad to leave the life I love. To all my loved ones, I say good-bye. I love you dearly. Thank you.



Barbara Ripperda

By Annie Hubble

Barb's and my first outing together was a quest for morel mushrooms. As much as I am at home in Nature, she was ahead of me, finding morels before I ever saw one. We sat beside a pool of water, and I taught her to skip stones. A few weeks later she came back from a trip with a present for me—3 perfect skipping stones, tied up with a red bow. Of course I will never skip them. It was the most perfect present I have ever been given and so typical of her sense of fun and thoughtfulness.

Barb and I had many wonderful adventures. We were both born foragers and delighted in going out on searches for berries and mushrooms. Avid gardeners, we discussed at length the horrors of morning glory and the miracle of seeds' transformation into plants. She loved to dance, and one of my favorite memories is of her leaping towards me on the dance floor during African music at a folk festival, with a huge grin and total abandon. We took saunas once a week in the U of I campus sauna, where we first lay on the top level, gradually ending up on the floor itself, as we got hotter and fainter, talking of everything in each other's lives and witnessing each other's joys, worries, and sorrows.

We would talk openly of her struggle with cancer in those saunas, and it was there that I promised her that she would always be supported. I am happy to say that in her last weeks she was never alone. Her friends and husband ensured that there was always someone beside her, night and day, ready to hold her hand, joke, laugh, encourage, talk deeply, and generally go wherever Barb led.

I was privileged and honored to be with her when she died. The energy in the room was identical to birthing energy, and although she was in a coma her last day, I know she passed on joyously and peacefully. I felt the radiance of her passing for 2 1/2 days afterwards—her last gift to me.

I will miss my dear friend in her physical presence so much. Her love of life, her enthusiasm, her feisty readiness to fight for causes, and her loving heart are hard to match. She gave us a wonderful example of how to live fully.

We miss you, Barb, and wish you well on your new journey.

To Barbara Ripperda

My friend Barb, I will remember you for your strength and determination in living for the moment, not surrendering any time to complaint, your beautiful smile and willingness to laugh in the face of death. We are stronger but sadder to have lost you. The hats and tea parties will carry on in your honor, we know there are no limits to our energy.

—Cindy Arent

The Barbara Ripperda Yard Sale

By Annie Hubble

Sadly, while Barb passed away on June 29, her husband still faces enormous medical bills from her illness. We are having a second giant yard sale on Saturday, August 5 at 310 East A Street, (across from Russell School) in Moscow in an effort to raise some money to help him. We are accepting donations of saleable items, and baked goods, and also need volunteers to help with the setting up and breaking down of the sale. Call Cindy Arent at 883-1012 for more information. At the last sale, we made \$1300. There were many treasures and we all had a lot of fun. Please come again and support a good cause.

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The Palouse Folklore Society will also be having a potluck (6:00pm) and a contra dance (7:30pm) on **Saturday, August 19th** at the idyllic Blaine schoolhouse south of Moscow. **Hired Hands (from Albion) will be playing with Warren Argo (Seattle) teaching and calling all dances**. Drive 4.8 miles south of Moscow on US95, and turn east onto Eid Road. Pass through the trailer court and continue 2.9 miles to a yield sign. The Blaine school is visible 100 yards to your left. (\$5, \$4 for newcomers).

Huge yard sale in aid of The Barbara Ripperda Wellness Fund at 310 E.A., Moscow

(across from Russell School) on Saturday August 5th starting at 8am and going on all day. Donations of saleable items, baked goods, volunteer help and money all needed. Call Cindy A. at 509-397-12 for more information



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