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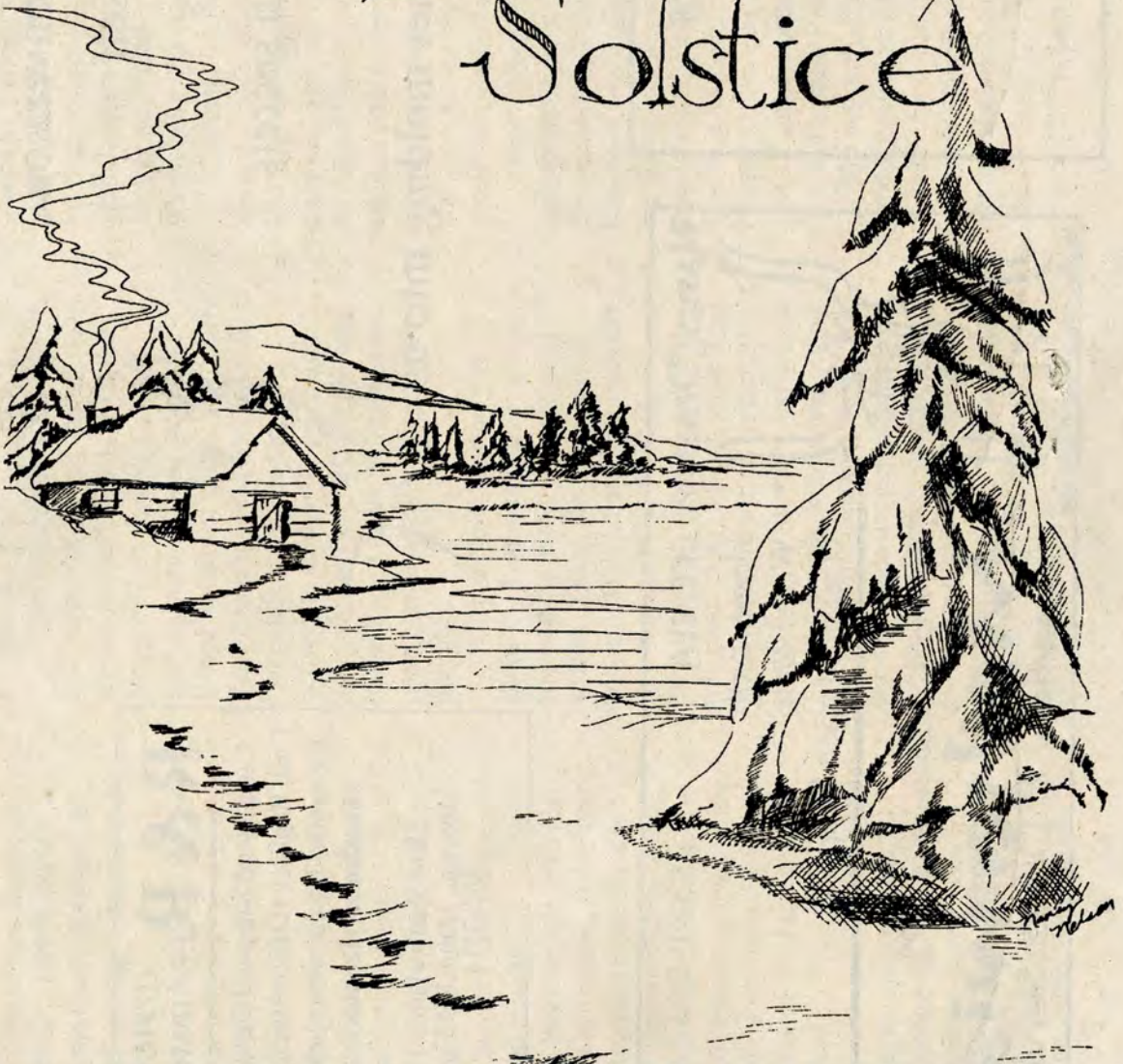
December 2000

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Community News

The monthly newsletter of
the Moscow Food Co-op

Happy Solstice



www.moscowfoodcoop.com

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Whitney Law Offices - Complimentary initial consultation regarding wills, probate or criminal defense. 314 South Main St., Moscow, 882-6872

Wild Women Traders - 10% off clothing and jewelry, 210 S. Main Moscow, 883-5596

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

Community News

The Holiday Bazaar is Everywhere

The unusual and exciting gifts that you are used to finding at the Co-op's Holiday Bazaar are here, spread all over the store.

Look around for handmade crafts, candles, sarongs, mittens, gardening items, dishes, glassware, calendars and other great gifts.

Help! Newsletter Needs Designer

By Bill London

Kate Grinde has been doing a great job putting the newsletter together. Using her computer skills, for the last half-dozen years, she has been laying out the pages by combining the text and illustrations.

But alas, Kate is retiring. With our many thanks for a job well done.

And now we have to try and fill her designer position with another brave volunteer.

Are you interested in using your computer layout skills to produce this newsletter?

You would share this position with Tanya Perez, alternating months. One month, you would handle the layout, and the next month you would not do anything. The Co-op, recognizing both the skills and the time commitment involved, offers a volunteer discount for all months, whether you are on or off.

If you are interested in this computer layout position, please contact Bill London at 882-0127 or london@moscow.com



Writer Wanted

By Bill London

We would like to begin a series of producer profiles, and we need a writer who wants to make this happen.

Dozens of local growers supply the Co-op with vegetables, fruits, eggs, and other products. Using local suppliers is part of the Co-op mission, and we would like to focus on that important aspect of what the Co-op is doing.

If you have experience writing, and would like to create profiles of Co-op suppliers, please contact Bill London at 882-0127 or london@moscow.com

We want a writer who can provide us with well-written features and a snapshot or two of the subjects. A volunteer discount and lots of fun are part of the package.

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The Café Experiment

By Kenna S. Eaton

Earlier this month I found this suggestion posted up front by Vicki's office: "Convert water bottle area to more seating and locate bottle rack in a different configuration" from Mike, a member.

Well, since this was such a good suggestion I felt bound to follow up on it. Actually this is the most frequently-heard suggestion at the Co-op.

Until recently, I resisted the idea of making room for people to sit down and eat our wonderful food. I'm not sure what changed, but I realized that we need something like this in Moscow. There are so few places one can go, eat great food and be amongst friends.

This month we will unveil our plans to bring in tables and chairs to the front part of our store. The seating area will be small, only 5 tables with chairs, but we are

excited to make this change. At this same time, we will be making a few necessary upgrades to the deli workspace also.

During December we will be posting an artist's rendition of what the café might look like, plus a floor plan of how the area will be laid out.

Several as yet unanswered questions remain, such as where will the shopping carts and water go?

However, if all goes according to plan, the project should be completed sometime late this winter.

Of course, we need our members' support to make this a reality, so there will be several ways in which you can help (see the Board of Directors article in this issue).

So, here you go Mike, the "Café Experiment" is the answer to your suggestion. And you thought no one was listening.



Generally Speaking Debit Cards and the Moscow Food Co-op

by Kenna Eaton, General Manager

It seems like most stories I tell are long ones. And this time is no exception. However, I feel it is necessary to give the background information first, so you can understand the context—and also, to remind you that the credit card industry is very volatile and thus what I tell you today may change in six months.

A few years ago, the Co-op decided we needed to start taking credit cards. Fairly quickly we also found that we needed to use the terminals that give automatic approval for credit card purchases versus making that phone call. We invested in terminals for our store that would allow us to do such a thing.

The current rating we have with the Visa company means every time we swipe your credit card we lose 2% of each transaction while with a debit card we lose 35 cents per transaction. Recently we discovered that the new breed of credit card, the one that says, "check card" on the front but has a Visa logo, can be used 2 ways. If we swipe the card and enter your pin number, it costs us 15 cents. However if we can't do that, for whatever reason, and we

have to use the credit part of the card, then the Visa company charges us an extra 40 cents!

As you can imagine that can cost us a fair sum of money over a month. Thus we have asked our cashiers to try and run every "check card" as a debit card.

Unfortunately this system has a few "black holes." The Washington State Employees Credit Union, for instance, does not link up with our system, so we cannot process their cards as debit/check cards, only as credit cards. We have been told that next year they will pick up the same processing network we use at the Co-op.

In the meantime, please be patient with us. We are trying to juggle serving our customers' needs as well as not losing a large sum of money to the Visa company.

So here's how you can help (and thanks for helping your Co-op):

1. Please try to remember your pin code.
2. Please try to use a card that isn't mangled and that we can swipe.
3. Please be patient while we try to process your card.

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Kenna Eaton
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Color the Cover and Collect your Treat

Please use your artistic skills to color the holiday scene drawn by Nancy Nelson for the cover of this newsletter.

Use any colors and all your imagination to create a bright and cheery design.

Just bring your completed entry to a cashier at the Co-op and you will be given a Panda strawberry licorice candy bar. The entries will be posted at the Co-op to brighten both the store and the season.

All ages and all skill levels are encouraged to participate. One entry per person please. Bring to the Co-op by December 31, 2000.

Dot Coop to Join Dot Com and Dot Org as Top-Level Domains

By Kenna S. Eaton

On November 16, the international body charged with managing the Internet (ICANN) announced their selection of dot Coop (.coop) as one of only seven new top-level domains (TLD) that will join dot com (.com) and dot org (.org) at the end of Internet addresses.

This decision was made after a highly competitive application and review process that found both overwhelming global support for dot Coop from all sectors of the economy and a clear, unmet need for a unique cooperative identity online.

The dot coop proposal received more favorable comments on ICANN's public comment forum than any other proposed TLD. The new TLD will be restricted for use by only bona fide cooperative

businesses, which number in excess of 750,000 globally with 725 million members. Because cooperative businesses (like credit unions and food co-ops) are owned and operated by the people who use them, polling data shows that consumers trust them more than conventionally-organized businesses.

It will be some time until we find out how your Co-op can change its URL (Internet address) from moscowfoodcoop.com to moscowfood.coop but we'll keep you updated.

In the meantime, if you haven't checked out our web site (still at moscowfoodcoop.com) make sure you do. It's a fun, informative place to find out more about good food, your co-op and our community.



Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

The holiday season has fallen on us like a massive meteor from outer space, destroying schedules, all sense of sanity, frugality, and temperance. Furthermore, the real beginning of the millennium is just around the corner.

That means it is time for the Co-op anti-Christmas volunteer party where we worship the true spirit of Scrooge and the Grinch and revel in anti-consumerism as we make gluttons of ourselves with good organic food and drink, all sweetened with pure, unrefined cane juice.

So volunteers, keep your eyes on your mailboxes and look for signs in the Co-op announcing the festive event. A little four-letter word is all that needs to be written about this fete—WINE. Organic, nonetheless.

Now, a couple of reminders. First, thanks to the volunteer herb stockers, Pam Palmer and Tom Lamar, and the new arrival Todd Simmons.

Second, if you are a volunteer who works out in the store and who doesn't have a name tag, let me know or just make one yourself from materials in the employee room.

Third, and this is for container recyclers, please let the containers air dry. That is the official regulation from the Idaho Department of Health something like Id. Code Annotated, IDR/Health and Widget Regulations 23.45(87) section 23(a)(ii) or other big

legal-looking number. True, it's faster to wipe them with clean towels but that is not in accordance with officials regulations or bureaucratic whim.

Finally, a tip for those of you who bought lots of stuff for the Y2K bug. As noted in the first of the article, the real beginning of the millennium is January 1, 2001. You probably used all the important food items you bought over a year ago in anticipation of the year 2000. Buy again, especially lots of bulk food items (like 150 pounds of organic split peas), canned goods, and candles from the Co-op. You will be happy in case the worst happens. And we at the Co-op, particularly Vicki and Carrie, will be just delighted.



The Buy Line

By Vicki Reich, Grocery Buyer

In case you've never noticed, I love food. I love thinking about food, talking about food and especially eating food. So it will probably come as no surprise to you that I love this time of year because so much of it is dedicated to thinking about, talking about and eating food.

I like to plan several different dinners in my head before I settle on the perfect combination of tastes, colors, textures and smells. Having two big eating holidays only a month apart allows me to indulge in even more food fantasies.

However, this year is a little different. My mom turned 60 a couple of days before Thanksgiving, so my brother and I decided to throw her a surprise party the day after Thanksgiving. She didn't know I was coming home for it so I flew in on Thanksgiving Day. You can just imagine what kind of dinner my husband and I had on the airplane. Needless to say, I felt robbed of the opportunity to not only prepare, but also indulge in, all of those rich, delicious, traditional holiday foods.

Now, I have to make up for it, actually I started making up for it several weeks early. We had Dungeness Crab Cakes for dinner two weeks in a row. We had a decadent breakfast with friends of buttermilk pancakes, eggs with smoked salmon and cream cheese, cranberry muffins, sourdough toast, organic breakfast sausages, and nitrate-free bacon. Then we went sledding.

I plan on making that turkey we missed for just my husband and me and then making turkey sandwiches, turkey hash, and turkey soup with all the leftovers. I also plan on baking up some treats to give as gifts this year. But if I don't get them done (you know what they say about good intentions), I know I can come to the Co-op and find some cool food gifts like local Moscow Pepper Company gift crates and Queen Bee Chocolate gift boxes. I hope everyone else has a delicious holiday season, too.

From The Suggestion Board

Would like to see Garden Burgers. Heard Boca Burgers contain GE corn. I don't know about GE Corn but Boca Burgers do have GE soy. We carry Yves Garden Patties, which contain no

GMOs. They are very good and located in the cooler. We have tried carrying Garden Burgers in the past and they don't sell.

Malt sweetened chocolate chips. Please! We have them in bulk, they were poorly labeled in the past but now they say grain-sweetened.

What about dried ginger and poultry seasoning? We carry ground dried ginger and you can special order dried sliced ginger. We used to carry poultry seasoning but it does not sell fast enough to stay fresh.

Does the Oregon Chai come in decaf? No, the regular flavor does not come in a de-caf, but the herbal flavor is caffeine-free.

I was so proud to carry my first Co-op grocery bag down the street! Cool! We think they are pretty hip, too!

Could you see if you can order unsweetened papaya? I love it! If I could find it, I'd have it here. Where have you bought it in the past? Maybe I can find a source from them.

Would you please stock Republic of Tea's Decaf Chai Liquid Concentrate? It's excellent. I'll bring it in.

Please bring in new flavors of Soy Delicious. What flavors would you like?

Please! Can we have bulk Bragg's and Veggie Booty? Okay, I'll get them in.

Please get larger bags of Skinny Natural Corn Chips and bulk sesame sticks. The bulk sesame sticks are here by the granolas, and I will try to make room for bigger bags of Skinny's.

Just a reminder. You all do great work, and the whole community appreciates you. We love you all very much! Wow, that made everyone's day. We all love working here and I guess it shows.

You used to carry broken pieces of wild rice. It was much cheaper than whole. Can you still get it? I can special order it for you, but I don't have an extra bin at the moment to carry it in the store.

Can you get Knudsen Mega Green juice in the 32 oz. bottle? If you mean the larger 64 oz. bottle, it's not available in that size. We do carry the 32 oz. size.

Perhaps the bulk olives could be all one price/PLU so we could mix'n'match in a single container? That's a great idea, we'll get it up and running soon.

Are you familiar with Barbara's Bakery brand? They're good and look to me like your type of product. I like the baked cheese puffs. We carry lots of Barbara's Bakery products and have for years. We carry the Baked Cheese Puffs. They are on the bottom shelf of the chip aisle.

Can you get free-range chicken? We carry Shelton's chickens in the freezer. They're free range.

Marmite! Sorry, I don't have a supplies for this.

Kashi Go Lean cereal. Please! After many requests, it's here, on the top shelf of the cereal aisle.

Word of Mouth

By Vicki Reich

If chocolate has a season, it would have to be winter, although some people would argue that every season is chocolate season. So when pondering what to taste test this month, my thoughts kept returning to dark chocolate.

There is a major disagreement in our office as to what is the better kind of chocolate, milk or dark. I, of course, believe that there is only one kind of chocolate, and that is dark. However, Carrie will turn up her nose at a bar of dark chocolate. To her, milk is it.

She, however, is not in charge of taste tests, so dark it was. As usual, it was the fine women of the Hog Heaven Handspinners who agreed to be my testers. You can imagine the arm-twisting that went on to get them to try chocolate.

We had five bars of chocolate before us. I tried to get pure dark chocolate in all the brands—but some of them don't come pure. We tried Endangered Species Black Rhino, Newman's Own Organic Sweet Dark, Chocolove Dark Chocolate, Cloud Nine Vanilla Dark, and Ghirardelli Semi-Sweet Baking Bar.

Surprisingly enough, they all tasted good. There were a couple of outstanding bars. Everyone liked the Newman's bar; it was very smooth and creamy with enough sweetness to not be bitter. The Chocolove bar was the hands down favorite. It was the perfect combi-

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nation of sweet and bitter with a wonderful creamy texture that slowly melted in your mouth. It tasted like a truffle in a bar. Another bar worth mentioning was the Ghirardelli baking bar. It had a very cocoa-powdery taste to it, which we all agreed would help the chocolate taste stand out in any recipe. I wouldn't recommend it as an eating chocolate if you have access to any of these other bars. (I do know about those late night chocolate cravings when all you can find in the pantry is baking chocolate, and in that case it tastes great).

Unfortunately, we had to yet received the new Queen Bee chocolate truffles when this taste test was conducted. I tried them immediately when they came in (wouldn't want to risk poisoning any customers with a bad batch of chocolate), and I will attest to the fact that they are delicious, especially the dark chocolate ones.

The moral of this story is: you can't go wrong with any of the chocolate here. And now is the season to indulge. Chocolate bars make great stocking stuffers. There is nothing like following a gourmet holiday dinner with just a small piece of fine chocolate. Here's wishing all of you a sweet and chocolately holiday season.

The Co-op is Closing

By Kenna Eaton

Yes, for three days over this holiday season, the Co-op will close. We will not be open on December 25 or 26 and also will close on January 1, 2001.

We hope you all have a great holiday season.

New Products

by Vicki Reich and Carrie Corsen

New Grocery Items:

Queen Bee Honey Chocolates-I guess enough cannot be said about these delicious little morsels. This is the third mention of these in this newsletter. Look for them on the deli counter, if you haven't found them yet.

Fantastic Foods Mandarin Broccoli and Spring Vegetable Big Bowls-Two new additions to this great selling line.

Yamamotoyama Sushi Nori w/ Rolling Mat and Seaweed Snack Chips-Nori and a rolling mat all in one and great tasting snack chips, this from someone who is not a seaweed fan.

Traditional Medicinals Organic Chamomile Tea and Breathing Thyme Tea-Just in time for the overeating (chamomile) and cold season.

Kashi Go Lean Cereal-A much requested item

Heritage Foods Organic Pumpkin Pie Filling-Great tasting, organic, and easy—what more could you want.

Lundberg Rice Pudding-Three delicious flavors of this classic dessert.

Knudsen Just Blueberry and Just Boysenberry-Two new additions to this line of unsweetened juices.

Bulk Sesame Sticks-Yummy snacks made with organic flour. They're with the granolas in the bulk section.

Yummy Foods Salad Dressings-Boise-made salad dressings. Very fresh-tasting.

John Dough Pizza Crusts-These are great. Have fresh-made pizza for dinner in only 20 minutes.

Natural Touch Veggie Corn Dogs-Sure to become a cult classic.

3 Square Pocket Sandwiches-Great tasting, vegan, healthy, and quick meals.

Horizon Egg Nog-Ah! Organic eggnog for the holidays.

Silk Nog-Back again for the season. This stuff rocks.

New in Personal Care:

Aura Cacia 40 ounce bath salts-Four fantastic fragrances and unscented too. *Aloha Bay Candles*-100% Natural essential oils and palm wax used to make these beautiful candles.

Indigo Wild's "Zum Butters"-Shea Butter and goat milk blend make these products a body care treat.

Earth Friendly Products-liquid laundry soap, furniture polish and orange plus cleaning towels.

Washrooms, Lavatories and Loos

By Kenna S. Eaton

No matter whether you call it the little girl's room or the potty, we all need to use this place frequently.

The Co-op restroom is in constant use and we are just as constantly trying to meet the challenge of keeping it clean and well-stocked.

We made a decision to use linen towels in the bathroom to cut down on paper use and waste. Unfortunately, even cloth towels run out and need to be replaced on a regular

basis. We established a team to monitor the john and keep up with the towel, paper and soap situation, but we also need your help.

Please let us know if the towels are misbehaving, or the supplies have run out, or some other crisis is looming in the W.C.

If you let us know, we promise to fix the situation ASAP because we can all appreciate a clean, well-stocked euphemism.



Veggi Head - Produce Notes:

Carrots, Carrots, Beautiful Carrots

by Lahde Fesler
Produce Manager

It's December and we are all enjoying the sweet crunch of local carrots. Here at the Co-op, we are the fortunate recipients of the best carrots around. George Hay and his sweetie, Sue, provide us with wonderful sweet carrots from October through to January.

If you haven't tried "George's Gorgeous Carrots" yet, next time you're shopping don't miss the opportunity to try these sweet, no-spray, packed-with-nutrition carrots that are grown in the rich soil in the hills above St. Maries, Idaho (60 miles north of Moscow).

Last month I had a customer comment regarding bunched carrots that read as follows:

"I know that leaving the greens on the carrots looks beautiful, but on root veggies, the greens continue to draw vital nutrients from the roots even after they're picked (so, less healthy carrots). If consumers are interested in carrot greens, they could be cut off and bunched with the roots."

In response: yes, carrots do, in fact, lose nutrients when bunched with their greens intact. The greens, to stay alive, feast on the stored energy that exists in the roots. How quickly and to what extent the greens pull nutrients from the root I am unsure. The same goes for other root vegetables, such as radish, turnips, and beets.

The reason I stock bunched carrots is that they are often

sweeter and better-tasting than the non-local bulk and packaged carrots we carry (if George and Sue's carrots are unavailable). When we start carrying bunched carrots again, I will try selling them with out the greens. Who knows, maybe the aesthetic draw of the dark green carrot tops will not matter to the Co-op shopper.

Yes, there are many ironies in the produce biz...not only does the consumer gravitate towards the apparently garden fresh carrots with frilly green tops but they also gravitate towards crisp non-wilted produce. There are actually more nutrients in produce that is allowed to wilt than produce that is kept crisp and fresh under the misting system and through refrigeration.

Yes, sadly it would be more nutritious to purchase wilted greens to make a salad than to prepare the crisp Caesar salad we all love. Wilting is nature's way of conserving energy (i.e. nutrients) when under stress.

A head of lettuce on the produce shelf, cut away from its roots and the nourishment of the soil, lives off the nutrients stored in its leaves. We hunger for the fresh and crisp that we once gathered from the wild and later harvested from our kitchen gardens.

I suppose this is where vitamins and supplements come into play...after all, who desires sad, limp lettuce when they can have the beautiful glistening rosette of an apparently "fresh" crisp head?

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Welcome!

By Laura Long,
Membership Director

Hurray! Another holiday season has arrived, and no matter which celebration is your favorite, there's a perfect gift to give at the Moscow Food Co-op. Whether you think of it as the gift of health, the gift of fun, or the gift of friendship, the gift of a Co-op membership is never a bad idea. For the price of a mere \$10 you can give a friend or family member a year's worth of good food, great information, and a nice warm place to come in out of the cold just for a smile and a hot cup of tea.

Maybe your friend is already a member of the Co-op, but you can still give them a membership. They can just redeem it when their old card expires. Or maybe your sister has never been a member before. Then you will be giving her a present with real value that she'll thank you for later. And what's more, this gift doesn't take up much space, it's recyclable when they're done using it, and the money goes to support a good cause. If you're interested in purchasing such a fine gift, just stop by the store, and ask one of our cashiers to help you.

Don't forget the great gift items around the Co-op. Our Holiday Bazaar is now spread out around the store, with local handcrafts, candles, mittens, chimes, dishes, calendars, and hundreds of other wonderful gift items awaiting new homes. Just

wander around the store and look for the appropriate gift.

There's another great option for gift giving on the Palouse, and it's in your back pocket if you're already a member of the Co-op: the Business Partner Program! Don't forget to show your card at participating local businesses, and they will give you great discounts and premiums just for being a member of the Moscow Food Co-op.

Maybe you want to give the gift of time. You can repaint Mom's bedroom, and save 15% on paint and supplies at Columbia Paint. Or perhaps a gift handmade right here at home would be perfect. Then check out the selection of crafts at Northwest Showcase and save 10%. Wild Women Traders has a great variety of jewelry, and Tye Dye Everything has some groovy tie-dye for that college student of yours and both offer 10% off retail prices.

I could just go on and on with the possibilities, but there just isn't space here. For a complete list of participating businesses, check out the list of participating businesses in this newsletter, cut it out, and carry it with you while your out on the town shopping. And remember, relax and enjoy the season and if you're a little stressed-out don't forget Kelly Kingsland has some great deals on massage for members.

were made in the range of \$500 to \$5000 dollars.

Kenna, the General Manager, has been diligent in setting aside money for member loan repayments. Our generous patrons wanted to loan us more money than we needed at that time, so perhaps it would be an option for this project. Is anyone out there interested in loaning us money for this "chair-i-table" cause? The Co-op pays interest at the rate of 4.5% on our present member loans which are set up for either three or five year terms. This is a better rate than a savings account, and offers a better rate for the Co-op.

Up All Night

News in the Bakery

Another month has passed us by and we find the bakery growing busier and busier. The fall bread schedule is running smoothly so far, but keep your eyes open for a few changes (hopefully by the time the winter bread schedule comes out). A few of the changes in the bread schedule will be due partially to your suggestions from the suggestion board.

Recently I have seen the need for more white spelt bread, so I am trying to find an appropriate slot in the bread schedule for this. We also might add a few new breads and stop a few breads until the spring. So, look for the new changes to come.

We have a fresh new smiling face in the bakery. Amy Margozerwitz is our new bakery assistant and is working Mondays, Wednesdays, and Fridays. Please join us in welcoming Amy to the team.

This month I would like to share with you our beloved pesto cheese roll recipe.

These have been a staple food for many of you shoppers and friends of the Co-op, so I figured some people might like to try the process at home.

The bread recipe for the dough follows:

Country White Bread (makes about 6 big rolls)

- 1 1/4 cups Water
- 1 cups of 2% Milk
- 1/2 Tablespoons Yeast
- 2 tsp. Salt
- 1 Tbsp. Canola oil
- 1 Tbsp. cup Honey
- 5 1/2 cups Unbleached White Flour

Mix all ingredients until the dough forms into a natural ball (the dough should not stick to your hand when it is touched, but do not let it get dry with too much flour). Put the dough onto a floured counter top and roll out into a flat rectangle.

Now spread the pesto mixture evenly over the entire surface. The pesto can be made from scratch or I might suggest the spreads/dips that Gary, our illustrious deli worker, makes (and yes, he even makes pesto).

Next, top with healthy layer of mozzarella cheese. The next kinda tricky step is to roll the whole dough up into a log, rolling all the dough towards you. The trick is keeping the log moving somewhat evenly as you roll a little bit at a time from each end. The middle section of the log should not be thicker than the ends of the log. After this step, slice off sections (about 1 inch thick) and place onto a baking tray.

After all the slices have been done and the rolls are all onto the trays, bake in the oven at 325 for 20 minutes rotating halfway through. When the rolls are done, let them cool 5 minutes then serve and enjoy!

Speak to Kenna if this investment in the Co-op interests you. There will be other ways for members to make contributions for this purpose, such as donation jars and a fundraising event after the New Year. Plans will be posted at the Co-op for this exciting new project, so please consider this opportunity.

Another hot topic at this time of year is nominations for candidates for the Board of Directors. We will have two vacancies this year, and we promise we'll count the ballots right the first time!

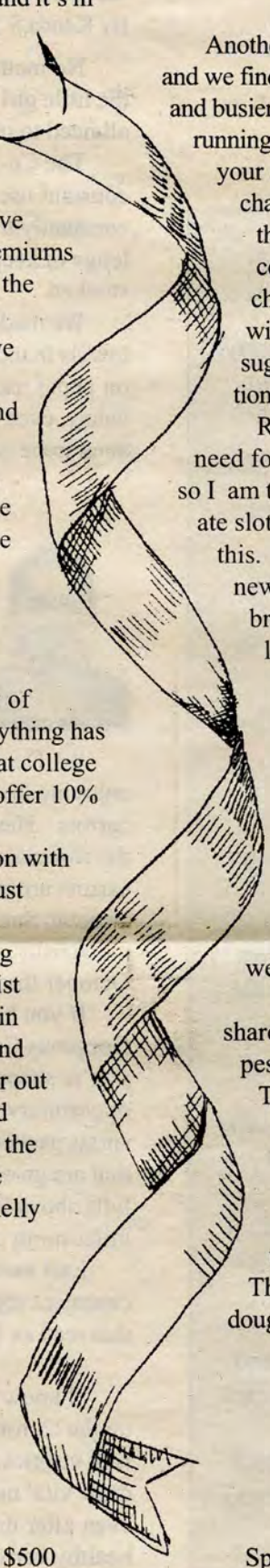
It is a good experience to serve on the Board. Meetings are productive, and the members are committed to the ideals of the Co-op or they wouldn't be there. I would be glad to answer questions about being on the Board of Directors. Call me at 882-6307 in the evenings. There are packets for interested candidates available at the Co-op anytime, just ask Kenna. Of course, members are always invited to join us for board meetings. Our next one is to be held December 12 at 6 P.M., at the Pea and Lentil Commission.

From the Board of Directors

by Mimi Pengilly

The Board of Directors met for our regular meeting on November 14, 2000. We talked of many things, including the budget for the upcoming year and how our dream for tables and chairs are not funded in that budget.

"The Café Experiment" as we call it, is a community area that would expand the seating options for our customers. We are not considering a major renovation, but everything has a price tag. When we moved to our present location, some members chose to loan us money to finance part of those costs. Loans





In the Deli Welcome Honey

By Kelly Kingsland, Deli Manager

I have to admit I was pretty skeptical when Vicki proposed that the Deli pick up the Queen Bee candy line. I am very committed to our local economy, and would rather pay someone to make a product than buy it already made. On the other hand I like chocolate, and Vicki knows this, so she gave me samples.

I guess chocolate could be used to subvert movements or sway opinions, maybe even alter history. Or has it been used that way all along?

So, the samples were really good. I smiled and savored while Vicki set the final punch. She began telling me about the Queen Bee Company itself; how they had all this honey from their hives and decided to create a value-added product; how they are family-run business in Lovell, Wyoming; and how they are winning awards for their excellent

chocolate—even against sugar-based chocolatiers.

I popped another truffle in my mouth, beginning to see her point. All honey, no sugar? Yep it's true, a quick review of their ingredients confirms this fact. They make some really awesome carob treats, too.

I guess these things are what the Co-op here is about also. If we were solely committed to only local products, many things wouldn't have places on our shelves, but providing alternative is paramount as well. I placed an opening order.

Queen Bee Chocolates can be found on top of the Deli case, and their honey pralines are at the registers, and they sell gift packs that will probably show up around the holidays. If you like chocolate, check them out.

If you are controlled by chocolate, I can only say I'm sorry.

The Pizza Locusts

By Bill London

Photos by David Hall

They swarm with regularity. They arrive at the Co-op every Friday evening, carrying boxes, plates, or large Tupperware tubs. They leave, containers filled, with a smile of anticipation and excitement, contemplating the satisfying meal ahead.

They are the pizza locusts.

They have learned that the best place to eat in Moscow on Friday is the Co-op's Deli. The first pizzas roll out about 5:30pm, and by 6pm, all the choices are available.

The Deli bakes about 15 large pizzas on Friday, including always one kid pizza with nothing but cheese and sauce, a vegan pizza,



and a half-dozen other wild combo pizzas.

The combo pizzas have a great sauce and mounds of olives, artichoke hearts, various vegetables and other unlikely ingredients.

The pizzas are sold by the slice (one slice is \$2.50). Each slice is a decent meal, since it is thick and full of stuff and one-eighth of a large pizza pie.

Bill London edits this newsletter and believes that the best use for the standard pizza delivery box is as a recycled container for Co-op Friday Pizza.



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Laura's on Halloween

Photos by David Hall

A Moscow landmark closed on Halloween. The last day for Laura's Tea and Treasures, the Moscow meeting place and coffee house on Main Street, was October 31, so Laura had a party. Alizangara, in costume, supplied the music.



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Food

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

By R. Ohlgren-Evans

OK, So Now You're A Vegetarian

by Lauren Butts, 244 pp \$12.95, Broadway Books, New York, NY

At first peek, the recipes in "OK, So Now You're a Vegetarian," are nothing short of mouth-watering. Then I read the back of the book to find out that author Lauren Butts is a sixteen-year old high school student from Medford, Oregon. Now I'm REALLY impressed.

Ms. Butts has put together 100 delightful recipes to tempt anyone with a contemporary appetite - wraps, tacos, burgers and stir-fries - but don't get the idea that this is junk food, or only for the young! She has compiled a book of recipes that includes the exotic (Coconut Black Bean Soup); new twists on old favorites (Apricot Chimichangas); and the extreme (Death-by-Chocolate Brownies). This cookbook is remarkable not just because Butts is a teenager, but also her youthful enthusiasm for good food is infectious, and her nutritional advice is sound. Let's have a look at her Fig and Blue Cheese Salad:

4 cups torn red-leaf lettuce
3 Tbs rice wine vinegar
1 tsp olive oil
8-10 fresh figs or dried figs, diced
2 oz (about 1/3 cup) crumbled blue cheese
Freshly ground pepper, to taste
Place the lettuce in a large bowl and set aside. In a small mixing bowl, whisk together the vinegar and olive oil. Pour the dressing over the lettuce and toss to mix well. Divide the salad equally on 4 salad plates. Sprinkle each serving with figs and blue cheese. Lightly dust with ground pepper and serve immediately.

Not your typical teen fare, is it? "OK, So Now You're a Vegetarian" is an ideal choice for any cook looking for easy and up-to-date recipes, and I would particularly encourage anyone with a teenage foodie on their gift list to consider Butts' book this holiday season.

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

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook: Scandinavian Braised Red Cabbage

By R. Ohlgren-Evans

Have you been eyeing the stunning cabbages in the Co-op's produce section? I have, and I've got a suggestion for preparing those delightful red vegetables. This crimson-red side dish is festive and simple, and so full of earthy flavor. It wouldn't feel like a holiday feast without this old favorite on the table. It's also great reheated with leftovers.

1 medium red cabbage
4 Tbs. butter, cut into small pieces
1 Tbs. sugar
1 tsp salt
1/3 c water
1/3 c white vinegar
1/4 c red currant jelly
2 Tbs. grated apple

Shred cabbage (about 9 cups). Combine butter, salt, sugar, water and vinegar in saucepan. When mix begins to boil, add cabbage and toss. Place in casserole dish in 325 degree oven, covered, and braise for 2 hours. Add water if necessary.

About 10 minutes before done, stir in jelly and apple. Replace cover and finish baking.

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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Miso—Making It Up As We Go Along

By Kelly Kingsland, Deli Manager

I have long felt lucky to be a cook in this day and age. We are able to pull our ingredients and ideas from a wide base of regions, ethnicities and traditions.

True, we have been accused here in the Deli of not making "authentic" regional food, but I believe that we are lucky not to be limited by culture or tradition, as a result we get to play more without being limited by the "right" way of doing things.

These thoughts came to mind recently when we were asked for a Miso Gravy recipe. I do make Miso Gravy at home, but I hesitated to write down the recipe in fear of judgment over "wrong" usage. You see my Miso Gravy is a mix of traditional gravy with miso replacing the meat seasonings. It tastes great, and my kid loves it, but I worry that a traditionalist would condemn the combination of milk and miso.

As one thought always seems to lead to another, I started thinking about miso itself. I have long known that miso contained healthy active cultures that are good for digestion. With great results, I often use miso broth as an antidote to having eaten too much sugar. But a little research revealed miso to be a pretty amazing food.

For those of you who don't know what I'm talking about, miso is a fermented soybean and/or grain paste honored as a healing food in China and Japan for centuries. Modern research reveals miso as a good source of protein and B vitamins as well as beneficial enzymes. In addition, miso helps cleanse radiation and nicotine from the body.

According to Elson M. Haas MD, in his book *Staying Healthy With the Seasons*, "Miso is an alkalizing food and its fermentation assists the body's digestion and metabolism." He goes on to say that "for those who wish to strengthen their systems, miso can be used daily as a broth and is said to be a good tonic...It is a great afternoon drink for those who suffer from late afternoon or post-work symptoms like headache, dizziness, irritability or general low energy."

Ironically, in all my research I found no condemnation of mixing miso with milk or any other more western ingredients. And so I

decided to go ahead and share a few recipes and cooking tips. As a disclaimer, I'll just say that these pointers are not definitive, only things I have found to make sense when cooking with miso

One very important point to keep in mind when cooking with miso is to never boil it. Boiling creates a bitter flavor, and kills many of the beneficial enzymes and cultures. I like to add miso to soup after I've taken the soup from the burner. Another important fact about miso is that its condensed form is very salty, so use sparingly and add small amounts at a time to taste.

I make Miso Gravy by melting a tablespoon or so of butter in a pan, making a roux by adding another tablespoon or so of flour, mixing and toasting for a minute before adding 1 1/2 c milk and heating until nearly boiling and thickened. Remove from stove and let cool slightly before adding a dash of Tamari and maybe 2 Tbsp of a dark miso. I pour this over mashed potatoes, brown rice or steamed greens for a pretty great meal.

To make miso soup, I lightly sauté a small quantity of onions, leeks or scallions, garlic, carrots, beets, and any other root veggies, in sesame, peanut, or canola oil. Add water to cover veggies and heat till just under boiling. Add a variety of fresh greens such as chard, kale, spinach, mustard or bok choy, and stir together briefly. Remove soup from heat and add a dash of tamari and Miso to taste. Generally, it works best to whisk

the miso with some water before adding it to the soup. Other options are adding sea veggies, cayenne, whole cooked grains, or tofu.

Probably my favorite way of eating miso though is plain broth. This may in part be a result of my environment, as I usually take some to the woods with me when I'm backpacking and drink it in the morning before hiking, and in the evening while I cook dinner.

Buying miso at the Co-op is easy. Vicki stocks several different varieties and brands. In general, the darker misos tend to be saltier, while the lighter ones are sweeter. Unpasteurized are healthier as the enzymes and cultures are destroyed by the heating process of pasteurization. If you don't already cook with miso I encourage you to start. Don't be thwarted by any fear of doing it right. While it has 1000-year-old traditions, its presence in our culture and benefits to our bodies speak for itself.

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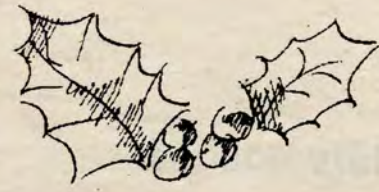
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Macro Musings

The Compleat Macrobiotic Kitchen

By Peggy Kingery



It's the gift-giving time of year! I look forward to nosing around stores and flipping through catalogs in search of the perfect gift to buy for someone I love. But gift-giving goes both ways. What do I say when a loved one asks *me* what I'd like under my Christmas tree?

I go to my kitchen, of course, to see if I need to replace any of my cookware or utensils. Macrobiotic cooking requires some special tools that many households might not have or that may need to be substituted with healthier ones. Just like the food we eat should be as natural as possible, so should the equipment we use to prepare it. All items should be made of wood, cast iron, stainless steel, glass, or earthenware.

Many of the cookware items I mention below are now available at the Co-op. Carrie says that she can order any items that do not happen to be in stock. So, look around at the Co-op for some of these great kitchen helpers.

A stainless steel pressure cooker is essential in macrobiotic cooking. The types manufactured today are much safer than the ones made 50 years ago, with features like pressure release valves. They're used mostly to cook grains. Pressure-cooked grains are more digestible, sweeter, and tend to come out "perfect every time" as compared to boiled grains. Pressure cookers are not cheap, but with proper care will last long enough to pass down to future macrobiotic cooks.

High quality cookware is also essential. There are many brands to choose from, but try not to be tempted by those with non-stick surfaces. Stainless steel pots and pans are the best choices. A cast iron skillet also comes in handy, especially for sautéing vegetables or dry-roasting grains and seeds. Glass (Pyrex) and earthenware baking dishes are perfect for making baked beans and casseroles. Electric appliances such as crock pots and rice cookers should be avoided because electricity disturbs the natural energy (ki) of food.

Wooden utensils help prevent scratches on metal cookware. Different sized spoons, rice paddles, and cooking chopsticks are inexpensive and perfect for sautéing,

stirring, and serving. Wood is preferred over metal because it contains a calm, peaceful energy that transfers into the food. A wood-handled, natural bristle brush is also needed for scrubbing root and ground vegetables.

A Japanese vegetable knife is another necessity. There are several types available made of stainless steel, carbon steel, or high-grade carbon steel. The latter is the best because it holds a sharp edge longer; however, it also tends to be the most expensive. I've found other styles of knives are also handy: a cleaver for splitting winter squash; a paring knife for peeling ginger and slicing small or delicate vegetables; and an 8" chef's knife for slicing large heads of cabbage or other greens. Because macrobiotic cooking entails cutting a lot of vegetables, investing in a whet stone or other knife sharpener is necessary to keep knives good and sharp.

It's useful to have several wooden cutting boards. I reserve one for seafood so that the fishy odors and juices don't mix with my vegetables. Wooden boards need a bit more care than plastic ones to prevent them from warping. I coat mine with mineral oil once a week or so (any grain- or seed-based oil can be used), let it soak in for several hours, then wipe off the excess. To clean them, simply wipe with a wet sponge; never put them in a sink of soapy water!

Unfamiliar to most Western cooks are a suribachi and a surikogi. A suribachi is a grooved, earthenware bowl that is used to hand puree and grind various foods. A surikogi is a wooden pestle that is used to grind the food in the suribachi.

Pickles are served with most meals, so having a pickle press and a pickle crock make preparing them quite easy. A Japanese pickle press is a plastic bowl with a screw-on lid that presses the vegetables to the bottom of the bowl and quickens the pickling process. A pickle crock is a large, open-topped earthenware keg that is used for making long-aged pickles. An alternative to buying these is to use a straight-sided glass or ceramic bowl, a plate that is a bit smaller in diameter than the bowl, and a heavy weight (I use a brick enclosed in a Ziploc bag).

Serving bowls and storage containers should be made from glass, ceramic, or wood. Using plastic containers is not recommended because the plastic taste may be absorbed by the food. Wood is particularly good to use because it's porous, allowing cooked foods to breathe, and it absorbs water, resulting in less spoilage. Wooden bowls need to be treated with oil, like cutting boards do, to prevent them from splitting. I use bamboo sushi mats to cover bowls containing leftover grains because they prevent the grains from becoming soggy.

Other handy items include: stainless steel colanders and strainers for draining noodles and for washing grains and beans; a flat stainless steel or porcelain grater for grating ginger, daikon, and other root vegetables for garnishes; and stainless steel or bamboo steamer baskets for cooking vegetables.

Digging through my kitchen drawers and cupboards makes me hungry! I'll jot down my wish list while the beans for this warming winter stew cook.

Savory Black Beans With Squash

(adapted from "Cooking the Whole Foods Way" by Christina Pirello)

- 1 3" strip of kombu, soaked and diced
- 1 cup black beans, soaked 6-8 hours
- 2 cups water
- 2 tsp sesame oil
- 6 garlic cloves, minced
- 2 Tbs gingerroot, minced
- 1 onion, chopped
- 1/2 tsp cumin
- 3 celery stalks, diced
- 3 cups winter squash, cubed
- 1 Tbs barley miso or shoyu

Place kombu in a saucepan. Add beans and water, bring to a boil, and simmer 45-60 minutes until tender. Transfer to a bowl and set aside. Heat oil over medium heat in the same pan. Sauté garlic, ginger, onion, and cumin for 3-4 minutes. Add celery and squash and just enough water to cover. Simmer for 10 minutes until tender. Add cooked beans. Do not stir. Season with miso or shoyu. Stir and simmer for 4-5 minutes. Garnish with sliced green onions if desired.

Peggy Kingery's greatest wish for this holiday season is for peace within hearts, within families, and throughout the world.



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I Am Bananas

By Pamela Lee

If I am what I eat, I'm partly bananas. I eat one, sometimes two, of this sweet, soothing fruit each and every day.

The banana variety that is most often available in our markets is the long yellow Cavendish banana. Red bananas have been showing up in the Coop's produce section recently. When fully ripe, they are deliciously sweet with a bit of a berry-like flavor added to the usual smooth honey-like banana taste. If you have a chance, try other banana varieties: ladyfinger (also called baby or niZo) bananas, apple-bananas, or plantains.

I confess that I am not a fan of the starchy plantain. It seems much more like a vegetable than a fruit, and can be boiled, baked, or sautéed much as one might a potato. Perhaps my prejudice stems from my initial encounter when I tasted a plantain raw. I've since read that they are best when cooked.

Bananas are thought to originally have been indigenous to Malaysia, and to have spread west through Asian, India, and Africa well before Columbus landed in America. Alexander the Great reportedly saw bananas growing in the Indus River Valley as early as 300 BC. When Portuguese traders sailed to Africa's Atlantic coast, they discovered bananas growing in the Benin Kingdom's Niger River Valley. "Banana" is an African word. A Spanish missionary brought the first banana rootstocks to the New World in 1516.

Banana plants are the largest plants on earth that do not have a woody stem. Bananas do not grow on trees, but rather on stalks that can grow as high as 25 feet. The stalks are comprised of layers of big thick leaves. Banana plants are part of a large botanical family that includes lilies, orchids, palms and ginger. (Because of this botanical family affiliation, if you find yourself amongst the increasing number of peoples who are allergic to latex, you might also find eating bananas problematic.)

If you are buying a "bunch of bananas" at the market, you'll need a sturdy-shopping cart. A bunch of bananas typically weighs about 50 pounds. A "bunch" consists of many clumps of "hands" that hang around a central stalk. The connected cluster we pick up at the

market is a "hand of bananas".

Bananas are picked green and later will ripen, at room temperature, off the stalk. The ripening of "conventional" bananas are hastened with the use of ethylene gas. A ripe Cavendish banana will be somewhat soft, though still firm, to the touch. The color will be yellow with tiny brown freckles. The taste is sweet, honey-like and comforting. The average American eats 25 pounds of bananas a year.

Since a hand of bananas all ripen at the same speed, once they reach your preferred degree of ripeness, you can place the remainder in the refrigerator for a couple of days. The skins will turn black, but the refrigeration will retard the ripening process - for a few days.... After that, it is time for banana bread.

Unripe bananas are astringent and chalky tasting. To my mind, the only good use for unripe bananas is to eat them to curtail a mild case of diarrhea. I have read that one can cook savory dishes with unripe

bananas, much as one might use plantains.

A banana is a nutritional powerhouse, sometimes touted as "the world's most perfect food". The average-sized banana contains 104 calories, with nutrients including 450-mg of potassium, 33-mg magnesium, 23-mg phosphorus, 10-mg. each of calcium and vitamin C, 9 RE vitamin A, and trace amounts of boron, a mineral that helps use dietary calcium.

While an apple a day is supposed "to keep the doctor away," bananas may do the same or more. Compared to apples, bananas have less water, more food energy, four times more protein, half the fat, three times more phosphorus, and five times more vitamin A and iron.

Though I usually eat bananas raw (alone or with yogurt or ice cream), bananas are delicious cooked in quick breads, pies, cakes, doughnuts, or other sweet preparations. Bananas can also be used in savory dishes, relishes, or spreads. Maybe you, like Elvis, like to lunch

on peanut butter and banana sandwiches.

Broiled Bananas with Lemon and Sugar

4 ripe bananas
1/4 cup fresh lemon juice
1/4 cup dark brown sugar
1 T. golden raisins
1 to 2 T. dark rum

1. Preheat the broiler.

2. Peel the bananas, and arrange them in one layer in a gratin dish. Pour the lemon juice over the bananas, and roll them in the juice to prevent them from discoloring. Sprinkle the brown sugar evenly over them.

3. Broil the bananas about 4 inches from the heat, until they are brown on top, about 4 minutes. Turn the bananas, and broil them again for 3 to 4 minutes, until they are brown on top. At this point, they should be soft when pierced with a fork. Scatter the raisins over them.

4. Cool the bananas until they are lukewarm, sprinkle them with the rum, and shake the dish to mix in the rum. Serve immediately.

Source: Sweet Simplicity,
Jacques Pepin's Fruit Desserts.

While I remain very partial to the Moosewood Cookbook's delightful banana bread that uses strong coffee as a surprising ingredient, Mollie Katzen's bread calls for 2 sticks of butter. I offer instead a recipe, obtained from Dr. Weil's website, with more bananas and less fat than most other renditions.

Banana Bread

6 to 7 very ripe bananas
1 1/8 cups raw honey
1/3 cup canola oil
2 t. pure vanilla extract
3 cups whole-wheat pastry flour
2 1/2 t. baking soda
1/4 t. salt
1 1/2 cups chopped walnuts or pecans

Mash the bananas and mix with the honey, canola oil and vanilla extract.

Sift together the pastry flour (not regular whole-wheat flour), baking soda and salt. Add the nuts.

Blend the two mixtures and divide into 2 lightly oiled loaf pans. Bake at 350-degrees Fahrenheit for 40 minutes, or until the center is set.

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Gardening

Gardening Indoors with Sprouts

By Patricia Diaz

This time of year gardening has come to a screeching halt except for what we can do indoors. And usually we don't get enough sunshine to grow "outdoor" kinds of vegetables inside. A great solution to supplement our diet is the growing of sprouts. It's easy, inexpensive, good for you, and tasty.

Raw vegetables are one of the best things we can eat, as they have a much higher nutrient content than any cooked vegetables. Sprouts are raw vegetables, too, just the germinated seeds. There are many varieties you can choose from. Probably the most popular are alfalfa and mung bean sprouts. But there are plenty of other great sprouts you can grow and eat such as broccoli seeds, chick peas, radish seeds, sunflower seeds, fenugreek and red clover seeds, mustard and canola seeds, quinoa seeds, caragana, and lentils. It is essential to purchase seeds grown for consumption, not for planting in the garden and, of course, organic ones are best.

Sprouts have a high fiber content and are chock full of vitamins B and C, iron, folate, and are low in fat and calories. Sprouts, in fact, have the highest amount of vitamins, minerals, and enzymes of any food per unit of calorie. They nourish the entire immune system. The legume sprouts are also a great source of protein. The best thing about sprouts is that they are a live food. They only stop growing once you start digesting them. Eating live plants gives you a very concentrated source of enzymes, another essential part of our diet.

It is very easy to grow sprouts at home and you need only the simplest of equipment. If you're sprouting small seeds such as alfalfa, broccoli, and radish, the way is the wide-mouth jar method. Put one to four tablespoons of seed in a wide mouth jar. Cover with mesh (such as tulle from a fabric store or gray fiberglass screen from a hardware store) and secure with a rubber band—or you can purchase a special sprouting lid or screen from the Co-op.

Rinse the seeds, then add one cup of cool water and soak for 4-8 hours. Thereafter, you should rinse

your sprouts twice a day - refill with water, swirl, and drain. Invert the jar and prop it at an angle in the sink or bowl. You can enjoy the sprouts in three to six days when the sprouts are 1-2" long. Then cover the jar with plastic and a rubber band or transfer to another container and refrigerate.

Larger sprouts, such as mung beans, lentils, and garbanzos (chick peas) are best sprouted in drainable trays or baskets. You can make these out of containers that used to hold yogurt or sour cream by poking holes in the bottom and letting the water drain out. Find three tubs of varying depths that can fit into one another with at least two inches of clearance between them. Punch holes into the bottom of the two smaller tubs and into the lid of the smallest tub. Rinse the seeds and lay them out onto the container bottoms. Slowly pour 1/2 cup of water through the perforated lid of the top tub. Make sure that the water can filter through at a steady trickle. Once a day empty the bottom tub, rinse the germinating seeds, and pour some fresh water over them. The batches will take 3-5 days.

Mung beans should be grown in darkness so they won't be bitter. What happens if you forget one of the rinsings? If you don't detect any mold, rinse as usual and carry on with the normal schedule.

You can also grow your sprouts by soil sprouting. Fill your containers (with drainage!) with soil, compost, or potting mix. The container should be about half to two-thirds full of soil growing medium. Plant the seeds. Water the soil well and cover it with plastic, leaving one side slightly loose for ventilation. Mist or sprinkle daily and uncover after three days. Put the containers in sunlight or bright light for 5-8 days until the crop is 5-6" tall. Keep the growing medium moist. Cut the sprouts as needed but before the plants become too tough and old. You can keep wheatgrass for a second smaller crop but buckwheat, peas and sunflowers can be cut only once. Once the soil is spent, put the soil and roots into the compost pile or dig them into the garden.

There are many ways to use these delicious and nutritious sprouts

in your diet, including in sandwiches and pitas (how about in a grilled cheese with a slice of tomato?), tacos (as a substitute for the lettuce), salads, soups, omelets, and breads. When you feel the need for something fresh, try sprouting! (For a great website with lots of tips and sources, see <www.sprouting.com>)

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

High Pesticide Level Foods

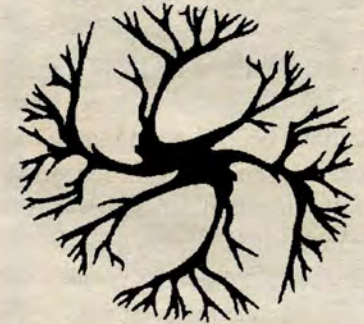
By Patricia Diaz

There is a short article in the December issue of Prevention Magazine listing the top ten commercial foods that have been shown to contain more pesticide residue than others. The article is well worth reading. Those interested in lessening their exposure to pesticides should consider only buying organic or growing their own when it comes to eating these ten foods.

The top ten are strawberries, bell peppers, spinach, cherries, peaches, Mexican cantaloupes, celery, apples, apricots, and green beans.

So when you're perusing your seed catalogs this winter, you might keep these in mind as important potentials for your garden.

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Insights

Moscow has "H.E.A.R.T."

By JoAnne Johnson

The Palouse-Clearwater Environmental Institute is starting a new household sustainability program called Moscow's H.E.A.R.T. (Household Eco-Awareness Response Team). This team program is based on the Household Eco-Team project that was developed and tested by Global Action Plan for the Earth. We hope to accomplish the same goal of offering a way to transform people's desire to make a difference into effective actions that WILL make a difference. Please consider joining us.

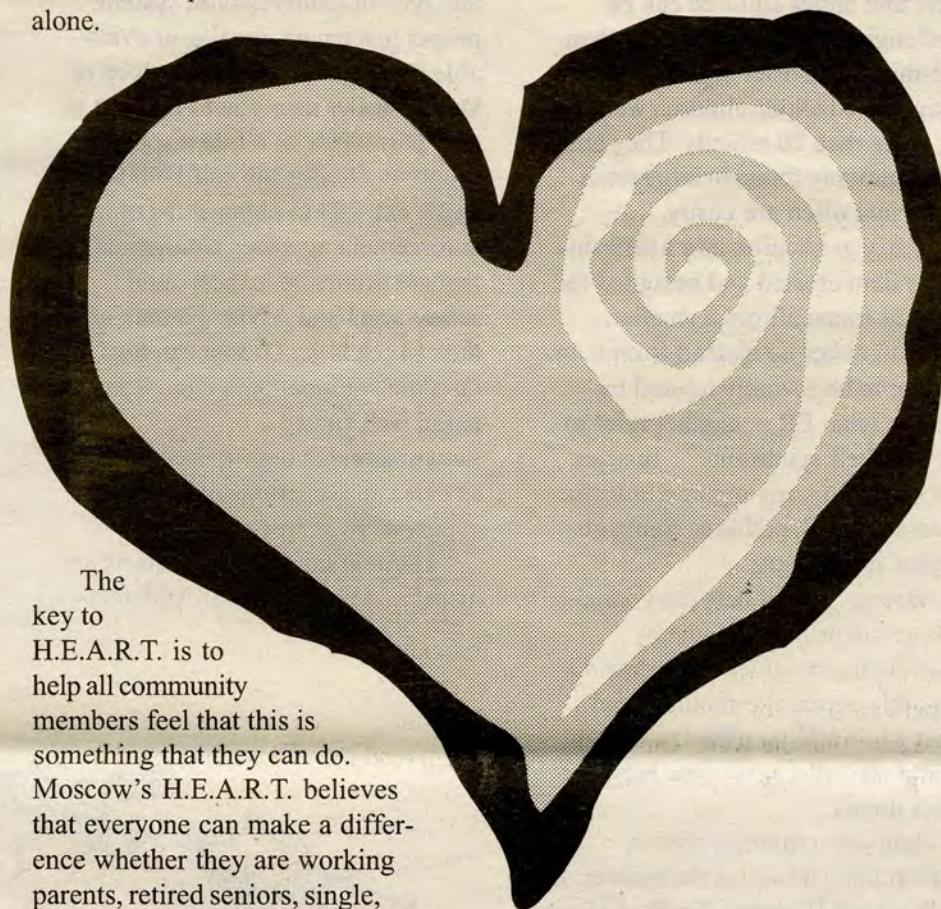
We hope to have a mixture of households, including some that may already know about eco-friendly alternatives and others who may not. PCEI would like to show that there are options for everyone and that all we need to do is reflect on our own lives and find which alternatives work best for us individually.

Not only is this a good way to help out the environment, but participants will also find that this is a great way to help out their pocket books. By conserving energy and water and by reducing waste, monthly bills in these areas will noticeably drop. We hope that this will show that there is more than one incentive to helping the Earth.

Moscow's H.E.A.R.T. hopes to have eight to ten households participate in this group effort towards an environmentally sustainable lifestyle. These households will meet seven times over a period of four months to discuss ways that they can support each other in making changes that will better their environment and their community. We want to have this program spread over a long period of time in hopes that members will not be intimidated by the feeling that they have to rearrange their life within a week or even a month.

There are six areas where we will focus our efforts: water conservation, waste reduction, energy conservation, household hazardous waste, eco-wise consuming, and alternative transportation. Individually and as a group, we will decide what is the most feasible alternative for each of the households. We will then rely on ourselves and other team members to accomplish these

goals. The great thing about having this team atmosphere is that there will always be someone there to help in areas that are difficult for individuals to pursue alone.



The key to H.E.A.R.T. is to help all community members feel that this is something that they can do. Moscow's H.E.A.R.T. believes that everyone can make a difference whether they are working parents, retired seniors, single, married, rich or poor. This is a free program focused on helping community members educate themselves so that they may be able to help others in the future.

If you are interested, we will be having another introductory meeting on Thursday, December 7th from 6:00 p.m. - 7:00 p.m. Hope to see you there! If you are unable to attend that meeting and wish to participate or just have any questions, please feel free to contact JoAnne Johnson at 882-1444 or <lilinoe@pcei.org>.

JoAnne Johnson is the Idaho TRIO AmeriCorps volunteer at the Palouse-Clearwater Environmental Institute, focusing mainly on environmental education and service learning projects for students and community members.



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Child Safety Seats Part 2: Booster Seats

By Lisa Cochran

Late last spring, a good friend of mine was giving me some clothing her then 3-and-a-half year old son had outgrown.

Along with the winter boots, socks and overalls was a fairly new booster seat, a product designed to raise a child in the car allowing the car's seat belt to fit better.

"Are you sure you want to give me this?" I asked. She responded, "He really doesn't need it anymore. He's so large for his age and can just use a regular seat belt and he seems fine without it."

I didn't feel right about it but accepted the gift. Since my daughter fit well in our existing car seat and would for some time ahead, I put the gift seat up in the closet.

But then I saw an alarming article in one parenting magazine, and then another, and then again in another. I quickly gave my friend a copy of an article and returned her seat to her. Perhaps it will save her son's life. Booster seats are needed for children who no longer use car seats. Just

having knowledge about prolonged booster seat use will help protect my child some day.

For the 95% of children who have graduated from car seats, but are not over 80 pounds and 58 inches tall, the risk of using seat belts alone is tremendous. Millions of children between the ages of 3 and 9 are riding around without adequate protection.

Most parents believe that if booster seats are not mandatory they are unnecessary. In so much literature on this subject, I keep seeing the magic numbers 4 and 40 show up. Somehow at age 4 or 40 pounds kids are supposed to "graduate" to seat belts, yet clearly the belts just don't fit properly. Often, the hip belt rides too high upon the belly and also the shoulder strap annoyingly chaffs the child's neck so badly that children often put it behind their back.

Laws or no laws, the top killer and cause of acquired disability in children are car crashes. In 1998 alone, 697 children younger than age 6 years died as occupants in motor vehicle crashes and nearly 100,000 were injured. Child Restraint Devices (CRD) have been shown to save lives. Children who are not in

them can be injured in even low impact collisions. Early graduation of kids into adult lap and shoulder belts is a leading cause of child-occupant injury and deaths.

Finally, buying booster seats for older and larger children can be challenging. In one study, less than one-third of booster seat models are designed to include children weighing more than 70 pounds. They are not commonly found in large retail stores and often are costly.

Early graduation into a restraining system created and designed for an adult frame allows a smaller frame to either be ejected from their belts or to be severely injured by them in what ER personnel refer to as "seat-belt syndrome." In seat-belt syndrome, any organ within the abdomen is vulnerable to contusion, rupture or severing.

Booster seats bring the youngster up into proper position by allowing the shoulder belt to lay smoothly across the shoulder and chest while allowing the lap belt to fit low and snug across the hips and upper thighs.

And don't think an add-on repositioning device is the answer, as the National Highway Traffic Safety Administration (NHTSA) will tell you. Their tests indicate that these repositioning devices are unregulated, overused and their use degrades the performance of the seat-belt system. Although some of these systems have disclaimers stating that they should not be considered a substitute for a booster seat or any other CRD, due to their popularity, the NHTSA is recommending that warning labels be posted on all such products.

What is the answer to keep our kids safe? Always use a car seat for infants and babies. Never carry them in your arms. Choose one that allows for rear-facing up to 30 or even 35 pounds. Don't rush to turn your babies around to forward-facing, as studies show that rear-facing is safer until their immature neck muscles, bones and ligaments have a chance to develop more.

For older babies and toddlers, a forward-facing seat which can hold up to 40 and even as much as 60 pounds is essential.

Beyond that, use a booster seat for a child up to a minimum of 80

pounds but preferably 100 pounds. In the end, it is not the age or weight of your child that determines when a regular belt should be used, but whether the belt fits them properly.

If you have any questions about any type of child restraint system, proper placement, recalls, or available brands, call a Chrysler, Jeep or Dodge dealer near you to find out if they participate in a free inspection program. Or you can call 1-800-843-4227, ext. 263 to obtain a list of law-enforcement agencies nationwide that are trained to inspect child safety seats and advise parents on their purchases. Or you can log onto the National Safe Kids Campaign web site at <www.safekids.org> to find postings of dates and locations of check-up events in your area.

Here on the Palouse there is an inspection checkpoint at Ambassa-

dor Auto in Moscow. They have a new program called Fit For A Kid. No matter what make or model vehicle you drive or what type of seat you are using, you can stop by and make an appointment. Or, you can call 1-877-Fit-4-a-Kid, or log on to <www.fitforakid.org>. The program is sponsored by the DaimlerChrysler Company and is endorsed by the National Transportation Safety Board.

Last week I ran into another parent who had their vehicle inspected last year by an Idaho State Trooper who came all the way up from Lewiston. He spent about an hour going over a car seat with Al & his wife. Al was impressed at the care shown for their family's safety. And it was free. What will it take to impress YOU?

Lisa Cochran resides in Moscow with her 28-month old daughter Madysen



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.

Come to one of our functions and check us out; everyone is welcome. Call for more information.

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Holiday Safety for Pets

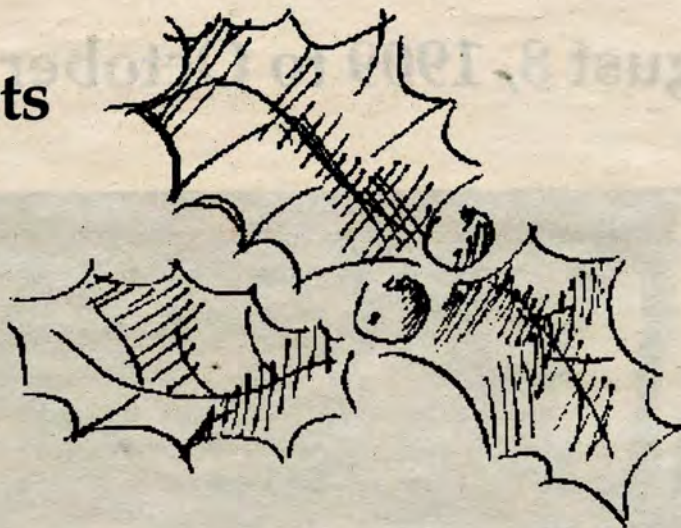
By Sarah Hoggan

Christmas is about giving and sharing joy. Unfortunately, the holidays can also mean problems for your pets.

Decorative items are a common toxic and physical hazard. Tinsel looks beautiful on a tree: To some cats, it looks good enough to eat. This is a mistake that can be deadly. Tinsel gets trapped in their intestines and acts like a saw. To prevent this, keep tinsel on the higher levels of your tree out of your cat's reach. Or, don't use tinsel at all.

Poinsettia, holly, and mistletoe are festive plants that are all poisonous to pets. Again, the key to preventing a problem is to keep the plants out of your pet's reach. The usual signs associated with a poinsettia, holly, or mistletoe poisoning are throwing up, abdominal pain, and diarrhea. If you suspect your pet has eaten one of these holiday plants contact your veterinarian immediately.

Chocolate isn't a dog treat! You may think you are giving your pet a delicious holiday present but it's really a poison. Chocolate contains a drug called theobromine. It's a stimulant that, at best, causes vomiting and diarrhea, and at worst, seizures and death. No matter how much your dog begs, don't give it chocolate. A dog biscuit is much better holiday treat!



Yeasty bread dough is an unusual "poison". While the bread dough itself isn't bad, the yeast it contains can ferment in your dog's stomach and form alcohol; the same kind of alcohol that's intoxicating to humans. An intoxicated dog may seem humorous, but alcohol is a poison that can be deadly.

Winter weather is a hazard in itself. Even though animals have a fur coat they're not impervious to the cold. Very young, old, or thin animals are especially sensitive to cold weather. Provide some sort of shelter for your pet that keeps them out of the wind and wet weather. Also, frozen water is worthless to your pet. They can't drink ice and they need water even when it's cold out. Many pet stores offer heated water bowls to guard against freezing.

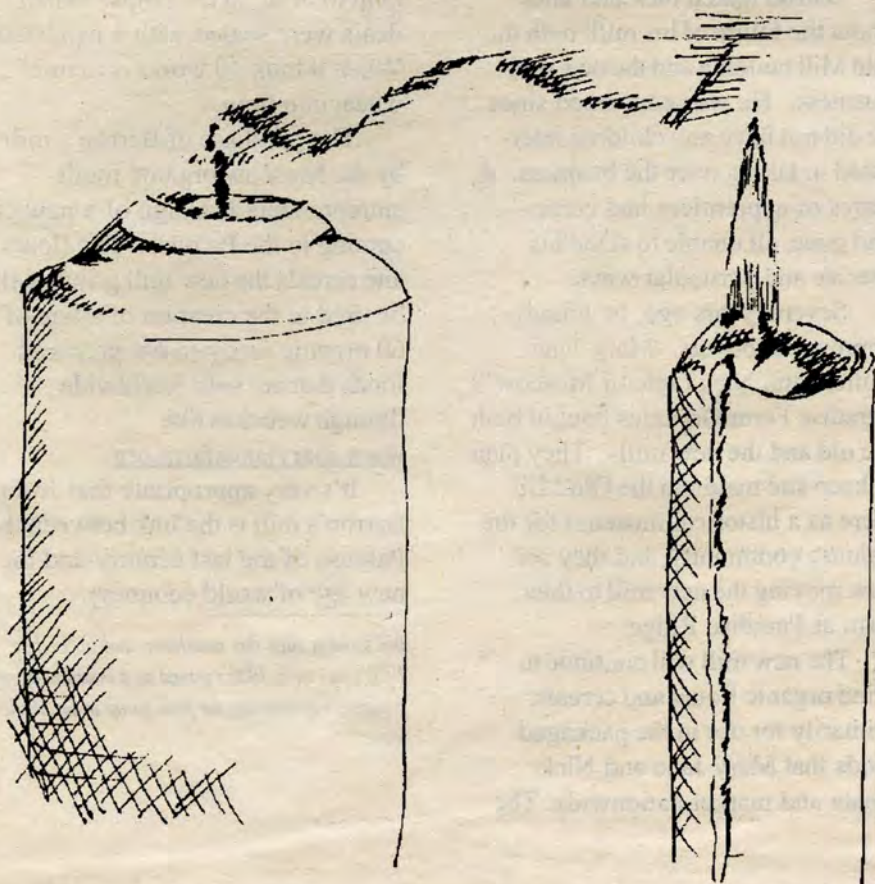
Finally, when the roads are icy, cars can't stop even if they see your pet. Keep your animals safe in your


house or yard instead of letting them roam. Or if you take them for a walk, be sure they are on a secure leash where you have control of them.

A final holiday tip is this reminder: pets aren't good gifts. Dogs and cats are a commitment that requires responsibility and time. If you want to give a pet to someone, offer to take them to a local shelter and pay for a pet they pick out. That way you know it will be a perfect fit and best of all, the gift won't be returned.

For more information about holiday pet safety visit Yahoo's website at http://biz.yahoo.com/bw/001115/mn_prosar.html.

Sarah Hoggan reports that her newborn, Tucker, is a very happy, easy-going baby and that she loves being a Mom.





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Joseph Barron: August 8, 1909 to October 27, 2000

By Bill London

I had heard of Joseph Barron for several years before we met. His name was spoken with a respect bordering on reverence by the food co-op volunteers and natural foods true-believers from around the Inland Northwest who were members of Equinox Food Exchange.

A historical note: Equinox was a natural foods warehouse and delivery cooperative, headquartered at Springdale, Washington, (a tiny town north of Spokane). During the exciting first years of the food co-op boom in the Inland Northwest (the 1970's), Equinox supplied food and inspiration to all the food co-ops in this region—including the Moscow Food Co-op.

Joseph Barron was one of our heroes, since he milled high-quality organic flour years before organic was popular and because he supplied that flour, through the Equinox delivery system, throughout the region.

He was born in Oakesdale, Washington, in 1909. His father was a miller who came west in 1907 and bought the flour mill in Oakesdale. At that time, every Palouse town had its own mill to make not only wheat flour for human consumption, but also various animal feeds and specialty flours. Joseph started working at the family flour mill full time in 1927, and took over the mill's operation in 1955.

In 1960, he was forced to close the mill. The mill, with its intricate cast iron and hardwood machinery, required 40 workers to make flour. The big automated mills in Spokane out-competed all the local mills and their antiquated machinery.

All the little community mills in the Palouse were closed, and all—except for Barron's mill—were sold for scrap and dismantled.

Barron, however, never let his Old Mill fall to disrepair, and in 1980, the mill was added to the National Register of Historic Places by the US Department of the Interior. He loved to take visitors on tours of the massive three-story building, and share the tales of what life was like in the old days.

Barron's commitment to his Old Mill was not the source of his reputation among the 1970's co-op crowd, however. Barron was known for his continuing dedication to milling the finest flour. As the Old Mill was shut down, he bought a



new small high-tech mill that he could operate alone and set it up in his garage.

When he shut down the Old Mill, he started milling organic flours and cereals that he sold from that garage. When Equinox started trucking natural foods around the Inland Northwest in the early 1970's, the trucks stopped at Barron's mill in Oakesdale and loaded up for delivery to all the co-ops. Barron's flour was the best, and the old man himself was known for being very particular about the quality of his products.

When we met, Barron was about 75. I came to interview him, and take his photo, for a series of articles. Quiet, shy even, he was uncomfortable talking about himself. But on a tour of the Old Mill, his love of the intricate old machinery was clear. And showing me around the new mill, he tossed around 50 pound flour sacks with relative ease.

At that time, Barron was selling his flour with the name Nutrigrain, a word he made up and trademarked for his organic finely-ground flours. He was contacted by an attorney. The attorney, who would not reveal who he worked for, offered to buy the name Nutrigrain. Barron sold

the name, and later learned the buyer was Kellogg's (Nutrigrain still is used by Kellogg's for their whole grain cereal line). Barron renamed his flour Joseph's Natural Grain and grumbled that he would have asked for lots more money had he known who was buying the name.

Barron talked then and later about the future of his mill: both the Old Mill building and the new mill business. He was concerned since he did not have any children interested in taking over the business. A series of apprentices had come—and gone, all unable to stand his precise and particular ways.

Several years ago, he found appropriate buyers. Mary Jane Butters and Nick Ogle of Moscow's Paradise Farm Organics bought both the old and the new mills. They plan to keep and maintain the Old Mill there as a historical museum for the Palouse community, and they are now moving the new mill to their farm at Paradise Ridge.

The new mill will continue to grind organic flours and cereals, primarily for use in the packaged foods that Mary Jane and Nick create and market nationwide. The

Co-op is not likely to continue to sell Barron's flours.

To me, Barron's passing really is the end of an era. He represents the old Palouse, when every town had its own stores, banks and mills. When farms had horsepower and depended on large families and hired help to bring in the crops. When deals were sealed with a handshake. When it took 40 workers to turn wheat into flour.

The purchase of Barron's mill by the Moscow organic foods entrepreneurs is a sign of a new era coming to the Palouse. The flours and cereals the new mill grinds will be used in the creation of a line of 60 organic ready-to-eat prepared foods that are sold worldwide through websites like www.maryjanesfarm.org.

It's very appropriate that Joseph Barron's mill is the link between the Palouse of the last century and the new age of world economy.

Bill London edits this newsletter, and in the late 1970's and early 1980's served as a board member of Equinox, representing the food co-op in St. Maries, Idaho.

WHAT I AM and WHO ARE WE?

by J. Thaw

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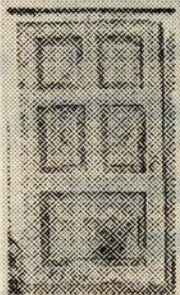


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1104 South Main
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Holistic Counseling Services



- counseling: individuals, couples, groups
- stress management
- mind-body wellness
- consultation and workshops

Cindy E. Carlson, M.Ed., LPCP

106 E. Third Street, Moscow, Idaho 83843 • 208.883.8419

Nancy Draznin, CCE, CLA

(208) 224-6965



Home Birth
Water Birth
Hospital Labor Support

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only

CO-OP

Bulletin Board

Palouse Folklore Society Dances

December 16 with **Hired Hands**, Mitchell Frey calling

December 31 (including a dessert potluck) with **Dancing Trout**, Joseph Erhard-Hudson calling

882-0273 or 334-0662



Moscow Food Co-op
221 East 3rd
Mosduck ID 83843

Pullman Family Cooperative Preschool

offers classes for children 3 - 5 years old

call Kristi at 509-397-4951

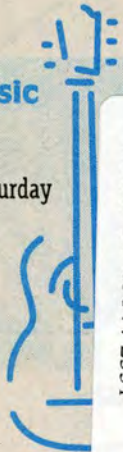
make your own music jam sessions

every first, third and fifth Saturday

at **BookPeople in Moscow**

noon to 2pm

call Lisa, 882-6416



Special Collections Library
University of Idaho
Moscow ID 83844-2351

Submit non-profit announcement to beth_case@hotmail.com
no later than the 25th of each month.

"For additional events & information, please see the Co-op's Web site at <http://www.moscowfoodcoop.com/event.html>."

Meet the team....

Members of the University of Idaho Women's basketball team will be on

hand at the Women's Center on

Wednesday, Dec. 6, at 12:30.

UI Women's Center Lounge

885-6616

Saturday December 2, 2000
1:00pm

African Drumming Workshop

Learn how to get the most from your drum and yourself.

Spectrum Dance Studio 525 S. Main
\$5.00 at the door.



Pullman Area GED classes:

Monday through Thursday 9 a.m. - 12 p.m.

at Gladish Community Center
Call Linda for more information.

