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February 2000

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

The Story of the Door

By Kenna Eaton

What do the following people have in common? A mother with a full shopping cart and small children; a person shopping the Co-op in a wheel chair; an elderly person using a walker; a thirsty shopper taking home 5gallons of water; and me trying to bring in all my bags, milk bottles and empty containers in one trip.

Answer: they all need help opening the front door of the Co-op!

Well, this is no longer true. Shortly after the A-door-able Feast, the Co-op elf (Al Pingree) sprang into action. Based on previous work and the recommendation of Mark Leeper and the Disability Action Center, we knew exactly which door we wanted. Early in December Al ordered the door, which shortly arrived. The mechanism, simplicity itself, is an arm which slowly pushes open the door, holds it open for 15 seconds (a lot longer than it sounds) and then gently lets the door close. There is a button next to the front door, both inside and out, that operates the opener.

Al installed the arm, the control box, and the operating button within a day. It took a little while longer to adjust the time. At first we thought it would take at least 30 second for customer to exit or enter, but finally we settled on 15 seconds, and that even feels like a long time. Customers who have tried the door praise it for the quiet way it carefully opens the door, for the way

INSIDE:

- Board of Directors say, "Things are looking rosy!"
- Green Tea
- Curry Powders
- February Garden Chores
- Candidates for Co-op Board of Directors
- and More!

it allows the door to swing freely when not in operation, and for the way it helps all of us in and out of the Co-op.

We raised \$2027.28 from the A-door-able Feast, and spent \$1540.76 on the door, leaving us the problem of what to do with the left over \$487.02. Not much of a problem, it turns out. We settled on new cookie bins: ancient and handicapped by lids that kept falling off, the old bins are headed for the dump and we have new bins on order that will be lovely, shiny and new.

Many, many thanks to Al Pingree, dedicated Board member, for his valuable assistance in selecting, ordering and installing the door. And, if you want to score points with Al, please push that button when coming in or leaving the store. It'll make his day.

Co-op Business Partners

Anatek Labs, Inc. - discounts on certified water testing packages, 1917 S. Main Street, Moscow, 883-2839

Columbia Paint - 15% off retail price on paints & supplies - additional discount on Del Mar blinds, 610 Pullman Rd., 882-6544

Computer Serenity, Joseph Erhard-Hudson - 20% off computer consultations. 882-8812

Copy Court - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow., 882-5680

D. M. Georgina Publications - 10% off business card or brochure design. 332-6089

Global Portfolio Management, John A. Hauser - 15% off socially responsible investment consultation, 126 S. Grand Ave., Pullman, 334-3351

The Globe Eatery - Gyros and World Eatery - 20% discount on meals, NE 1000 Colorado, Pullman, 332-8902

Herbal Medicine & Holistic Healing - Linda Kingsbury, 10% off consultation fees, 106 E. 3rd St. #3, Moscow, 883-5370

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Jim Trivelpiece, Waddell & Reed - Free initial consultation regarding financial and retirement planning, investing, or life insurance. E 205 Main St., Pullman, 332-2543

Kaleidoscope "Custom Picture Framing" - 10% off retail and custom framing 208 S. Main #11, Moscow, 882-1343

KINKO'S - 10% discount and free Co-op card lamination, East Side Marketplace, 882-3066

Markettime Drug - 10% off Hallmark items, 209 E. 3rd St., Moscow, 882-7541

Moscow Yoga Center - 10% off classes for new students, 525 S. Main St., Moscow, 882-8315

Motherwise Midwifery & Doula Service - Free supply of pregnancy tea throughout pregnancy. Nancy Draznin, 1281 Sprenger Rd., Genessee, ID, 208-224-6965

Northwest Showcase - 10% off retail prices, 531 S. Main St., Moscow, 883-1128

Oz Massage - First massage \$20, additional massages 10% off, 520 1/2 S. Main St. #1, Moscow, 883-8745

Paradise Fibers - 10% off all books, magazines, videos, yarn and knitting needles. NW 115 State St., Ste 112B, Pullman, Kate Painter owner

Paradise Creek Bicycles - 10% off parts, most accessories, and skateboards, 511 Main St., Moscow, 882-0703

Peacock Hill Bed & Breakfast - \$10 off a night's lodging and half price on one breakfast when you buy two. 1245 Joyce Rd. 882-1423

Strategic Pathways - 10% off piano lessons (local only), (208)875-0857

Tye Dye Everything - 10% off any purchase, 527 S. Main, Moscow (behind Mikey's Gyros), 883-4779

Vegans' - Alternative fast food and juice bar. Free Tree Top Juice with any purchase. NE 720 Thatuna, Pullman, WA. AndreZita, Owner

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

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

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

Community News

From the Board of Directors

by Mimi Pengilly

The Board of Directors met for our regular meeting on January 12, 2000.

It has almost been a joy to work on the budget this year! We have had such a profitable year; I want to thank Kenna and the staff of the Co-op for their hard work. Due to the expanded inventory, beautiful environment, and efficiency of the store, we are actually making a profit. We are in the position to make improvements in wages and benefits to staff, and to begin plans for member loan repayment. Better prices are being passed along to you, the members. Things are looking rosy.

Other topics of discussion at our meeting were the upcoming elections for four positions on our Board. Ballots will be mailed in early February. We are also planning the Annual Membership meeting, where the results of the election will be announced. The date has been tentatively set for March 24. Details will follow, please plan to attend.

The Board of Directors has been working on our vision and mission statements. Because these are works in progress, and we wanted you to be part of the process, I will pass along what we have done.

For a Vision Statement:

- The Co-op is a model business that provides a right livelihood and positive atmosphere of support for its employees, and is the store of choice for quality food and healthful products. The Co-op is composed of diverse groups of people, drawn together to find resources and support for their values of nutrition and environmental awareness, sharing ideas, and fostering activities that enhance a wider sense of community.

Our Mission Is:

- To provide food and other related products that are reasonably priced, locally and /or organically grown, and consciously selected for healthful consequences to both the consumer and the environment;

- To provide an information network that fosters progressive social, political, and ecological change;
- To provide a sense of community for its constituency and a right livelihood for its staff.

These statements are not completely finished, but even in their present state, you can be sure that the statements of most other businesses are very different! The philosophy of the Co-op is a very good reason to shop here.

Your comments are always important to us, and will be considered at the annual meeting. Or even better, join us for Board meetings, which are held from 6 to 9 p.m. on the second Tuesday of the month, unless posted otherwise. The Member Information Board (located by the shopping carts) gives the dates and times of meetings, and the minutes of the last meeting held. We want to hear from you.

**Moscow Food Co-op's
Annual General
Membership Meeting:
Friday, March 24, at the
American Legion cabin
(tentatively).**

**Meeting at 6 p.m. and
potluck dinner at
7 p.m.**

**Everyone should bring a
dish to share. Drinks
and music will be
provided.**



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Welcome!

by Laura Long, Membership Manager

Another month has come and gone, and once again I'm here writing to all you wonderful members of the Co-op. However, this month I'm not going to tell you about what your membership can do for you, I'm going to tell what it has done for this store, this staff, and this community.

It has been a great twelve months at this location, and a lot of that success is due to the continuing support of members like you. Your dollars made it possible for us to move to this wonderful location, and your continued support throughout the year has made it a very successful and profitable year. It is this profitability that has allowed the board and the general manager to institute a newly revamped pay scale that

now pays a living wage to our employees. I'm happy to say that we are now able to pay more than minimum wage to all of our employees. That means more money staying

in our community supporting not just the Co-op's staff, but also their growing families. It's so wonderful to be a part of a community that sees the value in its workers and supports them accordingly.

We, the staff of the Moscow Food Co-op, want to give a big heartfelt "thank you" to all the members. It has been a pleasure to work in this kind of supportive community network, serving the needs of the members. We are all looking forward to the upcoming year, and we'll be looking forward to seeing you in the store!



Up All Night In The Bakery

By Nikki Walker, Bakery Manager

Bagels...

The bakery often receives customer comment cards asking us to make bagels. I love bagels and wish that we had the time, space, and equipment to bake them here at the Co-op. We do get fresh bagels daily from Big City Bagels in Lewiston and sell them individually from the bakery case or in sandwich form from the deli. For those of you who would like to try making them yourself I'm including a recipe from the "Laurel's Kitchen Bread Book". Enjoy!

Roberta's Incredible Bagels

- 2 teaspoons active dry yeast
- 1/4 cup warm water
- 2 tablespoons malt syrup
- 1 cup water
- 5 cups whole wheat flour
- 2 1/4 teaspoons salt
- 1 1/4 cup water
- 1/3 cup malt syrup
- 1 gallon boiling water
- Softened yeast in 1/4 cup warm water.

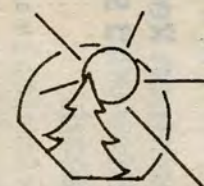
Dissolve the 2 tablespoons of malt syrup in 1 cup water. Mix flour and salt. Add the yeast mixture and the malt mixture, and enough of the additional 1 1/4 cup water to make a fairly stiff dough. Let this dough rise until double, covered to protect it from drying out. Put the gallon of water on to boil

and dissolve the 1/3 cup malt in it. Preheat oven to 425 degrees F. Grease a 12" x 18" cookie sheet, or 2 smaller ones. Form the risen dough into three big balls. Round each one, and let it rest until relaxed. Shape into bagels by this easy but very untraditional method:

Flatten the balls, one by one, and cut into four pieces. Shape each piece into a ball (round it by rolling under your cupped hand). Let the balls rest briefly and then poke your thumb through their middles, twirling each new bagel on your thumb to enlarge the hole until it (the hole) is about 1 1/2 inches in diameter.

Let each bagel rest for about 5 minutes, then place it in the boiling malted water. Cook 2 or 3 at a time, and adjust the heat so that the water is simmering all the time. The bagels will sink, then rise in a few seconds—if they don't sink, they rested too long. No harm done, just turn them over so that both sides get wet. After a minute in the water, remove them with a slotted spoon and place them an inch apart on the greased cookie sheet.

Bake at once, about 35 minutes, turning the bagels over at the halfway point if they haven't browned evenly.



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The Buy Line

By Vicki Reich, Grocery Buyer

In January, Laura, Carrie and I went on a little adventure. We went to all the other local grocery stores (Rosauer's, Tidymans, Winco, and Safeway) to do some price comparisons. I often hear people say that we're an expensive store, so I wanted to find out for myself if it was true. It wasn't a very scientifically conducted survey, but we went up and down every aisle and wrote down the price for anything we also carried at the Co-op. We did not compare the price of Trix versus Barbara's Bakery Stars or the price of Kraft macaroni and cheese to Annie's. In my mind there is no comparison since one is real food and the other is something else.

After going through all four stores, I had two immediate impressions. First of all, the Co-op definitely smells the best. The wonderful aroma that greeted us when we returned was not available at any of the other stores. The second impression was of the vast array of food that we carry that was not available in any of the other stores. Sure, Winco has white flour in bulk for 16 cents a pound, but it's not organic and they don't have rice flour or soy flour or garbanzo flour. One of the stores had one flavor of Blue Sky, we have 25. I saw organic milk in one store but I didn't see any organic cheese. I didn't see organic juice or organic cereal. None of the stores had anywhere close to the selection of soy and rice milks we have, and no store's deli could compete with the delicious and healthful offerings we have.

After gloating over what a fine store we have, I started crunching the numbers we had collected. The

results surprised me. I guess I had been told we were an expensive store often enough that I had started to believe it, but the numbers said we're not. Of the four stores, three of them are more expensive. You'd save on the average 22-45 cents per item at the Co-op. The only store that was cheaper on average was Winco and that was mostly due to their low bulk food prices. I had to wonder there if you were getting what you paid for. Certainly none of their bulk food was organic and I don't know what their quality standards are.

Overall, I was impressed with how price competitive we are. I guess people think we're expensive because our ramen noodles, which contain whole grain noodles and nutritious broth cost a whole lot more than the main stream ramen that contains bleached white flour noodles and msg. I will happily pay more for real food and organic food and go without a new outfit or a dinner out, rather than save money by buying food that doesn't really feed my body. After all, as a very wise 6-year-old once told Al Pingree, "If you trash your body, where are you going to live?"

On to the little purple slips:
From the Suggestion Board

The Pumpkorn is yummy... BUT the maple vanilla went away and it was uber-yummy. Sorry, but it didn't sell very well so I discontinued it. They do have some new flavors coming out. I'll bring a few of them in and hope they're as good as you think the Maple Vanilla is. Look for it in bulk soon, I'll be bringing in two flavors. They'll be with the nuts.

Yogurt raisins in bulk. We have them. They're up by the registers above the chocolate bars.

Is canola oil safe? I heard it was unsafe and untested. I also heard it is mustard seed, which is toxic. What kind of oil do you suggest eating? Here's what Spectrum has to say about canola oil on their web page. "Spectrum Naturals canola oil is expeller pressed from a specially bred variety of rapeseed, a plant in the mustard family.... While breeding in good monounsaturated fatty acids (into Canola oil), the Canadian plant geneticists also bred out erucic acid, a fatty acid that can make up as much as 45% of the oil content of conventional rapeseed. Standard rapeseed's high erucic acid content prevents the oil use in the United States and Canada because of concern for potentially harmful health effects. However, the human health effects of consuming large amounts of erucic acid are still subject to debate. In the 1970s, researchers working with laboratory rats suggested that high concentrations of erucic acid in the diet could damage rat heart tissue. However, research has failed to show any detrimental effect on humans (rats and humans metabolize oils in quite different ways). No ill effects have been documented for the millions of people in Asia and India who daily consume high-erucic acid rapeseed oil.

Spectrum Naturals uses only low-erucic acid rapeseed (LEAR). The canola oil produced from North America LEAR plants typically contain less than 0.5% erucic acid. This amount is so low that it eliminates any potential concern for negative effects." Check out their site at www.spectrumnaturals.com

for information on what oils are best to use for different cooking situations.

This place is the greatest! Keep up the good work. Thanks, we will.

I would appreciate it if you could get back the Guava Sweet Tarts. They were really good. Thanks! Sorry they were out of stock, but they're back now!

This is a very good store J. Thanks, we think so too.

Could you please carry Pamela's Ultra-Rich Brownies? Thank you. I'm addicted and need a weekly fix but no one carries them!

I am a huge fan of Pamela's Ultra-Rich Brownies. Can you PLEASE carry some??? It would make me frolic with happiness. Golly, it's not that often I can make two people happy with such little effort. Of course I'll bring in the brownie mix and I just might have to buy some too. You make it sound so good.

Barbados Molasses, bring it back, please. Sorry, but we don't sell enough molasses to warrant having two kinds, and the blackstrap is the better selling of the two.

Alas and alack, once again a most used item vanishes! Can you no longer get Unpetroleum Lip Balm-you've had vanilla and citrus in the past...thanks. Carrie says sorry. She didn't realize we were completely out. She will get it back right away.

Could you please carry some cloth diapering supplies? Maybe some Bummi wraps and the Tushies inserts (Tushie-Mates I think they're called?) Thanks ever so! Carrie Says she would love to, however she has not been able to find a wholesale source. She will keep looking and bring them in if she does.

Comments from the Suggestion Board

By Kenna Eaton

"The ramps into the parking lot for the wheelchair access (and shopping cars) have ice and snow on them. Could you clear them off regularly?" a member.

Thanks for the suggestion. I will certainly ask staff to check the ramps and use de-icer and snow shovel on them.

"Please lower your very interesting "garlic" and "salad greens" poster so we can study them easier? 12-14 inches above the deli counter." a member.

Sure, you betcha. I'll ask Chris, the guy who does maintenance to put it on the "to do" list.


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Personal Care Corner

The Heart of the Matter

By Carrie A. Corson, Non-Food Buyer

This is the time of year when we see hearts everywhere. Candy hearts, chocolate hearts, paper hearts all displayed to remind us to honor the relationship bond with those we love. But what about our own hearts? The real deal. The most important organ in our bodies, yet heart disease is the leading cause of death, for both sexes, in this country. Over 60 million Americans currently suffer from some form of heart disease and we may suffer from it for years before we ever have a symptom. It

For further reading on Heart Disease and the use of CoQ10:

The Encyclopedia of Natural Medicine; Murray, Michael, N.D. and Pizzorno, Joseph, N.D. 1998, Prima Publishing.

Alternative Medicine, The Definitive Guide; Goldberg, Burton 1993, 1999 Future Medicine Publishing.

Prescription for Nutritional Healing; Balch, James F., M.D and Balch, Phyllis A., C.N.C. 1997 Avery Publishing Group.

The Merck Manual of Medical Information, Home Edition; Berkow, Robert, M.D., Editor-in-Chief 1997, Pocket Books.

risk? Alternative medicine has some suggestions.

First of all, what causes heart disease? There are many forms and causes of heart disease. The major cause is coronary artery disease or atherosclerosis. This is a thickening of the arteries due to a build-up of fatty substances on artery walls. These substances form a plaque, which in turn causes a narrowing of the arteries. The result is a reduction of the amount of oxygenated blood to the heart. Coronary artery disease can lead to a disorder known as Angina, and can eventually lead to a heart attack. The plaque is often formed by LDL (low-density lipo-

protein) cholesterol, also known as the "bad" cholesterol because it appears to deposit fats on arterial walls and causes the most arterial damage. However, LDL cholesterol becomes harmful only after it is oxidized. According to William Lee Cowden, M.D., a cardiologist from Dallas, Texas, this oxidation occurs when LDL cholesterol comes in contact with free radical substances.

Oxidized cholesterol (known as oxysterols) enters our bloodstream in a variety of ways. Processed foods, the metabolism of ingested animal products, from environmental pollutants such as chlorine and chlorinated pesticides such as DDT, and stressors such as infection, trauma and emotional stress can all play a role.

Research has shown that there are several natural supplements that may greatly reduce the impact of heart disease. One such supplement is Coenzyme Q10 or CoQ10. This is a vitamin-like substance found in the mitochondria of every plant and animal cell. It is essential for the body's energy production. There has been a link noticed between deficiency of CoQ10 and heart disease. Deficiency can result from impaired CoQ10 synthesis or increased need from cells. It also appears that levels may decrease as part of the aging process. There are indications that some cholesterol lowering drugs (called HMG-CoA reductase inhibitors) may also decrease levels of CoQ10. In addition to being crucial to cellular energy production, CoQ10 is also an antioxidant which may protect against the formation of oxysterols.

No harmful side effects have been reported in the use of CoQ10. It can be found in oily fish, organ meats, spinach and whole grains. It is also available as a dietary supplement. At the Co-op you will find CoQ10 in the Moscow Food Co-op Enzymatic Therapy and Thompson brand supplements.

Next month I'll talk about other vitamin and herbal supplements as well as diet and lifestyle changes that have shown some benefit in reducing the risk of heart disease.

New In Personal Care

By Carrie A. Corson

Look for these new items in the Co-op's personal care department:

SAME, a natural supplement that has shown promise in helping with symptoms of arthritis, depression and fibromyalgia.

Oscillocochinum, homeopathic tablets to help with flu symptoms.

Choesta-Lo, a vitamin supplement and Cholesterol-Power, from Nature's Herbs, a red yeast extract, to help maintain healthy cholesterol levels.

I have also added a line of 100% vegetarian essential fatty acids, including flax oil, borage oil, wheat germ oil, and black currant oil, all in vegetarian, as opposed to gelatin, capsules. We also have color enhancing shampoos from Shi Kai, and a very lovely line of all-natural soaps and bath salts from Nancy Leonard. And for our customers who have mint sensitivity, I brought back no mint, cherry toothpaste from Nature's Gate.



Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

This is an early announcement that the next volunteer party will have a St. Paddy's Day theme (yeah, ax Valentine's Day). Actually, it will be more of an equinox celebration in Druidic fashion. However, I have had a difficult time finding volunteers for the sacrifice. PLEASE VOLUNTEER. (NOTE: That was a joke, and not a very good one. It was not intended to disparage any group. I suppose in these PC times one has to insert qualifications and equivocate on just about everything. That was a joke too, especially if you represent the word police! Another joke...)

Anyway, all current volunteers are invited to the next party tentatively scheduled for March 14.

tively scheduled for March 14.

The past few weeks have seen us almost completely fill the volunteer tasks. Thanks so much for your participation. It is great to see such an active community.

Also, I have sent out postcards to those of you who fall into both of the following categories: 1) you filled out volunteer forms; and 2) I have not been successful in contacting you by phone. Please look for the post card and we'll try to connect.

I am asking Co-op members to help in volunteer tasks. If you see tasks that volunteers (you) could do, please write them on the suggestion slips.

Thanks for your help.

See Your Ad Here!

By Amy Richard

Greetings from the land of advertising! The Moscow Food Co-op has a new advertising manager for this newsletter: Amy Richard. (That's me.) It is now my job to update and create the newsletter ads from local businesses. I hope to provide some consistency and improved communication between advertisers and newsletter staff. Each month I'll contact current advertisers, make any changes needed and make sure they are happy with their ads. I look forward to meeting and revisiting Moscow's local business owners.

Some of you already know me from the Co-op deli, where I've been cooking for about 2 years. Last August my daughter, Zoe, was born and since then I have cut my deli hours in half in order to stay home

with her. She has now agreed to be my assistant and we are very glad to be able to do this job together from home. You can reach us at home at 882-6274 or by email at alrichard@moscow.com.

Did you know?

- There are 1500-2000 newsletters printed and distributed throughout Moscow and Pullman each month.
- We can now design ads for you for \$10-25.
- Ads start at only \$8/month!
- Co-op business partners receive 10% off newsletter ads.

If you are interested in advertising in the Co-op newsletter or need more information please contact me at the phone # or email above. I look forward to hearing from you.



Deli Standard Time

The Deli Looking East

By Kelly Kingsland, Deli Manager

We've spent a lot of time lately looking backward, reviewing the last year, possibly patting ourselves on the back a bit. Certainly growing the Co-op to its current form has been a fun, fulfilling and challenging project. But now it's time we started looking forward to where we want to go from here.

It's not that we haven't thought about it before. In fact throughout the year we've had to let some projects go due to lack time. We've also had ideas for projects that we didn't have time to produce consistently, and we've received many requests and suggestions from customers. Ultimately we'd like to do it all, but we also always have to make sure that our time is well spent. We can't spend time making things that don't sell, or cost too much to produce. So, with many ideas floating around, it's time to make goals and set the course for the Deli. While we embrace chaos in the Deli, I'm also seeing the value in aligning with a mission and setting specific Goals.

Actually, my first assignment as Deli manager, even before we moved, was to define the goals of the Deli. For this I merely asked the current Deli staff what they saw as our mission. Annie, Amy and I were in basic agreement that we saw the purpose of the Deli as providing affordable, healthy products, mindfully created from local and organic ingredients whenever possible. As the manager I also believe that we need to provide a healthy work environment for our employees, and frankly, turn a profit. Profit because in the Deli we produce a value-added product we have the opportunity, while still keeping our prices affordable, to aid and subsidize other areas of the Co-op that are less profitable, but still highly valuable to our members.

Cool. No Problem. Sounds Great. But how do we take these words and use them to help us decide what new products to make? And how really do we weave our way through these decisions without failing to profit and grow? This is our current work. If you have suggestions let us know. Specifically, what would you like to see that we don't currently produce? Does our

mission meet your expectations? While this ultimately is my task, I will be relying heavily on the Deli staff to pool our collective experience and knowledge to carry the Deli forward. In my opinion, the work goes well, and I appreciate the freedom and opportunity to continue growing the Deli.

In Response

By Kelly Kingsland

Please make the spicy Thai Tofu dish again, and call me. Also could you print this recipe in the newsletter? Yep, we'll make it, yep we'll print the recipe, but alas no we won't call you. While it may seem like a small act, remembering and calling each time we cook a specific item is just an inefficient use of time. It's easy to make however.

I miss the Tahini Cookies; can they come back soon? They're back now. Actually our cookies rotate as we have so many recipes, and fans of them all to please.

Could you make some of those yummy Molasses Cookies sometime? One of the Bakers responded "yup" so I guess they're on their way.

I really appreciate the daily non-dairy selection and they are usually quite good. Yay! Thanks.

The marinated Tofu often seems quite salty; I'd enjoy it more with less Tamari. Well, we alternate and fiddle with the marinade every day; of course it also depends on how long it marinates. Watch for different recipes, and see if you can find one more to your liking.

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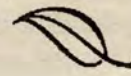
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Time to Apply for Moscow Renaissance Fair Booths

By Bill London

Applications are now available for those who want to participate in the 2000 Moscow Renaissance Fair. The fair is a two-day, family-oriented celebration of spring scheduled for East City Park on Saturday and Sunday, May 6 and 7. Artisans who wish to sell their hand-crafted wares should apply now for a craft booth. Only 135 craft booths will be permitted at this year's fair, due to parking and booth space limitations at the park.

Craft booth applications are available from Rose Graham at 208-285-1770 or by email at rterrydgraham@hotmail.com. Non-profit community groups wishing to raise money by selling food and beverages at the fair should apply for a food booth application. Only 20 food booths will be allowed at the fair this year. Food booth applications are available from Bill London at 208-882-0127, or bill_london@hotmail.com.

Anyone who wants to volunteer for the fair is invited to contact fair president Harry Moore at 208-883-8080 or mcontrol@moscow.com.

T-shirt Time

By Bill London

What happens at the Co-op at any special occasion? Of course, we print a new T-shirt! And the 15th anniversary of this newsletter (and the new millennium) is such a special time. So, now you can purchase a nifty new T-shirt (choice of natural tan, gray or light blue) with the new Community News banner and the famous words: "...still free after all these years."

It's the kind of shirt you will be proud to wear to any groovy event. Check it out....



Staff Profile: Joshua Burnim

By Randy Paulin

Joshua Burnim is a person in transition. He's been working at the Co-op for a year now, but it was his concern over the fate of America's forests that brought him to Idaho shortly after his graduation from Colgate University in 1996. He spent the next three summers in the field as a volunteer activist for the Cove/Mallard Coalition, and worked in the winters for the Northern Rockies Preservation Project. He moved to Moscow to be near his sister and her husband when they had their first child, and also because both the Cove/Mallard Coalition and Friends of the Clearwater offices are located in Moscow. Joshua was the campaign coordinator for the Cove/Mallard Coalition until last September.

And then comes the transition. Actually before and after, and actually we're all in transition all of our lives, now aren't we? But in Joshua's case the change he's experiencing began with a fall from a tree in August of 1998. He was climbing a tree for a tree-sit, and doing so in a state of exhaustion. He fell 25 feet out of that tree, and miraculously came away with no major damage. But the experience caused him to reflect on the way he had been actualizing his passion for the environment. He recognized in himself a sacrificial orientation towards his environmental activism, an orientation rooted in pessimism. And he began to explore that orientation, with the result (if not the intention) of changing it.

Joshua's still committed to raising environmental awareness. However he's doing so with a growing self-understanding.



"I need to live with hope," he says simply, and he is endeavoring to replace his previous pessimism with, if not optimism, at least a spirit of hope. Meanwhile he is also working toward becoming a social change professional, continuing with his activism but in a capacity which will

allow him some monetary recompense for his time and effort. During calendar year 2000 he will be attending four weekend training seminars for social change professionals presented by Leading With Spirit in California. Even that decision has had its cost: Joshua is loath to travel by air because of the environmental consequences, but if he is to pursue his path toward more effective forest activism he needs to make the trips to California.

In trying to describe the change he's experiencing, Joshua spoke of two kinds of activism: the activism of life-work (in his case currently concerning forest issues), and the activism of "how I go about living/finding the best ways to do daily stuff" in an environmentally responsible manner. It's the value of leading by example, in other words.

Meanwhile he is still making a mean mocha behind the counter at the Co-op deli. Joshua appreciates the Co-op as a "great tool for educating people about organic food, and about ethically conscious ways of eating." He's partial to the deli's soups himself. And, although his soft-spoken eloquence and earnestness mark him as a person of great seriousness of purpose, I got the distinct impression while shooting the photos for this profile that he's got a healthy sense of humor, and fun-loving side, as well.

Out With The Old, In With The Older

By Evan Holmes, Co-op Finance Committee Member

The Moscow Food Cooperative began the 1990s in a new location, proud of fifteen years of business experience, and then commenced an unexpectedly harrowing ride toward the next millennium. Although gross sales and memberships were up it was apparent by late 1992 that difficulties were mounting in all three areas of operations: the three "ph's" of physical, philosophical and phinancial.

Adaptation, compromise, innovation, backsliding, change, hope, and frustration are keywords for that decade. There were many members, employees, managers, customers, directors, consultants and volunteers who felt that things were not quite the way they were meant to be. Then, by moving down the street, the MFC turned the corner. Physical shortcomings were immediately and obviously corrected by the relocation.

Now at the end of a year of operation at the new location, the phinancial picture becomes clearer. The gap between members' dues collected over the years (estimated \$200K) and equity accrued, is rapidly closing. Wages and benefits paid out in comparison to gross sales are in

line with industry averages. The cost of leasing and maintaining each square foot of sales space is down. Increased volume of sales has allowed for successful negotiations to decrease wholesale pricing.

But the MFC is more than a store. It is an idea and an ideal. The mission statement explains how and why. During the '90s that mission was often compromised. Now, it is possible to find space to showcase new and innovative products, even knowing that most of them will not become an immediate financial success. There is new flexibility in pricing. The presentation and diffusion of information about health and lifestyle can be more easily done in the less stressful shopping atmosphere. And, most significant of all, the work environment is enormously better, and a series of improvements to the employee compensation package is well underway.

Every day the managers, directors and employees are striving to make sure the Moscow Food Cooperative is the way we all said it should be. Thus, the new MFC is really, finally, the old MFC.

"Thank You" Moscow Food Co-op!

by Cindy Carlson, S. A. Board Member

The board and staff of Sojourners Alliance would like to thank the Moscow Food Co-op for your support! The Co-op donated gift wrapping material and provided space for our first holiday gift wrapping fund raiser - and it was quite a success! Julie Abercrombie, board member, Loreen Munn, valiant volunteer, and I spent two Saturdays and the evening of the Co-op wine-tasting wrapping holiday gifts by donation. Co-op shoppers donated over \$400...and 2 customers donated their free turkeys! Additionally, lots of folks took home

membership brochures and wanted info on volunteer opportunities.

Sojourner's Alliance is our local non-profit organization that provides food, clothing, and shelter to those in need on the Palouse. And right now, with our new building and remodeling project underway, volunteer opportunities abound. Want more information? Call the S. A. office at 883-3438 - or stop by to see the progress at our new site - 627 N. Van Buren. We think you'll be impressed! And again, thanks everyone, for your support!

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Statements from Candidates for Board of Directors

1) Mark Mumford:

I am delighted to be considered for a position on the Moscow Food Co-op Board of Directors. The Co-op is one of the important commercial institutions in Moscow. When my wife and I first came to the Palouse, our decision to live in Moscow was in large part influenced by the character of the town, its pleasant residential areas, vital commercial downtown, and the many commercial and cultural amenities here. The Co-op and the community of people the Co-op serves factored large in that decision.



Before coming to Moscow, I taught architectural history and theory at Iowa State University and Ball State University in central Indiana between 1983 and 1996. In 1998 I received a JD from the University of Utah and am currently an attorney in Moscow. As an architectural historian and member of the State Nominations Review Committee for the State of Iowa, I participated in the administration of historic preservation and community development programs in Iowa. As an attorney I continue to be interested in preservation and economic development issues.

One of the most important aspects of the Moscow Co-op is the set of values it promotes within the business and cultural community. By providing a source for locally grown foods and locally made products, and by promoting health and environmental consciousness in product marketing, the Co-op reinforces principles vital to sustainable economic development. As a prospective member of the Board, I would like to further promote these values and broaden the Co-op's market reach into the diversified and expanding Palouse community. I would also like to see the Co-op become, even more than it is presently, a place where individuals meet, shop, eat good food together, talk, and enjoy the good company of friends. Much more than a market place of goods and services, the Co-op brings people together in community life and well-being.

2) Patrick J. Vaughan

I would like to help ensure the Moscow Food Co-op retains its values based on the interrelationship between wholesome food, a safe environment, and good health. I believe the Co-op can be an example of the type of business that contributes to a great community, by providing a value-added market for local farmers and producers, by promoting sustainable agriculture on the Palouse, by providing a right livelihood for its staff and managers and by bringing people together for shared interests. I have come to appreciate the work and dedication required to keep the Co-op running. I feel it is important to encourage an atmosphere of support for those who manage and perform the day-to-day work at the Co-op. As the store continues to grow and be more successful, we should also find more ways to give back to the community.



Our family moved to Moscow in 1998 after I completed a career as an Army officer. During the past year I apprenticed on a local organic farm (Paradise Farm). We are now looking to have a small farm and raise our children in the Moscow community. I was appointed to the Co-op Board of Directors in March, 1999, to replace a member who departed the area. I have enjoyed representing the collective membership over the past year, and I am excited about the prospect of continuing to serve the store that offers us the best fresh produce and quality food on the Palouse.

3) Erik Flexman and Shel Ilee Evans:

Our goal if elected would be to provide the community with increased opportunities for responsible consumerism, i.e., promoting companies who do



not espouse doctrines of profit at any cost. While working in this context we would also like to set up liaisons with other co-op stores to maximize the co-op's buying power, and maintain its competitiveness and accessibility to the community it serves.

We will be working together as one board member; this has worked quite successfully in the past with other board members, and offers many benefits. We have recently relocated to the Palouse region from the mountains of Northern Arizona. Shel Ilee is beginning her Ph.D. at WSU. Erik is working with developmentally disabled adults and children in Moscow.

4) Bonnie Hoffman:

I have been a Moscow resident for the past 10 years; married to Andy



Boyer and have 3 kids. I currently work at billing for Latah Sanitation, Inc. I also work part time as a dispatcher for the Moscow Police Department. Prior to this I worked at the Moscow Food Co-op for seven years doing a variety of things. I always said I would come back and run for Board Member, so I guess now is the time.

I would enjoy being a part of the new forward motion of the store. I would work very hard at worker relations, seeing that the people that run day-to-day operations are heard. The Co-op has grown over its lifetime. I believe the Co-op holds a unique and much needed market here in Moscow. I bring to the Board seven years of past experience and a desire to see things continue to flourish.

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- Curry Lentil Bisque

- Instant Sweet Corn and Black Bean Chowder
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Word of Mouth

By Eva Strand

Green tea is an ancient brew, consumed for comfort, healing and harmony for thousands of years in China, Japan, and India. Traditionally green tea is considered to be an excellent digestive aid, and recent studies show that green tea may be beneficial in maintaining healthy cholesterol levels. Green tea also contains antioxidants that contribute to good health. The Co-op carries a wide selection of green teas and this month we picked eleven different brands for a taste test.

The winner of the bunch turned out to be Big Green Hojicha from the Republic of Tea. Big Green is the kind of tea you can drink all day long. We found it to be mild and smooth with a slightly roasted flavor and no bitterness. Look for the Big Green in the bulk tea section of the Co-op.

Two Hills Organic Spring Moon and Triple Leaf Green Tea shared second place in the taste test. 'Mellow,' 'easy drinking,' 'appealing green color,' 'mildly grassy alfalfa-like aroma' were some of the comments. In addition to these, Triple Leaf Green tea was also said to be somewhat flowery in aroma with a flavor of fresh spring air. Two Hills Organic comes in bulk while Triple Leaf comes in tea bags.

Frontier's Gunpowder divided the tasting panel—some of us liked it a lot while others would not finish the cup. I think the slightly smoky aroma was the pivot point—some love it; others can't stand it. Besides the smoke flavor this tea was smooth and fairly mild with a golden color.

Tazo China Green Tips, Choice Premium Green, Market Spice and Stash Organic Green were all considered middle-of-the-road in

aroma and flavor. Their aromas were described as seaweedy/grassy/fishy. Tazo and Market Spice were fairly smooth and well liked, while Choice Premium and Stash were thought to be slightly bitter and high in tannins. Choice Premium really dries your lips and tongue, probably due to the tannins.

Traditional Medicinals Organic Green Tea was too different to compare to the plain green teas. Besides green tea leaves, this tea also contains ginger and black berry leaves. The ginger makes the tea spicy and warming, and it was generally well liked.

In last place came Celestial Seasoning Green Tea with a somewhat bitter, weak flavor and seaweedy aroma. It is not a bad tea, but it's not as good as some of the other green teas we sipped.

There are many green teas to choose from at the Co-op, I'm sure you can find harmony in one of them.

Macro Musings

Finishing Touches: Seasonings and Condiments

By Peggy Kingery

The traditional macrobiotic diet uses various kinds of often unfamiliar but very flavorful supplemental foods. As a beginning macrobiotic cook, I was rather intimidated by some of the ingredients recipes called upon to flavor foods--umeboshi plums? gomashio? Curiosity caused me to experiment. Now, the knowledge of the healthful benefits and tastes of these foods have made them staples in my kitchen.

Seasonings

All seasonings in macrobiotic cooking are naturally processed from vegetable sources. In a temperate environment, such as ours, herbs and spices are used sparingly or avoided altogether. This is because overuse of spices can overstimulate the nervous system (causing irritability) and numb the taste buds (remember the last time you overindulged on hot sauce?).

Salt is the most basic seasoning and is essential to life. In traditional cultures, it was obtained by evaporating seawater, by extraction from rock salt deposits, or by burning aquatic plants and retaining the crystallized sediment in the ashes. Unrefined sea salt retains several minerals and about sixty trace elements naturally found in the ocean. The proportion of these varies from 0.5 to 3%. In contrast, regular table salt is an industrialized product containing about 99.5% sodium chloride. Although it's made from either sea salt or rock salt, most of the natural trace elements have been removed in processing; magnesium carbonate, sodium carbonate, and potassium iodide have been substituted in their place. Dextrose, sodium bicarbonate, and sodium silicoaluminate are often added to stabilize the iodine and keep the salt white and free-flowing. When used in proper amounts (1/8 teaspoon per cup uncooked grain, a pinch or two in soup or vegetable dishes), sea salt contributes to smooth metabolism, steady energy, and a clear, focused mind. Always keep in mind that salt should enhance and draw out the natural flavor and sweetness of food, not cover them up.

Miso, shoyu, and umeboshi plums are fermented products that are high in iron, thiamin, and riboflavin. Like other fermented foods, they are beneficial to digestion, stimulating the

secretion of digestive fluids in the stomach and enhancing the growth of healthy bacterial cultures in the intestinal tract.

Miso is a paste made from fermented soybeans, usually barley or brown rice, sea salt, and an enzyme starter called koji. Shoyu is a seasoning made by inoculating cracked wheat and steamed soybeans with the spores of an aspergillus mold and allowing them to ferment. Umeboshi plums grow in Japan and are related to the apricot. They are traditionally fermented with sea salt and pickled with shiso leaves, and have a tangy salty-sour flavor. Umeboshi vinegar is made from the juice left over from pickling the plums. Umeboshi plums may be used instead of salt to season grains while cooking and make a tangy dressing for noodles, grains, and vegetables. They have medicinal qualities as well because they contain citric acid, which neutralizes lactic acid and creates a more alkaline environment throughout the digestive tract. Umeboshi plums purify the bloodstream, detoxify poisons, stimulate appetite, and can help relieve stomachaches, bloating, nausea, and airsickness.

Ginger is another essential seasoning in macrobiotic cooking. It stimulates the appetite, increases circulation, and adds a mild spicy flavor to the meal. In Far Eastern medicine, it has long been treasured for its healing properties. Research results suggest it may benefit the heart and circulatory systems by slowing blood clotting. When made into tea, it may have an anti-cough effect, lower fever, and reduce pain.

Brown rice vinegar provides a pleasant sour flavor to macrobiotic dishes. It is traditionally made with spring water, koji, seed vinegar (mash from the previous year), and cooked brown rice that have all been mixed, aged, and heated to stop fermentation.

Mirin, barley malt, and brown rice syrup are natural sweeteners used in main dishes and desserts. Mirin is made from fermented sweet rice. Barley malt and brown rice syrup are the "honey" of their respective grains.

Condiments

Condiments are frequently used in small volumes to balance some dishes, especially for providing color and aesthetic enjoyment, to stimulate the

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Macro Musings (continued)

appetite, and to aid digestion. They are an excellent source of extra minerals in our diet. Traditional macrobiotic condiments include gomashio, sea vegetable powders, tekka, shio kombu, and shiso leaves.

Gomashio is a staple in macrobiotic kitchens. It's made by grinding roasted sesame seeds and roasted sea salt with a mortar and pestle. Its salty, bitter taste balances the natural sweetness of brown rice, other grains, and vegetables. The proportion of salt to sesame seeds varies from 1:14 to 1:18.

Sea vegetable powders are prepared by roasting sea vegetables for about 10-15 minutes in a 350° oven until they are dark and crumbly, then grinding them with a mortar and pestle until a fine powder remains. They may be combined with roasted sesame seeds for variety. Those made with nori and dulse are the lightest tasting, kombu the heaviest, and wakame the saltiest.

Tekka is a traditional condiment made of burdock, carrot, lotus root, Hatcho miso, and ginger that have been sautéed together for a long time in dark sesame oil and cooked down to a concentrated black powder.

Shio kombu means "salty kombu" and is traditionally made by soaking kombu in shoyu for 1-2 days, covering with water or more shoyu, and cooking over a slow flame for several hours. Roasted sesame seeds are mixed in at the end.

Shiso leaves are the red leaves of the beefsteak plant. They are customarily prepared with umeboshi plums and are also available packaged by themselves. Chopped or roasted, they make a nice condiment for grains, vegetables, and soups.

Ready to experiment? Instead of reaching for your usual herbs, spices, and condiments, try substituting ones from the following list. All of these are recommended foods to use when one of the five senses is missing from the meal:

Sour: sauerkraut, pickles, brown rice vinegar, umeboshi plums, shiso leaves, lemon rinds, or lime rinds;

Bitter: gomashio, tekka, green nori, parsley, wakame powder, dandelion, or walnuts;

Sweet: miso, applesauce, barley malt, brown rice syrup, mirin, or raisins;

Pungent: scallions, watercress, onions, chives, grated daikon, ginger-root, garlic, mustard, or horseradish;

Salty: gomashio, shio kombu, wakame powder, umeboshi plums or paste, miso, or shoyu.

Curry Powders: An Introduction to a Flavorful Experience

By Nancy L. Nelson

Legendary curries always seem to start with a dozen different spices, roasted for the aroma and ground fresh for an exotic, worldly flavor. In Sri Lanka, roasted spices flavor beef with pickled limes, tomatoes and coconut milk. In Kashmir, it takes eight spices (cumin, coriander, nutmeg, cloves, cardamom, chili powder, saffron and ginger) for a curry of lamb with almonds, raisins and rose petals.

These curries are not simmering on my stove--as delicious as they sound, I'm not roasting and grinding spices each time I want to eat a curry. A more realistic option for me is in the Co-op bulk spice jars, which hold three ready-to-cook spice combinations that create flavors from around the world without sacrificing my coffee grinder in the process.

The Co-op sells three Indian spice combinations: garam masala, regular curry powder, and hot, or muchi, curry powder. The simplest of these flavorings is garam masala, which is sometimes referred to as basic curry powder, or curry powder without turmeric.

The Co-op's garam masala is made of cardamom, cinnamon, cloves, cumin, black pepper and coriander. Because it doesn't have turmeric, garam masala does not give the golden hue to food often associated with curries. The curry made with this garam masala will have an earthier color and flavor and only mild heat, since it doesn't contain red pepper.

Garam masala is actually a modern version of a very old curry powder since red peppers, or chili peppers, are not native to India, where some food historians date the consumption of curry as far back as 1500 BC.

Chili peppers weren't added to the curry mix until Christopher Columbus brought chili seeds back from the New World. Portuguese traders carried them to India and it only took a century for the hot peppers to make their way into Indian cooking. Today, they are an important part of Indian cooking and are grown around the world, putting the fire in curries everywhere.

Garam masala does not require

as much cooking as curry powders that contain turmeric, which gives a bright yellow or orange color to curries, as well as a bitter, warm flavor. Turmeric needs cooking to keep it from being acrid as well.

Garam masala is the most expensive of the three Indian spice blends at the Co-op, at \$16 a pound, compared with \$7.91 for curry powder and \$9.75 for muchi curry powder. Garam masala's higher price is likely due to its higher percentage of cardamom, which is expensive.

Even at \$16 a pound, the Co-op's curry powders are a bargain. Two dollars will buy more than two tablespoons of each of the three powders--enough curry to spice several different dishes for a party of 12, or dinner for two for a week. Curry powders of comparable quality at other local grocery stores start at \$5 a jar.

The robust flavor of the Co-op's curry powder comes from its long list of ingredients: turmeric, paprika, fenugreek, coriander, black pepper, cumin, celery seed, cloves, caraway and cayenne pepper. It is a fairly typical curry powder, except for the paprika, which gives the mixture a redder color and somewhat sweeter flavor.

The hot curry, or muchi curry, powder contains three peppers: cayenne, black, and white pepper. The peppers, combined with the 10 other spices, can create a classic curry, which Santha Rama Rau, author of the entertaining and authentic *Time Life Book, "The Cooking of India,"* defined as "a highly seasoned stew with plenty of sauce."

By following a few guidelines, a novice cook using any of the Co-op curry powders can create his or her own version of this wonderful dish, even without a recipe:

Start by sautéing a sliced or chopped onion in a tablespoon or two butter or oil with a tablespoon or two

of curry powder. Optional flavorings at this step are grated ginger and minced garlic. For a vegetable curry with vegetables that require more than a minute or two cooking time, add the prepared vegetables now. Options include chopped potatoes, cauliflower, corn, carrots, and green beans.

If you are using meat, brown it with the curry powder, or add chopped leftover meat now.

Cook the onion-curry powder mixture about 8 to 10 minutes over medium-low heat until the onions are soft and the vegetables are nearly cooked.

Stir in a cup of liquid such as vegetable or chicken broth, canned tomatoes with their liquid, white wine, or coconut milk. Add vegetables and fruits that cook quickly, like green peas, sweet peppers and chopped apples. This is also the time to add starchy ingredients, including drained garbanzo beans or cooked lentils.

Taste and adjust the flavorings with any of the following: a couple teaspoons of lemon or lime juice, a small handful of raisins or currants, shredded coconut, salt, chopped cashews, peanuts, almonds, or chopped cilantro. If you want a sweeter curry, add a teaspoon or two of sugar or honey.

For a creamier sauce (or to cool down a hot-hot curry) stir in plain yogurt at the end of cooking. The perfect accompaniment for a spicy curry is an equal amount of rice, ideally basmati or jasmine rice. Leftovers keep well, developing better flavor after a day or two in the refrigerator.

Oh, Nuts! (Recipes)

By Pamela Lee

The first two recipes are savory pasta toppings that are meant to be added to cooked pastas that have been dressed with butter or olive oil. For the first recipe, if you cannot find fresh marjoram, another leafy herb (such as oregano or basil) can be used instead. The second topping looks (and tastes) especially nice on colorful pastas. With the generous amount of cheddar cheese in the second topping recipe, the resulting dish is heartier fare than the first topping. I like to add finely chopped garlic when I pre-dress the cooked pasta with oil for the Herbed Cheese and Walnut Topping. Both recipes come from *The Encyclopedia of Pasta* by Bridget Jones.

Parmesan with Roasted Pine Nuts for Pasta

Serves 4

- 6 T. pine nuts
 - 2 T. finely chopped parsley
 - 1 T. finely chopped fresh marjoram
 - 3/4 cup grated Parmesan cheese
- Put the pine nuts in a small,

heavy-bottomed saucepan.

Dry-roast them by cooking them over a low to medium heat, shaking the pan often, until they are evenly and lightly browned. Remove from the heat, and let cool.

Mix the parsley and marjoram with the Parmesan; then stir in the pine nuts.

Herbed Cheese and Walnut Topping

Serves 4

- 2 cups coarsely grated Cheddar cheese
- 4 T. finely chopped parsley
- 1 T. chopped fresh thyme
- 4 T. snipped chives
- 1 cup very finely chopped walnuts

Mix the cheese, parsley, thyme, chives and walnuts; sprinkle over piping hot pasta, and toss well. Serve immediately.

Though I've recently been told that these cookies are not truly Russian, my mother made them at holiday time and called them "Russian Teacakes." This recipe is from an old Betty Crocker cookbook. Though I use walnuts that are finely chopped in a food processor, I recently sampled cookies that my sister made using ground walnuts. The results are different; both are deliciously addictive.

[Note: Due to space limitations this month, Part II of *Nuts and Seeds* will be delayed until the March newsletter.]

Russian Teacakes

- 1 cup soft butter
- 1/2 cup sifted confectioners' sugar
- 1 t. vanilla
- 2 1/4 cups sifted flour
- 1/4 t. salt
- 3/4 cup finely chopped nuts

Mix butter, sugar, and vanilla thoroughly. Measure flour by dip-level-pour method. Blend flour and salt; stir in. Mix in nuts. Chill.

Heat oven to 400 degrees. Roll dough into 1-inch balls. Place on an ungreased baking sheet. Bake 10-12 minutes. While still warm, roll cookies in confectioner's sugar. Cool on a rack. Roll in sugar again.

Makes about 4 dozen 1-inch cookies.

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

Tofu-Garlic Mashed Potatoes

R. Ohlgren-Evans

Reviewing magazines this month for the Bookshelf, I couldn't resist choosing a recipe from another great magazine that we carry at the Co-op: *Vegetarian Times* is an old favorite, full of recipes and food articles and the December issue includes a recipe index for the entire year.

I know several area gardeners who grow enough potatoes for the year, storing them in a root cellar to winter-over.

These mashed potatoes are dairy-free, and have only 3 grams of total fat. Don't overwork mashed potatoes, or they turn gluey.

Tofu-Garlic Mashed Potatoes

- 6 medium cloves garlic, peeled
- 3/4 cup vegetable broth
- 1/2 cup low-fat firm silken tofu
- 2 tsp. olive oil
- 1 1/2 lbs. potatoes, peeled and cut into 2-inch chunks
- 1 1/2 tsp. salt
- 1/4 tsp. pepper
- pinch of ground nutmeg

In small saucepan, combine garlic and broth and bring to a simmer over medium-high heat. Reduce heat to low, cover and simmer until garlic is very tender, 15 to 20 minutes.

Transfer broth to blender or food processor. Add tofu and oil and process until mixture is smooth and creamy. Set aside, and cover to keep warm.

Meanwhile, in large saucepan, combine potatoes with enough cold water to cover. Add 1 tsp. salt and bring to a boil over medium-high heat. Reduce heat to medium, cover and cook until potatoes are tender, 10 to 15 minutes.

Reserving 1/2 cup of potato cooking water, drain potatoes well.

In large bowl, mash potatoes; gently stir in warm tofu mixture and enough reserved potato water to make smooth puree. Season with remaining 1/2 tsp. salt, pepper and nutmeg and serve.

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

R. Ohlgren-Evans

Waitrose Food Illustrated

130 pp. \$6.95

John Brown Contract Publishing LTD, London

I acknowledge my weakness for recipes and cookbooks and good food, but that doesn't make it any easier to stop collecting!

One reason I love doing this column is that I get to take home stacks of cookbooks from the Co-op's delectable Bookshelf, and in the privacy of my own kitchen I can peruse dozens and dozens of recipes—finding new and healthier interpretations for old standards, and often discovering something totally new to try out on my family (with varying degrees of enthusiasm and success).

A few times a year I grab a food magazine off the rack near the checkout counter—these are impulse buys which lure me in with beautiful photographs and seasonal treats. Another weakness—groovy packaging. Which brings me to the latest issue of *Waitrose Food Illustrated*, the elegant monthly from England. What a class act. Here's a glossy, beautiful magazine touting organic

nuts and macrobiotic mincemeat, great cookbook reviews, interviews with other 'foodies,' travel profiles to anywhere in the world (along with their food culture) and lots of great recipes.

Yeah, you have to put up with some advertising (but you'll find organic cheese and carrot ads too!). Any glossy food magazine that can take sexy photographs of porridge (p. 79), and profiles parsnips, chicory, and Brussels sprouts as 'seasonal picks' deserves a good hard look.

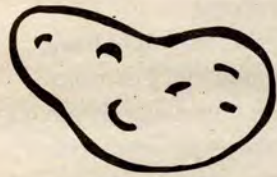
Some of the recipes and articles call for some pretty exotic ingredients—I'm not sure that even our Co-op buyer (Vicki) could special order *physalis* and *granadillo* (*Tropical Fruit Salad*, p. 114), but sometimes I just love the chance to hope for such an opportunity. And for the creative gourmet cook, there's not a recipe that couldn't be adapted to northern Idaho. At any rate, it'll be fun to try.

Recipe: Spuds at Home

Volunteered by Gary Macfarlane



After riding my bike home the back way, in the dark, on the ice, with the dim lamp fading fast, I arrive to find that Bobbi has been at home for some time. I was supposed to have dinner ready. I use the long, slow ride as an excuse. Cooking at



home seems to be a chore. What's a gut to do?

Potatoes, that grand American food. I go into the basement, find the organic potatoes Bobbi grew, slice 'em fast and thick, and throw 'em into a pan with organic onions (our crop didn't work too well this year), some of Paradise Farm's organic garlic, and a splash of organic olive oil.

Bobbi has these fancy, no-stick pans, and the potatoes usually don't get stuck. Ah, the wonders of technology.



So, here it is:

5 potatoes, washed (leave on the skins, like bread crust, the skins contain the most vitamins).

1 onion (take the papery skin off this thing. Even if it has vitamins, it's like eating cellophane).

2-3 cloves of garlic (I mince them barely at all because I like big chunks. Bobbi doesn't, so she rechops them and finishes cooking. See how I got her to do dinner?)

1 tablespoon olive oil
Salt and pepper to taste. (I like mustard on potatoes. Bobbi thinks that is weird and

disgusting.)



Salad In A Pot

By Patricia Diaz

There is a really interesting article in the February issue of Sunset Magazine telling how to create a salad in a pot. It describes how to plant a variety of gourmet greens all together in one large pot to spice up your salads. They are all easy to grow and you can continually harvest these greens with a pair of scissors, saving lots of money as they are very expensive in the markets. You can harvest your greens until they bolt (go to seed), as they will then be bitter.

Choose a container such as a half-barrel, a window box, or a clay pot at least 16" in diameter; fill with potting soil and then plant your salad seeds. You can broadcast them all together or you can sow your seeds in blocks, circles or even rows. Fertilize your plants occasionally with periodic feedings of fish emulsion.

Here is a list of gourmet greens to try:

Arugula. This is one of the greens you will see a lot in restaurants. It is extremely easy to grow but the plants bolt quickly so sow seeds in small batches every few weeks.

Mountain Cress. This is also known as peppergrass or garden cress. It is pleasantly piquant and is a quick crop. You should be able to harvest leaves in about two weeks. You can sow this one also in small batches every few weeks.

Leeks And Onions. If you harvest these when they are young the leaves are tender and mild tasting.

Nasturtiums. Both the flowers and leaves are edible and have a mild, peppery flavor.

Oakleaf Lettuce. This is a very popular lettuce with a distinctive leaf shape. It has a buttery texture and sweet flavor. There are several colors, too, that you can plant to give your salad a more colorful appearance. The yellow-green varieties are 'Salad Bowl' and 'Pom Pom'; bronze ones are 'Red Sails' and 'Cocarde'; and there are really red ones, 'Red Oakleaf', 'Red Rebosa', and 'New Red Fire'.

Romaines. There are several varieties of romaines that you might want to try - 'Deer Tongue' is an

heirloom variety with thick, succulent leaves; 'Cimarron' is a red-shaded romaine; and 'Freckles' is a green romaine with dark red speckles.

'Lollo Rosso' Types. These are frilly-leafed lettuces and you might have seen them as garnishes in restaurants. They usually have chartreuse leaves with burgundy edges. There is an improved variety, called 'Lovina', which has mostly red leaves and is slower to bolt.

Mustard. If you harvest the leaves when they are young they are pleasant-tasting. Watch out for its aggressive nature, however, and don't let it take over the whole pot.

Italian Dandelion. This is a green that tastes like endive or chicory, pleasantly bitter. The nice thing about this plant is that it takes up a lot less space than endive or chicory. You should harvest the leaves when they are 3-4" tall; any taller than that and they will be tough.

Most of these gourmet greens seeds are available are your local nursery. If you'd like to investigate some of the more unusual varieties or can't find some of the above mentioned ones, here are three nurseries you can contact:

Nichols Garden Nursery, 541-928-9280, www.gardennursery.com

Shepherd's Garden Seeds, 860-482-3638, www.shepherdseeds.com

Territorial Seed Company, 541-942-9547, www.territorial-seed.com

Seeds of Change, 888-762-7333, www.seedsofchange.com

February Garden Chores

By Patricia Diaz

Depending on where you live and how much snow you've had this winter, you may be able to perform some early garden chores this month. One of the first things you want to do after any heavy snowfall is to remove the snow from trees and shrubs. This will prevent broken or permanently bent branches. If the branches are out of your reach, use a broom to gently lift and shake the branches.

Since we've had some nice days above freezing, check to see if you can pull large-rooted weeds that have been loosened by the freezing and thawing cycles. You can also prune suckers from the bases of trees and shrubs while the ground is still frozen and before any new foliage appears.

Since our planting time is rather late usually, you can dig in manure that's not fully rotted and it will have time to mellow before planting time. That way you won't burn your new plants.

Start deciding what bare-root stock you want to purchase and plant as the nurseries will be opening soon. You can also decide what summer bulbs you wish to plant.

One of the nicest things you can do is feed the wild birds. The turkey telegraph has been working exceptionally well for us this year and we have LOTS of wild turkeys coming every day to see if there is any stray birdseed around.

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Seeds of Change and Other Gardening News

By Patricia Diaz

I recently received a wonderful garden catalog in the mail from a company called Seeds of Change. They sell certified organic seeds, seedlings, and other wonderful things. They also have a new book out called *Gardening for the Future of the Earth* by Howard-Yana Shapiro, Ph.D., and John Harrisson.

In this new book they provide a synthesis of the methods and systems developed over decades by the pioneers in sustainable organic gardening and growing practices. Some of the people featured are Bill Mollison from Australia, Alan Kapuler, Ph.D., Masanuoba Fukuoka from Japan, and John Jeavons from California. It is \$19.95 and can be ordered directly from Seeds of Change. They also have an email forum for discussion. If you wish to check this out go to www.seedschange.com. They have an Organic Hall of Fame, Slide Shows, etc. plus you get 5% off on orders placed through the internet.

There is a totally wonderful selection of organic seeds and plants that you can purchase through Seeds of Change. Included in this selection are heirloom and traditional seeds. There are also Seeds of Change originals that have been developed by their Research Dept. plus seeds and plants that are noted as good for medicinal use. Several of the unusual heirloom plants that I described in a previous article are offered through this company. So if you'd like to receive a great seed catalog either call 1-888-762-7333, or go online.

I received my favorite catalog again last week from High Country Gardens. I guess I like this one a lot because I just love the Southwest and some of the plantings they offer come from there. They specialize in xeric (dry) gardening and grow their plants in the high plateau country of New Mexico where it gets very cold in the winter. A new feature this year are the symbols of both a deer and a rabbit with the "no" slash through the figure, indicating that the plants indicated should be deer and/or rabbit proof. To receive one of their great catalogs, call 1-800-925-9387 or get online at www.highcountrygardens.com.

Insights

Kitty Litter Preferences

By Sarah Hoggan

Inappropriate bathroom habits are the number one reason cats are surrendered to animal shelters. This is also the top question veterinarians field about cat behavior and is officially called "inappropriate elimination." This is different than "marking territory" or spraying. Spraying is depositing a small amount of urine onto a vertical surface, such as a wall. Elimination is squatting and releasing a significant volume of urine. Besides urine, some cats ignore their litter box altogether and instead leave a "deposit" next to it. This behavior seems to say, "You're close to what I want, but not quite." So what does a cat really want for kitty litter?

The kitty litter market is akin to the cold cereal market: all the boxes are brightly colored and cute, you read all the labels and don't understand half the information, and in the end you base your decision on which has the best toy offer on the back of the box.

Dr. Catherine Ulibarri, Ph.D. and veterinary behaviorist at WSU's College of Veterinary Medicine, says, "First you must rule out a medical cause for your cat's inappropriate elimination, then you can consider behavioral problems."

Feline inappropriate elimination is such a significant problem Dr. Ulibarri has published a website devoted to the topic: www.vetmed.wsu.edu/behavior/elimination.htm.

After medical problems have been ruled out Dr. Ulibarri states, "The litter box should be in a quiet, secluded area that's easily accessible. For litter, most cats prefer a clumping clay litter so the wastes can be removed." She also suggests scooping the litter daily and making sure there's an adequate number of cat boxes available. These two simple measures can decrease inappropriate bathroom behaviors.

The Moscow Food Co-op offers three varieties of kitty litter. Heartland Wheat Litter is the only litter of the three that clumps when soiled. It's odor-free and the packaging says it's safe to flush the clumps down the toilet.

Feline Pine and Cedar Lite are the other two litter options. Feline

Pine has a strong, pleasant aroma like a Christmas tree. Its packaging states that the litter can be scooped and flushed or used as mulch. Cedar Lite also has a very strong, pleasant scent and its label states it's adequate for birdcages as well as cat boxes. These strong scents may help mask the cat box odor, in the event it was recently used or it hasn't been cleaned within the last day.

If you're unsure which product your cat would prefer, Dr. Ulibarri advises setting up several boxes with different litter types. This "litter box smorgasbord" lets the cat choose so you can oblige them in the future.

Finding the correct kitty litter for your cat will make both your lives easier. The cat will like its litter box and use that instead of your carpets or walls. Cats are wonderful pets, but not highly endorsed as decorators.

Y2K Bug Destroys Co-op - Not!

By Bob Hoffmann, Co-op Web Master

For some months, I have been telling people that Y2K Prophecies of Doom were highly exaggerated. So imagine my surprise when, a couple days into the New Year, I received 2 simultaneous calls for computer help from Co-op staff. While talking to Vicki about a problem Laura was having with Peach Tree accounting software, Kenna was leaving a message on my voice mail about her flaky e-mail. Not one to shirk the scariest computing disasters, I donned my "Y2K: BFD" t-shirt and dashed through the new-fallen snow to the site of the digital mayhem.

Arriving on the scene, I found that Laura had accidentally made an unrecoverable boo-boo in her accounting package. Luckily, she had backed up her computer files last thing in 1999. Unluckily, the backup program was not cooperating (it kept telling her that it wouldn't replace the existing files, because they were newer than the backed up

files). Through some slight-of-hand-on-mouse, I managed to restore the files, for which I earned Laura's "undying love and affection." Had we been unable to restore the backups, Laura would have had to close out the 1999 payroll by hand. Worse yet, Laura would have continued to devote 100% of her undying love and affection to her new husband, instead of arranging a 60-40 split with me.

Laura's problem might have been Y2K related, but I'm more convinced that it was merely a buggy Microsoft Backup program. (Hint: This program doesn't like to overwrite your newer, 'bad' files with its older, uncorrupted files. Seek Other Solutions.)

Kenna's email problem was definitely Y2K, though only a slight annoyance. After the turn of the year, she manually changed the date on her pre-Cambrian Windows 3.1 computer to reflect the new millennium. Everything worked OK, except whenever she sent an e-mail; her e-mail program informed her that the date was invalid. The e-mails still got sent, however. We agreed on the proper, final solution, and by press time, Kenna's new computer has arrived in a fashionable black-and-white box.

The millennial item that perhaps struck fear into the greatest number of Co-op shoppers' hearts originated in the bakery. It seems that late last year, Heidi the Baker Woman had announced that the Oaties hadn't been tested for Y2K compliance. But in the post-New Year's tests I ran (via a complicated procedure called organoleptic testing), I judged the Oaties to be just as fresh, tasty, and bug-free as previously evaluated samples. Though quality is still high, there have been reports of Y2K-associated problems with quantity. The staff vacations scheduled around the New Year supposedly resulted in a general decline in Oatie production, though this problem has certainly entered its self-corrective phase.

Other Y2K issues have cropped up with surprising regularity. Anecdotal evidence suggests that bulk orders of non-perishables have significantly abated since the ball descended on Times Square. One man approached cashier, Bruce, early in early January with a 20-lb

Books & People: A Moving Experience

By Ariana Burns

Y2K Bug Destroys Co-op - Not! (continued)

bag of packaged rice. He said he didn't want the stuff any more.

Bruce said, "But we don't carry that brand."

The man said, "That's OK, I just want to get rid of it."

He set it down and walked off. The Moscow Food Bank has benefited from the kind stranger's donation.

Then, just as things were getting back to normal, one Co-op staff member called me with an especially urgent request for help. It seems that her spouse had decided to liberate some hard drive space on their home computer by deleting a bunch of "unnecessary" files, perhaps using the eeny-meeny-miney-moe technique. After a few quick clicks, the computer was a stick in the mud. It wouldn't so much as boot into Windows. Sensing a task requiring a stronger flow of The Force than I had within me, I declined to offer any assistance beyond the recommendation of a specialist (listed, incidentally, as a Co-op Business Partner). One house visit later, the computer was again happily crunching billions and billions of ones and zeros.

All these stories prove (at least to me) that while there have been some minor Y2K issues at the Co-op and beyond, the greatest source of trouble in the computing world is still a short between the keyboard and the chair.

P.S.

www.moscowfoodcoop.com reports no difficulties in the past month, Y2K or otherwise.

E-mail to the Editor:

I work at the Honest Weight Food Co-op in Albany, N.Y. Our Deli-man tipped me off to checking out your web-site. To say the least, it is awesome! We are trying to improve ours, so far neglected and not very user-friendly. Thanks for setting a fine example.

Leslie Gardner

BookPeople was moving! It was going across the street, where the Spruce was-- no, the Vandal Café-- no, the Spruce--no, the Vandal--well, Stepping Stones was there. And maybe a church. The details get vague over coffee.

On one visit to BookPeople, I found Betsy & Bob pouring over carpet swatches, and they asked my input. Now, I can't say if mine was the deciding vote but the carpet selected WAS one of my choices.

My coffee klatch spent the days before December 28 discussing the Move. Relocating 30,000 titles would be no mean feat. We virtually transported the store 20 times in discussion.

On the big night, the wailing of bagpipes hailed the start of the Move. Barricades closed a section of Main Street. Patrons formed a growing line from old BookPeople to new BookPeople.

We were welcomed into the line. Books came from the stranger on my left and I handed them to the woman on my right who I hadn't seen in

years.

"Hey! How are you doing?" The question echoed through the line as others experienced similar encounters.



Janet Fiske...one book at a time!

Our numbers overwhelmed the shelvers. We slowed to a book at a time and on occasion came to a complete halt. Cries would go down the line: "Hey! Who's reading?" Intriguing book titles were called out.

People danced jigs, linking arms and twirling to cheers & laughter. Around two hundred volunteers shared in the fun.

Betsy thanked everyone. "Now, if you get cold, trade places with a volunteer inside. And don't



Just starting to stock the new store

a halt around 10:30 p.m. The line followed the last book in. We filled the coffee shop and browsed the stacks, admiring the new store. Laura brought thermoses from her Tea Room. People stayed and chatted. Some went to Mikey's for more soup. The musicians continued playing. Even an exhausted Tim picked up a harmonica and join in.



Things are getting serious

forget about Mikey's." Mikey's served soups and coffee to keep us from freezing. When the bagpipers concluded their performance, other local musicians took their places.

Bob called

In the morning, I found BookPeople still stuffed with volunteers. Some book people alphabetized. Others carried the last books across the street. Customers wandered the store. Six more people entered and offered to help. Tim grabbed tools. The volunteers organized themselves and cleared a corner for shelves.

Seeing people give their time and effort still amazes me, but I remember Bob once said, "That's what community is about."

The old store at the end of the evening



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The Juan Barco Trio

The Musical Life of a Migrant Family

free concert at Neill Public Library in Pullman
Feb 17, 7pm

Palouse Folklore Society

Con Brio Winds concert February 11th

Con Brio Winds will give a concert consisting of woodwind tunes from Mozart to Mancini at the Unitarian Church in Moscow @ 7:30pm. Tickets can be purchased at the door for \$5 (420 E 2nd Street).

Fields Spring Snow Dance February 19-21

Contra dance and cross-country ski weekend -
Fields Spring State Park

Dances @7:30 on Saturday and Sunday, with Mark Clauson (of Bozeman) calling. There will be food, dance workshops, hiking, and jamming. Call Mitchell Frey at 208-882-5101 for more information

Moscow Renaissance Fair Poster Contest

**\$200 prize
entries due February 28, 2000**

call president Harry Moore for details: 883-80

Winter Fishtrap Writers Gathering

Feb 25-27, 2000

Eagle Cap Chalets, Wallowa Lake, near Joseph
attendance limited to 50. 541-426-3623

Gluten Intolerance Support Group

**Tuesday, February 22, 7:00-8:30 p.m.
at Gritman, 3rd floor board room.**

We will be having demonstrations of flour mills, bread machines and sharing recipes. Please, bring a treat to share and it's recipe. We, also, will have plenty of resource materials for your review. For more information contact Susan Cleveley, 882-6491 or Kaye Girard, 882-6405.

Thursday, Feb. 10 12 noon

Public Hearing on of Snake River Will and Steelhead.

Williams Conference Center, 8th Av
Lewiston, Idaho. There will be a bu
the hearing. For more information
Clearwater (208) 882-9755

Latah County Master Gardener Classes

**every Tuesday, from Feb 8 thru May 17
883-2267**

Community Drum Circle Come Join The Fun!

**February 26 @ Blaine Schoolhouse
Starts @ 6:30 pm w/potluck**

Suggested items to bring: percussion instruments/
objects, food/plates/silverwear, blankets, warm
clothes, etc... **Setting:** During winter months the
circle is held inside the shelter and warmth of the
schoolhouse with its newly installed oil stove.

The Moscow Renaissance Fair wants you!

May 6 & 7, 2000 at East City Park

- to apply for craft booth, contact Rose Graham at 285-1770 or rterrydgraham@hotmail.com
- to apply for a food booth, contact Bill London at 882-0127 or bill_london@hotmail.com
- to volunteer to help, contact Harry Moore at 883-8080 or mcontrol@moscow.com

Enjoy a romantic evening

Sat., Feb. 12th - UI Best Western

- Dinner -Dancing - Silent art & romantic gifts auction
- Lionel Hampton Jazz IV music. Tickets \$50 each including
- Savings, Newsome/Kimberling Insurance, 208/883-2499
- Seeking donated items for auction

**"For additional events & information, please
Web site at <http://www.moscowfoodcoop.com>**

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