

January 2000

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## How Do You Like Us So Far?

By Bill London

This Moscow Food Co-op newsletter is now 15 years old. The first edition surfaced in December of 1984. It was a ragged little Xeroxed baby, full of barely legible copied articles and high hopes.

The newsletter grew, and was re-named the Moscow Food Co-op Community News about five years ago when it got so big that it could be printed on newsprint.

Since then we've added pages, and have an all-volunteer staff of (pardon my bias, but I think this is very true) dedicated and talented writers, designers, and editors who bring you a quality publication—for free—every month.

Now you hold the first example of our new design. Yup, for the new millennium, we are changing our newsletter.

We've turned the publication sideways. The cover is half the former size, and we've added column heads for the staff reports. The Bulletin Board is still on the back page (or back half-page), but the list of business partners has moved inside.

We hope this new design works for you.

It will work much better for

### INSIDE:

**Nuts and Seeds,  
More on Arthritis,  
Care for your  
Amaryllis, and More!**

distribution. These new newsletters will display better in stacks at businesses across the Palouse and at the Co-op newsletter racks.

Besides, it's an appropriate change for this bold new century, decade, year, and of course, millennium. And furthermore, last month, my daughter Willow graduated from the University of Idaho.

OK, so Willow graduating really has nothing to do with the newsletter. But I am so proud of her that I wanted to mention it anyway.

Let us know what you think of the new design. Thanks.

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## Co-op Business Partners

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

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**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

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

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

# Community News



## Generally Speaking: 1999 in Review

by Kenna Eaton, General Manager

1999 was a great year for your Co-op. I wanted to remind all of you how far we have come and what we did for our members this past year.

In the First Quarter we:

1. Successfully relocated the Co-op to current location
2. Opened the store only one day later then projected and within the budget allocated
3. Successfully sublet the previous facility to the University of Idaho
4. Hosted a Grand Opening for the Co-op with almost \$9,000 in sales
5. Continued outreach by participating in a Health Fair for Latah County employees
6. Revised the internal operations to better meet the demands of the new facility and the staff

In the second quarter we:

1. Sponsored clean-up of 2 sections of Paradise Creek
2. Installed a new freezer for the store
3. Improved facilities operations by relocating compressors to the roof top
4. Continued working with the NorthWest Co-operative Grocers to improve our operations and May we hosted the quarterly meeting of the NWCGA.
5. Conducted a second all-staff meeting with an emphasis on communication training.
6. Kenna attended Consumer Co-operative Managers Association conference in Portland, with classes on leadership training, improving margins, innovative thinking, a forum on small store management, and a workshop on marketing membership.

During the third quarter we:

1. Directed and implemented an emergency plan to cover Vicki during her 3 month absence.
2. Continued to work on loading dock with City of Moscow
3. Started work on purchasing contract with Mountain Peoples

Warehouse and the NWCGA

4. Held a dog wash to raise money for the Humane Society and CAPPS.
5. Revised staff benefits to improve the health insurance program and implemented a Medical Savings Account
6. Changed the Personnel Policy to allow for Maternity Leave
7. Promoted Laura Long to position of Bookkeeper when Kristi resigned. Promoted Gordon Gatewood to Produce Manager
8. The Board of Directors held a day-long retreat led by Facilitator Cindy Carlson
9. The Managers of the Co-op held a day-long retreat focusing on improved communications and facilitated by Cindy Carlson
10. Carrie and Kenna attended the Annual Provender Conference in Ashland, Oregon, and participated in classes on customer service, cosmetics, changing store culture, your store as a community health center, and GMO's
11. Participated in health fair held on the University of Idaho campus
12. Sent out interest checks to our members who loaned us money

And for the Fourth Quarter:

1. Prepared annual budget for the year 2000
2. Finished negotiations with the City over the loading dock
3. Helped organize and host the Adorable Feast, raising enough money for a handicap accessible door.
4. Initiated an ad-hoc committee to investigate wages for the staff @ the Co-op
5. Saw the Cost plus program installed and the first orders come into the Co-op
6. Registered a domain name for the Co-op: [www.moscowfoodcoop.com](http://www.moscowfoodcoop.com)
7. Introduced a new look for the Co-op newsletter for January, 2000
8. Held a successful and well

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### Animal Care Center

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#### Large & Small Animals

Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.

attended "Taste Fair" in the store, also hosted a "Winter Celebration".

9. Designed and installed an improved recycling system for the store.

Wow! Quite the list! Did you even make it all the way through? Congratulations, and Happy New Year. Lets hope this one is just as productive !



## Welcome!

by Laura Long, membership manager

Yeah! It's a New Year and a new millennium. I hope you all had safe and happy holidays wherever you were. Everyone knows that with the New Year comes the time to get down to the business of getting healthy, and what better way to do it than to shop at the only health food grocery store in Moscow.

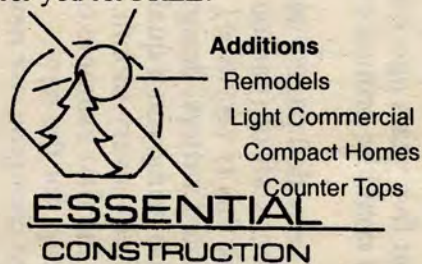
If you're not a member already, now would be a great time to join to take advantage of all the great member benefits. We have many specials already selected for you in the store. So, if you just show your membership card at the register, the cashiers will give you the member prices.

It's really quite easy to become a member (and part owner) of the Co-op. Just let the cashier know at the beginning of the sale that you want to join, and you can start taking advantage of the member prices right away. It only takes a couple of minutes to fill out the paperwork, and you will get your new membership card right then and there.

Don't forget to mention if you

are a renewing member, even if it's been a long time since you joined. We keep those past member records, and the money that you've paid in on your membership is cumulative (meaning that once you've paid in a total of \$150 to the Co-op in membership fees, you're a lifetime member and don't have to pay annual membership fees again).

Once you have your shiny new membership card, don't forget that you can take it to Kinko's here in Moscow and they will laminate it for you for FREE!



**John Dancey**

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## The Buy Line

By Vicki Reich, grocery buyer

Another Holiday Season has come and gone. I hope everyone had a happy and healthy one. I'll assume that the world is continuing on and that Y2K was not all they said it was going to be (as I'm writing this two weeks before the dreaded event).

The new millennium does bring changes to the Co-op, just not monumental ones. One big change is Joseph Barron's flour mill will no longer be supplying our bulk white or whole wheat flour. We will continue to carry 5, 10 and 25 lb. sacks of their flour but the flour in the bulk bins will be a different brand. I have also lowered the price of all the small cow milk yogurt to 79 cents. This includes all 6 and 8 oz. cow milk yogurts, even the organic ones. And, of course, I will continue to seek out the best deals every month for our member sales.

There are quite a few new and noteworthy products. My newest favorite is Ginger Chews from The Ginger People. These are chewy little bite size candy with a kick. They come in two flavors, Spicy Apple and Ginger. They are both great. If you love ginger you'll love these. Look for them on the candy shelf.

We now carry Café Fair Coffee in bulk. This is an organic, shade grown, and fair-traded coffee. Silver Needles tea is new in the bulk tea section. This is a white tea with a smooth delicate flavor. It was the favorite tea in a sample tasting I did with a few other tea lovers. In Aisle 3, look for Drew's After Grill Sauce. This stuff puts A-1 to shame. I know it's not exactly grilling season but I wanted to mention it anyway, you can always add it to raw ground meat or meat substitute to liven it up a bit.

Speaking of lively, Lone Hawk Farms elk sausages in three great flavors will perk up any meal, plus they are locally grown and processed by Dr. Carl Melina. Look for a great new selection of Paradise Farms Organic bulk mixes—and in my opinion, their Chili Mac is to die for. And last but not least, we now have tonic water and club soda for all your party needs.

On to your comments and suggestions.

Vicki, you rock my world. You

got more Silk Nog!! YAY!! Merry Christmas! I'm always glad if I can make someone that happy. I'll keep it on the shelf for as long as it's available 'cause I love it too.

*Please bring back salmon sausage. It was very good.* I agree and so do a lot of other customers, since I get this question at least once a week. Here's the story on the sausage. After their great reception at the Taste Fair, I called the manufacturers, IdaSea, to try to find a way to get them here on a regular basis. They were very slow in getting back to me and then we had to find a distributor that would make a trip down here. We had almost worked out all the bugs when the company who was manufacturing them for IdaSea went out of business. So now I am waiting for IdaSea to get new labels so they can sell them under their name. As you can see, it's all a bit confusing, but the long and the short of it is that I'm still trying to get them here and as soon as I do I'll let you know.

*Why don't you carry Yellow D Brown Sugar? I understand it's the real stuff and not a little molasses added to white sugar.* Good question. I'll do a little research on sugar and make the appropriate changes.

*This is a response to the article "Agar Agar, Arrowroot and The Thanksgiving Feast". In the article it is stated that Agar Agar has the unusual quality of being indigestible to bacteria. This is not true. Agar Agar is used in microbiology labs to culture all types of bacteria. For many types, other things (like minerals, amino acids or vitamins) have to be added, but the Agar Agar is still digestible by the microbes. This is a relatively nitpick point, but people could be misled by this inaccurate statement. Thanks for the good information, and taking the time to write it all down.*

*Please carry organic soy butters. I will see if I can find some.*

*LOVE that Sage Co. bread! LOVE it!* Thanks, it appears you are not alone, it has been disappearing very quickly.

*Please get some nitrite-free bacon. My husband and I love bacon but refuse to eat the nitrite-laden stuff. We will pay whatever it costs. Thanks. I will bring in some organic bacon.*

### Published by

Moscow Food Co-op  
221 E. Third, Moscow, ID 83843  
(208) 882-8537

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

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### Printed on Recycled Paper

Deadline for Articles: & Ads  
20th of each month

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## News from the Board of Directors

By Suzanne Peyer and John Hermanson

Our board meeting held on December 8, 1999, was short and sweet. We gathered in Mary Jo Knowles' comfortable living room to discuss, mainly, the Co-op's budget. Yes, it is getting to be that time of the year when we all need to review our finances and do our taxes. Unfortunately, the Co-op is not excluded from this year-end process. Thankfully, the Co-op has done well over the past year. After investing funds in the relocation, this past year's success should put us in a good position to repay loans in a timely fashion.

Our formal board of directors meeting was brief because we wanted to allocate some time to visiting with potential board of director candidates. Two people who are considering becoming candidates for election, Donald and Eric, attended and we all chatted while drinking wine or cider and eating snacks provided by the Co-op. Talking with future board candidates was a new and enjoyable experience, and one that is bound to continue year after year. We thank both Donald and Eric for attending. We regret not being able to meet with other candidates who wanted to, but were unable to attend.

Our next board of directors meeting is scheduled for 6 pm on January 12 at the office of the Pea and Lentil Commission. Members are welcome to attend. Maybe we will see you there...

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## Deli Standard Time Cups Go Around

By Kelly Kingsland, Deli Manager

As Emily mentioned in her article last month, the Deli is now recycling "to-go" cups with lids for our take-out coffees and hot drinks.

We are now accepting donations of plastic thermal take-out cups which we will sanitize and give out to our customers who show up without their own cups.

We're pretty excited about this idea, and we welcome another opportunity to reduce the waste that we produce. Our goal is to nearly eliminate all of our paper cup usage. As with the use of our Deli containers, there will be some folks who prefer to receive a new container rather than a recycled one, but we're hoping that this program will be met with as much optimism, and success, as our container program.

So, we're asking you all to search through your cupboards and dredge out all your old abandoned carry-out mugs and bring them into us at the Deli. We really need them to have lids, because as you know they are basically useless without them. And we really need them to be clean. Because of the increased demand, we will probably also need a few more recycling volunteers. Talk to Gary, our volunteer coordinator, if you are interested.

From Emily's article last month, we have already begun receiving donations of mugs, including a case of new ones from the beloved but now defunct "Joe to Go" espresso stand. For these we are very appreciative. We're hoping that everyone is as excited about this program as we are!

And here's a few more of our famous Deli recipes:

### Annie's Ginger Cookies

2 c. Canola Oil  
2 c. Molasses  
4 Eggs  
2 c. Honey

Mix at high speed  
With mixer off add:

4 tps. Cinnamon  
6 Tbls. dry Ginger  
3 Tbls. Baking Soda  
2 c. Dry Milk powder  
1 c. Wheat Germ  
8 c. W.W. Flour

Mix thoroughly and refrigerate dough for at least 24 hours. Scoop onto cookie sheet and slightly flatten. Bake at 350 for approxi-

mately 9 min. Enjoy!

### Ground Nut Stew

This recipe comes directly from the Sundays at Moosewood Restaurant Cookbook. It has been a long time favorite of Deli customers.

2 c. chopped Onions  
2 Tbls. Peanut Oil  
1/2 tsp. Cayenne  
3 Tbls. minced Garlic  
2 c. chopped Cabbage  
3 c. cubed Sweet Potatoes  
3 c. Tomato juice  
1 c. Apple juice  
1 tsp. grated fresh Ginger  
1 Tbls. chopped Cilantro  
2 chopped Tomatoes  
1/2 c. Peanut Butter

Saute the onions in the oil for about 10 min. Stir in the cayenne and garlic and saute for a few more minutes. Add the cabbage, sweet potatoes and saute covered for a bit more. Mix in juices, ginger, cilantro and tomatoes. Cover and simmer until the sweet potatoes are tender. Withdraw a few cups of the broth and mix thoroughly with the peanut butter. Return this mixture to the soup, stir, adjust seasonings, add salt to taste, and serve.

### And Responding to Your Questions

*Are the dessert bakers up for making Tiramisu? Wow! I thought that Tiramisu was a bad-tasting flavor available at Espresso stands. But our famous baker Rochelle says she'll make it soon.*

*Please make more Vegan Pizzas on Fridays. Over time I have watched closely, and if there is Pizza left over it is usually vegan, so I think we have our vegan to non-vegan proportions right. However, recently we've been hard-pressed to make enough Pizza in any form. We'll try to make more, including more vegan varieties.*

*Please publish the recipe for Groundnut Stew. It's in this issue.*

*Compliments to the volunteer chef who made the Potato-leek soup. It was the best! Yes, this was Yvonne, who has been cooking great food for us on a volunteer basis for years. Thanks, Yvonne!*

## Teen Writers Wanted

By Bill London

Hey, all you high schoolers chowing down on those pesto rolls.

Yup, you kids who come down from the high school for lunch, or snacks, or a quick cup of wake-up coffee.

Wanna be a published writer?

Wanna work out a deal with an English teacher for some extra credit?

Or maybe even earn a worker's discount for your future Co-op purchases?

We are looking for someone who can write from, and about, the teen perspective. About what? Everything and anything. Whatever is important. Whatever makes sense to you.

If you are interested, email to [bill\\_london@hotmail.com](mailto:bill_london@hotmail.com) or call 882-012.

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## Personal Care Corner A Look at Natural Help for Arthritis, Part II

By Carrie A. Corson, non-food buyer

Joseph Pizzorno, N.D. and Michael Murray, N.D., authors of *Encyclopedia of Natural Medicine*, promote proper nutrition as one of the best things you can do for yourself if you are feeling the aches and pain of arthritis. Proper nutrition can help keep cartilage healthy, thereby slowing degeneration.

There is some evidence that eating foods that contain alpha-linolenic acid (ALA), an omega-3 oil, may help reduce inflammation. ALA is found in foods including flaxseed oil, fruits, vegetables and legumes, as well as sardines and other oily fish. Another nutrient that some tests indicate is beneficial is gamma-linoleic acid (GLA), an omega 6 oil. This oil is much harder to get in our diets because it does not occur in common foods. It is however, present in supplements such as black currant oil, evening primrose oil, borage oil and fish oil. Eliminating caffeine, simple, processed and concentrated carbohydrates and decreasing consumption of animal fats can also be helpful. Emphasis should be placed on complex-carbohydrates and high-fiber foods.

Some arthritis sufferers have also found that eliminating nightshade-family vegetables including tomatoes, potatoes, eggplant, peppers, and tobacco has made a dramatic difference. This diet was developed by Norman Childers, a horticulturist, while treating his own osteoarthritis. His theory is that genetically-susceptible individuals might develop osteoarthritis from long-term, low-level consumption of the alkaloids found in nightshades. Presumably the alkaloids inhibit normal collagen repair in the joints or promote inflammatory degeneration of the joint. This theory is unproven, but the diet has been beneficial for some people. Murray and Pizzorno contend that it is certainly worth a try as it is one of the least complicated diets to try to determine whether food allergies or trigger foods worsen your symptoms.

Eating foods containing vitamins E and C (or supplementing your diet with these antioxidants), is also suspected to be important to maintain cartilage health. Vitamins A, B1, B6, and niacinamide have also been indicated to be effective in

the treatment and prevention of arthritis.

Large amounts of niacinamide in combination with glucosamine sulfate, according to some studies, seem to be the most beneficial. However, this should be used under the supervision of a qualified health care provider as large amounts of niacinamide can result in significant side effects (e.g. glucose intolerance and liver damage). Herbs with anti-inflammatory properties such as ginger, boswellia and feverfew can help relieve symptoms. A topical treatment containing cayenne can help reduce pain in the affected area.

In our holistic approach to healing, it is important to remember that there are many factors that help. Change of diet and nourishing our bodies with supplements is a good start. But there are other factors to consider. Exercise goes a long way toward overall health and well being. Low impact aerobics can be very helpful in reducing the pain associated with arthritis. But it also helps in reducing stress. Stress is one of the factors that seem to exacerbate arthritis. When we think of ourselves as a whole, composed of a complex set of physical, mental-emotional, spiritual and social factors, we can see the importance of bringing all of those factors into play when trying to heal our bodies. Then we can help ourselves become part of the cure.

In addition, I'm really looking forward to the coming year. I think we have some exciting changes coming up. One of them will be that the Moscow Food Co-op will be co-sponsoring a series of natural health workshops with Cindy Carlson, of Holistic Counseling Services of Moscow. Plans are now in progress. Watch for inserts and fliers detailing upcoming events.

### Recommended reading:

Pizzorno, Joseph, N.D. and Murray, Michael, N.D. *Encyclopedia of Natural Medicine, Revised addition*, Prima Publishing, 1998.

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

## Word of Mouth

By Vicki Reich

With all the heavy eating and partying we've all just done, I thought ginger ale might be a nice thing to settle all of our stomachs. When I went to the cooler to get samples, I couldn't believe how many different ginger ales we carry. Reed's alone has three different kinds. We ended up sampling 8 different sodas.

The first on the list was Blue Sky's new Organic Ginger Gale. The tasters (a small party at Laura Long's house) thought it was very sweet and not too gingery. It had overtones of cloves and other spices. This would be a great one for kids.

Next on the list was Health Valley Ginger Ale. This was a rooty vanilla-tasting soda. Someone described it as thin, and it too was not very gingery. This would also be good for kids.

Natural Brew's Outrageous Ginger Ale lived up to its name. It was really gingery with a hint of pine. With that great heat that ginger has, it was really robust and not too sweet. All the tasters agreed this is a real ginger lover's ginger ale.

Santa Cruz Organic Ginger Ale was really refreshing. It would be perfect for a hot summer softball game. There was a good ginger flavor that was not too intense. Several tasters picked it as their

favorite.

Next came Journey's Asian Spice Ginger Brew. This was a totally different beast than the other ginger ales. Lemony floral overtones prevailed. Someone thought it tasted like they added Kool-Aid to it, probably because Journey combines other herbs and blackberries with the ginger.

We tasted two of the three Reed's Ginger Brews. First was the Original, which had an apple-like taste and a good aftertaste of peppery ginger. The Extra was the favorite with a good smell, and a round taste. It was hot but smooth, not too sweet, and kind of like crystallized ginger. You could drink a lot of this stuff on a hot day.

Finally, we tasted Blue Sky Ginseng Ginger Ale. This sharp, crisp, and dry ginger ale reminded some of us of Canada Dry. There was only a vague hint of the ginseng, which in my book is a good thing. The sharp carbonation made it very refreshing.

After all the tasting was done, our stomachs were settled enough to have some of Bob's birthday pie. And after trying all the different versions of ginger ale, I realized why all of them sell: there's something for everyone in the cooler at the Co-op.



## Up All Night In The Bakery

By Nikki Walker, bakery manager

The Co-op Bakery is constantly evolving. Whether it's a new baker, a new recipe or an improvement to one of our existing items, we're always trying to make tasty food that everyone can eat. In the past year we've made great progress in developing recipes to suit the needs of customers with restricted diets. One area that we've grown the most in is our creation of gluten-free recipes. Susan Clevely, a volunteer baker, has helped us along this quest. We make gluten-free muffins every Monday, Wednesday, Friday & Saturday and Susan bakes gluten-free bread and other treats each Friday. As always, we make egg and dairy-free items every day and wheat-free bread three times a week.

The bakers are always up for a challenge so please let us know if there's something you'd like us to try.

I'd like to welcome two new bakers to the Co-op! Terry Feigenbutz and Colleen Teevin started baking here at the end of December and have really positive things to offer the bakery. Terry is a student at the University of Idaho and Colleen is finishing up her anthropology degree at WSU. Colleen has been a volunteer for a year and we're excited that she'll be in the bakery more often now. I also want to thank Ben, Iris, Eric, Crista and all of our volunteers for being a creative and dependable team during our first year at the new store.



# Volunteer Volleys

by Gary Macfarlane, volunteer coordinator

If you are reading this then, most likely, the collapse of industrial civilization did not occur as the calendar switched to the year 2000.

Darn! Well, 2000 was just some random number anyway.

In case you missed it, the Holiday Volunteer Party was more fun than the

Palouse has seen since the famous wake of Tase T. Lentil after he was assassinated by the jealous Split Personalipea. Bah Humbug was the theme (as it has been very year since I took on the responsibility of coordinating volunteers) and every one had a great time.

Check out the candid photos taken at that event!

Organic wine flowed. Even Kenna tipped the bottle a few times (yep, I was watching). Laura's Lasagne (N. France spelling) filled bellies, and

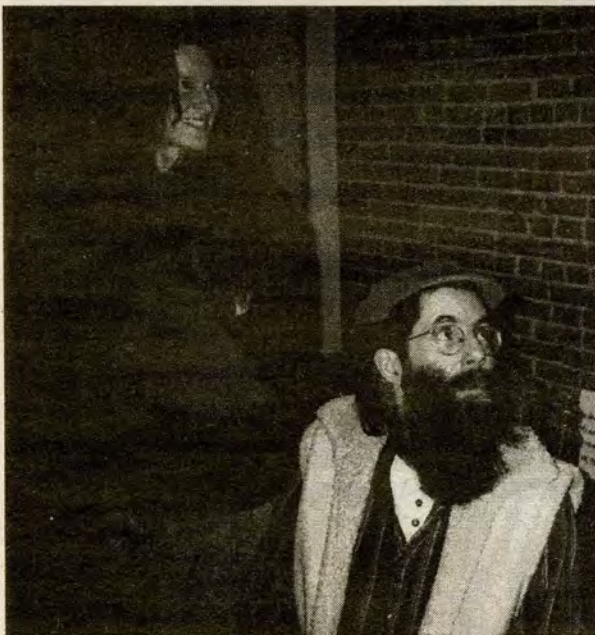
Dorothy's wonderful accordion music was nothing short of stupendous.

She did a Cajun version of some holiday standard and tout le gang did le two-step. (B'en oyez, c'etait fonne ca).

To top off the evening, Dorothy brought a game of Pictionary and all I remember, amid a wall of laughter I as was trying to draw "the bottom," was Dave Peckham yelling something about baby cakes.

Thanks to everyone who has volunteered this past year. I hope the coming year will bring improvements to the volunteer program as we iron out the wrinkles of the 1900s. There are a lot of new ideas to implement, I just can't remember what they area.

Seriously, if you have an idea or suggestion for volunteering, write it down and give to Vicki or Kenna (okay, give it to me). And remember the words of some immortal gangster, whose name I forget, "Youse better volunteer unless youse wanna sleep wit da fishies."



# Veggie Rap Eggs and Stuff

by Gordon Gatewood, produce manager

Howdy! Hope everyone is having a great New Year. I've never been into New Year's resolutions, but my wish for this year is to hear from all of you more often. Don't worry, you won't be getting produce survey calls from me. However, you will have a chance to put in your two cents while you're thinking about those recipe needs.

That's right, in the produce department you can indeed write me hate letters or get a cartdrive glance at produce happenings. And if the board were up right now it would read: Organic walnuts, hazelnuts, chestnuts, and almonds all in the shell. Very exciting.

And how about some real exciting news. The farm eggs that you all covet are getting some new mixing, or more to the point unmixing. Some of you have been wanting a more uniform size in the farm eggs. So what we are going to do is give those egg people willing to sell us all bigger eggs a better price. This will give our egg folks a price closer to the real cost of such a great product. We are quite lucky here at the Coop to have this local resource.

We will still have smaller eggs (pullets) and mixed sized eggs for our low price of \$1.55 along with our new price of \$2.35 for bigger eggs. To differentiate small (\$1.55) and large (\$2.35), we are setting the Intergalactic Egg Weight Standard of 1.9 pounds per dozen. If the dozen eggs weigh more than 1.9 pounds, you are buying big eggs. If the eggs weigh less than 1.9 pounds, you have small eggs. So happy farm egg hunting and since the hens slow down this time of year, bear with us on our supply. Look forward to seeing you delve into winter soup ingredients to stave off the cold. Yum.

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## Nuts and Seeds, Part I

By Pamela Lee

With our current culture's fear of fat, some people may have forgotten how healthful nuts and seeds can be. Most of us need no reminder of how deliciously satisfying nuts are—eaten out of hand, in candy, baked goods, pasta, or even atop a salad or casserole. Most of us are aware that the high fat content of nuts plays a large role in their mouth-satisfying good taste. But, did you know that nuts and seeds are classified as proteins, not fats, on the Food Guide Pyramid?

A nut is a large seed, encased in a shell. The nut contains all the ingredients necessary to start a new plant, so it follows rather logically that nuts are also nutritional storehouses for us. Indeed nuts are high in fat, but they also supply vitamins, minerals like iron, zinc, and potassium, essential fatty acids, dietary fiber, as well as protein.

The protein in nuts can be enhanced by combining them with beans or dairy products (to provide the amino acids lysine and isoleucine). One-third cup nuts, or two tablespoons of nut butter, is roughly equivalent to one ounce of lean meat. Unlike the fat of red meat (which has a high saturated fat profile), the fat from a nut or seed is typically monounsaturated or polyunsaturated (depending on the type of nut).

Scientists at Loma Linda University in California tracked and examined the diets of over 31,000 Seventh-Day Adventists (who are typically vegetarians). The study found that individuals that ate nuts five or more times a week were half as likely to have a fatal heart attack than those who rarely (or never) ate nuts. Subsequent research at several universities are showing that incorporating 1-3 ounces of nuts (walnuts, peanuts, or macadamias) each day into an overall low-fat diet can reduce LDL cholesterol, that can clog arteries. While some fat-wary nutritionists advise eating no more than two tablespoons (about 2 an ounce) of nuts a day, the large-scale Loma Linda study showed that people who ate nuts regularly had no larger waistlines than those who avoided nuts.

Because nuts are prone to rancidity, they should be carefully stored in the warehouse, the store, and once you get them home. Purchase nuts from a store, like the Co-op, that has a regular turnover of their prod-

ucts. If you've a sensitive palette, rancidity can be tasted, for it destroys the delicate flavor of the nut's oil. I'd describe rancidity as a bitter "off-flavor". Rancidity can also be detected visually. Good nuts are typically uniform in color. Mottled dark patches usually indicate that rancidity has begun. Rancidity destroys vitamins A, E, and F. Some experts even believe that eating the rancid seeds will also destroy these vitamins in your body.

Avoid nuts that appear shriveled or moldy. Some nuts, like almonds, brazil nuts, (especially) peanuts, pecans, pistachios, and walnuts, are vulnerable to aflatoxin. Aflatoxin is a mold that is carcinogenic. It is produced by the *Aspergillus flavus* fungus that grows on weakened plants. Organically grown nuts and peanuts are less likely to be affected since they are more likely to have been raised in ecologically balanced soil. Another reason to buy organic nuts is that poisons and toxins tend to accumulate most in fatty foods.

Unshelled nuts keep up to one year when stored in a cool dry spot. Shelled nuts should be refrigerated, or frozen, in tightly sealed containers. Shelled nuts are good for three to nine months in the refrigerator or up to one year in the freezer. It is good practice to mark the date on the container that you store nuts in when you first bring them home. Broken nuts are even more susceptible to rancidity, so either chop or slice them yourself, as needed—or purchase sliced or chopped nuts in small quantities, right before you use them.

Roasting enhances the rich, buttery taste of nuts. Roasting eliminates the bitter grassy taste of some nut varieties. But, because roasting brings the oils to the surface, they can turn rancid more quickly. Either purchase roasted nuts in quantities that will be consumed within a month, or roast them yourself as you consume them. Raw nuts can be roasted in the oven or in a pan on top of the stove.

To oven roast, spread shelled nuts (except macadamia nuts) in a single layer in a baking pan with a rim. A rimmed jellyroll or half-sheet pan works well. Bake in a preheated 325-degree oven. Stir and check the nuts often until they are just slightly golden brown. Since the nuts will

continue to roast while they are cooling, remove them from the oven just as soon as they are lightly golden and the nutty aroma begins to permeate your kitchen. Pine nuts take about 5 to 7 minutes to roast. Pecans, pistachio nuts, and walnuts take 8 to 10 minutes. Almonds and hazelnuts can take up to 15 minutes. Macadamia nuts need a lower roasting temperature because they scorch easily. Roast them at 275-300 degrees for up to 20 minutes. Since oven temperatures and the circulation of air within ovens vary greatly, watch the nuts carefully. Check them frequently so you do not overcook them.

Roasted nuts can also be salted. To salt before baking, place nuts in a bowl, cover with water, and then drain them. Place the damp nuts on your baking pan, sprinkle with salt (to taste), and then roast. Another way to add salt and flavor is to sprinkle the nuts with tamari shoyu towards the end of oven roasting. Sprinkle tamari onto the partially baked nuts, stir to coat evenly, and place them back in the oven to dry for 2-4 minutes. Watch carefully, and stir the nuts, so the tamari does not scorch or burn.

To pan roast nuts, place them in a thin layer in a fairly heavy skillet over low heat. Stir and check frequently for doneness. The different roasting times, above, should give you a rough guide of which nuts will pan roast more

quickly, which more slowly.

Some people are bothered by the flavor of the nut skins, such as on almonds, filberts (also called hazelnuts), or walnuts. Personally, I've never minded the skins of almonds or filberts, but the bitter skin on walnuts is not to my taste. Nut skins can be removed before roasting, or before being used as an ingredient in a dish. There are two ways to skin a nut—by blanching or by roasting. To remove the skins of unroasted nuts, immerse them in rapidly boiling water 15 to 20 seconds, until the skins shrivel and loosen. Drain the nuts in a sieve, then let them cool until they can be handled. The skins should slip off easily when the nut is squeezed or rolled between your fingers, or when rolled between layers of a dish towel.

Walnuts are more challenging to skin than filberts or almonds using the blanching method. A fresh walnut seems to part with its skin more easily than an aged nut. I've found with walnuts, baking them 8 to 10 minutes at 325 degrees, then rubbing them vigorously between layers of kitchen towels, is a better skinning method than blanching. Though more work is required, a skinned roasted walnut conveys a much more delicate, less tannic, taste experience than the raw nut.

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# Macro Musings Soybeans— The “Meat” of the Fields

by Peggy Kingery

If someone asked me to predict which food would have the greatest impact on the health of Americans in the new millennium, I'd choose soybeans. And the US Food and Drug Administration might just agree with me. The FDA recently reported that foods containing soy protein may reduce the risk of coronary heart disease by lowering blood cholesterol levels, providing these foods are part of an overall diet low in saturated fat and cholesterol. Their stamp of approval might be just the endorsement soybeans need to boost their popularity.

Soybeans have been cultivated by the Chinese for thousands of years. It wasn't until the 20<sup>th</sup> century, however, that their nutritive value was recognized in the US and they began to appear on our dinner tables. Before that, they were used mostly for animal feed or export. Of the world's supply of soybeans, approximately 75% are grown in the Western Hemisphere, predominately in the US.

There are more than 1000 varieties of soybeans, ranging from the size of a pea to the size of a cherry, and in a rainbow of colors. The most easily available in the US are yellow and black soybeans. Soybeans aren't a very popular table bean in their whole form. They are bland-tasting and require long soaking and cooking times. Because they contain more protein and fat than other beans, they're not very easy to digest. The best way of getting the healthful benefits of this bean is by eating it in its naturally processed forms such as tofu, tempeh, or miso.

What exactly makes soybeans so healthful? They contain isoflavones, a type of plant estrogen that may slow osteoporosis; relieve some of the side effects of menopause; alleviate many forms of cancer, including breast and prostate; and combat kidney disease and complications from diabetes. In addition, soybeans may lower the level of undesirable low-density lipoprotein cholesterol while raising the beneficial high-density lipoprotein cholesterol. Eating as little as 25 grams of soy protein a day may help prevent these health problems.

With the myriad of food prod-

ucts now made from soybeans, eating those 25 grams of protein has never been easier. On the macrobiotic diet, soybeans and products made from them (along with other types of beans) make up between 5-10% of daily food intake. Because more nutrients are retained the less the food is processed, many of these products should be eaten only occasionally. Those that may be eaten several times a week include tofu, tempeh, miso, shoyu, natto, and okara.

We're probably most familiar with tofu. Traditionally, tofu is made by pressing cooked soybeans to separate the pulp from the “milk,” and then mixing the milk with a natural solidifier called nigari (MgCl and CaS6O4 are also used). Nigari is the concentrated residue remaining from processing sea salt. The resulting rectangular white cakes are formed in two main consistencies, soft (silken) or firm. Tofu also comes in other forms: extra firm, low fat, frozen, dried and baked. Although bland by itself, tofu easily absorbs the flavors of other foods and can be boiled, steamed, sautéed, broiled, baked, deep-fried, or eaten raw. Talk about versatility!

Tempeh is another familiar soybean product. This high-protein, traditional Indonesian food is made by inoculating split soybeans, water, and (oftentimes) other grains with a microorganism to initiate fermentation. The fermentation process breaks down the proteins and natural sugars in the soybeans, eliminating digestive concerns. The final product is formed into flat cakes. Like tofu, tempeh has a sponge-like capacity to absorb flavors. It has a rich, nutty, “mushroomy” taste and can be used in stews, salads, and stir-fries.

Some of the other products made from or containing soybeans include: miso (a paste made from fermented soybeans, usually barley or brown rice, sea salt, and an enzyme starter called koji); natto (a fermented soybean product that resembles a cake of tempeh connected by long, sticky strands); okara (the high-fiber, fine grained pulp leftover from making tofu); soymilk (a beverage made from the liquid pressed from cooked soy-

beans, kombu, sea salt and rice syrup); shoyu (a seasoning made by inoculating cracked wheat and steamed soybeans with the spores of an aspergillus mold and allowed to ferment); tamari (similar to shoyu, but wheat-free); soy flour (a low carbohydrate, high protein flour that's used in small volumes in baking); soybean oil; meat analogs; and soy cheeses, yogurt, sour cream, and margarine.

Soymilk is higher in protein than cow's milk, cholesterol free, low in fat and sodium, and rich in iron. It comes in a wide variety of styles: regular, non-fat, enriched, unsweetened, and flavored with vanilla or carob.

If you haven't already tried some of these products, consider including the commitment to do so as one of your New Year's resolutions. Here's an elegant, delicious recipe that'll help you get started.

## Tempeh or Tofu Dijonnaise (serves 4)

8 oz pkg. Tempeh or 1 lb. firm  
tofu, pressed  
2 teas sesame oil  
1/3 cup Dijon mustard  
2 T brown rice syrup or honey  
1/3 cup rice vinegar  
3 tblsp soy milk  
2 thinly sliced scallions

Cut tempeh or tofu in cubes. Heat oil over medium heat in skillet and saute' cubes until brown on all sides, about five minutes. Meanwhile, whisk together the mustard, rice syrup and vinegar. Add to the skillet and cook over low heat until the mixture is bubbly, about five minutes. Add the soy milk and stir to allow flavors to blend (don't allow to boil). Sprinkle with scallions, and serve over short grain brown rice.

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

R. Ohlgren-Evans


**The Sacred Kitchen**  
by Robin Robertson  
and Jon Robertson  
222 pp \$16.95  
New World Library,  
Novato, California

Now here is a cookbook for anyone embracing a renewed sense of self for the new millennium. The Robertsons have combined the spiritual and the culinary aspects of food, drawing from their extensive background in religious philosophy, ancient traditions, and metaphysical thought, in addition to many years in the restaurant business. The result is this spiritual guide to healthful vegetarian gourmet cooking.

There are many “East meets West” aspects of this book. Buddhist truths are interspersed with Healing Garden plans and thoughts from Thoreau. There are beautiful blessings throughout the pages and the recipes include Yin-Yang Potato Soup (made with white & sweet potatoes and oat milk); Penne for Your Thoughts (with a sauce that includes asparagus and soy milk); and

Baked Winter Squash with  
Pomegranate-Walnut Sauce.

The Sacred Kitchen has a lot of text for a cookbook. This is more than just a collection of recipes (although more than fifty are included). It is a celebration of the connection between cooking and our spiritual health. Might be just the thing to help us re-evaluate our own culinary wisdom.



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# Gardening

## Garden Chores for January

By Patricia Diaz

January seems to be the lowest point in our gardening cycle here in the Northwest. But all you have to do is open a seed catalog to get re-inspired. This is a great month to sit by the fire and dream about summer blooms and organic vegetables. So get that catalog out and start planning your garden. Early orders are the most likely to get filled with no substitutions. To figure out when to start seeds indoors, find out the average date of the last frost in our area then count backward about five weeks.

If you've bought a living Christmas tree you need to move it outside to a place that's protected from hard freezing and from midday and afternoon sun. If you have a cool, bright porch, that would be ideal. Since we've had such a mild winter so far, you can actually sink the rootball into the ground, container and all, and cover it with mulch. After two weeks in a shaded location, you can move the tree into full sun. Water whenever the top two inches of soil are dry (if that ever happens this winter!).

Be sure and tend your houseplants as during the winter the low humidity and indoor heat can cause plants to dry out quickly. Check your soil often and water when the top \_ inch has dried out. Also, check for aphids, scale insects, spider mites, and mealybugs. Sometimes the first sign of infestation is sticky honeydew (the stuff exuded by feeding insects) on pot rims and leaves. If you have a problem, rinse infested leaves with lukewarm water from the shower. If you wish, spray with insecticidal soap to kill the insects and wash off the honeydew.

## Master Gardener Classes Begin

By Patricia Diaz

A Master Gardening class, sponsored by the University of Idaho and Latah County, will be held each Tuesday from February 8 through May 17 at 9 a.m. to noon at the Cooperative Extension office, Room 207 of the Latah County Courthouse, 522 South Adams St.

Participants will receive forty hours of classroom training and forty hours of hands-on training from April through September. This is an opportunity for those interested in gardening to learn about and share their knowledge of gardening and home horticulture. The fee for the class is \$40 and registration deadline is January 7. If you are interested in this class, please call Judy Nest at 883-2267.

## Blushing Beauty

By Patricia Diaz

There is a new shrub out called Flower Girl and the recent picture in Sunset Magazine shows that it is a real winner!

It's a rose that looks like a wild rose but the flowers are more delicate and profuse. The leaves are apple green and the soft pink blossoms are small (about two inches across) and unfurl in pendulous clusters of thirty or more flowers. At times they even cover the entire shrub. The heavy flower clusters on the light canes make it weep gracefully.

Flower Girl is disease-resistant and modest in size (about two and a half feet tall) and stood up nicely to the frigid Minnesota winters in the field trials.

Look for this new plant this spring in nurseries and garden centers or try Regan Nursery (510-797-3222 or

[www.regannursery.com](http://www.regannursery.com)) or

Michael's Premier Roses (916-369-7673 or [michaelsrose.com](http://michaelsrose.com)).

## Caring for your New Amaryllis

By Patricia Diaz

Many of you received an amaryllis bulb for the holiday season. Here's the best way to obtain the best blooms possible as well as allow you to have the plant for the following season.

You should see a large stalk emerge from the bulb a few weeks after you receive your bulb (unless, of course, you already have leaves and flowers). This stalk (or sometimes stalks) reaches a height of one to 1 \_ feet. Each stalk should unfurl huge blooms, often nine inches across. While red is the standard color, there have been recent developments in breeding and the colors now range from pink, salmon, yellow, striped, and feathered bicolors. There are even double-flowered types and a multi-petaled bloom with ruffled edges.

Amaryllis are easy to grow - all they need is a pot, a saucer, and potting soil. If you are buying one for yourself, pick large, firm bulbs that aren't yet sprouting. Then you need a pot that's 1" larger in circumference than the bulb. Fill the pot halfway with potting soil and set each bulb in the pot, stem end up (which is the chopped off looking end). Water well but don't get water on the bulb tops (called noses). Put the pot somewhere warm

(65-70 degrees) and water sparingly until growth emerges. Don't let the soil dry out. When the stalk emerges put the pot in bright, indirect light. Again, keep the soil moist but not wet. It may be necessary to stake the stems as our weak, winter light often creates leggy amaryllis plants. When the buds open, move the pot to a cooler place, around 60 degrees, as this allows for longer flower life.

Once blooming is done, cut off the old stalks about \_ inch from the top. Foliage will appear again. Keep the plant in a bright location and then you can move it outside once the threat of frost is over. Continue to water and fertilize regularly throughout the spring and summer. Be sure and bring the plant back inside before any sign of freezing temperatures.

In the fall, the plants will need a cooling period (48 to 55 degrees) for

about ten weeks starting in October or November. Don't fertilize during this period. After the ten weeks of cooling, cut the leaves back to four inches above the bulb neck. Then you're ready for another season of incredible blooms. You should also re-pot your plant every other year right after the cooling period. I hope this works for you and you enjoy many years of wonderful blooms.

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# Insights

## When It's Time to Wash the Dog

By Sarah Hoggan

Every pet owner has shared this experience. It's a memory that triggers the gag reflex: "I've never smelled anything like it! He must have rolled in something!"

Odors that defy classification have an obvious solution. Bathe the dog. Soap choice is where the confusion starts. In some situations, it seems nothing but the harshest solvents will be adequate to clean your pet. Pet owners may also consider using dish soap or a product designed for human hygiene, such as shampoo. Perhaps some expert advice will help direct the choice.

"Harsh chemicals aren't necessary," assured Terese DeManuelle, a veterinary dermatologist from Portland. "A mild hypo-allergenic soap that's formulated for veterinary use is all you need." "Formulated for veterinary use" means a product that's designed to work with a dog's body. While dish soap or your favorite shampoo might strip away the dirt, and more importantly the odor, from your pet's coat, it will also affect their skin.

All grooming products are designed to maximize cleaning and minimize irritation. Human products are set to work best with human skin and veterinary products are designed to work best with dog skin. The chemistry of a dog's skin is different than a human's. That difference means what cleans your hair and skin can irritate your dog's skin.

The Moscow Food Co-op carries a variety of products designed for cleaning a fragrant furry. "Brookside Best Friend Soap" is a soap bar that lists natural ingredients on the label. It's designed for a traditional "soap and water" bath and offers an address to request a catalog of other Brookside products.

For situations where water and a bathtub might not be available, the Co-op also has "Burt's Bees Lemon Oil Dry Shampoo". It also lists natural ingredients on the label, but differs in that you shake the shampoo onto your pet's coat and brush it through. Similar products made for humans are routinely used in hospitals and extended care facilities.

In addition to the odor-provoked

"emergency bath" Dr. DeManuelle notes it's safe to bathe your dog with veterinary shampoo once a week. However if the veterinary shampoo you're using contains any medication or insecticide, follow the instructions your veterinarian gives. Prescribed shampoos treat specific problems and may necessitate bathing more or less frequently than once a week.

A final insight pertaining to bathing your pet is to comb out their coat prior to the bath. Wet fur mats more than dry so a wet tangled coat is harder to brush out and will take longer to dry. This small detail can save you time and prevent an uncomfortable brushing for your pet.

After a bath your dog will smell good, look good, and probably feel good. Make sure your dog is dry before you allow it back outside or your pet will feel good enough to dry itself. Then your dog may streak from the tub straight outside to find a new exotic aroma to frolic in and bring home to share.

## Doing Something about World Hunger

By Ed Clark

Editor's note: this message is from former Co-op staffer Ed Clark who now lives in Potsdam, New York



The Hunger Site at the UN is an interesting page. Go to the website and click a

button and somewhere in the world a hungry person gets a meal to eat—at no cost to you. The food is paid for by the corporate sponsors of that site, whose logos you look at afterwards.

Pass the good word:

<http://www.thehungersite.com>

What does it cost you? Nothing.

Put a reminder on your desktop and you can go there daily.

## Food Drive

by the Idaho-Trio AmeriCorps Cluster

During the week of January 8 to 15, Co-op shoppers will be able to continue the holiday giving spirit, by donating at the store to the food drive for the Sojourner Alliance Food Bank in Troy.

The members of the Idaho-Trio AmeriCorps Cluster are sponsoring this food drive to coincide with the celebration of Human Rights Day in Idaho, January 17.

Look for the brightly-colored box at the entrance to the Co-op. Please drop off your donations on non-perishable food items (canned, boxed, preserved, or dried) before January 15 at 2pm.

If you would like to volunteer your time to this project, please call Ginger at 882-2621 or Erinn at 885-5822.

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CO-OP

# Bulletin Board

Moscow Food Co-op  
221 East Third  
Moscow ID 83843

## The Juan Barco Trio

**The Musical Life of a Migrant Family**  
free concert at Neill Public Library in  
Pullman Sta.  
**Feb 17, 7pm**

## Palouse Folklore Society Fields Spring Snow Dance

**February 19-21**  
contra dance and cross-country ski  
weekend  
Fields Spring State Park - 882-5101

## Mabel and Anna Vogt fiddle and piano concert

\$5 admission  
**January 21, 7:30pm**  
Unitarian Universalist Church  
of the Palouse

## Food Drive for Troy Food Bank

food will be collected at Moscow Food Co-op and other stores  
**January 8 to 15**  
*Sponsored by AmeriCorps - 882-2621*

## Winter Fishtrap Writer Gathering

**Feb 25-27, 2000**  
Eagle Cap Chalets, Wallowa Lake  
near Joseph OR  
attendance limited to 50  
541-426-3623

## Headwaters' 9th Western Forest Conference

Southern Oregon University,  
Ashland OR  
**February 3 to 6**  
541-899-1712 or chant@headwaters.org

## Latah County Master Gardener Classes

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

## Full Moon Drum Circle

- All Welcome! -

**January 22 @ Blaine Schoolhouse  
Starts @ 6:30 pm w/ potluck**

Suggested items to bring: percussion instruments/objects, food/plates/silverwear, blankets, warm clothes, etc...

**Setting:** Weather permitting we will hold the drum circle outside around the fire pit, otherwise we will move inside to the shelter and warmth of the schoolhouse with its newly installed oil stove.

**Directions to the Blaine schoolhouse:**

- Go south on Hwy 95 from Moscow
- Turn left onto Eid Rd (approx 4 mi from Moscow)
- Turn left onto Blaine Rd (first yield sign, approx 4 miles)
- The schoolhouse is on the right

Special Collections Library  
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