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June 2000

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Natural Products Expo

By Vicki Reich

At the end of April, Carrie and I went to Anaheim, California, for the Natural Products Expo. This is the Big Food Show of the year. No one from the Co-op had ever been to this infamous show before. We'd gone to the northwest version a few times, but we'd heard that the Anaheim show made the Seattle show look puny in comparison. Well, they were right. There were almost 5000 booths of people selling their wares. The products ranged from some old stand-bys like Nancy's Springfield Creamery and Emerald Valley to very bizarre body building products with bikini-clad women doling out samples of the latest "pump-you-up" products.

We knew right from the beginning we would have to split up in order to see everything, but I promised to let Carrie know if I saw anything really cool that she shouldn't miss. So off I went into the throngs of people armed with business cards, comfy shoes and the all important green retailer badge, which gets you instant service at any booth. Being that I am the grocery buyer, I spent three days tasting stuff. Some of it was awesome (and you'll be seeing it here eventually), some of it was good, and some of it was pretty gross. I've decided you have to have an iron stomach to be a food buyer because the food combinations you have to deal with are pretty extreme. For example, you start down an aisle tasting some yogurt, the next booth is a meat substitute, then some soy milk, some salsa and chips, maybe a

### INSIDE:

Moscow's New  
Community Garden,  
Ina May Gaskin's  
Visit, Lead Dust,  
and More!

little ice cream, some juice, a tuna burger, an energy bar, some tea, and finish the aisle with Echinacea puffs. And that was just the first aisle, but you get the idea. No need to buy lunch of course, although a couple of papaya tablets really helped.

I also used my time to talk to manufacturers and tell them all the good things they were doing and things I'd like to see them do better. Carrie and I both got to spend time with people who work at the Boise Food Co-op and at the Good Food Store. All in all, it was a very productive show and I'm looking forward to going again next year.



Look on  
page 17 for  
this  
month's  
list of  
New Products  
at the Co-op!

[www.moscowfoodcoop.com](http://www.moscowfoodcoop.com)

## Co-op Business Partners

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

**Vegan's** - Free Tree Top Juice with any purchase, NE 720 Thatuna, Pullman

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

# Community News

## Staff Profile:

## The Deli Gang

By Randy Paul

It's too bad the word 'gang' has such negative connotations anymore. You know, the police official staring fixedly into the camera, and intoning "Yes Chet, we think the shooting was gang-related," that sort of thing. 'Group' is such an anemic, non-descriptive word, and team has such competitive overtones. Anyway, when I walked into the Co-op Deli on a recent Saturday morning, I observed the deli gang (old-style connotation) at work, and I noticed that, as they always seem to be doing on weekend mornings, they

were having a lot of fun. Moments later, when I learned that the staff member I had intended to interview for this profile was out sick, my observation coalesced

into a plan born of desperation. My deadline was a mere two hours away, you see. (P stands for procrastinator as well as Paulin, don't you know.) I would interview the Deli Gang as a group!

Sugar, Kelly, Amy, and Clark were behind the counter as I approached, trying not to look too eager. Kelly was cooking up tofu squares and Sugar was grating carrots. Amy was dicing up something (I didn't care to get too close) with a very large and very sharp-looking knife, and Clark was dishing out some pasta for a customer. Without preamble, I sprang. "Good morning everyone. I'm about to practice ambush journalism." Quizzical looks in response. "I'd like to get your responses to a few questions." Tentative murmurs of approval; no one fleeing yet, good, good.

"First question: Complete the following statement: Being at the Co-op is better than...."

Sugar: "a hangover." (She later amended this to "better than not

being able to eat sugar.")

Kelly: "many other places."

Amy: "on Saturday morning, or any time?"

Clark: smiles enigmatically.

So far so good: Three responses out of four tries. Next an easy one.

"What's your favorite color?"

Sugar, Amy, and Kelly: (more or less in chorus) "Green—today."

Clark: (smiling enigmatically) "blue."

Third question: "What's your favorite deli item?"

Sugar: "Ooooh! Miso soup!"

Kelly: "Freedom. We can cook anything we want." She later added a second-favorite thing: her rubber spatula.

Amy: "Healthy food without even worrying about it."

Clark: "I like the frittatas a lot."

Next question: "If you had a



magic wand with one charge, what would you wish for?

Sugar: "Good food that just appears." (Remember she was grating carrots.)

Kelly: "Creativity."

Amy: "My own damn sharp knife."

Clark: "A rock star."

Fifth question: Who makes a better poker player, Kenna or Vicki?

Sugar: "Vicki—but it depends on the kind of poker."

Kelly: "I would say Kenna, but

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the jury is still out."

Amy: "Vicki."

Clark: "Kenna. No, Vicki."

Final question: how many

angels can dance on the head of a pin?

Sugar: "None—they've got better places to dance."

Kelly: "Infinite."

Amy: "One hundred and twelve." (To which Kelly adds, "Yeah, she counted them

once."

Clark: smiles enigmatically and serves up a latte.

Just another Saturday morning for the deli gang, serving customers and answering oddball questions from an ambush journalist. Oh, and they posed for photos, too.

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



## Welcome!

by Laura Long, membership manager

Hello again from the membership corner. Already the summer has started off with warm gentle breezes and sunshine for all. All this beautiful weather has really been bringing in the smoothie and iced latte drinkers to our lunch counter. While you're in to pick up a cold drink, don't forget to check out the specials that Vicki has put together for you this month. There is a wide range of cold drinks and frozen treats on sale this month to keep even the hottest member cool. And remember to make your membership work for you—order those cold drinks by the case. That way you'll always have some on hand, and you'll save an extra 10% as well.

I also wanted to share with you

all a wonderful comment that we had on the suggestion board last month. It's a little-known fact, but in addition to being the bookkeeper and the membership director, I'm also the cashier supervisor, so I (well, really all of us) love to hear feed back about our staff. This month a wonderful member took the time to jot down the following: "If you have an employee of the month award, please give it to Janna! She's always so sweet and helpful." Thank you so much for your kind words, whoever you were. I'm sure Janna appreciates the positive feed back as well. Customer service is our number one goal at the Co-op, and it's nice to know when we've succeeded.



## Deli Standard Time Where It Comes From

By Kelly Kingsland, Deli Manager

Different cooks cook different ways. This may seem obvious and rather unimportant, but it has been on my mind a bit lately. The statement is a partial response to the many requests we receive for a 'Deli' cookbook.

While we freely give what recipes we can here in this newsletter, (thus compiling them on our web site), a cookbook is a whole 'nother thing. A number of issues come up in this regard. And while I have pondered them for years, I've never come up with a solution. For one thing, some of the Deli cooks use cookbooks and those recipes are not theirs, so to speak. The Deli can't just take those recipes and reprint them in cookbook form. For those cooks who do not often use cookbooks, the dilemma is complicated, and personal.

To explain this I'll use myself as an example. Of course, other cooks have other opinions and personal examples, but I'll speak for myself here. I've cooked for years. At age eight I was trading my required garden duty for cooking lunch or dinner. I love to cook. Over time my way has become very free, that is to say I don't use recipes often, and I don't really enjoy making the same thing very many times. So there are few actual recipes. Creating a written recipe feels pretty stifling to me. It takes time to get exact repeatable measurements that another person can just follow. On another level, I see cooking as a process, making a recipe for some creations feels like I'm freezing a song or some such analogy. Ultimately, I don't like it. And, well, if it were my job I would be forced to do it anyway, but I think that we are cooks, we cook food, and we produce a product that sells. While a cookbook might sell, it's not what we are in the business of doing. And

really, while I get paid by the hour, I think the ideas behind what I cook are still mine. One deli cook sees this creativity as a kind of property—she has a skill, marketable in this community (she cooked at a few area restaurants, and was hired at the Co-op due to her known skills). If she gives all her ideas away she believes it lessens the value of her skill. I guess bottom line is that if we were to create a cookbook it would have to be done 'off the clock,' and for our own gain. Unfortunately for those who would like to see a Deli cookbook there is no interest from any of our current cooks to take on such a task.

On the other hand, we do have a library of cookbooks that we use for specific recipes or at least for inspiration. Some we like and use more than others, and I think a viable response to your many cookbook requests is to share these books with you. I personally like the 'Greens' books for inspiration and referral (there are a few). They're written by Deborah Madison with Ed Espe Brown. Amy uses all the many 'Moosewood' books by Molly Katzen and company, and Erika has been using 'The New Soy Foods Cookbook' a lot lately. Sugar likes the New Recipes From Moosewood, and one of the best soup books I've seen is Vegetarian Soup Cuisine by Jay Solomon. While there are endless numbers of cookbooks, as well as endless numbers of good, creative cooks, I think experimentation is the best experience, and I encourage folks to close the book and follow their whim.

I want to say however, that the praise and interest are not unappreciated. We are glad you like our stuff—it feels very rewarding to have the support and interest from our customers and members.

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Regular board meetings are held the second Tuesday of each month at 6 p.m. at the Pea & Lentil Commission Meeting Room.

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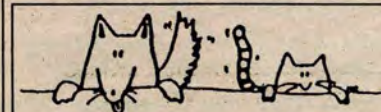
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## Personal Care Corner

# Getting to Know Your Local Herbalists

By Carrie A. Corson, non-food buyer

As I know a lot of you do, I love spending these gorgeous spring and summer days outside working in my gardens. I have also been taking particular interest in the wild plants that are coming up. I'm learning more and more about herbs, and it's fun to walk around my property near Harvard and identify the medicinal plants growing there. I'm reminded of the long history of herbal medicine and I thought that this would be a great time for folks to learn more about two herbalists that live and practice here in Moscow. Many of you are familiar with the herbal products offered by Linda Kingsbury, owner of Earth Wisdom Herbs, and Sharon Sullivan, owner of Tortoise and The Hare Herbs, sold here at the Co-op. Here is a look at the time and dedication they both put into their craft.

Linda Kingsbury says that the plant kingdom has provided great support to her since childhood. As she grew, she gathered knowledge and experience to share the healing power of plants with others through products, consultations and education.

Linda began her first garden as a 4-H project when she was 10 years old, followed by earning awards for horticulture achievements, which culminated seven years later in the Massachusetts State health award. She trained as a nutrition assistant by Jack LaLanne's Health Spa while living in Southern California. She began her career helping people to build their health naturally in 1980. The Herbalists that Linda has trained with include Susan Weed, Rosemary Gladstar, David Winston, and Dr. Rosita Arvigo. Linda has also integrated many holistic health skills along the way including Shamanic and Tibetan healing techniques. As a Professional Clairvoyant Consultant she has taught personal growth and self-awareness classes in the Palouse area for the past 6 years. Linda earned an MS in Holistic Nutrition and is currently a Ph.D. candidate with her dissertation focusing on Phytochemicals for menopausal women. Linda has written educational articles for national publication and is a contributor to an upcoming Rodale publication.

Linda conducts a private holistic

health practice here in Moscow and formulates products for individuals and companies, including her own Earth Wisdom Herbs available at the Co-op. She began wildcrafting herbs 20 years ago and uses the highest quality organic and wild herbs in her formulas. Whether gathering herbs or preparing formulas, Linda works with plants as conscious entities, treating them with respect. Last year she facilitated medicinal herb gardens with NeMeePoo Health in Lapwai and Turning Point School in Moscow. Look for upcoming classes at University of Idaho Community Enrichment programs, Lewiston YWCA, her office located at 106 East Third Street, Moscow, and Massage Works in Grangeville. For an appointment, answers to your herbal questions or more information call 209-883-5370 or email [<lindakingsbury@earthlink.net>](mailto:lindakingsbury@earthlink.net).

Sharon Sullivan has been a practicing herbalist, herbal educator and product maker since 1994. Her company, Tortoise and the Hare Herbs, is a small, family-run business that offers herbal products to the local Moscow community. The Co-op carries a full line of Tortoise and the Hare products, including bulk tea, herbal tinctures, salves, baby products and Paradise Lotion. Sharon's handcrafted herbals reflect a commitment to quality and are made with organically grown and local ethically harvested wild herbs and 100% pure essential oils.

One of the products that reflects hand-made attention to detail is Paradise Lotion, a rich, nourishing and non-greasy moisturizer for face, hands and body. Actually incredibly light cream, Paradise Lotion is heavenly-scented (choose French Lavender, Russian Rose, Tahitian Vanilla/Sandalwood, or Unscented!) and made with a rejuvenating solar-infused herbal oil base.

Sharon also offers health consultations, bulk herbs and workshops locally and is available by appointment at 883-8089 or [<herbals@moscow.com>](mailto:herbals@moscow.com). Her holistic approach to healing encompasses physical, psychological and emotional aspects of imbalances, and she uses mainly "Western" herbs in her therapies. Sharon strives to be an accessible resource for people

## What's New in Personal Care

There are some new products in the personal care department that are so exciting, I just have to tell everyone. One is a product called "Body Polish." It is a mixture of sea salts, body oils and essential oils to be used in the bath or shower. The sea salts exfoliate your skin allowing the body oils to really penetrate and moisten. And the essential oils provide heavenly fragrances. It's a massage, moisturizing and aromatherapy treatment all in one. Truly a spa experience. Other great new body care products to bring pizzazz to your day are the body mists from Aura Cacia. There are six different fragrances, all with a lavender base. They're great to spray on your face or in a room for a little pick-me-up during a long day. Also look for the new Hemp Zap, ointment from Merry Hempsters. It can help soothe those overused gardening muscles. And check out the formaldehyde- and toluene-free nail polish. You won't believe all of the great colors!

We also have some new dishes from Fire and Light, a company located in Arcata, California. Their dishes are heavy duty and come in great colors that you can mix and match. And the best part is that they are made from recycled glass. They are both attractive and practical and will make a great addition to summertime entertaining. And have you seen the beautiful, hand-made kites from Indonesia. Not only do they fly, but they also make great room décor. They are brought to us by Serrv International, a Fair Trade Federation member.

Have you noticed the great international music that has been playing in the store? It's brought to us by Putumayo World Music. We are now offering their CDs for sale. Not only does Putumayo produce great music from artists worldwide, but they also donate portions of their proceeds to non-profit organizations which do good work in the countries where the music originates. These organizations include: Unifem (a United Nations organization dedicated to women's issues); GROOTS (a network of grassroots women's organizations); and CARE (an international relief and development agency); Future for Children (teaching self reliance skills to Native American communities); and Concern Worldwide (providing emergency relief and development in Africa), to name a few. If you want to listen to any of these CDs while you shop, just ask a staff member and we will be happy to play it for you. It will have you dancing down the aisles.

Another great product I brought in recently is a pet supplement called Hip Health, by PetMax Naturals. It is a blend of Glucosamine hydrochloride, antioxidants, enzymes, amino acids and minerals. It is in a base of powdered chicken broth that can be just sprinkled on your dog's food. This makes it more absorbable for your dog because they do not have to break down a capsule or tablet. Hip Health is all natural and does not have damaging side effects. I have personally seen the difference that this product can have on dogs with arthritis and I have heard some pretty remarkable stories from folks who have given it to their dogs. Hip Health is available in a 60-scoop, 120-scoop, or a 5-pound container (by special order, for use with horses). The 60-scoop size lasts 2 months for a small dog and 30 days for medium to large dogs. Maximum benefit should be realized with continued use over 20 to 30 days.

who have herb-related questions and she welcomes hearing about your experiences with using herbs therapeutically. She began her herbal studies in 1990 in Lesotho, Southern Africa, while living and apprenticing with a traditional Xhosa village healer/shaman, and continued her studies in the U.S. with an intensive, yearlong, live-in apprenticeship with Master Herbalist, Rosemary Gladstar. Sharon also served as Product Formulator for Mountain Rose Herbs for several

years. She is an avid organic gardener, a certified Extension Advisor in Nutrition and Small-Scale Intensive Agriculture Production, and a former Peace Corps volunteer.

Sharon is currently pursuing a second bachelor's degree in Nursing, hoping to foster a complementary relationship between holistic and allopathic medical practitioners. She also encourages feedback regarding her products and can make custom formulas upon request.



# The Buy Line

By Vicki Reich, grocery buyer

By now you've probably noticed the great savings going on throughout the store. Those little orange signs are popping up all over. Some of the prices have dropped more than a dollar and what's even better is that they're going to stay that low. There seems to be a bit of confusion between the orange and pink signs. Just remember the pink signs are for member sale items, and the orange signs are savings for everyone.

Other new and exciting things going on at the Co-op include a semi-major re-set of the cooler and the open face cooler. The Deli has start making hummus, spreads, pates and other good stuff. We needed a place to sell them, and the open face cooler seemed like a good spot. So we've moved all sorts of things around to make the open-face cooler more of a grab-and-go place.

If you can't find something in the coolers, it's probably been moved. Just ask one of the cashiers to help you locate whatever you're looking for.

We also just hired two new staff members. April is our new cashier and Brian is our new stocker. We're sorry to see Sarah leave but she's not going far, just down to the PCEI office, and promises to come back and see us.

I want to draw your attention to our new newsletter sidebar. We are always getting new products in the store and I wanted a place to highlight them. So now you don't have to sift through all of my rantings just to find out about the new and exciting products at the Co-op!

And here's all the stuff...

## From the Suggestion Board

"Gimme Lean" soy sausage and ground beef comes in round tubes? We used to carry this but we ended up throwing away more than we sold.

Please get more certified organic eggs. Sorry we were out when you were here. We will up our order.

What happened to the vegetable broth cubes that were available? We lost vegex-have we lost these too? I hope not. Sorry but these didn't sell fast enough. They went stale on the shelf. You can special order them.

New Morning cereals-they're fruit juice sweetened. We carry Oatios by New Morning—they're

not great sellers but if there is another flavor you'd like better, I'd replace the Oatios.

How about opening a store in Pullman?? Please, please, please, please!!!! I can't see that happening anytime in the near or for that matter distant future.

Can you carry Odwalla food bars? They taste great (and no dairy J). Sorry, we carried these for a while. They have very short pull dates and they didn't sell fast enough.

Can you try Hain Chocolate Animal Cookies on your shelf? They are great! We have them in boxes on the cookie shelf.

At night this place is known as the "cow Food Co-op" Someone needs to replace the light over "Mos". Thanks for letting us know. We'll get that fixed.

Great lasagna and Banana Parfait! Could you please get Triple Leaf 100% Ginseng Tea? Thanks. Sure. And thanks for the compliments.

I would like to see the Co-op carry Vegenaïse—a grape seed oil mayonnaise product. It is good tasting and healthful—organic too. Now we have to go to Spokane to get it or through Azure Standard. It's here in the cooler near cottage cheese and cream cheese.

Either move the shopping carts or move the bike racks! Right now the bike rack is unusable because it backs into the carts, allowing no move to place or lock bikes. Have you tried the bike racks at our back door (4<sup>th</sup> St.)? It works much better.

Almond butter I feel is a lot healthier for us. Could we try it in the bulk nut machine? Thanks. Shalom. I wish we could have two grinders, but at this time we have neither the space nor money for one. But we'll keep it in mind.

Jumex fruit nectars of all different varieties such as starfruit, etc...Sorry, it's not available through any of our distributors.

Please bring back Moscow Co-op T-shirts and Aprons. I have been asked to buy these for people. What happened to your canvas bags? The last canvas bags and T-shirts that we had were printed with a 25<sup>th</sup> anniversary logo, and we have sold out of those designs. We have recently designed a new logo and are considering printing more bags, aprons and

T-shirts.

Please bring back Sucanat. Sorry about that. It hasn't been discontinued, our distributor just sent us the wrong product and I didn't catch it. It will be back.

When there was a big cardboard display of Endangered Species Chocolates there was a whale chocolate bar. Any chance of stocking that? Sure, I'll bring it in.

Can you get more of the Endangered Species Chocolate Tiger Bars in? I got the last of these a while back and they were really good! Also, the Brown Cow yogurt is fabulous! Sure.

Chocolate Espresso Clif Bars. Sorry, Clif Bar discontinued this flavor and replaced it with Chocolate Brownie.

Can you get Hain's Kidz Animal cookies in chocolate? They come in a bag and are delicious! I'll try to find some room for them.

Carrot Juice. We have Odwalla carrot juice in the cooler.

Please carry Desert Essence cleansing pads. We have them; they've just been out of stock at the warehouse for a while.

Thank you for having Kefir! You are most welcome.

I'm so glad to see you've got bread from Sage Bakery! Good move!! We agree. It's a great compliment to our own bread.

How about Orangina? Sorry, it's not available from any of my suppliers.

Please carry frozen Morning Star Farms products (esp. Chic Nuggets). Thank you. Sorry these are not available from any of my suppliers.

Henry Weinhard's Root Beer? Quick Fix carries this next door.

Please carry Just Concord Grape Juice by Knudsen—great aroma and great flavor. We have it, it used to be called Organic Concord Grape but they changed the label and the name.

Please have a food booth at the Ren. Fair—we need some food that's not fried, greasy and/or meat! Would be good marketing for you guys. Unfortunately, we can't. You must be a non-profit organization raising money for a cause to have a booth. But we're now only a few blocks away from the park so come down and have lunch here next year.

Please put small platforms by the registers for easy check writing! We have them, but no one was using them and now they have stuff living on them. It's easily removable. Just ask the cashier if you want to use the platforms.

Sole Mates.

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**Veggie Rap:**

## Just Gimme Some Real Food

By Gordon Gatewood, produce manager

Do we have to go over this again? I recently read yet another article in the paper about organic foods being unsafe. Once again the writer assumes differences which aren't correct. So, I will briefly state that first, organic farmers aren't the only ones who use composted manure as fertilizer. Pesticide farmers also use manure on their crops—what's the difference? Organic farmers have inspections to make sure they are using manure correctly, while pesticide farmers have no such farm plan inspection.

Second, pesticides do not kill all the bacteria on your food. Pesticides may kill some, but in no way protect you from all the bacteria that live and have lived with us for thousands of years. The fact is that you are more likely to pick up E. coli and friends from other customers who picked up your produce first (or touched the door handle, etc.). We cannot escape bacteria, but as our brainy newspaper writer points out, we could irradiate all our food. While this still doesn't protect us from contact after the irradiation, it would change the nutrition of our food—and doesn't that sound safe?


So if you want to be a responsible parent, as she does, then please buy organic and wash your veggies with a steady stream of cold water. For, while washing can't remove all pesticide residue, it can wash away some of the bacteria which our bodies have been coming in contact with for quite some time, without having it mutate into something nasty—which seems a lot safer than ingesting the new and improved pesticide of the month.

Well, now that we've got that out of the way, I'd like to tie into the new organic standards proposal. The new and improved proposed standards actually took into account

what people wanted in and out of our food. Out: irradiation, sewer sludge, and genetically engineered foods. Wow! Yet even though we get these basic safety rights, there are still numerous battles in labeling, animal treatment, genetic drift from neighboring farms, and factory farm manure use (they couldn't get rid of sewer sludge and factory farm manure in one swoop). So while this trend is going in our direction, we must continue to pressure the USDA.

Finally, let's talk about local produce. This is our gem and shining hope for the future. While gas prices rise and food becomes an increasingly demanded commodity, local produce has the potential of being our saving grace. As you've read, the Co-op continues to foster relationships with local growers to bring you the freshest produce possible. We are making it a goal to make sure this is a safe product for you (I sample all products before they're put out in the store, someone's got to do it). So when you see a product labeled as "local no spray" you can be sure that Lahde, the resident organic farmer and new produce manager, has put these folks through the ringer about their farming practices. So take an interest in your food, ask us or whomever else you buy food from the where, how, and what is used to make it grow. And by the end of the summer you will be able to rattle off the who's and where's of all the produce in your fridge. But try not to get too personal, it makes it hard to cut up that carrot.

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### Comments on the National Organic Program's Reproposal are due by June 12, 2000.

To ensure that your comment has the greatest impact, follow these guidelines (from the USDA/NOP webpage for comments):

- Submit written comments to:  
Keith Jones, Program Manager,  
National Organic Program, USDA-AMS-TMP-NOP  
Room 2945-So., Ag Stop 0275  
P.O. Box 96456  
Washington D.C. 20090-6456
- Comments may be faxed to (703) 365-0760.
- Clearly indicate if you are *For* or *Against* the proposed rule or some part of it and why.
- Refer to the docket number (TMD-00-02PR).
- Include a copy of articles or other references that support your comments, but only send relevant materials.
- Mailed documents should be single-sided on plain, white, 8.5x11 paper, typed in a standard font. Faxed documents should not include a cover page.
- Handwritten comments will be accepted, but "will not be as useful to the public, nor as likely to receive the same high degree of constructive consideration, either by the public or federal officials." (Quote from the NOP webpage).
- Comments must be postmarked by June 12, 2000.
- Comments can also be sent via the Internet at the National Organics Program (NOP) webpage at: <www.ams.usda.gov/nop/> The entire proposal is also available for viewing through that website. Comments will be posted in the Federal Register which can be viewed at these sites:  
<http://www.access.gpo.gov/su\_docs/> and  
<http://lib.purdue.edu/gpo/>

Remember, the comment period closes on June 13, so speak up soon!

## From the Board of Directors

by Mimi Pengilly

The Board of Directors met for our regular meeting on May 2, 2000. Well, the May meeting of the BOD was a bit routine. We enjoyed a tasty dinner and were pleased to award a gift to our past president Nick Ogle.


It is good to have new members on board; we look forward to another productive year. Planning continues on our annual BOD retreat. We are discussing changes to our membership meeting, to make it more efficient and to reach more members. We also took aim at making our meetings more efficient.

Two and a half-hours later, we adjourned. Yes, efficiency is needed during these rushed times. Certainly no one wants to spend more time in meetings, though that does not mean that the interests of the members aren't important to us—we are always glad to listen to concerns and take your comments. Or join us for board meetings, which are normally held on the second Tuesday of the month, unless posted otherwise.

In June, we will "retreat" on June 3 from 9 to 4. 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.

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## Merry Hempsters Sport Lip Balms

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## Lily of the Desert Certified Organic Aloe Gel and Juice

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## Harry's Sourdough Pretzels

Big fat crunchy pretzels that I love to eat dipped in mustard.

## V.G. Bucks Tapanades

In three great flavors, a gourmet appetizer or spread.

## V.G. Bucks White Balsamic Vinegar

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## Nile Spice meals in a cup

Five new flavors that are all good.

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Instant couscous-based breakfast cereal in five yummy flavors.

## Bulk Pumpkorn

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## Hempola Salad Dressing

Made with hemp oil, for your daily dose of EFAs.

## Bela Sardines

In three different sauces; a great source of calcium.

## Barbara's Crispy Wheat Cereal

A natural version of Chex.

## Traditional Medicinals Ginger Energizer and California Chai

Two new great flavors.

## Celestial Seasonings English Toffee Tea

A customer request that's been flying off the shelf.

## Planet Harmony Jelly Beans

These are really yummy.

## Anson's Mad Patties and Karmals

Oh God! These are good!

## Duchy Originals Organic Shortbread Cookies

The Prince of Wales has his hands in these. The ginger and lemon are especially delicious.

## Boston Snack Mix

Way better than the mainstream alternative.

## Organic Hearts of Palm

Sustainably harvested and great in salads.

## Seeds of Change Pasta Sauce

These aren't new but they've just been reformulated and they are really good.

## Whole Soy Yogurt

Great tasting soy yogurt.

## Co-op Deli Hummus, Spreads and Pates

Fresh from our Deli, so of course they're delicious.

## The Olive Bar in the Open-Face Cooler

Five new olives, try them all, they're delicious.

## Orleans Hills Cote Zero

A great tasting red wine at an affordable price.

## Lone Hawk Farms Elk Patties

Just in time for barbecue season.

## Boca Burger Salsa, Grilled Veggie and Roasted Onion

Three new flavors of meatless burgers.

## Fran's Healthy Helpings

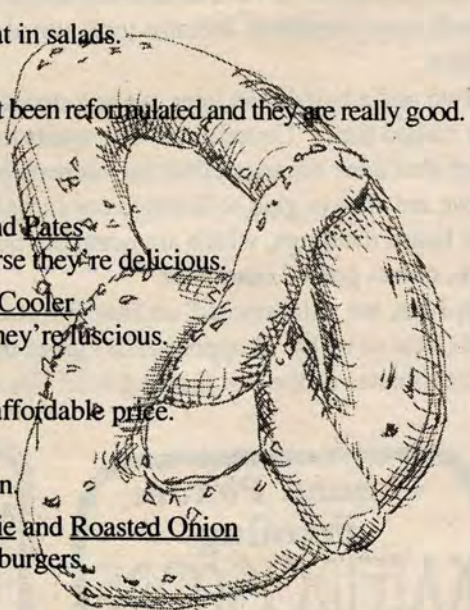
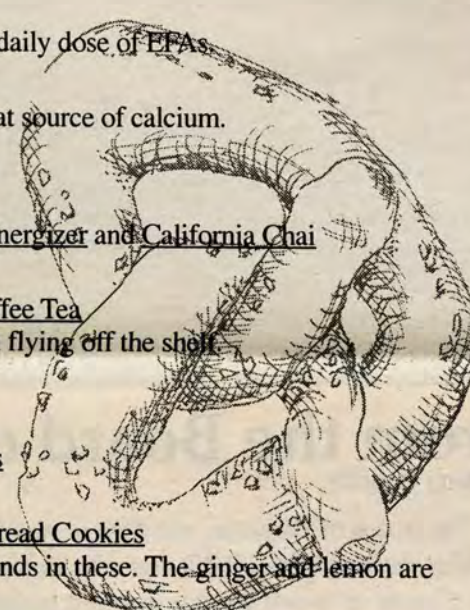
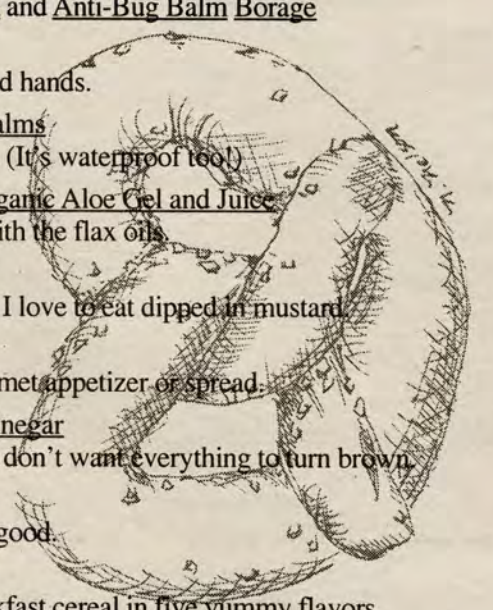
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## Double Rainbow Ice Cream

Ben and Jerry's look out, this stuff rocks.



# Business Partner Profile: Shark Athletic Club

by Randy Paulin



tions these days are attempting to encourage their employees to stay fit. Hence the 'Corporate Fitness Program.' This comes into play for Co-op members for the simple reason that Shark Athletic has crafted a 'Corporate Fitness Program' for Co-op members. Currently, the Co-op's C.F.P. will cost you, as a Co-op member, \$18.00 per month. But the more people who join, the lower the individual monthly cost becomes. So you can count on paying \$18.00 a month or less to join Shark Athletic, with no initiation fee,

if you are a member of the Co-op. And that membership gets you plenty: full and unlimited access to the facility, in a nutshell.

In addition, Shark Athletic offers personal training, assessment, and nutrition counseling programs. These are outside regular Shark Athletic membership and may be purchased by non-members as well. All three programs may be also purchased in combination—just ask for the "pro package." You can also sign up for cardio kickboxing classes at Shark. Each class is small—6-10 people—and you can try it out for free. In fact Shark Athletic offers a one-day 'free pass' to anyone interested in trying out the facilities.

Summer's upon us, and we're not any of us getting any younger. We could probably do worse than to take advantage of Shark Athletic's special package for Co-op members. Remember that the more Co-op members who join, the lower the per-person price gets. Meanwhile we can all keep buying and eating that good Co-op food. (Eating too much of that good Co-op food, in my case, but ahem.) Anyway, where did I put that phone number for Shark Athletic Club? Oh yeah, here it is: 883-2639. And their business hours are 6-10 M-F, and 10-6 on Saturday and Sunday.

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

The Shark Athletic Club, located at 302 South Main in Moscow, is, visually, a very imposing place—especially if, like me, you're over forty, overweight, and can remember when you were in decent shape—sort of. Suffice it to say that, when I arrived on the mirror-walled premises, amongst the gleaming athletic equipment and machinery—treadmills, weight machines, and the like—I felt decidedly out of place. That began to change when Alicia Lewis, Shark Athletic's programs and corporate fitness director, finished the personal training session she was engaged in with a client, and came over and introduced herself.

Alicia has a warm smile and a firm handshake, and projects an aura of self-confidence that undoubtedly stems from the fact that she is in very good physical condition. And not only is she in very good physical condition, but she is a martial arts expert and instructor as well. In fact she is on the national team for the American Karate Association, and will be traveling to Japan to compete later this year. Alicia is not a person you would want to mess with, in other words.

Shark Athletic Club, on the other hand, is a place most of us could undoubtedly stand to visit. And the nice thing is, as a new business partner, Shark Athletic has worked out a special discount for Co-op members, which Alicia carefully and patiently explained to me.

First a bit of background: more and more businesses and corpora-

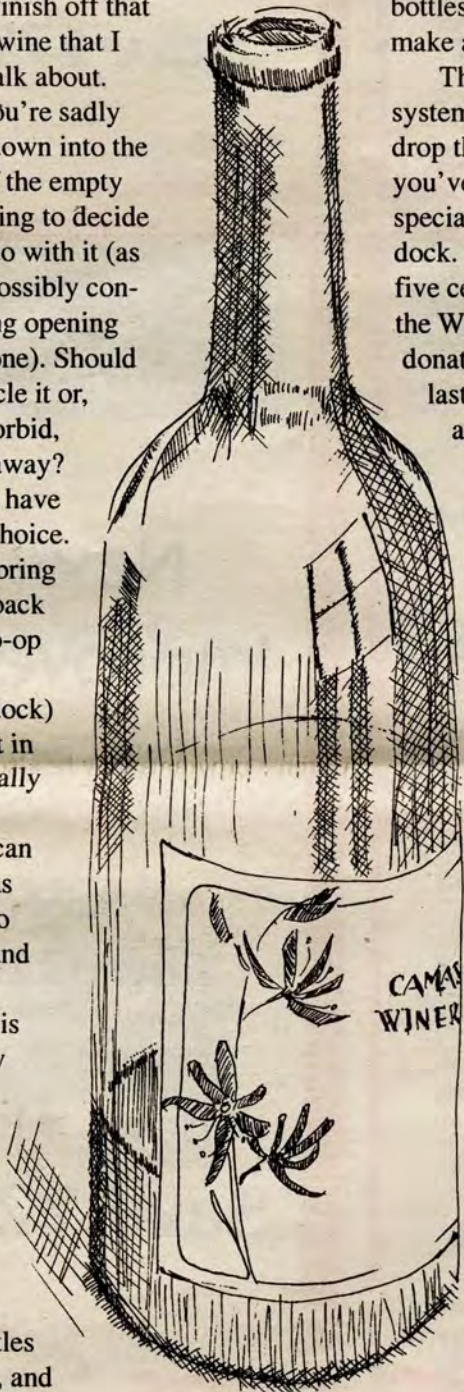
# Enjoy Organic Wine and Save the Planet

By Vicki Reich

Fruit of the Vine, Nectar of the Gods, Staff of Life (okay, I know that's really bread, but sometimes wine fills that niche for me). Whatever you call it, wine has been and probably always will be a part of wonderful celebrations, good meals and great times. It's what happens after we finish off that bottle of wine that I want to talk about.

So you're sadly looking down into the depths of the empty bottle trying to decide what to do with it (as well as possibly contemplating opening another one). Should you recycle it or, heaven forbid, throw it away? Now you have another choice. You can bring it to the back of the Co-op (by the loading dock) and put it in the specially marked garbage can for Camas Winery to pick up and reuse.

This is not a new thing for Camas Winery. They've been reusing wine bottles for years, and you can still bring them to the winery for reuse—they'll even give you five cents for each bottle. We've decided to start

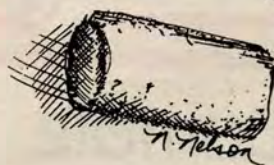


collecting them here since we use quite a few bottles in the deli—for *cooking*, of course. And since we've got lots of our customers trained to return and reuse things like paper bags, milk bottles and egg cartons, we thought it would be easier to remember to bring your empty wine bottles here instead of having to make an extra trip to the Winery.

There are a few catches to this system. First of all, you can't just drop them off at the registers, you've got to put them in the special can outside by the loading dock. Second, you won't get the five cents per bottle like you do at the Winery, but that money will be donated to the fireworks fund. And last but definitely not least, there are limits to what bottles can be reused. The following list of do's and don'ts is also posted by the reuse bin.

We DO reuse any 750 ml. traditional wine bottle shape, flat bottomed or punted (push-up) in any color. We DO NOT reuse screw top bottles, gallon, or 1.5 liter bottles, magnums, port or sherry bottles, flanged or decanter top styles, custom molded bottles (e.g. square bottoms, etched or molded brand names), chipped neck bottles, or bottles with corks inside.

So after you enjoy that great bottle of organic wine you got from the Co-op, bring the empty bottle back and help keep one more thing out of the waste stream.



## Volunteer Volleys

by Gary Macfarlane, volunteer coordinator

Yeah, it's summer time. Moscow streets are empty (hooray!), Pullman is a ghost town (hooray!\*), and volunteers are quietly slipping away—many without informing their immediate supervisor or me that they have gone. So, if you are still around, but not around enough to volunteer, just let us know that you are not around anymore (to volunteer, that is).

Summer also means vacations for those who reside year round in the Palouse. So, volunteers, please inform the staff person you work most closely with if you are taking a vacation. Do so well enough in advance so the staff can either find a replacement or reorganize schedules to make sure your job gets done while you are away.

Volunteers are an integral part of the Co-op. What would the Co-op be without pesto cheese rolls, recycling bins emptied on a regular schedule, food stocked on the shelves, distressed produce removed from the case and placed in either the compost or free box, or any other of the number of tasks performed by volunteers?

Summer also means that those volunteers who are not around any more, regardless whether their absence was relayed to the appropriate person, have left vacancies to be filled. So, if you have been thinking about volunteering and have not done so, now is a good time to come on down to the Co-op, go over to the volunteer board, and fill out an application.

The application process and the volunteer tasks are fun. You get to meet *me* in the application process! Isn't that just swell? Besides, volunteers receive a nice discount for their efforts.

Summer also means it's time for another *VOLUNTEER PARTY*. Please watch the volunteer board, newsletter, and windows for signs announcing the event.

\*NOTE: That smart aleck remark was not intended in any pejorative sense to our sister college town across the state border. I have nothing but the highest respect for that wonderful edifice of civilization known as Pullman. The Lentil Festival, with the eminent Tase T. Lentil, is proof enough of Pullman's stature alongside the other beacons of Western culture.

## Parking Lot Perspective

By Vicki Reich

I have a great view of our parking lot from my office, although I don't often have time to look out and admire its size and fullness. Sometimes I forget what a great advantage this lot is over our lot at the old store. And sometimes I forget that it's not really our lot but one we share with all the other businesses in our "mall." It was recently brought to my attention that a few of our customers have been using the lot to park in for more than the time they are shopping here. As tempting as a free unlimited parking space is in downtown Moscow, it's not really fair to our other shoppers or the other businesses to take up a parking space if you're not shopping here. We'd just like to ask that you keep this in mind if you're ever tempted by that expanse of blacktop.



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PERSONAL CARE

Macro Musings

## A Cook for All Seasons

By Peggy Kingery

It would be hard for me to live in an area that didn't experience four seasons. I hang up my wool coat when green is the predominant color on the hillsides with the same enthusiasm that I pull it out again when the first skiff of snow dusts the plants in my garden. Warm weather means I spend as much time as I can outdoors, but when those nor-easterlies blow in, I'm more inclined to huddle up by the fire with a good book.

Just as our activities change with the rising and falling thermometer, so too do our tastes and appetites—if we listen to what our body is craving. A fundamental part of the macrobiotic way of life is eating seasonal, organic, locally grown food. ("Locally-grown" doesn't just refer to what is produced in our backyard gardens; it includes any food grown in the same environment as the one in which we live.) How many of us, year after year, find we have the sniffles every spring and fall? Our bodies flow with nature's rhythms and need seasonal variety to keep our immune systems working efficiently, thus warding off illnesses such as colds or flu. By eating foods in season, we're better able to adapt to changes in temperature, humidity, and other environmental factors.

Most of us tend to eat the same repertoire of food every day, relying on our "top ten" recipes rather than planning our meals around the foods that are at their peak of freshness. Modern food storage and transportation enables us to purchase foods grown in all seasons and climates year-round. Ideally, fresh produce should be eaten in the month or season in which it's harvested. Grains, beans, and other foods that can be stored for long periods of time can be eaten any time of the year, regardless of when they were harvested. Choosing a variety of foods, especially those that help to cleanse and strengthen our internal organs, is one way to lighten the load on our immune systems and help our bodies resist illness.

Foods that cleanse and strengthen our internal organs? Centuries ago, the Chinese discovered that our internal organs respond

in specific ways to seasonal changes in weather and diet. Understanding this concept, known as *Go-Gyo* or the *five transformations*, is helpful when learning how to adapt our diet to natural seasonal changes. In essence, the five transformations are cyclic changes that are generated by the interplay of yin and yang energies in our universe. These changes are known as upward energy or "tree"; active energy or "fire"; downward energy or "soil"; gathering energy or "metal"; and floating energy or "water". Generally, the more yin transformations—water, tree, and fire—are accelerated through an increase in yang factors such as a rise in temperature. In the same way, the more yang transformations—soil and metal—are produced from an increase in yin factors such as a lowering of temperature. Thus, each season of the year is associated with one of these stages: spring, summer, late summer, fall, and winter correspond to tree, fire, soil, metal, and water, respectively.

In every season of the year, particular foods stimulate *ki* ("vital energy") to flow through a pair of inter-related organs and strengthen them. The cycle repeats itself annually, allowing our bodies to build lifelong resistance to illness if we eat these healing foods. The organs that need nourishing at certain times of the year are: liver and gallbladder—spring; heart and small intestine—summer; stomach, spleen, and pancreas—late summer; lungs and large intestine—fall; and kidneys and bladder—winter. Not surprisingly, the grains and vegetables that cleanse and strengthen us are ones that are at their peak of freshness or can be stored for long periods of time.

In upcoming articles, I'll talk in greater depth about which foods are most appropriate for strengthening our organs during each season of the year, beginning next month with summer. Right now we're nearing the end of spring and anticipating all those yummy summer vegetables that inspire salads and light cooking. Spring produce—asparagus, artichokes, tender greens—are still plentiful. Take advantage of their nourishing qualities and enjoy this sweet and crunchy stir-fry for dinner.

### Tempeh, Corn, and Asparagus Stir Fry

(serves 4)

Adapted from *Mostly Macro*,  
by Lisa Turner

- 2 tsp. unrefined oil
- 1 chopped onion
- 1/4 tsp. sea salt
- 8 oz. cubed tempeh
- 2 Tbsp. shoyu
- 2 cup corn kernels
- 2 cups asparagus, sliced in 1" pieces
- 1/4 tsp. black pepper
- 1/4 cup chopped almonds
- 1/4 cup water
- 1 Tbsp. rice syrup or honey

Heat the oil over medium high heat in a skillet. Add the onions and salt, and sauté until the onions are translucent. Stir in the tempeh and shoyu and cook until the tempeh is lightly browned, about ten minutes. Add the corn, asparagus, pepper, almonds, water, and rice syrup, stirring well to combine all ingredients. Cook over medium heat for 5 more minutes, or until the vegetables are crisp tender.



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## For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook Early Summer Salad of Rye Berries, Fennel, and Green Peas

R. Ohlgren-Evans

Whole grains are a source of B-complex vitamins, which work together to stabilize brain chemistry and convert food into energy. Whole grains are also high in magnesium, which strengthens bones; manganese, which nourishes the thyroid; and copper, which helps form collagen, the structural substance of skin that keeps it firm.

Make this salad when fresh peas are in season.

- 6 Tbsp. olive oil
- 1 tsp. grated lemon zest
- 2 1/2 Tbsp. lemon juice
- 1 clove garlic, minced
- 1/4 tsp. sea salt
- 1/4 tsp. black pepper
- 1/8 tsp. fennel seeds, toasted
- 1 fennel bulb
- 4 cups steamed rye berries
- 1 1/2 cups fresh green peas (about 1 lb. well-filled pods)
- 1 Tbsp. minced parsley
- 5 to 6 leaves red leaf lettuce

Whisk together the olive oil, lemon zest, lemon juice, garlic, salt, pepper, and fennel seeds. Set aside.

Trim the fennel bulb, reserving several sprigs of leaves for garnish. Finely chop the bulb, stalks, and remaining leaves. Combine with the rye berries, peas, and parsley. Pour the dressing over all and toss to combine. Line a shallow bowl with lettuce leaves. Mound salad upon the lettuce, garnish with the reserved fennel leaves, and serve.

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

# Gardening

## Companion Planting: Part One

By Patricia Diaz

So many people (not us enlightened Co-op members however) upset the balance of Nature by using chemicals on their gardens, only to discover that they have inadvertently killed the "good" stuff, put harmful toxins in the air, and in general, have disturbed the balance of their garden's eco-system. With so much research telling us that the toxins we use in our daily lives may be giving us dis-eases such as cancers, Parkinson's, MS, allergies, etc., it behooves us to eliminate these toxins and find alternate ways of dealing with garden pests. This month's article, therefore, deals with ways not only to deal with pests but also with ways to attract Nature's helpers in your garden.

Companion planting is a method of placing various herbs and plants intermingled in your garden with your vegetables or flowers to both repel insects or attract the "good guys" to help eradicate the pests. Scientists call it integrated pest management, but in reality it is simply letting Nature do its job. Companion planting is also a method of planting two or more varieties of plants together to improve growth and flavor.

Some of the possible ways of integrating these beneficial plants is to plant them as borders (in effect, a "fence"), by intermingling them right in with the vegetables or flowers themselves, or by placing them as backdrops in the garden. If possible, use plants that are native so that the good insects know what to look for. Apparently plants with open cup-shaped flowers are the most popular with beneficial insects. It is also important to remember that some things work for some people and some don't. So keep trying different things until you find the solution for your particular garden needs. By experimenting you can gain insight into your own garden's eco-system.

**ANISE.** Anise is a licorice-flavored herb and a really pretty feathery plant. It is a good host for predatory wasps which prey on aphids and can even repel aphids by itself. It also improves the vigor of any plants growing near it. It is also

good to plant with coriander.

**BASIL.** This is a good plant to put with tomatoes to improve both the flavor and growth of the plants. (You also cook with them together for better flavor.) Basil can also repel thrips, flies, and mosquitoes. Do not plant basil near rue.

**BAY LEAF.** You can sprinkle dried bay leaves along with cayenne pepper, tansy, and peppermint, as a natural insecticide dust. A good tip for inside—place a fresh bay leaf in each storage container of beans or grains to deter weevils and moths.

**BEANS.** All beans enrich the soil with nitrogen fixed from the air. They are good companions for carrots, *brassic*as (plants such as turnips, cabbage, broccoli), beets, and cucumbers. They are also wonderful companions for corn and grain plants which are heavy nitrogen users. Other good combinations are French haricot beans and melons. Do not plant with alliums.

**BEE BALM.** These plants are great to plant with tomatoes to improve growth and flavor. They attract beneficial insects and honeybees too, and are just a beautiful plant to have in your garden.

**BEETS.** Beets add minerals to the soil as the leaves are composed of 25% magnesium. They are good companions to lettuce, onions, and *brassic*as.

**BORAGE.** This is a hard-working must for your garden. It is a great companion for tomatoes, squash, and strawberries as it deters tomato hornworms and cabbage worms. It is also a great bee and wasp attracting plant (remember, wasps eat the bad guys). Since borage adds trace minerals to the soil it is a good addition to the compost pile. Borage is so wonderful, in fact, that it benefits any plant it is growing next to by increasing its resistance to pests and disease. This is a self-seeding plant so you can look for it the following year.

**BRASSICAS.** These plants benefit from chamomile, peppermint, dill, sage and rosemary. If you add lime to your soil they benefit even more.

**CARAWAY.** This herb is difficult to establish but its flowers attract a number of beneficial insects.

**CATNIP.** Another great herb, catnip deters aphids, Japanese beetles, squash bugs, ants, weevils,

flea beetles, and mice. If you spread springs of this mint in your house, mice and ants will leave. Plus it's very safe and smells great.

**CHAMOMILE.** This herb improves the flavor of cabbages, cucumbers, and onions. It is a host to beneficial wasps and hoverflies and it accumulates minerals, later returning them to the soil. While it is an annual, it will re-seed itself.

**CHELVIL.** Radishes love growing near chervil as it improves their growth and flavor. Chervil also keeps aphids off of lettuce.

**CHIVES.** This tasty herb improves the growth and flavor of carrots and tomatoes as well as drives away Japanese beetles and carrot rust fly. You can also make a tea out of it to spray on cucumbers to prevent downy mildew.

**CHRYSANTHEMUMS.** *C. coccineum* kills bad root nematodes and its flowers (as well as the flowers of *C. cinerariaefolium*) have been used as botanical pesticides for centuries (*pyrethrum*). Chrysanthemums with white flowers repel Japanese beetles.

**COMFREY.** This is a good trap crop for slugs and accumulates minerals.

**CORIANDER.** This herb repels aphids, spider mites, and potato beetles. It is also a good partner for anise.

**DILL.** This is a wonderful companion for lettuce, cabbage, onions, and cucumbers, but don't plant it near carrots. Dill attracts hoverflies and predatory wasps and repels aphids and spider mites. Some people say it also repels squash bugs. Since dill attracts tomato hornworms, it is best if this plant isn't near your tomatoes.

**ELDERBERRY.** You can make a spray from this plant's leaves to use against aphids, carrot root fly, cucumber beetles, and peach tree

borers. Branches and leaves placed in mole runs also gets rid of this garden nemesis.

**GARLIC.** Plant this near your roses to repel aphids; for the rest of the garden, it will repel codling moths, Japanese beetles, root maggots, snails, and carrot root fly. Some say time-release capsules of garlic planted at the bases of fruit trees keeps deer away.

**HORSERADISH.** This plant keeps Colorado potato bugs and blister beetles away but you should plant the horseradish in bottomless pots to keep it contained.

**HYSSOP.** This is a good companion plant for cabbage and grapes, but don't plant it near your radishes. It deters cabbage moths and flea beetles and is dearly loved by honeybees.

**LAVENDER.** This beautiful, fragrant herb repels fleas and moths and provides food for nectar feeding and beneficial insects. You can also use dried sprigs of lavender to repel moths in your home.

Next month we'll finish the list of companion plants that will aid you in achieving a wonderfully balanced eco-system in your garden.

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

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# Moscow's New Community Garden... Check It Out!

By Lahde Fesler

It's so exciting! Ever since I moved here, five years ago, I have been dreaming about the creation of a community garden here in Moscow. Now it's happening thanks to Peggy Adams at the Palouse-Clearwater Environmental Institute (PCEI)! Yep, that's right—our very own community garden! For those who are unfamiliar with the concept of 'community garden,' it is a gardening site where small plots are usually rented at a very low price. It provides land-less people, often low-income tenants, with an opportunity to grow food for themselves and their families. It is a good way to rub shoulders with other gardeners in the community, sharing in a wealth of gardening knowledge. Community gardens are often located in highly visible locations within cities or towns, and provide a sharp contrast to the surrounding concrete and urban sprawl. A community garden is what the community makes it, and can be utilized as a great educational asset, sparking folks, like a giant billboard, to grow their own food.

A little history.... Last fall a group of us met in the cozy PCEI office and brainstormed our dream community garden. We began by creating a wish list of requirements we felt were important, like access to water, parking, food drainage, sunny exposure, within easy walking and biking distance, etc. Koppel Farm, a successful community garden in Pullman, was a useful example, giving us many good ideas and preventing us from reinventing the wheel. When we started throwing around ideas for potential garden sites, one of our biggest decisions was whether to lease or buy land. We all knew that the biggest reason for the demise of community gardens in the past was not a lack of enthusiasm on the part of the gardeners, but rather the power of development pressures over tenuous lease agreements.

In the end we did decide to lease, when we were graciously offered a garden site by Gretchen and Dean Stewart of Emmanuel Lutheran Church. We were excited to find that their lot met most of our requirements. It is readily accessible to the Moscow community by bike or on foot; it is a south-facing exposure with well-drained soil; it

has plenty of parking at the church; and it has a preexisting water system available for irrigation. On your next trip to Tri-State, swing by up the hill and check out the new garden site. It is located on A Street, right across from the church, which you cannot miss because it has a HUGE steeple!

Folks interested in a garden plot are encouraged to sign up soon. We have a total of 38 plots in 2 sizes: 20x20 plots for \$25 and 10x10 plots for \$15. Scholarships are available upon request. Included in this fee is access to WSU compost, straw mulch, composted stable manure, and water. For those interested in contributing, we are looking for donations of a shed, tools, and/or dollars, as well as help with creating and maintaining paths, planting perennial shared community plots, etc.

Call or email Peggy Adams at PCEI to get involved. Her phone number is 882-1444 and email is <adams@pcei.org>.

Happy Gardening!



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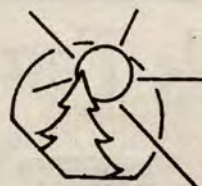
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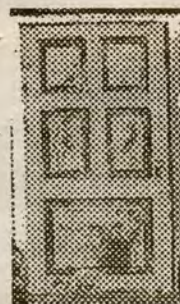


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## Watch Out for Lead Dust

By Lisa Cochran

Spring is the time of year we all start tackling those fair-weather projects we spent all winter contemplating. Painting the home is an especially popular spring/summer project, since doors and windows can be thrown open, minimizing both paint odors and drying time. But many home renovations like demolition, upgrading and painting can actually create a hazardous environment for a family as many homeowners unwittingly release dangerous lead particles into their living areas. Lead dust created from these projects can settle everywhere, impregnating carpets, curtains, bedding, or other exposed surfaces. These particles, both airborne and non-airborne, can continue to plague family members and compromise their health, particularly in children. In fact, the Environmental Protection Agency cites lead poisoning as one of the greatest health threats to people of all ages. Children are especially vulnerable, even before they are born. Approximately 1 in 11 children has a high level of lead in their blood, and the younger the child, the more devastating the effect. Lead can damage brains and nervous systems, cause behavior and learning problems, slow growth, cause hearing problems and headaches. Adults with high levels of lead can have reproductive problems, difficulties during pregnancy, high blood pressure, digestive problems, nerve disorders, muscle and joint pain, and memory and concentration problems. The truly scary thing about lead contamination is that it's an invisible poison—children and adults may display no symptoms.

When I did an informal survey of moms in my baby group, we agreed that when we hear the term 'lead poisoning,' the image that comes to mind is a baby gnawing on a dilapidated windowsill in some rundown tenement. In fact, most homes built before 1960 throughout the land contain heavily leaded paint. Since the federal government did not ban lead-based paint from housing until much later, lead poisoning can occur in almost any structure built prior to 1978. Cracking, flaking or peeling paint is the most obvious problem that most of us are aware of, but a subtle form of

contamination can occur in otherwise intact painted surfaces. Friction from surfaces rubbing together, such as doors or windows being opened and closed also can release harmful lead particulates into our homes! But perhaps the biggest blast of lead poisoning can occur during renovation work when any surface containing lead-based paint is dry scraped, dry sanded or heated. If improperly contained and removed, the lead dust created settles on everything from window blinds to a child's toys. It is then disturbed and redistributed with normal activity, like vacuuming, dusting, or just walking about, and can remain in a home or building long after the work has been completed. Lead then enters the body by breathing or swallowing lead dust or ingesting larger chips. When outdoor work is done on lead-based painted surfaces, soil is easily contaminated with both chips and dust. Children can be directly exposed by playing in the dirt. Homes are further exposed when people bring soil into the home on their shoes. (Besides herbicide, pesticide and fecal contamination from walking outside, this is yet another excellent reason to ban shoes from being worn indoors!)

In spring of 1988 I bought my very first home while pregnant with my daughter. I love the style and beauty (not to mention affordability) of some older homes here and purchased a house that was built in the late 20's. In the incredible volume of paperwork necessary to complete the closing agreement, was a waiver about the possibility of lead paint being present. It was 'really just something that comes with buying an older home,' I was told, and since I was due to deliver a baby any day, I failed to give this full consideration. Besides, inspection papers reported that the paint was all in good order and the water pipes were all copper or galvanized. With the healthy-looking yard, I also presumed the area to be safe and lead-free. Like most of us, I didn't give the lead issue much thought.

Several months after my baby came and I was getting settled into my new home, I, like many new homeowners, started to improve, renovate, and paint. Many months later when I read an article on home improvements and older homes, it

dawned on me that I might have accidentally turned my little sanctuary into a health hazard! I realized that when I sanded the old wood trim in my infant's room before painting, I might have released lead dust into her room and throughout the house. I imagined her crawling about and touching walls or carpets, putting hands, fingers, toys into her mouth, and receiving doses of lead into her tiny and fragile body. And I felt panicky and helpless.

The first thing I did was to call around and find a local lab to test samples of the house dust. I collected samples from the tops of doorways and behind her changing table with a swath of sterile gauze. I also sent in a sample of trim, complete with its 5 layers of paint. I might have sent in the bag from my vacuum cleaner but my system uses water, not a bag. Anatek Labs, Inc., in Moscow, did the work and reported their findings within 7-10 days. To my horror, the results showed not only lead in the painted wood sample but also very high levels of lead in the dust samples—6 times higher than the actual paint samples submitted!

The obvious next step was to test my child, now a 20-month-old toddler. Looking at her I saw a vibrant, active and happy toddler. But research indicates lead can be so insidious that looks can be deceiving. Even children who appear healthy can have dangerous levels of lead in their bodies. Children's blood lead levels tend to increase rapidly from 6 to 12 months of age and tend to peak at 18-24 months of age—because babies put their hands and objects in their mouths, and their growing bodies absorb more lead than adults. I called the health department to ask about sending in hair samples. To my dismay, I was informed that hair sampling is not recommended or reliable—only a blood sample would suffice, so I took her in for a blood test. (It is recommended that a child be tested every year if they live in a house or apartment that contains lead-based paint.) While I waited anxiously for the results, I made some inquiries to the County Health Dept. to find out more about the hazards of homes and their renovations. Several pamphlets and contacts are available through this department by calling

208-882-7506, or by contacting the Region 10 EPA office in Seattle at 206-553-1985. The Federal EPA can be reached at 1-800-424-LEAD, or on the Internet at [www.epa.gov/lead](http://www.epa.gov/lead).

We all try to make healthy choices for ourselves and our children, such as shopping at the Co-op. As consumers and parents, educating ourselves is an ongoing, full-time, essential job. Even hiring a professional to do your home improvements may not keep your home safe. A contractor may not have a lead-based paint license or certificate, or have received training in this area. In Idaho, contractors do not have to be licensed, so many are not educated about the dangers of lead-based paint contamination or aren't aware of the options to minimize the problem (like not sanding, or else wet-sanding, or taking lead abatement precautions to remove the leaded material altogether).

In my case, we were lucky. My daughter's blood showed insignificant levels of lead, which I attribute to my prompt and thorough use of my water filter vacuum and my anal attitude about dust in general after a lifetime of difficulties with Constrictive Airway Disease. My experience was just a warning, and in thankfulness I am writing this to my community to spread the word. So, please educate yourselves about this issue and other lead issues such as drinking water and work- or hobby-related lead exposures.

Ask your contractor if they have background training in lead assessment and management. Talk about it with each other. Make calls or request information. If you are just renting or in a non-renovating situation, find out if your home has hidden dangers. And if you plan to remodel, proceed to turn your home into your castle with utmost care and caution.

### **Sheri L. Russell**

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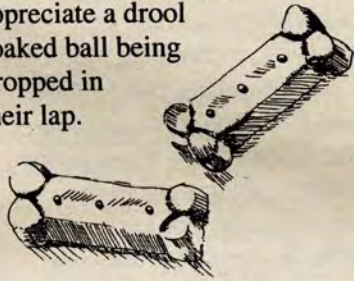
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# "Pet Thoughtful" Hostess Gifts

by Sarah Hoggan

Summer party etiquette dictates that one should present your host and hostess with a gift to complement their hospitality. This summer, consider being extra creative and give them something for their pets.

Toys are cute, but can be annoying if they contain a shrill squeaker. Also, most people don't appreciate a drool soaked ball being dropped in their lap.



In-  
stead

of toys, consider something edible for your host's furry family members. The Moscow Food Co-Op offers a variety of healthy and fun treats for pets.

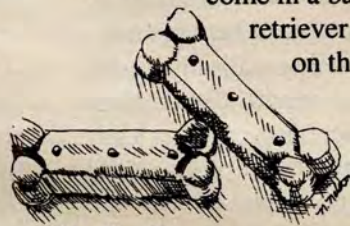
For the cat owner, consider giving One Earth Naturals Cat Crunchies. They are a hard-textured treat to help maintain a pet's dental health and have a chicken flavor. Also the treats contain catnip, a favorite cat reward!

If you want to spend a little more, the Co-Op has earthenware bowls shaped like fish. Combine one of these with a few cans of Nature's Choice, Lick Your Chops, or Natural Life wet cat food and you have a gift that is not only thoughtful, but unusual and practical as well.

For the dog lover, there is a greater variety of treat choices. The

Co-op offers four flavors of Howlin' Gourmet dog treats: Peanuttty and Honey, Smokehouse Favorites, Oatmeal and Raisin, and Chicken PotPie. The treats are all colorful and come in round cookie shapes.

Burt's Bones Whole Grain Biscuits are also available. The biscuits are brown heart shapes and come in a bag with a retriever illustration on the front.



If  
you  
know  
some-  
whose

dog has a chewing fetish, the Co-op also offers carrot and potato based "bones." They could accompany a condolence card titled, "So sorry to hear about your favorite shoes."

Packages of treats are outstanding gifts because they last for several days. Every time the pet is rewarded with a treat, their owner is reminded of not only your thoughtfulness, but also your creativity.

Pets are part of the family, so show your hosts you enjoy their dogs' and cats' company as well. The next party you attend, bring wine for the adults, and treats for the pets. That way everyone will feel appreciated and will benefit from your presence.

*Sarah Hoggan is a senior veterinary student at WSU's College of Veterinary Medicine. She and her wonderful husband share their home with five furrries: Nessie, Inky, Rowdy, Atticus, and Abercrombie.*

# Guest Appearance: Ina May Gaskin

By Annie Hubble

I was very excited to hear that Ina May Gaskin was coming to speak in Moscow. Ina May Gaskin was one of a large group of people travelling in caravan in the early 70's, finally settling on land in Tennessee, forming the community called "The Farm." It's still a viable community today. She witnessed her first birthing in the caravan and felt her calling. Once settled on the land, she gathered a group around her and together they trained to be midwives.

Ina May Gaskin became a household name for many of us who chose homebirth at that time. There was very little available information on the subject in those days, and her book, "Spiritual Midwifery," combined good practical advice and many first-hand accounts of birthings with a spiritual slant on the whole birth process. That, put all together, gave many of us what we were searching for. My first copy of her book was lent to friends many times, finally not returning, and my second copy still resides on my bookshelf, now proudly bearing the autograph of its author.

I was curious as I went to hear her speak, about what sort of personal journey this woman had made in the last 30 years. Her introduction to her book still moves me today: "This is a spiritual book, and at the same time it's a revolutionary book. It is spiritual because it is concerned with the sacrament of birth—the passage of a new soul into this plane of existence.... This book is revolutionary because it is our basic belief that the sacrament of birth belongs to the people...."

I found, as I listened to her, that she still holds to these precepts. An articulate, intelligent, and compassionate woman, she has been

working all these years toward making home birth legal, acceptable, and safe. She has created educational videos, debated on radio, and she uses her computer to keep accurate records of the thousands of births she has attended. I was impressed by her knowledge of current political and social events, and her willingness to use the new tools that technology offers, while at the same time very obviously adhering to the same basic principles as ever: those of honesty, compassion, and love. She seems, at age 60, to have made the transition from 'young idealist' who thinks all can be accomplished overnight, to 'wise woman' who realizes that it takes time, continual effort, and sheer hard work to bring about change.

I wish I had more time and space to report in detail the various messages and teachings this witty and kind woman brought to us, her audience. What a treat! I'd like to thank Nancy Draznin of Motherwise Midwifery and Doula Services for organizing the event, and the Co-op for providing the delicious food.

If you ever have the chance to listen to Ina May Gaskin or to visit The Farm in Tennessee, I would urge you to do so! You won't be disappointed.

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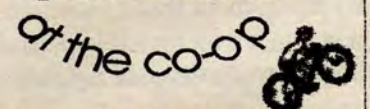
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# The Barbara Ripperda Wellness Fund

By Annie Hubble

I would like to thank everyone who has already helped support Barb in her struggle with cancer. The bank balance is growing and we have had to rent a second storage unit for our forthcoming Gigantic Yard Sale! Many thanks!

The Bank of Pullman is easy to find at the corner of Sixth and Jackson Streets in Moscow. You can pledge a certain amount each month, depositing it yourself, or mailing it to me for deposit. (My address is 535 N. Washington St., Moscow ID 83843.)

Make checks out to 'The Barbara Ripperda Wellness Fund' please! Or, if you find you have five or ten dollars extra after paying your bills, drop it by the bank!

The Biggest Yard Sale Ever will be on Saturday, June 10<sup>th</sup>, starting at 8a.m., and going all day until we run out of either stuff or shoppers! Donations of saleable items are still being accepted. Donations of baked goods to be sold that day would also be welcome!

Call Cindy Arent at 883-1012 for more information. I can be reached at 882-9793 or email <anniehubble@hotmail.com>.

See you all there!

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# Welcome Home

by T'om

The first greeting, the first sign, the over-all feeling: Welcome Home. The rainbow gathering is called rainbow as a symbol that every color of being is invited/accepted/welcome, whether you mean outer color or inner color.

Have you ever felt truly, completely at ease? The "rainbow family of living light" has a yearly national gathering to celebrate aliveness. Here, you can feel totally accepted and at ease, no matter who you are. The only things discouraged are pets, guns, and alcohol.

A main focus is the prayer for world peace that happens on the 4th of July. Starting when we wake up that morning we do not talk, this starts putting us in an altered, more aware state of being, more connected with reality, instead of thought. During the morning we start gathering in a central meadow so, by noon, most of us are there... we hold hands in a circle for an hour. This is one of THE most powerful experiences I have ever had in my life, imagine (if you can) so many people that sometimes you can not see the other side of the circle (the smallest I have heard of was about 3,000+). Usually there are MANY more than 5,000 people, all holding hands in a silent hour long prayer for peace, world peace. What does it take for peace?

Well, one of the things is that you (yes you) individually, have to be at peace. Coming together with this powerful intention, and all our sisters/brothers helping this, sometimes it becomes an amazing odyssey, be prepared to have any kind of inner reaction/experience. Do not expect to spend lots of time with the people (even partner) you go with, this is about the larger community.

Another reason we are called the rainbow family is that gaia responds to this prayer with... a rainbow. In the sky after this circle, there it is, look for it, you will see it.

Officially the gathering is from July first through July 7th, practically, but people show up a bit earlier to set-up toilet facilities (very functional & safe, but primitive), water supplies, and free kitchens.

Free kitchens? Yes, at rainbow, there is such a thing as a free lunch, and dinner, and breakfast, and midnight snack, and... popcorn 24 hours a day at popcorn palace.

While it is so free that you could show up with absolutely nothing, and you would be fine, it is suggested that you bring all the traditional camp-site stuff you might want. (Parking is usually at least a mile hike from the closer edge of the gathering site...) There will be food, some of it is what YOU bring and donate to the kitchens (so do!). But, it might not always be what you want, so be prepared. And be prepared for most any weather, the gathering is always on national forest (public) land! Also, consider staying after for a week or so and helping with clean-up. We pick up EVERYTHING (but that is not an excuse to litter!), then we aerate compacted areas, and do much replanting, etc.

This year the gathering will be near the Montana/Idaho boundary, a bit north of here, if rumors are right. To be sure of this (and many other things) go to <<http://www.welcomehome.org>>. By now it will have the word where we'll be. The web-site also has a lot of stories, history, pictures, etc. If you have never been to a rainbow gathering, definitely check it out—there are too many things to say to fit them all here. It is the stuff of legends. Two I will mention here, one is called the 'rainbow runs.' It WAS a big problem, not enough clean water or sanitation; I used to ALWAYS filter all the water I drank there, and was careful which kitchen I ate in when... but now things are much

more safe.

Another legend...COPS, yes, they often harass us. And, they HAVE gotten worse. They are scared of a functioning anarchy, and do not know how to do anything but obstruct/repress it.

So make sure that if you are in a car that it has COMPLETE legality, and be careful with ANYTHING cops could give you a ticket or a hard time about. Lots of people bring video cameras for security.

This is considered by most of us to be our family reunion, and the wild places are our sacred place of worship. You will frequently hear voices yelling in the distance, "we love you!" But any juicy place attracts weirdos, so, heads-up!

If you get hurt, look for the green cross: "Alternative Living Medicine" (can you help them?). If there is any problem, ask for help—here your neighbor is your friend—or yell for "shanti sena" (the peace people). There is NO boss or leader, etc., And it works. Quite well. Because we all care and share each other. Incredible entertainers, incredible entertainment! Anything could happen, and often does. So go, you WILL have a wond-rous, educational time; see ya there!

This year will be special for me because my first rainbow gathering was in Montana, quite near where this one will be. So I will truly be going home, I hope I even meet again the woman who took me to that first one, you just never know!



S. Fuente

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# Bulletin Board

## Announcing PCEI's Discovering Nature Children's Summer Series.

For kids ages 8 to 12. Every Tuesday & Thursday in June and August 9:30-11:30am at Idler's Rest Nature Preserve. Different topics every week to enhance our connections with and knowledge about the natural world. It's fun and free!

Transportation provided. For more information, please call Ashley Martens at The Palouse-Clearwater Environmental Institute 882-1444 or email at martens@pcei.org.

## Farmer's Market concerts Saturdays

- June 3 - Potatohead - celtic
- June 10 - Snake River Six - dixieland
- June 17 - two dollar bills - bluegrass
- June 24 - Makin Island Music - Hawaiian

## Fishtrap Writers Gathering

### week of writers' workshops

July 9 through July 16

Wallowa Lake Methodist Camp, Jose  
541-426-3623 or rich@fishtrap.org

**The Idaho Conservation Le Rivers United** have created an email listserv, offering weekly news about the Roadless Area. To subscribe: send an email to <dskinner@idahorivers.org> with "wildforests" in the message.

## Buddhism At The Top

### A Journey to Nepal, Bhutan, Ladakh and Tibet

Slide show presentation with Professor Nick Gier

Sunday, May 14th 7:30 pm

Free admission

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

Submit non-profit announcement to [beth\\_case@hotmail.com](mailto:beth_case@hotmail.com) no later than the 25th of each month.

## The Moscow Arts Commission Brings You :

### Fresh Aire Concerts

Thursday Evenings  
6.30 - 7.30 pm

FREE to the Community  
Bring your picnic

June 1, 8, 15, 22, 29

Moscow Arts Commission

July 6

Moscow Arts Commission and Community Sing-Along Ice Cream Social!

July 13

Althalpa - South American (Andean)

July 20

Coyote Special - bluegrass

July 27

Rendezvous in the Park

August 3

Wilson / Cannavaro - Jazz

August 10

Potatohead - Celtic

August 17

Citizen - Rock n' Roll

August 24

Pullman Concert Band

August 31

Blackberry Jam - Acoustic

## Huge yard sale in aid of the Barbara Ripperda

**Wellness Fund** 310 E A Street (across from Russell School) on Saturday June 10 at 8am. Lots of stuff! Baked goods and coffee!>

## Palouse Folklore Society

Contra dance on June 3 @ 7:30pm at 111 N. Washington in Moscow. Potatohead (Moscow) will play live music with dances called by Joseph Erhard-Hudson (Moscow) (\$5 members, \$7 nonmembers, \$4 newcomers who arrive at 7:30). This dance is a fund-raiser for the new community center in Moscow.

June 17: Potluck @ 6:30 pm and Contra dance at the Blaine schoolhouse @7:30pm. **Dancing Trout** (formerly known as the Bear House Band) will provide live music, and Gina Massoni (from Walla Walla) will call all dances. (\$5 members, \$7 nonmembers, \$4 newcomers who arrive at 7:30pm).

More contra dances at the Blaine schoolhouse  
July 15th Potatohead (Moscow) will call all dances.  
August 19 Hired Hands (Albion) will call all dances.

Moscow Food Co-op  
221 East Third  
Moscow ID 83843

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

Justin S. Morrill

