

November 2000

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

It's Turkey Time!

By Vicki Reich

As the holidays draw near, thoughts of turkey keep popping up in my mind. Ah, the wonderful aroma of turkey roasting all day in the oven, and the first succulent bite of a plump, juicy, flavorful organic turkey. I can hardly wait. But where can you get a turkey that will be organic and delicious? At the Co-op, of course. Once again we've ordered a pallet of organic turkeys for the holidays. If you were lucky enough to get one last year, you know how good these are. Many customers told me it was the best turkey they had ever had. I had one last year and I have to agree.

Since we bought a whole pallet of turkeys, we'll have plenty for both Thanksgiving and Christmas. To ensure that you get one of these beauties, please fill out a Turkey Special Order Form at the cash register. Please indicate when you would like your turkey (i.e. for Thanksgiving or Christmas). The turkeys are shipped frozen from Diestel Turkey Ranch in Sonora, California. We will keep them frozen until the Monday before Thanksgiving and the Thursday before Christmas. Be prepared to pick them up immediately.

All the turkeys are hens in the 10-15 lb. range. They are \$2.39/#. This is a deeply discounted price so we are unable to offer any

INSIDE:

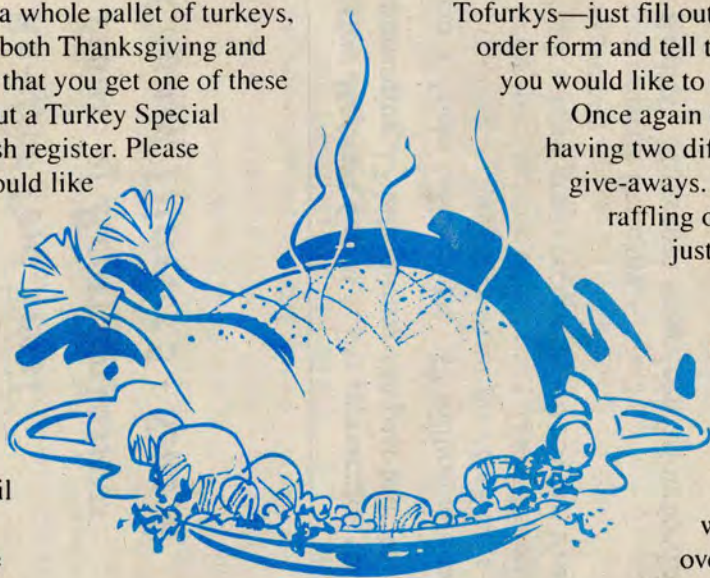
Wonderful chaos, fresh recipes, more on pets and cancer, the Co-op wins an award and e . . .

discounts on them.

We will also be able to order Tofurkys—just fill out a regular special order form and tell the cashier when you would like to receive it.

Once again this year we are having two different turkey give-aways. First, we'll be raffling off a free turkey: just enter your name at the register for a chance to win, and, of course, anyone can enter. The second way to win is to spend over \$200 (after any discount) in a single

shopping trip. You automatically win a free turkey once you hit that \$200 mark. Good luck, happy shopping, and we hope you have a great organic holiday season!



www.moscowfoodcoop.com

Co-op Business Partners

Anatek Labs, Inc. - 10% discount on well water tests, 1282 Alturas Dr., Moscow, 883-2839

Columbia Paint - 15% off retail paints & supplies, 610 Pullman Rd., Moscow, 882-6544

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

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

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Paradise Fibers, Kate Painter - 10% off all books, magazines, videos, yarn and knitting needles, NW 115 State St., Ste 112B, Pullman, 338-0827

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

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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

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

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

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

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

Community News



The Co-op Wins Another Award!

By Kenna S. Eaton, General Manager

Every year I write about how the staff at the Moscow Food Co-op travels many miles to attend an annual conference hosted by The Provender Alliance a great group of natural foods business people. MFC staff has learnt so much great information over the years from this conference. Without it we would be where we are today, a strong growing business. This is THE place to meet the other folks in the Northwest who do the same job as we do, who speak the same language and laugh at the same goofy jokes. This year the managers at your Co-op decided we needed to keep our energy and dollars here at home, and agreed not to attend, so of course it was the year we finally won an award: "The over the hill and dale award for continued support of Provender for over 20 years and supplying the community of Moscow and beyond with an ever-expanding cornucopia of Natural Foods."

Here is the letter we received in the mail along with our plaque:

"Dear Friends at Moscow Food Co-op, We all missed your presence at the conference this year. We bestow this award with the warmest wishes and gratitude of your long time support of Provender.

Grace Cox, of Olympia Food Co-op, presented this award by a delightfully amusing preamble, describing the travel on icy roads and the shared name with the capital of the former Soviet Union. She led a rousing sing-a-long of the Russian national anthem. Kelly Wiseman, of Community Foods in Bozeman, accepted this award on your behalf, and a great round of applause was presented.

We appreciate your support over the years and look forward to seeing you at the conference next year.

Sincerely,

The Provender Alliance Directors.

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

R. Ohlgren-Evans

Fast, Fresh & Spicy Vegetarian— Healthful Recipes for the Cook on the Run

by John Ettinger 236 pp. \$14.00 Prima Publishing; Rocklin, CA

Bleu Cheese and Roasted Pecan Salad...Caramelized Shallot, Mushroom, and Fennel Quesadillas... Lime-Curry Orzo... Tomato, Pepper and Cilantro Soup... yum! Sound complicated? Not with Ettinger's new cookbook.

Almost all of the recipes in this collection can be prepared in less than 30 minutes—that's *Fast!* And each recipe uses Fresh fruits and vegetables. Now what about the Spicy in Mr. Ettinger's title? A lot of the recipes do call for chile peppers (he includes a pepper guide in the front of the book), but sometimes the spice comes from a little bit of ginger or daikon radish, or a hint of mustard.

As Mr. Ettinger admits in his

opening sentence, 'There is no tofu in this book.' Rather, there are 150 zesty, healthful vegetarian recipes—pasta and curries, soups and stir-fry, pizza and salads—made from fresh fruits and vegetables that will appeal to non-vegetarians as well. Included with each recipe is the nutritional analysis and most dishes are low-fat.

Let's have a quick taste:

Penne with Walnuts and Basil

1/4 cup walnuts
1 tbsp. vegetable oil
1 clove garlic, minced
1/2 tsp. hot pepper, minced
1 1/4 tbsp. flour
3/4 cup cream
1/4 cup sherry

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1/8 tsp. salt
12 oz. penne or other small pasta
1/3 cup fresh basil, chopped
1/3 cup grated Parmesan

Place the walnuts in a dry skillet over medium heat and toast for 3 to 5 minutes, or until they begin to release their fragrance. Remove from skillet and set aside. Heat the oil in the skillet and sauté the garlic and pepper for 2 minutes over medium heat, then add the flour and stir over medium-high heat until combined. Add the cream, sherry and salt, and cook until the sauce has thickened, about 10 to 15 minutes. Cook the pasta according to package directions and drain. Remove the sauce from the heat and stir in the basil and Parmesan. Top with pepper if desired.

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

Vegi-Head Produce Notes:

What is Thanksgiving?

By Lahde Fesler, Produce Manager

Many things come to mind when thinking of Thanksgiving, but the most basic response is turkey, mashed potatoes with gravy, cranberry sauce, pumpkin pie, and don't forget the hot rolls from the oven. I started thinking more about Thanksgiving and began to wonder how Native Americans view the holiday. Do Native Americans celebrate Thanksgiving? After a little bit of asking around and some research, I discovered there are, not surprisingly, differing views on Thanksgiving. I talked with Bob Sabota, a Nez Perce who works at Lewis and Clark College. He and his family celebrate Thanksgiving with the traditional turkey dinner. Bob spoke briefly about what he, personally, thought of the Holiday, saying, "It is an important time for Native People and all people to reflect on why we are thankful." After talking with Bob I was very excited by the idea that Thanksgiving may be one of the few holidays that most people, regardless of ethnicity, religious bent, history, etc., share in common. The idea of so many people from so many backgrounds all sitting down with loved ones to feast and be thankful seemed pretty exciting to me. All off a sudden, in my mind's eye, no matter the tensions that exist between different races, at least we can all agree on one thing....Thanksgiving!

Emily Lobe tells me that each year New England Natives protest **against** Thanksgiving at Patuxet (Plymouth Rock). They view the holiday as "the beginning of the end of their culture," and not a time of celebration. On further inspection, the Native American view is that the "First Thanksgiving" feast was celebrated as a treaty to benefit both the native Wampanoags and the Pilgrims. Within a generation of that treaty, though, there was little peace between the Wampanoag and the Pilgrims. King Philip, the son of Chief Massasoit of the Wampanoags, was beheaded in war. The story goes that his head was placed on a post in the fort and hung there for the next 25 years. Around the same time, the Wampanoags and other Algonquin

bands were sold into slavery in the Mediterranean and the West Indies. As you can imagine, this was not seen as fair payback to the Wampanoags who, a generation earlier, had saved the lives of the starving Pilgrims. For some, Thanksgiving is not a happy feast of thanks, but rather a painful remembrance of oppression and injustice.

Another interesting thing to consider is the food that was served. The "First Thanksgiving" bore little resemblance to today's feast, other than the presence of a turkey. From Edward Winslow's 1621 letter—the only surviving description of the feast—we know that wild fowl and venison were served. It is also believed that other dishes included the following ingredients: herbs, wild grapes, lobster, cod, native melons, corn, pumpkin, sunchoke, walnuts and hazelnuts. These foods were probably prepared in a simple manner so as to provide enough food for the 150 participants.

It's interesting to imagine what a strictly Moscow, Idaho, Thanksgiving feast would look like. It would be quite the spread of food, with wild turkey, venison, soft white wheat noodles, peas, lentils, carrots, spuds, parsnips, turnips, rutabagas, Jerusalem artichokes (sunchoke), chicken eggs, chickens, Stratton's dairy, beets, winter squash, dried fruit, apples, English walnuts, onions, garlic, cow (mooo!) and possibly some garden greens. We're pretty lucky to live in an area that abounds with food.

The origins of Thanksgiving may be controversial in retrospect, but even so, Thanksgiving has evolved into a secular holiday that is widely accepted and celebrated by people of many different ethnic backgrounds throughout the United States. Giving thanks is a universal concept among cultures that we can all relate to. Even the Wampanoags and the Pilgrims, who existed under racially divisive circumstances, could find a commonality in giving thanks for what they had received. This is a holiday of hope for humanity—that we can sit down together and share the many blessings we receive on a daily basis.

The Co-op is looking for new board members

Invitation

- * 2 positions for three year terms
- * Current co-op member
- * Plan the co-op's prosperity

If you or someone you know are interested in joining the co-op board, please contact Kenna, general manager at the co-op 882-8537 or Mark, 883-1505 or e-mail, MMumford@Moscow.com

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The Buy Line

By Vicki Reich, grocery buyer

The votes are in, the results have been tallied, and the winners are... Oh, I guess before I tell you I should explain. We're talking Ben and Jerry's Ice Cream. Remember from my article last month (which I'm sure you all read from start to finish) we had a vote for which flavors of Ben and Jerry's we would carry on a regular basis. I was quite **underwhelmed** by the amount of ballots I got back. There were a total of 20. That's about a 10% member voter turnout and much lower if you include all our customers and not just members. I hope we all do better on November 7th where it looks like everyone's vote is really going to count.

With so few people voting, it's not a very democratic way of selecting our permanent 8 flavors of ice cream, but since the job of buyer is more like a benevolent dictatorship anyway, it was a token attempt at democracy.

And now the winners: with a resounding 8 votes, the most popular flavor is Vanilla Heath Bar Crunch. Coming in a close second is Chocolate Chip Cookie Dough. The other top eight are Cherry Garcia, Chocolate Fudge Brownie, Chunky Monkey, World's Best Vanilla (which I think we will alternate with the French Vanilla since they were only one vote apart), Entangled Mints, and Urban Jumble. Look for all your other favorite flavors on a rotating basis, and don't forget to bribe Josh if you're really Jonesin' for something.

We would like to congratulate Selene Klaas on winning the espresso machine last month. And I'll like to say a special thank you to Will Simson for volunteering to make those beautiful wooden lids for our olive jars.

And now those purple slips

From The Suggestion Board

Would it be possible to buy eggs by the "each" or in 1/2 dozen cartons? I will bring in brown eggs in 6-packs. I'll see how they sell and then we'll think about selling our local eggs in 6-packs—Vicki, Grocery Buyer

Thank you for making more whole wheat bread! You're welcome—Krista, Bakery Manager.

Get Kashi Go Lean. It's great stuff!

Kashi Cereal Go Lean. It has

soy fiber. Okay, okay. It's here.

Do you have cloth shopping bags available for sale? If not, would you consider doing so? You could put the Co-op logo on it—spread the word and promote reusable shopping bags. They're finally in. We have both cloth and string bags—Carrie, Personal Care Buyer.

Get bulk sesame sticks. Okay, look for them in bulk by the granolas and trail mix.

Please stock Cougar Gold Cheese from WSU dairy. A delicious handmade product, a boost for the local economy. Thanks. I agree this is a great product but WSU Creamery is not accepting any new retailers. You can call the Creamery (1-800-457-5442) and order it or you can get it on-line at cougarcheese@wsu.edu—Vicki.

Carry those wooden soap dishes again. Thanks. They're back; sorry they were out when you were here—Carrie.

Are you still carrying the Horizon Dairy Sharp Cheddar? It is my fave and seems to be out of stock/gone. Never fear, it's still here. Sorry it was out of stock—Vicki.

I love animal crackers! Do you think you could get Hain's All Natural Animal Cookies in vanilla as well as chocolate? Sure. They're right next to the chocolate ones—Vicki.

Could you bring back Horizon Dairy white cheddar? If you're referring to the black waxed sharp cheddar, it's still here—Vicki.

Is there any organic hot cocoa? It would be great in bulk. I can't find a source for it in bulk, but I just got Country Choice organic cocoa mix in two flavors, plus two flavors of soy cocoa. They're with the tea—Vicki.

Please stock more whole milk. About 5 times I have been here (in the last couple months) and there is loads of skim milk but no whole milk. We upped our order. Please let us know if it's still not enough—Lahde, Produce Manager.

I bought some Lundberg Honey Almond Rice Pudding at my son's Co-op in Olympia—great stuff. Can we get some here? I also had their coconut flavor. That was really wonderful too. We'll try it for the holiday season.

New Products

By Vicki Reich and Carrie Corson

New Products in Personal Care:

Avalon Organics CoQ10 Wrinkle Defense Cream. Great antioxidant skin cream.

Avalon Organics Bar Soaps. Great soap at a great price.

Alba Botanica Beta-Z Night Time Renewal Cream & Advanced Facial Care Complex.

Derma E Scar Gel, for an alternative to vitamin E oil.

Derma E Avocado & E Dry Skin Relief.

Ancient Secrets Aromatherapy Dead Sea Mineral Bath Salts.

Bubbles and Suds All Natural Glycerin Soap. Very clean soap. And lots and lots of fun new products for the holidays.

New Product in Grocery (from this month and last month):

Bavarian Bread: Multigrain and Pumpernickel shelf-stable bread. It's dense and flavorful and holds up great in your pack on a week-long backpacking trip.

Shariann's Organic Chicken soup: four great tasting varieties.

Newman's Own Microwave Popcorn: It's got Paul's face on it, so of course it's good.

Kettle Foods Mustard & Honey and French Onion Crisps: Two new additions to these tasty low-fat potato chips.

Enrico's Picante Sauce: A fiesta for your taste buds, says Josh.

Genisoy Cookies & Cream and Honey Peanut Yogurt Bars: Two new flavors from the original soy bar makers.

Grandpa Po's Nutranuts: A very yummy combination of soy nuts and popcorn. Carrie and I are addicted.

Zone Perfect Nutrition Bars: Great tasting bars with a 40-30-30 nutritional profile. Laura says the Strawberry Yogurt tastes like Frankenberry cereal.

Seattle Chocolates: Completely decadent. I love the Black Forest.

Mt. Hagen Instant Organic Coffee: A much requested item.

Gaea Kalamata Olive Oil: A deliciously strong flavored olive oil.

Gaea Grape Leaves: A hard-to-find and much-requested item. Make your own dolmas.

Flavorganics Coffee and Hazelnut Extract: Just in time for the holiday baking season.

Maraca Margarita Mix: A delicious all natural alternative for your next Tex-Mex party, or maybe tonight for a cocktail. Both flavors are great.

Earth Balance Spread: A requested item made with non-hydrogenated oils

Fantastic Foods Dip and Soup Mixes: Very easy and yummy mixes in four flavors.

Light Life Smart Ground Taco and Burrito Flavor: Josh picked this one out. He really likes it.

Anderson Valley Pale Ale: Another winner from Anderson Valley.

Lone Hawk Farms Elk Steak: Farm-raised elk tenderloin for those special dinners.

Smoked Tempeh Strips: A healthy, vegan alternative to bacon. In the freezer.

Whole Soy Glace: A wonderfully smooth and creamy soy ice cream.

Oh Mega Blue Corn & Hemp Seed Tortilla Chips: Where will hemp turn up next?

Bionaturae Whole Wheat Pasta: Whole-wheat goodness without the usual gritty texture. This stuff taste like fine white flour Italian pasta. I love it and I'm a total pasta snob.

Lotus Foods Kalijira Rice: This is the cutest rice you will ever see. It's like a baby basmati and cooks in only 10 minutes.

Speakeasy Intense Mints: Like Tic Tacs, only way better.

Country Choice Organic Cocoa Mixes: Four delicious varieties, including two made with soy milk, so they're vegan.

Heritage Foods Organic Cranberry Sauce: A must for your Thanksgiving table.

Bionaturae Nectars: These nectars are made with pure juice and not from concentrate. Five different fruits including plum and bilberry.

Organic Black Beluga Lentils: Good looking and great tasting. Laura's favorite lentil (Martha Stewart's favorite, too.) In the bulk section.

Pizzolato Veneto Merlot: The only organic wine available in 1.5l bottles. And it tastes good too.

Laura Chenel's Chevre: Goat cheese in flavored olive oil. A customer request.

Zen Don Soy Milk: A new line of refrigerated soy milks that's very easy to drink.

Zen Don Soy Pudding: A delicious refrigerated soy pudding, available in chocolate and banana.

Field Roast Vegetarian Grain Meat: A Seattle product I've been looking forward to getting. These are great tasting and made from lentils.

Fish Winter Brew: Just in today, so I haven't tried it yet, but I bet it's as good as all their other beers.

Eel River Organic Ale: It's organic and it's really good.



Volunteer Volleys

by Gary Macfarlane, volunteer coordinator

Please bear with this month's article as circumstances have changed what I'd originally intended. First, I want to thank all the volunteers for their work. Whenever you see volunteers, please thank them for what they do. Also, Happy New Year. Yep, November is the beginning of traditional Celtic New Year and that's the calendar I prefer, owing to my Highland Scots and Welsh Heritage.

However, there is very sad news to report. Betsy Hennessey, a long-standing Co-op volunteer, was killed in a tragic vehicle accident on Highway 8 just east of Troy, a short distance from where I live. Betsy served for many months as a volunteer helping me get organized when we moved the store. Most recently, she served as the Sunday morning volunteer baker assistant.

I came to know Betsy quite well and always found her thoughtful, energetic, and ready to take on challenges, although I didn't thank her as I should have for all she did.

The anger and fear strikes close

to home, and not just in a physical sense. My partner, Bobbi, called me just after the accident because she had heard the ambulances roar by and because, a few days prior, Bobbi had rolled and totaled her car near Genesee. Though she had escaped with just minor cuts and bruises, she was shaken up by her accident. All this brought back memories—I was chopping vegetables in the deli when the call came in about Vicki (the Co-op's buyer) and Kurt's serious accident over a year ago.

I'm angry at our society, including myself, because we promote "Carmageddon" with such negative impacts ranging from road-caused habitat loss and fragmentation to an impoverished human culture, to everything in between. And, I am angry I didn't have one last chance to talk with Betsy—to tell her "thanks" for all she did.

So, thanks, volunteers, for all you do.



Welcome!

by Laura Long, membership manager

Happy Thanksgiving everybody! November is here with its full complement of stormy, energetic days and beautiful fall colors. Whether it's turkey you love or Tofurkey, there's bound to be something yummy to fill your plate with this holiday season. Be sure to ask a cashier for all the details on how you can win one of our delicious organic turkeys.

Here's a comment from the suggestion board from one of our loyal members: "It's great that you offer exciting opportunities for those who renew [their memberships], yet I'm feeling like we "lifers" who've made a big commitment should maybe be allowed the same or equally exciting opportunities."

Thanks, Ashley, for your comment. I really appreciate your honesty. The fact is, this was the first time that I even thought of offering a promotion based on the purchase or renewal of a membership, and, generally speaking, the feedback was really positive. (Several "lifetime" members chose to renew as well.) The gal who won



the espresso maker was very excited to win the prize. We earned record dollars in September on membership sales, and all of that money will be going towards the creation of a seating area for all the loyal deli patrons. Remember, all the improvements that you see in the store are a direct result of your continued support of the Co-op. Please keep your eyes peeled in the future for more exciting prizes to win, and for different promotions for members and non-members of all kinds. I have several tricks up my sleeves, but I don't want to reveal them all at once!

Palouse Hills Midwifery

Veronica Lassen

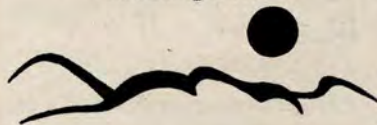
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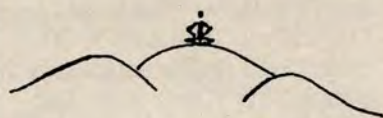
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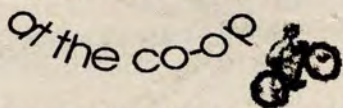
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Personal Care Corner Ode to Burt's Bees

By Carrie A. Corson, non-food buyer

Some of you may remember seeing the "Give Burt a Jingle" contest entry blanks that we displayed in the store earlier this spring. Some of you may even have entered. The contest grand prize was a trip to the West Indies island of Nevis. Participants had but to write a poem, song or jingle that included the words "Burt's Beeswax Lip Balm."

If you are not one of Burt's devoted lip balm users, you might not understand what about it could possibly inspire more than 3,000 people to write about it (it actually took them almost four months to choose a winner). Burt would say it's because his is the "world's best lip balm." And from the amount of it that sells here at the Co-op, I think many of you would agree. I have to say, I think it's pretty terrific too—it has all natural ingredients (as do all of Burt's Bees products), a great minty taste, and it's housed in a tube which contains 50% post-industrial recycled plastic. So, I admit that I could not resist a chance to sing its praises. Well okay, the chance to win a trip to the West Indies was pretty good incentive too. The following ditty is my tribute to Burt. And no, I didn't win. But a tube of the world's best lip balm is not a bad consolation prize.

Once Upon a Time....

Walking through the woods one day
In a land so far away
I happened on a lonely frog
Sitting in a wetland bog

Much to my complete surprise
He looked directly in my eyes
And said, I hope you are the one
Who can undo what has been done

For I was once a handsome prince
But I've been a frog ever since,
I displeased the evil witch
Who flew into a fever pitch

And cast on me this wicked spell
So in this swamp I now must dwell
And only one thing can reverse,
This very, very wicked curse

I told him he was such a boor
For I have heard it all before
If I place upon your lips
A soft and sweet and tender kiss

Poof! You'll be a prince again
Hoping for my love to win
And we will go off to your castle
To live happily ever after

And while that might be good
for you
I have other things I want to do
So I will just be on my way
Your silly game I will not play.

You think too little of me miss,
He laughed and said, it's not a kiss
For I no longer wish to be,
A prince, too much responsibility

But you see this salty, wetland air
Has left my lips in disrepair
Sometimes they're so chapped
and dry
I can't open my mouth to catch a fly

So it's something quite different I
need from you
It comes in a yellow tin or tube.
I've waited for so very long,
I just need some
Burt's Beeswax Lip Balm!



Up All Night News in the bakery...

By Crista Haagenson, Bakery Manager

As fall settles in, the bakery is growing and becoming busier. We have a few new additions to our staff: Joseph Erhard-Hudson is working the baker assist shift on Saturdays and Sundays; Kurt Queller is working the baker assist shift on Mondays, Wednesdays, and Fridays; while Doug Finkelnburg is our new baker for Fridays, Saturdays, and Sundays. Welcome to the crew!

Another new face in the bakery is that of our new stainless steel mixing bowl. You can literally see your face in it!

The bakery bread schedule has also been shifted back a few hours, enabling the baker to be available during store hours. All breakfast items will still be hot on the shelves at 8:00 every morning. Fresh baked breads will now be available starting at 9:00 a.m. and will be out of the ovens by noon. We are also still taking special orders for breads currently made in the bakery, however, we can not take any orders for Saturdays due to the larger batches of breads being made that day.

Here's another wonderful muffin recipe to make or add to your collection:

4 cups whole wheat bran
4 cups whole wheat flour
4 tbsp. baking powder
4 cups mashed bananas
2 cups canola oil or margarine (Spectrum spread can be used)
1 cup honey or molasses (or other sweetener)
2 cups raisins

Mix all dry ingredients together. Mix all wet ingredients in a separate bowl. Add dry ingredients to the wet ingredients. Stir in raisins. Bake at 325 for 20-30 minutes, rotating halfway through. Muffins are done when a knife inserted in the muffin comes out clean. Enjoy!



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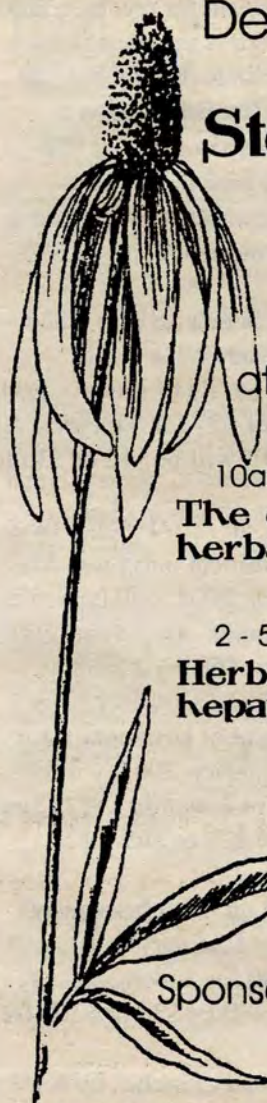
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Newsletter Ad Update

By Bill London

We're getting close to a goal set years ago by the Co-op board. This newsletter is breaking even: the costs of production are almost completely offset by the advertising revenue. The Co-op has been subsidizing this newsletter for years because the Board believed that the newsletter served a need, providing useful information and serving as outreach or advertising to customers. For many years, the Co-op spent about \$200 per month to keep this publication in print.

The big difference now is that our ads revenue is increasing. The two center pages with discount ads from producers (also known as the Monthly Membership Specials) nets the Co-op about \$300 monthly, and the display ads from local businesses also nets about \$300 monthly which, amazingly enough, totals \$600. And \$600 is the approximate monthly cost of the newsletter (printing, cost of film, etc.).

The success of the center page ads is due to Vicki Reich's diligence, while the success of the display ads scattered throughout the newsletter is the result of the skills of Amy Richard (our new ad czar).

The great news of our budgetary breakthrough was balanced, however, by concerns that we were allowing too many ads in the newsletter. So, we (meaning Therese Harris, alternate editor, Tanya Perez and Kate Grinde, designers, and Amy Richard, ad czar, and I) met to discuss it. We came away with some adjustments to our ad policy. Here are the new rules we will live by:

First, we will not fix funky ads. We have requested that all ads given to us to be run in the newsletter come camera-ready, meaning clean, clear, laser-printed quality, black ink on white paper. However, some of the ads given to us to run in the newsletter are much lower in quality: dot matrix printed, smudged, too funky. The people laying out the newsletter do not have the time to fix those ads, and we do not want to run those funky ads since that reflects poorly on the advertiser as well as the newsletter as a whole. Therefore, we will now reject poor quality ads.

Second, we want to discourage inserts. Inserted papers become a litter problem at the Co-op and at people's homes. So, we decided to raise the cost of an insert from the present \$50 to \$200. That \$200 fee

is more than the cost of a full-page ad, so we are hoping that people who want to buy inserts will buy full-page ads instead.

Third, we want to make sure that when the newsletter accepts ads from political candidates everyone knows that the Co-op is not endorsing that candidate. All political ads will now have to include in bold letters at the top or bottom of the ad the following wording: PAID ADVERTISEMENT.

Fourth, we think that Amy's success and the growth of the newsletter could result in too many ads crowding our pages. The main reason for that concern is that the ads are so cheap. The present ad rates were established almost *ten years ago*, and have not changed since then. Since those rates were set, we have doubled the number of newsletters printed (from 1,000 to 2,000) and doubled our distribution area (with distribution currently in Lewiston, Clarkston, Pullman, and Lapwai, as well as Moscow). So, we have decided to increase the ad prices. We will make one small ad increase as of January of 2001 and another in June of 2001.

We will also offer a real deal for advertisers who buy ads to run for 3 consecutive months. We will offer a cut rate for advertisers who run the same *exact* ad for those three issues.

We believe that our new ad rates are still a bargain for reaching 2,000 Co-op supporters in this region.

If you wish to discuss these ad changes, contact Bill London at <london@moscow.com> or 882-0127. If you wish to purchase advertising, contact Amy Richard at <alrichard@moscow.com> or 882-6274.

Here's the new ad rate schedule: 1. Size 1 ad (2 1/4 inches square) was \$8. As of January, 2001, will be \$10 or \$27 for 3 months. As of June, 2001, will be \$12 or \$33 for 3 months.

2. Size 2 ad (2 1/4 inches by 3 1/2 inches, vertical only) was \$12. As of January, 2001, will be \$15 or \$42 for 3 months. As of June, 2001, will be \$18 or \$50 for 3 months.

3. Size 3 ad (2 1/4 inches by 5 inches; vertical or horizontal) was \$16. As of January, 2001, will be \$20 or \$55 for 3 months. As of June, 2001, will be \$24 or \$65 for 3 months.

4. Size 4 ad (5 inches square) was \$24. As of January, 2001, will be \$30 or \$80 for 3 months. As of June, 2001, will be \$36 or \$100 for 3 months.

5. Size 5 ad (5 inches by 6 1/2 inches vertical) was \$32. As of

January, 2001, will be \$40 or \$110 for 3 months. As of June, 2001, will be \$48 or \$135 for 3 months.


6. Half-page ad was \$40. As of January, 2001, will be \$60 or \$160 for 3 months. As of June, 2001, will be \$80 or \$220 for 3 months.

7. Full-page ad was \$80. As of January, 2001, will be \$120 or \$330 for 3 months. As of June, 2001, will be \$160 or \$450 for 3 months.

8. Inserts were \$50. As of January, 2001, will be \$200, with only one per issue

Bill London began this newsletter in December of 1984 and is totally mystified and astounded that almost 16 years have passed since that date.

Sole Mates.



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Deli Standard Time Change Eternal

By Kelly Kingsland, Deli Manager

I've come to realize that change is inevitable. I know there are many books that will attest to this fact, however, as my parents repeatedly stated as I grew up, book knowledge and integrated understanding are two different things. I am beginning to have an integrated understanding of Change. This Deli article attempts to explain the changes taking place in the Deli—as I see them, at this moment.

During the Taste Fair I sat at the Deli booth while Gary took his break, and was sadly reassured in my assumption that very few of our customers knew that the Deli made spreads, Dips, Pates and Hummus. In fact we do. And, if you were at the Taste Fair you probably sampled a few of them.

The reason I chose to sample that particular line of Deli products at the Taste Fair was twofold. I had a suspicion that y'all might not have caught the move of these products from our open face take-out cooler at the front of the store to the reach-in refrigerator at the back of the store. I wanted to be able to point out the exact location on the shelf, while you had a taste of hummus in your mouth. For those of you who missed the Taste Fair, look above the bulk olives, around the Emerald Valley Salsa.

The other reason for sampling these products was to give you a sense of how good they are. Our "Spread Man" Gary really found his niche when he took on this job. And I rest easy knowing he's filling the shelves with good food.

In other Deli news, I want to welcome 2 new Deli employees, Tyson and Brooke. Tyson, our server extraordinaire, works early in the week, early in the morning. He is awesome, and we're grateful for his presence. Brooke is our new dessert baker and Pizza cook. Aside from their scrumptious creations, our dessert cooks are relatively invisible; they work later in the evening, back in the Bakery area. You'll get to see Brooke in action on Friday nights as she 'does' Pizza. As it turns out, Brooke is a Pizza Cook, and arrived on the scene just in time to save me from dreading that task. (I'm retiring!).

In addition we've said good-bye to Sugar. You may have already

missed some of her foods, and her smiling face in the Deli. She will be volunteering for awhile before she returns to school. We will miss you, Sug.

All in all, the Deli is well. As we round the corner of our second year we feel solid and flexible, changeable but stable.

Fresh Recipes from the Deli

Spicy Black Bean Hummus

- 7 cups of cooked black beans (it is best to soak them overnight,—beans nearly double in volume—and then cook them until very tender).
- 1/3 cup of lime juice
- 1/3 cup of tamari
- 1/2 cup of tahini
- 1 cup of roasted, marinated sweet red bell peppers
- 1/8 cup of chopped cilantro
- 1 small red onion, diced
- 1 and 1/2 tablespoons of minced garlic (about 6 to 8 cloves)
- 1 and 1/2 teaspoons of cumin
- 1 teaspoon of coriander
- 1/8 to 1/4 teaspoon of cayenne (to taste)

Place all ingredients in a food processor or blender. It is best to cut them up a bit before you put them in. Save some of the water from cooking the beans if the consistency is too thick. This hummus will thicken after an hour or so. Blend, taste for spiciness and eat. It will last in the refrigerator for about 4 to 7 days.

Baba Ganouj

(adapted from Field of Greens by Annie Somerville)

- 4 large eggplants
- 1/8 to 1/4 cup of lemon juice (to taste)
- 1/8 to 1/4 cup of tahini (to taste)
- 2 teaspoons of cumin
- 1/8 cup of chopped cilantro
- 1 tablespoon of minced garlic (about 5 to 6 cloves)
- 1 to 1 and 1/2 teaspoons of salt (to taste)
- pinch of cayenne (to taste)
- 2 tablespoon of olive oil

Slice eggplants in half and brush with olive oil (about 1 tablespoon). Bake in the oven on a sheet for 20 minutes at 375 degrees. Test with fork. If eggplants are not tender, bake another 5 to 10 minutes.

Let the eggplants cool in a

colander so the liquid can drain. Most folks scoop out the innards and discard the skins. The skins can be eaten but they add a different consistency to the baba ganouj. Put the innards in a food processor with the other ingredients (including the remaining 1 tablespoon of olive oil) and blend. Taste and add more lemon juice, tahini, and/or cayenne if desired. Baba ganouj keeps for 4 to 7 days in the refrigerator.

Mushroom Pate

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

- 1 pound of button (white) mushrooms
- 1 medium onion, diced
- 1 and 1/2 teaspoons of olive oil
- 1/4 cup of pecans (pan roasted adds a nice touch)
- 2 to 3 sprigs of chopped parsley
- 1 to 2 tablespoons of tamari (to taste)
- 3/4 teaspoons of minced fresh ginger
- 3 to 4 tablespoons of lemon juice

Place the olive oil, onion and garlic in a skillet and sauté for about three minutes on medium-low heat. Clean and chop the mushrooms. Add them to the skillet with a dash of tamari sauce and continue sautéing for about 15 minutes or until the liquid has been re-absorbed. Place all ingredients in a food processor or blender and blend until smooth. Taste and add more lemon juice or tamari if needed. This great-tasting stuff keeps in the refrigerator for quite some time.

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Wonderful Chaos!

By Kenna S. Eaton

Photos by David Hall

"Wow!" it was so good let me say that again "Wow!" That's my reaction to our Annual Taste Fair held every fall at the Co-op, or as Peter Basoa said "wonderful chaos!" And so it was. If you missed this glorious event be sure to mark your calendars now so you can attend our Anniversary Party in February, another sure-fire fun event.

Saturday, the 14th of October dawned a little gray and cloudy. I had already been up since 5:30am so I could ensure my daughter made her soccer car-pool ride, walked my dog and showered before the sun was up and out. Quickly things changed as the sun rose. Co-op staffers raced around setting up a dozen tables laden with great food for our customers and friends to sample. By 10 am everyone was eating: salmon and tuna burgers, veat, chicken noodle soup, chips and dip, veggies and dressing, pates, spreads and salsas, sardine salad, wine, beer, Luna bars, juices of all types, balance bars, Dutch honey wafers, Tecchino and chai to name a few. As soon as the homecoming parade ended the people just poured in our doors. We gave away tons of cool stuff as door prizes: baskets of Oregon chai, cleaning supplies and pet goodies, samples of personal care stuff and pet supplements, tee-shirts galore and color-your-own-t-shirts. The store was way crowded and so many folks came by to help taste our good food that as the day wore on we even ran out of some foods.... And Vicki had ordered so much she was sure we'd never run out!

So, check out the photos, see if you can find your friends and make a plan to meet them here for our next fun party.



Wild Rice

By Pamela Lee

Wild rice is not really rice, nor is it usually really wild. Yet we cook wild rice much as we would cook rice. And wild rice is now commercially grown in paddies in Minnesota, California, Oregon, and in Idaho's Benewah County. The commercially produced and harvested "wild rice" is less expensive than that which still comes from the wild.

Wild rice is actually the seed of an aquatic grass that is native to the shallow lakes, rivers, and marshes of the northern Great Lakes region of North America. Many Indian tribes harvested this delicious food. It is said that in the old days, the Ojibway would travel with small pouches of wild rice—it was considered to be as good as gold for gift giving or for trade. Native tribes would sometimes fight for control over the best wild rice producing lakes and rivers.

Ojibway people still gather annually to traditionally harvest wild rice in two-man canoes. One person poles the canoe through the waterway while the other bends the stalk of the aquatic grass, beats the plant with a rice stick, knocking the seeds into the canoe. Later the rice is sun-dried, parched on an open fire, and hulled by men tramping the seeds in special moccasins.

One Christmas my sister sent me two bags of traditionally harvested Ojibway *manoomin* (wild rice). The taste of the Ojibway rice was distinctly different from the many portions of domesticated wild rice that I've consumed. The taste of truly wild, wild rice, some say, is nuttier and more robust, some say sharper, while some say that the wild variety was much the same as the cultivated product. My experience was that the Ojibway wild rice was different—it *did* taste wild. I found it delicate, earthy, and very lakelike, in a clean—not muddy—way. It was good!

I've eaten a lot of wild rice. It is expensive, even the cultivated product is pricey compared to other rice. But, to me good, healthy food rates real high on my quality-of-life scale. I can be poor, in terms of dollars, but if the food I eat is good, tasty, and healthful, I feel very rich. Wild rice feels 'rich' to me. If wild rice is not part of your regular diet, maybe you'll splurge during the

holiday season.

Compared to rice or wheat, wild rice is an extremely nutritious food. About 14 percent of wild rice is protein. It contains many essential amino acids, is especially rich in lysine, and is high in fiber, niacin and iron. It is low in calories, and is gluten free.

When preparing wild rice, first rinse the rice well. To cook wild rice, combine one part wild rice with either two or three parts water (or broth). Bring to a boil and cook at a very low simmer for 35-60 minutes. There is quite a bit of variation in how folks like their wild rice—some people like to eat wild rice when the individual grains are soft and puffy, with the outer hulls fully opened. If this is the case, you'll want to use more water and a longer cooking time. Others like their wild rice hulls intact, with the individual grains still crunchy. If so use less water and the shorter cooking time. If there is cooking water left in the pan when the wild rice is finished to your taste, simply pour it off.

I often soak wild rice overnight, in water in the refrigerator. This reduces the cooking time, increases the cooked volume, and results in soft and tender rice.

I remembered that my mother prepared wild rice differently. Her method, which follows, is more time consuming than the one above, but it does get rid of any of the "lake taste" that can accompany wild rice. Cover 1 cup wild rice with 4 cups boiling water. Let stand covered for 20 minutes. Drain and repeat this process 3 times using fresh boiling water each time, adding about 1 tsp. of salt the last time. Add a generous amount of butter.

Wild rice is particularly good with game or poultry. It also makes delicious stuffing when combined with dried fruit, nuts, garlic, shallots, and herbs. As a side, or a main dish, wild rice can be combined with an appealing combination of mushrooms, onions, garlic, curry or cumin, bay leaf, dill, parsley, ginger, dried currents, apricots, cranberries, or freshly grated cheese.

I've had the following recipe since 1986, when I saw Burt Wolf prepare it on some weekday morning show, and sent away for it. You can serve these griddlecakes at

dinner, as a side dish, as well as for breakfast. For breakfast, these are also tasty served with hot maple syrup and crème fraiche instead of (or as well as) the warm applesauce.

Wild Rice Griddle Cakes

from American Place, New York City

1/2 cup yellow cornmeal
1/2 cup all-purpose flour
1 tbsp. baking powder
1/2 tbsp. brown sugar
1 egg, lightly beaten
1/2 cup milk
3 tbsp. unsalted butter
1/2 cup wild rice
1/8 cup pecans, shelled and chopped
2 medium apples, peeled, cored and finely diced
2 tbsp. scallions, minced
salt (optional)
Applesauce, warmed, for serving

1. Cook the wild rice, as one would regular rice, or according to manufacturer's directions.

2. In a mixing bowl prepare a batter by combining the cornmeal, flour, baking powder and brown sugar.

3. Blend the egg and milk into the cornmeal mixture and set aside for 2 minutes.

4. On a griddle or fry pan melt the butter until it foams and turns a light nutty brown. Lightly chop the cooked wild rice and add the wild rice, pecans, apples and scallions to the butter. Stir and sauté for 1 minute. Season with salt if desired, then stir this mix into the batter.

5. Spoon 2 heaping tablespoons of the batter onto a lightly buttered griddle and cook until the edges are firm, flip over and cook for 1 minute more. Serve with warm applesauce.

Makes 6 cakes

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook Comforting Broccoli Soup

R. Ohlgren-Evans

It's soup season, and this satisfying soup is good to have in your repertoire for a fast and nourishing meal. It's my new favorite.

1 tbsp. olive oil
1 pound kielbasa or smoked ham, in small chunks (I like to use Mr. Sausage from the Co-op's freezer section)
4 fat garlic cloves, chopped
1 - 14 1/2 oz can Muir Glen diced tomatoes, including juice
1 quart chicken broth
salt and pepper to taste
1 large bunch broccoli, about 1 1/4 lbs., stems peeled and chopped fine, florets chopped

1 tsp. red pepper flakes, optional
1/4 cup chopped Italian parsley
1/2 cup grated Parmesan cheese

In a heavy soup pot, heat the olive oil over medium heat and add the meat chunks. Sauté until lightly golden. Add the garlic and cook for 1 minute. Add the tomatoes and chicken broth, cover, and bring to a boil.

Add the broccoli pieces and return to the boil, then lower to simmer and cook, uncovered, 10 minutes or until the broccoli stems are tender. Ladle the soup into warm bowls and add a big pinch of hot pepper flakes if you like. Sprinkle parsley and Parmesan over each bowl and serve immediately.

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





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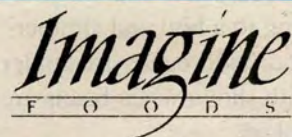
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Macro Musings Macrobiotics Outside the Kitchen

By Peggy Kingery

Webster defines 'digress' as "to turn aside, especially from the main subject of attention or course of argument in writing or speaking." This month I take off my apron and prove the accuracy of Webster's definition by discussing another side of macrobiotics that's almost as important as the food we eat: how we live. Macrobiotics recommends a number of practices that complement a balanced, wholesome diet and help us live a healthier and more natural life.

First of all, live each day happily without worrying about the state of your health. Keep active mentally and physically. Learn a new skill, take a class, or read a book that makes you think. Work in your yard or garden, scrub your house until it shines, or take your Bowser for a walk to the nearest park.

Appreciate nature. Go outdoors every day; walk barefoot when weather permits! Take a walk in the woods, go birdwatching, or sit in your yard and thank our Creator for the beauty around you. Planting a vegetable or flower garden helps us connect with the natural world, too. Soil nurtures life. When you spend time building it and caring for plants as they grow, you draw that life to your own body.

Keep in touch with family and friends. Try to encourage family members, especially your spouse, to make positive living changes with you, but be respectful of their freedom of choice. Be firm in your commitment to better health, but don't criticize or nag others. Keep in mind the expression "one grain, ten thousand grains:" for every seed of wheat given to the earth at planting time, the earth returns 10,000 or more at harvest. In the same way, share the love and energy you've received to help others achieve better health and happiness.

Every day, scrub your body with a hot, damp towel to stimulate circulation and relieve energy stagnation. Try not to take long hot baths or showers as they drain your body of minerals. Try to get to bed before midnight and to get up early in the morning.

Use natural soap and other body care products. Most commercial soaps and cosmetics are damaging

to the healthy bacteria on the skin. It may take up to four hours after using unnatural products to replace the protective "acid mantle" on your skin. Wear cotton rather than synthetic or wool clothing against your skin. Keep jewelry as simple, graceful, and natural as possible.

Try to minimize time spent in front of the TV as it emits radiation that can be physically draining.

Microwave ovens, hair dryers, Walkmans, and other electric devices also disrupt and deplete the body's natural flow of energy and are not recommended for regular use. Use a gas stove for daily cooking instead of electric or microwave. I've read of people who've used a Coleman stove because they were unable to get a natural gas line to their house! Use earthenware, cast iron, or stainless steel cookware instead of aluminum or Teflon-coated pans.

Most of us eat and drink too often and too much, resulting in fatigue and obesity. By eating two or three well-balanced macrobiotic meals a day, your appetite will be completely satisfied. Eat until you're full, but not stuffed. Most important, make sure to chew each bite thoroughly: 50 times per mouthful or until the food is liquefied. Doing so stimulates secretion of starch-digesting enzymes in your mouth and aids in the proper digestion of complex carbohydrates. Try to avoid eating for three hours before bedtime.

Keep your home clean, orderly, and bright, especially the kitchen. Arrange plants throughout the house to freshen and enrich the air. Replace synthetic towels, sheets, blankets, and carpets with natural fiber ones. Incandescent full-spectrum lighting is better than fluorescent lights; wooden furniture contributes to a more healthful atmosphere. Open windows to permit fresh air to circulate—even in winter. During colder weather try not to keep your house too warm. A slightly cool indoor temperature will help your body adapt better to the cold outdoors. In summer, use a fan instead of air conditioning.

Most of all, greet everyone and everything with gratitude. Be grateful for your ancestors and those in your life right now; for your

material goods; for your health, no matter what state it's in; and for nutritious food and the hard-working hands that brought it to your table. A moment of prayer or silence before meals is the best way to express this thanks and gives you an opportunity to slow down before eating.

The traditional holiday of giving thanks is just a few weeks away. It's time to end my digression, put my apron back on, and begin planning which healthful dishes to serve for my Thanksgiving feast. In the meantime, there's dinner tonight to think about. This creamy pasta dish is the perfect comfort food for a frosty fall night.

Pasta With Butternut Squash and Lima Beans

(serves 6)

- 1 - 3" strip of kombu, soaked and diced
- 1 cup lima beans, soaked 6-8 hours
- shoyu to taste
- 2 tbsp. unrefined oil
- 1 onion, sliced
- 4 garlic cloves, minced
- 1 tbsp. thyme
- 3 1/2 cups winter squash, cubed
- 2 cups water -
- 10 oz whole wheat penne pasta

Place kombu on the bottom of a saucepan. Add beans and water to cover. Bring to a boil and simmer about 1 hour until beans are tender. Season with shoyu when beans are nearly cooked.

Heat oil in a skillet over medium heat. Sauté onion 10 minutes. Add garlic and thyme and stir 1 minute. Add squash and beans and sauté 3 minutes. Add water, bring to a boil, cover and simmer until vegetables are tender, about 6 minutes.

Meanwhile, cook pasta. Drain and return to the pot. Add squash mixture and toss to blend.

Peggy Kingery recently returned from a week of macrobiotic study at the Vega Institute and would love to share her experiences with anyone interested in hearing more about macrobiotics! She can be emailed at king6619@uidaho.edu



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Gardening

Forcing Bulb For Winter Cheer

By Patricia Diaz

Nothing seems to brighten winter's gloom more than bright, cheerful spring flowers ahead of season. It's easy to have an indoor garden of flowering bulbs, but it does take time and planning. So plan ahead to have your winter cheered up whenever you wish within the next few months.

The process of having bulbs produce flowers ahead of their usual schedule is called 'forcing.' The minimum time you should allot to this process is about 10 weeks and it totally depends upon the type of bulbs you choose. You can find lots of bulbs right now in stores and nurseries, plus you can get them year 'round in mail-order catalogs. The most wonderful thing about forcing bulbs is that the flowers last much longer since they are living—not cut flowers that wilt within a few days. If you'd like a succession of flowering, you can plant bulbs in pots every two to three weeks. Store the extra bulbs in the refrigerator drawer.

The object of forcing is to simulate winter and spring weather conditions. You can't, however, simply chill bulbs in the refrigerator to make this happen. You need to encourage root development (which delays top growth) by potting first, then chilling the bulbs. This is really the big secret. Merely chilling the bulbs will not hasten their blooming. And, if you plant the bulbs but don't chill them then the bulbs don't bloom normally. Here on the Palouse, you can plant bulbs in containers and put the pots in the garage, a greenhouse, or coldframe, as long as the temperatures stay between 35 and 45 degrees. If it gets really cold then just put the pots in the refrigerator. Enclose the potted bulbs in a plastic or paper bag to keep them from drying out (punch a few holes for air circulation). Paper bags are best, however, as the bulbs are less likely to rot.

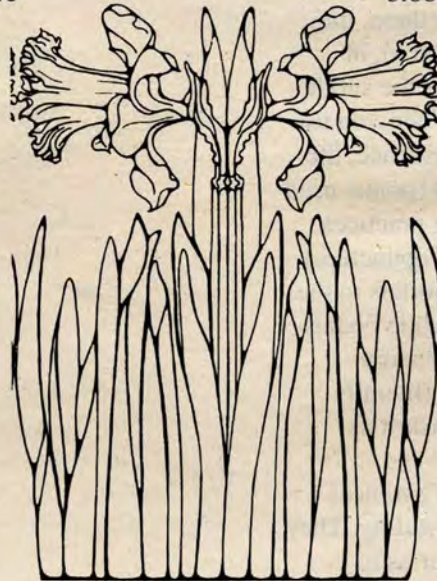
Your first decision will be what kinds of bulbs to choose. Dwarf or short-stemmed varieties are the easiest to grow as you don't have to prop them, plus they look the best on a table. You can, however, force almost any variety of bulb. It's best to use one variety per pot as they all bloom at the same time. Even if you

have a couple of types of bulbs that say they are both early season, for example, that doesn't mean they'll bloom within days of each other. It's much more effective to have all your bulbs blooming at once.

Crocus and hyacinth bulbs can be forced, one bulb per jar or vase, in water alone. There are special forcing jars and vases available for this. Crocus bulbs (corms) need to be refrigerated for 15 weeks. After you've chilled them the required time, place each bulb in its own water-filled forcing container and keep at around 60 degrees. Blooms should appear within two weeks. The best kind of crocus to use is *Crocus vernus*.

Hyacinth bulbs need to be chilled for 12 weeks, then you can place them in their water-filled forcing container and keep at 70 degrees. Flowers will appear in 2-3 weeks. Fragrant Dutch hyacinths fill your room with wonderful scents.

Two of the easiest bulbs to force are freesias and *tazetta narcissus*, often called paper whites. They technically don't need chilling but they do need cool night temperatures and lots of time to root before they flower. Both of these flowers smell marvelous! Freesia corms take about 14 weeks to bloom after planting. Use potting soil or sand, and grow them in daytime sun and nighttime temperatures around 40 degrees. Narcissus bulbs take 5-7 weeks to bloom. For these bulbs you need a container that is twice as wide as it is high. Bury bulbs completely in potting soil or partially sunk in horticultural sand, decorative rocks, or pebbles. Water well and place in a cool place where nighttime temperatures are 40-50 degrees. Among the best bulbs for forcing are *Narcissus tazetta* "Orientalis," "Paper White," "Grand Soleil d'Or," and an Israeli-bred series: "Galilee," "Nazareth," and "Ziva."



Daffodils and tulips are a bit harder to force. They need plenty of time to develop roots to support their tall, heavy tops. First, plant in potting soil, chill at 45 degrees or below for an extended period, then bring them indoors (or out of the fridge) to begin preparation for blooming. Daffodil bulbs need to chill for 16 weeks and flowers should appear 2-3 weeks later. Some of the best daffodils to force include 'Salome,' 'Tete-a-tete,' and 'Mount Hood.' The varieties that stay closer to a foot tall include *Narcissus cyclamineus* or the dwarf species.

Tulips need to chill for 14-20 weeks and blooms appear about three weeks later. Two of the best are *T. greigii* and *T. kaufmanniana*. Both of these are short-stemmed tulips and might not need propping up. Avoid the Darwin varieties and tall fringed types.

You can also force iris, and the best choices for these bulbs would be *Iris danfordiae*, *I. Reticulata*, and *Muscari armeniacum*. Now for the container issue: almost any container that holds soil can be used and it doesn't matter whether it has drainage holes. Make sure the container is pretty basic in color and shape, however, so you won't distract from Nature's show. Also, make sure the containers are clean. For the taller-growing bulbs such as daffodils, hyacinths, and tulips, use containers six to 12 inches in diameter, or ones that are wider than they are deep. Pots should be about twice as deep as the bulb so there is room for the root system. For short-stemmed bulbs and small bulbs like the crocus and muscari, use four- to eight-inch wide pots. You want to crowd the bulbs in the pots for a better show of flowers. A 6-inch pot should hold about six tulip or 14 crocus bulbs. If the container has drainage holes, plant the bulbs in any type of commercial potting soil. If pots don't have drainage holes, make a planting mix of six parts

peat moss, one part crushed oyster shell (available at the grange or other feed stores), and one part crushed charcoal. Soak the mixture thoroughly and squeeze out excess moisture. You'll want to fill the containers with planting mix so that the tips of the bulbs will sit just below the level of the rim. Add soil or peat moss to cover bulbs, leaving their tips exposed. With smaller bulbs, however, barely cover them. Allow room for watering. For pots with drainage, soak the soil and let drain. The presoaked peat moss shouldn't need additional water. If you find that your taller flowers begin to droop or fall over, you can put a hurricane lamp chimney in the pot, with the flowers filling the chimney, or you can stake the plants.

After you've planted your bulbs and set them to chill, periodically check for moisture. If planted in soil, they will probably need water several times during the chilling period. If you used peat moss, they may not need water. Do not overwater the soil. To determine if the pots are ready, check root development by gently pulling on one bulb in each pot. If there is resistance then roots have grown and you can either remove them to prepare for blooming or you can leave them in, especially if top growth isn't more than one inch. When you remove the pots of bulbs, place the containers in a dim, cool location (40-60 degrees) for about a week, watering when necessary. Then move them into direct sun (with the same temperature range) until buds color. If you don't provide enough sunlight, the foliage and flower stems will get leggy.

Displaying the pots in cool, bright areas will allow the flowers to last longer. You can move the pots to the coolest locations at night to lengthen the blooming time.

I hope that you'll try forcing bulbs this winter. Spring flowers are always so cheerful, bringing us joy and hope. What better way to brighten our gloomy winter days!

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

What Are Flower Essences?

By Maria Maggi

If you've ever heard the expression "stop and smell the roses," or if giving or receiving flowers has ever moved you, you already know how powerful the language of flowers can be. Truly, flowers can impart healing vibrations. Flower essences are a concentrated form of this phenomenon. They are sun infusions made with fresh blossoms and distilled water in a setting that harmonizes the life force of the blossoms with the environment they've grown in and the right intention of the person preparing the infusion. The mother essence is preserved with brandy and then potentized through a dilution process similar to the one used in homeopathic remedies.



In fact, the person who first developed and used flowers in this way was Dr. Edward Bach (1886-1936), an English homeopathic physician. He developed them through the search for a less invasive, more holistic, soulful way to treat the emotional and spiritual dilemmas behind disease. The 38 essences he developed are known as the Bach flower remedies, and are considered the traditional basis for flower essence treatment. Mysteriously (and in the tradition of serious alchemy!) Bach destroyed his research notes and left only his remedies. Since Bach, many others have gone on to develop, use, and research flower essences in North America and around the world. One such organization is the Flower Essence Society, whose research and instructional approach are rooted in the science of Goethe and the theosophical teachings of Rudolph Steiner.

However, the esoteric, spiritual relationship between humans and flowers has ancient roots—just think of the lotus and its importance as a resonant image in Eastern meditation practices or the role of fairies who live among the flowers and trees in Celtic mythology. In some new age literature, channeled sources attribute the development of flower essences to the inhabitants of the lost continent of Lemuria, which is said to have existed in the Pacific at the same time of the famed Atlantis.

Just how flower essences work is hard to describe from a com-

pletely objective, scientific viewpoint. We don't yet have technology sensitive enough to explain comprehensively how these essences produce their results. In esoteric traditions, the aura, or energy field, around the body is said to consist of several layers, the densest being the physical body itself. Though different schools of thought vary in how they name or subdivide them, they are referred to, in general, as the subtle bodies. When you use a flower essence, the meridians (points used in healing practices such as acupuncture) serve as portals to the various subtle bodies and their energy centers, called chakras (literally translated from the Sanskrit as "wheel").

In so doing, flower essences address issues of soul healing. They encourage and empower us to marshal our own healing forces through a more clear alignment with our Higher Power and its purpose. Most often flower essences work in a subtle, qualitative manner over time, encouraging emotional release and transformation, important epiphanies, or renewed energy to heal or change undesirable patterns. They can work in either a mode of opposites or one of similars and each person responds to them uniquely, according to his or her need at the time. Many flower essences can also help effect positive change in physical injury or illness because the harmonizing work they do in the subtle bodies also affects the physical one. Because their effect is vibrational, they can be used in water, oils, and sprays as well as taken internally. They serve as a complement to other modes of healing or therapy, not as a substitute or a competitor. When you use a flower essence, the soul essence of the flower joins with your soul to impart its wisdom about how to live more harmoniously here on Earth, as a co-creative being and a child of God.

Maria Maggi is an intuitive gardener, astrologer, and poet living here in Moscow. All of the blossoms used in her essences grow in and around her star garden and home. Her flower essences have recently been added to the Personal Care section at the Co-op.



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Insights

Pets and Cancer - Part 3: They Don't Have to Die Anymore

By Sarah Hoggan

If a pet's cancer is inoperable, radiation therapy is another treatment option. Radiation can work well on a focused area of cancer that either can't be treated surgically, or was treated surgically and some of the cancer remains in the tissue. An example where radiation would work is in a tissue that had a tumor removed but the cancer had spread to the local lymph nodes. The radiation can be focused to target only that area and spare the rest of the tissues and organs.

Radiation works by harming rapidly dividing cells. When irradiated, cancer cells can't divide and spread, so they die. Radiation is often less curative than surgery and some cancers simply don't respond to radiation treatment. Melanomas are an example of a cancer that doesn't die from radiation because it is made of pigment-containing cells whose job is to absorb the sun's radiation.

Chemotherapy is the third treatment option. It's best for cancers that involve multiple sites or sites that aren't susceptible to surgery or radiation. In veterinary medicine, chemotherapy is not curative. Many people think of loved ones they have seen endure chemotherapy and the image of a horribly sick individual comes to mind. While the drugs used in veterinary chemotherapy are the same as human chemotherapy, the dosages are very different.

Chemotherapy works by killing rapidly dividing cells. That's why humans lose their hair and become so nauseated because hair cells and the cells of the GI tract are constantly dividing. The dosages of the chemotherapy drugs humans get are designed to kill all the rapidly dividing cells.

People can understand that they will feel terrible, but their cancer will be gone, so it is worth the misery. Pets can't understand anything beyond the present so the dose of chemotherapy drug they receive is small, and still kills rapidly dividing cells, but only kills some of them. This lower dose means the cancer isn't killed, but the animal feels fine. Pets can be on chemotherapy and still have a very high quality of life because they don't have the high dose side effects that humans get. Some dogs will lose some of their fur, such as poodles and old English sheepdogs because their fur is constantly growing, similar to human hair. This however, is not a devastating side effect to the dog. Again, it's important to understand that in veterinary medicine, chemotherapy isn't meant to be curative. It's a measure to provide the animal more time with a higher quality of life.

Finally, if all treatment options are exhausted or deemed ineffective, euthanasia is a kindness available to veterinary patients. When everything that can be done has been done, and the animal is suffering, euthanasia can painlessly end the misery. The decision to euthanize is very difficult and very personal. Consulting your veterinarian who has treated your pet may help. They know your animal and like you, have their best interests in mind.

Sarah Hoggan is a student at WSU's College of Veterinary Medicine whose career aspiration is to combine her two passions: veterinary medicine and writing Sarah and Steve Hoggan are at last parents! On September 10th Tucker Drummond Hoggan was born: 7 lbs. 11 ounces; 20.5 inches long. Everyone in the family is happy and healthy; including the pets!



Palouse Area Singles

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

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

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

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

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

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

Sally (208) 883-0551
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Child Safety Seats Part 1: Car Seats

By Lisa Cochran

I was waiting to cross Sixth Street on Jefferson, heading north for the Co-op when I saw it: a large maroon Suburban passing in front of me and heading up the hill. What caught my eye was the little boy hanging well out the front passenger seat window waving his hands and certainly enjoying the warm fall afternoon ride in the car. I smiled at the youngster's exuberance and then immediately became upset when I realized that this child was not properly restrained in a safety seat. What an emotional heave-ho! On the one hand, there is such a sense of familiarity: After all, many of us grew up in a time when we saw car rides as a place to bounce around in until a parent threatened, "If I have to pull over this car...!" Back then there weren't many laws requiring seat belts and some cars, like my Uncle's 1946 Dodge, didn't even have any. And shoulder straps weren't required in pre-1989 passenger vehicles (of which there are 66 million still on the road today). Gosh, it's no wonder that in the Fifties, car crashes became the number one killer of children!

And guess what? Some 50 years later, IT STILL IS!

Today, one might assume with new technology and new information known about auto safety, that we could save more lives. Even with the laws requiring seat belt and car seat use why are we still having difficulty protecting our children? Try for starters that a whopping 40% of kids younger than 4 ride in an automobile unrestrained at one time or other. Many of us may have done it, myself included, (just a few blocks in a friend's car holding the baby in my lap) and probably all of us have seen it on occasion in a passing car.

But even more startling is the fact that 4 out of 5 of the children who are buckled in to a safety seat

are at risk of injury or death due to improper installation. That's right! The National Highway Traffic Safety Administration estimates that consumers get the car seat thing wrong more than 85% of the time. Even the most informed parents can get it wrong.

One recent survey found that although 96% of the parents interviewed believed they were using their car seats correctly, fewer than 20% actually were. I was one of those so-called 'informed' parents, or so I thought. Much to my surprise, I had two problems with my car seat installation: a stabilizer bar was not in proper position to help stabilize the seat and the belt was not nearly tight enough to properly



secure the seat to my vehicle. Though I was told that I did better than most, that was small consolation when I considered the risk to my child. Along with the problems like those of my own installation, parents make mistakes by putting children in the wrong seat for their age, size, or weight; they are using recalled, damaged or outdated seats; the belts are improperly adjusted around the child; the child is put forward-facing too soon; locking clips are not used or are in the wrong place; the car seat is in the vicinity of an air bag or is in the front rather than the rear seat, just to name a few.

It's not surprising to encounter difficulties and confusion. If you've ever shopped for a car seat, the task is daunting, considering the range in style and price. Some people are forced to borrow or use a hand-me-down just to get one. Have you ever tried to install a car seat? You need hands the size of a child and strength the force of a linebacker to get one in! And no two seats install quite the same. Locking clips? What are those? (Stop by the local Ford Dealership to obtain free locking clips if you've misplaced yours or need an extra.)

How do you find out if you've got it right, and your kids are safe? No problem! No matter where you live, call a Chrysler, Jeep, or Dodge dealer near you to find out if they participate in a free inspection program. Or you can call 1-800-843-4227, ext. 263, for a list of law-enforcement agencies nationwide that are trained to inspect child safety seats and advise parents on their purchases. Or you can log onto the National Safe Kids Campaign web site at <www.safekids.org> to find postings of dates and locations of check-up events in your area. There is no lacking in resources on this issue.

Luckily, those of us who live on the Palouse have an inspection checkpoint handy. By chance, I discovered this great new program right here in Moscow at Ambassador Auto. It is called Fit For A Kid. No matter what make or model vehicle you drive or what type of seat you are using, you can stop by and make an appointment. Or, you can call 1-877-Fit-4-a-Kid or log on to <www.fitforakid.org>. The program is sponsored by the Daimler-Chrysler Company and is endorsed by the National Transportation Safety Board. Are you one of the 80-85% that has unknowingly put your child at risk? Find out right away: It doesn't cost you a dime and the peace of mind it gives parents is priceless.

Lisa Cochran lives in Moscow with her 27-month old daughter Madysen and can be seen occasionally on the prowl for linebackers.



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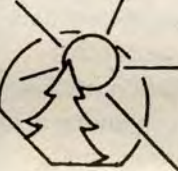
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Tordon Is Not Harmless

By LuAnn Scott

The last two issues of the *Community News* have reported on the incident involving contamination of WSU compost with Tordon 22K (picloram), consequences in local gardens, and WSU's response. For the benefit of those who are concerned about the status of their gardens and their produce and pondering what action to take, I would like to add some objective information about the environmental fate and toxicological effects of picloram to the discussion.

All of the following information was gleaned from the websites of the USDA, the USFS, the EPA, Cornell University, the University of Nebraska, and the Northwest Coalition for Alternatives to Pesticides.

Picloram is a "Restricted Use" pesticide due to its mobility in water combined with the extreme sensitivity of many plants to damage by its active ingredient, 4-amino-3,5,6-trichloropicolinic acid. Therefore, only licensed pesticide applicators can purchase and apply this product. It is a broadleaf herbicide used primarily on pasture and rangeland. Between 1.4 and 2.1 million pounds are used annually in the U.S.

Picloram can stay active in soil for a moderately long time, depending on the type of soil, soil moisture, and temperature. It chemically attaches to clay particles and organic matter. If the soil contains little clay or organic matter, picloram is easily moved by water. Watering does reduce the half-life in your garden, as stated by a representative of WSU, but also washes the problem downstream in our watershed. Picloram has been found contaminating groundwater in 14 states including Washington and Idaho. It has also been found in streams and rivers and has a profound effect on juvenile fish.

The active ingredient in picloram may exist at levels toxic to plants for more than a year after application. Sunlight and soil microbes break it down, but in our area the half-life is 90-300 days. This means that 1/2 will remain after this period and another period will pass before another 1/2 decays, etc.

The USDA recommendations I have found for crop rotation restrictions are for instances where the herbicide is used in agriculture. Grasses such as oat, wheat, barley

and flax are resistant and can be grown the year following application. Alfalfa, canola, dry bean, potato, safflower, soybean, sugarbeet and sunflower should not be planted until the second season after application. Corn and sorghum are especially sensitive to picloram and should not be planted until soil sample analysis indicates no detectable levels present. Unfortunately, most garden vegetables are not included on the USDA lists.

Our situation is also different in scale. The contamination of the compost was not at the level of the normal application rate. Although the actual amount of Tordon contaminating the compost was not mentioned in either article or on the WSU website, I assume it is somewhere between the detection levels of the two tests performed, .01-50 ppb (parts per billion). As little as 1 ppb can damage sensitive plants.

I know many people in the organic gardening community are also concerned about the potential health effects of this contamination. Picloram and its inert ingredients are not immediately toxic to humans or soil microorganisms. Juvenile fish, however, are killed by concentrations less than 1 ppt (part per trillion).

Health effects such as reproductive problems, immune system sensitization, genetic damage, and cancer have been observed in animals in the toxicological tests required for registration of this product. Also, picloram is contaminated with the potent carcinogen hexachlorobenzene (HCB), which causes cancer of the liver, thyroid and kidney in addition to damaging bone, blood, immune and hormone systems. Nursing infants and unborn children are particularly at risk from HCB as it can be passed to them by their mothers.

The amount of picloram in the WSU compost is very small: .01-50 ppb. HCB is a byproduct of the picloram manufacturing process and its content is restricted to 100 ppm (parts per million) of the picloram—a nearly infinitesimal amount in the contaminated compost. The operative word here is 'nearly.' The health risks associated with these chemicals are very small, but not non-existent. Tordon is *not* harmless.

The EPA reregistered picloram for use in 1995 despite recommendations by both the Ecological Effects Branch and the Environmental Fate

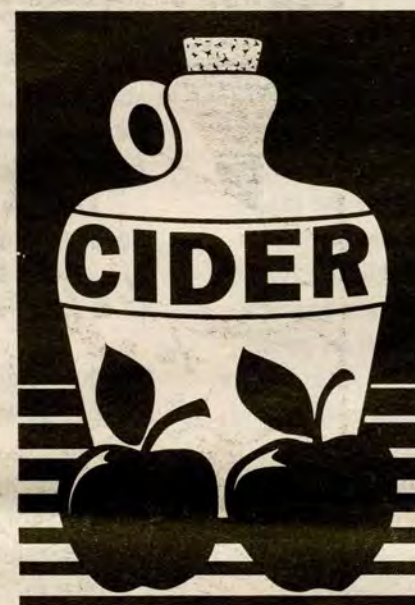
and Ground Water Branch of its agency to discontinue use. The EPA considers the risks to be at "acceptable" levels, considering picloram's economic benefits.

Yes, the risks are relatively small, but this chemical is not supposed to be in our backyards. Our exposure is meant to be limited to a rare occurrence of dietary intake. Yes, the amount of picloram in our gardens is small and getting smaller every day, but it will be present for several years. The levels will eventually be low enough for plants to survive and grow, but picloram will be present in our

produce, as will HCB which has a half-life in soil of 3-6 years.

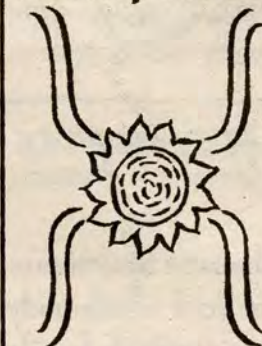
WSU has offered to replace soil contaminated by their compost. If you are uncomfortable with involuntarily adding yet another small risk of long-term health effects to your diet, fill out the Compost Claim Form available from Crossroads Nursery, WSU, or online at <css.wsu.edu/compost>.

LuAnn Scott is a former BOD member of the Northwest Coalition for Alternatives to Pesticides and has advocated pesticide reform for over 20 years. She lives in Moscow.



Nancy Draznin, CCE, CLA

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~HELP US SUPPORT THE ARTS IN IDAHO~

Stephen Buhner to Lecture on Alternative Antibiotics

By Cindy Carlson, M.Ed., LPCP

On Saturday, November 11, award-winning author and national presenter Stephen J. Buhner will be in Moscow to present workshops on alternative antibiotics. I had the great fortune to hear Stephen speak at the Montana/United Plant Savers Herb Gathering in July of 1999, and it changed the way I think about medicine, herbs, and the planet. His presentation was profound.

Author of five books, Stephen Buhner has won critical acclaim from reviewers such as **Booklist** who called his work "compelling and provocative." He is recognized for the depth of his research and his keen insight into the relationship between human health and the health of the Earth.

Raised in a medical family, Buhner is a descendent of a Surgeon General of the US and is the grandson of a President of the Kentucky Medical Association. He is a former psychotherapist in private practice for fifteen years, the former president of the Colorado Association for Holistic Healing Professionals, and a former lobbyist on alternative medicine to the Colorado legislature. He is an adjunct faculty member at the Rocky Mountain Center for Botanical Studies in Colorado, and guest lecturer at The California School of Herbal Studies. He is also an expert in cross-cultural religious practices and leading-edge psychotherapies.

In the preface to his book, "Herbal Antibiotics," Buhner states, "The two great lessons they (bacteria) have taught me are that human arrogance about the natural world has an inevitable, unpleasant outcome and that this sacred Earth upon which we live, without fanfare or personal aggrandizement, offers to humankind medicines with which to treat the bacterial superbugs that we, in our arrogance, have created. Like so many people before me, I have always known that I should work to save the Earth. I never knew before my illness that it was a two-way street: that the Earth also works to save us."

Stephen's books will be available Saturday at the Community Center as well as herbal products from local herbalists.

Don't miss this event! Questions? Call me at 883-8419, Cindy E. Carlson, M.Ed., LPCP - Holistic Counseling Services.

When: Saturday, Nov. 11, 2000,
Moscow Community Center
10:00 a.m. - 1:00 p.m. Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria.
2:00 p.m. - 5:00 p.m. Emerging Viruses: Hepatitis C and Epstein-Barr

Cost: Co-op Members: \$20 per session; Non-members: \$25 per session or \$45 for both



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Letter to the Editor:

Dear Editor: I am writing to first of all say that I enjoyed the cover article on organic foods in this month's (September) Community News. Too many people just think the difference is that organic food is more expensive! I am a philosophy student at WSU, and I even have an environmental ethics teacher who says organic produce is bunk! However, I do have one small criticism of the article. A grammatical error was made several times throughout (it's a common one): The use of the word "their" to describe a possession of a singular subject. As in "...an organic farmer must work with the natural living system on their farm..." The correct grammar for this sentence, since the subject is singular ("an organic farmer") should be "...on his or her farm..." because "their" refers to a group of things, or people. Not just one thing or person. Or, changing the sentence to "...organic farmers" would then make "...must work with the natural living system on their farms..." correct.

I don't mean to nit-pick! I am not an English major, and you could probably find all sorts of grammatical errors in this very letter I'm writing. It's just that this mistake is common, and was made throughout the article, and when writing about subjects like organic farming, that so many people are skeptical about, it's important to look as educated and on top of things as possible.

I'm new to the area and was pleased to find your Co-op. I'm vegan and I now have a grocery source.

Thanks for your time,
KiraLin Gunderson

Editor's note: For better or worse, the politically correct, but cumbersome phrase 'his or her' instead of a mere 'his' is gradually being replaced by the simpler, albeit incorrect, use of the gender-neutral plural, 'their.' I'm sorry we are contributing to the collapse of English grammar in our quest for glibness. (But I kinda like it.)



Tom Trail

*Is a Lifetime Latah County Resident,
Farmer, member of the Moscow Food Coop,
4-H Club Leader.*

*He supports maintaining the integrity of Idaho
Public Television with independent management.*

Tom Trail Priorities for the Future

- ☆ Support State funding for school construction.
- ☆ Provide a \$100 prescription drug tax credit for Seniors.
- ☆ Increase funding for Headstart.
- ☆ Funding for Highway 95 improvements.
- ☆ Legalize industrial hemp as an agricultural crop.
- ☆ Recycling

Join the *Tom Trail* Campaign Trail

Re-elect Tom Trail

*Idaho House of Representatives
Latah County, District 5 - Seat A*

Legislative Report Card • I've represented you by sponsoring and co-sponsoring 17 bills during the past four years:

Education • *Idaho Literacy Act* - \$7 million annually supports children's reading. • *Budget Increase for Headstart* - \$1.5 million per year helps low-income children. • *Idaho Promise Scholarships* - Idaho high school grads receive \$500 toward in-state college/university.

PERSI Retirement Benefits

Human Rights - Minimum wage legislation for Idaho farm workers.

Consumer Rights Protection • *Victim Identity Theft*

Tax Reform - Married Couples & Small Business.

Bulletin Board

Moscow Food Co-op
221 East Third
Moscow ID 83843

Pullman Area GED classes:

Monday through Thursday, 6-8 p.m. at Gladish

Community Center. Free. Enroll anytime. Call Linda for more information: 882-7804.

The Young Children & Families Project, with Gritman Medical Center, is sponsoring the following Parenting Education Series:

Living & Learning With Your 1-3 Year Old

Thursday, October 5: Feeding & Nutrition- Promoting Positive Eating Behaviors

Thursday, October 12: Understanding Toddler Development & Discipline

Thursday, October 19: More on Discipline: Tantrums, Biting & Other Difficult Behaviors

Thursday, October 26: Promoting Self-Esteem & Self-Control in Children- Also, Toilet Training

All classes will meet in the First Floor Conference Center at Gritman Medical Center from 7:00-8:30 p.m. Please call 883-7639 to pre-register. Also, a limited number of free child care spaces are available.

Memorial Service for Linda Chapman

Unitarian Church in Moscow Saturday, November 11, 1pm

Linda, former Queen of the Moscow Renaissance Fair and accomplished harpist and weaver, died in Arizona on October 11.

The Pullman Family Co-op Preschool currently has space for children ages 3-5. Classes meet Mon., Wed., and Fri. For more information call Kristi @ 509-397-4951.

Herbal Antibiotics Classes taught by Award-winning Author, Stephen J. Buhner.

Saturday, Nov. 11:

10 a.m. - 1 p.m. Herbal Antibiotics: Natural Alternatives for Treating Drug-Resistant Bacteria

2 p.m. - 5 p.m. Emerging Viruses: Hepatitis C and Epstein-Barr

Cost: \$20/session for Co-op Members; \$25/session for Non-members or \$45 for both sessions.

Location: Moscow Community Center

More info: call Cindy Carlson at 883-8419.

Meet the Editor and Discuss the Newspaper

public meeting with Steve McClure, managing editor of the Moscow-Pullman Daily News

Thursday, November 9, 7pm
back meeting room at BookPeople

Palouse Audubon and Moscow Parks and Recreation are sponsoring a series of eco-programs.

All are free.

Lewiston-Clarkston Birds Field Trip on November 4

on Wednesday,

at on Saturday,

on Bird Count on

ber30

34-3817

The Farmer's

Co-op First

lunch

9am to 11am

Schedule of upcoming events at the K Theatre in Moscow

Nov 2 - 5 and 9 - 11 M

Theatre presents Little S

8PM Thurs - Saturdays, only at 2PM. Tickets av

Nov 18 - 20 Disney's

Nov 24 - 25 The Wizard of Oz

Admission is \$4 adults, \$2 children 12 and under. Call 882-1178 for showtimes.

HUMANE SOCIETY OF THE PALOUSE ADOPTATHON

Saturday and Sunday November 4th and 5th

Saturday hours 12-6

Sunday hours 12-4

In association with National Pet shelter Month, the humane society of the Palouse in Moscow is going to be holding a pet adoptathon. On November 4th and 5th we will be open longer hours in the hopes of getting as many animals adopted as we can. In addition to this we will be offering information sessions about various animal and holiday related topics. If you have any question please call 883-1166.

Topics to be discussed include: Traveling with your pet, boarding pets, housing pets in winter, dangers of holiday decorations, hazardous plants and your pet

The Palouse Folklore Society

will hold contra dances at the Moscow Community Center

7:30pm

November 18, December 16, and December 31

All dances feature live music, and all dances will be taught and called. (\$5 members, \$7 nonmembers, and \$4 newcomers who arrive at 7:30pm).

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Moscow ID 83844-2351

"For additional events & information, see <http://www.moscowfoodcoop.com/event.html>."

Submit non-profit announcement to beth.ca@moscowfoodcoop.com no later than the 25th of each month.

