

September 2000

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# Community News

The monthly newsletter of  
the Moscow Food Co-op



Produce News:

## Celebrate Organic Month!

by Lahde Fesler

That's right, September is Organic Month, and to celebrate our produce department will have sales on organic produce throughout the month. So keep a look out for tasty produce *on sale!*

Last month I realized that there is a lot of confusion around the word "organic." Laura and I were interviewing applicants to replace Brian as our produce assistant. One of our questions for the applicants was "How would you define the word organic?"

We received a broad range of interesting answers. The best answer pertained to organic chemistry and carbon compounds. I felt like a school teacher asking a trick question as applicants grappled with answering the question. Having devoted much of my time to the study and practice of organic agriculture, it surprised me how little most people understand about what it means for food to be organic. So, when I was asked to write the cover article for this month's newsletter, I jumped at the opportunity. This article will only brush the surface, but hopefully it will be informative to those interested in learning more about organic foods and practices.

Organic, what is it? It is all too often controversial and overly confusing. And matters aren't helped in the least by misinformation broadcast by mainstream media. For example, last month ABC apologized for a falsified report that was broadcast on their show "20/20". In this report, aired twice, they stated that

organic food contains more pesticide residues than conventional foods. It was not until the Washington-based association Environmental Working Group (EWG) challenged ABC's credibility that it became apparent the testing never occurred and the information broadcast by "20/20" was completely bogus.

So what are the ramifications of this sort of misinformation broadcast by mainstream media to the general public? How many people absorbed the message that organic food is unsafe to eat? How many people received confirmation in their belief that there is no difference between organic and

(continued on inside front cover)

### INSIDE:

- **Herbfest 2000**
- **Cereal Taste Test**
- **Healing Harvest Cooking**
- **Eggs!**
- **Beets!**
- **Chamber Music Series**
- **and More!**



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

# Community Events

## Celebrate Organic Month!

(continued from outside front cover)

conventional food, except for price? And how many of these people missed the report on August 7<sup>th</sup> that confirmed the tests were indeed non-existent and that the correspondent John Stossel relied on inaccurate information provided to him by a staff member?

NO WONDER people are just a tad bit confused by what it means for food to be ORGANIC. For more information on the EWG investigation check out their Web site, [www.ewg.org](http://www.ewg.org).

So, what does it mean for food to be ORGANIC?

Well, first of all, it means the organic farmer must go through a certification process with their local agency. Here in Idaho, a farmer becomes certified through the Idaho Department of Agriculture. Nancy Taylor, a Co-op member, certifies farmers in both Idaho and Washington. She inspects their farms to see that they are meeting organic crop production standards.

Those standards are defined by the state of Idaho as follows: "Organic crops are produced without the use of synthetic fertilizers, insecticides, herbicides or fungicides. Organic farmers maintain soil fertility by providing organic matter to encourage biological activity in the soil. Pest control is accomplished by relying on crop rotation, biological control, and natural materials."

Okay, so what does this all mean? Basically, an organic farmer must work with the natural living system on their farm, supplying their soil with the proper balance of organic matter to feed the soil critters, which in turn feeds plants that ultimately give us our nourishment every day. There are a few organic pesticides that are relied on only when absolutely necessary. Usually the organic pesticides are plant-derived, like Pyrethrum, a spray made from an African daisy, that is used to control beetles. It is actually quite toxic at the time of application and the farmer must be very careful when using it, but it

biodegrades rapidly and is most frequently used in selective locations on targeted pests.

Biological pest control is another way for organic farmers to combat pests by introducing live organisms into their farm ecosystem that predate on the offensive garden pest. Ladybugs are a well-known biological control used to suppress aphids. Another commonly used biological control is *Bacillus thuringiensis (Bt)*, a microscopic organism used to control caterpillars. It is sprayed onto the leaves where the caterpillar is feasting. The *Bt* invades the caterpillar's digestive tract, causing it to get a bad case of indigestion, and eventually the caterpillar's innards explode—not a pretty picture but very effective. *Bt* should never be used on a large scale because it kills all caterpillars that ingest it, including innocent bystanders like the beautiful monarch butterfly. For this reason farmers try to limit their use of "non-pest specific" controls, preferring to foster a balanced farm ecosystem that nurtures healthy plants with better resistance to pest attacks. Through careful observation and a lot of hard work an organic farmer is able to grow wholesome, chemical-free food for the consumer.

While we're on the subject of organic, I might as well clear up the meaning of "transitional" and "no spray." To become 'certified organic' there is a waiting period of three years where the farmer must apply organic practices before achieving the status of 'certified organic.' This waiting period can be bypassed or shortened if the farmer can provide evidence about the last dated application of chemicals to their land. They can also have their soil tested for chemicals and if it is found to be chemical free, they can be certified immediately. After one year in the transition period the grower can begin to market their produce as transitional. Essentially, transitional means for the consumer that their produce is not being sprayed with chemical fertilizers,

insecticides, or fungicides, and that a farmer is working to improve the quality of their soil through organic practices.

"No spray," which usually goes hand-in-hand with "locally grown," means a gardener has brought their produce into the Co-op for sale and has assured us that no chemical sprays have been used. We do our best to screen people by asking them questions about how they maintain

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their soil, where they are growing the food, what they do for pests, etc. but basically it works on the honor system because their garden site has never been officially checked by an inspector.

The following "Ten Reasons to Buy Organic" was taken from literature written by the local farm-based business, Paradise Farm Organics. These ten reasons offer a quick look at why you may want to support organics with your dollar.

1) *Prevent Soil Erosion.*

Soil is eroding seven times faster than it is being built up naturally.

2) *Help Small/Local Growers.*

Most organic farms are small, independently owned family farms of less than 100 acres. The past decade has seen the foreclosure of 650,000 family farms to large-scale intensively managed farms.

3) *Protect Farm Workers.*

Field workers suffer the highest rates of occupational illness in California. Reported pesticide poisoning among farm workers

have risen an average of 14% per year since 1973 and doubled between 1975 and 1985.

4) *Support a True Economy.*

Conventional food prices do not reflect hidden costs carried by taxpayers such as billions of dollars in annual subsidies, pesticide regulation and testing, hazardous waste disposal and cleanup, and environmental damage.

5) *Protect Future Generations.*

Your children receive four times more exposure than an adult to cancer-causing pesticides in food.

6) *Promote Biodiversity.*

The mono-cropping practices in use since the 1950's have left the soil lacking in natural minerals and nutrients. Chemical fertilizers have been used in growing proportions to replace these nutrients.

7) *Protect Water Quality.*

Pesticides contaminate the drinking water in 38 states, more than half the country's population.

8) *Save Energy.*

Modern farming uses more petroleum than any other single industry, consuming 12% of the country's total energy supply. Organic farming remains labor-intensive, practicing hand weeding, the use of green manures, and crop covers rather than synthetic fertilizers.

9) *Keep Chemicals Off Your Plate.*

The EPA considers that 60% of all herbicides, 90% of all fungicides, and 30% of all insecticides are carcinogenic. Pesticides are poisons designed to kill living organisms and can also be harmful to humans.

10) *It Feels Good!*

Organically grown food tastes great! It feels so good to make a choice with so many simple nurturing effects on the land and people we love.

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## Generally Speaking Co-op Wins ADA Award

by Kenna Eaton, General Manager

July 26<sup>th</sup> marked the tenth anniversary of the signing of the Americans with Disabilities Act (ADA) into law. In the past ten years many changes have taken place as a result of this landmark legislation and the attention it has brought to disability discrimination issues.

The Disability Action Center (DAC) here in Moscow planned a community-wide celebration to acknowledge the many accomplishments of people with disabilities, the importance of this civil rights legislation, and the progress our community has made towards creating an environment which fosters increased opportunities in employment, education, recreation and the many other aspects of community life.

Moscow Food Co-op realized increased accessibility with their move to this location. Being all on one floor makes the Co-op more of

an equal opportunity workplace and wide aisles make the Co-op an easier place to shop. Last fall we held a fundraising dinner event designed to raise money to add an electronic door opener to our main door. This door helps not only those in wheelchairs but also those of us handicapped in other ways—like too many groceries and not enough hands!

At a community picnic held at East City Park, the Co-op was recognized, not only for these positive changes, but also for our customer service and willingness to help those in need. Our award states that we are "a business committed to making Moscow a community welcoming and friendly to people with disabilities." What a nice thing to say! Our thanks to DAC for working to increase awareness about disabilities in our community.

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# Herbfest 2000

By Carrie A. Corson

I feel very fortunate to have attended this year's Herbfest hosted by Frontier Natural Products Co-op, in Norway, Iowa. I was one of about 1500 attendants. It was a great opportunity to learn about Frontier, tour their facility, see their quality control testing and to attend workshops by some well-known herbalists. These included Susan Weed, author of Menopause the Wise Woman Way, and Breast Cancer? Breast Health!; Rosemary Gladstar, author of Herbal Healing for Women, and original formulator for Traditional Medicinal teas; and Christopher Hobbs, author of Handbook for Herbal Healing and formulator for Rainbow Light Supplements.

I was very impressed with Frontier's quality control procedures. Their mission is to produce products that have the ability to do what the consumer expects it to do. In order to carry out that mission, they feel that it is important that every raw ingredient that they receive is put through testing. Herbs are tested to make sure that, among other things, they are not adulterated with a less expensive material, that they have the proper constituents, and to ensure that they were properly dried. If raw materials do not meet Frontier's standards they are rejected and returned to the supplier. When Frontier grinds bulk herbs to put in capsules, they do not put them through a high-heat process as many companies do. High heat destroys essential oils in herbs, which can

greatly reduce potency. Instead Frontier processes them in a grinder at below-freezing temperatures to protect all constituents of the herb. When you purchase Frontier herbal capsules, you can be assured that you are getting a whole herb product, nothing but the herb in a plant cellulose capsule (they do not use gelatin). Frontier also tests all of their essential oils to ensure that they are 100% pure with absolutely no adulteration.

In addition to providing quality products, Frontier is dedicated to protecting medicinal herbs in their native habitat. Many herbs are in danger of extinction due to over harvest and loss of habitat. Several years ago, Frontier founded the National Center for the Preservation of Medicinal Herbs. On their farm they are researching methods to successfully cultivate native species like Goldenseal, in order to protect the few remaining wild plants. Now all Goldenseal products manufactured by Frontier contain 100% cultivated Goldenseal. Some people have expressed concern that cultivated Goldenseal does not contain the same active constituents that wild Goldenseal does, thereby making it less potent. I got to observe testing of both types and the cultivated Goldenseal actually tested higher in active constituents.

All in all, it was a great learning experience and a lot of fun too. And I have no doubt that it has provided me with information to better serve our customers.



## Personal Care Corner

# Herbs, Herbs, Herbs

By Carrie A. Corson, Non-Food Buyer

If you've been buying bulk herbs at the Co-op lately you've noticed that we've moved them around a bit. Vicki and I decided to separate the (primarily) medicinal herbs from the culinary herbs. Hopefully this will make it easier to find the herb that you're looking for. At the time that we talked about doing this, we also decided to replace non-organic herbs with certified organic herbs whenever possible. In some cases, this did increase the price per pound. However, we feel that there are several important reasons to offer organic herbs and I would like to share those with you. First, I should explain that there are several ways that medicinal herbs are grown and harvested today. Many are harvested, or wildcrafted in areas where they naturally grow. Many wildcrafters have strict ethical guidelines that they adhere to when harvesting wild herbs. These include not harvesting unless there are a certain number of plants growing in an area, never harvesting all of the plants in a patch, harvesting only healthy plants and only those parts known to have medicinal value. Unfortunately not all wildcrafters follow these guidelines. In the interest of making money, many wild, native, medicinal herbs have been harvested to near extinction. Many medicinal herbs are cultivated as cash crops. A smaller number are now being cultivated organically. So why are certified organics the way to go?

The environment is important to us. And purchasing certified organic herbs helps support cultivation efforts, thereby supporting the protection of endangered herbs. As I said, many native medicinal herbs have been harvested to near extinction in their natural environments. Because of its popularity, the most notable of these is Goldenseal. Eventually the huge demand for Goldenseal surpassed its supply and it is now listed by CITES as an endangered species. As such, it can no longer be ethically wildcrafted. And I mentioned in a previous article that the Co-op would no longer sell wildcrafted Goldenseal products. Fortunately the cultivation of Goldenseal has been very successful and wildcrafting is no longer necessary. Wild American Ginseng has been

listed on the CITES list since 1977. It too is now being successfully cultivated. Unfortunately attempts to cultivate some herbs have not been as successful. Some are just too delicate to adapt to cultivation. Or in the case of some, like False Unicorn, there is not enough left in the wild to provide enough rootstock for successful cultivation.

Your health is important to us. The cultivation of medicinal herbs has become big business. And just like many foods, non-organic herbs are subjected to chemical fertilizers, pesticides, herbicides and fungicides in order to grow them more economically. In fact, cultivated, non-organic American Ginseng is the most sprayed cultivated crop in this country due its susceptibility to fungus. And we cannot rely on wildcrafted herbs not to have been sprayed or exposed to toxins. Many herbs grow in undesirable areas such as roadsides, where they are exposed to car exhaust and other toxins from asphalt and dust. These herbs are still harvested and sold since they are so easy to get to. In addition, many herbs are irradiated or chemically processed once they are dried to prevent bug outbreaks. We feel that offering certified organic herbs is the only way to ensure that you get an herb that has not been harvested from or exposed to these conditions.

Quality is important to us. We feel that providing certified organic herbs when we can, is the best way to ensure quality. However, as I mentioned, not all medicinal herbs are available certified organic. That is another reason that we sell herbs from Frontier. They test every single batch of herbs that they receive. Their standards are high and nearly two-thirds of these materials are rejected due to poor quality.

Take care everyone and I'll talk to you next month.

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## The Buy Line

By Vicki Reich, Grocery Buyer

Perhaps you have been wondering "where are the Hot Chips?" Or maybe you have some other favorite product that has disappeared from the Co-op's shelves.

There is an answer to these mysterious disappearances, but before I get into the nitty-gritty of what's happening, I need to give you a little background information.

We get most of our grocery, bulk, and personal care products from Mountain People's Warehouse, our main distributor. About 5 years ago, they bought out Nutra Source, the Seattle warehouse that used to be our main distributor. To make all their customers happy, they allowed us to order items from both the Seattle warehouse and the California warehouse since the two offered different products. You, the shopper, never noticed whether an item came from California or Seattle since we got regular deliveries from both warehouses.

About a year ago, Mountain Peoples built a brand new warehouse outside of Seattle and started carrying more products that were formerly only available from the California warehouse. Finally last month, they stopped shipping us anything from the California Warehouse.

By now I'm sure you're wondering, "So, what's the big deal? How will this affect me?"

Well, depending on what products you buy, it may or may not affect you. If you love our bulk Hot Chips, you'll be very sad, because we can't get those anymore, but if you love the bulk Blue Chips, you're in luck because they are now available from the Seattle warehouse. There are probably about 50 items that we can't get anymore. I've tried to find replacements for them, but some items will just disappear from the shelves. Also, if you have special-ordered California products in the past, you will no longer be able to get them. Hopefully we'll be able to find replacements for those products for you.

We used to get most of our wine from the California warehouse as well. We will be able to get most of the same wines from the Seattle warehouse, but because the shipment will be coming from Washington and that state has a higher tax on wine, the prices will be going up

about 5%.

We hope that most shoppers won't notice a change in our product selection, but if you find your favorite item missing from the shelf, let us know and we'll try to find a substitute, but please understand there may be nothing we can do.

On a much more exciting note, you may be wondering where that cool O'Brien tube went. The lucky winner of the raffle was Colt Reisenauer. Congratulations and have fun on the water, Colt!

### From The Suggestion Board:

*Thank you, once again, for a wonderful shopping experience. Your service is great, your deli delectable and your prices and selection excellent! You are a highlight of our annual trip-wish we could stop by more often! See you next year! All the best! — Gosh, golly, gee wiz. Don't that just make our day. Thanks. — Vicki*

*Please carry hemp oil. Spectrum does make it. But there are a lot more hemp products and foods available if you research. Hemp is more nutritious than soy and people need to know of the benefits. PLEASE. —What you say is true. However, we have carried hemp oil in the past and it just doesn't sell. We've also tried a variety of other hemp products with not a lot of success. If I get several requests for hemp oil, I will consider bringing it back. In the meantime, you can special order it. We do carry quite a few personal care products that contain hemp. It's a great alternative. Hopefully your request will spur some interest in its nutritive value as well. — Carrie*

*PLEASE-non toxic, all-natural pesticide for house plant/gardens. —I will look into it. —Carrie*

*Can you stock "Beauty without Cruelty" brand cosmetics? —I'd love to. However, I have tried numerous times with a wide range of their products, only having success selling one product. All the others have ended up on the sale shelves. In fact, there are still a bunch there. —Carrie*

*Kiss My Face sunscreen in a pump bottle. Nice smelling, very handy! —I'd be happy to special order this product for you. —Carrie*  
*Is it possible to get Nancy's*

*single-serving low fat yogurt in maple flavor? It's very tasty, great with granola for breakfast. —I can special order it for you. —Vicki*

*Can you add Veggie Booty to the snack shelf? It is booty-licious! And have you checked on Hains Kidz Animal Cookies in chocolate? Much better than the animal crackers. —I'll keep the veggie booty in mind if a place opens up on the chip shelf. I have replaced the chocolate graham crackers with the cookies, Enjoy! —Vicki*

*I am a lifetime member and wanted to say I enjoy shopping here but I have become very disappointed in the high cost of shopping here. You offer no real discount. I was under the impression that a membership payment would equal savings on items purchased (all items). Now no items except your sales give a discount. This makes people shop elsewhere. —I'm very sorry you feel that way, but I don't think its true that membership doesn't get you much. Besides the 150-200 items that are on sale every month, members also get bread cards, the right to volunteer and earn up to an 18% discount, discounts at participating local business partners, a 10% discount on bulk special orders, and the all-important voice in Co-op policy. I'm not aware of any other business in town giving benefits like that for a mere \$10 a year. And that \$10 a year goes back into the Co-op to make it a better place for everyone to shop. —Vicki*

*I found Brown Cow yogurt in Seattle but at \$1.20 instead of \$0.79. Thanks. Is it possible to get Brown Cow Vanilla in a large size? —Thanks, I'm glad you noticed. I will look into bringing in the larger size of vanilla. —Vicki*

*Can you get curry leaves in bulk spices? —I'm sorry, but I can't find a supplier for these. I'll keep looking. —Vicki*

*Canned Chipotle peppers, Please! —If I can find them, you'll have them. —Vicki*

*Where's the Outrageous Outback Oatmeal in bulk? Please? —I'm sorry, but it was too slow a seller. I have a hard time leaving a bulk item in the bin for more than a month or two. I know I wouldn't want to buy an old product. It is available by special order in 5 lb. quantities. —Vicki*

*White Wave Veg. Sandwich Slices, very yummy "turkey" for lunch. —I'll see if I can find a spot for it. —Vicki*

*Got a box of stevia packets at the food co-op in Cleveland, OH. I like the stevia in packets—easy to carry in purse and I like the dry instead of liquid. —I'll bring it in. —Vicki*

*Please label rennetless cheese!!! And if the cheddar you cut isn't rennetless, could you please get some? —Uh-oh, you asked us to do this before and I promised we would. Here's my excuse—our label machine crashed and lost all the cheese info and now doesn't want to be reprogrammed. We are having to hand label everything, and maybe we've been a little lazy in delineating between rennetless and rennet cheese. I will insist we label them correctly and hope that we can fix the labeler. However, you should not fear any of our Co-op cut cheddars, they are all rennetless, and always will be. Vicki*

*Please carry Vitamin C in capsules other than timed-release. We do. Look for Bio-C caps in the Moscow Food Co-op Brand. — Carrie*

*Please order Zia's new Deep Moisture Repair Serum for the cosmetics section. Thanks. I would be happy to special order this. I don't plan to bring it in at this time. —Carrie*

Last month there was a comment about the deteriorating quality of the local farm eggs the Co-op sells, stating that "good eggs should have firm yolks the color of carrots" and that "lately the 'free range' hens seem to be lacking nutrients?" Well, I must admit, I know very little about hens and their eggs so this might be true. As a young girl I collected and ate eggs from my friend's chicken coop. I remember eating hard boiled eggs and how neat it was to compare the different colors of the yolks, some pale yellow others sunny bright orangish yellow. It could be possible that different varieties of hens lay different colors of yolks. There are many different egg suppliers who bring us eggs so the supply is highly diverse in color, shape, and possibly quality. The suppliers write their name and town name on the egg cartons so you could pay attention to which suppliers provide a higher quality egg to your liking and look for their eggs when you shop. I will inquire with the egg suppliers about the yellow yoke phenomenon and its relation to diet.

Thanks for your comment. — Lahde



## New Products

By Vicki Reich

*Hains Kidz Chocolate Animal Cookies:* an often-requested item is now on the cookie shelf.

*De Rit Organic Honey Wafers:* Hyla held me down and tickled me until I promised to bring these in. They are pretty darn good.

*Salpica Salsa:* Four delicious, fresh-tasting salsas.

*Enrico's Fat Free Nacho Cheese Dip:* Josh says these dips rock, and the spicy is truly spicy.

*Thai Kitchen Hot & Sour Noodles and Curry Noodle:* Two more great flavors for this line.

*Thai Kitchen Peanut Satay Sauce:* This is their best selling item, I don't know why it took me so long to bring it in.

*Thai Kitchen Instant Noodles Onion, Curry, and Ginger & Vegetable:* Three new flavors of this awesome instant soup. They're fast, easy, low-fat, great tasting, and inexpensive. What more could you want?

*Balance Gold Bar:* Looks and tastes like a candy bar.

*Balance Bar Lemon Meringue plus Calcium and Chocolate Banana plus Antioxidants:* Energy and vitamins all in one bar.

*Cloud Nine Organic Dark Chocolate and Blackberries:* Because I had a space for it and it sounded so good.

*Oregon Chai Not So Sweet Chai:* For those who want their chai to taste more like tea than sugar.

*Health Valley Cobbler Bites:* Delicious, but beware, they are highly addictive.

*Better than Milk Better than Ice Cream:* A vegan ice cream mix you can make in an ice cream maker. I tried it in Anaheim and it's very tasty.

*Sucanat in bulk:* An often-requested item.

*Grizzly All Organic Trail Mix:* Oh, this is so very yummy!

*Newman's Own Balsamic Vinaigrette:* Another yummy item from our friend Paul.

*Newman's Own Steak Sauce:* Buy it for the cute picture of Paul with horns.

*Seeds of Change Salad Dressings:* Try all five organic flavors.

*Frontera Grilling Sauce:* These guys make a great sauce.

*Seeds Of Change Organic Ketchup:* Organic and great tasting.

*Simply Organic Baking Mixes:* Four delicious mixes when you don't have time to make it from scratch.

*Eden Sea Salt:* Mined on a French beach, this salt is very similar to Lima salt.

*San Pellegrino Mineral Water:* A classic water, served in all the finest restaurants (including The Red Door).

*Crystal Geyser Very Berry Mineral Water:* Just another great tasting mineral water from Crystal Geyser.

*Food For Life Cinnamon Raisin Bread:* A requested item that's great toasted for breakfast.

*Valley's Finest Organic Italian Sausage, Bratwurst, Chicken Sausage and Breakfast Sausage:* All organic, all delicious.

*Omega Foods Tuna and Salmon Burgers:* Another grilling alternative.

### New Products in Personal Care

*Rainbow Light Herbals High Potency:* High absorption, holistic formulas by herbalist Christopher Hobbs.

*Jason Beauty Products, Shampoos & conditioners, bath/shower gels, deodorants, vitamin K sprays:* For skin health.

*Kiri Candlelight bulk taper candles:* Beautiful colors, long burning, dripless, metal-free wicks, high quality wax blend (includes beeswax), and they're only \$1.00 each.

*Bathmoods from Nature's Gate:* Very nice bubble baths in three great scents.

*Body Scrubs from Pure & Basic:* These are a nice change from your regular shower gel. They work as an exfoliate for your whole body leaving your skin with a healthy glow.

*Kiss My Face Peaceful Patchouli shaving cream, moisturizer and liquid soap.*

## Word Of Mouth

By Vicki Reich

When you get five kids together before they've had breakfast to taste-test cereal, what you're offering had better be good. That's just what we did one Sunday morning in August. Robin Ohlgren-Evans and I collected her kids, Taylor and Bryn, plus Henry Edwards, and Andrew and Katie Gammon to test 6 different kids' cereals. If there is one thing about kids that make them perfect for doing a taste-test, it's their brutal honesty. If they don't like something, they'll let you know, and if they do like it they'll eat bowl after bowl.

I brought out the first bag of cereal, Barbara's 'Fruit Punch' (without the box, so the cool pictures wouldn't influence their decisions) and all the kids liked the bright fruit shapes. They thought it was crunchy and sweet (8g of sugars) and tasted like Fruit Loops. No one spit it out, and two of them thought it was the best of the bunch. The second box was Nature's Path 'Koala Crisps.' The Crisps had a very chocolatey taste, which someone thought tasted like candy. The kids didn't think they were sweet enough (9g of sugars) but reminded them of Cocoa Crispies. Possibly because of the low sugar content or the strong cocoa taste, this was not a favorite.

Next up was Mother's 'Peanut Butter Bumpers.' The kids thought these were very 'peanut buttery' and a little like eating peanuts that are soft and fluffy. They were not too sweet (10 g of sugars) but were liked by half the kids. This was the favorite of one of the testers.

Mother's 'Groovy Grahams' was next. Someone said it tasted like Cheerios but sweeter (13g of sugars). They were crunchy with a touch of honey and really good in milk. (I made them try all the cereal dry first and then in milk.) This was the favorite of two of the kids.

The fifth cereal was Barbara's 'Cocoa Stars.' These cute little brown stars are very chocolatey and not too sweet (6.5g of sugars). They were



better in milk than dry. Two of the kids liked this cereal, but the other three weren't too excited by it.

The last cereal to be tested was Nature's Path 'Gorilla Munch.' This was the least-liked of the bunch. It was sweet (9g of sugars), but it didn't have much else going for it. None of the taste-testers liked this one.

When all the tasting was over, I brought out the boxes and they all liked the Nature's Path and Mothers boxes, but they wished that natural kids' cereals had toy surprises inside. We all had a great time tasting cereal and the kids were great sports to sit through it and give me good feedback about each cereal. There was quite a range of opinions about each cereal, leading me to believe once again that taste is very individual and you might have to try them all to find the one you like. Hopefully the opinions of these five great kids will help narrow your search for the perfect breakfast.

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## Welcome! Of Chorizo and Circulation

By Laura Long

Whew! What a busy month August was...but now it's September, and we can all take a breather for a little while.

We really had a great turnout for our "Welcome Back Students" barbecue, and we gave away lots of really good food. It was really great to see all the new faces and returning familiar smiles.

One of the projects we got under way was the free student trial membership offer. We will be running this promotion for the month of September. If you are a student at one of the local universities or high schools, just stop by the store and show us proof of your student status, and we will give you a free membership for the month of September.

Just check in with any cashier and they will give you a trial membership card and a brochure explaining the benefits of Co-op membership. Now, armed with your new card, just roam around the store and check out all the great things you can carry along in your backpack for a quick lunch on the run. My favorites are the Fantastic Foods Big Bowl Soups and the Thai Kitchen Instant Rice Noodle Soups!

I'm also happy to announce that we have a new Business Partner this month, Dr. Ann Raymer, DC. She's one of the most well-known chiropractors in our area. You may have seen her ad in this newsletter. Dr. Raymer will be offering \$10 off your initial visit, regularly \$89, which includes a patient history, physical and spinal examination, chiropractic adjustment, and any physio-therapies and x-rays that would help treat and identify your condition.

It's just another way to use your membership card to help maintain your fitness and well-being.

By Bill London

Chorizo is a Mexican sausage with a unique flavor that undoubtedly comes from the ingredients (pig snouts and other cheap animal by-products) and the flavoring (mild but robust chili with heavy doses of nitrates and preservatives) plus the extra grease that glues it all together. In other words, it tasted wonderful, especially 30 years ago when I cared less about the origin of the food I ate.

Chorizo and eggs. Sure was good. Big iron skillet. Lots of onions and garlic frying. Add the chorizo and watch it simmer and melt. Scramble a few eggs and stir them all together. Delicious.

I haven't had chorizo for decades. Then Gina returned from the Co-op with frozen vegetarian chorizo.

The smell, the little rivers of reddish grease, the tiny hunks of chopped gristle—everything I remembered about eating chorizo came surging back into my consciousness.....

So, for Sunday brunch, I fried the onions and garlic. I added the Co-op chorizo (somehow made with gluten and peanut butter and spices), scrambled the eggs, plopped a couple of tortillas on the plate, and sat down to a meal that—unfortunately—only vaguely resembled the chorizo of my youth.

Sigh.

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## Staff Profile: Jared Hallock

By Randy Paulin

When I arrived to interview Jared, he was in a bit of a crisis. Jared had recently been hired as a new weekend



cashier at the Co-op, and on the morning of the interview he was to receive further training—however, the person who was to do the training had called in sick.

Jared nevertheless got himself squared away and we proceeded to have a pleasant chat.

Jared came to the Co-op via family. His brother, Garek, is also a cashier. Jared graduated from the UI this past spring with a degree in music. He's a percussionist who plays in a local jazz/funk band called Shagburn and who teaches percussion for Keeney's music store as well.

He also has played with the Idaho-Washington symphony, and he is just two courses away from completing a second music degree—this one in composition.

His musical calling kept him tremendously busy during his undergraduate years. He professes to be looking forward to a bit of a breather this year, but I got the impression that a 'breather' for Jared might be a 'breakneck pace' for most of us. He has set himself a goal of getting a job playing drums on a cruise ship, but meanwhile he will continue to practice and develop his musicianship locally, while also cashiering at the Co-op on weekends.

So be sure to say hello to the Co-op's newest cashier next time you see him. We'll hope you don't get him confused with his brother, and with the goal of avoiding such confusion, we will be profiling Garek in the next issue of the newsletter.

Randy Paulin owns and operates Gamers' Paradise in downtown Pullman. He also operates an education consulting practice and dabbles in publishing (both on-line and old-fashioned), and stewards a depression support group that meets Wednesday evenings in the 2nd floor boardroom at Gritman.

Some experiences are not meant to be enjoyed more than once each lifetime, I guess.

What that has to do with circulation, I do not know. Not the circulation of cholesterol in my arteries, but the number of newsletters we print and circulate monthly. But it is the number of copies printed that I find especially interesting.

We increased the number of monthly copies printed to 1500 when the Co-op moved to this new location almost 2 years ago. Some months we had some left over, but usually the copies disappeared about when the month ended.

Then a few months ago, with the newsletters disappearing by the 20<sup>th</sup> of the month, we upped the print count to 1600. Surely, we thought, that would be enough for the traditionally slower summer months.

Not so. The August issue was gone by the 18<sup>th</sup>. And there were none to hand out at the "Welcome Back" BBQ.

So, we are printing 1700 copies of this issue, and will up that again in October to 2000, just to make sure there are plenty for the Taste Fair.

So, thanks dear readers, for taking a copy of the newsletter. There sure are lots of you out there.

*Bill London edits this newsletter and is honored to officiate at two marriages this month.*

## Co-op News: Thanks Kit!

By Bill London

Kit Craine voluntarily created and designed the "house ad" pages that have filled the two center pages of this newsletter for the last year or so. She worked with Vicki to present the monthly specials available at the Co-op in an open and readable form.

We thank Kit for all her time and hard work. She has now resigned that volunteer position.

And Barbara Ham has taken on this volunteer job with this issue.

So, welcome Barbara, and thanks again Kit.

*Bill London edits this newsletter, and is constantly amazed at the willingness of Co-op members to volunteer their time and talents to keep this publication going.*



## Business Partner Profile: Ann Raymer, D.C.

By Randy Paulin

Ann Raymer and I came to Moscow in the same year: 1983. I left in '85 after completing my degree and earning a secondary teaching certificate, only to return in '94 for graduate school. Ann, on the other hand, has been practicing as a chiropractic physician ever since arriving on the Palouse.

For the first two years, she had an office on the second floor of the building the Co-op recently vacated. But since 1985, her office has been located in the professional building in the 800 block of South Jefferson Street.

Ann is a specialist in very general care for individuals of all ages and conditions. She refers to herself as a holistic chiropractor, and part of her holistic approach is a conservative mindset regarding treatment. That is, she begins with the most conservative treatment, and progresses to less conservative treatment only if the patient shows no signs of improvement.

And Ann's patients do generally improve. She told me that one of her greatest satisfactions as a chiropractor is being able to (generally) see her patients get better; and sometimes to improve sufficiently to reach a level of health they had not enjoyed in years.

Ann's holistic approach has also led her to develop her interest in nutritional issues. She has attended two seminars presented by Dr. John Grimhall, and she has been selected as one of only 30 chiropractors nation-wide to attend a special intensive seminar, which Dr. Grimhall will be presenting in September.

In addition to the 30 chiropractors, only 10 table-side assistants were invited to this special seminar—one of them Ann's! When I spoke to her it was obvious that she is tremendously excited about this experience and the opportunities it



offers for her to provide even better care for her patients.

Ann's patients, she tells me, have uniform praise for her office staff, and tell her they feel nurtured and taken care of, and cared for, in her office.

Even during my brief visit with Ann I could tell that must be true. Her calling is healing, and she continues to answer that call.

Dr. Ann Raymer's office is open from noon to 6 p.m. Monday through Thursday. The office is located at 803 South Jefferson, Suite 3, and the phone number is 882-3723.

Co-op members receive ten dollars off on the first visit, during which the majority of diagnostic procedures are performed.

*Randy Paulin owns and operates Gamers' Paradise in downtown Pullman. He also operates an education consulting practice and dabbles in publishing (both on-line and old-fashioned), and stewards a depression support group that meets Wednesday evenings in the 2nd floor boardroom at Gritman.*

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## Moving in Moscow

By Kenna S. Eaton

This time of year there are a lot of changes in the streets of Moscow, not the least of which is the influx of new people to town. Arriving with their rental trucks, all their worldly belongings (or at least those important enough for their sojourn here) they flood into town looking for a new home. This year my family and I joined this crowd by moving into a new house. We had lived in our old house for 10 years, and while it had worked well for many years, we found that as the kids grew, the house shrank! We looked long and hard and eventually the right house came onto the market. Then the work began: painting, stripping wallpaper, packing, sorting, cleaning, moving, unpacking, sorting... well you get the idea. And of course it is a process that doesn't end for at least 6 months as far as I can tell.

Now I can empathize with all those new immigrants coming into

Moscow! Many of the staff here at the Co-op are moving also. Most of them are moving on, in terms of jobs or school, like Brian Ogle who's returning to Coeur d'Alene for another year of school, or Josh Christensen who will reduce his hours helping Vicki as he returns to the U of I. The flip side is we get to welcome a lot of new faces into the Co-op. Recent new employees at the Co-op include: Doug Finkelnburg, the baker, Joseph Erhard-Hudson, the bakers' assistant, Danni Vargas as produce assistant and Jared Hallock as stocker/cashier. Cori Flowers will also be returning to school, but Bruce Miller will be back as cashier.

And so it goes. The rhythm of the Co-op. The rhythm of the community. People move and they return—it's one of those things that keeps it interesting around here!

The land of Oz is closer than you imagine... It's right in your neighborhood!

**OZ Massage** has moved to

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## Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

Photos by David Hall

Look at the photos David Hall took to accompany this article. What do you notice about them? Look at the photo with the blur of a volleyball and the athletic grace in the amazing ballet move of one of the subjects. Now look at the photo showing good, healthy food in abundance and confident, attractive people.



What strikes you about these pictures?

Do not focus on the photographic quality. Notice the subject of the photos.

The Co-op volunteer party, the subject of the photos, features healthy food and vigorous exercise. Yes, Co-op volunteers have sharp minds and bodies to thwart any and all enemies, foreign and domestic. Uncle Sam wants you to volunteer!

You've got it now: this article is about how volunteering at the Co-op keeps America strong and free.

Okay, I'll be frank. The preceding drivel was penned late at night, a day prior to the editorial deadline. What I want to emphasize is that volunteers have fun. After all, aren't we Americans addicted to fun? I sure am; that's why this column is written as it is.

Maybe I have stooped to new lows in trying to recruit new volunteers. But, it has been fun.

As of today, there are plenty of volunteer jobs to be filled. Fortunately, there are also many volunteer

applications that Co-op members have filled out in the past few weeks, so it looks like most of the jobs will be filled.

So, instead of again writing about new volunteers, I am turning over a new leaf, as it were. Today, and in upcoming articles, I plan on thanking our volunteers for their

excellent work.

This time, I want to thank those milk-runners, past and present, who pick-up the empty milk bottles, drive over to Stratton's Dairy in Pullman, and return with milk. The Co-op would be far poorer without their work.

This job requires that people have a strong back and a reliable vehicle that can go back and forth between Moscow and Pullman. The Co-op provides a volunteer discount but not gas money or mileage.

Thanks for all you do, milk runners.

Please, the next time you are in the store and see Paul Weingartner, Gabe Gibler, Megumi Yanamoha, Don Dysart, Laurie Appel and Dayna Williams, Amos and Shannon Soignier, or Jeanne Leffingwell (our on-call substitute), thank them. Their work saves the Co-op a lot of money in transportation costs and provides all of us with fresh milk that is produced without BGH or other hormones.

Thanks again to you all!



# Food

## Macro Musings Healing Harvest Cooking

By Peggy Kingery

From my kitchen window in our trailer in Deary, I have a beautiful view of Bear Valley and the eastern slopes of Moscow Mountain. While preparing dinner each night, I'm treated to some awesome sunsets that are as much an indicator of the changing seasons as the vegetation around me. The sun has been going down at a point on the horizon a bit more to the south with each passing evening, telling me that summer will soon be cycling into fall.

But not quite yet.

Asian scholars noted the importance of a short season that occurred just after the heat of summer but before the chill of fall—the time of year we North Americans call "Indian summer." It's usually a calm time when we still spend many hours outside but are happy to be home after summer travels. The gardens we've been tending over the past four months are thick with luscious produce, ready for picking. The expanding energy of summer is starting to dissipate, and we begin preparing ourselves for the colder months ahead.

In my June article, I introduced the concept of the five transformations: cyclic energy changes that are generated by the interplay of yin and yang tendencies in our universe. Indian summer is associated with the transformation known as Soil or Earth. The Soil transformation represents a grounded, centered energy and is one of the most balanced states in the cycle. It's the season when movement begins to settle and condense. During Indian summer, the natural world seems 'on hold;' the energy in plants becomes focused in a more inward, or yang, direction in the seeds and fruits as they ripen.

The color associated with Soil is yellow, the color of the harvest. Mildly sweet (from naturally sweet foods) is the flavor that enlivens this energy, that relaxes and calms the body and makes us feel satisfied and nourished. Indian summer is the time to return to the stove and to prepare foods by stewing or boiling, techniques that warm and relax us.

Foods that enhance Soil energy nourish the organs in the middle of the body—the spleen, pancreas, and stomach. When these organs are relaxed and healthy, our emotions are too. The grain most nurturing is millet, a tiny yellow grain that is alkalizing to our digestive tract. It's easily digested, leaving us feeling relaxed and comforted. Sweet brown rice and mochi are also healing. The beans that nourish these organs include azuki (adzuki) and especially nutty-tasting chickpeas (garbanzo beans). Vegetables that grow close to the ground and contain seeds (squash, cucumbers) or wrap their leaves around their core (cabbages) possess energy that focuses on the middle of the body and are especially nourishing this time of year, as are root vegetables such as carrots and parsnips. When cooked, they sweeten deliciously. Mildly sweet fruits such as apples, grapes, melons, raisins, and cherries can be enjoyed occasionally. Cook these fruits with a pinch of sea salt to soften them, to make them easier to digest, and to gentle the sugars a bit. Almonds and pecans strengthen Soil energy particularly well.

When our spleen, pancreas, and stomach are functioning efficiently, our cravings for sugar decrease, our blood sugar fluctuations are minimized, and stomach upsets are rare. We feel calm and fulfilled. I hope like me you can think back on your summer activities and smile at the memories, looking forward to a less hectic pace during the shortened daylight of winter. Enjoy this season of reprieve and celebrate the return to a cooler kitchen with these soothing and satisfying recipes.

### Chickpeas With Vegetables

(serves 4)

- 1 cup dry chickpeas, soaked 6-8 hours
- 3-inch piece of kombu
- 3 cups water
- 1 large carrot, diced
- 1 onion, diced
- 2 cups cabbage, chopped
- 1 Tbsp. miso or shoyu
- 1 tsp. cumin



(Macro Musings continued)

Soak kombu for 5 minutes to soften and dice. Place in a saucepan with chickpeas and water. Boil, cover, and cook over medium-low heat about 45 minutes or until chickpeas are almost tender. Add vegetables. Cover, and continue cooking for 15 minutes. Stir in miso and cumin. Simmer 5 minutes more and serve over brown rice.

#### Four Grain Medley

(serves 4)

This is a yummy combination of summer and Indian summer grains.

1/2 cup millet  
1/2 cup quinoa  
1/2 cup couscous  
1 cup corn kernels  
3 cups water  
2 Tbsp. toasted sunflower seeds  
pinch of sea salt

Place couscous in a medium sized bowl. Bring water and salt to a boil. Add corn and simmer for 3 minutes. Pour off 1-cup water through a strainer and add to the bowl containing the couscous. Cover with a plate and set aside.

Return remaining water and corn to a boil. Stir in millet and quinoa. Cover and simmer for 20-25 min or until water has been absorbed. Gently mix grains and seeds together and serve.

*Peggy Kingery enjoys writing, gardening, exploring the natural world, and sharing life with husband Jim at their home in Moscow and farm in Deary.*

# Feed Your Self

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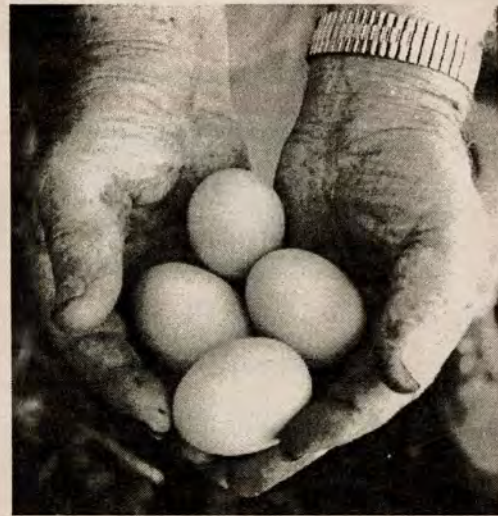
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## Where Do Those Eggs Come From?

By Bob Hoffmann

Here's a simple comparison test of egg quality. Purchase some locally-produced chicken eggs at the Moscow Food Co-op, like the eggs supplied by the Scheoflin family of Viola. Then go to one of Moscow's big chain stores to buy some of their eggs. The carton will typically say something like "These eggs laid somewhere between New York City and Big Sur."



Now, crack one egg of each type into a white bowl and marvel at the difference. The Scheoflin (Co-op) egg yolk will be a deep, rich yellow, while the Mega-Mart yolk is nearly as pale as an albino buttercup. If you look closely, you will also see that the local egg white is thicker and more substantial, not watery like the other egg white.

Why such a difference in egg quality?

This question brought me to the Scheoflin homestead in Viola. I was honestly stunned at the beauty of the grounds, the fertility of the land, and the pleasantness of the mature couple that tends it.

Imagine this: Terraced flowerbeds climb the steep hillside. Cherry and apple trees bend low with the weight of their fruit. A garden with dozens of well-tended crops spreads beneath the sunshine. And the chicken coop has a commanding view of the entire scene. If I die and come back as a chicken, I hope to roost at the Scheoflin's.

Upon arriving in the morning, I first encountered Mr. Scheoflin

returning from a blackberry patch with a basket of fat, juicy berries. A soft-spoken man in overalls and a straw hat, he enjoyed showing me around and explaining how he carved his little

paradise out of a hillside some thirty years before.

"My wife comes from Nebraska," he explained, "so I built these terraces so she would have some flat ground to garden."

He chuckled as a fat garter snake slid lazily off a stone step and out of our way. We climbed up to the wooden chicken coop where two dozen brown hens squawked and ran along the fence to meet us. Mr. Scheoflin threw them a bucket of scraps—at least they were scraps to us humans. To the chickens, it was a feast of bread, vegetables, and fruit.

Mrs. Scheoflin took a break from canning strawberry preserves to come out and chat. She explained that the chickens they raise are Golden Sex-Links. Although I consider myself in-the-know about many chicken breeds, I had not heard of this variety.



"In most chickens, when the chicks hatch, you can't tell if they are male or female," Mrs. Scheoflin explained. "But you can with Sex-Links." This impressed me as useful information for an egg farmer, as roosters are notoriously poor layers. By purchasing only female chicks, the Scheoflin's don't waste feed. Presumably, people raising chickens for the pot would be interested in buying the male chicks.

As much as she knew about chickens, I asked one question that stumped her: How long had they



been delivering eggs to the Co-op?

After some ruminating, she recounted that they were the Co-op's first egg supplier, delivering the surplus that they couldn't eat themselves.

"As long as they've been taking eggs, we've been doing it. The Co-op was over on Washington Street at the time." This means that Co-op shoppers have been enjoying Scheoflin eggs for about twenty years, making Scheoflin's one of the Co-op's most senior suppliers.

In a day when most laying hens live in small cages, eat the same powdered feed daily, and never see the light of day, it's good to know that you can still buy eggs that are produced the Scheoflin way. Their hens have plenty of sunshine, greenery, and room to run. The quality of their lives is reflected in the quality of their eggs.

Take the Scheoflin Egg Test, and see for yourself.

*Bob Hoffmann is the Co-op Web Master who recently married the woman of his dreams.*

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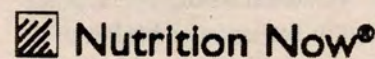
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# Don't Forget Beets

By Pamela Lee

I am a fan of the beet. Always have been, but occasionally I forget about them—for weeks or months on end. Then, a fresh bunch of beets will catch my eye and I get to rediscover this vivid vegetable all over again.

With the relatively recent wave of re-appreciating heirloom and unusual varieties of vegetables, one can now find not only red, but also orange, yellow, white, and two-toned Chioggia beets.

Beets are a member of the goosefoot family. Among their vegetable relatives are chard, spinach, quinoa, and lamb's-quarters.

Historians trace beets back to ancient Italy. The Romans ate the leafy greens, but left the root alone. When Charlemagne ordered beets to be planted throughout his domain, both the root and greenery were eaten. Charlemagne's beets were white or orange. Red beets were not introduced until the 16<sup>th</sup> or 17<sup>th</sup> century.

If you are preparing beets in a mixed vegetable dish, either use the orange-yellow variety of beet, or be prepared to eat pinkish/fuchsia-colored food. Red beets bleed, though one can control the bleeding somewhat. If you leave the beet whole and unskinned, with about an inch of the stem and the root intact, the color will leech less. Beets can be boiled, steamed, oven-roasted, or cooked in the microwave. When I was recently lamenting the time it would take to cook two beets, with my stomach already growling mightily, my mother told me to grate the beets and sauté them with olive oil and garlic. It worked great! But again, beware - if grated red beets are combined with other vegetables, the dish will be uniformly dyed. Beets have great tinting power.

The pigment in the red beet root is betacyanin. The food-coloring industry is studying the possibilities of using this crimson color to produce a natural dye. The ability to digest betacyanin comes from a single gene. If, with the cast of the genetic dice, you have two parents who each have a recessive gene, you will not be able to digest betacyanin. The telltale pigment will pass right through your digestive tract, leaving (How do I write this discreetly?) stained remains.

The pigment in red beets is also a sort of litmus indicator. Combined with acid, beets turn vividly crimson.

But with an alkali, they turn blue.

All varieties of beets (yellow, red, variegated, and white) are naturally high in sugar. Perhaps this is why this root vegetable is so often prepared with vinegar. Beets are also a good source of vitamins A and C, riboflavin, iron, dietary fiber, and potassium. Beet greens supply a goodly amount of calcium, but they also contain oxalic acid, which will leach calcium from your system. Whenever I cook greens with an oxalic acid content (beets, spinach, chard), I top the steaming hot dish with cheese, which will preferentially bind with the oxalic acid, so I can retain the

healthful calcium.

Beets also contain a peculiar "vitamin imposter". An anti-thiamine substance in beets tricks our cells into believing it is thiamin (B1). It lodges in our system and keeps the real B1 out. I recall reading (somewhere, years ago) that the way around this is to cook your beet.

To prepare whole beets, scrub them well and leave an inch of stem intact. If the root is still attached, leave it as well. Once the beet is cooked, let it cool enough to handle and with just a slight nudge from your fingers, it will very easily shed its skin. It is difficult to give precise times for how long to cook beets—they vary in size and tenderness. Older beets will take longer to cook than those fresh from the garden. Beets can take a long, long time to cook... I wonder if this is why beets are such an undervalued vegetable?

To steam whole beets, place them in the steamer basket of a large pan with plenty of boiling water underneath. (Note: If you put marbles in the water, if all the water steams away, you will hear that the marbles have quit rattling and know that you have to add more water.) Steam at a rolling boil until the beets are tender and can be easily pierced with a knife. It'll take about 45 minutes to steam two pounds of fresh beets.

To roast beets, preheat the oven

to 350 degrees. Rub the whole (cleaned) beets with olive oil, place them in a roasting pan with a few tablespoons of water; cover with foil and roast until they flesh can

easily be pierced with a thin knife blade. This will take about an hour

for two pounds of fresh, small-to medium-sized beets. Cool slightly and slip the skins right off.

To microwave four medium-sized fresh beets, arrange them unpeeled in a dish with a lid (or damp heavyweight paper towels). Microwave on high for about 8 minutes, let rest without removing the lid for 5 minutes. Turn the beets over and cover again; microwave another 3 minutes. Let sit with the lid still on for 10 more minutes. Pierce them with a thin knife to test for tenderness. If they need it, cover and cook for 3-4 minutes more. Let cool and peel.

This recipe is best made a day or two before eating. Use a tall, narrow container so the marinade surrounds the vegetables. Use this mixture to top some fresh tossed salad greens. Add croutons, cottage cheese or crumbled goat cheese.

## German Beet Salad

3 cups beets, cooked  
2 medium onions, thinly sliced  
1 cup beet liquid (from cooking)  
1 cup cider vinegar  
1 tsp. salt  
1 tbs. sugar  
1 tbs. caraway seeds (or dill seeds)

Cut the beets into 1/4-inch slices. Arrange a layer of beets in a mixing bowl, top with a layer of

sliced onions. Season each layer with a bit of salt and sugar. Place beet liquid and vinegar in a saucepan and heat to boiling.

Sprinkle caraway seeds on top of salad and pour on hot beet juice/water mixture.

Place in refrigerator and chill at least 24

hours before serving. Stir occasionally to distribute marinade.

## Beet and Carrot Pancakes

1 1/3-cups packed, coarsely shredded peeled beets (about 2 medium)  
1 cup coarsely shredded peeled carrots (about 2 medium)  
1 cup thinly sliced onion  
1 large egg  
1/2 tsp. salt  
1/4 tsp. pepper  
1/4 cup flour  
3 tbs. olive oil  
Sour cream

Preheat oven to 300-degrees. Place baking sheet in oven. Combine beets, carrots and onion in a large bowl. Mix in egg, salt and pepper. Add flour; stir to blend well.

Heat 1 1/2 tbs. oil in heavy large skillet over medium heat. Using 1/3-cup beet mixture for each pancake, drop 4 pancakes into skillet. Flatten each into 3-inch round. Cook until brown and cooked through, about 4 minutes per side. Transfer pancakes to baking sheet in oven; keep warm. Repeat with remaining beet mixture, making 4 more pancakes.

Serve pancakes with sour cream.

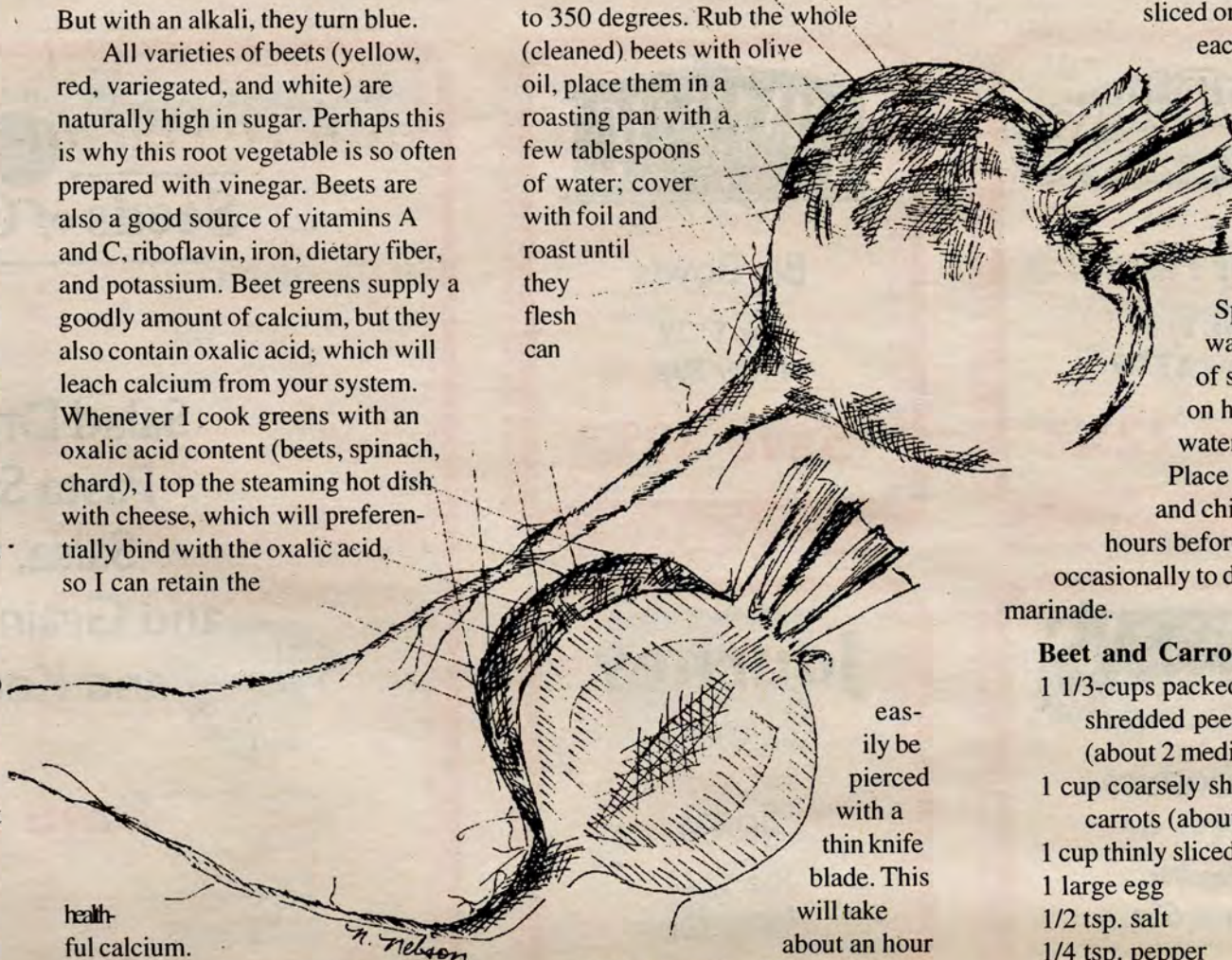
*Pamela Lee hopes the beets she eats remain real beets, un-genetically modified, uncombined with Bt, moth, fish, or Brazil nut genes.*

## The Gladish Yoga Room



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**The BookShelf - Monthly Reviews of the Co-op's  
Literary Repast**  
By R. Ohlgren-Evans

**The What to Eat if You Have Cancer Cookbook**  
by Maureen Keane and Daniella Chace  
149 pp. \$14.95  
Contemporary Books, Lincolnwood, IL

This unique cookbook is a companion to the pioneering nutritional therapy guide, "What to Eat if You Have Cancer" (also available in the Co-op's Book Shelf). The guide provides the nutritional outline to promote recovery from cancer treatment (including ways to halt malnutrition, reduce toxicity from traditional cancer treatments, and slow the spread of cancer). The cookbook contains more than 100 recipes using the natural foods and good nutrition proven essential for fighting the battle against cancer.

The recipes in the cancer cookbook use all-natural ingredients and are easy to prepare. This is NOT a book full of medicinal formulas—these are tasty preparations and healthful meals that everyone can enjoy.

Each chapter highlights a specific food group and its cancer-

**For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook:  
Picnic Squash Salad**

R. Ohlgren-Evans

Picnic season doesn't stop just because school starts in this part of the world...some of our greatest outdoor days are still ahead!

**Picnic Squash Salad**

8 cups very thinly sliced squash, any kind (though yellow crookneck and green zucchini are very pretty!)  
2 cups Italian-style salad dressing  
2 Tbsp. fresh herb of choice  
20 fresh nasturtium blossoms

Put the squash into a large bowl. Bring salad dressing to near-boil, then pour over squash, toss lightly and then chill. Before serving toss again, and pour off extra dressing. Toss again with fresh herbs and top with fresh nasturtiums.

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

fighting elements: Vegetables & Fruits; Cruciferous Vegetables; Grains, Nuts & Seeds; Protein Foods; Soy Products; Meals in a Glass; and, Juices.

The chapter "Meals in a Glass" intrigued me first. As authors Keane and Chace explain, one common side effect of cancer treatment is loss of appetite. The nourishing meal shakes they recommend are perfect for anyone who's unable to eat, and they outline the different kinds of nutritional products you can add for additional benefits. Our household tried the simple and yummy

**Banana Nutmeg Smoothie:**

1 large ripe banana, broken into pieces  
6 oz vanilla soy milk  
1/4 tsp. ground nutmeg  
Blend until smooth and drink immediately.

Other recipes, like the Green Tea Miso Soup, Lentil Herb Loaf and Quinoa Pudding, looked so comforting and healing that I started to feel healthier just by reading them.

*Robin Ohlgren-Evans dedicates this column to all cancer victims and their caregivers in the hope that improved dietary habits and an active role in treatment enhances recovery.*

# Gardening

## Palouse Gardeners Contend with Herbicide-Tainted Compost

By Patricia Diaz

Since early June, some Palouse gardeners have noticed that their garden vegetables, especially the legumes, peppers, potatoes, and tomatoes, have been looking twisted, burned, and stunted. Apparently an early batch of compost from Washington State University's College of Agriculture and Home Economics was tainted with an herbicide called *picloram*, marketed commercially as TORDON, a product to fight thistle and broadleaf weeds. The tainted compost was distributed by nurseries and landscaping businesses in the Palouse area. Home gardeners and those gardening at Koppel Farms and Moscow Community Gardens began noticing soon after germination that their plants weren't doing well.

The herbicide actually mimics plant hormones which accelerates the plants' growth so fast that the plants die. Especially vulnerable are legumes and plants of the nightshade family, although trees and flowers (such as roses and locust trees) can be harmed also.

Washington State University began investigating the incident as soon as it was reported in mid-June. After six weeks of tests, the problem was non-detectable and research scientists had to begin the investigation all over again. A second series of tests confirmed that the early batch of compost was tainted with the herbicide picloram and was the culprit that damaged the vegetables.

According to WSU environmental toxicologist Alan Felsot, vegetables grown in soil treated with the contaminated compost are safe to eat as the human body doesn't metabolize the chemicals but disposes of them by excretion.

The herbicide was thought to have entered the compost through WSU's cows. They apparently ate hay or grass tainted with the herbicide, which then passed through them into their manure and onto their bedding from urine. The manure and bedding were placed in the compost pile to decompose. Unfortunately, the life span of herbicides can be up to two years, which means that the soil in these gardens will remain contaminated for another growing season.

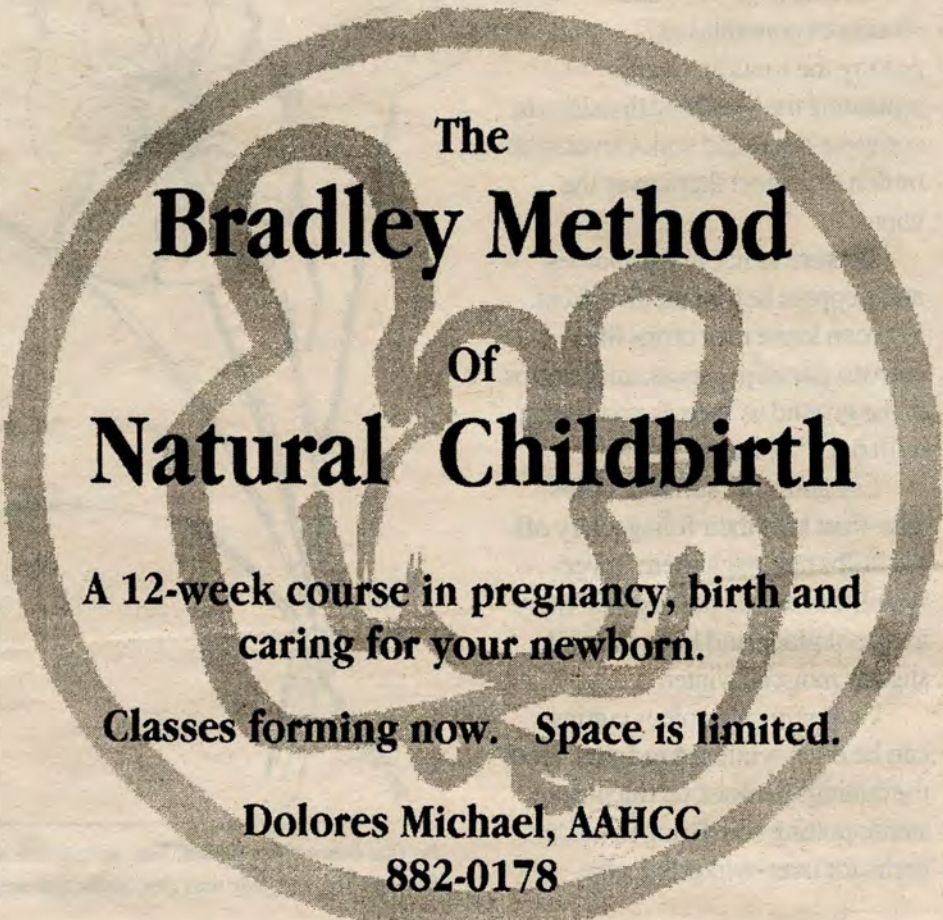
The big question is: how does a home gardener, especially those of us interested in gardening organically, protect herself or himself from contaminated compost?

The obvious answer, of course, is to make your own compost. A few months ago this column featured making your own compost. However, not all residents can make their own compost, nor do all residents have the time to do so.

A second question is: if you purchased compost that is contaminated, how do you return your garden to its organic state?

Dan Caldwell, WSU compost plant manager, has been working very hard to resolve this recent compost problem. He has created a website ([css.wsu.edu/compost](http://css.wsu.edu/compost)) which features known facts regarding the compost and what WSU is doing to correct the problem.

For now, here is what WSU is recommending for gardeners who experienced damage from the compost.



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(Tainted Compost continued)

First, download a damage claim form (or pick one up at the place where you purchased your compost and then return the filled-out form to that business) detailing the cost of the compost and cost of plants purchased. WSU will either reimburse you for those costs or provide replacement compost and plants next spring.

Remediation is also available for affected gardens. WSU crews will provide application assistance of neutralizing materials upon request, however, it is recommended that gardeners wait until next spring before attempting this. It is thought that natural processes will break down the herbicide during the winter months and make the soil usable after the winter season.


WSU has also taken steps to ensure that no further contamination of their compost takes place. The university will require that all grass hay and straw purchased by WSU be certified by the seller to be free of pesticide and herbicide residue; that all future compost ingredients will be bio-assay tested for herbicide residues before sale; and that finished compost will be used in test plots to be sure there is no danger to plants.

On August 17, the WSU compost crew applied activated charcoal to plots at Koppel Farms community garden and is testing its use in neutralizing the contaminated soils.

At press time, a meeting had been scheduled for August 22, where Dan Caldwell will discuss compost issues. A report on this meeting will be featured here in the October newsletter.

For the time being, affected gardeners should stay tuned to the WSU website for instructions on how to neutralize contaminated soil. If you used the compost as mulch, remove it to an area with non-sensitive plants such as grass. Also, don't exceed the recommended maximum application of compost, which is about 1/2 inch on top of the soil.

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




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## September Gardening Checklist

By Patricia Diaz

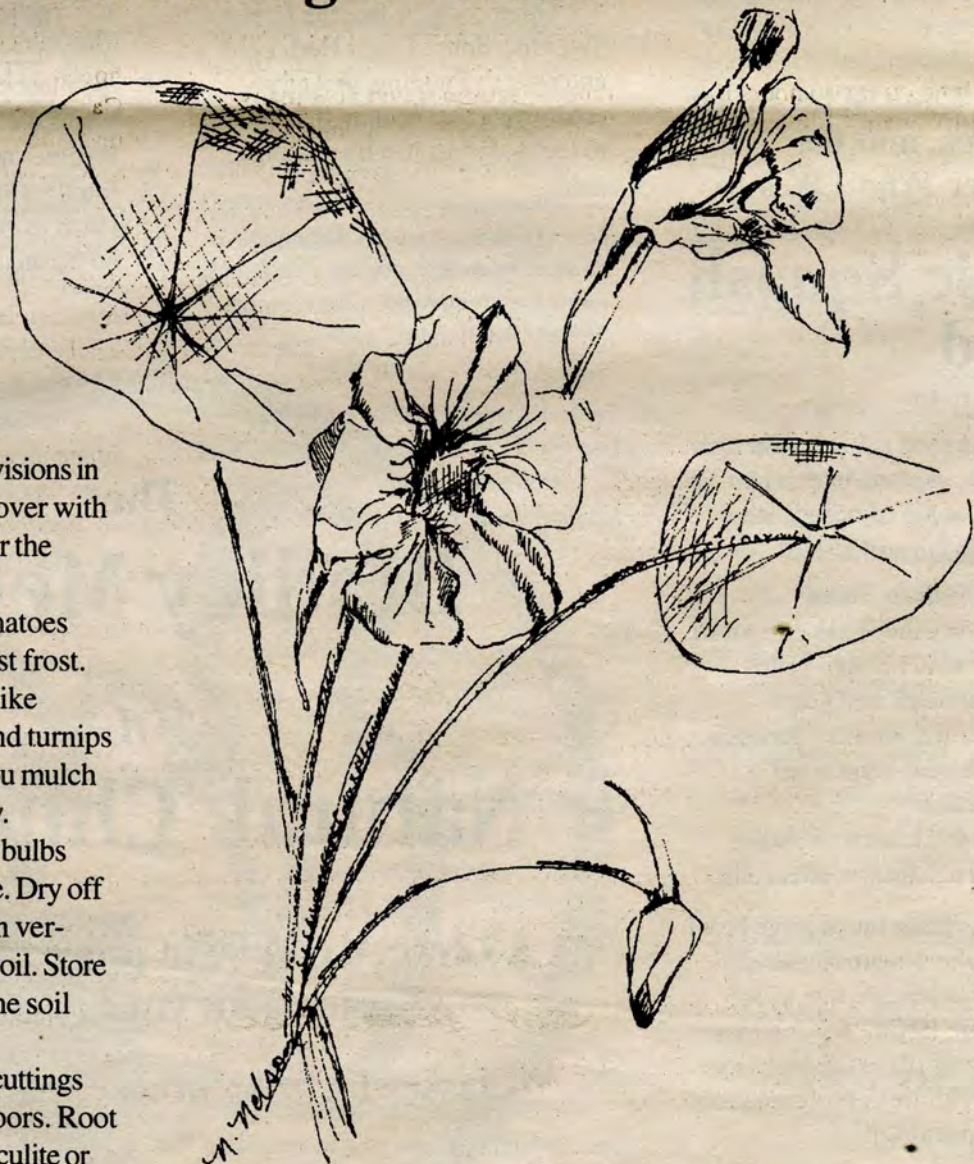
Cool fall temperatures are the perfect time for planting trees and shrubs. When doing so, apply several inches of an organic mulch around them.

Divide over-crowded clumps of perennials by pulling the roots apart and replanting the healthiest divisions in compost-amended soil. Cover with mulch to protect them over the winter.

Be sure to harvest tomatoes and peppers before the first frost. You can leave root crops like carrots, parsnips, beets, and turnips in the ground as long as you mulch with 6-12" of hay or straw.

Lift and store summer bulbs after frost kills their foliage. Dry off the bulbs and pack them in vermiculite or sterile potting soil. Store in a cool place and keep the soil slightly moist all winter.

Geranium and coleus cuttings can be over-wintered indoors. Root the cuttings in moist vermiculite or sterile potting soil. Bring in tender herbs for over-wintering, also.



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



## The Evil Phantom Load

By Mike Forbes

In my continuing series of articles on home energy efficiency, this month I'm writing about the evil phantom load.

To define a phantom load (PL) it's easiest for me to use an example. The little clocks on your VCR, microwave, or stereo are all phantom loads. It's the energy used continuously, 24 hours a day to power some accessory of an appliance. Many times, the PLs are convenience-oriented and not necessary for the function of the appliance, like the clocks. It can be alarming how much energy these little buggers consume since they run 24 hrs a day, 365 days a year.

Before we get into numbers, let me explain how we (you, me, and the electrical company) measure energy usage. Energy usage is commonly measured in kilowatt-hours (kWh) which is found by multiplying watts consumed during a time period. For example, if I left a 100W light bulb on for 10 hours I would use 1 kWh, or if I left my 1000W hair dryer on for 1 hour I would use 1 kWh. With that we can better understand the consumption by PLs.

I went around my house and workplace and measured several different PLs. It surprised me what I found. Many appliances you think are "off" are by no means "off."

For example, my bookshelf stereo draws 31W when off and 43W when playing at a moderate level (60W when blaring as loud as it goes). I know that the clock doesn't use 31W alone, (a clock radio uses about 2W) so maybe it keeps something warmed up, ready to go at a moment's notice. The funny thing is I have been unplugging it after each use now for some time and it doesn't seem any different (even the radio stations stay saved in its memory). Some common PLs I measured were TV/VCRs at 7.2W each, a microwave at 13W, cordless phone at 6W, 12V cordless drill charger at 11W, and a surge protector at 2.4W. The little square transformers on cords from many appliances also known as "cubes of death," are common PL at 5W.

These figures I give may not seem like much but running them 24-

7 makes their inefficiencies shine. If a household only had one of each of the above-mentioned appliances plugged in year-round, I calculated that 725 kWh would be consumed. This is for just the PL—not for using the appliance.

Financially, that is about \$31 - \$62 (depending on who your power company is) per year (that's at our cheap rate too). That's lots of money and lots of wasted power.

It is easy to eliminate these loads. I don't rely on the clock from the stereo; instead I use a battery or windup clock. I unplug the appliance when I'm done. You can get power strips to shut off the power to several appliances at a time (some don't have a PL, look for the ones without the light). If you're building/remodeling, putting in switches that control your outlets is an excellent option. My suggestion is to look around your home and see how many appliances have clocks or fancy electronics and how many "cubes of death" you have and see if you can unplug, switch, or eliminate them altogether to help reduce your household PL.

We've eliminated all of our PLs at our house and it is nice to know that when you think the house is "off" it is truly off. If you have any questions about all this, don't hesitate to email me at [mikeforbes@moscow.com](mailto:mikeforbes@moscow.com).

*Mike Forbes is a junk collector who acquires it at a rate faster than he can get rid of it.*



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## Pets With Cancer: Offering Some Hope

By Sarah Hoggan

*This is the first of a three-part series on pet cancer. Part two in October will discuss further categories of cancer, its method of spread, and surgery as a treatment option.*

Many people have witnessed a friend or family member battle cancer and are familiar with the regimes of chemotherapy, radiation treatments, or surgery. However, when cancer is diagnosed in a pet, the course of action is suddenly unfamiliar and owners are often unsure of the next step to take. Is treatment available, or is euthanasia the only humane choice? The answer depends on the situation.

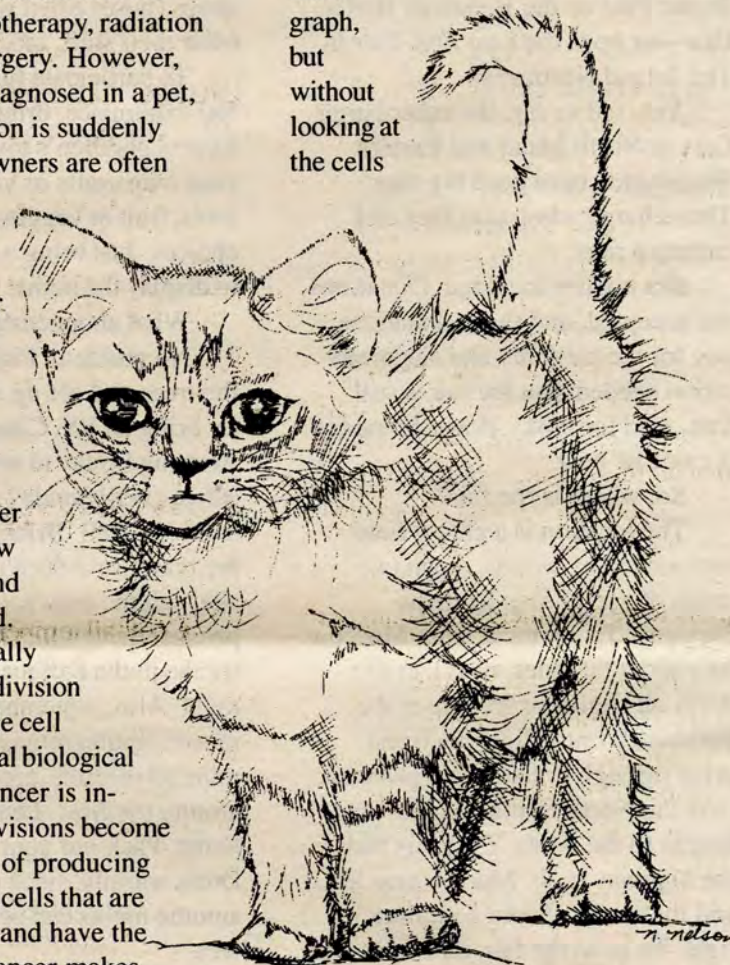
First, an owner may want to know what cancer is and how it's classified. Cancer is essentially uncontrolled cell division and growth. While cell division is a normal biological process, when cancer is involved the cell divisions become aberrant. Instead of producing nicely-organized cells that are all the same size and have the same function, cancer makes them 'different.' Some cells are huge and some are small. Some cells produce hormones while others continue to divide and only produce more abnormal cells. This uncontrolled cell growth makes a tumor and allows the cancer to spread.

Next, cancer is classified in two basic categories: sarcomas and carcinomas. Sarcomas are cancers derived from structural tissues, such as bone, muscle, or connective tissue. An example of a sarcoma is osteosarcoma: a tumor commonly found in the long bones of the legs and in the jawbone or mandible.

Carcinomas are cancers derived from non-structural tissues such as skin cells, blood, and glandular tissue. Squamous cell carcinoma is an example of a carcinoma found in skin.

The only way to definitively diagnose cancer is by looking at it

microscopically. A tumor may look very suspicious superficially or on a radiograph, but without looking at the cells



that make it up, there's no way to know for certain if it is cancer or not.

The two most common ways to collect cells for diagnosis are a fine needle aspirate or a biopsy. With a fine needle aspirate, a needle is inserted into the tumor and some of the cells are drawn up. The cells can then be examined microscopically for changes consistent with cancer.

Unfortunately, some tumors don't shed cells very easily so a fine needle aspirate won't work then. A biopsy becomes the next option. A biopsy is a procedure where a piece of the tumor is cut off and then examined microscopically. Generally a biopsy is a more invasive procedure and may require surgery.

*Sarah Hoggan is a fourth year veterinary student and excited first time parent-to-be. She and her husband are expecting their first child this month.*



# Bountiful Benewah Barter Fair

By Bill London

Twenty years ago, the fun-loving mountain folk who lived in Benewah County came together for a weekend of trading and partying. They left their homesteads in the woods around Santa, Fernwood, Emida, and St. Maries, and met at a site near Santa.

That was the first edition of what would be known as the Santa Barter Fair or the Benewah Barter Fair—or now, the Last Free Fair in The Inland Northwest.

Yes, sad to say, the other barter fairs in North Idaho and Eastern Washington have gone big-time. They charge admission fees and camping fees.

But not this local fair. Donations are accepted, and those donations pay for the publicity and site preparation needed. But the fair is still free. And for funky, down-home fun, it can't be beat.

So, where is the fair?

The location is a grassy field surrounded by woods, down two miles of gravel road from the highway. To get there from Moscow (it's about 60 miles away), cruise north on Highway 95, turn at the Potlatch Y onto Highway 6 and drive through Potlatch and Harvard, over the North-South summit, past Emida to the Santa Y. At this fork, the highway to St. Maries turns left, and the road to Santa continues right. To go to the fair, turn right (this is actually Highway 3 now) and go about 2 miles. As you are coming down the hill, almost to the river and the tiny town of Santa, watch for the barter fair signs on the right. Turn right on the gravel road (Sheep Creek Road) about one-half mile before Santa. Follow the signs for two miles. Stay left as the road forks, and suddenly you will find yourself at a village in the middle of nowhere.

That village—a bizarre collection of old school buses, RV's, tents and trucks—is the barter fair. The vehicles containing trade items drive into the circle and pick out a place by the trees around the perimeter of the meadow. Vehicles without trade items, just visitors, park by the road.

So, what's a trade item?

Virtually anything. The concept is that homesteaders could bring their excess crops or their crafts to the fair and trade those surplus items for other foods they need. Twenty

years ago, there was very little money exchanged, and various foods (apples, potatoes, veggies, herbs, etc) were the most common trade items. Now, things are available for trade, but money is welcomed everywhere. Food is still available, but so are home-preserved jellies, local crafts, and yard sale items of all kinds. Sometimes, rolling pawn shops (buses filled with whatever) offer their stuff, too.

To participate fully in the barter fair experience, bring stuff to trade. Excess children's toys or clothes, your own crafts or yard sale items, tools, fruit or veggies are all good choices. Just bring a blanket or table to display the items.

What about camping there?

No problem. Pick a spot under the trees and set up a tarp or tent. Or bring an RV. Camping is free. Arriving Friday to set up is fine, and staying until Sunday night or Monday is OK as well. Bring water. Remember there is no drinking water at the site, and the only bathrooms are privies. Bring food, both to eat and for the potluck dinner on Saturday night. Also, remember to bring your music. Homegrown music is jamming all the time, especially at night around the fires. Leave the dogs at home. Pack out your own trash. Dress warmly, since these mountain autumn nights can be very chilly and wet.

The 20<sup>th</sup> anniversary barter fair will be held the weekend of September 9 and 10.

If you still have a question, call Leah at 208-245-4381.

*Bill London edits this newsletter, but in a previous lifetime lived in Benewah County and dug the outhouse holes for the first Benewah Barter Fair.*



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## Palouse Area Singles

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

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

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

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

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

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

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Level 1-4  
Aug 28-Oct 21**  
*Daytime and evening classes  
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# A Co-op for Toddlers

By Lisa Cochran

I've been around these parts since the mid-1980's, and I remember this group in the Moscow Mardi Gras Parade. There they were: well behind the huge paper floats that used to be the trademark of the event, somewhere between the briefcase-wheeling UI Law School squadrons and the juggling unicyclists. I remember the Moscow Parent-Toddler Co-operative (MPTC) group that maneuvered their strollers in figure-eights and crisscross patterns down Main Street as deftly as any Shriner on a miniature motorbike. But the stroller brigade is all I knew of the group.

Fifteen years later, I am now a parent, ever anxious for resource information. The Parents As Teachers Program (208-885-3705) gave me some suggestions for networking and activities which included the MPTC, so I used several free trial visits to check the group out. That was over a year ago, and now I am eager to spread the word about this fabulous way for parents and children to pool resources!

I credit the Moscow Parent-Toddler Co-op with having given my daughter some important socialization, physical and emotional skills. Going several times each week has also added a fun routine to our lives and given me some invaluable help shared by other parents. Also, the MPTC has toys we either cannot afford or don't have room for, plus offers a diverse library for both my daughter and myself, all for a very reasonable fee.

The MPTC offers parents and guardians opportunities to develop parenting skills by attending seminars, using the parenting library, exchanging ideas and observing

various parenting styles during the daily sessions. Parents or guardians are required to attend with their children, so that this group differs from a daycare service. And for the kids, it's just a lot of fun. The only restriction is that they be under 4 as of September 1.

What began as a play group in 1979 has now grown into an autonomous, secular, self-supporting cooperative of parents who meet at the Latah County Fairgrounds. It is a culturally-diverse organization with no religious or political affiliations, seeking to create a sense of community among its members (a support network). Parents may bring their child(ren) one to five days a week from 9:30-11:00. Activity time and free play last an hour, and children can participate in special activities, crafts, projects or use the time for general play with a variety of educational materials, toys and equipment available. The last half hour is designated for eating snacks and then 'circle time' with various forms of music and circle games. Throughout the semester, there are several exciting and interesting field trips to see things like baby animals, ride on a real school bus, or go pick out pumpkins at Halloween. Throw in a few really fun holiday potlucks and parties, and you have quite a fun school year!

The MPTC is now seen at more than just parades. There's an information table at the Farmer's Market and Tuesday picnics at East City Park all summer long. Perhaps their best community service is to offer a clean, well-stocked and comfortable changing and nursing station at major public events. Most recently, the MPTC station was available at the Rendezvous in the Park. Look for them soon next to the petting zoo at the Latah County Fair, Sept. 14-17.



While writing this, I look over at my now two-year-old who is sporting a blue t-shirt with the MPTC motto: "Together we grow." That has worked for us. Madysen can now more easily wait her turn in line, rotate in the use of toys, eat calmly while sitting at a table full of youngsters and she knows all the words and gestures to a dozen songs. These skills plus our broadened group of friends have enriched our family life.

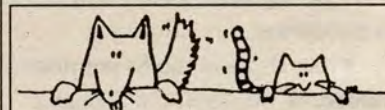
To find out more about this group, call Karyl Davenport at 882-1200.

*Lisa Cochran and her two-year-old daughter live at the Flying Freckle Homestead in Moscow*

## Sheri L. Russell

◆Attorney At Law  
◆Certified Professional Mediator

P.O. Box 8141  
208 S. Main St., Suite #1  
Moscow, ID 83843  
(208) 882-9587



## Animal Care Center

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### Large & Small Animals

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

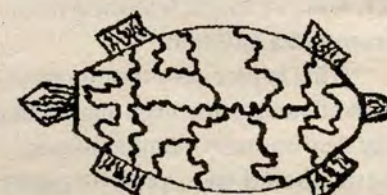
## Giant Annual Rose Sale



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# Chamber Music Series Opens

By Erol Barbut

The Auditorium Chamber Music Series at the University of Idaho brings musicians of the highest caliber to perform on the Palouse. These performances take place in the beautiful auditorium of the University of Idaho Administration Building. Though the variety of the performances includes medieval to contemporary, vocal and instrumental, with groups of three to twenty musicians, one thing remains constant: the quality is always high.

This concert season will not be an exception.

First, there is the September 28 concert of the legendary Beaux Arts Trio playing works by Haydn, Schubert and Mendelssohn. Then, on November 28, The Waverly Consort will present a musical and theatrical pageant, a performance of the Christmas Story, featuring music from the Middle Ages and early Renaissance, sung and played on original instruments.

On February 2, 2001, the world-class Miami Quartet, now the resident ensemble for Lincoln Center's Society Two program, will perform. The season will be capped by the Ghazal Ensemble on March 27, with a concert featuring music from India and Iran.

This is precisely the combination of variety and high quality that the Auditorium Chamber Music Series Board takes pride in presenting to you.

But the concerts themselves, fine as they are, don't tell the whole story. Each group that comes to our region also makes presentations that



## THE WAVERLY CONSORT

Photo: Craig Sands

include master classes at the University of Idaho and outreach activities for school age children. Last year, the Moscow Chamber Orchestra from Russia performed for a packed house full of 5th grade kids, parents, and teachers from Latah County schools. Every school in the county but one was represented. It was a pleasure to see the degree of attentiveness of these kids, many of whom had never experienced a live musical performance before.

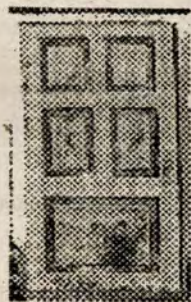
I was particularly impressed by an eight-year-old who was intent on conducting from her seat in front of me, hardly missing a beat. I am sure, the orchestra members themselves were delighted to learn about our corner of the world, and that there is a Moscow in the USA!

Please watch for the announcements for the upcoming series and support the Auditorium Chamber Music Series by purchasing season tickets or by making a contribution.

If you would like more information, contact Mary DuPree (mdupree@uidaho.edu), Paula Elliot (elliotp@wsu.edu), or Erol Barbut (ebarbut@uidaho.edu), or call 885-7557. You can also visit our web site, [www.its.uidaho.edu/concerts](http://www.its.uidaho.edu/concerts).

*Erol Barbut, president of the board of directors for the Auditorium Chamber Music Series, teaches mathematics at the University of Idaho. For many years, Erol and his wife Alice have also enjoyed being members of this wonderful community institution, the Co-op.*

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~HELP US SUPPORT THE ARTS IN IDAHO~



## Upcoming Events sponsored by the Moscow Food Co-op and Holistic Counseling Services

We are excited to offer a lecture on women's health from the folks at Transitions for Health, the manufacturer of Emerita's Pro-gest progesterone cream. This will be a free lecture held on November 3rd. Location to be announced.

On November 11th, we will be sponsoring two workshops with Stephen H. Buhner. Stephen has been described as "one of the foremost voices of our time for the return to an ecological foundation of healing." Stephen will discuss Herbal Antibiotics, Natural Alternatives for Treating Drug-Resistant Bacteria. The second will be Emerging Viruses, including information on Hepatitis C and Fibromyalgia. I had the opportunity to hear Stephen's lecture on herbal antibiotics last year at the Montana herb gathering. I found him to be an outstanding teacher and I think you will too. Workshop fees and location to be announced.

More information on both events will be forthcoming in October's newsletter.

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## Organic Cuba

By Peggy Adams

Imagine a place where one of the measures of the success of a farm is its biodiversity. Imagine a place where it is illegal to use pesticides within a watershed that supplies water to a city. Imagine a government policy toward food production aimed solely at researching and supporting organic agriculture. Now, imagine farmers as among the highest paid and most highly educated workers in society. This is Cuba today.

Cuba is undergoing radical agricultural, economic, and social change as it seeks to dramatically increase its food production with an extremely limited fuel supply and equally limited access to agricultural chemicals.

Prior to 1989, Cuban agricultural production was much like that of the United States, characterized by huge mono-crop farms that were reliant on chemical pesticides, fertilizers, and large-scale farm equipment. That kind of agriculture came to an abrupt halt when the Soviet Union collapsed.

Cuba lost 85 percent of its foreign trade, including food, agricultural inputs, and petroleum. At the same time the United States enacted the Helms-Burton act which tightened the already burdensome US embargo against Cuba. Their economy was crippled and the food supply was hit the hardest.

The Cuban response was to lift their chins, shake their heads, and innovate. State priorities shifted to increasing food production while decreasing the use of petroleum products and agri-chemicals. The academic and scientific community began to focus on researching organic production practices, and urban dwellers began to look at vacant lots as a potential source of food.

Urban agriculture in Cuba had grassroots beginnings. Empty shelves in the markets inspired city dwellers to take over abandoned neighborhood lots to grow food for their families. Many found the gardens so productive that they were able to sell excess to their neighbors.

As the success of these early gardeners grew and as the Government recognized the fuel saving benefits of growing food close to

where it is consumed, the State began to direct resources toward helping these innovators and encouraging more urban farming. The State granted the use-rights on publicly-owned land to farmers for as long as they would keep it in production. Small State-run stores were established to sell seed, hand tools, pots and biological controls, and to serve as educational sites which offer



workshops and advice.

Now schools, businesses, 160 cooperatives and 3,600 individuals farm within the city limits of Havana. All are organic and most sell their excess at the nearly 300 farmers' markets around the city. Havana now has a steady supply of fresh, wholesome, food free of pesticides and free of the added costs of transporting and storing produce from the distant countryside.

What about rural farms? Here in the United States, we've all heard that organic methods are not viable on the scale of production we need. Prior to 1989 it wasn't much different in Cuba. There, as here, traditional large-scale farmers were most resistant to change. They didn't believe they could produce sufficient quantities of high quality product at a low cost without the advantages of scale and the farm equipment and chemicals that are essential to farming on a huge scale. Unlike here in the US, they didn't have a choice. The supply of petroleum, replacement parts and chemical pesticides was abruptly cut off.

Cubans jumped at the opportunity to put into practice ideas about agro-ecology that they had been studying. The universities began to put serious resources into research on soil health and fertility, naturally occurring bio-controls for pests, inter-cropping, and integrating animals into crop rotations for higher annual per acre yields.

Extension agents now travel the country helping farmers adopt these practices with good results. Many farmers say that, even if the embargo were lifted tomorrow, they wouldn't go back to conventional farming. Not only do they find farming far more satisfying with organic methods, they feel that they get better results with biological controls of pests, soil health is better,

per acre production is greater, and they feel the food is healthier.

There is no doubt that life in Cuba is difficult. The country has a poor, struggling economy and Cubans feel the pressure of U.S. trade policies.

Yet Cubans are moving forward with cheerful forbearance, music, and grace.

All the Cubans I met were happy and proud to be Cuban. They have a great capacity to adjust to adversity and make the most of what they have.

*Peggy Adams works with community food systems at the Palouse-Clearwater Environmental Institute in Moscow. She went to Cuba last February. The visit was arranged and sponsored by the Food First! Institute for Food and Development Policy of Oakland, California.*

### ALL ABOUT SPORTS

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CO-OP

# Bulletin Board

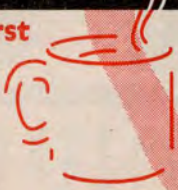
Moscow Food Co-op  
221 East Third  
Moscow ID 83843

## Going to the Farmer's Market?

Stop by the Co-op first

Saturday brunch

9am to 11am



## Pullman Family Cooperative Preschool

offers classes for children 3 - 5 years old

stop by our booth at the Lentil Festival or call Kristi at 509-397-4951

## Farmer's Market concerts

Saturdays

- 9.2 Joan Alexander
- 9.9 Potatohead
- 9.16 Pullman Concert Band
- 9.23 Snake River Six
- 9.30 Paul Santoro



Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

## 20th annual Benewah Basin Fair



Free camping, free admission  
September 9 and 10

bring things to trade, food to share at the Saturday night potluck, music for jamming, your own water and camping gear. Please leave the dogs at home.

208-245-4381.

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

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

## Community Drum Circle

@the Blaine Schoolhouse  
Starts with Potluck @6  
Saturday, September 1

Bring drums and other instruments, blankets, tableware for potluck, etc.

No admission fee! Families welcome!

Directions to Blaine Schoolhouse:

Drive 4.8 miles south of Moscow on US95, and turn east onto Eid Road. Pass through the trailer court and continue 2.9 miles to a yield sign. The Blaine Schoolhouse is visible 100 yards to your left.



## UI Auditorium Chamber Music concert

September 28

Beaux Arts Trio

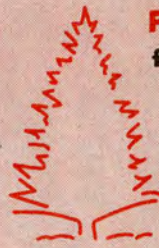
885-7557



## Forest Owners Field Day forest stewardship for forest owners

September 9

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## 9th annual Writers and Readers Rendezvous

October 13-15

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Justin S. Morrill

