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September 2001

FREE!
Please take one.

Community News

The monthly newsletter of
the Moscow Food Co-op

Welcome!

By Laura Long,
Membership Director

It is really a pleasure to be able to write the cover article for this month's issue because I have a promotion that I think our community will be really excited about. Traditionally, September is the month that really says "back to school" for me, and so, as in years past, the Co-op is offering a free trial membership for all students.

Whether you are a student at one of the area universities or attending a local high school, just let a cashier know that you are interested, show your current school I.D. card, and you can sign up for a free membership good for the month of September. You will be issued a card that will allow you all the benefits of membership, including monthly member specials and discounts on bulk orders.

In addition, the Co-op is also offering a special drawing for those who purchase a membership. Whether you are a new member or are renewing your membership in September, purchase of a membership will automatically enter your name into the drawing for a wonderful prize that I have put together. We

have a special stainless-steel composting system for your kitchen, and have included with that \$30-worth of Seventh Generation cleaning products, plus one of our own Co-op aprons.

"My membership doesn't expire 'til April," you say? Well, what about renewing early! And if you are already a lifetime member, just let a cashier know and they can put your name into the drawing for you (one entry per membership, please). It's just our way of saying "thanks" for joining!

Inside

What is a Co-op? Notes from the Bakery, New Products, Rompin Thru the Grapes, Staff Profile, and MORE. . .

www.moscowfoodcoop.com

Co-op Business Partners

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

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

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

Culligan - Free 10 gallons of water and 2 week cooler rental for new customers, 310 N. Jackson, Moscow, 882-8812

Erika Cunningham, Licensed Massage Practitioner - First 2 massages @ \$30 each, 882-0191 for Appointment

D. M. Georgina Publications - 10% off business card or brochure design, P.O. Box 246, Albion, 332-6089

Earth Wisdom Herbals - 10% off consultation fees, 106 E. Third Street, Ste. 3, Moscow, 883-5370

Hodgins Drug and Hobby - 10% off all purchases, excluding prescriptions, 307 S. Main St., Moscow, 882-5536

Inland Cellular, Chip Damato - \$10 off the purchase of any phone or accessory, 672 W. Pullman Rd., Moscow, 882-4994 or 1332 G St., Lewiston, (208) 798-0245

Kaleidoscope Custom Picture Framing - 10% off retail custom framing, 208 S. Main St., Moscow, 882-1343

Kelly Kingsland, Licensed Massage Therapist - First two massages @ \$30. each, for appt. call (208) 892-9000

Marketime Drug - 10% off all gift items, 209 E. 3rd St., Moscow, 882-7541

Moscow Yoga Center - 10% off classes for new students, 525 S. Main St., Moscow, 883-8315

Motherwise Midwifery, Nancy Draznin - Free supply of pregnancy tea thru pregnancy. 1281 Sprenger Rd., Genesee, ID, 208-224-6965

North Idaho Athletic Club, 1-year membership for \$249, regularly \$300/yr, 408 S. Main, Moscow, 882-7884

Northwest Showcase of Fine Crafts - free 16 oz. latte with \$25 purchase, 531 S. Main St., Moscow, 883-1128

Northwestern Mountain Sports - 10% off bicycle parts, accessories & labor, 1016 Pullman Rd, Moscow

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

Peacock Hill B & B - \$10 off night's lodging and 1/2 price breakfast when purchase two. 1245 Joyce Rd., 882-1423

Professional Mall Pharmacy - 10% discount on any compound medication, 1205 SE Professional Mall Blvd., Pullman

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal examination.

Dr. Susan Simonds, PhD., Clinical Psychologist - 10% discount on StressReduction & Women's Wellness workshops, 892-1336

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

Waddell & Reed, Jim Trivelpiece - Free consultation for financial/retirement/investing/life insurance. E 205 Main St., Pullman, 332-2543

Whitney Law Offices, Thomas Whitney - Reduced rates for all initial legal consultations. 424 S. VanBuren St., Moscow, 882-6872

Wild Women Traders, Sandy Russell - 10% off regularly priced clothing and jewelry, 210 S. Main Moscow, 883-5596

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

Community News



What is a Co-op, anyway?

by Kenna S. Eaton, General Manager

A lot of folks join the Co-op for different reasons—often it has to do with saving money or supporting an alternative business, or even, as Danni sez, “because the Co-op is cool!” But what does it really mean to join the Co-op?

Co-ops are formed by people with a common need; in this case an interest in good food. A Co-operative is a business that is owned and operated by its members. That's quite a different structure than the more traditional structure of either a single owner or a business owned by stockholders. But another difference comes in the 7 principles of co-operation. In essence these principles are values that co-ops and their members share and honor. In the tradition of their forefathers, co-ops' members believe in the ethical values of honesty, openness, social responsibility, and caring for others.

When you sign up at the register to become a member, you pay a \$10 annual investment that is used by this Co-op to purchase equipment and fixtures, and to do any leasehold improvements. This makes you truly an owner of this grocery store and is also one of the Co-operative principles.

As a member of the Co-op you also have the right to vote. Democratic member control “one member—one vote,” another one of the Co-op principles, allows members to vote annually for the Board of Directors. Board members run for a three-year term with elections held early in the New Year by mail-in ballot.

The Board of Directors is responsible for long-range planning

and visioning. They are also responsible for hiring and supervising the General Manager (that's me). The GM, in turn, is responsible for the day-to-day operation of the store and for implementing the goals and policies set by the Board.

Between board meetings, directors hold committee meetings. We have only two permanent committees; the rest are either ad-hoc or seasonal (like the nominations committee which only meets in the fall to organize the elections). During committee meetings directors and other interested members work on goals set by the whole Board. At the monthly Board meetings the committee reports back to the Board with information they've gathered or proposals they are ready to make. Then, after a lively discussion, the Board decides whether or not to vote on a policy or whether more work is needed before change can happen.

Usually it is the GM's job to implement those policy changes if they relate to the store. This way the members of the Co-op really are involved in how their store grows and what it will be like in the future. The Board regularly reports to the members through the newsletter and at an annual meeting held in late spring.

Interested in knowing more? Any member is welcome to attend a Board meeting—please join us on the second Tuesday of each month in the basement (through the back door) of the USA Dry Pea and Lentil Council building, on the state line, Moscow at 6:30 p.m.

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In the Deli Deli Order

By Kelly Kingsland, Deli Manager

This month with Vicki's article as inspiration, I have decided to tackle the catering vs. special order debate in the Deli. The fact is, there has been some frustration and confusion for both customers and Deli staff over this issue. And it is my job to sort it out, so here goes.

A few years ago, Kenna helped me align with a "just say no" policy to catering in the Deli. We are just not able to take on large, outside jobs—that is, showing up at your event, serving the food, and cleaning up afterward, while still maintaining full service at the Deli counter in the store. We just don't have the staff, service, ability, or interest to take on such a task.

We are, however, able to prepare (with prior notice!) larger quantities of salads, desserts, spreads, or U-Bake pizzas for you to take home and serve at your whim. Actually, many of you have already

been doing this, and we have come to greatly appreciate the warning given by the pre-order. In addition, we are able to offer a wider selection if we know what you'd like ahead of time. Really a win-win situation all around.

In response to this, I have developed a Deli special order sheet similar to the grocery order form that you may already be familiar with. This special order form, offered by the deli, will be available only from your deli server, and will ask questions like: How many people are you feeding? And, what is the date of pick-up, etc. Ask for a form at the deli counter the next time you want to plan a Deli food party.

I hope this clears up the stress and confusion—and allows for a more efficient and clearer method of Deli service.

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Notes from the Bakery

Unifine Returns!

By Joseph Erhard-Hudson, Bakery Manager

Unifine flours are returning to the Moscow Food Co-op Bakery! For those who know about Unifine flour, I'm sure this will be welcome news, but those unfamiliar with the product may be a little confused by the excitement. So I will introduce Unifine flours and their unique Northwest history.

Unifine flours are arguably the only commercially-available flours that can truly claim to be "whole grain." Whole wheat flour, as it is conventionally produced in roller mills, is actually the combined product of a complex milling process. In this process, the three major components of the wheat berry are separated, with the bran, the germ, and the starchy endosperm going their separate ways in a mill. Take just the endosperm and you have conventional white flour. Add arbitrary proportions of the germ and bran back into the white flour, and you have conventional whole wheat flour.

This process is not kind to the wheat. Moisture is added to the grains during separation of the bran and germ, and heat is an inevitable byproduct of grinding in a roller mill. Have you ever wondered why whole grains can be stored indefinitely, whereas whole-grain flours have a shelf life of just a few weeks or else must be kept refrigerated to stay fresh? The simple explanation is the very moisture and heat added to the flour during milling. If no heat or water is added, the natural fats in the flour have no reason to begin the oxidation process that leads to rancidity.

Stone-ground whole wheat flour is a slight improvement on the conventional process. In one simple step the wheat berries are ground into flour, and all components of the flour are kept together. But stone milling, like roller milling, subjects the grain to high heat through friction, so again the flour produced has a very short shelf life.

I should temper my critique of these classic milling methods by saying some wonderful breads can be made with conventional or stone-ground flour. But these flours, stone-ground in particular, must be used within days or weeks of their milling, or the quality of the bread distinctly suffers.

Go farther back in time, even before stone mills, and you have breads made from coarse flour, ground by hand. Sheltered from heat and moisture in their milling, and used the very day of their milling, I'm sure these flours produced wonderful, deeply nutritious and flavorful breads. But until all the customers at the Co-op stop buying our bread and start making their own, from their own hand-milled flours, we will need flours in large quantities and with a good shelf life.

This brings us to the Unifine milling process. Unifine mills were the brainchild of John Wright, an English biscuit and cracker maker. In his home country before World War II, he used what was apparently the first Unifine mill. His mill was destroyed during bombing raids of the war, and never rebuilt. He sought help in America, and found a receptive audience at Washington State University (then the State College of Washington). Researchers there constructed a handful of Unifine mills, and used them for a time in testing the baking characteristics of new wheat varieties.

Unifine mills have undergone much refinement, but the basic concept remains unchanged. Instead of being crushed between two surfaces, the wheat grains fall against blades on a rotor spinning as fast as 3500 rpm, with the blades traveling at speeds up to five miles per minute, or 440 feet per second. No moisture is added, and air traveling through the mill with the grain effectively keeps the entire process at room temperature. The grains in the Unifine process are not ground—they are literally shattered into a fine powder. Thus we get a flour preserving all the nutrients, shelf-stability, and components of the

original grain. More to the point, they help produce wonderful, wonderful breads.

A few companies have sold Unifine flours off and on since the 1960's. The last companies to produce them were Flour Girls, and Joseph's Flour in Farmington, Washington. Joseph Barron was a third-generation miller whose life story could fill this entire paper. He kept milling until near the end of his life, and a few years ago sold the operation to Paradise Farms in Moscow. "Joseph's" flour has since ceased production, and many in the Co-op Bakery and beyond lamented the loss of this wonderful product.

But hark, on the horizon, a new standard rises in the dawn! Azure Standard, to be precise. Azure Standard/Azure Farms is a fast-growing company in Dufur, Oregon, producing and selling organic products directly to customers throughout the west. They have obtained one of the remaining Unifine mills and are now producing and marketing a new line of Unifine flours. And, they are dedicated to using nothing but organic grains. The Co-op Bakery will soon begin using these flours exclusively for our whole-grain breads.

I should mention the Unifine process is not limited to wheat. Nearly any grain or dried legume can be milled into terrific flour in a Unifine mill. Azure Farms is now producing black bean, garbanzo, kamut, barley, corn, rye, spelt, and many other flours. We will incorporate some of these specialty flours into our products as time goes by. If you would like to obtain some of these flours yourself, we can now special-order them for you direct from Azure Farm.

I am indebted to Pat Robinson of Azure Farms for some of the research behind this story, and to Eric Wegner, former manager of Flour Girls Mill, for many insights. I am especially grateful to Azure Farms for making these incomparable flours available to us once again.

Joseph Erhard-Hudson loves baking for his friends, and thus has found his perfect job. He can be reached at bakery@moscowfoodcoop.com, and it would make his day to hear from you.

Bakery Schedule

Every Day

- Muffins
- Scones
- Fruit Bread or Pound Cake
- Cinnamon Rolls
- Crusty French Baguettes

Monday

- Molasses Wheat
- Asiago Herb
- Rosemary
- Cracked Wheat
- Idaho Country
- Red Pesto Spirals

Tuesday

- Honey Wheat
- White Spelt
- 9-Grain
- Country White
- Tuscan
- Dill Rye
- Pesto Cheese Rolls

Wednesday

- Molasses Wheat
- Cornell White
- Cornmeal Loaf
- Anadama
- Seeded Sour
- Pizza Rolls

Thursday

- Honey Wheat
- Caraway Sour Rye
- Cracked Wheat
- Country White
- Herb-Garlic Sourdough
- Buttermilk Bran
- Pesto Cheese Rolls

Friday

- Molasses Wheat
- Sourdough
- Norwegian
- New York Rye
- White Spelt
- Green Chile Bread
- Crusty French
- Green Chile Cheese Rolls

Saturday

- Honey Wheat
- Kalamata Olive
- Sprouted Wheat
- Sour Rye
- Seeded Sour
- Pesto French Bread
- Country White
- Pesto Cheese Rolls

Sunday

- Honey Wheat
- Cornell White
- Whole Spelt
- Breakfast Loaf
- Multicrunch
- Pain Ordinaire Careme



The Buy Line

By Vicki Reich

One of the many benefits of being a member of the Co-op is getting a 10% discount on bulk special orders, but recently I've noticed that our special order system is not working as efficiently as possible. I called around to other Co-ops in the area to find out how their systems work and based on that information I've made some changes to our system.

The way the system works now, you fill out a special order form at the register or you call your order in (this part won't change). We then order the product with our next order and call you when it comes in.

With the new system, if you place an order by 10 a.m. Tuesday, we will place it with our main distributor so it comes in only on Wednesdays and we will not call you. You can expect to pick up your special order on Wednesday afternoon. But if your order is not available from our main distributor, we will call you and give you an approximate date of arrival and then we will call you again when your product arrives.

In other words, if you place an order by 10 a.m. Tuesday and you don't hear from us, you can pick up your order on Wednesday (yes, the very next day) after 4 p.m. If you haven't picked up your order after two weeks, we will call and remind you and if it's still here after a month we will put it on the shelf for sale.

I believe this new system will eliminate a lot of confusion about when special orders come in and it will definitely eliminate the amount of phone calls the staff has to make. Hopefully it will make both the customer and the Co-op happy.

This new system will begin on September 1, so if you place a special order around that date and you don't hear from us, come on in Wednesday, September 5th after 4 p.m. and pick it up—it should be here waiting for you.

Now, on to those peculiar pink papers...

Consider Sara Joe's for certified organic pork products.

They will do special orders and their sausage is really good. Thanks.

I would also like a source of organic pork!

Look for Sara Joe's organic pork products in the freezer around the middle of the month. —Vicki, Grocery Manager.

My beloved Evening in Missoula tea is gone! Please bring it back! Please...

I second this motion.

Look for it soon.—Vicki.

Wheat-free bagels!!! More wheat-free in general.

We used to carry a spelt bagel but they didn't sell. You can special order them. I try to pick up new and interesting wheat- and gluten-free products when they become available. Is there something else in particular you would like us to carry?—Vicki.

Fudge Stix-wonderful—wonderful. Saw them at Nature's in Portland.

Do you know the brand? There are several different kinds available.—Vicki.

What happened to the tapioca?

It did not sell fast enough in bulk to keep it fresh. I will try carrying packaged tapioca and see if it sells.—Vicki.

A staff person is packaging food while wearing perfume. We had dried apples and sometimes granola that is laced with perfume. It greatly affects the taste and appetite.

We all scratched our heads about this and couldn't figure out how any of our baggers were transferring the smell of perfume to the food. Baggers must wear gloves while bagging, and I have never noticed the smell of perfume on any of them (the gloves or the baggers!)

We have, just to be safe, put up a notice about wearing perfume while bagging. We suspect that the smell is from the warehouse we get our products from. We'll keep a better

nose out for the problem. If it does happen again, please bring the product back and we will give you a full refund.—Vicki.

Is After the Fall Banana Juice available in this area?

Sorry, it's not.—Vicki.

Missed seeing the dried Chili made of lentils and spices, Taste Adventure brand perhaps? You had two varieties-regular and hot and spicy. Any chance you'll be getting more?

Taste Adventure brand Curry Lentil Soup Mix was delicious. The bin is empty. Can you still get it?

Sorry that I let this run out. It mysteriously disappeared from my order sheet for a while, but it's back now.—Vicki.

How about having fresh O.J.?

The Odwalla O.J. is almost as good as fresh-squeezed. Have you tried it?—Vicki

Will you be getting more coconut-flavored Tiger's Milk Bars? Our favorite! Thanks.

Unfortunately, that flavor was discontinued by the manufacturer. It is no longer available.—Vicki.

Carrie, can we keep rice protein powder in, preferably plain not vanilla? I could order a case if keeping it on the shelf is a problem.

Both the plain and the vanilla flavors of Nutribiotic Rice Protein Powder are popular. I have increased the quantity I order of both flavors in order to keep up with the growing demand. Sorry, if we were out when you came in. You can certainly special order this product to ensure that you have your needed supply. Keep in mind that this is a product ordered directly from Nutribiotic, so the turn-around time on special orders can be two to three weeks.—Carrie, Personal Care Manager

Any way to order refills for deodorant? I think someone must make this, as the deodorant is a lot of plastic to throw out! Thanks.

As far as I can tell, none of the manufacturers whose deodorant products are available to us make such a product. I will certainly consider bringing this in if I ever see it.—Carrie


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Personal Care Corner

Does the Vinegar Test Work?

By Carrie A. Corson, Non-Food Buyer

Recently several customers have commented to me that they have read that if a vitamin or herbal supplement tablet does not dissolve in vinegar in a certain amount of time, it won't dissolve in your stomach thereby making the supplement ineffective. I did some checking on this theory and, as it happens, our two best-selling supplements companies, Nature's Life and Vitamer, have addressed this in recent issues of their newsletters. Here is what they have to say.

Nature's Life reports that they frequently receive calls about this so-called scientific "disintegration test." People place tablets or capsules in vinegar in order to calculate the rate of disintegration in the body (or as one consumer mistakenly believed, the absorption potential). Consumers who try this are often disappointed in and confused by the results.

Those that promote this "test" are doing a disservice to supplements. Vinegar is indeed acidic; hydrochloric acid (HCl) in the stomach is about 22 times more acidic. Even lemon juice is closer to the pH of stomach acids but still misses the mark by 1,200%. Nature's Life performs actual disintegration time (DT) testing on every batch of tablets to ensure they meet or exceed the U.S. Pharmacopoeia (USP) standard.

Vitamer, maker of The Moscow Food Co-op brand of supplements, explains that an accurate disintegration time test consists of a laboratory set-up that approximates a "normal" stomach to see how a tablet will behave when it gets into your body. This test exposes the supplement to the temperature, biochemical

environment, and motions that actually occur in the stomach, and the break-down of the tablet is monitored over time.

Different formulas have different ideal disintegration times. Most products should dissolve in about 30 minutes to one hour. Some formulas, such as prolonged-release supple-

ments, are designed to disintegrate more slowly in order to improve utilization of certain nutrients. Some may stay partly "intact" after releasing their nutrients—a normal situation for these products.

Here at the Co-op we strive to provide supplements that are

manufactured with high-quality ingredients and under strict quality control regulations. If you have any questions regarding any of the supplements we carry, please don't hesitate to ask. I'm always happy to contact a manufacturer if I don't have an answer for you.

New Products

By Vicki Reich and Carrie Corson

I notice that you have Tom's of Maine stick deodorant but I would prefer roll-on.

Let me know what your favorite is and I will bring it in. — Carrie

Golden Temple Bulk Vanilla Macaroon Granola—What can I say, I'm a sucker for anything coconut and this stuff is really yummy.

Kettle Southwest BBQ Snack Mix—Erin loves it, and I really like the little peas.

Scharfeen Berger Chocolates—To die for chocolate—need I say more?

Reeds Ginger Candies—Good and hot ginger chews.

Guayaki Orange, Mint, and Chai Flavored Mate—Three great new flavors from this groovy company.

Four new Flavors of Numi Tea—I love the tea this brother and sister company makes.

Thai Kitchen Pilafs and Fried Rice—Three different flavors that are easy to make and versatile.

Westbrae Smart Plus Soy Milk—The plus is extra soy isoflavones.

Kettle Sesame Moons and Little Dippers Snack Size—A perfect accompaniment to our deli sandwiches.

Drew's Romano Caesar Dressing—One of Drew's newest dressings.

Cuisine Perel Gourmet Oils—Decadent White Truffle, and indispensable Toasted Walnut, as well as three flavors of grapeseed oil.

Bionaturae Organic Olive Oil, 3-liter can—A great deal on organic olive oil.

Montebaldo Grapeseed Oil—A requested product.

Victoria Gourmet Bulk Seasonings—Four versatile seasoning mixes, including a classic Herbs du Provence. Find it in the bulk herb section, with yellow labels.

Meyenburg Lowfat Goat Milk—A low-fat alternative to cow's milk.

Lightlife Steak Style Strips, Chik'n Strips, and Smart Bacon—For meat-free fajitas and BLTs.

Chino Valley Omega-3 Eggs—They feed the hens flax seed meal and boost the omega-3 fatty acids in the yolk. Kinda cool.

Horizon 8 oz. Butter—For those shoppers who like butter but not that much.

Whole Soy Yogurt Drinks—Like kefir, only soy. In four very tasty flavors.

North Country Farms Organic Chicken—This is a

rockin' good deal on organic chicken. Available while supplies last. We got the great deal because they've been frozen for about six months, but I've tried them and they are still juicy and delicious.

Valley's Finest Organic Bacon and Beef Stir Fry Strips—This organic co-operative keeps coming out with great tasting new products while saving small family farms and helping them go organic.

Let's Do Organic Waffle Cones and Bowls—These are dangerous. Ice cream just looks so good in those cute little bowls, you want some every night.

Pacific Foods Ultra and Select Soy Milk in 64 oz. containers—Best selling soy milks in great big boxes.

Sunnyvale Corn Sourdough Bread—Gluten-, yeast-, and dairy-free bread on the cracker shelf.

Boulder Potato Chips—Erin threatened me with physical harm if I didn't bring these in.

FruitStix Chocolate Covered Coconut Bars—Oh my God—are these good.

Ginger People Ginger Juice—Straight ginger juice that's great to have on hand when your recipe calls for ginger and that shriveled-up thing in the back of the fridge just won't do. It's also great to splash into tea or apple juice, but don't drink it straight—it's way too strong.



The Sweet Pea: Nutrition News You Can Use

By Kathy Early, R.D., L.D.

Question: As a vegetarian, I eat no meat and only limited milk and rennetless cheese, and very few eggs. A friend showed me an article that worries me. The article says that vegetarians like me do not get certain B vitamins that are ONLY found in meat. True? What do I do? Thanks.

Most people who follow some type of vegetarian or vegan diet are frequently cautioned by friends and family about how their dietary practices may lead to health problems. A common concern is that people who do not eat meat or who eliminate all animal products are at risk for a variety of vitamin deficiencies. Deficiencies of any type should not be a problem for a vegetarian or vegan person if they consume enough calories and a wide variety of foods. Whether you choose to follow a lacto-ovo vegetarian eating style, or a totally vegan meal plan, either one is a healthy option if certain factors are kept in mind. For the lacto-ovo vegetarian, or a person who includes dairy and egg products but omits all flesh foods, there are not any nutrients that are at risk of being inadequately consumed, with good dietary variety. On the other hand, people following a vegan diet, or a diet free of all animal products, do need to keep some nutrients in mind when planning meals to ensure optimal nutrition.

It is true that vitamin B-12, the vitamin that was most likely referred to in the article you read, is only found in animal foods. Some people have heard that they get can get B-12 from plant foods, but B-12 is found in only negligible amounts in the soil remaining on plants, so this is not sufficient to maintain adequate B-12 status. People who consume a vegan or near-vegan diet should recognize that obtaining adequate amounts of B-12 is possible and just requires a little planning.

Vitamin B-12 is involved in protein and fatty acid metabolism, cell division, red blood cell formation and maintaining our nervous systems. The mineral cobalt is at the center of the B-12 molecule, so B-12 is sometimes also referred to as cyanocobalamin or cobalamin. Vitamin B-12 is stored in our liver

and it usually takes a few years to deplete our liver stores.

B-12 deficiency most frequently occurs in the elderly non-vegetarian population and this is termed 'pernicious anemia' resulting in malformed red blood cells. Absorption of B-12 is dependent upon a chemical activated in our stomachs, called intrinsic factor. The strong acid environment of our stomach activates intrinsic factor and in some people stomach acid production diminishes with age, resulting in reduced absorption of B-12. When B-12 absorption is reduced, deficiencies may occur. Symptoms of a B-12 deficiency include tingling fingers and toes, weakness, confusion, changes in the surface and color of the tongue, and difficulty with balance. B-12 deficiencies are easily treated in individuals who lack the ability to absorb B-12.

Laboratory blood tests measuring "total serum B-12" or a B-12 carrier protein called "holotranscobalamin II" can detect B-12 deficiency. Individuals who would benefit from getting their B-12 status checked include: those who have followed a vegan or near-vegan diet for more than 3 years; vegan women who are trying to conceive; anyone who has been experiencing tingling in their toes and fingers; and anyone who suspects they may not be obtaining adequate B-12. Infants do not have a large supply of B-12, so parents need to make sure they receive food sources of B-12. Breastfed infants will be provided enough B-12 as long as their moms have adequate B-12 stores.

Vitamin B-12 can be obtained in a vegan or near-vegan diet through supplementation and consumption of fortified foods. Foods that contain B-12 analogs, or compounds that resemble B-12 but do not function in the same way, are not reliable sources of B-12. Foods that may contain B-12 analogs include miso, tempeh, sauerkraut, seaweeds, algae and spirulina. Reliable vegan food sources of B-12 include: Nutritional yeast, Red Star T-6635+, fortified textured soy protein, fortified soy/rice milks and fortified breakfast cereals. Lacto-ovo food sources

include eggs and dairy foods. When trying to determine if a food or supplement contains the right type of B-12, look for the words 'cyanocobalamin' or 'cobalamin' on the ingredients label.

If you feel that you do not consume enough B-12, supplementation is an option. The dietary reference intake (DRI) for adult (19 years and over) men and women is 2.4 micrograms per day. The DRI for pregnant or lactating women is 2.6 micrograms per day. These values are appropriate for nearly all of the healthy US population. However, people suffering from chronic or serious medical conditions should always check with their primary health care providers before beginning any supplementation program.

Rennetless cheese is a good source of B-12, as the term rennetless only refers to the way the cheese was made (without animal enzymes). This cheese-making method does not affect the nutritional content of the cheese.

Eliminating meat, dairy or any other (or all) animal products from your diet is a totally healthy option. Well-balanced vegetarian and vegan diets not only provide adequate nutrients, but they can also be nutritionally superior to their animal-based meal counterparts.

Thanks for the question! If you would like to submit a question to the Sweet Pea, you can email them to kearly@mail.wsu.edu or call 335-7412 and leave a message.

Kathy Early, RD, LD, is a registered and licensed dietitian who enjoys advising individuals on following well-balanced meal plans.

For More Information...

Becoming Vegan: The Complete Guide to Adopting a Healthy Plant-Based Diet by Vesanto Melina, RD and Brenda Davis, RD. 2000.

Becoming Vegetarian: The Complete Guide to Adopting a Healthy Vegetarian Diet by Vesanto Melina, RD, Brenda Davis, RD, and Victoria Harrison, RD. 1995.

The Vegetarian Society Information Sheet: <<http://www.vegsoc.org/info/b12.html>>

The National Institutes of Health Fact Sheets About Dietary Supplements: <<http://www.cc.nih.gov/ccc/supplements/vitb12.html>>



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Volunteer profile: Tom Lamar and Pam Palmer

By Kajsja Eagle Stromberg

If I were to give an Indian name to Tom Lamar and Pam Palmer, it would translate roughly as "Wearers of Many Hats." In their current volunteer roles at the Co-op they call themselves "Herbal Rejuvenators," but at various times during the past twenty years they have been cheese cutters and baggers of chips, among many other things.

How can a person describe twenty years of work for the Co-op and what that has meant in their lives? Tom reminisced of the times when he had first met Pam and he would hitchhike from Pullman to the Moscow Food Co-op to see her. Pam described how the Co-op and its community played an important role in her life when she first arrived in Moscow. She was able to find the physical and mental health that she was seeking. Later on, it was the encouragement of two Co-op employees that convinced Pam to run for a seat on the Moscow city council. She served on the city council from 1992 to 2000. Both Tom and Pam say that they consider the Co-op to be a vital part of our sweet little town, not just for the food-providing function, but also

because of its values and the community of people that are brought together.

I met up with Pam and Tom at the Co-op one hot afternoon. Pam came riding up on her bike smiling and wearing the cutest bright green sandals as earrings. Tom came riding up looking like he wasn't exactly enjoying these 100-degree days. It was fun to watch how well these two complement each other. For instance, they described how much they like their work as herbal rejuvenators. Tom says that he can hide out in the back of the store doing his thing stuffing herbs into jars while Pam can go out into the store and do the talking. He said that he appreciates that quiet time after talking to people all day while Pam seems to enjoy the social side of things more. As volunteers, their duties cover mostly stocking and ordering herbs, spices, baking supplies (but not flours or granolas), and bulk teas. I should point out that Pam mentioned her skill as a maker of granola. This may inspire a sort of granola rivalry, but she and Tom claim that Pam makes the best

granola in town. I didn't get a chance to try any, but in any case, I would be happy to judge any granola that comes my way, should someone take up the challenge.

Tom and Pam also described the simple joy of stocking herbs.

Tom says, "When a jar is full, it's full. This job has a clear end—a clear finish point, but my work at PCEI never ends. I could be there forever and never get done, but this here is simple and satisfying." PCEI, the Palouse-Clearwater Environmental Institute, is the organization started in 1986 by Mary Jane Butters where Tom has served as Executive Director for eleven years. Pam is currently involved part time with the Latah Trail Foundation and with the Kenworthy Theater where she will direct her first play since recently earning her M.F.A. in Theater Arts from the University of Idaho. "Art" by Yasmine Reza will be performed during November in the renovated Kenworthy Theater downtown.

After our interview at the Co-op, the three of us ran over to Pam and Tom's home where I met their

daughters Teva, who's fifteen, and Brya, who's eleven. Erin, who's twenty, wasn't around, but I hope to meet her, as she'll be starting work at the Co-op as a cashier. Pam showed me around, pointing out the rich 21-year history she's had with the home. I saw the photo of her father tearing off the original siding, and the wonderful sauna built by Tom and friends. And she proudly pointed out the cozy room where all three girls were born.

We then explored the garden, strolling past the plum-laden trees and grape arbor down to the creek. I really enjoyed meeting these two and it seems that Moscow and the Co-op are fortunate to have these dynamic and dedicated people working for us. And the next time you note the freshness of your basil or marjoram, you can thank Tom and Pam.

Kajsja Eagle Stromberg left the Lamar-Palmer household happily carrying a bag full of delicious, freshly picked plums.



Rompin' Thru the Grapes

By Vicki Reich

With all the heat of the last month, I wanted a wine that would compliment the lighter cooking I've been doing. What better choice than a Chardonnay—from one of the classic wine grapes. I chose a Chard from Domaine de Farlet, a family winery in the Pay d'Oc, southern France. A father-and-son team runs the winery and much of it is underground, in old limestone caves.

This Chardonnay (\$9.75) is more of a traditional Chard. The taste of the grape is not overwhelmed by oak. It's a smooth, and medium-bodied wine with a slightly sweet start, but a dry finish. Hints of apple predominate with underlying tones of pineapple. This crisp, clean wine is easy to drink and a great accompaniment to fish and chicken. (I bet it goes well with Veat too.) I enjoyed it while sitting in my Sky chair on my patio waiting for my fish-kabobs to finish on the grill: *bliss*.

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 or above.

For some people, PAS provides a way to meet new friends; others use it as an opportunity to widen social activities.

*Friendship
Networking
Support
Socializing*

**Palouse
Area
Singles**

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 for more than 20 years. Membership is only \$16/year, mainly to cover the cost of advertising.

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

Lynn 883-0987
Alice 332-2737

www.geocities.com/palousesingles/

The Co-op is going M.A.D.

It's the Members Appreciation Day Sale

the more you buy . . .

**the
more
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Monday, September 10

Members will receive:

5% discount on purchases less than \$25

7% discount on purchases between \$25 and \$70

10% discount on purchases larger than \$70

Volunteers will receive these MAD discounts in addition to their regular discounts.



Volunteer Validations

By Janna Jones and Annie Hubble
(Your new volunteer coordinators)

It is that time of year again, when the streets of Moscow become suddenly busier, and we see once again friendly faces that have been missing all summer. We would like to welcome back all the students and faculty, returning for the new school year. Even though we enjoy the quiet of summer, it is always good to see you all again. We would also like to welcome new students and campus staff. Moscow is a wonderful place to live, and we hope you will enjoy your years here.

When you have finally settled into your homes, set up class schedules, memorized your new addresses and phone numbers, and located your very own local Co-op store, and then found you have some time on your hands, you may want to consider volunteering here. By donating 3 hours of your time to the Co-op each week, you will receive an 18% discount on everything sold in the store. Two (2) hours per week earns a 13% discount, and 1 hour earns an 8% discount. You may even work the shift with a friend and share the discount. For example, two people working together for one-and-a-half hours, will each receive the 18% discount. What a deal!

The process of becoming a volunteer is very simple. First of all you need to be a Co-op member. Ask any cashier to help you with this. Then look at the notice board in the front of the store, by the front office. There you will find a list of available volunteer positions. Fill out an application form giving us your 2 favorite choices of jobs. We will contact you and arrange a meeting with the manager of the department in question so you can learn about the job and what it entails. We will place you as soon as possible. Then you too can be a part of the working crew!

We love to have volunteers. They contribute greatly to the overall smooth running of the Co-op. So go ahead and apply! If you don't care for any of the positions available at this time or if the schedules conflict, keep your eye on the list. It changes all the time.

We look forward to meeting you. And, yes, there will be a party for all you volunteers soon. We decided to wait until all the students returned. Keep your eyes open for announcements.

'Til next month! Happy volunteering!

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September 2001

Moscow Food Co-op



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Short Grain & Long
Grain Brown Rice

Save 18%

BULK

Organic

Cashew Pieces

Reg. \$6.39
Now \$5.35

Save 16%

BULK

Chino Valley

Organic Omega-3
Brown Eggs

Reg. \$3.85
Now \$2.99

Save 22%

REFRIGERATED



Red Salsas

Reg. \$2.75
Now \$2.19

Save 20%

REFRIGERATED

*Redwood
Hill Farm*

Goat Yogurt
8 oz.

Reg. \$1.85
Now \$1.35

Save 27%

REFRIGERATED

Small
Planet

— Tofu —

Firm, Garlic & Herb &
Vegetable, Hot & Curry

Save up to 27%

REFRIGERATED

Amy's

Pockets

Reg. \$1.75

Now 3 for \$4

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MARANATHA
NATURAL FOODS

Organic Peanut
Butter, all varieties

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Save 34%

GROCERY



Burgers

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Frozen Juice
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Reg. \$2.99
Now \$2.29

Save 23%

FROZEN

Seeds of Change

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Chili & Risotto,
Lasagnas & Raviolis

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GROCERY

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September 2001



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GROCERY

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Soy Yogurt Drinks

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Tea

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Ceres

Juices

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Chocolate Bars

Intense Mints

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Now \$1.25

Save 25%

GROCERY

Staff Profile: Danni Vargas

By Julie Monroe

For Danni Vargas, Moscow Food Co-op produce manager, doing one thing at a time just doesn't seem to be an option. Why work one job when you can work three? Why play on one intramural sports team when you can (well, not quite officially) play on two? Why have just one college major when you can have a double major? Why listen to 9-Inch Nails when there's Neil Diamond? And when Danni does all the things she does, she does them "totally," to use one of her favorite words.



Danni (short for Danette) is an intense person, but her intensity is not a reflection of a restricted, narrow point of view. Rather, Danni's intensity reflects her enthusiastic, head-first approach to life, and she's been throwing herself into things for most of her twenty-five years. As a youngster, one of Danni's first enthusiasms was one shared by many young girls: horses. She admits that the walls of her room were covered with pictures of horses, and as a teenager, she taught horseback riding at Girl Scout summer camps.

When Danni left the "west side" to attend Washington State University in 1994, her parents remain in the Seattle area. Her mother, Linda Strand, lives in Newcastle, near Issaquah, and is an executive for

VoiceStream, a digital communications company. Her dad, Ray Vargas, is a corporate banker who lives in Redmond. Both mom and dad aren't quite sure what to make of their daughter's self-described "unorganized" lifestyle. Danni laughs that her Palm Pilot-carrying mother, often lovingly asks, "How are you my daughter?"

Danni graduated from WSU in 1999 with two degrees: one in Recreation and Leisure Studies and the other in Human Development. Danni remains intensely interested in

Human Development, saying that it is an area that just "soaked into my head." Despite carrying a full-time credit load, Danni also "totally worked," as she puts it. She waited tables at Swilley's, cashiered at the Food Co-op, and assisted on projects for WSU's Plant Pathology department. Danni still works on an as-needed basis for Plant Pathology; in fact, she hopes to spend some time this summer digging spuds in Othello.

Spuds, radicchio, lettuce, apples, pears...Danni says she's "learned a lot" not only about the organic production of food but also about the retailing of produce, since she assumed management of the produce department at the Food Co-op in June of this year. She's learned the importance of how produce is displayed and labeled, adding that she's learned that many Food Co-op customers have made a conscious decision to buy only organic foods, and thus it is important to them that organic foods be labeled as such.

Last year, before becoming produce manager, Danni completed training as an Emergency Medical Technician (EMT) through the program offered by the Moscow Volunteer Fire Department. Upon learning she had passed the EMT

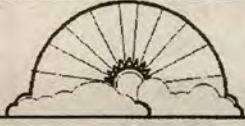
exam, Danni said she "totally cried." She hopes to begin fire training this September and is considering further training as a paramedic.

But it's not all work and no play for Danni who, not surprisingly, approaches relaxation and recreation with gusto. Although her current work schedule makes it difficult, Danni is a long-time devotee of NBC's morning news program, the Today Show. Danni says, "I love that show!" A newly acquired enthusiasm, but one based on having grown up "riding my bike," as Danni puts it, is mountain bike racing. In her first race, she went fearlessly "bombing down the trails," finishing first in her age group and beating the second-place finisher by 14 minutes.

This talent for "kicking butt," in Danni's words, may explain how she's managed to come out unscathed from crashing WSU's intramural sporting events. During

the last soccer season, and while no longer a WSU student, Danni nonetheless played on two intramural soccer teams, all the while hoping she wouldn't end up competing against herself. Running the risk that her double life might be revealed, Danni even played for both teams during a tournament., resorting to disguises and instructing her teammates not to acknowledge her presence. Ignoring Danni couldn't have been an easy task for her teammates. Anybody under the age of 50 who burns Neil Diamond CDs has to leave a lasting impression.

Julie Monroe can seldom boast of doing more than one thing at a time. However, as an independent historian and writer, she is currently working on four different projects while managing to show up for her "day job" at the Moscow Public Library.


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Please pre-register, enrollment is limited.

Board of Directors Report

by Peg Kingery

I'm a dreamer. During quiet moments, I find myself reflecting on the life stretched out before me—the places I want to see; the things I want to do; the changes I need to make in order to fully experience my world. I ask myself, "Is the way I spend my time now helping me or hindering me in making those dreams become reality?"

In a way, we on the Co-op Board of Directors are dreamers, too...or maybe a better descriptor is "visionaries." We come together each month to assess how the Co-op is doing financially, to discuss triumphs and concerns in each of the Co-op's departments, and to provide support and direction for Kenna in the decisions she has to make on a daily basis. At the present time, the Co-op is a healthy, productive business and we have the luxury of a "quiet moment" to contemplate the future and ask ourselves, "Where would we like the Co-op to be in 5 to 10 years?"

That's quite a challenge. The Co-op's Mission Statement gives us three areas to address:

1) *To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment.* In a world where consumers are becoming more and more educated about the dangers of chemicalized foods and the health benefits of soy products, whole grains, fruits, and veggies, many mainstream grocery chains are beginning to carry products that a

shopper could once buy only at a natural foods store. How does the Co-op, as a small business, respond to that?

2) *To provide an information network that fosters progressive social, political, and economic change.* There are a huge number of ecologically- and environmentally-sensitive organizations, and even more groups that promote a greater respect for life – human, animal, and plant. How can the Co-op meet the needs of the membership for education about these groups as well as take an active role in making change happen?

3) *To provide a sense of community for its constituency and right livelihood for its staff.* The Co-op has grown since moving to our big and beautiful store but still strives to nurture a community atmosphere with the cozy seating area, volunteer parties, art openings, and other activities. How else can the Co-op accomplish this? How can the Co-op "give back" to the community and foster a positive, upbeat environment for the staff and the membership?

We Board members are only 8 of several hundred Co-op members. We need you to be visionaries, too. The Co-op is awesome now, and while we can't predict the future, we need to begin planning to meet the needs of the community and to grow with an ever-changing economy. How would you answer the question, "Where would you like the Co-op to be in 5 to 10 years?" Our email addresses are listed at the beginning of this newsletter. We'd love to hear from you!

Child Care

By Lisa Cochran

My daughter and I were visiting a friend recently who works as a journalist. As we sat in the kitchen on a Sunday evening, the crackling of radios was heard. What came over one of them was communication between police and dispatch concerning a vehicle pulled over. I listened as the officer described the nature of the offense. The officer observed the driver of a car who was not wearing his seat belt. When the vehicle was stopped, it was found that the wife was sitting in the front seat, unbelted, with an infant in her lap. In the back seat were two small children not in car seats or wearing any restraining device whatsoever. I shook my head in disbelief. 15 minutes later, another officer called in to report he found a vehicle left unattended with two toddlers inside, neither in a car seat. There was no sight of a parent or guardian in the vicinity and the officer was waiting for someone to appear while he ran plates and collected information.

I have had to accept that being a parent is difficult, at some times challenging beyond expectation. And yes, we all make mistakes, and I am the first to say I have made more than my share. Babies do not come with a list of instructions and many of us are flying by the seat of our pants. But here on the Palouse, you would be amazed at the number of resources available to parents. Now, if only they a) knew about them, and, b) took advantage of them. So I am dedicating this article to tell folks about some of the rich on-going resources meant to improve us and our skills as Moms and Dads. Many, if not most, of our communities have resources available to parents or guardians, and by checking in with local agencies, including hospitals and libraries, a list of programs should be available.

You can also use the internet to search out resources online and have things sent to you. A full list of Parenting Education Classes on the Palouse is available by calling or visiting the Gritman Young Children and Families Program. They are located on the second floor of Gritman Hospital past the Family Birthing Center. The number is 883-

6453 and their email is <ycf@gritman.org>. Another great resource for parenting information is the Parents As Teachers/Even Start Program. Their number is 885-3705 and their email is <bbroyles@uidaho.edu>.

Though I have listed just a few classes and contacts for those interested in education, I am mindful of the constant need and value of support groups for families and parents. For next month, I wish to present a listing of parenting-oriented support groups of all types. I am asking anyone who is part of, or heads, a support or mentoring group to please contact me by email, phone, in writing, or in care of the Moscow Food Co-op before my next newsletter deadline of September 20. There are many informal groups which I may not be aware of, or that are new or still in the planning process. I also would very much like to see a much-needed Father Mentoring Group launched, along with more parenting support groups for students on campus.

If anyone knows of something or wishes to be involved in or to start a support group, please contact me. I can be reached at 882-8345, emailed at <muddypuddle@moscow.com> or written at PO Box 3252, Moscow, ID 83843.

Lisa A. Cochran is a longtime resident of Moscow who is growing a 3-year-old.

Nancy Draznin, CCE, CLA

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Gardening

Fall Is Near

By Patricia Diaz

The days are getting shorter and fall seems right around the corner. All of us are busy canning, freezing, drying, and harvesting the wonderful organic produce and probably don't want to think about winter getting near. But soon you'll want to start thinking about preparing your garden for it winter sleep.

The first step in preparation is to put compost into your garden beds when you're through harvesting the last of those crops. That way you'll give a boost to the cover crop you should plant which increases the organic matter level in your soil for spring. Next, you'll want to plant that cover crop as you shouldn't leave your soil exposed to the elements in winter. If you do, all that hard work might wash away with the spring rains. Also, if you want a larger garden for next year this is the time to prepare and it's easier than doing it in the spring. Instead of chopping up sod or weeds, tilling the soil, etc., if you take newspaper and cardboard and make a mulch out of it, the whole thing will come together very easily. Wait for a wind-free day and lay out the bed width and length with string. Then lay down two

inches of compost, chopped leaves, straw, or other organic matter then wet it lightly. Next place sections of newspaper on top, completely covering the clippings or organic matter. (Don't use any colored pages.) Spray to moisten the newspaper. Then place a layer of cardboard over the paper, anchoring it with stones. You can also berm soil around the perimeter of your new layout. This helps keep the cardboard down. Spray again to moisten. If the autumn is dry, keep the mulch moist but not wet. Worms and soil microorganisms will break down the organic matter and paper/cardboard layers until you have a thick layer of friable humus to dig into your soil next spring. If any of the paper and cardboard are still there next spring, it will break down quickly when you mix it into the soil.

Growing a cover crop in your garden during the off-season does many good things - it improves the condition of your soil, reduces pests, catches excess nutrients before they leach from the soil, and prevents erosion during the wet winter and spring seasons. You'll also receive the benefits of improved moisture levels, increased soil biological activity, and reduced compaction.

Cover crops are used for three different purposes: as catch crops,

as green manures, and as living mulches. Catch crops take up excess nutrients remaining in the soil after harvest, keeping them from being washed away or returned to the air. This reduces fertilizer needs in the spring. Catch crops can be either winter-killed or over-wintering kinds of plants. Examples of winter-killed crops are buckwheat, oats, spring wheat, and crimson clover. Overwintering examples are fall rye, winter wheat and spelt, grasses and hairy vetch.

Green manures add nitrogen and/or organic matters to the soil. Probably the easiest green manure cover crop to plant is alfalfa.

Living mulches grow around or beside your crop plants. They help prevent soil erosion, suppress weeds, and help with insect control. You'll want to plant something that establishes itself quickly, reducing the amount of bare soil for weeds to grow in. A fast grower could compete with your crop for water and soil nutrients, but mowing the mulch or hoeing around your individual food plants will ensure they maintain the upper hand. For example, broccoli thrives if transplanted a week before clover is planted.

Cover crops with more than one function are the most useful. Good

examples are cereal grains, soybeans, field peas, broad beans, alsike clover, sweet clover, buckwheat and phacelia. It's a good idea to choose the cover crop that does best in your own soil and climate condition. Also, make sure that the cover crop you pick isn't one that can harbor pests. Both the University of Idaho and Washington State University have Agriculture Extension offices that can provide help for questions about what to plant.

If you really don't feel like planting a cover crop (maybe your body feels like it's been beaten to a pulp from all the weeding, watering, harvesting, etc.?) at the least put a generous layer of straw or hay on your garden bed. It is recommended that you put at least 20" on the soil before it freezes. The snow will then pack it down and wet it thoroughly, allowing the busy worms and microorganisms to keep on working during the winter to condition your soil. Unfortunately for us, it also allows the voles to keep on tunneling away and eating our plants, shrubs, and trees!

Pat Diaz lives with her husband, Tom, and schnauzer Gus, on six acres in the woods near Dworshak Reservoir. So far they've harvested one whole tomato and a handful of crooked-neck squash

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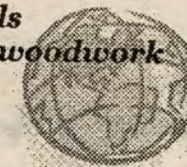
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All in Good Time: Seasonal Cooking Tomatoes

By R. Ohlgren-Evans

Whether you say 'to-ma-to' or 'to-mah-to'—it's the heart of summertime (and well worth the wait) when you can pick a firm, rich, red garden tomato still warm from the sun, and devour the intense sweet-yet-sour flesh of a fully ripe 'love apple'. Did you know that a hothouse-grown tomato has half the vitamin C of a field-grown one? Yet another great reason to wait until vine-ripened tomatoes are cheap and plentiful at the market. Tomatoes are also a good source of vitamins A and B-complex and of potassium and phosphorus. They are rich in sugar, have a moderate fiber content, and are devoid of starch.

Locally, we should have fresh tomatoes available from local growers until the first frost. And please don't refrigerate your tomatoes! Refrigeration drains their flavor and gives them a mealy texture.

A final word on tomatoes: Oven-dried tomatoes. Drying does not enhance the flavor of most vegetables, but it does concentrate and enhance the flavors of fruits, including tomatoes.

Dried tomatoes have a sweet, roasted flavor and are my favorite way to get a tomato-fix the rest of the year. It's easy to dry tomatoes yourself, especially if you have an abundant harvest. If you have a food dehydrator, all the better—but I like this oven recipe too:

Split tomatoes in half lengthwise, place them on a large cooling rack set on top of a sheet pan, and

sprinkle with salt and freshly-cracked pepper and a bit of finely-chopped rosemary or thyme. Place in a 190°F oven for about 8 hours, depending on the size and ripeness of the tomatoes. The tomatoes should be shriveled up and reduced to about half their original size when done. To re-hydrate, place them in a boiling water bath for 2 minutes.

As one who rarely (if ever) buys tomatoes until they are in season, I have several treasured tomato recipes that I'd like to share... here's to the glorious last days of summer....

Baked Tomato Salad

Serve this uniquely-summer salad in the baking dish, well-chilled, with some hot crusty bread to mop up the delicious tomato juices.

olive oil
large, ripe summer tomatoes
salt & freshly-ground pepper
fresh parsley, minced
fresh basil (or cilantro), minced
1 jar roasted red peppers (or homemade, if you're so inclined), chopped
dry bread crumbs
capers

Choose a heavy baking dish for the number of servings you desire (or number of tomatoes you have!) Preheat oven to 475°. Put a good film of olive oil in the bottom of your dish. Cut the tomatoes in ¼ inch slices.

Put a single layer of them into the baking dish. Salt & pepper lightly; sprinkle in a pinch of parsley, a pinch of basil, then a layer of sliced roasted red peppers. Repeat the process with another layer of tomatoes, condiments, and peppers. Add one more layer of tomatoes & condiments. Drizzle a little olive oil, cover lightly with bread crumbs and sprinkle with capers. Bake 20 minutes. Chill well before serving.

Corn Chowder with Tomatoes and Basil

This splendid soup invokes the essence of summer, in my mind. It makes a great summer meal all by itself, with a crusty loaf of your favorite Co-op bread, of course.

1 large onion, diced
1 tbsp. ground coriander seeds
6 tbsp. olive oil
1 cup dry white wine
3 cups fresh corn kernels
6 cups vegetable or chicken stock
2 cups milk (for a really creamy soup, use cream for all or part of this soup)
1 pint cherry tomatoes, stemmed and quartered
2 cups firmly-packed fresh sweet basil leaves, cut into chiffonade
salt and pepper, to taste

In a large pot, sauté the onion and coriander in the olive oil over moderate heat for 5 minutes. Add the wine and cook until the liquid has evaporated, about 5 or 10 minutes.

Add the corn, soup stock and milk. Bring to a boil over high heat and cook for 20 minutes, stirring frequently. Add the tomatoes and basil and cook for 2 minutes. Season with salt and pepper, and serve immediately.

Spicy Bulgarian Tomato Dumpling Soup

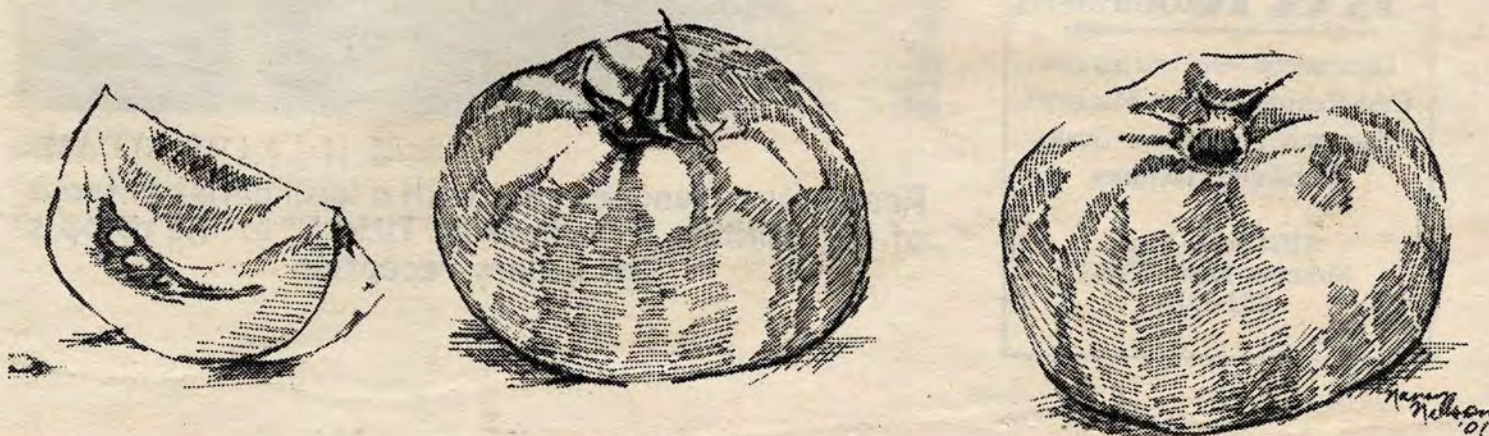
1 large onion, diced
4 cloves garlic, minced
3 Tbsp. olive oil
6 cups fresh tomatoes, chopped
2-3 tsp. hot chili powder
2 Tbsp. flour
1 tsp. salt
1/2 tsp. pepper
4 cups vegetable stock

Dumplings:
2 Tbsp. butter
2 eggs, separated
1/4 cup couscous
1/4 cup boiling water
3/4 cup flour
1/4 tsp. salt
1 tsp. dried dill
1/3 cup milk or stock

Sauté onions and garlic in oil until the onions soften. Add the tomatoes and cook until the onions are golden and the tomatoes are soft. Stir in the spices & flour and mix well to coat. Pour in stock slowly while whisking diligently.

Place mixture in a blender and process coarsely, then return mixture to soup pot. Bring to a boil, reduce the heat and simmer 20-30 minutes.

Dumplings: Cream the butter with the egg yolk until smooth. Place the couscous in a bowl and cover with the boiling water; place a lid over the bowl and let couscous steam for about 5 minutes. Stir all remaining ingredients together with the egg and couscous (beat the egg whites until stiff and fold in). Drop dumpling batter into simmering soup by round tablespoons and cook, covered, for 15 minutes. Garnish with parsley and some grated cheese if desired.



Art News

By Rose Graham

The Moscow Food Co-op will be joining the Prichard Gallery, the Third Street Gallery, and the U of I Business Incubator Gallery for an "Art Walk" on Friday, Sept 7th. This Cafe from August 17th to October 11th, 2001. An opening reception will be from 5 to 7pm on Friday, Sept 7th. Everyone is invited to come to the Co-op for the reception and enjoy light refreshments and a chance to both meet the artist and see his work.

Ron Medina mainly works in wonderful event will showcase local artists and provide a chance to experience the extraordinary talents the Palouse has to offer.

The figure drawings Ron Medina will be on display on the walls of the Moscow Food Co-op mixed media including charcoal, acrylics, pencil, and photocopy lifts.

He says, "I focus on the human figure not only as an outward image, but also as a means of communication. I concentrate on the ideas of gesture, not only of the figure or body parts portrayed as an image, but also in terms of the end product of my thought process. I am interested in how the human form communicates through the use of defined and undefined gesture."

Ron Medina is a Visiting Lecturer in the Department of Art and Architecture at the University of Idaho, in 'Survey of Western Art' and '20th Century Art.' He continues to teach as an Adjunct Instructor in the Art department at WSU.



Photo by D. Hall

Ron Medina (l), with Peter Basoa (r) during hanging of art for third co-op gallery showing.

He currently lives in Garfield, Washington. Some of his artwork can be viewed at <<http://www.uidaho.edu/~vrc/VRC/ronimages/medina.htm>>

Any artists interested in submitting artwork for a Co-op showing, please contact Rose Graham at <rterrydgraham@hotmail.com> or 892-8432.



photo by D. Hall

Reception attendees chat with a local artist in front of her painting, "The Parking Ticket," at the co-op's 2nd gallery reception

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Josh Hikes For Wild Forests

All You Need to do is Write!

By Gary Macfarlane

Josh Burnim, that superb latte maker and intrepid-hiker, is well-known to most Co-op members. And now he is nearing the end of his 800-mile hike as he treks the southern Selkirks (as of late August), preparing to cross the international border into Canada in the next few days.

Josh's Sawtooths-to-Selkirks Hike is to publicize the wild lands and wildlife of this portion of the Wild Rockies, and the Yellowstone-to-Yukon initiative. While Josh was here in Moscow, he coordinated local efforts to protect wild forests through a process undertaken by the US Forest Service, at the insistence of US citizens. During the past two years, we citizens spoke loudly and forcefully for full protection of the remaining wild and roadless national forest areas. More people wrote on this administrative proposal than any other in the history of the nation. Nearly 2 million comments were received, the vast majority of them voicing support for full protection of these areas.

The Forest Service responded with a plan which, although an improvement over the disastrous status quo, did not fully protect these wild areas. Under the guise of requesting "more public comment," the Bush administration wants to weaken the plan further and make it meaningless. It is again up to us as citizens to demand that the Forest Service follow the will of the people and fully protect these last vestiges of native forests.

Shortly after taking office, the Bush administration mounted its attack. They delayed implementation of the mediocre roadless policy, hoping to boost the legal challenge filed by Boise-Cascade Corporation and the State of Idaho. Instead of defending the policy in

court, the administration sided with corporate interests.

Next, Bush and Cheney launched their industry-driven energy policy to open the wild public lands for energy development (NOTE: most public lands are already open for energy development). And now, they are asking for more comments to further delay protection for wild areas. It's like telling citizens to vote again because they didn't like the results. With those two posers (Bush and Cheney), it's as Yogi Berra said, 'deja vu all over again.'

The ecological integrity of the US Northern Rockies bioregion is paramount. Approximately 1/3 of all unprotected wild, roadless lands in the U.S. are located in the Northern Rockies, and they are critical to the recovery of bull trout, grizzly bears, and numerous other species. Here in north-central Idaho, the capstone of the Big Wild, about 1.7 million acres of unprotected roadless areas remain in the Clearwater, Nez Perce, and St. Joe National Forests.

Comments are due September 10! Every voice counts! Even if you can't write by then, send in a comment later. Here are some points to consider, and remember, Josh is doing the hard hiking, all you need to do is write a short letter.

Some points to consider:

- ❖ Protect ALL roadless areas from logging, road building, motorized vehicles, and all other forms of development (like mining and grazing). These activities are known to seriously

degrade the ecological characteristics of roadless areas.

- ❖ Preserve the wilderness character and eligibility for congressional Wilderness designation of ALL roadless areas (including those encompassed by the Northern Rockies Ecosystem Protection Act).

- ❖ The concerns of access to inholdings, fire, floods, and forest health are already addressed by existing policies. Besides, lightning-ignited fires and native insects are natural processes and vital elements of the ecosystem in roadless areas.

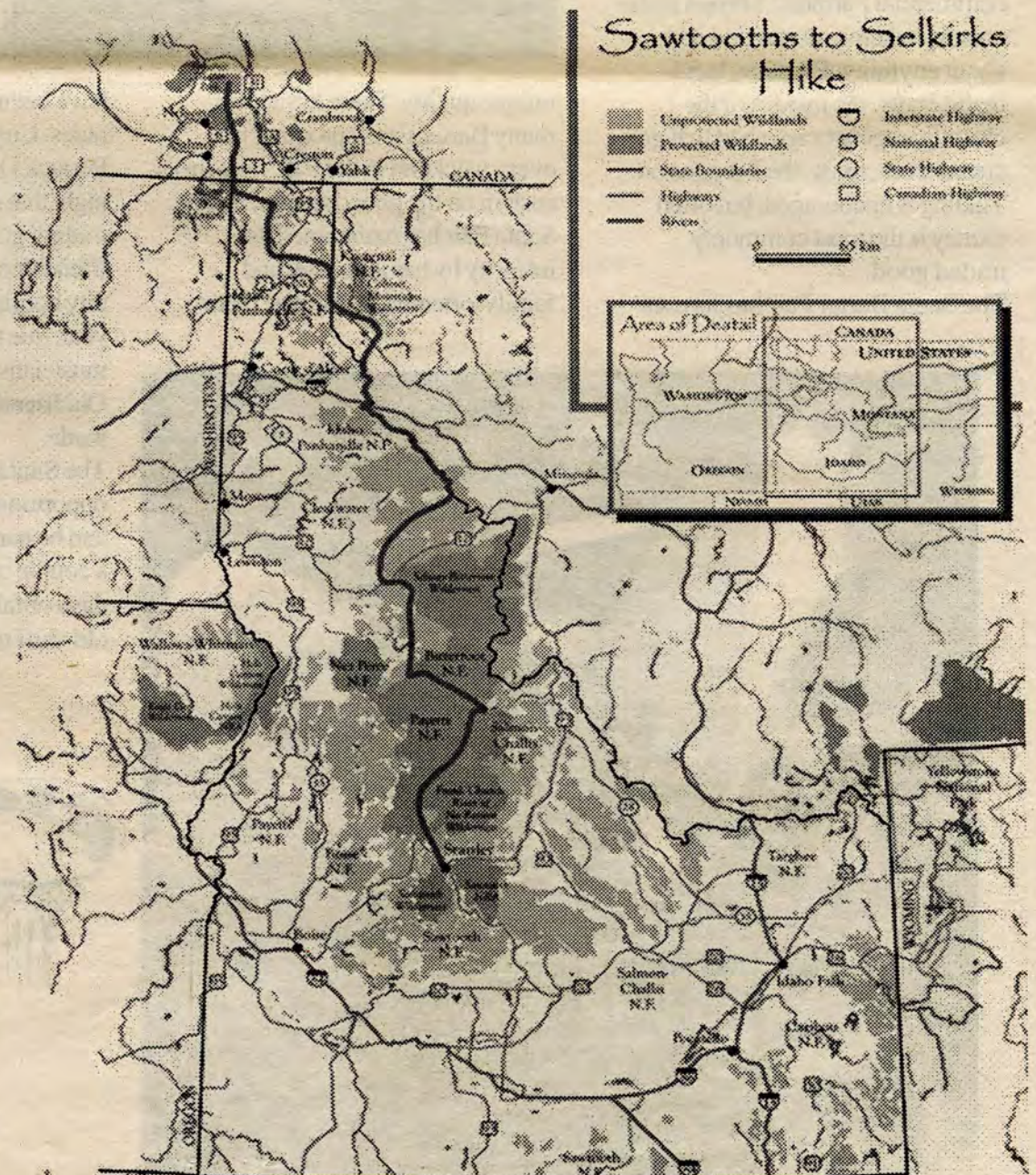
- ❖ You may also want to mention your favorite roadless or undeveloped area(s) in the Clearwater, Nez Perce, and St. Joe National Forests.

SEND YOUR COMMENTS TO:
 CAT Attn: Roadless ANPR
 Comments
 P.O. Box 221090, Salt Lake City, UT 84122

or email to:
 <roadless_anpr@fs.fed.us>
 or FAX: 1-801-296-4090
 Comments due September 10!

Josh will thank you for caring. Most importantly, the wild critters like the bull trout, wolverine, fisher, and goshawk will thank you.

For More Information:
 Friends Of The Clearwater,
 PO BOX 9241,
 MOSCOW ID 83843
 phone—208-882-9755
 email—foc@wildrockies.org



Barter Fair Time...Close to Home

By Arlene Falcon

While Labor Day Weekend represents the end of summer to many people, it also represents the beginning of Barter Fair season to many others. Every fall, here in the Northwest, people have gathered to trade their goods and celebrate the harvest in a unique way at these counter-culture farmers' market-like gatherings.

Locally, there has been a Barter Fair in the area since 1980. This year the 21st annual Santa Barter Fair will be Sept 8-9, (the weekend after Labor Day) at the same location, 3 miles off Highway 3, only 65 miles from Moscow. Camping there is primitive, so you must bring your own water and pack your garbage out! There is no fee to get in, but donations are encouraged! So, what's a Barter Fair, you might ask. Barter Fairs are fun! People come from all over to trade and buy and sell. It's kind of like a non-commercial Farmers' Market in the country where you can find just about anything. Produce, hand-made crafts, the insides of the closet/garage/storage shed that got cleaned out, tools, the list goes on. Trading is encouraged, but often money is the most commonly traded good.

The Santa Barter Fair has its own



unique quality. There have been many Barter Fairs sprouting up every weekend in the Fall, trying to cash in on the phenomenon, but the Santa Fair has maintained its integrity by being smaller and family-oriented. In the past there

have been talent shows and parades. Currently, there still is a Potluck Dinner Circle on Saturday night that shifts the energy from trading goods to sharing food and friendship. There also is a community bonfire (but maybe not this year, due to fire danger) where musicians all share tunes and drums. Old friends visit and new friends are made.

The Santa Barter Fair is a great opportunity to get away from it all and be part of a mini-community for a couple of days during the hectic days of fall. Come and bring your old stuff to trade for new treasures.

Don't forget to bring your musical instruments, water, camping gear, food and good energy! It's easy to get to: From Moscow, take the Troy Highway (Hwy 8), 30 miles to Bovill. Turn left on Highway 3 for 30 miles to Santa and then follow the signs to the site. (Make a left turn just past the Santa Bar.) If you want more info, call 883-4779 or stop by Tye Dye Everything, 527 S. Main...we'll fill you in! See you there!

Arlene Falcon has been a Santa Barter Fair participant since 1983. She is also the owner of Tye Dye Everything in Moscow.



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Business Partner Profile: Stress Management with Dr. Susan Simonds

By Lori Harger Witt

Fall is here, which means for many people that life is getting busier. School is starting, summer vacations are over, and soon the brisk autumn breezes will seem to hurry us a little more. If your busy life leaves you feeling overwhelmed or run down, you could probably stand to learn some new strategies to help you manage stress. Co-op business partner Dr. Susan Simonds is now offering a six-week Stress Reduction Course. The course is for anyone who wants to be more effective in managing life's daily ups and downs, including those who suffer from chronic diseases, and the techniques taught are designed to fit into busy schedules.

As a clinical psychologist, much of Dr. Simonds' work has been in counseling survivors of abuse. So many of her patients needed to learn new skills to cope with their trauma

that Dr. Simonds found herself devoting much of her one-on-one counseling time to helping patients learn to manage their stress. She could see that these skills are very valuable not only to her patients but to anyone trying to sanely navigate this hectic, modern world. Stress reduction courses have become common in much of the country, but up until now no one has offered them in the Palouse.

Dr. Simonds uses a mind-body approach that incorporates relaxation, meditation, mindfulness, breathing exercises, and basic yoga postures. She has attended professional training seminars with Dr. John Kabat-Zin, who has been a pioneer in integrating mind-body stress management into modern medicine.

When I met with Dr. Simonds to interview her for this article I got to

experience the value of her approach to stress. I had run into the cafe out of breath, late, and anxious about having kept her waiting. Her calm smile and friendly demeanor set me at ease. As she bought me a cup of coffee and we started chatting, everything about her manner felt like a reminder to relax and enjoy the present moment.

In Moscow, the six-week course will be on Wednesday evenings, beginning on October 10, 6:30 to 8:00 p.m., on the third floor of Gritman Medical Center. In Pullman, the course will be on Tuesday evenings, beginning on September 25, 6:30 to 8:00 p.m., at Summit Therapy on Bishop Boulevard. The class is sponsored by Pullman Memorial Hospital. The cost for the six week course is \$120. This is a pretty good deal, considering that a similar course is offered in Spokane for \$400. And the benefits of learning how to holistically meet life's stresses can have an unlimited pay-off.

Lori Harger Witt is an herbalist working towards a nursing degree. She enjoys visiting with health care workers who integrate holistic approaches into modern medicine.

Community News: Writing Positions Open

Are you looking for a creative, flexible volunteer job with the Moscow Food Co-op? Do you like talking to people and writing? If so, please consider writing for this newsletter.

Regular columnists and other authors earn a monthly discount based on the scope of their articles. They also get the pleasure of seeing their work in print.

For more information, please contact the *Community News* Editor, Bill London, at london@moscow.com.

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All available online at
<http://www.moscowfoodcoop.com>.

Auditions for "OLIVER!" September 4th and 5th, 7 pm

Auditions for "OLIVER!", the musical by Lionel Bart based on the Charles Dickens classic "Oliver Twist" will be held on September 4th and 5th at 7:00 p.m. at the Kenworthy Performing Arts Centre. This is a Moscow Community Theatre production and we are seeking a rather large cast. The age range is 8 years old and up! Have a prepared song (Happy Birthday will do). Rehearsals will start September 10th with Opening night the 19th of October. There will be 6 performances (Oct. 19th, 20th, 21st, 26th, 27th, 28th). If you wish to preview a script, e-mail Cathy Brinkerhoff <cbrink@moscow.com>

Cathy Brinkerhoff
President Moscow Community Theatre
Director for "OLIVER!"
882-5230 for more information

"Art Walk" Friday, Sept 7th

The Moscow Food Co-op will be joining Prichard Gallery, Third Street Gallery and the U of I Business Incubator Gallery for "Art Walk" Friday, Sept 7th. This wonderful event will showcase local artists and provide a chance to experience the extraordinary talents the Palouse has to offer.

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Moscow Food Co-op Cafe Figure drawings by Ron Medina

The figure drawings by Ron Medina will be on display on the walls of the Moscow Food Co-op Cafe from **August 17th to October 11th, 2001** with an **opening reception from 5pm to 7pm on Friday, Sept 7th**. Everyone is invited to come to the Co-op for the reception and enjoy light refreshments and a chance to both meet the artist and see his work.

UI Women's Center Open House

On **September 13, 2001** the Women's Center will hold an Open House from **12:00 - 5:00 PM** in room 5-6616

Rural Roots Annual Meeting

Rural Roots will be hosting its Annual Meeting, followed by a Harvest Celebration on **Sunday, September 23rd at the Blane School House**.

The annual meeting will begin with a **potluck around 1:30 PM**. We will be displaying posters and other visuals of Rural Roots activities past and present. A contra dance will begin around 4:00, running until 7:00pm, and will be called by Joseph Erhard-Hudson. The event is **FREE!** Everyone is invited to the meeting and/or the dance! Questions? Email Colette DePhelps at helps@earthlink.net or call at 883-3462.

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