

# COOP



Moscow Food Co-op  
NEWSLETTER  
September / October 1979

Canning With Honey

Co-op History

Recipes

Member's Meeting :

- Minutes
- Proposals
  - \* Decision making
  - \* Pricing Policy
  - \* Orientations
  - \* Newsletter

People's Health Co-op

Local Resources :

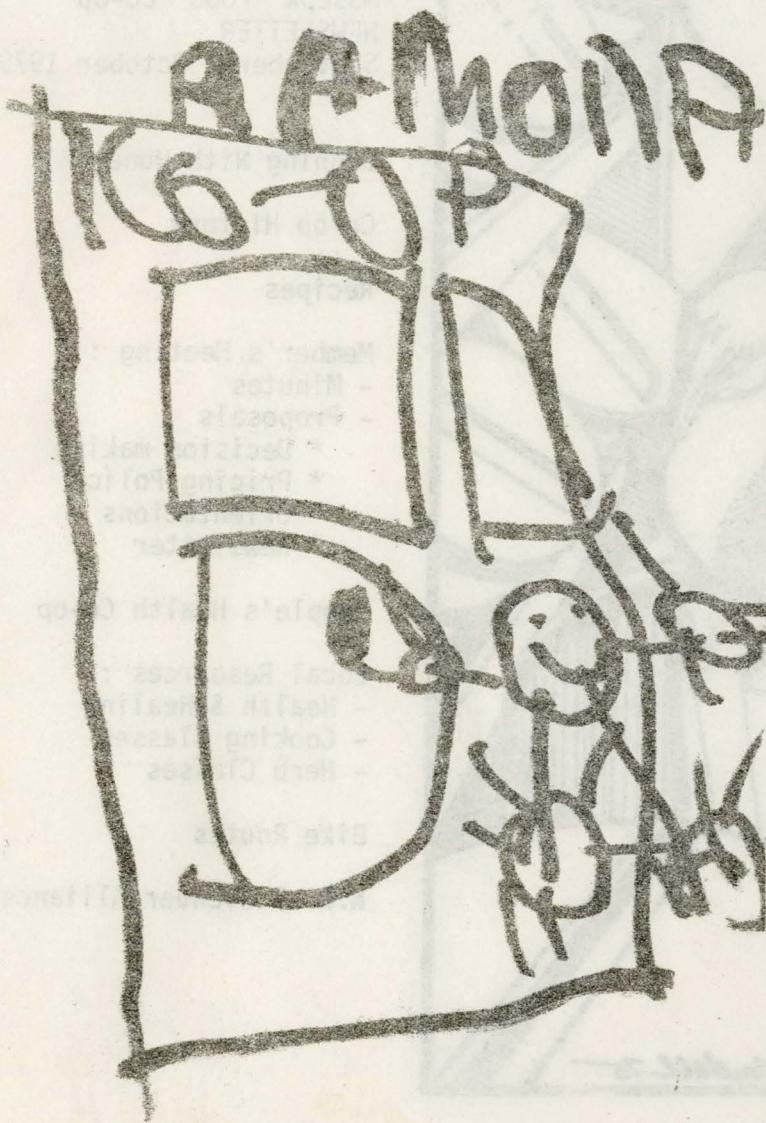
- Health & Healing
- Cooking Classes
- Herb Classes

Bike Routes

N.W. Provender Alliance

This newsletter is published on a monthly basis by the Moscow Food Co-op. It is a means of opening communications among the membership and keeping the community informed about what's happening with the co-op. It should function as a resource for co-op users. The newsletter is also an open forum for the exchange of ideas & information on issues of interest to the co-op community. We solicit individual contributions. The newsletter has no editorial board, and articles printed do not necessarily reflect the views & opinions of the Moscow Food Co-op as a whole. If you have a contri-

butions to the newsletter; ideas, opinions, information to share, recipes or energy to help with the monthly production, contact a co-ordinator or call Mary at 882-9028. And, watch the bulletin board for info on deadlines & meeting times.. Help the co-op have a good newsletter and earn yourself some work credit.



This Newsletter is made possible by the Moscow Food Co-op, with the help of: David Cook, Ron Yankey, Karen Buxton, Andy Rice, Phil Sawatzky, Terry Lawhead, Ivar Nelson and North Country Book Express, John Read and Creative Workshops, Karen Young, Tom von Alien, Ramona and Mary Treuer, and U. of I. Campus Christian Center.

OAF-ISH-ALL AUGUST MEMBERSHIP MEETING MINUTES 1979

14 persons attended the meeting, with Ron Yankey acting as facilitator. The Agenda:

A) Old Business

- 1) Decision making proposal
- 2) Basic proposal format
- 3) Location of Opinion Box
- 4) One price system
- 5) Newsletter
- 6) Lease
- 7) Insurance

B) New Business

- 1) Financial Report
- 2) Election of Board Members
- 3) Orientation of New Members
- 4) Other Business

All proposals presented at the meeting are explained in more detail on page of this newsletter.

1) Decision making proposal: In order to obtain adequate information and member's response to this proposal, we decided to post a copy of the proposal at the co-op along with pencil and pad of paper and opinion box. Next member's meeting we will act upon this. (We also agreed to include the proposal in the forthcoming newsletter.)

2) Basic proposal Format: This format was submitted in response to the problems of unclear, poorly defined proposals. The consensus of the members was that the Format should be used as a guideline and an ideal to strive forward, but should not be so rigidly applied with the result of inhibiting spontaneous, informal proposals at meetings. (The general points of the Format shall be placed in the newsletter.) A copy of this proposal will be placed on the Bulletin Board for member's review and response.

3) Opinion Box Location: The opinion box will be placed in a noticeable spot, near to the proposals needing feedback. We agreed that more space is needed for posting important co-op business. We will be utilizing the northwest front corner of the store (adjacent to the front counter) for the additional bulleting board. Nancy Thompson offered to implement this feature. Location will be in newsletter.

4) One Price System--committee report: The present higher price system (non-member price shown on goods) encourages members to show cards when purchasing at store. However, some member response to this policy indicates dissatisfaction, specifically members are tending to buy less because of the higher list price. Concerns were

vo ced about making the pricing system reflect our cooperative values and goals, about using the pricing system to initiate rapport with potential members, and to emphasize that we are a co-op, not just any old retail store.

A proposal was made to change the pricing system to price listed being the working member price. The need for more extensive volunteer training and member orientation was expressed. Paul Pitchford will be responsible for a 'pie chart' showing where the customer's dollar goes, along with a big sign, to be placed in the front window. David Gottlieb will be posting the proposal on the board.

5) Newsletter: There is a newsletter space on the bulletin board for anyone wishing to place articles, poetry, info, graphics, etc. in the forthcoming issue. Discussion ensued over effective distribution of the newsletter, particularly over whether or not to have a mailing list, and if so, what limitations, what to aim for.

6) Lease (for store): The one year lease for our present location was signed.

7) Insurance: David Gottlieb will check into various policies and quotes for product liability insurance. This insurance would protect the co-op from possible financially disasterious legal suits resulting from problems caused by goods purchased at our store.

## NEW BUSINESS

1) Financial Report: Mary has completed income statements for the first and second quarters, and for May and June. (These will be available on the bulletin board.) She stated that we are showing a gradual loss of our margin of income; possible reasons: the lowering of mark-ups, spillage increase, more food sold at members prices, mispricing, clerk error, and increased bulk sales. "Wait and see" is the word--Mary believes it is not imperative to take action right away. Supplies are higher than normal and too much money maybe in slow moving items--books and kitchenware cited. We are averaging about \$15000 a month in gross sales, with the margin of profit around 26%, or \$3,200, equal to our expenses. Expenses are up, there is a need to tighten up on supplies and repairs. Janitor hours were slightly up due to increased sanitary needs.

The membership account is at \$2,083.67 as of July 31, 1979 with about \$225 coming in every month. Much of the current funds will be going for payment of digital scale, stock investment in Equinox and refrigeration for walk-in cooler.

2) Board of Directors--(a statement of need for): In order that we keep our corporate status with the state, we need board members who will be listed on our statement. Andy Rice was accepted onto the board. This gives us a total of five board members, if two coordinators are included, and we would like to have two more active people as soon as possible. Serving on the board actively and seriously is imperative. In related board affairs, the rewriting

of the articles and by-laws was referred to the board for further study and action. As the by-laws stand, there are a number of inconsistencies that need rectifying.

3) Orientation: Mary proposed that we make new member orientation a necessary part of becoming a member. It is apparent that merely recommending orientation is ineffective. Making the orientation mandatory would hopefully result in more involvement, more familiarity, thus increased efficiency, as well as benefiting non-working members. Senior citizens would derive a better sense of participation in their co-op. This proposal is stressed as a most important one--watch for it at the opinion box.

4) Other Business: The members expressed a strong need for a group to be continuously involved with the coordinators--for outside input and support. Items tabled till next meeting: Bulk vs. prepackaging, Diversifying product line, changes in by-laws.

NEXT MEMBERSHIP MEETING: September 27th, 7:00 PM at the Moscow Food Co-op. Potluck Supper & Volleyball at 5:00 PM in East City Park.

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### OUR CHANCE TO HELP EQUINOX

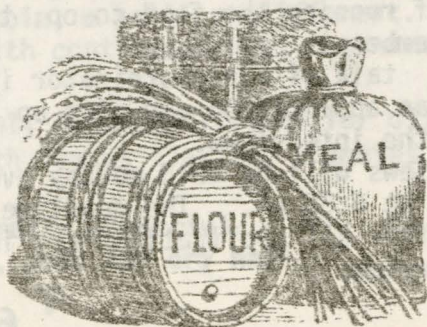
Equinox Food Exchange, our co-op wholesaler, is growing by leaps and bounds. They need more warehouse space and have to get it built before winter. Joseph Barron, our nutrigrain flour supplier in Oakesdale, Washington, has donated a building for Equinox to tear down and use for materials.

Oakesdale is only 55 miles from Moscow, so this is our chance to pitch in and help out Equinox in a concrete way. They deliver food to us every week and maintain a growing warehouse to serve us and all the other co-ops in the region.

The teardown party will be Saturday, September 22, all day. Wear nail resistant footwear and bring crowbars, hammers, nail pullers, gloves, food and drink. I'm sure workers would appreciate any music you might want to contribute too.

Meet at the co-op 8:30 Saturday morning to carpool up there.

David Cook



## OPENING FOR A NEW CO-OP COORDINATOR



The co-ordinator position is paid for 25 hrs./week @ \$3.50/hr. and it entails:

- \* A one year commitment, beginning October 1st.
- \* Coordination and training of volunteers.
- \* Issuing memberships and involving members.
- \* Ordering, buying, receiving, pricing and stocking.
- \* Cashiering, bank deposits, monthly inventories.
- \* Weekly coordinator meetings and monthly board & membership meetings.
- \* Three to five hours of un-paid work per week keeping on top of things and coordinating projects & committees.

Good coordinator qualities include:

- \* A commitment to working cooperatively in a democratically managed business.
- \* Ability to communicate well with the public.
- \* Self motivation & ability to handle responsibility.
- \* Basic knowledge of the use of whole food and herbs.
- \* Competence in basic math.
- \* Experience and/or interest in the cooperative movement.

All four coordinators work together as equals to share the responsibility of running the food co-op, together with the board and the working members.

Please talk with a coordinator if you are interested in the position, fill out an application and sign up to work with two different coordinators prior to the interviews.

Interviews will be held Monday evening, September 24th at 710 E. 7th St. beginning at 6:30 pm. The deadline for applications is Saturday, Sept. 22nd. After all applications are in you will be notified of the time of your interview.

## HERBAL HAIR RINSE

Long before there were companies that mass produced chemical shampoos and hair rinses, simple products were made at home that did the job as well or better. The main ingredients often came right from the garden; herbs. Shampoo is more difficult, but an herbal hair rinse is as easy to make as a pot of tea.

Why a hair rinse? Several reasons. Shampooing with a detergent or soap shampoo usually leaves a film on the hair. The rinse helps eliminate this for shinier, fluffier hair that stays clean longer. An herbal rinse is also a conditioner. The natural oils in the herbs have different properties that can condition, strengthen, help the scalp and promote hair growth. Last but not least, the delightful subtle herb fragrance remains in the hair.

To make the rinse take about 4 heaping tablespoons of herbs and drop into an enamel or glass pot. Add a cup of water. Heat the mixture--do not boil--simmering about 5 minutes. Strain the herb tea into a bowl or jar and add a cup of cold water.

After the hair is washed, pour the herbal mixture over the head a little at a time, covering the hair and scalp. If you like, do the pouring over a pot or bowl, catching the excess. Then pour it through the hair again.

It is not necessary to rinse the herbs out, but do it if you like. One of the nicest things about making your own rinse is that you can tailor it to yourself. There are no rules; do it the way you like.

Here are some herbs to try. Mix and match until you find a recipe you like.

Camomile--helps condition hair and strengthen scalp tissues.

Adds yellow or golden highlights to light-colored hair.

Rosemary--conditions the scalp, is said to stimulate hair growth. A nice rinse to brighten hair.

Lemongrass--an astringent, especially good for oily hair. Lemony fragrance.

Sage--conditions, darkens hair.

Licorice root--helpful for flaking scalp.

Orange peel--brightens, conditions light hair

Comfrey--contains allantoin, a cell proliferant. Helps cells regenerate, and with continuous use, regenerates aging tissues.

Peppermint--an astringent, good conditioner for oily hair.

Yarrow--stimulates growth, eases flaking, promotes healthy scalp tissues.

Lavender--conditions, smells wonderful.

Red clover--conditioner, good for dry hair.



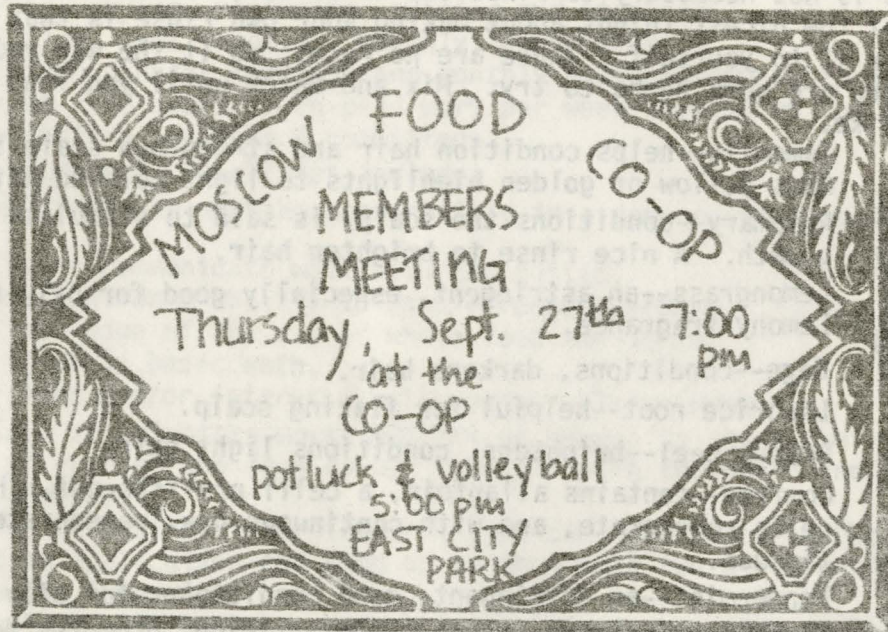
Two other ingredients you may want to try: vinegar and lemon juice. Both help restore the natural acid balance of hair and scalp after shampooing.

Squeeze the juice of a fresh lemon into the herb rinse before using. This is good for oily hair and leaves a fresh lemony scent. Lemon juice also has light bleaching qualities which will lighten hair, especially blond or light brown.

A few tablespoons of cider vinegar in the rinse will help condition, soften and give luster to hair. Especially nice for dark hair.

One other reason for herbal hair rinses. They are very inexpensive. All the herbs mentioned are available at the Moscow Food Co-op. They are no pre-packaged, so you only buy what you need. An ounce costs between 10 and 50 cents, depending on the herb. That will make five to eight rinses. Try an herbal rinse soon--your hair will love it!

Reprinted from The Kickapoo Scout  
Soldiers Grove, WI--Sarah Skye





# Proposals

The following proposals were presented at the last members meeting. They will be discussed & decided on at the Sept. 20th members meeting. Please take time to consider these proposals. As a member of the co-op your opinions are important. Give us your feedback at the Sept. 20th members meeting and/or in the opinion box on the bulletin board in the co-op.

## NEW MEMBER ORIENTATION

This is a proposal to establish an ongoing, regular orientation for new members. These sessions would be the only time for new members to join. They would be held every two weeks (or every week, depending on demand) at 7:00 pm at the Co-op, with dates posted well in advance. Efforts would be made to accommodate those people who wish to become members but cannot make any of the established meeting times. The purpose of the orientation is to inform people about the co-op... purpose, structure, how to join, benefits of membership, working vs. non-working membership, how to work, how to shop, etc.

It is important that members of the co-op know more about the co-op than the membership fee & the discount. Hopefully, orientation will encourage more members to become working members. One month's work credit, for attending the orientation meeting, will be given to all new members when they join.

## PRICING SYSTEM CHANGE

Proposed that the present pricing system be changed to show the working member price, not the non-member price, on goods for sale. An additional mark-up would be added on at the register for non-working members and non-members. Sign would be posted in the co-op clearly explaining the pricing procedure, especially the additional mark-ups.

There are several reasons for this proposal:

- 1.) The pricing system should be geared more toward working members.
- 2.) Some members may be buying less because they see a high price & cannot compute the discount in their heads to see the price they pay.
- 3.) The pricing system should reflect our cooperative values & goals—members working together for lower prices.
- 4.) Necessary explanation of the additional mark-up may help to initiate better communication & rapport with prospective members.
- 5.) It would eliminate the need to use both the adding machine and the cash register, which may lead to less mistakes on the register.

## NEWSLETTER PROPOSAL

In order to reach more people and encourage more member participation, by keeping more members informed, it is proposed that the Moscow Food Co-op establish a mailing list and mail the newsletter to all members and other interested individuals and groups. The newsletter needs to be available to all and widely distributed in order for it to be a viable means of communication with the members of the co-op and the community.



Doing it!

If we can't agree on how to agree whether we agree, how do we decide on what to do next?!

## PROPOSAL: DECISION-MAKING SYSTEM FOR MOSCOW FOOD CO-OP

In proposing the following clarification two assumptions were made:  
--the Co-op chooses to be member run (vs. board run, coordinator run)  
--Decisions are primarily made at the member meetings.

### WE PROPOSE THAT

MEMBERS SHALL BE RESPONSIBLE FOR DETERMINING MAJOR POLICY.

BOARD MEMBERS SHALL FACILITATE THE POLICIES

COORDINATORS SHALL IMPLEMENT THE POLICIES assisted by working membership.

MAJOR POLICY will include food types to be purchased, definition of membership, pricing policy, methods of outreach. This will also include veto power and the responsibility to clarify policy or resolve disagreement in policies.

FACILITATING will include planning necessary steps to carry through policy, identifying and obtaining resources (financial, manpower, materials). It will be done by individual or joint action in cooperation with members or coordinators as appropriate. Ad hoc committees will be used when needed.

IMPLEMENTATION will include outlining procedures, delegating work among working members, and basically carrying out the operations of the co-op.

### TO MAXIMIZE EFFECTIVENESS

MEMBERSHIP MEETINGS shall have established agendas which are posted in advance for additions.

MAJOR DECISIONS shall be based on proposals submitted by member(s) (including board or coordinator). This will include adequate basic information to enable comprehensive and informed discussion to take place.

PROPOSALS will be presented at the membership meetings. They will be discussed, modified, and posted for additional input. They will be represented at the following meeting or as scheduled for final discussion and action.

The BOARD members set agendas, help members, coordinators gather data, organize proposals, and see that meetings are coordinated.

I. INTRODUCTION

- A. Statement of problem or situation proposal responds to. Relate to purpose of organization.
- B. Statement of need identified, "what needs to be done" as result of problem.

II. PROPOSAL

What do you propose be done? State in objectives if possible-- things that can be seen, once accomplished.

III. PROGRAM OR IMPLEMENTATION

- A. What you plan to do?
- B. How you plan to do it?
- C. Who will do that?
- D. Where will it take place? When?
- E. What resources (manpower, materials, financial, etc.) are needed?

IV. EVALUATION

How will you know you've accomplished what you set out to do? By what standards will you be measuring whether it worked?

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### THE LADY WHO MADE SUCH GOOD PIES

It was always good to visit that lady because she made such good pies. What was so good about them was the little waves on the edge of the crusts. The boys could tell how big a piece they were getting by counting those little waves. A piece of her pie had perfect little waves.

Eight waves was a big piece.

How does she do it? the other ladies asked. No one knew.

The boys walked over to her house early one day before everyone was going over there for pie. They stood outside her kitchen window and watched her making her pies. This is what they saw. When the lady had the pie crust rolled out in the pie pan, she reached into her mouth and pulled out her false teeth. Then she took them and pushed them down on the pie crust all the way around. The spaces between her false teeth made all those nice little waves that everybody liked so much.

Pretty soon everyone came for fresh pie. What beautiful pies! all the ladies said. The boys got eight-wave pieces that day.

Every now and then, between bites of that good pie, the boys looked at the lady. She was watching everyone eat and grinning a big grin.

From THE MAN WHO KEPT CIGARS IN HIS CAP by Jim Heynen (GrayWolf Press)

## JOINING THE CO-OP

The Moscow Food Co-op is open to the public. One need not become a member to shop, but we encourage everyone to join. The basic idea behind a cooperative is people working together in order to serve a common need. By joining the Moscow Food Co-op you become a member of an organization of people working together for lower food prices and some control over the food they eat.

We have an annual membership fee for all members & a monthly work requirement for those people wishing to be working members. For an individual the membership fee is \$10 for the first year & \$5 to renew each year thereafter. For a household with two adults the fee is \$11 the first year & \$6 for renewals. Each additional adult in a household is an additional dollar per year.

Working members contribute two hours each per month. Work is flexible: a member may sign up on calendars posted in the co-op to work at food or herb stocking, cheesecutting, inventory, cleaning, packaging or pricing in the store. Outside the store, members may contribute their two hours by picking up orders, baking & donating bread, cookies, muffins & other inspirations, making local yoked granola, drying herbs, working on committees, doing fund raising, construction work, working on the newsletter, growing & donating vegetables, whatever needs doing. One can even innovate!

By joining the co-op you are able to purchase your food at 7% less than the non-member cost. Working members receive goods at 29% below the non-member price.

Members also participate in decision making and setting the directions of the co-op at monthly membership meetings. The Moscow Food Co-op is owned & operated by its members. If you would like to join or have any questions about the co-op talk to a coordinator and attend an orientation session, held every two weeks at the co-op (see calendar for dates).

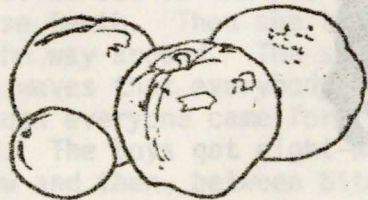


Tahini quiche: crust: Combine  $1\frac{1}{2}$  cups whole wheat pastry flour and  $\frac{1}{2}$  tsp. salt. Rub in  $\frac{1}{2}$  cup oil lightly with fingers or pastry cutter till flour is crumbly. Stir in  $\frac{1}{4}$  cup cold water, mix lightly. Flatten into an oiled pie pan. Prick the crust and back 10 minutes at 350 degrees.

filling: Heat 2 T olive or sesame seeds, toasted and ground in a blender or suribachi (or substitute  $\frac{1}{2}$  cup tahini), 3 T. kudzu (or 4 T. arrowroot powder), and  $1\frac{1}{2}$  cups water (use the seaweed soaking water, or vegetable broth), and 1 cake of tofu, mashed.

put it together: Layer in pie crust, the sauted veggies, the spinach, and top with tahini/tofu. Bake 30 minutes at 350 degrees, till firm. (adapted from Cooking with with Sea Veges)

Fruit soup: Soak your choice of dried fruit overnight. Dissolve 3 tsp. agar agar powder in 4 cups apple juice (substitute honey water). Simmer juice and dried fruit 10 minutes. Pour over chopped fresh fruit, if available in season, and cool till set. Garnish with roasted, slivered almonds or bee pollen. (a present from me to you)



Herbed Rice: Wash two cups of brown rice. Bring 3 or 4 cups of water (more water for softer rice) to a boil. Add rice,  $\frac{1}{2}$  tsp. each of rosemary, marjoram and thyme, and 2 T. butter or sesame oil. Simmer covered 40 minutes, till water is absorbed. (adapted from Cooking for Consciousness)

## KEEPING OURSELVES HEALTHY WITH FOOD



Tabouli: Pour 4 cups boiling water over  $1\frac{1}{4}$  cups bulbur wheat, raw. Let stand about 2 hours and remove excess water. Combine: cooked squeezed bulgur,  $\frac{1}{2}$  cup dry white or garbanzo beans, cooked, drained,  $1\frac{1}{2}$  cup fresh parsley (minced),  $\frac{3}{4}$  cup scallions, chopped, 3 medium tomatoes, chopped,  $\frac{1}{2}$  cup lemon juice,  $\frac{1}{2}$  cup olive oil, 1-2 tsp salt, fresh ground pepper to taste. Chill for at least 1 hour. Serve on raw grape, lettuce, or cabbage leaves.

Mystery Fruit Thing: Ingredients: 2 ripe bananas, thinly sliced, 2 apples cored and sliced, 3 T. soy flour, 3 T. wheat germ, 6 T. honey, 2 T. lemon juice. Place  $\frac{1}{2}$  of the bananas and apples in baking dish. Sprinkle with 1 T. soy flour, 1 T. wheat germ, and drizzle with 2 T. honey. Repeat for two more layers and end with final layer of fruit; Dot with butter, sprinkle with lemon juice and bake 30 min. at 300.

Banana Nut Loaf: (for breakfast or desert, 1 large loaf) Ingredients: 2 cups whole wheat flour, 1 t. baking soda,  $\frac{1}{2}$  cup oil,  $\frac{1}{2}$  cup honey, 1 grated lemon rind, 2 beaten eggs, 2 cup ripe bananas, mashed,  $\frac{1}{2}$  t. salt,  $\frac{1}{2}$  cup chopped nuts. Combine flour, soda and salt. Blend oil, honey and lemon rind 'till smooth. Beat in eggs. Add dry ingredients alternately with bananas, beating 'till smooth. Fold in nuts. Bake in greased loaf pan for 50 min. at 350. (from Tassajara Bread Book)



## NORTHWEST PROVENDER

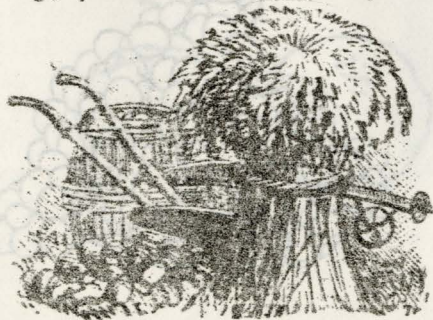
NORTHWEST PROVINDER ALLIANCE, previously the Northwest Alternative Food Network, is an organization working for economic, cultural change, by supporting groups in the Northwest who provide food and food-related services in humane, co-operative and economically appropriate ways. They work to provide technical assistance, outreach and information exchange, and other services.

Northwest Provinder Alliance has asked that the Moscow Food Co-op join its membership at an annual fee of \$12.00. They would like our membership to be as a "supporting member".

Supporting members pay an additional monthly dues based on monthly gross sales. This would be a fee of \$10.00 a month for the Moscow Food Co-op.

As a supporting member we would receive all mailings, including the Provender Magazine, and be entitled to vote in general assemblies. We would also receive reductions in fees for workshops, conferences and activities sponsored by NPA, and access to all NPA resources and services.

The NORTHWEST PROVINDER ALLIANCE will be a topic of discussion at the next member's meeting. For more info see the minutes from the last NPA meeting, posted at the co-op.



## PEOPLE'S HEALTH CO-OP

When I first saw a poster announcing the People's Health Co-op "Lecture Series" I thought great! Finally someone is doing something about the outrage known as--Health Care. Actually the group did not just spring up one summer's day. It has a history which dates back several years. Originally it was organized to meet women's needs, but as members became increasingly aware of problems facing all segments of the population, it expanded its scope to include everyone.

Since then members have worked hard and the co-op has grown stronger. Early this summer the People's Health Co-op incorporated, which has helped it gain recognition and respectability. It is now listed with the state as a non-profit organization and so can qualify for state and federal aid.

The Health Co-op's primary goal right now is an educational one. Members want to offer the community an opportunity to learn more about themselves, and more about traditional as well as alternative approaches to health care. It would like to teach people to help themselves by learning how to help the professionals who serve them. And if this weren't difficult enough, future goals include establishing a low-cost Health Care Clinic. Secretary Donna Dickson-Acker admits that this is somewhere in the distant future, but it's the driving force behind their efforts.

Only two workshops remain in the Co-op's first "Lecture Series." Workshops are being held on Wednesday evenings at 7:30 in the Latah County Grain Growers Building, 317 W 6th Street, next to Taco Time. Admission is \$1.50 for each class or two classes for \$2.00. Children are admitted free, and if you are short of funds, admission is waived upon request. September 12, Kathy Kasmire, an educational and outreach worker, will speak about sex education and parenting; family planning and birth control; and sexual awareness. Dr. Lance Lincoln will wrap up the series September 19, with a talk about dentistry and acupuncture.

The second lecture series is already in the planning stage. The co-op is looking for people who would like to speak on a health related topic. Speakers are given a working membership in exchange for their time. If you have a topic you would like to discuss, or any questions, concerning membership or classes, please call Donna Dickson-Acker at 882-0908 or Deanna Robbins at 882-5232.

Karen Buxton



A newcomer walking thru our Co-op door is suddenly faced with an array of strange faces, names, smells, instruments, and ideas. It doesn't take long to learn how to shop here, where bags and bottles, even scoops, can be found and how the checkout system works. But what are some of these foods? Are they food? And how do you use them? Why? What are the wooden boxes with holes in them? (tofu presses--tofu is soymilk cheese) Why do we sell bowls with ridges inside with a small wooden bat? (suribachis--used for grinding seeds and making sauces gently) Do all seeds and beans used for sprouting respond to the same treatment or are they used and sprouted differently? (no and yes) Of what value are all those herbs? Aren't some of them dangerous? What's the big deal with "organic" vegetables? Why do Russian athletes eat buckwheat, and how? How do you deal with an umeboshi plum, and why? What's wrong with our all-American diet and the Four Food Groups? Why stock all this foreign stuff in Moscow, Idaho?

These are just a few possible questions. They can be answered, and many others like them, through resources available in the Co-op and in the Moscow area.

We're experiencing an upsurge of interest in personal responsibility for health. Through diet and exercise, preventive medicine can be practiced on a daily basis. The U.S. Senate came out with a Select Committee report that strongly recommended that Americans reduce their intake of refined foods, sugars, and animal fats. Recent research links our stressful diet and lifestyle to modern epidemic diseases--heart disease, diabetes, cancer, psychosis and obesity. The Senate Committee and many researchers and healers are suggesting a return to simpler, less processed food, along with exercise and some form of daily relaxation.

The Co-op carries books that can help you with many health problems, introduce you to a wide variety of whole food and herbs, and help you learn ways of using them. Pilgrims and Bookpeople are open to browsers, and carry many cooking and health related books. The People's Health Cooperative (contact Donna Dickson-Acker at 882-0908) is sponsoring a lecture series to introduce you to knowledgeable local healers and teachers. The Free Universities of Washington State University and the University of Idaho often present classes that can help with aspects of cooking and nutrition. Local people have knowledge of herbs and can be contacted through the Co-op. Dorothy Thompson in Lewiston gives an herb class thru Continuing Education at Lewis and Clark State College--you can get College credit for this one! I will be giving a beginning and an intermediate natural foods cooking class this fall. You can sign up for these at the Co-op or call me (Karen Young, 882-2365).

I hope you will make new acquaintances through the Co-op, not only with our human shoppers and members, but with jicama and hijiki, uva ursi and oolong, millet and miso, aduki beans and agar agar, tang kwei and dried peaches, rosemary and rutabagas--to name a few. Here's to your whole health!

Karen Young

### COOKBOOKS TO TRY:

transitional, (\*)  
for beginners

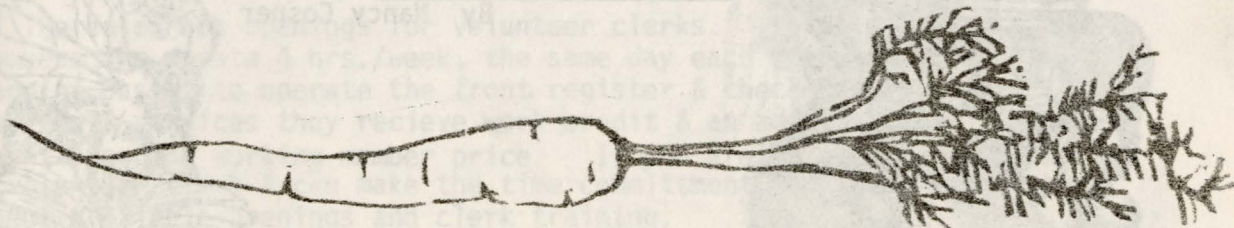
THE ART OF JUST COOKING  
BEYOND THE STAFF OF LIFE  
THE BOOK OF MISO  
THE BOOK OF TOFU  
CHICO-SAN COOKBOOK  
\*COOKING FOR CONSCIOUSNESS  
COOKING WITH CARE AND PURPOSE  
\*DEAF SMITH COUNTY COOKBOOK  
\*DIET FOR A SMALL PLANET  
EL MOLINO COOKBOOK  
\*LAUREL'S KITCHEN  
\*L.A. TIMES NATURAL FOODS COOKBOOK  
\*N.Y. TIMES NATURAL FOODS COOKBOOK  
OATS, PEAS, BEANS AND BARLEY COOKBOOK  
ODIYAN COUNTRY COOKBOOK  
\*RECIPES FOR A SMALL PLANET  
SEA VEGETABLE COOKBOOK/COOKING  
WITH VEGETABLES  
THE SWEET TOOTH NATURAL FOODS  
(dessert) COOKBOOK  
TASSAJARA BREADBOOK  
TASSAJARA COOKING  
TEN TALENTS  
TOFU MADNESS  
VEGETARIAN EPICURE, I & II

### OTHER BOOKS

HEALING OURSELVES  
HEALING YOURSELF  
OUR EARTH, OUR CURE  
SUGAR BLUES  
ARE YOU CONFUSED?  
WHAT'S WRONG WITH  
EATING MEAT?

### HERB BOOKS

BACK TO EDEN  
THE HERB BOOK  
HYGEIA (a woman's herbal)  
JEANNE ROSE'S HERBAL  
POTTER'S HERBAL  
ENCYCLOPEDIA  
RODALE HERB BOOK



## CANNING WITH HONEY

In the past few years concepts of food and nutrition have taken on a new dimension. There are many diverse ideas about diet. One advocacy heard repeatedly is the reduction or elimination of sugar from the diet.

Refined white sugar has been the sweetener traditionally used in the canning of fruits or making of jams & jellies. Natural honey is now recognized as a superior sweetener & viable alternative to sugar in the canning process. It tastes good and contains traces of minerals, vitamins & enzymes.

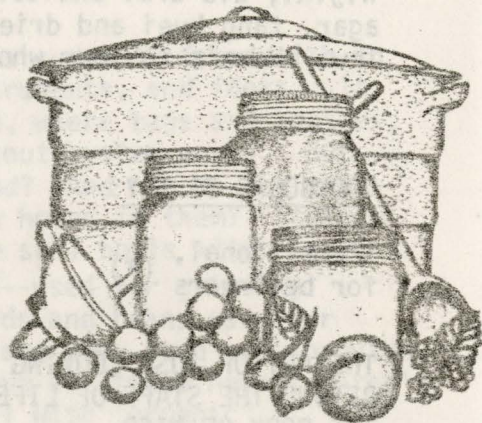
Fruits may be canned in their own natural juice, water or honey syrup. Packing fruits in sweetened liquid helps retain flavor, shape and color. A thin honey syrup suitable for canning most fruits can be made by combining 1 cup of honey with 4-5 cups of water.

Jams, jellies & preserves can also be made substituting honey for sugar. There are no hard & fast rules to follow when substituting honey in a standard canning recipe. Generally, half as much honey as sugar works. The honey should be of a light variety so as not to mask the flavor of the fruit. Runny or thin is a common complaint about jam made with honey. Commercial pectin requires sugar in order to react. Substitute one of the following for commercial pectin when using honey:

- \* Green apple pectin
- \* parings from green apple windfalls
- \* tapioca flour or starch
- \* agar-agar

Or use the old fashioned method of just cooking it down.

For more complete information and recipes see these books, both available at the Moscow Food Co-op:



### Putting it Up With Honey

By Susan Geiskopf

### You Can Can With Honey

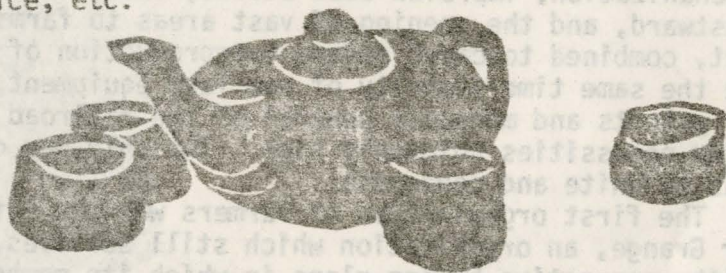
By Nancy Cosper



HELP THE CO-OP AND HELP YOURSELF TO SOME WORK CREDIT:

The Co-op needs these items and services:

- A large electric tea or coffee pot for our new tea corner
- A new play pen
- A two wheel hand truck for moving bags and boxes of food
- Glass taken to the recycling center in Lewiston
- People to work with inventory, held the last day of every month
- Carpenters to build bookshelves, misc. shelving, and pigeon holes--materials provided
- Someone to bolt walk-in to the floor and install baseboard and weather stripping--materials provided
- Electrician or person with electrical knowledge to install lights in the reach-in cooler--materials provided
- Typist for newsletter
- Artist to letter and illustrate labels for the new wooden bins
- Workers in the store, everyday, to help stock, cut cheese, clean, clerk, package, price, etc.



#### WANTED: MORE VOLUNTEER CLERKS

The co-op has openings for volunteer clerks. Volunteer clerks are members who donate 4 hrs./week, the same day each week, on a regular, ongoing basis, to operate the front register & check people out. For their services they receive work credit & an additional 10% discount over the working member price. If you are interested in being a volunteer clerk & can make the time commitment contact a coordinator about available openings and clerk training.

"Brothers, shall we content ourselves with the miserable idea of saving a few dollars, and say we have found enough? Future generations (are) looking to us for nobler deeds. We must proceed from combined stores (cooperatives), to combined shops, to combined houses, to joint ownership in God's earth, the foundation that our edifice must stand upon." (Statement of the Workingmens Protective Union.)

An examination of the early history of cooperatives in the United States reveals a striking parallel between the beginning, growth and successes of cooperatives and the beginning, growth, successes and failures of popular movements striving to change their society. Our first article illustrated this parallel with the birth of a labor movement in the United States. This one will show how cooperatives developed alongside the farmer's struggle for economic and political justice.

The period following the Civil War marked the extension of the capitalist industrial system to agriculture. (An extension which began the destruction of the self-sufficient family farm and the rise of "agribusiness", a process which is nearing completion today.) Mechanization, improved seed stocks, the extension of the railroads westward, and the opening of vast areas to farming by the Homestead Act, combined to cause severe overproduction of agricultural products. At the same time scarcity of new farm equipment, monopoly control of patents and monopoly control of the railroad kept the prices of farm necessities ruinously high. The only way out for the farmer was to unite and cooperate.

The first organization of farmers was the Patrons of Husbandry or Grange, an organization which still survives. The Grange began with cooperative buying plans in which its members merely agreed to buy all their supplies from one merchant at a substantially reduced price. This was inadequate since the other merchants simply lowered their prices to reduce the advantage. The Grange next started statewide buying plans to pool all the farmers needs in orders large enough for direct purchases from the manufacturer. This system worked for large, bulk items but became unwieldy when applied to all the farmers needs. Local stores organized by the Grange were unable to compete with other retailers. (Montgomery Wards got its start by supplying Grange members.) The Grange also attempted to manufacture its own farm machinery but was not able to raise sufficient capital to run its factory.

The Grange focused its efforts on improving the economic condition of individual members. It did not attempt to educate its members about cooperation. With no sense of group solidarity, its members left when economic conditions improved.

In contrast to the efforts of the Grange, the next farmers organization which developed, the Farmers Alliance, attempted to combine political action with the improvement of the farmers economic condition. The Alliance also viewed farmers as a "class" with class needs.

The Alliance gained prestige by organizing, and operating, a barbed wire factory large enough to supply the needs of all the farmers in Iowa. The factory broke a monopoly that had controlled wire prices. The benefits of the factory were available to all farmers not merely the ones belonging to the Alliance. While running their factory the Alliance lobbied the state legislature to prevent the return of the monopoly by "legal" means.

The Alliance organized cooperatives to supply their members and then combined this supply function with marketing cooperatives. The combination enabled the Alliance to provide credit to its members freeing them from the control of the banks.

In the 1890s the Alliance turned its efforts to national politics. Their local cooperatives were neglected and most failed. The Alliance members provided the impetus for the organization of the "Populist", "Progressive" and "Socialist" parties that initiated and carried out the political reforms of the early 1900s.

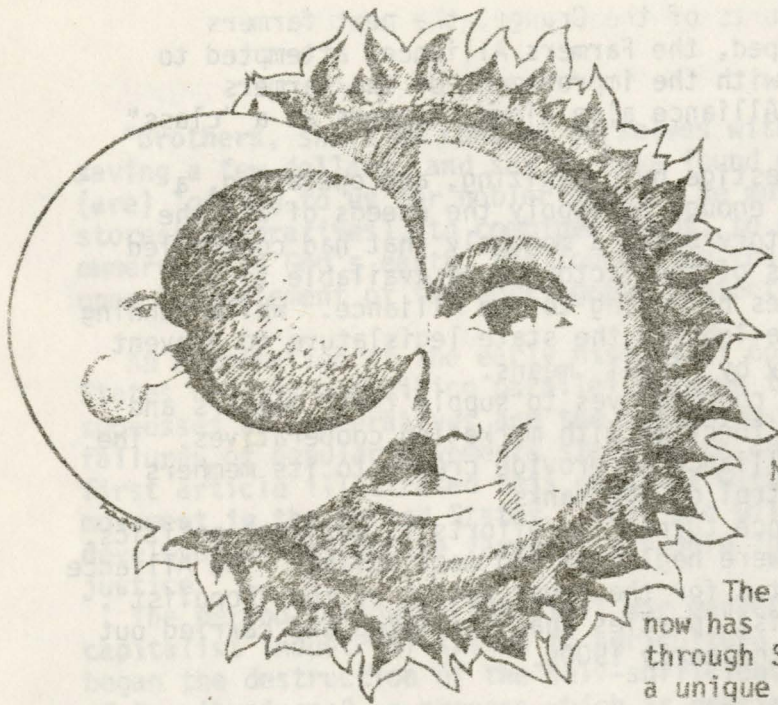


.to be continued next issue

Ron Yankey

I AM 'DONE WITH GREAT THINGS  
AND BIG THINGS, GREAT INSTITUTIONS  
AND BIG SUCCESS, AND I AM FOR THOSE  
TINY INVISIBLE MOLECULAR MORAL  
FORCES THAT WORK FROM INDIVIDUAL  
TO INDIVIDUAL, CREEPING THROUGH  
THE CRANNIES OF THE WORLD LIKE  
SO MANY ROOTLETS, OR LIKE THE  
CAPILLARY Oozing OF WATER,  
YET WHICH, IF YOU GIVE THEM TIME, WILL  
REND THE HARDEST MONUMENTS  
OF MAN'S PRIDE.

WILLIAM JAMES



## MOSCOW COMMUNITY SCHOOL

The Moscow Community School now has openings for Kindergarten through Sixth Grade. They offer a unique learning environment with a small student-teacher ratio, individualized programs which allow students to learn at their own pace and a rich background in art, science, drama, and community involvement. Parents are encouraged to participate in our programs, as are all interested community members.

Read next months' newsletter for a more indepth article on the Moscow Community School and for more immediate information contact them at 882-9028 or 882-9100.

### VEGETARIAN and NATURAL FOODS COOKING CLASSES

taught by Karen Young

Beginning classes every Thursday  
morning 10 a.m. to 1 p.m.

Oct. 4 thur Nov. 15

Intermediate classes every Wednesday  
evening 5 to 7 p.m.

Oct. 3 thru Nov. 14

\$5 per class or \$25 for series of 7  
Classes will be held at 310 East  
"A" street, Moscow. Register soon  
at the Moscow Food Co-op.



Noon Focus every Tues:

- Sept. 18- Art: discussion with Izquierda, a womens music group
- Sept. 25- Women and Men
- Oct. 2 - Power

Brown Bag Lunch Series:

- Sept. 12- Developing Support Groups
- Sept. 19- ERA Update
- Sept. 26- Counseling for Birth Control and Pregnancy



IN CONCERT

SEPTEMBER 18, 1979

MUSIC RECITAL HALL  
U OF I

*The*  
**Izquierda Ensemble**

...the izquierda ensemble is five women who create acoustic images with a high energy blend of guitar, piano, flute, percussion and vocal harmonies.

Also Performing....  
BELINDA BOWLER  
LIZ OLDS

Tickets \$4<sup>00</sup>  
at  
Book people  
Womens Center  
Lox & Nelson





## ECO-CATASTROPHE

Congress is currently rushing to complete action on a package of seriously damaging energy proposals, seeking to "solve" the energy crisis. The proposals are not solutions, however. They are merely attempts to extend our fuel powered energy gluttony. In particular, the proposals include:

An ENERGY MOBILIZATION BOARD with unlimited powers to waive environmental protection laws and to bypass due process procedures for "priority energy projects". Guess who will determine 'priorities' and make the most money?

An ENERGY SECURITY CORPORATION to provide billions more tax dollars to subsidize 'hard path' high-technology energy developments, especially

SYNTHETIC FUELS, technology that would have astronomical costs and rip up Colorado, Wyoming & Montana.

This is your money and your earth. You are needed today to tell Senators and Representatives how you feel. Tomorrow is too late! Speak up for environmental values and rational energy alternatives. The people of this country do not make themselves heard, the politicians and corporations will make it a wasteland.

### WRITE:

SENATOR FRANK CHURCH  
Russell Senate Office Bldg.  
Washington DC 20510

SENATOR JAMES McCLURE  
Dirksen Senate Office Bldg.  
Washington DC 20510

REPRESENTATIVE STEVE SYMMS  
House Office Bldg.  
Washington DC 20515

Tom von Alten

# EVERYBODY'S EDITORIAL PAGE

The Moscow City Council has agreed to keep \$2,500 in their budget for Bicycle Paths, as seed money. They challenge the citizens of Moscow to mobilize popular support for the issue and to push for maximum implementation of the proposals forthcoming from the official city council appointed volunteer citizens bike path committee and the city planner.

The Moscow Food Co-op should recognize the issue of bike paths as being more than a "pleasant" or "recreational" alternative.

Massive use of bicycles by most of the Moscow community, wherever and whenever practical, would have an enormous impact on the economic and environmental atmosphere of downtown Moscow, in a very healthy and positive way.

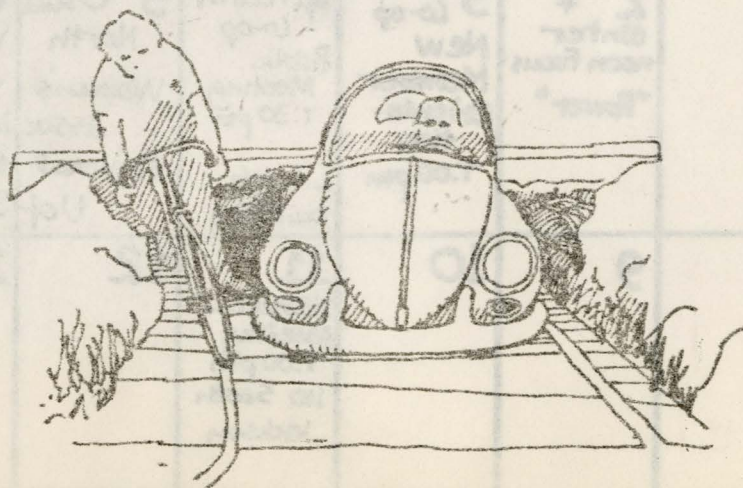
The Moscow Food Co-op should urge all citizens of Moscow to attend or send a representative to the City Bike Committee meetings. Talk up this issue, actively support bike paths and push for maximum implementation of a comprehensive bike path system as soon as possible.

---TRANSPORTATION FOR PEOPLE, NOT PROFIT---

And while we're on the subject of Co-op advocacy, what about other issues of importance to the community, such as: a community center in the old Post Office building, herbicide spraying, or the 1% initiative? Are we just a bunch of eccentric health nuts, or are we a viable, involved organization of social activists?

I think this is a very important question that should be addressed by all members of the Moscow Food Co-op.

Andy Rice



# September ~ October

| Sun                                                                | Mon                                                        | Tues                                                             | Wed                                                    | Thur                                                                        | Fri                                                                | Sat                                                             |
|--------------------------------------------------------------------|------------------------------------------------------------|------------------------------------------------------------------|--------------------------------------------------------|-----------------------------------------------------------------------------|--------------------------------------------------------------------|-----------------------------------------------------------------|
| 9                                                                  | 10                                                         | 11                                                               | 12 7:30<br>Health<br>Co-op<br>lecture                  | 13                                                                          | 14                                                                 | 15                                                              |
|                                                                    |                                                            |                                                                  | ♀ center<br>bag lunch                                  | LATAH<br>COUNTY<br>FAIR                                                     |                                                                    |                                                                 |
| 16                                                                 | 17<br>Orientation<br>for New<br>Co-op<br>Members<br>7:00pm | 18<br>Izquierda<br>Concert<br>8:00pm<br>Recital Hall<br>U. of I. | 19 7:30<br>Health<br>Co-op<br>lecture                  | 20                                                                          | 21                                                                 | 22<br>Application<br>Deadline<br>for<br>coordinator<br>position |
|                                                                    |                                                            |                                                                  |                                                        |                                                                             | ● New<br>Moon                                                      |                                                                 |
| 23                                                                 | 24                                                         | 25 ♀<br>center<br>noon focus<br>"Women<br>Men"                   | 26                                                     | 27<br>CO-OP<br>MEMBERS<br>MEETING                                           | 28<br>"MOS-CON"<br>Science Fiction<br>Convention                   | 29<br>EQUINOX<br>Board Meet.                                    |
|                                                                    |                                                            |                                                                  | ♀ center<br>bag lunch                                  |                                                                             |                                                                    |                                                                 |
| 30<br>Equinox<br>Board<br>Meeting<br>Co-op<br>Invention<br>10:00am | 1                                                          | 2 ♀<br>center<br>noon focus<br>"Flower"                          | 3 Co-op<br>New<br>Member<br>Orienta-<br>tion<br>7:00pm | 4 Health<br>Co-op<br>Public<br>Meeting<br>7:30 pm<br>L.C. bldg.<br>building | 5 ○ Full<br>Moon<br>North<br>Women's<br>Assoc<br>Regional<br>Uof I | 6<br>West<br>Study<br>Association<br>Meeting                    |
| 7<br>N.W.W.A.<br>Regional<br>Meeting                               | 8                                                          | 9                                                                | 10                                                     | 11<br>Newsletter<br>Meeting<br>7:00 pm<br>110 South<br>Jackson              | 12                                                                 | 13                                                              |