

# MOSCOW FOOD CO-OP NEWS

\*\*\*\*\*JANUARY, 1976\*\*\*\*\*

MEMBERS & FRIENDS OF THE CO-OP

YEAR OF THE DRAGON

MEMBER'S MEETING \* THIS., FEB. 3 \*  
7 PM \* AT THE S.U.B.

GET INVOLVED & SHARE YOUR IDEAS!  
(Meetings worth one hour in volunteer time)

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The past month we have enlisted 80 new members in the struggle to gain more control over our lives. We now number over 250. Bravo!

On behalf of our board of directors, John, Tim, Lileen, Larry, Hank, Susan & Dorothy, and our paid workers, Jani, Sandy & yours truly, I'd like to heartily welcome all new members to our co-op. We hope we can be deserving of the honor of such positions. It is our fondest wish that our co-op operate as democratically, respectfully & responsively in all facets. May we all share in good health & good spirit this new year (see above for Chinese name for this year).

Phillip

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REPORT OF THE NEWBER SOLASTIC MEETING

DURING THE WEEKEND OF December 21, about 40 people met at Ellensburg, wa. to study, discuss and begin acting upon the concept of a N.W. federation or alliance of co-ops, work collectives, warehouses, truckers, and farmers/producers. The common thread running through all those present was one of compassion for human-kind, dissatisfaction with the present economic system, and a desire to help create a new and viable alternative in our society. (Phew! Lotta work ahead!)

Our co-op was represented by myself, and I must say that this gathering of hearts and minds was truly an inspirational and educational experience. Most everyone felt a strong sense of harmony and unity.

Concerns dealt with included agribusiness, alternative trucking, farmer's markets, information networks and much more. Some basic questions were asked-- who do co-ops serve?...should the N.W. Alternative Market be oriented towards organically grown food or not? I hope I'm not presumptuous in saying that the common understanding of who co-ops serve was that co-ops serve their members initially, linked with strong community service, while serving the long term interests of life on the planet. Economics, ecology, nutrition and spirit have and will continue to move us toward a higher consciousness, a new system, a new order, a new set of values: call it what you want, the untended needs of millions of people must be ~~given~~ tended to, and soon, if the human race is to continue. We believe that co-operative effort is the best means.

HEALTHY SOIL  
RIGHT ACTION      HEALTHY BODIES  
HEALTHY MINDS

A decentralized, human-oriented system of information networks and marketing, based on co-operation and selflessness, rather than the profit-oriented, centralized, competitive/monopoly based system we are now subjected to.

Equals a chance for our children to live in peace and harmony, with the world's resources in balance with peoples' needs.

The most tangible step towards regional federation was the presentation of the Comindex Key-sort Card Information Decks, developed by Bob Wallace of New World Computer Services. Jaybird Information, who puts out an Alternative Market Newsletter, are handling a good deal of information gathering and distribution. This information card network includes listings of all levels of alternative marketing in the N.W., placed on individual computer cards, which are in turn are coded according to the goods and/or services that the person or organization has or needs. Currently, there are approx. 240 cards in the deck, with new cards continually being added, as new info comes in. The card decks are available for about 2¢ a card. They are coded by the deck owner, and no computer is needed to use it. What this card deck means, is, with its capacity for multiple and cross-indexing, we can find many possible contacts and sources for many different things, such as food sources, livestock, other co-ops, alternative energy, farms, equipment, info, etc.. Card deck holders (there are presently 30) are thus



contacts in their own locality. Since the Moscow Food Co-op is now a card holder, we should take advantage of this opportunity and make it a working reality I'm sure most people reading this are somewhat puzzled as to the actual manual operation of the card deck. If you are interested, contact me, and I'll be glad to give you a brief demonstration.

To move toward a more united effort, an upcoming meeting is scheduled for Feb. 27-29 at Sandy, Oregon, and is called the leap year conference. At least 3 people from our co-op are planning to attend.

Phillip

#### NEW MILL COMING

We are in the process of obtaining a good, stone ground electric mill, from the Magic Mill Company. This was bought by the co-op members with their annual dues, in response to the growing interest in fresh milled flours, and to provide a service to those who are allergic to gluten. We will continue to carry the same superior Barron flours, which are the freshest & finest flour available on any market. Tentatively, there will be no charge for mill use to those who are members, while a 5¢ a pound charge will be added for non-members, to cover operating expenses.

#### JOBS YOU CAN JOIN IN

Inside the co-op store will be posted a list of co-op work needing able bodies and minds. See what you can do. For example, we need a plumber to help install a new sink, very soon.

PUT THIS IN YOUR PIPES...

Did you know that for every calorie of food produced in the USA there are 9 calories expended to produce it? No, it hasn't always been this way.... AS the small farmers disappear (they are swallowed up by large, highly mechanized outfits and corporations, Research has shown that these large farms are less efficiently run than small, family run farms. Small farms use much less energy, usually produce higher quality foods, and have higher yields per acre.

Footnote: Small farms are disappearing at the rate of 2,000 ~~xxxxxx~~ a week!

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#### SPROUTING INFORMATION SHEETS

Looking for a highly nutritious salad vegetable that is cheap, and can be grown all year round? Try sprouts; they are high in vitamins, especially A and C, contain a higher quality protein than the seed, grain or bean which is unsprouted, and they are low in starches. Information sheets on sprouting will be available soon for free. If any members or friends of the co-op have stories, recipes, food information, what-have-you, put them in the ~~xxxxxxx~~ suggestion box, or see a manager.

#### Kundalini Yoga Salad Dressing

1 C. vegetable oil  
1 C. Sesame Seeds  
 $\frac{1}{4}$  C. Tamari (soy sauce)  
8-9 cloves of garlic, minced  
1 medium onion, finely chopped

Add all ingredients in sauce pan, heat at med. low temperature, stirring occasionally. Heat for 15 minutes (the edges of the onion start turning brown when it's ready). Cool & use. It's rich and earthy and warm!

#### CHINESE HERBS NOW AVAILABLE

The co-op is now handling a limited selection of high quality Chinese herbs, including ginseng and Fo-Ti-Tieng. We also have available some information sheets which cover preparation and uses for these herbs.

#### BOOKS FOR YOUR ENLIGHTENMENT

Diet for a Small Planet, Lappe, Francis Moore, Ballantine in paperback: a good introduction to high protein, meatless cooking. Packed with information.

Food for People, Not for Profit, Lerza & Jacobson, Ed., Ballantine in paperback: Many perspectives on all aspects of food.

Hard Times, Hard Tomatoes, Hightower, Jim, Available at the U of I library in the browsing room.

Tassajara Bread Book, Brown, Edward, Written with so much love, you can't help but make good bread (and more).