

DECEMBER 1979

NEWS LETTER

314 S. WASHINGTON • MOSCOW, ID. 83843 • 208 882-8537

Pricing System Changes

As a result of discontentment with June's changes in the pricing system, members voted in the Nov. 14, meeting to post wholesale prices only. After much debate and 6 months of evaluation of posting non-member prices, the consensus was to price items at wholesale prices with mark-ups to be added at the register. Main reasons for the change were: 1) showing the highest prices tend to dissuade consumer purchasing; 2) making purchasers aware of wholesale prices and CO-OP operating expenses.

Posting of wholesale prices will correspond with any mark-up decision that is an item of discussion at the Dec. 12th members' meeting. Detailed information on the wholesale pricing system will be posted at the CO-OP.

MARK-UP AND BUDGET CUTS CONSIDERED

Because of a loss of between \$2,000-\$3,000 during the summer months, a temporary mark-up of 3% across the board was approved by the members at the September meeting. The primary reason for the loss was the "summer slump" when many members left and independent gardeners turned to their

backyards for produce. Nevertheless, a close examination of the in-flow and out-flow of goods and cash is underway. The data from this examination along with the most current financial report and suggested budget cuts will be discussed at the December 12 members' meeting.

So far ideas for slimming the budget are:

1. Keeping only 3 coordinators after Mary Treuer leaves on Jan. 15,
2. Canning the janitor position and opening it for work-credit hours.

If anyone has any more ideas use the suggestion box or come to the December 12 meeting. **MAKE YOURSELF HEARD! HELP DETERMINE THE PRICES YOU ARE GOING TO PAY!**

* * * * *

PDMP IS NOW IN EFFECT!

No, PDMP is not a pesticide. It means Proposal Decision-Making Process. Devised in order to rid us of those pesty, irrational, spur of the moment, not well thought-out decisions, the PDMP necessitates two (2) members' meetings for a major policy to be voted upon and enacted. Check the Bulletin Board for detailed information.

*** MOSCOW FOOD CO-OP NEWSLETTER ***

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. It functions as a resource for co-op users. The newsletter is also an open forum for the exchange of ideas and information on issues of interest to the co-op community. The newsletter has no editorial board, and articles printed do not necessarily reflect the views and opinions of the Moscow Food CO-OP as a whole. If you have contributions to the newsletter; ideas, opinions, information to share, recipes or energy to help with the monthly production, contact a coordinator or call Mary at 882-9028. Watch the bulletin board for information on deadlines and meeting times.

This newsletter is made possible by the Moscow Food CO-OP, with the help of Bana Devi, Barbara Isaksen, Mary Treuer and Steve Day.

* * * * *

CO-OP COMMUNITY CALENDAR

SUN	MON	TUES	WED	THUR	FRI	SAT
2 Inventory beginning at noon	3	4	5 New Member Orientation 7:00 pm Co-op	6	7	8 Craft Fair at David's Dept. Store 10-5
9 Craft Fair at David's 12-5	10	11	12 Members Meeting	13	14 Deadline for next newsletter	15 New Member Orientation 8:00 AM at Co-op
16 Craft Fair at David's 12-5	17	18	19	20 New Member Orientation 7:00 pm at Co-op	21	22
23	24 Co-op Closes at 4:00 pm	25 Merry Christmas! -Co-op Closed-	26	27	28	29
30 Inventory at noon	31 Co-op Closes at 4:00 pm	~DECEMBER~				

ANNOUNCEMENTS*****

Recycling Center Pick Up Contract Expires

November 21, was the last day for Recycling Route Pick-up as the Latah County contract expired. The major reason for discontinuation was gasoline depletion. Bin pick-ups in the outlying towns are to be discontinued also. However, the recycling center has bid on the bin pick-up and a decision should be had in the next few weeks.

The possibility of Latah Sanitation picking up newspapers this Spring was mentioned, but no serious actions have ensued as of yet.



MEMBER'S MEETING DECEMBER 12TH. JOE LAW'S HOME, 815 8th IN MOSCOW * 6 P.M., POT LUCK * 7 P.M., MEETING BEGINS

MARY SAYS!

The upcoming change in the pricing system requires that the CO-OP have specific mark-ups which will be added to all purchases. These mark-ups, which will vary according to whether a customer is a non-member, member or working member, are to be decided at the December 12th members' meeting. The mark-up generates the money needed to meet expenses. With projected expenses of \$3,300 to \$3,500 per month and monthly sales of \$15,000 for the next year, the CO-OP needs an average mark-up of approximately 30%. By determining the amount of goods purchased by each category of shopper, we can determine what mark-ups are needed to equal an average of 30%. Whether or not we are recovering the basic cost of the goods we sell will also be taken into consideration. If this is a problem it may be reflected by higher mark-ups. Information needed to make a sound decision will be presented at the December meeting. Come and participate! Have a say in determining what you, as a member, will pay to keep your CO-OP operating.

ODDS 'N ENDS

*The orientation for new CO-OP members is now a permanent fixture.

*Are you bored? Tired of the same old routine? There are four (4) committees that can change your life:

1. Cards/Donations-To develop and improve the card system and clarify work credit equivalents.
2. Food/Merchandise-Food related research committee.
3. Newsletter
4. Volunteer Work Teams.

Work credits accepted for committee activities.

*MFC joined the Northwest Pro-vender Alliance, an organization that works for the socio-eco & cultural change by providing food and food related services to the community. Cooperative alternative network.

THE MOSCOW COMMUNITY SCHOOL- SOMETHING SPECIAL*

The Moscow Community School is an alternative preschool, kindergarten, and elementary school located at 5th and Van Buren in Moscow. It was opened seven years ago by parents interested in an open concept education for their children. Parents are a major part of the school, serving on the Board, fundraising, and participating in day-to-day school activities.

The school's philosophy allows it to grow and change with the individuals within it, and is strongly based on developing, within the student, a sense of personal awareness, self confidence, and the power to make positive decisions. The curriculum enhances this philosophy.

The day begins with older and younger children meeting in separate skill groups to discuss the day, their feelings, and share experiences. Both groups remain separate throughout the morning to work on tasks appropriate to their different ages. The older children spend the morning working on basic skills; reading, writing, math, and language arts. Younger children work on cognitive skills, beginning reading, and social interaction. We see positive social interaction as a major task for the preschool and kindergarten children and one that will act as a basis for lifetime positive self-concept.

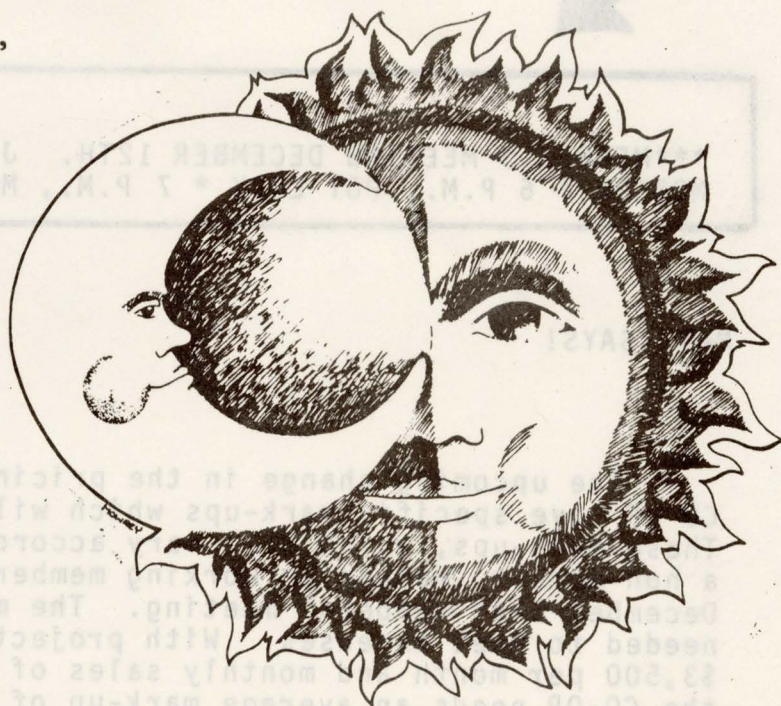
In the mornings, once a week, the children cook hot lunch with the help of a parent-aide and other individuals from the community. Also, we have a Friday morning swim program in conjunction with the University of Idaho.

The curriculum in the afternoon is designed around month long mini-courses that the teachers and students plan together. Some of the mini-courses this past month have been an aquarium class, yoga, and a music class.

The school is funded on a tuition basis with half-day tuition at \$45 per month and full day at \$65 per month.

We invite members of the community into the school to share their skills with the children. As a community based school we need community support and involvement. Please stop by the school or call Paul or Mary Trewer at 882-9028 for information about us! We want to meet you!

Liz Clair, MCS Board President



SPROUTING FOR HEALTH AND ENJOYMENT by Candice Hadley

What highly nutritional food can be eaten raw by the handful, cooked in soups, added to casseroles and vegetables, tossed in a salad and can be grown on your kitchen counter? Incredibly edible sprouts! Sprouts, which are actually plant embryos, are popping up everywhere--especially at the top of nutritionists' lists of "complete foods."

Research has proven that sprouts are among the highest in natural vitamin content per serving of any food obtainable. Quantities of vitamins B and C increase tremendously in many varieties of sprouts during the sprouting process. High protein and mineral content make sprouts a good meat substitute.

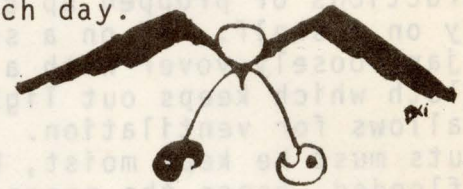
There's another important factor concerning sprouts--not only are they good for you, but they taste great! Fresh sprouts are crispy and light and a great pick-upper for the dullest sandwich or meal. Fresh crispness will stay with the sprouts for about three or four days when kept refrigerated. Beyond that point they begin to lose their taste and some nutritional value. Remember, sprouts are alive. The fact that they are whole plants in themselves is the secret to their nutritional value.

Besides the nutritional aspect, sprouting is also an economically and ecologically sound idea. Consider how much time, energy and money (yours!) goes into one package of any vegetable on the market. By growing your own sprouts, you eliminate the costs of the seeding, fertilizing, spraying and harvesting by the farmer, the cleaning and packaging by a factory and the transporting involved in bringing that

food to your local market. And, since you do it all yourself, you don't have to worry about pesticides, preservatives or additives. You have complete control over the quality of your sprouts.

BUT I DON'T HAVE A GREEN THUMB

You don't need any soil, special facilities, tools, or even much know-how, to grow your own sprouts any time of the year. All you really need is a warm place in your kitchen and a few minutes each day.



The first step is obtaining and selecting the seeds, a variety of which are available at the CO-OP. The most common beans, seeds and grains for sprouting are alfalfa, lentil, mung, rye, soy (yellow), and wheat. For the beginner, however, reliable sprouters such as alfalfa, mung or aduki beans and wheat are recommended.

After sorting through the seeds to pick out damaged ones, place seeds in a jar. Sprouting kits which basically contain a jar and different screen tops can be purchased, but regular wide-mouth quart or half-gallon jars, a few feet of cheesecloth and heavy rubber bands are all that's necessary. The amount of seeds per jar differs with each variety, but enough space must be left for the expanding sprouts. Add about $\frac{1}{4}$ cup of alfalfa to a gallon jar, $\frac{1}{4}$ cup of mung or aduki beans to a quart jar and $\frac{1}{2}$ cup of wheat berries to a quart jar. Cover the seeds with warm (never HOT!) water, putting cheesecloth over the jar top, and soak at least eight hours in a warm place.

After soaking, drain the liquid through the cheesecloth (saving the liquid for use in soups, juices, etc., later. A lot of vitamins and minerals have dissolved into the water). Rinse seeds with warm water and drain.

Next, the jar should be placed at about a 45° angle to continue draining. This can be done in a sprouting box (see pamphlet, "Sprouts: How To Grow and Eat Them," by Alice Muller and Gene Allen for building instructions or propped up carefully on a shelf. If on a shelf, the jar loosely covered with a bag or cloth which keeps out light, but allows for ventilation. Sprouts must be kept moist, but not flooded, hence the necessity for rinsing two or three times a day. Allowing sprouts to become too moist or dry will spoil the crop.

As sprouts grow, they discard the seed hulls. If you wish, these hulls may be easily washed away by taking off the cheesecloth and running water into the jar, letting overflow. The hulls will float off the top (but be careful not to lose sprouts as well).

In two to three days, the wheat sprouts will be about the length of the seeds and ready to eat or refrigerate. Within three or four days the alfalfa and beans sprouts will have developed two yellow leaves. The leafy sprouts must then be exposed to light to produce chlorophyll. Several hours and sometimes a full day of light is required. Indirect sunlight is best, although an overhead light on a cloudy day will do. Occasionally rotate the jars so light reaches all the sprouts evenly. On warm days the sprouts may need an extra rinsing to keep them moist.

Now comes the time to reap the reward for your efforts. Your sprouts are now ready to eat. Remove the cheesecloth, cover loosely and refrigerate. It's advisable to sprout only a three to four day supply so that the sprouts won't spoil. You'll soon find it easy enough to have sprouts in various stages so that you'll have a continuous supply. Turn a friend on to any over-supply of sprouts.

WHAT DO I DO WITH THEM NOW?

Use your imagination. Almost anything you eat can be enhanced by the addition of sprouts. Saute them with onions, mushrooms and other vegetables; steam them with rice; add them to a sandwich; add them to all types of salads; drop them in omelets (at the last minute so as not to overcook); drop them in soups and stews; blend them lightly in juices; grind them and add to pancakes, breads and cookies. The possibilities are endless. To give you a head start, a few recipe ideas follow.

If you wish for more detailed information and recipes, read the previously mentioned pamphlet, "Sprouts: How to Grow and Eat Them," by Alice Muller and Gene Allen, and "The Beansprout Book," by Gay Courter. Both can be found at or ordered from the CO-OP.



Sprout Loaf

Chop or grind a combination of lentils and mung sprouts.

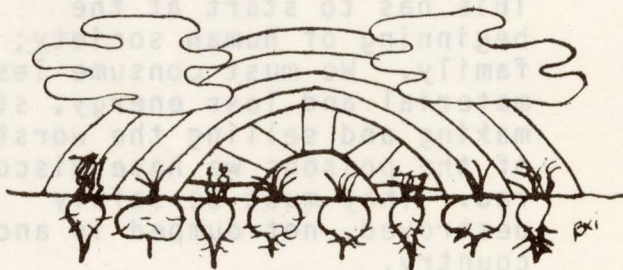
Add: 2 eggs
finely chopped parsley
bell pepper
onion
grated carrot
soy flour
1 tbsp. soy oil
bread crumbs
seasonings

Form into a loaf and bake in a moderate oven.

****ATTENTION****

To those members interested in contributing graphics and articles to the newsletter: Due to a limited budget, the newsletter will be 8 pages long. Because its key priority is communication of CO-OP news and events, articles & graphics cannot be assured immediate printing. One page will be dedicated to editorials. If you have a statement, try to put it in rice form; that is the short, sweet, and preferably of organic kind.

Any comments are welcomed. We need all the help we can get!!



REMEMBER YOUR ROOTS!

P.S. : Donations of Baked Goods and Volunteers to Staff Refreshment Booth at Christmas Craft Fair First 2 weekends in December at Davids Dept. Store, are needed.

No-Lettuce Surprise Salad

Mix Together:

1 cucumber, chopped
2 tomatoes, sliced
1 cup alfalfa sprouts
½ cup mung bean sprouts
¼ cup radish sprouts
1 cup cottage cheese (dry curd)
¼ cup sesame seeds
salad herbs

Toss with oil and apple cider vinegar (or lemon juice).
Serves two.



The Sun
Over a Field
Plowed Earth
A Puddle of Cold

Sets
Waves
Season's Flow

Fall '76
MGT

EDITORIAL: What Do You Mean By A Waste?

The United States of America is the richest society, by far, ever to inhabit this planet. Not everyone here is really aware of this richness and the responsibility that comes with it. What is this richness? What is its value?

What shall we make with this unfathomable potential? Have you heard of the biggest project man ever conceived and expected to undertake? I have. It's called the MX Missile, ten warheads per, and this rich country is planning on doing it. I don't know about you, but I think that there are some dangerous possibilities here.

We are beginning to experience the results of some of man's biggest gambles. An incredible number and quantity of chemical substances, many deadly in minute quantity or with effects we do not understand, are being produced and manufactured daily. Some do not break down for lifetimes. Some accumulate in living tissues and have mutagenic and genotoxic effects.

In a few cases, the government has been alerted and taken action to restrict dangerous chemicals. Many banned substances are being disposed of in a haphazard and deadly way, dumped in sewers or rivers in the middle of the night, or left at dumps that are frightening to see and sickening to work at.

Quite a bit of this Pandora's box is being exported by, yup, you guessed it, good old US. Mother Jones, an excellent investigative monthly has a story about it in the November '79 issue. They call it "The Corporate Crime of the Century." The name is too catchy for the reality of this horror.

But, our balance of trade

hasn't been too good lately and anything we can export is good for the economy. Especially if it's small and expensive. Like deadly I.U.D.'s, synthetic hormones, pesticides, persistent carcinogens and mutagens. Some of the scientific facts are in Co-Evolution Quarterly #21, Spring 1979.

Are you frightened yet? I hope so. If not, consider the dangers of nuclear power and nuclear weapons. The U.S. leads in manufacture of both.

All of these deadly things and all of the machinery to produce it are in the control of a technological elite. They are called scientists and they are human beings like you and me, just as prone to error, oversight and self-interest as we are.

Do you trust your life in these hands? Do you trust the world in these hands? For that is surely what is at stake.

This is my point. We can either learn to live on this earth in a creative, non-violent, co-operative manner or we can foster the continuing contamination of our garden planet.

First, we must learn to live in harmony with the complex, living system of the biosphere. This has to start at the beginning of human society; the family. We must consume less material and less energy, stop making and selling the worst of the poisons we have discovered. They must be safely destroyed, not dumped in another country.

It will require economic and political action to do this. It may soon be too late. I urge you to become informed and talk or write to as many powerful politicians as you can as the first step.

T. von Alten