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GROUNDWORK



Renaissance : Rebirth

Does anyone want to be a balloonman for two days? You have a chance this week-end on May 7 and 8 at the Renaissance Fair, says Bob Cameron who would love to see balloons. You'll see just about everything at East City Park Saturday and Sunday from 10:00 to 5:00: all kinds of crafts, baked goods, plays, musical instruments, kids and grown-ups of all sizes playing games.

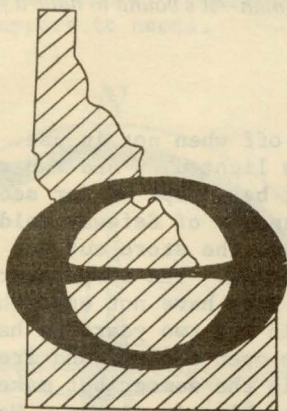
Most likely everybody in Moscow will go to the fair at some time during the week-end. And friends from far away choose this week-end to come visit. Crafts people travel from Montana for a chance to exhibit and sell their handwork. The only restriction for selling something is it must be home-made. There will be a raffle of donated craftwork to cover printing costs for the posters and stickers. Raffle tickets will cost fifty cents.

Four years ago the first Renaissance Fair was held at Friendship Square and since then has grown in size so much that only East City Park can hold the crowd. If it rains, which it probably won't, this year's fair will have to be inside at the SUB.

In past years the fair was held in conjunction with the Blue Mountain Festival and parents could send their kids there to keep them away from the festival. This year there will not be a Blue Mountain due to certain carryings-on last spring.

Bob Cameron, who is in charge, has found that loose organization has been an effective means of encouraging everyone to come. He feels that those who participate in the fair should be the ones to make decisions. Meetings are held starting a month in advance and are open to anyone. There are no fees charged, just about anything is acceptable and the only problem ever experienced has been sunburn on some bare backs.

It appears that the Renaissance Fair will continue to be Moscow's re-awakening or re-birth as people of all ages in town and beyond come together to celebrate the coming of Spring and to have plain ole FUN.



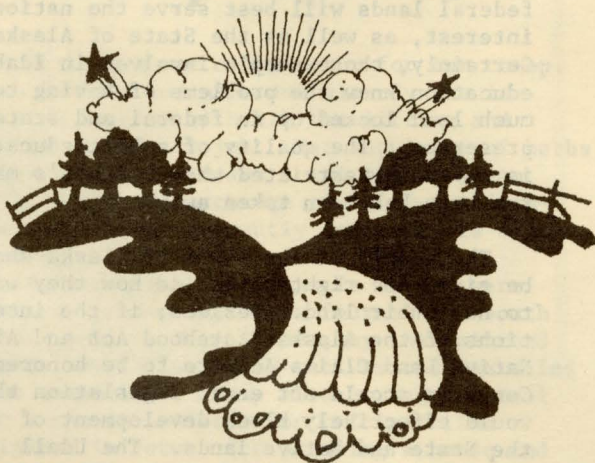
ICL IDAHO
CONSERVATION
LEAGUE

Joining the artists at the Renaissance Fair this week-end are members of the Idaho Conservation League. In an effort to provide more information about the on-coming energy crisis, about a dozen members researched energy-related subjects. These included various alternative energy sources, issues pertaining to the rate structure of the Public Utility Commission, power plant site legislation, management for this summer's power shortages, energy conservation by the Moscow businesses and the University of Idaho, and the energy savings of recycling.

All of the research will be graphically presented on large boards for quick and easy reading. Much of the information will be new to most of us, and all of it will be related to the needs and capabilities of the local area. Members will be available to discuss their research in further detail. There will also be several demonstrations, one of which will be a solar hot water collector.

Everyone is encouraged to stop by the ICL tables to educate themselves and become involved in energy alternatives.

Join River Watch



How about some consciousness of the watersheds, the waterways and the peoples of the Columbia River and its tributaries? If you have some or if you want some, the Columbia River Watch may be for you.

The Columbia River Watch is a plan to involve citizens of the Northwest United States and Southwest Canada in a regional "conversation" with and about the river system in which we live.

A person's involvement in the Watch could be as brief as a Sunday outing or as long as a summer's float from headwaters to the Pacific Ocean. Participation may range from academic contemplations in essays and verse to the launching of a Chinook Indian canoe in the tidewaters.

Specific events will be organized to spur river awareness, and spontaneous events will be encouraged wherever they spring up.

The conversation will be realized in many ways, among them: boating the river, walking its banks, filming its features, portaging its dams, exploring its history, learning its geology and biological life, sharing its community cultures, and celebrating the extended conversation with a rendezvous near the River mouth.

Some may choose to adopt a portion of a stream or river for periodic visual monitoring. People can join in organized recreation and observation or initiate their own river-related activities.

For three to five days in August, people will gather near the River mouth, weaving together many traditions: chautauqua, festival, trapper's jamboree, folk festival, art show, humanities forum and Indian pow-wow.

For more information about local and regional Columbia River Watch activities, send your ideas and comments, along with a self-addressed, stamped envelope to John Badgley, 622 Evans, Missoula, Montana 59801.



Simples

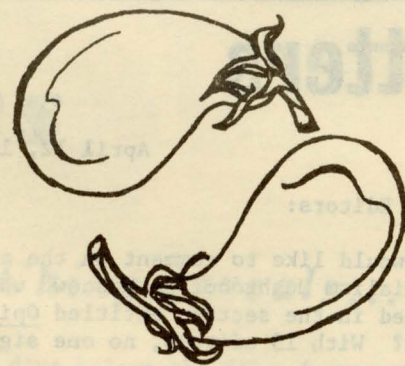
O bella bionda,
Sei come l'onda!

Of cool sweet dew and radiance mild
The moon a web of silence weaves
In the still garden where a child
Gathers the simple salad leaves.

A moon dew stars her hanging hair
And moonlight kisses her young brow
And, gathering, she sings the air:
'Fair as the wave is, fair, art thou!'

Be mine, I pray, a waxen ear
To shield me from her childish croon
And mine a shielded heart for her
Who gathers simples of the moon.

Trieste 1915.



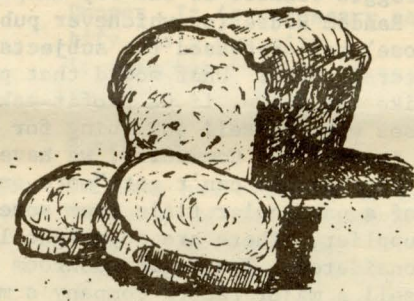
Local Fruits Celebrate Food Day

Thursday, April 21 was Food Day around the country. Here in Moscow a parade of peas in a pod, a carrot, an orange, a pickle, a natural cookie monster, and others marched from McDonalds to Friendship Square passing out nutrition information, fruit, homemade cookies, peanuts and bagels.

A lot of people were turned on to the benefits of whole wheat flour over white flour and the values of eating vegetables. Some took advantage of Parth's homemade bagels for 10¢ or Doug's carob-peanut butter bars for 5¢ -- others appeared a bit afraid of what we were trying to do and express.

The lentil dinner at St. Mark's Episcopal Church was a success as 60 or more people arrived for a feast and a movie on how to make a pie with chemicals. We wanted to show everyone how Latah County lentils taste in stew but it seems most people who came already knew.

Thanks to Phil, Dorothy, Parth and all others who helped.



farmers market coming

July 9

After a most successful farmer's market last year, a lot of us are looking forward to an even better market this year. Again, the Moscow Food Co-Op is sponsoring the market, and has submitted this year's proposal to the Moscow City Council for approval. We hope to hold the market at the same place, behind the old post office on 3rd and Washington streets. We are requesting the market be held every Saturday, beginning July 9 until the end of the growing season. The Co-Op needs people to help with the farmer's market committee. Contact the Food Co-Op.



Letters

April 12, 1977

To the Editors:

I would like to comment on the article "Colonialism Mushrooms in Moscow" which appeared in the section entitled Opinion (whose? With 13 editors, no one signed his/her name.)

The lack of logic in a few of the statements and assumptions in the article amazed me. Probably the pivotal statement was "You are with the poor and spiritual or you aren't".

If the Magic Mushroom and Micro had not promoted the movie, would any information, enlightenment, call it what you will, have been brought to Moscow? If the movie had not been shown, would any royalties have made their way back to Jimmy Cliff and the other artists in the film? (He got more than \$20.00 you can be sure! What did he do with it? Share it in Jamaica?) If the movie had not been shown in Moscow, who would have won (or lost) any points? Is the record company in the film the same one which made the soundtrack? Is the writer of the article confusing fact and fiction?

The Micro is going downhill (No one denies that.) I disapprove of the recent firings and piggish behavior on the part of the new management. But that's not at issue here. The Magic Mushroom may be owned by out-of-towners. That is unfortunate, but that's not an issue either.

What seems to be the point of this article is that the Magic Mushroom should not have promoted these records and the film. (Or another idea--maybe they should only have brought the film here, but not have discounted the records?) This type of thinking would say that Bookpeople shouldn't promote a book about sex/class/race struggle because of the way Harper and Row, or Random House (or whichever publisher you choose) has oppressed the subjects or the writers. What? What would that prove?

Unlike the Co-Op, if we profit-making businesses want to sell something for the general good of the Community, we have one source. Bookpeople can't get "more organic" copies of a particular title from some other supplier. There are copyright laws to be considered. The Magic Mushroom can either sell a major record company's merchandise, or, by protesting the company's activities, not sell that record at all. We have no Alternative suppliers. Admittedly the big corporations have us over a barrel. If we boycott, you'll never know what you've missed being exposed to. Oranges and carrots can be grown competitively (or co-operatively, depending on your point of view), and may the healthiest carrot win the right to be brought to our Co-Op! I wish we could buy our products that way, too, but we have to run our

Dear Anne:

Thank you for sharing your views with me concerning the protection of Alaska Lands.

As you may know, I do not support legislation introduced by Congressman Morris Udall on behalf of a number of environmental federal preserves. I believe a multiple-use approach to the management of Alaska's federal lands will best serve the national interest, as well as the State of Alaska's. Certainly, those people involved in Idaho education know the problems of having too much land locked up in federal and state preserves. The quality of public education is severely restricted when a state's main tax base has been taken away.

The people of the State of Alaska should be given the right to decide how they want to use their land. Besides, if the intentions of the Alaska Statehood Act and Alaska Native Land Claims Act are to be honored, Congress should not enact legislation that would effectively block development of the State and Native lands. The Udall proposal does just this by cutting off access to these lands through the establishment of millions of acres of National Parks and Wildlife Refuges in strategic locations.

Also, in the best interest of our national economy, we cannot afford to lock up the

Anyone interested in helping Groundwork continue publication through the summer please leave your name, address, and phone number on the sign poster at the co-op. Any articles, letters or artwork can be submitted there or in the basement layout room at the Talisman House.

businesses in the real world. Even if we "are with the poor and spiritual," (and I believe we really all are---all us Groundworks folks) we have to deal with mega-companies to even spread the word.

Its not fair to condemn the Magic Mushroom or the Micro for their part in showing a controversial film. At least it was shown. Please, let's not have this kind of bitchiness, or it will really be "already too late to put up a fight, even on a small level."

Sincerely,

Libby Davison

P.S. Groundworks is Great! Let's keep it up!

HUMAN BODY SOFTENERS

Here is a little insight on how three Moscow businesses deal with conserving energy. In the first issue of Groundwork we reported Modernway's actions and commended them.

The owner of the Nobby Inn firmly states that he will not interfere with his customer's comfort by lowering the thermostat or by cutting out air conditioning. He may invest in a heat transfer type of system that will use the heat escaping from the exhaust fan to warm water that will warm air in pipes running through the water. The neon lights in the window are for advertisement that he feels is necessary.

At Taco Time both outside and inside lights were on and the cactus sign was whirling around. The manager says they turn the sign off when closed and in windy weather. The thermostat is kept at 72° and air conditioning will be used during the summer and already has been used this April. This winter the gas fireplace was turned off except for two times to save gas. And now he said the frier and microwave oven

petroleum, coal, and mineral resources that Alaska land is so richly endowed with. Why should we have to depend on foreign countries for our resources, when our 49th state can supply them with no strings attached? It is important to remember that not only the economy of Alaska but the future well-being of every American will one day depend on the decisions which we make in Alaska.

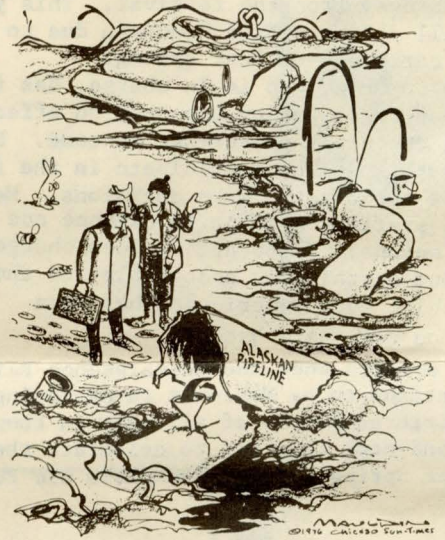
As an alternative to the Udall proposal, I would suggest that Congress withdrew smaller areas for inclusion in parks, refuges, and forests, and permit transportation corridors across those areas. This approach would allow Alaska to become a fully independent State with its own economy, yet at the same time provide resources and ecological preserves that the whole nation would enjoy.

Again, thank you for expressing your views. I would be happy to visit further with you at any time, and believe that a balance can be achieved between sensible development and reasonable protection of scenic and wildlife values.

Please feel free to communicate further on this, since I do believe that some protection is desirable and would appreciate your thoughts.

Yours for a free society,

Steve Symms
Member of Congress



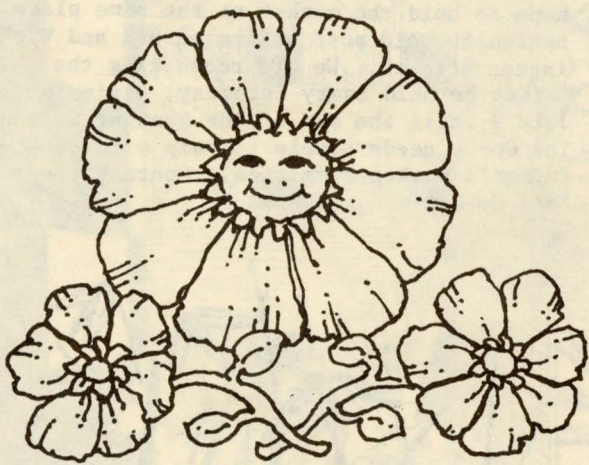
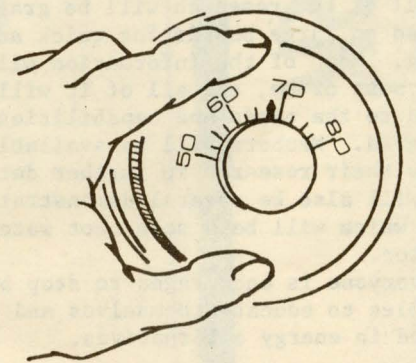
"It's new, man—it's bound to have a few little bugs."

are turned off when not in use. At night the menu is lighted up and two sets of fluorescent bars kept on for security.

The manager of Safeway told me that two years ago the store cut out one-third of the lighting. The temperature is 65° or below. They have not used the air conditioning in the two years he has been there. The open coolers and freezers cool the store in the summer but make heating more of a problem in winter. He said the parking lot lights are turned on half an hour after sunset.

It seems to me that the rule: "customer comfort and convenience comes first" still holds during a time when the waters of Idaho's rivers are at their lowest. Air conditioners and freezers that are open will be off in a brown out most likely. We will see what happens as this drought continues. I really don't think people mind suffering a bit. What are luxuries such as air conditioning and open door freezers anyway? In my dictionary they are called "Human Body Softeners."

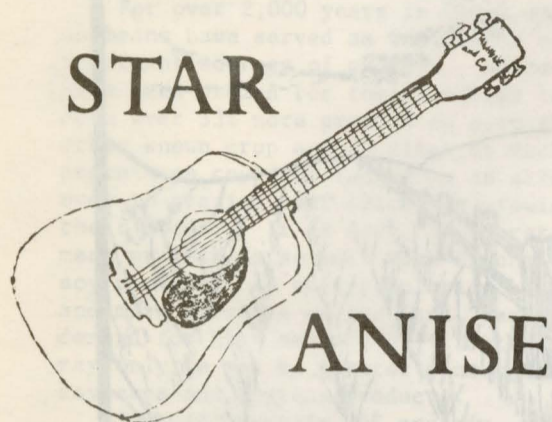
Anne Sheble



MAY GROUNDWORK

This issue has been coallated by Jim, Bill, Leslie, Anne, Phil, Pat, Judy, Nancy, Dan, Laure, and Mark. We hope to continue Groundwork throughout the summer and will need support to do so. Please send any donations for printing costs to Groundwork, c/o Moscow Food Co-Op, 610 S. Main, Moscow, 83843. Thank you. Any letters or suggestions should be sent to the Talisman House, 625 Ash Street, Moscow or dropped off in the basement layout room.

Changing Lines



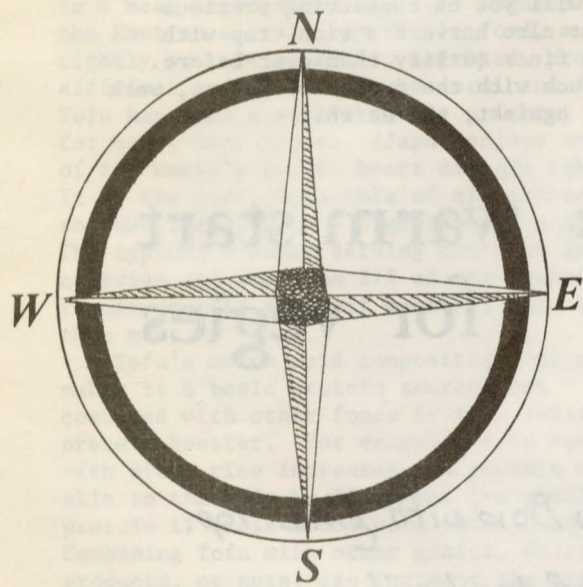
Every weekend since February 5, there has been a unique gathering together of music, people, and ideas called the Star Anise Coffeehouse. Held in the Talisman House, the Star Anise presents local musicians in a livingroom atmosphere. This allows for relaxed conversation and provides an ideal situation in which to experience music.

The coffeehouse is run on a collective-cooperative basis whereby people pair up and volunteer to run the coffeehouse for a specific night. This involves finding musicians who would like to perform, setting up the Talisman House for the show, preparing the food, and being on hand the night of the show. Helping to coordinate the coffeehouse is really quite easy and it keeps the atmosphere lively.

Music at the Star Anise varies greatly. Some of the artists who have performed are: Gil Piger, classical guitar teacher at the University of Idaho; Keith Winter, free-form pianist; Paradise Ridge String Band, a folk-bluegrass band; and Mark Kochenbach and Mark Ehlhardt, an acoustic guitar duo.

Anyone interested in performing or helping run the coffeehouse should sign up on the calendar at the Talisman House for the Friday or Saturday of your choice. You will be contacted (leave phone #) by someone who can show you the ropes.

The Star Anise Coffeehouse is an important place for activity in Moscow. This type of activity helps develop a sense of community and a feeling of fulfillment in those who take part. Next semester the coffeehouse will be alive and kicking if we all give it the support it needs.



Groundwork would like to print attractive useful maps of the Palouse Clearwater region and the Columbia River system. Anyone who would like to help with the production of such maps, please contact Groundwork, c/o The Talisman House, 625 Ash Street, Moscow, Idaho, 83843.

Co-op Update

We have a new coordinator for our co-op. Janet Daily's her name and already she is building muscles with all the lifting and hauling of her new job. Her knowledge of herbs, fasting and massage are a welcome addition to the Co-Op and exchange of helpful information within the community and Co-Op is always encouraged.

Chip Clark's last days in Moscow were spent in the new cold room four blocks south of the Co-Op on Main Street, by the railroad tracks. He built wooden shelves and installed a new compressor. Chip also arranged a deal with a man in Lewiston for refrigeration equipment in return for painting a house and two outbuildings. The equipment is worth \$600 and will be assessed May 21 by a refrigeration engineer to see how efficient it will be. Chip will need volunteers to help him paint in June. Any members interested in gaining painting experience can obtain a year's worth of work credits (24 hours). This is a great way to do it! Sign up at the Co-Op.

The new space in the back of the store sure provides more space now that we have the cold room for storage. We are now able to order more produce and keep it cool for \$40 monthly rent.

It was decided that the Moscow Tire building was too large for just a food Co-Op. Besides, rent went up to \$800/month. Space in Moscow is becoming more and more precious, so the Co-Op will have to make a move somewhere soon if we want to fully accommodate all of the community. A lot of people feel that an alternative restaurant where you could sit and eat or read and drink tea for a couple of hours would be a success. And the market for an organic bakery is definitely here. Anyone who is interested in moving further into the food business should contact Diann at the Co-Op soon because there is equipment available from the Winery.

A restaurant, bakery, coffeehouse, and food store could certainly be combined to provide Moscovites with a comfortable place. Further input from anyone and everyone is WELCOMED!



Warm weather is here and it is time to move the co-op member meetings to East City Park (3rd and Hayes St.) Potluck dinners and meetings will be held on the first Sunday of every month at 5 p.m. Bring the kids, dog, frisbee, and kite because there is plenty of space. If it is raining, meetings and dinners will be held at the Talisman House (625 Ash St.)



I Ching reveals....

A few days before the first issue of GROUNDWORK was printed, being curious about what the I Ching might say about our new venture, I tossed the coins and the following hexagrams resulted:

The I Ching has been influential in China for over three thousand years. At first it was considered a book of oracles. Then it became a book of wisdom when ethical values were attached to the oracular pronouncements. The Book of Changes is the basis of both Confucianist and Taoist philosophy.

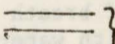
In modern day China, because of Mao's attempt to bury the majority of Confucius' teachings, the I Ching is no longer taught to school children. As a consequence, the ancient book of wisdom, much of which Confucius and his disciples wrote, is considered by many young Chinese as merely a fortune telling book. But this should come as no surprise, it exemplifies the essence of the I Ching - Change.

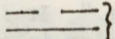


#43 Kuai/ Break-through (Resoluteness)

Judgement: BREAK-THROUGH. One must resolutely make the matter known At the court of the king. It must be announced truthfully. Danger. It is necessary to notify one's own city. It does not further to resort to arms. It furthers one to undertake something.

The Image: The lake has risen up to heaven: The image of BREAK-THROUGH. Thus the superior man Dispenses riches downward And refrains from resting on his virtue.

 } Ch'ien: The creative, Heaven

 } Tui: the joyous, lake

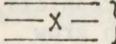


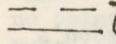
#49 Ko/ Revolution

Judgement: REVOLUTION, On your own day You are believed. Supreme success Furthering through perseverance Remorse disappears.

The Image: Fire in the lake: the image of REVOLUTION Thus the superior man Sets the calendar in order And makes the seasons clear.

The Lines: Six in the second place means: When one's own day comes, one may create revolution. Starting brings good fortune. No blame.

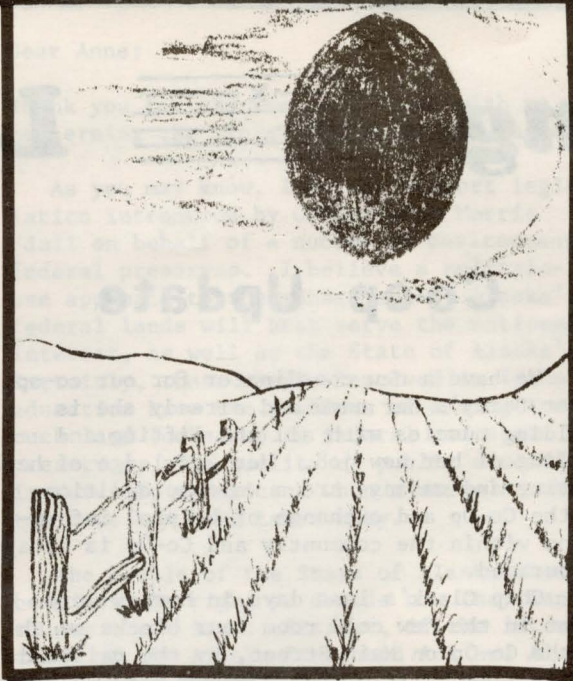
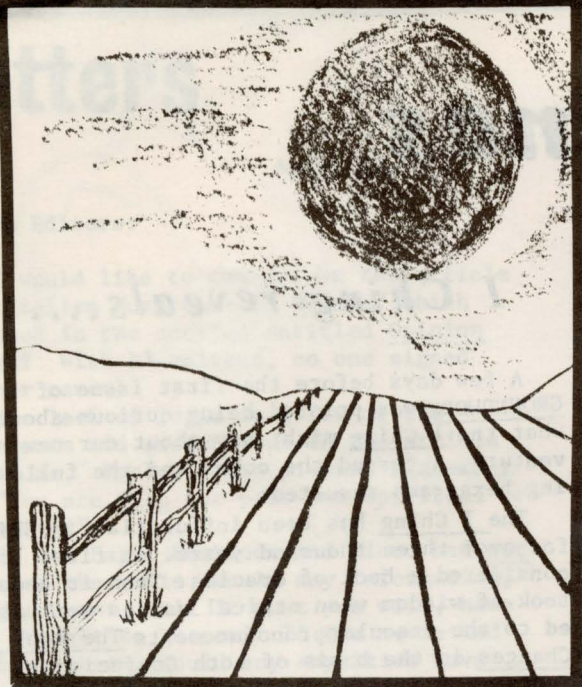
 } Li: the clinging, fire

 } Tui: the joyous, lake

LUTHER

By Brumic Brandon, Jr.





Lunar cycles affect plant growth

People have always been aware of the existence of natural cycles in the activities of plants, animals, and other natural phenomenon, such as tides, and have striven to take advantage of these cycles. Now, more than any other time in recent years, our actions may prove critical to the well being and survival of mankind in accord with nature. With the very real threat of prolonged drought looming on the horizon, we must consider every aspect of ecological survival, beginning right in our own back yards. Water is the giver of life, in its absence, there is no growth. Most methods of water conservation are well known, yet there is perhaps one technique seldom used in these times -- that of planting by the moon. The moon, as we all know, influences the tides and even human behavior. For thousands of years, people have used the cyclic lunar influence to their advantage in crop production. Without scientific proof to back them up, farmers successfully planted according to the phases of the moon and the signs of the moon, perfecting this method through actualization.

Concerning the connection between the moon and water, the Roman Naturalist, Pliny, wrote, "The moon is the planet of breath because it saturates the earth with water and by its approach, fills bodies, while by its departure, it empties them." It is known that as the moon grows smaller in the sky, the sap in wood decreases and the cycles of women are in accord with the earth's sister planet, Luna.

Francis Bacon, a 16th century scientist, is credited with the first scientific experiment concerning the influence of the moon on seed germination. He found that seeds set on the increase of the moon grew faster and stronger than those set on the decrease of the moon. 500 years later, Frank Brown of Northwestern University found that beans absorbed more water just before the full moon and less water around the time of the New Moon.

Farmers of by-gone days found that crops which produced their yields above ground, such as tomatoes, corn, beans, lettuce, etc. should be sown during the time of increasing light of the moon (i.e., from New to Full Moon), and plants with an underground yield such as potatoes, carrots, beets, etc., should be planted when the light of the moon is decreasing (Full to New Moon). Root crops most often are planted during the third quarter and nothing in the fourth quarter. Above ground crops will respond best if planted two or more days before the Full Moon, for when the moon is full, it is leading into waning forces.

A more accurate method is to plant annuals (complete their life cycle in one growing season) that produce their yield above ground during increasing light. Biennials, (crops planted one season to winter over and produce crops the next) perennials, bulbs, and root plants (all of which grow from the same root year after year) are set during decreasing light.

Also to be considered are the moon's zodiacal signs. The moon, unlike the sun,

goes through all 12 signs in a month, travelling each for 2 - 3 days. In each sign the moon reflects the special characteristics associated with that sign. Here are some general rules for using the signs in gardening:

Moon in Aries: Barren and dry: use for removing unwanted growth, pests, cultivating, plowing and tilling.

Moon in Taurus: Productive and moist: used for many crops, especially potatoes, root crops, when hardiness is important. Also, lettuce, cabbage and leafy veggies

Moon in Gemini: Barren and dry: removing unwanted growth, pests and for cultivation.

Moon in Cancer: Very fruitful and moist: most productive sign, used extensively for planting and irrigation.

Moon in Leo: Barren and dry: most barren sign, use only for killing weeds and for cultivation.

Moon in Virgo: Barren and moist: good for cultivation and removing weeds and pests.

Moon in Libra: Semi-fruitful and moist: used for many crops, producing good pulp growth and roots. Very good for flowers and vines.

Moon in Scorpio: Very fruitful and moist: second to cancer in productivity, espec-

ially good for vines and sturdiness. **Moon in Sagittarius:** Barren and dry: often used for onions, seeding hay, also cultivation.

Moon in Capricorn: Productive and dry: for potatoes, tubers, root crops.

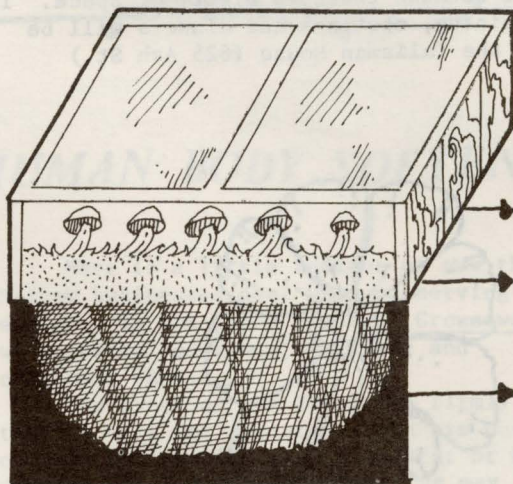
Moon in Aquarius: Barren and dry: cultivation removing weeds and pests.

Moon in Pisces: Very fruitful and moist: good for root growth, good for most crops.

To summarize, Cancer, Scorpio, and Pisces are used for planting whenever possible, unless the nature of the plant itself point to another sign. Next in order of preference are Taurus and Capricorn, especially for root crops; then Libra, Sagittarius and Aquarius in that order. Don't forget to combine the moon signs with the moon phases when selecting your planting dates.

Because of the impending water shortage, it makes sense to help your plants and soil to use the moisture available to the fullest extent. In combination with moon planting, mulching is very advantageous in dry weather. Not only will you be conserving precious water, but also harvest a rich crop with perhaps a finer quality than ever before. Get in touch with the cycles of Nature, work with, not against, the earth.

Hot bed: warm start for vegies



Wooden Box with glass top.

1 foot of good soil.

Horse MANURE Pit.

Several people who garden in the Elk River area have mentioned a greenhouse as the answer to our late and early frost problems. As you can imagine, a permanent glass enclosure is beyond our means, individual or collective. One gardener plans to construct an elaborate four-mil-polyethylene covered room.

But Albert Lower recently described a less expensive alternative he found effective fifty years ago in South Dakota. With Albert's advice, we built a hot bed, pictured above, over a pit filled with eighteen inches of fresh horse manure. A foot of rich soil brings the pit to the level of the surround-

ing ground. These manure and soil depths, as prescribed by Albert, correspond with recommendations in *An Encyclopedia of Organic Gardening*, (Rodale Press, Emmaus, PA).

The frame over the pit protects tender young plants from chilling winds and freezing nights. In addition to heat generated by decomposition of the manure, solar radiation trapped under the glass warms the soil (the famous "greenhouse effect"). On hot sunny days, we remove the recycled window sash-cover to keep plants from "burning".

As of April 25, our hot bed-sprouted broccoli is doing fine, but no better than cauliflower some friends have started indoors.

Tofu: Food for Mankind

For over 2,000 years in China and Japan, soybeans have served as one of the most important sources of protein. Soybeans have been prized for their ability to produce over 33% more protein an acre than any other known crop and 20 times as much usable protein as could be raised on an acre given over to grazing beef cattle or growing their fodder. It is easy to understand why meat protein is so much more expensive than soy protein. As over-population bears more and more pressure on the land, increasing demand for high quality efficient protein may only be met by greater consumption of soybeans and soybean products.

Soybeans contain 35% protein, more than any other unprocessed plant or animal food, and contain all 8 essential amino acids, easily assimilated by the human body. America is the world's leading grower of soybeans, yet most Americans have never tasted one. The 47 million tons of soybeans grown in the U.S. in 1973 was enough to provide every person in this country with 165 pounds of high quality protein. If this protein was to be used directly as food, for example as tofu, it would be sufficient to fulfill the adult protein requirement of every American for 3 years!

However, less than 15% of America's non-exported soybeans ever reach the people -- 1 1/2 % goes directly into soybean foods and 13% indirectly into meat and dairy products. All the rest ends up being processed into refined soy oil, containing no protein. The protein lost in the processing ends up as feed for livestock and of this, 80 to 95% is lost in the process of animal metabolism. (It is also interesting to note 78% of all U.S. grain is fed to livestock). It is because of these practices of gross inefficiency there appears to be scarcity amid actual plenty. If the protein available from these crops were made available directly to people, it could make up an estimated 90% of the world's protein deficiency.

Hopefully, more people realizing that a meat centered diet squanders the dwindling earth's resources, will turn to nutritionally and ecologically viable alternatives. One such alternative is tofu -- a product of soybeans, containing 7.8% protein.

Tofu itself has been traditionally employed in Japan and China as an alternative to a meat based diet. Tofu is regarded in the East as a truly remarkable food, and rightly so. Being easily digested, protein efficient and free of cholesterol and fats, Tofu has been a staple in the oriental diet for many, many years. (Japan enjoys some of the world's lowest heart disease rates). It is the most digestible of all natural soybean foods, with a digestion rate of 95%. The typical 8 ounce serving contains 147 calories and supplies 27% of the protein requirement in a day at a much lower cost than meat.

Tofu's amino acid composition not only makes it a basic protein source, but combined with other foods it is a remarkable protein booster. For example, tofu combined with brown rice increases the protein available to the body by 32%, over the available protein if these foods were eaten separately. Combining Tofu with other grains, dairy products, or nuts, can increase the net usable protein by as much as 42%. In this way, we make the most out of what we eat and create little waste of good quality protein.

Tofu is also an excellent source of calcium, containing 23% more calcium by weight than dairy milk. An 8 ounce serving of Tofu provides 38% of the average daily calcium requirement. Also found in tofu are impressive quantities of iron, phosphorous, potassium, and sodium, B vitamins, choline and vitamin E.

Like other soybean products, Tofu is relatively free of chemical toxins. Commercial soybeans, being an important feed crop, are carefully monitored when sprayed to keep the level of contamination to a minimum. The tofu sold at the co-op is from organically grown soybeans and is free of pesticides.

The actual creation of Tofu goes something like this: soybeans are soaked and rinsed, then pureed; Puree is added to cold water and boiled until soymilk is made; to

the soymilk is added Nigari, a bitter extracted from seawater, which curdles the milk in much the same way dairy milk is curdled for cheese. The curds are strained and pressed into wooden molds. In Japan, Tofu is created by masters, fresh daily and sold out of the neighborhood shops. Making Tofu is considered a fine art in the Orient with masters guarding their traditional secrets. The act of creation is integrated with the perfection of spirituality as well as perfection of a skill.

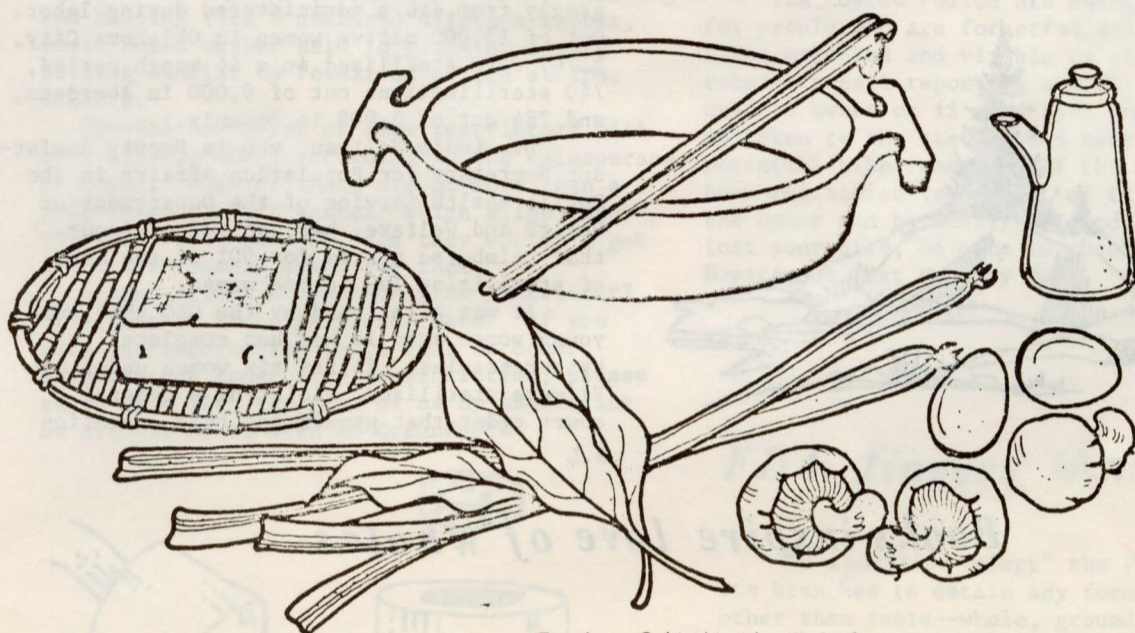
Tofu kits are sold at the co-op for those who want to make their own. An excellent aid to both newcomers to Tofu and connoisseurs alike is the *Book of Tofu* by William Shurtleff and Akiko Aoyagi. The book contains information on the history

of Tofu, the traditional and modern creation of soy curd, and a wealth of recipes. To add dimension to your diet, give this tried and true food a whirl. Here are just a few uses of Tofu:

Sauteed Tofu

6 oz. Tofu
butter
garlic

Melt butter and saute well drained Tofu until browned. Tamari may be added to last few minutes of cooking for a special flavor.



Farmhouse Sukiyaki with grilled tofu

Tofu Dressing

6 oz. Tofu
1 clove garlic minced
1 1/2 tablespoon tamari soy sauce
Juice of 1/2 Lemon
1/4 teaspoon oregano
1/4 teaspoon marjoram

Blend till smooth

Banana Tofu Milkshake

6 oz. Tofu
3 small frozen bananas
1 tablespoon honey
1/4 cup toasted wheat germ
1/4 teaspoon nutmeg
1/4 cup cold milk (soy or dairy)

Blend till smooth

Drought awareness will help gardens

At this point it is hard to tell how dry a summer we're going to have. But it is obvious that it will be drier than usual. The effects are equally obvious. A drought's impact on the availability, quality and price of food supplies, particularly fresh produce, is unmeasurably disastrous. Commercial farmers naturally pass the pain of a bad crop onto the consumers.

It makes sense, then, to respond with the production of our own vegetables. *Drought Gardening*, by Charles Jennings, offers enough information and encouragement to make such a project possible -- even during a severe drought.

The book, as the author observes, is not meant to be an encyclopedia of gardening. It is short, 48 pages, and personable, but then so was Napoleon. To anyone with a little experience, a love for vegetables and some consciousness of conservation *Drought Gardening* is an excellent supplement.

Drawing from his experiences in India, during a time of drought, Jennings proposes wide-spread development of small self-sufficient "survival" gardens. From offering tips on the selection of a garden site to listing varieties of garden vegetables most likely to survive dry times, *Drought Gardening* helps the reader conscientiously plan a garden. Then it explains the process of mulching, "the first line of defense against drought," planting and watering.

In selecting the plants for your garden, Jennings suggests giving consideration to such

factors as water consumption, nutritional value and space requirements. Consider, for example, turnips because of the nutritional value of their edible green leafy top and low-carbohydrate root. Bush beans should be selected over the pole variety because they use less water. Though tomatoes can be convinced to climb just about anything, this practice is discouraged. Exposure to heat and wind increases transpiration, water-loss, and water consumption. Instead, let your tomatoes rest comfortably, close to the ground, on a blanket of mulch to prevent rot.

Drought Gardening emphasizes that you should water your plants when they need it and know when they don't. "The deeper a plant's root system, the longer it can withstand drought without suffering." Subsurface irrigation is much more effective than surface watering. "Sprinklers have the highest rate of evaporative water loss of any method of irrigation."

Drought Gardening also explains kitchen sprouting, the ultimate drought crop, and makes suggestions for the rest of your yard. "In the case of lawns during a drought, brown is definitely beautiful."

The book is a worthwhile investment for every gardening household. Due to its quick readability and amazingly high price (\$3.00) I suggest that you buy it with a friend. There is no point in being weekend environmentalists. We must teach ourselves and others how to conserve in every possible way.

LIGHT, DARKNESS AND PRIMAL CHAOS

"The ruler of the South Sea was called Light; the ruler of the North Sea, Darkness; the ruler of the Middle Kingdom, Primal Chaos. From time to time, Light and Darkness met one another in the Kingdom of Primal Chaos, who made them welcome. Light and Darkness wanted to repay his kindness and said; 'All men have seven openings with which they see, hear, eat and breathe, but Primal Chaos has none. Let us try to give him some.' So every day they bored one hole, and on the seventh day, Primal Chaos died."

Chuang Tsu



Books inspire love of whales

There are so many inspiring and educational books about the plight of Cetaceans. Reading several of them in a short period of time filled me with love for these beautiful giant friends, frustration and fear for their thoughtless decimation, and guilt (or something close to that) for my own non-intervention (and my non-choice of marine biology as a career).

Farley Mowat, a brilliant and very persuasive conservationist has written an amazing true account of his struggle to save the life of an endangered Fin Whale trapped in a cove near Newfoundland. In *A Whale for the Killing* (Penguin Books, \$2.50) he describes how the whale was confined in the cove by the receding tides, offering opportunity for observation, wonder, and delight as it spouted and played. Then local "sportsmen", and most of the townspeople began to torment her, and to wait excitedly for her death. Mowat began a frantic campaign to save the whale's life, but she had been wounded, and finally died slowly and painfully. National attention was focused on the situation, and Mowat received support from thousands of friends. In the process, he learned a lot about human stupidity and malice. This book is a haunting and powerful plea for conservation.

One newer book which I just discovered this spring was titled *Brother Whale: A Pacific Whale Watcher's Log* (Chronicle Books, \$4.95), written by Roy Nickerson who lives in Lahaina, the old whaling port on Maui. He's gathered together whaling diaries of New England whalers, present day accounts of sightings, and the records of his own efforts at watching the Pacific humpbacks and grey whales around Hawaii. There is lots of information about organizations dedicated to saving the whales, in addition to ideas for boycotts, counter attacks, and direct threats on the whaling industry. Special note is made of the Greenpeace folks from Vancouver. Many of the references are for the Puget Sound area. My favorite chapters are those ones which describe what's being done today and offer ideas for action on the part of lay-people.

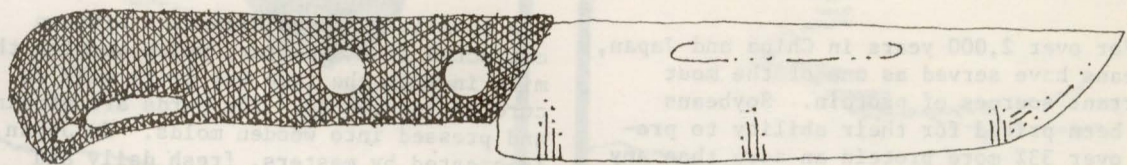
A different approach to whale-lore is taken in Victor Scheffer's *The Year of the Whale* (Penguin Books, \$1.25), in which he's reconstructed the normal events in the 1st year of the life of a sperm whale. By interspersing his narrative with excerpts from old whaling diaries, scientific accounts, or personal notations, Scheffer

is able to give the reader a good overview of the life and habits of a pod of sperm whales in the Pacific. He tells of the migration patterns, courting and mating behaviors, feeding habits, encounters with humans, and the wonderful free-floating feeling in the day to day life of a whale. Especially good are the descriptions of the constant echoes and sounds which all Cetaceans come to know and to incorporate in their fascinating lives.

I also want to mention two books for children which give good basic facts about Cetaceans. One is *Dolphin* (Harper-Row, \$2.95), aimed at beginning readers and explaining the life of a baby dolphin "in the wild". This is an excellent way to introduce early readers to cetaceans. Another is a Giant Golden Book (\$4.95) called *Whales*. It's much more complete, designed for 8 year-olds and up. This book is a really comprehensive introduction to whales, dolphins, and porpoises -- describing the families of Cetaceans, their migration patterns, echo-location principles folk-lore and current possible opportunities for observation. My 8 year old son loves it -- a junior sized "coffee table book" which can be opened any time at random and will interest kids and adults too (lots of facts and lots of pictures!)

My absolute favorite is *Mind in the Waters* (Scribners, \$6.95) edited by Joan McSuttyre of Project Jonah. All royalties from the sale of this sad, wonderful book will go the benefit of Project Jonah (a Friends of the Earth off-shoot) in its campaign for a world moratorium on the commercial killing of whales and dolphins. This book is a compilation of poetry, Greek and Eskimo myths, scientific findings, stories of personal interactions with Cetaceans, maps of migration patterns; plus beautiful art-work, photographs, and inspiring recommendations for action. Each article is short and very readable. Contributors include John Lilly, D. H. Lawrence, Farley Mowat, Joan McIntyre, W.S. Merwin, Scott McVay, Pablo Nervda, Victor Scheffer and many other people. Every time I pick this Sierra Club book up, I get inspired all over again. *Mind in the Waters* appeals to my imagination, my intuition, and my heart.

Libby Davison



RACE ROBBERY IN HEALTH CENTERS

In the past three years over 3400 native women have been sterilized by U.S. surgeons in just a few of the Indian Health Service hospitals, according to a report issued by the U.S. General Accounting Office. Some women were told the operation was reversible; others were threatened with losing their children and some gave consent while still groggy from drugs administered during labor. Out of 15,000 native women in Oklahoma City, 1,761 were sterilized in a 46 month period, 740 sterilizations out of 9,000 in Aberdeen, and 784 out of 8,000 in Phoenix.

Dr. Louis Hellman, who is Deputy Assistant Secretary for Population Affairs in the Public Health Service of the Department of Health and Welfare, has control of funds that reimburse states for 90% of the cost of sterilizing low income women.

It was also found by the GAO that some young women aged 18 had had complete hysterectomies. Thirty six women under age 21 were sterilized, violating a federal court order that prohibited this operation

to women under 21. In "contract" facilities where 30% of the operations were performed, doctors do not have to follow federal procedures.

Other figures have been reported concerning people of a different color: 20% of all married black women are sterilized, one third of childbearing age Puerto Rican women are sterilized, and the percent of

now sterile native women is reported to be 42.

U.S. AID programs in foreign countries have increased funds for population controls by 500% during the last six years and decreased funds for other programs such as agriculture.

Condensed from "Akwesasne Notes"/Early Spring, 1977 "Killing Our Future"

Akwesasne Notes
Mohawk Nation
via Rooseveltown, New York 13683

(518) 483 - 2540



whaling

The killing of whales is, perhaps, mankind's darkest hour.

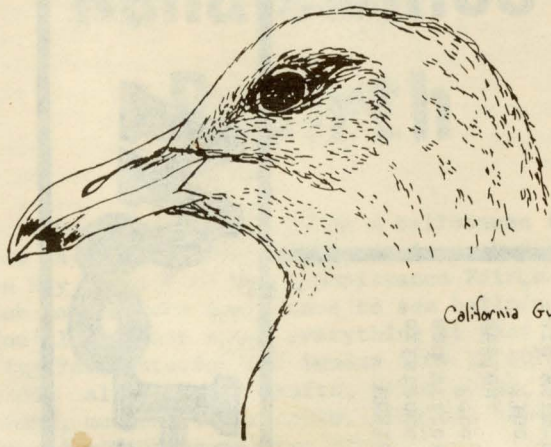
These magnificent creatures, which have taken millions of years to evolve, are being mercilessly hunted and slaughtered by Japan and Russia in defiance of a world-wide whaling moratorium.

Here are some of the grim facts of whale killing:

1. **Modern whaling is big business.** Huge convoys of ships roam the seas surrounding Antarctica searching for their prey. These fleets are equipped with sonar, helicopters, long-range explosive harpoons and factory ships which can reduce an 80-foot whale to a memory in less than one hour.
2. **Whaling is not humane.** Although searching for whales is highly sophisticated, the actual whale kill is barbaric. The whale is killed by a 200-pound, six-foot-long iron harpoon, shot from a 90 mm cannon. The harpoon head contains a time-fuse grenade which, literally, blows the whale's entrails apart seconds after impact. The whale may spend hours in agony, and more than one harpoon may be necessary to bring death.
3. **Whales are slaughtered to provide products for which there are substitutes.** Whales are killed for animal feed, industrial oils, fertilizer, perfume, soap, shampoo, gelatine and margarine, to name just a few. Inexpensive and plentiful substitutes exist for each of these whale by-products.



THE LATEST BEANS



California Gull (winter)

"It is an even bet that during the next two years serious attempts will be made to curtail development of nuclear energy. The Carter Administration is apt to be anti-nuclear and the environmental movement is focusing maximum attention on the effort to stop nuclear power. It is noteworthy that America's only hope is to become energy self-sufficient."

Steve Symms
Speaking in Coeur d'Alene, Ida.

Herbalist on Trial

Ellen Wilfley of Wilfley's Natural Foods in Sacramento is asking for testimonials describing how an herb healed a specific problem. The letters will be submitted to a judge now considering testimony of 7 doctors that Utah herbalist John Raymond Christopher ("Dr. Christopher") made medically false statements regarding the healing value of herbs. Wilfley says she and other health food store owners who sponsored Christopher's lectures have been indicted by California's Dept. of Health (food & drug section). Christopher and his herb supplier were indicted as well. Send herb testimonials to -- George Kell, 1700 McHenry Village Way, Modesto, Calif. 95350.

National Health Federation

If you can't find a friend to shower with.....

Many articles about reducing energy and water consumption suggest the installation of flow restrictors on showers.

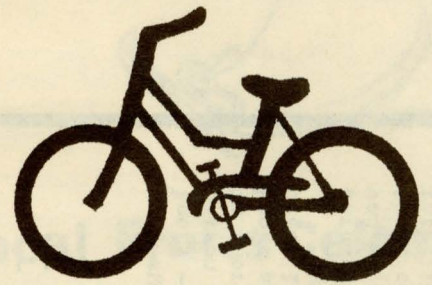
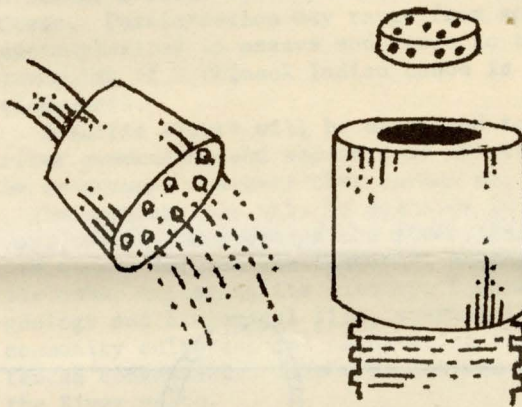
In Moscow, a flow control manufactured by Omni Products of South Gate, California, is available from Powell Plumbing and Heating (next door to the Co-op). A rubber baffle sandwiched between two slotted metal discs reduces water flow to three gallons per minute, without affecting pressure. Three dollars buys this sandwich and a pipe fitting to hold it in place.

None of the downtown hardware stores carries any kind of flow restrictor, but McCoy Plumbing and Heating (116 S Jackson) offers a rubber, small-holed washer held in place by a pipe fitting similar to Powell's, priced at four dollars.

Several new types of flow restrictors will be available soon, according to the salesperson at McCoy. Some of these are no more than a perforated plastic washer which slips into existing fittings. He said they wouldn't get any unless people asked for them.

Anyone tried a homemade flow restrictor? Or either of those mentioned here? If you have any information about this or other energy/water conserving possibilities, please share them with the rest of us by submitting an article or an item to Groundwork.

J.E.



Vagrant bikes taken care of-

The Moscow Police are doing a service for people who are forgetful and leave their bikes unlocked and visible at night. If they receive a call reporting a bike with an unknown owner or if they spot one, the bike is taken to the station and kept away from potential bike robbers. If the bike has been registered (at a cost of fifty cents), the owner can be easily located. If you have lost your bike, be sure to check at the Police Department next to City Hall.

FDA fingers Ginseng

In a surprise "alert" the FDA directed its branches to detain any form of Ginseng other than roots--whole, ground or powdered. Extracts, tinctures, wines, etc. made with Ginseng are not to be imported. The bureau of drugs states that while Ginseng products have been labeled with medicinal claims and "represented for food use," it is not aware of any medicinal virtues associated with the herb, and cited that the U.S. Dispensatory determined Ginseng to be nonmedicinal back in 1950.

Ed Conroy, S. F.

Petition to End Whale Bombing

4. **The rate of whale killing during the past 10 years has been alarming.** On the average, one whale is killed every 13 minutes — over 100 every day. In 1976, almost 40,000 Whales were killed. And all eight species of great whales have been reduced to the point where each is threatened, in varying degrees, with extinction.

Responsible people around the world can join our effort to help save the whales from extinction. **Everyone** can take part in this campaign.

Here's what **you** can do:

1. **Boycott products manufactured in Japan and Russia.** Economic loss is an excellent way to convince the whaling nations that we mean business.
2. **Join our petition drive.** Sign a petition* protesting the whale killing and send it to us with your name and address immediately. We want to have 1,000,000 signed petitions presented to the governments of Japan and Russia later this year. **Every** signature will bring us closer to that goal.
3. **Send us a tax-deductible contribution to help continue the petition drive.** A \$15 donation will help us reach 100 other people. Any amount — no matter how large or small — will be put to immediate use in putting an end to the whale slaughter.

Please help us today. Send your petition and contribution to:

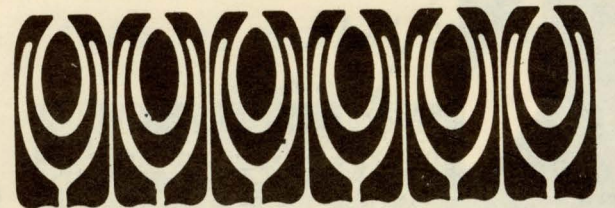
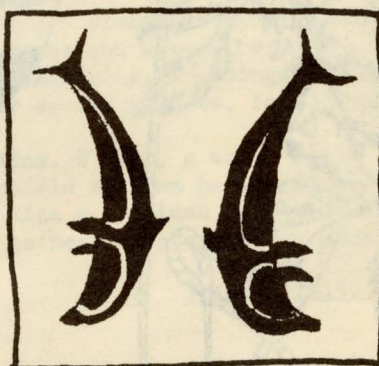
The Whale Protection Fund
c/o CENTER FOR ENVIRONMENTAL EDUCATION
2100 M Street, N.W.
Washington, D. C. 20037

The Center for Environmental Education is a nonprofit, tax exempt organization chartered under section 501(c)3 by the Internal Revenue Service. Contributions to the Center are tax-deductible for Federal income tax purposes.

*A PETITION TO HALT WORLD-WIDE WHALE KILLING:

"I, the undersigned, join with the Center for Environmental Education to petition the governments of Japan and Russia, and all other countries engaged in commercial whale killing, to put an immediate stop to the needless slaughtering of whales."

(Signed) _____



THE SPERM WHALE

"The open eye of a dead sperm whale floating in Ayukawa Bay just before it was butchered in August, 1970. The eyes of the 26 corpses taken that day--the entire school--save one, were closed. That eye, however, remained open as the whale passed from life to death, and the last image of the assailant might have remained, faintly, on the retina. But the shutter never closed. The open eye gazes back at us, and we wonder what we have done."

From National Parks, "Whales: A Skirmish Won, But What About the War?" by Scott McVay, February, 1971.

U m m m ...

Black Beans

garlic
onion
green pepper
chili peppers
black beans

Slice vegetables and brown in a little oil. Cook with black beans in water until done or soft. Serve over rice or millet.

WHALES

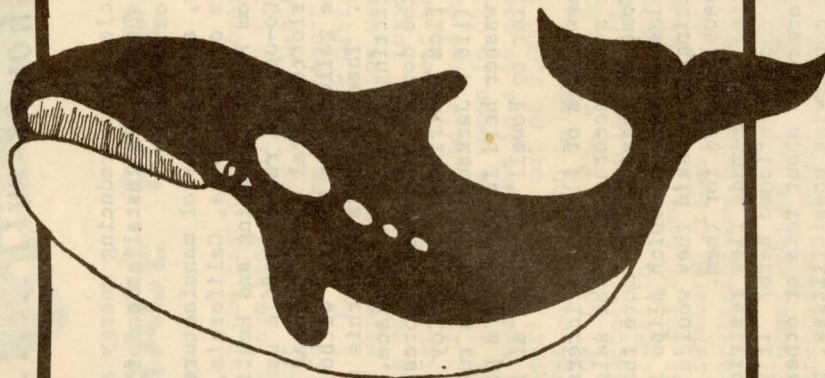
Whales are fascinating creatures whose existence has interested scientists, artists, and writers for centuries.

Here are some interesting facts about whales:

*The largest creatures on earth, whales are warm-blooded mammals. They are not fish and need to breathe air to live. Most are gentle, even playful, both among themselves and around man.

*Whales travel in herds, often migrating year after year to the same areas.

*Whales can communicate with each other by creating a series of high pitched noises which sound like singing, and can be heard in open waters more than 200 miles away.



*The blue whale is the largest of all whales:

- larger than 30 elephants
- it weighs more than 2,000 people
- its heart weighs 1200 pounds
- its tongue weighs 1/3 ton
- some arteries are so large a small child could crawl through them
- a newborn calf weighs 2 tons and is 25 feet long

*Whales normally "cruise" at about 6 knots -- approximately twice as fast as a person usually walks. They are capable, in short bursts, of speeds up to 15 - 20 knots and have been known to pace large ocean liners.

*The brain of the sperm whale is, perhaps, the most complex brain ever evolved on earth. And there is no doubt that these complicated brains are used for intelligent, complex communications.

--Taken from Center for Environmental Education Whale Pamphlet