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Moscow Food Co-op

MARCH 85



NEWSLETTER

Features

- WHAT EXACTLY DOES THE CO-OP BOARD OF DIRECTORS DO, ANYWAY??
- MA HUANG
- PROFILE: STEPHEN LYONS
- MOLD ADDS SPUNK !
- JULIAETTA ORCHARD

SPRING IS NIGH, SEEDS ARE COMING!!

by Bill London

The Co-op will again be selling vegetable seeds for gardeners this year. But, according to Carol Smith, the volunteer who has been coordinating the seed selection this year, the assortment will be bigger and better than ever.

Perhaps the best news is that they will also be cheaper than ever before, because the Co-op will be purchasing bulk packages of seed and Carol Smith and other volunteers will be putting small quantities of seed in individual packs for sale at the store. As with any bulk purchase, the price will be significantly reduced.

The seeds are all carefully selected for growing in the colder climate gardens around here, purchased from about ten small nurseries nationwide. Also, most of the seeds will be organically-grown. None of the seeds will be treated with insecticides and fungicides.

Gardeners' green manure needs will be covered, too. Clover seeds and a special booklet on the green manure method of natural fertilizing will be available.

So, if you are going to grow your own, start by buying at the Co-op.



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kinko's

by Chan Davis

A quarter to six and the table is set almost perfectly. Candlelight, fresh bread, fruit and vegetables, a good wine, but it seems the meal is incomplete without a savory meat dish.

An alternative, of course, is tempeh. Originating in Indonesia, tempeh is a fermented food usually consisting of soybeans bound together by a special mold to form little white patties. When sliced and fried, their flavor is similar to fried chicken, veal cutlets and seafood fillets.

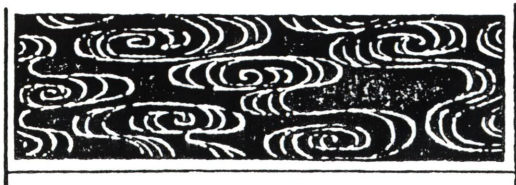


One of the tastiest techniques of cooking tempeh is deep- or shallow- frying. Little slices of tempeh (1/8 to 1/4 inch thick) are dipped into a salt water mixture (two teaspoons of salt to a 1/2 cup water). After the excess water is absorbed onto a paper towel, the tempeh slices are placed into 350 degree oil in a skillet. Three to four minutes later, the tempeh slices are crisp and golden brown and can be drained briefly on another paper towel and served immediately. They make great french fry substitutes, croutons, an addition to brown rice or whatever.

Added to pizza toppings, stir-fried rice, casseroles, tacos, soups and salads or pureed to make creamy dressings, tempeh can easily be incorporated into the average American diet. Tempeh burgers and tempeh, lettuce and tomato sandwiches are excellent. Not only is tempeh versatile and easy to prepare, it is also a very nutritious food.

Tempeh is the best known vegetarian source of vitamin B-12 and is rich in fiber. It also contains an average of 19.5 percent protein and only about 157 calories per three and a half ounce serving. Tempeh is also low in saturated fats and is completely cholesterol free.

*Recipe and other information for this introduction to tempeh is from The Book of Tempeh, A Super Soyfood From Indonesia by William Shurtleff and Akiko Aoyagi. For more information on tempeh, check the Moscow Food Co-op's book selection and the local libraries.





A LYONS'-EYE VIEW

by

Cinda Thomson

Does Moscow seem a difficult town for getting involved and making friends? Perhaps it would help to take a "Lyons'-eye" view of the town. To accomplish this, get yourself a writer's credentials and become a board member for the Moscow Food Co-op, as Stephen Lyons is doing.

"I wanted to put down roots in Moscow," explained Stephen, who has lived here for two years. "Students tend to come to the UI and then move away before really getting to know the place or the people. The feeling is that it's too much trouble, since you'll be moving on soon."

Stephen knows a lot about moving on. He has held a variety of jobs and lived in several western states, before coming to Moscow. He picked daffodils on the California coast, planted trees on the Oregon coast, and picked hops in the Grants Pass area. "That job lasted for one day--I told the boss he lacked karma," Stephen said, smiling reminiscently. Through all these experiences he kept a journal, an invaluable aid to a writer's memory. For the last two years he drove a grain truck in the local harvest season, which provided opportunity for reading and writing during waiting periods.

Cont.

Now he's learning a lot about being an involved community member, as well as a husband, father and home owner. He writes feature articles for the Argonaut and plans to graduate in December of this year from the UI with a degree in journalism. Other interests include hiking and backpacking, for which there has been little time, lately.

He has served on the Co-op board for five months, but has been a member for two years. "I used to make the 'honey run' once a month when the Co-op used to buy down at Lewiston," he said. Articles written by Stephen will continue to appear in the news letter, and he hopes to help set guidelines for future issues.

His wife, Sharon, is also a member of the Co-op, as well as a nursing student at LCSC, from which she has taken a year off. She also is interested in medieval music, including the rebec, a forerunner of the violin which has three strings and is played along the arm rather than under the chin. Her main instrument, however, is her voice--she enjoys singing madrigals with her group, which recently performed at the WSU Medieval Banquet. Rose, the couple's four year old, attends St. Rose's and also enjoys music. Another vital member of the household is Emmie, a ten year old Queensland Blue Heeler, who has been with Stephen since she was four weeks old. "She went with me everywhere, including hitchhiking all over the country."

The hitchhiking days seem to be over--with a two-year commitment to the board, and a twelve year commitment to the area ("That's how long it will take to pay off our mortgage") he seems to have put down roots in a big way. What about the pleasures of the open road, seeing new sights and wondering what's over the horizon? Well, he can always relive those days in his imagination, a definite side benefit to his career as a writer.





JULIAETTA ORCHARD

by Phil Lettieri

Last year the Co-op received 750 lbs. of apples and 100 lbs. of cherries, plums and pears. All were grown locally and supplied by the Juliaetta Orchard, owned and managed by Paul and Carolyn Gravelle.

The orchard shares one half acre with the Gravelle's house, barn and large garden, with another half acre still available for expansion. The trees are dwarf or semi-dwarf, one-half to two-thirds the size of regular fruit trees. The varieties of apples grown are red and golden Delicious, Thugold Delicious, Jonathan, Granny Smith, Rome Beauty, Fippin and Winesap. Along with the plums and pears, there are sweet and sour cherries and also a small crop of English walnuts.

In the early 1970's Paul and Carolyn and their three children were living in Moscow. Carolyn was teaching freshmen composition at the university and Paul was commuting to Lewiston, where he worked for the Potlatch Corp. It was the old Lewiston grade, especially in winter, that prompted them to look for another place to live. They were looking for a home between Lewiston and Moscow and found a small, old, run-down house on an acre of land in Juliaetta. It provided Paul with access to Lewiston along the river and eliminated the grade completely. It also provided them with an opportunity to try their hand at managing a small orchard. It was 1973 when they were finally able to move into the house and the following year they began the orchard.

Romance became reality as they realized that the orchard would be more work than they had imagined. Aside from the normal chores of watering, pruning, grafting and harvesting, they quickly discovered that chemical spraying was also necessary. An organic orchard was their original idea, but due to the presence of so many neighborhood backyard fruit trees, a large population of pests was already present. Paul told of an organic orchard he knows of on the Salmon River and feels it is possible only because of its isolation. He now follows a regular schedule of spraying for insects and disease, beginning in early spring with a Dormant Oil pesticide which kills any eggs which may be present. A Bordeaux mixture of copper sulphate and lime is used to prevent disease on the cherry trees and Cyrex is used against Apple Scab. It is also necessary to use Imidan against what is perhaps the most infamous of all pests, the Codling Moth, better known as "the worm in the apple." Paul reassures that directions for application are strictly adhered to and that by the time the fruit reaches the table the chemicals have been washed off by rain or have been photo-degraded. A simple rinsing is sufficient before eating.

As in most successful operations, there is a division of labor at the Juliaetta Orchard. Paul, with his interest and background in



forestry, is in charge of the physical aspects of the orchard. It is he that does the pruning and grafting and supervises the picking. Carolyn is the marketing expert of the firm and has assumed the responsibility for selling what Paul is able to produce. The children keep the orchard grass cut throughout the summer and, of course, help with the harvesting.

Paul currently maintains a full-time job with the Potlatch Corp. He is a district forester based in Headquarters, ID and commutes weekly. Carolyn is a free-lance writer and editor of Two Magpie Press in Kendrick. She is a former chairperson of the Latah County Library Board and was instrumental in the building addition to the Moscow Library and the creation of the Juliaette Library.

Along with what they supply to the Co-op, small grocery stores in Juliaette and Kendrick also receive their produce. The bulk of their sales, though, comes through individuals who stop by and pick their own. The public is encouraged to visit the orchard and may buy one apple or a truckload. Carolyn, who expects to be sold out by Thanksgiving most years, also provides a delivery service for the elderly. The Gravelles may be contacted at Box 286 Juliaette, ID 83535, 208-276-4111.

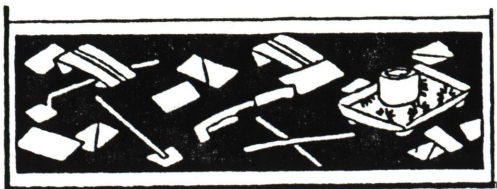


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TRY MA HUANG FOR COLDS

by

Cinda Thomson

With a change of weather in the air, people tend to catch more colds. Have I got an herb for you. Ma Huang, or Ephedra sinensis, obtainable at the Moscow Food Co-op, is just the thing for congestion, according to the Chinese, who use it for a variety of purposes. I have tried it, and I can vouch for it.

The form I used is the Traditional Medicinals brand of tea called "Breathe Easy." In five minutes you can brew a clear, golden cup of fragrant, soothing tea that works on your stuffy nose, and peps you up at the same time.

The active ingredient in Ma Huang is ephedrine, which acts to speed up the bodily process by making energy move in the body, according to the literature available in the Co-op's herbal department. It also constricts blood vessels, so DO NOT TAKE IT if you have high blood pressure, heart disease, diabetes, thyroid trouble without consulting your physician. It also can cause "wiredness," so use with care if you have problems sleeping.

Ma Huang is also the main active ingredient in other Co-op products, including Dragon Diet tablets and Express tablets, put out by Chinese Herbs of Power. The herb is also used to remove animal food toxicity and other yang energies from the body. These, the Chinese believe, are the causes of obesity.



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What Exactly does the Co-op Board do... Anyway?

by Stephen Lyons

The Coop Board of Directors is alive, well and planning a full year of activities.

Board meetings are held monthly at different members houses, usually from 6:45 to 9 p.m. The exact dates, agendas and past minutes are regularly posted on the Coop's bulletin board. In keeping with the spirit of cooperatives, all board meetings are open to interested members. March's meeting is scheduled for the 24th at 11 a.m. at Melissa Rockwood's house.

A typical board meeting includes a 15-minute social period; agenda review; manager's report; monthly financial report; old business; new business; setting next meeting's agenda; and meeting evaluation by all the board members.

Although a definite schedule is listed, many changes do occur as topics for evaluation and planning surface during the year. The board's agenda for the remainder of 1985 goes as follows:

In March, the board will evaluate management and the management system. There will be a report from the Coop's main distributor, Equinox, and plans will be made for April's membership gathering.

April will find the board reviewing the Coop's 1st quarter financial statements and holding the quarterly membership meeting. The quarterly reports are essential for evaluating where the Coop stands in relation to the 1985 budget. With these quarterly reviews, the board can determine whether adjustments need to be made.

The Board has slated a May retreat to brainstorm goals and objectives for determining the Coop's future.

Equinox will give another report in June and the July membership meeting will be planned.

The second quarter financial statements will be considered in July and the quarterly membership meeting is scheduled.

August is a light month of activities for the board with only plans for the annual membership meeting on the agenda.

Board maintenance roles and committees are slated for September.

The 3rd quarter financial report will be reviewed in October and, in addition, the big annual membership meeting is scheduled. A site and time will be posted in advance.

The Coop has a few new faces on the board this year and they will be

cont.

oriented in November.

Finally (are you still with me?), a large agenda is planned for December. Plans include a report from Equinox, setting goals and objectives for 1986 and a review of the annual budget.

At each board meeting there is a regular facilitator, a person who 'cracks the whip' and ensures that the meeting follows the agenda in the appropriate time sequence. This past year Carolyn Young has held that position, but there are some upcoming changes for the facilitator role.

In the future, there will not only be an overall facilitator, but each board member will have the opportunity to facilitate a portion of the meeting. The main facilitator will still have the responsibility of preparing and posting the agenda, coordinating the members and overseeing the entire flow of the meeting. But board members will now share in the facilitating of the various segments of the agenda.

The next coordinator will be chosen from members who have been on the board for at least six months. The facilitator must not be part of the Coop staff. This will be an excellent chance for board members to gain valuable management and problem solving experience.



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