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Newsletter



Moscow Food Coop
September 1985

The wrongs of woman have too long slumbered. They now begin to cry for redress. Let them, then, not ask as favor, but demand as right, that every civil obstacle be removed out of the way.

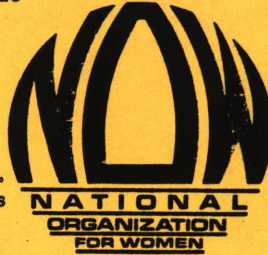
Lucretia Mott, 1850

MOSCOW NOW

What is Moscow NOW?

The Moscow, Idaho chapter of the National Organization for Women (NOW) strives to promote awareness of women's issues through a variety of activities and action programs in our community. Our members include both women and men of all ages, from diverse backgrounds, who support feminist goals.

Moscow NOW has sponsored, and will continue to support, the efforts of National NOW in keeping our issues before the public and the law makers. These issues include the Equal Rights Amendment, reproductive choice, pay equity, and discrimination against women in social security benefits and insurance programs. We also work toward ending violence against women, and against the double discrimination faced by women of color, lesbians, older women and the physically challenged. NOW is also concerned about women's health issues, the attitudes toward and position of women in organized religion, and the special problems of rural women. All these issues are part of our organizational mandate to "bring women into full participation in the mainstream of American society."



We don't expect every woman to join NOW, — just the 100 million who are discriminated against, and the men who care.

Moscow NOW
P.O. Box 8763
Moscow, ID 83843

PAID ADVERTISEMENT

The Coop Board of Directors recently adopted a new advertising policy for the newsletter. Ads from both for-profit businesses and non-profit groups will be accepted. All ads must be in good taste.

What's Happening?

By Bill London

The Variety and volume of the available entertainment in this area is astounding. For example, your options this month span the spectrum from the funky and fun to the intellectually illuminating.

For good downhome fun, try the Benewah Baarter Fair on Saturday, September 14. The modern homesteaders leave their places in the hills for miles around bringing crafts, foodstuffs, herbs, and all kinds of useful junk to trade or sell. There's lots of music, overnight caamping, a giant pot luck meal on Saturday night. It's all free. Directions are on the flyer posted at the Coop.

For those seeking intellectual rewards, there's the Bio-85 Conference, investigating "Decisions on the Engineering of Human Life," at WSU on September 15-17. Eighteen speakers (from Canada, the USA, and New Zealand) cover topics like genetic screening, heroic neonatal care, and other bio-ethical dilemmas. The symposium is free and open to the public. Call Allan Kachelmeir at (509) 335-9666 for information.

Attentive readers of this newsletter might recall Cinda Thomson's series on food irradiation. Her prophesy that irradiation would soon be allowed on commonly-eaten foods was right on. According to an article in the Lewiston Morning Tribune, American pork will soon be treated with irradiation.

As food coops in this region continue to falter and fail (Coeur d' Alene just closed), it's continually amazing how healthy the Moscow Food Coop really is. If you want to contribute to that continued fiscal soundness, please consider joining the Coop's Board of Directors. The BOD works with the staff to develop and protect this business. Try attending a BOD meeting (the next is on September 16); you might like it and decide to join. Vacancies will be available, and be filled, at the annual membership meeting this fall.

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Welcome back everyone! Come on down to the Coop and get acquainted with a great grocery store. **10% OFF** any purchase with this dandy coupon, good til Sept 30, 1985. You'll come down now!

The great Natural Foods Restaurant/Bakery survey: RESULTS

by Phil Lettieri

The results of the survey are in and the compiled statistics indicate that there is an overwhelming support out there for a Natural Foods Restaurant/Bakery. The statistics also indicate that most of you would support it as consumers, that you would support the restaurant and the bakery equally and that it should be located downtown. No other questions elicited any predominant opinions, except for the important question of the degree of involvement you would like to see from the Moscow Food Coop. Here, interpretation of the statistics is a bit ambiguous, with no overwhelming choice, although the Moscow Food Coop owned/operated did get favored by a legitimate margin. Even though opinion was fragmented, it is clear that most respondents want to see the Coop involved in this venture.

Now for the facts. On the question of support for the restaurant/bakery, 98% responded that, yes, they would support it. There were actually a few grumps that said they wouldn't, but I think if we pull it off and it's successful, they'll come around eventually, so we won't worry about them. I think, though, that their indicated lack of support is important and significant in the face of the euphoric positive response. The negative view, no matter how small, should give us time to pause and consider the drawbacks and possible disasters that may await us. Moving on to question two, on what type of support you would be willing to offer, 81% indicated support as a consumer, 17% expressed interest in working and only 2% were prepared to be financial backers. No surprises there. On whether you would be more interested in supporting the restaurant, the bakery or both, 74% indicated both, while 20% were mainly interested in the restaurant and 6% liked the idea of the bakery only. Question four dealt with type of food you would like to have served and half chose the vegetarian emphasis/including meat, while one-third indicated a preference for vegetarian with eggs and dairy products and 10% favored a strict vegetarian/whole grains menu; 7% indicated a preference for a menu other than the alternatives we offered and of those that actually gave options, fish was the most often expressed, with chicken runner-up. Question five asked about prices and nearly half liked the idea of a mid-range pricing structure, while 27% favored the budget range, 24% would like to see a combination of prices and only 2% wanted it to be strictly expensive. As for the type of service people would prefer, counter-service was his first choice with 43% voting for it, but table-service was a close second with 37%, while 20% were interested in a cafeteria-style arrangement. Question seven asked about the hours you would like to see the restaurant/bakery open and it was nip-and-tuck between lunch and dinner, finishing with 33% and 30% respectively, 24% wanting breakfast, 8% late-night hours and 5% thinking that being open forever was a good idea. As for atmosphere, again it was nip-and-tuck, between Main Street Deli and Mercy Beanz, with the Deli

getting the nod by a mere 32% to 30%; but then the ambiguous "multi-atmospheric" also pulled in a whooping 32%, with Johnnie's coming in at 4% and only 2% favoring the Hoyt's environment. This response seems to indicate that of the familiar, local choices offered, there is a strong preference, but it also seems to say that something similar yet different and unique is what's really required. Most people probably have a restaurant or two in mind that they've really liked and that aspects of the local places are appealing, but they still leave something to be desired. And where should this great and glorious concoctor and purveyor be located, I might rhetorically ask...why downtown, of course, as 85% of you indicated; while 6% thought the Mall would be appropriate, 7% thought a residential location would be better and 2% were in favor of it being located somewhere out of town. As for the very important question of the degree of involvement from the Moscow Food Coop, 40% would like to see the restaurant/bakery owned and operated by the Coop, 29% would like to see an arrangement whereby the Coop would purchase products from it, 25% would favor partial financial backing and 6% thought we should have any involvement at all. Suggestions/comments ranged from the deeply negative to the whimsical, but generally people were supportive and offered sincere advice and opinions.

Of the 500 surveys printed and distributed, 175 were returned and included in the results. This may not seem like a very representative number to base opinions on (I had optimistically hoped for 300), but it is the most successful survey we have yet conducted and it does give some fairly clear indications on how to proceed. Unfortunately, the Coop Board is not prepared to initiate such a project at this time because of lack of capital and staff. What they are willing to do, though, is take into consideration any serious, concrete proposals that may surface. It is for this reason that we invite you to come together on Tuesday, September 24, 7:30 p.m. at the Moscow Food Coop to discuss the restaurant/bakery and see what we can come up with. Everyone is welcome and we urge those of you with a serious interest to attend.

Thank you all for taking the time to express your opinions and we especially thank those that offered their names and phone numbers. We'll keep you posted on what's happening.

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FALLGAR

As the days begin to noticeably shorten and the gardening season appears to be drawing to a close, you think about putting away your hoe, rake, shovel and wheelbarrow. WELL DON'T DO IT. There's more to come. Next year's garden will benefit greatly from what you do now.

First off, any perennial plants can be mulched for winter protection. Any root crops (carrots, beets, turnips) can be left in the ground until you want to use them. They also could use a good heavy mulch. Put a tall stake at each end of the row so you can find them if the snow is deep.

Now, get out your file and sharpen up your hoe because you need to keep after those weeds so they don't make seed. Rout them out! While you're at it get rid of any old crop residue or plants you don't intend on utilizing. These are places where insects and disease are going to spend the winter. It's best to get rid of them now. This is one of your opportunities to help avoid using chemicals later on. If you have access to a rototiller and don't garden on a steep slope, go ahead and till everything under.

Now, you have everything cleaned up, the weeds are gone, the plot is looking great, what now? Well you have some options and here they are. You can do nothing else, which for a gardener is totally unacceptable. Food does not grow from soil without using up water and nutrients. The soil needs to eat too, so it can have a good supply of nutrients for the plants and you. Plus there are all kinds of critters (macro and microscopic) living in the soil that want to eat and that deliver the nutrients to the soil in the form that is usable and available. The role of the farmer/gardener is to help all these critters to rebuild the soil.

Once you take from the soil (your vegies) your responsibility is to return. Only fair, right? That's what this article is all about* giving back to the soil, improving the land. This is where your real options come in to play. You can obtain leaves, manure, straw, or old hay and pile it on. You can spread that compost you've been making all summer. You can plant a green manure/cover crop (which is the most fun).

Now, if you choose the mulch option with leaves etc., you're in for some work and also probably need a truck and a strong back. You should realize that when bringing in manure and all hay into your garden you may be bringing in a good quantity of weed seed also. This is especially true of grass hay. Old alfalfa hay has more nutrient content and also probably doesn't have seed. Leaves offer much less bulk for building soil, but are probably seedless. The same goes for old straw. New straw, which will probably cost you some green dollars, likely has grain seed in it.

D E N I N G

Now if you have all that compost you've been making through the summer months, weed, grass and grain seed is probably dead from the high temperatures of the composting or has germinated and disturbing it will do it in. So you can see the advantages of composting all your materials first. Take your compost and spread it on. Use it up, get more materials and build more compost piles for next year.

Now if you're the energy conserving type you'll want to seriously consider cover-cropping and green manuring. You can take your rake or tiller and work the soil a little bit, seed a cover crop and rake again to incorporate the seed into the soil and then you're done. Come spring, you'll till it under, fertilizing your soil the easy way.

There are several good cover crops you can use in this area. Winter rye, winter wheat, some clovers, winter hardy vetch, and winter peas are all good options. (The prefix winter implies that these can be late summer or fall planted, will establish a stand and survive the winter. They will be growing in the spring as soon as the snow is gone.) I've used winter rye quite successfully although this year I'll be trying a mixture of winter rye and winter vetch. Vetch or peas are legumes and will help supply nitrogen to your soil. Bacteria, supplied by you if need be, colonize the legume roots and turn atmospheric nitrogen into nitrogenous soil compounds. The appropriate bacteria to use is available from any garden catalog. Be sure to match the bacteria with the crop.

Now, how much seed? Well this varies with the crop you use, but for use as a green manure you have to go a long way to use too much. A good thick stand of winter rye is great for tilling under. If it's too thick, I suppose some plants will crowd out others and you've probably only wasted a few dollars. Confering with a gardening seed catalog or a book on green manures can help you decide how much.

In general, the earlier you can get your cover crop established the better. Sometime in September is good. You want it planted and up before we get too much cold weather and especially before the fall rains. If your garden isn't too big you can plant right away and water to get it started. It will survive some walking on.

So get out your file and hoe and go for it. One last word about planting cover crops; there is a small risk. Come spring you may find yourself growing very fond on your crop and grow it instead of a vegetable garden.

by Greg Wichelns

hello!

by James Donley

This is a message about a worldwide independent music network, non-profit network which is operated for the benefit of those people who use its services. Just as with the Moscow Food Coop, the degree of growth and development of the independent music network is a direct result of every individual's input. The network is made up of several organizations which are composed of, largely non-profit (esp. not to become "fat"), musicians, writers, poets, music appreciators, DJs/radio stations music producers, retailers, and distributors who believe that the independent music community deserves ample recognition and exposure. There is a common cause within the organizations (ex. Sonic Options Network, Alternative Music Society, Audio Evolution Network and many more - esp. local and regional groups of people) to bring such people together and to provide assistance (contacts, events, publications, promotion, technology, general information and sources. Many people are unaware of the fact that this worldwide independent music network exists and also has existed for ten years and is still growing.

Consider what is behind a major music label production (i.e. those records or tapes which are manufactured, produced, recorded, promoted, etc. by major music corporations, like WEA, CBS, EMI, MCA, A&M). The major music industry obviously shows greater interest in money than in music/sound as art. Unless a musician can present prospects of creating profit for the industry s(he) will not be accepted to make recordings. Combining all major music label productions (which constitutes 80-90% of all recordings available in the average record store), one will find less than 25% of the entire music spectrum. There are several sordid aspects behind major music industry productions (use of profit, "fashion" image promotion, lack of artistic advancement, use of recycled vinyl, etc.) which show lack of integrity.

The independent music network, which is, in part, a function of the numerous independent music labels, covers as wide a spectrum of music as possible and tries to include creators of music from as wide a social, cultural, geographic and stylistic background as possible, regardless of commercial potential. Many of the people involved in the independent music community are those individuals who are in search of alternative music sources, aside from commercial radio/Top 40 musics (the latter being, not coincidentally, largely composed of major music industry productions).

I have been a contributor to the independent music network for almost two years. My involvement has greatly advanced my musical interests. This network has aided in the extension and development of my own interests by:

1. Providing contacts to trade recordings of my own music with people from all over the world;
2. Citing local independent music, free of charge, at my request, in two independent music magazines. My own local effort, which is now over a year old, is to bring all non-mainstream independent musics to Moscow via the radio waves with a desire to especially air local sound contributions. To hear such music, and me (Hee, Hee), tune in to KUOI-FM 89.3 on (almost every) Wednesdays from 6-7 p.m.;

3. Providing contacts to obtain cheap and/or hard to find records, tapes and publications;
4. Allowing me to become a music reviewer (payment being the record or tape which was sent to me to review);
5. Learning of instruments/devices to help create the type of music which I wish to express;
6. Supporting my personal expression through music.

This message is conveyed with the hope that the supporters of the Moscow Food Coop who, in one way or another, have an interest in music may be interested in exploring the independent music counterculture and maybe even contributing to it. An independent music periodical will soon be on reserve at the Latah County Library which is an excellent source to research the independent music scene. For additional information or comments, contact me at 882-5363.

A Cool Meal for Hot Days

by Lynda Herrick

Editor's Note: With this article, Lynda is beginning a series on meals made from food available at the Coop. If you want to discuss your favorite recipes with her, or talk tabouli, she's the cashier at the Coop on Monday, Friday, and every other Saturday.

Tabouli is a piquant delight, light for lunch or dressed-up for a main meal. This Lebanese-originated salad deserves special attention.

Bulgur, the main ingredient of this salad, is made from wheat which has been boiled, dried, and cracked. Although it has been processed, this nutty-flavored grain is rich in protein and some of the B vitamins.

Here's a good basic recipe:

- | | |
|------------------------------|----------------------------|
| 1 cup bulghar | 1/2 tsp. dried mint |
| 1 & 1/2 cups boiling water | 1/4 cup olive oil |
| 1 & 1/2 tsp. salt | fresh black pepper |
| 1/4 cup lemon juice | 2 med. tomatoes |
| 1 heaping tsp. fresh garlic | 1 cup packed fresh parsley |
| 1/2 cup chopped green onions | |
- optional: chickpeas, green peppers, grated carrot, cucumber, black olives, feta cheese.

1. Combine bulghur, boiling water and salt in a bowl. Cover and let stand 15-20 minutes.
2. Add lemon juice, garlic, oil, and mint. Mix thoroughly. Refrigerate for 2-3 hours.
3. Just before serving add vegetables and mix.

My favorite variation is tabouli with whole cooked chickpeas and black olives. I have also found that fresh lemon, lots of fresh garlic, and a strong-smelling olive oil make the difference between a merely good tabouli and a wonderful meal. All of these ingredients are available from the Coop.

The Idaho Midwifery Council

by Mary Wright

As a holistic health care practitioner, I will be submitting an occasional article in this newsletter pertaining to family oriented health care. In particular I will be addressing aspects of pregnancy, child birth, infants and children, sexuality and human development. The information given will be based on holistic health practices. There will be an effort to recognize each component of our being and the effect of health, disease and medical treatment on the whole person. If anyone has special concerns or questions in these areas they can write me in care of this newsletter or at the address given at the bottom.

I wish to take this space to introduce and report on the Idaho Midwifery Council (IMC). This organization was established in 1980 by practicing lay midwives in the state. The IMC Statement of Purpose is;

TO PROVIDE COMPETENT MIDWIFERY PRACTICE AS A QUALITY HEALTH CARE OPTION IN IDAHO,

TO PROVIDE MIDWIVES WITH OPPORTUNITIES FOR TRAINING AND CONTINUING EDUCATION,

TO PROMOTE COMMUNICATION BETWEEN IDAHO MIDWIVES,

TO PROMOTE COMMUNICATION AND COOPERATION BETWEEN MIDWIVES AND OTHER PROFESSIONAL AND NON-PROFESSIONAL GROUPS CONCERNED WITH IMPROVED PERINATAL OUTCOME,

TO WORK TO ASSURE SAFE QUALITY BIRTH PRACTICES, REGARDLESS OF THE BIRTH SETTING CHOSEN BY PARENTS

At this time there are no state laws regarding the practice of lay midwifery in Idaho. In 1984 the Idaho Medical Association organized a special task force to study the problem of out-of-hospital births and unlicensed birth attendants. Two practicing lay midwives were invited, upon their request, to speak to the task force regarding the lay midwives practices, IMC, and its plans for voluntary certification. The midwives ended up addressing the group for several hours. Most of the members were pleasantly surprised that the women holding the discussion were fluent, skilled ladies. The midwives were able to convince the board of the need for well trained lay midwives in this state. It was decided that it was most beneficial for the people to allow the midwives themselves to set up a certification and self governing program for the State of Idaho and the committee made the recommendation that no change in the law be made at this time.

The two ladies that spoke to the medical board (and the driving forces behind IMC) are Charsty Allen (president) and Kathleen McDonald (vice-president). The first IMC conference in two years was held Aug. 2-4 in Lewiston. The conference consisted of fourteen educational classes ranging from AIDS to emergency transport. CPR certification was offered. The first IMC certification board is planned to meet and provide testing next summer. It has been determined the first boards will cost approximately \$2500 to

initiate. As always financial aid is needed. If you are interested in supporting the Idaho Midwifery Council the IMC Membership and Newsletter subscription is \$10 (\$1 will help). Send to:

Barbara Johns, IMC Treasurer
9270 Rapid Lightening Rd.
Sandpoint, Idaho 83864

If you want more information on any of the above please feel free to write me. Mary Wright, IMC Sec. Rt. 1 Bx. 20, Colton, Wa. 99113



Chinese Herbs for Women

by Judy Simpson

For centuries, the Chinese have used an herbal combination of four herbs for women. These herbs strengthen blood and remove clotting. In general, they are warming and nurturing to the blood and aid in irregular menstruation. The four are available at the Moscow Food Coop.

Men, of course, can use these four with no ill effects. However, men don't need the blood-nourishing effects of these four.

Ti Huang (Rehmannia) is frequently used in Chinese herbal healing to purify and strengthen blood. In the raw form, rehmannia is prescribed for high fevers and restlessness. In the dried form, rehmannia is useful for anemia because it builds the bloods hemoglobins.

Tang Kui (*Angelica sinensis*) is mildly laxative and stimulates circulation. It is known as "Ginseng for Women" and prescribed for almost every female disorder. It is particularly useful for relief of menstrual cramps, irregularity, and weakness during menstrual flow. It has useful antispastic and sedative effects.

Chuan Chiung (*Cnidium*) is a dried rootlike stem that is useful for relief of anemia and irregular menstruation. It is used as a substitute for Tang Kuei.

Pai Shao (Peony Root) has sedative and antispastic effects. It is prescribed for the control of painful and irregular menstruation.

These four herbs are often combined in tinctures and teas prescribed for women. Women's Longevity formula (in tinctures or tablets - both available at the Moscow Food Coop), for example, contains all four.



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