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Moscow Food Cooperative

NEWSLETTER

December 1987

Free

The 31st and the 13th

By: Bill London

October 31st was not only Halloween, but also the night for Kutamba. And for the crowds of costumed carrouzers, the 31st was a dancing delight. The Seattle marimba band played four long sets at this Co-op fundraiser. After the band was paid (\$700.00) and the cost of the sodas and juice was deducted, \$274.00 was left. According to a pre-arranged deal, one-third of that money went to the dance's co-sponsor, Bikes Not Bombs. So, the Co-op made \$169.31 (the money has been placed in the membership account). A tidy sum, and of course, the best part was the great multi-generational fun. Real family oriented activities are so necessary and so rare, and this dance was one of the best. Many people helped organized this event, but the biggest thanks are due to Sue Beetsch and John Moore.

Friday, November 13th, was the night of the membership meeting to discuss moving the store. After a few rounds of dessert crepes (a great way to begin a meeting), the kids were moved into the hallway of the Community Center and the twenty of us talked reasons for and reasons against a move. Those most familiar with the present store (staff and stockers) agreed that our present storefront is inadequate (too small, poorly shaped space, building in need of repair, etc.). Some members present expressed concern that the Co-op not move to a site that put the business at financial risk (from having to take on high rental fees or high debt load). After almost two hours of discussion about alternatives and methods, a committee of four (John, Truman, George and Steve) formed to investigate specific alternatives to our present location. Their first report is included in this Newsletter.



December 1987

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Moving The Co-op...A Report from the Site Selection Committee

We have found a dozen potentially suitable buildings that would offer us more space, for less money in some cases. For specifics on the best sites look for our next report in the January Newsletter.

But for now we need your input. We need more of you to fill out the questionnaire we've put in this issue (yes it's the same one-only with one more question; do you want to sublease space in the store for a deli, bakery, etc.?) Please fill out your questionnaire and return it to the cashier at the Co-op.

Thanks!

"The Committee"

 **Pilgrim's**
Nutrition Centers
882-0402

Handcrafted GIFTS

U.P.S. Drop Off*
(Not affiliated with U.P.S.)
212 S. Main, Moscow, Id.



Why buy them something they don't want. when you can buy them something stupid?

*125 E. 3rd, Moscow...
Mon-Sat 10am-6pm,
Sun 12-5pm
883-0830

One More Time

Just for Kids

By: Sunshine Storholt

It's the giving season and I have a neat idea to make the giving season last longer. As it should.

This is my idea of the perfect present. As you give of yourself, it costs nothing but some time, paper, crayons, and your imagination.

You will need: Paper, scissors, crayons, a stapler or ribbons. And don't forget your imagination.

First, think of a person to whom you want to give a gift. I'll pick mom. Now, think of some things that you could do for her. Maybe some things that she doesn't like to do, such as dishes, or something nice like breakfast in bed, or even your time for a whole day.

What you are making are coupon books, so first cut rectangles about 3 by 6 inches - as many as you need for dad, brother, sister, grandparents, and friends. Color them brightly with crayons, staple them together or use pretty ribbon. Examples below.

Give these coupons lovingly and throughout the coming year redeem them cheerfully. Have a Happy Christmas.

For Mom - a coupon for
1 breakfast in bed!

from _____



Merry Christmas!

For Dad- a coupon for
cleaning the garage!

from _____



Merry Christmas!

Massage of Moscow

25% Off All Gifts
Certificates for
Christmas

Charles Leaphart
882-5642

Body Therapy

- Deep Tissue
- Stress
Massage
- Full Body
Massage

522 S. Van Buren
Moscow, ID 83843



What a GREAT Gift Idea!!

Give a subscription to the **Moscow Food Co-op Newsletter!**

The January issue will begin your full 12 month, 12 issue, gift. Every month for a full year, postal employees will deliver the Newsletter to the lucky recipient of your gift subscription.

Only \$7.00 for 12 issues!

Make checks payable to **Moscow Food Co-op**. Send this subscription blank, plus check for \$7.00, to:

Newsletter
Food Co-op
314 S. Washington
Moscow, ID 83843

Send issues to:

Name: _____

Address: _____

The Magic of Christmas

By: Sunshine Storholt

As winter approaches I find that I'm grateful that I don't live on the streets as some of us must.

I have a warm house, a warm bed, and good food and I remember that it wasn't always thus.

I've been cold, and so hungry and frightened too, and I praise the powers that be that life is no longer so frightening for me.

I forget to be grateful. I take things for granted and I even begin to complain.

But this time of year in all of its glory, when nature's white mantle transforms our world into magic, I remember again.

With this magic wonderland in all its beauty, it is now a happy time, not to be dreaded. It's time to have fun with family and friends.

But it's also a time to remember that there are others still out there who are frightened and hungry, to whom winter is not a friend.

So let's all of us share of our bounty and help someone to feel that Christmas is magic again.



Carrington's Catering

882-5658



For a Holiday gift idea treat your loved ones with a gift certificate for free delivered lunches that include a sandwich, dessert & fruit. \$20 per week or just \$4.10 a day. M-F.

or...

A Basket filled with Christmas Treats, rumballs, gingerbread men, sugar and almond cookies.

or...

Home-made all natural pies.

or...

For a special gift, a 6" white chocolate cookie with almonds or chocolate chips delivered anywhere in Moscow. Comes with a helium balloon & card. All for \$4.20.



Carrington's Catering for your special occasions or private parties.

FLOURGIRLS

By: Eric Wegner,
General Manager Unifine Milling Company

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On behalf of all of us here at Flourgirls, I'd like to express our appreciation for being invited to share our flour with the Moscow Co-op.

We are a locally owned and operated mill, using locally grown wheat. The wheat in this lot of flour was grown on the Doug Wilcox farm near Palouse. It is a hard red spring wheat with a high protein level (about 14%) which makes an excellent general purpose flour. It has been grown with synthetic fertilizer, but has not been treated with Dinoseb or insecticides. Our growers are making an effort to keep all chemical inputs to an absolute minimum.

The Unifine process was developed at WSU, based on an earlier English mill that was lost during the second World War. There currently are only three such mills in existence, all of them in the Palouse area. The Unifine process makes an unusually fine whole wheat flour and utilizes the entire wheat berry, bran, germ and all. Nothing is added or removed. Unifine process flour can be substituted for white flour in most recipes, giving superior nutritional qualities, including high fiber, without sacrificing baking quality. Unifine process flour also keeps better than other whole wheat flours.

Our company was formed by a group of local women, some of whom worked on the original WSU project. They wanted to see the high quality flour available to the public. Our shareholders include a dietician, nutritionists, chemists, an artist and a farmer. We operate on a shoestring budget out of a converted chicken coop on the Lewiston Highway just outside of Pullman. If you have any questions or suggestions concerning our product, please give us a call or come and visit our mill. Our phone number is (509) 332-2607; our address is 3864 Lewiston Highway in Pullman.

Also, I've included, for your information, the following report summary from Edward G. Schanus (Asst. Professor of Food Science and Nutrition at WSU):

I have chemically and organoleptically evaluated Flourgirls Unifine Flour and found it to be stable in excess of one year at room temperature when stored in heavy paper bags. In my opinion the flour can be stored at moderate temperatures (25 degrees Centigrade) and humidity (20-70%) in sealed containers without the development of rancidity for at least two years and probably longer.

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843



December Specials at the Coop

- △ Guatemalan Wallets now \$5.63 each (reg 7.04)
- ▽ Guatemalan Potholders now \$3.54 each (reg 4.43)
- ✂ Aubrey Organics 'Swimmers Conditioner' now \$4.48
(reg 5.60)
- 🍯 Maple Wood Honey Dippers now .88 each (reg 1.10)
- 🕯 Incense, long sticks now .92 (reg 1.15)
- 🧀 Marble Cheese (Jack+Cheddar) now 2.07/#
(reg 2.31/#)
- ☞ Org. Guatemalan Coffee now \$4.54/# (reg 5.67)
- ☞ Traditional Medicines Teas now 2.19 (reg 2.74)
- 🧄 Organic Garlic now 1.99/# (reg 2.29)



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J & W FOODS
339 MAIN ST., TROY, ID
835-3111

Annual Membership Meeting

By: Steve Barr

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A small, but spirited, group gathered for the annual membership meeting on October 31 prior to the Kutamba concert. The main purpose of this meeting was the election of new board members for the coming year and to report on the current status of the Co-op. With some haste the new members (so they wouldn't have second thoughts) were introduced (some in person, others by name) and then voted on as a slate of candidates, including the following dedicated Co-operators: Lynn Lloyd, George Mancini, Steve Dotson, Janice Masterjohn, Larry Press, Roxann Kinghas, and Rhoda King as an alternate. Truman Woodruff and I will be continuing. Another year, another board--I thought I saw Bill London beaming in his Bermuda shorts. Halloween, you understand...

After some initial discussion about moving, Carolyn felt the need for a commitment from the membership before an actual decision was made. Truman pointed out the problems with the store--the need for efficient and sanitary work areas. Bob thought with the economy and crash in the stock market, it would be safer to rent, and Blue thought the money should be invested into new equipment for the store. With no real consensus, Bill proposed a separate meeting (Nov. 13) to discuss just the idea of moving.

Mary Jo then gave a financial report. Sales have increased 6.5% or \$8,000.00 with non-tax sales (to restaurants) up 84%. Gross profits for the year to date have reached \$2,940.00. With the increase of sales there have been some increased expenses, including utilities and Worker's Compensation. Mary Jo thought that instead of giving raises it would be better to give benefits, such as health insurance or paid vacations to avoid increasing Worker's Compensation. She also suggested raising the mark-ups on certain items or lowering the discount to working members, because the store is losing money on certain items when working members use their discounts. The ship is getting tighter--the ship is no longer sinking, it's getting ready to set sail--hang on to your hat. Until next year, Happy Holidays.



MAIN STREET ARMY NAVY STORE

"Why Pay More"

882-7407

206 South Main Street, Moscow, Idaho. 83843

Board Meeting

By Steve Barr

The big news from the Nov. 3 board meeting was the board itself--new people (all 7 of them, including an alternate). I felt very positive about the enthusiasm and overall interest the new board members had for their new roles. The Co-op has elected a board from diverse backgrounds, representing all of the membership, which should prove helpful for this coming year of growth and change.

Hopefully, in future newsletters, we can get some life stories from some of these people (up close and personal, the kind of stories we like).

As far as Co-op business, Mary Jo brought up the fact that the Co-op has lost money on certain items (they sell for less than wholesale) when working members use their 25% discount. She also pointed out the Co-op has reasonable prices and the store's mark-ups are lower than other food co-operatives. After much discussion, including whether the 25% discount should be lowered for the Co-op's 15 working members, the decision was made to raise prices on basic food items--milk, bread, and produce from a mark-up of 31% to 34%. Special orders would now be subject to a 34% mark-up as well. The reasoning behind all this is to make the store more profitable. (So we can hang on to our hard working staff and pay them a decent wage, including some benefits).

In other news, the board began to kick around the idea of a general manager vs. the coordinator positions. Anybody with some thoughts on this subject may want to attend the next board meeting.

Finally, the new board has requested the presence of the 4 coordinators at board meetings, so questions dealing with the store operations can be answered directly - a good idea. The staff would receive their hourly wage for attending board meetings.



MOSCOW FINE CRAFTS COOP

Moscow Fine Crafts Co-Op
"Arts for Christmas" Sale
Featuring Local Artists

November 20-December 25

310 S. Main

11 1/2-6 Monday-Saturday

Saffron Rice

By: Sunshine Storholt

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We had saffron on sale in November and I hope you bought some, because this makes a delicious meal whether you are into meat or not.

5 Cups chicken broth or vegetable stock
2 Cups brown rice
1 and 1/4 tsp. salt
1/4 tsp. crushed saffron
Vegetables or Italian Sausage

In a 5 quart pan, mix broth or stock, the rice and salt. Bring to a boil. Reduce heat and simmer for 20 minutes.

Meanwhile, prepare raw vegetables - do not cook. I prefer carrots and broccoli, or cook 12 Italian sausages.

Now, add raw vegetables or sausage, and saffron. Stir well. Cover and simmer for 20 - 35 minutes longer. Stir occasionally. Don't let it stick.

Vegetables should be slightly crunchy. Rice should be chewy. Enjoy!



Twice Sold Tales "the blue bookstore"



MON-SAT
11AM-6PM

quality used books

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Main Street

pickle inc. prop.

deli

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BAKED GOODS
DAILY LUNCH SPECIALS
PRETZELS & PIZZA DURING HAPPY HOUR
LOCATED IN HOTEL MOSCOW

Subscriptions
to the Newsletter
or Membership
to the Co-op
make great
gifts!
Remember your
Co-op this
Holiday Season!

-----QUESTIONNAIRE-----

1. Would you like to have the co-op consider moving? yes___ no___
If yes, why? (better parking, more space, better rent/landlord, etc)

If no, why not? (not enough money, like present size or location, etc)

2. Should the co-op rent or buy a storefront?
3. What is the best location? (downtown, malls, anywhere)
4. Is ample parking by the store important?

Is there enough parking by the co-op now?

5. Should the co-op include a deli, snack bar, juice bar, restaurant, or bakery? DO YOU WANT TO SUBLET SPACE FOR SUCH A BUSINESS?

6. What other changes would you like to see in the co-op?

7. Would you be willing to help move the co-op's location? yes___ no___
Please add name and phone number if you can help _____
Can you help with remodelling/carpentry/plumbing/electrical _____
Can you help with loans of money _____
Can you help by loading and carrying _____
Other _____

8. Recently, has the store appeared clean _____
well-stocked _____
pleasant _____

9. Has the staff at the co-op been friendly _____
helpful _____
well-informed _____

10. Add any comments you wish