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MOSCOW FOOD CO-OP

FEB

NEWSLETTER

1987

THE MIDWINTER BLUES

By: Bill London

Somebody must be trying to bring me down. Lately I've been aware of a deadening, dulling, and definitely downcast depression settling around me.

Some students, returning from holiday vacations in the southland, are not coming back uplifted by the anticipation of learning, or the joy of seeing their friends. Instead, they are thoroughly grumpified--less than pleased with a return to schedules, studying and a Palouse winter.

The vacant stores on Main Street are a constant reminder that the North Idaho economy is still spiralling down. Multi-national corporations are willing to grow their wheat elsewhere, cut their timber in other countries, and mine silver with Third World labor. And the potential raising of the drinking age should remind us all of the fragility of a local economy tied to the spending power of college students.

And now Bill and Kathleen (Bill Beck--our past General Manager -- and Kathleen Benton) are leaving. Their reasons boil down to the fact that they could not make the money they wanted/needed while living here. It's a common refrain, one that friends, parents and grandparents throughout the Northern Rockies are hearing too often.

But I just want to issue this warning to whatever/whoever out there is trying to inject that depression into me: You can't bring me down.

Sorry.

I still like it here. The weather is fun and funny--without the climatic extremes, but with the variety (spice of life, remember?) that combines snow with rain, hail and sunshine all in one day. Doors can remain unlocked, and I really don't worry (much) when my daughter walks home at night. Moscow remains a cultural oasis, with enough entertainment and enough borderline characters (actually, I understand that the official North Idaho term is peculiar), to keep a feature writer scribbling on forever. And it's still Idaho--unpopulated, open and beautiful Idaho--where you can go from the desert canyons along the Snake to the alpine reaches of Freezeout Ridge in one day, and not get caught in a traffic jam on route.

All in all, it may not be a laugh every minute, but it ain't bad.

FEBRUARY, 1987

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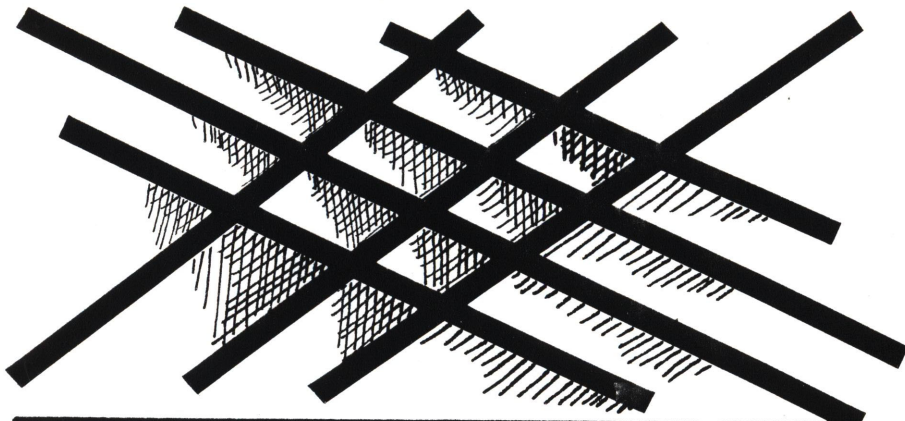
THE NEW LOOK

By: Mark Krueger,
Financial Co-ordinator

Our co-op is changing its look. You may have noticed that the checkout counter has been rearranged. And with all the changes planned, we're trying to emphasize better service.

The co-ordinators are rearranging their schedules also to spend more time working on ordering. That will hopefully eliminate (or at least reduce) out-of-stock items. There has been, and remains, a real need for volunteer cashiers. But we've been training new cashiers this month, and with every bit of help like they are providing, our co-ordinators are freed to work harder on purchasing and merchandizing. Of course, we still need more volunteer cashiers, so if you're interested in that position, talk with Kenna or leave your name with a co-ordinator.

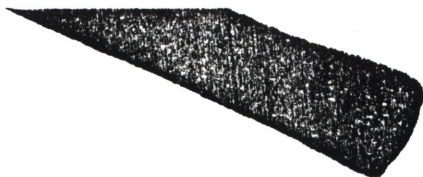
Over this month, we'll be rearranging the shelves to put like items together. Flours will all be grouped together, for example. Watch for the changes, or I should say, improvements.

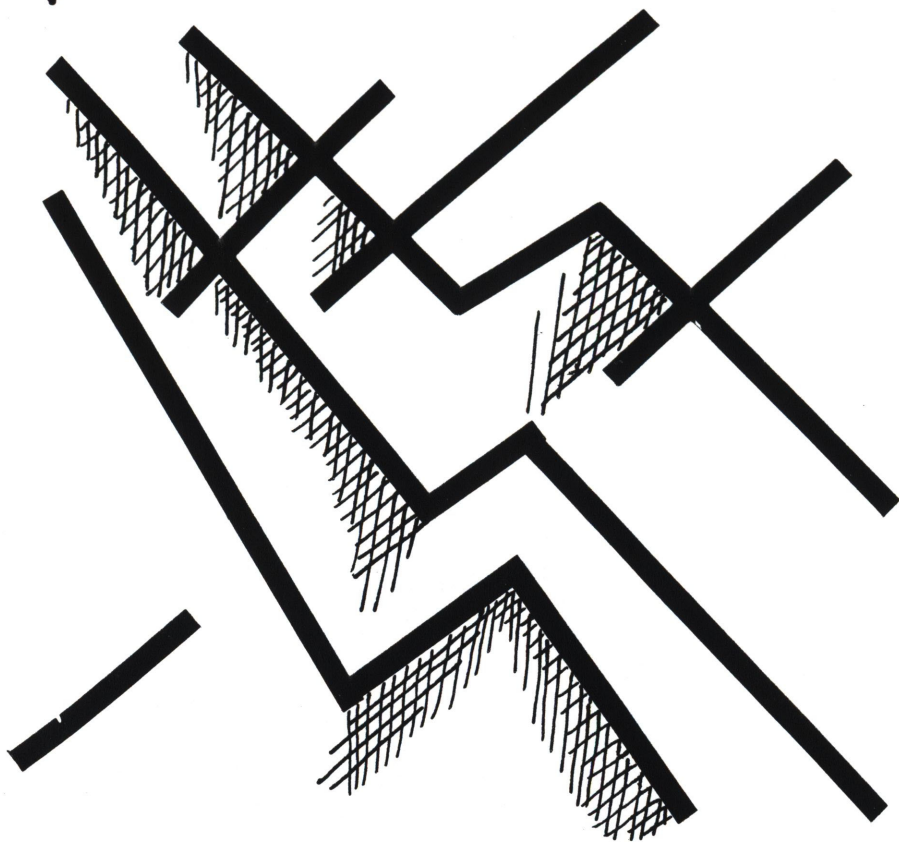


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WHAT'S NEW?

By: Mary Jo Knowles

Our inventory is always changing and expanding. And now, here is what is new at the Co-op:

If you're looking for a different sweetener - not sugar and not honey or molasses - perhaps you should try the grape concentrate in the white cooler.

On our canned goods shelves, look for Pace Picante Salsa in 64 oz sizes, and Corina tomato paste and sauce. We also now have Brown Rice Snaps and Barbara's Chocolate Chocolate Chip Cookies.

Our bulk food supply is expanding. We now carry triticale flakes, oat bran, and Desi Chickpeas (a small garbanzo bean).

And, we are finally able to offer a regular supply of fresh goat's milk. This is pasteurized and certified milk. And speaking of liquid refreshers: we've got Knudsen's cranberry and apple spritzers and Knudsen's orange juice, and, for a special occasion, non-alcoholic champagne.

Bon appetit!



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HONEY, NATURE'S GIFT OF LIFE

By: Garrick Kruse
Life Force Honey

Honey is one of those misunderstood and underrated foods that everyone should know more about. From ancient times honey has been used for everything from embalming to a source of rejuvenation for troops in battle. It has, for centuries, been recognized as an instant source of energy.

Modern food science, with its chemicals, additives and general adulteration of the foods we eat, cannot even come close to duplicating all of the positive, downright good for you properties of honey. Not only is honey beneficial as a food, it has other qualities that are just beginning to be substantiated.

For instance, several years ago, the U.S. Dept. of Agriculture released a bulletin that never got very much publicity. It was a comparison of common sugar and honey. People tend to lump honey in with other sugars, feeling that "sugar is sugar." This study put that fallacy to rest. Sucrose, common sugar, a disaccharide, caused conditions in the bodies of test animals that led to diabetes and heart disease. Simple sugars, monosaccharides, such as dextrose and levulose, as in honey, helped to prevent these conditions which, unchecked, eventually would lead to arterial sclerosis. The conclusion: the use of honey in the diet could help to prevent heart disease.

Here's some other interesting facts about honey. It has a high mineral content, including potassium, chlorine, sulfur, calcium, sodium, phosphorus, magnesium, silica, iron, manganese and copper. It is equally rich in vitamins. B-1 (thiamine), B-2 (riboflavin), B-6 (pyridoxine), P-P (nicotinic acid-niacin), C (ascorbic acid) and pantothenic acid are a few of the more important ones. It contains traces of between 11 and 21 different free amino acids, including proline, glutamic acid, alanine, phenylalanine, tyrosine, leucine and isoleucine. There are also at least 18 different organic acids in honey, although they make up a relatively small part of honey weight wise (less than one-half of one per cent). Gluconic acid is present in the greatest amount. The acids contained in honey have a pronounced beneficial effect on the flavors. It is also believed that they may be in part responsible for the excellent stability of honey against microorganisms.

Honey does not need to be processed. The majority of the larger bee-keepers do process and overheat the honey so that it is easier to pump, strain and bottle, overheated honey also tends to granulate less readily. It is not unusual for these temperatures to exceed 180°. When honey is heated over 130°, destruction of the enzymes, minerals and vitamins occurs. The delicate flavors are also greatly affected. At Life Force Honey (a Moscow Company), we never exceed 95° in our operation. It takes longer and is more work to deal with thick honey, but the end product is as pure as nature intended it to be. Just as you, a concerned consumer, would want to know exactly where and how your other foods are grown, you should also be aware of how your honey is treated prior to reaching your grocer's shelves.

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DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843

JANUARY BOARD OF DIRECTORS MEETING

By: Carolyn Fortney

The meeting began with an informal discussion of the Co-op's past participation in the Mardi Gras Parade. The rumors are true: there is a carrot costume with room for 5 people and somewhere out there is a real live rabbit costume. They say the rabbit has a habit of being a drill sergeant and the carrot runs in circles or does precision kicks. We almost have a commitment from 3 people for this year's parade - all others with a secret desire for Mardi Gras Fame please call Carolyn (883-4371) by February 15 (the parade is Feb. 21).

The real business started with the presentation of a new proposal for member-volunteer-worker discounts by Sue Beetsch and Carolyn Fortney. The idea revolves around drastically reducing the hours of commitment required each month for the discount, with the expectation that more members will be enticed to work, resulting in more people coming to see the Co-op as their first stop on the grocery-shopping-trail rather than the alternative stop for an occasional item. The proposal generated alot of discussion and no sign of consensus when Mark Krueger intervned to give his presentation for a revitalized Co-op.

Mark came with a chart delineating member, staff, and board responsibilities and emphasizing the absolute need to attract non-members. His proposal focused on: 1) changes in the physical space to make shopping easier; 2) selling sandwiches to attract downtown lunchers; and 3) adjusting mark-ups so that non-members would not be faced with their own 'added on tax' when they reached the till. The last point will have to be decided at a general meeting.

One other focal point of Mark's proposal has to do with the care and nurture of cashiers, whom he considers the key in this revitalization. Cashiers greet everyone who enters, answer questions and free the staff to do what they are hired to do. For that, it was agreed, they should be given a more generous discount.

In addition, Mark had his own ideas about other worker discounts which were at variance with Sue and Carolyn's proposal. Talk went on late into the night and it was decided that the volunteer/membership task force would meet the following week to try to arrive at a coherent plan from the two differing proposals. A special board meeting was called for Jan. 27 at Mama's to decide on the proposal of action.

SPECIAL ^{OF} THE MONTH 7

MEXICAN SPECIAL

PRICES GOOD
JANUARY 15 - FEBRUARY 15

	REG.	SALE
PINTO BEANS	.54/#	.36/#
MONTEREY JACK CHEESE	2.41/#	1.99/#
SALSA MEDIUM HOT	1.37/#	1.23/#
VERY VEGGIE SPICY	2.33/QT	1.99/QT
VEGETABLE JUICE		
SUMATRAN MANDHELING COFFEE FULL ROAST	6.67/#	5.99/#
CHILI POWDER	6.08/#	4.76/#

ITALIAN SPECIAL

PRICES GOOD
FEB. 16 - MARCH 15

	REG	SALE
SEMOLINA SPAGHETTI	.75/#	.67/#
WW SPAGHETTI	.91/#	.82/#
RAINBOW ROTELLI	1.32/#	1.18/#
JOHNSON'S SPAGHETTI SAUCE	3.02 EA	2.69 EA
SWEET BASIL	6.41/#	4.99/#
GRATED PARMESAN	4.13/#	3.30/#
ITALIAN SEASONING	8.41/#	6.73/#
DARK COLUMBIAN COFFEE BEANS	6.53/#	5.99/#
SWISS WATER PROCESS DECAFFEINATED COLUMBIAN COFFEE	8.44/#	6.99/#



8 PERMACULTURE SEMINAR

MOSCOW, IDAHO - FEBRUARY 28
Moscow Community Center. Saturday

The main topics will include:

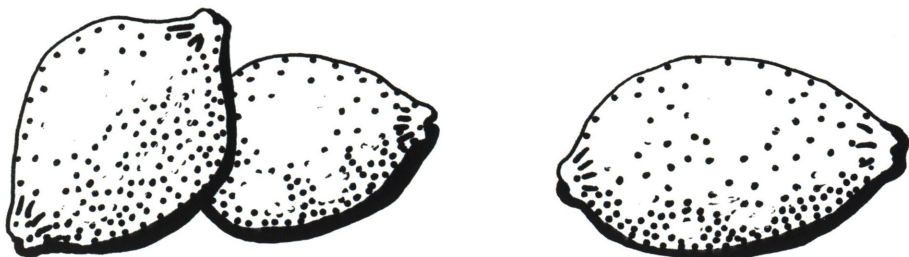
- Introduction to permaculture design.
- Notable plant species and crops.
 - Wildfire protection planning.
 - Keyline water management.
 - Networking.



For more information write or call:

Friends of the Trees Society
PO Box 1466
Chelan, Washington 98816
(509) 687-9714

For further details local people can contact Bill
London, PO Box 8152, Moscow, Idaho 83843. Phone (208)
882-0127.



SPEND MORE AND SAVE

By: Mary Jo Knowles

Sound familiar? I think in this case, it might apply. Because our sales have increased, we are experimenting with buying cases of produce instead of partial cases. The cost difference is dramatic. We can pass that on to you, the owners and customers of the Co-op. This is helping us become more price competitive with the big supermarkets. But this only works if we can sell enough or you buy enough before it spoils. Here's some examples of savings:

Broccoli: from \$1.09/# to 69¢/#
 Lemons: from 22¢ ea to 6¢ ea
 Spinach: from 69¢ bu to 49¢ bu
 Green cabbage: from 42¢/# to 27¢/#
 Red Cabbage: from 59¢/# to 44¢/#
 Bananas: from 56¢/# to 39¢/#
 Cauliflower: from 99¢/# to 79¢/#
 Tomatoes: from \$1.21/# to 89¢/#

It's another Co-op Catch 22; the more we sell and you buy, the lower the prices become. Vote for lower prices, buy a red cabbage!

Also, check out our apple cider; so fresh you may have to slap it!



THE CARAVAN FOR THE FORGOTTEN

By: Alfredo Quarto
Caravan Co-ordinator

Our citizens' organization (Freedom Fund in Seattle) is sponsoring the third Freedom Express caravan, "The Caravan For The Forgotten," which will raise awareness and relief assistance for the Guatemalan refugees living in camps in southern Mexico. This caravan will leave Vancouver, B.C. on April 3rd and travel south through Washington, Oregon and California to San Diego, then from there it will travel across Arizona, New Mexico and Texas, ending in Laredo, Texas around 2 months and 3000 miles from the caravan's start. We hope to raise both funds and material supplies for the Guatemalan refugees currently needing supplemental aid both inside the United States and in the refugee camps in Chiapas, Mexico. There are nearly half a million Guatemalan refugees living outside of Guatemala, and another half million refugees or displaced people living inside Guatemala.

One very important aspect of the caravan will be to raise needed public awareness about the issues surrounding Guatemala today, including the reasons why so many Guatemalans have chosen exile rather than face the oppressive conditions inside Guatemala. Since 1954, when the CIA successfully overthrew the country's first democratic rule to replace it with a repressive dictatorship, nearly 100,000 Guatemalans have been killed, nearly one million displaced and 38,000 disappeared by "death squads."

The majority of Guatemalan refugees who are living in the refugee camps in southern Mexico are Mayan Indians. There they are barely eking out a subsistence living, and they are still in great need of certain medicines, seeds, tools and other basic supplies such as food and clothing. There are over 40,000 refugees living in these camps today. Part of the relief supplies the caravan raises will go directly to these camps. The rest of the donations will go to existing relief agencies aiding Central American refugees within the U.S. All funds raised by the caravan will go directly to relief work for refugees living in the refugee camps and also helping the thousands of displaced people still living inside Guatemala.

Specialty Breads Available at the CO-OP



JAN HALLAQ

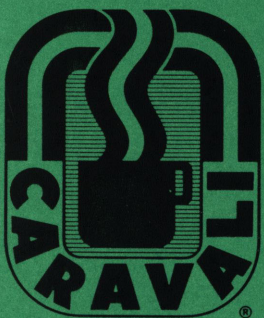
MEKONAH GATES PARK
408 SOUTH MAIN
MOSCOW, IDAHO 83843
(208) 882-3452

We at the Freedom Fund would like to encourage those in the Palouse who want to help our Caravan to contact us. We need supplies and funds. Working together, we can make a difference. Please join us or help out in any way you can. Thank you.

Contact The Freedom Fund at 4534 1/2 University Way N.E. in Seattle, WA 98105, or call (206) 547-7644.

Another aim of the caravan is to try to pressue the Mexican government not to, at this time, repatriate the many refugees living near the Guatemalan border. Once these refugees are returned to Guatemala they face the certain terror of death squads and the likelihood of being "settled" in the so-called "model villages" which are being established to contain the displaced population of Guatemala (nearly 1/8 of the population is displaced). These model villages are in essence concentration camps where the Mayan Indians are forced to abandon their culture and must work for the military for their food and other life essentials. The U.S. A.I.D. program in Guatemala actually fosters this entire repressive system by providing the military with the food supplies and other assistance needed to run the program. Needless to say, the refugees don't wish to return to these restrictive conditions.

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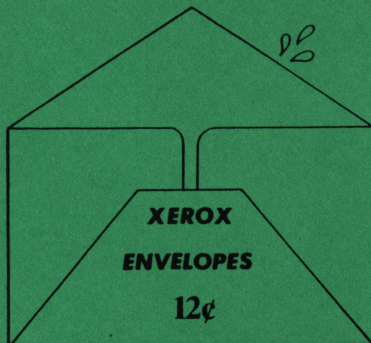


Animal Care Center Kathy Babson, D.V.M.

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9 am to 1 pm

- Eggs Creole Seafood Crepes
- Seafood Gumbo Red Beans & Sausage
- Sausage & Eggs Eggs Benedict

Live Music all day in the Hotel