

Moscow
Food Co-op
Newsletter



July 1987

By: Bill London

By using our working member discount, and shopping regularly at the Co-op, we (Gina, Willow and I) saved \$116.87 over a 3½ month period. From mid-February until the end of May, we listed our discount for that day's purchase on our page in the black binder at the cash register. I recently totalled all those individual discounts, and was pleased to note our real savings.

The use of this listing of individual discounts was initiated by the Co-op Board of Directors following their increase of the working member discount to 25%. The Board was hoping to get some idea of how much the new discount system was costing the Co-op.

Sue Beetsch recently totalled every worker's discount page. The Co-op gave a total of \$2500 in discounts to volunteer workers over the same 3½ month period. Unfortunately, because a similar total had never been collected before, no numerical comparison will be possible. However, Sue noted that the feeling of both the Board and the staff is that the new discount system is working, bringing in more volunteers and benefitting the store. The new discount system will remain.

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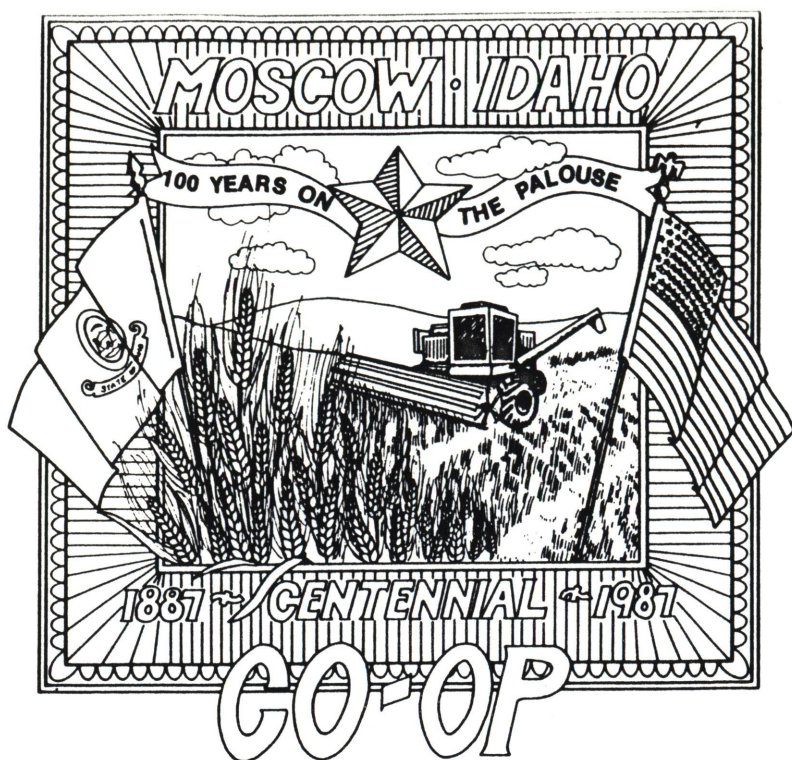
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MOSCOW FOOD COOPERATIVE

CO-OP MOSCOW CENTENNIAL SHIRTS

By: Steve Barr

With Moscow's Centennial celebration coming up in July, the Co-op is introducing the Co-op Moscow Centennial T-shirt. A silk screen design by Steve Barr, Melissa Rockwood, Kally Thurman, and TKO Communications (a real group effort).

The design will be finalized and printed in five colors the end of June or early July. We would like people to sign up for quantities, size, silk screen on front or back, etc., at the Co-op. The more shirts printed at one time the better the price is to the Co-op. All profits go to the Contras (just kidding) to the Co-op for future capital improvements.

Co-op Centennial T-shirts or sweat shirts (all 100% cotton) will be priced at \$10.00 and \$18.00.

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BARR ON BOARD

By: Dan Niebauer

This article is a continuation in the series of Profiles on individual Board of Director members. These profiles serve several purposes. First, they are intended to introduce the Board of Directors to Co-op members who do not already know them personally. Second, they are to better inform the Co-op membership as to the role of the Board of Directors. Lastly, these profiles are a means of giving appropriate recognition to the leadership and commitment of the members of the Board of Directors.

This month's profile candidate, Steve Barr, is a native of Moscow and has interests in graphic arts and architecture. A past Director of the Moscow-Pullman Recycling Center, Steve is ecologically-minded and believes in exercising personal responsibility to protect the environment. He has been a Co-op member for about two years, and B.O.D. member for about nine months. Steve has a vision of what he'd like to see the Coop become. He was motivated to serve on the B.O.D. in order to help steer the Co-op in a positive direction.

Basically, the Board of Directors is the leadership and guiding force of the Co-op. The Board discusses and sets Co-op policy, monitors day-to-day operations, manages the Co-op's finances and handles problems that come up. There is a substantial time commitment. The Board meets once a month. Members serve one year terms, but may serve more than one term. Board members are elected at the yearly Co-op membership meeting in the fall.

Steve sees the Co-op serving two main purposes. First, a co-op provides a means by which health-minded people can pool resources in order to obtain generally-unavailable natural and organic products at reasonable prices. Second, a co-op provides a social setting where people with common interests can interact. Steve advocates changes which he believes will improve the ability of the Moscow Food Co-op to fulfill these functions.

The changes which he would like to see put into effect are interrelated. First, an increased product selection. Existing product sections to be expanded would be: produce, frozen foods, meat products (especially fish and poultry), and foreign/ethnic foods. A new section would include sandwiches.

Second, Steve would like to see the Co-op serve a wider cross section of customers. Increased product selection would help accomplish this. In this regard, he believes that foreign students are an untapped market.

Next, he thinks that equipment should be upgraded when possible and that greater energy conservation be practiced in the store. As well as improving store operations, these changes would reduce electricity bills.

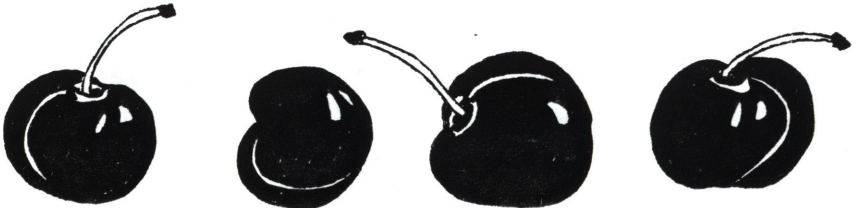
Next, Steve believes that the Co-op should pay its employees a good wage and offer employee benefits as finances allow. This would help the Co-op keep good workers and reduce training costs.

Steve wants to see new B.P.D. members given instruction in financial management and in the reading of financial statements. This will help the B.O.D. to better manage the Co-op's finances.

Steve thinks that one way to increase sales would be to have more items bagged and boxed rather than in bulk form. Bio-degradable paper would be used where possible. The greater convenience would allow people with little time to buy more items.

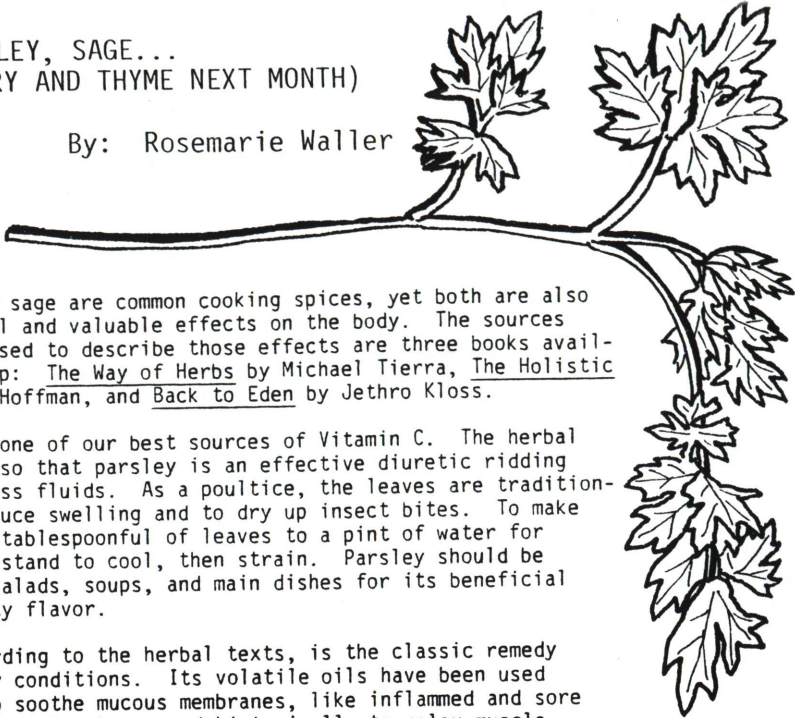
Last but not least, Steve wants to see the Co-op move to a larger location. He thinks that buying a building would be better than renting one so that the Co-op could acquire some equity. A larger location would allow for more storage space, more parking, more shelf space and wider aisles to accommodate shopping carts, which would make it easier for customers to do their major grocery shopping. Also, he would like to see a small sit-down area and possibly a supervised play area for customers, employees and working member's children.

Steve believes that these changes are important to the Co-op's success. As a positive last note, he believes that the Co-op has been, and is presently, making steady progress. His efforts, ideas and commitment as a member of the Board of Directors of the Moscow Food Co-op are appreciated.



PARSLEY, SAGE...
(ROSEMARY AND THYME NEXT MONTH)

By: Rosemarie Waller



Parsley and sage are common cooking spices, yet both are also herbs with useful and valuable effects on the body. The sources of information used to describe those effects are three books available at the Co-op: The Way of Herbs by Michael Tierra, The Holistic Herbal by David Hoffman, and Back to Eden by Jethro Kloss.

Parsley is one of our best sources of Vitamin C. The herbal books suggest also that parsley is an effective diuretic ridding the body of excess fluids. As a poultice, the leaves are traditionally used to reduce swelling and to dry up insect bites. To make a tea, simmer a tablespoonful of leaves to a pint of water for 10 minutes, let stand to cool, then strain. Parsley should be used freely in salads, soups, and main dishes for its beneficial results and tasty flavor.

Sage, according to the herbal texts, is the classic remedy for inflammatory conditions. Its volatile oils have been used traditionally to soothe mucous membranes, like inflamed and sore throats. Sage has also been used historically to relax muscle spasms. To make sage tea (or mouthwash), pour a cup of boiling water onto one to two teaspoonfuls of the leaves and let it stand for 10 minutes.

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By: Greg Meyer

If you are a dad who is separated from your child/children because of divorce (or some other reason), you and I have something in common. Summers aren't enough! Let's get together and talk about custody, courts, the 80's family, and, most importantly, how to deal with the pain of not being near the kids we love. Call me at 882-1674 if you are interested in periodically meeting and discussing our situations.



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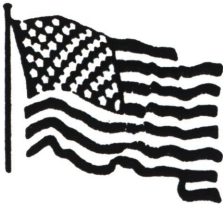
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NEW ITEMS AT THE CO-OP

By: Mary Jo Knowles

What happened to the summer slump? We're still waiting for things to slow down. I'll never get to sit up at the cash register and read magazines. But it is nice; the Co-op is looking good and we're all feeling good about the business.

We have a new co-coordinator! "Again," they say! Yes. We now have a marketing and PR specialist. Greg Meyer, who has been a working and non-working member of the Co-op for many years has accepted the position. Greg brings to the Co-op many valuable skills and great ideas. Look for us in the movies.

New products: Well, since business hasn't decreased, I've been ordering all kinds of new things. The most exciting is that we now have Canola Oil (Rapeseed Oil) from Spectrum. Canola Oil is very versatile - light and clear, with a delicate aroma, one of the world's most healthful, low cholesterol oils.

We now have Flour Girls flour from Pullman in 5 and 10 pound bags. And there is a new soda in the cooler, Hopping Honey Rootbeer and Ginger Lemon. (Let us know what you think.) Also, we added a new sauce, San J. Szechuan, hot and spicy. And for a quick meal, try Fantastic Noodles (like cup-a-soup) in miso and curry flavors. And I finally found a place to get Red Wine Vinegar so it is now above the produce cooler.

There is something new in the cosmetic line - Meal N. Herb Facial Care and Natural Mint Mouthwash, both from Aubrey Organics. We also have Body Rollers for massage.

Please let us know what you think of these new products.

We have lots of local produce available and can also special order organic produce. Please ask about the organic produce list.

Remember, this is your store, so let us know what you want or don't think is worth selling.



BOARD MEETING

By: Steve Barr

The store report given by Mark was rather upbeat and positive. People seem to be returning to the store and buying more. Old consignment bills are being paid off, some dating back to a year or more. Mark felt that May was a good month for the Co-op. He put money into the membership account and current bills have been paid on time. Consensus: Cashflow is improving; business in improving. The store is staffed better and the store looks better.

As far as new business, with Mark's announced departure Mary Jo proposed that she take over the books and hire a 3rd coordinator working 20-25 hours a week in charge of purchasing advertising, and volunteers - a kind of PR person interested in marketing.

The proposal for Mary Jo to take over the books and hire a new coordinator to take over Kenna's job was voted on by the board and passed unanimously.

In other business, the discussion of pay raises came up. It was suggested that in order to keep people from leaving the Co-op and hiring new people every 3-4 months, why not reward the excellent employees we have. The proposed wage increases were the following: part-time employees be paid \$3.75 an hour; paid staff be paid \$4.00 an hour; and coordinators be paid \$4.00 an hour to start, \$4.25 after the 1st month, \$4.50 after 6 months, and \$4.75 after 1 year.

The proposal was voted by the board and passed unanimously. In other news, Kenna volunteered to organize a fundraiser food booth at the MidSummer's Eve and possibly Rendezvous in the Park. The board retreat is scheduled for the 27th of June. Some topics of discussion include: evaluation of the board, its role, non-members discount price, moving the Co-op from present location, guidelines for staff and board, board members discounts, and future goals for the Co-op. Anything else? That's all folks.

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COOL MEALS FOR SUMMER

By: Rosemarie Waller

Hot days and salads are a great match. Here are two of my favorite salad recipes. Both are from the Moosewood Cookbook by Mollie Katzen.

TABOULI

1 cup dry bulghar wheat
1½ cups boiling water
1½ tsp. salt
½ cup fresh lemon or lime juice
1 heaping tsp. crushed, fresh garlic
½ cup chopped scallions (include greens)
½ tsp. dried mint
¼ cup olive oil
fresh ground black pepper
2 medium tomatoes, diced
1 packed cup freshly-chopped parsley

Optional: ½ cup cooked chickpeas
 ½ cup coarsely grated carrot
 1 chopped green pepper
 1 chopped cucumber or summer squash

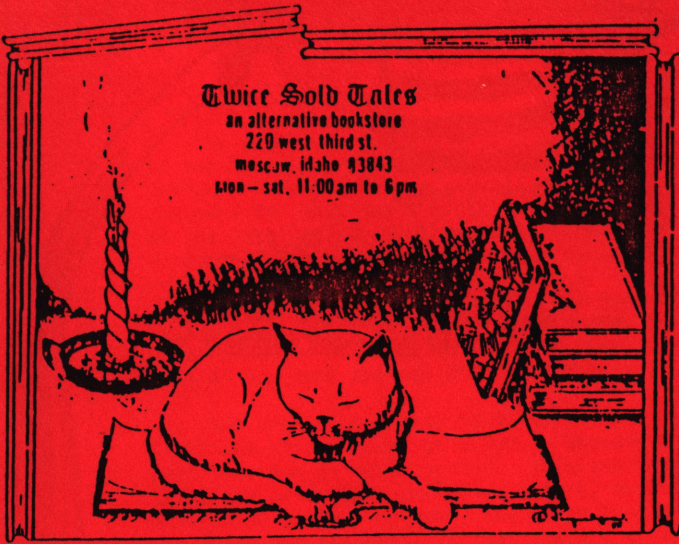
- Combine bulghar, boiling water and salt in a bowl. Cover and let stand 15-20 minutes, or until bulghar is chewable
- Add lemon juice, garlic, oil and mint, mix thoroughly, refrigerate 2-3 hours
- Just before serving add the vegetables and mix gently
- Garnish with feta cheese and olives

BALKAN - CUCUMBER - SALAD

serves 4-6

4 medium cucumbers
¾ cup sour cream
¾ cup yogurt
2 cloves crushed garlic
4 fresh mint leaves, minced
½ cup very thinly sliced red onion or chives or scallion
¼ cup very finely chopped parsley
1-2 tsp. honey (optional)
1 tsp. salt
black pepper
1 Tbs. freshly chopped dill or 1 tsp. dried
1 cup chopped toasted walnuts

- Peel and slice the cucumbers (unless they're homegrown and unwaxed, in which case don't peel them)
- Combine all ingredients, except walnuts
- Chill
- Serve on a bed of fresh, crisp greens with walnuts on top
Garnish with tomato wedges, chopped black olives, carrot slices



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