



Renaissance Fair Brownies

If you missed the Co-op brownies at the Renaissance Fair - or if you tried them and want to know how to make them - the recipe can be found inside.

**MOSCOW FOOD
CO-OP
NEWSLETTER
MAY 1987**

2/10
MAY 1987

Published by: Moscow Food Co-op
314 S. Washington Moscow, ID 83843
(208) 882-8537

Hours: 9:00 a.m. -7:00 p.m. Monday through Saturday

Editor: Bill London
Graphics: Sarah Moore
Advertising: Elliot Bruhl
Typing: Kay Cronin of
Hands Down Typing



ADMISSION NOW
ONLY \$1.50

THIRD & ALMON
MOSCOW, ID 882-2499



882-1656 • we cater!

527 s. main • moscow •
wine • beer • espresso
sandwiches • soup • pasta



**Hammer Works
Construction**

Fred Lear
(208) 883-1417

• Designer •
Contractor • Builder

ANYBODY SEEN LEHNARD?

three

By: Bill London

Last fall, after Mary Jo and Kenna were hired, there was still one staff vacancy. Unfortunately, the choices were limited. There were four applicants left, and two of those already had taken different jobs. That left the hiring committee with two choices--a middle-aged woman who would have obvious troubles fitting in, and Lehnard. He came to the hiring with his huge smile and a willingness to do whatever was asked of him.

His response to any of our questions was the same: "I just want to serve the community and the Co-op." If we asked if he was willing to work long hours, weekends, or nights, he responded, "If it helps the Co-op, I'll do it; I just want to serve the community and the Co-op." If we asked if he was satisfied with the pay, he replied, "I don't care about money, I just want to serve the community and the Co-op." Etc. He was an obvious choice--he started work the next day.

As a worker, of course, he left something to be desired: a little spaced out, as one might imagine, but he did have a ready smile and was willing to work all the late nights and weekends.

But the problem was his beloved Shawn who was bored with life here and suffering from the cold weather. With great sadness, Lehnard explained that he would have to leave before his year-long commitment was up. Shawn just had to leave, you understand, and he had to go with her. He gave his month notice, but left town the next day.

Instead of showing up for work at noon that Saturday, he and Shawn left town. Unfortunately, he neglected to mention to anyone that he wouldn't be at work that busy day. He did leave his plants outside his apartment with a note asking the finder to water them.

The reason for their quick departure, we soon discovered from the people who picked them up hitch-hiking south of town, was that they were fleeing the huge earthquake that was prophesized would level the Moscow area. Local Earthquake Guru, Charlie Brown, had been warning everyone he was that by April first the Big One would reduce the place to rubble. Lehnard believed him.

POSTSCRIPT ONE: The day after Lehnard and Shawn left, the following note was found on their door, near their homeless houseplants: "Don't worry about the quake. Talk to me again. Quake will come, but main damage will be Lewiston on down. (signed) Charlie."

POSTSCRIPT TWO: Several weeks later, the following letter arrived at the Co-op, reading in part: "We both miss all of you very much. We're doing fine now and life is a happy experience. I really am honestly sorry for whatever bad situations I may have caused all of you. At that time, we really had to do what we did. We didn't want to do it, however, we were very concerned about a conversation with our friends. They warned us about an earthquake prediction confirmed by both psychics and geologists to strongly affect the area last weekend--we really freaked out and, at the time, considered it our ultimate destiny to immediately flee." (signed) Lehnard & Shawn."

four

IT'S CAULIFLOWER TIME

By: Rosemarie Waller

In California, it's summer and the cauliflower harvest is in full swing. Here at the Co-op, we'll be featuring cauliflower on sale during most of this month.

If you're tired of your old standby recipes for cauliflower, perhaps you would like to try these:

Cauliflower with Pine Nuts and Mushrooms

- 1 cauliflower, cut into flowerets
 - 2 cups mushrooms, sliced
 - $\frac{1}{2}$ cup pine nuts or sunflower seeds
 - $\frac{1}{2}$ tsp. dill
 - 1 tsp. thyme
 - $\frac{1}{2}$ tsp. ginger
 - $\frac{1}{2}$ tsp. sea salt
 - 1 cup water
 - 1 Tbs. chives, dried
- * Steam cauliflower or cook in very little water until tender
 - * Cook mushrooms, nuts and seasonings in water until mushrooms are done
 - * Arrange cauliflower on a dish, pour mushroom mixture on top
 - * Serve with salad and brown rice or fresh baguette

Nepal Vegetable Curry

- 1 onion, chopped
 - 1 tablespoon oil (sesame or olive)
 - 1 bay leaf, broken
 - 1 green chilli, chopped
 - 1 clove garlic, minced
 - 1 inch ginger, grated
 - $\frac{1}{4}$ tsp. turmeric
 - sea salt to taste
 - $\frac{1}{2}$ lb. potatoes or carrots, cubed
 - 1 cauliflower, broken into flowerets
 - 1 cup green peas
 - 1 tsp. coriander and cumin seeds, ground
 - 1 tsp. dried chives
 - 1 cup hot water or almond milk
- * Saute onion in oil until golden brown
 - * Add bay leaf, chili, garlic, ginger, turmeric and salt. Stir in potatoes and saute until browned.
 - * Add remaining ingredients
 - * Cook gently on medium heat until vegetables are tender
 - * Serve over long grain rice and lettuce



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

328 N. Main Moscow, Idaho 83843
(208) 883-4349

Specials of the Month

Five

overstock SALE
APRIL 15 - MAY 15

MAY 15 -
JUNE 15

CELESTIAL SEASONINGS

CINNAMON ROSE
RASPBERRY PATCH

24 BAGS REG. 1.95 SALE 1.56

BARBARA'S COOKIES
FRUIT SWEETENED
TROPICAL COCONUT

5 OZ. REG. 1.45 SALE 1.16

NEW! IDAHO BLEND COFFEE

ROASTED & BLENDED IN
BOISE \$5.99/#

ESTON LENTILS

SMALL, FIRM, GREAT FOR
SALADS - WILL NOT MUSH
REG. .58/# SALE .46/#

HEALTH VALLEY

NATURAL BEEF HOT DOGS
REG. 3/9 SALE \$2.79

NEW FROM MYSTIC
LAKE, WASHINGTON

WHEAT & YEAST-
FREE BROWN
RICE BREAD \$3.35/LOAF

WHEAT-FREE, NO-
SALT BANANA
MUFFINS

\$2.11/six

NATURE'S WAREHOUSE

WHEAT-FREE

ORANGE COOKIES

SALE \$1.38/8 OZ
(Reg \$1.77)

KNUDSEN'S

RECHARGE LEMON

SALE \$1.56/QT.
(Reg. \$1.91)

COFFEE OF THE MONTH

ORGANIC GUATEMALAN
DARK

SALE \$6.49/16
(Reg. \$7.89)



COFFEE

By: Mary Jo Knowles

This is the first of several articles on coffee. Because coffee is selling so well at the Co-op, I thought it would be interesting to find out where coffee drinking originated, how the beans are grown and roasted, the different kinds of beans, and meanings of all the terms used to describe the different varieties and roasts. And of course, we'll add a little on the pomp and rituals of grinding and making the "perfect" cup of coffee.

So brew up a cup of coffee, and settle back to read a little about the history of this beverage.

All coffees are grown between the Tropic of Cancer and the Tropic of Capricorn all around the world. Historians are quite certain coffee beans were first eaten. Some African cultures crushed the green beans together with animal fat to be used by warriors and travelers on long journeys. There is also evidence that coffee beans were fermented and drunk like wine.

The use of coffee as a stimulant was begun by devout monks, in order to spend more time praying. In one Islamic legend, the Angel Gabriel came to Muhammad in a dream and revealed to him the nature of the berry and its possibilities as a drink to stimulate the prayers of his disciples. In Ethiopia, about 1000 A.D., coffee was first introduced as a hot beverage. No one knows how the practice of roasting occurred. The first references to coffee in Arabia suggest its first use was as a medicine.

During the two main periods of Muslim expansion between the Eleventh and the Sixteenth Centuries, coffee followed the establishment of Islamic law. Coffee became known as "the drink of Islam." The Arabs zealously guarded their monopoly on coffee by prohibiting the export of green coffee beans. Eventually, Muslim pilgrims carried coffee beans to India where the first trees were planted.

Everywhere coffee was introduced, coffee houses began to spring up, often to the dismay of the more pious Muslims. In almost every country where coffee houses flourished, in the Middle East, there is a history of attempts to suppress them as places full of dangerous radical behavior and ideas. Later coffee houses became popular in Turkey and the Turkish coffee ceremonies quickly rivaled the Japanese tea ceremonies in complexity. At one point, Turkish wives could legally divorce a husband who failed to supply them with that all-important beverage.

Coffee entered Europe in the 16th Century through Venice. Controversy over the beverage still persisted with fanatical priests who claimed it to be the drink of the devil. After a blessing by Pope Clement VIII for its ability to keep him alert all night to say his prayers, coffee quickly found its way throughout the Christian world.

Brownie
Recipe
→

Soften ½ lb. butter
Melt 5 oz. unsweetened
chocolate (or use 3 Tb. cocoa
plus 1 Tb. oil for each oz. of
chocolate). (continued...)

seven

During the 17th and 18th centuries coffee was in abundance and had changed from a ceremonial liquid of the East to a praised beverage served to the wealthy of London and Paris. Coffee houses became social institutions, influencing for two centuries the manners, customs and business institutions of the English. Both the London Stock Exchange and Lloyds of London blossomed out of these stimulating coffee houses. Continuing in controversy, coffee divided the sexes; women were barred from coffee houses in England.

One of the earliest references of coffee in the New World was by William Penn. He wrote of buying green coffee beans in New York for \$4.68/xx. Eventually coffee houses also became popular in the U.S. These meeting places were called the "Headquarters for the Revolution" by Daniel Webster.

Today, coffee is present in all cultures and has become the second largest trading commodity in the world. (Oil is number one.)



A cupacupacupacup...

CARAVALI COFFEES



CELEBES (SULAWESI)

Like other Indonesians, Celebes coffees are full-bodied with a nicely rounded and deep, rich aroma. Widely appreciated for low acidity, smooth, nutty flavor, and sweet aftertaste.

CHAMELEON

215 S. MAIN * MOSCOW
882 * 9789

ONE FREE CUP OF COFFEE WITH COUPON !

7/2/63
Light

Brownie
Recipe



Pilgrim's Nutrition Centers

212 s. Main, Moscow, Id.

We have a full line of HERBS
in capsules.

Also, try our all natural
PERMS for all hair types.
Get ready for the summer with
CANTHAXANTHIN

Cream butter and 1/4
cups packed light brown sugar
and 5 eggs. Add 1/2 tsp pure
vanilla extract, then beat in
melted, cooled chocolate and

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843

WHAT'S NEW AT THE CO-OP

As summer approaches and we say goodbye to our friends, the students, changes begin to take hold of the Co-op. With a decrease in volunteers (the exit of stockers, cashiers, etc) and customers, the store takes on a different direction - survival. You'll start seeing less packaged foods, bins a little empty, maybe less pasta, as we try to cut down inventory for the summer. We will try to offer all we do now, just not as much. Please help us out by letting us know what you would like to see in the store. If we can't carry it in the store, we can make special orders.

I am still working in an Indian food section, but I'm not having much luck with a supplier. Any suggestions are welcome.

We are now carrying Spectrum Organic olive oil in quarts and pints, plus Parsley Patch Lemon Pepper, Sorrell Ridge all fruit Strawberry Conserve, and Bragg Liquid Amino's for soup (an alternative to soy sauce).

THE APRIL BOARD OF DIRECTORS REPORT...

By: Kally Thurman

is lost. The meeting did occur, I did take the minutes, but now they are (at least) temporarily misplaced.

I admit that I have very poor clerical skills.

(continued...)

VOLUNTEERS

nine

By: Kenna Eaton

WE NEED JANITORS!! This is a really important job; we all want a clean store - 3 hours/week for a 25% discount - on Monday, Wednesday or Friday nights.

School is out May 15th, so there will be a lot of changes in everyone's schedules! If you find you will have extra time this summer, come on down and help your Co-op - and yourselves. We have a lot of different jobs available with discounts ranging from 10-25% depending on how many hours you volunteer. We need volunteers here in the store - stockers, janitors and cashier, also to work on a wide range of projects outside store hours - such as the newsletter!

Special Thanks this month go to Hammerworks / Fred Lear for fixing our wooden cooler door - thanks Fred!

1 cup of flour. Add 1 cup of chopped nuts. Spread in 9x13" baking pan. Bake 20-30 minutes at 350°.

BRUNNEN
-
EP
K




For whatever journey
lies ahead,
Birkenstocks.

One More Time

125 E 3rd Moscow

HIRING COMMITTEE REPORT

By: Mark Drueger

The Hiring Committee, on April 14, selected Rosemarie Waller to fill the vacancy created by Lehnard's departure. Rosemarie started work on April 17, and is approaching her job with dedication, energy and creativity.

Kenna is quitting (for further maternal adventures) in Mid-May. For the summer, we'll have 3, not 4, coordinators. Since summer is our slowest time, our lessened labor costs will help our store prosper, or at least survive. As school resumes, in August or September, and our sales volume grows, we expect to hire another staff person.

Remember: shop Co-op.

GROW YOUR OWN

By: Rosemarie Waller

Have you ever thought of growing your own sprouts? They are easy to make, taste delightful and are very refreshing in your spring menu.

Soak in a wide mouth jar for 6 hours, a quarter cup of alfalfa, radish, red clover or mustard seeds. Cover the jar with cloth or stainless steel sprouting screen, drain well and keep in a warm dark space (65°F). Rinse twice a day (morning and evening). Set in sunlight after 3 days to develop chlorophyll. Keep rinsing. They are ready between 4-5 days.

Fenugreek, lentil, mung, aduki and sunflower seeds have to soak 10-12 hours. Follow instructions above. They are ready to eat after 3-5 days; sunflower sprouts after 2 days.

Radish, red clover and mustard seeds have a strong flavour and should be mixed with other sprouts. In general, an ounce of seeds will yield one cup of mature sprouts.

To remove the hulls from alfalfa, fenugreek, mung, aduki and radish sprouts fill a big bowl with water, place sprouts in water and agitate them to loosen the hulls, brush them aside and discard. Gently reach under the sprouts and lift them out of the water, trying not to disturb the sunken hulls on the bottom. Drain sprouts well. They are now ready to eat. In a plastic bag or covered glass jar they keep up to one week in the refrigerator.

ten



Specialty Breads Available at the CO-OP

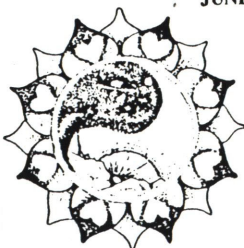


JAN HALLAQ

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

OKANOGAN HIGHLANDS HEALING GATHERING

JUNE 11-14, 1987



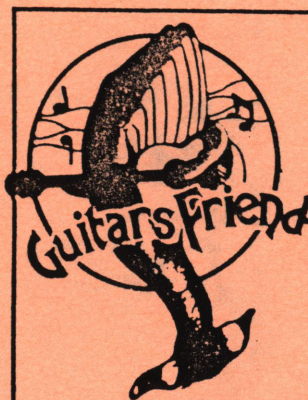
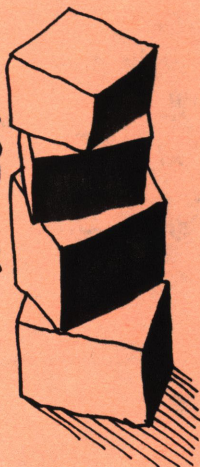
*Please
join with us.*

FOR FURTHER INFORMATION - CONTACT:

Skeeter
PO Box 1466
Chelan, WA 98816
Phone (509) 687-9714

Raina Skye
173 Dry Creek Road
Tonasket, WA 98855
Phone (509) 486-2956

BROWNIES!



Quality
Instruments,
Amps and
Equipment

Full Service
& Lessons



309 S. Main St.

Moscow, ID

83843

882-1823

COMFREY - IT OFTEN COMES FREE FOR THE PICKING

By: Rosemarie Waller

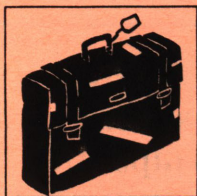
In the springtime all the fresh greens are coming up. One of them is comfrey which grows in many backyards. Comfrey is a very common herb, one that is traditionally used medicinally either as a tea or poultice.

Comfrey has a cucumber-like flavor which makes it a favorite vegetable in spring soups, or it can be steamed like spinach. Raw or steamed, it can be blended with avocado or tofu and seasonings into delicious **Sauces**.

According to "The Way of Herbs" by Michael Tierra (a respected herbal text, available at the Moscow Food Co-op), Comfrey root has the highest amount of mucus of any other herb. That makes it an excellent demulcent, protecting and healing damaged or inflamed tissues. It is traditionally used to encourage the healing of wounds, fractures, sores and ulcers. Comfrey is also often used to aid digestion, by promoting secretion of pepsin, and to clear the throat and lungs by expelling mucus.

To make a tea steep 1 teaspoon dried comfrey leaves in one cup of water, or simmer roots for 1 hour for a strong beverage. Comfrey leaves can also be prepared in poultice or plaster form. More information is available in Tierra's book.

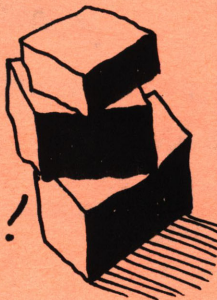
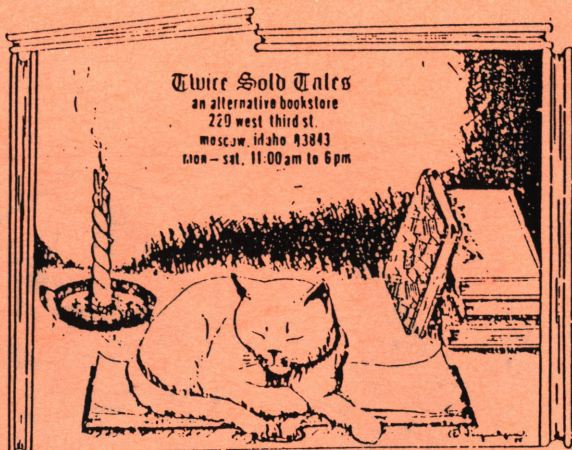
INSTANT PASSPORT PHOTOS



• No appointment • No waiting

kinko's®

608 S. Main St.
882-3066
Moscow, ID 83843



More Brownies!

Main Street

pickle inc. prop

deli

Sidewalk Cafe

(weather permitting)

and

\$3.00 Summer Lunch Specials

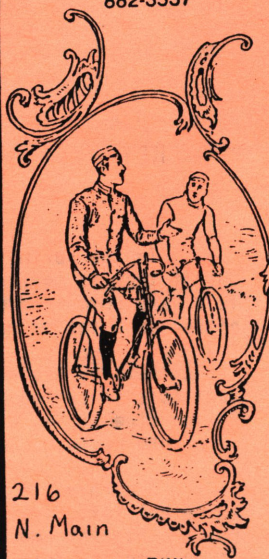
- Mon. • Cup of Soup and 1/2 Basic Veggie Sandwich
- Tues. • Chicken Salad Sandwich
- Wed. • 2 Small Salads and Baguette
- Thurs. • Quiche and Tossed Salad
- Fri. • Crab and Cheese Baguette
- Sat. • French Dip Sandwich

All Lunches Include Coffee or Tea
Lunch Served from 11:00 a.m. Daily

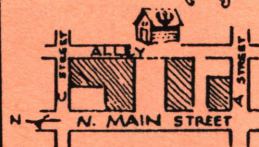
HOTEL MOSCOW, FRIENDSHIP SQUARE, DOWNTOWN MOSCOW, 882.0713

VELO SPORT Moscow Bicycle

882-3537



216
N. Main



Roger Ames, proprietor