

Moscow Food Coop
NEWSLETTER

inside —

Annual Membership
Meeting + Kutamba!

Autumn Feasts



October 1987

Coloring Contest Winners

By: Bill London

The winners of the second annual Co-op Coloring Contest have been selected. The judging was done by Annie Dvorak and Jane Freed--only. Specifically what happened is that we met at Annie's apartment, where I sorted the entries by age (remember that there were three age-based categories, and a prize for the winner of each category). Without revealing to anyone present the names of the entrants, I then placed the entries from each category next to each other. The names, of course, were hidden on the undersides of the entries. Jane and Annie together decided, on the basis of whatever criteria they chose, the winners.

I'm spelling out the selection process to deflect, hopefully, some of the outrage and/or criticism that's bound to come my way, since--GULP--my daughter is one of the winners. There, I said it. It wasn't a rigged selection, honest, really, you've got to believe me. Willow is just talented, that's all--genetic, no doubt.

Anyway, the winners are: Jamie Foley, Sean Christian, and Willow Gormley.

Each will receive a \$2.50 gift certificate from the Co-op, which they can spend on anything at the store.

In addition, everyone who entered the contest will receive a special treat, courtesy of Annie Dvorak. Because the selection was so hard, and the entrants all so deserving, (and generous soul that she is), Annie has purchased a Co-op yummy for each entrant. Just go to the checkout counter--there will be a bag there with your contest entry and your treat.

Thanks to everyone who entered the contest. Sharpen your crayons and your skills, because we'll be doing it again next year.

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KUTAMBA

AFRICAN STYLE MARIMBA BAND
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October 31 at 8:30PM

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Annual Membership Meeting

By: John McCarthy

The annual membership meeting will look at the state of the Co-op and the possible directions it may go in the next year. It's one chance in the year for Co-op members to gather and to learn about what's happening and what might happen. It's a good opportunity to make suggestions or to propose changes.

Election of a new Board of Directors is one order of business at the meeting. The "cheese and crackers" board recruitment meeting last month at Mercy Beanz was successful in encouraging at least five new people to join the board. And at least a couple of board members are going to continue.



The 1987 annual Co-op membership meeting will be on October 31 at 7PM in the UofI Student Union, room to be announced. Meeting will be before the KUTAMBA concert. Please join us!



The new board members are elected by majority vote at the members' meeting. In the past a slate of candidates was offered as a group and the membership voted on everyone together. The current board will consider at its October meeting possible changes to the by-laws to have the board contain "at least seven members," as well as staff representatives. Now it is a board of seven members and staff. With the proposed change it would be possible to have as many board members, up to 10-15, who wanted to participate. Each new board member may also be individually elected. The proposed change, if approved by the board, would require approval of the members at the annual meeting.

An annual report on the state of the Co-op will be given by staffers Mary Jo Knowles and Greg Meyer. The Co-op is in good shape and they should have some good things to report.

An open-ended discussion of proposals to move the Co-op to a different building will be started by myself. A number of people think it's a good idea to move to a larger, better space. I'll try to sell the idea. The questions of how or when to do it can only be seriously addressed after hearing what the membership thinks.



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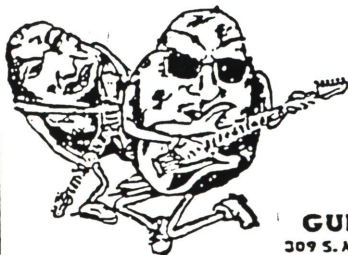
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The September Board Meeting...

By: Steve Barr

... was abbreviated, in part due to the Moscow School Board using our meeting place at Mercy Beanz in order to resolve the impasse between the teachers and the board. I guess we will excuse them this time. We decided to move to Friendship Square, which I thought was rather appropriate under the circumstances.

In attendance, the board was a little light (Carolyn, John, Steve, and Mary Jo from the staff). Mary Jo said Truman had been in a car accident, but has since recovered nicely, and seems to be in good shape.

Mary Jo then gave the store report. She has continued to pay its bills on a monthly basis. Accounts payable for last year at this time totaled \$4,434.00. This year the total was \$569.00. The new membership account has \$2,000.00 in it and sales at the Co-op have continued to improve. MJ also decided to hire a cashier, Karen Aldrich, who was willing to work flexible hours to help fill voids in the work schedule.

I suggested Mary Jo look into a money market account for the new membership account. A money market account has checking privileges as well as a higher interest rate.

Under new business there was some discussion as to whether workman's compensation was required. Mary Jo noted she had not been deducting workman's comp. from the Co-op's employees' checks. This raised the question of insurance, particularly liability coverage and whether the Co-op has been covered.

The next item on the agenda concerned improvements within the store. MJ said a new herb shelf was being built and she saw the need for a new display cooler and freezer. She thought the Co-op could triple its sales with a nice vegetable cooler and a display freezer. John brought up the point that until we get our finances together, it might be best to invest in the store rather than an immediate move. There remained a consensus that the Co-op should continue to look into the possibility of moving, but some cash-flow projections, business plan, etc. are needed before approaching a bank. Mary Jo mentioned some of the membership (i.e. older residents) requested the Co-op stay downtown.

The next board meeting was scheduled for Tuesday, October 6, 7:30 p.m., at Mercy Beanz. New prospective board members, and any other members, may wish to attend. This meeting will of course include the initiation of new members and learning the secret handshake. (Just kidding.)

MJ said she would investigate costs for a new cooler and freezer, as well as look into insurance.

Carolyn thought the membership letter for the October 24 membership meeting should include a form for volunteering, including, for example, work times available, job requested, etc.

Cleavers is an Herb

By: Rosemarie Waller

Cleavers is traditionally used for relief of kidney and bladder problems, because of its powerful diuretic properties. For the purpose of reducing weight or treating edema, cleavers is often combined with equal parts uva ursi and buchu, and one quarter part each marshmallow and ginger.

In addition, cleavers is often used as a wash to clear the complexion or used as a salve for scalds and burns. A tea is made by infusing one ounce of cleavers in a pint of hot water.

This information on cleavers is taken from the books Back to Eden by Jethro Kloss and The Way of Herbs by Michael Tierra. Cleavers is available in powdered form at the Co-op.

*There is no wealth
but life.* JOHN RUSKIN

New Products...

By: Mary Jo Knowles

Good news for almond lovers: it looks like a bumper crop, and lower prices. We now have organic almonds and bulk almond butter in stock.

We have added blue corn tortillas made by Garden of Eatin, and a new line of bread and muffins made by Carrington Catering of Moscow. These breads are made with no salt and sweetened only with honey.

Carlson's very fresh apple juice is back, so watch out when opening the big cooler. Also in the cooler, have you tried the new Crystal Geyser light seltzers? They're very good, and come in a variety of flavors: vanilla creme, peach, cranberry, and raspberry.

In the canned foods section, we've added San J. Teriyaki Sauce and Enrico's sauces (spaghetti, hot Mexican, and barbeque). Also, for quick meals, we now stock Hain's boxed pasta with sauce, in three varieties: Fettucine Alfredo, Italian Herb, and Creamy Swiss.

And in addition, we have plenty of apples, wonderful apples, at 29¢ per pound. Remember, an apple a day



Talkin' Earthship Blues

By: Jed Davis

-Stolen from and Sung to Woody Guthrie's "Talking Dust Blues"

Back in 1997
We had some Plants
And we called that Heaven.

The price was up
And the cost was down
And we sold 'lectricity
All through the town

Makin' money.
Lot's of the cool, green cash stuff.
Paid dividends to all the stockholders.

Then the coolant jammed
And the system crammed
And a big old 'HOT' cloud filled the land
It was a bustdown.
Kind of a permanent shutdown
There was a feller there called it
Meltdown.

So we swapped them plants
For a rocket machine
And filled it full of this liquid hydro-gine
And started
Rockin' and Rollin'
Out to the old red-dust bowl
Mars.

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Well way up yonder in the stratosphere
 With a screamin' engine and a heavy load
 We hadn't looked down
 We wasn't even stoppin'
 Just bouncin' up and down
 Like atoms poppin'
 When we saw the bio-sphere
 But it was good-bye O'Sphere
 Uninhabitable
 For the next million years!

We got out
 To the red planet broke
 So dad-burned hungry
 We thought we'd choke

So I dug up some Martian goo
 And my wife made up
 Some primitive-life-form stew.

We poured the kids full of it.
 Mighty thick stew though.
 You couldn't see nothin' through it.

I always figured
 Yes I always have figured,
 If that stew had been just a little thicker
 Them 'vironmentalists
 Wouldn't have seen through it.



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What's New at the Co-op?

By: Mary Jo Knowles

Fall is here, it's a fun time at the Co-op: new people, new volunteers and many of the regulars are back. The comments have been very encouraging with lots of pats on the head. We had such a productive profitable summer, the Co-op is no longer floundering, but swimming strongly.

At present, we are working on winterizing the store, doing past due maintenance on equipment, and up-grading our shelves. The search is on for a new bigger produce cooler and a display freezer--both needed additions.

You may have noticed a new cashier working evenings. Karen Aldrich is a paid cashier. She has worked in natural food stores for several years and is very knowledgeable with herbs and vitamins.



October is Cool.

By: Greg Meyers

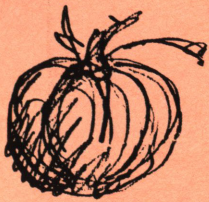
Frost on windows, brilliant fall colors, and early sunsets: October is a month for filling the woodshed, adding an extra blanket when making beds, and bracing for arctic air masses.

Those of us who have perspired through hot summer afternoons at the store may welcome this cooling of the hemisphere. Perhaps, at last, the carob coconut clusters will stop melting.

The store has been been staffed with many new volunteer workers in the past month. But there are still a few stocker and cashier positions open so... don't hesitate if you're interested. The Co-op also needs: carpenters to re-design and rebuild shelving in the store; someone who understands produce coolers to help us find a new one; and a flyer fanatic to help distribute (and design?) Co-op flyers. The store is also in need of wide mouth gallon jars for our herb section. Please help out!

Wednesday night, October 7, at 8:00 p.m. there will be a training session for all new volunteers. We will first go over store operation and organization, as well as how to work with the public. A session on working the cash register will be offered for potential cashiers. All new volunteer workers should attend or contact me.

Have a nice tofu. And watch out for next month's secret seedburger recipe.



Autumn Feasts

By: Rosemarie Waller

It's time to start using winter squash. Here are a few of my favorite squash recipes.

Pumpkin or Winter Squash Soup

| | |
|--|---------------------------|
| Pumpkin or winter squash (your favorite kind) | Water |
| Onion | Croutons |
| Butter or vegetable oil | Cinnamon, nutmeg to taste |
| Sea salt to taste | Parsley |

- *Cut the pumpkin open and remove seeds. Cut into 1 inch cubes
- *Slice the onion and sauté for a couple of minutes
- *Add the pumpkin and sauté for about 5 minutes, stirring
- *Add a cup of water and sea salt to taste, cover and let simmer 30-40 minutes, until pumpkin is quite tender
- *Some portion of the pumpkin can be mashed to thicken the broth
- *If desired, add some more water to make it soupy.
- *Heat and season with cinnamon and nutmeg. Garnish with parsley.
- *Serve with croutons or fresh french baquette

Baked Vegetables with Tofu Mayonnaise

| | |
|----------------------------|-----------------|
| Beets, cut in quarters | Onion, peeled |
| Potatoes, cut in half | Tomatoes, whole |
| Winter squash, cut in half | |

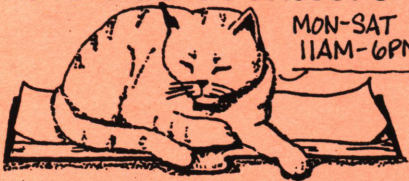
- *Place beets, potatoes, winter squash & onion in baking dish; add 1/2 C. water
- *Bake at 375° for 30-40 minutes.
- *Add whole tomatoes, bake 15-20 minutes.
- *Insert a fork into a potato or beet to make sure vegetables are tender

Tofu Mayonnaise

| | |
|------------------|----------------------|
| 1 lb. tofu | Garlic |
| 1/4 C. water | Lemon juice to taste |
| 3 T. soy sauce | Vinegar to taste |
| Ground coriander | Sea salt to taste |
| Thyme | Pasley to garnish |

- * Steam tofu in water and soy sauce for 1 minute. *Place in blender with all the seasonings and blend until smooth (add more water if necessary to blend)

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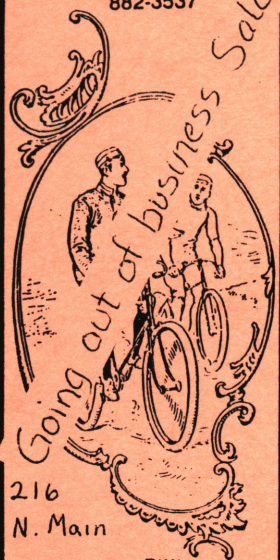
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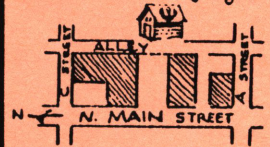


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