

Moscow Food Cooperative  
**Newsletter**

FREE!

APRIL 1988

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TYPIST: Kim Stockton

## WHEN THE CHIPS ARE DOWN

By: Candance Cloud

There are lots of interesting things one learns as a coordinator at the Co-op. Things like always order enough tofu, and then hoping it comes with the next delivery. (The enough part is as crucial as hoping it comes. I learned that the hard way).

Laugh and be happy if it does, laugh and find another place to get it, if it does not.

The same goes for chips. Some customers, myself included, went into withdrawl when all of our normally reliable distributors out-of-stocked us on the same items for a month. We finally got some chips and maybe our next delivery will come with all the varieties of chips I've ordered. (One also learns optimism is a valuable tool).

Currently, no one is able to deliver Edensoy in quarts. By the time this is printed, we probably will

have an abundance of this soy drink. No explanation has been given as to why there is a shortage.

But the shortage of wheat germ has been attributed to milling problems and failure of the wheat germ suppliers to deliver to our suppliers. I've been assured that this will all be cleared up by April.

There are lots of other things I've learned since starting work at the Co-op. The best thing is that there's always something new to learn. (Keep an eye out for more chips!)

## DR. ANN RAYMER chiropractic physician

Palouse Chiropractic Clinic  
(208) 882-3723

803 S. Jefferson  
Suite #3  
Moscow, Idaho 83843

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**STYROFOAM: IT'S CHEAP &  
CONVENIENT & EVENTUALLY  
IT'S GOT TO GO**

(Reprinted from the Arcata, Calif. Co-op newsletter)

It's cheap, convenient, readily available, sturdy, a great insulator and damages the environment perhaps beyond repair.

Some, but not all polystyrene foam (styrofoam is a brand name) products are manufactured with chloro-fluorocarbons or CFCs. Chloro-fluorocarbons, when released into the atmosphere rise to the stratosphere where they live for up to 100 years destroying the ozone, the thin layer that protects the earth from the sun's damaging ultraviolet radiation. During the manufacture of polystyrene foam, about 90% of the CFCs are emitted into the air. More escape during storage and use, and destruction, if that occurs.

World attention was first focused on CFCs in the mid '70s, when they were used as propellants in aerosol spray cans. Concern over the then-hypothetical effects on the ozone layer prompted a 1978 ban in the U.S. on CFCs in aerosols. But their industrial and manufacturing use since has actually increased, to the point where today a million tons a year of CFCs are released into the atmosphere. The result? From 1978 to 1986, there has been a reduction in stratospheric ozone of between 4.4 and 7.5%. And that's just in non-polar regions; over the South Pole, there has been a dramatic 50% loss in the ozone shield: a "hole" in the ozone layer.

What's ozone to me or you? Intact, the ozone layer screens out 99% of the sun's ultraviolet rays. For every 1% reduction in the ozone layer, another 2% of ultraviolet rays reach the ground, and for every 1% increase in ultraviolet rays, there are as many as 30,000 extra cases of skin cancer in the U.S. At the present rate of ozone depletion, the Environmental Protection Agency predicts up to 800,000 deaths within the next 88 years worldwide.

On September 16, representatives of 46 nations met in Canada to adopt a treaty pledging to cut use of CFCs by 50% before the turn of the century. But the treaty did not cover most Third World countries, where CFC use is increasing, and many environmentalists fear the action is too little, too late.

Nationally, Secretary of the Interior, Donald Hodel, caused a small scandal by suggesting that the solution to the problem of chloro-fluorocarbons was for everyone to wear hats, dark glasses, and plenty of sunscreen. Since then, the EPA has taken a more reasoned view and is expected to issue a new set of regulations regarding CFCs sometime soon.

Along with CFCs damage to the ozone, polystyrene is not biodegradable. Tons of the stuff are currently buried in landfills, where it will remain for eons. All this for the sake of carrying home your fast food, meat, fish, coffee to go, restaurant leftovers - all convenient but more or less unnecessary.

Last September the city of Berkeley, California moved to ban the use of styrofoam containers in fast food restaurants. As of January 1, 1988, the historic ban calls for the voluntary cooperation of take out food vendors in Berkeley to eliminate CFC processing packaging. Similar ordinances are already passed or in preparatory stages in Sacramento, Davis, and Santa Monica, California.

McDonalds, contacted in their home office in Ohio, reports they are working on a styrofoam alternation not only for Berkely, but nationwide.

But we are all discovering that alternatives are much more expensive and certainly not as convenient. But as Bill Shireman, executive director of Californians Against Waste explains, "Styrofoam does keep food warmer, but it could lead to the end of life on earth, and people are beginning to think that tradeoff may not be entirely worthwhile."

*Sales!*

Coffee, Sumatra  
reg 6.07

5.87/#

\* Garden Burgers 2 for 1.74  
reg 2.18

Westbrae Malted .72ea  
all flavors reg .90

Incense .92each  
long-reg 1.15

Pepper Jack Cheese 2.39/#  
reg 2.54

\* Bean Cheese burritos 3.64  
reg 4.05

\* From the new freezer

## YUMMY APRICOT BARS

By: Rosemarie Walker

If you are ready for a delicious dessert, try these bars! The recipe comes from the Whole Meals Cookbook by Marcea Weber.

- 1/2 cup chopped dried apricots
- 1/2 cup apple-cider
- 1 TBSP lemon or orange rind
- 2 TBSP grated ginger
- 1/4 cup chopped almonds
- 1/2 cup barley malt, rice syrup or honey
- 1/3 cup oil
- 1 egg (room temperature)
- 1 cup whole wheat flour
- 1 TSP cinnamon
- 1/4 TSP sea salt

Combine first flour ingredients together and set aside. Preheat oven to 180 degrees (C). Roast chopped almonds until lightly browned. Heat sweetener and immediately blend with oil until light and fluffy. (A food processor is excellent for this step). Continue beating and add egg. Stir the first mixture into this egg mix and beat well. Sift the last three ingredients and add almonds. Fold into egg batter. Oil baking sheet (6 inch X 8 inch X 3/4 inch) or (15cm X 20cm X 2cm). Spoon onto sheet and bake 30-35 minutes, or until skewer comes out clean when inserted into middle of mixture.

### TOPPING

Combine all ingredients except arrowroot in a saucepan. Cover and cook for 3 minutes on medium heat. Dissolve arrowroot in 1-2 TBSP cold juice. Stir into saucepan and bring to a boil, stirring constantly. Spoon on top of bars 5 minutes before removing from oven. Cool and enjoy!

MAKES: 12 slices

TIME: 1 hour

### TOPPING

- 1/2 cup apple juice
- 2 TBSP maple syrup
- 1/2 cup sliced strawberries
- 2 TSP grated orange rind
- 1/2 TSP sea salt
- 3 TSP arrowroot powder



ADMISSION NOW  
ONLY \$1.50

THIRD & ALMON

MOSCOW, ID 882-2499

## NOOP RODUX

By: Candace Cloud

For those of you who have a hectic schedule, we have a new "fast food" item. It is Golden Cous Cous vegetable parmesan soup which is produced by Nile Spice Foods. Just add boiling water and cover for five minutes while you turn on the radio, kick off your shoes, and read the comics page of the newspaper. After you've finished with Bloom County, a "light and satisfying soup made from pearls of Semolina wheat, garden-fresh vegetables, and a savory broth" awaits you. (The quotes are taken from the label and Truman tells me that the soup lives up to its label).

This is one of the foods that is both tasty and nutritious. One serving provides nine grams of protein and only one gram of fat.

For those concerned about their calcium intake, Golden Cous Cous can give you 8% of the U.S. recommended daily allowance.

The ingredients are natural and contain no additives or preservatives. So treat yourself to a quick, tasty meal one of these busy nights.



The  
Moscow  
Fine Crafts  
Co-op  
&  
Backtrack  
Records  
are moving in  
together!

Come visit us  
at 312 S. Main,  
Moscow

## THE MOSCOW FOOD CO-OP: SOYBEANS AND A WHOLE LOT MORE

By: Amy Gribb

Hippies, tofu, and yogurt. If these are the only images that the words "food co-operative" bring to mind, it's time to learn more about co-ops. Reasonably priced healthy foods, conservation of natural resources, protection of the environment, and support of the local economy are all a part of the Moscow Food Co-operative.

Fear of the unknown turns away many potential Co-op customers. The Co-op is simply a member-owned store carrying food items, health-care products, and a small selection of housewares and clothing. It is not necessary to be a member in order to shop at the Co-op although non-members pay an additional 7% on the prices marked. Becoming a member is as simple as signing a card and paying a \$7.00 per year membership fee. If \$7.00 seems excessive, consider that the membership pays for itself if you buy as little as \$9.40 a month. Spend more, and the membership saves you money.

Anyone can become a member of the Co-op. I have been a volunteer worker at the Co-op for two years and can attest to the fact that all kinds of people shop at the Co-op. A person sporting a three-piece suit is just as welcome in the store as someone wearing tai-chi pants. Birkenstocks are NOT required.

Upon entering the Co-op, rookies will find that developing the courage to open the door and cross the threshold is only the first challenge. A glance around the store reveals a very different type of shopping environment. Prepackaged goods are limited. Grains and beans peek out from small plastic windows in large bins. Peanut butter is not found in familiar glass jars, but in ten-gallon plastic buckets. A panicked thought ensues, "What if I don't want TEN GALLONS of peanut butter?!"

The lack of neat little packages at first seems an inconvenience, but upon further examination proves to have several advantages. Customers are not required to buy the whole ten gallons of peanut butter, but neither are they required to choose between pre-packaged sizes--they can take as much or as little as they want. Customers may bring their own containers or obtain one available (and always welcome as donations to the Co-op). Also, unlike commercial supermarkets where smaller quantities are relatively more expensive, the price of the item remains the same regardless of the quantity purchased.

Granted, washing old jars and toting them to the Co-op to be refilled is not as easy as the All-American and extremely wasteful method of throwing the old, empty jar away, driving to Tidyman's, and literally buying a new jar in addition to the food,

shampoo, or whatever is contained in that jar. However, when reusing containers, not only does a customer save the money she would normally pay for packaging, she participates in recycling in its easiest and most efficient form, thus conserving natural resources and reducing the amount of solid waste.

In addition to resource conservation, the Co-op participates indirectly, though significantly, in environmental protection by offering a large selection of organic foods--foods produced without the use of chemical fertilizers, insecticides, pesticides, or dyes. Purchasing organic foods supports farmers who contribute to a cleaner, healthier environment.

By consuming foods free from harmful chemicals, you also invest in your own health. Co-op foods are also healthier for the local economy. Whenever possible, products sold at the Co-op are obtained from local producers. Any profits the Co-op makes are put back into the store, instead of being shipped to company headquarters where they find their way into an executive's bank account. When the Co-op thrives, its members benefit in the form of store improvements and reduced mark-ups on items in the store.

Reduced mark-ups mean healthy foods at more reasonable costs. If your food budget is especially tight and you have a few hours to spare, you may want to consider being a volunteer worker. Volunteering at the Co-op earns substantial discounts on purchases and makes shopping at the Co-op even more economical. In addition to saving money and having the opportunity to meet people, volunteering provides the satisfaction of taking an active role in a worthwhile organization.

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### *If you are curious about Christian Science:*

*You are invited to share with us,  
a lecture by Margaret Rennie  
of Denver, Colorado, "Love  
Without Harm: It's Spiritual  
Basis"*

*Thursday April 21, 1988*

*7:30 PM*

*Moscow Community Center*

*no admission fee or collection  
sponsored by the Christian Science  
Society of Moscow. for more info  
call 882-3658*

## WHAT'S NEW!?

By: Mary Jo Knowles

Well...we have a new produce cooler. We're having a hard time filling it up. If you have any suggestions of new fruits or vegetables you would like to see in the Co-op, let us know.

We also have a new freezer. Keep checking the freezer for new frozen entries (all natural) and let us know what you think.

The Stratton's milk has been selling quite well, we've added another delivery day so milk is delivered Monday night and Thursday afternoons. Please rinse your bottles before returning them. Check out some of the other Stratton's dairy products: sour cream, whipping cream, and butter.

Carolyn Berman and Bille Moore have started the new shelves. Carolyn has finished the coffee and tea shelf and it looks wonderful (and is a space saving design). It should not be long until they are all done.

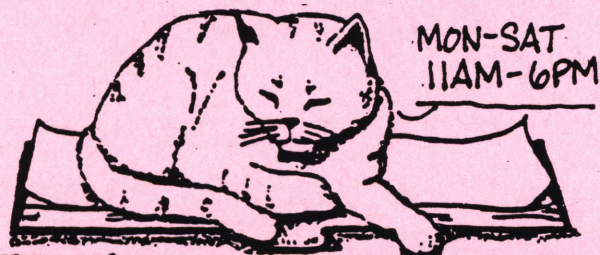
We have a new granola maker so we won't run out of Co-op granola as often. Another volunteer position that needs filling involves a person going to Spokane once a month to pick up supplies. If you go to Spokane a lot and would like to get a discount and gas money, talk to me.

*Come and Eat!*

*Don't miss the Coop's booth  
at the Renaissance Fair on  
April 30 & May 1*

*Brownies, cinnamon twists, bran muffins,  
sodas, coffee and fresh fruit!*

**Twice Sold Tales**  
**QUALITY USED BOOKS!**



MON-SAT  
11AM-6PM

*Sell-trade-visit the cats.*

220 W. Third St. (208) 882-8781

## BOARD MEETING

By: Steve Barr

What the heck is Graham Flour? Just one of the many important topics discussed at the March 2nd Board Meeting. A more informal gathering, with fewer pressing issues-- We had time to just talk about the store and share ideas. It was kind of nice not having to deal with some impending crisis or change in Co-op policy. Mary Jo noted January sales remained good, the produce cooler was paid for, and there had been two; yes, count them-- two \$1,200 Saturdays in a row! Mary Jo also felt the Co-op had outgrown its current space, especially when the store has a busy Saturday. George Mancini wanted to make sure the inventory figures were in line before approaching a bank or other funding source for a loan.

Steve Dotson brought up the idea of holding workshops, maybe once a month on special topics that the membership might enjoy, for example, "Bread Making", or "Foods From India". It may be an excellent way to generate more enthusiasm, interest, i.e. participation in your local Food Co-operative...hint, hint. Any volunteers or people interested in such an idea should contact Steve Dotson.

In other news, the board discussed changing the membership renewal to once or twice a year in order to alleviate some of the hassles with the present system, particularly lost membership cards and no record of membership payment.

Oh, the story behind the Graham Flour---according to a confidential source who will remain anonymous (a board member), it comes from the crumbs of kids left over Graham Crackers, heh, heh, I like that.

P.S. The Renaissance Fair is coming up, the end of April and May 1. The Co-op hopes to have a booth space again this year. Steve Dotson needs help on this fund raiser for the Co-op, so volunteer and get a Food Purchase Discount...Also, it's time for Spring Cleaning. Let's get those newspapers, cans, and glass down to the Recycling Center and donate them to the Co-op. Aluminum prices are the highest I have seen in years - 44 cents per pound!

*Come and Help!*

*If you can help at the booth  
at the Renaissance Fair-contact  
Mary Jo at the Coop! thanks!*

## JUST FOR KIDS (GROWN UPS TOO)

By: Sunshine Storholt

### THE TRUE STORY OF BOULDER THE BOBCAT

If you read last month's Newsletter, you will remember that Boulder the Bobcat jumped into the dynamite crate containing Catnip, the baby. While everyone was gone, Boulder made herself comfortable next to Catnip and fell asleep. Soon thereafter a man looking for the Storholt's drove up to the cabin where Catnip's family lived. When he discovered that no one was home, he started to walk back to his pickup when he spotted the dynamite crate hanging between the trees. Going over to investigate this strange sight, he found something even more strange: a baby and a bobcat comfortably and soundly asleep.

This shocked him very much but he didn't know what to do, so he hurried to his pickup and drove on to the Storholt's house which was nearby. In fact, this was where Catnip's family had gone to visit.

Upon arriving at the house, Freya Storholt went outside to see who had come. This man (whose name we can't remember) jumped out of his pickup and excitedly told her that he had seen a baby and a bobcat (at least he thought it was a bobcat) sleeping together in a box.

Everything was explained to him at this time; whose baby it was and that the bobcat was semi-tamed. Nevertheless, Abbie hurried home and found that Catnip was just fine.

After eating that litter of Kittens and nipping Abbie's heels, Boulder seemed to accept that pets and people are part of her family. But on occasion, Boulder would gently nip or claw an offender, i.e. a dog or a visitor.

Approximately 6 weeks after Catnip was born his family decided to move to Montana. They thought the move would be too traumatic for Boulder, so they left her with the Storholt's along with one of the Mad-dogs's pups who had been given to my husband for his birthday.

My mother-in-law (still being afraid about what Boulder might do to her cats) put her in a pickup cab for the first night that Boulder was left with them.

In the morning, she couldn't be found. This greatly upset everyone until they heard her cry and discovered that she had crawled up into the vent system of the pickup. As hard as they tried, they could not get her out. So, they went into the house and ate breakfast. When they went back to the pickup, Boulder had crawled out on her own.

Boulder made herself at home, becoming good friends with Bark, the housecat, and especially with Cedar, Mike's pup. They would stalk each other and Boulder would attack Cedar. In fact, I think Cedar thought he was a bobcat which later became evident.

Boulder and Cedar would go off hunting together and they must have made quite a pair as they always came back satisfied.

Next month, I will tell you what happened when they started hunting porcupines.

To be continued in next month's Newsletter. Be sure to pick one up.

CAUTION: Please leave baby animals in the woods where they belong for their safety and yours. You never know when the mother might come back and she might hurt you.

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### Food First/ Christic Speakers

May 5, 7:30PM Simpson Methodist Ch., 325 Maple, Pullman  
Speakers: Medea Benjamin, Institute for Food & Develop't  
Policy (Food First)

Wendy Marks, Christic Institute  
Forum: "Exposing the Secret War in Central America"  
U.S. food aid and development assistance, drug  
trafficking, covert action, and weapons deals as they  
relate to the low-profile war being waged throughout  
Central America.  
Free. All welcome. Desert and coffee will follow.

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# MOSCOW RENAISSANCE FAIR

APRIL 30 & MAY 1

AMONG THE TREES AT EAST CITY PARK

CELEBRATE SPRING!!!

CELEBRATE BELTANEVE (MAY EVE)

-one of the GREAT HOLIDAYS  
of the Old Tradition -

We can collectively create a  
Culture of LIFE!!!

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