

Moscow Food Cooperative Newsletter

FREE!

December 1988

MAKE YOUR NEW YEAR'S RESOLUTION "OILY"

By Candace Cloud

Although we are still in the midst of all the holiday hustle and bustle, it is not too early to be thinking about those healthful resolutions we all make on New Year's Day.

A lot of attention in the media has been focused on cholesterol levels this year and one of the ways to help your cholesterol level (besides eating a ton of oat bran) is to watch the kind of oil you use in preparing you meals.

First, lets look at refined versus unrefined oil. Except for Canola oil, which must be refined in order to be edible, unrefined oils are better for you. The difference is that unrefined oils retain more of their flavor and do not contain as many trans-fatty acids (no-n-'s in the land of low cholesterol).

Trans-fatty acids are produced when oil is heated from 325 degrees to 375 degrees which is what happens during the refining process. So I vote fo using unrefined oils. (Be sure to keep the cooking temperature below 300 degrees when using them at home).

Now, which kinds of unrefined oils are best? Most people

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

Editor: Bill London
Graphics: Karla Fromm
Advertising: Peter Basoa
Typing: Kim A. Stockton
Stapling: Kenna Eaton

Open Monday to Saturday 9 a.m. - 7 p.m. Sunday Noon - 4 p.m.

prefer olive oil because it reduces HDL's (the bad high density lipoproteins that raise your bad cholesterol level). It doesn't reduce LDL's (good low density lipoproteins). Olive oil is also good for other body functions including keeping kidney stones at bay.

Some people prefer sunflower or safflower oil because they have a more subtle flavor. However, these oils reduce those bad HDL's and the good LDL's. If sunflower and safflower oils are balanced with olive oil your good health should be insured.

So, enjoy a healthful New Year!

Buy a membership or
renew your old one-
Membership dollars
go towards improving
your Co-op!

Day - MW 123284 N48

BOB THYBERG: VOLUNTEER OF THE YEAR

By Jerry McGovern



As I walked up to the Moscow Food Co-op to interview Bob Thyberg, I noticed with admiration his 1969 Dodge window van parked outside. It had evidently been well cared for, as its paint was intact and the body sported no dents.

Once inside I found Bob to be the kind of person that sneaks up on you with his 68 years. Outfitted in blue denim, sweatshirt, and face with clear blue eyes showing through silver-rimmed glasses, he is what you and I hope to look as good when we reach that age.

Bob was born and raised in Nora, Illinois, population 189. When he was five, he remembers his father saying "a country the size of the U.S. could make a living off of just what we throw away." That observation, combined with the relatively

good prices during the Depression for copper, aluminum, and brass, led Bob and a group of friends on a scavenging hunt that was to provide them with pocket money until they were late into their teens. With pipe, washtubs, and plumbing and electrical fixtures wired onto the frame of his bicycle he would haul the precious booty home from the neighboring farmers' private dumps back to his yard. The resulting piles of material would be picked up, paid for, and hauled away by a friend from town. "At 35 cents a gunny sack, I was rich for those days."

Bob's interest in living things led him to courses in agriculture science in high school. After graduation, he joined the Civilian Conservation Corps and then worked for the Soil Conservation Corps. With the arrival of WWII, he joined the Navy for six years and toured most of the Pacific and Europe. With the decommissioning of his ship, Bob was ordered to throw away all of the brass fixtures on board. "One of the saddest days of my life was to see how our government wastes so much," says Bob.

After the Navy, Bob attended the Chicago Technical Institute for training as a carpenter. He then joined the Carpenter's Union, of which he has been a member now for forty years. There was a work slump in the latter half of the 1950s in Illinois, so Bob headed out West. He had heard of a dam being built up in Northern Idaho. After staying with family and friends in Spokane and Pullman, he found work and settled on five acres just outside of Moscow in 1958.

Bob first heard about the co-op in 1973 through his stepson. Drawn by the good food, Bob soon began to be a regular. One day, a co-op worker with an ever-ready eye for resources asked Bob if he would use his van to haul some things to the recycling center. Bob was happy to help out. His van quickly became an indispensable resource and Bob began making regular trips. With Bob's skills as a builder he soon became involved in plumbing and electrical maintenance, shelf building, and finally, the design and construction of the walk-in cooler. A lot of the structures within the co-op are the result of Bob's effort.

Recycling, though, has been Bob's main focus. Through his determination to avoid wastefulness his list of recyclables at the Co-op is ever growing. This inventory includes many different kinds of office papers, cardboards, glass containers, cans, paper sacks, and produce scraps all of which must be separated according to form, color, and/or chemical makeup. Container technology is rapidly changing both from materials research and citizen concern about the environment and Bob is continually confronted with new products which must be managed. He is responsible for the processing and transport of these materials to the recycling center. How many hours a week does he put into his work? "A lot" he says.

What Bob's father had said when he was a small boy seems to have become the seed for a philosophy of caring for the environment and our welfare in general. "Healing the Earth" are Bob's words for summing up his work in recycling and his activity as an organic gardener. "People are starting to come together again. They are starting to feel the need for this Earth."

As we said goodbye, I expressed my admiration of the Dodge van out front. "Third motor" he informed me.

OUR 15TH ANNUAL MEETING

by Lynn Lloyd

The annual membership meeting was an enjoyable event this year (our fifteenth year of existence). There was music, sweet music thanks to an un-named band of women, who by now probably have a name for their band since we had a "Name the Band" contest. (Editors note: Yes, the band has a name: "AURORA" - and Lisa Cochran won the \$15.00 gift certificate for suggesting it). So the main event was, of course eating. The business portion of the meeting commenced mid-evening, wherein employees Mary Jo Knowles and Susan Lifton presented their updates on new happenings at the Co-op. Fritz Knorr talked on behalf of the Board and all of the above events were embellished with visual aids of questionable quality.

Basically the business news was good. The desire to move the Co-op to obtain a bit more floor space was reiterated. The Board wanted to clarify that they would survey the available options when the time to move came they would make preliminary decisions and then bring the option(s) before the general membership for approval.

These steps were approved by the attending members with a unanimous vote. Mary Jo stated that her intended goal was to have the Co-op moved by the end of August of 1989. Candace Cloud was elected to the board (to fill the last open position) after which the floor was open for discussion.

The questions were raised as to what had happened to the health insurance that employees had a few years ago. Mary Jo explained that the coverage was allowed to lapse when Ginger was manager and the Co-op was upon hard times. The question was raised as to what we were doing differently now that has helped improved business. Any ideas out there? Someone asked about carrying wine or beer. Right now space is the limiting factor.

Generally speaking, support of the present staff was expressed and harmony seemed to be in the air.



WHAT DOES "ORGANICALLY GROWN" MEAN?

By John Hauser

Currently ten states have law defining how food must be growing in order to be called "organically grown." Those states are: California, Maine, Minnesota, Montana, Nebraska, New Hampshire, North Dakota, Oregon, Vermont, and Washington. Similar Legislation is pending in Colorado, Iowa, Kansas, New Mexico, Texas, and Wisconsin.

Oregon (one of the first to adopt that legislation) defines "organically grown" as "a crop produced without pesticides (synthetic), synthetic fertilizers, or other chemicals [allowing the] soil humus to be augmented only with natural matter and soil minerals with only natural mineral material."

The Food and Drug Administration (FDA) sets "safe levels" of pesticide residue in foods. States with legislation defining the term "organically grown" may allow some percentage of the "safe level" set by the FDA. For example, New Hampshire allows only 1% of the FDA's "safe level" while Oregon, California, Montana, Minnesota, and Maine allow up to 10% (because of spray drift and contaminated soil, pesticide residue free crops are not always possible).

The amount of time between the last synthetic (chemical) treatment and sale of product also varies from state to state. California allows one year while Nebraska will require three years of "synthetic free" production by 1990.

Although adequate funding for legislative enforcement by state agencies may be lacking, the legislation now on the books provides a basis for civil suits by the public for fraud or deception regarding the use of the term "organically grown."

"Organically grown" foods at the Moscow Food Co-op are certified by Certified California Organic Farmers (CCOF), (a private certification group dedicated to improving soil fertility through natural means), or must meet standards set by the state of Montana. "Organically grown" produce is accepted by the Co-op staff from local growers with the assurances of the grower that the produce is, in fact, "organically grown."

Although legislation defining "organically grown" food varies from state to state, it does provide a means of certification and a legal basis for civil action. The United States Department of Agriculture (USDA) is considering some form of national legislation regarding "organically grown" produce.

Rhema Word-Processing
Typing • Writing • Editing • Laser-Printing
Theses • Dissertations
Résumés
Newsletters
Ads • Poster • Flyers

**602 S. Main
Moscow, ID 83843
Ph.: 882-5546**

WE'VE MOVED!



JUST FOR KIDS

By Sunshine Storholt

As the days grow shorter and shorter I am sure that you spend more time inside just as I do. That is valuable time that I feel could be spent more wisely than in front of a television set.

In Norway, where I lived until I was eleven years old, television was unknown to me, or for that matter, unknown to anyone I knew. I remember seeing one in a store window when I was about ten, but it was unplugged so I did not see much.

We did have radio and I especially remember Friday nights for there was a childrens program every week. But for the most part, we had to find other ways to amuse ourselves.

For my family and my friend's families that meant books and libraries. Even today when I am in the library I lose track of time. I spend hours and hours choosing books to read. Then when I bring them home it can take hours to figure out which book to read first. It is sort of like Christmas or a birthday when you don't know which package to open first, and then which toy to play with first.

People call me a "voracious" reader (there is a word for you to look up in the dictionary) and they are right. I love to read!

To me, there is nothing more pleasurable than to curl up on a couch or in a chair with a good book on a rainy day. That is what my mother and I used to do when I lived at home and it is one of my fondest memories. Before I was able to read, my parents and my older brother, Tom, would read to me and that is where the chain of pleasure began. Each and every book that I have read in my life has added to that chain. Today I am just as excited about books and libraries as I was when my mother took me to the library for the very first time.

All you need is a book and your imagination and you can see the world both past and present. You can travel in space and experience our planet in NON-FICTION which is a true and factual account or FICTION which is a book or story made up in the mind of the author (writer of the book).

Our local library, or any library, contains many treasures and hours of fun which will continue for a lifetime.

Ask a parent or other adult friend to take you to the library for an afternoon and you will see what I mean. There is something there for everyone.

P.S. Parents - if your children are not old enough to read, read to them. If they ask you to take them to the library-- please do. There is so much to gain from reading, a whole new world to explore and while you are there, pick up a book or two for yourself also.

BOOKKEEPING HELP

By Mary Jo Knowles

As Candance, Van, and I stumbled along setting up the computer, one thing became very apparent. We need HELP! It was not the computer that was the problem, it is just that none of us understand accounting well enough to set up the program. We had several leads on different agencies, but none worked out.

Then we met Phyllis. Actually I have known Phyllis Reasoner for many years. We both lived in Orofino in the early 1980s during the "back-to-the-land" movement. After I moved to Moscow, she and her family moved to Washington, D.C. After four or five years in D.C., they decided that was not the answer either so they moved to Genesee.

Phyllis has a B.A. in Business Administration and is a CPA candidate.

We have been very pleased with her confidence, easy personality and abilities to piece it all together. Although we had 90% of the program ready to go, that does not mean it was done right. That has been the challenge for Phyllis: to figure out what we were doing.

CAFÉ SPUDNIK

OFFERING A NEW
DINNER MENU -
EXPERTLY PREPARED



CALIFORNIA /
NORTHWEST CUISINE
NORTHERN ITALIAN
COUSINE

Espresso for a New Era
215 S. Main Moscow 882-9257

Twice Sold Tales QUALITY USED BOOKS!



MON-SAT
11AM-6PM

Sell-trade-visit the cats.
220 W. Third St. (208) 882-8781



CHRISTMAS GIFTS

By Mary Jo Knowles

If you need Christmas-type gifts there are plenty of potential presents here at your Moscow Food C-op.

We will have lots of the same old organic stuff: carved wooden combs, spice bottles, potpourris, tangerines, and kiwi fruits, tea balls, St. Maries Wild Rice (still on sale complete with recipe booklets), exotic coffees and teas (the only organic coffee in town), a wide selection of Guatemalan weavings, and all-cotton hot pads from a local hot-padder.

In addition, we have a full selection of wooden toys from Ecuador. Father Martinez, who is in charge of the toy-making project, came to Moscow and our Co-op to bring us some. We were all so inspired by his work that we decided to sell the toys and donate our markup amounts to the project.

The following is some information about Father Martinez and his work: Marco Martinez, 50, is a Catholic priest in Turi, an Indio parish near Cuenca. Father Martinez' visit to Idaho was sponsored by the Idaho chapter "Partners of the Americas." Cuenca is the third largest city in Ecuador (approximately 200,000) and is located South of Quito. The parish Turi consists of 18 communities and about 6,000 people.

Father Martinez is the coordinator of Turi Training Project. Target groups of the project are children and teenagers. The project provides training in the following areas:

Textile (traditional skills: spinning, weaving, knitting, embroidery, and sewing)

Carpentry (wooden toys, furniture, assisted by a carpenter from Austria)

Painting

Music

Twenty children, orphans or from problem families, live with Father Martinez in Turi. Two-hundred children receive training in Turi, but live in the surrounding areas.

Currently a dormitory for thirty is being built. A grant from the "Partners" helped equip the carpentry shop (electric and hand tools) and the textile shop (sewing machines, knitting needles).

A three-story multi-purpose building is near completion. The first floor will be used as a shop to sell the handcrafted items. The second floor will be a library, the third floor a medical center.

YES, WE HAVE GARLIC

The fall garlic harvest is in and we have plenty on hand. We sell locally grown organic garlic for \$2.25 per pound and commercial non-organic garlic for \$1.69 per pound.

Here is some information about garlic, courtesy of Frontier Herbs.

One of the earliest cultivated plants, garlic is thought to be native to central Asia. A small, pungent member of the onion family, as a seasoning it may be used for anything except sweets. It is especially flavorful with soups, salads, fish, poultry, meat, eggs, sauces, dressings, breads, grains, and vegetables. Use long, slow heat to soften the flavor of garlic, as high heat will produce a bitter flavor.

You can easily store garlic bulbs through the winter. They should be dried in the fall for winter storage and put in paper or net bags in a cool, dry place (ideally 35 - 40 degrees F at 60-70% humidity). Since garlic has little or no odor until the bulbs are cut, they can be stored anywhere.



the Briarpatch

Fine Used Clothes,
Household Items and
Consignment

224 W. Third St. Moscow
(Next door to the MICRO)

Tues-Friday 10-6
Saturday 11-5



527 SOUTH MAIN ST
MOSCOW
882-0780

Hours: 11-8 Monday-Thursday
11-9 Friday & Saturday

DR. ANN RAYMER chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843



A MERRY UN-CHRISTMAS TO YOU

By Bill London

It is not only the mounds of catalogs that fill our mailbox or the storefronts decorated so enticingly this season. Probably it is also the useless gee-gaws and overpriced plastic thrust at us this time of year, all in the name of "giving." Plus, I am starting to resent the subtle patriotic reminders that our continued "prosperity" and the size of the American Gross (and I do mean gross) National Product are bases so much upon this sandy foundation of holiday purchases.

Yes, I am borderline anti-Christmas.

These not-in-the-spirit ravings are prompted, in part, by two recent visitors to Moscow, who both tried to lift the curtain of the Smiling Santas to reveal a glimpse of the realities behind. The most recent visitor was Jello Biafra, creative force of the now-deceased band, the "Dead Kennedys." He recently spent \$70,000 and more than a year of his life fighting obscenity test case--charged with distributing to children, in one of his albums, harmful materials (a print of a painting that had been shown and reproduced elsewhere without legal challenge). Among other things, Biafra reminded us that those who manipulate and control American Popular Opinion now are anxious to see a nation of "Work-Buy-Die" consumerism, where divergent opinions and messages can be labelled crack-pot or obscene and eliminated.

Moscow's other relevant visitor was Mercedes Salgado, a woman born in El Salvador who joined Christian communities and then trade union to help the impoverished in her country. Later, in the face of Salvadorian/American repression, she saw no alternative but to join the FMLN, the revolutionary independence movement there. Forced to flee for her life, she now lives in the United States, representing FMLN. Salgado explained that it is just not right or fair for wealth to be distributed so unevenly in the world (In El Salvador, for example, two percent of the people own 80 percent of the wealth). The mindless over-consumption and opulence in the United States defies any standard of justice. And the impoverished populations of the Third World, that American abuse so casually, are awakening.

All of which relates to the warped priorities of Christmas.

But now the good news: these ravings will be less common in the future. I will be editing this Newsletter every other month from now on. Nancy Casey has volunteered to alternate issues with me.

Oh, by the way, to give praise where due--Fred Wallin, local behind-the-scenes- agitator, was responsible, more than anyone else, for bringing Biafra and Salgado to town. He certainly has my thanks.

Remember...

Local milk in glass bottles?
We've still got it.

Milk in recyclable glass bottles
from Stratton's Dairy in Pullman.

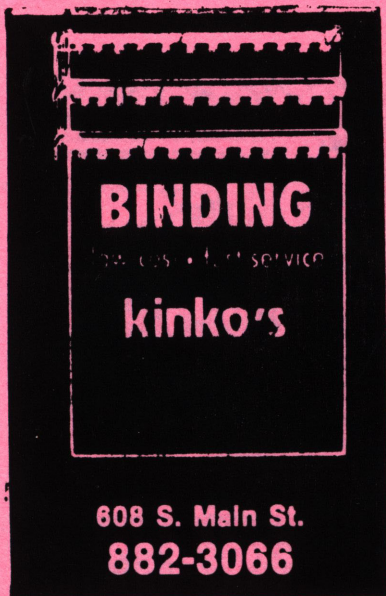
The
Moscow
Fine Crafts
Co-op
312 S. Main,
Moscow

Animal Care Center
Kathy Babson, D.V.M.
328 N. Main Moscow, Idaho 83843
(208) 883-4349

Bookkeeping Services for the Small Business

- We develop bookkeeping systems ✓
- Set-up internal controls ✓
- Prepare financial statements and tax returns ✓
- Answer accounting questions ✓
- Prepare you for an audit ✓
- Computerize you bookkeeping ✓

Call- No charge to discuss your needs. 208-285-1436
Phyllis Reasoner, P.O. Box 33 Genesee, ID 83832



BINDING
Business • Full service
kinko's

808 S. Main St.
882-3066



Main Street deli
*Sunday
Champagne
Brunch*

Full Service,
Live Music,
Champagne,
Fresh Flowers,
Lovers and a
Great Host
Sundays
9am-1pm
Reservations accepted 882-8945