

Moscow Food Cooperative

NEWSLETTER

FEBRUARY 1988
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The New Look

By: **Bill London**

You may have noticed that the Newsletter looks different this month. Gone is the stapled binding, the three folded pages, and the booklet format. Replaced by this one big twice-folded sheet. At least temporarily replaced, depending on what you think.

This format is less expensive to print, perhaps easier to read, more newspaperish (if that's a positive value). It does allow for much less space, however, so the total amount of copy is reduced by about one-fourth.

Do you like it? Would you prefer a return to the booklet format? Please let me know-- harranging me on the street is permissible, or an anonymous note in the brown envelope in the managers' office is fine, even mentioning your opinion to the co-op staff will suffice. Your opinion will help determine the shape of the March Newsletter.

And on a different subject: last month I mentioned Jim Croft's willingness to bind the past issues of the Newsletter into a book (I also noted that I was missing one issue--June 1987--

and have since received two copies, thanks). Well, I'm sorry to report that Jim and Melody's home/workshop burned to the ground last month. It was a delightful earth-sheltered hand-built dwelling that contained, unfortunately, all their musical instruments, tools, crafts, and other personal effects. It is, to say the least, tragic. But there is something we all can do to help. Their friends hereabouts are sponsoring a raffle. A dozen local artisans have donated hand-crafted items that you can win, just by buying a ticket. Tickets are for sale at several Moscow locations, including the Food Co-op.

February 1988

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Reporting on the "Move the Store" Survey

By: Lynn Lloyd

The general consensus of the survey was "move if it seems financially judicious" to a spot with a little more room and better parking. There was concern, however, about over-extending ourselves and caution was emphasized by many. A downtown location was favored almost unanimously.

Out of 26 people returning the survey, 14 favored a move, 4 were against, and 8 weren't sure. Of the "yes" responses, reasons cited included:

- more space - 12
- better parking - 6
- expand and grow - 5
- better receiving - 1
- purchase as an investment - 1

Of the "no" responses, reasons included:

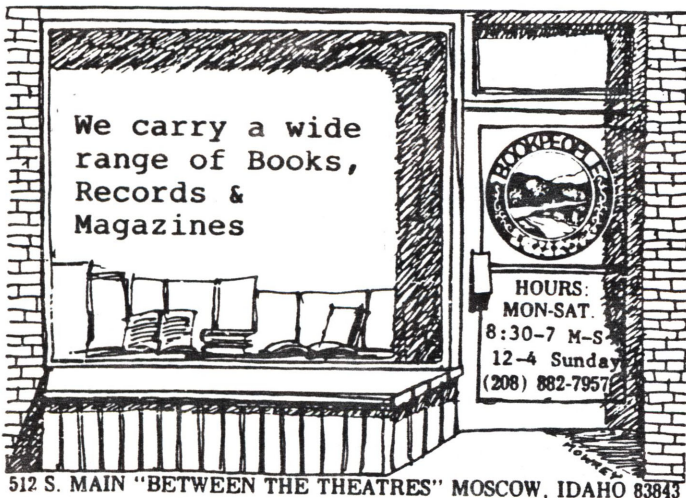
- like the present size - 4
- financial - 3
- like the present location - 6
- improve present interior - 1

Concerning the rent, buy or lease/option question:

- rent - 0
- lease/option - 1
- buy - 13
- depends on finances - 8

Parking was important to 23 of the 26 who responded, and 11 felt the present parking was adequate while 14 felt it was inadequate. Twenty-one of the 26 felt the co-op should include a deli and/or bakery and 6 felt we should sublet to another business.

Possible changes included wheelchair access, beer and wine, better coolers, emphasize quality, more gourmet items, meat, separate craft section, more produce, and use paper bags for produce instead of plastic.



310 S. MAIN
MOSCOW, ID.

**MOSCOW
FINE CRAFTS
COOP**

HOURS 10:00-4:00
TUESDAY - SATURDAY

Board Meeting

By: Steve Barr

The Board met at Mercy Beans January 7 and heard the news from Mary Jo that 3 of the 4 co-ordinators were leaving. Another period of transition for the Co-op, Act IV Scene II. Greg may be returning after a month, but Karen will leave at the end of January for L.A. and Rosemarie possibly a month later.

Some of the board expressed thoughts of having a full-time manager. Rosemarie had suggested to Mary Jo of hiring two co-ordinators--1 person doing the ordering and books, another taking charge of displays and volunteers. The decision by the board was to let Mary Jo assume the role of interim manager. With the additional responsibilities, the board voted to increase Mary Jo's wages by .50 an hour. We also talked about getting a person as a cashier hired on the Federal Job Program offered through the Job Service.

Financially, there was additional concern by the board over a discrepancy in accounting for several thousand dollars in the balance sheet. It was determined there might have been an adjustment of the inventory figures for the month of October by the Co-op's accountant, Ginny Kuska. Mary Jo reassured the board that December sales were fine and things seemed back to normal.

In other news, Truman said the Co-op was accepted by the Small Business Institute at WSU for an evaluation. We should get some valuable input sometime this Spring. The board also discussed information gained from the surveys about moving. The results should be written up in this or a future newsletter. And finally look for the Co-op float in the Mardi Gras Parade... I'll let it be a surprise.

Moscow Food Cooperative
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Recycling for the Co-op

By: Steve Barr

Instead of high-tech garbage burners, or bigger landfills, what we really need are more people willing to separate their trash at the source - their homes. Then all that's needed is a trip to the Recycling Center.

So folks, let's do our part by doing a little "source separation" of our own. You can now donate your recyclables to an account set up in the Co-op's name. Once your recyclables get weighed, the Recycling Center will give you a receipt and the Co-op will get a check once a month.

This is a great project to get the kids involved in, and why not make it a family outing once a month? The Moscow-Pullman Recycling Centers are really very interesting places to visit with all kinds of equipment to process the different materials. This can not only be an educational experience, but a real fund raising activity for the Co-op. Last Saturday I took 1/2 lb. of aluminum, 28 lbs. of glass, and 46 lbs. of cardboard and high grade paper to the center for a total of .71 cents. Not a lot, you might say, but if just 1/4 of the membership takes in \$1.00 worth of recyclables each month, that's \$150.00 a month to the Co-op, or \$1,800.00 a year!

And you ask, how do I do this? The following information will give you some guidelines so far as what is recyclable and what is not. For additional information, you may want to contact the Moscow-Pullman Recycling Centers at 882-0590 (Moscow) or 332-7600 (Pullman).

ALUMINUM: Cans can be crushed or uncrushed. NO aluminum foil, TV dinner trays or aluminum twist tops (off glass beverage containers) or scrap aluminum. The foil products must be kept separate from scrap aluminum and cans.

Current prices:

- Aluminum foil: .05 lb.
- Clean Scrap Aluminum: .10 lb.
- Aluminum Cans: .36 lb.

NEWSPAPER: Bundle with twine in a 1 foot cube or place in grocery sacks. NO magazines or slick advertising inserts. NO phone books unless you tear out the pages and throw away the cover and the binding.

Current price:

- Newspaper .01 lb.

GLASS: Sort by color - clear, green, or brown. Remove lids (plastic lids must be discarded, aluminum and tin saved). Separate by color into grocery sacks or boxes. NO pane glass from windows.

Current price: .025 lb.

CARDBOARD: Flatten and stack in a larger box (like record albums); or bundle with twine. NO gray or "Japanese Cardboard," usually a yellowish color that tears easily and has

a gray newspaper core (most foreign products are packaged in this material). NO cereal boxes or similar paper products. NO newspaper, NO asphalt tape, NO six pack containers. Grocery sacks are o.k.

Current price: .01 lb.

LEDGER PAPER: Sort white, colored, computer paper, and computer cards and box or bag separately. This newsletter is high grade ledger paper; the cover is usually colored paper and the rest of the newsletter is generally white. NO tape, stick-um memos. NO mailing labels. NO slick paper. NO carbon paper or carbon duplicating paper. NO newspaper. NO onion skin or erasable typing paper. NO envelopes, especially cellophane. NO bindings, glued materials, or paper clips. Staples are o.k.

Current price: .01 lb.

REFILLABLE BOTTLES: Beer bottles are purchased individually or by the case. Remove caps and place with tin cans. Refillable brands include the following:

- | | |
|----------------|----------------|
| Bohemian | Buckhorn |
| Rainier | Rheinlander |
| Bavarian | Lucky |
| Heidelberg | Beer-Beer |
| Hamms | Blue Ribbon |
| Columbia | Lone Star |
| Micky's | Blitz Weinhard |
| Olympia | Henry's |
| Stubby Bottles | Tavern Tails |

Current price:

- .40 per sorted case
- .30 per unsorted case
- .02 per quart bottle in above brands
- .07 per individual pop bottle
- .15 per quart pop bottle, Pepsi-Cola products only

The Moscow-Pullman Recycling Centers also accept the following items, but do not pay for them:

FIBER EGG CARTONS

TIN CANS - rinse, remove label, and place in bag or box. NO need to flatten.

CAR BATTERIES

DIRTY ALUMINUM - Screen doors, etc.

USED MOTOR OIL - Place in a plastic milk jug or non-breakable container.

Twice Sold Tales "the blue bookstore"



quality used books
220 W. Third St. (208) 882-8781

Moscow Food Cooperative
NEWSLETTER

What's New?

by: **Mary Jo Knowles**

Lots of changes in the staff here lately: Greg is on leave for a month (or longer) and Karen has left for school in California. Candace Cloud (after faithful service as our janitor) has climbed the co-op corporate ladder and now occupies Karen's rung.

And we have new products. We now carry milk from Stratton's Dairy. It is pasteurized and homogenized (not raw), but it does come in reusable glass bottles and is fresh from this local dairy. The bottles do require a sixty cent deposit.

And chocolate freaks take note--we now have Chocolate Mountain Chocolate Sauce, in the small bottles on the freezer. Yes, it's good.

For kids, or anyone else who thought the rice cakes were too big, we now have Mini Rice Cakes from Hain.

We also have two kinds of cheese substitutes, both made from tofu. SoyKass acts like cheese (melts) and tastes good. Soymage doesn't melt, and according to many reports, is not all that tasty. In terms of ingredients, the difference is that Soymage is totally lactose free--very important to those who wish to avoid milk products entirely. SoyKass, on the other hand, is made with calcium caseinate, a milk source protein.

On a different note, our thanks to all who helped with our year-end inventory on January 1. With so many eager helpers, we were done by 2:00 p.m. and home in time for the big game.



the Briarpatch

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Household Items and
Consignment

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(Next door to the MICRO)

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Just for Kids

By: **Sunshine Storholt**



Why does it get cold? And why does it snow?

Those were questions I asked my father when I was a kid and even though I grew up in Norway far away from America, the answers are still the same.

If the earth did not tilt on its axis we would not have the four seasons. As the Northern half of the earth, which we live on, tilts away from the sun in the winter, the rays of the sun have to go through more layers of the atmosphere (air). This is why it gets cold.

The air absorbs moisture mostly from our oceans since they are our largest bodies of water. This process is called evaporation. As this moisture is drawn up, it goes through many layers of air with varying temperatures. This causes the formation of ice crystals. As these ice crystals move down through layers of cold air, snow flakes are formed and this is why it snows.

Snow or rain tends to collect in what meteorologists call low pressure areas. When these low pressure areas pass over us, we have our rain or snowstorms - snow if the air is cold and rain if the air is warmer.

As we go higher into the mountains and plains there is more snow, and there are even places in tropical areas as well as the northern hemisphere where the mountains are high enough to have perpetual snow (it never melts).

Now you may have thought that there is snow just for your enjoyment so you can sled, ski, and build snowmen, but that is not true. Snow is good as it keeps our creeks and rivers flowing and protects our plants from winter's frost by retaining the natural heat of the earth. It also gives our fields and forests a chance to rest.

Snow can be bothersome and sometimes dangerous. It can pull down telephone and electric lines, leaving us without heat, lights, or a way to call for help.

Keep hats, mittens and warm boots on as hands and feet get cold first and we lose 90% of our body heat through the tops of our heads.

Another neat thing about winter is watching our parents as they slide into ditches and have minor fender benders. They probably don't think it's funny, though, so maybe you shouldn't laugh.

Enjoy winter and snow, but use your head, dress warmly, stay close to home and oh yes, buckle up.

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843

Better Produce at Our Co-op

By: Rosemarie Waller

On January 15th we changed our produce company. We now buy from Keiner Produce in Spokane instead of Produce Supply. You probably noticed a difference in the freshness, quality and price. Now three times each week we get produce that looks like it just got harvested. The prices are lower too. For example, one pound of mushrooms are now \$1.75 and before they cost \$2.14.

This new company also offered us organic produce, which I would like to carry, if the prices are reasonable.

On the shelf above the peanutbutters, you will now see a new fruit spread (Polaner, ALL FRUIT, from Keiner Produce) without sugar, only fruit juice sweetened. We carry strawberry flavor but can get grape, orange, raspberry or black cherry. Ask the staff if you have any special desires for exotic foods or vegies. We do our best to fulfill your needs.

I'm happy and excited for our co-op, and if you would like to see us continue to improve, support us and shop for your fresh vegetables and foods in your store - the co-op.



Quality Instruments, Amps and Equipment

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309 S. Main St.
Moscow, ID 83843
882-1823

Comments from the "Committee for Finding a Nicer Store."

By: George Mancini

Last week several of the board members and Mary Jo visited one of the prospective stores. Truman should have the paperwork for the financial status of the Co-op ready for the February meeting. Mary Jo says that the results of the current (January) inventory will be presented at the February meeting.

The "find a nicer place" project is still rolling along. It is just rolling much slower than we had anticipated. All of the loose ends should be brought together at the February board meeting.

Sorry that this seems so scattered, but there is really nothing that can be said until after the February meeting. Everyone is still very positive about the move, but the reality of the move depends on what all of the financial information balances out to.

COOP SPECIALS
FEBRUARY
it's a
BLACK & WHITE
sale

BLACK STRAP MOLASSAS ☆ .65/# req. 72

WHITE RICE FLOUR ☆ .39/# req. 46

BLACK PANDA LICORICE ☆ 1.67 req. 1.81

CREAM CHEESE ☆ 2.06/# req. 2.39

PINEAPPLE COCONUT JUICE ^{Knudsen's} 2.21/qt ☆ req. 2.39

COLUMBIAN SUPREMO COFFEE ☆ 5.42/# req. 5.87

MERCY!
BEANZ

882-1656 •

527 S. MAIN • MOSCOW •
WINE • BEER • ESPRESSO
SANDWICHES • SOUP • PASTA

Mardi Gras Paraders Wanted

By: Lynn Lloyd

Mardi Gras (AKA Fat Tuesday) holds many possibilities - not the least of which is the Moscow Food Co-op's entry for the parade: a take off from the "Wheel of Fortune" with special guest Vanna Whole Wheat. Any and all interested parties please contact:

- Lynn Lloyd 882-2265 (evenings)
- Greg Meyer 882-1674 (never there)
- Mary Jo Knowles - at the store 882-8537
home 883-1417

We have an idea of what we need to make this happen (in addition to your assistance). If you have access to these things, please contact us. We need construction lumber, big pieces of cardboard, a sequined dress with a plunging neckline, a hay wagon or some similar non-motorized vehicle, one big wheel, and artistic and carpentry help. Please let us know if you can help. Thank you.

J & W

- WHOLESALE & RETAIL MEATS
- CUSTOM CUTTING
- MOBILE SLAUGHTERING
- WILD GAME PROCESSING
- SAUSAGE MAKING

FRESH SAUSAGE,
SMOKED SAUSAGE &
BACON,
BY ORDER

J & W MEATS
110 S. MAIN ST., MOSCOW, ID
882-1456

J & W FOODS
339 MAIN ST., TROY, ID
835-3111

How to Make Your Own (German Style) Sauerkraut

By: Rosemarie Waller

- 5 kg. green cabbage
- 100 gr sea salt

Optional: to vary the flavor, add onions, apples, red or Chinese cabbage, celery, radishes, beets, rutabagas - or spices, like bay leaves, juniper berries, cloves or dulse (seaweed)

First, clean your crock (or other large container) thoroughly and let dry. Second, shred the cabbage, or slice with a sharp knife as fine as possible.

Third, alternately layer cabbage, sea salt and other ingredients into crock.

Fourth, pound each layer with a wooden pestle until water starts to develop on the surface. At the end, the juice should stand at least two fingers wide above the cabbage. If it doesn't develop enough juice, add some boiled and cooled down water.

Fifth, cover with some cabbage leaves, a porcelain plate or piece of wood and a heavy weight like a big stone to keep the cabbage under pressure.

Sixth, top with a towel or linen cloth to prevent dust, dirt and bugs from falling into your sauerkraut.

Seventh, let your crockpot sit at a warm place for ten days before you put it in a cool place (rootcellar) for four to six weeks.

The longer your sauerkraut sits, the better it gets. Often the fermenting process develops a white mold. There is nothing wrong with your sauerkraut. Just clean the mold off. (Check your sauerkraut every week for this mold).

I have made sauerkraut without a grain of salt. Instead, I added dulse, a seaweed high in natural sea salt. The sauerkraut turned out delicious.

Sauerkraut is very healthful food. The fermentation process produces lactic acid. The lactic acid stops the growth of harmful bacteria and so preserves the vegetables. And since the vegetables are preserved without heating or freezing, nutrients are not destroyed. But also, the lactic acid is very valuable for human digestion.

I ♥ the Co-op

Your membership renewal \$ will help the Co-op improve and expand!

Admission only
\$1.50

230 W. 3rd Moscow
882-2499

Main Street

pickle inc. prop

deli

Eggs Creole
Seafood Gumbo

Mardi Gras Champagne Brunch

9am-1pm

**Hotel Moscow,
Friendship Square,
Downtown 882-0743**

Red Beans & Sausage
Sausage & Eggs
Eggs Benedict

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Moscow**

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the 10th annual

Moscow Mardi Gras & Beaux Arts Ball

February 20, 1988

4:30-1AM UI SUB BALLROOM/TICKETS AT:
SUB TICKET EXPRESS, PRICHARD GALLERY, GOODWILL,
RICO-SHAY RAGS, ONE MORE TIME...