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Moscow Food Cooperative

# NEWSLETTER

January '88  
Free



## ALMOST READY FOR BINDING

By: Bill London

Jim Croft is a bookbinder; he binds books using the (very) old-fashioned methods that became obsolete three or four centuries ago. Like the medieval monks who spent hundreds of hours copying Biblical pages and then binding those sheets into books designed to last for centuries, Croft uses the same (no short cut) methods to produce books that are real works of art as well.

So, imagine my surprise when he offered to turn a pile of back issues of this Moscow Food Co-op Newsletter into a book. I had been saving one of each issue--since the first one I edited, December 1984. There was no good reason to save them, but then again (until Jim's kind offer), no reason not to.

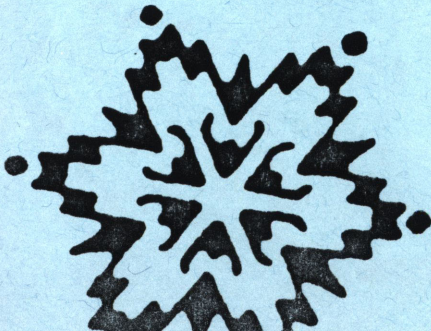
The three year anniversary issue (last month's, December 1987) (My God, has it been three years?) seemed to be a good place to collect for the book. A diligent search through the closet, and a few moments' arranging by my daughter revealed the horrible truth: I had saved extra copies of the May 1987 issue and NO copies of the June 1987 issue. The collection is incomplete. Your assistance in this matter is hereby requested. Do you have a copy of the June 1987 issue Newsletter laying around, under a pile of magazines, behind the refrigerator, in the birdcage? If so, please let me know or just leave it in the brown envelope in the co-ordinators' office at the back of the store.

Now there's only one other question that comes to mind: Is the Moscow Food Co-op Newsletter really worthy of such attention?

JANUARY 1988

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MOVING THE CO-OP: A REPORT FROM  
THE SITE SELECTION COMMITTEE

3

By: George Mancini

Our committee has met regularly, and so has the Co-op Board of Directors to discuss the specifics about moving the Co-op. We are still positive, but feel that a careful, one-step-at-a-time analysis is needed.

So, that's why (contrary to what you were promised in our last report in the December Newsletter) we won't be listing our favorite potential new storefronts.

Before we discuss specific stores to move to, we need to know how much money is available for the new site. This can't be determined until after the January first (end of the year) inventory and a long visit with our accountant. Once the financial statement is together, the Co-op can find out how much money we actually have and what we can get from a bank loan or private loan.

So, until mid-January or so, our search for sites is on hold. The places we like now may be rented then, or new ones available.

In the meantime, a tabulation of the surveys returned to date indicates a consensus towards making a move to larger quarters. In addition, most favor having more parking, and subleasing space to other businesses. The favored subleased businesses are a deli, a bakery, and a snack bar or juice bar.

Watch this same space next month for an update. And, while you are waiting, please fill out a questionnaire. We need to know what you think.



If you are upgrading your computer system, could you give/loan the Co-op your old one?

Please contact Mary Jo at the Co-op.



By: Mary Jo Knowles

Coffee comes from the roasted seeds of a tropical evergreen tree. There are four species of coffee grown for commercial use, but only two are used in great quantities: Coffee Arabica and Coffee Robusta. Robusta is used in cheap coffee blends and in making instant coffee, Arabica is the sole source of fine coffee.

Coffee trees, being intolerant of frost, grow only in the tropics. The trees can vary in size from dwarf to giant, twenty feet or more in height. The ideal conditions for growing fine Arabica coffee include temperatures of 60 to 70°, even rainfall of 75 inches annually with a peak wet season, loamy, fertile, well-drained volcanic soil, high humidity, plenty of mist, diffuse light and moderate wind.

The higher the altitude at which the coffee is grown, the finer the quality of the coffee will be. The best coffees grow above 4000 feet.

The coffee tree starts to produce flowers after 3 or 4 years. The coffee berry is ripe 6-9 months after the flower falls off. The berries can vary in color from bright red to pink to yellow. Each coffee berry has two seeds.

Only the mature coffee berry is harvested. There can be as many as four different pickings required to get the berries as they ripen, which can take up to four months. The labor involved in picking coffee can be appreciated when one realizes that it takes two thousand hand-picked berries to produce one pound of roasted coffee, which is also the yield of one mature coffee tree. It is only the mature fruit that yields high quality coffee. Green unripe fruit, besides being difficult to process, lacks flavor. Overripe fruit results in strong, harsh coffee flavor.

After picking, the coffee is taken to a processing station. Here is where they remove the green beans from the outer pulp. Now it is called parchment coffee. The bean still has an outer hull which is removed after several other steps. The beans are separated according to size for fermentation.

Fermentation is done to reduce possible spoilage. This amounts to holding the wet parchment coffee in tanks for 24-48 hours. This process not only helps eliminate spoilage, but adds body and acidity to the coffee. The fermented parchment coffee is then washed and dried. Once coffee is at this stage it is relatively stable, safe from any further quality loss. The green coffee is now ready for curing.

The curing process doesn't affect the flavor of the coffee, it is just another step to preserve the quality of the coffee after picking. The curing of coffee entails hulling the dried skin and parchment off the bean. Again the coffee is graded according to size. Coffee grades are not indicative of the brew's quality, but help ensure a uniform roast. At this point the coffee is ready for roasting, which is where we will start the next installment of the coffee story.

ATTENTION SHOPPERS!!!

JANUARY SALES JANUARY SALES



Knudsen's AppleBoysenberry, qts

reg 2.77 now \$2.48

Panama Coffee

reg 5.00/# now \$4.63/#

Swiss Cheese

reg 2.88/# now 2.59/#

Organic Lentils

reg .72/# now .65/#

Xylifresh Toothpaste, all flavors (3oz)

reg 1.92 now 1.73 each.

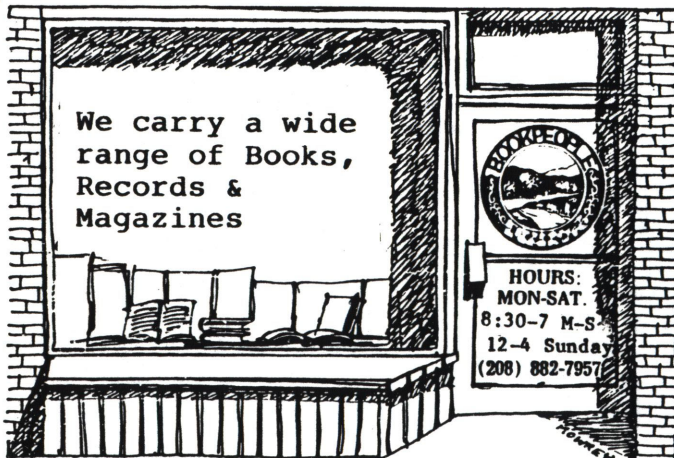
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Mens 98% Cotton Socks reg 3.40 now \$2.72

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(socks are irregular)



512 S. MAIN "BETWEEN THE THEATRES" MOSCOW, IDAHO 83843

## THE BOARD MEETS IN DECEMBER

By: Lynn Lloyd

The Co-op Board gathered for the monthly meeting on December first for a short and, in keeping with the season, pleasant meeting.

We discussed the Co-op staff and the structure of their jobs. We decided that the present arrangement of four co-coordinators was working just fine. There is no reason now to shift back to a general manager hierarchy.

We discussed what area of interest each of us will concentrate our efforts on. We called those positions "portfolios." And here's the list of Board members and their portfolios: Steve Dodson--special events; George Mancini--new product review; Steven Barr--equipment upkeep; Larry Press--marketing; Truman Woodruff--finances; Lynn Lloyd--archives/records. So, if you are interested in offering your volunteer time to work any of those specific areas, contact the Board member involved. The Board members will be working in liason with the staff within those areas.

At some length we discussed moving the store again. After our January Board meeting we'll review the results of our year-end inventory and the state of the Co-op's finances and then tour specific storefronts.

Steven Barr has set up an account at the Recycling Center (on Jackson Street in Moscow) for donations. Now anyone can donate the proceeds of their recycling to the Co-op. Please do.

Truman Woodruff was elected Board President. Our congratulations.

In January we will participate in a group effectiveness seminar offered by the state government. We're getting along very well, but with this special training in group process, perhaps we'll get along even better.

We discussed the possibility that at the annual general meeting individual members be allowed to vote by proxy. After discussion we decided we needed input from the members on this suggestion. What do you think?

Beginning in January we'll be meeting on the first Wednesday of the month. So, the first meeting of 1988 will be on January 6, at 7:00 p.m., at Mercy! Beanz Restaurant (in the Purple Mall downtown). Everyone is welcome.



*The reward of a  
thing well done,  
is to have done it.*

*Emerson*



## RESOLUTIONS FOR THE NEW YEAR

By: Carol Smith and the Colville  
Peace and Justice Group

# 7

Widespread hunger anywhere in the world is an indication that our political, economic and religious systems are functioning without justice as priority. Our own lifestyles, the food we eat, the resources and energy we consume, our economic beliefs, our political choices, what we do with our money, are all tightly interwoven with the spindly legs and swollen bellies of children at home and abroad.

What we can do about it:

- \* Grow a garden, buy our food from cooperatives or from someone we know
- \* Eat less processed foods. Don't allow the media to dictate food choices.
- \* Support local economy rather than corporate food giants.
- \* Use time or money to support a more equitable global society.
- \* Move our ethics from charity to justice.
- \* Move our values from personal to social.
- \* Move our behavior from private to public.
- \* Change our lifestyles to reflect our concerns.
- \* Work with others to establish the basic right to eat.
- \* Stand in personal opposition to any policies which perpetrate hunger..
- \* Consciously separate our wants from our needs. Make a commitment to voluntary simplicity as a way of life. Become more fully involved in the needs and hopes of people for whom poverty is not a choice. The goals of this lifestyle are often in direct contrast to the illusion of status and success that many Americans are taught to aspire to.

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By: Sunshine Storholt

Reading is an especially fun thing for me to do. I hope you think reading is fun too.

Sometimes I find it hard to take time to sit down and enjoy a book.

I'm sure you've been busy with Christmas and all, but now with Christmas over why don't you take time to read a book. Maybe one you've been wanting to read or better yet, if you received a book for Christmas, read that.

Below are some bookmarks for you to create. Reading is fun and these bookmarks should add to your pleasure as you see something you made between the pages.

#### For Animal Bookmarks

You will need: cardboard, crayons, scissors and a pencil.

Cut a strip of cardboard about three fingers wide and a little longer than your book.

Draw an animal with a big face on one end of the cardboard strip. Color it and cut around it. The body of the Animal is the rest of the cardboard.

Slip the bookmark between the pages of your book at the place that you want to mark.

#### For Funny Bookmarks

You will need: An ice-cream stick or a piece of stiff cardboard, colored crepe paper for face and body, bits of colored paper, and paste.

Cut a narrow strip of crepe paper and wind it on a slant around and around your stick or piece of cardboard. Paste down the end.

On a separate piece of paper, draw eyes, ears, nose and mouth. Cut them out and paste them in place for a face. A funny beard, glasses, earrings, a big tie or a hat can be added. Cut out a dress, suit, jeans and shirt and paste it on.

Or make cartoon bookmarks by cutting out pictures of your favorite funny paper characters and pasting them on the cardboard or stick.

#### For Bookplates

You will need: A roll of brown paper tape, scissors, paints and brush and a pencil.

Bookplates are labels that you paste in your books to tell people that the book belongs to you.

Cut a piece of tape as wide as your hand. Leave a big place in the middle for your name, and draw a design around it. Paint the design with bright colors. Print your name on it. Wet the back and carefully stick it on the inside cover of your book.



By: Rosemarie Waller

Many foods are preserved by adding sulfur to them. Sulfur is applied to dried fruits, juices, wine, jams and occasionally on vegetables and flour. It is used so often because it is one of the cheapest methods of preserving.

In small amounts sulfur is an important chemical for some bodily processes. But, in larger quantities, and in combination with water and/or oxygen (in the form of hydrogen-sulfur dioxide), it is dangerous. Sulfur can slow down or stop metabolism - which is the reason it is an effective preservative. In the presence of sulfur, enzymes become inactivated and micro-organisms (in the human body or in the preserved foods) are unable to grow. That is the reason that sulfured foods retain their color so well - change is impossible.

In foods some sulfur can be eliminated with heating or soaking, but most can not be removed in that manner.

The sulfur that remains on the food is detrimental to the valuable micro-organisms in the human body. If you want to avoid sulfured foods, a good place to start is the Moscow Food Co-op. Almost always the food we sell is not treated with sulfur. And if we do get sulfured products (usually dried fruits), we clearly mark that they are preserved with sulfur.



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## FOUR MONTH STUDY OF CO-OP TO BEGIN

By: Greg Meyer

Melissa Rockwood left a note on my desk one day this past fall. Attached to the note was a clipping from a Chamber of Commerce newsletter. The clipping contained information about a program at W.S.U. called the Small Business Institute or SBI. The SBI is sponsored by WSU's College of Business and Economics and the Small Business Administration. Each semester grad students and seniors who participate in the program receive academic credit in return for studying and analyzing small businesses in our area.

I contacted the director of the program and subsequently submitted an application for the Co-op to become one of the small businesses involved in the program. I recently received word that the Co-op has been accepted for the spring semester program.

Around the first of February W.S.U. students will be sitting down with the staff and Board of Directors of the Co-op and discussing what areas we would like to focus on during the next 3½ months of study and analysis. We, the staff, are excited about the possibilities and believe this can only help us improve our operation and financial stability.

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One more note. During the month of January the Co-op cashiers will be checking membership cards every time a member-purchase is made. Co-op members can make this a more pleasant experience by offering to show membership cards rather than having cashiers ask to see them. We are only going to be hardcore about this for one month so please cooperate.

HAPPY NEW YEAR EVERYONE!



## MAIN STREET ARMY NAVY STORE

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## THE LECITHIN COMBO

By: Karen L. Aldrich

11

Lecithin is so important to your everyday health that it is found in every cell of your body. According to nutrition texts like Gary Null's Complete Guide to Health and Nutrition and Charles Gerras' Complete Book of Vitamins, lecithin does at least nine things for your body. It preserves fats, improves digestion, transports fats, benefits the bloodstream, provides important nutrients, prevents some vitamin deficiencies, improves brain function, contributes to normal cardiac function and lessens the severity of heart disease, and helps manufacture new cell material.

Lecithin also tastes good. And here is a recipe for a lecithin combo to spoon onto your breakfast cereal:

Combine the following in equal parts: soy lecithin, brewer's yeast, untoasted wheat germ, and powdered calcium.

Mix two tablespoons of mixture with one tablespoon barley malt and one teaspoon oil (cold-pressed safflower or soybean oil).

Add milk or soy milk or juice as needed to dissolve the sweetener. Also, plain yogurt or fruit can be added.

This combo can be eaten as is, or mixed with granola or cooked breakfast cereal. Bon Appetit!



882-1656 •

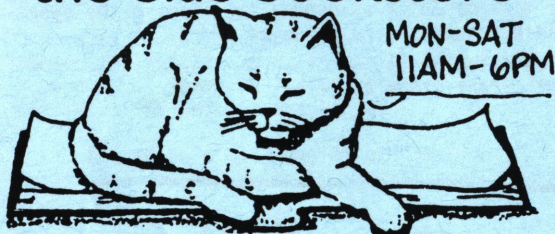
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