

Moscow Food Cooperative

NEWSLETTER

March 1988

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

Limits of Technology, Again

By: Bill London

Well, how do you like us this time?

We are trying yet another format for the Newsletter, one staple and one fold. The reaction to the big change last month (from the booklet format to the folded big--11" X 17"--sheet) was mixed. About evenly divided between those who liked the booklet and those who liked the columns printed on the bigger paper.

So, without clear direction, it would be difficult to choose, except that we bumped headlong into the limits of technology. Hard to imagine that there are any limits to this wonderful copying machinery, but in fact, there is one. The big pages (11" X 17") just do not copy well on both sides. Kinkos had to toss out quite a few that were too wrinkled or poorly copied, and many of the ones that did pass inspection were borderline readable in places.

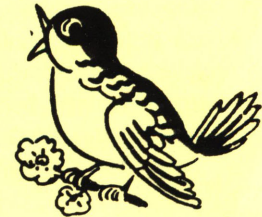
So, Tim at Kinkos said no more double-sided big sheets.

Oh well.

So, here's our latest--a union of the columns of type and the stapled booklet. Now, how do you like us this time?



The Newsletter
IS FREE
Please take
one!



Editor: Bill London
Graphics: Melissa Rockwood
Advertising: Peter Basoa
Typing: Mary Flores

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The Mardi Gras Parade

By: Lynn Lloyd

I trust that those of you who were able to watch the Mardi Gras Parade noticed the food Co-op's float--that blue horse-drawn wagon all done up in white paper frills. Rosemarie Waller was Vanna Wholewheat and so graciously turned the letters around while Tony Kyle (as Pat Monterey Jack) hosted our take-off on the "Wheel of Fortune" T.V. show. Truman Woodruff, Mary Jo Knowles, and Mary Jo's daughters, Autumn and Elise, were the eager contestants.

Vic Hainny of Potlatch supplied the draft horses to pull the wagon. And Mel Dewitt of Moscow generously supplied the wagon to be pulled.

Behind the scenes were Steven Barr who created the Wheel of Parmesan and was responsible for putting much of the float together. Those who helped decorate were Rosemarie and Anna Lisa, Greg Meyer, Luann Scott and her faithful sidekick Ben, Tim Warner, Tony Kyle, and Steve Dodson. Also, thanks go to Carolyn Berman who gave me such a great lesson in carpentry. Many thanks to all!

An of course, a booby prize to the Lewiston Tribune for listing our float as the "Wheel of Passion." Perhaps they need a pound of iimburger cheese?

~~NO~~ Update from the Committee to Find a Nicer Building

By: George Mancini

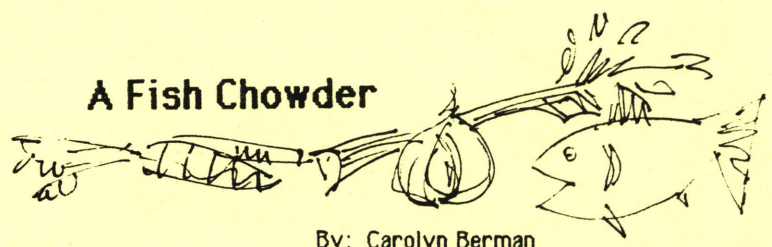
The search for a new Co-op location has been put on hold. The financial report from the last board meeting showed a large increase in sales and a mysterious decrease in profits. One of the sad realities of life in the business world is - if you don't take in more money, then you can't afford to spend more on things like new products, nicer equipment, better wages, or a larger store. There you have it!!

But, where has all the profit gone, long time passing??

The board is not sure where the major cost leaks are on the Titanic (Co-op), but Larry and I have come up with a good business scheme. We will rent a building near the Co-op and open a health food store. With our combined discount of 32%, we can buy everything we need to stock our store at less than wholesale prices from the Co-op. We could undercut everyone as far as price goes, and still make a hefty profit. We could do this as long as the Co-op was able to stay in business. Nifty, HUH??

The Board is trying to kill these things as quickly as they can be found.

A Fish Chowder



By: Carolyn Berman

Here's a delicious hearty soup guaranteed to make a meal in itself and warm your insides on these rainy days. Feel free to vary or add the vegetables and spices to suit your taste. Start the soup in the morning. Finish and serve when you come home from work.

- 28 oz. canned tomatoes
- 6 oz. tomato paste
- 1 quart water
- fresh chopped garlic

Put the above ingredients into a large soup pot. Heat till it bubbles. Turn down heat and let simmer gently. In another pan, saute the following:

- a chopped large onion and chopped green pepper in 3 T. olive oil/butter

When the onions are golden brown, add to stock and continue simmering. After an hour or two, add:

- 4 medium to large diced potatoes
- 4 sliced carrots
- Spices: curry powder, basil, oregano, larragon, parsley, cayenne, salt and pepper to taste.

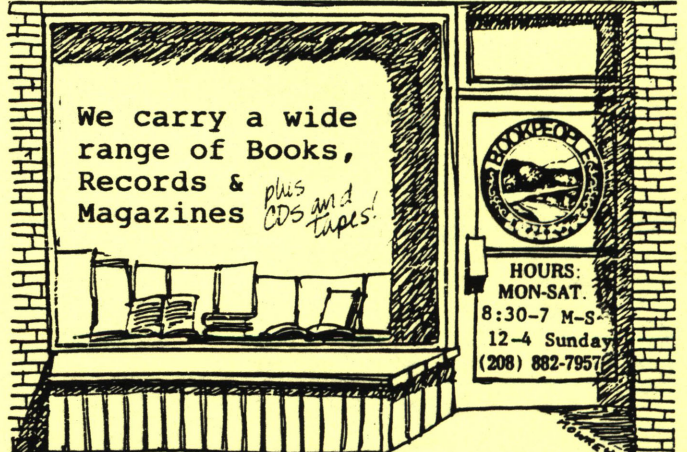
Continue simmering for another 30 minutes. Add water as needed if soup thickens. Let cool. Thirty minutes before serving, reheat the soup pot. Add a cup or so of any of the following:

- whole kernel corn, peas, chopped broccoli or cauliflower ...

When vegetables are cooked, add:

- 1 to 2 pounds frozen pollock (that's the white fish fillets in the Co-op freezer)

Let simmer until the fish flakes apart. Serve right away. This chowder is good served with a fresh loaf of bread or a pan of cornbread.



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

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Celebrity Corner: Liz Sullivan

Not only is Liz the mother of John V. Sullivan, leader of the famous local band, the Surf Bums, she is a Co-op volunteer cashier/stocker Wednesday mornings.

And if that is not enough, she shared the same maternity ward with Paul Simon (the Presidential candidate, not the singer). Their moms were giving birth at the same time, at Sacred Heart Hospital in Eugene, Oregon, 10 these many _____ years ago.

According to Sullivan's spokesperson and Sister, Catherine Lauris, "but she would not be supporting Simon for President if she didn't think he were the best candidate."

And not only that, Sullivan attended high school with both Simon and Cecil Andrus (presently Idaho's Governor).

And if you want her autograph, remember she's at the Co-op Wednesday mornings.

DR. ANN RAYMER

chiropractic physician

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How Did That Huge Cooler Get Here?

By: Truman Woodruff

The Co-op has a new produce display case. I'm sure Co-op shoppers are grateful to see a different produce cooler. Expanding and improving our produce section has been a goal for some time and a larger, and more energy-efficient cooler has been long overdue.

As shoppers well know, the store was cluttered with wires and pipes and tools for several days after its arrival. The arrival was the culmination of an experience that had potential failure written all over it from the beginning. Actually, things just fell into place every time failure seemed inescapable.

Sunday we left Moscow with a crew of five to load a cooler, sure to weigh hundreds of pounds, onto a 2 & 1/2 ton flatbed truck. We were headed for Larry's Deli in Lewiston. Fred Lear drove his 50's vintage Ford truck accompanied by Jim Johnson and Al Burn. Mary Jo Knowles and I followed in my pick-up. It must have been unadulterated faith that inspired us. Either that or no Oh well.

We arrived at Larry's Deli and found a large cooler that did indeed weigh hundreds of pounds. We all could barely lift one end off the floor. Besides being very heavy, there just weren't many good handholds. Well, it looked like this was going to turn into a beer run to Lewiston and nothing else.

Just as we had about decided to give up and brands of beer were being debated, the owner showed up (I assume this was Larry). Fortunately, he was the very person who had put the cooler where we found it. He dug out the boards, jacks, and dollies we needed. Using leverage and progressive steps, the cooler finally sat on wheels and we headed for the front door. Thank you someone out there for wheels! Seeing a cooler wheeling through a small grocery store and deli was a sight in itself.

Now, we have this very heavy thing outside in front of the store and have to load it UP onto the truck. The truck bed is nearly three feet off the ground. Now what? But, as luck would have it (or was that blind faith) there was a short flight of stairs near the entrance leading down to the street. They weren't three feet tall, but if the truck was backed up to these stairs, the height to the bed of the truck would be cut in half. To summarize, with the use of jacks, boards, and blocks of wood, and lots of grunts, one end was lifted onto the truck and rolled forward on pipes as the tail end was jacked and lifted up and pushed forward. Piece of cake!! That's half the trip. Now we have to get this cooler to Moscow and off (meaning off and down) the truck and into the Co-op.

Tuesday evening was the designated time to move the old cooler out and the new cooler in. A larger group showed up Tuesday evening . . . in the rain. It looked like our luck had lost some air. So . . . we would just get a little wet. Our faith was still working. The crew was the original five plus the help and encouragement of Larry Press, Steve Dodson, and Tim.

Now to unlock the double door in front and get the cooler into the store. Oops! No key. The key turns up in a box of loose keys at a Moscow Day Care center. That's another story.

Finally, the doors swing open and the rain has stopped. Wow, what-faith won't do. The old cooler wasn't a problem. It was mounted on wheels and rolled to a waiting truck with an electric tailgate hoist. This truck, on loan from C&J Appliance Repair and Refrigeration of Moscow, made the task of removing the old cooler relatively easy.

The next job was installing the new cooler. It will be easy. Just do everything backwards. Except, we didn't have a flight of stairs or any jacks. But, about this time Larry Press has rounded up a couple of friends. We basically unloaded the cooler in reverse of loading it.

The extra grunts and groans and snapping vertebrae made it possible. By now, it's apparent luck and faith aren't the only things operating. Someone is living a pure and righteous life. (Anybody know who?!) The cooler was rolled into place and is now cooling produce.

Finally, thanks to everyone involved: Mary Jo, Fred, Al, Jim, Steve, Larry, Tim, and Larry's friends Al Krump and friend. Sorry, I don't know who Al's friend is yet. His name will be mentioned in the next Newsletter. We should also acknowledge the help we received from C&J Appliance Repair and Refrigeration. Curtis was helpful in locating the cooler for the Co-op and C&J installed the cooling unit and connected all the fittings to the cooler.

If anyone needs a large, heavy appliance moved, please contact Mary Jo, Larry, Fred, Jim, Al, Tim and Steve. Also Al and his friend. I would be more than happy to help, but, dam, I'm going to be out of town.

Mullein

By: Candace Cloud

Mullein is a fuzzy, broad-leafed plant which grows readily in the wild - at the edges of fields and ditchbanks all over this region. Although it may be considered a weed by some farmers, it is also grown and collected by herbalists. Mullein is available in either powdered or cut and sifted form at the Co-op.

One common use for mullein is as an addition to tea. Mullein has an anti-asthmatic effect, according to Michael Tierra, author of The Way of Herbs. It was used by Native Americans to ease the congestion of colds and pneumonia. Apparently mullein was smoked in extreme cases of bronchial distress for immediate relief.

Mullein may be useful as an expectorant if it is boiled in water with eucalyptus. The steam from this mixture can be inhaled.

Mullein tea is a mild, pleasant tasting herb. Other traditional uses for mullein listed in The Way of Herbs include treatments for earaches, toothaches and diarrhea.

Vitamins - New and Improved?

By: Rosemarie Waller

If you have decided it is impossible to get plenty of proper nutrition solely from food - refined foods that have been sprayed and grown with chemicals, what next?

Are supplements the answer? There are hundreds of different vitamin companies on the market. Are there differences in quality? Are synthetic vitamins the same as the ones naturally made out of fresh plants and herbs? I feel that naturally made supplements work the best for me. My body seems to absorb the nutrients better.

Since I am responsible for the vitamin section in our store, I often receive advertisements and samples for supplements. It is up to me to sort out the brands with superior quality to bring you the best support.

I have heard and read about a very promising vitamin company - "Rainbow Light." Their products are tested with special care but not on animals! Main ingredients are spirulina (higher in protein than beef), wheat or barley grass (very high in chlorophyll), bee pollen (gives you energy), kelp (excellent source for iodine), lecithin, (helps with fat metabolism, cleans out arteries), and many more to produce a balanced vitamin complex and healing herbs for individual needs. They don't contain animal products, vegetable fiber is used for binding. I started out with some formulas you might like to try:

Complete Nutritional System

Stress Management

UltraGram C

Prevention Plus

DetoxZyme

Positive Menstrual Support

Calcium "+"

Complete Prenatal

Ultra Energy Plus

Candida Cleanse

Ask for more information at the Co-op, or talk to me.

NEW HOURS!

Starting March 12, the Coop
will be open SONDAYS
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Board Meeting

By: Steve Barr

Major developments at the Feb. 3 Board Meeting concerning the Co-op--the meeting began with David Thodal's analysis of the worker's discount. He noted the 25% discount has been taken off total retail sales, rather than the 45% mark up. The reason for this seemed to be related to how the cash register operates. According to Dave, the potential loss in profits from those with a 25% discount was \$600.00. The Board decided that perhaps the excessive discount was responsible for the serious cash losses that appeared on the year end inventory and financial analysis. He suggested raising the mark up to 1.55 and keeping the 15% discount for those working 1-2 hrs. per week and a 20-25% discount for those working 5 hrs. or more per week.

The Board felt a decision concerning the worker's discount required more information, so a special committee was formed to investigate various options. The committee consisted of the following board members: Larry Presser, Mary Jo, Steve Dotson, and George Mancini. It was hoped a computer could be used to project cash flow using some of the committee's alternatives (using different mark ups and discounts).

After the committee met the following week, Mary Jo wrote up a memo to be read by all working members. The memo read as follows:

"For the past 8 months the Co-op has not made enough to cover expenses. The Board has been working on this problem and found the 25% discount to be a major contributor.

When the 25% discount was proposed it was assumed the discount was off the mark up (45%). But the discount has been subtracted from the cost plus the mark up, which is a 36% discount off the mark up - 9% is not enough profit to cover expenses.

As of 2/15/88 all purchases for working members will be:
 18% for 3 hrs. per week
 13% for 2 hrs. per week

Please let us hear your views. We need your input, we don't want to lose our volunteers."

In other business, Truman noted he had met with Bob

Campbell, the WSU business specialist. They had examined the Co-op's balance sheets and cash flow projections, concluding the Co-op needs to make 20-25% profit in order to remain operating. Unfortunately, we had only been making 9% on worker sales. Mr. Campbell thought the Co-op needed to make the decision of expanding or reducing its size. He noted the Co-op does not have the money to move or offer its employees sick leave.

Moving on, Mary Jo gave the store report. She said the vegetable cooler was on its last legs and it was time to investigate a new cooler. Truman and Larry agreed to look into the costs and options. As of this writing, the cooler has been purchased and installed for around \$1,500.00. The new cooler will allow a greater variety of produce to be displayed, including fresh herbs! MJ announced she was also looking into a new freezer with glass doors to replace the plywood freezer where the flours have been stored. MJ mentioned the herb and coffee shelves are being rebuilt by Carolyn Berman and Bill Moore. She also hired a new janitor, Bill Lederle. And finally, Greg Meyer will be on leave for another month.

Next Board Meeting - March 2

Mercy Beanz, 7:00 p.m.

What's New!?

By: Mary Jo Knowles

We have a new countertop in the back room receiving area. Bill Moore, of One of a Kind Furniture here in Moscow, did a great job with it.

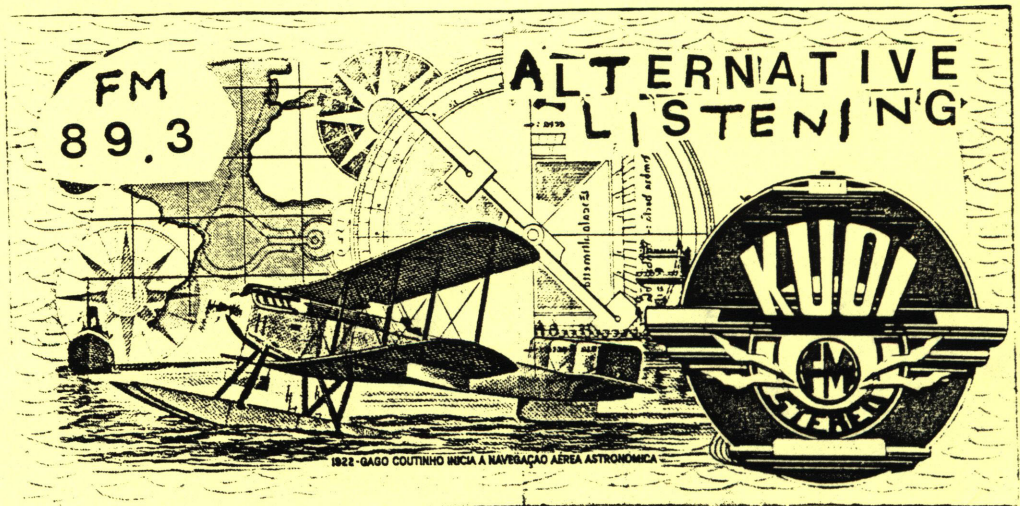
Plus, Bob Thyberg created a functional and lovely coatrack for us. It's by the door to the walk-in cooler.

Now, Carolyn Berman and Bill Moore are constructing spice shelves. Expect them soon (maybe even by now, as you read this).

Our thanks to all those great volunteers who made these improvements in our store!

NEW Coop Specials

We'll be having daily and weekly specials featuring food from the new produce cooler and display freezer - Stop by and check them out!



Just for Kids and maybe for adults this time

By: Sunshine Storholt

With Spring just around the corner I am reminded of other places and times. I find myself remembering Boulder the Bobcat and wish to share her story with you. So here is the TRUE STORY OF BOULDER THE BOBCAT.

It was springtime of the year 1972 when Barkley and Cindy, two friends of mine, decided to take a walk to Dworshak Reservoir.

You can imagine their surprise when amongst many boulders they found a bobcat kitten. Without touching the kitten, they watched her stumbling amongst the boulders and listened to the characteristic cry of her kind, reminding them of a small bird.

They then decided to go on home and leave the kitten behind, assuming that her mother would return. After several attempts to leave they found that the kitten would not stay behind as she continued to follow them. At this point they only had 2 choices: to wait for the mother's return or to take the kitten with them (and that is what they did).

Cindy tucked the kitten under her shirt and they headed for home.

This Bobcat was very young and didn't know how to eat, so Cindy would squeeze drops of milk on her tongue and she tried unsuccessfully to teach her how to lap milk.

At about this time, a litter of puppies were born and something wonderful happened. Mad Dog, the mother of the puppies, allowed the Bobcat, whose name was now Boulder, to nurse along with her puppies. That probably saved her life.

As Boulder grew bigger, Mad Dog would snap at her as Boulder's sharp little teeth hurt her. It became evident that Boulder needed more than milk, so Cindy started making Bobcat stew (consisting of grains, soy, Brewers yeast and a large portion of meat).

Later that spring, a litter of domestic kittens were born, which Boulder promptly ate. At about the same time, a baby boy was born to Bruce and Abbie Fredrick (Abbie being the neatest lady I know). He was named Catnip Echo-Ridge Fredrick. His crib was an old dynamite crate, hung between 2 trees.

His mother was aware of the fact that Boulder was indeed carnivorous, as she had nipped at her heel once and therefore was concerned about Boulder's curiosity towards Catnip. Nevertheless, everyone decided to go visit the neighbors one day while Catnip slept in his crib.

When everyone was out of sight, Boulder the bobcat jumped into the dynamite crate containing Catnip the baby.

To be continued in next month's Newsletter.
Be sure to get a copy.

Caution: Do not attempt to bring home a wild animal, as they are almost always better off being left in their own habitat.



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March
features:
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TYPIST NEEDED!!!!

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Mary Flores' baby and
dissertation have taken
her available time.
If you want to type
AND earn a discount,
please leave a message
for Bill London in
the brown envelope in
the managers office
at the Coop.

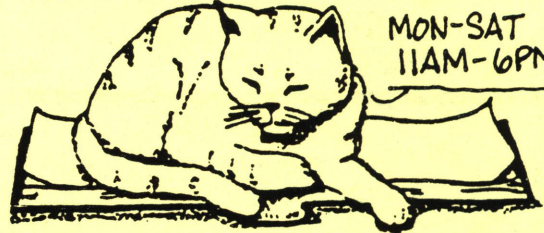
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