

Moscow Food Cooperative
Newsletter

FREE!

MAY 1988

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Note:

ADDITION OF POLITICAL ADVERTISEMENT
PAID FOR BY THE FRIENDS OF MARK SOLOMON.

NEW PRODUCT

By Candace Cloud

Since we've purchased the new freezer, we have a lot more space for new items. One of our new choices is a product from Natural Touch. We started with bean and cheese burritos, which contain no lard or beef fat.

One package contains two burritos and comes with mild red chile sauce and hot green chile sauce, so there is a choice in each package. The burritos can be cooked in a conventional oven or in the microwave.

Truman, our connoisseur of convenience foods, told me they were tasty but next time he would cook them differently from the directions on the package. He used the microwave method and thought they might be more tender if they were heated more slowly.

Natural Touch bean and cheese burritos contain no additives or preservatives and provide a nice, hot main dish that is quick and easy to prepare.

DMJ-NW HD 3284 N48

JOSEPH'S FLOUR

By Bill London

Much of the flour sold in the Co-op is Joseph's, Joseph Barron's. Joe Barron is a third-generation miller who lives in Oakesdale, Washington. It is his rigid commitment to quality that has made his flours and his business, a success.

The grain he demands from growers is organic hard red wheat free from chemical contamination and containing a minimum of 14 percent protein (that's up to twice the protein in other wheat). The whole grain must then be ground extremely fine, with no part of the kernel removed (retaining the fiber of the bran and the vitamins in the germ). And the finished flour must be bagged and sold within a week (which insures that the oils in the flour don't become rancid and spoil the flavor).

The resulting flour deserves Barron's ultimate accolade: "It's better, really, than what my father and I made in the Old Mill."

The Old Mill is a four-story wooden building just across the creek from the present home of Joseph and Ethel Barron and the converted garage that now houses their business. The Old Mill, built in 1890, was purchased by Joseph's father in 1907. Two years later, Joseph Jr. was born and by 1927 he was out of school and working full-time with his father, moving flour sacks and driving the horse-drawn wagons.

But life in the Palouse was changing rapidly. Small family farms combined into large agribusiness holdings, transportation time was slashed as horses were replaced by trucks, and both millhands and farm laborers lost their jobs to automation. The population declined rapidly. So one by one, the small flour mills (there were 19 in Whitman County alone) closed, later to be sold for scrap, burned, or demolished.

All but the Barron's mill. He refuses to demolish it, carefully preserving the huge building and all its intricate machinery.

After the closure of the Old Mill, Barron bought a small mill, set it up in his garage, and began grinding flour grain. It was, according to Barron, "an old-time family affair." Since he would not deliver, customers would have to drive to Oakesdale to get the flour themselves. Soon health food stores, food cooperatives, and individuals from all over the region were coming to Oakesdale to buy Joseph's flour. The Barron's now sell about 15 tons of processed grains (like cracked wheat) and flours (rye, soy, white and whole wheat) monthly, a volume easily 10 times what it was when it opened.

"We're doing fine: I don't really want to advertise or modernize - the business is a good size now," he explains.

In 1980, Joseph Barron made his first substantial

change in his Nutrigrain flour since he opened the mill 17 years before. He sold the name. A Chicago lawyer called him one day wanting to buy the registered name "Nutrigrain" for one of his clients (the lawyer would not reveal the client's identity). After prolonged negotiations, the Barrons sold the name for what they described as a "substantial sum." The buyer was Kellogg's and Nutrigrain now graces that line of boxed grain cold cereals on supermarket shelves. "If I'd known it was Kellogg's, I would have asked for more," Joseph says. The Barrons have since renamed their flour "Joseph's Natural Grain".

1980 was an eventful year for the Old Mill, too. For years, Barron has gladly given personal tours of the huge mill to anyone who asked. To many, that glimpse into the history of the Palouse was a captivating one. The mill seems more like a mammoth sculpture than a functioning factory. The building is made of precisely-fitted 12-inch square timbers, 40 feet long, securely fastened with pegged mortise and tenon joints. The wooden chutes and storage bins are hand-sawn and hand-planed. The 19th Century machinery, made of hardwood and steel polished with years of rubbing by flour coated hands, is still sturdy and useable today.

So numerous were the suggestions that the mill be officially registered and preserved that Joseph followed through on the idea and in 1980, Barron's Old Mill was placed on the National Register of Historic Places by the U.S. Department of the Interior.

Joseph Barron never tires of showing the Mill to interested parties. To those who would like a free journey into the world of turn-of-the-century flourmaking, he makes only two request: telephone in advance and sign his guestbook. For information on tours call (509) 285-4652.



Joseph Barron in the Old Mill

IDAHO BACKCOUNTRY COOKIN'?

By Judy Hull

Those of you who attended the Renaissance Fair may have seen my booth adjacent to the Moscow Food Co-op Booth. I was selling the cookbook Idaho Backcountry Cookin'. I also baked the "Cheddar Bran Muffins" sold by the Co-op at the fair (a small sampling of what the inside pages of the cookbook has to share).

Bill London called me and asked if I'd like to introduce myself and my cookbook to the Co-op members through this Newsletter. I don't claim to be a writer so bear with me...

Let's pretend...

Let's pretend you were the cook for a dude ranch (a ranch that entertains dudes or guests, not cattle!). You have cooked gobs of food in massive proportions for these dudes for going on eight years ("gobs" may be an understatement!). Over the years you acquired an abundant file of recipes, many of which you were often requested to share with your guests. This sparks a splendid idea of publishing all of these recipes in a souvenir-type cookbook, including lots of ranchy sketches, a few photographs, and little history of the place.

You inquire around and discover a reputable publisher in Kansas who will accommodate your cookbook for a reasonable price. You work hard for almost two years, editing the recipes, writing down recipes you only have on file in your mind, taking pictures of your three kids, horses, etc., and finding willing friends with artistic inclinations to sketch scenes reminiscent of the ranch. You succeed and it's done!

The books arrive in the mail during the off-season or winter months in Moscow, Idaho. This is where you and your family anxiously await the arrival of spring and anticipate another glorious season surrounded by wilderness at beautiful Sulphur Creek Ranch. The ranch is located on the Middle Fork of the Salmon River, the backcountry of Idaho (hence, the name of the cookbook).

The Renaissance Fair seems a good outlet for introducing your book to the public. You hope the Moscow Food Co-op would agree to offer one of your recipes at their food booth. They enthusiastically agree.

This is your recipe for Cheddar Bran Muffins (a light and crunchy muffin).

| | |
|-----------------------------------|--|
| 1 cup whole bran | 1-1/2 tsp. baking powder |
| 1-1/4 cup buttermilk or sour milk | 1/2 tsp salt |
| 1/4 cup shortening | 1/4 tsp baking soda |
| 1-1/3 cup sugar | 4 oz. sharp Cheddar cheese, shredded (1 cup) |
| 1 egg | |
| 1-1/2 cup flour | |

Soften bran in buttermilk. Cream shortening and sugar until fluffy. Beat in egg. Sift together next four ingredients. Add to creamed mixture alternately with bran mixture. Stir in cheese. Fill greased muffin pans 2/3 full. Bake at 400 degrees for 20-30 minutes. Makes one dozen.

And now you can end this pretending - and actually see Idaho Backcountry Cookin'. It's for sale at the Moscow Food Co-op along with the makings for these bran muffins.

Remember...

Local milk in glass bottles?
We've still got it.
Milk in recyclable glass bottles
from Stratton's Dairy in Pullman.

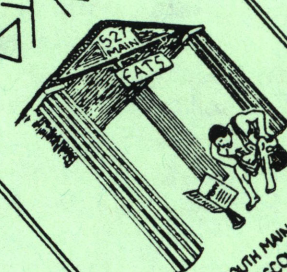
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"CHOLESTEROL-REDUCED" FOODS & LABELING MAY BE ON THE WAY

Reprinted from the Natural Foods Merchandiser

In the next few years, decaffeinated, low-sodium and sugar-free foods could be joined by a new group of "health" foods that are "cholesterol-reduced" if a process under study can be developed commercially.

The process, called supercritical fluid extraction, is being refined by the University of Wisconsin at Madison and the Phasex Milk Marketing Board, according to a recent article in the Philadelphia Inquirer.

The goal is to remove more cholesterol and to make it commercially feasible in terms of cost within the next two years.

Cholesterol, a family of fatty substances found in the blood, is essential to the body's metabolism. However, it can build up inside blood vessels, causing narrowing and hardening of the arteries, which can eventually lead to heart disease and related problems.

According to the American Heart Association, healthy adults should consume no more than 300 milligrams (mg) of cholesterol per day. Currently, most American consume between 400 and 450 mg per day, the Association reports.

Cholesterol, found in animal products, is removed by the supercritical fluid extraction process using carbon dioxide as a solvent. Carbon dioxide is used because it is nontoxic, nonflammable, and noncorrosive to stainless steel and plastic, according to Syed Rizvi, Associate Professor of Food Engineering at Cornell University in Ithaca, New York.

When carbon dioxide is heated and pressurized in a certain way, it becomes a supercritical fluid, having properties of both gas and liquid. It can then penetrate a given substance as a gas and use its liquid qualities to dissolve and hold onto cholesterol for removal. Once removed as a gas, the carbon dioxide is depressurized, releasing the cholesterol, which can be discarded. The gas can then be released in the atmosphere or recycled for further use.

Researchers are looking into possible uses of this cholesterol-reduction technique for foods such as meat, ice cream, cheese and other products containing high amounts of the substance. "It (the process) could be ready for serious consideration for commercial use as early as the end of 1987," Val Krukonis, president of Phasex, told the Philadelphia Inquirer.

In a related development, the Food and Drug Administration (FDA) announced proposed standards for the claims "cholesterol free", "low cholesterol", and "cholesterol reduced" on food labels.

According to the proposal"

- "Cholesterol free" foods would have to contain less than 2 mg of cholesterol per serving.
- "Low cholesterol" foods would have to contain less than 20 mg per serving. (These are generally foods for people who want to maintain their cholesterol intakes at relatively low levels).
- "Cholesterol reduced" could be used on labels of food reformulated or processed to lower cholesterol by 75% or more. Products so labeled must compare the cholesterol content of the old product with the new, according to FDA commissioner, Frank Young.

Food products in which significant reductions are made, but not the 75% needed to be labeled "reduced cholesterol" could show comparative reductions on the label.

"These standards can help the consumer who is seeking to follow a lower cholesterol diet, as widely recommended by federal government and private health groups," says Department of Health and Human Services secretary, Otis Bowen. "Lower cholesterol intake can mean better health."

May Sales

- Calistoga. All flavors. 160 ea.
Reg. .70 ea.
 - Salad Mac. Semolina . 94#
Reg. 1.02#
 - Salad Veggie Mac. .78#
Reg. .84#
 - Frozen Chicken & Turkey Pie 2.03 ea.
Reg. 2.18 ea.
 - Pine Nuts .5.11#
Reg. 5.53#
 - Feta Cheese 2.55#
Reg. 2.74#
 - Coffee Tanzania 5.43#
Reg. 5.87#
-

SUGAR

By Rosemarie Waller

Sugar is responsible for many functions in our bodies. Our whole metabolism is built, in one way or another, on sugar, including the ability to work our brain, muscles or internal organs.

Excess sugar is changed in the human body into glycogen (a starch-like substance, which is held in the liver and muscles). It gets metabolised when needed. If the body has enough sugar and glycogen any added sugar will be stored as fat.

By the term, sugar, we mean white refined sugar. To transform white sugar into a useable substance the body needs vitamin B1, so our need for it is drastically increased with more sugar consumption.

Whole grains, beans, and vegetables should provide enough of the vitamin B group for us. A diet that contains enough vitamin B1 to supply your daily needs will be insufficient if you eat products with white refined sugar. The natural sugar in a whole food diet is fairly low and the amount of vitamin B1 in that diet is sufficient. However, eating lots of white refined sugar disturbs that balance.

The lack of vitamin B1 creates a dissatisfied feeling which makes you crave more sweets. If you eat more white sugar, the situation becomes worse.

The solution for this problem is a whole food diet without refined white sugar. Your desire for it will then decrease and your natural balance will be restored.

Good alternatives for white refined sugar are raw honey, figs, dates, maple syrup, malted barley, and rice syrup, molasses, fruit concentrates, and juices (unsweetened), all of which are sold at the Moscow Food Co-op.

Raw unrefined brown sugar is another alternative, but the brown sugar sold on the market today is mostly regular white sugar with molasses added.

SOME HELPFUL HINTS

By Candace Cloud

The Co-op utilizes the recycling concept in many ways. We re-use glass jars and plastic containers for bulk food. We re-use egg cartons to package farm-fresh eggs and paper bags for carrying groceries. We break down the cardboard boxes and take them to the recycling center.

Members and non-members are enthusiastic suppliers of most of these items. Most of the people who bring in the recyclable items seem to like the idea of helping out and contributing to the decrease of solid waste produced by packaging. We love our recycling members and want to take this opportunity to remind all of you that you can take the items we don't use at the Co-op to the recycling center (located at Jackson and "C" street in Moscow). The money that is made from these deposits can be donated to the Co-op or put in your personal piggy-banks. Either way, you come away with a good feeling about yourself.

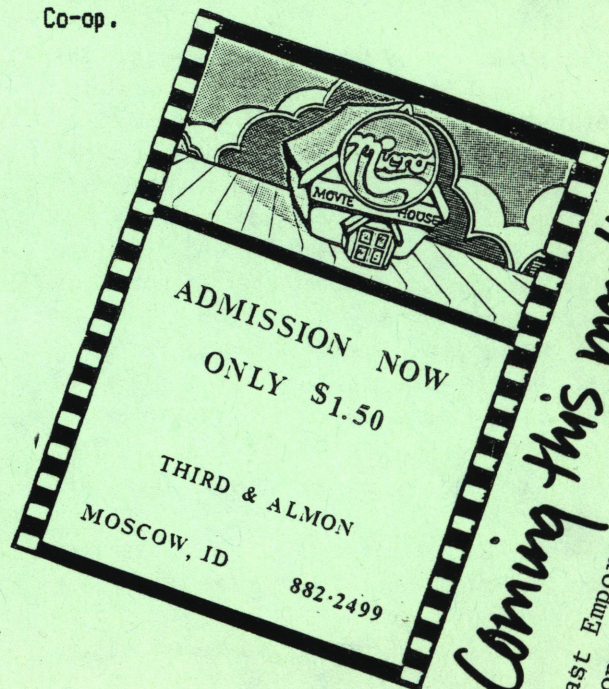
Some other things that are really helpful to us working at the Co-op are little common sense things. But they make a big difference when done consistently. One valuable contribution would be to rinse out the Stratton's milk bottles before bringing them in. Another is to stack paper bags length-wise inside the bag being used as the container, rather than folding them. This saves space and makes them easier to pull out when checking out at the cash register.

Also, feel free to sweep up after yourself if something spills while you are filling your containers. Just ask where the brooms can be located. We also have sponges in the back for wiping up spills. These little actions are really appreciated and give you a stronger sense of pride and ownership in the Co-op.



Sidewalk Cafe
Sunday Brunch

882-0743
in the Hotel Moscow



Coming this month.
Last Emperor, Broadcast News,
Ironweed, and more.

JUST FOR KIDS

By Sunshine Storholt

I said I'd tell you about porcupine hunting and so I shall. If you have not read the two previous Newsletters, you may want to try and find them. This is the last segment of "The True Story of Boulder the Bobcat".

As Boulder grew, she and Cedar became closer all the time. They would go out hunting (we believe Boulder was the leader of the hunt) for the day or sometimes as long as two days. One day she came back and Cedar had about two dozen quills and Boulder appeared to have none. This scene was repeated several times with Cedar coming back with fewer quills each time and Boulder appeared to have none.

However, one time a quill was noticed in Boulder's nose. With considerable caution, the quill was removed from her nose with surprising ease as she didn't even notice. The quill slid easily out with little resistance. Now, if you know anything about porcupines, you know that their quills are like fishing hooks with barbs so that they stay put where they are embedded and are difficult to remove.

When Boulder's quill was removed and examined it was found to be soft and partially dissolved on the end that was stuck in her nose. This led the Storholts to believe that bobcats have something in their systems that dissolve quills. This seemed to be a likely conclusion as bobcats do not have people in their natural habitat to remove quills. This was later confirmed when we read a book called The Bobcat.

So Boulder lived in harmony with people, cats, and dogs. She and Cedar remained buddies and she slept with the house cats. She even let kittens eat first. She was never caged or chained and was allowed to come and go as she pleased.

Boulder eventually began taking longer trips. She and Cedar would leave and Cedar would return alone. Boulder would stay gone for three to four days at first and finally as long as one month. When Boulder was a little over two years old, she had been gone for about two months and she came back and stayed for two days. She wrestled with her friend, Cedar. Then she left and never came back. However, that is not quite the end of the story.

About six months after Boulder had left for good, the Storholts ran into the local game warden who asked them if they used to have a bobcat. The answer being, yes, he told them how he had removed a bobcat from under his neighbor's steps and he thought that this cat was Boulder.

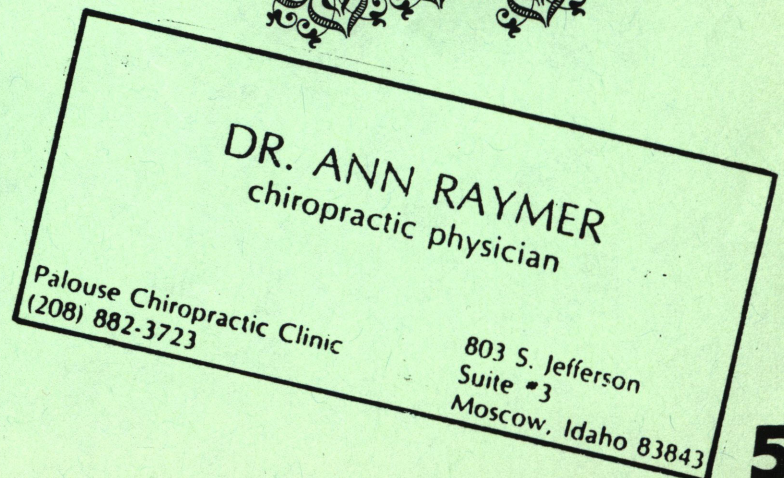
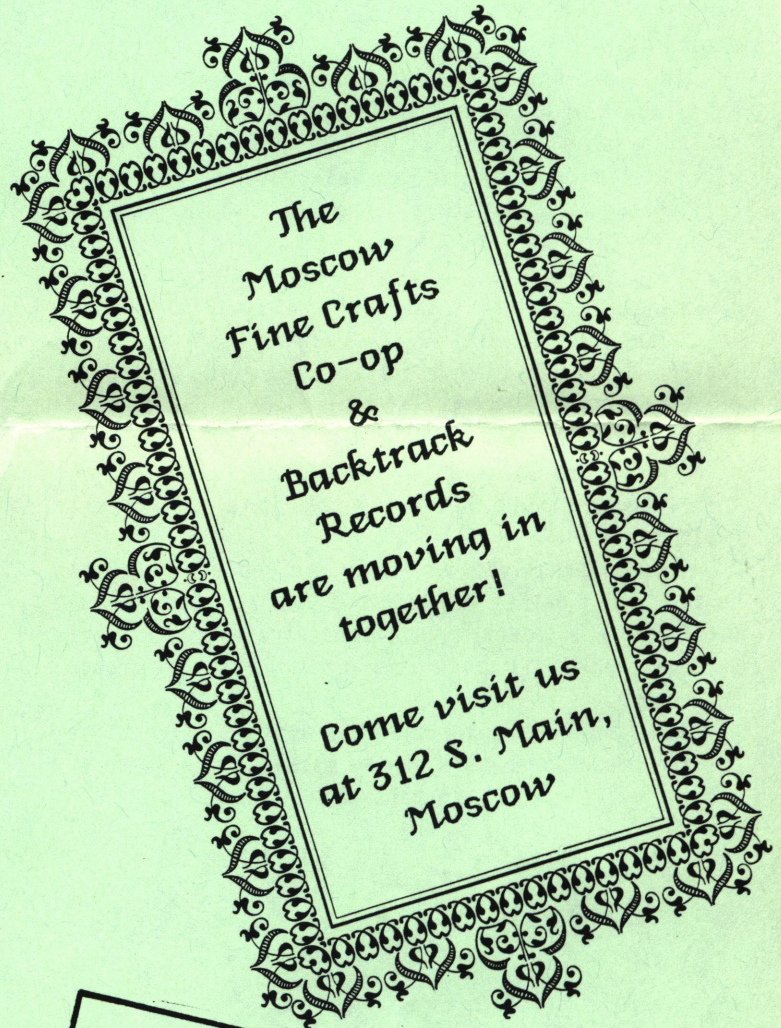
He said that he shot her with a tranquilizer and took her about ten miles further into the woods away from people and released her.

Two years later Frank Storholt and I were on our

way to town when we spotted a bobcat at the side of the road. We stopped and watched her and two kittens cross the road. Frank got out and called "Boulder! Boulder!", and she stopped at the edge of the trees and allowed us to look at her kittens playing while she watched us intently. We are sure this was Boulder as another bobcat with kittens would not have allowed us to watch and certainly would not have stopped.

This is the end of the story about Boulder the bobcat and we feel privileged to have seen and known her, for we were all enriched by her presence.

PLEASE DO NOT ATTEMPT TO BRING HOME A WILD ANIMAL
AS MANY THINGS COULD GO WRONG AND YOU MAY NOT
HAVE A HAPPY ENDING.



Mark Solomon
gets the job done.

Where I Stand



Photo by Scott Spiker

Elect Mark Solomon
Latah County Commissioner
Democrat, Dist. #1
May 24, 1988

Solid waste/Hazarous waste:

The current 10 year contract with Latah Sanitation places the county in an uneasy holding pattern. We must devise methods to reduce the volume of waste being handled by the landfill, to reduce the cost of processing waste, and to protect our water resource from contamination.

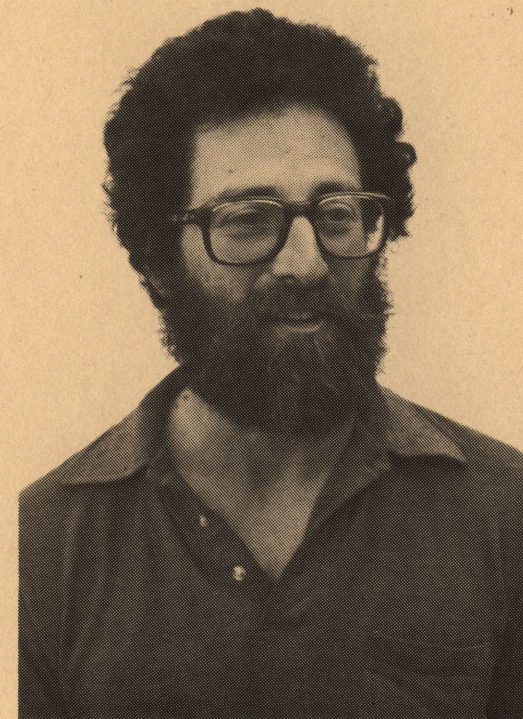
Grazing Practices:

The era of free range is over. Cattlemen and landowners must work together to resolve land management conflicts. I believe that a landowner has the right to determine how his land is used, or not used. If abusive grazing practices continue, the county will be forced to adopt a restrictive ordinance.

County-City Relationship:

The almost total lack of communication between Latah County and the City of Moscow has resulted in duplicated efforts, diluted political power, and needless expense to both entities. A working relationship must be established immediately. Moscow is part of Latah County.

Elect
Mark Solomon



Latah County
Commissioner
Democrat, District #1
May 24, 1988

Mark Solomon

- * *Rural County Resident*
- * *Owner of Idaho Forge and Fabrication, Moscow*
- * *Blacksmith, Welder, and Artist for 17 years*
- * *Lifelong Community Activist*
- * *Past President of Moscow Renaissance Fair*
- * *Wizard*
- * *Inventor of Dragon Fire Charcoal Process*
- * *Chairman - Section 16 Task Force (East Moscow Mtn. Park Proposal)*

As a working man, as a business owner, and as a rural county resident, I know that decisions need to be made promptly, and that problems do not go away if ignored. What does go away is the choice of options and flexibility that allows one to choose the best solution. Latah County needs the best leadership available.

Some of the issues facing the Latah County Commissioners are:

**Solid waste/Hazardous waste
Juvenile Detention Facilities
Courthouse Overcrowding
Open Range Grazing Practices
Country-wide Land Use Patterns
County-city Relations
Strained County Budgets**

A lack of planning and prompt decision making at the commissioners level has transformed these, and other issues, into crises that threaten the quality and stability of county life and government. Latah County needs commissioners who will address the issues, not hide from them.

As a concerned private citizen, I have deeply involved myself in a number of these issues, particularly solid waste contracts and open range grazing practices. I have studied the issues, presented proposals, and educated the public to the goings-on at the courthouse. As an elected commissioner, my participation in resolving these, and other issues, in the best interests of the county, would receive the full-time attention they deserve.

The era of abundant, untapped, natural resources and free-flowing federal funding is over, but the county commissioners are still neglecting business as usual. Latah County needs innovative, decisive leadership to cope with increasing service demands, strained budgets, and a changing, shrinking resource base. I can provide that leadership, with your help. Please vote for

Mark Solomon
Democrat
Latah County Commissioner
May 24, 1988

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