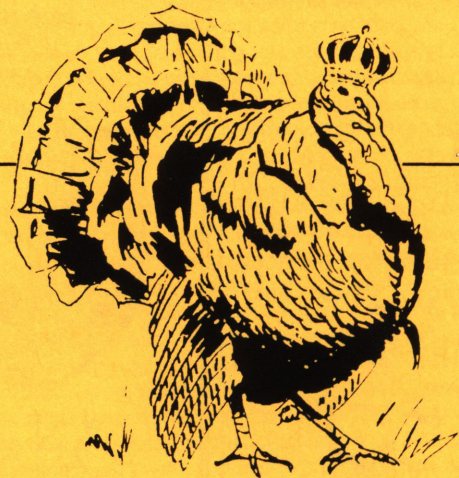


# Moscow Food Cooperative Newsletter

FREE!



## Cluck and Gobble

by Bill London

The Coop sells turkeys (how timely). The birds are raised by Shelton's. Shelton's also sells chickens. If you would like to buy these additive-free cluckers (quite dead), please let the staff know. Perhaps the demand will be great enough to get them stocked here.

The information below is from one of Shelton's ads, describing their chickens. It's so well-written, it is worth repeating here:

### Our Chickens Don't Do Drugs

You know how it is with some chicks. They start out innocently enough, just hangin' in the yard with everybody else. Then they fall in with a fast crowd. The peer pressure is awesome. The first thing to go is the healthy diet. Just fast food, now. It's cool. Then somebody shows up with some drugs. Not hard stuff, you understand ... nothing to get your feathers ruffled over. You know ... additives ... antibiotics. But the next thing they know, they're hooked. Antibodies don't make it anymore. Now it's hormones and growth stimulants. Not a pretty sight.

With Shelton's chickens, it's not like that. Our chickens don't do drugs. What they "do" is eat. They eat well: the finest, most nutritionally complete food we can get. And all this clean living pays off in better flavor and food value. Is that rad, or what?

November 1988

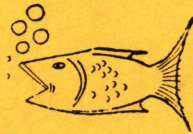
Published by Moscow Food Co-op

314 S. Washington  
Moscow, ID 83843  
(208) 882-8537

Open            9 a.m. - 7 p.m. Mon - Sat  
                    Noon - 4 p.m. Sunday

Editor:            Bill London  
Graphics:        Melissa Rockwood  
Advertising:    Peter Basoa  
Typing:           Kim Stockton  
Stapling:        Kenna Eaton

Day-NW HD 3284 N48

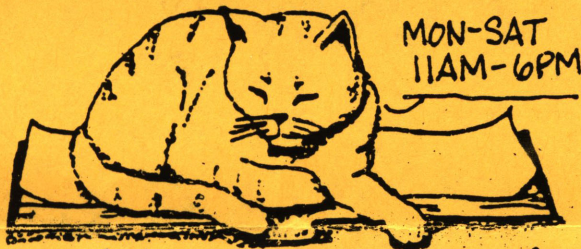


**We Only Sell Politically-Correct Tuna**  
 by Mary Jo Knowles

Many environmental organizations (like Greenpeace) have called for a boycott of canned tuna. The reason for the boycott is a desire to protect dolphins. These marine mammals travel with the schools of tuna and often get caught in the tuna nets. And when a dolphin is netted, it dies, since it is unable to get to the surface to breathe. Protecting dolphins is a good enough reason for us to stop buying tuna.

But there is hope for all of us tuna lovers. Albacore tuna is not netted, but caught with hooks. The tuna dies, but not the dolphins. And that's the only tuna we sell here at the Moscow Food Coop. You can buy tuna again.

**Twice Sold Tales**  
**QUALITY USED BOOKS!**



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

**MEMO** DATE NOVEMBER  
 TO COOP CUSTOMERS  
 FROM COOP STAFF

**INFO NOVEMBER SALE ITEMS**

Wild Rice *now* \$3.73/#  
 reg 5.87/#

Quinoa *now* \$1.90/#  
 reg 2.10/#

Amaranth *now* \$1.59/#  
 reg 1.99/#

ALL Winter Squash  
 now .35/# reg .69/#

**Traditional "Pilgrim" Food**  
 by Candance Cloud

This year for Thanksgiving, why not try some of the traditional foods of this holiday? I don't mean canned pumpkin pie filling, frozen desert topping, etc. followed by hours of football spectatorship. I mean the foods that were more likely prepared and eaten at the first Thanksgiving feast.

Commeal could be used to make breads or muffins. At the Coop, we have organic blue commeal and organic black commeal that would enhance the texture and flavor of your Thanksgiving fare. We offer drug-and hormone-free turkeys, but fish was also served at the first feast (perhaps breaded in blue commeal?).

If you are a vegetarian, we have hubbard squash which are shaped vaguely like roasted turkeys, and one vegetarian friend tells me they can be stuffed with the traditional dressing made with our wild rice and baked.

We have whole wheat pastry flour for making pie dough, plus cream from local dairies for whipped cream and sauces. We have local farm eggs, pumpkin pie spices and poultry seasoning, grains and flours, and an array of vegetables that can be served raw or cooked.

Consider sweet potatoes and squash for pies, breads or side dishes. We also carry a sweet-meat squash for a pumpkin-y pie. We have Knudsen's cranberry sauce, and Susan is working on getting fresh cranberries for the holiday season. We have currants, nuts and fruits for buns, breads and cakes.

Enjoy!



**CAFÉ SPUDNIK**

OFFERING A NEW  
 DINNER MENU -  
 EXPERTLY PREPARED



CALIFORNIA /  
 NORTHWEST CUISINE  
 NORTHERN ITALIAN  
 COUISINE

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

*see article on  
 page 3 of this  
 newsletter!*

## YOU CAN MAKE TOFU

By John Cunningham

Tofu is no newcomer to world cuisine. Asians have eaten it for centuries and more recently tofu has been accepted into our culture. Growing awareness about diet in our country has brought tofu to prominence now.

I call it a "perfect food." It is made from soymilk in much the same way that cottage cheese is made from cows milk. It is high in protein, low in calories and is cholesterol-free. It is also a versatile food, both as an added ingredient and as a main dish.

Tofu is an excellent substitute for eggs that would ordinarily be used in sauces, pancakes, waffles, pastries, and other backed goods. Use it instead of cream or cottage cheese in fillings and desserts. Instead of meat, it can be used in main dishes. Bake it, barbecue it, fry it, or mash it into recipes -- tofu takes on the flavor of whatever it is cooked with.

I have been making tofu for quite some time and wish to share the recipe that has worked every time. Even my first attempt was successful. If after closely following the detailed guidelines you are not successful, I will eat my hat and that would be a shame because I am very fond of it!

If you enjoy bread making, you will find that tofu making is just as easy and pleasurable. It takes some time and a few utensils which are found in most every household.

Making your own tofu will save you some money and more importantly, you will create a perfect food. As a bonus, the nutritious by-products of the process will add to most any of your recipes. The following recipe for making tofu is from Juel Andersen's *Tofu Primer*. You will use:

1 pound dry soybeans  
30 cups of water (just under 2 gallons)  
3-1/2 teaspoons Epsom salts or 3 teaspoons  
food grade calcium sulfate (gypsum)

You will need a few utensils:

1. A pressing cloth made of a strong fine mesh like gauze or curtain material. It should be about 24" square.
2. A mold with a capacity of 2 to 4 quarts with a flat lid that fits inside (Improvise with anything that works, such a colanders, coffee cans, or plastic containers. I must have lots of holes).
3. A measuring cup of two, and some measuring spoons, a bowl (at least 12 cup capacity) and a large pot.

How to Make it!

Be sure to read through this process before you begin.

1. Wash the dry beans and soak them overnight in 10 cups of water. In the morning, wash the beans again and drain.
2. Pour 2 cups of water in a large pot (12 cup capacity or larger) and place over medium heat. Grind the beans in a blender using 2 cups soaked beans to 3 cups of water. Add this mash to the cooking pot as you go along. Keep track of the water you use!
3. Bring the soy-water mixture to a boil and cook for 20-30 minutes. (This gets rid of the "Trypsin Inhibitor" which prevents us from assimilating soy protein).
4. While the mash cooks, wet the pressing cloth and spread it over the colander. Place the colander over a pot or large bowl to catch the soy liquid.
5. Pour the cooked soy mash through the cloth adding cold water to cool and dilute the liquid. Again, keep track to the water you use and add this amount to that used for grinding. Use all the water except for 2 cups, that is, 28 cups. Gather the cloth around the solids and squeeze to get as much liquid out as possible.
6. At this point you will have made soymilk. You can pour some into a bottle and refrigerate it. Use it instead of cow's milk whenever milk is called for. (Soymilk is very good for people who are allergic to cow's milk). The solids left in the cloth are called "okara." It is an excellent addition to breads and baked

goods. Use it as you would use bran. It is high in fiber, low in calories, and has lots of protein.

7. Pour the soymilk back in the washed cooking pot. Preheat it to boiling. While it heats, mix the curdling agent (Epsom salts or calcium sulfate) with the remaining 2 cups of water. When the milk reaches boiling temperature, remove it from the heat and stir in about 3/4 cup of the solution. Watch for curdling to begin. Add another 1/2 cup and stir gently. (Too much agitation make dense tofu. It doesn't hurt it and you may even prefer it that way). Let it stand about 3 minutes. If it has not curdled, add more of the solidifier solution, stirring gently until definite curds have formed and the whey has become clear and yellow.
8. Let the curds and whey stand while you prepare the mold. Wash the pressing cloth and arrange it in the colander or other mold. Work in the sink. Ladle the curds into the mold allowing the whey to run off freely. Fold the cloth neatly over the curds. Place the pressing lid over the folded cloth and weight it with about a 1 pound weight. Let it stand for 10 to 20 minutes.
9. Remove the weight and immerse the whole mold in a bowl of cold water. When cooled, remove the pressing lid and unfold the cloth. Invert the tofu onto the lid and remove the cloth. Place the bowl over the cake of tofu and invert again.
10. Store the tofu in the refrigerator, either under water or cover tightly. It will keep up to two weeks. (Storing the tofu under water will help maintain its bulk. It will not keep it fresh unless you change the water daily.



**Five Element  
Acupuncture**

**Karen West  
835-3181**

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

**Pilgrim's Nutrition Centers**  
882-0402

**UPS  
Package Drop**

310 SOUTH MAIN, MOSCOW

## ODD GRAINS ON SALE

by Bill London

Well, maybe odd is not the best adjective. How about "Unusual Grains to Sparkle Holiday Meals." Anyway, the Co-op staff, in their collective wisdom, have put three uncommon grains on sale this month just in time to add sparkle, etc.

Here's some information on Quinoa (one of the sale grains), an article I wrote for *Americas* magazine (May 1987).

Of the three staple foods that formed the foundation of the Inca empire, the tiny quinoa seed is the last to achieve recognition beyond the Andes. Potatoes and maize have long ago been transplanted around the world, while quinoa (pronounced keen-wa) is grown and consumed almost entirely in the South American highlands.

But now the secret of this ancient crop is spreading to North America. The Quinoa Corporation, headquarter high in the Colorado Rockies and the only company that market quinoa throughout North America, has been successfully selling, importing, and growing quinoa since 1982.

In 1986 they sold 167,000 pounds - two to three times as much as they marketed the year before. "Quinoa has a virtually unlimited market here in the United States, as big as corn or wheat," notes Don McKinley, one of the two founders of the corporation. "When people try quinoa, they like it and feed it to their friends. That's why demand for the product is growing so fast."

His company is so confident of this ever-increasing demand that it recently contracted to purchase about two millions pounds of seed during this year. All will be imported from Andean countries such as Peru and Bolivia since there hasn't been a commercial crop harvested in the United States.

"We're trying to grow quinoa here, but all of our crops have been experimental so far," McKinley explains. "We expect a crop soon. It should grow commercially here."

Growing conditions in the valleys of the Rocky Mountains are similar to those in quinoa's ancestral homeland in the Andes. In both cases the land is dry and cold, and the altitude is high. As farmland, it is very far from prime. But quinoa thrives in Colorado land that now can only produce a hay crop. "Quinoa can grow on as little as two inches of rainfall annually, so we know it doesn't need irrigation. It's just a matter of finding the right variety for this area," McKinley says.

However, since there are about 2,000 recognized varieties of quinoa, it may take a few years of testing. Four years ago, the company planted 48 varieties in Colorado. Six were able to adapt to the growing conditions in the Rockies. They grew four to six feet tall with a thick spray of seeds on top (resembling millet or sorghum) and wide leaves similar to those of the common garden weed called lamb's-quarters.

For the 1986 planting season, the Quinoa Corporation narrowed the choice to just two kinds, and contracted with local farmers to plant 125 acres with those. The 1986 Colorado harvest did not produce grain of sufficient quality and quantity to be marketed, although enough was produced for testing.

McKinley remains unconcerned over the long years of crop development in the Rockies. "Oh, it will happen soon enough," he says. "We were told it would take ten years to get a commercial crop here so it seems we're even ahead of schedule."

While the Quinoa Corporation has been relying on South American supplies, they have been rapidly developing North American demand. They are now expanding sales into gourmet food stores and supermarkets. Originally, the grain was sold only in natural food stores, where its high nutritional value was appreciated.

Connoisseurs of food value have long recognized that quinoa contains more protein (compared to 8.7 percent for corn, 7.3 percent for rice, and 13 percent for the highest quality wheat). But the crucial difference is the quality of the protein. Quinoa contains a near ideal balance of amino acids, similar to the protein constituents found in milk, and far superior in nutritional availability to either wheat or soybeans. In addition, quinoa is a good source of many vitamins and



minerals -- for example, more than three times as much calcium, and twice as much phosphorus, as wheat.

It is, in short, one of the very best foods nutritionally -- among vegetables as well as animal sources. Quinoa is also very tasty and easy to prepare. Before cooking, the tiny tan seeds are roundish, resembling parakeet seed more than human food to the typical North American. But within 15 minutes of boiling, the millet-like seeds swell and turn transparent. Minuscule white bands that circle each grains' midsection separate from the firm seeds, so the cooked product resembles a panfull of tiny crescent and full moons.

Unlike wheat or white rice, quinoa is not sticky or glutinous. The grains are fluffy and chewy, with a subtle, nutty flavor not unlike that of wild rice.

Quinoa can be successfully substituted for almost any other grain in almost any recipe. For preparation of quinoa, McKinley suggests a thorough rinsing of the seeds in cold water before cooking. This eliminates any residues of saponin clinging to the outer layer of the seeds. Saponins are naturally occurring compounds with an extremely bitter taste that may protect the seeds from insects, or be helpful in shielding the grain from the intense ultraviolet radiation of high elevations. Though saponins are good for the plant, people don't enjoy eating them so the Quinoa Corporation removes those bitter compounds by dry polishing the grains (the way white rice is polished) before bagging and selling. Home rinsing is just a final precaution to ensure the elimination of all the saponin coating.

Some authorities believe that quinoa should become a common North American grain because of the need for genetic diversity in food, as well as for its good taste and nutritive value. Noel Vietmeyer of the National Academy of Sciences in Washington, D.C., is one of those who feels that North America would have a more secure food supply if more kinds of plants were commercially grown.

"Of the more than 500,000 species of plants that inhabit the earth, about 80,000 are thought to be edible," Vietmeyer explains. Yet we rely for 90 percent of our food sources on just 15 of those plant species. The result is a real vulnerability, he warns. Climatic changes, or a serious pest infestation could devastate one species and seriously affect food supplies.

It is "foolish, even dangerous," Vietmeyer insists, to continue this pattern of "botanical isolationism." His solution is to diversify North American food crops -- to include quinoa and other now common plants in both farmland and diet. Quinoa makes better, more profitable use of what is now considered marginal cropland to produce a nutritionally superior food. Perhaps, like its cousin the amaranth, which was the staple food of the Aztecs and is now commercially grown and readily available throughout North America, quinoa will become common throughout the Americas.

Don McKinley certainly expects that to happen -- that soon quinoa will be as common in the Rocky Mountains as it has been for centuries in the Andes.

## ANOTHER MOSCOW CO-OP by Chris Dixon

The Moscow Fine Crafts Co-op at 312 S. Main is celebrating its first birthday this month and in honor of the occasion I thought I would write a little bit about the past year and also about why I think the Co-op fills an important niche in this community.

The Craft Co-op started after the Beasley Christmas Fair on November of 1987 when several local craftspeople decided (read hoped) Moscow might be able to sustain a longer pre-Christmas season for craft buying. One founding member, Peter Basoa, remembered the Kris Kringle Kraft Conspiracy as a very successful similar venture and also recognized that the annual public support for and success of the Renaissance Fair might carry over into the Christmas season.

Ten people started cleaning and decorating at Norma Carter's 310 S. Main location. (Mrs. Carter's generosity and all-round goodness cannot be overstated in her dealings with all of us). People with an eye for color decorated; people with a head for numbers did the books; people with persuasive skills enticed other craftspeople to join the Co-op as consignees; and everyone baked for bake sales and cleaned and clerked at the new store.

The six weeks before Christmas were very successful, cooperatively and financially. Many local people said the store filled a void in Moscow and hoped it would stay open. We took them at their words. Though there were some lean months, by May of 1988 we bravely moved next door (312 S. Main) to share rent with Lindy Seip and her business, Backtrack Records, and with East Sea West in a more cooperative position than even before.

Through the summer and early fall we have stayed open and stayed busy attracting new members and consignees. Though none of us will die rich from our cooperative venture, we have all gained much on many other levels.

Personally, I am an inveterate co-op member. I find something primally satisfying in joining together with other like, and sometimes unlike, minded individuals to create something that none of us is capable of creating alone. I like working together, working things out, discussing all the options, and leaning when to shut up and just do it.

In a more general vein, the Crafts Co-op gives local craftspeople a chance to improve the living they make by their creative abilities. It gives townspeople a chance to support local artists. When you buy local crafts, you are supporting a local home industry (in the most non-polluting sense of the word). This fact alone allows all sorts of people to become patrons of the arts instead of just the very rich.

A local craft co-op makes it easier for members of the community to buy art that has some personal meaning for them. When you buy something locally made you get something that is not only beautiful and/or utilitarian, but you have a better chance of learning something of the creative process an individual used in making the object. I think too it is special to buy a basket made from willows that grow along the Palouse River. It is special to buy pottery made by a local potter who perhaps uses local clay or ash for glazes. It is special to buy lathe-turned bowls made from Idaho chokecherry or mountain mahogany. Honey from local bees is not only special, it is better for you too.

In a broader sense too, co-ops fill a void because work does not take as many forms as it once did in this country. Craftspeople, who along with farmers once formed a vast majority of all working people, are becoming as rare as wolves and forthright politicians. Co-ops allow artisans to support themselves in creative ways outside the mainstream of modern America's workaday world. They encourage free-expression and self-direction as well as a sense of community.

What else? Ellen Cantor, another founding member has said, "The Co-op has allowed us to support one another in practical ways like child care and booth sharing and at the same time has provided a stimulating environment in which we can exchange ideas and new visions." Sounds nice doesn't it?

We're having our first birthday party November 18th at 7:30 p.m. at the Crafts Co-op in conjunction with Backtrack Records, which is celebrating its second birthday on the same evening. There will be cake and punch and we will have a new exhibition on our back wall. Please come -- you are all invited.

*The*  
**MOSCOW FINE**  
**CRAFTS CO-OP**  
*is one year old!*

**BACKTRACK RECORDS**  
*is two years old!*

*Friday, November 18th*  
*You are invited to join us in our*  
**Double Anniversary**

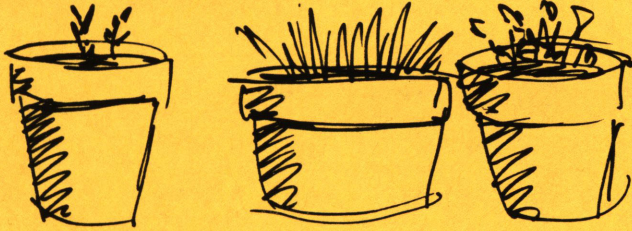
**Celebration**

**7:00 PM**

**312 S. Main**

**Moscow**





**JUST FOR KIDS**

By Sunshine Storholt

As I look in my pantry I see row upon row of canned vegetables and jams and I think back with longing to when the first seeds we planted began to sprout. That's when I realized that the growing season doesn't have to end.

For I've decided to grow an indoor herb garden this winter in my sunny windows, and so can you. With a small amount of effort and minimal care you too can have lovely plants that when added to food are just plain delicious.

First you need containers, many of which you may have at home - from plastic tubs to large mugs. (Be sure all your containers have small holes in the bottom). If you don't have them at home you may need to buy them (or maybe ask your friends or neighbors if they have extras). They are not very expensive and can be found at a nursery or in the grocery store (keep in mind how many kinds of herbs you want to grow, so you will get the right number of containers).

Next you need small stones. I use gravel. I have some right outside and available for free! Put about 1/2 inch in the bottom of each container for good drainage. This is very important, as your plants may die if they get too much water.

Next comes dirt, of course. If you had an outside garden this year, you can use that. If not, you may need to buy some all-purpose potting soil which will work well with most herbs that you want to grow. You will also need saucers or trays under your pots to catch the water that will drain through. Don't let your plants sit in water, they could develop root rot and die. So after watering, drain your saucers or trays.

You will need to consider space, the amount of room you have by a South or East window and then you can buy your herb seeds.

Do! follow planting depth guides on your packets. If you plant too deep your seeds may just rot and not come up at all. Be sure to mark each container with the name of the herb it contains, so you will know which herb is in which pot. I will suggest a few herbs to plant and what they are good for:

First, Basil: Use 4-6 seeds in a 6 inch pot. This herb is good for cheese dishes, fish, stews, beans, cucumbers, peas, potatoes, spinach, squash, and green salads. But it is most often used with tomato dishes, spaghetti and other Italian foods.

Next, Oregano: Plant 4-6 seeds in a 6 inch pot. When seedlings are 2-3 inches high, thin them, leaving only the two strongest plants. Oregano likes full sun. Water only once per week. DO NOT over water. This herb is good for salads, soups, stews, snap beans, Lima beans, egg plant, onions, peas, potatoes, spinach, fish, and again tomato dishes.

Third, Chives: Plant 4-6 seeds in a 6 inch pot. They like lots of sun and water and should grow all year round on a window ledge. Water at least once per week and after each clipping to give them the extra moisture they need. Chives are good in salads, soups, egg dishes, in gravies, stews, and baked potatoes. They have a mild onion flavor.

These are only a few of the many herbs you can grow. Talk to Mom and Dad and go to your local library where you will find many books on herbs. I suggest My Own Herb Garden by Allan A. Swenson (in the childrens section). Check it out along with any other books that interest you (Besides, the library is a fun place to spend an afternoon!)

**Mikey's  
GROCS**

527 SOUTH MAIN ST  
 MOSCOW  
 882-0780

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

**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

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

**DR. ANN RAYMER**  
 chiropractic physician

Palouse Chiropractic Clinic  
 (208) 882-3723

803 S. Jefferson  
 Suite #3  
 Moscow, Idaho 83843

**BINDING**

low cost • fast service

**kinko's**

Great copies Great people

608 S. Main St.

882-3066

Main Street

deli

Sunday  
Champagne  
Brunch



Full Service,  
Live Music,  
Champagne,  
Fresh Pastas,  
Limos and a  
Great Menu  
Sundays  
9am - 1pm

Reservations accepted 882-3449



Quality Instruments, Amps  
and Equipment

Full Service and Lessons

Buy, Sell, Trade

882-1823

**Remember...**

Local milk in glass bottles?

We've still got it.

Milk in recyclable glass bottles

from Stratton's Dairy in Pullman.