

Moscow Food Cooperative Newsletter

FREE!



GREAT MOMENTS IN FOOD HISTORY?

This birds-eye view of 75 years of food history was compiled by the Maryland Department of Agriculture. It appeared in the September 1987 issue of Grocers Journal of California without a trace of irony.

1915 - Processed cheese, first made in Switzerland, was launched in the U.S. by Kraft. It was very popular from the beginning because it stayed fresh in the sealed packet.

1919 - Food chemist Joseph Cohen developed gelatin.

1921 - Wonder Bread began nationwide marketing.

1923 - Skippy Peanut Butter began nationwide marketing.

1925 - Automatic potato-peeling machines were introduced and the production of potato chips boomed.

1928 - Will Kellogg introduced Rice Krispies in his continuing effort to change the breakfast habits of the nation.

1929 - Grocery stores began marketing prepared baby foods.

1930 - Poultry farmers constructed the first year-around rearing sheds, making spring chicken a thing of the past.

1931 - Miles Laboratories introduced Alka Seltzer.

1933 - There were 516 stores in the nation equipped to carry frozen foods.

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1937 - Spam luncheon meat was introduced by George A. Hormel & Co.

1939 - Birds Eye introduced pre-cooked frozen foods.

1940 - Swanson frozen dinners were introduced.

1942 - H.J. Heinz sent processed foods in tins to the war front which were capable of being heated with enclosed sterno cans.

Day-Moscow ID 3287 N78

more great moments

- 1945 - Minute Maid Company developed a powered orange juice that soldiers could reconstitute in the field. Within a month, the war ended and the company turned to frozen juice concentrate.
- 1948 - General Mills introduced prepared cake mixes.
- 1949 - Cyclamate-based artificial sweeteners were introduced for the weight-conscious consumer.
- 1955 - Electric deep freezers arrived.
- 1958 - Instant mashed potatoes were introduced.
- 1980s - Irradiation began to have a place in marketing foods.

A COMPOSTING BUSINESS

By Bill London

EDITOR'S NOTE:

We have heard plenty lately about the problems of the Latah County Landfill. Even in rural Idaho we must concern ourselves with reducing the amount of garbage we put in the landfill so we don't fill it up right away. Perhaps this business (as profiled in this article in the Arcata, California Co-op Newsletter) could be a model for a similar business in Moscow — composting the tons of leaves and other organic garbage now landfilled here. This is working in Arcata:

A new business has just opened in Arcata with two ambitious goals: to sell a product that may not be offered elsewhere, and to reduce the solid waste problem at the same time.

Northcoast Quality Compost on South I Street near the Arcata Marsh, collects biodegradable "garbage" from local businesses and turns it into high-grade compost for gardeners and landscapers. The business also accepts organic waste from the public for a fee.

An employee picks up food waste from six Arcata restaurants and coffeehouses and combines this with garden trimmings from landscapers, sawdust from woodshops and lumber mills, and manure from horse and goat stables.

A very hot, aerobic process in a series of closed wooden bins takes just two weeks to produce a nutritionally rich soil fertilizer. Owner Justin Baldwin adapted this system for a large-scale application from a home composting method.

Composting, the decomposition of organic waste into a natural soil fertilizer, has long been used in sustainable agriculture. According to its proponents, using compost to enrich the earth in gardening or landscaping encourages healthier, more insect and disease-resistant plants. This can eliminate the need for chemical fertilizers or pesticides.

"Compost is the best thing to use as a fertilizer for your garden," said Baldwin. "Our compost increases the soil's ability to hold water and nutrients," he explained. The product can be planted directly, tilled into the soil, or used as a mulch.

Production technician Todd Swarthout collects the materials, combines them in a shredder, and turns the contents of the bins with a pitchfork.

"Being a student of Political Ecology at Humboldt State University," he said, "I very much concern myself with environmental issues such as sustained agriculture, soil fertility, and solid waste management. I transmit that concern to putting out a quality product."

Producing compost can also benefit the environment by dramatically reducing the amount of garbage that is sent to landfills,

according to Baldwin and Makino. A new report on solid waste by the City of Arcata estimates that two-thirds of municipal waste could be composted.

"Arcata is really the perfect community to introduce this kind of business," said Makino. "The Arcata Marsh, just next door to our lot, is based on a similar philosophy of recycling waste. The Arcata Community Recycling Center has also really helped raise public consciousness about what we might otherwise think of as trash," she said.

In addition to selling compost, Northcoast Quality Compost accepts organic waste from the public such as grass clippings, leaves, sawdust, and branches less than one inch around. The charge is \$2.50 per cubic yard, slightly under the county dump fee.

The business is open on Mondays and Thursdays from 10 a.m. to 3 p.m. Compost sells for \$5 for a 1 1/2 cubic foot bag or \$75 per cubic yard. For more information on the Northcoast Quality Compost call (916) 822-4119.

THANK YOU VOLUNTEERS

By Candace Cloud

It is time to thank all the people who have helped get the Co-op mailing list finished and ready to print. It took a lot of time and effort. We appreciate all the work that went into this project. Many of these people continue to contribute by checking the new memberships each month and adding them to the list.

The names of those who helped are: Peter Linderman, Van Hoffman, Nancy Casey, and George Mancini.

Also, George helped solve the problem of overheating the back hallway by drilling holes in the alley door so that the air from the compressors can circulate.

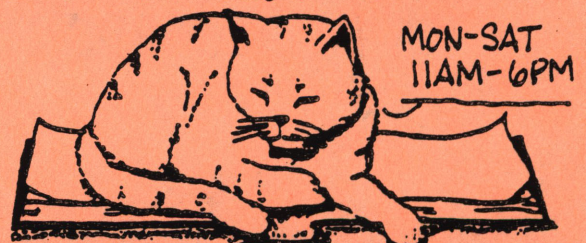
Steve Dodson did the lion's share of setting up the stage and sound equipment for the Co-op street dance.

Thanks to all the people who baked cakes for the birthday dance and contributed to the merriment of the evening.

Also, thanks to all our regular volunteer cashiers, stockers, and delivery people. We couldn't do it without you: Barb Shelley, Rosemarie Waller, Alex Topakas, Pam Potter, Guy Mulder, Bob Thyberg, Margo Kay, Marc Estrin, Cynthia Kimball, Rex Bennet, Chris Sokal, Jeri Stewart, Bill London, Peter Linderman, Lee Anne Gorman, Liz Sullivan, Tom Albers, Geneva Davis, Lorna Hughes, Bruce & Becky Miller.

And thank you to everyone whose name is not here and contributes time, energy, and effort. We appreciate everything you do.

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OUR LAST BOARD MEETING

By Lynn Lloyd

Well, we had an uplifting meeting with a CPA who would like to help our Co-op with our money matters. His name is Steve Magolin and he recently moved here from Fresno, California. His goal is to get into helping small businesses as a consultant and he decided to contact us after reading of the Co-op's street dance in the paper. He proposed that he could help us get all the needed information on the computer so that we can utilize it to our best advantage. He also suggested that he could give us tips about how to evaluate different aspects of the business so that we might better identify areas for improvement. He is proposing this service for about \$100/month and stated that he could be called upon at any time for questions. Well, since that meeting, I understand that he has taken on a job in Lewiston and I am not sure if the previous arrangement still holds - pending demands of the other job. At any rate, we were pleased at the prospect of having an "advisor" and felt he would be a trustworthy one at that.

Also of concern is the annual membership meeting. How about the first Saturday evening of November? Potluck dinner? Music possibly by a yet unnamed band? At the Community Center? Still tentative at this point. Is there anyone out there who wants to be on the board? Now is the time to act ... (new board members are voted in at the annual membership meeting).

That's all folks...

JUST FOR KIDS

By Sunshine Storholt

(Borrowed from an old Farmer's Almanac)

Why do cats eat grass? Here is the "just for fun" answer! In the absence of conclusive research, veterinarians and other experts are none the less willing to offer opinions.

Susan McDonough in her book, The Complete Books of Questions Cat Owners Ask Their Vet and Answers, states "Cats like to eat grass and sometimes they eat it when they have mild gastritis (a tummy ache). For instance, when a hair ball is bothering them, usually they will vomit soon after that and this had led to the belief that cats eat grass when they are sick to make themselves vomit, rather than the cat "understanding" that "it needs to vomit."

According to Dr. Ken Decron owner of the Wild Animal Training Center in Riverside, California, some domestic and captive exotic (not native to North America) cats eat grass because they are not getting enough of the plant material they would normally get from their prey (live animals). He has observed many captive cats such as Cougars, lions, jaguars, tigers, small leopards, eating grass or bamboo who have been deprived of plant material normally obtained by eating entrails (internal organs and intestines) which cats eat first.

In the Well Cat Book, Terry McGinnis agrees that "grass eating is often an enjoyable pastime for many cats and not a sign of illness." Similar sentiments were expressed by Patricia Curtis, particularly with regard to indoor cats eating house plants when they are angry at their owners.

However, in The Indoor Cat, she also writes that "some properly fed cats like to nibble on plants (and grass) just for the heck of it."

JUST FOR KIDS

By Sunshine Storholt

(Borrowed from an old Farmer's Almanac)

Unlike the year and the month which correspond to the movements of the earth around the sun and the moon around the earth, the week has no astronomical significance. The seven day week is artificial, the first truly human-made unit of time.

Officially adopted by the Emperor Constantine in 321 A.D. the seven day week goes back thousands of years before that to the first civilization of the Middle East. Mesopotamian astrologers designated one day for each of the seven most prominent objects in the sky - the sun, moon, and the five major planets visible to the naked eye. The Jews also adopted a seven day cycle, based on the time it took God (according to the Bible) to create the universe. A new twist in their week was the Sabbath, a day set aside for rest. According to sociologist Eviator Zerubavel, author of The Seven Day Cycle, The History and Meaning of the Week, no other culture had yet invented a holiday that occurred on a regular basis, unrelated to natural phenomena. "This was one of the great breakthroughs of human civilization," Zerubanel maintains.

But other culture adopted different weeks. The Romans used eight days, West African society used four days. In Assyria, six days, in Egypt, ten and in China, fifteen days. The ancient Germans used a five day cycle named for their primary gods which is how our week ended up honoring Norse deities like Tiw (Tuesday), Odin (Wednesday), Thor (Thursday) and Frigga (Friday). They borrowed Saturn from the Romans to make Saturday. In fact our word "week" probably comes from the old



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Norse word "vikja" which means "to turn". Sunday and Monday of course honor the sun and the moon.

Someone is always trying to come up with something better. In 1936 the League of Nations solicited proposals for world calendar reform and considered almost 200 different schemes, many of which would have changed the week. Edmund Skille of Drummond, Wisconsin, suggested a year consisting of seventy-three five-day weeks called "Metos." The days of the week would be called Ano, Beno, Ceno, Neno, and Eno.

There is no doubt that the seven day week is illogical. It doesn't divide evenly into 365 or 366 day years, holidays, and birthdays are always changing and fall on different days of the week.

But we humans are illogical creatures and I think our week is here to stay.

NEW PRODUCT
 By Candace Cloud

Our newest product is actually an ancient grain that has been used for thousands of years by Highland Ethiopians. The grain itself is teff and is ground into flour to make a flat crepe-like bread called injera. Teff is highly nutritious, containing 9.6 grams of protein (per 100 grams edible portion), 172 mg. calcium, 2.7 g. fiber and 75.5 mg. iron. Teff is also the smallest grain in the world. It takes as many as 150 grains of teff to weigh as much as one wheat grain. This small size means the germ and bran, where the nutrients are concentrated, account for the much larger proportions of the total volume of the seed compared to more familiar grains. Teff is adaptable to many recipes, both as a grain and a flour.

We are able to get teff from Wayne Carlson in Caldwell, Idaho. He discovered the grain while working on a medical research project in rural Ethiopia in 1973. He developed a taste for injera and decided to introduce teff to America upon his return. The Carlsons sent a recipe booklet with the order and others can be ordered. If customers are interested in having their own copy of the recipes, let me know and we will get them with the next order.

MORE NEW PRODUCTS
 By Mary Jo Knowles

We have new bread now from the Bread Shop of Elk, Washington. We now carry their Basic Whole Wheat, Eight-Grain, and Brown Rice breads. These breads have no dairy products. We receive an order every other week so if there is no fresh bread available, check our freezer.

Also, our winter clothes have arrived: wool sweaters, hats, and gloves from Ecuador and Peru, wool scarfs from Uruguay and hats from Nepal.

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- Cajun Vegetable Magic ~~2.91~~/jar 2.60
- Idaho Blend Coffee ~~6.14~~ 5.54
- Spicy Tomatoe Drink ~~1.99~~/qt. 2.15/qt.

PLASTIC POTATOES WIN AWARDS AND MONEY

By Kim A. Stockton

Well folks, its finally happened. Science has re-invented the wheel. Recently at the University of Idaho, two researchers have developed a new method of packaging potatoes – a potato "skin". One would think that the "wrapper" available on most potatoes is about as good as it gets – the skin of a potato is edible, (although some may argue that point!) not wholly unattractive, and has a more than adequate shelf life. However, Kiran Shetty, a graduate student at the UI, and Robert Dwelle, the division chairperson from the UI Plant Science Department, simply could not leave nature alone.

These two enterprising scientists have spent the last four years developing a new method of potato packaging. They succeeded in developing a method by which they can wrap potatoes individually. According to a news story in the September 27 edition of the Argonaut, "a film is used to wrap the potatoes, then it is shrunk to fit the potatoes. The films are specially selected to slow respiration and hold moisture. This makes it possible to print on the potato such logos as 'Grown in Idaho' or 'Genuine Idaho Potato.'" (I know that's important to me!!)

According to the two scientists, the shelf life of the potato is increased anywhere from six to eight weeks and the potatoes can better retain their nutritional value. (What was not discussed is whether or not the wrapper is bio-degradable).

These new wrappers were also designed to increase business for Idaho potato growers. With the imprinted "Idaho Potato" logo growers can be assured that only Idaho potatoes are being marketed as "Idaho Potatoes."

To date, around \$12,000 in equipment has been given to the researchers for the project. Kiran Shetty estimated that an additional \$25,000 will be given to them to further their efforts. (No doubt J.R. Simplot will be making a sizeable donation to their research).

Essentially what we now have is a product (whose form in Nature was more than adequate) which has now been altered to a form which will not only contribute to additional waste (from the wrapper) but whose design was based almost solely on the needs of big business. This product will not contribute to the betterment of society, it will not serve to ultimately increase the nutritional value of a food item, this item was produced so potato growers could charge consumers 25 to 35 cents per potato. Once again the greed of big business has dictated the development of certain products. Hopefully someday, scientists will be held accountable for the technology they have created (designed to create "a better and more efficient world") which in the long run has a negative effect on the environment and society. As well, I live for the day that socially-conscious people call the shots, rather than big business.

OUR COMPUTER

By Mary Jo Knowles

I don't know why I am writing about the computer. For on thing, I can't write and for another, I am still afraid to turn it on (still fighting the 20th century).

I guess it's not that bad. No worse than the cash register that tells me when I have made mistakes.

Progress has been made, so I am told. We have done our first payroll on the computer. I shouldn't say "WE" – Candace, Steve, and Varrce (and our helpful bookkeeper Jenny Kusha) worked out the bugs. I just get drinks and voice encouragement and worry (from 3 - 6 every morning).

We (I use loosely) are ready to do our income statements at the end of September and our inventory. And we can feel pretty good about that.

Also, because we are computerizing our mailing list, for the next couple weeks we will be checking everyone's membership card to update our files. Please check the Rolodex (at the check-out counter) to make sure your address is correct and your membership is current. Thank you.



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Write In

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Moscow Food Cooperative Newsletter

MANAGER'S REPORT

By Mary Jo Knowles

Is it really the end of September? "Oh no, it's fall." Gosh, I never went back packing! Only went camping twice. I did get to go on a six day river trip, though. My house isn't finished (I am painting the outside). I did can peaches and hope I can can tomatoes. Summer - there's always so much to do and then it's over. I like fall, though. It's a good "catch-up" time. I do have my wood in (and, so what if only half the trim is painted?).

As with the cycle of the seasons, the Co-op is in a constant change. Rosemarie resigned her position as produce and herb manager. Many thanks to Rosemarie for her kind assistance in making an easy transition. Rosemarie has been filling in for staff and has a volunteer position (all the fun and none of the hassles). Any way, no one knows how to do her job so it's a good thing she didn't move! We have hired a new produce and herb manager, Susan Lifton. As a take charge person, Susan has surprised us all with her innovation. Two weeks after being hired, Susan had our back room filled with fifty boxes of peaches and tomatoes and sixty pounds of cantaloupe from the Salmon River. The next week it was filled with piles of squash and peppers from Yakima. Our first truck load sale - I think by the end of canning season this year. Susan will have definite plans for next year, so it will be good.

With an increase in business and because we feel it is so important to have someone in the front of the store at all times to greet customers, answer questions and be of assistance. We hired three part-time cashiers - Kristine Peterson, John Cunningham, and Debbie Dean. It's such a luxury - I can actually get things done. Dana Chapman is our new Ms. Clean (the janitor). I don't know how we got so lucky, I can't imagine better people with whom to work.

The Co-op is sponsoring (with the help from the Employment office and the High School) a PTPA student/worker, Kerry Bauer. Kerry is a Moscow High School student working now at the Co-op on a training program. She gets paid by the State and gets class credits through the High School. She's now learning about the store and stocking and will work up to cashiering and purchasing. We've all been impressed with Kerry - her independence and ability to get things done are a great asset.



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WE GET LETTERS

By Bill London

Yes, the Moscow Food Co-op has gotten some interesting letters lately, some with good news and some with bad.

But first, the good news. The Co-op suppliers that have sent goods packaged with styrofoam were all sent letters by Candace Cloud, who was reminded of the environmental dangers of styrofoam by an article of these companies, she was in a good position to get their attention, and to get a response.

And the responses were uniformly positive. From White Cloud Mountain Coffee came the assurance that from now on they will package their shipments to us with alternative materials. Nature's Life agreed to pack their goods in paper from now on. Aubrey will only send us things packed in newspaper (and said that they have shifted to use of plastic bubbles that are biodegradable for all other uses). Specialty Foods replied that they had already tried shifting to newspaper packaging, but that their customers had preferred styrofoam, so they were testing various alternatives. But Specialty agreed to pack all Moscow Co-op orders in paper in the future.

Candace is to be congratulated on her letter-writing. An undoubtedly positive step - we're all a little bit less involved with ozone-depleting styrofoam.

But now for the unhappy news. As of their letter dated August 26, Equinox Food Exchange, the co-operative warehouse located near Springdale, Washington, closed. The workers there are hopeful that a loan will be forthcoming to allow the doors to reopen. But, due to a lack of inventory, Equinox is now closed. The Moscow Food Co-op was a charter member of the warehouse. With the end of Equinox (and the earlier demise of other co-operative warehouses like Community Produce of Seattle), the dream of one alternative food network, bringing healthful food from local grower to consumer, seems to have died (at least for now) here in the Northwest.

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Nov. 5 (Saturday) 7pm-9pm

Moscow Community Center

Dessert Potluck

Co-op will supply coffee, tea,
 lemonade and plates.

LIVE Music by a band as yet unnamed.
 (So join in the name the band contest!)

Elizabeth 'Liz' SULLIVAN



Fellow Coop Customers:

My affiliation with the Moscow Food Coop stems from my belief in the importance of participation and support for organizations that promote lifestyles important to us and society. This belief is why I am a candidate for the Idaho Legislature. Please support my candidacy and help give us better representation.

My participation in community and state human services has given me experience and understanding. I need your vote and your support. I am the candidate of the people. I will fight for your needs.

Liz Sullivan

Liz Sullivan wants equity in taxes

Liz Sullivan knows the value of education

Liz Sullivan cares about our environment

Liz Sullivan will represent true North Idaho values in the Idaho legislature

Representative

District 5

Democrat

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LIZ SULLIVAN'S Favorite Pioneer Cornbread

2 Cups Cornmeal
1/2 Tsp. Salt
1/2 Tsp. Baking Soda
2 Eggs, beaten
2 Cups Buttermilk
1/4 Cup Butter, melted

Mix together eggs and buttermilk. Combine cornmeal, salt, soda. Stir into eggs/milk, add butter, stir until mixed. Pour into well greased 10" heavy skillet (cast iron best). Bake 15 - 20 minutes, until leaves sides of skillet.

Good wholesome food is symbolic of good wholesome government. **Liz Sullivan** knows what has been good over the centuries can be adapted for our modern needs.

LIZ SULLIVAN'S Favorite Granola Cookies

Beat together:
1 Beaten Egg
1/3 Cup Oil
1/3 Cup Honey
1/2 Tsp. Vanilla

Add:
1 Cup Flour
1/2 Tsp. Salt
1/2 Tsp. Baking Soda
1 1/2 C. Granola
Raisins & Nuts - Optional

Stir, drop by teaspoon onto cooky sheet. Bake 350° about 10 minutes.

These "healthfood" in disguise cookies are **Liz Sullivan's** husband, Jack's, favorites. Contributed by her friend, Deb, these straight-forward cookies are what government should be--straight forward, honest and healthy.