

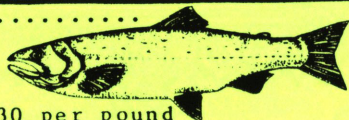
Moscow Food Cooperative Newsletter

APRIL SALES

Vases.....	reg 12.48	SALE 11.25
Bearitos Blue Corn Chips	2.18	1.74
Cesar Salad Dressing	2.13	1.70
Knudsen Razzleberry 32 oz	2.32	1.86
Barat's Tofu Chocolate Bar ...	1.55	1.24
Alta-Dena Kefir Cheese 8 oz ..	.99	.79
Alta-Dena Yogurt 8 oz		
Various flavors77	.62
Blueberry88	.70

**** YES, we have NEW PRODUCTS.....

A line of frozen Fish****



- Pollock \$2.30 per pound
- Coho Salmon \$4.27 per pound
- King Klip \$2.38 per pound
- Oregon Shrimp .. \$3.99 per pound

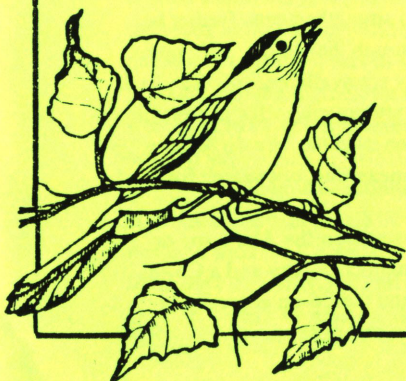
PLUS*****

Potatoes AuGratin by Fantastic Foods

Organic juices by Santa Cruz Naturals

OPEN MONDAY TO SATURDAY: 9am to 7pm

SUNDAY: Noon to 4pm



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BOARD NEWS
NEWS, NEWS, NEWS...NO NEWS IS GOOD NEWS
THEY SAY
By Lynn Lloyd

So it is with the board meeting of March 3rd, 1989. The financial report presented by Mary Jo was good, all except for the bad news of the dying freezer. Ouch! It is really neat to look at the new financial reports from our own computer -- it is fun to have all that information at your fingertips. However, I am aware that the work involved in getting to this point was not always that much fun, thus another praise for those involved.

We voted to put a little more money toward payroll in the form of raises for the employees.

And that's about all folks! (Oh -- I forgot -- we are looking for a bigger desk for the office. If anyone has an extra one lying about, please consider the Co-op.



APPLES AND ALAR
By Jerry McGovern

Alar is a chemical used on apples by growers to improve colour and firmness at the time of sale. Its potential as a cancer-causing agent has been very much in the news lately, thanks to a report issued by the Natural Resources Defense Council, a 100,000 - member environmental group. The report maintains a much higher cancer risks associated with Alar than previously assess by the EPA -- especially for young children.

Apple growers and their associations have vigorously denied any danger to the public. The EPA, FDA, the Department of Agriculture, and most recently, the Surgeon General have all gone on record vouching the safety of apple consumption.

Candace Cloud, Assistant Manager and buyer of food items for the Co-op says the apple scare only serves to strengthen even further her resolve to provide more organic products through the Co-op. "We buy organic for as many items as possible as they are available," say Candace. Not all of the apples now sold at the Co-op are organic. "It's impossible to identify which apples Alar might have been used on. We do believe that Alar is only used on red apples. In the meantime, our search for organic apples continues."

No one knows when the dust will settle on the Alar issue or whether it ever will. As a lay person in organic chemistry and a Co-op member I'm glad for the efforts of Candace and the Co-op generally to keep the food we buy free from such threats -- real or supposed.



**Five Element
Acupuncture**

**Karen West
835-3181**



WE'RE DOING SOMETHING RIGHT

By Bill London

Gina is in the enviable position of having a direct pipeline to NORMAL -- no certainly not in her home life, but in her job. She works for General Telephone, with the other computer whizzes, upstairs in that brick building adjoining Friendship Square downtown. And the women in her department are a cross-section of normal if there ever was one.

And Gina reports making small inroads at GTE. She brings toasted sunflower seeds to office snack days, and tells the others she buys the seeds at the Co-op. She makes wheat flour muffins (that remain uneaten for the most part in favour of more sugary treats) and mentions, if asked, that the ingredients are available at the Co-op. And if anyone were ever to evince an interest in unsprayed foods, she would surely know what to say.

And now her subtle testimonials are perhaps having an effect. A 6-is secretary, in search of "real old-fashioned" rolled oats for her husband tried the Co-op, and returned excited by what she found. She liked the clean, friendly, and well-stocked store she visited.

Yes, we must be doing something right.



A tea of this leaf is an herbal standby for relieving menstrual cramping.

P.M.S.

By Mary Jo Knowles

It's out of the closet. We can now discuss a problem that now officially exists: P.M.S.

Premenstrual Syndrome is defined as a symptom complex which is cyclical in nature. It can start 3-14 days before menses and disappears at the onset of menses. Symptoms include depression, anxiety, irritability, anger, fatigue, mood swings, abdominal bloating, breast tenderness, headaches, severe cravings for sugar, salt, or chocolate (especially chocolate).

New research has identified biochemical and hormonal elements within the hypothalamic and pituitary areas that suggest a physiologic basis for these symptoms. P.M.S. is not just a figment of feminine imaginations.

A new discovery linking depression and neurohormones such as neorphirephrine and dopamines has strengthened the notion that such a basis exists. This has been further enhanced by the discovery of a natural opiate that is involved in the mental changes during the menstrual cycle. Some researchers feel that it may be a withdrawal from endorphins that creates anxiety and hostility and that endorphins may depress more phinephrine and dopamine thus causing the P.M.S. depression.

Vitamin B-6 has been linked to the production of dopamine (thus reducing depression) and to the metabolism of estrogen. Vitamin B-6 is now recommended by even tradition medical doctors in the treatment of P.M.S. in the dosage of 500 mg per day.

Diet and exercise have also been found to play an important role in the treatment of P.M.S. Lowering the intake of sugars and salt in one's diet and increasing the intake of complex carbohydrates seems to significantly reduce the severity of symptoms. Limit your intake of alcohol, caffeine, and foods high in fat. Rely more on fish, poultry, whole grains, and legumes as sources of protein and less on red meat and dairy products. Try to eat three meals a day. Do not go for long periods of a time without eating.

The Co-op sells Vitamin B-6 and a P.M.S. vitamin and herb combination from Future Biotics. The P.M.S. tabs have high doses of the B vitamins and contain herbs with mild diuretic action.

EAT YOUR OAT BRAN

By Liz Sullivan

We've all heard how healthful Oat Bran is in its sponge-like ability to transport dangerous Cholesterol from the blood vessels. Well, here's some recipes for using oat bran: a multitude of muffins.

These muffins look funny before you put them in the oven, but they come out tasty and normal-looking.

◆ BASIC MUFFINS

2-1/4 C Oat Bran	1/4 C brown sugar, honey, or molasses
1/4 C chopped nuts	1=1/4 C skim milk or evap. skim milk
1/4 C raisins (or whatever)	2 egg whites or egg substitute for 2 eggs
1 TBSP baking powder	2 TBSP veg. oil

Preheat oven to 425. Combine dry ingredients. Add sugar or other sweetener. Mix wet ingredients and combine with dry. Line muffin tins with paper baking cups. Makes 12 muffins. Bake 12-17 minutes. Store in plastic bag in refrig as there are no preservatives.

◆ APPLE CINNAMON MUFFINS

2-1/4 C Oat Bran	1/4 C brown sugar
1-1/4 TSP cinnamon	1 TBSP baking powder
1/4 C chopped nuts	1/4 cup raisins
1/2 C skim milk	3/4 C frozen apple juice concentr.
2 egg whites	2 TBSP veg. oil
1 med apple, chopped	

Follow instructions for above recipe. Bake 425 degrees. Makes 12 muffins.

◆ BANANA NUT MUFFINS

2-1/4 C Oat Bran	1/4 C Brown sugar
1 TBSP baking powder	1/4 C chopped nuts
1-1/4 C skim milk	2 very ripe bananas
2 egg whites	2 TBSP veg. oil

Same instructions. Bake at 425 degrees. Makes 12 muffins.

◆ DINNER MUFFINS

1-1/4 C Oat Bran	2 egg whites
1 C self Rising flour*	2 TBSP honey
1-1/2 C skim milk	3 TBSP Veg. oil

Same instructions. Bake at 425 degrees for 15 minutes.

*Don't know why the self-rising flour. Should be able to use regular if add baking powder. Basically same recipe as the others.



HOW ABOUT A CUP OF TEA?

By Susan Lifton

If you are in the mood for tea -- we've got a good variety of bulk teas for you to choose from.

We now have eight new bulk teas from Frontier Herbs.

"Assam" is a flowering orange pekoe with a rich taste, from Northwest India. "Irish Breakfast" is a combination of Assam flowery orange pekoe and Ceylon orange pekoe. "Jasmine" is made by adding white jasmine flowers to a base of Pouchong tea. The others are "South Indian Orange Pekoe," "Alfalfa Mint Organic," "Forever Fruit," "Herbal Orange Spice," "Indian Spice." The last four contain no caffeine.

Also from Frontier, we carry their "Earl Grey", a black tea sprayed with French bergamot oil and their "English Breakfast," a Formosan blend of Assam flowery orange pekoe and Ceylon broken orange pekoe. We also sell Frontier's "Darjeeling," a delicately flavored black Indian teas, and their "Oolong," a semi-fermented, hand-rolled tea

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from Formosa. In addition, you can try Frontier's "Licorice Spice" (with no caffeine) and "Orange Spice."

And from Montana Tea and Coffee Company, we offer their "Montana Gold," "Evening in Missoula," and "Black Currant" teas.

All of these teas are available in bulk at the Co-op. Take some home for a nice spring-time treat.



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JUST FOR KIDS
THE ADVENTURES OF SCOTT AND TOM
By Sunshine Storholt

If you read last month's newsletter, you'll know that in the Adventures of Scott and Tom the boys were in big trouble. They had gotten permission to go on a picnic to the Old Mill Pond. But feeling adventurous, they had gone much further, all the way to rattlesnake Bend, where they were caught up in a rock slide. So on with the story...

As Scott and Tom were being tossed about like rag dolls, Tom heard a loud snap like a tree limb breaking. He was not aware that he had just broken his arm. Scott saw a flash of the road as they went over the embankment and after what seemed like hours (but in reality was only a few minutes), they finally came to a stop. The slide did not. Boulders, rocks, and other debris continued to rain down upon the boys until all was silence. The woods around the slide started to come to life, knowing that the danger was over. The birds started chirping and a robin flew down and picked up a shred of material (a piece of Tom's shirt) and carried it off to her nest.

Tom had been knocked senseless. He did not know where he was or just what had happened, but suddenly everything became only too clear. He could see some light and a lot of rocks. In fact, he was covered by rocks. He began to move them and found that he could not move his right arm at all. He could not tell by looking, but he figured that it was broken. It did not hurt, though, so it could not be too bad, he figured. What he could not see was the white bone sticking out just below his elbow.

Now he began to worry about Scott. Where was he? Was he hurt too? So he began to call, yelling louder and louder as he got no answer. He was sure that Scott was dead.

"Oh boy, I've really done it this time. I should have told Scott 'no.' But did I? No! Now Scott is dead and it is all my fault. I thought I saw gold up there and so we started to climb up there and now look at what's happened. I'm stuck, too. I can't even get out and look for Scott."

"Tom, Tom, can you hear me?"

"Scott, you're not dead. Oh I'm so glad to hear you."

"Tom, you thought I was dead? Not me, I'm too tough to die. Are you ok, Tom? Can you get out?"

"No, I can't get out and I think my arm is broken. It doesn't hurt much, though, so it couldn't be too bad. Are you stuck too Scott?"

"I think so, I've moved a few rocks off of my body and I can see daylight but these bigger rocks and boulders are just too heavy."

"Scott, we're really in trouble. No one knows where we are, no one will ever think to look for us here."

"Sure they will. Our Dad's are smart enough to find our tracks and they are strong enough to lift these rocks out of the way."

"You really think so Scott?"

"Of course they will. We don't have anything to worry about."

But time went on and it got dark. Abby and Jim, Tom's parents were getting worried and so were Scott's mom and dad, Susan and Mike. In fact, they decided to go over to Abby and Jim's to figure out what to do. The boys were definitely overdue so Jim and Mike decided to go looking. Thunderclouds have been building all day and just as they headed for the door they heard the sizzle of lightning, and shortly the roll of thunder and then it just poured. (How are they to find tracks when the rain is washing them all away?) To be continued in next months newsletter.

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843

What are you going to do with the old WEED KILLER you found in the garage??? Bring it to the collection of unwanted household chemicals sponsored by the City of Moscow and Latah Sanitation, Inc.

SATURDAY April 29, 1989
8 am - 5 pm

On the Troy Highway in the vacant lot next to Renovate
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GREAT EXPECTATIONS
(or THE BIG TRIP TO SEATTLE)

By Candace Cloud

Mary Jo and I, intrepid travelers that we are, went to the Northwest Natural Foods Trade Show in Tacoma the first weekend in March.

After braving the threat of icy roads (which turned out clear and dry most of the way), we arrived in time to hear the two Friday afternoon speakers.

The next day there were more speakers. And then -- the moment we were waiting for: the trade show.

Booths everywhere. Samples everywhere. People everywhere. People in ties and suits with hort haircuts. People in high heels with high hair-dos. Where are the people in tie-dye T-shirts and pony-tails? I would spot one in the distance and head over to say hello. But even they weren't overly interested in other co-op people. Maybe it is a cultured thing in the city -- to be aloof. I expected rapport and information trading and idea-sharing. Perhaps this is not what trade shows are for.

So I went back to sampling wares and meeting the people we talk to one the phone when we order products. (I asked the Knudsen's juice people how to say their name. It's pronounced Kuh-news-suns). So I realized one of my goals for the trip.

On Sunday, there were more presentations and more trade show. We had coffee with a woman who had lived in Moscow as a child. One of the exhibitors (Golden Temple Granola -- our bulk granola supplier) had lived in Moscow for a while and used to shop at the Co-op.

We ordered a lot of products on sale and will have a lot of special items next month.

Mary Jo and I also visited the Ravenna Co-op and Larry's Market to get ideas for bulk containers, which was one of the big goals for the trip. We also picked up information about memberships.

On the way home we talked about the need for a REAL people's natural foods organization. This trade show seemed to be filled with "Harvard Business School" types.

Back in the office I pinned to the bulletin board a fortune cookie fortune from a dinner in the big city. It bodes well for the Co-op: "You will be unusually successful in business."



WE have
organic
chicken
in our
freezer.



WHY PLANT TREES?
Answers Supplied by the TreePeople
Article submitted by Bob Thyberg

THE PROBLEM

The 1980s have produced the four hottest years this century, with 1988 being the warmest year on record. (James E. Hansen, NASA statement to Senate Committee on Energy & Natural Resources, 1988)

Present global temperatures are the highest since mankind has been keeping records. The rate of global warming in the past two decades is higher than at any earlier recorded time. (Hansen, 1988)

Carbon dioxide (CO₂) in the atmosphere acts like the glass in a greenhouse. The sun's rays penetrate readily, hit the earth, and are reflected as longer-wave heat. The CO₂ bounces the heat waves back toward earth, trapping heat that would otherwise radiate into space.

ONE SOLUTION

Trees around homes and in communities are particularly valuable in addressing the CO₂ problem because of their effect in breaking up "heat islands" by shading buildings and concrete, and lowering peak energy needs for air conditioning. (Lawrence Berkeley Laboratory, 1988)

A tree that provides shade and cooling indirectly causes reductions in CO₂ emissions equal to 15 times the amount of CO₂ the tree *alone* can absorb. (Lawrence Berkeley Laboratory, 1988)

Three well-placed trees around a house can cut home air conditioning energy needs by 10-15%. (Lawrence Berkeley Laboratory, 1988)



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Cherie Mortensen Nola Steuer

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THE PROBLEM

The U.S. -- with only one-twentieth of the world's population -- produces nearly one quarter of the annual global CO₂ from burning fossil fuels.

Urban areas, with their expanses of concrete, build up "heat islands" that are 5-9 degrees Fahrenheit hotter than surrounding areas.

ONE SOLUTION

There are an estimated 100 million available tree planting spaces around homes and businesses in U.S. towns and cities. Planting those trees could reduce atmospheric CO₂ emissions from energy production by an estimated 18 million tons per year. (Lawrence Berkely Laboratory, 1988)

Planting those 100 million trees could save American consumers an annual *four billion dollars* in energy costs.



Animal Care Center Kathy Babson, D.V.M.

328 N. Main Moscow, Idaho 83843
(208) 883-4349

World energy use is the main contributor to atmospheric CO₂. In 1987, the world burned enough fuel to release 5.4 billion tons of carbon into the air. (State of the World 1988, World-Watch Institute)

Scientists estimate the level of atmospheric CO₂ could increase dramatically if present trends continue. Portions of the U.S. could see temperature increases of 6-12 degrees Fahrenheit in just a few decades.

In America's urban forests, about four trees die or are removed for each new one planted. (American Forests, 1988)

Increasing timber growth in the U.S. by 17 billion cubic feet per year would reduce atmospheric CO₂ by 335 millions tons -- about one quarter the amount the U.S. is estimated to release annually by burning fossil fuels. (American Forestry Association, 1988)

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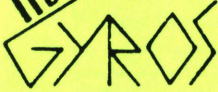
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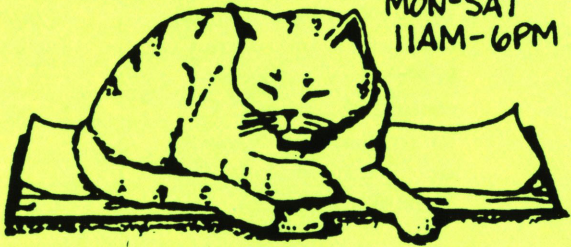


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