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Moscow Food Cooperative Newsletter

February

Sales

reg sale

* Filberts/Hazelnuts	2.80#	2.24#
* Almonds	3.48#	2.78#
* Pistachios	4.33#	3.46#
* Cashew Granola	1.89#	1.51#
* White Cloud SWD French Roast Coffee	8.27#	6.62#
* Knudsen's Very Veggie Spicy Juice	2.15gt	1.72gt
* Stuffing Shells (Med)	.95#	.76#
* Winter Squash	.35#	.28#
* Unrefined Sunflower Oil - Bulk	1.80# 1.44#	

OPEN MONDAY TO SATURDAY: 9am to 7pm
SUNDAY: Noon to 4pm

FEBRUARY 1989

Editor: Bill London
Graphics: Barbara Shelly
Advertising: Peter Basoa
Typing: Kim Stockton

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A BOOKKEEPING REPORT: 1988 WAS A VERY GOOD YEAR

By Phyllis Reasoner

Well, the good news. I've discovered in comparing how the Co-op did in 1988 with the performance in 1987 is that there is no bad news.

There's much more cash (liquid assets) left over this year, even though a lot of equipment was purchased. Sales have increased significantly, and especially compared to other small businesses around here, the Co-op is doing extremely well.

All the comparisons below are off the computer and, by 1987 figures, I mean as of December 31, 1987. 1988 numbers are up to December 31, 1988.

Current cash assets for 1987 were \$1,874.52. But in 1988, the amount was more than five times greater: \$10,641.08.

The inventory was almost constant (\$23,963.45 for 1988) and so was the net income (\$9536.62 for 1988).

Sales increased by more than 20% from \$189,754.42 in 1987 to \$225,826.27 in 1988. More people are shopping, which is a good sign of a growing business.

Major purchases of equipment (like the new coolers and the computer) doubled in 1988 to \$7,308.86 for equipment and \$1,301.35 for furnishings.

Both salaries and memberships rose. The Co-op added a total of \$28,598.01 to the local economy in the form of employees' salaries in 1988 (and \$20,714.48 in 1987). Membership money increased from \$6,344 in 1987 to \$10,944.92 in 1988.

THE JANUARY BOARD

By Lynn Lloyd

Is Spring around the corner yet? (Don't skip on the ice while you're taking a peek).

Time marches on, as is indicated by yet another Board of Directors' Meeting Report. It is a comforting time marker, isn't it? A good business report was presented by Mary Jo hot off the computer printer. The first financial statement from the mouth of the Peachtree. Many thanks to Candace, MaryJo, and Phyllis Reasoner for making sense of the program. The report made good sense to us simple-minded folk of the board.

The board made decisions about having a board retreat in February in Elk River. We'll get together to evaluate board-type responsibilities and set some goals, and have fun, and, of course, eat. There is always that.

The matter of the Mardi Gras parade was raised and it was felt by most of the members that an entry would be a great idea but maybe not the old carrot. Aw-gee. A cereal box idea is hatching with fruit, nuts, and flakes spilling out periodically and going through their drill routines. Anyone want to join? Have any ideas for drill duties? Left, left, left, Right, left.



COMICS FOR THE MASSES

220 West Third
(Inside Twice Sold Tales)
Monday-Saturday, 11-6

THANKS MELISSA AND KARLA

By Bill London

This Newsletter marks the inauguration of a new graphics coordinator/designer. This is Barbara Shelly's first issue and last month's was the last from Melissa Rockwood and/or Karla Fromm.

Melissa, of course, has been helping since the first issue, in December of 1984. Since before that issue's birth, actually. Lately she has been alternating issues with Karla.

And now they've both decided to stop. But not before I offer my gratitude. Thanks to both.

MORE OIL

By Candace Cloud

In the December Newsletter I wrote about cooking oils. I need to correct an error that appeared in the paragraph about olive oil.

I called high-density lipoproteins "bad" when actually they are the "good" cholesterol. HDLs help prevent the build-up of cholesterol on artery walls by transporting cholesterol to the liver where it can be removed from the body. So it is advantageous to have a higher concentration of HDLs in your bloodstream.

Monounsaturated fats tend to lower low-density lipoproteins (the "bad" cholesterol) while leaving a higher concentration of HDLs in the bloodstream. Olive oil is extremely high in monounsaturated fats, so it is stable when used for cooking and is excellent for salads.

Other monounsaturated oils include avocado, almond, canola, and peanut oil.

Polysaturated oils lower both "bad" LDL cholesterol and "good" HDL cholesterol. Safflower and sunflower oil are normally high in

polysaturates, but also come in high oleic forms which make them high in monosaturates. Sesame oil is slightly higher in monounsaturates than polysaturates. Other oils such as soy, corn, walnut, and hazelnut are all high in polysaturated fatty acids.

In an article of the Health Foods Business magazine, a spokesperson for Spectrum Natural Oils recommends cooking oil at a maximum temperature of 300 degrees F because the molecular shape of the oil begins to change and the formation of trans-fatty acids begins at 320 degrees F. Trans-fatty acids are not abundant in refined oils, but are being studied for their potential carcinogenic properties. The majority of consumption of trans-fatty acids comes from hydrogenated foods.

Before you decide to swear off all oils though, it is important to know that vegetable oils contain no cholesterol and some are rich in Vitamin E. Oils from seeds and nuts contain essential fatty acids (linoleic and linolenic acids) that must be obtained through diet. Studies indicate that a lack of linoleic acid can lead to increased risk of heart disease. Also, a deficiency of essential fatty acids can cause acne, allergies, dry skin and hair eczema, heart abnormalities, kidney malfunction, proneness to infection, tiredness, and varicose veins.

So, be discriminating in your choice and use of oils. It's only logical. Live long and prosper.

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NEW PRODUCT: QUARK

By Sybille Noetzel

Quark is a dairy product that is commonly used all over Northern Europe. You can enjoy it as a sauce for sweet as well as spicy foods. My personal favorite way to eat Quark is to eat it plain on a piece of toast with some homemade jam on top of it - for breakfast! That may not sound appealing to everyone so here are a few delicious ways to use Quark.

Erblings Quark

(meaning "spring quark" because it uses fresh herbs that start growing outside in the spring)

Blend together:

- 1 container Quark
- 1 tsp. olive or other oil
- 2 tbsp. milk

Chop finely:

- one bunch of chives, parsley
- 1/2 small onion or three green onions

mix together and add salt, pepper, paprika, thyme, and dillweed. Use lots of garlic!

This goes well as a dip or with potatoes (Germans eat it on bread too).

Ostquark

(fruit Quark or desert)

- 1 container Quark
- 2 tbsp. milk
- 1 cup heavy cream, whipped until stiff

Chop up:

- 1 banana
- 1 apple
- 1 pear
- 1 kiwi

Mix the quark and fruit together then fold under the whipped cream and sweeten with sugar or honey if desired.

Basically all fruits work well, depending on what is in season. Also, canned fruit like cherries and pineapple and peaches are good.

Quarktorte

(quarkcake)

Stir together and press into a 12" diameter springform cakepan

- 1 pkg graham crackers
- 1 cube melted butter
- Beat well four eggs and then gradually add 1 cup sugar.
- Keep beating until very light then add:
 - grated peel of one lemon
 - 2 tbsp lemon juice
 - 1 tsp vanilla

Mix one container quark with 1/2 cup flour then stir into the egg mixture until smooth. Whip 1 cup whipping cream and blend into the mixture. Pour into springform pan. Bake at 350 degrees F for about one hour. Top should be golden. Turn off oven and let stand one hour with door slightly open.

AND THE BOARD CALLED "RETREAT!"

By Bill London

If all goes according to plan, perhaps even as you read this now, the Board of Directors and staff of the Moscow Food Co-op will be meeting and playing at Huckleberry Have Lodge in Elf River on February 11 and 12.

The meeting part of the weekend will include some serious discussions of where the Co-op is headed, and where it should be going. If that sounds like long-term strategic planning to all you business majors, it should--that's the idea. To be successful (as in, to remain open, unlike so many small businesses, especially here in Idaho) the people who direct those businesses need to ignore for a while all the day-to-day traumas that can overwhelm everyone and discuss the Big Picture.

The playing part of the weekend will include (depending on snow conditions) hut tubing, skiing, hiking, eating, and some giggling, certainly. The playing is just as important as the planning. Such informal times improve both communication and commitment. Besides, these few party days are a well-deserved reward for the long hours and dedication shown by both staff and board. (In addition, perhaps your knowing how much fun the Board is having will inspire you to consider supporting the Co-op by joining the Board of Directors at the next opportunity).

Yes, the Co-op is footing the bill for all this frivolity. But in my view, it's a good deal.

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A logo for 'Mickey's' featuring the name in a stylized, slanted font above a graphic of a hand holding a pencil. Below this is a detailed illustration of a storefront with columns and a sign that says 'MUSIC'. A person is standing in front of the store holding a newspaper.

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A logo for 'Guitars 'n' More' featuring a stylized guitar body and neck. The text 'Guitars 'n' More' is written across the guitar. The address '309 So. Main St. Moscow' is written in a circular path around the guitar.

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A WORLD FULL OF BEANS

Jerry McGovern

The weather being a bit trying these days may turn some of us into kitchen bodies. Looking for something different to cook up, we ransack the drawers, cupboards, pantry. Nothing turns up. Except: ONE 2-POUND-BAG OF BEANS. We consider the possibility and come to the inevitable attitude: No...Never happen...Too much time, work, and extra additions. The result of the attitude: creative impotence.

Cure for Creative Impotence

Grab the bag firmly. Pull it off the shelf. Open the container. Pour out the beans onto a flat surface. Pick out all the little pebbles and undeveloped beans. Rinse the beans. Fill up the pot with water. And finally, pour a measured amount of the beans into the pot. This is guaranteed to get the creative juices flowing just as sure as those beans are sucking up the water out of that pot. While the beans soak overnight, you can decide how you are going to prepare them.

Choices of Beans and What They Do For You

There are many varieties of beans but what we will be talking about is dried beans. These beans have been dehydrated to retard spoilage. The Coop has the following kinds in stock: black (organic and nonorganic), pink (organic), pinto (organic and nonorganic), blackeye peas (nonorganic), aduki (organic and nonorganic), navy (organic), baby limas (nonorganic), red kidney (nonorganic), great northern (nonorganic), mung (nonorganic), red mexican (nonorganic), and garbanzo (nonorganic).

Nutritionally, beans are high in complex carbohydrates and fiber and (except for soybeans) are very low in fat content. A cup of most varieties weighs in around 225 to 250 calories. Protein-wise beans contain amino acids which, when combined with the amino acids in rice, grains or pasta, form complete proteins.

In addition, beans are a "nutrient-dense" food. They contain significant amounts per volume of B vitamins and bone-building calcium and phosphorus. Some varieties also have magnesium, manganese, and potassium.

Beans are heart-healthy, too. Low in sodium and rich in potassium, they offer the ideal nutritional combination for anyone with high blood pressure. They also contain soluble and insoluble fiber. Soluble fiber helps lower blood cholesterol levels. Beans themselves have no cholesterol and (again, except for soybeans) just a trace of fat.



The chart below is a partial guide to the nutritional components of beans.

	Navy Beans	Great Northern Beans	Black Beans	Small White Beans	Kidney Beans
B-6	1.060 mg (53% RDA)	1.01 mg (51%)	.119 mg (6%)	.227 mg (11%)	.212 mg (11%)
CALCIUM	95 mg (12%)	90 mg (11%)	47 mg (6%)	131 mg (16%)	50 mg (6%)
DIETARY FIBERS	9.3 g	8.82 g	7.22 g	7.88 g	6.4 g
FOLACIN	*	*	*	245 mcg (61%)	29 (57%)
IRON	5.1 mg (28%)	4.9 mg (27%)	3.6 mg (20%)	5.09 mg (28%)	5.2 mg (29%)
MAGNESIUM	*	*	121 mg (40%)	122 mg (41%)	*
MANGANESE	*	*	.764 mg (20%)	.913 mg (24%)	.844 mg (23%)
PHOSPHORUS	281 mg (35%)	266 mg (33%)	241 mg (30%)	302 mg (38%)	252 mg (32%)
POTASSIUM	790 mg (21%)	749 mg (20%)	611 mg (16%)	828 mg (22%)	713 mg (19%)
THIAMINE	.368 mg (37%)	.250 mg (25%)	.420 mg (42%)	.422 mg (42%)	.282 mg (28%)

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Cooking Those Beans

In general when cooking beans, allow at least a couple-sometimes several-hours for the beans to cook. If no one is home from dawn to dusk, skip the stove and use a slow cooker. Slow cookers are especially useful because the beans get thoroughly cooked which makes them considerably more digestible. Alternately, cook them slowly overnight on the stove. When pressure cooking use caution as soy and mung beans tend to foam (add two tablespoons of cooking oil to will reduce foaming). Never fill the pressure cooker more than three-fourth's full (half full for soy and mung beans).

BEAN (1 cup dry meas)	WATER (in cups) (hours)	STOVETOP	PRESSURE	YIELD (in cups)
		COOKING TIME (minutes)	COOKING TIME	
Black Beans	4	1-1/2	25-30	2
Black-eyed peas	3	1	15	2
Garbanzos	4	3	30-35	2
Great North.	3-1/2	2	20-25	2
Kidney beans	3	1-1/2	30	2
Lentils	3	3/4	10-15	2-1/4
Limas	2	1-1/2	30	1-1/4
Baby Limas	2	1-1/2	25	1-1/4
Navy Beans	3	2-1/4	30	2
Pinto Beans	3	2-1/2	25	2
Red Beans	3	3	30-35	2
Small white pea Beans	3	2-1/4	20	2
Soybeans**	4	3 or more	35	2
Soy grits	2	1/4	not recommended	2
Split peas	3	3/4	" " "	2-1/4

** Add 2 tablespoons cooking oil to decrease foaming

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843

Some Recipes

LENTIL AND LEEK BURRITOS

- 2 small leeks, cleaned and finely chopped
- 3/4 tsp. dried oregano
- 3/4 tsp. chili powder
- 1/2 paprika
- 1/2 tsp. hot-pepper sauce (or to taste)
- 1/4 tsp. ground cumin
- 2 cups cooked lentils
- 4 flour tortillas
- 2 tbsp. shredded low-fat cheese
- 4 tomatoes quartered
- juice of 1/2 lime (1 tbsp.)
- 2 scallions, finely chopped



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**Karen West
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1. Spray a large frying pan with no-stick spray. Add the leeks, oregano, chili powder, paprika, hot-pepper sauce, and cumin. Saute over medium heat until the mixture is fragrant and the leeks are just tender - five to six minutes. Mix in the lentils.
2. Divide the lentil mixture among the tortillas, positioning it along one edge. Sprinkle with the cheese. Roll up the tortillas to form burritos.
3. Wipe out the frying pan, then re-spray with no-stick spray. Add the burritos, seam side down. Heat on medium-high until the bottoms are just brown, about two minutes.
4. Meanwhile, blend together the tomatoes and lime juice until they appear coarsely chopped (like salsa).
5. Flip the burritos and cover with the tomato mixture. Cover loosely with a lid or crumpled foil and simmer until heated through - about four minutes. Sprinkle with the scallions and serve hot. Serves four.

BLACK BEANS AND RICE

- | | |
|------------------------------------|---------------------------|
| 1 tbsp. olive oil | 2 cloves garlic, minced |
| 1 med. onion, finely chopped | 1/4 tsp. dried thyme |
| 1 green pepper, finely chopped | 2 cups cooked black beans |
| 1 sweet red pepper, finely chopped | 2 tbsp. cider vinegar |
| 1 stalk celery, finely chopped | 2 cups cooked rice |
| | 1/2 cup non-fat yogurt |

1. Heat the oil in a skillet. Add the onion, green and red pepper, celery, garlic, and thyme. Saute over medium heat until the vegetables are fragrant and tender - about ten minutes.
2. Add the beans and vinegar. Continue to cook until the beans are hot and the vinegar has mellowed - about three minutes.
3. To serve, mound rice in bowls and spoon in the beans. Top with yogurt and chives. Serves four.

YOU CAN BUY ORGANIC VEGETABLES AND FRUITS

By Rosemarie Walles

Every other Wednesday Great Divide (one of the companies from whom we order) will deliver organic produce to the Co-op.

Here is a list of what is available in the next few weeks. Since organic foods are more costly, we would like you to make special orders. That gives me an idea what customers would like to buy and I won't over-order with the result of spoiling organic produce. You can make your special order (for any amount from one grapefruit to a full case) at any time with a staff person.

Due to current price changes, I cannot give you the prices right now. But if you inquire with the staff, we will be happy to answer any of your questions. Also, other vegetables like broccoli and celery will be available soon.

VEGETABLES

Beets, gold
Beets, red
Kale Burdock root
Cabbage, green
Cabbage, red
Carrots
Daikou
Garlic
Lettuce, green leaf
Lettuce, romaine
Onions, yellow
Parsnips
Potatoes, red
Potatoes, white bakers
Potatoes, russets
Potatoes, yellow bakers
Pumpkins, large
Squash: winter
acorn, buttercup,
butternut, delicata
pie pumpkin, spaghetti
Turnips
Yams, garnet
Yams, Jap. sweet, med.
Yams, jewel

FRUITS

Avacadoes
Grapefruit
Oranges, navel, med
Bananas
Lemons
Oranges, navel, small



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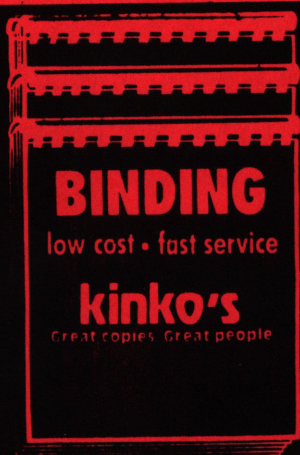
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