

Moscow Food Cooperative Newsletter

FREE!

December 1988

JAN 89

WHAT'S IN THE FREEZER?

By Candace Cloud

It is January and frozen outside, so instead of writing about hot chocolate and tea (of which we have a special display) I am writing about what is in the freezer. We are now carrying organic chicken. Contrary to what I told everyone, customers can just come in and buy them. No sign up sheets.

We also have chicken dogs, turkey, and beef franks that are nitrate-free. There is also shrimp, pollock fish, and ling cod.

We also have tofu hot dogs, tofu soysage, and tempeh burgers.

There are several sweet goodies that are juice or dairy-free items made from rice milk (Rice Dream). There is also plain, old ice cream that is honey-sweetened.

We also carry frozen juices and bee pollen. And the ultimate in convenience - frozen dinners. These are vegetarian egg rolls, burritos, and enchiladas.

Feel free to look around and ask questions.

Published by:
Moscow Food Coop
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Moscow, ID 83843
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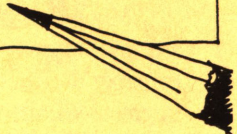
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managing editor, Coop
Newsletter at his envelope
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WHAT'S THAT YOU'RE DRINKING?

By Nancy Casey

This month the Co-op has installed in a trial basis a Multi-Pure Drinking Water System. The store already has a distiller. According to the manufacturer the advantage of Multi-Pure System over the distiller is that the water is filtered through charcoal. Agriculture and industrial chemicals are filtered out, but minerals are left in the water. Distilled water, by the contrast, is merely H₂O.

The Co-op's distiller is maintained and serviced by the owner, who receives a percentage of the sales income from the distilled water. The Multi-Pure system would be purchased for about \$300.00. A \$40.00 filter needs to be replaced about every three months.

How confident are you that the water you drink is pure and safe? Should the Co-op include filtered water in its product line at 30 cents a gallon? Tell Mary Jo what you think.

While the Multi-Pure system is in the store, filtered water is available for 30 cents per gallon.

WHAT DID YOU SPILL ALL OVER THE HOLIDAYS??

By Nancy Casey

Holiday dining is done. Even the leftovers are gone. As we return to more simple fare, it is wonderful to remember the gastronomic delights of the traditional pig-out season - unless of course those memories are triggered by stains on your tablecloth, carpet, sofa, or brand new clothes.

The only certainty about the alchemy of stain removal as practiced in our grandmother's dark laundry cellars is that if you put the wrong thing on the stain first, the stain "sets" and stays forever - even if you abandon hope and dye the whole thing black.

The object of stain removal is to mix the stain with something wet that draws it into solution and carries it away. If this can't be done, you want to use just the right bleaching agent in just the right quantity to remove the color of the stain without removing the color of the fabric or weakening the fiber. Two readily available bleaching agents are chlorine bleach (dilute with water to be extra cautious) or one part hydrogen peroxide mixed with eight parts water. The peroxide solution is less harsh than chlorine bleach. Apply either to small stains with a medicine dropper.

The following table, adapted from Rodales' Natural Formula Book for Home and Yard gives treatments for stain removal that escalate from gentle to harsh. try the first one. If that doesn't work, try the next one. When all else fails, bleach. Be wise and test your treatment first in an inconspicuous place. If nothing works, wear a bib next year.

Cream and Milk

Rinse with cold water

Use mild soap and cold water

Coffee and tea

Use cold water first if with cream or milk, then use hot water

Egg

Rinse with cold water

Soak if necessary

Fruit and Fruit juices

Use boiling water. Soak if necessary

Try bleach and hot water

Blood and Meat juice

Rinse with cold water. Soak if necessary

Use mild soap and cold water

Rub with paste of cornstarch and cold water

Use club soda and cold water

Grease and Oils

Use French chalk, blotting paper or other absorbent for spill then:

Use warm water and soap

Use isopropyl alcohol

Chocolate and Coca

Rinse with cold water. Soak if necessary

Use mild soap and cold water

Use borax and cold water

Try bleach

Wax

Scrape off as much as possible then use

French chalk, blotting paper or other absorbent with a warm iron

If residue remains:

Use isopropyl alcohol

Try bleach

Final note: my mother tells me I could get my kids' socks white as new again if I would just rub them with a paste of dishwasher soap and chlorine bleach. I think it works because the socks vaporize and you buy new ones. I would probably try it if I had a dishwasher (and hence the soap) -- that and a pair of cast iron gloves. (Typist's note: be sure to read the instructions on the box of dishwasher soap before attempting this. Many manufacturers do not recommend mixing chlorine bleach with detergents).

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BOARD NEWS

By Lynn Lloyd

At the last board meeting we decided to spend some money on our employees (they do deserve it!) and agreed upon a health care insurance plan. The Moscow Downtown Association had approached us back in September asking if we were interested in subscribing to a health insurance plan as part of the Association. (And it just so happened that we had been shopping around...)

Pam Hult did a lot of work searching for a suitable insurance company and as it turned out, not very many health insurance companies want to take on an association. So Pam went to bat for the association and got some reasonable rates for us. Good news at last.

What other news? It's hard to top the good news of health insurance for our employees. We did decide, however, to have a board retreat the first Saturday of February. We are still not sure of the place but we aim to set some goals for ourselves, and for the Co-op, have fun, and of course, eat. Bill London has kindly offered to facilitate the retreat (Or was felicitate? I'm not sure - I'll have to check that). Any ideas for topics of consideration should be written down and put into the board members' envelope in the Co-op office.

Finally, contemplating all of the wonders of the universe, I am pleasantly reminded as I walk through the Co-op, of the generous abundance of the earth. What simple joys (when shopping without one's children of course). Here's to the New Year. May we continue to cooperate.

ON NO - WHAT SHOULD WE HAVE FOR DINNER?

By Nancy Casey

It has finally happened. According to *U.S. News and World Report*, a scientific paper was presented to the Annual Meeting of the American Heart Association espousing a total vegan (pronounced VEE-gan) diet that excludes fish, eggs, meat, and dairy products and gets rid of fatty deposits in clogged arteries. The regime, designed and studied by Dr. Dean Ornish, head of the Preventive Medicine Research Institute in San Francisco, also includes daily yoga and regular moderate exercise.

The paper Dr. Ornish presented described results as promising as those of prototypes of fiber-optic arterial rototooters currently under development and described at the meeting. Who is to say which approach is more drastic for the average American with heart disease?

Decisions about what to eat (or not to eat) ought to be personal, but dietary choices are deeply ingrained in our personal and cultural habits. If you deviate from the Four Food Groups, as learned from second grade on, you are making a political and moral statement, whether you intend to or not. (I am still smarting from my father's transcontinental chastisement last week for "carrying this vegetable thing too far" and not even letting my children have meat on Christmas. We do eat met sometimes, but on Christmas day, I would serve only the best).

Some people do use dietary choices to make political and

moral points. One such group, the Gentle World Commune of Umatilla, Florida is described in the autumn issue of *Organica* magazine. They adopted a vegan diet for reasons of health and taste, but also to spare animals the humiliation and torture of being raised to feed us. They have published a cookbook entitled a *Cookbook For People Who Love Animals*, promoted the Great American Meat-Out, and the Annual Celebrity Vegetarian Banquet, and sponsored various protests to spare turkeys on Thanksgiving.

The chief, hard-data, nutritional spokesman for this community is physician and Gentle World member Dr. Michael Klaper. Dr. Klaper is a cohort of John Robbins, author of *Diet for a New America*. He advises veganism as a hedge against a wide range of human ills, most of which are exacerbated by "needlessly running animal fat through our bloodstream."

Dr. Klaper's interest in veganism began as a result of his looking at people's blood and talking to them about what they eat. He engages in research and promotional activities, maintaining that if we would all take two days to read *Diet for a New America* the course of human history would be changed.

Talk to a vegan. They feel good. They consider their meals tasty and varied. Have they achieved something I am missing out on? I don't exactly crave prime rib, but could I give up eggs? They are so easy. And no more cheese on my burritos? Could such a thing ever come to pass?

Should we? Could we? What do you think? Tell Bill London. It's his turn to rave next month.

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MEMBERSHIP CARDS

By Candace Cloud

The Board decided we should see everyone's membership card with each purchase. Every time. Everyday. Even twice if the customer comes in twice daily. It should be automatic - a good habit we have seen from members of other co-ops.

Please be ready each time you come to the counter. Either show us your card or look yourself up on the Rolodex file.

Show your support for the Co-op. Show your card!

TWO FREQUENT QUESTIONS

By Mary Jo Knowles

What are Bioflavonoids? Sometimes known as "Vitamin P" Bioflavonoids are water-soluble brightly colored substances found in fruits and vegetables along with vitamin C. The components of the bioflavonoids are cetrin, hesperidis, rutin, flavones and flavonols.

Good sources of bioflavonoids are lemons, grapes, plums, black currants, grapefruit, apricots, buckwheat, cherries, blackberries and rosehips.

Bioflavonoids are essential for the proper absorption and use of Vitamin C. They are helpful in strengthening the capillaries and may help prevent colds and influenza.

How does calcium work in the body? The main function of calcium is to act in cooperation with phosphorus to build and maintain bones and teeth. It is essential for healthy blood, eases insomnia and helps regulate the heartbeat. Also, calcium assists in the process of blood clotting and helps prevent the accumulation of too much acid or too much alkali in the blood. It also plays a part in muscle growth, muscle contraction, and nerve transmission. Calcium aids in the body's utilization of iron, helps activate several enzymes and helps regulate the passage of nutrients in and out of the cell wall. Calcium absorption is very inefficient and usually only 20-30% of ingested calcium is absorbed. For maximum absorption calcium needs to be in a water soluble form and in an acid environment. If acid in some form is not present in the body, calcium is not dissolved and therefore cannot be used. Instead it can build up in tissue or joints as calcium deposits. Calcium absorption also depends on the presence of Vitamins D, A, and C.

Certain substances interfere with the absorption of calcium. Excessive amounts of fats combine with calcium to form an indigestible compound. Oxalic acid found in chocolate, spinach, and rhubarb when combined with calcium makes another insoluble compound. Large amounts of phytic acid present in cereals and grains may inhibit the absorption of calcium by the body. Other interfering factors include lack of exercise, excessive stress, and too rapid a flow of food through the intestinal tract.

Moderate cases of calcium deficiency may lead to cramps, joint pains, heart palpitations, slow pulse rates, tooth decay, insomnia, impaired growth and excessive irritability of nerves and muscles.

SOYSAGE - A DELIGHTFUL CHANGE

By John Cunningham

This short article and recipe is a follow-up to the article on tofu making in the Co-op's last newsletter. In that article, I mentioned that "okara" was the by-product of that process. It is actually the soy pulp left over from making soy milk and is a very nutritious supplement to add to soups, breads, and casseroles. Soy pulp (okara) is also a key ingredient in soysage and that is the recipe I want to share this month.

Mix all of the following ingredients together. It should be the consistency of meat loaf.

- 4 cups soypulp (okara)
- 1 cup whole wheat flour
- 1 cup wheat germ
- 1/2 cup oil
- 1 cup brewer's yeast (or nutritional yeast)
- 1 1/2 tsp oregano
- 1 1/2 tsp sage
- 2 tsp fennel seed (or caraway)
- 1 tsp black pepper
- 1/2 cup soy sauce
- 2 tsp salt
- 1/2 tsp cayenne
- 2 Tbsp garlic powder
- 2 tbs wet mustard
- 2 tsp allspice
- 1 1/2 cup soymilk (if needed for consistency)

Oil three wide mouth canning jars. Fill them with the mixture and cover them with tin foil. Steam for 40 minutes in five cups water. Enjoy on sandwiches, pizza, and in casseroles.

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NEW PRODUCTS
(a primer on polymers)

Jerry McGovern

As our hero in the 1967 movie *The Graduate* was instructed: "Benjamin, I just want to say one word to you...plastics. Think about it", so has the Coop been thinking on the subject. But not exactly in the same way that Benjamin's would-be mentor meant. Thanks to the efforts of the Coop's Manager Mary Jo Knowles and Buyer Candace Cloud the Coop now has Bestpak's Goodsense Garbage Bags in stock. "We are very excited about the potential this product has for the store", says Candace. These bags are advertised as photo- and bio-degradable. The plastic is the regular polyethylene with a photoactive chemical additive called Polygrade which works to break down the polymer bonds of the polyethylene. These bonds are what make plastics in general so resistant to biodegradation. Oh yes, polyethylene is biodegradable! Fungi and bacteria love the stuff! It is just that over the past forty years the "better living through chemistry" people and consumer demand for product longevity focused research towards the problem of how to make plastics more resistant to biodegradation. And, one of the ways scientists found they could do this was to strengthen the bonds between the polyethylene molecules. Polygrade, when exposed to sunlight, chemically changes and works to break these bonds thereby permitting biodegradation to take place at a much faster pace.

The Coop has also recently learned of a new cornstarch-based plastic developed by Felix Otey of the USDA's Agricultural Research Service(ARS). The advantages of a starch-based over that of a petroleum-based product are significant: starch-based plastics are more readily biodegraded, they create a new market for farm surplus, and they reduce our dependence on oil. Applications to date include plastic mulch films which are rolled out between crop rows to protect against weeds, hold moisture, etc. After the growing season is over, the films can be turned into the soil and be broken down by the start of the next planting. Archer-Daniels-Midland Co. of Decatur, Ill. has been licensed to distribute cornstarch-based plastics. The company has been contacted and is sending a catalog of products. Hopefully, there are products that can be sold or used at the Coop which would move us a bit further towards solving a solid waste problem.

WINTER CANNING

By Nancy Casey

Canning season is traditionally the summertime and early fall when you are swamped with fresh produce, battling spoilage and hundred degree kitchen temperatures. Winter canning is luxurious. Work in a T-shirt in a steamy kitchen and fell, on a snowy day, some of that harvest bounty again. As you empty jars of tomatoes and strawberry jam, don't just let them sit idle until August. Refill them with beans (yes! kidney, turtles, and navies!) and marmalade.

CANNED DRY BEANS: If you have a large canner, the sheer volume of fully cooked beans is worth the long processing time. It is wonderfully convenient to decide to eat beans for a meal and simply pull them off the shelf (especially in the summertime).

To prepare beans, wash, cover with water and boil two minutes. Remove from heat, let soak one hour. Heat to boiling again and drain, saving liquid for sauce, if desired.

Fill jars 3/4 full with hot beans. Fill to 1/2 inch of top with hot liquid. You can use water, cooking water from beans, tomato juice, tomato sauce, etc.

Process at ten pounds pressure, 65 minutes for pints, 75 minutes for quarts.

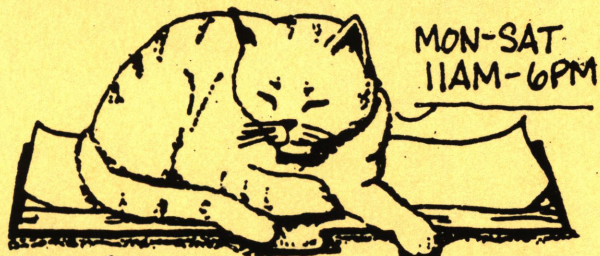
ORANGE MARMALADE: The winter citrus crop is in, Leftover whole cranberries make a colorful addition to this tasty jam. Be careful though, never make marmalade with non-organic oranges. Since organic peels are not generally eaten, they can contain huge amounts of pesticide residues which cannot be washed, soaked, or scrubbed away. The following recipe can be multiplied. It uses Pomona's Pectin.

- 2 cups chopped whole oranges
- 1 cup water
- 6 Tbsp. lemon juice
- 8 tsp. liquid pectin solution
- 1 tsp. monocalcium phosphate solution (from pectin package)

Bring oranges, water, lemon juice, and pectin to a boil and simmer for ten minutes. Add honey and simmer ten minutes more. Remove from heat. Skim and stir for five minutes. Pour quickly into sterile canning jars, seal, and stand upright to cool. If fruit begins to float, shake jars gently to settle fruit as it cools.

When cool, place near a candle. After dark, light candle and admire.

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UN-PACKAGED CONVENIENCE FOODS

By Nancy Casey

"The problem with all the food in your house," groaned a visiting teenager, "is that it's gotta be cooked!"

I'd never thought of it exactly that way. I was living in the mountains, miles from any co-op and rather proud that from my unrefrigerated larder of sacks, buckets and jars, I could produce a wide variety of nutritious and tasty meals, many of them on short notice. It was true that to eat, one had to cook, and cook with a certain amount of know-how, as there were no quick-and-easy directions on any of the "packages." It was also true that at the time I was a full-time stay-at-home mother with the energy and inclination to prepare everything from scratch.

Since then, changes in lifestyle (and inclinations?) keep me seeking ways to set up convenience foods for myself. Here is an example. You can put together this mix in about fifteen minutes. Then, in the time it would take to run to the co-op for a loaf of bread you can make your own fresh baked goods to serve for a meal (a smell up your house accordingly).

BASIC BAKING MIX

- 9 cup whole wheat pastry flour
- 1 1/2 cup powered milk
- 2 tbsp. baking powder
- 2 tsp. cream of tartar
- 1 tsp. baking soda
- 1 1/2 cup cold butter or margarine

Combine dry ingredients in a large bowl. Cut in butter until it is evenly distributed and the pieces are the size of small peas. Refrigerate and use within eight months. Yields about twelve cups.

Keep the following recipes taped to the inside of a cupboard door.

BISCUITS

- 2 cups Basic Baking Mix
- 1/2 cup water, buttermilk, or yogurt.

Mix ingredients until a stiff dough forms. Let rest five minutes. Roll dough into 1/2 inch thickness and cut into circles or simply drop onto an ungreased cookie sheet. bake ten to twelve minutes at 425 degrees. Makes one dozen biscuits.

VARIATIONS: Add sauteed onions, garlic, or grated cheese to dough.

MUFFINS:

- 3/4 cup cold water or juice
- 1 egg
- 2 tbsp honey
- 2 1/2 cups Basic Baking Mix

Mix wet ingredients in a large bowl. Add Baking Mix and stir until ingredients are just moistened. Fill greased muffin tins or paper muffin cups 2/3 full. Bake twenty minutes at 400 degrees. Makes twelve muffins.

VARIATIONS: Add 1/2 - 1 cup fruit, nuts, berries, raisins, or dates.

PANCAKES:

- 3 cups water, juice, buttermilk, yogurt, applesauce (or combination)
- 2 eggs
- 4 cups Basic Baking Mix

Beat water and eggs together. Add Baking Mix and stir until moistened. Let rest five minutes. Add more liquid if mixture is too thick. Makes about 20 4 inch pancakes.

VARIATIONS: Add fruit, berries, nuts, seeds for sweet pancakes. Add cooked or grated vegetables (carrots, onion, garlic, celery, potatoes...), cheese, sprouts, tamari, for savory pancakes.

COFFEE CAKE:

- 3/4 cup sour cream
- 1/3 cup honey
- 2 eggs
- 2 cups Basic Baking Mix

TOPPING:

- 1/3 cup honey
- 1/2 cup walnuts
- 1 tbsp carob powder
- 1 tsp cinnamon

Beat dry ingredients for cake. Add Baking Mix and stir until well-combined. Combine ingredients for topping. Spread cake batter into greased eight inch square pan. Topping can be layered with batter, spread on top, or swirled for marbled effect. Bake 35-40 minutes at 375 degrees.

VARIATIONS: Add fruit or berries. Eliminate carob. Use different baking spices.




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