

Moscow Food Cooperative Newsletter



July, 1989

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Published by the Moscow Food Co-op
314 South Washington
Moscow, Idaho 83843
208-882-8537

STORE HOURS:
MONDAY THRU SATURDAY: 9am to 7pm
SUNDAY: Noon to 4pm

PESTICIDE ALERT

Jocelyne Costello

As I peruse the book *Pesticide Alert, A Guide to Pesticides and Fruits and Vegetables* by Luvrie Mott and Karen Snyder, it becomes evident to me that we must endeavor to reduce and eventually eliminate the use of pesticides in our foods.

I could spend time on the incredible statistics contained in this book—such as 52% of domestic lettuce is contaminated with pesticide residues, or that 30 different pesticides were detected in carrots.

But instead, let's focus our attention on suggestions for what we, as consumers can do to limit our exposure to pesticides in fresh foods.

1. Wash all produce
 - Rinsing in water removes some but not all pesticides.
 - A mild solution of dish washing soap and water may help remove additional surface pesticide residues.
2. Peel produce when appropriate
 - Internal residues are still present.
 - Unfortunately, loss of valuable nutrients may occur.
3. Grow your own food.
 - All efforts add to the movement of eliminating pesticides.
 - Lettuce, tomatoes, zucchini, etc. grow easily in a container box or pot.
 - It's not too late to plant some vegetables today.
4. Buy organically grown fruits and vegetables.
 - California, Oregon, Maine, Massachusetts, Minnesota, Nebraska, Montana, and Washington have both strict definitions of what can be called organic food, and certification schemes to verify that food sold as organic meets these standards.
 - If growers perceive a large demand for organic food, they would switch their pest control techniques and increase amounts of organic food.
5. Buy domestically grown produce and buy produce in season.
 - There are higher pesticide residues in imported produce.
 - Ask where your produce comes from.
6. Beware of perfect-looking produce.
 - We must recognize that the price of perfect-looking produce often is more pesticide residues.
 - A small blemish does not decrease the nutritional value or affect the taste of the produce.

organic



7. Meet with your supermarket manager to discuss your concerns. Supermarkets are usually responsive to their customers.

8. Write your federal and state government officials.

- Write the Food and Drug Administration. The FDA monitors food to ensure that pesticide residue levels do not exceed EPA's tolerances.

Food and Drug Administration
Department of Health and Human Services
5600 Fishers Lane
Rockville, MD 20857
Attention: Commissioner

- Write the Environmental Protection Agency. EPA regulates the sale and use of pesticides and determines the acceptable levels.

Environmental Protection Agency
401 M Street, SW
Washington, DC 20460
Attention: Administrator

9. Write to your congressional representatives.

- Let's get an Idaho organic certification program.
- Urge support of stricter controls on pesticide use, and increased research on alternatives to chemical pest control.

Larry Craig (R) and Richard Stallings (D)
U. S. House of Representatives
Washington, DC 20515

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...AND EXPLODING.

AIRPLANES DIVING...

AND CRASHING.

TRUCKS ACCELERATING...

...AND CRASHING.

HEAVY MACHINERY RIPPING EARTH.

BILLY CLUBS BREAKING BONES.

VILLAGERS HIT BY NAPALM.

BODY NOISES!

GULPS!

GRUNTS!

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A GREAT GIFT IF YOUR SON IS TURNING OUT TO BE "TOO SENSITIVE."

A MUST FOR DISINTERESTED, ABSENTEE, OR BUSY FATHERS.

SUCH AS FUNNY FOOD SOUNDS.

WARNING: THE MALE GENDER ROLE IS DANGEROUS TO EVERYONE'S HEALTH.

REMOVE THE CHEMICAL SHADOW HANGING OVER OUR LAND

Mary Butters

There are a growing number of Idaho farmers disenchanted with current farming practices. Tim Sommer, President of the newly formed Idaho Organic Producer's Association says, "We now have a vehicle to develop a representative Organic Certification Program for our state." This means that Idaho farmers who want to grow and sell organic food will attract our-or-state markets.

In may I went to visit one of the founding members of this new association. The Ihlers of Filer, Idaho are a third-generation farm family doing things differently and with great success. They raise and sell 3.5 million pounds of organic carrots every year. They have other sideline crops that include more than 100 acres of organic barley and organic swine and lamb. To kill their weeds, they use a strange device called a lightning weeder. It electrocutes their weeds. The Ihlers are fascinating, optimistic, hardworking people. And they intend to spread their good ideas and good fortune. A consumer membership in their organization costs only \$10 and is money well spend. Send your check to 11741 Bullock Lane, Middleton, Idaho 83644.

Another newly-formed growers' group called The Progressive Farmers Inland Northwest is catching the interest of many farmers with their plans to do on-farm experimentation and grower workshops. I attended their last meeting held in Colfax. I listened to more than 20 farmers blast the chemical treadmill they are on. Chemical dependence has been encouraged and even subsidized through federal farm policies. University research is under contract to chemical companies. corporate interests have made sure that toxins in agriculture are user-regulated, that consumers are under-informed, that chemical are overused and everyone from farmers to grocery shoppers are overexposed.

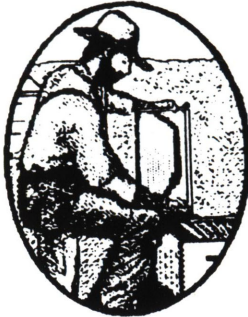
As co-founder of Hanford Watch and the Palouse-Clearwater Environmental Institute, I have spent the last three years trying to stop the Department of Energy from poisoning us for profits. The arms race bulges the pockets of corporations like Westinghouse and General Electric. Dupont, for example makes money from nuclear weaponry AND farm chemicals. Whether it's plutonium or dysyton, we need to send them the message that we no longer need the bad things that they sell. What progressive farmers need from us is a market for organic food. Support farmers who are producing better food, healthier farms, and cleaner water. BUY ORGANIC.

For more information, contact Mary Butters, PCEI, Box 8582, Moscow, ID 83843. 882-1444



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	FLOUR TYPE
WHEAT	1. WHEAT F All-Purp
	Unbleach
	Bleached
	Enriched
RYE	Self-Ris
	Pre-Sift Instant
OATS	Pastry & Cake Fl
	Bread & Flours
	Whole Wh Graham F
BUCKWHEAT	
	Stone Gr
CORN	2. RYE FLO
	Pumpni Rye Grah
	3. CORN FL MASA HA
RICE	4. SOY FLO
	5. OAT FLO
SOY	6. BUCKWHE FLOUR
	7. RICE FL

FLOUR IS MORE THAN JUST "FLOUR"

YPES	BUYING & STORING GUIDE	BAKING CHARACTERISTICS TIPS, SHORTCUTS
T FLOURS purpose	Mixture of hard and soft wheats. Store in cool, dry place up to 6 months.	Use for all baking purposes.
ached	Aged and bleached naturally. Off-white.	Light, fine texture. May require slightly more liquid.
hed	Bleaching agents whiten flour. Nutritionally equivalent to unbleached.	Higher volume, finer grain & longer storage the unbleached.
hed	Iron and B vitamins removed during milling are added. Calcium and Vitamin D may also be added.	No change in tast, color, texture, baking qualities or calories.
Rising	Leavening and salt added. 1 cup contains about 1½ tsp. baking powder and ¼ tsp salt. Leavens may lose potency if stored longer than 6 months.	To use in recipes calling for all-purpose flour, omit baking and salt. Not recommended for popovers, sponge cakes or yeast doughs.
ift & nt	No sifting needed. No lumping with cold liquids. Free-pouring and dust free.	Best for gravy and sauces. Gives spongy texture to pastry; not flaky. Not recommended for breads.
y & Flours	Milled from low protein, soft wheat. Highly refined. Bleached; not enriched.	Gives tender, light, open texture to cakes, cookies and pastries. Substitute 1 cup minus 2 T. sifted all-purpose flour for 1 cup cake flour.
& Gluten	Milled from hard wheat. High protein content; usually starch-free. Gluten may loss strength with age.	Ideal for breads; dietetic bread Knead well to develop gluten for good volume & fine texture. Handle as little as possible for flaky tender biscuits and pastries. Substitute 1 3 T. for 1 cup all-purpose. Mix with white flour in a 2:1 ratio.
Wheat & m Flours	Dark, coarse-texture flours ground from entire wheat kernel. Contains all nutrients naturally found in wheat. Shorter shelf life than white flours. Store in dark, cool place; refrigerate or freeze.	Nutty, dark brown & chewy texture. Heavy and compact. Stir, don't sift before measuring. Substitute 1 cup plus 2 T. whole wheat flour for 1 cup all-purpose. Mix with white flour in a 1:1 ratio.
Ground	Milled by coarsely crushing kernel between rotating stones. Same nutrient value as whole wheat flour.	Adds richer flavor to baked goods.
FLOWER	Ground from inner part of rye kernel. Dark or medium. Less gluten than wheat flours. Refrigerate up to 3 months.	Moist, compact texture. Sub-1½ cups rye flour for 1 cup all-purpose. Mix with white flour in 1:1 or 2:1 ratio.
rnickel rraham	Coarse textured flour ground from entire rye kernel.	Pumpernickel breads are traditionally made from 100% rye flour.
FLOWER HARINA	Coarsely ground, dried corn. Yellow or white. Refrigerate up to 3 months.	Corn breads and Southern spoon breads. Chewy tortillas. Mix with white flour in a 1:5 ratio.
FLOWER	High protein. Refrigerate up to 3 months.	Dark brown, chewy crust; firm, moist fine texture. Slightly sweet. Reduce oven temperature 25°. Mix with white flour in a 1:5 ratio.
FLOWER	Old-Fashioned or Quick Oats may be ground into flour using blender or food processor.	Hearty flavor & texture. Mix with white flour in a 1:3 ratio.
WHEAT R	Seed of an herb native to Asia. Available in baking mix form.	Adds flavor and coarse texture to muffins, waffles and pancakes.
FLOWER	Dry, starchy flour. Not to be confused with waxy rice flour used commercially for stabilizer.	Used in cakes and moist mixtures like macarons.

BACKPACKING IN JULY

Candace Cloud

July is a good month to go to the mountains and do some backpacking. The Co-op has several items that are tasty and easy to prepare.

- Granola is a favorite for breakfasts and great for snacking.
- Millet, bulgur, cracked wheat, rolled oats, rolled rye and rolled wheat are fast-cooking whole grains.
- Whole grain pastas are excellent trail foods.
- The Co-op has a good selection of dehydrated vegetables and soup bases which can be added to quick-cooking legumes like lentils and split peas for a hearty meal.
- Nuts and seeds are winners for concentrated energy. Walnuts, almonds, cashews, pistachios, peanuts, sunflower seeds and pumpkin seeds can be mixed with raisins or chocolate or carob chips for a high protein/high energy trail mix.
- Dried fruits are good sources of vitamins, iron and calcium in addition to many trace minerals.
- Cheeses can be added to your meals. The best cheeses for warm-weather hiking are hard cheddar, swiss or monterey jack. Grated parmesan or romano work well, also. Cut cheese into two-ounce pieces and wipe with vinegar. Let the vinegar dry completely and wrap in plastic film. The vinegar inhibits mold growth and the individual wrapping keeps cheese from drying out.
- The Co-op has a wide selection of "instant" meals that can be gratifying on long hiking days. The favorite is Fantastic Foods Instant Refried Beans. We also have several snacks and sweet treats to choose from.

The Arcata Co-op published an information sheet about planning meals and organizing food for easy packing. Here are some of their ideas:

- Package a meal or a dish and label the contents. Note cooking information, such as the amount of water to be added.
- To organize the food in your pack, put all the dinners in one stuff sack, breakfasts in another, lunches in a third. Leave condiments (honey, oil, soy sauce, garlic, lemon, etc.) in a fourth bag by themselves.
- Freezer "zip-lock" bags are indispensable for packaging meals. Press out as much air as possible before sealing the bag. This slows deterioration and saves on bulkiness.

Have fun on your trip and eat well!



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

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ALLERGY FREE EATING

Reprinted from Organic Gardening

People with allergies and intolerances to common foods such as milk, eggs, corn, wheat, and gluten know it's not very easy to avoid those products. Milk can appear in cold cuts and candy. Egg derivatives are sometimes added to coffee and root beer. Dextrose is made from corn.

"Cooking for People with Food Allergies" is filled with tips on which foods might contain offensive ingredients, along with suggested substitutes and recipes. Send \$1.50 and ask from Item 122V from the Consumer Information Center, General Services Administrations, Washington, DC 20405.



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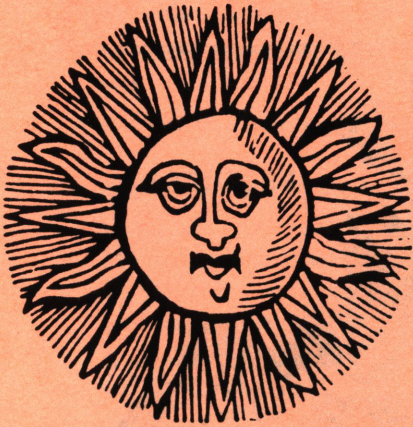
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Picnic - in -
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Sunday July 16

East City Park

Potluck - Volleyball - Fun

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