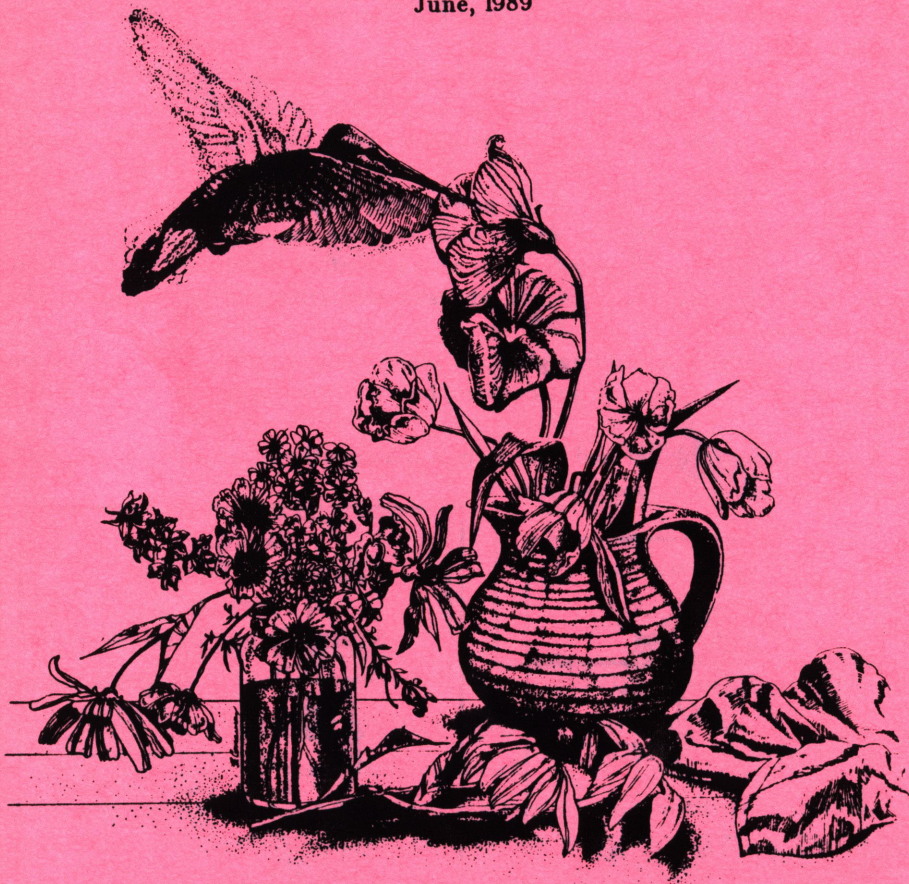


MOSCOW FOOD COOPERATIVE NEWSLETTER

June, 1989



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208-882-8537

STORE HOURS:

MONDAY THRU SATURDAY: 9am to 7pm

SUNDAY: Noon to 4pm

FRAGILE, HANDLE WITH CARE

Bill London

Marc Estrin, one of the officiators at the recent wedding of long-term Co-op members Carolyn Berman and Jim Prall, explained the symbolism of the shattered wine glass. The glass, which Jim and Carolyn both drank from during the ceremony, was stomped to a multitude of pieces beneath Carolyn's shoe.


The glass-breaking is often thought to represent something like, "May the years of your happiness be as many as the pieces of this glass," Marc said. But in fact the symbol within the original European Jewish tradition is the fragility of life.

That life is easily shattered was not news to those of us there who were touched to varying degrees by Kim Stockton's brain aneurysm, Luke's untimely death, or even Marc Estrin's forced departure from his church. But the lesson is worth repeating.

Our lives, even the lives of the newlyweds, may seem whole like the wine glass, but we must remember always that our lives can shatter at any instant, just as the glass was destroyed. It is not a comforting theme, but one that might come naturally to a people who survived countless pogroms and the Nazi Holocaust.

The lesson of the wedding glass, as acknowledged by the Jewish tradition and interpreted by Marc is not despair, but a vibrant appreciation for all we have.

And those words seemed especially real to me then—and now as we enjoy another beautiful Palouse summer.



Fire
Wood Earth
Water Metal

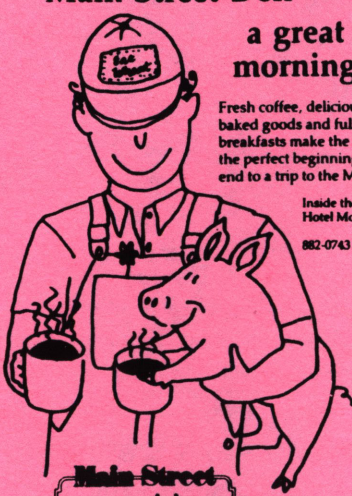
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Jocelyne Castillo

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SAVE THE DOLPHINS—DON'T BUY TUNA

Candace Cloud

We received some information from the Earth Island Institute concerning politically correct tuna. People have been urging consumers to buy only albacore tuna which is caught with hooks, not nets. Dolphins get caught in nets meant to capture tuna. Since dolphins are mammals and breathe air, they drown when they are unable to surface because of the nets.

Rather than boycotting only tuna caught with nets, the Earth Island Institute is urging a boycott on all tuna. This boycott "...will send the big companies a message they can't ignore."

The dolphins are an endangered species and may become extinct if nothing is done to protect them. The tuna fishing fleets can use other methods to catch tuna; let's encourage them by boycotting all tuna until dolphins are no longer endangered by these fishing practices.

WE CAN HELP KIM STOCKTON

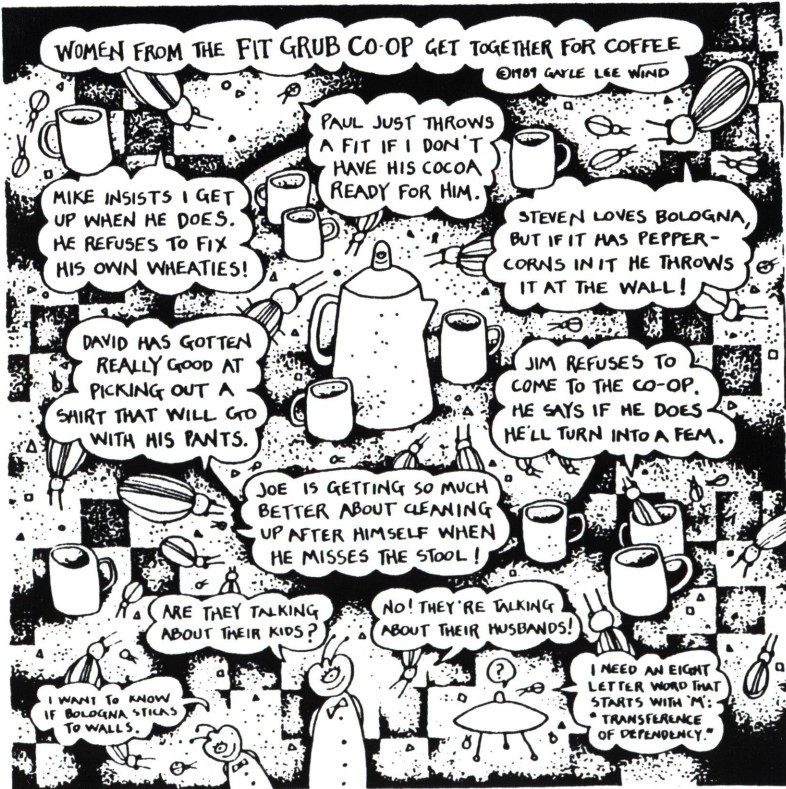
Kim is facing huge medical bills for her recent hospitalization. A giant yard sale is being planned to help her. Please begin gathering unwanted but salable items to donate to the sale. Contact Jennifer at 883-0915 between 4pm and 7pm any day to make arrangements for dropping your donations off.

Watch for flyers posted at the Co-op telling the exact date and times, or call Jennifer for further information. Please come to the sale and buy what you need.

DR. ANN RAYMER chiropractic physician

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803 S. Jefferson
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MOVING THE CO-OP

Mary Jo Knowles

It sounds like a good idea, the time seems right, both from the Real Estate and the Natural Foods markets. We can't go wrong. But it's hard to find the perfect spot in Moscow.

Our criteria have been: a downtown location, ample parking, 3000 square feet—at a reasonable price.

The prospects so far are:

The old Goodwill building. It's big (!), has marginal parking in back and could be a dollar sink hole.

The old Kentucky Fried Chicken has a great location, great parking, lots of room with upstairs party room, a kitchen with a fireplace, walk-in cooler with compressor built-in, office space. Unfortunately, it's very expensive.

The little white house by Johnny's Cafe has a great location, lots of parking. It needs major repairs and has lease option only at Christmas time. We don't have any prices yet.

We have approached **Empire Foods** about dividing their building and taking half of the space. Lots of parking, great location, lease option only. We're still in the talking stage.

With any luck, we should have a place in mind by the first of July and plan to move in August. Anyone interested in working with the Co-op on this project, please contact Mary Jo at the Co-op. We need all the help we can get!



GOODBYE FOR A WHILE

John Cunningham

I quit, but I'll be back, by golly, as a volunteer and/or as a shopper. It has been my pleasure to work with both good people and good food—and to know the difference between the two!

I'll be working full time all summer and then going to school full time in autumn, and since I couldn't create 29-hour days, I must quit.

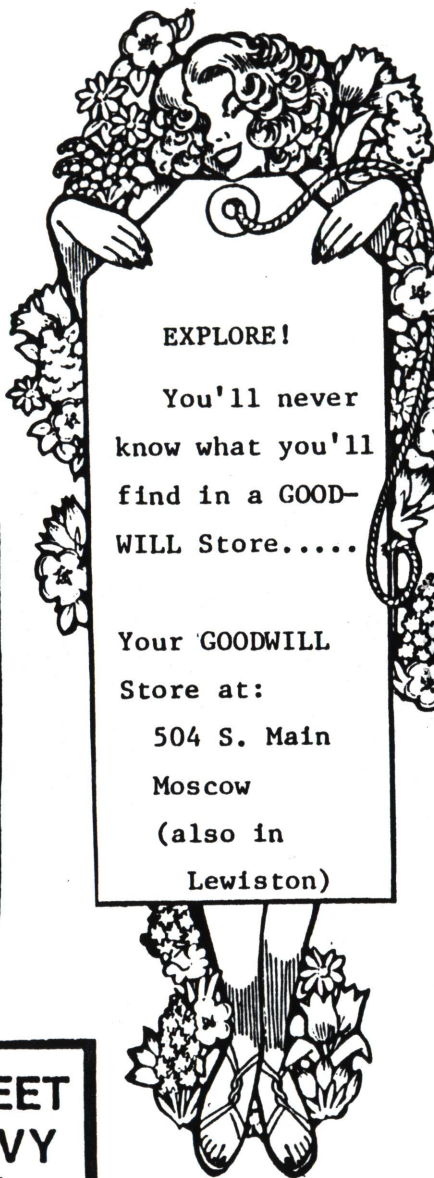
I had the opportunity to experience my first Moscow Renaissance Fair. What topped off my last Sunday of work (that Renaissance Fair Sunday) was the biggest Sunday ever. We sold more than \$1000 worth of products in those four hours. It was busy and a good note to end on.

Picnic Baskets & Supplies



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WEEKLY DELIVERIES!

Candace Cloud

Mountain People's Warehouse will be delivering weekly with a refrigerated truck beginning in June. What does this mean to the Co-op? One important thing is that we will have cheaper and more abundant organic produce! Prices on our dairy items will probably go down and there will be a wider variety of brands available to us.

The other food item prices may fluctuate a bit more due to new shipping charges, but should remain within a nickel of present prices.

This weekly delivery should mean less out-of-stocks and easier ordering and stocking.

Let us know if you notice any difference. We hope it will be a change for the better.

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HEY DIAPER CHANGERS! PLASTIC COSTS MORE!

Rebecca Stauffer

(Reprinted from the Arcata Co-op Newsletter)

The large manufacturers of Disposable Diapers (DD's) would have you believe the choices in diapers are between theirs and competitors, between ultra and ultra-plus, between gender-specific and unisex, and between rainbow colors and plain white. There are other alternatives, however, which are better from an economic, environmental and health perspective. Since every parent wants the best for their baby, let's look at the alternatives.

Laundering cotton diapers at home is the least expensive method of diapering. As a working mother, I do not find this an offensive or burdensome choice.

Most of us can relate to economic issues. Quite simply, DDs cost a lot more than other methods of diapering. The difference over the diapering life of a child is more than \$1,000. Enough to purchase a washer and dryer.

Environmentally, the differences are even greater. The usable lifespan of a DD is a few hours at most, but it takes centuries to decompose. A cloth diaper lasts through up to a hundred changes and decomposes within a few months. DDs are composed of a plastic outer layer with wood pulp padding (found to contain traces of dioxin) and the "super absorbent" diapers have a gel polyacrylate to absorb large quantities of fluid.

DDs account for over 80% of diaper changes today. The hidden costs? Every year over 20 million trees are used to make the 18 billion diapers used in the USA. Each child in diapers creates one ton of DD waste per year and the cost of disposal of the 5 million tons of diapers is about \$100 million.

There are some concerns about the new absorbent type. They are so efficient at absorption, that it is difficult to tell if they are wet. If a sick child is vomiting frequently, it is difficult to assess if she is becoming dehydrated. Sometimes the gel particles are found on the surface of the diaper or on the baby, causing parental concern and trips to the doctor. The long term effects of prolonged skin contact with the polymer gel is not yet determined.

The World Health Organization has declared that "solid waste should contain no fecal matter or urine, and the mixture of these should be prohibited by law." Indeed, in most jurisdictions, it is illegal to dispose of human wastes in landfills, though it is not enforced. Studies have shown that many human pathogens, including Hepatitis A, Rotavirus, and Poliovirus are found in discarded diapers and pose a potential for groundwater contamination and dissemination by insects.

Other known health hazards include the risk of asphyxiation of DDs, which has caused deaths in infants.

Now, what about CONVENIENCE? After all, it's 1989, and we are all very BUSY. Here are some thoughts. Cloth diapers need to be laundered once or twice a week usually. There are diaper covers which can be used with



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

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

cloth that make pins unnecessary, and there are even cloth diapers with velcro fastenings that use the same concept as DD closure. All 10,000 or so DDs a child uses have to be purchased, carried home, and if you would like to dispose of them in the desired manner, they should either be rinsed, or the plastic outer layer separated and discarded and the absorbency layer flushed. This latter method of disposal will ruin your septic system and has been known to clog city sewer systems.

What it really boils down to is that even in terms of convenience, DDs lose out for the conscientious consumer, and clearly they are the poorer choice from an economic, environmental and public health perspective.



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JICAMA

Jocelyne Castillo

I delighted my tastebuds with a new "sensation" this week: Jicama—also known as the Mexican potato. And I liked it a lot.

The jicama is the bulbous root of a leguminous plant from Mexico, and other parts of Central and South America. It has a thin, light brown skin and juicy, crisp, sweet white flesh of a radish/potato consistency. It is mostly eaten by the Mexicans as a snack, peeled, thinly sliced and seasoned with salt, a picante chile powder and lime juice.

I ate my Jicama cut up into sticks and dipped in my favorite salad dressing. Mmmmmmmmm. I'm told that it is delicious grated in a salad. I haven't tried Jicama steamed or stir-fried, but it's only a matter of time.

Ensalada de Jicama

2 small jicamas ($1\frac{1}{2}$ #)

1 heaped tablespoon finely chopped cilantro

1 tsp salt

$\frac{3}{4}$ cup Seville orange juice*

1 large sweet orange for garnish

Peel the jicama and cut them into $\frac{1}{4}$ inch cubes. Add the cilantro, salt, Seville orange juice and set aside to season for at least one hour.

*Substitute for Seville orange juice:

1 tsp finely grated grapefruit rind

3 tbsp orange juice

3 tbsp grapefruit juice

2 tbsp lemon juice

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