



A FEW REMINDERS

- | | |
|------------------------------------|---------------------------|
| Monday, November 6, at 7:30 p.m. | Stocker Training |
| Tuesday, November 7, at 7:30 p.m. | Cashier Training, Part I |
| Tuesday, November 14, at 7:30 p.m. | Cashier Training, Part II |

Stratton's milk bottles need to be washed before being returned. Unrinsed milk bottles with lids on them are not accepted by the dairy.

November, 1989

Editor: Nancy Casey	Published by the Moscow Food Co-op
Graphics: Barbara Shelly	310 W. Third St.
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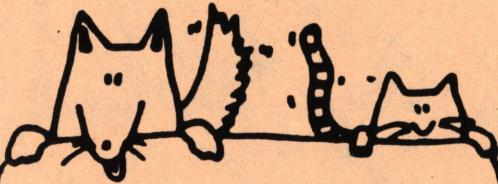
David Peckham

I spent part of this past summer picking boysenberries for some friends who were too busy with real jobs to pick the berries themselves. I didn't get rich by any stretch of the imagination, but I made enough to keep from having to get one of those real jobs myself.

The boysenberries are found in one of the innumerable little canyons of the Snake River on the Washington side. With an elevation equal to or lower than the lowest point in Idaho, (Lewiston is about 735 feet above sea level) it has a growing season that makes the mouths of Palouse gardeners water.

It is not the kind of work one could say carries rewarding possibilities for career advancement, nor does it challenge the limits of achievement potential, but somewhere inside of me this work feels so right. It is simple, and basic, the gathering and delivery of food to the people who eat it. It feels right as huge barges full of wheat bound to China, Japan and Africa roar past Lower Granite Dam and the Snake River lake. It feels right when I think of Palouse farming methods, perhaps more closely akin to mining. It is a tiny crop I gather, insignificant by comparison. But so what, we can't all make the evening news.

The rich Palouse topsoil is here too, in pockets or drifts dozens of feet deep, alongside sterile slides of basalt chunks. If this were China or Japan or Africa, every one of these little canyons would be filled with families scratching out fat subsistence from terraced gardens and orchards. They would carry the berries down steep trails on their heads, like I do sometimes, only they wouldn't need to use their hands for balancing the load.



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Delivering berries gets me into Palouse kitchens. Farm wives are making pies and jam, much I suppose as their ancestors who arrived here a hundred years ago did. Their kitchens are large, sunny, and spotless with porcelain double sinks, linoleum floors, and lots of cabinets whose edges are rounded by fourteen layers of paint. Kids are grown and gone, to cities and towns, most of them, so that only fragments of the family remain in the parlors and fields, a small fraction of the descendents of the original settlers. These kitchens remind me of a summer years ago, swathing, baling and bucking hay for minimum wage, with full meals included. Beef, gravy, carrots, potatoes, always potatoes, and pie, yes, berry pie greeted huge appetites. These kitchens seem to be an endangered species so I feast on them as long as I can.

Agribusiness leaders suggest that America can feed the world from its mega-farms. That may be a nice idea, but what do displaced farmers do with their lives? Work in sweat shops? Go to the mall? Watch TV in rat- and raw sewage-infested shanty towns? When you take away the livelihood of the subsistence farmer, what does she have left? (The majority of the world's subsistence farmers ARE women.)

Three percent of America's people feed the rest of the nation, the politicians boast. Why is it that something as simple, fundamental and magical as growing food must become solely the province of multi-million dollar enterprises (except for a minuscule contribution from hobby gardeners)? How much bread can be made out of what goes by on one of those barges? How much does the farmer

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get? five cents? seven cents a loaf? How many Americans would really like to till the soil, grow some of their own food, get a little dirt under their fingernails, and cannot afford to? Their jobs are too demanding, time and energy-wise, they don't have the space, and Mexican tomatoes are 69 cents a pound in February.

Berry picking certainly is a lot of work for the money. I seriously thought about letting them go. When I'd close my eyes at night I'd see berries—the plump, purple, thumb-sized ones that had eluded me all day. My arms below the elbows were becoming a throbbing tangle of scratches and sunburn. Maybe the constraints of a real job weren't so bad after all. It is easier sometimes to get up at 5 a.m. when there's a boss waiting for you. The berries don't care when, or if I show up. The birds will take them, the ants, yellow jackets and the Russian wheat aphids. There's enough for everyone.

Before the dams were built and before the barges came, the Snake ran as free and seasonally as the Salmon. There were fruit orchards, packing houses, schools, and three train stations between Wawawai and Almoda. That was before the Corps of Engineers condemned all the best lands of the valley floor. They blasted away cliffs for concrete fill and airstrips and flooded the bottom lands. All that is left of the homestead my friends inherited is a few walnut, chestnut and apple trees around the foundation of the old house with a collapsed root cellar in back. The site overlooks idle land full of wild rye grass and giant rock piles, land now owned by the government, grace of 'eminent domain.' The orchards, groves, and fields were so efficiently cleared that you'd never guess the land once gave so abundantly.

One morning I learned that my friends' grandparents had boysenberries too. Grandpa had delivered to some of the same women as I, when they were young wives with new families. This news brought a whole new dimension to my labors. I'm helping to preserve a slice of a tradition for these people, a small part of a whole way of life that is vanishing. Its existence is imperiled by power brokers hell-bent on making ALL the world's goods and services flow through THEIR hands. Now I began to understand the joy beaming through the wire back at me when I'd ask my customers, "Would you like some boysenberries this year?" a joy which can't be quantified by a dollar sign.

IT'S NOT QUITE GOODBYE

Candace Cloud

I'll be working a lot less at the Co-op. There are a lot of things I will miss about not being in the store so much ... chatting with customers and volunteers, looking at all the fun new housewares when the boxes come in, getting to sample new products. I will really miss the friendships that form here.

But I won't miss out completely. I am still a board member and will be conducting training sessions for new volunteers. I look forward to seeing new volunteers at the November sessions. And I'll still be a steady customer.

So, I'll be seeing you around...

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HOW TO HELP SAVE THE RAIN FORESTS

from Mountain People's Warehouse

Rainforest Action Network and the Basic Foundation have teamed up with Arbofilia, a Coast Rican group, to plant endangered tropical timber and fruit trees in Costa Rica. More than one million trees have been planted. They are now in the process of raising enough capital to plant a second million trees.

The organizations are offering certificates for planting a tree for \$5. A certificate for planting a hectare (10,000 square meters) or about 1,000 trees costs \$250. This cost includes seed collection, germination, nursery care and planting the trees. For purchase of tree certificates contact:

The Basic Foundation, Inc.
P.O. Box 47012
St. Petersburg, FL 33743
813-526-9562

For maximum effectiveness, get a group of people together and purchase a \$250 certificate. If you are unable to buy a certificate, plant trees on your own property. At the current rate of rain forest destruction, we cannot afford to put this project off very much longer.

MEDICINAL HERBS

Jocelyne Castillo

Comfrey: *Symphytum officinale*

Common name: Gum plant, healing herb, knitback slippery root

Properties: Anodyne, astringent, demulcent, emollient, expectorant, hemostatic, refrigerant, vulnerary.

Uses: Good for respiratory problems of all kinds: coughs, catarrh, nasal congestions, ulcerated or inflammation of the lungs, asthma. The hot pulp of the fresh rootstock makes a good external application for bronchitis, pleurisy, and for the pain and inflammation of pulled tendons. A decoction of the rootstock makes a good gargle and mouthwash for throat inflammations, hoarseness and bleeding gums. Drink it to take care of most digestive and stomach problems, for intestinal difficulties, for excessive menstrual flow, and to stop spitting blood.

Add rootstock to your bath water regularly for a more youthful skin. Externally, use the powder as a homostatic agent and make a poultice for wounds, bruises, sores and insect bites. Good for ulcers.

Preparation and Dosage:

Decoction: Boil w 2 tsp rootstock in 1 cup water or wine. Take a wineglassful or a teacupful two to three times a day.

Infusion: Use 2 tsp rootstock per $\frac{1}{2}$ cup water. Take 1 to 2 cups a day, warm, a mouthful at a time.

Pulp Stir fresh, chopped rootstock into a little hot water to form a thick mash. Spread on a linen cloth and apply. Renew every 2 to 4 hours.

Lung Tea: (especially for asthma)

Boil: 12 cups of water.

Add: 2 tbsp. comfrey root

Simmer 10 minutes, then add:

2 tsp. yerba santa

2 tsp. mullein

2 tsp. coltsfoot

Simmer 10 minutes, then remove from heat and add:

2 tsp. cornsilk (optional)

3 tsp. peppermint

4 tsp. lobelia

3 tsp. thyme

3 tsp. red clover

Brew for 5 minutes. Strain. Then add as much honey as you want.

Try to drink around 4-5 cups per day.

Glossary of Terms

Anodyne: an agent that soothes or relieves pain.

Astringent: an agent that contracts organic tissue, reducing secretions or discharges.

Demulcent: a substance that soothes irritated tissue, particularly mucous membrane.

Emollient: an agent used externally to soften and soothe.

Expectorant: an agent that promotes the discharge of mucus from the respiratory passages.

Hemostatic: an agent that stops bleeding.

Refrigerant: an agent that lowers abnormal body heat.

Vulnary: a healing application for wounds.

Catarrh: inflammation of a mucous membrane, especially nose or throat, causing an increased flow of mucus.

Bibliography

The Rodale Herb Book

The Herb Book by John Lust

Back to Eden by Jethro Kloss

Healing Yourself by Joyce Premsky

Using Plants for Healing by Nelson Coon



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OSTEOPOROSIS—A TRAGEDY OF OUR CULTURE

Greg Mader

Many people in our culture think osteoporosis, cardiovascular deficiencies, arthritis, etc. are part of growing old. If our diets were more in accord with our design, we wouldn't end up wrinkled and dehydrated.

Osteoporosis, the most common, yet least understood bone disease, affects almost 10% of the American population, and recent studies show that it is beginning to affect people as early as their mid-twenties.

Bones are alive. The bone cells, like other cells of our bodies, are constantly dying and being replaced; in other words, the bone cells are constantly being reabsorbed, restructured and rebuilt.

Osteoporosis occurs when there is insufficient calcium for the bones to be rebuilt properly—more calcium is lost than is replaced. The bones become brittle and likely to fracture. The spine and hip bones are among the first to be affected.

An exact calcium level must be maintained in the blood and body fluids for normal body functioning. If enough usable calcium is not available from the food we eat, the body borrows calcium from the bones. If this debt is not repaid, osteoporosis develops.

There are two classifications of calcium—organic and inorganic. "Organic" in this instance, refers to substances that exist in living organisms, such as plants. The calcium in vegetables is organic and is easily used by the body. Inorganic calcium is derived from minerals. This calcium is held together by strong ionic bonds that the body cannot easily separate. Therefore, the calcium is rendered unusable. Plants have the ability to break ionic bonds and to rearrange them into a form that our bodies can utilize.

We are bombarded by advertising telling us to include enough dairy products in our diets for the necessary calcium. But the calcium in dairy products is altered by pasteurization and made into a hard mineral; it becomes calcium of the inorganic variety. When this type of calcium gets into the blood stream, it cannot be used to rebuild bones, so it gets deposited along the insides of the blood vessels, leading to atherosclerosis, or it gets deposited in the joints, leading to arthritis.

Believe it or not, the real culprit is too much protein. Animal and grain protein affects our bones differently from vegetable protein. The digestion of animal protein leaves toxic acids in the body and vital minerals such as calcium and potassium are used to neutralize the acids which in the process are lost in the urine. This also happens to a lesser extent with grain protein, but the process is mitigated by using whole grains and germinating them.

Recent research has shown that if your daily intake of protein is more than 47 grams, more calcium will be taken from the bone than is replaced. Research also indicates that even if you were to take calcium supplements, the more animal protein you eat, the more calcium you lose!

So remember to eat plenty of fresh veggies and fruits—greens sprouts, and broccoli along with moderate amounts of germinated seeds and nuts. Forget animal protein and you can virtually forget about osteoporosis.



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THERE'S NO PLACE LIKE HOME

Thoughts from the Freeway

Kristine Peterson

It's that time of year again. The time when we traditionally give thanks for our harvests and for those of us who live on the Palouse, for our countless other blessings. A recent visit to Los Angeles reminded me of just how much I have here, and how easily I take Moscow for granted. These things may sound familiar; they're a part of many of our lives.

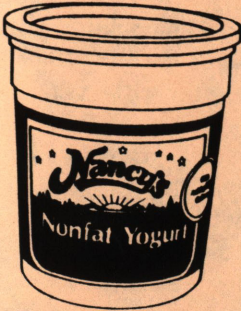
I'm thankful for the chance to breathe clean air as I run and bicycle on dirt roads without seeing a single car, for four seasons, and for the freedom to walk around after dark. I'm thankful that, contrary to my Los Angeles relatives' misconceptions, we have television stations "up here", but there are far more interesting and exciting things to do than sit in front of the tube all evening. And finally, I am thankful that I define a traffic jam in Moscow as three or more cars at the corner of Third and Main.

This is not to say that I didn't enjoy 80-degree autumn days among palm trees; these are just a few things I missed as I sat in eight lanes of bumper-to-bumper traffic stopped up on I-5 outside of Los Angeles.

As always, we have a lot to be thankful for here at the Co-op, too. Business has doubled since our move, and we finally have that second cash register. (If we could only figure out how it works!) Mary Jo has located an Indian and Pakistani foods supplier from California, and we would like to offer an Indian cooking demonstration before the end of the month.

I would like to extend a special thanks to our new advertising coordinator, Ed Clark, for bringing his professional skills to the Co-op. Watch for Ed's Co-op advertisements in local newspapers, and for his new Co-op T-shirt which will be out by December. Weather permitting, we may soon see his signs on the outside of the Co-op building. We appreciate you very much, Ed!

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REPORT FROM THE BOARD OF DIRECTORS

Fritz Knorr

The annual membership meeting of the Moscow Food Co-op will be Saturday, November 11, at 7:00 pm.m. in the big upstairs meeting room. All members of the Moscow Food Co-op are cajoled to attend. The meeting will be a desert potluck affair. Skip dinner that evening so you can do justice to the goodies. Hopefully, the meeting will be conducted while those present are on their initial sugar rush, and will be done by the time hypoglycemic depression sets in. Among the business to be conducted at the meeting is the election of the Board of Directors for the next year.

The Board has been busy, almost productive, the last few months. We have been having special meetings (we call it sudden death overtime) to review and revise and update the Corporation By-Laws and Policies. We have authorized some major expenditures, including the new cash register, scale and counter, a new bean and pasta cabinet and dispenser. We put Mary Jo on a salary basis (rather than hourly) and gave her a series of raises. We are shifting the staff pay scale from a rigid schedule to quarterly reviews and recommendations from the manager.

You may note a new author of the Board report. Lynn Lloyd has resigned. I did not duck at the appropriate time and thus became the new Board President.

(And by the way ... While you have your calendar and pencil out, mark down also that following this meeting and potluck is a benefit dance for Citizens for Environmental Quality at the Community Center. Admission is \$3.00 for adults. Children are free. The dance begins at 9:00 and features the band will be Buck Naked.)

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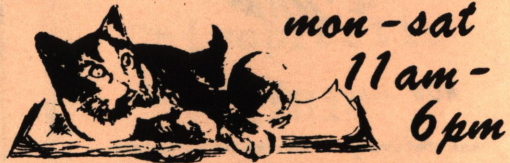
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