

Moscow Food Cooperative Newsletter



SAGE

Appropriately named, sage has been used by herbalists to increase brain power.



NETTLE

Rheumatism sufferers stand behind footbaths made from this herb.



ALOE

Called "best for burns," this plant that produces a healing gel grows on any windowsill.

October, 1989

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310 W. Third St.
Moscow, Idaho 83843
208-882-8537

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

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WHERE OUR WATER COMES FROM

Tom Townsend

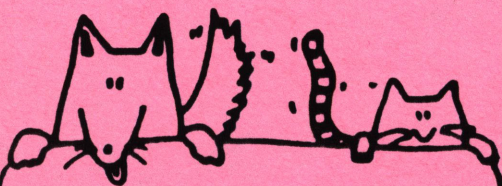
This is the second installment in a series on the water we use, and threats to a continuing supply.

Most school children know that milk, even though it is purchased in cartons or plastic jugs, really comes from dairy cows. The average citizen however doesn't always know where his/her water supply comes from.

In the Moscow-Pullman area, all of the water supply is derived from water stored under the ground surface. The productive ground water zones below the surface are called aquifers and the major aquifer in this region is sometimes called the Moscow-Pullman aquifer since it provides all of the water supply to these two communities and their respective universities. The major wells of these four users range up to 1400 feet in depth and can yield up to 2500 gallons per minute.

In 1987, these four major users drew 2.62 billion gallons from the aquifer. Pumpage historically in the basin has been increasing at a rate of about 1-2 per cent per year. These rates of water level decline have been observed over a period of nearly seventy years with increasing attention being given to the lower level aquifer decline since the 1950's.

Prior to the 1950's most wells were fairly shallow, 60 feet to 300 feet in depth, and this drawdown was very evident, even as early as the 1920's. This



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shallow aquifer water was not particularly good water, being endowed with high iron content and high dissolved solids. Nevertheless, it was used heavily up to the 1950's when its level was alarmingly low and the switch made to deeper wells into a better water source. Minimal use has been made of the upper ground water levels since the 1950's and today it is at the level it was in 1900.


After nearly seventy years of being pumped, then having a recovery period of nearly forty years, the aquifer at the upper level is certainly not too robust, even today.

The aquifers or ground water zones occur in the basalt rock that underlies the Moscow-Pullman area. The basalt is underlain by granitic rock which is much less permeable or porous. The granitic rock provides a barrier to the movement of water that is trapped in the fractured basalt layered over this ancient granitic basin.

East of Moscow, running north to south, is a granitic barrier that forms the eastern boundary of the aquifer. The basalt layers themselves extend to the west with the exception of granitic outcrops near Albion and Kamiak Butte. The Snake River forms the southern boundary.

These basalt layers are very deep going westward from Moscow. These depths range from zero east of Moscow to about 2000 feet under Pullman and more than 3000 feet in the vicinity of Colfax. Below these basalts are the granitic rock structures that comprise the basement of the basin.

The ground water occupies space in the basalt in fracture zones between ancient individual flows. These flows, volcanic in nature, are basically horizontal and the productive aquifers are horizontal as well. The wells that provide water



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1939 **50th ANNIVERSARY** 1989

for the communities penetrate these basalt layers of different depths and obtain water from a number of individual flowing layers that may or may not be physically connected.

In later commentaries, the problems of the aquifer, possible solutions to these problems, who will be involved, the consequences of non-action, and other assorted questions will be described.

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THE COMEDY CORNER

Perhaps you received (and maybe even completed) the blue one-page questionnaire that circulated at the old Washington Street Co-op. The flyer announced that the Co-op was moving and asked for suggestions of new products and services. Below is a list of tongue-in-cheek responses to those suggestions by anonymous co-ops.

dairy: garlic soy milk, soy velveeta

frozen: Afro-zen concentrate, frozen wheatgrass on a stick

instant: karma sutra

dried: watermelon

cosmetics: memory shampoo

household items: bee milker

clothing: gortex panty liners

services: an organic dating service, hot noodles



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YES, PLASTIC IS RECYCLABLE

Mary Jo Knowles

When we talk about plastic, we're really talking about our throw-away society. Most plastics are used once, then discarded, ending up as litter on our streets and contributing to our nation's solid waste crisis. The EPA predicts that one-half the cities in the US will run out of land fill space in the next ten years. Recent studies conducted by the EPA conclude that plastics account for 9.6 million tons or 7.2% by weight of our solid wastes. The plastics industry likes to use these statistics because they seem like such a small amount. Another way to look at plastics in the land fill is by volume. Because most plastic packaging is bulky but light, plastics make up 25-32% of our garbage by volume.

With a land fill crisis at hand, it's up to us, the consumers, to figure out how to make less garbage. There are three main alternatives to landfilling plastics:

- Reducing the amounts used.
- Burning, which is the plastics industry's answer to the reduction of land filled plastics, but this brings up many concerns of air and water quality.
- Recycling, which may solve some of the land fill problems, but doesn't help in the problems of plastic abuse because a plastic container that was used for food cannot be recycled into a food container. So were having to create new products to use recycled plastics.

Recent technology has produced two different kinds of plastics to help with the land fill crisis: Photo degradable and biodegradable plastics. Plastics will not normally break down unless exposed to high temperatures or intense ultraviolet light. By altering their chemical makeup, plastics can be made susceptible to photo degradation (decomposing in the presence of sunlight) or biodegradation (decomposing through micro-organisms).

Both of these alternatives come with their own problems. Once the plastic gets buried, photo degradation can't occur, and because this is a new technology, no one knows the breakdown outcome. What new problems are we creating in ground water contamination? Also, degradable plastics can't be mixed with other plastics to be recycled.

The solution to all these problems? Reduce plastic consumption.

Announcing :

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CELEBRATE THE HARVEST!

Jocelyne Castillo

The Co-op can provide you with all the ingredients for this delicious soup—grown locally, grown organically!

ORGANIC BORSCH

Yield: About 5 cups

Chop very fine or grate:

1/2 cup carrots

1 cup onion

2 cups beets

Barely cover these ingredients with boiling water. Simmer gently, covered, for about 20 minutes. Add and simmer for 15 minutes more:

- 1 tablespoon butter**
- 2 cups of stock (veggie, or chicken, or beef)**
- 1 cup very finely shredded cabbage**
- 1 tablespoon vinegar**

Place the soup in bowls. Add to each serving:

- 1 tablespoon cultured sour cream**

mixed with (optional):

- grated cucumber**

Correct the seasoning and serve hot or cold with:

- Pumpernickel bread**

GARDEN FRESH SALSA

- 7 quarts chopped, peeled tomatoes**
- 6 cups chopped, seeded hot peppers**
- 7 cups chopped, seeded sweet peppers**
- 4 large onions, chopped**
- 3 tablespoons crushed cumin seed**
- 2 tablespoons chili powder**
- 8 cloves of garlic, minced**
- 2 teaspoons ascorbic acid, or 1/4 cup lemon juice**
- 3 tablespoons salt**
- 1 tablespoon oregano**
- 1 tablespoon celery salt**
- 18 ounces tomato paste**
- 1 1/4 cup honey**
- 1 cup chopped cilantro (opt) or used dried**
- 1 1/2 cups vinegar**
- 1 1/2 cups cornstarch**

Combine all ingredients, except vinegar and cornstarch. Bring to a simmer, stirring occasionally. Combine vinegar and cornstarch smoothly. Stir into simmering salsa, and continue to stir until salsa returns to a simmer and thickens. Put into clean canning jars, seal and process in a boiling water bath 25 minutes for pints and 30 minutes for quarts. Store in a cool dark place.

My good friend Sharon shared this recipe with me 7 years ago. I've made it several times with great reviews from all partakers. I wait to add the tomatoes after all other ingredients have come to a simmer. Makes for a more chunky salsa. Enjoy!

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Garrick & Andrea Kruse



COMICS

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MARK YOUR CALENDARS!

Mary Jo Knowles

Saturday, October 14 is our "Hooray for Our Volunteers" potluck dinner. Dinner will begin at 7:30 p.m. upstairs at the Co-op. All volunteers are welcome.

Saturday, November 11 is our Co-op Annual Meeting. We will again feature our famous dessert potluck. The meeting will be upstairs at the Co-op. Eating will commence at 7:00 p.m. and the meeting will be over at 9:00 p.m. All members are welcome. Please come and learn about your Co-op.

SHOW LOYALTY TO THE EARTH

Candace Cloud

"I pledge allegiance to the Earth, and to the flora, fauna, and human life it supports. One planet, indivisible, with safe air, water, and soil, with economic justice, equal rights and peace for all."

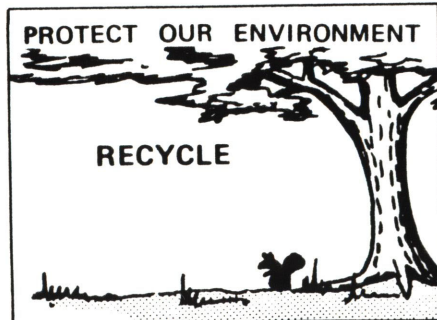
Serious recycling has been on our minds lately. I've been taking stock of the garbage I throw away and revising my recycling efforts. It's just so easy to throw things in the waste basket and forget it. But garbage won't forget us . . .

Recycling centers across the nation have stopped buying paper and cardboard (although they still take it). There is a surplus of recycled paper products sitting idle. It's up to us, consumers that we are, to create a demand for these recycled paper products. Start asking for recycled paper anywhere you buy paper—and keep it up.

Another issue I've been examining is styrofoam usage. It's really important to keep asking for alternatives to styrofoam. Keep bringing it up at meetings where coffee is served in styrofoam cups, at restaurants that serve take-out food in styrofoam, companies that ship their products in styrofoam "peanuts". Styrofoam doesn't decompose and it contains chlorofluoro-carbons that destroy the ozone layer.

Plastics are another convenience item that pose a threat to the environment. The solution, again, is to reduce the amount you use and ask for alternatives.

So, let's keep in mind the 3 R's of the 90's: Reduce, Reuse, and Recycle.

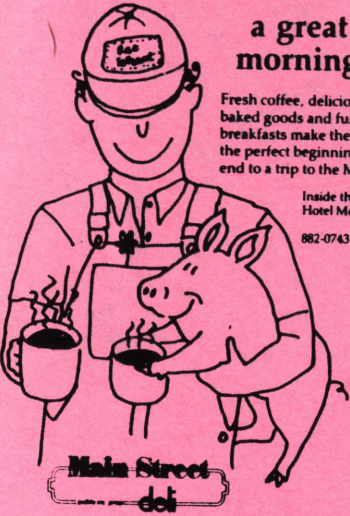


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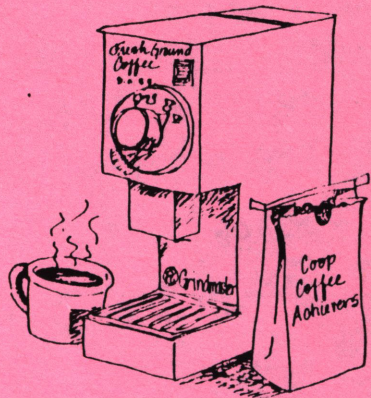
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UPSTAIRS AT THE CO-OP

WHAT IS YOGA?

Jeri Stewart

Yoga classes are now being taught upstairs at the Co-op. You might be wondering just what is Yoga? Yoga's history is centered in India where it has been practiced for over 4000 years. It is one of the six orthodox systems of Indian philosophy. B.K.S. Iyengar shares with us from his book *Light on Yoga* that the word Yoga comes from the Sanskrit root *Yuj*, meaning to bind, to join, attach and yoke, to direct and concentrate one's attention on, to use and apply. It also means union or communion.

Hatha Yoga also translates as sun-moon union. It is the aspect of Yoga dealing with the physical self. The postures, or asanas, of Hatha Yoga help to develop correct spinal alignment, flexibility, strength, balance and concentration. Hatha Yoga postures help relieve stress and teach up to relax. These benefits come about through regular practice of Yoga postures and breathing techniques, and this is the emphasis of the classes being taught upstairs at the Co-op.

The class schedule starting October 2nd is:

Beginning	8:00-9:15 a.m.	Mon & Wed
Intermediate	7:00-8:15 p.m.	Tues & Thurs
Advanced	5:15-6:45 p.m.	Mon & Wed

Sign-up sheet and more information are available at the Co-op, or by calling Jeri Stewart at 882-4739.



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