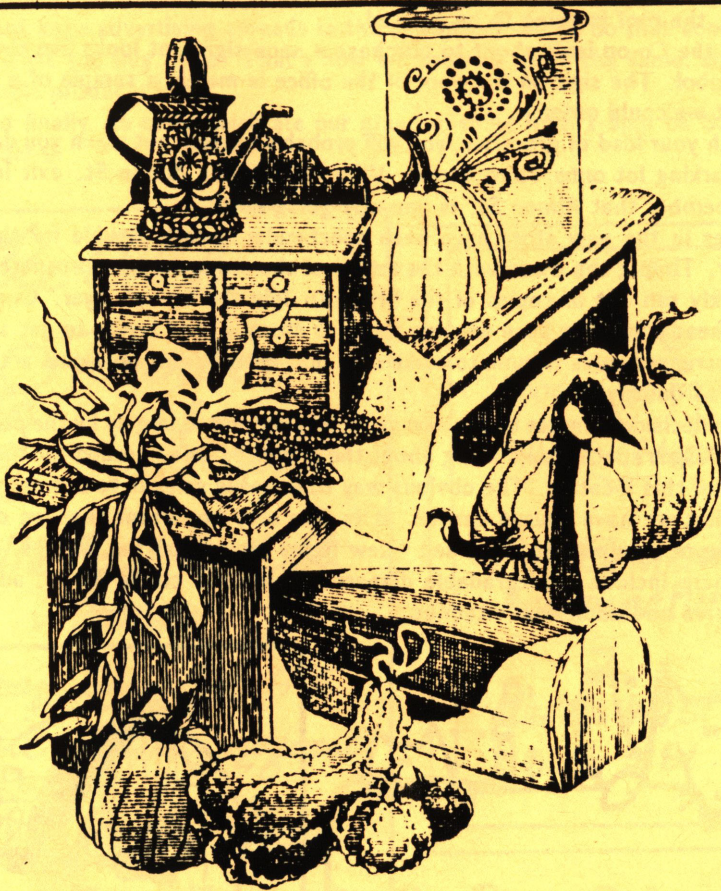


# Moscow Food Cooperative Newsletter



---

September, 1989

---

Editor: Nancy Casey  
Graphics: Barbara Shelly  
Advertising: Andrea Kruse  
Typesetting: Nancy Casey

Published by the Moscow Food Co-op  
310 W. Third St.  
Moscow, Idaho 83843  
208-882-8537

---

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

**PLENTY OF FREE PARKING!!!**



**ANSWERS TO QUESTIONS  
AND OTHER AMAZING FACTS ABOUT THE NEW STORE**

dictated by Mary Jo Knowles

... sort of

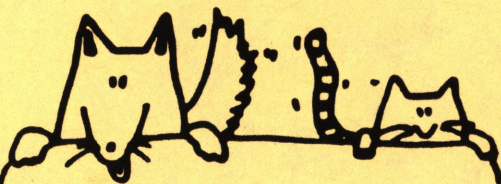
Yes, the roof is going to be painted.

No, the Co-op isn't about to purchase a neon sign that looks like the Coca-Cola symbol. The sign on the door of the office is merely a sample of a type of sign that we could order.

With your load of groceries, you will probably bottom out when you drive out of the parking lot onto Third Street. Why not use the Almon St. exit instead? Just remember that Almon St. is one-way going north.

Sales in the new store have been spectacular—nearly double for this time last year. Timing the move with the return of the students was fortunate for us. We quickly ran out of copies of the "How to Join the Co-op" flyer. One of the biggest headaches has been keeping the bins stocked, and trying to get a handle on the increased sales volume to make sure that out-of-stock problems are solved, and solved quickly.

The decision to move to the new store was supported largely by the prediction that the larger space would bring about the increased sales needed for the higher expense of this location. The obvious way to increase sales is to sell more of the things that we have always carried. It is also very important that we diversify the range of products that we sell. New items already on the shelves, or soon to be there include biodegradable diapers, unbleached coffee filters, additional housewares and additional vitamins.



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

**328 N. Main Moscow**

**Idaho 83843**

**(208) 883-4349**

A circular logo with a guitar body in the center. A snake is coiled around the guitar. The text "Guitars & Friends" is written across the guitar. The address "309 So. Main St. Moscow, ID 83843" is written around the top of the circle.

**309 So. Main St. Moscow, ID 83843**

**Guitars & Friends**

---

Quality Instruments, Amps  
and Equipment

---

Full Service and Lessons

---

Buy, Sell, Trade

---

**882-1823**

We are also looking into ways to become a store for one-stop shopping by expanding paper products, canned goods and other staples. Our plea to the membership of the Co-op is always the same: Let us know! It's hard to think of what you would buy here if it was here, but it's not, but when you do think of it, tell us. You don't have to be ashamed to admit that sometimes you patronize the 24-hour-a-day supermarkets that have the electronic checkout machines and can afford huge advertising spreads in the newspaper—we all do that sometimes. Tell us what you buy there. That's how we know to stock the same, similar or comparable products here.

And finally, do come celebrate our grand opening from 1-5pm on Saturday, September 9.

*"Ye Old  
Barber  
Shoppe"*



*112 East 2nd St.  
Moscow*

*open Tues-Fri 9-5  
cut to your request*

*Don Royse, Owner*



*Five Element  
Acupuncture*

*Karen West  
835-3181*

*Just For Kids ...*

### THE ADVENTURES OF SCOTT AND TOM

Sunshine Storholdt

Jim and Mike, Scott and Tom's fathers have been out searching for their sons who are missing in the woods. They have not found them and now they have to tell their wives the bad news. Unknown to them, Scott and Tom are trapped in a rock slide about two miles from the old mill pond where they had permission to be. So no one know where the boys are. They are, in fact, in serious trouble, and so our story continues.



Susan and Abby rush to the door when their husbands come in, hoping that the boys are with them and felling so dejected when they see that they are not. Mike explains how they searched and searched and never found a trace of the boys. Susan and Abby tell of their phone calls and repeat the many offers to help. Susan breaks down and cries and Jim tries to comfort her, saying that they will figure something out, that the boys will be found and that they are probably safe just waiting for the storm to come to an end.

For the first time, Abby feels unsure of how this day will come to an end, and she looks to Mike with fear in her eyes for Tom, her only son.

Mike tells everyone to be calm, that no one will be capable of finding the boys if they are all stressed out. He knows that they are afraid for their sons, and he is, too, but in order to help them, they must concentrate on the boys and not their own feeling of fear.

Mike remembers the many offers of help from the neighbors. Abby adds that William Whitcomb, who used to be a member of the Moscow Search and Rescue Team offered to help. They decide to call him, he lives just half way down the street.

Scott's and Tom's condition is getting worse fast. Especially Scott's. He is getting so cold that all he wants to do is sleep, as hypothermia (the loss of body heat) has begun. Once begun, if you want to stay alive, you have to get warm again, and that is something that can't be done when you're soaking wet and stuck in a rock slide way out in the woods.

Tom is in somewhat better shape. He does have a very badly broken arm, which is extremely painful. But due to the way the rocks and boulders have settled around him, he is dry. He is still in good spirits in spite of the trouble they are in, and still believes that his father or others will find them. But he is worried about Scott, calling to him and trying to encourage him to stay warm in any way that he can. He hasn't heard any answer from Scott in quite a while. The rain and wind hasn't let up at all, and the storm continues to rage around them.

Scott feels numb now and is not cold, but very sleepy. His thinking is mixed up and confused. He believes more and more that he is home in his own bed, all tucked in under soft covers. If he remembers their adventure at all, it is only in nightmare form. As he sleeps now, his body heat and life are slowly seeping from him. Can help arrive fast enough?

*To be continued . . . Editor's Note: When the saga of Scott and Tom ends, the "Just for Kids" section of the Newsletter will be no more, unless a volunteer steps forward to do it. Do you have the time to help continue having a part of the newsletter that is for kids to read? This is a good opportunity for someone who has kids to volunteer without having to get child care to do it. Lots of things are possible: puzzles, games, stories, poems . . . The limits are as all-encompassing as a child's imagination. Why not give it a try for a month or two? If more than one person is interested, you could alternate. Leave word at the Co-op that YOU are the one who wants to put some kid-oriented energy into the Newsletter.*





## Pilgrim's

Nutrition Center

310 S. Main • Moscow, ID

208-882-0402

Health Food, Teas,  
Vitamins, Natural  
Cosmetics, Breads  
and Athletic sup-  
plements.

Hours: 9 - 6 M - F

9:30 - 5:30 Sat.

## CAFÉ SPUDNIK



**OFFERING A NIGHTLY  
DINNER MENU -  
EXPERTLY PREPARED  
CALIFORNIA /  
NORTHWEST CUISINE  
NORTHERN ITALIAN  
CUISINE**

Espresso for

a New Era

215. S. Main Moscow

882-9257

### NEWS FROM THE BOARD

Lynn Lloyd

A changing of the guard (of sorts) will take place this fall for the Co-op. Some of the board members will give up their positions to new appointees. I, for one, will be resigning after two years on the board. It has been a good experience for me, personally, to learn how to make business decisions and be part of a directive force for a business such as the Co-op. It's an opportunity to blossom with whatever gifts each person has to offer. Anyone can be on the board!

It's been especially challenging to be a part of the move from the Washington Street location. I, for one, have a hard time envisioning change. The inertia was great, and I liked the old store, but the simple facts remained that when a delivery was made, the situation became intolerable; both the space and parking were inadequate. So, step by step, the move was decided upon and carried out. I can't believe how astounded I was that everything happened by the projected deadline. Thank you to you ALL! Everyone did their part, and that is why it was all accomplished on time. Thank you especially to Mary Jo, a gentle and effective leader who kept it all going AND kept it all together. (By the way, did anyone ever find the spoons for the spices? I know I packed those ...)

Anyway, don't hesitate to offer your services to the board. It's fun and challenging.



# Life-Force Honey

Honey  
Pollen  
Beeswax  
Candles



Royal Jelly  
Gensing  
Gift Boxes

1193 Saddleridge Rd.  
Moscow, ID 83843  
(208) 882-9158

Garrick & Andrea Kruse

COMING THIS SUMMER -MEAD - a winelike drink, brewed with our natural honey and tasting of the essences of wildflowers.....

## EXPLORE!

You never know  
what you'll find

in  
YOUR MOSCOW  
**goodwill**  
STORE

504 S. Main



## HARVEST

Jocelyn

For me summer is not complete without winter feasting. The flavor and aromas are memories of summer.

In the meantime, Pesto is a great served over piping hot pasta garnished with pine nuts. Pesto Genovese is a complete repast. Here is the recipe.

### PESTO GENOVESE

(To double this recipe, make the sauce with:

2-3 cloves garlic, peeled 2 tablespoons  
1/2 cup olive oil 4 tablespoons  
1/4 cup water pinch  
2 tablespoons soft butter

In the container of an electric blender, blend the ingredients at medium speed, whirl them until the mixture is smooth.

Then add to the contents of the blender:

1 cup (packed) fresh basil

(More olive oil may be added, if desired, to thin the sauce with the other ingredients)

Transfer the sauce to a bowl and pour it over the pasta. Drizzle the sauce with a thin layer of olive oil. Let the sauce sit at room temperature.

When frozen, allow it to thaw fully before using. Stir the sauce by stirring it vigorously.

Try the sauce spread on a slice of bread. Pesto Genovese may be kept refrigerated for up to a week. Any time you need an impromptu but elegant meal, this is the answer.

\*\*\*\*\*

Now is the time for Potatoeteeth. Some like it chunky, with potatoes thick cut. Others like it smooth. The soup reduced to a velvety smooth cold.

### VICHYSOIS

Mince the white part of:

3 medium leeks

1 medium onion

Stir and saute them for 3-4 minutes in:

2 tablespoons butter

Slice and add:

4 medium potatoes

Add:

4 cups of chicken or vegetable broth



## BEST RECIPES

ne Costillo

Without batches of Pesto in the freezer ready  
oma is guaranteed to bring back the sweet

at summer meal. A no-cook sauce/paste  
I with chopped tomatoes alongside a salad  
e that I use:

OVESE—Serves 4

(sauce twice.)

blespoons pine nuts

blespoons grated Parmesean cheese

h of salt

tender, combine these 8 ingredients and, on  
mixture is smooth.

blender, a few at a time:

oil leaves. (Dried will **NOT** do!!)

, necessary, to facilitate blending the basil

press plastic wrap onto the surface or cover  
, (Exposed to air, pesto darkens.) Use the

ly to room temperature. Then homogenize

bread or in a pita with lettuce and tomatoes.

igerated for several weeks and waiting for  
exciting meal.

\*\*\*\*\*

Soup, or as the French call it, Vichyssoise.

ey can chew, and others, like myself, prefer

hness. The soup may be served hot or very

SE—About six cups

Simmer, covered until tender. Put  
them through a very fine sieve, food  
mill or blender.

Add:

1 to 2 cups cream

( $\frac{1}{2}$  tsp mace)

salt and pepper

chopped watercress or chives

Heat, but do not boil.

**DR. ANN RAYMER**  
chiropractic physician

**Palouse  
Chiropractic  
Clinic**

803 S. Jefferson  
Suite #3  
Moscow, Idaho 83843

(208) 882-3723



**ADMISSION**

**ONLY \$1.50**

**GREAT  
MOVIES!**

**THIRD & ALMON**

**MOSCOW, ID**

**882-2499**

## BARTER FAIR!

Bill London

Goats for trade, produce and fruit available ... I'll give you four hand-dipped candles for that box of apples ...

Yes, that's the Barter Fair. Folks wander out of the hills and up from the city for the annual Benewah County extended family reunion and buy/sell/trade extravaganza.

It's a great place for kids!

Bring your extra whatever (fruit, crafts, vegetables, stuff) and leave with great treasures. Come Saturday, September 9, Bring something for the big potluck dinner Saturday night, spend the night if you want, and stay for more on Sunday.

It's all free. It's at the same place—on Tyson Creek near Santa. Go to the small town of Santa and ask at the Santa Resort, or just follow the signs.

*(Editor's note: Remember to bring drinking water. Please leave dogs, firearms, and grudges at home.)*

# MOSCOW FINE CRAFTS COOP



312 S. Main,  
Moscow

# NEW TO ME

QUALITY USED CLOTHING  
224 W 3RD ST

LL BEAN      BANANA REPUBLIC  
BRASS PLUM  
ESPRIT SPORT      PENDLETON

SILK      WOOL      ANGORA  
LINEN      COTTON  
LEATHER



Saturday  
Farmer's Market  
+  
Main Street Deli =  
a great  
morning!

Fresh coffee, delicious  
baked goods and full  
breakfasts make the Deli  
the perfect beginning or  
end to a trip to the Market.

Inside the  
Hotel Moscow.

882-0743



COMICS

220 West Third  
(Inside Twice Sold Tales)  
Monday-Saturday, 11-6

## HOW WE MOVED THE COOP

A Saga

Candace Cloud

It had been talked about since there was snow on the ground: **THE MOVE**. Lots of looking at buildings, talking to realtors, fielding suggestions from members. (Everyone, of course, had a different idea.) Then, one ordinary day, in a rather ordinary way, Mary Jo announced that we would be moving in two weeks. Everyone laughed—not derisively, but, well, why cry?

Mary Jo set the great juggling act in motion and began consulting contractors, plumbers, electricians, and painters. Some were hired, some traded goods for services. She christened the remodeling effort on the first night of renovation by going at the sheet rock with a vengeance (and a hammer) performing her own version of an age-old cleansing ritual. Sherrie Lutsch coordinated volunteers with jobs from a to-do list that seemed to triple each day. (Mary Butters was suspected of sitting bolt upright in bed at 3am and racing to town to add things to it.) In two weeks, we transformed the old Kentucky Fried Chicken Building into the Co-op.

The hasty preparation was not without some psychological cost to staff members who came early and stayed late to handle the flood of customers in the old store during record sales as well as working at the new store. Even Kristine, the store's fashion plate came to work one day in a mis-matched outfit.

The store closed Saturday, August 12, and people began packing like crazy. Volunteers worked all day Sunday, taking load after load across town. By 5:30, everything was in the door of the new store. It was discovered that the tall heavy bulk bins were situated in an unworkable location and when none of the 20 or so people in the store at the time could utter a coherent sentence, much less propose a workable solution to the problem, we knew it was time to quit for the day.

Monday was devoted to making the store ready for customers. The freezers still weren't hooked up. An enormous order arrived in the already-chaotic back room. Cheerful volunteers asked What can I do? What can I do? to harried staff members who were beginning to look a little crazy behind the eyes. Potential customers who wanted to buy just a loaf of bread or two ounces of poppy seeds were driven away in droves. Many others stopped by just to look around.

Monday night was an occasion for celebration. We had a pizza party at Gambino's. Fritz Knorr proposed a toast to Mary Jo, our fearless and unfrazzled leader. We all cheered. Tom Lamar wanted to suggest something. "I move . . .," he began. We shouted him down.

Tuesday we opened for business. The freezer still needed to be hooked up, and some items were yet to be stocked, but we did it. We took down the dingy outside lights and put up the Co-op signs. Jack Carpenter and Mary Butters danced on their ladders.

In the three weeks since we moved, business has been brisk. Only a few missing items lurk in mysterious boxes. The screws for the pencil sharpener, for instance. Have you seen them?



**TYPE-RIGHT**  
**WORD PROCESSING**

110 E. 2nd (Between Washington & Main)  
Moscow, Idaho 83843

**208-882-5546**

Nola Steuer  
Printing Available



## THE POLITICS OF WATER

Tom Townsend

The Moscow-Pullman aquifer is the the sole source of all water used by the cities of Moscow, Idaho and Pullman, Washington and their universities. Pumpage from the aquifer by these two communities, the University of Idaho and Washington State University continues to climb unabated as the water level continues to drop. In 1986, the major municipal and university users withdrew some two billion, five hundred and sixty-seven million gallons of water. In 1987, this was increased by about 1.5%.

If we were measuring inflation, a 1.5% increase would be welcomed, but not only is this not good news for a declining aquifer, it runs contrary to the advice of commissioned studies that the using communities "can rely on the existing ground water resource without extensive water level declines if pumpage rates are stabilized and held constant."

These conclusions, based on a computer model of the aquifer functions, were made available in 1987, yet today in 1989, there has been little effort made by most of the major users to make significant reductions in their usage.

Both Washington State University and the University of Idaho have requested permission to increase their pumpage and draw down the aquifer at alarming rates in the near future. This is consistent with the pattern for using the water in the Moscow-Pullman aquifer: every user for himself.

The main reason why this can happen is that no single governing body or commission has assumed a leadership role in water issues on the Palouse. This doesn't mean that meetings haven't been held and money hasn't been freely spent, however. Most of the disappearing dollars have gone to commissioning further studies. A few resolutions have been passed, but compliance has been voluntary and non-existent.

A regional conservation group, of which I am the chairman, the Clearwater Resource Conservation and Development Area Council (RC&D) is asking questions. I am very concerned that major users can increase their pumpage with very little public notice and with no comment from their colleagues operating other water systems. One of the reasons for this is that water issues are very complex, so it is difficult for the public to raise educated objections to potential misuses of the aquifer.

In future issues of this Newsletter, I will be explaining the workings of the aquifer upon which we all depend for our water, what some of the potential threats to the health of the aquifer are, what has been done in the past to safeguard water quality and quantity, and what must be done now and in the future to avoid problems for which there are no solutions.



