

Moscow Food Cooperative Newsletter

COUNTRY STORES

by J. Jordan

The first time my son came to the Co-op, he said, "Mom, this place smells like my childhood." I knew what he meant.

My Italian grandmother baked big yeasty buns every day I can remember. My sister and I went to the store for jello and bananas (the smell of hot jello can instantly transplant me 30 years in reverse). The store was ancient, to us anyway. All the neighbors seemed old as dirt, but we loved it. They remembered us and asked about our year since the last visit and just generally made life in a small town (we were from the city) seem wonderful.

My Swedish grandmother made blackberry jam and grew dahlias bigger than my head. She sent us to the store a lot also (now I see it might have been to get rid of us for a while), but it was a mile further. It could take hours. We'd look for snakes, run barefoot races on the gravel road, pick wild iris, and stop to talk to kids we only saw in the summer. It was great.

The owner of one country store would put benches outside in the evening and show us kids cartoons on the white brick wall. For free. Just because. (But maybe the pace was just a lot slower then? I still wonder.)

Two very different grandmothers, towns, and stores -- but both heaven to kids who moved too often and had few roots (the grass being greener in those days). And now when children come into the Co-op I have two ways of looking at them:

once from my side, once from theirs. It makes me want to show cartoons on the wall every summer. Outside. Do you think they'd remember?

August, 1990

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The opinions expressed in this newsletter are not necessarily the opinions of the Moscow Food Co-op, its staff, or Board of Directors.

WE GOT A LETTER!!

[Editor's Note: Below is an anonymous letter left at the Coop for publication. We encourage letters, but prefer signed ones.]

The new home of Moscow Food Coop is so nice and clean. It looks like very caring friendly people are enjoying their volunteer work. Some volunteers look so young, isn't that nice to see?

In July's newsletter did you feel the LOVE of children? "Do we fear our enemies more than we love our children?" There were other places where the LOVE of children was shown, too. I feel we should all be showing more love to children and each other.

Everyone should be told to go Coop shopping when they have a lot of time to look and see what they have and what is new.

On Tuesday I make out my grocery list from the local supermarket papers. But I like to take my so-called sale list and check prices at our Moscow Coop first. I need the best food for the price. Don't you too?

I think Mary Jo is doing a very good job. (Thanks to our volunteers too.) I'm sure she has a lot of stress, too. By the way, does anyone have a used set of drums--for Mary Jo? She may go into a rock & roll band someday.

Thank you for letting me say how myself and others feel about you all.

Signed: One of your good customers and an almost senior citizen.

VOLUNTEER TRAINING

Part I	August 14 (Tuesday)	
	6:30 - 7:00 PM	Stocker training
	7:00 - 8:30 PM	Cashier training
Part II	August 21 (Tuesday)	
	7:00 - 9:00 PM	Cashier training
Part I	August 28 (Tuesday)	
	6:30 - 7:00 PM	Stocker training
	7:00 - 8:30 PM	Cashier training
Part II	September 4 (Tuesday)	
	7:00 - 9:00 PM	Cashier training

Interested?

Contact: Jocelyne at 1-224-6929
or leave message on volunteer board

NEW PRODUCTS IN THE COOP

by Mary Jo Knowles

I've been having plenty of fun spending our money getting these new products. Please let us know what you think of them. And in your summer travels, please bring back product ideas from other stores.

We now have:

- Reuseable shopping bags (heavy weight nylon bags)
- Cascade Farms Organic Potato Chips (lightly salted)
- Casa Fiesta gazpacho dried soup mix and Mexican rice mix
- Maitre Jacques strawberry preserves, 17 oz. jars
- Robbies garlic sauce, comes highly recommended.

We also have Robbies worchestershire sauce

- Nile Spice cup of soup in paper cups - 7 flavors

vegetable chicken couscous

vegetable parmesan couscous

tomato couscous

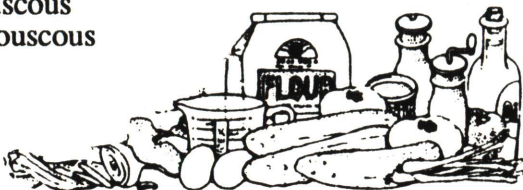
lentil curry couscous

potato leek soup

potato romano soup

potato tomato soup

- Lee Crystal Natural (dedorizing crystal) (a completely natural body deodorant)
- Three new White Cloud Mountain coffees:
mocha java, espresso supreme, dark roast columbia suprimo
- New soaps by Lifeline: laundry soap and dish soap (100% biodegradable in quarts and gallons)



ORGANIC IN IDAHO

by Nancy Taylor

The Idaho State Agriculture Department has started work on a certification program for organically grown food. The bill for organic certification was introduced into the legislature and passed last March. Currently, the Agriculture Director is in the process of appointing an Advisory Board consisting of six members who shall make recommendations to the department concerning the parameters of the certification program such as, materials use list, fees, growth regulation period etc...

We are all excited to see Idaho join the ranks of states supporting organic certification. Hopefully, we will have a representative from this area on the board.

**JUST SAY NO!
TO PESTICIDES**
BUY ORGANICALLY GROWN FOOD

A MORALITY FOR CONSUMERS

Nancy Ging

In a small booklet of sayings by Peace Pilgrim, I read her maxim that she would never ask others to do for her something she wasn't willing to do for herself. I hold that same value, and began to reflect on some of the problems in trying to apply that value consistently.

Until recent history, people had to be "generalists." That is, they had to be skilled at many kinds of work because they had to provide virtually all their own needs. As recently as the American pioneers, family groups needed the knowledge and skills to find water and salt, grow and preserve food, make candles and soap, care for livestock, have some medical expertise in handling illness and injuries, make and repair tools and clothing, etc.

As the population increased and technology became more complex, work became more specialized. Most of us in this culture have expertise in only one (or a few) job areas. Instead of producing all our needs directly, we have become consumers of the skills and products created by other people.

One side effect of this development has been a less direct connection between production and morality. It is now possible to buy and use products which have been produced in ways we might consider unacceptable or distasteful if we had to produce them ourselves. We see appealing products on a store shelf and can be blissfully unaware that in order to make it a hundred people worked on a mindlessly routine assembly line under constant pressure to produce more units per hour. When we purchase such products, we are essentially paying others to do something for us which we might not be willing to do for ourselves.

I think one of the clearest examples of this disconnection has to do with the consumption of meat. How easy it has become to say, "I could never kill anything"--and then go to a grocery store and buy a plastic-wrapped package of steaks or hot dogs to barbecue. How much conscious effort it seems to take to become aware of such contradictions!

In early childhood on my grandparents farm, I saw chickens killed with an axe and pigs butchered by hauling up their hind legs and then, amidst their screams, cutting their throats. I have often wondered since then how many people would still be eating meat today if they had to, even once, do the killing themselves instead of paying others to do it.

The Moscow Food Coop was created by and for people who recognize that consumers have a moral responsibility for the food production methods they support. The Coop emphasizes the need to be aware of what we are paying other people to do for us. The growing strength and awareness of the consumer movement via cooperatives and other organizations in recent years is encouraging.

However, I think we need to be cautious of another kind of moral inconsistency on the other end of the spectrum. Within the structure of today's consumerism it has become possible to work hard, for instance, to preserve forest habitat for the spotted owl, seeing logging operators as the greatest threat. In carrying out that work, though, the use of paper may be tremendously increased by publishing newsletters, magazines, flyers, fund-raising letters, etc. Realistically, isn't the most serious threat to the owl the unrelenting consumption of paper and other lumber products by all of us? This new twist to moral disconnection is even more seductive than the first. Not only can we pay someone else to do an unpleasant job for us, we can blame them for any harmful effects and feel righteous about being an activist on the issue.

If we want people to stop using certain production methods we have to stop paying them to do it for us. The people most truly responsible for manufacturing morality are the consumers--us. What we see around us is a direct manifestation of our own moral values.

What a blessing to have an active local Coop which does so much to make the task of responsible consumerism easier! I am grateful for the opportunity to be a member.

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CO-OP PROFILE: JOSIAH FISHER

by Kristine Peterson

At first glance, Josiah Fisher, known as "Josh" to some, looks like a typical Moscovite--he arrives at our interview on a bike, wearing shorts and a smile. And in many ways he is a typical Moscovite: like most of us, he's from somewhere else and was drawn here by friends, the university, and the warm sense of community.

How he came to settle here reminds us of just how small this world is: In 1988 Josiah was driving his VW bus from his home in New Hampshire back to Mexico, where he had once lived in the small community of San Miguel de Allende. Somewhere on the way to Mexico he took a detour north and ended up in Seattle for a year; during that year he visited a friend in Moscow. The two of them went to a play one night, and as they talked before the performance, the couple in front of them turned around to take a startled look at Josiah. It was Kim Bouchard and Ed Clark, friends from San Miguel. Kim is now a graduate at the U of I theater department, and Ed runs the Coop bakery.

Running into Kim and Ed that way was really no big surprise, Josiah says, since he seems to bump into friends "in the strangest places." Like New Zealand and the Philippines, as well as Moscow. But this particular chance meeting was Josiah's first indication that Moscow was the place for him. He and Kim had talked about acting together, so the next day he decided to move to Moscow, and in the spring he landed the lead role in the U of I's production of A View from the Bridge.

In addition to his quick breakthrough in Moscow theater, Josiah started volunteering for the Coop and other Moscow organizations as soon as he moved into town. During our interview he talked to Nancy Taylor about some writing he's doing for the Palouse Clearwater Environmental Institute. At the Coop Josiah can usually be found running a cash register or toting a hammer and a two-by-four as he builds shelves and storage units.

Overall, Josiah is happy to live in Moscow, which he describes as a friendlier New England without the humidity. Perhaps equally important is the fact that Moscow is a place where he's had the chance to simplify his lifestyle. "For twenty years I was a workaholic," he says, "In the next twenty, I'd like to make up for it." One way he'd like to make up for those twenty years is to achieve a balance between the need to work for income and the need to connect with people and the consciousness of the world community. His reading choices reflect these desires: he's currently juggling two books about spirituality, The Coming of the Cosmic Christ and Mind as Healer, Mind as Slayer, along with an Australian travelogue, Greater Nowheres. Corresponding with far-flung friends he's met during his travels provides him with the chance to discuss these and other interests in a global context.

And what does the future hold? A bit of travel, a bit of sailing. But for now Josiah is committed to living in Moscow, working and volunteering, taking classes, moseying about at BookPeople, swimming in the Snake, and going home to his two pet cats.

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GOOD EATS

Terri Eglund

After throwing a few things together for my friends at the Co-op, Mary Jo and Bill asked if I'd be willing to include some of my recipes in the newsletter. I was pretty excited about it, but since I'm what is called a "dump cook" (someone who doesn't measure ingredients) back home, I didn't realize how difficult this would be. So, I'm going to advise you that no recipe is written in stone, and ask you to feel free to change the recipes to suit you. After all, you'll be the one eating the food!

Here's some recipes for a mid-summer feast. Add beverages and fun.

Pasta Salad (4-6 servings depending upon appetite)

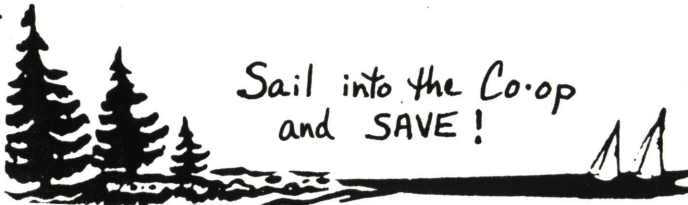
- 3 c. pasta (rainbow vegetable rotini, elbows, or shells for good presentation)
- 2 lg. stalks broccoli
- 1 sm. to med. head cauliflower
- 3/4 lb. carrots
- 5 ribs of celery
- 6 - 8 scallions

Boil pasta in salted water until al dente. Strain, saving the water. Rinse the pasta in cold water in a colander. Place in large bowl. Bring the reserved water from the pasta to a boil. Blanch the vegetables in the water for approximately 30 seconds. Chill them in cold water, drain well. Cut up the vegetables to your liking - don't throw away the broccoli stems, peel them and cut them up. Add the vegetables to the pasta, add the dressing, mix well with your hands and refrigerate for an hour before serving.

Dressing

- | | |
|------------------------------|-------------------------------------|
| 3 cloves minced fresh garlic | 1/4 c. lemon juice |
| 1/4 c. red wine vinegar | 1/4 c. red wine |
| 1/2 c. olive oil | 3 T. dried basil |
| 1/2 c. grated parmesan | salt & fresh ground pepper to taste |

Blend the ingredients until fairly smooth. Keep refrigerated up to one week.



Tabouli Salad (serves about 6)

2 c. bulghur wheat 1/4 c. lemon juice
2/3 c. olive oil 1/2 fresh finely chopped parsley
1 large cucumber, peeled and coarsley grated
1 sm. onion (sweet red for visual interest)
3 finely chopped scallions
3 finely minced garlic cloves
2 T dried spearmint or peppermint leaves
Salt and fresh ground pepper to taste.

Serve on romaine leaves, top with a little yogurt, garnish with tomato slices.

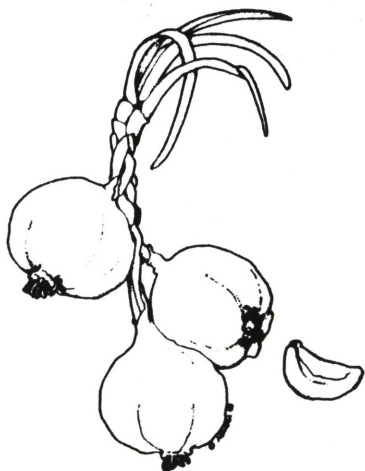
Hummus

1/2 c. garbanzos 1/4 c. sesame tahini (roasted)
1/4 c. water 1/3 c. to 1/2 c. good olive oil
tamari to taste 3 - 4 cloves garlic (cut up)

Soak garbanzos overnight, drain and boil in fresh water until very soft. Drain and rinse under cold water. Put into food processor bowl with blade. Whip until fine, add 1/4 cup water, or more if needed. Add the rest of the ingredients and whip until you get a smooth, creamy consistency.

Garnish with sun-dried tomatoes marinated in olive oil, red wine, garlic and basil.

Use as a dip for breads (pita is most common) and vegetables.



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FOR CHILDREN AND CHILDREN-AT-HEART

COMPILED BY MIRIAM RAINBOW WOMAN. ILLUSTRATED BY M.T. HECHTBERG

The riddle below
was submitted by
Tongo Levine
Thank you!

To Miriam I have a riddle for you
hip it is what mountain do ~~you~~ put on your
head ~~the~~ answer

NILE CROCODILE A limerick

She sailed away on a happy summer's day
On the back of a crocodile.

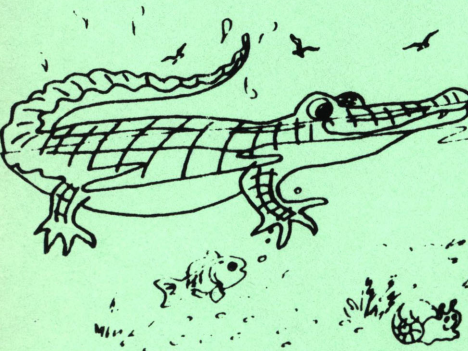
"You see," said she, "He's as tame as he can be;
I'll ride him down the Nile."

The croc winked his eye, as she waved her friends good-by.
Wearing a happy smile.

At the end of the ride (glup) the lady was inside,
And the smile was on the croc-o-dile.

here
in wood

HOW DOTHTHE LITTLE CROCODILE



How doth the little crocodile
Improve his shining tail,
And pour the waters of the Nile
On every golden scale!

How cheerfully he seems to grin,
And neatly spreads his claws,
And welcomes little fishes in
With gently smiling jaws!

- Lewis Carroll

A SCIENTIFIC QUESTION

Q: What is the difference between crocodiles and alligators anyway?

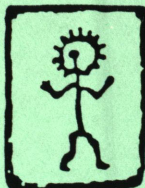
A: Submit written answers to the Co-op office. (In brown plastic newsletter slot on the side of the filing cabinet.) All entries will receive a free cookie. Your answers will be published in the newsletter. Factual, creative and humorous answers all welcome.

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