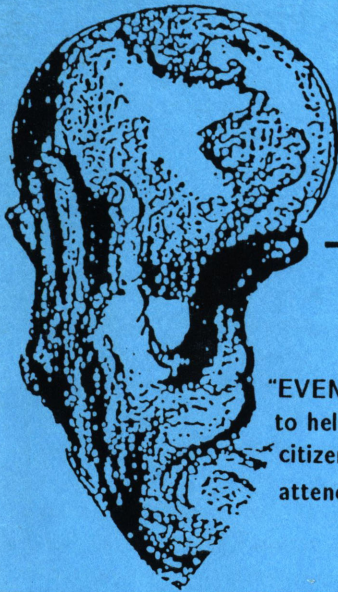


MOSCOW FOOD COOPERATIVE NEWSLETTER



HELP CELEBRATE EARTH DAY 1990

On January 24 at 7pm, there will be an Earth Day "EVENTS" meeting at the Co-op. Anyone who would like to help organize or coordinate activities between local citizens, U of I, WSU, and local high schools is invited to attend.

**

CONSUMER EDUCATION SERVICE

What: Moscow Food Co-op will be holding a series of meetings on several topics relating to consumer education in 1990. Scheduled for the fourth Monday of each month, they will include speakers, films, video tapes and question/answer sessions. Some of the topics planned are food selection, traveling on a budget, financial planning, recycling, car purchase/repair, selecting a home to buy/rent, health care, planning for death, and environmental concerns.

When: The sessions will be held on the fourth Monday of each month in the meeting room above the Co-op store from 7:15 to 8:30 p.m. On Monday, January 22, the topic will be "Recycling in the Moscow/Pullman Area."

More information: Watch the Co-op bulletin board for details on this program series. If you have suggestions for topics, call Bruce Harding, 509-332-7749 (from 6:00 to 7:15 a.m. or evenings are best), or write him, NE 1105 Myrtle, Pullman, 99163.

January, ~~1989~~ 1990

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SALVADORAN COFFEE? JUST SAY "NO WAY!"

David Peckham

The Co-op has joined a boycott of Salvadoran coffee called in early December by Neighbor to Neighbor (N2N). Coffee income has played a major role in financing the oppression and terror that has left 70,000 Salvadoran civilians dead in the last ten years. As an N2N flyer says, "the price you pay for Salvadoran coffee is murder." Every cup of Salvadoran coffee that you drink is a contribution to the same death squads who recently mutilated six Jesuit priests.

The largest corporations importing Salvadoran coffee are Hills Bros, Nestles, General Foods and Proctor & Gamble. Hills Bros and Nestles have both agreed to a 30-day suspension on purchases of Salvadoran coffee while they "investigate" conditions in that country. The makers of Folgers, High Point, Maxwell House, Maxim, Brim, and Sanka are not honoring the boycott and will continue to purchase Salvadoran coffee. N2N urges that boycott supporters refuse all coffees which have not committed publicly to honor the boycott.

It's not easy to tell where your coffee comes from. United States companies who market coffee own little, if any, of the coffee-production facilities in El Salvador. All Salvadoran coffee is marketed through a government agency, in roasted or semi-roasted state. Brokers then buy for the corporations and other coffee makers.

The corporations mentioned above don't appear to be involved in marketing the whole-bean "specialty" coffees popular at the Co-op. The Co-op has taken steps to honor the boycott by refusing to order any more of the El Salvador whole-bean coffee and by removing the Folger's special order from the shelves. Mary Jo is considering selling the remaining offensive stocks at normal prices and donating the mark-up to a group like N2N. "We can't just throw it out, and besides, the offenders already have their money," she said.

Here are some facts and figures to give you an idea of how critical coffee is to the economy of El Salvador.

- El Salvador is the seventh largest producer of coffee, growing 4% of the world's total. That may not seem like much, but it is a tiny country, about the size of Idaho's five northernmost counties, from north of Potlatch to the Canadian line.
- Coffee accounts for over 60% of El Salvador's export earnings, about a half a billion dollars a year. US military aid is roughly equal. Coffee pays for nearly everything El Salvador must import: oil, machinery, and food. (but not weapons, US aid pays for that.)
- Although Salvadoran coffee accounts for only 5% of the coffee consumed in this country, over half of the Salvadoran coffee is exported to the United States, up from one-third as recently as 1977. It is found in the blends of all the top three selling ground roasts and instants.
- There are 40,000 coffee growers in El Salvador. Two-thirds of the coffee is grown by 4% of the growers. The remaining 38,400 or so growers produce coffee on plots of less than $2\frac{1}{2}$ acres.

- El Salvador's heavy reliance on the export of coffee means that the best farm land is unavailable for growing food for the Salvadoran people to eat. It also means that food has to be imported. Most of the people have no land and are forced by necessity not only to work for the coffee growers, but to buy food imported by the growers or their friends. One of the most important issues (if not THE most important issue) for the rebels who are fighting the government is land reform.



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CHRONOLOGY OF COFFEE AND REPRESSION IN EL SALVADOR

David Peckham

The connection between coffee and brutality in El Salvador is not coincidental. For more than 100 years, the success of the coffee industry in that country has depended on the subjugation of its people.

1839: El Salvador gains independence. The lives of its people are far removed from the concerns of the weak government. Villages are self-organized as they have been for centuries. Beans and corn are grown communally, and cattle are kept without fences. The most significant connection with the outside world is through trading of indigo, blue dye. This is virtually the only product the tiny country has to trade for foreign goods and for financing the government.

1860's: The market for indigo dies out. Having no mineral resources, the potential for meeting a rapidly growing thirst for coffee in the industrializing world looks promising. Titles to large tracts of land are issued as an incentive to lure coffee growers. The Indians of course, have no titles; the idea of owning land is incomprehensible. With the help of soldiers and bogus titles in hand, European immigrants push the Indians off the lands they have tended for centuries. Thus coffee and the Salvadoran military are wed.

1878: Coffee trees are growing very well but there is insufficient labor to harvest ripe beans. The Indians have moved their farms and villages into the hills. In order to develop an available labor source, laws abolishing communal land holdings are passed by the government and enforced by the army.

1930: The coffee business has been remarkably successful. Inter-marriage amongst the growers, government, and military has created immense wealth and power in the hands of a few Salvadoran families, known as Los Catorce. Coffee provides about 95% of El Salvador's export earnings. Much of the Indian population is without land of their own and are available for seasonal work in the coffee harvest.

1932: Depression in the developed world has sent coffee prices plummeting. As coffee prices go, so goes the Salvadoran economy, now deep into depression. The populus, now without work, food or land, are led in revolt by one of their own, Farabundo Marti. The army quickly responds, Marti and his followers are executed. The army is ordered to teach the peasants a lesson and continue, indiscriminately killing 30,000 peasants.

1979: Civil war erupts as peasants organize armed resistance aimed at correcting the injustices of 100 years of coffee oligopoly, where an extremely privileged few have used the military to protect huge amounts of wealth stolen in the form of land and labor from a large body of destitute people.

1989: Memories linger of La Matanza (The Massacre). The reputation earned fifty-seven years ago continues to characterize the morality and mentality of the military, as ten years of Civil war have shown a consistent disregard for the lives and rights of the vast majority of Salvadoran people.

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EL CAFÉ: A LATIN LUXURY

Dana Chapman

Oh, how I feel the cold in the morning when I awake, my nose especially. I'd love to stay in bed, but it's time to get up. So it's on with those Britania jeans that sag because they're too big around the waist, and the infamous thermal undershirt, and then my striped, pilling ivy league shirt. Over it all, the wool sweater. You'd think that would warm me up, but it's not enough....there's just no time for even a sip of coffee. I wrap a scarf around my neck and grab my thin grey gloves—the left index finger is loose and ravelling, but at least they break the wind when on the bike.

I grab the padlock key from the living room table and go down the narrow hall, mocked by the gurgle of my neighbor's percolator and its wafting smell. I open the door and it squeaks.

I wheel the bicycle out. The spokes tink and click. I knock myself against the fender, feel a bruise beginning to bloom on my shin. I call the elevator and run back to close the heavy apartment door. By now the strategies for placing myself and the bike together in the elevator have become a routine, an accepted crampedness.

Once at the bottom, I lift the bike out of the elevator, down the three stairs of the entrance hall and through the door. It's a quick coast down the ramps to the sidewalk, where I weave through pedestrians to the corner. When the little green silhouette of a man signals us all to go, I ride across the crosswalk, dodging again.

The cafes are beginning to open up: people moving, ordering coffees and croissants, buns, or just French rolls toasted with butter; warm bread smells and

coffee mist. I can almost hear the steaming of the milk and the hydraulics of the espresso machines in wild and furious use—how well they know the repeated demand of mobs of coffee drinkers.

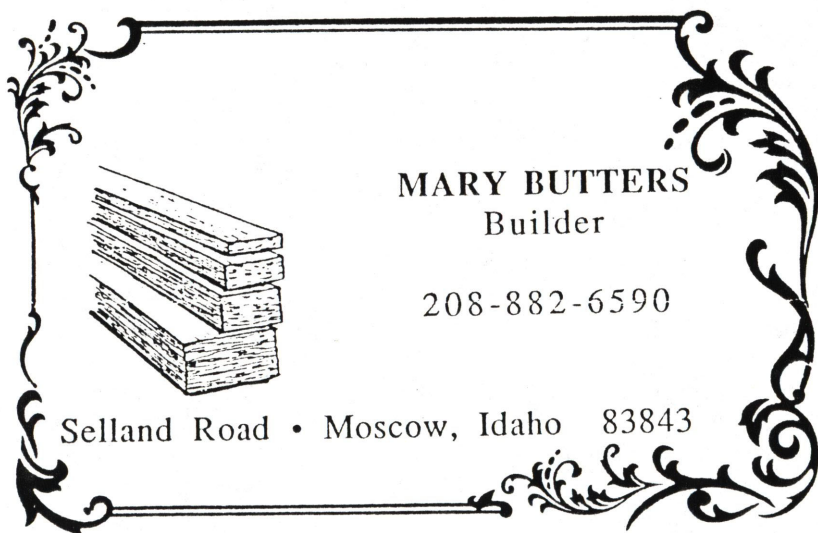
These people are all old acquaintances—talking, shouting, laughing. All are getting warmed up for the Latin day ahead, which begins with *café con leche* or *café solo*—coffee with milk, or coffee alone, black. From atop the bicycle, it is all so tempting, but I must get to class. I zoom past a corner with buckets of red and white carnations that devout Catholic housewives will offer to Granada's various patron saints; no doubt they've had their rich morning mouthful of *café*.

Licorice-black Africans setting out their wares have coffee thermoses at the ready. Businessmen and local merchants walk down the street carrying cups of coffee and glasses of coffee with milk to their shops.

"How many bars there are!" I note wistfully. One on almost every corner, their sensuous fragrance mixes with the mist of the breaking morning.

I turn the last corner of my journey. Hurriedly, I lock up the bike on the iron grating and go up to class, only to find it cancelled. Not missing a step, I head for the basement—the bar.

The only people down there are two coursemates, a German and a Swede, each savoring a cup of coffee. We greet each other in Spanish, and, ah...finally to



MARY BUTTERS
Builder
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have a coffee—the beginning of my Latin morning!

I order a *café con leche machado*, in my best southern accent. Woosh, hiss, trickle—soon the man gives it to me: coffee with milk, but with more milk than coffee. If I'd ordered a normal cup of black coffee, it would be served in a matching white teacup, but mine comes in a glass on a white saucer. With all the sacred reverence of ritual, I place the fuming cup on the wooden table and sit upon the leather stool. The frothy bubbles on top, my favorite part, are near spilling. The coffee warms me with its richness. It feels so good, a velvet reassurance that I am alive and a part of the culture steaming around me.

—Dana Chapman said goodbye to the Co-op and to Moscow last summer and departed first for Kentucky, then New Hampshire. She took a break from apple-picking and wreath-making to return to Moscow for the holidays. In mid-January, she will return to New Hampshire in search of the right opportunity for musical expression and development. And by the way, she's gone "clean" and just says no to caffiene."

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MEET KRISTINE: THE CO-OP'S ASSISTANT MANAGER

Candace Cloud

Kristine Peterson moved to Moscow two years ago. She had her bachelor's degree from Willamette University in Salem, Oregon and started working on a master's degree in English at the University of Idaho. This fall, she decided to take the assistant manager position and is "taking a break from school for the first time."

Kristine "grew up all over" and told me that living in Ethiopia when she was seven was a particularly memorable experience. Most of her time in the States has been spent in Idaho, with a brief stint in southern California. Although she won't claim to be a fan of L.A., "I do like their hockey team, though," she laughs.

While in high school and the early part of college, she taught sailing in Seattle. She spent a college semester in London and travelled through Ireland. Despite all the travel, "Idaho is definitely home. Whenever I go somewhere, I'm always glad to come back here."

Kristine began working as a volunteer at the Co-op, and about a year ago, she started working part-time as a paid cashier. She was involved with the vitamin orders as a cashier and seemed the natural candidate when the assistant manager position opened up.



Kristine currently coordinates volunteers and is responsible for placing the non-food orders (soups, body-care, housewares, vitamins, clothing) and the Indian foods. She is helped with the latter by Caroline James, who suggests foods that are popular and speaks with the distributor in the Hindi language.

Kristine is also the staff representative on the Board of Directors. Some of her goals for the Co-op include standardizing a business system that can be easily passed on from generation to generation of workers. "There are a lot of transitions going on due to growth and I want to help make things to smoothly." Organization is a priority, too.

Kristine supervises the JTPA (Job Training) program offered in conjunction with the Moscow High School and the Job Service Agency. "The JTPA program is important to me. I have learned a lot by being involved with the students in this program." JTPA fulfills a large part of the community service aspect of the Co-op.


Kristine adds, "It's important to me that I'm working in a place that has policies regarding ecological issues; hopefully we serve as an example to other businesses and organizations that you can be successful and not damage the environment. It's also a good feeling that individuals are allowed to be human at the Co-op. There's a lot of flexibility about schedules and lifestyles and personal growth."

In her life away from the Co-op, Kristine swims, bikes (on dirt roads, without interference from traffic!), climbs rocks and reads. She has participated in some triathalons and would like to continue to do so. "I love to rock climb," she says, "between bouts of tendonitis." Last summer, she went to City of Rocks, Idaho and Smith Rock, Oregon to climb.

As for the future, "Ten years from now, I'd like to have sailed to the Galapagos Islands. I just want to be able to live some of my dreams. I'd like to travel a lot more. Whatever I do for a job, I'd like to be able to travel and help the environment. At the risk of sounding like a beauty pageant contestant, I'd like to help people in oppressive situations, beyond writing letters to my congressional representatives. At this time, I'm not sure what kind of job would entail these things."

But for now, she enjoys working at the Co-op with people who are almost like family and she looks forward to going to work "most days."

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NOTHING TO DO??? CHECK THESE OUT

ATTENTION ALL PALOUSE WRITERS! A new Writer's Group is forming for the purpose of critiquing each others manuscripts, exchanging information of interest to writers, and socializing with like-minded people. We'll be meeting every other Saturday at 2:00 p.m. starting January 20th, at 414 E 2nd Street (which is the Yellow House annex to the Unitarian Church), in Moscow. There

is no charge. All are welcome—young and old; amateur and professional; poets, fiction writers, nonfiction writers; writers of short peices or of book-length works. For more information, call Carla Emery at 882-4328.

PLAY-WRITERS AND THESPIANS! The organizational meeting of a Play-Reading Group will be held at 7:00 p.m., Sunday, January 21 in the upstairs "minister's Office" of the Unitarian Church, 420 E. 2nd St., Mocsow. We're looking for playwrights who have manuscripts for us to read, and for actors who would enjoy getting together to read them. How often the group will meet, and what script(s) to produce remain to be decided. for more information, call the group coordinator, Kathryn Bertilson, at 332-7392, or simply come to the meeting.

PARENTS AND CHILDREN! Join us for an evening of family folksinging led by Nancy Casey at 7:00 p.m., Tuesday, January 16 in the basement of the Unitarian Church, 420 E. 2nd St., Moscow. Music will be furnished. There is no charge, but snack contributions are welcomed! Hot chocolate, juice, and coffee will be served.

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Greg Mader

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word "detox" is synonymous with fasting among thinking health seekers. Since the recent fitness and health craze has reached the mainstream, abstinence from food is becoming more popular. Disappointing is the fact that most people are either proceeding without informed guidance, or haphazardly utilizing it.

Fasting was best described by Arnold Ehret who said it is nature's surgery table. It is actually the process that nature has provided to us to that we can relax our systems and let the body heal naturally by eliminating poisonous accumulations from the digestive system. Fasting enables the colon, liver, kidneys and bloodstream to eliminate these toxins more quickly.

Ehret and his student Paul Bragg both stated emphatically that water fasts were the way to go. When analyzing the philosophical reason behind total abstinence, it's better understood that his was deep-rooted in spiritualistic history. Nevertheless, water fasting could further complicate a bad situation since so many western people re under-nourished. The severe reactions that may attend a water fast can cause unnecessary stress on the heart and other organs as they react to the influx of toxins in the bloodstream.

Fasting with vegetable and fruit juices is gentler to your system. The nourishment from juices will energize your immune system and strengthen the body's ability to heal itself rather than depleting an already weakened constitution. There is also the fact that the acids of fruit juices and the oxygen of green vegetable juices help to emulsify fats, calcifications and toxins.

Many people believe that long periods of fasting are beneficial and in a few cases, this is true. Try a one-day-per-week fast period to regenerate your body. Exceptions would include severely weakened people in emaciated conditions, or highly toxic mothers in their 5th or more month of pregnancy, or most importantly, people who are not intending to take a balance of liquids such as equal amounts of sprout, vegetable, and fruit juices. Green drinks such as wheatgrass in conjunction with these juices are especially beneficial by releasing acidic toxins. People who are diabetic or have a candida problem or hypoglycemia are advised to avoid fruit and fruit juices until these problems are corrected.



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Garrick & Andrea Kruse

One of the common problems a newcomer has in fasting is the initial sickness, weakness, and headaches that are experienced. This is the result of waste being released from your organs, bloodstream, and inner-locked emotions. In fact, the greatest Oriental doctors have called vital organs like the liver the anger-release organ. So when asked when you should fast, it should be on a day that is restful. As you progress with fasting, one can place the fast day in the middle of a work week and feel fabulous, due to the instant energy. However, when you eliminate solid food, and then go back to over-eating, this yo-yo effect is harmful and counter-productive.

When looking at universal truths and scientific research, we can observe that all living things need periods of rest and growth. This is why there are seasons, and why the farmer must rest the field. This is why there is sleep. Most importantly, without rest, there inevitably occurs a breakdown. Consuming something like meat places the body's organs in action for more than 3 days and over-works the entire alimentary system. With this in mind, one can understand the root of all illness and embrace the idea of fasting for health.



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WHAT IS A CO-OP?

Basically, a co-op is a group of people working together and pooling their resources in order to serve a common need. The tenets held by an English co-op formed in 1844 are still applicable today:

- *open membership
- *democratic control
- *equitable distribution or application of surplus
- *education of members
- *cooperation with other co-ops

The MOSCOW FOOD CO-OP hopes to make good food available to members at prices all can afford. We also work to educate ourselves in the use, production and distribution of food. We educate ourselves about health and nutrition, agriculture, energy, and ecology. We encourage and practice recycling to protect world resources, the environment, and humans.



PEOPLE SAY THE DARNDDEST THINGS

The largest threat facing American agriculture is the war being waged by radical enviro-groups against modern farm technology and agricultural chemicals. The recent attacks on the growth regulator Alar, used to increase the quality and shelf life of apples are examples of the strategy and tactics radical groups intend to use to force American agriculture to its knees. [So]...I have asked the director of the Congressional Research Service to investigate the use of the legal concept of "disparagement of product" for it's applicability in suits against food terrorists.

—*Idaho Senator Steve Symms*

The good news is that alternative agriculture systems and practices do work, they are environmentally beneficial and ... can be highly profitable. The bad news is that relatively few farmers are benefiting from these systems ... It is time that we discarded outdated policies and replaced them with ones that are better for farmers, healthier for consumers, safer for the environment and sustainable.

—*John Pesek, head of a National Academy of Sciences committee that just finished an exhaustive study of national agricultural practices and policies.*

The consequences of mathematical ignorance are not usually as obvious as are those of other weaknesses. But in a society where genetic engineering, laser technology, and microchip circuits are daily adding to our understanding of the world, it's especially sad that a significant portion of our adult population still believes in Tarot cards, channeling mediums, and crystal power ... Carl Jung talked about the mysteries of synchronicity. People in general prattle ceaselessly about ironies here and ironies there.

—*John Allen Paulos in Innumeracy: Mathematical Illiteracy and Its Consequences*

Football and basketball at the UI ... consist principally of large persons, many of them from out-of-state, running into each other. In the case of football, they are large, bulky persons; for basketball, large, tall persons. I have difficulty in perceiving how this benefits either the individuals or the university academically.

—*Donald Kaag writing in the Idahonian*

I listen to the feminists and all these radical gals—most of them are failures. They've blown it. Some of them have been married, but they married some Casper Milquetoast who asked permission to go to the bathroom. These women just need a man in the house. That's all they need. Most of these feminists need a man to tell them what time of day it is and to lead them home. And they blew it and they're mad at all men. Feminists hate men. they're sexist. They hate men—that's their problem.

—*Rev. Jerry Falwell*

REPORT FROM THE BOARD OF DIRECTORS

Fritz Knorr

The big news is old news. The annual membership meeting was held November 11 and all goals on the agenda were accomplished. We assembled a quorum, ate desserts, and elected this year's Board of Directors. The members of the Board are: Kenna Eaton, Peg Harvey-Marose, Sara Swett, Jill Lunas, George Mancini, Candace Cloud, Mary Jo Knowles and Fritz Knorr. The Board holds regularly scheduled meetings on the second Wednesday of every month at 7:30 p.m. in the Co-op. I would like to express my thanks to the members who attended the meeting.

Welcome and welcome back to new and returning board members. The Board members are volunteer workers whose task it is to shoulder policy decision-making tension rather than stocking shelves. The roles of the board and staff can be summarized: the board sets direction and policy, the manager implements policy and reports back to the board, the staff delivers services to the customers, and the customer is the focus of all the effort. All of this works because we have a superlative manager, a fantastic staff and a great group of customers. Thanks to them, too.

** An apology to our typesetter, sometimes it becomes necessary to alter the type by cutting it -line by line- and pasting it back together. Since this newsletter is compiled in Bonners Ferry, it is not convenient to have the type redone before printing.

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