

Moscow Food Cooperative Newsletter

FREE!!!



PLUNGE INTO BOARD OF DIRECTORS NEWS

Fritz Knorr

OK. Well, I might have been a little premature last month in announcing the imminent opening of the bakery. But really, George and Ed have been a veritable whirlwind of frenetic activity in putting this operation together. Even more inspectors and contractors have popped up. More decisions. Note that they have been nice enough to refrain from swinging a hammer while yoga or visualization or energy balancing classes are in session. (Ah, the Co-op menagerie.) This time I'm not kidding, the bakery will be going any day now.

In our regular meeting, the Board approved bonuses for the staff, approved staff raises as recommended by Mary Jo, and approved supporting the local Earth Day celebration. Kenna Eaton is the committee in charge of filling up the great big parking lot sign that we inherited with the building.

The big news from the Board is the retreat. Boy, did we retreat: you would have thought we were the French Army. Of course we went over mission statements and long term dreams and goals and stuff like that—which you can read about later. Mostly, we got outside and learned to move through the woods over the snow together as a group. After trudging up the mountain and struggling back down the icy trail, we are much more in tune with our group dynamics. Plus, we had a blast.

March, 1990

Editor: Nancy Casey	Published by the Moscow Food Co-op
Graphics: Pam Palmer	310 W. Third St.
Advertising: Andrea Kruse	Moscow, Idaho 83843
Typesetting: Nancy Casey	208-882-8537

All but the cover printed on recycled paper
(Do your share! Request Kinko's to stock recycled colored paper.)

NEW STORE HOURS !!!:
MONDAY THRU SATURDAY: 9am to 7pm
SUNDAY: Noon to 6pm

WITH PLENTY OF FREE PARKING!!!



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.

TYPE-RIGHT WORD PROCESSING



110 E. 2nd
(Between Washington & Main)

Moscow, Idaho
83843

208-882-5546

Nola Steuer

Printing Available

The Dining Room

MOSCOW'S NEWEST AND
OLDEST RESTAURANT

Gourmet dining in a casual but elegant setting.
Serving Thursday, Friday, Saturday
evenings 5:30-9:00 p.m.

IN THE DINING ROOM OF
THE HOTEL MOSCOW.

Brought to you by

Main Street
deli

An Example of Featured Dinners

*Tortellini Marinara with Vegetables
& Cheese \$8.95*

Rib Eye Steak with Brandy Sauce \$14.95

Basque Chicken Saute' \$10.95

Gioppino \$13.95

Dinners include choice of soup or salad and sourdough French bread.

Selections also available from our regular menu from \$5.95 to \$5.95

Reservations accepted but not required 882-0743



COMICS

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

WHAT: Consumer Education Project presents "The Use/Misuse of Chemicals around the House and Yard.

WHEN: Monday, March 26. 7:15-8:30 p.m.

Contact Bruce Harding, 332-7749 for more information.

The Earth Day session in April will be a discussion—"Chemicals in Agriculture on the Palouse." Mark Solomon, Alex McGregor and others will participate.



LET'S TALK GARDENING

by Jocelyne Castillo

These clean fingernails ache for some good dirt. In the warm sun I can smell the good earth and I'm eager to sow a few spinach seeds, and maybe some kale, too. It's time to get the calluses of summer back.

If you have a little corner of the garden that was prepared in the fall, spinach and kale seeds can be sown into it. In general, seeds can be sown the depth of the seed's width. I cover mine with peat moss and then a layer of straw three or four inches deep.

Plenty to do indoors, too. Onions and leeks need to be started 8 weeks before transplanting into the garden in mid-April. Many flowers take forever to get started, so now is the time. And peppers should have already been started if you want an abundant harvest.

Lettuce of all kinds can be started now for early transplant to the garden. Hardy annuals like these can take a light frost.

Mid March is a good time to start the Brassica Family: broccoli, cabbage, cauliflower, and brussel sprouts. They germinate quickly and can go in the garden in mid May. If you start broccoli every two weeks from now until mid-May you can stagger your harvest.

April is tomato and basil seeding time for me. Basil sprouts fast! Pinch the tops after they've developed their third set of leaves and they'll bush out. Tomatoes like to be transplanted to a bigger pot after they've developed their third or fourth set of true leaves.

I don't usually start cucumbers or squashes indoors, but with cantaloupes and melons I do. Their long growing season is a challenge on the Palouse. They do not like to have their roots disturbed, so grow them in a 4" pot. Tofu containers are the best! Punch a few holes in the bottom and place inside a second container. Drainage is essential.

Come and see our display of Abundant Life Seed (catalog available, too). Pursue our selection of gardening books. Talk to me, I love it.

Gardening is doing. Experience will teach you. The Earth is generous and giving. Work with her and she will yield her abundant life. Be gentle. "Her sacred ground we walk upon with every step we take."

FROM THE DESK OF MARY JO

The season's a changin', and so is the staff at the Co-op. Our Assistant Manager, Kristine, is going back to school this month. How will we EVER survive without her?

It always amazes me how the right person appears when a staff position opens. Janet Jordan is now the all-new assistant manager. She has lived in Moscow for 14 years, works with hospice, and is an up-and-coming poet and artist.

A new career is what stole Charlotte Gray away. She's building a house. Andrea Brandenburg is our new cashier, and Ellen Kerr has increased her hours to fill in the holes in the staff schedule.

Staff changes are hard. Some of you readers remember the confused agony of all those floating cash register keys when the customer says that even with the discount, \$5.86 for chips and salsa just can't be right. The rest of you wouldn't touch the cash register with a ten-foot pole. Either way, be patient, and remember ... there is hardly a problem that "Oh, just do an overring" won't solve.

The Deany's are right. Sundays have become such a popular day to shop we have increased our hours and are now open from noon until 6pm. In case you haven't noticed, on Saturdays and Sundays it's been a real zoo. What a mixed blessing! Try us on a Wednesday morning. The store is stocked and the cheese is cut!



DEBORA WELCH

208-882-0392

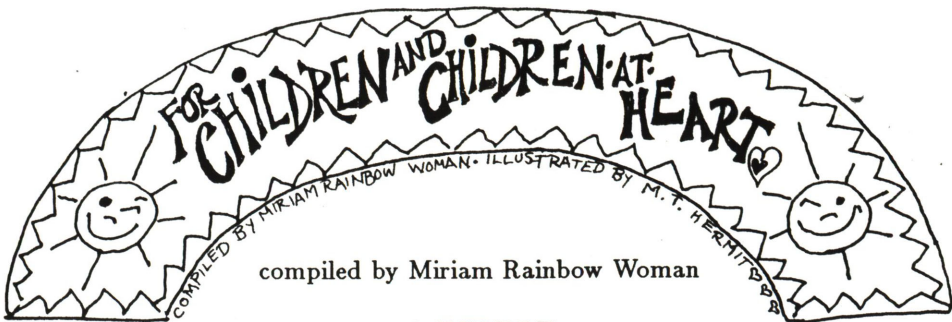
Reiki practioner using step-by-step procedures to detect and balance energy flow. Adults and children by appt.



DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723

803 S. Jefferson
Suite #3
Moscow, Idaho 83843



compiled by Miriam Rainbow Woman

A RIDDLE

(A free cookie for the first child who brings in the answer. Sorry, if Bill London has already told you, you're disqualified.)

What vegetable is it that you throw away the outside, cook the inside, eat the outside, throw away the inside?

(Answer in next month's newsletter.)



THE GLUTTON

A Nez Perce Myth

A man always cheated his wife of food. He would shoot game, such as grouse, but he would eat everything on the spot and never bring anything home. His wife, on the other hand, would go to dig roots, peel them, and make up a mash which both of them would eat.

One day the woman thought, "I will hide myself today and watch him. Why doesn't he ever shoot anything?"

There were usually many grouse around and as the man walked down the hill, he saw a grouse in a tree and shot it with great accuracy. Then he shot another. Then another. The woman counted four in all. "Surely, now we will have two apiece," she thought, so she went to dig roots and dug a large amount of camas.

She came home and waited hopefully for him to tell her of the grouse, but the man said, "Now then, my wife, quickly peel the roots, then grind and mash them." Slowly, she peeled the camas roots and ground them, thinking, "So he cheats me by not sharing food. Probably he does this all the time." And now the woman had a bad thought. "Tomorrow, I will do the same again ... " she plotted.

(To be continued ... How do you think the woman will take revenge upon her selfish husband? What would you do?)

—adapted from *Myths of Idaho* by Deward E. Walker, Jr.



Fire
Wood Earth
Water Metal

Five Element Acupuncture & Shiatsu

Karen Young

208/835-3181, eves or early morning, please

THERE'S NO PLACE LIKE HOME

Ed Clark

This fragile planet is the only home we have. We don't own it, we borrow it from future generations and share it with the other species. Unfortunately some of the residents have trashed our collective home, leaving no damage deposit. It's time we all got together to fix the place up and reverse the trend toward deterioration.

The first Earth Day was in April, 1970. It was a spark for environmental consciousness. Twenty years later, environmental awareness has increased many-fold, but so has the devastation. The recent state-of-the-Earth message from the World Watch Institute suggests that we have merely 40 years to turn things around. Not 40 years in which to get started, 40 years in which to reverse the destructive trends.

What can we do? Here on the Palouse we've begun a coalition of organizations and individuals to bring about a 20th Anniversary Earth Day Celebration to affirm our commitment to the planet and our work for positive change. We expect the event to highly visible, informative, participatory, and full of impact.

Some of the events planned so far include:

- A planting of a children's grove by the combined landscape architecture departments of UI and WSU.
- An environmental film festival.
- Environmental speakers ... including storyteller Lou Gold, Lee Stetson's monologue on John Muir, Keith Bloom from the Cousteau Society, and David Brown.
- An environmental fair at WSU ... A Paradise River and Community Cleanup ... A Bike/Walk day ... An outdoor theater festival ... A dance sponsored by PCEI ... concerts ... processions ... a field day ...

Many people need to be involved to make this happen as we envision it. How about you? Please leave your name, address, and phone at the coop, and a short note with whatever talents, services, or ideas that you or your organization may have to share. We are tax-deductible! Our fundraising is beginning shortly. By all means, send us a check: Palouse Earth Day 1990, P.O. Box 8973, Moscow, ID 83843.

This is our life and we all have a part to play. There is no place like home, and this is the only one we have.



**Moscow
Fine Crafts
Coop**

we feature locally
handcrafted items

312 S. Main,
Moscow, Idaho
Open Mon-Sat
10am-5:30pm
883-1464

**NATURAL STATES
BOOKSTORE**

Books • Tapes

Crystals

Gifts

Seminars

Private Consultation

Open 10-6 Mon-Sat.

(509) 334-2374



NE 135 Olsen
Pullman, WA 99163
The Blue Door In the Alley
Near the Greyhound Bus Station

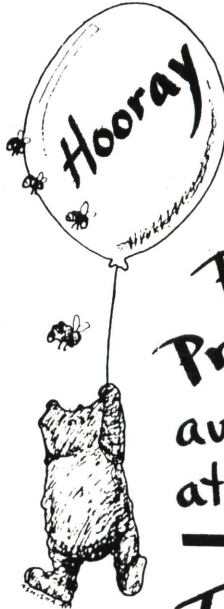
**CO-OP
SALES
March 8 - 31st**

NEW PRODUCTS

Sun dried tomato paste \$3.24
garlic paste \$2.43
tomato paste \$1.29
AMORE
brand
- all in tubes -

Mozzarella \$2.33 #
Costa Rican
Coffee \$3.58 #
'After the Fall' Juice
Oregon Berry \$1.99

HERBS
Broth powder
• Chicken \$5.34 #
• Beef \$5.34 #
Chamomile \$9.11 #



**100%
Recycled
Paper
Products**
NOW
available
at the Co-op

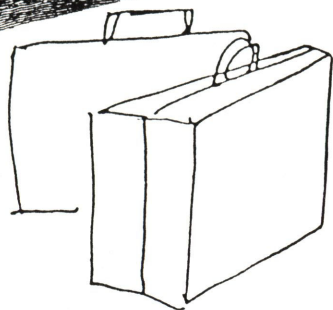
T.P. 49¢
tissues 79¢
towels 79¢



recycled

ANN IS FROM PULLMAN—AND EVERYWHERE!

Candace Cloud



Ann Orsborn has worked as a volunteer at the Co-op since last May. After the store moved in August, she started working as a paid cashier. She helps receive the two largest orders, including the huge weekly Mountain People's order.

"I do the basic Co-op stuff—clean messes, stock, cashier, price items, answer questions," she laughs. "And I do a lot of eating."

She has good reason to eat a lot. She is expecting a baby the first week in May. "I never thought eating could become tiresome," she sighs.

Ann is a native of Pullman. "I've tried to escape many times. I lived in France for a year and a half, New York for six months and China for three months. Ali, my husband, keeps me coming back." She smiles. "We have a dream of escaping together. We would like to move to Seattle someday. But Pullman and Moscow are a nice place to be pregnant. It's very peaceful."

Ann received an undergraduate degree in French from WSU. "Then I went to New York to get my master's degree in French literature. I'm on the verge of finishing, and now I have a goal of working on an MFA."

Her travels in China took her to the Sechuan Province, where they have the spiciest foods in the country. Does she like spicy foods? "I did before I was pregnant." She was able to travel through a lot of China during the summer exchange program in which she participated.

For the next few years, Ann will be busy with parenting. "Ali and I are trying to get ready for the big arrival. We hope the baby comes after finals are over."

I ask what she would like to be doing in 10 years. "I wish someone could tell me. I hope to be doing something I love. I would like to travel to Nepal or Tibet before 10 years is up. And I'd like to climb Mt. Rainier.

THE BAKERY: ALL THE NEWS EXCEPT THE DATE

Ed Clark

The Bakery is progressing like the proverbial tortoise, and finally we can see the finish line ahead.

The concept was easy enough. Stick in an oven and a dough mixer and go to work. Piece of proverbial cake. Was I ever naive!

Under the patient and careful guidance of George Mancini, we've sorted through reams of regulations and piles of catalogues, spent hours on the phone, received abundant help and suggestions from fellow co-operatives, and are achieving our goal—an efficient small bakery and useful Co-op kitchen.

The plumbing and gas lines are in. A large convection oven, a dough mixer, a griddle/range/broiler combination are on the way. A commercial refrigerator and a scale have been donated.

At home, I have been testing recipes for basic wheat and sour rye breads, English muffins, and pita pockets. We will start off slowly and eventually produce a wide variety of baked goods: bagels, cookies, granola, muffins, etc.

Here is a partial list of the things we still need to acquire: Pot holders/mitts, timers, large mixing bowls, rolling pins, scrapers, and measuring cups and spoons of all sizes.

We have had a lot of inquiries about volunteer hours. If you are interested, please leave your name and phone number for me at the Co-op. Be aware that to have fresh bread available when the Co-op opens its doors, we will be baking in the early, early morning.

And the last thing. We need a name that represents who we are. Some suggestions so far are: Red Hen Co-operative Bakery, Grain Growers Bakery, The Muffinatorium, and The Granola Factory. Come up with a great name and win some bread.

CAFÉ SPUDNIK



**European
Cuisine
Imported Beers
& Wines**

215 S. Main Moscow 882-9257

Karen Ball, OTR
Nancy Ging, MS

ALTERNATIVE

HEALING

(208) 882-2490

Multi-level approach (physical,
emotional, metaphysical)

Chakra diagnosis

Energy field balancing

106 E. Third #4A
Moscow, ID 83843



SPEND A DOLLAR, CAST A VOTE

David Peckham

How you spend your money counts. Money equates with power, making it an important social and political tool. You do vote with your dollars. Do your dollars support the things you believe in?

Consumer consciousness is a critically important and under-utilized tool of our market economy. The basic element of America's economic theory is that shoppers will buy the best product for the lowest price. What our economic pundits haven't been telling us, and neither have the companies, is that there are many more considerations besides the apparent bargain price. One example is the low cost beef found at the fast-food joints; much of it comes from Amazon jungles that have been burned over for easy and cheap pasture. The destruction of rain forest is one of the hidden costs of that bargain burger.

How do we reveal these hidden costs and make them payable? Efforts are largely focused on the legislative level, through Congress, United Nations and other international organizations. But the corporations hiding those costs are extremely powerful and wealthy, able to exert tremendous amounts of pressure on well intentioned governments. Writing letters to our Congress persons just doesn't seem to be enough.

This is where an informed and conscientious, organized shopping citizenry can make an important difference. Did you know that the president of Domino's pizza gave \$50,000 to the anti-choice campaign? Every person who believes strongly in a woman's right to her womb needs to think about that along with convenience, speedy delivery, savory sauce and low price before ordering a home-delivered pizza. One Domino's pizza at your door is another vote for illegal abortions. Take Coors beer, and their wilderness ads on TV. They are very close to the Heritage Foundation, who brought us former Interior Secretary James Watt, the man who wanted to sell the Wilderness. Do you want to protect the Wilderness? If you do, don't drink Coors.

The Co-op believes in the importance of conscientious consumption. Staff members make careful considerations about the products sold in the store. That is why you won't find tuna, Carme cosmetics or Salvadoran coffee on the shelves.

The Co-op can still do more. We plan to establish a consumer information board to provide readily accessible information about products and the policies and practices behind them. The information board will be set up behind the first cash register, in the space now being used for Earth Day info.

I would like to see advocacy groups getting more involved in consumer education. If Planned Parenthood, Greenpeace, Sierra Club and others were to provide their memberships with listings of positive and detrimental companies, consumers would have handy references for voting with their dollars.

If you have suggestions or would like to help with Co-op's Consumer Ed program, contact Dave Peckham, 882-9698, or leave him a note at the Co-op.



ADMISSION

ONLY \$1.50

GREAT
MOVIES!

THIRD & ALMON

MOSCOW, ID

882-2499



Quality Instruments, Amps
and Equipment

Full Service and Lessons

Buy, Sell, Trade

882-1823

MASSAGE for WOMEN

Yvonne Kay Piper



882-6899

Gift Certificates Available

New Studio

\$25.00

Mikey's
GRAND



527 SOUTH MAIN ST
MOSCOW
882-0780

Hours: 11-8 Monday-Thursday
11-9 Friday & Saturday

20% OFF

**Fax
Service**

On any single transmission
or reception.

kinko's
the copy center

608 South Main
882-3066

FAX: 208-883-5353

Offer expires **3-31-90**

Twice Sold Tales
Quality Used Books!



mon - sat
11 am -
6 pm

sell, trade,
visit the cats.

220 W. Third St.
(208) 882-8781

NEW TO ME

QUALITY USED CLOTHING

224 W 3RD ST

LL BEAN BANANA REPUBLIC

BRASS PLUM

ESPRIT SPORT FENDLETON

SILK WOOL ANGORA

LINEN COTTON

LEATHER

**NATURAL STATES
BOOKSTORE**

Books • Tapes

Crystals

Gifts

Seminars

Private Consultation

Open 10-6 Mon-Sat.

(509) 334-2374



NE 135 Olsen

Pullman, WA 99163

The Blue Door In the Alley
Near the Greyhound Bus Station