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Moscow Food Cooperative Newsletter

September, 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.*

NATIONAL ORGANICALLY GROWN WEEK SEPTEMBER 10 THRU 16

WHAT YOU CAN DO

"Do what you can, with what you have, where you are."

Theodore Roosevelt

1. Buy certified organically grown food. If everyone spent just \$5.00 of their weekly food budget on organically grown food, then organically grown food's share of market would increase from 1% to 15%. This is a powerful vote for a clean environment and a sustainable agriculture.
2. Support "transitional" produce. These are products grown by farmers making the multi-year transition to certified organic methods.
3. Urge your congressional representatives to support strict legislation that defines the term "organically grown" and promotes organic agriculture. Also, ask your representatives to make sure that the authority to establish governing boards, set standards, license certification groups and manage marketing efforts remains within the organic food trade.
4. Be an informed consumer. Ask questions about where and how your food has been grown and processed. Write your representatives, asking them to support right-to-know labeling laws.
5. Join your regional certification organization as a supporting member. For more information write to the Organic Foods Production Association of North America (OFPANA), the industry trade association, at P.O. Box 1078, Greenfield, MA 01301.
6. Support local growers and processors as much as possible. Buying locally supports small family farmers, reduces energy consumption, saves money and gives you fresher and more nutritious food.
7. Grow your own garden. Read "How to Grow More Vegetables" by John Jeavons, 10 Speed Press, Berkeley, CA.
8. Learn about community-sponsored agriculture. Contact Indian Line Farm, RR 3, Box 85, Great Barrington, MA 01230 to obtain their useful handbook.
9. Get involved. Support *Organically Grown Week 1990: Growing for the Future*, the second annual celebration of organically grown foods from September 10-16, 1990. Call 916-346-6366 for information.
10. Support educational groups such as the Committee for Sustainable Agriculture (CSA), P.O. Box 1300, Colfax, CA 95713, (916) 346-2777, in their effort to ensure that the integrity of organically grown food is safeguarded.

Why Buy Organic Food ... Why Not?

by Maree McHugh

The Moscow Food Coop has a commitment to quality. The staff works to provide organically grown, environmentally safe food and household products. Care is taken to ensure that the food products sold at the Coop are minimally processed, no harmful preservatives or colorings are added to the product. Sometimes that means extra work ordering and researching the source of the product and the labor practices of the company.

When organically grown produce is not available nonorganic items are offered in their place, and the consumers are informed of this.

Why buy organic when it costs more? Quality always does in our existing market structure. The superior color, taste and aroma of organically grown food are evidence of their natural quality. As more consumers value the importance of quality in food, they will readily pay prices that reflect the true costs of food production.

The answer may seem very simple from a personal health standpoint, yet the implications and effects of choosing food grown within a safe and 'sustainable agriculture' are far-reaching in terms of not only our personal health, the health of our children, but our community, our farmland and Mother Earth herself. The gross use of herbicides and pesticides, plus the overuse of American farmland, has caused excessive and unnecessary topsoil erosion,

depletion of the land's nutrients, has contaminated drinking water, has caused loss of wildlife habitat, not to mention ecological disaster in terms of the costly management for the clean-up of toxic and hazardous spills generated by the use and manufacturing of pesticides. Those farmers and businesses continuing to practice these harmful farming techniques need to be offered education to increase their awareness and provided with financial incentives which may allow them to change their agricultural practices. Perhaps most effective of all is to educate the consumers.

Organic farming practices promote "good stewardship ... and the health of the land and its capacity for self-renewal. Instead of relying on massive inputs of petrochemicals for fertility and pest control, organic growers must devote significant management and labor time to working with the entire farm ecology.

It is a personal commitment, a responsibility, a choice that must be made. Its not only a decision of what to pack in our children's lunchboxes, or what to cook for dinner, but a decision to take responsibility for the type of agriculture and ecology we are consciously willing to support. Its a choice which the management, staff, board of directors and members of the Moscow Food Coop have made and upheld over their 17 years of organic food business.

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NEW MANAGEMENT AT THE COOP

by Mary Jo Knowles

We, the management at the Coop, reorganized ourselves; a feat few have experienced. We all realized we'd rather be doing each other's jobs and we needed a new focus.

Janet Jordan is now the office manager. She's responsible for all personnel and finances. Kenna Eaton is produce manager and also orders all housewares, herbs and spices and coffee.

My job is to be overall sage and crisis manager. To order all food, soap and shampoo and many miscellaneous products.

The reorganization has helped us all do a better job. Thus, if you need coffee go to Kenna, money go to Janet, food talk to me.



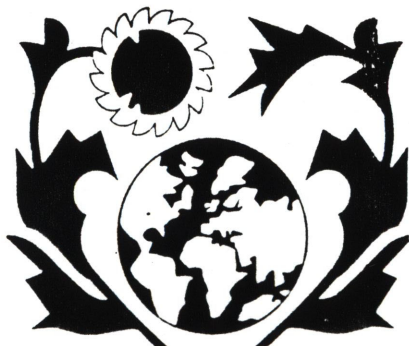
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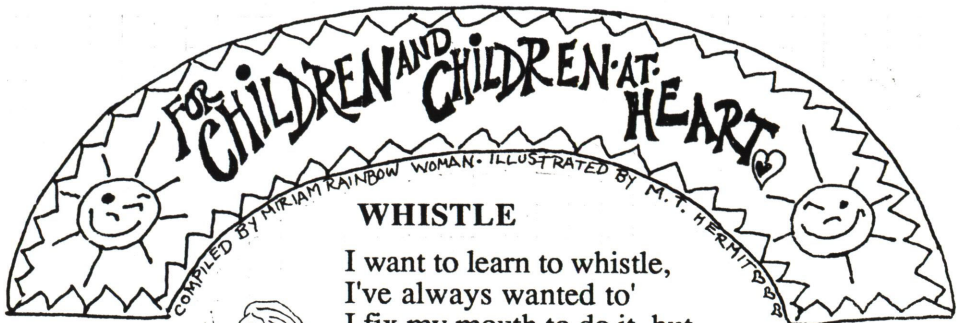
Hours: 9 - 6 M - F 9:30 - 5:30 Sat.



GROWING FOR THE FUTURE

ORGANICALLY GROWN WEEK

SEPT. 1990 10-16



WHISTLE

I want to learn to whistle,
I've always wanted to'
I fix my mouth to do it, but
The whistle won't come through.

I think perhaps its stuck, and so
I try it once again;
Can people swallow whistles?
Where is my whistle then?

-- Author unknown



The Answer to A SCIENTIFIC QUESTION from Last Month

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

Answers:

"Crocodile is bigger." -- Coty Gale

"A crocodile is bumby." -- Ree Gale

"When his mouth is closed." -- Finn Gale

"The basic different between an alligator and a crocodile is: an alligator chews your leg off and a crocodile snaps it off." -- Rod Burton

"An alligator cannot cry big crocodile tears." -- Linda Canary

"You jump in the water and if it swims towards you it is a crocodile; if it swims away from you it is an alligator." -- Sam Obermayer

"An alligator's head is broader and shorter, has no jagged fringe on hind legs and feet like a crocodile does. The toes of the hind feet are webbed only half-way to the tips on an alligator." -- Encyclopedia Britanica.

SO, SEE YA LATER ALLIGATOR! IN A WHILE CROCODILE!



TALKING WITH LORIS WALSER

by J. Jordan

She has a calm sweetness about her that intrigued me from the start. Talking with her in the Coop made me want to interview her. Here are just a few of the things Loris Walser had to say.

"I love to cook. I've cooked all my life. My first job, I was 11 years old, my mother turned the cooking over to me (mother did the baking). It was my responsibility for meat, potatoes, gravy, vegetable for our family, plus three or four hired men. I could barely reach the stove. Ever since then I've been cooking both as my job and pleasure.

I've made enough pies to go around the world. Lemon is one of my favorites. I still make them if there's an occasion. We'd can 800 quarts of fruit or something for the winter. Its very different now from the horse-and-buggy days. My husband loved chunk pickles -- a nine day process (to make them) -- and once I made him 80 half-gallon jars of chunk pickles. Most people won't believe it!

"I eat when I'm hungry and drink when I'm dry and if a tree don't fall on me, I'll live till I die."

If we have another Depression young people, like you, won't know how to manage. We made our own cereal, mixed it up, baked it hard as a brick, ground it up. We made soap from beef-fat and I made a vanity from wooden boxes. We had \$65 when we got married. We didn't have wedding showers and get three of everything. But I think we were happier in those days than young people today. Everything's out of control. You don't know what the future's going to hold. But that's a condition of the world.

Anyway, I think as far as food is concerned that moderation is the key. A little of everything is good for everyone unless you're allergic or something. And I think the Coop's great, but I don't go all the way with it. I still love pickled pig's feet. We had to butcher pigs and make sausage that we'd cook into patties and pour hot lard over in a big stone crock to preserve. We ate them everyday and I'm still here! I think happiness is inside of us and acceptance of whatever situation you're in. Also happiness comes from what you see of nature.

I tease my children that I want a replica of 'cold-water chocolate cake' for my headstone. I'll give you the recipe"

COLD-WATER CHOCOLATE CAKE

1 1/2 cups sugar	1/2 cup shortening
2 cups flour	1 tsp. baking soda
1/2 tsp. salt	1 Tbl. vanilla
1 cup cold water	
2 or 3 eggs according to size (of the eggs)	

3 Tbl. chocolate (rounded or heaping according to your taste)

Put in mixing bowl and stir up the whole mess. Beat the gee-whiz out of it, until it is nice and fluffy and a light color. Bake in a cake pan and use your favorite frosting.

MASSAGE for WOMEN

Yvonne Kay Piper



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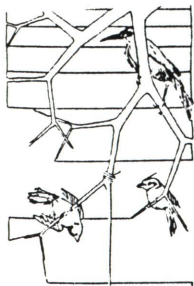
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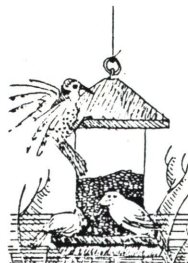



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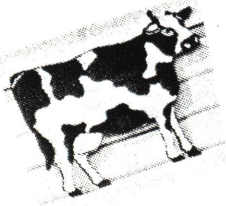
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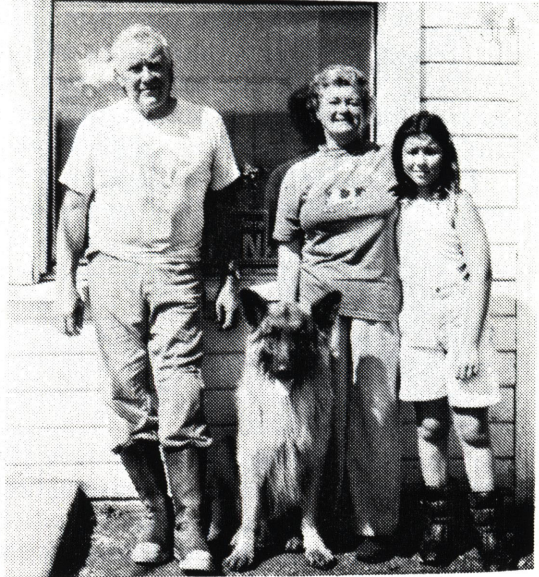
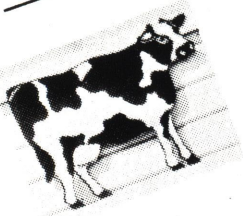
312 S. Main



The Stratton family:
Ward, Joyce, granddaughter Toni & Charlie the dog.



COWS



FRESHER MILK, RECYCLED BOTTLES FROM STRATTON'S DAIRY

Once there were fifteen dairies on the Palouse. Today only one, Stratton's Dairy has survived. Started 24 years ago as a family business Joyce and Ward Stratton continue to successfully operate their dairy as a husband and wife team. The dairy located on the Johnson Road just outside Pullman has been a livelihood as well as a lifestyle. The Strattons are their own bosses; they manage production, marketing and distribution of their dairy products. They are an independent business, yet the everyday demands of milking their 50 Holstein cows twice a day as well as feeding and caring for them, processing and bottling the milk are constant. "Even on Sundays and Christmas," explains Joyce Stratton.

The Strattons have chosen to bottle their milk in recyclable glass milk bottles. The kind that were probably delivered to your home when you were a kid. They have found the glass milk bottles to be cost effective and feel strongly about using recyclable milk containers for distribution. "Its our part of the recycling effort," claims Joyce. And the Stratton's effort to use recycled glass is well appreciated. The glass bottles are not easily available any more, and they have gathered and use the old-style glass bottles from all over the country. Many come from the Midwest and have the original dairy name on them. Joyce met people on the Palouse who are drinking her milk from bottles that came from their home towns. Within the year there are approximately 6000 glass milk bottles in circulation from Stratton's Dairy.

The milk you drink from Stratton's is fresher because it is local. It is claimed to have a richer, better flavor due to the 'old-fashioned' pasturization method of processing the milk at lower temperatures for longer periods of time.

The 40-acre dairy supports a herd of 50 Holstein cows. Holsteins are large quantity, low fat milk producers. The black and white cows are fed with local grain, Columbia Basin hay and pastured seasonally. They give an average of 6 gallons of milk a day, 10 months out of the year.

For those of you who are hoping for fresh, local dairy yogurt and ice cream you will have to make it at home with Stratton products. The Strattons have no plans to expand their busy operation. And the cows themselves look too content to do more than ruminant.

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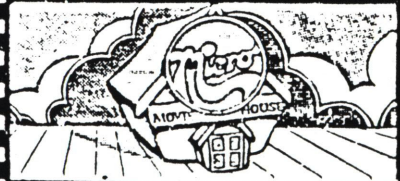
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GREETINGS!

Nancy Ging

When I was in the Co-op last week, I was introduced to a new person at the cash register. A few minutes later, as often happens with me, I had to ask his first name again because I hadn't caught it the first time. Such a situation can be a little embarrassing for everyone involved, so I have put a great deal of conscious effort into trying to overcome this "forgetfulness" of mine. Since I know others also have this difficulty, I thought I would share some insights I've gained along the way. They obviously won't cure the problem, but they do provide a different perspective.

In Western culture, when we meet a person for the first time, someone typically begins to introduce us immediately. We may shake hands, and then we are expected to begin conversation right away. This is all well and good for those of us who normally function in a verbal, left-brain sort of mode during our day. For some of us, however, words have little to do with the information in which we are most interested and with which we are most able to work. For example, when I meet a new person I first am drawn to look at their eyes. I can sense a great deal about a person from a wholistic, nonverbal mode of inner functioning, this information is much more useful to me than anything words can convey in a brief moment of time. Also, the nonverbal information feels more essential to me because I know how to use that information more reliably. Therefore, I am inclined to attend to it first.

The result is that I often am literally not listening when introductions are made. Nonverbal, or right-brain, thinking understands few words. For me, verbal instructions come too quickly. Only after I have finished absorbing who a person is visually am I ready to learn who they are in words. By then I have to ask again for the name.

Not all cultures use this approach. I once saw an interview of an Eskimo woman discussing cultural obstacles for Eskimo people trying to merge into a Western way of life. In Eskimo culture, when you meet a person for the first time it would be considered incredibly rude to begin talking right away. Instead, you would wait a moment and then join in with whatever the person was doing. If the person was chopping wood, you might begin to stack it. If they were cleaning fish, you might start to help. Only after you had worked together for a while, maybe 20 to 30 minutes, would talking begin. The woman stressed the importance of "getting a feel for the other person" before intruding with words. What a gentle, respectful, honoring way to approach a human being new to our experience!

I have often longed to live in a place where that form of greeting is practiced, just to know what it would be like. Maybe someday I will find a way. In the meantime, if I (or others like me) awkwardly have to ask your name several times when we first meet you, know it is not from lack of interest or insensitivity. We are struggling in our own way to cope with a style of communication which does not feel natural to us. Just give us a moment, and we'll be able to join you in words more fully. With what we are picking up nonverbally, we may speak more appropriately in the long run.

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