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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.

ALL THE EXCITEMENT OF TACOMA

by Erika Cunningham

Driving to Seattle for the Northwest Regional Natural Foods Show with Mary Jo and Kenna I conjured visions of the Tacoma Dome filled to capacity with granolas, hippies, tree-huggers, vitamin-heads, and whatever other silly nickname there is for people who frequent Co-ops and eat natural foods.

Before the actual "show" part of the show we attended lectures at the Tacoma Sheraton. Kenna and I listened to Roy the herbalist explain the Chinese methodology of herb healing. I should have been at a lecture about the joys of taking garlic, but I was as yet too chicken to branch out on my own, and so far I have a hard time believing that there are any huge differences in garlic tablets.

After our lectures we trooped off to the Dome for the "fun part" of the trip. What I expected to find (a small gathering of natural foods people showing their products) was not to be found. The whole Dome was packed with glitz. Men in suits, women with lipstick, everyone calling "Have you tried ..." "Would you like ..." "This is new ..." "This is better ..."

This all sounds too cynical. After the first overwhelming impression, I settled in and had a great time. Now I was actually seeing the products we were buying. I got to see why we chose certain brands over others. It was cool to see how our Co-op fit into this whole industry. It's a big responsibility, I think, to choose from a "Dome-full" of "new, exciting, the best, most innovative" products and stock our store with products that Moscow needs and wants. I felt more and more that our Co-op carries products that do reflect what our members want, and that we don't often fall under the "hype" that I saw at the show.

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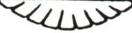
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BECKY HOSKINS

TOLECO STAR

I did run into a few products that convinced me though, and they're here in our store now. Try them and let me know if they're what you want. They're the new Fantastic Foods lunch-cups and the Zia natural skin care products.

My favorite part of the trip was visiting the other Co-ops in the Seattle area. This gave me a real sense of where our Co-op sits in the scheme of Co-ops, at least in the scheme of a few northwest Co-ops!

Product-wise and price-wise, I think we're comparable. We did see a few new ideas that we're in the works of "copy-cattng" now like "How to shop" and "Who can shop" those sorts of things.

When speaking of Co-ops in general, or the natural foods business as a whole, I think our store fits in a well blending enough of the expectant future (new products, a computer) with the comforts of the past (small, friendly staff, stability in product line, a sense of community). I believe that our Co-op is doing a fine job of floating the line between hip new store of the nineties and little grocery store on the corner.

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SPAGHETTI, NINE TIMES AS NICE

by Shawna Huggins

Are you still eating the same old white spaghetti that you were eating as a kid? If you are ready to make a change, I have a surprise for you! The Co-op carries nine different kinds of spaghetti noodles each one a treat to jazz up your meal. Surprise your family with the various colors and tastes. Imagine serving sesame, corn, semolina, whole wheat spinach, soy, and yes, even artichoke spaghetti.

The yellow corn spaghetti was a hit with my five year old, "Hey Mom, this tastes like popcorn!" Knowing that my daughter runs from any food resembling a green vegetable, I held my breath when she took a bite of the green artichoke spaghetti. I didn't expect her happy response of, "Ummm, I don't like them, I love them!" I must admit that the artichoke noodles are very good. The sesame spaghetti has a nutty flavor, and the spinach whole wheat tastes like whole grain bread and has a deep green color.

All of the varieties of spaghetti can be used anywhere you would normally use potatoes or rice. They are great in soups, under vegetables, or as a side dish; you can dress them up with soy sauce, butter, garlic, or cheese. Just use your imagination. Spaghetti is an inexpensive addition to your dinner table. The price per pound ranges from 98¢ for the semolina, \$1.03 for the soy, and \$1.51 for the whole wheat spinach.

The soy spaghetti is our favorite. Set the timer and I'll tell you how to make a nutritious and tasty meal in just fifteen minutes. As you set the soy spaghetti boiling in a pot of water, open a jar of prepared spaghetti sauce (available at the Co-op) and heat it in a saucepan. We like to add diced tofu to the sauce, but this is optional. While the sauce and the noodles are on the stove, prepare your vegetables--we like lots

of raw carrots. Next grate about 1/2 cup of cheddar cheese. Drain the noodles when ready. Ladle the sauce over the spaghetti and top with cheddar cheese. Serve with vegetables. This makes a very healthful and quick meal for those of you with busy schedules.

Do you tend to make more noodles than can be eaten in one meal? To make enough for a family of four, use the amount of spaghetti that you can pinch between your pointer finger and your thumb. If you still have spaghetti left over, I have included a recipe that turns left-over noodles into a delicious dish. Enjoy!

VEGETABLE FIESTA

1 C. cooked green beans, cut in 1-inch pieces	
1 C. thinly sliced zucchini, halved	
1/2 C minced green pepper	1 C. mayonnaise
1 C. slivered carrots	2 T. chopped parsley
1/2 C thinly sliced radishes	1 T. lemon juice
1/4 C. minced red onion	1 tea. dried basil leaves
1 1/2 C. chopped seeded cucumber	1/2 tea. salt
2 C. cooked thin spaghetti	1/4 tea. pepper

In a large bowl, combine the green beans, zucchini, green pepper, carrots, radishes, red onion, cucumber and spaghetti.

Mix the mayonnaise, parsley, lemon juice, basil, salt and pepper. Add to the vegetable mixture; toss to coat well. Chill before serving. Makes 6-8 servings.

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FALAFEL FOR FREE

by Mary Butters

There's a new Falafel cookbook in the making and I'm writing it. Send your favorite Falafel recipe ideas to me. Anyone submitting a recipe that can be used in my cookbook will get 2 pounds of falafel for free. Call or write:

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Here's a nutritious, delicious recipe to try:

AROUND THE WORLD FALAFEL MUFFINS

by Mary Butters - Paradise Farms

Preaheat oven to 350°

Makes 12 muffins

Mix dry ingredients:

1 cup (6 oz.) dry Paradise Farm Falafel mix

1 cup whole wheat flour *** For 'Mo Hotta, Mo Betta' palates add:

1 tsp. baking powder

1/2 tsp. cayenne powder to dry mix

Add: 1 1/2 cup water

Let soak 15 minutes

Divide and shape dough with greased hands into 12 2-inch balls. Put into greased muffin tins. Mold to bottom and sides up to top leaving center hollow.

Mix together: 1 16-oz. can vegetarian refried beans [OPTIONAL:
3 T. medium hot sauce [drained chopped
1 cup (4 oz.) grated mozzarella cheese [jalapeno peppers]

Layer the muffin hollows with:

1 T. black chopped drained olives (1 4 1/2 oz. can) on bottom

Heaping mound of bean mix on top

Bake 20 minutes

Sprinkle tops with grated mozzarella cheese

Bake 5 more minutes

If you want ...

Lift muffins out with a fork. Eat hot or cold. serve with HOT sauce



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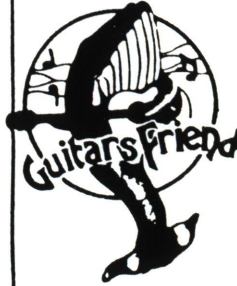
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CAFÉ SPUDNIK



GENTLE SPIRIT



REBECCA ROD: Artist and Cashier
by Mike Ivey

What can you say about a woman who would invest a lot of time, energy, and emotion into the creation of a piece of pottery, then deliberately break it and glue it back together? Well, you can say that she's a serious, dedicated artist with a strong sense of her own unique goals.

Rebecca Rod is currently working on a B.F.A. degree at the U of I, but she has been creating pottery and other ceramics for several years. A childhood interest in archeology has influenced her style, giving a suggestion of ancient or primitive origins to much of her work. By creating "artifacts" with both stylistic and spiritual ties to primitive cultures, she sees herself as something like a combined artist-archeologist, uncovering bits and pieces of ancient lore. Carrying this theme a step further, she is experimenting with breaking and reconstructing some of her "artifacts." Obviously her art rises above commercial considerations--I mean who would actually buy a broken pot?

Even apart from her ceramics, Rebecca is pretty thoroughly immersed in the humanities. She has a B.A. in English and a Master's in Library Science. Recreationally, she enjoys modern literature and music. She plays piano, is learning classical guitar and plays around with a variety of other instruments, including recorder and kalimba.

Rebecca's job at the Co-op helps to financially support these artistic interests. She has been a member since coming to Moscow seven years ago, but has been a cashier only since last October. Originally from Iowa, she first moved to Sandpoint, where she was the Director of the Public Library for 3 years. Then to Moscow where she worked for the university for 5 years. She has two brothers in Coeur d'Alene and a sister here in Moscow.

Rebecca enjoys living in downtown Moscow because she can walk almost everywhere she needs to go. She likes the Co-op not only because of the good food but also because it's "a place where people make connections," whether by newsletter, bulletin board, or direct contact.

When it comes to social and political issues, Rebecca tends to view things from a feminist perspective. For her, concerns about peace, human rights, or the environment are combined with concerns about the role of women in these issues and the inclusion of women in solving the problems. She particularly seeks out art, music, and literature by women because she feels more kinship with their points of view. Some of her own ceramics express feminist themes.

Rebecca's art is, in fact, an excellent way to get acquainted with her. Several of her (unbroken) artifacts are currently being featured at The Pearl in Pullman and Inner Visions in Moscow.



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CONFESSIONS OF A NON-MEMBER

by Tim Marsh

OK, I'm not a member of The Moscow Food Cooperative.

If you are, you may be happy to know that every time I buy something at the Co-op and come to the cash register, I dread the "Are you a Co-op member?" question when it comes time to ring up the sale.

It's then I say I am not a card-carrying Co-op member, however, some of my friends are.

But, let me tell you, I am happy to pay the price without the Co-op member discount, because it offers me things I can't get elsewhere or at least not all in one convenient location.

(For sure, several stores which sell all these items will point out that they, too, offer the same. So, let me add that the Co-op is certainly the only store in a former Kentucky Fried Chicken restaurant in Moscow, Idaho offering these products.)

My daughter, Emily, and I enjoy Barbara's 100% Whole Wheat Pretzels with sesame seeds. Our preference is for the regular size over the larger ones. My wife, Diane, says the pretzels taste like cardboard. Emily and I agree the giant ones taste like cardboard (recycled, of course), but the little ones are quite tasty. Every time we buy a bag, Emily opens it in the back seat of the car and finishes off half the contents by the time we get home.

And, then there's Premium Idaho Popcorn, grown in the fields of Idaho. It's from a firm called Jam-Packed in Kuna. I don't think we've ever had popcorn which pops up so well. Why buy popcorn grown or shipped from halfway or more across the country when you can buy local? I'm from South Dakota and have purchased excellent Dakota-grown popcorn, but this Idaho product has it beat by a long pop.

One of my favorite purchases at the Co-op is Dr. Bronner's Peppermint 18-in-1 Pure-Castile Soap. This is fantastic stuff. I use it as shampoo. It gives you a tingle and you smell like the Willamette Valley mint fields I used to drive through, with the car windows opened, on warm evenings.

Even if you have no intention to buy, take a look at a label of various Dr. Bronner's soap products. They are an education, a weird education, but an education. And, if you can't make it to your house of worship, reading the label may partially suffice.

I have yet to use my Dr. Bronner's for brushing my teeth, but do remember a friend in La Grande, who used it to wash clothes.

Once I lived in an apartment in Milton-Freewater in which I rarely turned on the heat. (It was, I thought, a needless expense. I didn't have a phone either.) If I was cold I put on a jacket or added another blanket to the bed. One way I knew it was cold was to see that my bottle of Dr. Bronner's had clouded up from its translucent amber. (Another way was when I woke up at night and noticed my breath being condensed by the chilly night air. Several times I thought that I was seeing smoke and expected the apartment to be on fire.)

These days I've been running around the house turning off lights to save electricity. Diane and Emily are putting up with me so far. Soon to come at home will be some more compact fluorescent bulbs replacing energy-wasting incandescent lights. They cost a mint, but save a bundle in the long run. Think the Co-op will ever carry them?

Back to subject. The bottom line is that whether or not you are a "card-carrying" member of the Moscow Co-op, it has some great items worthy of your consideration and purchase. (I'm sure neither Dr. Bronner nor Colonel Sanders would disagree.)



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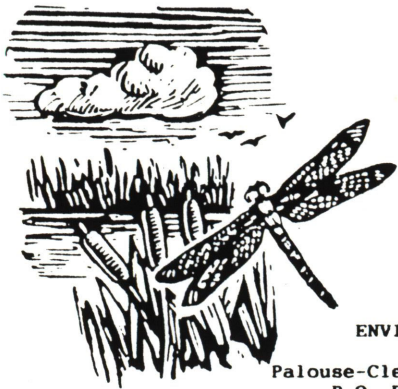


BULK SOAP
by Mary Jo Knowles

We, the Co-op management, took it upon ourselves to change the mark-up on our bulk soaps and shampoos. To encourage shoppers to buy bulk products, we have lowered the mark-up about 15%.

Buying bulk avoids excess packaging and you can buy as much or as little as you like. We have increased our line of bulk soaps to include 5 gallon containers of Winter White products: dish soap, automatic dishwasher soap, kleeer laundry soap, a laundry conditioner, and a non-chlorine bleach.

These 5 gallon containers are recyclable with the company. We send them back and get a deposit. We still have a wide variety of lotions and shampoos to choose from that are also marked down about 15%. So, buy bulk and be proud of your conscientious decision.



ENVIRONMENTAL ACTION CALENDAR

Compiled by the
Palouse-Clearwater Environmental Institute
P.O. Box 8582, Moscow ID, 83843
Professional Building (Third and Jackson)
(208) 882-1444
April 1, 1991

APRIL

April 3, 10, 17, 24, Wednesdays: "Oil Wise Wednesdays", Walk, bike, bus or carpool, Pullman City Wide. Contact: PCEI Transportation Committee 882-1444 or Ron Hatley 332-6803.

April 4, Thursday: Hanford Technical Steering Panel Public Meeting, 7:00pm, Ramada Inn, Lewiston. Contact: Chuck Broschious, (208)835-6152.

April 6, Saturday: Ecology of Paradise Creek, 1-5pm. PCEI course with Shelly Gilmore, ID State Soil Conservation Comm. Contact: UI Conferences and Enrichment 885-6486.

April 8, Monday: Francis Moore Lappe, Speaker, "Betraying the National Interest", 7:30pm, SUB Ballroom. Contact: UI Borah Foundation Committee.

April 13, Saturday: Earthday Every Day, 1-5pm. PCEI Course at the Moscow Food Coop (Composting, alternatives to toxics, and more). Contact: UI Conferences and Enrichment, 885-6486.

April 13, Saturday: Environmental Park openhouse, Noon, Baked potato lunch, Better Living Incorporated. Contact: Loreca Stauber, 882-1133.

April 14, Sunday: Palouse Preservation League meeting. Elections, Speaker. Contact: Bobbi Moore 332-4872.

April 20, Saturday: Paradise Creek Clean-up 9:00am, Moscow City-wide. Unassigned groups and individuals meet at the Latah County Fairgrounds, picnic and booths to follow clean-up at fairgrounds. Contact: PCEI 882-1444

April 22, Monday: EARTH DAY!

April 22, Monday: Bike Walk Day, Booths and a celebration. Contact: Diane Prorak 882-3959 or Ed Clark 882-6309.

April 22-23, Mon-Tue: Environmental Awareness Fair, 11:00am-3:00pm, Booths. ASWSU Env. Task Force. Contact: Lorinda Newell, 335-1661(w), 335-6494(h).

April 27, Saturday: Tree Planting, 9am-noon. PCEI course with Kas Dumroese of the UI Nursery. Contact: UI Conferences and Enrichment, 885-6486.

April 27, Saturday: Hazardous Waste Collection Day, Latah County. Between Troy Highway and White Avenue in Moscow, All day. Contact: City of Moscow.

April 27, Saturday: Moose Creek Campground, Bovill, Workday, 9:00pm, Latah County Parks and Recreation. Contact: Danny Markus 882-7302.

April 30, Tuesday: INEL oversight, Environmental Restoration Meeting. Contact: Chuck Broschious (208)835-6152.

MAY

May 4, 5: Renaissance Fair. Eco-Food Booth. Contact PCEI 882-1444.

May 11, Saturday: Community Forestry Day, UI Experimental Forest Near Harvard (follow the signs), Society of American Foresters. Contact: Ray Boyd 882-7084(h), 882-3557(w).

DON'T FORGET THE FAIR

by Bill London

Consider this a personal invitation. Please come to the 1991 Moscow Renaissance Fair. East City Park, May 4 and May 5, from 10 am to dusk.

Come if you like free fun. No admission charged to the fair, of course, or for the all-day entertainment, or for the chance to browse the booths.

Come if you like to buy neat stuff. Stuff to eat and stuff to enliven your home. Or great gifts for all the commercial holidays on the horizon.

Come if you have kids who need a chance for meaningful activity that they will want to do at the hyper-cool, mega-rad, macro-groovy, and totally awesome kid area.

Come if you want to join the ongoing drumming circle (bring a percussion instrument and share music with drummers from Montana, Spokane, and the Planetary Refugees band).

Come if you just like sitting under the trees checking out the limits of public fun. You don't even have to drive to the Park. Walk, bike, or take the free bus from downtown provided by Moscow Transit.

Oh yeah, don't forget the flamboyant, colorful, spring-like garb that's been cluttering up your closet or give-away box. This is a good chance to show it off. Just layer it over whatever you need to keep you warm that day.

If you want ...

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will be on Saturday, May 11th.

SURVIVING ABUSE

by Linda Knighton

I am writing this to show you my battle scars, because if yours match, I know where the boundaries are.

Statistically, I am one out of every four women (if I was male, I'd be one out of every nine men). I am talking about being an adult Survivor of Abuse. Before my mother got a massive dose of common sense and divorced my father and married James Knighton (blessed be his name), I got to find out what it was to live with a crazy person.

Children in abuse homes develop E.S.P. in order to survive. We also learned to fear things like; bathrooms, being alone with one of our parents, getting our allowance and countless other problems just crying out to mess up our adult lives. Typically, the abuser abuses and the other parent denies it. My concept of reality (what really happened) was always denied, with a vengeance.

By the time I went for counseling I was a walking timebomb. We gathered into groups for therapy and were mentally poked and prodded until we exploded into an emotional mess. They then congratulated us on facing our emotions and kicked us out of the group. Somehow, I didn't find it conducive to good relations at work. I needed a method of getting help which worked, but had no idea where to turn. Things fell into place beginning with a phone call. I called a friend interested in history and asked about a certain item used in Native American culture. He said he was more familiar with Europe, but that his wife knew about it and that she belonged to a drumming group.

She introduced me to the Hanner Method, a way of working with Drums, dance and meditation which, I quickly learned, put my emotional state into my control.

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I began attending workshops in this method, and discovered that there was a whole other world inside my head, one which expressed itself in symbolic logic and movement. It turned out that I was finally able to access my right brain and my sub-conscious.

Re-integrating is, for a survivor of abuse, not easy work. I've found that talking and support groups just won't do. Support groups were not even a beginning for the work of re-integrating the dissociated portions of my personality.

One of the hardest lessons to be learned by any adult survivor is that the universe is, for the most part, a safe place in which to play. We have already seen the worst places and have learned all we can from them. We now need to re-integrate and learn about the loving, fun, and beautiful places.

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PURCHASE A PEACE BUN FOR EARTH DAY

by Mary Jo Knowles

The Co-op Board of Directors has selected Earth Day (a local project of the Palouse-Clearwater Environmental Institute) as the recipient of the donation money from the sale of peace buns at the Co-op during April. Last month, the Co-op donated \$30 from that fund to the Environmental Committee at Moscow High School.

Glenda Marie Rock III

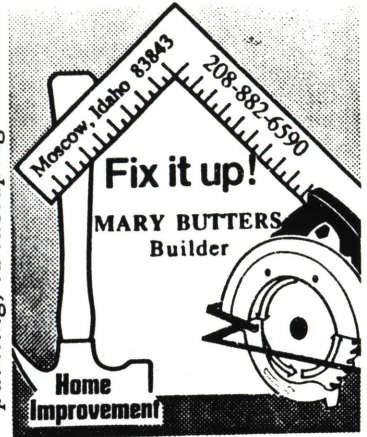


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IMPROVED! 33% MORE NEWSLETTER

by Bill London

Perhaps you noticed that this month's newsletter is significantly heftier than usual. Instead of three pieces of paper, printed on all sides and folded to make 12 pages, we have four pages of paper, making 16 pages.

This change has been made possible by an increase in both advertising revenue and submitted articles. Mary Butters, our new advertising czar, has been doing an exceptional job (as further index of her exceptional talent, recall that she's also the carpenter responsible for adding the windows upstairs at the Co-op and building the slick new potato and onion shelf underneath the produce cooler). Mary has been gathering lots of ads, enough to support the additional page.

But even with the additional ads, we couldn't have gone to 16 pages without an increase in submitted articles. Plenty of good stuff has been coming to fill an extra page. Which reminds me—please continue to submit articles, drawings, etc. (Kids, this means you, too!)

John McCarthy, who volunteered to fold the newsletter for his working member position in February, was unable to handle the deadline stress of the job. So, he retired (or as they say in the industry, folded). Jim and Joanna McPherson have taken up the challenge. They folded the March issue, and did this issue as well, and hopefully will continue into the foreseeable future ...