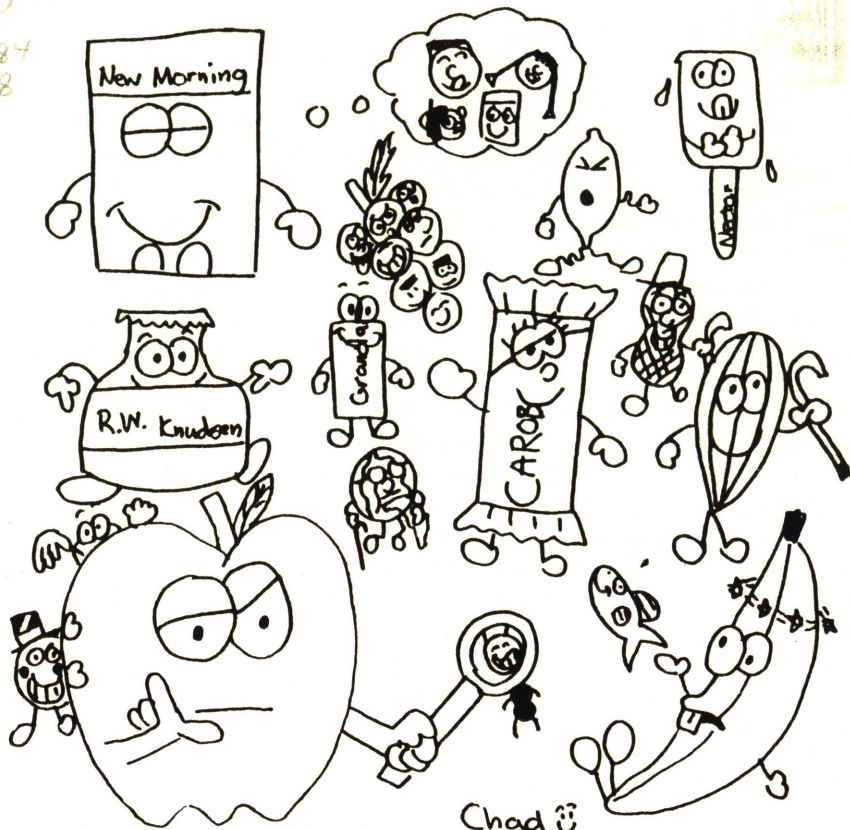


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# MOSCOW FOOD CO-OP NEWSLETTER

August, 1991

Editor: Bill London  
Layout: Pam Palmer  
Advertising: Mary Butters  
Typesetting: Nola Steuer  
Feature Writers: Shawna Huggins  
Mike Ivey

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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.*

## STATE OF THE NATION ADDRESS

by Kenna S. Eaton

In the last few weeks many people have stopped and offered their congratulations on my becoming the general manager of the Co-op. Most have also asked how I feel about taking on this challenging job. When I reflected upon this, I realized my initial reaction was excitement, followed by gratitude, and on the deepest level I felt honor (ed).

The excitement reflects the energy I feel at the Co-op. The Co-op is a solid business that also has a firm commitment to social responsibility. Couple this with our new-found respect in the community and we will be a significant voice for change in this decade.

The gratitude I feel is for the wonderful people I work with--the customers and members, the board of directors, the workers and the staff. I am so glad that I'm not doing this job alone.

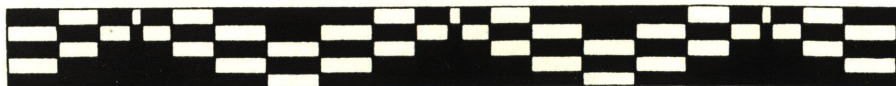
During July we hired 5 new staff to work with us. Renee McNally will be our new produce manager; Marla Chaney, assistant product manager; Laura Church, cashier; John Richard, bakery; and Anna Hubble to run our new Take Out department. Welcome! Combined with the excellent staff already at the Co-op, I think we will be an effective, strong, hard-working collective.

I feel honored that the board of directors, who represents the membership, chose me to do this job.

My attachment to this community and business runs deep, I've had a long relationship with the Co-op (9 years!) and plan to continue it for as long as possible. My focus in the business will be to develop customer service and education. The foundation of our mission statement is based upon education of our members and staff. There are many forms that this can take, but I'd like to see classes covering nutrition, food and cooking. If anyone has ideas or skills they would like to contribute to this, please let me know!

Well, this letter would not be complete without mentioning Mary Jo Knowles, recently-retired general manager. I am going to miss working with Mary Jo, she's a great friend and co-worker. Her incredible energy has been responsible for so many of the changes at the Co-op over the last 5 years. Foremost in everybody's memory for a long time will be moving the store to its present location; a grand effort that was very successful. For that and all the other wonderful things she has done for us, we give a heartfelt thanks!

Don't expect to see too many changes at the Co-op anytime soon, we plan to keep things pretty much the way they are. GREAT!! Thank-you everyone.





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## THIS MONTH'S COVER

By Shirley Sikes

My 13 year old grandson, Chad Imthurn, volunteered at the Co-op one Sunday. Chad lives in Lynnwood, Washington. The drawing on the cover is his interpretation of the Moscow Food Co-op for inclusion in the newsletter. Although he declined to title his work, it appears the Moscow Food Co-op stocks happy food.

## SMALL CHANGES

by Bill London

Shawna Huggins has been doing a great job as one of our feature writers. (Her profile of Peg Harvey-Marose in the July issue was an especially good example.)

Her food piece in this issue will be her last, for a while anyway. She's suffering from an overdose of work, and needed to take time off.

Next issue, Barbara Walker will take her place.

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**LENTILS, HIGH IN PROTEIN AND DELICIOUS!**  
by Shawna Huggins

Most of you probably know that we are living in the lentil capital of the world, but do you also know how nutritious and versatile lentils are?

Lentils are a high carbohydrate, high fiber, high protein, low fat food. In fact, lentils have more dietary fiber per serving than vegetables, fruits or grains, and they provide more protein per pound than steak, yogurt, or eggs. Lentils are also packed full of vitamins and minerals.

Compared to other protein-rich foods, lentils are very inexpensive. You can buy organic lentils at the Co-op for \$1.22 per pound, regular lentils are just 43¢ and red lentils are 80¢ per pound.

If you need ideas of how to cook with lentils, go visit the Pea and Lentil Commission, which is located on the Pullman Highway on the Washington and Idaho border. There you can pick up free recipe booklets on how to make every dish imaginable from lentil chili, lentil pizza, lentil quiche, lentil stuffed potatoes, to lentil apple cake. You can also pick up packets of lentil dinner mixes and lentil souvenirs such as T-shirts, mugs, and cookbooks.

To cook lentils you add 1 part lentils to 2 parts boiling water, then cover and simmer for about 20 minutes. I like to cook lentils with rice by adding 1/2 cup basmati rice, 1/4 cup wild rice, and 1/4 cup lentils to 2 cups boiling water, cover and simmer about 30 minutes. This is a delicious, complete protein dish. Try it.

I hadn't used lentils in our kitchen until my friend Beth shared some of her delicious lentil soup with me. The recipe is fast and easy so I'll pass it on to you. Beth's Delicious Soup: Cook 1 cup red lentils in 7 cups of water. Meanwhile, saute in a little oil 4-5 stalks of celery, chopped, one diced onion, 2 minced cloves of garlic, and some chopped carrots (optional). After lentils have cooked 20 minutes, add the sauteed vegetables, then add 1/2 tsp. salt, 1 bay leaf, 1 small can of tomatoes, and 3 tablespoons of parsley. Cook until all vegetables are tender. This makes an absolutely incredible soup that can be made in a big batch and frozen for future dinners.

Don't forget the Lentil Festival in Pullman September 19-22. See you there.

**LENTIL RICE QUICHE**  
(from the Pea and Lentil Commission)

- 2 cups cooked and cooled rice
- 1 Tbsp. margarine melted
- 1 egg
- 1 cup grated swiss cheese
- 1/2 cup each sliced onions,  
sliced fresh mushrooms,  
diced green pepper and  
fresh broccoli sprigs
- 1 cup cooked lentils
- 2 Tbsp. chopped fresh parsley
- 2 eggs
- 3/4 cup milk
- 1/4 tsp. salt
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In a medium sized bowl, combine cooked rice, melted margarine, and 1 slightly beaten egg. Pour into a buttered 9-inch pie plate, pressing against the sides and bottom to form a crust. Sprinkle one-half of the grated cheese on the bottom of the rice crust. Layer the vegetables and lentils on the cheese. Sprinkle the rest of the cheese over the vegetables. Sprinkle with chopped parsley.

Combine eggs, milk, salt and pepper in a small bowl and carefully pour over the quiche filling. Bake in a 400° oven for 30 minutes or until a knife inserted two inches from the center returns clean. (Center should be very moist and not quite set when quiche is done. It will set up quickly.) Let quiche stand for 5 minutes before serving.



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## **CRUELTY-FREE BEAUTY**

by Barbara L. Walker

I was conceived, was born, have always been, am now and will always be completely and inherently beautiful.

In all our lives, our ideologies, there are contradictions and ironies. One in mine is the fact that I paid to have holes poked in my earlobes so I could wear dangling pieces of art and/or junk which can be inconvenient and costly. Ear piercing was a celebration of my acceptance of my ears. I had always hidden my ears under long hair because they stuck out. At 25, I slowly realized they were designed that way. Ears are supposed to stick out; it helps you hear. But, that piercing was also an act of conformity and self-mutilation in the name of beauty. It hurt.

Now my earrings remind me that women are not completely free from slavery. Long ago, a person's ear was pierced to indicate their status as slave. There are many levels of slavery and residual attitudes from legally sanctioned slavery. There are still slaves in this world--human beings who legally belong to other human beings. There are also people who live as slaves even though the laws that govern them no longer allow this: women sold into sexual slavery, people brought to the U.S. to supply cheap labor (they are deported if they refuse), and people who would die or be killed if they did not behave as slaves. Most are people of color; most are girls and women.

A more subtle form of cruelty towards human beings is our cultural imperative to be beautiful according to the standards of the advertisers. First of all, not one person exists who meets these standards naturally. It takes time and money to force your body towards the definition of beauty seen on billboards, in magazines, on television and on product labels. It also entails a certain degree of loss of self.





People (by far mostly women) spend billions of dollars each year on make-up and other so-called beauty products. According to Naomi Wolfe (author of The Beauty Myth), this money could buy, each year: one million highly paid household or child care workers; or 16,000 battered women's shelters; or 1.75 billion tubes of contraceptive cream; or 875,000 full four-year university scholarships; or 175 million mammograms. How many homeless people could it shelter? How many hungry people could it feed? How many babies could be healthier through adequate prenatal care? We are paying dearly for this elusive trait called beauty.

I have found that when my needs are met, I feel beautiful. I need good food, rest, connection with others, time alone, loving touch, self-expression and meaningful work. Far too many women have learned to neglect their own needs for the sake of their lovers, their children and many others we have been trained to serve and "make happy." Maybe "ugliness" is a way our bodies tell others that our needs are not being met. Make-up could be a way to cover up and ignore the needs of women. Look in the mirror. Are you beautiful? The answer is yes. But do you feel beautiful?

So, our Co-op sells "cruelty-free" make-up. This product is claimed to be produced without cruel treatment to animals. Human beings are a member of the animal family on this earth. So is this stuff really cruelty-free? How much time, energy and money do you spend to try to make up for your lack of beauty as defined by a few overpaid unaware white men? There is nothing "natural" or "cruelty-free" about any "beauty product." You were conceived, born, have always been, are now and will always be completely and inherently beautiful.

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## **NOT YOUR TYPICAL TYPESETTER** by Mike Ivey

Fortunately, I have only good things to say about Nola Steuer, which is really convenient since she types all this stuff! She has always done occasional typing for the Co-op and has been typesetting the newsletter regularly for about a year now.

Nola has been typing professionally for six years. Three years ago she started her own business, Type-Right, here in Moscow. Personally, the thought of typing for several hours a day makes me envy Sisyphus and his rock, but Nola enjoys her work and even finds it interesting. Unlike some typists, she actually reads most of the material she types, so a master's thesis, a legal brief, or a journal article can be quite educational.

To relieve the eye strain and stress of typing, Nola works jigsaw puzzles that eventually get displayed on her office wall, right next to the large cage that holds her four zebra finches. She also crochets, knits and macramés. She likes to spend time in the woods and says the best sleep she ever gets is when she's rolled up in a blanket on the hard ground.



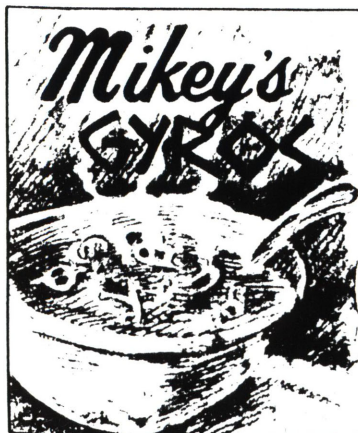
Nola grew up in eastern Montana where, she says, people don't hesitate to say exactly what they think. She obviously acquired the trait, but it proves to be quite refreshing because of her noncritical nature. She tends to enjoy whatever she's doing or whoever she's with. (When I mentioned the sound system troubles that annoyed me at a recent concert, she said, "Oh, I never notice things like that, I just listen to the music.")

The one exception to her tolerant nature is that she hates to live in the same house for more than a year or two. Her mother insisted on moving frequently, so Nola saw a lot of Montana, North Dakota, and eastern Washington as a child, then more of the same as an adult. She must really like Moscow, since she's stayed eight years now--but in several houses.

When it comes to social and political issues, Nola is still both quick to speak her mind and tolerant of other ideas. She considers herself essentially non-political because she thinks more in terms of individual responsibility than group action, but she frequently contributes her services to community groups that she wants to support. She would gladly type for the Co-op for free, but doesn't mind getting her discount ... "however much it is; I never can remember."

Her attitude toward the Co-op is characteristically positive. She's impressed with its growth over the years and its good management. She likes the way staff and volunteers are always quick to help but leave you alone to shop if you don't need them. She likes the selection of products that usually can't be found in a town the size of Moscow. She has no suggestions for changes or improvements because the Co-op suits her just fine exactly as it is now.

If you're ever at the Co-op (or anywhere else in town) and see a well-behaved Yorkshire Terrier named "Rags" waiting at the door, you'll be sure to find Nola inside. So, if any typographical errors ever show up in these articles, don't hesitate to mention it.



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## THE MUSCOVITE BEAR CONNECTION

by Christian Purvis

It was one of those brief lulls at the cash register during a busy afternoon at the Co-op. My next customer had a friendly relaxed smile as he slid a bag of licorice bears across the counter towards me. I noticed the gold-plated Mount Blanc pen in his shirt pocket and teasingly said I would let him give the pen in trade for the candy bears. He laughed and waved as he pushed the door open and walked into the sunshine.

"Oh well," I thought, "what would I do with a pen worth more than my car anyway?" I shrugged and went back to rummaging through the grocery sack jungle for those ever-elusive medium-sized bags.

"Hey, you know ..." came a voice from the other side of the cookie jars. "I have a story about these licorice bears." The Mount Blanc man had reappeared and was trying to get my attention.

Many things crossed my mind as I straightened up: "Is this going to be a Really Long Story? Are these just like the licorice his mom made when he was a kid? Did he earn the money for that gold pen selling these door to door?" But I just raised my eyebrow and said, "oh ...?"

"Well, I was in the Soviet Union recently," he said gesturing vaguely toward the East with the bears. "And I was heading toward the southern republics on one of those trains that run forever," he explained, "when I was hit with a ferocious craving for licorice. Out loud I moaned that I'd give ten dollars for a tangy-chewy twist of black licorice. A woman across the passenger car reached in her bag and miraculously pulled out a bag of licorice bears just like these! I couldn't believe it! Then she told me that she found these fantastic little bears at the Moscow Co-op. It took me a second to figure out she meant the Moscow in the Palouse, not the Moscow, Russia where we got on the train."

"Anyway," he finished with a sheepish smile, "I had another licorice attack when I drove by today, so I stopped to check this place out."

The door closed behind him and I forgot about those licorice bears until I dusted the shelf today. Now, there are only three bears left in the bottom of the bag and I haven't decided if they taste better feet first or head first. I guess I'll have to get another bag tomorrow ...

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## ODE TO MARY JO

by Bill London

Forgive me my reminiscence, but with Mary Jo on her way out, it seems appropriate.

Six years ago, the Co-op was smaller (in floor space and membership) and on much shakier financial ground. It was job search time; we needed to replace Henry the grocery manager (or whatever his title was).

Mary Jo was a volunteer worker and applicant for the job. She was certainly the best candidate. There were five of us on the search committee, including Bill Beck, the general manager at the time.

During her interview, Beck launched into one of his demented monologues about how horrible the job was: long hours, low pay, never really getting done, never really having enough money to work with, products continually out-of-stock, poorly-designed sales space, etc. He ended with, "It's absolutely insane, it really is--it really, really is."

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He was at the other end of the table, or I would have kicked him mid-monologue so he wouldn't scare her off.

Luckily, Beck didn't frighten her. And even more fortunately, during the intervening six years, Mary Jo stayed on the job. Now, in large measure thanks to the leadership she has provided, Beck's litany of Co-op horrors is history. Things are much better now.

Her last day is August 9. To provide a souvenir remembrance to Mary Jo of her glorious years at the Co-op, there's a blank book by the cash register at the Co-op. The pages started out blank, but the idea is that we--all of us, you, her friends, fellow staffers, volunteer workers, and Co-op shoppers--fill it up with notes, good wishes, shared memories, drawings, or whatever. Please do so.

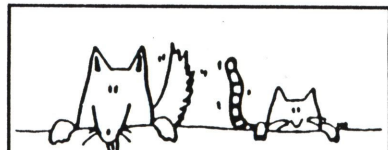
The book is the pink one with the tie-dyed cover (it's from Nepal, one of the many unusual products for sale at the Co-op now).



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Niles Reichardt, D.V.M.  
Nancy Maxeiner, D.V.M.

## TONED-UP AND TUNED-IN

by Dana Kobe

I started at Weitas Campground on the North Fork of the Clearwater River, and walked along a muddy mountain trail, hoping to get an aerobic work-out and firm thighs. Little did I know, my mind and emotions would get toned-up also.

My legs clipped along at a faster than normal gait and I started at the path, wishing I had left behind the cumbersome walking stick I held in my hand. But, I had to have something for protection. My mind flashed back to the lady at the Sunset Mart in Pierce telling my husband we might see BEAR. Bear? My muscles tensed, mainly the one in my head. No longer was I focused on my inner thighs. Fear overtook my senses and I envisioned a frightening scenario with me (who hasn't climbed a tree since I was ten) trying to climb a tree as fast as I could to escape an angry, mother bear.



It made me realize how out-of-touch with the land I was. I did not feel humbled and comfortable, I felt humbled and scared. I was a foreigner, not a friend.

Luckily, I glanced down and stared at the river-water falling and swirling into foamy, jade pools. My heart beat a little stronger and my blood started flowing faster. The sides of the path were sprinkled with delicate white daisies and yellow buttercups, and I brushed past waist-high pine trees with lime-colored growth on the tips of their branches. My body relaxed; the fear was gone. I looked across the river and saw the mountainside peppered with giant, silver sticks. I wondered why they didn't cut down these dead trees instead of clear-cutting. But I knew, I could see why these shouldn't be cut down either. They were needed for a well-rounded, three-dimensional perspective. Without them, the mountain would've looked flat and far-away. Instead, the mountain was right there, big and awesome.

I walked on realizing the important role Mother Earth had in my life: reconnecting. The earth was pulling me back to the truth. I glanced at scrawny-stemmed ferns with leaves curled in fetal-like positions, and clapped excitedly. Not only did I feel alive physically, but I also felt emotionally, mentally, and spiritually rejuvenated. I was ready to move to the Clearwater Mountains, or the Sawtooth Mountains, or anyplace that seemed untouched and natural.

On my journey back to the campground, I sang, skipped, ran, and giggled all because I felt great, not because I had to.



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## Bring Your Dancing Shoes and Two Bucks

by Bill London

Last year, on the Co-op's first anniversary of moving into the new building, we danced to the Kingpins. This year, with the Kingpins band disbanded, the Co-op is reaching out-of-state to the Colville, Washington area for entertainment. Playing their very danceable blend of rock and reggae at the second annual parking lot dance will be the Planetary Refugees.

The dance will be on Friday, August 23, from 8 pm to 11 pm. A two dollar donation is requested (though kids are free). Childcare will be available upstairs at the Co-op.

The Co-op will be closed during the dance, but the upstairs bathrooms will be open.

The Co-op will also hold drawings for door prizes.

Food and information will be available from a variety of local environmental and peace organizations. The groups will be able to set up tables around the edge of the parking lot at no charge. At the tables, the groups will be selling drinks and food, as well as offering brochures and taking memberships. That's why the parking lot extravaganza this year is called the Awareness Dance.

"We have so much to celebrate -- two years here, 18 years in Moscow, a newly-paved parking lot dance floor, new staff, and our deli foods," noted Ellyn Kerr, who is in charge of organizing the event. "We hope everybody comes, not just our membership, but those who might want to become members or those who just like dancing under the stars."

