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MOSCOW FOOD COOPERATIVE NEWSLETTER

January, 1991

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WHERE WERE YOU WHEN YOU FIRST ATE TOFU by M. P. McHugh

Where were you when you first ate tofu? You know, those bland and chalky looking blocks of cold, wet soybean curd. Were you in a natural foods restaurant in Santa Cruz or Bellingham? Perhaps you were at a friend's home for dinner or at a high desert commune in the Southwest. Maybe you yourself were the innovative, health conscious person who learned to cook and eat tofu. What was your impression?

One must develop a palate for tofu and learn to prepare it; neither of which is difficult. Tofu is a "simple food." Low on the food chain, it is a good alternative source of protein. (Less food energy is required to grow soybeans than to grow and kill cattle.) Tofu is an excellent source of calcium. It is easy to digest and is relatively free of chemical toxins (few things these days remain untouched). It's perfect for a low fat, low cholesterol, happy heart diet. You don't need to acquire a complete line of Japanese culinary tools to cook tofu. What you have in your kitchen will do, the only thing you may need to get is creative. A wok or heavy skillet, wooden spoons or spatula are really quite adequate.

Tofu is as versatile as it is inexpensive. For 42¢ a chunk you can transform it into a meal that is savory, sweet, spicy, mild or wild. What you add to your tofu will create the flavor in a tofu saute or casserole. You might season with sweet basil, onions, garlic, marjoram and add tomatoes. You might try a tofu curry dish or a tofu vegetable stir fry with a soy or miso sauce. Tofu can be mashed, marinated, barbequed, broiled and baked. Tofu's versatility is so great you can even make desserts with it. Be daring!

Most natural foods and vegetarian cookbooks have tofu recipes. There's an entire two volume *Book of Tofu* for you die-hard soybean seekers. Here are a few favorite recipes to give you an idea just how far to its culinary reaches one can take tofu. Enjoy!

Tofu Patties (from Laurel's Kitchen)

1/2 onion minced	1 egg beaten
1 stalk celery finely chopped	2 tbs. flour
1 green pepper chopped	1/2 tsp. salt
2 tbs oil	2 tbs. soy sauce
1 pkg. tofu (20 oz.)	
2 tsp. curry or 1/2 c. grated cheddar cheese	
wheat germ, corn meal or sesame seeds	

Chop onion, celery & green pepper fine, saute in oil until soft. Drain tofu in a strainer, then mash it with a fork and mix in egg, flour, salt and soy sauce. Add veggies and curry or cheese. Form into small patties and roll them in wheat germ. Brown on a griddle or skillet and bake at 350°F. Makes about 2 dozen.

Tofu Loaf with Onions & Cheese (from *Book of Tofu*)

4 tbs. butter	1 onion, minced
2 tbs. whole-wheat flour	4 oz. cheese, diced
1 1/2 C. milk (soy or dairy)	12 oz. tofu, pressed & mashed
3/4 tsp. salt	1/4 C. bread or cracker crumbs

Melt 2 tbs. butter in a skillet. Add flour and saute until fragrant and lightly browned. Gradually add 1 1/2 cups milk, stirring constantly, to form a smooth brown sauce. Season with the salt, then simmer until sauce is thick. Stir in onion, cheese, and tofu and remove from heat.

Coat a pie tin with 1 tbs. butter and fill with tofu sauce mixture. Sprinkle on bread crumbs and dot with remaining 1 tbs. butter. Bake at 350° F oven for about 15 minutes or until set.

Andrea's Tofu Carob-Mint Pie

1 1/2 pkg. soft tofu	1 egg
1/2 C. Life Force Honey	1/2 tsp. cinnamon
1/2 C. carob powder	1/2 tsp. peppermint extract
4 tsp. vanilla	


A graham cracker crust or a pie crust may be used for this recipe. Both are equally as good. Make pie crust, set aside. Blend all ingredients in several batches until very smooth in a blender. Pour into pie crust. NOTE: unbaked pie shell or baked graham cracker crust. Bake 425° until crust begins to brown and filling is firm (about 15 - 20 minutes). Cool, then refrigerate. Serve with whipped cream and chocolate shavings.



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NEWS FROM LAKE MOSCOWBEGONE

by Peter Basoa

The point of crossover connection between this world's two large cultures is known to us as, "East Meets West." But what does the other mass group call this meeting point, "West Meets East?" According to Ravi Shankar, the term used is "West Eats Meat."

As a vegematic, the choices for dining out without confronting portions of dead animals have been slim. Now there are possibilities — The Beanery is serving dinners and we have two Mexican restaurants in Moscow. Neither one will ever reach the heights that Chiltepe's reached every day of its short stay. It's nice to have rice and beans and a choice. The building forever to be known as "Johnnies" now houses "Las Hadas" with friendly hosts and a Tex-Mex style and flair. Over at Cavanaugh's is Rosa Garcia's offering California-Mexican. It is a Biscuitroot production, so expect long waits, and discrimination against non-drinkers of alcohol.

Over in Pullman there are two pizza-by-the-slice places. You have two choices here — a slice with pepperoni or with sausage. The concept of a plain slice without meat is not possible for them. This reminds me of the best reaction I ever got when I told someone I was a vegetarian — "WHAT!? Not even BALONEY?" Yup - West Eats Meat.

We have two new spaces in town for use for community activities. The upstairs here at the Moscow Food Co-op is being worked on for group use, and The Beanery has expanded and added a stage. The owners would like The Beanery to become a "common ground" place for events like open mikes, poetry readings, discussions, group meetings, etc.

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The current exhibition at the Pritchard Gallery in downtown Moscow is "One Hundred Years of Idaho Art." I got such a good feeling in there — it was like pulling the trees around us; let's look at what this land/area means to us. Wonderful watercolors and lots more.

On the national level, America rolls along, preparing for WAR. As a culture we still haven't dealt with the Vietnam War, let alone with the genocide against the Native Americans. Up to now Hollywood and the media have glorified the White Man's actions, but there are cracks appearing in the WALL of official History of America. John Wayne's macho shoot-em-all still prevails, but "Powwow Highway" is the most rented video at BookPeople. A recent TV western "The Young, Rascals" dealt with the Army's "giving" of blankets to tribes after making sure that the blankets were infected with smallpox. And thanks to Kevin Costner, Hollywood has produced a movie that shows the Indians as real people. Finally! "Dances With Wolves" is a wonderful event.

Stay tuned ...

P.S. "Do happy people make history?"

DR. ANN RAYMER
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PROFILE OF ELLYN KERR
by Mike Ivey

Ellyn Kerr's two big ambitions, to travel continuously and to have a self-sufficient country homestead, illustrate the conflict between restlessness and stability that characterizes much of her life.

Ellyn has been a Co-op member since its founding seventeen years ago, although she was away from Moscow part of that time, which isn't surprising for someone who travels so much. So far, she has seen 49 states (Alaska remains) and several European countries. She has held jobs ranging from dental assistant to hardware salesperson to bartender, culminating in her present position as cashier at the Co-op, which has kept her busy for just over a year. She prefers work that allows her to learn and to gain new experience. She hates to feel stagnant.

When not working or traveling, Ellyn enjoys reading, cooking and gardening. She especially likes camping and other outdoor activities. She naturally gravitates to water — lakes and rivers in summer, hot springs in winter, the ocean anytime. She loves snow and does a little cross-country skiing and snowshoeing. Sledding, though, comes most naturally for her. "When sliding downhill on snow, I tend to sit down anyway," she explains.

Originally from New York and Vermont, Ellyn always wanted to live in a big New England farmhouse that she could furnish with antiques. Now she has one — in Moscow — where she lives with her teenage daughter, two aging dogs, and three cats. Her only complaint is that she misses living in the country.

Ellyn also has a network of friends in a number of locations that she thinks of as her "extended family" because she believes that closeness and mutual support are more important than actual kinship. She feels a strong affinity for American Indian culture and especially their concept of the whole community as family. (Since seeing *Dances With Wolves*, she's been daydreaming about living in a tipi village.) She deplores the lack of concern our own society shows for people's basic needs. She would like to see less consumption, less waste, less militarism, and more efforts to provide food, shelter, and health care for every one.

Ellyn sees the Co-op's role as "feeding people well at a decent price" while building a sense of community among the members. She would like to expand that community by making more people aware of the Co-op and what it has to offer.

If you don't already know Ellyn, watch for her at the cash register. She is the one pushing memberships and refusing to take "no" for an answer.

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CHILDREN'S PAGE

Editor's Note: This month I invited the 'older kids' to contribute to the "Children's Page." We seldom include our young adults. I'm proud to print poetry by two Moscow High Students.

I have witnessed human evils;
I have seen you eat the planet
Like a luscious twinkie.
Not as a great gift,
But as a cheap morsel
There only for your consumption
By your greedy gaping maw.
I ache for you to realize
Your mistake too late to mend.
Now you've done it!
The human race's
Last fatal error.
We have spent thousands of years
Designing our own tombstone -
You must be aware.
And now, as only still a child
I am privileged by my ancestors
To wonder how many more generations
There will be
To read my angry poetry.

- Ana Obermayr

Under nitty-gritty
Flourescent-wriggling lights
A man's painted face with
Sapping lips slacking down,
Pasty eyes pulling 'round
And a slab of cartilage
splotchily hanging between it all,
Pulled at his layered lips
Revealing slippery yellows
and said,
"Well, old chap,
I guess this means war."

- Laurel Congleton

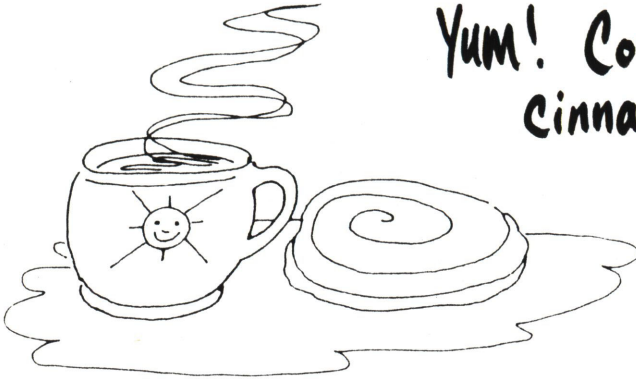


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FROM NUCLEAR WAR**

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George Bush



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Noxious Weed?

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Jan. 28 - May 8
U of I MEMORIAL GYM

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CONTINUING I

MON. & MED. 8:00 - 9:15 am
SESSION I Jan. 14 - March 11
SESSION II March 13 - May 15
MOSCOW FOOD CO-OP 310 W. 3RD

CONTINUING II

TUES. & THURS. 7:00 - 8:15 pm
SESSION I Jan. 15 - March 12
SESSION II March 14 - May 16
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CONTINUING III

TUES. & THURS. 5:15 - 6:45 pm
SESSION I Jan. 15 - March 12
SESSION II March 14 - May 16
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Cost for the continuing classes at the Food Co-op is \$48.00 per session. Payment is due the first day of class of each two month session or you may pre-register by selling your fee to Jeri Stewart 3090 E. Palouse Rv. Dr. # 214 Moscow, ID 83843. Drop-in fee is \$5.00 per class. The Continuing II class is more advanced than Continuing I. For more information please call Jeri Stewart at 893-1485.

PLEASE JOIN US!

SAFARI

PEARL

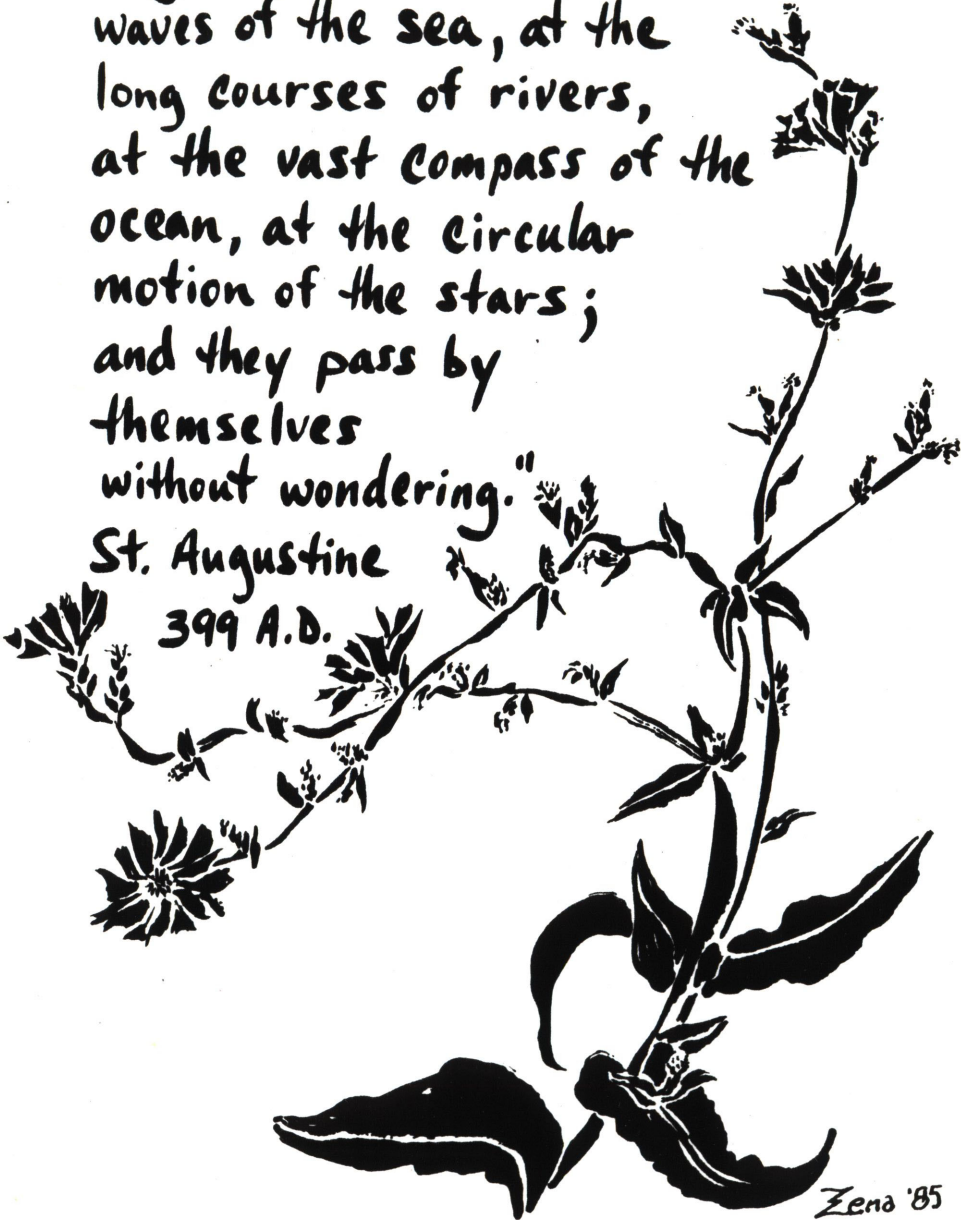
COMICS

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"People travel to wonder at the height of mountains, at the huge waves of the sea, at the long courses of rivers, at the vast compass of the ocean, at the circular motion of the stars; and they pass by themselves without wondering."

St. Augustine

399 A.D.



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KATE HAD A GOOD IDEA
by Bill London

Kate Schalck, perennial Co-op member and master of WSU geological science, suggested an indoor pre-holiday festival of trading. The result was the First Annual Extended Post-Nuclear Family Holiday Craft Exchange and Barter Fair, sponsored by the Co-op and held upstairs on December 16. It worked quite well. A dozen or so families brought their own crafts or castoffs for trading. Others just came to and buy.

For us, the fair was great. We took three boxes of pre-owned treasures ("junk") and traded most of it away. What would have gone to the jaws of the Goodwill trailer was miraculously transformed into some beautiful hand-made craft items and other treasures. What a deal! The camaraderie and good potluck eats were just the icing on the barter fair cake.

I, for one, hope that the holiday barter fair becomes a real tradition. Remember, it's only 11 months to the Second Annual Extended Post-Nuclear Family Holiday Craft Exchange and Barter Fair.

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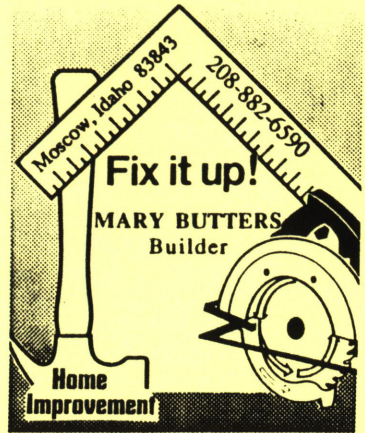
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