



MOSCOW FOOD CO-OP NEWSLETTER

LOOK at all the reasons to Shop the Co-op!



July, 1991

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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.

BOARD OF DIRECTORS NEWS

By Fritz Knorr

First, the bad news. Real bad news. Mary Jo Knowles is resigning from her position as general manager of the Co-op. She is going back to college (the U of I) to get a Masters degree, starting this fall. Her last day at the helm will be August 11.

I will take this opportunity to puff myself up to the full stature of my authority to speak for board, the staff, and the members and say that we deeply appreciate the competence, energy, innovation and heart that Mary Jo has given to the Co-op. A list of her accomplishments would be far too long for this column, but a short list includes: putting the store on a solid business foundation; moving the store to this location; many, many facility upgrades; and tripling sales in the last three years. If anyone could be irreplaceable it would be Mary Jo. Needless to say, she will be sorely missed.

Now, the good news. We have hired a new general manager, whom we feel is the best qualified in the country. Kenna Eaton, our produce manager will move over one desk and run the whole show on August 12. The store, the customers, the bakery, the take out, accountants and attorneys, the distributors and suppliers, the board of directors, all these and untold more will be her responsibility. But hey, she stuck her head up and said that she would do it. Congratulations, Kenna.

Losing Mary Jo has been my worst Co-op nightmare for several years. But I suppose a much worse nightmare is Mary Jo not doing what she feels is right for her life. Kenna and Mary Jo have been working well together to make this transition go smoothly. This is the beginning of an exciting new chapter of the book of the Moscow Food Co-op.

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DAY / WEEKEND TRIPS

Those interested in meeting about possible day or weekend trips in the Palouse area are encouraged to call Bruce Harding at 332-7749, or leave a message at the Co-op office. He is trying to arrange such a trip for July.

COUSCOUS: The Tender Heart of Hard Wheat by Mike Ivey

It seems that many people have heard of couscous and some have actually tried it once or twice, but hardly anyone without a Middle Eastern background uses it regularly. This summer would be an excellent time to correct that oversight, because couscous is quick, easy, and versatile. Since it requires minimal cooking, it also makes a great backpacking food.

Couscous is simply cracked semolina, the hearts of hard durum wheat, the stuff from which pasta is made. It's available in bulk at the Co-op in both regular and whole wheat versions. As you might expect, the whole wheat kind has a coarser texture and a little more flavor, but preparation is the same.

There are two ways to cook couscous. The traditional method, used throughout the Arabic and North African countries, is to steam it over stew in a couscoussier, which is a deep stewpot with a perforated steaming pan in the top. Most recipes recommend alternately steaming the couscous and spreading it out on a tray to separate and fluff the grains, sometimes doing this three or four times and requiring more than an hour. The other method is to dump it into boiling water and cook it for about two minutes. Guess which method I use. In fact, I've never tried the traditional way at all, and probably wouldn't even if I did know where to find a couscoussier, because the quick way gives such good results.

So, more precisely, prepare couscous by stirring one cup of it into two cups of boiling water. Cover it and boil gently for one or two minutes (caution: I do mean 1 or 2 minutes. Don't overcook!). Then set it off the heat and leave it for about five minutes. Fluff it with a fork before serving.

Plain couscous is fairly bland, tasting something like unadorned pasta, so it needs to be spiced up or topped with some kind of flavorful stew. It can also be turned into a dessert by adding dried fruits, nuts, and a little sweetening. Like any basic grain, it can be adapted to many creative uses.

Here are two of my favorite recipes, one for home and one for camp.

Couscous Summer Salad

1 1/2 cups couscous	1 carrot (optional)
1 1/2 cups water	2 tea. parsley
1/4 cup oil	2 tea. basil
1 small onion	1 tea. oregano
1 bell pepper	1/4 tea. garlic powder
1 cucumber	juice of one lemon
1 large celery stalk	salt & pepper to taste
2 large tomatoes	

Cook couscous as previously described. Mix in oil as you fluff it. Chop all the veggies fairly small, then mix them and everything else into the couscous. Let it sit in the refrigerator for a few hours for best flavor. Serves 4.

MOROCCAN COUSCOUS

(from *Simple Foods for the Pack*)

1 cup couscous	1/2 cup chopped dried tomatoes
2 Tab. dried chives	handful of pine nuts
2 tea. curry powder	Salt to taste
1 Tab. vegetable bouillon powder	2 cups water
3/4 tea. garlic powder	

Mix dry ingredients. Add to water, boil 1 to 2 minutes, covered, then let sit 3 to 5 minutes. Fluff before serving. Serves 2.



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ORGANIC VEGETABLES

by Jim McPherson

The majority of Americans have odd priorities, when it comes to the food they eat.

"They want it beautiful, they want it cheap," says Kenna Eaton, the Co-op's produce manager. For those more concerned about their fruits and vegetables having flavor than unblemished surfaces, organic produce is usually their first choice--when available. And the only place on the Palouse where organic goodies are consistently available is the Moscow Food Co-op.

Because of American tastes, even the Co-op sometimes has trouble finding organic foods at affordable prices, said Kenna, but she manages to provide some at all times. She estimated she offers approximately one-fourth to one-third organic produce in the winter, perhaps two-thirds in the summer. But even here, most buyers make non-organic choices.

"I see more non-organic than organic, and I'd like it to be the other way around," Kenna said, adding that those who do make the organic choice tend to be vocal about their desires.

"I have a clientele that demands organic produce, for a variety of reasons," she said. "Those people will pay just about any price.... It's that important to them." The importance extends beyond merely improved flavor, she pointed out.

"By buying organic, you're making a political statement, not just for yourself, but for the safety of others." Because organic foods are grown without the use of harmful chemicals, they are probably healthier for the consumer, those who raise them, and those who live near the fields where they're grown.

Expecting cheap food, as Americans do, also puts a heavy economic burden on the farmer--and on the country as a whole, Kenna said.

"Organic," incidentally, means different things in different states, Kenna said, pointing out that Idaho just recently adopted organic

certification. To be "certified organic" now, produce has to be grown free of synthetic herbicides, pesticides and fertilizer, and grown in a place that has been monitored and free of all of those for at least three years.

"Organic transition" or "OGT" produce is that produced chemical-free during the three-year (or in California, seven-year) transition period before organic certification.

Organic produce is usually--but not always--more expensive than non-organic, and usually isn't as pretty. Because of nationwide demand, delivery systems for organic produce aren't as good, either--non-organic fruits and vegetables are delivered to the Co-op six days a week, organic varieties once.

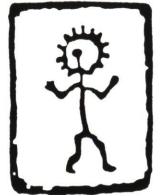
Until more Americans wake up to the benefits of organic foods--and the dangers, both economic and physical, of non-organic choices--that one day a week will continue to be the most important one for some Co-op shoppers.

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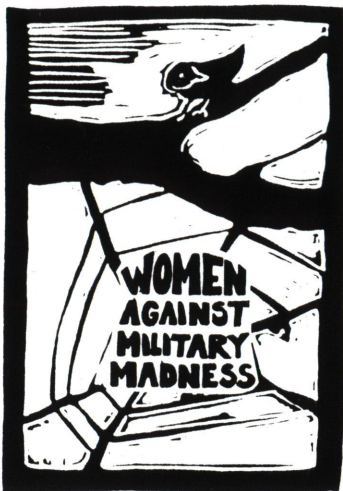
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GETTING TO KNOW PEG HARVEY-MAROSE

by Shawna Huggins

Peg Harvey-Marose earned a Masters of Divinity degree at Berkeley, and is now a candidate for ordination in the Lutheran Church. The first woman to be assigned an internship at the Lutheran Church in Juliaetta, Idaho, her pioneer status was difficult at times.

"I was ready to be there and do my work, but then I had to defend my right to be there; I had to defend my existence," Peg said. But even though she encountered resistance, she said she was amazed that only one person ultimately left the congregation because he could not accept a woman pastor. Looking back on the experience, Peg concludes that there is a lot of support for women in new roles.

"It is quiet support, but it is there," she said.

Peg became a member of the Co-op two years ago because of the good wholesome food it offers. She said she was raised on potato buds, minute rice, T-bone steaks and Hostess Twinkies; when she was in the fourth grade, she was put on tranquilizers for nervousness and stomach aches, but later found out that the problem stemmed from an allergy to red meat.

That was when Peg became a vegetarian and switched to whole foods. At first, her family thought she was weird to eliminate sugar and meat from her diet, but now they all shop at natural food stores, too. In fact, when her mother developed multiple food allergies five years ago, Peg took her a whole box of whole foods and all of her cookbooks, and taught her how to eat in a healthy way.

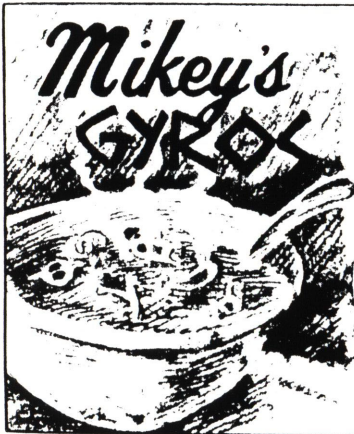
Peg lives with her husband, Kevin, and her 3-year-old son, Douglas. Her son's favorite food is tofu and rice, and Peg says the best year of her life was the year that she stayed home with Douglas.

"There is something magical about being a mom," Peg reflected. "You're more grounded in the reality of life. Time moves at a good pace, not too fast or too slow, and I enjoyed every moment of it."

As a member of the Co-op's board of directors, she also enjoys her volunteer work. She feels it is helpful to be in the store at least once a week stocking shelves and bagging chips; this enables her to get a good perspective on how the Co-op is meeting the needs of its customers.

Peg also works part-time for the University of Idaho Press, and likes to play the guitar and sing women's and social justice music (she'll be performing at Moscow's East City Park July 13 and Aug. 15). She and Kevin are also active in Citizens Against the War.

One of the most important things about the Co-op, Peg feels, is that it is family friendly, child-friendly and alternative-family-friendly; everyone is welcome.



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CO-OP CHEESES

by Cindy Braun

As one of the Co-op's volunteer cheese cutters, I am sometimes asked questions about the various types of cheeses we offer. This article addresses many of the most common questions.

There are five categories of cheeses: raw milk cheeses, unripened and ripened natural cheeses, hard cheeses, and mold-ripened cheeses.

Raw milk cheeses are those which are not made with pasteurized milk. Pasteurization destroys potentially harmful bacteria and tends to make cheese less full-bodied and more bland. When raw milk is used, U.S. law requires the cheese be aged for at least 60 days to render harmless any bacteria which may be present. The Co-op offers various brands of raw milk Cheddars.

Unripened natural cheeses are not aged, and are meant to be eaten soon after manufacture. Soft unripened cheeses have a higher moisture content and are highly perishable; they include cottage cheese, cream cheese, farmer cheese and ricotta cheese. Firm unripened cheeses have a lower moisture content, and include feta mozzarella cheese.

Ripened natural cheeses are aged under conditions favorable to growth of certain molds or bacteria which are responsible for the taste and texture. The longer a cheese ages, the more pungent it becomes, though cold storage slows the ripening process.

Soft ripened cheeses are prized for their rich buttery texture, and are best eaten at room temperature. All are free of coloring and preservatives. Imported Brie made from pasteurized milk offered by the Co-op fits into this category.

Hard ripened cheeses are the most popular; those offered by the Co-op include Cheddar, Colby, Edam, Gruyere, Havarti, Monterey Jack, Garlic Jack, Muenster, Swiss, Provolone and hot pepper cheese.

Hard, Dry or Grating Cheeses tend to be sharp flavored because they are aged for at least six months, and are used mostly for grating. They include Parmesan and Romano.

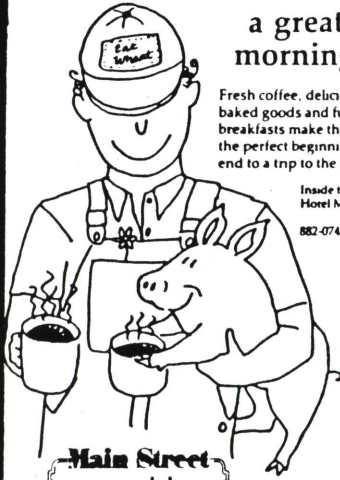
Mold-ripened cheeses are characterized by a tangy flavor and blue veins produced by the mold which grows in the cheese during the curing period: Bleu Cheese is the obvious example.

All unripened cheeses must be stored in the refrigerator; ripened varieties left outside the refrigerator will become stronger flavored. Natural cheese will not sour or turn rancid, but will become stronger until it reaches a point where its flavor and/or odor may be disagreeable. Mold on the outside of the cheese is not harmful and may be scraped off; it is a sign the cheese should be eaten soon.

A new chart posted on the cheese cooler is designed to help buyers become better informed; it supplies the calorie, calcium, sodium, fat, protein and cholesterol levels for various cheeses. Cheeses with other distinct characteristics, such as salt-free or soy-based varieties, will also be listed.

If you have a specific "cheese need" or a variety you would like to see added, let the Co-op staff know.

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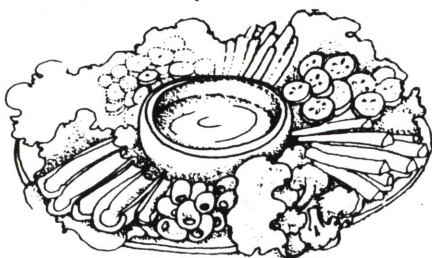
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PARKING LOT DANCE

An "Awareness Dance" will be held in the Co-op parking lot Friday, August 23, from 8 to 11 p.m. Admission is a \$2.00 donation.

Planetary Refugees, a rock n' reggae group that had the crowd jumping at the Renaissance Fair, will provide music for the dance, planned to raise awareness of various issues.


The Palouse-Clearwater Environmental Institute, the Coalition for Central America and Better Living, Inc. are among the groups expected to host information tables at the dance. The store will be closed, but the upstairs portion of the Co-op will be open. Those interested in having a table at the dance should contact Mary Jo or Kenna, 882-8537.



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SURVEY RESULTS

The results are in on the Co-op's recent survey. The 101 responses (97 from Co-op members), and the biographical data offered by those who took the time to fill them out, provided some interesting information, according to general manager Mary Jo Knowles.

"Compared to 10 years ago, (our customers) are older, and make more money," she said, adding that this bodes well for the future stability of the Co-op.

Eighty-four respondents filled out the biographical section of the survey; 62 of those were ages 30 to 50, with only 16 under 30. Income levels were more evenly divided, with 25 respondents claiming incomes of under \$10,000 per year, 20 in the \$10,000-\$25,000 bracket, and 29 making between \$25,000 and \$40,000.

The average amount of money spent monthly by the respondents on groceries is \$235.99; of that, an average of \$103.18 is spent at the Co-op.

Most of the responses were positive, said Mary Jo, but staffers did find room for improvement in some areas. One immediate change made as a result of the survey, she said, is the addition of a produce stocker for the afternoons, so those shoppers who stop in after work will have a good selection of fruits and vegetables to choose from.

Volunteer staffers will also be better educated in some areas, so they can more thoroughly answer customers' questions, she said.

The idea of allowing peace and environmental groups to use the Co-op mailing list was soundly rejected, 54 to 31.

The leading request was for more bulk foods. Other survey results, graded on a scale of 1 to 5 (with 5 the best) include:

As a member, do you think the Co-op is meeting your expectations? 5) 51; 4) 42; 3) 3; 2 or 1) 0

What do you think of our product lines? 5) 31; 4) 51; 3) 6; 2 or 1) 0.

To what extent do you find the staff helpful and knowledgeable: 5) 47; 4) 41; 3) 3; 2) 1; 1) 0.



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Several options were offered for the upstairs part of the Co-op; respondents reached no clear consensus on what, if anything, they would like to see done there. The leader in first-choice votes in the survey was converting it to a take-out deli, which Mary Jo said could be combined with a bakery outlet and the retail sale of non-food items now sold downstairs. No final decision has been made on the issue; survey respondents answered as follows, again on the 5-to-1 scale:

Take-out: 5) 33; 4) 16; 3) 10; 2) 9; 1) 8
Keep as meeting room: 5) 27; 4) 23; 3) 13; 2) 4; 1) 9
Juice Bar: 5) 23; 4) 10; 3) 12; 2) 9; 1) 14
Bakery outlet: 5) 21; 4) 15; 3) 18; 2) 8; 1) 5
Mercantile: 5) 18; 4) 15; 3) 18; 2) 10; 1) 12
Espresso bar: 5) 12; 4) 4; 3) 17; 2) 3; 1) 24
Business incubator: 5) 6; 4) 10; 3) 14; 2) 9; 1) 20

SURVEY RESPONDENTS: What They Said

Most of those who responded to the recent Co-op survey offered comments--some helpful, some supportive, some stern, some funny. Here are a few samples:

On the question of what customers think of our product lines: "I've commented before on a number of things I'd like to see, but never have seen any of them;" "You continue to stock some products that are not cruelty free;" "Goat's milk;" "More organic veggies;" "Real salt instead of sea salt;" "Less packaging;" "More clothes;" "Comic books;" "More decadent, less wholesome;" "Organic meats;" "Ben & Jerry's Ice Cream."

On the question of how helpful and knowledgeable the staff is: "I never ask questions of workers unless they are the regular staff--I've gotten wrong answers from others;" "Helpful and knowledgeable, but high turnover;" "They know everything."

On the question of allowing peace and environmental groups to use our mailing list: "I will not belong to a Co-op that trades/sells my name;" "I trust the judgement of our board and managers;" "Absolutely not;" "Down with bulk mail;" "Local groups only;" "Let me decide;" "Privacy please."

And on the question of the weirdest thing you've seen at the Co-op: "Blue corn flakes;" "Folger's coffee;" "Customer smearing lotion on staff;" "Babies helping their moms work;" "A 3-foot-by-4-foot pool of honey;" "Everyone smiling;" "Small red plastic lids without containers and with a relief of Cupid on top;" "Feminine napkins called 'Always';" "Chocolate bunnies;" "A republican;" Four individuals were also named in this category.

靈氣

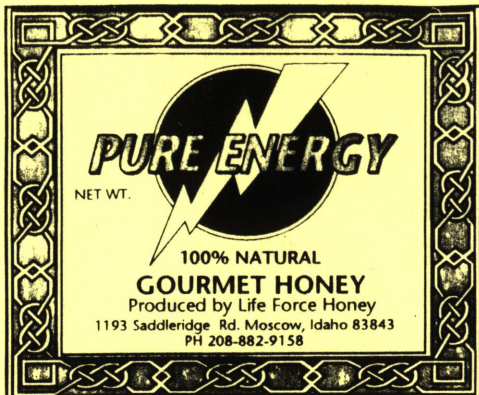
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