

Too busy to celebrate?

Moscow Food Cooperative

NEWSLETTER

Read all the way
to the back page
and find out...

comes to the rescue.



What You Can Do

June, 1991

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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.

OF WALK-INS AND DELI FOODS

by Mary Jo Knowles

Why did we do it again? Why remodel the store to accommodate the new walk-in cooler just 18 months after we remodeled the store to accommodate the old walk-in cooler?

We needed the new cooler because our old dairy case was rapidly dying, because we needed more cold space for our expanding inventory, and because we needed to convert to a compressor that used ozone-friendly coolant. The new walk-in cooler/display dairy case solved all those problems.

The total cost was about \$13,000, including \$7,000 for the cooler, \$2,000 for the non-freon compressor, and \$4,000 for labor to install it. The Co-op took out a \$5,000 loan, plus used most of our savings, to pay for it.

I was gone on vacation during all of the hard work (good planning there, huh?), but we had hordes of volunteers moving food, constructing and destructing, and hauling debris. Our thanks to all of them. We especially thank board member Sarah Swett, builder Mary Butters, Curtis from C & J Appliance, McCoy Brothers Plumbing, and Lori Gregg, our electrician. Be sure to ask Ellyn about the runs to the dump with stopovers at Slurp 'N' Burp, and about the floods from the two ruptured pipes.

And now to another topic: deli foods. Cindy Tokarz was hired to work upstairs in the bakery and make it a deli kitchen as well. She'll be buying bowls and pans to stock our new commercial kitchen. She'll also be developing recipes for our new selection of take-out deli foods (pasta sauces, soups, humus, tabouli and the like) that we'll sell at the Co-op.

If the membership supports the idea of a deli in the survey, and if we can establish a market, we'll be expanding into a sit-down deli upstairs.

Laurie Cortright
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NEWSLETTER CHANGES

By Bill London

Ms. M. P. McHugh, who has reigned for the last year as co-editor of this Newsletter will (much too) soon be departing Moscow for the enchantment of the Greater Puget Sound Megalopolis. Our thanks for a job well done go with her.

Our neighborhood will be a little duller after she goes. Nursing care at Gritman Hospital surely will be duller as well without her.

Her replacement, Jim McPherson, will be climbing the corporate ladder to the co-editor position. He began as Newsletter folder (and has been doing very well there) and will be co-editing in addition to the folding job.

Jim's first issue will be next month's.

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TWO MOTHERS by Nancy Casey



We sit, two mothers, childless for the evening, eating out, enjoying the luxury of talking it all over uninterrupted.

We have had many variants of this conversation before, alternating roles. This time she laid out her dilemma while I listened. Her son has been so argumentative and obstinate lately. A request for simple family cooperation--to bring his lunchbox in from the car, for instance--is likely to bring on an angry accusation that she makes him do ALL the work so that she can do just nothing; the end result is tears and shouting, doors slamming and maybe even physical damage to the lunchbox. She, the adult, carries the burden of responsibility to make it not be that way.

It was my turn to say what she has told me in similar contexts, what we've learned in conflict resolution workshops and Parent Effectiveness Training. She knows. Like me, she's been a teacher, she's listened to herself and others talk these issues over in individual and group therapy, ACOA or Al-Anon meetings. She's read all the books, too. The issue isn't the lunchbox. Try to connect when the conflict isn't flashing. Spend some time. Once you make the effort to listen, you are always surprised to find out that something you never imagined is preoccupying your child and causing him stress. Give him room. Chuck your agenda. Help him talk.

I feel guilty responding so quickly and freely. I know what her life is like. A tough and tight schedule that includes pick up and delivery from day care, earning a living, laundry, shopping, meals, bills, minimum material maintenance on a household, and maybe, only maybe, enough sleep. So I am telling her that her problem is straightforward--it's caused by her being pressured and not taking enough time and will go away when she relaxes and makes the time to solve it. I am ready for her to be angry.

She leans across the table toward me, her eyes glistening, and whispers, "Nancy, why is it so HARD?" I want to put my head down and cry, too.

What do the numbers say now? The most recent one I heard is that 97% of us grew up in dysfunctional families. All we want to do is make it different. With effort and sometimes sacrifice, we can alter the outward trappings and provide a lifestyle or opportunities we wish we would have had. But isn't that just the first insidious lesson of the 1950's family unit?

I want to hand my children the safe and secure knowledge that they are loved unconditionally. I want them to love themselves unhesitatingly, to understand and express their feelings, to recognize their needs and take confident, guilt-free steps toward meeting them.



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HAVE YOU HEARD ABOUT QUINOA? by Shawna Huggins

My friends Chris and Marci have been telling me about a grain that they enjoy using in everyday cooking. It is called quinoa (pronounced "keenwa"). They use quinoa as a hot breakfast cereal with milk and honey, as a side dish at dinner, under vegetables for lunch, and anywhere that they would usually use basmati rice or couscous.

Quinoa was the staple of the ancient Incas and was referred to as the "Mother Grain" of the Inca Empire. It is grown on the high slopes of the Andes and the Colorado Rockies. It is a valuable whole grain food because it provides all the essential amino acids. It is, in fact, the only food from the vegetable kingdom that provides this excellent balance of amino acids--similar to the balance found in milk.

I found quinoa to have a very unique and delicious taste and texture. Its appearance, however, is quite unusual and takes a little getting used to. It cooks up to a multi-colored pattern of white, beige, and brown. The appearance caused my six year old to hesitate before trying it. So, we found it a good ingredient to add to lasagna. When making the layers of lasagna, put a layer of noodles, a layer of cottage or ricotta cheese, a layer of quinoa, followed by spaghetti sauce. Then repeat noodles, cottage cheese, quinoa, sauce, noodles, and top with cheddar cheese. This makes a very delicious and wholesome dish.

You can get organic quinoa at the Co-op for \$2.02 per pound. It can be found just to the right of the "best popcorn on the Palouse" popcorn bin which is above the almond drawer and across from the chip cart.

Quinoa cooks up quickly. After rinsing in a fine sieve, add one cup quinoa to two cups boiling water, stir, reduce heat, cover, and let simmer for 15 minutes. The following recipe starts with the basic cooking instructions, and then adds ingredients to spice up the quinoa for a main or side dish. Have fun!

Confetti Quinoa - from Laurel's Kitchen

- 1 cup raw quinoa
- 2 cups water
- 1/4 teaspoon salt
- 1/2 medium onion, finely chopped
- 1/4 each, red and green bell pepper, seeded and finely chopped
- 1 teaspoon olive oil
- 2 tablespoons chopped almonds or 1/4 cup sliced water chestnuts
- 2 tablespoons chopped fresh coriander leaves

Rinse quinoa thoroughly in a fine sieve. Bring two cups of water to a boil, then add salt and quinoa and bring to a boil again. Cover, reduce heat to a low simmer, and cook for 15 minutes.

Meanwhile, saute onion and pepper in olive oil. Combine with grain. Just before serving, stir in almonds or water chestnuts and coriander leaves. Check salt.

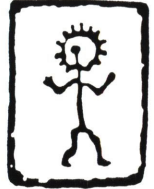
Makes 3 cups.

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If you don't know how to get to Robinson Lake Park, come in the store and ask Erika to give you a MAP!



Erika reminds you to celebrate the Co-op at the potluck picnic June 30. (She'll be closing the store early so we can all go)

ERIKA CUNNINGHAM, Grocery Manager
by Mike Ivey

Erika Cunningham says that the atmosphere at the Co-op makes her want to "take a deep breath and slow down." Probably a good idea. Erika is calm and easy-going, but she stays in motion to get things done. She also plunges into new projects without hesitation.

Until she became grocery manager last January, Erika wasn't even a member of the Co-op. She does have a good reason, though: she hasn't bought groceries for the past four years because she was eating nearly all her meals at Mikey's Gyros.

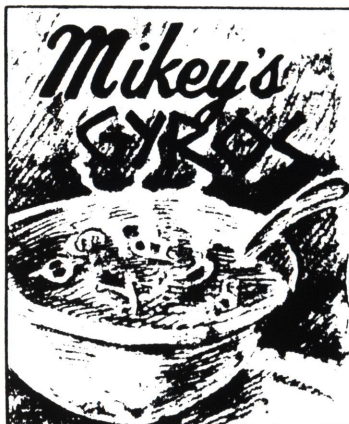
Of course, she was also working at Mikey's, first as waitress, then cook, then manager. She claims that when she started working there she couldn't even boil rice, but she got tired of waiting tables so she taught herself to cook. She still cooks for them part-time, even though she usually works a full 40-hour week at the Co-op. Long, busy days seem normal to her after seven years of work and school simultaneously.

Erika grew up mostly in Boise, so she started college at Boise State, majoring in music (she plays piano, flute and assorted brass). After one year, she transferred to the U of I where she changed majors "several times" and graduated last year with a degree in creative writing (short stories and poetry) and American studies.

She now thinks of Moscow as home. She shares a house with her sister, another housemate, two dogs, and a cat. She would like to have a lot more animals around, but there doesn't seem to be room--or time. Her younger dog is currently taking her to obedience class regularly.

In what little spare time she has, Erika mostly reads and writes. She also does some hiking and camping, and she tries to stay involved in a few of the local human rights organizations.

The four months Erika has been at the Co-op have convinced her that it's a special and enjoyable place to work. Most people shop here, she says, not because it's fast or cheap, but because they have made a deliberate choice. Although their reasons might range from better nutrition to reduced packaging, they all value the Co-op as an alternative to supermarket shopping, which gives rise to a strong sense of community among members. It also creates that atmosphere that makes some otherwise hurried people take a deep breath and slow down.



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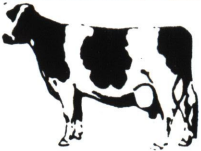
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ARTISTS / GRAPHICS WANTED

by Pam Palmer

I do the graphic layout for the Co-op newsletter. I like to collect graphics that I can use in each issue. If you have any to donate, or that I can copy, please leave them in the newsletter box at the Co-op. If you include original artwork that I end up using in future issues, you can receive discount coupons from our Co-Editor, Bill London.

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DAIKON - A VERSATILE VEGETABLE

by Colleen Ozora

Daikon (white radish) has long been popular throughout the Orient and is now available at our Co-op's vegetable section. A quick glance through most Japanese cookbooks will show it being served raw as a condiment, stir-fried by itself or with green vegetables, added to soups and stews, pickled, dried, boiled, marinated or cooked with seaweeds. Daikon is a vegetable that can be served year-round in various forms.

Daikon greens can be steamed or added to soups. Raw, grated daikon mixed with a little grated ginger and soy sauce makes an excellent condiment for baked fish. (I first marinate a fish, such as red snapper, in lemon juice and a little soy sauce for a half hour prior to baking. The soy sauce is optional.) Raw, grated daikon is also good to serve with tempura (deep-fried vegetables) or other foods that are oily or difficult to digest.

The following is a good dish using daikon:

Miso Soup with Daikon and Tofu

1 1/2 C. daikon, cut into 1/2" pieces
1 qt. water
kombu (1 3-inch length)
1 green onion chopped for garnish

1 C. tofu cut into 1" squares
3 tsp. miso
Chinese cabbage (separate stalks from leaves; slice into 1-inch pieces)

Saute the daikon in the bottom of your soup pot (either in water or in a small amount of sesame oil). Then add water and kombu broken into several pieces; bring to a boil. Simmer 5-10 minutes until the daikon is tender. Saute the Chinese cabbage stalks and tofu and add to the daikon. Simmer until the tofu rises to the top. Put the miso in a bowl or measuring cup. Add liquid from the soup pot and puree. Blend the miso puree with the soup and simmer on a low heat for 2-3 minutes. Garnish with the chopped green onions and serve.

Daikon and burdock root also go well together. Both of them may be used in a vegetable soup, together with other root vegetables such as onions and carrots, and green vegetables such as celery, bok choy and Chinese cabbage for balance.

Try adding daikon to your stir-fry vegetable dishes for extra tang and zest. Daikon goes well in chicken soup (or soup made with a mock chicken seasoning base). It also tastes good sauteed by itself in sesame oil and water and a pinch of sea salt. (Optional soy sauce may be added for flavoring.) Serve with hot rice.

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“Why does
the bird sing?”

Not enough shovels
Not enough shovels
Not enough shovels



BIRDS, WORMS AND ROTOTILLERS

by Pam Palmer

Sitting in the cool shade of the front porch, sunshine on my feet, proofreading the Quinoa article for this newsletter, everything suddenly clicked all at one moment. It was the sound of the birds. Their chirping was so clear, brilliant. It absorbed my attention and I understood exactly what Tom means when he tells our neighbor that he likes to dig our garden beds by hand rather than use a rototiller. He can still hear the birds, not to mention saving the worms from destruction. Whenever I heard Tom explain this to someone, or perhaps explain why he saws firewood by hand instead of using a chainsaw, I always thought, "Yes, birds are nice to hear." But it never sank into my heart before, not like this morning, the way the birds were sounding.

Oh no, terror. Those sounds, something is wrong. Get up. Rush around the corner of the house. Shit. Our cat, Starling--"Put the bird down!" My voice sounds too angry, too loud. The cat won't listen. The other birds sound frantic. "Here Kitty, Kitty, Kitty" in my nicest voice. ("You _ _ _ ing cat" in my head.) Starling is off. I see that the young robin is still alive. I can save it.

To the tool shed, following the cat. Trying to have my dog, Bingo, help me block her escape routes. I have her cornered, still talking to her in my sweet voice. Everytime my hand gets close she backs off. Why didn't her bell warn them? I reach behind the old sandbox leaning against the shed door. As my hand nears, I can see Starling grip down with her teeth, the bird going limp. Please be pretending. Stay alive! My fingers reach the scruff of her neck and I've got the cat. "Let GO Starling." Now my voice sounds angry again. I pry open her jaws and the bird falls to the ground. "Go Starling! Out of here!"

I put the bird in a potting bucket and see that its life is gone. I failed. I sob for the mama and papa birds and hear my own baby waking up from her nap. "Oh Brya, I couldn't save the baby bird." She looks at my tears in wonder. I hear birds everywhere. The parents want to know where their baby is. I put the cat in the house, then lay the lifeless young robin on the pile of rocks in our driveway. Maybe it is important for them to see their baby before I bury it. Who knows what the grieving process of birds might be.

The mama sits on a limb just above the rockpile, her song sounding melancholy. She flies away. I will bury the baby bird now, in my garden with the worms. I know that the bird will never be rototilled.

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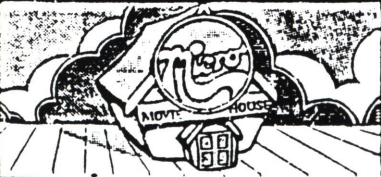
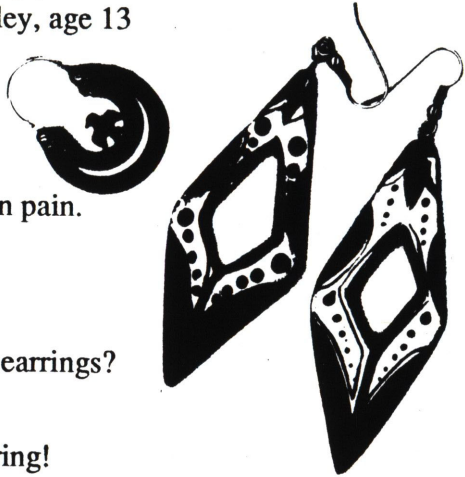
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EARRINGS

by Willow Gormley, age 13

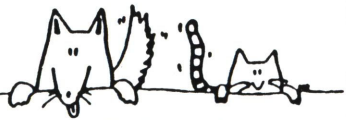
My earrings dangle,
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Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

FLIGHT, FRIGHT, OR FREEZE

by Linda Knighton

In nature, we are programmed for a fight or flight response to danger. Noradrenalin from the nerves is aided by adrenalin from our adrenal glands. Our muscles are tensed, but in our "civilized world", we are taught to stifle this response. For example, how often were you told, "Stand up and take it like a Man." or "Be a lady.?" So, we try to circumvent nature and instead of fight or flight, we freeze.

Lab tests on rats who were given electric shocks showed that it took only a short time for them to develop a weakened immune system. And in addition, the freeze reaction by our muscles causes a habitual tightening, hampering our free movement in many ways. The number of stiff necks in any given gathering is a symptom of this freeze reaction. So are bad backs (although mine was helped along by bad drivers and Parkinson's patients).

Management of this freeze response habit can be done through three methods: Hydrotherapy, Massage Therapy, and Dance Therapy. Hydrotherapy covers such things as swimming, floating, and the sauna. Massage Therapy uses direct manipulation of the muscles and other soft tissues to help them relax. Dance therapy frees the muscles to go from freeze to flight. Combined with specific mental goals, this can be a very powerful release.

The dance is usually free-form and done to music appropriate to express the dancer's goal. African drum music is great to release anger. Circle dances help bring groups together by literally getting them moving in one direction. The Viking Tangle Dance also literally tenses the group, then releases the tension. In addition, it gets the group problem solving together.

All of these are good, but I have found that hydrotherapy requires access to expensive equipment. Massage must include a willing Therapist who needs (and deserves) to be paid for each session, while Dance Therapy can be learned and done at home or office (if you aren't too embarrassed) with the tape recorder on.

I actually recommend all three as fun, relaxing, and healthy.

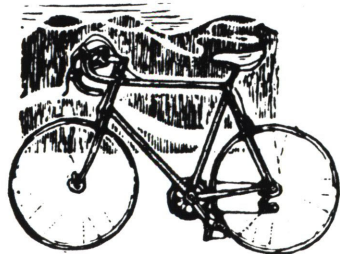


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WE CAN'T HAVE SUSTAINABLE AGRICULTURE WITHOUT A SUSTAINABLE CULTURE

by Andrea Brandenburg

The Palouse Clearwater Environmental Institute's "Agriculture, Environmental, Consumer Alliance Conference," brought together diverse opinions related to agriculture, environmental concerns, and food safety. Once again I was reminded that the food that we eat is a political statement, and we can't just sit back and get fed by what the government and big money corporations want us to eat. However, the information that we receive, to make the decisions of who to support and who to condemn can be skewed--we then can get into the simplistic mode of blame.

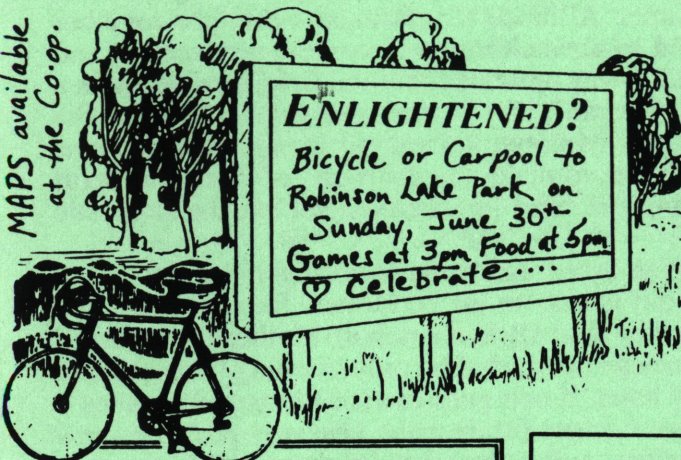
For instance, in the midst of academia, environmental circles, or even in an urban setting it is easy to blame farmers for environmental degradation. It is true they like all humans hurt Mother Earth, some more than others, but one can be blinded by only listening to one side of the story. On the other hand, if one goes to visit farms and ranches it can be realized that most farmers produce the best way possible--how they can sustain themselves, and if they could they would think about the future of the earth. The fact that 16% of rural America is impoverished goes to show their need to farm in a way that they can make profit or at least break even. Their poverty, in many cases, is due to the fact that Americans spend the lowest amount of their per capita income on food than anywhere else in the world, or ever in the history of this country. In addition, farmers only get 25¢ to the dollar, on average of what they produce.

So what is the problem? The Food Security Act is one. Although there are some positive changes in the 1990 bill dealing with environmental protection. It still favors big corporations. The farmers that we see every day around the Palouse are looked upon, by manufacturers and our government, as merely producers of raw materials. This in turn makes us "industrial eaters," as Wendell Berry puts it, unless we decide to make a change.

The best way to protect the environment, and to ensure that what and how we consume, is a positive political statement, is to eat what is locally grown, therefore supporting family farms, not the greedy corporations. Also, making a conscious effort to stay away from packaged, processed, and highly advertised food, ensures that more of the money that we spend goes directly to the farmer and not to all the possible middlepeople. This in turn saves our precious energy. Also, by supporting local producers we have more of a chance to know how sustainable our food is grown, whether it is organic or not. If we take responsibility for our actions we have more power than legislation does in influencing social change. By living and eating in a sustainable manner, we in terms of reality, are promoting sustainable culture--sustainable agriculture.

Too busy to celebrate? Well we're not, at least for a Co-op picnic. The store closes at 5pm on June 30th so even our staff can have fun! It's a **POTLUCK!**
B.Y.O.E.

MAPS available at the Co-op.



(Bring Your Own Everything!)
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Bye-cyclists will leave from Co-op parking lot at 2 p.m.

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