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MOSCOW FOOD CO-OP NEWSLETTER

March, 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.

DOING THE RIGHT THING - PART 2: How To Do It

by M. P. McHugh

Last month our Board of Directors came up with a plan to tighten up the requirements for working members (see February issue of Coop Newsletter). It was decided that each Coop volunteer will have a "COOP WORKING MEMBER CARD." This month, March, we are implementing the plan. Each working member must obtain a card (see sample) from one of the Coop's paid staff. Each week it is the working member's responsibility to have his/her card validated by one of our paid staff. Your card is good for one month. The card must be presented to the cashier every time you make a purchase. No card - sorry, no discount.

In the last month we have had 10, count them, yes 10 volunteers sign up for regular work hours at the Coop. This is a very welcome response to the Coop's recruitment efforts, and the Coop will continue to welcome new working members.

There are some interesting and fun positions for working members who enjoy working in a team. We need folks for the "Clean Team" and for our new "Demo Team." The "Clean Team" is about 4 hours a month, entails doing big cleaning during hours the store is closed. The "Demo Team" will work about 3 hours a week offering food samples and product information to Coop shoppers in the store. Contact Mary Jo Knowles, our Volunteer Coordinator, if you are interested in these jobs, or other Coop projects.

A special thanks to computer wizard Dean Pittinger who has put our membership on computer for the first time! Dean will continue to coordinate volunteers to do weekly membership updates on the Coop's computer.

And thanks to all our working members who are helping us to "do the right thing."

Co-op Working Member

Worker _____

Household Member _____

_____ % Good Until _____

_____ % Good Until _____

_____ % Good Until _____

_____ % Good Until _____



If you missed the first,
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**Co-op's 2nd
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BOARD OF DIRECTORS
by Fritz Knorr

Well, we had it. BODAR, the board of directors annual retreat, complete with self-mocking acronym. On February 17, your board slogged through the slush to Tim and Kenna Eaton's house out by Deary for a day of jawbonin'. Thank you Tim and Kenna.

Our big view of the Coop is that things are going well. Our long range plan is to keep things going as they are. There are lots of specific chores that need to be done, and we enumerated them, some for the 19th year running; but those projects are in support of the present structure of the Coop.

We have always been chagrined about the staff pay. As a drop in the bucket, all the staff will get a 5% raise on June 1. The new volunteer system is approved and will be in place this month. Our management structure is cemented in place with clear job descriptions for the managers. Year end financial reports show that the store is alive. The bakery was a great success for its first year. The search for a solution to the dairy cooler problem is moving along; ideas are flowing and we are getting bids from contractors. A new bike parking system will be installed any day. The crew working on getting our membership list into a database on the computer is almost done. And we have a new policy on petitions in the store. Basically, you have to clear a petition with Mary Jo.

Whew! Each sentence has a long story behind it. But I kept it short for my editor. The important thing to me is that these are issues that are resolved. Done. Almost. If you want to hear the long story, or if you want to help out on the unresolved morass, talk to me or any board member. The Coop is your store.



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1990 COOP FINANCIAL REVIEW by Debbie Reynolds, Bookkeeper

1990 was a good year for Moscow Food Coop. Our goals for expansion and development are being achieved. We are striving to further refine the bookkeeping and accounting to facilitate our planning and budgeting in the coming year. This is increasingly important as the Coop continues to grow in membership and product variety. Growth always seems to be a stumbling block for small businesses, so we're trying to be prepared.

Here is a breakdown of income and expenses.

Total sales = \$519,018.93 (includes Upper Crust Bakery sales)

Net profit = \$9,600.00 (before depreciation)

Largest monthly sales = \$55,000.00 (December)

Upper Crust Bakery Sales = \$3,000.00. This reflects a 13% profit and is a sizeable contribution to the investment in equipment and leanhold improvements to set up the bakery, which were about \$7,150.00.

Income from rent for upstairs room = \$2,000.00

Newsletter = not quite breaking even and costs Coop \$50.00 a month

Memberships increased by \$10,000 in 1990

Wages are moving slowly upwards as Coop seeks to strike a balance between fair wages and a reasonable percentage to the Coop.

Investments = In addition to the Bakery:

1. Tinting the windows to eliminate possible heat damage to goods and to decrease cooling expenses in summer.
2. Exterior paint job
3. New outdoor stairwell to access upstairs room
4. New signs on building
5. Beautiful new bulk bins and oil bins
6. Bread slicer and bread case
7. Heated honey dispenser with stand

NOTE: The building's landlord helped financially with exterior improvements.

VERSE FROM THE BAKER

You can yell about the forest
You can strike-n-spike-n-sue
But if you don't recycle this page
Then nothing will it due

You can howl about the ozone
You can weep and moan and wail
But if you use an air conditioner
It is to no avail

You can gripe about the system
All your live long day
But if you pay your taxes
You ain't got much to say

You can ferment revolution
You can bomb and burn and kill
But if you can't change your own life
You can't expect they will

Written by Kris Siess one morning in the bakery between the herb onion and the country white.

THE PEACE BUN DIVIDEND

by Ed Clark and Lee Anne Eareckson



The Coop Board of Directors enthusiastically supported the idea of a 5¢ donation for every peace bun sold. The donation will support local organizations working for environmental quality and planetary peace. The Board approved a plan to give proceeds each month to a different non-profit group.

The first recipient will be the Moscow High School Environmental Committee, which will use the funds towards its annual Environmental Symposium. Students from area high schools will spend 2 days learning about a spectrum of environmental topics including wildlife conservation, forestry practices, local recycling efforts, and the global energy crisis. Other projects that the Environmental Committee students have initiated include a ban on polystyrene in the School District cafeterias, a school-wide recycling program, and a sub-committee to help plan the prepared Environmental Park north of Moscow. The peace bun proceeds are much appreciated.

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PROFILE OF BRUCE ARBTIN

by Shawna Huggins

Bruce dreams of someday working for the United Nations in conflict resolution and solving international disputes. To fulfill this dream, he is currently working on his B.S. at the University of Idaho in Organizational Communications and Peace Studies. He then plans to pursue a Ph.D. in these fields.

Bruce feels strongly that it is important to work for peace and the unity of humankind. His beliefs are based on the Baha'i Faith, which he joined two years ago. A quote from the Baha'i Writings that expresses Bruce's feelings is, "World Order can be founded only on an unshakable consciousness of the oneness of mankind ..." He envisions a day when the whole world is seen as one country.

Bruce has been a member of the Coop since last summer and was recently elected to the Board of Directors as a staff liaison. He feels that the Coop is in a unique position to educate people in how to eat in ways that are not harmful to the environment. The emphasis on organic foods and recycling helps to teach the community the importance of living in harmony with the environment.

He also feels that the Coop demonstrates good principles of community living. These principles are manifested in the way that the Board of Directors is made up of volunteers who work together in a spirit of cooperation.



The willingness of the Board Members to understand the points of view expressed by all members, and to discuss these ideas until a solution is found, has impressed Bruce.

As part of his work in Organizational Communication, Bruce is studying and observing the way the Coop is growing and forming as an organization. His philosophy of Coop membership is that what you bring to the Coop, your interests and talents, is more important than the actual work you do there. In this way a community is formed.

Idaho Falls is Bruce's hometown. He moved to Moscow two years ago to attend the U of I. His daughter, Sharon Rose, 8 months old, is the apple of her daddy's eye. She is just beginning to crawl and this makes her Dad very proud.

When Bruce is not busy with school, the Coop, or the Baha'i Faith, he enjoys picnics under the trees, meditating, fencing, and frisbee. He'd like to say to everyone, "Be Happy and Joyful Beings."

PARADE OF LOVE
by Joan Ging - age 9



Here it comes ... the Parade of Love.
The band is like the bells in heaven.
The clowns are like the candy man surprising you with enjoyment.
The floats are like clouds that you ride in a dream.
The police are like warm soft bubbles that protect you from danger.
And the other people in the parade, are like your friends.
They love and care for you.

The parade of love is over, and you quietly walk away, ready to tell another about the parade of love!

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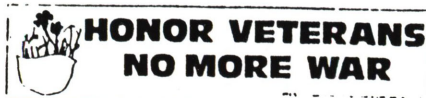
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DULSE: REAL SEAWEED FOR REAL PEOPLE

by Mike Ivey



Okay, so maybe you only think of seaweed as something unattractive that washes up on the beach. Or if you do consider it edible, you probably think of it as a fairly exotic ingredient of various Asian cuisines. Time to re-discover dulse. This common, leafy sea vegetable (apparently eating it elevates its status) is found along both coasts of North America and the Atlantic coast of Europe. European seafaring peoples have used it for centuries. Its name is from the Scots, who are not known for exotic cookery. In earlier times, it was also a common food in New England (and ditto on the cooking habits).

Dulse is a nutritious, low-calorie food, with significant amounts of most vitamins and minerals. It's especially high in potassium and iron, and it even has a bit of protein. The bad news is that it's also fairly high in sodium, for those of you who watch that sort of thing.

Dulse, like other seaweeds, is preserved by drying, so that's the condition you buy it in. You can find it in a gallon jar in the Coop's spice section. If the price startles you (just over \$30 a pound), remember that it's very, very light. Even so, you might consider it too expensive to use in really large quantities.

At some point in its preparation, dried dulse has to be reconstituted by soaking in water. If you need it in small pieces



rather than whole tangles of leaves, you can either tear it before soaking or chop it afterward. Of course, if you plan to boil it, you can skip the soaking and just rinse it well. Be sure to check it carefully for tiny shells clinging to the leaves.

Boiled dulse has the texture of well-cooked spinach or chard, and it can, in fact, be used in much the same way in recipes where it isn't the main ingredient. The flavor does have a noticeable deep-sea quality, but it's surprisingly subtle. Less subtle is the smell. If you really like the smell of the ocean, dulse is no problem; otherwise, you might find the aroma a bit overpowering at first. Just be tolerant and learn to associate that maritime odor with a tasty new food.

Here are two down-to-earth recipes to get you started with this out-of-the-sea vegetable.

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Oat-Dulse Scones

(from Rodale's Basic Natural Foods Cookbook)

1 cup loosely packed dry dulse
1 cup whole wheat flour
2 teaspoons dried thyme
3/4 cup water

2 1/2 cup rolled oats
1 cup finely chopped onion
1/4 cup corn oil

Soak and rise dulse. Chop it small. Combine with other ingredients and mix well. Preheat oven to 325K°. Shape into patties about 3 inches by 1/2 inch and bake on an oiled baking sheet for about 25 minutes. Makes 10-12.

Quick Veggie Soup

1 medium onion
2-3 carrots

3 medium potatoes
3 cup dry dulse (whole)

Chop veggies, tear and rinse dulse, cover with plenty of water, season generously with garlic and black pepper, and simmer until the veggies are soft enough for you. This makes a light, thin soup.

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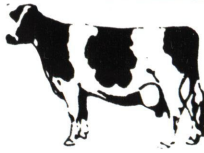
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EGG DYING NATURALLY

by Kenna S. Eaton

Coloring Easter eggs with natural dyes is an easy one-step activity that can be done by anyone anytime.

The colors and decorations of eggs by using plant stuffs give hen's eggs a subtle charm. Commercially produced eggs often have an oily residue from processing, that give a mottled effect when dyed--but that has its own beauty.

A handful of plant material to a pint of water will color 2 or 3 eggs. Simmer for 15-30 minutes until the water is colored. Add eggs one at a time and a tablespoon of white vinegar and simmer until they are a color you like and the eggs are hard-boiled--at least 20 minutes. Remove pan from the heat and let the eggs cool in the water.

Suggestions for dyes:

Orange: yellow onion skins--we have lots here at the Coop--just ask!

Yellow: carrot tops, marigolds, goldenrod and cosmos

Gold: 1 tsp. tumeric powder

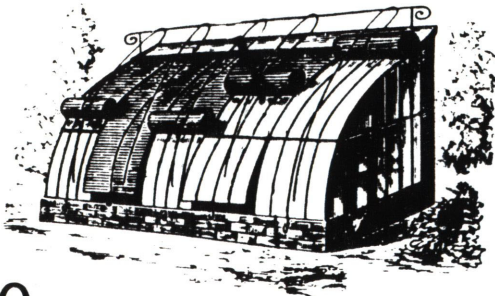
Mauve & Pink: red cabbage, beet peelings, blueberries and grape juice

Warm Brown: tea and coffee

Deep Brown: pecan and walnut shells

To create a design you can press leaves and flowers against the egg and wrap in an old stocking tied tightly with twist ties. Simply process as described above.

Make this a family project and have fun.



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