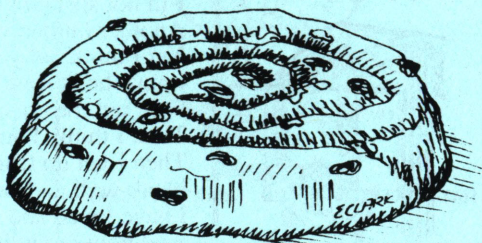


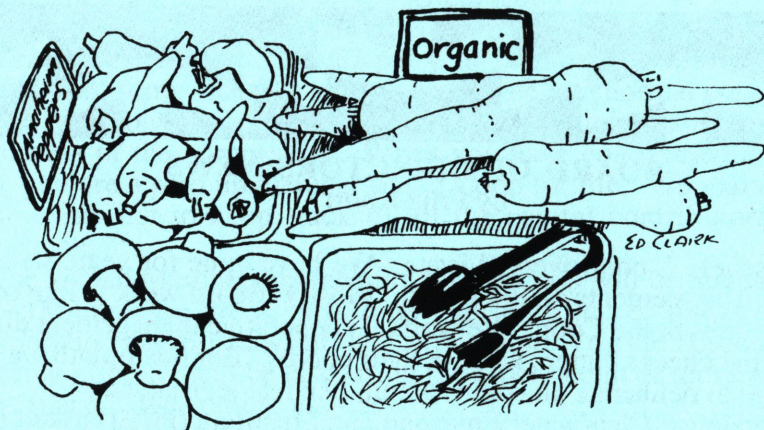
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## MOSCOW FOOD CO-OP NEWSLETTER



May, 1991

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

Published by the Moscow Food Co-op  
310 W. Third  
Moscow, ID 83843  
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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.*



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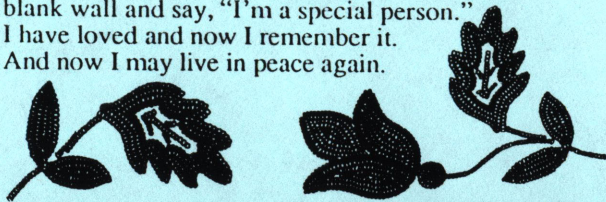
Hours: 11-8 Monday-Thursday  
11-9 Friday / Saturday

## I HAVE LOVED ...

by Joan Ging (age 9)

Me.

I sit and stare at a blank wall and think.  
I'm not special. I'm just another human.  
Another human who hasn't done anything to be special.  
Yet I think, why am I here if I'm not special.  
I must be at least a little special, or God wouldn't  
have put me on such a beautiful planet.  
Then I think, I am special and that can't change.  
Then I get up from my hypnotic position by that  
blank wall and say, "I'm a special person."  
I have loved and now I remember it.  
And now I may live in peace again.



## BOARD OF DIRECTORS NEWS

by Fritz Knorr


An issue! A controversial issue. We have gone for years without any real disagreements on the Board. Mostly, Board work is like other volunteer jobs at the Coop. We work at cooperative management duties just like the cheese cutters work at their chores. But this month we had something to deliberate and opine about, like real legislators.

The Palouse-Clearwater Environmental Institute (PCEI) asked us if they could use our membership list for their April membership drive. We have never let anyone have our members' names before. Initially, my opinion was, "Hey, why not?" I'm a strong supporter of PCEI. Other Board members, however, were vehemently opposed to violating the privacy of our members. A strong, gut level revulsion to direct contact, junk mail and phone solicitation is widespread in our country; and some Board members didn't want the Coop to be any part of that. I can't give the positions of the individual Board members because individual opinions flipped back and forth during an animated discussion. I myself changed sides three times.

Finally, we realized that we didn't have to make a decision. We decided to go back to the members for feedback before proceeding. Please help us by filling out the survey in this Newsletter. One of the questions is about whether or not to release our membership list to peace and environmental organizations.







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**POLENTA: TRANSPLANTED CORN**  
 by Mike Ivey

About three centuries ago, Italian cooks adopted the New World tomato so quickly and thoroughly that it is now a traditional ingredient in much of their cooking. Many people don't realize that the same is true of corn, in the form of polenta. Polenta is coarsely ground dried corn, something like a very, very coarse corn meal.

To make the traditional food of the same name, bring 3 3/4 cups of salted water to a rapid boil, then slowly sprinkle in one cup of polenta, stirring constantly. As soon as it begins to thicken, reduce the heat and simmer for about 30 minutes (be warned - boiling polenta spits viciously! Use a deep pot and a very long spoon). When it is very stiff and relatively dry, turn it out onto a large plate or shallow baking dish. Flatten and smooth it into a cake about an inch thick. You can now slice it into chunks and serve it like bread (I find it rather bland this way) or you can top it with some kind of sauce. Marinara, creamy mushroom, or cheese sauces work well. I've also seen ratatouille suggested as a topping.

Another option, which I prefer, is to let the polenta cake cool and become more solid. Sprinkle it with grated cheese, such as parmesan and romano, and with Italian herbs sauteed in a little olive oil, then bake it at about 350° until it gets hot and steamy. Or, you can top it with pizza sauce and cheese, maybe adding olives or mushrooms. You can also slice up the cold polenta into thin squares and fry them in butter, margarine, or olive oil. These are good as is, or with a sauce.

Still another variation is to add a heaping teaspoon of mixed Italian herbs to the boiling water before stirring in the dry polenta. Then stir in some grated cheese before it stiffens up and you'll have a flavorful dish that won't need sauces or toppings.



Of course, polenta meal can be used in many other, non-traditional ways. It can be added to breads or muffins to give a heavier, coarser texture. It can thicken soups or stews. Many people even suggest cooking it as a hot mush for breakfast. These people, I promise you, are not Southerners. Take it from a southern boy--if you want corn for breakfast, get real hominy grits, preferably yellow.

For a more tasty variety, try this tamale pie with polenta crust (adapted from *The New Laurel's Kitchen*).

**Filling:**

2 C. cooked beans (pinto or kidney)  
1 onion, chopped  
1 clove garlic  
1/2 C. chopped black olives  
1/2 C. chopped bell pepper  
1/4 C. chopped celery  
2 T. tomato paste  
1 t. salt  
2 t. chili powder or chopped fresh chillies to taste

**Crust:**

3 C. water  
1 C. polenta  
1 t. salt  
1/2 t. chili powder  
1/4 C. grated cheddar cheese

Saute onion and garlic in oil. When nearly soft, add chili powder and crush garlic. Continue to saute until fragrant. Mix beans (whole or mashed, as you prefer) with tomato paste, using enough liquid to thin. Add this and remaining ingredients to onion, get it all hot, then set it aside.

Stir the polenta into the boiling water, add salt and chili powder, and cook until thick, stirring as needed. Spread 2/3 of this into a greased 8" x 8" pan, covering the bottom and sides. Pour the bean mixture into this crust, then spread the remaining polenta on top. Sprinkle with grated cheese and bake at 350° for 30 minutes.

Serves four.

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## **COOP ANNOUNCEMENTS AND HAPPENINGS**

by M. P. McHugh

**Seed and Start Fair:** Saturday, May 11th from 8 am to 1 pm in the Coop parking lot. Buy, sell or barter your garden starts and seeds. Get ready and be there.

**Peace Bun Dividend:** This month's recipient is the Coalition for Central America. For every PEACE BUN sold during the month of May, 5¢ will be donated. Buy Peace Buns!!

**Product Request List:** There is a list kept at the check-out counter for requesting any product or item you would like the Coop to carry. You may also write down any comments or feedback you have. Erika Cunningham will bravely reply to your comments and requests.

**Wanted: Coop Newsletter Editor:** Edit the newsletter every other month. Experienced and/or highly motivated to learn required. Responsibilities include: soliciting and facilitating articles from Coop and community members; gently prodding others to meet deadlines; writing one or two articles every other month. 13% discount monthly, plus the fun of meeting with new people and working with Coop staff and Co-editor Bill London. Position to begin in June. Contact Bill London by leaving message at Moscow Food Coop.

**Recycle:** More plastic bottles can now be recycled in Latah County. So please do your share and help save the landfill space and our environment. Look on the bottom of the bottle for the triangle of arrows--the recycling symbol. If the number in the triangle is 1 or 2, you can recycle the bottle at Moscow Recycling Center, 245 N. Jackson Street. Please, throw cap away, rinse bottle well, crush and put in a paper bag or box. Remember to look for the recycling symbol on the bottom of the plastic bottles BEFORE you buy them. Can you buy a comparable product in a container that is #1 or #2? Can you buy in bulk, using a glass or recycled plastic container? Think about it. Do it.



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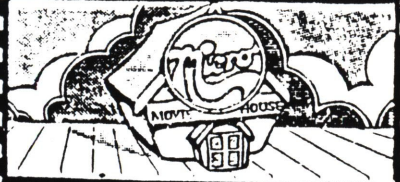
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**ANDREA BRANDENBERG**  
by Shawna Huggins

For Andrea, who grew up on a ranch in South Dakota where steak and potatoes were prominent on the daily menu, the Coop offers a fun opportunity to discover alternate ways of eating and thinking about food. Andrea likes the way that the Coop educates consumers about agriculture and where their food comes from. She feels that the Coop gives people an alternative to traditional eating and packaged foods. Simply wandering up and down the aisles at the Coop will give a person ideas for new ways of eating. And don't overlook Andrea's favorite--Monster Cookies.

Andrea, 22, has worked as a checker at the Coop for almost 1 1/2 years. Her position at the Coop is much more than just a job to her. She feels that she is working, living, and realizing her life principles and goals through the educational, cooperative, and beneficial atmosphere of the Coop. It is very important to her to help people to understand that human beings are a part of the ecosystem.



Andrea is a Senior at WSU and will be graduating with a degree in Agriculture and Public Policy in May. She hopes to go on to Graduate School to study Natural Resource Science. Her long term goal is to develop ways to make public policy so that opposing groups can come together in a peaceful way. She plans to work toward preserving natural resources and rural communities. She also wants to help people become educated so that they can see the whole picture around an issue, because she feels that oversimplifying an issue can be damaging. She doesn't want to tell people what to do, but she wants to make sure that they have all the facts so that they can make intelligent choices.

Between her school work and her work at the Coop, Andrea is very active in Amnesty International and Students Against Hunger and Homelessness. She also enjoys Yoga, camping, and riding her mountain bike. So, don't be surprised if on a sunny day you see Andrea biking from her home in Pullman to the Coop.

Andrea feels that Coops are a very ethical way of the future, and she is very proud of the fact that, "Our Coop works!"



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## OPEN HEART, HEALTHY HEART

by M. P. McHugh

Recently, I went to Spokane to hear an extraordinary physician, Dr. Dean Ornish. What's so special about a medical doctor that I would drive 90 miles for a 90-minute lecture? Plenty. Dr. Ornish has dared to venture forth and get to the root of the problems of heart disease. He offers more than hope, he provides us with the choice for a lifestyle that focuses on wellness.

The good doctor is speaking my language. In a medical system that often treats symptoms rather than underlying causes, and body systems are treated as separate from the mind and spirit, Dr. Ornish has made the proverbial paradigm shift a reality. Disease is not the enemy, rather our teacher. Prevention and the understanding of symptoms are essential to attaining wellness. The focus of Dr. Ornish's program is to empower his patients to make positive, comprehensive lifestyle changes that will not only prevent but actually reverse heart disease.

The "Dr. Ornish Program for Reversing Heart Disease" is wholistic. It involves regular exercise and yoga practice. He advocates a vegetarian, low-fat low cholesterol diet (10% fat, 70% complex carbohydrates, 20% non-animal protein). Emotional support groups play a key role in Dr. Ornish's wellness program. The support groups along with relaxation and stress management provide the would-be victims of heart disease with an understanding of the other "functions" of the heart. The impact of emotions on heart disease, I believe is great. Just how many of those who have suffered a heart attack are actually suffering from 'broken hearts'? The heart symbolically and spiritually is the seat of acceptance and affinity with ourselves and others. We cannot heal ourselves, our relationships or our lives unless we open our hearts to self-love and acceptance. Dr. Ornish recommends opening our hearts to healing rather than surgery, changing our diets rather than taking expensive cholesterol-reducing drugs.



The Dr. Ornish Program is radical, idealistic and it works. He gives us more knowledge than we've ever had before ... about the nature of heart disease ... about how to stay well ... about how to be well. I find it a wonderful model for an integrative approach to healing. I meet many folks who have chronic heart disease in my role as an intensive care nurse. The situation, like the disease, is often complex. I don't simply have a 'patient with a heart attack'. Rather, I find myself assisting a person who has gone through a life-threatening experience and is now faced with acceptance, healing and recovery of not just his/her heart attack but of an entire lifestyle. It feels overwhelming and impossible at times. The Dr. Ornish Program provides guidelines for recovery and healing. It empowers us to take an active role, to take responsibility for and find meaning in our healing rather than surrendering to a system outside of ourselves. The program offers hope and choice not only to those who have suffered heart disease ... but it offers me a hope and a choice, something tangible and whole to offer to others and to myself.

[The program is described in detail in the book: *Dr. Dean Ornish's Program for Reversing Heart Disease*, Random House Publisher.]

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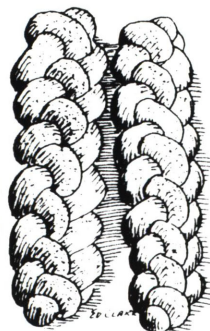


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## BURDOCK ROOT - A Wonderful Weed

by Colleen Ozora

Burdock is a sturdy plant with heart-shaped leaves, numerous round heads of purple flowers, and a tap root capable of penetrating even the hardest, poorest soil. For hikers who've encountered it, the sharp burrs with which the plant is covered leave no doubt as to the origin of its name. Now, burdock is available at the Co-op.

Native to China and Siberia, burdock has been cultivated in Japan since the 10th Century; it was first introduced to Europe from Japan and is now found in many parts of the world. Throughout the Orient the plant has long been valued as a food-medicine. Medicinal tinctures prepared from its seeds are used to treat conditions such as psoriasis, eczema, hemorrhoids and chronic sores. Burdock root tea is recommended for rheumatism and gout. While many farmers in this country consider it a noxious weed, burdock actually has a very beneficial effect on soil that has been impoverished and compacted by modern farming methods. Its roots secrete a dissolving substance that eats its way through packed, stiff soil, pulverizing it and thus making the area more hospitable for cultivated crops by giving them more access to water and nutrients. At the same time, it helps to bring rich minerals up from the soil.

It is the burdock root which is most valued as a food. Burdock may be boiled, sautéed, baked, deep-fried or pickled. I prefer to add it to root vegetable or bean stews, or to stir-fry and simmer it in a Japanese style known as *kimpira*.

The following is a recipe for carrot-burdock *kimpira* from Aveline Kushi's *Complete Guide to Macrobiotic Cooking for Health, Harmony and Peace*. It's delicious as a side dish served with rice and a main dish such as a vegetable-tofu stir-fry and soup.

The usual recipe calls for two parts carrots to one part burdock, cut into matchsticks. Sauté the burdock first in a little oil for 2 to 3 minutes; then add the carrots and sauté for 2 to 3 minutes longer. Add water to half-cover vegetables and a little tamari soy sauce. Cook until almost tender. Add more seasoning to taste and a little grated fresh ginger, and cook off the remaining liquid.

Carrots and burdock may also be cooked *nishime*-style. Cut both vegetables into big chunks and boil in a little water. When half cooked, add a small amount of tamari soy sauce. Cook until almost tender, add seasoning to taste, and serve with the juice or cook off the remaining liquid. Garnish with roasted sesame seeds.



In addition, burdock adds a rich, hearty flavor to soups or stews. To prepare, scrub the roots well (don't peel) and slice them julienne style. Then carefully sauté the burdock root for 5-10 minutes in sesame or toasted sesame oil (I use a small quantity, just enough to brush my cast iron pan with), and then add to your favorite vegetable or bean soup recipe. Burdock and carrots go well with garbanzos, black beans or lentils. You may want to try the following lentil soup recipe (again from Aveline Kushi's cookbook):


1 cup dried lentils  
 2 onions, diced  
 1 carrot, diced  
 1 small burdock, diced

1/4 to 1/2 teaspoon sea salt  
 1 tablespoon chopped parsley  
 Tamari soy sauce (optional)  
 1 quart spring water

Wash the lentils and drain them. Layer vegetables in a pot, starting with onions, then the carrot and burdock. Spread the lentils on top. Add the water and pinch of salt. Bring to a boil, reduce the heat to low, cover, and simmer for 45 minutes. Add the chopped parsley and remaining salt. Simmer for 20 minutes longer and serve. Tamari soy sauce may be added for flavor.

Variation: The vegetables may be sauteed first and then cooked with lentils as above.

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Fill out the survey while at home or in the store. When you return your copy to the Coop we'll give you a FREE sesame candy!

## I LOVE MY COMPOST PILE

by M. P. McHugh

Hail to the microbes of my compost pile now bustling with activity in the warm spring weather. Busy they are enhancing decay and breaking down plant tissue. Gone is the old spaghetti, the apple cores, moldy bread and eggshells. Mixed with last summer's grass clippings, my kitchen waste is transformed into a dark pungent organic mass of humus, ripe and ready to return again to the earth. So simple, so ecologically sensible ... so why don't more urban dwellers do it?

I'm proud of my compost. It gives my household the finishing touch of order. Everything has a proper place -- including the garbage. I would hate to think of the broccoli stems, sour grapes and autumn's leaves lying in an unsightly heap with styrofoam cups, broken toys and old Reader's Digests at the landfill. Rather, I can see the results of many happy microbes in action, right in my own backyard. Don't know about you, but I feel responsible for my garbage; how much, what kind and where it ends up in the big scheme of things ecologically.

Composting certainly hasn't taken up much of my time, and I make it easy on myself. You can be as elaborate as you wish, depending on your needs in terms of volume and types of materials you want to decompose in your backyard. I constructed a very simple compost bin using some heavy wire mesh and some recycled speaker wire (truly folks, that's the extent of my technology). I formed the flexible wire mesh into a cylinder and strapped it together with the speaker wire. It works great for composting the organic matter of four human beings. It's light, portable, perfect for an urban transient type like myself. I can pack it up and take my microbes with me when I go. Yes, that's right. I can take my microbes with me when I go.

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## MOSCOW FOOD COOP 1991 SURVEY

By sharing your opinions with us, you can help the Coop grow in a direction that meets your needs as a member. We appreciate your candid comments.

A. Are you a Coop member? Yes \_\_\_\_ No \_\_\_\_

NOTE: Please check only one answer.

Excellent

Poor

B. If "yes" to 'A': As a member do you think the Coop is meeting your expectations?  
Comments:

	5	4	3	2	1
--	---	---	---	---	---

C. If "no" to 'A': As a customer do you think the Coop is meeting your expectations?  
Comments:

	5	4	3	2	1
--	---	---	---	---	---

D. What do you think of our product lines?  
Would you like to see more or less of anything?  
Comments:

	5	4	3	2	1
--	---	---	---	---	---

E. To what extent do you find the staff helpful and knowledgeable?  
Comments:

	5	4	3	2	1
--	---	---	---	---	---

F. We're thinking of changing the use of the upstairs. Here are some ideas:

Bakery Outlet	5	4	3	2	1
Juice Bar	5	4	3	2	1
Take-Out Deli	5	4	3	2	1
Mercantile (housewares/books, clothing, etc.)	5	4	3	2	1
Espresso Bar	5	4	3	2	1
Keep as is, meeting room	5	4	3	2	1
Alternative business incubator	5	4	3	2	1

Comments:

G. Should we allow peace and environmental groups the use of our mailing list? Yes \_\_\_\_ No \_\_\_\_ Comments:

What's the weirdest thing that you've seen in the Coop?

Optional: Household Size \_\_\_\_ Sex: M \_\_\_\_ F \_\_\_\_

Amount \$ at Coop per month \_\_\_\_\_

Amount of \$ spent on groceries/month \_\_\_\_\_

Age	Income
18-20	Under 10,000
20-30	10,000 - 25,000
30-50	25,000 - 40,000
Over 50	Over 40,000



Glenda Marie Rock III



*Writer  
Clairvoyant  
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## NEW IN THE HERB AND SPICE DEPARTMENT

by Kenna Eaton

Customers have asked for more dehydrated vegetables--so we got 'em! Now you'll find dried carrots, corn, celery, leeks, mushrooms, peas, bell peppers, potatoes, spinach, tomato halves and tomato powder. Dehydrated veggies retain most of their natural food value because it has been "locked in" not cooked out. This makes them a 'natural' to take along on camping trips or keeping for emergencies. They're light, nutritious and a taste delight.

Baked, chopped, sliced and diced veggies will rehydrate when placed in cool water that is then brought to a boil and simmered 15 to 20 minutes. The general rule is to use 3 cups water to 1 cup dried veggies.

The best sellers in this department are our three stew mixes, onion soup blend and "bacies" (imitation bacon bits made from TVP, soybean oil, salt and natural flavors).

Many of our regular shelf convenience items also lend themselves well to traveling: instant refries, TVP, Quick Pilaf, Pasta Salad, Tabouli, Hummus, Mayacama's instant soup, Ramen and dried fruit. Happy Trails!

## Palouse Counseling 883-3132

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Barbara Wallace, MSW, CSW  
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and seniors. Variable fee scale.*

*Evening & weekend  
appointments available.*

*Remodeling of any kind  
fences, roofs, decks,  
painting, landscaping*

**Fix it up!**  
MARY BUTTERS  
Builder  
Home Improvement