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Moscow Food Co-op Newsletter

*Australian
Tree Kangaroo
by Celina Thomas
- Age 10*

November, 1991

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**OPEN MONDAY TO SATURDAY: 7:30 AM TO 7:00 PM
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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.

NOTES FROM THE UPPER CRUST

by Ed Clark

The big season for baking is now upon us. The upper crust is gearing up for the period between Thanksgiving and the new year.

Along with the demand for special holiday items, we will also be servicing the coffee shop at the upstairs Holiday Bazaar with a new line of pastries and goodies developed by Laurie Cortright (our decadent food Czarina in residence) and some savory munchies by Annie Hubble, the "take-out queen."

Ari Burns joins the rest of the buckaroos--Kris Seiss, John Rickerd, and myself--and brings along a lot of good experience in food preparation.

Beginning this month, we will have slight increases in the prices of some of our products. We've held off as long as we could, but with prices for ingredients, labor, equipment, etc. ... well, you know how it is.

We've kept the 100 percent whole wheat at \$1.99 per 2-pound loaf, because our foremost commitment is providing basic whole-grain bread at a reasonable price, and handmade, organic whole wheat at less than a buck a pound still can't be beat.

As always we'd love to hear from you who taste our wares, and gladly solicit comments, criticism, suggestions and praise.

TURKEY DEADLINE

November 10 is the deadline to order natural turkeys for Thanksgiving dinner; there is a sign-up sheet in the Co-op.

No price had been set by press time.

Palousination

Rolling Hills Productions

an album by John Cronin featuring
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Available in November at the Co-op Holiday Fair, at Pterodactyl Tape and Disk, Paradise Ridge CD's and Tapes, BookPeople, and Backtrack Records. In Pullman at Budget Tapes and Records and in Lewiston at Pepperland Records and Tapes.

New Products Corner

by Erika & Renee

Sure, we're always adding new products. Please give these a try and let us know what you think.

Essential Body Moisturizer by Zia is a gel-like moisturizer, not greasy. It's made for all skin types, is not tested on animals, and comes scented or unscented.

J.R. Liggett's Old-fashioned Bar Shampoo is made by hand from one hundred percent natural oils and no animal products or preservatives.

Matador Salsas and Sauces are made locally, in Pullman, are fresh-tasting, and are available in bulk.

In addition, we have drawstring pants from Tibet, plus new bags, purses, and backpacks from Tibet, Bali, and Guatemala.

Our Local Rankings

by Sam M. Zinser

Everybody here likes to discuss college rankings. There's football rankings (Pac-10, Big Sky, and all the rest). There's certainly money rankings (in private donations received, salaries among peer institutions, and all).

And now we have the war rankings. As with many things, locally we're not doing too well. But at least we're in the running.

Of the top 150 American universities (top in terms of receiving the largest volume of military contracts), WSU is number 113 and the University of Idaho is number 119.

If you think that ranking is still too high, contact the War Research Information Service at (617) 354-9363 or the local group Citizens Against War at P.O. Box 2989 Campus Station, Pullman WA 99165.

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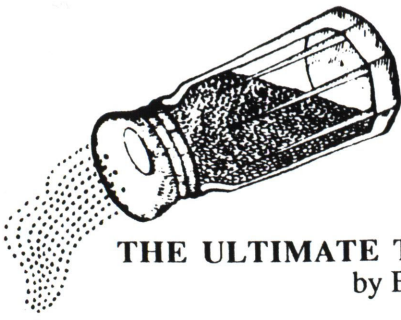
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THE ULTIMATE TASTE TEST: BABY LUNCH

by Barbara L. Walker

I knew I would need some help on this one. My mission: to tell you about the new line of instant foods from Paradise Farm. But how could I make a judgement on instant Hummus when I had not even tasted regular Hummus? After some consternation, I called out the babies. About every other week a bunch of moms and babies (and a couple of siblings) get together and play and talk and eat good food. They have been very helpful in our family's transition to healthier eating, not to mention my sanity as a mom. Last week they helped me taste test the four foods I want to tell you about.

This new line of foods from Paradise Farm is available in bulk here at the Co-op. They are Instant Refried Pinto Beans, Instant Refried Black Beans, Instant Split Pea Soup and Instant Hummus. (And, of course, we still carry Falafel.) The instant foods are very good, very quick and very easy. People at the baby lunch liked all of it, especially the refried beans. "Amazing," said Pam. "Great," said Ann. "AaaaaDaaDa," screamed Tegan. A couple of people thought the Hummus could use more garlic.

This is my kind of food. I plan on having it for lunch on those days when I'm chasing two crawling babies, answering 273 questions from my other day care kids and listening to Ben's latest explanation of Saturn's rings. On days like that, I'm going to put 88 cents worth of Paradise Farm Instant Split Pea Soup in a bowl, pour in twice as much boiling water, stir, let it stand five minutes while I change a diaper or two, wash hands and eat. Then on days when I've washed three loads of laundry, Tegan hasn't taken a nap, Ben has had thirteen friends over, Cupcake ran out of the yard to eat the compost pile and I just remembered we have a potluck meeting to go to, I'm going to throw a couple of cups of Paradise Farm Instant Refried Black Beans in a pan, add an equal amount of boiling water, stir and cover for five minutes while I grate some cheese and throw some plates in the diaper bag. We're ready to go. Then on those rare days when Tegan takes a three-hour nap, none of my day care kids show up, we aren't running out of socks, I plan on reading a good book, taking a nap and when supper time rolls around, Steve will whip up a batch of Paradise Farm Instant Hummus, warm up the pita bread and we will be fed and happy, all before seven p.m. And think of the feast we could have on a backpacking trip!

You see, Paradise Farm is bringing back Good Food. Mary Butters (founder of PCEI, carpenter of the Co-op) owns five acres out on the back of Paradise Ridge and she is dedicated to bringing us healthy food that is produced and processed and packaged locally in ways that preserve the health of the Earth and the creatures who belong to the Earth. She maintains a humane low-tech work environment, uses recycled/recyclable packaging, and is working with local farmers to encourage transition to organic farming practices. And 10% of the profits go to peace and environmental groups.

At \$7.02/lb. for the Instant Refried Beans and the Split Pea Soup and \$8.47/lb. for the Hummus, you may think it is expensive. But it doesn't take a lot of any of these products to feed you a good meal. Mary found that everywhere she turns, it costs more to do things ethically. The way I see it, you are going to pay at the cash register or you are going to pay with your body and your soul and the life of this Earth. We can't afford to be penny wise and Earth foolish.

Holistic Stress Therapy



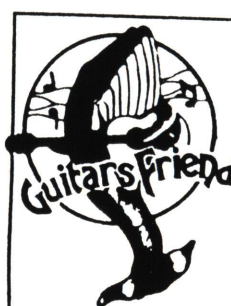
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GREEN PARTY HITS IDAHO

by Jim McPherson

The Green Party has arrived in Idaho, and a petition drive is now under way in some parts of the state to try to have the party placed on state ballots for the 1992 general election. A total of 8,179 signatures from registered voters are needed by August 30, 1992.

Not surprisingly, Idaho's most active Greens are in the Wood River Valley, that central part of the state which includes Sun Valley and Hailey. The Sawtooth Greens were organized in March, and chapters have since been established in Boise and McCall.

The Green Party movement began in Germany, and has been a potential political force in Europe for almost a decade. At least 18 states in this country now have party affiliates, as well. Environmental concerns draw many of its members, but the party has 10 "key values," reprinted below, in part, from Green Paper, January 1991:

- Ecological wisdom: operating human societies with the understanding that we are part of nature, not on top of it;
- Grassroots democracy: Developing systems that allow and encourage people to control the decisions that affect their lives;
- Personal and social responsibility;
- Nonviolence;
- Decentralization: restoring power and responsibility to individuals, institutions, communities, and regions;
- Community-based economics: redesigning work structures to encourage employee ownership and workplace democracy;
- Postpatriarchal values: replacing the cultural ethics of dominance and control with more cooperative ways of interacting;
- Respect for diversity;
- Global responsibility; and
- Future focus: inducing people and institutions to think in terms of the long-range future, not just in terms of short-range self-interest.

The Greens Need You!

Actually, locally, the Greens need anybody. There is no Green Party in this area, though it seems to me as though there ought to be.

As a full-time student with a job, I unfortunately do not have much time to donate to the cause. What I do have, though, is information about--and contacts with--the Sawtooth Greens, information about the party in general, and a copy of the petition seeking ballot status.

So if anybody is interested in taking the reins and actually starting a Green party here, or even circulating petitions, they can feel free to call me at 882-8088.

KIDS' PAGE

by Kelly Kingsland

This list of things are all things that you can find at the Co-op. See if you can find them in the puzzle below.

The words are hidden vertically, diagonally, horizontally and backwards. I've done one to show you how. Answers to puzzle and riddles on page 12

- Coffee
- Apples
- Falafel
- Chips
- Cheese
- Licorice
- Juice
- Honey
- Noodles
- Bread
- Cookies
- Tofu
- Smiles

F	A	L	A	F	E	L	M	G	K
Y	V	E	P	S	E	L	I	M	S
T	C	C	P	U	F	O	F	N	E
N	O	I	L	S	F	R	J	Q	E
I	O	R	E	M	O	P	U	A	E
D	K	O	S	J	C	H	I	P	S
T	I	C	D	H	I	P	C	P	E
O	E	I	G	L	D	O	E	U	E
F	S	L	B	R	E	A	D	I	H
U	H	O	N	E	Y	S	C	D	C

Now see if you can answer these riddles. Hint: they're all about things you can eat.

I have eyes but cannot see; a skin but not a face;
when farmers dig up ground for me
They find my hiding place.

A dish of all kinds of flowers,
You can't guess this riddle in two hours.

Round as an apple, Yellow as gold
With more things in it than your years old.

- ATTENTION! -

Kids, sharpen your crayons for Decembers' coloring Contest!



SARAH SWETT
by Jim McPherson

Born in Brooklyn and growing up in Massachusetts, she later lived and worked in the Idaho wilderness near the Selway, "as isolated as you can get in the lower 48." Having gone from one extreme to another, Co-op Board Member Sarah Swett might be compared to Goldilocks--she finds Moscow to be "just right."

Sarah says she enjoyed her time in the wilderness, but the isolation was too much for her, on a full-time basis. "I decided I like people too much for that."

So she moved to the big town of Peck, near the Clearwater River, where she had an aunt and uncle. She joined the Co-op then, and in August of 1987 moved to Deary so she could attend school at the University of Idaho. Just over a year later, she finally made it all the way into Moscow, joining now-husband Dan Edwards, a UI chemistry professor.

She and Dan soon moved into a house that--along with its lawn ornaments--is a landmark, of sorts, for some Moscow residents. The home has a name, which fairly well describes what it looks like: the Alamo. In the back yard are a nearly life-size ceramic palm tree and a giant metal flamingo.

"It was absolutely everything we weren't looking for in a house," said Sarah. "After we saw it, nothing else would do." Much of the living room of the Alamo is occupied by a loom; Sarah weaves tapestries, at least during the times when son Henry, who will turn 2 three days after Christmas, is sleeping or otherwise occupied.

She began weaving when Henry was born--"I never thought I had the patience before"--but had been working with wool for years before.

"I can't remember when I learned to knit," she said. From knitting, she went on to spinning, working her way toward becoming one of 40 to 45 members in her weaver's guild.

She began serving as a board member in December of 1989, and promptly missed her second meeting because of Henry's birth. She also passed up the board's annual retreat--which that year involved cross-country skiing to the retreat location--three weeks later, but said she hasn't missed a meeting since.

After 12 years in Idaho, "the longest time I've lived anywhere," Sarah remains content with life in Moscow. Asked about future plans, the top item on her list is "Hopefully, stay here."

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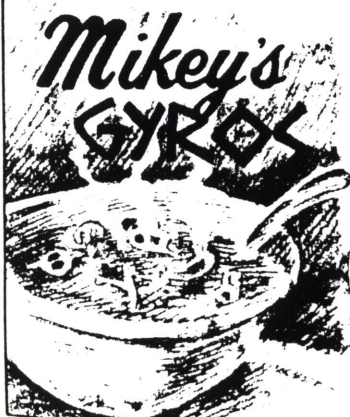
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Five New Fans Find the Moscow Food Co-op

by Charlie Powell

For Kathy VanKoevering, the choice was easy. In the fifth grade, the Saline, Michigan, native's class visited a commercial chicken and egg farm. As the class of wide-eyed youngsters were led into the room where baby chicks were being sorted, VanKoevering was overcome with horror.

A woman sat at a tilted table filled with the yellow, peeping chicks. With a keen eye, she sorted them by sex. Females were set aside to live on. Males were casually tossed into a gigantic, clear plastic bag to be crushed and suffocate under their own weight. The garbage can-sized bag VanKoevering remembers was already more than half full when she bolted and ran from the building.

"Outside I remember crying and having difficulty catching my own breath," said VanKoevering. "I vowed to myself then to become a veterinarian and a vegan, thereby helping all animals the rest of my life."

VanKoevering is now a senior veterinary student at Michigan State University. This summer she and classmate Cindy Segal traveled to Washington State University to take part in a history-making surgery course that minimized the use of live animals. In fact, the only animals the students operated on were ones that needed the surgery—spays or neuters—since the animals had already been claimed for adoption through the local animal shelter.

In traditional training programs, dogs destined to be killed at pounds and shelters are purchased by veterinary schools to undergo surgical procedures under anesthesia and then never allowed to recover. In 1989, WSU began offering an elective alternative surgery curriculum. The summer course was derived from the successes of the alternative program.

As juniors at MSU, VanKoevering and Segal had balked at killing animals in order to learn. Both received an "F" for their efforts even though the pair had informed the administration of their intentions as entering freshmen three years earlier and had asked that alternatives be developed. After numerous appeals, they were allowed to come to WSU to make up their "deficiency."

In Pullman, VanKoevering and Segal were joined by three other veterinary students from the University of California-Davis in a similar situation. They were five women, all vegans who eat no animal products, and the first students in veterinary history to have a chance to take an animal-sparing course outside their own curriculum.

WSU housing officials were notified ahead of time about the five students' eating preferences. There was never a question that they would be offered vegetarian fare as a matter of respect. But for true vegans, vegetarian food often does not meet their desires. By the end of the first day of class, they were asking, "Where's the Co-op in Moscow?"

Each was given a Co-op newsletter and directions. Soon afterward, they piled into the only car available to them and were headed to "real food."

"The Co-op is great," said Segal. "They have a good variety, it has a pleasant atmosphere, and the prices are affordable even for students. You guys are lucky to have one so close by."

The media was quick to pick up on the students' presence in Pullman and what that might mean to the future of using animals in teaching. An inevitable question was always, "Are you all vegetarians?" The five were pleasant enough with the constant bombardment and once went into detail to explain why they have the eating preferences they have.

"It is a progression," said Amy Geisse, a junior veterinary student at UCD. "First you rationalize not eating meat. That's fairly easy when you want to help animals live for a living. Next, you begin to look at milk, eggs, and cheese. Eventually, if you hold true to your philosophical values, you can't come up with any reasons to eat those things."

At the end of their three-week stay, the five students, and the instructors and staff who worked with them, were treated to a barbecue at Pullman's Kruegel Park. On the grill were both traditional and veggie burgers waiting to be served to hungry mouths and open minds.



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- a potato
- honey
- a pumpkin

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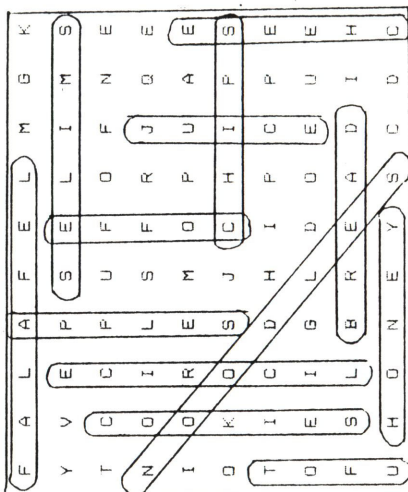
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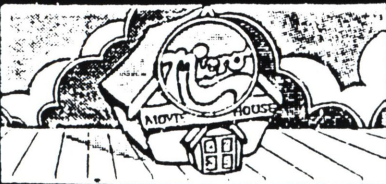
TAKE-OUT DELI TO OFFER HOT SOUPS

Just in time for the cold weather, hot soups will be added to the Co-op deli's menu this month.

The menu for the deli (part of the Upper Crust Bakery, upstairs), will still include salads, sandwiches, and the fun variety of speciality items now to be found. Check out the deli items in the produce case!

HOLIDAY BARTER FAIR

The Second Annual Co-op Holiday Barter Fair and Post-Nuclear Family Absolutely Free Holiday Exchange Extravaganza is coming! Look in the December newsletter for details.



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Niles Reichardt, D.V.M.
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Sunset

"Mommy, is it getting dark?"

"Yes, the earth is turning."

"Is it going to get really dark?"

"Yes." "Why? I'm scared of the dark."

"It's time for us to share the sun with the other side of the world."

"The sun comes back tomorrow?"

"Yes. Tomorrow it will be our turn to face the sun."

Firmness in the faith that the sun will rise in the morning brings peace.

Jill M. Hoyenga
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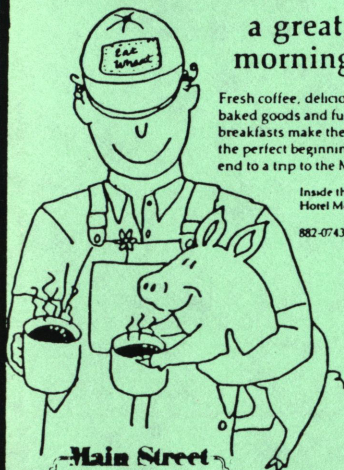
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