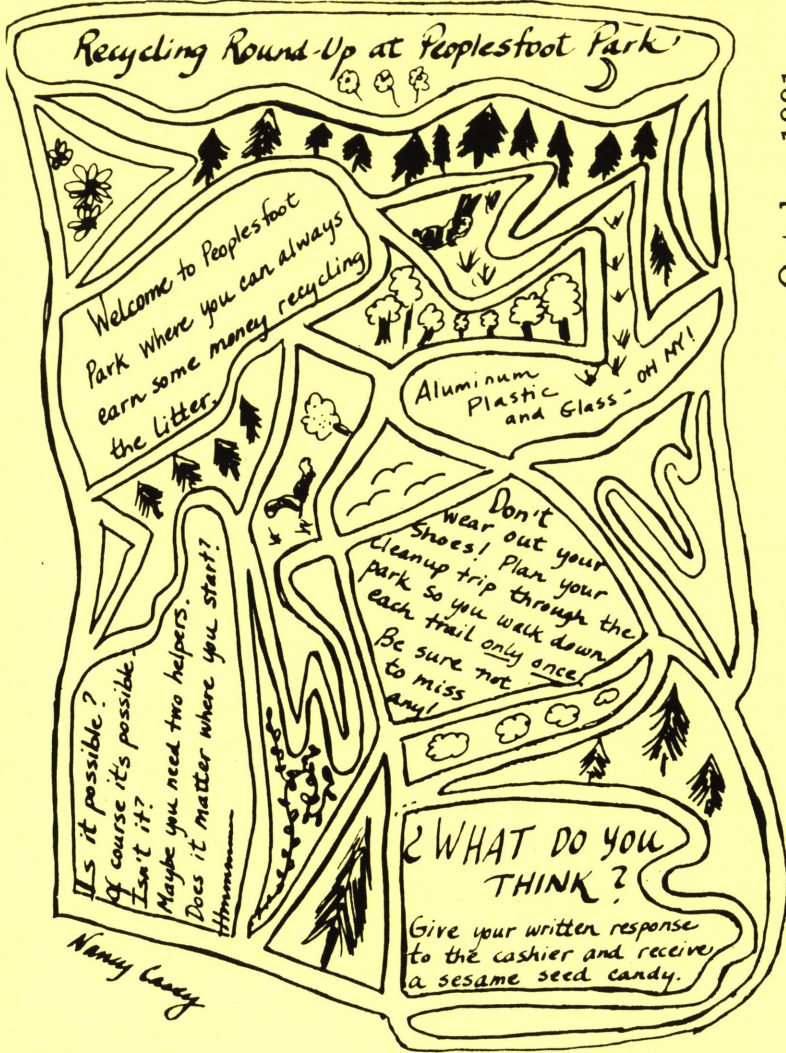


Moscow Food Cooperative Newsletter

October 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.

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Board of Directors News

by Fritz Knorr

First of all, we have a new Board member. Anne Adams was elected to the Board at our July meeting, and I'm sure that she doesn't feel "new" any more. Anne replaces Steve Thompson, who left town to work for the Montana Wilderness Association in Kalispell.

The date for the Annual Membership Meeting has been changed. The annual meeting will now be held at 7 PM Sunday, February 9, 1992. We changed the date in order to have the annual meeting immediately after the close of the fiscal year. That way we can tell the membership what happened the last year, and we can all make plans for the upcoming year.

The Board has adopted an entire new set of bylaws for the Corporation. This has been a long process, and you have read about that long process in this space before. But, now it is done. Copies of the new bylaws are available at the Co-op. Mostly, changes were made in order to clarify our compliance with tax laws and state corporate laws. I thank Peg Harvey-Marose for the work she put into this project.

The new bylaws change the management structure of the Co-op. The Board of Directors, who are elected by the members at the annual meeting, still have ultimate responsibility for the corporation. Now, however, to execute day-to-day management (and to comply with state code), the Board appoints a President, Vice President, Secretary, and Treasurer. These officers are employees who report to the Board. I am pleased to report that the Board has appointed Kenna Eaton to be President/Treasurer and Erika Cunningham to be Vice President/Secretary. Congratulations to both of them. I couldn't be more pleased with such a wonderful set of officers.

In other action, we approved the "Holiday Bazaar" in the upstairs room. We approved bonuses and raises for the staff. And we gave hearty encouragement to the new General Manager/President/Treasurer.

Rolling Hills Productions is pleased to announce the
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October is National Cooperatives Month

by Bill London

Are you feeling especially cooperative this month? I guess you know why—October is the officially-sanctioned and nationally-recognized month to honor cooperatives.

There's plenty of them in this area, from the farmer's production cooperatives like the Latah County Grain Growers, Inc., to electrical utility cooperatives like Clearwater Power Company. And, of course, the Moscow Food Cooperative.

Not necessarily in honor of National Cooperatives Month, but with nice timing nevertheless, the national magazine for co-op grocery stores, *Cooperative Grocer*, featured the Moscow Food Co-op on the cover and in a three page article inside (including some nice photographs by our local photog hero Marty Fromm) for the October issue. A copy of the article is posted at the co-op, on the board directly ahead inside the door from the parking lot.

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Easy Arancini

by Cynthia L. Rozyla

As a relatively new resident to this region, I have just begun to become acquainted with the wide variety of foods and products available at the Moscow Food Co-op. And, I must say that I am impressed. Having been a member of many co-ops in the past, I have found that this is one of the best-organized and most-inclusive of any I have experienced.

So, as I was looking for ways to become involved (and in the process accumulate discounts), I was excited to find that there was a position open writing for the newsletter. And, so, here I am.

However, much to my amazement, my first assignment was to try a new recipe, using products from the Co-op and passing this recipe along to all of you. Any of you who know me are well aware of my culinary talents (very minimal).

However, after much anxiety and even more research, I have come up with a recipe which, yes, even I could make successfully. I found this particular recipe in a cookbook I have had for years and used to use on a regular basis. . . *Ten Talents* by Dr. Frank and Rosalie Hurd. I chose this recipe because I thought it could be made a couple of days in advance and cooked when needed. I think, from talking with most of the people that I have met here, that this is one of the most common complaints in this area. . . not enough time in the day to do what needs to be done.

This recipe worked really well. I prepared it on Monday night, made a couple of the rice balls then, stored some in the refrigerator in ball form and cooked the rest two days later. . . with no negative ramifications!

ARANCINI (Rice Balls)

(Makes 12 balls the size of medium oranges)

- Cooked brown rice
- Arancini sauce (recipe below)
- 3 c. seasoned bread crumbs
- 1 qt. vegetable oil

- Open palm of hand, put in dry cooked rice and shape like a half ball. Make sure the “walls” of the ball aren’t too thick—just enough to hold together.
- Put a spoonful of mixed sauce in the center of the rice ball. Cover with more rice and form a firm, solid ball and seal in all the sauce. Shape firmly (like a snowball) to make sure the sauce will not leak out—otherwise the balls will fall apart when browning.
- Lay seasoned bread crumbs (or whatever you choose) on a piece of paper. Lay the ball on top of the crumbs and generously cover and pack until crumbs are not loose. I used Tofu Burger Mix from the Co-op and it worked really well!
- In a small, deep pan put enough vegetable oil to cover two rice balls. Have the oil very hot—just below smoking—so the balls will not absorb oil. If the oil gets cooler, the balls will absorb more oil. Very gently put the rice balls in the hot oil two at a time (to make sure the oil remains the same temperature), using a dipper if necessary. Leave in oil just long enough to brown nicely (about two minutes). Remove balls and lay on paper towels. Repeat until all rice balls are nicely browned.

Serve hot or cold. A tossed Italian salad would complete this meal. These would also work well as hors d’oeuvres—just make them much smaller.

Sauce/filling for Arancini

- $\frac{1}{2}$ c. or less thick tomato sauce
- 1 c. cooked frozen peas or any other vegetable
- 1 c. soy cheese or soy Not-Meat (recipe below)

Mix together tomato sauce, vegetables, and soy cheese. I used Muir Glen Organic Chunky Tomato Sauce from the Co-op (I must mention that this is the best tomato sauce from a can I have ever had!), diced onion and celery (worked excellently), and Nû-Tofû Mazarello from the Co-op cooler (also worked really well).

Soy Not-Meat

- 1 c. soaked soy beans (ground)
- 1 c. tomatoes
- 4 Tbs. toasted peanut butter
- 2 Tbs. oil
- 4 Tbs. soy sauce
- $\frac{1}{2}$ c. bread crumbs or dry oatmeal
- 3 tsp. onion powder
- 1 tsp. or less salt (to taste)



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Blend tomatoes, peanut butter, oil, soy sauce and seasonings in food blender. Add this mixture to the ground soy beans. Add bread crumbs and mix well. Fill two greased cans, cover, and steam for $2\frac{1}{2}$ hours. Let cool, then remove from cans and slice. Use for sandwiches, serve with gravy, or use in recipes.



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Watch for the Holiday Bazaar

by Bill London

Everything will be quite different upstairs at the Co-op during November and December. The Holiday Bazaar is coming!!

Beginning in early November, and continuing until the end of December, the Holiday Bazaar will be available to supply your holiday gift-giving needs. A wide variety of local and imported craft items plus regional food products will be offered for sale upstairs, along with beverage and food items for take-out or consuming there. And those who insist on calling this the Bizarre Bazaar will be abused by the Thought Police.

In the 1600 square feet of presently open space upstairs (now used for meetings and classes), the Co-op will set up display tables and shelves in the two-thirds of that area on the eastern side (by the stairs up from the parking lot). The one-third on the western side of the room upstairs (behind the accordion fold curtain, with the fireplace) will be transformed into a mini coffee shop.

At the coffee shop, you will be able to buy hot drinks like tea and coffee, prepared sandwiches, rolls, muffins, and various other goodies. Without good refrigerator space upstairs, cold drinks will not be available there. But, of course, anyone can buy drinks, prepared foods, etc., downstairs and carry them up to eat in comfort.

Access to the upstairs will be from the outside stairway off the parking lot. A small children's play area will be set up in one corner upstairs. A cash register will be set up at the head of the stairs.

In the dry goods sales area upstairs, you will have a choice of many local craft items. Those crafts will be sold by the Co-op on consignment, so if any of you want to try selling your handmade items there, contact Ellyn as soon as possible. In addition, the Co-op will be selling a wide variety (more than had been offered before) of such imported Third World crafts as bags, shirts, slippers, and pants. Also, plenty of regional foods, like dried morel mushrooms, wild rice, and lentil mixes, will be available there—plus calendars, seasonal fragrances, recycled holiday wrapping paper, greeting cards, and espresso machines for the hard-core coffee junkies.

How about making your own holiday gift basket for all those relatives stuck in New Jersey or California? You can buy the basket, throw in some huckleberry jam, a Co-op T-shirt, some tie-dyed scarfs, and a bag of St. Maries wild rice. All upstairs at the Bizarre, I mean Bazaar.

The fact that this is upstairs brings forth a major trauma for the Co-op Board and staff. The upstairs is not handicapped accessible. To make it so would cost many thousands of dollars, and just can't be afforded now. Thus, the agonizing on the part of the staff and Board. The only possible solution at this time is to offer a sampling of the items for sale at the Bazaar, downstairs where handicapped access is no problem. Those items will be for sale there, and the staff will *always and gladly* go upstairs to bring down other items for people who don't want to try the stairs. That may not be an ideal solution, but it's the best we can do.

And now the real story: this is actually just a marketing experiment. It would be good for the Co-op to expand upstairs permanently, because that would be a cost-effective way to use the entire building and because many more items could be sold both upstairs and downstairs than the Co-op now sells. However, such a major and permanent move of goods upstairs would require serious remodelling upstairs (including a solution to the handicapped access problem). And perhaps the sales volume just won't justify the expense. Of course, there's one way to find out—try it out.

If it works well during the Bazaar, it might be permanent later. That's a sensible give-it-a-fair-try (even organic) way to deal with it. The Board and staff will be evaluating the Bazaar experiment and (with your suggestions, opinions, etc.) will be deciding on the future of the upstairs later.

In the meantime, stop in and give it a try.

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Renee McNally Produces

by Barbara L. Walker

Norm came into my life before Renee but Renee has been a friend and an inspiration while Norm. . . well, Norm is a dog. Renee's Dog. They live in a little house across the road. When our dog acquired us, she became a fan of Norm (she worships him) and we became fans of Renee. So, when I had a choice between introducing you to humus or to Renee for my monthly newsletter article, I jumped at the excuse to spend an hour chatting with her.

Renee is the Produce Manager for the Co-op. When she first got the job, she came over to my house, nonchalantly sat down, and after a few minutes of what-have-you-been-up-to's she told me. As if she hadn't been doing cartwheels in her yard just minutes before. Really, cartwheels.

She was born in Oklahoma City, Oklahoma, and lived there for three weeks. Then came the first of eleven moves on her way to the Palouse. Before Pullman, she lived in Austin, Texas, attending University of Texas-Austin and working at a natural food store. First, she was the Cheese Queen, then worked on payroll for a short time. Then came her best job ever: Beer and Wine Woman. Eventually she came to WSU in pursuit of a teaching certificate. She worked for a couple of years with students with disabilities. And now, she keeps me stocked in organically grown grapes.

Our Produce Manager loves working at the Co-op in the relaxed atmosphere where serving people is more important than bringing in the bucks. Renee would like to see the Co-op doing more outreach work, which would allow staff members to offer their talents that aren't necessarily used on the job. This could mean classes in bread making or the use of herbs. She would like to see the community members be able to come to the Co-op for information on foods, vitamins, etc., as well as for products. She would also like to see the Co-op offer organically-grown meats so that people who choose to eat meat could do so without depending on meat producers who mistreat and drug animals.

Renee used to be actively involved in Citizens Against War, but has stepped back from politics for a while to concentrate on balance and health in her life. (She describes her recent life as a balance tipped way over on one side with the bowl about to slide off the edge.) Now, she has time for aromatherapy and long books. She is working on living peace day to day instead of trying to make huge global changes. She is also dreaming her future. She loves animals and children with a deep respect that I have seen in only a few human people. She is a good example for me and I am grateful that she is my neighbor and friend.

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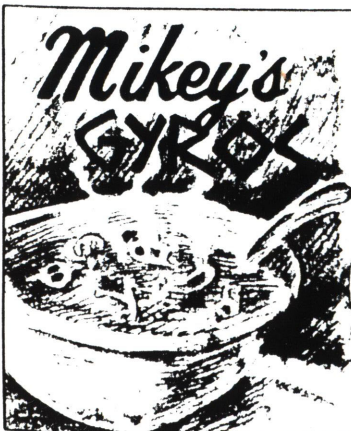
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Transportation for the Future

by Jeanne McHale

Picture the following scenario:

The year is 2005. An eight lane highway connects Moscow and Pullman. Commuters ride computer-controlled smart cars, one person per vehicle, which respond automatically to a centralized interstate traffic control system. The computer-controlled speed limit is 90 miles per hour—fast enough to blur the unsightly view of strip development along the Moscow-Pullman Corridor.

On the Moscow side of the state line, city officials and their intimately related planning and engineering firms have long ago removed the trees and sidewalks on what was once Third Street. The Moscow Drive-Through Food Co-op, like other surviving businesses, has converted to convenience store format, as foot and bicycle transportation are no longer possible. The alternative forms of transportation of the recent past were considered impediments to the flow of single occupancy vehicular traffic, and so have been relegated to the token linear confines of little-used pathways. All of these crowded greenbelts originate and terminate at the scene of a massive parking lot.

You don't like this imagined scenario? **Good!** Then get your butt in gear right now and oppose the proposed widening of the Pullman Highway—or, at the very least, demand that a bike path be included.

The Washington Department of Transportation is working **right now** on the plans for this project, to begin in 1995; meanwhile, city council members in Moscow and engineers at the Idaho Transportation Department are scratching their heads and trying to find cheap ways to satisfy the Bernoulli principle on their side of the state line. Already, their morally bankrupt solutions threaten to adversely affect our quality of life in Moscow.

If you feel, as I obviously do, that *cars* should be our *alternative* form of transportation, and that pedestrians and cyclists have the rights and privileges of any other minority, then please write to:

■ Mr. Jerry Lenzi
Washington Department of Transportation
District 6 Office
P.O. Box 5299 North Central Station
North 2714 Mayfair Station
Spokane, WA 99205

■ Mr. Kermit Keibert
Idaho Transportation Department
3311 W. State
Boise, ID 83720

Voice your concerns about the impact of widening the Moscow-Pullman Highway on the environment (e.g. Paradise Creek) and on our neighborhoods. Please send a copy of your letter to the Palouse Clearwater Environmental Institute, P.O. Box 8582, Moscow, for their records.

Also consider joining the Palouse Clearwater Environmental Institute and volunteering to work on the transportation committee, which needs people to help with the goals of establishing carpools, bike paths, and bus service on the Palouse. Call 882-1444 for more information about PCEI's work, and to find out when the transportation committee meets.

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Growing Grass-roots

by Wes Bonzo

INFACT

This international organization began in 1977 with the very successful boycott of the Nestlé Company of Switzerland. Nestlé was targeting its infant formula for third world nations in a marketing campaign based on erroneous and misleading information. INFACT led a ten nation boycott for seven years until the largest food company in the world changed its ways. But INFACT did not stop there.

In June of this year, INFACT marked the fifth anniversary of its current boycott against the multi-national corporation General Electric. G.E. was chosen by INFACT because of its serious conflict of interest. While producing various types of life-saving medical equipment, G.E. also produces more critical components for nuclear weapons than does any other company. G.E. maintains a Washington, D.C., lobbying staff of 150 people, and in 1990 spent an estimated \$270 million in public image marketing to show that "G.E. brings good things to life."

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CAFÉ SPUDNIK

Under President Reagan, who was host of the *G.E. Theatre* from 1958 to 1962, G.E.'s share of government contracts increased more than 300 percent, and G.E. now consistently ranks within the top three contractors to the U.S. Department of Defense. And, yes, it was General Electric that operated the Hanford Nuclear Reservation in central Washington from 1946 until the mid 1960's.

Because G.E. is such a large consumer organization, it can be greatly influenced by conscientious consumers. But G.E.'s overall sales are up, and greater awareness of this situation is needed if change is to occur. At 7 PM on October 10 at the Borah Theater in the UI Student Union Building, Seattle INFACT representative Wendy Call will introduce a 29 minute video produced by that organization. There will be a brief lead-in, with questions, discussion, and possible speakers afterward. Please bring your friends and family, or tell them about it. Donations will be accepted at the door, but are not required.

Cannabis Action Network (C.A.N.)

A recently-formed group based in Kentucky, C.A.N. will be making its northwest swing into Moscow on October 7th. This national grass-roots organization focuses on increasing awareness concerning the multiple uses of the Cannabis Hemp plant for food, fuel, fiber, and medicine. By touring the country, a network is established and C.A.N. will then be able to contact, communicate, and organize actions with interested parties. If you are not aware of the current injustices of this situation created by the "drug war," or if you want to learn more—please attend this informative discussion at 7 PM Monday October 7 at the Borah Theater in the UI Student Union Building. Donations will be appreciated, but are not required.


Both events are sponsored by University of Idaho Students for Peace.



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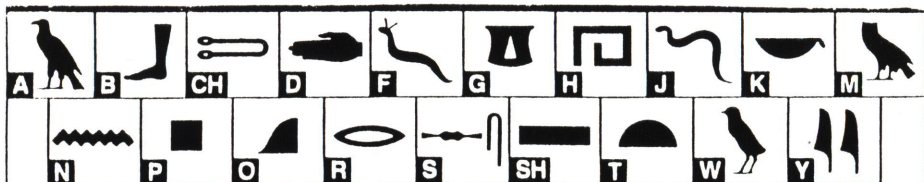
Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

Kid's Page

by Kelly Kingsland

This is my first time creating the page for kids, so if anyone has ideas or suggestions, please tell me or leave a message at the Co-op.

So, kids, after you figure out the message, try to discover the difference between the two Egyptians looking at the first word of the puzzle.

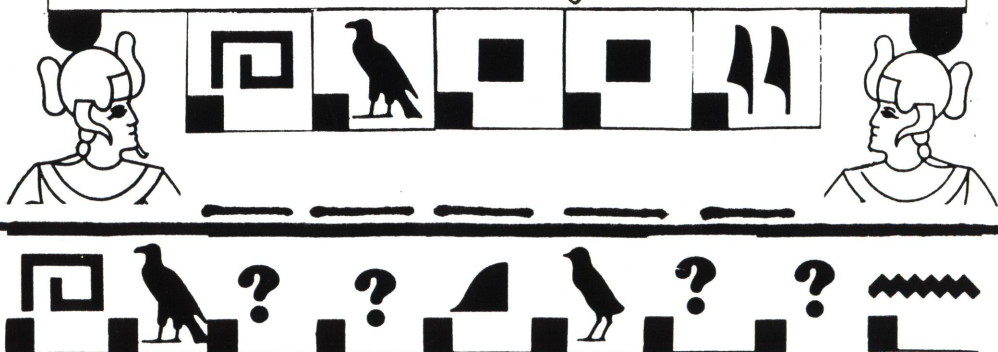


from an idea by Rebecca Ann Hirsch

If you had lived in ancient Egypt, learning to read and write would have been tricky. Instead of learning your ABCs, you would have had to learn to use about 700 pictures. These pictures, called *hieroglyphs* (Hi-row-gliffs), could stand for letters or words.

In the chart above are 19 ancient Egyptian hieroglyphs that sound a lot like the sounds in our alphabet. With the help of this chart, see if you can read the message below. There are no hieroglyphs for some of our English sounds, so we have placed a question mark where those sounds would go.

(Answer on the back page....)



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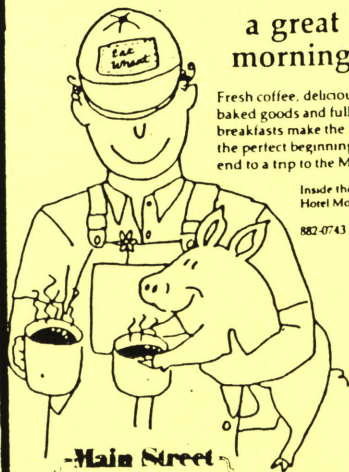
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BECKY HOSKINS

TOLECO STAR

Look Outside the Co-op

by Laura Church

Anyone who has stopped by the Co-op in the last month has probably seen our new exterior improvements. If you haven't noticed, we now have four-foot-tall vegetables on the Third Street side of the building, thanks to Linda Canary's great murals and Jack Carpenter's hard work spent hanging them.

We also have new bulletin boards outside where news, notices of local events, and what-not may be posted for all to see and use. I hope that people will take advantage of the free forum space, since we seem to have lost that opportunity downtown in Friendship Square.

Overall, the opinion seems to be that we look less and less like a Kentucky Fried Chicken outlet every day. Come on down and enjoy the beautiful fall weather at our picnic table. It's a great place to relax and be sociable.



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