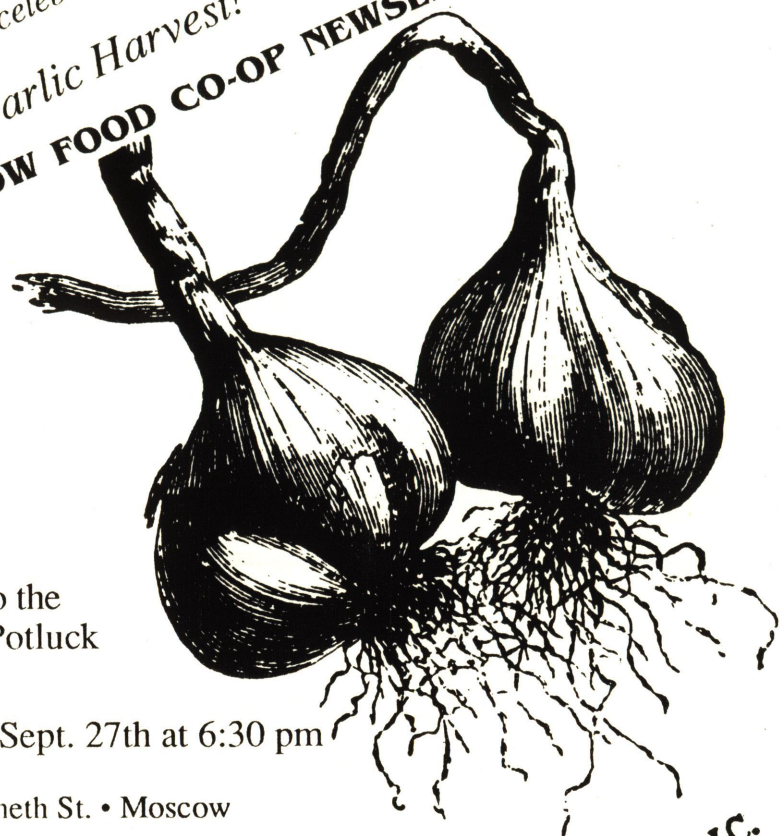


Day-11w
HD
3284
V48

Help us celebrate
the *Garlic Harvest!*
MOSCOW FOOD CO-OP NEWSLETTER



Come to the
Co-op Potluck

Friday, Sept. 27th at 6:30 pm

813 Kenneth St. • Moscow

Bring a food dish and your table setting.

GARLIC.

September, 1991

Editor: Jim McPherson
Layout: Pam Palmer
Advertising: Mary Butters
Typesetting: Nola Steuer
Feature Writers: Barbara L. Walker
Mike Ivey

Published by the Moscow Food Co-op
310 W. Third
Moscow, ID 83843
(208) 882-8537

PRINTED ON RECYCLED PAPER

OPEN MONDAY TO SATURDAY: 7:30 AM TO 7:00 PM
SUNDAY: Noon to 6:00 pm
WITH PLENTY OF FREE PARKING!!

The opinions expressed in this newsletter are not necessarily the opinions of the Moscow Food Co-op, its staff, or Board of Directors.

WELCOME BACK, STUDENTS

by Jim McPherson

Anyone who has tried to make a left turn onto Third from the Co-op parking lot knows it's that time of year: the college students are back.

In truth, of course, many of us never left. We enjoyed another of the remarkable summers Moscow and Pullman offer during the "quiet season."

Still, as a Washington State student married to a University of Idaho student, I recognize these schools are the lifeblood of the community. I'm returning to school after many years off, but even as a non-student, I appreciated the vitality the start of a new school year brings.

So let me take this opportunity to welcome back all those students who spent their summers elsewhere, along with all the newcomers. Let me also invite all of them, newcomers and seasoned veterans alike, to stop by the Co-op. I suspect you'll be pleasantly surprised at both the atmosphere and the variety -- and even the tastiest snacks are healthy.

KNEAD DOUGH?

A Special Opportunity to Make a Lot of Bread

by Bill London

At the Upper Crust Bakery, we're working our buns off to provide whole grain baked goods to our customers seven days a week. Even though we spend time loafing, we're on a roll and our products are selling like hot cakes.

Where do you fit in? As a working member, we practically guarantee that you'll clean up, while participating in a rising business.

"Enough of this floury talk and rye humor," you say. "How much time does it take, and what's in it for me?" Would you believe that with only three hours work per week you can meet fascinating people, learn the baker's art, and watch your dough double?

Save bread on bread making bread. In return for your three hours weekly, you'll receive the working member discount of 18 percent on all your Co-op purchases; this can add up to hundreds of dollars. For example, the \$2.25 loaf you thought was a bit pricey can now be yours for only \$1.85.

Punch in from 7 to 10 am any morning. Kneadless to say, since we keep baker's hours you won't have to mix up your whole day.

Come in any morning and talk to Ed or Kris, or leave your name and phone number with any staff member and we'll get back to you. Don't miss this hot opportunity!

- Matrix
- Vavoom
- Redken
- Biolage

A Cut Above Hair Design

882-2162

"Right behind the
Moscow Food Co-op"



Quality
Instruments,
Amps and
Equipment

Full Service
& Lessons

**BUY
SELL
TRADE**

309 S. Main St.

Moscow, ID
83843

882-1823

ORGANICALLY GROWN WEEK THIS MONTH

The week of Sept. 16-22 has been officially designated "Organically Grown Week."

In celebration, the Co-op will be offering special sales on organically grown produce throughout the entire month. Stop by today to see the fine selection, and enjoy the health and flavor benefits of the organic experience.

HOLIDAY BAZAAR

November 1st through December the Co-op will open the upstairs for retail sales of merchandise for the holiday season. We'd like to invite local crafts people to bring in handmade items for consignment sale. Please bring items or your ideas in during September-October. Ask for Ellyn or Kenna.

Holistic Stress Therapy



For individuals and
groups. Counseling,
imagery, and therapeutic massage.

Glenda Hawley M.A., Ph.D.

Moscow, ID 83843

208-882-3197

Gift Certificates Available

PALOUSE
Ocularium
VISION CENTER



Precise, professional eyecare

Comfortable atmosphere.

William R. French

Optometrist

7th & Washington

Moscow / 883-3937

CO-OP POTLUCK

Friday, Sept. 27
6:30 pm
813 Kenneth St.
Moscow

Bring a food dish &
your table setting.



MOSCOW FINE CRAFTS COOP

We feature locally
hand-crafted items

883-1464
312 S. Main

NO BEEF ABOUT TVP

by Mike Ivey

Editor's Note: This is Mike's last regular feature for the newsletter; he is returning to school. A big "thank you" for all of his work.

Whenever any of my omnivorous acquaintances ask about my vegetarian eating habits, they always get stuck at the point where they visualize all of their favorite meals without the meat. They conclude that vegetarians somehow survive on potatoes and broccoli. For people who want to prepare vegetarian meals, but have trouble altering their meat-as-main-dish outlook, TVP is ideal.

Textured vegetable protein, made from soybeans, can be used in place of ground beef and some other meats in many recipes. It's high in protein, low in fat, and free of cholesterol. Understand, now, that TVP doesn't taste like meat. In fact, it mostly relies on spices and other ingredients for its flavor. But it provides a chewy texture which is often lacking in vegetarian dishes, and it gives insecure cooks something to use where they think the meat ought to be.

TVP can go into some recipes as is, but it requires extra liquid because it soaks up a lot. Sometimes it's better to reconstitute it first by stirring 7/8 cup of boiling water into one cup of TVP and letting it sit for about five minutes. For more color and texture, dry TVP can be browned in a hot skillet, but it absorbs incredible amounts of oil, so either use plenty of oil or stir frequently.

One nice thing about TVP is that it tolerates a wide range of cooking time. Fifteen minutes is usually plenty, but an hour won't do it serious harm.

Add dry TVP to spaghetti sauce. Use it either dry or reconstituted in pasta casseroles. Mix reconstituted TVP with brown rice for stuffing peppers. Saute it dry with onion, season heavily with chili powder, and add tomato sauce to make sloppy joes. You can also make it into burgers, but I think Nature's Burger mix is tastier and less trouble, so I don't bother.

Here are two "meat substitute" type recipes that I still enjoy:

MEATLESS LOAF

2 C. TVP
1/2 C. flour
1/4 C. minced onion
1/4 C. minced bell pepper
1/4 C. chopped celery
1/4 t. thyme
1/2 t. chili powder
1/2 t. salt
dash garlic powder and black pepper

1 1/2 C. boiling water
1/2 C. tomato sauce
1 T. prepared mustard
1/4 C. oil

Mix dry ingredients. Add water, oil, tomato sauce, and mustard, mixing well. When its cool enough to handle, press it firmly into a lightly oiled loaf pan. Spread ketchup or tomato sauce over the top. Bake at 350° for about 30 minutes. It holds together best if you let it cool just a bit before slicing. It's also good cold on sandwiches, so double the recipe if you want leftovers.

BREAKFAST PATTIES

1 C. TVP
1/4 C. flour
1 T. rubbed sage
1/4 t. thyme
1/4 t. salt
1/4 t. black pepper

7/8 C. boiling water
1 T. oil

Mix dry ingredients. Add water and oil, mixing well. When cool enough, form into six thin patties (if the mix seems too wet or too dry, add a little flour or water, as needed). Fry in a heavy skillet on medium heat, using plenty of oil. They should brown slightly on both sides. Best served with biscuits and gravy.



Karen Young
Acupuncture &
Wholistic Massage

Techniques include Polarity,
Aruvedic Massage, Shiatsu,
Swedish/Esalen, and Reflexology

By Appointment 835-3181

Laurie Cortright
Massage Therapist

**HEALTH CARE
MASSAGE**

For appointment
call (208) 883-4898



Announcing:
**Palouse Associates
in Massage Therapy**

Lisa O'Leary - Licensed Massage Therapist, B.S.
American Massage Therapy Association Member

...committed to providing caring &
professional therapeutic massage.

Jan Roberts - Licensed Massage Therapist
American Massage Therapy Association Member
CranioSacral Therapy

Therapeutic massage may be beneficial for the following conditions: stress, chronic low back pain, stiff or painful neck and shoulders, headaches, tendonitis, carpal tunnel syndrome.

106 E. 3rd St., Suites 2B & 2C, Moscow, Idaho 83843
for information or appointment, call 208-882-9339 or 509-878-1631

CHECKING OUT THE CO-OP'S BOOKSHELF

by Kenna S. Eaton

Some excellent new books have been finding their way onto the shelves at the Co-op.

One book, highly recommended to both new and long-time whole food shoppers is *The Goldilocks Guide to Good Food* by Nikki and David Goldbeck. This handbook of healthful foods is amazing; each chapter is thorough and contains an abundance of information on the history and nutritional content of different food groups. For example, in the section on grains we learn how to select and store them, general cooking information, followed by recommendations of available brands. The chapters deal with a wide variety of whole foods including pasta, oil, sweeteners, beans, instant foods, seasonings and treats. This would be an excellent addition to anyone's kitchen. A copy is available for use while shopping at the Co-op.

The *Allergy Self-Help Cookbook* by M. H. Jones, R.N. (a Coeur d'Alene resident!) is a clearly-written, practical book for anyone with food allergies. Not only does it contain information on getting started with an allergy-free diet, but also has extensive (and yummy) recipes. Miss Jones includes information on planning rotary diets, how to shop for the foods you'll need and how to use many of the new (to you) ingredients. She also publishes a monthly newsletter to help you continue to discover new and tasty ways to cook for special diets.

Michael Tierra, author of *Way of Herbs* has a new book out titled *Planetary Herbology*. This long-awaited handbook and reference guide is a comprehensive work containing a listing of more than 400 herbs available in the west, and an exclusive overview of Chinese and Ayurvedic herbal therapies. A lot of the information is for the serious student and/or herbal practitioner, but much of it is still useful to anyone interested in herbalism. Tierra includes 44 herbal formulas with dosage and directions for each one, and a selection on 8 methods of herbal therapies.

These books, and more, are available at the Co-op. Good Reading!

NOTES FROM THE UPPER CRUST

By Ed Clark

You can't bake every day without waxing philosophical about bread. Lately I've been thinking about bread eaters noting that they're not all the same. In my mind I've divided us into two main camps even though there can be abundant crossover.

The first group I call the "Bread as a Substrate," appropriately named by my Dad who is an ideal candidate for membership. Adherents to its philosophy consider their bread to be a carrier or substrate for other flavors. It is easier to eat your butter, jam or honey if you spread it on something other than your hand. Flavor, texture nor shape should get in the way of its function. Mass marketing, including fast food chains, sandwich machines, and cafeterias, assumes that most everyone fits into this camp. Additional members include the "I don't eat bread--it's fattening" supporters.

Group B is the "Bread as Food" group. You know, "our daily bread," the "staff of life." An Italian friend of mine told me that a word for food in his language, companatico roughly translates to: that which accompanies bread. Meaning that the bread is the centerpiece of any meal; bread just for eating! Bread slices aren't important but flavor, texture, aroma, and nutrition are. A while back Consumer Reports referred to wholesome bread as "nutritionally dense food," overturning the myth that bread, itself, is fattening. It is really that slab of salami or cream cheese smothering the bread that puts on the pounds. So if you're eating a good hunk of bread you'll be happy to know that The Upper Crust Bakery at the Co-op strives to make bread as food. Nutritional content comes first. Flavor, texture and appearance are very important to us too. The best part is that it works so well as a substrate. Thus, if you like to slather a slice with your favorite spread, Go for it! We all do.

**Recycled
Paper**

kinko's
the copy center

882-3066

M-F 7:30 a.m. - Midnight
S-S 10:00 a.m. - 5:00 p.m.



Pilgrim's

Nutrition Center

310 S. Main • Moscow, ID
208-882-0402

**Health food, Teas,
Vitamins, Natural Cosmetics,
Breads and Athletic
Supplements**

Hours: 9 - 6 M - F 9:30 - 5:30 Sat.



PROFILE: DEB REYNOLDS
by Barbara L. Walker

"My work has been motivated," Wendell Berry has written, "by a desire to make myself responsibly at home in this world and in my native and chosen place." This reminds me of Deb Reynolds who I met the other day so I could introduce her to all of you who don't know her.

Deb "does the books" for the Co-op. She started a bookkeeping service about three years ago and now has three customers. That takes an average of 40 hours a week. At home (sort of a mini-farm in town) she has her husband, son, dog, two parakeets, two guinea pigs and six chickens. Then there's the garden all around the house. She occasionally helps out at Palouse-Clearwater Environmental Institute, including her adoption of a "chunk of stream" to keep clean. Other than that, she rides horses whenever she can and enjoys stripping furniture, hunting, fishing and going out in their rowboat.

Deb says she would rather live in the country to be closer to dirt and plants and animals and further away from town, so growing up on a farm in Indiana was great. In 1977, she moved to Moscow to attend the University of Idaho and has been here (off and on) ever since. She earned a Bachelor's degree in Agricultural Economics, but says she is now glad she did not continue her studies in the area because she doesn't think it is the proper perspective for looking at the Earth.

Deb likes the relaxing atmosphere at the Co-op. "Business and money don't come first," so there is less pressure. When asked if she belonged to any other groups she said she is not very social. It's hard for her to take a stand on many issues because she can see many sides to each issue. She said if she knew that doing a certain thing would make a difference she would be glad to put in the effort. She is still looking for answers.

Deb may not think she has the answers to global problems or even what her place is in leaving the world better than she found it, but is obviously attempting to make herself "responsibly at home."

MINISTRONE SOUP for 15-20 people

by Ellyn Kerr

Learned how to cook by watching--very seldom measure. Love cookbooks--used mostly for general proportions since I always use more of this or that especially herbs and spices.

Cook: 1/2 to 3/4 pound mixed beans (small white, kidney, small red--a few fava beans if you can get them)

Throw all this into your stock:

Large stalk celery - sliced

4 large onions - chopped

6-8 carrots - sliced

4 large potatoes - cubed

1 large rutabaga

2 large cans tomatoes

2-4 Tbs. Italian herbs to taste (I use lots of basil)

You can make meat stock or veggie.

I used the beef flavor (veggie) powder, 2-3 good handfulls

1/2 cup or so of tomato powder

Adjust to taste--adding tomatoes, paste or sauce

Simmer until tender. Add 2-3 whole bulbs garlic

1 bunch fresh spinach - sliced finely

small handful broken spaghetti or other small pasta

1-2 cups red wine

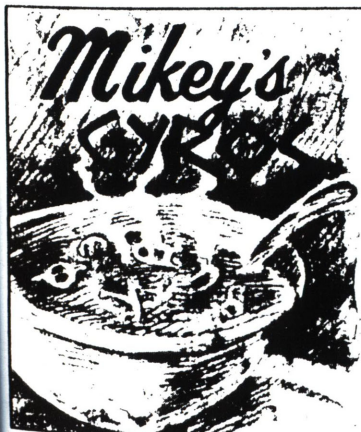
fresh chopped parsley

1/2 cup or so grated parmasean

— till pasta is done

Other veggies--leeks, green beans (whatever)

Serve with more grated cheese.



Now with two locations

Serving up the fabulous Greek Gyro and other unique salads, pita sandwiches, and homemade soups.

Moscow (across from the theatres)

Cold beer on tap and a selection of bottled beers and wines
527 S. Main 882-0780

Pullman (next to Burger King)

Cold beer and wine to go and lots of munchies
NE 1000 Colorado 332-8902

LISTEN and LIVE Ku's

FM Moscow 89.3

Call in your music
885-6392

**Stratton's
Dairy**

332-2216
Pullman, WA



Local Dairy Products
Fresh at the Farm
Retail at wholesale prices
Reusable glass bottles!

Johnson Rd., 1 mile past the Professional Mall

DR. ANN RAYMER
chiropractic physician

Palouse Chiropractic Clinic
(208) 882-3723
803 S. Jefferson
Suite #3
Moscow, Idaho 83843

Palouse Counseling
883-3132

Frank Pelfrey, Ph.D.
Sue Bull Pelfrey, M.Ed.
Barbara Wallace, MSW, CSW
Jim Trivelpiece, M.Ed.

*Addressing the needs of
children, adolescents, adults
and seniors. Variable fee scale.
Evening & weekend
appointments available.*

BIKES & SKIS, INC.

Chris Orhein, Manager



We sell mountain bikes by
Cannondale

Complete Bicycle Service
E. 219 Main
Pullman, WA 99163
509-332-1703

**CONSCIOUS SKIN CARE FOR BEAUTIFUL SKIN
-- NATURALLY**
by Erika Cunningham

For about five months, the Co-op has been carrying a line of skin care products called Zia, a clean and pure way to take care of your face.

Formulated with seaweed, aloe vera, botanical extracts and pure essential oils, Zia products are designed to balance and enhance the skin's own natural properties without the detrimental harshness of commonly used chemicals.

Susan Filley, a skin care consultant trained by Zia Wesley-Hosford (developer of the Zia line and author of two skin care books), will be at the Co-op from 3 to 7 pm Wednesday, Sept. 18, for personal consultations.

Susan will analyze your skin and answer skin care and beauty questions, making nutritional recommendations as well as giving product and treatment guidance.

Those interested can sign up now at the Co-op for a consultation. A \$10 deposit, which can be applied to any purchase, is required.

LENTIL FESTIVAL

It isn't for nothing that the Palouse is known as the dry peas and lentil capital of the country. Palouse-area lentils are sold around the world, yet many Americans, even in this area, are confused or uninformed about exactly what you can do with the little legumes.

The answer is: all sorts of things! And this is the perfect month to find out what many of those things are. In fact, you can do so without having to actually fire up the kitchen stove yourself.

Simply attend the National Lentil Festival, held in Pullman's Reaney Park Sept. 19-22. A variety of lentil dishes -- ranging from muffins to lasagna to ice cream -- will be featured during demonstration meals and a lentil cook-off. Live entertainment, an arts and crafts fair, and a farm tour will be among the activities, and you could even meet official mascot Tase T. Lentil. For more information, or to have a free schedule of events mailed to you, drop by the Pullman Chamber of Commerce or call 334-3565.

After finding out all the wonderful things that can be prepared with them, the place to buy your lentils is, of course, the Co-op. We've got them in bulk, and would be happy to offer tips on their preparation. After all, how can you consider yourself a true resident of the Palouse if you don't chow down on some lentils now and then?

KEN'S Stationery

513 S. Main - Moscow, ID 83843
(208) 882-4224

243 E. Main - Pullman, WA 99163
(509) 334-1210

**Headquarters for
Recycled Paper Products
for Home and Office**

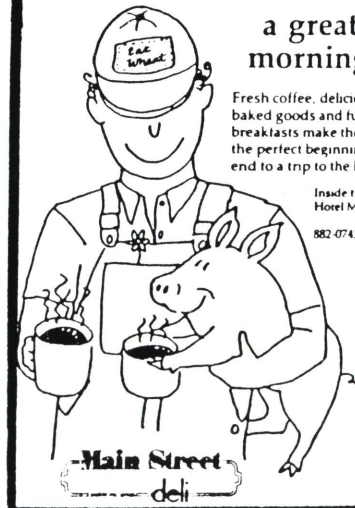
*Computer Paper
Xerox Paper
File Folders
Adding Machine Paper
Storage Files
Desk Calendars
Greeting Cards
Gift Wrap*

Saturday
Farmer's Market
+
Main Street Deli =

a great
morning!

Fresh coffee, delicious
baked goods and full
breakfasts make the Deli
the perfect beginning or
end to a trip to the Market

Inside the
Hotel Moscow
882-0743



Moscow Idaho Seed Company

A Division of George F. Brocke & Sons, Inc.

Supplier of bulk locally grown:
split peas
lentils
garbanzo beans
red chief lentils

- Be part of the Palouse

223 W. 8th Moscow

208-882-2324

Mon.-Fri. 8 - 5



MASSAGE OF MOSCOW "The Home for Body Therapy"

Stress Massage • Deep Tissue Massage
Full Body Massage • Sports Massage

CHARLES LEAPHART

208-882-5642

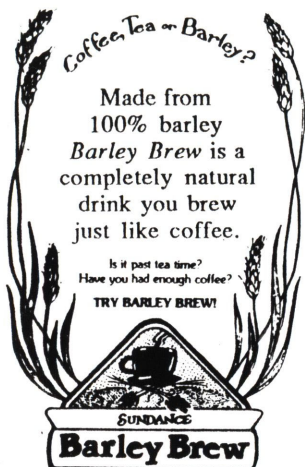
107 S. Main, Moscow, Idaho 83843

Coffee, Tea or Barley?

Made from
100% barley
Barley Brew is a
completely natural
drink you brew
just like coffee.

Is it past tea time?
Have you had enough coffee?

TRY BARLEY BREW!



Sundance Roasting Company

P.O. Box 1836

Sandpoint, Idaho 83864-0904

(208) 265-2445

RICHES

by C. J. Coyote

Almost a hundred years ago

For more than three hundred days

A man searched for riches he never found

Then chose my cabin floor as his dying place.

But his blood is gone, so I don't mind,

Though I think about him from time to time.

I've lived here now, alone like he

For more than fifteen hundred days

And became rich when I first arrived

To live with Nature in the dead man's place.

But his blind greed is gone, so I don't mind,

Though I pity him from time to time.

Smitty's

Automotive Maintenance
and Repair Specialists

ASE Master Certified

HOURS:

7 am - 6 pm Weekdays

8 am - 5 pm Saturdays & Sundays

After hours by appointment

Pick up & deliver after hours in Moscow



425 W. 3rd • Moscow

882-0822

Because we're never in a hurry you get thorough service

215 S. Main St, Moscow, ID 882-9257



CAFÉ SPUDNIK

See the world through the

Eagle's Eye

Bookstore

917 1/2 Sixth Street
Clarkston, WA 99403

509-758-5825

10 a.m. - 5 p.m.

Mon. - Sat.

Books, stones, crystals, fine
arts, tapes, videos — all
metaphysical needs.

Fresh Seafood

Every Sat. 8:30-4:00

Moscow Food Co-op

Halibut, Crab, Clams, Oysters,
Sole, Cod, Salmon, Shrimp,
Scallops, Calamari, Smoked
Salmon and much more

Special Orders Welcome

Kathy's Catch

208-667-8740

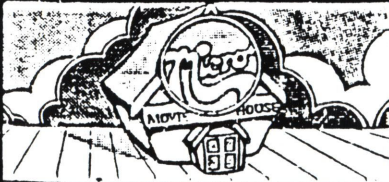
Pam Palmer

for City Council

Co-op Volunteer since 1980

Vote • November 5th

Paid for by Pam Palmer Election Committee, Helen Missildine, Treasurer
883-3741



Micro Moviehouse

Great Movies!!

Only \$1.75

3rd & Almon - Moscow

882-2499



Animal Care Center

328 N. Main, Moscow, ID 83843

8:00 - 5:30 Monday-Friday

(Thursdays until 7 pm)

(208) 883-4349

Niles Reichardt, D.V.M.

Nancy Maxeiner, D.V.M.

Help bring back the Kids' page!

Volunteer to create a Kids' page for the newsletter
each month and receive a discount!

Help Beaver get home.



Draw a line that shows how he must go.

AN AMERICAN RHYTHM
by J. Thaw

We dive into the dumpsters to find sounds galore
to redeem plastics tins and sticks with all our might

grabbin' that despicable American waste
and tryin-a' ta makin-it-a' right

We clean it up n' strap it up on over our shoulders
and we all start to yelp and play

we sing out loud and strong and cracked
"Turn the tide of the American-stupid-way!"

We jump out on to the sidewalk clacking and clanking
thumping a third-world-clobber-wave-beat

blind to popular culture and discord we march on
a sloppy and resolute ensemble slinking on down the street

Our restrained and spontaneous rhythms are heard
wafting through the heart of Moscow-town

our smiles of escape and dissimilarity are seen
because we simply must no longer frown

YOGA



Jeri Stewart

Yoga Instructor

310 W. 3rd • Moscow, ID
208-882-4739

Deane's



Restaurant in the Moscow Mall

*Adrian & Mary K. Deane invite you
and your family to Deane's
Restaurant for a quality meal at
realistic prices.*

*Come in and join us for Breakfast,
Lunch or Dinner.*

*Mon-Fri 8:30 am - 9 pm
Sat 8:30 am - 6 pm
Sun 12 - 5*



Reiki

Julie Abercrombie

Oku Den

882-7709

*The Usni System of
Natural Healing*

Aerobics Unlimited

Designed for Overall Body Tone

M•W•F 12:05 - 12:55 pm

5:30 - 6:45 pm

T•Th 6:00 - 7:15 pm

4:00 - 5:00 pm

112 N. Main • Elks Temple

Above North 4-D

(formerly Galloways)

882-4488 or 882-2577

Custom beaded jewelry

Leather pouches

Semi-precious

Powerpieces

Stone beads

Drums

Rattles



White Dove Creations

(208) 836-5640

BECKY HOSKINS

TOLECO STAR



Inner Vision

Bookstore

and Lifestyle Resource Center

Books, Tapes and Supplies
for Lifestyles in Change

Open 10a - 5:30 p. Tues - Sat

118 E. Third in Moscow

Phone: (208) 883-1037

Studio 7

WSU Campus

NE 720 Thatuna

Pullman, WA

332-6863

Dinners 'Around the
world cuisine'

Tuesday European

Wednesday Mexican

Thursday

Asian or Middle Eastern

Mon - Fri: 11 am - 2 pm

Tue - Thur: 5 pm - 8 pm

Type-Right Word Processing

110 E. 2nd

Moscow

208-882-5546

Letters • Forms • Resumes
Manuscripts • Manuals
Laser Printing