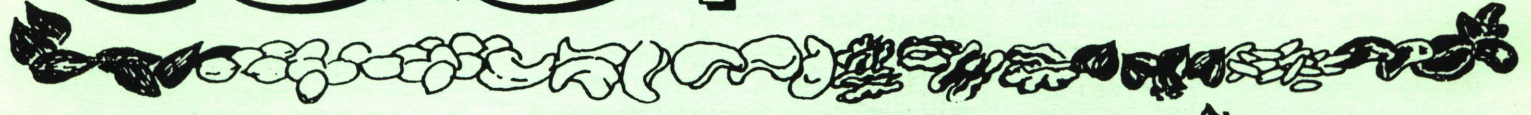




FOCUS

COMMUNITY NEWS



HOLIDAY



DECEMBER 1992



BAZAAR



Thanking Our Members

by Kenna S. Eaton

One of our traditions here at the Co-op has been an annual year end sale where we offered 15% off of everything in stock to members only during the week between Christmas and New Year's Day. While this was a boon to the shoppers and encouraged a lot of people to join the Co-op during that week, the effect it had on our business was mixed.

On the pro side, it helped us to lower our stock before our annual massive inventory extravaganza. This lessened the number of items to be counted, and when it came to doing all that paper-work for the year the losses incurred that week would help offset any annual profit we made. For any of you who have been following the series of articles in the newsletter this fall on our financial situation the news that we will not be making a profit this year is not news at all. In fact, it is quite the opposite. Despite growth of about 35% over last year, our expenses have also increased, especially in the area of payroll (we wanted our staff to be able to make

more than a pittance). The financial situation is improving, the Co-op is still a healthy business, but there will be no profit to offset this year.

Once we realized our situation we looked at all the ways we could change the "end of the year" picture. Many things have been put into effect, mostly on an ongoing basis. The big "Year End Sale" was one of the things we realized we could no longer afford to keep. We don't need to reduce inventory since we now do monthly inventories, and we have no profit to get rid of.

Some people felt that the sale was a neat "Thank-You" to all our members and asked if there was a way to replicate that feeling. Someone suggested a one-day sale in February, during our Annual Members Meeting, to encourage members to attend and help us make some important decisions. The Board of Directors liked the idea and voted to do just that. Thanks for your understanding and if you have something to say on the subject please let us know.

It's December and time once again for...

The Holiday Tree Dilemma!

This Holiday, you could:

- 1) Do the usual Xmas routine and sigh.
- 2) Hang ornaments on your houseplants.
- 3) Tray a plastic (petroleum-based?) tree. But skip the aerosol pine scent. And just say no to plastic snow!
- 4) Connect with someone who is thinning forested land.



*Pre-cut, U-cut or
U-dig Branches
and Boughs*

WHERE? 8 miles east of Moscow

WHEN? Dec 12, 13, 19 9:30-3:30

These trees MUST be thinned! Adopt one for the holidays and benefit your local grassroots environmental group, Palouse-Clearwater Environmental Institute! Call 882-1444 for information and directions.



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Every Day

7:30 am - 7:00 pm

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Deadline for articles: 20th of each month

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SEARCH FOR NEW BOARD MEMBERS
by Peg Harvey-Marose

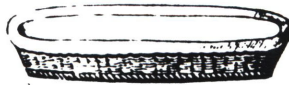
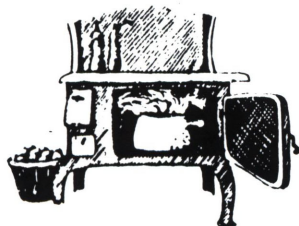
We have been very fortunate on the Board of Directors to have a consistent group of dedicated people who could work together effectively. But change eventually comes. We want to say a reluctant goodbye to two board members, George Mancini and Jim Trivelpiece. We thank them for their hard work and hope to see them often in the Co-op.

The result of this is that we need new board members. We are looking for volunteers (or nominations) to fill these positions. We have openings on the Finance Committee and the Personnel Committee. We have a few ideas of our own, but would like input from the membership.

A board member is like any other volunteer at the Co-op. The members earn a discount for the amount of time they work each month—four hours 8%, eight hours 13%, twelve hours 18%. The board meets monthly. The work load in addition to the regular meeting depends on the needs for that month, though I personally have never had a month with nothing to do.

The role of the board is to have the ultimate responsibility for the well-being of the Co-op—financially and ethically. Each year we review the Co-op's mission statement and our goals to fulfill that mission. The challenge comes in trying to balance our standing as a business and our mission to be a community.

If you are interested or if there is someone you would like to nominate, you may contact me at 882-1593 or talk to Kenna, our general manager.



HOLIDAY BARTER FAIR NEWS
by Kate Schalck

The third annual, Extended Post-Nuclear Family Holiday Barter Fair and Potluck will occur on Sunday, December 13 in the basement of the Unitarian Church. The fair will run from 3:00 pm to 7:00 pm and the potluck will occur at 5:00. Please bring a dish to share and your own plate and utensils for the potluck.

The church fair site is 420 East 2nd Street in Moscow. This is a new location for the fair, which was held in the upstairs of the Moscow Food Co-op in previous years.

An objective of the fair is to enjoy the holiday season with a minimum of commercialism and consumption. Fair participants may trade both used and handmade items, as well as services. This fair is a nice way to have a happy holiday without spending gobs of money.

With the move, the Palouse Arts Council has become a new sponsor for the fair. We hardily thank the previous sponsor, the Moscow Food Co-op. Organizers emphasize that the fair is absolutely free, and anyone may attend any portion of this holiday celebration. Mark your calendar now for this fun event. For more information call Kate Schalck at 882-9309.

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WHAT THE HOLIDAY BAZAAR IS REALLY LIKE

by Carol Hartman

Holiday preparations can truly tire a person; the searching amidst dozens of other people for that perfect decoration or gift all the while trying to turn a blind eye to blatant commercialism which shields the true holiday spirit. Stores blaring tinned music to create a false atmosphere of cheer just to lure you inside and buy something you don't really want. There's little concern for the environment in the garish wrapping paper displays or use of recycled products in the greeting card racks. It's as if all ethics need be cast aside when the holiday season begins.

The Co-op's Holiday Bazaar can combat all of that. There, one can find the true inspiration to share one's blessings as well as gifts and decorations that reflect peaceful and environmental values. To add even more pleasure to the task, the Upper Crust Bakery is offering coffee, tea, soup, salads, and sandwiches and a daily special to please all palates, featuring even vegan sandwiches and low-fat or low-salt items in addition to standard deli items. Sitting at the bazaar snack table near a cozy fireplace and enjoying a nutritious snack I found is a "great aid to weary shoppers," just as Annie promised. (I wasn't even really shopping, but I was certainly weary!)

The Bazaar items also serve as a gentle reminder to one blessing we perhaps all take for granted: Palouse living. This year again, the Bazaar features local artists, causes, crafts-people and food items. We can support our neighbors and local action groups while sharing with our loved ones. We can purchase mugs that support the Palouse Clearwater Environmental Institute or select clothing woven by a cooperative in Guatemala, supporting autonomy for a women's group. Or perhaps one wants to share Palouse fare: choices for a great gift basket abound! jams, soup mix, rice, legumes, syrup, bread mixes, honey, bulk tea and coffee.

Frequently, on my holiday shopping excursions, I end up feeling intensely frustrated at my tight budget and inability to give the things I would really like. Browsing around the Co-op the other day, this feeling thankfully was absent. I delighted at the talent of our local artists, viewing the Woodlocks, wreaths made of popcorn, feathers and/or greens, the candlestick holders, hand-woven headwraps, ornaments made of eggs and ceramic mugs, soapholders and wooden dish racks. I was elated with ideas for sharing my Palouse experience with my family in Illinois and in California. The Co-op Holiday Bazaar is a place where one is reminded of the pleasure of the journey to our holiday season.

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Sales Service Accessories

The Bazaar is successful where most commercial stores fail in their holiday displays: we can celebrate our blessings all the while we choose our decorations and gifts. There are no big fool-you marketing techniques; this frees one to enjoy the gleeful anticipation of purchasing something for someone special. With the few preliminary purchases I made, I didn't think, "Phew. At least Aunt Bertha's out of the way," as I might have in years past.

And while we browse through the many items available for keeping the body warm—scarves, sweaters, gloves and hats—most people will walk out the doors of the Bazaar as I did: with a warmer, more peaceful heart. (It wasn't just the Almond Decaf coffee, either!)

LETTER TO THE EDITOR by Gina Gormley

The other night I couldn't quite figure out what to make for dinner, so I decided to sit down and think about it while I read the new issue of the Co-op newsletter. After reading a while, I came upon a recipe for muesli, a food that I'd always been curious about. So I decided to make some right then and there. It was an easy recipe to follow, and much to my delight, the muesli was delicious. What I couldn't eat that night I put in the refrigerator—and a couple of days later it tasted as good as apple pie.

Thanks for a great recipe.

**A SECOND LETTER FROM
DAWSON SPRINGS,
KENTUCKY**
by Airin Wheeler

I am embarrassed and mildly out-of-joint to see "A Letter to Moscow ..." on page 16 of the October Community News. My correspondence was neither a letter nor was it intended for Moscow, but it was a mere scrawl on yellow sticky paper with the salutation, "Hi, Bill." It was attached to my check (dated July 17) for a year's subscription to the Newsletter.

Since it seems you'll print anything that comes across your desk, I'd prefer to submit a thoughtful piece from time to time about life in rural Kentucky. But your sharp editorial skills should distinguish between casual, personal howdy-dos from actual letters to the editor. A letter to Moscow I would send to the Daily News.

It has been easy for me to insult the place I call home now. However, seeing in print the degrading name I chose to use made me ashamed. This area certainly has many drawbacks, but it is also changing. In the past month I have become involved with the newly opened (and first in the region) recycling center, with the creation of a secluded, spiritual retreat center and with reviving the 105 year old Unitarian Church.

Also, the natives here have a characteristic most of us (Community News Readers) will never have: an undying commitment to live near their multi-generational families. That is their community—ready-made, built-in. We can see the limitations that kind of life imposes, but oh, how easy child rearing is for them! And how uncomplicated their lives are! Their simplicity is something we strive for in relaxation after overloading our bodies, minds and souls with information, philosophy, culture, and excessive and varied activities and experiences.

Anyway, I apologize to the newsletter readers for the offensive and elitist wording I used. I am trying to maintain a positive outlook and to give the folks here whatever they may be open to. Generally, I'm making the best of a less than ideal situation. My young daughters are joyful, my spouse is motivated and hardworking. I drive 3 1/2 hours to stock up on bulk foods, incense and books to keep us healthy, attuned and tuned in.

And now I'd like to say that receiving the Community News is like a warm winter supper to me ... nurturing, strengthening, leaving me satisfied and often surprised. The surprise in October is the ad for the opening of the Moscow Yoga Center. Congratulations, Jeri!

Holiday Peace!


Editor's Note: The following note was sent by editor Bill London to Airin after the receipt of this second letter.

Sorry you were "embarrassed and mildly out-of-joint" about printing your letter.

I thought your letter was:

1. enjoyable reading, especially for friends of yours.
2. Not personal or libelous.
3. Something you would enjoy sharing with other readers.
4. Meant to be shared, given your interest in raising awareness about Kentucky.
5. Exactly the kind of direct communication the newsletter is supposed to provide.

Obviously, I was wrong.



**GREYSTONE
FOUNDATION**

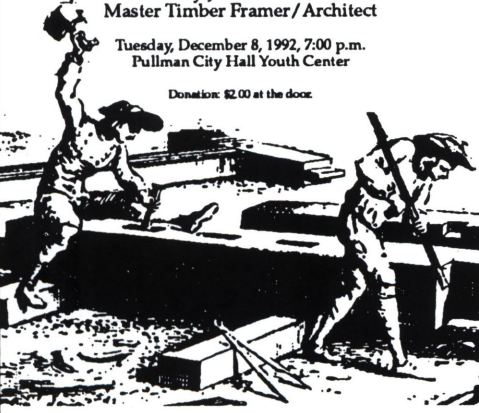
Presents

**Post and Beam Structures:
Construction and Preservation**
A Post and Beam Farmers Market for Pullman?

By Jack Sobon
Master Timber Framer/ Architect

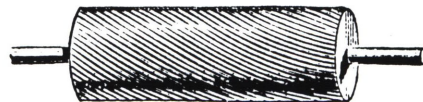
Tuesday, December 8, 1992, 7:00 p.m.
Pullman City Hall Youth Center

Donation: \$2.00 at the door.




Preserving Historic Architecture on the Palouse

Greystone Foundation is a nonprofit organization.



Glenda Marie Rock III



Writer
Clairvoyant
Counselor
Spiritual Healer
Therapist

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Pullman, WA 99165-3025

106 E. Third St. Suite 3B
Moscow, Idaho 83843
(208) 882-7318

You are invited to the new office and don't forget, you can give a gift certificate for Christmas.

Please donate your unwanted appliances, toys, games, clothes, housewares, etc. to the Coalition for Central America's

January Indoor Market

Call 883-0898 for pick-up.
Proceeds will be used for humanitarian aid.

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CUSTOMER REQUEST CORNER

by Skott Larsen and Erika Cunningham

1. "How about Stratton's milk in refillable and returnable bottles."

Finally we will once again be able to carry milk made by cows only 8 miles away from the Co-op. Stratton's is finalizing the paperwork and legalities now. We expect to have whole, 2% and skim half gallons as well as whipping cream and sour cream by mid-December.

For now we are content to continue to sell Wilcox dairy products from Spokane—a family owned business that we are proud to support.

HELP WANTED: A volunteer to earn a discount by picking up milk from Stratton's Dairy in Pullman and returning the refillable bottles once a week.

2. "I wish sesame seeds were back in the bulk bins ... they belong with the rice and beans." - John F.

We agree! They will be moving back ASAP! But for now find our 4 varieties (organic and non-organic or both the hulled and the brown) in the Herb and Spice room under "S".

3. "I can't live without Knudsen Strawberry Juice Blends in the quart size - please help me."

You are saved! Strawberry Banana is here in the cooler!

4. "I was most disappointed to buy Ecover laundry soap because everything else was sold out and I find it is imported from Europe—without a scoop. I don't think it's worth taking across the ocean."

We'd appreciate other customer comment on Ecover. Please talk to Skott or Erika or leave a note on the suggestion board.

5. "What happened to the Garlic Jack cheese?"

The distributor is trying to find a maker.

6. "Please carry wormseed. When mixed with beans it prevents gas."

We can't find it but will keep searching. Does anyone have more information on wormseed?

7. "I found cigarettes without additives! Would be nice if we could carry them. They're called "American Spirit" and made in New Mexico." Thanks, R. Hanson.

Well, we'll carry them if the members would like us to. Let us know.

8. New products by customer request: Nayonaise—a mayonnaise made without any dairy products.

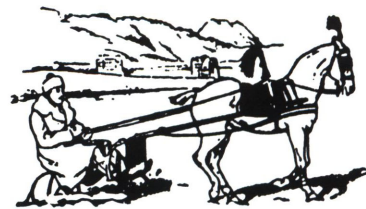
- Walnut oil
- Sesame oil in bulk
- Small crimson lentils—stay red after cooked
- Bulk blue corn meal
- Bulk green pea flour
- Empty refillable honey bears—fill for only about 75¢
- Soy moo soy milk

9. "Thank you so much for the bulk spelt noodles. They're wonderful."

You're welcome!

10. "I suggest y'all pat yourselves on the back for a job well-done! Love, Terri Eglund."

O.K. pat - - pat



A BAZAAR CHRISTMAS

by Erika Cunningham

The Holiday Bazaar is well under way by now. The cattail angels are flying, the incense is out and Elvis is above the fireplace. It definitely is a Co-op Christmas once again. New items are coming in weekly, so don't think that if you've been once, you've seen everything!

A new and popular item is the "Dress Me Up David" refrigerator magnet. You can take "David" and dress him like James Dean or with a tee shirt and tennis shoes: all pieces are magnetized so you can put them on your fridge and stop those late night snacks. You'll be so into dressing David you'll forget to eat.

Another new edition are the "12 Days of Christmas" potholders and aprons. You remember "Eight Lattes Steaming," "Ten Geese A-leaping," and the ever favorite "5 Golden Slugs?" Well, we've got 'em. Great for gifts to Northwest coast relatives.

New selections of sweaters have arrived, some from Nepal, some from Ecuador. Beautiful colors and all types; cardigans, pull-overs and extra-thick for Palouse winter pullovers, even kid sizes.

For the kids we have hand-made baby shoes, sweaters and hats, gloves and mittens. They might enjoy a face painting kit or a beeswax Christmas ornament kit.

We still have a large selection of local food products and locally made crafts. The craftspeople have done a beautiful job on things from Elephant Nose hooks (you have to see these!) to wreaths, to earrings made from recycled materials.

So give us a try for the most unique and thoughtful gifts on the Palouse.

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New Delivery Schedule

by Erika Cunningham

Since I came to the Co-op 2 years ago I didn't understand why we received our biggest order of the week after the two busiest days of the week in sales. This makes for many out-of-stocks on Fridays and Saturdays.

Our biggest supplier is Mountain People's Warehouse of California. We chose them because at the time we needed a supplier and there wasn't any other choice. It worked out well as they turned out to be a supplier of the same heart as the Co-op.

But back to the problem of out-of-stocks. Our storage area is miniscule, we couldn't order huge amounts extra, so we had to become acrobats skilled in the art of juggling. It doesn't always work. You know this when there is no tofu (Egad!) or none of your favorite cereal on hand.

I started whining to Mt. People's about a year ago to change our delivery day. "We need the stuff before the people come not after they shop." So Mt. People's started working on it. They started trying to get new trucks and a new warehouse (not all just because of us, I'm sure) as they were growing as well.

In the meantime (are you still with me?, I forgot to announce that this is a saga), we here at the Co-op are getting impatient. We went to the last Provender Conference armed to do battle. We were prepared to pull our business if we didn't get what we wanted. All of

this sounds so snotty, but really it was necessary. We didn't want to give up Mt. People's, we liked them as people and a business, but we needed food when we needed it and they couldn't do that for us. We met with Rick, Michael and Cathy of Mt. People's at breakfast one morning and told them this.

The breakfast table was silent for a moment and then Michael (the President of Mt. People's) announced that they were prepared to give us twice a week delivery, and our very own representative who would come and visit us and take care of our needs. WOW! It turns out that two Montana stores (the Good Food Store and Bozeman Co-op) were feeling as left out as we were, and needing twice a week delivery. So it all worked out, and we didn't even have to be mean.

What all of this means to you is more product in the store when you've chosen to shop (Saturday and Sunday). More specials

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



available to you through our representative and more knowledge of new and innovative product when it comes out.

So look for specials (you'll notice the juice special this month), look forward to more relaxed shopping (at least more well-stocked), and look forward to having a more relaxed Grocery Manager because there will be tofu for the weekends!

I would like to extend a word of thanks to Mountain Peoples' Warehouse, especially Michael, Lee, Rick, Cathy and Anne for trying and working so hard the last two months on solving this problem with us.

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pickle inc. prop.

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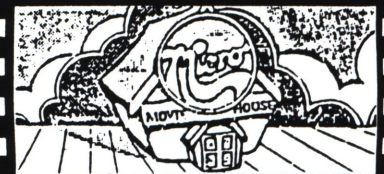
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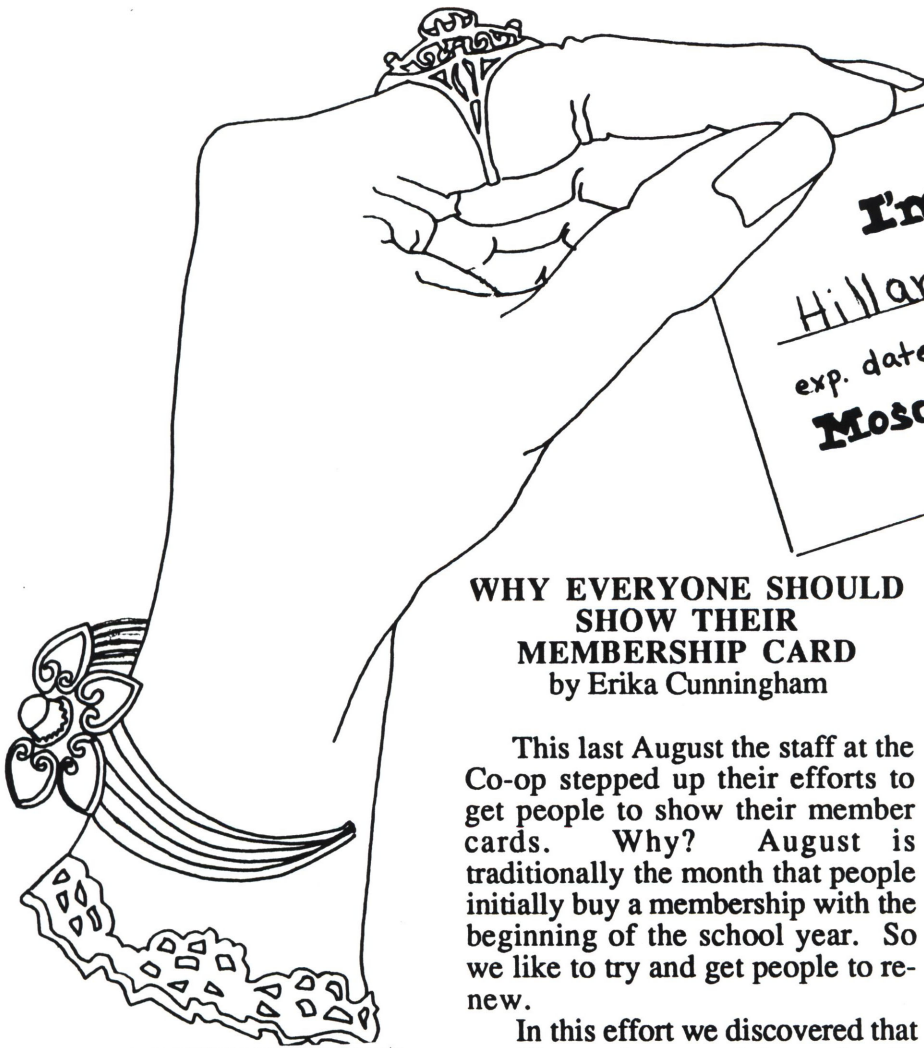
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WHY EVERYONE SHOULD SHOW THEIR MEMBERSHIP CARD
by Erika Cunningham

This last August the staff at the Co-op stepped up their efforts to get people to show their member cards. Why? August is traditionally the month that people initially buy a membership with the beginning of the school year. So we like to try and get people to re-new.

In this effort we discovered that we like seeing people's cards. In fact we love it! The Co-op membership is growing larger and larger, which I see as a positive aspect of this job: the more people patronizing, supporting and learning about cooperatively-run business, the better, and we are one of the few places in Moscow that people can do this.

Of course, along with the benefits of wider membership come the disadvantages of not knowing every face that comes in. We are a store that requires a fairly large staff (20 or so) and they work various hours. So they only get to know the people on their shifts. If they sub, or trade shifts they may not recognize you! It may seem like we're recreating the Spanish Inquisition when you've been asked 3 times in one week for your card, or asked for your card when you're buying only one muffin, and there's a huge line behind you, but we're just trying to keep the Co-op running!

The Co-op's capital comes from memberships. That's where we get money for improvements, better equipment, remodeling, etc. When we check cards we have found people who are out of date and don't realize it and who have continued to shop. This is money that the Co-op needs to survive, and it means that you are subsidizing someone else to shop at member prices. We see it as our responsibility to help you stay up to date with your membership and checking cards is how we do that.

Whew! If you made it through all that—congratulations. Thanks for listening. We promise to try and remember your face and name, but in the effort to be fair to everyone please have your card ready when you check out. Other methods have been suggested, such as tattooing a number in your forehead, but it seems easier just to carry and show your card!

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Kids Page

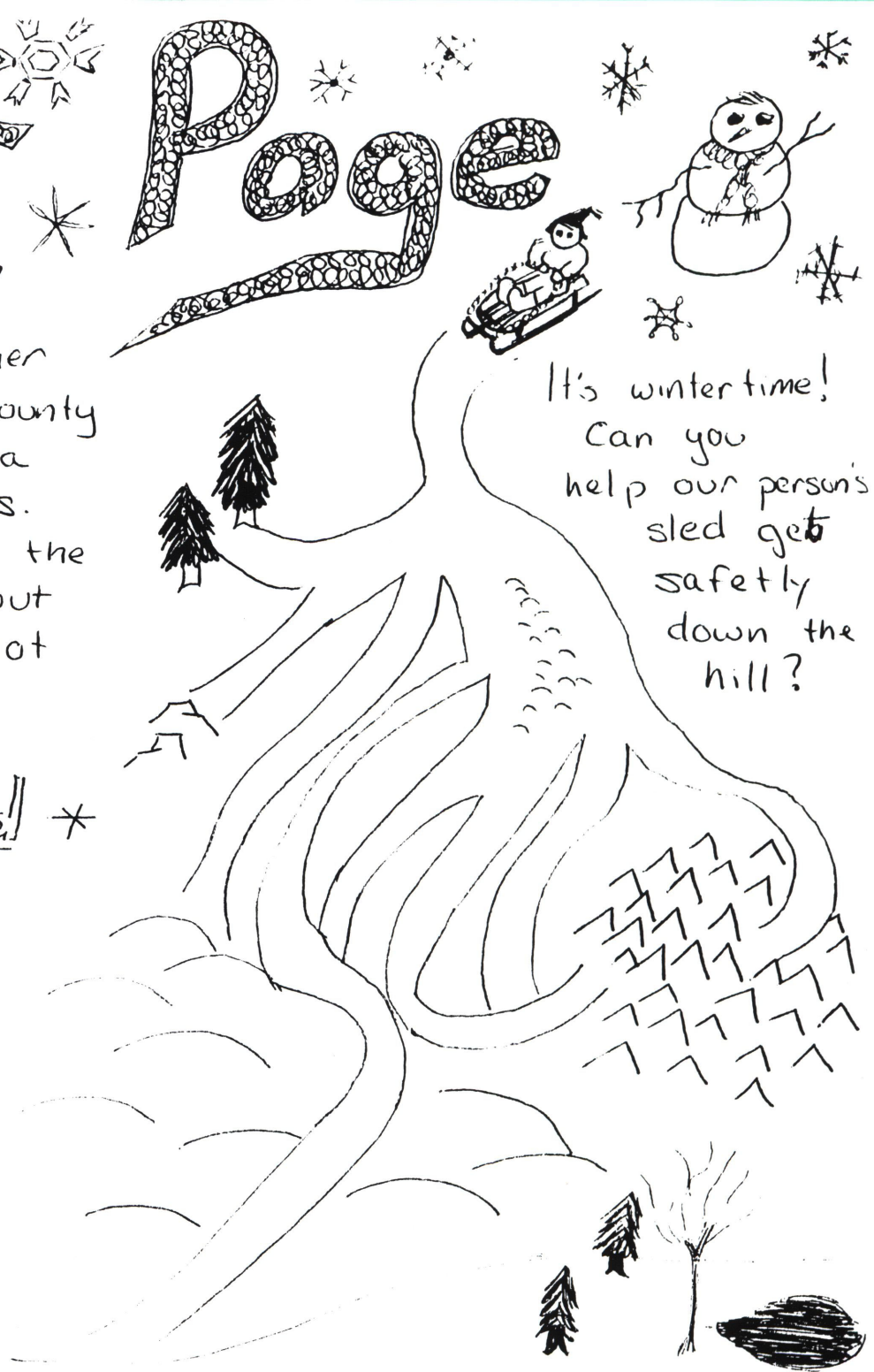
Did You Know?

There's a parent-teacher shelf in the Latah County Public Library? It has a ton of activity books. Have your parents ask the childrens librarian about it and you'll have a lot of fun things to do during break.

* Gingerbread *

2 cups whole wheat flour
1 1/2 teaspoons baking soda
1/2 teaspoon salt
1 teaspoon ginger
1 teaspoon cinnamon
2 eggs, beaten
1/2 cup sugar
1/2 cup molasses
1 cup buttermilk
1/2 cup soft margarine

Mix the dry ingredients together. Beat the eggs until they foam. Add the molasses, buttermilk and margarine to the eggs. Slowly add the wet ingredients to the dry ones. Stir the mixture until you can't see any more flour and then stop. Grease an eight inch square pan. Pour the mixture into the pan and bake at 350° for thirty minutes. Eat. (Gingerbread tastes best hot. But don't burn yourself!!)



It's wintertime!
Can you help our person's sled get safely down the hill?

THE CHECKERED PAST OF NANCY CASEY

by Michele Johnson

Moscow Food Co-op Nancy Casey had indeed had an eclectic past. Between math and computers, English and the Orange Game, she's done it all.

In my interview with Nancy, I discovered that she performs a wide range of jobs at the Co-op, as well. When she and partner Dave Peckham moved to Moscow in 1988, she helped type the Co-op newsletter. Since then she has done anything from bagging chips to entering names on the membership list.

In fact, her entire family is into volunteering. Dave works for Palouse-Clearwater Environmental Institute and writes a monthly article for the Co-op newsletter. Nancy's daughter Elizabeth was the youngest volunteer at the Co-op, when she bagged chips last year. (She also has a son named Patrick.)

Nancy describes herself as a good student taking the semester off. She is studying Education and Math. At the moment Nancy is eagerly awaiting funding for a project aimed at teaching "real math" to students in elementary school. As Nancy says, "Arithmetic isn't just adding, subtracting, multiplying, and dividing."

For example, one of the games she plays with students is the Orange Game. Each student takes two oranges, writes his/her name on them, and places them in a pile. Then, everyone takes two different oranges and forms a circle. There are two empty hands, and the object is to pass the oranges around until each person has her/his own oranges back.

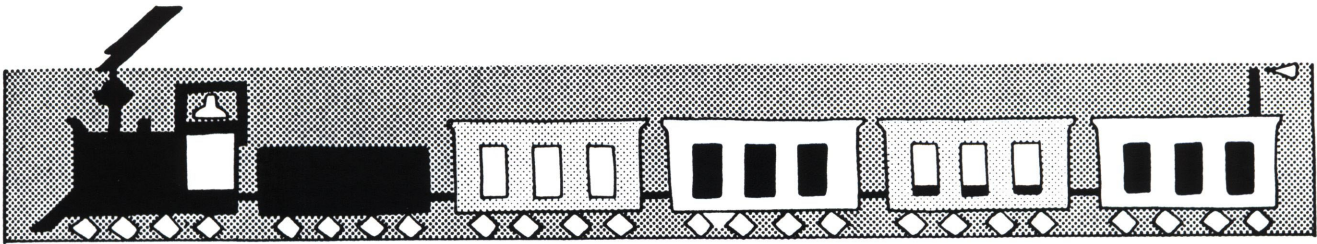
It is in these seemingly simple games (the Orange Game, variations on musical chairs, knot games, etc.) that children are exposed to some of the greatest concepts and mysteries of mathematics. Having experienced firsthand the grade school mill of grinding addition and subtraction into young minds, I can attest to the value of such a program.



Nancy explains that she has a "chronic writing habit." She has published a book of poetry called *Workin' It*. She likes to use poems as a medium to express "the weirdness of experience." She supposes that her writing is feminist, and she tries to write about things she sees in everyday life. Look for her as-yet untitled second book of poetry, which may be released before Christmas.

On turning 40, Nancy feels it is and isn't a big deal. She says it's not like she really feels any older, but a realization settles that it is time to either start doing all the things she has always wanted to do, or quit wanting to do them. In her own words, "After all, the recipe for being unhappy when you're 60 is to still be full of excuses for not doing what you really wanted to do when you were 40."





CHRISTINE JOHNSON

by Cynthia L. Rozyla



The Holiday Bazaar is in full swing at the Moscow Food Co-op. I walked up there to interview Christine Johnson for this article (and to do a little Christmas shopping, too). As a substitute cashier, she was temporarily stationed at the Bazaar. To listen to her interaction with customers, giving information about items and organizing displays, you'd have thought she was a full-time, regular part of the operation.

When no break in the work seemed imminent, Kenna covered for a few moments so Christine and I could sit to finish the interview. I'd seen how well she worked, now I needed to know a little about her.

In talking with Christine, it became apparent that the flexible, substitute position she fills fits into her life very well.

Originally from Salmon, Idaho, Christine has lived as far away as Denver and various places in Washington, but came to Moscow to attend school "like just about everybody else." For 3 years Christine was an Environmental Engineering student at the U of I but decided that wasn't exactly what she wanted to do for a career. She liked solving problems, but Christine decided she didn't really want to be a professional, and the engineering program was too focused and one-sided. Christine remarked that she's too "eccentric" for a profession such as engineering.

So now, plans include possibly going to school part time in the Spring, taking some art and theatre classes. But, she admits this too may change. According to Christine she gets into one thing, then wants to try something else and she is interested in "a lot of things," too many to list. But when I asked what she would currently consider her favorite pastime, the list included hiking, camping, learning to play the guitar and learning to draw since she wants to take that Spring art class.

After a summer of fighting fires in Salmon, Christine has come back to Moscow, the place she calls "home" right now. She mentioned that she likes the community feeling of Moscow. There are opportunities available here that you could also find in metropolitan areas, but it's much smaller. And not being much of a "city person" this suits Christine just fine.

She likes working at the Co-op. The flexibility of the substitute schedule seems to fit her free-spirited personality.

When I asked her plans for the future, Christine reflected a moment and said "School ... and, stick around awhile ... I think."

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by Renee McNally, Produce Manager

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What in the world does one do with Swiss chard, kale, mustard greens and collard greens? And why? Slowly but surely I have been infiltrating the produce case with these unusually tasty and nutritional greens.

Swiss chard, actually a type of beet, gives you 2 vegetables in one. The white or scarlet stalk tastes somewhat like celery and the wide leaves taste and can be treated like spinach. One cup of cooked leaves is chocked full of vitamin A, potassium and iron and is only 26 calories. You can substitute chard in most recipes that call for spinach or "greens with a bite."

Serving Ideas: Toss cooked chard with butter seasoned with basil. Add sliced stems or leaves to soups during the last few minutes of cooking.

Mustard greens pack a strong bite and are high in vitamins A and C, calcium, phosphorus, and potassium.

WILTED GREENS

1/4 C. each, salad oil & wine vinegar

2 tea. Dijon mustard

4 small potatoes, cooked, peeled, and sliced

Garlic croutons

5 C. mustard greens cut into bite-sized pieces

Salt & Pepper

Stir together oil, vinegar, and mustard. Mix the dressing with potatoes; cover and refrigerate for 2 to 4 hours. Combine greens and potatoes in a salad bowl. Heat the remaining dressing and pour over salad, inverting pan over greens for a few seconds to wilt greens. Season to taste with salt & pepper, add croutons and mix well.

Adapted from *Sunset Fresh Produce A to Z*, Lane Publishing Co., Menlo Park, CA.

Collard greens have large, smooth leaves and are high in vitamins A & C, calcium and potassium. Although milder in taste than mustard greens, collards are full-bodied in flavor and low in calories. **Serving Suggestion:**
PEG'S TASTY COLLARD STIR-FRY

2 C. cooked rice

1/2 medium onions, chopped

2 C. mushrooms, chopped

2 C. collard greens, cut into strips

2 T. olive oil

2 T. tamari

1 C. grated cheddar cheese

Heat up the olive oil and tamari in a wok or frying pan. Saute the onions and mushrooms. Stir in collard greens and simmer for 4 to 5 minutes. Add cooked rice and stir for another 3 to 4 minutes. Sprinkle cheese on top evenly and mix in, stirring just until the cheese melts. Serve hot.

Add now to round off your greens report, here is the necessary kale trivia to impress your friends.

Unlike other greens, kale holds its texture when cooked and is packed with vitamin A & C, calcium, phosphorus, potassium and iron.

Serving suggestion:

MIXED GREENS, SOUTHERN STYLE

1 ham bone with some meat clinging

1/4 lb. salt pork, cubed

3 lbs. mixed collards, kale & mustard greens

Salt

Fresh ground pepper

Boil ham bone and salt pork in 6 cups water for 45 minutes. Wash the greens and remove stalks, chop up the greens. Add to the pot and cook until tender, about 45 minutes. The water should have disappeared and the salt pork should have melted away. Remove the ham bone and salt and pepper to taste.

Should be made with a good proportion of collards and served with cornbread. (Serves 6)

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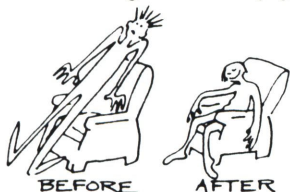
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HAVING YOUR CAKE AND EATING IT TOO

by Nancy M. Collins

Many years ago when I first made changes toward a more healthful diet, I had to give up some favorite holiday foods—among these was fruitcake, since refined sugar was a key ingredient I no longer wished to eat. I was thrilled then to find that there were delicious variations that could be made with honey and dried fruits.

I have been reluctant to give out these recipes since I often bake fruitcakes for gifts. But the paper my recipes are printed on is disintegrating, covered with food stains and yellowed with age, and who am I to keep such good things from others? If you are a fruitcake connoisseur you know that it can, and should, be made around Thanksgiving or the first part of December so it can age.

After baking, you wrap fruitcakes in a brandy, sweet wine or rum soaked cloth (a light fruit juice glaze also works for those who avoid alcohol) then saran and foil, storing the cakes in a cool place until the holidays.

THE BEST FRUITCAKE

(Recipe originally distributed by The Real Food Store, Helena, MT, circa 1975)

Two 8" x 14" loaf pans, well oiled and floured.

Recipe is rich so you can make multiple quantities, bake in smaller

foil pans available this time of year to offer as gifts.

Combine the following ingredients in a saucepan and simmer for 10 minutes, then cool:

- 1 C. raisins
- 1 C. dates (pitted)
- 1/2 C. figs
- 2 C. honey (I cut by 1/2 C.)
- 5 T. butter or margarine
- 1 1/2 C. water

Sift 2 - 3 times:

- 3 C. wholewheat flour (Flour Girls is ideal)
- 2 tsp. cinnamon
- 1/2 tsp. cloves
- 1 tsp. salt
- 1 tsp. soda

Combine dry ingredients with raisin mix.

Add:

- 1 C. chopped pecans
- 1 C. chopped walnuts
- 1/2 C. orange rind, grated
- 1 1/2 C. diced dried pineapple

Spoon into pans; bake at 300° for 2 hours; if using smaller pans cut baking time to 1 1/2 hours. Cover with brown paper if cakes are getting brown too fast. Cool 15 minutes before removing from pans.

Alternative fruit juice glaze: 1/2 C. frozen concentrated orange, pineapple or blend juice, 1/4 C. water, 1/4 C. honey, dash of cloves, heat and spoon over warm fruit cake, then wrap in saran and

foil. (The glaze or spirits soaked cloth are to keep the fruitcakes moist.)

GOLDEN FRUIT CAKE (Light)
(Adapted from a recipe in a 1979 Sunset Christmas Ideas magazine.)

Simmer about 2 minutes and then cool:

- 1 1/2 C. quartered, dried apricots
- 2/3 C. water

Beat until creamy:

- 3/4 C. margarine or butter

- 3/4 C. honey

Add 4 eggs, one at a time, beating well.

Sift together and stir into above mixture:

- 1 1/2 C. whole wheat flour
- 1 tsp. soda
- 1 tsp. salt

Combine cooled apricots with:

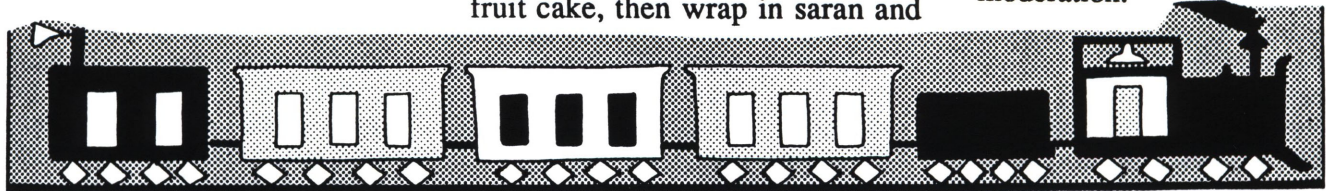
- 1 C. diced dried pineapple
- 1 1/2 C. golden raisins
- 1 C. slivered almonds
- 1/2 C. flour

Add to batter and mix well.

Spoon into 2 greased and floured loaf pans (8" x 4"). Bake at 275° about 1 1/2 hours (until pick into center comes out clean).

Cool in pans. If desired, while still warm, spoon 2 T. rum over each cake. Wrap well, refrigerate.

Here's wishing you a joyous holiday season, with good and healthy food, savored in delightful moderation.



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ECOLOGY AND AMERICAN BEEF

by Paul Lindholdt

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The most telling emblem of grazing impacts on western ecology is the brown-headed cowbird (*Molothrus ater*). This member of the blackbird family has lost the ability to build its own nest. Instead, it lays an egg in the nest of an unrelated and usually smaller bird that incubates the cowbird's egg until it hatches. The cowbird nestling—larger and more voracious than the host chicks, often larger than the host itself—starves its nest mates and shoves them to the ground.

This highly developed habit of nest parasitism resembles the incursions of beef cows. On the range, cattle trample vegetation and effectively compete with indigenous species. They displace elk, moose, antelope, bighorn sheep, and even deer in overgrazed areas. But they manage these feats only with human help.

Foreign to the Americas, beef cattle would not be able to survive in the far west if left to their own devices. Meager vegetation, extremes of temperature, stingy water supplies, and natural predators would quickly decimate any cows left to roam the range year-round. Only by means of feed supplements and water troughs, poison baits and vaccinations, can the rancher keep his animals alive even under the best of conditions.

Beef cattle regularly exceed 1,000 pounds at maturity. To maintain this bulk, the animals will graze eight hours a day and consume 25 to 50 pounds of forage, along with 35 to 70 pounds of water. Standing on all fours, cows exert some 24 pounds per square inch upon the soil, a pressure that can more than double when they run. A single hoofprint may take years to heal over in more arid regions where cryptogamic crusts, the "living skin" and "topsoil of much of the West" are easily destroyed. Cattle are oversized exotics transplanted to ecosystems ill-suited to them.

Communities of climax grasslands have been destroyed and replaced with non-native weeds and shrubs on millions of acres of public land. Beef—and most of their keepers—regard all plants simply as forage. As if in response, the land seems to be developing mechanisms to defend itself.

Ranchers, range science specialists, and Forest Service employees alike have been chagrined to witness the proliferation and migration of poisonous and spiny varieties of weed species like Russian and star thistles, halogeton, white top, tansy ragwort, and knapweed. Some of these species ironically prove toxic to domestic animals.

How do officials choose to deal with infestations of such plants? In heavily blighted areas, the weeds are mowed and burned so seeds will not generate new plants; in other districts, herbicides are sprayed, much to the jeopardy of the ecosystem at large; and in some districts, including parts of the greater North Cascades ecosystem, noxious weeds are pulled by hand.

The image is more than slightly absurd: a government-hired laborer or scientist on public lands, bending over or falling to his hands and knees to uproot weeds, his salary paid by tax dollars, his energy expended for the welfare of cattle ranchers and their herds that spread the weeds in the first place.

The attempted eradication of weedy vegetation at public expense may be a travesty of good resource management, but the extermination of indigenous (and ecologically integral) insects and mammals is equally unjust. Officials find it politically more expedient to poison vast expanses of public land than to ask a rancher to reduce herds to the ecosystem's carrying capacity.

Accordingly, the U.S. Department of Agriculture has spawned the Animal and Plant Health Inspection Service (APHIS). APHIS, in turn, has birthed the division of Animal Damage Control (ADC), an office whose rising annual budget now nears \$30 million.

Virtually all carnivores are legally "curtailed" by the 900+ ADC field workers charged with guarding rangelands. Formerly called government trappers, these civil servants have transformed (by the magic of euphemism) into "animal damage control agents."

In 1988 alone, the body count of "target species" included 76,033 coyotes, 9,127 beavers, 6,729 egrets, 5,347 raccoons, 4,427 red foxes, 1,163 bobcats, 939 badgers, 289 black bears, 203 mountain lions, 133 herons, 53 wolves, and more than 6,600 accidentally killed or "non-target" species.

Not all of these animals die just to placate livestock growers, of course, but all die unnecessarily. One common predator control is a scent-baited, spring-loaded trap known as the M-44 which propels a cartridge loaded with sodium cyanide into a coyote's mouth.

Perhaps the greatest direct impact of grazing may be seen on watercourses (riparian zones). Bovines, remember, need 35 to 70 pounds of water per day. And so they lumber down to drink and congregate near streams and lakes—fouling the water, stripping vegetation, and eroding sensitive banks.

In an ugly streamside chain of events, precious anchor vegetation dies, rainfall and snowmelt wash topsoil to the current, light and oxygen in the water diminish, and aquatic creatures die. Deep, narrow, cool, clear streams thereby become shallow, wide, muddy, and warm. In southeastern Idaho this unbroken chain—combined with slipshod application of fertilizers—helped destroy the Portneuf River, formerly one of America's premier trout streams.

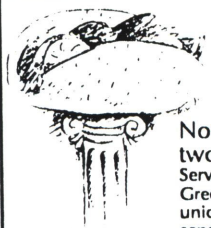
Livestock grazing has impacted western ecosystems in many ways. Some impacts are actually caused by sheep and cattle seeking food and drink as they have been bred to do, while others are caused by human efforts to adapt the land to the needs of exotic livestock. To maintain and restore rangelands costs us a lot today, but it will cost posterity far more unless we act now.



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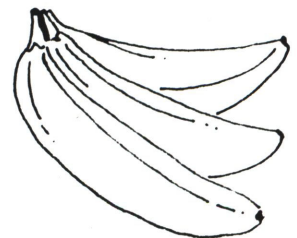
2 cups water
2 frozen bananas, sliced
1 1/4 tablespoons tahini
1 teaspoon vanilla

Combine all ingredients in blender, blend at high speed for 1 minute, until creamy and smooth. If too thick, add water; if too thin, add more frozen banana.

Tastes like a vanilla thick shake!

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Herbal Gifts

by Nancy Draznin



Making your own gifts can be a wonderful way to escape the frenzy of holiday shopping, and almost everyone welcomes a little luxury, especially if you've made it yourself. Herbs are inexpensive. Most of the gifts here can be made quickly, too, leaving you more time to enjoy the season.

One old fashioned herbal gift is a pomander. It's so simple that a child could make it, perhaps as a gift for Grandma. Take an apple or orange, some pretty ribbon and about 1/2 cup whole cloves. Tie the ribbon around the fruit so that it's held securely and you have a loop at the top from which to hang it. Now stick the cloves in the fruit all over, making a pretty pattern as you go, and covering the entire surface. This sweet-smelling ball can be hung in closets or tucked in drawers.

You can make your own herbal teas and give them in pretty tins or mason jars. You can try your own combinations or, if you're afraid of making something that tastes like cough medicine (as a yarrow, peppermint and horehound combo would), you can use these recipes.

RUBY SPARKLE TEA

- 1/2 C. dried hibiscus blossoms
- 1/4 C. dried lemon grass
- 1/4 C. spearmint
- 1/4 C. chamomile blossoms
- 1/4 C. dried orange peel (organic)
- 2 T. rosehips

Simply combine everything and store in a dark, airtight container.

SLEEP TIGHT TEA

- 1/2 C. spearmint
- 1/4 C. chamomile blossoms
- 1/4 C. red clover blossoms
- 1/4 C. oatstraw
- 2 T. hops

Combine, divide and give.

MASALA TEA

- 1/4 C. dried ginger (chunks, not powder)
- 2 T. whole cloves
- 1/4 C. crushed cinnamon stick (not powder)
- 1/4 C. fennel seeds
- 1 T. black pepper
- 1/4 C. carob pieces
- 2 T. cardamom pods, slightly crushed
- 1/4 C. roasted chicory

This tea needs to be barely simmered for about 15 minutes. It's delicious with milk or cream. Use 1/4 cup per 3 cups water.

It's fun to make ointments or cream from herbs. You'll need some small, wide-mouth containers, extra-virgin olive oil or sweet almond oil and a small amount of beeswax. You can use a candle if you're certain that it's pure beeswax. For balm you'll need:

- 2 T. spearmint or peppermint
- 1 C. oil
- 1/2 oz. calendula blossoms
- 2 tsp. beeswax (approx.)

Heat the oil slowly with the herbs until they smell very fragrant. Don't let the herbs burn or brown. Strain the oil, pressing the herbs well. Add the beeswax to the hot oil in very small pieces, stirring to melt it. If you want to check the consistency, let it cool in the pan. If it's too hard reheat and add more oil, or add beeswax if it's too soft. Then pour into containers and let set.

Potpourri makes a lovely gift along with a pretty bowl to set on a dresser. Or you can tie it with ribbon or lace or tulle and tuck into drawers. You can use any combination of the following

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herbs, just let your nose be the guide: rose petals, pine needles, pine cones, cinnamon stick, lavender blossoms, cloves, peppermint, allspice, lemon balm, lemon verbena, vanilla bean.

Body oils can be made using the same technique as the lip balm, just leave out the beeswax. Almond oil, vitamin E oil and cocoa butter are especially suitable. Good herbs to try would include lavender, rose, calendula, comfrey and aloe gel (add to warm oil without cooking). A pregnant friend would be especially appreciative.

You can use herbs to make culinary gifts as well as body care gifts. Herb vinegars are quite simple. Place fresh herbs in a bottle and cover with warm vinegar. Good combinations are tarragon with white wine vinegar, rosemary and garlic in red wine vinegar, and apple cider vinegar with a touch of honey and mint.

Oils are also easy to make. A fiery pepper oil can be made by gently heating peanut oil with hot peppers. The more peppers you use the hotter the oil will taste. Heat the oil slowly without allowing it to sizzle. A little dab'll do ya.

Enjoy making your gifts. Your friends will enjoy using them.

P.S. Starting December 1, I will have a notebook in the Co-op where you can write down questions concerning herbs. I'll go through bi-weekly to answer them, and choose one question per month to answer in this column.

Of Course You Should Take the Bus

by Dave Peckham

Ridership has been steadily improving on the Moscow-Pullman bus, but rather slowly. Current levels are clearly not sufficient for continual, successful, and profitable operation of the bus, nor do they reflect how much our community really does need this bus service.

Those who have been involved with this project have learned quite a few lessons, not the least of which is the fact that merely putting buses on the road is not enough. Many of those 5000 solo drivers a day between the university cities are creatures of habit, accepting the expenses, hassles and environmental conflicts of an ecologically extravagant daily routine. Constant reminders are necessary to convince them to take a break from their driving habit.

Bus watchers expect ridership to significantly increase with the onset of winter weather. On that first blustery white morning, will you know where and when to catch your bus?

For many the answer is "no," because of an almost total lack of publicity for this new service. A new bus requires aggressive marketing on a variety of fronts, especially in a community unfamiliar with transit. People need readily available, rider-friendly information. They need gimmicks and enticing promotional offers. And the individual's sense of social responsibility and environmental sensitivity needs to

be challenged. Get in their face: "You recycle, you're concerned about clean air, clean water and the greenhouse effect, you should ride the bus!"

PCEI will forgo the appeal to guilt for now, and focus on making the bus more accessible. Recently we produced a new schedule in timetable format, which for many will be easier to understand. PCEI intern Brant Kucera has designed a route map of Moscow so that people can now visualize all three routes. A map for Pullman is underway. Service areas are now being flooded with simple, straightforward schedules and route maps, so that when you're ready to ride, you'll know how to do it.

Area businesses are also committed to promoting the bus. More than eight shops in both cities are offering discounts to bus riders who pick up coupons on the bus, including the Co-op's Holiday Bazaar, offering 10% off with bus coupon.

As with any public transit system, there are little tricks that can make riding so much more convenient. One example is the sheltered bike racks at the UI SUB, right next to Moscow's busiest bus stop. A regular commuter has offered to share his ideas, call Kenton at 883-3156, or the PCEI office, at 882-1444.

MOSCOW HEALTH & ENVIRONMENT COMMISSION UPDATE

by LuAnn Scott

Interested in community environmental and safety issues?

The Moscow City Council Health and Environment Commission (HEC) will have several vacant seats by January. Four members of the advisory group (the ones who have advocated conscientious environmental policies in the past) will be resigning.

The 9 (nine) HEC members are appointed by the mayor and serve a three-year term. The group meets once a month except during March and April when planning the annual household hazardous waste collection for Latah County.

Other on-going projects of the HEC include: monitoring aerial application of pesticides and fertilizers around the city borders, implementing air quality standards, developing integrated pest management programs for parks, streets, and schoolyards, and working with other groups to protect and improve Paradise Creek.

This is your opportunity to influence City policies and effect real change. Volunteer by writing a letter to Mayor Agidius explaining your interest and background.

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The Big Walnut Boycott

by Natalie Shapiro



Barbara Christie, a representative of the international Brotherhood of Teamsters, forever changed the way that I had innocently regarded walnuts. Barbara is working with striking workers from the Diamond Walnut Cooperative in Stockton, California. In the mid-1980s, the workers, members of Teamsters Local 601, agreed to a 30% wage cut to save the company. Diamond invested the savings in new technology and doubled productivity. By the summer of 1991, they were a Fortune 500 company, and controlled about half of the U.S. walnut market. Instead of sharing their profits with the employees, the growers who control Diamond demanded reductions in health care plans among other things.

They gave employees a 10¢/hour raise and a \$30 co-payment on insurance. Then the growers hired a new team of managers to force a confrontation. In September, 1991, the first strike in 40 years occurred. 70% of the workers were women, Hispanic, and other minorities. 40% of the strikers were single women. The strikers were replaced with white male permanent replacements.

Testimonies of workers show deplorable environmental and health conditions at the plant. The amount and type of chemicals used in the plant are nauseating. Walnuts are fumigated with methyl bromide, sterilized with propylene oxide, preserved with tannox, and bleached for appearances. Methyl Bromide is a class I in toxicity (the highest class in toxicity), and is a poison that can cause respiratory distress, cardiac arrest, and CNS disorders.

Vapona, a fumigant, is a class I in toxicity, and is poisonous if absorbed through skin or inhaled. Workers testimonies at a hearing included: Vapona vapor build-up in the plant, oily walkways,

unlabeled, open chemical containers, and a lack of information given to workers on the chemicals used.

The hearing on September 12, 1992, held by the Employment and Housing Subcommittee, chaired by congressman Tom Lantos (D-CA) examined how well Federal labor and collective bargaining laws are working, and particularly the use of permanent strike replacements. There is a need for our Federal labor laws to provide a level playing field for both labor unions and management. Currently, employers have a legal right to hire permanent strike replacements.

Congressman Martinez and Tom Lantos are co-sponsors of HR5, the Workplace Fairness Act, which would allow workers to exercise their legal right to strike for economic reasons with full job protection. HR5 was passed by the House in July, 1991, but has stalled in the Senate.

Teamsters has filed a number of unfair labor practice charges with the National Labor Relations Board against Diamond. Some of the charges are still pending in the NLRB Oakland regional office, and in others complaints have been issued and they are waiting before an administrative law judge.

On October 20, Teamsters and other supporters of the International boycott against Diamond Walnut, distributed over 20,000 leaflets to consumers in 20 U.S. cities and in Belgium (where Godiva chocolates are made; they use Diamond Walnuts).

The Diamond Walnut case presents a strong argument for buying organic walnuts! As consumers, we need to know that the product we are buying isn't the result of exploitation of people or the environment. When you buy walnuts, find out who made them; if Diamond Walnut (not Blue Diamond Walnut) is the producer, I say let's boycott those walnuts!

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Moscow's Newest Environmental Publication

by Lis Raney-Harper

Editor's Note: Lisa recently showed me her newsletter "Read This" and told me of the sponsoring group, Citizens Against Chewable Air, known more readily by the acronym CACA.

Her newsletter has two important attributes (it's fun and it's free).

Anyone who wants to help Lisa (or as she's known in the newsletter by her pen name Livvy Scott) may contact CACA at P.O. Box 9894 in Moscow. She's ready to answer questions, accept monetary assistance, publish essays and articles.

Here's her explanation of her group and her newsletter.

The newsletter "Read This" came about because I felt Moscow could use an alternative press publication. I've been writing for pleasure for the last few years and decided it was time to share these pieces with the public. Our purpose of "Read This" is to function as an information clearinghouse for environmental and socially responsible organizations and publications.

To be honest, "Citizens Against Chewable Air" isn't actually an organization yet. It started out as a joke, but with a little push, could become an actual environmental organization. I'm hoping to get involved with alternative energy and transportation. I have an acquaintance in Seattle, who's been involved with the Human Powered Vehicle Association. An HPV rally could be in the works.

The need for clean air affects us all one way or another. I recently

found out from my doctor, that I have allergy-induced asthma. One lunch hour running errands in Lewiston, on one of their bad air days, sent me into 2 weeks of coughing and gasping for breath. I now have to rely on an inhaler during these episodes. Not a pretty picture.

While working Farmers Market a couple people asked what "Chewable Air" meant. I told them to drive to the top of Lewiston hill and see. Of course the term "Chewable Air" is an exaggeration. Let's hope it stays that way.

I've worked for several environmental organizations since 1982 and having worked at various Idaho State Parks, Mt. St. Helens and Hells Canyon (plus a husband in the timber department of the U.S. Forest Service), I've seen firsthand the issues that directly affect people living in the N.W. and Idaho.

Even though I reside in Grangeville most of the time, I still fervently maintain ties in Moscow. I haven't missed a Renaissance Fair since I moved to Moscow in 1983, and I try to patronize local Moscow businesses as much as possible. I'm still a member of the Co-op and have fond memories of when I was a volunteer cashier. Especially the day Mike Farrell and Shelley Fabares came in and I got to wait on them at the cash register. (I'll never forget that day.)

I'll continue to put out "Read This" as often as I can (money and time permitting). So I welcome any monetary or literary contributions (articles, stories,

commentaries, letters or poems). I hope through this publication I can give someone a laugh, a lift or maybe some insight into improving our world. Look for issue #3 of "Read This" in early December.

THE JOY OF DR. BRONNER'S PEPPERMINT SOAP by Tim Marsh

Dr. Bronner and I go back a long way, specifically to my days in Eastern Oregon.

Someone there used Dr. Bronner's Peppermint 18-in-1 Pure (golden liquid) Castile Soap. I tried it and liked it and have been using it ever since.

I remember the tingle I felt on my skin when first starting to use it. The tingle thrill is gone now, but it still smells wonderful.

The good doctor claims all different kinds of uses for his soap, from brushing teeth to spraying flowers and fruit trees. Honest, just read the blue and white label on the bottle. The label is almost a sermon.

I recall walking by a Laundromat in La Grande and seeing a friend inside. He was washing his clothes in a co-op machine, using Dr. B's as the soap.

I've never used it to clean my clothes. Rather, every morning I use it as shampoo to wash my hair. A side result, my wife points out, is that some—"a lot," she'd say—of the golden soap splashes onto the ceiling above the shower. It makes a soapy mess.

During my bachelorhood I kept heat in my apartment in Milton-Freewater at a minimum, if I used it at all. I found that Dr. Bronner's—in its translucent plastic bottle—was a thermometer. If it was cloudy, it was very cold in the apartment. If it wasn't, it wasn't.

You may want to experience the joy of Dr. Bronner's peppermint soap for yourself.

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MEMBERSHIP EQUITY
 by Peg Harvey-Marose

At our last meeting, the Board of Directors decided to increase the membership equity (or membership fees). The new fees will be \$10 for an individual and \$7 for each additional adult in a household with a total member contribution of \$150 (which means you become a lifetime member). As always, one membership, whether family or individual, is one vote at the annual meeting. January 1, 1986 membership equity was increased from \$5 to \$6. January 1, 1987 membership equity was increased from \$6 to \$7. We plan the present increase to be effective early 1993. Because this will be the first increase in 6 years, we felt an increase of \$3 for an individual was reasonable.

Membership equity serves as capital for the business. This capital is used for improvements such as equipment, furniture, etc. Two years ago, we bought the new milk processing equipment for \$100,000. We used membership capital for part of this cost, but had to get a bank loan for the other example is that we bought insurance with state measures regulations.

Holiday Trees Available Again This Year

by Nancy Casey

My family lives on a parcel of wooded land about 8 miles from Moscow. When we moved there 3 years ago, the most the land had seen of timber "management" was when all the marketable trees were cut 15 years previously. The hillsides are thick with young trees—too thick. So, if you like the fragrance and friendliness of a tree in your house in mid-winter, come out and get one on Dec. 12, 13, or 19.

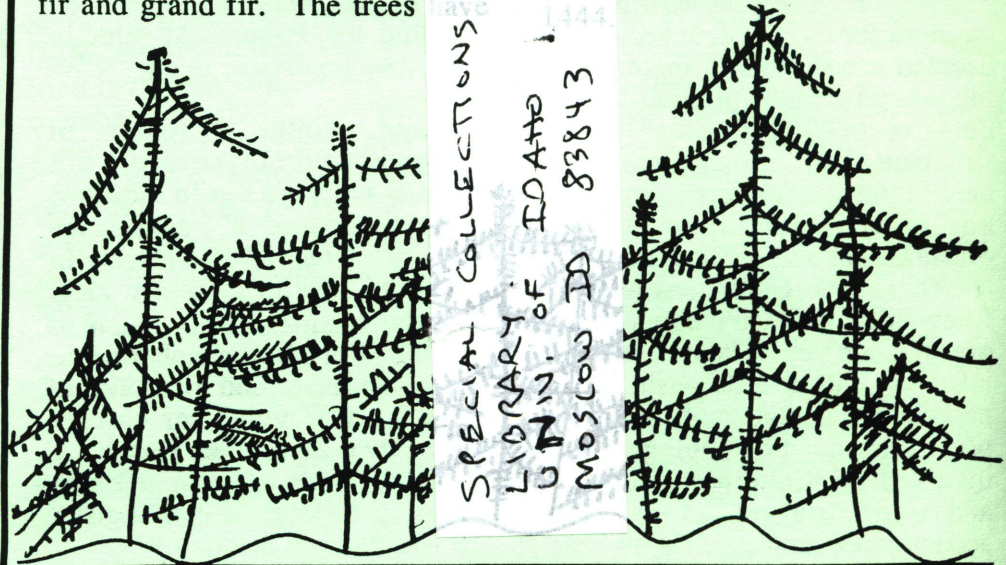
Trees can be cut, or if the ground is not frozen, you can dig one up. We ask a donation of \$1 per foot for each tree, and the money goes to PCEI (Palouse Clearwater Environmental Institute). Unlike tree farm varieties, these trees are unpruned native species, particularly Douglas fir and grand fir. The trees

sprouted naturally in the forest and are in stands that need to be thinned.

We offer free delivery for anyone who comes out to choose a tree on bicycles, skis or their own two feet. (Roller blades not recommended.) Bring your family and enjoy the winter outdoors. Refreshments will be served. Dress warm and wear your boots—it's colder here than in town!

To find us at 2335 Wallen Road, head out of town to the east on Joseph, which becomes Robinson Lake Road. At the "Y" where there are 4 grain bins, bear to the right. Continue about 3 miles and you'll see our mailbox on the left. There will be signs along the way.

For more information call 882-



That cost about \$1,500. There are also the unexpected expenses, such as frozen compressors or computer breakdowns. Because we do not run this business to make a profit, but rather to break even, we do not have money stored away to pay for these needs. That is why the Co-op needs the membership fees.

Some members have been concerned about the increase, so I called several Co-ops to find out if we were being unrealistic or if our fees would be compatible with other Co-ops. Each system is different, but the comparison can be helpful. The Community Food

Co-op in Bellingham has a \$90 share (compared to our \$150) that has to be paid at \$9 every three months. In addition, there is a \$4 administration fee every year. The Davis Food Co-op in California has a \$5 non-refundable application fee. The membership fee for the first year is \$10. It is \$20 from the second year on until there is a total contribution of \$300. We feel that our increase will be conservative compared to other Co-ops.

We are interested in your input. We will have an opportunity to discuss this at the annual meeting in February.

Moscow Coop
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