



SECOND CHANCE  
SECOND CHANCE

# MOSCOW FOOD CO-OP NEWSLETTER



See inside for information on how YOU can win \$50  
have your artwork/graphics/words ... displayed here!

February, 1992

## CORRECTIONS & CONTROVERSIES

by Bill London

Perhaps it was the change from the old format to the new larger size, but something is responsible for the errors in the January issue that I have to report.

Barbara Walker's legume article was mangled by the accidental loss of several sentences. It is reprinted (correctly, we hope) in this issue.

The author of the sprouting, and Pullman commuting anxiety, article is Nancy Casey.

The notice on the back page urging readers to participate in the food safety study incorrectly hints of Co-op sponsorship of the study. While the Co-op supports learning more about people's food safety attitudes, it is an academic study entirely. We hope to have a report on the results of the study sometime soon.

On the front page, the person who saved the Equinox records in the first place was identified only as David. It was, of course, David Cook, Co-op General Manager, for many years.

And now on to the controversy. Animal rights/vegetarianism/"real" environmentalism has been debated now in three monthly issues. And I'm glad. Not only are important ideas being aired publicly, but this newsletter has increased vitality. My thanks to all who have written.

And here's a reminder: the ideas you read here are not official Co-op policy (the exceptions, of course, are the occasional articles by the managers or Chair of the Board). Most articles are opinions, values, points of view — and as such, you might find them uninformed. If so, feel free to respond in writing.

The Co-op has a policy on only one aspect of this debate. The Co-op does sell meat of carefully raised animals, and does not sell products tested on animals (cruelty-free only). But the Co-op leaves the bigger questions (like: should you be a vegetarian?, or what is a real environmentalist?) up to you.

We welcome articles on a wide range of topics. If you're interested, we might be interested, too.

## BOOKKEEPER'S ANNUAL REPORT

by Deb Reynolds

Comparing the Co-op's 1990 finances with last year's, we saw increases everywhere -- in total sales, memberships, and inventory. The Co-op is doing well, and if it were my own private business, I'd be very happy.

Memberships increased from \$29,000 (in 1990) to \$42,000 in 1991, an increase of about \$13,000. That money financed the \$11,000 growth of the store's inventory and the remodeling needed for the walk-in cooler. It's a good index of the strength of the business that the increased membership money was not spent just to keep the doors open.

Net sales grew from \$519,000 in 1990 to \$688,000 in 1991, an increase of about \$475 per day.

Wages increased to offer staff competitive incomes. In 1990, 16 percent of net sales went to wages, and in 1991, 21 percent did. The Co-op is creating good jobs for more people.

Fixed assets increased by \$11,000 with the great new walk-in cooler. Other building improvements (including the lot paving, outside stairway, and upstairs windows) were paid for by the McCoys, our landlords.

Overall, the Co-op lost \$2,000 last year, which is the goal of this non-profit business. With a slight loss, there is no profit to tax and we know the prices are as low as possible.

Don't Forget ...

**MARDI  
GRAS**

**March 7**

## AND THE WINNER IS ...

Sarah Hoffmann! Sarah's entry in the December coloring contest was chosen (at random) to receive a free Co-op T-Shirt.

Sarah is the eight year-old daughter of Bonnie Hoffmann. Bonnie is the Co-op's assistant grocery manager.

# BOARD OF DIRECTORS NEWS

by Fritz Knorr

The big news this month is the Annual Membership Meeting that will be held in the upstairs room at the Co-op on Sunday, Feb. 9, starting at 6:30 pm. All Co-op members are invited. Refreshments will be served. Child care will be provided.

You are needed at this meeting. There are several issues before the membership which require votes. First, there is a proposed Article of Amendment to the Articles of Incorporation which would change the name of our corporation from "The Good Food Store, Inc." to "The Moscow Food Co-op, Inc." A little dull, perhaps, but we need your vote. Second, there is the election of the Board of Directors. Finally, and most importantly, you need to set the direction by discussing major (and minor) issues that are facing the Co-op.

One issue is our building. As any shopper can tell, our store just isn't fitting very well. There are a lot of nice things about this location; but, there are bad things too. If we would stay here, we would need to do some remodeling. And do we want to invest heavily in someone else's building? We could buy the building; but, is this the building to buy? If not here, then where? Help.

As I mentioned above, you will elect a new Board of Directors at the Membership Meeting. There are eight Board positions with a one year term of office. At our January meeting the Board nominated eight candidates: Anne Adams, Andrea Brandenburg, Peg Harvey-Marose, George Mancini, Mare Rosenthal, Kris Siess, Sarah Swett, and Jim Trivelpiece. Please give these people positive reinforcement for volunteering. If you know someone else dying to serve in this role, nominations will be accepted from the floor.

You don't see my name there. I am retiring from the Board as of the Membership Meeting. Some people have asked me, "Why are you quitting?" It's not quitting, it's serving out my latest term of office. I'm not sure I have one answer. In the Co-op spirit, I am holding a contest to find the best answer to the question, "Why should Fritz retire from the Board?" The winner will be announced at the Membership Meeting and will receive a prize.

The Coalition for Central America is collecting items for a spring yard sale. Call 883-0898 for information.

## WE STILL NEED A NEW COVER DESIGN

by Bill London

The newsletter's Editorial and Graphic Integrity Supervision Committee met to make a decision - and we could make no decision. So, the contest to design the new cover is still on.

You have until Feb. 24 at 5 pm to leave your design at the Co-op for the newsletter's cover. Fill the 7 1/2" by 2" box at the top of the newsletter front page with an enticing black-and-white design. Add the words Moscow Food Co-op Newsletter (or even Moscow Food Co-op Community News) and free or please take one.

Winner of the design contest gets a \$50 gift certificate.

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Cynthia Rozyla

### General Manager

Kenna Eaton

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Fritz Knorr

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Sarah Swett

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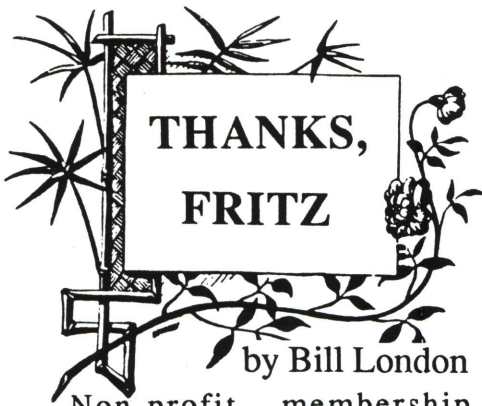
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# REPORT FROM THE GENERAL MANAGER

by Kenna S. Eaton



Non-profit membership organizations, like the Moscow Food Co-op, thrive when their staff and Board of Directors work in partnership. Usually the weaker partner is the Board, which makes the staff accept all the responsibility for the organization. That's efficient in the short term, but before long the result is staff overwork and burnout, lack of accountability to the members, and real floundering when the key staff people quit.

That's what a strong Board eliminates. The Board is elected by the membership. They volunteer their time for the good of the group, serve a one year term, and provide the direct link between members and policy.

For the last few years, the Co-op has been blessed with a solid Board, one that has been exercising its responsibilities and tackling the tough problems. The primary reason for the Board's new-found backbone is Fritz Knorr, Board member since 1988 and Board chair since 1990.

Fritz recognized the need for a Board that does what it is supposed to do, and has quietly built the Board into a smoothly-functioning and responsible partner to the very good staff we have at the Co-op. The result is a much more solid organization. He made it all look easy, mostly because he was willing to donate uncounted hours to the task.

Fritz is resigning from the Board after the February membership meeting. He's stepping down for the best reasons—he doesn't want to centralize too much power in himself. We all owe him a debt of gratitude.

By the time this newsletter is printed, we hope to see a new layout of the store. We've been conscious for a while of shopping problems, like cart pile-ups by the sunflower seeds, and flow-jams at the check-out lines. So, we put our heads together and came up with a plan, which with any luck we will accomplish by the beginning of February. But if we are delayed, here is a reminder to sign up to help us with the move.

Part of our plan includes the building of a new children's center. Because we need the floor space, now taken up by the kids room, we envision a play structure out on the floor of the store with a comfy chair for tired parents, and a changing table in the bathroom. Because of this the play room may be closed for a few days for remodeling -- please have patience!

We've also had some changes in personnel in January. Erika and Renee found their work loads too heavy (sales have been on the increase, December was the biggest month ever at \$78,000 gross!), so we looked at ways to spread out the responsibilities and to give some people a chance at learning new skills.

We welcome: Bonnie Hoffman as assistant grocery manager; Laura Church as assistant produce manager and night manager; Marla Chaney took on night manager and vitamin ordering (she was assistant produce manager already); and Bruce Arbtin as non-food buyer.

This left some openings for cashiers, so we hired 5 of our wonderful substitute/temporary cashiers as permanent staff: Cindy Braun, Kelley Mitchell, Skott Larsen, Ariana Burns, and Kristine Petersen (freshly returned from Utah!).

Last, but by no means least, we needed to hire two new janitors (Shonagh had her baby Jan. 12, a little girl, Kaylin), so we also welcome Scott Randall and Tim Eaton. Wow! Lots of new faces and new responsibilities make for a better, more effective workplace and grocery store.

As I already mentioned December was a spectacular month for sales in the store--due in part to the Holiday Bazaar. It was great! For those of you who missed it we hope to run the bazaar again next year. It sure was fun to have somewhere different to shop for gifts, but what will we do for 9 more months?

We decided to stay open for business on Monday, January 20, which is Human Rights Day, and Martin Luther King Jr.'s birthday observed in Idaho. We donated 10% of our sales that day (a total of \$284.91) to the Latah County Human Rights Task Force.

Thank you everyone for your continued support -- you help make the Co-op special.



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

## New Products and New Hours

by Erika Cunningham

**Tiaufu Cherry Cola:** The ever popular Tiaufu China Cola now has a partner, the cherry-flavored cola. To be honest it disappointed me, but some have liked it. Let me know.

**Bio Pac Cleaners:** While this has been in the store a while, I'm considering it a new product. The price is right and most have liked it better than the Winter White bulk. As of now we have bulk citrus cleaner, dishwashing liquid and automatic dishwashing powder. Soon to come are liquid laundry detergent, and a non-chlorine bleach powder. Further on down the line, a laundry powder will be available also.

**Co-op Brand:** As requested Co-op Brand products are back. We have tomato products, toothpaste, and laundry soap. Co-op brand gives a good product for a fair price, so thanks for your requests!

**Tofu Scrambler:** In bulk now!! One of our most popular Fantastic Foods packaged items is now for sale in the bulk mix department. Try some out in your own re-useable container.

**Amy's:** Amy's stuff (in frozen department) seems to be a big winner. The broccoli and cheese pot pie and the vegetarian pot pie are very popular. I loved the broccoli and cheese one. On the way are macaroni and cheese (thanks for request) and pre-made pie crusts for those of us who enjoy dessert, but just don't have time to whip them up!

**Pocket Pitas:** In the freezer also, these babies sell like hot cakes. They are stuffed with various items. Some are Greek, some Indian, some Mexican. They heat up well in the microwave and fill you up when you are hungry and on the go.

Thanks for everyone's suggestions. Keep using that board up at the cash register. It may sometimes take a while for me to answer, but I do read them.

And now, on to new hours ...

Yes, its true. The little Co-op that used to be staffed on Sunday's by one clerk sitting at the cash register reading Reader's Digest is no more.

How many times have you been in the Co-op lately when no one is around, the floor is dead, the clerk is reading a book? Not very often, I'd wager.

People want to shop, and from what I've seen they want to shop from 7:30 am to 7:00 pm every day. No kidding! Even Sundays. Of course, this makes us feel great knowing that people are hearing about alternative products and cooperative businesses and therefore need more time to shop and a consistent schedule to follow.

So in answer to this great influx of people, members and non, we are now open 7:30 am to 7:00 pm EVERY DAY!

Another reason for expanding Sunday's hours is to relieve the pressure for the receiving crew trying to receive the big order and

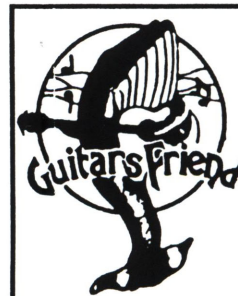


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stack the store, and wait on customers at the same time. These folks do a marvelous job and deserve a lot of praise, especially since they now have to come in at 7:00 am on a Sunday morning! Such dedication.

So -- in case you missed it, the new hours for the Moscow Food Co-op are:  
7:30 am to 7:00 pm EVERYDAY

# Using Cornmeal and Polenta

by Deb Reynolds

Even though I only work at the Co-op a few times each month, it seems that I always hear customers asking about cornmeal and polenta. They want to know how to use them in cooking.

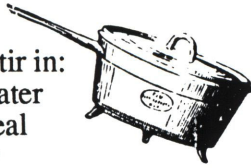
Well, here's a couple of recipes. I can testify that the cornmeal mush, while it sounds unappetizing, is pretty tasty. The polenta squares recipe I never have tried—but it sounded good.

From *More-With-Less Cookbook*:

## Cornmeal Mush

serves 4-6

Bring to boil in a heavy saucepan or the top of a double boiler:



3 cups water

Combine and stir in:

1 cup cold water

1 cup cornmeal

1/4 cup flour

1 tsp. salt

Stir constantly as the mush thickens. A wire whisk works well. Cook 30 minutes, covered, on very low heat or over hot water.

Eat hot with milk and sweetener, or pour into loaf pan to cool and set. Then slice, dust with flour if desired, and fry in a well-greased skillet.

Great with butter and maple syrup.

From *The Rodale Cookbook*

## Polenta Cheese Squares

5 cups cold water

1 tsp. salt

1 1/2 c. white/yellow cornmeal

1-2 Tbsp. oil

1 c. grated sharp Cheddar cheese

1/3 c. grated Parmesan cheese



In large saucepan, bring the water and salt to a boil. Add cornmeal very slowly, stirring constantly until thick and free of lumps.

Transfer this mixture to the top of a double boiler. Place over boiling water and cook, covered, for 30 minutes, stirring occasionally. Is finished when it leaves the sides of the pan.

Turn the mixture into a lightly oiled 9 x 9 x 12 pan. Cool, then refrigerate until stiff enough to cut (3-4 hours or overnight).

Preheat oven to 400°F. Cut the cornmeal into 16 squares and arrange in an oiled baking dish. Sprinkle with the 2 cheeses, place in oven and bake 15 minutes, or till cheese is melted and nicely browned.

Serve immediately. Goes well with stew or Italian meatballs.

Yield: 6-8 servings.

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## CONSUMER TIP OF THE MONTH

by Mary Butters

Perhaps you could take a minute and dial 1-800-788-0898, 9 am-10 pm EST Monday-Friday. It's one call you'll make that will make EVERY long distance call you make help build a better world.

How?

Your present long distance service is probably AT&T or Sprint. AT&T invests their earnings (your money) in nuclear weapons production. The toll free number above is for a long distance company called WORKING ASSETS. It is the only long distance company that provides the following:

\* Every time I make a call, they donate 1% of my charges to nonprofit groups working for peace, human rights, the environment and economic justice--at no extra cost to me. Once a year I receive a ballot asking me what groups I want my money to go to. I chose from 36 groups and this year they'll divide over \$500,000.

\* They're the only long distance company that prints its bill on unbleached 100% post-consumer recycled paper. They use only post-consumer paper, because a lot of the paper labeled "recycled" actually contains very little previously used paper. They also

print with soybean ink to minimize the toxins in the environment and the workplace. And for every ton of paper they use, they plant an equivalent amount of new trees. A big plus for me is their envelope without a plastic window. I get tired of ripping the plastic off almost every envelope I get so that it can be recycled.

\* Included on my monthly bill is a feature designed for people who want to speak out and be heard. I get free calls to targeted political and corporate leaders; easy-to-send Citizengrams at a fraction of the cost of Western Union Mailgrams; and a 3% Friendship discount on calls I make to other Working Assets members.

\* They guarantee low rates and top quality sound. I get the same sound and 24-hour operators I could get from the Big Three--because Working Assets buys long distance service in bulk from these same companies.

\* It's a dial 1 service that comes with a free calling card to use when you're away from home.

## WHAT IS A GENUINE ENVIRONMENTALIST?

by Kerry Masters

Jim Bauermeister responded to Greg Brown and Mare Rosenthal in the January newsletter. I would like to ask the same question again: What is a genuine environmentalist?

Jim stated that there is a lot of land that should not be used for cultivating crops, and suggests that the only use for this land is grazing domestic animals. This reminds me of the saying "What good is a forest if we can't cut it down for toilet paper?"

Even a desert can support numerous species of wildlife. Domestic livestock displace native wildlife by competing for forage and continued grazing changes the natural vegetation. Species are going extinct at the rate of one per hour due largely to the destruction of natural habitat.

Jim states that there is evidence that plants have discernable physiological response to injury. All the more reason to quit eating meat!! The lower you eat on the food chain, the fewer plants will suffer for your dinner.

### BBQ

#### Falafel Burgers

(Serves 8)

1-1/2 cup falafel mix  
3/4 cup water  
1 cup mung bean sprouts, chopped  
8 oz. firm tofu, crumbled and drained  
2 tbsp. soy sauce  
BBQ Sauce

- Combine water, falafel and soy sauce.
- Chop bean sprouts.
- Press tofu dry, crumble and mix with sprouts and falafel.
- Make patties. Place in waxed paper and chill in refrigerator for 1/2 hour before grilling over coals while basting with BBQ sauce. (Can also fry and then baste with BBQ sauce before serving.)

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## CHANGING MY WAYS - AGAIN

by Cynthia L. Rozyla

It is a mistake to suppose that muscular strength depends on eating meat. I think that the needs of the human system can be better supplied, and more vigorous health can be enjoyed, without it's use. I am a living testimony to this belief.

After 11 years of vegetarianism, for some reason still unknown to me, I "changed my ways" and again went back to the eating habits of my childhood ... roasts, casseroles, all sorts of fat-laden entrees and, as a result, lack of energy, an overall feeling blah, and of course, weight gain. So, now with the new year, I have made a resolution, and one that I know will not be hard to keep, to go back to the "good habits" of my early adult life.

Believe it or not, the Moscow Food Co-op had a lot to do with the realization that it was time for a change. In the last three cities where I have lived, even though the smallest was more than four times the size of Moscow, there was no co-op or even health food store that carried any type of variety. So now, here I am with the opportunity to again be involved in a healthy lifestyle, so I hauled out all the natural cookbooks which had been gathering dust for the last four or five years and am on my way. Which leads me to the subject of this article.

Probably the most important part of any healthful diet, in my opinion, are grains. The grains, with fruit, nuts, and vegetables

contain all the nutritive properties necessary to form the basis for a healthy diet and lifestyle. Grains are in abundance in nature (making for a wide variety of possible recipes) and of course are in abundance at the Co-op, both in their natural form and now, with the Upper Crust Bakery, in delicious, all ready made forms. But back to grains. Whole grains contain a myriad of essential vitamins and minerals, including B1, B2, Niacin, Calcium, Phosphorus, Iron, Manganese, Potassium and Sulphur. What more could you ask from one food group? From this one food group, the body is provided with basic elements essential for normal growth, utilization of sugars and starches, normal functioning of the nervous system, maintenance of appetite, normal tone and functioning of the digestive tract, etc. etc. etc. Grains and the elements found within them are necessary to provide healthy skin and eyes, muscle tone and energy. And, great news, most single servings contain only between 80 and 100 calories!

Correct cooking of grains is essential. (Sprouted grains are, of course, the exception.) Remember:

1. Grains should be thoroughly cooked.

2. Grains should be thoroughly chewed -- digestion begins in the mouth.

3. Avoid the use of white sugar; sweeten grains with fruit, date sugar or raw honey.

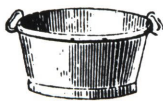
Now back to the cooking. Most cereal grains, except those that are sprouted, require an hour or more of cooking or steaming. This is necessary in order to properly change the starch so it can be easily digested. Whenever grains are cooked it is best to steam them in a vapor unit or in a double boiler. When double boiling put just enough water in lower kettle to steam the cereal. Do not have the upper kettle touching the water. This is one way of making a vapor unit. Cook whole grains several hours, cracked grains such as steel cut oats and the smaller grains like millet and rice require less cooking.

For another option, in the morning I put 1 cup grain (whole or cut) to soak. In the evening add enough water to equal 3 cups. Bring to a boil with grain and salt. Pour into pre-heated thermos. Screw on cap. Turn on its side until breakfast time the next morning.

Not being a fan of cereal, or even breakfast for that matter, I have found that I prefer obtaining my grains through breads. When I had time, one of my favorite recipes was (and still is) "Simple one Loaf Wheat Bread." I like this recipe for two reasons: first, it really is simple, and the second, wheat bread, in my eyes, just has no equal.

Into a bowl put:

- 1 C. warm water
- 1 pkg. dry yeast
- 1 Tbs. honey
- 1 Tbs. molasses
- 1 tsp. salt
- 1 C. whole wheat flour



Mix above ingredients together and let stand 10 minutes. Stir down and let stand 15 minutes.

Add to the above ingredients:

2 tsp. lecithin

2 C. whole wheat or mixed fours (whole wheat, soy, white) Knead for 3 minutes. Shape into 1 large or 2 small loaves. Let rise in pans till double. Bake at 350 for 45 minutes. Chopped dates or nuts may be added with the last flour if desired.

Needless to say, I haven't had the time recently to bake bread.

But, I haven't really had the need. My bread comes from the Upper Crust. And, this week I tried the newest addition to their selection, Vita-Spelt Bread. It's delicious and tastes, to me, like the best wheat bread, but Spelt is not wheat. In contrast to wheat, the vital substances of Spelt are found in the inner kernel of the grain. In wheat, the vital substances are found in the shell and germ bud which are usually removed in the milling process.

So, in reading about Spelt, I learned that this grain provides more of the essential elements needed by the body ... more protein, fats and crude fiber than wheat. All human daily protein requirements can be met with Spelt proteins. The biological value of the Spelt proteins so exceeds that of wheat protein that its excess essential amino acids constitute a protein source for human plasma. Spelt also contains special carbohydrates which play a decisive role in blood clotting and stimulate the body's immune system, so as to increase its resistance to infection. Probably the most important aspect for some people, though, is the fact that Spelt is a unique whole grain that is particularly attractive to wheat sensitive consumers. It is easily substituted for wheat in recipes. The Moscow Food Co-op bakes Spelt bread fresh daily. In addition, now in stock is Vita-Spelt Flour, and Vita-Spelt Pasta. Of course, there are numerous other benefits to Spelt, but space doesn't permit me to list them all.

But, information abounds at the Co-op, just ask ... and, next time you're in, try some Spelt Bread, fresh from the Upper Crust, or, if your schedule permits, try it in your favorite recipe. I'm sure you'll be pleasantly surprised that a food this complete could also be so completely delicious!!



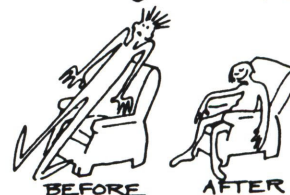
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**CORN CONFUSION  
CLEARED**  
by Renee McNally

Corn (or maize) originated in Central and South America, growing wild as early as 9,000 years ago. Today, the Co-op carries corn in a variety of ways:

- **Corn meal:** This is coarsely ground whole dried kernels of corn. Use it to make muffins, pancakes, breading for fish or poultry. Corn meal can be cooked by itself into a mush.
- **Corn flour:** This is a finer ground than corn meal. The flour is frequently used for making tortillas or other flat breads, and as an addition to baked goods such as cookies and bread.
- **Corn Masa Mix:** Corn flour that has been processed with water to create a time saving mix.
- **Polenta:** Also known as corn grits. This is the coarsest grind. It can be used in the dish called Polenta and is frequently used to dust loaves of fresh baked bread.

We also offer fresh corn (on the cob) in our produce department, when it is available.

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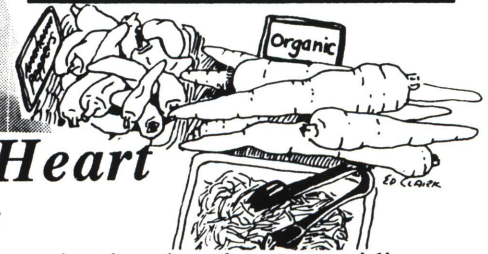
## *Food from the Heart*

by Barbara L. Walker

When she was 24 she quit teaching and left England to travel for six months. She didn't go back. She traveled through Canada and down the coast then ended up in Colorado. Last July, Annie Hubble moved to Moscow from there and within a week had found work here at the Co-op and a house to live in. It was as if Moscow called her here. After spending less than an hour with her, I felt I had met a kindred spirit.

Annie makes the terrific deli take-out food that you can find in the produce case. She likes working at the Co-op because of the really fine people: wonderful smiles, caring, support and honest feedback. She said it is really nice to see customers walk in the door and smile because of the relaxing atmosphere. Annie also appreciates being able to take a well-day now and then, usually to spend the day nurturing herself.

In England, there is not much flexibility in how one chooses to work throughout life. A person pretty much has to stay on a career track to avoid unemployment. For Annie, one of the things that is attractive about this country is the way she can move into different kinds of work. Whether producing beauty as a gardener at a golf course, working up good food at a restaurant or developing the Co-op's take-out deli menu, Annie's



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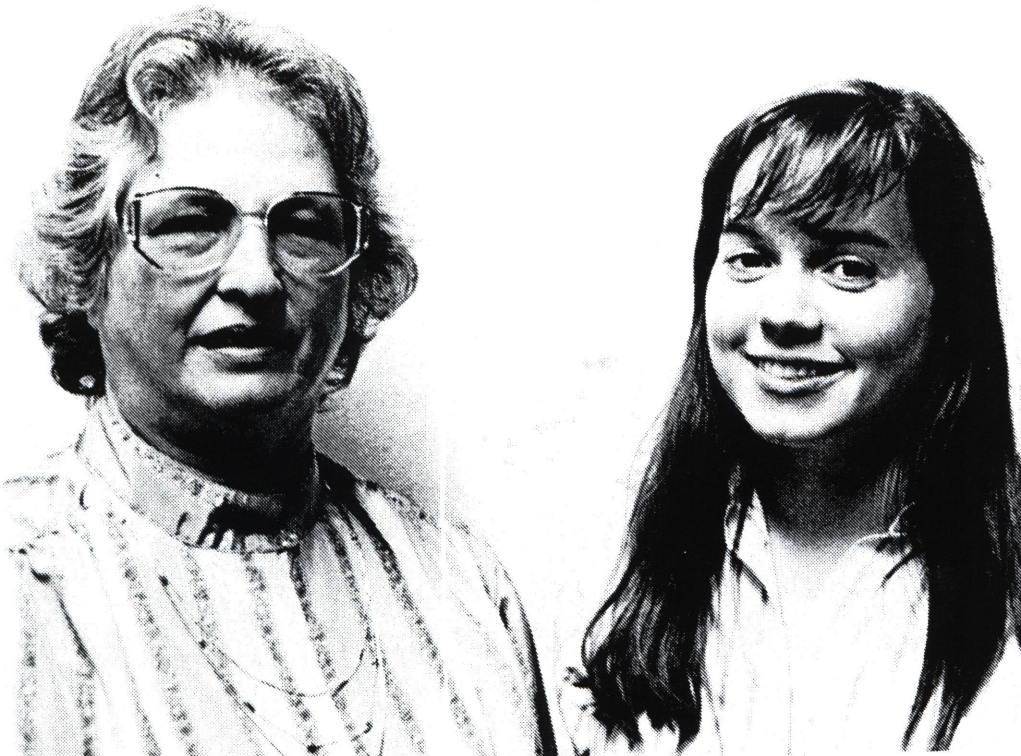
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motivation has been providing a service that benefits people. In the future of the Co-op, she would like to see some tables and a juice machine so that people can have a quiet place to have lunch. She heard a lot of positive comments about the refreshment corner that was set up with the Holiday Bazaar. Annie sees the Co-op as a good social/informative center and hopes it will keep on providing its high quality service.

The wide open spaces and the abundance of wooded areas on this continent helped convince Annie to stay on this side of the ocean. She loves to be out walking in nature and finds a sense of freedom and exhilaration there. She especially likes walking in the woods. Another delight in her life is her family: her children Chantra and Joseph, her partner Gary and his son Jesse. We spent most of our time together talking about children and how we think they should be treated with love and respect and encouragement to their full potential. Annie hopes to work with children when hers are grown because she thinks children are vital to our society. She gave each of her children three years at home before going out to work for pay and sees her role as a mother to be very important work.

Annie, I'm honored to have met you.





## Volunteers Arlene Miller and Tanya Heikkinen by Christian Purvis

It is balance that makes the Co-op possible. Sure there are all those fiscal, bureaucratic reasons why a Moscow Food Co-op is much harder to run than a Safeway. But we have all the supportive members who make the difference and keep us growing and improving. The volunteers are especially important, and the Co-op would have a hard time surviving without them. They stock, clean, create displays and generally help the staff survive their many responsibilities. The Co-op can't say **Thank you** often enough and this newsletter features two fantastic volunteers who are dedicated to giving their time and energy every week to the Co-op.

If you have shopped at the Co-op early Sunday mornings any week-end in the last year and a half, you couldn't have missed Tanya Heikkinen. She is the computational math major from the UI who you see magically stowing away mountains of boxes and cans. Tanya says it's a good excuse for escaping all those dull math books, but her talent for finding a place for everything in the Sunday order is so important that she was asked to join the staff this year.

Tanya shares her discount with her housemate Ryan Sawby and their iguana who loves the old squash which the produce people set aside for him every week. Tanya first started volunteering because she thought the Co-op is an idea worth putting extra effort into. It's important for her to eat good healthy food and reduce her impact on the environment. She has a vision for the Co-op too, one that includes more international style foods, and getting to the food underneath all that packaging with a greater emphasis on local products and unprocessed whole foods. With volunteers like Tanya, I know we're going to see these things happen.

Arlene Miller is another volunteer who came to the Co-op a year ago for its emphasis on a healthier lifestyle and has dedicated her time every week like clockwork. Arlene has finally settled into the Wednesday cheese cutter slot where she cuts, wraps, weighs and prices all the cheeses left over from Tuesday's big shipment.


Arlene and her husband Tom moved to Moscow eight years ago

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and have shared their lives with five children and twelve grandchildren. For them, Moscow meant escape from the big city of Salt Lake and a super-insulated energy efficient home with a big garden and orchard. Arlene keeps coming back for the diverse people who make shopping a social occasion. "The Co-op is an important open forum," says Arlene who sees the importance of the Co-op as a Community-oriented resource. And it is Arlene and the rest of the volunteers who help keep the balance that makes the Co-op possible. Thanks for all your energy, enthusiasm and dedication.

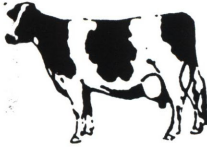
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## Recycling

I've been a member of the Food Co-op for years. I've volunteered here, shopped here and now have a part-time position that frequently finds me behind the cash register. I have also been one of those diligent ones that bring in grocery sacks, egg cartons, and containers to be re-used. Re-use - re-duce - re-cycle - but first re-use.

Now that I have sorted through the re-useables (jars, plastic containers, sacks, etc.) that you have taken the time and energy to bring in I want to offer some suggestions to make it simpler for us and for you.

**Paper Sacks:** Please sort according to size and place straight down, bottoms up (all going the same direction) in another grocery sack. We don't use department store sacks (like the ones from Penneys) and we don't use waxed bakery sacks. We use very few small, small sacks. We do re-use coffee bags.

**Plastic Bags:** We use the ones with handles only. If you find yourself with an abundance of produce sacks please add them to your own collection of shopping gear and remember to avoid getting more each time you shop. Another idea is to combine your veggies into one. Cashiers don't mind sorting through it all.

**Egg Cartons:** Please stack and be sure they are clean and sturdy. Buy pulp instead of styrofoam if you are presented with a choice.

## How-To's

by Cindy Braun



Her's two ideas for re-use of the styrofoam cartons: paint tray for kids, trays for starting seedlings for your garden.

**Containers:** We all appreciate the bins of jars and plastic containers when we realize we left ours on the kitchen table. What we tell customers at the store is, "There are clean containers for your use under the peanut butter." So, be sure to clean all re-usables and have the correct lids attached.

Containers brought in without lids, or brought in dirty are just passed on to the appropriate spot. So please do your recycling at home and then bring in your re-useables. They are always greatly appreciated!

So ... a big thanks to all of you who donate. And for all you workers who have spent hours sorting through what is donated, thanks! Most of all, a great big thanks to the Food Co-op for offering us a place to have an alternate "Earth smart" place to shop.

Watch for the arrival of our new larger sized canvas shopping bags. And remember we also sell the mesh shopping bags. Save a tree, buy a re-useable grocery bag.

Also, remember that we have styrofoam peanuts from unpacking our orders that we store in the honey room. If you have some use for them we'd be more than happy to give them to you!

# Animal Exploitation on the Palouse

by Greg Brown and Mare Rosenthal

*"Vivisection is a social evil because if it advances human knowledge, it does so at the expense of human character..."*  
George Bernard Shaw

Research using animals is big business. Research facilities such as hospitals, colleges and universities, diagnostic laboratories, and many private firms spend billions of dollars in animal research. Experiments with animals cost taxpayers at least \$4 billion a year. Estimates of the number of animals used in research range from 10 million to 100 million. The USDA officially reported that 1.6 million warmblooded animals were used in research, testing, or experimentation in 1990. This figure does not include birds, rats and mice, and farm animals used in agricultural research. This latter group of animals constitute as much as 90 percent of all animals used in research and are exempt from the limited protections provided by the Animal Welfare Act.

Animal research has thrived through a conspiracy of secrecy and deception. The Palouse Voice for Animals, a local non-profit organization, strives to educate the public about animal research issues. The data presented here provides a brief overview of animal research at the two local universities.

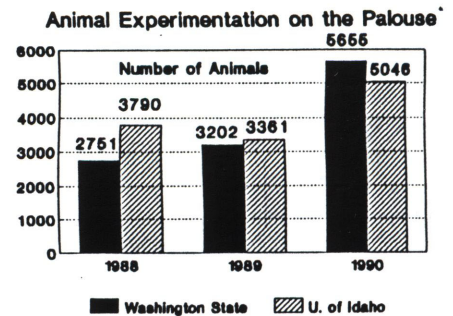
The first figure below (the "wheel of misfortune") shows the number and types of animals used in research at the University of Idaho in 1990. Of the 5046 animals

used in experimentation, 72 percent were used in type "D" experiments that involve pain or distress, but were "appropriate anesthetic, analgesic, or tranquilizer drugs were administered to avoid pain or distress."

The second figure below shows the number and types of animals used in research at Washington State University. The animal research program at WSU is much more extensive than that at the U. of I. In 1990, WSU reported using 5655 animals in research, experiments, or testing. The WSU figure, while seemingly comparable to Idaho, however, does not include rats, mice, or other animals exempt from reporting requirements.

At WSU, 23 percent of the research animals were involved in type "D" experiments. Eighty-eight hamsters and 7 beavers were used in type "E" experiments that involve pain or distress without anesthetics. The hamsters were deliberately infected with Scrapie, a nervous system disease of sheep and goats. According to a WSU report, these hamsters are "observed until they reach the point at which they are unable to right themselves from being placed on their back or side. When they reach this level of motor incompetence, they are euthanized [killed]."

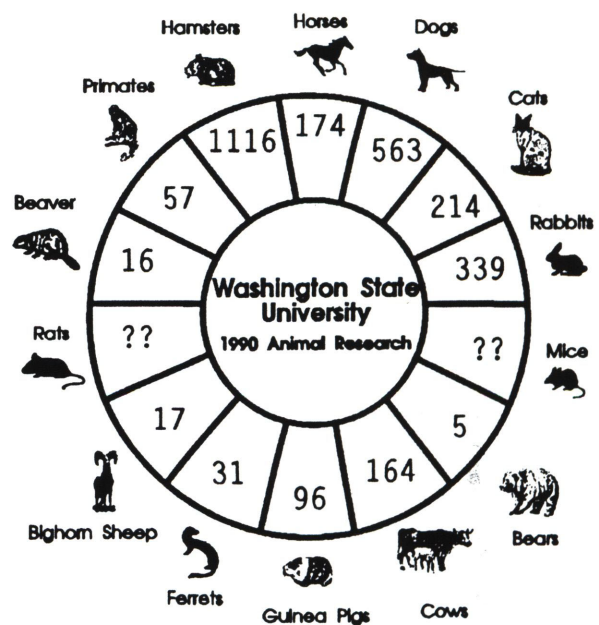
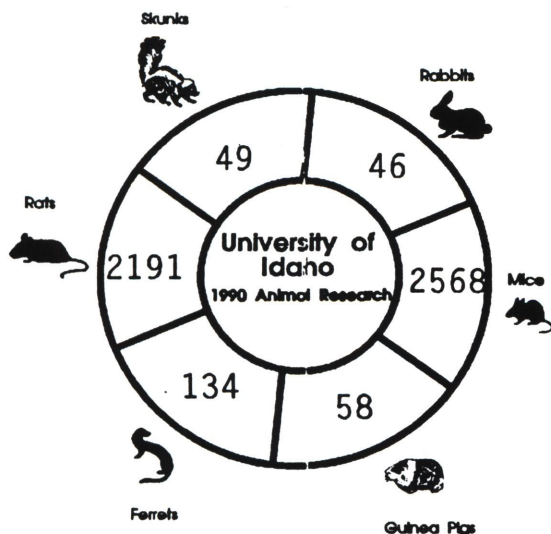
The 7 beavers were used to test underwater mechanically activated killing traps. According to a WSU report, the animals "may be exposed to temporary trauma ... animals are humanely euthanized at set time limits if required." This research, no longer being conducted at WSU, was cited as one of the reasons for the direct action by the Animal Liberation Front (ALF) at WSU last fall. Neither of the type "E" experiments were aimed at promoting human health.



U. of Idaho totals include mice and rats, WSU do not

The final figure above shows the 3 year trend for animal research at the two universities. Animal research continues to increase at the universities. While there are positive signs of change (e.g., WSU's alternative veterinary program), the trend is ominous.

If you would like to learn more or become a part our efforts to oversee university research, write the Palouse Voice for Animals, P.O. Box 8897, Moscow, Idaho, 83843 or call 883-4565.





# ANIMAL RIGHTS AND REALITY



by Natalie Shapiro

It is interesting how threatened people become by the animal rights movement. The January 1992 newsletter contained two articles opposing a December article on vegetarianism by Greg Brown and Mare Rosenthal. I feel that this is a good sign for the animal rights movement. At first, no one took us seriously, but then more and more people began questioning how our society perceives and treats animals. Opponents to the movement began realizing that we won't go away, and that we are a threat to practices that exploit animals.

A popular method of rebuttal by opponents is by making gross generalizations and assumptions based on the extremes of the animal rights movement. For example, Dr. Speth (January, 1992 newsletter) wrote: "An animal rightist, if forced to choose, would save two kittens rather than a human child!" Where did he ever get that from? I know of no animal rightist who puts the life of kittens over that of a human life. There

may be some who do, but assuming everybody else does is an incredibly unintelligent assumption to make.

Animal rights issues may cause problems because of the question of what constitutes cruelty? Inherent to this question is: Do animals feel pain in the same manner that humans do? Philosopher Rene Descartes promoted the view that animals are mechanical, non-feeling beings; what is perceived as pain in an animal is merely a mechanical reaction. This perception is still used to justify inhumane treatment of animals.

A good example of this is in mechanized farming, or "factory farming." To achieve mass production, animals are packed into small cages, causing stress and diseases. Does anyone ever question why there is a problem with salmonella and hormones in chicken? Prior to factory farming, farmers didn't need to rely on drugs to keep chickens healthy. Factory farm workers say that chickens (or cows) are "too dumb"

to feel pain. I see no correlation between intelligence and the ability to feel pain! But, in order to justify economically profitable methods, the existence of pain can't be acknowledged. Why? It is easier to simply deny that pain exists, rather than know that it is there, and to try to live with it.

Dr. Speth also mocks the Animal Rights Handbook for suggesting that reading Bambi is a good way to teach children about animals. Is this because Bambi teaches kids how to feel pain and joy towards animals? Dr. Speth may fear that children will grow up lacking the rational, unemotional detachment necessary for justification of cruelty towards animals. Showing feelings towards animals who have died, or are in pain, is considered unscientific and nonrational. I am hoping that one of the successes of the animal rights movement will be to teach people that it is socially, scientifically and professionally acceptable to have feelings towards animals.

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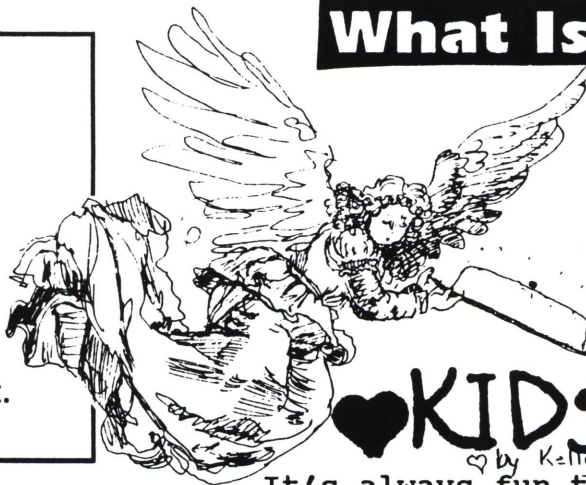
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### Aardvark

The aardvark is a funny thing  
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Like animals of yore.

## ♥ KIDS' PAGE ♥

by Kelly Kingsland

It's always fun to surprise someone you love with a heart-shaped treat for Valentines day. Here's a recipe that's easy to make, and tastes great. Depending on how good a cook you are, you may need help.

### Buttermilk Scone Hearts

- 3 cups flour
- 1/3 cup sugar
- 2 1/2 teaspoons baking powder
- 3/4 teaspoons salt
- 3/4 cup butter or margarine
- 3/4 cup pitted chopped dates or currants
- 1 teaspoon orange peel
- 1 cup buttermilk

About 1 tablespoon half and half, or milk  
1/4 teaspoon cinnamon mixed with  
2 tablespoons sugar

In a large bowl, stir together the flour (I use 1/2 white and 1/2 whole wheat) the 1/3 cup sugar, baking powder, baking soda. Grate (with a cheese grater) the butter and mix with the flour mixture, stir in the orange peel and dates.

Make a well in the center of flour mixture; add the buttermilk at once. Stir with a fork until dough cleans sides of bowl.

With your hands, gather dough into a ball; and turn out on a lightly floured board. Pat (or roll) into a 1/2 inch thick circle. Using a heart-shaped cookie cutter (or, if you don't have one cut with a dull knife) cut out all the dough. Place 1 1/2 inches apart on a lightly greased baking sheet. Brush with half and half and sprinkle lightly with the cinnamon-sugar mixture.

Bake in a 425 oven for 12 minutes or until tops are lightly browned. Makes about 18 scones. Serve hot, or reheat before serving. Their good with butter and jam. Be sure to clean up your mess!

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# LEGUMES PLUS CONVENIENCE

by Barbara L. Walker

If there is one thing I'll take with me when I leave the Palouse next June (adventure in moving, part nine) it is a love for lentils. I don't think I had heard of them six years ago. My mission this month was to find something in the Co-op that I wanted to try and let you know what I think. Well, it was five minutes until closing time but I found a main dish for four for under two bucks: Legumes Plus, Inc.'s Lentil Sloppy Joes (or, I would add, Sloppy Jennies, except that my sister Jenny is anything but sloppy).

When I found the Legumes Plus display, it was over by the coffee cupboard, but I won't guarantee that it is still there because it seems that lately the displays have been rearranged with the frequency of my sister's living room furniture. On the shelves you can find a dozen different products, most of which contain primarily luscious lentils already washed and ready to cook. In each package, there is a little packet of seasonings. On the outside, you'll

find easy-to-follow directions (even if you are cookbook-inept) as well as variations, serving suggestions, nutrition information and the usual. Some of the dishes require only water like Olde World Lentil Soup. Others require tomato sauce and water, like Lentil Chili, or catsup and water, like the Sloppy Jennies. Oh, I mean Joes. These products are good for filling the gap between my meat-and-potatoes childhood and my vegetarian-wanna-be adulthood. Personally, I can't wait for the introduction of the Legumes Plus Lentil Brownie Mix.

It is true that that these lovable lentil dishes have no preservatives, no cholesterol, no fat and no MSG. And they do have high fiber and high protein content. But the great thing about these little packets at my house is that when it is six o'clock and there are four tired grouchy hungry bellies to feed and two of them belong to brain-drained adults and one of them has still not removed his fancy ceramic cave for mask guys from the table, it takes less than thirty minutes and

hardly any focused attention to provide a good meal. I'm all for any product that can keep me from jumping into the car to head for the nearest junk joint. Steve and I liked the Sloppy Joes on Co-op whole wheat bread. Ben wouldn't try it because he doesn't like anything that looks messy. Tegan threw hers on the floor and the dog loved it.

Another thing you can do with these packets produced in Fairfield, Washington is send them to your friends and family, especially the ones who have never heard of lentils. I know we are beyond the holiday gift-giving season but you may need to send a little something for someone's birthday or graduation or wedding or new baby. Well, this is practical, inexpensive and wouldn't end up sitting around collecting dust or being grown out of. And it may just introduce someone to a wonderful food or perhaps even make possible the thought of eating less meat. If gas is a problem, break out the Beano, also available at the Co-op in small and industrial sizes. Now if we could just figure out how to get the Beano into the dog ...

---

## Vegetarian Perspectives

by Greg Mader

The eating of meat is simply a matter of personal taste, preference and judgement. It is definitely not a matter of supplying the body with necessary complete protein and nutrients—the microalgae plankton called spirulina is so complete people have reported living solely on the algae for years.

Man's exploitation of animals (animal husbandry) has evolved from thousands of years of tradition. Without attempting to reason whether eating meat is good or bad, right or wrong—some people like it, and eventually may suffer the penalty for so doing.

Nearly all meat is tainted with the outpouring of excessive adrenaline from the animal's adrenal glands. This happens when they are slaughtered or killed—however the fashion. Animals know by instinct their approaching fate, feeling helpless fear and terror. As a result their

blood and muscles become saturated with adrenalin. Their poisoned flesh is then immediately attacked by germs. The very moment that life escapes from the body, their meat begins to decay.

Some researchers have noted that tribes living on a vegetarian diet are not afflicted with cancer. Yet when these same tribes adopt food including meat, eggs and milk, cancer develops. Drs. Humphrey, Bell, Marsden, Roger-Williams, Black, and other cancer specialists have expressed the opinion that flesh-eating is one of the chief predisposing causes.

After many years of studying the causes of sickness, Dr. Owen Parrett became convinced that flesh-eating caused premature aging, fatigue and toxicity. He pointed out that the cells of the body are little units and each must be supplied with proper nourishment to effectively throw off waste. When something blocks this process, the cells and organs become diseased and deteriorate.

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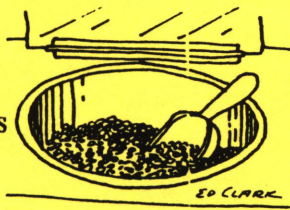
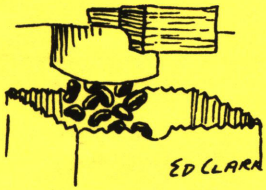
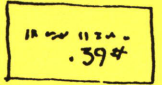
Enzyme-rich foods such as sprouts, vegetables, fruits, and their juices, are the most important foods to slow the aging clock and protect us from potential carcinogens. On the other hand, animal proteins are deficient in food enzymes and fiber, while excessive in fat and protein. They slow the rate of body metabolism and weaken the immune system.

Animals build larger, huskier and healthier bodies from the Amino acids obtained from vegetation. It's the herbivorous animals like the horse, oxen and elephant that have such phenomenal strength and endurance obtained from eating raw vegetation.

For information on healthy fresh organically grown enzyme-rich foods, try *The Sprouting Book* by Ann Wigmore and learn how to garden year-round at home. Lentils are quick and easy to sprout, to be eaten raw or gently steamed.

**MOSCOW FOOD CO-OP PRICE COMPARISON**  
 Prices reflect cheapest type/brand at commercial stores (sale prices excluded)

Item	MFC	MFC-18%	Safeway	Tidyman's	Rosauer's	Jeff's
Aloe Vera Gel (per #)	2.61	2.14	-	4.34	5.94	0
Cheese (per #):						
Feta	3.05	2.50	4.39	4.38	5.22	4.86
Mozzarella	2.23	1.83	2.85	3.31	3.04	2.73
Chips, reg., salted (per #)	1.29	1.06	1.65-3.03	1.73-2.98	2.13-3.18	2.09-2.45
Coffee beans, dark Columb. (per #)	5.73	4.70	5.99	5.99	5.98	-
Eggs:						
Farm (per doz.)	1.35	1.11	-	-	-	-
Comm LG, AA	1.11	.91	1.13	1.03	.94	1.02
Falafel (per #)	2.71	2.22	-	-	-	-
Flour (per #):						
Whole Wheat	.32*	.26*	.38 (5#)	.34 (10#)	.37 (10#)	-
Unbleached	.29*	.24*	.30 (10#)	.32 (10#)	.19 (10#)	.21
Fruit (per #):						
Apples/Granny	.89*	.73*	.99	.99	.89	.95
Apples/Red Delicious	.79*	.65*	.99	.99	.79	.95
Bananas (per #)	.49	.40	.59	.49	.59	.49
Honey (per #)	.99	.81	1.16 (5#)	1.09 (bulk)	1.42 (3#)	1.51
Legumes (per #):						
Lentils	.32	.26	.87	.64	.55	-
Pinto Beans	.51	.42	.82	.46	.53 (2#)	.48
					.50 (4#)	
Maple Syrup (per #)	2.81	2.30	5.11	5.86	6.40	6.50
Mineral Water - Crystal Geyser						
10 oz. bottle	.49	.40	-	.55	.58	-
Nuts (per #)						
Almonds	2.80	2.30	2.49	3.99	6.59	6.59
Sesame Seeds	1.68	1.38	5.50	3.68	3.73	-
Oats (per #)	.36	.30	.95	.90	1.22	1.42
	.65*	.53*			.88 (9#)	.99 (9#)
Extra Virgin Olive Oil (per #)	3.73	3.06	3.48-4.61	4.48	4.88	-
Raisins (per #)	1.42	1.16	1.44 (2#)	1.41-1.61	1.46-1.80	1.38-1.41
Rice (per #):						
Long grain brown	.42	.34	.85	.62	.50	.59
Basmati	1.25*	1.02	-	-	-	-
Pace Picante Salsa (per #)	1.71	1.40	1.64-2.09	1.83-2.39	1.72-1.98	2.08
Semi-Sweet Choc Chips (per #)	1.86	1.53	2.38	2.38	1.73	2.30
Tofu (per #)	1.11	.91	1.23	1.39	1.71	-
Veggies (per #):						
Carrots	.59*	.48*	.48	.57	.69	.69
Mushrooms	1.99	1.63	2.99	2.49	2.59	2.69
Potatoes (bakers)	.19	.16	.48	.25	.33	.39



\* Denotes organic

Prices checked in January 1992

# DESPAIR & EMPOWERMENT

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*Rashani*

"In our world today, nuclear weaponry, serving in a sense as a spiritual force, together at any moment, without warning. When we allow the reality of that painful, but it also jolts us awake to life's vividness, its miraculous quality, he and uniqueness of each object and each being."

- From *World As*

Rashani, who received training from Joanna Macy and John... on Saturday & Sunday, February 15-16, at the Appaloosa... forming despair and experiencing the intimate interrelated... workshop is for anyone interested in social change and/or... \$125-\$160 sliding fee scale. Contact Inner Vision, 118 E. Third, 883-1037 for more... ation. Preregistration advised, as space is limited.

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# EXISTENTIAL REFRIGERATION

## Individual Responsibility and R-12

by Kris Siess



I should probably tell you all about a disturbing mishap in the bakery last month. Hopefully we can all learn from it.

It all started when the compressor on our big refrigerator failed just before Christmas. I determined that repairs were beyond my talents and called a local refrigeration shop in to have a look. The repairman confirmed my diagnosis, indicating that the acquisition of a new compressor would take a week or more. He also confirmed my suspicion that the aging unit, donated to the bakery two years ago, was charged with R-12 refrigerant, one of the most obnoxious of greenhouse gasses. Although I was aware that the release of some of the gas was inevitable in the changeover, I expressed my concern and desire

that all possible refrigerant be reclaimed and reused. I left the encounter with the belief that this would be done.

I was shocked, therefore, when I entered the bakery on the day of installation to a loud hissing noise. I stated that my impression was that the gas would be reclaimed. I was told that this was impossible because the contractor did not own the equipment necessary for reclamation. I left rather than engage in a shouting match.

So, anyway, the bakery inadvertently caused the needless release of an unknown quantity of planet-killing ick. Personally, I don't quite know how to feel about all this. On one level I feel guilty, I was ultimately responsible for that gas; I should have made absolutely certain it remained safely contained. On the other hand I shouldn't have to stand there every minute and make sure my wishes are carried out.

The real point is that now I know that I do have to personally verify the whereabouts of my dangerous contaminants. It cannot be taken on faith that those in the industry, whatever industry, will act responsibly. And if it cannot be entrusted to them, then the responsibility for these substances must fall to us, the people who derived the benefits from their consumption.

Say you take your car in for an oil change or a radiator flush-n-fill; do you really know where your spent fluids are ending up. Think about it, if they turn up in the creek it is as much your responsibility as if you had dumped them down the storm drain yourself. Those in industries dealing with undesirable wastes will not develop responsible mechanisms for dealing with them until they are made to understand that we really care about this, that we're willing to follow through on the verification personally, and that if they can't act responsibly then we'll take our business to someone who can.

PM FEB 15 1992

SPokane, WA FEB 15 1992