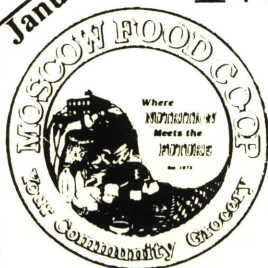


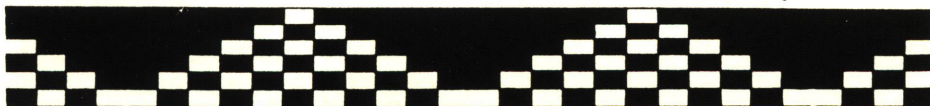
January, 1992

MOSCOW FOOD CO-OP NEWSLETTER

Expand your horizons



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



WAY TO GO, BOB

by Bill London

Bob Thyberg--the Co-op volunteer extraordinaire responsible for recycling our cooperative paper, glass, and other junk--was given a box of Co-op paper to recycle recently. The good news is that he didn't do it!

Instead he noticed that the papers were old records from Equinox Food Exchange, the cooperative grocery wholesaler from Springdale, Washington, late 1980s. The Moscow Food Co-op was a founding member of Equinox. David had saved and stashed the box of stuff among the other boxes of records at the Co-op, where it rested until someone passed it on to Thyberg.

Thyberg passed it on to the University of Idaho Library, specifically to Terry Abraham, Head of the Special Collections Department. Abraham was glad he did.

"Most people think of library archives as collections from pioneer days, but they just don't realize that people doing pioneering things now are creating a paper record that should be saved for historians hundreds of years from now," Abraham said. "We collect the records from any Idaho organization, and were pleased to accept these records from Equinox Food Exchange since that organization covered Idaho. These records document an important activity, and they deserve permanent institutional care. We'll store these records safely and they will be accessible to anyone interested in them."

In addition, Abraham invited the Moscow Food Co-op to transfer its own non-current records to the library for the same care. Abraham has already begun a collection of Co-op materials, depositing Co-op documents he finds in a separate box.

Perhaps Abraham's long-term vision should remind us of the significance of what we're doing. This Co-op is important, as a beacon, as an example, as a seed of a new kind of retail business. We should be preserving our records at the library--and we shall.

Kenna Eaton, Co-op Manager, is now negotiating with Abraham about what exactly he does want to have, and then she'll send over the outdated stuff he finds worthy. In addition, I've now found the place for my collection of newsletters. I'll take a full set over to him, and then send him one every month thereafter.

By the way, with this December 1991 edition, the Moscow Food Co-op Newsletter is officially 7 years old.

WASTE WOES or CLAMOR ABOUT COMPOST

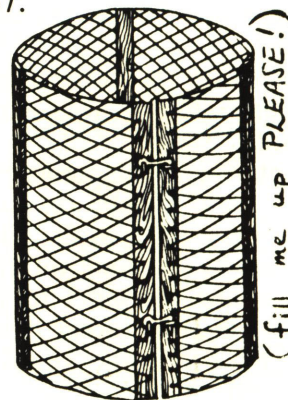
Folks here at the Co-op produce a serious amount of compost material that is ending up in the alley dumpster in alarming proportions.

There has been a clamor, a plea, a suggestion for some talented or at least interested volunteer to coordinate the composting efforts at the Moscow Food Co-op.

Some suggestions already submitted as to possible duties for this important position are:

1. Contact individuals such as chicken raisers and gardeners to take the compost material;
2. Develop a community compost pile;
3. Coordinate transportation to existing compost piles;
4. Contact U of I recycling coordinators about possible collaboration.

If you would like to be refuse royalty, please call Renee or Marla at Moscow Food Co-op, 882-8537.





DESIGN THE NEW MASTHEAD

As you can see, the newsletter is changing (see related story). Along with the change comes the need for a new "masthead," that thing at the top of the first page that tells the reader what the publication is, perhaps incorporating a little fancy artwork.

As the first thing the reader sees, the masthead should be distinctive and unique, yet simple. With that in mind, a contest is now under way, giving any Co-op newsletter reader the opportunity to design the new masthead, and win a \$50 gift certificate at the same time.

The design should be black ink on white paper, 7 1/2 inches wide by 2 inches (or less) deep. It must include the words "Moscow Food Co-op Newsletter," and should incorporate "Free" or "Please take one."

You might also want to leave a blank space for the month of publication, and any artistic elements you think appropriate.

Designs can be dropped off at the Co-op; they are due by no later than 5 pm January 24.

THE NEWSLETTER IS A-CHANGIN' —

AND YOU CAN HELP

by Jim McPherson

Maybe it's a "7-year itch." Or perhaps it's just a coincidence that last month's issue marked seven years of continuous publication for the Moscow Food Co-op Newsletter.

Whatever prompted it, all of those involved with the publication of the newsletter agreed recently that we liked the idea of some changes, and, with the blessing of the Board of Directors, thought the first issue of 1992 was the ideal time to start introducing the new version.

The most noticeable change is the size. Besides being more attention-grabbing, the enlarged format allows us to do some creative things that the smaller size simply didn't allow — things like putting stories on the front page, running longer stories, and using bigger pictures.

The content may also change, somewhat. We'll still be running regular features on people who shop at the Co-op, and on the foods and other products to be found there, but some other types of stories may become regular features as well.

Regular features about Co-op volunteers (the first one is in this issue) will be included, and possible additions include more photos and a regular column about herbs.

We are also interested in more stories about local issues such as solid waste, leaf pickup, transportation alternatives, health, or others — and we need people to write them. If you'd like to contribute, and see your byline in print, here's your chance. (This is probably a good time to point out that any views expressed in the newsletter are those of the individual writers — not necessary those of any staff or board members.)

We also need artwork of all types — black on white works the best. For either written copy or artwork, the deadline is the 20th of the month prior to the issue date. Items can be dropped in the box marked "newsletter" in the Co-op office.

We hope you like the changes, and are as excited as we are about starting a new year. If you have questions, comments, or recommendations, we'd like to hear from you. Just as the members and volunteers make the Co-op strong, so do they make the newsletter relevant and valuable to its readers.

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Published by

Moscow Food Co-op

310 W. Third

Moscow, ID 8384

(208) 882-8537

HOURS

Monday - Saturday

7:30 am - 7:00 pm

Sunday

10 am - 6:00 pm

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Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

ONWARD AND WAYWARD
by Renee McNally, Produce
Manager

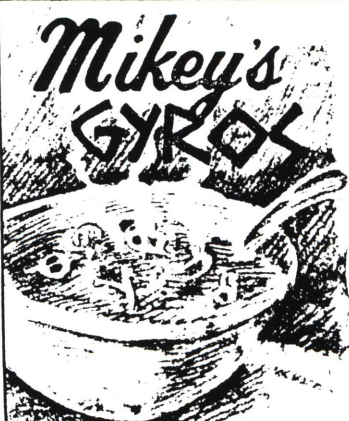
Well, by now most of the holiday wrapping paper has been neatly folded and put away to be used maybe again next year. Maybe not. Anyway, I have recuperated from my father's dangerous batch of J.D. egg nog and my eyes are looking forward. Forward to those special projects we have been anxious to start for the past six months.

In our endless attempts to organize our space and time we are searching for a few tangible items and a few hours of creative volunteerism.

- We have a small yet growing collection of books, magazines, brochures and odds 'n ends of informational gems. These are at the moment strung here and there and are calling (pause, listen) for a volunteer to gather them together in the form of a library. Do you like to organize materials? Great! Give me a call.
- How about a little bit of volunteer dairy research? We are interested in gaining, understanding and passing on to our customers, more information about the dairy industry and its practices.
- We want to clear up the misconception that the Co-op is more expensive than other grocery stores. Thus we are seeking a volunteer to do regular (bi-monthly) price checks with other stores and promote this information.
- Bob Thyberg, our recycling engineer, needs a partner. This will mean regular plastic deposits to Spangle, Washington and sorting and delivery of paper from the Co-op.

Hardware: Office desk, office chairs on wheels, an IBM compatible printer, file cabinet shelves.

If any of these things sound exciting, titillating or just down right interesting, please give me a call at the Co-op.




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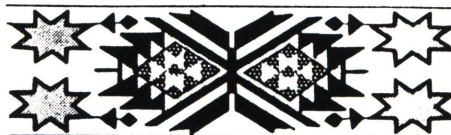
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For students with little or no yoga experience. This class emphasizes basic postures and forms the foundation for future practice. Sign up at Conferences and Enrichment office on campus.

Continuing Yoga II Mon. & Wed. 8:00 to 9:15 am
Session I Jan. 13 - March 4
Session II March 9 - April 29
Moscow Food Co-op, 310 W. Third
\$50.000 per session

Continuing Yoga III Tues. & Thurs. 5:15 - 6:45 pm
Session I Jan. 14 - March 5
Session II March 10 - April 30
Moscow Food Co-op, 310 W. Third
\$50.00 per session

Continuing Yoga I Tues. & Thurs. 7:00 - 8:15 pm
Session I Jan. 14 - March 5
Session II March 10 - April 30
Moscow Food Co-op, 310 W. Third
\$50.00 per session

The continuing classes at the Co-op will not meet on Jan. 20 or Feb. 17 and March 16 through March 20.

Drop-in fee is \$5.00 per class, payable at the beginning of class. For more information call Jeri Stewart at 882-4739.

Please join us!



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YES, VIRGINIA, THERE IS A BARTER FAIR

by Bill London

The long-awaited second annual Post-Nuclear Family Absolutely Free Barter Fair is now Post-Holiday as well.

The fair will be held upstairs at the Co-op on Sunday January 26, from 1 pm to 8 pm. Everyone is invited. The highlights of the event will be the drumming circle (bring your drum, rattle, shaker, etc.), the potluck dinner (bring something good to share as well as a plate, glass, and silverware for each diner), and the bartering extravaganza. The Co-op will be providing juice to drink. In order not to disturb customers, and to allow the staff to participate, the meal and drum circle will begin at 6

pm. Trading will be continuous from 1 to 8 pm. Admission and all is absolutely free.

Originally, the barter fair organizers hoped to hold the event during the traditional (if one year makes a tradition) pre-holiday season. The Holiday Bazaar interfered by filling the upstairs space. But by early January, the bazaar will be gone, the space will be open again for classes and quaint gatherings like the barter fair.

But what about those of you who have no idea what a barter fair is? Perhaps you should come and find out. Or read on ...

Barter Fairs are part of the long village marketplace/flea market

tradition, where people bring things they made or grew or just have extra of, and then trade those things for different stuff. While the emphasis is upon trading, often money changes hands as well. So, you could take those delightful craft items that are left after the holidays, add the extra miscellaneous stuff that always accumulates, and then add the Christmas gifts you never wanted to receive but did, and bring it all down to the barter fair and leave with a whole new batch of stuff. What an opportunity!

See you at the second annual Post-Nuclear Family, Post-Holiday, Absolutely-Free Barter Fair. Start your new year with new stuff.

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 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 ...

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What Is A Genuine Environmentalist?

Diversity is the Key to Ecological Sustainability

by Jim Bauermeister

In the December newsletter Greg Brown and Mare Rosenthal categorically state, in bold print, "**an environmentalist, in the most genuine sense, is vegetarian, if not vegan**" and thereby pass judgement on each and every one of us with all the latitude and tolerance of the Spanish Inquisition or the Khemer Rouge. I would never presume to tell anyone that they should eat meat.

Yet it is my opinion that one can eat an occasional steak or hamburger and still be a responsible environmentalist, live to a ripe old age and save one's soul (if that's one's goal). I agree with the authors that animal husbandry causes a lot of environmental degradation and destruction. I also abhor the way animals are treated by modern agribusiness. I have no use for veal calves, caged layers, large feedlots or drylot dairying. I think it is absurd to feed livestock large amounts of grain for the sole purpose of increasing the fat content of the carcasses. Agribusiness pushes animals to produce at the maximum tolerable stress level. But it also forces farmers into the same predicament. I don't think it is healthy or safe for a Holstein to produce 30,000 pounds of milk a year, for a chicken to lay 365 eggs or a fryer to grow ten pounds in six weeks. However, I am convinced that animal husbandry can be ethically defensible and environmentally benign.

For sixty years Oregon State University has maintained agriculture research plots at Pendleton. Over the decades the only plot that maintained natural fertility was one which received regular applications of barnyard manure. Animals have the incredible ability to improve the fertilizer content of the foods they

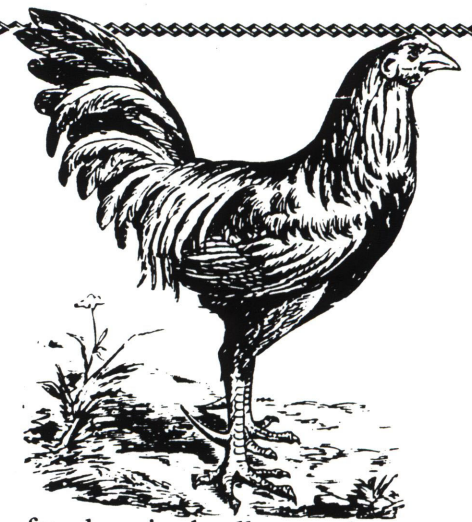
eat. The alternative to manure use is either chemical fertilizers or long term rotations of cultivated crops with grasses and legumes. The economics of agriculture are such that most farmers can not use these sod crops for rotation unless they can graze it with domestic livestock. There is a lot of land, especially in the Palouse, that should not be used for cultivated crops. What are the alternatives for this land? Either government payments from an overextended federal budget or unsubsidized livestock.

Properly managed livestock cause little or no soil erosion or water pollution. Grazing animals aid in weed control and reduce herbicide use. On many farms domestic livestock are an integral component of an organic or sustainable agriculture. I'd have no idea how to operate a profitable market garden without the input of livestock.

Humans and domestic animals exist in a symbiotic relationship. There is no other use for most farm animals. Who would want a 2000 pound Hereford bull for a pet? The survival of many species depends on humans killing and consuming many individuals but keeping a few for reproduction. Perpetuating the species is the biological imperative of every living thing. Only very affluent human beings can be concerned with individuals.

Universal vegetarianism would necessitate wholesale specicide of most breeds of chickens, domestic ducks, geese, turkeys, sheep, cattle and hogs. Are the last survivors of these species to live out their days decrepit and pained? Or is health care superior to what most humans receive to be extended to them in their dotage?

I agree that ethical considerations should be extended to animals. But not the same ethical considerations as are applied to humans. A chicken deserves some freedom to scratch the earth and chase down bugs and (horrors!) murder them inhumanely. But unlimited

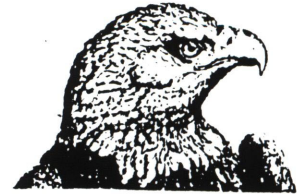
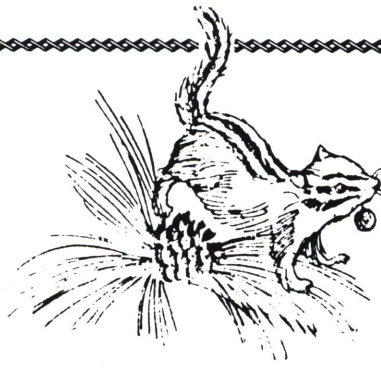


freedom is deadly to a hen — at least until the animal rightists convince weasels and coyotes to adopt their ethical standards. Believe me, even the most extreme rightist would soon tire of a hog's idea of unlimited freedom.

As far as I know, no other land animal gives much thought to tomorrow. Only humans fret much about how and when death comes. The traumatic injuries that lead to death cause little pain or suffering. Nature has provided us that. Of course never having experienced the event, I have no way of knowing there is no significant pain or terror involved. But a speck of doubt would not lead me to renounce meat.

There is evidence that plants have discernable physiological response to injury. Are we pulling carrots from the ground kicking and screaming? What about plant's rights? Are they not living things entitled to the same ethical considerations as extended to a banana slug: Would a genuine environmentalist kill and consume the very organisms that make our planet habitable?

Most animals must consume other living things in order to survive. They are born, live, eat and die. Their remains enrich and sustain the earth. As much as possible, an environmentalist considers this ecological cycle in lifestyle choices — whether or not it includes meat in the diet. There are many paths to the same destination, and diversity, rather than dogma, is the key to ecological sustainability.



ANIMALS, DIET AND THE REAL WORLD

by Robert C. Speth, Ph.D.

Greg Brown and Mare Rosenthal (Newsletter, December 1991) would have you believe that you must be a vegetarian animal-rights proponent to be an environmentalist. Audobon magazine has a somewhat different perspective, "In reality the animal rights movement has elevated ignorance about the natural world almost to the level of a philosophical principle." I see the organizations and individuals who have most successfully protected our environment and the animals in it to be outdoorsmen — hunters, trappers, fishermen, birdwatchers and other such groups. These people have a firsthand knowledge, love and respect for the natural environment and its creatures.

Animal rightists often tell us that usage of animals by humans is unjustifiable and should be outlawed. In their attempts to impose their beliefs (I'm inclined to view them as neuroses) upon society, they present some compelling arguments suggesting that exploitation of animals occasionally causes pain, harm or suffering to animals. You could use a similar approach to argue for the abolition of automobiles, air travel, fire and parenthood. They would have us think that if humans stopped using animals entirely and stopped interfering with animals lives, that the world would be a better place. NOT TRUE!

Unrealistic solutions to problems invariably make things worse. For example, look at how well the communist revolution fixed the social injustices in Russia. The animal rights movement promotes an irrational

and dangerous philosophy. Animals do not have the cognitive and intellectual capabilities of humans, yet the Animal Rights Handbook suggests we teach our children about animals by having them read Bambi! They equate dogs, rats, pigs and boys. Can you imagine being put on trial for bird watching (voyeurism), or vehicular homicide (running over a cat or smashing a butterfly with your car) in front of a jury of your peers, which include a deer, a rabbit and a skunk! If I have to choose between the welfare of a human and that of an animal, I will protect the welfare of the human first. An animal rightist, if forced to choose, would save two kittens rather than a human child! Because their philosophy is quickly invalidated when subjected to any degree of scrutiny, the animal rights movement relies on distortions of fact, half-truths, outright lies, or as we have seen here at WSU, illegal terrorist acts. If you read the copyright page of The Animal Rights Handbook it says "we can't and don't guarantee the accuracy of all the information." It worries me, therefore, that John Robbins spends the first 150 pages and many of the remaining 250 pages of his book Diet for a New America focusing on animal rights. Are his motives only to promote human health, or are they primarily directed toward elimination of animals from the human food chain for his view of the animal's benefit? How many of you really believe that hormonal imbalance due to consumption of meat and dairy products is a significant factor for the startling increase in sexual abuse of children (pages 311-312)?

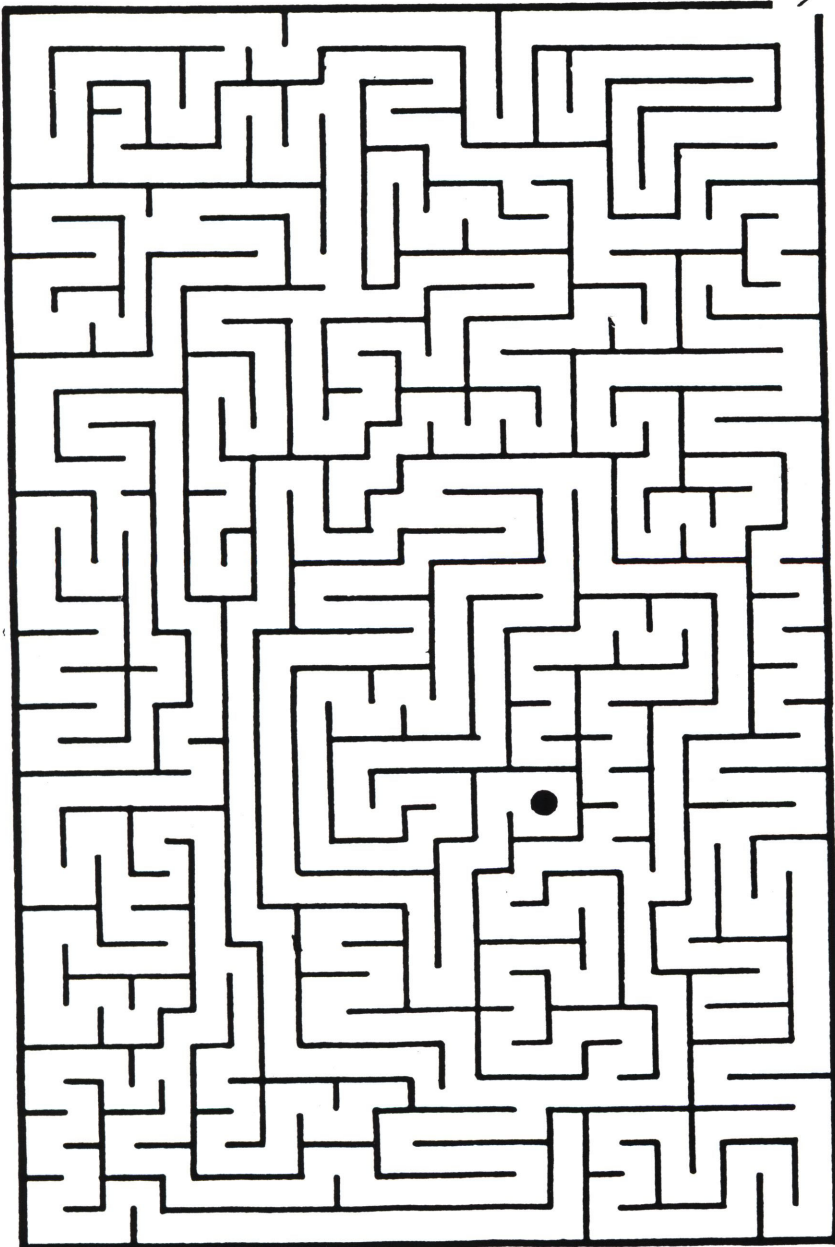
An interesting aspect of Robbins' book is his frequent citation of animal studies to validate his statements regarding adverse effects of human consumption of animal products. Many of these citations are from American Heart Association publications. Yet the literature such as A Critical Look at Animal Research or Cardiac Arrest promoted by the animal rights movement asserts that animal experimentation has no validity to human disease, and condemns the work of the American Heart Association. This typifies the irrationality of the animal rights movement.

If indeed Greg Brown and Mare Rosenthal are sincere in their environmentalism and concern for animals they might be interested in knowing the real problem facing our environmental and animal populations today - human overpopulation. Several years back Sir Peter Scott, the director of the World Wildlife Foundation, stated "perhaps we would ultimately do more to save endangered species around the world if the fund was to devote all its financial resources to the purchase and distribution of condoms." Overpopulation and the economics of supply and demand are the real reasons for the destruction of the tropical rain forests. We can not continue to think that we can expand our food-producing capabilities indefinitely to support an ever-increasing human population without adversely impacting our environment and our fellow animals. If animal well-being is truly the goal of the Palouse Voice for Animals, I suggest they work toward the long-range survival of animals such as habitat protection and control of the human population explosion, rather than focusing on short-sighted considerations.

KIDS' PAGE

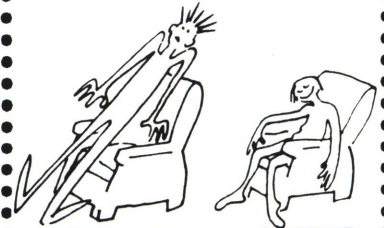
by Kelly Kingsland

Nothing too exciting this month, just a maze. You all probably know how to find your way out, but I'll explain anyway. Start at the dot in the center and wind your way through. Your goal is to escape without crossing any lines. If you have trouble ask your parents for help. I bet they'll have fun, I did!



you are out, yippie! good work!

Laurie Cortright
Massage Therapy



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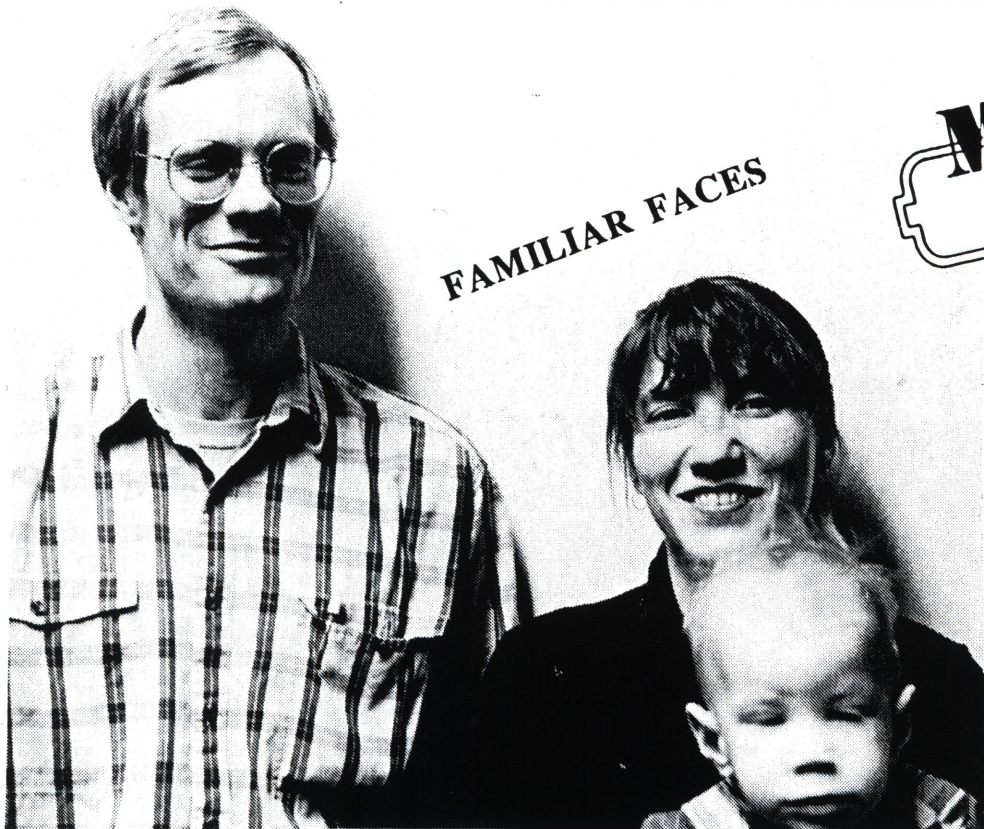


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FAMILIAR FACES

by Christian Purvis

What would the Co-op be without the volunteers? Well, you probably wouldn't be reading this swell newsletter right now. And volunteers make shopping easier for everyone: stocking, cutting cheese, arranging displays, creating our beautiful flower beds, bringing a new perspective into the store ... volunteers want to live their personal lifestyle beliefs. So we rounded up a bunch of volunteers at a party December 13 to say thank-you, take their pictures and ask them about themselves. If you missed out on the fun this time, don't worry! The annual parties are officially a new tradition.

Kelly Kingsland has been volunteering at the Co-op for two years, and was first hooked by the discount which helped her and her partner Tom Drake (he's not the man in the photo!) shop environmentally on a student's budget. You can meet their daughter Katy at the Co-op as she rides around in Kelly's backpack and she'll teach you the latest word in her vocabulary (right now it's a big smiley "no!"). The good food

and people have kept the family coming back. The Co-op is a meeting place for Kelly and she says "hello" and "thank-you" to all her friends here. Kelly appreciates how the Co-op puts important issues, such as recycling and dedication to the environmental movement, out into the community and is glad Katy can have this example as she grows up.

Jim Eckert first knew the Co-op in 1988 at its old location and has volunteered as often as he could over the last two years. Jim drives over from Pullman where he's lived with his partner Kristina Schierenbeck for three years. He says it's worth the drive to buy natural foods without synthetic chemicals and meet people with the same views. Like Kelly, the people are the best part for Jim and he likes finding out about the more exotic things people buy. (Like what makes Goldenseal so magical!?) The bakery is a favorite and Jim would love to see the bazaar continue at least seasonally. Jim's New Year wish is that the Co-op keeps the small-place feel of a warm community with its wonderful, personally concerned people.

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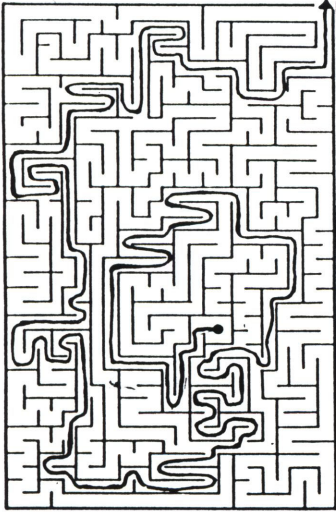
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Wednesday Mexican

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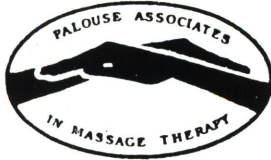
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REVOLUTIONARY NEW KITCHEN TECHNIQUES

Author unknown

(Let us know who you are: This is a great article and we would love to give you the credit for it!)

I do all kinds of ecologically unsound and contradictory things — drive, photocopy cartoons, burn things I ought to recycle, eat meat. You name it, I'm guilty. But I know all the warm supportive things to tell myself so as to not wallow and stall in the guilt. Besides that, for a couple of years now I have been working to break the back of the supra-megalomaniacal food distribution system that is, well, just awful. And every year I get a little more potent. It feels great. And since nobody probably notices, I thought I'd better write about it.

Two things I try to do: buy local and don't eat water that's shipped in on trucks.

Buying local is getting easier and easier, thanks to Joseph Barron, Paradise Farms, Life Force Honey, and Matador Salsa, just to name a few. It's gotten to where you can not only survive, but eat well, by putting your grocery money in your neighbor's pockets. Now that's progress!

Out of my own personal fanatic weirdness, when I look at fresh vegetables in the winter time — lettuce, peppers, tomatoes — instead of seeing salad, I see water, imported from however far away you have to drive to get that stuff to grow in January. So I make sprouts. Alfalfa is our mainstay.

But radish, clover, lentils, mung beans and fenugreek sprout well too. A real panoply of textures and flavors. Throw them in muffins, pancakes, breads and other baked goods. (You don't need a recipe.) Put them on top of whatever is on your plate. Eat them by the fistful. Once you have lots of them around, there's no limit to their use.

The recipe is easy. I use wide mouth canning jars with mesh on top held in place by the ring. (The Co-op also sells special lids.) Put a couple of tablespoons of seeds in the jar, fill with water and let sit 24 hours. Pour off the water (it is nutritious for people and plants) and rinse the sprouts daily. You can tell they're ready because they look like sprouts.

I store the jars upside down in the dish drainer — with sprouts in 'em. If you eat up a batch in a few days and keep rinsing them, they don't spoil (they grow). As soon as I wash an empty jar, I add seeds and water and start again. Continuous home food production — while you work, while you sleep. A kitchen garden, so to speak.

If the food distribution system is getting you down, come over to my house and make revolution. If I'm home, I'll spread some Paradise Farm humus on Upper Crust Bread and top it with sprouts. If I'm not at home, I'm probably commuting to Pullman (groan). Do you think you could rinse the sprouts?

THAT 'TOUCH OF FLU' MAY ORIGINATE IN YOUR KITCHEN

by Nancy Mather

Does your family seem especially susceptible to 'the flu,' or stomach upsets? The problem may not be flu, but food-borne illnesses that you could prevent, says WSU-Human Nutrition Graduate Student Nancy Mather. "Food-borne illnesses, especially salmonella, often are dismissed as 'a touch of the flu,'" Mather says. "They're much more common than is generally recognized. Cross contamination is the principal way bacteria gets into food. Bacteria from raw agricultural products are transferred to cooked or ready-to-eat foods, usually through human error," says Mather.

The first step to prevent cross contamination is a clean kitchen.

Mather recommends a sanitizing solution made of one tablespoon chlorine bleach in a gallon of cool water to kill bacteria.

A spray bottle provides a handy means of cleaning counters and sinks. However, bacteria hide on other kitchen surfaces, some common ones are:

- Dish towels. It's safer to let dishes air-dry, rather than transfer bacteria to dishes when you dry them.
- Sponges and dish cloths provide an ideal place for bacteria to grow. They should be washed frequently, and if we used them to wipe up meat or poultry drippings then they should be sanitized in the bleach solution.
- Aprons. Keep aprons clean and avoid wiping your hands on your apron to eliminate cross contamination.
- Crevices. Even those tiny knife marks in cutting boards can hide bacteria. "A hard plastic or acrylic board is preferable to a wooden cutting board because it is easier to sanitize," Mather suggests.
- Wooden utensils also trap bacteria. Sanitize the wooden products or replace with metal or hard plastic.
- Hands. "Last, but not least, a cook's hands are prime candidates for spreading bacteria," Mather says. Wash them frequently with soap and water. Wash them before and working with food. Wash them after touching raw meat, poultry and eggs, and before working with other foods.

Mather says a little extra attention to cleanliness and sanitation in the kitchen will reduce the risks of food-borne illness.

If you are interested in learning about food safety, you are invited to participate in the **Food Co-op Safety Study**. For more information call: **Nancy Mather (509) 334-9485** evenings.

If you have already volunteered **THANK YOU!** and may I suggest you invite a Moscow Food Co-op friend to volunteer for the study too!

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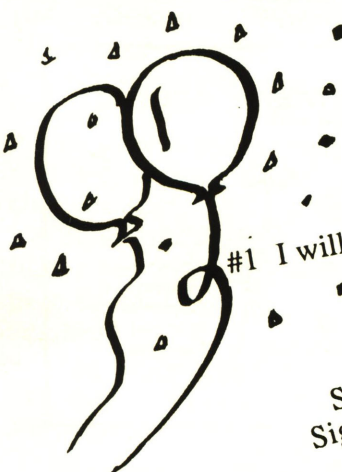
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| Item | Co-op | Rosauers | Safeway | Jeff's |
|---|-------------|----------|---------|--------|
| Canned Refried Beans, 16 oz. | 1.04 | .89 | .93 | 1.03 |
| Bulk Coffee, per lb., Columbian | 5.43 | 5.98 | 5.99 | - |
| Pace Picante Salsa | 1.71 | 1.99 | 2.09 | 2.29 |
| Celestial Seasons Tea | 2.31 | 2.55 | 1.89 | 2.25 |
| Coffee Filters, 100 unbleached | 1.49 | 2.19 | 1.69 | - |
| Spike Spice Blend, 3 oz. | 1.54 | 1.72 | - | - |
| Soy Milk Edensoy, Liter | 1.91 | - | - | - |
| Organic Babyfood, 45 oz. | .92 | .38 | .38 | .39 |
| Egg Noodles, per lb. | 1.25 | 1.45 | 1.31 | 1.33 |
| Bananas, per lb. | .29 | .59 | .69 | .49 |
| Granola, Cinnamon Apple Raisin, per lb. | 1.65 | 1.23 | 1.23 | 4.27 |
| Lentils, per lb. | .51 organic | .56 | .87 | .57 |
| Newman's Salad Dressing, 8 oz. | 2.16 | 2.35 | 1.39 | - |
| Lettuce, green leaf, per bunch | .49 | .59 | .69 | .69 |
| Potatoes, bakers, per lb. | .29 | .29 | .38 | .29 |

* Prices checked in October 1991.



It is time for a
NEW YEAR'S RESOLUTION ...

#1 I will participate in the **Moscow Food Coop Food Safety Study**
during January.

Sound interesting???
Sign up by January 20th,
see details below.

I look forward
to your volunteering,

participants will be
reimbursed \$10
for completion of the study.



Yes, I'm volunteering for the Food Safety Study and I expect to learn more about food safety, agriculture, production, and environmentally sound alternatives to pesticides.

Name _____

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or mail to:

N. Mather, #322 FSHN, WSU, Pullman, WA 99164-6376

*"Let's all
go sign
up NOW!"*



HEALTHY NEW YEAR!