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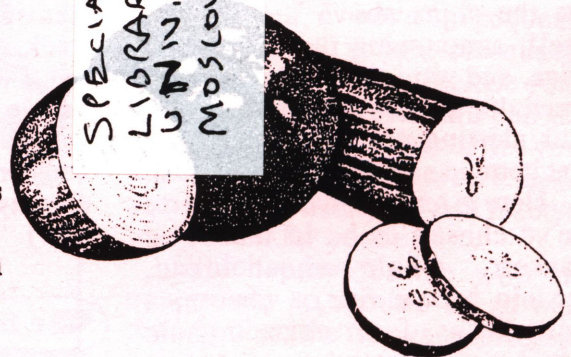
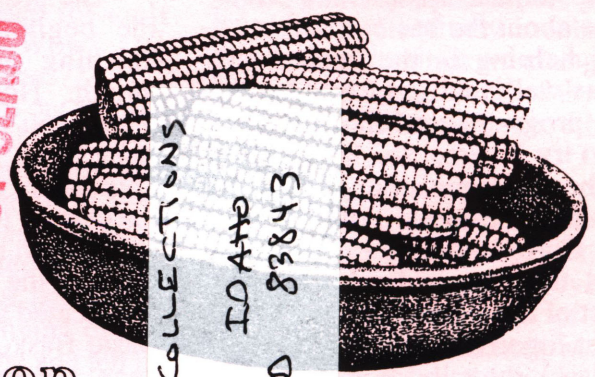
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The Moscow Food Co-op

is initiating the **BASIC BASKET PROGRAM** to provide an assortment of minimally processed, minimally packaged basic foods at a basic price with an emphasis on organically grown food. Below is a list of items which have the Co-op's lowest mark-up.

- Whole Wheat Bread ★ Brown Rice ★
- A Cheese • A Fruit • Beans • Farm Eggs •
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- A Vegetable • Whole Wheat Flour ★
- Bulk Honey • A Pasta • Bulk Tofu •

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BASKET



WHAT IS A BASIC BASKET?

by Erika Cunningham

"What does 'Basic Basket' mean?"

"Where do these green dots go?"

"Why is the price of whole wheat bread so low now?"

Have you asked any or all of these questions lately? Well have I got answers for you!

Many of us on staff at the Co-op had noticed at other Co-ops a program called "Market Basket" or "Lifeline." These programs offer customers a chance to try a variety of basic food items in their store at a reduced mark-up, teaching people a little about the basic of nutrition, while helping in the pocketbook area as well! A lot of us admired these programs and thought we'd like to try it here. So...here we go.

The red signs around the store announce the arrival of Moscow Food Co-op's own food program called the "Basic Basket." The largest of the signs depict the Basic Basket logo (cleverly designed by Ed Clark), the mission statement of the program, and the items we hope to feature. The smaller signs are the signs above the product itself, announcing the new lower price, and reminding you to affix a green dot to your bag or container, thus alerting our cashiers to ring that item up as a Basic Basket item.

Here is a run-down of the items we've chosen to be in the Basic Basket: whole wheat bread, organic brown rice, a cheese, a fruit, beans, farm eggs, organic rolled oats, water, organic local lentils, a vegetable, organic whole wheat flour, bulk honey, a pasta, and bulk tofu. Quite a list! Of course not all beans will be featured at one time, or all vegetables. We will try to rotate the items every once in a while to keep some variety in your lives and ours.

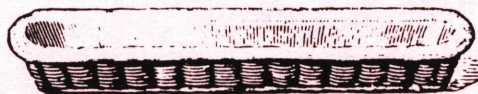
We picked these items using the criteria we've titled the Mission Statement, which goes like this: The Basic Basket Program is to provide an assortment of minimally

processed, minimally packaged, basic foods at a basic price, with an emphasis on organically grown food.

This last part (about organically grown foods) explains why the Basic Basket item organic rolled oats has a higher price than the non-Basic, regular rolled oats. We hope that by offering lower prices on some items we're helping your wallet. At the same time we hope that offering lower prices on some organic items will encourage you to explore the organic side of life!

The program started slowly at the beginning of June, and is catching on, in full force this month. How do you participate? When you choose a Basic Basket item, place a green dot sticker on your bag or container. This allows the cashier to separate the item out on the cash register so we can keep track of the sales. The green dots are located around the areas of the Basic Basket items, and if they're gone, please ask a worker to find more for you. And please use them only for the Basic Basket items, not only for us to keep track, but we haven't quite figured out a way to recycle these babies. So we shouldn't waste them! (A suggestion would be to save your bags or containers with the stickers already on for your next shopping trip!)

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THE UPSTAIRS SAGA CONTINUES

by Kenna Eaton

Since our annual Board retreat in February this year, when we decided to go ahead and try to buy this building, we have been pondering the dilemma of the future of the upstairs part of the store. Early in June a group of us met to see if we had any brilliant ideas or revelations - George Mancini (BoD), Anne Adams (BoD), Sarah Swett (BoD), Kris Siess (Staff Liaison), I and various small children and dog met on Sarah's deck in the sunshine to do some brainstorming. Surprisingly, several of us had begun to think that opening the second floor to the public may be cost prohibitive. The cost of installing and maintaining an elevator for handicap access looks like it will be beyond our budget. With this thought in mind, we turned towards other options.

Where to start? Well, we all thought that we'd like to keep the store to one floor, and also expand our selling space. This idea led us to think about opening up the office/herb & spice room and hidden bathroom spaces by knocking out a few walls (much cheaper than putting them up). Doing this would give us a lot more square feet for selling space,

and would let us expand in those areas we hear our customers would like: deli, produce, bakery, and frozen foods. Mmnn! Interesting thought!

Of course we would then need to expand our bakery/deli prep room upstairs, and also move our office upstairs (just think what fun we'd have running up and down those stairs twenty times a day!). At the same time we'd still like to keep a meeting room for both Co-op use and for public usage, not to mention that we badly need some organized storage space for tools and unused shelving. Wow! Can we do it all, and stay sane???

I'd also like to point out that we are still very much in the planning stage, still checking out the prices of lifts and elevators, and still open to ideas. If you have any, or all of the answers, please let us know. You can talk to any of the people mentioned at the beginning of this article, or drop us a note and tell us what you think.



Write On!

by Jim McPherson

It may have simply been coincidence, but both my co-editing counterpart, Bill London, and I have noticed that more people have become actively involved in this newsletter since we changed its format at the beginning of the year. Whatever the reason, we're happy about it.

Ideally, this publication should provide Co-op members with a wealth of information they can use, along with thought provoking pieces which inspire all of us to live our lives in the best way we can. And I think the newsletter, with the help of a lot of writers, is doing so.

Bill and I have a request, though. If you submit something for publication, please include your name, so we can make sure you get the praise (or criticism) you deserve. After all, it won't make you rich—you may as well receive recognition for your efforts.

Which provides me with an opportunity to remind all of our readers that the views expressed here should not be considered to be the views of the Co-op board or staff, or of anyone except the writer, for that matter.

Even Bill may not agree with what I write, and vice versa. That's OK; every other month he can point out my ignorance if he so chooses. And while what appears here may make the board members flinch, they've determined that this should be an outlet for creative expression of any ideas related to the concerns of the many different people who make the Co-op work.

So write on—but give us your name.

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The Sunflower

Have you seen a sunflower with its tall stalk and droopy flower hanging over the fence, looking for someone to talk to or to see if the grass is really greener in the next yard?

The sunflower is a native plant of North America. You can eat the seeds and make a cooking oil from the seeds. The Indians of the Northwest pounded dried sunflower seeds into a flour which was used in a pancake. The

sunflower is now grown in Europe.

The common flower should be planted in the spring and given plenty of water. Sunflowers bloom in the fall and have yellow leaves and a brown center where the seeds are. People eat the seeds roasted, but birds eat the seeds raw.

Where in the Co-op can you find foods made of sunflowers? How many different ones can you find?



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Women's Health & Herbs

by Nancy Draznin, C.C.E.

I was talking with a friend the other day when the subject of yeast infections came up as it often does between us, since we are both chronic sufferers.

"I'm still using Monostat," I said. "At least it's over the counter now so I don't have to pay for a prescription and a doctor's visit."

"Oh, well I don't use that stuff anymore," my friend bragged. "I'm through with that non-treatment. I'd use a tube of it then a month or two later I'd have another infection."

"Well, what are you doing about it?" I was curious. I, too, had become frustrated with the endless yeast cycle and wanted to find a real cure.

"Let me tell the whole story," she began, and then related how one woman has regained control over her health.

"I've had chronic yeast infections since I was 18. I'd go to the doctor, get a prescription, use it up and get another infection. One doctor told me to eat yogurt, another tested me for diabetes, and yet another kept switching my prescription, but none were even curious as to the underlying cause. Nothing helped in the long run, though the antifungal cream always cured the acute infection.

"The yogurt idea came back up. A friend had tried it. Two fingersful vaginally at the earliest signs of an infection cured her. But it didn't work for me.

"I tried almost every other 'alternative' solution I heard about: douching with yogurt, acidophilus, herbs, alum! (I wouldn't do that again), gentian violet, baking soda, vinegar, garlic suppositories — just about anything you can name. Some treatments sort of worked, others not at all. I was ready to tear my hair out."

I listened sympathetically. I knew exactly what she meant. "Then what did you do?"

"I always resorted to the antifungal creams. I didn't like using them because they were expensive, and I knew there was a reason for my infections that they weren't treating. The chemicals bothered me, too.

"When I got pregnant I ate a lot of sugar during the first trimester or so. Then my O.B. and midwife forbade me sweets because I was spilling sugar in my urine. Also, my midwife had me drinking Yellow Dock Root tea to keep my iron up. I didn't have a single yeast infection for the rest of my pregnancy and several months post-partum.

"But I still hadn't figured out what caused these infections. I used echinacea to cure them for a while, but it stopped working when I built up a tolerance to it. I had been taking it for everything.

"I finally realized that I'd get an infection whenever I ate refined sugar. It took me a while to eliminate it from my diet. After I did I noticed that all sweeteners had the same effect. The key was to eat high protein, low carbohydrate diet and use foods sweetened with anything (honey, molasses, maple syrup, sucanat, fructose, etc.) only occasionally. If I ate a high carbo/low protein diet and then went on to eat a couple of oatmeal cookies or something, I'd get a yeast outbreak.

"At least I put all the pieces together. A friend told me she'd cured a stubborn hospital-bred case of impetigo by drinking Yellow Dock Root tea. I tried Yellow dock tincture for my next infection (3 mls. 3x/day) and it worked! I was thrilled."

I was excited to imagine finding a real cure, too. "So, why do you think we get yeast infections in the first place?"

"Well, I don't know why you get them, there are lots of reasons: personal cleanliness, sex partners, tight clothing ... but I have a few theories as to why I get them.

"Maybe when I eat sugar toxins build up in my body. The yeast mobilizes to get rid of the toxins but overmultiplies causing itching and discomfort. This would explain why Yellow Dock works, since it is commonly used as a blood purifier as well as to help the body absorb iron from foods. Or maybe yeast feeds on the high glucose/glycogen levels in my body caused by a high carbo/low protein diet. Perhaps such a diet changes my body's Ph, making a more favorable environment for yeast growth. I don't know for sure, but I've been staying away from sweets and taking Yellow Dock if I get itchy, and so far I am yeast free."

This was good news to me, and I have set out on my own quest to rid myself of these nasty infections. One thing I have read supports the yogurt theory. A study published in the Annals of Internal Medicine has shown that a group of women who ate 8 oz. of yogurt a day had fewer yeast infections than they did when yogurt was not part of their diet.

What about you? Have you had trouble with yeast or other women's health issues? Let me hear about it. Together we can cure ourselves.

Nancy Draznin is a Certified Childbirth Educator, student midwife, and the coordinator of the Pregnancy Counseling Service. This is the first installation of a regular column she will write focusing on common health concerns and alternative solutions. However, this in no way constitutes a prescription or recommendation on the part of Nancy or the Moscow Food Coop. Nancy welcomes your input. Let's have a forum.



CO-OP TAKE OUT — DO IT YOURSELF!

by Cynthia Rozyla

I don't know if other people have the same problem we do at our office, but every day it seems that one of the most agonizing decisions that has to be made is what to have for lunch. The pace here can sometimes get so frantic that our only option is to order something to be delivered or to draw straws to see who gets the job of running out to grab something to eat. And, with 5 or 6 people trying to decide what sounds good from the limited supply of fast food available, this little detail of the day can sometimes turn into quite a project.

Then, there's me. None of the fast food ever sounds good. So, one day last winter, I decided that they could order what they wanted, I was going to the Co-op to get some fruit or something. Well,

what a pleasant surprise. As I looked around I realized that my lunch horizon had expanded dramatically. That day, the lunch special was Spanakopita. Delicious!! From then on, I was excluded from the lunch time debate. I walked to the Co-op and each day would come back with another great meal. Sandwiches, Tabouli, soups ...

So, as I tried to figure out what the subject of this month's article would be, I began to think that if I didn't realize the take out food that the Co-op offers, maybe others didn't either. So, I contacted Annie Hubble. Annie works at the Co-op 5 days a week in the kitchen making a wide selection of prepared foods. Options include three salads, soups, cookies, granola bars and the lunch specials ... pitas with pesto sauce, cheese, and olives, a wide variety of sandwiches, both with meat and without, quiche, etc. And, Annie is the baker that makes all the delicious breads daily. So, as we talked, I mentioned that it would be really nice to have the recipes of some of these items for use at home and ... she was nice enough to compile a few for me! So, if you're not around the Co-op at lunch time, try these on your own.

SPANAKOPITA

2 cups crumbled feta cheese
5 eggs
2 tbsp. flour
3 tbsp. butter
1 cup chopped onion
1 tsp. basil
salt, pepper
2 cups (1 lb.) cottage or pot cheese
1/2 tsp. oregano
2 lbs. fresh or frozen spinach (frozen speeds the process)

Clean, stem and chop the spinach. Salt it lightly and cook adding no water. 5 minutes.

Cook the onions in butter, salting lightly. When soft, combine with remaining ingredients and spinach.

To Assemble:

Have on hand a 1 lb. package of defrosted filo dough and 1/2 lb. melted butter.

Spread melted butter on baking pan. Place strudel leaf in the pan (it will outsize the pan. Let the edges climb the sides.) Brush generously with butter. Keep layers of dough coming, one on top of the other. Brush each with butter. When you have a pile of 8, spread on half the filling. Continue. Fold the excess filo down along the edges making little tidy corners. Pile as many more layers of filo and butter as pan will accommodate. Butter the top most leaf and sprinkle with a tbsp. of whole anise or fennel seeds if available.

Bake uncovered, about 45 minutes — till golden.

Serves 8

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POTATO-CHEESE SOUP

4 medium potatoes
2 carrots
1 onion, chopped
1 garlic clove
2 tbsp oil or butter
3 cups milk
1 cup grated sharp cheddar
2 tsp. salt
1/4 tsp. pepper
1 tbsp. chopped parsley

Remove potato skins. Cook the potatoes and carrots in water to cover in large, heavy pan. Saute onions and garlic in oil. Combine with potatoes, carrots and cooking water. Puree. Return to pan, add milk, cheese and seasoning. Heat until cheese melts and soup is hot. Don't boil.

Makes 8 to 10 cups.

SOUTHWEST SALAD WITH BLACK BEANS AND CORN

2 cups dried black beans
2 cups cooked corn
2-3 medium sized garlic cloves (minced)
1/2 cup red onion (minced)
1 medium sized red pepper (minced)
1 tsp. salt
1/2 cup olive oil

1/2 cup lime juice
2-3 tsp. cumin seeds
1/2 cup cilantro
1/2 parsley (minced)
1 tsp. red pepper (crushed)
black pepper
3-4 corn tortillas



Animal Care Center

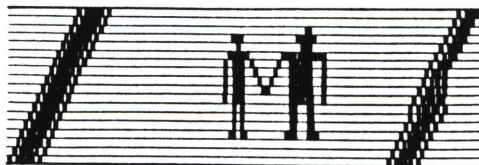
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Soak the beans for at least 4 hours but preferably overnight. Drain off any excess soaking water. Place the soaked beans in a kettle and cover with fresh water. Bring just to a boil then cover and turn the heat way down. Cook at a very slow simmer — with no agitation in the water — until the beans are tender. This should take 1 1/4 to 1 1/2 hours. Check intermittently to be sure there is enough water and add more if necessary. When the beans are cooked, drain them well. Then rinse them thoroughly in cold water, drain them well again.

In a large bowl, combine beans, cooked corn, minced garlic, red onion, bell peppers, salt, 1 cup olive oil and lime juice.

Roast the cumin seeds, in skillet over medium heat, stirring for several minutes. Add the seeds to the salad along with the cilantro, parsley and red and black peppers and mix thoroughly.

Lightly brush both sides of each tortilla with olive oil, cut the tortillas into strips approximately 1/4 inch wide and 1 1/2 inches long. Cook the strips slightly by toasting them in an oven for only about 2 minutes. Ideally they should be partly crispy and partly chewy. Stir these into the salad shortly before serving or as a garnish.

Makes 6-8 servings.

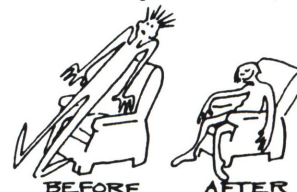
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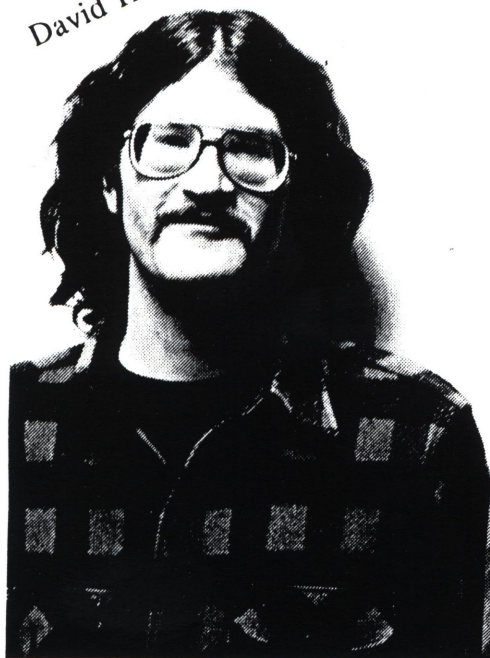
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David Hall



Jim McPherson

USING THEIR EXPERTISE FOR THE CO-OP

by Dana Kobe

Every one of us has a gift or gifts in life. Jim McPherson and David Hall are, without a doubt, using their gifts, their talents to help the Co-op.

Every other month, Jim McPherson spends about 4 to 8 hours writing and editing articles and creating headlines for the Co-op Newsletter. He's had ten years worth of experience working with newspapers, including his involvement with other newsletters here in town. But it wasn't the newsletter that attracted Jim to the Moscow Food Co-op. He's a big advocate for volunteering in general, and started helping at the Co-op by stocking and doing other odd jobs.

Healthy foods, unity between people and compatible interests are what magnetized Jim and his wife, Joanna, to the food co-op in Tempe, Arizona. They lived in Phoenix and worked for large corporations. It wasn't their idea of paradise. In fact, they hated it. Moscow, Idaho was their next choice to live. Jim was raised in Idaho and spent summers in Moscow, and Joanna had traveled to Moscow several times to visit her daughter at the U of I. They

knew they liked it here and had future plans to re-enter college themselves. So, it was forward march to Moscow and the Moscow Food Co-op.

It's hard to talk about Jim without mentioning his wife of eleven years, Joanna. Jim thinks of her as a true companion. Whether it be camping, fishing, gardening, or reading books, they enjoy them together. Life is very much a joint experience. It's no surprise that they're both completing college degrees at the moment. Jim is finishing his Master's degree in Communication and hopes to teach media ethics. He is presently teaching a beginning newswriting class at WSU. Joanna is working on a degree in Electrical Engineering and hopes to channel her expertise into Bio-medical Engineering.

Jim admits that school and studies take priority over a lot of hobbies, right now, but he plans to write a children's book this summer, anyway.

David Hall creates the product name tags found on the shelves under the products. He began this volunteer job after he entered a Co-op T-shirt design contest. Because

he was so handy with the computer, the Co-op staff asked him to make tags to locate products on the shelf. David says he prints about one batch of tags a month.

This Montana-born computer whiz was transferred to Moscow in the first grade. His parents hoped to provide a better education than they felt was offered in their Montana town. Just recently, David completed his Master's degree in Computer Science from the U of I and is now working full-time for the U.S. Forest Research Station in Moscow. His job involves using computer modeling to simulate land slides so that roads are built on safe, solid ground, and to reduce erosion off roads. David encouraged the Forest Service lab and became involved in sorting and hauling paper for recycling. Now, there is an official recycling group that has taken over the job, and David hauls goods to be recycled for the Beanery instead.

In his spare time, David enjoys photography, bicycling and travel, island travel, mainly. He spent one summer of college in Hawaii studying, watching humped-back whales and dolphins off the coast of Maui and learning how to scuba dive. David says he loves the islands. His next island adventure was in the Virgin Islands, and soon to come, is a trip to the San Juans to view Orcas.

If you've gone to the library in hopes of finding a copy of the guide to backroad bicycle tours for the Moscow/Pullman area (that David co-authored), stay tuned. His next project is to write an updated version that will hopefully be offered at the bike shops in town, as well as the Moscow-Latah County Library.

Co-op volunteers are talented people, each having their own areas of expertise. People-skilled, technology-skilled and creativity-skilled volunteers can all be found at the Co-op. The gifts they give help the Co-op function and thrive, and we at the Co-op appreciate and celebrate each and every volunteer. Thank you, Jim and David, for giving your time and energy, and most of all, your gifts.

Employee Interview:

Kris Siess

by Nancy Collins

The savory scent of fresh baked cinnamon rolls, the hearty taste of the multi-crunch loaf, great specialty breads and yummy muffins: these are the creations of a team of bakers upstairs at the Co-op. On the job at 5 a.m., like the delightful characters in Maurice Sendak's *IN THE NIGHT KITCHEN*, they "Stir it, scrape it, make it, bake it."

Kris Seiss works about 25 hours each week in the bakery, and has been helping turn out our favorite treats for two years. He learned his baking trade at the Main Street Deli. Siess says that the Co-op bakery is the best work environment he has ever had, due to its democratic nature and the interaction between workers. He is proud of their consistency, uniformity and efficiency in the bakery, marks of accomplishment in the small, independent bread-making business.

When a baking shift is over, Kris doesn't just kick up his heels and lay in a hammock all afternoon. He also works as an independent finish carpenter and cabinet maker. He has a special interest in what he calls "archaic technology" — those tools and ways of working that require the craftsman to work integrally with his or her materials and tools. He is currently learning about blacksmithing.

Balancing this interest in things past is Kris' very contemporary political activism, and relaxing with his rock and roll band, presently unnamed, but perhaps remembered as *Mourning Becomes Electra*. The threat to the cedars on Moscow Mountain is the issue of the moment, as are other environmental problems. He is concerned that such threats to the quality of life in the Moscow area could make it a place that would no longer feel like home.



Born in the Gold Country of California, Kris moved with his family to Orofino, where his family worked with the Forest Service. He enjoyed a couple of years living at a ranger station; upon graduating from high school he went to Norway for a year as an exchange student.

One of his host families had a profound effect on Kris' political outlook. He had voted absentee for Reagan (!), but many conversations with the matriarch of the family, an alternate representative to the Norwegian legislature for the Left Green Party, gradually changed his perspective.

Kris returned to Idaho and enrolled in the University, starting in Engineering, "because that's what everyone who graduates from Orofino does." He has over three years of credits, but he has shifted majors and interests several times, most recently studying English with a Philosophy minor, but taking lots of Communications and Political Science. Siess feels undecided about his life direction,

not ready to settle into a routine or worse, rut, but can see journalism, or being a craftsman and local political activist as possibilities.

When asked what principle or philosophy guides his life at this time, Kris replied, "Not being a flake." Explaining further he said that he thinks of himself as a hippie, but he gets frustrated with others who also define themselves as such when he sees their lack of acuteness in the world of power and politics. "It's no wonder the Republicans run the world," he commented, shaking his head of distinctive coppery red hair.

Kris would like to be firm enough in his beliefs, and competent enough in his life, so that his beliefs and lifestyle have the power to inform other people. He thinks that the key, or prerequisite, to social change, if such a thing is possible, is to first impel awareness. He sees most of the U.S. citizenry as too complacent about what is done for, and to, them, and that we need to "wake up" to the complexities and sobering realities we face. "We're on top, we don't have to think," Kris observed.

He credits his parents, who taught him and his siblings to think for themselves, and did not ridicule their ideas; Cass Davis, a local activist who is thoughtful, honest and passionate; and his year in Norway, with shaping his worldview and political activism. While he may feel pessimistic about humankind, Kris acts with the optimism that is based in a self confidence and implicit respect for others.

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THE FDA VS. PEOPLE FOR HEALTH

by Marla Chaney

Last year the FDA proposed its Nutritional Labeling and Education Act of 1990 (N.L.E.A.). The original idea behind this proposal was to protect consumers from far-reaching claims by manufacturers about their products, but the FDA went way beyond that original idea. N.L.E.A. was introduced to Congress and the public in early 1991 and was open to public comment until Feb. 25, 1992. Here is a summary of the main points in the FDA's N.L.E.A.:

- Referenced Daily Intakes (RDIs) would replace current Recommended Daily Allowances (RDAs). The RDIs would cover 26 essential nutrients, at lower levels than the RDAs.
- The only allowable health claims would link calcium and osteoporosis, fats and heart disease, fats and cancer, and sodium and hypertension. Even claims of the health benefits of fiber would not be allowed.
- Rigid standards of scientific review would be applied to all foods, herbs and supplements before any health claims would be allowed. But the FDA's scientific standards are so inflexible and costly that it's virtually impossible for any supplement to meet them. (The "Herb and Spice Room" would then be called the "Spice Room").
- Dietary supplements carrying health claims could only be sold in potencies close to those found in regular foods. Higher potencies would be regarded as therapeutic and therefore in the category of drugs, which are more strictly regulated. (In walks the AMA with pom-poms.)
- The centuries-old health enhancing properties of herbs have little to do with FDA-designated nutrients. An herb only known for its medical quality could not legally be added to a food. This means 90 percent

of the herbs on the market would no longer be available.

Well, if that isn't enough for you, let me tell you about the two house bills that have resulted from the FDA's N.L.E.A.:

- H.R. 3642 (Food, Drug, Cosmetic and Device Enforcement Amendment of 1991), introduced by Rep. Waxman of California (who, incidentally, was the chairman of the sub-committee that this bill just passed. It is now in the Energy and Commerce full committee.) This will give the FDA more power to regulate the sale and distribution of dietary supplements. It will enable the FDA agents to recall supplements without due process (actually they're doing that already). Companies who attempt to manufacture or sell supplements with potencies higher than those set by the FDA will be guilty of selling "drugs" and would be subject to arrest, fines and more.
- H.R. 1662 (The Nutrition Advertising Coordination Act of 1991), introduced by Rep. Moakley of Massachusetts. This virtually bans all health claims for supplements and foods. It would also severely restrict the free flow of valuable nutritional and educational information on dietary supplements to the public.

According to Rep. LaRocco's office, both these bills are bogged down and legislation is bottlenecked. Either it will be rushed through at the end of the session or held over until next session. The push for this legislation is by the Administration and FDA itself. Constituents have been overwhelmingly opposed to the proposals.

So, what does this all mean? During a public meeting, on August 29, 1991, the FDA spelled out: sales of all amino acid supplements, herb supplements, and vitamin and minerals other than the typical A, B, C, D, etc. would

be eliminated or made by prescription only; and potencies of all vitamins supplements would be severely limited.

In its June 24th meeting, board of the Moscow Food Co-op decided to oppose the above bills and support nutritional freedom. You can help by writing your congressperson. There are form letters available at the Co-op, but personal letters are weighted more in the eyes of the Congress.

I am keeping a file of all the information I receive on this subject including a copy of the bills above. Stop in the Co-op and ask for them if you're interested in reading more about it.

P.S. A glimmer of hope—On the Senate side, Senator Hatch, R-Utah, has introduced a new bill, "Health Freedom Act of 1992," S.2835. It's basically the opposite of the House bills. Yahoo!



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POWER IN THE POCKETS OF THE CONSUMER

by Renee McNally
Produce Manager

Dig down deep into those pockets, for what you pull out often has the strongest voice in effecting change in our country. When you stand in front of the produce department or any aisle in a grocery store, the choices you make and pay for send a direct message to many influential people.

The Co-op strives to provide you with alternatives to the conventional way food is raised or products are produced. The choice is ultimately up to you. The choice between conventionally raised carrots at 49 cents per pound or Certified Organic carrots at 69 cents per pound may be obvious if only financial matters are considered. Yet a world of other crucial considerations opens up when a person chooses to support the people within the Certified Organic industry.

Food labeled "Certified Organic" has gone through a three-year period of time where the farmers prove to the certifying agency that they have used no synthetic pesticides or fertilizers. Instead, they rely upon crop rotation, cover crops, beneficial insects, biological pest control, animal manures, off-farm organic wastes, mechanical cultivation, and mineral-bearing rocks. These painstaking techniques ensure safe, healthy, chemical-free crops, maintain soil productivity, supply plant nutrients, and control insects, weeds, and other pests. These farmers have made the choice to commit themselves to protecting the land and supporting its efforts at self-renewal.

So does the more expensive carrot sound a bit more appealing now?

Here are 10 decent reasons to buy Certified Organic food as excerpted from the April, 1992, issue of *Delicious* magazine:

1. PROTECT FUTURE GENERATIONS: Your children

receive four times more exposure than an adult to cancer-causing pesticides in food.

2. PROMOTE BIODIVERSITY: The mono-cropping practices in use since the 1950's have left the soil lacking in natural minerals and nutrients. Chemical fertilizers have been used in growing proportions to replace these nutrients.

3. PROTECT WATER QUALITY: Pesticides contaminate the drinking water in 38 states, more than half the country's population.

4. PREVENT SOIL EROSION: Soil is eroding seven times faster than it is being built up naturally.

5. SAVE ENERGY: Modern farming uses more petroleum than any other single industry, consuming 12 percent of the country's total energy supply. Organic farming remains labor-intensive, practicing hand weeding, the use of green manures, and crop covers rather than synthetic fertilizers.

6. KEEP CHEMICALS OFF YOUR PLATE: The EPA considers that 60% of all herbicides, 90% of all fungicides, and 30% of all insecticides are carcinogenic. Pesticides are poisons designed to kill living organisms and can also be harmful to humans.

7. HELP SMALL/LOCAL FARMERS: Most organic farms are small, independently owned family farms of less than 100 acres. The past decade has seen the foreclosure of 650,000 family farms to large-scale intensively managed farms.

8. PROTECT FARM WORKERS: Field workers suffer the highest rates of occupational illness in the state of California. Reported pesticide poisonings among farm workers have risen an average of 14 percent a year since 1973 and doubled between 1975 and 1985.

9. SUPPORT A TRUE ECONOMY: Conventional food prices do not reflect hidden costs carried by taxpayers such as billions of dollars in annual subsidies, pesticide regulation and testing, hazardous waste disposal and cleanup, and environmental damage.

10. IT FEELS GOOD! Organically grown food tastes great! It feels good to make a choice with so many simple nurturing effects on the land and people we love.

Carrots at 69 cents per pound? Yeah, that seems about right.



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**CENSORSHIP
IS
UNCONSTITUTIONAL**

IS OUR CO-OP DANGEROUS?

by David Dodge

Is the Co-op really a mechanism for social change? This subject was the focus of a discussion at an internship conference I recently attended. Many different methods are available for those who want to create social change—education, activism, even direct conflict or disruption of an activity that we oppose. Although the food cooperative can be and many times

is indirectly involved in all of these, it most directly represents an effort to create an alternative market for consumers. The concept of an alternative market was hotly debated at the conference, what are its effects on larger systems? Do alternative markets help create social change? More specifically, I would like to consider the advantages and disadvantages of an alternative institution with drastically different goals and values than the larger capitalist economy, that still operates within this dominant system.

Alternative institutions have been responsible for creating change within an existing system that leaves little opportunity for new options. "Green" products now featured at varying degrees in grocery stores are an example of this. Consumers, upset with the amount of chemicals and lack of recycled products, demanded more sustainable products in their shopping centers. This created a need for alternative institutions which produce products more in touch with the goals of conservation. We can see the result of this phenomena now even in the conventional grocery stores where recycled toilet paper or other paper products and an "organic" produce section are considered mainstream options.

This changing situation is, in many ways, the result of other alternative institutions such as food cooperatives which have consistently offered such products for consumers and initiated the need for "green" products. This is an important function of the Co-op—it provides a small niche for innovations in agriculture and product production which would be absent were the situation simply dominated by big-business, business-as-usual interests. We can see examples in the Palouse region where small organic farms have been given the opportunity to try different growing and many times "organic" farm practices with a strong coop market supporting their efforts. This information on sustainable agriculture can be

shared and possibly incorporated into more conventional systems. When these practices are more developed they can cut into other markets and push deleterious practices out of the mainstream. Thus, alternative institutions give people new options and by creating options educate people on the viability of alternative ways of producing goods.

Hower, our beloved Co-op and other alternative institutions set trends which are potentially dangerous for the future of social change movements. Coops and other alternative institutions have the potential to create apartheid-like differences in how safe products are for people based on race or class. Consider a product like Evian or any other "clean" water products. To pay money for clean water, although an "alternative" solution for those who have money to pay for water, is not affordable to many low income peoples. With new information coming out concerning the links between exposure to pollution and race or class (i.e. poor black neighborhoods being some of the most polluted in this country), many people in social change movements should be alarmed by the ramifications of alternative institutions—essentially people with money can buy their way to environmental safety, whereas those that are impoverished have to bear the brunt of our pollution problem.

This is also scary in that it allows people with power (i.e. people with money) to simply ignore problems that don't affect them. When we are eating safe food, the safety of other people's food supply is more distant from our situation. This may have the tendency to make consumer problems seem less imperative, and for conditions in the "conventional" world to worsen (i.e. "Now that we eat organic food at the Co-op, no one at the supermarket is complaining about the lack of safe or recycled products."). Alternative institutions can in this way create a placebo for us—we

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feel good about what we are doing, so we stop complaining about what's happening "out there" even though the situation overall may be getting worse.

Alternative institutions are operating within a system based on principles that we should consider abandoning. For instance, even though we may buy organic corn chips, the company operating within this larger economic context is still based on profits, a certain group of people amassing more wealth than others, and differing degrees of worker exploitation. Furthermore, they must pay taxes to the federal government which spends close to 50% of its resources on military-related expenditures. These are seemingly unavoidable results of an economic institution in this country which many of us may not agree with. It is possible that abandoning the entire system of production in this country and building a system based on cooperation may be a better way for us to invest our energies.

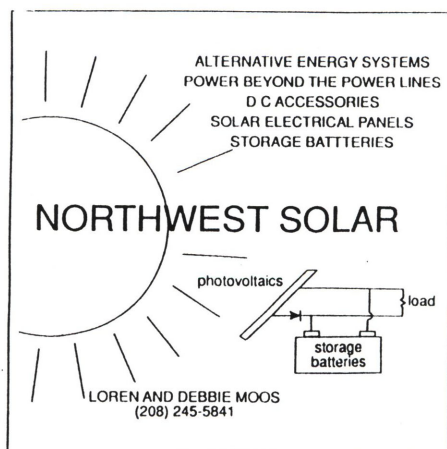
Alternative institutions in a related way legitimize the larger system. I had an experience once discussing the dangers of our present farm policy with someone who responded to my complaints by saying, "Well, I'll eat and buy what I want to and you can shop at your Co-op." In this way, the existence of alternative institutions gives many the illusion that our society is "democratic" simply because options like the coops are allowed to exist. However, in reality the system may be deeply flawed and heavily controlled by certain interests.

The forces that drive alternative institutions many times create the problem of trickery and deception. Such is the case when many conservationists complain about the lack of real difference between "green" and other "non-green" products. Such decisions about what is "green" are made by industry and the government—the decisions about what is environmentally sound comes from the top many times rather than from

the grassroots. And I don't like corporate executives deciding what I think is environmentally conscious, they don't represent my concerns. Furthermore, I don't want them defining for society at large what is considered environmentally sound and what is not. After all, we must remember that corporations in this country must make profits in order to survive, they are not charitable organizations. Look at many supposedly "recycled" products which contain little or no post-consumer waste—many of us do not consider these products as being "recycled."

What can we do about these dilemmas? Clearly our Co-op and others are great ideas (you'll still see me shopping!) but we must continue to push for systematic change and understand many of the potential dangers in a larger context. These solutions can get incredibly complex and are outside the scope of this article. However, an example would be lobbying for subsidies for organic farmers in the same way we subsidize conventional farmers and the oil, gas, and pesticide industries, clearly the former is in our better interests. This would make organic product cheaper for consumers and especially for those who are impoverished. The best thing we can do is to think about the solutions, air our ideas, and continue pushing for social change.

(Editor's Note: Dodge is the Palouse-Clearwater Environmental Institute's sustainable agriculture assistant coordinator.)



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YOU CAN SUBSCRIBE by Bill London

Airin Wheeler left Moscow a few years ago, but Moscow must never have left her, because she is now subscribing to this newsletter.

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What an opportunity!

On Hunting: in Response to Greg Brown
by Doug Terrell

I am a hunter. I hunt because I eat meat. Some aspects of hunting give me a great deal of pleasure, but killing my quarry isn't one of them. I hunt solely to provide my family with a low-fat, chemical-free supply of meat. As part Native American, my cultural heritage includes meat eating and hunting.

I believe that if you eat meat and are not willing to kill the animal that meat comes from (whether hunting or not) then, you are simply using mercenaries to do your killing for you. I do not oppose vegetarianism, but if you oppose hunting and eat meat you are the worst kind of hypocrite. It's an ethical choice.

Greg Brown's association of hunting and male domination of women is ridiculous. Are all feminists vegetarians? Are all hunters male chauvinists? The two issues are like apples and oranges. I see no obvious connection.

Despite the figures of \$25 per pound for venison quoted by Mr. Brown, my costs last year for hunting came to \$120 (I know because it is important to me). For that price, I got two weeks of hunting and camping, enjoying mountaintops and sunsets in solitude; I also got 300 pounds of meat, which I cut, wrapped and froze myself.

In any sport you will find incompetence, and hunting is no exception. There are, however, very conscientious hunters who never waste game meat. The assertion that "for every animal killed, two are seriously injured and left to die a slow death" is patently untrue and obvious anti-hunting propaganda. In terms of waste, far more animals are killed and maimed by automobiles than by careless hunters. Do we outlaw highways? And what of the human deaths on our highways? Hunting statistics are pale by comparison. Even bicycling produces far more injuries than hunting.

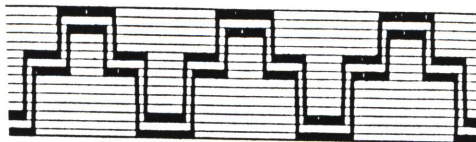
The majority of hunters do *not* kill the biggest and strongest,

simply because they aren't good enough hunters. In fact, evidence suggests an increase in intelligence of deer herds in response to hunting pressure. We are selecting for the ability to avoid hunters.

Greg Brown maintains that wildlife is being maintained at artificially high levels through regulation and logging practices. Read any 19th century account of the United States and it becomes obvious that we have lost both the habitat and game numbers extant in that area.

Regarding the Wildlife Refuge System, your figures reveal that while hunters make up only 5% of users, hunting fees and licenses pay 15% of their support. In addition, the time allowed for hunting is severely limited by hunting regulations. There is no evidence that hunting reduces game populations in the refuge system. You must look to habitat loss and pollution elsewhere as the culprit.

I, too, celebrate life even while remaining a meat eater and hunter. I know from experience what I take when I kill. I feel that I also take the spirit of the plants I kill in my garden. I also take the spirit of the tree when I use a piece of wood. As an anti-hunter, do you really understand your place in the scheme of things?



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TOWARD A SANER SOCIETY, AT LEAST

by Ken Nagy

I must say at the outset that I share Greg Brown's alarm over the persistence of sport hunting. Someday soon, I hope we will look back on such a phenomenon as most of us today look back on black servitude of the last century. That is, we won't be able to believe such a horror could ever have been so commonplace and accepted. This is about where my thinking seems to diverge from Brown's however, except to say that I ultimately have the same goals in mind as he, but it is these same goals that implore me to analyze the nature and content of Brown's misleading (unintentionally, I believe) article in the May Co-op newsletter entitled "Sport Hunting v. Feminism: Toward a New Society."

The article starts right out on controversial footing by equating sport hunting with traditionalism in the first sentence. This is a bit of an attempt to divide and conquer, so to speak, by isolating "reactionary" hunters from the rest of society (of which the reader must surely be of). Quite predictably, it proceeds to attempt to instill fear in "us" by depicting these hunters as a "vocal and powerful minority (that) controls institutions." Considering the direction of actual political legislation, however, us bleeding-heart environmentalists (myself heartily included) are in reality a much more powerful social and political force, and we need not react from the position of insecurity this article is suggesting.

The author also lacks a clear understanding of the theoretical mechanism of natural selection. He implies in the third paragraph that the "biggest" are the "strongest" and therefore most fit to survive. This is perhaps the most wide-spread misconceptions in regards to the theory. Ironically, this perception also carries very strong overtones of misogyny,

with females of both game species and the human species being *generally, on average* smaller, and, in a physical sense *only* weaker. Another misleading statement comes directly after a list of statistics on hunting-related accidents and deaths. It reads, "rarely has a hunter been prosecuted for killing a human being." This is implying, on a very emotional level, that there is a gross lack of justice here, without ever proving any wrong-doing.

What I would call the hang-up of this nevertheless well-researched and certainly well-intentioned article is typified by the sentence, "...[I]ndividuals are actively questioning whether there is room for recreational killing in a society that has grown increasingly violent." This statement, like the article in general, is unabashedly cyclical in its logic. The author seems to be saying that the world is much too violent a place to allow *this* kind of violence to continue. Later follows the "numerous scholars" to prove the author's point that the answer lies in androgyny, rather than suggesting sanity.

I am not a hunter and I have never intentionally killed another animal, for fun, food, or otherwise. I do recognize, though, that there are elements of a predatory sensibility in the human species that at present find vestige in the obscene act of sport hunting. However, this machismo posturing has pervaded much of our society, being the basis for the extreme popularity of violent spectator sports and patriotic warfare, as

well as our present-day brand of predatory economics--from the lowly, insignificant "yuppy" all the way up to the mighty White House.

It is an illness of society that perpetuates sport hunting, not just a small band of loud-mouthed and politically powerful rednecks. We all suffer from the unfortunate disease of being born into an impersonal, power-crazed world. The attack on sport hunting, though mostly justified, is really just another attack on a symptom. I agree whole-heartedly with the author that we should do what we can to put an end to sport hunting, *especially* and starting with our wildlife refuges (clearly, there should be *no* hunting or trapping of *any* kind in those places!) However, the spread of misinformation, regardless of how well-intentioned, does nothing for the cause of promoting "human and non-human harmony." The author and I are of the same spirit in our vengeance on injustice, but it is of utmost importance that we be very clear on where injustice is born.

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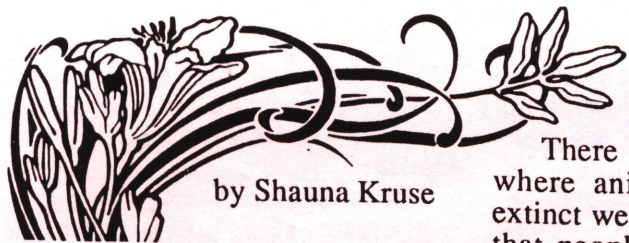


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by Shauna Kruse

Brown and Green Future

There were places called zoos where animals that were going extinct were kept and protected so that people could see what they looked like. But even these were torn down for more houses and businesses. There are only two left in the whole world, and most of the animals are very old and will be dying soon."

"Can I have more posters and pictures of what animals and the forest looked like?"

Since that day in 2015 Myla had collected every picture and poster and paraphernalia of the earth and animals that she could get her hands on. She looked out the window again and wished that she could have been alive during this wonderful time. Now you couldn't open the windows for fear of the pollution getting in, and each house, car, and person had personal breathing apparatus.

Just then Myla heard her DNI start to beep. She pressed a button and the image of her best friend Sari appeared on her holowall.

"Myla, you'll never believe what I found. Come over to my house immediately." Sari said goodbye, and then faded off the wall.

Myla was very curious as to what her friend wanted to show her. She hurriedly put on her protective clothing and her 150 S.P.F. sunscreen, needed because the ozone had been 89% destroyed many years before from harmful pollutants and the U.V. rays were very strong. She told her mother where she was going and hurried out the door.

Myla stepped off the moving sidewalk and went up the steps of Sari's house. The door opened and she walked in, removing her breathing apparatus as soon as the door sealed.

"Myla, come right up to my room." Sari appeared at the top of the stairs. Myla walked up to Sari's room and when she entered it she was surrounded by green, since Sari also collected pictures of the former earth.

"Okay, I have a couple of things to show you, and I'll save the best for last. First of all I found some more pictures of whales and seals." Myla felt sad as she looked at the pictures of these sea creatures that were killed by hunters, and, more often, by the oil which polluted the oceans and would clog up their breathe holes and kill the krill and fish they ate. She had seen the ocean once before and it hadn't been very beautiful. It was a black ooze that moved in waves, the beach had been coated with oil, and as if that wasn't enough it was covered with all sorts of garbage from syringes and scalpels to old furniture and other garbage. Not at all like the beautiful oceans and sandy beaches in the pictures she had seen.

"The second thing I found when I was rooting through my dad's old gardening stuff in the basement." Sari held up a can full of seed packages and planter pots. "He had forgotten all about them, and he said that we could try to make them grow in our rooms."

"Wow. I don't see how you could have gotten anything better than that."

"Oh, but I do, I went for a walk outside, and right behind our house, in the place where my dad moved the chimney from 6 months ago, I found this." Myla gasped.

"But how?"

"My dad said that the chimney has been there for years and years, 20, 25 years. He said a seed must have fallen in there and had been protected by the chimney. Then when he moved the chimney it pushed it's way out of the ground. We can grow it in here to protect it from the pollutions outside."

Myla couldn't wait to show her mom. She reached out and Sari handed it to her. Myla looked down and smiled.

For in her hand was the future. In her hand was a tiny little pine tree.

Editor's Note: Shauna will soon be a sophomore at Moscow High School.

15-year-old Myla paused from her homework and looked around her room at all the posters on her walls. The majority of the posters were of a green lush earth, all sorts from pictures of the whole earth to rainforest pictures with tree frogs, monkeys, and exotic birds. The other posters were of animals, all sorts, from housecats to panthers. Then her gaze shifted over to the window and she sighed. All there was as far as the eye could see was brown. Brown ground, brown sky, brown houses, brown everything. She then looked around and her gaze fell on the first poster she had ever collected. It was of a forest with a deer standing by a lake. She thought back and could remember she had found it in an old trunk in the attic. She had been five years old at the time. Myla had carried it down to her mother in the kitchen.

"Mommy, what's this?" Her mother had taken little Myla on her knee and started to explain it to her.

"Well Myla, when the people first came to this world, there were vast forestlands and many animals but they cut down the trees like the ones in this picture and started to kill the animals."

"Why did they kill the animals?"

"Some people killed them for food, and used every part of the animal. This was okay in minimum, but there were other people who killed the animals for their fur or horns or just for fun.

Pretty soon congress started to pass laws to protect the animals and forestlands. But poachers still killed the animals, and if protecting the animal stopped jobs then the law was put aside. The species just kept on dying off until there were only a few left.

The killing of one species would set off a whole chain reaction since all the species depended on each other.