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JUNE

Item	Co-Op Member Discount				
	-18%	Co-Op	Tidyman's	Safeway	Rosauers
Oranges (10 for)	.82	1.00	1.95	2.76	2.00
Mozzarella (per lb.)	1.80	2.20	2.25	2.25	2.90
Long Grain White Rice (per lb.)	.41	.50	.65	.47	.54
Salted Peanut Butter (per lb.)	1.85	2.25	2.25	2.40	2.70
Crunchy Unsalted Peanut Butter (per lb.)	1.83	2.23	2.45	2.69	2.55
Grated Romano Cheese, fresh (per lb.)	3.80	4.63	6.36	6.37	6.37
Green & Red Cabbage (per lb.)	.24	.29	.47/.59	.59/.98	.59/.79
Black Beans (per lb.)	.55	.67	NA	.89	NA
Popcorn (organic/regular) (per lb.)	.41	.50	NA/.64	NA/.99	NA/.41
Kiss My Face Olive & Aloe Shampoo (per lb.)	3.80	4.64	NA	NA	NA
Aussie Mega Shampoo (per lb.)		NA	3.77	4.79	3.50
Honey (per lb.)	.90	.99	1.09	1.16	1.20

Hi! Don't you just love to comparison shop? Well even if you don't, some has been done for you in this chart. The really nice thing about buying foods in bulk, as you can see at the Co-Op, is that you can get any amount for the quoted price per pound. For instance pre-packaged peanut butter must be bought in a 26 oz. jar to get these prices, yet when "buying bulk" you can get the \$2.25 per lb. price on any amount. Just bring your container or select one from the donated and sterilized ones. Then too, isn't it nice to find a store that actually takes a few cents off for leaving out the salt? Want to save even more? Just become a member and volunteer to work 1 hour or more per week. For the 18% discount you need only work 3 hours per week. Be sure to check out the great variety of foods available. There are actually 9 other granolas besides the one in this chart.



# Why Have a Board of Directors?

by Bill London

Austin Boyd, in an article elsewhere in this issue, asks why the Co-op bothers with a Board of Directors. Besides the obvious answers (because it is required by state law, because the Co-op was created by a Board and has always had one, and because the Board is the mechanism by which the membership controls the Co-op), the main reason why the Co-op has, and needs, a Board is to form a partnership with the staff.

Certainly the Board and staff should have the best interests of the Co-op in mind. However, sometimes the staff's self-interest can become the primary motivation. For example, half a dozen years ago, the membership (and thus the Board) wanted the Co-op to stay open later at night for shopping convenience. The Co-op closed at 5 pm instead of 7 pm. Many of the staff just didn't want to bother. Had the staff made the decision, the store would have kept those inconvenient (for shoppers, that is) hours. However, after some wrangling and hassling, and because the membership (through the Board) was the final decision-maker, the hours did expand.

Which brings me back to Austin's reason for writing—the question raised by Kris Siess and Andrea Brandenburg in the April issue: should the staff's membership in the Board be limited?

Presently, there is a staff liaison position on the Board (the staff selects one of their own to voice staff concerns at the policy making level). Another Board member recently joined the staff after election to the Board.


Here's my two cents worth. I think that all Board members (other than the staff liaison position) should represent the membership. None of them should be staff members. If a volunteer gets a staff job following their election to the Board, that's OK. However, one of the requirements for election should be that the future Board members are not hired staff at the time of the election.

Staff, by virtue of their closeness to the store and the fact that their hours are paid, can easily take over the direction of the organization. That's the reason for the counterweight of the Board (remember checks and balances from your civics lessons?).



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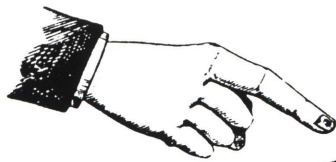
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## A MESSAGE FROM DENMARK

by Austin Boyd



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NOTE: Austin was a Co-manager at the Co-op from 1983 to 1985. He submitted this article for publication from his home in Denmark.

I have just read the Co-op newsletter and from the articles by Siess and Brandenburg I can see that the Co-op is in a different place from that which I left (in 1985). Maybe too much financial power is going to everyone's' heads.

From my more removed position (both physically and temporally) I would like to offer some suggestions. First of all I do not see why a board of directors is needed. For what purpose the board exists, I do not know. Do they help with the work load? But I seriously do not think the Co-op is big enough to worry about the kind of big picture or directions to go that maybe are being considered. The Co-op works because of the togetherness not because of any hard-core sales-generating.

I think the board should have less control. Staff has been as good at hiring the right people as any other group of humans and making sure they do not cut a large salary for themselves. They are the ones coming from the grass roots and have a better feel for what is going on. For example, some have started out spending a number of hours in volunteer work and so usually think of a paid Co-op job as a special thing and not to be abused. I for one do not think that Board members should be elected to the position by other Board members. That definitely leads to inbreeding and I can point to many instances where this had caused the demise of the big and the little. It is the Board that needs to prove its existence and not the other way around because the Co-op has operated for a long time with success and without a Board. I believe it is better that the staff and members vote for their board members. Remember those members voting will probably be mostly those that are more active in the Co-op and would not be as easily influenced by gimmick sales pitches for votes. But I think that the staff and the members should have a say in what directions THEIR Co-op should go by picking those who they believe will best represent their opinions.

### DANGER LURKS AT THE CO-OP!!

by Kenna Eaton, General Manager

There is a hidden danger to ever expressing your opinion while at the Co-op: namely Bill London, our omnipresent Editor (bi-monthly of course)!

Recently I got snagged while cashiering, and talked into writing an article about how wonderful or useful our Board of Directors is/are.

Basically the subject is easy enough, I have plenty to say, but the writing part I find tough.

The Board (BoD) is elected annually by our membership to help set policy, provide direction and generally act as the guiding light for the store. I really appreciate the warm support we enjoy as staff, here at the Co-op, from the BoD.

On a monthly basis, the BoD gets together to discuss issues that need resolution. The discussions are usually lively, often interesting, and always productive. Tho' admittedly they/we sometimes get bogged down, and are unable to come to a consensus that night, more often there is a decision made—one that, I feel, has been well thought out and covers all our options.

Their opinions are always welcome, useful and sometimes even necessary! Personally, as General Manager, I would be lost if I were unable to telephone Peg (or any of them) and ask them to act as a sounding board on those tough decisions I have to make on a daily basis.

Right now there is some discussion about whether or not to have staff members (besides myself and the staff liaison) elected onto the Board. Whatever the outcome, I can trust the BoD to have given lots of time and thought to the best possible resolution for our business.

Hats off to the BoD, the unsung heroes/heroines of the Co-op, and to Bill for coercing me into writing this article even tho' I failed 10th grade English!

P.S. Monthly BoD meetings are open to everyone, including the Staff, to come and express their opinions.

## BOARD NEWS

by Peg Harvey-Marose

At the Board of Directors Annual Retreat we made a commitment to stay in our present location and to approach the owners about buying the building. The last few months have been filled with many discussions among the Board and members and our wonderful bookkeeper about how to accomplish this feat. During the same few months our financial status has been precarious, making the decision to buy the building seem impossible.

The first four months of this year show us running at a loss. At the same time our sales have been at record high levels. We believe increases in inventory and payroll are responsible for this. We also feel confident that we can make that deficit up in the next eight months. But even if we do, are we in a financial position to buy the building?

These questions have plagued the Board. Our original plan was to buy the building this year. That seems unreasonable now. Our attention has now turned to purchasing an "option to buy" as a part of our lease. This would lock in the terms of the sale, while giving us the freedom to not exercise the option if our financial situation does not improve or if we change our minds about staying in this location. The Building Committee, made up of members of the Board of Directors and Co-op members at large, has been working on a proposal which has been submitted to the owners. We are waiting for a response.

We feel this is the most responsible approach to our situation. If we know we are going to buy the building, we can go ahead on some remodeling that we would feel uncomfortable putting into the building otherwise. We also will not find ourselves with a tremendous mortgage that we can't handle if our finances do not improve. This will also slow down the process to a more "Co-op" pace, so that we can try to save the down payment instead of getting a second loan for that.

The Board of Directors is interested in your opinions. If you have something to offer and/or would like to be on the Building Committee you may contact me at 882-1593 or leave a message at the Co-op.

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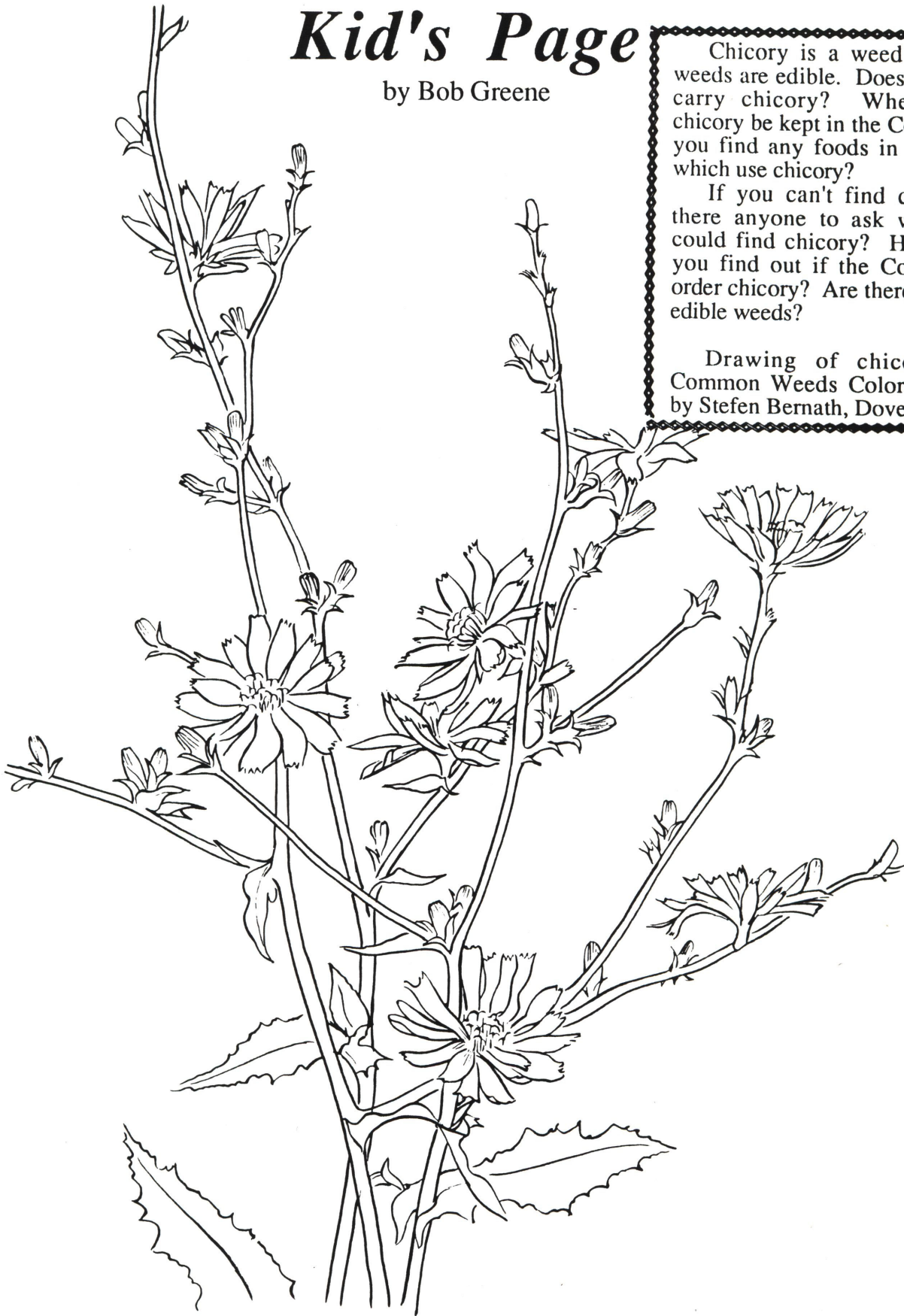
# Kid's Page

by Bob Greene

Chicory is a weed but some weeds are edible. Does the Co-op carry chicory? Where would chicory be kept in the Co-op? Can you find any foods in the Co-op which use chicory?

If you can't find chicory, is there anyone to ask where you could find chicory? How would you find out if the Co-op could order chicory? Are there any other edible weeds?

Drawing of chicory from Common Weeds Coloring Book, by Stefen Bernath, Dover Pub.



11. Chicory (*Cichorium intybus*). Perennial. 2½'-3'. European origin. Roadsides, waste areas, dry soils. In cultivated varieties the root is used as a coffee additive or substitute, while the young shoots are blanched as witloof chicory. Flowers all summer.

# Famous Co-Op Members, Volume 2

by Bill London

In February, Co-op member Mary Butters was a celebrity in New York City, housed in the finest hotels and asked for her autograph by adoring fans. Yes, that's the same Mary Butters who is the advertising czar for this newsletter and who launched not only Hanford Watch and the Palouse-Clearwater Environmental Institute, but also her home business, Paradise Farms, that supplies the Co-op with so many great food products.

In February of 1992, Mary received an honor that she now considers "the highlight of her environmental career."

Tambrands, the corporation that makes Tampax products, sponsored a national contest to select 50 women, one from each state, who have been successfully involved in environmental change. Mary was chosen Idaho's Woman of Environmental Action.

"I was flown to New York, and wined and dined at the finest hotels. It was like a dream. I had a fancy hotel room all to myself. I checked in and they gave me \$200 cash and told me to have fun—so I went to a restaurant and had a twelve-dollar salad," she explained.

"We were all given \$1,000 which we were to grant to a school for an environmental project. I gave my money to the Moscow High School Environmental Committee. They will use part of the money to start a tree nursery."

"In addition, we were all put in the book, *Simple Things Women Are Doing to Save the Earth*. The company is publishing one and one-half million copies of the book to be given away with the purchase of their products from grocery stores nationwide. I'm on page 75."

"But the best part was to meet the other 49 women. They were real environmentalists, and it was a real honor to be so appreciated and to be in their company. We all had those lonely nights when everyone in the community seemed to think we were lunatics for doing what we did," Mary added. "But our actions made an impact."

For her future, Mary expects no more big changes. She's still living on the farmstead on the shoulder of Paradise Ridge. Her neighbor, Nick Ogle, has become her fiancee, and her business is successful.

"I've thrown out my anchor here. I have the man of my dreams. I live in the place of my dreams, and have the business of my dreams. Plus, I have wonderful children. I'm a happy woman," she summarized.



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## Farmers' Market Music

Every Saturday, from now until October, you can hear the sweet strains of music as performers from all over the Palouse present their talents at the Farmers' Market held in Moscow's Friendship Square.

And its all free!

The Moscow Arts Commission has been presenting local talent at the market for years and the musicians enjoy performing for the appreciative crowds that gather there.

The schedule is now set for the summer 10:00 a.m. concerts where the following groups will be performing:

- June 6: The Moscow Arts Commission Band
- June 13: The Satellites
- June 20: LeRoy Baurer, Bill and Linda Wharton - Strings
- June 27: Paul Santoros
- July 4: The Freeman/Bell Ensemble

Also the produce is coming to the market. Broccoli, beans, and asparagus, plus more. So come on down to the market and check it out.



**EAST MOSCOW  
MOUNTAIN: A SPECIAL  
PLACE**

by *Suvia Judd*

On the east end of Moscow Mountain is a piece of land (Section 16) with a grove of huge old growth cedars, and a beautiful lookout spot with a view over the Palouse and the canyons and mountains beyond. Near the rocky lookout are large spruce and fir, and down the draws are more old growth cedars. The lookout on East Moscow Mountain has been a favorite picnic and recreation site for generations of Latah County residents.

The Idaho Department of Lands has included Section 16 in a proposed land swap with Bennett Lumber, in order to consolidate state lands for better wildlife protection in another part of North Idaho. Whether the land stays in state ownership, or passes to a timber company, much of Section 16 will be logged.

Concerned Latah County residents are working to get protection for the old growth cedars and lookout parts of Section 16. If you would like to see the old growth trees protected, and public access retained, you can write the Idaho State Land Board (at 1215 West State, Boise, ID 83720) and also attend the public hearing at the Latah County Courthouse June 23 at 7 pm.

Bennett Lumber has indicated some willingness to participate in a plan to protect the site. It would be helpful to tell the Land Board that you support the land trade only if the key areas of Section 16 can be guaranteed protection, and that you appreciate any help that the Department of Lands and Land Board can give to Latah County residents in this regard. For more information call Palouse-Clearwater Environmental Institute at 882-1444.

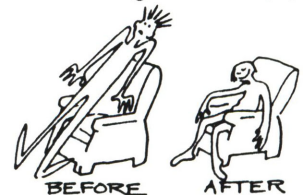
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It's because of volunteers like Natalie Shapiro that the Moscow Food Co-op has evolved into the successful alternative food store it has become.

Originally from Northern California, Natalie attended UC Santa Cruz where she got a Bachelor Degree in Biology. She then lived in Boise and has been in Moscow for a year and a half. Natalie worked at the Co-op for three months after moving to Moscow. But, she had to resign as a member of the staff when her school schedule resumed. So, at that time, she became a volunteer ... in Consumer Education for 2-3 hours per week. What this involved at first was explaining bulk foods and recipes. However, this has grown to include Natalie's current project.

According to Natalie, her main interest is reaching out to consumers. "Some people don't know a lot about food and many feel uncomfortable" at a store such as the Co-op. So, Natalie has researched and compiled basic facts about various foods the Co-op offers. She is currently making up small sheets with cooking times, food uses, casserole uses and recipes for bulk foods. Natalie hopes this will "give consumers an idea, and then they may want to ask more questions." At which point, they can contact Natalie. She is a wealth of information on just about any food offered at the Co-op. But, whether or not more information is requested by consumers, these information cards are an excellent way to encourage

## Natalie is Involved

by Cynthia Rozyla



people to try items that they may not be totally familiar with and to make sure that the preparation is successful.

In addition to her work at the Co-op, Natalie is also a full-time graduate student working toward her degree in the College of Forest Resources-Sociology Department. Her thesis for her Sociology of Forest Resources major will explore why people choose the type of store in which they shop, why people utilize natural resources in a certain way.


As I talked with Natalie, a pattern emerged. She is actively involved in numerous organizations such as PCEI (where she wrote grants for sustainable agriculture), Forest Watch, and she helped found the Palouse Voice for Animals. Natalie is a low-key activist who is interested in educating people to move away from mainstream mechanized production, like factory farming and commercial chicken and dairy farming. Natalie realizes that many people don't want to be a vegetarian, but in order to be more healthy it is important to use small farm (sustainable farming) communities. So, Natalie's focus right now is working at the grass

roots level to first educate people about healthy options, writing appeals and generally talking to people about causes. "When there's an environmental or political cause going on, I get involved," Natalie told me, and from the causes she is involved in here, her commitment is obvious.

When we discussed what it was Natalie liked best about the Co-op, her first response was that it's exciting. "When somebody gets an idea, there is no oppressive hierarchy. [They] are comfortable to try new things, people are psyched if you have an idea!" Also she likes the Co-op because they offer lots of alternatives to animal products, including foods like tempeh burgers, tofu and rennetless cheese. She feels that people have stereotypes of vegetarians and the key to change is education. With the wide varieties of animal product alternatives at the Co-op, it makes the education part easier. People realize that there is more to being a vegetarian than just eating fruits and vegetables.

All in all, the assignment I had for this article was to interview Natalie. With most interviews, we sit down, talk and I go home to write an article. Well, with Natalie we did all that, then went downtown to meet with the walkers for Earth Day, walked to the meeting site on the Pullman Highway, and, oh yes, ate rennetless cheese! It turned out to be my most interesting Earth Day yet and the best part is, I made an interesting new friend in the process.

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# Supporting Integrity

by Dana Kobe

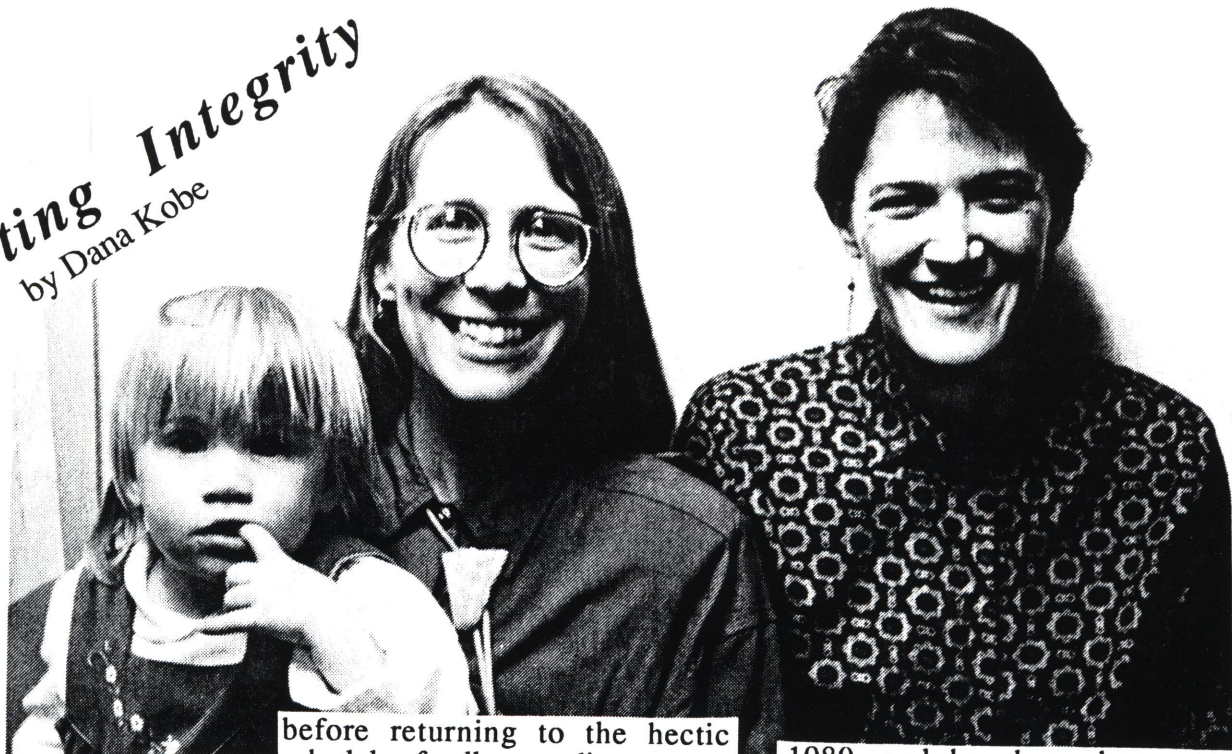


"Live simply so others may simply live."

- Mother Teresa

This concept is not new to Co-op members. The integrity in this type of thinking is so basic, and for volunteers like Beth Blue and Pam Palmer, so refreshing. They appreciate the simplicity of lifestyle, quality of food and social values offered at the Co-op. No matter what stage of life a person may be in, it seems the Co-op holds appeal. The interviews with both women reflect their lives at the moment.

My interview with Beth Blue was in the quiet and warmth of the Co-op's empty upstairs. From our leisurely talk, I learned that Beth is in a space and time of mellowing-out. Beth left North Carolina and came to the University of Idaho in 1984 as part of an exchange-student program. She liked the university and town so much that she decided to transfer. Beth graduated in 1988 and worked for the Peace Corps, in an adventure that took her to Africa. There, she worked with savings cooperatives. When her work was done, she came back to one of the finer places in America: Moscow, Idaho. Now she is catching her breath



before returning to the hectic schedule of college studies.

Beth volunteers her time at the Co-op to help stock, and works once in every 7 to 10 days for 3 hours. She says the Co-op provides her a chance to eat better, support local producers and connect with the community. "I like the idea of planned community," she said. "A sense of community not found in every town." Beth likes to read, backpack and enjoy the local hang-outs.

My interview with Pam Palmer was conducted on the way to Pullman in the Magic Bus incognito. Unfortunately, the bus had been vandalized the night before and we rode in a four-door car painted neutral. The trip was, shall I say, unexpected? It was exciting and a bit rushed, but lots of fun. Pam's life is hectic. She's got all ten fingers in the pie. She is an at-home mother, a council-member of the Moscow City Council, a childbirth instructor at the Pullman Memorial Hospital, a campaign chairperson for Diamond Jeffery Western, and she is trying to save the Idaho Repertory Theatre's summer events program.

Pam moved to Olympia, Washington, hoping to land a job in geology. She bought a house on one-half acre the Fall of

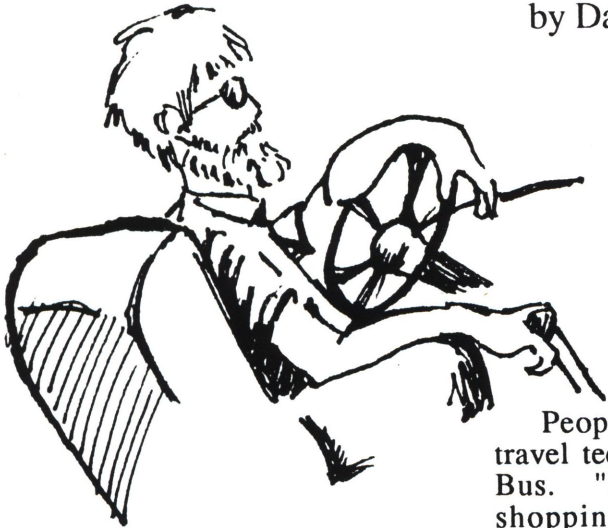
1980, and has been here ever since. When she came to town, the Moscow Food Cooperative was her first sense of community. It eventually became the catalyst for the home births of her three daughters, Erin, Teva and Brya, and her interest in home birthing. In fact, her dream is to manage a birthing center on the Palouse run by midwives with a doctor used only for back-up.

Pam's involvement in the Co-op has gone through a realm of various job duties: cashiering, ordering, training volunteers. At present, she volunteers her time to do the lay-out for the Co-op newsletter. Any extra energy and time will probably go to gardening, reading, bicycling and relaxing in the sauna that her partner, Tom, built with the help of friends.

Volunteers are drawn to the Co-op for many different reasons. One thing they have in common is the desire to support the Co-op in its method of giving to people and the earth. Their service is an expression of pride, a means of supporting something with integrity, and not just some "piddly job." They are the Co-op. And so, we give a big "thank you" to Beth, to Pam and to all Co-op volunteers for their time and support.

# Magic on the Palouse

by David Peckham



Events moving so fast, Co-op Newsletter can't keep up! On May 28, Dave announced the Magic Bus would stop running so that he could work on some unspecified bigger bus service to start June 15 or July 1.

People are discovering new travel techniques with the Magic Bus. "Its great for half hour shopping trips," says Dave. People are boarding at stops near their homes on Hayes Street or D Street, and riding to the Co-op, downtown or the mall. Half an hour later they catch the return bus from Pullman and head home. Dave notes that more and more seniors are using the bus.

Some riders load bicycles on the bus for one part of their inter-city commute and ride the bike the other direction. "For a lot of people, riding both ways is just too much," figures Dave.

Running entirely on donations, Dave says the Magic Bus has almost "broke-even" on a couple of days. He has said repeatedly that he will continue service until either he goes broke or a permanent service is established. "I will definitely get out of the way in a heartbeat as soon as something else gets rolling." Still, he sounds willing to team up with others to keep buses rolling between Moscow and Pullman, whatever is necessary.

As of May 20, the universities appear to have found a carrier for campus to campus service. It is all tentative at this moment, the final arrangement could be anywhere from comprehensive service connecting Moscow, Pullman, and the universities, open to all, to a total collapse in negotiations. Presently under consideration is a shuttle service that would ONLY be available to students, faculty and staff of the universities, and would only stop at university locations.

Like magic, there is now a bus regularly connecting Moscow and Pullman. Visually eccentric is one way to describe the Magic Bus, a 20-something year old baby blue school bus with lots of information hand-painted on it. If you haven't seen it around Pullman and Moscow, you're probably on the same schedule.

For over a month now, the Magic Bus has been running ten round trips a day, on time, Monday through Thursday.

"There's someone new riding every day," said owner-operator Dave Sanden. "More people are finding out about it, and finding out it runs on time." Dave figures he has about 20 regulars, people making at least two trips a week between cities, as well as growing numbers of occasional riders.

He says he's overwhelmed by the support he's gotten from individuals, of varying ages and lifestyles. He seems more convinced each day of the readiness of the community and feasibility of the service.

Due to popular demand, Dave is considering adding trips in the morning and evening, and cutting out a mid-day run or two. Neither route or the times of stops would be affected. Changes would be minor, he emphasizes, not wanting to disrupt his present service. Keep your ears and eyes open for possible changes.

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The Palouse-Clearwater Environmental Institute, who has been promoting the cause of inter-city transit for a year and a half, calls the university shuttle proposal, "a step in the right direction," but not an adequate solution to community-wide transit needs. PCEI plans to hold a meeting of city, county and university leaders to discuss prospects for community-wide transit.

We also ask you to support the Magic Bus, and let City Council members and university officials know you support public transit.

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# The Transportation Question Most Often Asked by Kids: Why is it Called the *Magic Bus*?

by Nancy Casey

Once upon a time in a land of two cities, two counties, two universities, two states, and two school districts, people of all ages, shapes and sizes needed to go everywhere. So did all their stuff: library books, groceries, baseball bats, backpacks, coffee mugs and a toy or two. Most everyone drove everywhere. The highway between the two cities was terribly clogged from people driving—back and forth, back and forth. People driving to school, to work, to the store, to soccer practice. There were so many cars driving all over these two cities, two counties, two universities, two states and two school districts that it was even getting dangerous to be in crosswalks or on bicycles. One after another, the people were asking again and again, "Why isn't there a bus?"

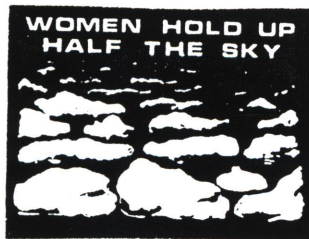
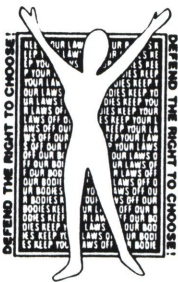
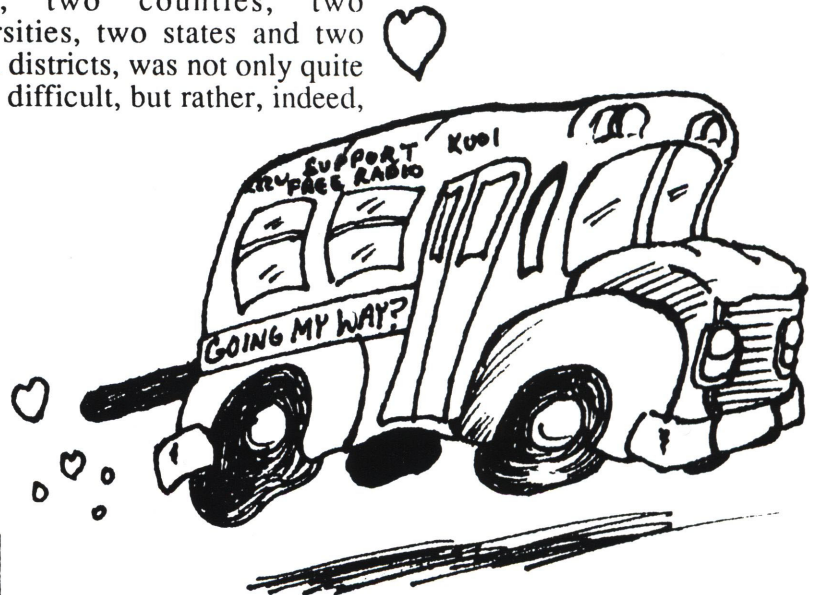
So the large and official, important and overseeing people of the two cities, two counties, two

universities, two states and two school districts appointed commissions to study the matter. These people gathered together to write reports and say words like "feasible," "cost effective," and "responsibility."

They finally agreed that it couldn't be done, that something that seemed so simple, now that it was fully studied and understood by the decision-makers of the two cities, two counties, two universities, two states and two school districts, was not only quite overly difficult, but rather, indeed,

it was impossible to be running people all over the place in a bus.

One day a guy showed up. He said, "This place needs a bus," and the next thing you knew there was one. Believing what we heard from the two cities, two counties, two universities, two states and two school districts, there is only one thing to believe about this bus; it must be magic.



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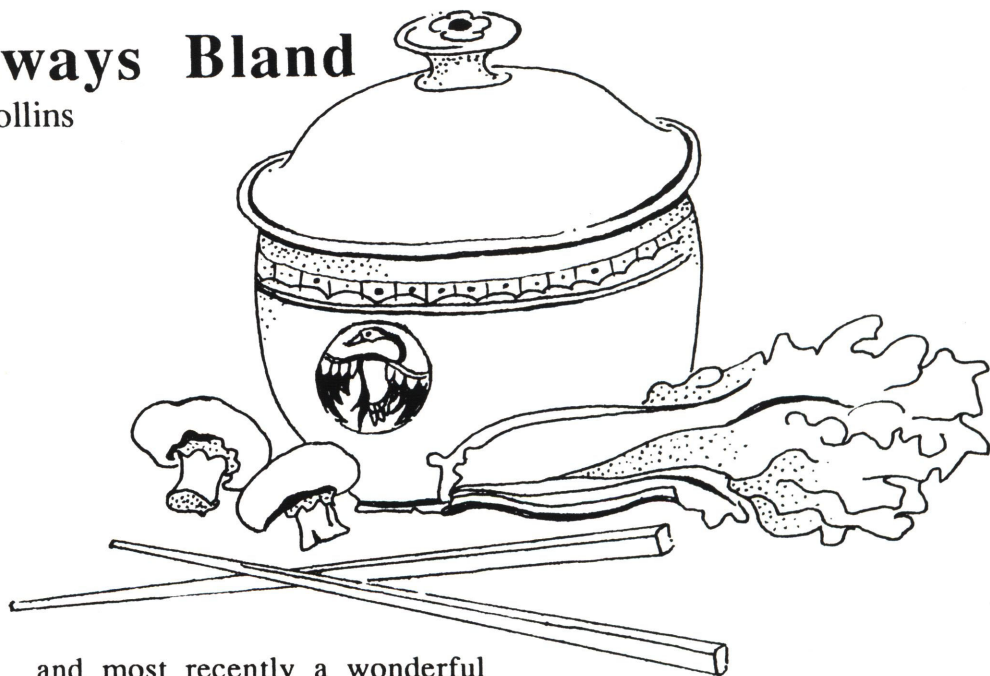
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# Barley, Not Always Bland

by Nancy Collins

Writing for the Co-op Newsletter is an interesting and unpredictable assignment. Since the PCEI dinners are going to take a summer break, Editor London asked if I would move over to the "food focus" article for now. He suggested choosing bulk foods, especially those that are exotic.

Somehow, I have not associated "exotic" with these basic grain foods—I, who have eaten tandoori in London, couscous in Paris, sorghum in West Africa—



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and most recently a wonderful chickpea concoction from Nigeria, right here in the Palouse—still reserve "exotic" for those sublime moments with a fresh mango from the tree in Togo, or a guava from the bush in Hawaii—maybe heavenly is more like it.

So, I settled on "less well-known," rather than exotic and chose that humble local cousin to what that is the fourth main crop grown here in the Palouse after wheat, peas and lentils. As I grew up, barley was the other grain crop sometimes on the hill across from my house that looked like wheat but was devilishly itchy come harvest time. I thought it was primarily cattle feed, and in fact it is, here in the U.S.

But, when grains are the basis of one's diet, one occasionally seeks out the "new and different" from rice, rice, (bulgar), rice, rice. Enter barley. It is an extremely hardy crop, grown from the northernmost climates to the subtropics. It may actually be the first grain cultivated by humans, and in many parts of the world it is a staple of the human diet.

The pearled form is to barley what white is to rice: refined to remove bran and germ, hence also a great deal of the flavor and nutritional value. Look for the brown natural grain shape, available at the Co-op, which has only been hulled. You will find barley an economical staple: 65¢

buys a pound which goes a long way in the recipe below.

My friend Chris introduced me to this hearty Mushroom-Barley Soup; remember that barley releases a starch as it cools so that the soup gets thicker after the first serving. I have found that I prefer barley soup as a reheat for a second meal better than the first—perhaps flavor is enhanced with the starch release.

1/2 cup raw barley  
6 cups stock or water  
3 - 4 Tbls. tamari

Cook barley in liquid until tender, right in soup pot. Add tamari.

3 Tbls. butter, oil or margarine  
2 cloves minced garlic  
1 heaping cup chopped onion  
1 lb. fresh mushrooms, sliced  
freshly ground black pepper

Saute onions and garlic in oil; when soft, add mushrooms.

When all are tender, add to soup pot, simmering for 20 minutes, before serving with fresh ground pepper.

This soup can be varied by adding 3-4 tablespoons dry sherry; including celery or carrots in the sauteed vegetable mix; including herbs of your flavor choice; and—if you dare—adding a bit of lamb stew meat. Delicious. Since the soup has a very neutral flavor, it is good served with a flavorful bread or muffin, and a vibrant salad.

## CO-OP HOURS

by Paul Lindholdt

The Co-op has expanded—more products, more patrons, longer hours. It is still expanding.

Some of us resent the change. We fear the Co-op will become too glitzy and too hip, exclusive and expensive, a spot for yuppies to stop and shop on the commute to bedroom communities.

Others of us see change as positive or inevitable. We view the growth as evidence that our experiment is succeeding. Folks everywhere want to escape the press of corporateness and unwholesome foods.

Hours of operation play a part in the way we handle change. The store used to be open from 10:00 to 6:00, but now it's open almost half the livelong day—seven days a week, from 7:30 to 7:00. How do these expanded hours fit your needs? Let us know, please, via the newly-posted comment board beside the main door.

Most chain grocery stores in recent years have begun to stay open late. Why? Are shoppers keeping odder hours? Are they merely avoiding longer lines by shopping different times? Or are the chain grocery stores just opening as an extra convenience, an added draw, while their employees stock the aisles and shelves?

The manager of Safeway Store No. 383 in the Moscow Mall told me they tried the round-the-clock hours for four years, then cut back to the current hours of 6:00 am to midnight two years ago. Their store wasn't getting enough business during the graveyard shift.

Tidyman's Warehouse Foods, just down the street, stays open 24 hours. It began doing so about three years ago when a study of stores back East equated increased hours with increased sales. Moreover, Tidyman's freight arrives at night. Based in Spokane, the chain recently opened its 10th store in the Inland Northwest.

What if the Moscow Food Cooperative were to extend its evening hours? Would increased sales offset extra wages? Would employees be willing to labor later in the day? Most important, would the needs of the Co-op customers be better served? I interviewed several patient people and here's what I found out.

Produce Manager Renee McNally says the early hours satisfy a core of customers who rely on coffee and rolls. Therefore she'd be cautious about opening any later in the day. Some of the patrons have told Renee that later hours would be more convenient for them. She welcomes extending closing time till 9:00 or so.

Have boxes or ladders ever gotten in your way in the store? Renee suggests that later evening hours would give employees the chance to replenish shelves and bins when human traffic is light. Those same hands that stock the shelves can operate the cash register, Renee says, eliminating the need for extra personnel.

One of the two Assistant Produce Managers, Laura Church, shows less enthusiasm for extending hours. She thinks evening hours would serve the needs of very few customers; she thinks evening hours would work only in the fall, when the bazaar is on-going up stairs. But Laura worries that she can't be objective. She admits she doesn't want to have to work late in the evening.

Marla Chaney, the other Assistant Produce Manager, believes a 6:00 to 9:00 shift could be happily staffed by student employees working after classes and supper. Marla finds Sunday hours needless and needlessly long. But Marla has noticed weekday "rushes" just before closing, that can't be attributed merely to the yoga classes upstairs or Micro Cinema films.

Do such rushes indicate Co-op shoppers are trying to beat the clock and buy their goods before an early closing time?

The overplus of weekend shoppers concerns Co-op Grocery Manager Erika Cunningham. She believes later hours, maybe till 8:00 or 8:30, would take some of the strain from Saturdays and Sundays, besides perhaps regaining evening shoppers lost to other stores.

Last, I spoke with General Manager Kenna Eaton. She finds weekend shopping very crowded at the Co-op and wants to attract more potential customers (17,000 of whom drive past daily) during the weekdays. Kenna thinks later hours, maybe 9:00 to 9:00, would be a good alternative to physical expansion of the store.

Growing pains. How does a cooperative community grocery deal with increased demand? It seeks to fulfill the will of its patrons. It seeks input from those patrons so that it can meet their needs. Please respond in person or via the comment board.



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## BEES TO CANDLES TO SUSTAINABLE LIFE

by Bruce J. Arbtin

On the south side of a small lake, near Portland, Oregon, is a hollow called Buncomle. A cabin can be found in this hollow, home to Mary McClung, John Walker and the Earth Works candle company. John is studying microbiology and focusing in soils while Mary tends a two-year old organic garden and makes candles. Mary believes in the need of products that harm neither the environment nor us. She uses beeswax to make her candles because there are no carcinogenic impurities found in it. "Beeswax is pure nectar and pollen—collected and transformed by bees." The candles are hand dipped and if you look carefully one can see the rings, "similar to the age rings of a tree." Your purchases support the efforts of John and Mary to live sustainably on land with ancient cedars, a spring fed waterfall and diverse wildlife, and I thank you.

## New Products

by Ericka Cunningham

**Fruit Source:** An alternative to refined sugar. Fruit Source is all natural derived from fruit (grapes) and grains (rice). You can use Fruit Source as an all purpose sweetener and can be used in coffee, baking, or anything else you would use sugar with. In cans and bulk on the baking shelf, by customer request.

**Sucarar:** Another alternative for sweeteners. Sucarar is simply 100% evaporated sugar cane juice. The brand we have is organically grown and contains no additives and preservatives. It can be used as a one-for-one replacement for either white refined or brown sugar. In bulk on the baking shelf, by customer request.

**Perky's Nutty Rice:** In bulk, by the packaged cereals, this is the same old favorite Perky's cereal we've always had; only now without the box. You can choose to buy a little or a lot, by customer request.

**Wheat Free Fig Bars:** Both in package and bulk these are a nice alternative for those who can't eat wheat. Very tasty. They cost a bit more than the regular fig bars, but I guess it costs money to leave something out of a recipe.

**Trail Mixes:** Back in bulk by popular demand, these are the same trail mixes, now located in the bulk drawers by the nuts.

**Salt-Free Bible Bread:** The original Bible Bread was so popular we added the salt-free. These make great sandwiches.

**Oh'Brines Pickled items:** Just in time for summer, these pickled foods are delicious! They are locally made and packaged and are great for pickles. We have pickled mushrooms, asparagus, garlic and mixed variety. These are available in the packaged food section.

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# Bicycle Futures

by David Peckham and Pam Palmer

Moscow City Council will soon be deciding on a proposal for bike lanes to be included in the widening plans for the Pullman highway from Jeff's Foods (Line Street) to the state line.

Bike lanes on the proposed four-lane Pullman highway will provide safe bicycle access to shops along the highway as well as for through traffic to Pullman. The university bike path, located south of Paradise Creek and the railroad tracks will not adequately meet the needs of commuter traffic. Similar off-road recreation-oriented paths like Spokane's Centennial Trail, Boise's Greenbelt and the Wood River Trail (Sun Valley) tend to fill up with slower, recreation users, including rollerbladers, making efficient, transportation-oriented bicycling difficult and dangerous.

Moscow has much to gain by advocating bicycling. The city is growing rapidly, at a rate that if prolonged will bring traffic congestion to unmanageable proportions. Bicycling alone will not avert Moscow's gridlocked future, but it can make a noticeable dent.

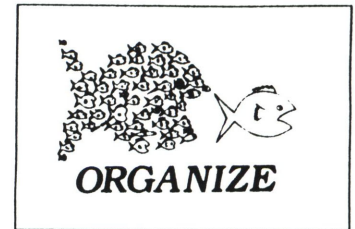
Transportation experts recognize that bicycles make significant contributions for trips of five miles or less. That makes Moscow an ideal-sized city for bicycling. Also the university contributes large numbers of youthful and health-conscious



individuals and their bicycles. Other university towns of similar size like Corvallis, Missoula, Ashland and Chico all have extensive bicycle routes through their towns.

The Safe Bicycling Committee of the Palouse-Clearwater Environmental Institute is developing a priority list for local bicycle routes. A couple of the most important needs are for a route adjacent to Mountain View Road and a re-working of the existing route from Sixth and Deakin Streets to East City Park.

Share your bicycle safety concerns with the Safe Bicycling committee. Phone PCEI's office, 882-1444. Join us for the second Bicycle Tour de Moscow, after the Farmer's Market, June 13.



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