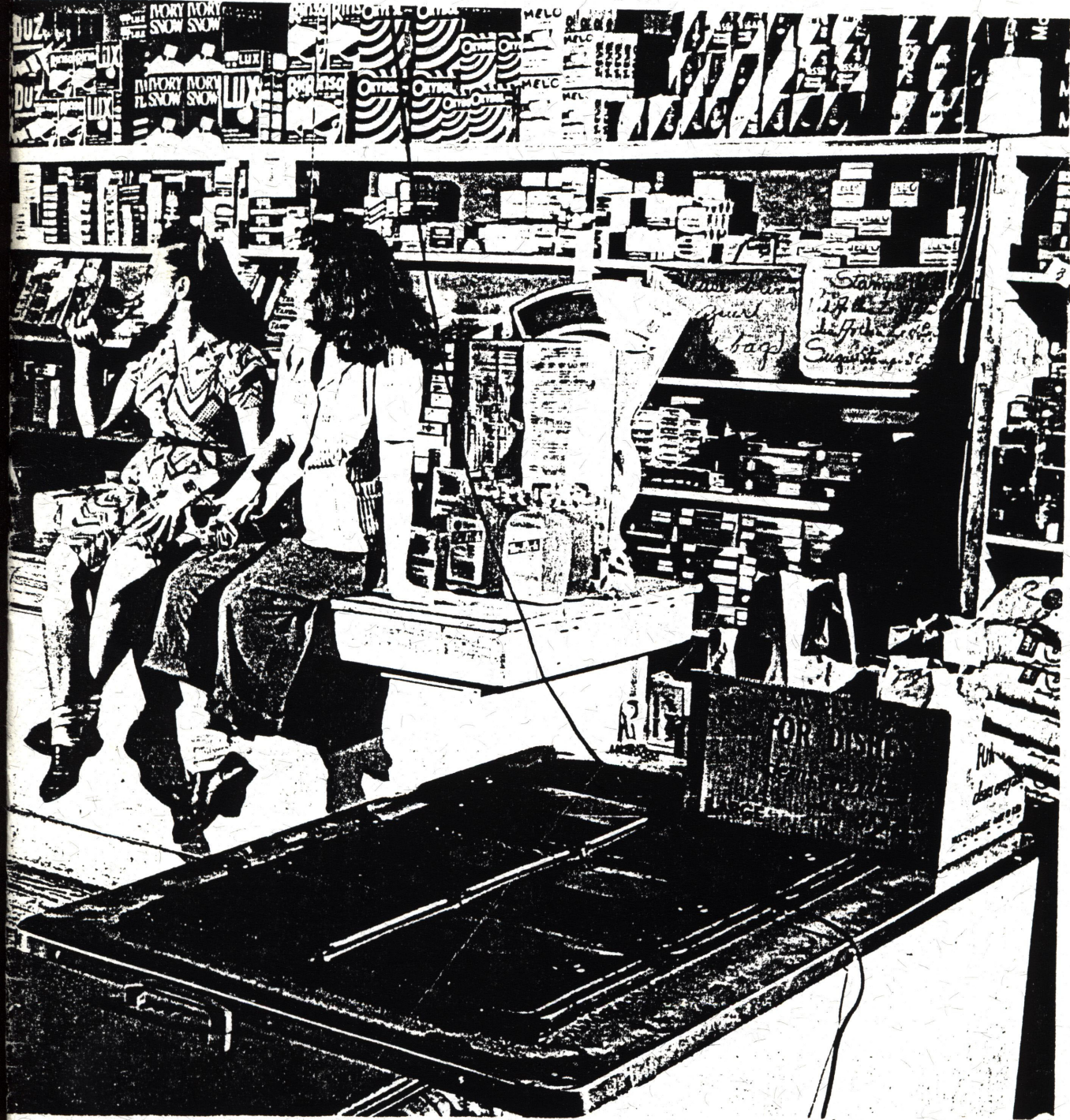


Day-MW HD 3284 N48



# FOCUS ON

# COMMUNITY NEWS



1992  
**SEPTEMBER**

# Save the World - Be A Co-op Member

by Fritz Knorr

If you are not a member of the Moscow Food Co-op, you are very welcome to shop here. Please, come in, everyone is welcome. The Co-op works just like any other store. You walk around, choose your purchases, and take them to a cash register. Keep in mind, non-members are charged an extra 7% over the marked prices of everything in the store.

You really should be a member, though. A membership only costs \$7 per year (single) if you buy food for just yourself, or \$12 per year (family) if you and another adult family member buy food at the Co-op. So, you will come out ahead with a membership if you spend \$100 at the Co-op in the next year.

The members are the owners of the Co-op. Your membership investment is something like a stock certificate in the Corporation. Your membership equity is a tangible asset that you own. And, when your membership investment totals \$100, you become a fully

vested (lifetime) member of the Co-op, and no more yearly payment. On the other hand, your membership investment is not a very liquid asset, since it is non-transferable, and redeemable only upon the dissolution of the Corporation.

Your membership investment is used as such by the Co-op. Ongoing operations — buying and selling products, paying payroll and overhead — are managed to be almost exactly break-even. So, any extra investment in facilities, such as the new walk-in cooler or the remodeling going on right now, comes from membership investments.

So, your membership investment helps you by saving you money, and it helps the Co-op by providing new facilities; which helps you by having a nicer Co-op to shop in; which helps the Co-op when you shop here more; which helps you by having wholesome food to eat; which helps the world by having a stronger, healthier, happier you.

## Welcome Back From Anywhere

by Jim McPherson

It seems to me that the Palouse has become a "back to" kind of place. For example, I spent summers in Moscow as a kid, coming "back to school" in Pullman more than 20 years later.

Many others have done the same, of course, at both the University of Idaho and Washington State, but there's also another group of "back to" people--those who were here once before, and later came back to enjoy the kinds of things they couldn't find elsewhere.

More in line with the Co-op, perhaps, are the "back to nature" or "back to basics" folks (some of whom have been lucky enough to live here for years. At any rate, it's all of these "back to" types that this special issue of the Co-op Community News—your Co-op's monthly newsletter—is for.

This issue is thicker than usual, and we're printing more copies. Thanks to many staff members, it is packed with useful information about foods, herbs, buying and using bulk goods, and other tidbits which will educate and/or fascinate the new (and perhaps old) Co-op user.

Extra thanks this issue go out to Renee, Erika and Kenna, who all went beyond their normally superb jobs, and to everyone else who contributed. And to everyone else, welcome back to the Co-op—even if you were just here yesterday.

### CORRECTION

Last month's article about muesli was written by Nancy Collins, rather than Nancy Casey. Our apologies.

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# THE STUDENT'S FOOD STORE

by Kimberley Bouchard

Three years ago my family arrived in Moscow so that I could attend the university. After moving into our apartment we decided to cruise the town. Since cooperative food buying has been important to us we hoped that we'd be able to find a Co-op, a food buying club, or, at least, a natural food store.

"Ed, over there, turn left there!" I yelled as I caught sight of a sign with a couple of wheat stalks on it that said, "CO-OP!" We zipped into the parking lot not knowing whether to expect a grain growers co-op, a seed co-op or a grocery store.

"Yes!" we exclaimed upon entering. This place had already passed our expectations and got better by the minute. In no time we were members and promptly became volunteers when we learned we could get another 18% knocked off our food bill.

The blessings have continued to accrue faster than we can count them. The Co-op was our doorway into the community. Its where we've met some of our favorite people and made some of our closest friendships.

As a student, Co-op membership has offered me even more benefits:

1. Convenience: It's the closest grocery store to campus; a mere 2 block, 5 minute walk from the SUB. In fact from University housing it is faster to ride my bike than drive a car.

2. Economics: Being a not-for-profit organization and because of bulk and quantity buying, I was surprised to find the Co-op cheaper than the big timers on nearly every item, especially with the volunteer discount.

3. Politics: Bicycle parking, bulk foods, less packaging, locally and organically grown products, fewer chemical additives and a recycling program all speak to me of strong environmental and community commitment.

4. Choice: Whereas the corporate markets appear to offer more selection among brand names, the Co-op, as I see it, offers more variety of goods, many unavailable elsewhere (who needs 13 brands of toilet paper or a quarter mile of cereal to choose from?).

5. Meal Plan: For busy students, the Co-op has hot coffee, cinnamon rolls and muffins ready at 7:30 am, and all sorts of freshly made soups, salads, spreads and sandwiches for lunch every day.

6. Information: The Co-op has the best read, most used bulletin boards in the area and they publish *Community News* for you for free each month. Want to know something? It's a good place to ask.

You can see why I think its the Student, as well as the community, food store. But don't go on the advise of a stranger, walk in and experience it for yourself. You might just find it suits your schedule, budget and taste buds too.

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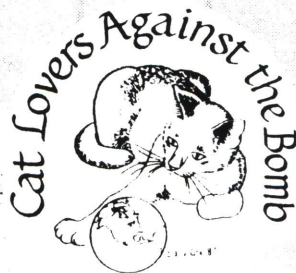
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*Great Skott, She's in Early!*



by Nancy Collins

If you are one of the early shoppers at the Co-op, then you have probably seen Skott Larson, Assistant Grocery Manager. She opens the store each weekday morning. You will note her striking appearance, which reflects the Irish part of her Irish-Danish heritage: dark, multi-braided long hair, contrasting with a complexion of creamiest hue, and lovely blue-grey eyes.

Her 20-30 hours a week at the Co-op are devoted to those tasks that keep customers happy: stocking, some ordering, helping coordinate volunteers, keeping track of jobs that need to be done around the store, and cashiering. Skott began as a volunteer herself over a year ago, and then cashiered the successful Holiday Bazaar upstairs last winter. In January she took on her present job.

Like many other community members, Skott came to Moscow to go to the university. Having grown up in southern Idaho, she had never been here prior to enrollment time three years ago. She tells a wonderful story about her first vision of the Palouse: she had driven north in the cool of the night, ascending up out of the Clearwater canyon in the early morning light. As she came toward Moscow, the Palouse was bathed in the glorious colors of the sunrise, and it captured her heart then and there.

She studied at the U of I for two years, enjoying philosophy, classical studies, and piano, taking lessons for the first time in her life. After a year off from school due to a family emergency, she is returning this fall on a part-time basis, taking Spanish and considering the possibility of either an International or Environmental Studies direction.

Skott lived in Boise her first six years; after her dad's death, she and her mom moved to Mountain Home, a small conservative Air Force base town. Her mother, who suffers from crippling rheumatoid arthritis, has a remarkable talent. She is known as the "Coupon Queen," featured on the cover of STAR magazine when Skott was in the sixth grade ("guess that makes me the 'Princess'," Skott wryly commented). Her mother saves money and earns goods by working the coupon biz. Her latest coup has been through the Camel cigarette promotional. Not a smoker herself, Mrs. Larson accumulated enough cigarette packages to score VCR's, TVs, cameras and other prizes.

"Skott" is a nick-name, self-chosen. Her legal and birth name is Sandi Marie. Skott also recently bequeathed a name on a little stray

black cat that has joined her household, "Denver," from her recent reading of Toni Morrison's *Beloved*, in which Denver is a key character.

The interview almost got off track here when I discovered that Skott loves to read, especially contemporary women authors. We exclaimed over Louise Erdrich, as well as Morrison. But, sigh, back to work: in addition to her job at the Co-op, Skott works 10 hours a week as Office Coordinator for the Coalition for Central America, and is a sought-after house sitter.

Before coming to Moscow, Skott spent six months on Long Island as a nanny for an upper-middle class couple with two boys. She loved getting to see New York, and her two young charges, but found the working environment and parents challenging. Prior to this experience, Skott had one of those classic "on the road" adventures in the year after she finished high school.

She bought herself a red '69 VW Camper Van, and set off to see the bigger world. She first headed south into Utah, to get to know her dad's family. Then she headed up to Portland, Oregon where she hit the hostel circuit. She heard about a place in Cave Junction and headed south toward the Oregon-California border to "hostel sit."

Eventually, Skott headed on to San Francisco.

The grand adventure ended as they sometimes do: forgetting to put oil in her van, it blew up outside Pendleton, Oregon. She sold it for the \$30 bus fare home to Idaho.

Skott is an animal rights activist, and a vegetarian. She loves to ride her bike, spend time with friends (card and board games are a passion), to explore the outdoors, and to cook. She notes that living alone changes her interest in and style of cooking, however. In addition to catching sight of Skott at the Co-op, you may know her voice as a DJ on KUID radio, where she indulges her love of a wide variety of music from around the world.

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## Take-Out Update

by Annie Hubble

The soup crock is always full, so come on by and stay awhile! We've got sandwiches on freshly baked Upper Crust bread (whole wheat, multi-grain, herb garlic, tomato basil and other wonderful varieties), with fillings ranging from three kinds of cheeses to broiled marinated tofu, and of course accompanied by lots of fresh vegetables (organic when possible) and alfalfa sprouts.

Half a dozen delicious and nutritious salads, such as South-west Black Bean, Indonesian Rice and Tabouli are available, and of course there's a great variety of cookies for dessert or a snack.

The takeout deli has been going strong for just over a year now. Starting out as one daily salad and a few sandwiches squeezed into a space under the cheese display, it has now spread into many nooks and crannies throughout the sales area. Recent new additions include croutons and scones.

We try to provide something for everyone, and welcome all suggestions. Let us know of any possible improvements you might have to offer, or new recipes. But most of all, please enjoy the eating!

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## MINIMALIST T-SHIRTS AVAILABLE NOW

by Bill London

There's a new T-shirt at the Co-op. One celebrating eight years of this newsletter.

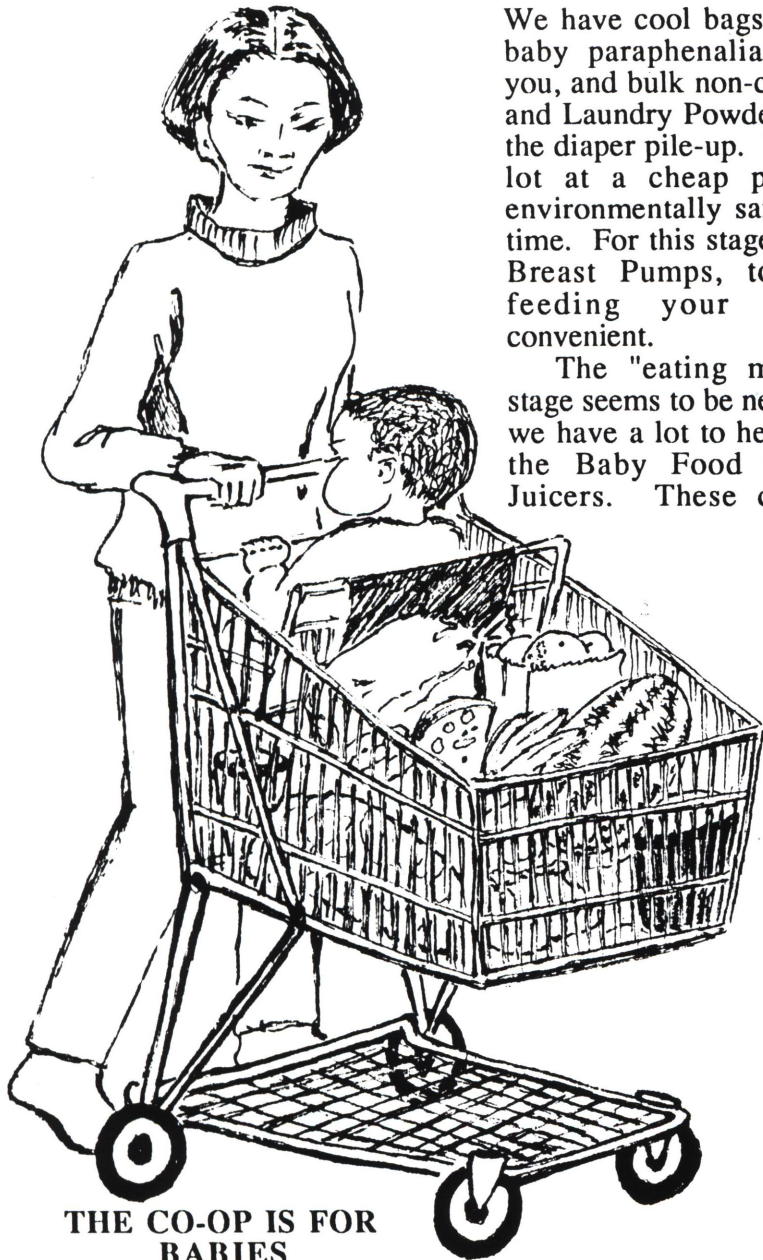
The shirts — available in Large and Extra Large sizes — are printed on raw unbleached cotton, which has a soft feel and creamy tan color.

The design and quiet color create a minimalist statement, perfect for those days when you just don't feel like wearing that purple and magenta tie-died eyepopper.

They are only \$7.80.

Wear one and proudly display our newsletter's motto:

"Still free after all these years."



## THE CO-OP IS FOR BABIES

by Erika Cunningham and Ellyn Kerr

Here at the Co-op we have more than just natural foods, and for a wider variety of ages than you think. The new mom, and not even so new mom, can find many of the essentials it takes to raise a family.

We started with the basics: the mom. We have such things here for the family, before the family even arrives, such as Vitamin E Oil for those nasty stretch marks and tight, itchy skin. We also have Pre-natal vitamins and Traditional Medicinals Pregnancy Tea.

Moving on to the next stage (the baby's arrival) we have another Traditional Medicinals Tea, Mother's Milk (by special order).

We have cool bags to carry your baby paraphenalia around with you, and bulk non-chlorine bleach and Laundry Powder to help with the diaper pile-up. You can buy a lot at a cheap price, and be environmentally safe at the same time. For this stage we also have Breast Pumps, to help make feeding your baby more convenient.

The "eating mushy things" stage seems to be next, and boy do we have a lot to help here. First, the Baby Food Grinder, and Juicers. These can save you

money by buying your own ingredients and grinding them up. Prepared baby foods, and juices can be quite expensive these days, and by picking your own ingredients you can ensure the quality of your baby's food. Second, we have the ingredients: fresh fruits and vegetables, both organic and commercial. We have bulk cereals available also, at a pretty good price. In the bulk bins you'll find Tapioca, Cous Cous, Farina, and Steel cut outs. We also carry a Brown Rice Cereal by Earth Best that I hear babies love.

Along the lines of the "mushy food" stage, but maybe for older babies, we carry a wonderful line of instant meals by Paradise Farm.

These range anywhere from Refried Beans (mild of course) to Split Pea Soup, to Hummus. You might as well start those babies off with an international taste!

Now come the teeth, and we even have help for that. We have Fruit Leather, both commercial and organic, and hard candies made with no sugar. We have Teething Biscuits, wheat free and wheat full, and Homeopathic Teething Tabs. And as soon as those teeth arrive, we have tooth-brushes made just for kids.

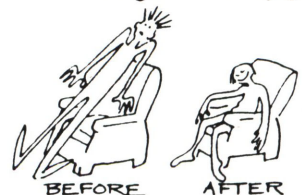
For the bath we carry Nature's Gate Baby Shampoo, cruelty free and mild, and Tub Buddies, little puppets to make them happy about something they don't want to do. For the Mom we have a wonderful bath item, for after you get done with the little ones; Relax-R-Bath. Pour some in and take time out for yourself.

We have first-aid items also, from herbs to Homeopathic. Next to the body care section we have Sssting-Stop, Califlora Gel, and Arnica-Gel, for the bumps and scrapes and bruises that are bound to happen. Also we have Alone Vera Gel and Juice, both in package and bulk. For prevention we have a few varieties of vitamins, even some shaped like dinosaurs!

In our book section we have a wide selection of self-help books to help you figure out allergies, plain meals for families, and learn to cook baby foods naturally.

The Co-op may be deceptively small, but if you look in the nooks and crannies you might find some surprises.

### Laurie Cortright Massage Therapy



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# DO IT ON THE BUS

by David Peckham

Riders were relatively sparse the first two weeks of Pullman and Moscow's commuter shuttle, to no one's surprise. Wheatland Express figured the slowest time of year was the best time to work the bugs out of a brand-new service.

Two routes connect the university cities, one designed around students, the other for rush hour commuters. The heaviest travel demand times of the day, morning and evening rush hours, are met by two buses linking residential Moscow and the U of I with WSU and downtown Pullman. Full buses would result in a 10% reduction in traffic, taking nearly 200 cars per hour off the highway.

Students enrolled in cooperatively listed courses at opposite universities can ride free on the hourly shuttles between campuses. The bus makes nine runs a day, between 8 am and 4 pm, weekdays only. The general public may also use these buses, at the regular fare.

Of course the Palouse-Clearwater Environmental Institute is thrilled that this longtime dream for a bus has finally come true. PCEI is one of numerous groups who have worked the last two years to convince the powers that be of the viability of public transit. Now even more important, is making sure that it works. If this service doesn't make it, ten years will pass before anyone will be bold enough to try it again.

PCEI is conducting a survey of people who regularly travel between Moscow and Pullman. We want the bus to effectively serve as many as possible. Please share your travel needs and ideas, by filling out the accompanying survey in this issue of the Co-op News, and returning it to a Co-op cashier in the store.

Bus schedules and tickets are available at many locations, including the Co-op, and SUB, or call 334-2200 for more information.



## LOOKING FOR A WAY TO SAVE SUMMER?

by Laura Church and Renee McNally

Fresh herb vinegars are a fun afternoon project, saving the delicious tastes and aromas of a summer herb garden. There is lots of room for your special artistic and culinary flare. Basically you will be mixing 1 cup of fresh herbs with 1 quart of vinegar. Here at the Co-op we carry several different kinds of vinegar: brown rice vinegar, red wine vinegar, white wine vinegar, apple cider vinegar.

Your options for adding herbs are just about endless: fennel seed, caraway seed, coriander, chili peppers, garlic, star anise, pepper corns.

Wash any combination of herbs but don't bother about the stems. Put into a clean jar and fill up the jar with your choice of vinegars. Write down what combination you used so you will remember later. Put the jar in the sun and let sit for 2 weeks, rotating occasionally. After 2 weeks filter the vinegar through some cheese cloth. Put into a clean jar and add another batch of herbs. This is more for the visual effect because you will have noticed that the old batch of herbs turned brown and ugly sitting in the sunlight.

Here are a couple of herb combinations I have tried and enjoy:

— basil, oregano, parsley, cilantro, 3-4 chili peppers (small), 3-4 cloves garlic (whole), red wine vinegar

— sage, thyme, parsley, rosemary, fennel seeds, brown rice vinegar

The combinations are limitless! Use for meat marinades, salad dressings, or in pasta salads.

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# READ ALL ABOUT IT

by Kenna S. Eaton

"If I have money I buy books, then if there's any left over I buy food ..." (or something like that!)

Now you can't eat books, but they can certainly help you eat better. The Co-op has a great selection of cookbooks to help both the beginner and experienced cook, and here's a few to get you started.

One of Erika's favorite books, often used to answer those tricky questions we field every day is *Jane Brody's Good Food Book*. This handy guide to nutrition, food, hints and recipes is comprehensive and informative. The recipes we've tried have been tasty, but Erika always adds more garlic! One section of the book lists every fruit, veggie, grain, bean and legume. I like this background information, it helps me understand the role that a food plays in a recipe, so if I'm out (like usual) I can substitute with confidence.

The book includes chapters on "How to Eat More and Weigh Less," "When to Eat What," "Dining Out," and "Exercise." Also included is a section called "Back to Basics," if you are considering eating lower on the food chain, or even as a Vegetarian, this is a great way to find out more about the nutritional requirements of a different diet.

Here's a great quick recipe.

### Simple Tofu Stir-Fry pg. 394

Start 1 cup of rice before you start the stir fry, so they can be ready at the same time.

### Sauce

- 1/4 C. broth
- 1 Tbl. soy sauce
- 1 Tbl. mild vinegar
- 1/4 tsp. sugar

### Stir-Fry

- 2 tsp. veg. oil
- 1 tsp. oriental sesame oil
- 1 Tbl. minced garlic
- 1/2 tsp. red hot pepper flakes
- 1/2 - 1 Tbl. sliced scallions
- 1/4 C. mushrooms
- 1 lb. firm tofu, cut into thin slices
- 1 bunch watercress (sub. 1/2 lb. spinach)
- 2 Tbl. lightly toasted sesame seeds

In a small bowl combine the sauce ingredients, set aside. In a large skillet saute the oil for 30 seconds, then add the garlic, pepper and scallions for about 30 seconds. Add the shrooms, and saute for a minute or two. Add the tofu & sauce tossing gently. Top the stir-fry with the greens, cover until the tofu is heated thru. Sprinkle with sesame seeds, and serve with rice.

One of our new faves is *The American Kitchen Cookbook: from the Fit for Life Kitchen* by Marilyn Diamond. This innovative meat-and-dairy free cookbook is a wonderful source of new ideas and tastes. For those of us who must cut down on consumption of fat, we often bemoan the lack of flavor and variety, not so with this book!!

While Marilyn Diamond extolls the virtues of being a vegetarian, she is also concerned about nutritional myths, and aims to clear up some of these.

Diamond's book includes lengthy chapters on how to make salads, a key point in any meal.

Her creative salads are filling, nutritious and eye pleasing. While vegetables are the focus of this book Diamond also includes sections on main meals "in crusts and wrappers," such as *Country Pot Pie* and *Spanakopita*. There is also a section on "Baking with Love," a cornucopia of cakes, pies, and breads for the sweet tooth.

Here's a fresh summer salad to use up those extra cucumbers ...

### English Cucumbers with Lime Juice and Mint

- 2 English cucumbers (or other standard cuke) seeded, peeled and halved lengthwise (6-7 cups)
- Scant 1/4 C. fresh lime juice
- 1/4 C. fresh mint
- Ground rock salt to taste

Use the thin slicing blade of a food processor or mandoline to cut cucumbers in thin crescents. Or slice them thinly by hand. Transfer cukes to a medium bowl and mix in remaining ingredients. Refrigerate until ready to serve. The longer you can chill this salad, up to 1 hour, the better it will be, as the flavors blend.

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# Meet Your Non-Food Needs, Too

by Cynthia Rozyla



Well, summer is finally over, and for most of us that means back to school for one or more members of the family and a resulting need for some semblance of a regular schedule. For my household, it means that it is absolutely necessary to clean up and organize after a fast paced, totally unorganized three months. After a summer of using our house as a stop off point between activities, there are massive amounts of clothes to be washed, floors and walls to be scrubbed and general maintenance needed. So, as I shopped the Co-op, picking up cleaning needs (my favorite is Home Soap, it's not only 100% biodegradable and phosphate free, but like the label says ... "for use on everything washable") I decided that a good topic for this month's article might be information about non-edible items found at the Co-op. Yes, I know this is my month to write a recipe article, but I don't cook much in the summer either, so lacking a good food recipe, I decided it would be appropriate to highlight items that are environmentally friendly and propose a "recipe for a cleaner life."

At the Moscow Food Co-op, I noticed as I browsed the non-food aisles, there are a variety of items available, ranging from environmentally safe soaps and cleaning supplies, to naturally effective remedies including 100% herbal dog and cat collars, homeopathic gels and natural cleansers and cosmetics. So, since it is impossible to highlight even a portion of the products available, I'll pick a few that I know about and it will be up to each of you to perform a little independent research of your own.

Like I said, there are a selection

of natural alternatives to the products we were raised on. For instance, Califlora Claendula Gel has replaced Bacitracin at my house. It's for cuts, burns, sunburns, abrasions, chapped lips, etc. It's a pharmaceutical preparation that contains tincture of Golden Marigold. I don't know if it's because of the Marigold, but for some reason the Califlora is less greasy than Bacitracin which is why I prefer it.

Autumn-Harp un-Petroleum Jelly is also an item I've started using since I discovered it. It works just like Vaseline, but is made from renewable plant resources, not petroleum products. As we all know, pollution occurs when petroleum is drilled and refined. And, again, because of the natural ingredients in the Autumn-Harp Jelly, I have found it to be less greasy than Vaseline or any other petroleum jelly.

There are a wide variety of shampoos, conditioners, gels and even hair color available at the Co-op. All are made of natural ingredients and are completely biodegradable. One that really surprised me and I must admit, I didn't think I would like is J.R. Liggett's Old Fashioned Shampoo. When I was getting ready for my long vacation this summer, I was in the Co-op one last time, hoping there was a re-stock of some baby slippers that had been available, since I had two friends with new babies in Michigan and had never seen these anywhere but here. Well, no luck in the slipper department, but I picked up some literature as I browsed, about J.R. Liggett's Old Fashioned Shampoo. The line that caught my eye was, "great for traveling or backpacking." On most of the trips I have taken, I have reached my destination only to find that one or more of the hair items I carried had leaked all over something. So, I invested in this bar of shampoo, fully expecting that it would only be for an emergency and I would

buy another kind of shampoo when I reached Michigan. Much to my amazement, I continued to use the bar. And, while I probably can't say that this is what I'll use for the rest of my life, right now it works real well and it's good to know I'm using something made from 100% natural oils that doesn't contain animal products or preservatives and is safe for the environment. In fact I'm thinking of investing in the "Old Fashioned Shampoo Shelf" offered in the literature!

Then there are the paper products available at the Co-op. Envision is a family of paper products that are recycled from post-consumer waste ... paper, paperboard, computer printouts, etc. Enough literature has been presented in this area that every man, woman and child should now be aware of the necessity of working together to preserve natural resources. And, Envision products are of a quality comparable to the more popular brands of tissue, paper towels, and toilet paper available in the larger supermarkets. So, next time you're in the Co-op, pick up one or more of these paper products ... and at least give them a try.

Since my allotment of space for this issue is nearly filled, I won't comment on any more of the products I've tried, but instead will encourage that each individual try an alternative to a product you now buy ... whether it's laundry soap, dog shampoo, face cleanser or any of the numerous items available at the Co-op, I think that many of you will be surprised at the effectiveness of these products. The first time I used Home Soap, I never thought it would work as well as the harsh products I had scrubbed with before. But, my testimony is that I continue to buy it. I know the next two on my list are the dog and cat flea collars and shampoo and the Zia skin products. So, next time you're in, take the time to browse these sections. You may be surprised at what's available.



It's Easy to Volunteer

-- Here's How!

1. Choose among the volunteer positions available.
2. Sign up for a volunteer orientation session.
3. At the orientation you will have the opportunity to choose from the volunteer positions we offer. We will also discuss the Co-op's needs and your interests.
4. Following your training you may immediately begin your volunteer work.

By applying to work with us, you are making a commitment to the Food Co-op. Our 19 years of accomplishment is a testament to our commitment.

## OPPORTUNITIES FOR YOU TO VOLUNTEER AT MOSCOW FOOD CO-OP

### STOCKER

There are many different Stocker positions available: Bulk, Dairy, Grocery, herb and Spice, Non-Foods, and Receiving. Each has different challenges and all require a 2-hour training. There is frequent lifting with these positions, often over fifty pounds.

### CHEESE CUTTER

Cheese cutting duties include cutting, wrapping, weighing, and labeling cheeses for the store when the order comes in fresh. This position requires a high degree of cleanliness and a 2-hour training session is necessary.

### PRODUCE STOCKER

If you think you would enjoy working with fruits and vegetables, this job is for you. Duties include sorting, trimming, cleaning, and arranging produce. You will learn display techniques, and how to recognize produce freshness in our 2-hour training session.

### CASHER

Responsibilities include handling food sales, customer service, and operating electronic cash registers. To qualify you must have volunteered in another position at least one month and attended a 3 hour cash register training.

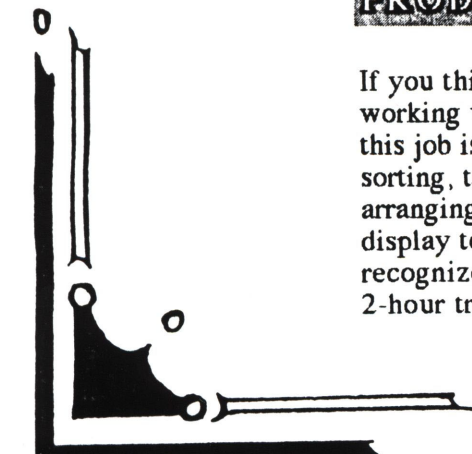
### RECYCLER

This position sorts, cleans, and straightens the in-store bottle return and paper sack return area. The job also involves taking cardboard, plastic, and metal recyclables from the store to the outside recycle area. The training for this position only takes one half hour.

### NIGHTLY CLEANUP

One hour before the store closes each evening, Nightly Clean-up volunteers clean for the next day's business. This shift includes dusting, washing, and sweeping the store as well as handling other cleaning chores that have accumulated during the day. The training for this shift lasts one hour.

Don't be shy —  
Have fun and Save \$



Cooperation is the major  
Lynn

le.  
sted on the Volunteer Bulletin Board by the door.  
y to learn more about the Co-op, and the  
chedule a training session for the position that best  
begin to volunteer in that position.  
a commitment to the success of the Moscow  
founded on this commitment.

### Volunteer Orientation Sessions

- Thurs. September 10<sup>th</sup>
- Wed. September 16<sup>th</sup>
- Tues. September 22<sup>nd</sup> 7:15pm

## BECOME A VOLUNTEER AT THE COOPERATIVE

### INVENTORY

Inventory is done once each month. Volunteers are required to accurately record amounts and prices of our stock. To fill this position you must work well with our inventory team and be willing to make a 6-month commitment. Training takes 2 hours.

### NEWSLETTER

Our monthly newsletter goes to press the 20th of each month. Volunteers are needed for artwork, design, editing, writing, interviewing, distribution, advertising sales, and production assistance.

### CLERICAL

Duties for these positions may include data entry, filing, and office organization. You may also assist with inventory entry, financial analysis, record keeping, and computer work, which entails entering new members in our files and sending membership renewal notices. Training time varies and hours are usually flexible.

### BAKERY

Bakery volunteers assist our bakers in providing fresh bread daily for the Co-op. Shifts are for the early riser. Duties include such things as preparing bread pans, bringing the bread down to the store, clean-up, and keeping everyone awake so nothing burns!

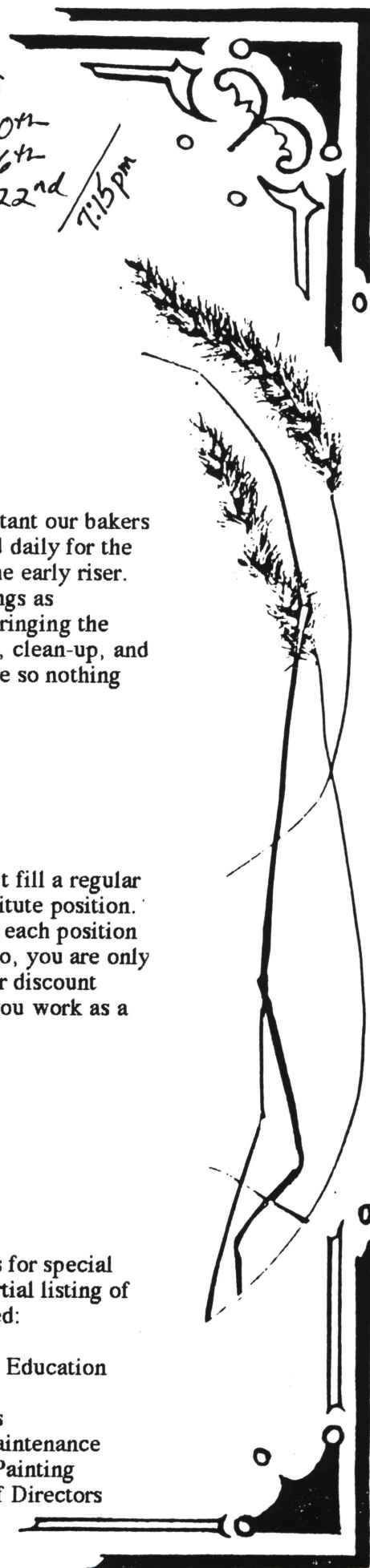
### SUBSTITUTE

For volunteers who can't fill a regular shift, we offer the substitute position. You must be trained for each position that you substitute. Also, you are only eligible for the volunteer discount following the week(s) you work as a substitute.

### OTHER

We often have openings for special projects. Below is a partial listing of skills we commonly need:  
Carpentry/Cabinetry  
Community Outreach & Education  
Nutrition Projects  
In Store Demonstrations  
Groundskeeping and Maintenance  
Lettering, Signage and Painting  
Position on the Board of Directors

iving force of life on earth.  
argulis



# SHERYL LEE FINDS CO-OP WORK HEALTHY

by Alan Jay Solan



Volunteer Sheryl Lee has been helping out at the Moscow Food Co-op for nearly a year.

A "transplant" from Bremerton, Washington, Sheryl attended Washington State University from 1975 to 1980 and then returned to the Palouse in 1986.

"I liked the area so much and I had an opportunity to take a job here," she said. "I've been here ever since."

Currently, Sheryl can be found at the Co-op on Tuesday afternoons — cutting, wrapping and slicing bulk cheese.

"I really enjoy the people I work with," she said. "That's my one afternoon a week that I'm out of the house and I think it's a nice way to get out and do something. Not really for myself — but kind of. I just think it's a healthy thing to do."

When she's not shopping or volunteering at the Co-op, Sheryl is at home with her husband, Harry and their two children — 5-year-old E'Raina and 2-year-old Tevis.

Sheryl laughs and wonders whether she is really using her WSU agronomy degree very much at the moment. However, Co-op shoppers who buy produce at the store will be happy to know Sheryl's degree is being put to at least one delicious and nutritious use — she has a large garden where she grows some of the local produce that is sold at the Co-op.

Sheryl and her family live on five acres just outside the city limits. "We try to live fairly self reliantly," she says. "I do a lot of needlework, like quilting and needlepoint and things. And besides the garden, we also have a milk cow and chickens and we raise our own meat."

"The main reason I started volunteering at the Co-op was because I like the attitude you find there — where people are recycling and supporting the local economy and things like that. I just thought that those were valuable things to teach our children."

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# Locally Grown

by Renee McNally

When customers and employees were informally polled as to why they buy locally, I received more than a few interesting responses.

- Supporting own community
- Strengthening local economy: creates jobs for people
- When you buy from farmers practicing sustainable agriculture. Supporting your own healthy environment
- Helping your friends and neighbors
- It will be fresher
- Less use of energy resources during transportation
- Its fun
- Less packaging, straight from farm to store
- Puts more oxygen in air around you
- Less pollution from transportation
- Because I do it
- Can get things produced with few or no chemical sprays
- Often the price is better because you are not paying for transportation
- You know the source
- Helps support small businesses instead of large corporations
- Gives a way of life quickly disintegrating a fighting chance: the small family farm
- Keep dollars at home
- Support local business people
- Vote with your dollar: impact your dollar has on many different issues
- It helps support me
- A step towards a macrobiotic diet: the food produced in your community is at the same harmonic state as yourself
- Acting in a similar manner as third world countries thus allowing us to see life through their eyes: possibly
- Less maintenance needed for roads to decrease of transportation

So, here's your chance to buy locally.

## Produce suppliers for the Co-op Produce Department:

- Ann's Kitchen and Garden, Clarkston, WA - wheat free cookies, certified organic potatoes, onions, squash, tomatoes, peppers, cucumbers, melons
- Greg Mader, Pullman, WA - no spray cabbage, corn, beets, kale
- Sherly Lee, Moscow, ID - no spray beans, berries, greens, tomatoes, herbs
- Texas Ridge Farms, Deary, ID - no spray salad mixes, speciality greens, herbs, squash, tomatoes
- Shull Family Farms, Palouse, WA - no spray, herbs
- Macro-Gardens, Potlatch, ID - potatoes, beans, basil
- Sharon Cousins, Moscow, ID - starter plants
- Jocelyne Castillo, Uniontown, WA - no spray potatoes, garlic
- Chris Skinner, Colfax, WA - no spray carrots, leeks
- George Ruth, Santa, ID - no spray carrots
- Fred Rogers, Viola, ID - eggs, huckleberries
- Linda Jovanovich, Pullman, WA - hot pepper strings
- Pam Palmer, Moscow, ID - no spray garlic
- Barb Durnan, Santa, ID - no spray garlic
- D & D Fruits, Troy, ID - apples, plums, prunes, apple juice



Wilson Banner Ranch, Clarkston, WA - corn, tomatoes, pears, apples, apple juice

Andrea Maghamseh, Potlatch, ID - no spray squash, cucumbers, lettuce

Rita Neely, Moscow, ID - garlic  
AND MANY MORE!

There are more local people supplying us with fresh farm eggs than we have space to list.

## Grocery Suppliers for the Co-op Grocery Department

- Repp Farms, Endicott, WA - certified organic grains, legumes, beans and herbs and spices
- Moscow Idaho Seed, Moscow, ID - selling locally produced legumes, beans
- Charlie Bower, Kendrick, ID - low input pinto beans
- Insta-Wheat, Colfax, WA - instant packaged wheat berries
- Joseph Barrons Milling, Oakesdale, WA - organic and non-organic flours and cereals
- Mountain Star, Peck, ID - honey, honey-fruit spreads, quick bread mixes, bee pollen
- Life Force Honey, Moscow, ID - honey, bee pollen, candles
- Paradise Farm, Moscow, ID - uses certified organic products in instant soups, spreads, dips, pilaf, refried beans
- Barley Brew, Sandpoint, ID - Barley Brew coffee substitute
- Paradise Mountain Coffee, Moscow, ID - locally roasted coffee
- Flour Girls, Pullman, WA - flour, baking mixes
- Hahner Farms, Fairfield, WA - baking mixes
- Pasta U.S.A., Spokane, WA - pasta
- Legumes Plus, Inc., Fairfield, WA - quick cooking legumes dishes
- Uppercrust Bakery, Moscow, ID - uses grain from Repp Farms, milled by Joseph Barrons
- Oh' Brines, Spokane, WA - pickled vegetables
- Morning Star, Hammett, ID - dried tomato pesto and sauces
- St. Maries Wild Rice, St. Maries, ID - wild rice
- Mecham Mills, Clarkston, WA - flour, baking mixes, honey
- Sweet Water Herbs, Kamiah, ID - tinctures

# JUST STARTING OUT? SETTING UP YOUR KITCHEN

by Erika Cunningham

You just moved off campus. It's your first apartment. You've lived on your own for a while, but your kitchen's a mess: you've always meant to organize, but just couldn't find time.

Now is your chance. Before you're too involved in school, before your job takes all of you, before you put anything in your cupboard, read this article of helpful information that I found through *Jane Brody's Good Food Book*. I use her cookbook a lot since I'm busy, have two roommates, and not a lot of money. She advocates a high carbohydrate diet that fits well with my lifestyle. Ms. Brody not only gives you the recipes that work for her, she educates her readers as to how to buy foods and cook with them more naturally.

In line with this education are her chapters on how to stock your larder and what kitchen tools really are essential, and I thought that I'd try to give you a taste of her information as well as provide you with a brief guide to stocking your new kitchen or reorganizing your old one.

I'll start with the essential foods. One thing Ms. Brody does mention is that she believes in being prepared. She likes the idea of full cupboards, so that you can come home, even without a plan for dinner and come up with something with relative ease, and it saves you from too many trips to the store, which can become costly. What will follow is a pretty full list, but some leeway can be taken; don't buy it if you don't like it, and only buy a small amount if you've never tried it before.

## Flours and Related Items

- white flour, all-purpose unbleached
- whole-wheat flour, stone-ground
- rolled oats, regular or quick not instant
- bread crumbs, unseasoned (make your own with a blender)

## Leavenings & Thickeners

- baking powder, double acting or low sodium
- active dry or compressed yeast (if you bake bread)
- cornstarch
- unflavored gelatin

## Dry Seasonings

- allspice
- basil leaves
- bay leaves
- caraway seeds
- cardamom
- cayenne pepper
- celery seed
- chili powder
- cinnamon, ground
- cloves, whole and ground
- coriander
- cumin, whole and ground
- curry powder
- dillweed
- ginger, ground
- mace
- mint leaves
- mustard powder
- nutmeg, ground
- oregano, ground and leaves
- paprika
- pepper, corns or ground
- pepper flakes, hot red
- rosemary
- sage
- salt
- salt-free seasoning mix
- sesame seeds, hulled
- sugars, white, brown and confectioners
- tarragon
- tartar, cream of
- thyme

## Wet Seasonings

- almond extract
- garlic, one or more heads
- ginger, fresh (small piece)
- honey
- horseradish, grated (small bottle)
- ketchup
- mayonnaise
- molasses
- mustard, prepared (Dijon)
- parmesan cheese, grated or for grating

- pepper sauce, hot (Tabasco-type)
- soy sauce
- vanilla extract
- vinegars: white distilled, cider, white wine, red wine
- white wine, dry for cooking
- worchestershire sauce

## Oils

- corn, sunflower, or safflower, for cooking or salads
- olive oil, good quality
- peanut oil (small quantity)
- sesame oil, oriental type (goes a long way)

- vegetable oil cooking spray

## Basic Ingredients to have on hand

- barley
- beans and peas, cooked canned beans and/or dried various types
- bread, whole-grain and other if desired
- bulgar
- carrots
- celery
- coffee, regular and decaf
- evaporated skim milk
- kasha (buckwheat groats)
- lemons, or freshly squeezed and frozen juice
- milk, non-fat powder (dried)
- nuts; walnuts, pecans, pine nuts
- onions, yellow all purpose
- oranges or orange juice
- pasta, dried, various sizes and shapes
- potatoes, all-purpose
- raisins, black seedless
- rice, parboiled or converted white and/or long-grain brown
- soft drinks, unflavored
- tea, herbal and/or regular leaf or tea bags
- tomato sauce, few small cans, or frozen homemade
- tomatoes, canned peeled, regular or plum, in juice or puree, various sizes
- yogurt, plain low fat

Next, we'll talk about the basics to equip your kitchen. I'll again only suggest the (top) items that she recommends. She also reminds us that some of these items may not be essential for you, so try to pick and choose. Also try to remember that a beautiful kitchen is not always conducive to a well working kitchen.

## Knives: at least three good ones

- paring knife, small thin and sharp

- chef's knife, heavy and sharp
- bread knife, long scalloped or serrated

Knife Sharpener: ideally a sharpening steel

Potato Peeler: simple but sharp

Pots and Pans: heavy ones, non-stick, including

- saucepans, at least three; 1, 2 and 3 quart
- dutch oven or soup pot; 5 or 6 quart size
- skillets; two or three, 7, 8, 10 and 12 inch
- griddle, 11 inch

Steamer Rack or Pot

Baking Pan

- cookie sheet, at least one big one, non-stick
- 13x9x2 inch pan
- 8x8x2 inch pan
- loaf pans, at least 2, 9x5x3
- muffin tin
- pie plate

Pot Holders: at least two

Aprons: at least two

Towels

Baker's Rack: to cool things on

Casseroles: at least two, 1.5 quarts and 3 quarts

Whisk

Eggbeater or Small Mixer

Spatulas: at least two

Slotted Spoon

Ladle

Juicer: hand variety

Funnel

Bowl Scrapers

Rolling Pin

Measuring Spoons

Mixing Bowls: graduated sizes

Grater

Strainer

Tongs

Colander

Long-Handled Fork

Can Opener

Bottle and Juice Opener

Corkscrew



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# Where do the Co-op Advertising Dollars Go?

by Bill London

I rode the groovy new bus from Moscow to WSU and noted the new Co-op ad sign on the inside rack. While I was very glad to see the Co-op supporting the bus, and trying to reach that audience with the Co-op message, I wondered where else the Co-op puts its advertising dollars.

After a brief discussion with Kenna Eaton, General Manager, this list surfaced. The Co-op spends about one percent of its monthly gross sales (about \$600 or \$700 per month) on advertising. The most expensive part of that, costing between \$100 and \$200 monthly, is the underwriting of the expenses of this newsletter. Whatever the newsletter ads don't pay, the Co-op pays.

The Co-op also buys a weekly ad, for about \$150 monthly, in both the *Daily News* and that paper's shopper edition, *Palouse Living*. An ad in the Yellow Pages of the phone book costs about \$30 per month. Underwriting the Pacifica news on KUOI-FM costs an additional \$40 monthly, and that sign in the bus is \$64 per month.

There are a bunch of similar publications that carry Co-op ads, including the *Palouse Journal*, *Palouse Peace Journal*, and *Columbiana*. And there are the occasional health fairs, where the Co-op sponsors a booth, and gives out food and information.

Finally, there are the donations to worthy local causes. Kenna is authorized to give up to \$20 to good causes without Board


approval, and occasionally asks to give more to an especially important cause. Usually, the donation is in the form of a gift certificate or Co-op T-shirt, something that carries the Co-op name.

The point of all these expenses is trying to get the Co-op name out, Kenna explained. The best form of advertising remains word-of-mouth, of course, but she feels that the painted specials on the windows of the store and the newsletter are also very useful.

"I really have no idea if any of this works," she admitted. "That's the frustrating part of advertising. I feel compelled to advertise to reach people new to the area, or new to an interest in healthy eating—but I'm not very secure about it."

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"I believe that citizen participation contributes to good government. Please become part of the process. Call me about your concerns at 882-1133."

### PERSONAL BACKGROUND

Wife and mother of two children • Latah County Property Owner • Resident of Genesee for 21 years • Ten year business owner (Orchids, Etc.) in Genesee and Moscow • B.S. in Agriculture (Agronomy) • M.S. in Agricultural Education • Vice Chair, Latah County Planning and Zoning Commission • Member, Latah County Solid Waste Advisory Committee • Founder, Better Living, Inc., which conducts programs for youth and demonstrations of sustainable agriculture • Member, Moscow League of Women Voters • Two year Volunteer Track Coach, Genesee School

Paid for by the Committee to Elect Loreca Stauber County Commissioner, Mike Keller, Treasurer





# COMMUTER BUS SURVEY

Please take a moment to help us identify your local transit needs

## Work Schedule

	Sun	Mon	Tue	Wed	Thurs	Fri	Sat
Arrive at work							
Leave work							

Destination: \_\_\_\_\_  
Town/ university Address/ building

Origin: \_\_\_\_\_  
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### Do you use the Wheatland Express Commuter Shuttle?

Yes. What suggestions would you make to improve service to the community?

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Check here if you would allow this survey to be used for carpool matching.

Check here if you can volunteer to help make public transportation successful in the Palouse region.

*Carpoolers and volunteers need to include name and phone number below.*

Surveys can be returned to Moscow Food Co-op, Wheatland Express at S1650 Grand, Pullman, or PCEI office at 129 W. Third, #28.

# ORGANIC FARMING AND THE PALOUSE

by Paul Lindholdt

Among the many good effects of organic farming, erosion control has received too little recognition. We know that buying food grown without powders and sprays makes good sense in many ways, but we don't know yet what a boon organic farming can be for the land in the long run. The future of agriculture on the Palouse and elsewhere resides in its sustainability.

A good book published this year, *Waiting for Rain*, profiles a farmer in North Carolina who said: "The small farmers are starting to learn that they can get by without putting as much fertilizer, herbicide, and pesticide on the crop as they normally might. They are making these decisions because they have to cut back somewhere in order to turn a profit or just break even."

Small-scale farmers need to struggle to survive. Competing with huge agribusinesses forces the home operator to cut costs where he or she can. Chemical "inputs" like fungicides and fertilizers cost a lot. Have you seen the biplanes dusting daily at the base of Paradise Ridge? Besides elevating the cost of producing food, these inputs jeopardize environmental health.

Any system that methodically avoids the use of synthetic fertilizers and pesticides, and depends instead upon practices such as crop rotation, animal and green manures, and some form of biological pest control may be considered organic. The typical organic farmer likewise plants certified organic seeds, conserves soil and water, and manages livestock with environmental care.

Before the 1940s and '50s, organic farming was status quo. The advent of chemical inputs changed all that, however. In the space of 50 years, chemical dependency has become the norm among most commercial farmers. Modern organic farming, a hybrid, weds the latest scientific advances to traditional farming practices.

This region called the Palouse is eroding more rapidly than most landscapes in the U.S. due to chemically-dependent farming and steep hills. Brisk winds and snowmelt don't help, either. More than 10% of Palouse cropland has lost all of its original topsoil, while 60% has lost between 1/4 and 3/4. Those light-colored "clay knobs" on the hilltops are visible evidence.

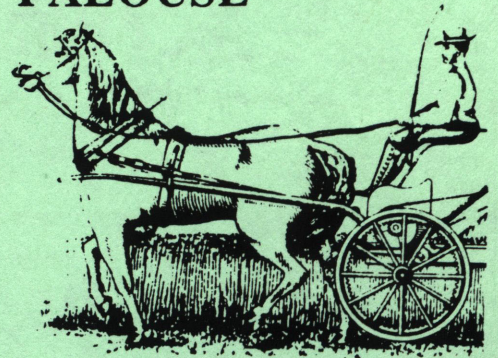
What do chemical inputs and loss of topsoil have in common? Studies conducted on local croplands in the 1980s prove what many people suspected all along—organic farming stabilizes topsoil.

To gather evidence, two neighboring farms in Spokane County, both worked since the turn of the century, were compared by WSU agronomy and soils professor John Reganold. One farm has been organic since 1909; the other has been nourished by chemicals since the early 1950s and protected by pesticides since 1948.

The organic farmer, Donald Lambert, has now retired. His acreage languishes in the Conservation Reserve Program (CRP), a subsidy designed to keep grain prices high while enhancing wildlife habitat. Lambert had tried synthetic fertilizers on 20 of his acres for three years, but he stopped because of the cost.

Those 20 acres were omitted from the study, whose results surprised even the researchers. Reganold and his associates discovered an astounding 4 to 10 inches more topsoil on the 800-acre organic farm than on the bordering 1,300-acre farm that had relied for decades on chemicals to maintain fertility.

Both farms grew winter wheat and spring peas, but farmer Lambert rotated crops on a 3-year basis. He grew winter peas every third year as a green manure crop to be plowed under for nutrients. Legumes like clovers and peas "fix" nitrogen within the soil, eliminating the need to apply nitrogen fertilizers. They also



constitute a kind of agricultural biodiversity, welcome islands of alternate crops among the miles of wheat or rape (canola).

The green manure crop in regular rotation reduces erosion, Reganold concluded, by drastically diminishing impacts from the weather—rainfall, snowmelt, windstorms. Roots and leaves and decaying organic materials, brisk with microbes at work building compost, these enhance soil richness and stability. Nor need trucks traverse the highways at such a rate, nor tractors pound the fields, burning fossil fuels and compacting the soil merely to deliver fertilizers that can be input more responsibly.

The organic farm had only 3.6 tons of erosion per acre per year, while the neighboring farm lost about 14 tons/acre/year to erosion, which pretty much matches the average Palouse rate. (The USDA considers 5 tons the maximum that can be recaptured.) Although the organic farm averaged 65 wheat bushels/acre/year, below the other farm's 70 bushels/acre/year, there is a tradeoff.

The tradeoff comes as the ghost of farming's future. With topsoil being lost at such a rapid rate, it's only a matter of time till most of it blows or flows into the Snake River and the sea. Technologies increase yields only temporarily, offsetting production decreases resulting from lost topsoil and compaction.

For many good reasons we ought to support organic farmers. Add environmental preservation to the list. A dollar spent on local food grown by organic means is a dollar well spent indeed.

# For the Love of Basil

by Erika Cunningham and Renee McNally

Traditionally, when a woman puts a pot of basil on her window sill it means she is ready to receive her suitor, according to *Rodale's Illustrated Encyclopedia of Herbs*. And if you are so lucky to receive a sprig of basil from your fella you will fall in love with him and never leave him.

Certainly one of many peoples' favorite culinary herbs, basil has several medicinal benefits as well. Basil is a member of the mint family and so is recommended for upset stomachs. After dinner steep a teaspoon of dried basil in a cup of hot water to aid digestion and expel gas. And because of its slight sedative action it can be used for nervous headaches and anxiety.

If you would like to create a fresh, rich, and slightly sweet sauce or dish just chop up a few leaves of fresh basil or sprinkle a teaspoon or two of dried basil into your marinara, alfredo, or peanut stir-fry sauce. A sprig or two of basil in soups or stews spices it up perfectly! Don't forget the attractive and aromatic garnishes you can create with a sprig of this "love inducing" herb.

## Simple Yet Yummy Pesto

1 C. fresh basil leaves  
3 Tbl. pine nuts  
3 Tbl. grated Parmesan cheese  
2 or 3 cloves of garlic (or, if you are a garlicholic like myself, 1 head garlic)

Puree in a food processor, adding enough olive oil to make a smooth paste. Use with pasta, rice, fish, vegetables, or in soup.

## Stuffed Mushrooms

8 large mushrooms  
3 Tbl. olive oil  
3/4 lb. tomatoes, peeled and finely chopped (about 2 cups chopped)  
1 clove garlic, crushed  
1 bunch green onions, thinly sliced  
3 Tbl. chopped fresh basil (or 2 Tbl. dried basil)\*  
salt and pepper to taste  
1/2 Tbl. lemon juice


Preheat oven to 350 degrees. Clean mushrooms and remove stems. Lightly oil baking sheet and lay mushrooms on it stem side up. Pour half teaspoon olive oil over each mushroom and bake for 20 minutes.

Combine rest of ingredients and chop until reduced to puree. Stir in remaining olive oil and lemon juice. Fill each mushroom cap with mixture.

From *Vegetarian Times*, by Denis Jaricot, Dec. 1991.

\* We substituted basil for chives, which was in the original recipe.

Check out the herb vinegar recipes given in this section by Laura Church.



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## Special Order Options

by Erika Cunningham

There is an option you have at the Co-op that you may not be aware of, it's called Special Ordering. It works two ways for you; either as a money saver, or as a way to locate that needed, but hard to find item. To go about the process, it's very simple, and if you follow a few guidelines it will help us get your special order to you more quickly and efficiently.

To save money, and to stock up your larder it often helps to make a bulk purchase through the special order system. A bulk order means you are ordering a "quantity" of an item: 25 lbs. of beans, 50 lbs. of flour, or a whole case of something, like soy milk or oranges. You save money with this method by getting a 10%

discount from the regular shelf mark-up. And if you are a volunteer here at the Co-op you can save even more on top of the bulk discount with your volunteer discount.

When making a bulk special order with any member of the Co-op staff please be specific about the amount you want (how many pounds) and how many bags or how many cases. Also be specific about what type of item; commercial or organic, rolled oats or whole oats, etc. Please leave a current phone number, so when we call you we can find you. Also, please be sure you want the item before ordering, sometimes the Co-op gets stuck with some strange items!

To try and order those hard to find items, and single items, we will do our best for you. Again specifics are the key; if you don't know a brand name or even the product name, please give as much information about the product as you can. Here a current phone number is very important as we may need to call you before ordering to either confirm the order or ask about the item. On these single items, and hard to locate items, we don't offer the 10% discount as with the bulk. This is only because some items are a bear to find and often a manufacturer and/or supplier is hesitant to split up a case to sell single items.

Last but not least, have patience! Sometimes things get lost in the rush, or manufacturer can't supply or we just plain screw up. But, we do want to help you locate items or help you save money, so with your help and patience we can accomplish this goal.

# Body Knowledge

by Nancy Draznin

If you've chosen to work with herbs you might have found yourself wondering when to use an herb, or if you've made the right diagnosis. We almost always know if we have a cold or the flu, but what about more subtle illnesses, or conditions that aren't quite disease, but aren't healthy, either?

The first step in using herbs is getting to know your body. Become friendly with your body. Look at yourself naked in the

mirror; get to know your dimples and folds. Women can do a breast exam and even get a plastic speculum and a mirror to look at their cervix. It's helpful to be familiar with the normal variations in your vaginal secretions. The Billings Method offers an excellent explanation of the cycle of vaginal secretions.

Clean up your act. Common drugs such as caffeine, alcohol, nicotine, and even sugar (as well as aspirin and over-the-counter symptom relievers) interfere with the delicate communication constantly occurring between your body and brain. Sit quietly and listen to what your body tells you. If you have a headache try to identify the cause and remove it before suppressing the symptom. Feel what food you crave when hungry and eat it.

Evaluate your diet. If you're feeling run-down do you need more iron-rich foods? Are you getting enough high-quality protein? If you feel irritable and frazzled are you eating too many sweets? If you're achey are you overdoing the nightshades? Are you avoiding over processed, refined foods?

Reduce stress. Stress taxes the immune system. If you've under a lot of stress herbal remedies won't work as well. If you're pushing yourself too hard you won't be listening to your body as closely as you should.

Read several good books on herbs, and everything else on the subject you can find. When using herbals to heal yourself or your family, evaluate remedies according to how they worked for you at the time. Remember that your body is the final authority. Note factors which may have interfered with the herbal remedy such as stress, other drugs or diet.

Physically familiarize yourself with many different kinds of culinary and medicinal herbs. Go to the herb room at the Co-op, open jars and sniff (don't stick your hands in, the health dept. won't like it). Smell just one or

two at a time to avoid confusion. I once had a sinus infection during which I craved goldenseal. I had only sniffed it once before, but my body remembered and knew what it needed. Goldenseal is believed to be an excellent remedy for infections of the mucous membranes.

Know when herbs are appropriate. Peppermint tea is soothing to a stuffed nose, but it won't do much for a broken leg. If you need a conventional doctor, see one. If you can't figure out what the problem is, or if it's a serious problem (any severe pain, heavy bleeding, trauma, or it just feels serious) go to the doctor or emergency room.

Remember that herbs are powerful people. As you purify your lifestyle you'll become more sensitive to their subtle effects. Use them only when you need them because you can easily build up a tolerance to many herbs. Then when you need them they won't work, and you'll have to resort to more unbalanced measures, such as synthetic drugs.

Some excellent books to get you started, if you've chosen to use herbal remedies, are *The Wholistic Herbal*, by David Hoffman; *Wise Woman Herbal* and *Wise Woman Herbal for the Childbearing Year*, by Susan Weed; *Hygeia*, by Jeanine Parvati; *Food and Healing*, by Anne Marie Colbin.

Even if you chose not to use herbs these measures are health promoting and will empower you in working with your healthcare provider. You don't have to go to medical school to be an expert on your body. By being a good friend to your body and listening actively you will learn to trust its quiet intuition which will always steer you in the right direction.

I'd like to state again that none of my articles reflect the opinions of the Moscow Food Co-op, the editors of this newsletter, or my place of employment. The opinions expressed herein are my own and I am solely responsible for them.

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# ANOTHER WOMAN'S VIEW

by Nancy Collins

I am writing to express my concern about two articles which appeared in the August edition of the News, Nancy Draznin's EXALTATION OF THE FEMININE and Meyla Bianco's SHOOTING AT SEXIST PIGS. I appreciate the fact that the Co-op Community News provides a forum for many different voices and issues, but am wondering about the appropriateness and effect of some parts of the content of these two stories, both of which address issues relating to women.

One could get the impression from Nancy Draznin that only women who do not shave their legs and armpits, nor use deodorant, nor use tampons are "real feminists," and I suppose by inference, that only such women are comfortable at the Co-op. As a feminist activist for the last 15 years, having served as Chair of the statewide political coalition to promote women's issues in Montana; been a delegate to an international congress in the Netherlands to formulate policy on women's issues; the Coordinator of a university women's center and an instructor of Women Studies, I consider my credentials adequate to move in feminist circles.

However, I do shave my armpits and legs, and at this time in my life (sometimes I have not, and may not again); I do use deodorant (purchased at the Co-op, my favorite brand); and I do use tampons (having found sea sponges inadequate for my personal needs), and I am delighted I, and every other woman, have such choices. I also note that my personal power does not seem to be dissipated by such practices, although some individuals who judge one's commitments and politics by appearance might think I look and smell pretty white-middle-class.

Draznin's statements, and my response, are a tit-for-tat dialogue that goes on at many levels with respect to many issues both inside

and outside circles that identify as feminist. I am simply glad we can express our respective opinions, and hope that no woman, regardless of her choices, is made to feel she is in some way inadequate by the judgement of some other women.

Bianco's venting of her anger at a sexual harassment incident, while understandable in tone and in my opinion, an appropriate response to her experience, is not, in my opinion, appropriate to a public forum. Such feelings belong in a private session, where one can call anyone any names they like, does not confuse the rage with the human beings who incited it, and does not impose one's discharging on people who have not agreed to be present to it.

My greatest concern was with the name calling she engaged in as part of her relating her feelings about, and the experience of, the incident. If such names were used against a group of any other class or identity of individuals than men, it would be considered a blatant form of perpetuating mistreatment and oppression. Men, as a group, even sexually harassing men, are not appropriate targets for all the anger, hatred and fear that we feel towards oppression. No act of oppression, or mistreatment, justifies relating to the oppressor as less than human. That is precisely what women, people of color, young people, gays and lesbians, working class people, fat people, physically different people, and on and on, have been saying, and men are not exempt: we will not tolerate less than humane treatment.

I have no problem with Ms. Bianco's action in response to being sexually harassed. Good for her! We all need to be bold, creative and adamant in our insistence that such behavior is unacceptable, obnoxious, intolerable, and not worthy of the person perpetuating it. But I must protest the name-calling ... it does not help

change the situation and perpetuates the notion that it is OK to do so, and to "do unto others what they have done to us."

I appreciate the opportunity to express my opinions in the Co-op Community News. I hope that whatever we write and print in the forum will promote not only an expression of a diversity of perspectives, but also respect for everyone, our individual and collective health, and a greater compassion for others than they may offer us.

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