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MOSCOW FOOD COOP

COMMUNITY NEWS



FEBRUARY 1993





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THE BAZAAR RESULTS

by Erika Cunningham

It's finished folks. The crashing clang of the bell as it hits the upstairs door just a bit too hard. The white lights in the window. The sweaters you pawed through everyday, trying to find just the right one. The friendly faces of Kelley, Marla, Kenna, Ellyn and Ari greeting you, waiting to help you pick out that perfect Christmas gift. The Bazaar is over.

Now that the Spanish rice carpet of the upstairs is once again revealed and the offices, having behaved themselves oh-so-well for two months are starting to creep toward the middle of the room, it's time to check on how well we did.

Energy-wise, personnel-wise and just general spirit-wise, the Bazaar was a resounding success once again. It would've been hard to go wrong with the team that we had to work with. The consignment artists on the whole did very well, including those from Coalition for Central America, which was selling their imported goods to send money for their cause.

What we bought outright, as a store, did well too. We had a few leftovers (OK, so I thought you would like recycled-raffia wrapping paper). Don't worry, if you missed out on those incredible babies, we have plenty for next year.

Monetarily we did all right as well. Last year the Bazaar sales (not profits) were around \$24,000.

Not bad, we said for pulling a totally separate, new business out of our hats. Well this year, I think being able to look at last year and the things that worked and the things that didn't, we were able to pretty much double sales. I think (I say I think because both Deb the accountant and Kenna aren't here today) but I think we sold about \$48,000 worth of stuff. Whew, quite a chunk, eh?

Of course we have to make sure overhead is paid for, etc., but I think with the help of the staff putting this thing together, and the help of the members not only shopping, but spreading the word as well, we have made a giant effort at getting rid of the loss the Co-op has incurred this year.

So, thanks for your support. Keep shopping the Co-op, some of the Bazaar items floated downstairs, and even found so much of a place in our hearts that they're going to stay.

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Bus Stops One Block from Co-op All Day Long

by David Peckham

Several new developments in Moscow-Pullman bus service should succeed at getting more cars off the highway connecting the two towns.

With just a few changes in the schedule, the Moscow-Pullman bus is now much more convenient for Co-op shoppers. The bus stops one block away, on Jackson near Third, every hour at 24 minutes after, from 7 am to 4:24 pm on weekdays. Hourly service continues right up to 8 pm, with exact times varying. With the evening runs, Pullman residents can hop on the 7:09 right after the Co-op closes and head for home.

Moscow residents can bus in for evening shopping from neighborhoods as far-reaching as Moscow Mall and "D" & Mountain View, catching the bus at around 5:45 and returning home at 6:55 from the SUB.

Also new is a reduction in fares for U of I and WSU students. They can buy ten or more vouchers for 50¢ each, a mere one-third of the regular fare, or an unlimited semester pass for \$50. Students enrolled at one university and attending classes at the other still ride for free. The special offer vouchers are available from WSU Parking Services and U of I SUB Ticket Express.

Authentic winter weather on the Palouse has gotten commuters to try the bus, and won some over to regular riding. Moscow resident Theresa Beaver began riding the bus to WSU with the first snow storm, and six weeks later was still riding, "I find I enjoy it so much. It's a peaceful, relaxing time, one of the few times I have to read. In fact I could have driven today, but there were some reports I wanted to look at." Chris Pannkuk, a WSU grad student who started taking the bus in September, "because I knew it was important and wanted to help get the thing started," added, "it's nice to be able

to read the paper while someone else goes through the scary stuff of driving in winter."

A new bus schedule pamphlet accompanied the changes, which should be more informative and easier to read. It includes route maps of both Moscow and Pullman and a chart-style time schedule. With three different routes, there are enormous possibilities for confusion about where and when the bus goes. The new schedule should help alleviate a lot of these problems. Be sure you have one so that when you're ready to use the bus, you will know how. Schedules and dollar-a-ride voucher books are available at SUB Ticket Express, WSU Parking Services, Moscow Food Co-op, and in downtown Pullman at the Old Mole.

Palouse-Clearwater Environmental Institute staff and volunteers continue to promote bus service in the Palouse. We will be posting departure times at major bus stops, and are looking for volunteers to help. We also continue to work towards comprehensive regional transit service, so that car ownership can become an optional part of our lifestyle, rather than a requirement for most.

BIKES

"Bicycling for your Community" is the theme of a program coming to Moscow on Tuesday, February 9. Full-time bicycle advocate Lawrence Walters, will bring his expertise and a fresh perspective to the formidable task of furthering the needs and interests of bicyclists in an automobile-oriented society. Walters is the Safety and Education director of Pro-Bike Northwest in Spokane, and is working on a statewide educational program for Washington. For the exact time and place of the Pro-Bike talk and presentation call PCEI at 882-1444.

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SPRING BIKE RIDES

Spokespeople, PCEI's bicycle advocate group, is inviting all you newsletter readers to join us for monthly bike rides this year. Rides are planned for the first Saturday of each month, weather permitting. The first ride is planned for March 6, just about the time the next newsletter comes out. The route for this first ride is yet to be determined. Proposed rides include backroads to Genesee, a 28 mile Troy loop, Moscow Mountain loop, Kamiak Butte, and shuttle to Kendrick and/or Juliaetta. Matt Kitterman and Judith Finel are organizing the rides. Call 882-1444 for more information.

REPAIR CLINICS

Co-op volunteer, bicycle activist, and professional international bicycle repairperson, Roger Ames is offering bicycle repair clinics through the Co-op. Details haven't been ironed out by article deadline time. PCEI's Spokespeople is very interested in this project, and will have all the info, that number again...

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OF BREWS AND DECOCTIONS

by Nancy Draznin

When using herbs it's hard to know, sometimes, in what form they are most effective. When, for instance, should you drink a tea rather than an infusion, and what's the difference anyway?

A tea is the dried or sometimes fresh herb steeped in boiling water for a certain period of time, usually 10-30 minutes. The herbs are not boiled. Teas are usually used for non-therapeutic enjoyment, for daily tonic use or in certain acute illness, such as flu, to bring down a fever or relieve aches and pains.

An infusion is similar to a tea, but the herbs are steeped for a very long time, sometimes more than eight hours. Often a large portion of herb will be steeped in a small amount of water producing a strong brew.

A decoction is made by boiling an herb in water or by slowly reducing an infusion without boiling. These two different methods make very different constituents than when they are steeped. The high heat may alter some of the constituents. In general, boiled decoctions are used for hard, woody herbs or tough roots. The infusion should be strained before it is reduced (usually by half) to a decoction.

Tinctures are made by steeping the herb in an equal volume of alcohol, vinegar or glycerine, for a long period of time (2-6 weeks). Alcohol allows some of the properties to dissolve that wouldn't normally dissolve in water, such as volatile oils. Vinegar makes a slightly weaker tincture than alcohol, and glycerine is weaker than vinegar but stronger than water. Tinctures are best made with the fresh herb. They are strongest preparation, and because small doses are taken and they need no refrigeration, tinctures are convenient for traveling. Taking a tincture in a small amount of water or tea can make it more palatable.

Capsules are the easiest dry preparation to make. Simply scoop both halves of a gelatin capsule through some powdered herb and press together. Herbs that taste too terrible to be taken any other way are put in capsules.

An oil can be made by steeping the herb in just below simmering oil for 15-30 minutes then straining, or by placing an equal amount of herb and cold oil in a bottle, letting it sit for several weeks then decanting. Adding a small amount of beeswax to warm oil, then cooling it so it is hard makes a salve.

A soak is simply placing the affected body part in a warm infusion. Putting a clean cloth into a warm infusion then placing it on the affected part is a compress. A poultice is made by crushing or slightly steeping the herb, then placing it on the affected part.

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A notebook for your questions has been placed by the suggestion board (between the playroom and the bathroom) in the Co-op. I will answer questions of general interest in this column, unless you indicate otherwise. Last month a question came in from a reader who was wondering if it is safe to use certain herbal teas on a daily basis. She mentioned Echinacea and PMS tea (by Traditional Medicinals) among others. "Am I on the right track?" she asked.

Using some teas, ones that are specifically tonics such as Raspberry leaf or Female Toner, on a daily basis is fine. Echinacea is not a tonic, and should not be used preventatively, as using it on a long-term basis can cause the body to become tolerant to it.

PMS tea is fine to use when you have symptoms, but not between those cycles. Before resorting to herbs, try eliminating coffee, chocolate and caffeinated pop from your diet. I have seen this have an excellent effect on PMS symptoms.

Herbs are best used to restore balance when it is lost. Keeping that balance is done by maintaining an excellent diet, exercising adequately and getting enough rest.

Correction: It came to my attention that I failed to mention how to use some of the herbs I listed in my last column. Wherever there are no instructions I intended the herb to be taken as a tea. In future columns I will be sure to make such information clear.

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**YOU WANNA BE
A WRITER?**
by Bill London

With this issue, we bid farewell to the writing of Cynthia Rozyla, who has prepared food articles and staff profiles for many months of Co-op newsletters. Our thanks to her for a job well done.

Cynthia's departure leaves a void in our staff. If you ever wanted to see your name in print, get a Co-op discount, and practice your writing skills, leave a message for Bill London at the Co-op.

CO-OP STRATEGIC PLANNING WORKSHOP A SUCCESS!

by Greg Brown

The Moscow Food Co-op recently sponsored a two-night strategic planning workshop. The workshop was designed to provide the Co-op Board with information and ideas about future Co-op directions. The workshop was attended by approximately 24 individuals consisting of 3 groups—the Co-op Board of Directors, Co-op staff members, and for the first time, 8-10 members at large from the Moscow-Pullman community.

The participants who volunteered their time for this meeting brought their concern, determination, and considerable insight to bear on the many issues facing the Co-op. The mix of the 3 groups of individuals proved quite successful as each group brought a different perspective to the planning process. The output of this workshop will be used by the Co-op Board of Directors in its development of a long range plan for the Co-op.

On the first night, the participants heard and discussed information about the Co-op—its history, personnel policies, organizational structure, operations, and financial performance. A "Fact Sheet" containing this information was prepared for the meeting and presented to participants (copies of this fact sheet are available for those interested). On the first night, participants were asked to discuss current Co-op strengths and weaknesses. Some of the Co-op strengths cited by participants were the Co-op's members, volunteers, quality wholesome food, its newsletter, sense of community, and friendly environment. Some of the weaknesses cited by participants were the lack of adequate capital reserves, building limitations, inadequate attention to the volunteer program, and inconsistent customer service.

On the second night, participants were asked to look in the future and identify potential threats and opportunities (i.e., trends) for the Co-op. Some of the many trends identified as having a potential impact on the Co-op were increased competition from larger grocery stores, increased public awareness about healthy food choices, continued growth in the Moscow/Pullman community, growth in the takeout/deli/convenience market segment, and greater regulation of herbs and vitamins.

Having identified trends that may impact the Co-op, the participants were divided into 4 groups to develop long-range goals for the Co-op. Despite considerable heterogeneity within the 4 groups, the goals that emerged from each group were strikingly similar. The participants came up with 5 major long-range goals including many specific, operational ideas of how to achieve these goals. In brief, the major goals identified were to: 1) achieve top-notch customer service, 2) improve financial stability, 3) develop a stronger community

presence, 4) seek more appropriate and effective store facilities, and 5) strengthen its volunteer program. The plan will be presented to the Co-op members at the February 7 membership meeting.

As a facilitator of the planning sessions, I was very impressed with the high energy level and genuine concern that all participants brought to the workshop. I was left with the overriding impression that there are some good people watching out for the Co-op and that the Co-op will continue to be an integral part of our local community. Many thanks to all those that made the workshop a success.




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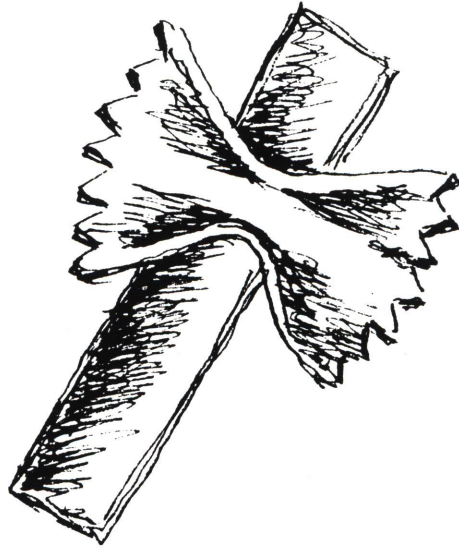
Pizzazz for Your Pasta

by Carol Hartman

Round about the time I realized that my shrinking budget meant pasta would become the mainstay of my diet and not just merely an occasional staple, I tired of tomato-based spaghetti sauce. (I have never tired of my grandmother's or my mother's homemade sauce, of course, but since they never revealed their secret ingredients, mine always seemed to fall short.)

Pesto sauce sufficed for a while, as did an occasional soy-based alfredo sauce. But when my tongue began threatening to cut out my stomach so I wouldn't have to eat, I began experimenting with some tofu-based sauces. When cooked to a slightly mushy consistency, and mixed with some spices and olive oil, it covers the spaghetti well.

Most of the ingredients are available at the Co-op. Wholewheat pasta is stocked in a variety of sizes and shapes; the spices, tofu, soy sauce and sesame seeds are easily bought in bulk amounts, and local-grown and organic vegetables are always in abundance.



Enjoy these recipes and let me know what you think!

WHOLEWHEAT SPAGHETTI WITH TOFU SAUCE

- 1 1/4 C. tofu
- 2 T. soy sauce
- 3 T. sesame seeds
- 1 pinch fresh ground black pepper
- 2 1/4 C. tomatoes
- 1 onion
- 2 1/4 C. cucumber
- 1/4 C. butter
- 4 qts. water
- 2 tsp. salt
- 1 3/4 C. Pecorino cheese (or Romano)
- 1 tsp. mild paprika

Drain tofu, cut into 1/4 in. cubes and mix in a small bowl with soy sauce, sesame seeds and pepper. Slit around tomato skins and dip in boiling water; peel and remove stalky center, then dice. Peel and dice cucumber. Peel onion, dice and fry until transparent in butter. Add tofu mixture and fry 2-3 minutes, turning. Add cucumber and tomatoes to tofu and cook together over low heat for 10-15 minutes. Boil water, add salt and spaghetti. Cook until "al dente" then drain, rinse with cold water and keep in a hot, previously warmed dish. Grate pecorino cheese. Remove the sauce from heat, mix in cheese and dill. Season with paprika and a little more soy sauce. Ready to serve!



WHOLEMEAL SPAGHETTI WITH TOFU BOLOGNESE

- 1 1/4 C. tofu
- 1 T. soy sauce
- 1 pinch each dried oregano, basil and black pepper
- 1 small green pepper
- 2 1/4 C. very ripe tomatoes
- 1 bouquet garni
- 2 onions
- 3 cloves garlic
- 6 T. olive oil
- 1/2 carton cream (4 oz.)
- 4 qts. water
- 2 tsp. salt
- 1/4 C. wholemeal spaghetti
- 10 black olives
- 2 T. snipped chives
- 1/2 tsp. paprika
- 1 pinch cayenne pepper

Mash tofu with fork and mix with soy sauce, oregano, basil and pepper. Quarter the green pepper, wash and remove stalk, ribs, seeds and dip with tomatoes into boiling water. Finely shred pepper; peel tomatoes and dice. Peel onions and garlic; finely chop and fry in oil until transparent. Fry tofu for 2 minutes and then add prepared vegetables and fry for 1 more minute. Add the bouquet garni. Pour the cream over and cook in a covered pan for 10 minutes. Boil water and cook spaghetti for 8 minutes. Strain and place in a preheated serving dish. Pit olives, chop and stir into sauce with chives, paprika and cayenne. Divide the sauce over spaghetti.

* Please Note: I have always eliminated the cream and have never managed to have paprika on hand and the sauce turned out just as tasty.

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**WATCHING THIS
TELEVISION SHOW
WILL BE GOOD
FOR YOU**

by Bill London

One of the things we brought back from our holiday visit to California (that we got back at all is yet another story, and one better saved for another time) is a videotape. It was a 25 minute documentary on the continuing nuclear testing in Nevada, a gift from my brother and his family. Their friend had created the video to publicize this idiotic program continuing even now in our groovy, post-Cold War, New World Order.

The video will be available for all to see on Cable Channel 37, a channel all local cable subscribers can access in the Moscow area. It will air on Thursday, February 18 at 7 pm and on Thursday, February 25 at 7:30 pm.

All of you clever enough to not have cable—or even, astoundingly, a television—can still see this documentary.

After it is shown, I will donate it to the Palouse-Clearwater Environmental Institute videotape library. There are dozens of videos on file there, all available for borrowing at no charge or for watching at the PCEI office on the television set up for that purpose. For more information on the tape library, contact PCEI at 882-1444.

Now there is no excuse for you missing this video, which does contain actual footage of my niece, Rose, and nephew, Joel, looking adorable. They are in the part of the video that poses the question (though not in these words): Why are we acting so stupid and wrecking the planet we are passing on to the children of today?

Oh yes, if you can answer that question, be sure to answer the next one: How can we get smart before we blow it for everybody?

**ANSWER THE QUESTION AND
WIN A BIG PRIZE!**

Thanks to newsletter guru Rodger Stevens:
Lighten those mid-winter blahs with this contest sponsored by
the Moscow Food Co-op

Contest winners will receive a beautiful unbleached cotton T-shirt emblazoned with the logo and motto of this newsletter, The Moscow Food Co-op Community News (our motto: "Still free after all these years").

Send or bring your answers to the question to the Co-op and leave them for Bill London, newsletter editor. Humor and originality important.

THE QUESTION: "What do you call those large, drippy, icy build-ups that hang behind car wheels in the winter?"

Contest ends March 15, 1993

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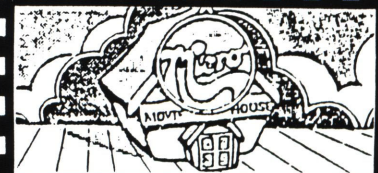
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CAN WE TALK?

by Renee McNally
Produce Manager

What do coffee, pinto beans, celery, peppermint, apple juice and falafel have in common? Well, if you buy these products in their certified organic form, you have the assurance that no synthetic fertilizers or pesticides have been used on these crops for a minimum of 3 years.

Did you know that the Produce Department staff at the Moscow Food Co-op, Moscow's only source for most of these certified organic products, has found that 90% of the time certified organic oranges and other fruits taste significantly better than their conventionally-raised counterparts?

Did you know the University of Idaho Enrichment program has offered Nancy Taylor, PCEI Program Coordinator and National Organic Standard Board member and myself a chance to talk about our favorite subject, Organic Food?

Sunday, March 28th, 6:00-8:00 pm at the Moscow Community Center. We will be offering an informal class on the benefits of certified Organic food and a sumptuous dinner featuring organic food. Class fee is \$3.00 and the meal will cost \$10.00. Pick up a U of I Enrichment Program catalogue at the Co-op and register soon!



Produce Talks

by Renee McNally
Produce Manager

The flooding in southern California has influenced the quantity, quality and price of our produce here in Moscow, Idaho. Yes, it is a small world. Farm workers, when even able to get out to the fields, have often been picking vegetables sitting if not submerged in water. The availability of high quality produce is a bit scarce at this time, thus sending the price up higher than normal for this time of year. We anticipate feeling the effects of the flooding for at least another 2-3 weeks.

Now, let's talk cabbage. Organic cabbage is one of the new Basic Basket items. A staple during the winter months, cabbage is one of the oldest vegetables known. Cultivated for at least 4,000 years, raw cabbage is rich in vitamin C, has a fair amount of vitamin B₁, and is a good source of several minerals. In addition to the many types of head cabbages, the cabbage family includes broccoli, Brussels sprouts, cauliflower, collards, kale, and kohlrabi.

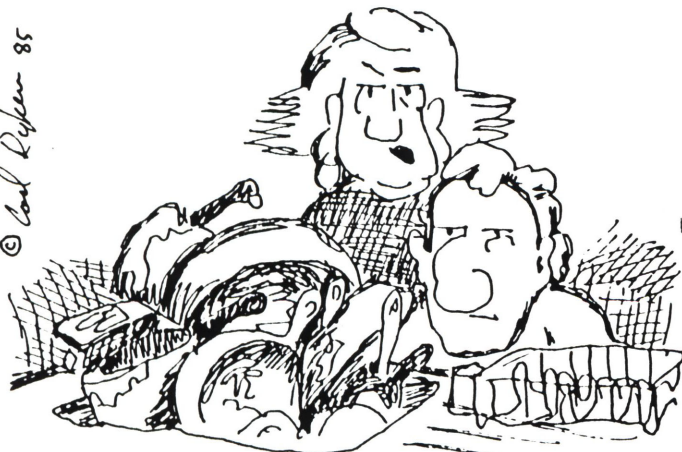
If you get some cabbage, you might want to try this recipe:

GINGERED RED SLAW

- 1/2 C. finely chopped red onion
- 1/3 C. red wine vinegar
- 1/4 C. salad oil
- 1/4 C. minced parsley
- 1/4 C. minced crystallized ginger
- 1 C. cooked beets, cut into julienne slices
- 6 C (about 1 lb.) finely shredded red cabbage
- parsley sprigs (optional)
- salt and pepper

In a large bowl, mix together onion, vinegar, oil, minced parsley, ginger and beets. Add cabbage and mix well. Serve, or cover and chill up to 6 hours, then mix again. Garnish slaw with parsley sprigs; offer salt and pepper to season to taste. Makes 8 servings.

EVERY TIME IT'S YOUR TURN TO DO THE DISHES
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MOSCOW FOOD CO-OP PRICE COMPARISON
by Michele Johnson

Item	MFC	MFC-18%	Safeway	Jeff's	Tidyman's
2% Milk (gallon)	1.99	1.63	2.55	2.49	2.57
Mild Cheddar (per lb.)	2.36	1.94	2.15	2.34	2.69
Oranges (per lb.)	.29	.24	.20	.39	.28
Cucumbers (each)	.29	.24	.69	.35	.50
Zucchini (per lb.)	.59	.48	.98	NA	.99
Egg Noodles (per lb.)	1.46 bulk	1.20 bulk	1.24	.92	.96
Popcorn (per lb.)	.54 bulk	.44 bulk	.45	.48	.48
Black Beans (per lb.)	.69 bulk	.57 bulk	.89	NA	NA
Basil (per lb.)	17.16 bulk	14.07 bulk	77.26	81.60	NA
Oregano (per lb.)	8.52 bulk	6.99 bulk	27.90	39.84	31.20
Brown Sugar (per lb.)	.62 bulk	.51 bulk	.59	.63	.46
Maple/Almond Granola	1.68 bulk	1.38 bulk	1.13	NA	1.31
Olive Oil (per lb.)	3.86 bulk	3.17 bulk	3.76	4.41	3.74
Puffed Corn Breakfast Cereal (per lb.)	3.33	2.73	3.62	2.33	4.10

Raw data is really pretty useless unless some conclusions are drawn. So, I'd like to point out a few things. First of all, with the exception of a few items, Moscow Food Co-op's everyday prices are comparable to, and in many cases, much less than local supermarket prices. Much of the savings comes from the fact that the supermarket products are prepackaged, while most of ours come in bulk. Some notable cases of tremendous savings at the Co-op include milk and spices. The \$1.99 per gallon of milk is the new, everyday price, not a sale price. And Co-op prices on basil and oregano are about 1/4 those of the supermarkets! Of course, the best deal is with the 18% working member discount, which requires a mere 3 hours per week volunteering. Sign up sheets and other information pertinent to volunteering are available at the Co-op.



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The Real Ariana Burns

by Cynthia Rozyla

▽ FIGHT AIDS
Not People With AIDS

The best part about interviewing employees and volunteers for the Co-op newsletter is the fact that each person I have spoken with has such diverse interests and hobbies in their lives outside the Co-op.

The working atmosphere at the Co-op seems to attract fascinating people, like Assistant Baker, Ariana Burns.

After working in the civil air patrol (Search and Rescue) and as a secretary, Ariana attended the U of I where she completed a BFA degree in Technical Theatre. Then it was on to California to pursue a degree at CAL Arts in animation: A cut in student financial aid in California ended that plan, and upon returning to Moscow, she secured the job as Assistant Baker and works, in addition, as cashier, artist and staff liaison to the Board.

Ariana likes working at the Co-op Bakery because she gets "feedback on the stuff she makes" unlike other jobs where you never see a finished product. Also, the Co-op in general is a good place to work, she says, because "there's no dress code and no corporate ladders to climb."

But aside from her schedule at the Co-op, Ariana is actively involved in other areas of Moscow life.

Having done acting in radio dramas, writing plays (one of which is "Stick in the Spoke" performed last year at the Collette Theatre) and working on the events crew for the Jazz Festival and the Yahov Smirnoff concert, her current project is a new play.

Last summer Ariana attended a meeting of the newly-organized local chapter of the National PFLG (Parents and Friends of Gays and

Lesbians) group. A local Palouse AIDS network member asked her if she would be willing to write a play about AIDS to take to high schools and other interested area organizations. "Patchwork" came to be from this suggestion. A play based around the AIDS quilt in Washington, DC, "Patchwork" deals with AIDS from 3 people's perspective, a sister, an ex-wife and a high school friend of a man with AIDS.

The play is finished and looks to be a great success. A read-through went really well, and various high schools from as far away as Spokane, some churches and various fraternities and sororities have expressed an interest in having the traveling show presented at their locations. The only hold up right now is that two more actors are needed. Ariana said she's interested in finding people for the parts who are dedicated to the cause and to getting information out about AIDS, as opposed to actors working for a show.

Student Affairs at the U of I is helping to fund and organize the bookings so it looks as if "Patchwork" could be very successful.

So, Ariana is quite busy these days. In addition to the play she created the artwork for Dan Maher's latest album as well as various sketch books, flyers and logos for area people.

When asked what her future plans are, Ariana said she hopes to hook up with Laughing Horse Summer Theater in Ellensburg. There she would like to network with some people from the Seattle area and maybe get some shows done in Seattle.

According to Ari, she would be really happy to "burrow in" here and send her works away.

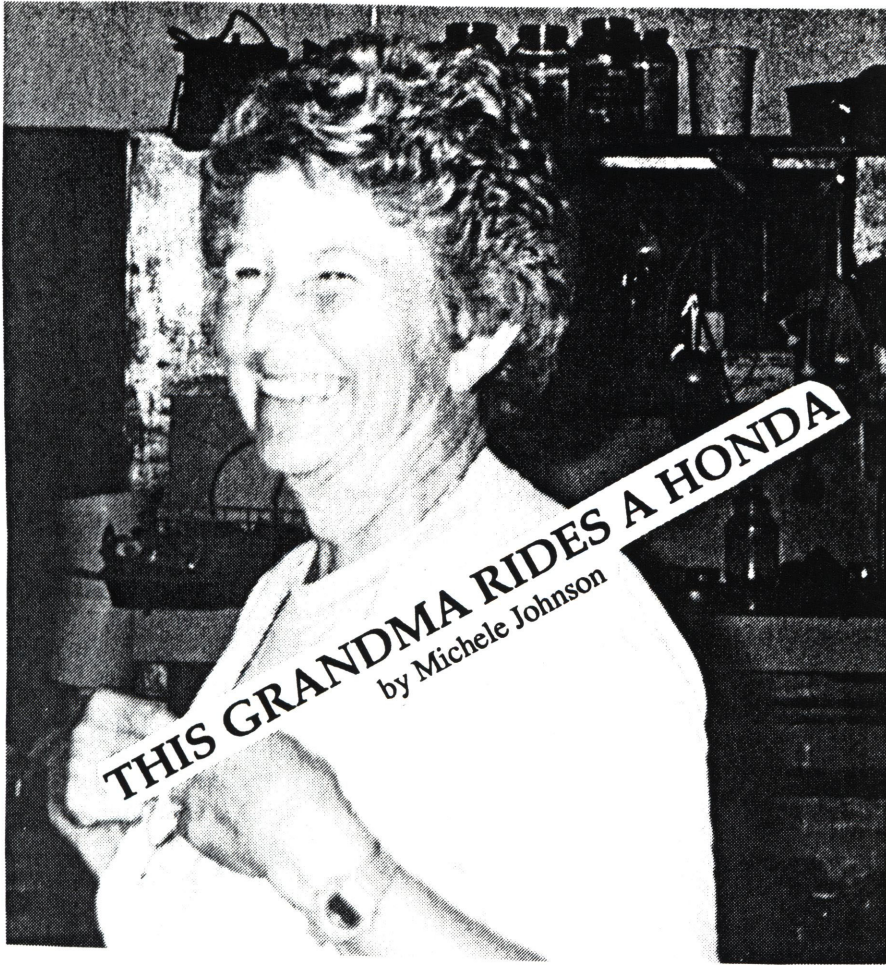
If all goes according to her immediate plans, Ari will be here, working at the Co-op, being creative and seeing "Patchwork" come to fruition. Meanwhile, if anyone would be interested in participating in the play, Ariana encourages them to contact her.

CLASSIFIEDS

Midday Janitors: If you can come in between 12:00 and 2:00 pm and help whip the store back from near chaotic conditions to a shining example of cleanliness and orderliness—we want YOU! Days available: Monday, Tuesday, Wednesday & Friday.

Janitor to spend 3 hours a week Tuesday, Wednesday, Thursday or Friday to help staff janitor whip Co-op into shape.

One Cassette. Tape Player desperately needed to maintain the health and sanity of Co-op staff.



Peg Schneider must be one of the peppiest volunteers the Co-op has ever had. You've probably seen her zipping around on her bright red Honda Elite Scooter. She is especially fond of riding it to the Co-op (weather permitting) where she spends Tuesday afternoons cutting, wrapping and weighing cheese!

A self-described health nut, Peg is as busy in the rest of her life as she is at the Co-op. I was truly impressed to discover that every morning from 6:00 to 7:00 she

exercises at the Kibbie Dome ("Sometimes I even go on the weekends!" Peg adds energetically). Her routine includes stair-climbing, jogging and aerobics.

In addition to working out daily Peg has 4 children, 13 grandchildren, and 6 great-grandchildren to keep her busy. However, none of them live in the Moscow area, so she enjoys traveling to Eugene, Portland and Spokane to visit them.

Born in Lakefield, Minnesota, Peg grew up in the Minneapolis area, as well as in Washington state. After she got married, she and her husband Frank lived throughout Washington and Oregon. The Schneider family came to Moscow in 1966. Since then Peg and Frank have traveled extensively. In fact, they have been to every state in the US except Ohio and Alaska. One of their most memorable trips was to the New England area, about six years ago. They spent a week in autumn on a stunning lake in Maine.

In the future, Peg and her husband would like to travel to Alaska. She also hopes to perhaps go on a Caribbean Cruise to celebrate their 50th wedding anniversary.

Since retiring 6 years ago from her job as a breakfast cook at Marriot's, Peg has had even more time to devote to hobbies. Her husband Frank is an avid gardner, so Peg spends a lot of time canning and preserving. She also sings in a church group, and is involved in other church activities at St. Mary's. She enjoys knitting, baking and doing puzzles, as well as playing Tetris on their personal computer. Peg says, "I can whip the socks off my husband!"

Peg says she likes working at the Co-op because she enjoys being around young people. People at the Co-op really enjoy having Peg around too. In the words of Renee McNally, Produce Manager, "Peg really adds to the healthy, friendly atmosphere here at the Co-op."

Saturday Demonstration Person: Do you like encouraging people to make new and healthy food choices? Do you have Saturdays from 11:00 am to 2:00 pm free? If yes—you'd make a great demonstration person. Call Renee at the Moscow Food Co-op, 882-8537.

Produce Stockers Extra-ordinaire: Do you love to play with color, texture and shape to create vibrant displays? The Produce Department at the Moscow Food Co-op has the following shifts open: Tuesday: 12-3 pm, Friday & Saturday: 7-10 am and 12-3 pm.

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February's PCEI Dinner

by Carol Hartman

Bosanske cufte, or Bosnian "meatballs" in yogurt sauce is slated for the February 28 Palouse-Clearwater Environmental Institute (PCEI) dinner meeting menu. The menu wasn't chosen to show solidarity with the citizens of the former Yugoslavia, declared PCEI coordinator Tim Eaton, at least not consciously anyway.

"It's just a really good dish—I make it all the time," Eaton said. "This was chosen for taste and not as oriented towards an indigenous food source."

Beanery chef Jerry Galloway's culinary talents will be dishing up the "meatballs" and preparing a green salad. Served on a bed of noodles, the meatballs (without any actual animal ingredients) will be topped with either a garlic butter or a yogurt sauce. Carrots are one of the primary ingredients (see recipe below).

The meeting, as always, will begin at 6 pm in the Moscow Community Center at Third and Jefferson streets. Entertainment wasn't finalized at press time, but Eaton said PCEI was hoping to get representatives from the Northern Alliance for Wild Rockies to attend.

BOSNIAN "MEATBALLS" IN YOGURT SAUCE

2 large onions, diced

2 garlic cloves, diced

3 T. vegetable oil

3 med. carrots, grated

salt & ground black pepper to taste

1 tsp. ground fennel seeds

1/8 tsp. cayenne (or to taste)

1/2 tsp. caraway seeds, ground

2 tsp. dried basil

1/4 C. chopped fresh parsley

2 eggs, beaten

1 1/4 C. bread crumbs (preferably whole wheat)

1 C. almonds, toasted lightly & ground

2 T. Dijon mustard

1 T. dark sesame oil

1/4 C. tamari soy sauce

3 cakes tofu, pressed

Sauce

4 eggs, beaten

2 C. plain yogurt

1-2 tea. caraway seeds, ground

1 T. fresh dill, chopped

salt & freshly ground black pepper to taste

Saute the onions and garlic in the oil for about 6 minutes, until the onions begin to turn golden. Add the carrots, salt, and black pepper and continue to cook for about 4 minutes, stirring occasionally. Set aside to cool.

Mewanwhile, mix together the eggs, bread crumbs, almonds, mustard, sesame oil, and soy sauce. Stir the herbs and spices into the bread-crumble mixture. Crumble the pressed tofu into the mixture and knead it with your hands until well combined. Drain the sauteed vegetables and stir them into the mix. The mixture should be moist and sticky and easy to roll into balls.

Form about 24 balls, place them on an oiled baking sheet, and bake than at 350° for 30 minutes, until nicely browned on the outside.

The traditional yogurt sauce is very simple. Just mix together all the ingredients. Heat the sauce gently for about 15 minutes, stirring constantly until it thickens. Be patient. If the heat is too high or you don't stir enough, the eggs might curdle. Keep adding ground caraway until you're happy with the flavor (Croatsians like it strong). This sauce provides a light and tangy contrast to the balls.

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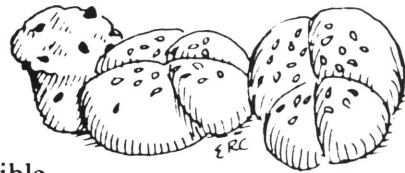
Monday-Saturday 7-7

Friday 7-9 Sunday 8-3

Downtown Moscow

A Basic Basket Update

by Erika Cunningham



The new year is here and our resolutions are chomping at the bit. What resolutions? Those hastily thought-up resolutions, when at 10 seconds to midnight you realized it was time to commit. "Health!" you cried, "I'll stay healthy. I'll eat better, exercise—it'll be a new me." "Money!" you exclaimed "I'm determined to save money, spend my hard-earned dollar more wisely." or "I'll save the planet."

All of these are worthwhile endeavors for your body, your mind (or peace of) and your environment, and we have a way at the Co-op for you to participate in a program and support these resolutions at the same time. It's called the Basic Basket.

The Basic Basket at the Co-op means providing minimally-processed, minimally-packaged basic foods at a basic price, with an emphasis on organically grown food. It's not an actual basket of items, but a wide mix of items featured throughout the store at the

lowest mark-up possible.

With this Basic Basket you can support your body with the wholesome foods, your wallet with the lowest price possible and your earth by supporting organic foods when possible. So stay true to your resolutions, and buy items from the Basic Basket.

Here's a rundown of what will be featured for a while:

- whole wheat bread 2# size salt & no salt
- long grain organic brown rice
- Rennetless cheddar
- oranges
- organic black turtle beans
- farm eggs
- organic rolled oats
- bulk water
- yellow split peas organic & local
- organic cabbage
- whole wheat bulk flour, local & organic
- bulk honey
- whole wheat elbows
- bulk tofu

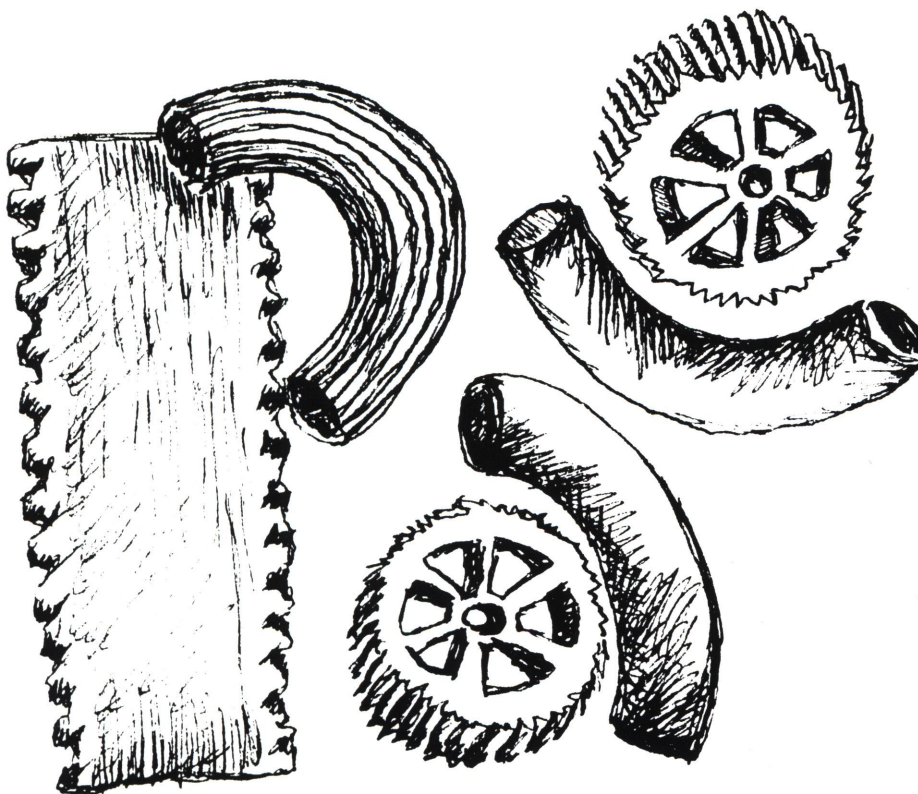
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**MELLOW ALL
IN QUESTION**
by J. Thaw

Is my unhappiness my greed
my times spent for money
all the prices paid
fact-finding
my selves undiscovered
all the people I overlooked
all people untouched
clings to falsity
all my possessions
my remains
all the bugs I squashed
all superior forces
the sunsets I missed seeing
does mellowing with my 32nd year
indicate longevity or premature aging?

Building Community Through Cohousing

by Paul Lindholdt

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The practice of cohousing originated in Denmark in the early 1970s under the term bofoellesskaber, which translates "living-together communities." The system now is being practiced widely in the Netherlands, Sweden, France, Germany, and America. Private residences are clustered around a central common house used for dining, child care, laundry, repairs, greenhouses, meetings, TV, games, guest quarters, and so on.

I like the idea; if you are interested as well, please contact me at the Co-op or at 885-5944. Cohousing provides an alternative to the isolation, impracticality and environmental high impact of single-family dwellings.

Others besides me wish to see America culture move toward the extended family and away from resource-intensive single-family dwellings as a primary mode. There's nothing wrong with a unified and loving family, understand; it's just that sometimes blood, while thicker than water, can not fulfil our every need.

Cohousing communities should not be confused with communes that are built on the principle of everyone being utterly equal; nor with intentional communities, which typically involve a political or religious ideology and feature charismatic leaders. Cohousing hinges on the concept of cooperation rather than competition.

American architects Kathryn McCamant and Charles Durrett (authors of Cohousing: A Contemporary Approach to Housing Ourselves) studied the Danish system in the mid-1980s, then translated and coined the term "cohousing." They may have patented it. But it has become public domain every bit as much as the word "kleenex." That's a funny thing about America, the way words get co-opted and commonized. They become cultural currency for everyone to gather and spend as they see fit. McCamant & Durrett, working now out of San Francisco, have an

architectural organization to help interested parties establish cohousing communities.

Standard cohousing begins with likeminded people, whose backgrounds often lie in cooperatives and counter-culture, trying to decide consensually on a site. Should they choose an urban or suburban or a rural setting? Conventional energy or alternative energy (e.g., wind or sun)? Gardening, organic gardening, none?

Will they follow most cohousing design principles? These include a central common house with equally easy access for all; parking lots or garages some distance from residents to diminish traffic, pollution, noise, and danger to children; private residences to be owner-occupied exclusively, no subleasing; an average of 20-33 units, with 70-100 residents? Such a scale, frankly, seems to me too large to be feasible on the Palouse.

Most frequently the cohousing founders fix on an undeveloped lot sizeable enough for their purposes, then go about financing, which is currently much easier in Europe than in the US. Next they select an architectural team, ideally one with experience in cohousing, and they work collectively with architects to design both the common house and private residences, which will be more or less uniform depending upon the available money.

Whether an urban or a rural site is desired, an alternative to the more costly ground-up construction practice is to consider a setting that has pre-existing buildings adaptable for use either as a common house—large industrial or agricultural buildings can be adapted—or as private residences. Row housing in those few urban areas spared "urban renewal" has proven feasible. In any case, great vision and imagination are necessary components.

Winslow Co-Housing, on Bainbridge Island, Washington, has 30 units, cost \$4 million, and suffered big trouble getting funding. Finally Kitsap Federal Credit Union financed it—a natural fit. A cooperative corporation takes out the loan; aspiring residents purchase shares—1/3 in blanket mortgage and 2/3 in the form of an individual share loan—from the cooperative. (Is this beginning to sound a bit like membership in a food co-op?) If a member moves, any equity and appreciated value of the property is reflected in the raised value of his or her stock or shares.

RoseWind, near Port Townsend, Washington, comprised of 21 single-family homesites and one sixplex, works this way: shares are purchased to secure a site only; building financing is private. Sharingwood, in Woodinville, Washington, has 18 sites.

Some disadvantages of cohousing include long and frequent, sometimes frustrating, meetings; disagreements and compromises over what needs to be done and who and how to do it, not only in the planning stages but throughout—all part of the democratic process. Zoning laws, building codes, planning commissions and neighborhood associations can create barriers. Will sprinklers be needed in the common house? Must the child care be classed as commercial? What about fire hydrants, road signs, pet control?

On the plus side, the extended family can mean more support for the nuclear family. In other ways, too, cohousing is very traditional, harking back to 19th-century villages. And it is contemporary in its values of tolerance and choice: members must learn to tolerate diversity in others. Cohousers are trying to create systematically the community that used to occur naturally.

Customer Corner

by Skott Larsen

- You used to get "creamy carob" teas from Traditional Medicinals in different flavors. Please try to get them again.

- Traditional Medicinals changed their packaging and a few product names, but the tea is still as creamy and tasty as ever. Now they're called Gourmet Internationals and you can find them with the packaged teas.

- I suggest that the Co-op keep the Holiday Bazaar open through the month of January.

- Excellent suggestion—we'll keep in mind for any future Bazaars.

- Request: Ben & Jerry's coffee almond frozen yogurt.

- It's here and delicious!

- Can we get some more of the "Keepers" cotton menstrual pads—especially in red? They are

wonderful and stay in place and are very absorbent.

- Yes, there are more in many colors in the non-food section.

- Newly arrived customer-requested products ...

- Tom's of Maine mouthwash and shaving cream

- Coconut milk without sugar or preservatives

- Dried cranberries

- Fruit syrups

- Flourgirl's packaged flour, non organic and local

- Terribly missed products back in stock:

- garlic jack cheese

- clearly natural glycerine soaps

- Stratton's milk, cream, and sour cream in refillable, returnable bottles

- We sell Knudsen's cranberry juice for about \$4 per quart. It's not really that expensive since it mixes with water or apple juice to make 4 quarts.

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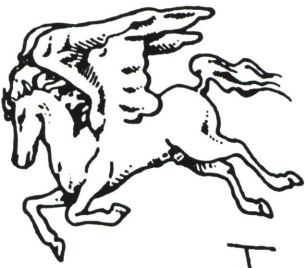
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Kid's Page

I Have Loved...

by: Joan Giny age: 9 yrs.

Me.

I sit and stare at a blank wall and think.

I'm not special. I'm just another human.

Another human who hasn't done anything to be special.

Yet I think, why am I here if I'm not special.

I must be at least a little special, or God wouldn't have put me on such a beautiful planet.

Then I think, I'm special and that can't change.

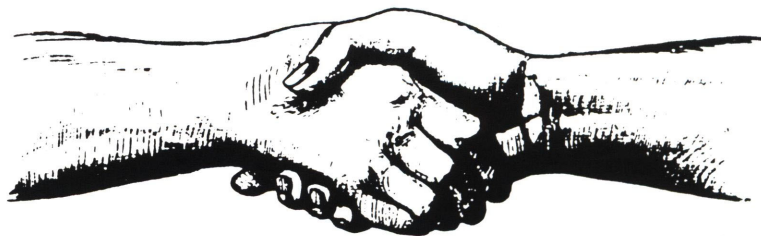
Then I get up from my hypnotic position by that blank wall and say "I'm a special person."

"I have loved. And I can live in peace again."

And right before my eyes, the blank wall falls.

I walk out and live that special thing about me.





Famous Co-op Members

by Bill London

It was a chance meeting during a camping trip in 1968 that made beekeeping first a hobby, and now a way of life, for Co-op members Garrick and Andrea Kruse. Their meeting with a "gentle man who talked to his bees" was fascinating, and led Garrick to try raising bees and gathering honey for fun.

In 1985, the fun got serious, when they started their Life Force Honey business here in Moscow. Working after his day job was through, Garrick harvested the honey and then they packaged it in jars with a homespun label. The next year Andrea (who served with distinction for many months as the advertising salesforce for this newsletter) started the craft show circuit with their products—a product line expanded to include beeswax candles, gift boxes, and other related products.

They took the next big steps in 1989, by making and selling mead (a fermented drink, similar to wine, but made from honey), and 1990, by getting into the international market. They now sell their products in Taiwan and Singapore, and are entering the markets in Japan, Italy, Canada, Malaysia, and Indonesia.

"Selling internationally requires major changes in labeling and packaging, and it takes six months to a year to just get your foot in the door with a product," Garrick said. "It's no overnight bonanza, but it is worth doing, in the long range."

They must be doing something right, because Life Force was just named the 1992 Exporter of the Year for the State of Idaho by the US Small Business Administration.

Not content to let the business rest, they opened a storefront at 520 South Main in Moscow (the

old Payless Printing store) in November of 1992. The store, Northwest Showcase, sells specialty and gourmet foods as well as crafts. Eighty-five percent of the products offered there are from the Palouse, and the rest come from other parts of the Pacific Northwest. They now sell the work of 80 artisans and 40 specialty foods suppliers—and expect to increase that to 100 artisans and 60 food suppliers.

Those who haven't been in the store—as well as all their previous customers—are invited to attend their Valentine's Day celebration at Northwest Showcase. They never had the time for a grand opening when the store was new, so this is their welcome to the community. Besides offering plenty of gourmet food to taste then, Garrick and Andrea have invited the classical guitar duo Con Brio! to add a special elegance to the event. The celebration will be held on Saturday, February 13, from 1 to 4 pm. With free music and food, and a chance to visit with these famous Co-op members, the celebration will be an enjoyment for all ages.

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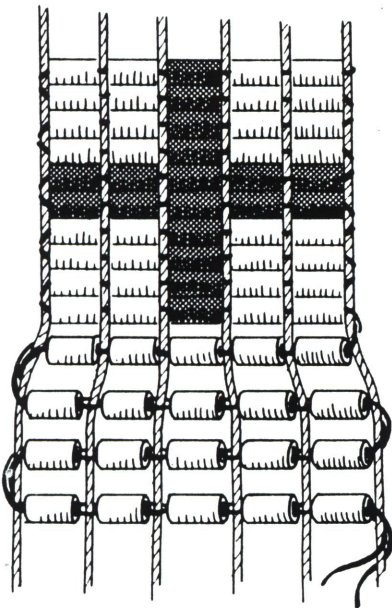
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Moscow

Charles Quinn

Graduate, Kototama Institute



Parable of the Month: Looking Glass

by Rodger Stevens

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Life, in its infinite variety, once created a community of looking glasses who held serious views of themselves. Having short focal lengths, as looking glasses are apt to, their depth of perspective was generally rather shallow.

To a looking glass, there is an obvious difference between things material and things ethereal. All looking glasses have physical handles, rims, and glass lenses, no two alike; similarly, there is that non-physical realm that looking glasses called 'ego', evidenced by the attendant bright spot on the ground, the character and clarity of which, along with the physical criteria, serve to identify any given looking glass.

These looking glasses took great pride in their physical looks. Their handles were often gilded and inlaid, their rims were painted and polished, and their lenses were decorated with all manner of overlays which imparted individuality to the bright spots. Since these bright spots were the result of the personalized refraction of light, they came to be known as personalighties.

Light-heartedness reigned when a new glass was born, and sadness when an old glass finally went opaque and fell apart from long years of refracting. The

capricious comings and goings of bright spots was a mystery to the looking glasses, and in their efforts to explain this phenomenon, all manner of wild-eyed theories were concocted. They quickly learned a deep-seated fear of the sun going down on them.

Occasionally there was born a looking glass with an unusually deep field of view who saw life quite differently. Such mystics maintained that the bright spots, so jealously prized by their refractory hosts, were not as separate as everyone supposed, and that the sun, not the glass lenses, was the ultimate source of the light which gave their lives meaning. They held that the bright spots were nothing more, and nothing less, than the sun shining through each glass in turn.

'Absurd!' insisted those ruling segments of the society whose material income depended on maintaining the pretense of a self-contained looking glass: handle enhancers, rim polishers and painters, and especially psychologists and educators whose job it was to standardize the focal images of unruly glasses.

But Life, in its infinite variety, got a better idea, and today we find more and more mystics being born. Here's looking at you, kid.

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by Felice A. Rogers

FEBRUARY 1993

IT'S FEBRUARY, THIS IS THE MOUTH OF VALENTINE'S DAY SO LET'S GET HEART SMART!

HAVE A HEART: GIVE SOMEONE YOU LOVE A GIFT FROM THE HEART. SOME TIME OR SOMETHING YOU MADE IS THE MOST WONDERFUL GIFT YOU CAN GIVE!

SOFT PRETZELS (YOU CAN MAKE THEM HEART-SHAPED!)

- 1 package yeast,
- 1/2 cups warm water (not too hot!),
- 1 teaspoon salt, 4 cups flour,
- 1 Tablespoon sugar, 1 beaten egg,
- coarse salt

Measure the warm water into a large mixing bowl. Add the yeast and stir until it looks soft. Add the regular salt, sugar, and flour. Mix and kneed the dough. Take a small ball of dough to roll out into snakes. Twist the snakes into any shape you want. Grease a cookie sheet and put the twisted pretzels on it. Brush the pretzels with the beaten egg and sprinkle with coarse salt.

Bake at 425° for 12 to 15 minutes. Share and Enjoy!! (you can use water instead of the egg if you want to.)

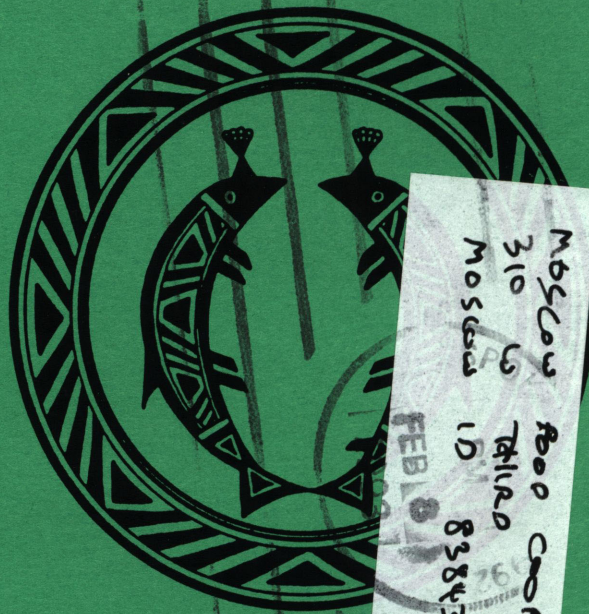
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 G I C N S T R L E X P

FIND THESE WORDS: BLOOD, BEAT, CIRCULATION, CARE, ARTERY, PUMP, VEIN

THEY HAVE TO DO WITH YOUR HEART AND MAY BE WRITTEN BACKWARDS. GOOD LUCK!

DID YOU KNOW?

BY THE TIME YOU ARE 70 YEARS OLD YOUR HEART WILL HAVE BEATEN TWO-AND-A-HALF BILLION TIMES!



Moscow Book Co-op
310 W Third
Moscow ID 83843
FEB 11 1993

SPECIAL COLLECTIONS
LIBRARY of IDAHO
UNIVERSITY of
Moscow ID 83843

VOLUNTEERS NEEDED

February Volunteer Orientations:
Thursday, Feb. 11, 7:15 pm
Tuesday, Feb. 23, 7:15 pm

Sign up at the Co-op or call and talk with Renee or Skott.
Everyone welcome!



Cooperation is the major driving force of life on earth.
Lynn Margulis

