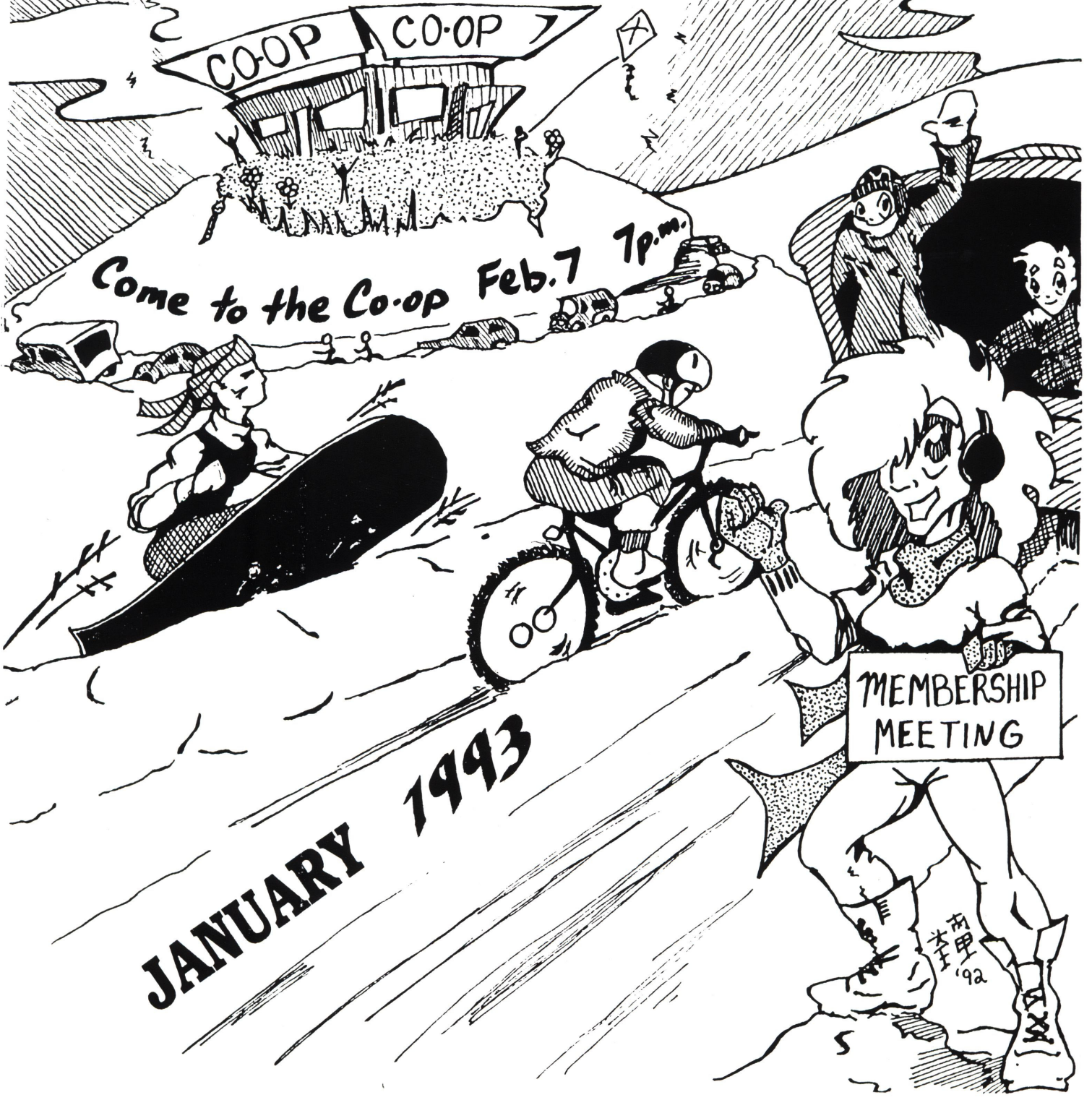




# FOODSCOOP

# COMMUNITY NEWS



Come to the Co-op Feb. 7 7p.m.

MEMBERSHIP MEETING

JANUARY 1993

和甲 '92

## THANKS, NANCY

We're sorry to announce that Nancy Collins is leaving the newsletter staff, but want to thank her for a job very well done. We appreciate her efforts.

Let us also take this opportunity to invite everyone in the community to participate in the process. We want writers, both for regular features and to let us know what's going on out there. If there's something on your mind, share it (preferably, though not necessarily, in a typed, double-spaced format).

## A HAPPY ODD YEAR

by Jim McPherson

The last page of another stripped calendar has been pulled from the wall; a fresh new one, packed full of promise and potential, is tacked in its place. Good or bad, 1992 is gone and 1993 is upon us.

It is the traditional time for resolutions, when record numbers of us pay post-holiday bills, join health clubs, start diets, and put bad habits on hold—sometimes for weeks. We vow to shrink our wastelines and tighten our fiscal belts, to generally do more good and less harm. We'll be more honest with ourselves, we gently lie to ourselves.

I see little harm in this yearly ritual, if mental punishment is not overly strict when the promises are inevitably broken. Examining one's shortcomings should probably be at least an annual process. Still, regardless of how much my body and/or character may need improvement, I have decided to abstain from forcing myself to draw up a formal list of resolutions. I resolve nothing, other than to do what seems right at the time.

With that out of the way, let me say that I am looking forward to 1993, for one simple reason—it is an odd-numbered year. Born in an even-numbered year, and knowing nothing about numerology, I don't know if it makes sense for me to

favor odd numbers or not. My wife, who was born in an odd-numbered year and prefers even numbers, can't explain it either. Seven, supposedly the luckiest number, and 13, the unluckiest, are both odd, so that doesn't help.

Maybe the answer comes from one's personal history. Looking back, I notice that I started driving, lost my virginity, played my last high school football game, took my first legal drink, was hired for my first newspaper job, moved out of the Pacific Northwest for the first time, got married, quit drinking, and moved to the Palouse, all during odd-numbered years.

Each of those events led to later moments of wonder and terror. And these are the sorts of things which at a visceral level provide the milestones of our lives, much more so than such formal affairs as baptisms or graduations.

But perhaps a preference for odd or even years is as simple and unexplainable as a favorite color. Or maybe it comes down to self-fulfilling prophesy—a year we expect to be good turns out that way, or is at least remembered that way when the next calendar is tacked to the wall.

At any rate, I can't help appreciating 1993. I hope everyone had a Merry Christmas, and will enjoy a happy odd year.



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## CUSTOMER CORNER

by Skott Larsen &  
Erika Cunningham

1. *Can you get 2% Acidophilus milk?* Yes, but only in a large quantity ... so not until mid-January when sales pick up.
2. *If Green Forest toilet paper is bleached the same as Envision, why is it so much whiter?* The answer is in the contents not the bleach. True, they are bleached equally, but Green forest contains 10% post-consumer waste and Envision 20%; therefore it is darker.
3. *Why is the bee pollen not refrigerated?* We keep the bulk stock in the cooler to retain the vitamins and freshness. It is not out on the shelf long enough to be effected. However, just ask and we'll get some from the cooler for you!
4. *Where is the Original Good Earth tea without caffeine? I want it. I need it. I love it. Please help me.* Relax. It's well stocked in the Herb & Spice room with the other teas. Now take it easy with a warm cup of pleasure.
5. *What happened to all the Fantastic Leapin' Lunches?* We felt customers were a little bored with them—so we are trying Nile Spice (which will be on sale in late January for only 99¢ a cup).
6. *New Products:*
  - KISS (Keep It Simple Stir-fry) ... just fry up the pre-cut pieces and enjoy. They've been a great hit with the Co-op staff.
  - Wax Orchards fruit sweetened chocolate sauces, jams, chutney and plum sauce. Made in Vashon, WA.
  - Frozen stuffed shells, manicotti and other pastas.

## MEMBERSHIP MEETING

FEB. 7

by Peg Harvey-Marose

Each year the Co-op membership meets to elect a board of directors, make any necessary decisions, and discuss issues brought by members. This year's membership meeting will be Feb. 7 at 7 pm, upstairs at the Co-op.


The Upper Crust Bakery will provide topless pizza—meaning bring your own toppings. This will be a good time to get to know other members.

Agenda items will include an end of the year financial report, current status of the building purchase, and membership fee increases.

These are important issues on which the board of directors would like to get members' input. A co-op belongs to the members, and the members needs to participate. Without the membership, we would be just another business. But we aren't just any business. We are a thriving co-operative—a thriving alternative.

The nominating committee of the present board of directors is now accepting nominations for a slate of nominees to be presented at the meeting. The interviewing process is taking place this month (January). If you or someone you know would be interested in a position on the board, please contact Sarah Swett at 882-1657.

We hope to see you Feb. 7!




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# What's In Your Medicine Chest?

by Nancy Draznin

Do you have the usual assortment of aspirin, ibuprofen, cold medicine, antibiotics, Bengay, burn ointment hidden behind your bathroom mirror? All of these can be safely and effectively replaced by herbal remedies.

The active ingredient in aspirin and ibuprofen is salicylic acid. White willow bark is a natural source of salicylate and works like aspirin. Using salicylates on a child with a virus (chicken pox, flu, etc.) can cause Reyes syndrome, a disease that results in brain damage, coma or death.

Aspirin is usually used to relieve headache and other aches, and fever. Boneset can be used for aches and can be combined with Yarrow if fever is present.

Ibuprofen is commonly used to treat menstrual cramps. Cramp bark would be the herbal substitute. If you have water retention before your period cramp bark can be combined with dandelion root, which is a mild diuretic. I often point out Traditional Medicinals' PMS Tea for the same purpose. Of course, you can take all the remedies you want, but if you're drinking coffee and/or eating chocolate, chances are your symptoms won't improve. Giving these up can have dramatic and fast results.

I've discussed cold and flu relief in previous columns. I often feel worse after taking commercial cold preparations. Steam, teas, good food and rest are the best remedies.

It goes against doctor's orders, but I never finish all my antibiotics if I have to take them. I try to avoid taking them at all, using Echinacea and Goldenseal to fight infections and strengthen my immune system. When I do give in, however, I eat yogurt to replenish the beneficial intestinal

flora that are wiped out by broad spectrum of antibiotics.

A rubefacient is something that brings blood, hence warmth, to the skin surface. Rubs such as Bengay are often used by people with sore muscles (after the first day out skiing, for example) and arthritis sufferers. St. John's Wort oil relaxes sore, tense muscles. Ask a good friend to massage you with it. A topical rubefacient can be made by infusing cinnamon, peppermint and eucalyptus in olive oil. Wet heat, pampering and time will help, too.

Burns are best treated with the fresh gel from the inside of an Aloe Vera leaf. For maximum effectiveness, pick a leaf and apply it to the burn immediately. I've had 2nd degree burns that didn't even blister because I was able to treat them immediately with Aloe. Bottled Aloe gel isn't worth the money. Best get a plant. Aloe is wonderful for sunburns, too. Don't use it internally, though, it's a purgative.

Calendula ointment heals burns, too. It's more versatile than Aloe, however, being used for chapped lips and skin, diaper rash, and minor cuts.

Bruises respond well to Arnica. Applied immediately, either as a tincture or an oil, it can make a bruise disappear. Never apply Arnica to broken skin or take it internally. It is toxic. The homeopathic preparation, however, is safe for internal use, having an important role in treating a swollen cervix in childbirth.

Now you can end your dependence on commercial over-the-counter drugs and treat yourself to real herbs, if you wish.

A notebook is by the suggestion board waiting for your questions. I haven't answered them all already, have I?

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# A Human Gift

by Rodger Stevens

The official orgy of gift-giving is over for another year; the retailers are adding up their tallies, the holiday trappings are being packed back into storage for another ten months, and bill-payers across the land are hard at work figuring how they will cover this year's purchases.

But there are other gifts being given every day of the year, gifts not to be found in any retail establishment. These gifts constitute the most precious presents ever exchanged between people, yet they are also presents to which we assign only a minimum of importance, especially in the face of the glitz and glitter of retail gift-giving.

Each of us is born with such a gift, as yet unwrapped and unsullied, one might say, as yet unadulterated. But in the course of growing up, we learn to wrap that gift in fashion and pretense, always desiring to appear hip and up to date with the latest trends, never trusting in the innate charm and novelty of who we really are.

Finally, of course, we discover that we've spent so much of our lives on the wrapping that we've forgotten what the gift is. And our investments are so expensive, and



laid on with such care, that we refuse to allow anyone, even ourselves, to open the box and see what's inside. Perhaps we are afraid that the gift within won't justify the wrapping; safer to remain tightly wrapped.

Those little people in our care ... what sort of wrapping are we pushing onto them? What sort of example are we setting with our fussing over appearance and our ignore-ance of contents? Surprises are fun, but only when greater than the sales pitch. No wonder that store-bought tripe loses its fascination so quickly ... it's hollow, the way many people feel when they tire of the glitz.

But don't wait until next Christmas to let yourself out of the bag. The world needs your gift, not your wrapping; the wrapping never makes the gift worthy, and a worthy gift needs no wrapping. The new world order will see a retreat from glitz, a return to substance and novelty. Give who you are ... plastic warps, wood rots, steel rusts, and food goes bad. You are novel. And free. Give your real self, and you can rest easy that it will never be duplicated.



## THE GROCERY BAG by Erika Cunningham

Life in the grocery department has been interesting for November and December, trying to keep up with the holiday rush, but we hope things will calm down for January.

Skott's taking care of the customer requests this month, and I'm to tell you all about the specials you can take advantage of for January.

The first is toilet paper. The store will promo this handy stuff at 57¢ each (regular 66¢). You can special order a case for only \$49.49 (51¢ each).

The next special is Crystal Geyser, for 81¢ each (regularly \$1.02). You can get a case for \$8.78 (73¢ each).

So hurry and make your bulk special orders, as these are only January specials. Sales are limited to stock on hand at manufacturers.

### Glenda Marie Rock III



Writer  
Clairvoyant  
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# PCEI FORMS ITS FORUM

by Carol Hartman

Plans are being finalized for the Palouse Clearwater Environmental Institute's new series of monthly forums to begin January 31. Spokesman Tim Eaton said the monthly gatherings will continue to feature a dinner menu with a local emphasis, but will evolve into a community forum. A seven-member committee is running the events (most of them Co-op members), from marketing to food purchasing to cleanup. Child care arrangements are in the works as are plans to secure the same location every month. The committee is developing a six-month menu to be published shortly.

January's meeting will begin at 6:00 pm., Sunday, January 31 at the Moscow Community Center. As the committee is aiming for 100 people to attend, the center will provide sufficient space and offer a good atmosphere, Eaton said.

"We really want to promote this community thing: you'll sit with people you may have never seen before, not at separate tables, so we build a community atmosphere—become a coalition," Eaton explained.

Building on the forum theme, January's meeting will host representatives from local environmental groups.

"As an ongoing process, we want to develop the forum, so this first one, we'll contact local environmental groups and (so we can) get a sense of what's going on

with them for this coming year," Eaton said, listing Idaho Conservation, Sierra Club and other groups.

Prices will be established at this rate: \$7 for non-members, \$5 for members and students, \$3 for children 5-12, and free for children under 5. PCEI will set up a drawing at the Co-op with a prize of two free dinners. Funds raised are earmarked for paying PCEI's office rent, Eaton said.

This month's menu will feature a Finnish dish with barley as the base grain. As always, PCEI's entree selection highlights ingredients that could be grown or used in a creative way locally. Eaton added that PCEI hopes to attract international student groups so the group can select ethnic dishes made of ingredients locally available.

## Kaali ja Tofu paale Riisi (Cabbage and Tofu over Rice)

### *Tofu and Marinade*

- 2 12-oz. tofu cakes, pressed
- 1 T. vegetable oil
- 2 1/2 T. tamari soy sauce
- 2 1/2 tsp. water
- 1 T. Worcestershire sauce
- 1/2 Tsp. ground allspice

### *Cabbage*

- 1 med. onion, chopped
- 2 T. vegetable oil
- 4 C. shredded cabbage (1/2 med. head)

### *Sauce*

- 2 T. tomato paste
- 1 T. vinegar
- 1 tsp. dried dill
- 1/2 tsp. sweet Hungarian paprika
- fresh ground black pepper
- 1/4 C. water

## *More ingredients*

- 1 T. currants
- cooked rice, barley, mashed potatoes or egg noodles
- 1 dill pickle, minced
- sour cream

Bake the tofu. Use the ingredients listed above for the marinade, and follow the instructions for the simple variation of baked tofu.

To prepare the cabbage, saute the onion in oil in a large, heavy skillet. When the onion is almost translucent, add the cabbage. Stir occasionally, saute until the cabbage is somewhat reduced, about 5 minutes, but do not let the onion brown.

Combine the sauce ingredients and pour over the cabbage. Add currants and stir to coat the cabbage evenly with sauce. Remove from heat. Cover the skillet with a lid or aluminum foil and bake in a 375° oven for about 30 minutes.

Serve cabbage over rice, barley, mashed potatoes or (although it's not Finnish style) egg noodles. Top with minced pickle and baked tofu. Add a spoonful of sour cream, if desired.

Most items are available and will be purchased at the Co-op, Eaton said. Co-op Produce Manager Renee McNally also serves on this PCEI dinner forum committee.

Persons wishing to volunteer for the forum are asked to call the PCEI office at 882-1444.

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# Kalani Organica

by Laura Church

You may have noted some changes in the bulk coffee department. I thank you all for your patience with the frequent out of stock signs for the past month. Between the holidays and my own typical disorganization, the coffees have been rather sparse. But we are on the right track once again.

I have decided to discontinue the Harbor House Coffee line. Due to the high price it has not been selling too well, so it's time to try something new. If you have a particular fondness for this brand of coffee, I may still be able to place special orders for you. If you have any questions just give me a call here at the Co-op or stop in to see me, and I'll be happy to talk with you.


We have a new line of coffee to replace Harbor House. It's called Kalani Organica, and it's roasted close to home in our favorite metropolis, Seattle. All of these coffees are grown chemically free and produced by cooperatives in a guided ecosystem as sustainable agriculture. I have chosen three new kinds for you.

Mesoamerican is a blend of Central American coffees that shows the overall lightness and snappy acidity typical of coffees from this region. I found this blend a pleasing basic coffee that was great to wake up to.

The new espresso is a blend of Central American and Indonesian coffees. I have it on good authority that this espresso will give you a great buzz.

The third choice I have for you is Indonesian Enyana Sumatra. the classic of Indonesian coffees, this Sumatra presents thick, earthy aromas over full body, complimented by an exquisitely lingering, chocolaty finish.

I hope that you enjoy these new coffees. Keep your eye out for our special introductory sale on these new flavors during the third week of January.



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All Levels	11:30 am - 12:30 pm	Jen	\$55.00
Level III	5:15 - 6:45 pm	Jen	\$65.00
Level II	7:00 - 8:30 pm	Jeri	\$65.00
<b>Tuesday &amp; Thursday</b>			
Beginning & Level I	9:30 - 11:00 am	Jen	\$65.00
Kids Yoga	3:30 - 4:15 pm	Jeri	\$15.00/mo
<b>Friday</b>			
Gentle	9:30 - 11:00 am	Jeri	\$32.00

**Schedule of Classes**  
Meeting January 11 through February 26 (14 classes)

<b>Tuesday &amp; Thursday</b>			
Beginning	7:30 - 9:00 am	Jane	\$60.00
Beginning	5:15 - 6:45 pm	Jeri	\$60.00
Beginning & Level I	7:00 - 8:30 pm	Jane	\$60.00

Drop-in fee is \$7.00 per class. Please register by mailing the registration form and your payment to Jeri Dinius by January 4, 1993. Please make checks payable to the instructor of the class. For more information call Jeri Dinius at 882-4739 or Jane Freed at 883-4995. Please join us for yoga fun!

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## Guatemala Carrots

3 tablespoons oil  
6 carrots, sliced  
2 tablespoons lemon juice  
2 tablespoons honey  
 $\frac{1}{4}$  teaspoon powdered ginger  
2 ripe bananas, sliced  
 $\frac{1}{2}$  cup raisins



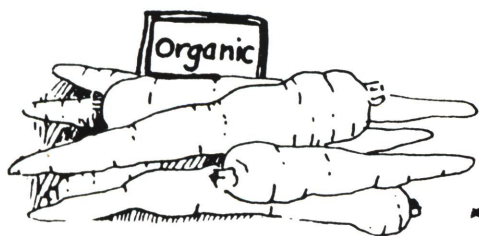
Heat oil in skillet and cook carrots for 10 minutes. Add lemon juice, honey and ginger. Cook 5 minutes. Add bananas and raisins and heat through, before serving.

from:

"Simple Food For The Good Life"

by:

Helen Nearing





# The Future of American Beef

by Paul Lindholdt

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The American beef business is in trouble. All signs point to a major drive by red-meat moguls and their apologists in U.S. universities to retrench. Most professionals *would* retrench if info from medicine, ecology, politics, and economics began to mount and contradict the world views that underpin their living.

In this last installment of articles on American beef, I want to summarize some newsworthy issues that have surfaced since last August. Most facts come from the *Lewiston Tribune*; what's added are my opinions, complaints, and cranky private agendas.

Last month the Washington Cattleman's Association sponsored the Pacific Northwest Regional Beef Information Day, a meeting in Wenatchee whose theme was "Developing Marketing Strategies for the '90s." Our twin universities on the Palouse co-sponsored this conference, which seemed designed to hide crisis management behind a smokescreen of promotion. Special topics included "Being Open to Change" and "New Marketing Strategies."

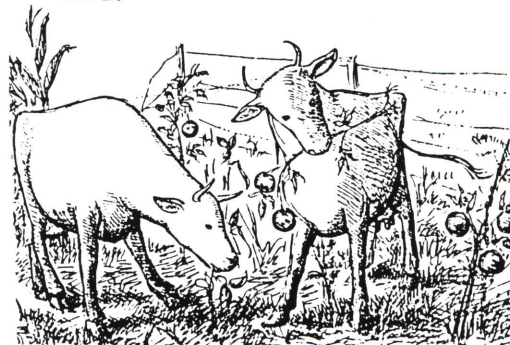
American consumers have developed healthy suspicions about red meat. Accordingly producers are trying desperately to convince us beef is wholesome, lean, affordable, chemical-free, safe for the environment, even patriotic. In a *New York Times* ad last Earth Day, the American Cattleman's Association dubbed the cow "Nature's Recycling Machine." Conditioned by habit and tradition, dumbfounded by conflicting claims, some Americans may be swayed enough by this campaign to return to their butchers.



The cattle grower is caught in a Catch 22. Consumers want beef lean, if they want it at all, yet growers get paid by the pound. If fat marbles the steaks and roasts, then the meat is worth more, for it will be more tender; but if fat forms on the outside of the meat, producers are penalized and paid less. Much of this commercial concern arises, of course, because physicians have cited a multitude of reasons — most notably heart disease and cancer — for us to reduce beef intake. Nor is the system of raising beef on public lands getting much respect.

In a very recent news release, government auditors disclosed that hundreds of western landowners profit from subleasing their federal grazing permits to *public lands*. These ranchers sublet acreage to other ranchers for higher fees than the government charges them. That is, some 1,800 beef producers are making as much as \$5.1 million a year by transferring grazing privileges.

The largest American grazing permit holders include the Union and Hunt oil companies, Pacific Power and Light, the Mormon church, and the Metropolitan, Aetna and John Hancock life insurance companies. Should we be subsidizing these corporations — granting them permits for unrealistically low fees — to run cows on our federal estate? No one wants to drive small ranchers out of business, but getting big corporations off the public dole may mean clampdowns across the board.



Beef recently have been proven to degrade the quality of our parks, especially the lakes and streams. Many state and national parks are founded only with the "permission" of local ranchers who are permitted to continue to graze their animals throughout our campgrounds and wild meadows. As a result of this agreement, money must be siphoned from visitor programs and facilities, from wildlife projects, and from scientists' salaries. Why? To build fences, plant fodder, and to repair damage caused by domestic cattle at "home on the range." What ridiculous use of our tax dollars, especially when most people visit parks to get away.

The Endangered Species Act (ESA) comes up for reenactment in 1993, and ranching groups already are working to see it defeated. It poses a threat to them insofar as it could close the door on grazing by declaring species like the desert tortoise endangered. A Boise attorney has been retained to advise Idaho ranchers how to stymie the ESA, how to develop coalitions with dairy farmers.

What's a concerned citizen to do? Recourse for opponents of grazing may be found in the Northern Rockies Ecosystem Protection Act (NREPA) proposed by the Missoula-based Alliance for the Wild Rockies. Instead of saving Earth on ESA's species-by-species basis, NREPA promotes whole-ecosystem preservation. The health of entire life cycles hangs in the balance, your health and mine, tortoises and owls being only sensitive of that whole.

Another thing we can do is exploit the great political power we wield as consumers. The money we spend on food empowers the producers of that food; conversely, the money we neglect to spend will disempower other producers if enough consumers follow suit. Let's consider food dollars an investment. Let's put our food dollars to work exactly where we know they will do the most good.

# INTERNATIONAL AT THE MOSCOW

by Mich



International influence you may ask? It must be French-born Judith Finel. Both she and partner Matt Kitterman are profiled in this month's volunteer interviews.

Judith came here in August of 1990 from the Loire Valley in France. She studied English literature until last spring when she earned her Master's Degree.

She is now looking for work in her field. In France, she studied English and German, so she has done a lot of translation. Ideally, she is looking for some sort of translation job. She has sent out a lot of resumes, but has not had much luck.

In the meantime, Judith has been busy volunteering at the Co-op. In fact, she has been a volunteer for the past year and a half. She said she performs a variety of jobs, but mostly does stacking.

Since spring, she has gone back to France to see her family for a month. Asked if she misses home, she said, "Some, but not a whole lot."

In her spare time, Judith likes to read and ride her bike. She also enjoys making earrings and other jewelry.

Judith's partner, Matt Kitterman, also volunteers at the Co-op. I interviewed them both together, and it was at this point that the interview evolved into silliness.

It started out with Judith saying, "You'll find that Matt is a

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lot more interesting than me." Although he hasn't volunteered for a while, Matt used to do odd jobs, including stocking and building shelves ("He's a handyman!" Judith interjected).

Time to put on your thinking caps! Here is a riddle we made up: If Judith is 1/4 of a century old, and the sum of their ages equals 7/12 of a century, how old are Matt and Judith?

With a degree in communications, Matt works at the U of I Engineering Outreach program. "I coordinate tapings of classes and operate the campus cable TV system," he says.

In his spare time, Matt likes to ride his bike. In fact, next semester he is helping the local cycling group, Spokespeople, organize a series of one-day bike rides around the Palouse.

Matt used to have a "Ted Turnip" radio show on KUOI. He also hosted "New Age Hell" (his own words) Friday nights on NPR. Stay tuned for his radio show next semester.

Matt mentioned that he occasionally makes beer, wine, and mead ("He makes good stir fry, too" Judith added).

For Christmas, the two were going to California to see Matt's grandmother and visit museums. After all, as Judith says, "Every once in a while, you get a cultural fix, you just need to see something."



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# BONNIE HOFFMANN FINDS 'COMMUNITY'

by Jim McPherson

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When Bonnie Hoffmann first visited Idaho, at about 14 years old, she told her father someday she would live in the Gem State. If she ever did, he predicted, having to shovel snow for the first time would chase her back to California.

But in December, at the time of this interview, Bonnie was reveling in the early heavy snow, and had just called her father to tell him how wonderful it was.

Unconvinced, he wasn't making plans to move north.

That doesn't matter — Bonnie has found her niche, and knew it the first time she drove into Moscow in 1990. Not coincidentally, it was also the first time she saw the Moscow Food Co-op.

Steve Bonnar, her husband, was a University of Idaho grad. They were living in Grangeville, and he brought her to Moscow to share some of his history. The Renaissance Fair was going on at the time, which helped convince Bonnie she wanted to give Moscow a try.

"When we drove by the Co-op, that was it," she said about the final piece of the argument. Of course, she admits she had been pretty much ready to leave Grangeville since somebody there, seeing her Birkenstocks, asked about her "orthopedic shoes."



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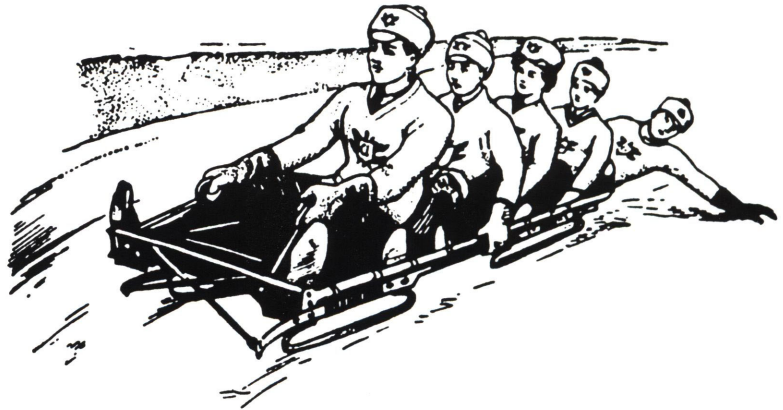
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Bonnie has worked at the Co-op in a variety of positions since shortly after hitting the Palouse, now serving as receiving crew chief (handling the big Sunday order) and night custodian. Sometimes she gets help from one or more of "three of the world's best kids," 9-year-old Sarah, 8-year-old Maggie and 4-year-old Matt. She also talks about earning a degree from the University of Idaho, perhaps in philosophy, after all three are in school.

"I've been chasing my associate's degree for 10 years," Bonnie said; she takes classes that interest her, when she has time, wherever she happens to be living.



Home was in San Jose, Calif. for a long time. But despite growing up in what is now the Silicon Valley, Bonnie never felt like a city girl. Part of the reason, no doubt, was that her father was always taking the family to explore remote and/or unusual spots.

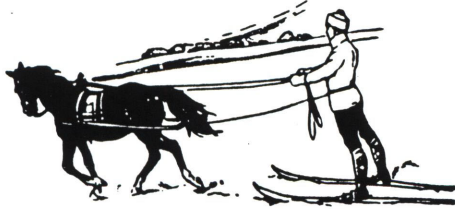
"I remember one year other people were going to Disneyland or the beach; we were going to someplace called Walla Walla," she recalls. With her father an outdoorsman, Bonnie's first visit to Idaho was to a hunting camp

near Syringa. She says she once tried hunting herself and had a deer in the sights, but "couldn't pull the trigger."

That Syringa trip was the time, though, she declared she'd someday live in Idaho. Dealing with commuter traffic ("You'd see the same people every day, and not know anything about them") and working office jobs ("with my name on the door") only served to reinforce her desire to be somewhere else. After a short period in Nevada, she finally made it — and says she would be perfectly happy to stay.

"There's a true sense of community here," Bonnie said. "I always wanted that." She said she also likes the fact that good ideas abound in this area, and are willingly explored by the people who live here.

She is also doing some intellectual exploring of her own through a book of science fiction she is working on. Other creative outlets include sewing, beadwork, and playing the piano — and, of course, playing in the snow.



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# COMMERCIALLY-GROWN PEPPERMINT: NOT MY CUP OF TEA

by Ken Nagy

Sometimes in the Co-op, the choice between carrying a particular product either organic or commercially-grown is a difficult call to make. Such is the case, for example, with the dried peppermint leaf the Co-op sells in the herb and spice room. It is a popular item, used primarily as tea and is supplied to us by Frontier Herbs. It has recently come to the attention of the staff that commercially-grown peppermint is known to be a particularly heavily-sprayed crop. The cost of organic mint, however, is considerably higher, sometimes nearly twice the price of the commercial. Thus, it becomes the usual dilemma of having to weigh the monetary aspect against the consumers' health and safety to find an acceptable solution.

Further research can sometimes make this an easier decision to make, however. Frontier Herbs purchases all of its commercially-grown peppermint from growers in Oregon. Information provided by the Oregon Extension Service indeed confirms that mint is one of the state's most heavily-sprayed crops. The following data is for 1987, the most current records presently available.

These figures show that the total amount of fungicides, herbicides, and pesticides sprayed in that one year on Oregon peppermint crops alone is 154,419 pounds (nearly 80 tons). That comes to an average of nearly five pounds per acre. What's more, the farmers are applying some of the more toxic pesticides, including such insecticides as carbofuran, fonofos, methomyl and oxamyl. Quite a cup of pesticide tea!



Frontier Herbs says that they have no knowledge of what chemicals are on their products. They can only confirm that the herbs are either certified organic, or, if commercial, fall within the federal government's guidelines for allowable chemical residues. All of the specialists contacted, however, declined to comment on the relative toxicity of this crop based on the above list. Thus, while we consumers don't ever really know the combination of synthetic chemicals present on our food, the experts on the subject, the chemists and plant scientists can only recite the properties of individual chemicals and their "lethal dose" levels. Furthermore, they predominantly stand firm behind the federal safety regulations and therefore can't — or will not — assess the full picture. There is no one to take a position on, for example, whether one crop may be relatively more toxic than another because, as one scientist puts it, "that simply doesn't matter—they all fall within acceptable dosages." One toxicologist contacted did lament the lack of knowledge regarding the effects of long-term exposure to all pesticides. She also questions the reliability of extrapolating the results of laboratory animal testing to humans, but is quick to point out that there is little one can do considering the total absence of long-term analysis.

MINT  
31,86 Acres

Counties Reporting 16 out of 16  
Percent Acres Reported 100%

Common Name	Trade Name	Rate of Application (a.i.)	Times Applied	Type Treatment	Treated-- Acres (%)	Pounds Used
<b>Fungicides</b>						
Chlorothalonil	Bravo	2.0 lbs	1	Foliar	280 (1%)	550
Sulfur	That Big 8	3.0 - 5.0 lbs	1	Foliar	25 (<1%)	100
<b>Herbicides</b>						
Bentazon	Basagran	0.75 - 1.0 lb	1	Soil	1600 (5%)	1500
Bromoxynil	Buctril, Brominal	0.375 - 0.5 lb	1	Soil	2500 (7%)	790
Diuron	Karmex	1.6 - 2.4 lbs	1	Soil	1500 (4%)	3800
Metolachlor	Dual	1.5 - 3.0 lbs	1	Soil	45 (<1%)	39
Napropamide	Devrinol	4.0 lbs	1	Soil	1100 (3%)	4400
Oxyfluorfen	Goal	0.5 - 1.5 lbs	1	Soil	7600 (22%)	6000
Paraquat	Gramoxone	0.5 - 1.0 lb	1	Foliar	12000 (36%)	8700
Pendimethalin	Prowl	0.33 - 0.5 lb	1	Soil	250 (1%)	250
Phenmedipham	Betanal	0.7 - 1.2 lbs	1	Soil	53 (<1%)	50
Terbacil	Sinbar	0.8 - 1.2 lbs	1	Soil	28000 (81%)	28000
Trifluralin	Tiefan	0.5 - 0.75 lb	1	Soil	210 (1%)	110
<b>Insecticides</b>						
Acephate	Orthene	1.0 lb	1	Foliar	19000 (56%)	16000
Carbofuran	Furadan	0.5 - 1.0 lb	1	Soil, foliar	2700 (8%)	2000
Chlorpyrifos	Lorsban	1.0 - 2.0 lbs	1	Foliar	8700 (26%)	13000
Dicofol	Kelthane	1.2 lbs	1	Foliar	3000 (9%)	3600
Fonofos	Dyfonate	2.0 - 4.0 lbs	1	Soil	8000 (24%)	24000
Malathion		0.9 lb	1	Foliar	2600 (8%)	2400
Methomyl	Lannate, Nudrin	0.9 lb	1	Foliar	4600 (14%)	3900
Oxamyl	Vydate	0.25 - 1.0 lb	1	Soil, foliar	11000 (31%)	4800
Oxydemeton methyl	Metasystox R	0.75 lb	1	Foliar	580 (2%)	430
Propargite	Omite, Comite	1.5 - 2.25 lbs	1 - 2	Foliar	14000 (42%)	28000



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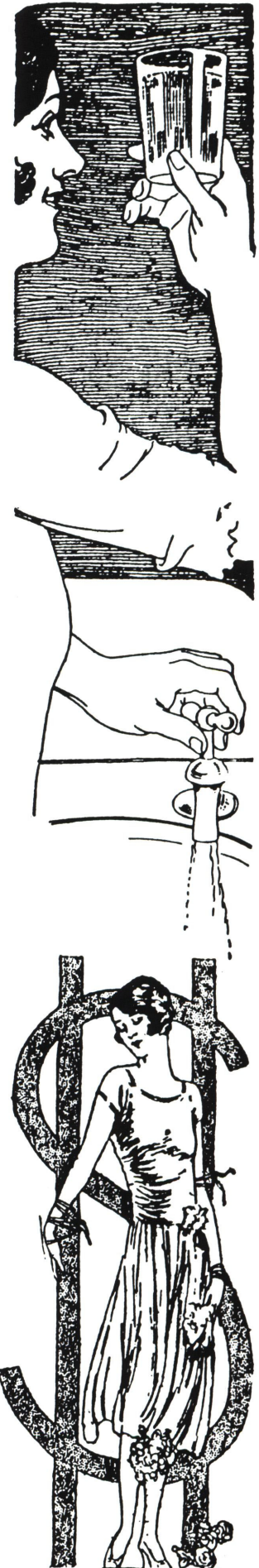
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The situation for crops like peppermint is not likely to improve much in the near future, either. Because mint is such a low-value food crop, no chemical company is yet willing to put much money or effort into research for a species-specific pesticide which can often reduce the amount and toxicity of the pesticides being used. Therefore, the large amounts and combinations of dozens of different pesticides applied on these low-profile crops will likely continue. Interestingly, every one of the scientists contacted almost immediately raised the issue of "necessary risk" as if reciting a gospel, and harked on the public's need to have


faith in the competency of the federal regulations and the farmers' ethics in abiding by them. None would take a position on the notion, however, that with the proliferation of hazardous components in any operation, the risks increase exponentially. And, not surprisingly, none so much as mentioned the larger issue of long-term persistence in the environment of some of these hazardous chemical compounds. Thus, it becomes quickly clear that the safety of commercially-grown food crops is predominantly overseen by a crop of experts typified by a splintered understanding and a near-sighted perspective.

Contrary to scientific dogma, however, there certainly is something we can do about the lack of long-term knowledge. We can, if we choose, refuse to continue as the chemical industry's willing guinea pigs as they attempt to "perfect" their products. In this case, the staff has already decided to cease stocking commercially-grown peppermint and to go strictly with organic. Perhaps, however, commercially-grown mint is no more hazardous than any of the other chemically sprayed foods in and out of the Co-op. Who knows? The "experts" clearly do not. We must make our choice based on information no one fully comprehends. And, fortunately, we do have a choice, but in the end it always comes down to a matter of dollars and sense.



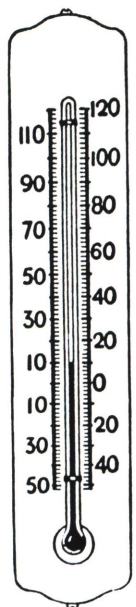
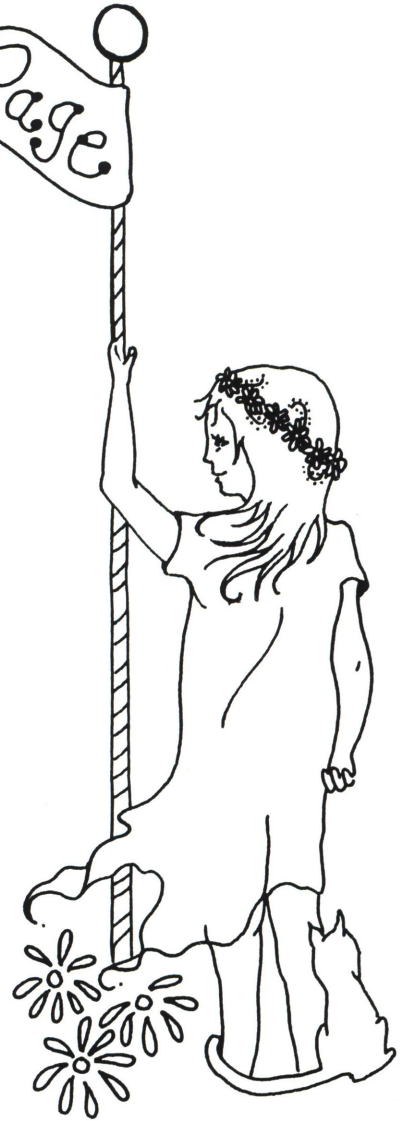
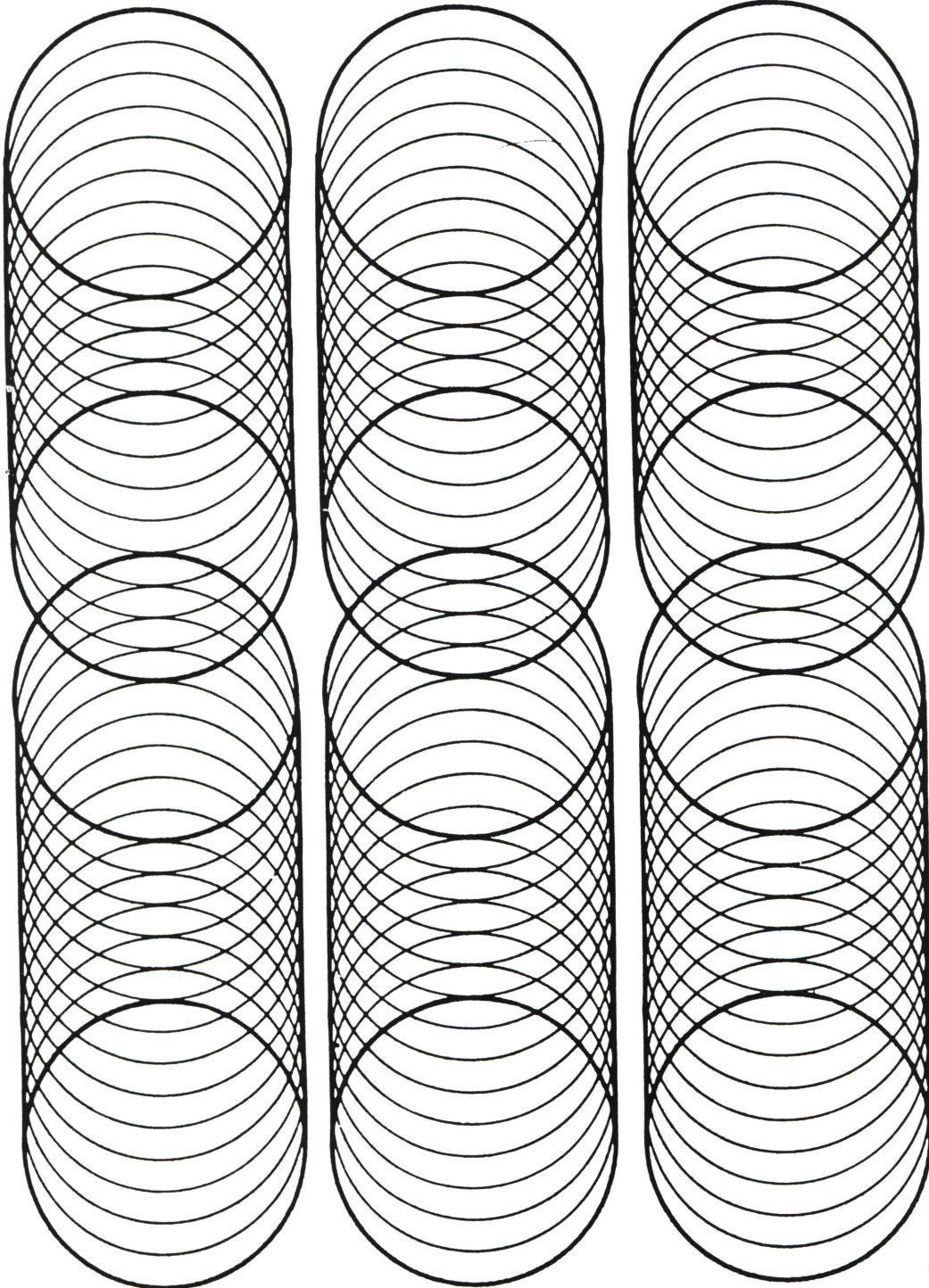
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Kid's Page







# A Good Magazine is a Good Friend

by Renee McNally

Supposedly the days are inching their way towards a respectable length, even though I haven't quite noticed it yet. One of my favorite coping methods for the extremely long nights is to grab a magazine, a cup of tea and soak for a long time in a very hot bath. The Co-op has expanded its selection of magazines and here are a few of my favorites in the line of education and children.

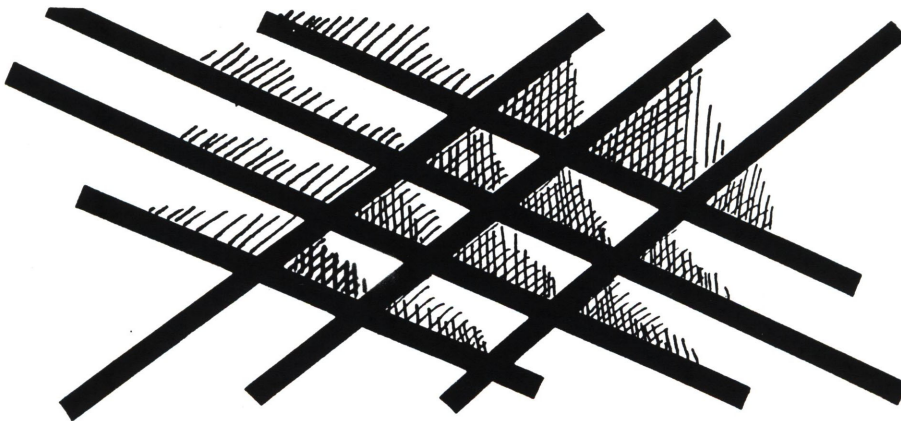
Mothering magazine, a standard in many households in the community, has the intention to inspire recognition of the immense importance of parenting (by both mothers and fathers) to the

development of full potential in both children and parents. It provides information to help parents make informed choices in the areas of prenatal care, birthing, parenting and family life, children's health, education, and grandparenting.

Skipping Stones, a multiethnic children's forum, receives contributions of artwork, photos, poems, stories, magic tricks, recipes, science experiments, songs, and games for children and adults from all over the world. Each issue features photo essays on one culture, environmental information, bilingual essays and poems, and games.

Home Education Magazine, written by and for parents educating their children at home, offers news and articles on education alternatives, curriculum suggestions, legal issues, legislative action, and higher education. Interviews, personal accounts, book reviews, and other home-schooling resources are also featured in each issue.

A brand new magazine to the Co-op is Green Teacher. This magazine provides inspiration, ideas and classroom-ready materials for educators seeking to enhance the environmental and global education of all school ages. Each issue contains news, resources, reviews, and a dozen or so feature articles.



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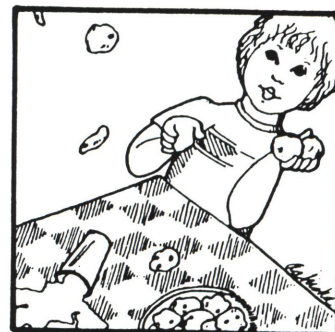
by Skott Larsen

We now carry gallons of 2%, 1%, and skim milk for only \$1.99!!! This is a great deal—so pass it on to your friends and neighbors.

We switched from Dairygold to Sunshine Dairy out of Spokane in early December. Though we had an excellent relationship with Dairygold, we were impressed by Sunshine's low prices. They can offer us these prices because they own the dairy where the milk is produced and we like the idea of carrying milk that comes from one local dairy (located in Othello, WA). Also, there are no additives in this milk and none is ultra-pasteurized.

Prices on all milk will remain low as long as we can buy large quantities at a time. So far we've doubled our order each time. We need to double a couple more times and hold there or increase our orders to reach our ideal bulk level, ensuring us the lowest possible prices.

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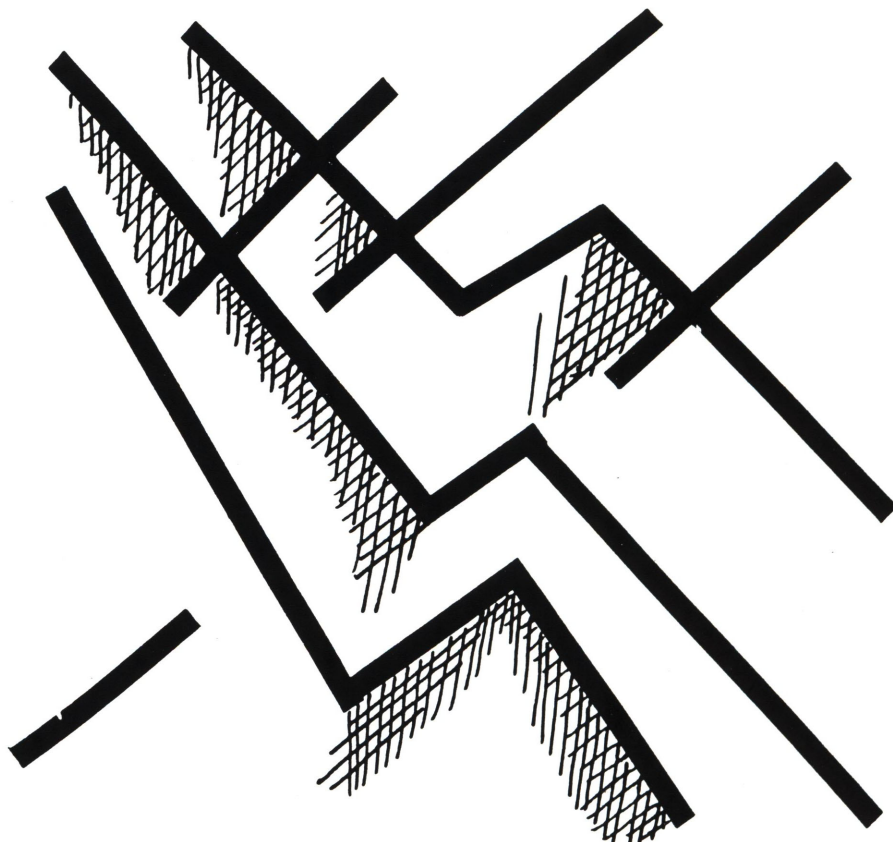
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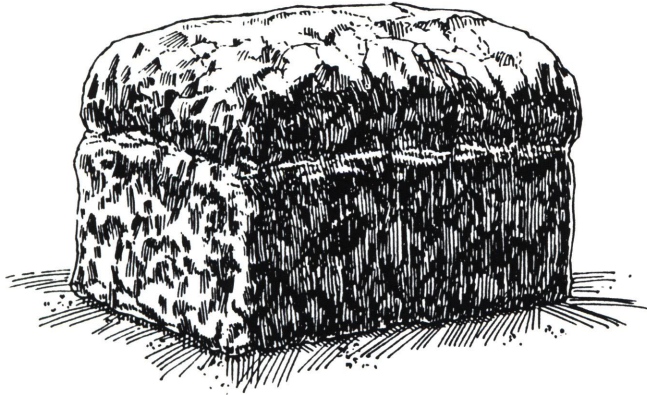
# YOU SUPPLY THE REST ...

by Kenna Eaton

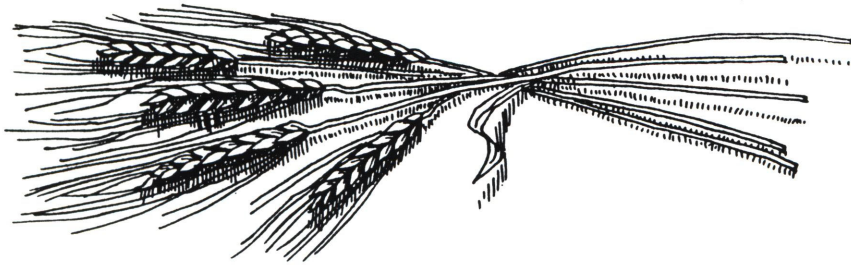
It's not too late to mark it on your calendar!! What is she talking about? Why, it's the Annual "Tell us like it is" Membership Meeting. On Sunday, February 7 (barring any unforeseen conflict) we will have our annual gathering upstairs at the Co-op. The meeting starts after 7 pm to give our staff and last minute shoppers time to finish whatever they're doing, and will feature our infamous "Topless Pizza Party." No, we don't expect you to shed your shirts, just bring your favorite topping to put on the Bakerman's (Ed) pizza crust.

We'll supply the drinks, napkins, sauce for the pizza and cheese, you supply the rest.

This fun filled meeting will feature news of the year past, present and future from your favorite Co-op Staff and Board members. The most important part tho', is when you have the opportunity to tell us how you would like to see the Co-op grow in 1993. Without your participation and input we aren't a co-operative, we're just another business.



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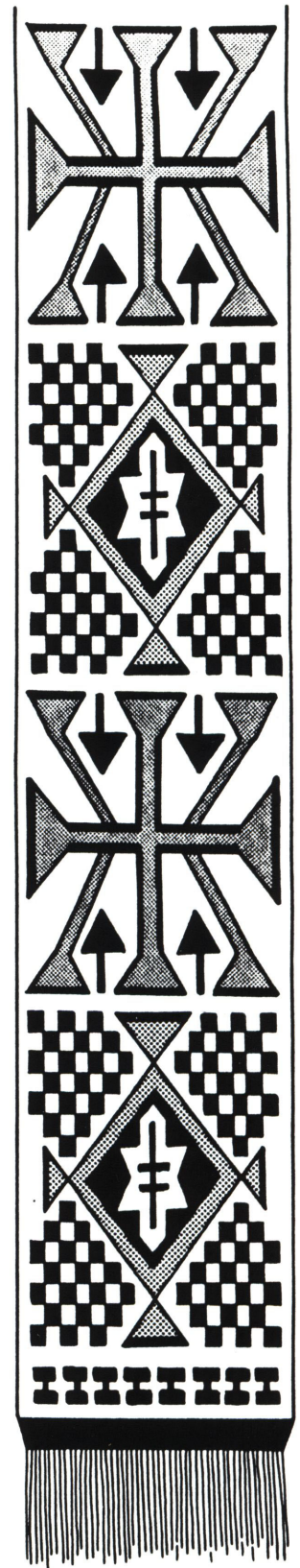
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