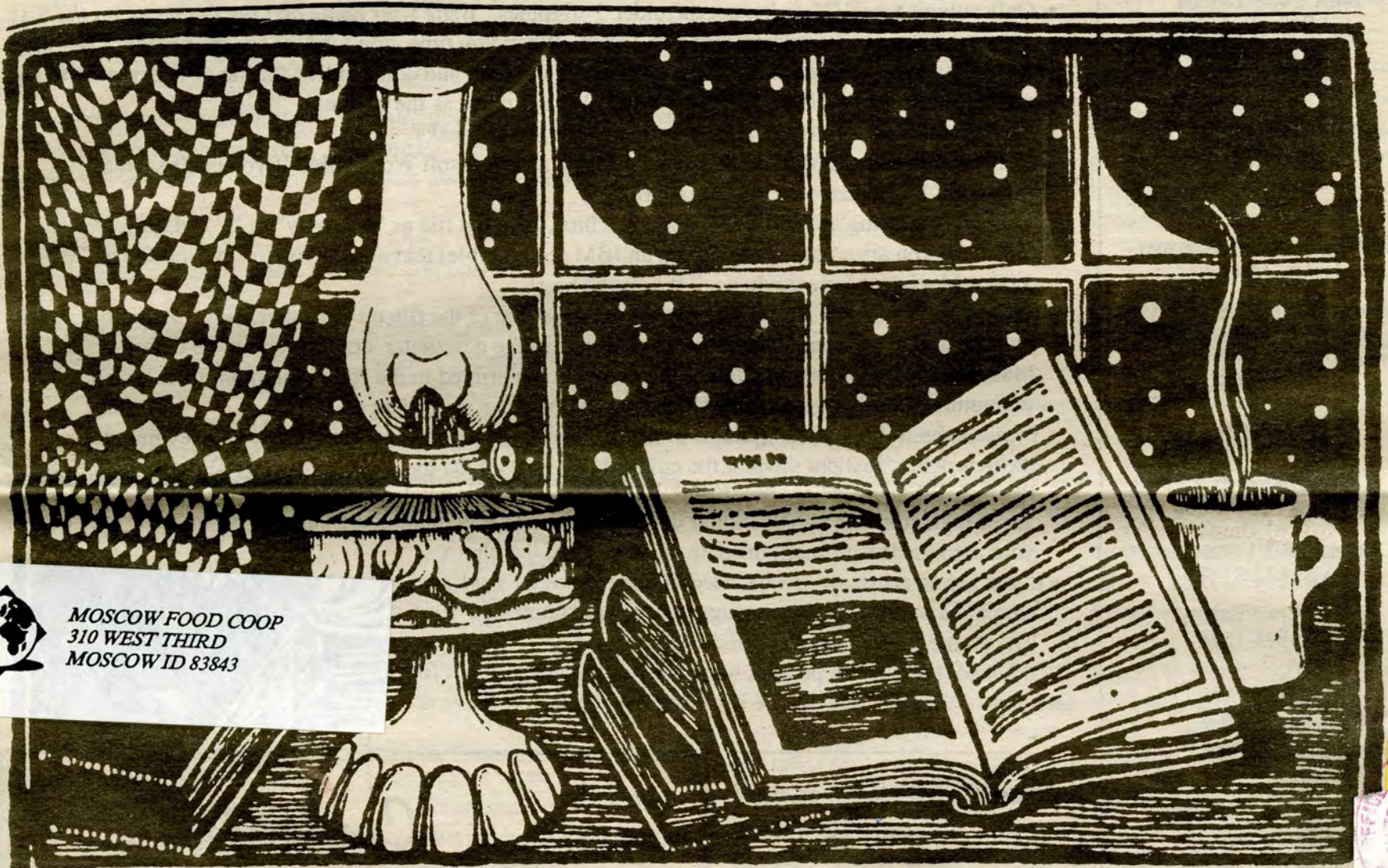



Day-NW HD 3284 N48

January 1996  
HAPPY NEW YEAR!

# MOSCOW COOP Community News



 MOSCOW FOOD COOP  
310 WEST THIRD  
MOSCOW ID 83843



## COFFEE, TEA, AND WINTER WARMTH!

SPECIAL COLLECTIONS  
LIBRARY  
UNIV. OF IDAHO  
MOSCOW ID  
83844-2351



Mark your calendar!  
**Co-op Membership Meeting**  
Sunday, February 11, 5-8 p.m.  
Moscow Community Center

Join us for Wine Tasting!  
Child care available



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Upper Crust Bakery  
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Open Every Day  
9:00 am - 8:00 pm

With plenty of FREE PARKING!

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20th of each month

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# The New, Improved Electronically-Designed Newsletter or Writers & Artists Please Read This!

by Bill London

Yes, the process worked. Instead of the tedious cut-and-paste by hand system we had been using to put this newsletter together, last month's issue was successfully laid-out on computer. The electronic system is faster, resulting in less burnout and more timely delivery. Our thanks to Kate Grinde for making this transition possible.

And now, a message for anyone who writes for this newsletter—please submit your material on disk if possible. Of course, we still have the nimble fingers of Nola Steur to type your handwritten or typed copy. But if you can prepare your submission on computer (either a Macintosh or an IBM compatible), please also submit a disk along with the paper copy. **And here's what we need to make that disk work:**

- Only submit the 3 1/2" disks, not the older 5" floppies. *Write your name and the file name on the disk.*
- Type your story in a common font like Times. When you type, don't indent for the paragraphs—just use the paragraph return key at the end of one paragraph and don't indent for the next paragraph. Do not type the headline in caps. Always include your name as the byline.
- Saving you files -- If asked, do not save including 'line breaks'.
  - If you are using a Macintosh, save the file as a "Microsoft Word" file. If you can't save as Microsoft Word, then save as a "text" file.
  - If you are using an IBM compatible machine, save the file as "text only" or "Word for DOS text only." If you are using a program on an IBM (compatible) that allows you to save the file as "Word 5.0 for Macintosh" please do so, it works the best!
- Submit the disk AND the paper copy. Write the name of the file on the paper copy. As before, leave the disk and paper copy together in an envelope in the newsletter slot upstairs in the Co-op office. Make sure it is there by the 20th of the month, to be printed in the following month's newsletter. We will return your disks to the newsletter slot and you can pick them up there.
- Please submit illustrations (photos or line drawings) to accompany your articles. They help to liven up the newsletter. Just put them in the envelope along with the disk and paper copy. Photos can be either Black & White prints or color prints. If you are submitting color prints, please try to make sure they are of high contrast, not all similar colors. Also, with any photographs, please try to make sure that your camera doesn't mark the date on the face of the photo.
- If you are an artist, we always need theme-related art work for the front page. Leave your name, telephone number, and a message that you are interested for Kate Grinde or Alka Citron at the Co-op. The theme for February is 'Food for the Heart'.

And if this entire process works, it will mean less work for the volunteers who make this newsletter happen. And we will all live happily ever after in our brave new electronic world.

## Monthly Meetings at the Co-op

### General Board of Directors

2nd Monday  
6:15 p.m.

### Strategic Planning

3rd Wednesday  
6:15 p.m.

### Finance/Legal

4th Thursday  
9:00 a.m.

### Education/Outreach

1st Monday  
6:00 p.m.

*Everyone is Welcome!*

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# Get Ready for the Guest Editorial Page

by Bill London

On December 8, at the newsletter betterment party/meeting, we (the fifteen of us who were there and volunteer as writers, designers, and all) agreed to make a major change in the newsletter. We agreed to try adding a guest editorial page.

Previous newsletter policy was that we would print nothing about electoral politics. Nothing about candidates for political office, nothing about initiatives or referendums that appear on ballots. We felt that covering those issues and elections was the job of the mainstream media. (We did accept advertisements from candidates and about initiatives—and we gladly printed polemics about issues, especially environmental and food topics, that were not about specific ballot measures.)

Recently, I have been approached by people who wanted to write about topics that MAY become ballot measures—like the possible initiative to limit black bear hunting in Idaho. This was a grey area not covered in the newsletter policy and I brought it up to the group. The result of the discussion was the guest editorial page. We hope to begin it with the February issue.

Basically, we hope to dedicate one page for opinion on topics of interest to our readers. We want to select a topic and have both a pro and con opinion,

side by side, on that subject. We also want to print letters-to-the-editor in reply to these columns. In the March is-sue, we will print letters that re-ply to the opinions expressed in the February editorials (which means that letter writers would have until the 20th of February to re-pond). Letters must be signed (though if the writer re-quests, we can withhold their name from publication). We need two things to make this work—good topics and good writers.

Please submit suggestions of topics that have a strong pro and con position and also have a reasonable amount of interest among our readership. The range is broad, from national to local. *No candidate endorsements or mentions*, but initiative topics are acceptable.

We need writers willing to take strong stands in public—people who come forward with topics that they want to write about, or who are willing to respond with a pro or con article as needed. I am assuming that we will need of writers who have a strong “conservative” perspective. We need your voice to make this work.

Please contact me at 882-0127 (e-mail london@wsu.edu) or Therese Harris at 334-0335 with ideas for topics or your willingness to write. Let's see if we can make this work.

## LETTERS TO THE EDITOR:

### More Activists, Not Number-Crunchers,

### Needed On The Board

Over the years, there has been endless talk about shortcomings within the Co-op—mostly about pragmatic issues, such as limitations of the current building and the need to move to a better location. There has, unfortunately, been scant discussion of more philosophical issues, such as the state of the Co-op's volunteer program.

Even though activism is the foundation of a healthy Co-op, our Co-op's level of active, participation members leaves much to be desired. The Moscow Food Co-op boasts some 2,000 to 3,000 members. This is indeed a great achievement, considering the relatively small population of the Moscow-Pullman area. However, one must keep in mind that more than 98% of those members are mainly folks who have paid dues just to get member's prices on their purchases. The Co-op is the only show in town, but there is the ever-present fear that this may change someday. Thus, it is alarming that there are only about 40 active Co-op members who volunteer time and energy to help in the operation of the store in exchange for an extra discount on their purchases. Our Co-op, then, is hardly a Co-op, if one is to judge simply by the numbers.

The current Board of Directors, which has most of its seats being vacated this February, has also used statistics to analyze the state of the Co-op. Unfortunately, the numbers they have concentrated on are not numbers of volunteers, but numbers of dollars. I don't mean to scape-goat the Board for the Co-op's ills because, of course, the business end of the business is important. But, if it is not balanced heavily with adherence to co-operative principles, how can we pretend we are anything but an over-priced yuppie food store? If we lose sight of and interest in the nature of co-operation for the

sake of efficiency, we cannot expect commitment from the membership to keep the co-op alive.

As soon as the level of co-operation is included as one of the indicators of the health of a co-op, the perspective is raised to another plain and the issues become vastly more complex. It is impossible to continue to believe that to simply 'get a move on' will solve any problems. A flagging volunteer program is then seen as much more alarming than is the recent leveling out of growth.

A lot of time and good effort has been invested in getting more members active in the store, but if volunteers are not given priority of non-active members and, yes, even over employees, it is difficult to get and keep them. I have seen volunteers neglected, ignored, and even on a rare occasion harassed and discouraged from returning. One single employee not committed to a volunteer program can scare away many good volunteers, each of whom is worth more than that one employee (after all, the employee is there mainly for the money). It is of utmost importance that we rethink and revamp the volunteer program since it is obviously not working. If an employee is not interested in working regularly with volunteers—Good-bye! If the work requirement placed on volunteers is prohibitive—change it!

I do not mean to lay an inordinate amount of blame on employees, most of whom are committed cooperators who work long, hard hours, year after year, for substandard wages. Indeed, how can we expect them to do even as good a job as they do for the pittance we toss them? They, too, are victims of numbers-crunching. It has been decided that the Co-op's expenses are way out of line and a little whip-

(continued on page 15)

# UPPERCRUST



## Wholegrain Bakery

FRESH BAKED, ORGANIC, NATURAL  
EVERY DAY

**Moscow Food Cooperative**  
a multi-natural corporation  
310 W. Third, Moscow, Idaho

# Special Orders Explained

by Kristi Wildung, Grocery Buyer

One of the great privileges of being a member of the Co-op is that you can special order just about anything your heart desires. We are happy to give you this service. It's not a problem. However, there have been a few misunderstandings concerning the definition of a special order.

Some folks order cases of products that we carry in the store to get a larger discount. Some folks order products we don't carry in the store, by the each or by the case. Either way, I'm happy to accommodate you, but we should clear up a few things.

Quantity discounts only apply when you order one or more cases of a product, or a bulk bag, ranging in weight from one to 50 pounds. It all depends on how the distributor sells the

product. We do not give discounts on products ordered by the each.

A special order placed with a cashier is passed on to me to be ordered for you when I place my next order with that company. This may take anywhere from 3 days to 3 weeks. The cashiers will not necessarily know this information. If you need to know, please make sure you give your phone number and request that I call and let you know when your special order may be here. It may take a few days for me to get in touch with you. I pick up the special order requests from downstairs about 3 times per week.

There are many distributors we order from who require us to make a minimum order; we cannot just order one item from them, nor would we want to. It's too expensive to pay for shipping

on one item when we can wait a week and get free shipping. And this means you are not paying for the shipping either. Therefore, it may take some time for your special order to arrive.

Sometimes when you place a special order, the distributor is out of the product you want. In that case I reorder the product a few times, and then I call to let you know that the product is out of stock and ask if you would like me to continue to order it. If you say yes, I will keep ordering the product when I place my orders until it comes in.

Occasionally, you will order a product which is not available to us through our regular distributors. I can find the product through an out-of-the-way distributor, but you will be required to pay the shipping and

any costs associated with getting that product to our store. You may also sometimes order a product which is just plain not available anywhere, and in that case it is, of course, impossible to get it for you.

Please do not misunderstand the meaning of a special order. 'Special' can mean we are doing something a little out of the ordinary by getting product for you at a discount. 'Special' can mean that we are getting a product for you that we do not carry in the store. 'Special' does not mean that we can immediately order an item for you or that we can order something for you that does not exist. But if it's out there, we will try to order it, we promise!!

## Volunteer Profile: Jackie McLennan

By Jackie McLennan



'Tis the season! Have you ever tried to find someone during the holiday season to spend quality time with, other than while shopping, that is? It seems everyone is either sick, out of town, or out of reach! So I'm stuck interviewing myself. It certainly was easy setting up an interview. I even made a point to meet at my house so I could see how I live. Boy, was I surprised that I didn't clean my house for the visit. I did however, make some delicious Republic of Tea (my favorite: Blackberry Sage). Myself and I began the interview a day after deadline, knowing we needed to get it done. I actually

looked forward to getting to know myself a little better.

Jackie originally comes from Lewiston, Idaho. After high school, she moved to Seattle. Then, after making some short excursions here and there, she landed in Hawaii. Her mother and dad had taken her there on a two week vacation, at the end of which she gave back her return ticket and made Hawaii her home. After five years, Jackie made a major move to Alaska. Pregnant with her first child and filled with great expectations, she and her husband made the great trek to the last frontier. It was cold, damn cold. Jackie did a lot of traveling throughout Alaska. She was a buyer for Alaska Commercial Co.— a nonprofit, native-owned corporation. After this Jackie moved to Phoenix, AZ, Portland, ME, Lewiston, ID, Seattle, WA, back to Alaska for a year, and, finally, back to Lewiston.

I asked Jackie what made her come back to this area after all her travels. She said some-

thing about 'Home is where you start from.' She said she wanted her daughter to be around her family, to get to know the northwest, and to feel her roots. I think she just got tired of moving! She seems to be a bit of a wanderer. I was sure she had a bag packed at all times, for quick get away's. She did mention that she likes to travel, even if it's only for weekend get-aways.

When asked why she volunteers at the Moscow Co-op, Jackie replied, "It just seemed like the right thing to do. I walked in one day and decided it would be a fun place to volunteer and to get to know the community better." Jackie has been in Moscow since June of '95. It seems like an extensive stay after all her moving, but Jackie promised her twelve-year-old daughter, Chloé that she would stay here at least until the end of the school year! Chloé has grown fond of the community and likes her friends at Russell.

Jackie likes going into the Co-op every Monday morning

(if she is not out of town) as it gets her week off to a productive start. She bags the dried fruits and chips. Jackie says she loves "the atmosphere at the Co-op. It's relaxed, fun, and everyone seems to be there because they want to be. It's hard to tell the employees from the volunteers. It's great to see everyone work together to support good health. Volunteering at the Co-op is one way to find out what is available in healthy eating alternatives."

Jackie teaches workshops and does imagery sessions at the Wellness Room, which she and her partner, Jim Johnson, co-created last summer. Jackie says, "The Wellness Room is a place to explore alternative healing methods." She is a Hypnotherapist and she and Jim teach Reiki, which is hands-on healing. Jackie loves what she is doing and feels as though she is living her bliss. To her this is the most important thing we can do in life—living our bliss is what we owe ourselves and the world.

# Coffee the Incredible Fruit

by Jacqueline A. Soule

Yes, coffee is a fruit, in fact it's a berry. Ignore the fact that they are called coffee "beans," this is a common name based on a physical resemblance to the fruit of the legumes. Like many plants, there is more than one species of coffee. *Coffea arabica* is the major source of quality coffee. Originally from tropical Africa (not Arabia), Arabica coffee is now predominantly grown in Latin America. The original traders in coffee were the Arabian spice merchants who closely guarded their sources. This led to a botanical inaccuracy in nomenclature, and a bit of information for your next game of "Trivial Pursuits."

*Coffea canephora* is the correct scientific name for the old name of *C. robusta*. Robusta coffee is grown in the Old World

tropics where a disease called red coffee rust kills the Arabica coffee bushes. This is primarily sold in Europe, and has a harsher flavor than the Arabica coffee. Robusta is also grown at lower elevations in the New World tropics.

Another species grown in the Old World tropics is *Coffea liberica*. Liberian coffee produces a harsh, bitter brew, very inferior to the other two species. If it is prepared as Turkish coffee, with lots of sugar and ground cardamom, the harsh taste is not so noticeable.

Many types of coffee are named for their source of origin. The legendary "Blue Mountain Jamaican" is an Arabica coffee grown on that high elevation mountain, which produces a full rich flavor. Kona coffee is grown

on mountains in Hawaii.

The name can also reflect the quality or grade, for example Kenya AA, is a grade AA coffee from Kenya. The grade does not tell you if it is Arabica or Robusta coffee. The best Kenyan coffee I had was an Arabica coffee grown at high elevation on Mt. Kilimanjaro, an equatorial peak with snow on top, even in summer.

**Roasts:** The green coffee seeds are roasted to various degrees of darkness, ranging from light to very dark. The coffee carried at the co-op is gourmet coffee, and was roasted under controlled conditions to bring out an even color and the best flavor.



You can tell the degrees of roast by looking at the coffee. A light or American roast will be light brown and dry looking. The continental roasts are very dark brown, and the seeds have an oily surface texture, showing their longer exposure to heat.

(continued on page 15)

# Black & Herbal Teas

by Peggy Pace

I have suspected for some time that my fondness for tea is the result of having lived a previous life among Chinese nomadic traders along the Silk Route. A rich, full-bodied tea makes me think of Tashkent or Samarkand—exotic places famous for the trafficking of tea and spices from the East for centuries. Tea comes from the leaves of an evergreen shrub which is related to the magnolia, and a properly pruned and cared for bush may live up to seventy years. Black tea, by far the most popular, is made by allowing the dried and rolled tea leaves to

ferment  
before

they are fired. Oolong tea has leaves which are partially fermented, giving the beverage the aroma of black tea and bite of green tea.

The Co-op carries a range of black teas in bulk. My favorite is South Indian orange pekoe tea followed by Darjeeling, but tea enthusiasts can also get Oolong, Irish Breakfast, English Breakfast, Earl Grey, Assam, and the smoky-flavored Lapsong Souchong. Market Spice, a popular, spiced black tea, is also available in bulk, and there are several bulk herbal tea mixes—Forever Fruit, Purple Mountain Majesty (which looks too pretty to drink!), Cinnamon Orange,

Indian Spice, Alfalfa Mint, Winter Spice, and Herbal Orange Spice.

In addition to the teas sold in bulk, the Co-op also carries packaged brands of black teas, spiced black teas, herbal teas, and "therapeu-

tic" herbal teas including tazo teas, a range of teas and herbals from Celestial Seasonings, a few San Francisco Herb and Natural Food Company herbal teas, Yogi tea, and Alvita herbal teas, such as cranberry, sarsaparilla, and ginger mint. Be sure you truly understand the uses of therapeutics. For many years I have heard and read that peppermint tea is beneficial for upset stomach; however, people with reflux may actually find peppermint tea increases their problems. Among the more exotic teas I found at the Co-op with the packaged teas is Live Chia, an Indian concoction of black tea, water, honey, and spices.

I like my hot black tea served in the English style with milk and a little sugar or honey added after the tea has steeped (milk binds with the tannin in tea reducing the risk of stomach cancer). In the summer I prefer Swamp Water—straight iced tea and iced lemonade mixed about half-and-half. Whether you like

a hot cup of herbal or black tea on a cold, wintry day, try serving it with one of the following tea accompaniments taken from Julee Rosso's Great Good Food cookbook.

## Currant Scones

- 1 C. currants
- 1/4 C. fresh orange juice
- 2 C. all-purpose flour
- 1 C. low-fat buttermilk
- 1 T. baking powder
- 1 tea. baking soda
- 3 T. canola oil
- 1/4 C. sugar
- 1 T. vanilla extract

Soak the currants in orange juice for 1 hour. Preheat the oven to 350 degrees and lightly spray or wipe 2 baking sheets with vegetable oil. In a medium-size bowl place all the remaining ingredients and stir with a fork until just blended. Drop the dough in 2 T. measures, spaced about 1 1/2 inches apart. You should have about 24 scones. Bake 10-12 minutes or until golden brown. (These were quite

(continued on page 15)



# COFFEE, CAFE, KAFFEE

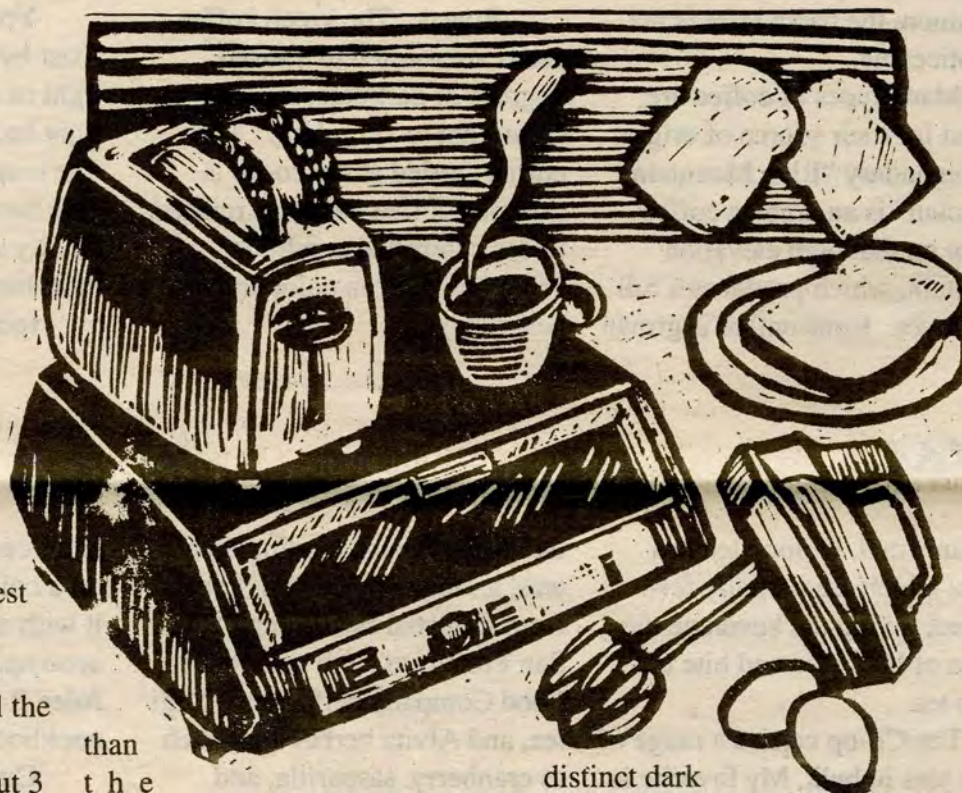
by Pamela Lee

Coffee trees are indigenous to Africa. The Arabs, in about 1000 AD were the first people to use coffee beans to make a hot drink by pulverizing roasted beans into fine powder, then whipping them together with hot water. Coffee reached Venice during the 15th century. English travelers encountered coffee during the 16th and early 17th centuries. One English adventurer wrote, in 1601, that Turkish coffee was "black as soote, and tasting no much unlike it." Nonetheless, a coffee drinking craze soon swept through Europe. Coffee houses sprung up in London during the early 1650's. Parisian cafes became popular gathering places in the 1600's. (Cafes were named after the French word for coffee.) For many years, the Arabs held a monopoly on coffee, but eventually, English, Dutch, and French traders all managed to smuggle fresh coffee beans to their colonies for planting in India, Java, the West Indies and South America. Moving forward to our times, Americans consume 1/3 of all the coffee drunk worldwide. In pounds, Americans drink about 3 billion pounds per year. In cups, about 400 million cups per day; or 4,848 cups of coffee per second, 24 hours a day.

## Growing

Coffee trees are pruned to stay at heights of 5 to 12 feet. The leaves are glossy and evergreen. Coffee trees produce a fragrant white flower which turns into a berry/fruit, containing two pale green seeds (or beans). The ripe coffee berry looks sort of like an over-sized cranberry. A six-year old coffee tree produces about 1 to 12 pounds of coffee berries. Approximately 2000 coffee berries are needed to make one pound of coffee; this works out to be the average yearly crop of one tree. (This certainly helped me understand the high

price of coffee!) There are two kinds of coffee beans, coming from two species of coffee trees: *coffea arabica* and *coffea canephora* (or *robusta*). The arabica tree flourishes at 2,000-6,000 foot altitudes, often growing on the sides of mountains. Arabica coffee is prized as the best and most flavorful of the two types of coffee. The robusta coffee bean, from the *coffea canephora* tree, is twice as high in caffeine content and is considerably less flavorful



than the arabica bean. The robusta bean has been described as tasting flat, neutral, or grassy. *Coffea canephora* trees produce twice as much coffee. They are faster fruiting, more tolerant of warm weather, frost, lower altitudes, and are more disease than the arabica trees. Less expensive supermarket coffees are likely to be comprised of mostly robusta beans, with perhaps a small portion of arabica blended in for flavor.

Besides the two species of coffee trees, the flavor of this aromatic brew can be influenced and distinguished by the country and the locale in which it was grown. Too, as with fine wines, there are annual fluctuations in the quality and character of

coffee crops. Roasting also affects coffee's flavor.

## Processing

Coffee beans are processed in two distinct stages. The first processing occurs in the country where the bean has been grown. After picking, the green seeds (or beans) must be extracted from the berry. To do this, the fruit is subjected to either fermentation or enzymatic and microbial activity which softens the berry pulp so it can be separated from the bean. Then the green beans are dried, packaged, and shipped. The second stage of processing is the roasting, which develops the

distinct dark color and the characteristic flavors. In roasting, coffee beans lose water and become more brittle and porous, thus allowing them to be ground and brewed. The hotter and the longer the beans are roasted, the darker and the more strongly flavored the coffee. The lighter the roast, the more delicate and distinct the flavor. Also, I learned that the lighter the roast, the more acidic the bean since less of the coffee's naturally occurring acids have evaporated or decomposed under the heat of roasting. At the end of roasting, coffee beans contain at least 100 aromatic molecules. Then, it's up to us to store, grind, and brew these beans properly to get optimal flavor from the bean.

## Storing

Roasted beans and ground coffee go stale fast. Old coffee brews up to taste flat, almost papery. Whole beans stored at room temperature begin to lose flavor in a week's time. In three weeks, expect to notice that stale taste. Buy small amounts of coffee at a time. Store whole beans in a jar with a tight fitting lid in the freezer. At 0 degrees F, whole beans should keep for about 3-4 months. When you take the jar out of the freezer to measure out your daily beans, secure the lid tightly and pop it right back in the freezer to prevent moisture from condensing inside the jar. If you grind your coffee at the store, transfer the coffee from the paper bag into a jar with a tight lid as soon as you get home. It'll keep about 1 week in the refrigerator or 2 weeks in the freezer. If you buy flavored coffees (e.g. chocolate, almond, etc.) cut the storage time in half. The added flavor ingredients go rancid quickly.

## Grinding

Coffee tastes best when fresh beans are ground just before brewing. The best coffee grinders create a consistent grind without overheating the beans in the process. I swear by my hand-turned, cast iron Spong mill, though I admit to resorting to an electric blade grinder when I'm feeling lazy or when grinding a large amount of coffee. If you go electric the preferred grinders are burr grinders. They use stones or wheels to grind the beans and they immediately dispense the ground coffee into a container to keep it from being re-ground and thus overheated.

## Cooking

Lucky me! *Cook's Illustrated* magazine did a very thorough investigation of "The Best Coffee-Brewing Methods" in their December issue. It arrived in my mail the week I was doing my research on coffee. That article's author purchased at least one manufacturer's model of every type of coffee-brewing device on the market, from a plastic manual drip cone, to a

glass vacuum bowl, to a flip pot, and more. The best tasting coffee, by a blind testing team, was the low-tech method: Manual drip into an insulated thermos. The only drawback with this method, was the inconvenience of having to pour the water through the cone in batches; you can't leave the kitchen. You can read the December issue of Cook's if you want a detailed account of all the brew testing and tasting. Here is a synopsis of the manual drip method, with a few added brewing basics from my other coffee reading: Use 1-2 T. ground coffee per cup. Use freshly drawn cold water that has been brought to a full boil, then cooled just slightly. First moisten the grounds with a small portion of boiled water, stir gently to make sure they are evenly damp, then add water to the filter cone.

When I use this manual drip method to make coffee, I find it best to measure my cold, freshly drawn water so I don't use more water than I've ground beans for. Make sure your container and cone are clean and free of coffee oils. Old oils can impart a bitter taste to your brew. Make sure the coffee is ground appropriately for the brewing method you choose to use. Choose coffee YOU like.

#### Coffee Miscellany

Coffee is an petroleum-based crop. 99% of coffee cultivators use oil-based fertilizers, herbicides, and pesticides. In

one source I read that the coffee consumer needn't worry about chemical residues remaining on roasted beans. In another book, I read that 35 out of 74 samples of imported coffee tested positive for pesticide residues. I buy organic beans. I admit to making this choice in vigilance of my own health, but others do benefit—the people that work the organic coffee plantations, and, that big abstract: the ecosystem.

Many people have cut down on or given up coffee for health reasons. Both caffeinated and decaffeinated coffee stimulate stomach acid secretion. The polyphenols in coffee, as well as the tannins in tea, reduce the amount of iron available for your body to use. One cup of coffee eaten with meat reduces the amount of iron absorbed by about 40%, tea by 90%. (So, if you drink coffee or tea, you may not want to drink it with your meals.) Caffeine may also affect zinc absorption. Beverages that contain caffeine may cause skin dehydration. Some studies show that caffeine may be related to fibrocystic breast disease. Caffeine may cause chemical changes in cells that cause excess triglycerides to be released into the blood stream. If you consume more than 300 mg. of caffeine daily, it can overstimulate your central nervous system.

I drink it. I've quit before, once for a couple of years, most recently for three months. Now, I moderate my consumption,

drinking my mug, or mug-and-a-half a day, with great pleasure.

I've tried a lot of coffee cake recipes. This is my favorite. There's no coffee in it, but it is great with coffee. This is an adaptation from a recipe in Cook's Magazine, number 13. I've cut down the amount of sugar, used Sucanat, cut the butter in half and used part oil.

#### Quick Crumb Coffee Cake

- 1 T. dry breadcrumbs
- 2 C. organic unbleached flour
- 2/3 C. Sucanat
- 1 T. salt
- 5 T. softened butter
- 5 T. chilled safflower oil
- 1 tsp. baking powder
- 1/2 tsp. baking soda
- 3/4 C. buttermilk or lowfat yogurt
- 1 large egg, at room temp.
- 1 tsp. vanilla extract
- 1 tsp. cinnamon
- 1/2 C. Sucanat
- 3/4 C. nuts (optional) preserved fruit

Adjust oven rack to the center of the oven. Preheat oven to 350 degrees F. Grease bottom and sides of a 10" springform pan. Evenly coat sides and bottom with the bread crumbs.

Whisk flour, Sucanat, and salt together in a large bowl. Cut in the butter, then the oil until the mixture resembles coarse crumbs. Take out 1 cup of this crumbly mixture and set it aside for later use in the topping.

Whisk baking powder and soda into the large bowl's crumbly mixture. Add the buttermilk

(or yogurt), egg, and vanilla. Mix well until the batter is smooth, fluffy, and well blended. Scrape batter into the prepared pan, smooth the top.

Prepare the topping: add the half cup Sucanat and the cinnamon to the 1 C. of butter/ flour crumbly mixture that was set aside. Add any option ingredients you choose to the topping; I've used 1 C. of Italian Plum preserves with great success. I've also used 3/4 C. home-canned pears mixed with 1/2 C. chopped cranberries. Be creative in your choice of topping.

Bake cake until the center is firm and toothpick or cake tester comes out clean, about 50-55 minutes. Let cake cool before cutting. When cool, slide from pan bottom onto a serving plate.

#### Coffee-Honey Mousse

- 1 tsp. gelatin
- 2 T. cold water
- 1/2 C. strong hot coffee
- 3/8 C. honey
- 1 tsp. vanilla or 2 T. rum
- 1/2 pint heavy cream
- 1/2 C. toasted, chopped almonds

Soften gelatin in cold water. Add coffee and honey. Chill until the mixture has the texture of slightly set jello. (It should still be soft enough to whip cream into without forming lumps.) Add cream, vanilla or rum, whip. Pour into serving cups or glasses, top with almonds. Freeze until firm.

Makes 7-10. Serve frozen or slightly thawed.

## EASY LOWFAT EATS by Ginny Clark Kohler

### CORN MUFFINS

MAKES 12

COMBINE:



1 1/4 CUPS NONFAT MILK OR SOY MILK  
1/4 CUP APPLE SAUCE  
1 t VANILLA

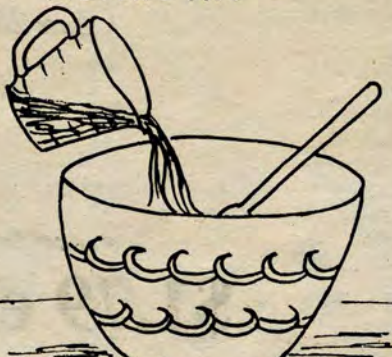


MIX IN LARGE BOWL  
1 CUP CORN MEAL  
1 CUP WHOLE WHEAT FLOUR  
1 T BAKING POWDER  
2 T SUGAR  
1/2 t SALT



t = TEASPOON  
T = TABLESPOON

POUR IN LIQUIDS  
STIR JUST TO MOISTEN  
SPOON INTO NON-STICK MUFFIN TIN



BAKE IN OVEN AT 375° FOR 20 MINUTES

EAT AND ENJOY WITH SUGARFREE JAM



(I ALREADY ATE THE OTHER MUFFIN)

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# How to Make a Great Cup of Coffee

by Jacqueline A. Soule



The first step to great coffee is to use great water. The Co-op now offers deionized water at a fill-your-own station. This makes great coffee! Palouse tap water has too many minerals. Do not use softened water — it produces a foul-tasting brew.

Don't guess amounts. The recommended proportion of coffee and water is two slightly rounded tablespoons per 6 oz. of water. If you are trying a new type of coffee, start with these amounts. The "cups" marked on coffee makers are the 6 oz. size.

"Cleanliness is next to...." Coffee quickly picks up off-flavors during the brewing process. Keep the brewer and server clean. Throw used grounds out immediately after brewing and rinse the holder.

Serve coffee immediately

after brewing. Fresh brewed gourmet coffee allowed to sit on a warmer begins losing flavor immediately. The longer it is held, the less desirable it becomes. Brewed coffee stays flavorful for about 20 minutes, and palatable for about 1 hour.

Never reheat cooled coffee or allow it to sit on a heat source. Coffee will lose its flavor quickly if overheated or allowed to boil.

Rather than making fresh coffee every 30 minutes, a vacuum container (thermos) will keep fresh-brewed coffee warm for a long time. Because the coffee is not sitting on a heat source, it keeps the coffee from breaking down and losing flavor. A thermos flask is also excellent for serving coffee to a large number of guests.

Now that you know how to brew great coffee, go ahead and sample some of the wide selection available at the Co-op. See the article elsewhere in this issue about coffee in general. Also take a look at the educational display as you walk in the store. The education committee works very hard on these displays, and if you like what you see, tell them. In future issues of the newsletter I will try to discuss what is on the educational display each month. To 'paraquote' "....working together to make our Co-op a great place to be associated with!"



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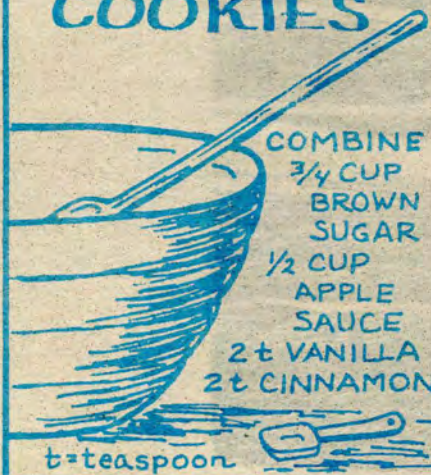
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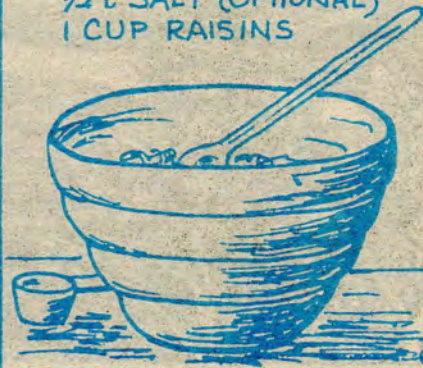
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## EASY LOWFAT EATS by Ginny Clark Kohler

### OATMEAL COOKIES



ADD  
3/4 CUP FLOUR-WHOLE WHEAT  
2 CUPS OATS  
1 t BAKING POWDER  
1 t BAKING SODA  
1/2 t SALT (OPTIONAL)  
1 CUP RAISINS



MIX THOROUGHLY  
YOU CAN ADD 3 t WATER  
IF BATTER IS TOO THICK.  
SPOON ON TO NON STICK  
COOKIE SHEETS.



BAKE IN OVEN AT 375°  
FOR 10-12 MINUTES

THESE COOKIES  
ARE GREAT  
FOR DUNKING  
IN YOUR  
FAVORITE  
HOT  
DRINK!



MAKES 4 DOZEN COOKIES



## The Family: Changing Issues

by Robin Murray

Family (fam'(-lç) n. 1, kindred, esp. one's spouse, parents, and children. 2, a group of things with one common feature.

This is the abbreviated definition of family according to The New American Webster Handy College Dictionary. Personally, I prefer the latter of the two as a definition for today's family. Let's face it, the days of the Donna Reed-type family are gone, if they ever existed in the first place. Today's families are self-defined. There may or may not be children. There may be one adult or there may be ten. Family members may cross boundaries of generation, gender and tradition. What makes a family is the decision of individuals to group themselves that way. So when politicians talk about family values, I have to wonder what family and whose values?

I find it odd that politicians can talk about their support of family values when until the Family Medical Leave Act of 1993 (FMLA) the United States was the only one of the so-called developed nations with no national policy or legislation supporting the family in the work place. Even the 40 hour work week legislated in 1938 was created not to give people more time with their families, but to ease unemployment. Now, the FMLA only mandates six weeks unpaid medical leave for employees of large business, and does not guarantee employees their same job when they return.

Still, we can not blame the government for all of our problems. Back in the "good old days" workers did not need to take medical leave to care for family members because wives did that. Roles and responsibilities have changed and we lack

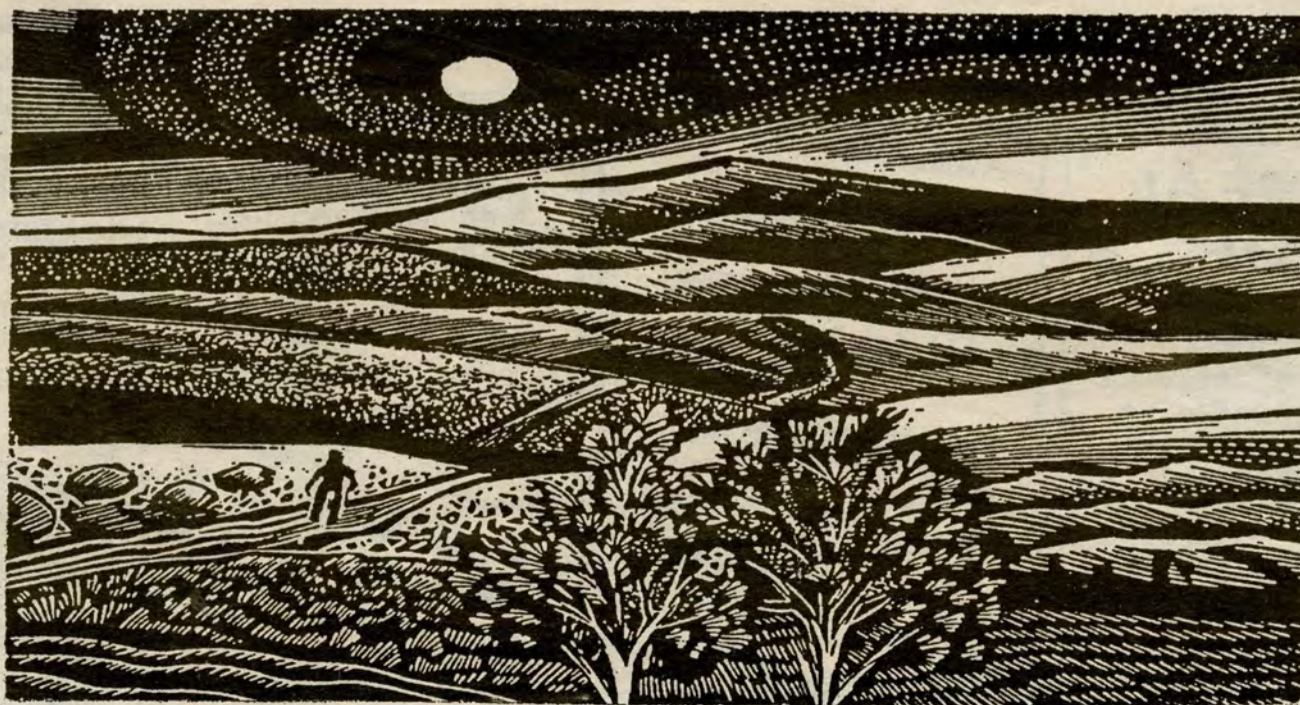
models of how to cope with the many challenges we face. Sometimes we have to work out strategies that Mr. and Mrs. Cleaver never dreamed of, in order to balance work and family.

Not only have our roles changed, but so have our families. Divorce is more common than it once was. Frequently, people are having to juggle custody arrangements and to bring children from previous relationships into new families. The trend to have children later in life is also creating an unusual problem when combined with our increasing life span. More and more, people are finding themselves having to care for their aging parents before their own children are even grown. This adds the pressure of not only being a good worker, parent, and spouse, but a good child as well.

So how do we deal with all

these pressures and challenges? Unfortunately, there is no one best way. We need the help of the government with laws stronger than the FMLA to protect us as workers. We need employers who are willing to change outdated company policies. We need to feel that we do not have to choose between our families and our work to be good at either. We need the support of people around us as we struggle to define ourselves and our families.

Based on my experience as a child care provider and my study of these issues privately and for my Master's degree in Recreation, I'll be writing a series of articles over the next few months. I'll explore ideas and offer some solutions. In the meantime just remember, if you believe you are doing your best in balancing work and family needs, you probably are.



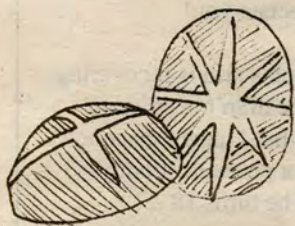
by: Robin Murray

# JANUARY

## Kids page

### Did you know..

that the Idaho State Gem Stone is the Star Garnet? When cut, these special garnets show a four or



six ray star in the center. The six-ray star garnet is found only in the area near Clarkia, Idaho

#### LOOK FOR THESE BOOKS AT THE LIBRARY



The Jade Stone: a Chinese Folktale retold by: Caryn Yacowitz

Rocks and Minerals by Herbert Zim and Paul R. Shaffer Ill. Raymond Pearlman

## Try This:

Make a rock collection

you'll need:

1 paper egg carton

paint

paint brushes

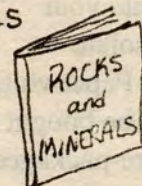
12 small rocks you've found

book about rocks

paper scraps

pencil

glue or tape



Decorate egg carton with paint. When dry, put one rock in each

"egg" cup. Next, use your book about rocks to identify what kind of rocks you have. Make

a label for each one and glue or tape the labels to the carton lid above each rock.

(hint: check the library for books about rocks.)



## A Recipe:

For Mom or Dad & Me!

### ROCK CANDY

1 3/4 cup sugar

1/2 cup water

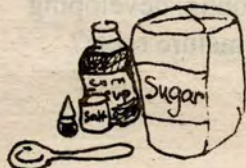
1/2 cup corn syrup

dash of salt

1/4 tsp. vanilla or other flavoring

a few drops of food coloring (opt.)

Butter a 7x10 inch pan. Combine sugar, water, corn syrup and salt in a heavy saucepan. Stir to dissolve sugar. Boil mixture over high heat until it reaches 290°F on a candy thermometer or until a drop put in cold water forms a hard ball. Pour mixture into the buttered pan. When cool, break into bite-sized pieces. Brush your teeth!!



## JUST FOR FUN!

See if you can connect each month to its birthstone:

January

February

March

April

May

June

July

August

September

October

November

December

Amethyst

Diamond

Garnet

Ruby

Sapphire

Emerald

Aquamarine

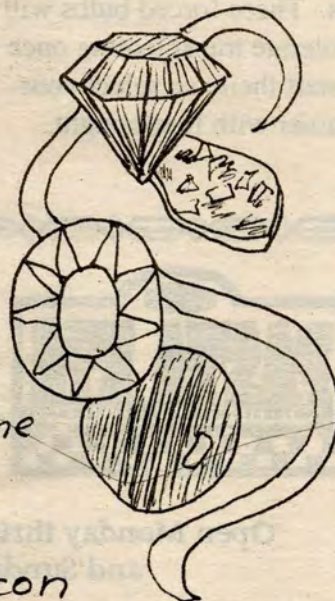
Peridot

Topaz

Blue Zircon

Pearl or Alexandrite

Opal or Pink Tourmaline



# Flowering Bulbs for Winter Windows

by Jacqueline A. Soule

E.B. White once advocated the abolition of the month of February, with its chilling winds and cold miserable days. February will still come next month, but you can survive it with grace and beauty if you start now.

The fragrance and beauty of the Paperwhite Narcissus can liven and decorate your home during the desolate month of February. Paperwhite Narcissus bulbs can be bought loose, as part of a pre-packaged forcing kit. Unlike many other bulbs, paperwhites can be forced into bloom without a cold treatment.

Select a shallow flower pot, or other interesting bowl or container, at least 4 inches deep. Fill it two-thirds full with gravel, sand, polished stones, marbles, or potting soil. Place bulbs, pointed side up, with the bulb half-way out of the filling. Water enough to keep your media moist but not soaking wet, since roots need oxygen to breathe.

For greatest show, place several bulbs in each container, close together but not touching. You may want to select a container that can be placed into a larger pot with pansies planted around your forced bulbs. These forced bulbs will not tolerate transplanting once you start them, so select your container with forethought.

Place the container in a cool (about 50 to 55° F), dark room for about one week. This encourages root development. An



attached garage is often warm enough in the Palouse. When green shoots begin to appear at the tops, move the bulbs into filtered, not direct, sunlight conditions. Try to keep the temperatures cool (about 60° F) during this stage. In about three weeks, fragrant clusters of white,

cream, or yellow flowers will appear.

These bulbs are easy to force to bloom indoors, and the fragrance is a luxurious treat in the middle of winter. Plant a few extra dishes of bulbs to take to the office, or as gifts for friends.

## Afterword

Because the bulbs have been forced, they often will not survive being planted outdoors. You must act as soon as they are done blooming, before the leaves become etiolated, or overextended. As long as there is no snow on the ground, plant bulbs outdoors. Dig a hole deep enough for bulbs and intact roots. The tip of the bulb should be just below the surface of the earth. Keep evenly moist until the leaves die.

## Kid Project

Force the bulbs in a canning jar with marbles for the media. Kids can easily check every day for root development. If the level of the water is kept about an inch below the base of the bulb at first, the moisture will "wick" up around the bulb, without waterlogging it. Will the roots grow to the bottom of the jar? What might be the difference between young, developing roots, and more mature roots?

# A BIG Thank You!

by Annie Hubble  
and Joseph Melior

A big thank you to the "angels" who left a box full of goodies with its accompanying envelope and note on our side porch on Tuesday, December 19th. Joseph and I felt so cherished and cared for. This community we live in has to be one of the best in the world. The gift was anonymous so we cannot thank you all individually, but you know who you are, and we love and appreciate you!

P.S. Joseph's arm is recovering nicely—he didn't need more surgery—but I have threatened him with a permanent body cast until he turns 18 ...!

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# Why I Vacationed in Haiti

by Nancy Casey

"Why on earth are you going to Haiti?" people would ask me. "Do you want to get killed? Do you want to get AIDS? Do you want some voodoo witch doctor to turn you into a zombie?"

In Haiti too, people had trouble finding an identity for me. "What group are you here with? Are you an anthropologist? a development worker? a missionary? a journalist? a spy?" In my halting Kreyol I learned to say, "I am a tourist. I came here to look, to see, and to understand."

Haiti has been on my mind for a number of years. The elation of Jean-Bertrand Aristide in 1990 probably made it stand out for me among ravaged 3rd world countries where corrupt CIA-supported governments live fat on what little wealth can be squeezed from an uneducated population held down by starvation, disease, and guns. After the people took to the streets and demanded a free and fair election, Aristide ran on a platform of beginning to raise Haiti's population from abject misery to dignified poverty. Almost every eligible voter went to the polls to give Aristide a landslide victory. The US-backed coup d'Etat which sent him into exile came on the heels of the Gulf War which occasioned our government's outlandish bragging that its role in the world is to protect democratically-elected governments. I despaired.

When Aristide was restored to office last year, I decided to visit. For me it was an act that makes me feel more empowered than writing my congress people or giving money to Amnesty International. Places like Haiti are cesspools of abuse and corruption because "nice people"

never go there. If Americans don't travel to Haiti, all anyone will ever know is what they hear in the news: Haiti is a hotbed of violence and disease; Aristide is psychologically unbalanced; foreign investors should take the country over in order to "save" it.

For most of the month I was in Haiti, I rented a room from a group of Haitian nuns in the village of Pandiassou, a days rough ride from the capital into the mountains near the Dominican border. These sisters and a companion group of brothers, who live down the road, have been working in the area for 10 years. Their commitment is to the peasants, and their motto is that of the grass-roots peasant movement all over the country: "met tet ansamm" or "Put our heads together."

From the realization that nobody else will ever help them has grown a movement for peasants to pool their resources and help themselves. One of the earliest projects in Pandiassou was to locate a good source of water in the mountains 5 miles away. It took three years to hand-dig a trench and lay pipe all the way, but once it was done, they no longer had to walk a couple of miles to the river to get water for cooking and washing. It also meant that it was realistic to plant trees—they could be water during the dry season (December thru April) when it doesn't rain at all, and the land turns broth, with dust inches deep.

The sisters and brothers run an experimental farm and have set up a credit union so people can buy land and start businesses. There is a school—classes meet half the week, and the other half students learn a trade, like gardening, construction, sewing, or

motorcycle mechanics. Children who attend school eat lunch there—for many it is their only meal.

Their strictest rule is "no handouts." The steady stream of people who come to their door for a bowl of rice and beans "pay" for it by watering trees, cutting grass, shelling beans, sweeping, or washing clothes. Everybody, no matter how infirm they are, can do something, the sisters explain to me. If we give them food without asking for work, we are telling that their work has no value in the community.

It is out of communities like these that the support for Jean-Bertrand Aristide grew. The sisters paid for their participation. During the coop, some members of the community went into hiding. They installed heavy iron grillwork on the open porch of their house and an iron gate at the entrance to their property. In nearby Papaye all of the money and records for the credit union was taken by FRAPH, the paramilitary arm of the government.


It's hard to imagine terror in quiet Pandiassou where a calabash tree grew outside my bedroom window and a tiny wrinkled woman knocks grapefruit from a tree at dawn so the sisters can make juice for breakfast. "People went to bed every night not knowing if FRAPH would come banging on their door to shoot them or burn their house." Thank God that's over.

The weekend before I left, Haitians elected a successor to Jean-Bertrand Aristide. The new President, Rene Preval will take office in February, and then the UN will pull out. Then what? Sadly, a lot of Haitians are braced for civil war.

So I was lucky to visit Haiti in a period of calm between her many storms. Maybe I shouldn't have felt so weary when I walked into the Co-op the first day after my return and someone said, "Hey you're back! And you didn't even get killed!"




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# Don't Trash Your Tree!! Compost It Instead!!

by Carrie Lipe & Therese Harris

**Moscow Residents:** Leave your Christmas tree out for collection during the second week of January. Sanitation workers will collect them after normal garbage collection runs. Put the trees with your garbage cans. Please remove tinsel, popcorn strands and any other ornaments from your tree. Please use this curbside service if at all possible, as the trees fill the compost bins at the Recycling Center too quickly, resulting in extra work and expense in running the composting program.

**Latah County Residents:** Trees may be dropped off at the nearest County Bulky Waste Site. These sites are open on a rotating basis throughout the County on designated Saturdays from 8 a.m. to 4 p.m.. If you don't know where your nearest Bulky Waste Site is, please call the Recycling Information Line, (208) 882-2925, or Latah Sanitation, Inc., (208) 882-5724 during normal business hours. County residents may also drop trees at the Solid Waste Processing Center, located 5 miles east of Moscow, off the Troy Highway. Hours are Mon.-Sat. 8 a.m. to 4 p.m. Households may leave up to 500 pounds of compostable material for no charge. Call (208) 882-5724 for more information.

**Pullman Residents:** Pullman Disposal will collect trees for a fee, based on tree size. Fees range from \$2.55 for a small tree to \$20 for a large tree. Call 334-1914 for more information.

**Whitman County Residents:** Empire Disposal will pick up trees during regular garbage collection runs for the standard \$2.40 extra can fee. Or, trees may be brought to the U of I Wood Waste Site in Moscow, at the corner of A Street and Farm Way (northeast of the Palouse Empire Mall). Hours are Mon. - Fri. 9 a.m. to 4 a.m., and Sat. (Jan. 6 and 13) Noon to 4 p.m.

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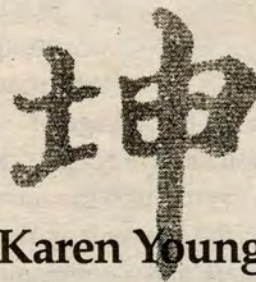
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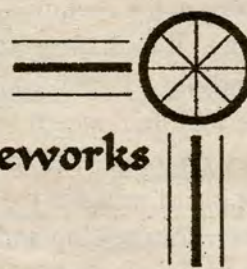
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Schedule of Saturday classes for January-February 1996

Jan 13	Centering Workshop	11 am to 12:30 pm	\$5.00
	Verbal Self Defense	3:30 pm to 6 pm	\$25.00
Jan 20	Time Line Therapy	11 am to 12:30 pm	Free
	Stress Reduction	1:00 pm to 6:00 pm	\$35.00
Jan 27	Centering Workshop	11 am to 12:30 pm	\$5.00
	Spiritual Self Help	1:00 pm to 6:00 pm	\$35.00
Feb. 3	Chi Kung	11 am to 12:30 pm	\$5.00
	Verbal Self Defense	3:30 pm to 6:00 pm	\$25.00
Feb 10	Chi Kung	11 am to 12:30 pm	\$5.00
	Rapport Skills	1:00 pm to 6:00 pm	\$40.00
Feb 17	Chi Kung	11 am to 12:30 pm	\$5.00
	Stress Reduction	1:00 pm to 6:00 pm	\$35.00

### Black & Herb Teas (cont. from page 5)

good when I made them, but I decided I didn't really like currants all that well, so next time I'm going to substitute dried cranberries.)

#### **Baby Schnecken**

- 1/2 C. light-brown sugar
  - 1 tea. ground cinnamon
  - 8 T. (1 stick) unsalted butter
  - 1 C. yogurt cheese\*
  - 2 C. all-purpose flour
  - 1/2 tea. salt
  - 2 T. honey
  - 1 C. finely chopped pecans
- Preheat the oven to 350

degrees. Combine the brown sugar and cinnamon and set aside. In a medium bowl, cream the butter and yogurt cheese until almost smooth. Add the flour and salt and blend with a pastry blender until the mixture is in pieces the size of small peas. Add 2-4 T. cold water and shape into a ball. On a lightly floured surface, roll the dough out in a 9

x 12 inch rectangle. Spray or brush the dough lightly with vegetable oil. Spread the sugar-cinnamon mixture evenly over the top two-thirds of the dough. Roll the dough tightly toward you and cut the roll into 2-inch lengths with a serrated knife. Lightly spray or wipe a cake pan with vegetable oil. Tuck the tail of each roll under and push up on the bottom slightly and place in the cake pan. In a small bowl mix the honey and pecans. Place 1/2 tea. on top of each roll.

Bake 25-30 minutes or until golden brown. (I used fairly tart yogurt for the yogurt cheese. When I make these again, I think I will try a milder yogurt.)

\*Yogurt cheese is made by placing about 2 cups of yogurt in cheesecloth or a fine strainer and letting it drain for 8 hours at room temperature.

### More Activists (cont. from page 5)

cracking is in order. But if we can't provide a decent work situation for our employees, we are beyond foolish to think we can attract volunteers into the frying pan as well.

Are Board members with business, law, and real estate experience needed? I suppose those are valuable traits, but, hell, we can hire number-crunching experts when we need their expert advice. What we really need right now, is Board members who are committed to the co-operative process and have patience, energy, and VISION.

Ken Nagy

### Incredible Fruit (cont. from page 5)

Continental roasts include French, Espresso, Italian, and Viennese. These roasts have a fuller flavor and are less acid-tasting.

You cannot tell by a roast whether the coffee is arabica or robusta. The best gage is to smell the beans, and buy just a small amount at first to test on your palate. Select the grind you need by the type of coffee maker you have.

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THE CO-OP

# Bulletin Board

## at the Co-op . . . Membership FORUM

*Topic: Membership structure*

*Thursday, January 18*

*7:00 pm*

*Join us for discussion and goodies upstairs at the Co-op.*

*All members are welcome!*

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Announcements of events, classes,  
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Submit written  
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Case at the Co-op.

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