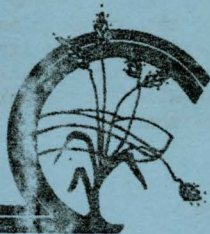


December

A Regional Warehouse.
Co-op Restructuring.
Co-op Legacy.
Chinese Medicinal Herbs.
"Free U" Europeans.
Corporate America.
Poetry.

The Co-op Restructures



COOP

610 S. Main
Moscow 882-8537

Our Co-op Reports

A REGIONAL WAREHOUSE

---SHOULD WE JOIN?

Our board met on November 9, 1976, and present were Dorothy, Mary, Alice, Phil, Maggie, and Chip. As guests were people from the Equinox Collective of Cheney, David, Tom, and Anna.

The entire meeting was taken up with the presentation made by the Cheney group regarding development of a drop site for food in Spokane and a warehouse facility for area cooperatives. The presentation included a brief history of the Equinox Collective whose past projects include the Northwest Trade Directory which lists 250 organic farmers, the Alternative Market Newsletter, and marketing goods for small producers, i.e. 600 lbs. of grapes and tomatoes for people in Granger.

Projects which would involve our Coop are:

I. Drop Site (to begin 12/1/76). The basic idea is that Community Produce would let the Equinox Collective take over the north-south trucking run from Spokane.

A. Our Coop's participation.

1. Order through the Collective.
2. Make a commitment to order through the Collective.

B. Benefits.

1. Fewer ordering calls.
2. Cheney site is closer than Seattle.
3. Saves added trucking to Seattle if midwest shipments decided to stop here.
4. Eventually buying will occur from local people.

C. Cost.

1. Price is the same as we are presently getting from Seattle. (Spokane will get list price plus .035 for trucking; 10% discount from Community Produce will go to Equinox Collective.)

2. Maintain the present delivery price of \$.04/lb.

3. Would require \$400/month investment by the Coop for next ten months which would be covered by an across the board 4 1/2% price increase in our store.

D. Drawbacks

1. Recycling center does backhauls which help finance their Seattle trips; this may be less feasible.

2. Delivery times to sites may be inconvenient; not all coops have the same needs. Our need is once a week.

II. Warehouse. The basic idea is 1) the development of a facility to store one year's goods and 2) the development of a grain cleaning and processing facility including hulling and cracking machines (estimated cost of \$4,500 to \$6,200).

A. Our Coop's participation.

1. Coop front money: for ten months the Coop would pay 10% of the amount usually ordered from Seattle per month, i.e. 10% of \$4,000 or \$400 per month.

2. Some of the money would go to buying local produce; hopefully as stock built up, prices would decrease.

3. If the Coop pulled out, the front money would be returned, although how much is still in question.

At the board meeting questions were raised about the site chosen by the Collective for the warehouse and as to the feasibility of the projects and their benefit to the Coop. This item and others were tabled for the next meeting which was scheduled for November 15 at 8:30 PM at Talisman House.

Our Co-op Reports

CO-OP RESTRUCTURING

Our board met again on November 15 at Tallisman House and present were Mary, Dorothy, Alice, Chris S., Phil, Ann, Chip, Mark, and Chris D. The following is a rough outline of what happened.

I. Northwest Trade System.

For the time being the board decided not to join in ordering with the Equinox Collective by December 1 as they asked, but to wait for membership input and a regional cooperative trade system meeting. Input is also needed from our Seattle suppliers. Contact with the Equinox people will be continued by the newly formed Outreach Committee.

II. New Committee Structure.

Six new committees were created, each with a board member as chairperson.

A. By-law committee (Chris Santos)- to study articles of incorporation and by-laws and to submit changes in accordance with the present needs of the Coop and new storefront regulations.

B. Membership orientation committee (Alice Pope)- to set up a system to inform new members of storefront procedures, to train some people to fill in for coordinators when out of town or sick, and to work on an orientation manual for new and prospective members.

C. Treasury committee (Ann Sheble)- to work with bookkeeper to inform the board of finances and to advise the board on financial aspects of decisions.

D. Newsletter and public relations committee (Chris Dippel)- to organize and publish newsletter, community outreach, and advertising efforts, and to publish educational materials for the Coop.

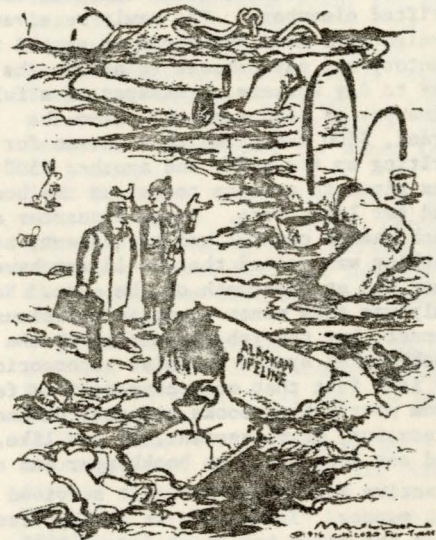
E. Outreach committee (Dorothy MacEachern)- to correspond with other cooperatives, to assist in the formation of other cooperatives in Northern Idaho, and to seek sources of items requested for sale by members.

F. Relocation committee (Mary Szabielski)- to find a new building for the store, to do cost estimate on moving, and to organize remodeling effort.

III. Outreach.

A cooperative is forming in Sandpoint. Chip attended their organizational meeting on November 4 and it was decided to reimburse him for his traveling expenses.

Two topics were put off until the next member's meeting on December 7: the stocking of medical supplies in the store and reconsideration of a two price system of herbs and spices.



"It's new, man—it's bound to have a few little bugs."

© 1976 Chicago Sun-Times. Reproduced by courtesy of Wil-Jo Associates, Inc. and Bill Mauldin.

THE CO-OP LEGACY

PART II

So, in April-May of 1974 a food cooperative storefront formed in Moscow, and was given a \$4,500 grant in venture capital by the Community Action Agency in Lewiston. They distribute (once OEO) economic development funds in a five county area. Also, the newly formed cooperative was given a \$500 loan by an independent non-profit organization called Snake River Community Development Council. The Coop is presently paying back this loan. Both of these funds were made available with the understanding that the Coop's purpose was to provide quality food and services to low income people.

At this point, the Coop was composed of 20 to 25 members and a five person board of directors, whose energies soon drifted elsewhere. The newly received monies were used principally to expand inventory and pay someone to handle the day to day workers, a manager at a full time pay of \$400 a month. From the grant, \$500 was given to a person for writing up the grant and another \$500 was given to someone to set up the books and for legal fees. Thus, a quarter of much needed capital had been spent, and nothing was gained that could not have been had at one-tenth of the cost. Not only was this money spent in a dubious manner, but the job of setting up the bookkeeping system was also sophomoric. It is a fact that most cooperatives fail from poorly kept books and poor business execution, or management, if you like. And our Coop, with no bookkeeper and an inactive board, was lucky it survived the summer. In August, it was apparent that the money was going fast. Mark-ups on food amounted to a food giveaway - 0% for members and 20% for non-members. On top of this, the first manager felt her energy reserves depleted, with the

transiency of the Moscow community making the few remaining workers at the Coop do far more than their share. All in all, the Coop lost over \$2,000 that summer, besides the \$1,000 paid out for grantwriting and bookkeeping/legal fees.

In the fall, with the end of vacations and summer work, human resources began revitalizing the Coop. A new manager was hired, or rather, handed the job, more workers volunteered their time, and a new grant proposal was written. The feeling was that the initial grant was inadequate, and that the new one should be around \$15,000 - enough to cover costs of relocating, refurbishing, new equipment, paying another staffperson (termed assistant manager), and expanding inventory and insurance/workman's compensation. After spending another \$150 for grantwriting and burning out a few more people, the grant proposal was turned down by the CAA. Quickly, an addendum to the proposal was scratched out requesting \$6,500-7,000 in grant money. After three months of struggling by a handful of Coopers (including a volunteer bookkeeper who was instrumental in keeping it all together), the Coop received the first part of a \$6,500 grant.

By this time, the second manager needed a break from the pressures of being the control figure, from the countless meetings with bureaucrats, and from the constant struggle to direct energies toward painfully apparent needs. Business had doubled in one year; by January of 1975, and with triple the membership, a new board of directors, and the new funds, the Coop hired a new manager at around \$500 a month and an assistant manager at \$300 a month. The volunteer bookkeeper began getting \$25 a month for doing a monthly financial statement and balance sheet which was required by the terms of the grant. Though the business angle was better (the markups on food was 15% for members and 30% for non-members),

(cont. page 5)

the response of the community-at-large was not sufficient to compensate for the \$825 paid out each month for salaries. The storefront was becoming uncomfortable to shop in with even just a few people inside, and nearly all usable storage space was gone.

In the spring of 1975, the third manager got the old Coop itch and headed for the mountains. At this time, the Coop decided to try a three-manager system, with each person working part-time and having a specific function. Also, energies were summoned (gasp!) for relocating in a larger space. This was accomplished in June of the same year, to the present location of the Coop.

The summer of 1975 saw another large deficit in both capital and people power. Personality clashes, other commitments, and dwindling inspiration took their toll of two managers and most of the board members. But, again, with the coming of fall, energies were rallied, good feelings reappeared and a sense of direction grew from within. Most of the last grant was gone and little effort went into further prospecting for funding outside the community. The feeling was, and still is, that these funds tend to make the Coop less self-reliant.



THE PEOPLES HEALTH ⁵ chinese medicinal herbs

The Coop carries some Chinese herbs because the corresponding American ones are either not readily available or not of the same quality. The Chinese have a written history of herbs that goes back 5,000 years. The Coop carries a few of the more famous herbs.

Ginseng- for yang (active) energy especially in wintertime, use sparingly. Fo-ti- herb of longevity and rejuvenation, improves kidney and liver function. Matluang- increases lung function and breaks up stiffness in general from excess animal protein, use sparingly. Cinnamon- for circulation (and apple-sauce), cook with ginseng to help circulate the yang energy.

Licorice- harmonizing agent for any combination of herbs, good for liver. Ginger- for greater circulation in lower body, especially reproductive organs. Tang Kuei- called "ginseng for women", promotes the feminine principle and is generally recommended for women instead of ginseng.

Four Herbs for Women (Tang quei, Rehmannia, Ligusticum, and Peony)- famous combination for nearly all feminine hormonal and sexual function imbalances, individually they have specific uses for men and women.

Herbal Concentrate in bottle- includes ginseng, royal jelly (bee secretion), Fo-ti, Tang quei, etc., used to tonify all functions.

16 Herb Blend (Dragon Energy Tea)- has ginseng, Fo-ti, Tang quei, and others, acts as a general tonic.

Essential Balm- contains herbal oils for healing abrasions and sprains.

The above is taken primarily from Chinese Medicinal Herbs, Georgetown Press.

Community News

THE RECYCLING CENTER'S STORY

Standing on the street curb at 290 N. Jackson in front of the Moscow Recycling Center the other day, I was watching the growing proliferation of wooden bins filled with mashed tin cans and the ever-increasing number of 55 gallon drums filled with broken glass. I was reflecting on how the Recycling Center was a sign of the times and the consciousness change which is creeping into decaying American materialism. Not too long ago older citizens thought that recycling was something done during world wars and a whole post-war generation in this country had been raised to throw away objects at an ever-increasing rate. It is not wonder that by the mid-60's the United States, with its relatively small population, was using up 60% of the world's yearly produced resources. Only ten years have passed since the emergence of a counter-culture based on harmony with the earth and opposition to resource wastefulness. The Recycling Center is a sign that those attitudes are not dying. In fact, the Recycling Center has submitted a plan to the county commissioners which would incorporate recycling into the county's Solid Waste Disposal Program, to be considered by the County Commission in December.

Today the Recycling Center has a six-person staff of paid workers and a volunteer Board of Directors to administer daily policies. Volunteer work at the Center is discouraged these days due to insurance problems, but since its inception in July, 1971, volunteers have supplied the bulk of the labor force at the Center. Originally, the Center was started by Larry Kirkland in the alley behind Queen City Printing with local Boy Scout Troops volunteering to sort the refuse.

In 1972, the MRC moved to its present location on land donated by the Husky Oil Co. Later the land was sold to Burlington Northern Railroad and the Recycling Center bought the building. The first official paid manager was Tom Marti who initiated a program of hiring workers by the hour when volunteer labor no longer could guarantee processing of the increased volume. Ruth Campbell, the second manager, led incorporation efforts to achieve non-profit status, which set the MRC up as a business with a Board of Directors. The latest manager, Dave Morey, has helped develop the operation internally, initiating trucking and regular deliveries as well as more organized processing within the Center itself.

The Recycling Center has bins in front of the building to accept cans, bottles, and paper products. Some simple rules should be followed by people who plan to take articles to the Center. Newspaper, cardboard, and office paper are accepted, but slick magazine paper and duplicating paper (Xerox, etc.) is not. All glass except window pane glass is recyclable, but people should not crush their glass beforehand since the various colors of glass must be separated. All metal cans, including aluminum, bimetal pop cans, and tin cans (actually over 90% steel), should be cleaned and the labels removed at home.

The materials at the Center are sold to various dealers and companies to generate revenue to pay rent and staff salaries. The MRC also received a \$2,500 grant from the city which allowed the Center to build needed metal can bins and to make improvements. The glass collected is

shipped every other week to the Northwest Glass Company in Seattle which uses it to manufacture glass bottles. Steel cans go all the way to Texas by railcar, and the Moscow Recycling Center and the Lewiston Recycling Center combine loads to meet the railway's 30 ton weight requirements. Newspaper is shipped to Spokane to be made into home insulation. Most other paper goes to a buyer in Pullman who in turn sells it back to the pulp mills. Finally, aluminum is picked up directly by Reynolds' Aluminum Co. for 15¢ per pound.

'FREE U' RE-OPENS

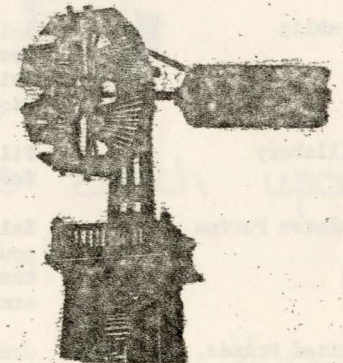
However successful the more traditional centralized teaching institutions may be in preparing students for professional careers, they offer little to the person who is not interested in career training. The mastering of a skill or craft or just personal improvement and awareness are not usual academic offerings, but appeal to people of all ages and backgrounds. In the recent past, the need was met in our community by the Free University which, although successful, suffered recently for lack of a coordinator. The Free University is to return in a few months and is now being organized by Mark Nuttman of Talisman House.

Mark is presently working on lining up teachers and students, estimating community interest, and writing a catalogue of course descriptions. The title and content of the courses is dependent entirely on the individual instructor. Anyone can teach a course; all that is needed is students and desire. Mark will be able to arrange classroom space in Wallace Complex, the Moscow retirement centers, and possibly the Student

Union Building. Some equipment is available, primarily a few sewing machines, some tools, and a darkroom, but it will be up to most of the instructors and students to supply their own materials and equipment.

Registration for courses will officially occur during the week following University of Idaho registration, and catalogues will be available on registration day and in other places around town such as the Bookpeople and our store. Mark is attempting to involve many people in Moscow, especially retired people who have spare time and special skills and knowledge. Some courses are planned and include Leatherworking taught by Bill Randle, a retired saddleworker from Clarkston, VW Maintenance by Tom Sawyer, Newsletter Design and Printing by Chip Clark, swimming lessons taught by Bob Morrison and Mark Nuttman, and others like weaving and vegetarian cooking.

Anyone interested in teaching or taking a course should call Mark at Talisman House (885 6738) anytime between now and registration. Do it today.



CORPORATE AMERICA

FOOD BRANDS AND RESTAURANTS

We wanted to pass along some information about how the corporate food industry in this country operates*. During the "supermarket revolution" in the 1920's, the big high-volume enterprises lowered their profit margins, displacing local grocers. As they were wiped out, chain stores could stop competing and raise profit margins. The money that is spent in these chain stores does not stay in your neighborhood, your city or even in the state. Safeway, which is headquartered in Oakland, California, pulls profits of 986 million per year from 2,300 stores around the country. Decisions about varieties of food Safeway will offer are made in Oakland, with no regard to particular community needs.

Through "vertical integration" (one firm performing several functions successively) a few corporate giants control the food economy of the US. For example, there are 32,000 food manufacturing firms in the US but just 50 of those brand-name giants make three-fourths of the food industry's profits. It is not easy to figure out which company sells which product as there is no legal requirement that food packaging list the parent company. Beatrice Foods, a \$3 billion per year multinational food conglomerate, manufactures 5,000 food items, marketed under more than 100 different brand names. Monopolistic food giants are also moving into the high volume, high profit restaurant business. (* Facts and figures from Eat Your Heart Out, by Jim Hightower, 1975.)

This article was reprinted from the monthly price list of one of our main suppliers, C.C. Grains.

<u>Food Manufacturing Company</u>	<u>Primary Food Brands</u>	<u>Restuarants Owned</u>
Campbell Soup	Campbell, Bounty, V-8, Franco-American, Pepperidge Farms.	Clark's Restuarants and Herfy's Restaurants.
General Foods	Maxwell House, Sanka, Yuban, Post cereals, Bird's Eye vegetables, Jell-O, Cool Whip, Kool Aid, Shake 'N Bake.	Burger Chef
Heublin	A-1 Steak Sauce, Ortega Mexican foods, Inglenook Wines, Italian Swiss Colony Wines, Smirnoff Liquors.	Col. Sander's Kentucky Fried Chicken Restaurants
Pillsbury	Pillsbury, Poppin Fresh, Funny Face drink mixes.	Burger King Restaurants
Ralston Purina	Ralston Purina, Checkerboard poultry, Chicken-of-the-Sea tuna, Ry-Krisps, Chex, Freakies, etc.	Jack in the Box Restaurants
United Brands	Chiquita bananas and lettuce, Morrell meats, Ostrow meats, Inter Harvest fresh vegetables.	A & W Drive Ins

Recipes, Jokes & bits of wisdom

Walnut Balls

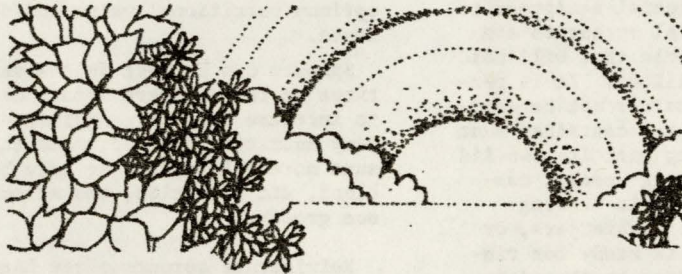
1 cup chopped walnuts
1 cup bread crumbs
 $\frac{1}{2}$ cup finely chopped onion
1 egg
 $\frac{1}{2}$ cup shredded cheese
 $\frac{1}{2}$ cup milk
1 teaspoon salt
parsley (optional)

Combine all ingredients and form into balls or patties. Fry like meatballs until brown. Add to sauce ten minutes before serving. Excellent for spaghetti and mushroom sauces.

Bulgar Wheat

1 medium onion, thinly sliced
2 teaspoons of vegetable oil
1 cup bulgar wheat
2 cups chicken or vegetable broth
1 teaspoon salt

Gently sautee onion in oil about three minutes. Add bulgar wheat and stir to coat all grains with oil. Add broth and salt and bring to boil. Turn down heat to simmer. Cook until liquid is absorbed and bulgar is fluffy. Serve as a substitute for rice or potatoes. Makes about four servings.



One does not sell the earth upon
which the people walk.

~ Tashunka Witko ~ (Crazy Horse)

sprouts

The sprouted seed is known to be one of the most nutritious foods available. Recently sprouts have been rediscovered by nutritionists, who have found them rich in almost every important vitamin and mineral while also containing enough proteins to be classified as a complete food. Many of the sprout proteins are predigested, for they are converted to amino acids during the sprouting process. The starches are also converted to simple sugars requiring little digestive breakdown, so they enter the bloodstream rapidly and are classed as a quick-energy food. The high amounts of vitamin C contained in sprouts may equal that of citrus fruit juices.

Scarcely any endeavor could be more simple than the sprouting of seeds, grains, or beans. Basic requirements are that you keep your sprouts moist but never wet as they will rot, keep them warm (between 70 and 80 degrees), rinse them as often as possible and give them room to breathe (not crammed in a small container).

You don't need any special equipment to sprout, though commercial sprouters are available. Any receptacle that will hold the finished sprouts will do. It is recommended that the container not be wooden or metallic. Since the container must be kept covered anything with its own lid is a good choice including crocks, canisters, jars, large plastic storing containers, tupperware, cookie jars, or coffepots. A strainer is handy for rinsing. Seeds can even just be placed between two layers of clean cloth for sprouting. Using the two-plastic bag system (one bag with punched holes in its lower half holding the sprouts for drainage within another plastic bag) one can sprout in ones backpack, desk drawer, or glove compartment.

The following is a basic guide to sprouting.

Day 1

1. Place seeds in a strainer and rinse to clean off impurities.
2. Soak seeds in at least four times their volume of warm water (80 degrees).
3. Let the soaking seeds stand in a warm place for eight hours or overnight. (This soaking water is loaded with vitamins and minerals and has a mild sprout flavor. Many people drink it, add it to soups, or use it as a cooking liquid.)

Day 2

1. Rinse seeds in cool water.
2. Place selected, swelled seeds in your container, spreading them evenly along the bottom. Cover and set aside. A kitchen cupboard provides a warm atmosphere.
3. In the evening, rinse the seeds and drain completely. Cover and set aside.

Day 3

1. Fill the container with water and drain well. Set aside again.
2. Repeat evening rinse.

Day 4

1. If sprouts are not ready, repeat rinsings.
2. Harvest sprouts when they are at optimum nutritional value and desired taste.

Sprouts can be left in the sun for three to twelve hours before harvesting to increase the chlorophyll content. Many nutritionists recommend that we consume more chlorophyll to help build our blood, aid digestion, and stimulate tissue growth.

Refrigerate sprouts after harvesting, which should be after three to five days. They should be stored in an air tight bag or container and should be eaten within seven to ten days. Use the sprouts in salads, vegetable combinations, main dishes, sandwiches, and soups. Add them to meat loaves, stuffings, dips, salad dressings, vegetarian dishes, baked beans. The possibilities are endless.

(cont. page 11)

Sprouts (cont.)

There are hundreds of kinds of seeds which can be used in sprouting. Mung beans can be relied on to produce good sprouts, and therefore are a good choice to begin sprouting. Also easy to sprout are alfalfa seeds, wheat, lentils, and soy beans. One pound of seeds or beans will yield six to eight pounds of sprouts.

(Copies of this article are available at the Coop.)

the correct line

Ballet Folk	882-7554
Bookpeople	882-7957
Campus Christian Center	882-2536
Creative Workshops	882-3751
Employment Office	882-7571
Food Co-op	882-8537
Food Stamps	882-2433
Grapevine	885-6160
Idaho Conservation League	882-1955
Joe Halls	882-9808
Library	882-3925
Micro	882-2499
Fullman Food Co-op	509-332-1284
Rape Crisis Clinic	882-0320
Recycling Center	882-0590
Talisman House	885-6738
The Store (Spokane)	509-624-0058
U.I. Information	885-6111
Women's Center	885-6616

Credit for this issue goes to Pat, Ann, Chris, Chip, Carol, Yvonne, Phil, Aleta, Mark, and Alice.

Letters can be mailed to the Moscow Food Co-op, 610 S. Main in Moscow.

POETRY



11

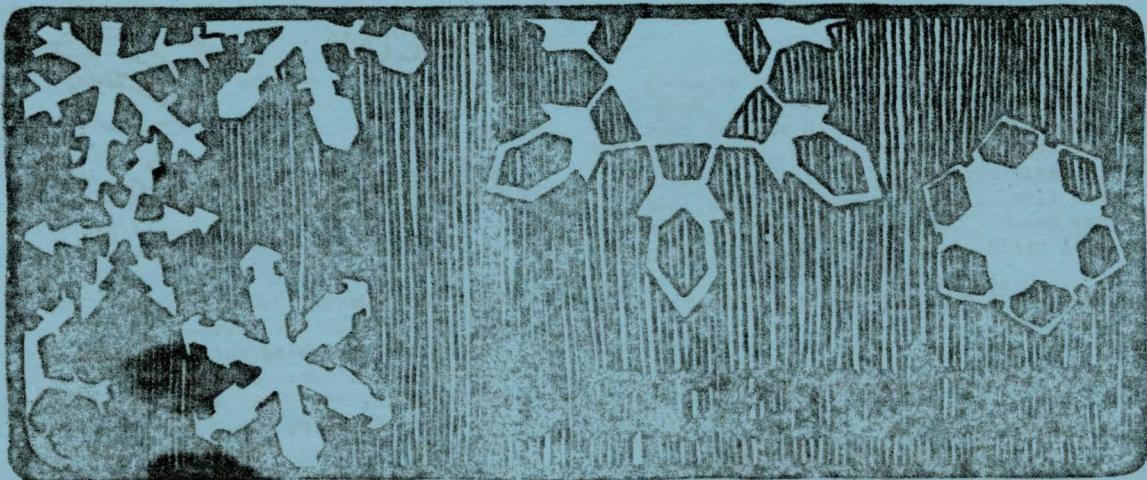
'United Fruit Co.'

by Pablo Neruda

When the trumpet sounded, it was all prepared on the earth, and Jehovah parceled out the earth to Coca-Cola, Inc., Anaconda, Ford Motors, and other entities: The Fruit Company, Inc. reserved for itself the most succulent, the central coast of my own land, the delicate waist of America, It rechristened its territories as the "Banana Republics" and over the sleeping dead, over the restless heroes who brought about the greatness, the liberty and the flags, it established the comic opera: abolished the independencies, presented crowns of Caesar, unsheathed envy, attracted the dictatorship of the flies, Trufillo flies, Tacho flies, Carías flies, Martínez flies, Ubico flies, damp flies of modest blood and marmelade, drunken flies who zoom over the ordinary graves, circus flies, wise flies well-trained in tyranny.

Among the bloodthirsty flies the Fruit Company lands its ships, taking off the coffee and the fruit; the treasure of our submerged territories flows as though on plates into the ships.

Meanwhile Indians are falling into the sugared chasms of the harbors, wrapped for burial in the mist of the dawn; a body rolls, a thing that has no name, a fallen cipher, a cluster of dead fruit thrown down on the dump.



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