

MOSCOW FOOD Co-operative



Community News

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LOCAL Producers

by Kenna Eaton

I just had a customer who's new to the area come in to our store and compliment us on our selection of "neat local stuff." Well, I feel pretty good about buying from local producers, but the heart of the matter is actually a lot deeper. "...to provide food and other products that are reasonably priced, locally and/or organically grown..." is a direct quote from our Mission Statement (that directive from our members to our staff!) Hence, the Co-op places a great emphasis on buying from our local producers, not only because our Mission Statement tells us to, but because we want to. We think of ourselves as a "community grocery store." To us, this means being here for our community of shoppers and also supporting our community of local producers. Buying local means the money stays in the neighborhood. Buying local also means we can sell products that may not be available elsewhere. Increasing the market is good for the producer; more products to chose from is good for the consumer; no middle-man also lowers the price to us, and we pass the savings on to you. We think it's a "win-win" situation for everyone. Help support our local producers and the Co-op by shopping here in Moscow.

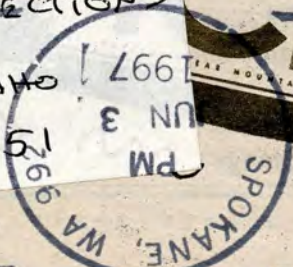
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Co-op - News

What I Love About the Co-op...

by Kristi Wildung, Assistant Manager

I've been doing a lot of thinking about the Co-op recently. We've been going through a lot of changes lately, which seems to be the trend every year at this time. We've had a high staff turnover rate in the past few weeks and we just elected a new Board of Directors two months ago. And of course, there's always the challenge of improving the way we do business—a thought that is always forefront in our minds. It's easy for me to lose sight of the reason I became a member of the Co-op and came to work here, in the face of the day-to-day turmoil of making our store operate smoothly.

There are the people of the Co-op, both customers and my co-workers. I love rubbing elbows with the members of this community who are committed to making the Palouse a great place to live. I love the fact that I can consider each customer who shops in our store to be a friend of mine. I love the fact that, in spite of the sometimes low wages, my co-workers choose to work here because they support the mission of the Co-op and the way we run our business. I'm delighted to appear for work each day, knowing that I'll be surrounded by these great people.

Then, there's the food of the Co-op—all those delicious, nutritious, alternative food choices. I love supporting an industry I know is trying to do business in a life-sustaining manner. I love the fact that I can buy local and organic products and that I can buy them in bulk. And I LOVE the bakery, especially on Mondays when I can indulge in a raspberry-cream cheese roll and a peppercorn-parmesan loaf, all at the same time. There's no other place like this in town.

Then there's the Co-op itself, a fixture in our community for almost 25 years. We've been educating our local community on the benefits of natural foods for two decades and we're still going strong. It's a pleasure to us to see how far the industry has come and what we have given to make that a reality. Each one of our members, including myself, has worked to get us to where we are today. I love feeling a part of that network.

But most of all, as I sit here writing this, my boss just hands me a white chocolate mocha, the first of a new drink we're going to offer on our juice/espresso bar. These are a few of my favorite things....

Good-bye Kristina...Help!

by Therese Harris

As happens in this University town, people move into our neighborhoods and lives and then migrate on as their lives unfold. Another friend and Co-op member to move on is Kristina Wentzell, who has been illustrating for our Newsletter for a while now and also designed our new masthead. Thank you, Kristina, for your creative energy and help! And good luck in your move back east!

This, of course, means that another volunteer position is open for someone with artistic skills. The way it works is that when we receive the articles for the next month's newsletter, the editors divide up the articles between our 2 or more illustrators. We don't expect an illustration for every article, we just want to give the artists some choice of what to draw about. The cover illustration is discussed earlier in the month and that is also 'assigned.' Illustrations (pen-and-ink or pencil line drawings) are due on the layout person's desk within about 4 days, so there isn't much turn around time, but again, we try to be flexible and don't expect an opus magnum! So, if you would like to see some of your work in print, as well as get an additional discount on your groceries, contact Bill London at 882-0127. We'd love to work with you!

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Will This Be the Summer of Volunteers?

by Kristi Wildung

This time of year is the best—people are finishing finals, graduating, heading out for new frontiers. It makes me happy to witness it. Yet, I'm always saddened too, because we lose so many great volunteers. I would like to take this opportunity to thank all of the volunteers who helped us this past school year. You are an invaluable part of our business and we couldn't do it without you. I'd also like to take this opportunity to issue a challenge to all of you would-be volunteers out there who might consider working for the Co-op. Let's make this the summer of volunteers. Let's fill every available volunteer position in our store because there's lots of work to be done this summer. We need help with our Taste Fair in July and our Membership Drive in August. If there are any Fine Arts Majors out there wondering what to do with all of that endless summer time sprawling ahead of them, we desperately need someone to paint our win-

dows!! And the bakery needs some help baking that bread. If you can rise to this challenge and donate some of your summer time to the Co-op, please do it! Check out the volunteer board by the cash registers for all of the available positions. Of course, you gain a working discount with every position, and I can tell you that employers love to see that folks have volunteered when reviewing a resume.

Welcome to our new volunteers! Iris Lange, our new Wednesday morning bakery assistant, Namita Gandhi, our Thursday afternoon Herb and Spice stocker, and Betsy Hennessy, who looks forward to doing some ad hoc work for the Board of Directors and our General Manager. Welcome back to Paul Weingartner, who, along with a little help from Katie and Dylan, will be trucking our cardboard stuff away for us this summer. We're happy to have you aboard!

What's Cooking at the Co-op??

by Eva Strand

Lots of things are cooking, I would say. In particular, I am thinking about our new cooking class series. It surely looks like our cooking classes are here to stay. The education committee is genuinely pleased with the popularity of the Tofu Cooking Class that we have offered this spring. We will continue to offer the Tofu class through June (June 11th and June 25th, 6-8:30 PM). On June 5th we will experiment with exciting Backpacking foods—no more freeze-dried—and on June 19th, we are going to prepare a seven-course,

vegetarian Indian dinner.

Later this summer we are planning to try Fast Vegetarian Dishes, suggestions on how to use all the wonderful produce from Farmers Market and our gardens, and how to cook some of the delicacies from our Co-op Deli department.

Class schedules will be posted on the front door—sign up at the cash register (\$5 for Co-op members, \$10 for non-members). And last, but not least, have a wonderful summer, full of new, fresh cooking ideas!

Sheri L. Ryszewski

◆Attorney At Law
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The Buy Line

Kim Cantrell

Hey Hey Hey, have you all checked out all the new products throughout the store and also some old faves? Let's see where to begin....

New!!!

Oasis Babaganouj

White Wave Seitan

Tazo Iced Tea bars—in the freezer

Bloomingfields Botanicals & Emollients—locally produced

Mezzetta Sweet Cherry Peppers—(Pepperoncini soon to follow)

Amy's Frozen Meals—including Tofu Lasagna (vegan), and Pepperoni Pockets (vegetarian, made with Yves veggie pepperoni)

Blue Sky 12 packs of Rootbeer and Cola

Quantum—Buzz Away-bug products for the summer

Holy Cow Sweet & Sour Tofu To Go

Giovanni Tea Tree Shampoo

Kettle Corn Tortilla chips-in 4 varieties

Alta Dena Organic Cheeses

Annie's BBQ Sauces

Thai Kitchen Hot & Sour soup mix and Coconut Ginger Soup

Govinda Bliss bars Nut Bars—These are a delicious treat

Endangered Species Bars
Chocolate bars-in 4 great flavors including Marionberry

Sharon's Finest Hempeh Burgers

Heaven Scent Cookies

Celestial Seasonings Iced Herb Teas

Small Planet Tofu-vacuumed packed in three flavors

Spectrum Hemp Oil

And look for these old faves to return:

Garden of Eatin Cortillas and

Blue Corn Tortilla-in the freezer

Blue Sky Orange Cremé Soda

Here's your most recent product requests:

Taro Chips—Sorry we probably

will not have these again; though they tasted great, they sat on the shelf too long.

Verbena—We have a “freshness” policy for herbs, if we don't sell a pound a year you aren't getting the best flavor or benefits possible. Verbena is one that sat in the jar too long. But don't forget you can special order it by the pound.

Sushi Rollers—we actually have these, though not always in stock. Look for them on the housewares shelf or by the Nori sheets.

Toby's Sesame Dressing—Unfortunately our distributor doesn't currently handle this line. Can you get me an address or phone # and I'll see what can be done.

Soynuts—I have been diligently looking for this product. I have calls into all my distributors and so far no one has been able to come up with the product We'll let you know as soon as we have more information.

Sun & Moon Conditioner—Unfortunately it's not likely you'll see it again on our shelves—another slow seller. It's easy to order a bottle for you and if I see enough requests or orders I'll reconsider.

“Thank you for the Graber Olives.”—No problem.

“What happened to the dairy free manicotti and eggplant roulettes?”—Gone; very slow sales and freezer space is limited. Try the Amy's dairy-free tofu lasagna and burritos and pizza and...

Oat Milk-Sales were very slow, even when it was on sale. Don't forget to try special ordering a case.

Soy Parmesan—We tried carrying this product several times and ended up spoiling it.

Dried Bananas—We do have these in stock now. They were out for a few weeks because the distributor was out. Please check again.

Remember, we can order just about anything our distributors carry. Some things come in cases (remember the 7% discount if you are a member) and some things come individually. I'll be glad to give you prices on these items. Either talk to a cashier or me.

Senior Day At The Co-op

by Kenna S. Eaton

Beginning June 1st, every Thursday the Moscow Food Co-op will offer our Senior Shoppers a 5% (total) discount on their purchases. To qualify, you must be prepared to show proof of your age and a smile!

Volunteer Profile: Shannon Waters



by Linda Canary
When I think back to our conversation at Laura's Tibetan House of Tea, what I remember about Shannon is her clear, steady gaze that didn't drop when our eyes met, and her shy smile (which she thinks is lopsided.) She's a quiet, twenty-year-old from Caldwell, Idaho, and she and her husband, Shane, were on their way to Bellingham when they landed in Moscow last year during the Renaissance Fair and decided to stay. A good time of year to make that decision!

"Everyone is so friendly here," she says, "and when I saw there was a job open as cashier at the Coop, I wanted it. Imagine—a place where I can work without going against my ethics."

So she works as a cashier, and she paints: "Acrylics—abstract, they have a lot of texture."

"Your favorite color?" asks my daughter who is along.

"Dark blue, very dark blue." Shannon also likes to spend her time reading, watching movies, knitting, and walking. "When you're in a car, you can't just stop and look at something that is interesting when you see it. You can't stop to smell a flower. I like to walk everywhere."

We talked about flowers for a while, since this is the season, and it seems that white daisies and dandelions are the ones she likes best for their simplicity.

For some reason, this led to talking about religion for a bit, maybe because we were surrounded by green Taras and blue Krishnas, and all sorts of Buddhas and Shivas. Shannon was raised as Jehovah's Witness and she says that has a lot to do with the fact that she's not inclined toward any organized religion, except maybe Buddhism.

She had just seen "The Scent of Green Papaya," which happens to be one of my all time favorite movies (besides "Derzu Uzala" that is), so of course we had to talk about the beauty of that film, and the difference between that culture and our own.

Shannon and Shane live cooperatively with another young couple in a big house in the basement of which is the studio/office. Communal living and socialism are great ideas aren't they? They listen to jazz, reggae and Enya. (here my daughter moans and rolls her eyes as I am going through an Enya phase right now.)

Shannon wants to travel before having children. First, all through Europe. What she actually said was, "I want to eat my way through Europe, starting in Italy."

Then she'd like to spend some time in Africa and Central America. Maybe the Peace Corps. Both she and Shane want to help those who are in need.

She wants to pass on the message that meeting Shane gave her, "You're all right. You can do what you want and be who you want. You are perfect the way you are." In her quiet way of modeling this, she will do well. Good luck to you, Shannon. Thanks for sharing your energy with the Coop.

Sometime ask her to show you the tattoo on her forearm. It's a beautiful Celtic knot—very simple, very unpretentious.



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Readers and Business Owners:

The Co-op Community News Needs You!

By Tim Lohrmann

Hi, I'm Tim Lohrmann—the Co-op Community News advertising guy, with a question: Have you ever read the Co-op's mission statement? If not, take a quick glance at your official Co-op 20th Anniversary travel mug that I'll bet is hanging around your place somewhere. Yeah, that's it, the gray one with the purple and green design. Uh huh, there's the mission statement. Impressive, comprehensive, but a little on the lengthy side, eh?

Right, so let's concentrate on just the second part for a minute. "...to provide an information network that fosters progressive social, political and economic change..." See it? Great. So, how're we doin'? Not too bad, I say. It's a relief to see copies of Z Magazine (my personal agit-prop fave) in place of TV Guide or National Enquirer in the mini-newsstand near the checkout at the Co-op. I hope you see a few 'zines that you consider worthwhile as well. Information. We gotta have it!

But, is there room for improvement? Always. Let's start with the Co-op Community News, the little paper you hold in your hands. Would be better if it weren't so 'little,' wouldn't it? I mean, don't get me wrong—I always find plenty of relevant stuff here, but I'm always left wanting more. And that gets us back to that bit of the mission statement above: "...to

provide an information network..." So, if you're like me and wanna see more net in the Co-op's information network, there's probably something you can do.

"What?" you ask. Well, you see all the ads for community businesses throughout these pages? If you're out and about, doing your wise-consumer-of-goods-and-services thing, you can support the merchants who support the Co-op by patronizing them whenever you can. And tell 'em you appreciate seeing their ad.

And, if you're a business person or service provider yourself, I betcha know what's coming. Yep, let's talk about a little ad for your biz. Ads start at only \$8.00—a great price for having your business mentioned in well over 1,000 copies per month. You'll get the attention of hundreds of loyal Moscow-Pullman area Co-op members, while supporting the expansion of the Co-op's info-net at the same time.

You see, the Co-op Community News can expand with community support from readers and businesses. Wanna talk about it? Well, I'm the guy. Give me a jingle at 882-9030, or leave a message at the Co-op, and I'll be in touch. Let's work together to support the Co-op's Community News, the community at large, and Your business. After all, that's what a co-op is all about, right?



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Working for You: The Membership

by Kevin Kane

Well, the new Board is in place, eager to get things accomplished. One of the things that we did in our first meeting was to refurbish an old committee, which is now called the Membership Outreach Committee. What does this committee do? What do YOU want it to do? What are YOU willing to do?

This could end up being the most important committee the Co-op has. We're interested in educating members about the services that the Co-op offers, learning about the services that aren't offered but members want, and making sure that the membership's needs are being met. As a result, this committee will end up working in tandem with the Finance, Education, and By-Laws committees, because those groups all affect the benefits of membership.

More importantly, though, we want to increase our membership. October is National Co-op Month, and the Membership Outreach Committee has set a goal of getting 400 new members, making our membership over 2000. The new members include new residents, people who were members before but didn't renew (I know some of you!), people who already shop in our store but only see the Co-op as a good foods store.

This brings up the important point, what makes us different? Did you know that membership in the

Co-op means more than a discount at the register? Did you know that you have responsibilities? Sure, let us know when you move, but offer to do more than that: tell us what you want. If you have a solution or an idea, tell us about it, or better yet, come and show us how it's done.

One of the things that I'm doing for this committee is pledging myself to tell you, the membership, about what's available, and to identify what needs to be made available. We're trying hard to reach out to the members and potential new members. And we're doing it by using new technology.

The Co-op will be setting up a world-wide web page in the next few weeks. The webpage is essentially the Moscow Food Co-op's way of communicating to the world about membership in our Co-op. This is a big project, and we'll be needing some help. You don't have to be a computer expert to help, either. If you have an idea for what should be on this page, tell us. We need help from artists and philosophers, programmers and shoppers.

We've got too many things going on to let you know about them in one column, so I encourage you to come to our next meeting, June 13th at 8:30 AM. If you have a suggestion or complaint, drop a note in my box, call me at home, or e-mail me at kkane@uidaho.edu. I promise that you will be heard.

Moscow Food Co-op By-Laws Subcommittee Update

by Mary Jane Butters, Board Member

We hold our meetings the first Friday of every month at 11 a.m. upstairs at the Co-op. Right now, we are going through the existing by-laws, line by line, with discussion in between. As a business grows and matures so should its by-laws. This is a necessary, trial-and-error process. Mike Kressler, who serves on the Board of Directors, as well as the By-Laws Committee, has a law practice here in Moscow. He has typed up a blend of the old by-laws and some of the proposed new by-laws as a starting place for our committee discussions. We all

agreed at our last meeting that we would finalize our draft by-laws before we present them to the full board for discussion and approval. If you are a member who has come to us with a specific proposed change, please rest assured that we are working on it. We think it's a good idea to go to the full board for a vote when our complete, redone package comes off Mike's computer. If you have any questions or comments, give me a call at 882-5797

Monthly Meetings at the Co-op

General Board of Directors

4th Thursday
5:30 p.m.

Nomination

1st Tuesday
4:00 - 5:00 p.m.

Finance/Legal

1st Tuesday
Noon - 1 p.m.

Education/Outreach

1st Friday
Noon

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live forever."

-anonymous-

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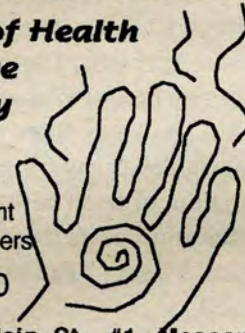
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Food & Nutrition

Summer Salads

by Kim Cantrell

It's very exciting that the weather has been conducive to gardening, hiking, lounging and all of the great sunshine things. It's also time to cook light and quick meals. If you are like me, you don't go inside until the sun is down and you certainly do not wish to turn the oven on. So, it's 8 pm and the house is cool—what's for dinner? I totally enjoy salads, especially marinated ones that get better after they sit for a day in the fridge, plus you have leftovers for a few days. I've chosen three of my favorite recipes (that I actually have written down) to share here. But, I am known to throw together any vegetables in my fridge with a combination of fresh herbs and whatever grain/pasta there is in the cupboard. I figure I can experiment on myself.

My Aunt Kathy gave me this recipe for one of the best coleslaws I've ever eaten. It's a bit unique, with color and a dressing that can't be beat. Also, you can prepare all the vegetables ahead of time and add dressing as you like—that way everything stays fresh.

Kathy's Coleslaw

- 1 small head of green cabbage, shredded
- 2 carrots, grated
- 1 sweet yellow onion, diced
- 1 cucumber, diced
- 2 tomatoes, diced
- 1 green bell pepper, diced (you can vary amounts to make more or less)

Dressing

- 1/2 c. mayonnaise or vegan mayo
- 1 tsp. vinegar (red wine is great)
- 2-3 T. ketchup
- 1/2 tsp. sugar
- 2 cloves garlic, minced
- black pepper to taste
- 1 tsp. dry mustard
- salt, to taste
- paprika

Mix by hand or in blender; toss with salad just before serving

This next salad can definitely be considered a meal.

Tortellini Salad

- 1# cheese tortellini, cooked and cooled

- 2 Roma tomatoes, diced
- 1 green pepper, diced
- 1/2 bunch green onion, chopped
- 1/2 bunch parsley, chopped fine
- 1/2 c. pinenuts, toasted
- 1/2 c. asiago cheese

Dressing

- 1/2 c. olive oil
- 1/3 c. red wine vinegar (try balsamic for a bolder taste)
- 3 cloves garlic, minced
- 1 T each: basil, oregano, and coarse black pepper (I suggest using fresh herbs when possible)

Mix all ingredients together and let sit for 1 hour so flavors blend.

Okay, this has got to be my all time favorite and definitely the easiest to make:

Greek Salad

- 2 cucumbers, sliced
- 3 Roma tomatoes, sliced
- 1/2 red onion, sliced
- Mix with
- 1/2 c. olive oil
- 1/3 c. red wine vinegar
- 2 cloves garlic, minced
- fresh ground pepper to taste
- one hunk of feta cheese-crumbled



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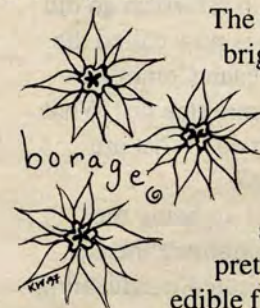
by R. Ohlgren-Evans

A dramatic and fun way to enhance simple recipes is making an exciting comeback in American cuisine: eating the blossoms from our flower gardens. Creative cooks everywhere are rediscovering the value and beauty of edible flowers, adding a distinctive, flavorful touch and making any dish a creative original. Recently, I encountered the book *Flowers in the Kitchen* by Susan Belsinger, and the following ideas and recipes are adapted from her tasty collection.

People have been eating flowers since time began, in preparations from meads to meats. For most of us, cultivating flowers for food has become a foreign notion—we are so fearful of noxious plants and sprays, that we've lost this ancient culinary practice. The best introduction to eating flowers is to proceed with caution. First, be sure that you have identified your flowers correctly. Know their source—preferably your own garden, or a friend's where you can be sure that they are unsprayed. Some flowers can lead to stomach upset if eaten in large quantities, so take little nibbles at first to get accustomed to these new foods. You might want to start using flowers as a garnish and sample the flavors before trying more daring culinary delights. Or, sprinkle a few flower petals over a salad to add color and flavor. Some of the nicest ways to begin using edible flowers are also the simplest: Scatter a chive blossom over a simple salad or cheese omelet for a beautiful and flavorful garnish. Try basil flowers in any recipe where you would use fresh, snipped basil leaves.

When bringing flowers in from the garden, pick flowers in the morning or late afternoon when water content is at its peak. Choose only those blossoms that are free of insects, disease or other damage. For best flavor, always use flowers at their peak; don't use unopened buds (with the exception of daylilies), and don't use faded or wilted flowers, as they tend to taste bitter. Gently wash the blooms in water to remove dirt and pat dry. If you are preparing the flowers ahead of time, you can store them between

slightly dampened paper towels in the refrigerator.



The star-shaped, bright blue flowers from the borage plant are some of the prettiest little edible flowers.

Gently pull each blossom by its black center to release it from its hairy foliage. They will echo the taste in any cucumber dish, and are a sturdy garnish for dips, salads and tea or wine beverages. They are pretty when frozen in ice cubes for garnishing a simple glass of iced tea or lemonade.

The herbaceous and slightly musky petals of the calendula blossom are edible and have long been used to color butters and cheeses (don't use the center disk of the flower, which is strong and bitter). They are good added to rice dishes, custards and baked goods, and as a garnish for salads and vegetables. The petals can be dried for use in winter soups and stews.

Add a small handful of lilac blossoms to your favourite scone recipe for a fanciful spring touch: choose the lavender colored blossoms, as their presence is more for color than taste. Lilac blossoms are also a perfect candidate for candied flowers, to top a cupcake or wreath a cheesecake.

All parts of the daylily are edible. Smaller buds, about 2 inches long or less, are best for eating; bigger ones tend to be bitter. When sauteed, the buds taste like a cross between asparagus and zucchini. Petals can be pulled from the flower and used whole or cut. Use the petals to garnish salads, or add them to soups or vegetables. Sample the flowers you plan to use, as flavors vary depending upon where and how the plants are grown.

Pasta with Daylily Buds and Mushrooms

- 6 oz. oyster or shitake mushrooms
- 1 heaping cup daylily buds, 1 1/2 to 2 inches long
- 2 Tbs. butter

2 Tbs. olive oil
 2 green onions, finely minced
 1/2 tsp. fresh chopped marjoram
 1 Tbs. fresh chopped parsley
 salt and pepper
 grated parmesan cheese
 1 pound fresh fettuccine noodles

Put the pasta water on to boil while preparing the vegetables. Clean the mushrooms with a brush or a damp paper towel; do not rinse. Tear them into large, bite-sized pieces; remove the tough stems of shitakes. Rinse the daylily buds and pat them dry.

In a large skillet, heat the butter and oil over medium heat. Add the shallots and saute them for about a minute. Add the mushrooms and stir for a minute or two. Add the daylily buds and stir for 2 to 3 minutes more. Add the herbs and season with salt and pepper. Cover the skillet and let it stand over very low heat for a few minutes while the pasta cooks. Drain the pasta, add it to the pan of vegetables, and toss well. Add another tablespoon of butter or olive oil if necessary. Taste for seasoning and serve hot. Garnish with breadcrumbs if desired, and pass the parmesan.

Keep in mind that foods which ripen at the same time of year often seem to go well with one another; each season will bring new and exciting combination possibilities. Keep combinations limited to two or three flowers, otherwise the flavors can become muddled. Once you've sampled a few blossoms and learned to enjoy their interesting new flavors, experiment with other blossoms and create your own unique combinations. Let's have a look at a couple more spring ideas:

Spring Flower Salad

About 4 cups of mixed salad greens
 1/2 - 1 cup of assorted edible flowers (apple, chervil, chive, coriander, johnny-jump-up, pansy, plum, scented geranium, or violet)

1 T. tiny new mint leaves
 1-2 T. dill sprigs
 1 T. snipped chives
 1/4 cup olive oil
 1-2 T. balsamic or herb vinegar
 salt and freshly ground pepper

Wash the salad greens well and pat or spin them dry. If the leaves are large, tear them into bite-sized pieces. Wash the herbs, gently rinse the flowers and pat them dry.

In a small bowl, combine the oil and vinegar with a fork, and season

with salt and pepper. Arrange the greens on a serving platter and scatter the herbs over them. Place the flowers decoratively on top. Stir the vinaigrette well and drizzle about half of it over the salad. Toss gently, adding more vinaigrette if necessary and serve immediately.

Asparagus with Sesame and Chive Blossoms

1 pound asparagus, washed, trimmed, and cut diagonally into 1-inch lengths
 1 T. olive oil
 1 T. sesame seed
 2 T. fresh, snipped chives
 about 16 chive blossoms, stems removed to separate flowers
 1/2 tsp. soy sauce
 salt and freshly ground pepper
 a few whole chive blossoms for garnish

Blanch the asparagus in lightly-salted boiling water for a bout 3 minutes or until crisp-tender; do not overcook. Refresh under cold water and drain well.

In a skillet, heat the oil over medium heat and add the sesame seed. Stir for 1 minute; add the snipped chives, and stir for 1 minute more. Add the asparagus and soy sauce to the skillet with a few pinches of salt and generous grindings of pepper; stir well, cover, and cook for a minute or so. Remove the lid; sprinkle the chive blooms over the asparagus, and cover for 1 to 2 minutes so that the chive blooms steam briefly. Stir lightly and taste for seasoning. Serve hot. Garnish each plate with a whole blossom or the serving dish with a few.



So forget that old adage, "Please don't eat the daisies." Bring the flowers out of the garden and into the kitchen. Experiment and enjoy the new colors and tastes at your table.

Edible Flowers

More... Edible Flowers

by Pamela Lee

Living in a college town I've made and lost friends who've come to town for school, or for teaching, then move away. A couple of years ago, I had lunch with the daughter of a dear, dear friend who had moved on after her husband had finished his doctorate. This daughter had grown up in the ten year span that I'd not seen her. I'd known her as a young child, back when she had chubby little baby-fat legs. She'd been only eight when she left Pullman. The young Sara I had lunch with, in Spokane, was a taller-than-me eighteen-year-old. Still sweet, still smiling. After our initial hugs, greetings, and our so-good-to-see-you's, Sara's first question to me was, "Pamela, do you still eat flowers?"

I love flowers, and I love to eat. So, it seems quite natural to combine the two. Some flowers are delicious to eat. They can also be used to decorate a plate or serving platter. The flowers that I've eaten the longest, back when young Sara was a child, are nasturtiums—blossoms, leaves, and pickled seeds (I used them instead of capers). And though I've since grown other blossoms for food, nasturtiums are still my favorite.

Not all edible flowers are quite as tasty. For instance, while tulips rank high on my list of favorite flowers in terms of visual appeal—they're gorgeously sculpted and statuesque in form—frankly, they don't impart much in the way of flavor. Tiny purple violas make a lovely garnish for a decorated frosted cake, but, again, I don't think they contribute much to the taste of the cake or the frosting. Edible herb blossoms tend to taste like the herb itself. For instance, chive flowers taste like chives; thyme flowers like thyme. Cilantro blossoms taste much like the rest of

the cilantro plant.

Edible blossoms do make attractive garnishes on fruit, vegetable, or molded salads, on dips, soups, sliced hard-boiled or deviled eggs, on cakes, custards, and other desserts. Combined with your favorite cheeses, add flowers to omelet or frittata fillings, and use more of the same blossoms to decorate the dish. Edible flowers can be frozen in ice cubes and added to herb teas.

The most famous, and the most expensive, edible flower is the *Crocus stivus*, from which comes saffron. The saffron crocus should not be confused with the poisonous meadow saffron or fall crocus, *colchicum autumnale*, a member of the lily family. The saffron crocus is grown in Italy, Spain, Greece, Iran, and as far east as Kurdistan. Saffron is so expensive because the bright orange stigmas must be picked by hand, and because it takes 70,000 to 80,000 stigmas to make a single pound of saffron seasoning.

The following flowers and flowering herbs are edible: *Agastache* (anise hyssop), *Alcea* (hollyhock), *Alium* (chives, garlic chives), *Anethum* (dill), *Begonia* (tuberous begonia), *Bellis* (English daisy), *Borago* (borage), *Brassica* (mustard), *Calendula* (pot marigold), *Coriandrum* (coriander), *Cucurbita* (squash), *Dendratherma* (garden chrysanthemum), *Dianthus* (carnation, garden pinks), *Foeniculum* (fennel), *Gladiolus*, *Hemerocallis* (daylily buds), *Hyssopus* (hyssop), *Lavandula* (lavender), *Lonicera* (honeysuckle), *Matricaria* (German chamomile), *Monarda* (bee balm), *Ocimum* (basil), *Origanum* (oregano, marjoram), *Pelargonium* (scented-leave geraniums), *Phaseolus* (beans), *Pisum* (edible peas), *Rosa* (roses), *Salvia* (sage, pineapple sage), *Sambucus* (elderberry), *Syringa*

(continues on page 10)

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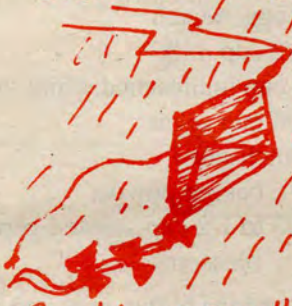
June

by Robin Murray

Kids page

Did you know...

In June of 1752, Benjamin Franklin did his famous lightning experiment. He flew a kite with a metal wire attached to it during a thunderstorm to prove that lightning was made of electricity. The experiment worked but lucky for him a small bolt hit the kite so he got a small shock.



LOOK FOR THESE BOOKS AT THE LIBRARY:



What's the Big Idea, Ben Franklin by: Jean Fritz
illustrated by Margot Tomes

ThunderCake by: Patricia Polacco

Try This:

Lightning Pictures:

- you'll need:
- paper (white)
 - glue
 - crayons
 - cotton balls
 - paintbrushes
 - container
 - blue food coloring

- 1 Draw a landscape scene on your paper. Using a white crayon put raindrops and lightning in the sky.
- 2 Put a few drops of food coloring in the container. Thin with water.
- 3 Paint over entire picture with food coloring.
- 4 When dry, glue on cottonballs for clouds up in the sky.



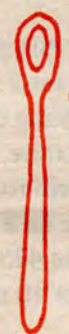
A Recipe:

SERVE THIS UP WITH SOME THUNDER CAKE!

Old Fashioned Lemonade

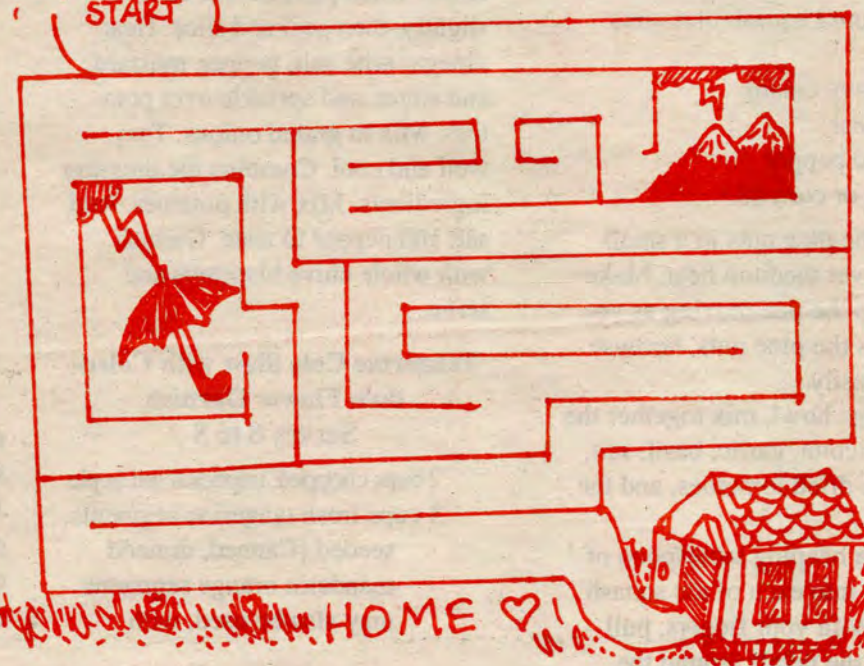
- 6 lemons
- 3/4 cup sugar
- 1 quart water

Roll lemons back and forth on counter or table, pressing down slightly. Cut in half. Squeeze out juice using a citrus juicer. Remove seeds. Pour juice into water. Add sugar and stir until dissolved.



Just For Fun!

Try to get home before the Thunder storm comes!



More Edible ... (cont. from page 7)

(lilac), Tagetes (marigold, especially signet marigold), Thymus (thyme), Tropaeolum (nasturtium, blossoms and leaves), Tulipa (tulip), Viola (Johnny-jump-up, pansy, violet). This list is taken from Horticulture Gardener's Desk Reference, by Anne Halpin, Macmillan, 1996.

Not all flowers should be eaten. In fact, some are poisonous, and should not even be used as garnishes. I'm tempted to list these as well, but fear that the two lists (the edible list above, and a hypothetical inedible list) might be confused prevents me from citing a second list. The edible list is quite complete; it would be prudent to restrict your flower eating to these blossoms only, and do not garnish with, nor eat other flowers. For example, while the blossoms of edible pea plants are safe to eat, sweet peas that are grown as flowers (Lathyrus) are not edible. And while tulip flowers can be safely ingested, daffodils, narcissus, gloriosa lilies, and amaryllis cannot and should not be eaten. Please be careful! If you have any doubt as to whether a flower might be edible, consult a botanical or herbal dictionary. I'm of the opinion that all flowers used in food should be grown in pesticide-free environments. Do not use commercially grown flowers for cooking.

Stuffed Summer Squash Blossoms 4 servings

1/4 cup pine nuts
12 oz. ricotta cheese
3 cloves garlic, minced
1/3 cup fresh basil leaves, finely chopped
1/2 t. salt
1/4 t. pepper
6 sun-dried tomatoes, packed in oil, thinly sliced
1 t. oil from sun-dried tomatoes
12 summer squash blossoms
1 egg
1 T. heavy cream
Cornmeal
Salt and pepper
Canola or corn oil

Toast the pine nuts in a small sauté pan over medium heat. Make sure to keep the pan moving as you stir and toss the pine nuts, because they burn easily.

In a large bowl, mix together the pine nuts, ricotta, garlic, basil, salt, pepper, sun-dried tomatoes, and the oil.

Spoon a heaping tablespoon of the stuffing into each of the squash blossoms. With your fingers, pull the ends of the petals around the

stuffing so the stuffing stays inside the blossom.

In a shallow bowl, lightly beat the egg and stir in the cream. Put a thick layer of cornmeal on a plate and season with salt and pepper. Heat a 1/2-inch of oil in a skillet over medium-high heat.

Dip the stuffed blossoms in the egg, then roll them in cornmeal. Fry them slowly in oil over medium heat for 8 to 10 minutes, or until golden brown.

From the June/July issue of "Kitchen Garden" magazine.

The following four recipes are from Edible Flower Recipes published by Shepherd's Garden Seed Company.

Potato Salad with Chive Blossom Mayonnaise Serves 6 to 8

2 pound small, thin-skinned boiling potatoes
1/3 cup white wine (or rice) vinegar
1/4 t. salt
pinch of pepper
1/4 t. dry mustard
1/4 t. sugar
1 T. grated onion

Dressing:

1 cup prepared mayonnaise (or use half mayonnaise and half fresh plain yogurt)
1 clove garlic, crushed
3 T. chive blossom florets and chopped leaves
1 heaping teaspoon grated lemon rind
2 t. lemon juice
1 T. finely chopped parsley
1 T. finely chopped green pepper
salt and pepper to taste
garnish: whole chive blossoms

Boil or steam potatoes until tender when pierced. Let cool slightly, then peel and slice. Heat vinegar with salt, pepper, mustard, and sugar, and sprinkle over potatoes. Mix in grated onions. Toss well and cool. Combine the dressing ingredients. Mix with potatoes. Add salt and pepper to taste. Garnish with whole chive blossoms and serve.

Tangerine Cole Slaw with Calendula Flower Garnish Serves 6 to 8

2 cups chopped, unpeeled red apple
3 cups fresh tangerine segments, seeded (Canned, drained mandarin orange segments may also be used, with

grated orange peel substituted for tangerine peel.)

2 T. chopped green bell pepper
5 cups finely shredded cabbage
12 calendula flowers, washed and dried, petals only.

Dressing:

1/3 cup sour cream
1/4 cup mayonnaise
1 T. lemon juice
1 T. vinegar
2 T. honey
1/2 t. mustard
1/2 t. celery seed
1/2 t. salt
1/8 t. freshly ground pepper
garnish: calendula blossoms

Combine apple, tangerine peel, tangerine segments and chopped green pepper with cabbage in a large bowl. Remove calendula petals from flowers and add the petals to the salad.

Blend together the dressing ingredients and pour over cole slaw. Toss lightly to mix well. Taste for additional seasoning, i.e. lemon juice, salt, and pepper. Chill thoroughly. Garnish with whole yellow and orange calendula blossoms.

Calendula Confetti Eggs, or, Scrambled Eggs with Calendula Petals

Serves 4



nasturtium*

8 eggs
6 T. milk
pinch of nutmeg
salt and pepper to taste
2 T. butter
petals only from five good-sized calendula flowers, rinsed and chopped
4 slices of toast or muffins, buttered
optional topping: several tablespoons grated cheese

Beat the eggs with the milk and seasonings. Melt the butter in a skillet and scramble-cook the eggs. Just before eggs are done, stir in the chopped petals. Pile the eggs on top of buttered toast or muffins and serve right away, topping with

cheese if desired.

Note: Nasturtium or chive blossoms can be used in place of the Calendula flowers.

Nasturtium Sandwich Fillings

Add clean, chopped nasturtium flower petals to your favorite tuna, egg or chicken salad sandwich fillings. They will give them a colorful lift and tangy bit of flavor. Blend nasturtium petals with cream cheese or butter and spread on thin slices of dark bread for savory snacks or appetizers.

The next two recipes are from a coffee-table book (with absolutely beautiful photographs) called On Flowers, by Kleinman and Slavin, Chronicle Books.

Scented Geranium Muffins Yield: approximately 20 muffins

2 T. butter, melted
1 egg, beaten
1/2 cup milk
1 cup unbleached white flour
1/4 cup sugar
Pinch salt
1 t. baking powder
1/3 to 1/2 cup scented geranium blossoms

Combine butter, egg, and milk. Whisk together dry ingredients and add to egg mixture. Stir in half of the blossoms. Pour into greased mini-muffin pans. Sprinkle remaining blossoms over top surface of muffins. Bake at 400°F for about 15 minutes, or until lightly browned.

Nasturtium Pizza

1 packaged pizza crust mix (or use your favorite pizza crust recipe)
1/4 t. blended Italian herbs
2 small or 1 large leek, cleaned, sliced thin, and sautéed in olive oil
1/2 small zucchini
1/2 small pattypan squash
1/2 small sunburst squash
3 oz. dry Monterey Jack cheese
1/2 oz. grated Parmesan cheese
Handful nasturtium petals and blossoms

Prepare pizza crust as per package directions for a 12-inch thin-crust pizza, adding the Italian herbs to the dry mixture. Shape dough into a freeform round, 10-11 inches across. Bake on a parchment-lined baking sheet at 425°F on lowest oven rack for 10 minutes.

Slice squashes very thin. Slice cheese using a cheese plane. Top pizza crust with leeks and sliced

Jack cheese and squash. Bake another 5 to 7 minutes, until cheese melts. Sprinkle with Parmesan and bake a few more minutes, until cheese melts. Sprinkle with nasturtiums and serve immediately.

From the "Herb Companion Magazine," October/November 1995:

Lavender Cookies Makes about 3 dozen

At an open house, we served gallons of Lavender Lemonade made by steeping 1/2 cup dried lavender flowers in 1 quart boiling water for a few minutes, straining, and using the strained liquid to make up part of the water for 1 gallon reconstituted frozen lemonade. The unexpected fragrance and flavor led us to try these Lavender Cookies at our next party. The cookies have become equally as popular.

1 cup butter
1/2 cup sugar
1/4 t. salt
2 cups flour
Lavender Sugar (below)

Cream the butter and sugar. Gradually add the salt and flour. Mix thoroughly. Chill the dough for 1 hour, or until it is firm enough to handle.

Preheat the oven to 350°F. Form the dough into 1-inch balls and roll them in Lavender Sugar. Press each ball with your thumb. Place them on



ungreased baking sheets and bake 12 to 15 minutes. Cool on racks.

Lavender Sugar

1 cup dried lavender blossoms
1 cup sugar (course, if available)

Mix thoroughly. Keep mixing this as you use it; it tends to separate.

Crystallized flowers and leaves make elegant garnishes and decorations for all sorts of pastries, desserts, sorbet. The following method for crystallizing comes from The Complete Book of Herbs & Spices by Sarah Garland, a Readers Digest

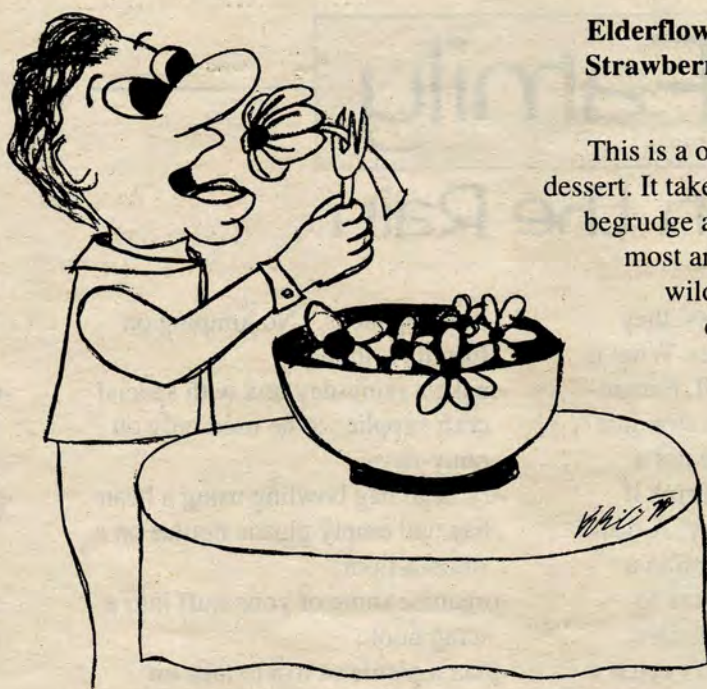
Book. This method is not difficult, though it does take some patience and a delicate touch. I suggest using tweezers to hold the delicate blossoms or leaves, and a soft watercolor brush to paint the most tender blossoms with the egg white. Suitable flowers include violet, viola, borage, bergamot, rosemary, lavender, clove carnation, sage, marigold petals, and rose petals. Suitable leaves include mint, bergamot, violet, and lemon balm.

Crystallized mint leaves

mint leaves
egg white
sugar

Gather mint leaves on a sunny morning after the dew has dried. It is important that each leaf be completely fresh and dry. Whisk an egg white with a fork until it is opaque but not foaming. Hold each leaf by its stalk and dip into the egg white, turning until it is completely coated, or paint it all over with a fine paint brush. Next, dip the leaf in sugar, again making sure that it is thoroughly coated. If a strong mint flavor is wanted, sprinkle a few drops of oil of peppermint over the coated leaves, or submerge a bundle of mint leaves in the sugar for several hours before using the sugar, discarding the bundle later. Lay the coated leaves in a single layer on wax paper on a wire rack and cover with another sheet as a protection from dust. Dry the leaves slowly in a very low oven with the door left ajar or in a warm airing cupboard. When completely dry and brittle, store between layers of wax paper in an airtight container.

Pioneer women used to make a beverage, commonly called "elder blow" from the blossoms of the flowering elderberry bushes indigenous to the western United States. The fluffy, cream-colored flowers of the blue elder (*Sambucus cerulea*) are edible, as are the ripe berries, when cooked. Elderberry bushes can be found growing wild throughout the Palouse region, along country roads and in the canyons heading down to the Snake River. The sprays of blossoms span about six inches in diameter, and are composed of small, separate flowers that look like little stars. The tiny purple-black fruit comes on in late August, hanging in heavy clusters. The ripe fruit should be cooked before eating. It is high in vitamin C. Unripe fruit should not be eaten as it can cause diarrhea. Though I bought and



planted two elderberry bushes in my yard a few years ago, it is still fun to gather elder flowers and fruit from the wild.

Elderflower Syrup

5 cups elder flowers
granulated sugar

Cover the elder flowers with water and simmer gently for 30 minutes. Squeeze the liquid through cheesecloth or a jelly bag. Add 1 1/2 cups of sugar to each 2 1/2 cups of liquid and simmer for a further 15 minutes. Bottle or freeze.

From Cooking with Herbs and Spices, a Readers Digest Book.

These last two recipes are from A Taste of the Wild by Blanch Pownall Garrett, James Lorimer & Company Publishers, Toronto.

Elderflower and Rhubarb Pie

The elder blooms lend a rather exotic flavor to the sharp, earthy taste of rhubarb.

Using your favorite recipe, prepare sufficient pastry for a deep, 9-inch, double-crust pie. Line a pie plate.

Mix together lightly in a bowl until fruit and flowers are evenly coated:

2 1/2 cups crisp, rose-colored rhubarb, thinly sliced
1 1/2 cups freshly picked elder flowers (blossoms only, no stems)
3/4 cup sugar
3 T. flour
1/2 t. salt

Heap this mixture into the pie plate, dot here and there with butter, and set the top crust in place. Bake at 450°F for 15 minutes, then at 350° for 25 minutes.

Elderflower Pancakes with Strawberries and Whipped Cream

This is a once-a season, de luxe dessert. It takes time, but you'll not begrudge a moment of it. In

most areas, the ripening of wild strawberries coincides with the season of full-blown elder bloom. So, for a delicacy unique in every respect, gather enough wild strawberries for the filling. Failing that, slice freshly picked cultivated berries

in quarters, or even smaller. Keep at room temperature.

Try to have 2 cups strawberries. On a dry day gather 2-3 cups elder flowers

Clip off all the stems and use only the tiny white corolla clusters.

In a bowl, beat together until light and frothy:

1 egg
3/4 cup milk
1/2 cup commercial sour cream
1 t. salt
3 T. sugar
Add: 1 t. baking soda.
Stir in gradually until smooth:
3/4-1 cup flour.

Lastly, fold in:

2 T. melted butter
1 cup (heaped) elder flowers

Grease a skillet lightly and heat until it smokes. Turn the heat to low, and pour sufficient batter onto the hot skillet to form pancakes about 6 inches in diameter. Cook until bubbles cover the surface, then turn with a spatula and cook until browned on the underside, about 3 minutes.

For individual serving, place a piping-hot pancake on each plate, smother it with strawberries, fold over or roll up and fasten it with a toothpick.

Top with sweetened whipped cream and decorate with one small spray of delicate elder bloom.

This recipe should serve 6, but there may be no seconds, and there's the pity.



Family

Singing in the Rain

by Robin Murray

Oh no! A rainy day! Yes, they happen, even in the summer. What is a kid to do? Well first of all, remember that the world does not stop just because it's raining. You're not a wool sweater. You won't shrink if you get wet. Go out anyway! A walk in the rain can be fun. Splash in a few mud puddles. Just be sure to stay warm and as dry as possible while you do it, so you don't catch a cold.

Other good things for kids to do inside on a rainy day are:

- bake cookies or do some other cooking project;
- build a fort out of chairs and blankets;
- create an obstacle course. For example, "crawl under the chair, do three somersaults across the floor, walk tightrope across a string on the floor, and do five

jumping jacks." No jumping on furniture, though!

- make a rainy-day box with special craft supplies to be used only on rainy-days;
- try bean bag bowling using a bean bag and empty plastic bottles on a smooth floor;
- organize some of your stuff into a scrap book;
- plan a picnic or trip to take on some sunny day;
- wash your plastic toys: fill up the sink with soapy water and put towels on the counter for setting out toys to dry;
- make up a treasure hunt with a series of clues written on paper hidden throughout the house;
- if you're tired of the same old board games like checkers, make up a new one of your own on a piece of cardboard or paper. Get

creative about what to use for game pieces.

- write a letter to someone, but substitute pictures cut from magazines for some of the words;
- get a tape recorder make a "radio report" about your family or do a "radio drama," reading a story using different voices and sound effects;
- and of course...read a book!



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The Great Outdoors

It's Going To Be A Long, Hot, Grilling Summer!

L. L. Lundstedt

My husband and I consider ourselves to be a fairly egalitarian couple—both of us cook, do laundry, cut the lawn, and take out the trash. Somehow, though, we've fallen into more traditional husband/wife roles when we're around our backyard barbecue grill. Himself literally mans the propane grill, tongs in hand, while Yours Truly hustles the salad and side dishes in the kitchen.

But recently, I took up the tongs, and Himself good-naturedly did a little prep work in the kitchen. I skipped the veggie burgers and tofu hot dogs since their grilling is pretty basic (but I will add that it doesn't hurt to spray a little cooking oil on the grill before you light the fire.) All of my burnt offerings were experimental, and I had a small group of adults and kids give me their honest opinions of what came off the grill. What follows is the pick of the pickin's.

Simple Stuff

Personally, I like to keep things simple, especially in the summer. I'm perfectly happy with a potato or an ear of corn, providing there's a salad and some chips and salsa to round out the meal. So when I'm invited to a cookout that's B.Y.O. Grillable, I go easy on myself.

Potatoes

Baked potatoes are a natural for the backyard grill. Prep them as you would for baking in your conventional oven, poking them with a fork and wrapping them in foil. For something even tastier, try grilling a sweet potato. Robin, one of our Education Committee members, used to live in Jamaica, and she said people ate sweet potatoes year-round, not just during winter holidays. So I followed her suggestion and poked a few holes in some sweet potatoes, wrapped each in foil, and grilled them for about 30 minutes. She was right—they taste wonderful, even in summer. (Thanks Robin!)

If you don't want to wait half an hour for your spud, speed up the process. Cut potatoes into French-fry sized sticks and place on foil. Sprinkle w/ salt, pepper, and Parmesan cheese. Seal foil edges,

leaving room for steam to expand. Cook 30 minutes over coals, turning several times.

This method works for all sorts of vegetables and ensures that no chicken juice or hamburger grease gets onto your dinner; try carrots, zucchini, snow peas, Brussels sprouts, or mushrooms. Vary the buttering or seasoning to suit your taste, and grill less-sturdy vegetables like zucchini for a shorter time than the spuds. I learned this grilling method many moons ago, when I was a Camp Fire Girl, so it's a good way to get kids involved in the preparation and allows them to season their dinner according to their individual tastes.

Roasted Corn

I asked around and discovered that everyone's got an opinion on how to grill corn. As with the indoor cooking methods, the fresher the corn, the better. The following methods worked for me.

The Traditional Method: Husk corn and remove silk.

Spread w/ butter or soy margarine and season. Wrap in foil, folding ends shut. Roast over hot coals 15-20 minutes, turning frequently.

The In-the-Husk Method: Peel husk down but don't remove (it's OK to remove the silk). Soak corn in cold water for at least 30 minutes. Roast over hot coals 20-30 minutes, turning frequently. The outer leaves will blacken some and the inside will become slightly caramelized. If you prefer the steamed version, simply wrap the unhusked-corn in foil and seal the ends.

Onion-Cheese Loaf

Surprise everyone at your next grilling occasion by bringing something other than veggies or tofu dogs. The following bread takes little time to prepare and even less time to heat.

Cut French bread into 1-inch

slices, cutting to, but not all the way through, the bottom of the loaf. Combine 1/3 cup of margarine and 3 Tbs. prepared mustard and spread on surfaces. Insert slices of sharp cheese and thin slices of onion in the slashes, alternating the cheese and onion. Wrap in foil and heat over medium coals about 15 minutes or until hot.

Grilled Veggie Kabobs

You've undoubtedly seen a dozen pictures this spring—kabobs artistically arranged with onions, tomatoes, peppers, tofu, etc. all on the same stick. While kabobs like this look great, grilling this way may result in some veggies that are overdone while others are underdone, and if you're adding meat, cooking time becomes even more important. So I followed the advice of one article that suggesting threading the same kind of veggie per skewer. This makes it easier to grill each vegetable for just the right amount of time. Furthermore, you don't have to worry about the pattern on the skewer.

If you're using wooden skewers, soak them in cold water at least half an hour before you assemble the kabobs. You can marinate the veggies or tofu in a dish and assemble just before grilling. Or, if you're lucky, you could use a grill topper—a heavy-gauge steel pan with holes all over the bottom and sides, made specifically for grilling small pieces. (Some wives would be very happy to receive this for an anniversary present. Hint, Hint)

Marinades

Marinades don't have to be a big deal. What do you have on hand? Italian salad dressing makes a good marinade, as does pesto or bottled barbecue sauce. In fact, at my grill feast, the barbecued tofu slices were ranked high—but make sure your slices are big enough so they don't fall through the grill (yes, it happened.) If you've got olive oil and some dried or fresh herbs, mix some in a bowl and soak your grillables in that for one to six

hours. If you've got fresh basil leaves, alternate them with mushrooms or with tomatoes on a skewer for a quick yet tasty flavor. Veggies don't have to marinate long in order to benefit from a marinade, but if you're grilling tofu or tempeh, marinating is a must! If you're not feeling particularly creative, though, try the following marinades.

Teriyaki-Type Marinade

(found in *Natural Health's* "I Can't Believe It's Tempeh," Jan.-Feb. 1997)

- 1/2 cup pineapple juice
- 1/4 cup soy sauce
- 2 Tbs. lime juice
- 4 thin slices fresh ginger root
- 4 medium garlic cloves, minced

Combine first five ingredients in medium saucepan. Bring to a boil, reduce heat, and simmer 20 minutes. Remove pan from heat, cool to room temperature, and marinate veggies. If you're marinating tempeh chunks, add to the pan when it comes to a boil. Thread on skewers and grill about 10 minutes. Serve veggies and/or tempeh over rice or couscous.

Mediterranean Marinade

(from "Glorious Grilled Meals," *Vegetarian Times*, July 1995)

- 1/2 cup olive oil
- 1/4 cup white wine or balsamic vinegar
- 1/4 cup minced onion
- 1 clove garlic, crushed
- 1 Tbs. crumbled dried oregano
- salt and pepper to taste

Whisk ingredients together. Marinate veggies in marinade in a glass bowl, or brush directly onto veggies before and during grilling.

If you're out to impress the folks at your barbecue, try the following grilled ratatouille, but be prepared to invest some time and energy into putting this one together.

Grilled Ratatouille with Mediterranean Marinade

- 1 large eggplant, sliced 1/4" thick and cut into quarters
- 12 cherry tomatoes
- 2 large zucchini, blanched and cut into 1" slices
- 2 onions, blanched and quartered
- 1 recipe Mediterranean Marinade (see above)
- 6 whole, unpeeled garlic cloves
- 1 large red bell pepper, cut into half-inch slices

(continued next page)



Vegetables as Ornamentals

by E. Lark

Last year, I wanted to plant some squash plants, but, I had very little room in my vegetable garden. On the other hand, there was an ornamental garden on the south side of my house that wasn't fully planted, and it was warm. So I planted the squash plants there. This worked beautifully, as the squash plants really filled in the bare spots of that border, looking big and lush, and I got plenty of squash from the plants. In addition, I planted some tomatoes on a trellis, going up the side of the house. This didn't work as well, because they shaded out some poppies that I had nearby.

So why don't more people plant vegetables as ornamentals? This is difficult to understand, but probably has to do with wanting food plants together in one place, so that they are easy to care for. It may also have to do with the fact that many vegetables have similar needs, and so it is easy to group them together. On the other hand, people have been planting ornamental kales and such as ornamentals for years, but then, of course, they don't eat them.

What I am suggesting here, is that you try mixing different vegetables with ornamental flowers. So, for instance, you might plant a purple lettuce in a shady bed with sweet woodruff and with lilies of the valley, then just harvest as much as you need at any one time, until it begins to bolt, rather than harvesting the entire plant. And in bolting, a lettuce plant looks majestic. My red sails lettuce grew to approximately three feet last year and had tiny yellow flowers to go with its curly purple foliage.

Or you might try sowing an unusual basil, such as purple ruffles

in a flower bed, along with forget-me-nots, marigolds or columbine. Purple ruffles basil tastes the same as green basil, and has a lovely purple color that would go well with many annuals or perennials. It grows anywhere from 6 to about 18 inches, depending on how much water and food it gets. Both this basil and the typical green basil would go well in other parts of the garden too.

Are you thinking of starting a trellis? Why not grow your tomatoes or beans up the trellis, rather than a traditional morning glory or honeysuckle? I actually saw tomatoes and beans used as a front yard hedge in a garden in Moscow once. They looked beautiful. If you mix in some sweet peas, or another flowering vine, you get variety plus vegetables.

I hope this gives a few new ideas to those people who feel that they just don't have room for vegetables or for ornamentals. Put a few vegetables in your ornamental border and admire. Or put a few flowers in the vegetable patch. You will enjoy both a great deal more.

Things to do in the Garden: June

1. Vegetables such as peas, squash, cucumbers, tomatoes and peppers should be set out by the first part of the month.
2. Work garden (if soil is not saturated).
3. Mow lawn weekly.
4. Apply compost or fertilizer, if needed to the lawn or garden.
5. Weeding, lots of weeding....
6. Plant summer bulbs.
7. Do garden construction.
8. Work on composting.

Website of the month:

<http://www.uaex.edu/Vegfacs/>

Long, Hot.... (cont. from previous page)

- 1 large green or yellow pepper, cut into half-inch slices
- 12 fresh whole basil leaves

Marinate eggplant, tomatoes, zucchini, and onions, covered and refrigerated, up to eight hours. Thread skewers with a single type of vegetable (alternate cherry tomatoes with basil leaves.) Brush kabobs with marinade and grill, turning often, until vegetables are slightly

charred. Remove veggies from skewers and mix in a large bowl.

So, enjoy the summer. Get out of the kitchen every once in a while and reaffirm your primal relationship with food and flame. And remember, you don't need a Y chromosome in order to pull some delectable dinners off the grill.

Fun in the Sun!

by Robin Murray

It's summertime, school's out and the weather is beautiful! It's time to be outside! If you've pretty much exhausted the possibilities for your own backyard, try visiting some of our parks and other beautiful places. The City of Moscow has at least nine community parks and Pullman has almost that many. Look for descriptions and locations in the Parks and Recreation flyers.

Besides the city parks, the University of Idaho has several nice places for walks and picnics which are open to anyone. For instance, the Arboretum, up by the golf course on Nez Perce Drive, has much to offer. The older portion has a trail through the cool of the trees. The newer portion has ponds along its trails and many different kinds of plants. (But be aware that dogs are strictly banned from this would-be dog heaven!) My favorite campus attraction is the trail along Paradise Creek and Wicks field. It runs all the way from Sixth Street at the traffic light near the Student Union Building and Taco Time, almost to the traffic light by the Palouse Empire Mall. When the sports fields aren't in use, there's plenty of room for kite flying!

If you want to go a little further out of town, the Nature Conservancy has a wonderful little park called Idler's Rest at Moscow Mountain which is open to the public. To get there, head north on Mountain View Road, which turns into Moscow

Mountain Road. Watch for the turnoff to Idler's Rest Road. Be sure to stay on the trails and respect the many private homes in that area.

Another pleasant trip is to the University of Idaho Experimental Forest's Big Meadow Creek Recreation Area. It's just four miles north of Troy on Big Meadow Road. For yet another good place out that way, head a couple miles east, past Troy, where you'll find Spring Valley Road on the left. A couple of miles up that road you'll find Spring Valley Reservoir, where you can swim or just enjoy the water.

In the opposite direction, there's always Kamiak Butte County Park over in Washington. Head north on Grand Avenue in Pullman. It will turn into Route 27. Watch for the turn off to your left before you get to Palouse. It's pretty well marked.

If you feel like heading south, there is a wonderful trail along the river in Lewiston's Riverfront Park. I understand it goes all the way to Hell's Gate State Park to the south. If you cross the bridge into Clarkston, you can bicycle on the trails there all the way to Asotin.

Soon we will have a similar trail between Moscow and Pullman! The Bill Chipman Trail is well on its way to becoming a reality, although more money is still needed. Look for T-shirts going on sale at local businesses. The proceeds go towards the trail and, therefore, towards future fun in the sun!

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Reflections on the Deborah Budwig Memorial Bike Ride

by Susan Palmer

While I never met Deborah Budwig, like the rest of the Palouse community, my heart ached when I learned of her untimely and tragic death. Although I often commute 1 1/2 miles each way to and from work, I am not a serious cyclist.

Observers can tell by looking. My bicycle is a low-budget women's-style mountain bike with baskets in the rear and a disk protector (which is the nerd cyclist's version of a pocket protector) covering the chain. Twenty years ago, I used to bicycle 9 miles each way to and from work in Washington, D.C., but I have not pedaled that distance since then.

I am fortunate to be a member of a "virtual" community on the Moscow Vision 2020 listserver. It was there that I read Lois Melina's post, the brainchild for a unique memorial, a Deborah Budwig Memorial Bike Ride. The high speed and heavy traffic between Moscow and Pullman had prevented me from ever bicycling between these two communities previously. To participate in the Deborah Budwig Memorial Bike Ride on Mother's Day, I had to face my own fear. Across the computer screen over the next several days, I watched

the cooperative, creative, heartfelt cultivation of plans for the memorial ride. Tom Lamar, executive director of the Palouse-Clearwater Environmental Institute took the initiative to make this happen. Nancy Mack, the persistent force behind the Chipman Trail, and Miles Moore of the Palouse Bicycle Touring Club were soon pitching in. Finally, in conjunction with the Budwig family, the memorial bike ride became a reality, appropriately scheduled for Mother's Day. The variety of constituencies who would take part would become apparent on that Sunday, a diverse and community-centered collection of citizens.

Mother's Day afternoon, I rode alone from home to the Ernst parking lot. I felt a little awkward, among the first to arrive, since I hardly knew anyone. Bicyclists of all ages and caliber were accumulating. There were mothers, fathers, children and siblings. Loners, couples, groups, and families all arrived. The menagerie included road bikes, mountain bikes, tandems, and bike trailers. A woman named Ryan thoughtfully provided many of us with our symbolic red arm bands to express our mourning, as well as Deborah Budwig's

commitment to donating blood. Following safety instructions, we observed a moment of silence. That was the moment I felt deeply connected to all these strangers around me and to Deborah Budwig. There was nothing I could do to refrain from getting choked up, albeit privately. One by one, we pedaled out, single file onto the Moscow-Pullman Highway. The cloudless sky allowed the warmth of the sun to escort us the entire way. I hugged the shoulder as far to the right as I could, since I was still apprehensive about the traffic. The more well-conditioned cyclists seemed appreciative as they politely passed by me. Some cars observed the call to shine their headlights, and I couldn't help nodding to those motorists to acknowledge my appreciation for their participation in this ceremonial sharing of the road.

As the cars flew by and my eyes absorbed our designated strip of pavement on the side of the road, my mind inevitably returned over and over again to thinking about Deborah Budwig, which consumed most of my trip. When I reached Washington Water Power, I retrieved

one of the generously-donated fresh flowers awaiting us, paused for a break in the traffic, crossed the highway, and pedaled back to the site of Deborah's memorial cross. This quiet, yet congested gathering reunited all of us who had ridden in a string along the highway. The lump in my throat resurfaced. I laid my flower among the rest and observed another moment of silence. When I approached Moscow, I was surprised at how effortless the actual bicycling seemed. In all, I expect that by the time I returned to my own family, I had pedaled over 15 miles...and I had successfully faced my fear.

The sense of community and the shared grief I experienced during the memorial ride was both comforting and reassuring. Late last year, I pledged what I could afford to the Chipman Trail, whose construction won't be a moment too soon. Should the idea of a memorial park along its edge in Deborah Budwig's name come to fruition, I will be among those community builders prepared to pledge whatever more I can afford to make that vision a reality as well.

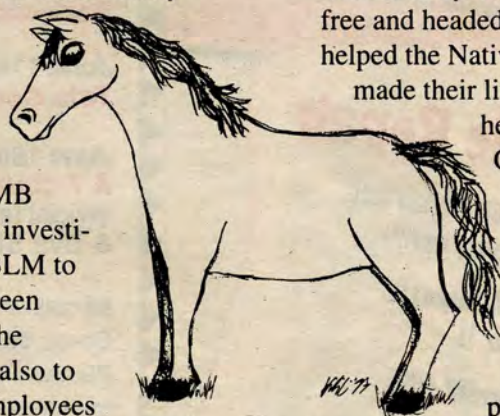
Help the Wild Mustangs

by Erin Jehn and Allix & Mollie Lee-Painter

You have probably seen a donation can at the Co-op to help save the wild Mustangs. The reason the mustang can is there, is because thousands of wild horses have been rounded up and sent to slaughter. The International Society for the Protection of Mustangs and Burros (ISPMB) has been watching the Bureau of Land Management (BLM) and has found that the BLM has not been following up on the horses they have sold. The BLM should watch the adopters for a year, until they decide that these people are responsible owners. But since the BLM hasn't been doing that, buyers see that it's easy to get

money by slaughtering BLM horses, since they don't cost very much to buy and they can make money selling them to slaughter houses for more than what they paid. The ISPMB wants to do an investigation of the BLM to prove what's been happening to the Mustangs and also to remove any employees that have been violating this.

Mustangs have played a big part in American history. They came to



America with the Conquistadors. The word 'mustang' is Spanish for wild or stray. Some of the horses got free and headed for the hills. They helped the Native Americans and made their life much easier. They

helped Lewis and Clark when the Native Americans traded the Mustangs to them. And, what would the Pony Express have been without ponies?

Although these horses have helped us in the past, some cattlemen have given them the bad

reputation of scrub stock, claiming that mustangs eat the grass which should be for their cattle. Mustangs need food and water too. There should be enough for all!

They helped us, now it's our turn to help them! You can help by writing the President or your congressman. If you're in a 4-H group or any other group that cares about animals, get your group to write to these people as well. And remember, when you donate money to the Mustang can, that money will go to the ISPMB to help save the wild Mustangs.

The Mustangs need help. Let's give it to them! Thank you for your support.

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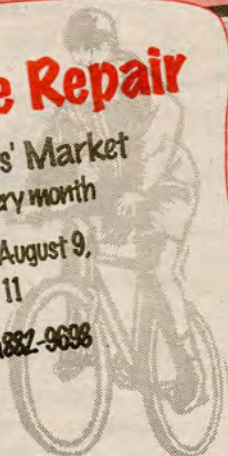
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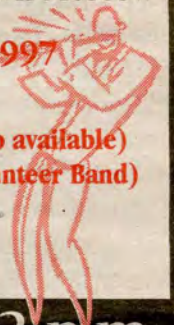
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