

Co-op - News

From the Board of Directors

by Mimi Pengilly

With a new group of rookies on the Board of Directors, we have held an orientation, a meeting, and a pre-retreat planning session, all in the last six weeks! We have all volunteered to serve on various committees, and to serve as Board Officers as follows:

- Nick Ogle: Board Chair; Finance Com.; G.M. Evaluation Com.;
- Mike Cressler: Board Vice-Chair; Finance Com.; G.M. Evaluation Com.;
- Kenna Eaton: Corporation President/Treasurer;
- Kristi Wildung: Corporation Vice-President/Secretary;
- Christine Moffitt: Finance Com.;
- Vicki Reich: Nomination Com.;
- * Suzanne Peyer/John Hermanson: Secretary; Nominations Com.; Facilities Com.;
- * Ernie Biller: Facilities Com.;
- * Jim Gale: Facilities Com.;
- * Mimi Pengilly: Finance Com.; Nominations Com.; Assistant Secretary; (* new to the board)

The Finance Committee works on financial planning for the Co-op, such as overseeing the budget. The Nominations Committee is charged with maintaining members to serve on the board. The Facilities committee looks at long range planning, as well as how to maximize the potential of our current building. The General Manager's Evaluation Committee maintains ongoing communications with Kenna, so that she can "run the store" under the direction of the board.

It is great to work with the experienced members as well as the other new members, and the diversity of our backgrounds is sure to make things interesting. We are beginning to set goals for our Visioning Workshop, which will be held in June.

As Co-op members, your ideas are always important to us. Any suggestions that you have will be considered at board or committee meetings. Please jot them down, along with your name and phone number so that we can call if we have questions, and send them to us at the Co-op. Or even better, join us for board meetings, which are scheduled for the second Thursday of each month at 5:30 PM. The member information board, above the parked shopping carts, gives the dates and times of all meetings, plus the minutes of the last board meeting held. We want to hear from you.

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Published by
Moscow Food Co-op
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Printed on Recycled Paper

Deadline for Articles:
20th of each month

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Volunteer News

by Kristi Wildung

I am both sad and happy to say that this is my last month as the Volunteer Coordinator. I have taken on so many new responsibilities at the Co-op that I'm feeling a little strung out, so I am passing my volunteer torch to Gary Macfarlane. Gary has been with us for two years as produce assistant and cashier, and has a lot of experience working with volunteers. I've given him the tour and a desk, and I think he's ready to open for business. I have no doubts about his ability to make the volunteer program fly to even greater heights, but I'll be around these first couple of month in case he encounters any turbulence. So please direct your volunteer inquiries, now, to Gary.

As with each semester's end, we have a lot of volunteer openings right now. We need assistant bakers, freight assistants, fruit and chip baggers, bulk stockers, package stockers, and a produce assistant. Even though things slow down a bit in the summer, these positions are still an integral part of the operation of the Co-op and need to be filled. So take a few hours out of those long summer days and let us see your smiling face here at the Co-op!

A Deadline Fast Approaches

by Kenna S. Eaton

In April we sent all of our members a letter explaining the changes to the Member Benefits Program. We offered to refund any member the cost of their membership (purchased since the New Year) if they felt that the new member benefits were not what they had expected. And, this is a reminder that the time period to file for a refund will end on June 15th. Only 10 members have requested a refund so far and we are glad to report that most of our members have expressed continued support of their Co-operative.

Remember the "Co-op Advantage" program offers lots of benefits to members including special sale prices, bread cards, volunteer discounts, special order discounts and our Business Partner Program!



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Member News

by Kristi Wildung

In spite of all I'm paring from my job description, I will continue to be your loyal and faithful membership director. This means that you can call or visit me in the store if you ever have questions concerning your membership with the Co-op. My goal is to have a little more time to work on the membership database to enhance communication with you, our members, and to enhance membership services within the store and the community. It's a big job, but I'm ready.

Welcome to these new members: Bree Reed, Larry Martin, Christina Thompson, Midori Plummer, Stacy Frink, Jeff Gibson, John Deines, Nani Johnson, Melissa Donahue, Gina Marie Ensunsa, Paulette Wirt, Lori Bevan, Claudia Deobold, Lisa Washburn, Lisa Jones, Glenda Hawley, Diana Monti, Linda Miller, Thomas Hipple, Cindy Ancimer, Teresa St. George, RM Boyd, Lupito Flores, Donna Goll, Darlene Hammond, Peggy Kingery, Gina Minshal, Mary Ann Kuhle, Camie Levy, Josh Osburn, Angela O'Brien, Mary Ann Moser, Katherine Pfaff, Marijean Woodward, David Christian, Natalia Bonilla, Dorothy Deseve, and Beth Prinz.

We count on your membership for our cooperative and we appreciate your business. Don't forget to check out the back page of our newsletter for a list of our 'Business Partners.' Show your support by shopping locally and save!

Monthly Meetings at the Co-op

Board of Directors
meet
Second Thursday
5:30 p.m.

Finance/Legal Committee
meets
First Friday
Noon - 1 p.m.

Everyone is Welcome!

Tofu With Love

by Kenna S. Eaton

Lots of things change at the Co-op this time of year. Usually some of our customers as well as our staff move on to new jobs, or new towns, and we are forced to say Good-bye to good friends. Of course we always meet new people, and soon they become familiar faces.

One of the biggest changes inside the Co-op this Spring was the death (and subsequent removal) of our old, open-face cooler (that place where the tofu lived). Earlier this year we discovered that a leak in the cooling system was not repairable, or at least too expensive for an old piece of equipment. To make a long story short, we found a "new" (to us anyway) cooler and took on the challenges of installation. During this process the tofu, feta, olives, and various other products found themselves being moved daily from one cooler to another. Eventually they came to rest in the new cooler (it's big, it's black, it's sexy) which looked better than we ever dreamed!!! (At press time the black cooler isn't working, but we hope to have a new part in soon and have everything up a running soon.) So, Thank you for being patient with us and our tofu travails....

The Juice/Espresso/Smoothie cart reopened May 19th. YEAH!!!!!! What else can I say? We love our espresso in the morning and our smoothies in the afternoon. Right now, the cart is open 7 days a week, 9:00-3:00 PM, so come to the Co-op whenever you need a little boost.

We also have a new TV commercial running on Channel 3 (KLEW). The commercial was filmed and produced locally, and I'm very proud of the work everyone did to make this a success. Please let me know what you think of it. We'll be airing it on other channels later in the summer.

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And Advertising, too!

by Kristi Wildung

I've never written this kind of article before, but I have a couple of things to share with our members about our advertising program. First, the best advertising manager I've had is leaving that position. Tim Lohrmann has decided to take a shot at writing for our newsletter instead of selling and managing the ads for us. Thanks for all your hard work, Tim, I couldn't have done it without you!

Now for the next part. The newsletter has finally broken even!! About a year ago the Co-op decided to really get a handle on the advertising of the newsletter and start tracking costs. We would never consider *not* having a newsletter and since it wasn't being a squeaky wheel, it was going somewhat unnoticed. Anyway, Tim and his wife, Chris, and I started really paying attention and tracking the cost of production versus the amount of money we were getting from ads. To make a long story short, last month the newsletter cost \$239.20 to produce and the ads brought in \$242.80. That's a profit of \$3.60!! Yahoo! It may not sound like much, but it's an indicator that we're on the right track and should continue that way. So, "Thank You," to all community businesses for advertising with us and "Thank You" production staff for all your volunteer time. We have the best newsletter of any Co-op I've seen and I know it's part of our mission to keep it that way!

坤
Karen Young

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Vision Quest

by Therese Harris

In 1998, the Co-op Board of Directors sponsored a member forum to encourage member brainstorming about what and where the Co-op should be in 5 or 10 years. The resulting comments and suggestions are being put to use by the Board to develop a Vision Statement for the Co-op. A vision statement is, by definition, an ethereal, lofty, far-reaching, and not necessarily practical, list of goals. It is a work in progress, but still a guiding light to wherever we are going, even as the goals and destination may change.

The Board met in early May to revisit that list of ideas from the member forum, to do more brainstorming, and to short list the major ideas and concepts. On June 6, the Board will go on a retreat (not open to the public) to develop a Vision Statement which will be based on these ideas, comments, and suggestions. They will consider everything suggested to date, in developing that statement. What they come back with will be presented to the Co-op membership at a later date. It won't be written on stone tablets, but you'll probably find it in this newsletter, and of course, there will be more discussion.



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Distribution Volunteer Wears Out Her Wheels

by Therese Harris

For the past 3 years, Christine McGreevy and her 4 children: Maura, Martin, Mitchell, and Kadin, have pulled a trusty Red Flyer wagon around Moscow, stocking the Co-op Community News wherever potential readers might loiter. When Christine started as our distribution volunteer, Kadin was still in a stroller, but over the years he and his older siblings have grown and learned to march right in to shops, introduce themselves, and offer to leave Co-op newsletters. Of course, the occasional treats like samples of ice cream at Hog Heaven provided definite incentives!

"It's really been a great volunteer job for me," Christine says, "because the schedule is flexible and I can include my kids." She also says that it has taught them about teamwork and made them feel like they've really contributed, "especially when we'd go back to the Co-op after doing the route and get a treat—they could see the discount we'd earned."

"There are some unexpected benefits to the job," says Christine, "like the social aspect—getting to know the people working at the downtown businesses, at least by sight. We've gone into shops we might not have stopped at otherwise, and there are definitely people looking forward to getting the newsletter—we get a warm welcome."

Of course, there are the odd times when people don't understand what she's doing. For instance, about a year ago a concerned gentleman came up to her and her kids on Main Street, and gave them some money for "whatever it is you're all working on..." Christine explained that they were merely passing out newsletters, but he

insisted that they take the money anyway. "It was great—we marched right down and got a big pizza!"

Distribution in Moscow means more than just papering Main Street, so her husband, Tim, does get tired of newsletters in the car all the time. But Christine, ever optimistic, says, "Still, in wet weather they do keep your car floor clean—soaking up the rain and mud that get tracked in!"

Yet and all, after 3 years of distribution, that's at least 7200 newsletters peddled, er, wagoned, around town and Christine says it's time to try something else. So, she's inquired at the Co-op about other "unusual" volunteer positions and hopes to find something as fun as this one has been.

That means we are looking for a distribution person to carry on in the footsteps (wagon prints?) of the McGreevy Team. (Any interested persons can contact me at 334-0335 for more details.) Thank you, Christine, Maura, Martin, Mitchell, and Kadin for all your hard work these past years! And thank You, Tim, for your patience and support while they did it! Good luck with whatever comes next!

Happily, Christine and her family can still be seen pulling the Red Flyer (now very squeaky and a bit rusty) around the Farmer's Market on Saturday mornings.

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Welcome: New Advertising Czar

by Bill London

Bennett Barr has accepted the mantle of advertising manager. He will be contacting potential new advertisers as well as maintaining relationships with the present advertisers. Bennett comes out of the cold in the produce cooler to do this.

So, if you want to advertise in the Moscow Food Co-op Community News and get the chance to reach 1,500 of the grooviest consumers on the Palouse, contact Bennett Barr at 883-8281.



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Volunteer Update

Or. the Amazing Story of How I Became the Volunteer Coordinator
by Gary Macfarlane

Well, there have been a few changes at the Co-op since last month. First off, the juice cart is back and it wasn't all THAT hard to bring it down the Bazaar stairs, even though that passage resembles the narrow Dardenelles. Gravity is a fine thing on the descent. We have also been playing musical chairs at the Co-op and I ended up as the volunteer coordinator. Kristi has been doing a fine job and I hope the change works out for everybody. Now comes the plea for tolerance, understanding and the community volunteering spirit:

Come on down to the Co-op, pick up a volunteer application (on the tack board next to the registers where it says "volunteer applications"). Read about the available openings, pick a couple of options, fill out the form, and put it in the slot that says "completed applications." These forms are a lot easier to fill out than the ones the government designs for taxes and I know you have all faithfully sent in your 1040's and addenda—so, the volunteer forms will be a treat to complete. You could even fabricate something interesting about yourself in the part that asks about your interests.

There are lots of openings for volunteers now because the University students are gone for the summer. It's fun, it's rewarding, and, it gives you a nice discount at the register. Besides, you get to meet the new volunteer coordinator!

So, with all the various positions open, I'm sure we can find one that suits or pleases you.

Sheri L. Russell

(formerly Sheri L. Ryszewski)

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Staff Profile: Nicky Siddoway

by Linda Canary



developing the right skills to aid her: she journals, she draws and paints (t-shirts mostly--she was wearing a wonderful turtle-earth swimming to the moon), and she has a good sense of humor. The journaling and drawing helps her get stuff down on paper that she

I first met Nicky in a discussion group for the book, *The Artist's Way*. We were a group of five women who were reclaiming the spiritual creative side of ourselves. After the group ended, I didn't see her for a long time, but then one day there she was, behind the counter at the Co-op with her big smile and exotic eyes.

"They're Siddoway eyes," she explains, "we all have them--a very strong gene pool."

I am particularly grateful to have interviewed Nicky for this last column of mine, because she was one of the people who turned me down before, claiming to be too boring, but then came forward when she was ready.

After finding out the basic stats that she is 25, hails from Idaho Falls, and is studying to be a counselor, we wound up having one of the most serious conversations I've had in a long time--it wasn't boring at all.

Nicky is studying psychology because she wants to make a difference in the world.

"I want to help people, women in particular, accept themselves, their body image... I want to help change the messages before it turns into a full-fledged eating disorder." This is an important mission; one I am certain Nicky will engage in with heart and soul because, she says, she's "been there."

I don't think I know a single woman who hasn't struggled on some level with our culture's media blitz about the perfect body. Nicky has a big job ahead of her. But, she's

doesn't want to drag around with her any more. "When I think I'm not making any progress in my life, I go back to the journals, and I see just how far I have really come."

Nicky likes solitude. She takes walks with her dogs (her "babies") at Elk River Falls which is one of her favorite places. I ask if she plans on making Moscow her home and she replies that she'd like to, but realistically, thinks there are already enough therapists in town, so she'll move "anywhere but back to Southeast Idaho." She would like to stay in mountain and tree country.

She's just finished reading Allende's *House of Spirit*, and Williams' *Refuge*. When I inquire as to her favorite movie, it is "Stuart Saves His Family." Having never heard of Daily Affirmations with Stuart Smalley on Saturday Night Live, I ask what it is about.

"Oh it's just wonderful, but you would have to have had a lot of therapy to appreciate it," she laughs, with her head thrown back. I like her openness and frankness and her willingness to talk about her life and its meandering journey. Thank you, Nicky, for trusting me with your story.

In fact, I would like to thank all the people of the last two years who have opened themselves to me during these interviews. I have enjoyed meeting each and every one of you on this personal level. Where else can we talk with such honest to goodness people but at the Co-op? I'm glad to be a member. See you there.

Word of Mouth

By Eva Strand

I will be your official Taster this month while Vicky Reich gives her taste buds (and taste buddy?) a break.

Six sparkly, cool drinks fizzing in their glasses are waiting to be tasted: today we are testing natural sodas. Why drink natural sodas? They don't contain caffeine, artificial additives, preservatives, colors or flavors. Natural sodas are low in sodium and phosphorus. These sodas are basically made from just carbonated water and fruit juices, with an occasional sweetener added.

Let's begin with Spritzer Light from the trustworthy R.W. Knudsen Family. Sparkly, flavorful, and not too sweet—a great thirst quencher on a hot day. This drink is indeed light—more like a flavored mineral water than a full-blown soda. I'm not much of a sweet-drink lover, so this one suits me perfectly. Spritzer Light contains no artificial sweeteners or preservatives—only sparkly water and concentrated fruit juices. I tried the tangerine flavor, hopefully the other flavors would be as appealing.

On to Ginseng from Blue Sky. I tried Cranberry-Raspberry flavor. As the name implies, this drink really contains brewed Chinese ginseng tea. However, to me it tastes mostly like clear, crisp, tastefully-sweetened raspberry soda. My five taste buddies, all under 10 years old, found this one to be the most appealing of all the drinks we tasted. Blue Sky sweetens their sodas with high-fructose corn sweetener, and this beverage is fortified with vitamins C, A, and E, as well as ginkgo biloba tea.

Santa Cruz offers a certified-organic natural soda that is sweetened with cane and fruit juice. I tasted the Tropical Guava and found this drink has a bit of a funny after-taste. Interestingly, I found it tasted better after it had been opened (and refrigerated) for 12 hours and had lost most of its carbonation.

Juice Squeeze from Crystal Geyser is an easy choice—full of sweet fruity flavor. This drink contains 72% fruit juices and is more substantial than, for example, Spritzer Light or the Blue Sky soda. I tried the Kiwi-Lemonade flavor this time, but from experience I know that the other flavors are equally fruity and crisp—you know you are drinking real fruit juice.

This soda is fortified with the vitamin B complex, including vitamin B12, and is sodium-free (all the natural sodas we tasted contained very little or no sodium).

Looking for a carbonated drink with a bite to it? Try Extra Ginger Brew: an all-natural, Jamaican-style Ginger beer from Reed's. Full of fresh ginger root flavor, this is a treasure for ginger lovers. If you don't like ginger, don't buy this beverage! The ginger beer is sweetened with fructose, fruit juices and honey, and contains no alcohol. For kids, though, try something different—this drink is too sharp.

Next in the glass: Fruit Juice Smoothie from Hansen's. A true smoothie, this one's fruity, creamy, sweet and, of course, NOT carbonated. It's sweetened with natural fruit juices and high fructose corn syrup—a bit too sweet and creamy for my taste. Well, maybe it would be good for breakfast. My kids, however, loved this juice! The Smoothie is fortified with vitamins A, C and E.

Thanks Vicki for letting me do this month's taste-testing, it was delicious fun! Got to go...too much soda....

Ad Czar Promoted/ Interviewer Retires

by Bill London

Tim Lohrmann has done an excellent job as our ad manager, both increasing the number of ads and bringing more coherency to the position and its record-keeping.

Now, in what is hopefully not an exercise in the Peter Principle, Tim has sought and accepted a promotion to writer for this newsletter. He will now write both the volunteer/staff profile and the Business Partner story each month, starting with the July issue.

Linda Canary has retired, even though she enjoyed meeting and interviewing the volunteers, staff, and Business Partners. She was ready to step aside and move on to other challenges. Thanks, Linda, and welcome aboard, Tim!

Food & Nutrition

Iced Teas

By R. Ohlgren-Evans

Having just returned from a trip to Asia, discussion of this topic at our last education board meeting turned my thoughts first to Thai iced tea. Although a rather sweet concoction, made with Thai black tea and sweetened condensed milk, it sure hits the spot over a tall glass of ice in the balmy tropics, and is a delightful refreshment any summer day (recipe follows).

According to Marie Nadine Antolo's book, Healing Teas (see this month's book review!), iced tea was an American innovation. It was actually the inspiration of Richard Blechynden, who had a tea stand at the St. Louis Fair in 1904. Because the weather was hot and no one wanted a hot beverage, Blechynden poured freshly brewed tea over ice. It was an immediate sensation. In recent years, prepared herbal and black iced teas have become as readily available as soft drinks (check out the Tazo teas in the Co-op's beverage cooler!).

My mother-in-law still brews a pot of double-strength Red Rose tea every day during the summer months to have ready by lunch time (on hot, sunny days she makes sun tea out in her garden). She adds a quarter cup of sugar to the pot while it's still a little warm and pours it into a glass pitcher full of ice, adding a couple of fresh-squeezed lemons before bringing it to the table. Though I seldom make traditional iced tea like my mother-in-law, I relish those summer meals at her table. "Steeped in tradition" must be a phrase that refers to just such a feeling.

Theoretically, any tea that you enjoy hot can be served chilled.

However, some teas are particularly nice when iced. Fruit juice/tea blends have also become popular and they make nice refreshments for children too. Zinger teas mixed with berry juice have been a popular blend for years.

To make some, start with good tea—just because it's iced, doesn't mean you can skimp on quality. And, as with hot tea, the water is very important—it should be pure and clean (if you don't like the taste of the water, you won't like the taste of the tea), so use bottled water if your tap water is inferior. And be sure to brew tea in china, glass or stainless steel.

Exceptionally clear iced tea can be obtained by steeping the tea in cold water and leaving it in the refrigerator for 12 hours.

The tea can then be taken with or without ice. But you can certainly get a high-quality iced tea from hot water. For green teas and light, flowery, herbal teas, use water that has been brought just to the point of simmering; for oolong and most herbal blends, brew with water that's hissing and has bubbles rising; steep heavy black teas and herbals with roasted ingredients in water that is fully boiling. Let your tea steep until the delicate flavors are released (usually 3-5 minutes). If you merely want to try your favorite tea on ice, prepare it as you normally would, then cool it in the refrigerator and serve over ice. Or try one of these following blends:



Plum-Fennel Iced Tea

Here's something to try later in the summer, when your plums are in season, and your fennel is seeding.

3 orange pekoe tea bags
6 cups water
1+1/2 tablespoons fennel seeds
4 plums (about 1 pound), pitted and cut into 1/2 inch pieces
1 cup chilled simple syrup (equal parts sugar & water, fully dissolved), or to taste

Garnish: plum slices

Put tea bags in a quart-size glass measure or heat-resistant bowl. Bring 4 cups water just to a boil and pour over tea bags. Steep for 5 minutes and remove tea bags. Cool tea and chill covered until cold, about an hour.

While tea is cooling, in a saucepan stir together fennel seeds, plums and remaining 2 cups water and boil 5 minutes. Strain mixture through a sieve into a heat-resistant pitcher, pressing hard on solids. Cool mixture and chill covered until cold, about an hour. Stir in tea and syrup. Serve tea over ice in tall glasses and garnish with plum slices. Makes about 7

cups.

Ginger Iced Tea

4 China oolong tea bags
4 cups water
1/4 cup peeled and sliced fresh ginger root (about a 2+1/2 inch by 1+1/2 inch piece)
1/2 cup plus 1 tablespoon chilled simple syrup (equal parts sugar and water, fully dissolved), or to taste

Put tea bags in a quart-size glass measure or heat-resistant bowl. Bring water with ginger root just to a boil and pour over teabags. Steep tea 5 minutes and remove tea bags. Steep ginger root 1+1/2 hours more and strain ginger tea through a fine sieve into a pitcher. Cool tea and chill covered, until cold, about an hour. Stir in simple syrup and serve tea over ice in tall glasses. Makes about 4 cups.

Lemon Balm Punch

Simple, sweet, and lemony, this blend is very soothing.

A couple of sprigs of fresh lemon balm, crushed
2 cloves
1 tsp honey

Put ingredients in a small teapot, and cover with water that's just started to boil and steep for 10 minutes. Chill and pour over ice.

Thai Iced Tea

Thai tea (cha Thai) is a blend of finely chopped black tea leaves, vanilla bean, ground sweet spices such as cinnamon and star anise, and orange food coloring.

1 1/2 c simple sugar syrup (equal parts water and sugar, fully dissolved) or 1 can of sweetened condensed milk
5 c water
1 c Thai tea leaves
Ice cubes
1 to 1 1/2 c light cream

Pour boiling water over tea leaves and steep for 3-4 minutes. Strain the tea through a sieve five or six times until the tea is strong. Then strain the tea through a coffee filter into a pitcher and sweeten with the syrup. Chill and serve over ice. Pour about 1/4 c cream over each glass and serve.

Look throughout the store for
this month's specials!!

Illustrated by:

THE KIDS PAGE

Gathered by:

Nancy Lee-Painter

Allix Lee-Painter

Jeremy Rabbit
©Melodie Armstrong 1998

Water World

Now that the weather's warming up (we hope), here are a couple of fun water experiments that you might want to try.

THE CORK FLOATING CHALLENGE

Ask your parents if they can place a cork in the middle of the a bowl of water and have it stay in the center. They'll probably take up the challenge, placing the cork ever more carefully in the center of the bowl, only to have it drift to the side again and again. Now show them the secret of how to do it: very slowly add water to the bowl until the water level actually rises over the rim of the bowl in a wiggly curve (the water is held in place by surface tension). This time, when you gently set the cork in the water, it moves to the bowl's center, the place where the water level is highest. Since a little water may spill as you do this, you might want to put your bowl on a plate.

CRYSTAL ROCK GARDEN

Here's a garden you can grow to get an understanding of how real rock crystals such as those in geodes form. Bring 1/2 cup of water to a boil, then add 2 ounces of alum (found in the canning or spice sections of supermarkets), stirring until the alum is dissolved. Pour the solution into a clear glass bowl half filled with assorted clean rocks and pebbles. Within hours you should be able to see alum crystals forming as glasslike squares. Within several days you should have a number of crystals to look at. Note: Geodes and many other rock crystals were formed the same way, when water saturated with minerals seeped into spaces in rocks. When the liquid evaporated, the crystals were left behind.
(From Family Fun June '98 issue)

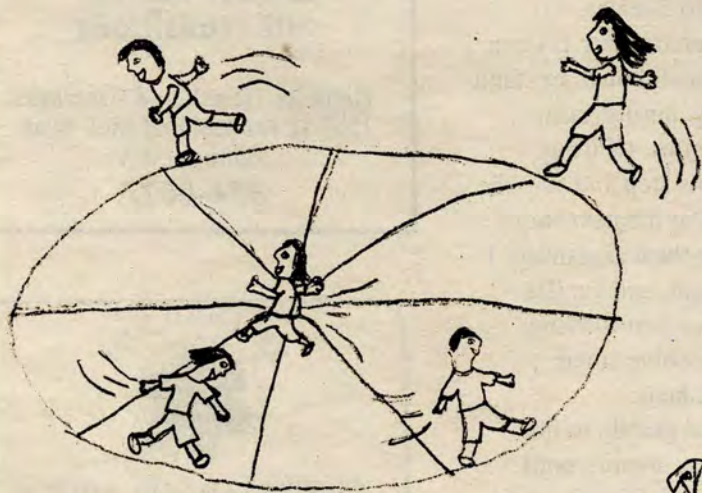
Easy-As-Pie Tag

No matter how you slice it, this pie-shaped grid is all it takes to start a lively round of tag. On a level playing surface, draw (use chalk on blacktop or a stick in the dirt) a circle that is at least 15 to 20 feet wide. Divide the circle into six equal sections by drawing three lines across its center.

"It" stands in the center of the circle, the remaining players position themselves around the the outer edge.

"It" yells "Go!" and then chases after the other players to tag one. The runners may travel in any direction, but the catch is their feet must always land on a line. The first person to be tagged, or to step off a line, becomes the new "It".

(From Family Fun Magazine May '98 issue)



Read any good books lately?

A book review by: Allix

My mom, my sister and I just read this really good book called "Wild Magic" by Tamora Pierce. It is about a girl who can talk to animals and heal them with just her hands. She travels with a herd of ponies and another woman. On their travels they meet and fight monsters, griffins, dragons, wizards, ogres and more. I really enjoyed this book because the girl is very brave and there are lot's of animals in it. So have fun and read it!



Animal Fever

For the month of July we'd like to feature animals on the Kid's Page. Send us a drawing of an animal that lives at your house or tell us about your favorites and we'll include your drawing or animal trivia next month. Write: Nancy or Allix Lee-Painter 905 Nez Perce St. Moscow, 83843 or e-mail us at: davidlp@uidaho.edu



Homemade Frozen Yogurt

By Pamela Lee

I don't have an ice cream maker, but I still wanted to see if I could make a delectable, creamy-textured frozen yogurt. When I accepted the challenge of writing about this, I simply thought I would use my trusty old Champion Juicer to churn out a smooth frozen treat. After all, I'd used it years ago to successfully make tofu "ice cream," before commercial brands were readily available. But alas, I found that the Champion melted the frozen yogurt cubes too much to be an effective tool for this job. So, after reading about making quick granitas with a food processor, I turned to this handy kitchen tool, and it worked. I then wondered if a blender might work as well. It didn't. The blender delivers delicious, cold smoothies, but not what I'd call frozen yogurt. If you have an ice cream maker, by all means use it for these recipes. Simply chill the mixtures to about 40 degrees, then follow the directions with your machine.

I found that the biggest challenges to making homemade yogurt were obtaining the right texture and the right, satisfyingly-full oral sensation. Nonfat yogurt doesn't provide the "mouth-feel" that I want, but low-fat or regular yogurts do. Yogurt and fruit, frozen and then processed is tasty, but lacks thick body. The addition of gelatin provides the satisfying, smooth texture I want, but knowing gelatin's origin drove me to try agar-agar. And I'm pleased to report that it works just as well. Agar-agar (also sometimes called kanten) is made from several varieties of red seaweed. Hundreds of years ago, the Chinese and Japanese learned how to freeze-dry and dehydrate the seaweed fronds into kanten bars which can be used as gelatin. Our Co-op stocks agar-agar powder in the bulk herb section. The agar also comes in flake form and the traditional kanten bar.

As I experimented with recipes, I found I didn't want an overly sweet product. I cut the amount of sugar in most recipes by one-third to one-half. To me they were still plenty sweet. Also, too much sugar seems to defeat the health benefits of eating yogurt.

Whether yogurt's beneficial bacteria can survive the chilly

temperatures of frozen yogurt seems to be still under debate. One article I read said they couldn't; another said they could survive quick-freezing.

If, like me and don't have an ice cream maker, freeze your yogurt concoctions in plastic ice cube trays. After they freeze solid, empty the ice trays into a large bowl then pulse 5 to 6 cubes at a time in the food processor. The trick is getting a creamy frozen puree, not a grainy, melted shake. Use the pulse button in repeated three-second bursts. It took me about a dozen of these pulses. My food processor is really old; a newer machine might do the job more efficiently and might handle more than 6 cubes at a time. But don't add more cubes than can sit in a single layer in the processor bowl. Turn the machine off, open the bowl, and check the mix, stirring until you get a smooth texture.

This first recipe is my own agar-thickened invention. I invite you to vary ingredients and experiment with any of these recipes. Even the less-than-perfect frozen concoctions tasted mighty good.

Pineapple-Banana Frozen Yogurt

- 8-oz Brown Cow Farms Creme-at-the-Top Maple Yogurt
- 8-oz plain, nonfat Nancy's Yogurt
- 1/2 t. agar-agar powder
- 1/3 cup pineapple juice
- 1/4 cup crushed pineapple, drained
- 1 large or 2 small bananas

1. Stir the teaspoon of agar-agar powder into the pineapple juice. Heat in the microwave on high for 25 seconds, stir. Then microwave until the mixture comes to a boil. Stir well, then place the hot mixture in a blender and pulse. Add the banana and yogurt. Blend well. Add the crushed pineapple. Pulse briefly.
2. Turn the yogurt mixture into an ice cube tray. Freeze until solid.
3. Use a food processor to puree

5 to 6 cubes at a time. If overly thick, add a few tbs of milk or rice milk. Pulse for 3 seconds about 12 times, until smooth and creamy. Eat immediately, or store in a well-sealed container in the freezer.

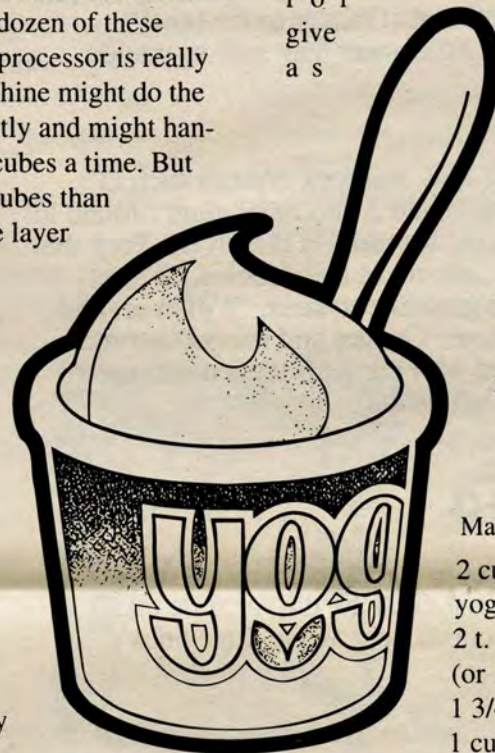
Variation: With an ice cream maker, follow step one, then chill until the mixture is about 40 degrees F. Freeze according to the directions that come with your machine.

The next two recipes are from *Cook's Illustrated Magazine*, May/June 1996. If you want to use agar-agar powder, substitute about 1 t. of it for the gelatin. Dissolve and heat it in the milk. The recipes' 3/4 to 1 cup of sugar was way too sweet for me. Though I you the recipes they were written, I used a scant 1/2 cup of raw sugar in the Vanilla Yogurt Recipe, and a scant 1/3 cup sugar in the strawberry recipe.

Vanilla Frozen Yogurt

- Makes 1 generous quart
- 2 cups low-fat plain yogurt
- 2 t. unflavored gelatin (or 1 t. agar-agar)
- 1 3/4 cups whole milk
- 1 cup minus 2 T. sugar
- 1 5-inch piece vanilla bean, slit lengthwise.

1. Spoon yogurt into fine-mesh strainer set over glass measuring cup. Place measuring cup in refrigerator; let drain until yogurt releases 1/2 cup liquid, 1 to 2 hours.
2. Sprinkle gelatin over 1/4 cup of the milk in a small bowl; let stand stirring frequently, until gelatin swells, about 10 mins. (If using agar-agar, omit this step and use the milk and the agar in the next step.)
3. Meanwhile, heat remaining 1 1/2 cups milk, sugar, and vanilla bean in small sauce pan, stirring occasionally to dissolve sugar. Remove pan from heat.
4. Add swelled gelatin to hot milk-sugar mixture, stirring until completely dissolved. Scrape seeds from softened vanilla bean into mixture, whisking seeds to evenly distribute; discard bean. Cool to room temperature, then mix with drained yogurt.
5. Refrigerate yogurt mixture



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until it cools to at least 40 degrees. Pour chilled, gelatinous mixture into canister of ice cream machine; churn until frozen. (Can be served as soft-frozen yogurt at this point, or can be stored in a sealed, plastic container for 2 days before it becomes icy.)

Note: With my food processor method, after step 4 I poured the mixture into ice cube trays and froze, then pulse-processed as before.

Strawberry Frozen Yogurt

Makes 1 generous quart.

Really ripe, sweet fruit will make a tremendous difference in this recipe. The liquid in the strawberries makes this frozen yogurt become icy fairly quickly, so rather than storing it, it's best if eaten the day it is made.

- 2 cups low-fat, plain yogurt
- 1 pint fresh strawberries, hulled and sliced
- 3/4 cup sugar
- 1 t. vanilla extract
- 1 cup whole milk
- 2 t. unflavored gelatin (or 1t. Agar-agar)

1. Spoon yogurt into fine-mesh strainer set over glass measuring cup. Place measuring cup in refrigerator; let drain until yogurt releases 1/2 cup liquid, 1 to 2 hours.

2. Meanwhile, mix berries, 1/4 cup of the sugar, and vanilla in medium bowl. Crush fruit lightly with potato masher; let sit at room temperature for 1 hour.

3. Pour 1/4 cup of the milk into small bowl. Sprinkle gelatin over milk; let stand, stirring frequently, until gelatin swells, about 10 minutes. (If using agar, omit this step and add the agar and all the milk to the next step.)

4. Meanwhile, heat remaining 3/4 c milk and 1/2 c sugar in small saucepan, stirring occasionally to

dissolve sugar. Remove from heat.

5. Add swelled gelatin into hot milk-sugar mixture, stirring until completely dissolved. Cool to room temperature, then mix with crushed strawberries, with drained yogurt.

6. Refrigerate yogurt mixture until it cools to at least 40 degrees. Pour chilled, gelatinous mixture into canister of ice cream machine; churn until frozen. This can be served as soft-frozen yogurt at this point, or can be stored in a sealed, plastic container for 1 day before it becomes icy.

Note: With my food processor method, after step 5, I poured the mixture into ice cube trays and froze, then pulse-processed as before.

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Fruit Trees And Shrubs

By Patricia Diaz

We are blessed, here in the Northwest, with the perfect weather for many fruit trees and especially berry bushes. (I still miss avocado and lemon trees, but, oh well....) In an earlier issue, we highlighted apples and discussed the great apple-growing region in the upper central part of Washington state. We have a winter chill that is essential for these types of fruit trees and shrubs.

Since our local nurseries generally carry the types of trees and shrubs that will thrive in our region, I will focus on the general features of each type of tree and shrub, mentioning only the best types to grow here. A good reference book on this subject is Sunset's Western Garden Book. It has wonderful information on fruit trees and shrubs.

Apple trees are perfect for our climate. They need full sun and some water. While they all require pollination, most will set adequate fruit with their own pollen. If you want a heavier harvest, plant another variety to increase pollination. You can even purchase multi-variety apple trees! Also available are dwarf and semi-dwarf apple trees, especially desirable for small gardens.

Apple trees that do well in our area include the following: Arkansas Black; Braeburn; Red Delicious; Empire; Enterprise; Fiesta; Garden Delicious; Ginger Gold; Golden Delicious; Golden Supreme; Jonagold; Jonathan; Macoun; McIntosh; Newtown Pippin'; Northern Spy; Red Gold; Sierra Beauty; Spitzenberg; Stayman; Sunrise; Wealthy; and William's Pride.

A few types of apricots can be grown in our region. The biggest problem with growing apricots successfully here, is that they bloom so early that the buds, flowers or baby fruit often freeze, ruining any chance of harvest. To optimize your chances of harvest, choose late bloomers and try to situate your tree in a frost-protected or sheltered part of your yard.

Apricots are good for both fruit

and shade, and are easy to maintain. If you wish, you can train them as espaliers. (And espaliering them against a south-facing wall will help insulate the tender buds and fruit.) Apricots bear most fruit on short fruit spurs that form on the previous year's growth and will fruit for about four years.

The types available in our region include Aprigold, which has good-quality, full-size fruit; Autumn Royal, which ripens in September; Blenril, which needs a pollinator; Chinese or Mormon, a late blooming, hardy tree with good production in late-frost and cold-winter regions; Floragold, an early ripening dwarf tree; Golden Amber; Goldrich, a cold-resistant tree that needs a pollinator; Moongold, developed for the coldest winter climates; Moorpark; Perfection; Riland; Rival; Royal; Royalty; Sun-Glow; Sungold; Tilton; and Wenatchee.

A few peach varieties will also thrive in our area. Peach trees are fast growers, to 25 ft. high and as wide. They reach peak production at 8-12 years. They require good drainage, a regular fertilizing program, and heavier pruning than other fruit trees. The varieties that will grow in our area include: Early Elberta; Elberta; Fay Elberta; Golden Jubilee; Halberta; Halehaven; Indian Blood Cling; J. H. Hale; July Elberta; Orange Cling; Polly; and Redskin.

Pear trees are pyramidal trees growing 30-40 ft. tall. They are long-lived and take damp, heavy soil better than most fruit trees. They need little pruning but are subject to blight and pests. They like full sun and moderate water during growing season. The pear trees that seem to do best for us include: Anjou; Bosc;

Clapp Favorite; Sure Crop and Winter Nelis.

There are two types of plums: European and Japanese. European plums and prunes (plums with high sugar content) are better adapted for our region than Japanese plums because of the chance of late frosts or cool, rainy spring weather but there are a few Japanese plums that will grow here (listed below). They grow 15-20 ft. tall and do best in fertile, well-drained soil but you can grow plums in many soil types. For larger fruit and more vigorous growth you need to fertilize heavily (about 1-2 lbs. of nitrogen a year for European plums and 1-3 lbs. for Japanese plums).

European varieties for our area include: Brooks; Damson; French Prune; Green Gage; Italian Prune; President; Stanley; and Sugar. Japanese plums that thrive here include: Black Amber; Burbank; Casselman; Elephant Heart; Friar; Nubiana; Santa Rosa; Satsuma; and Wickson.

Sweet cherries are the most common market type and most widely known cherry in the West. These trees grow to 30-35 feet tall and do best in deep, well-drained soil. Two trees are usually needed to produce fruit and the second tree must be chosen with care, as there are combinations that will not produce fruit. The following three varieties will not produce fruit together: Bing, Lambert, and Royal Ann. On the other hand, Glacier, Lapin, Stella, and Sunburst cherries are self-fertile—a lone tree will bear fruit.

Sour cherries are spreading trees to 20 feet wide and do best in well-drained soil. They are self-fertile and reasonably good pollinators for sweet cherries. Preferred varieties are Montmorency and Early Richmond.

The Western Sand Cherry is

more of a shrub than a tree, growing only to about 5 feet high and wide. It is native to the Northwest and produces sweet, edible, purple black berries. We have two of them in our garden and they are very attractive landscape shrubs.

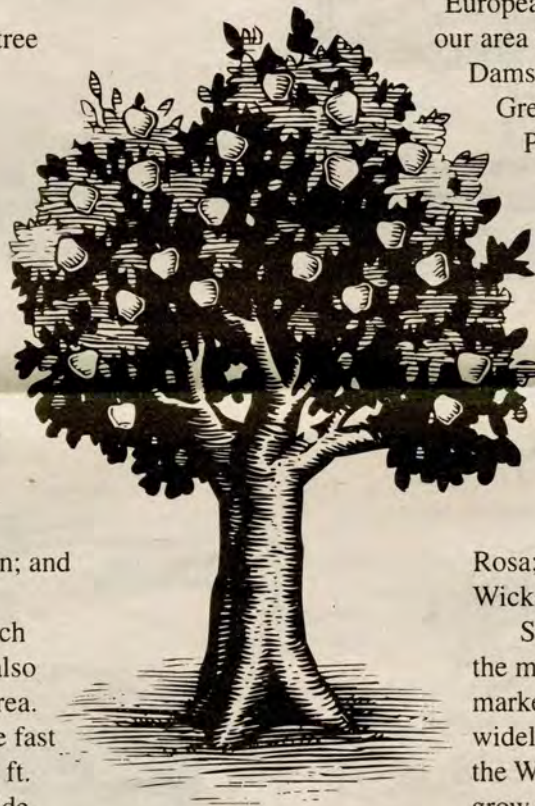
Fruiting quince are slow-growing trees 10-25 feet tall and have thornless branches (unlike flowering quince). It has a great winter pattern of gnarled and twisted branches and wears white or pale pink flowers in the spring. They do best in heavy, well-drained soil but tolerate wet soil, and like full sun with infrequent watering. The fruit is inedible when raw but is good for jams and jellies.

There are two types of grapes that one can grow: European grapes, which have a cold tolerance to only about 5 degrees; and American grapes which can tolerate temperatures well below zero. There are also hybrids between the classes which are reasonably hardy. No European grapes are recommended for our climate. Grapes are deciduous vines which like full sun and little irrigation once established. They produce enough new growth every year to arch over a walk, roof an arbor, form a leafy wall, etc. They have a dominant trunk and branch pattern for winter interest and wonderful fruit. They must be trained and pruned regularly.

American varieties suited for our region include: Black Spanish; Brilliant; Campbell Early; Canadice; Champanel; Concord; Concord Seedless; Fredonia; Golden Muscat; Himrod; Interlaken Seedless; Moore Early; and Suffolk Red.

The Northwest is "blackberry heaven" and the natives here differ from Eastern varieties by their trailing nature. You almost don't need to plant blackberries, just travel around our region and pick them in the late summer (just be careful in rattlesnake territory—they love to get cool by slithering into the bushes). I guess the only bad thing about backyard blackberry bushes is that they can get away from you and take over the garden. The best types for our area include Boysen and Thornless Boysen, Logan and Thornless Logan.

Blueberries aren't really recommended for our cold climate but you



can grow the highbush blueberry (*corymbosum*). It is a deciduous, bushy shrub up to 10' high and wide. It blooms in late spring with blue-black berries following. It is the best blueberry for landscape use, growing in shade or full sun, although it fruits best in full sun. It is also the finest for edible berries. It does well in acid soil with good drainage.

There are two types of red raspberries: summer-bearing, which bear once a year in summer on two-year-old canes; and fall-bearing (also called everbearing), which bear twice on each cane, in autumn of the first year, then in summer of the second year. If you have heavy clay soil, you may want to plant your raspberries in raised beds. They like slightly acid soil and need water during blossom and fruiting time. If you are in a milder-climate area, such as lower down toward Lewiston, you may be able to grow black raspberries (or blackcaps). These are my favorite for jellies.

The American cranberry is native to the northern United States and southern Canada. The bushes without spines are currants; those with spines are gooseberries. They are many-stemmed shrubs that grow 3 to 5 feet tall. In some areas it is illegal to plant currants as they can host white pine blister rust. Black currants, once illegal to grow due to the prevalence of the rust, are now available in a rust-resistant hybrid called Consort. Consort has blackish purple fruit with a flavor suggestive of blackberries, great for preserves and sauces.

Elderberry shrubs or trees (*Sambucus*) are fast-growing, wild-looking western natives. There are three types good for our area. The American Elderberry has good fruit for pies and wine, needs hard pruning every year (usually in March) and needs two varieties for pollination (Adams, Johns). The Blue Elderberry is useful for jams, jellies, wines, and pies, but you'll have to beat the birds to the berries first. Then there is the Red Elder-

berry, also known as the Huckleberry.

The Red Elderberry is something Idaho is known for. While it is native to the Sierra Nevada and Coast Range Mountains in California, it seems to be manna for locals here who conduct regular summer pilgrimages to the mountains for the berries. The berries are great in jams, jellies, pies, and sauces. These berries need high-acid humus soil. Apparently elevation is also a prerequisite for growing these—they don't produce well in the backyards of Moscow or Pullman.

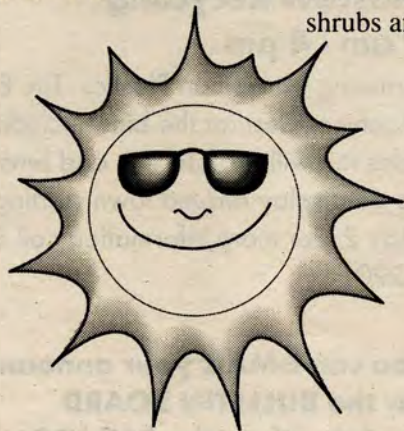
Hopefully you'll be inspired by this month's discussion of fruit trees and shrubs and will plant some for your (and the critters') dining pleasure. I got so inspired by an article on interesting winter branching that I went and got a 'Harry Lauder's Walking Stick.' I've been wanting one for years. It's actually a contorted hazelnut and will look really exotic in our garden.

Gardening in June

by Patricia Diaz

June is a busy month for gardeners! So much planting to be done, now that (hopefully) the last frosts are over. Now is the time to plant strawberries, vegetables, annuals, and perennials. You can also plant bulbs for late summer bloom such as cannas, dahlias, gladiolus, montbretia, tigridia, and tuberous begonias. This is also a time to plant trees, shrubs, ground covers, and vines, but make sure you water new plantings deeply and frequently enough.

Prune spring-flowering shrubs such as forsythia, flowering quince, lilac, and spiraea. You should also remove dead rose blossoms (an activity known in gardening circles as 'deadheading') and fertilize your roses. Also, prune dead, injured, and diseased branches from your shrubs and trees.



Insights

Healing Teas

by Marie Nadine Antol
246 pp \$12.95
Avery Publishing

Reviewed by R. Ohlgren-Evans

Healing Teas is both a reference book and a recipe book. It explains the history of teas used for pleasure and healing, including wonderful descriptions of various methods involved in the brewing and application of teas. It also provides an alphabetized guide to herbs, plus instructions on how to brew each one and use them as home remedies.

The author has applied her professional health writing skills well—the book is supported by a lot of research but is easy to read. Each herb is described in terms of its appearance and parts used, historical notes, scientific findings, traditional uses, and considerations. This is a fascinating look at herbal lore as well as the 'roots' of our healing medicines.

From kombucha to St John's Wort, from Echinacea to Uva ursi, this book shows how you can use "nature's" therapies" with confidence.

Magazine Review:

Organic Gardening

from Rodale Press
Review by P. Diaz

This monthly publication is available at The Co-op for \$3.99 and what a wealth of information it is! It is a great magazine for anyone who loves gardening—both vegetable and flower gardening. Regular features include: discussions about what's new in seeds and plants; new gardening gear available; and help for pesty problems without having to resort to pesticides. Several plants are discussed in detail each month. A new column is called "The Herbarium" and highlights a different herb each month. Other departments include editorials (lately covering the proposed Organics Standards), "Letters," "Solutions," "Food and Health," "Garden Fresh Cooking," "Tools of the Trade," "Almanac," "Garden-to-Garden," and "The Compost Corner." I found the magazine packed with great information and wonderful photography. It's a good read for both the already-organic gardener, as well as those of us trying to wean ourselves from those stinky chemicals.

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Free to a good home.

Wanna read early issues of Inland Northwest progressive/environmental magazine? Call Bill London 882-0127

Music, Food, Trade, Fun

Spring Barter Fair

*Columbia Valley Barter Faire

Northport, WA

June 12-14

509-732-6130

Subscribe to the
Moscow Food Co-op
Community News
only \$10 for 12 issues
send and make checks
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Moscow Food Co-op
(attn: Bill London)

The Palouse Folklore Society plans the following contra dances for the summer:

June 13 • July 25 • Aug. 15

ALL three dances from 8-11 pm, Old Blaine Schoolhouse; to find, drive 4.5 miles south of Circle K on highway 95; turn left on Eid Road, driving 2 miles. Blaine Schoolhouse is across the intersection on the left. Call 882-4620 for further information re: the dances or the Palouse Folklore Society.

Co-op Volunteer Position Open

Newsletter distribution in the Moscow area. Involves dropping newsletters at shops, lounges, waiting rooms, etc., at the end of each month. Flexible hours. Earns a discount at the Co-op! (Must be a Co-op member). For more information, call Therese at 334-0335.

Backyard Composting Bin Sale

Saturday, May 30

Moscow Recycling

9 am - 4 pm

featuring Norseman Plastics' The Earth Machine. Cost for the bins, including sales tax will be \$36.75, and bins will be on display around town starting May 2. For more information call 882-0590.

You can E-MAIL your announcements for the BULLETIN BOARD (no later than the 25th) TO: bethc@uidaho.edu