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MOSCOW Food Co-operative



Community News

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smoothies

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Espresso Cart Re-opens

by Kenna S. Eaton

You know it's almost Summer when the sweet sounds of frothing milk drift across the Co-op parking lot... it's the return of the Espresso Cart!

Finally the days are warm enough to allow the cart to re-open out front, under the green awning. Again people gather at the picnic tables to enjoy the early summer weather. The blender will start once more, making those excellent fruit smoothies (none of that fru-fru ice cream stuff for us!) packed full of flavor and nutrients. The juicer will start crushing those little carrots and beets into sweet juice making our juice advocates happy. And last, but not least, the cappuccinos will once more keep the Co-op staff "oh so happy" late into the afternoon.

Of course, we use only the best ingredients for all of our drinks. Organic whenever feasible.

The cart will be open daily from 9am-3pm starting about May 15th. Come join the noises and savor the sweet tastes of summer...only at the Co-op.

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Co-op - News

Member Benefits Change

by Kenna S. Eaton

In early April we sent a letter to all of our members explaining the changes in the discount structure for members. Starting April 15th, the Co-op discontinued the 10% discount on purchases over \$20 to members. The response by our members has been extremely supportive and understanding. Most members have expressed their desire to have a strong healthy Co-op and want to do whatever is needed to get there. Since the change, a few people have chosen not to renew their memberships, but that has not been the case most of the time.

I would like to give my thanks to those members who have taken the time to express their support for their Co-operative. We are a (mostly) healthy business that continues to need our members to stay financially and physically strong.

The difficult decision to change the member benefits was made by the Board of Directors, based on the first three months of 1998. During that time period, we handed out over \$10,000 in discounts. As we monitored the situation we increasingly

realized that we would need to make some changes, or go broke! At the heart of the matter lay the question "Why do we give our members a discount?"

As we debated the answers and options, we realized our main goal is to have a healthy business that can serve its members and provide a nourishing workplace for its employees. By this time, it was quite obvious that we could not achieve our goals and give a discount to our members too.

Decision making time.

Starting earlier this year we increased member benefits by instituting "member's only" sale items. This group of 50 -60 items are selected each month to pass on savings to members from manufacturers. We still offer discounts for Special Orders and volunteering. Only members get a "bread card" and our Business Partner Program strengthens the ties between the business community and our members. We feel we still have a lot of benefits to offer our members, and we hope you'll agree.

Membership News

by Kristi Wildung

You've probably all read or heard about the change to the membership discount by now and have settled into the fact. We've still had a good number of new memberships and for that we'd like to say thanks. We're still the same old store serving your natural foods needs and we'll continue to do our very best with or without a discount to our members. You still reap many rewards as members, including participation in the Business Partner Program, special order discounts, volunteer discounts, bread cards and check cashing privileges, as well as a friendly and knowledgeable staff to serve you.

Welcome to these new members: Anne Bowes, Janice Hyden, Christopher LaPaglia, Christine Welch, Paige Lawrence, Jenny Troutman, Jaimos Skriletz, Maria Jankowsa, Todd Ott, E. Patrick Fuerst, Pamela Littlefield, Walter Mih, Doug Venn, Brandy Taylor, Micheue Pernula, Sarah Scranton, Donna Idol, Grace Simonetti-Williams, Kristine Gravich, Bernetta Miller, John Repecko, Bev Nearing, Paul Baker, Mary Schwantes, Randy Emerson, Julie Colbert, and Aubrey Palumbo. Thanks for joining!! We couldn't do it without you. Keep an eye out in the store for increased member sales during the month of May.

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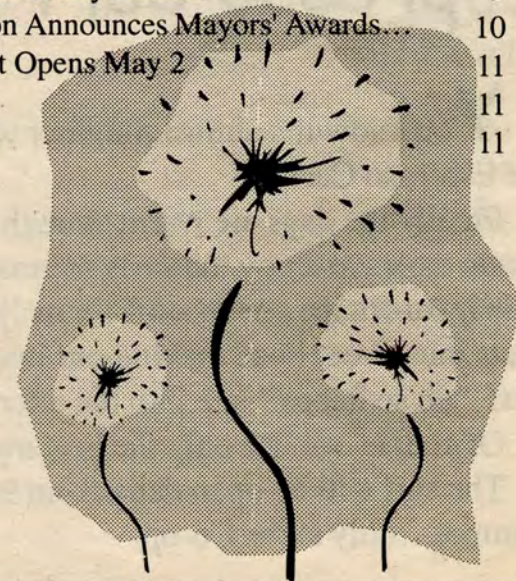
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The Buy-Line

by Vicki Reich

Kristi and I have just returned from a shopping spree in Seattle, and everything we bought is for you (okay, I did by a new dress for myself). We went to the Natural Foods Expo Northwest, a giant gathering of natural foods manufacturers, distributors, retailers. It was a ton of fun. We checked out all the new product lines and said hello to old friends. You'll start to see the new products soon, but here's a preview.

The big purchase is a bulk tincture dispenser. The unit is really cool—it dispenses one ounce of tincture at a time into a new bottle or one you reuse from home. It will hold 12 different tinctures. We expect that it will be here some time in June. In the meantime, look for Badger Balm, this great hand salve that working hands shouldn't be without, and shower filters and water test kits from New Wave Enviro.

And here's what new in the store right now:

Imagine Soups-Four incredibly delicious creamy vegan soups in aseptic packages from the makers of Rice Dream.

Pumpkorn-Four fantastic flavors of roasted pumpkin seeds. Beware, they are highly addictive.

Herbal Oregon Chai-a great new creation from the makers of Oregon Chai.

Organic Veggie Fusilli-in bulk
Moscow Food Co-op Brand Flax Caps-these are a shelf stable flax for those who don't like the oil straight.

Moscow Food Co-op Brand Saw Palmetto Gel Cap-an easy absorbable for of Saw Palmetto.

Moscow Food Co-op Brand Cal-Mag Citrate-this is the most readily available for of Calcium.

Brown Cow Organic Fat-Free Yogurt-this was a customer request.

Fat-Free Nayonaisse-to complement the regular Nayonaisse.

Hylands Calms Forte-this was a customer request

Millana's Hot and Spicy Pasta Sauce-I had space on the shelf and this sounded good to me.

Tofu to Go Chipotle Flavor-a great tasting new flavor.

Fish Brothers Lox-Laura and I can't figure out how we lived without lox.

Yves Breakfast Links-a yummy treat for breakfast.

Koslowski South of the Border Salad Dressing-a new twist on dressings.

Alba Botanica Sun Screens-a wonderful smelling new sun screen.

Nature's Life Horse Chestnut Extract-traditionally used to strengthen vascular walls in the legs.

Nature's Life Wild Vites-a great tasting new kids' vitamin.

Badger Mountain Wines-these are Kristi's favorite wines

Crawford Stonehouse Beers-great tasting new organic beers.

And now here's what you're asking about:

Please, for chocolate addicts, Ben and Jerry's New York Triple Fudge Chunk is the maximal experience! As the wife of a chocoholic, I understand your addiction and I would love to help, but I can't. It's a long story but the gist of it is that I can only get the flavors we currently stock. Sorry.

Please get bulk tamari sauce again. Don't worry I will, however it has been out of stock for over a month now and my distributor have not been able to give me an ETA on it's return. Please be patient.

This ginger granola is really good. Can you get something like it? Sorry, I can't find anything in bulk with a ginger flavor, but look for some new bulk cereals in the future.

Please more carts with child restraint belts. We're working on it.

Could you get fresh mozzarella balls? Sorry, they are not available through any of our suppliers.

You used to carry inexpensive broken pieces of wild rice-tasted just as good as whole. What happened? Well, when we had three kind of wild rice, none of them sold very well, so I discontinued all but the whole pieces. Now the rice sells much faster so you're getting a much fresher product. I won't be bringing back the others but you may special order them in 5 lb increments.

No one can live without the Co-op. Thanks, we feel the same way.

Could you stock tapioca flour? We used to carry this but it did not sell. You can special order it.

Can you carry Nagai's Teriyaki Nori? Sorry, it's not available through our distributors.

It's me asking about pappadums again. Any chance of ordering a different brand? I'm sorry, but my answer is once again no. I did, however, talk to the head buyer at our main distributor and beg her to get some kind of pappadums, she said she'd look into it. I will keep my eye out for them and promise to bring them in if they reappear.

And now for some answers to your Bakery questions.....

Please don't put salt in the Tuscan Bread. It was the only no-salt bread. Thanks.

We have no-salt Whole Wheat the 3rd Sunday of every month, and starting the first week in May we will no longer put salt in the Tuscan Bread.

Could you bake Pain du Campagne again? It was my favorite bread.

That recipe was Heidi's and it went with her when she left. Try the Pain Au Levain on Thursdays.

Do you have any more selection on breads?

What would you like to see?

Whole Wheat Bread, Aghhh!!! Restore!

We haven't changed our recipe...please let us know what you don't like about it.

Please bring back the Lemon Sourdough. It was absolutely fabulous!

We liked it too! Sorry we lost it for awhile...look for the comeback this month on the new bread schedule!

Watch Our Windows

by Bill London



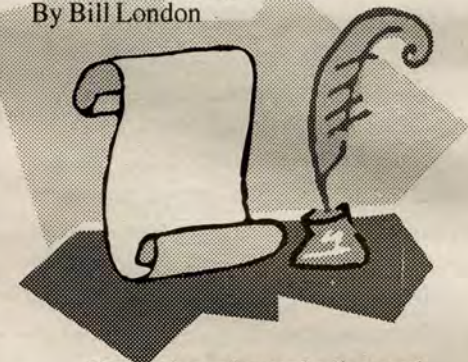
Britta von Tagen, our new volunteer window artist, is adding humor, as well as color, to the Co-ops exterior.

A good example is her creation: "Venus d'Carrot."

Keep watch on the windows for more fun stuff.

Writers Wanted

By Bill London



Dreaming of your byline and your golden words read by hundreds of Co-op shoppers every month?

Wondering how you could get a chance to ask nosey personal questions of local Co-op staff and supporters?

Wishing you had a volunteer position at the Co-op that you could fulfill on your own schedule?

Well, dream, wonder, and wish no more....

We need a writer or writers to interview the local business partners and the Co-op staff or volunteers for our monthly newsletter.

Linda Canary has served well as author of both profiles, but she's had enough.

We need someone new—how about you?

If you are interested, please contact Bill London, 882-0127.



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Volunteer Profile: Charles Swift

by Linda Canary

Charles Swift — a perfect name for a man who calls himself a birder.

It was a pleasant, sunny afternoon when we talked, our sunglasses reflecting each others' image, and I felt immediately comfortable with this plaid-shirted, closely bearded man. He's a soft-spoken guy from Baltimore, Maryland. Grew up in the suburbs there.

"Growing up, I didn't imagine I'd ever leave Maryland, but I'm glad I did." He met his wife, who hails from Boise, when she was attending grad school back East, and after a few years in Ann Arbor, Michigan where she did post doc work, they landed here on account of a job offer at the U of I. So, he says grinning, "She's working hard, and playing hard, and I'm taking a year off to discover opportunities in Moscow."

Taking a year off what? Computer programming — and how he's experimenting with a few classes in ecology and ornithology. Just got back from a class trip to the Malheur where they saw golden eagles nesting, and hawks, and falcons, I didn't catch the types.

This summer he's landed a job counting birds in the woods — from dawn till about 10:30 am he gets to sit in the woods and count the number of birds he hears. The rest of the day is his. And the next day, it's the same story, only a bit deeper into the woods. Sounds like something that might be training for a samurai. Imagine relying on the sense of hearing so acutely for a whole summer. It might be rough coming back to the city.

But he likes Moscow, likes the people, likes the fact that he can walk anywhere he wants to go. For instance, it's just a short distance from his pinkish-purple house on Lincoln to his job as herb jar refiller at the Co-op.

He says "I like the job; I like doing manual labor — it's therapeutic, and I'm learning a lot about herbs." Plus he thinks his co-workers are very friendly, and that it is a great place to hang out for a few hours a week.

So what else does he like to do? "My wife and I hike, swim, kayak,



cross-country ski, bike and run, but we're not really hard core — I mean we only do a couple races a year."

I tried to keep a straight face, but it was hard. Then we talked about starlings and cowbirds for a while, and he told me that the starling was introduced into America by a homesick-for-the fauna of England immigrant who went through Shakespeare's plays and brought over every bird mentioned in them.

Can you imagine? How's that for a bit of bird trivia for you? I was even able to mention my favorite bird, the water ouzel. Tiny little thing that likes to hop upstream bobbing up and down letting the water roll off its back. Delightful to watch. He said he's seen them up at Laird Park. Maybe I can talk one into migrating down to the stretch of Paradise Creek behind my house.

Charles just finished reading Wild to the Last and is now reading Rush Limbaugh is a Big Fat Idiot. I've seen that book at the library and wondered about it, and now that Charles says it's pretty funny, I think I'll give it a try. I decided this was a good time to ask him just what made him mad, and he immediately replied, "Helen Chenoweth."

In winding up the conversation, Charles said the only thing better about living in Ann Arbor was there were some good places to eat. Then he hitched on his backpack and headed home. I thought about it for a while, and I do think it is time the Co-op opened a restaurant. I'd eat there, Charles would eat there, all our friends would eat there. What are we waiting for?

Food & Nutrition

Word of Mouth

by Ms. Mouth (a.k.a. Vicki Reich)

It's National Salsa Month, and surprise, surprise, we taste-tested salsa.

We, for this particular month, were Kenna, myself, and lots of customers who tasted the salsa samples at the register. The line-up of salsas were **Emerald Valley Medium, Religious Experience Medium, Enricos Hot, Parrot Roasted Chipotle, and Parrot Roasted Garlic.**

Here's what everyone had to say:

Emerald Valley- Kenna and I both thought it looked fresh and tasted fresh with lots of chunks of veggies. Some of the customer comments we got were "I'm a salsa connoisseur from Texas and this is the one for me!", "Always the best.", "This one for sure!", and "I'm loyal" (10 votes).

Religious Experience- I really like this salsa in it's hotter form, The Wrath, but its still good in medium. It has lots of spicy and more of a jalepeno taste. Customers said: "One enthusiastic vote.", "Kate's favorite.", and "pretty good" (7 votes).

Enricos- Even though the jar said hot, this wasn't hot enough for Kenna or I, so I think the mild

version would be perfect for people who don't like spicy salsa. It's very thick and good for dipping. Customers thought "this looks the best", "yummy", and "hot but good" (4 votes).

Parrot Roasted Chipotle- Kenna and I both agreed this had a great smoky flavor, it was thick and chunky so you could get alot on a chip. All our customers could say about this one was "Yes!" (7 votes).

Parrot Roasted Garlic- This is a garlic lovers kind of salsa. Like its Chipotle cousin, this salsa is thick and chunky. Our customers said "this was my second pick. It really tastes like roasted garlic", "really for garlic lovers", and "delicious, wonderful and excellent." (9 votes)

As you can see, the votes were close. And nutritionally, they were all close. Calories per serving ran from 10 to 15, fat grams were all zero and sodium was between 70mg and 150mg. So, which one should you try? Well, since its National Salsa Month, you should try them all and discover your own personal favorites. Happy Dipping!



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Strawberries...Easy to Grow, Easier to Eat

by Michel Brockington

Growing strawberries is one of the more rewarding gardening conquests, because not only are they easy to grow and harvest, they are wonderful to eat...who doesn't love them? Kids can especially get excited about growing strawberries. They can either be grown in large quantities (better known as the strawberry patch), or in one of those funny-looking pocketed jugs, appropriately named the strawberry pot. Either way, with just a little time and effort you can have a generous supply throughout the summer months for your berry-picking pleasure.

Strawberry sets can be purchased now at your favorite nursery or garden center. Some varieties produce fruit only in the spring, while others will produce for the rest of the summer. The best way to have a continuous supply of strawberries is to plant a combination of these two kinds. If you have limited space and/or weeding capacity, a strawberry pot would be a great way to furnish yourself (and maybe your family and friends, depending on your appetite for these gems) with berries.

A strawberry pot has pockets that can be used to root the runners that grow from the main plant on top. This works well for places with long growing seasons, but for our area, why bother waiting for these to develop? To get the most strawberries this summer, plant a single strawberry starter in each pocket as well as on top. To do this, just fill the pot with good quality potting soil until you get to the first pocket. Turn the container over to remove the plant, and score the roots with a knife if they are bound, and spread them out a little. Place it into the pocket from the outside and cover with more potting soil. Continue until you've filled it to the top, then plant one or two there as well. Strawberries do best in a sunny spot and need to be kept well watered. If your strawberry pot is very tall, insert a tube pierced with holes down the center to pour water into. Enjoy watching them flower, then fruit!

To cultivate a whole strawberry patch, keep a few things in mind: a sloping spot often works best for perfect drainage, the soil should not be alkaline, and rich organic matter added to the soil gives rise to a

plentiful crop. A southern sloping spot gives rise to earlier blooms, which however can be susceptible to early frost. There are a number of different strawberry planting techniques, which can depend on whether your spot will be a permanent patch or a year-to-year planting. The Encyclopedia of Organic Gardening recommends figuring out your family's capacity for strawberries first, and that you will get 50-75 quarts from spring-bearing (75-100 from everbearing) per 100 feet of row. Providing you can eat or make jam of this many strawberries, and you have enough space, a strawberry patch can be easy and fun for the whole family.

Let's face it, though, eating them is the best part. Strawberries are great in shakes, muffins, desserts, pancakes...just about anything. Here are some unusual suggestions:

Strawberry Salad

- 1 pint fresh strawberries
- 1 head of your favorite lettuce
- 1/2 Cup pecans or walnuts, coarsely chopped
- 1 Cup finely chopped celery
- 1/4 Cup olive oil
- 2 Tbsp. lemon juice
- 1/2 tsp. honey
- 1/2 tsp. salt
- 1/2 tsp. pepper

Layer lettuce, then nuts, chopped celery, then the whole strawberries (minus the stems) on plate(s). Mix rest of ingredients and pour on salad. Chill and serve.

Strawberry Soup

- 3 3/4 Cup sliced strawberries
- 3 Tbsp. honey or molasses
- 2 1/2 tsp. cornstarch
- 1/2 Cup fresh orange juice
- 2 more Tbsp. honey
- 1/2 Cup sour cream, yogurt, or tofu yogurt

Add honey to sliced berries and stir to coat. Set aside for an hour or so. Drain the berries, reserving the juice. (You should have 1 1/2 cups strawberry juice and 2 1/2 cups berries.) Put the juice in a blender, add half the berries, liquefy. Pour this mixture in a saucepan and heat to boiling. Dissolve cornstarch in the orange juice and stir into the boiling puree. Cook a minute or two, until the mixture is thick and translucent. Cool slightly, add second



honey and remaining berries. Chill completely, swirl in sour cream/yogurt or just dollop on top. Makes 4-6 servings.

Strawberry Sandwiches

- a fun presentation

To make four delicious summer sandwiches, first wash and hull 4 cups of fresh strawberries. Slice half of them and mash the other half. Combine the sliced and mashed berries, reserving enough slices to garnish the tops of the sandwiches. Spread the berry mixture on a slice of bread, cover with another slice, add whipped cream or sweetened vanilla yogurt to the top and sides of the sandwich. Garnish with some sliced berries and eat! (hint: use some silverware for this).

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Dandelion (*Taraxacum officinale*)

by Eva Strand

The French called them *dent de leon*; in Latin the original name was *Dens leonis*; in Greek *Leontodon* – they all transte into ‘tooth of the lion’. Supposedly the tooth association refers to the jagged ‘teeth’ of the dandelion leaf. In Swedish the name for this bright yellow spring-fling herb translates into - *worm rose*. ...doesn’t have much to do with lions or teeth, does it – I’ll have to call mom again for an explanation.

Medicinally dandelion leaves are said to be an effective diuretic, useful against water retention, urinary infections and prostate problems. While diuretic drugs leach potassium from the body, the high potassium content in dandelion can help replace the increased loss due to urination. The dandelion root has traditionally been used as a blood and liver purifier, improving the functioning of the bladder, kidneys, pancreas, spleen and gall bladder. Dandelion may give relief to problems associated with a sluggish liver, such as tiredness, irritability, skin problems and headaches. In herbal healing treatments, decoctions from roots and leaves have been used for dissolving gallstones as well as urinary stones and gravel. I don’t know if this works, but it wouldn’t cost much to try.

Dandelion (root and leaves) are bursting with nutrients; vitamin A, B-complex, C and E, biotin, calcium, choline, inositol, iron, linolenic acid, magnesium, niacin, PABA, phosphorus, zinc, and potassium are all found in dandelion. Dandelion leaves contain almost twice as much vitamin A as spinach for example.

Early spring is the time to enjoy the powers of this purifying herb. Add some fresh young dandelion greens to the spring salad or stir-fry. Pick the young leaves only. Older leaves will add bitterness to your meal, however they will be greatly appreciated by any bunny you happen to be on feeding terms

with. Dandelion tea is easy to prepare; simply pour 1 cup of boiling water over a tablespoon of dandelion leaves and let steep for 10 minutes; strain and enjoy this whole-body tonic in the morning or evening or both. ...or make a sun tea; put some dandelion leaves in a jar of fresh water, seal and let sit in the sun for a few hours before drinking. Spring is also a good time to harvest the dandelion root for your

teas and decoctions, although the root can also be harvested in late autumn.

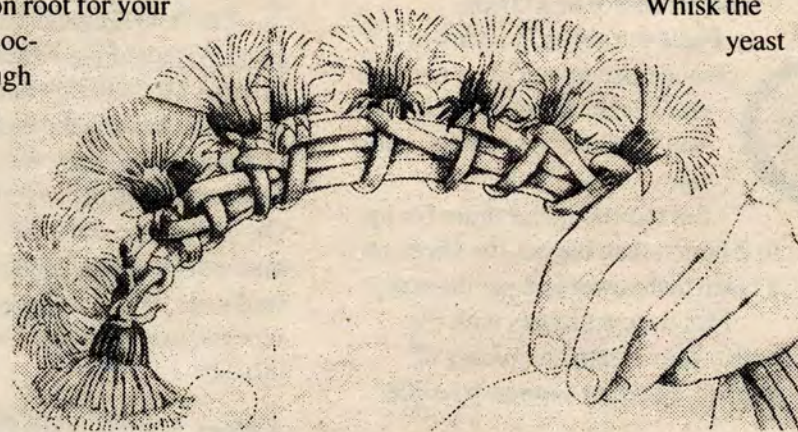
Beyond use as gallstone treatments and salad ingredients, dandelion makes bright spring wreaths to wear in your hair (ideal for the Moscow Renaissance Fair). Pick dandelion flowers with long slender stems and twist them around each other according to the illustrations. Make the wreath long enough to go around your head and then tie together with tall grass or string if you so desire.

Looking through my old herb literature I also found this old wine recipe in one of my English books:

- 10 cups dandelion flower tops, remove green parts
- 10 cups water
- peel from 1 orange, thinly sliced
- peel from 1 lemon, thinly sliced
- 3 ½ cups sugar
- juice from 1 lemon
- 1 Tbsp. grated fresh ginger root
- 1 tsp. wine yeast

Boil the water and cool. Put the flowers in a large bowl, and pour the water over the flowers. Cover the bowl with a towel and leave for 24 hours, stir every now and then. Put everything in a large saucepan, add lemon and orange peel and ginger and boil for 30 minutes. Strain the liquid and put it back in the bowl or in a jug or barrel that can be sealed. Add sugar and lemon juice. Cool.

Whisk the yeast



with some of the liquid. Add the yeast to the liquid, cover with a towel and leave for 48 hours. (Watch for overflow!) Leave the liquid until no more bubbles are formed, seal the container and let sit for 2 months. Bottle the wine. Store the wine at least 6 months before drinking.

I have never tried this recipe and I’m not sure that I will, but I have many times heard about dandelion wine and always wondered how it is made...now I know.

Dandelion...truly a versatile plant. Enjoy this spring!



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Salads

By Pamela Lee

In the final scene of a Maeterlinck play, the stage is covered with dead and dying characters. The young heroine whimpers, "I am not happy here." Then, the head of the ancient noble house raises his head to ask, with dying breath, "Will there be a salad for supper?"

For most of us, salad has assumed an important place in the menu. There are times when the meal is not completely satisfying without a tossed green salad, either before the entrée or after to clear the palate. The word "salad" comes from the original version of this dish; once all salads were light and green, the edible parts of tender herbs and green plants seasoned only with salt. Now, "salad" encompasses a lot more than the tossed green. There are bean salads, potato salads, coleslaw, composed salads, molded salads and more. The first three recipes are from a lovely big book called *The Complete Encyclopedia of Vegetable and Vegetarian Cooking* by Christine Ingram. Although I had this article spurring me on to try new recipes, the book's photographs are so luscious looking that they are inspiring in themselves. This encyclopedia makes me hungry just looking through it! Without further ado, I'm going to share recipes for some of my favorite salads.

Chicory, Carrot and Arugula Salad (Serves 4-6)

3 carrots, coarsely grated
about 1/4 cup chopped fresh arugula or watercress
1 large head chicory
For the dressing:
3 T. sunflower oil
1 T. hazelnut or walnut oil (optional)
2 T. cider or wine vinegar
2 t. honey
1 t. grated lemon rind
1 T. poppy seeds
salt and freshly ground black pepper

Combine the carrot and arugula in a large bowl and season well.

Shake the dressing ingredients together in a screw-topped jar, then pour onto the carrot and greens. Toss the salad thoroughly.

Line a shallow salad bowl with the chicory leaves and spoon the salad into the center. Serve lightly chilled.

Scandinavian Cucumber and Dill (Serves 4)

2 cucumbers
salt
2 T. chopped fresh chives
2 T. chopped fresh dill
2/3 cup sour cream
freshly ground black pepper

Slice the cucumbers as thinly as possible, preferably in a food processor or a slicer.

Place the slices in layers in a colander set over a plate to catch the juices. Sprinkle each layer well, but not too heavily, with salt.

Let the cucumber drain for up to 2 hours, then lay out the slices on a clean dish towel and pat them dry.

Mix the cucumbers with the herbs, sour cream and plenty of pepper. Serve as soon as possible.

Crunchy Cabbage Salad with Pesto Mayonnaise (Serves 4-6)

Note: Both the pesto and the mayonnaise can be made for this dish. However, if time is short, you can buy them both ready-prepared and it will taste just as good.

1 small or 1/2 medium white cabbage
3-4 carrots, grated
4 scallions, finely sliced
1/2 oz. pine nuts
1 T. chopped fresh herbs: e.g. parsley, basil, and chervil
For the pesto dressing
1 egg yolk
about 2 t. lemon juice
7/8 cup sunflower oil
2 t. pesto
4 T. plain yogurt
salt and freshly ground black pepper

To make the mayonnaise, place the egg yolk in a blender or food processor and process with the lemon juice. With the machine running, very slowly add the oil, pouring it more quickly as the mayonnaise emulsifies. Season to taste with salt and pepper and a little more lemon juice if necessary. Alternatively, make by hand using a balloon whisk.

Spoon 5 T. of mayonnaise into a bowl and stir in the pesto and yogurt, beating well to make a fairly thin dressing. (The

remaining mayonnaise will keep for about 3-4 weeks in a screw-top jar in the fridge.)

Using the food processor or a sharp knife, thinly slice the cabbage and place in a large salad bowl.

Add the carrots and scallions, together with the herbs and pine nuts, mixing thoroughly with your hands. Stir the pesto dressing into the salad or serve separately in a small dish if preferred.

The next recipe is from *Great Food Without Fuss* edited by Frances McCullough and Barbara Witt. The heart is the tender center of the head of celery and is sometimes available packaged separately. Or, pull off the outer ribs of celery until you reach the tender interior stalks. If you don't have the black vinegar, use balsamic vinegar instead.

Celery Hearts with Peppercorn Dressing

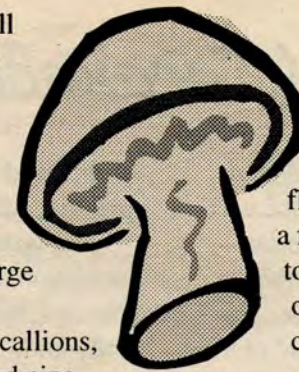
2 lbs. celery hearts
Spicy peppercorn dressing:
1 t. freshly ground white pepper
1/4 cup soy sauce
2 T. sesame oil
2 T. minced scallions
1 T. minced gingerroot
1 T. Chinese black vinegar
2 t. sugar
1 T. minced scallion greens, for garnish

Rinse the celery hearts and peel away the tough skin, if any. Trim the ends and cut away any leaves. Cut the celery stalks into 3-inch lengths and then cut crosswise into thin slices about 1/8 inch thick. Heat 2 quarts of water until boiling and drop the celery slices into the boiling water for 30 seconds. Remove and immediately immerse in cold water. Drain thoroughly and pat dry. Place the slices in a large bowl.

To make the spicy peppercorn dressing, heat a dry wok until hot and add the white pepper. Stirring constantly, cook over medium heat for about 1 minute, until fragrant.

Transfer to a bowl and add the remaining dressing ingredients. Mix to blend and then add to the celery slices. Toss to coat.

Transfer the slices to a serving platter and sprinkle the minced scallions on top. Serve at room temperature.



Serving suggestions: In China this dish is served as a snack, accompanied by other tidbits, all carefully balanced in color and flavor. If you're using this as a first course, you might want to add some julienned green or red pepper strips to the celery.

This next recipe is from the May 1996 issue of "Eating Well Magazine." It is one of my all-time favorite pasta salads. Though the author calls for (wheat) pasta shells, the thin spiral-shaped quinoa pasta (in the Coop's bulk pasta section) works very well in this dish, and unlike pure corn pasta, the quinoa will hold up in the refrigerator if you have leftovers.

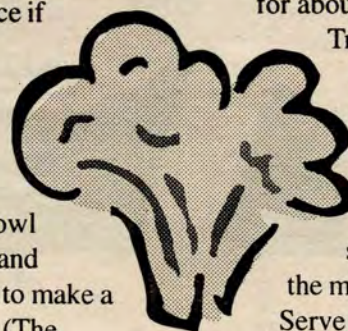
Pasta Salad Nicoise

(Makes about 8 cups, for 4 servings.)

2 cloves garlic, crushed and peeled
1/2 t. salt
2 7-oz. cans solid white tuna packed in water, drained and flaked
1/2 cup diced bottled roasted red peppers
1/4 cup chopped fresh basil
1/4 cup chopped fresh chives or scallions
1/4 cup chopped pitted black olives
2 T. drained capers
2 T. olive oil, preferably extra-virgin
2 T. balsamic vinegar
2 T. fresh lemon juice
1/2 t. freshly ground black pepper
1/2 t. red-pepper paste, such as harissa (optional)
3/4 lb. small pasta shells

With a chef's knife, mash garlic and salt into a paste. Transfer to a large bowl and add tuna, peppers, basil, chives or scallions, olives, capers, oil, vinegar, lemon juice, pepper and red-pepper paste, if using. Toss gently to combine. Let stand for 15 minutes to allow the flavors to blend.

Meanwhile, in a large pot of boiling salted water, cook shells until al dente, about 10 minutes. Drain in a colander and rinse under cold water until cool. Press to remove excess water. (Note: If not serving immediately, toss the pasta shells with 1 t. oil. Refrigerate the shells and the tuna mixture separately for up to 1 day.) Add the pasta to the tuna mixture and toss gently to combine.



Yard & Garden

Not Just a Gardening Article—This is a Scientific Research Project Report

By Hey George

Editor's Note: Hey George or George Hay, take your pick, is both the author of this article and the provider of the yummy Benewah County carrots available at the Co-op in the winter. With this report, he begins what we hope will be a continuing series, sharing his gardening secrets.

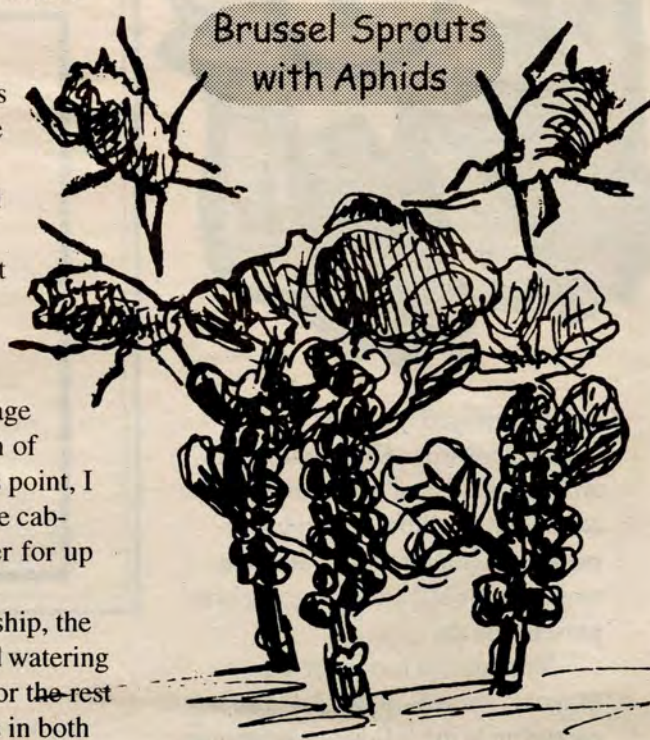
Picking Brussel Sprouts in February—fresh green vegetables, those little cabbages on a stalk, frozen but delicious—is a real treat. They are among the hardiest of garden vegetables.

But Brussel Sprouts are difficult to grow, since they seem to attract aphids. The little cabbage heads generally become encrusted with aphids. A heavy frost is required before they are clean enough to pick.

Here's one way that the aphid problem can be overcome organically.

I usually begin germination of Brussel Sprout seeds in March to replant in the garden. I plant those starts in rows separated from the rest of the garden. They grow, and are watered and cared for as usual, but when they reach the height of 12 to 18 inches, I neglect them. That is about June first. The plants will have little cabbage heads formed at the crotch of every leaf branch. At this point, I stop all watering. The little cabbages are starved for water for up to a month.

After a month of hardship, the aphid population drops and watering can begin again as usual for the rest of the season. This results in both cleaner and more uniform Brussel Sprouts.



EVA HALLVIK, L.M.P.

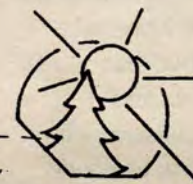
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Insights

Register Now for the Community Retreat

By Susan Palmer, Retreat Coordinator

It's time to sign-up for participation in the Moscow Community Retreat, a day-long festival of civic dialogue to be held on Saturday, June 13. The registration and retreat are free, and all Moscow area residents are encouraged to attend.

The retreat will include free day care, a keynote address by Dan Kemmis, former mayor of Missoula, a lunch provided at no cost to participants, a series of smaller discussion groups, and a community picnic with entertainment at East City Park. Registration is requested to plan the number of lunches.

Registration can now be completed on the Internet. Paper registration forms will be available during the Moscow Renaissance Fair at the Friends of the Library's food booth, and then later at various

Moscow merchants and in an insert in the Moscow-Pullman Daily News.


To register on the Internet, visit the retreat website at <http://www.synergistics.org/Retreat/index.html> or link to that website through www.moscow.com.

The retreat was originally funded by a grant of \$1,400 from the Idaho Humanities Council. In addition, \$2,300 in support has been pledged by 5 Moscow agencies: the Moscow School District, Gritman Medical Center, the University of Idaho, the Moscow/Latah County Public Library, and the City of Moscow.

We hope for more donations from both organizations and individuals. Tax-deductible gifts to help make the retreat a success, in the form of checks made out to the

"Latah County Library District Community Retreat," can be deposited to that library account at the Bank of Pullman. The retreat is sponsored by Moscow Vision 2020 and the Moscow/Latah County Public Library.

In addition, anyone who wishes to support the retreat by volunteering is welcome. To volunteer, or to find out more about donating or about the retreat event, contact Susan Palmer at 882-5023, or through email at susanp@moscow.com.



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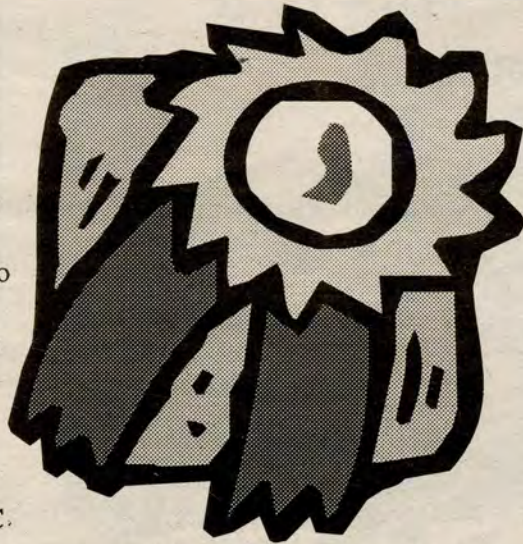
Moscow Arts Commission Announces Mayors' Awards in the Arts

by Mary Blyth

The Moscow Arts Commission is now accepting nominations from the community for the first ever Mayors' Awards in the Arts. Every other year the Mayor will present awards in the following categories to recognize excellence in the arts locally: Individual excellence in the arts, arts educator, arts patron, and business benefactor.

Back in the spring of 1997 Moscow Arts commission member James Reid suggested that the MAC consider instituting a Mayors' Awards in the Arts program here in Moscow. The Governors' Awards offered statewide to honor excellence in the arts were an obvious model for a local effort. With the Mayors' input and approval, MAC has produced a set of criteria and nominating forms. Consistent with the intent of the program, to honor local artists, MAC contracted with New Morning Glass Studios in Garfield to design the unique awards that will be presented in October at a special reception to honor the winners. The October date coincides with National Arts and Humanities Month celebrations.

The Moscow Arts Commission and the Mayor hope that our thriving arts community will be strengthened



and encouraged through these biannual awards. Highlighting the arts and their vital role as means for community building and enhancement is an important step in maintaining and cultivating a strong arts presence in the city.

Nomination forms for the Mayors' Awards in the Arts can be picked up at the following locations: Bookpeople, Chamber of Commerce, Pritchard Art Gallery, City Hall Annex, Parks and Rec, Moscow School District Administration Office, Art & Architecture South on the U of I campus and at the Vox. Nomination forms can also be mailed by calling Mary Blyth at 883-7036. Deadline for submitting nominations is June 15, 1998.

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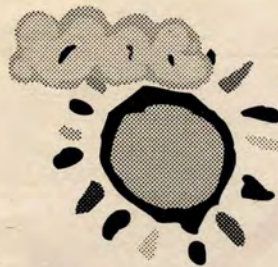
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Moscow Farmers' Market Opens May 2

by Mary Blyth

The 1998 Farmers' Market Season gets underway Saturday, May 2nd from 8:00 a.m. to 12 noon in downtown Moscow's Friendship Square.

The Market Music Series will once again feature local entertainers each Saturday morning from 9:30 a.m. - 11:30 a.m., and will begin the season with a performance by The Coyote Band.

The Market will be celebrating its 21st year and plans once again to provide residents and visitors alike with quality



homegrown plants, flowers, produce, local meats, handmade crafts, jewelry and homemade baked goods. The month of May will be a great time to pick-up bedding plants, fruit trees, and flowers as well as early produce.

As usual, the Market will also be big on community spirit. This is a great place to visit with your neighbors and friends while you shop in the pleasant atmosphere of the open air marketplace.

Come to Moscow's Farmers' Market and then head up to the Renaissance Fair at East City Park. Enjoy your community at its best!

MY FIRST MASSAGE

by J. Thaw

A wringing from within happened first
subconscious squeezing of matter and freeing of energies
made tired and creaky and dizzy during sleep
no living cell in my body left unaffected
reacting to the pressure of all that has ever been at least human
sexual and spiritual intermingling and bonding
fused then slowly rearranged through and through
involuntary help for pain and ecstasy
like a dream of loud crying or a dream of gliding flight
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so there will be no regrets
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June 13

July 25

August 15

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