

May 2000

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

Happy Spring!

By Amy Richards

Spring is in full swing when the Moscow Farmer's Market starts, and it's time for Renaissance Fair! Two of Moscow's finest traditions bring us out of the darkness and into the sun. Doesn't it remind you of awakening from a long dark sleep—a sleep so long your body aches with hunger for happiness and sunshine? And you ache with a hunger for sweet music in the park, fresh produce from local farmers, delicious fresh brunch from the Co-op Deli. Brunch from the Co-op?

Is it a dream? A long winter's mirage? No—it is all true. Beginning in May you will be able to start your Saturdays out right with a scrumptious meal from the Deli. Imagine waking up with fresh coffee and a slice of organic red potato-and-smoked Gouda phyllo frittata. Or imagine walking through the Farmer's Market

munching on your breakfast burrito and sipping your mocha.

The Co-op Deli will be serving brunch on Saturdays from 8-11am. Eat it at the Co-op or grab it to go on your way to Friendship Square. Hey! It's really Spring now, wake up and feed your self!



INSIDE:

- What's New in Produce Dept.?
- Board of Directors Update
- May Garden Chores
- Top 10 Native Plants
- Quinoa Salad
- and More!

Co-op Business Partners

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Please help by asking about details and showing your membership card before making purchases.

Community News



Welcome!

by Laura Long, Membership Manager

May is here, and I would have to say, it's one of my favorite months of the year. There are lots of birthdays to celebrate with people who are close to me, including my mom. There are lots of flowers and little herbs springing forth in my garden. And best of all, it's time once again for another wonderful Renaissance Fair! It seems there is something good to look forward to almost every week.

One of the sad things however, is saying good bye to many of our wonderful student members and volunteers for another summer. We know you will all be having good times and adventures, and we just want to let you know that we will be

looking forward to your return in the fall. And to all our graduating members, congratulations!

This month I also have a special surprise for you. The Shark Athletic Club is now a participating Business Partner, and we are really excited to have them on board. What goes better with good healthy food than exercise?! They also have a wonderful sauna that I've visited on one occasion, and, boy, was it relaxing. So if you are a current Moscow Food Co-op member, the Shark will waive the money down on a one-year membership contract, and the fee is only \$18/month. I think that's a really great deal. Thanks Alicia!



Volunteer Volleys: Of Hinterlands and Nether Regions

by Gary Macfarlane, Volunteer Coordinator

There is some rather amazing news to report regarding volunteering at the Co-op, and that is that almost every single volunteer job has been filled (at least in theory, that is the case). So, if you signed up for a volunteer job and you are not doing it, Get Busy! In all seriousness, thanks to all the volunteers who do the good work and keep the store running smoothly.

Now is the time of year many people leave for the hinterlands and beyond. Wherever the hinterlands are (is?), it ain't Moscow, and as far as I know, there is no commuter bus from the hinterlands and beyond to Moscow and back. Thus, I suspect many of you won't be able to volunteer beyond, say, the last day of finals, if not before.

Now to the point of the article: Please let the staff member you most closely work with and/or me know if you need to give up your volunteer position for the summer

while you go to the hinterlands. A note tacked to the volunteer corkboard in the employee room would be sufficient notice. Please try to let us know well enough in advance so we can plan for our summer volunteers.

A final note to Co-op members who are either departing students or intrepid travelers, or both: Have fun in the hinterlands, but be cautious. Especially avoid the nether regions (I always wanted to write 'the nether regions' in an article and I finally got the chance).



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Generally Speaking: Membership Meeting

by Kenna Eaton, General Manager

Last month we had a great potluck and dance at our Annual Membership Meeting. We also conducted a little business. The annual membership meeting is one of the ways we keep you, the membership, informed of the happenings of your Co-op. The other way is through articles such as this one.

The following is an excerpt from this year's annual meeting: 1999 was an excellent year for the Co-op, with record sales growth and record profits. But this business is 'values-based' and that means that we aren't just about numbers. Member support allowed us to relocate. Continued member support allows us to grow. I want to thank everyone for that and for your continued support of organically grown food. While it's nice to be part of something successful, we're also all part of something bigger than just a great grocery store.

The Co-op sells many different types of organically grown food; it's part of our mission statement to provide alternatives for our members. We strive to carry as much OG food as possible and to have as much organically grown and local produce as possible in our produce department

Last month I went to Clarkston to talk to a group of people interested in healthy food and healthy eating. We knew in advance what they wanted us to talk about and one of their primary questions was, "Can we wash the pesticides off our food?" During our search for information to present, we discovered some interesting websites. However, one that we didn't find until after the talk was www.foodnews.com. This website randomly analyses food samples and monitors the pesticide residues found in commercially grown foods. The "Apple A Day" link shows how,

after a year of eating washed and cored commercially grown apples, we have consumed over 40 different pesticides. In fact, you had a better chance of consuming an apple with 6 or more pesticides than an apple with no pesticides. Of these 40 different pesticides, 15 of them are carcinogens, 15 can cause birth defects, 9 can damage the reproductive system, 15 can interfere with hormone production, 27 can damage the brain and nervous system, and 3 can damage the immune system. Wow.

I know you are strong supporters of OG—the sales of our OG produce support this. But it's good to remind ourselves of why we have made those choices. Every time we shop we have to make many, many different decisions, and many times those decisions are impacted by the cost of an item. Organically Grown strawberries at the Co-op: in March they were \$3.59/basket, compared to \$1.29 for conventionally grown strawberries at another grocery store. At the moment when you reach out to choose the apparently more expensive fruit, a thought crosses your mind, "Can I afford to buy these?" I know—I've been there too, especially when there's more month than there is money. But it is vital that we remember the hidden cost of those "cheaper" strawberries: the cost to the environ-

ment, our water and soil quality; the cost to the health of the workers out in the field spraying those synthetic pesticides or herbicides; the long term cost to our health if we choose consume those foods.

You can't wash the pesticides off of strawberries, or any other fruit. Some fruits you can peel, but you are losing valuable nutrients found on the peel. While it's important to wash fruits and veggies for food safety reasons (bacteria, dirt, other residues) you can't wash away the pesticide residues.

And what about fruit not grown in the states? If your conventionally-grown fruit comes from Mexico or one of the South American countries that exports their crops, the chances are high that you are consuming some pesticides which we know are bad for us and the environment and that have been outlawed here in the states, but that are still being used in other countries.

All of a sudden those OG strawberries don't look so expensive. And we are much more comfortable reaching out and picking them up. Remember: the price we pay for our food is not always at the cash register, and it's not always immediate. It pays to invest in our long-term health, our kids' health, our environment, and our grocery store. Thank you for your investment in our community.

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Deli Standard Time Bustin' Out at the Seams

By Kelly Kingsland, Deli Manager

As I write this article I realize that once again I'm tempted to write about growth in the Deli. It's true that many of my articles over the last year or so have centered on this topic. While at some point we may have to just assume this growth, it still amazes and excites me. In so many ways the current growing Deli state is the continuation of a dream realized, and should not be taken for granted. So let's look at it briefly, then I will respond to your many requests and comments, and add a new recipe.

As you've probably already read in Amy's cover article, Saturday brunch is happening! We're pretty excited, albeit a little nervous, about this Deli undertaking. While Amy has been sorting out the menu, I've been working out the schedule changes, and ordering the products that will (hopefully) suffice to support a smooth running system. I remember sitting on the stairs of the hotel trying to digest the sugary cinnamon roll and wishing there had been something slightly more nutritious to choose from. And with this memory in mind am feeling happy to have the opportunity to offer more. Come in and check out the brunch.

Another change that will begin in early May is the creation of a "Hummus, Spreads, Dips, and U-bake Pizza position." These menu items are all things that we feel we fail to provide on a regular basis. While we've known that there was a demand for these products, we've been waiting for the relative insurance that we could cover the cost of the increased payroll. So now, we are pleased to present regularly made dips, spreads, and hummus. We are going to try "marketing" these from the grocery case rather than the Deli. So, look for them next to the Emerald Valley products (also moved) in the open face cooler near the Tofu. Remember too, that every time you buy a locally made product you are providing jobs for some good local soul, and avoiding the shuffle of products from one place to 'tother. Look for the fresh Deli label on our local stuff. and enjoy.

Enough said on the growth topic, let's move on and I'll try to adequately respond to many comments and suggestion made over the last few months.

In Response

Lasagne is excellent! Need more room for sitting and eating in the store. I'm glad you like the Lasagne. Kenna tells me that the Bozeman Co-op is building a sitting/eating area ON THE ROOF of their store. Until we can pull off such a feat, I feel a bit hand-tied. However, don't think that the idea doesn't float about in our minds.

On sandwiches: we get a lot of comments about sandwiches. Most comments conflict with each other, and we generally feel lost in a 'made-to-order' sea of expectations. That is, in my view, what the issue is. While made-to-order sandwiches may be in our future, as yet we aren't up for it. The staff requirements for on-call cooking are just too great. So please understand, our philosophy is that it is easier for the customer to take off the bell peppers or the onions, than for us to make some with and some without, and keep the labels for each straight.

Tamari with the condiments at the Deli. Okay.

Once upon a time I adventured to a small shop downtown Moscow and acquired myself a bowl of Potato Chowder. Bliss Incarnate. I'm not sure who made that. But it is nice to be appreciated—Thanks.

Make carob chips instead of chocolate. Thanks. I'll tell the bakers. However, remember that the Chocolate INDUSTRY is large, mainly because we EAT it. We are only a part of this chain.

Offer glasses of milk as an option at the Deli counter. Okay. I'll put it on the drink menu when we change it. 'Til then, feel free to order it at the counter.

Why not offer ice cream by the scoop? We only have a small service counter accessible freezer. Sorry, we just don't have the capacity for ice cream.

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From The Board of Directors

By Pat Vaughan

This month finds spring in full bloom on the Palouse and the Co-op's Board of Directors welcoming its newly elected members. Bonnie Hoffman, Mark Mumford, Erik Flexman, Shell Llee Evans, and yours truly, Pat Vaughan begin our three year terms. By the time you read this we will have two board meetings under our belt. It's a great feeling to have enthusiastic, committed, skilled (and friendly!) volunteers run for election and serve on the board. Thanks to Mary Jo Knowles and Jim Gale for their recent service to the Co-op as board members.

And a special thanks and "SAAALUTE!" to Nick Ogle. Nick finished up his term as a board member and as President of the Board of Directors. We will all miss his steady hand at the helm of board meetings. Nick was always there for the Co-op; from pressing the flesh at City Council meetings, patiently listening to issues raised by board members, managers and staff, and even breaking concrete to build a new loading dock. I have met a few people who have seen the Co-op evolve from a small natural foods bulk vendor into today's great store / deli / bakery. Nick is one of those people, and one who has made significant contributions along the way. He will be missed!

Our April board meeting was conducted on the 11th. The primary

focus of this meeting was to organize the new board, make committee assignments and establish our planning calendars for the next couple months. The board will hold its annual retreat during June. I look forward to an enjoyable and rewarding experience. The timing is just right to build teamwork within our new board and to develop long-range goals. Several board members are also participating in a study of the Co-op's web site. Have you visited us at <http://www.moscowfoodcoop.com>? Some talented volunteers are giving serious thought to how we can best utilize the "e-world" to serve our members and enhance our business. The next meeting of the Board of Directors is on May 2nd at 6:00 PM at the Pea & Lentil Commission.

I look forward to an exciting three years with "Moscow's Co-op." Who knows what new changes, challenges, growth and friends will be encountered by the time the year 2003 rolls around? Wherever the future takes us, we as board members will remain guided by two basic imperatives: 1) providing a positive atmosphere of support for those who REALLY run the Co-op (the managers and staff), and 2) asking continuously how the Co-op can better benefit those for whom it exists: YOU, the members.



Personal Care Corner

The Personal Care Business

By Carrie A. Corson, Non-Food Buyer

I have to admit that before coming to work at the Co-op a few years ago, I never thought I would enjoy working in the world of natural foods. I'm so glad that I didn't let those thoughts deter me from applying for a job here. Because, I have to say, I like it here an awful lot (and I'm not just saying that). The Co-op has offered me so many opportunities including my current position as buyer for the personal care department in the new store. Working here has opened my eyes to the world of natural products and how much diet has to do with overall health. It's been a big change for someone who was raised on a farm eating a steady diet of meat and potatoes.

But I digress—back to the topic of supplements.

We have greatly expanded our selection of high quality vitamins, homeopathic and specialized herbal remedies from Frontier. I get a lot of customer requests for particular supplements and I try to add them to inventory when I can. If I can't add them, I am happy to special order them. Many supplements are

available by special order one bottle at a time. There is no extra charge for special orders and they are available to members and non-members alike.

I am also trying to add as many certified organic medicinal herbs and herbal remedies as I can. In some things I will only be carrying certified organic. This stems from the fact that some plants are becoming endangered because they are over picked in their natural habitat. Goldenseal is one such example. When an herb is certified organic, by definition it would have to be commercially cultivated. Organizations such as Frontier Herb Co-op and United Plant Savers are working hard to grow as many native plants commercially as they can, in order to limit the need for wildcrafting.

Supplements are not by any means the only thing you will find in our personal care section. We also have paper products, bulk soaps and detergents, diapers, shampoos, and all natural cosmetics from Ecco Bella. But wait, there's more. Remember how you waited all year for the opening of the Holiday

Bazaar? The buyers always picked way-cool stuff for your holiday shopping pleasure. Well, now we have full-time mercantile sections.

The selection will change throughout the year. Right now you can find great accents for your home and garden. Check out our lines of scented and unscented candles. We have lots of incense from Japan and India (yes, we have Sai Baba Nag Champa). How about some really cute plant stakes? An elegant, hanging bird bath? Seed mixes for bird and butterfly habitat, coasters made from glass (great for patio parties), T-shirts, tank tops, and gloves.

And then there is our full line of aromatherapy products. We have essential oils, electric and candle diffusers, diffusers for your car and scent inhalers. Many people enjoy the relaxing properties of lavender or the ability of tea tree or eucalyptus oils to help clear sinus congestion. Aromatherapy oils are all-natural and do not smoke when being diffused. This can be helpful for people who like the smell of incense but cannot burn it due to sensitivity to the smoke. So, if you haven't visited the personal care section lately, you don't know what you're missing. Stop by and say hello.

Additional Community "Bulletin Board" Information

Buddhism at the Top of the World: A Journey to Nepal, Bhutan, Ladakh, and Tibet

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The Buy-Line

By Vicki Reich, Grocery Buyer
and Laura Church

Have you noticed anything new around the store? Maybe you've run into a couple of those little purple signs with Employee Pick of the Month on them. This is a fun new experiment that the Education Committee came up with. Each month the employees will pick a product they've tried and tell you why they love it, kind of like the bookstores do. I hope you'll find these fun and informative. Tell me what you think about them, and keep your eyes peeled, they'll be changing every month.

And now for something completely different:

Can we have charge accounts when we pay say \$20 and then just subtract off that amount as we make small purchases?

Thanks. Yes!, eventually. We studied a Co-op in Montana that does this very thing for their members and they said it worked great. The only hitch is that we have to wait until we get scanners for the registers. Scanners are essentially computers that will be able to keep also sorts of information for us, including account information for every member. Hopefully in the next year or so we will be able to do this very thing.

Can you get bulk almond butter? We can special order this item for you, but are unable to carry it in the store due to slow sales and the swift spoilage rate of the product. In the past the almond butter went rancid well before we were able to sell a whole bucket of it.

Bulk malt extract for home brewing. They have this product next door at Market Time Drug.

It's time to change the baking soda in the scoop pots by the spices. Thanks for noticing! It's already been taken care of.

I would love to see plain pickled horseradish, not horseradish sauce. Also, can we stock Buttermilk? We are not able to find a source for the horseradish, but we do now have buttermilk. Look for it in the cooler with the other milks.

I was wondering when you will have more Market spice tea in bulk. Hey guess what, it's back in stock, and hopefully we won't run out again.

Can you please stop having soy in everything you sell! I've heard soy is bad for you. Thanks.

Are you sure soy is bad for you, or that you just don't want to eat it. My mother always said it was good for me, and I believe her. And no there isn't soy in everything, just a lot of it, like the Soy Delicious Chocolate ice cream. It's yummy!

Put signs on "old" store to direct out of town shoppers and others to your new store. We did have signs there for quite awhile, but they were taken down when the new tenants took over. I'm sorry you weren't able to find us easily.

Tiene una tienda muy buena. Gracias. Thanks! (I think)

Can we get naturally cured bacon? I really like the frozen meat section. Thanks for making meat available. I don't know a source for this, do you? And thanks for the compliment about the meat department. Lots of us are enjoying it.

Mochi by Grainassance cinnamon/raison, sesame/garlic are really good. (The pizza-flavored mochi is yucky though.) We have plain and sesame garlic in the freezer by the bread.

Please no more fluorescent lights!! Sorry, but until someone donates a whole bunch of money to the Co-op, we are stuck with the lights we have.

Your wine selection is lacking! Something besides organic, more tasty would be nice. When we decided to carry wine, we didn't want to compete with the Wine Company, a great store that's been serving the Moscow area for 20 years. We chose instead to focus on organic and local wines and beers. Unfortunately there is not as big of a selection in those categories. I think that there are quite a few tasty wines in our wine department, and I'd be happy to help you pick out a good bottle the next time you shop, just ask for Vicki.

I'm hooked on Republic of Tea Mate Latte—any chance of getting it in bulk? Thanks! I will see if I can fit it in. In the mean time, you can special order it by the pound in either tea bags or loose.

Tempeh with sea vegetable, please. I can't find a source of this. Do you know who makes it?

Just wondering why Dissmore's sells Craven's coffee for \$8.99/lb while the Co-op sells it for \$11 or \$12. We sell only organic shade-grown coffee at the

Co-op. I suspect since Dissmore's sells their organic and non-organic coffee at the same price that they are inflating the price of the non-organic coffee so they can bring down the price of the organic.

A hook on the door or wall in the bathroom would be really helpful! Thanks. Also, please carry the chicken flavored noodle cup of soup. It's my kids' favorite. The hook has been installed, sorry it took so long. And yes, I will bring in the Nile chicken noodle soup as soon as a space opens up.

What happened to the ingredients list on your bulk items? I miss them terribly, don't know what's in some of the stuff-like soap/detergent/pasta, etc. I'm glad you mentioned that because I am looking for a volunteer to redo our labels. This is a big job that requires some graphic design and computer skills. If anyone is interested, please come see Vicki. Until I get someone to help undertake the job of redoing the labels, you are welcome to ask any of the staff to locate ingredient lists for you or leave me a list of what you're interested in and I'll find them for you.

Loading Dock and Landscaping—One More Time

By Kenna S. Eaton

Hopefully, after doing it for a whole year, this is the last time I get to write this article. All the renovations to the loading dock are complete, except for a nice metal railing around the edge of the dock. And, hopefully, the landscaping is complete on the 4th Street side of the building.

We have a goal of completing everything by May 1, if all goes according to plan. And equally hopefully, you are sitting at one of our picnic tables, outside, under the umbrella as you read, enjoying your Saturday Brunch and coffee. Not? Well, meet me out there—I'm the one with the sunglasses, iced latte and yummy breakfast! See you there.

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What's New in the Produce Department

By Laura Church

We are definitely in the spring swing of things now. The Farmer's Market has started downtown, and I know many of you have already started digging in your gardens. Everyday things get a little greener and the days are a little warmer. It's time to start eating more fresh vegetables to shake that final layer of winter "pudge."

Asparagus, artichokes and fresh salads are all really nice right now and the fruit selection is revving up. We still have some nice apples that are coming from an organic orchard in Argentina that are fresh and crisp. Remember it's fall down there, so that's been a special treat for us. My very favorite thing has been asparagus steamed just about 6-8 minutes and then sprinkled with a little bit of lemon juice or steamed broccoli with a little bit of soy sauce. Both of these bypass the usual cheese sauces and butter, and are relatively guilt-free unless you are watching



your salt intake.

I did have one comment from the suggestion board that I wanted to address. *Please label the produce so we know where it's from. You do this sometimes, but I'd like it to be more consistent.* This comment has been made many times over the years, and I know there are many more of you than just one who care about this subject. The problem is that the Co-op is on a somewhat limited budget, and I can't afford to buy a sign system that would allow me to have a sign for every vegetable and fruit from all the possible countries that they come from.

Product is constantly coming from different areas of the country, different countries, and different farms. In order to keep up with the changes, we would have to change the signs every day or so. I will give you some hints though to help you determine where your food is coming from. First of all, remember if it's not summer here, your food is coming from the south or it's been in storage all winter. Most produce is

grown in California and Arizona in the winter. There are some exceptions though. Our organic bananas come from Mexico all the time because they're not grown in the US anywhere. There are a few organic farms starting in Argentina that have very nice produce like apples and pears. Also, if you look at those little stickers on the vegetables they usually say where the produce is from. If you want more information than this always feel free to ask a produce worker, we're more than glad to help you if we can.

Please have special member prices on fresh fruit and produce. At this time our system can not handle dual pricing on produce items, but I do usually try to have different specials each week. Granted they're not for members only, but they are sales. When or if we are ever able to afford a computerized register system I will be able to have more member specials. Until then sale prices are for every one in the produce department, and hey, why



not! I think it's cool that everyone can take advantage of organic produce sales, because the more that people try organic produce, the better it is for the environment!

Thanks for your Dole banana decision. The new store is a great asset in our community—a great way to spread good health! Thank you so much for your positive feed back! It's certainly made my day. And, hey I agree too, the Co-op is a great place.

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Business Partner Profile: Paradise Fibers

By Randy Paulin

Kate Painter is a busy woman. She is the motive force behind Paradise Fibers, and that's a full-time job in and of itself. But she also is a wife and mother of two, and raises 40 sheep on her farm near Pullman. And at this time of year, that means 40 sheep and 40 lambs. She's also webmistress of her own website for Paradise Fibers (a skill in which she's self-taught. She and a friend learned together), starting about three years ago, and as a result she now has a thriving Internet business. And as if all this weren't enough, she's about to take on another part-time job.

Like most busy people, Kate looks forward to taking on even more challenges. She started Paradise Fibers about five years ago as a way of sharing her love for spinning and weaving with others. This love came to her when she saw a woman spinning at a fair. Kate was about 17 at the time, and that experience kindled a passion for these ancient arts, which she nurtures and shares to this day. The fruit of that passion, Paradise Fibers, is all about spinning, weaving, knitting, and crocheting. And it's all about education as well. Kate's next goal for the store is to offer more, and more frequent, classes for children and adults. This summer she plans to schedule children's classes in beginning knitting and adult classes in weaving, as well as a number of others as demand and interest indicate. Since she will offer a class if only three people will commit to it, the possibilities are limited only by her customers' imaginations. You can check Kate's website to see what classes

are being scheduled, as well as to shop (or just browse) the store on-line.

For those who can't get on-line, a brief description of what you'll find at Paradise Fibers is in order. It's the yarn which struck me most as I

entered (the yarn in a kaleidoscope of colors.) Kate offers yarn that has been hand-dyed by a local batik artist. She also has spinning wheels and needles, spindles and other hand-spinning supplies, a video-rental club with numerous how-to videos, and she invites customers to try out the wheels and

spindles for themselves. Kate is also doing well by doing good. She donates one percent of her sales to support various fiber-art traditions both in this country and abroad. She has sent donations to the Navajo tribe, as well as the Pine Ridge Sioux and the Bosnia Knitting Project, among others. It's clear that Kate loves what she is doing, and that she is doing well because of that. Her business is, by her description, "really growing," and she's doing the majority of it on-line. But somehow I can't imagine an on-line visit matching the experience of visiting that colorful, vibrant store and meeting its equally vibrant proprietor. Paradise Fibers is located in the Gladish Community Center, Suite 112B. The summer hours for Paradise Fibers are Tuesday and Thursday from 1 to 7. The store is also on-line at <http://www.paradisefibers.com>, and Kate can be reached via email at spinning@colfax.com or via her toll-free number, 1-888-320-SPIN (7746). Paradise Fibers offers a 10% discount to Co-op members on books, magazines, needles and yarn.

Randy Paulin teaches, writes, studies history, plays war games, runs a multi-faceted one-man business, gardens, deejays, loves his lifemate, votes, emotes, recycles, bicycles and ponders middle age (and the Middle Ages) and the excesses and anomalies of post-modern global culture from his home in Moscow.



Food

Observations from Behind the Cases

By Kelly Kingsland

Well, I've worked in the Deli now for quite a few years, and have never tired of cooking. In contrast to life itself, making soup is a very tangible task. The process of beginning, creating, and completing each project seems endlessly fulfilling.

Any creative task however, is open to interpretation, effected by both the creator and the consumer (in this case, the eaters). While none of us working at the Deli are formally trained cooks, we cook, and that at times seems to put us in a position of culinary authority. This responsibility can make my skin crawl when I think about it too hard. Observing how lightly we take on the task of making 5 gallons of soup or 15 pounds of salad, I realize that this ease is largely due to the positive responses we get from the eaters.

On the other hand, negative feedback seems to make me highly conscious of my work. Delivering exactly what each person wants at exactly the right moment is a daunting task, and the job becomes an impossible exercise in perfection.

In saying all this I am attempting to say "Thank-you" to those who see our creations for what they are each day. And to those who believe we are failing by not producing enough vegan products, or didn't salt our soup enough, or destroyed a perfectly good sandwich by adding onions: this is just a reminder that we are trying. We serve many different appetites, and receive constant

feedback. The feedback is heard, weighed, and I believe, reflected back to our customers through our variety of products.

While we appreciate feedback, we are also highly conscious of the randomness of each creation. We revel in the chaotic nature of reduced produce, forgotten recipes, and lost measuring spoons. We cling to change, and scorn repetition.

Deli Recipe:

Thai Tofu

14 cloves minced garlic
1/3-1/2 cup minced ginger
2 bunches scallions
4 tsp. sesame oil
2 tsp. peanut oil
1/2 cup brown sugar
1/3-1/2 cup lime juice
2/3 cup tamari
1/2 tsp. chili powder
1-2 Tbsp. tomato paste
2 Tbsp. chopped fresh basil, mint or cilantro
approx. 8 cups cubed tofu
2 large roasted eggplants cut into chunks, or
3 carrots & 1/2 head of Napa cabbage shredded, or other vegetable of choice

In large saucepan sauté garlic, ginger & scallions in sesame oil for 2 minutes. Whisk in brown sugar, lime juice, tamari, and tomato paste. Bring to a boil, then simmer for 2 minutes. Add tofu and toss over heat for 4 minutes. Remove from heat, let cool, and add veggies.

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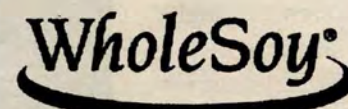


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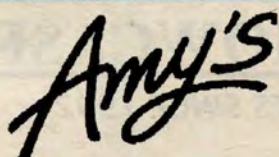
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Macro Musings Seeking Balance Through Yin and Yang

By Peggy Kingery

A trait I developed in childhood and have never outgrown is the need to know "Why?" So when I began studying macrobiotics, I questioned everything. I soon discovered that the answers to my questions were both simple and complex, but could be obtained by learning about the two antagonistic but complementary energy forces at work in our world known as 'yin' and 'yang.'

The terms 'yin' and 'yang' come from the Far East, but they're not Oriental. They're universal tendencies and have various names in every civilization. Modern science describes them as 'centrifugal' and 'centripetal' forces. However they're named, yin (or 'earth's force') represents the primary force of expansion in the universe, while yang (or 'heaven's force') represents the force of contraction. Some qualities considered yin include dispersive, inactive, cold, dark, wet, and large. Their opposites—assimilative, active, hot, light, dry, and small—are yang.

We live in a world that's constantly moving and changing. We experience these changes every day as daylight becomes night, and activity leads to rest. An understanding of the changes that direct our lives (in other words, being "in tune" with natural cycles), and recognizing that yin and yang are the subtle energies working to create balance amidst these changes, helps us to achieve harmony within ourselves and with the world around us.

Since the goal of macrobiotics is to achieve balance with the environment through our food, an understanding of yin and yang characteristics as they pertain to cooking is essential. Cooking methods that use oil, water, lack of pressure, and freshness are more yin, whereas those that rely on fire, pressure, salt, and time are more yang. All foods also contain qualities of yin and yang based on several factors including shape (vertical growth is yin; horizontal growth is yang), weight (leafy foods are yin; dense foods are yang), color (violet, blue, green and white foods are yin; red, orange, yellow, and brown foods are yang), water content (foods with a high amount are yin; foods with a low amount are yang), taste (sweet or sour foods are yin; salty and bitter

foods are yang), and region of origin (foods from a warm climate are yin; foods from a cold climate are yang). In general, foods that are yin have a cooling effect on the body while those that are yang tend to be warming. It is important to keep in mind, however, that yin and yang are not absolute, but are a matter of degree. Within each category of food, (i.e. grains) there are those that are more yin (corn) and those that are more yang (buckwheat), based on the growing conditions required for the production of the particular food.

In macrobiotic cooking, eating foods that possess extreme yin or yang characteristics is generally avoided; cooking ingredients are chosen from those that are more centrally balanced.

Extreme Yin: tropical fruits, refined grains, milk products, refined sugar, alcohol, spices, chemical additives;

Centrally Balanced: whole cereal grains, beans, temperate fruit and vegetables, seeds and nuts;

Extreme Yang: salt, eggs, meat, poultry, hard cheese, oily fish.

Creating balance with environmental conditions is also important. The human body naturally expands in hot weather and contracts in cold; the food we eat affects our ability to adapt to the changing seasons. This is why during the most yang time of the year (summer), yin cooking methods (lightly-steamed, salads) and foods with more yin qualities are emphasized, whereas during the most yin time of the year (winter), yang cooking methods (stewing, pressure-cooking) and foods are the more appropriate.

The macrobiotic application of yin and yang may seem strange or difficult to apply at first. Keep in mind that no matter what we are eating, we are always subconsciously balancing yin and yang in our diet, as well as in every aspect of life. For example, when we eat something salty, we desire something to drink. When it's cold outside, we crave a hearty stew. Macrobiotics seeks to refine this intuition and to use it to create greater physical and emotional health.

Every time I read something new related to macrobiotics, I still find myself scratching my head and

trying to figure out, "Why?" Although I have a feel for how yin and yang work around and within me, I'm far from understanding it all. That's what I find exciting about macrobiotics. It's a journey—a long road of learning that delights me at every turn. While much of the underlying philosophy is cool stuff, what I *really* love is how yummy the food tastes and how good it makes me feel. I hope that after trying this recipe—ideal for a springtime meal—you'll agree with me.

Three Grain Pilaf

(Serves 4-6)

- 1 cup short-grain brown rice, rinsed
- 1/2 cup hulled barley, rinsed
- 1/2 cup bulgur
- 2-3 minced garlic cloves
- 1 chopped onion
- 2 tsp. unrefined oil
- 1/4 tsp. sea salt
- 4 cups vegetable broth or water

Heat oil over medium high heat in a skillet. Sauté garlic and onion for 2 minutes. Add grains and sauté 2 minutes more. Gradually add broth or water and salt. Bring to a boil, cover, simmer 45-50 minutes or until grains are tender. Remove from heat and let rest for 10 minutes. Stir. Sprinkle with minced parsley or chopped chives before serving.

Peggy Kingery is grateful for the health to enjoy hiking, weight training, gardening, writing, and cooking. She and husband Jim divide their time between their home in Moscow and property in Deary. She welcomes any macrobiotic "Why?" questions at king6619@uidaho.edu.



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Vegetable Gratin

By Pamela Lee

I am an admitted food nut who has to build extra shelves to house a burgeoning cookbook collection, so I am much amused when an old-fashioned staple finds itself right in step with the latest food trend. Last July, *Fine Cooking* magazine ran an interesting article on Vegetable Gratins. Though I didn't make any of their recipes, I was sufficiently intrigued to purchase a shallow ceramic oval dish that I found at a good price. Equipped with this handsome vessel, I decided to learn about gratins, only to find I'd already made (and eaten) quite a few, under other, older names. Though roasted red peppers or Parmigiano reggiano were not part of my Midwestern childhood fare, macaroni-and-cheese and scalloped potatoes were. And it turns out that they are both gratins.

James Peterson, in his book, *Vegetables*, explains: "...gratins and casseroles are really the same except that *gratin* is the French name (literally means 'crust') and is usually baked in a traditional oval baking dish, whereas a lot of casseroles are baked in a simple glass baking dish."

The classic gratin pan is a heavy-bottomed, oval earthenware dish called a *tian*, but Pyrex baking pans or Corningware casserole dishes work very well. If you are feeding a crowd, a large, shallow roasting pan or a sheet pan at least an inch deep will hold a large gratin.

Vegetable gratins are made by baking vegetables in a bit of liquid, uncovered, in a shallow baking dish until the vegetables are sweetly roasted and the top turns crusty. These tasty casseroles are very forgiving dishes—one can invent and ad lib, using whatever vegetable is on hand. As with any dish, the fresher the ingredients, the better the result. But, the long, slow, oven roasting of a gratin *can* improve the

flavor of root vegetables that have been stored just a bit too long. Milk, broth, a savory white or tomato sauce, coconut milk, water, or even beer works for the baking liquid. Cheese can be used between layers of vegetables, on top of the dish, or not at all. Breadcrumbs do make a crusty top, but the bread is not necessary at all. Proper oven roasting will provide the perfect crust.

Another quality of gratins that have pushed them to the top of my regular dish list is that they taste wonderful as leftovers. Like many soups, gratins may even taste better the second day—after the flavors have cooled and had a chance to meld and marry.

After baking and eating my way through recipes and inventions, I find I am in complete agreement with the *Fine Cooking* gratin author: "...the only way you can really ruin one of these is by *undercooking* it. The longer the gratin is in the oven, the more its flavors develop."

A gratin is done when it is well-browned and crusty, the vegetables have shrunk and are tender when pierced with a fork, and when everything has begun to pull away from the sides of the pan, bubbling with a delicious aroma. As with many recipes, one is *supposed* to let the gratin sit 15 minutes before serving.... Perhaps you'll have better luck than I do at following those instructions.

This Roasted Pepper Gratin recipe has become a staple in my house. It is so elegantly delicious, especially when cooked until the ingredients really caramelize. It lends itself to variations. For instance: add chevre at the very end

of baking; substitute fresh basil and chopped parsley instead of the thyme, and top with freshly grated Parmigiano reggiano. The leftovers are satisfying on their own, or are great when added to another dish. One night I sautéed sea scallops with olive oil and garlic, then added the chopped-up leftover Roasted Pepper Gratin.



The combination was sumptuous! The original recipe had the shallots and tomatoes stuffed into halved shells of bell peppers. I prefer the vegetables served gratin-style, slicing the peppers into strips. Here is my adaptation of the original; I doubled the amounts of most of the vegetables. Bake in a 7"x11" oval *tian*, or a 6"x 10" Pyrex dish.

Roasted Peppers with Shallots and Tomato Gratin

3 or 4 large sweet red peppers
2 1/2 - 3 cups ripe cherry tomatoes
2 cups shallots
4 Tbsp. olive oil
1 Tbsp. fresh thyme leaves
1 tsp. sugar
1/2 tsp. salt (or to taste)
1/4 tsp. ground black pepper
Cut red peppers in half lengthwise, removing and discarding the ribs, seeds, and stem. Cut peppers into lengthwise strips, about 1-inch wide. Cut tomatoes in half; slice the shallots in halves or quarters, depending on the size of the shallot. Preheat oven to 375°F. Butter or oil the baking pan. In a heavy skillet, heat 2 Tbsp. oil over medium heat. Add shallots and sauté until lightly browned, about 5-10 minutes. Add thyme, sugar, salt, and pepper; toss until well mixed. Remove from the heat and gently fold in tomatoes.

Arrange pepper slices across

the bottom of the baking pan, or decoratively around the edges. Gently empty the skillet vegetables and cooking liquid into the baking pan and distribute evenly. Brush the top with the remaining olive oil.

Roast for 40-65 minutes, until the vegetables are tender, lightly browned, and the top is crusty and caramelized. Serve warm.

Gratin Dauphinois

1 small garlic clove, minced
2 lbs. large red or white waxy potatoes
1 cup milk combined with 1 cup heavy cream, or 2 cups half-and-half
2 1/2 cups (about 8 ounces) coarsely grated Swiss Gruyere cheese
salt and freshly ground black pepper
1/4 tsp. ground nutmeg
Preheat the oven to 350°F.
Butter a gratin or baking dish.

Crush the chopped garlic into a fine paste with the side of a chef's knife. Peel the potatoes and slice into 3/16-inch rounds. Don't wash the rounds—the starch on their surface helps thicken the gratin.

Combine the milk and cream in a saucepan and bring to a simmer. Stir the crushed garlic into the milk mixture. Arrange the potatoes in layers in the gratin dish, sprinkling each layer with cheese, the milk-and-cream mixture, and salt, pepper, and nutmeg. Save a fourth of the grated cheese for sprinkling over the top of the gratin.

Bake for about 1 hour or until the top of the gratin is golden brown and the potatoes are fork tender.

Gratin Dishes (oval)

6 by 9 inches: holds 2 2/3 cups
7 by 11 inches: holds 4 2/3 cups
9 by 14 inches: holds 9 1/2 cups
10 by 16 inches: holds 14 cups

Pyrex Baking Dishes (rectangular)

6 by 10 inches: holds 6 cups
7 1/2 by 12 inches: holds 8 cups
9 by 13 inches: holds 12 cups

Gratin dish measures from: *Vegetables*, by James Peterson, William Morrow & Company, Inc., New York.

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Quinoa Salad

R. Ohlgren-Evans

Did you know that quinoa, the ancient Incan 'supergrain,' is packed with more protein than any other grain? Its light nutty flavor and slightly crunchy texture make it a perfect spring offering—this salad could be a main dish or an accompaniment to any meal.

- 1 cup quinoa seeds
- 2 cups water
- 1/4 tsp. salt
- 4-6 green onions, thinly sliced
- 1 cup parsley, minced
- 1/3 cup Greek olives
- 4-6 oz. feta cheese

Dressing:

- 1/4 cup lemon or lime juice
- 2 Tbsp. olive oil
- 1/4 tsp. dried oregano
- 1/4 tsp. ground cumin
- fresh ground black pepper, to taste

Rinse quinoa well in a fine strainer until water runs clear to remove the bitter saponin layer.

Place the rinsed grain in a small saucepan and add 2 cups water and salt, and bring to a boil. Reduce heat and cook about 15 minutes, covered on low heat. Set aside and let stand for 10 minutes. Let cool.

In salad bowl, toss quinoa with onions, olives and parsley. Combine the dressing and pour over salad. Toss to mix. Crumble feta cheese on top. Refrigerate 30-60 minutes and serve.

A self-described holistic peasant cook, Robin Ohlgren-Evans is a serious foodie and a capricious gardener. Your comments are welcome: rohlgren@moscow.com.



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Gardening

May Garden Chores

By Pat Diaz

Finally there are things to do in the garden! This month you can set out hardy annuals like bachelor's buttons, lobelia, pansies, and violas. At the end of May you can set out warm-season annuals like marigolds, petunias, sunflowers, and zinnias. Be sure to cover them if frost is predicted. This month you can also plant perennials like bleeding heart, bluebells, blue flax, campanula, geraniums, phlox, primroses, purple coneflowers, Russian sage, Shasta daisies, sweet woodruff, veronica, and yarrow. You can also set out permanent plants like container-

grown shrubs, trees, vines, and hardy ground covers such as woolly thyme. May is also the time for planting out seedlings of cool-season crops such as beets, carrots, lettuce, peas, and Swiss chard. Early in May, sow seeds indoors for warm-season crops—basil, corn, cucumbers, eggplant, melons, peppers, squash, and tomatoes. You may transplant them as soon as the danger of frost is past. It will be necessary to harden off your seedlings before transplanting. Seven to ten days ought to be long enough exposure to the nighttime cold and more

sun. Before planting, be sure to amend your soil by digging in one to two pounds of a complete fertilizer or compost per 100 square feet. Set up a monthly fertilizing program for your flowers, especially the container plants. The last of the chores include mulching with organic mulch around your annuals, perennials, and vegetables, and pruning the spring-flowering shrubs such as lilacs, mock orange, and spiraea after they have finished blooming.

Pat Diaz lives with her husband, Tom, and little schnauzer, Gus, on 6 acres in the woods by Dworshak Reservoir. They cheerfully share their garden with deer, snowshoe hares, and wild turkeys.



S. Fuente

Peasant Girl

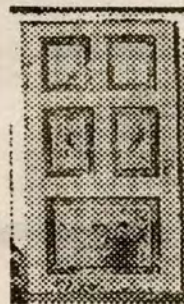
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Top Ten Native Plants

By Patricia Diaz

I got all excited when I saw the ad for 20% off native plants at Prairie Bloom Nursery. This offer, of course, is for Co-op members only, so another great excuse to become a member if you're not already. Anyway, I called Tim Eaton, proprietor, and asked him what he considered to be the ten best native plantings so that I could tell you about them this month in the gardening column. So here they are:

1. Serviceberry (*Amelanchier*).
The very first plant that Tim mentioned was the Serviceberry. I must agree that this is a very top native plant choice, as I think this plant best symbolizes Spring to me. The hills are just abloom with Serviceberry bushes now. We have one really old bush, about 15 feet tall and I can see it out the kitchen window as I wash dishes. Serviceberry bushes need full sun and moderate water in the beginning. Very early in the Spring there are beautiful clusters of creamy white flowers. The purplish new foliage turns deep green then yellow then red in the Fall. There are also small dark blue fruits which are popular with the birds. These berries were used by Native Americans as an ingredient in pemmican. The roots are not aggressive and the shade is not dense. The name 'Serviceberry' comes from the trees' use as shade for outdoor church services by circuit-rider preachers in pioneer times.



Serviceberry

2. Dwarf Mountain Ash (*Sorbs*). This is a beautiful tree which grows to about 10'-15' in sun or light shade. It, too, might need moderate water in the beginning. The leaves are finely cut and fernlike and there are clusters of white flowers followed by orange-red inedible (to us) fruit. These trees can withstand winter cold, strong winds, low humidity, and extreme heat. They appreciate soil with good drainage.

3. Ocean Spray (*Holodiscus discolor*), also called 'cream bush.' This is a deciduous shrub which likes partial shade and very little water. It grows to about 3' on

the East side of the Cascades (much taller on the West side). The leaves are triangular to about 3" long in nodding, branched clusters. From May to July it has small creamy white flowers which attract birds. The flowers fade to tannish-gold and remain attractive for a long time. Prune back after flowers bloom and the clusters wither.

4. Sulfur Flower (*Eriogonum umbellatum*). A new plant this year for Prairie Bloom Nursery, this is a wild buckwheat that likes full sun and some water. It grows best in well-drained, loose gravelly soil. It is very useful for covering banks and massing among rocks. It withstands wind and heat well. It has low, broad mats of woody stems set with 1" green leaves. In the summer the 4"-12" stalks carry clusters of beautiful bright yellow flowers that age to rust.

5. Golden Currant (*Ribes aureum*). Golden currant is another favorite of mine. Its erect growth reaches 3'-6' in sun or partial shade. The leaves are light green with toothed lobes. There are clusters of small bright yellow spring flowers with a spicy fragrance. In the summer there are yellow to red or black berries which birds love. The thicket-type growth also makes good nesting habitat for birds. This plant prefers moderate summer watering.



Golden Currant

6. Kinnikinnick (*Arcostaphylos uva-ursi*), also known as 'bearberry.' This is another great native plant that I love. It is a great groundcover plant, especially on slopes. It likes full sun. With a prostrate form it spreads and roots as it creeps to about 15' wide. The



Kinnikinnick

leaves are glossy, bright green with a leathery feel, and turns red in winter. The flowers are white or pinkish and the fruits are bright red or pink for a very attractive, low-growing plant.

7. Smooth Sumac (*Rhus glabra*). When I think of my favorite plant of the Fall I think of the sumac. It is a deciduous large shrub or small tree which grows upright to about 10' or more. The leaves are divided into 11-23 narrow 2"-5" long, toothed leaflets which turn a stunning brilliant scarlet in the Fall. There are inconspicuous greenish flowers followed by the Fall color which also displays scarlet fruit in conical clusters that last on the bare branches well into Winter. These fruits are loved by bluebirds. Dwarf varieties grow 3'-4' tall.

8. *Spiraea densiflora*. This deciduous shrub likes sun or light shade and is easy to grow in all kinds of soil. There are simple, alternate leaves and showy, generous clusters of small, shocking dark pink to purple flowers on arching branches. This plant is truly a dazzling sight. It is low in stature to about 3 feet.

9. Shrubby Penstemon (*Penstemon fruticosus*) also called 'beard tongue.' This is a great one to plant for hummingbirds. It likes full sun or light shade and little water. The tubular flowers of this particular variety are rose-purple to lavender. It is a woody, evergreen shrub with a low, compact form to about three feet. Penstemons like well-drained soil so you'll need to amend your soil if it's the typical clay found around here.

10. Coyote Willow (*Salix exigua*). This last plant is another new one for Prairie Bloom Nursery. If you've enjoyed the beautiful silver willows along the Clearwater River, then you'll want to get a coyote willow. Happy in full sun and any soil, it is fast growing and the most silver of all the willows. It looks particularly wonderful mixed in with perennials. It likes moist areas and grows to about ten feet.

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Insights

Alan Henry Mathias

April 17, 1947-April 9, 2000

Our friend and father, Alan Henry Mathias, released his spirit from the limiting confines of his body on Sunday afternoon, April 9, 2000. Born April 17, 1947, in Randolph Township, New Jersey, as Adolph and Amelia's only child, Alan's youth was marked by success in music, football, and intellectual pursuits, and by the loss of innocence to diabetes. He came to Idaho in 1975 to farm, raise a family, sing and write poetry, and to savor the inquisitive mind and the comfort of family, friends, and community. He was preceded in death by his parents and is survived by his daughter, Amelia G. Mathias, stepdaughter, De Kerr, an aunt, stepmother, and many dear friends.

We will miss his sharp wit, his tender heart, and his insightful commentary.

**Editor's note: Alan Mathias was a long-time Co-op member. His photo was featured on our newsletter cover last fall, as part of our coverage of the Co-op's new electric doors. He is missed.*



The Bookshelf – Monthly Reviews of the Co-op's Literary Repast

R. Ohlgren-Evans

The PDR Family Guide to Natural Medicines & Healing Therapies by David W. Sifton, ed. 400 pp., \$23.00, Three Rivers Press, NY

Anyone using 'alternative' healing therapies is going to want to have this guide readily available on their personal bookshelf. It's edited by the folks at Physicians' Desk Reference, which has been producing drug guides for conventional medicine for over 50 years.

One part of the book is devoted to the many kinds of therapies that are available—51 alternatives are discussed here—from Acupressure to Chelation to Roling and Tai Chi. Topics are then discussed as to how the treatment is done, what it hopes to accomplish, how to choose a practitioner and what kind of side effects might occur.

Another section of the book offers detailed information on over 300 natural remedies—mostly herbs and herbal extracts. Each remedy is

organized into information that explains how it works and what it works for; precautions and possible side effects or interactions; and, preparation and dosage (from infant to adults).

These two parts make up the bulk of the book, though there are useful indexes to help cross-reference ailments and treatments, a full-color herb identification section, and a chapter that defines vitamin and nutritional supplements.

The PDR has been written in easy language, and seems the perfect supplement to the information provided by our practitioners.

A self-described holistic peasant cook, Robin Ohlgren-Evans is a serious foodie and a capricious gardener. Your comments are welcome : rohlgren@moscow.com.

How to Tell if Your Pet is in Pain

By Sarah Hoggan

Yes, animal can "talk" to you, if you know the subtle body language.

Pain is universal and one of the most common feelings animals will convey. Obviously, most owners can detect a limp or painful cry. But pain that's chronic, or moderate enough to withstand, takes more scrutiny to recognize.

Dogs and cats generally show a change in behavior or temperament when they're uncomfortable. A normally happy and affectionate pet may become irritable and refuse to be held or petted. A normally rambunctious dog may prefer to sit or lie quietly and be left alone.

Additionally, if a dog or cat can reach the painful area, such as a paw, they may lick, scratch, or "flea bite" it in an attempt to make it feel better. Unfortunately, they may inadvertently inflict self-trauma by repeatedly rubbing or scratching the area. This is seen frequently in animals with ear infections that dig at the skin behind the sore ear with their hind claws.

Horses in pain become restless and paw at the ground. They may look at the painful area and try to kick at it or roll around in the dirt. If the pain is very severe, they may refuse to move and prefer to stand with their head drooping, as opposed to the normal, erect posture. These are all common signs of abdominal pain, or colic, in horses.

Cattle frequently grind their teeth when they are in pain. They may groan when they get up or take only shallow breaths. In dairy cows, a drop in milk production is often a reaction to a painful hoof or udder.

Birds will frequently pluck their feathers from a painful area. It should be noted however, that feather plucking, also called feather picking, can be a behavioral problem seen in otherwise healthy birds.

According to Dr. Erik Stauber, a veterinarian at Washington State University's College of Veterinary Medicine, and specialist in treating exotic species, "An iguana may react to abrupt pain, like an injection, by trying to bite, whipping its tail, or trying to escape. If the pain is deep and generally debilitating the animal may be primarily depressed and hesitate to do any physical activity."

Overall, when it comes to detecting pain, you should look for a change, or abnormality in your pet's behavior. You know them better than anyone else and if you suspect something is wrong, take them to their veterinarian.

Everyone has experienced pain and knows how debilitating it can be. Your pet's no different, and they have a limited language to convey their discomfort. Take the time listen, because the only good thing about any pain, is the moment it goes away.

Finally, don't ever give a human pain medication to your pet unless your veterinarian has specifically recommended it. Common over-the-counter painkillers, such as acetaminophen, are very poisonous to certain pets.

Sarah Hoggan is a junior veterinary student at Washington State University's College of Veterinary Medicine and lifelong animal lover.

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De-Alienation

By Kenna S. Eaton

Early in February the United States of America admitted me to its constituency and allowed me to become a citizen. The day dawned bright...well not really—it was February after all. However, I was pretty excited and it might have been bright for all I can remember! Any way, Tim and I made the long trek to Spokane one more time. Thirty of us were sent to the Federal Courthouse courtroom to await the arrival of the judge. When the judge arrived she gave a warm welcoming speech, encouraging all of us to remember our countries of birth, to honor its rituals and languages, and to remember that America truly is a melting pot in which almost everyone has come from somewhere else at some point in time. After the speech we all recited an oath and pledged our allegiance to America. It was actually quite a moving experience. Thirty people from almost 30 different countries—Ireland, Mexico, China, Vietnam, Ukraine, Germany, Canada, India, Turkey, England, Cambodia, and Japan to name a few—were all making a lifetime commitment to a new country in front of their friends and families. After the oaths we took turns coming to the front of the courtroom, and, having had our names and countries of origin announced, we shook the judge's hand, received our new papers and had our photo taken. Mine came out too horrible to print in this paper, but I have my little flag I can show you!

Groundwater Awareness Week Celebrated May 7-13 on the Palouse

By Juliet McKenna

Groundwater from the Palouse Basin is the sole source of water for nearly 50,000 residents in the communities of Pullman and Moscow, as well as other parts of Whitman and Latah Counties. In the face of continually declining groundwater levels, the Palouse Basin Aquifer Committee (PBAC) encourages water conservation efforts in the communities and universities. The Palouse Basin Aquifer Committee consists of representatives from Pullman, Moscow, WSU, UI, Whitman County, and Latah County. PBAC was formed in 1987 to work cooperatively to address declining groundwater levels in local wells. The mission of PBAC is to ensure a safe and sustainable water supply for the communities of the Palouse region.

Several free local events have been arranged as part of Groundwater Awareness Week, designated by the National Groundwater Association as May 7-13, 2000. The goal of the week is to promote awareness of our local groundwater supply and the importance of using it wisely.

Pullman Events

Thursday, May 11: Tours offered at 10 a.m. and 3 p.m. of Pullman's wastewater treatment plant, NW 825 Guy. Contact Ron Cooper, City of Pullman, 334-4555.

Wed. May 10, 10 a.m. and Thurs. May 11, 2 p.m.: Guided tour of native and low water use plantings at Lawson Gardens. Contact Larry Fetter, City of Pullman, 334-4555.

Moscow Events

Tuesday, May 9, 7:30 p.m. at the Moscow Community Center:

Learn about native plants, xeriscaping™, and low-maintenance landscaping on the Palouse. Presented by Teresa Beaver, owner of Teresa's Garden nursery in Moscow. Contact Juliet McKenna, PBAC, 885-4569.

Wednesday, May 10, ongoing 9 a.m. to noon:

Open house at Moscow Wastewater Treatment Plant, 2221 W. Pullman Road. Learn about current treatment efforts, experimental wetlands, re-use of treated effluent and the proposed WWTP upgrade. Contact Tom Scallorn, 883-7113.

Wednesday, May 10, ongoing 1 to 4 p.m.:

Open house of Moscow Water Filtration Plant, 120 West A Street. Tour includes "green sand filter" for groundwater treatment, computerized system that runs the city water supply, and drinking water wells. Contact Tom Scallorn, City of Moscow, 883-7113.

Special Presentation: Tuesday, May 2, 7:30 p.m. at the

Moscow Community Center:

Juliet McKenna, Executive Secretary and Technical Advisor of the Palouse Basin Aquifer Committee will provide an overview of the local

hydrogeology, and water use in the Palouse area. Sponsored by the Palouse Chapter of the Sierra Club and the Palouse Clearwater Environmental Institute. Contact Bill French 882-0203.

** Large group tours should be scheduled in advance.*

The Barbara Ripperda Wellness Fund

By Annie Hubble

Many of you know Barb. She has served pizza to us on a Friday evening in her capacity as a deli volunteer. Perhaps you've been in a yoga class with her, meditated with her, danced alongside her, walked and talked with her, and generally been delighted by her gentle ways and loving smile. What many of you may not know, is that she has been battling breast cancer now for a number of years. She has recently been advised to undertake a two-year plan, requiring a monthly medication costing \$700 each month, along with a twice-a-year treatment with each treatment costing \$10,000. Other women undergoing these treatments have had very good results, and we believe that Barb's chances of health should not be endangered by lack of funds.

There are many ways in which people can help:

(1) Make a pledge. If we can find 35 people willing to pledge \$20 per month for the next two years, Barb can have the medications she needs.

Contact Annie Hubble at 882-9793 or email anniehubble@hotmail.com.

(2) Donate any yard sale items. We will have one, possibly two, huge yard sales this summer. We have rented a storage unit in which to keep your donated 'stuff.' Contact Cindy Arent at 883-1012 or email acament@msa.com.

(3) Donate higher quality items or art and craft items for a future silent auction. Again contact Cindy Arent.

(4) A bank account has been set up at the Bank of Pullman in Moscow (6th and Jackson Streets). Donations can be made there to the Barbara Ripperda Wellness Fund.

(5) Help us by supplying the names of any businesses, organizations, or charities that might contribute. We need to 'think big.'

We appreciate your help. There will be an update in the next newsletter.

Celebrate Spring!

By David Hall

Great arts, crafts, music, food, children's events, and many other activities—and admission is free at the 27th annual Renaissance Fair on Saturday, May 6, and Sunday, May 7, from 10:00 a.m. to dusk at East City Park (Third and Hayes Streets). Dress festively! (And please leave your dogs at home!)

This year, the poster for the Fair was designed by Mark Campbell, and the artwork for the Fair's printed program was designed by Hannah Atwood.

During the Fair, music from the Main Stage will be broadcast live on KUOI FM 89.3 MHz. Event schedules will be available at the Fair, and are posted on the Fair's website at www.moscowrenfair.org. Check out the web page even if you're reading this after the Fair has been and gone—check out what today's Fair photograph is.

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Announcing PCEI's Discovering Nature Children's Summer Series.

For kids ages 8 to 12. Every Tuesday & Thursday in June and August 9:30-11:30am at Idler's Rest Nature Preserve. Different topics every week to enhance our connections with and knowledge about the natural world. It's fun and free!

Transportation provided. For more information, please call Ashley Martens at The Palouse-Clearwater Environmental Institute 882-1444 or email at martens@pcei.org.

Saturday Market concerts

- May 6 - Snake River Six - dixieland
- May 13 - Wilson / Cannavaro (?) - jazz
- May 20 - Blackberry Jam - acoustic rock and roll
- May 27 - Joan Alexander - contemporary singer songwriter

Moscow Community Garden Work Party

Mother's Day, May 14th
11AM to 3PM

The community garden sight is located across from the Emmanuel Lutheran Church, 1036 West A St. People interested in renting a community garden plot or donating labor, equipment, expertise, money, etc. please contact Peggy Adams at PCEI for more details, by phone at 882-1444 or email at adams@hotmail.com.*

VOLUNTEER POSITIONS AVAILABLE IN LATAH COUNTY

Volunteer with the First Steps Program 4-10hr/mo. Telephone support to families with newborns Call MARCI SCHREIBER 883-6454. Other volunteer positions available.

Community Drum Circle

-All Welcome!

May 27th @ Blain Schoolhouse
Starts @ 6:30 pm w/ potluck, drumming to follow

Friends of the Clearwater Wild Forest

Tuesday, May 9, 7:30 pm Workshop for protecting Wild Forest. Moscow: place TBA

Thursday, May 18 Informational Hearings on Forest Service Initiative, Clearwater National Forest. Moscow: place TBA

Tuesday, May 23 Nez Perce National Forest. Lewiston: Clearwater and Snake Rooms, 6:30 - 9:30 pm

Wednesday, May 24 Clearwater National Forest. Lewiston: LCSC, Clearwater and Snake Rooms, 4:00 - 8:00 pm

For more information on Wild Forest Events call Friends of the Clearwater 882-9755.

*For additional events & information, please see the Co-op's Web site at <http://www.moscowfoodcoop.com/event.html>.

Celebrate spring at the annual Moscow Renaissance

East City Park on Saturday, Sunday May 7th.

Admission is free. Enjoy two days of entertainment, food and frolic. And if you want to volunteer, call 883-8080.

GROUNDWATER AWARENESS WEEK CELEBRATED MAY 7-13

Moscow, Idaho - In the face of continually declining groundwater levels of the Palouse Basin, the Palouse Basin Aquifer Committee (PBAC) encourages water conservation efforts in the communities and universities. Several free local events have been arranged as part of Groundwater Awareness Week, designated by the National Groundwater Association as May 7-13, 2000.

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Special Presentation

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Sponsored by the Palouse Chapter of the Sierra Club and the Palouse Clearwater Environmental Institute. Contact: Bill French 882-0203.

KOPPEL FARM SPRING FAIR 2000!

SATURDAY, MAY 13, 2000
10 AM TO 2 PM

OUR SPRING FAIR INCLUDES A PLANT SALE, LIVE MUSIC, GOOD FOOD, AND CHILDREN'S ACTIVITIES. COME AND CELEBRATE THE GROWING SEASON AT KOPPEL FARM!

Palouse Folklore Society

May 6: Contra dance at the Moscow Community Center @ 7:30pm. Potatohead will provide live music, and Julie Dickelman will call all dances. (\$5 members, \$7 nonmembers, \$4 newcomers who arrive at 7:30pm).

June 17: Contra dance at the Blaine schoolhouse @ 7:30pm. Dancing Trout (formerly known as the Bear House Band) will provide live music, and Gina Massoni will call all dances. (\$5 members, \$7 nonmembers who arrive at 7:30pm).

Submit non-profit announcements no later than the 25th of each month. www.moscowfoodcoop.com

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