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October 2000

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

A Taste of The Co-op

By Vicki Reich

October is a pretty special month around the Co-op. Not only is it National Co-op Month, but it's also the month we throw a great big party for all our customers.

Yes, it's time once again for the Taste Fair.

What, you may ask, is the Taste Fair? Well, if you haven't been to one you should mark your calendars right now for October 14th, because you don't want to miss it.

We set up tables in every spare corner of the store and sample, sample, sample. There will be over 50 products to try, from Annie's Sauces to Zen Don Soy Milk. There will be samples for you to eat, for your dog to eat, for your body and your house. Some products will be old favorites, while others will be making their first appearance at the Co-op.

It's always an exciting day at the store. We'll have local manufacturers sampling their wares, so you can

taste their products and talk to them, too. Taste Fair is a great place to see friends and enjoy the Moscow community feeling.

We'll be sampling from 10 am until 4 pm. Join us in the morning when you shop or after the Homecoming parade. Whenever you get here there will be lots of good food on hand for you to try, so don't forget Saturday, October 14th from 10-4. You won't want to miss it.

INSIDE:

- Fall Recipes
- Vote on Ben & Jerry's Flavors
- Why Buy Hemp?
- Herbicide-Tainted Compost
- Rock Climbing Slide Show
- and More!

www.moscowfoodcoop.com

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

Community News



Generally Speaking October is Co-op Month!

by Kenna Eaton, General Manager

Every year I love writing this article, though often I wish I could come up with a better title. "Co-op Month" doesn't sound as exciting as it should, but every year we get to celebrate that we are part of a greater picture.

Co-ops are woven into the fabric of America. Back during the Depression, nobody wanted to take chance on laying many miles of electric cable out to the poor farmers' ranches, so the farmers got together and created their own electric co-ops, laid their own line and brought service out to all their neighbors.

This is only one example of how Co-ops are interwoven throughout our lives.

This year, I am particularly excited about our monthly specials. For the first time, you are seeing the

same specials that Co-op members at 12 different Co-ops throughout Montana, Idaho, Washington and Oregon are receiving. This is a great case of "Co-operation amongst Co-ops", one of seven Co-op principles that we all aspire to.

Over the past three years I have been working with these Co-ops to find ways in which we can benefit all of members by working together. Last year we were able to negotiate a purchasing contract with our major distributor and bring our members lower prices everyday. And now, we are working together to provide these products at even greater savings every month.

This is the first time however we have been able to run the same sale at every Co-op. This means the Nile Spice that we normally sell for 99cents, and was on sale for 79

cents during September, is now on sale during October at 2 for \$1.

The power of all the Co-ops buying together increases our ability to pass the savings on to our members. While we have many lofty goals for our business (see the mission statement at the front of the store), we are also trying to be better buying agents for our members.

And, yes, you have to be a member to take advantage of these great deals, but, hey, at \$10/year you can afford to join!

Board of Directors Report: Community

By Mark Mumford

As I was doing the day's shopping at the Co-op recently, I noticed, taped to the check-out stand, a drawing on a paper bag made by an unknown artist captioned "My community is made up of all the smiling hearts." I stood in line with my produce and bread and milk, and inspired by this marvelous drawing, I began thinking about this image of community and how this ideal takes form and meaning in our lives.

One of the most eloquent writers on the subject, Wendell Berry, defined community as: "a locally understood interdependence of local people, local culture, local economy, and local nature." Berry went on to write:

"A community identifies itself by an understood mutuality of interests. But it lives and acts by the common virtues of trust, goodwill, forbearance, self-restraint, compassion, and

forgiveness. If it hopes to continue long as a community, it will ... have to encourage respect for all its members, human and natural."

As a member of the Co-op, and as one of the Co-op's Board of Directors, I am proud to be part of an organization that practices on a daily and pragmatic basis these highest and most eloquent ideals.

"Locally understood interdependence" In the Winter of 1999, the Co-op moved from its location on the Pullman-Moscow Highway, from a site on the edge of downtown, to its present location in the heart of Moscow's business district. The decision to move into town, rather than to an outlying suburban mall, recognized that a cooperative food store is more than a business; it is part of the economical interdependence that is at the core of a community. (continued on page 2)

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Food stores, drug stores, hardware stores, cafes, department stores, all belong downtown because these are more than sources of goods and services that are essential to daily life. These businesses are civic gathering places where the daily economic and social exchanges of life occur in community. Located downtown, these businesses not only facilitate but symbolize social interactions at the community core.

The relocation of the Co-op now successfully completed, the board of directors and management are considering how to further enhance the Co-op's function as a community gathering place--as a civic commercial institution. This winter and spring, visitors to the Co-op will see the first among these projects: a café space.

We hope that the café space will complement the great foods available at the deli and throughout the store. And we hope that this café space will draw the community into the store and that the Co-op will become, even more than it is now, a locus for the vital human interactions that sustain our community.

"Of local people, local culture, local economy, and local nature" The products the Co-op sells are, to the extent possible, produced locally. By marketing locally-grown and locally-made products, the Co-op reinforces local culture and local economy. These products are organically grown and made of organic ingredients, because the Co-op recognizes that community is sustained by respect for all its members, human and natural.

The Co-op features and promotes locally grown and produced goods because we recognize, as Wendell Berry has written; "The destruction of the community begins when its economy is made - not dependent (for no community has ever been entirely independent) - but subject to a larger external economy."

By selling locally grown and produced goods, the Co-op recycles the community's resources within the local economy. This economic exchange is essential to sustainable community because it consolidates and reinforces the interdependence of local people, local culture, local economy, local nature. Unlike the

Co-op, the other food stores in town are franchises controlled by business interests outside the community. Rather than cycle community resources locally, these business siphon off and deplete the community's resources, and in so doing contribute to the fragmentation of community.

Community is precious and necessary and we realize its value most urgently when community life declines. For when community life falls, Wendell Berry writes, "so must fall all the things that only community life can engender and protect: the care of the old, the care and education of children, family life, care of the earth, respect for nature and the lives of wild creatures."

With that concern for community as its core value, the Co-op has energetically lent its support for the preservation of community institutions, and among these the most important current project is the restoration of the 1912 Building as Moscow's community center.

The 1912 Building is being restored as a community center where the elderly can gather and receive supporting services; where

children can be educated; where youth can come to meet, work, learn and play together; where the arts can flourish; and where science and technology might stimulate the imaginations of the next generation who must build and protect our vital community.

Therefore, the Co-op Board of Directors is honored to issue the following resolution in support of the 1912 Community Center:

Whereas, the 1912 Center, a project of the City of Moscow and its citizens, will contribute substantially to the quality of life of all generations in Moscow, and

Whereas, the 1912 Center will serve as a new center for Moscow' and will enrich the community by hosting programs on the arts, history, science, education, commerce and recreation, and

Whereas, the redevelopment of the 1912 Center will promote a sense of community for Moscow residents, which is consistent with the Co-op's mission,

Therefore, be it resolved by the Board of Directors of the Moscow Food Cooperative,

We formally endorse the 1912 Center and the community's efforts to redevelop this facility to serve this and future generations.

Be it further resolved that we will communicate this endorsement to our members and encourage them to support the project as volunteers and donors.

Adopted this first day of October, 2000.

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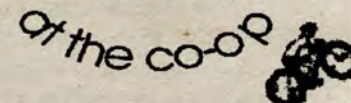


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The Buy Line

By Vicki Reich, Grocery Buyer

I got bad news from my distributor a couple of weeks ago. They would no longer be distributing Ben and Jerry's ice cream.

My God, I thought, what was I going to do? How was I going to face all those angry customers? What about my husband and his addiction to Chubby Hubby? I couldn't even go home. No place was safe.

I called Ben and Jerry's and asked if there was another distributor in the area for their product. Yes, they said and I quickly jotted down the number. This new distributor faxed me over a list of all the Ben and Jerry's products they carried right away (I told them it was an emergency). I waited patiently by the fax while this very long list of flavors cascaded out. A total of 47 flavors.

We could get every flavor Ben and Jerry's made. It was a miracle. For years we could only get the flavors we carried because our distributor only had those in stock.

Now the sky's the limit. I ran over to Josh (who does most of the frozen food buying) and could hardly contain my excitement.

Then it hit me, how were Josh and I to pick only 16 flavors out of a possible 47. The light bulb went on! We'll have you, the customer, decide. We'll put it to a vote.

Adjacent to this column is a ballot with all the available flavors. You pick your top five flavors and bring your ballot into the Co-op and deposit it in the ballot box. We'll take the top 8 flavors and stock them all the time.

The other 8 flavors will rotate at Josh's whim (he will accept bribes if your favorite flavor doesn't make it into the top eight). Votes must be in by October 20th, so I can post the results in next month's newsletter. The taste buds of the Co-op are now in your hands. This may well be the most important vote you cast this year so vote early, vote often.

In other Co-op news, Josh and I went to Seattle for the Northwest Natural Products Expo. This show is similar to the show Carrie and I went to in Anaheim in the spring, but only about a third the size.

It was perfect for Josh's first food show. We tried lots of yummy samples, some of which you'll be seeing in the store soon, and talked

to lots of manufacturers. He was pretty surprised when the Nancy we met casually in the hallway was the one and only Nancy of Nancy's yogurt. And he still needs to get used to the idea of being wined and dined by our brokers and sales reps. All and all we had a great trip and Josh had a great introduction to the world of food shows.

And now the questions you've all been waiting for:

From The Suggestion Board
Basmati brown rice? Sorry, but the brown jasmine rice doesn't sell fast enough to warrant bringing in a basmati as well. You can certainly special order it in 25# sacks-Vicki, Grocery Buyer

The Co-op is getting better and better-thanks! Gosh, you don't know how much we love to hear that. We're doing our very best, thanks-Vicki

Why not make a 6-pack price (i.e. \$5.99, \$6.99...) instead of 6 singles (\$1.29x6)? I bet you'd sell more beer. The reason we price beer by the each is because we sell both singles and 6-packs so we have to price it by the each and to price it by the six-pack as well would just add an extra step to the process. Stores with scanners don't have to worry about this, but we do. So until we get scanners, you'll have to practice doing math in your head-Vicki

Single serving Silk Soy Yogurt (esp. the lime/kiwi flavor!) and Home Health brand Almond Lavender oil. We used to carry the Silk soy yogurts but they were slow sellers. Have you tried the Whole Soy? I think it's the best-Vicki. I can special order the oil for you by the each-Carrie, Personal Care Buyer.

Please get White Wave Chicken Style Seitan, yummy, yummy! Okay, look for it in the open face cooler-Vicki

Do we still carry smoked Gouda cheese? Are we just temporarily out? Hope so. Yes we do still carry smoked Gouda, it's a great selling cheese. It was just temporarily out of stock. Sorry for the inconvenience-Vicki

Could you get more fresh mozzarella? Both smoked and non-smoked are welcome. We've upped our order, so hopefully there will always be some when you need

it. It's recently become quite popular, and I know why, it is sooo good-Vicki

Cascadian Chocolate and also vanilla ice cream. We've tried selling both these flavors in the past and they just don't sell, sorry-Vicki

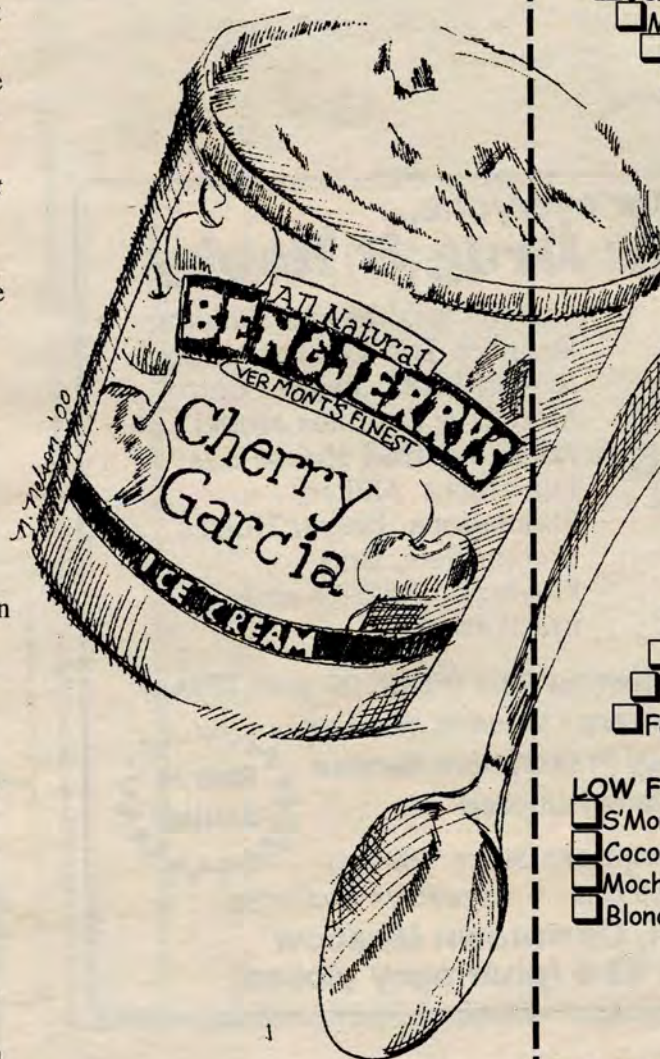
Organic Spinach Flakes again? Sorry, these didn't sell well.

Please get fine shredded coconut. Medium doesn't work in many recipes. Thanks. I'll try it in place of the medium for a while and see how people like it-Vicki

Please buy Westsoy Cocoa-Mint Malt. You only had the "lite" and the taste is not as good. Thanks. Oops. I meant to carry the regular but somehow the lite appeared. As soon as it's gone the regular will return.

Please stock the 7th Generation liquid dish soap in a larger size - or - in bulk so we don't keep buying containers. I'll bring the natural scent in in the larger size. Unfortunately, 7th Generation is not available to us in bulk-Carrie

Burt's Bees apricot bath oil and body powder. Thanks! These products have not sold well for us in the past, so I won't bring them in right now. They can be special ordered in cases of 6. You can also mail order from Burt's Bees. I believe they have a fairly low retail minimum-Carrie



Ben and Jerry's Ballot

Please vote for up to 5 of your favorite flavors and place ballot in the ballot box at the front of the store by October 20.

REGULAR FLAVORS

- Bovinity Divinity
- Cherry Garcia
- Chocolate Chip Cookie Dough
- Chocolate Fudge Brownie
- Chubby Hubby
- Chunky Monkey
- Coffee Toffee Crunch
- Dilberts' Totally Nuts
- French Vanilla
- Mint Chocolate Crunch
- Nutty Waffle Cone
- NY Super Fudge chunk
- Orange and Cream
- Peanut butter cup
- Phish Food
- Pistachio Pistachio
- Southern Pecan Pie
- Triple Carmel Fudge
- Worlds Best Vanilla
- Vanilla Carmel Fudge
- Vanilla Chocolate Chip
- Vanilla Heath Bar Crunch
- World's best Chocolate

2TWISTED FLAVORS

- Entangled Mints
- Everything But The
- From Russia With Buzz
- Half Baked
- Jerry's Jubilee
- Monkey Wrench
- Pulp Addiction
- Urban Jumble

FROZEN YOGURT FLAVORS

- Ooey Goopy Cake
- Cherry Garcia
- Chocolate Fudge Brownie
- Chocolate Heath Crunch
- Chocolate
- Cherry Garcia
- Chocolate Chip
- Cookie Dough
- Chunky Monkey

SORBET FLAVORS

- Fat Free Purple Passion
- Fat Free Lemon Swirl
- Devils Food Chocolate
- Fat Free Doonsberry

LOW FAT ICE CREAM FLAVORS

- S'Mores
- Coconut Cream Pie
- Mocha Latte
- Blondies Swirls

Word of Mouth

By Vicki Reich

Cheese, glorious cheese. God, how I love it. Umm, runny brie or better yet some Saint Andre on Ak-maks and a nice glass of wine....

So when someone suggested we taste test cheese, I jumped all over the idea. I wanted to try all the cheeses we carry, but I wasn't sure how comparing the taste of our wonderful Montengola Blue to our delicious Smoked Gouda would really tell us anything.

So I decided on the basic cheese: cheddar.

Do you realize how many different kinds of cheddar we carry? Lots. Seventeen, to be exact. We have 5 organic cheddars, 3 soy cheddars, 1 almond cheddar, 1 rice cheddar, 1 goat milk cheddar, 1 fat-free cheddar, and 5 cow milk cheddars. That is a lot of cheddar, and I couldn't imagine tasting all 17 at one sitting, so I kept it to just 8.

The Hog Heaven Handspinners gathered, as usual, on Tuesday night for the tasting. We did a blind taste test, of course, and after spending 20 minutes in the kitchen cutting all that cheese into little chunks, we were ready to begin. Everyone was very eager to dig in, and when the wine began to pour (to cleanse our palates, of course) the tasting began.

There were several clear favorites in the group, but the goat cheddar and the Tofurella didn't go over too well (although Sugar, the

only vegan of the bunch, swears the Soya Kaas Cheddar style is a much better alternative cheese).

I thought the goat cheddar might have fared better with other goat cheeses rather than comparing it to cow's milk cheese since it has a very goaty flavor.

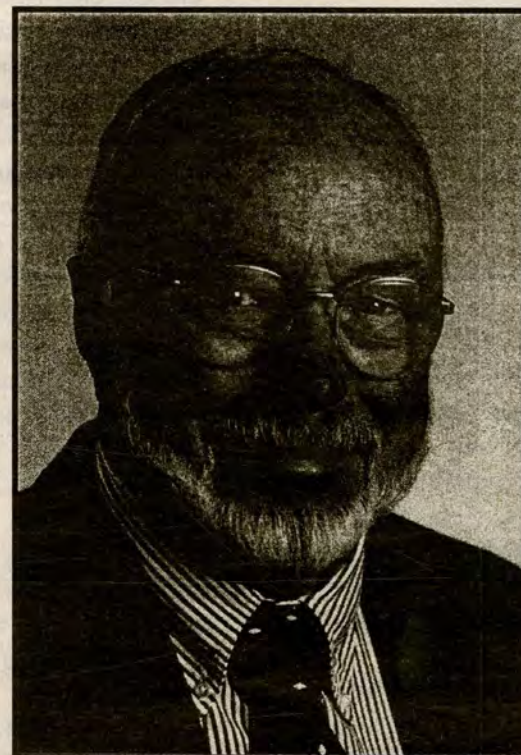
Of the cow's milk cheeses, the real winner was the Vintage Irish Cheddar. It has a wonderful sharp fruity flavor with a beautiful buttery coloring. It was by far the most flavorful and can stand alone as a cheese-and-crackers cheese.

Another favorite was the Horizon Organic Low-Fat Sharp Cheddar. No one even guessed it was low-fat while we were tasting. It has a dry mild flavor and a creamy consistency. The low-fat version was actually preferred to the full fat variety.

As an every day grate it on your burrito kind of cheddar, our medium cheddar took the tortilla, so to speak. It is a fairly mild, salty, and dense cheddar. If you prefer a sharper cheese than our sharp cheddar would also make a good everyday cheese.

By the end of the sampling, all of us were stuffed but happy. We couldn't even fit in dessert (a mainstay of spinning night), but we were all looking forward to our next shopping trip to the Co-op to pick up a hunk of our favorite cheese.

Let's work toward (in the general direction of) perfection



I'm Don Coombs and I'm running as a Democrat for Seat 5A in the Idaho House of Representatives. In a perfect world my campaign brochure (included in this issue of this newsletter) would have mentioned that I'm a life member of the Co-op.

And it would have featured pictures of all three of my grandchildren, Erica, Shaun and Allison, instead of just one grandchild and a nameless fish.

And oh yes: In a perfect world the Idaho Legislature wouldn't be 85% Republican, the most one-sided legislature in the country. My brochure spells out why even former governor Phil Batt (a Republican) thought we needed more Democrats.

Paid for by "Don Coombs for the Legislature," Kenton Bird, treasurer, 517 E. B St., Moscow ID 83843.

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Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator

The past month has been a busy one for the volunteer program at the Co-op.

Before we go into those details, I want to thank the volunteers in our newest volunteer positions: the store closing assistants. Thanks to Lori Keenan, Betsy Johnson, and Jordan Wrigley for filling those roles. If you have taken this job and are not mentioned in this article, please accept my apologies for being missed by the editorial deadline.

What a jargony ring the title, "store closing assistant" has. Actually, those doing that job help the cashiers do the innumerable little chores at the end of the day. Everything from bagging bread to picking up and washing bulk bin scoops. Thanks again.

Many people have filled out volunteer applications in the past month and it seems to me that a whole bulk bin full of tasks have been filled by eager Co-op members. While we try not to turn away anyone who wishes to volunteer, we are approaching the point where most of the volunteer positions have been filled.

This makes it a bit more difficult for the Co-op to fit members' schedules when the remaining volunteer jobs are scheduled for specific times. So, please be patient as we try to fit a few square pegs into round holes. (NOTE: I have always wanted to write that old, worn-out idiom in an article and I finally got the chance).

I would like to remind everyone that volunteering is about much more

than receiving a discount. Yes, the discount is a nice benefit of volunteering but shouldn't be the *raison d'être* for volunteering. I'll write more on this topic next month.

I know, the preceding paragraph makes me sound like some pinko or fuzzy-thinking liberal who doesn't understand human nature and the primacy of the market. So I'll respond to that charge, in this brief digression, to prove to the world and Richard Dawkins that I am not some woo-woo, new-ager who believes the human soul is good and is separable from the DNA that makes us what we are.

Most people are generally motivated by self-interest. In other words, most people are greedy @\$%@ (place your own expletive here). However, even the famous biologist Richard Dawkins shows that altruism has a genetic basis.

In other words, Co-op members are caring and sharing people.

The upshot of that little digression is twofold. First, to encourage those of you who are not members to join the Co-op so you can be counted among sharing folk. Second, to elevate the true spirit of volunteerism to its proper level. I think I'll tell Kenna I have a new hook, a great way to recruit Co-op members and volunteers! Whaddya think!?

(NOTE: The preceding three paragraphs are facetious in nature, ironic if you will. Hopefully, this disclaimer covers the author's posterior.)



Welcome!

By Laura Long,
Membership Director

Yeah, October is here! One of my favorite months (although I guess really they're all my "favorite" month).

Pumpkins are ripe beautiful balls of sunshine just waiting for you to pick them up at the farmer's market and carve a funny face on them. Or perhaps you would rather have a mug of warm spiced apple cider fresh from the apple press of Wilson Banner Ranch. And the air smells of the unique combination of sunshine on dried leaves and that little nip of frost in the air. October is also the best season for an outdoor football game.

When you're on your way to the UI homecoming football game, just after the homecoming parade, don't forget to stop by the Co-op and taste some samples because, yes folks, it is time once again for the Moscow Food Co-op Taste Fair.

The Taste Fair is an annual event where you can find lots of great things to try that maybe you didn't even know we carried, or you've always been a little shy to sample. In either case, stop on by,



Produce News: Egg Update

by Lahde Fesler

This is a continuation from last month's comment on the nutritional quality of our locally supplied free-range "pullet" and "farm" eggs.

After talking with a couple of our egg producers, I have learned that indeed the color of the yoke is related to nutrition. Free-range chickens that have access to green forage, or that are given green vegetable scraps, lay more nutritious eggs with an orange-colored yolk.

Free-range hens that lay eggs with yolks that are yellow in color will do so because their ranging territory may not include any greenery to peck at.



Mikey's GYROS

Serving up the fabulous Greek Gyro, and other unique salads, pita sandwiches, spicy hot falafel and homemade soups.

Moscow
(across from the theatres)
527 S. Main 882-0780

eat some food, and if you're very lucky you might even win a prize in one of our drawings.

Also this month, you will see some changes on the business partner list.

We will be saying a sad farewell to Connie Koester, the Oz Massage therapist. We wish her well on her journeys.

But, happily, we have a new massage therapist to fill in the gap on the Business Partner list. Kelly Kingsland (yes, the famous deli cook) will be taking Connie's place on the list, so you won't really have to go without your massage after all. Kelly will be offering the first two massages at the great low price of \$30.00 each, so give her a call and make an appointment.

And last, but not least, I want to say a very heartfelt thank-you to all the members who have purchased their lifetime memberships at the Co-op this month. Your continued support and dedication is greatly appreciated. If you anyone else would like to become a lifetime member of the Co-op, just ask any cashier to let you know how much you still owe towards the \$150 lifetime fee, or keep your eye out for that bright yellow renewal postcard in your mailbox.

Thanks everybody, and Happy October!



Golden Blue Lotus Tara
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Join us for meditation
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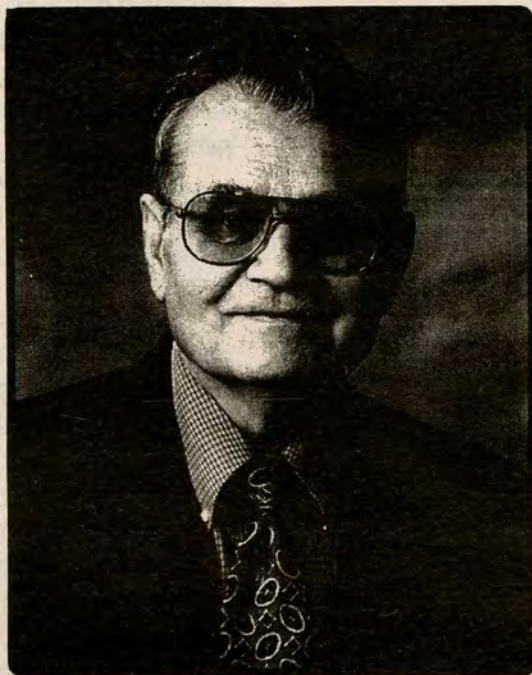
Dana Hoaglund
Arborist

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Comfortable Atmosphere.

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Re-elect Tom Trail to Represent Us in Boise

TRAIL FOR THE HOUSE

Idaho House of Representatives
Latah County, District 5 - Seat A

☆ CONSTITUENTS FIRST ☆

☆ PERFORMANCES NOT PROMISES ☆

☆ 4 YEARS OF RESULTS ALREADY - 17 BILLS PASSED

☆ LISTENS & COMMUNICATES WITH CONSTITUENTS

Responded to 8,000 citizen e-mails • www.infotrail.com/idaho

ENDORSEMENTS

Idaho Education Association
AFL-CIO

In four short years in the Legislature, Tom has established himself as an independent thinker and a respected leader. He led the charge to pass PERSI legislation for 80,000 Idahoans.

~ Sen. Gary Schroeder

Representative Trail has consistently supported a thorough, high quality education from kindergarten through vocational training and university degrees for all Idahoans.

~ Carrie Bitterwolf, Westpark 4th Grade Teacher

Tom has demonstrated leadership and commitment in supporting programs for our children, teachers, and schools.

~ Doc Lucas, former District 5A Representative

PRIORITIES FOR THE FUTURE

- ☆ Support state funding for school construction.
- ☆ Legalize industrial hemp as an alternative agricultural crop.
- ☆ Increase funding for U.I. capital improvements and faculty and staff salaries.
- ☆ Cap university student fee increases.
- ☆ Provide a \$50 prescription drug tax credit for Seniors.
- ☆ Increase funding for Headstart.

Paid for by the Re-elect Tom Trail Committee,
Alison Sturgul, Treasurer, 103 S. Van Buren, Moscow, ID 83843

☆ LEGISLATIVE ACCOMPLISHMENTS ☆

I SUCCESSFULLY SPONSORED/CO-SPONSORED 17 BILLS IN 4 YEARS

ACTION

IMPACT

EDUCATION

☆ Idaho Literacy Act

\$7 million annually provides support to help children read at grade level by third grade.

☆ Budget Increase for Headstart

\$1.5 million per year helps low-income children/families

☆ Idaho Promise Scholarships

When funding is finalized, this will give all Idaho high school grads with a 3.0 gpa \$500/semester for 4 semesters toward the cost of an education at any in-state university or college.

PERSI RETIREMENT BENEFITS

Enhanced PERSI retirement benefits for retirees and for state employees (teachers, county and city workers, law enforcement officers, and firefighters) A 4.34% increase in monthly checks are awarded to those who retire after July 1, 2000. Partners and members are guaranteed participation this year in a \$150+ million gains sharing pool.

HUMAN RIGHTS

Minimum wage legislation for Idaho farm workers. Wrote Joint House-Senate resolution advocating human rights for all in Idaho.

CONSUMER RIGHTS PROTECTION

☆ Victim Identity Theft

Established *victim identity* theft as a crime, and the law requires credit agencies to restore credit rating to victims within a month.

☆ Anti-spamming

Internet users' privacy is protected under the Idaho Attorney General's Office of Consumer Protection.

TAX REFORM

Marital deduction on state income tax. Taxpayers will save \$10 million yearly. Health insurance premium deduction for small businesses. Idaho companies will save \$3 million yearly.

SENIOR CITIZEN SUPPORT

Good Samaritan Bill. Seniors save more than \$1 million annually through reduced medical costs by allowing non-profit resident care facilities to provide *onsite home health care*.

RECYCLING INCENTIVES

Enables state agencies to make independent decisions to buy recycled paper products.

SMALL BUSINESS

State agencies can give preference to small Idaho businesses when letting state contracts.

The Re-Elect Tom Trail Campaign always needs your support. Donations can be sent to Alison Sturgul, Treasurer, 103 S. Van Buren, Moscow ID 83843. If you would like to sign a newspaper

endorsement, put up a sign in your yard, or assist in other campaign activities, call: Gordon Braun, Campaign Manager, 882-7330 or contact Rep. Trail. E-mail: ttrail@moscow.com



Personal Care Corner

Why Buy Hemp?

By Carrie A. Corson, Non-Food Buyer

Chances are, if you're much of a shopper, you've noticed that hemp is appearing on more and more labels and tags. It seems like everyone is getting into the swing. You can find clothes, shoes, hats, dog leashes, wallets, paper, lotion, soap, hair care, and last but not least, foods that include hemp. In fact, more than 25,000 different products can be made from hemp fibers and seeds.

Hemp is one of the oldest cultivated plants and its fibers were the mainstay of many cultures who used it for cloth, sails and ropes (A fact I didn't know until I saw hemp rope at a Viking museum on a recent trip to Denmark).

So what exactly is hemp and why are we starting to see it everywhere? Well, it's a plant, actually a cannabis plant. Yes, it is related to *Cannabis indica*, better known as marijuana.

However, it contains little or no THC, the intoxicating substance that is found in marijuana. Instead it is packed with nutrition. Hemp seed is gaining popularity as a food source because it is rich in vitamins and minerals (calcium, iron, thiamine, niacin and riboflavin), and it is a vegetable source of complete protein, having all eight amino acids.

Hemp oil (pressed from the seed) is a great source for essential fatty acids (EFAs). EFAs are among the 45 or so nutrients that we cannot live without, and that our bodies cannot manufacture. Hence

the use of the word "essential." These EFAs must be obtained through our diet. That's where hemp oil comes in. Similar to flax (and other vegetable seed oils), hemp seed oil is rich in both omega 3 alpha-linolenic acid, and omega 6 linoleic acid. However, from a nutritional point of view, hemp is considered to be nature's most perfectly balanced EFA oil because the omega 3 and omega 6 acids are in an optimum ratio of 1 to 3 (one omega 3 to three omega 6). This ratio provides the necessary EFA's for long term health.

Hemp oil is cold pressed and must be kept refrigerated or frozen in order to maintain freshness. It cannot be used for frying or sautéing because heat destroys the oil's nutritional components. If you don't want to take the oil by the table-spoon, add it to smoothies, salad dressings or bread dipping sauces. Capsules are another option. You can find Spectrum hemp oil here at the Co-op in the cooler with the flax and wheat germ oils. We also carry a line of salad dressings and some granolas that include hemp.

Hemp is not just good for us on the inside, but on the outside too. Many feel that hemp seed oils balance of essential fatty acids, gamma linoleic acid, silky-smooth texture and healing properties lends itself to great body care. One such person is Sue Kastensen, owner of Sun Dog Natural Hemp Body Care. Sun Dog offers a high quality line of

skin and hair care products which include certified organic hemp oil. Sue's hair care products are made with a "clean" list of ingredients. They do not contain sulfates or sulfites, or cocoamide DEA. They are also made without synthetic preservatives. And speaking as a person who used to fight tangled hair every morning, Sun Dog conditioner/detangler is good stuff. Sun Dogs lip balms are made entirely of edible quality ingredients. Sue's philosophy is, "every thing that goes on your lips should be safe to go in your mouth."

In addition to hemp oil, Sue uses a lot of botanical ingredients in her formulas and uses only essential oils to scent her products. Next time your shopping, look for the Sun Dog logo.

If there is a downside to hemp, most shoppers would say it is that hemp products are too expensive. This is particularly true with hemp clothing. It is fairly expensive (although good quality hemp fiber products last a really long time). Part of this may stem from the fact that all hemp seeds and fiber must be imported. Being a close relation to marijuana has given hemp a stigma and it cannot legally be grown in the United States (it is legal however, for hemp seeds to be used in food products since they do not contain THC in any measurable quantity).

So hemp must be imported from Canada, Eastern Europe and other countries where it is widely grown to produce cloth and rope fiber. The seeds must be sterilized in order to prevent germination before coming to the states. In the case of Sun Dog products, the hemp oil used is

organic (which is better environmentally).

And let's face it, cotton's gotten a lot more press. Hemp's full potential is only now being realized again in this country. I think prices are beginning to come down and hopefully that trend will continue as more and more companies begin producing hemp products and people find out what a terrific resource this is.

Not only can we benefit from hemp nutritionally, and as a beauty aid, it's also beneficial from an environmental viewpoint. Unlike trees, hemp is an easily renewable resource. And it can be used for many of the things that we now use wood for, including paper and some lumber products. Of course, growing it organically is the best way to protect the soil in which it is grown. Maybe if enough of us start singing hemp's praises, someday it'll be a cash crop here on the Palouse.

Footnote: Consumers should be aware that ingestion of hemp seed products "may result in the failure of some drug test screens. If you are subject to periodic drug screening you might want to use another EFA product such as the Essential Max EFA Oil Blend from Spectrum." This is the caution printed on Spectrum's Hemp Oil. From information on Spectrum's website, it is not known at this time whether commercial hemp seed oil causes failed drug screening. The National Institute of Drug Abuse is currently sponsoring clinical research at the Research Triangle Institute in North Carolina to conclusively answer this question.



In the Deli

The Full Tureen

By Kelly Kingsland, Deli Manager

Well, here we are at the beginning of my favorite 10 months of the year again, and I've been thinking about soup.

Soup may actually be part of the reason that these colder months are my favorite, although there are many reasons. I do like to huddle up next to the stove on a cool evening and eat soup, and I love making soup at the Co-op. So when soup sales start to pick up again as the weather changes, I enjoy my work even more.

During the coldest months, we sell roughly 8 gallons of soup each

day. Ultimately, we like to have 2 new soups per day. Generally, each cook makes one 2 to 4 gallon soup per shift. We try vary our selections and try to limit things like beans, dairy and nightshades to one of the tureens.

As with the creation of our salads, each cook has the freedom to choose their soup of the day within the perimeters of need. We often start our search by eliminating the possibilities.

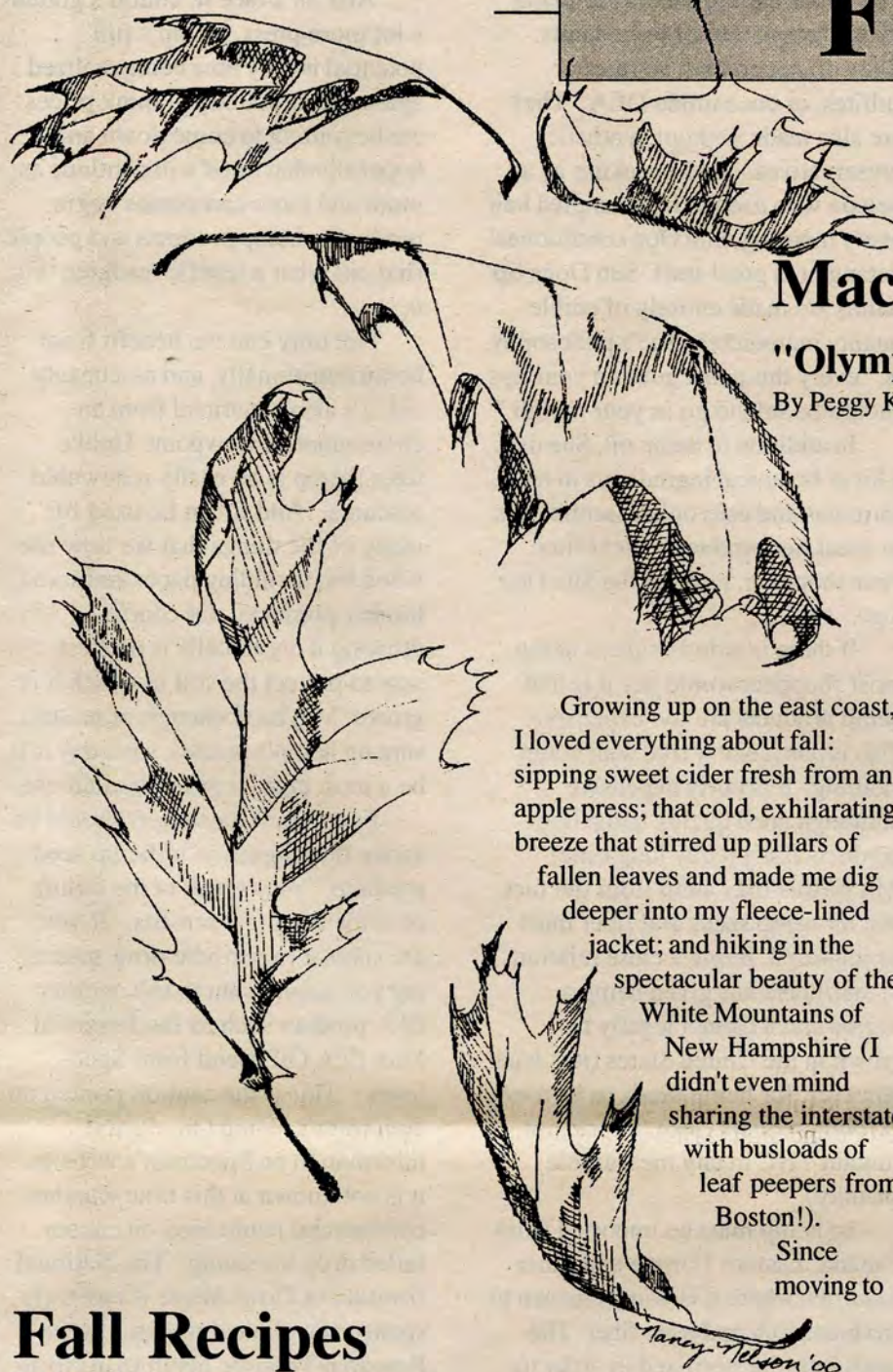
We say: "let's see, we need a vegan, non-bean soup that isn't red." (We try to compliment colors, too).

From there we might talk to Lahde in produce to see what she'd like to see us take from her stock, or we traipse through our walk-in to see what's available. Hopefully by now we've started to get some ideas. If not, we resort to cookbooks.

For the most part however, and this is why I like soup so much, I like to just picture the end product and walk backwards towards it. If we have a lot of produce to use, or beans soaked, I picture a soup with those things in it. To me soup is like sewing with Polar Fleece. For those of you non-cooking, non-sewing readers, this means very forgiving. If you go slowly, and don't get too outrageous with your ingredients, your soup will turn out just fine.

Aside from customizing a soup to use just what you happen to have leftover from another meal, there certainly is no intrinsic value in not following a recipe. Just about every cookbook you open has a wonderful selection of soup recipes to choose from. As I've mentioned before Jay Solomon's "Vegetarian SOUP Cuisine" is an awesome soup cookbook, and the "Moosewood" cookbooks also have a wonderful variety of great soup recipes.

So for the next 8 months we'll be cooking up soup like mad, and we encourage you to do the same. If you don't have the time or the inclination, let us do it for you. Our soups are hot and ready, and cost \$1.29 per cup and \$2.49 per bowl.



Macro Musings

"Olympic-Style" Cooking for Fall

By Peggy Kingery

Growing up on the east coast, I loved everything about fall: sipping sweet cider fresh from an apple press; that cold, exhilarating breeze that stirred up pillars of fallen leaves and made me dig deeper into my fleece-lined jacket; and hiking in the spectacular beauty of the White Mountains of New Hampshire (I didn't even mind sharing the interstate with busloads of leaf peepers from Boston!). Since moving to

the cold weather ahead. It's time to prepare our bodies for the adjustment from shorts and sneakers to ski jackets and Sorels.

During fall, as temperatures grow colder, plants become dormant; the energy they've accumulated during the growing season is stored deep within their tissues in preparation for spring bud-break. This season is associated with the Metal phase of the five transformations cycle, a time when energy is the most concentrated.

The signature flavor of fall cooking is sharp and pungent, like that obtained from daikon and gingerroot - warm and peppery, but not spicy. This is the time of year to cook up richer and heartier dishes with an emphasis on bean stews, sautéed or deep fried vegetables, creamy grain stews, pressure-cooked grains, and pureed squash soups. Fall dishes are usually seasoned with a bit more sea salt and oil than are summer dishes, and raw foods are eaten only occasionally.

The key to supporting Metal energy is to keep it condensed, but not frozen, by choosing some foods that are strengthening and some that are calming. A variety of grains, beans, and seasonal vegetables help do this, as well as provide nourishment for our lungs and large intestines. Long- and short-grain brown rice, sweet brown rice, and mochi provide balanced nutrition and energy.

Among the beans, Great Northern, Lima, navy, and soy (including tempeh and tofu) are most nourishing during fall. They have slightly higher fat content than smaller bean varieties, creating an enduring strength within us; at the same time, their cooling nature relaxes us.

Fall vegetables reflect the colors of the season - gold, orange, and red - and provide an abundance of nutrients. Root vegetables (onions, carrots, parsnips, daikon, and others)

are therefore particularly strengthening this time of year. Leafy greens (turnip, carrot tops, and kale), leeks, bok choy, cauliflower, celery, Chinese cabbage, cucumber, and watercress are also needed in our diet because of their ability to help us relax.

A note about gingerroot, a seasoning used often in fall cooking: Gingerroot has long been revered for its medicinal powers because it drives warming energy into the body, improving circulation. It's particularly stimulating to the organs in the middle of the body - the pancreas, liver, spleen, and large intestine. I love adding minced gingerroot to tofu stir-frys and lentil dishes.

Fruit doesn't really strengthen Metal energy, but varieties that are compact and not too sweet such as peaches, apricots, and pears can help relax us. Walnuts add a pungent, nutty crunch to stir-frys and grain salads.

Although the conifer forests framing the Palouse lack the vibrant colors of the hardwood forests of my memory, I still feel drawn to them when temperatures begin falling and the air is filled with the scent of moist, senescing vegetation. I'm thankful for the increased stamina and ability to breathe deeply that eating foods that nourish my lungs and large intestines brings me. I'm also thankful to come into my cozy home and sit down to a hearty, warming stew like the one that follows.

Fall Recipes

By Amy Richard

Here are two recipes for autumn warm-up soups.

Groundnut Stew

2 c chopped onion
2 T peanut oil
Saute for 10 minutes then add:
1/2 tsp. cayenne
1 tsp. garlic
Saute 5 more minutes then add:
2 c chopped cabbage
3 c cubed sweet potato
3 c tomato juice
1 c apple juice
1 tsp. salt
1 tsp. ginger
1 T cilantro
2 chopped tomatoes
Cook until sweet potatoes are soft, then add:
1/2 c peanut butter

Idaho, I've grown to appreciate fall even more. Here, I feel more connected to the land, more attuned to the changes in the environment, and more anxious to begin cooking with the colorful foods in season right now. The harvest is over; the bounty is stored in preparation for

Potato Leek Soup

3 fist sized potatoes (scrubbed & chopped)
3 c cleaned, chopped leeks
1 stalk chopped celery
1 chopped carrot
Saute vegetables in 4 T butter and 3/4 tsp. salt
Add 1/2 c stock or water
Simmer until potatoes are tender, then remove from heat. Transfer to a blender or food processor and puree until smooth, adding 3 c milk and any herbs desired (thyme, marjoram, basil, black pepper). Return to heat and serve when hot (do not boil).

Tofu and Miso Stew

(serves 4)
1 1/2 cups onions, sliced
1/2 lb mushrooms, quartered
1 1/2 cups winter squash, cubed
1 cup carrots, sliced
1/2 cup peas
1 1/2 cups water
2 Tbsp barley miso
3/4 tsp umeboshi paste
1 lb firm tofu, cubed

Combine first six ingredients in a stew pot and bring to a boil. Cover and simmer 20 minutes. Dilute miso in a little water and stir in along with umeboshi paste and tofu. Cover and simmer 20 minutes more. Serve over short-grain brown rice.

Peggy Kingery still misses those hikes in the Whites and her buddies in the Manchester YMCA Outing Club. She's grateful to be sharing the woods these days with her best friend and lifemate, Jim, and four-legged friend, Hannah.

The Luxury of Cheesecake

By Pamela Lee

Some people yearn for chocolate--that's their ultimate in decadent fare. For me, it's cheesecake.

And no, I don't mix the two. While I've tasted my share of chocolate-swirled, Amaretto, Kahlua, or pumpkin-flavored cheesecakes, I don't find myself hankering for them.

I fancy plain cheesecake's sweetly rich, clean, slightly tart, and tangy taste. It is the one that fills my reveries. When I want to splurge, I bake a cheesecake. When I step on the scale and find that I've lost a few pounds, I bake a cheesecake. When life feels overly-hercic, when I've been working too hard, and when the calendar seems to be filled with a continuous stream of drudgery, I reach for a slice of cheesecake.

I don't know when this obsession began. I recall being a kid and passing cheesecake by. There were only a few foods we were allowed to turn down. Usually discipline reigned and we were forced to eat the food that was set before us. But, I distinctly remember being allowed to decline cheesecake and shitake mushrooms. My father willingly devoured what I left behind. And now I understand why. My mother bakes a delectable cheesecake, similar to the "Montana Mom's" recipe that follows. (And shitake mushrooms - what a luxury these morsels must have been for my folks, living in Minnesota in the 1950's.)

Over the years, I've mostly baked my mother's cheesecake. But, with this article in mind, I tried different recipes and found that my sister's favorite cheesecake (Montana Mom's) is my new favorite as well. I will be making Lindy's cheesecake again - on those occasions when I've lost a few pounds. The Ricotta Cake is not the cheesecake of my dreams, but it's plenty good with fresh fruit, or with a fruit sauce. It's also lower in calories - for those occasions when one has gained a few pounds.

The Montana and Ricotta cakes are from the New Revised Edition of the Moosewood Cookbook by Mollie Katzen. Lindy's recipe is from Villas at Table by James Villas. Lindy's is (for those not amongst the cheesecake cognoscente) the quintessence of the New York style

cheesecake. You may notice that the recipes call for different sized springform pans. Since I've only one 8-inch pan, I adjust the recipes' ingredients proportionally to fit.

Montana's Mom's Dynamite Cheesecake

Make it a day ahead, so it will have plenty of time to set.

Note: Use food processor or blender to make the graham cracker crumbs.

Crust:

2 cups graham cracker crumbs
1/2 stick butter or margarine, melted

Combine and press firmly into the bottom of a 10-inch springform pan.

Filling:

16 oz. (two packages) cream cheese, softened

1/3 cup sugar

4 eggs

1 1/2 tsp. vanilla extract

3 Tbs. lemon juice

1/2 tsp. lemon rind

1) Preheat oven to 375°F.
2) Beat all filling ingredients together until smooth.

3) Pour onto crust and bake for 25 minutes, or until set. Remove from oven and cool to room temperature. You will need the oven again, so either leave it on, or reheat it.

Topping:

1 1/2 cups sour cream

3 Tbs. sugar

1/2 tsp. vanilla extract

1) Reheat oven to 375°F.

2) Blend topping ingredients well and pour on top of cooled cake.

3) Bake for 8 minutes. Remove from oven and cool to room temperature, then cover tightly (still in the pan) and chill at least 12 hours.

Lindy's Cheesecake

Pastry:

1 cup flour

1/4 cup sugar

1 t. grated lemon rind

Dash of vanilla

1 egg yolk

8 T (1 stick) butter, softened

Filling:

2 1/2 lbs. cream cheese, room temperature

1 3/4 cups sugar

3 T. flour

1 1/2 t. each grated lemon and orange rind

1/4 t. vanilla

5 eggs

2 egg yolks

1/4 cup heavy cream

To make the pastry, combine the flour, sugar, lemon rind, and vanilla in a large mixing bowl. Make a well in the center, add the egg yolk and butter, and mix with your hands till well blended, adding a little cold water if necessary to make a workable dough. Wrap the dough in plastic and chill for 1 hour in the refrigerator.

To make the filling, place the cream cheese in another large mixing bowl and cream with an electric mixer. Add the sugar, flour, lemon and orange rinds, and vanilla, and beat well. Add the eggs one at a time, beating lightly but thoroughly after each addition. Add the cream, beat lightly, and set the mixture aside.

Preheat the oven to 400-degrees.

Butter the base and sides of a 9-inch springform pan and remove top from the pan. On a lightly floured surface, roll out about one-third of the dough 1/8-inch thick, fit it over the bottom of the pan, and trim by running a rolling pin over the edges. Bake 15 minutes or till golden, then let cool.

Increase the heat to 550-degrees F.

Place top of springform over the base. Roll the remaining dough 1/8-inch thick, cut in strips to fit almost to the top of the sides of the pan, and press so that the strips line the sides completely. Fill the pan with the cheese mixture, bake for 10-minutes, reduce the heat to 200-degrees, and continue baking 1 hour.

To serve, loosen the pastry from sides, remove the top of the pan very carefully, and cut the cake into 12 wedges.

Ricotta Cake

(Italian-style cheesecake)

Butter for the pan

Flour, fine crumbs, or ground nuts - for the pan

4 large eggs, separated (OK to omit yolks)

2 lbs. ricotta cheese (lowfat OK)

1/2 cup sugar

1/3 cup flour

1 1/2 tsp. vanilla extract

1/4 tsp. almond extract

1/4 tsp. salt

1/2 tsp. each: orange and lemon rinds

2 Tbs. lemon juice

Optional: Berry Sauce

1) Preheat oven to 375°F.

Butter a 10-inch springform pan, then dust lightly with flour, fine crumbs, or ground almonds. Beat the egg whites until stiff but not dry. Set aside.

2) Without cleaning the beaters, beat together ricotta, egg yolks (or not), sugar, flour, extracts, salt, rinds, and juice in a large bowl.

3) Gently fold in the beaten egg whites. Transfer to the prepared pan.

4) Bake for 50 minutes, or until solid in the center. Cool completely before serving. This tastes best cold, with room temperature Berry Sauce.

Berry Sauce

1 cup fresh (or frozen, defrosted) berries

1-2 Tbs. sugar

a few drops of fresh lemon or lime juice

1) Place all ingredients in a blender or food processor, and puree

2) Strain through a fine sieve to separate out and discard the seeds. Taste to adjust sugar and lemon juice

3) Transfer to a container, cover tightly, and refrigerate. This sauce keeps very well for a week or longer.

Pamela Lee savors cheesecake whenever and wherever the occasion arrives - breakfast, lunch, or dinner.

Laura's Tea & Treasure



520 South Main, Moscow, Idaho 83843
(208) 882-0287

Serving Breakfast and Lunch
Hours: M-F 7-2 Sat. 8-2 Sun. 9-2

The Co-op Advantage

The Northwest Cooperative Grocers' Association proudly offers these great products and prices to all co-op members for the month of October.

Barbara's Cereals

\$1.99 12-16 oz

Shredded Spoonfuls, Shredded Oat Bites, Shredded Wheat, Corn Puffins, Cinnamon Puffins, Crispy Wheats, and Shredded Vanilla Almond Oats. A healthful way to start your day — every day!



ShariAnn's Organic Canned Beans

89¢ 15 oz

Choose from white, black, pinto, garbanzo, kidney, cannellini or black-eyed peas. A quick and convenient source of protein and fiber.



Muir Glen Organic Tomatoes

99¢ 28 oz

Choose from Crushed with Basil, Whole Peeled with Basil, Diced, and Whole Peeled. Great for pasta, stew or soup!



Knudsen Organic Apple Juice

\$3.99 1 gal

Add cinnamon sticks and heat for warm, spiced apple juice.



Nile Spice Soups

2 for \$1 .8-1.9 oz

Assorted varieties. Great for a quick snack.



Panda Licorice Bars

3 for 99¢ 1.1 oz *The Real Taste Of Licorice™*

Licorice, Strawberry or Raspberry flavors. Stock up for the trick o' treaters.



Pacific Foods Soups

2 for \$3 32 oz

Aseptic pack, Mushroom, Tomato, and Organic Chicken Broth. Fall is soup time.



Organic Valley Farms Cream Cheese

\$1.99 8 oz

Neufchatel and regular. Great cream cheese from a cooperative owner/producer.



Cascadian Farm Organic Frozen Juices

\$1.99 12 oz

From concentrate, assorted varieties. Great tasting juices from organic fruit.



Brown Cow Fat-Free Yogurt

59¢ 8 oz **Brown Cow Farm**

Maple Almond, Vanilla, Cappucino, Chocolate, Strawberry, Apricot Mango and Cherry Vanilla. A member favorite!



Imagine Enriched Soy Dream

\$1.29 32 oz

Plain, Chocolate or Vanilla soy beverage. A dreamy alternative to dairy.



Some items may not be available at all stores.

Nourishing our communities through cooperation

The Northwest Cooperative Grocers' Association (NWCGA) is a regional association of 12 natural foods co-ops consisting of 20 stores. We're working together to improve service to our members and our communities. Bringing our communities healthful and nutritious foods is an important part of our work. Providing these products to you at advantageous prices through our cooperation is an important part of our future.



**Cooperatives —
Businesses people trust!**

Our mission

***To support food co-op
development in the Northwest
by sharing resources and
to support each other
through mutual effort.***

We are:

Ashland Community Food Store
Ashland, OR • 541-482-2237

Central Co-op Madison Market
Seattle, WA • 206-329-1545

Community Food Co-op
Bellingham, WA • 360-734-8158

Community Food Co-op
Bozeman, MT • 406-587-1919

The Food Co-op
Port Townsend, WA • 360-385-2883

Food Front Cooperative Grocery
Portland, OR • 503-222-5658

First Alternative Food Co-op
Corvallis, OR • 541-753-3115

Moscow Food Co-op
Moscow, ID • 208-882-8537

Olympia Food Co-op
Olympia, WA • 360-956-3870

PCC Natural Markets
Seattle, WA • 206-547-1222

Skagit Valley Co-op
Mount Vernon, WA • 360-336-9777

Sno-Isle Natural Foods Co-op
Everett, WA • 425-259-3798



NORTHWEST COOPERATIVE GROCERS' ASSOCIATION

The NWCGA works together to secure a strong, dynamic, consumer-owned co-op system in the Northwest.

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

By R. Ohlgren-Evans

The Pea & Lentil Cookbook

238 pp \$24.95

U.S. Dry Pea & Lentil Council, Moscow, ID

Just in case there's anyone out there who hasn't noticed yet, here on the Palouse, we're darn proud of our peas and lentils.

If you didn't happen to recognize them growing on the dune-like fields that roll around the region, planted among the amber fields of wheat, then perhaps you stopped to wonder at the prolific jars of lentils and dry peas entered in the county fair last month. Or maybe you've already started training for next summer's mini-marathon during the National Lentil Festival in Pullman--the Tase T. Lentil 5K Run (get there early for the Lentil Pancake Breakfast!).

In fact, Moscow/Pullman is home to the venerable USA Dry Pea & Lentil Council. And you thought you lived in the middle of nowhere.

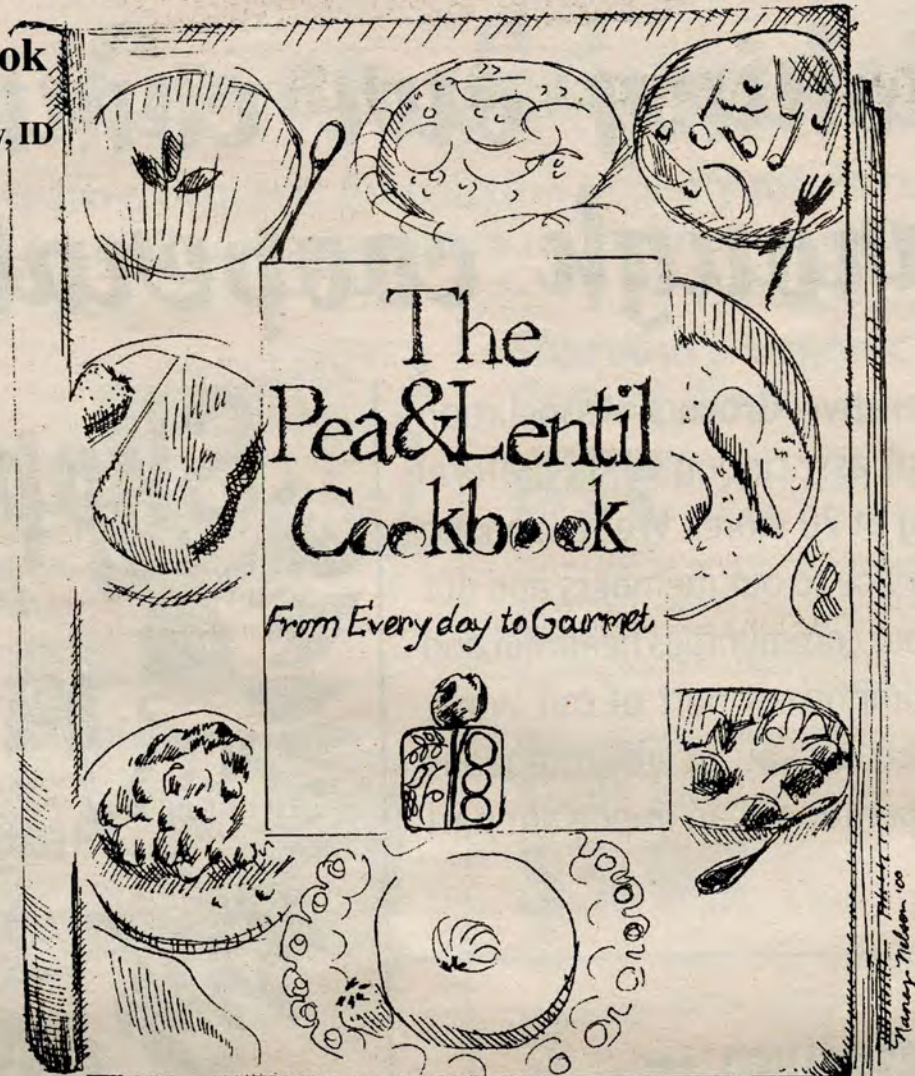
The council is located right out there on the highway next to the Appaloosa Horse Museum (another august Moscow institution).

According to the P & L Council, the first U.S. lentils were grown right here on the Palouse over a century ago. By the late 1900's, over 150,000 acres of lentils were planted in Washington, Idaho, Oregon, Montana and North Dakota. Whew. That's a lot of Lentil Chili.

Our P & L Council has just released The Pea & Lentil Cookbook to celebrate that lentil pride, and I must say, I am deeply impressed with their effort. The cookbook includes appetizers and dips, salads and stews, main dishes, side dishes and baked goods, plus a whole bunch of nutrition information and legume history and splendid photographs. I love it!

Longtime Palouse residents will recognize many names of folks who worked to put this book together. It's a must-have for anyone who lives here and appreciates the versatility (not to mention the good value) of the humble pea and lentil, and it's the perfect gift to share with friends and family afar. And it's available now at the Co-op.

The recipes in this beautifully bound book range from the simple (Red Lentil Soup, Pasta Sauce with Lentils, and Herbed Lentil Salad) to the sublime (Ditalini & Lentil



Compote, Chocolate Lentil Cake, and Grape Leaves Stuffed with Lentils & Dried Fruits). There's even a recipe for Lentil Potstickers.

The Pea & Lentil Cookbook includes more than 150 recipes. Each recipe contains great kitchen tips and the ever-important nutrition information. I would be remiss in not including a tiny sampling of the delicious offerings:

Lentil-Stuffed Mushrooms

12-16 medium mushrooms
1/4 c butter or margarine
1/4 c finely chopped onions
1/4 tsp salt
1/8 tsp black pepper
1/2 cup cooked lentils
1/2 c grated Parmesan cheese
1/2 c dry plain bread crumbs

Preheat oven to 350 degrees. Remove stems from mushrooms. Chop stems and set aside. Arrange caps in an oiled baking dish. In a frying pan, stir together butter, chopped stems, onion, salt and pepper. Cook until onions are clear and soft. Stir in lentils, cheese and bread crumbs. Stuff caps with the lentil mixture. Bake caps 10 to 15 minutes, or broil them for about 5 minutes. Serve hot.

Pea and Pesto Soup

1 c green or yellow split peas, rinsed
1 1/2 c chicken broth
2 1/2 c water
3 Tbs basil pesto
1 cup thinly sliced zucchini
1 c chopped scallions
grated Parmesan cheese
croutons

Combine peas, broth and water in large saucepan; bring to boil. Reduce heat, cover, and simmer about 35 to 45 minutes or until peas are very soft.

Stir in pesto, zucchini, and scallions and simmer 5 to 10 minutes longer.

Serve with croutons and grated Parmesan cheese to sprinkle over soup.

Robin Ohlgren-Evans has lived 22 years on the Palouse and readily admits to serving up more than the occasional pot of lentil stew.



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Gardening

Herbicide-Tainted Compost: Part II

By Patricia Diaz

Last month we reported on the preliminary findings on the Tordon-tainted compost used in the Palouse area. This month we can report on exactly what happened and give suggestions for correcting the problem.

Shortly after press time last month, a meeting was held in the Moscow Community Center on the contaminated compost supplied by Washington State University to the local area. It was held in a town-hall style, everyone in a circle, everyone on equal footing, everyone respecting each others' views. There were approximately fifty people in attendance from both Moscow and Pullman and surrounding areas. These people represented both the businesses that used and sold the product and the residents who had purchased the product from them. The meeting was led by WSU compost manager Dan Caldwell.

The problem actually started in July of 1999 when a WSU pasture yielded an extra good crop and it was decided to make hay from the yield.

Unfortunately, that pasture had been sprayed with an herbicide called Tordon 22K (picloram) which is a common practice with pastures. Even though it states on the Tordon label that treated pasture grass is not to be used as compost, the pasture hay was fed to livestock at WSU as well as used as their bedding. Animal waste and used bedding at WSU is then turned into compost.

In the spring of this year, this tainted compost was sold to area nurseries and landscapers who in turn sold it to area gardeners and used it themselves on jobs. In late May and early June, Palouse gardeners began to notice that many of their plants either did not grow at all or, if they did germinate, withered soon after.

WSU was contacted and they immediately did a test on the compost, but did not find any contaminants since that first test could register contamination at only .05 parts per million. Later, the test was redone and the detection level was changed to .01 parts per billion and that's when the picloram was discovered. This series of tests, however, took over six weeks to complete, frustrating gardeners who

needed answers.

Dan Caldwell outlined several steps area gardeners can take to correct the problems caused by using the tainted compost. First, he advised waiting until next spring, having a bio-assay of the soil done at WSU's expense, and seeing if the soil is free of the herbicide. While picloram has a long half-life, it is already in its second year and he believes it will be gone by next spring.

The half-life of picloram is 90-300 days and irrigation speeds up the half-life, therefore a good snow cover would help that process along. The picloram-sprayed hay field at WSU was tested this year at the lower level and no herbicide was detectable, so this gives credence to Caldwell's belief that contaminated gardens will be free of the herbicide by next growing season.

Another option is for gardeners to replace their soil. Caldwell said WSU will both pay for this and perform the work.

A third option is to get a load of special activated charcoal from WSU and have WSU workers apply it to the contaminated garden areas. A problem with this option is that it is not known how long the charcoal will contain the contaminants, nor is it known how they would be later released.

A last option is to remove all plants from the contaminated areas, grow a cover crop and replant next year. It is important to remove the contaminated plants as the picloram does stay in the plants.

Any person wishing to have help from WSU and/or be reimbursed for losses is asked to fill out a claim form available from Crossroads Nursery, WSU, or online through the WSU website, <css.wsu.edu/compost>. Receipts are not required.

Barry Johnston, in charge of the claims, stated that he would like to complete the claims process by Dec. 31 which made many people upset as most won't know if their gardens are "clean" until next growing season. He did state that claims will still be valid if people choose to wait until next year to file them. (WSU is waiving the 180-day jurisdictional requirement for tort claims.) Gardeners can also claim losses for this

year and file a secondary claim for next year if necessary.

Other concerns were voiced by people attending the meeting, including what happens when or if picloram goes into the groundwater. One WSU official in attendance stated that apparently the microbial activity in the dirt would negate the chemical before it gets to the water but an article from the Northwest Coalition for Alternatives to Pesticides [NCAP] states that picloram has repeatedly been found as a contaminant in groundwater and wells.

Others in attendance wondered if WSU was oversimplifying the chemistry involved, and minimizing the dangers of herbicides. Other questions included whether the detectable levels of picloram were based solely on the active ingredients and exactly what are the inert ingredients that are not listed on the Tordon 22K label.

Concerns were also expressed over the continuing discovery of used syringes and latex gloves in the compost. Caldwell stated that these were being dropped by vet students attending the animals and that WSU was addressing those concerns now. He said that they now have a zero tolerance for such items and is using a new screening process to eliminate such contaminants.

The end of the meeting was spent discussing peoples' concerns over the use of the tainted compost. Several people came armed with articles from NCAP's Journal of Pesticide Reform.

The really big problem here, of course, is that many Palouse gardeners garden organically and want not even a hint of chemicals in their gardens. And picloram isn't just a benign product. It contains the carcinogen hexachlorobenzene which has been found to cause cancer of the liver, thyroid, and

kidney, damages bones, blood, the immune system, and the endocrine system.

There were people at the meeting with compromised immune systems who stated that they were very afraid of what would happen to them from the picloram.

One person reported to me that she had experienced headaches, stomach aches, and diarrhea from eating a few vegetables from a garden that had been treated with the WSU compost. Another resident was upset about the "toxic waste dump" that his garden had become. One person had put the compost on ACRES of land and was wondering how to get rid of it all.

Another local man had planned on selling a crop of no-spray potatoes and was upset at his losses.

During one segment of the meeting, Caldwell discussed the fact that area gardeners weren't educated properly about the uses of compost, especially WSU's compost. WSU's compost has a high Ph ratio which ties up nitrogen and robs nutrients from plants. WSU's compost, therefore, should not be used as a fertilizer but as a soil amendment.

Also, the use of too much compost retains too much water at the base of plants which will eventually rot the plants. Caldwell stated that you should have approximately 25% compost in your soil mix. He also stated that WSU's compost is unique, as is each and every person's compost. As stated last month, the safest compost would be your own compost made at home.

WSU's compost problem has attracted international attention, and compost operations from around the nation are watching how WSU handles the situation. So far, WSU has responded quickly and has agreed to correct, at their expense, all the problems that this compost has caused.

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

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Insights

Transitions for Health is Coming to Town

By Carrie Corson (and Erik Canfield at Emerita)

As I mentioned in last month's newsletter, the Moscow Food Co-op, Holistic Counseling Services, and Emerita, are sponsoring a lecture on "Natural Approaches to Menopause." The lecture is scheduled for Monday, October 30th from 7pm-9pm and will be held at Laura's Tea and Treasure, located at 520 S. Main in Moscow.

Menopause is a physical change that affects every woman differently. A woman needs to learn what approach will work best for her. We suggest that you come and learn about the latest research and information on hot flashes, sleep disturbance, low libido, PMS and Perimenopause."

The lecture will be presented by Dr. Arianna Staruch, N.D., a Technical Support Physician at Transitions for Health. Dr. Staruch maintains a private practice in Portland, Oregon with a focus on allergies, women's health, and fibromyalgia. She believes that the body has the innate ability to heal itself, if we remove the obstacles to cure and provide the proper support on the physical, emotional and

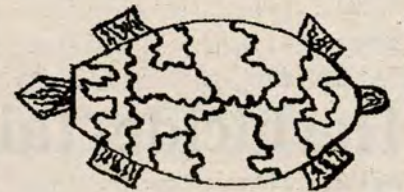
spiritual levels.

A Transition For Health, Inc., the leading provider of menopause solutions in the natural products industry, has launched the Women's Institute. The Company, with over twenty years of success at improving the health and lives of women, is formalizing and elevating the services that it offers to consumers.

The goal of the Women's Institute is to educate, empower and support women through life's transitions. This is accomplished through a variety of services offered by the Women's Institute team of physicians.

Physicians provide outreach and advocacy via a national education tour, a website (www.transitionsforhealth.com), toll-free telephone access (800-648-8211) and a variety of publications including "A Women's Health Resource."

This is a free lecture. If you have any questions, please call Carrie at the Co-op, 882-8537 or Cindy Carlson at Holistic Counseling Services, 883-8419.



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You Can Do Something

By Bill London

Perhaps you can recall those great September days: hot and sunny without a hint of the winter to come. On one of those great days, I went out to our deck, expecting to enjoy the warmth--instead I was assaulted by smoke. My eyes watered, my throat dried, I retreated inside and shut all the doors.

And what a powerless feeling. Smoke (assumedly from wheat field stubble burning) barged into my life, my home, my nostrils and there was nothing I could do about it.

And then I was told about the Field Burning Hotline. I called the

number this morning. A pleasant woman's voice answered (yup, an actual person). She explained that the toll-free line was set up by the Idaho Division of Environmental Quality to seek comments from Idaho citizens for possible future field-burning regulations.

So, I sure did have some comments for her and the state regulators. And maybe if enough people share their comments, we might be able to enjoy those nice fall days.

The number is 800-421-8475.

Make an Informed Choice

By Bill London

It's the election season--time to choose among the candidates. To help Latah

County voters make an informed choice, a committee from Moscow Vision 2020 sent a questionnaire to candidates for the US Congress, the Idaho Senate and House of Representatives, and Latah County Commissioner positions.

The questions and the candidates' responses are now available on the Web, at the following address: <http://vision2020.moscow.com/election2000/>

Our thanks to all the candidates who participated, the members of the Moscow Vision 2020 committee who selected the questions and compiled the responses, and especially to First Step Internet and Bill Moore for hosting the responses on the Web.

Bill London edits this newsletter and chaired the Moscow Vision 2020 committee that created and distributed this candidate questionnaire.



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Vegi Head-Produce Notes

A Night in Guatemala,...and Attacked by a Killer Tomato?

by Lahde Fesler, Produce Manager

Five years ago I read a very interesting article about a "Killer Tomato." At the time I was studying Sustainable Agriculture at the Evergreen State College. Back then if someone were to ask me: "Why are you studying sustainable agriculture?", I would have had trouble putting all my reasons into words.

At the time, my reasons for studying sustainable food systems were wrapped up in an intuitive feeling I had about my destiny, rather than any specific reasoning. Previously, I had lived in Guatemala for seven months, a country where the majority of its people grow their own food on just a few acres with simple hand tools.

My last few days in Guatemala I remember vividly. My senses were heightened with the anticipation of leaving Guatemala, a country I had grown to love, and returning to my home in the United States. I remember waking in the middle of the night and creeping out of the small one-room adobe hut where I had been sleeping in a double bed with Estella and her seven year old son, Carlos, nestled between us. They still lay there, snuggled together for warmth.

The night was cool and fresh, the sent of pine wafted down off the near by mountains. As I stepped out of the hut, pools of moonlight washed over me, blinding at first, then lighting my way. Young maize only a foot tall peeked from the dusty earth. I walked a few hundred feet and squatted, surrounded by the baby corn glistening in the moonlight. This was "el baño", or in English "the bathroom".

Squatting there in the middle of the cornfield, all of a sudden, I had to laugh. I felt so happy, little giggles escaped my mouth. THIS is what I want to do with my life...return to the United States and grow food, that simple!

Aside from emotional reasons mixed with experiences from Guatemala and who I am, the following essay demonstrates, better than I ever could, why I feel it is so important to support locally grown food. It was placed on my desk by an Evergreen professor five years ago and I have carried it with me ever since. The words struck a cord in me, maybe they will with you too.

The essay is entitled, "Attack of the Killer Tomato: A 3,000-Mile Odyssey to Toronto," and the author is Peter Bahouth, a former director of Greenpeace.

The essay reads:

I was sitting in a restaurant in Toronto in January and I ordered a salad. The salad came with a tomato on it and I looked at it and asked, "Where did this tomato come from?" So I tracked it.

This tomato's story begins on land acquired by the U.S.-based Jolly Green Giant Company in partnership with the Mexican Development Corporation. The land was once used by local Mexican farmers as publicly-owned cooperative farms called "ejidos". The tomato seed was a hybrid developed from an original Mexican strain, but is now patented and owned by Calgene, Inc., which purchased the patent from the University of California at Davis. The university developed the hybrid with a research grant paid for by the U.S. tax dollars.

The land was first fumigated with methylbromide, an ozone depleter 120 times more potent than CFC-111. It was also treated with pesticides developed, manufactured, and distributed by the Mansanto Corporation, one of the largest U.S. polluters. Production waste was shipped to the world's largest hazardous waste landfill in Emelle, Alabama, a predominantly poor African-American community. The Mexican farm workers, formerly of the ejidos cooperatives were given no protection from the pesticides, used no gloves, masks, or safety instructions. They make approximately \$2.50 a day and have no access to healthcare.

Once harvested, the tomato is placed on a plastic tray covered in plastic wrap and then packed in a cardboard box. The plastic is manufactured with chlorine manufactured by the Formosa company of Point Comfort, Texas. Workers and citizens of Point Comfort face a potentially significant rise in cancer, immune suppression, and developmental effects due to exposure to high levels of dioxin. The cardboard comes from 300-year-old trees from British Columbia, then processed in

the Great Lake pulp mills where residents are warned against eating dioxin-contaminated fish. The cardboard is then shipped by the United Trucking Company to Latin American farms.

The boxed tomatoes--reddened by ether, tasteless, and with little nutritional value--are sent via refrigerated trucks throughout North America. Both trucks and distribution centers are equipped with CFC cooling equipment made by DuPont of Wilmington, Delaware. If, however, the tomato comes to the border at a time of competition from U.S. tomato production, delivery may be stopped under the pretense that they are contaminated with pesticides. Once at their destination in Toronto, the plastic packaging is thrown away, where it is picked up, shipped back into the United States, and burned in an incinerator in Detroit, Michigan.

Throughout the process, fossil fuels drive the tomato's trip. Fueling the trucks and warming the climate is oil-drilled for in the Gulf of Comanche, Mexico, and extracted by Chevron and processed by Pemex. This fuel which makes the tomato's trip possible is then shipped via tanker, dodging 3,800 existing oil rigs in the Gulf of Mexico to refineries on the U.S. Gulf Coast, which are uniquely responsible for the death of the region's environment and economy. The fuel is then distributed to the plastic makers, pesticide pushers, packaging barons, and motor vehicles that make this tomato's 3,000-mile attack possible.

The Toronto tomato probably cost 50 cents, but we can see that if we really look at the true economics of an everyday item like a tomato, we are not folding in the social costs of this type of production. That's what is really driving this type of economic system. You realize that having your own garden and growing your own tomatoes can be a very subversive and radical act. And it makes the fruit taste that much sweeter.

Don't let this essay depresses you and make you feel overwhelmed by planetary problems. Let it EMPOWER you!

Many products we buy have their own "3,000-mile Odyssey" from



somewhere and it is impossible for us to track every little item we purchase. But, using the power of your dollar for purchasing local food is one way you can make a BIG difference in the world. Keep a look out for what is locally available at the Co-op and support those local growers with your dollar. Shop at the Farmer's Market on Saturdays to meet your local growers and give them your direct support.

If you are not a gardener, but would like to be, check into gardening at the Moscow Community Gardens or stop by the Master Gardener's Demonstration Garden to talk gardening with the Masters. Seed catalogs will quite often go into great detail in an easy to understand manner about how to grow each vegetable. I highly recommend Garden City Seeds Catalog, based out of Helena, Montana.

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Rock Climbing Slide Show Planned

By Jill Anderson

A world-class rock climber is coming to Moscow to present a slide show about her exploits. The presentation will be at the University of Idaho Auditorium on Monday, October 9, at 7pm. Co-sponsors for the event are the University of Idaho Women's Center, Dean of Students Office, Outdoor Recreation, Campus Recreation, University Residences, and ASUI Productions. Admission is free.

Steph Davis has been climbing for 10 years, and is one of the leading adventure climbers in the US. She has done seven international expeditions in the last four years. Her most recent adventure was to the Kondus Valley in Pakistan, going to a military zone where no foreigners are allowed. Steph and her climbing team discovered a huge granite tower, made the first ascent of it and had many wild adventures with new Pakistani military friends in the process. Steph works for Patagonia as a member of their climbing team and spends her time traveling and rock climbing around the US when she's not doing expeditions.

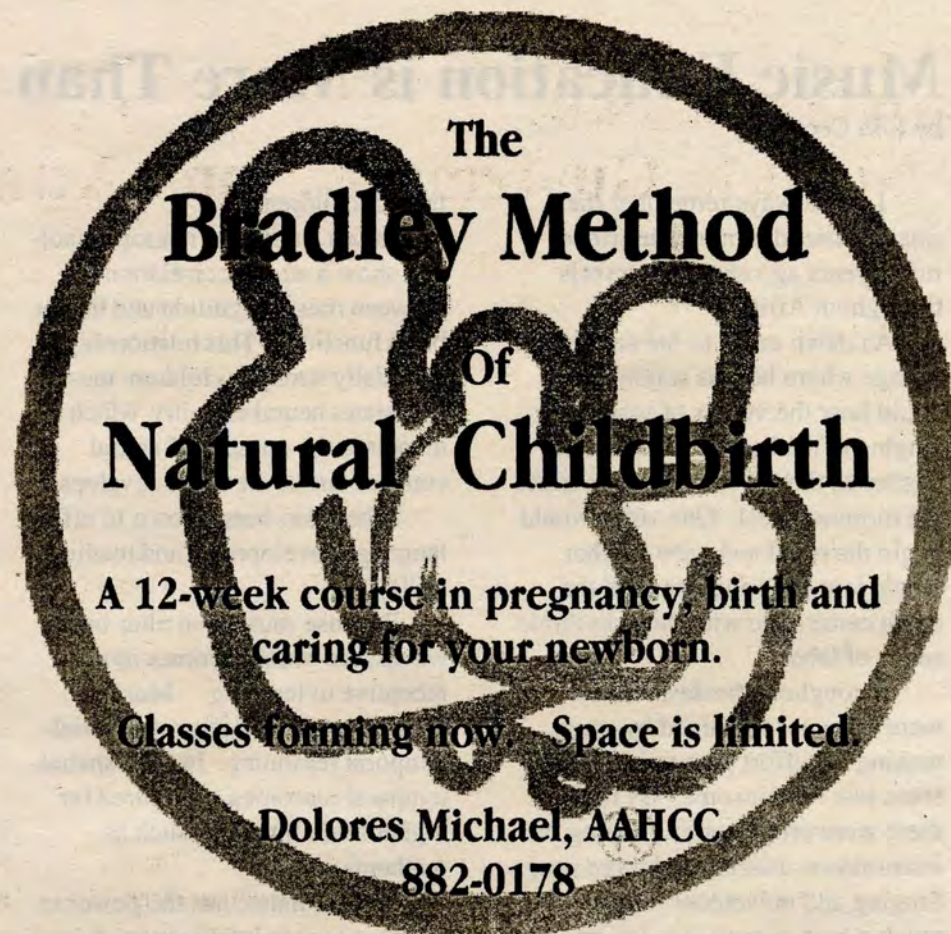
Her slide show is about climbing big walls, focusing on the two

adventures she had last summer. She first went to Baffin Island with two friends into an unexplored fjord to find a big granite wall. They spent 23 days on the wall and made the first ascent of it. When she got back to the States, she decided to climb El Capitan in Yosemite with one of her best friends, Beth Coats.

Beth is a former Olympic bi-athlete and professional cross country mountain biker. Tragically, she broke her back two years ago in a climbing accident. Her dream was to climb El Capitan, now as a paraplegic. Together with her friend Russel, her partner in Baffin Island, and with the help of many other friends, including Dean Potter who carried Beth off the top of El Cap on his back, they succeeded in helping Beth make the first female paraplegic ascent of El Cap. An even greater success was helping Beth realize that her life as an athlete and a climber is not over, and that she can still realize incredible goals.

Steph will tell both her story and Beth's when she visits the University of Idaho.

Jill Anderson is Education Programmer for the UI Women's Center



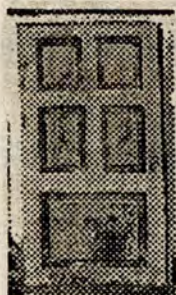
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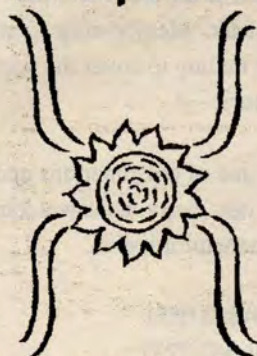
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Music Education is More Than Fun

by Lisa Cochran

I will always remember the image a friend of mine described many years ago about his travels throughout Africa.

As dawn came to the small village where he was staying, he could hear the voices of women singing to the beat of their wooden pestles as they ground grain to make the morning meal. One voice would begin the ritual and soon another would join, then another, until the dawn came alive with their rhythmic songs of labor.

Throughout the day, chores were done accompanied by song, making the effort pass quickly and seem less burdensome. By night, there were often stories, playing of instruments, dancing and more song. Singing and movement were as much a part of everyday life as eating or sleeping.

How things have changed for many people in the world. Here in the U.S., we seem to view music as a separate activity from all other aspects of life, such that some people can't seem to make much time for it other than to turn on a radio. Even though most of us would agree that we enjoy music, many fail to realize that it plays such an important role, especially in the

lives of children.

In fact, studies in neuropsychology show a strong correlation between music cognition and higher brain functions. This relationship is especially strong in children: music stimulates neural circuitry, which increases the number of neural connections as the brain develops.

It has also been shown to effect language development and reading skills.

Because music can alter brain waves, the brain becomes more receptive to learning. Music education can also improve spatial-temporal reasoning. In turn, spatial-temporal reasoning is required for higher brain functions such as mathematics.

In sum, music has the power to increase human intelligence. It is therefore ironic that in light of all the research of the benefits of music as it pertains to cognition, learning and intelligence, that schools all around the country, faced with budget constraints over the past 20 years, have continued to limit or abolish their music curriculums!

We've all heard that "music soothes the savage beast," no doubt because it has been shown to reduce stress and set the mood. It also can

regulate energy, stimulate creativity, and increase productivity. Any teacher can tell you that it can calm an unruly class, and many use it as a teaching tool as well. This is because music can create a positive learning environment, enrich and enliven lessons and more directly address the needs of students who have differing learning styles.

Part of the reason that music enhances learning when used as a teaching strategy is that it integrates the functions of both hemispheres of the brain to make learning easier, faster and more fun. Beyond this, the effect of music is particularly heightened as a richer sensory and emotional experience when it is live rather than recorded, with direct participation (playing instruments, clapping, singing) and movement (rocking, bouncing, twirling, dancing).

This is particularly true for children, because all these activities not only affect brain development, but inspire sensory-motor exploration, promote gross and fine motor skills, language acquisition, and abstract thinking.

Also affected is the development of the inner ear, which is directly associated with balance and

voluntary listening skills. These experiences will comprise the aural foundation on which all future learning, music or otherwise, will be based. Add to this the bonding that takes place when parents become involved in active music making with their child and the benefits are immeasurable.

Luckily, there are early childhood music education programs available in our community. My own experience has been with a class lead by Nancy Holmes which meets at the American Legion Cabin in Moscow. Her Beginning with Music Program accommodates babies, toddlers and preschoolers. Nancy can be reached at 883-4918.

In Pullman, Music with Miriam is for families with young children. This class meets at the Gladish Community Center, Suite 215. Her emphasis is to use music, poetry, rhymes, puppetry and creative movement to promote the development of imaginative play. Miriam Kent can be reached at 882-7192.

Lisa Cochran and her two-year-old can be found singing and swinging, hopping and bopping, at their Flying Freckle Homestead in Moscow.


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The Gladish Yoga Room



Yoga on the Palouse

For information please call (208)892-0820

Palouse Area Singles

Palouse Area Singles is a nonprofit, all-volunteer club formed by and for single people in the Palouse region. It is aimed primarily at people in their thirties and above.

For some people, PAS provides a way to meet new friends; others use it as an opportunity to widen social activities. The club has a membership directory so that members have the opportunity to contact one another without having to wait to meet at an organized event.

We hold house parties, picnics, and coffee get-togethers. PAS is a cooperative organization and individual members will let others know of an upcoming dance, movie or exhibit and invite them to come along.

PAS is not affiliated with any church or other organization. It has been operating in this area, in one incarnation or another, for more than 20 years. Membership is only \$16/year, mainly to cover the cost of the directory.

Come to one of our functions and check us out; everyone is welcome. Call for more information.

Sally (208) 883-0551
Alice (509) 332-2737
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Pets and Cancer: Offering Some Hope: Part 2

By Sarah Hoggan

Once cancer has been identified through a biopsy or fine needle aspirate, it's further categorized with a grade and a stage. The grade of the cancer is based on how it looks microscopically. Grade is equivalent to virulence, or in lay terms, aggressiveness. A cancer that has very few abnormal cells would be a lower grade than a cancer that appears very aberrant. Generally, the higher the grade, the worse the prognosis because a high grade cancer is often a very aggressive cancer that will spread.

Stage refers to the spread of the cancer; has it infected other parts of the body, or is it contained to one site? This is important to know because it helps determine prognosis as well as treatment options.

Cancer spreads through out the body through metastasis. This is a process where small "satellites" of cancer travel through the blood stream or lymph to infect other parts of the body. Common sites of metastasis are the lymph nodes, liver, spleen, and lungs because these are organs that either filter the blood or have a very high volume blood supply. A low stage cancer means it hasn't spread and therefore carries a better prognosis. A high stage cancer means it has spread and infected other organs with metastasis. Metastasis can be identified by medical imaging or exploratory surgery.

Imaging is looking at the internal structures without cutting through the skin. Examples of imaging are radiographs or X-rays, ultrasound, CT scans, and MRI. These are usually the first choice for looking for metastasis.

Exploratory surgery is the other method of looking for metastasis. It's better in some situations than imaging because you can sample tissues directly to see if the cancer has spread.

Once cancer has been identified and is graded and staged, treatment options can be explored. A cancer diagnosis in a pet is not a sentence of immediate euthanasia. There are three common treatment options for pets with cancer: surgery, radiation therapy, or chemotherapy.

Surgery is the treatment that's most likely to be curative. Surgery removes the cancer from the body

and doesn't impact other organs. For example, if your pet is diagnosed with a cancer of the jaw, removing the affected portion of the bone before the cancer metastasizes is curative because the cancer is gone. Surgery is only curative if the cancer hasn't spread, or if the other affected areas can also be removed surgically. Obviously for something like cancer of the white blood cells, or leukemia, surgery won't work because that cancer can't be cut out.

Sarah Hoggan is a fourth year veterinary student who plans to practice small animal medicine upon graduation in May 2001. The final portion of her three-part article about cancer in pets will discuss radiation therapy, chemotherapy, their side effects, and euthanasia.



Animal Care Center

328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Tues. & Thurs. until 7 pm)
(208) 883-4349

Large & Small Animals

Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

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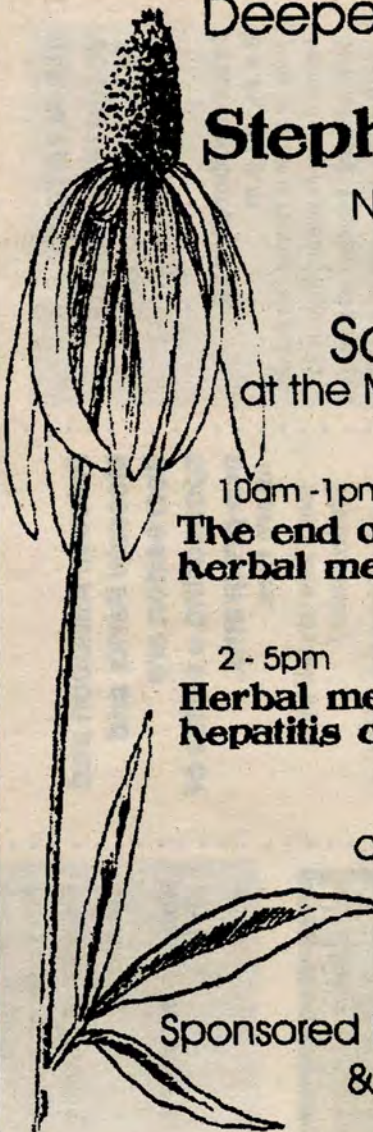
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Bulletin Board



Holiday Arts & Fair

Oct 27 Fri 10 - 9pm
Oct 28 Sat 9 - 6pm
WSU Beasley Colliseum Pullman
Free admission

(home decor, quilts, wood crafts, kids clothing, toys, jewelry, blown glass, soaps, leather, metal candles, rag rugs, art photography, baskets, unicef cards and much more)

Holistic Happening 2000

A forum on holistic health, spiritual & personal growth and metaphysics

Oct 21 10-4pm

Oct 22 10-4pm

Admission \$3/ 1 day \$5/both days

Asotin County Fairgrounds (6 miles s. of Lewiston) Featuring regional speakers, booths and exhibits, info 208-746-7014

ULB PLANTING VOLUNTEERS NEEDED

The Paradise Path Task Force is sponsoring a bulb planting

Saturday, October 28
8 a.m. -12 p.m.

along the section of Paradise Path that runs between College Avenue and Highway 95 South in Moscow. Volunteers will meet in the parking lot adjacent to Sweet Avenue. Three thousand tulip bulbs will be planted along the path. 7085.

Days Comes

ard talks about
east cancer

October 12

er lounge, 885-6616

Don't miss the Co-op Taste Fair

samples, samples, samples

Saturday, October 14
10am to 4pm
at the Co-op -- all free

Did you serve a VISTA volunteer?

All former VISTA volunteers invited to:

VISTA in the 21st Century
a conference in Washington celebrating the 35th anniversary of the VISTA program

October 12-14
410-243-7979, ext 35
vista35@campaignconsultants.com

Palouse Audubon and Moscow Parks and Recreation are sponsoring a series of eco-programs.

All are free.

- Coeur d'Alene Lake Field Trip on Saturday, October 7
- Lewiston-Clarkston Birds Field Trip on Saturday, November 4
- Learn about Bats on Wednesday, November 15
- Palouse Bird Count on Saturday, December 16
- Lewiston-Clarkston Bird Count on Saturday, December 30

For more info, call 334-3817

Weather Monitoring in the Watershed

Saturday, 10/7 10am-1pm

Learn about a new volunteer weather monitoring project in the Paradise Creek Watershed with PCEI's Ashley Martens and UI's Evelyn Keentelaar. We will set up weather stations, build precipitation gauges, and demonstrate their uses. Participants can help us monitor weather over the coming years in a variety of ways. This course is free! 882-1444

University of Idaho Health and Nutrition Fair

SUB Ballroom

Thursday, Oct. 26
10am to 4pm

Slide show presentation by Steph Davis

first female paraplegic ascent of El Capitan at Yosemite

UI Auditorium

Monday, October 9, 7pm
885-6616

The Palouse Folklore Society

will hold contra dances at the Moscow Community Center

7:30pm
October 28, November 18,
December 16, and
December 31

All dances feature live music, and all dances will be taught and called. (\$5 members, \$7 nonmembers, and \$4 newcomers who arrive at 7:30pm).

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events & information, see
moscowfoodcoop.com/event.html.

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no later than the 25th of each month.