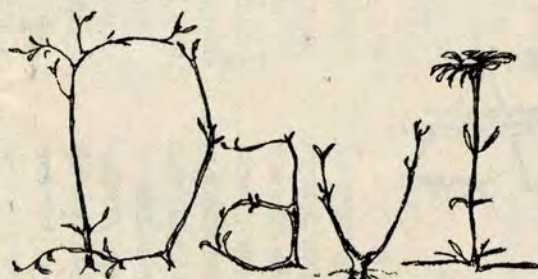
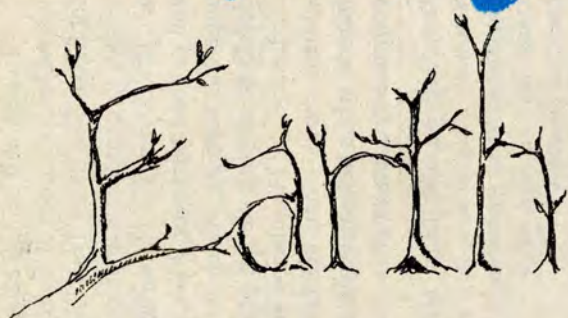


April 2001

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op



## at the co-op

by Kenna Eaton

Every year Earth Day rolls around to remind us how lucky we are to live where we do (on planet Earth!) and how we need to work pro-actively to keep it healthy.

The community of Moscow has a variety of events planned to celebrate this day, including a clean up of Paradise Creek. The Moscow Food Co-op is proud to sponsor two sections of creek for this cleanup. One is along the bike path between Sixth Street and Westpark Elementary School; the other section is along the dirt road behind St. Augustine's Catholic Church between Sixth Street and College Avenue.

With those two long sections creek to clean you can imagine we'll need help, and lots of it! We're looking for a few, good Co-op members who'd like to help us with this important project on Saturday, April 21<sup>st</sup>. If you are interested look for a sign up sheet on the volunteer bulletin board, or contact Gary, our volunteer co-ordinator.

We're also planning to donate 2% of our sales on Sunday, April 22<sup>nd</sup> (the Official Earth Day) to the community garden. So if you don't have time to participate in our planned Earth Day clean-up activities, you can shop at the Co-op and make a contribution to a special organization that makes Moscow a better place to live.

### INSIDE:

- Romping Through the Grapes
- Pear & Gorgonzola Pasta
- Getting Your Z's
- The Latah Trail Project
- and More!



[www.moscowfoodcoop.com](http://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 The Café Project

by Kenna Eaton, General Manager

It started as an idea last summer. The Board asked me to think about putting in a seating area at the Co-op.

They felt that our community really needed a place where folks could meet their neighbors and friends. In many ways, the Co-op was already serving this need. Community members meet each other frequently while shopping the Co-op aisles. But the Board was looking for more.

Calling this an "experiment," I was asked to figure out what it would take to put in a small seating area at the front of the store—how much it would cost and how much would be gained or lost by the project.

I came back to them in November with a preliminary design by Kurt Rathman of Three Little Pigs Design, and an attempt at a budget. The design showed how we could fit 5 tables and chairs into a small area at the front of the store.

The response was unanimous. "Let's Do It!" they cried. Well, maybe not quite, but close. Anyway, they gave the green light and the OK to borrow money from our members. Thus the project began right before Christmas with a remodeling into the kitchen to make the workers' jobs easier. We neared completion by Valentine's Day except for the tables and chairs,

which were lost in transit somewhere between here and there.

But eventually they arrived and our customers were, and continue to be, happily seated.

The construction was not large, but we got a lot of help from various local craftsmen: Chris Duguay of Tortoise and the Hare, Steve Streets of Daystar Design and Construction (the deli), plus wall texturing by Randy Atwood and painting by Rufus T. Firefly.

We added a couple of stub walls plus a soffett that drops from the ceiling to visually enclose the space. We remodeled the kitchen by the espresso machine, the shopping carts have been re-angled, and the Big Spring water was discontinued. Other than that we've added some warm lights and beautiful paint...and thus the seating area is now a reality, not just an experiment.

To finance the construction, we borrowed \$10,000 from our members (@7.5% interest rate payable annually, and repaid in 3 years).

Expenses broke down as follows:

**Materials: \$2005.58**  
**Labor: \$3647.00**  
**Lighting: \$121.00**  
**Electrical: \$696.59**  
**Painting: \$1309.00**  
**Chairs and tables: \$1690.35**

**Total: \$9469.52**


## Contents

Earth Day at the Co-op	cover
The Café Project	1
North Country Co-op	2
News in the Bakery	2
Volunteer Volleys	3
Welcome!	3
Romping Through the Grapes	3
Personal Care: Spring Cleaning	4
Word of Mouth	5
Produce Notes: Growers Mtg.	5
The Buy Line	6
New Products	7
Newsletter Volunteers Needed	7
Volunteer Profile: Kim Eckman	8
Co-op Anniversary Photos	8
Business Partner: Culligan	9
April Sorenson	9
Monthly Member Specials	10
Potting Shed Creations	12
Bookshelf: <i>Off the Eaten Path</i>	13
Gardener/Cook: Pear & Gorgonzola Pasta	13
Macro Musings: Spring Cooking	13
Where Our Future Begins	14
Just Say No to "Logo-Land"	14
The Hay Box	15
Getting Your Z's	15
Co-op Employee Plans 5-month hike for the Wild	16
Drive a School Bus, Part II	17
Upcoming Women's Center Events	17
3 Poems by Margo Kay	17
Coming Soon...Frankentrees	18
What is Foot & Mouth Disease	18
Think Globally, Write Locally	18
The Latah Trail Project	19
Beware of Fragrance	19

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# North Country Co-op

By Kenna S. Eaton

If you're headed northwards through Eastern Washington this summer, you should plan on stopping at the North Country Co-op in Colville, Washington.

When I started working at the Co-op 20 years ago, there were way more natural food co-ops than there are today. Throughout the years, a combination of under-capitalization and competition has managed to put most of those little co-ops out of business. North Country, however, is a survivor.

Located in a small, pretty wooden house 2 wiggly blocks off Main St, the deep front porch is a welcome hang-out for locals as well as visitors. However, on the day I went up to visit a passing blizzard made the porch a necessary protection for the front door.

When you enter the North Country Co-op, you first notice the homey wood floors, the delicious

smells and the welcoming smiles. I was equally thrilled to discover a wood stove that had prominence in the store keeping staff and customers warm on this nasty late winter day.

Over the years, the North Country Co-op has struggled to survive in a community that has seen better days—but the loyal members won't let this co-op die.

Despite the lack of a general manager and tough financial conditions, that co-op has an aura of hope. The current staff, a mixture of old and new co-operators works hard on a daily basis to keep this Colville Co-op going. The bakery and deli, the heart of the business, produces food to rival your favorite MFC goodies! With 2 seating areas, weary travelers and shoppers have a choice of great places to sit, several hot dishes, salads, sandwiches and of course, desserts and breads.

Even though there is 160 miles between us, North Country is our nearest co-operative neighbor and I spent my day at North Country working with various staff people sharing information and tales and strengthening the ties between us.

While the Moscow Food Co-op may be doing more in sales, North Country Co-op serves its membership equally well. The store fits its community and reflects its members needs and wants just as our Co-op does. So, plan on stopping by as your travel north through Washington, grab a lunch and a drink and plan on lingering a while on that front porch.

North Country Co-op is located at 282 West Astor Street in Colville and their phone number is 509-684-6132.

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(across from the theatres)  
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## Up All Night News in the Bakery

By Christa Haagensen, Bakery Manager

Welcome Spring to Moscow! The Spring 2001 bread schedule is out, so be sure to pick up one at a checkstand.

The new breads and entrees have been doing quite well and we are excited that people are enjoying the new products. There is only one change so far to be made.

It's sad but true... we can no longer produce gluten-free breads here at the Coop. Our Bakery is not a true gluten-free bakery and therefore any product that is made runs the risk of cross-contamination with other non-gluten-free flours. We apologize for any inconveniences this may cause. Susan, our wonderful gluten-free volunteer has left us with a few gluten-free bread recipes in hopes that some of you will try these at home. I will print one of the recipes now to add to your collection:

### Gluten-Free Chick Pea Bread (1 Loaf)

#### wet ingredients:

- 1 Tablespoon Cider Vinegar
  - 3 Tablespoons Olive Oil
  - 1 cup GF (Gluten Free) Rice Milk
  - 1 cup water
  - 1/4 teaspoon GF Maple Extract
- #### dry ingredients:
- 1 cup chick-pea flour
  - 1 cup brown rice flour
  - 1 cup tapioca flour
  - 1/2 cup arrowroot
  - 1/2 cup Bob's Dry Rice Cereal
  - 3 Tablespoons + 2 teaspoons Egg Replacer

- 1 Tablespoon Xanthan Gum
- 3 Tablespoons Brown Sugar
- 1 1/2 teaspoons Salt
- 1 Tablespoon Yeast

Blend wet ingredients together well. Add dry ingredients and mix on high for 10 minutes. Place in greased pans and let rise until above the top of the pan. Bake at 325 degrees for approximately 20 minutes, rotating halfway through. Let cool and enjoy with your friends.

Remember that when working with this kind of bread dough, it tends to be stickier than regular bread doughs and a little difficult to work with. So, good luck and may the gluten-free force be with you!

# Feed Your Self

Come eat  
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in the  
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#### Published by

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(208) 882-8537

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Regular board meetings are held the second Tuesday of each month at 6:00 p.m. at the Pea & Lentil Commission Meeting Room.

#### Printed on Recycled Paper

Deadline for Articles & Ads  
20th of each month



## Volunteer Volleys

by Gary Macfarlane, Volunteer Coordinator  
and Leigh Winoweicki

*(This is only a slightly embellished conversation between Co-op volunteer Leigh and Co-op Volunteer Coordinator Gary while Leigh was watering plants and Gary making hummus at the Co-op Deli.)*

The conversation started off nicely when Gary observed, "Leigh, you are the forever-happy plant and grounds caretaker that makes people like me appear as downright grumpy, if not sour and bitter. What is your favorite thing about volunteering, and don't say the discount."

"The discount," Leigh replied, even though that is not what she really said, just what Gary wrote she said.

Leigh really said something about loving to water the plants—the same plants Gary stares at and they shrivel up, so she has to water them frequently.

Actually, the conversation started with a snide remark from Gary asking, "Leigh, what do the plants say to you? Do they speak to you at night?" Leigh noted they tell her when the need water, which of course, caused Gary to launch into derisive laughter before he realized she meant that their color and texture, not to mention the soil moisture in the pot, reveal to her, as they would to any conscious person, when house plants need to be watered.

Gary recovered and intoned that he loved plants, fried, boiled, baked and so forth, plagiarizing the old saying from W.C. Fields about children.

Leigh remarked to Gary that he must notice plants' energy, their beauty. Besides, she reminded, some plants are poisonous so they are not all food.

Gary attempted to twist Leigh's discussion of energy into saying that plants have souls, as if anything, including us, have souls. He called upon the ultimate authority, Richard Dawkins, the renowned evolutionary biologist. It didn't work out that way. Leigh said energy and she meant it, the energy that we all have.

Gary tried again to twist it into some weird theological pronouncement, again without much success, so the conversation moved along to favorite things . . . like food.

Leigh couldn't remember what her favorite plant was or her favorite

plant food was until the end of the conversation. Gary told her she needed to eat ginkgo leaf and not her favorite, which obviously made her forget.

Leigh finally remembered that broccoli was her favorite plant food. Gary suggested that she take even more ginkgo leaf so she could remember to eat her broccoli, which is not known for causing people to forget. Tomatoes

entered the conversation about food, because Gary loves them so much, but he was gently reminded that the conversation was about Leigh's Co-op volunteer job and not about what Gary wants to stuff in his face.

Gary replied that some of him was rubbing off on Leigh. This accusation was rebuffed with a statement along the lines that Gary wants to appear to be gruff. He doesn't threaten anything.

Gary was shocked by the truth and asked, "You mean plants don't fear me?"

Leigh finally remembered that her favorite plant is lavender. It is a lovely flower that grows in fancy places like the south of France (North Idaho?) and is used for all sorts of sweet-smelling things. You can even buy it at the Co-op.

Now knowing all of the above, don't you just want to come in for a volunteer interview?

Next month's column is about interviewing for a volunteer job!

Cheerio...err . . . Barbara's Organic Oat O's



## Welcome!

By Laura Long,  
Membership Director

First of all, I want to give a big heartfelt "Thank You" to all the members who took the time to vote for their Board of Directors and attend our annual Membership Meeting. This is probably the most important thing that you can do as a member, and is one of the most important aspects of making this store a co-operative rather than just any other grocery store. It's your guidance in these matters that helps both the board and the staff understand what kind of business you want *your* co-operative to be. Congratulations Peg and George! I really look forward to working with both of you to make our Co-op successful.

I also wanted to remind all of our members that your membership dollars are cumulative. This means that every time you renew your membership, the dollars you pay in are added to your total payments. Once your total payments reach \$150, you are no longer required to renew your membership annually. Having reached the amount of \$150, you are then considered to be a "Lifetime Member."

Here are two things to remember about Lifetime Membership. First, if you are wondering how much you still owe on your membership, any cashier can look up the amount for you, or you can wait till you receive your renewal notice in the mail and that will tell you how much you've paid. Second, if you are a "Lifetime Member" already and your address has recently changed, don't forget to let us know your new address so you will be able to receive your ballot every February.

Thanks to all who have paid off their memberships in March, You've now swelled our ranks of "lifers" to 243!

## Romping Through The Grapes

By Vicki Reich

Kenna looked across the table at me during our managers' meeting last week with that look in her eye I have learned to dread. It was the look of "I have an idea that I want you to do." These looks often result in more work for me and therefore the dread began to build.

"Don't you think we should have a wine column in the newsletter, the Bellingham Co-op has one," she said. "Whom could we possibly get to write it?" she asked the group.

"I guess it's going to be me," I said reluctantly. At the time I was thinking about the three other articles I write each month and how much pain and suffering writing causes me (I went to engineering school just to avoid writing English papers).

But then the light bulb went off in my head. If I have to write a wine column every month, then I'll have to take home a complimentary bottle of wine and really concentrate on drinking it. I love doing that. All that was left to do was come up with a column name (thank you Nancy and Mike for brainstorming with me) and start drinking. Thus was born this column and we can all thank Kenna for another great idea.

The wine I chose to highlight this month is Organic Wine Works 1997 Carignane (\$15.89). This is a wine I just discovered in Anaheim. First of all, let me give you a little background on the grape.

Carignane (pronounced care-in-yawn) is a grape that has been around for a long time. The reason you've probably never heard of it is because it is used primarily for blending with other reds. It adds fruit, color and tannin to other wines and is rarely given credit. Carignane as a varietal wine is pretty rare and I really enjoyed this one. It has a deep red color and a wonderfully fruity aroma. It is a very smooth and dry wine with strong hints of cherry and undertones of chocolate. It is very easy to drink with very little tannin. It would be a great accompaniment to burgers on the grill (or any other grilled fare) or a light Italian pasta dish. It's also nice just by the glass. This is a limited bottling, so get them while they're hot.

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## Personal Care Corner Spring Cleaning

By Carrie A. Corson, Non-Food Buyer

When I originally sat down to write this article, it started out as a positive little ditty about how we can all protect ourselves and contribute to a healthier environment by choosing to purchase, or make our own "all natural" cleaning products. After all, April 22<sup>nd</sup> is Earth Day. And spring always seems to bring about an impulse to clean. So it seemed that the two could meld quite nicely.

While gathering information on this topic, I read the words "carefully read the label before you buy." This will help you make conscious decisions about what chemicals you are choosing to expose yourself to. So I went and grabbed a couple of cleaning products off of the shelves here at the Co-op. I was greeted with labels exclaiming: "non-toxic, hypo allergenic, and biodegradable" and ingredients like cleaning agents made from the fermentation of fruits and grains, coconut oil, and glycol-based degreaser.

Then I decided that in order to have some balance, I should compare these products to ingredients found in commercial household cleaners commonly found in other stores. I was surprised to find that most of these common household products do not disclose their ingredients.

Ingredients are considered "trade secrets" and apparently it is more important to protect proprietary information rather than human health or the environment.

Most of the products that I found that provided an ingredient list were as vague as this list from a box of automatic dishwasher powder: "Water softeners, cleaning and water spot prevention, dishwasher and china protection agents, perfume and colorants."

This brought me no closer to understanding what was actually in the product. I don't know about you, but I don't have a clue what a "dishwasher protection agent" is, much less whether or not I want it heat dried onto my dishes, or whether it's safe to inhale it in the hot steam that erupts from the dishwasher when I open the door.

And I realized that with each purchase, each of us can make a difference. We can make choices that will make our planet a less toxic place to live.

With this in mind, I greeted the first day of spring, and thought about all of the things that make spring a great time of year. I realized that all of the things that I treasure

about spring have to do with nature.

Nature feeds me, mentally, physically, and spiritually, as it does so many of us. How do we feed nature? Does the Earth look forward to spring? Or does she see it as the season when she will be saturated with chemicals.

This Earth Day, I encourage everyone to celebrate by assessing their cleaning products. Are they safe for your household, your family or the planet?

Many common cleaners contain petroleum products. Of an estimated 17,000 petrochemicals available for public and home use, not even half have been tested for their effects on human and environmental health. These petrochemicals can be toxic to several bodily systems and organs. Some are suspected carcinogens. Why do we use petrochemicals? Apparently because they can be produced much less expensively than traditional plant-based cleaners. But, if every household in the U.S. replaced just one bottle of 28 oz. petroleum-based dishwashing liquid, with a vegetable-based, non-toxic dishwashing liquid, we could save 82,000 barrels of oil, enough to drive a car over 86 million miles.

Do you use cleaning products that contain chlorine and or ammonia? These chemicals are found in a host of scouring powders, laundry products, dishwasher detergent, window cleaners, and

basin, tub, and tile cleaners. Ammonia is an irritant that affects the skin, eyes and respiratory passages. Chlorine is the household chemical most frequently involved in household poisoning in the U.S. Chlorine also ranks first in causing industrial injuries and deaths resulting from large industrial accidents. Chlorine is considered an acutely toxic chemical.

There is good news. Check out our website, or ask at the store for recipes for making your own non-toxic cleaning products from simple, inexpensive ingredients. If you don't find it convenient to make your own cleaning products, look for labels that say things like non-toxic, no chlorine, no phosphates and biodegradable. Don't buy "traditional" commercial toilet bowl cleaner, oven cleaner or furniture polish. These cleaners usually contain the most toxic chemicals. Don't assume that just because a product is on the grocery store shelf, it has been thoroughly tested and proven safe for humans, animals and the environment. Support companies like Seventh Generation, Planet, Ecover, Heather's Natural Products, and Earth Friendly products. These companies want to turn the tide and end the chemical contamination of our bodies, our homes and our planet. For more information, go to Seventh Generations web site at [www.seventhgen.com](http://www.seventhgen.com), or call Women's Voices for the Earth at 406-543-3747. Let's make it a happy Earth Day.

## 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.

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# Word Of Mouth

By Vicki Reich

It's hard to find anyone who doesn't like ice cream. I know people who don't necessarily love ice cream but will definitely eat it when it's put in front of them. So what do you do if you can't eat ice cream anymore for whatever reason, be it lactose intolerance, high cholesterol, or ethical choices? Eat soy ice cream! Did I hear you say yuck? Well, you obviously haven't tried soy ice cream in a while because they are making it mighty tasty these days.

The Co-op carries four different brands of soy ice cream (Whole Soy Glace, Tofutti, Soy Delicious, and Double Rainbow Soy Cream), and we wanted to find out what the differences were between them. I chose to sample the chocolate variety of each brand because, basically, chocolate rules and vanilla drools (and those were the only two flavors all the brands had in common).

Now usually in these articles I take you step by step through the testing process, listing each item in the order it was tested and what everyone thought about it. But this time I can't wait until the end to tell you the results, they were too stunning. Crista, Zack, and I (this month's testers) liked three of the samples but we were blown away by Whole Soy Glace (pronounced glass-say). It was just like ice cream, with a rich and creamy texture and a very chocolately chocolate taste.

After we had several spoonfuls of the luscious nectar, I began to wonder why it was so much better than the others. I found the answer on the back of the carton and the answer was fat, that wonderful ingredient we all love to hate. Whole Soy had the highest fat

content of all four samples, 14 grams as compared to 4-11 grams in the others. It was right up there with Ben and Jerry's Chocolate Fudge Brownie at 15 grams of fat. No wonder it tasted like ice cream.

The big difference between Whole Soy and regular ice cream is that Whole Soy and all the other soy ice creams have no cholesterol and very low saturated fat. Saturated fat ranged from 0-4 grams as compared to 10 grams in Ben and Jerry's.

By now you're probably wondering about the other three samples, so I'll recap them for you. The Tofutti Chocolate Supreme had a soft serve ice cream consistency and almost felt like marshmallow fluff in your mouth. It had a mellow chocolate flavor with a slight hint of soy bean and was the least like real ice cream. The Double Rainbow Soy Cream Chocolate Chocolate Chip was more like real ice cream but had a slight icy texture. It had a good chocolate flavor that was greatly enhanced by all the little chocolate chunks in it. It was our second favorite. The Soy Delicious Chocolate Velvet had a bit of a grainy texture to it and an aftertaste of brown rice syrup. It was chocolatey but not strongly so. It was the lowest in fat and had no saturated fat at all, which is good because it only comes in quarts and sometimes I get carried away and can't stop eating ice cream until I get to the bottom of the container.

In this case you could eat two servings of Soy Delicious and still not consume as much fat and calories as in one serving of Whole Soy. But since I'm quite the hedonist when it comes to ice cream, I'll take the Whole Soy, fat and all, and enjoy every last bite.



Veggi Head - Produce Notes:

## Annuproal Growers Meeting

by Lahde Fesler  
Produce Manager

Last month, we held our Annual Growers Meeting here at the Co-op Deli. Growers from as far away as St. Maries and Juliaetta came to discuss what produce they would like to grow for the Co-op. These meetings were started last winter by Gordon Gatewood, the previous produce manager, to solidify our commitments with growers and encourage a more abundant supply of local produce.

This system has worked well because growers have a secure market when they have prearranged commitments with the Co-op and know that their produce will not be turned away. In the past, we have had too many folks growing tomatoes, for example, thinking they could sell them at the Co-op, only to be turned away. That is a lot of tomatoes to can and give away when all of a sudden there is no place to market them. These meetings allow the farmers and the Co-op to come together and ensure that as much fresh produce as possible is being produced—but not over-produced.

One really neat thing about the growers meetings is that the farmers are so agreeable about working together. At our first meeting, I was wondering how we would decide who would grow what. But, gladly, my fears were unfounded. I have since found that growers are an easy going agreeable sort, stating what they want to grow but willing to share the turf with others. One thing that helps is we maintain our commitments from year to year with growers and let the new folks pick

and choose from the remaining items.

Also, for many items, growers will share the production, knowing that their climates will mean harvest at different times or that they will not produce enough crops to meet demand. By the end of our meetings most, but not all, of the produce niches were filled. It is truly beautiful to see people acting co-operatively to feed their community.

This year we will have even more fresh local produce at the Co-op. We have a few more enthusiastic growers on board and previous growers have taken on a few new commitments. We live in such a wonderful zone for growing food with a huge diversity in microclimates. We now have two new growers from the valley, so expect earlier supplies of cool weather crops like greens, peas, and radishes. Also, expect a larger variety of warm weather crops, including melons, peppers, eggplant, tomatillos, apricots, peaches, and other crops that can be a challenge to grow here in our unpredictable Moscow climate.

We are also looking forward to a longer season of winter storage crops like onions, garlic, beats, potatoes and winter squash. We truly are blessed by our geography here on the Palouse that allows to such an abundance and diversity of foods to be locally grown. Remember, supporting local agriculture with your dollar not only supplies an income for people within our community but also provides food security for our region.

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## The Buy Line

By Vicki Reich, Grocery Buyer

Imagine walking through the doors of a convention center into a space about the size of three football fields filled with over 1000 booths of natural products. Now imagine walking up and down the aisles looking at all the new products, sampling tasty treats, and looking at all the barely clad bodybuilders (okay, maybe you wouldn't look, but I did). This is not a dream, this is Expo West.

Every year in Anaheim, California, the National Nutritional Foods Association puts on the biggest natural foods convention on the west coast. This is the second year that Carrie and I had the pleasure (and the pain, you can't imagine how much your feet hurt after walking up and down all those aisles for three days) of attending this extravaganza.

Why do we go? The primary reason is to see and taste all the new products on the market and to find out about manufactures and products we might not find out about any other way. We also go to network with other people in the industry. We talk directly to manufacturers and let them know what we like and dislike about what they are doing. And we meet with our brokers and get a personal tour of the lines they represent. Last but not least, we have a lot of fun. We get wined and dined by manufacturers, brokers, and distributors while we hang out with the friends we've made in the industry over the years.

What do we see? An amazing assortment of foods, supplements, body care products, pet products, and housewares. There's everything you could imagine made from soy, ranging from soy caviar to soy chocolate (neither of which you will be seeing here, sorry, they weren't very good).

There's a supplement for every need you could imagine, from Glucosamine in a fruit drink to Gro-Bust (yes, it claims to do just what you think). There is an unbelievable array of lotions and shampoo as well as beautiful candles and these luscious organic cotton sheets I wanted to climb into. It can all be pretty overwhelming.

Now, of course, you're asking what you get out of us going to the Expo and the answer is lots of new products. Some of them are already on the shelves and some will be coming in soon. So check out the New Products column and keep your eyes open as you walk down the

aisles, you never know what your next favorite food will be.

### From The Suggestion Board:

*On Tuesday evenings and Friday evenings, just prior to close, would you please put the unsold loaves of Sage Bakery bread in plastic bags? It gets stale if left out overnight.*

*Thanks. I have to disagree with you on this. I keep my bread out in the open at home, I just stand it up on the cutting board on the cut side. The inside stays soft for several days this way. If we were to bag the bread in plastic bags, the bread would lose it's wonderful crust and mold quickly. I checked with Bud, the owner and baker at Sage Bakery, and he agreed with me. Vicki, Grocery Manager.*

*Play music. Sorry if there was no music playing in the store when you were here. We have been having some difficulties with our CD player, but I think they are all fixed now. Vicki.*

*Please get the candy Enviromints (milk chocolate squares with free animal cards in them). I know these were a much-loved item, but I can no longer get them. Have you tried Bug Bites? They come in both milk and dark chocolate with cool free bug cards.*

*I have two requests. One: Could you stock DeCecco's spaghetti besides spaghettini. Two: I found a good brand of frozen veggies by "Willow Wind Organic Farms." It is local (WA), cheaper than Cascadian Farms and kosher. Could you consider, please? I will bring in the spaghetti. Unfortunately, Willow Wind has chosen to distribute only through mainstream grocery distributors. This means we can't get it here. You can call them and let them know you'd rather buy their products at your local co-op and maybe they will change their ways. Their number is 509-796-4527. Vicki.*

*Could you carry Red Chile Pesto by Spaghetti Western of Tesugue, NM? I'm sorry but I can't get this product. Vicki.*

*I bought here some wine called "Our Daily Red" with no sulfites. It was also good. Can we get more? Sorry it was out when you were here. They were between vintages. The new vintage is on the shelf. Vicki.*

*Vicki-Could we please get Kuzu? Thank you. You bet. It's in the ethnic section.*

*Please carry again unsalted soy nuts. Thanks. Okay, now we carry both salted and unsalted soy nuts in*

bulk as well as packaged.

*Please provide more access for bicycles. We will work on it. Kenna, General Manager.*

*Could you please look into more child-friendly wheat/gluten free snacks and or cookies. I know you have some but the selection is limited. Thanks! I sure will. Do you have anything in particular you'd like me to carry? Vicki.*

*Veggie Booty... PLEASE. It's here! Vicki.*

*Yorkshire Gold Tea? Do you know the manufacturer? That will help me find it. Vicki.*

*You used to carry Yogi Hazelnut Cream tea. Can you get it again? Yogi just changed their packaging and some of the names of their tea. The Hazelnut Vanilla is what you should look for now. Vicki.*

*Could you carry 1/2gallon Sun Soy Soymilk made by Morningstar Foods. Thanks. I'm sorry, it's not available through our distributors. Vicki*

*How about some more evening cooking classes. I'd love to learn how to make nori rolls. We are having a hard time finding a convenient location with a kitchen to have classes. If you know of any let us know. The education committee has been wanting to do cooking classes again ever since we moved. Vicki, Education Committee Chair.*

*Yay! Sippin' Sake! And it's a nice drop, too-better (fresher) than the stuff at the liquor store (though not as strong). I was excited about getting sake, too. Unfortunately, Idaho liquor laws do not allow us to sell the higher alcohol content stuff here. But hopefully we'll be getting organic sake in some day. Vicki.*

*Please put some hand soap in the rest room, for the sake of sanitation- People are going to be handling food when they come out! We provide liquid hand soap in the restroom. If you discover an empty bottle, just let a staff person know and we will be happy to fill it. Kenna.*

*Puleezee keep the Rite Rounds Poppyseed crackers in stock! I'm sorry but Barbara's Bakery is having problems with their co-packer (and so is Hain) and these will be out of stock*

for several months. I'm looking for a temporary replacement. Vicki.

*These Baked Pita Snax are super. I will see if I can find a spot for them. Vicki.*

*Please restock the Rainbow brand children's shampoo in unscented.*

Unfortunately, this product is no longer available through our distributor. As yet, I am unable to find another manufacturer who makes a totally unscented kids shampoo.

Carrie, Personal Care Manager  
Please, unscented kids shampoo. Refer to above. Carrie  
Emerald Forest shampoos and conditioners are fabulous. Can we have some?

Sorry, these products did not sell well. You may special order them. Carrie.

Wondering when you'll be getting "Show...something" chicken and rice formula dog food in again. Hope you're still planning to carry it.

You bet we are. I think this is a great product. It was out of stock for a while because of some manufacturing problems. Carrie.

You already stock several Naturade soy products but they also make one called Calcium 1000-my bones would appreciate it if you'd stock it as well.

By the time you read this article, it should be on the shelf. Carrie.

How about stocking some paper (alternative source such as hemp) and low energy light bulbs. I realize you have limited space but would like to purchase these items here rather than elsewhere.

Look for paper products to appear soon. Right now, the only light bulbs carried by our distributors are full spectrum bulbs, which we do carry. While they may not be "low energy bulbs," they do last up to four times longer than incandescent bulbs. Which saves energy (which would be used to produce light bulbs) and saves landfill space (not as many bulbs to throw away). I will look into a source for low energy bulbs that are not full spectrum, and will consider carrying them if they are competitively priced. Carrie.

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## New Products

By Vicki Reich and Carrie Corson

*Midel Gluten Free Ginger Snaps*-a great tasting alternative to their original ginger snaps.

*Pacific Foods French Onion Soup and Corn Chowder*. Two delicious new additions to their great line of broths and soups.

*Spice Hunter Soup Cups*. My friend Remony really likes these so I thought I would give them a try.

*Robert's Veggie Booty and Pirate's Booty*. These are much requested cheese puffs.

*Terra Potpourri and Red Bliss Roasted Garlic and Parmesan Chips*. Two new additions to this great selling line.

*Green Mountain Gringo Salsa*. The freshest tasting jarred salsa I've come across.

*Road's End Organics Chreeze Dips*. A vegan cheese dip for nachos that tastes really good.

*Ginger People Ginger Wasabi Sauce, Ginger Sesame Sauce, Ginger Brew, and Peanut Ginger Chews*. I just can't resist the cute little ginger root man on the packages.

*Annie Chun's Sauces and Noodles with Sauce*. I met Annie in Anaheim and tasted some of her products. They're tasty and easy to make.

*Muir Glen Fire Roasted Tomatoes*. These come in diced and crushed and make a great beginning to homemade salsa.

*Bearitos Baked Black Beans*. With picnic and barbeque season fast approaching, I thought I'd try this new twist on an old favorite.

*Casbah Toasted Couscous*. This large size couscous is often called Israeli couscous. It comes in three flavors and has a great "tooth" to it.

*Edenoy Light*. A lighter version of the classic.

*Blue Galleon Sardines in Olive Oil*. I love these sardines and now you can eat them with the added benefits of olive oil.

*Bob's Red Mill Gluten-Free Flours and Mixes*. Five new gluten-free products including garbanzo-fava flour and sorghum flour.

*Orleans Hill Zinfandel and Sangiovese*. Two new organic reds for wine fans.

*Organic Wine Works Carignane*. See the new column Romping in the Grapes.

*Seapoint Farms Edamame Rice Bowls*. Two varieties of rice bowls with those yummy little soy beans in them.

*Ethnic Gourmet Wraps*. Four different combos of ethnic flavors wrapped up in tortillas. A quick and delicious lunch.

*Lucky Chicken and Shrimp Flavored Spring Rolls*. Two new flavors of this best seller.

*Sierra Nevada Big Foot Barleywine*. Finally, it's here!

*Horizon Grapefruit Juice and Lemonade*. Organically grown and tasty. Beware, the lemonade can be addictive.

*Grainaissance Original Amazake*. An often requested item.

*Raw Spanish Peanuts in bulk*. Back by popular demand.

*Lip Balm and Elephant Lube for fingers, toes and elbows from Mad Gab's*. Great products made by nice people.

*Life Essence Multi Vitamin and Energy Plus nutritional supplement from Pure Essence Labs*. These food-based supplements are aimed at providing more energy by providing higher potencies of nutrients and tonic herbs to support metabolism and build health.

## More New Products

By Carrie Corson

Look for these new magazines:

*Brain, Child*, the magazine for thinking mothers. Subjects that interest mothers (including pros and cons to controversial subjects), great humor, and articles.

*Slow*, a quarterly publication from Italy, is the magazine of the slow food movement.

*Savour*, a beautiful monthly publication is filled with recipes and articles about cuisine around the world. It's one of Vicki's favorites.

*Hope*, a magazine that shows us how to be part of the solution.

*Dwell*, an architecture magazine talks about being at home in the modern world. I admit that I don't know too much about this magazine. But Vicki assured me that her partner Kurt, who happens to be an architect, would love it.

*Bust*, a magazine for women with something to get off their chests.

## Newsletter Volunteers Needed

### Newsletter Designer Needed

by Bill London

Tanya Perez has done a fantastic job for this newsletter, designing every other issue for several years. Unfortunately for us, she is moving with her family to California this summer. We will miss her, and her talents.

To Tanya, we offer our thanks for a job well done, and wonder what the Daily News will do without their ace columnist.

If you are interested in replacing Tanya by volunteering to design every other issue of this newsletter, please contact Bill London at [london@moscow.com](mailto:london@moscow.com)

*Bill London edits this newsletter and marvels at the dedication and commitment of the twenty volunteers who make this publication happen every month.*

### Pullman Distributor Wanted

By Bill London

Kristi Wildung will no longer be able to deliver the Co-op newsletters in Pullman. Many thanks for her years of Co-op service, both as a staffer and as a volunteer.

We now need someone to deliver about 200 copies of the newsletter around Pullman, beginning in May. Delivering these issues is a way in which this newsletter serves to reach out to folks who may not shop at the Co-op, or even know that the Co-op exists.

Kristi, being the well-organized person she is, has created a list of the places she visited and the number of newsletters she left at each location.

If you are considering this volunteer position (which earns a 13 percent worker discount), please read the list below and then contact Bill London at [london@moscow.com](mailto:london@moscow.com) or 882-0127.

Kristi delivered issues to the Wheatland Mall (leaving 5 at Fantastic Sam's, 5 at The Wild Ivy, and 15 at Les Schwab). In downtown Pullman, she left 20 at the library, 10 at Swilly's, 3 at the Optometrist, 25 at the Daily Grind, 10 at Rico's, 10 at Square One Antiques, 5 at Brused Books, 5 at the Peppermill, and 10 at Absolute Fitness. On the WSU campus, she left 25 at Student Health, 42 at the Bookie, and 10 at the Women's Resource Center (in the basement of Wilson Hall).

### Wanna Write about the Value of Trees or the Dangers of TV?

By Bill London

Do either of the following topics interest you?

What is the value of Moscow's trees? Talk with tree authorities to learn the number of Btu's of air conditioning that are saved by our shade trees, the number of tons of airborne matter is filtered by trees, and other values.

Does Alzheimer's result from excessive television-watching? Recent studies show a very strong correlation between years of television watching and development of Alzheimer's disease.

If you would like to research either of these topics and write about them for this newsletter, I have suggestions for sources and offer a member discount for your efforts. Please contact Bill London at [london@moscow.com](mailto:london@moscow.com)

*Bill London edits this newsletter and is always looking for good writers.*

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# Volunteer Profile: Kim Eckman

By Angie Freeman

Kim Eckman's innate curiosity and love of learning prompted her to volunteer at the Co-op. She divides her time between her studies at University of Idaho, a mentor program, volunteering at the Co-op, and would you believe: a paper route?

What is Kim's volunteer job? "I maintain the integrity of the produce department," she says with mock seriousness and then bursts into laughter. I think we may both be picturing the same virtuous cabbage or honest radish. Once a week, she organizes, stocks, inspects, sifts and creates sample displays of the eclectic variety of vegetables found in the Co-op.

"The best thing about my job?" Kim repeats my question thoughtfully. "The people, the produce, but mostly the give and take of information. I like being in a position where I can share what I know with others and they can share their knowledge with me. I am always learning."

Kim's major at University of Idaho is English, but put away your bookworm stereotype, her minor is Resource, Recreation, and Tourism. At first glance her glasses, wool sweater and tweed skirt might seem slightly bookish. Look closer though



and you'll see the delicate silver stud in her nose and the sporty Teva sandals that represent a woman unafraid to pursue diverse interests.

A summer's internship at Arches National Park in Utah led Kim to redefine her major. Hired as their first "environmental educator" Kim was given rein to define her own job. "I've never learned that much that quickly!" Kim recalls. She took information from ecology, wildlife, and geology and reduced this information into something that any park visitor regardless of age or experience could relate to. Returning to University of Idaho, Kim began taking natural resource classes and started thinking of careers in natural resource communication.

I ask Kim if there is anything else the readers might be interested to know about her, but she can't think of a thing. It isn't until I am

packing up that she mentions that she has mentored a little girl in the Moscow Mentors program for the past two years.

"One hour a week I offer her my friendship and encourage her to set personal and academic goals. When we started she didn't like to read!" Kim says incredulously. "If we can just get these kids past their fear of learning it's like a landslide. It starts at one tiny point and invigorates every aspect of their life."

The rewards have obviously outweighed the costs for Kim. "I know I am not solely responsible for all the positive changes that have been made in this child's life, but it makes me feel so good to be a part of something that helps kids in need and makes a difference for somebody in the long run."

If this inspires you, don't cop out with excuses like not being a math whiz or being too busy. "Anyone can do it! It's fun and easy!" Kim reassures me. "Don't be afraid to volunteer! People have so much time if they could just learn how to utilize it!"

I decide that Kim's perspective on time may be slightly skewed by her current schedule of rising at 4:30 AM six days a week and at 3:30 AM on the seventh. I have to ask about the paper route. Don't you have to be a ten-year-old freckle-faced boy with a bicycle to qualify

for those? "I know... I know," groans Kim. "It was those newspaper ads! 'Start your day off with a bang!' and 'Make money and get great exercise at the same time!'"

Now Kim delivers over one hundred papers seven days a week. How long does that take? "Well that depends..." she says hesitating, "I guess about an hour and a half, but that is blitzing stop signs and driving on sidewalks and basically off-road racing the streets of Moscow. Off-road racing safely and efficiently, of course," she is quick to qualify.

Where would you find Kim in a rare moment of leisure? She'd probably be outdoors or reading a good book or combining the two. "I have a true appreciation for literature. Isn't it fantastic that through words printed on paper you can have experiences through other's eyes? I am always looking for new experiences," she says. It has been said that life is change and growth is optional, but perhaps for lifelong learners like Kim growth is required.

If you are interested in Moscow Mentors, contact Alida Blockino at Russell Elementary School, 882-2715, for more information.

*Angie Freeman benefited from Mrs. Boylen's requirement of one class period a week of uninterrupted composition. Did she ever thank the high school teacher who helped her work through the fear of writing? She should have.*

## Co-op Anniversary Party

Photos by David Hall

The Co-op was packed on February 24. At the annual Anniversary Party, the store filled with samples of locally-produced foods. Co-op members and shoppers stopped by to try them all.



# Business Partner Profile: Meet the Culligan Man

By Lori Harger Witt

By now most Co-op members and patrons have been able to enjoy our new seating area in the Deli. And perhaps you have noticed that the 5 gallon bottles of spring water are no more; in their former place are the cozy new tables and chairs. But fear not, fresh and clean water is easier than ever to get, thanks to the Co-op's newest business partner.

I recently met with Owen Vassell, general manager of the locally-owned Culligan franchise, to find out more about what solutions he can offer those of us concerned about the purity of our drinking water.

Being new to the area, I first wanted to know what specific contaminants might be a concern in our water. Moscow municipal water is fairly hard, Owen tells me, and contains high levels of iron and calcium in particular. While not a health threat, these minerals can cause problems with buildup and

make it more difficult to get dishes and clothes clean. High iron and the unpleasant smelling iron bacteria that comes with it is a big aesthetic problem for anyone who appreciates good, crisp tasting water. I know this from experience with a well in Montana's Bitterroot Valley, where the iron levels were so high that doing the dishes stained my fingernails a dirty orange that only came off with lemon juice.

If clean drinking water is your main concern, things to look out for include copper or lead residue from old pipes, and chlorine from municipal water treatment. In rural areas, agricultural runoff can contaminate wells with nitrates and bacteria.

Culligan does free testing for iron, general hardness and basic nitrate detection. The health department can do more detailed evaluations of specific nitrate level as well as test for bacteria. Runoff contamination is most likely in spring, so now

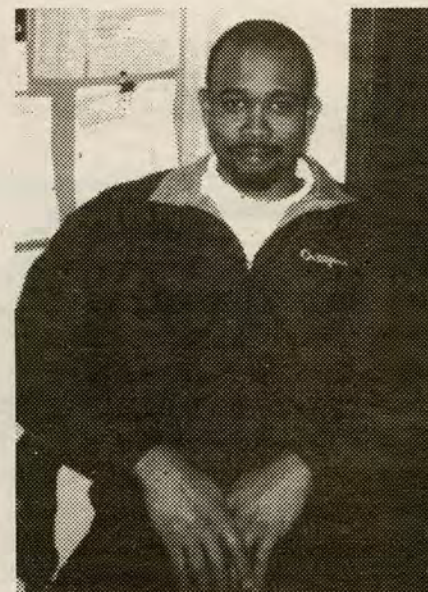
is the time to test your water.

Luckily, a solution to these health and aesthetic concerns is simple. Culligan offers delivery of clean water right to your front door. The water provided goes through a reverse osmosis, triple filtration process. It is free of chlorine and heavy metals and has a small amount of calcium added for taste.

Co-op members are entitled to 2 weeks free rental on a water cooler (coolers rent for \$7.95/month) and ten gallons of free water. Five gallon bottles are \$5.50 each, and this includes delivery.

Some households choose instead to install reverse osmosis filters at the tap to ensure a constant supply of purified water. More elaborate systems are also available, including iron filtration, ultraviolet purification (to eliminate bacteria), de-ionization, and water softening.

When I asked Owen what he personally liked about the Co-op, he smiled widely and said that it is the



place to buy the spices he needs to prepare his native Jamaican cuisine. We chatted for a few minutes about the importance of quality curry and pepper blends. Talk then turned to the pleasure of drinking Jamaican Blue Mountain coffee—and of course, good coffee is only as good as the water its brewed with.

*Lori Harger Witt recently moved to the Palouse with her husband and 1 1/2 year old son. Having spent the past two years in the Sonoran Desert has deepened her appreciation of fresh, clean water.*

## April in Paris

By Julie Monroe

Paris — that's where April Sorenson, Moscow Food Co-op cashier, will be next Christmas, a graduation gift for her and her boyfriend, Jeff Mack, from Jeff's parents.

This will be April's first trip abroad, and although she's already a little bit nervous, she's eager to explore the City of Lights. For 21-year-old April, a junior at the University of Idaho, exploring new cultures and discovering new ideas and perspectives is as important to her as is building and maintaining connections with her family, her friends, and her co-workers at the Co-op.

April is a native Idahoan, hailing from Boise, but "close to Meridian," she says. Her father, Sherman Sorenson (April reveals her father's first name with a mischievous grin; he prefers to use his middle name Dale) and her mother, Tammy Sorenson, were not simply high-school sweethearts but primary school sweethearts. They met in the third grade and have been together ever since.

April has one brother, 19-year-old Dusty, who lives in Boise. When asked about her grandparents, April shares that she is so much like her



paternal grandfather that her family believes they "passed souls." April's grandfather died unexpectedly in a work accident just six days before she was born.

A year after graduating from high school, and with support and encouragement from her best friend Tallie, who was already studying elementary education at UI, April left Boise for Moscow. When she enrolled in the University, she became the first person in her family to pursue a bachelor's degree.

At first, April says, she "didn't think I'd finish college," but now with graduation only a year away, she intends to earn a Ph.D. in education, probably at a school in or near Boston where her boyfriend plans to continue his studies in Art. April's goal is to "teach teachers different ways of teaching" so they can offer their students "more perspectives."

Challenging her own way of looking at things is important to April, too, and working at the Co-op has been, in her own words, a "broadening" experience. Ironically, April wasn't even sure the Co-op was the place for her to work, but friend and fellow Co-Op staff member, Gerrick, convinced her otherwise. Between college and working at the Co-op, April says she's "grown more in the past three years than in my whole life."

Outside the 13.5 hours April works weekly at the Co-op, and in addition to a full-time credit load, there's no shortage of creative ways April finds to fill her free time. Not surprisingly for someone who works at a food store, April loves to cook, and she and roommate Katrina often host dinner parties for their friends.

From her mom, who runs her own business, April learned the art of stained glass, and she taught herself to sew. Homemade duvet covers and comforters are often gifts for her friends. Needing, as April puts it, a "survival technique" for handling the pressures of school, she started yoga classes this year.

Also helpful in managing the stresses of life in general are April's dogs, Sheaf and Rage, and her roommate's two parakeets. Sheaf is

an 11-month-old black lab and setter mix, and Rage (a "totally ironic name," says April) is a border collie/Australian Shepherd mix who April rescued from an animal shelter in Boise when she was a sophomore.

Rage and Sheaf, April says, are two of her best friends, important members of her personal network of family and friends, a nurturing web of connections which provides her with emotional support and a strong sense of community.

In fact, when asked what she would do if she were queen of the world, April says she'd like to see we humans organize ourselves into tribes — doing so would decrease our reliance on technology and help us learn to "rely on each other." It certainly seems April is taking her own advice. With a little help from her friends, and upon the strong foundation provided by her parents, April Sorenson is building her own life, one that values a diversity of perspectives and aspirations.

*Julie Monroe has been to Rome but not Paris, and like April was the first in her family to go to college. Although Julie started out as an elementary ed major, she transferred to history, and is now actually working as a historian, specializing in the history of Latah County and Idaho. Julie also works for the Latah County Library District processing new materials and mending old, and sometimes-not-so-old, books.*

April 2001

Moscow Food Co-op

# Beans

Black Turtle

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Now 99¢

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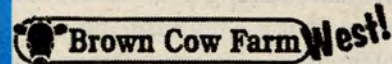


# Granola

Soy Plus (contains sugar)  
Hemp Plus  
Ginger Zing  
Heritage

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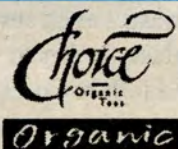


# Ginseng Sodas

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Soy Dream Enriched  
Soy Dream

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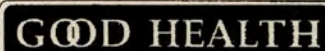
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April 2001

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# Potting Shed Creations

By Gary Chang

Potting Shed Creations combines new and old in several ways. The three-year-old company, founded and owned by Liz Cosko and Ann Killen, is housed in a partially-renovated one hundred year old barn located between Moscow and Pullman on the Pullman Highway.

Their products feature contemporary designs and items that assist in the age-old activity of gardening. Everyone from beginners to master gardeners will find Potting Shed's garden seed kits and seed saving kits useful and appealing.

Potting Shed Creations' product line began with its Seed Saving Kit. The exterior of the kit is a stylish aluminum case. Inside, the kit features airtight, reusable, glass-topped tins for storing seeds along with other practical items such as seed desiccant, storage bags, twine, marking stakes, glassine envelopes, a pencil, and booklet that explains how to collect and store your seed.

In addition to the Seed Saving Kit, Potting Shed Creations now produces over a dozen specialty seed collections such as the Bird, Bee & Butterfly Garden, the Culinary Herb Garden, and the Wild Cutting Garden.

The garden kits are stocked with only high quality seeds from a network of suppliers. The glass-topped tins are now the hallmark of Potting Shed Creations and are



included with several of the garden kits. Some kits come with an aluminum or wooden case, and all of them include cards that are loaded with illustrations and information on growing the plants. For the collections of edible plants, recipes are also included.

Every kit is hand-assembled in the Potting Shed Creations barn. Currently, Potting Shed Creations employs 11 people (and a few dogs). Their products have been featured in national magazines including "Organic Gardening" and "Health," and are sold through catalogs and retail stores. A selection of Potting Shed Creations kits are available at the Moscow Food Co-op.

The growth of their company has exceeded Liz and Ann's expectations. Early in the company's history, when they were selling just the Seed Saving Kit, they received an order from one large customer. The customer asked how many kits they had in stock. "We said, 'around 400 units,' because we figured we

could get that ..." recounts Ann. Liz continues, "... when we only had 10 units or something like that. [The customer] said 'good, can you send them to us next week?' We said, 'well, can we have two weeks?'" Ann and Liz managed to fill the order, with some help. "We had family members tying stakes!"

The way that Ann and Liz took turns while telling that story reflects what a highly collaborative workplace they have created. During my visit, Liz, Ann, Sheryl Monk (production manager), and Karin Neuenschwander (marketing manager) all took turns describing the activities that go into making their kits.

Concepts for new garden kits originate from their gardening experiences and customer feedback. Then, they determine what a beginning gardener would need and research the plants that will be included. For example, while developing the new Salsa Garden, Sheryl looked through different recipes to determine what types of plants are frequently used in salsas. For plants that will be grown outdoors, they try to choose adaptable varieties that can grow in different parts of the United States.



Research during the product development phase goes into informational booklets that come with the kits. Potting Shed representatives talk with retailers at trade shows to suggest which kits are likely to grow well in certain regions. Once the packaging of the kit is finalized, everybody in the company can give feedback before they begin manufacturing the new product. After manufacturing begins, they continue to look for ways to make production more efficient. In addition to developing new kits, Liz and Ann are working to further connect their products with communities. For

instance, they would like to donate some of the proceeds from the sale of particular kits with organizations like the Audubon Society.

For gardeners, saving seed can be intrinsically rewarding. Potting Shed Creations kits provide everything needed to enable people to start growing their own gardens, and thereby learn firsthand about the plants that sustain us.

*Gary Chang has enjoyed saving and growing peas for years.*

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The BookShelf - Monthly Reviews of  
the Co-op's Literary Repast  
by R. Ohlgren-Evans

## Off the Eaten Path

by Bob Blumer • 144 pp • \$20.00 •  
Ballantine Books • New York, NY

Bob Blumer explains: "Eight years ago I lost my mind and found my calling. In the ensuing quest to become the patron saint of dysfunctional kitchens, short attention spans, and mismatched place settings, I put my day job on hold, unplugged the phone, and locked myself up with a PowerBook and some art supplies.

As the sparks flew, I committed my entire cooking repertoire to paper. When I emerged two months later, I had channeled a cookbook."

"Off the Eaten Path" author, Bob Blumer (a.k.a. the Surreal Gourmet) is a wild and crazy guy, and I think his own words set up this latest achievement way better than anything I could say.

"Off the Eaten Path," Blumer's third cookbook, has some of the coolest art and is possibly the wittiest approach to cooking that I've ever run across. As zany as he is, he includes explicit instructions for his savory creations, including steps for prepping the meal, any special kitchen apparatus you might need, and suggested music selections that might enhance your cooking, dining, and washing up.

There are some REALLY great looking meals here, like Killer Gazpacho, Pepper Crusted Maple Glazed Salmon and for breakfast, Blackened Home-Fried Potatoes from Hell. He also suggests some innovative aperitifs that would stimulate any gourmet's appetite—doesn't a Chocolate Martini or a Frozen Watermelon Margarita sound like a refreshing change of pace? Blumer shows his true wacky spirit in the chapter, Extreme Cuisine, with offerings like Dishwasher Salmon with Piquant Dill Sauce (I'm not kidding), Six-Cylinder Lemongrass Shrimp (no, I'm still not kidding), and Your Basic Pressed-Cheese Sandwich (done on an iron).

"Off the Eaten Path" is artful, irreverent and a true inspiration to any cook.

*Robin Ohlgren-Evans looks for art, irreverence and inspiration in her very own kitchen in Moscow.*

## Macro Musings

### Sprouting Your Taste Buds with the Cooking of Spring

By Peggy Kingery

The signs are all around me as I walk: sprouting bulbs, green grass, chirping birds. Spring! I put away my recipes for heavy stews and soups and begin digging through cookbooks to find ones that showcase young leafy greens, asparagus, and light grains.

In previous articles, I've discussed seasonal cooking based on the "Five Element Theory," or the five transformations of energy. These are cyclic energy changes that are generated by the interplay of yin and yang forces in our universe. Each season of year is associated with an energy phase that is nurtured by eating certain foods, which in turn supports different organs in our body.

Spring is associated with Tree energy, a strong ascending force that frees our spirits and causes us to feel lighthearted. The color and flavor associated with Tree energy, green and slightly sour, illustrate the vitality of spring. In like manner, sour taste, with its astringent quality, opens us up and frees us from stagnated energy that can stifle our creativity. The organs nourished by Tree energy are the liver, gall bladder, and nervous system.

Lighter cooking styles should be used more often now that the days are getting brighter. It's time to focus on sautéing, steaming, and blanching foods instead of baking or stewing them. Cut back on the amount of fat, oil, and heavy seasonings. Choose grains and vegetables that represent ascending energy and increase the amount of fermented and pickled foods in your diet to accentuate the sour flavor.

Lightly sour grains – wheat, oats, rye, and barley – animate Tree energy. Wheat is one of the oldest cultivated crops. It's difficult to digest so we generally eat it in refined forms such as flour products, bulgur, and couscous. Another wheat product, seitan, is made by separating the gluten from the starch and bran, and simmering the gluten in a tamari-kombu-water broth. It adds richness to stews, casseroles, sandwiches, and stir-fries.

Oats are the highest of all grains in protein and fat and may help lower

cholesterol, stabilize blood sugar, and absorb excess salt from our bodies.

Rye is not often used in cooking, but is one of the sturdier grains. It's used most often as flour for bread and pasta, is strongly flavored, and works best in whole form when it's combined with other grains. Barley creates a thick, rich, creamy texture that's warming to the body when cooked in soups and stews; cooked alone and tossed with vegetables and a dressing, it makes a cooling salad.

Beans that support Tree energy include green lentils, split peas, and black-eyed peas. These cook quickly, are light on our digestive system, and don't make us feel full. The vegetables most nurturing in spring include artichokes, broccoli, lettuce, parsley, green beans, green peas, alfalfa sprouts, and summer squash. All of these contain a delicate ascending nature. Fruits most appropriate during this season – Granny Smith apples, lemons, plums, limes, and pomegranates – all have a refreshing sweet/sour taste.

With the warm weather inviting me to be outside as much as possible, I don't want to spend as much time in the kitchen as I did when snow covered my gardens. Being in the fresh air makes me hungry, though, and a meal centered around this quick-cooking, tasty pilaf both satisfies and energizes.

#### Wheat Pilaf

- 1 tsp unrefined oil
- 1 cup onions, diced
- ½ cup mushrooms, diced
- ½ cup celery, diced
- 2 cloves garlic, minced
- 1 c bulgur wheat
- ½ cup whole wheat macaroni
- 3 cups boiling water
- 1 Tbs shoyu
- ½ tsp oregano
- 2 Tbs minced parsley

Heat oil in a skillet over medium high heat. Sauté vegetables for 3 minutes, then add bulgur and macaroni and stir well. Add boiling water, shoyu, and oregano to the skillet and return to a boil. Simmer, covered, for 30 minutes. Gently fluff with a fork, garnish with parsley, and serve.

*Peggy Kingery loves everything about spring: finding antlers in the woods, listening to Mariners baseball games, munching on crisp asparagus shoots, and planting her vegetable and flower gardens with the help of her husband Jim.*

For the Cook Who Likes to Garden, and the Gardener Who Likes to Cook

## Pear and Gorgonzola Pasta

by R. Ohlgren-Evans

It's the week of spring break at this writing. The crocuses and primroses greet my front door, so I know it must be true. The rhubarb's crimson foliage unfurls tentatively at the back gate. These are all very hopeful signs at the end of a mighty Palouse winter.

I'd like to suggest this stunning Pear and Gorgonzola Pasta as a pleasant change from most pasta dishes, and to take advantage of the last of the great pears in the Co-op's larder.

- 12 oz dried spaghetti
- 2 soft-ripe Bartlett, red Bartlett, or d'Anjou pears
- 1 Tbs lemon juice
- 1 c (5 oz) crumbled gorgonzola or other blue-veined cheese
- 1/2 c Italian parsley
- 1/2 c. chicken broth
- 1/2 tsp cornstarch
- 2/3 c toasted pecans
- salt & pepper

Half-fill a 5- to 6-quart pan with water and bring to a boil over high heat. Cook spaghetti 7-9 minutes, or until tender. Drain and return to the pan. Meanwhile, cut each pear lengthwise into eighths; core pieces, and slice them crosswise 1/4 in. thick. In a bowl, gently mix the pears, lemon juice, gorgonzola, parsley; set aside. In 1- to 2-quart pan over high heat, stir broth and cornstarch until boiling. Gently mix into drained spaghetti along with pear mixture. Transfer to a serving dish. Scatter pecans on top and season to taste with salt and pepper.

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

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# Insights

## Where Our Future Begins

By Lisa Cochran

April is such an exciting month here on the Palouse. The month begins with the Week of the Young Child. April 1 through 7 has been set aside to bring attention to our most precious natural resource and a time to consider community-focused activities for and about our kids.

Local activities in Pullman will begin on April 4, featuring A Kid's March for Quality Child Care. The march begins at 9:30am at the Gladdish Community Center. In Moscow on Saturday, April 7, there will be a Parent's Information and Kid's Activity Fair from 10 am to 2pm at the Eastside Marketplace. Anyone wanting more information on these events may call Cory Leaphart at 332-4420 or 882-1013.

The goal for all these events is to promote early childhood experiences that enhance growth. Though many experiences are family-based, community-based experiences are essential to link children into a broader support group. What better way for kids, along with their parents, to get involved in some grass-roots activities in their community than by volunteering! National Volunteer Week or Big Help Week is April 22 to 28 this year, National Youth Service Day is April 20 and 21, and the Saturday of Service is April 28.

I spoke with Vista Volunteer Tami Moore about getting young people involved with community service. Her job is to work to develop a Latah Community Volunteer Center. This center will serve as a county-wide clearinghouse for volunteers by linking volunteers with projects throughout Latah County. The center is still in its planning stages, but is expected to be running by late summer or early fall. This center will link the campus with the community, adults with youth, to combine resources to engage more people more effectively to get things done.

We have seen right here in our own community what younger members can do with vision, energy and desire to make a positive change. By partnering with adults to mobilize resources, teaming up with allies, building relationships and creating a sense of empowerment, our new skate park is a perfect example of such a community asset. The

proposed Latah Trail, the Palouse Ice Rink, and the 1912 Center are examples of similar community action.

As parents, we sometimes get a little overwhelmed by our mission: to guide our kids to grow into independent, productive, happy, and successful citizens. One developmental asset that appears to be basic to such well-adjusted human beings is the promotion of self-esteem. I strongly believe that an essential component of esteem building, in even our very young children, comes from the feeling that we are not inconsequential and that we are not powerless. This is what many youth studies refer to as connected-ness. When young people feel a sense of connected-ness there is less chance of them engaging in high-risk behavior. Volunteering directly promotes this sense. Volunteering is a part of raising kids to be adults with a sense of caring, responsibility, integrity and good citizenship. Being strong role models for our children is an investment in their future.

This month and throughout the year, activities ripe for volunteering by the young and old, the individual and the family, abound. Below is a list of just a few along with some contact names and numbers:

1. PCEI's annual Paradise Creek Clean-up, April 21 in celebration of Earth Day. Families and people of all ages can call 882-1444.
2. Paint the Palouse is April 21 and is being sponsored by the UI Residence Hall Association. Interested students and community members can call Krista House by dialing 885-6111 and asking for the Residence Hall Association Community Service Office.
3. Saturday of Service Day is in its third year as an event, but its first year linking the campus and the community. If you know of a project that this group can send volunteers to, call Vista Volunteer Kim Crimmins at 885-9442.
4. The Moscow Renaissance Fair will be held on May 5 and 6. People of all ages are encouraged to volunteer in the children's activity areas. Contact Miriam Kent at 882-7192.

*Lisa Cochran lives in Moscow with her daughter, Madsen.*

## Just Say No to Logo-land

By Bill London

Just try this simple test yourself. Go to any county fair or arts and crafts festival. Find the food sales area and check it out. What do you see?

Logos.

The very familiar names and symbols of America's sodas, beers, fast food restaurants, and snack products are plastered all over the place. You see them on cups, banners, and of course bags, cans and bottles. Since those logos are everywhere, most people don't even consciously notice them anymore. But they are everywhere.

The multinational corporations behind those logos give away cups and banners and signs, and are very generous in their willingness to loan out equipment with their logos on them. We're drowning in such advertising, and it's subverting the concept of businesses offering their support for community events.

Now, for a contrast, go to the food booth area at the Moscow Renaissance Fair (it will be in East City Park on May 5 and 6). Check it out. No logos.

There will be twenty food-selling booths all sponsored and staffed by local community groups, but no logos. No beverages available in

cans or bottles. No paper cups with soda pop logos plastered on them. All the banners will only list the name of the sponsoring group and the food offered.

The Moscow Renaissance Fair has worked very hard to make this one place a logo-free zone.

Because recycling is a high priority, and because the best way to recycle food and paper refuse is to ensure that it is all compostable, the food booths are limited to generic un-waxed plates and cups and cornstarch-based knives and forks. No logos.

Check it out. Notice the lack of logos (with the exception of those people who insist on advertising clothing companies by wearing logos on their own shirts and caps).

And while you are at the fair, maybe you would like to visit the craft booths, or let the kids sample the children's activities, or watch the main stage entertainment. It's all free and all fun.

*Bill London edits this newsletter, and for the last few years has served as the Moscow Renaissance Fair Food Booth Coordinator. He will retire from that position after this year's fair, and will be replaced by the ever-delightful Annie Lee.*

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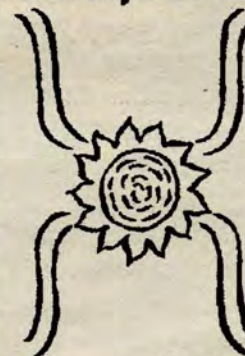
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# The Hay Box

By Mike Forbes

Several years ago a professor introduced me to the idea that when you cook food much of the energy from your stove is used to overcome heat loss from your food to the kitchen air. If we can insulate our food so heat isn't lost as rapidly, then wouldn't it then take less energy to cook it?

Using rice as an example, theoretically once you boil the rice the heat energy to cook the rice completely is there. The heat leaves the rice because the food is insulated poorly, so we overcome this loss by turning the burner down low and simmering it for 30-40 minutes. Couldn't we boil the rice, remove it from the heat source and immediately put it in an insulated box where

the heat energy couldn't escape and would finish cooking the rice? Yes, we could and it does work, almost. The catch is building a perfect box that no heat can escape from. I haven't been able to do it and I doubt many scientists can do it in the lab.

What I've done for the past 7 years is build various insulated boxes that do really well. I use them primarily for cooking grains like millet, groats, and quinoa and for keeping food and water warm for a LONG period of time. The trick is to build a box that has as little air in it as possible since air is a poor storage medium for heat.

I built my box to the exact size of my large cookpot. The boxes are built from rigid foam insulation with a radiant barrier (shiny aluminum

coating toward the inside). I glue them together with hobby glue or foam adhesive. (Liquid Nails makes a low-toxic foam adhesive available at many hardware stores). I put little strips of wood on the inside bottom to keep the hot pots directly off the insulation.

The door is just a rectangle of foam that fits into the box. It is critical to make the door fit tightly. If you put a slight bevel to the door, it will create a much better seal. Using a table saw to make your cuts makes the process very easy and accurate. To cover the ugly shiny insulation box, I built a wood box around it and lined the door seal with flexible wood strips or duct tape.

If you build the box to your largest pot you can still use smaller pots with good success if you add

more thermal mass to the box. I found that filling small pint jars with hot water from the tap works well to eliminate any air spaces in the box.

My boxes have been only 2" thick (R-14) and work very well. If I put a pot of hot food into it I can pull it out 2-4 hours later still piping hot. That makes cooking food for many people a lot easier. I would imagine that if you made the box 4" thick and sealed it really well the efficiency would be outstanding. It is my understanding that this concept is old and that traditionally hay was used in the boxes as insulation, hence the name hay box.

If you have any questions don't hesitate to email me at [mikeforbes@moscow.com](mailto:mikeforbes@moscow.com).

*Mike Forbes lives in Moscow, works in Spokane, and can't wait to be a dad in August.*

# Getting Your Z's

By Natalie Beckwith

Many of you know what a mere 4 or even 6 hours of sleep per night can bring: sleepiness, swinging moods and irritability. Even so, today it seems to be a universal goal to be a superhuman multi-tasker.

Surviving on 4 hours of sleep and cup of coffee for breakfast, many of us strive to take care of the children, attend to our jobs, complete household chores, squeeze in daily exercise, run necessary errands and if we are lucky, after the dinner is made, dishes are done and homework is complete, there just might be a little time left to.....relax.

Millions of busy women complain that they don't get enough sleep. These women of today are doing more than any generation before as they attempt to balance the demands of work and family. A recent survey conducted at Penn State University suggests that 34.5 percent of women have trouble sleeping through the night, compared with only 6 percent of men. In the same study, 33 percent of women said they felt excessively sleepy at least one day per month, compared to only 8 percent of men.

Physiological aspects such as hormonal changes could be a factor. According to Donald W. Greenblatt, M.D., director of the Sleep Disorder center of Rochester, New York, hormone imbalances can contribute to sleep disturbances. New research suggests that insomnia is one of the main symptoms of premenstrual syndrome. Researchers at the

University of Arizona found that, in the days preceding their menstrual periods, women took longer to fall asleep and that the quality of sleep declined. Biochemical changes may be an important issue when studying sleep, however the workload that women take on greatly contributes to their exhaustion.

Experts say that Americans in general, and women in particular, now enjoy less leisure time than almost any generation before them. The average American has added 158 more hours per year to his work schedule since 1969. For working mothers, the increase has been an astounding 241 hours, according to the National Commission on Sleep Disorders Research. Like food and drink, sleep is a biological need. But the daily temptations of early morning exercise classes and late night socializing and TV watching diminish sleep time.


Lethargy and irritability are the most obvious effects of sleep deprivation. However, the consequences of too little sleep can be more serious. According to the Department of Transportation, out of 400,000 traffic accidents each year, it is estimated that 8,000 of them involving fatalities may be related to sleepiness. Sleep deprivation can also lead to health problems. Certain immune-system activity decreases as much as 30 percent on those nights when people miss three hours of sleep or more, according to researchers from the University of California at San Diego.

Making sleep a priority is the first step to getting the Z's your body needs. On average, an individual needs eight hours of sleep each night. If that seems like an unrealistic option, napping before three o'clock in the afternoon, for as little as ten minutes, can give you a boost. Researchers also suggest that sleeping later into the morning whenever possible is also helpful. Lifestyle changes may be necessary as well. Not eating heavy or spicy meals late into the evening, participating in regular exercise to reduce stress, and avoiding coffee six hours before bedtime can contribute to a restful night.

Researchers also suggest that establishing a calming bedtime routine can make getting to sleep easier. Thirty minutes before bed participate in a soothing ritual such as reading a book, listening to music, taking a bath or meditating. Make sure that these activities take place in an area other than your sleeping space.

A report of the National Commission on Sleep Disorders Research suggests that sleep deprivation is pervasive throughout our society. Increased demands on your time are a "red flag" signal for you to make the necessary changes to reduce stress and get some sleep.

*Natalie Beckwith recently completed her B.S. in Psychology and is interested in various social issues primarily those concerning women. She and her husband Eric, kitten Clio, and four fish, Pete, Manni, Ox, and Big Mamma, live in Moscow, but are all planning to move to Bend, Oregon in May.*



• **Classes**  
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# Co-op Employee Plans Five-Month Hike for The Wild

By Josh Burnim

In early May, Josh Burnim will throw on his backpack and begin a five-month trek from the Sawtooth Mountains of southern Idaho to southern British Columbia's Selkirk Mountains. Josh, who has worked in the Co-op Deli for over 2 years, is hiking to attract attention to the importance of Idaho and southern Canadian wildlands and human communities, as well as to document biologically important areas.

His hike, called the Sawtooth to Selkirk Hike (S2S), will help publicize the Yellowstone to Yukon Conservation Initiative (Y2Y). Y2Y is a network of over 200 conservation organizations and individuals that are promoting the biological health of the vast area between the Greater Yellowstone Ecosystem and the Yukon's Mackenzie Mountains. Y2Y's mission is to restore and maintain landscape and habitat connectivity along 1900 miles of mountains by establishing a system of protected core wildlife reserves that are linked by wildlife habitat and movement corridors.

While many of the areas Josh will visit still contain pristine components necessary to sustain healthy populations of wildlife and fish, they have become segregated from each other. These core "islands" include the Salmon-Clearwater Ecosystem of central Idaho, the Cabinet Mountains and Selkirks of northern Idaho, the Greater Yellowstone Ecosystem, and in British Columbia, Kokanee Glacier Provincial Park and the Purcell Wilderness Conservancy.

Conservation biologists have documented the need for connectivity between core areas of habitat in order to maintain healthy populations of wildlife. If core areas are not connected, some wildlife will disappear from these islands. Isolation from other populations of a given species leads to inbreeding, and creates a situation where disease and human and natural disturbances can be devastating. Another crucial function of corridors is to provide adequate land for food gathering and habitat; many species of

wildlife require large home ranges, such as caribou, grizzlies, wolves, wolverines and lynx.

During the five-month hike, Josh will be assessing vegetation cover, wildlife signs, roads and human use of the areas. Besides helping fulfill the mission of Y2Y, this data-gathering will help American Wildlands, which is currently mapping a corridor between the Salmon-Clearwater wildlands and the Cabinet-Selkirk wildlands.

At different towns along the hike, Josh will offer public hikes and provide slide presentations. Josh received a \$2000 grant from Y2Y for this endeavor. He hopes he will inspire people to understand the importance of core habitat and wildlife corridors, as well as the Y2Y vision. A web site will feature pictures and short narratives from the hike, as well as the biological importance of each wild area.

Josh's route will begin in the Sawtooths in May at the Idaho Conservation League's annual gathering at Redfish Lake. Next is the Frank Church River of No Return Wilderness, then the Mallard-Larkin Roadless Area and Meadow Creek Roadless Area in June. From there, he and his companions will enter the Selway-Bitterroot Wilderness, the Selway Crags, dropping down to Highway 12. Next is Fish Creek, crossing the Lewis and Clark Trail, up to the Weitas Creek, Cayuse and Kelly Creek areas to the Bitterroot Divide. From Fish Lake, they will move along the stateline trail, cross Interstate 90, drop down to the Clark Fork River and go through the Cabinet Mountain Wilderness. In early August, they will traverse the Scotchman Peak Roadless area over to the Selkirks passing through Long Canyon and into British Columbia. From there, they will hike up the Nelson Range into West Arm Provincial Park and finish at Kokanee Glacier Provincial Park in September.

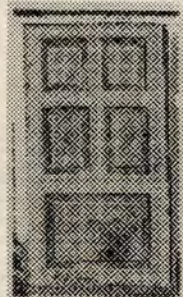
If you are interested in helping with the Sawtooths to Selkirks Hike or just want more information, call 882-9755. Support has been pledged by Hyper Spud Sports,



backcountryfoods.com, and the Moscow Food Co-op, but more donations are needed and can be sent to Sawtooths to Selkirks Hike, c/o Friends of the Clearwater, POB 9241, Moscow, ID 83843.

You can link to the S2S Hike from either Y2Y's web site <http://www.rockies.ca/y2y> or FOC's web site <http://www.wildrockies.org/foc>.

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## Letter from the Land

### Get to Know Your County: Drive a School

#### bus, Part II

By Suvia Judd

More than thirty years ago Moscow was described to me as a place where the mountains, prairie and canyonlands all come together. I like that description, and I enjoy sampling the diversity of landscapes in my bus-driving job for the Moscow School District.

Last month I talked about driving Route 111. I described that route in terms of visual details, from bluebells to wild turkeys.

Another way to describe the routes I drive is in terms of the shape of the land.

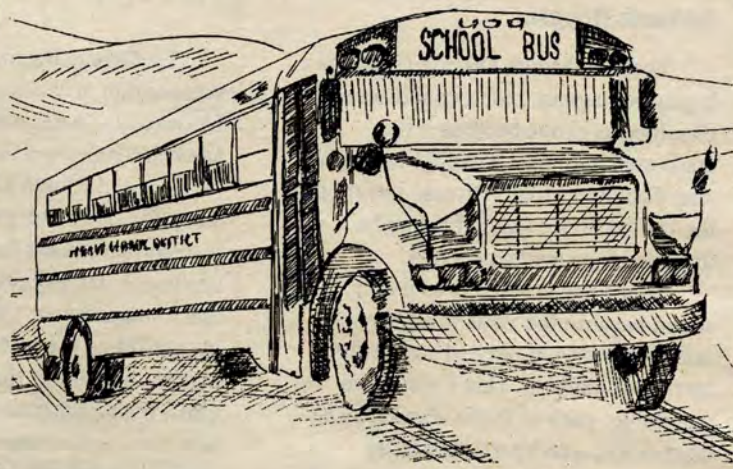
The classic image of the Palouse is of a dune-like hill against a skyline. These hills, the geologists tell us, arrived as wind-borne silt from the aftermath of a huge series of floods which swept eastern Washington from northeast to southwest, after the rupture of the natural dam which held back the giant Glacial Lake Missoula.

In some ways the hills probably seem more dune-like now, covered with single crops of wheat or barley, peas or lentils, than before the first ploughing, when the land was an open savannah of grasses and shrubs, with scattered ponderosa pines.

In the Paradise Valley around Moscow, the Palouse hills are piled up on the basalt of old lava flows, between the southwestward reaching arms of Moscow Mountain and Paradise Ridge, outliers of the Palouse Range (and the former shores of the old North American continent.) Paradise Creek and The South Fork of the Palouse River and their tributaries meander through the valley. In the spring, one can see around Moscow the remnants of seasonal water meadows.

To the north and east of Moscow, the county grows steadily more treed and more mountainous, and is cooler and wetter. When the wheat fields of the Palouse ripen to gold, Moscow Mountain and the forested hills still rise up green, and in the depths of the mountain there are still cool springs under the cedars.

To the south and east of Moscow, the landscape turns inside out. The remaining trees are in the ravines and canyons which run away south to the big canyons of the Clearwater and the Snake. The canyonlands are hotter and drier than the Paradise Valley. Weeks before the nitrate green of the wheatfields on the plateau begins to



turn, you can drop over the lip of any canyon and the grass is yellow-tan, and I'm told that rattlesnakes abound.

I never get over the differences among these different Palouse landscapes, all folded so closely together.

You can sample open wheat country, mountain forest, and get a glimpse of the canyons, by driving just two of the Moscow School District bus routes. Next issue I'll tell you how.

*Suvia Judd sells fruit trees, raises alpacas, drives school bus, and explores backroads. If you need a Sunday afternoon spring drive before the next newsletter comes out, you can e-mail her at lazysurris@earthlink.net.*

## Upcoming Women's Center Events

By Jill Anderson

The big event this month is the 4<sup>th</sup> annual campus and community fun run to benefit the UI Women's Center. The run/walk/stroll begins and ends in front of the UI Administration Building lawn. For competitors, the race gives you a chance to kick off your spring fitness plan; for non-competitors, it's a scenic stroll through campus on Mom's Weekend. Join us for an awards ceremony and refreshments immediately following the race. Prizes will be awarded for the top woman and man in each age group. There will also be prizes awarded in other fun categories. For registration information, visit the Women's Center website at [www.uidaho.edu/wcenter](http://www.uidaho.edu/wcenter) or call 208-885-6616.

In addition, please consider seeing "Don't Speak My Mother's Name in Vain." Reanae McNeal will present a powerful one-woman show that uses interconnected vignettes, dance and song to trace the experience of African-American women through a wide range of "herstorical" contexts.

## Three Poems

by Margo Kay

*Editor's Note: Former Moscow resident (and Co-op board member) Margo Kay has been living recently at her new home on the range: a working cattle ranch in Wyoming. From her experiences there, she penned these poems.*

### Feeding cows

The truck in 4-wheel low, no driver.  
Standing in the bed, cutting baling twine  
dumping hay off the tailgate.  
A flake of alfalfa, another in 10 yards  
a third of a bale of grass every length of the truck.  
The bulls will fight over the feed if it's not spread out,  
the pushy cows will hog it all.  
The old truck bounces and bucks on rough ground, drifts to the left as if  
pulled toward magnetic north.  
I keep an eye on the route, jump down and steer clear of the creek.

I am a truck cowboy  
a Ford Whisperer.  
Instead of saddling my horse and riding through deep snow  
mud and ice to gather cows for sorting,  
I pile hay in the back of the old bent truck.  
The greedy cows just follow behind  
jostling to be first to take bites from my load.

### Winter Calving

The heavies move over frozen ground  
like fat ladies in high heels.  
Slow motion,  
deliberate steps,  
aware of each toe as it  
strikes the ground.  
A ninety pound fetus  
as ballast  
in the middle.  
She can't help but grunt  
with each exhale,  
attempting comfort  
lying down.

This will be held at the UI Auditorium,  
Wednesday, April 11, 7:00 p.m.

Also, Debbie Storrs will talk about her article recently published in *Frontiers*. In "Like a Bamboo," she relates experiences her mother endured as a Japanese war bride and an outsider living in the United States. This will be at Brink Faculty Lounge, Friday, April 13, 12:30 p.m.

You can participate in the Clothesline Project, April 18 through 20. Decorated T-shirts will be displayed in the Rotunda of the Commons. Members of the community are invited to decorate a shirt in commemoration of violence committed against themselves or a loved one. Decorated shirts may be dropped off at the Women's Center.

Alternatives to Violence of the Palouse will have a resource and information table outside the UI Commons April 19 through 20. Sigma Chi men will be handing out white ribbons to signify a personal pledge never to commit, condone or remain silent about violence against women.

*Jill Anderson is the Education Programmer at the University of Idaho Women's Center.*

### Manure

Ken's pants are manure covered,  
inside the legs.  
Up his socks.  
On his gloves and sleeves.  
It's on my hat,  
the front of my jacket,  
and covers the dog's feet.  
There is manure on the seat of the  
pickup where the dogs jump in,  
Eau d'Corral scents my coveralls and  
jeans.

I've been cleaning it off the floors,  
tracked in after midnight checks on  
the cows.  
I preg check a mature cow whose teats  
are shrinking instead of growing.  
I have manure up to my armpit.

I have seen Spring break up on the  
Clearwater River,  
been in boot sucking mud on the  
Palouse,  
watched chocolate colored water run  
off the Rockies.  
But until I spent this Spring  
On a Wyoming cow/calf operation,  
I didn't know thaw meant melting  
manure.  
Everywhere.



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# Coming Soon to a Forest Near You – Frankentrees

by Pat Diaz

There is strong opposition in Europe and India to genetically engineered (GE) foods, and growing opposition in the United States as we learn about the health and safety issues. Not just food, however, is now being engineered.

Meet the transgenic tree. What, exactly, is a transgenic tree and why should we be concerned?

First, a primer on transgenic trees. A transgenic tree is one whose DNA has been modified to cause certain desired traits. Many kinds of fruit trees, including plum, cherry, and grapefruit, are now being genetically engineered. Forest trees, also, are being genetically altered. Those forest trees include various pines, aspen, eucalyptus, poplar, and cottonwood.

The USDA's Animal and Plant Health Inspection Service (APHIS) has OK'd over 130 outdoor tests. Many sources predict genetically-engineered trees growing in plantations in the United States in about five years.

The traits which the large multinational companies are looking for are similar to those produced by genetically altering food, plants, and fish—faster growth, built-in pesticides, and tolerance of both herbicides and harsh environments. These traits, of course, translate into higher profits.

Genetic engineers are also attempting to decrease lignin content which will reduce the cost of pulp production.

Corporate scientists say that without plantations of genetically-altered trees we will run out of wood pulp by 2010. They also say that genetically engineered forests, which will be genetically-optimized to soak up carbon dioxide from the atmosphere, will help reduce greenhouse gases and, therefore, aid in the alleviation of global warming. The targeted areas for creating these GE plantations of trees include the Coastal Southeast, the Pacific Northwest, and the Southern Hemisphere.

There are concerns, however, with transgenic trees. The biggest concern is that geneticists can alter the structures of life in ways that could never occur in Nature and the consequences of those actions, are virtually unknown.

One such concern begins with the decision scientists will have to make regarding whether to create sterile trees or GE pollen producers.

The GE pollen will travel, often for hundreds of miles in the case of pines. The altered pollen can jeopardize wild ancestor trees in wilderness areas, national parks, and national forests. If sterile tree plantations are created, what happens to the ecosystem? Would insect populations be pushed into

nearby wilderness areas? Would nearby GE forests push insect populations into our gardens? Replacing forests with sterile plantations would hasten the loss of biodiversity since no food would exist for wildlife. These forests, then, would be a threat to all the wild beings—insects, microbes, fungi, butterflies and moths, birds, grasses, other trees—and to the entire forest ecosystem.

There are other considerations as well: the lignin content of a tree is essential to its strength. A lower lignin content would lower the trees' ability to withstand wind damage, leading to what some term "wobbly trees".

The escape of low-lignin genes into the wild is a significant worry with potential devastating impacts. And there are already naturally low-lignin crops such as hemp and food-crop residues (corn stalks, grain chaff) which could meet the demands for paper. The use of these materials would have significantly smaller environmental impact.

Genetically altered trees, or super trees, also would put increased pressure on water resources and may create unsustainable demands for limited water supplies.

So far, genetically-altered food crops have experienced greater dependence on herbicides, not less. A similar effect could be expected in transgenic trees. And the effects of herbicides on soil micro-organisms, fish, and amphibians is well-documented. Other considerations include long-term effects on bird migration, forest soils, aerial plankton, as well as concerns over other countries' regulatory institutions. Transgenic trees already exist in Europe, China, Chile, New Zealand, Israel, and Indonesia. There is also a great deal of secrecy involved in the genetic alteration of organisms, secrecy that closes the process to public scrutiny. The description of the gene being transferred and its source species can be considered Classified Business Information (CBI) thereby ending any public involvement.

For further information, please see the following websites:

Council for Responsible Genetics:

[www.gene-watch.org](http://www.gene-watch.org)

Greenpeace:

[www.greenpeace.org/~geneng](http://www.greenpeace.org/~geneng)

Native Forest Network:

[www.nativeforest.org/pubs/gm\\_trees.html](http://www.nativeforest.org/pubs/gm_trees.html)

Genetically Engineered Food Alert:

[www.gefoodalert.org](http://www.gefoodalert.org)

*Pat Diaz lives with her husband, Tom, and schnauzer, Gus, on 6 acres in the woods near Dworshak Reservoir. The snow is finally melting and the turkeys and deer are returning. Spring bulbs are next!*

# What is Foot and Mouth Disease?

By Sarah Hoggan

Foot and Mouth Disease (FMD) is a highly contagious exotic viral disease. It's classified as exotic because it was eradicated from the United States in 1929. Any Foot and Mouth Disease infection in the United States would have to be imported from another country.

That's not as unlikely as it may sound because the virus is highly resistant to drying out and can easily be carried on clothing. That's why large gatherings, such as the St. Patrick's Day celebration, aren't permitted in the affected areas of Britain. Additionally, the virus can spread on dust particles in the wind so controlling an outbreak is very difficult.

Foot and Mouth infection is rarely fatal. It's serious because of the economic devastation it causes. Cows, pigs, sheep, goats and other cloven-hoofed animal are susceptible to the virus. Horses aren't at risk. Additionally, Foot and Mouth disease poses very little threat to humans.

Foot and Mouth disease affects animals by causing painful blisters to form in their mouths and on their coronary bands, the area where the fur ends and the hoof begins. The blisters later pop and large raw ulcers develop. Consequently, the first signs a farmer may see of FMD are excessive drooling or lameness. In very young animals FMD can prove fatal, but usually the infection runs its course in 2-3 weeks.

You may wonder, "If the animals usually recover, why are they all destroyed?" Exposed and infected animals are euthanized to try to control the spread of disease.

Dr. George Barrington, a food animal veterinarian at Washington State University's College of Veterinary Medicine explained the impact of FMD, "If Foot and Mouth Disease gets into a dairy, the cows stop producing milk. They just stop producing for weeks. That destroys a dairy operation." He added that euthanasia isn't the only step taken in controlling the outbreak, "Good routine hygiene also limits the spread of the virus. It's resistant to drying but very sensitive to pH changes. Even a mildly acidic environment inactivates it."

Additionally, vaccines are available and wide and rapid vaccination is being discussed as a means of further controlling the outbreak in Britain.

The toll of the Foot and Mouth Disease outbreak won't be fully realized for several months. The British meat and milk supply isn't at risk of contamination from Foot and Mouth Disease, but their production animal population has been decimated. Not only are small family farms suddenly ruined by the losses of their livestock, but also meat and milk will likely have to be exported to feed Britain's population. Consequently, United States consumers may yet be impacted by this devastating outbreak.

For more information on Foot and Mouth Disease, the Centers for Disease control has a web site of related articles at <http://www.aphis.usda.gov/oa/fmd/index.html>

*Sarah Hoggan will graduate May 12 as a veterinarian, and will then move with her family to San Diego and a job in a multi-doctor small animal practice. Her son, Tucker, 6 month old, is crawling backwards and starting to get opinionated about what he wants.*

# Think Globally, Write Locally

By Paul Lindholdt

Do you care about the remaining wild places in western North America? Do you have a tale about fighting for a special place or working for an environmental cause?

If so, please consider submitting a copy of your tale for "Green Tales: Reflections on Place and Self," a non-profit book of environmental narratives. These reflections are inspired by the work of Mitchell Thomashow in Ecological Identity.

Submissions should range between 1000 and 1800 words and be within one of these categories:

- epiphany tales of awakening to environmental identities or crises;
- conflict tales of struggles, challenges, crusades lost, wild spots gone;
- victory tales of places protected, campaigns won, nature restored.

We are interested primarily in essays from western North America that depict the need for greater protection of remaining wild lands and open spaces.

Please submit a single tale to Derrick Knowles at Eastern Washington University MS-25, Cheney, WA 99004-2430. Or send it via e-mail as an attachment, ideally in rich text format, to [greentalesreflections@hotmail.com](mailto:greentalesreflections@hotmail.com) by June 17, 2001.

Advances or royalties from "Green Tales" will benefit groups that protect and restore the northern Rockies (see web site for particular beneficiaries).

Please spread the word by forwarding the web site address and this call for essays to any writers and readers working for environmental causes. For more information on this book-in-the-making, copy and paste or click on <http://www.class.ewu.edu/class/ENGL/programs/GreenTales.html>

*Former Moscow resident and Co-op member Paul Lindholdt has now joined the faculty at Eastern Washington University. He invites those with interest in the book to contact him at 509/359-2812.*

# The Latah Trail Project

by Nancy Chaney

The Latah Trail has been a dream since the Palouse River and Coulee City Railroad abandoned the line between Moscow and Troy about 17 years ago. This dream is now becoming reality.

The route parallels Highway 8, and, once paved, will afford a safe, scenic passage for non-motorized transportation and various recreational opportunities for users of all abilities.

On January 31 of this year, Latah County purchased 9.2 miles of railroad right-of-way from the real estate arm of the railroad salvage company for \$163,000. The Latah Trail Foundation, a non-profit 501(c)(3) corporation, contributed \$40,000 to the county toward that transaction, and continues to raise funds to help make the trail a reality.

Where are we now? The county is awaiting a preliminary engineering report and an environmental impact study, prior to negotiating purchase of the remaining 1.75 miles. Thanks to \$495,000 in enhancement funds from the

Idaho Transportation Department (ITD), paving the four miles of trail between Moscow City limits and Eastman Acres may begin as early as October 2002.

Latah County, the Latah Trail Foundation, and members of a citizens' committee are recipients of a technical assistance grant from the National

Parks Service through its Rivers, Trails, and Conservation Assistance (RTCA) Program. Last October, a brainstorming session between NPS officials and representatives from local interest groups generated a list of about 25 stakeholder groups. On February 20, about 30 people, including representatives from those stakeholder groups, met with NPS officials to discuss plans for the trail.

What's next? Latah County has applied for an additional \$500,000 in ITD enhancement funds for Fiscal Year 2004. If approved, such monies will be dedicated to paving the trail from Eastman Acres to

Troy.

ITD funds are exclusively for land acquisition and paving, not for amenities such as restrooms, drinking fountains, rest stops, landscaping, interpretive sites, etc. The Latah Trail Foundation has set its fundraising goal at \$300,000 for this year.

Queries, comments, and checks may be sent to The Latah Trail Foundation, P. O. Box 9344, Moscow, ID 83843. You may also contact Foundation members by e-mail at [latahtrail@moscow.com](mailto:latahtrail@moscow.com) or by phone at (208) 883-3741 (Pam Palmer) or 882-9350 (Nancy Chaney). Further information is available at our website <[www.latahtrailfoundation.org](http://www.latahtrailfoundation.org)>.

What else can you do? Mark your calendar for Saturday, April 28 to attend the community fundraising dinner and auction at the University Inn Best Western. The gala event will feature a delicious meal by Chef Robert

Kunze, a no-host bar, live music, an art-and-life auction, and lively banter. Tickets will go on sale March 15, and will be available in Moscow at Bookpeople, Bank of Pullman, Bucer's, and Nature Sport. In Pullman, they will be at the Peppermill, Daily Grind Coffee House, and Bank of Pullman. Troy residents can find them at Troy City Hall.

Tickets will be \$30 each, with full tables for parties of eight available for \$200. The Latah Trail Foundation wishes to express its appreciation to Mr. Bill Sayler, The University Inn, and its food purveyor, FSA, for their generous support. Watch for further details in coming weeks, or contact the Latah Trail Foundation at the address above. Come celebrate with friends, while helping build a great community connection!

*Nancy Chaney has called Moscow "home" for twenty years. A longtime nurse, she is an Environmental Science graduate student, a runner, and board member of the Latah Trail Foundation.*

# Beware of Fragrance

By Pamela Lee

When I first began devoting my April newsletter articles to "clean air issues", I thought that I might be preaching to the converted. I no longer entertain this notion. My nose continues to alert me that many people have yet to learn this environmental lesson: fragrant products can be harmful. I suppose that if I'm going to succeed with my environmental message, I should adopt the sound-bite approach that is so pervasive in our culture. How about: "Beware of Fragrance" or "Perfume Kills"?

Perhaps you know someone, like me, who becomes seriously ill when exposed to (others') fragrant products. We are said to have "environmental illness" or "chemical sensitivities."

We are sometimes called environmental "canaries", likened to the birds that were taken into the coal mines to warn miners when their air supply was harmful. Over the years that I've suffered pain from other people's perfumed "personal" products, I've wondered why, and how, I get so severely sick, while the person pickled-in-perfume seems so oblivious to the problem. But, as I continue to learn more about fragrance ingredients, I no longer believe they are harmful to only us sensitized individuals.

So, again I remind everyone to beware of fragrant products.

They are not harmless, nor attractive, nor sexy. You might be surprised to learn that you are walking around, perhaps spending plenty of money to slather yourself in a chemical concoction that contains hazardous chemicals. 95% of the chemicals used in fragrances are derived from petroleum products. Many of these chemical ingredients are known to cause cancer, birth defects, damage to the lungs and the central nervous system (brain and nerves).

Some of these fragrance chemicals have permeated our environment and are showing up ubiquitously in our water supply, sewage sludge, and (not surprisingly) in aquatic life, human adipose (fat) tissue, in mothers' milk, and bound to hemoglobin in our blood. Many fragrances are comprised of xenobiotic chemicals that mimic estrogen and disrupt natural hormonal processes in living creatures - aquatic and mamma-

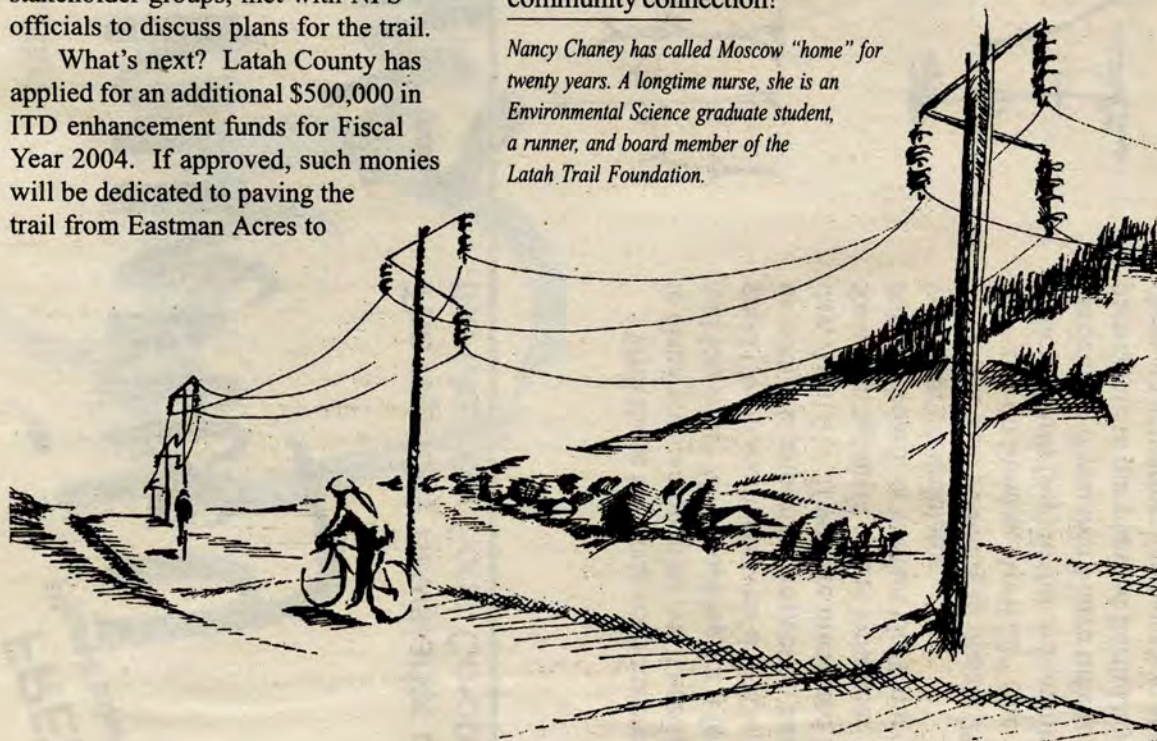
lian. Many of the chemicals found in fragrances and in common laundry products are known toxic or sensitizing chemicals, capable of cancer, birth defects, central nervous system disorders and allergic reactions.

I've wondered, as I've backed away from a Coop shopper, reeking of eau-de-perfume and eau-de-fabric-softener, if that person bagging-up organic produce knows that she is a walking fume factory? And that those fumes are so chemically laden, that she might as well eat alar.... Oh what heresy, I know, but I am so doggoned peeved at my Coop these days. Half the store smells so bad from those wretched scented candles, and all those new fragrant products that the toilet tissue and facial tissue stinks of scent. I've taken to ordering paper products from Gaiam, rather than being able to buy them from my Coop. And, I am not alone in this complaint.

Did you know that, in 1986, the National Academy of Sciences recommended before the US Congress that fragrances should be tested for neurotoxicity? This never occurred. The powerful fragrance industry polices itself. Cosmetic and personal care products come under the jurisdiction of the FDA (Food and Drug Administration). Most products under the FDA are required to label and list ingredients, in descending order of prominence in the product. But, there are exceptions to that regulation and one exception is fragrance. Industries guard fragrance ingredients as trade secrets. All that is required in the way of labeling is the word "fragrance", and that fragrance may very well be comprised of a hundred or more different chemicals.

Further, if fragrance is added to a product to cover-up or mask the odor of other ingredients, the manufacturer doesn't even have to list the word fragrance on the label. Legally there are only a few chemicals (about 10) that are banned for use in fragrance. Other than those few chemicals, any material or chemical may be used in a fragrance. There is little monitoring to ensure that banned ingredients are not used; there is no routine checking by the FDA. The FDA does not require fragrance industries to register with the FDA, file the ingredients used, nor keep any record of injuries or illness related to the use of their products. Industries that use fragrance in their products do come under the regulation of the FDA, but that regulation is extremely limited. Basically, the fragrance industry regulates itself, and sells its products to you.

*Pamela Lee will continue this article next month, for this fragrant nightmare does indeed continue.*



# Bulletin Board

Moscow Food Co-op  
221 East Third Street  
Moscow ID 83843

**Saturday, April 21**

## Annual Paradise Creek Cleanup

begin at 10am

hot food served to participants  
sponsored by PCEI, 882-1444

## PCEI annual membership meeting

potluck, presentations,  
and music

**April 21, 6pm**

at Avalon House, 111 North Washington  
882-1444

**Saturday, April 28**

## Latah Trail Foundation Dinner and Auction

at the University Best Western

contact Pam Palmer at [ppalmer@moscow.com](mailto:ppalmer@moscow.com)

## Moscow Renaissance Fair

**May 5 and 6, East City Park**

20 food booths, huge children's activity area,  
130 craft booths, continuous stage  
entertainment, free admission  
Come Celebrate Spring!

## Design Contest with \$100 prize

design the cover of the  
**Community Compass Resource Guide.**

Open to all ages, contest ends April 23, 2001  
(208)883-6454 or (208)883-6370 or e-mail:  
[marci.schreiber@gritman.org](mailto:marci.schreiber@gritman.org)

## Idaho Smart Growth

sponsors its first statewide conference,  
"Grow Smart, Idaho!

### Practical Tools You Can Use"

April 6-7 at the Owyhee Plaza Hotel in  
Boise.

Idaho Smart Growth, 208-333-8066,  
[smartgro@micron.net](mailto:smartgro@micron.net), or PO Box 374,  
Boise, ID 83702.

Idaho Smart Growth is a non-profit effort to  
educate and engage the people of Idaho in  
activities that encourage economically, environ-  
mentally, and socially responsible growth.

## Join us for "Dead Night"

at Mikeys Gyros.

A new tradition for Moscow, featuring recordings  
of the Grateful Dead, the first Thursday of the  
Month, April 5th; May 3d starts at 8:00

sponsored by Tye Dye Everything

## Moscow Renaissance

**28th Annual Posters**

Mikey's Gyros on Main Street  
Moscow

**3:00 p.m. on Sunday April 22**

congratulate this year's Poster  
Free, public invited. Hors d'oeuvres  
refreshments will be provided.

**America Walks will host the first**

## National Congress of Pedestrian Advocates

**August 16-18, Oakland, CA**

For more information, visit [http://  
americawalks.org/congress/](http://americawalks.org/congress/)

## 13th annual Household Hazardous Waste Day

safe collection and recycling of hazardous waste

**Sat., April 28, 8am to 4pm**

volunteers needed, lunch provided

recycled latex paint available

contact Moscow Recycling at 882-0590

## Palouse Patchers Quilt Show -

"2001: A Quilt Odyssey"

**Saturday, April 21 from 10-6  
and Sunday, April 22 from 12-5**

Latah County Fairgrounds, Blaine and Howard  
Streets, Moscow, ID. Enjoy over 200 quilts on  
display, refreshments, Merchant's Mall and Raffle  
Quilt. Admission is \$3 for adults and \$2 for children  
6-12. For information, contact Mary Silvernale Shook  
at (208) 882-1957 or [silvernale@moscow.com](mailto:silvernale@moscow.com).

## Strength for the Journey Retreat

benefit dinner  
show for those  
HIV/AIDS

sponsored by the Catholic  
Association

**Saturday, April 21**

332-6311

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

Submit non-profit announcements to  
[beth\\_case@hotmail.com](mailto:beth_case@hotmail.com) by the 25th of each month.

For additional events & information,  
<http://www.moscowfoodcoop.com/event.html>.

