

August 2001

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

MAD is Here...Again

By Kenna S. Eaton

Get ready Co-op members. Start your list of the Co-op stuff that you're going to buy with your MAD discount, because MAD is coming.

Monday, September 10th is the date of the second "Member Appreciation Day" of 2001. All day Monday, members will receive a discount on all their purchases at the Co-op.

No one will go home without a MAD "prize." However, the real prize of the big discounts go to those Co-op members who spend more get more. So, be prepared to show your current membership card and reap the extra benefit!

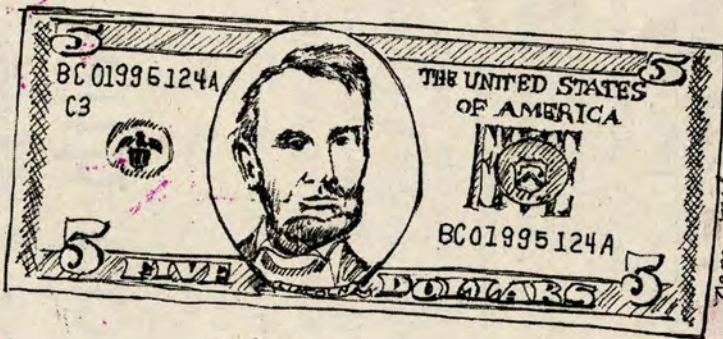
For purchases less than \$25 you will receive a 5% discount, for purchases \$25-\$70 you receive a 7% discount, and for over \$70 spent you will receive a 10% discount. Volunteers will be able to receive these discounts in addition to their regular discounts

except on beer & wine (we'd loose too much money).

Membership at the Co-op costs \$10/year for a single adult and \$17 for two, while children under 18 are free. We also have a special senior rate of \$5/year.

The membership dollars that you pay

into our Co-operative are used to purchase fixtures and equipment, not for daily operations, meaning that YOU



really do own the store.

This Co-op does appreciate its members and one way we can show that appreciation is with this discount.

MAD days are fun and a great way to stock up, so get that shopping list ready and plan to spend some time shopping at your favorite store—the one you own!

Co-op Business Partners

Anatek Labs, Inc. - 10% discount on well water tests, 1282 Alturas Dr., Moscow, 883-2839

Columbia Paint - 15% off retail paints & supplies, 610 Pullman Rd., 882-6544

Copy Court - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow, 882-5680

Culligan - Free 10 gallons of water and 2 week cooler rental for new customers, 310 N. Jackson, Moscow, 882-8812

Erika Cunningham, Licensed Massage Practitioner - First 2 massages @ \$30 each, 882-0191 for Appointment

D. M. Georgina Publications - 10% off business card or brochure design, P.O. Box 246, Albion, 332-6089

Earth Wisdom Herbals - 10% off consultation fees, 106 E. Third Street, Ste. 3, Moscow, 883-5370

Hodgins Drug and Hobby - 10% off all purchases, excluding prescriptions, 307 S. Main St., Moscow, 882-5536

Inland Cellular, Chip Damato - \$10 off the purchase of any phone or accessory, 672 W. Pullman Rd., Moscow, 882-4994 or 1332 G St., Lewiston, (208) 798-0245

Kaleidoscope Custom Picture Framing - 10% off retail custom framing, 208 S. Main St., Moscow, 882-1343

Kelly Kingsland, Licensed Massage Therapist - First two massages @ \$30. each, for appt. call (208) 892-9000

Marketime Drug - 10% off all gift items, 209 E. 3rd St., Moscow, 882-7541

Moscow Yoga Center - 10% off classes for new students, 525 S. Main St., Moscow, 883-8315

Motherwise Midwifery, Nancy Draznin - Free supply of pregnancy tea thru pregnancy, 1281 Sprenger Rd., Genessee, ID, 208-224-6965

North Idaho Athletic Club, 1-year membership for \$249, regularly \$300/yr, 408 S. Main, Moscow, 882-7884

Northwest Showcase of Fine Crafts - free 16 oz. latte with \$25 purchase, 531 S. Main St., Moscow, 883-1128

Northwestern Mountain Sports - 10% off bicycle parts, accessories & labor, 1016 Pullman Rd, Moscow

Paradise Fibers - 10% off all books, magazines, videos, yarn and knitting needles. NW 115 State St., Ste 112B, Pullman, 338-0827

Peacock Hill B&B - \$10 off night's lodging and 1/2 price breakfast when purchase two. 1245 Joyce Rd., 882-1423

Professional Mall Pharmacy - 10% discount on any compound medication, 1205 SE Professional Mall Blvd., Pullman

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal examination.

Dr. Susan Simonds, PhD., Clinical Psychologist - 10% discount on StressReduction & Women's Wellness workshops, 892-1336

Tye Dye Everything - 10% off any purchase, 527 S. Main, Moscow (behind Mikey's Gyros), 883-4779

Waddell & Reed, Jim Trivelpiece - Free consultation for financial/retirement/investing/life insurance. E 205 Main St., Pullman, 332-2543

Whitney Law Offices, Thomas Whitney - Reduced rates for all initial legal consultations. 424 S. VanBuren St., Moscow, 882-6872

Wild Women Traders, Sandy Russell - 10% off regularly priced clothing and jewelry, 210 S. Main Moscow, 883-5596

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

Community News



Generally Speaking Post Office Square gets a Face-lift

by Kenna S. Eaton, General Manager

Right in the middle of July our resident painter, Rufus T. Firefly, got out his scrapers, ladders and painting equipment and started the task of preparing our shopping mall for painting.

It took quite a while to pick the colors—probably longer than it took to paint them. We are excited that our (still new to us) home has gotten a bright new face! As only one

tenant we only had one vote in the color choices, so while the store may not be quite the colors I wanted (bright red apparently takes too many coats to make it look good) I think that we will all appreciate the tasteful and fresh new look. In my opinion there's nothing better than a good paint job to make one feel first-rate.

Art Opening at the Co-op

by Rose Graham, Co-op art coordinator

The drawings of Ron Medina will be on display on the walls of the Co-op Cafe, following an opening reception from 5pm to 7pm on Friday, Aug 17. Everyone is invited to come to the Co-op for some light and refreshing reception snacking and a chance to both meet the artist

and see his work.

Medina's paintings will be exhibited from Aug 17 through September 19.

Ron Medina was a lecturer at the University of Idaho in the following courses: Survey of Western Art and 20th Century Art.

**MARKETIME
DRUG[®]** Post Office Square
209 East Third
Moscow, Idaho 83843
(208) 882-7541

Contents

| | |
|--|-------|
| MAD is Here...Again | Cover |
| Post Office Square gets a Facelift | 1 |
| Art Opening @ the Coop | 1 |
| Fruits and Vegetables You Should By Organic | 2 |
| Up all Night | 3 |
| Welcome | 3 |
| Board of Directors' Report | 4 |
| Garden Chores | 4 |
| The Buy Line | 5 |
| Volunteer Validations | 5 |
| The Sweet Pea | 6 |
| Rompin Thru the Grapes | 6 |
| Staff Profile: Mariah Luft | 8 |
| Tomato Season | 9 |
| All in Good Time: Seasonal Cooking | 10 |
| Cultivating Success | 12 |
| Family Ice Cream Social and Old-Time Chautauqua | 12 |
| Moscow's Community Forest | 13 |
| Landscaping with Birch Trees | 14 |
| GE or GMO Anyone? | 14 |
| Be Part of the Dream | 15 |
| The Kale Slaw Phenomenom | 16 |
| 1912 Center will Include Friendship Hall | 17 |
| Bakery Schedule | 18 |
| Letters to the Editor | 18 |
| The Salad Spoon | 18 |
| Writers Wanted | 18 |
| Word of Mouth | 19 |



The Top 10 Fruits and Veggies You Should Buy Organic

By Danni Vargas
Produce Manager

What foods most often contain pesticides? In researching that question, I found this list of the ten common foods that are the most heavily treated with insecticides, herbicides, and fertilizers. The list was published in the August issue of Real Simple magazine.

For those who wonder which foods you should consider buying organic, this might be a good place to start.

1. Apples. You know that saying "an apple a day keeps the doctor away"? Well, only if the apple is organic!! According to the US Food and Drug Administration, more pesticides are found on apples than any other fruit.

2. Baby food. When a baby is born, its immune system, nervous system, and detoxification system are less developed. Feeding them baby food that has been made from fruits and vegetables contaminated with herbicides, pesticides and fertilizers can break down their ability to build strong systems and can cause them to become more vulnerable to the effects of such chemicals.

3. Butter and Milk. Milk, if it is not organic or from our lovely local dairy, may contain bovine growth hormone and antibiotics.

4. Cantaloupe. These delicious orange melons often contain five of

the longest-lasting chemical pesticides that are also highly toxic and carcinogenic.

5. Cucumbers. This veggie is ranked 2nd for cancer risk and 12th overall as the most contaminated food.

6. Grapes. Since grapes ripen quickly, get moldy and attract bugs, grape growers regularly use pesticides to attempt to sustain their crop—especially for those grapes grown in Chile. Grapes grown in that country can receive up to as many as 17 different applications of pesticides.

7. Green Beans. The Environmental Protection Agency (EPA) has a registered list of over 60 pesticides that may be used on green beans.

8. Spinach.

9. Strawberries. In the United States, strawberries are one of the most contaminated of all produce items.

10. Winter Squash. Winter squash is similar to the cantaloupe and cucumber in that the chemicals soak into the root system and travel to the inner edible parts of the squash.

Published by
Moscow Food Co-op
221 E. Third, Moscow, ID 83843
(208) 882-8537

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

For advertising rates and information:
contact Amy Richard at 882-6274
or alrichard@moscow.com

For letters to the editor:
Moscow Food Co-op,
Bill London, Editor
221 East Third Street,
Moscow, ID 83843
bill_london@hotmail.com

Open Every Day
8:00 am - 8:00 pm
With plenty of FREE PARKING!

General Manager
Kenna Eaton 882-8537 (882-8082 fax)
kenna@moscowfoodcoop.com

Board of Directors

Pat Vaughan (President)
Erik Flexman (Vice President)
Bonnie Hoffmann (Secretary)
Shel Lee Evans
Mark Mumford
Al Pingree
Peg Kingery
George Bridges

pckh@moscow.com
byocco@hotmail.com
bonniehoffmann@hotmail.com
shel_flife@hotmail.com
mmumford@moscow.com
lap@moscow.com
king6619@uidaho.edu
gbridges@uidaho.edu

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

Editor
Bill London

Issue Editor
Bill London

Layout
Jill Maxwell

Advertising Manager
Amy Richard 882-6274

Co-op Product Sales Pages
Barbara Hamm

Illustrations
Nancy Nelson

Distribution
Evan Griffith / Kristi Wildung

Back Cover Design
Beth Case

Webmaster
Bob Hoffmann,
webmaster@moscowfoodcoop.com

MOSCOW YOGA CENTER
525 S. Main • Moscow, ID 83843
(208) 883-8315

**Current Session
July 2 - August 11**
**Next session begins
September 4**

Daytime and evening classes
Classes fill quickly so register early

Schedules available on the yoga center door. 10% discount for full-time U of I & WSU students.



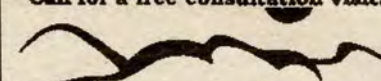
Palouse Hills Midwifery
Veronica Lassen, LM
Licensed Midwife
(509) 334-0326

**Home Birth
Birth Center
Water Birth**


Covered by most insurance including WA & ID Medicaid

Pregnancy and birth are healthy, normal, sacred, and immensely powerful experiences. To give birth in awareness is a joy that lasts a lifetime.

Call for a free consultation visit!



Spectrum II Art and Dance School offers an innovative balance of freedom of expression and professional dance training while providing an enriching atmosphere for movement exploration and creation.



Modern Dance
Figure Drawing
Creative Ballet
Boys Movement
Tap
Ecstatic Dance
Family Dance

Please call Shelly Werner at 882-1445 to register. Classes begin September 17, 2001. Please pre-register, enrollment is limited.



Notes from the Bakery

Thoughts on Scones

By Joseph Erhard-Hudson, Bakery Manager

Scones are a joy to eat, when they are made well. From the simplest of ingredients come golden triangles that practically melt in your mouth and fill your body with warm happiness.

I'd like to share my favorite scone recipe, with a few variations. One of the keys to making good scones is working the dough as little as possible while still getting a good mix of the ingredients. I'll give detailed instructions below to help you achieve the light touch you need.

Basic Scones

- 2 1/2 cups unbleached white flour
- 1/2 cup sugar
- 2 teaspoons cream of tartar
- 1 teaspoon baking soda
- 1/2 teaspoon salt
- 4 tablespoons butter (1/2 stick)
- 7/8 cup milk

Tools: Measuring spoons and cups; pastry cutter; large rounded bowl; wire whisk; rubber spatula; a large cutting board or any clean flat surface; and a knife.

Preheat oven to 325°.

Combine the flour, sugar, cream of tartar, baking soda, and salt in a

large bowl. Stir briskly with a wire whisk to get the dry ingredients well mixed. Cut the butter into the dry ingredients with a pastry cutter or your hands, until the mixture resembles coarse meal. Make a well in the center, and pour the milk in. Take a rubber spatula in one hand and grasp the bowl with the other hand. Fold the dry ingredients gently over into the milk, turning the bowl a little bit after each fold. When the dry ingredients are mostly incorporated, scatter flour over your board and dump the dough out on top.

Scatter a little more flour on top of the dough, and rub some on your hands as well. Press the dough flat with your hands, about one-inch thick, then fold it in half and press flat again. Keep folding eight to ten times, no more! Add flour if needed to keep dough from sticking to your hands or the board. When you are done kneading press flat once again, about an inch thick. Using your knife, cut out scones in triangles. Transfer scones to a flat baking sheet. Sprinkle a little extra sugar on top if you like, to make them pretty. Bake 12-14 minutes, until they are light golden in color, and just barely done inside with no doughy places.

Ovens vary a lot, so watch your scones closely the first couple of times you make them, until you know the precise baking time you'll need.

Serve them right out of the oven with butter and jam available, but these scones should be delicious and rich all by themselves.

Whole Wheat Scones

Moscow Food Co-op sells whole wheat pastry flour in bags or in the bulk bins. This flour is much lower in gluten than bread flour, and produces surprisingly light and delicious pastries. Starting with the Basic Scone recipe, replace half or more of the white flour with whole wheat pastry flour.

Fruit Scones

To the Basic Scone recipe, add: 1/2 cup fresh or frozen berries, chopped fruit, or dried fruit.

Put the fruit in at the same time as the milk, and fold as usual. If you use frozen fruit, allow a little extra baking time. I have had good results with blueberries, peaches, candied ginger, dried apricots, or raisins, and

just about any fruit will work nicely. Blueberries are a good test of your mixing technique - if your scones come out a uniform blue color, you're kneading too much! A gentle hand will produce a few blue streaks in the dough but the berries will still be distinct and whole.

Cream Scones

Decadent and delicious, these shortcake-like scones would go wonderfully with fresh strawberries.

Starting with the Basic Scone recipe, for the milk, substitute:
3/4 cup cream or half-and-half
1 egg, lightly beaten.

Next time you're in the Co-op, pick up a half-pint of Stratton's cream, make these scones and experience a little paradise.

Joseph Erhard-Hudson loves cooking for his friends and thus has found his perfect job. He can be emailed at bakery@moscowfoodcoop.com, and it would make his day to hear from you.



Welcome!

By Laura Long,
Membership Director

Thanks so much to all our new and renewing members! So many people have been paying off their lifetime memberships that your ranks have now swelled to over 270 families. There has been so much interest in Co-op membership that the numbers of people joining are reaching all time highs every month this summer. Please don't forget that if you are a new member, or a renewing member that still has questions about benefits, you can contact me anytime by calling the store at 882-8537 or e-mailing me at laura@moscowfoodcoop.com.

If I'm not in just leave a message with your question, and I will get back to you as soon as I can. Your input is valuable, and any suggestions or comments that you might have I will pass along to the Board of Directors if I can't help you directly.

Feed Your Self

Come eat
Brunch

in the
Deli

Saturdays
9-11 am **New Hours!**

Eva Jo Hallvik
Licensed Massage Therapist

208-301-2246



Board of Directors Report

By Mark Mumford

We came to the Palouse three years ago. My wife, Cassie, came to interview for a position at Washington State University, and I came with her to check out what might be our new home. While she interviewed I spent the day walking up and down Moscow's Main Street. I spent some time sitting at the Vox café, observing the people and eavesdropping on their conversations, enjoying the ambiance of the place. The next day, we drove around town "looking" for a house. Our decision to relocate was influenced by the quality of place that we experienced.

This sense of place is architectural. It is cultural. It is historical. The ancient Romans called this sense of place "genius loci"- spirit. The architectural historian, Christian Norberg-Shulz, points out that vertical structures often mark a town as a place of habitation, a destination, a point of arrival, or center of economic, political, cultural or religious power. Examples include the cathedral domes of Rome or Florence; the Eiffel Tower in Paris; the skyscrapers of New York City or Chicago; the Washington Monument; the tower or dome of the county building or city hall; or the water tower of the Midwestern prairie town. The horizontal equivalents of these vertical place-markers are the

cross-roads, the town square, the green, the piazza, the plaza.

Unfortunately Moscow does not have an old county building with a prominent tower or dome to mark the town's civic center. There is no dominating church spire about which the town clusters. No square or green marks the town's civic and cultural center. Like many Midwestern and Western towns, Moscow is characterized by a linear marker of place. Highway 95 used to be Main Street and the town has drawn its life from this highway of commerce.

In conjunction with Main Street, the character of Moscow is embodied in its historic architecture. Moscow has a wonderful collection of old commercial buildings downtown. I hope that the town will designate the downtown as an historic district and restore and preserve these buildings as the architectural source of Moscow's "genius loci." These old buildings have a dignity and grace that cannot be reproduced but comes with age. Even though cars circulate through the downtown constantly, the human scale predominates. This wonderful, quiet, charming downtown endeared me to this place, Moscow, which has now become our home.

Moscow is in the process of planning its future, and formulating a strategy to energize its economy.

How can Moscow grow and retain its quality of life? How can we invite new businesses, new residents and more visitors to come to Moscow? How do we preserve the charm and quality of Main Street as we grow and expand business and commerce?

For one thing, Moscow's Main Street needs more places where people can meet and eat and gather and be in public. The perfect model of the small-town gathering place is Moscow's Saturday Market. This weekly summer event is about people, food, gathering, meeting, talking, listening to music, watching children play, watching people pass, dogs, crafts, art. Other such people places are cafes, my favorite places to be in public, watch people, engage in conversation, work, read, listen to music, and enjoy community life. Architects have found that cafes and restaurants are essential for economic and community vitality. Because they stay open into the evening, cafes and restaurants sustain the life of a downtown beyond the work day. They generate street traffic, which draws businesses such as book stores, specialty shops, and other enterprises that cluster street activity and promote business opportunity.

The Moscow Food Co-op can be one such people place. The Co-

op has all the vital ingredients: great food, great people, proximity to downtown, ample parking and access to the center of town, and when the 1912 Building is completed, proximity to the many events and functions that will enliven Moscow's community center.

One of the Co-op's missions as a business is to enhance community life. The Co-op's Café functions well in that mission. The café is a place where people can come and meet, and eat, talk, and linger. To some extent, the café works well as a people place, but it can be more. I wonder how the Coop Café can become a smaller, year-round continuation of Moscow's Saturday Market? As the long winter confines us to our homes, we need a place where people can gather to revitalize civic life and community.

Keith Smith Carpentry

Level, plumb, & square with the world

**Timberframes
Additions
Remodels
Custom woodwork**

882-4938



Garden Chores in August

By Patricia Diaz

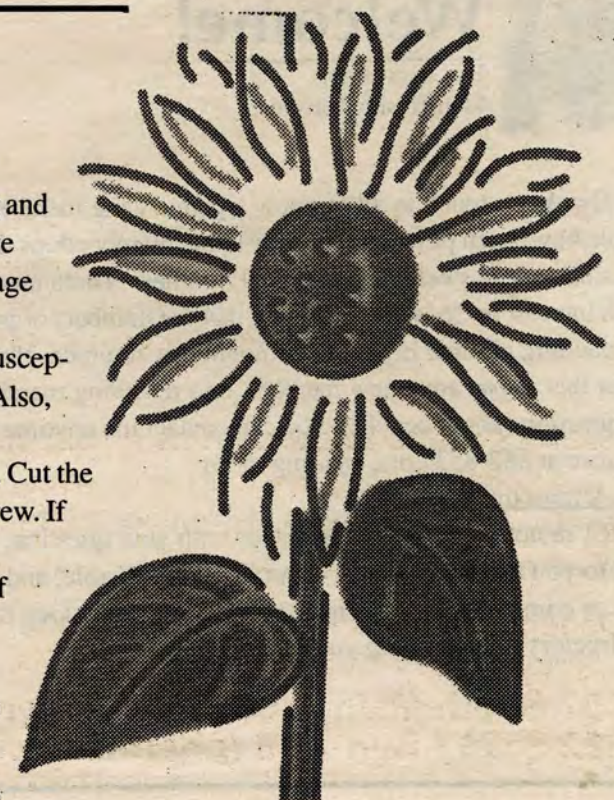
This is month, you'll want to cut back perennials. When the summer-flowering plants finish blooming and start to look raggedy, cut back their stems to the rosette of new foliage at the base of the plants. If you've planted new potatoes, harvest them when the plants flower. You can harvest the main crop after the foliage turns brown or you can leave the potatoes underground until fall.

August is also the time to start hardening off plants. New growth this late in the growing season is susceptible to early frost damage. Therefore, by mid-month stop fertilizing perennials, roses, shrubs, and trees. Also, gradually cut back on irrigation to harden off plants for winter.

If you have peonies, this is the best time to divide them and move plants to other parts of the garden. Cut the clump into large sections and replant divisions in amended soil at the same depth that the mother plant grew. If you plant them too deeply this can halt blooming.

Continue to hoe or pull annual weeds as they come up. And continue to enjoy the bountiful harvest of summer!

Pat Diaz lives near Dworshak Reservoir with her husband Tom and schnauzer Gus. We have lots of tomatoes and yellow crooked neck right now, along w native berries. Hopefully coming soon will be green beans!



The Buy Line

by Vicki Reich

It's hot. It's really hot. I've been very thankful that I work in the air-conditioning. However, when I leave in the evening the thought of generating any heat to make dinner is appalling. I made a pasta salad the other night and boiling the pasta nearly killed me. So what's a girl to eat in this heat?

I've been eating lots of green salad and throwing all sorts of things in; olives, blue cheese or feta, garbanzo beans, hearts of palm, baby corn, and any vegetable that's good raw. These salads can be a meal in themselves.

I've also been doing a lot of grilling. On Fridays, when the Fish Folks are here, I find some kind of seafood to throw on the old Bar-B. Other days I'll pick up some of the awesomely delicious sausages from Valley's Finest or maybe a great steak from BCR Beef. For a special treat I'll grill up some Lone Hawk Farm elk sausage. An ice-cold beer and some fresh fruit for dessert is usually just the ticket. Some day this is all too much and chips and salsa is all I can manage. On those days I try to remember that it won't be too long until it's cooled off and I store all those cooking ideas away until then.

Besides the heat, the other news around here is the new addition to the buying team. Please say hi to Erin Wittman when you see her wandering around the store with her clipboards.

And now from the Suggestion Board:

Please tidy up and keep up-to-date the outdoor bulletin board. It's very messy and it's difficult to see anything posted on it. Also, we'd like to see another area of the store dedicated to local events, newsletters, info, etc. Thank you.—What a great idea. We're going to have a volunteer clean off the bulletin twice a month. What did you have in mind for the other area?

Have an almond butter machine like the one for making peanut butter.—We'll see if we can put it in the capitol budget for next year.

Can you get vanillamints from Speakeasy? They're really good.—I'll see if I can fit them in on the candy shelf.

Can you get Boca's bratwurst? They are new and taste exactly like the real thing.—I haven't seen them available from my distributor yet but I will definitely keep my eyes open for them.



Volunteer Validations

By Janna Jones and Annie Hubble
(Your new volunteer coordinators)

We want to thank all our volunteers, old and new, for your wonderful work.

The Co-op just wouldn't be the same without you. Everything goes so much more easily with your help.

To show our appreciation, we are planning a volunteer party. The time and location are still being planned as this newsletter goes to press, so watch for posters telling you all!

Our eraser notice board is filling in with your names and jobs. If you haven't already done so, please sign in. The board is in the back room.

There is also a log book there for any messages, from us or for us. Please check the book each time you work. A big thanks to everyone who is using it. Appreciation also to those of you who are showing your volunteer cards at the cash registers. It makes the cashiers' jobs so much easier.

We want to give a special word of praise to all the young folks who are giving their time to the Co-op. We have a number of Junior High and High School students volunteering here at this time. The discounts they earn help to support their households, and it is good to see them involved with community in this way. It is good to see youth integrated in the larger community, and we enjoy their presence in the store.

Would-be applicants have probably noticed that we have no available positions right now. We

have your applications on file, and will place you as soon as possible. With the start of the new school year and the increasing business in the store, there will be new jobs available. Thanks for your patience.

Once again thanks for your hard work. If you have any ideas for the improvement of the program, or thoughts as to useful new volunteer positions, do tell us! We are open to your input.

STRESS REDUCTION COURSE

•Be less stressed by the ups & downs of daily life.

•Learn skills to help with chronic pain, fibromyalgia, headaches, heart disease, high blood pressure, stomach upsets, anxiety & worry.

6 week course
begins in September

Pullman Location:
Sponsored by
Pullman Memorial Hospital
Tuesdays 6:30 – 8:00 pm

Moscow Location:
To be announced.

For further information, call
Susan Simonds, Ph.D.
Clinical Psychologist
(509)595-7787
www.susansimondsonline.com

Something for everyone... Hodgins Drug & Hobby

New
Extended
Hours
Mon-Fri 9-7

Architectural Model Building
Supplies Top Quality Model
Railroad Kits Radio Control
Models & Supplies Model
Rocketry Doll House Kits
Miniatures Military
Simulations Breyer Horses
Erector Sets, Brio
Playmobil Puzzles and
much more...

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)
Free Local RX Delivery • Drive in Window
24 Hour Emergency Prescription Service
Most Insurance Plans Honored

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available
307 South Main, Downtown Moscow
882-5536 • Sun 12-5 (pharmacy closed)

Beanie
Babies!

PALOUSE
Ocularium
VISION CENTER

*Precise, professional eyecare.
Comfortable Atmosphere.*

William French
Optometrist
7th & Washington
Moscow / 883-3937

Tye-Dye
EVERYTHING!
Brightest new store in town...
Located behind
Mike's Gyros & Moscow Pawn
527 S. Main
Monday-Sat 11:00-5:30
don't forget, Co-op mbrs get 10% off!

The Sweet Pea – Nutrition News You Can Use

Kathy Early

Last month we began a discussion about some general tips for healthy eating. Before, I mentioned that eating breakfast each morning and eating lots of fruits and vegetables were two essential components of a healthy eating style. There are also other things you can do to ensure you are getting optimal nutrition.

Meal Planning is often difficult for many people. When you come home from a long day at work, or return from a weekend out of town, it's not easy to think of a well-rounded dinner for the evening. This leads many people to make less healthy choices due to lack of time and rapidly increasing hunger. Fast food and delivery-type meals become the option some people choose. But if you put a little thinking into your meal planning before you become ravished with hunger, you will not only be able to think more clearly, but you will probably not be in such a rush to get to the market. Planning ahead will also reduce food waste and costs by reducing redundancy.

Using a shopping list is a frequently recommended, but often overlooked, tool to assist in stocking any healthy kitchen. Making a list before you leave your house, so you check your cupboards, fridge and freezer, will prevent you from buying things you may not need because you already have them in the house. It also forces you to sit down and ask yourself, "What foods do we want available during the week?" If you pack a lunch, you

will have different needs than someone who eats lunch at the Co-op deli each day. If you bike or walk during your day, you will probably want to bring along more snack foods and fruits.

Avoid falling for gimmicks or scams. Nutrition books are sold at every bookstore promising everything from longevity and general health to weight loss and cured diseases. The diet industry takes in over \$35 billion a year from people trying to lose weight the fastest, easiest way possible. Use your common sense when it comes to these claims – if it's too good to be true it usually is. If you are trying to lose weight, remember, "Slow and steady wins the race."

Most people selling nutrition and diet books may not be intentionally misleading, but their claims are often based on anecdotal reports and they are making lots of money off their best sellers.

Getting enough hydration is important also for optimum health. Most people have heard about drinking 8 glasses of water a day, but what is meant by a *glass*? A minimum of 8 cups of water is the technical recommendation. This is also the equivalent of 64 ounces. Drinking enough water is not only important during the warmer months of year, but it is a crucial part of every healthy meal plan all year round.

Supplementing wisely is another important idea to be aware of. It is easy to think that if you stock up on vitamins, minerals and other supple-

ments that you will meet all your needs for nutrition. But many supplements can be unhealthy in excess amounts, and that information is not always provided on the product label. Fat-soluble vitamins like A and D can be toxic if taken in excess, as can certain minerals like iron. In an ideal world, we would get all the nutrition we need from our food but this is not realistic for some folks. For many people who do consume enough calories because they are smaller (like many women), or have food allergies or intolerances, are fighting disease, or women who are pregnant or lactating all may benefit from a supplement of some kind. If you feel you do need to supplement your diet with another source of nutrients, it's not a bad idea to know what levels are considered safe for your age, gender and life stage (i.e., pregnant, lactating). One website that is loaded with reliable supplement information is the National Institutes of Health Office of Dietary Supplements, which can be found at: <http://dietary-supplements.info.nih.gov/>. The National Center for Complimentary and Alternative Medicine also offers consumers information about supplements of all sorts at: <http://nccam.nih.gov/>. If you are suffering from any chronic illness, it is always best to get the opinion of your physician before you begin a supplement program.

Kathy Early, RD, LD, is a registered and licensed dietitian very interested in informing the public about making sensible nutrition decisions.



Rompin' Thru The Grapes

by Vicki Reich

I chose this month's wine for two reasons. I liked the previous vintage and wanted to see how the new vintage compared, and secondly, one of the bottles had the front label stuck to the back label so I couldn't sell it (you can see I spend a lot of time pondering these things).

Chateau Pech-Latt is located in the Languedoc, a region of Southern France. Corbieres is the section of the Languedoc where the vineyard is located, not the variety of grape the wine is made from.

The vineyard is planted in Mouverdre, Grenache, Syrah and Carignan and these are the grape varieties that make up this organic red wine (\$10.59). The wine has a lovely ruby color and an earthy nose.

The flavor is also earthy with hints of moss and herbs. It has a slight chocolate finish. It's a crisp, medium bodied wine.

Pech-Latt is still a young wine with plenty of tannins, and should age well. Serve it with roasted lamb or any grilled meat.

New, Rare and Used Books and Art

**Bookpeople
of Moscow, Inc.**

512 South Main
Moscow, Idaho 83843-2977
Tel: 208-882-7957 Fax: 208-883-1826

Robert Greene

Email: bookpeople@moscow.com



Camas Winery



Local wines by
the bottle & glass

**Tasting Room
& Wine Bar**
Noon-6:30 pm
Tues - Sat

110 S. Main
Moscow
882-0214

Staff Profile - Mariah Luft

By Julie Monroe

Mariah Luft, who works as a Deli Server at the Moscow Food Co-op, grew up in Washington's Methow Valley, an area of spectacular outdoor beauty that's called the Gateway to the North Cascades. Mariah describes the area with one word: "gorgeous." Yet, after she graduates from Washington State University with a bachelor's degree in political science, Mariah hopes to relocate, not in the Methow Valley, but first in Ireland and eventually in South Africa.

Although her first field of study at Washington State University was economics, 19-year-old Mariah is now majoring in political science with an emphasis in social justice. A chance encounter with an elderly couple while she worked at her family's fruit stand in the Methow Valley one summer sparked an interest in the politics of Africa. As a result of her conversation with the couple, Mariah found she "would

like to understand African politics," especially those relating to AIDS issues in South Africa.

After graduating, she hopes to become involved in the formation of public policy as a means of "building a new view," says Mariah.

Mariah's interest in Ireland, however, is not political; it's ancestral. While Mariah's father is a native of Colfax, Washington, and

attended World Youth Day in Rome, an event the media called the "Catholic Woodstock."

Despite the unusually hot weather, and the discomforts of sharing Rome with hundreds of thousands of other pilgrims, Mariah says World Youth Day was an "experience I would never change."

Before leaving for Rome last summer, Mariah spent the summer break at her family's home on a "little lake" near Pateros, Washington. Mariah's father is now in the outfitting business, guiding visitors through the North Cascades, and her mother is a counselor.

Mariah also shares her family's love of the outdoors. She's been cross-country and downhill skiing since she was three years old, and she also is fond of water-skiing, sailing, and swimming. Her less active hobbies include reading and watching films. Her favorite reading materials are biographies and novels, and she has an eclectic range of favorite films, from "The Godfather Part II" to "Enchanted April."

Getting the job as Deli Server two-and-a-half months ago means

she's spending this summer on the Palouse. She and three girlfriends, also students at WSU, have shared a house in Pullman since 1999. Commuting from Pullman to work in Moscow is no chore for Mariah because, as she puts it, the Food Co-op is "such a great place," adding that she really likes its "more unique" atmosphere.

Here's an old Irish blessing that seems a fitting one to bestow upon Mariah as she prepares to pursue her dream of "helping people who really need help."

Deep peace of the running wave to you.

Deep peace of the flowing air to you.

Deep peace of the quiet earth to you.

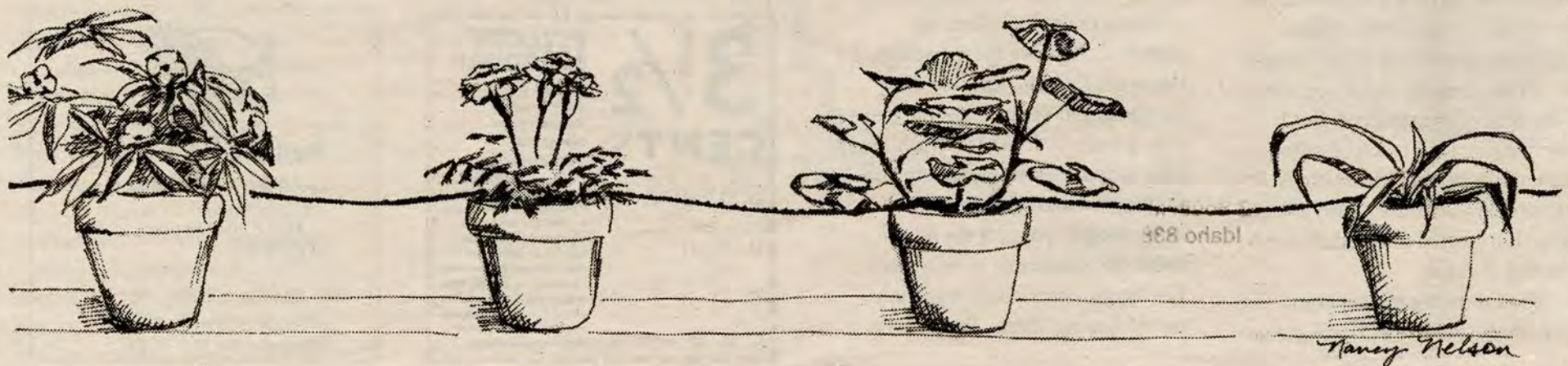
Deep peace of the shining stars to you.

Deep peace of the Son of Peace to you.

Julie Monroe is a member of St. Mary's Parish in Moscow, and like Mariah, visited Rome during the Jubilee Year of 2000.



from a family of German ancestry, Mariah's mother's family is, as Mariah puts it, "Irish Catholic." Mariah practices the faith of her family and is active as a youth leader at St. Thomas More Catholic Newman Center in Pullman. In fact, last August, Mariah, along with roughly 300,000 other young people,



Tomato Season

By Pamela Lee

I've been watching green tomatoes fatten on the vine, anticipating tomato season. Even though red tomatoes can now be found in food markets all year round, these off-season tomatoes rarely taste like the luscious vine-ripened specimens that I pluck from the vine in August and September.

My garden's tomato crops have been so disappointing the last couple of summers that I was not intending to plant tomatoes at all this year. But, after seeing my father's full, healthy tomato plants thriving inside a plastic tent in my folk's Bellingham garden, I returned to

clipping that featured Chef Tom Colicchio of the Gramercy Tavern in New York. I've seen other tomato roasting recipes that turn the oven up to 400-degrees and roast for about the same amount of time. If you don't plan to eat the entire recipe's amount, you can wrap and freeze oven-roasted tomatoes.

Roasted Tomatoes

20 ripe tomatoes (about 10 pounds) rinsed, stemmed and halved crosswise
2 large heads of garlic, separated into unpeeled cloves

thyme sprigs.

3. To store, use a fork and tongs to pack the roasted tomatoes and garlic cloves in glass jars. Strain the tomato juices into the jars and refrigerate for 3 weeks.

Roasted Tomato Risotto

4 servings
6 cups chicken stock
1 1/2 T. extra-virgin olive oil
1 onion cut into 1/3-inch dice
1 1/2 cups arborio rice
3 Roasted Tomato Halves, coarsely chopped
4 Roasted Garlic Cloves

minute, stirring to coat it with oil.

Add 1 cup of the hot stock to the rice and cook, stirring constantly, until almost all the stock has been absorbed. Add the tomato halves, garlic and another cup of stock and cook, stirring, until the stock is absorbed. Continue to add hot stock, 1 cup at a time, stirring until it is absorbed before adding more. The risotto is done when the grains are just tender and bound with a creamy sauce, about 25 minutes in all. Stir in the butter and Parmesan, season with salt and pepper and serve.



Pullman inspired and quickly built an arched PVC structure, covered with a sheath of construction grade plastic. I planted tomatoes on June 16th. In spite of the late planting and this summer's erratic weather, my tomato plants are thriving splendidly in their tent. When the tomatoes ripen, I am hoping for a few more of these chilly summer nights. I want to turn on the oven and roast a big batch of tomatoes.

I often roast vegetables in the winter. I love how oven roasting deepens the flavors and caramelizes the sugars in vegetables. I also enjoy the radiant heat of the oven in the winter. I rarely roast vegetables in the heat of the summer. But I plan to roast a big batch of vine-ripened tomatoes. The tomatoes' extraordinary, intense earthy roasted flavor is imparted to any dish that one adds them to.

The following recipes come from an old (unidentified) magazine

8 large fresh thyme sprigs
1/2 cup extra-virgin olive oil
kosher salt and freshly ground pepper

1. Preheat the oven to 350-degrees. Line 2 large rimmed baking sheets with parchment paper. Put the tomatoes on the baking sheets, cut-sides down, and scatter the garlic and thyme on top of them. Drizzle evenly with olive oil, rubbing it over the tomatoes. Season with salt and pepper.

2. Roast the tomatoes for 20 minutes, or until the skins are wrinkled. Remove the pans from the oven. Pull the skins off the tomatoes and discard. Tilt the pans over a large bowl and pour off the tomato juices. Return the tomatoes to the oven and roast for 2 1/2 hours longer; pour off the juices every 20 minutes or as necessary. Let the tomatoes cool completely on the baking sheets. Discard the

1 T. unsalted butter
1/4 cup freshly grated Parmesan cheese
Salt and freshly ground pepper

1. In a medium saucepan, bring the stock to a simmer; keep it at a bare simmer over low heat.

2. In another medium saucepan, warm the olive oil. Add the onion and stir over moderate heat until softened. Add the rice and cook for 1



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

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

3 1/2 CENTS

COPY COURT
"You be the Judge"
428 W Third Street
Moscow ID 83843
208-882-5680
copycourt@moscow.com

Expires **8/31/01**
8 1/2 x 11 black and white copies on white 20# bond full or self service only. No limit. Coupon may not be reproduced and may not be used with any other discounts or offers. One coupon per customer. Offer valid at time of purchase only and may not be credited to past or future purchases.

black
and
white
copies

Redhawk Crossing
Good Book and Coffee House

M-F 8:30-4:30 p.m.
Sat 8-3

402 W. Sixth Street, Moscow
(Across from Taco Time)
Telephone 882-6786

Food

All in Good Time: Seasonal Cooking: Melons

R. Ohlgren-Evans

In my mind, nothing speaks of mid-summer like the sweet aroma and slurpy goodness of a perfectly ripe melon. Thank goodness, melons arrive in our garden markets just in time to give relief from the dog days of summer. The cooling qualities of melons are more than merely refreshing — they are also useful for soothing hot conditions like fevers and dry coughs.

Melons are members of the gourd family, the relatives of cucumbers and squash. Orange-fleshed melons have excellent beta carotene content, which puts them high on the list of anti-carcinogenic foods. Melons are an excellent potassium source, and have an anticoagulant ingredient, adenosine, which studies have indicated offers support for those with heart disease. So there are lots of good reasons to take advantage of the melon season this summer.

Cantaloupe Bowls with Sherbet

Many summers ago, I had a friend who would call me on oppres-

sive August days to meet her in the park for lunch. Our menu was set — cantaloupe bowls filled with sherbet. If you've never tried it, wait for the next insufferably hot day and a perfectly ripe cantaloupe and experience picnic bliss.

- 1 small ripe cantaloupe
- 1 pint any flavour sherbet
- 1 knife
- 2 spoons

Slice the cantaloupe and remove seeds. Scoop the sherbet into each cantaloupe 'bowl' and devour with abandon.

Watermelon Salad with Pecans and Feta

Watermelon is a good source of vitamins C and A and potassium. It is low in sodium and calories and has no fat. This Middle Eastern breakfast salad makes a great side dish to a grilled supper.

- 2 cups watermelon cubes, seeds removed

- 1/2 c feta cheese cubes
- 8 toasted pecan halves, chopped
- 8 slivered mint leaves
- 1 Tbs fresh lime juice
- Grinding of fresh pepper

Mix everything together and toss well. Serve right away.

Melon with Cardamom

Purchase a cantaloupe with no stem or stem fragment. Hold it at room temperature until it has a pleasant cantaloupe aroma and yields slightly to light thumb pressure on the blossom end, and when the rind's netting is a dull yellowish.

- 1 cantaloupe, chilled
- 1/4 tsp ground cardamom
- 1 Tbs fresh lime juice
- A grinding or two of pepper

Using a melon baller, cut the melon into balls — or just dice it if you have no melon baller. Toss with the remaining ingredients and serve in glass dishes with a sprig of mint.

Melon Compote

Ginger, cumin, and black pepper add an exotic touch to this refreshing and colorful three-melon dessert, which can be prepared in 45 minutes or less.


- 1 1/2 cups sugar
- 1/2 cup water
- 1/4 cup fresh lime juice
- 1-inch piece gingerroot, peeled and grated
- 1 1/2 teaspoons ground cumin
- Freshly ground black pepper to taste
- 2 cups 3/4-inch watermelon balls (from about a 3-pound piece, seeded)
- 2 cups 3/4-inch honeydew melon balls (from about a 3-pound piece, seeded)
- 2 cups 3/4-inch cantaloupe balls (from about a 3-pound piece, seeded)

In a 1-quart saucepan bring sugar and water to a boil, stirring until sugar is dissolved, and simmer 2 minutes. Cool syrup and stir in lime juice, gingerroot, cumin, pepper, and salt to taste. In a bowl toss together melon balls and syrup.

Chill compote, covered, at least until cold, about 2 hours, and up to 3 days.

Robin Ohlgren-Evans is quite sure that the long days of summer don't get any better than right here on the Palouse. Your comments are welcome at: rohlgren@moscow.com.

Sole Mates.



Florida

BIRKENSTOCK

German Engineering for Your Feet

Nature Sport
Palouse Mall
882-9462

©1999 Birkenstock Footprint Sandals, Inc.

坤

Karen Young L.Ac.

Acupuncture & Massage

520½ S. Main #3
Moscow, Idaho 83843

By appointment
208/883-8894

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 or above.

For some people, PAS provides a way to meet new friends; others use it as an opportunity to widen social activities.

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 for more than 20 years. Membership is only \$16/year, mainly to cover the cost of advertising.

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

Lynn 883-0987
Alice 332-2737

**Friendship
Networking
Support
Socializing**

**Palouse
Area
Singles**

www.geocities.com/palousesingles/



Vanilla Macaroon,
Strawberry Raspberry,
CF & WF

Save 15%

BULK



Fruit 'Nut, CF & WF
Maple Almond, CF & WF

Save 15%

BULK



Honey Cranberry Mix,
Southwest BBQ with
Peas Mix

Save 15%

BULK



Sporting Mix,
Honey Roast Mixed Nuts,
Honey Roasted Nut &
Fruit Trail Mix

Save 15%

BULK

Nuts

Dry Roasted Soy nuts
salted and unsalted

Reg. \$3.15
Now \$2.60

Save 18%

BULK

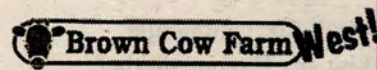
Sweeteners/ Baking Goods

Sugar
unrefined

Reg. \$1.39
Now 99¢

Save 29%

BULK



Yogurt

Maple Cream-on-Top
Vanilla Cream-on-Top
Plain Cream-on-Top

Save 26%

REFRIGERATED

Wallaby

Yogurt

Reg. 89¢
Now 69¢

Save 22%

REFRIGERATED



Weiners, Tofu

9 dogs/pkg
Reg. \$3.09
Now \$2.15

Save 30%

REFRIGERATED



Smart Bacon

Reg. \$3.29
Now \$2.75

Save 16%

REFRIGERATED



Wraps

Reg. \$2.45
Now \$1.89

Save 23%

FROZEN

FRUITSTIX

Singles

Reg. 75¢
Now 55¢

Save 27%

FROZEN



Big Bowls

Reg. \$1.55
Now \$1.25

Save 19%

GROCERY



Glace

Reg. \$2.89
Now \$2.35

Save 19%

FROZEN



Toaster Pops

Reg. \$2.75
Now \$2.29

Save 17%

FROZEN

Food Merchants

Polenta

Reg. \$2.59
Now \$2.15

Save 17%

GROCERY



Peace Cereal

Reg. \$3.25
Now \$2.55

Save 22%

GROCERY

BALANCE

Oasis Bars

Reg. \$1.39

Now \$1.15

Save 17%

GROCERY

Greene's Farms

Chicken Chili
with Beans &
Vegetarian Chili

Save up to 17%

GROCERY

Greene's Farms

Refried Beans

all varieties

Reg. \$1.55
Now \$1.25

Save 19%

GROCERY

Deep Sea

Tuna

Reg. \$1.75
Now \$1.49

Save 15%

GROCERY



Sesame Tahini,
raw and roasted

Reg. \$3.89
Now \$2.85

Save 27%

GROCERY

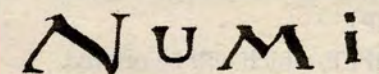


Newman-O's,
Cream Filled
Chocolate Cookie

Reg. \$3.05
Now \$2.55

Save 16%

GROCERY



Tea, all varieties

Reg. \$4.05
Now \$3.39

Save 16%

GROCERY

Planet Harmony

Gummy Bears &
Worms

Reg. \$1.39
Now 89¢

Save 36%

GROCERY

SOKEN



Ramen

Reg. \$1.79
Now \$1.49

Save 17%

GROCERY

Unsweetened
Soy milk &
Ultra Soy milk

Reg. \$2.25
Now \$1.69

Save 25%

GROCERY



Cultivating Success: Rural Roots' On-Farm Education Program

By Brian Gareau and Tara Pisani Gareau

Rural Roots is a Moscow-based, non-profit, member organization. Our mission is to help local and regional small acreage farmers and ranchers create a healthy and sustainable community-based food system in the Inland Northwest. Rural Roots understands that local agriculture contributes positively to our sense of community, quality of life and economic prosperity. Furthermore, we recognize the importance of developing local markets, creating opportunities for sustainable products and increasing understanding about the importance and potential of local agriculture.

Integral with Rural Roots' involvement with local and regional small acreage farmers is our involvement with education. We have been working collaboratively with the UI and WSU to create an experiential program in sustainable farming called the "Sustainable Small Acreage Farming and Ranching On-Farm Education Program" (OFEP).

OFEP, which will be offered through the UI this academic year, provides an interactive learning environment for beginning farmers/market gardeners, experienced farmers seeking production and market alternatives, and university students. OFEP is comprised of three modules:

Module I, "Small Acreage Farming and Ranching Overview" is a 3-credit/4.5 CEU course that incorporates classroom seminars, case studies and farm tours to give students a general knowledge base of sustainable small acreage agriculture production practices.

Community experts and local farmers participate in the course as guest speakers teaching students the practical aspects of sustainable farming in the Inland Northwest including goal setting, land evaluation, business planning, production practices, marketing options, regulations, and community resources. Beginning September 6th, this course will be offered in Moscow on

Thursday evenings from 6-9pm.

Module II, "Agricultural Entrepreneurship," is a 3-credit/4.5 CEU course that breaks down the task of writing a business plan into fun, attainable steps. Students gain first-hand knowledge of the local agricultural economy and valuable insights from agricultural entrepreneurs, community economic advisers, and bank representatives. The course alters the way people look at their business and gives them the confidence necessary to pursue their entrepreneurial goals. This course will be offered January-April 2002.

Module III, "On-Farm Apprenticeship," is an 8-week, 6-credit/ 8 CEU educational experience on a small acreage farm or ranch. Under the instruction of an experienced farmer/rancher, students apply the knowledge and tools they learned in modules I and II with the option of doing research and/or independent projects on the farm. The apprenticeship schedule (days and hours) are flexible and arranged with the farmer-mentor.

Modules I and II can be taken independently. Students who successfully complete all three modules earn an On-Farm Education Program Certificate.

If you are a farmer, community member or a university student interested in learning more about small acreage farming and ranching, innovative marketing strategies and business planning, while gaining the technical skills to put theory into practice, OFEP is for you!

If you want more information or to register for the fall course, contact:

The OFEP Coordinator, 208-885-7499 or Rural Roots, 208-883-3462, dephelps@earthlink.net

Tara Pisani Gareau is the OFEP program coordinator (until August 24 when she heads to Santa Cruz to start an agroecology Ph.D. program). Brian Gareau is the OFEP program assistant/grant writer. Both are returned Peace Corps Volunteers. Brian is also a well-known Hobbit authority, in fact it is rumored he might have very hairy feet!

Family Ice Cream Social and Old-Time Chautauqua

By Pam Peterson

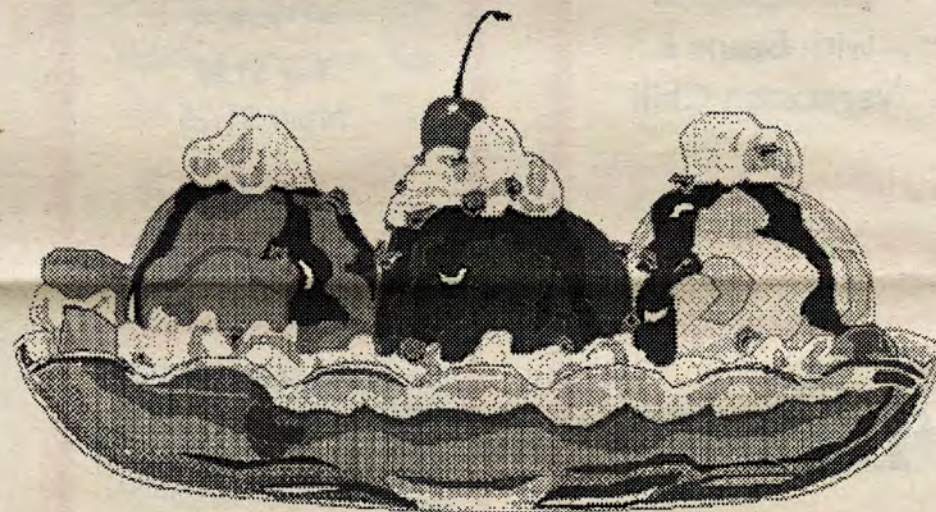
A fun Moscow tradition is on the calendar for Sunday, August 26. It's the Family Ice Cream Social and Chautauqua sponsored by the Latah County Historical Society.

This lively family event will take place at the McConnell Mansion, 110 South Adams, from 1 to 4 p.m. The historical society will be serving ice cream sundaes and mini-banana splits, and there will be an ice cream eating contest for three different age groups.

There is much more planned.

The Moscow Fire Department is bringing two vintage hose carts along with a modern fire engine. The Hog Heaven Muzzle Loaders dressed in period costumes will set up a tipi and have a dugout canoe. In addition, there will be vintage cars along Second Street.

Kids can enjoy dressing up in old-fashioned clothes, using a washboard and hand wringer, and taking a hayride in a wagon pulled

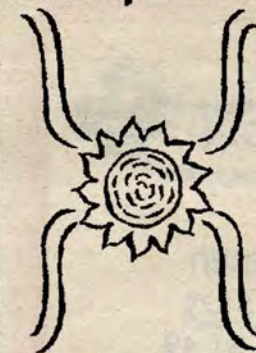


The Chautauqua features Sarah Elton-Marlowe in a historical portrayal of Sacajawea along with music and other entertainment.

Pam Peterson is a trustee of the Latah County Historical Society. She is also active with the 1912 Center project, Toastmasters, and other civic organizations.

Nancy Draznin, CCE, CLA

(208) 224-6965



Home Birth
Water Birth
Hospital Labor Support

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

Moscow's Community Forest: A Community Responsibility

By Melodie Armstrong

This is the third article in this series on Moscow's trees. This month, I will focus how citizens can help Moscow's community forest.

And what is this community forest, or as it is sometimes called this urban forest.

Dave Rauk, head of the Moscow Tree Committee, explains it this way: "If you fly over Moscow, what do you see? A tree-covered area, with some buildings sticking out. That is the urban forest."

The Moscow Tree Committee is composed of seven residents of Moscow who are appointed by the mayor. The committee was created in 1993 when the current Community Forestry Ordinance was adopted, replacing the ad hoc committee which was formed in 1990.

This volunteer committee is purely advisory. It does not set policy. The individuals on the board have wide and varied backgrounds: tree care professionals, professors, a National Park Service employee, a retired person who is also a master gardener, and an artist.

The Moscow Tree Committee is proud of its accomplishments. The committee completed the town's tree ordinance and the specifications and standards which go along with the ordinance, helped the city attain Tree City USA status, created the tree management plan, provided input on residential street standards, completed a street tree inventory, and continues to provide education to the community.

The Tree Management Plan tells what has been done, what the tree committee is about, and where the Moscow Tree Committee is going.

One of their most noticeable accomplishments, resulting from the city's adoption of the Moscow Tree Ordinance, is the virtual elimination of topping and hat racking (which are pruning techniques that actually harm the trees). By providing for the licensing and certification of tree workers, the city has a chance to see how the work is performed, and has eliminated these pruning methods. Topping and hat racking are not only unsightly, but also destroy the structure and health of the tree, causing weakly-attached

limbs which become a danger as they grow.

Tree City USA is a recognition, given to towns by the National Arbor Day Foundation, for meeting four criteria showing that the community is managing and caring for the community forest. Moscow has also received the National Arbor Day Foundation growth award.

The revised Standards for Residential Street Design is also an important tree accomplishment here in Moscow. The residential street standards previously have not encouraged tree planting, because the strips on each side of the street were too narrow, often only four feet wide. The revised design allows

room for large street trees on both sides of the street with an eight foot wide street lawn (the space between sidewalk and street).

The Moscow Tree Committee also completed an inventory of the street trees (trees in the public right of way) in the city of Moscow. Volunteers were trained and collected information on the 6,245 existing trees, as well as 6,200 spots available for planting street trees. This information allows wise decision-making about caring for the community forest, including pruning, other maintenance, and planting. This inventory also makes it possible to attach a value to the street trees of Moscow. Using an industry standard, Moscow's street trees have a value of \$14,929,631.00 !!!

The Moscow Tree Committee continues to provide education to the citizens of Moscow. The committee

helped with or created the Tree Selection Guide, the yearly Moscow Tree Bulletin, a pruning brochure, the Moscow Community Forestry Ordinance, and the Arboricultural Specifications and Standards Guide.

The City of Moscow celebrates Arbor Day each year, and each year the Tree Committee visits 6 elementary schools and talks to 2nd graders about Arbor Day and the importance of the community forest. This past Arbor Day included a tree planting at the library, with the involvement of the Moscow High School Environmental Club.

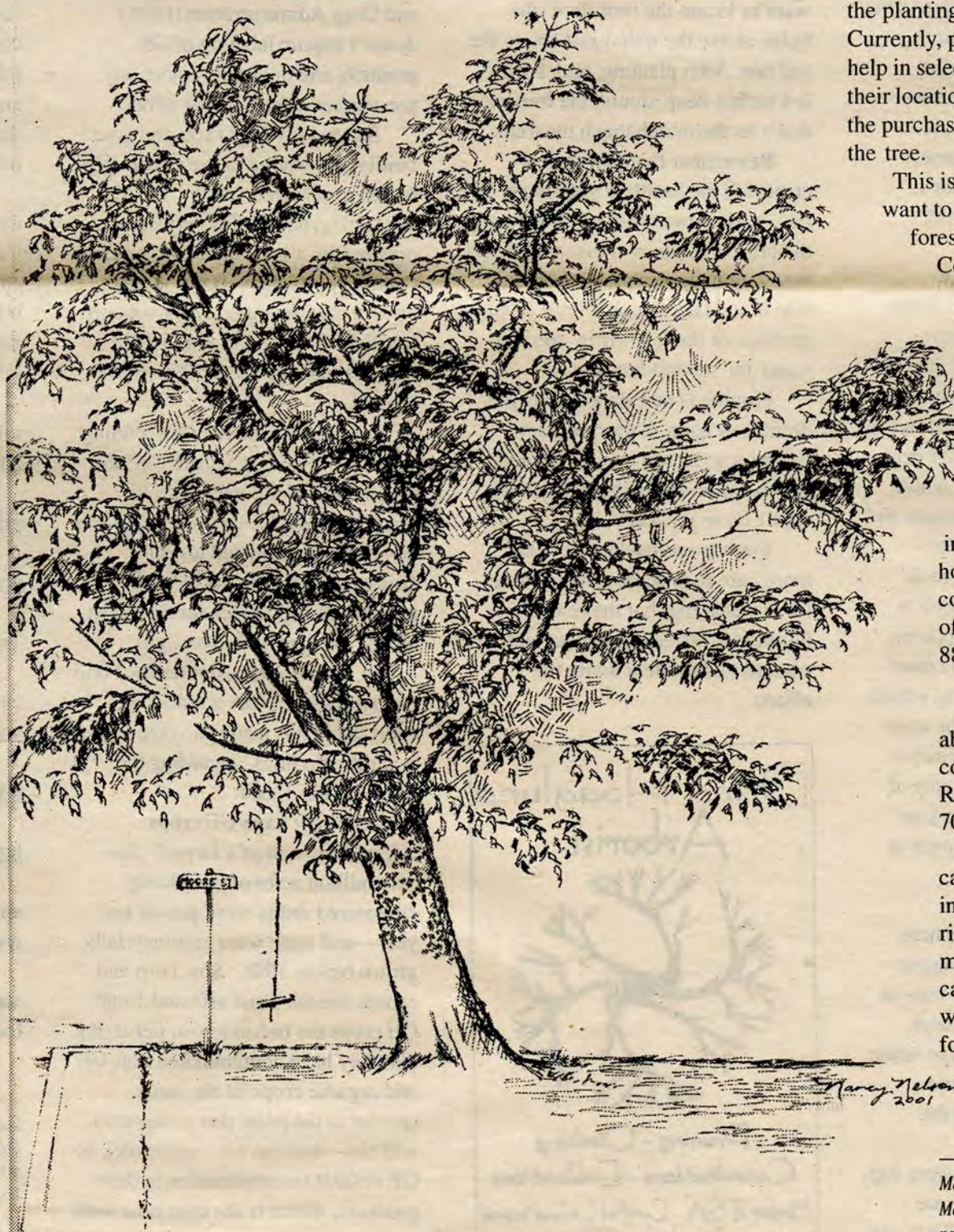
The tree committee has an educational booth at the county fair and at the Palouse Mall, and is willing to provide a booth or speak to groups as requested.

This year, the Moscow Tree Committee is focused on planting trees. The Moscow Tree Committee is working to secure grant money to assist property owners in paying for the planting of new street trees. Currently, property owners can get help in selecting a tree to plant in their location, some assistance with the purchase price, and help to plant the tree.

This is what you can do if you want to support your urban forest. The Moscow Tree Committee is looking for Neighborhood Tree Advocates: people interested in trees, willing to be trained, and willing to talk to their neighbors. If YOU, or someone you know, is interested in becoming a Neighborhood Advocate, please contact Dave Rauk, head of the tree committee, at 882-9440 or drauk@moscow.com.

If you have questions about trees you can contact our city's forester, Roger Blanchard, 883-7085.

Don't forget to take care of your trees, including street trees. Enjoy the riches of living in a community with citizens who care enough to have a wonderful community forest.



Melodie Armstrong is a resident of Moscow who enjoys the trees of her neighborhood daily.

Landscaping with Birch Trees

By Patricia Diaz

Birch trees are one of nature's most special trees. They have such wonderful year-round appeal. Their strikingly-attractive bark and leaves make them special standouts in landscape plantings. The leaves turn a beautiful golden color in the fall and the white bark even looks outstanding in the snow.

There are two main types of birch trees: there's the shaggy cinnamon-colored river birch and the more familiar white paper birch.

American Indians used the paper-like bark of the birch trees when making wigwam covers, baskets, utensils and, of course, canoes. Cut birch tree sections, hollowed out, make wonderful birdhouses too.

Birches are native to the northern parts of the United States and southern Canada. In nature they're found in moist, cool areas along riverbanks, but in sunny spots. If you're going to plant birch trees in your yard, you can take a cue from nature and plant your trees where they can get both lots of sunlight and moisture. If you're not able to provide both of these, your birch trees can fall victim to the bronze birch borer. The destructive larvae of this beetle tunnels into the trees and interrupts the flow of sap which eventually kills the trees. The more important of the two requirements (sunlight and moisture) is plenty of moisture. This will help keep your trees healthy and strong enough to resist pests.

River birches are not the common birch found around here because they need a little warmer weather than we have; they can, in fact, tolerate hot humid climates. The paper birch and European white birch are the birch trees found commonly in our area, with the paper birch predominating.

Birch trees are fast growers (up to two feet a year) but they are relatively short-lived trees. They can eventually grow to more than 60

feet.

One of the most attractive ways to plant birch trees in your yard is to place them in groupings. They look especially beautiful in front of a backdrop of evergreens—that way they will stand out all year long.


To plant your birch, dig a planting hole 3-5 times wider than the root ball since the tree's roots spread wide and shallow. You'll want to locate the root flare (the bulge above the roots) just above the soil line. After planting, mulch with 2-4 inches deep around the tree but don't let the mulch touch the trunk.

Remember that moisture is critical to the health of your birch tree, so deep watering weekly during the growing season is essential. The best way to ensure plenty of moisture is to place a soaker hose around the base of the tree's drip line and water for several hours.

Pruning is best done during the dormant season. If you wait until late winter the sap may be flowing and the pruning will be messy but it won't harm the trees.

Birch trees maybe take a bit more care than some other choices for landscaping, but the reward of this beautiful tree throughout all four seasons is definitely worth the effort.

Dana Hoaglund
Arborist



Pruning - Climbing
Consultations - Evaluations

Member of ISA Certified Licensed Insured
(509) 332-6745

GE or GMO, anyone?

By Nancy Taylor

What's all the fuss about Genetically Engineered food (GE) or Genetically Modified Organisms (GMO)? You probably have GE foods in your house right now and don't even know it.

As I discovered by looking at the websites listed at the bottom of this article and from reading the journal "Food Safety Review", spring 2000 issue, the federal Food and Drug Administration (FDA) doesn't require labeling of GE products and does not require any pre-market safety testing either.

So, guess what? You and your family are serving as the guinea pigs for these untested foods. FDA's "no testing, no labeling" policy is opposed by a majority of Americans. Opinion polls show that more than 90% of Americans strongly support labeling of GE foods and that 60% would avoid such foods if they were labeled.

The biotech industry is spending millions of dollars trying to "sell the consumer" on the idea that GE foods are safe, based on the rigorous government mandated testing. However, in fact in the biotech industry is responsible for their own testing without FDA oversight.

In response to a Center for Food Safety lawsuit, FDA admitted in court that it has made "no dispositive scientific findings" regarding the safety of GE foods.

And how have GE crops affected the nation's farms? Seventy million acres of genetically engineered crops were grown last year—and none were commercially grown before 1996. Soy, corn and canola are the most affected foods. GE crops are becoming so pervasive that they have contaminated non-GE and organic crops of the same species to the point that companies will not—and can not—guarantee no GE or GMO contamination in their products, which is the case now with

canola and corn products. GE crops were sold to farmers with claims that they would reduce pesticides use and increase yields. In fact, they may encourage more pesticide use and have not produced the bumper crops as claimed.

Who besides the corporations benefits from these technologies?

Consumers do not benefit from these inventions. GE foods can cause unexpected allergic responses, compromise immune systems and inhibit vital organ growth, based on animal studies. GE foods can also diminish nutritional value and increase antibiotic resistance.

I have just mentioned just a few things wrong with GE in relation to nutrition, agriculture and the environment. There are plenty of other issues regarding genome mapping, gene therapy, patents and intellectual property rights.

If you are interested in more information about GE foods, you can check out the following websites:

Greenpeace International <http://greenpeace.org/~geneng/main.html>

FrankenFood <http://www.dorway.com/franken.html>

Institute for Agriculture and Trade Policy <http://iatp.org>

Campaign to ban genetically engineered food <<http://www.netlink.de/gen/home.html>>

Edmonds Institute www.edmonds-institute.org

Campaign to Label GE Food <http://www.thecampaign.org>

National Campaign for Sustainable Agriculture <<http://www.sustainableagriculture.net>>

Next month I will continue this series with a discussion of the list of foods that have GE ingredients.

Nancy Taylor is the Idaho Coordinator for Northwest Direct (a marketing project for small farms), a member of the Rural Roots leadership team, and on the Moscow Food Co-op Education Committee.

Be Part of the Dream

by Lisa Cochran

Before his death about 18 months ago, former Moscow resident Robert Hamilton set in motion a dream of his to benefit the children of Moscow. He did this first by proceeding with plans to support a fabulous swimming facility (The Hamilton-Lowe Aquatics Center) and second, by naming Moscow Parks and Recreation in his will to use assets worth several millions of dollars to build recreational facilities throughout our community.

Since his death, his assets are being converted into available funds. The city has also created the "Hamilton Dream Teams" to pull together a concise plan for how the monies are to be spent while remaining faithful to the intent of the will. Dream Team I listed projects, set priorities and compiled statistics from community input on what folks would like to see built in Moscow.

Dream Team II has gone a bit further by matching reality with the list provided by the first team and has come up with a more detailed "wish list." First on that wish list is an indoor recreation facility. Next was the construction of outdoor playing fields, which have already begun where Joseph and Mountain View Roads intersect in SE Moscow.

Now, this is where YOU come in! Primarily, the city needs YOUR input to have a keener understanding of how such an indoor recreational facility would look and feel. Unfortunately, the traditional idea of "recreation" deals with older children who use ball fields, basketball courts, and other such facilities.

But did you know that almost half of the 6,000 children in Moscow are under the age of 10? A 1999 census indicated that there are some 1,100 children under 5 years of age. In fact, if one looks around, there are little kids everywhere!

Are you the parent of children who are younger than 5? Are you interested in having a safe place for young children to play, especially in wintertime? I know that when other

parents have discussed recreational issues with me, we are in total agreement that the new water park is truly a dream come true for summertime. However, in the off-months, when indoor play is sought, parents are still limited to letting kids run off extra steam at the malls or even resorting to the McDonald's Playland.

In fact, the results of focus group surveys were collected last year support the need for more places for children to play, particularly in winter months. Such areas need to be safe and appropriate for a wide range of ages. So in essence, this conceptualized indoor recreational facility may be another dream come true, but only if the developers know that incorporating safe space for younger children is an important and essential element in design and function.

Your voice is important in this decision-making. Please contact one or several of the members of the Dream Team (listed below) to tell them how you would like to see how one man's vision can fulfill the dreams of many in this community because we had a voice, gave our input and actively participated in the process.

We live in an exciting and evolving community that is a place where individuals can make a lasting difference. This is an incredible opportunity to make a contribution to what was intended as a lasting legacy to our kids.

Dream Team Members:

Mayor

Marshall Comstock 882-1753
comstock@moscow.com

City Council Members:

Steve Busch 883-7080
steveb@moscow.com

Peg Hamlett 883-7080
pegh@uidaho.edu

Jack Hill 883-7080
jmhill@moscow.com

JoAnn Mack 883-7080
jmack@turbonet.com

Linda Pall 883-7080
lpall@moscow.com

Mike Thompson 883-7080
mtethoma@Moscow.com

City Supervisor

Gary Riedner 883-7080
griedner@moscow.com

Director of Parks & Rec.

Randy Rice 883-7085
citypark@moscow.com

Consulting

Greg Kimberling 882-4414
gregk@moscow.com



Golden Blue Lotus Tara
Buddhist Meditation Center
Join us for meditation
Sundays 9:30 am
525 S. Main Moscow (509) 332-1147

Dr. Ann Raymer
Chiropractic Physician

Gentle holistic health care
for your whole body
and your whole family

803 S. Jefferson, Suite 3
Moscow
(208) 882-3723



Animal Care Center

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

Large & Small Animals

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

R & R OFFICE EQUIPMENT

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

1104 South Main
Moscow, Idaho 83843
882-3514

- Classes
- Research Opportunities
- Props, Books and Clothing

The Institute for Yoga on the Palouse
Rm. 302, Gladish Community Center
115 NW State Street, Pullman, WA 99163
509-334-YOGA (9642)
yoga@turbonet.com
www.yogaonthepalouse.com

VICKI COCKRELL
Personal and Professional Coaching
208-883-8195

The Kale Slaw Phenomenon

By Kelly Kingsland, Deli manager

Well, it was a few years ago now that Erika concocted the Deli's first Kale Slaw. Since that time Kale Slaw, in all its morphic states, has become a Deli staple. Nary a day goes by that the Deli cooks don't produce a Kale Slaw of some sort. And likewise, nary a day goes by that we don't receive a request for THE Kale Slaw recipe.

While we readily give out Deli recipes, THE Kale Slaw recipe does not exist. Rather, each cook has their own flavors and favorite ingredients that they tend to toss together under the umbrella title of Kale Slaw. This month I've decided to explore Kale Slaw and its many forms in an effort to respond to the many recipe requests we receive.

So, what is Kale Slaw anyway? Obviously, the key ingredient in the slaw is Kale—organic, fresh and raw. There are many different types of Kale, and the flavors of each type can vary with the season. Lahde recommends trying different types as the seasons change.

Other ingredients that tend to get tossed into the mix are grated

carrots, toasted cashews, scallions, red cabbage, mung, sunflower or lentil sprouts, toasted sunflower seeds, marinated tofu, and a plethora of other veggies, seeds, and nuts, only limited by our imagination or pantry stock.



It is the dressing that varies so widely and distinguishes one slaw from another. I asked a few cooks and a few other Co-op folks who have begun to make their own variations at home what their dressing recipes were and here are their responses. Keep in mind that, in keeping with the original Slaw nature, exact measurements are an

anomaly. Play around with these till you find one you like.

Kenna's working girl Slaw: equal parts or thereabouts Annie's Sesame-Ginger vinaigrette and Mayonnaise. Whisk together and pour over slaw veggies.

Laura's variation: Curry. Laura suggests finding a curry yogurt dressing and using that on Kale Slaw.

Kelly's variation # 264: 1 good daub veganaise, lime juice, rice vinegar, 1 good daub green chilies, fresh or dried basil, tamari, ginger, garlic.

Sarah Sarah's: Veganaise, lemon juice, sesame oil, tamari, ginger and garlic.

Kelly's variation # 173: Equal parts nut butter (I like almond, p-nut or cashew) and veganaise, rice vinegar, tamari,

Vicki's Kale Slaw: Mayonnaise, sour cream, garlic, ginger, marinated baked tofu, red onions, tamari, toasted cashews.



Professional Mall Pharmacy

Independently Owned - Community Focused

The only local source for medications
compounded specifically to meet your needs:

Individualized Hormone Replacement Therapy
Hypoallergenic, Gluten and Preservative Free Formulations
Personalized Pain Management

For more information contact Sid Pierson or Maggie Cooke:


Professional Mall Pharmacy
1205 SE Pro Mall Blvd
Pullman WA 99163
Phone: (509) 332-4608

**Moscow Food Co-op Members receive 10% discount
on any Compounded Medication**

Need a dinner idea?

Miss last month's issue

Check out the Food Coop website
<http://www.moscowcoop.com>



892-1349

DAYSTAR DESIGN & CONSTRUCTION

Experienced Carpenter/Builder
Specializing in Residential Construction, Passive Solar Design,
Additions & Indoor Remodeling, Custom Fences, Decks & Walks
Degree in *Passive Solar Design & Energy Conservation* (1981)
Design Consultation and Drafting Services available

CARPENTRY
REMODELING
HANDYMAN WORK

STEVE STREETS

1912 Center will Include Friendship Hall

By Carol Cloud

From the beginning, the 1912 Center has been envisioned as a place where Moscow residents of all generations and all walks of life could come together. One of the ways this will happen is through Friendship Hall.

Friendship Hall will be a dedicated room, a meeting place for people with developmentally disabilities, their families and friends. This room will serve many of the same purposes for these individuals as the Senior Center will for our senior citizens. This room on the ground floor of the 1912 Center will open in the spring of 2002.

Adults with developmental disabilities have a desire to have informal, spontaneous, self-generated social activities. They need opportunities to grow emotionally and become comfortable in expanding their personal horizons. Friendship Hall will be a place to get together with peers to share conversation, information, recipes

and hobbies. At the same time, it will reduce isolation and loneliness. Activities may include: watching movies on a large-screen TV; playing pool, cards, or games; or simply dropping in to share a cup of coffee or lunch with friends.

The room also may be used by the Special Olympics, Moscow High School special education program, the Self-Determination Group, disability advocates, volunteers, trainers, and teachers. It will be a place for newcomers to learn about services for adults with developmental disabilities.

In May, the Idaho Department of Commerce awarded the city of Moscow a \$222,917 community development block grant to assist development of Phase II of the 1912 Center, which includes Friendship Hall. The state grant will be matched by \$334,375 in private money previously donated to the city, including a \$100,000 grant from the M.J. Murdock Trust of Vancouver, Washington.

Two members of the Moscow Self-Determination Group, Toby Schultz and John Russell, accompanied Mayor Marshall Comstock to Boise in April for a presentation before the Department of Commerce's Advisory Board. They articulated the need for centrally located space for organized activities.

In addition to Friendship Hall, the Phase II development of the 1912 Center includes dedicated space for senior citizens. The two facilities, each with a separate entrance to the hallway, will occupy the east end of the building's ground floor. They will be served by four reserved parking spaces with wheelchair access and a ground-level entrance ramp.

Phase I of the 1912 Center is under construction now. It includes a large meeting room, a commercial-sized kitchen and restrooms on the ground floor and a plaza on the building's south side. Phase I also concludes roof and exterior repairs,

seismic stabilization, and replacement of the building's plumbing, electrical and heating systems. Completion is expected by late September.

City officials hope to call for bids on Phase II construction later this summer. Construction could begin in the fall with a projected completion date of April 2002.

Friendship Hall has the potential to facilitate inclusion and enhance acceptance of adults with developmental disabilities by the community. If you'd like more information about Friendship Hall or would like to know how you can help with other aspects of the 1912 Center, please contact me (ccloud@moscow.com) or Nancy Johansen (johansen@moscow.com).

Carol Cloud is a member of the Mayor's Task Force for the 1912 Center and belongs to an informal advisory group for Friendship Hall.



Mid-Week Farmer's Market

Wednesdays 4-7p.m. July-September

@ Koppel Farm, Pullman

(Derby St. & Professional Mall Blvd.)



Would you like to be a vendor?

- No vendor fees!
- Tents and tables provided
- Locally grown produce and meats, baked goods, preserves, flowers; and crafts are welcome
- Organic products preferred

For information, contact Dave Skinner at 509-334-7009

Sponsored by the Greystone Foundation

Seasonally available products:

- 20 different varieties of veggies
- Fresh blackberries and raspberries
- Fresh cherries
- Homemade jams and jellies
- Flower bouquets
- Grass-fed beef
- Dried and fresh herbs
- Homemade apple pies
- Lemonade

Letters to the Editor

I just discovered the Moscow Co-op website (www.moscowfoodcoop.com). What a fantastic source of information. I just wanted to let you know how much I appreciate it. I live in an area filled with natural food stores, farmers markets, and herbal pharmacies (California's North Coast), nonetheless, I have found the answers to many questions here...

Suzi LeBaron
Bodega Bay, CA


Thank you very, very much (to Vicki Reich for sending her the Co-op granola recipe)!

We miss the Co-op so much since moving back East. We have a farmer's market and can get artisan breads at the Amish market, but all of these are a 20 minute drive away (in hellacious traffic)!

Moscovites sure are lucky to have the Co-op right there in that central location, with helpful folks like you assisting them every day. We've always thought the Co-op in Moscow was top-notch, and now we really appreciate just how wonderful it was — great variety of organic foods, a fabulous deli, friendly and helpful staff, and a convenient location. (We really miss the Fish Folks in the fish truck, too!)

Thanks so much for helping us out. I'm sure this recipe will be the best Father's Day present Patrick receives.

Warm Regards,
Tina Sullivan



**Brused
Books**

buy • sell • trade
hardbacks • paperbacks

105 N Grand
Pullman WA 99163
509-334-7898

Monday - Friday 11-6
Saturday 10-6

Bakery Schedule

Every Day

Muffins
Scones
Fruit Bread or Pound Cake
Cinnamon Rolls
Crusty French Baguettes

Monday

Molasses Wheat
Asiago Herb
Rosemary
Cracked Wheat
Idaho Country
Red Pesto Spirals

Tuesday

Honey Wheat
White Spelt
9-Grain
Country White
Tuscan
Dill Rye
Pesto Cheese Rolls

Wednesday

Molasses Wheat
Cornell White
Cornmeal Loaf
Anadama
Seeded Sour
Pizza Rolls

Thursday

Honey Wheat
Caraway Sour Rye
Cracked Wheat
Country White
Herb-Garlic Sourdough
Buttermilk Bran
Pesto Cheese Rolls

Friday

Molasses Wheat
Sourdough
Norwegian
New York Rye
White Spelt
Green Chile Bread
Crusty French
Green Chile Cheese Rolls

Saturday

Honey Wheat
Kalamata Olive
Sprouted Wheat
Sour Rye
Seeded Sour
Pesto French Bread
Country White
Pesto Cheese Rolls

Sunday

Honey Wheat
Cornell White
Whole Spelt
Breakfast Loaf
Multicrunch
Pain Ordinaire Careme

The Salad Spoon

By Mary Jane Butters

If you'd like to see those you love, including yourself, eat more salad greens, then toss your salad forks into permanent hibernation. What?

The secret to the plentiful partaking of salad greens is.....the salad spoon. Just use your basic soup spoon, not your fork.

Stop now and think about the last salad you ate. Maybe you tore up pieces of romaine or iceberg lettuce and added a bit of red leaf lettuce for some color. It needed to be healthy, so you added some carrots. For gourmet flavor, you added some feta or parmesan cheese.

Instead of relaxing now to enjoy your meal when it came time to eat, the chase was on. With your salad fork, you started chasing bits of flavor around your plate. The feta chunks broke in half every time you forked one and so did some of the carrots. Determined to eat your salad, you forked a piece of lettuce and then used the fork like a spoon and somehow you got the lettuce in the shape of a mini bowl to hold some dressing and a piece of feta and a carrot. Just as you got the stack to your mouth, the piece of lettuce proved too big and the corner caught the side of your mouth and dumped the extras back onto your plate. You looked up to see if anyone noticed your clumsiness and caught your guest dumping her load. Taking a break from the work of

your salad, you head for the bread plate.

Quit making yourself eat salad. Simply retool and rethink this wondrous food. Drop the fork and use a spoon instead. Chop the salad ingredients smaller and pick them up by the spoonful.

To make the salad, go now and get kale, parsley, tat soi, napa cabbage, mushrooms, carrots, sunchoke, beets, radishes, sprouts, fennel, basil, chard, beet greens, sorrel, chickweed, celery, zucchini, avocado, cucumbers, rose petals, dandelion greens, mizuna, spinach, broccoli, cauliflower, and good king henry. Put them all on a large cutting board and chop them with a large knife. Chop and chop until the wondrous parts are quite small. Add some olive or flax oil and balsamic vinegar. If you're fixing breakfast, add some apple chunks or raisins or fresh grapes. If it's dinner time, add some bits of cooked potatoes or rice or lentils. Try some hard boiled eggs. Add a bit of nutritional yeast.

Eat a huge bowl full. Eat it with a spoon. Finally, with spoon in hand, your kids will ask for salad. You'll eat salad. If you're like me, you'll find yourself eating it twice and sometimes three times a day with every meal.

Mary Jane Butters, under the tutelage of former Co-op produce manager Lahde Fesler, produces organic salad mix for the Co-op

Writers Wanted

By Bill London

This newsletter needs writers who want a monthly writing assignment along with a monthly discount.

We need writers who can write interesting profile articles and take a decent photograph of that subject for publication in our Co-op newsletter.

A modest amount of fame, the pride of making a contribution to this publication, and a discount of 18% are all part of the package.

What an opportunity! Meet new people! Earn a discount! Fill up that resume!

Contact Bill London at london@moscow.com if you are interested.

Bill London edits this publication and plans to enjoy watching the development of a five-acre organic vegetable garden in his neighborhood.



Word of Mouth

By Vicki Reich

I felt like quite a pig as I left the Co-op with this month's taste test candidates overflowing from three shopping bags.



Potato chips just take up a great deal of space—I convinced myself as I opened a bag to do a little pre-test sampling.

It's hard to find anyone who doesn't like potato chips, and it's also hard to find a group of people to agree on what makes a great potato chip. This was the case with the Hog Heaven Handspinners, my valiant group of testers. Everyone was very excited to test the chips but we came to no consensus on which was the best. And since I am bored with writing the play by play of tastings, I thought I'd tell you about the history of the potato chips instead. Don't worry, I'll fill you in on all the chips we tasted at the end.

As you probably know, potatoes are a New World food, but early colonists fed them mostly to pigs. They thought eating potatoes shortened your life. The colonists believed potatoes had aphrodisiac properties and the behavior they induced was life shortening. They obviously didn't know what they were missing. There's nothing like a good Lay's potato chip.

It wasn't until the French got their hands on potatoes that people realized their potential (those French have a way of touching things). The French sliced them thick and fried them up, creating what we now know as French fries. Thomas Jefferson brought French fries back with him in the 1700's. By the 1800's they were a popular item on restaurant menus.

In 1853 at Moon Lake Lodge in Sarasota Springs, New York, a rather persnickety customer thought his French fries were too thick so he sent them back. The chef, a Native American named George Crum,

didn't appreciate customers sending food back, so to retaliate he cut the potatoes really thin, fried them to a crisp and salted the heck out of them. Thinking he would show this rude customer who was boss, he sent them out with a mischievous grin on his face.

Much to his surprise, the customer loved them. Thus was born the potato chip, known at the time as the Sarasota Chip.

Chips became very popular in New England, but it wasn't until



Mrs. Scudder invented wax paper bags to transport potato chips and keep them fresh, that they gained wider appeal. And in the 1920s it was Herman Lay, a traveling salesman from the South, who made potato chips the very popular item they are today.

There are so many choices in chips today, it's hard to decide which to buy. They come in so many different flavors I can't even begin to list them. I've even seen chocolate covered ones. You can get thick chips, thin chips, chips with ridges, kettle cooked chips, baked chips, no-fat and low-fat chips, even ones that are made from reconstituted potatoes and shaped into chips.

For the taste test, I chose only lightly salted chips. The Co-op carries seven different lightly salted chips. They range in price from \$.85-\$4.19 and in size from 1 ounce to 1 pound. Kettle Foods makes four of the seven chips we sampled. Kettle's original lightly salted chips were liked by the most people. They're super crispy with enough salt and a good potato flavor. We also tasted the organic version of these just to see if there was a difference. There was a slight flavor difference, but they were basically the same chip

without the pesticides. Kettle Crisps were the only baked chips we tried. They are very potatoey since there is no oil to overwhelm the flavor. They were not a favorite, but it probably wasn't fair to taste them next to their full fat brethren.

The last Kettle chip was the Krinkle Cut. They are the dip chip of choice. They are thick and the ridges make them stiff enough to stand up to any dip you put them in. They taste

good too. The salt and pepper ones are my personal favorite.

Barbara's potato chips are not a good dip chip. They are light, delicate, and flavorful and reminded us of Lay's. Season's Reduced Fat

Rippled Potato Chips are another light chip with a good crunch, not



very much salt, and a bit like Ruffles. The last chip we tasted was Terra Yukon Golds. These are made from Yukon potatoes and have slightly sweet creamy flavor like the potatoes they're made with. They are thick and salty with a lovely yellow color. My husband loved them.

So there you have it. A history lesson and the taste test results. And the moral of this article, you can't go too wrong if you start with a potato.

If you are moving away...

take Moscow with you....

Subscribe to the Moscow Food Co-op's newsletter, the Community News.

For only \$10 per year you can receive 12 monthly issues mailed anywhere in the US.

Send a check made out to the Moscow Food Co-op for \$10 to:

Bill London, editor
Moscow Food Co-op
221 East Third
Moscow ID 83843

CO-OP

Bulletin Board

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

Midweek Farmers Market

**Wednesdays 4-7pm
July through September**
at Koppel Farm in Pullman, WA (corner of Derby and Professional Mall Boulevard)

If you are moving from Moscow,

We'll deliver reminders of this community to you every month!

Subscribe to the Moscow Food Co-op Community News only \$10 per year (12 issues) make check to Moscow Food Co-op mail check to Bill London at Co-op, 221 East Third, Moscow ID 83843

Writers and Readers Rendezvous

September 28-30
Rapid River Ranch in Riggins, Idaho registration is now open
208-426-3492
www.writersandreaders.org

Tumbleweed Music Festival

**September 2-3
In Richland, WA**
... on the banks of the Columbia River in Howard Amon Park. Three days filled with free acoustic music on four stages, traditional crafts, workshops and storytelling, jam sessions, dancing and food. For more information, please call (509) 943-ARTS (943-2787)

The drawings Ron Medina

**Co-op Cafe
Opening Reception
5pm to 7pm - Friday, Aug 17**
Everyone is invited to come to the Co-op for some light and refreshing reception snacking and a chance to both meet the artist and see his work. Medina's paintings will be exhibited from Aug 17 through September 19.

Palouse Folklore Society

The following dances will be held at the Blaine School house
Aug 18 Caller is Warren Argo band is yet to be announced.

Bountiful Benewah Backwoods Barter Fair

**September 8 and 9
Santa, Idaho**
bring trade goods, food for potluck dinner on Saturday, musical instruments for jam free admission, 883-4779

The Moscow Arts Commission Brings You:

**Fresh Aire Concerts 2001
Thursday evenings
6:30 p.m. - 7:30 p.m.
East City Park
FREE to the community**

- August 2 Jim Tilden Brown-Blues
- August 9 Alazingara Poly-Rhythmic New World Folk
- August 16 Dozier-Jarvis -Jazz Fusion
- August 23 Pullman Concert Band
- August 30 Blackberry

Contact Eva Jo Hall
Commission 883-70

Bring your picnic &

Special Collections Library
University of Idaho
Moscow ID 83844-2351

PERFORMING FRIENDSHIP

**9:30-11:30
EVERY SATURDAY**
AUG 4 Tom Armstrong singer/songwriter
AUG 11 Snake River
AUG 18 Alazingara Poly-Rhythmic New World Folk
AUG 25 Segin' Tim Rock & Roll
SEP 1 Jim Tilden Brown Blues
SEP 8 Seilkies Celtic

The Young Children and Family Programs

**Gritman Medical Center
First Steps Volunteer Training
Saturday August 11, 2001
9:00AM to 4:00pm**
First Floor Conference Center at Gritman Medical Center. This is a rewarding opportunity to get involved and help families in our community through the joys and challenges of newborn parenting! Spread the word! WE NEED VOLUNTEERS. NO EXPERIENCE IS NECESSARY! Please contact Laura Nittolo at (208) 883-6454 for more information.

Discovering Nature 2001 Children's Summer Series

**Mondays and Wednesdays
9:30-11:00 am**
Open to kids 8-12, \$3 per class. Space is limited and available. Call PCEI at 882-1004

Family Ice Cream Social and Concert

**Sunday, August 26
1 to 4 p.m**

sponsored by the Latah
at the McConnell Mansions
Contact the historical society at 882-1004 or e-mail at lta@moscowid.com



Submit non-profit announcements to beth_case@hotmail.com by the 25th of each month.
For additional events & information, <http://www.moscowfoodcoop.com/event.html>