

December 2001

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op



Stratton's Milk

By Vicki Reich

Milk has been on my mind all month and I know it's been a topic of conversation throughout the community.

On October 31st, we received our last order of Stratton's milk. The cows had left for their new home the day before. We were all still in shock from finding out the dairy was closing just a week earlier. I bought my last bottle of Stratton's cream and savored every last drop. With a tear in my eye, I gave thanks that at least I had the opportunity to have fresh local milk for a while.

As I threw away my Seventh Generation facial tissue and licked the lid of the heavy cream bottle, I panicked. What were we going to do for milk? How much milk were people going to continue buying from us once we didn't have Stratton's? What brands were available to me and

which should I carry? I had a cup of chamomile tea to calm my nerves and got to work.

The first decision I made was the easiest. The Co-op would only carry organic milk. The idea of carrying milk with hormones and antibiotics in it did not appeal to me at all.

Next I decided to only carry Organic Valley milk. There were several reasons behind my decision. First of all, Organic Valley is a co-op of small family farms and one of the seven cooperative principles is to cooperate with cooperatives. I figured buying all our milk from them was very cooperative of me.

Second, I really like the fact that

(See Stratton's
Cont'd on page 5)

**GOOD BYE
TO A FAMILY TRADITION
STRATTON'S DAIRY**



www.moscowfoodcoop.com

Co-op Business Partners

Anetek 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

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

Kinko's Copy Center - 10% off all services except shipping, East Side Market Place, Moscow, 882-3066

Markettime 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., Genesee, ID, 208-224-6965

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 Mail 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.

Glenda Marie Rock III, Healer Teacher Esotericist - 10% off clairvoyant readings, past life regression & energy healings, 892-8649 or gmrockiii@aol.com for appointment.

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



'Tis the Season

by Kenna S. Eaton, General Manager

The Moscow Food Co-op has been having a wonderful year! It feels so great to be able to say that. You all know I've worked here a long time and I've seen some hard times at the Co-op—and may do so again (though I hope not!).

This year the story took a 180-degree turn. The Co-op's sales grew by 20% over last year, an entirely unexpected, though extremely welcome change, as you can imagine. When we relocated to this place we had so many dreams and hopes for the future and now

community. We know that as a Co-op we are in the business of making a profit—but what we chose to do with it is different than other corporations. First, we give it back to our staff. Second, we give it back to our larger community.

This year has been challenging in so many different ways, but the terrible events of September 11th have galvanized citizens to donate massive sums of money to the survivors, the firefighters, the police and many more people who were affected by those attacks. Unfortu-



they are beginning to become a reality.

The staff at the Co-op has done a great job of meeting this increase in sales by working hard and putting in extra hours. They've also done a great job of making sure the store is not losing money!

This year by the end of October we had eradicated 27 years of accumulated losses, paid off the member loans due and still had a little cash to spare. The Board of Directors approved a bonus for the permanent staff at the Co-op totaling \$10,000. The staff is, of course, thrilled to be rewarded for their hard work and really appreciate the extra paycheck.

The Board has also been exploring different ways of fulfilling our mission of giving back to the

nately, this has left the local charitable organizations with less money than usual. This year we chose to keep our money in our community by selecting the Community Action Agency (CAA) to be the recipient of our giving program. The CAA helps people in Whitman and Latah County who are in need. They have a system of vouchers that recipients can take to supporting business to redeem for various items: food, shelter, clothing, and gas.

The Co-op is planning to contribute to this local agency by donating five percent of sales made during the period of December 15 to December 25.

Help make a difference to the Community Action Agency by shopping at the Food Co-op from December 15 through 25.

Contents

Stratton's Milk	Cover
'Tis the Season	1
In the Deli	2
Welcome	2
Personal Care Corner: Coping with Stress Naturally	3
New Products	3
The Tale of the Produce Mascot	4
New Music in the Store	
Rompin' thru the Grapes	4
Notes from the Bakery	5
The Suggestion Board	6
Healing through the Ages	6
New Grocery Products	7
Papa Sings Bass, Part II	7
Volunteers	8
Volunteer Profile: Pat Diaz	8
Scarecrows are for the Birds	9
Publiciar Position Open	9
Taste Fair Revisited	12
Ginger: Part II	13
Elderberry's: A Local Cultivar	14
Letter to the Editor	14
Staff Profile: Lucas Grubbs	15
Art Opening at the Coop	15
Business Partner s:	
Wild Women	16
Grassroots Community	
Radio Comes to Moscow	17
A Magazine from Moscow	18
Right Livelihood	18
Lifeforce Honey	19
The Newsletter Needs You	19



In the Deli Critical Mass (no, not Christmas)

By Kelly Kingsland, Deli Manager

I remember the first time I heard the term "critical mass." And while the context in which I learned the term was very different from how I am using it now, I believe that the upcoming planned changes in the Deli/Bakery are a result of reaching that point.

Yes, after a few years of continued growth in the kitchen, the time has come to reevaluate and reorganize. A few months ago, I was asked to consider the obstacles facing both the Bakery and the Deli, while attempting to find and implement solutions. It has been an interesting process, as while the two departments share space the issues each has been facing are pretty diverse. Each in their own ways however, the issues have reached critical mass.

I spent the last few months working on restructuring, reorganizing and redefining—creating change that will sustain us as workers, offer a wider and more consistent product for you, while keeping the kitchen strong economically. All of these concepts will become reality in December and early January.

Which brings us to the really interesting part. The kitchen will be closing on Christmas Eve for the holidays with the rest of the store, but will not reopen until January 3, 2002. During that time we will be (with a lot of help from friends) installing a new deli take-out case, switching refrigerators in the Deli, resurfacing and painting the Bakery, merging the two inventories, changing work schedules, evacuating the back walk-in that we have bulged out into, and lastly, perfecting some new products. Wow! While it'll be chaotic, many of us are really looking forward to the uninterrupted time to focus.

In addition to the new physical look of the kitchen, there will also be some new faces, and some old faces playing new roles. Look for and welcome our new staff. It is always exciting to see the energy, ideas and experience that new folks bring.

On the other hand, there is always the sadness of seeing others

leave, and I'd like to take a moment to commend a few who have departed. Terry, our illustrious pizza guy and cheesecake wizard is leaving to live in Spain for a bit. I keep hoping his travels will eventually return him to Moscow. Rochelle Collins will also be leaving for parts unknown. Rochelle has had many jobs here at the Co-op, and has done each with astounding skill. Amy from the Bakery will also be leaving. No, she didn't swallow a loaf of bread, she's expecting a baby in late January. While you may not have known each of these workers by face, you will notice their absence through the special touches they added to the things they made.

All in all we are looking at critical mass, and what comes after: deciphering our abilities, distilling our skills and looking forward to the New Year. Don't forget to plan ahead for the Deli and Bakery closure.



Welcome!

By Laura Long,
Membership Director

Happy Holidays to one and all! This truly is my favorite time of year, the crisp clear days, snow on the ground, and Jack Frost's fingerprint on my window once again.

The changes in the weather remind me that Christmas time is at hand. It's a time for giving of ourselves. Now, many people say that we shouldn't wait for just this one time of the year, and I would agree, but for me there is something special about taking a pause out of my busy schedule to purposefully remember and care for all those whom I love.

If you also are interested in doing this without getting completely caught up in the national consumerism frenzy, I would encourage you to

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!

Webmaster
Bob Hoffmann, webmaster@moscowfoodcoop.com

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

Board of Directors

Pat Vaughan (President)	pckh@moscow.com
Erik Flexman (Vice President)	byooco@hotmail.com
Bonnie Hoffmann (Secretary)	bonniehoffmann@hotmail.com
Shel Lee Evans	shel_flife@hotmail.com
Mark Mumford	mmumford@moscow.com
Al Pingree	lap@moscow.com
Peg Kingery	king6619@uidaho.edu
George Bridges	gbridges@uidaho.edu

Printed on Recycled Paper
Deadline for Articles & Ads
20th of each month

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

Editor
Bill London

Issue Editor
Bill London

Layout
Jill Maxwell

Advertising Manager
Amy Richard 882-6274

Co-op Product Sales Pages
Barbara Hamm

Illustrations
Susan Adam

Distribution
Linda Caraffa Fisher, Moscow
Donald Stanziano, Pullman
Ray Roatman, Lewiston-Clarkston

Back Cover Design
Beth Case

memberships. Just ask any cashier for details. Thanks to all for being members and thanks for shopping locally. It's what keeps our community thriving. Happy Holidays and Peace to You!

make your gifts or share those that were made or purchased locally.

We have a Business Partner Program for members of the Co-op, and if you show your membership card at these local businesses, the retailers will be happy to offer you a discount. It's their way of saying, "thanks for shopping locally." So why not give a gift certificate for a massage to that harried young mother of three, or a handmade ornament from Northwest Showcase. Perhaps your brother needs a new bike light so he can make it home safely after dark, or maybe your Mom needs a tie-dye T-shirt to remind her of the good old days.

Whatever it may be, I'm sure you'll find some great ideas at our locally-owned area businesses. Just look in this newsletter for a complete list, and if you still don't see something that strikes a chord, don't forget that the Co-op also offers gift certificates and gift

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

**New Session
Begins
January 14, 2002**

Gift certificates available!

*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 & WVSU students.
--	--



Personal Care Corner Coping with Stress Naturally, Part Two

By Carrie A. Corson, Non-Food Buyer

Here are some options in stress-management.

Ginkgo biloba: With studies indicating an ability to keep the brain fit, Ginkgo biloba may hold promise in helping with stress and anxiety, especially when they may be symptoms secondary to aging or memory impairment. Ginkgo increases blood flow to the brain and has excellent restorative effects on the nervous system. The active components of Ginkgo biloba have been shown to have a profound tonic effect on the mind and body, including inhibiting the reuptake of norepinephrine, serotonin, dopamine, and acetylcholine, important neurotransmitters in the brain.

Aromatherapy: Aromatherapy is described as the use of pure essential plant oils to treat the person, rather than the illness. So while it is not recommended as a cure for any disease, it's potent effect can relax the mind and body, relieve pain, and restore the body systems to a state of balance in which healing can best take place. It is most effective when used as a preventative or to alleviate sub-clinical symptoms before they escalate into disease. One of the areas that aromatherapy seems particularly effective is in preventing and treating stress and anxiety-related disorders, including insomnia and depression.

The practice of aromatherapy is concerned with getting essential oils into the body in order to alter body chemistry, support body systems, and improve moods and emotions. Practicing aromatherapists find that this is best done through massage. However, essential oils can also be effective when added to a hot bath or diffused in the air.

Essential oils operate in three ways: pharmacologically, physiologically, and psychologically. From a pharmacological perspective, the chemical components of the oils react with body chemistry in a way that is similar to drugs, but slower, more sympathetic, and with fewer side effects. Essential oils also have notable physiological effects. Certain oils have an affinity with particular areas of the body. For example, spice oils tend to benefit the digestive system. An

oil may also sedate an overactive system, or stimulate a different part of the body that is sluggish. Some oils, such as lavender, are known as adaptogens, meaning they do whatever the body requires of them at the time. The psychological response is triggered by the effect that aromatic molecules have on the brain.

Oils that can be helpful in dealing with stress include basil, chamomile, geranium, lavender, neroli and rose. Rosemary, ginger and lemongrass are oils that can strengthen the adrenal system which is weakened by stress. At times of great stress and anxiety try a blend of lavender, geranium, and bergamot (mixed with a carrier oil such as almond or apricot kernel) in a hot bath.

Using 100% pure essential oils is important in order to achieve therapeutic results. This is definitely a buyer beware market. It is an unregulated industry. Anyone can label their bottle 100% pure essential oils. When in reality they have a very small amount of essential oil adulterated with synthetic fragrance oil, water or unscented carrier oil. While you may appreciate the scent of these oils, the therapeutic qualities will be much diminished or nonexistent.

Flower Essences: Flower essences can also give relief from the symptoms of stress. Rescue Remedy may be the best known of these remedies. It is a blend of five individual essences and is considered helpful in rebalancing the body after any emotional or physical upset. This could be following an accident, a trying event, or any circumstance that has demanded supreme nervous effort. I know people who carry it as a standard addition to any first aid kit. It can be a great remedy for pets as well. It can be used to calm a dog that might be frightened of fireworks or other loud noises and to quiet a jumpy horse.

Though generally all of the remedies I've talked about in this article are considered safe, contraindications do exist. Be sure to do some research if you have any concerns about drug interactions or existing conditions, such as pregnancy, that may be affected.

New Products in Personal Care

by Carrie Corson

MenoRemin from Nature's Life—offers the same standardized black cohosh formula found in the popular menopause formula Remifemin.

Herbal formulas from Herbs, Etc.—offers herbal liquid concentrates in easy to take softgel capsules. Formulas include Essiac, Smoke Free, Phytocillin, Echinacea Triple Source, and Deep Sleep.

Herbal supplements from Oregon's Wild Harvest—a complete line of liquid herbal extracts and capsules.

Healing salves and Tincture to Soothe from Latah Herbals—grown and processed right here in Latah County.

Full line of facial care from Avalon Organics—includes cleans-

ing milk, toner, hydrator, masks and scrubs all made with organic ingredients.

Ready to drink Spirutein-3 packs in Chocolate and Vanilla.

Kaleidoscope
PICTURE FRAMING AND ART GALLERY

DARRYL KASTL
"THE MAD FRAMER"
882-1343
MOSCOW IDAHO

SPECTRUM
Art & Dance
SCHOOL

Art & Dance Instruction For Toddlers Through Adults

Call 882-1445 to register

Professional Mall Pharmacy
Independently Owned - Community Focused

Your source for
Holiday Gifts

Choose from a wide variety of fine gifts for everyone on your list

Holiday Decorations • Candles • Glassware
Baskets • Plush Animals • Baby Gifts
Picture Frames • Fragrance & Skin Care

Weekly Specials - Save up to 30%
After Christmas Clearance starts 12/26

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

(509) 332-4608
www.professionalmallpharm.com



The Tale of the Produce Mascot

By Danni Vargas, Produce Manager

Once upon a time, in a far off land, there was this fish named Sam. Sam lived in a one bedroom apartment on the quiet side of town. He was unemployed and lived a very simple life. Sam enjoyed swimming blowing bubbles and looking at himself in the mirror. He enjoyed this relaxing life but in the back of his mind he felt alone and wished he could spend time with others like him. One day while Sam was doing his laundry he met this fish named Ella. Ella, also like Sam, had a pretty slow going life style. They discovered, over some tasty Tetra Fin goldfish flakes, that they both shared such similarities as enjoying blowing bubbles, swimming, and looking in the mirror. As they day progressed on both Sam and Ella felt such a comfort from spending time with each other. They both felt that it was so nice not to be alone so they decided to move to a bigger place and be roommates. They saw a great ad in the paper for a two bedroom apartment at the Moscow Food Coop. The rent was affordable and the bills were cheap so they took it. Their new place was spacious and beautiful, the view that it had was spectacular. Sam and Ella also got a house cleaner, Quarter the snail. The never again felt alone and both of their lives were so great residing at the Moscow food coop.

Thank you to all who suggested names for the new produce mascot. All of the suggestions were great!

Some new things to look for in the produce department are:

- Signs depicting where each product is from, state or country.
- More information cards about different types of produce that we offer.
- The "Meet your Local Growers" sign hanging in the produce department. This was designed by the Education Committee and will be featuring new local growers every couple of months or so.

Camas Winery



Local wines by the bottle & glass

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

110 S. Main
Moscow
882-0214

New Music in the Store

By Kenna S. Eaton

They say music is emotional—and I know it is in our store.

We have battled (and I do not use the word lightly) over the music played in the store for years. Not only does everyone have different likes, but also different dislikes. Some folks like rock in the morning while others want classical music until the caffeine buzz sets in. Shoppers seem to like gentle background noise while stockers want music to rock and stock by. You can imagine with a staff of 42, plus shoppers and volunteers, music had become a serious issue.

We thought we had finally solved this problem by purchasing a 200 CD changer and player. We loaded that machine with all different types of music, hopefully something for everyone. But no, the issue was still not laid to rest.

Several CD's were petitioned to be removed as being entirely too

offensive, some became repetitious and annoying. When for the second time the CD player gods took over and decided for us that we were only going to listen to the "Cranberries," it was obviously time for a permanent solution.

We finally stumbled upon Cable TV. No, we do not have TV in the store (well not yet anyway) but we do have their music stations piped in, all 40 of them: no commercials, no talking, just music. There are various different thematic stations to choose from. I personally enjoy the Jazz option, while Danni's favorite (and the Deli's too I'm told) is the Progressive Album station.

Who would of thought that the Co-op would resort to piped in music? But finally, hopefully, the arguments are laid to rest and we will all experience peace while shopping and working.



Rompin' Through the Grapes

By Vicki Reich

Located in the heart of the Columbia Valley wine-growing country is Washington State's first organic vineyard, Badger Mountain Vineyard and Winery. I realized I'd been talking about all these wines from far away and ignored a great winery right under my nose (all right, it's not that close but it's a heck of a lot closer than Italy).

Badger Mountain is located in Kennewick and has been in existence since 1982 (If you are every in the area you should check them out. Directions to the winery are on their website at

www.badgermntvineyard.com). They were certified organic in 1990 and have been making a wide variety of organic wines ever since. We've carried their wines since we started selling wine.

This month I chose to sample their 1997 Merlot (\$14.99). The first thing you notice about this wine is it's deep, rich maroon color. It has a wonderful berry nose with a slight hint of chocolate. The wine fills your mouth, but not to overflowing like a really full-bodied wine might. The flavor of the wine is strongly

berry with undertones of earth and minerals, and it has a clean, crisp, slightly tannic finish. This is not a wimpy wine and should be served with bold flavored foods such as beef tenderloin with herbs or pasta with a balsamic and roasted onion sauce.

Of course, you can always just have a glass by the fire.

Single? Depressed?
Come meet the apple of your eye.

- **10 varieties.**
- **Organic**

They want to meet you.

Co-op Produce Dept.
Dani Vargas M.D (Manager of Department)



HAVE A WONDERFUL HOLIDAY SEASON
from
The Moscow Yoga Center

Thanks for your support!



MOSCOW YOGA CENTER
525 S. MAIN MOSCOW, ID 833-8315



Notes from the Bakery Banana Bread and More

By Joseph Erhard-Hudson, Bakery Manager

We've received a few compliments on our breakfast fruit breads, and I'd like to share our recipe. This bread is quick and simple to make, and allows for lots of variation. But once you have the ingredients on hand, it's easy to have a piping-hot breakfast bread on your table with little more than an hour's notice.

These are the dry ingredients:

4 cups, any flour [Joseph says: I usually use 2 1/2 cups whole wheat pastry flour and 1 1/2 cups white flour.]

1 1/2 cups any sugar

1 Tablespoon baking powder

1 teaspoon baking soda

1 teaspoon salt

Spices to taste

These are the wet ingredients:

1 cup boiling water plus enough frozen, concentrated orange juice to make 1

1/2 cups total

1/2 cup Spectrum Spread

1 teaspoon vanilla or other flavoring (optional)

Plus, these are the goodies to add:

2 cups fresh or dry fruit

2 cups nuts

Preheat oven to 350°. Lightly grease two 8 1/2" x 4 1/2" loaf pans.

Sift together dry ingredients in a large mixing bowl. Form a well in the center, and put the liquid ingredients inside. Stir the wet ingredients in the well a few times to mix them together. Dump in the fruit and nuts, and fold all the ingredients together just until there are no dry patches of flour left. Split the batter evenly between the two loaf pans, and bake for 50-60 minutes, or until a knife comes out clean. Check the bread half-way through the baking time. If the top is browning too quickly, cover the pans with aluminum foil for the remainder of the time.

As you can see, this recipe is very generic. Keep careful notes, find a good variation, and when the compliments come pouring in you can honestly say it's your own recipe!

Spectrum Spread is a butter substitute we use frequently in the Co-op Bakery. There are two versions. Original Spread is made with canola oil, and the Essential Omega Spread is made soy and flaxseed oils. Unlike other margarine products, Spectrum Spread is non-hydrogenated and has no trans fats. If you want to try some, look for it in the cooler on the shelves with the butter and margarine products. To learn more about Spectrum Spread and other products

from Spectrum Naturals, check out their web site at <www.spectrumnaturals.com>. Finally, you could probably substitute one-half cup melted margarine or butter for the Spectrum Spread, but I have not tried this variation myself.

Here are some of my favorite variations. Try one or two of these, then experiment on your own.

Banana Bread: For the fruit and nuts, use ripe mashed bananas and whole pecans. For spices try cinnamon and nutmeg, one-half to 1 teaspoon each. I like using whole pecans because they make a pretty pattern when the bread is sliced.

Trail Mix Bread: For the fruit and nuts, simply use 4 cups of your favorite trail mix.

Cranberry-Almond: Use fresh seasonal cranberries, chopped almonds, and almond extract instead of vanilla.

Apple-Walnut: Peel and chop two or three apples, and use whole walnuts. For spices you might try allspice, cardamom, or good old cinnamon and cloves.

Good luck, and let me know what terrific combinations you come up with!

Joseph Erhard-Hudson loves cooking for his friends, and thus has found his perfect job. His email address is bakery@moscowfoodcoop.com, and it would make his day to hear from you.

Stratton's

(Continued from cover)

Organic Valley is supporting small family farms. This summer I had the pleasure of being invited to tour three of the farms that produce milk in the Northwest for Organic Valley. The farms were beautiful, the animals were all healthy, and the pasture where they got to spend their days looked so good I was tempted to take a little taste. and half and whipping cream.

Every farmer told us that their cows and their bottom lines were much healthier since they went organic and joined Organic Valley and they were able to keep farming.


The third reason for carrying only Organic Valley milk is because all of the milk that gets delivered here is actually produced in the Northwest and I felt that was as local as we were going to get from now on. By carrying only OV milk, I could carry all the different varieties they have available, thus, hopefully, satisfying everyone's milk needs.

And, of course, the last but definitely not least, reason is that Organic Valley milk tastes good.

We now carry quarts, half-gallons, and gallons. The half-gallons are available in both pasteurized and ultra-pasteurized. I personally like the ultra-pasteurized because we don't drink milk very quickly in my house and it lasts longer, however, it is a bit more expensive. So if you drink lots of milk, go for the pasteurized half-gallons (the shelves are labeled). We also have two sizes of half and half and whipping cream.

After making some major mistakes ordering all this new milk, I think Erin and I have a pretty good idea how much milk to order. Hopefully, you won't see many holes on the shelf anymore.

Sole Mates.



Florida


BIRKENSTOCK

German Engineering for Your Feet

©1999 Birkenstock Footprint Sandals, Inc.

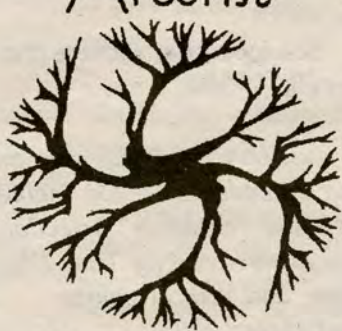
Eva Jo Hallvik
Licensed Massage Therapist

208-301-2246



since 1996

Dana Hoaglund
Arborist



Pruning - Climbing
Consultations - Evaluations

Member of ISA Certified Licensed Insured
(500) 332-6745



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

The Suggestion Board

Your wheat bran has occasional chunks of hull in it so it is unpleasant to use—Could you check out the source the Boise Co-op uses for wheat bran? It is good stuff.

I love the Co-op
I love the Co-op
I love the Co-op
La La La La La

We sure love getting comments like this, thanks!—Vicki, Grocery Manager

Please carry "Almond Sunset" tea by Celestial Seasonings. It is so good!

I'll see if I can squeeze it in. — Vicki

Maple sugar, please.

We have maple buds in bulk by the bulk medicinal herbs and baking supplies. These are a little coarser than maple sugar but are great for baking. I will be getting maple sugar in packages soon as well as some super yummy maple candy for the holidays.— Vicki

Rice Dream makes 1/2 gallon size cartons along with the quart size. Could you please look at stocking these?

I'm sorry but this size is not available from our distributors at this time.—Vicki

Please order spelt flour—there only was enough today to make mixed spelt loaves of bread and I wanted whole spelt bread. Thanks.

I'm sorry we were out when you were here. I try to always keep spelt flour in stock, I guess I have to try a little harder.— Vicki

Have you stopped ordering Pamela's Wheat Free Biscotti? Even my wheat-eating friends love them.

I have discontinued carrying these. They were very slow sellers. You can special order a case if you would like.—Vicki

Please, Please, Please can you order Terra potato chips in the salt and vinegar flavor? Thanks.

Okay, look for them soon.— Vicki

Is it possible to order some of the Dubliner Irish Cheese in the low fat variety? I've seen it elsewhere, but would prefer to buy it here! Thanks!

Please have Tofurky deli slices! Thanks!

Look for them with the other deli slices in the cooler.—Vicki

I could not find "whole oat groats"—which I like to cook overnight in my crock-pot. It makes the best oatmeal! Could you please stock it?

It just so happens that we have a free bin in bulk. I will start carrying the oat groats and see how they sell.—Vicki

This store is the best and I love it. Could you please try not to stack stuff on the little platforms where we try to write our checks? Thanks.

We try to keep these clear but stuff seems to migrate onto them. Please ask the cashier to remove the stuff if it builds up again and gets in your way.—Vicki

Nate's frozen vegetarian meatballs. They are so delicious!

Look for them in January— Vicki

I heard in Seattle that this is a GREAT co-op. It is!!

We love it when people say nice things about us, and to think our reputation spreads as far as Seattle.—Vicki

Large storage plastic bags like gallon size.

They're here.—Carrie, Personal Care Products Manger.

Garek is awesome!

We think so, too! —Vicki

Co-op Rocks.

We all agree.—Vicki

Can you get organic chocolate milk?

Yes, look for it with the rest of the milk.—Vicki

Just thought it was cool that your calendar selection includes the usual "co-opish" selection. Peace 2002, Among Tree, Dhali Lama, and then of course Firefighters 2002.

Oh, but the firefighter calendar is "co-opish." They are raising money for burn victims, and of course co-op'ers enjoy the beauty of the human body in all its forms. I especially like the form on the cover.—Vicki.

From the Herbalist: Healing Through the Ages

by Lori Harger Witt

Winter is upon us. During these dark days, the blossoming radiance of summer often seems like an imagined past. It is not surprising that so many religious traditions have celebrations of light at this time of year. In lighting the menorah or advent wreath we affirm that darkness will pass, that sunlight will again warm our faces and make our gardens grow.

Human history also seems to move in seasons. When the Roman Empire fell in the 5th Century, most of the ancient texts of Greek and Roman learning were lost. Throughout Europe, advances in medicine, science and philosophy were forgotten, and the ensuing centuries are often referred to as the Dark Ages.

But while the lamp of learning was overshadowed by superstition in Europe, the arts and sciences were flourishing in the Islamic civilization of the Middle East.

In the 5th Century, Baghdad emerged as an intellectual hub. Medical treatises by Hippocrates and Galen were translated from Greek into Arabic and provided the foundation upon which Muslim physicians built a sophisticated system of medicine, known as Unani-Tibb. Unani medicine is based upon the assumption that balance is the key to health and that disease is the result of imbalance. The physician's role is to maintain balance and to restore it when disease arises.

In the year 805, the first modern hospital was founded in Baghdad. Like many more to follow, it was connected to a medical school and library. Physicians were dedicated to scientific observation in discovering and promoting prevention and cure of disease. Surgical techniques for repairing hernias and removing cataracts were refined. A basic understanding of the contagious nature of certain diseases led to the implementation of effective quarantine strategies. Islam teaches that God provides a cure for every illness, and it became the physician's obligation to discover and provide effective remedies. A vast pharmacopoeia of herbal, mineral, and animal-based remedies was established.

At this time in Europe, sickness was often accepted as judgment from God.

Emphasis on the care of the soul often led to a neglect of the physical body. Sanitation and personal cleanliness were rare and contagious diseases found fertile breeding ground. Hospitals were places to go to die rather than be cured. Monks, the main providers of medical care, were forbidden by the church to practice surgery lest they damage the soul by cutting into the body.

Thanks in no small part to the Arabic scholars who kept of learning alive,

Europeans began regain their intellectual heritage in the late Middle Ages.

As the Renaissance approached, Greek and Roman texts were translated from Arabic into Latin. The 11th Century text, Al-Qanan fi al-Tibb, or the "Canon of Medicine," by Arab physician Ibn Sina (Avicenna), was translated into Latin and was used as a primary reference and medical text well into the 19th Century.

So as you go about your own celebration this holiday season, remember those who have kept the light alive through the darkness. And as you sip your spiced cider and mulled wine remember that some of our favorite holiday spices are herbs that were first valued for their healing properties.

Cinnamon, cloves, nutmeg, and cardamom all figure prominently in Unani medicine and found their way into European usage with the introduction of Eastern medicine.

While each of these plants has its own properties, in general their aromatics make them effective antimicrobials and carminatives, or digestive aids. Savor your holiday treats, and savor the riches of human learning that are ours to inherit and protect.

For more on this subject, see "Arab Roots of European Medicine" by David W. Tschanz online at <http://users.erols.com/gmqm/euomed1.html>.

Lori Harger Witt is a clinical herbalist who loves to study human history.



New Grocery Products

By Vicki Reich

Silk Nog and Horizon Egg Nog—Just for the Holidays.

Sunrise Tofu and Baked Tofu—Available in a bunch of great varieties.

Huntsman Cheese—Requested by Carrie. It's a combination of Cheddar and Blue cheese. Carrie likes it with sliced pear.

Cambozola Cheese—I had to add this one to the collection, a combination of Camembert and Gorgonzola. Creamy and delicious.

Our Daily Red in a box—The first organic wine in a box. This is a reasonably priced sulfite-free wine, and it's pretty good, too.

Sara Joes Organic Pork Products—A great variety of all organic pork products, including that Christmas ham you've been dreaming of.

Ian's Meatballs, Chicken Nuggets, Chicken Pot Pie and English Muffin Sandwiches—All natural meat products and tasty too!

Boca Sausage and Brauts—Tastes almost like the real thing

Seeds of Change Frozen Meals—Eight different varieties of organic dinners to choose from.

Maple Lane Bakery Pie Shell—For people like me who can't make a good pie crust to save their lives, convenient too.

Stahlbush Cranberries—That wonderful fall fruit all year long.

Scharffen Berger Chocolate Baking Bars—If you truly love chocolate, this is the stuff to bake with.

Wax Orchards Syrups, Chocolate Toppings and Fruit Butters—All sugar-free and delicious. Sweetened only with fruit.

Spectrum Omega-3 Mayonnaise—Get all those good EFAs with your egg salad sandwich.

Woodstock Bulk Dark Chocolate Almonds—Very yummy.

Sunridge Farms Bulk Ginger and Chocolate—The new snack of choice for both Kenna and I.

Sunridge Farms Bulk Chocolate Covered Cherries—Grain sweetened chocolate and dried cherries, how can you go wrong?

Mountain Sun Limeade and Mt. Cherry Juice—Two new additions to the Mountain Sun line.

Nature's Path Optimum Cereal—Chock full of soy, omega-3, fiber, calcium, and vitamins. And it tastes good too.

Baby's Own Organic Toddler Formula—Available in dairy or soy-based.

Oregon Chai Chai Nog—Chai for the Holidays

Ginger People Ginger Lime Marinade and Ginger Peanut Sauce—I love this company, the packages are adorable and the stuff inside always tastes good.

Papadini Hi-protein Lentil Bean Pasta—Gluten free in two fun shapes.

Newman's Own Organics Microwave Popcorn—Replaces the non-organic kind.

Fall River Wild Rice Chips—These are good, I especially like the garlic ones.

Blue diamond Nut Thins—Hazelnut, Pecan and Almond varieties, all of which are slightly addictive.

All Goode Organic Teas—The boxes with the guy peering over the edge.

Yogi Tea Lattes—A variation on chai.

Tazo Chai—32 oz. Chai concentrate from the tea gurus

Balance Oasis Bars—Sports bars designed for women

Power Bars Pria—Kind of like rice crispy treats but good for you.

STRESS REDUCTION COURSE

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

•Learn skill : 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

Papa Sings Bass- Part I

by Lisa A. Cochran

My father's reaction to his parental responsibility was to get married as quickly or as often as possible to have someone to take care of us, regardless of their qualifications as a parent. Thus, I have always been fascinated with the concepts of fatherhood and have been amazed at the diversity of fathering in our community.

At the age of 31, James Shearer became a Stay-At-Home-Dad (SAHD) to care for his newborn son, Calvin. James and his wife Helen are newcomers to the Palouse and have not yet developed strong community ties that long-time residents have established. Though they have a bit of a disadvantage in terms of outside support, they are thriving as a family in their new home in Moscow. James feels very fortunate and comfortable in his role as primary care giver to 10-month old Calvin, though he grew up in a traditional home, his father was very active in family life outside of work. James would like to make contact with other SAHDS and can be reached through email jashearer@moscow.com.

Jim Prall and Carolyn Berman had been together some 16 years when their daughter Emma Rose was born. Jim was 53 when he became a new father. Jim says he is a full-time Dad working part-time and Carolyn is a full-time Mom working part-time, so they focus on optimum flexibility, not a strict division of duties and/or time slots. Jim credits being older parents has enabled them to delay certain gratifications that might frustrate younger parents.

Jim was the only father I spoke to who is actually following a distinct pattern of behavior like by his own father. Jim's Dad was a minister whose flexible schedule allowed him to stay at home with the children while his mother was a teacher. Any other dads interested in networking with Jim can call him at home at 882-8337.

Bryon Thomson has been a SAHD for 5 years. He said the decision was "simple math" and admits that his role often requires a significant amount of "stretching" to provide nurturing

and care to his 3 young children.

Daryle Faircloth is now a sing Dad who fell into his role as prime caregiver more by natural inclinations than by financial requirements. He has chosen to make his daughters, Jordan, 11 and Caitlyn, 7, his top priority, even at the cost of his career dreams. His biggest challenge as a working parent is trying to find more time to spend with his kids.

I know I haven't given near enough credit to all of you dads out there who are spending as much time with your kids as possible, despite the demands of working long hours to provide for your families. You are part of a growing number who succeed at balancing family and jobs in such a way that you are still able to forge relationships with your children that were not possible in a not-too-distant past when tradition and expectation bound parents to rigid roles within the family. The Cleavers would have been baffled. You are to be commended.

And for those SAHDS, neo-SAHDS and hopeful SAHDS who don't get out much or are more comfortable getting into chat groups I might suggest several excellent resources on the web:

http://content.careers.msn.com/WorkingLife/WorkFamily/0010_stayathomedads.asp
<http://www.dadstayshome.com/>
<http://www.slowlane.com/>

Lisa Cochran is a long-time Moscow resident interested in promoting healthy families. Anyone interested in starting or participating in a Father's Mentoring Support Group, please contact her at 882-8345 or e-mail muddypuddle@moscow.com.

3 1/2

CENTS

black and white copies

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

Expires 12/31/01
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.



Volunteers

By Annie Hubble, Volunteer Co-ordinator

As I sit down to write this two days before Thanksgiving, the theme of gratitude comes to mind. While I wished to convey gratitude to all those wonderful volunteers who cheerfully appear each week to help with tasks, thereby enabling Co-op staffers to have more time for their jobs, I began to have a greater image in my head.

I began to think back over the last couple of months, with the horrific events of September 11th, and the ensuing challenges to the American people's peace of mind, and yet again felt grateful to be living in Idaho, and especially in the small town of Moscow.

Moscow is one of the most amazing communities I have known. We dance together, sing together, laugh and cry and hug together, and when one of us is hurting in some way, the people rally around.

I like to think that it would be hard for anyone to "fall through the cracks here". Thank you, Moscow.

Within Moscow, there are a few hubs of the community wheel that I feel particularly grateful for. One is BookPeople, with its wonderful warm atmosphere, where one can meet with a friend for a cup of tea or just browse amongst the great choice of books. Another is the newly-remodeled Kenworthy, a very worthy place indeed, where I have in its short life already seen many good films and some impressive local theatre productions such as the recent productions of "Oliver" and "Art."

Both of those plays had local casts and directors (I came out of both of these very impressed with our local talent). Of course, another vital part of the community is our own Co-op store.

I am grateful for all these places, and others I haven't space to mention. I am particularly grateful for the chance to be employed in a work place such as the Co-op. It is a rare and wonderful thing to be able to look forward to coming to work. Even if I sometimes feel a little tired

first thing in the morning as I open the store, I know it will only take a short time before I am genuinely smiling and having fun.

We have the most wonderful customers and staff. And of course, one has to mention that great deli food. I am sure we all feel grateful for those yummy dishes that come out of that small kitchen, and I love to see the deli folk laughing and smiling as they prepare the food, and I know I am eating meals prepared with love.

And finally—back to our valiant volunteers. This is a town with many openings for volunteers, (I see another newsletter article potential there!), and I am grateful for all of you who have chosen to donate your time to the Co-op....the place just wouldn't be the same without you.

There are volunteers in every nook and cranny: baking, cooking, cleaning, stocking, bagging, helping with freight, watering the plants, working on the newsletter, price checking, and last but not least, sitting on the board and various committees. Thank you everyone.

By time this goes into print, Thanksgiving will have come and gone. I hope you all had a wonderful day. Bless you all for making this community the incredible place it is.

And here's a message to my fellow volunteer co-ordinator who is recovering from surgery: Get well soon, Janna...we miss you!!



Mikey's GYROS
Now with two locations
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
Pullman
(next to Burger King)
NE 1000 Colorado 332-8902

Volunteer Profile: Gardening Writer Pat Diaz

By Kajsa Eagle Stromberg

I read through a book one day entitled "How to Live a Beautiful Life." From what I learned of Past Diaz during our interview, it seems she could write her own chapter.

For the last four years, Pat has been writing the gardening column for the Co-op newsletter. Writing about gardening seems very natural for her since that has been a passion of hers for many, many years.

Pat grew up in Santa Barbara, California and moved to this area in 1975. One of her first projects was to open Alex's, a Mexican restaurant, in an old livery stable in Deary. She must have really enjoyed her work because she decided to go back to school at WSU for degrees in hotel and restaurant management. Alex's moved to Pullman and Pat ended up teaching at WSU.

She and her husband Tom Brimmer moved into a beautiful home near Dworshak Reservoir in 1993. Pat showed me a picture of their home and with all the windows, forest and fresh air, it looks like a wonderful spot for a gardener.

Unfortunately, health problems forced Pat to retire from teaching in 1996 and now she and her husband have found other ways to occupy their time, including writing her gardening articles. Pat got into gardening early on, taking classes like Master Gardening and organic gardening. She tells me that she has been keeping files of clippings from books and magazines since the early 70's. These files are extremely valuable resources for her articles. Especially since, as Pat tells me, so


many aspects of gardening are timeless. For instance, this month's article on scarecrows reflects the timeless battle of gardeners against invading hungry critters.

That's a problem right now for Pat and Tom at their homestead where she says snowshoe hares, turkeys and other creatures have so far made a large garden impossible. But the resolve of Pat and Tom is steeled and they are in the process of creating a garden and building a fence so that next year's flowers and vegetables can grow in peace.

In the meantime, Pat has many other things to keep her busy. She loves her herb garden. She says the best part is just being out there, digging. She also spends a lot of time quilting, sewing and reading. I met Pat at a Clarkston craft fair where several of her smaller quilting projects were on display. I thought they were wonderful, with great colors and shapes, and beautiful fabrics. Her husband makes all kinds of wooden creations like birdhouses and benches. His benches were made from old bedsteads, but every one was sold before I arrived.

Pat says she has no favorite subject for her columns, she just tries not to repeat herself. But she says there is no lack of ideas or inspiration, which means we can continue to look forward to her gardening ideas and guidance.

Kajsa Eagle Stromberg is now at Lake Pend Oreille doing some feeding experiments on kokanee, and she reports that it's beautiful there.



- **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

Keith Smith Carpentry

Level, plumb, & square with the world

**Timberframes
Additions
Remodels
Custom woodwork**

882-4938



Scarecrows are for the Birds

By Patricia E. Diaz

If you have marauding birds robbing your fruit trees, there are several things you can do. The easiest thing is to let the birds eat what they want and accept what's left over, if there IS anything left over.

You can also enclose each tree or plant with a screen cage, gauze, yarn, or netting.

That's rather problematic if you have really big trees.

Or you can attempt to scare them away with devices that frighten by shape, motion, or shininess. You are essentially pitting your wits against the birds' appetites. Here are a few methods to try and information on how effective each method may be.

Posterboard
Hawks are hawk-shaped pieces cut out of black posterboard. Begin with an enlarged drawing or photograph from bird books. Then once you have traced and cut out your shape, string the bird shapes with fishing line. Thread the fishing line in a needle strong enough to pierce the posterboard and tie a secure knot in the end.

Start from about 2/3 of the way out on one wing on the outside, go underneath to about 2/3 of the way out on the other wing, come out on the top of the body. Go to the top of the head, pierce through and go to the base of the tail. Come out there and go back in the middle of the bird's body. When you get there, pull all the threads together in a central knot. Really make sure that knot is secure.

Then tie another length or if you have enough, just continue on to the end of a pole and secure the line to the pole. The poles need to be really long (about thirty feet) bamboo poles or poles made out of some other kind of flexible material. Once the bird shapes are tied to the end of the poles, position them so they soar above your trees in different areas. You'll want to slant the poles over the trees as much as possible so the lines won't wrap around them. The hawk shapes will

glide and soar in circles with the lightest of breezes. The air currents are unpredictable enough so that the birds don't get used to them. Plus they cast shadows of a scary

Scare a what?



predator which seem very real to the birds.

Or try changeable scarecrows. Research conducted at the University of California at Davis showed that birds avoid anything new which shows up in their environment only for 5-7 days at most. Then if the unfamiliar thing doesn't harm them, they learn to ignore it and continue on. Therefore, one of the best things you can do is provide a changeable scarecrow.

A changeable scarecrow is a running stick figure created out of wood. Start with a long stick body with a pointed end so you can move it, a rounded head shape on top, and jointed arms and legs so you can reposition the scarecrow every so often. (The joints pivot on carriage bolts with wing nuts.)

Then every few days, attach different devices to the ends of the arms and legs, like pie pans, tin can lids, pinwheels, plastic streamers, or anything else you can find that moves with the wind or is shiny.

You can also confuse the birds even more by moving the scarecrow to different parts of the garden area

and by arranging the jointed limbs in new positions.

Plastic owls are everywhere. They're sold specifically to scare birds but they seem to have really limited effectiveness. Researchers found that they sometimes scared messy birds away from deck areas but failed to protect any ripening fruit. For better results, try hanging them from branches so they move with the wind. Reposition them occasionally.

Some gardeners use stuffed predators. This method works but first you have to have some old stuffed predator hanging around. If you're an animal lover (like I am) you have to get over the problem of using some poor animal's dead body in your garden.

One gardener used an old stuffed fox that she perched in her fruit trees (changing trees occasionally) and it worked quite well. So if you have one of these in your attic or find one in a second-hand store, you could always try it.

The traditional scarecrow that you see everywhere, the stick figure adorned with old clothing and a hat, works for a few hours or a few days at most.

Birds become too used to it because it's unchanging and unmoving. If you've tried this before and really like a scarecrow in your garden, at least put some stuff on it that moves with the wind and move it occasionally.

Pat Diaz lives with her husband, Tom, and schnauzer, Gus, on 6 acres in the woods near Dworshak Reservoir. She reports that the snowshoe hares are almost white now, the chipmunks are settled in for the winter, and all the deer, elk, and turkeys are hiding from the hunters.

Publicist Position Open for Moscow Renaissance Fair


Karen Wheeler, fair secretary

The Moscow Renaissance Fair needs someone to coordinate publicity for our community's springtime celebration. The publicist position includes coordinating media coverage, managing the poster contest and publishing the program guide.

This position requires enthusiasm, a commitment of time from January through May, and basic computer skills. Help will be available from previous publicity directors. The publicist position does include stipend (but don't expect to get rich). Consider the real reward as being a major contributor to one of Moscow's most anticipated and magical events.

In addition, the Moscow Renaissance Fair board would like to welcome anyone who would like to volunteer his or her time for the 2002 fair. This event, which is planned for the first weekend in May, could not take place without our volunteers and we need your help and energy. A huge thanks you to all who have participated in the past and who will do so in the future.

Anyone interested in the publicist position, or in volunteering, should contact Moscow Renaissance Fair President, Dean Pittenger, at (208) 882-0211 or by e-mail <dpitt@moscow.com>.



Bruised Books
buy • sell • trade
hardbacks • paperbacks
East 235 Main St.
Pullman WA 99163
509-334-7898
Monday - Friday 11-6
Saturday 10-6

Nancy Draznin, CCE, CLA (208) 224-6965

Home Birth
Water Birth
Hospital Labor Support

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only



Organic Short Grain Brown Rice

Reg. \$1.05
Now 85¢

Save 19%

BULK



Organic Long Grain Brown Rice

Reg. \$1.09
Now 85¢

Save 18%

BULK

NUTS

Pistachios

roasted & salted

Reg. \$3.55

Now \$2.99

Save 16%

BULK

NUTS

Filberts

Reg. \$5.45

Now \$4.39

Save 19%

BULK

Organic

Cashew Pieces

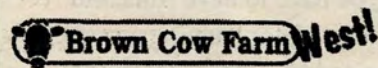
Large Fancy Raw

Reg. \$6.59

Now \$5.55

Save 16%

BULK



Plain Yogurt

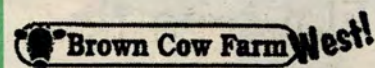
fat free & whole milk

Reg. \$2.39

Now \$1.85

Save 23%

REFRIGERATED



Maple & Vanilla Yogurt

fat free & whole milk

Reg. \$2.39

Now \$1.85

Save 23%

REFRIGERATED



Frozen Fruit

Reg. \$3.69

Now 2 for \$5

Save 32%

FROZEN



Waffles

Reg. \$2.45

Now \$1.65

Save 33%

FROZEN

Ling Ling

Potstickers

Shu Mai & Spring Rolls

Reg. \$3.95

Now \$3.19

Save 19%

FROZEN



Clif Bars

all varieties

Reg. \$1.39

Now 99¢

Save 29%

GROCERY

**ANNIE'S
NATURALS**

Pasta Magic Sauce

Reg. \$3.09

Now \$2.61

Save 15%

REFRIGERATED

Soy Yogurt

Reg. \$1.05

Now 75¢

Save 29%

REFRIGERATED



Blue Diamond

Nut Thins

Reg. \$2.15

Now \$1.88

Save 13%

GROCERY

*Blue
Galleon*

Sardines in Soy Oil

Sardines in Olive Oil

Save 14%

FROZEN

CERES

Juices

Reg. \$2.99
Now \$2.55

Save 15%

GROCERY

Consorzio

Dipping Oils

Reg. \$4.65
Now \$3.75

Save 19%

GROCERY



Blueberry Almond Muesli
Corn Flakes
Mesa Sunrise Multigrain
Heritage Muesli, Raspberry
Multigrain Flakes w/Raisins
Honey'd Raisin Bran
Heritage Flakes
Millet Rice Flakes
Multi Flakes
Kamut Krisp
Shredded Heritage Bites
Shredded Oatie Bites
Honey'd Corn Flakes

Save 27%

GROCERY



Big Bowls

Reg. \$1.55
Now 99¢

Save 36%

GROCERY

Flavorganics

Extracts

2 oz.

Reg. \$4.39
Now \$3.49

Save 21%

GROCERY



Tortilla Chips

Reg. \$2.85
Now \$2.29

Save 20%

GROCERY



Pasta Sauce

Reg. \$3.45
Now 2 for \$5

Save 28%

GROCERY

NUMi

All Varieties

Reg. \$4.29
Now \$3.19

Save 26%

GROCERY

Planet Harmony

Gummy Bears
Gummy Worms

Reg. \$1.39
Now 99¢

Save 29%

GROCERY



Vegetable Broth
Organic Chicken Broth
Beef Broth
Chicken Broth
OG Mushroom Broth

Save 39%

GROCERY



Natural Beverages

SODA

Reg. 49¢

Now 38¢

Save 23%

GROCERY



Taste Fair Revisited

by Kenna S. Eaton, General Manager
Photos by David Hall

Late in October we held the Annual Taste Fair. As usual it was a wondrous event filled with fun, food and friends.

We were so busy it was hard to track of what was going on. We could barely keep up with making sure there was enough food on the tables!

A dozen tables were set up around the store loaded down with largesse. This year we had several new additions: Don and Tak-cha's hand made Kim-Chee, Virginia's Fresh Salsa filled with cilantro and garlic, and "Sara-Joes" organic pork products.

"Sara-Joe", from St. John, Washington, raises organically-grown pork that is butchered and turned into flavorful hams, chops, and roast, sausages and ground pork. Mmm good!

Of course, lots of old friends came to have fun that day: Moscow Pepper Company with their spicy marinades and oils, Cowgirl Chocolates (not for the faint-hearted), and



Small Planet Tofu organically processed in Newport, Washington.

Other tables were filled with food from national manufacturers like Newman's Own Popcorn and cookies, Kettle Chips, Seeds of Change frozen dinners, Wallaby yogurts, Oasis Bars, and Numi Teas to name a few.

It's hard to know how many people filled our store from 10-4 pm, but let me say it was so many that several producers had run out of samples by 2pm!

We gave away 40-50 door prizes such as T-shirts, gift baskets, fridge magnets, mouse pads and samples of various lotions, soaps and vitamins. What more? Well, everyone had fun and went away filled and satisfied for another year, or until our Anniversary Party in February! Who needs anything more?

Ginger, Part Two

By Pamela Lee

When I was a kid in the 1950 and 60's, growing up in Minnesota, I remember how my Dad would journey some 30 miles through city traffic to the university district, where there was a tiny modestly-stocked Oriental food market. The small section of ginger root, amongst the then-strange foodstuffs that he'd bring home, would be chopped away slowly, and treasured until it was gone.

Dad would store the root segment in the dried rice canister. I remember it (the shrunken root) tumbling out into the measuring cup, as I'd measure out dry rice.

Times have changed. We can now find ginger – fresh, candied, pickled, sauced, in jars of ready to use marinades, soda pop, and ice cream in our Co-op (and in many markets). The Department of Agriculture has been keeping tabs on the rising ginger consumption in the United States. Since 1992, we've consumed 40% more fresh ginger, 80% more candied ginger, and 145% more ground ginger.

When you are shopping for ginger root, look for a section of rhizome that has fresh-looking smooth skin with a light sheen. I've read that one should select a section of root with the least number or knots or branchings. I'm not sure why. Perhaps it has to do with age – the older the root, the more branching. Or, this may be a practical consideration. Each time one lops off one of those branches, tender ginger flesh is exposed to early desiccation and (worse yet) to microbes. I've never stored fresh (peeled) ginger in sherry or Madeira, but many cooks do. I have, when I've found a supply of wonderfully fresh ginger, stored serving size sections in the freezer. The texture changes, but the juice is much the same.

A few years ago my sister called for advice about what to do with her bountiful supply of ginger.

She'd bought several pounds of ginger from farmers at the Minneapolis farmer's market. After reviewing the various storage methods, I suggested she plant some of it in a pot. The ginger root is, after all, a rhizome. The suggestion grew, literally, into a handsome houseplant. In warmer climes, the rhizome can be planted outdoors. Different varieties of ginger yield plants with different flowers, some discreet and others downright ostentatious.

If you are someone who forgets about the stray piece of root leftover from dishes-past, you might find the solution in the condiment-sized jar of Ginger People's ginger juice. It is great – no fuss, no peeling, and no disappointingly dry old root shoved to the corner of the produce drawer. I've had an opened jar in the refrigerator for months and it is still good as gold...err ginger.

If you haven't yet been taken up with this rising ginger craze, I've another healthful boon to boast about on ginger's behalf. Ayurvedic medicine has long valued ginger root in the treatment of arthritis, especially osteoarthritis. Recent (Western) medical studies have been showing that ginger has natural anti-inflammatory properties if consumed in small amounts everyday. It works much like ibuprofen, but without the deleterious side effects. The recommended "small amounts" means 1/2 to 1 teaspoon each day. This would be easy to do, flavoring sauces, marinades, dressings, stir-fries, vegetables, fresh juice, hot teas, cakes, quick breads, wonderfully warm muffins....

Fresh Lemon and Ginger Muffins

Makes 12 regular-sized muffins

- 2 T. coarsely chopped, peeled, fresh ginger root
- 1 or 2 lemons, well scrubbed and patted dry
- 1/2 cup butter, at room temperature

- 1 cup granulated sugar
- 2 large eggs
- 1 t. baking soda
- 1-cup plain yogurt or buttermilk
- 2 cups all-purpose flour
- 1/4 cup freshly squeezed lemon juice
- 2 T. granulated sugar

Heat oven to 375-degrees F.

Grease muffin cups or use paper-baking cups. Finely chop the ginger. Finely grate the lemon peel so you have 2 tablespoons.

In a large bowl, beat butter and the 1-cup sugar with a wooden spoon or electric mixer until pale and fluffy. Beat in eggs, one at a time. Add ginger and lemon peel.

Stir baking soda into yogurt or buttermilk; it will start to bubble and rise up. Fold flour into ginger mixture one-third at a time, alternating with the yogurt. When well blended, scoop into muffin cups. Bake 18 to 20 minutes, or until lightly browned and springy to the touch.

While muffins bake, mix lemon juice and the 2 tablespoons sugar in a small dish. Stir until sugar dissolves.

When muffins are baked, remove from oven and let cool 3 to 5 minutes in pan. Remove from pan and dip top and bottom in the lemon juice and sugar mixture.

Note: I have used chopped crystallized ginger in place of the fresh root. The result is not as tangy, but plenty good. I always use organic unbleached flour in place of all-purpose. If one is concerned about the lightness or the baked good, substitute 1/4 cup (or less) rice flour in place of wheat flour.

Though Pamela Lee has repeatedly tried to crack the recipe, she has never succeeded in figuring out how to make a cookie as tender and spicily delicious as the packaged Pamela's (brand name) Ginger Cookie. Try one, and see if you can stop at eating just one.

Try-Dye
Everything!

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

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

PALOUSE
Ocularium 
VISION CENTER

*Precise, professional eyecare.
Comfortable Atmosphere.*

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

HOT LUNCH
for Grown-Ups

*The Moscow Food Co-op
Deli offers healthy
hot lunch specials
every weekday*





Elderberry's: A Local Cultivar

By William Quirk, Produce Assistant

When I came to town a couple of months ago I was pretty excited about living in a rural community. So excited in fact, I was willing to take a job, "cleanin' combine." I picked, vacuumed and blew from Walla Walla to Moses Lake. Three weeks later, the chemical conventionality of the job had me on the edge and I had to walk out. Luckily, the Co-op needed help with good, clean produce and I found myself working amongst the type of agriculturalists to which I'm drawn. It wasn't too long before I began hearing about local efforts to support and stimulate local farmers and their markets.

Rural Roots and Elderberry's seemed to be the most active groups in these efforts. Well, Rural Roots has three years of grants and newsletters behind them and plenty of involved people to tell their story. Elderberry's on the other hand, is just getting started. I decided to drive to Clarkston to find out what this new business was up to.

The store, located on the northwest corner of 11th and Bridge, opened just 6 weeks ago. A quaint house converted into a store, a certified commercial kitchen (hope-

fully, certified organic soon), office space and a workshop meeting room. The backyard has a small nursery and a demonstration gardening that promotes tools and techniques the business sells. A miniature model of a season extending greenhouse sits just outside a miniature barn full of organic hay and fertilizers. The house is also the distribution point for a multi-farm, organic CSA. The store carries fully licensed foods and crafts on consignment basis. All products go through a review process by the member-owners to ensure consistency with Elderberry's standard of quality, locally-crafted goods.

Elderberry's objective is to promote alternative agriculture and sustainable lifestyle. To accomplish this, the group has designed a business that aims to cultivate each of the 14 member-owner's personal ventures while facilitating new start-ups outside the group. Sustainable agriculture is by design creative, adaptable and diverse. Sustainable lifestyle must meet the same requirements. Elderberry's, the business, is consistent with this idea as it uses the variety of skills and

experience of the owners in its work to create a stable, healthful local economy.

Delores Jungert-Davisson manages the CSA and grows fresh vegetables for it. Beth and Brad King have used their experience with plant propagation to develop the nursery. Stacia Moffett provides a plethora of value-added jams, vinigrettes, syrups and oils to the storefront. The skills of all 14 owners are put into workshop curricula. The owners hope the workshops will encourage networking and idea-sharing among participants.

Value added workshops might saturate the local Italian Plum Jelly market, but what Elderberry's really offers is a place to start developing your own ideas based on your resources. The progression of each new business idea will help the community identify regional limitations to a growing sustainable food economy. One such limitation in the area may be access to affordable organic hay and lack of a certified organic slaughterhouse. Surmounting obstacles like these will create lasting infrastructure for local

alternative agriculture.

Judy Wendt, a grower for the Co-op, attended a recent workshop entitled, "Garlic, *Allium sativum*: a medicinal food." The workshop consisted of an hour of discussion on the history and properties of the herb and a cooking session, which produced lunch in the form of garlic soup, bread, noodles and a salad dressing. Judy was impressed with the commercial kitchen and garlic tips, but more so with the quality of discussion in the small class. Maybe next summer the Co-op can carry Judy's Fresh Basil Pesto along with the aromatic loose leaves she brought us this season.

By providing workshops, references, consultants, a kitchen and a store to sell your wares, the folks at Elderberry's hope to offer everything you need to start your own small business. To find out more about Elderberry's owners, the grants that got them started, and their future workshops visit www.elderberrys.com.

*Bill Quirk once made Elderberry jelly from fruits of *Sambucas mexicana* var. *freewayii* in southern California.*

Letter to the Editor

from Becky Miller

I'd like to add my two-cents' worth on the subject of music at the Co-op.

I appreciated board member George Bridges' opinion expressed in the October newsletter. I think this is an emotional issue for most people and for a good reason. Music is powerful and meaningful only when it is attended to. As an inescapable, involuntary sound track to our lives is not the best way for us to experience music.

When I come into the Co-op to shop or eat, I love the atmosphere...the friendly people, the wonderful aromas, the new art

gallery, and the dedication to health and wholeness. I don't think the current musical atmosphere is supporting these other qualities.

There are two issues here, I believe...the quality of the sound and the selection of music. My husband is a cashier at the Co-op, and he has often expressed discomfort with the lo-fi sound, especially when it is competing with the freezer hum, the espresso machine, the intercom, and other sounds.

As for the music itself, there is no simple answer to this. That's why Muzak was developed, to satisfy the need for subliminal, feel-

good sound in the workplace or shopping place. But when I listen to music, I want to listen to music, and I want to choose it. And I don't want serious music made by serious musicians to be used as sonic wallpaper! How would you feel if the Co-op bathroom or deli area had wallcoverings with little Mona Lisas or Picassos all over them!

I can remember a time when the aural background of the Co-op was NPR, which was satisfying and interesting to me, but I realize that would probably be offensive to others...and it still cheapens or dilutes the experience to hear music

while shopping, visiting, or being otherwise distracted.

This might be the most appropriate application for that inoffensive, hypnotic sound called space music or new age (there, now, I'm sure I've insulted someone's favorite thing!). Or, what about silence!? How about the quiet hum of people, meeting their friends and neighbors, being engaged in their community, sharing the wonderful place we all treasure so much.

Let's all be more selective and conscious about listening to music and enjoy the pleasure of purposeful sound in our lives.



Staff Profile – Lucas Grubbs

By Julie Monroe

Lucas Grubbs listens. To Belle and Sebastian, to Fontanelle, to Polvo, to

Euphone, to name a few of the “non-corporate” rock artists he programs for his weekly broadcast on the University of Idaho radio station, KUOI-FM.

And he was listening as a teenager when he was called by God to join the priesthood of the Episcopal Church.

Lucas, who works as a cashier at the Moscow Food Co-op, says he feels he was called when he was 16 or 17-years-old to “help the social and spiritual conditions of humanity through the priesthood.” Since then, Lucas has been journeying, in one way or the other, to prepare himself for a vocation that will demand much from him as a servant of God.

Like the Episcopal faith, journeys are part of the Grubbs family tradition.

Lucas, who was born 22 years ago on November 17 in Southern California, spent his childhood and youth in “a lot of places,” he says. His parents, Mike and Dee Grubbs, “could never settle down,” and as a result, Lucas has lived in Arizona and Nevada as well as southern and northern Idaho. His parents were also inter-continental travelers and took Lucas, when he was just ten years old, on his first trip to Europe. Since then, Lucas has traveled throughout Europe, including Spain, France, Germany, Holland, Belgium, Italy, Austria and Hungary.

Engendering in him a love of travel was “one of the most important things my parents did for me,” says Lucas. Over the course of his several visits to Europe, Lucas has developed a deep affection for the European way of life, particularly that of Spain. During the academic year 1999-2000, Lucas spent a year in Zaragoza, a Spokane-sized city in the northeastern part of Spain.

He describes this period as “the most incredible year” of his life. Not only did he have the opportunity to become fluent in Spanish, in which he majored at the University of Idaho, he also became a temporary European and was “adopted”

into the families of the three Spanish students with whom he roomed at the university in Zaragoza.

Lucas says he envies the ability of Europeans to “enjoy life one day at a time,” and inspired by the continental tradition of relaxing with family and friends over long meals prepared with the freshest of ingredients, Lucas has developed his



skills as a chef. He likes to cook for his friends and generally serves Mediterranean cuisine because of his preference for fresh vegetables and generous amounts of olive oil.

Lucas also prefers a certain type of music. As a DJ at KUOI on Saturday evenings from 6:30 to 8:30, he and co-DJ, Stephanie Clarkson, select music made by musicians who are independent of the corporate music industry. Of all the music to which Lucas listens, he is most fond of that made by the Scottish duo, Belle and Sebastian. He says he “loves everything about them.” He and friend, Emily Sly, finally got to see them in person this September when they performed in Seattle.

Besides Belle and Sebastian, Emily and Lucas share an interest in social, political, and spiritual activism. Lucas is a member of FLAME, a group

Emily started this fall at the University of Idaho. FLAME stands for “Feminist Led Activist Movement to Empower,” and its goal is to

help break down gender stereotyping.

Of particular concern to Lucas is the exclusive nature of the Christian faith; part of the reason he is considering the priesthood is because he hopes to “change the patriarchal face of the faith” and to make it more inclusive so that all roles within a faith community are

open to everyone, regardless of gender, race, or socio-economic status.

Reflecting his hope that his faith will come to truly appreciate the feminine is his devotion to the Virgin Mary. Although unwilling to describe it as a pilgrimage, Lucas recently visited Mexico to view the shrine of Our Lady of Guadalupe. For him, Mary represents the feminine side of God, and he admires her “humanness, her faith, and her power.”

Saying, “I have a lot of things to think about,” Lucas is still journeying, still listening for that which will direct him toward his calling. He knows he’s not yet arrived at his destination, but then he probably knows, too, that the journey is more important than the destination.

Julie Monroe surprised Lucas by knowing of Belle and Sebastian. She is not, however, familiar with their music. She knows of them only what she’s read in the pages of discarded Rolling Stone magazines that she uses as waste paper when she’s mending books for the Latah County Library District.

Art Opening at Co-op Café

By Rose Graham

The Moscow Food Co-op is proud to announce an art opening in the Café Art Gallery for Peter Basoa. A reception for the artist will be held on Friday, December 7, from 5pm-7pm.

Peter Basoa has been an artist here in Moscow for about 26 years. He moved here from New York City in 1974.

His activities that have promoted and aided this community include: helping the Micro Movie house get started (how many of us fondly remember that!); helping start the Palouse Folklore Society; playing music as the “Radio Ryder” on the University of Idaho’s radio stations, KUID in the 70’s, and KUOI recently; working in downtown Moscow at various music stores and at BookPeople; and organizing the stage show as the Music Coordinator for the Moscow Renaissance Fair for 23 years. Whew!

Peter’s artwork consists of found images, saved from various places, and displayed in a series or story line.

He describes his work this way: “Every picture tells a story. To me these pictures and words which I rescue from magazines on their way to the Recycling Center are ‘scraps of angel songs.’ I choose those images that stand alone and are enhanced by being laminated and ‘altered’. I hope these ‘Altered Images’ sing to you.”

His latest collection of artwork will be displayed from Dec 7, 2001 to Jan 17, 2002.

Artists wishing to submit artwork for future exhibitions at the Co-op’s Art Gallery can contact: Rose Graham at 892-8432 or 885-7040 (work) or by email at rterrydgraham@hotmail.com.



Business Partners: Wild Women

By John Pool

What images, feelings, are conjured up by the term "wild women?"

Chances are, whatever they are, nothing adequately prepares you for the experience of visiting Moscow's Wild Women Traders.

It is not what you'd expect from the name. It is so much more. The creation of Sandy Russell and Julie Kerr, Wild Women Traders is not so much a store as it is an environment. Outside the door is the gritty reality of a downtown Moscow sidewalk; inside it is warm and comforting and feels like coming home.

True, most homes don't have artfully-arranged racks of clothing in the living room. But homes are accepting and protecting and familiar and relaxing. It may be difficult for shoppers to imagine a store with these same qualities but they are found in abundance at Wild Women Traders.

Julie doesn't have any formal design background but one would find that difficult to believe when browsing. Knick-knacks, bric-a-brac, old and new, thousands of disparate pieces that she arranges as though there is some master plan. The master plan is non-existent; what does exist, in abundance, is Julie's "knack" for making a whole that is far greater than the sum of its exquisite parts.

If you put aside for the moment the classy clothing, one notices that Wild Women Traders is a series of vignettes. Stories, if you will. As you move through the store you are moving from one scene to another, as in a movie. Each story has its own center of attention, often a piece of antique or near-antique furniture. Adding to the centerpiece, showing it off with understated elegance, are smaller but no less desirable objects d'art, as well as

items perhaps more mundane but equally carefully presented.

Chocolate, tea, cookies, porcelain, leather goods, a seeming plethora of delicately embroidered Chinese silk clothing. Lavender sachets, old signs, children's toys, books. In the background the large and small fountains, the sound of running water, burbling and gurgling and reminding one of a quiet stream-filled glade. There is something in the store to attract every set of glancing eyes.

There are carefully arranged

gold and silver glitter in abundance. And it's not just women's clothing; there is a small but sensitively chosen line of children's clothing that integrates with some of the women's clothing.

There's nothing sterile or impersonal about this place. It radiates the warmth and good cheer that beckons and rebeckons. Once captivated, customers return again and again. There are many, in fact, who

sensibilities of the partners. What is in the store is not rack after faceless rack of clothing that some marketing department or ad agency decrees in the latest or "in" look. If a piece doesn't appeal, doesn't excite Sandy or Julie, it won't find its way to Wild Women Traders. They buy what they love, and it shows in hundreds of different ways.

Men feel comfortable in the store as well. The magic is universal. There is a concerted effort made to display gifts and objects that will appeal to the male shopper as well as the female.

The partners are always sensitive to their market. While they buy, and display, what they love, they're never unmindful of the price. "People can come in and find something for themselves, for their children, their homes, their husbands, their friends, it's a really rich mix of things that can be bought at prices they can afford," says Sandy. That pricing policy makes it that much easier for Co-op members, who get a 10% discount on regularly-priced clothing and jewelry, to shop the store regularly.

Julie makes a real effort to find wonderful, whimsical, beautiful cards so that, even if they don't purchase anything else, everyone who comes in the store can

afford to buy a card and walk away with a reminder of the experience that is Wild Women Traders.

Wild Women Traders is at 210 Main in Moscow. Store hours are 10 a.m. to 6 p.m. Monday through Saturday.

If John Pool weren't such a lousy housekeeper, he'd feel right at home in the Wild Women Traders store.



display cases aglitter with jewelry in shades of every color. There's a wooden four-poster in the back sometimes covered by a handmade quilt or strewn with hats. If one can take one's eyes off the small scenes, attention is drawn to the racks of clothing. Dresses in muted shades; lots of basic black with buttons or pins or tops. Discrete touches of

return to the store on a regular basis to get, as they say, their Wild Women "fix."

What appears in the store is the result of countless hours spent looking for that which is appealing, that which is unique, that which is sensibly priced. It is a winnowing process that takes a lot of energy but results in merchandise that is dear to the

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



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

892-1349

STEVE STREETS

Grassroots Community Radio is Coming to Moscow

By Leigh Robartes

"A Community that communicates is a healthy community."

Early in January, a small group gathered in a Moscow living room and sketched out a plan to apply for a federal license for Moscow's first community radio station. The group's vision was to build a radio station for the many voices of Moscow and the surrounding areas, a station easily accessible by members of the community for the purpose of sharing ideas, music and art. As designed, station members not only would have a strong voice in programming the station, but actually program the station themselves.

At the meeting, the group formed a Board of Directors as required by the Federal Communication Commission, adopted a name, and adopted articles of incorporation. The group is aiming to eventually be granted non-profit status. And so, Radio Free Moscow, Inc. was born.

Radio Free Moscow, Inc. has applied for a radio-broadcasting license from the FCC to operate a 100-watt station in the city of Moscow. The group has passed some early hurdles in the licensing process and expects the station's construction permit to be approved sometime in early 2002.

After approval, it will take 6 months to a year to gather, install and test equipment and then go on the air.

Radio Free Moscow is a volunteer, cooperative effort to open avenues for individual expression and collective knowledge. Among the programming ideas already suggested:

- *plenty of music, the wider the variety the better
- *local call-in shows debating issues of community importance
- *broadcast of meetings, cultural and artistic events.
- *airing programs produced by the growing worldwide grassroots journalism movement

*locally produced news shows put together by a collective of unpaid volunteers whose interest is serving the community

*locally-produced programming produced by or geared towards immigrant and ethnic communities



*commentaries, documentaries, lectures, speeches, interviews

*announcements of upcoming events and ongoing community activities

*participating in program and audio exchanges with other grassroots stations via the internet

Community members like yourself who volunteer at Radio Free Moscow will create much of the programming. Take a moment to think of what sort of program you would do if you had a time-slot. Would you want 2 minutes or 4 hours a week? Would you simply play music? Would you mix music and talk? Would you take listener call-ins? Would you mix many styles of music or focus on a particular genre? Would you promote activism? Would you teach history? Create sound collages? Give updates about your favorite local non-profit group? Network info and audio found on the internet?

All of the above are within the range of possibilities. Radio Free Moscow intends to encourage all

sorts of creative expression on the radio.

The FCC requires all stations use transmitting equipment produced by approved manufacturers. We will also likely have to rent space. Initial budgets for getting on the air with basic equipment and first year operation range from \$20,000 to \$30,000. Some of that might be defrayed through equipment donations. However, once on the air, we will likely want to raise further money for audio and signal improvements.

We will be applying for grants to help with start-up expenses. However, a large portion of the money for the station should come from members. Currently a one-year membership in Radio Free Moscow costs \$25, or \$15 for students. RFM is trying to keep dues as low as possible to encourage full participa-

tion by those with limited incomes. Members are eligible to vote for Board members, may access to all member communications and get early dibs on available timeslots.

Look for signs at the Co-op and around town announcing a Radio Free Moscow community interest meeting in early January. We'll be looking for volunteers to help make community radio happen in Moscow.

For more information, contact Radio Free Moscow at 704 E. 3rd St. in Moscow, or at radiofreemoscow@hotmail.com or at 892-9299.

Leigh Robartes is a member of the board of Radio Free Moscow, Inc. Other current board members are Garrett Clevenger, Alicia Cunningham, Cass Davis, Bob Hoffmann, Paul McPoland, and Mark Solomon.

MARKETIME DRUG[®]

Post Office Square
209 East Third
Moscow, Idaho 83843
(208) 882-7541

"Organic" Opportunity

for Friendly, Ambitious
Person Who Cares
about Children



Help children of all ages fill their nutritional gap with superfood supplements, enzymes and friendly bacteria to:

- improve attention and focus
- improve immune systems
- increase school performance
- support digestion, and more . . .

Discover how to earn income working part-time from your home, representing a solid 18-year old company at the leading edge of the organic and natural health products industry.

FREE INFO 800-927-2527, ext. 8421
schauble@ieway.com

A Magazine from Moscow

By Gina Gormley

Mary Jane Butters has a new magazine. She calls it *MaryJanesFarm*, and it is now available at the Co-op.

Mary Jane sells organic prepared foods through her website (www.maryjanesfarm.org) and at stores across the US. This new magazine includes a catalog of those 60 different products, but it is much more than a list.

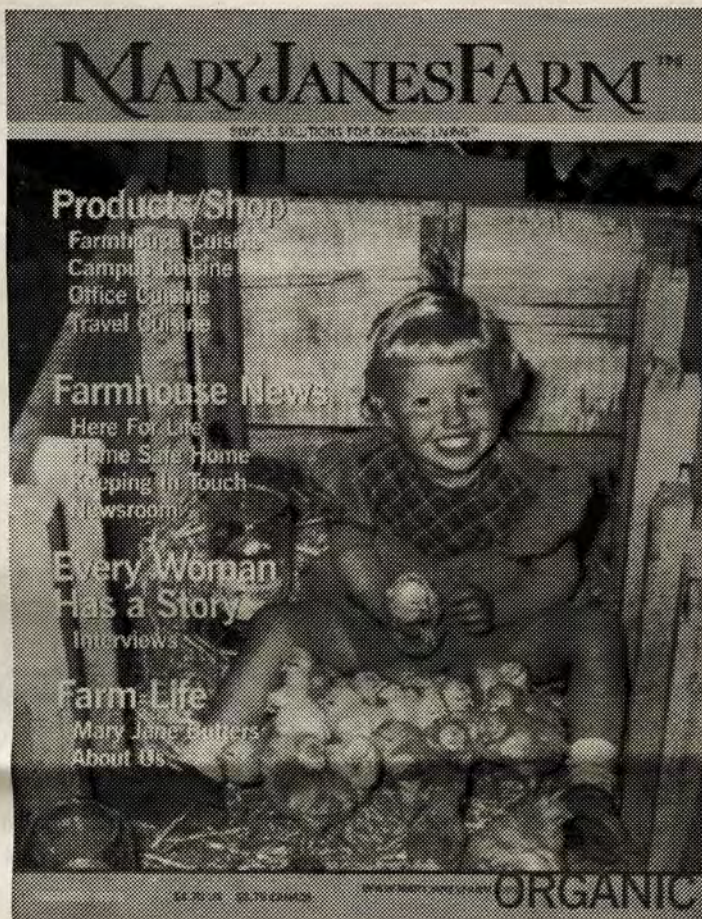
Within the magazine's 116 color pages, you'll find household tips she calls "simple solutions for organic living," profiles of some wonderful folks, and fun features on topics like wearing hats and collecting stuff. Mary Jane put the variety and the vitality of her website on paper for all of us to enjoy—and with no ads!

One of the suggestions Mary Jane offers in the magazine is her Tarte Tian. I've been cooking these tarts since Mary Jane introduced me to her idea a few months ago. They are just too cool.

Basically, it's a quick, but truly elegant, way to cook an organic gourmet meal. If you are making an entrée, you start with chopped veggies and cheese and dinner stuff. If you are making a dessert, you start with chopped fruits, coconut and other sweet stuff.

To make the tarte, you saute the chopped stuff for a few minutes and then mix up one of Mary Jane's breads for a lid or cover (like making a cobbler). You match the entrée veggies with a quick bread (the Co-op sells these, too), or you pick one of her dessert mixes if you are doing fruit. The tarte cooks for 20 minutes and the veggies or fruit gets done, and the bread cover gets done too. You can serve the tarte either in the pan, or upside down on a plate, if are looking for a gourmet flair for the meal.

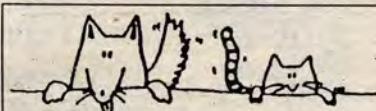
A much more detailed description of how to make the Tarte Tian is in the magazine. Actually, there's a lot more of everything in the magazine. I read it all the way through, and now I find myself going back through it again, noticing illustrations



or articles I missed the first time. I'm proud that such a quality publication came from Moscow.

If you want to sample some of Mary Jane's food and talk with her about her magazine, consider going to her Magazine Debut. The party is at BookPeople (521 South Main in Moscow) on Thursday, December 13, from 5pm to 7pm. Mary Jane will serve hot jonnycakes with butter, honey and jam. Copies of the magazine will be available for purchase—and signing if you want.

Gina Gormley, who lives in Moscow, really does like cooking and serving and eating the tarts she's made with Mary Jane's prepared foods.



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.

Right Livelihood:

part one

By Bill London

Providing a "right livelihood" for its employees is part of the Co-op's mission statement. What does that phrase mean?

Right Livelihood surfaced in the 1970s after the wave of new cooperative groceries started expanding and sprouting all over (even in Idaho). Founded in idealism, these co-ops thrived on exploitation. The distinction between volunteers and paid staff was minimal. Workers were paid very low wages, were forced to take long unpaid vacations when sales slipped, and spent long hours making sure everything got done.

Of course, these early co-op workers (at the Moscow Food Co-op and elsewhere) cared about keeping their stores going, wanted to share the gospel of good food, and liked being at the center of their community's social/political activity. Besides, being paid well was viewed as a sell-out to a decadent capitalist reality. But in reality, the co-ops did not have the sales volume or good business sense to pay their workers well.

There were those who recognized that co-ops would not flourish if the workers couldn't have it all (good wages as well as a meaningful job).

Thus, the concept of right livelihood: offering a livelihood that included enough money to really encourage workers to see the job as a career choice, but retaining the correct political strengths of the cooperative jobs.

Through in the 1980s, the Moscow Food Co-op struggled to stay open and pay its workers. The goal of paying its workers well was reflected in the addition of right livelihood to the Co-op's mission statement.

Only in the last few years has this goal been reached. The workers at the Co-op now are paid competitive wages, complete with dental/health coverage.

Kenna Eaton, our general manager, will detail what "right livelihood" means for the Co-op employees now, in an article in the next issue of this newsletter.

I think we should remember the workers who kept this Co-op going, despite their low wages and long hours, for many years. Kenna is a good example. She started at the Co-op when compensation was less than minimal. She's hung in there, believing in the Co-op ideals and supporting those ideals with her labor.

My thanks to Kenna and the other Co-op workers for keeping the Co-op alive all these years and for making this store work so well.

Bill London edits this newsletter and is coping with his daughter's move to begin her own actual adulthood in Florida.

Something for everyone... Hodgins Drug & Hobby



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)



Lifeforce Honey for your Holiday Baking

By Leah Christian and Eugene MacInyre

The time has come again to treat the one you love to something special for the holidays, and what could be more special than a little honey for your sweetie. At the Co-op, not just any honey will do, Lifeforce Honey is what your sweetie is looking for.

According to Garrick Kruse, co-owner of Lifeforce Honey with his wife Andrea, "If you take care of your bees and treat them well, they will produce (quality honey) for you."

This is the Kruses primary strategy for managing their bees—concentrate on giving them plenty of tender loving care.

This care includes taking their bee colonies to locations that have good sources of pollen, such as near sweet fruit orchards. Kruse says this triggered the idea for the name of the company, "They just take the Lifeforce of a flower, the pollen."

It is also important for their bees to be some distance away from fields with residual pesticides. They have found locations that satisfy these standards both north and south of the city of Moscow that back up to National Forest Lands.

The next step is to not allow for overcrowding of the bee population in the individual colonies. Too many bees in a hive can affect their production capabilities. Garrick also explains that the bees need to be handled gently: "it is important for me to be centered when working with the bees." This is important not only for the bees, but for the handlers too.

Once the honey has been successfully extracted from the hive, a few more steps are needed to complete the process of making quality honey that maintains its nutrients. First, the honey is coarse-filtered through sterile cheesecloth to remove the pollen and beeswax. It is then cooked to one hundred degrees, but not overheated, because this can eliminate many of the natural nutrients that are heat sensitive. At this point, spinning it

with fruits like huckleberries or raspberries can make specialty honeys.

At the Co-op you will find honey packaged and marketed as a sweet and nutritious alternative to cane sugar for cooking, or for licking off your fingers.

For cooking, you use half the amount of honey as you would cane



sugar and adjust the liquids in the recipe to find the taste that you like. Honey contains more nutrients than cane sugar and can be assimilated into the body quickly. Cane sugar is more difficult for your body to break down which can result in a familiar energy crash, but with honey you do not have these extreme highs and lows.

Garrick and Andrea began working with bees many years ago when they were traveling on the west side of Washington.

"We met this beekeeper in Skykomish, got to working with bees, and he taught me to deal with them directly," he remembers. It was at this time that he was taught to take special care of the bees because they will not only produce increased amounts, but also higher quality honey.

At one point in time, the Kruses had upwards of three hundred colonies of bees. He likes the Carnolian bees because they winter well in the local climate. The Italian bees are popular with beekeepers because they have gentle tempera-

ments compared to most other varieties. Presently the Kruses are down to one hundred colonies with the hope of reducing this number to about fifty, "as we turn it back into a hobby," as opposed to a full time job.

The Co-op has always been an important market for Lifeforce Honey, and also an important store for the Kruse family. He says they began volunteering there twenty years ago. He also likes the idea of providing his product for the Palouse community which Andrea and he love to call home. As bees became a full time occupation, the Co-op became one of the first markets for Lifeforce Honey. Soon, beekeeping became "a spiritual experience, not just a job".

So, the next time that sweet craving hits, or when that holiday shopping list is nearing completion, buzz on over to the Co-op to pick up a bottle of the Kruse's sweet Lifeforce honey.

Eugene and Leah enjoy satisfying their sweet tooth with biscuits and honey.

Newsletter Needs You!

By Bill London

There are several openings on the volunteer staff of this newsletter. So, if you want a way to help the Co-op—and help yourself to a volunteer discount—as well as an opportunity to try an interesting new job, consider these:

We are looking for someone who can pick up several hundred newsletters at the Co-op and then distribute them, on an established route, in Pullman, every month.

We need someone to produce the line drawings to illustrate several articles in each issue.

We need writers for feature profiles (and the accompanying photos).

If you have interest in any position, please contact Bill London by email at london@moscow.com

Bill London edits this newsletter, and this December issue marks the 17th year he has done so.

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

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
Wreynn 301-1480

www.gcocities.com/palousesingles/

*Socializing
Networking
Friendship
Dating*

**Palouse
Area
Singles**

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

Co-op Deli and Bakery will be closed for remodelling December 25 through January 3.

Sorry for the inconvenience.

Magazine Debut! And You Are Invited!

MaryJanesFarm, a magazine about simple solutions for organic living Published in Moscow by Mary Jane Butters

Sample Mary Jane's jonnycakes with butter, honey and jam

Talk with Mary Jane and check out the magazine

BookPeople, 521 South Main In Moscow 5pm to 7pm, Thursday, December 13.

Looking for Holiday Gifts?

How about gift subscriptions to the Community News, the Co-op's newsletter? Subscriptions are only \$10 for a year. Send a check for \$10 made out to Moscow Food Co-op, and include the name and address of the person receiving the newsletter, and send to Bill London @ Moscow Food Co-op, 221 East Third, Moscow ID 83843

Attentions Local Growers!

Are you interested in supplying the co-op with your local/non-sprayed produce? If you are please attend our 2nd Annual Growers meeting to be held January 8th at 6:00pm. The meeting will be held at the moscow food co-op.

The Moscow Arts Commission's Youth Choir

The Moscow Arts Commission's Youth Choir has been working diligently in anticipation of their winter performance series. The 48-member group, composed of area 3-6 graders, will begin by performing at Good Samaritan Village on December 3rd. They will also sing for their classmates on December 7th on their annual tour of area schools. The day will end at the Palouse Mall where the public is invited to hear them perform at 7:00 PM.

"Listening to children sing traditional winter and holiday songs makes them particularly special," says choir director LaDene Edwards. "Their young voices interpret the words so lovingly."

The choir will also perform at the Kibbie Dome on December 14th and prior to the Hartung Theatre's performance of "Gift of the Magi" on the 15th.

For information on the Youth Choir, call the Moscow Arts Commission, 208-883-7036.

Friends Clearwater

Friends of will be held PM at Ash Lincoln in meeting scheduled courthouse the Clearwater (comment). 882-9755 foc@wildrockies.org

A diverse mix of local music acts ...

will be hitting the stage this fall as the Associated Students of the University of Idaho host the Coffeehouse Concert Series at the Idaho Commons.

All concerts begin at 7 p.m. at the Idaho Commons Clearwater/Whitewater Room (unless otherwise noted). Concerts are free, and refreshments are provided.

Here's the November line-up:

- Dec. 6 Oracle Shack, music and fun for the kids
 - Dec. 13 Steptoe, acoustic folk, bluegrass, jazz
- Contact the ASUI Office at (208) 885-6331.

Retired and Senior Volunteer Program (RSVP)

RSVP is offering various volunteer opportunities for retired and senior members of Moscow and the surrounding communities. Please call the Retired and Senior Volunteer Program at 882-4906.

Co-op Art Opening

The Moscow Food Co-op is proud to announce an art opening in their art gallery for Peter Basoa. A reception for the artist will be from 5pm-7pm, Friday Dec 7th. His latest collection of artwork will be displayed from Dec 7, 2001 to Jan 17, 2002.

Artists wishing to submit artwork for the Co-op's Art Gallery can contact: Rose Graham 892-8432hm/ 885-7040wk or email rterrydgraham@hotmail.com

Submit non-profit e both_case@hotmail.com
For additional ever: http://www.moscow



Special Collections Library
University of Idaho
Moscow ID 83844-2351

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