

Day-NW

HD

3284

N48

July 2001

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Art Opening at the Co-op

By Rose Graham, Co-op Art Coordinator

photos by David Hall

The oil paintings of UI student Abby Margaret Lightner will be on display on the walls of the Co-op Cafe, following an opening reception from 5pm to 7pm on Friday, July 27. Everyone is invited to come to the Co-op for some light and refreshing reception snacking and a chance to both meet the artist and see her work. Lightner's paintings will be exhibited from July 27 through August 15.

describes her work with the following explanation:

"As an artist interested in illustration and graphic design, I often find my work revolves around a narrative. I have a desire to connect with an audience, whether it is to convey my emotions or a story. Nature provides me with plenty of inspiration and my deep love for animals frequently influ-

ences my subject matter. Along with using computer for graphics projects, I am most passionate about painting and drawing. Many of my pieces are objective, although my new focus is on abstraction. The art works I am exhibiting are all oil paintings on canvas created during my second and third semester as a painting student. My goal is to someday become a freelance illustrator and food packaging graphic designer; however, fine arts will always be a part of my life. I hope to continue pushing myself creatively as I artistically record my observations of the world."



Abby Margaret Lightner is a senior in graphic design at the University of Idaho. She

To see more of Abby Lightner's work, visit her web site at <<http://www.uidaho.edu/~ligh0147/272>>".

[www.moscowfoodcoop.com](http://www.moscowfoodcoop.com)



## Co-op Business Partners

- Anatek Labs, Inc.** - 10% discount on well water tests, 1282 Alturas Dr., Moscow, 883-2839
- Columbia Paint** - 15% off retail paints & supplies, 610 Pullman Rd., 882-6544
- Computer Serenity** - 20% off computer consultations, 720 W. "A" St., Moscow, 882-8812
- Copy Court** - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow, 882-5680
- Culligan** - Free 10 gallons of water and 2 week cooler rental for new customers, 310 N. Jackson, Moscow, 882-8812
- Erika Cunningham, Licensed Massage Practitioner** - First 2 massages @ \$30 each, 882-0191 for Appointment
- D. M. Georgina Publications** - 10% off business card or brochure design, P.O. Box 246, Albion, 332-6089
- Earth Wisdom Herbals** - 10% off consultation fees, 106 E. Third Street, Ste. 3, Moscow, 883-5370
- Hodgins Drug and Hobby** - 10% off all purchases, excluding prescriptions, 307 S. Main St., Moscow, 882-5536
- Inland Cellular, Chip Damato** - \$10 off the purchase of any phone or accessory, 672 W. Pullman Rd., Moscow, 882-4994 or 1332 G St., Lewiston, (208) 798-0245
- Kaleidoscope Custom Picture Framing** - 10% off retail custom framing, 208 S. Main St., Moscow, 882-1343
- Kelly Kingsland, Licensed Massage Therapist** - First two massages @ \$30. each, for appt. call (208) 892-9000
- 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
- North Idaho Athletic Club**, 1-year membership for \$249, regularly \$300/yr, 408 S. Main, Moscow, 882-7884
- Northwest Showcase of Fine Crafts** - free 16 oz. latte with \$25 purchase, 531 S. Main St., Moscow, 883-1128
- Northwest Mountain Sports** - 10% off bicycle parts, accessories & labor, 1016 Pullman Rd, Moscow
- Paradise Creek Bicycles** - 10% off parts and accessories, 511 Main St., Moscow, 882-0703
- 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 of two. 1245 Joyce Rd., 882-1423
- Professional Mall Pharmacy, Suzanne Lambeth** - 10% discount on any compound medication, 1205 SE Professional Mall Blvd., Pullman
- 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 initial consultation regarding financial and retirement planning, investing, or life insurance. E 205 Main St., Pullman, 332-2543
- Whitney Law Offices, Thomas Whitney** - Reduced rates for all initial legal consultations. 424 S. VanBuren St., Moscow, 882-6872
- Wild Women Traders, Sandy Russell** - 10% off regularly priced clothing and jewelry, 210 S. Main Moscow, 883-5596

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

# Community News



Generally Speaking

## Organic Rules! (Conventional Drools!)

by Kenna S. Eaton, General Manager

The April 2001 issue of Nature journal printed the results of a study proving that organically-grown food is better for the environment, better for business, more energy-efficient, and produces better tasting fruit than both conventional methods and most integrated production systems. Finally—proof of what you always knew to be true—and the study was done here right in our own back yard!

The study was conducted at Washington State University by a 4-person team from various departments (including several Co-op shoppers). One of the researchers, Preston Andrews, came by the other day to chat with me about the study and its impact on consumers at the Co-op. Andrews has always been interested in organics, but became especially interested after a sabbatical in New Zealand. Together with the other researchers; John Reganold, Jerry Glover, and Herbert Hinman a study was started comparing three different growing methods in a Golden Delicious apple orchard. The inputs and outputs of the various growing methods were monitored until they were able to compare the results. The result shows that organic and integrated apple production systems are not only better for the soil and the environment, but also have comparable yields, higher profits, and greater energy efficiency. In a separate analysis the researchers also measured the taste difference of the various growing methods and Organic proved to be the tastiest. The results provide positive news

about organics, which is crucial as the organic movement moves more mainstream.

While this study was conducted on a shoestring budget, says Andrews, the other good news is that there is now a lot of interest, and hopefully some bigger grants will be awarded by the USDA so research can continue with other fruits such as cherries. Andrews, a scientist at heart, had always had a leaning towards purchasing organics but now he has proof that organic is better and it has influenced his own shopping habits.

The profitability of organically-grown products is good for the farmers and can translate well for a small farm, however the downside maybe the industrialization of organics. Conventional growing methods are highly subsidized by the government, and until organically-grown becomes mainstream, farmers cannot expect the same subsidies. Then again, as soon as the organic growing methods become subsidized then everyone will want part of it and the small farmer will be squeezed out of that field as well. It's definitely a case of being careful what you wish for! On the positive side, we will probably begin to see a wider selection of organically-grown foods in stores, and lower prices too, as interest and the market grows.

Asked for his final words Andrews said that he still believes "the more people growing organically, the better it will be for the planet, and the healthier it will be for us."

## Contents

Art Opening @ the Coop	cover
Organic Rules/Conventional Drools	1
Welcome	2
Everyday is Farmer's Market Day	2
Up all Night	3
Volunteer Validations	3
Fresh Air Volunteer Position	3
From the Suggestion Board	4
Board of Directors' Report	4
Personal Care Corner	5
Staff Profile: Jamie Jensen	6
Producer Profile: Moscow Idaho Seed Company	7
North Idaho Athletic Club	8
Customer Profile: Ross Coates	8
Strawberries and Shortcake	9
All in Good Time: Seasonal Cooking	12
Tofu Transition	12
The Sweet Pea	13
New to the Palouse: Adult Day Health in Moscow	13
Drip Irrigation for Containers	14
Letter from the Land	15
Update on the Sawtooths to Selkirk Hike	16
Eulogy: Chuck Wellner	16
Moscow's Trees	17
Moscow's 1912 Center	17
Hospice Creates Advisory Board	18
The Cedar Center	18
Time to Rendezvous in the Park	19





# Everyday is Farmers' Market at the Co-op.

By Danni Vargas  
Produce Manager

It's around this time of the year when the Farmer's Market comes alive, the sun comes out, and we start to see the arrival of fresh, local produce here at the Co-op. We have gotten local organic salad mix from Paradise Farms, which I might add is absolutely beautiful. Paradise Farms is also supplying us with organic mustard greens, chard, and kale. George and Sue, who brought us those yummy, gorgeous carrots in the fall, are now bringing in 5 different varieties of lettuce, and baby spinach. Dale's great tomatoes have returned and look as wonderful as ever, the Moffets have brought red onion bunches and Romaine lettuce, the Wendts have supplied us with beautiful bunch radishes, and a new local grower has brought in bunches of fresh oregano.

I attended the growers meeting several months ago, while I was the produce assistant, and listened while everyone decided what to grow and shared their many stories. It is so great to now see the final product of what was discussed in that meeting. I am so excited to have fresh local/ no spray produce and to fully support the growers who have dedicated their time to growing such items for our Co-op community.

These items are the first but not the last; there are so many other things that are to come in the future, I am very excited for this and I think others will be also.

This next part has not much to do with local produce but I would like to share a recipe that was given to me by a great friend.

## Mango Pepper Relish

- 2 cloves garlic, peeled
- large pinch o' salt    1 small onion, chopped
- 1 green chili
- 1 tbsp. olive oil
- 1 lg. ripe mango, peeled pitted and diced
- 1/2 roasted red pepper, finely chopped
- juice of 1 lime
- 2 tbsp. fresh mint, chopped

Puree 2 garlic cloves and salt. Add onion and green chili and puree again until paste.

In a small bowl, stir together the puree, olive oil, chopped mango, and red pepper. Season to taste with lime juice.

Great with seafood! (Like from the "Friday Fish Folks")

Enjoy!!!

Dr. Susan Simonds, clinical psychologist, has also joined our Business Partner Program. Dr. Simonds will be offering a 10% discount on her "Rebalance Your Life" stress reduction courses and on "Wellness for Women" lectures and workshops. You can also catch her live on the air Wednesdays at noon on KUOI—our local student radio station.

And last, but certainly not least, "Thank you" and "Welcome" to all our new and renewing members. We really appreciate the community's continued support of our locally-owned cooperative grocery store. It's members like you that make all this possible. Your membership dollars have purchased some new bookshelves in the supplements department, and a new steam table for the deli so that we can continue to serve you all those delicious hot soups. Your membership dollars truly are the Co-op's most important ingredient for success.



## Welcome!

By Laura Long,  
Membership Director

The sun is shining, the weather is starting to warm up for real now, and if you haven't looked at it lately, it's time to get your bicycle out of the garage and start riding it. If your bicycle's looking a little worse for wear after this long spring, you might want to think about getting a tune-up, which brings me to the subject of our newest Business partner. We have a brand new partner starting in July that I think you'll all be really excited about. Northwestern Mountain Sports, owned by Terry Uravich, has joined our ranks. Northwestern Mountain Sports will be offering a 10% discount on all bicycle parts, accessories, and labor to card-carrying Co-op members. So get your bike on down there, say "hi" to Terry and get a tune-up while you're at it.

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

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

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

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

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

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

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

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

pckh@moscow.com  
byooco@hotmail.com  
bonniehoffmann@hotmail.com  
shel\_flife@hotmail.com  
mmumford@moscow.com  
lap@moscow.com  
king6619@uidaho.edu  
gbridges@uidaho.edu

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

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

Editor  
Bill London

Issue Editor  
Therese Harris

Layout  
Jill Maxwell

Advertising Manager  
Amy Richard 882-6274

Co-op Product Sales Pages  
Barbara Hamm

Illustrations  
Nancy Nelson

Distribution  
Evan Griffith / Kristi Wildung

Back Cover Design  
Beth Case

Webmaster  
Bob Hoffmann,  
webmaster@moscowfoodcoop.com



**Professional Mall Pharmacy**  
Independently Owned - Community Focused

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

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

For more information contact Sid Pierson or Maggie Cooke:

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

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





## Volunteer Validations

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

Hello! This is Janna Jones and Annie Hubble, and we would like to introduce ourselves to you. Many of you already know us as cashiers. We have now taken on the responsibility of volunteer coordinating. On finding out that we were both applying for the job, we decided to share the position, (with Kenna's approval). It is great fun to bounce ideas off each other, and we hope the results will be pleasing to you. We do a lot of our idca pooling during our normal work hours, but we do meet officially at 3:45 P.M. every Thursday afternoon at the Co-op. This is a time you can find us if you have questions, concerns or suggestions. Another way you can contact us is by our very own volunteer logbook, (which hangs in the back of the store under our very own Volunteer Schedule eraser board). We would appreciate it if you would read this log book each time you do your volunteer shift, in case there is a message pertaining to you. It is also the place to let us know of your needs. We have a couple of "wandering volunteers" who would be happy to sub for you, if you are unable to work your shift. We are hoping that the aforementioned eraser board will soon have all your names, phone numbers, and jobs listed on it so we can have an idea of who is doing what. If you haven't already done so, please have mercy on us and *enter that infor-*

*mation on the board.* We are just starting this job and are still getting to know you all!

As cashiers, we are also trying to make the register work easier for our co-workers and ourselves. So, we are asking you to carry your volunteer discount cards on your person and show it each time you make a purchase. We still want the 'card box' to remain, for back-up, and for the use of anyone who shares your discount. So at the end of your shift, please ask your supervisor to sign two cards. Put one card back in the box, and take one with you. As of the beginning of July, cashiers will be asking to see this card, when you are asking for your discount. As always, you and the one person allowed to share your discount must be members of the Co-op, and that other person's name must be on both cards.

Lastly, we want to say how much we are enjoying working with this program. It is one we very much believe in. The Co-op wouldn't be the same without you.

Watch for next month's newsletter for news of September's volunteer party. 'Til then have fun!

(P.S. A gold star to Katie Cox for proudly showing her volunteer discount card at the register this afternoon, at the very moment that we were standing there proofreading this article! What a photograph that would have made! Welcome, Katie. Thanks for volunteering.)



## Up all Night in the Bakery

By Joseph Erhard-Hudson, Bakery Manager

Hello! It's my humble duty to introduce myself as the new Bakery Manager. First, however, I would like to express my great gratitude and admiration for my predecessor, Crista Haagensen. Crista has almost literally taught me everything I know about the bakery here at the Co-op.

I started work in the Co-op Bakery a year and a half ago as a volunteer on Sunday mornings, and Crista was the person I got to work with then. When Crista took over the Bakery Manager position last summer, I became an assistant baker, again with her training. Now she is moving on to other callings in her life, and I am privileged once again to have her expertise and experience at my disposal while I learn the new job. Best of luck to you, Crista, and thanks for all your help.

A little about myself... Our regular readers will remember my staff profile from last month's newsletter. I'll sum it up here by saying I've done all sorts of things in my life, from gardening to banking to science and computer wizardry. But

cooking for my friends and caring for my community have always been high on my list of Things That Really Matter In Life. What a perfect job I've found! I feel lucky indeed.

I don't anticipate any momentous changes in the bakery during the next few months. I do have a new scone recipe I think many people will like. We are also trying out some different bread flours. Bread fans of the Palouse will fondly remember Joseph Baron's whole wheat flour, now sadly no longer available. But Azure Farms in Dufur, Oregon, is producing organic flours from a similar mill. Watch for breads baked with these flours as we try them out, and let us know what you think.

Overall, I'm going to use the philosophy of, "If it ain't broke, don't fix it." I think we have a great bakery, and I will only make changes that I know will make it even better. A final thank you to our customers for all your support, and please let us know what you think of our breads.

## Fresh-Air Volunteer Position

### Opening in September

By Therese Harris

After many seasons of faithfully delivering the Moscow Food Co-op's Community News to businesses in Moscow, valiant volunteer Evan Griffiths will be making tracks in other directions. His delivery route will be open for a new volunteer to take over with the September issue. If you would like a Co-op volunteer job that has flexible hours, gets you lots of exercise and fresh air, and earns a 13% discount, contact Therese Harris (334-0335) or Bill London (882-0127) for more details.

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)



# From the Suggestion Board

By Kenna S. Eaton

*Vicki was really busy this month so I offered to answer the questions on the board and thankfully this time there aren't too many of them!*

*Ricola Tea (like the cough candies). Very soothing for a sore throat!—I'm sorry this item is not available from our distributor, but we'll keep an eye out for it elsewhere.*

*I just drove all the way to Prairie Bloom Nursery to get some Bt. How about a Prairie Bloom 'out-post' in the Co-op in the gardening months with the essentials for organic gardeners (insecticide soap, Bt, diatomaceous earth, etc?).—Thanks for the nice suggestion, however Tim would really like you to go and visit the nursery—that way he can talk to people and ensure they are actually purchasing the right product for the problem. Talk about great customer service (though I may be prejudiced)!*

*My brother & I are biking cross-country and were thrilled to come across your Co-op. Visit our new Co-op in Northeast Portland, OR, Alberta Co-op Grocery. Thanks.—Thanks for your compliment! We'll be over in Portland soon and will plan a visit to your Co-op.*

*Find organic, expeller pressed canola oil. Thanks.—You're in luck! The Co-op carries this item on Aisle 3. Look for Spectrum Organic Canola oil, it's naturally expeller*

*extracted too.*

*No Hot chips! Help!—Sorry the Mexi-Snax hot chips have been discontinued by the distributor.*

*You are all awesome!—Thanks, we needed to hear that...and you are too!*

*The toilet spits all over a person when they flush it! This scares me! Can it be turned down? —Wow! Sounds exciting! Unfortunately the old toilets couldn't handle the load, so we got these fancier versions with the extra whoosh ensuring complete success with every flush...but they are not adjustable.*

*Yan-yams: a Japanese treat. In a tall box, with long crackers and a chocolate dip.—Sorry this item is not available from our distributor.*

*Food Co-op Folks: Please consider stocking this product with your snack foods (bag included). I've tried your other tropical vegetable chips and found them rather tasteless. These however are rich and flavorful. They are a savory (not sweet) snack with a rich nut-like, banana-like taste and not too salty, not too greasy. They're just right and yummy!—Thanks for your glowing description and the empty package (which helps track down the exact item!), however this item is not yet available from our distributor.*

# Board of Directors' Report

By Erik Flexman

I was looking at the University of Wisconsin Center for Cooperatives website the other day, and began to think about our own little Co-op. I wondered how we stand compared to others, is there an "industry standard"? If so, where do we fit? Ask yourself this: "What do I want from my Co-op?" Most expect great food, which is healthy and grown within the spirit of the Co-op's principles. But is that enough? Take a look at the UWCC definition of cooperatives: "A co-operative is an autonomous association of persons united voluntarily to meet their common economic, social, and cultural needs and aspirations through a jointly-owned and democratically-controlled enterprise." (Source: ICA Statement on the Cooperative Identity)

"A cooperative is a business voluntarily owned and controlled by its member patrons and operated for them and by them on a nonprofit or cost basis. It is owned by the people who use it." (Source: UWCC)

When you purchased your Moscow Food Co-op membership, was this in your thoughts? By now you are probably wondering why I keep asking all these questions. So I will get to the point. As a board member, I have been pondering future decisions that I will vote on. Currently, the membership committee is working with staff to improve

member retention and recognition. Another item being worked on is how to give back to the community that supports and owns the Moscow Food Co-op. The board will decide on these and other issues this year and that will have an impact on the Co-op for years to come. The reason I am explaining this to you is found in the second principal of cooperatives:

"2nd Principle: Democratic Member Control. Co-operatives are democratic organizations controlled by their members, who actively participate in setting their policies and making decisions. Men and women serving as elected representatives are accountable to the membership. In primary co-operatives members have equal voting rights (one member, one vote) and cooperatives at other levels are also organized in a democratic manner."

That part about Co-ops being controlled by their members stood out to me. There were some members at the Annual Membership Meeting a few months ago who had great suggestions to voice about our Co-op. Administrative board meetings are open to the public, as are the various committee meetings. As a member, your opinion counts. If attending a meeting does not fit your schedule, send a note or email to a board member letting them know yours. Meeting information is available on the bulletin board at the Co-op.

So there you have it, I will now continue to ponder how the Co-op can give back to the community. If you have a suggestion about this, or anything else that your Co-op does, let me know.



DAYSTAR DESIGN & CONSTRUCTION

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

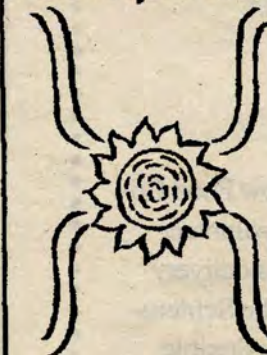
CARPENTRY  
REMODELING  
HANDYMAN WORK

STEVE STREETS

892-1349

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





## Personal Care Corner

# Helping Your Pet Avoid Heatstroke

By Carrie A. Corson, Non-Food Buyer

After a cool and wet spring, summer is a welcome season here on the Palouse. But just as we need to take precautions to avoid overexposure and dehydration for ourselves, we need to be sure our companion animals are protected too. For the most part, dogs and cats know best what to do in hot weather. For many pets their natural inclination is to lay in the shade, drink plenty of water and not overexert themselves. But pets don't always know their limits and they do not always have control over their environment, so there are a few things that their people need to keep in mind.

Probably the most important thing to avoid is leave dogs or cats in a vehicle during hot weather. Temperatures in a car can rise quite a lot higher than the outside temperature, even with the windows open. Since dogs and cats do not have sweat glands (except a few between their toes), they do not have an efficient cooling system for their bodies. This is why they pant. However, in very hot temperatures, panting is not all that effective. Heatstroke can result if your pet is

left for too long (and this can be as little as 10 minutes). It can also be a result of overexertion (too much Frisbee-catching during the heat of the day), and being left in a crate or kennel without proper ventilation and/or shade.

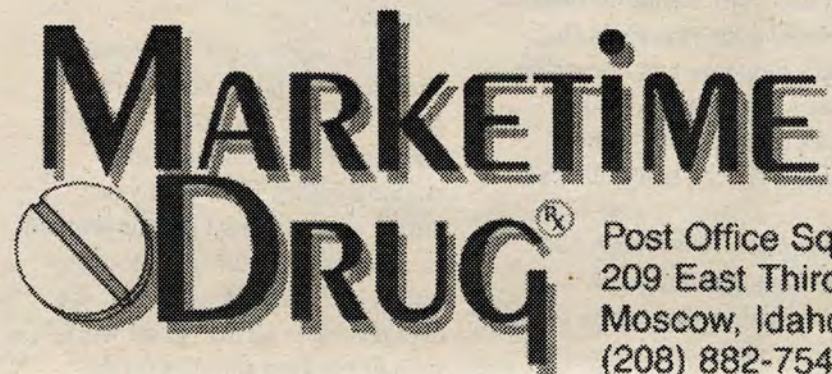
Because heatstroke can cause brain damage or even death, it is important to know what to look for in order to offer first aid. Heatstroke symptoms include rapid, harsh breathing, very red mucous membranes and tongue, excessive drooling, unsteadiness and/or staggering, and (sometimes) vomiting.

If you suspect that your pet is suffering from heatstroke, place it in the shade or preferably an air-conditioned space. If its body temperature is above 104 F or the animal is staggering or isn't getting up at all, you should take immediate action. Immerse your pet in a tub of cold water, keeping its nose above water. If a tub is not available, wrap your pet in cold wet towels or ice packs, or use a garden hose to soak them with. Offer your pet water, but do not force them to drink. Swelling in their throat can prevent swallow-

ing. Once you've started this process, call your veterinarian. Further treatment may be necessary to save your pet. Note: Flat faced animals-pugs, bulldogs, and Persian cats-are more susceptible to heatstroke, as are overweight pets, or those with heart or lung disease, or other breathing difficulties.

If you are traveling with your pet, be sure to stop often so that they can get out of the car and cool off. Stopping in an area where your dogs can go for a swim is a good idea. Of course most cats would not find this opportunity as pleasing.

Also be sure to check your dogs' home surroundings during the heat of the day, to ensure they have access to a cool place. A doghouse or garage may not be appropriate, as they too may become very hot if they are not in the shade. Also remember that your pets' water intake will increase (doubling even) with the rise in temperature. So be sure to have plenty of cool, fresh drinking water available to them. Water for your dog to hang out in may be a good idea as well. A little plastic kiddie pool works really well. Your dog will love you for it.



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



## Mid-Week Farmer's Market

Wednesdays 4-7p.m. July-September

@ Koppel Farm, Pullman

(Derby St. & Professional Mall Blvd.)



### Would you like to be a vendor?

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

### Seasonally available products:

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

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

Sponsored by the Greystone Foundation





# Staff Profile: Jamie Jensen

By Julie Monroe

Half a dozen decades from now, don't be surprised to find Jamie Jensen's memoirs on the New York Times Bestseller List. Jamie certainly knows how to tell a story, and with only a quarter of a century behind her, she's already got plenty to tell. While interviewing Jamie for this profile, instead of scribbling down, I found myself simply listening to as she described her encounters with forward Italian men and relentless Idaho brown bears.

Jamie, who is pursuing a degree in Natural Resources at the University of Idaho, has worked in the Deli as a Server since January of this year. She moved to Moscow a year-and-a-half ago after attending Idaho State University for two years. In fact, Jamie's hometown is Pocatello; "everybody's in Pocatello," says Jamie, meaning her family—mom, dad, two older sisters, and grandparents.

While Jamie's "everybody" remains content and settled in southeastern Idaho, she, on the other hand, is the explorer of the family. After graduating from Pocatello's Highland High School in 1995, she and a girlfriend from Spain, whom

she had met through a school exchange program, toured Europe for three months. Europe, says Jamie, was quite an education. In Italy, she recalls, there was nearly an international incident when a native Italian referred to her Spanish friend in decidedly unflattering terms, calling her a "lazy" American in her native tongue. In Germany, the people and the sense of community she found in village life charmed Jamie, and Germany will be her first destination, she says, when she returns to Europe. After overcoming the initial uncertainty about protocol, Jamie also grew to love the European custom of cheek-kissing, a custom she briefly attempted to extend to Americans upon her return home. Her friends' perplexed reactions, which Jamie animatedly demonstrated with dodging movements, soon put an end to her efforts.

As if fending off the romantic attentions of Italian men weren't enough, Jamie also found herself fending off the intentions of a cunning brown bear. Last year during summer break, Jamie worked as a "swamper" for a white-water rafting company. A swamper, she explains, does all the "grunt work," such as packing supplies on the rafts. One trip, she recalls, was interrupted repeatedly by a wily

brown bear that forced her group to desert their campsite in the dead of night. Jamie recalls how eerie it was floating down the river in complete darkness with only the moon to light their way. That same summer, Jamie also worked on a nine-day, 150-mile trip through the Grand Canyon. Never before having spent much time in the desert, she says she was awestruck by its beauty.

Concern for how wilderness is maintained and used is motivating Jamie to pursue a degree in Natural Resources. Her goal is to develop the expertise to teach professionals up-to-date methods of resource stewardship. She wants to "teach people to make some kind of change," she says. The best way to do this, she believes, is to "teach people to do it themselves," by giving them the skills to locate "new sources of information."

Jamie, too, is responsive to new information. Until her search for incense led her here, Jamie had never before visited the Moscow Food Co-op. Working at the Co-op, however, has changed her eating habits. Now, she insists upon knowing how her food is prepared and how it is grown. She wishes more Americans would stop denying that most of the food they consume is produced by methods that treat animals as commodities rather than sentient beings.

Growing her own food is also important to Jamie; her family taught her gardening, and while she's managed to plant a vegetable garden for the past two years, there's always been something that keeps her from harvesting it. Last year, she was "swamping" during harvest, and this year, after planting a garden in a friend's yard in Moscow, she and boyfriend, Rob Schreiber, will leave Moscow in August. Jamie and Rob are moving to Hawaii, and after a "long vacation," as Jamie puts it, she is thinking about continuing her studies at the University of Hawaii in Hilo.

From Pocatello to Hilo in less than three decades—just imagine what the next 70 or 80 years will mean for Jamie's memoirs! Having already amassed a collection of stories ranging from international incidents in Italy to adventures in the American wilderness, I hope there's plenty of room on the bestseller list for all of the adventures of Jamie Jensen, the Marco Polo of Pocatello.

*Julie Monroe, who generally lives a quiet life of contented domesticity in Moscow, has visited Rome, London, Turkey, and Greece, and agrees with Jamie that Americans should 1) relax a little and start kissing each other on the cheek, and 2) adopt the civilized practice of afternoon rest breaks.*

**Mountain Gourmet**  
**MSR**

## HEADIN' OUT?

### Organic Backpacking Food

- Tomato Pesto Pasta
- Tomato Bisque
- Mac 'n Cheese & Chili
- Sante Fe Pasta
- Buttered Pasta & Herbs
- Wild Forest Mushroom Couscous



**INSTANT  
Non-Aluminum Pouch  
Burnable**

**15% Off Member Sale**  
April, May, June 2001

Available for purchase at the Moscow Food Co-op  
wider selection available for purchase at  
**[www.backcountryfood.org](http://www.backcountryfood.org)**

Produced locally by Paradise Farm Organics, Inc.  
1000 Wild Iris Lane  
Moscow, Idaho 83843

(208)882-6590



## Palouse Area Singles

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

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

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

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

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



# Producer Profile: Moscow Idaho Seed Company

By Gary Chang

Eat more peas and lentils! The Moscow Idaho Seed Company building is nestled near the University of Idaho and Paradise Creek on Eighth Street. Moscow Idaho Seed Company has been located there since Joe Ceb founded it in 1927. It was one of the first seed processing factories in the area. The original building still stands and is currently the front lobby, office, and part of the factory. Newer additions such as the warehouse have been built around the original building. Moscow Idaho Seed Company was passed on through Ceb's family until 1985, when it was purchased by George F. Brocke and Sons, Inc., which is located nearby in Kendrick, Idaho. Today, Moscow Idaho Seed Company operates as a division of Brocke and Sons.

For this profile, I talked to Dell May and Brad Hordemann. Dell is the general manager and Brad is the factory foreman. Between them, they have 60 years of experience working at Moscow Idaho Seed. (Alas, both Dell and Brad declined to have their picture taken.)

Moscow Idaho Seed Company processes and warehouses dry green and yellow peas and small brown lentils for consumption, but not for planting. Peas and lentils are purchased from farmers and arrive at the factory already threshed (separated from the plant leaves, stems, and pods). Machines utilize gravity and vibrations to separate high quality seeds from foreign material and seeds that have been damaged by pea weevils, heat, or



water in the field. In the case of peas, an additional splitting step takes place. The peas are steamed and then dried to loosen their skins a bit. Then the peas are put into a pea splitting machine, which basically hurls them against the wall of a box to split the seeds. After the seeds have been processed, they are packed into bags and stacked, where they wait to be loaded for distribution.

Peas and lentils from Moscow Idaho Seed Company are shipped

around the world, both commercially and as part of United States government aid programs to other countries. Different countries favor different products. For example, small brown lentils are most popular in Spain. In the U.S., whole and split green peas are popular.

Some steps of the seed processing are still done with the original machinery from 1927. However, much of the warehousing has gotten easier. When Brad started working at Moscow Seed in 1968, sacks of

processed seed were still filled and stitched by hand. The seed sacks, which could weigh over a hundred pounds, were moved with hand-trucks.


"Everyone had their own hand-truck and needle," recalls Brad.

The sacks were manually stack-piled 22-bags high ("A lost art" according to Brad.). Back then, the workers had to stand on the beams in the warehouse to make the piles and take them down. Now, mechanical lifts and push plates have alleviated most of the back-breaking physical labor. One experienced person can do the same amount of work that formerly required at least five people.

The physical difficulties of the past have been replaced by today's economic problems. Prices for peas and lentils have been decreasing for the past five or six years. Dell explains that the price-drop has been due to domestic and international competition. In the 1980s, varieties of lentils and peas were developed that could grow well in places which previously had not grown those crops. Therefore, while the Palouse region was once the "Pea and Lentil Capital of the World," now our area's production is "just a drop in the bucket" compared to world-wide production.

On the other hand, Pullman still hosts the National Lentil Festival, and the USA Dry Pea and Lentil Council is still headquartered in Moscow (on Highway 8, right on the Idaho-Washington border). Last year, the Pea and Lentil Council published The Pea & Lentil Cookbook. Their cookbook contains over 150 recipes using peas, lentils, and chickpeas, as well as nutrition and health information. Available for sale at the Co-op, it is an excellent resource for people who want to take Dell's advice: "eat more peas and lentils."

*Gary Chang likes eating peas and lentils, and hopes others will give peas a chance.*



**Bruised Books**  
buy • sell • trade  
hardbacks • paperbacks

105 N Grand  
Pullman WA 99163  
509-334-7898


Monday - Friday 11-6  
Saturday 10-6

**Camas Winery**

Local wines by  
the bottle & glass

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

110 S. Main  
Moscow  
882-0214



**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

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



# Ross Coates: Moscow Food Co-op Customer and Artist

By Robin Jenkinson

In order to expose the diversity of people and reasons to shop at the Co-op, I was charged with interviewing an "older" person that I didn't already know. In the mornings, I spent some time sitting at the deli tables, sipping my coffee, and people-watching. I was waiting for an unsuspecting elderly person to catch my eye, so that I could request an interview. I think I took a couple of women by surprise when as a complete stranger I asked them to meet for coffee and a chat later on. So, I decided instead to ask around. "Hey, do you guys know of any older people who shop at the Co-op who I should interview?" Then, "Oh, that won't work, I already know them." Finally, a friend suggested I would enjoy meeting and interviewing Ross Coates. He does have white hair, which gives him an "older" air. I looked him up in the phonebook, and we set a date.

The interview started in reverse, with Ross plying me with questions. We found some common interests in restoring Paradise Creek, gardening, and the weather. He told me that he lived near Mountain View Park.

Immediately, I guessed his house: the one with bird-houses everywhere and abundant yard art. Ross is an artist, and, among other things, a bagpipe player, an innovative cook, an amateur magician, and the founder and co-editor of "High Ground: Art Notes from the Plateau" (a limited edition art book/magazine, since 1995). He recently retired from WSU as an Art Professor, and is the current interim director for the WSU Museum of Art. In his recent publication "Ross Coates; About Ten Years," his wife—the owner of Cowgirl Chocolates—Marilyn Lysohir, writes: "There is more to this man than meets the eye." Gail Siegal, director of the Pritchard Gallery, described him with the following, "From this artist, this person, flows an aura of exuberance and joy."

Ross is a regular at the Co-op. If he needs a quart of milk or something, he might stop somewhere else on the way home from work, but he comes to the Co-op for the good stuff: the good bread, good cheese, and good cereals. In fact, this cereal buff hasn't bought cereal

anywhere else for the last eon.

Is his love of fine Co-op food related to his appreciation of fine art? Maybe not, but he does appreciate locally owned businesses and local artists.

"For instance, I'd rather buy a cookie made at the Co-op than one made in a factory somewhere else. And I'd much rather go to Paradise Ridge to buy my CDs than somewhere else. And it seems to me that it's always very important to support your local farms."

Including local artists?

"Yes, it's important to support local artists, that's true. And the Co-op is one of those places that is not a giant chain supermarket. I like that the Co-op focuses on doing the best job they can—I try to do the best job I can. And they started a company from the beginning, and made it what it is, locally." He feels that the prices at the Co-op for such good food aren't so different from other grocers.

"At other stores it's cheaper for stuff that's not so good, and that's okay." Although he is not currently a Co-op volunteer, I suggested that he could bring great works of art into our new deli-gallery space.

His compelling art consists of collages and installations made from objects encountered in his journey through life.

"When I was ten or eleven, I kept overflowing scrapbooks filled with clippings about things that interested me (my mother saved them). Now when I travel, which I also like to do, I've always kept a journal, and pasted things in the journal, and drawn in the journal, and written on the drawings. I think of all of my work as stories—stories about a place, a relationship, a history, a direction. One can find stories in lots of places, so I don't believe that I need to keep my story between two hard covers. It's a traveler's record of my personal journey."

It's true that there seems to be many young people at the Co-op, but where does older begin? I don't typically think of people as older or younger, more often I label people interesting or proactive. The one thing older folks have on us youngsters, though, is time to have had more experiences and adventures, and to express their personality through choices. In the end, however, Ross' reasons for shopping at the Co-op are similar to my own.

To see more of 69-year-old Ross Coates' work, stop by BookPeople and check out his book in the Art Section.

*Robin Jenkinson works at PCEI designing habitat restoration plans. She loves gardening, the great outdoors, collecting wildflower seeds, and hanging with her little siblings, Sam and Zoe.*

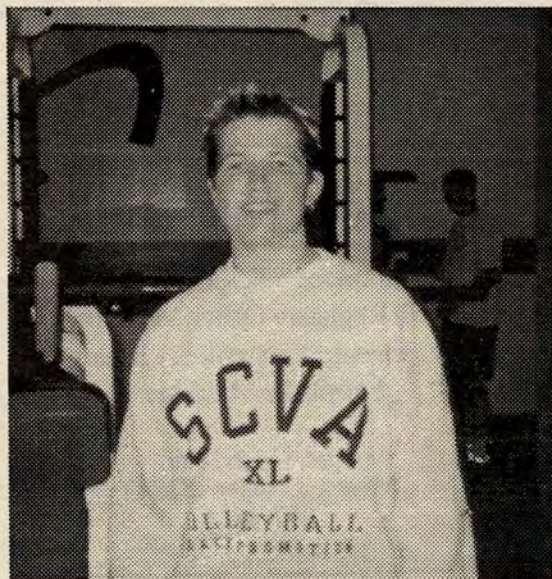
## Business Partner Profile:North Idaho Athletic Club

By Lori Harger Witt

Has anyone noticed how the list of Co-op Business Partners just continues to grow? Well, it does, and that's good news for all of us. Not only do we get valuable discounts at a widening circle of businesses, but when we patronize business partners we are essentially supporting the Co-op as well.

This month's featured partner is North Idaho Athletic Club, located in downtown Moscow at 408 S. Main. When Alicia Lewis took over Moscow Fitness this April, she closed the doors for a whirlwind of remodeling and re-opened with all new equipment, lighting, paint, and, of course, a new name. In addition to lots of weight-training and cardio equipment, the club offers you plenty of other ways to work up a good sweat: Hip-Hop Funk Aerobics and Cardio

Kickboxing are among the many classes offered. Personal training, tanning beds, nutrition guidance, massage therapy, and child care services are also available.



"We offer a great environment to work out in," Alicia beams proudly. She adds that there are members of all ability levels, which makes for a comfortable, unintimidating atmosphere. In the near future Alicia plans to add a juice bar for healthy refreshment.

Memberships at North Idaho Athletic Club are available on a variety of payment plans. Co-op members who join for a year get a reduced rate of \$249, payable in one installment. And, at a less-than-five-minute walk from the Co-op, its location is pretty darn convenient, too, so why not check out the facilities?

*Lori Harger Witt currently gets her exercise by keeping up with her toddler son.*



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



**Redhawk Crossing**  
*Good Book and Coffee House*

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

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



## Strawberries and Shortcake

By Pamela Lee

Some food combinations seem so perfectly paired that the joining seems inevitable: bread and butter, cookies and milk, rice and soy sauce, biscuits and honey, strawberries and shortcake. Sure, shortcake could be enjoyed with raspberries, cherries, or plums, but nothing seems quite so deliciously right as Strawberry Shortcake.

As my hungry mind turns to memories of shortcakes past, I realize that the strawberries I remember most wistfully were local or homegrown varieties. The best strawberries I ever remember eating came from a particularly sumptuous patch of strawberries my folks grew in their 1960s-era Elkhart, Indiana, garden. But, since that patch has probably long ago been tilled under and sodded over, my attention turns to the present.... The tiny Moscow Mountain strawberries will soon be appearing in our Co-op's produce aisle.

When shopping for strawberries, look for locally grown fruit. The big, firm supermarket strawberries of today's mega-marts might look sweet and succulent, but they rarely deliver the flavor that their appearance seems to promise. Buy organic or local berries labeled "no spray." Conventionally-grown strawberries are rated Number One on the list of produce most laden with pesticide residue.

Handle strawberries gently. Wash them quickly and carefully

before you remove the green calyx (stem), so water doesn't get inside the fruit.

Both of the following recipes are from James Villas' book *Villas at Table*. My favorite type of shortcake is the rich, pastry-type of cake. The first recipe fits this bill. The second recipe is a bit leaner.

### Strawberry Scone Cake

- 3 cups unbleached flour
- 1 tbsp. baking powder
- 3/4 cup superfine sugar, divided
- 1/4 tsp. salt
- 6 tbsp. butter, cut into small pieces
- 2 eggs, lightly beaten
- 1 tsp. vanilla
- 1 cup heavy cream
- 4 pints ripe fresh strawberries
- 3 tbsp. melted butter
- 2 cups clotted, double, or heavy cream

Preheat the oven to 375-degrees

F.

Sift together the flour, baking powder, 1/4 cup of the sugar, and salt into a large mixing bowl. Add the pieces of butter, and work with the fingers till the mixture is crumbly. Add the eggs and vanilla, stirring/creaming the ingredients together if necessary.

Turn the dough out onto a lightly-floured surface and pat it gently with floured hands into a thick round about 9 inches in diameter.

Place the round on a lightly greased baking sheet and bake about 30 minutes or until the scone is just golden.

While the scone is baking, wash and stem the strawberries, cut each in half, and place them in a large saucepan. Add the remaining 1/2-cup sugar and toss the berries well with a fork, crushing just until they begin to juice. Heat until just slightly warm.

Trim the edges of the hot scone until even. Carefully slice it in half horizontally with a sharp knife, and brush the soft surface of each half with melted butter. Position one half soft side up on a cake plate and spoon enough strawberries over the surface to cover. Gently place the other scone half on top, soft-side down, and spoon berries and juice over the top, allowing both to drip down the sides. Pour about one-half the cream over the top and serve immediately, cut in wedges with the remaining cream and any remaining strawberries in pitchers on the side.

Serves 6 to 8.

### Strawberry Sponge Cake

- 6 eggs, separated
- 1 1/2 cups superfine sugar
- 1 tsp. vanilla
- 1 cup cake flour, sifted
- 1 1/2 tsp. baking powder
- 1/4 tsp. salt
- 4 pints fresh, ripe strawberries, washed
- 2 cups heavy cream, whipped

Preheat the oven to 350 degrees F.

In a large mixing bowl, beat the egg yolks with an electric mixer until very light, and gradually add 1 cup of the sugar and the vanilla, beating constantly until the mixture thickens. Gradually add the flour, baking powder, and salt, beating constantly until the batter is well blended.

In a separate bowl, beat the egg whites until just stiff but not dry and gradually fold them into the batter.

Spoon the mixture into 2 lightly-greased 8-inch round cake pans and bake about 30 minutes or until golden and spongy. Transfer the cakes to a rack and let cool.

While the cakes are baking, pick out 12 large, unstemmed strawberries and set them aside. Stem the remaining berries, cut them in half, and place in a mixing bowl. Add the remaining 1/2-cup of sugar and toss the strawberries well with a fork, crushing them until they juice.

Position one cake on a cake plate and spoon half the crushed berries and juice over the surface. Gently place the other cake on top and spoon the remaining berries and juice over the surface, allowing both to drip down the sides. Spoon the whipped cream evenly over the top and decorate with the reserved berries. Serve in large wedges.

Serves 6

*Pamela Lee recommends serving shortcake with Stratton's Dairy fresh heavy cream.*







Bulk Granola  
Reg. \$2.99  
Now \$2.29

**Save 23%**

**BULK**

*Organic*

Sunflower Seeds  
Reg. \$1.85  
Now \$1.39

**Save 25%**

**BULK**



Pesto  
all varieties  
Reg. \$4.39  
Now \$2.99

**Save 32%**

**REFRIGERATED**



Butter  
new 8 oz. size  
Reg. \$3.09  
Now \$2.49

**Save 19%**

**REFRIGERATED**



Good Dogs,  
Weiners &  
Chili Dogs

**Save up to 25%**

**REFRIGERATED**

**Double  
Rainbow**

Ice Cream  
all varieties  
Reg. \$3.09  
Now 2 for \$5

**Save 16%**

**FROZEN**

**Omega  
Foods**

Salmon & Tuna  
Burgers  
Reg. \$5.19  
Now \$3.99

**Save 23%**

**FROZEN**

*Annie Chun's*

Noodles and  
Sauce  
Reg. \$2.65  
Now \$1.99

**Save 25%**

**GROCERY**

Pasta and  
Cheese  
all varieties

Reg. \$1.49  
Now 99¢

**Save 34%**

**GROCERY**

*Annie's*  
Homegrown Inc.



Cheese Puffs  
all varieties  
Reg. \$1.95  
Now \$1.29

**Save 34%**

**GROCERY**



Juice Squeeze  
12 oz.  
Reg. 89¢  
Now 59¢

**Save 34%**

**GROCERY**



Soda  
Reg. 49¢  
Now 35¢

**Save 30%**

**GROCERY**



Sandwich  
Cookies  
Reg. \$2.39  
Now 2 for \$3

**Save 38%**

**GROCERY**

**GOOD HEALTH**

Olive Oil Potato  
Chips  
Reg. \$3.45  
Now \$2.59

**Save 25%**

**GROCERY**



Natural Choice

Cereal Bars

Reg. \$2.55  
Now \$1.89

Save 26%

GROCERY



EnviroKids Cereal

Reg. \$3.49  
Now \$2.69

Save 23%

GROCERY



Iced Tea

Reg. \$1.49  
Now 99¢

Save 34%

GROCERY



New Snack Mix

Reg. \$2.95  
Now \$2.19

Save 26%

GROCERY



Soup Cups

Reg. \$1.09  
Now 69¢

Save 37%

GROCERY

*Santa Cruz*  
**ORGANIC**

Organic Lemonade  
all varieties

Reg. \$2.39  
Now 99¢

Save 59%

GROCERY



Enriched Soy Milk

all varieties  
Reg. \$2.39  
Now \$1.79

Save 25%

GROCERY

**TERRA**  
*chips*

Frites  
all varieties  
Reg. \$2.95  
Now \$2.35

Save 20%

GROCERY

Instant Noodles  
and other selected  
products



Save up to 24%

GROCERY



# All in Good Time: Seasonal Cooking Mint & Basil

R. Ohlgren-Evans

If you learn to use only two fresh herbs in your menus this summer, may they be mint and basil. (Though I must say I'm pretty fond of my new bronze fennel plant and I love the sudden scent of cilantro so much that I often disturb it on purpose in the garden...). I don't think any two herbs have enjoyed more widespread use than the warm and spicy basil and the sweetly-scented mint.

Native to India and used in the Mediterranean for thousands of years, basil was introduced to Europe in the 16<sup>th</sup> century and to this day still has a strong association with Italian cooking. There are more than 40 varieties of basil—*anise*, *cinnamon*, *opal* and *spice* are just a few. Basil is a summer annual herb—it needs full sun and warm soil to thrive. Keep its flower spikes pinched back to produce more leaves and extend the life of the plant. But don't toss those basil flowers away—use them in any recipe where you would use fresh snipped leaves. They're delightful in a green salad or any tomato dish. When using leaves, discard the stem of the plant, then tear or cut the leaves as desired. Note that basil will darken if it is bruised, and also when it is added to anything hot.

Mint originated in Greece and was carried to the Middle East and Europe, having a wide variety of culinary affinities—mint with lamb, with lemon, and with chocolate are all classic combinations, and only hint at the range of this hardy herb.

Mint is a drought-tolerant perennial. It can be very invasive, so I always recommend that mint be contained in a pot. Remove the stems before using chopped or whole leaves. To use mint blossoms,

rinse the flower heads to remove hitchhiking critters and shake or pat dry. The flowers make great garnishes for desserts, beverages and salads.

Try this simple pesto: Process 1 cup of basil leaves, or a combination of basil, mint or coriander, in a food processor with 3 tablespoons of both pine nuts and grated parmesan cheese, and a crushed clove of garlic. Add enough olive oil for form a smooth paste.

## Beet and Mint Salad

- 6 beets, peeled
- 1/4 cup balsamic vinegar
- cracked black popper
- 2 tbsp. whole-grain mustard
- 1 cup shredded fresh mint
- 5 oz. salad greens
- 6 oz. oil-marinated Feta cheese, crumbled
- 1 tbsp. olive oil

Place the beets in a saucepan of boiling water and cook for 25-35 minutes or until soft. Drain and cut the beets into wedges. Toss with balsamic vinegar, pepper and mustard and set aside to cool.

Toss the mint, salad greens, feta and olive oil in a bowl. Place on serving plates and top with the beets.

## Tomato, Basil and Ricotta Tart

- 4 tomatoes, halved
- 2 tbsp. olive oil
- cracked black pepper, to taste
- 1 sheet ready-prepared puff pastry
- 6 oz fresh ricotta cheese
- 3/4 cup grated Parmesan cheese
- 2 eggs
- 3/4 cup shredded fresh basil

Preheat the oven to 350 degrees F.

Place the tomatoes on a baking tray and sprinkle with olive oil and pepper. Bake for 50 minutes or until soft and slightly dried.

Roll out the puff pastry on a lightly-floured surface until 1/8 inch thick. Cut the pastry into an 8x12 rectangle and place on a baking tray lined with parchment paper.

Place the ricotta in a fine sieve and press to remove any excess liquid. Place the ricotta, Parmesan, and eggs in a food processor and process until smooth, then stir in the basil. Spread the cheese filling over the pastry base, leaving a 3/4 inch border, and then press the tomatoes into the cheese filling.

Bake for 30 minutes or until the filling is set and the pastry is golden. Serve warm, in slices.

## Whipped Minted Yogurt

Try this with fresh fruit for breakfast or dessert—so simple, and so elegant. And did I mention stunningly tasty too?

- 1/4 cup sugar
- 1/2 cup shredded fresh mint leaves
- 1/2 cup water
- 1 cup yogurt, well chilled
- 1 cup cream, well chilled

Place the sugar, mint and water in a saucepan over low heat and stir until the sugar has dissolved. Simmer for 4 minutes, then stand for 5 minutes. Strain and cool.

Place the yogurt, cream and mint syrup in the bowl of an electric mixer and beat until light and creamy. Garnish with extra mint leaves.

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

# Tofu Transition

By Gina Gormley


People talk a lot now about transitioning in their diets, for example, transitioning away from meat or transitioning to a low-fat diet. I guess this is a story of food transition as well. And it starts a few years ago with homemade onion dip. Mixing sour cream with one of those dry onion soup mix envelopes was a staple at parties at our house a decade or so ago. It was a cheap and easy way to make a pretty yummy dip. And, with a bag of nacho chips and a bottle of wine, the dip would make the occasion festive.

Then one day, I read the label on the onion soup mix envelope. The company suggested mixing their onion soup with ground beef for an onion meat loaf. Why not mix with tofu? I thought, so I tried it: Smoosh the tofu, mash in the onion soup mix, fry it up. Sure tasted good. Success! Then, I got tired of opening all those stupid mix envelopes and throwing them away. What a waste.

The Co-op came to my rescue. Walking by the spices one day, I noticed that the Co-op sells bulk dry onion soup mix. Hooray! Now, to complete the transition: I combine one-quarter of a cup of the Co-op's dry onion soup powder with a pound of firm tofu, smoosh it together, and fry it until browned slightly. Beginning with fresh onions, garlic, or whatever else was fried first is optional.

The tofu/onion soup mixture is the quickest, cheapest, and easiest way I've discovered so far to cook tofu and create a yummy non-meat protein basis for dinner.

Gina Gormley retired from GTE several years ago and is now happily playing house every day.




**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.



**ESSENTIAL CONSTRUCTION**  
John Dancey  
Bonded & Insured  
wa.reg.essenc\*043Q1  
(509) 878-1116

Additions  
Remodels  
Light Commercial  
Compact Homes  
Counter Tops



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

**3 1/2¢** Black & White Copies  
Expires 7/31/01

5 1/2 x 11 black and white copies on white 20# bond full or add services for 3 1/2¢ each. No limit. Coupon may not be reproduced and may not be used with any other discounts or offers. This offer is limited to one coupon per customer. Offer valid at time of purchase only and may not be credited to past or future purchases.



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



# The Sweet Pea: Nutrition News You Can Use

By Kathy Early

Question: I know I am supposed to eat certain foods to be healthy, but what exactly does this mean and how do I eat to be healthy?

What a great question! Eating in a healthy way is not always easy, but it can be done. It's not uncommon for people to be confused about the best way to eat. There are many words of wisdom from friends or family, books selling the latest diet, internet sites boasting all sorts of facts, and other information floating out there saying, "Eat this way and you'll age gracefully!" or "Eat this way and you'll lose 50 pounds by next month!" It's no wonder people have difficulty making sense of it all. Of course, there are many things that go into a healthy eating plan, but it's not as hard as it might seem. Because this is such a big issue, we'll look at a few things you can do to ensure a healthy eating plan over the next two issues of Nutrition News You Can Use.

**Don't Skip Breakfast.** Your mom was right when she nagged you as you ran out the door to catch the bus, "...but you didn't you eat your breakfast!" Breakfast has been shown to be the most important meal of the day because your body has been in a fast since you went to sleep. Children who eat breakfast do better in school than those kids who skip breakfast. By feeding your body, you are telling it, "Hey, get going, we have energy to use now." Your body's primary energy source is glucose, which is stored in your liver and muscles. By morning, all your body glucose has been used up, so it's important to replenish your stores before you start the day.

Breakfast can be whatever you prefer. Some good breakfast foods include smoothies made with yogurt and frozen fruit; whole grain cereals or cereal bars; whole grain bread or

bagels; or low-fat, hearty muffins. Be creative—breakfast can also be foods you may not normally think of like pizza or soup.

Eat your fruits and veggies. Fruits and vegetables are loaded with phytochemicals, antioxidants, vitamins, minerals, and fiber. Try for 8 servings of fruits and veggies per day. A good way to fit in all these servings is to eat 2 servings with each meal, and 1 or 2 at each snack. Examples of serving sizes include: a ½ cup of 100% juice; 1 tennis ball-sized fruit; a ½ cup of canned fruit; a ¼ cup of dried fruit like raisins, dates, or cranberries; 1 cup chopped melon or strawberries; a ½ cup of cooked vegetables; 1 cup raw veggies; and a ½ cup vegetable juice. Brighter and more colorful fruits and vegetables are more nutritious. So remember to eat your carrots, broccoli, kale, papayas, avocados, blueberries, and yams just to name a few.

Choose a variety of foods. Variety is a good way to ensure adequate nutrition, since different foods have different components. We cannot get all our nutrition from just a few food items. By eating a wide variety of foods you will enjoy tasty different foods, get good nutrition, and stay excited about eating healthy.

Check out next month's issue of Nutrition News You Can Use for a few more tips on creating a healthy eating style.

If you would like to submit a question to the Sweet Pea, you can call 335-7412 or email the questions to <kearly@mail.wsu.edu>.

*Kathy Early RD, LD is a registered and licensed dietitian with a particular interest in eating well and enjoying food.*

# New to the Palouse: Adult Day Health in Moscow

By Stephen Simko

The idea was first conceived over ten years ago when Sharon Benson, an occupational therapist and now head of Gritman's Therapy Central, brought it to the attention of the Gritman Board of Directors. What started as an innovative idea of caring for the frail elderly and other vulnerable adults has now turned into a 5200-square-foot facility with a cafe and kitchen, bathing areas, activity and exercise centers, and a landscaped garden (still in progress).

Gritman Adult Day Health, at 225 E. Palouse River Drive in Moscow, became a reality in early 2000 when Gritman Medical Center was awarded a three-year grant from the U.S. Department of Health and Human Services' Office of Rural Health Policy. It is the first adult day health program in Idaho and joins the fastest-growing component of community-based adult care in the U.S.

Opening its doors in July of 2001, Gritman Adult Day Health provides a safe, comforting environment for adults with physical and cognitive impairments who need assistance to remain at home in their communities. It's designed to be a home-away-from-home during the day that meets adults' needs for health assistance, therapeutic activities, and social interaction. The program's brochure begins, "a busy day is a good day," and that captures the philosophy of co-directors Sharon Benson and Irma Laskowski. Their program of care is an active, comprehensive one that aims to improve the physical, social, and cognitive functioning of its participants.

Proponents of adult day health say it provides a two-for-one benefit: both for the participant and the family care provider who gets a respite from the stress of caregiving.

Gritman Adult Day Health is open from Monday through Friday, 9:00 AM to 3:00 PM, with extended hours available for caregivers who also work outside the home. And

transportation is arranged with COAST and Valley Transit to serve participants from Whitman and Latah Counties and the Lewiston-Clarkston area.

Gritman Adult Day Health accepts Medicaid, VA, and private insurance, and has a sliding fee scale. It offers a day of service at no charge for interested families, and tours of the facility are available once it opens. The staff also wants the wider community to be involved in programming as volunteers and as presenters, such as leading music and art sessions. Plans also call for intergenerational activities with local schools and organizations.

To find out more about Adult Day Health, pick up a brochure at the Co-op or call (208) 883-6483. Learn about the latest in community health care.

*Stephen Simko works part-time for Hospice of the Palouse, part-time for Adult Day Health, and semi-full-time for his kids who are 9 and 11.*



- **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




**PALOUSE**  
**Ocularium**  
VISION CENTER

*Precise, professional eyecare.  
Comfortable Atmosphere.*

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

*Tune into*  
**WELLNESS FOR WOMEN**



**Wednesdays at noon on  
KUOI 89.3 FM**

**A new show  
about, by, & for women.**

Host: Susan Simonds, Ph.D.  
Clinical Psychologist

Featuring:  
♪ women affirmative music  
♪ news & views  
♪ live interviews with experts  
♪ movie & book reviews  
♪ health & beauty tips

visit  
[www.susansimondsonline.com](http://www.susansimondsonline.com)



# Gardening

## Setting Up A Drip Irrigation System for Containers

By Patricia Diaz

A recent gardening seminar in Nampa, Idaho, sponsored by the Boise Botanical Gardens, covered setting up drip irrigation systems and I thought this subject would be a good follow-up to last month's discussion of summer watering.

Setting up a drip irrigation system for container plants and raised beds is really quite easy but can be a little costly. The system being built at the seminar covered approximately 400 square feet and cost around \$200. The most expensive item is a battery-operated clock and timer (about \$75) but this allows you to travel during the summer without

worrying about your plants. (The battery power should last throughout the growing season.) The best way to justify this cost is to look at how much it would cost to replace your plants if they died of thirst. You can, of course, set up a system without the timer/clock.

All of the parts used at this seminar were Lasco plastic parts made by RainBird. I suspect that you can find these parts locally at irrigation/sprinkler companies. The seminar staff didn't recommend slip-joint systems (the kind available at home improvement stores) as they leak and you have to move the heads. The instructor said that folks who run a sprinkler parts kind of store are very knowledgeable about the parts I'll be describing and can help you easily with the purchase of what you need.

One of the first things that must be done to set up this system is to install a pressure reducer so you don't blow the heads off the drip irrigators. Screw the timer/clock onto your hose faucet with a shut-off "Y" that allows you to shut off water to the hose and funnel water to the clock. Reduce the 3/4" regular hose that comes off of the clock to a 1/2" poly hose. Use a brass coupling and the reducing hose. You will

further reduce the hose from the 1/2" hose that runs along your containers to 1/4" to the individual pots. This is done with worm-style pipe clamps. Use "T" pieces to make the system go in different directions. Plan and draw your arrangement so that you can purchase enough 1/2" and 1/4" hose, and also so you will know how long to cut the 1/2" hose pieces that run next to the containers or raised beds. Cut the 1/2" hose with a

hacksaw. To fit "T" pieces into the hose, either soak the pieces in hot water or use a heat gun to warm them. If, for some reason, your pieces of hose aren't long enough, you can use plastic connectors to connect and keep on going. To affix the 1/2" hose to your deck or to platforms in greenhouses, etc., use U-shaped 1/2" polyclamps with nails.

Emitters work to attach the 1/4" line to the 1/2" hose; push the 1/4" line all the way up to the first knuckle of

the emitter. Use an 1/8" drill bit to drill a hole in the 1/2" hose; push the other end of the emitter in. On the other end of the 1/4" piece of hose will be the adjustable drip head with stabilizer.

The irrigator heads should be adjustable heads or "mini bubblers." These allow you to adjust the water flow to meet the needs of various size containers. (In the Boise area these adjustable heads are about 58 cents apiece.) These have a built-in stabilizer piece to stick into the pot/container and the 1/4" hose sticks right onto them. When you cut the 1/4" drip tubing that runs from the 1/2" hose to the pot, leave a little extra

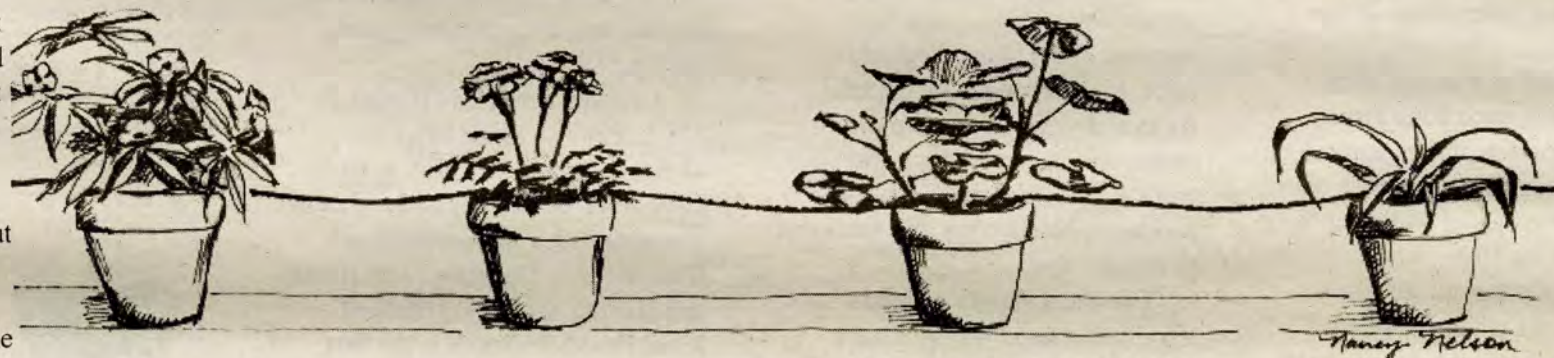
system shorter than 225' in total length. Go through the system every spring and check the heads and other parts to make sure that everything is still connected and in working order. Also, it's easier to mark the 1/2" hose wherever you want 1/4" pieces to connect and then drill all the holes at once, than it is to drill, connect, drill, etc. It is extremely important when drilling the 1/2" hose that you do not drill through to the other side! If necessary, you can get in-line filters for the 1/2" line, plus replacement filters. Don't make your 1/4" tubing sections longer than 15 feet. And lastly, instead of many 1/4" pieces coming off of the 1/2"

hose, you might want to use more "T" connectors to have the 1/2" hoses go in different directions.

I hope that I've

been able to translate this visual class into something understandable for those of you interested in setting up one of these systems. In the class, I was assured over and over again, that a sprinkler company could easily help you out with the purchase of the necessary pieces of the system. Have fun with this and happy traveling when you're all done!

*Pat Diaz lives on six acres near Dworshak Reservoir with her husband, Tom, and cute schnauzer, Gus. So far the garden plants are doing great and don't have too many bunny bite marks.*



length on each section of the drip tubing so that you can move it around later, or in case you need to clip the very end of the 1/4" tubing to re-set it into the drip head. There are also "goof plugs" in case you change your mind about where the 1/4" tubing should be coming out of the 1/2" hose, or to use as end plugs for the 1/4" line.

There are a few miscellaneous tips that we got out of the seminar also, that will make your system work better. One is to keep your

Dana Hoaglund  
Arborist

Pruning - Climbing  
Consultations - Evaluations

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

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

Current Session  
July 2 -  
August 11

Daytime and evening classes  
Classes fill quickly so register early

Schedules available on the yoga center door

10% discount for full-time U of I & WSU students.

Design Solutions  
for  
Your Garden

Prairie Bloom now offers  
free onsite consultation  
with \$50 minimum purchase  
of trees or shrubs  
call for details  
332-4425

Free Onsite Consultation  
PRAIRIE BLOOM  
NURSERY



## Letter from the Land: Orchids on Moscow Mountain

By Suvia Judd

If orchids make you think of jungles, exotic houseplants, or expensive corsages, you may be overlooking some interesting plant neighbors in your own "backyard." A few years ago, when I often took long daytime walks on Moscow Mountain, I started keeping count of the number of orchid family plants we had seen in flower. I think we got up to a dozen, not counting unknowns. If you like to walk on the mountain, or other places in the woods, you may enjoy keeping an eye out for some of these.

One of the most familiar orchids is 'lady's slippers.' Our local species is *Cypripedium montanum*, the mountain lady's slipper. I have seen two colonies in one ravine on Moscow Mountain. The larger colony grows on the grassy slopes of a spring in an old gold mining pit (presumed), with a light shade canopy of shrubs and young trees. The flowers have the familiar slipper or pouch; this kind white, with long coppery to dark red twisted petals and sepals above it, and large leaves clasping the stalk.

On road edges in dampish forest you may see fairy slippers, *Calypso bulbosa*, in early to midspring. These pink and white, maroon speckled flowers on stalks a few inches tall are hard to see at first in the partial shade they favor. But in a suitable place there may be many. The ground will often be bare of other cover except evergreen needles.

One of the most striking local orchids may catch your attention first with its smell. Scent bottle, *Habenaria dilatata*, produces tall, stalks covered for most of their length with little white-spurred flowers that are intensely and deliciously fragrant. Look for this on damp banks in sunny openings in damp forest. I know of a patch of

fifty or more, flourishing in a swampy area where a spring tumbles down from the roots of an old cedar stump and spreads out on a grassy logging road. Many fra-



grant white-flowered plants, including *H. dilatata*, seem to be more fragrant at night, possibly because they are moth-pollinated.

Another tall *Habenaria* orchid, with pale green flowers, is *Habenaria saccata*. It also is very fragrant, although less sweet. It has somewhat 'painty' overtones to my

nose. There are some huge colonies of it in swampy areas along the upper branches of Crumarine Creek. (Start up the Moscow Mountain Road and a half-mile after the last house, bear right on the road that hugs the ravine. There are usually *H. saccata* colonies on the right after the second big culvert crossing, and also further up the road.) In the evening you may find these by smell.

A little greenish white flowered *Habenaria*, *H. elegans*, grows on drier banks in Ponderosa pine and

Douglas fir forests. It smells like turpentine to me, but my walking companions don't always agree.

We've seen some other *Habenaria* species on Moscow Mountain also, but you'll need a good identification key and maybe a hand lens and a millimeter ruler to be sure of what you've got. I can handle characteristics like "leaves withering at anthesis,"

but measuring the length of the spurs on the tiny flowers is sometimes too much for me.

Coral-roots are orchids with no chlorophyll. Spotted coral-root, *Corallorhiza maculata*, has pink stems with a loose array of little white flowers with dark red spots. Striped coral-root, *C. striata* has

pinkish blooms with several parallel purple-red lines, something like the candystriper's dresses of old. These are both common on Moscow Mountain, with spotted coral-root in drier, more upland sites, and striped coral-root in deeper, damper coniferous forest. I have seen them both on the edges of the road going out to the East Moscow Mountain Lookout, in Section 16. Another, less common species is early coral-root, *C. trifida*. For two years we saw a single specimen, which threw up a cluster of yellowy stems near a fallen log.

Rattlesnake plantain, *Goodyera oblongifolia*, is a small, inconspicuous orchid with persistent dark and light green striped, leathery basal leaves. When it blooms, it has a slightly hairy stalk of tightly packed white to cream flowers. I see it on road banks in damp, dark forests, often not far from the fairy slippers, which bloom earlier.

And last but not least is the tiny broad-lipped twayblade, *Listera convallarioides*, a delicate, secretive little pale green single flower, which I have seen in a couple of wet places with filtered sun in mature cedar forest on the mountain.

Note: Please admire but do not collect these orchids.

Sources I use to help in identification include Flora of the Pacific Northwest, Hitchcock and Cronquist, UW Press, 1973; Plants of Southern Interior British Columbia, Parish, Coupe, Lloyd, Lone Pine Publishing 1996; A (Peterson) Field Guide to Rocky Mountain Wildflowers, Craighead, Craighead, and Davis, Houghton-Mifflin, 1963, (an oldie but goodie;) and The Audubon Society Field Guide to North American Wildflowers, Western Region, Spellenberg, Knopf, 1979. You may also want to check out <[www.wsu.edu/~wsherb/moscow.html](http://www.wsu.edu/~wsherb/moscow.html)>

Happy orchid watching.

*Suvia Judd lives in Moscow, and always likes to learn more about the native flora.*



# Update on the Sawtooths-to-Selkirks Hike: 5 Months on the Trail

By Eva Strand

Wouldn't it be fantastic to spend the summer hiking and rafting through Idaho's wilderness, reconnecting with the land we and many other creatures depend upon for our long-term survival? This weekend I had the pleasure of meeting Josh Burnim, the Sawtooths-to-Selkirks hiker who is challenging himself, his sponsors, and nature with an 800-mile hike that will last for 5 months. The hike began at Red Fish Lake in the Sawtooth Mountains in south central Idaho on May 7 and will be completed at the Kokanee Glacier in British Columbia on October 5.

Josh is no stranger to us—many of you have probably enjoyed a cup of soup or a piece of pizza served by Josh in the Moscow Food Co-op Deli, where he worked since January of 1999 until he started his Idaho wilderness adventure. Moscow Food Co-op is also one of Josh's sponsors, along with Backcountry Food (<http://www.backcountryfood.com>), Hyperspud Sports, Northwest River Supplies, and the Yellowstone-to-Yukon Conservation Initiative.

The Environmental Club of the Moscow High School, led by LeeAnne Eareckson, met Josh at the Wilderness Gateway campground on the Lochsa River on June 10, for an evening of fun, wilderness education, and backcountry cooking, followed by a day of hiking and soaking in nearby hot-springs. Needless to say, we had a grand time. Our rendezvous fit well with the mission of the hike: to promote connections, both human and wild, and to educate the public about the backcountry as well as the importance of a connected wilderness strong enough to support our wildlife populations through a time of urban sprawl and human development. Connectivity is a key word; conservation biologists are predicting that if core areas of wildlife habitat are not connected, many species will disappear over time even from these last wild places.

Josh was inspired to do the Sawtooths-to-Selkirks hike by the Yellowstone-to-Yukon hiker, Canadian bear biologist Karsten Heuer, who completed a 2100-mile hike over two summers in 1998 and 1999. In the spring Josh will enroll in the Environmental Studies masters



Picture by Josh Burnim.

**Hikers, from the left, Gary Macfarlane, Josh Burnim, and Bethany Walder.** Sawtooths-to-Selkirks hiker going!

program at the University of Montana with a focus on conservation biology.

As a Co-op member, mother, and hiker I was naturally curious to know what Josh had on the menu for his 150 or so days of hiking. I learned that much of his food has been donated by the Moscow Food Co-op and Mary Butters' Backcountry Foods. Weight is of great concern for a backpacker and naturally all the food Josh carries is dried or very concentrated—dried fruit, granola, trail mix, nut butters, dried beans, noodles, rice, grains etc. Many delicious dehydrated meals are available at the Moscow Food Co-op, such as Organic Kettle Chili, Southwestern Couscous, Armenian Pilaf, Black Bean Hummus, Corn Salsa and Outrageous Outback Oatmeal. These meals are creative combinations of organically grown beans, lentils, couscous, rice, tomatoes, onions, bell peppers, herbs and spices—all you need to do is mix them with hot or cold water according to the instructions.

During our evening meal we feasted on Organic Black Beans with Corn Salsa, accompanied by homemade tortillas made by the Moscow High School Environmental Club. For this special occasion we had also brought along fresh avocados and carrots, as well as grated cheddar cheese and sour cream. Yum! We all ate too much, except for Josh who needs every ounce of nutrition he can get to sustain the continuous strain of carrying a 55-

65-pound backpack eight miles a day up and down the mountain ranges of Idaho state. Each one of his backcountry meals is a result of careful planning, cooperation, and trust. Josh has buckets of food prepared for each of the 18 legs of his trek through Idaho. The food buckets are to be delivered to pre-defined locations on certain dates—it has to work in order to keep the

Josh is rarely hiking alone. During his first month on the trail, he has only spent three days in solitude. Friends and family join up with Josh and hike with him for a week or a few days. His three days alone, however, was a hike through rattlesnake country on the Salmon River in south-central Idaho.

"It makes you feel vulnerable to know that there is another creature out there that could potentially hurt you," says Josh. Another challenge was a difficult river crossing at Moose Creek, where the water was waist-high and the current so strong that Josh and his companion had to lean into it to avoid being swept downstream with the rushing spring river flow. Future challenges are upcoming snowy peaks (should Josh add snowshoes to his food delivery?) and the fire risk later in the summer.

Josh told us about phenomenal wilderness experiences like watching Chinook salmon jumping up the Selway Falls, and a black bear. Not too long ago such events were part of peoples' daily lives—now they are rare treasures that are experienced by few but savored by many through our magnificent information network. Even if I don't get to see the salmon jump or bears wander across meadows, it makes me thankful and proud that they are still out there—that we still have a wilderness to protect. Follow Josh Burnim on his journey through Idaho this summer by checking for Internet updates at <<http://www.wildrockies.org/idahohike>>. From time to time I find myself thinking: "I wonder where Josh is today?"

# Chuck Wellner

January 3, 1911 to

June 5, 2001

By Bill London

I met Charles A. 'Chuck' Wellner twenty years ago when I was doing a series of articles on Idaho's forest environment. Because of his short, wiry body, huge smile, twinkling eyes, and very real love of the forest, I thought for sure that I was interviewing an elf.

After Chuck retired from the US Forest Service in 1973 (after 40 years as researcher and forester), he dedicated the rest of his life to locating, studying, registering, and protecting the special places in Idaho's forestlands.

Those special places, called Research Natural Areas, are forever preserved due to their special qualities, like unique plant communities or ecological significance. When Chuck started his crusade, Idaho had a handful of those RNAs. Now Idaho has more than any other state—almost 200.

That the US Forest Service and other land management agencies have preserved 200 unique places is a direct result of Chuck's vision and perseverance. He volunteered the last twenty or thirty years of his life to that cause. And he was remarkably successful in his effort.

Chuck was a well-respected and well-known figure in Idaho forest protection circles. About 15 years ago, a group of his friends suggested that the Giant Cedar ten miles north of Elk River be named in his honor. The US Forest Service refused at that time, since official rules would not allow any naming for a person then living.

Now, however, it is time to remember Chuck Wellner with a natural area or cedar grove named in his honor and I am very glad to hear that his children and friends will be pursuing that recognition for him.

*Bill London realized at an early age he would be too tall to qualify as an elf. So he cultivates and treasures friendships with them whenever possible.*



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



## Moscow's Trees: How the City is Involved

By Melodie Armstrong

Last month I discussed the economic importance of trees in our cities and towns. Moscow has a City Community Forestry Ordinance, to help our town reap the benefits that trees have to offer. Moscow also is a 'Tree City USA.' A new program, the Tree Planting Dedication Fund, encourages homeowners to plant trees. This month we take a look at what the city is doing to benefit our community forest.

Although Moscow's citizens have been interested in the trees of our town for a long time, our current ordinance dates from 1993. Before that, there was only a one-page ordinance that did not address the needs of the city. The current ordinance was created through a two year process, using information from numerous sources, including other city ordinances, public meetings, and meetings with tree contractors and the city council. This ordinance is concerned with the preservation, expansion, protection, and proper maintenance of the community forest of Moscow, including the beauty of the city, the planting and growing of desirable trees, and educating the public about the community forest. This ordinance is not designed to force people to have trees in their yards. If the ordinance encourages appreciation, educates citizens, provides care for the public trees, and encourages a diverse range of species, then it will have done its job.

Many of you might wonder why having many different types of trees is important. This reduces the chance of all the trees in one area becoming diseased or infected with the same pest at the same time. Trees are part of the infrastructure of the town, like sewers, sidewalks, lights, and streets. Like these other infrastructures, trees need to be maintained, replaced, and repaired. Also like these other infrastructures, trees have a monetary value, which can be assessed. Caring for the community forest includes removing dead trees, removing hazards present due to trees, and replacing trees. Property owners are responsible for trees that are on or border their property (in the tree lawn or 'verge') and the city cares for trees in parks and other publicly-owned property.

Roger Blanchard, city forester for Moscow, wants citizens to think before planting, and to provide the proper care during and after plant-

ing. The permit process helps to put the right tree in the right place. These permits are free but required, and you can receive help in planning for your tree. Important considerations are the space available for the tree to grow; structures around and above the tree (wires, sidewalks, etc.); and the type of tree. The city of Moscow licenses tree contractors and certifies tree workers, so that when you have work done, you know that the contractor has insurance, and that the tree workers have passed an exam about tree care.

There are several recent changes that will benefit the community forest. One concerns the tree lawn, the area in the right of way beside streets. This is four feet wide in many areas of town, which limits the choice of trees that can be planted there. New developments have a street lawn of 8 feet, which allows larger trees, and more variety.

Also new is the Tree Planting Dedication Fund which encourages homeowners to plant trees. Developers put money into this fund, which homeowners can then use to help pay for planting trees. Four subdivisions have used this fund, and this spring the first homeowner made use of the money available.

Moscow is a Tree City USA. This is a designation from the National Arbor Day Foundation, and is based on four standards: The city must have a tree ordinance; a tree committee; observe National Arbor Day; and spend at least \$2 per capita on the community forest. Moscow has been a Tree City since 1993, and has received the growth award for 7 years. This award recognizes environmental improvement and encourages higher levels of tree care. Some of the benefits of being a Tree City USA include improving the city's public image, increasing citizen pride, positive publicity, preference in consideration for grant moneys, and education.

For more information on the City Community Forestry Ordinance, trees that are suitable for street trees in Moscow, licensing and certification, or the permit process, contact the Moscow Parks and Recreation Office, 1515 East D Street, Moscow, Idaho, 83843, 883-7085.

*Melodie Armstrong is a four-time returning resident of Moscow with an interest in the environment of the city.*

## Moscow's 1912 Center – It's Happening

!By Lois Blackburn

Moscow is a community. In the year 2001, there are not many places that qualify as true communities. But Moscow is a place where 200 volunteers moved BookPeople to its new location across Main Street. This is a place where there are garage sales to help pay neighbors' hospital bills. We still have the Farmers' Market, parades on Main Street, and concerts in the park. People shovel snow from their neighbors' sidewalks. And at the Co-op at lunchtime, you see people in power suits and people who wouldn't be caught dead in one.

Now a new Center for this community is emerging, and it will be a space for community members of all ages, needs, and interests. In Moscow's renovated old high school building on Third Street, there will be, among other things, art workshops and display spaces, an auditorium for music recitals, a senior center, a social space for developmentally disabled adults, a public lounge, and a science center for children and adults.

A dedicated group of volunteers, of which I am a part, has been working for many months to make this a reality. Generous supporters have made big-hearted contributions.

We have scrubbed the old high school building and led tours; we have given a giant sale; we have had many meetings to assist with decisions about the financing, uses, and maintenance of this building. People have written grant applications and presented them at meetings in Boise; community members have sold cookies at the Renaissance Fair and staffed a booth at the Farmers' Market.

And now: Yippee! Phase One of the renovation is well under way and will open in early September. In this phase is the Great Room (the former gymnasium), a room larger than the first floor of the current Community Center, with front doors opening onto a large patio. With the Great Room will be a well-equipped kitchen. As a member of the Folklore Society, I am excited about this as a place for dances. But it will also be available for receptions, yoga classes, senior citizens' meals, and the like.

Phase Two is also fully funded. Construction will begin in September as Phase One is finished and be completed in the spring of 2002. From this phase will come social centers for senior citizens and developmentally disabled adults. While that is going on, we'll be working on funding for Phase Three, which is all the other stuff I mentioned and more.

It's happening, and you can see the progress right now from across the street. This center will be for us—all of us—and will be another strong element of our community downtown, as the Co-op already is.

Sole Mates.




Florida

**BIRKENSTOCK**

German Engineering for Your Feet

Nature Sport  
Palouse Mall  
882-9462

©1999 Birkenstock Footprint Sandals, Inc.



**Karen Young L.Ac.**

Acupuncture & Massage

520½ S. Main #3  
Moscow, Idaho 83843

By appointment  
208/883-8894



# The Cedar Center

By Lisa Cochran

I grew up in a home where people hid their emotions. In fact, I've only seen my Dad cry once, on the occasion of his father's funeral. Standing in front of the casket with his face buried in his hands, loud sobs shook his whole 6-and-a-half-foot frame. Suddenly his brother walked up to him and gave him a sharp reprimand. "Dave, pull yourself together!"

I watched all this quietly from afar. I was only 13, and though I had some morbid fascination (I wanted to be a doctor) with Death sleeping peacefully upon a satin pillow in the beautifully tooled mahogany box, I also was a mass of conflicting feelings. On the one hand was the Grandfather who had shown me such love and kindness during those difficult years living with my father, and on the other was the tragedy of his self-inflicted death by gunshot. But no one comforted us children. No one asked us how we felt, or even discussed the matter with us, and certainly no one gave us permission to cry. And now, the spectacle of impermissible grief by the two principal adults in my family seemed to get swallowed up and buried along with my Grandfather's body. In hindsight, the experience represented another unresolved lesson in detachment. That was in 1968, just days after Christmas, creating an ambivalence to the holiday that was to stay with me for decades.

Since then, I have endured wrenching loss, sometimes in a bevy, and almost always taken by surprise. Now I have come to understand that loss comes in all forms, at any time, but that it is a natural part of life. This still doesn't make the process any easier, in part because we have become so removed from death compared to other cultures, and in part because society fails to understand or support people who are grieving, especially children who are grieving. Studies show that children need to be allowed to experience the process of loss and grief in a healthy and supportive atmosphere in order to flourish into fully-functioning adults.

With this in mind, the Cedar Center came into existence. Located in Moscow, this 1-year-old non-profit agency provides resources for grief and loss in Whitman and Latah Counties.

Grief issues that are addressed can come in all forms, from divorce, an ill pet, transitions, death of a friend or loved one, or any experience which produces a sense of loss. The Center is staffed by professional and lay volunteers who have a background and interest in grief and loss. Although individuals can be guided through the process of education and support during the grieving experience, the Cedar Center has a special focus on children, teens and families. The Center's belief is that every child deserves the opportunity to grieve in a supportive and nurturing environment. The 8-week-long programs are designed to act as peer support groups to help children and families understand that grief is a natural reaction to loss; that the intensity of the reaction varies among individuals; that grieving can become a normalized behavior; that isolation is lessened; and that healing and acceptance of death is possible.

Parents attend so that they can learn ways to support themselves and their child. When families move through this supportive process in a safe and accepting environment, the Cedar Center is able to help address physical, emotional, social and spiritual needs.

The Cedar Center opened its doors in January 2001. It is modeled after the Dougy Center in Portland, Oregon with an understanding that such centers are a rare but much needed community asset. The Dougy Center was named after a little boy who, though dying of cancer, ministered to the other

children to help them with their illnesses. A nurse who witnessed Dougy's tremendous strength and compassion felt compelled to carry on Dougy's work by providing a place for children and families to come together and share their loss with each other.

The Cedar Center is an incorporated, non-profit organization with a Board of Directors and several committees in place but is always in need of assistance to ensure its future growth and viability. Talent, time, equipment and funding are in need. Advice and expertise of community members are in demand as well as grant writing skills. People to volunteer to serve on boards or committees or train to work in support groups are always welcome. Besides desks, lamps, furniture and office supplies, new toys are accepted. Financial contributions are always helpful.

The Cedar Center right now has a focus on the loss of friends or family members, but hopes to expand in the future to look at additional age groups and other kinds of loss, such as loss of health due to severe illness. It also hopes to increase its resource library, staffing, outreach and education programs.

Healthier families benefit the entire community and a community that displays compassion and support of grieving families benefits us all. If you are interested in learning more about the Cedar Center, donating supplies, making a donation, or finding out about volunteer opportunities, contact Suzanne Planck at 208-885-6357 or Greg Skinner at 208-883-8614.

*Lisa Cochran is a long-time Moscow resident.*

## Hospice Creates Advisory Board

By Bill London

Hospice of the Palouse will benefit from the support and guidance offered by a newly-created Community Advisory Board of 15 Palouse area residents, announced Julie Nelson, Hospice Director.

Hospice of the Palouse began in 1984, and in April of 1999 became a department of Gritman Medical Center while retaining its non-profit status. The mission of Hospice of the Palouse is to provide care to the terminally ill and their families in the Latah and Whitman counties region.

The Community Advisory Board (CAB) has been meeting for a year, and recently finalized its operating policies and elected its officers. According to those policies, the mission of the CAB is to support the Hospice by "its review of Hospice activities and by its recommendations regarding community hospice needs and the use of monies donated to Hospice."

The CAB provides advice and support to the Hospice staff with the goal of the long-term sustainability of the Hospice program. The members of the CAB are: Shirley Hull-Hord of Troy, Sally Browning of Juliaetta, Kathy Kramer of Palouse, Robert Martin of Lewiston, and Jim Prall, Rhonda Comstock, Ruth Bode, Glenda Hawley, Mike Curley, Bill London, Dave Potter, Kathryn Surfus, JoAnn Evans, and Elizabeth Sullivan, all of Moscow.

The officers for the next year are: Dave Potter, Chair; Bill London, Vice-Chair; Mike Curley, Secretary; and Elizabeth Sullivan, Vice-Secretary.

In addition to communications and fundraising, the CAB is charged with making recommendations about the investment and use of funds that have been donated to Hospice. The CAB has sponsored educational meetings with local ministers and nurses to explain the Hospice mission and programs. In addition, the CAB has supported related organizations, including the newly-created Cedar Center, which offers grief counseling.

"Further educational outreach and community support is planned," Potter added. CAB meetings are open to the public. More information is available from any CAB member or by calling 882-1228, or through email at <hospice@gritman.org>

*Bill London experienced the value of hospice for patients and their families when his father received hospice home care during his terminal illness last year.*

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](mailto:bookpeople@moscow.com)





# Time to Rendezvous in the Park

By Julie L. F. Ketchum

Summer in Moscow means warm days, sunshine and Rendezvous in the Park! We're all set for our 19th season of musical entertainment and children's art workshops. We're inviting you to be a part of what (as one of our patrons says) "makes Moscow magical."

Kicking off Rendezvous in the Park Festival 2001 on Thursday, July 19 is the Seattle sensation, Guarneri Underground and the famed fiddling of Tom Rigney and Flambeau. Rendezvous patrons may remember Tom Rigney as the red boot-clad star of the Cajun group, The Sundogs, who lit up the East City Park stage in 1999. And loyal fans of the Renaissance Fair will not have forgotten the eclectic mix of world beat and rock that the Guarneri Underground has to offer.

On Friday, July 20, the festival continues with the woman whom *People* magazine calls "Country's Bonnie Raitt." Lacy J. Dalton has been a favorite of traditional country music fans for two decades, having numerous hit singles, including "Black Coffee" and "Crazy Blue Eyes," to her credit. Opening for Lacy and her band is the Lewiston sensation, Coltrain. This band is as good as it gets and recently proved



itself with an invitation to and appearance at the largest country music festival in the world, Country Thunder, near Phoenix, Arizona.

Blues fans will be pleased at the return of Jimmy Thackery and the Drivers, to the Rendezvous stage on Saturday, July 21. Jimmy Thackery

is just one part of the trio of great blues musicians we've got in store. Joining Jimmy in a mix and match "Blues Jam" will be acclaimed blues guitarists, Tab Benoit and Debbie Davies. Each of these musicians has earned a reputation for excellence in his/her own right. Put them all together, and the fire department just better stand by lest they set the

Rendezvous stage ablaze!

Rendezvous continues its tradition of bringing children and families together with art workshops for kids on July 19 and 20 and free concert admission for children 12 and under. July 19 is Family Night at Rendezvous, and patrons will be treated to a special surprise from the folks at U.S. Bank. We are pleased to announce that U.S. Bank will offer \$8 discount concert tickets to the Family Night concert at its branch offices in Moscow, Potlatch, and Pullman.

Tickets for all Rendezvous concerts go on sale June 1 at Book-People, G&B Select-a-Seat outlets, and the Moscow Farmers' Market. For more information, visit our web site at [www.moscowmusic.com](http://www.moscowmusic.com).

## Feed Your Self

Come eat **Brunch**

in the **Deli**

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

Eva Jo Hallvik  
Licensed Massage Therapist

208-301-2246



since 1976

*Palouse Hills Midwifery*  
**Veronica Lassen, LM**

Licensed Midwife  
(509) 334-0326

**Home Birth  
Birth Center  
Water Birth**

Covered by most insurance  
including WA & ID Medicaid

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

**Call for a free consultation visit!**



Julie L. F. Ketchum is director of Rendezvous in Moscow. She wants to remind folks that a favorite from the Moscow Renaissance Fair, the Guarneri Underground, is 'Rendezvousing' this summer in Moscow.



CO-OP

# Bulletin Board

moscow food co-op  
221 east third street  
moscow idaho 83843

## Julyamsh 2001

### Couer d'Alene Tribe Pow Wow and Encampment

July 27-29

Greyhound Park, Post Falls, Idaho  
1-800-523-2464

## Midweek Farmers Market

Wednesdays 4-7pm  
July through September

at Koppel Farm in Pullman, WA (corner of Derby and Professional Mall Boulevard)

## 4TH OF JULY CELEBRATION IN MOSCOW

July 4

10am: parade down Main Street

5pm until dark: BBQ, concert, patriotic rally, fireworks at Wicks Field at UI, 883-7000

## If you are moving from Moscow,

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

Subscribe to the Moscow Food Co-op Community News

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

## Writers and Readers Rendezvous

September 28-30

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

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

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

## America Walks will host the first National Congress of Pedestrian Advocates

August 16-18, Oakland, CA

For more information, visit <http://americawalks.org/congress/>

## The Noon Lunch Music Series at the University of Idaho

11:30 to 12:30  
June 20th thru Aug 1

at the corner of University Ave and Line Street  
Kitty corner from the commons.

## The Moscow Arts Commission Brings You:

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

July  
July  
July  
July  
Contact  
Comm  
Bring

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

## Fishers

"T...tnam"

July 8 through 15

Joseph, Oregon  
541-426-3623

## Hip Mamas & Papas Unite!

Wednesday, July 11, 11 am  
East City Park

We are forming a playgroup for infants, toddlers, kids, and their folks. Everyone is Welcome! Call 285-0232 for more information.

## PERFORM FRIEND

9:30-11:

EVERY S

JULY 7

JULY 14

JULY 21

JULY 28

## Humane Society Second Annual Dog Days

July 14  
10:00am to 6:00pm.

Don't miss the agility demonstration, Rally obedience demonstrations, a dog wash, and the many treats available for people as well (food and sweets). We will also be offering a micro-chip clinic during this event, which will allow you to protect your pet from not returning home to you when it is lost. All these EVENTS are FREE to the public and we will be asking a small fee for our food and it will cost \$22.50 to have your animal micro-chipped. Our micro-chip clinic will be held from 12:30 to 1:30.

## Rendezvous in the Park

July 19: Guarneri Underground  
July 20: Lacy J. Dalton  
July 21: Jimmy Thackery and

tickets on sale Market and Be .sic.com

