

June 2001

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Relish, Linger and Enjoy

By Kelly Kingsland, Deli Manager

I'm writing about the Co-op's Saturday brunch.

What about brunch you say? Well, that's what I said. What about brunch. The Deli cooks and serves brunch each Saturday from roughly 8:30am to roughly 1:30pm. We usually serve potatoes, a vegan scramble, an entrée, and lately a sweet thing as well. It's becoming a Co-op tradition for some, and has been increasingly popular throughout the last year.

But when exploring the concept of brunch for this article it dawned on me that what is really special about brunch is the pace. The intention is to start later, go slower, to relish, linger and enjoy. Cool.

Brunch partakers do seem to be moving slower, consciously slower than on other days of the week. Certainly the tables and chairs inside, the picnic tables outside, and now the Farmers Market just down the street, all contribute to our ability to achieve this end. But really, in our fast-moving times it takes effort to go slow, even if it's only one day a week, and I respect that effort.

While Saturdays are not slower in the kitchen, I enjoy observing the consciously slower pace of our customers. And I'm glad that the Deli brunch may play a part in making Saturday morning in Moscow a wonderful, friend-filled, belly-full of community enjoyment.





# Community News

## 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 Therapist** - 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 3rd Street, Ste. #3, Moscow, 883-5370

**Hodgins Drug and Hobby** - 10% off all educational toys and hobby supplies, 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 and custom framing, 208 S. Main #11, Moscow, 882-1343

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

**Markettime Drug** - 10% off 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 throughout 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

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

**Peacock Hill Bed & Breakfast** - \$10 off a night's lodging and half price on one breakfast when you buy two. 1245 Joyce Rd., 882-1423

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

**Dr. Ann Raymer, DC, Chiropractic Physician** - \$10 off initial visit including patient history, physical, and spinal exam, 803 S. Jefferson St., Moscow, 882-3723

**Dr. Susan Simonds, Clinical Psychologist**, 10\$ discount on Stress Reduction and Women's Wellness Workshop, 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** - Complimentary initial consultation regarding wills, probate or criminal defense. 314 South Main St., Moscow, 882-6872

**Wild Women Traders** - 10% off clothing and jewelry, 210 S. Main Moscow, 883-5596

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



## Generally Speaking Surveillance and Shoplifting

by Kenna Eaton, General Manager

A few months ago I wrote about the shoplifting problem at the Co-op. On the advice of a Board member we contacted the Moscow Police to request their advice.

Tom Partington and his crew came over and did a physical survey of the store and made lots of good, concrete suggestions, several of which have already been implemented. You may have noticed the new signs around the store informing would-be thieves that we will prosecute.

You may not have noticed the new surveillance cameras. The cameras are located over the two departments that have been hit the most often: personal care and beer/wine.

I have already received several comments from shoppers concerning the cameras. Here's the first comment: "The surveillance is fascist, it is a far aberration from

anything semblant of a community. I-S videos don't stop anything. It is feeding into the fear bread (sic) into the very capitalist fabric of amerika (sic)." And a second comment: "Could you get rid of the surveillance camera? I feel like I'm at Wal-Mart. there's got to be a better way to deal with shoplifting."

To both of you, thank you for your comments. We are trying to respond to shoplifting by using a variety of techniques, hoping that something works.

The shoplifting offends me more than the surveillance, and with the support of our Board members, the cameras will stay as long as needed.

Our staff is scheduled for a training workshop on theft for late May, plus we are making some physical changes to our store. Possibly the combination of attention, training and change will discourage theft. We hope so.

## New Volunteer Coordinator(s) at the Co-op

By Kenna S. Eaton

After more years than we can remember, Gary MacFarlane left the Co-op last month to take on a new job as director of the Friends of the Clearwater, a non-profit organization dedicated to the preservation of wilderness. We will miss Gary for his enthusiasm, good humor and boundless energy.

Gary has worked in many different departments at the Co-op. His last two jobs were Spread Guy (a deli position making pates, humus,

dips, etc.) and Volunteer Coordinator.

Gary brought his dedication and skills to all positions, but will be especially remembered for doing a great job as Volunteer Coordinator. We have hired two of our cashiers, Annie Hubble and Janna Jones, to try and fill Gary's shoes. Janna and Annie are excited to take on the extra responsibilities and duties of organizing the volunteers. Good luck and thanks to all three of you!

## New Benches

By Kenna S. Eaton

This month two new benches joined the four picnic tables out the back door of the Co-op, along Fourth Street.

Two long time Co-op members, Jack and Joan Cooper, donated the benches. If you haven't yet had a chance, check them out, sit in them for a while and enjoy the sun -now it's here!

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## Welcome!

By Laura Long,  
Membership Director

"I just want to say how much I love the Co-op! The staff is all wonderful, the atmosphere is great, and the bakings delicious!"

I found this statement on the suggestion board this month, and I just wanted to say "thank you" back to this kind member. I too find all our staff to be quite wonderful, and am quite sad to see so many of them leaving us this month to pursue new careers and adventures. You may notice in the next couple of weeks that the faces at the registers and behind the deli counter are changing.

Please give a hearty welcome to our new cashiers, stockers, and deli/bakery crew. We're pretty happy with our new team, and I hope you will be too. You may recognize Josh and Brian at the registers. They are returning to us for the summer, and

we're quite happy to have them with us again for a while. We are also happy to welcome Sarah Alves to the cashier crew. She's our newest staff member and we hope she'll be happy here.

There are also some changes taking place in the Business Partner Program. We are sad to say that Paradise Creek Bicycles is no longer participating in our program. However, we are happy to welcome the Professional Mall Pharmacy of Pullman to our list of participants. They will be offering Co-op members a 10% discount on all compound medications. Look for them at 1205 SE Pro Mall Blvd in Pullman, or call them at 332-0630 if you have any questions about their services.

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## Newsletter Designer Needed

By Bill London

Tanya Perez is talented enough to juggle kids and home, a column in the Daily News, and a volunteer position here as one of our newsletter designers. As the designer, she takes the jumble of text, ads, and illustrations presented to her and makes it into the attractive newsletter you are reading now.

That's the good news. The bad news is that this is her last issue. She's moving to California...with our thanks for a job well done.

We are desperately searching for a replacement for Tanya, to share the designer job with Jill Maxwell. Jill and Tanya alternate months as designer.

If you have the skills and interest in the area of newsletter layout, please consider taking this volunteer position. You'll get an 18% discount, a great addition to your resume, and the eternal gratitude of the rest of the newsletter volunteers.

Please contact Bill London at [london@moscow.com](mailto:london@moscow.com) if you are interested.

*Bill London edits this newsletter and enjoys the summer sunshine streaming in his office window as he taps the computer keys.*

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# Word of Mouth

By Vicki Reich

I rarely make salad in the winter, mostly because I can't bear to put my hands in cold water to wash the lettuce and also because I want a heartier and warmer vegetable to stoke my fire.

But once the sun starts shining and the lettuce starts popping up out of the garden, I eat lots of salad. But what do I put on those lonely lettuce leaves? Salad dressing, of course. So this month Kenna, Laura, Erik, Peg, Megumi, and I dipped a bunch of baby carrots in four balsamic vinegar-based dressings.

Seeds of Change Balsamic Vinaigrette was our first dressing. It was sweet and thick, but didn't have a strong balsamic taste. Laura thought it tasted more like a French dressing. I thought it had a good taste, as long as you weren't hoping for that strong balsamic flavor.

Next up was Annie's Tuscan Italian Dressing. This had a good thick, stick-to-the-lettuce consistency, but it was not very balsamic (I know that's not a real word but for this article let's just pretend it is). It was more like an Italian dressing with lots of Italian spices and garlic.

The third dressing we tried was Annie's Balsamic Vinaigrette. This had a strong balsamic flavor but a

much thicker consistency that you would expect from a vinaigrette. This dressing clung to the carrot sticks very nicely.

Last up was Newman's Own Balsamic Vinaigrette. This was by far the most balsamic of the group. It was also light like a vinaigrette should be. Since it has no emulsifiers, you need to shake the bottle really well then pour it directly of the salad. This was not a good dipping dressing, but it is Laura's favorite.

In conclusion, I'd say my homemade salad dressing is the best. I do buy salad dressing to keep for emergencies, but I like making my own. It's inexpensive and easy and I always have the ingredients on hand. Here's my old stand-by vinaigrette recipe (play around with the kinds of oils, vinegars and spices to get different tastes).

Put equal parts extra virgin olive oil and balsamic vinegar in a jar with a tight fitting lid. Use slightly more vinegar than oil if you like dressing with a bite. Add a couple shakes of dried oregano and dried basil (1/2-1 tsp.). Grind in some fresh ground pepper and a little salt to taste. Add 1+ teaspoon of Dijon mustard, shake well and serve.

## Up All Night News in the Bakery

By Crista Haagensen, Bakery Manager

*(Please forgive Tanya Perez for omitting Crista's smiling face! While gathering up all the components of this newsletter in the co-op office, I once again forgot to grab Crista's photo!)*

Summer is here! Now if the weather would just catch up, it would really seem more like summer to me. Many students will be leaving for the summer, however the bakery will still be here producing wonderful and tasty treats!

I would like to take this time to thank all of the current bakery volunteers: Shuxin, Noel and Ashley, Ron, and Julia. With these dependable volunteers, the bakery is able to have more input, different ideas, and great new recipes. This is a very valuable asset to the Co-op and I have enjoyed working with all of our volunteers. Thank you for putting your time and effort into the bakery!!

Here is another delightful muffin recipe to try out:

**Marble Cake Muffins**  
*(These muffins are gluten free, but can be substituted with other flours)*

2 cups Brown Rice Flour  
1 1/2 cups Soy Flour  
2 Tablespoons Baking Powder  
2 teaspoons Xanthan Gum  
Pinch of salt  
2 Eggs  
1 1/2 cup of Yogurt  
1 cup Fructose  
Dash of Vanilla Extract  
1/2 cup Canola Oil  
1/2 cup Applesauce

Before baking, mix 1/3 of the batter and add 3-4 Tablespoons cocoa powder and mix. Pour into well greased muffin tins, making sure to get a scoop of a little bit of white batter mixed with a little bit of

## The Rad Dish from the Produce Dept.:

### Our Local Egg Supply and More!! (Part II)

by Danni Vargas  
Produce Manager

Before beginning Part Two of our Local Egg Supply saga, I would like to officially introduce myself. I am replacing Lahde Fesler as the Co-op's Produce Manager. I came to Pullman in 1994 to attend Washington State University. Finally (in Dec. 2000), after many attended semesters there, I graduated with two degrees: one in Human Development and the other in Recreation and Leisure Studies.

Many of you are probably doing the math and thinking, after that many years I should be a doctor or something, but hey, I wanted to make sure I did it right. I just recently passed the national EMT exam and hope to begin volunteering for a local fire department. Down the road I see that being my career path. I have been working at the Co-op since August as Lahde's trusty produce assistant. I am sad to see her go but excited to follow in her footsteps. With my introduction out of the way I will leave you with Part Two.

Shortly after our Annual Egg Meeting in March, I spoke with our friends at the Bozeman Co-op about their methods for retailing local eggs. I learned some interesting things that might be used to enhance our current system for retailing local eggs.

One great idea is the "Local Egg Producer Information Card". This card asks the producer questions

about their operation such as, type of birds, presence of roosters, color of eggs, size of flock, description of facilities, feed, etc. These cards will enable the consumer to look up information on the production methods of a particular local egg supplier before they purchase a carton of eggs. We hope to have this system in place by the time you are reading this article.

Another interesting idea from the Bozeman Co-op is to have a variable pricing system that changes with supply and demand. As supply goes up (i.e., in the spring) they drop the price as low as \$.99 per dozen eggs and as supply diminishes (i.e. summer molt and winter) a carton of local eggs may cost as much as \$2.99 per dozen. Personally, I feel this system makes a lot of sense. In the spring, local egg production is often so high that we have to encourage egg producers to try and market more of their eggs to their neighbors. This practice does not foster growth of our local egg economy. When egg production is down during summer molt and the cold winter months I would rather pay top dollar for local free-range eggs than purchase eggs shipped from California. The Bozeman Co-op claims that under this system the profit for the egg producer meets the cost of production and ultimately there is a more steady supply of local eggs for the consumer. Before implementing anything this "drastic" we would love to hear any feedback you may have on this topic.

cocoa powder batter (this will cause the muffin to look marbled). Bake muffins during last baking period (8 min). Total cooking time will be 20-25 min at 325 degrees. Cool and enjoy!



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# The Buy Line

By Vicki Reich, Grocery Buyer

I hate saying goodbye. I'm not a very good correspondent so I often lose touch with friends when they move away. This is definitely a town where people move away and this is the time of year that they do it. I must admit I don't miss all those people that I don't know who make traffic heavy, take all the parking spaces downtown, or steal the tables at the Red Door. It is nice and mellow once school lets out, but I wish all my friends and favorite customers wouldn't leave with everyone else.

This spring, the Co-op was particularly hard hit by people leaving. The deli and bakery staff have turned over a great deal, you'll notice a bunch of new cashiers, and saddest to me, Erik is leaving to go fight forest fires (and it looks like they'll be plentiful again this year) and then he's off to travel the world. I will miss him and all his hard work and I wish him the best of luck in all that he does.

But every cloud has a silver lining and Josh is coming back to work this summer and Pete Apgar is back. Those of you who've been around awhile will remember Pete from the old store. And there are lots of new faces around too.

I guess saying good-bye and then turning around and making new friends all the time keeps you young and keeps you from getting set in your ways.

And now, here's the messages....

....From the Suggestion Board

Thank you for getting Grade A Maple Syrup in bulk. However, priced at \$6.09/# it works out to \$66.99/gal. This price is much higher than the average gallon price of \$44.00.

I'm not sure where you have gotten your average gallon price. Is

it for organic maple syrup? We have a standard mark-up for our bulk foods and the price we are charging is based on how much it costs us. Vicki-Grocery Manager.

*I am a regular goat milk yogurt buyer. I'm thrilled you have it, but last week was the third time I brought it home and it was expired!*

I'm sorry that is happening. I will ask everyone to be more careful about checking dates. Please let a cashier know so you can get your money back. Vicki.

*Chubby Hubby ice cream please!!*

It's here! Vicki. Please get Dolphin Chocolates again. They're great. Also, please get Soy Delicious Neopolitan ice cream in quarts and any other interesting flavors they have and Speakeasy mints, vanilla mint flavor.

Sorry, I can't get Dolphin chocolates anymore. I carried the Speakeasy mints and they didn't sell. I see if we can fit the Neopolitan ice cream in the freezer. In the meantime, you are welcome to special order the mints or the ice cream. Vicki.

*Your new café is a booming success and I'm happy for the chance to sit down and enjoy your delicacies. However, I've noticed there isn't enough room. In some countries, strangers can routinely share a table. How about putting out signs that people already seated can use to indicate that they would be willing to share their table with a newcomer? One side with that message, the other side blank.*

That's a neat idea, but you may have noticed that the tables are very small and we are making a concerted effort to keep them uncluttered. I think people shouldn't

be afraid to ask to share a table and people seated should offer to share if they see someone looking for a seat. Vicki.

*Ciders/ Bears that I would love to buy here: Fishtale Leviathan Barley Wine, Moose Drool, and Woodpecker Hard Cider. Thanks a bunch.*

We currently carry Woodpecker and I will look into getting the other two. Vicki

*You should get Enviro-mints again!*

I'm sorry, they were discontinued by our distributor. Vicki Please carry Hain Honey Graham Crackers again. They're the best graham crackers I've ever had, and now you have none.

We still carry these, they've just been out of stock for months. I will keep ordering them and hopefully they will be back soon. Vicki.

*It'd be awfully nice if you carried Gomashio without the seaweed mixed in. Marantha is one good brand. I'm sure the seaweed is good for me, but the other stuff (without it) tastes so much better! Thanx!*

I'll give it a try. Vicki.

*Soymage parmesan, cheese alternative-it's casein free!*

We carry this, it's hiding with the real cheese. Please ask a cashier for help if you can't find it. Vicki

*Kid's Sunscreen.*

I've been trying to get some and hopefully by the time you read this, I will have succeeded. Carrie, Personal Care Manager

*Offering the journal "ADBUSTERS," with interesting points on the counterculture of anti-advertising.*

Good suggestion. It has been added to our magazine order and we already sold out of our first shipment. Carrie

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# New Products

By Vicki Reich & Carrie Corson

Newman O's—Oh, My God are these good, way better than Oreos  
Julienne Potato Stix—Like French Fries, only crunchy  
Wizard Hot Stuff Sauce—Finally a new hot sauce  
Bearito's Mexican Rice Seasoning—Seasoning packet for rice  
Hatch Spanish Rice Sauce—A sauce for cooking up rice  
Napoleon Tortellini—A fun little pasta, great for pasta salads  
Annie's Real Aged Cheddar and Shells—For those who like their Mac and Cheese orange.  
Fruit Pantry Huckleberry Fruit Leather—A local product, from Weippe  
Scharffen Berger Chocolate—The ultimate chocolate experience  
Salem Baking Company Org Cheese Straws—Extremely yummy, like shortbread with cheese  
Clif Ice Series—Three new Clif bars with caffeine  
ReBar—A fruit and veggie bar that actually tastes good and is really good for you  
Republic of Tea Flowering Garden Tea—Great iced  
Republic of Tea Red Teas—Five different teas made with Rooibos  
Republic of Tea Silver Rain White Tea—A very good white tea  
Republic of Tea Red Chai—Chai with Rooibos  
Yogi Cocoa Spice Tea—My new favorite tea. Great with milk and sugar.  
Nature's Path Peanut Butter Panda Puffs—Like Peanut Butter Captain Crunch except it's good for you  
Health Valley Café Creations Chocolate Raspberry—Decadent little chocolate cake bars  
Healthy Times Hugga Bear Cookies—Cute little bear cookies for toddlers, all organic, very low sugar  
Knudsen Peach Recharge Plus—Peachy but not too sweet  
Pacific Foods Low Fat Rice Milk—A requested item  
Total Soy Ready to Drink Meal—A meal in a can that tastes good  
Heaven Scent Organic Bread Crumbs—Finally, bread crumbs for the health conscious  
Seeds of Change Four New Vinaigrettes—All of them are good  
Gaea Dolmas—Wonderful little Greek delicacies  
Hempnut Hempseeds—Hulled hempseeds, use them in place of sesame seeds or in breads and muffins. Packed full of Omega-3s  
Maple Valley Maple Cream—Intense maple flavor you can spread on toast  
Simply Organic Vanilla and Chocolate Icing—The perfect topping to their organic cakes  
Spectrum Organic Tub Margarine—Just 'cause  
Horizon 16 oz. Juices—Great refreshers for the summer  
Santa Cruz 16 oz. Lemonades—Those great lemonades everyone loves in grab and go bottles  
Virgils Root Beer—Premium Root Beer  
Ling Ling Spring Rolls—Everything these guys make is great, these are no exception  
Bun Appetit Meal in a Bun—Three delicious flavors  
Nate's Rolled Tacos—A great lunch treat  
North's Bakery Crumpets—In honor of Kenna and Annie, our British sisters  
Mountain Delight Trail Mix—A not too sweet trail mix with carob instead of chocolate

## New in Personal Care

Castor & Pollux Pet Works—These are "wet nose" rawhide chew toys, a great alternative to your favorite shoes or furniture. These rawhide chews are sun-dried and free of formaldehyde. Great for doggie dental hygiene. Highly recommended by Chance, Chapin and Powder.  
MRM Supplements—Glucosamine/Chondroitin Formula for joint support, LiverX Formula for liver support, Natural Change for menopause support.  
Garden of Life whole food supplements—Food for Life, whole food probiotic, Super Green Food supplement in powder and tablets.  
Immune Tree—Colostrum supplements in powder, capsule and tasty chewable tablets.  
Pure Planet whole food Vitamin C—Derived from Amla berries, in a spirulina base.



## Personal Care Corner

### Summer Survival Kit

By Carrie A. Corson, Non-Food Buyer

Venturing outdoors this summer? Maybe you should consider taking along a summer survival kit with items from the Co-op.

For those who suffer from allergies, here are a couple of natural products that may provide some relief. For hay fever symptoms, capsules containing freeze-dried nettles have been shown to be quite helpful for some. They can be fast acting and have no side effects. Look for Frontier and Eclectic capsules, and tinctures from Earth Wisdom Herbals and Tortoise and the Hare Herbals here at the Co-op.

Quercetin, a bioflavonoid obtained from buckwheat and citrus fruit can be helpful for allergies. According to Dr. Andrew Weil, it appears to stabilize the cells of the immune system that release histamine, the mediator of allergic reactions. Since it's action is preventative rather than symptomatic, it should be taken regularly (it may take 6 weeks or so to notice a change in your allergic response). Look for Nature's Life and Nutrition Now Quercetin on the Co-op shelves.

Don't forget we carry several all-natural sunscreens. I must admit that my personal favorite is TerraSport 30+ from All Terrain. I do a lot of heavy labor outside in the summer. And even with all that sweat, this stuff stays on. Vicki is partial to the Alba Botanica brand. She says, "it's not too oily, absorbs nicely into your skin and smells good to boot". Another good choice is Naturade, and members will find these products 40% off through the month of June.

If you do find yourself getting a little pink, cool your skin with Naturade's skin soothing and skin healing gels with Aloe Vera. Members will save 40% off on these products as well.

Finding your muscles a little sore from gardening, mowing, hiking, biking, or a rousing session of four-person sand court volleyball? Try Sore Muscle Rub from Badger, Tigerbalm, or my new favorite, Recovery Rub from All Terrain. Menthol is the active ingredient in this rub. But it also includes Kava Kava extract and Arnica. It smells great and absorbs well (not too oily).

Speaking of Arnica, we carry it in a homeopathic gel from Boericke and Taffel and in a cream from Natra-Bio. It's nice for sore muscles as well as trauma from bruising or sprains. Arnica tablets or pellets can be taken internally for these issues as well.

Don't get bugged this summer. Try some of our all-natural bug repellent products. Badger brags that their Anti-Bug Balm is "good for skin, bad for bugs". Or make your own repellent with these essential oils: 4 drops red thyme, 8 drops lemongrass, 4 drops lavender and 4 drops peppermint. Mix these together and add 2 drops to 2 teaspoons of oil (almond, grape seed, or apricot for example) for a body rub. Or add the blend to any lotion or cream that you may have. Essential oils of lemongrass and/or citronella can be used as airborne insect repellants. Mix them with water and add them to plant sprayers to spritz a room, or put drops on light bulbs or in aromatherapy diffusers. You'll find these and other ideas in The Complete Book of Essential Oils and Aromatherapy, by Valerie Ann Wormwood.

Finally, here are some ideas for what to do if you are unlucky enough to be stung by a bee, yellow jacket or wasp. A paste of baking soda and water placed on the site of a sting can greatly reduce pain and inflammation. If you don't have baking soda handy, try crushing plantain leaves or blades of green grass and placing them on the sting. Tim Blakely, an herbalist at Frontier Natural Products, swears by Echinacea. He suggests putting a little of this tincture on any kind of bug bite or bee sting to reduce swelling, pain and itching. Bach Rescue Remedy is often used as an internal remedy for the distress that some people feel after being stung. (Some people do have very serious allergic reactions to bee stings. In these cases, treatment by a health care professional should be sought).

Have a great, all-natural summer everyone!



# Romping Through the Grapes

By Vicki Reich

I'm not a big fan of white wine. I do think that it does have its place. As the weather gets warmer, the thought of having a cool glass of white wine while sitting in my garden sounds pretty good.

This month I picked up a bottle of Headlands 1996 Chauche Gris and brought it home to chill. While it was chilling, I grilled salmon and steamed asparagus. I popped the cork, poured myself a glass and sat down outside with my wine and dinner. The aroma was full of fruit with lots of orange, pineapple and

melon overtones. The taste was also very fruity but not sweet, with enough acidity to make it crisp but still soft and creamy on the tongue. Chauche Gris is an old French varietal that I couldn't find any information on besides what I discovered with my nose and mouth. And what I discovered was a wine that would be nice to drink by the glass after work. It also went really well with my dinner that night. At the low price of \$5.89, it's a wine I think I'll keep on hand.

# Art on the Cafe Walls

By Rose Graham

The Moscow Food Co-op is now entering the art world! Or perhaps art is entering the Co-op world.

Beginning this month, we are enriching the eating experience in the Co-op Cafe with art on the walls. The Co-op will be regularly showing the work of local artists there.

Our first art show will open at the Café on Friday, June 15, from 5pm until 8pm. The Co-op will serve light refreshments.

If you enjoy viewing art, remember that exhibits planned at the other two downtown galleries. After June 15, you can stroll from the Co-op to the show at the University's Pritchard Gallery and then to the Moscow Art Commission's 3rd Street Gallery—and see great art at all three locations.

The Co-op art will remain on the walls of the café for about a month. Then we will replace it with the work of another artist.

During June, the Moscow Food Co-op will be displaying original photocopy art by Rose Terry Graham. Each piece is unique, and

uses a color copier as the medium. These originals are created by placing an item or items on the glass of the copier and then moving them, switching items, or using different settings. They are all one of a kind.

The 3rd Street Gallery (located in the old post office building at Third and Washington Streets) will be presenting paintings by former University of Idaho art professor Mary Kirkwood and paper works by Amy McMurtry.

The Prichard Art Gallery will be featuring the Idaho WPA murals that were recently saved and restored, as well as paintings and sculpture from Val Carter, and in the balcony, the MFA Thesis Exhibition of Jim Creighton.

The Moscow Food Co-op is looking for local artists who would like to show their work at the Co-op Cafe. Please contact Rose Graham at 208-892-8432 or rterrydgraham@hotmail.com

*Rose Graham, the copier queen at the UI Library, begins her volunteer position as the Co-op's art coordinator with this show of her own artwork at the Co-op Cafe.*

Co-op Café Art Gallery  
Opening Friday, June 15  
5:00 pm until 8:00 pm  
Light refreshments served

# Business Partner Profile: Erika Cunningham

By Lori Harger Witt

This month's business partner is likely to be a familiar face to many Co-op shoppers and members. Since 1991, Erika Cunningham has held several different positions at the Co-op.

Last January she left her job in the Co-op Deli to devote more time to her growing practice as a massage therapist. Not wanting to leave the Co-op entirely, she became a business partner. This allows her to continue to contribute to the Co-op, which is important because, as she says, "The Co-op has been really good to me. I find an ease of rapport with people there."

When the Moscow School of Massage opened several years ago, it sparked Erika's interest. As an instructor at the Moscow Yoga Center, she was struck by the possibility of integrating yoga and massage. Erika now finds that many of her students become massage clients as well, and she finds these two approaches to body work to be an incredible combination. Through yoga people can get to know their bodies and get to know Erika and this can help open up a comfortable relationship in which massage can have its best effects.

Erika uses several different massage methods, including cranial-sacral work, Swedish relaxation, deep tissue massage, and myofascial release. People come to her for simple relaxation and stress reduction and prevention, as well as for help with chronic pain or injuries. Erika strives to look at the whole being when she works on a client.

"There is no way to separate the body from emotion or memory," she says. One function of massage can be to help establish a deep state of relaxation in which the body's innate ability to heal itself can operate.

Erika also works on children, and her massage studio at 103 E. Main is not only pleasant and sunny office, it's a kid-friendly place as well. I had my nearly two-year-old son with me, and the bag of toys that I brought to keep him distracted was no match for Erika's collection of turtles (turtle lamps, pictures and the like - no live ones mind you).

Erika generously offers Co-op members their first two massages at \$30 each. Her regular fees are on a sliding scale from \$35 to \$45 a



session. She has also been known to step outside that stuffy old system of cash exchange and work with people for trade. Erika's enthusiasm for the work she does is uplifting.

"I love what I do," she says delightedly. Just visiting with Erika in her studio was a pleasant break in my day. I can't wait to find time for a massage soon, too.

*Lori Harger Witt is a (temporarily) lapsed yoga student but jumps at every chance she gets for a good massage.*

*Erika Cunningham*



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# Producer Profile: Sage Baking Company

By Gary Chang

Several years ago, Charles Tomlinson - or "Bud," as he prefers to be called - decided to leave his U. S. Forest Service job and start a different career. After considering some different possibilities, he decided to start a bakery.

"I was over in Montana, in a bakery, and I liked the looks of it," says Bud. "It was really kind of by chance more than anything else."

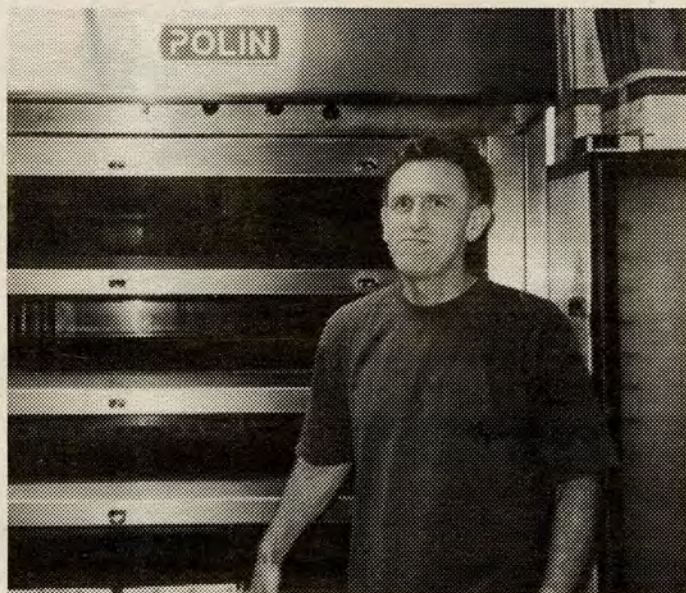
Bud learned to make bread by taking classes at Clark College in Vancouver, Washington, and by working at a bakery in the Portland area. Then, almost two-and-a-half years ago, he started the Sage Baking Company in Clarkston, Washington.

"This is the first bakery that I've owned. It's a new business for me, so I'm kind of learning as I go."

The Sage Baking Company is located on 6<sup>th</sup> and Diagonal in Clarkston. It is both a bakery and a retail store. The store is open from Tuesday to Saturday and typically offers between seven and ten types of breads for sale. The different breads include familiar ones—such as white, sourdough, and rye—as well as more exotic breads like kalamata olive.

The location is easily accessible, which is important in attracting customers. Once inside, the space has been designed to allow customers to watch people make the breads and pastries. "I like that people are able to see that there's something that goes into the products that we make. It's a very open area ... the only problem is that the flour goes everywhere," Bud laughs.

Most of the breads are free-



form, which means that they not baked in a pan and require particular hands-on attention. Bud describes the process starting with the dough.

"You have to give it some shape and form in order for it to come out as okay-looking bread."

Before the dough goes in the oven, it is scored. Scoring involves cutting into the loaf to cause it to expand in the right directions. Finally, the bread is baked in a special deck oven. If something goes wrong with any step of the process, the result will be a loaf that has spilled out of the top or the sides. Bud and his employees bake several hundred nicely-shaped loaves each day.

The recipes for the bread have been developed by reading and by trial and error. Changes are made on a daily basis.

"I modify them all the time - they never stay the same," says Bud.

Some of the sourdoughs and others are made using starters. "What the starter is doing on a given day will affect how the dough is developed, so that makes it a little more interesting, too. There's nothing given on any particular day, you've just gotta figure out what's working and make adjustments."

What remains consistent is the quality and wholesomeness of Sage breads. No fats or preservatives are added to them.

As with most small businesses, economics has presented some challenges and surprises to the Sage Baking Company. For example, one of the difficulties Bud has is balancing his costs and the price to customers. Most of the cost to the company comes from the labor involved with making bread (remember, the great majority of their breads and pastries are hand-made). In addition, new employees usually

need a good deal of training in bread-making techniques. Thus, labor is reflected in the price of the bread to customers. But of course, the price of the bread can't be too high, or customers wouldn't buy it. Fortunately, Bud has been pleasantly surprised with the strength of the retail sales at the Clarkston store.

Currently, retail sales account for about 70 percent of the Sage Baking Company's business.

Bud has enjoyed the challenges of his new career. "Everything that we do can be duplicated by a machine someplace else," but the quality wouldn't be the same. "I'd like to think of us as a business that's very specialized, that's based upon producing very high quality products."

For those of us who don't live in Clarkston, Sage Baking Company bread is delivered twice a week to the Co-op. We even get Bud's favorite, the kalamata olive bread. Bud is also working toward opening a new location in Pullman.

*Gary Chang is a post-doctoral entomologist at the University of Idaho.*

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**Deli**

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# Staff Profile: Joseph Erhard-Hudson

By Julie Monroe

If a Renaissance man is someone who is proficient or knowledgeable in more than one field, then Joseph Erhard-Hudson certainly takes the cake...and bakes it, too.

Joseph is the Dessert Baker for the Moscow Food Co-op. He is also a "stay-at-home dad" whose decision to forego a second income reflects how important family and community are to him and to his wife, KarlaRose Erhard-Hudson.

Joseph is not a formally-trained baker, but then he wasn't a professional horticulturist either when he, as Joseph puts it, "bluffed his way" into a position as a gardener for the Washington Park Arboretum in Seattle. He'd had some experience operating a chainsaw, having worked with his dad in the woods, and he understood irrigation as a result of knowing a little something about plumbing. No formal credentials but enough knowledge and proficiency to get him the perfect job for a "country boy living in the city," says Joseph.

Although he was born in the major Western metropolis of Denver, Colorado, Joseph grew up in a string of small towns throughout the Inland Northwest. With a career in the Forest Service, Joseph's father kept

his family on the move throughout Idaho, Utah, and Montana. And it was in Troy, Montana, where he graduated from high school, that Joseph met KarlaRose Erhard.

Joseph and KarlaRose, a native of Libby, Montana, have been together for 15 years, married for 11 of those years. Wanting the same name for the whole family, the couple merged their last names to form a single hyphenated one which their son Karl, who will soon turn four years of age, shares. Because, as Joseph says, it was "inconceivable" not to raise Karl themselves, Joseph and KarlaRose agreed that Joseph would remain in the home while KarlaRose pursued her career as an Administrative Assistant in the College of Agriculture at the University of Idaho.

Despite the many rewards of parenting, however, Joseph found himself going a little "stir crazy," he says. In order "to get out of the house," as Joseph puts it, he began volunteering at the Co-op, starting as an assistant baker on Sunday



mornings. His volunteer position led to a paying position, and in April of this year, Joseph took on the challenge of baking desserts for the Deli.

Presently, Joseph works during the evenings, Monday through Wednesday, a schedule which leaves time enough for Joseph to parent Karl during the day and nurture personal interests, specifically music. Joseph is a musician, having studied the French Horn until his sophomore year in college, and a vocalist, too, singing tenor in the choir of the Methodist Church in Garfield, Washington.

Joseph also calls. For the past three years, he's been calling contra dances as a member of the Palouse

Folklore Society. Calling, like baking and gardening, was something he learned on his own. He began calling for those dancers at the end of the line who could not hear the calls due to poor acoustics in the dance hall.

Joseph's eclectic interests, skills and abilities will likely prove indispensable as he and KarlaRose take on their next big parenting challenge — the education of Karl. Joseph says he and his wife want to be "explicitly involved" in his schooling, and they to educate Karl within a community with which he can directly relate, such as one of Moscow's charter schools.

Belonging to and "being an active part of a community is very important," says Joseph, and what better way to achieve this goal, he adds, than by "feeding your community." Of his life at this time, Joseph concludes, "it just doesn't get much better."

*Julie Monroe was much pleased to have recently met Karl Erhard-Hudson, one of the youngest and most angel-faced Mariners fan she's ever met. Like Joseph and KarlaRose, Julie also took harbor in Seattle for a brief period, but returned home to Idaho in 1991. As the eldest daughter of Juanita Belote, born in Sandpoint, Idaho, and Stanley Monroe, of Burns, Montana, she is a second-generation Inland Northwesterner.*

## Cleaning up the Creek

by Gary Macfarlane  
photos by David Hall

It was the most auspicious start to the annual Paradise Creek Cleanup ever. The clean-up day began with a march from Friendship Square, including a stop at the Co-op along the way, and folks decked out in Earth Day regalia, pounding drums (yep, them dang drums again, my poor achin' head), riding bikes, prancing, and strolling all the way to Mountain View Park. It is a wonder anything got done at all.

But clean up the creek we did, and in fine fashion. And that was just the beginning.

Since there were so many of us Co-opians, we split up. Tom Lamar assigned the bulk of us to a new stretch of Paradise Creek by the railroad tracks just east of Highway 95. We loaded up in his old pickup—like stuffing preppies into a phone booth circa 1947—and rambled down to the cleanup site.

This haste was necessary since with our marching, dancing, and drumming, it took a while for us to get to the assignment desk at the park—and we didn't want to miss lunch. Physical work requires good food you know.

There was a lot to do. We

picked up at least 47 million pounds of trash and garbage, found a 55 gallon drum of oil or other toxic waste, and a whole mountain of scrap metal. Even amid all of this, we managed to see signs of



beaver and a few ducks along that stressed ribbon of water. Paradise Creek is slowly recovering and maybe, before the century ends, will become a true crick

once again like it was 200 years ago.

We dutifully recorded our exploits on the appropriate forms, returned to the park for food, and got a commitment from PCEI to follow-up on the



toxic barrel and scrap metal the next Monday.

All in all, it was a fine day for being outside. The weather was sunny, the wind at slightly less than gale force, and we all got exercise for a good cause.



# Moscow Renaissance Fair Recycling 2001

by Robin Jenkinson, Photos by David Hall

This year at the Moscow Renaissance Fair, the recycling effort went more smoothly than ever. Did you notice the well-labeled stations with the small buckets for garbage, emphasizing the point that so little actual landfill-bound waste was being produced?

All the food vendors at the fair bought their compostable utensils (made from a corn-starch polymer, more on that later), post-consumer paper content plates, bowls, cups, napkins, and even wooden coffee stir-sticks from the volunteer Renaissance Recycling coordinators, Andy Boyd, of Latah Sanitation and Robin Jenkinson from the Palouse-Clearwater Environmental Institute.

Recycling was part of the Moscow Renaissance Fair vision from the start, says Peter Bassoa, one of the founders of the fair. Seven years ago with the help of Moscow Recycling staff, aluminum cans, glass and plastics began to be recycled.

Five years ago, when Robin and Andy coordinated recycling for the first time, many alternatives were discussed: whether to offer washable plates and utensils or ask folks to bring their own or to ask food vendors to sell edible plates or bowls or serve foods that required no utensils.

We decided to compost everything. We searched for post-consumer paper content decomposable paper products, cups with only a wax or corn-starch polymer liner (instead of enduring plastic), and decomposable corn-starch based utensils. At that time, corn-starch polymer plastics were just emerging on the American market. Contacts were made, and money was set aside, so that the Moscow Renaissance Fair could subsidize the purchase of decomposable utensils for the 1997 fair.

This year, compost, aluminum, plastics, glass and garbage was collected. The compost was added to Latah Sanitation's pile, destined to become dirt again, and then to be used in local gardens and park projects. In the past, WSU composting facility took the fair's compost. At that time, Ren Fair participants weren't as sorting-savvy as today's, and volunteers spent hours sifting through the garbage with latex gloves, separating compostables from garbage.

This year, Andy, Robin, and Moscow High School Environmental Club and Destination Imagination volunteers spent several hours pulling out garbage from the compost dumpsters; but all in all, people did a great job placing their waste in the correct receptacles this year.

In total, 1200 lbs. of compost was produced, while only 970 lbs. of garbage made its way to the landfill. Of that trash, some was undoubtedly recyclable. Next year, we will have to better train the vendors themselves in our recycling system. In addition to compost and garbage, one huge garbage bag of aluminum cans, 3 bags of plastics, and one bag of glass were collected. Just think, if the Latah County Fair or the Rendezvous in the Park had such a system in place, how much landfill space could be saved and how much more soil could be produced.

At this year's fair, the recycling co-coordinators were assisted by numerous volunteers including members of the Moscow High School Environmental Club, Destination Imagination, Bonnie Hoffmann, Charlie Wheeler, Pat Bageant and other helpful people. Each food booth provided a volunteer for two hours on Saturday and Sunday. The recycling bins included trash cans from Moscow Parks & Recreation, as well as rolling bins from University of Idaho Recycling and the Moscow Recycling Center. The Moscow Recycling Center donated the garbage bags, buckets and recycling bins and a trailer, as well as the use of their wonderful tent and table for the weekend. Latah Sanitation picked up the compost and waste free of charge. Thank you to everyone who helped make this year's effort worthwhile and successful!

If you are interested in the compostable products, here's more information about them. For the corn-starch utensils, check out the BioCorp website at <http://www.biocorpusa.com/>. Post-consumer paper content products are available at the Moscow Food Co-op and other stores.

## Moscow Renaissance Fair Recycling Efforts Over the Years



1994



1996



1997



1999



2001



2001





Fruit 'N Nut  
Maple Almond  
(CF & WF)

Save 26%

BULK



Lemonade  
Orange & Grapefruit  
Juice

Save 34%

REFRIGERATED



Tofu Puffs  
Reg. \$3.25  
Now \$1.99

Save 39%

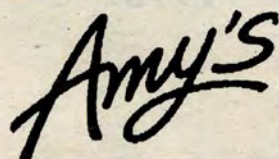
REFRIGERATED



Frozen Pizza  
Reg. \$6.35  
Now \$4.99

Save 21%

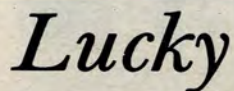
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Burgers  
all varieties  
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Vegetarian  
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Now \$2.09

Save 21%

FROZEN



Blueberries &  
Strawberries  
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Save 21%

FROZEN



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Reg. \$3.49  
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Save 15%

GROCERY



Organic  
Pasta & Cheese  
all varieties  
Reg. \$1.75  
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GROCERY



Almond Milk  
Reg. \$2.09  
Now \$1.45

Save 31%

GROCERY



All Varieties  
Reg. \$1.45  
Now 99¢

Save 32%

GROCERY



Sodas  
Reg. 45¢  
Now 99¢

Save 34%

GROCERY

Honey Yogurt, 32oz.  
Non-Fat Plain, 32 oz.  
Low Fat Plain, 32 oz.  
Organic Cottage Cheese, 8 oz. & 16 oz.



Save 20%

REFRIGERATED



Go Lean Crunch  
Good Friends Cereal  
Puffed Kashi  
Kashi Medley Cereal  
Honey Puffed Kashi

Save 21%

GROCERY



Organic Rice  
Cakes  
Reg. \$2.31  
Now \$1.55

Save 33%

GROCERY





Organic Peanut Butter  
all varieties  
Reg. \$3.79  
Now \$2.59

**Save 32%**

GROCERY



Sodas

Reg. \$1.05  
Now 69¢

**Save 34%**

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Frozen Juice Concentrates

Pickles, 24 oz., all varieties

Fruit Spreads

Baby Sweet Pickles

Sweet Relish

**Save 25%**

GROCERY



Cereal Bars  
Reg. \$2.55  
Now \$1.89

**Save 26%**

GROCERY

**New Menu**

Tofu Mates  
Reg. \$1.19  
Now 99¢

**Save 17%**

GROCERY



Select Soymilk  
Reg. \$1.85  
Now \$1.29

**Save 30%**

GROCERY



Seeds of Change

Pasta Sauce,  
Mushroom & Onion  
Pasta Sauce

**Save 33%**

GROCERY

**ShariAnn's**

Baked Beans  
Lite & Regular  
Reg. \$1.45  
Now \$1.25

**Save 14%**

GROCERY



Organic Balsamic  
Vinegar,  
Organic X-Tra Virgin  
Olive Oil, 25.4 oz.

**Save 25%**

GROCERY



Thai Meals  
Reg. \$3.39  
Now \$2.85

**Save 16%**

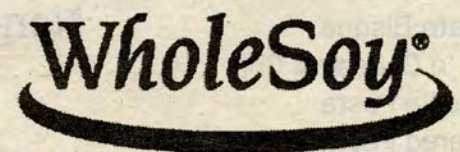
GROCERY



Select Sun Care  
Products

**Save 40%**

GROCERY



Soy Yogurt  
Plain Soy Yogurt, 24 oz.

**Save 29%**

GROCERY



# Food

## All in Good Time: Seasonal Cooking

R. Ohlgren-Evans

Strawberries--fragrant and fresh! Biting into the season's first perfectly ripe strawberry is about as good as it gets, and on the Palouse, June is the height of the strawberry harvest. Pick early in the morning or later in the day, when the fruit is coolest (but keep the stems on, as they help keep the strawberries fresh longer).

In my household, the only jam worth making it seems, is strawberry. It's the only one that sells on cream cheese toast or PBJ sandwiches, anyway. And my kids like nothing better than smoothies made from strawberries, bananas and milk. Good thing strawberries are such a great source of potassium, fiber and Vitamin C. Finally, after three years of cultivation, I have enough strawberries in my small patch to make jam for the entire year, with plenty leftover to use in cakes, salads and my latest strawberry discovery - salsa.

### Strawberry Salsa

This salsa is certainly the prettiest I've ever made, and quite possibly the tastiest. I like to serve it as a side dish with avocados, or with grilled chicken. It would probably be divine on a chip, too!

1 cup finely chopped strawberries  
1 fresh Serrano or jalapeño chili, minced  
1/4 cup finely chopped scallions  
2 Tbs finely chopped fresh cilantro  
1/2 tsp fresh lime juice  
1/4 tsp salt  
1/2 tsp sugar (optional)  
Combine all ingredients in a medium bowl. May be made several hours ahead and chilled, covered.  
Another summer favorite is strawberry soup, which makes a great picnic item. You can treat it as a dessert, or just part of the meal.

### Strawberry Soup

1 cup yogurt or buttermilk  
1/4 cup orange juice  
4 cups fresh strawberries  
1 Tbs. Honey  
1/4 cup Cointreau (or other orange liqueur)  
Combine all ingredients in blender or food processor with steel blade. Blend until smooth and serve chilled. You can garnish with fresh strawberry slices, mint springs, kiwi slices or whipped cream.

And finally, I include this strawberry cake recipe which I discovered several years ago. I

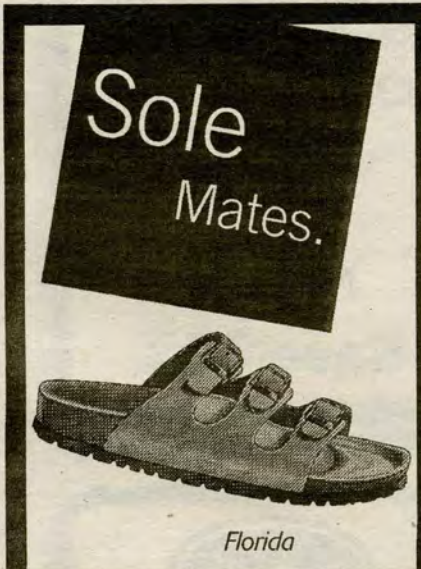
make it in a small bundt pan and it's a perfect summertime treat. You can top it with whipped cream and sliced strawberries, but it stands alone just fine.

### Fresh Strawberry Cake

2 1/4 cup flour  
1/4 tsp salt  
2 1/2 tsp b. powder  
1/2 cup butter  
1 1/2 cups sugar  
2 large eggs  
1 tsp vanilla  
3/4 cup fresh, crushed strawberries

Sift flour with salt and baking powder. Combine butter, sugar, eggs & vanilla in bowl. Beat with electric mixer for total of 3 minutes, scraping sides of bowl once or twice. Add flour mixture alternately with strawberries. Blend into the creamed mixture and then beat for 2 minutes.

*Robin Ohlgren-Evans cultivates the offspring of generations of dazzling Palouse strawberries - a tribute to my friend Babette and the notion that strawberry fields are indeed forever. Your comments are welcome: rohlgren@moscow.com.*



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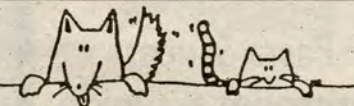

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# Sweet and Sour Cherries

By Pamela Lee

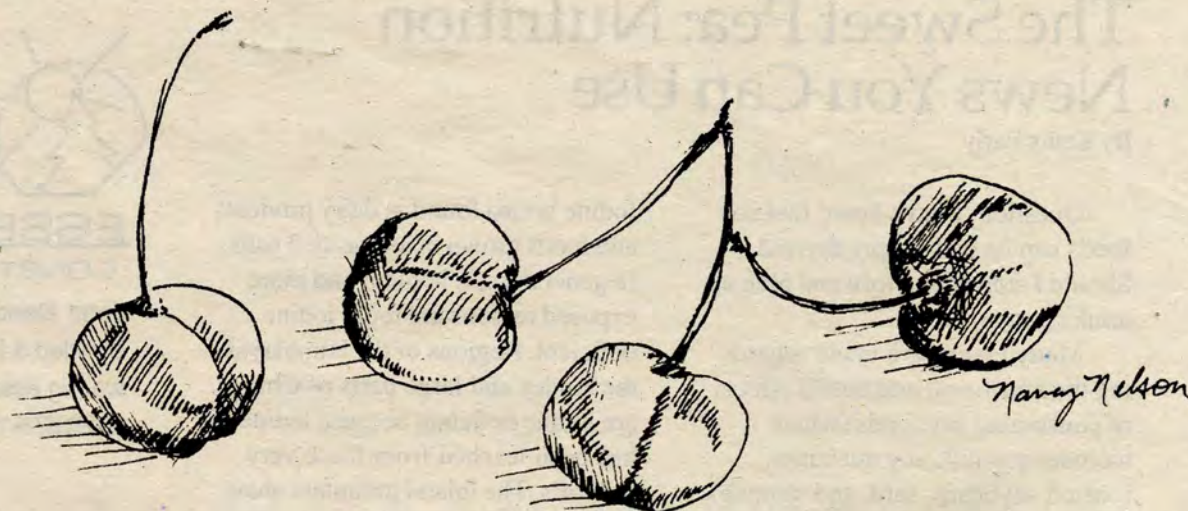
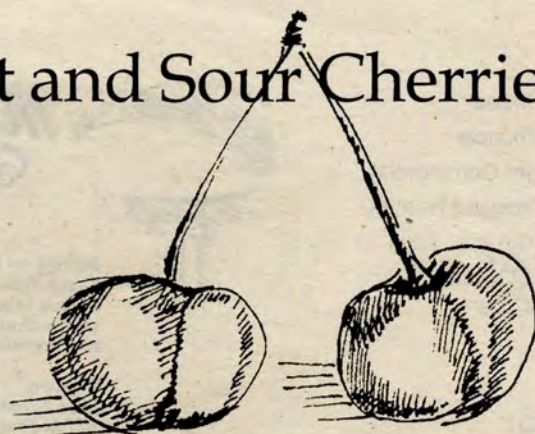
They are almost in season. The trees are in blossom. The crows circle over head and at this time of the year I

understand their noisy crowing: "Caw! Caw! Soon! Cherries! Caw-Caw-Caw!"

As the time for fresh fruit draws nigh, I stop hoarding the lot in the freezer and start baking cherry shortcake, cherry cobbler, cherry pie, and clafoutis. Last week I tried a new combination - a rhubarb & sour cherry pie. I wasn't sure it would work - what with two intense and tart fruits. But, it was delightful, delicious, and long gone.

When I read in glossy food magazines how difficult it is to find fresh Bing, Rainier, or sour Montmorency cherries, I am thankful to live in the Pacific Northwest. Sweet cherries will soon be readily available in our markets, and the *best* sour cherry tree grows right down my hill, just half a block away.

Pitting cherries is slow, tedious handwork. Various devices have been invented to pit cherries. I have



an olive pitter that works all right on medium-sized Bing cherries, though as it pits, it squirts (staining) cherry juice around the kitchen a few feet in all directions. And it doesn't work at all with smaller sour cherries.

I find the old-fashioned method still works best. The old-fashioned method is to extract the cherry pit with a hairpin, the old kind of pin that forms an open wire loop. (The kind of hairpin women used when they wrapped their locks into French twists and chignons.) I've improved my pitting pin slightly. I attach the hairpin to a wooden Popsicle stick with Tuff Tape so it has a handle-of-sorts, and it is easier to hold on to for a long pitting session. Tuff Tape is a thick and durable water-resistant cellophane tape (that can be purchased at Pullman or Moscow Building Supply).

This Clafoutis recipe was clipped from a many-years-old issue of *Saveur Magazine*. Clafoutis is a

baked cherry dish that is traditional to the Limousin region of south central France. The traditional dish calls for unpitted black cherries. I prefer to cook the dish without pits. I don't trust my teeth to the ardor of my appetite. I'm afraid that in hunger I'll chomp too enthusiastically on a hard cherry pit. The dish works with sweet or sour cherries, though you may want to adjust the amount of sugar. This recipe dates from c. 1860:

## Clafoutis

Serves 8  
1 T. butter  
1 T. vanilla extract  
6 eggs  
6 T. sugar  
1 1/4 cups milk  
2 T. kirsch  
A pinch of salt  
3/4 cup flour  
3 cups black cherries, pitted or unpitted  
Confectioners' sugar (optional)

1. Preheat oven to 425 degrees. Generously butter a 9" cast-iron skillet or baking dish. Combine vanilla extract, eggs, sugar, milk, kirsch, and salt in a blender. Blend for a few seconds to mix ingredients, then add flour and blend until smooth, about 1 minute.

2. Pour batter into buttered skillet, then distribute cherries evenly over top. Bake until a skewer inserted into batter comes out clean and a golden brown crust has formed on top and bottom of clafoutis, about 30 minutes. Dust with confectioners' sugar if you like.

A variation: In his book, *The Outlaw Cook*, John Thorne has reworked the traditional clafoutis, reducing sugar to a mere 2 tablespoons and he does away with the booze, turning dessert into breakfast fare. Thorne tops his morning dish with sour crême.

*Pamela Lee picks and pits cherries in Pullman.*

## Palouse Area Singles

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

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

We hold house parties, picnics, and coffee get-togethers. PAS is a cooperative organization and individual members will let others

know of an upcoming dance, movie or exhibit and invite them to come along.

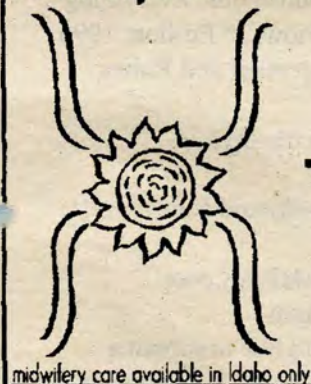
PAS is not affiliated with any church or other organization. It has been operating in this area, in one incarnation or another, for more than 20 years. Membership is only \$16/year, mainly to cover the cost of the directory.

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

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# The Sweet Pea: Nutrition News You Can Use

By Kathy Early

Question: I have heard that soy foods can be bad for my thyroid. Should I stop eating tofu and give up drinking soymilk?

Many claims are made regarding the nutritional and health effects of consuming soy foods (which includes soymilk, soy nut butter, roasted soybeans, tofu, and tempeh). Recently, there has been some talk of soy foods being harmful for thyroid function.

First off, let's discuss what your thyroid does, why iodine is important to your thyroid, and then we'll look more closely at how soy may affect the thyroid.

The thyroid is a butterfly-shaped gland located just below the Adam's apple in the neck and is responsible for many important body functions. The thyroid gland influences body weight, mental function, heart rate, bone formation, vision, menstrual regularity and many other body activities.

Thyroid disorders result in disturbances in normal body functioning. One of these disorders includes under-active thyroid, or hypothyroidism, the most common thyroid disorder. Hypothyroidism results in inadequate amounts of thyroid hormone being produced and can include symptoms of fatigue, mood swings, cold intolerance and dry coarse skin and hair. A second thyroid disorder is an overactive thyroid, or hyperthyroidism. Some symptoms of hyperthyroidism include irritability, nervousness, weight loss, sleep disturbances, vision problems and heat intolerance. The American Thyroid Association recommends all people over age 35 get a "Thyroid-Stimulating Hormone (TSH) Test" every five years to check thyroid function, just as you should have your cholesterol and blood pressure monitored.

Iodine is the mineral that the thyroid uses to make some hormones. Goiter, or enlargement of the thyroid, is characteristic of a thyroid problem. Goiters occur most commonly due to lack of iodine. However, goiters can also occur in many other cases of thyroid dysfunction even when iodine is present in adequate amounts.

Iodine is primarily found in the ocean, thus seafood and seaweed are excellent sources of iodine.

Iodine is also found in dairy products and foods grown in iodine-rich soils. In general, soils in older and more exposed regions are more iodine deficient. Regions of the Himalayas, the Andes and large parts of China are iodine deficient because iodine has been leached from these very old soils. The inland mountain areas of the US used to be prone to iodine deficiency, but this problem has great subsided with the use of iodized salt.

Iodized salt is optional here and used by about 50% of the US population. The salt-refining process results in the iodine being lost and this is why salt is available in iodized forms, where the iodine has been added back, and non-iodized forms. Iodized salt is mandatory in Canada.

Foods such as cruciferous vegetables (broccoli, cabbage, cauliflower, and Brussels sprouts), millet, and soybeans contain compounds called goitrogens. Goitrogens interfere with the absorption of iodine, which in turn limits the production of thyroid hormones.

To ensure you are getting enough iodine, you may want to consider consuming iodized salt, seaweeds, seafood or dairy foods. If you consume a large amount of soy foods, simply increase your use of iodine-rich foods. Years of research have examined the effects of soy foods on thyroid function and the results are clear: in those people with sufficient iodine intake, there is no reason to restrict soy food consumption. So enjoy!

For more information on the thyroid/soy connection, try...

Thyroid Sourcebook: Everything You Need to Know, 3<sup>rd</sup> Edition. 1996 by M. Sara Rosenthal and Robert Volpe

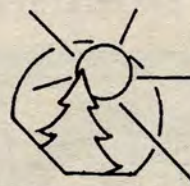
<http://www.the-thyroid-society.org/faq/>

<http://www.thyroid.com/patient.html>

<http://www.talksoy.com/soyconnection.htm>

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](mailto:kearly@mail.wsu.edu).

*Kathy Early RD, LD, is a registered and licensed dietitian with particular interest in public health, wellness and vegetarian nutrition issues.*



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# Gardening

## Tips for Summer Watering

By Patricia Diaz

With the potential for a drought looming in our forecast, I thought an article about summer watering might be welcomed.

Rather than just spraying everything with the hose, it makes not only economical sense but also environmental sense to conserve water.

This month's article will discuss watering aids as well as correct watering methods.

It is very easy to waste water by incorrectly watering different types of soils or by watering on windy days. So much of the soil in this area is clay soil and it is very easy to water this type of soil faster than it can be absorbed. And many parts of the Palouse are windy, as many of you know, and if you're irrigating by overhead watering the water just blows away on the wind.

Different types of plants need different types of watering. The best kind of watering method for lawns is an in-ground sprinkler system, but for small lawns you can use hose-end sprinkling or some kind of oscillating sprinkler. Vegetables do best planted in rows with built-in soil basins placed around them to hold water. The best watering methods for vegetable gardens are hand-watering or soaker hoses laid flat on the ground. Plants that are setting fruit and seedlings need more water than mature ones. Annuals and perennials like to be watered with soaker hoses or hoses dripping slowly over their root zones. Trees and shrubs do best with basins of soil built around their bases also. One of the best ways to water these plants is to attach a deep-root irrigator to your hose and inject water into the root zone (inquire at your local nursery or garden center for this great tool). You can also use soaker hoses by laying them on flat ground and wrapping them around the tree several times, starting a few feet out from the trunk and ending just beyond the drip line.

Native and unestablished drought-adapted plants have special needs. What they don't want is a warm, moist soil-environment. If plantings are less than a year old,

use ooze-type soaker hoses at low pressure either very early or late in the day when the soil is cool. After the first year, these types of plants need little to no water beyond rainfall. (If we do encounter a drought this summer, you may want to supply additional water occasionally.)

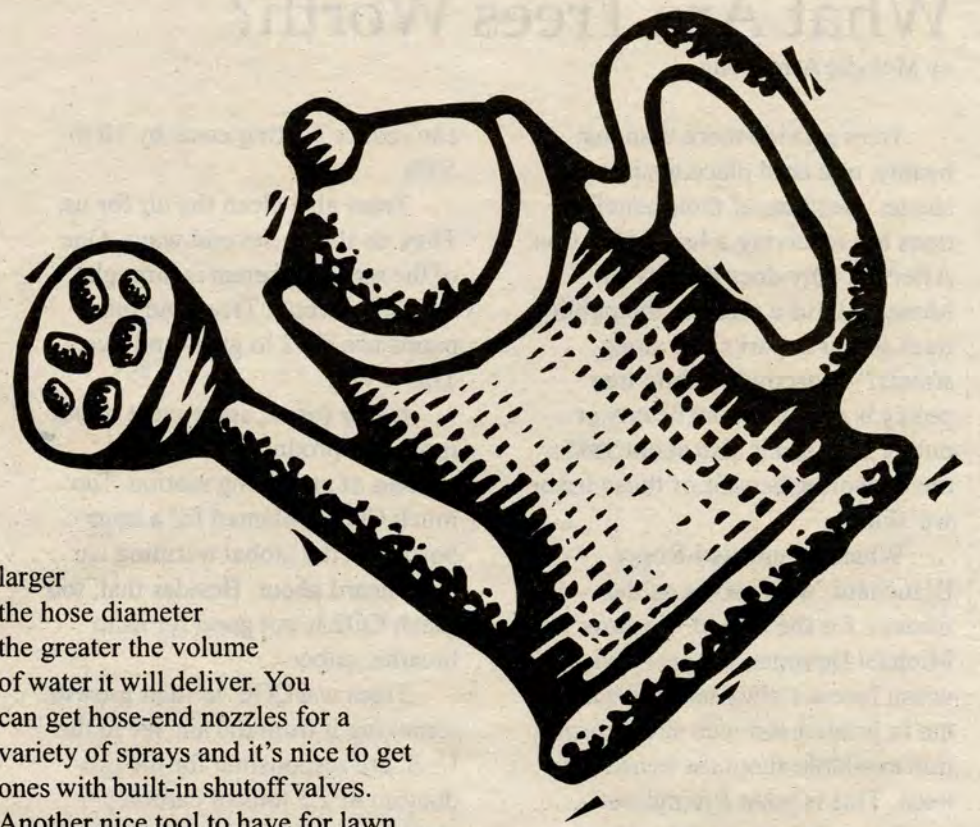
Container plants can be hand-watered gently by using a hose fitted with a wide nozzle. If you have hanging baskets or small pots, you can submerge these in tubs of water for about half an hour to saturate the soil. You can also install drip tubing to water pots for 2-5 minutes several times a day or you can buy simple drip-irrigation kits for container plantings at garden centers and nurseries.

Watering correctly means applying enough water to wet the entire root zone and to encourage deep rooting. Plants with a deeper root system better withstand periods of drought. Roots of lawn grasses grow about 6" deep, shrubs roots are about 12-18" deep, and most tree feeder roots are within the top two feet of soil. Tree roots also extend way beyond the drip line, especially those of mature trees. To tell if you're watering deeply enough, push a stiff metal rod into the soil after watering. It will move easily through wet soil and stop when it hits dry soil. In heavy clay soils you may have to pulse-irrigate or water until puddling occurs then stop until the water is absorbed, then repeat watering again. This will avoid wasteful runoff.

Applying a layer of mulch to your soil will reduce evaporation. You will want a 1-2" thick layer around annuals, perennials, and vegetables and a 3" thick layer around trees and shrubs.

Another thing to remember is that windy days will dry out your soil faster and you'll need to water more often.

The best kind of hose to use is one that incorporates multiple layers of reinforcing fabrics (nylon or rayon) and has strong, thick brass couplings with quality swivels. The



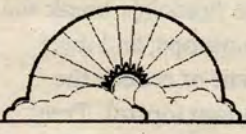
larger the hose diameter the greater the volume of water it will deliver. You can get hose-end nozzles for a variety of sprays and it's nice to get ones with built-in shutoff valves. Another nice tool to have for lawn watering is a sprinkler and there are many kinds—impulse, oscillating, rotating, stationary, or traveling ones. You'll want to choose a sprinkler pattern that matches the lawn area you are watering.

Deep-root irrigators are attached to hoses and can inject water 18 inches down into tree root zones. You can also get on-off timers that fit between the faucet and hose. You set the dial and the timer turns off the water at the designated time. Hose Y's turn one faucet into two or more and you can get shutoff valves for each of them so you can use them separately. Soaker hoses are a really neat watering aid and you can

hold them in place with U-shaped pins and let the water just ooze out of all the little holes, doing a nice job of soaking the root zones of your plants.

I hope that the watering suggestions and tool-talk will help you get the optimum benefit from your watering efforts this summer. Happy gardening and healthy eating this summer!

*Pat Diaz lives near Dworshak Reservoir with her husband, Tom, and schnauzer Gus, where everything is a beautiful neon green right now from the gentle spring rains.*



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# Insights

## What Are Trees Worth?

by Melodie Armstrong

Trees provide more than just beauty, or a cool place to sit in the shade. Because of their benefits, trees are receiving a lot of attention. After all, why does the city of Moscow have a plan for the public trees found in parks and along streets? Moscow's public tree policy is not just about beauty or public image, it is also about \$\$\$\$ , the economic benefit of those trees we share.

When I contacted Roger Blanchard, who serves as the forester for the city of Moscow, and Michael Bowman who is Lewiston's urban forester, they both directed me to printed and web site information available about the benefit of trees. This is what I found out.

Trees provide a range of benefits, from reducing heating and cooling costs to increasing business revenue, and from trapping carbon dioxide (CO2) to blocking noise. Trees are a renewable multi-performance machine!

We know that trees do help keep our houses cool in summer. Locating trees in strategic locations around our houses can reduce air conditioning costs by 15 to 50%. Simply shading that air conditioner can reduce our energy bill by 10%. Providing shade for heat sinks such as driveways, sidewalks, and patios also can reduce cooling costs. Shading your house can also avoid sunlight damage to carpets, drapes, and furniture.

The same savings occur in business districts. Business areas are actually hotter than residential areas by at least a few degrees. This is due to the large expanses of asphalt and cement, with little shade, and a buildup of exhaust fumes, all of which hold heat in.

Trees also provide a benefit in winter. Trees help slow down winter winds, which lowers heat loss from buildings, lowers abrasion and wind damage, and helps to reduce snow buildup on driveways and walkways. Placed close to a house, they can provide a layer of insulated air. Further away, they direct the winter winds up, reducing the "wind chill" around the house. Well-placed trees

can reduce heating costs by 10 to 50%.

Trees also clean the air for us. They do this in several ways. One of the most important is through trapping carbon. Trees and other plants use CO2 to grow and live. This is very

handy for us, since most of our machines produce CO2 in the process of producing motion. Too much CO2 is blamed for a large portion of the global warming we have heard about. Besides that, too much CO2 is not good for us to breathe, either.

Trees use CO2 in their growth, removing it from the air. We in the U. S. are responsible for the production of 2.3 tons of carbon per person every year. It takes 30 trees, at least 10 years old, working every day of a person's life, to remove that carbon. Trees also absorb other poisonous gases, giving us better air to breathe. In 50 years, one tree generates \$30,000 in oxygen and removes \$60,000 of air pollution. One acre of trees produces enough oxygen for 18 people each day. A healthy tree stores about 13 pounds of carbon annually. Trees create O2, or oxygen, when they grow, which is exactly what WE need to live! So not only do they take out the poisonous CO2, but they produce the very gas we require to survive.

Trees also trap dust particles. This reduces the amount of airborne particles, reducing illness and damage to human lungs. Trees also filter other pollutants out of the air. The original air filter!

Trees also help prevent erosion and runoff. Tree branches break the impact of the raindrops, and their roots help prevent or reduce the erosion of important topsoil. Trees help recycle water, \$35,000 of it in 50 years, for just one tree!

Trees help reduce the amounts of chemicals transported to streams. Cities without trees must pay to increase sewage and storm water drainage capacities, to handle the larger water runoff.

You would think that is enough, but the miracle of trees goes on. Trees block noise, and can provide

privacy as well. Trees also provide humidity in dry areas. And, trees actually increase the value of a home or business by up to 10%.

Trees actually enhance the economic vitality of business districts. Research done by the University of Washington, National Arbor Day Foundation, and the USDA Forest Service show that shoppers have more positive images of a business district which has trees. The value of goods and services were consistently rated higher in shopping areas with trees, with shoppers rating the value up to 10% higher according to some surveys.

Businesses also find that workers are more productive and absenteeism is reduced when they are located in wooded areas.

I always loved trees, but getting caught up in the day to day of living numbed me to all they have to offer. Just writing about all the wonderful things trees do has made me enthusiastic to do something more for our urban forest. How about you?

If you want to encourage the planting and appreciation of trees here in Moscow, you can volunteer to help the Moscow Tree Committee. The committee is an official citizens' group, supported and authorized by the city. You can become a neighborhood tree advo-

cate, or volunteer for other tasks, by contacting the chair of the tree committee, Dave Rauk. Call Dave at 882-9440 or send him email at [drauk@moscow.com](mailto:drauk@moscow.com).

And, don't forget to enjoy the beauty and shade of all of Moscow's trees this summer.

You can get more information about the value of urban forests from the following locations: USDA Forest Service, National Arbor Day Foundation, The Center for Urban Horticulture at the University of Washington, the City of Moscow, and on the

web at: <http://www.arborday.com/programs/treecityusa.html>

<http://www.cfr.washington.edu/research.envmind/>

[http://www.tpl.org/tier2\\_kal.cfm?folder\\_id=172](http://www.tpl.org/tier2_kal.cfm?folder_id=172)

*Melodie Armstrong enjoys the trees and atmosphere of Moscow, and can't seem to stop coming back. She was born here and has moved away and back three different times.*

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# Alisa Suzanne Repp

## Living Love

December 20, 1973 - April 10, 2001

Alisa Suzanne Repp, 27, a Moscow occupational therapist, died Tuesday, April 10, 2001, of injuries received in an airplane accident south of Spokane.

Alisa was born December 20, 1973 to Rod and Mary Repp. She grew up in Endicott on the family farm that for many years has provided Co-op

customers with organic legumes and grains. After graduating from St. John-Endicott High School, Alisa attended college in Texas, obtaining a Master's degree in Occupational Therapy from Texas Women's University in December, 1999. She moved to Moscow in 2000 and Alisa began her occupational therapist career at Gritman Memorial Hospital, where she worked until her death.

Alisa loved life and adored people. Her father was present at her birth and claims her first utterance was a laugh, not a cry. To this day, those fortunate enough to have known Alisa, remember her by her ready laugh, huge smile, helping hand and positive outlook on life. Her colleagues remember her gentle, loving manner with patients. Her concern for those she treated was exemplary and of the highest standard in the medical profession.

Her three brothers, Rick, Kevin and Nathan adored her. She kept them laughing, dancing and loving to the end. She will be missed beyond words, but her example of how to live, will live on in all who knew her.

A celebration of her life was held Monday, April 16th, at Endicott, WA and on Wednesday, April 18th in Moscow.

- Mary Jane Butters



Alisa,

Bright colorful scarf walking my way,  
flowers and stripes and swirls,  
happiness exuding.  
You brighten my day friend,  
with your sunny smile  
and cheery loving disposition.

Now you have passed away,  
taken so suddenly from all that love  
and cherish you.

But,  
you still dance for us Alisa  
in all that is alive and beautiful.

Breathtaking blue skies,  
sun shining through cotton clouds.

The first spring tulips,  
orange and yellow streaked,  
reaching for the sky in persistent growth.

Colorful bandannas interlaced,  
forming a rainbow of infinite beauty.

I see you Alisa,  
in the rolling hills of the Palouse  
....for you taught me the subtitles of landscape,  
"saddles" versus "eyebrows".  
Only a native Palouse Girl such as yourself  
knows of "eyebrows" in her landscape!

Now that you're "gone" Alisa  
you chat with me over breakfast,  
a perky banter full of smiles  
and those bright bright eyes of yours  
.... twinkling the depths of your soul.

Alisa, your spirit has touched many.  
There are few beings as tender,  
loving,  
positive,  
cheery,  
encouraging,  
open,  
and  
as well intentioned as yourself.  
You are forever an inspiration to us all.

We miss you Alisa,  
and only attempt to live  
in the irreplaceable footsteps you left behind.

Love from a friend  
who wishes she only had more time to know you  
and walk with you through life.

- Lahde Fesler

April 14, 2001

Rick,

I have spent the day reflecting on Alisa, you, your mother and father, Kevin, and Nathan. It is the beginning of a long period of mourning. Our lives will never be the same. But it is also a time to reflect and be grateful. A time to reflect on all the wonderful things Alisa brought to life and to be grateful that we were included. This is a true "Alisism." I have never, and I mean never, known anyone who could always find a bright side without fail. She had more bubbles than a bubble bath. Sunshine followed her every footstep. You know what I am saying. Life was full of Alisa...not the other way around!

Alisa was always bright, cheerful, and positive. She worked hard and was exceedingly intelligent. She loved everyone and never said anything negative about anyone to my knowledge. She would love you until you almost couldn't stand it. But, it was love worth standing.

My hope is that you will be able to see Alisa through my eyes as well as the eyes of others and find more beautiful things about her. There are innumerable wonderful things to reflect on thanks to Alisa!

- Scott Greer





# Health and Welfare

By Lisa A. Cochran

Early in 1999, I began to face a dilemma that most parents are forced to deal with. With new insurance premium hikes from my private health insurance company, I had begun to worry how I was going to continue having health care coverage for both me and my baby girl.

My savings were growing thin and I had to think about getting a job that offered health benefits. The want-ads just depressed me. Selection was sparse and pay was low. Part-time jobs offer some flexibility, which I would need for when my child was ill, but they don't pay benefits and the low wages can't support a household. Full-time work sometimes includes a benefits package, but the hours on the job rob parents of quality time with their kids--and child care costs can be prohibitive.

Though I knew I could get a job, I also knew that after paying for child care, there would be little left for household expenses.

I have had asthma for 25 years, so I know all too well that the term "pre-existing condition" would apply to me. Due to the increased costs of medications, my monthly costs for prescriptions have skyrocketed from about \$35.00/month in 1975 to close to \$200/month in 1999.

So, to get a job to get insurance would cost me \$500 in child care and \$200+ plus 100% of asthma visits plus 20% of any visits by my daughter. On top of it, I wouldn't get to see my child grow up and she'd experience a less-than-optimum early childhood. I was stymied.

Imagine my excitement when I read the following headline in the Lewiston Tribune newspaper: "Idaho official wants more kids on health insurance." The article explained, "The new director of the Idaho Department of Health and Welfare has made providing health insurance to needy Idaho children one of his top priorities...and has started promoting an assistance program for children from low-income families."

That state assistance program is known as Children's Health Insurance Program (CHIPs). The state estimated that 53,000 children remained uninsured in Idaho.

Administered under the Idaho Medicaid program and begun in 1997, the services were still fairly unknown to parents throughout the state.

A CHIPs Task Force was formed in 1998 and delivered several recommendations for a plan to provide basic health care coverage to Idaho children. The Big Push was on to expand, advertise, and provide. As a

parent, this came to me as great news for the future of Idaho's children and though I failed to qualify

(I had too much invested while childless and had established a college fund after her birth), I still felt like the state was finally heading in the right direction of nurturing today's children.

That was then. This is now.

Flash forward to March of 2001, a little over two years from The Big Push: the Idaho Legislature rejects efforts to notify families about health care options. After July 1, 2001, Idaho's Department of Health and Welfare will not be able to advertise this program to needy families and children.

The CHIPs program was successfully locating children who needed health coverage and so the legislators ordered them to stop looking for children in need. The legislators were concerned that Idaho was spending too much money on its children.

This is so surprising to me because I kept hearing about Idaho's surplus funds, millions of dollars generated by the national Clinton economy and the state's expanding tax base and population. In addition, the state had those big tobacco company settlements coming into the coffers. It had sounded to me that our state's day had come to improve conditions for children and families.

To me, it sounds like a "be careful what you wish for..." scenario. When I spoke with a H&W employee, she said that the goal 28 months ago was to increase basic health care coverage for another 24,000 children in a 24 month period. Promotion in fact was so good that they succeeded in covering 33, 500 in the first 11 months with an overall total of 88,000 kids! They did so well, that the Legislature made them stop that outreach program.

For that success, Health and Welfare Director Karl Kurtz has a lot to be proud of, as do community coalitions such as schools, Community Action Agency, Head Start, Idaho Tribal Councils, the Hispanic Coalition and many many other groups who are involved with the well-being of Idaho's children.

They have done a great job of identifying and reaching families who need services. Thanks also to Tom Trail, our Latah County Representative, for voting NO on this issue. But shame on the Idaho legislators who voted against our kids, our families, our communities and our future.

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

# Camas and Paradise

By Suvia Judd

Sometime in the past month (May) you may have seen camas blooming. Around here it is a soft lavenderish mid-blue color, with starchy flowers on 12-18 inch stalks. The flowers open from the bottom of the stem and progress upwards. The concave strappy leaves are silvery on their backs.

Camas grows in wet places. Nowadays, you are most likely to see it growing in damp ditches, around sunny springs, or in bottom-land pastures. Anywhere that has been ploughed, or the roadside or field edge sprayed with herbicides, camas is likely to have disappeared, even if the habitat looks good.

Once the whole Paradise Valley was filled with camas. The valley that later became the town of Moscow was a seasonal wetland, filling in the spring, and draining through the summer. Paradise Valley was the name given to the first European community here, to replace the less acceptable Hog Heaven. It was originally named Hog Heaven because of the camas bulbs, which were rooted up and eaten by the settlers' pigs.

The community was later renamed Moscow. The name Paradise survives in Paradise Creek and Paradise Ridge.

Before the settlers came, this valley was one of the four major camas collecting grounds for the Nez Perce, for whom camas was a staple food. Around a dozen years ago, I drove around the area with two friends, one an anthropologist, looking for surviving patches of camas. We found it along back roads east and southeast of Moscow, but only in small isolated clumps and patches.

Exploring farther afield on the north side of Moscow Mountain, we found a little triangular field full of camas, of a somewhat darker, more intense blue than the plants

around Moscow. There were some white-flowered camas plants in there too, and they seemed to be true camas, not the so-called "death camas," which is a highly poisonous white-flowered plant in the genus *Zigadenus*. Death camas generally grows in drier, more upland sites than camas, but it's not something to make a mistake about.

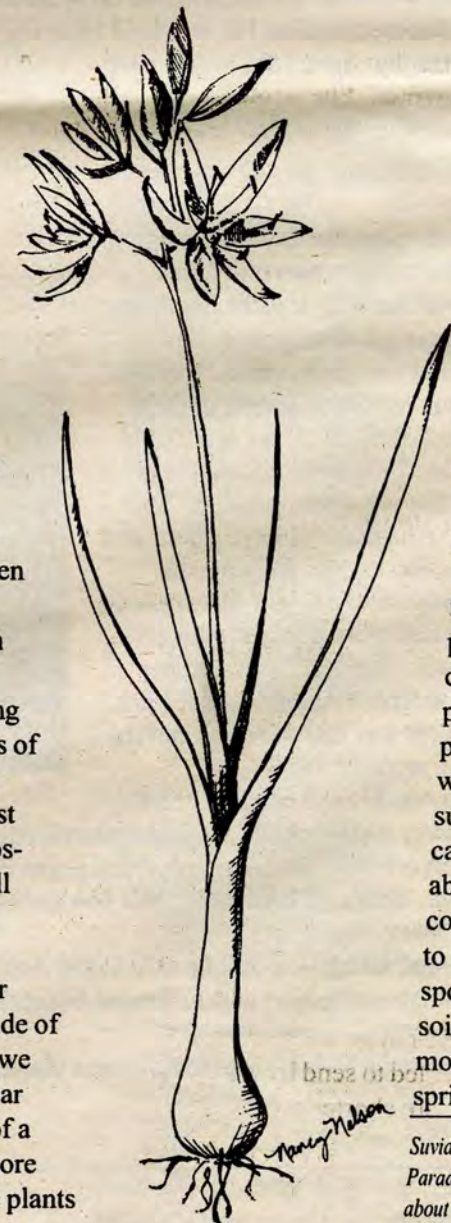
The only traditional camas collecting ground which is not now on private property is Musselshell Meadow, in the National Forest east of Weippe. When we went there we found almost no camas, although it was a pretty place. On the way back, we came through Weippe, and before we started down the grade into the canyon I looked west towards the sunset and saw a lake in some flat lowland fields, a mile or so away. I pointed it out to my friends, and an argument ensued, as they insisted it was not a lake, but a field of camas. So of course we sent back and detoured down the side road. It was indeed a huge field of camas, although even close up one could imagine it a lake. The camas

around Weippe is a pale powder blue, very different from our variety around here, although I believe it is the same species.

We got out of the car and leaned on the fence, watching the sun setting over the lake of camas.

A reminder, if you are interested in digging camas roots, please get permission before collecting camas on private property or public lands. If you want to eat it, be sure of your identification, and learn about the best time to collect. If you want to grow it, a sunny spot with good garden soil and plenty of moisture, especially in spring, will suit.

*Suvia Judd lives and works in the Paradise Valley, and likes to learn about the natural history of the places she inhabits.*





# My Mother's Hands

By Lisa A. Cochran

Oh glorious Spring! The season has held different meanings throughout my life. When I was a kid, it was the obligatory sending of a Mother's Day card to a woman I barely knew.

My parents separated when I was two, and I lived for some time with my maternal grandparents before being sent to live with my father in Northern California. For years, my brothers and I would see our Mom for a week sometime each summer. By the time I was out of high school, I figured I had spent about a total of 5 or 6 months with my mother.

After that, I managed to find excuses not to visit her for about a decade.

Still, her letters came on a regular basis, written in legible longhand and signed with love. I may have tried to forget her amidst the busy days of college classes, first loves, traveling to Europe and a carefree life, but she refused to forget about me.

In the years after that period when I finally reconnected with her, I came to realize that my mother was a prolific writer. She wrote to each of her children (there were six that were still living), her parents, uncles and aunts and several friends, all on a regular basis. She wrote everyday, and when she wasn't toiling with household chores or working on her crochet, Mom would finish one letter or begin another.

Writing was the predominant way she communicated. She lived much of her life in poverty and rarely had a phone, much less the money to pay for long distance calls. Besides addresses, she recorded to memory everyone's birthday, graduation or special event. Lavish holiday cards always arrived a day or two before such occasions, and never a belated one among them. At the bottom, she always signed them "Mom" in parenthesis and the date.

Then in November of 1995 my mother had a small stroke. At 64 years old, she had no insurance and was not quite old enough for Medicare, so she did not go to the doctor. Still, she struggled to send letters, though they were shorter and in labored handwriting.

In December, a second, stronger stroke disabled her. A neighbor

found her and called an ambulance. She was hospitalized. I was notified and went to be with her at the County Hospital. She could no longer speak or move but her eyes spoke volumes.

They spoke of the intense frustration of a failing body and the pain that a large malignant tumor was causing as it pressed against the motor strip in her brain. But on one particular day in the weeks preceding her death, as she saw all her children gathered around her together for the first time in her life, her eyes danced with satisfaction. She passed away soon thereafter.

There was no memorial, for everyone had scattered back to their lives far away. Neither was an obituary written, for no one felt that there was any story to tell. Doris Mae Pike-Cochran-Munoz-Monk had lived and died and the years in between were contained in letters long since thrown away and forgotten.

I went to gather Mom's things from the storage facility where they had been held when she went into the hospital. I gave most of her things away to charity but kept the pictures of the years she was married to my father.

Among her other personal belongings, I retrieved a letter she had written to my grandmother in August of 1960, sometime after my brothers and I had gone to live with our dad. In it, she says she has left a hard-drinking and cold-hearted scoundrel and married a gentler man who wants to try and make her happy.

But she continues, "I've been caught crying at night because I want to see those babies so badly and it seems a lifetime since I saw them. I want those kids so much and it will be a long time before I can even think of being able to afford to go up and see them. When he's able to find work, my husband makes almost \$2.00 an hour now, but it sure doesn't go very far. We need so much and he's so discouraged that he can't put the world at my feet."

I can barely comprehend what the loss of one baby to pneumonia, two to miscarriages, three through divorce and one through adoption must have meant to her.

It wasn't until I became a mother myself that I began to see my own mother's life in an entirely new way, with empathy, compassion and a respect for her incredible inner strength.


My regret is that Mom was never able to share the joy of my daughter's entrance into the world. Madysen has Mom's eyes and jaw line, and just looking at her causes me to see both forward and backward in time.

*Lisa A. Cochran is a longtime Moscow resident. Her daughter Madysen is teaching her the ropes about parenthood.*



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## Adopt a Plant at Berman Creekside Park

### Planting Day June 2nd

For a donation of as little as \$10.00 you or your group can participate in the planting of Moscow's newest park along Paradise Path north of Styner Ave. The City will match your donation and even plant your plants if you're not able to join us on the planting day. Plant lists and a copy of the planting plan are available at the Eggan Youth Center. Call 883-7085 for more information.

## Palouse Folklore Society

The following dances will be held at the Blaine School house

June 2nd w/Potatohead, and Joseph Hudson is calling.

June 16 Caller is Mitchell, the band is River City String Band.

July 21 Caller is Joseph the band Charles Gibson.

Aug 18 Caller is Warren Argo band is yet to be announced.

## Co-op Cafe Art Gallery

opening for Rose Terry Graham's copyart

light refreshments served

Friday, June 15, 5pm to 8pm

## Fishtrap Writers Gathering

"The Legacy of Vietnam"

July 8 through 15

Joseph, Oregon

541-426-3623

Submit non-profit announcement to beth\_casa@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.

## First Steps Volunteers Needed at Gritman Medical Center!

Because you've been there, help another family through the joys and challenges of newborn parenting by becoming a First Steps Volunteer!

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University of Idaho  
Moscow ID 83844-2351

encouragement to a grows and learns. As a will...

or families with

I share information

with community parenting easier;

unteer Training will 2 and Tuesday Floor Conference Center.

For information call Laura at 883-6454.

## Join us for "Dead Night" at Mikeys Gyros.

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

sponsored by Tye Dye Everything

## 2001 Market

Every Saturday 9:30-11:30

JUNE 2 Tom Singe

JUNE 9 Sagin ends

JUNE 16 Joan Alexander -- Folk

JUNE 23 Potatohead -- Celtic trio

JUNE 30 Snake River Six -- Dixieland

JULY 7 Blackberry Jam -- Bluegrass

## 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

June 7 Moscow Arts Commission Community Band

June 14 Moscow Arts Commission Community Band

June 21 Moscow Arts Commission Community Band

June 28 Moscow Arts Commission Community Band

July 5 Moscow Arts Commission Community Band Community Sing-Along Ice Cream Social!

For more information contact Eva Jo Hallvik at Moscow Arts Commission, 883-7036, or cell 301-2246

## Rendezvous in the Park

July 19: Guarneri Underground

July 20: Lacy J. Dalton

July 21: Jimmy Thackery and the Driv

tickets on sale June 1 at Market and Bookpeople

