

November 2001

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## It's Turkey Time!

By Vicki Reich

As the holidays draw near, thoughts of turkey keep popping up in my mind. Ah, the wonderful aroma of a turkey roasting all day in the oven, and the first succulent bite of a plump, juicy, flavorful organic turkey. I can hardly wait.

But where can you get a turkey that will be organic and delicious? At the Co-op, of course! Once again we've ordered a pallet of organic turkeys for the holidays. If you were lucky enough to get one last year, you know how good these are. Many customers told me it was the best turkey they had ever had. I had one last year and I have to agree.

Since we bought a whole pallet of turkeys, we'll have plenty for both Thanksgiving and Christmas. In order to ensure that you get one of these beauties, please fill out a Turkey Special Order Form at the cash register. Please indicate when you would like your turkey (i.e. for Thanksgiving or Christmas). The turkeys are shipped frozen from Diestel Turkey Ranch in Sonora, California. We will keep them frozen until the Monday before Thanksgiving and the Thursday before Christmas.

Be prepared to pick them up immediately!

All the turkeys are hens in the 12- to 14-pound range. They are \$2.39 per pound. This is a deeply discounted price so we are unable to offer any further discounts on them (this includes staff and volunteer discounts).

Also, this year we will be carrying Tofurkys in the freezer, so you can just pick one up while you're shopping. Of course you can always special order them as well.

Once again this year we are having two separate turkey give-aways. First, we'll be raffling off a free turkey, just enter your name at the register for a chance to win, and, of course, anyone can enter. The second way to win is to *spend over \$200 (after any discount) in a single shopping trip*. You automatically win a free turkey once you hit that \$200 mark. Both of these turkey trots will run from November 1 through November 19, only, so get in early to sign up for the raffle, and do some early

holiday shopping to 'earn' a turkey.

## Season of Gratitude . . .

Good luck, happy shopping, and we hope you have a great organic holiday season!



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# Community News



## Redefining Organics

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

Certainly back in the seventies when we first started being interested in purchasing organic food for our families and ourselves, we all thought "Wouldn't it be great if all farmers grew organic food?" Certainly, in a perfect world it would be better for the environment, the workers and the consumers. However, to most organic farmers, growing food that meets the government's organic standards is NOT the only thing they are doing. They are also looking to further social justice by paying their workers a living wage so that they, in turn, can buy homes and have health insurance and generally live the American dream. These growers & farmers are also interested in nurturing the soil and the land by adding organic matter and carefully tending their crops so that they leave the soil in better condition than when they found it.

Enter corporate giants, like Dole, into the organics business and immediately the stakes change. Growing and selling organic bananas, Dole is primarily interested in driving the cost of producing food down as low as possible, paying their workers as little as possible and gaining as much bottom line as they can from growing a "premium" crop. Fairly normal practice for large growers and completely the opposite of what so many organic farmers are trying to do.

Early in October all the Co-op managers were lucky enough to attend the annual Provender Conference, held this year in Wilsonville, Oregon. I have been going to these

conferences since 1984 and never cease to be amazed at what a difference three days in the company of other natural foods retailers and co-operators can do to rejuvenate, educate and inspire us.

One of the more amazing discussions I attended was on the Industrialization of Organics. A panel comprised of four different organic growers from Oregon and Washington talked in turn and in depth about the impact of large industrial giants getting involved in the organics movement. These "small" growers feel that the industrialization of organics is going to be very challenging to their futures. The impact will be far ranging—from standardization of the fruits and veggies that reach the market place (and what do you do with the ones that don't make the grade?) to increased pressure to produce their produce for less, making it even more difficult for anyone to make a living from farming. Some farmers are reacting by deciding to grow their farms smaller rather than larger, while others are looking at different ways they can market their products (road-side stands, value-added products, and farmers' markets). However, the consensus appeared to be that just growing food organically was not the last important part of the puzzle. Perhaps the next step is to begin to redefine 'organic' by lobbying for social justice as well as environmental responsibility to become part of the definition of 'organic' and to just say 'no' to industrialization as we know it.

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## In the Deli Putting It All Together

By Kelly Kingsland, Deli Manager

Over the years a chain of Co-op employees have gone each fall to the Provender Alliance Annual Conference. This year a group of managers took the trek down the great Columbia River to western Oregon to attend the conference. For me this year, the conference helped build my understanding of our ultimate work here at the Co-op. The Conference itself is made up of a diverse array of workshops centered around Co-op/ Natural Food industry topics. While each workshop I attended addressed a different topic, they all seemed to ultimately arrive at a place directly beside our Co-op's mission statement.

My first workshop focused on Deli-Produce department relations in other co-ops. We tried to distill the most effective ways to mutually benefit each department while offering excellent products to our members.

My next stop was a workshop entitled "The Industrialization of Organic Agriculture: How Does it Feel to Buy Dole Organic Bananas?" I brought from this workshop a greater understanding of the difference between organic as a growing technique and organic growing as part of a larger philosophy. As one panel member stated, "It's important to remember that Organic Standards do not legislate nurturing on the individual, commu-

nity, or global level." While the current standards only address actual technique, for many of us at the Co-op organic means growing food within the greater context of community and environment—ideas that are not reflected in our national Organic Standards. Until this changes we must be our own legislators, researching the backgrounds of our "Organic" foods.

Another workshop called "The Rubbish Revolution" looked both at recycling pathways and alternative packaging. We looked at "green" cornstarch utensils that many of us are familiar with here in Moscow. We pondered the unknown effects of composting these utensils made from 100% genetically engineered (GE) cornstarch, and their lack of availability for Co-op-sized markets such as ours. We were given hope however, that Organic starch utensils and other alternative green packaging will be available in the near future.

While each workshop focused on a different topic, the issues and concerns that we face here in Moscow are largely the same as those facing others in natural foods businesses. All in all, I came away with a better understanding of the larger context of concerns and issues surrounding my work, both as a Co-op employee and as a global citizen.

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

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

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

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Webmaster  
Bob Hoffmann, webmaster@moscowfoodcoop.com  
General Manager  
Kenna Eaton 882-8537 (882-8082 fax)  
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Board of Directors

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

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

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

Editor  
Bill London

Issue Editor  
Bill London

Layout  
Jill Maxwell

Advertising Manager  
Amy Richard 882-6274

Co-op Product Sales Pages  
Barbara Hamm

Illustrations  
Susan Adam

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

Back Cover Design  
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## Personal Care Corner

# Coping with Stress Naturally, Part One

By Carrie A. Corson, Non-Food Buyer

Most of us face at least one incident everyday that throws our bodies into a "stress" reaction. A 'near-miss' car accident or rush hour traffic, being overwhelmed with tasks at work, or waking up to find that you're late for an important meeting, can all send our bodies into a reaction.

When faced with such an incident, our brain immediately responds. Signaling our body to release adrenaline and nonadrenaline for a massive mobilization of energy, potentially fight for our lives or flee danger. It's an adrenaline rush, and short term this response is good. However, prolonged exposure to this reaction is *not* good. Continued exposure to external (I'm late) or internal (I'm worried) triggers can lead to a state of chronic anxiety, which makes enormous demands the mind and body. Accelerated heart and breath rates, increased perspiration, high levels of adrenaline and cortisol in the blood, elevated muscle tension, persistent worry, and emotional distress all take their toll on the nervous system. This state of "hyperarousal" can result in mental and physical exhaustion and increased susceptibility to disease. The excess release of "stress" hormones can result in high blood pressure, a narrowing of the artery walls and altering of the immune system. As a result, our bodies may form free radicals—undesirable chemicals that have long been implicated in degenerative diseases such as cancer and in hastening the aging process. When the body's energy reserves become depleted, the adrenal glands can no longer function efficiently. The result can be a decreased ability to cope with stress and chronic anxiety.

This is typically a time of year when there are many external stress triggers that may throw us into a state of hyperarousal. Shorter days mean less sunshine; pressures of the upcoming holiday season, feeling anxious about winter driving conditions; and now the added threat to our national security and personal safety may contribute to chronic anxiety for some.

What are some things we can do to lessen the effect of stress on our bodies? Eating a healthy diet complete with immune-boosting

foods is a good start. Many people find that aerobic exercise is a great way to make them feel less stressed, while others find activities like meditation, yoga, and Tai Chi very relaxing. Getting plenty of sleep and giving our bodies time to rejuvenate can work wonders. Unfortunately, even if a person is doing all of these things, it still may not be enough to prevent bouts of depression, insom-



nia, and persistent anxiety. Herbal medicine can help.

St. John's Wort may be the most highly publicized natural supplement for depression. Many studies have shown the effectiveness of this herb, and it is believed that its active ingredient, hypericum, may enhance three key neurotransmitters: serotonin, norepinephrine, and dopamine. Research also suggests that St. John's Wort lowers levels of the stress hormone cortisol and enhances the activity of gamma-aminobutyric acid (GABA), a naturally occurring tranquilizer in the brain. It is believed that low levels of these neurotransmitters may result in depression for many people. Please note that, like some prescription antidepressants, the effects of St. John's Wort are gradual. It can take up to six weeks for these effects to be felt.

Valerian, a plant native to East India, has been found to be a very effective sedative for many people who experience anxiety-related insomnia. It has long been used for insomnia and nervousness in Ayurvedic and traditional Chinese medicine.

Another herb, Kava Kava, has been used by many in the treatment of anxiety. Like St. John's Wort, Valerian and Kava Kava are believed to enhance the activity of gamma-aminobutyric acid (GABA).

There are also herbs, referred to as 'adaptogens' that may help protect and strengthen the body against the effects of prolonged stress reactions. These are herbs that can be taken over a long period of time and that help support those systems affected by these reactions. In order for an herb to be considered an adaptogen, it must: 1) be innocuous (harmless over a long period of time); 2) increase resistance to stress (help us cope better); and 3) improve performance (restore the balance of body functions).

Many of the most well-known adaptogenic herbs are subsumed under the name of ginseng: Asian ginseng, American ginseng, and Siberian ginseng. Studies have shown that these herbs may improve oxygen and blood sugar metabolism as well as immune function.

Adaptogens work best against the damaging effects of chronic stress, especially fatigue and exhaustion. Our liver also plays an important role in our bodies' management of stress. Healthy liver function allows our body to detoxify the harmful chemicals produced during prolonged stress reaction. The heavily studied herb, milk thistle, has been shown time and again, to improve liver function.

\*\*Please remember that even though most side effects experienced by people using herbal supplements tend to be milder than side effects of some prescription medication, some side effects do exist. Consult a health care professional if you are considering taking these products and are concerned with possible side effects, dosage recommendations or possible interaction with other medications.

Next Month: Part Two of this article will explore the role that *Ginkgo biloba*, flower essences, and aromatherapy can play in stress reduction.

Reference: *Healing Anxiety with Herbs*, Harold H. Bloomfield, M.D.

## New Products in Personal Care

By Carrie A. Corson

**Kiss My Face Organics shampoos and conditioners.** Customer recommended!!

**Fragrance oils from Nemat Naturals.** Great oils, no animal products or testing.

**Avalon Organic Botanicals lavender shampoo.** This great shampoo is now in bulk.

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## The Buy Line

By Vicki Reich

I don't consider myself an activist. I don't write letters to my Congressmen. I don't go to protests. I occasionally sign a petition if it's put in front of me. I usually don't get political in my newsletter articles. I just like to talk about food. But there's been something happening with my food (and yours too) that I just can't keep my mouth shut about. That something is Genetic Engineering.

Like most people, I like to know what I'm eating. GE foods are a big question mark when it comes to knowing what you're putting in your body, because there is no legislation to label GE foods. And that's my biggest gripe with GE foods. In poll after poll, people have said they want GE foods labeled. I don't know if they are safe for me or the environment so I want to be able to decide for myself if I want to eat them. That doesn't seem like too much to ask. It seems to me if the companies that are producing GE seeds think they are so great for us and the planet, then they shouldn't be afraid to label the food that contains them. But maybe they are afraid, because in the same polls that say most people want GE foods labels, they also say that if they were labeled they wouldn't buy them.

So what are we to do about it? It's obvious that the companies who are creating GE foods (and it's not just food anymore, there are GE trees and GE mosquitoes and GE salmon) have given a lot of money to our legislators' election campaign funds. Why else would they continue to block legislation for mandatory labeling when so many Americans are in favor of it? We have to convince our legislators that there are lots of people out there who are upset with their inaction.

Right now there is a petition in Oregon to get an initiative on the

ballot for mandatory labeling. There is a good chance it will pass if it gets on the ballot. I know most people who are reading this do not vote in Oregon but we can contribute financially to the organization behind the initiative. The web site to find out more about what's going on in Oregon is [www.labelgefoods.org](http://www.labelgefoods.org)

We should all be writing letters to our legislators, the president, the government agencies that oversee GE foods (the FDA, the EPA, and the USDA), and food manufacturers that continue to use GE foods.

There is a great organization that is working towards mandatory labeling, The Campaign to Label Genetically Engineered Foods. Their web site is [www.thecampaign.org](http://www.thecampaign.org). Check it out, it's got tons of info and up-to-date news, plus sample letters and e-mail newsletters. We will be getting their Take Action Packet at the Co-op and you can use it to get more involved.

You may be wondering what made me finally speak out about this, since GE foods have been on the market since 1996. I'm convinced that if we don't speak up now it will be too late. Already two-thirds of all foods on supermarket shelves either are or contain some genetically-engineered ingredients. I'm tired of being Monsanto's guinea pig, I'm afraid for the purity of the organic foods I love to eat, and I'm scared about what is going to happen to our environment.

It's not too late. The Oregon initiative gives me hope. And the fact that the Canadian Minister of Health just came out in favor of mandatory labeling is encouraging. Now if all of us lend our voices to those already shouting out there, we can demand to have all GE foods labeled, and then we can all vote with our dollars as to whether or not we want to put the unknown into our bodies.

## The Suggestion Board

*You guys got rid of my favorite soap. It has Asian people on it. Please re-order it!*—I though this was a great soap too. Unfortunately I had to order it in too large a quantity and it sold too slowly to maintain quality. So I am not going to carry it anymore (sorry). -Carrie, Personal Care Manager

*How come we don't have Natural Value Apple Cider vinegar (or equivalent price range)? The bulk often looks icky and the other packaged vinegars are spendy. Thanks!*—The Natural Value Apple Cider Vinegar was a very slow seller. I will ask our stocker to clean the vinegar bins more regularly and hopefully they will make you want to buy vinegar in bulk again. -Vicki, Grocery Manager

*Are you going to carry organic apple cider?*—We don't have a source for it at this time. We are carrying Wilson Banner Ranch Cider, grown and pressed in Clarkston, Washington. -Vicki

*Please remove candy dispensers from check stands. It makes life difficult for toddlers and moms of toddlers.*—We have very little candy at the check stands and they sell so well there that I hesitate to remove them. Ask the cashier to move them out of your toddler's reach when you check out. -Vicki

*Could you put a sign over the trap-bowl that catches the honey that says "KIDS! EAT THIS!"*—Sorry, the health inspector would be very upset with us if we did. -Vicki

*Can you please get the Terra brand salt and vinegar potato chips in Please :).*—Sure, Look for them soon. -Vicki

*Carrie-organic rice protein powder-great-does natural flavoring include MSG? Suvia—No MSG.* -Carrie

*We used to buy chapattis here about 8 months ago. We would like to have them back.*—I'm sorry but they were very slow sellers. -Vicki

*Is there any, any possible way we would get an almond butter grinder? Bill and Kelly would buy it much and often.*— We'll see if we can squeeze it into the budget for next year.-Vicki

*Please try to carry Lifestream Flax Plus. The best tasting flakes I've had. I have only been able to find it at the Food Front Co-op in Portland, OR.*— I will try to make room for it-Vicki

*Are you carrying Boca Brats? I saw a sale tag but no brats? — They are here now!*-Vicki

*Any chance of getting Oregon Chai in bulk containers? I go through the small one so fast! Thanks!*—You can special order them in a 1.5 gallon size.-Vicki

*Lifeway Plain Kefir. Mountain Peoples now carries it.*—Lifeway kefir is not available in the north-west. We do have Helios plain kefir in the cooler now. Try it and see if you like it.-Vicki

*I love your store! In this age of "biological warfare" it worries me that much of your bulk food is accessible to anyone. But I don't know what you could do in advance. Perhaps a topic of discussion for your Board and members and possibly something in your newsletter. Thanks.*— Thanks for your vote of appreciation for the Co-op. Yes, I too believe food safety is going to become an issue of concern for our members and shoppers wherever they shop or eat. Frankly, I don't think there is any easy answer. I know buying food in bulk is important to many of our members as part of their ongoing efforts to reduce packaging and its impact on our environment. We will certainly be addressing issues of food safety in the future and welcome comments and suggestions from our members.-Kenna

*Please investigate carrying Nielsen/Massey Vanilla (Mexican bourbon or Madagascar) extract and paste.*—I'm sorry, I can't get this product.-Vicki

*I bought these products in Albuquerque, NM: New Morning Honey graham and Blue Diamond Nut Thins. I liked them very much. They have several varieties that are good too.*—Look for the Blue Diamond Nut Thins soon. Graham crackers don't sell well here so I hesitate to bring in another brand.-Vicki

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## A View From the Board

by Bonnie Hoffmann-Boyd, Board Secretary

The Co-op has been a part of my life as much as I have been and continue to be a part of the Co-op. We have seen and helped each other grow and change into the families we are today.

I moved to Moscow 12 years ago just as the store was settling into its most-recent old location at 310 W. Third Street. I started work there when my oldest daughter Sarah was 6, Maggie was 5, and my son Matthew was 18 months. These children are now 18, 17, and 13. Along the way, the store has fed us in many ways. My first Co-op position was as a janitor. That position enabled me to work at night after the kids had gone to bed. As they grew, so did my responsibilities. I started cashiering during their school hours and continued to clean at night. As time marched on and the kids got older, again my responsibilities transitioned. I was now head cashier, especially enjoying the busy Saturdays that have always been my favorite. And believe it or not, I was still cleaning the store several nights a week. Only now I had help, recruiting my children into the process. This enabled me to spend more time with them as well as instill the values of family contribution and responsibility.

After some time I took on yet another position: Sunday morning freight deliveries where again I solicited the services of my children on occasion. We would bring in the boxes, unload the products, price them with the price guns, and finally place the stock on the shelves. The kids still recall "inventory days" where all employees and volunteers helped count every item in the store. Working on the Sunday freight

eventually gave rise to my becoming the volunteer coordinator. At this post I helped assign folks to different jobs around the store. Andy Boyd was one of those volunteers. Andy was there every Sunday morning at 6 a.m. without fail. He too is now an integral part of my family's lives as we eventually became husband and wife.

After almost 8 years as a Co-op employee I made a decision to leave the Co-op to find a job that could provide the health insurance I needed for my kids. I took a job with the City of Moscow Police Department. During my absence from the day-to-day happenings of the Co-op, the store continued to excel with the Board of Directors working hard. As a result of the Board's hard work and unity, the Co-op now has competitive wages as well as a wonderful health insurance program. As for me, after several years as just a customer, I have once again returned to the Co-op family becoming secretary of the Board. It has been my pride and pleasure to return and contribute my past experiences in yet another way to the Co-op's continued evolution.

The Moscow Food Co-op was a deciding factor in my decision to take root in Moscow so many years ago. Everything from the people to the ambiance, the diverse ideas, music and cultures has enriched my and my family's lives. I am sure Andy and I will continue contributing in some way long after my board term has expired and the kids have all started on paths of their own, with a solid foundation and a few skills picked up along the way helping our family grow.

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

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

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[www.gcocities.com/palousesingles/](http://www.gcocities.com/palousesingles/)





## Welcome!

By Laura Long,  
Membership Director

Happy Early Thanksgiving everybody! This year I am giving thanks for the fact that I live in a safe and friendly small town. The people around me smile often, and many of them I know by name and they know me. One of the greatest contributing factors to this wonderful community environment is the existence of our co-op.

Our co-operative is a group of individuals working together to form a community of like-minded people. The basis for this unity is of course locally and/or organically grown food, but I think there is something more intangible that also makes our community within a community thrive. Every day I see the people who shop here and work here go out of their way to help each other. Whether it's as simple as picking up a piece of trash off the floor, or greeting each other with a smile, or

returning an envelope with \$300 to its rightful owner, people who shop here care about each other. And in this time of trouble with its underlying sense of fear and unease, this means a whole lot to me. So, this month I'm not writing about the monetary benefits of membership, but I am commenting on one of the main reasons that I continue to shop here, renew my membership, and work here after a wonderful ten years. And this Thanksgiving season, I am sending out a heartfelt "Thank you" to all the rest of you that continue to do the same as well! Go in Peace.

(Please contact me at [laura@moscowfoodcoop.com](mailto:laura@moscowfoodcoop.com) with any questions or comments)

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## Volunteer Validations

By Janna Jones and Annie Hubble,  
Volunteer coordinators

November's here, and that means we're well into the holiday season — Thanksgiving, Hanukkah, annular eclipse of the sun, winter solstice, Christmas, Boxing Day, Kwanzaa, penumbral eclipse of the moon, New Year's, and, of course, the biggest (semi-annual) celebration of the year — the end of Finals Week.

What all of this means is that many of you will be making plans that take you out of town for holiday celebrations. We hope you have a wonderful time.

We greatly appreciate your help as volunteers, and ask simply that you let us know what your plans are as far in advance as possible. In some cases, like for the milk run, we have substitutes — and they're not just there for when you're sick — so just give them a call.

In other volunteer jobs, where there aren't built-in substitutes, with some advance warning, we may be

able to shift people around and cover your responsibilities. Remember to not only tell us, but also write it down in the volunteer log book — please include your name, your job and the dates you'll be gone.

Recently, Claire & Leonard Chin were out of town and arranged for Claire's son to fill in for them. It worked out beautifully. If there's a friend or member of your family who can cover for you, just let us know. We (Annie & Janna) would like to meet the person and spend some time training them so they can fill in for you.

Also, for those of you who are students, let us know if you'll be returning next semester, and, as soon as possible, how your new class schedule will affect the time you can spend with us.

As always, thanks so much for your efforts & do come back safe, sound & happy!

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## Staff Profile: Bill Quirk

By Julie Monroe

"I may not have his talent," said Stephen quietly.

"You never know," said the dean brightly. "We never can say what is in us."

Stephen is Stephen Dedalus, the hero of James Joyce's, *A Portrait of the Artist as a Young Man*. At the end of this novel, Stephen exiles himself from his native Ireland because it is what he must do to become the writer he dreams of becoming. Like Stephen, Bill Quirk, the Food Co-op's Assistant Produce Manager, is at a turning point in his life, sometimes wondering if he can focus on his dreams. But unlike Stephen, he has no intention of exiling himself from his native land.

William Edward Quirk III is 27-years-old and a native Californian. Although Bill was born and raised in San Diego, his point of departure for Idaho in August of this year was Santa Barbara, California, where he'd been living since graduating from the University of California—Santa Barbara in 1998. Deciding it would be "cool to live in Idaho," Bill and his girlfriend Kat Draper moved to Moscow to look out for Kat's little brother, a freshman at Washington State University.

Because Bill "really loves Santa Barbara," it was not easy to leave, but he did so, he says, because it was "time to settle down and put down some roots."

By settling down, Bill, who says he gets "easily sidetracked" means he is now ready to make a commitment to developing a career. He admits that, particularly during college, he was dedicated, for the most part, to "having fun." And having fun, among other things, to Bill means surfing.

"It's a source of energy for me," he says, and he's been a California "surfer dude" since he was 12-years-old. (When I interviewed him, Bill announced, tongue-in-cheek, that he'd used the word "dude" only once that day.) He's even surfed on two continents. In 1998, after celebrating his graduation from college with a four-month bike tour of the American West, Bill spent several months traveling and surfing in South America. Of all the places he visited there, he would most like to return to Peru where he lived for nearly six weeks.

By 'settling down,' Bill is also referring to family. He says he really admires his girlfriend's close-knit family, and he speaks with pride of his own family. Bill's dad is a labor union organizer and has been involved in labor issues in California since the late 1960s. Bill remembers his father introducing him to Cesar Chavez. Bill's grandfather, the original William Edward, was a vice president with the California branch of Bell Telephone, and interestingly, his son, who once followed his father's footsteps into the managerial ranks of Bell Telephone, now works for the Communications Workers of America. Bill's mother, Leanne, and his two sisters are educators. One sister is a third grade teacher; the other coordinates safety for a high school, while his mother is a high school guidance counselor.

While inspired by his family's tradition of working to improve the welfare of others, Bill's area of personal concern is the environment. He earned a bachelor's degree in Environmental Studies and is now taking a college course in small farm and ranch management. While he is living on the Palouse, with its economy largely based on agriculture, Bill intends to learn as much as possible about all means of agricultural production. Of specific interest to him is organic farming, especially

the processes of certification and labeling. In fact, Bill is now gathering the expertise he will need to work as a consultant in the future. He hopes to fashion a career in which he helps farmers navigate the complex sea of regulations and procedures involved in the process of certifying farms as organic and in labeling products as such. He adds that he sees himself, too, as an advocate of organic farming and eventually would like "to convince farmers they have a stake in the process."

Another task to which Bill would like to settle down is a book he's writing on the natural history of Montaña de Oro State Park near Santa Barbara. The theme of his book is the interaction between people and the environment; he is particularly curious about how people define their experiences with nature. With this book, which is a series of personal essays, he hopes to "widen the rhetoric of nature writing" to make it more inclusive of a variety of individual perspectives. Progress has been slow, says Bill, mainly because he is teaching himself the craft of writing but also because he is sometimes doubtful of his ability to write.

Bill is like Stephen Dedalus in



that regard, but there'll be no self-exile for Bill Quirk. Most likely, Bill will return to the Santa Barbara-San Luis Obispo area where he will put down roots and forge a life that is now only a vision, but of which he is certain is within him.

*Like Bill, Julie Monroe grew up "immersed in water," to use Bill's words. Not in the Pacific Ocean but in Lake Pend Oreille in Bonner County, Idaho. Born in Sandpoint in 1954 to a father who drove a lumber truck for Hedlund Lumber Company and a mother who worked as a secretary, most of Julie's childhood summer days were spent on Sandpoint's large and beautiful City Beach. Those were days of heaven until she became self-conscious of her home-sewn bathing suit of terrycloth and the rolls of baby fat that it failed to cover.*

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# Business Partner Profile: Tye-Dye Everything

by John Pool

It's almost like stepping into a head shop of the 60s. Everywhere you look bright, bold colors assault the senses. Hemp-and-bead jewelry, incense, candles, Bob Marley wailin' on the stereo, and garments of every type in hues that are commonplace as well as beyond description. This can only be Tye-Dye Everything, at the back of the purple mall at 527 S. Main in Moscow: a neat place to shop, with the 10% discount provided members of the co-op.

Tye-Dye Everything is not just a store, though. It's also where Arlene Falcon, Tye-Dye Everything's owner, and assistant Barb Dunham create new products. In fact, every item is new; no two pieces are ever the same because of the dying process.

That coloring process starts in Falcon's mind; she pictures how each finished garment should look, making decisions about colors and designs. Then she or Dunham wash the new clothes in a solution of water and soda ash and spin them until they're damp. Each piece is

then laid on a large, flat, non-porous surface and, depending upon the finished design, the fabric is bunched up in various ways. To get the well-known rainbow spiral, one part of the material is held firmly in place with one hand while the other hand bunches the material and twists it in a spiral around the stationary part. The result looks like a large, thick pancake. Then rubber bands are stretched over the pancake to divide it into wedges, much like one would mark slices of pie.

The garment is then moved to the dying station. A wide variety of color dye powders are available. Falcon and Dunham mix up new dye solutions every week so that the dyes are always fresh and strong. The liquid dyes are put in squirt bottles, much like ketchup or mustard. With a number of bottles of different colored dye at hand, the dyer takes the pancake of material and squirt-soaks each wedge of fabric with a different color. When one side is completely colored, the pancake is flipped over and (usually)



Arlene Falcon is Tye-Dye Everything's owner.

a different combination of colors is used to dye the reverse.

The dyed material is allowed to sit overnight while the soda ash in the fabric sets the dye. In the morning the unset dye is rinsed out of each garment individually; the garments are soaked in water and special soap; each garment is then individually re-rinsed and a batch of newly-colored garments is run through a washing machine. The final washing cycle removes all traces of unset dye and unused soda ash.

Tye-Dye Everything got its start in St. Maries, Idaho. Falcon and her then-husband went to a Grateful Dead concert, purchased tie-dye shirts, and were quite taken with them. While they were investigating the process and making up clothing items to sell to friends, they had an opportunity to purchase a silk-screen printing store and decided to combine the two—they'd print designs and tie-dye the results or vice-versa. The market in St. Maries for their products was not what they hoped it would be, so they expanded to Moscow, originally landing in a small building on Sixth Street near the UI campus. It was not a very desirable business location, but shortly thereafter Falcon was able to move into her current store. Tye-Dye Everything has been in the purple mall for almost three years.

Almost anything made out of fabric can be tie-dyed, though certain types of fabrics need out-of-the-ordinary types of dyes. Falcon's current price list includes more than 100 tie-dyed items, ranging from all sorts of men's and women's shirts and pants through sarongs, bathing suits, sheets, towels, baby clothing

and receiving blankets to lacy underthings, silk neckties and baseball hats. And while most garments carry bright, bold colors and color combinations, one can also tie-dye with pastels and with very subtle colors or color combinations.

One can also tie-dye plain fabric, then cut it and make it into various articles of clothing. One of Tye-Dye Everything's corporate customers does just that: the firm purchases sheets of tie-dyed cloth, cut panels from various sheets and sews them together into somewhat garish-looking men's boxer shorts. At other times Falcon and Dunham are asked to dye fabric in solid colors that are not commonly available. At times the store shelves and display areas may seem somewhat bare. And if they are, it's because Falcon actively pursues sales opportunities at craft and barter fairs. This helps weather the inevitable summer sales doldrums when Moscow and Pullman are largely devoid of students. The store staff also takes and fills special orders.

If you're looking for a unique and colorful approach to your wardrobe, or for colorful gifts for friends or relatives, look no further than Tye-Dye Everything. If you'd rather let your fingers do the walking, the store's URL is <[www.tyedye-everything.com](http://www.tyedye-everything.com)>. The phone number is 208-883-4779. Store hours are Monday through Saturday, 11 a.m. until 5:30 p.m.



Barb Dunham applies color to a garment.

*John Pool marches to the beat of the Doobies and grooves on the sight of his steadily-receding hairline.*

# Ginger

By Pamela Lee

I wonder when I first developed a taste for ginger? It doesn't *seem* like a flavor that a young child would be drawn to.... But, I recently had a long distance telephone conversation with my soon-to-be-three-year-old niece on the subject of candy, and I learned that ginger was her *very favorite* flavor of candy. When she was barely two years old, she would eagerly raid my sister's baking stash of crystallized ginger. This sweet young child has since added Ginger People's chews to her repertoire, and I suppose I'm to blame. I introduced my ginger-loving sister to the chews when she visited several months ago. My rationale is that if a person is going to indulge in sweets, at least ginger is good for you.

this rhizome a good spice for people with liver or digestive problems. Many believe that ginger, in savory food (not sweets) is a helpful medicinal food for diabetics; ginger activates pancreatic and intestinal enzymes. Ginger also helps lower lipids, such as cholesterol and triglycerides, in the blood.

I use ginger to control car-motion sickness. I've also heard anecdotes about how eating ginger root, or swallowing capsules of ginger powder, before undergoing cancer chemotherapy treatments can help mitigate nausea. Ginger can increase circulation, and can soothe coughing and sore throats. Fresh ginger root has a relatively high

nutmeg, allspice, and cocoa in medium bowl. Set aside.

In a separate large bowl, beat butter, molasses, sugar, buttermilk, milk, and egg with an electric mixer on low speed.

Add dry ingredients to liquid. Beat on medium speed until batter is smooth and thick, about 1 minute, scraping down sides of bowl with rubber spatula as needed. Do not over mix. (If using the fresh ginger, batter will be lumpy.)

Working quickly, pour batter into a nonstick 11x7x1 1/2-inch rectangular metal baking pan and then smooth the surface. (If not using a nonstick pan, butter and dust pan

While I am partial to warm gingerbread topped with slightly sweetened (Stratton's) whipped cream, the following sauce is a welcome complement to the gingerbread's spices:

## Orange Sauce for Gingerbread

Makes about 1 3/4 cups  
1 1/3 cups juice plus 1 tsp. zest  
from 4 large oranges  
1/2 cup granulated sugar  
4 tsp. cornstarch  
1/8 tsp. salt  
2 Tbsp. unsalted butter  
1 Tbsp. juice from a small lemon.

1. In small saucepan bring orange juice, sugar, cornstarch, and



The Moscow Co-op has plenty of ginger to indulge in—as teas, in fresh, sweet, and savory forms. I am a fan of Traditional Medicinal's ginger teas. I especially appreciate the stimulating effect of ginger energizer tea for occasions when I need a bit more pep in my step, yet want to avoid the jittery effect that can be brought on by coffee.

For centuries, traditional Chinese medicine has used ginger as a tonic for digestion, to treat nausea and motion sickness, to improve circulation, and to buffer the effects of other, stronger medicinal herbs. Ginger can be found in nearly half of all Chinese cures, and is widely enjoyed in tea form. Ginger was a staple in the diet of Confucius, and was placed in the tombs of Chinese royalty for sustenance in the after-life. Ginger root used to be nailed to the door of Chinese homes when a baby was born. The root was supposed to absorb any bad character traits that otherwise might walk in.

Ginger has a protective effect on the liver and the stomach, making

calcium and iron content. After extolling all its virtues, I must admit - I just like the taste of ginger!

## Old-Fashioned Gingerbread

2 1/4 cups sifted, unbleached all-purpose flour  
1/2 tsp. baking soda  
1/2 tsp. salt  
2 tsp. ground dried ginger  
1 tsp. ground cinnamon  
1/2 tsp. ground cloves  
1/2 tsp. ground nutmeg  
1/2 tsp. ground allspice  
1 tsp. Dutch-processed cocoa  
8 Tbsp. unsalted butter, melted, then cooled to room temperature  
3/4 cup light unsulphured molasses  
3/4 cup granulated sugar  
1/2 cup buttermilk  
1/2 cup milk  
1 large egg

Adjust oven rack to center position and heat oven to 350-degrees.

Whisk together flour, baking soda, salt, ginger, cinnamon, cloves,

with flour.)

Bake until the top springs back when lightly touched, and edges have pulled away from the pan's sides, about 35 to 45 minutes.

Set pan on wire cake rack and let cool 5 to 10 minutes. Serve hot, warm, or at room temperature.

Gingerbread can be wrapped in plastic wrap, then foil, and refrigerated for up to 5 days.

Note: for stronger ginger flavor, replace the dried ginger with 3 Tbsp. grated, peeled fresh gingerroot and 3 Tbsp. minced crystallized ginger. If you prefer a lighter colored gingerbread, cover it loosely with aluminum foil during the last 15-20 minutes of baking.

From *Cooks Illustrated Magazine*, November 1995.

## Gingerbread with Dried Fruit

Follow the Old-Fashioned Gingerbread recipe, folding 3/4 cup raisins, dried cranberries, or chopped prunes or figs into the batter.

salt to boil over medium heat, stirring constantly. Continue to cook until sauce is thick and clear, about 1 minute.

2. Remove from heat, and then stir in butter, lemon juice, and zest. Serve hot, warm, or at room temperature over gingerbread squares.

Next month Pamela Lee will share more ginger lore and recipes in *Ginger: Part Two*.

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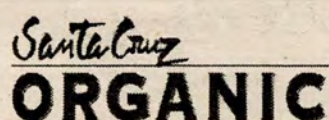


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# German Red Garlic

By Mary Jane Butters

We've been growing and selling our Paradise Farm organic German Red garlic at the Co-op for the last eight years. We sell hundreds of pounds of this delicious garlic variety to the international specialty foods website, <www.thegarlicstore.com>, as well, but we intend to continue supplying our neighbors with this great garlic.

And why do I say this German Red garlic is so special? The cloves are large (about 8 per bulb), store well, have a strong garlic flavor, and do not have any disease or mold. And, these cloves are easy to use since the skins peel easily. You won't find the skins clinging to your fingers, cutting board, and knives like the papery skins of other garlic varieties.

The reason our garlic keeps so well, and is so large and flavorful, is the pampering we provide each bulb. We use expensive organic fertilizers, minerals, and kelp in our garlic fields. In addition, we add mycorrhizal fungi to the soil. This is an expensive product (five gallons cost \$250), but the fungus grows symbiotically with the garlic, attaches as a filament to the roots and extends the power of the roots to pull nutrients from the soil.

In addition, we have years of experience in raising garlic, so we know when to plant and harvest for the best results. When we harvest, each plant is individually handled and placed on padded mats in the back of our pickup, and then individually hung to dry in our barn. We don't toss, throw, smash, pile, or squish our garlic—so our garlic bulbs don't have bruises or cuts. We handle each bulb as though it were an egg.

Growing and harvesting our garlic is very labor intensive. The

price reflects our costs. But we think our garlic is clearly superior.

In addition to the German Red garlic bulbs, every June we sell our garlic scapes to the Co-op Deli. The scapes are the curly seed tops the garlic plant produces. The Deli folks blend the scapes with pine nuts and olive oil to make a delicious garlic pesto which is sold in tubs, put on pizza, etc. Since the scapes are fresh for only a few weeks annually, the garlic pesto is also a seasonal food. The scapes make a pesto that is a pretty green color with a rich garlic flavor, but without a hot garlic bite. During the season, I eat it two or three times daily.

The garlic scape pesto was created by Rich Hannan, the director of the Western Region USDA Germ Plasma Bank at WSU. Rich is in charge of storing and saving seeds of all kinds of crop varieties to maintain biodiversity. When he was appointed the curator of garlic at this seed-storage facility in 1983, there were only 14 different cultivars (different unique varieties) of garlic in the seed bank. Now he has found and saved 275 garlic cultivars from around the world. Rich Hannan was also creative enough to think of a use for the garlic scapes. He has also entrusted us here at Paradise Farm with a total of 62 other varieties of garlic. We are now beginning field trials for those garlics. We'll keep good records, study the results, and perhaps we'll find another variety that is even better than the German Red.

I think the Palouse has a bright future as a garlic-growing region. The California town of Gilroy is now famous for growing garlic, but here we really have the ideal climate, rainfall, and soil for growing premium garlic.

*Mary Jane Butters is a Moscow organic farmer who loves garlic, and who believes that the annual availability of Garlic Scape Pesto should be celebrated with a national eating holiday.*



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# For What It's Worth: Herbal Brews to Warm the Body and Mind

By Lori Harger Witt

Frankly, I'm glad to have the heat of summer behind us. As the mornings grow crisper and the nights fall earlier there are more opportunities for doing one of the things I savor most in life: brewing and sipping steaming pots of tea.

Now, I love the caffeine herbs like black, green, and oolong tea, coffee, yerba mate, and guarana, but in this article I will focus on herbal brews that are mildly stimulating without containing caffeine or related alkaloids.

Rosemary is a kitchen herb that most people don't think of making into tea. But when I worked on an organic farm in the south of France, rosemary tea was our daily eye-opener.

In European tradition, rosemary was a symbol of fidelity and was believed to enhance memory. In Hamlet, Shakespeare has Ophelia say, "There's Rosemary, that's for

remembrance; pray you love, remember."

Lore also had it that rosemary plants would only flourish where a woman was dominant. There are old accounts of English men tearing up rosemary plants in their gardens for fear of being seen as lacking authority. Practically speaking, though, rosemary has qualities that make it an ideal chilly morning tea for man, woman, or child. Its wonderful aromatics can help clear congested heads. As a mild circulatory stimulant, rosemary tea is also warming.

Brew the tea by simply pouring one cup of boiling water over one tablespoon of the herb; cover and steep for ten minutes, then strain and enjoy. You can also try these combinations:

### Lemony Lift

- 2 parts rosemary
- 1 part lemon grass

### Peaceful Wakefulness

- 1 part rosemary
- 1 part lavender
- 1 part spearmint

Ginger is another warming tea herb. It dilates the arterioles to bring more blood flow to just below the skin. As a moderate stimulant to the immune system and the mucous membranes, it is useful when you feel a head cold coming on.

Many people also find ginger to be mildly stimulating to the brain. One of my favorite ginger tea recipes comes from woman who shares my love for tea, herbalist Rebecca Wittenberg of Kalispell, Montana.

### Winter Warming Tea


- 1 part ginger
- 1 part cinnamon
- 1/4 part licorice root

You can mix the powdered forms of these herbs with hot water for tea, but you will get a tastier and less sludgy beverage by using the cut and sifted form. Combine one tablespoon of herb with one cup cold water in a pot, and bring to a simmer for five to ten minutes. Cool to drinking temperature, then strain.

This tea combination is great for those folks who always have cold hands and feet. It's also soothing for gas, intestinal cramping, and nausea. Most of all, it's wonderful with fresh baked ginger snaps.

There is, of course, a whole world of herbs that make delightful teas. These are just a few. So forgo the espresso shack and take some time for a little alchemy in the teapot.

*Lori Harger Witt recently inherited her grandmother's teapot and tea cups.*

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# Moffett's Organics

By William Quirk, Produce Assistant

The road to Wawawai no longer just leads to summertime brouhahas at The Dunes and Granite Rock climbs. Along the winding canyon that leads to the Snake River is the home and certified organic farm of Stacia and David Moffett. The Moffetts bought the property about seven years ago as a way to expand their love of gardening. Their search for a large garden with more sun than shade led them out of Pullman and into the country. A weathered and outdated fence post sign indicates their property with the simple words, Moffett's No Spray. It may soon be replaced with something like Moffett's Organic Vineyard and Vegetables.

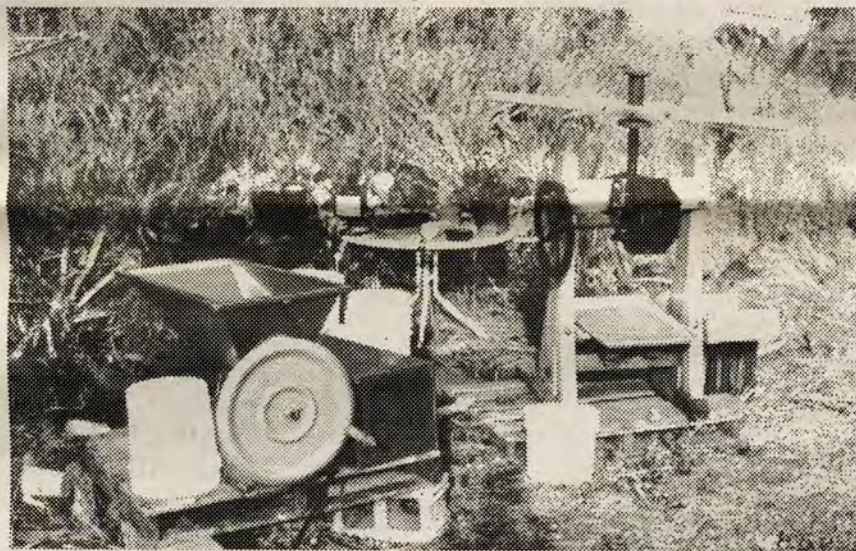
The change from urban gardener to rural winemaker is significant. The Moffetts are both full-time

transitional status. In Washington, records of land history and stewardship can hasten the inspection and certification process. In a five-month period, without transitional status, the Washington State Department of Agriculture certified 114 acres of the Moffett's farm as Organic in June of 2001. Their official certificate lists wine and grapes along with walnuts, apples, plumcots, six kinds of berries, nectarines and cherries, flowers and mixed vegetables as the crops raised on their land. While the vineyards are to be the focus of the Moffett operation, they also produce a variety of tomatoes, squashes, and peppers in two gardens. The Co-op seasonally carries their tomatoes, winter squash, and heirloom beans.

Stacia and David are growing approximately 10 varieties of grapes



Stacia Moffett with one of her three dogs.



This is the wine-making equipment used by the Moffetts.

WSU biologists, but they find time for the exhaustive research necessary to start a successful vineyard and winery. Stacia had a good model in her father, who was also a professor with a secondary income from a dairy and beef operation.

From the start David and Stacia have been committed to organic farming philosophy and techniques. As Human Physiologists, they know first-hand the adverse effects of conventional agriculture's chemicals on living beings. They decided to certify their property as Organic to fill a niche in the organic and specialty wine market

The Moffett property was worked as a vegetable garden for the first few years they owned it. They raised food for their family and the Co-op. In most circumstances certification requires three years of

and continue testing small plots to determine which grapes are best suited for their land. Ideally the vineyards would consist of about five varieties. The current selection includes Shiraz, Merlot, Lemberger, Cabernet, Pinot Grigio, Sauvignon Blanc and Rkatsiteli. Rkatsiteli was bred in the former Soviet state of Georgia for its drought tolerant qualities. It is doing especially well on the dry palouse slopes.

At the suggestion of a neighbor, the Moffetts purchased 24 turkeys to combat the hordes of hungry grasshoppers that invaded the Palouse this summer.

"Chickens," the neighbor said, "will eat until they're full, then go lie in the shade. Turkeys keep eating."

Turkeys released in the vineyard, combined with use of the natural pest inhibitor Neem oil and

the solar inhibitor, Kaolin, were effective in protecting the summer's grapes. The previous owner had found insects, rodents and a lack of water to be insurmountable obstacles to his efforts at raising a combination orchard and vineyard.

On a recent visit to the Moffett's farm, I was expecting to hear all about their soil building techniques. I soon learned that grapes require very little of the amendments typically associated with organic agriculture, and, in fact, are quite easily over-stimulated with nutrients. They like a certain amount of deprivation and will thrive under these conditions. The Moffetts' soil is nutrient-rich. Concern about excessive nutrients even led an inspector to recommend removing nitrogen-fixing Vetch cover crops.

Future plans for the Moffetts' operation include a winery and possibly a tasting room. Construction could begin as soon as next year. By

Fall 2003 we might be able to waft the bouquet of a 1998 Cabernet in the Moffetts' tasting room. They plan to use the Internet to market their wines outside the region. Local outlets such as the Co-op and a new store in Lewiston, called Elderberries, will proudly carry the Moffett Wines.

Stacia feels Elderberries, which is both a retail operation and certified organic processing kitchen available for local producers, will help locals find alternative and healthful uses for their land. She envisions her and David's farm as a part of a much larger community of local organic farmers and producers. She sees the financial cost of certification as a hindrance to many small farmers and notes that in England farmers are paid to certify.

We're glad the Moffetts are willing to overcome that hindrance. Thanks Moffetts!

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# Gardening

## Planting Trees For Dazzling Displays

By Patricia Diaz

Planting trees gives you so many benefits besides the enjoyment of their obvious beauty. Trees add character to your house, boost its resale value (by about 20%), and create joy in watching them throughout the seasons. Fall is a good time to plant trees so let's talk about some superstars.

Modern nurseryfolk have created supertrees, or trees that have been dramatically improved from their native state. Through careful selection, breeding, and propagation, these supertrees have better shapes, more brilliant fall color, and, for the blooming varieties, more flowers. A good example is the October Glory red maple. This tree was developed by William Flemer Jr. of New Jersey's Princeton Nurseries several decades ago. Usually red maples turn bright red only in the most favorable of autumns and only in the most favorable of soils. He discovered, in late fall one day, one red maple that hadn't shed its leaves yet. Indeed, the tree was resplendent in crimson. He began grafting a bud or piece of twig onto the roots of the ordinary red maples and the October Glory red maple was born. The grafted trees consistently reproduce the brilliant fall coloration of the parent tree.

When you go to your local nursery, you will need to be able to distinguish between seed-grown trees and supertrees. Cloning (or grafting as Flemer had done) is the secret behind every supertree. The genes of seed-grown trees are an unpredictable mix inherited from unknown ancestors; a clone is a genetic duplicate of the parent tree and will grow up looking just like its parent, subject only to the modifying effects of the environment. Each clone will be labeled with its own special name, as in the case of the October Glory red maple, instead of merely red maple. Cloned trees usually cost 10-30% more than seed-grown trees of the same size and species, but you'll be getting exactly what you expected. Many years and many thousands of research dollars have gone into the development of supertrees. These supertrees also have other developed characteristics that are highly desirable to the purchaser. For example, the Skyline honey-locust tree (which took 10 years of evaluation of 250,000 seedlings) is thornless and seedless, as well as more compact and symmetrical. Yet it retains the desirable qualities of the common honey-locust such as robust hardiness and an ability to shrug off drought and poor soil. The Kwanzan cherry tree (the same ones that

draw thousands of tourists to Washington, D.C., each spring) has breathtaking flowers, far more than the common cherry tree.

To maximize your planting success, follow these guidelines:

1) Buy trees that are either balled, burlapped, or container-grown. These trees suffer much less transplanting shock than bare-root trees.

2) Dig a generous hole and plant the tree no deeper than it grew in the nursery. If the roots are burlapped, loosen the burlap when you place the burlap in the hole.

3) Refill the hole with a mixture of 2/3 topsoil to 1/3 peat moss. Tap the soil down gently as you go along. When the hole is half-filled, soak the soil with water to collapse harmful air pockets. Finish filling the hole. Wrap the young trunk loosely with burlap to prevent sunscald, and stake the tree securely.

4) Be sure to keep your tree watered until it's time for it to go into winter dormancy (consistent freezing temperatures).

---

*Pat Diaz lives on six acres in the woods by Dworshak Reservoir with her husband, Tom, and schnauzer, Gus. They have prepared a large new garden area for next year and have planted lots of spring/summer bulbs. Now to fend off the deer, rabbits, turkeys, and voles.*

Some of the best supertrees you can purchase include the following, all of which are suitable for our planting area:

### SKYLINE HONEY-LOCUST:

This thornless, seedless, supertree has a wonderful tolerance for poor, dry soil. Its shape is oval, compact, and symmetrical. Mature height is 45 feet.

### SOVEREIGN PIN OAK:

This is a rapid-growing tree with upswept branches, instead of drooping ones. The leaves turn red in fall. Mature height is 75 feet.

### OCTOBER GLORY RED MAPLE:

The beautiful and reliable crimson color stays late into the season. Its mature height is 50-60 feet.

### CLEVELAND NORWAY MAPLE:

Large, lush leaves and a dense head characterize this supertree. It has a pretty yellow coloring in the fall, tolerates pollution, and reaches a height of 50 feet.

### BRADFORD ORNAMENTAL PEAR:

This disease/pest resistant tree grows to 40 feet.

### KWANZAN FLOWERING CHERRY:

If you want flamboyant pink blossoms, this is the tree for you! It grows to 15-25 feet.

### RADIANT FLOWERING CRAB APPLE:

This supertree is exceptionally winter-hardy, beautifully shaped with red buds, pink blossoms, and bright red fruit. It grows to 18-25 feet.

### SNOWDRIFT FLOWERING CRAB APPLE:

This tree has pink buds, abundant white blossoms, and orange-red fruit. It is cold weather-resistant and reaches a height of 20 feet.





# Producer Profile: Herb Wisdom from Linda Kingsbury

By: Leah Christian and Eugene MacIntyre

Walking into Dr. Linda Kingsbury's office, one immediately notices the herbal aroma. Scattered throughout her office are dried herbs. Linda has just returned to Moscow! After seven months in California developing new herbal treatment products for My Backyard, Inc., she says she is happy to be back home and ready to resume her holistic practice.

Moscow Co-op members are probably familiar with Kingsbury from Earth

Wisdom Herbals, her line of wild and organic single herb and formula tinctures carried by the Co-op. While her practice includes health consultations specializing in herbal medicine and natural healing, plus frequent classes on natural health and well being, she says that "at the Co-op, I am mostly focusing on the nutritional aspect" of the business.

Kingsbury enjoys gathering her own plants from the wild to use in her herbal tinctures and also uses

plants from Organic Farmers of the Northwest. Linda begins making a tincture by soaking the herb material in vodka for 2-6 weeks. After this time, the alcohol draws out the properties of the herb and a concentrated herb tincture is produced.

To use a tincture, one can add the concentrated drops to virtually any liquid or simply drop it directly

into the mouth. The body gains the effects of the extracts quickly because the alcohol-based tincture immediately enters the bloodstream and the body can receive them easily.

A tincture is unique because one receives both the water-soluble and alcohol-soluble extracts from the herb. Tinctures have a long shelf life of five years, and are convenient to use because they can travel easily with you.

Dr. Kingsbury met a Native American woman during college many years ago who sparked her interest in holistic nutrition and natural healing. She expanded her interest by going to work for Jack LaLanne in the early 1980s at his California health club as a nutrition assistant. Her formal education includes a Master's Degree in Holistic Nutrition from the American College of

Holistic Nutrition, and a Ph.D. in Holistic Nutrition from Clayton College of Natural Health.

Linda began making her own herbal products in the Portland area through her company called Middle Path Herbals. She moved to Moscow with her son in 1993 and became involved with the Co-op soon after.



Linda's products at her office



Linda Kingsbury at work

When she moved, Kingsbury says, "I shifted to using more herbs people could grow themselves." She began to focus more on herbs that could grow locally. Her goal was to make the process of using herbs for health and wellness purposes a more complete process for individuals. She says, "I wanted to empower the individual by growing one's own herbal garden."

In 1998, she facilitated a medicinal herb garden project for the Nez Perce Tribe in Lapwai, Idaho, in association with their drug and alcohol treatment program. In this project, she helped build an herb garden and taught classes on the uses and benefits of the herbs. This project is a manifestation of her goal to empower people to grow their own herbs and also understand the benefits of and processes for making tinctures and other herbal products.

Linda has been expanding her line of herbal products. One of her new products, the award-winning Sprit Herbs for Awareness Kit, focuses on the emotional healing benefits of the herbs. She is also making Recovery Teas for people recovering from addictive diseases. In the future, while we may see some of these products at the Co-op, right now they are only available through her office.

Now that she has returned home, Linda is excited to resume her practice, providing individual consultations as a holistic practitioner at her office in Moscow. She continues to teach many classes about herbs and healing techniques at a variety of locations in both the Moscow/Pullman area and the Lewiston/Clarkston valley. Her website is <[www.spiritherbs.com](http://www.spiritherbs.com)> for more information.

*Leah and Eugene are new to the area, and both are pursuing graduate degrees at Washington State University. They just started their own herb garden and are excited to experiment with ideas that they learned from Linda.*

## Toxic Components of Smoke from Field Burning: What are we Breathing?

By Patti Gora

In my last article, I described how some people in our region, particularly those with asthma, have been affected by field burning. Should the rest of us be concerned for our health as well, even if we don't have asthma?

The research on the toxic components of smoke is growing. The smoke from field burning consists of two main emission types: particulate matter, which we see, and volatile and semi-volatile gasses, which we cannot see.

The volatile and semi-volatile gasses formed during combustion have compounds so small in size that they avoid detection from particulate monitoring stations. Some of these compounds are known or suspected carcinogens. Recent experiments conducted here in the Palouse have identified several compounds of concern to

us all. Matt Moberly, a graduate student in chemistry at WSU, has sampled wheat stubble smoke and found a number of phenolic and benzene derivatives. Two of the more serious compounds found were Phenol and m-Cresol. Exposure to these compounds can cause severe irritation of the upper respiratory tract with coughing, burns, breathing difficulty, and possible coma. At high concentrations they can cause central nervous system damage and can be possibly fatal. Phenol also has been shown to exhibit both mutagenic and tumorigenic effects.

Other studies include BM Jenkins, et al. "Emissions Factors for Polycyclic Aromatic Hydrocarbons from Biomass Burning" in *Environmental Science Tech.* 30: 2462-2469, 1996, and Mascalet et al; "Emissions of Polycyclic Aromatic Hydrocarbons by Savanna Fires" *J. Atmospheric Chemistry*: 22:41-54, 1995.

The EPA is currently testing emissions from wheat stubble burning for dioxins, since at least 2 chlorinated compounds have been identified in previous test burns done locally, and results are expected to be known by June of 2002. Dr. Jeff Corkill from Eastern Washington has also conducted experiments on the chemical analysis of grass seed field straw in 1996. He found several compounds of concern, including five phenols and a number of PAH's (Polycyclic Aromatic Hydrocarbons) including Acenaphthene, Antrracene, Benzo[a]pyrene, Chrysene, Phenanthracene and Pyrene.

Although some area growers are now cutting stubble back to make less of it to burn, this will mean that combustion will be at a lower temperature and may now have less efficient combustion, and therefore, even more toxic

compounds. If, like me, you stumble on the "big chemistry words" but would like to understand what is in the air you are breathing during a smoke incursion into your home and community, you may go to our web site at <[www.fieldburning.com](http://www.fieldburning.com)> and click the link to "scientific research." From there, you may view all the toxics found in smoke as well as the Materials Safety Data Sheets which will tell you the known effects on humans. Then, I encourage you to become active and write to your local county commissioners and state representatives and ask them to stop allowing this toxic cloud to envelope our community each year.

*Patti Gora is currently the executive director of a new foundation to address the health issues from field burning. She has also worked in the community on issues of violence against women and is the mother of two children.*

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# Papa Sings Bass and More:

## Part 1

By Lisa A. Cochran

The changing structure of the family—we all know about it. From 2000 Census data, we see clearly that there's no returning to the days of June and Ward Cleaver. More households are made up of single head-of-households than ever before. And, not surprisingly, there is a strong emergence of women like me who are single-mothers-by-choice. But nowhere is there data on the status of stay-at-home-dads (SAHDs), yet they are out there, and in higher numbers than ever. The question is whether or how well these fathers are supported within our modern society. I suspect that they are not. I have been unable to find local support systems that specifically address the needs of fathers as primary care givers, although some groups come close (for example, Hip Mamas and Papas). What communities need are Father Mentoring Groups that assist men just entering new and challenging territory. More fathers than ever feel isolated in their roles within the ever-changing structure of modern day families, so for this 2-part article, I will highlight several local fathers. It is interesting to note that all of the men I spoke with were over 30 years of age when they made the decision to stay home with their children.

In 1978, Bill London and his partner, Gina Gormley, were living in rural Benewah County when their daughter Willow was born. In fact, the midwife arrived late for the birth so Bill stepped up and he and Gina together delivered their baby into the world. This launched Bill on a 22-year odyssey he had no way of anticipating as he held his daughter in his arms for the first time. Willow's early years were in many ways ideal: with a handful of nearby

neighbors with kids of similar age, co-oping was the norm of the day. As Bill puts it, "on any given day, you either had no kids there or three." Parenting roles in the area families remained flexible with the focus on meeting the needs of their children. In 1984 when Gina got a job with GTE, the family moved out of the woods and into Moscow. Until then, both parents had stayed at home to raise Willow, but now Bill took over the day-to-day tasks of running a home while raising his 6-year-old. Bill had already established a career as a free-lance writer, so his flexible schedule allowed him to get his daughter ready for school, take her to dentist appointments, go to ball games, make meals, and help her with homework for the next 12 years until she went off to college. When speaking about his investment in his daughter's life, Bill cannot stress enough the importance of being an involved and dedicated primary male role model, dedicated to nurturing strong, open lines of communication while honing skills of negotiation. He feels such an involvement by fathers is essential; in particular to help girls avoid many of the culturally driven pitfalls that test their self-esteem. Bill's own childhood was proof enough to him of what an aloof father can do to the emerging identities of young children. He is willing to informally meet with other men on the subject of parenting, particularly the benefits of close father/daughter relationships. He can be reached at <london@moscow.com>. Joseph Erhard-Hudson and his wife, Carla, became parents in 1997. The decision for Joseph to remain at home with Carl was a natural one. Carla had a good paying job at the

UI and by Joseph's own admission, he fell naturally into the role as primary caregiver as well as domestic duties. The couple had also decided that making money was less important than active parenting, so the loss of Joseph's income meant sacrifices they were willing to take on. Joseph spent a little over 3 years at home with Carl and treasures the relationship he has developed with his son. This is in sharp contrast to Joseph's memories of his own childhood. His early years were dominated by his father's absence; first for a long tour of duty in Vietnam and later by the demands of fighting fires for the Forest Service. Deeply affected by the distant relationship with his own Dad, Joseph went into Fatherhood determined to establish a different kind of relationship with his own son. As a SAHD, Joseph's biggest challenge came when he found himself struggling with a short but marked bout of depression. He attributes this period as a sign of physical, mental, and spiritual conflicts that began to negatively affect him. Days with a toddler can be long, difficult, and exhausting as power struggles begin reaching new and frustrating heights. The value of parenting labors is often difficult to see short term because they lie within the framework of a long-term investment. Then, American society as a whole does not value the

caregivers of its children (look at the pay for daycare providers and teachers!). Being a Homemaker is dismissed as not a "real career" and is often greeted with condensation or triviality (sound familiar, Moms?). Add to this the strain watching your family slide backward into a financial hole and you have the perfect recipe for depression. Even with little outside support, Joseph was able to overcome his difficulties. He recently returned to full-time work while Carl, now four, goes to preschool, but Joseph's work schedule still allows him to spend afternoons with his son. Despite the challenges facing SAHDs, Joseph strongly believes that laying a solid foundation in the lives of our children is the most important job that fathers can assume. He would like to share his experience with other SAHDs and can be reached at <joseph@moscow.com>. Next month, I will feature more SAHDs along with different kinds of parenting arrangements that allow increased involvement of fathers. If you are interested in learning more about being a SAHD contact the men featured here or contact me.

*Lisa Cochran is a long-time Moscow resident interested in promoting healthy families. Anyone interested in starting or participating in a Father's Mentoring Support Group, please contact her at (208) 882-8345, or email <muddypuddle@moscow.com>.*

### For more information and support online:

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<http://www.dadstayshome.com/>  
<http://www.slowlane.com/>



# The Co-op Art Gallery

By Rose Graham

The Moscow Food Co-op's next Art exhibitor will be Mel Seibe, an art teacher at Moscow High School. Her opening reception will be November 16 from 5-7 p.m. Her show will run through to Dec 6.

Mel describes her art work thus:

"Throughout the years I've worked in a variety of medium, but am currently going through a gouache/ink phase as it seems to lend itself well to what I'm currently painting. I have no heavy, philosophical artist's statement to make about why or what I create. All I know is that I was born with the desire and when I'm not creating I feel a sense of loss or even guilt. Unlike a hobby, I can't shake this desire; never tire of it. Art is as much a part of me as are my eyes, hands and heart. Somehow they're all interconnected. I'm interested in subject matter concerning the spirit/spirits, the inner self, meditation and women's empowerment. I hope to represent all of these interests in this show."

If you would like to submit art work for the gallery please contact Rose Graham at <rterrydgraham@hotmail.com> or (208) 892-8432.

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# Bulletin Board

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## CEI Adult Education Series continues:

### Palouse Wetlands Tour-

Offered on Saturday, November 3, 2001 from 10:00 am to 12:00 pm. The group will meet at Friendship Square and carpool from there. The class will be led by Robin Jenkinson. Come learn about biological processes used to "polish" our effluent and other benefits of treatment wetlands. No limit to class size.

### The Physiology of Autumn-

**November 10, 2001 from 10:00 am to 12:00 pm.**

The group will meet at Friendship Square and carpool from there. The class will be led by Robin Jenkinson. Ever wonder exactly what causes such brilliant colors? Learn about pigments, plants and the poetry it all inspires. Limit 10 people.

Classes are free with a PCEI membership or \$3 for non-members. PRE-REGISTRATION FOR CLASSES IS REQUIRED!! Contact Polly at 882-1444 or pcei@pcei.org to sign-up or become a member today.

### Concerned about Field Burning?

The Idaho State Department of Agriculture is planning public meetings to solicit comments on the temporary rules governing field burning. There ISA meeting planned for the Lewiston area on Wednesday, November 14, though the location and time have yet to be determined. This meeting will be one of five scheduled statewide and it will provide a public forum to collect comments. If you have any questions contact: Julie Pipal - 208-332-8671 jpipal@agri.state.id.us

### Mark your calendars for the Fall Networking Breakfast!

Would you like to have up-to-date information about human service programs in Latah County?

Would you like to spread the word about your programs in an efficient and effective way?

Then the Networking Breakfast is for you!

It will be held on Thursday, October 25, 2001 from 8:30 a.m. to 10:30 a.m. at Gritman Medical Center in the 1st floor conference center. Please contact 883-6454 to register or for more information.

Josh Burnim, former Co-op employee, will give a free slide presentation of his epic Sawtooths to Selkirks hike on Monday, November 5 at 7:00 PM in the U of I Law Auditorium.

### UI Women's Center

**Thursday, November 1, 2001 12:30 p.m.**

#### Art Exhibit

In collaboration with the Moscow chapter of the Women's Caucus for Art, the UI Women's Center is hosting a rotating art exhibit featuring a local artist each month. Second in our series, is Lisa Manning, a UI Master of Fine Arts student. Lisa's emphasis is in fiber or textile arts.

The exhibit is available for viewing at the center during regular office hours, 8 a.m. to 5 p.m., Monday through Friday. You will have a chance to "Meet the Artist" on Thursday, Nov. 1, at 12:30 p.m. at the Women's Center.

**Wednesday, November 7, 2001 12:30 p.m.**

#### A Reading by Kim Barnes

UI English Professor Kim Barnes will give a reading from "The Ashes of August," which documents memories of her father fighting Idaho's forest fires, and years later, her husband helping to squelch a wildfire near their home on the Clearwater Canyon in Lenore. Barnes won a 2001 Pushcart Prize for her essay.

### The 7th annual Womens Works Holiday Art Fair

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

### UI Auditorium Chamber Music

**The Peabody Trio presenting works by Beethoven, Faure, and Brahms.**

Tuesday, Nov 13 at 8 pm

Submit non-profit announcement to beth\_case@hotmail.com by the 25th of each month.

### HOW YOU CAN HELP YOUR AQUARIUM

**Community Workshop**  
**Thurs., Nov. 1**  
**Rm. 2B, Latah Commons**

Sponsored by Moscow Earth & Faith Forum and Environmental Institute  
E-mail: earthandfaithforum@moscowidaho.com or phone 882-7067

### A diverse mix of local music acts ...

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

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

#### Here's the November line-up:

- Nov. 1 Dan Maher, Marie Schneider and Lisa Simpson, singer-songwriters
  - Nov. 8 Shady Ramblers, acoustic folk, bluegrass
  - Nov. 29 Ben Aiman and friends, folk rock
- Contact the ASUI Office at (208) 885-6331.

### Playing at the Kenworthy Performing Arts Center ...

**"ART" by Yasmina Reza.**  
Translated by Christopher Hampton  
Directed by Pam Palmer.

**Nov. 9 and 10 - 8 pm** (tickets \$15)  
**Nov. 11 - 2 pm** (tickets \$10)

Tickets available at Bookpeople, Wild Women Traders and Brusd Books.

The Kenworthy Performing Arts Centre and the Latah Trail Foundation invite you to join us at the opening night, pre-show reception for "ART". From 7:30-7:45 pm on Friday, November 9, 2001 at Rolling Moon Tattoo Studio, 520 S. Main St.

A new painting by Moscow artist Linda R Wallace will be unveiled at the reception, and offered for auction at the end of Friday's performance.

This project is funded, in part, by the Idaho Commission on the Arts and the National Endowment for the Arts.

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

SUB Ballroom  
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ve November 16th  
is currently a mix of

1 work for the gallery  
at

