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October 2001

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

Taste Fair!

By Vicki Reich

October is a pretty special month around the Co-op. Not only is it National Co-op Month, but it's also the month we throw a great big party for all our customers.

body and your house. Some products will be old favorites, while others will be making their first appearance at the Co-op. It's always an exciting day at the store. We'll have local manufacturers sampling their wares, so you can taste their products and talk to them, too.



Yes, it's time once again for the Taste Fair. What, you may ask, is the Taste Fair? Well, if you haven't been to one you should mark your calendars right now for October 27th, because you don't want to miss it. We set up tables in every spare corner of the store and sample, sample, sample. There will be samples for you to eat, for your dog to eat, for your

The Taste Fair is a great place to see friends and enjoy the Moscow community feeling. We'll be sampling from 10 am until 4 pm. Join us in the morning when you shop or after Farmer's Market. Whenever you get here there will be lots of good food on hand for you to try, so don't forget Saturday October 27th from 10-4. You won't want to miss it.

www.moscowfoodcoop.com

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

Community News



Generally Speaking The Bike Shack

by Kenna S. Eaton, General Manager

One of the growth problems the Co-op is encountering is the lack of bike parking space. We've been aware for quite some time that this issue needed to be resolved but it wasn't a simple answer. Finally I spied some bike racks at the Ashland Community Food Store in Oregon. The racks, located at the back of the store and primarily for staff use, were mounted on the wall. This arrangement allows staff to hang their bikes up for the day and frees the racks out front for the customers. A plan was conceived to create a similar space for our staff and volunteers at the end of the garden on Fourth Street.

Et Voila! The creation of the bike shack. Painted bright red, if I have my way, the bike shack backs up onto the recycling bins and has a small roof to protect our trusty steeds from the harsh Palouse weather. There's nothing quite like coming out from a long day's work only to discover you have a wet bike seat! Yuck!

Of course, anyone is welcome to use the shack while at the Co-op, but I envision it as a place for folks who plan to be inside for an ex-

tended length of time—like all day. Vive le dry seat!

And an extra BIG thanks to these folks!

Three years ago the Co-op was gearing up to move to its current location and we needed to raise \$300,000 to cover the costs of renovations and relocation. While the Co-op was able to borrow some of the money from local lending institutions, over \$77,000 came directly from our members in the form of loans.

This fall we have begun the process of repaying some of those members and I want to give a special "Thanks" to all the people who invested extra funds into both the Co-op and our community. They have helped us come closer towards realizing our mission of providing local and/or organically grown food at reasonable prices while providing right livelihood for our staff. It is a symbol of your commitment to economic democracy through investing in a cooperatively owned business.



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In the Deli Grateful Harvest

By Kelly Kingsland, Deli Manager

I love the shift of each season, the mornings when one can feel the change in the air. Each change, whether spring, fall winter or summer has its promises, its waiting potential. I spent yesterday gathering firewood, and will spend my next day off harvesting potatoes, reveling in the harvest and preparation for the upcoming cold. For me in the Deli however there is a taste of sadness with the upcoming fall. As our local producers' complete their harvests we are forced to return to conventional markets for our organic produce.

This year I am particularly grateful to our local growers in part because they were able to supply increasing amounts of produce to fit the Deli's needs, and because I am gaining a better understanding of the work and commitment it takes to grow organic produce on the large scale.

Certainly the organic movement is growing, and interest in small scale farming with it. To those of us not directly involved, the amount of labor, the commitment, and the long hot days are not immediately evident. To honor that work, these folks who work to supply our local economy, I would like to name and express my gratitude to those people and farms that supply us. Some you may recognize from the farmers market and others may be new to you, but each deserves a moment (or more!) of recognition.

Early in the spring and on into the summer the Deli is supplied with lettuce and bok choy (Elsie's bok choy salad and more) by George and Sue from a twenty-acre homestead near St. Maries, Idaho. George is also famous for his awesome fall carrots which have just started arriving. We look forward to watching their farm grow.

Around the same time, just as the Farmers Market gets going, Elizabeth rolls into town in Jingles (her truck). Elizabeth's produce has a glow to it that is reflected in her eyes and spirit. She supplies us throughout the summer with parsley, scallions, beets, chard, kale, beans, peas, and collards.

Around mid-summer Dale Weissenfels begins bringing us his awesome local tomatoes, which are particularly fun to cook with. They are vine-ripe and sun-kissed in a way that no commercial tomato ever is, organic or not.

This year Ed Steele has supplied us with beautiful new potatoes both gold and red. They show up in these burlap bags that hint of their harvest.

Russell Poe, who Elizabeth has named the "young farmer," has supplied us with parsley, early basil, scallions, and peeled garlic. He plans on selling at the market next year from his newly purchased farm on the outskirts of Moscow.

There are others of course. Farmers who labor to feed us, to keep our local economy strong, to supply healthy loved produce, and to all of them I am exceedingly grateful. Please join me and take a moment to send a heartfelt thanks to all of them.

Feed Your Self

Come eat
Brunch

in the
Deli

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

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Welcome!

By Laura Long,
Membership Director

First of all, I would like to thank everyone who has been renewing or purchasing their memberships lately. The wide range of support and interest in the Co-op for the past two months has really been encouraging. It's wonderful to see all the new faces shopping in the store.

I want to remind all members that anytime you have questions or suggestions about the membership benefits, please contact me via email (laura@moscowfoodcoop.com) or just leave a memo on the suggestion board at the front of the store, and I will respond to you just as soon as I can.

One question that has come up in the past week was the procedure for adding on to another Co-op member's household. If you are living with a Co-op member, but you're not a member yourself, you can join for just a mere \$7, but I do want to point out that the expiration date of the additional person's membership will be the same as that of the Co-op member that originally purchased the membership. Also, please don't forget that there is only one vote per household. So if you would rather have your membership last for a full twelve months, and you also want voting rights, I would encourage you to purchase your own membership for the \$10 per year fee.

Another question that has come up over and over again at the check out stands is whether or not you need to show your membership card at the time you make your purchase. Please, please, please have your card handy to show the cashier that you are a current member. Often times we recognize your face, we even know your name and the names of your kids, and your favorite cookie. However, it is extremely difficult to memorize the expiration date of every shopper's membership card.

If for some reason you have lost your card or you have forgotten to bring it with you when you are shopping, we can try to look up your membership in our membership directory. However, these books are only updated on a monthly basis, so if you have recently purchased your membership you will need to carry your card with you for at least four weeks just to be sure. Following this simple request will entitle you to smiles, "thank-yous," and all the member benefits.


As always, we here at the Co-op are working harder to serve you and your community. We appreciate your continued support for this little, locally owned natural foods co-operative.

Go in peace.

Recipes - Nutrition - Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices - Pets - Conservation - Business Partners - Producer Profiles - Schedules - Board Members - Local Events - Links - Monthly Specials - Staff Profiles - Volunteer Profiles - Bulletin Board - Search Engine Recipes - Nutrition - Food Reviews - Wine Reviews - Macrobiotics - Herbs & Spices - Pets - Conservation - Business Partners - Producer Profiles - Schedules - Board Members - Local Events - Links - Monthly Specials - Staff Profiles - Volunteer Profiles - Bulletin Board - Search Engine

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Word of Mouth

By Vicki Reich

The most frequently asked question at the Co-op lately is "Do you have sea salt?" For a while I thought there was a new health fad out there that included sea salt, but I've since learned that it's good for healing body piercings and what most people are looking for is our bulk sea salt.

However, the Co-op carries five different kinds of salt and I started wondering what was the difference between all of them. If you ask a chemist what table salt is, she'd say NaCl, sodium chloride, so how can there be a flavor difference if salt is just salt? I was determined to find out. I was pretty sure no one else wanted to taste test salt with me, so I hunkered down in my office with my big bottle of water and got to work.

My first sample was our bulk sea salt and I was amazed by its salty qualities. Seriously, it was salty but not intensely so.

Next, I tried the bulk coarse sea salt, which had a nice crunch to it and a slightly saltier flavor.

Next up was the "brown salt" as Laura calls it. The proper name for it is Real Salt, which we carry in bulk. This is a mined salt and it too is salty but with a more complex flavor.

The first packaged salt I tried was Lifestream Iodized Sea Salt. It was very fine and very salty with a bitter taste and lingering aftertaste, probably from the iodine.

Next, I tried Eden Sea Salt. This salt is slightly gray in color and looks and feels damp. It is hand harvested off a beach in Brittany, France. This salt tasted the most like the sea that it comes from. It was very fine and saltier than most of the other salt, but not as salty as the Lifestream salt. That was it for tasting salt that the Co-op.

I have quite an extensive personal collection of salt (I have no idea how I developed such a collection but it really bugs my husband, who is a firm believer that salt is salt) so I took a big gulp of water and continued sampling.

Years ago, I got a sample of something called solar sea salt that was touted as the best salt money could buy (however, since I didn't pay for it I'll never know). I do

know that it too tasted like salt. It was unusual because it had a very strong salt taste at first that quickly dissipated.

The next salt from my collection was also a free sample. La Baleine is a coarse iodized sea salt. Unlike the Lifestream salt, it did not have a bitter aftertaste. It was saltier than most of the other salts and it is a smaller grain than our bulk coarse sea salt.

The last salt I tried (which was a good thing since my fingers were starting to swell) was a salt my mother brought back from Provence, France. As far as my limited French can determine, this salt is harvested from a region called the Camargue and is highly prized in France. It is my favorite because it has a more complete flavor than all the other salts I tried. It has an almost buttery taste to it. Unfortunately (or maybe fortunately), you'll have to go to France to get some. If you're as fascinated by salt as I am you'll have to check out www.saltinstitute.org. The web site has tons of information about salt and a couple hundred uses for it besides making your popcorn taste good. Happy shaking.

New Newsletter Volunteers

By Bill London

This newsletter is written, edited, and distributed by volunteers. This volunteer staff is always changing, and here's the latest changes....

Evan Griffiths has been distributing the "Community News" around Moscow for several years. He took several hundred newsletters from the Co-op and placed them around town at businesses where potential Co-op shoppers might find them. He was also a UI student, and like so many students before him, has left Moscow, with our thanks for a job well done.

Replacing Evan as Moscow distributor is Linda Caraffa Fisher. With the assistance of her granddaughter Samantha Davis, Linda started last month spreading the newsletter around town.

Donald Stanziano is the distributor for Pullman, and Ray Roatman is the distributor for the Lewiston-Clarkston valley area. Thanks to these great volunteers, the Co-op is reaching out to new members and others interested in good food and fun shopping.

Nancy Nelson, our illustrator, was overwhelmed with graduate studies and motherhood. She will be replaced with Susan Adam, who begins with the Taste Fair illustration on this cover.

Among the writers, Lori Harger Witt will no longer provide business partner profiles. Instead, she is returning to her true love—herbs—with a regular column about the use and history of the herbs and spices we use.

And we welcome two new writers: John Pool who will take over the business partner profiles and Kajsa Eagle Stromberg who has already started her volunteer profiles.

Thanks to all of the new volunteers—and the tested veterans—for making this newsletter possible.

If you are interested in a writing position, please contact Bill London at london@moscow.com

Bill London edits this newsletter, and has done so since 1984.



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Board Report: Atmosphere at the Co-op

By George Bridges,

member of the Co-op Board of Directors

I'd like to say a few words about a topic about which it seems impossible to say anything definitive. And that topic is atmosphere.

On the whole, I like the atmosphere at our Co-op very much. The vegetables and fruit in the produce section make a colorful, attractive and inviting picture, as do the loaves of bread from the Co-op bakery. The staff is friendly and cheerful, and the other shoppers in the store generally seem to be enjoying themselves.

Still, as the Co-op becomes an ever bigger operation, the question of atmosphere becomes more important. The main reason people shop here may well be the quality of the things they can buy (wholesome, organic food). But I think people are aware of "ambience" and also consider that an important reason to do their shopping at the Moscow Co-op.

One consideration in the question of atmosphere has to do with what I think of as entrances and exits. By this I mean mainly the parking lot in front of the store, which is an unavoidable part of the "shopping experience." For me the parking lot is actually an extension of the store. As parking lots go, the Co-op's parking lot (which, I realize, does not belong to the Co-op, and is therefore not something over which the Co-op has complete control) is not too bad. At least our parking lot is not a vast wasteland of asphalt, three or four times larger than it needs to be to accommodate the number of cars parked in it at any given time, with bright, garish lights that burn and buzz all night long and contribute to the light pollution of the world.

So it's not the size that I find unpleasant, but rather the fact that cars can park so close to the entrance/exit. Any closer and they would have their noses sticking through the front door. In winter the cars turn the snow into a filthy and unsightly slush that you can't avoid tracking into the store (and into your car as well). To add to the unpleas-

antness, some people think they have to leave their motors running while they go do whatever they're doing (but these people can't possibly be Co-op shoppers!), so there are plenty of times when you not only have to walk through slippery puddles of motor oil when you come out of the store but also get your lungs full of carbon monoxide just for good measure.

Another thing that the Moscow Food Co-op should give some thought to, in my opinion, is the kind of music that somebody decides we'll all listen to as we shop. Music is a matter of taste, of course, and I know that what's music to one person's ears may be nothing but irritating noise to another.

An experience that is still vivid in my mind, after ten years or so, is looking for unsalted butter in the frozen food section at Safeway—it was early on a Sunday morning—while listening to the hysterical sounds of a woman who was either in agony or the throes of sexual ecstasy. (Interrupted all of a sudden by an equally hysterical voice on the intercom system: "Bill will you come to the front BILL!")

If there has to be store-wide music, I would vote for Mozart, since I'm a believer in the notion that listening to a certain kind of music (Mozart's, for example) makes you a smarter person. I would vote for Mozart because, even though some people might be indifferent to his symphonies and sonatas, hardly anybody, I think, would find it actually objectionable. (And if some did find it objectionable, then for the opposite reason: that such music shouldn't be used simply as background noise.)

Generally speaking, the most pleasant background noise for me while shopping is simply hearing other people talking in a friendly way to one another over their shopping carts.

If any readers would like to share their thoughts on this topic, they can send them to me at my e-mail address, which is on page 2.

Coffeehouse Concert Series

By Leslie Einhaus,

UI University Communications and Marketing

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. All concerts begin at 7 p.m. at the Idaho Commons Clearwater/Whitewater Room (unless otherwise noted) on the UI campus. Concerts are free, and refreshments are provided. For more information, contact the ASUI Office at (208) 885-6331.

Here's the line-up:

Oct. 11 Bēcraft, jazz, funk, groove tunes, SUB Ballroom

Oct. 18 Galactic Tofu Farmers, socially-conscious groove food

Oct. 25 Marcus Eaton and the Lobby, pop, jazz, funk

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

Dec. 6 Oracle Shack, music and fun for the kids

Dec. 13 Steptoe, acoustic folk, bluegrass, jazz

Bakery Schedule

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

Monday

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

Tuesday

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

Wednesday

Molasses Wheat
Cornell White
Cornmeal Loaf
Anadama
Seeded Sour
Pizza Rolls

Thursday

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

Friday


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

Saturday

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

Sunday

Honey Wheat
Cornell White
Whole Spelt
Breakfast Loaf
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Volunteer Profiles: Emily Thiem and Joshua Kettlehake

by Kajska Eagle Stromberg

I have to say first how impressed I was by the young volunteers, Emily Thiem and Joshua Kettlehake, that I met last week at the Co-op. They both seemed so friendly and comfortable, which shows a maturity level not possessed by every high school student. When you get down to it, that friendliness and confidence is a quality not possessed by many people their whole lifetime.

In my opinion, these kids were way cool.

Of the many volunteers at the Co-op, there are about seven under eighteen years of age who do regular shifts as volunteers. The other youthful volunteers I didn't get a chance to talk with were Dylan Richards, Leo Millstein, Jordan Wrigley, and Teva and Brya Palmer. But I did get to meet Emily and Joshua so I can tell you about them and the work that they do.

Joshua, who's 14 years old, started volunteering before he even knew he could get a discount. He'd been coming in to do shopping with his family and started bagging groceries just for fun. Pretty soon he

was approached by Janna about becoming an official volunteer and there started his illustrious career.

When I asked him how he started volunteering, he said he was



“provoked!” by Janna. He started at the Co-op about a year ago, and after taking the summer off, he's now back to work.

These days Joshua does closing duties one night a week and some

bagging. He even told me that in the winter he makes hot chocolate for everybody on the nights when he's there to close.

Besides working at the Co-op, he likes to play soccer, ride bikes, and run.

Emily, a tenth grade student at Moscow High School, has been volunteering since mid-summer and says that she's really enjoying it. In part, she was recruited by Josh. She's bagging fruit and chips now and says that it's pretty fun, but that she's really hoping to be working out in front where she can interact more with customers. She says that meeting a lot of people at the Co-op is one of the best parts about volunteering and that she really likes the interaction. She hopes to work in the deli once she turns 16.

Emily is also a cross-country runner and has to work around her schedule for school and running.

What are the favorite foods of our young volunteers? Emily says that her favorites are the pesto rolls from the bakery. Apparently these are a huge hit among the high school students. She told me that there was a teacher who would let class out for lunch early on pesto roll days so that the students could beat the rush.

Another of her favorites is the kale slaw.

Joshua practically started drooling on the spot when he told me his

favorite is the twice-baked potato from the deli. Another of his favorites is the dilled peas. Apparently he liked them so much that the deli even named the dish, “Joshua's Dilled Peas”.

It's really wonderful to have so many young people involved at the Co-op. It really shows that involvement at the Co-op is often a family affair. And their smiles, humor and enthusiasm really add to the atmosphere.



Kajska Eagle Stromberg is out in the woods these days doing stream bioassessments. This week it's out in the Clearwater.

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Rompin' Thru the Grapes

By Vicki Reich

When you think of South Africa, I'm sure the first thing that comes to mind is not organic wine. But that's just where this month's wine comes from, the Paarl wine district to be exact.

South African wine has been making a name for itself since the end of apartheid (it had actually been quite famous for a dessert wine called Constantia in the late 18th century, and wine has been grown there since the 1650s). The most South African of South Africa's wine has got to be Pinotage. Pinotage is a hybrid of Pinot Noir and Cinsault that first

appeared as wine in 1959. This particular Pinotage is from the Sonop Wine Farm and is labeled as Natural State Pinotage 1999 and it's a new wine at the Co-op.

This deep red wine is medium-bodied with just a hint of tannins. It has a wonderful berry bouquet with strong flavors of raspberries and a hint of spice. You could easily drink a glass of this Pinotage as you relax after work or have it with a cheese hors d'oeuvres or a light meal (I had it with Saint Andre cheese and crackers and it was perfect together). You can drink it now or cellar it for a few more years, I'm sure it will age nicely.



Personal Care Corner Body Care Choices

By Carrie A. Corson, Non-Food Buyer

Since I became the buyer of personal care products about three years ago, I have been made aware of the Sodium Laurel (& Laureth) controversy. For those of you not familiar, sodium laurel (&laureth) or SLS is a surfactant used in shampoos, toothpastes and liquid soaps (including "all natural" products, as it comes from a natural source). Basically it is a foaming and cleaning agent. It's controversy stems from the belief by some that it is highly toxic, highly irritating and carcinogenic. In their concern over this ingredient, some suggest that the Co-op not carry any products that contain SLS.

I have studied this issue from every side I can think of, talking to chemists, manufacturers and other "in the know" personal care people, and the only thing I know for sure is that there is disagreement on the issue. While there are some people who feel that SLS is unsafe, there are just as many who think that while in pure form it may be somewhat unsafe (mostly as a strong irritant), that it is absolutely safe to use in health and beauty formulations.

In searching for further information I turned to the Internet. I did find articles stating that SLS is highly toxic. I found just as many articles that contradicted that information (sometimes on the same web site). I took this quote from one such article. "In recent months (this article was published in December 1999) there has been a myth making its way around the net, that sodium laurel sulfate causes cancer. At some level this is probably true. It is also true that if you poke yourself in the eye everyday with a bratwurst,

after 20 or 30 years the affected area will become cancerous."

One article I found blamed the natural products industry with starting this "myth" in order to scare people into buying all natural, SLS free products. Another article blamed it on companies who make what they called "grocery store level" shampoos in order to regain business lost to consumers who are buying "salon" quality products in order to avoid some of the potentially dangerous ingredients found in less expensive products. Apparently in some of these shampoos a much less expensive ingredient called ammonium laurel sulfate is used instead of SLS. In the opinion stated in one article, SLS is infinitely safer than ALS. However, as you might guess, I found another article that sung the praises of ALS as being much safer because molecularly it is too large to penetrate skin and it is much less of an irritant.

So the truth is, I don't know what to think about the potential danger of SLS. To me it is similar to the fluoride toothpaste controversy. Many people feel that fluoride is toxic and that we are exposed to way too much of it. However, there are probably just as many (actually probably a lot more) who feel fine about fluoride and are willing to risk possible toxicity in exchange for what they see as the health benefit to teeth. So it comes down to choices. I choose to buy organic products, both food and personal care, whenever possible. I choose to use fluoride free toothpaste. Do I choose to use products that include SLS? The answer is sometimes. I have to admit that I like my toothpaste foamy and until very recently I

hadn't found one without SLS that I liked. That has changed since Nature's Gate and Jason have both introduced SLS free toothpastes that are yummy.

Am I willing to discontinue all of the products I carry that contain SLS? The answer is no. But for those of you who want to avoid it there is good news. I would estimate that about half of the body care products we carry are SLS free. Great products like the Giovanni line of hair care, Weleda toothpastes, Avalon Organics, the Nature's Gate Organic line, Dr. Bronners, Sun Dog, and Jason products, are all SLS free. So, who uses SLS? Tom's of Maine, Earth Science, Kiss My Face, Dessert Essence, Pure and Basic, Nature's Gate, Shikai and King Fisher.

Who uses the fewest "natural" chemical ingredients? Hands down, at least in this store, it's Aubrey Organics. This is the line I recommend for folks who want only the purest products. The company philosophy is "if you can't put it in your mouth, you shouldn't put it on your skin." But cleanliness within a product is not without a price. And consequently Aubrey Organics products are more expensive (significantly in some cases) than other natural products.

Perhaps more and more companies will discontinue using SLS if the controversy over its use continues to build. I don't think that would be a bad thing as long as it is not replaced by something that has more toxicity but we just won't know it. If you are one of those who have been convinced of the health dangers of SLS, make a choice not to buy products that contain it. Your choice can help turn the tide.

New Products in Personal Care

By Carrie A. Corson

Nature's Way Vitamin and Herbal Supplements. Some great pro-biotics, Fisol fish oil, standardized herbal supplements Sambucol and food based multi-vitamins.

Nature's Gate new organic line. The lemon-grass/clary sage lotion and shampoo are bliss in a bottle.

Avalon Organics CoQ10 Cleansing Crème and Firming Lotion.

Raspberry flavored Emergen-C from Alacer. Kenna's new favorite flavor.

New from Seventh Generation: Toilet Bowl Cleaner, Kitchen Cleaner, Shower Cleaner and big sizes of the popular Free & Clear laundry liquid and powder.

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The Buy Line

By Vicki Reich

Sara Joe's organic pork products from St. John, WA are now in the Co-op freezer. I brought in a small selection of the products they carry to see how they sell. We are currently carrying spare ribs, ground pork, pork chops and andouille sausage. There are many other cuts available but not much room in the freezer so I'm putting out an appeal to all of you would be pork buyers.

What do you want to see the Co-op carry? Sara Joe's will deliver any cut of pork our little hearts desire, but I need to know what that desire is. What would you like to buy on a regular basis? Is there something you've just been dying for? Let me know and I will try to carry as many of the requests as possible.

It's also easy to place special orders with Sara Joe's, so if there's a cut you want for a special occasion, let me know. However, I will need at least two weeks of lead-time. This pork is very fresh and they don't slaughter pigs until they have orders for them. I know I can't wait to barbecue up some of the sausages and the thought of pork chops with rosemary is making my mouth water. I have to go get a snack, while I'm gone you can read:

From The Suggestion Board:

Can you carry gluten-free macaroni and cheese and Ener-G granola bars and pretzels?
Thanks.—We carry two kinds of gluten-free mac and cheese. One is made by Deboles. The other is by Roads End Organics and is also dairy-free. Unfortunately, none of my distributors carry those particular products from Ener-G. Vicki, Grocery Manager.

Could you carry Heather's Oxygen Bleach cleanser (in a similar container as Comet, etc.) for bathroom cleaning? The Co-op used to carry it.—Sorry, this product was out of stock at the warehouse for a while, but it's back on the shelf now. Carrie, Personal Care Manager.

Can you get edamame (fresh soybeans)?—We have 3 different varieties of edamame in the freezer.

Ask a cashier if you have trouble locating them. Vicki.

Can you get Drew's peanut sauce again?—Much to my dismay, Drew's has discontinued this product. Don't ask me why, it was a great seller here. Vicki.

Can you find me Ace pear cider?—I'm sorry, none of my beer distributors carry this product. Have you tried at the Wine Company? They may be able to get it. Vicki

We love the new Co-op! We used to shop at the old Co-op when we were in school. It really feels like the spirit of the community is here!—Thanks, we think so too.

Stock "Eco-Dent" brand floss for flossing teeth. Thanx. Possibly "Oregon's Choice" tuna/salmon and "Mike's Tofu Pate"??— Re: Eco-Dent floss, sorry I did carry this product for a while and it didn't sell. You may special order it, however. Carrie

Re: fish and pate, I'm sorry but I don't have access to either of these products. Vicki

Carrie: I love the black and white card that has a cowgirl and reads "birthday girl." Will there be more?—I can't say definitively one way or the other. It will depend on how the other cards in that line sell and their continued availability. Carrie

What happened to family packs of Amy's enchiladas?—These were very slow sellers. You can still special order them by the case. Vicki

Please consider stocking Yogi Tea.—We currently carry a wide variety of Yogi Tea. If you need help finding it, please ask a cashier for assistance. Vicki

You guys got rid of my favorite soap. It had cartoon Asian People on it.—Please re-order it! I thought this was 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.

Staff Profile - Erin Wittman

By Julie Monroe

Solace seems a rather old-fashioned word, bringing forth an image of an early time: a circle of friends, daughters and mothers dressed in pale Edwardian clothing, are gathered together in a cool parlor shaded by velvet curtains, hoping to ease the sorrow that has stricken one of their company. There is a stillness, a quietness about these women; they are, despite the loss, serene.

It is this same sort of serenity that seems to enclose Erin Wittman, and

solace is Erin's word - the one she selected to entitle her business, Solace Healing Massage. In addition to working as the Moscow Food Co-op's assistant buyer, Erin is a massage therapist.

In her practice, Erin has chosen to emphasize the therapeutic element of her vocation. She does "energy work," as she describes it, to bring about emotional healing.

Erin is a practitioner of several types of massage: deep tissue, Swedish, and Reiki, of which she is especially fond. It is through the physical techniques of massage that she heals her clients. More precisely, Erin channels energy as a means of releasing "pent-up emotion," thus providing solace to those who seek her help.

Erin, who is 24 years old, is not the only member of her family with an interest in "using energy for good." Erin's mother, Margaret Dahmen, who is now studying theology at Gonzaga University in Spokane, has "always been interested in energy work," says Erin. Erin's dad is Nick Wittman. He, like his father before him, is a farmer, raising wheat, peas, barley and lentils. Erin lives in Moscow with her dad and her dog Cody, a black Labrador-Rottweiler mix.

Erin's dad farms in both Latah County and in Whitman County. In fact, Erin grew up in Whitman County, in Colton, but graduated from Mead High School in Spokane County. After high school, she attended Washington State University, then moved to Seattle.

As a customer service representative for Mountain Peoples, distributors of natural foods to places just like the Moscow Food Co-op, Erin

both worked in, and lived in, West Seattle. Erin says she really enjoyed working for Mountain Peoples, adding that she has no intention of working for "organizations that have no conscience."

Erin's decision to leave Seattle was driven by financial considerations.

The tuition of the Moscow School of Massage is much less than that of massage schools in the Seattle area. Erin now devotes between 10 and 15 hours per week to her practice, but also works 40 hours per week as the assistant buyer. This is not her first job with the Co-op; she started out as a baker's assistant and assumed the duties of the assistant buyer in March of this year.

Even though she works sometimes 55 hours per week, Erin still finds time, a little anyway, for recreation. Several months ago, seeking a release from the intensity of her energy work, Erin discovered an interest in and a talent for painting. She works mainly with acrylics but is experimenting with mixed media. When she's not skateboarding or riding her bike, she "reads a lot," describing the book she's currently reading, *The Botany of Desire*, as a "great book."

Perhaps in an effort to bring equilibrium to the waterlessness of her

Palouse roots, Erin says, someday in the future, she would like to live by the ocean again. She, too, may return to school to finish her bachelor's degree. She says she'll probably study holistic psychology to round out her skills as a healer. With practical knowledge of the workings of the body, insight into the mysteries of the mind, and guided by the spirit that leads her to heal, many will likely find solace in her hands.

Like Erin, Julie Monroe also left Seattle to return to the Palouse. Julie lived north of Seattle in Snohomish County but recalls, with much affection, the view of Puget Sound while running across the Alaskan Way Viaduct, one of the major arterials in and out of West Seattle, when it was closed to vehicular traffic during Seattle's annual St. Patrick's Day Dash. For Julie, knowing the hospitalities of an Irish bar awaited was incentive enough to endure the discomforts of the race.



It was MAD!

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

Well, by now it's probably pretty obvious that the Co-op has become a happening place. Every month sales are up to record highs, we are selling more memberships than ever and the Co-op is surpassing all goals and budgets! What a great feeling. I've worked at the Co-op for almost 20 years, I've definitely seen the worst of times, but through it all I was always convinced we were simply ahead of the times. Now, finally the times are catching up to us and in honor of the continued support and encouragement of our members we decided we'd like to give some of it back to them (you!) in the form of a Member Appreciation Day.

Monday, September 10th, like most late summer days it started quietly enough, hot, dry and hazy. Except by the time we opened the doors at 8:00 am there was a small line of excited customers armed with lists and bags, not the usual caffeine-starved office workers and students.

By 10:00 am the store was busy, everywhere we looked the green carts we're being filled, in some cases to overflowing. The day quickly turned into a stocking marathon, we stocked as fast as we could and customers bought it. Lunch time came and went, with our usual lunch crowd somewhat confused by the long lines and full carts at the registers.



By 5:45pm, the three cashiers were busy ringing up purchases as fast as they possibly could. Two hours later I looked up and finally the line/wave was beginning to recede. Fatigue stepped in as the last minute customers slid in the door before the 8 o'clock closing. As the last customer left for the night cashiers closed out the tills and added up the day's receipts. We gave members \$3,212 back in discounts and sales after discounts totaled over \$20,000 in one day! That's 4 times what we sell on an average day. Amazing. Quite the record and a far cry from our quiet beginnings in 1973 when sales for

the entire year totaled \$4,828.


Many members filled out questionnaires whilst shopping on MAD day. Thanks to everyone who took the time to respond. Three members won Co-op Gift Certificates: Glenda Marie Rock 111, Crista Haagensen and Janice Boughton. Results of the questionnaire will be published in next month's newsletter.

Member Appreciation Day: where members save all day long on their purchases, discounts are sliding and the more you buy the more you save. If you missed this one, start your list now and plan on being at the next one.

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Field Burning: Challenge to Public Health.

First of a 3 part series by Patti Gora

I had to think of new ways to keep my son Tim awake so I could administer the nebulizer treatment again. It had been two hours since his last treatment, and his cough was beginning to get worse, compromising his ability to get oxygen.

"Honey, let's count in Spanish. You remember, uno, dos, tres? How about German? Ein, zwei, drei. Just one more breath on the nebulizer, sweetie. Do it for mommy, please?"

I would plead like this with my son, every 2 hours around the clock, for 3 weeks at a time. His heart pounds so hard, I can feel it as it beats against my hands, cradling him, trying to get enough medicine in him to keep him alive. I'd sleep next to him, so that his coughs would wake me, and I could try to get more medicine into him. Sometimes, we'd have to make a spreadsheet to track the 14 medications he needed. We had good insurance but some weeks, it would cost \$100 even with co-pays.

He is healthy when field burning stops.

Alex Heisel is 9 years old. She has never been able to start school with her classmates, because the burning can kill her. She has cystic fibrosis, as do about 100 kids in the Inland Northwest, and smoke destroys what little lung function she has left. As a result, she falls further and further behind in school. Her mom fears losing the only job with health insurance, and must flee their home for Alex's safety.

An elementary school teacher in Pullman is hospitalized for days when smoke envelopes the community; another tells us that she can't teach when the children come in from recess, because the children are coughing so hard. Students leave the university, unable to continue studies.

On September 12, 1994, 11,057 acres of bluegrass were burned in South Spokane County. Later that afternoon, the smoke arrived in Pullman and Moscow. Radio announcers in Pullman were warning people to take cover as the smoke clouds rolled in, blocking out the sun.

At 5:06 a.m. on September 13th, Aaron Dittmer died at the Pullman hospital. The cause of death was listed as respiratory failure from an acute asthma attack. Two weeks before his death, his doctor had told him he was in great shape. At the time of his death, Aaron was looking forward to his upcoming marriage. Aaron wasn't the only one to die, though. Marsha Mason died Sept 14, 2000 in some of the worst particulate pollution on record.

Grass and wheat smoke emissions are primarily in the fine particulate range, measuring 2.5 microns in diameter. This fine particulate is recognized as the most hazardous to human health, as compared to PM 10, the standard on which the current federal standard is based. (American Lung Association, "Health Impacts of Grass Seed Field Burning").

The conflict has been portrayed as a "health vs. farmer" story, but the reality is ever so much more complex than that. Most farmers don't burn. What does it cost a community to have so many people ill and dying? What does it cost growers to change their practices? How will our community come to a balance between these two interests? Since Washington state completely banned burning of grass in 1996, production of grass there has actually increased. (Washington State Agricultural Statistics, 2000).

If you want more information, see these websites:

www.fieldburning.com or www.alaw.org and click on "air quality" (American Lung Association), or read "Fields of Fire" in the September 3 issue of US News and World Report, or read in the November Co-op newsletter, "The Components of Smoke from Field burning: What are you breathing?"

Patti Gora is a board member of Save Our Summers and community activist for clean air. She was also the first executive director of Alternatives to Violence and has taught in the Women's Studies Program at WSU, and currently is an academic advisor in the distance degree program at WSU.

Writers Needed

By Bill London


Gary Chang has written his last producer profile. He leaves this volunteer position with our thanks for their contributions to this newsletter.

So, we need a new writer—someone interested in regular monthly assignments, including both a profile article and photographs of the subject.

Do you want to help raise the lamp of knowledge to push back the darkness?

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Contact Bill London at london@moscow.com for details.



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STEVE STREETS

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

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www.geocities.com/palousesingles/

Business Profile: Kinko's

By John Pool

"I love Kinko's. The staff is extra nice; there's a real family feel to the store."

That was one customer's comment when she learned of the profile being written for the Co-op's newsletter. While it is just one store in a chain of more than 1100 stretching across the United States and around the world, the atmosphere in the Kinko's store in Moscow reflects manager Kris Freitag's feelings about the corporation.

"It's a pretty good company to work for, one of the better ones. There are lots of opportunities for advancement, for being able to stay with the company almost anywhere you go. Kinko's is definitely profit-oriented, but treats its workers humanely. The company is not publicly traded, but workers can buy stock in it anyway. We hire workers at more than minimum wage; we offer good benefits."

All this from a company that, in 1970, was started in the corner of a building that housed a taco stand in Isla Vista, California. Isla Vista is the campus community of the University of California at Santa Barbara. Paul Orfalea, nicknamed "Kinko" by college buddies because of his curly red hair, installed a copying machine and offset press in the 100-square-foot space. He also

offered film processing and a selection of school supplies and stationery.

Kinko's is now practically synonymous with the concept of copy centers. Kinko's is everywhere—in the last 31 years it has grown to a company with more than



25,000 co-workers in retail store locations in the U.S. as well as Australia, Canada, China, Great Britain, Japan, the Netherlands, United Arab Emirates and South Korea.

The stores are networked, a fact that offers customers as well as the company a number of benefits. Along with the networking is the reliability and predictability that comes from having standardized equipment and services. A project can be created on computers in the Moscow store and transmitted to a client in London, safe in the knowledge that the client has access to compatible computer equipment in the London Kinko's and can easily

view the files, make changes if needed and return the files to Moscow. The networking also provides for stores to electronically ship very large projects to Kinko's larger production centers, so the size

of project is no longer a consideration when accepting work.

Almost anything that's done in the copying world is doable at Kinko's. That includes black-and-white or color copies in various sizes, collating, binding of various types, laminating, hole punching. The high-capacity paper shear cuts large sheets into small or more specialized tasks like cutting the binding off a catalog. Customers can rent the use of both IBM-compatible and Macintosh personal computers that can output directly to b&w or color printers or, via network connections, send files around the world. Faxes can be sent and received; there's a FedEx drop-off box, supplies of stationery and other office products, motivational books, a meeting room that can be rented by the hour and equipment for producing passport photos on the spot.

The store is well-lit and, located as it is in the Eastside Mall, offers plenty of parking. Hours at the store are from 7 a.m. to midnight Monday through Thursday, 7 a.m. to 10 p.m. Friday through Sunday. Between the friendly staff and the ready access to sophisticated equipment, it's easy to see why the Moscow Kinko's excels at providing customer service and is "the" place to go for copying and related activities. Kinko's offers co-op members 10% off on all services except shipping.

John Pool likes riding bicycles, taking photos and running with other like-minded old farts.

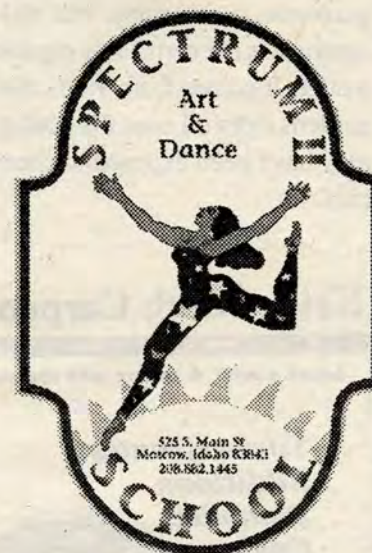
Moscow Food Co-op Cafe' Art Opening

By Rose Graham,
Co-op Art Coordinator

Linda Pall will be exhibiting her photographs of fruits and vegetables, flowers and other wonderful scenes from Moscow's Farmer's Market, October 12 through November 14 at the Co-op's Art Cafe. The opening reception will be Friday, October 12, from 5pm to 7pm.

Linda Pall, lawyer, teacher and city council member, has called Moscow home since 1972. A long-time supporter and customer of the Co-op, Linda has been enthusiastic about bringing the Co-op downtown with such wonderful additions as the gallery. Artists interested in submitting artwork for a showing, please contact Rose T. Graham at rterrydgraham@hotmail.com or 892-8432.

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Free Compost

By Patricia Diaz

Last month's article discussed the importance of preparing your garden for its winter sleep. Two ways in which you can benefit from using compost this time of year include digging in compost after harvest to boost your winter cover crop and preparing a new garden spot easily by placing layers of compost, newspaper, cardboard and straw over the proposed area and letting Nature work for you over the winter.

This month's article will discuss the compost available at Moscow's landfill and how you can get some of this wonderful material for your own garden.

A few miles east of Moscow on the Troy Highway is the landfill site. This is the place for your free compost. It is advised, however, that you call ahead to determine the availability of the compost. The phone number is 208-882-5724.

I interviewed Robin Baumgartner of Moscow Recycling for details on Moscow's compost. The landfill site makes compost for use by the city and county parks and also for the private use of its citizens.

The compost is strictly composed of yard waste. No food waste is permitted. They estimate that composting yard waste accounts for the disposal of seven percent of the county's total waste. This saves money for all taxpayers, since it costs \$80 a ton to dispose of non-composted material. And it provides compost for our use.

Robin stated that not much compost is left and when we went to get some there were three very large piles. She said that several tons have gone to the county's herbal project and to community gardens and parks. That's why a phone call might save you a trip in case they run out.

Robin also said that the landfill hours have just changed, and the landfill is now open Monday through Friday from 7-5 and on Saturday from 8-4. This schedule will remain in effect until October 31. Starting

November 1 (through March 31) the hours will be Monday through Saturday 8-4. If it is raining hard, compost will not be given out. However, in a light rain situation it will be all right to go out to get your compost.

To get your load of compost, take your truck out to the landfill site and drive up to the intercoms and state that you are there for compost. They then will send someone out with the front-end loader to get the load. You drive straight ahead from the intercom/office area and signs will direct you to the composting area. The loader operator will bring the load over to your truck and carefully place the load in the back. It's that easy!

You do not need a truck to haul compost. You can use buckets or bags for carrying the compost, load those containers in your sedan or van, and fill them yourself with shovels.

The compost is made with low-tech equipment. Yard waste is ground up and then turned in windrows with a front-end loader. It is occasionally watered down with the city's leachate water, which saves on drinking water. When the compost is ready to give away, it is then screened for big chunks or foreign objects.

It is important for organic gardeners to remember that this compost is not certifiable organic matter. It comes from yards and gardens from all over the county and may have been exposed to chemicals.

Coaxing Your Irises

By Pat Diaz

My irises quit blooming last year and the new ones we planted in the fall didn't bloom either! So I went on a search to find out what to do about this situation. I thought that maybe some of you might have this problem, too, so here's what we can all do.

The irises that the voles managed to leave alone didn't bloom here this year and for two main reasons. Sometimes new iris bulbs don't bloom the first year so don't despair, see what happens next spring/summer. For older bulbs, however, you may have to do some work to fix the non-blooming problem. Usually you can rectify the situation by either dividing the plants or by checking to make sure the irises are getting enough sun.

In our situation, maturing plants have created too much shade for some of them. The oldest bulbs, however, are too compacted and

need to be thinned. To do this, 6-8 weeks after they've either finished flowering or should have flowered, cut back the leaves so they're six inches tall, and create a curved fan shape with the remaining foliage. Doing this reduces water loss, improves their appearance, and makes them easier to handle. Use a sharp knife to cut the rhizomes (the bulb-like roots) into smaller pieces. You should have at least one fan of leaves per division. If any of the rhizomes appear to be infested with insects or damaged, discard them. Replant healthy rhizomes five inches apart in a freshly prepared bed. They should be either just below the soil surface or half buried. I know it's a little late to do this but I'm going to try it anyway. I'll report back next year!

Pat Diaz lives with her husband, Tom, and schnauzer Gus, on six acres in the woods near Dworshak Reservoir. The crooked neck plant died and the wild turkeys pecked the tomatoes to death.

Have You Visited the Moscow Demonstration Garden?

By Annie Retamal

The Moscow Demonstration Garden was one of 10 award-winning gardens spotlighted in the August 10th edition of USA Today.

Developed and maintained by the Latah County Master Gardeners, the Moscow Demonstration Garden was a recent recipient of the Mantis Award for Community Gardens. Each year the National Gardening Association, located in Burlington, Vermont, presents the award to those programs "dedicated to bringing gardening education and positive gardening experiences to people in their local communities," according to Bob Bell in USA Today.

The 5,600 square foot Demonstration Garden was started 3 years ago by the Moscow-based Master Gardener program, and has since grown to include over a dozen themed plots. The Latah County

Master Gardener Program is conducted through the University of Idaho Cooperative Extension System.

At the garden, visitors can stroll the meandering paths strewn with birdbaths and native shrubs while learning about xeriscaping, shade gardening, native plants, and water gardening. Young visitors will especially enjoy the overflowing pumpkin patch, the colorful bird and butterfly garden, the playful children's garden, and the Dr. Seuss Garden filled with whimsical plants and miniature humming fish pond.

Located behind Haug Chiropractic at 102 S. Washington, the Moscow

Demonstration Garden is open to the public all day, every day. For more information, contact Annie Retamal or Laila Carson, Demonstration Garden Coordinators, at 509-332-1243.

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Fabulous French Feta

By Pamela Lee

I'm a fan of Valbreso French Feta. It is one of those foods, like avocados and vine-ripened tomatoes, that I could easily eat every day. Not all feta cheese tastes the same. If you tried other feta, but found it too bland, too salty or soggy, you might want to try the Valbreso brand. It has a pleasantly rich and creamy taste, with a tangy, mildly salty edge.

Feta was first made by shepherds near Athens, Greece. Though the traditional Greek feta was made from sheep's milk, feta is now often produced from cows' milk, or even from a combination of sheep, goat, or cow's milk. Cow's milk feta has become very popular and affordably priced, but to me, it too often lacks a fully rounded flavor. Valbreso Feta, as the package tells us, is made from "the rich sheep's milk of South West France".

Feta cheese is remarkably versatile. It can be used much as you might Parmesan, as topping on salads, gratins, pasta, potatoes, quiche, or scrambled eggs. It is also a satisfying complement to fresh sliced fruit.

In a recent article in *Fine Cooking Magazine*, I learned that you can alter the saltiness and the texture of feta after you bring it home. If feta is too salty for your taste, you can store it (in the refrigerator) in plain water. In a couple of days, some of the salt in the cheese will leach out of the cheese into the water.

I store Valbreso Feta in a light brine of sea salt and water. This seems to help keep the feta fresh and firm when it isn't all eaten in one day. If you want to increase the creaminess of your feta, try adding a few tablespoons of milk to a refrigerated lightly-salted brine. Let the mixture sit for a few days. I have read that a chunk of fresh feta, stored in refrigerated brine, will last three weeks. Feta in my house is eaten long before that length of time.

Greek Potato Salad with Dried Tomatoes

Makes 8 servings

1 lb. (3 medium) potatoes, cut into 1/4-inch slices

1 cup dried tomato halves
1 cup sliced seedless cucumber
1/2 cup sliced red onion
1 cup crumbled feta cheese
1/2 cup Greek olives or pitted ripe olives
Lemon Dressing:
1/4 cup olive oil
1/4 cup water
2 1/2-T. lemon juice
1 large clove garlic, pressed
1 T. chopped fresh (or 1 t. dried) oregano leaves
1 t. salt
1/2 t. pepper

In a 2-quart saucepan over medium heat, cook potatoes, covered, in 2 inches boiling water until tender, about 12 minutes; drain and set aside.

Meanwhile, in small bowl, cover tomatoes with boiling water; set aside 10 minutes while you whisk together dressing ingredients.

Thoroughly drain tomatoes and pat dry with paper towels.

Add potatoes, tomatoes and cucumbers to bowl containing dressing; toss to coat.

Mound potato mixture on plate

Arrange onion, cheese, and olives on top.

- Recipe from skopelos.net

Spaghetti with Feta

Serves 2 or 3

4 oz. spaghetti
1 garlic clove
2 T. extra-virgin olive oil
8 cherry tomatoes, halved
a little freshly grated nutmeg
salt and freshly ground black pepper
3 oz. feta cheese, crumbled
1 T. chopped fresh basil
a few black olives to serve

Boil the spaghetti in plenty of lightly salted water. When done, drain.

In the same pan, gently heat the garlic clove in the oil for a minute or two, then add the cherry tomatoes.

Increase the heat to fry the tomatoes lightly for a minute, then remove the garlic and discard.

Toss the spaghetti, season with the nutmeg and seasoning to taste, then stir in the crumbled feta and basil.

Check the seasoning, remembering that feta can be salty. Serve hot, topped with olives.

- Recipe from *The Complete Encyclopedia of Vegetables and Vegetarian Cooking* by Roz Denny and Christine Ingram.

Pamela Lee fixes food with fancy French Feta in Pullman

A Favorite Vegetarian (Easy!) Recipe

by Chris Lohrmann

It is obvious that many people who write for this publication absolutely love to cook! Even though truly enjoy reading about their wonderful recipes and helpful kitchen advice, I am definitely not one of them.

I come from a family of people who positively don't relish the art of cooking. My sister and I have chuckled many times (better to laugh than cry, right?) about our usual late afternoon feeling of utter surprise.

We are actually responsible for coming up with supper for our families??

Consequently, I have searched meaningfully and desperately for vegetarian main dishes with a lot of protein. The recipe that follows has been adapted by combining recipes from different cookbooks. It makes a large amount to stretch for several servings. A great way to use it is as a "meatball" substitute for spaghetti.

Also, the leftovers work well sliced in small pieces added to a rice casserole. The delicious possibilities go on and on. If you can tolerate wheat products and enjoy a meat-like taste but would never actually eat animal products, try this!

Seitan

(pronounced say-tan') or cooked wheat gluten

In a large pot combine the following:

6 1/2 cups water
1 splash of olive oil
4 oz. tomato sauce or spaghetti sauce
slightly over 1/3 cup tamari or shoyu
several shakes of dried parsley
about two shakes of black pepper

Stir and put on medium heat to bring to a boil.

While this is in progress, begin kneading together for about three to four minutes:

3 cups instant gluten flour (vital wheat gluten) - available in Co-op's bulk section with 2 1/2 cups (approximately) water.

You will have a rubbery texture similar to bubble gum. Keep kneading until the flour is worked in well. No water should be left in the bowl. Add a small amount of either ingredient if necessary to get the right texture.

Now break off small pieces of the flour mixture and drop them all into the slightly boiling pot. Stir and put the lid on. Turn the heat to very low. The pieces will puff up quickly. Take your wooden cooking spoon and cut into the bigger ones to make them smaller as you stir frequently. After about twenty minutes, they will settle somewhat and you won't have to stir as often. Let it simmer

for 45 minutes to an hour total. Drain in a colander so that most of the moisture is out. Then coat a large rectangular shallow pan with non-stick spray. Spread the seitan so that each piece is exposed. (It is actually ready to eat at this point, but the next step makes it taste better.) Place in a 400 degree pre-heated oven for about 20 to 25 minutes. The pieces will brown nicely and have a slight crust that is delicious! You can cut them smaller now for different recipes if desired.

The following cookbooks have more background on seitan and numerous ways to use it: *The Vegetarian Lunchbasket* by Linda Haynes (Nucleus Pub. 1994); *Vegan Vittles* by Joanne Stepaniak (Book Pub. Co. 1996); *Cooking with Gluten and Seitan* by Dorothy R. Bates and Colby Wingate (Book Pub. Co. 1993)

For What It's Worth Rose Hips

by Lori Harger Witt

Nutrition news, wine reviews, volunteer interviews, scrumptious scone recipes—what more could this newsletter possibly offer? Well, folks, things are just going to get better with the addition of this new monthly column on herbs.

My focus in this column will be on easy-to-find herbs. This may mean the plantain growing in the cracks of your front walk, the balsam root on Moscow Mountain, or the cinnamon in your spice cabinet. I will stick to the practical uses of these common herbs, meaning things that the average person can do in the simplicity of his or her own kitchen or back yard.

On what authority do I have anything useful, truthful, or remotely interesting to tell you about herbs? Well, I've been gathering empirical information about herbs since I ate my first Oregon grape at the age of nine. I have also spent a lot of time searching out beautiful and obscure references to the healing power of herbs in Greek mythology, indigenous folk tales, and the works of Shakespeare.

After training with several gifted herbalists, I began offering clinical consultations and making herbal preparations for my clients and for midwives and massage therapists. In 1999 I attended Michael Moore's Southwest School of Botanical Medicine. I am now working towards becoming a registered nurse and eventually a nurse practitioner.

However, nothing in this or future articles should be mistaken for the sound medical advice of your primary health care provider.

That said, let's move on to the good stuff. This month I will talk about some tasty and nutritious things you can do with wild rose hips.

Anyone who has walked in the woods or even across a campground parking lot is likely to be familiar with this thorny wild rose shrub and its delicate five-petaled pink flower. In late summer the flowers mature into hips. They are best picked soon after the first frost although they can be harvested throughout the winter. They can also be purchased year-round in the bulk herb section of the Co-op.

As the seasons change and our local produce supply diminishes, the appearance of these bright red hips is another reminder from Nature that we don't have to rely on transcontinental fruit shipments to get our nutrients.

Rose hips fall into the nutritive class of herbs. We use them for their vitamin and mineral content rather than for their medicinal properties. In addition to being high in vitamin C and bioflavonoids, rose hips are high in vitamin A, selenium, riboflavin, niacin, and chromium, and have moderate levels of calcium and thiamin.

Honey is a very effective and delicious medium for preserving fresh herbs. To make rose hip honey, chop the hips fine and place them in a jar. Pour enough honey over to thoroughly cover and secure a cloth over the jar. This will prevent molding by allowing water to evaporate.

Let it sit for a week or so, then pour it through a mesh strainer. Warm it slightly first to allow the honey to drain better. If you end up with a greater volume of honey than you started with, you will need to cook the honey gently over a double boiler to evaporate the excess water. Your result will be a beautiful reddish-orange, slightly tart honey that you can use just as you would regular honey. Remember, honey extractions only work with fresh, not dried, herbs.

Dried rose hips can be crushed lightly for brewing tea. Use a good

round tablespoon per cup of boiling water and let it steep for 15 minutes or longer. This will give you about 100 milligrams of Vitamin C in one cup of tea. The recommended daily allowance is 60 milligrams. I like to combine rose hips with other nutritive tea herbs like nettles, oats, alfalfa, and dandelion. These herbs are high in minerals and chlorophyll. When you brew them into tea the result is a solution rich in highly absorbable nutrients.

This is a good supplement to anyone's diet and a more nutritious beverage than most of the fruit juices kids are usually given. Make up a pitcher at a time and keep it in the fridge for the whole family to enjoy.

If I've gotten you enthused enough to go out seeking rose hips in the wild, please do so with care. Treat the plants like the precious natural resources they are. Never pick more than one sixth of what you see growing, and never pick more than what you are likely to use. Harvest far away from paths, campgrounds, or anywhere else that other people are likely to want to harvest. Show respect and thanks to the plants for sharing their bounty with you.

When Lori Harger Witt is not busy with her family or studies she can usually be found digging roots and gathering berries.



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Stand by Me

by Lisa A. Cochran

I don't think there is anyone who doesn't need some kind of support at one time or another. I hope this overview of local groups can help to show that there is a lot of support available in Moscow and Pullman, and that you can find a group that is right for you.

First, if you need any kind of assistance, you may wish to start with Idaho's Family Help Line. This statewide program provides emotional support, resources, aid in family problem-solving, and refers callers to local community agencies. The Family Help Line is open 7 days a week, 9AM-11PM at 1-800-932-4673.

Baby & Me Support Group:

Moms with babies meet in Moscow to discuss and share emerging needs of parenthood and child care. There are two groups: 6-14 months old meet Wednesdays, 10:30AM and 15-24 months old 2:00PM. Contact Ellen Dolny at 883-6472.

Cedar Center: Provides a network of support for people on the Palouse experiencing grief and loss with a special focus on children, teens and families. Contact Suzanne Planck at 885-6357.

Families Together Outreach: Serving to support families of children with emotional, physical or developmental disabilities. Contact Chris Curry at 866-326-4864.

Hip Mamas and Papas: A support group in Genesee for parents interested in alternative parenting concepts, with infants on up to 6 years old. Contact Lori Harger Witt at 285-0232.

La Leche League: Breastfeeding support and infor-

mation for pregnant women and nursing mothers in Moscow and Pullman. Contact Jean Logan 509-334-0832

Men's Support Group: A non-denominational support group which meets Monday nights in Moscow. Contact Bill Styer at 882-2113.

MOPS (Mothers of Preschoolers): Faith-based support group at the Moscow Church of the Nazarene for mothers with children newborn to 6 years of age. Contact Kristen Marble at 883-8875 or Tracie Johanson at 334-2965.

Moscow Parent-Toddler Cooperative: A parent's support and children's playgroup open to parents with children 0-4. Contact Tamara Bennett 882-8193 or Sara Hensley at 882-5045

My Family: Weekly support and education program for families at the Pullman Baptist Church. Contact Heather the Community Action Center at 334-9147.

Native American Families Together Parents Center: A national program which provides support, information and assistance to families who have children with special needs. Contact Terry Racehorse at 1-877-205-7501.

Our Smiles: A local support group offers support and information for families with children with cleft palate. Contact 882-5017.

Parent Matters: A support/workshop to strengthen the relationship between parent and child. Infants welcome. Contact WSU Counseling and Testing Services at 335-4511.

Parent Support Project: Supports parents with disabilities. Toll-free information in Idaho 1-866-470-2743.

Postnatal Support Groups: Hosted by Gritman Medical Center to serve families with young children. Contact Ellen Dolny at 883-6472.

P.S. I Love You: For parents and

children birth to 6 years at the Simpson United Methodist Church in Pullman. Contact Leilani Alamillo at 332-2500.

Pullman Family Cooperative Preschool: Supporting and networking parents by providing child development education at the Simpson United Methodist Church.

Contact Angie Cader at 509-334-2098, Kristi Wildung at 509-397-4951 or call 1-800-845-3324.

Single Parenting Support Group: Provides faith-based support for single parent families. Contact Lorna Fried at 892-3620.

Twins Support Group I: A playgroup in Pullman for parents of multiples. Contact Lori Lewis at 332-0949

Twins Support Group II: A Mom's Night Out for moms of multiples. Contact Lori Lewis at

332-0949.


UI Counseling Center: Call Bill Divane at 885-6716 to find out existing or planned support groups on campus.

Working Families Support Group: An outreach program of Simpson Methodist Church in Pullman for parents with children aged 0-12 years. Contact Peggy Ray 332-7807

Parents Encouraging Parents: This is an on-line parenting education resource center. Contact Nathalie Kretzmann at 208-983-1620 or visit their web site at www.parentingonline.org.

The Parent Connection: A special collection of books, videos and audios available through the Latah County Library District and the Moscow School District.

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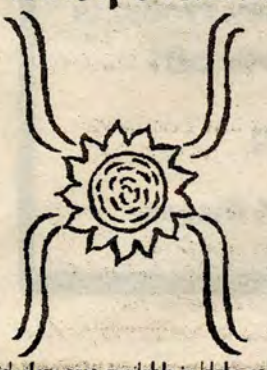
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Moscow's 1912 Center Dedication

By Kenton Bird

Moscow residents will kick up their heels on Saturday, Oct. 27, to celebrate the opening of their new community center.

Centennial Construction of Spokane, the contractor, expects its work on Phase 1 of the 1912 Center at Third and Adams to be "substantially complete" by Oct. 12. A task force appointed by Mayor Marshall Comstock is planning a ribbon cutting, tours and other events to show off the renovated building.

"This will be a great opportunity for the community to see how part of the building's ground floor has been transformed for new functions," explained Duane LeTourneau, task force chairman.

Dean Stewart, pastor of Emmanuel Lutheran Church, and Joanne Reece, assistant vice president for facilities at the University of Idaho, are co-chairing the grand opening festivities. They have listed four goals of the event:

- Celebrate the successes that have brought the project this far.
- Reinforce the four-fold mission of the center (arts, sciences, family and community heritage).
- Display the center's facilities and encourage community members to use and enjoy them.
- Invite and inform the community about ways to support the center.

"This is more than a building - it's a centerpiece for a variety of activities that will touch the lives of everyone in Moscow," Reece said. "We hope to demonstrate visually and verbally that the center is accessible, creative, unique, useful and beautiful," Stewart added.

Events will include music, displays and demonstrations by groups that will use the building. A swing dance featuring jazz musicians from the University of Idaho has tentatively been scheduled for Saturday evening. Refreshments will be available throughout the afternoon. A complete schedule of

activities will be available in mid-October.

The \$2 million cost of Phase 1 has been paid for entirely with private donations and grants. The project has created a Great Hall on the ground floor in the former high school's gymnasium, as well as a kitchen, restrooms and a plaza on the building's south side, facing Third Street. The project also includes paved parking for 24 vehicles, roof repairs, seismic reinforcement and exterior brick restoration.

One of the first groups to use the Great Hall will be the Friendly Neighbors, a senior citizen group that sponsors twice-weekly luncheons. The hall and kitchen will be available for rent by other community groups.

City officials opened bids September 20 for Phase 2 of the project, which will include centers for senior citizens and developmentally disabled adults on the ground floor. As this issue of the Co-op's newsletter went to press, city staff members were evaluating the bid results. The mayor and City Council hope to announce the outcome in early October.

Future phases will include a science center, art studios, a historic classroom and community meeting rooms. The timetable for occupying the rest of the building is contingent on successful completion of a fund-raising campaign.

For more information about the grand opening or to volunteer to help with the task force, please contact LeTourneau at 882-5078 or Stewart at 882-7067. For room rates and reservations, please call the Moscow Department of Parks and Recreation at 883-7085.

Kenton Bird is a member of the Mayor's Task Force for the 1912 Center and a long-time Co-op member.

Events at the Women's Center

By Jill Anderson

Here's some of the events we've planned for October at the UI Women's Center. If you have any questions, call at 885-6616.

Gender Workshop Sponsored by Athena. Dr. Janet Mills will present "Body Watching: Gender, Power, and Nonverbal Communication" at 10:00 - 11:30 a.m. and "He Leads/She Leads" at 2:00 - 3:30 p.m. Both workshops will be held in the SUB Silver and Gold rooms. Join Dr. Mills for a brown bag lunch at the Women's Center. 12:30 P.M. Friday, October 5.

Sisters Project. Project Coordinators, Mercedes and Kari Galloway will explain the objectives and answer questions about this program for women between the ages of 18 - 35. Women's Center Lounge, 12:30 p.m. Wednesday, October 10.

Co-Producer/Actress. Reception/Conversation with Yvonne Russo, co-producer and actress of Naturally Native. (Naturally Native

will be shown at the SUB Borah Theater, 7:00 p.m.) Women's Center Lounge, 12:30 p.m. Monday, October 15.

Visiting Author. Susan Swetnam, author of Home Mountains, Reflections from a Western Middle Age, will present a workshop for aspiring authors at 9:30 a.m. in the Gold/Galena room of the Student Union Building. Ms. Swetnam will give a reading in the Women's Center at 12:30 p.m. Tuesday, October 16

In Pursuit of AAUW Grants. Tona Treetop, recipient of an AAUW Career Development grant, will be on hand to answer questions and to share information and advice on applying for these awards. Women's Center Lounge, 12:30 p.m. Tuesday, October 23.

Jill Anderson is the Education Programmer at the University of Idaho Women's Center.



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Letter from the Land "Outlander"

By Suvia Judd

I grew up in Vermont, proud to be a Vermonter. As part of my regional patriotism, I learned early to recognize out-of-state visitors by their license plates, and to mock them (especially the New Yorkers and New Jerseyites who clogged the roads in summer and naively came skiing without snow tires in winter).

About twenty years ago, I was home on a visit, and felt the mockery the other way around. My sister and I were driving home. As we came up a steep mile-long road, with a brook at the foot of the hill behind us, a driver ahead of us stopped his car abruptly in the middle of the road to chat with some people standing there. He was on the flat, but we were still on the hill. I thought about the long grade behind us, and how hard it would be for my sister to start up the stick shift car again if we stopped.

"Go around," I said. She did, carefully. Bad advice. To the left of the stopped car we met a little ditch, which she managed to straddle, and then suddenly the road was filled with clamoring people. The crowd parted. We came to a stop beyond the other car, and people came up yelling and pounding on the roof of our little car. We apologized and slunk away, but their parting words burned in our ears: "Go back to California!!!"

Embarrassed but angry we drove home.

"Go back to California? We're the Vermonters! See our green plates? You are the aliens here. You are the ones who turned a lovely old barn into apres ski apartments. You are the ones who stripped away the lilac and forsythia from the old farmhouse, and replaced them with bark and green blob bushes. You are the aliens, not us."

Years later I experienced this another way. After I spoke at a Latah County public hearing, I heard someone get up and say I ought not to be allowed to comment because I was from Vermont. Between part time and full time residence I had lived here then about ten years, but

that's not the point. When would I belong enough to this community to be worthy to participate?


In college I had a friend from Freedom, New Hampshire. He told me that your family had to have lived in Freedom for ten generations before you could speak in town meeting.

The week after September 11th, I listened to a television interview with some children at an Islamic school in the United States. They were scared, and feeling the sting of some bigoted treatment. An acquaintance who saw the program said, "Someone should tell them that Americans have always treated each other that way." I thought about how the Colonial Puritans treated the Quakers in their communities, and had to agree. But that doesn't make it acceptable.

There is an old ballad called "The Outlandish Knight." In time I realized that "outlandish" meant not "outlandish," as in "bizarre," but "outlandish," meaning "outlander."

I continue to hope that in our local community, and nationally as well, we can maintain a sense of community while still making fully welcome newer arrivals and those who maintain distinctive customs. I don't mind if I am seen as an outlander, for awhile, but please don't treat me as outlandish, whether I'm from Vermont, or Saudi Arabia.

Suvia Judd lives in Moscow and enjoys the diversity of plants, animals, and people around her



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Award Winning Blues Women Return to Moscow

By Julie Ketchum

Rendezvous in Moscow and the Kenworthy Performing Arts Centre are proud to announce the return to Moscow of Saffire—The Uppity Blues Women.

Attendees of Rendezvous in the Park 2000 will recall the saucy, bawdy, roadhouse style blues of this acoustic trio. Their hard work, undeniable talents, and tough, yet charming attitudes combine to make what *People* magazine calls, "contagious boogie-woogie rhythms and lyrics with enough brass to stock a knuckle factory." With the recent release of their new CD, "Ain't Gonna Hush!" Saffire shout out loud and proud with a batch of soulful, bluesy songs of love and lust, humor and pain.

The acclaimed band of blues women will be performing two

shows at the Kenworthy Performing Arts Center on Saturday, November 3, 2001. The first show, sponsored in part by Wild Women Traders, will be preceded by a cocktail reception and fashion show beginning at 5:30 pm. Patrons will also be treated to music by local singer/songwriter, Joan Alexander. The second show will open at 8:30 with music and humor of the Hot Flashes.

Tickets for the Uppity Blues Women concerts are on sale for \$15 at Bookpeople and Wild Women Traders. Seating is limited. Don't miss this opportunity to see Saffire in the intimate and acoustically superior setting of downtown Moscow's historic gem.

Julie Ketchum is the director of Rendezvous in Moscow




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CO-OP

Bulletin Board

75th Anniversary Gala & Champagne Reception Kenworthy Performing Arts Center

October 5 - 6:45 pm
\$10 at the door

Music, entertainment, silent auction, and art raffle featuring Dale Chihuly's signed "Red Seaform Pair," valued at \$5,000. Tickets for the raffle are \$75 and only 400 tickets will be sold. Buy a raffle ticket and receive complimentary admission to the gala. Otherwise tickets for the gala are \$10. Website: www.kenworthy.org

Reception & Art Opening

Friday, October 12, 5pm to 7pm
Moscow Food Co-op Cafe

Linda Pall's photos

Taste Fair

free food and fun at the Co-op
Saturday, October 27
10am to 4pm

Institute for Yoga on the Palouse

Oct. 3 Yoga and Chronic Fatigue Syndrome
7 - 9 pm

Oct. 7 Yoga and Healing Weight Challenges
1 - 3 pm

Oct. 14 Partner Yoga, 1 - 3 pm

Oct. 21 Prenatal Yoga, 1 - 3 pm

Gladish Community Center, 115 NW State St, Rm 304, Pullman. 334-9642. www.yogaonthepalouse.com

Saffire—The Uppity Blues Women returns to Moscow

Saturday, November 3
5:30 pm and 8:30 pm
Kenworthy Performing Arts Centre

First Show at begins at 5:30 PM with fashions by Wild Women Traders and music by Joan Alexander Second show starts at 8:30 PM with opening music by The Hot Flashes Tickets are \$15, on sale October 5 at BookPeople and Wild Women Traders Seating is limited. Call 208-882-1178 for information.

Presented by Kenworthy Performing Arts Centre and Rendezvous in Moscow.

October events at the UI Women's Center

Friday, October 5.

Gender Workshop Sponsored by Athena. Dr. Janet Mills will present "Body Watching: Gender, Power, and Nonverbal Communication" at 10:00 - 11:30 a.m. and "He Leads/She Leads" at 2:00 - 3:30 p.m. Both workshops will be held in the SUB Silver and Gold rooms. Join Dr. Mills for a brown bag lunch at the Women's Center. 12:30 P.M.

Wednesday, October 10.

Sisters Project. Project Coordinators, Mercedes and Kari Galloway will explain the objectives and answer questions about this program for women between the ages of 18 - 35. Women's Center Lounge, 12:30 p.m.

Monday, October 15

Co-Producer/Actress. Reception/Conversation with Yvonne Russo, co-producer and actress of Naturally Native. Women's Center Lounge, 12:30 p.m. Naturally Native will be shown at the SUB Borah Theater, 7:00 p.m.

Tuesday, October 16

Visiting Author. Susan Swetnam, author of Home Mountains, Reflections from a Western Middle

shop for aspiring authors (Galena room of the Ms. Swetnam will give a Center at 12:30 p.m.

October 23.

Ms. Tona Treetop, peerDevelopment grant, questions and to share applying for these Lounge, 12:30 p.m.

October 23.

Programmer Women's Center

Special Collections Library
University of Idaho
Moscow ID 83844-2351

Opening

Linda Pall will be showing her photographs of fruits and vegetables, flowers and other wonderful scenes from Moscow's Farmer's Market.

Oct. 12 through Nov 14th at the Co-op's Art Cafe.

The opening reception will be Friday, Oct 12 5pm-7pm.

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

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

PERFORMING ARTS CENTER

9:30-11:30

EVERY SAT

OCT 6 H

OCT 13 S

OCT 20 S

A diverse group of musical 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 October line-up:

- Oct. 11 Beecraft, jazz, funk, groove tunes, SUB Ballroom
 - Oct. 18 Galactic Tofu Farmers, socially-conscious groove food
 - Oct. 25 Marcus Eaton and the Lobby, pop, jazz, funk
 - Nov. 1 Dan Maher, Marie Schneider and Lisa Simpson, singer-songwriters
 - Nov. 8 Shady Ramblers, acoustic folk, bluegrass
- Contact the ASUI Office at (208) 885-6331.

Playing at the Kenworthy Performing Arts Center...

"ART" by Yasmina Reza
Directed by Pam Palmer

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

Nov. 11 - 2 pm (tickets \$10)

All proceeds go to the Kenworthy Performing Arts Center, and the Latah Trail Foundation. For more information contact Pam Palmer at 883-3741.

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

Northport Barter Fair on the Columbia River ten miles north of Northport

October 23

trading, food booth

charged. 509-732-



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