

August 2002

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op



Scanners Again

by Kenna S. Eaton, General Manager

By now you're probably getting as tired of this subject as I am, but it's almost done. I promise.

Well, I wish I could promise.

Actually this is a MAJOR undertaking involving lots of people and hours to make the dream a reality and, to be honest, we don't know exactly what lies in front of us, nor how long it may take. As of this writing we have technicians scheduled to come and install the scanning system beginning August 18th. The installation should take about a week.

The first scanner will be up and running for a few days while we train all the cashiers and managers in the fine art of scanning. As soon as they feel comfortable we will install the other two registers and the store will be converted!

During that week, we will also be training staff in receiving, ordering, pulling reports, system maintenance and preventative care. If all goes well we should be fully scanning by the 23rd of August.

Until we can double-check every single item in the store we will continue putting price tags on our stock. This will help ensure that if the item doesn't scan we can still ring it up for you. Hopefully this stage should only last a month or so.

Equally hopefully you, the customer, are already preparing to be patient and understanding,

since there are sure to be a few bumps along the way. We, the staff, will be doing our best to minimize disruption to your shopping experience by having extra staff available to troubleshoot or jump in and open a register if necessary.

As part of getting ready to install scanners, we looked at who would be in charge of the cashiers. Up until this point in time, Laura Long, long time Co-op employee (11 years this summer!) had done an admirable job with hiring, training, supervising and scheduling cashiers in addition to her other two jobs: bookkeeper and member services manager. We felt it was finally time to cut her a break and develop the front-end manager position into a real job.

We hired Annie Hubble, another long time Co-op employee, as our first Front End Manager. Annie works the 11-7pm shift, 4 days a week, so she can be available both as a third cashier and for customer service. Already Annie is making a difference and is helping guide us through this transition in her usual graceful style. In addition to her duties with the cashiers, Annie will continue to be, along with Janna Jones, the volunteer coordinator(s).

www.moscowfood.coop

Co-op Business Partners

Anatek Labs, Inc. - 10% discount on well water tests, 1282 Alturas Dr., Moscow, 883-2839

Columbia Paint & Coatings - 15% off retail paints & supplies, 610 Pullman Rd., 882-6544

Copy Court - 10% discount, membership card laminated free, 428 W. 3rd St, Moscow, 882-5680

Culligan - Free 10 gallons of water and 2 week cooler rental for new customers, 310 N. Jackson, 882-1351

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Eva Jo Halvik, LMT - First 2 masages @ \$35 each, 306 E 3rd St., 2-A, Moscow, 301-2246

Hodgins Drug and Hobby - 10% off all purchases, excluding prescriptions, 307 S. Main St., Moscow, 882-5536

Inland Cellular - \$10 off purchase of any phone or accessory, 672 W. Pullman Rd., Moscow, 882-4994 or 1332 G St., Lewiston, (208) 798-0245

Kaleidoscope Custom Picture Framing - 10% off retail custom framing, 208 S. Main St., Moscow, 882-1343

Kelly Kingsland, LMT - First two massages @ \$35. each, for appt. call (208) 892-9000

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Marketime Drug - 10% off all gift items, 209 E. 3rd St., Moscow, 882-7541

Moscow Yoga Center - 10% off classes for new students, 525 S. Main St., Moscow, 883-8315

Motherwise Midwifery, Nancy Draznin - Free supply of pregnancy tea thru pregnancy, 1281 Sprenger Rd., Genesee, ID, 208-224-6965

Movement Improvement Feldenkrais Center - First Individual lesson 40% off, and first group lesson free, 2106 Orchard, Moscow, 883-4395

Northwestern Mountain Sports - 10% off bicycle parts, accessories & labor, 1016 Pullman Rd, Moscow

O'Brien Real Estate, Jennifer O'Brien - 1% commission discount for seller & 1 hr counseling for buyers, 111 E 1st St., Moscow, 883-1219

Paradise Fibers - 10% off all books, magazines, videos, yarn and knitting needles. spinning@colfax.com

Peacock Hill B&B - \$10 off night's lodging and 1/2 price breakfast when purchase two. 1245 Joyce Rd., 882-1423

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

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal examination, 803 S. Jefferson, Moscow, 882-3723.

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

Dr. Susan Simonds, PhD., Clinical Psychologist - 10% discount on StressReduction & Women's Wellness workshops, 892-0452.

Tye Dye Everything - 10% off any purchase, 527 S. Main, (behind Mikey's Gyros), 883-4779.

Waddell & Reed - Jim Trivepiece, Free consultation, financial/retirement/investing/life ins. E. 205 Main Street, Pullman, 332-2543

Whitney & Whitney, LLP - Reduced rate for initial legal consultations, 424 S. Van Buren St., Moscow, 882-6872

Wild Women Traders, Sandy Russell - 10% off regularly priced clothing and jewelry, 210 S. Main Moscow, 883-5596

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

Community News



Party at the Pool

by Annie Hubbe, volunteer coordinator

Our next potluck and party for the Co-op membership will be at the Hamilton-Lowe Aquatic Center for two hours of fun on Thursday, August 29th.

We are trying to provide times for Co-op members to get together socially outside the store, and I think this will be a really enjoyable event. Come to the pool with your family and your Co-op member roommates and friends, prepared to enjoy yourselves from 8pm to 10pm.

This will be a snack (not dinner) potluck so bring something yummy to share (no glass containers please). The Co-op will provide beverages. As this is a special treat for Co-op members,

we would appreciate you bringing your membership cards with you, to show when you arrive at the pool.

This party gives us the opportunity to show our appreciation for all our members, especially our volunteers, who help out in the store in so many ways.

Thank you all for the loyalty and devotion you show to your Co-op. Your smiling faces make our hard work worthwhile.

The aquatic center is located at 830 North Mountain View in Moscow. I look forward to seeing you all there. This will be a fun event! Come and play!

Something for everyone...

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Contents

Scanners Again	Cover
Party at the Pool	1
Potluck Series	2
Personal Care Corner	2
Puzzle	3
The Buy Line	4
Ever-changing Kitchen	4
From the Suggestion Board	4
Staff Profile: Eric Gilbert	5
Edible Soybeans	5
Volunteer Profile: Pamela Scheinost and Jamie Baley	6
The Volunteer Program	7
Customer Profile: Eva Hallvik	8
From the Board of Directors	8
A Summertime Event You Don't Want to Miss	9
When the Moon Was Made of Tofu	9
News From the West	11
Art Opening	11
Do You Want to Become a Food Entrepreneur?	12
TV Shows and Magazines	12
Come Visit the Pot Mountain Proposed Wilderness	13
Visit America's Treasures	13
Brining for Flavor	14
Letter to the Editor	14
Palouse Summer	15
Wanna Draw?	15
Propagating Free and Easy	16
Drive-by Planting	16
Do You Doula	17
Peggy Adams Update	17
Pullman Civic Theater	18
Newsletter Changes	18
Book Review	19
Read a Good Book Lately	19
Where Do the Newsletters Go?	19



The Potluck Series

by Annie Hubble

The July potluck was a grand success. The weather co-operated and we were able to meet in the park.

Yummy salads, pizza and other delights were much enjoyed, and children and dogs played on the side. Some of the people got together for a game of frisbee after the meal. Others sat around and chatted with new and old friends. And as I was leaving, a 'no rule' volleyball game was just starting.

This potluck series has become a

lovely way to spend a little more time with our fellow Co-ops and get to know each other better.

In August the potluck will be combined with the swimming pool party (August 29th...see the article elsewhere in this newsletter for details). The August event will be a snacks potluck as the swim party does not start until 8pm and I am sure most people will be in the water most of the time!

So see you there!



Personal Care Corner: What's New?

By Carrie A. Corson

Here are a few of the fun, new things you will see as you peruse the Personal Care Department this summer.

-Coaster Sets and magnets from Anne Taintor, Inc. The humor on these products is so sarcastic I could have made them myself.

-New from Jacobs Musical Chimes. Push pin, magnet and wine tag sets, and new designs of plant sticks. Jacob is branching into things not musical but still quite lovely.

-Remember that cool episode of the Brady Bunch where the family takes a vacation to Hawaii and Peter finds the Tiki doll and bad things start happening so they think the Tiki doll is cursed? Well get out your Brady Bunch videos and watch in style while sipping Kool-Aid out of your new Tiki glasses. We've got them in an array of colors and designs and they are cool! Curses sold separately.

-Then there were the recycled silk scarves and hats we had last winter. Well, you don't have to wait for the cold to show off your silk. We now have an assortment of recycled silk purses. Same awesome colors, same fair trade company. They're in limited supply so get them while you can.

-Lastly, my favorite new things of all are the dog toys from Planet Dog. Not only will your dog love the squishy texture and peppermint scent, you can feel good about supporting Planet Dog.

Proceeds help support Planet Dog Philanthropy "dedicated to supporting unique and effective programs taking compassionate action to preserve and restore the natural environment, cultivate animal welfare and foster quality education" (Planet Dog Philanthropy mission statement). When your dog has worn out his toy, you can send it back to Planet Dog to be recycled into new toys. You can also show your Planet Dog pride by sporting one of their spiffy ball caps.

-Speaking of dogs, one of the products you won't find on our shelves anymore is the Natural Value canned dog food. Unfortunately, the manufacturer discontinued this product.



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Join us for meditation
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(208) 882-8537

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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.

Members Save!

- 10% off on bulk special orders
- Up to 18% discounts for working members
- Monthly sales promotions for members only



Any cashier can help you
join, just ask!

Membership is \$10 for one adult and \$7 for each additional adult in the household. No extra charge for children. Memberships are good for 12 months.

Join the Moscow Food Co-op and Save!

Open 8-8 Daily

Fun in the Sun!



Produce word find:

There are 30 words that can be found in the produce department. Can you find all 30?

Look up and down
Backwards forwards and diagonal

Words:

Peach	Produce	Answers on last page
Carrot	Banana	---lant
Salad mix	Basil	Ginger root
Clarkston tomatoes	Red Potatoes	Kiwi
Asparagus	Pluot	Jalapeno
Sam and Ella	Moscow Food Coop	Garlic
Apples	Cauliflower	Organic
Beets	Cabbage	Farm Tour
Kumquats	Local	Strawberries
Dani	Glen	Oranges

GOOD LUCK!!!!

Answers on page 19

jazzercise

cardio strength stretch



NEW SPRING HOURS!

Class Schedule:

Mon, Wed, Fri at 5:45am
Sat at 8:00am

Spectrum Dance II Studio
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For more information, contact
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Mid-week Growers Market



continues thru August!

Fresh produce from local organic growers

Wednesdays,
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In the Co-op parking lot



The Buy Line

By Vicki Reich

Line #3776, that's where I am in the database today. That means that in just Grocery, Bulk, and Beer and Wine we have at least 3776 different items. This doesn't include Personal Care, Produce or the Kitchen. My guess is by the time the database is complete we will have over 10,000 entries. What a lot of choices we have here at the Co-op.

I've been working on this database for over a month now. I can't say it's been a great deal of fun but it's definitely interesting. And thoughts of what our new POS (scanner) system will be able to do when it's up and running get me through the dull moments of typing the word "case" 3000 times.

Here's some of the things I keep dreaming of. We'll be able to tell you how many products in the store are local and how many are organic. We'll be able to search for items that fit certain dietary needs, such as wheat-free or dairy-free foods. I'll be able to see item by item what sells the best in each category of my departments so I can make better buying decisions. Amy will be able to see what time of

day each bread sells out so we can make more of the kind that sells the best, making it more likely that the favorites will still be available at 7pm. And, of course, no more double pricing with price stickers.

All this is leading me to a great excuse. I've been so busy with the database and all the physical improvements that needed to be made to the store that I did not have time to arrange my usual plethora of sale items. We will still have all of the joint co-op sales for the month (listed in the colored paper insert) but not much else. Something had to give and the in-store sales (listed on the two center pages in the newsletter) lost.

This is only for the month of August. Come September, we will have all of our great sales in place again and the cash registers will be smart enough to know both the regular and sale price and give you the sale price if you're a member.

On August 18th the Co-op starts on its new adventure into the world of technology. I'm sure you'll forget all about sale prices for the month as you breeze through the checkout watching our new system do its thing.

The Ever-changing Kitchen

By Amy Richard, Kitchen Manager

Greetings from the kitchen! All sorts of things are swirling and changing around here. As fall and school approach, we ready ourselves for the inevitable turnover of employees and an increase in hungry, health-aware customers. We are slowly saying goodbye to Kelly Kingsland who has been a most excellent deli manager (and more recently bakery manager, too). Her vision and dedication have made the deli what it is today - nourishing, successful, productive, and huge compared to the tiny 3-employee deli at the old store.

I began working at the Co-op in that tiny deli four years ago with Kelly and Annie Hubble. For three years I worked in the kitchen as a deli cook with occasional stints as baker's as-

sistant and deli server. During the last year, I have been a cashier and I've seen many of you on those sweet slow Sunday mornings.

Change is inevitable; change is exciting. And this change is good. Kelly is off to a happy and calmer life of massage and gardening, and I am on to a new and exciting challenge of managing and growing the deli and bakery. I have my little dreams and hopes for the future of the deli and bakery but for now my main focus is to learn from Kelly everything I can, maintain an excellent staff, and enter hundreds of items into the POS (scanner) system. After all that.....time to play. With recipes, display, bread and delicious food. As Kelly likes to say, "Okay, here we go!"

From the Suggestion Board

Bring back Amy's brand frozen toaster things-the cheese and pizza kinds were so great for snacking!

These were very slow sellers but we will try the pizza ones again since we've had a few requests—Vicki, Grocery Manager

Carry Clearly Canadian please! And Nantucket Nectars.

I'm sorry, neither of these products are available from our distributors.

Why don't you keep a roll of masking tape by the bulk to mark PLU #s? There are never any wax pencils.

Great idea. Look for them soon—Vicki.

While you are installing DSL for the grocery scanners, can you also make an "Internet café" for use by folks who bring laptops? Thanks.

It's not something we're planning on doing at this time, but we'll think about it for the future—Vicki, POS Primary Administrator.

It's terrific that you have bulk mustard and mayo. Thank you. Suggestion: bulk organic oils.

You're welcome and I will consider bringing in the bulk organic oils—Vicki.

Raw Almond Butter-in jars or maybe get another grinder? Thanx.

We have had lots of requests for an almond butter grinder and I will put it in my budget request for next year. Until then I will bring in jars—Vicki.

Turn the AC down! You guys are the Co-op, after all...

All of our refrigeration functions better and breaks down less if we keep the temperature in the summer around 73 F. Sorry if you find this too cool—Vicki.

Can you get fenugreek leaves? Fresh or dry.

I'm sorry but these are not available from our suppliers.—Vicki.

Please carry Dabur toothpaste.

Sorry-This product is no longer carried by our distributors—Carrie, Personal Care Manager


Can you again carry Amy's All-American Veggie Burgers? Thanks.

Sorry, these were discontinued due to very slow sales. You can special order them by the case—Vicki.

Please order Rice Bran Health Valley Crackers. Wheat free and gluten free. I would purchase 6 boxes.

At the moment I don't have room for them but you can special order they come six boxes to a case—Vicki

Eva Jo Hallvik
Licensed Massage Therapist
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MOSCOW YOGA CENTER
525 S. Main • Moscow, ID 83843
(208) 883-8315

Next Session
August 26 - October 26
and
September 3 - October 26

Daytime and evening classes
Classes fill quickly so register early

Schedules available on the yoga center door.

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



Staff Profile: Eric Gilbert

By Julie Monroe

The setting is Sunday evening on the Palouse in the not-so-distant future.

You and your partner have spent the past two days scraping the peeling paint on the house, dividing bearded iris in the flower garden, and hiking the loop trail at Kamiak Butte. You both are so ready to put up your feet and renew body and spirit in preparation for the trials and tribulations of the impending workweek. To enhance your relaxation, you turn on NPR to absorb the harmonic vibrations of "Echoes and Hearts in Space." You hear the soothing tones of John Dilibertos as he previews the upcoming Echoes program, which includes a living room concert with Augustus Pueblos.

You: Augustus Pueblos! Isn't Eric Gilbert in that group?!

Partner: Eric Gilbert, you mean that guy who used to work at the Moscow Food Co-op?!

You: Yes, that Eric Gilbert.

Partner: Wow! I remember him; he was a cashier, right? Didn't he start the Coffeehouse series at the University?

You: Yes, he did, and Harvest of Harmony, too, with Noel Palmer.

Partner: Well, I knew he was into all sorts of music, what with Oracle Shack and all, but I didn't know he was into ambient stuff, too.

The setting is still the Palouse, but it is the present, and 24-year-old Eric Gilbert is working full-time as a cashier at the Moscow Food Co-op while finishing his degree in Music Theory at the University of Idaho. It's true that he's worked for the Co-op for less than two months, but he's been a member for over two years, ever since he returned from a year in Vermont. An astounding year for Eric who found not only love, but a new direction for his life as well.

Eric is nearly a native Idahoan; his family moved to Boise when he was 18 months old. His parents, Dan and Barbara Gilbert, still live there; his sister is an elementary teacher in Post Falls. Perhaps because the University of Idaho was where his parents met or more likely because one of his buddies was going there, Eric selected the UI, too, and moved to Moscow to

earn a degree in Chemical Engineering. A career in engineering made sense for someone who had always excelled in math and science.

But with just a little shove, that career went out the proverbial window. The shove took the form of a poetry class taught by local poet and novelist, Joy Passanante. Eric simply fell in love with poetry, and as the window on his career as a chemical engineer closed, a door leading to creative expression, especially through music, opened. Creative writing was the key that unlocked Eric's hidden passion and talent for music, and once swept away, he had no choice but to begin expressing himself musically.

At age 19, he learned to play the guitar, and a couple of years later, he decided to add keyboards to his repertoire, and it's keyboards that he plays with Oracle Shack, a band he co-founded about one-and-a-half years ago.

Through Oracle Shack (www.oracleshack.com), Eric and the other musicians in the band play music that they hope will make a "positive influence" on the lives of the people who come to their performances. As a musician, Eric also sees Oracle Shack as a "launch pad" from which he, the other members of the band, and the audience can fully "be in the moment and in the place."

A different sort of launch pad for Eric was the time he spent at Johnson State College in Vermont as an exchange student from the University of Idaho. Johnson is a small town with a "great, tightly-knit community," says Eric, and spending a year there made him realize that he had not made an effort to find a place in Moscow where he belonged. So, when Eric returned to Moscow, he was determined to "connect with a community." Being associated with the Food Co-op, as a member and now as an employee, has helped Eric accomplish this goal. He says he is "really excited about working at the Food Co-op," adding that he feels it is the "heart of this

[Moscow] community."

And speaking of heart, Eric's is taken. Eric and Lisa Simpson, a local singer and songwriter, are getting married. Eric and Lisa, who met in Johnson, Vermont, will be married in



Moscow's East City Park on September 21, the date of this year's Harvest of Harmony festival. They will be married in the morning and will play (music, that is) in the afternoon.

Just imagine how sweet the vibrations will be that September afternoon. I hope John Dilibertos is in town.

Julie Monroe's favorite ambient music composition is "Quiet Music" by Steve Roach

Edible Soybeans: Fresh, Green, Organic and Coming Soon

By Hey George and Sue

Right now, with some searching, you can find edible green soybeans that were grown and processed in China for sale in the Co-op's frozen foods section.

At the Co-op in late August, or maybe early September, you'll be able to buy organic fresh green edible soybeans. We are growing them now at our garden and they will be at the Co-op as soon as they are ready for picking.

These protein-packed beans are great for snacking. They can be roasted with tamari, or just blanched and served. Or you can try them in stir-fries or even freezing them yourself for year-round consumption.

There are millions of good reasons for eating them, and soon you will have a supply of local fresh organic beans to sample.

George and Sue grow carrots, lettuce, and other vegetables for the Co-op at Hey George's Organic Garden near St. Maries, Idaho.

A natural.



Nature Sport

(A locally owned business)
Palouse Mall, Moscow
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BIRKENSTOCK

Volunteer Profile - Pamela Scheinost & Jamie Baley

by Chris Stordahl

Holy Dynamic Duo, Batman!
We've got competition!

Okay . . . I'm sorry. Let me try to explain that. This month I'm profiling two people who share a volunteer position here at the Co-op. So, I interviewed them last night and went home to write the piece. Well, it just wasn't coming together. I couldn't seem to get started. I gave it up and went to bed. This morning I wake up and what is the first clear thought in my otherwise bleary, coffee-less head? Yup. Maybe it was the pressure of a looming deadline, maybe it had to do with staying up until three in the morning, I just don't know. But, it got me going on this, so . . . here we go!

Pamela and Jamie have been working together . . . separately . . . for some time now at the Moscow Food Co-op. In fact, I believe the end of July marked their two-year anniversary as volunteers! (Just out of curiosity I looked up on the Internet what to give for such an occasion—one should buy calico, china, cotton or straw, so shop accordingly.)

By 'together . . . separately', I mean to say that they share the same position but alternate weeks handling the container recycling. I think this is a great idea. Anyone can make points towards their volunteering karma even if they don't have a great deal of time to spare (and still get the discount!). So for any of you out there (and I was one) who feel they just don't have the time to give . . . call a friend and share a volunteer job.

Pamela hails from Lincoln, Nebraska. Jamie, from Kalamazoo (zoo, zoo, zoo, zoo, zoo), Michigan. They met just over two years ago as students at WSU. Apparently, there was a conversation in progress concerning evolution. Jamie's contribution was espousing the theory that we are all descended from aliens who deposited us on this planet some time in the distant past.

Pamela was intrigued (how could she not be?). The rest, as they say, is history.

They are both students of agriculture. Jamie is currently pursuing his Ph.D. His area of study is plant breeding, specifically wheat. When I asked him what brought him to the

Palouse, I wasn't immediately aware of the ignorance inherent in that question. Um . . . oh . . . wheat.

Jamie did say that he really likes the Northwest. He is looking to finish his studies in the fall of 2003 . . . or spring of 2004 . . . (is he being purposely vague, Ms. Kidwell?).

Pamela received her Masters Degree in May. Her area of focus is agronomy . . . I had to look that one up (even after she explained it to me): the theory and practice of field-crop production and soil management.

This study has afforded her a great opportunity. Pamela will be leaving for Nebraska the end of August to spend some time with her family. After which, she will travel to Tanzania as a member of the Peace Corps. She will be dealing primarily with agricultural extension and environmental education. The hope is to assist local farmers in adopting sustainable practices and attain self-sufficiency. Another area of involvement will be empowering young girls within their community. One piece of advice she said she has been given is to go expecting to learn more than you teach and you will have a more enriching experience. (That sounds like good advice for life in general.)

Pamela has wanted to work with the Peace Corps for a long time, but is glad that she waited. She now has more education and experience and feels that now she can offer more help. Good luck to you, Pamela!

I asked Jamie what he will be doing in the near future. He said that he'll make beer and play with the dogs . . . oh! . . . no, wait . . . that's wrong. These notes . . . um, he will take his pre-lims and focus even more intently on his studies, Ms Kidwell.

Both Pamela and Jamie agreed that, other than the wonderful atmosphere at the Co-op, one of their favorite things about volunteering here is the broken cookie plate. Bakery items not deemed fit for sale are left there for worker consumption. (How does someone volunteering on the newsletter get in on this?)

To close, I asked if they had anything that they wanted to say to the Co-op community. Pamela said that she will miss Moscow very much and hopes to return.



Jamie had something very intense and somewhat disturbing to share. (In a strange way, this could almost relate to my opening.) Jamie told me that individual yogurt containers are EVIL! (I don't think he's mounting a campaign to destroy them, but . . .) I guess they receive sooo many for reuse that they don't know what to do with them. He recommends buying the large-sized plain yogurt and mixing your own

flavors. Okay, Jamie. As soon as I finish the half-dozen little cups now sitting in my fridge . . . staring at me . . . wickedly . . .

Chris Stordahl apologizes for the profusion of dots and parentheses in this piece. She sincerely hopes the kind editors will overlook this momentary punctuation obsession and allow her to do another profile in September.

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The Volunteer Program

By Annie Hubble



Amanda Cronin, pizza server



As the summer moves along all too rapidly, you can still find volunteers everywhere helping out the Co-op.

We see them in the deli, making our favorite coffee drinks, sanitizing the recycled containers for reuse, or making sandwiches and soups. We see them in the produce department each evening, rearranging and stocking the veggies and fruits, and helping customers with their questions. Volunteers help close the store at night, washing the scoops, putting out trash and generally making the store look

spiffy for the next day.

Others clean the bulk bins, water the plants (thank you for your smiling face, Leigh), help with freight, restock spices (Tom and Pam and family are long time volunteers there), wash aprons (thank you Kate and Julie), and clean shelves.

Tim Daulton has been making that yummy Co-op granola for years now. And Sharon Harris, so graciously and with such a friendly manner, invites you to

sample new products each Friday evening. And of course many, many people help with the newsletter.

What wonderful contributions you all make—and we appreciate you.

It is good to know there are so many people out there willing to lend a hand.

On that note, I want to publicly acknowledge those of you who are patiently waiting for a volunteer position. There are a limited number of jobs available, and we can only place new people when others move on.

We have all your applications on file and will call as soon as openings appear. Thanks for your willingness to help.

I encourage you all to come to the swimming pool party on Thursday, August 29th. The Co-op has rented Moscow's Hamilton-Lowe Aquatic Center (at 830 North Mountain View) from 8pm until 10pm that night. This is a chance for us to show our appreciation of customers and volunteers alike for their support of the Co-op. Bring a potluck snack (no glass containers please), your membership card, your swimsuits and towels, and be ready to have fun!

'Til next month, Happy Volunteering!



Kim Meyer, deli clerk



Jennifer Boie, Coffee bin cleaner



Dayna Willbanks, cleaner



Sharon Harris, Friday samples



Kristy Hopfesperger, produce



David Christian

Customer Profile: Eva Hallvik

By Vic Getz

Eva Hallvik has experienced many incarnations in her 35 years. As a child, she dreamed of becoming an Olympic skier. Her family suggested law would be a good vocation because they said she was so good at convincing others to think the same way she did. Evidence of that ability is the fact that she served as her high school class president for four years.

At 17, she was voted a Coeur d'Alene princess! Seeing her now, it's sort of hard to imagine her decked out in a diaphanous gown regally waving to her minions.

What is easier to imagine is her digging in the gardens together with the women in a rural village in Ha Matlali, Lesotho, where she served in the Peace Corps from 1990-1994. While there as a home gardener and extension/nutrition agent, she worked with young mothers and pregnant women to improve diet through home gardening. The work involved improving soil, planting a greater variety of vegetables, canning and drying, teaching nutrition.

"The goal was to improve the amount of vitamins in the diet and to preserve vegetables to last through the hard Lesotho winters," she explained. "I loved the Lesotho sense of time and what counts as priority in life."

What mattered was having time with people. It was not unusual to

meet someone on a trail and stop for long conversations. Meetings would be planned for "the afternoon" and showing up sometime was all that was required.

"It's so different from here where people seem always to be rushing to get somewhere quickly," she said.

Eva completed her bachelor's degree in English at the UI before heading to the Peace Corps. When she returned to Moscow in 1994, she started a landscape gardening company with Erika Cunningham called The Incredible Growing Women.

"To work with the soil is so calming and soothing for me. I feel connected to the world I live in. And I love being dirty." (Spoken like a true princess!)

She also completed the training to become a licensed massage therapist (see her ad in this newsletter and on the business partner page) and has a studio in downtown Moscow. She uses a variety of techniques in her practice including deep tissue/trigger point work, cranial-sacral therapy and myofascial release. As a regular client, I can tell you that whatever 'hifalutin' names that are applied to her work, the results are absolutely wonderful.

Her spiritual connection to the natural world is witnessed not only in the work she does but also in the choices she makes about her own



nourishment. She does about 99.9% of her shopping at the Co-op. "I buy only organic food and I like food that's raw, not overprocessed or over packaged. I believe in its operation as a membership cooperative. Socially it's the best way to do business – as a life-line."

Like so many of the customers at the Co-op, Eva feels that it is a home away from home. "It's a place I can feel connected to the community."

For Eva, connection matters! To self, to place, to the land, to the environment and to others. The value of these things to her is obvious in her work and her play.

Now, it's time for my massage. Lucky me.

Vic Getz is a PhD candidate in Environmental Sociology at WSU and organizes her life around laughing.

From the Board of Directors

By Bonnie Hoffmann

Once again it is my turn to expound upon the doings of the Board of Directors. Actually, there is a really exciting change coming. I'm sure a lot of you have already heard about it. The change that I am referring to is the new scanner or point of sale system (POS).

You all have probably seen these systems at many of the local supermarkets and other stores. These systems utilize the bar code and scanner system for check out.

We at the Co-op are looking forward to this new system even though it means a lot of hard work to prepare for it.

I can remember when I was head cashier many moons ago when all of the cashiers fantasized about such a system. The benefits are numerous.

For example, no more price guns! In other words, there's less chance of the wrong price being put on an item or having the price tag fall off.

And best of all, no more quarterly inventories (although I'll miss the donuts)! These systems keep an accurate count of all merchandise brought in and how much merchandise is being sold.

There will be no more wondering what the heck the receipt says. The new POS system will create an accurate accounting of the exact items you purchase. We should also see a reduction of sore wrists among the cashiers, since there will be less of the repetitive motion that results from the current register system. With this new system, the cashier just swipes the item in front of the scanner and the

computer reads the bar code and identifies what it is you bought.

Setting up the POS is no small task. The department managers are pulling their hair out entering all the information to build the new data base. However once it is completed, we on the Board as well as the managers are hoping that everything will go smoother, quicker, and will be more convenient for the customers and the employees.

There are some other major processes that will need to be completed before we go "live" with the new register system. This includes installing a DSL Internet line for credit card support and the installation of hundreds of feet of cable so the computers can be set up on a network. The register stands will also be remodeled so the new equipment will properly fit in this area. We are hoping to be up and running by the third week in August.

Now I have heard that some folks feel that this new system in some way

means that the Co-op has sold out and that the check-out process will become less personal. I'm not certain why these fears have surfaced. Some people suggested that this would happen when we moved to the new store, but I have never found this to be the case.

Whether it be a bigger store or a new "hoity-toity" cashier system, our store is as personal and friendly as the wonderful employees that assist you. So I will ask everyone to give this system a chance, because I'm fairly confident that you will be pleased with the outcome. I hope that, with this information, everyone who shops at the Co-op will be as excited about the new system as we are. Yes, it means some changes and some patience from all of you during the transition, but together we'll make a go of it and improve your Co-op experience (if that's possible!).

A Summertime Event You Don't Want to Miss

By Mary Reed

Would you like to take a ride in a horse-pulled wagon around a historic neighborhood? Maybe you would like learn about folk toys and see how they work from the man who made them. Or you could sit in on an old-fashioned Chautauqua with a variety of performers.

The Sweet Adelines, Jane Alexander, and Clarence Johnson will be playing and singing; Jeff Mix will tell stories from the Lewis and Clark expedition; and the WSU Raptor club will bring birds of prey.

If you'd like to meet a mountain man, the Hog Heaven Muzzleloaders will be there with a tipi, clothing, and equipment representing the period of the early explorers.

Would your kids enjoy finding out about a fire engine and its equipment from a Moscow Fire Department volunteer? How about letting them wash clothes with a washboard and then put them through a wringer? Maybe they'd like to dress up in vintage clothes and be part of a fashion show? If they want something to take

home, they can make a solar print, a button spinner, and a spool tractor.

You can also tour the 1886 McConnell Mansion, strolling through eight historic rooms and admiring the applique, hand-made Flowering Vine raffle quilt.

And the ice cream—how about the whole family savoring a Chautauqua Sundae or a Paradise Parfait in a shady, old-fashioned garden?

All this takes place at the Latah County Historical Society's annual Ice Cream Social, which marks its 25th year this summer. Activities will be centered around Moscow's historic McConnell Mansion on the corner of Second and Adams Street on Sunday, August 25, from 1 to 4 p.m.

This annual event began in 1979 on a warm Sunday afternoon with a small but enthusiastic group. They met in the back yard of the McConnell Mansion and helped turn the crank of an old-fashioned ice cream freezer. One of the few Moscow summer events in those days, the Ice Cream



Social grew to include craft demonstrations and music.

In 1988 and 1989, the event moved to the county fairgrounds for the Latah County and Idaho centennials, and then returned to the McConnell Mansion in 1990. Children's activities, horse and wagon rides, a Chautauqua, and, for a few years, a homes and gar-

dens tour were added.

Everyone is welcome, and everything but the ice cream is free. For information call the Historical Society at 882-1004 or visit its Web site at <<http://users.moscow.com/lchs>>.

Mary Reed is the director of the Latah County Historical Society.

When the Moon Was Made of Tofu

By Jen Hirt

Out walking at night last month, I realized that the moon looked a lot more like tofu than cheese, and I wondered how the whole moon-cheese theory came to be.

I tried to create a story about a feral tribe of vegetarian children who started the lore that the moon was made of tofu, only they lost their heritage when they were civilized by precursors to the fast food world, who told them that no, the moon was clearly made of cheese, and everyone should eat cheap meat from now on. And so the myth of the Bean Curd in the Moon never came to be. Maybe the cheese thing is the grandest hoax ever.

In honor of the summer moon that looked like a little crescent of tofu, here's my version of a great recipe for that obstinate vegetarian staple.

Marinated Baked Tofu

Prep time – at least 2 1/2 hours
Cooking time – at least 40 minutes

Serves 3-4

A block (1-2 pounds) of extra firm tofu
2 tbsp. Tamari soy sauce
1 tbsp. lemon juice
a splash of wine
1/2 cup water
1 tsp. tarragon
1 tsp. dill
1 tsp. garlic powder

First, slice the tofu into 12-15 rectangular pieces. A thinner slice will become crispy; a thicker slice will end up chewy. There are merits to either texture – chewy is good on sandwiches, while crispy is nice in salads or on rice.

After the tofu is sliced, lay it between paper towels and put something heavy on it to press out the water. I put a baking sheet over the tofu, and set a skillet on the sheet – it works well. Let the tofu sit for at least an hour.

Meanwhile, mix the marinade. Soy sauce is the base, and soy sauce is very salty, so adjust as needed by adding more wine or lemon juice. If you're

out of soy sauce, teriyaki can substitute. Tarragon is absolutely terrific with tofu, for some reason, so don't skimp on that one. You can use fresh or dried herbs.

Transfer the tofu to a container suitable for the marinade. I use a large glass casserole dish. Arrange the slices in one layer, and add the marinade.

Cover and refrigerate for at least an hour. If I think of it, I flip the slices at some point. Although an hour of soaking in the marinade is suitable, baked tofu is absolutely savory if it marinates over night.

This next step I only recently learned, and it is a pretty neat option. You can freeze tofu to give it a completely different texture, which could be described as "meaty." Freezing tofu and then baking it makes it dry and chewy in a way that is good for dipping into anything, ranging from mustard to fancy sauces.

To freeze tofu, put the slices on a baking sheet. Put the sheet in the freezer. It takes no more than an hour.

Finally, when you're ready to bake, heat the oven to 425, put the slices (frozen or unfrozen) on a baking sheet, and bake on the bottom rack for at least 40 minutes, turning once. Depending on thickness and the texture you're craving, you can bake them for as long as an hour. You can eat baked tofu hot or cold. It's great on sandwiches, or sliced on salads.

Jen Hirt is an MFA student in creative writing at the University of Idaho. She's working on a collection of essays about greenhouses.



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Members Pool Party

**All Co-op members welcome!
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WHEN: Thursday, August 29, 8pm to 10pm

WHAT: Potluck snacks and pool party for all ages

WHO: All Co-op members

WHERE: Hamilton-Lowe Aquatic Center,
830 North Mountain View in Moscow

Potluck Snacks:

**Co-op will provide beverages, please do not bring
glass containers .**

*Remember to bring your Co-op
membership card for free admission*

News from the West

by Auntie Establishment

Auntie Establishment here with an update on world affairs. It's August 2002. Osama Bin Laden is still at large, there's no peace in sight for the Middle East, and George W. Bush has given the CIA orders to kidnap Saddam Hussein. (Kidnap? Is George going to make a ransom note out of Elmer's glue and letters clipped from the newspaper? And who is he going to send it to—Manuel Noriega?) India and Pakistan have cooled off a bit, but who's to say they won't heat up again, this time with a little nuclear assistance. Videotape has surfaced of yet another white police officer beating yet another black suspect in Los Angeles. Wildfires are raging, El Niño has returned, and corporate scandals, layoffs, and bankruptcies dominate the headlines. In the meantime, we here in Idaho are about to find out just what welfare reform really means—this state has a two-year lifetime limit on public assistance and a three-year forecast for the current economic bust.

Thank your lucky stars, then, for the Moscow City Council. They've honed right in on that word "bust" and reconstituted themselves as your official pasties patrol. Incensed by the presence of a now-defunct topless carwash, Councilman John Guyer led the charge to corral those wayward breasts and thus restore our fair city to morality, decency, and mammary rectitude. Now it's back to boredom at the robo-wash, with nothing to look at but those hula-dancing felt strips.

I think it's a shame. Young women who need rent money will have work at the Wal-Mart or sell bibles door to door. Adolescent boys will once again be obliged to peruse "National Geographic" if they want to know what's under the halter-top. And Mr. Guyer and company have done absolutely nothing about the parade of hairy shoulders and beer bellies that will continue to assault the public sensibility—the breast ordinance applies to women only.

That, quite frankly, is the problem with this whole business. Why is a woman's naked chest deemed lewd and lascivious, but a man's isn't? I would be willing to bet that the Coun-

cil members who pushed this ordinance have no truck with evolutionary theory, but their reasoning seems to be that women should be forced to be modest because men are essentially wild animals. Is the sight of those fleshy appendages really enough to make any man lose the power of reason? If so, why aren't we boob-bombing Al Qaeda?

Come on. I don't believe that men are more subject to the power of nudity than women. I don't believe that one topless car wash merits a month of the City Council's time and a new nudity ordinance. I don't believe the citizens of Moscow need to be protected from the sight of naked breasts. Patty Duke found that a hot dog made her lose control, but no one proposed banning wieners.

It all seems so incredibly foolish. Thanks to state budget cuts to higher education, an estimated twenty million dollars has been removed from the local economy. What, you might ask,

is the city council doing about that? Nothing, apparently.

Here in Moscow, it's zero nipples while home burns.

Auntie Establishment is the nom de plume of Joan Opyr, a Moscow area fiction writer. Ms. Opyr whiles away the hours reading, writing, and wreaking havoc while her agent tries to sell her first novel to various publishing houses in New York.

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Art Opening

By Rose Graham, Co-op Art Coordinator

The oil paintings of Sigrid Hart, an art student at the University of Idaho, will be on display at the Moscow Food Co-op Art Gallery, August 16 through September 19, 2002. An opening reception will be Friday August 16, from 5:30 to 7pm.

Hart was born in Landstuhl, Germany, and received a German education, graduating with her Abitur in 1995. After her immigration to the USA in 1996, she enrolled at the University of Idaho in fall of 1997. Since then she has been working and studying there to pursue a bachelor's degree in Fine Art.

Two notions about art are very important to her in developing her artistic career: it should be the result of an expressed emotional reaction to the world and it should be a masterpiece in technique and execution.

She explains: "My work revolves around the human figure, the quintessential subject matter and challenge of many artist generations. In addition, I focus not merely on copying historical paintings, but study master paintings at a historical, sociological, and technical level to comprehend, not to emulate, the immense heritage of the last 800 years of painting in Western Europe. This heritage is essential in developing my own style, in defining my place and time within history. However, I do refrain from any attempt to revive a certain historical period, due to the fact that all art forms belong to their own cultural time."

Artists wishing to submit artwork for display, please contact Rose Graham at rterrydgraham@hotmail.com or 208-892-8432.

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Do You Want to Become a Food Entrepreneur?

By Mary Jane Butters

A fully-equipped research kitchen is now available for testing and development of processed food and herbal products by local entrepreneurs. I invite anyone interested in developing and marketing value-added food products to use the kitchen for only five dollars per hour.

The kitchen equipment, valued at approximately \$10,000, is on long-term loan from the Clearwater Resource Conservation and Development Council, Inc. The kitchen includes a fruit press, food dryer, pressure cookers and food processors.

The council loaned the equipment to the Pay Dirt Farm School, a non-profit organization we created to offer apprenticeships in planting, growing, harvesting, marketing, storing, and preserving wholesome food. The equipment is now installed at MaryJanesFarm, our organic farm about eight miles southeast of Moscow.

"The council originally purchased this equipment, with US Department of Agriculture funding, to provide an incubator for new companies—to give people with good ideas for new herbal and food products an opportunity to perfect recipes and begin marketing. We wanted to help people help themselves," explained RC&D coordinator Dan Pierce of Moscow.

The equipment was purchased by the council for use in an incubator kitchen planned by the Clearwater Sustainable Network at the Elderberry's store at Clarkston. The store closed in December of 2001. Pierce said that the offer by the Pay Dirt Farm School was the proposal for use of the equipment that best fulfilled the original purpose.

The kitchen will be available at low cost, and as time allows, I will share our decade of experience in food development, packaging, and marketing at no charge to entrepreneurs using the facility.

Dan Pierce also encourages future food entrepreneurs to use this kitchen. He said, "We urge people to take advantage of this opportunity. For only five dollars per hour, they can use the kitchen and take advantage of the free consultation Mary Jane is willing to offer. This is certainly a very good deal."

Our business and operating philosophy focuses on building a local network

of suppliers (growers and processors) of organic grains, vegetables, herbs, and other food products. We want to provide reliable sources of income for our suppliers and brainstorm with local farmers their ideas for value-added food products. This kitchen will help us attain those goals.

Anyone interested in reserving time at the kitchen is urged to call me at 208-882-6819 or email at <maryjane@maryjanesfarm.org>.

Mary Jane Butters has been developing, testing, and marketing her food products since 1989.



Pay Dirt Farm School Apprentice Mick DeLamar perfects a garlic scape recipe in a new experimental kitchen open to the public at MaryJanesFarm, Mos-

TV Shows and Magazines

By Bill London

Mary Jane Butters and her line of prepared camping foods are scheduled on the Food Network, a cable television channel with 51 million subscribers nationwide. Her organic camp foods will be featured on the "Food Finds" shows now scheduled here at 6pm and 9pm on Thursday, August 15, as well as at 10am on Monday, August 19, and again at 11:30am on September 14.

And there's more news. The second issue of her storefront magazine, MaryJanesFarm, is now available at the Moscow Food Co-op. The issue focuses on her organic camp foods.

Five thousand copies of the first issue of MaryJanesFarm were printed in January. All of those copies have been distributed. For the second issue, 25,000 copies were printed. They are being sold nationwide in 45 stores, through subscriptions, and through the website, <www.maryjanesfarm.org>.

And in her spare time, she celebrated a unique new food, the garlic scape, at the first annual ScapeScapade on Saturday, July 6. A green pesto-like sauce she made from scapes, the curling garlic flowerstalks, was available for taste-testing at the celebration. More than 400 of the samples, as well as brochures and membership forms for the new Scape Society, were distributed.

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Her garlic scape pesto is still available at the MaryJanesFarm booth at the Farmers Market or through orders at 882-6819.

Bill London has eaten several pounds of garlic scapes this summer, as pesto and in salads and casseroles. He thanks Mary Jane Butters for introducing his family to this versatile veggie.

Come Visit the Pot Mountain Proposed Wilderness Area

By Larry McLaud and Gary Macfarlane

We are lucky to be living in an area that has so much wild country relative to the rest of the lower 48 states. Whether looking at the miracle of evolution or our modern society's effect on that ancient process, or watching a cold, clear tributary to the North Fork Clearwater in its tumble to the Pacific, Thoreau's dictum rings true: "In wilderness is preservation of the world."

We invite you to visit some of the Clearwater's fantastic wilderness. Friends of the Clearwater and the Palouse Group Sierra Club are co-sponsoring a trip to the Pot Mountain area on the North Fork of the Clearwater on August 17 and 18. This will be fun overnighter (car camping, so to speak) with hiking during the day. We plan on leaving Moscow at 8:00 AM on Saturday, August 17. For carpooling and rendezvous details please call 882-9755 or email foc@wildrockies.org.

Pot Mountain is a round-shaped roadless area bounded by the North Fork of the Clearwater River. Pot Mountain's ridge contains 7 major peaks including Pot Mountain at 7,139 feet. Rough steep slopes fall to elevations below 2,000 feet along the North Fork of the Clearwater River.

Large fires in the 1900's created many brush fields primarily on the south-facing slopes. The forested areas are 2/3 cedar-hemlock-pine habitat and 1/3 spruce-fir type. The diverse habitat includes rare inland rainforests to sub-alpine forests.

Chateau Falls along Chateau Creek is a 60 feet waterfall in a Research Natural Area. Four mountain lakes provide a scenic landscape in the high country.

If the Forest Service were to take out a few dirt roads that are lightly used

only on a seasonal basis, there would be one large roadless area over 500,000 acres. The close proximity of the Pot Mountain area to the Selway Bitterroot Wilderness gives these areas more value as wild ecosystems, since they can help provide homes for habitat-intensive species such as larger carnivore mammals.

The Clearwater National Forest is part of the Big Wild. The Big Wild refers to the designated wilderness of the Frank Church River of No Return and the Selway-Bitterroot, as well as surrounding roadless areas like Pot Mountain. The total area of Idaho's Big Wild is over 6 million acres. The need for such a large diverse wild area to maintain sustainable populations of large carnivores has been advanced by many respected scientists.

A large variety of habitats in the area provide homes for many different species. There is an abundance of elk, deer, bear, and mountain goats. Wolves visit the area and along with wolverines, goshawk, moose and maybe lynx. There have been multiple unconfirmed sightings of grizzly bear in the area. The rugged countryside protects an abundance of animals from human disturbance. Pot Mountain provides over 16,000 acres of key summer and winter habitat for



Buckingham Lake is in the Pot Mountain area.

elk.

Westslope cutthroat trout are present in the mountain lakes and in the North Fork of the Clearwater River and many of its tributaries. Threatened bull trout are also present in the streams.

The Northern Rockies Ecosystem Protection Act (NREPA) would protect all of the Pot Mountain roadless area. Also, the upcoming revision of the Forest Plan in 2003 will likely play an important role in Pot Mountain's future. The public will have an opportunity to give input into how this public land will be managed.

We believe that ecological values far outweigh resource extraction values. This area supports wildlife and provides recreation opportunities for visitors. Its location gives Pot Moun-

tain importance in connecting other roadless areas to the Big Wild.

For more information about our visit to Pot Mountain, or if you would like to volunteer for Friends of the Clearwater, call 882-9755 or email foc@wildrockies.org, or write Friends of the Clearwater, PO Box 9241, Moscow, ID 83843. Your help is greatly appreciated.

Also, pick up a Friends of the Clearwater newsletter at the Moscow Food Co-op and see the schedule of all of our events and upcoming activities.

Larry McLaud is the Program Director for Friends of the Clearwater, a Co-op member, and a noted conservationist in North Idaho. Gary Macfarlane is the Forest Watch Director for Friends of the Clearwater, a former Co-op employee, current Co-op volunteer, and notorious lowbagger.

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Cooking

Brining for Flavor

By Pamela Lee

Brining for flavor is a food preparation technique, immersing meat into a salty water solution for some hours before cooking.

Salt has long been used to preserve and extend the shelf life of food. Before the advent of refrigeration and modern canning methods, some hungry and inventive person discovered that heavy concentrations of salt helped preserve meat.

But brining for flavor is not the same process as the ocean voyagers of yore used to keep their protein edible and preserved. Brining, with discreet amounts of salt, can result in meat that is succulent, tender, and moist. I have found brining a great way to ensure that defrosted meats, such as the organic meats from the Co-op's freezer section, are tender and delectable.

I first used, and still use, brining as an antidote to the moisture loss and the potentially compromised texture that meat can suffer from months of freezing. Even family members who maintain low-salt diets have found my flavor-brined meat delectably to their liking.

In preparation for this article, I've slogged my way through several versions of how and why brining makes meat taste more tender and moist. Different food-scientists give some-

what different explanations of why brined meat tastes moister and not indelibly salty. The scientific reasoning behind brining involves intracellular and intercellular water and minerals, protein structures, diffusion and osmosis. Add those important culinary variables of amount, timing, and temperature. The end result is that successful brining will raise the temperature at which meat will lose moisture while cooking. As any discriminating carnivore knows, dry meat is not satisfying nor succulent fare.

A 1993 "Cook's Illustrated" magazine article first inspired me to brine a turkey. I cut the amount of salt recommended in half and then some. I kept the bird in the solution for less time than directed. Over the years, I have found that less salt and less time are good brining habits. Another good habit is to keep the brining solution below 40-degrees Fahrenheit. The amount of salt used to flavor brine food is not stiff enough to substitute for refrigeration and safe hygienic food preparation. Pork, poultry and seafood all profit from brining before cooking.

The basic method and the ingredients for brining are simple: submerge meat in a salt and water solution in a (refrigerated) container. I often defrost and brine frozen meat at the same time, placing my brining bucket overnight on

a lower shelf of the refrigerator. Small pieces of food, like frozen shrimp will defrost in brine much more quickly, requiring only 30 to 60 minutes (depending on the amount of shrimp).

Before we make the plunge (pun intended), let me remind the reader that not all salt is shaped the same. Many brining aficionados claim that we should only use kosher salt to make brine. During the early 1990's I scoured the local supermarkets seeking kosher salt, but found none. Though I have resorted to buying kosher salt in Minneapolis during the Christmas holidays and schlepping it home on the airplane, I have also regularly used sea salt for my brine solution (for years).

Over the last month, perusing a stack of articles that I printed from the profusion of material on the Internet, I've read a dozen articles that exhort me to never use sea salt when concocting a brine. But since I've had such succulent success, I'm sure I will again. None of the articles cite an underlying reason to avoid sea salt, and the only one I could contrive on my own is that sea salt is more difficult to dissolve (than kosher or table salt).

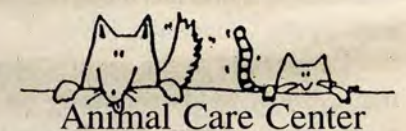
I also haven't found a chart that lists the corresponding measurements for sea salt as compared to kosher and table salt. One-quarter cup of table salt is equivalent to one-half cup of Diamond Crystal kosher salt. I was specific about the brand because one-quarter cup of table salt does equal one-quarter cup plus two tablespoons of Morton kosher salt. Perhaps sea

salts are less standardized? For instance, our Co-op's bulk sea salt is visibly coarser and has a larger grain than the Hain-brand sea salt, packaged in a circular cardboard box. Since I like less salt, I use a lighter brine than many recipes call for.

My basic brining method is to dissolve 1/4 cup of bulk sea salt in 1-2 quarts of water. (This is half as much salt as some standard brining recipes that I'll include in next month's article.) When using sea salt, I begin by dissolving the salt a cup or so of hot water, stirring. Then I add cold water and ice if necessary to bring the temperature down. (If using kosher or table salt, which dissolve quickly, the initial hot water isn't necessary.)

Next I rinse the meat and submerge it in the brine. Then I place this in the refrigerator for one to eight hours. Since I prefer to consume organic meat, most often I am defrosting at the same time as brining. If using fresh meat, decrease the brining time.

Pamela Lee will continue to write about brining next month, including recipes for those increasingly popular less basic multi-ingredient brines.



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Large & Small Animals

Niles Reichardt, D.V.M.
Nancy Maxeiner, D.V.M.

Letter to the Editor

This enquiry comes all the way from Australia to you in Moscow, Idaho.

My wife and I are having a juice every morning out of carrots, celery, apples, (granny smith), a bit of ginger, some grapes when in season, and a small raw beet root.

It should be very good for us, but recently we read in the net that beet root, although very rich in vitamins and minerals, also contains a fair amount of nitrates. And they are bad news for your health.

When looking through your website, we found a lot of interesting information, but can any of your readers get us some hard facts on the good-

ness and benefit of drinking beet root juice?

My wife, Sonja and I (Hannes) came to Australia from Germany in the early 1950's and are now retired and live on the Far North Coast of New South Wales, about 100km south of Brisbane. We are both into our seventies and are still quite healthy, thanks to drinking juice all the time???

Any response would be very welcome indeed and also replied to.

Our address is:

Sonja & Hannes Jansen
26 Kimberley Circuit
Banora Point. 2486 NSW
Australia.

Our e-mail address is:
jansens@omcs.com.au

(Please note the 's' at the end of jansens !!!!!)

Thanks for your help so far, we are looking forward to your replies.

With kind regards,
Sonja & Hannes

Camas Winery

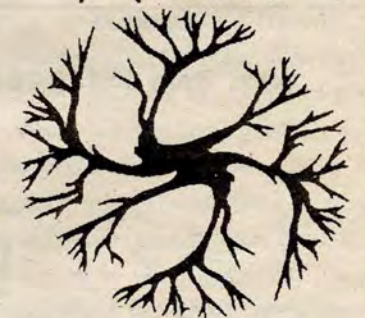


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Palouse Summer: the Living is Easy

By Bill London

Illustrations by CeCe Hammond
And where are we going for our summer vacation? We have found the ideal location. The town is quiet, safe and fun. The surrounding area is sparsely-populated and beautiful, with easy access to a wide variety of opportunities for outdoor recreation at mountains, rivers, and grassy meadows. The days are warm, but not hot. The nights are cool. This pleasant community provides amazing musical and cultural events. And best of all, this is a university town, built for thousands of students who are gone over the summer, meaning no crowds and no crowded streets.

So have you guessed the identity of this wonderful summer destination?

Moscow, Idaho, in the rolling hills of the Palouse country.

Sure, we spend our share of summer days going places, but we take day trips or short vacations. We try to take our long vacations in the colder seasons when Moscow is not so enticing. We've found that summer here is the best way to enjoy the season.

From Moscow you can travel, in an hour or two, to desert lands with cactus and rattlesnakes or to mountaintops with elk and meadow flowers. Your choice.

You can swim in the public pool, or wade in clear rivers. You can bike or walk the network of paved trails.



You can hang out under the trees, book in hand. Or more.

The forest around here is delightfully benign. No vicious snakes. No poison ivy. And there are plenty of trails and campgrounds. On weekdays, you'll probably be the only one there.

So, where are you going for your summer vacation?

Bill London edits this newsletter and is the godfather of CeCe Hammond, a talented and delightful 12-year-old artist who was born in Moscow and is now living in the Midwest.

Wanna Draw?

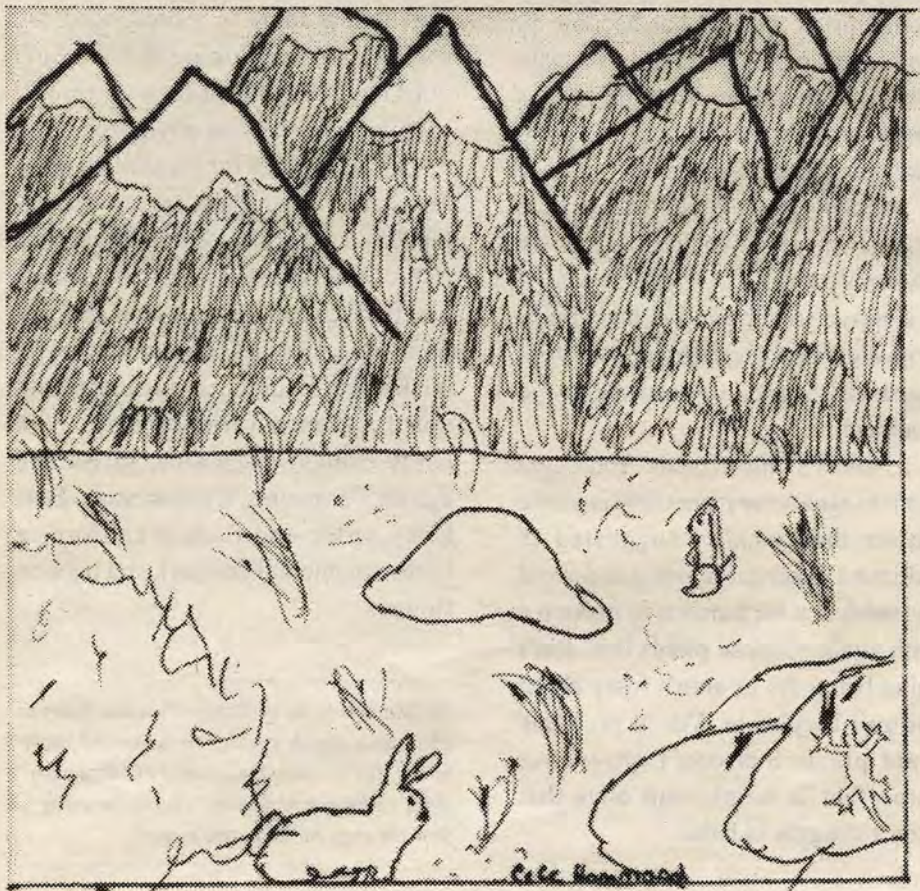
By Bill London

We need someone to illustrate articles for publication in this newsletter.

We are looking for skillful pen and ink drawings of fruits, vegetables, growing plants, etc. to make this publication more interesting and enjoyable. If you have that talent, please consider volunteering as our newsletter illustrator.

Each month, the illustrator is sent, by email, the edited articles that need illustration. The illustrator then has a few days to complete the drawings and get them to Jill Maxwell, our designer. Jill then incorporates the drawings into the issue.

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



Gardening

Propagating: Free and Easy

By Patricia Diaz

Many shrubs and bushes can be easily propagated to yield free plants. There is quite a choice of deciduous shrubs from which you can choose and all you need are softwood cuttings. About midsummer, your shrubs should have stems that are not too new or not too woody.

To check whether the time is right for propagating, see if the stem will snap when you bend it. If it merely bends, it's too immature or new and if it barely bends at all, it's too old and woody. Once you make your cutting, it should be only three or four weeks before you have rooted cuttings.

Here's how you do it: Once you've decided which shrubs to try propagating, take your cuttings in the early morning hours. You'll want to choose lateral growth and cut a stem piece that's 3-5" long. Snip just below a leaf node. While you're working at making your cuttings, store the cuttings in wet towels or wet paper towels inside a plastic bag kept in the shade.

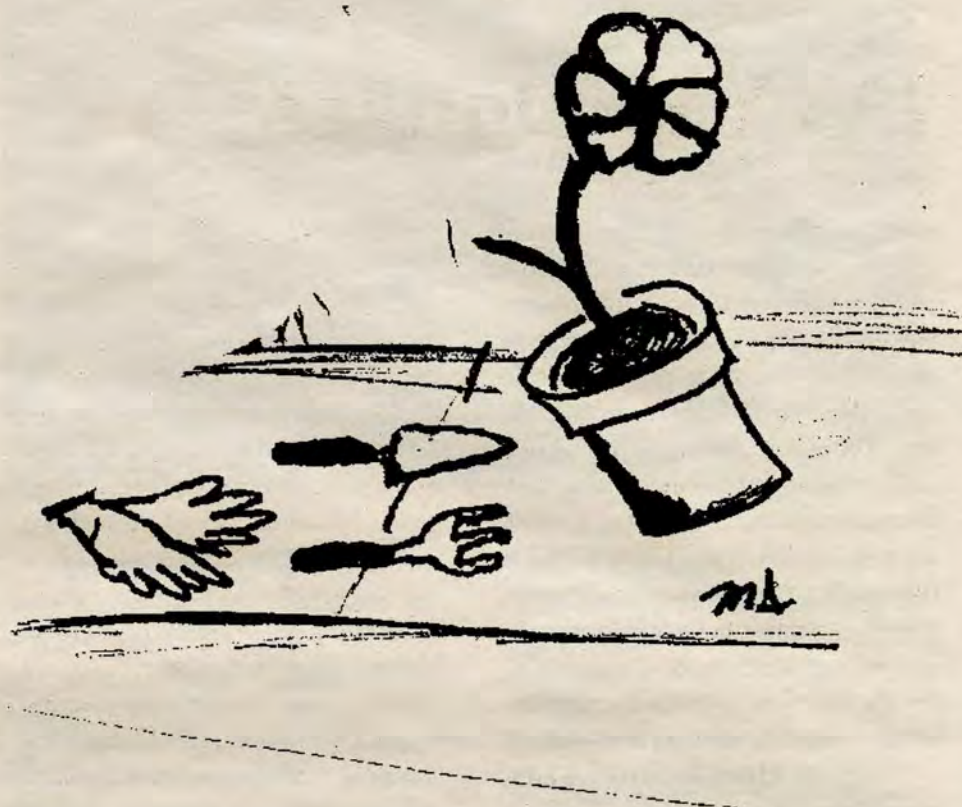
Choose an assortment of two inch pots and fill them with regular potting soil, or you can use propagation mix if you like. When you're ready to plant, remove the lowest set of leaves from each cut stem and dip the lower end of the stem in rooting hormone, shaking off any excess. With your finger, make a hole in the soil and put the cut stem in, and tuck soil around it.

Next, you need to water the pots and place a thin stake (about 6" long) in the corner of the pot. You're going to put the whole thing in a plastic bag and tie it closed. The stake will keep the leaves from touching the plastic. Don't put them in direct sun but do give them bright light. Check on the humidity level every day or so to make sure there isn't a heavy buildup. If that does happen, poke a few holes into the bag for better circulation or you can open the bag for a bit each day. You'll want to keep the soil moist.

To check to see if you have roots and the cutting is ready for transplanting, give the stem a little tug. If you

have slight resistance, you have developing roots. Approximately 20-30 percent of your cuttings will probably not root so it's a good idea to plant more than you eventually want for your yard/garden. Within about six weeks you should be able to transplant your cutting into a larger pot. When your shrub is well established you can plant it directly into the garden.

Some of the best shrubs from which to take cuttings are serviceberry, elderberry, flowering quince, forsythia, lilac, mock orange, redbud dogwood, beautyberry and beauty bush, bluebeard, crape myrtle, butterfly bush, daphne, deciduous azalea, enkianthus, hydrangea, rugosa rose, smoke tree, viburnum, and weigela.



Drive-by planting?

By Patricia Diaz

Do you have a driveway strip that just doesn't look good no matter what you plant? Does your driveway area look like it's just trampled dirt? Or is the curbside area looking like a wasteland? Well then, try these tricks to revive this trouble spot in your yard.

First, remove weeds by either digging them up, smothering them with black plastic, or spraying with safe herbicide. If the area has become an unwanted pathway, create the path you want people to use with bricks, steppingstones, mulch or other "path-like" products.

Usually the soil is compacted and dry, so water it down then dig it down and apply at least 2-3" of compost. If it's native soil and not in bad condition, dig it down to eight inches. With good soil, you don't need the added compost.

Now it's time to plant. You might want to place your plant choices a little closer than usually suggested to achieve a faster garden strip and avoid the tendency for humans to make it a path again. Choose plants that don't mind being dry or aren't fussy about the soil they're in. You'll probably want plants that don't grow over three feet in height and ones that aren't straggly in habit.

Once you've planted your choices, mulch them in with a one-inch layer of mulch (you can also use small gravel or crushed shells) and water thoroughly. Bark and wood chips aren't good mulches for an area where you want fast growth as these tend to inhibit growth. Water weekly for several months until the plants are well established then they can be on their own unless there is a prolonged dry spell. Also, keep up on the weeding until the plants fill in then you won't usually have to weed anymore.

Good choices for planting in these areas are alyssum montanum (mountain basket of gold), veronica pectinata (Blue Reflection), iris, crocus, tulips, dianthus, catmint, penstemon species, poppies, rockroses, eriogonum (wild buckwheat), sunroses, lavender (but not the French varieties here – not hardy enough), santolina, salvia and agastache species, Russian sage, Berkeley sedge and festuca californica (both ornamental grasses), and baboon flowers.

Pat Diaz lives in the woods near Dworshak Reservoir where she is eagerly awaiting the tomato and potato harvest. Her husband, Tom, planted FOUR zucchini plants – what was he thinking? They're harvesting those like crazy and have some to spare.

Kaleidoscope

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Do You Doula?

By Lisa Cochran

We just returned from a trip to Boulder, Colorado, where my daughter, Madysen was born. In celebration of her fourth birthday, we not only toured the Family Birth Center at Boulder Community Hospital where she was born, we also met up with Laurie Boyer, our doula.

Laurie had not seen Madysen since she was a week old, and Mady always wanted to know about that "other lady who helped me to be born" that she had seen in birthing pictures.

It is interesting how there is a dichotomy about doulas. On the one hand, almost every mom I have asked about using a doula says, "what's that?" On the other hand, type in doula on your Internet search engine and get about 55,000 responses!

My hardcopy Merriam Webster Dictionary doesn't even list the term, but the online version says: "(d) n. A woman who assists another woman during labor and provides support to her, the infant, and the family after childbirth."

Indeed, doulas have been used since the dawn of woman. Today in America, it is an almost lost, but quickly reviving practice.

Like me, a growing number of women are finding that a professional doula (which is the Greek word for "woman caregiver") can be a valuable source of support. Doulas don't take the place of a partner, doctor or midwife — they just fill in the gaps, providing continuous support from early labor until after birth.

Though I had my good friend LuAnn with me to perform the duties of a birthing partner, Laurie provide able assistance during my birthing experience. This was because she had assisted in nearly 100 births, was knowledgeable about the labor process, and knew what my preferences for my own labor and birthing experience included. She also seemed to "read" my physical and emotional cues in such a way as to anticipate my needs.

Laurie worked with LuAnn to keep cool compresses on my head, to feed me ice chips, to work with breathing and movement during contractions, to

use massage or pressure points to help me relax, and to offer different positions as my labor and delivery progressed.

But even more important was the fact that we had spent several hours over the last two months of my pregnancy discussing what I wanted my birthing experience to be like. In this way, she acted as my advocate for my preferences during a time when I was the least clear-headed.

Why are doulas a great asset to a single mom or couple? Besides making a woman feel more relaxed and confident, doulas can actually help make the labor progress easier and faster. Studies have indicated that the use of doulas can result in labors that are 25 percent shorter. Also, with doula assistance, requests for epidurals drop by 60 percent, and women are half as likely to undergo a Caesarean section.

"Mothers who labor alone or don't have a doula may have a great deal of anxiety, which produces substances like epinephrine and neurepinephrine," says Dr. John Kennell, a leading researcher on doulas and a professor of pediatrics at Case Western Reserve University in Cleveland. "When levels are high, labor contractions become much less efficient or may even stop."

Even if mom has a partner, he or she may have difficulty remembering all the things covered in birthing classes. Perhaps they have been up all night and aren't thinking clearly, or have trouble anticipating needs. Extra emotional support for moms can be essential as well, as often the partner will have a hard time seeing her in pain and may have difficulty making decisions on the mom's behalf.

After my daughter was born, I remember the nursing staff thanking me for having a doula there. They were able to spend more time with other laboring women (who did not have this kind of support), and so it made the nurse's job so much easier.

And an added bonus was that Laurie came to visit me at home and

was able to give me lots of tips on nursing, newborn, and postpartum care. Best of all, she gave me a story that she had written up on my behalf, which had all the details of the single most important event in my life (one that I remember as a vague haze). Each July, I take it out and reread it aloud, sharing this special story with Madysen, as together we celebrate the birth of our family.

To find out more about doulas, you can call Nancy Draznin at Motherwise at 208-224-6965. You can also call Doulas of North America, (206) 324-

5440; the International Childbirth Education Association, (612) 854-8660; or the National Association of Postpartum Care Services, (800) 45-DOULA.

Some excellent websites can be found online at the Association of Labor Assistants and Childbirth Educators at www.alace.org or Doulas of North America at www.dona.com.

Lisa Cochran is a longtime Moscow resident who writes on family issues.

Peggy Adams Update

By Tom Lamar

Peggy left PCEI as the Moscow Community Garden coordinator in 2000, but it appears that she has started a new community garden right in her own yard near Los Angeles.

Several months ago, Peggy decided to grow a garden at her parents' home and had 17 tons of compost delivered. The garden was born, and so was a community spirit that surrounds her home at the end of a culdesac. Peggy and her family are tending the garden and now harvesting radishes, tomatoes and eggplants. Neighbors who hadn't previously known each other are coming to

Peggy's garden and helping out. A spirit of community sharing is forming around this garden of hope. That is the good news from Peggy.

The bad news is that Peggy underwent a second brain surgery this past week on cancer that her doctors expect to be terminal.

Peggy enjoys laughing and receiving mail from friends. Cards and wishes can be sent to Peggy at: 9700 Nita, Chatsworth, CA 91311

Tom Lamar is the executive director of the Palouse-Clearwater Environmental Institute

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Pullman Civic Theatre

by Beverley Wolff

Pullman Civic Theatre's coming attraction is the Children's Wing full scale musical "Annie, Jr." on the large Gladish Auditorium stage. This promises to be a lavish show, with a cast of over forty, lots of 1930's costumes and a full set to capture the New York setting.

We have a wonderful cast of talented youngsters and adults. The lead role of Orphan Annie will be played by Alexis Weber, a fourth-grader from Jefferson Elementary. Karl Akesson, the sheriff in PCT's "Bus Stop," will play the role of Daddy Warbucks. Jake Nelson, last year's Tom Sawyer, returns to the stage as Rooster. Miss Hannigan, the mean overseer of the orphanage, will be played by Kristine Zakarison, a minister from the Unitarian Church. Deanna Daniels-Moore, who played the role of Nancy in the Moscow Community Theatre production of Oliver, will play the "Star-to-Be," a young lady who arrives in NYC anxious to make it on Broadway. Danielle Pals, a Moscow High School student, will play Lily St. Regis. Melissa Pharr will be the musical director for "Annie, Jr." Melissa is a very talented junior from Moscow High School. Melissa has starred in 'Baby' and 'Meet Me in St. Louis' for PCT. She recently won first place soloist in the Idaho State High School Musical Competition, and has been accepted into the Hartwick College Musical Theatre summer camp in New York for the early part of the summer. AnaSofia Villanueva, another very talented and experienced teen, will return as Stage Manager. Performances are on August 10 at 7:00 p.m. and August 11 at 3:00 pm. Tickets will be available at Neill's Flower's, Dissmore's Service Desk, at the door if still available, and may be reserved by calling our box office at 332-8406. Ticket prices are \$5.

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Newsletter Changes

By Bill London

Have you noticed that the Co-op's newsletter has grown—in number of words, in number of volunteers, in complexity?

Those of us (Therese Harris and I) who edit the Community News sure have noticed. It is inspiring and wonderful to witness, but it does mean

more work for us. And more work than we can justify as volunteers.

So, rather than burnout or quit, we are bringing in more help. Julie Monroe (she has provided the staff profiles for a while now) will join us, making an editorial staff of three, instead of two. What a relief.

Julie will provide her last staff profile in the next (September) issue, and after that will move to editing.

So, who wants to provide the staff profiles beginning in October? For an

18% discount, the new writer would provide both a photo and a 500 word profile to us by email every month.

Are you ready for a chance to see your byline in print? Are you looking for a fun volunteer job that provides a chance to visit with some great folks?

If so, please email <london@moscow.com>. Thanks.

Bill London edits this issue and will now have more time to watch/enjoy/participate in the planning of Willow's wedding.

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Check Out All of Our Local Produce!!

Local/Certified Organic:

- Garlic
- Bunched Onions
- Bunched Lemon Basil
- Green Beans
- Apricots
- Salad Mix

Local/Licensed Organic:

- Green Leaf Lettuce
- Red Leaf
- Oak Leaf
- Red Romaine
- Romaine
- Bunched Spinach
- Dill
- Cilantro
- Parsley
- Bunched Flowers
- Bagged Salad Mix
- Chard

Local/No Spray:

- Tomatoes
- Bunched Beets
- Zucchini
- Yellow Squash
- Burp less Cucumbers

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Book Review

By Bill London

Michael Pollan's book "The Botany of Desire" focuses on the relationship between plants and the humans that use them, and in that using, spread the plant species around the globe. Pollan wonders whether it is the plant that is orchestrating the relationship in a masterpiece of Darwinian chicanery. The book is, as the subtitle suggests, a plant's-eye view of the world.

He selects four plants (apples, tulips, marijuana, and potatoes) and investigates the history of that plant's successful growth and dispersal worldwide. With each species, he blends scientific principles and great storytelling to explain the adaptations and qualities of the plants that lead to their success.

Sure, the section on marijuana was great. His description of a visit to an indoor growing operation in Amsterdam was wonderful.

And the sections on both the apples and the tulips were fascinating. But I found the potato story to be the best.

He described his visits to three Idaho potato growers. Two were commercial growers that had gone fully "modern" by growing Monsanto's genetically-engineered NewLeaf potato. One of those farmers refused to eat the potatoes he had grown because they were so full of pesticides. And both farmers were aware of the endless economic treadmill they had jumped on by growing commercial spuds the Monsanto way. The third spud farmer he visited grew organically—and what a difference. If you ever want to reinforce your decision to eat organic, read this section of the book.

Pollan's explanation of the risks of genetic manipulation is the best and most coherent I have ever read. The technology (combining genetic material from very different species) is burdened with "what-ifs," worst case scenarios of mutating pests and escaped genetic monsters. In interviews that Pollan reports, Monsanto officials discounted those concerns with an astounding appeal to just trust them to find an answer.

Despite his often pedantic style, Michael Pollan has produced an enjoyable book, full of great anecdotes

and examples, that really questions who is benefiting from the co-evolution dance we are doing around the world today.

Bill London edits this newsletter, and hopes Hey George can come through again with a winter-long supply of his groovy organic spuds.

Read a Good Book Lately?

By Bill London

If you have especially enjoyed a book, please consider sharing that news in the Co-op's newsletter.

We want to begin a series of book reviews, written by Co-op members and shoppers, about books that have expanded their views, changed their minds, or revealed something of life's secrets to them. The books do not have to have been recently published. Just meaningful to you, and in your view, to the Co-op community.

Send your review (hopefully about 400 words in length, and no longer than 600 words) by email to <london@moscow.com>. Make sure that the review includes the author's name and the book title and your name as reviewer. Please also include as a last paragraph a short (about 20 word) biographical statement about yourself.

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William French
Optometrist

Where Do the Newsletters Go?

By Bill London

Every month the Co-op prints 1,700 of these newsletters. By the end of each month, those copies are gone. Where do they go?

Early in the month, long-time Co-op volunteer Gina Gormley picks up about 40 copies and mails them away. These are the only mailed copies. Gormley sends those copies to the people who have purchased subscriptions to this newsletter (\$10 per year—a bargain) and to food co-ops and food distributors throughout the western states. Our Co-op staff has arranged with those co-ops to trade newsletters, so good ideas and good writing can be shared throughout the co-op network.

About 800 more copies are distributed by three Co-op volunteers to stores and offices around the Palouse and the Lewiston/Clarkston valley. Through newsletter distribution, potential new members and customers can learn about the Co-op, and be exposed to the ideas in our newsletter. The distribution system is part of the Co-op's outreach plan (along with advertising, the website, special events, news articles, and other marketing efforts).

Kurt Queller does the Pullman run, delivering up to three hundred copies of the newsletter monthly to about 18 different locations there. The biggest venues are the Compton Union Building and the Bookie on campus. Queller also delivers to a number of businesses both downtown and out on South Grand. This volunteer job is a natural for Queller, since his previous volunteer position was transporting milk from Stratton's Dairy.

Katrina and Donald Stanziano started delivering to Moscow in De-

cember. They now drop 300 newsletters at 36 locations all over Moscow. They monitor returns every month, so their route continues to evolve.

Ray Roetman delivers the newsletter to 20 places in the Lewiston/Clarkston valley, for an average circulation of 225. He reports that the numbers definitely decrease in the summer and pick up in the fall. He delivers to colleges, health food stores, chiropractic offices, a health club, a coffee shop, bakery, pharmacy, library, and community center.

Unfortunately, this is the last month that Ray will be making the valley distribution run. A family emergency calls him elsewhere, and he leaves with our thanks for a job well done. Beginning with next month's issue, Mary Zuber will be handling distribution in the Lewiston/Clarkston valley.

After these great volunteers take away their copies, the remaining 900 or so newsletters leave the store, one at a time, in grocery bags and backpacks, destined to be read, shared, discussed and recycled by Co-op shoppers.

All three of the distributors welcome suggestions for other places to leave copies of the newsletter. Please contact them directly via email at the following addresses:

Mary Zuber (Lewiston/Clarkston): <mzuber@moscow.com>
Kurt Queller (Pullman): <kqueller@uidaho.edu>
Donald Stanziano (Moscow): dstanzia@moscow.com

Bill London edits this newsletter and has read a couple of good books lately: "Nickel and Dimed" by Barbara Ehrenreich and "You Got Nothing Coming" by Jimmy Lerner.



Bulletin Board

Moscow Food Coop Art Show

The Moscow Food Co-op Art Gallery presents the artwork of Ryan Law of Moscow, Idaho, July 19th -August 15, 2002. Ryan Law works in a wide variety of mediums, from drawing, painting and sculpture. She has enjoyed many facets of art from early childhood ranging from drawing animals to sculpting animals in clay.

Pullman Civic Theatre: the musical

"Annie, Jr.", on August 10th & 11th (7:00 p.m. & 3:00 p.m. respectively) in the Gladish auditorium. The tickets are \$5.00 and are available by calling 332-8406, at Dissmore's, Neill's Flowers, or at the door.

Art Exhibit

The oil paintings of Sigrid Hart, an art student at the University of Idaho, will be on display at the Moscow Food Co-op Art Gallery Aug. 16 through Sept. 19, 2002. An opening reception will be Friday Aug. 16, 5:30-7pm.

Nature Trip

Friends of the Clearwater and the Palouse Group Sierra Club are co-sponsoring a trip to the Pot Mountain area on the North Fork of the Clearwater on August 17 and 18. This will be fun overnigher (car camping, so to speak) with hiking during the day. We plan on leaving Moscow at 8:00 AM on Saturday, August 17. For carpooling and rendezvous details please call 882-9755 or send an email.

Latah County Historical Society's

25th annual ice cream social with a Chautauqua and Family Fair. It all happens on Sunday, August 25, from 1 to 4 p.m. at the historic McConnell Mansion on the corner of Second and Adams Street. It's a fund-raising event, but almost everything but the ice cream is free. For information call 882-1004 or send an email.

Members Pool Party

All Co-op members welcome! Free admission to Moscow's Aquatic Center

WHEN: Thursday, August 29, 8pm to 10pm

WHAT: Potluck dinner and pool party for all ages

WHO: All Co-op members

WHERE: Hamilton-Lowe Aquatic Center, 830 North Mountain View in Moscow

POTLUCK SNACKS: Co-op will provide beverages, please do not bring glass containers. Remember to bring your Co-op membership card for free admission

Missing Announcement

If your announcement is my appologies. I'm afraid account went down, and was able to use were the website. Everything should be running fine next month. address: beth_case@h

moscow food co-op
221 east third street
moscovia idahovia 83843

Regular, Continuing, & Major Events

Mid-week Growers Market is coming to the Co-op

UI Summertime Concerts

All shows will take place on Wednesdays from noon to 1 p.m. on the lawn near the main entrance to the Idaho Commons on campus. In case of bad weather, concerts will be held in the Idaho Commons Food Court.

Aug. 7 To be announced

Aug. 14 Katya Chorover of Seattle, country/folk

to the public

Education Series

Latah County Parks and Recreation will host a 2002 Summer Camps Farm. The daytime series will run Tues., Wed., Thurs., June 18-20. The series will serve students that attend the Moscow School District Adventure Club

The series will serve Latah County students (and their parents) grades 3-6. For more information call the Adventure Club. 882-1444

Music

Downtown Moscow

in silence and candlelight. Ongoing every Friday between 4 and 6 p.m., Downtown Moscow since November 30, 2001. Show your commitment to non-violence and peaceful resolution of conflict. War is not the way. Come for 12 minutes or 120. We break the silence the last fifteen minutes of each hour for talking, etc. Questions? 882-7067

Contra Dances

The Palouse Folklore Society holds contra dances regularly in Moscow, ID

Listserves:

Vision/2020, an electronic mail talk list focusing on Moscow planning and c

Special Collections Library

University of Idaho
Moscow ID 83844-2351

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

For additional events & info http://www.moscowfoodco-op.org

