

Day-NW HD 3284.N48

February 2002

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op



## Member Appreciation Day

by Kenna S. Eaton, General Manager

Monday, February 18<sup>th</sup>!

From 8am to 8pm!

Mark it on your calendars and get your shopping list ready for another Member Appreciation Day (affectionately known as MAD day).

On this day we give back to the members of the Moscow Food Co-op by offering savings all day long on all purchases. These discounts are offered in addition to working discounts.

You can save the following on every item (except milk, beer and wine, sorry):

An additional 5% if your purchase totals under \$25.

An additional 7% if your purchases totals between \$25 to \$70.

Or an additional 10% if your purchase is over \$70.

The point is: the more you buy, the more you save.

At our last MAD day, which was held in early September, the Co-op realized over \$23,000 in sales, quadruple a normal day, and returned over \$3,500 in discounts to our members.

It was quite a day. I personally ran the register for 8 hours and at the end of that

shift, felt like I had just run a marathon. It does get busy, so we recommend coming early for the best shopping experience. And don't forget your bags and containers. See you there.



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



## Co-op Business Partners

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

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

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

# Community News



## Co-op Questions and Concerns

by Kenna S. Eaton, General Manager

Below is a copy of the note I recently received from a concerned Co-op member:

"I am writing in response to the article Co-operation between Co-ops in the January newsletter. Karen mentions many advantages and the "Co-op" excitement about this partnership really shines. However, I have a major concern that I really urge those involved to always keep on the forefront (even before saving money). One of the problems with large chain stores is that they no longer cater to the unique needs of the local community. There are many products in our Co-op that are there due to needs/demands/wants of local Moscow residents. Please do not let this drive to save money by aligning with other Co-ops preempt the needs of Moscow's Food Co-op's local customers. We have a unique Co-op and it is really important to continue satisfying your customers. We have all heard the line "we have no control over what items we stock at this store, our headquarters in some far away city decides what we can order."

*Lifetime Member, Kimberly Vincent*

I love receiving comments like this from our members! It shows me that you are paying attention and thinking about our business.

Certainly it is true for many years we were unable to get the price breaks of the larger chain stores simply because we did not have the volume necessary to command better prices. Our alignment with the other

Co-ops in the Northwest has certainly changed this story.

If you do your own price comparisons you'll see we are able to offer competitive pricing on almost all the products we carry. And now we are able to harness that buying power to give us monthly deals where we can pass on even bigger price breaks on select items to our members.

However the concern Kimberly mentioned of the Co-op changing because of this alignment is not a possibility. Each Co-op is in existence because of its members' needs and wants, and thus each Co-op has a different set of standards, products and mission.

Of course, we also have a lot of similarities, chief among which is the desire to remain fiercely independent. Not a single member Co-op is willing to compromise their store's values for the group.

As you can imagine it can be quite a challenge working together, especially on purchasing projects. My favorite analogy is that the Co-ops are like large pots of soup, each is built of similar base ingredients (stock, seasonings, onions and garlic) but each one is a different type: chili, borscht, split pea, miso, etc. Not two are exactly alike. However we do all understand the benefits of working together whenever we can.

So, what does this mean to you, our members? While you can still expect to find your favorite product on our shelves (as long as it continues to sell) you will also be able to get even better monthly savings on select items. Sounds like a winning combo to me.

Anyone want a roll with that soup?

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# The Buy Line

By Vicki Reich

Passover is the 8-day observance commemorating freedom and the exodus of the Israelites from Egypt during the reign of the Pharaoh Ramses II. It is a time of family gatherings and wonderful meals called Seders. During the seder, the story of Moses freeing the Jewish slaves from Egypt is retold. Special food is eaten during the week that is made without leavening and is blessed by Rabbis. It is about this food that I've been thinking.

The Co-op has always carried a wide selection of Passover food and I feel that this is a very important service we provide to the small but vibrant Jewish community on the Palouse.

It is a service I want to continue to provide but I'd like to do it differently this year. In the past, I brought in a selection of foods: from the necessities to a few specialty items as well as some of my childhood favorites. Most people were happy with the selection and bought many of the items, but no matter how much I tweaked my order every year we always ended of with lots of product that

we had to give away. In other words, we have always lost money on Passover food.

So I've come up with an idea that I hope will keep all the customers happy and ensure that the Co-op doesn't lose quite so much money. The idea is for customers to pre-order the products they want, in the quantities they want. I would compile everyone's order and order only what people requested.

You won't have to order in cases, you can order exactly what you will need. When the product comes in, I'll give you a call and you can pick up everything you ordered at once. I'll also order a little bit extra of the essentials, in case you underestimated what you needed. Order forms will be available at the registers around the middle of the month, so look for them then. They will have a list of available items you can choose from as well as a place to request special items. Please fill one out as soon as possible and I will call to let you know when you can pick up your order. Hopefully, this new method will work out for both of us.



## Welcome!

By Laura Long,  
Membership Director

Once again, thanks to all who have taken their time to renew their membership with the Moscow Food Co-op. We have added several "lifetime" members in January, and February promises to be a successful month as well.

Last fall we took a poll of some of the members, and it showed that many people renew their memberships for ethical and political reasons, rather than just to save money on their grocery bill. I can't tell you how much we appreciate your continued support through your purchase of memberships.

It's these dollars that we use to buy new equipment (i.e. that fancy new deli cooler that holds even more sandwiches and pizzas than before) and make improvements in your store. Without membership dollars, we wouldn't have this great store at all!

As a sign of our continued appreciation for your commitment to us, the Co-op will be offering another Membership Appreciation Day on February 18<sup>th</sup>. Shop on that Monday, show your current membership card, and save up to 10% in additional discounts on all your purchases that day. It's just our way of saying "thanks" to you.

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### Printed on Recycled Paper

Deadline for Articles & Ads  
20th of each month

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

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

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

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

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

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

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## Word of Mouth

By Vicki Reich

When you think of healthy food, the last thing that usually comes to mind is bacon, but I'd recently had a hankering for some and I decided to taste test them to see which I liked best. Until about a year ago this would have been impossible since the Co-op didn't carry any bacon.

Now we carry three different brands (Hempler's, Valley's Family of Farms, and SaraJoe's Organic).

Taste-testing bacon is a daunting proposition. Each kind needs to be cooked in its own pan and then you have a couple of pounds of bacon to eat. I needed help and Kenna valiantly came to my rescue. "How about I bring Tim over to your house a big breakfast of bacon and eggs?" she asked. Now that I had someone to help me eat all that bacon I was ready to go.

Luckily, I have more cooking equipment than I know what to do with, so coming up with three frying pans was no problem. Cooking in that many fry pans at once was not as easy. When the doorbell rang all I could do was yell "come in" since leaving my post at the stove would have definitely resulted in burned bacon. When all of that glorious fat and pork was ready, I scrambled up some eggs, toasted some bread and we sat down to discover the best of the bunch.

Even before I tasted the first slice, I noticed a difference between the three. The Hempler's bacon was much thicker with less fat than the others, it also released some liquid and not much fat when it was cooking. SaraJoe's had the most fat on it before cooking (although the Valley's ran a very close second) and a delicious smoky flavor that emanated from it while cooking. Valley's had a distinct reddish color to it (I read the ingredients and found out they add beet powder to get that color).

The blind taste testing began when Tim nabbed a piece off the plate with SaraJoe's bacon on it and thus it was first. It has a slightly sweet, slightly smoky, complex flavor and a good combination of fatty sections and meaty sections. It was crisp and delicious and was sampled again and again. SaraJoe's bacon (\$5.75/#) is made from organically grown pork that is raised locally in St. John, Washington.

Next up was Hempler's uncured bacon (\$4.95/12 oz.), which is not organically grown but contains no nitrates or preservatives. This is a very meaty bacon. The slices are thick and reminded Tim and I of Canadian bacon. The flavor is meaty as well and has a strong pork or ham taste. This is a serious slice of bacon and would not work well in recipes calling for crumbled bacon.

The last bacon we tasted was Valley's Family of Farms (\$4.85/8oz.). This was the mildest and crispiest of the three. It reminded me of the bacon of my childhood and we all agreed that kids would probably like this brand the best. Of course, you can never be too sure of your initial opinion about a product so we had to go back for seconds and in some cases thirds to make sure we still really liked bacon. And we did!



## From the Suggestion Board

*One of the major reasons I buy organic food is to support local farmers. The emphasis of CAP must be nationwide huge organic commercial farming operations since co-ops coast to coast are involved. Is joining CAP going to force local produce out of the Moscow Food Co-op?*

I'm glad you asked because the answer is a resounding NO and I want to explain why. The Cooperative Advantage Program (CAP) you are referring to is a way for Co-ops throughout the country to negotiate great deals on products. The products that we'll be getting great deals on are products we've always carried, such as Knudsen Apple Juice or Clif Bars, or on new products that I would have picked up whether we got the CAP deal or not. At no time will I be forced to pick up any product I don't want to carry or that I think is inappropriate for this Co-op. For example, if some huge corporation started making spicy chocolates and they were offered in the CAP program, I would never carry that product and displace our wonderful local Cowgirl Chocolates. What will happen is that in March you'll be able to buy a gallon of Knudsen organic apple juice for \$3.99, and Clif bars for \$.99, and Organic Valley Orange Juice for \$3.69, and then if you go to California for spring break, you can get those same great deals at the Davis Food Co-op or Arcata Co-op. And since you'll be saving so much on your grocery staples you'll have even more money to spend on all those local products the Co-op will continue to carry—Vicki, Grocery Manager

*Return whole tapioca to bulk foods.*

Thanks. Sorry, but it was an extremely slow seller. It's available in packages in the cereal section—Vicki.

*Could you carry Rosarita Refried Beans? I love 'em.*

These are not available from our suppliers—Vicki.

*I would like to see happiness and love throughout the world just like it is when I come to the Co-op. You guys and gals are so awesome and super good-vibed people. Thanks to you all.*

Wow, thanks!—the entire Co-op staff.

*No non-fat plain yogurt today (except Nancy's which I think is too tart). Prefer Brown Cow.*

Sorry we were out of stock when you were here. We will increase our order—Vicki.

*Please carry raw buckwheat as I do not like kasha. Thank you.*

I have tried carrying raw buckwheat in bulk but it doesn't sell as fast as the kasha. You can special order it in 25-pound sacks—Vicki.

*Please stock: 1. White Peppercorns, 2. Mirin (Sweet cooking sake-no salt needed for dipping sauces and stir fry).*

1. Okay. 2. We carry Mirin and it is in the ethnic section.

*Please get Morning Glory Chai. It comes in a bag with dry spices and tea. It is the best.*

I'm sorry but none of my suppliers carry this product. Where have you seen it?—Vicki.

*Please order Wonderslim Fat-Free Wonder Cocoa.*

Okay—Vicki.

*Please cut parmesan reggiano cheese into thick wedges rather than thin slabs-that way it is easier to grate-thanks!*

Done—Vicki.

*Could you stock the Eden brand spices? I really like the garlic gomasio.*

We carry Eden gomasio in the ethnic section. I don't have plans to get more flavors of it at this time since it's not a very fast seller—Vicki.

*More black grease pencils everywhere-can't usually find one where and when I need it.*


Where do all those grease pencils go? This is an eternal question here at the Co-op. We put out cases and cases of grease pencils every year and there are still never any when you need one. We will strive to be more diligent about keeping them stocked—Vicki.

*Mochi "cinnamon raisin" Awesome.*

You can special order these by the each—Vicki.

*Please add lactose-free mik to your order.*

It's here—Vicki



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## Bakers Choice: Vick's Picks Revisited

By Kelly Kingsland, Kitchen Manager

If you remember that our illustrious grocery buyer was once a baker, you probably remember "Vick's Picks."

She used to select a bread that wasn't on the schedule, and add it to her daily baking. I really enjoyed seeing what she'd come up with each week, and when I became supreme ruler of the bakery in early January, one of the first things I asked the bakers for was a bakers' choice selection each day.

I think I received a few dubious glances at first mention, as few of the current bakers were even born yet when Vick was flipping through recipe books, making her selections (sorry Vick, maybe I exaggerate). But during the last few weeks, a few of the bakers have told me that they really like this Bakers' Choice thing.

While baking bread in the Co-op kitchen is anything but boring, I think that the task of actually selecting, mix-

ing and baking a new recipe each day brings new challenges. As for me, my motivation is at least twofold; I will use the success of these breads to help determine the new bread schedules, and I want the bakers to continue to widen their skills with dough and recipe interpretation.

In addition, I think that you as customers will benefit from a wider selection each day, as well as the increased involvement required on the bakers' part. So far I have been pleased on all accounts. Ty's Honey-oat bread received rave reviews, and Laura's Pumpernickel was awesome.

Each day when I come in I look forward to seeing what the bakers have come up with. So check it out. When you see the "Bakers Choice" tag in the bread case, try a sample, and savor with the knowledge that this bread was specially chosen for the day.

## Paradise Lost

By Kelly Kingsland, Kitchen Manager

Well, we receive pink comment/suggestions slips everyday here at the Co-op, and mind you they are not all gracious, but never has one made me cry before. This one written on Jan. 17 has brought on such a wealth of sadness, contemplation, resignation and internal turmoil that I felt I must address it: AAARGHH!!!

### The message:

Ready made salads!! I was shocked and angry to see these big wasteful, non-recyclable containers. It's sad to see the Co-op compromising environmental considerations for the pursuit of consciousness convenience!—Andrew

Wow. Andrew, first I want to thank you for not being complacent, for speaking and challenging the status quo.

In truth, the decision to package salads and hummus lunches in convenient trays has been long and torturous. I have spent the last three years resisting, looking for alternatives, and seemingly single-handedly postponing what felt like an inevitable decision. I have dragged my feet, begged for help, and talked about my turmoil with other managers ad nauseum.

While packaging things this way may cause other managers in other co-op delis some chagrin, they unanimously see it as an inevitable reality of selling food. And aside from promises of future alternatives, I have received no sympathy.

My recent decision to package food this way here at the Co-op came only after years of observation, and finally concluding that in general we are an apathetic bunch. Convenience does outweigh health and environmental concerns, in our society, and in our co-op. Because we choose not to weigh the impact of plastic on our physical health, environment, or future generations, we look away from its potential hazards. Instant convenience wins out over informed, conscious choice. Even while I was refusing to buy plastic containers for salads, hummus and the like, however, I watched package products walk out our doors in surprising volume. Individual serving yogurts occupy five entire shelves in our refrigerators, and package food is present in every aisle. This with very little protest or comment from our members (aside from continued sales). I began to wonder what I was upholding.

These decisions are really up to us as consumers. As workers at the Co-op we remind ourselves daily that we offer choices. Our customers can just choose not buy the meat sandwich, the dairy products, the alcohol...all the things that one can find offensive. I began to see the fogged lines between the containers that we serve deli food out of, plastic wrap for sandwiches, yogurt containers, water bottles, and these new plastics, all of which are not recyclable in our community.

We do re-use as many containers as possible here in the Deli, and we will re-use these new ones as well. Here I must add however that we are unable to find enough volunteers for this recycling program, and often while we have plenty of containers brought back we are unable to keep the sanitization flow going adequately because of this deficit.

It's gross consumption that we partake in. And over time I have resigned myself to my role in it. I have consoled myself that we are supporting organic farmers, introducing awareness about alternatives, and hopefully influencing industry towards more environmental consciousness. But is this enough? Are we as a Co-op fulfilling our mission through complacency? These questions are heavy on my mind, and I hope this discussion will grow between our members until we become a truly aware and conscious entity. Until then, while I made the decision to purchase and use these questionable containers, I will not personally be purchasing them for my own consumption, and I can only recommend that you do the same.

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## Volunteer Profile: Noel Palmer and Ashley Martens

By Kajsa Eagle Stromberg

I always feel so lucky to write the volunteer profiles for the newsletter. I meet so many wonderful people! I met Noel Palmer and Ashley Martens one Friday afternoon in the Co-op deli for lunch. While sipping on chai and eating all number of goodies (Noel especially enjoyed his pesto cheese roll), we talked about their volunteer work for the Co-op.

Ashley and Noel moved to Moscow in the fall of 1998 from Laramie, Wyoming. Their move was motivated by graduate studies at the U of I. Noel completed his Master's in Chemistry and Ashley started in Environmental Science. When she began working for the Palouse-Clearwater Environmental Institute, she decided to focus on her work there and take a break from school. Soon Noel and Ashley became involved in the Moscow community and started volunteering at the Co-op.

Noel and Ashley started by working in the bakery and they really loved it. For two and a half years they worked in the bakery doing prep work and other tasks. Ashley made muffins. When I asked their favorite part of that work, they both said, "eating the rejects". They also said it was fun to get new ideas that they could try at home, although Noel did admit he used to bake more before working in the bakery.

After some recent changes in the bakery, Noel and Ashley now do their volunteer work in the produce department. It's been about two weeks and Ashley says they're still "feeling sort of lost" in their new job. But they get those vegetables stocked and looking beautiful, setting out sample trays and such. They also say that it's a more social role and they like interacting more with customers. Noel exclaims, "People even ask us questions!"

They started volunteering in part for the great discount that volunteers get. They said that they feel it's important to shop at the Co-op, but that

it can be difficult on a student's budget. Volunteering makes it easier. And they like that they get to be a part of the Co-op as a sort of community hub. They feel more connected to the community that way.

The appreciation of the Moscow community came up many times during our interview. Ashley really did most of the talking as Noel was busy devouring a pesto cheese roll. Mmmmm. But I got the feeling that they were both very happy to be here in Moscow and really felt that we have something special in our little town.

Ashley said that it seems like people are always very supportive of all sorts of projects, whether it's organizing a concert or monitoring undocumented stands of old-growth western red cedar. And it sounds like we'll have Noel and Ashley around for a while. They recently bought a little house (built for Catholic nuns in 1938) and are enjoying their jobs here. We're lucky to have them around and can look forward to having one well-stocked produce section.

*Kajsa Eagle Stromberg just started a graduate program in fisheries at the UI.*

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## Volunteer Volleys

By Annie Hubble and Janna Jones

Volunteer coordinators

As you open up this newsletter, and start reading, I wonder if you realize that this publication is produced by volunteers? Many talented folks help with the newsletter each month and I want to acknowledge as many of them as I can. My apologies to anyone I miss!

Bill London and Therese Harris have, for years, been our trusty editors. They encourage, organize, cajole (especially when the staff articles are not in by the deadline!), and generally sort through and edit all the contributions. Such an amazing task and so well done!

Jacob Wiest has recently joined the volunteer crew as illustrator. You will see examples of his evocative and imaginative work at various spots in the paper. Welcome Jacob!

Jill Maxwell has for a long time now managed the challenging task of layout, and Amy Richard is the advertising manager. Amy also works as a cashier, and you can see her friendly face on Sundays in the Co-op. Barbara Ham organizes the two-page Co-op product sales spread at the center of the newsletter, while Beth Case keeps up us to date on current happenings with back page bulletin board.

Many people write articles. Some of our regular contributors include

Pamela Lee with her food column, Patricia Diaz who advises us on gardening issues, Lisa Cochran with her invaluable help for parents, and Lori Harger, a local herbalist with much to share.

Julie Monroe, Katy Purviance, John Pool, Leah Christian/Eugene MacIntyre, and Kajsa Stromberg interview staff, customers, producers, business partners, and volunteers and give us fascinating glimpses into our fellow Co-opers' lives.

David Hall, who wanders the aisles of the Co-op in search of the perfect picture, provides us with some wonderful photographic illustrations.

When you come across a copy of the newsletter in the doctor's office or laundromat, you can thank the distributors: Kurt Queller, Donald Stanziano, and Ray Roatman, who travel around and leave copies in Moscow, Pullman and Lewiston.


What an awesome group of people! I think this newsletter, that so many of us take for granted, is an incredible accomplishment. Informational, and entertaining, it is a small local masterpiece of hard work, coordination and timing. And all done by dedicated and hardworking, (as well as very talented!), volunteers.

Thank you every one of you!

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## Staff Profile: Erin Palmer

By Julie Monroe

An aura of certainty surrounds Erin Palmer. She has a sense of purpose about her, and she definitely understands the significance of this time of her life. She said so herself: it is the time to be "learning about life's experiences." And rippling below Erin's purposefulness is a different sensation – a layer of impatience or perhaps, more precisely, an eagerness to be on with it, to move beyond that which she knew as a child.

Twenty-year-old Erin Palmer, who has worked as a cashier at the Co-op since August of this year, is a junior at the University of Idaho. Her major is Psychology and her minor, Spanish. While growing up in Moscow,

Erin and her family never thought she would end up at the University of Idaho. Everyone, especially herself, assumed she would leave her hometown just as soon she graduated from high school. But after turning a long planned-for trip to Europe into reality, Erin re-evaluated the value of a college education at the University of Idaho and made the choice to stay in Moscow.

Although Erin's plans for visiting Europe had included the companionship of her two best friends from high school, Erin was undeterred when circumstances arose that prevented the three from traveling together. She took off for Europe alone. The experience of traveling first through

Finland and then Spain not only changed her life but also whetted her appetite for travel – so much so that when she returned to Moscow, she decided to become a Vandal. Less money spent on tuition meant more money to travel.

For Erin, travel is significant because it is life-changing. It is through travel that she says she has "broadened her perspectives about herself and others." The importance of travel in Erin's life is reflected in her choice of minor – Spanish.

She determined that a second language would make her a better traveler, and to improve her fluency in Spanish, Erin spent her sophomore year studying in Quito, Ecuador. The first three of the nine months she spent in South America were "tough, very hard," she says. The customs of the culture in which she was living, the language difficulties, the population density (Quito is a city of roughly nine million,) the poverty, and the elevation (9,000 feet) all took some getting used



to. But Erin learned from these challenges and came away from Ecuador with a better understanding of herself and what is really important in life.

During her year in Quito, Erin says, she "grew a lot as a person," and her new maturity gave her a greater appreciation for the importance of simply spending time with friends and family.

Like Erin, her boyfriend, Justin Ricks is a UI student. He is majoring in art and hopes to work in the field of computer animation after he earns his degree. Erin's mom is Pam Palmer, and her stepfather is Tom Lamar. Her father is Kurt Othberg, her stepmother, Susan Palmer, and between her two families, she has four half-sisters.

Spending time with family and friends is just one of what Erin calls her "short-term" goals. The others are completing her bachelor's degree and traveling when she can afford it (she spent the semester break visiting her host family in Ecuador.) When it comes to long-term goals, Erin says she doesn't yet know what she wants to be when she "grows up," but then quickly adds, "I do know how I want to get there."

That's not a contradiction, but a revelation that when Erin Palmer decides what it is she wants, there is little doubt she has the mettle to achieve it.

*Julie Monroe, who was born in Sandpoint and now lives in Moscow in the house built by Bill and Sophie Marineau in the 1930's, graduated from the University of Idaho in 1977 with a bachelor's degree in history. Her degree in history was indeed professional training as she now works as a historian and writer, specializing in local and regional history. She is currently working with historian Keith Petersen, the Lewis and Clark Bicentennial Coordinator for the state of Idaho.*



## Reflections from my Kitchen Window

by Kenna S. Eaton, General Manager

For the next week or so, while my office is being remodeled, my computer is set up at home. Right next to the window. It's tough. With the leaves off the tress I can see Paradise Ridge covered in snow and the weather moving in from the West.

I thought it was hard working at the Co-op, but the beautiful view from my kitchen is even more distracting than the near constant pages and interruptions working at the Co-op.

The Co-op has grown so much over the past three years, that it still shocks me. In 2001 we made up for 27 years of accumulated losses. That is a phenomenal event and one that still hasn't properly sunk into my little brain.

However, the Board was able recently to approve some store improvements based upon our financial success. When the Co-op relocated many things were done to keep down the costs, and at the same time we really could not imagine how successful we would be, even as we wished for that success.

As we laid out kitchen plans for this store, we put in to place a structure very familiar and known, a kitchen in keeping with the old store. Well, as times change, so do needs.

The deli has grown from a one person operation to over 14 folks, all forced to walk to the back of the store every time they needed yet another bunch of green onions or more beets. During the kitchen remodel we added

three doors of refrigeration behind the scenes. This allowed the deli crew to keep all their stock up front where they need it.

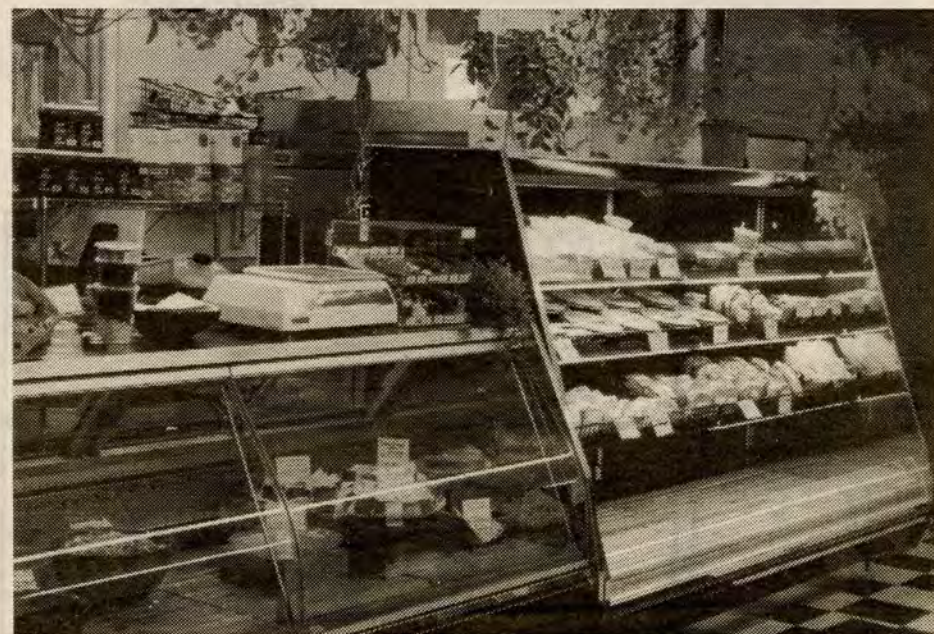
In merging the deli and bakery we were able to also merge the inventory of both departments allowing us to cut almost in half the number of items needed by both of them. Only one bag of pecans instead of two and so on.

We also included a new case to sell sandwiches and other prepared products. The new "Grab'n'Go" case will be able to hold a lot more product and also allows us to make it look more attractive. Kelly, our kitchen manager, has already added green salads to go, and platters of humus, veggies and chips. We'll be moving our store-made dips to this case and increasing the variety.

Heidi, who makes the U-bake pizzas and dips, also has lots of great ideas for new items or variations on a theme that we can look forward to in the coming months.

We were all destitute when the deli closed for 10 days and equally thankful when they re-opened, and after a rough start with our new case (the brand new compressor froze after 24 hours use!) we are finally reaching a new equilibrium.

So, while I'm still enjoying the view out my window, I am also relishing the re-opening of our kitchen and anxious to move back into my office...amazing but true.







## Personal Care Corner: Good-bye to Frontier, Hello to Heart Health

By Carrie A. Corson, Non-Food Buyer

I'm calling this my hodge podge article because I'm going to combine bits of information only related by the fact that they are all about supplements.

Frontier Natural Products Co-op, which supplies us with about one third of our herbal supplement products and our only line of organic essential oils, has decided to no longer produce their line of herbal capsules, liquid extracts and essential oils. I have to say that I am sad to see them go. Frontier has been a leader in the movement to cultivate medicinal herbs in order to preserve remaining populations of wild, native medicinal plants. But they have decided to focus their attention on their bulk products, a new line of packaged organic spices and foods and their body care company, Aura Cacia.

So in the coming weeks, we will be working in some new products. We are still committed to offering high quality, certified organic and cultivated medicinal herb products whenever possible in order to preserve the remaining wild, native medicinal plant populations, and will look for products by companies who share this philosophy. We will endeavor to make this transition as smooth as possible so that the herbal remedies that you are looking for will be on hand.

I also want to mention that February is American Heart Month. We've added two new supplements in honor of the occasion. One is red yeast rice, or simply red yeast, which we are carrying in the Nature's Plus line. Red yeast consists of a fungus grown on rice and it's active ingredient is lovastatin, which studies have shown to have a cholesterol-lowering effect. Red yeast rice is reported to lower blood cholesterol by inhibiting a key enzyme of cholesterol biosynthesis in the liver. Because the active ingredient in red yeast rice is similar to that found in prescription cholesterol medications, the side effects may be similar. Please consult a health care professional if you are thinking about trying this product.

The other new addition to our heart health line is Cardio Chelate with EDTA (EthyleneDiamine-Tetra acetic acid) from MRM (Metabolic Response Modifiers). This supplement was created to meet the needs of those interested in an "alternative" approach to vein and arterial support (MRM).

EDTA has been used for many years in the treatment of lead, mercury, aluminum and cadmium toxicity. This is due to its ability to bind to or "normalize" metallic element distribution within the body. This action within the body warrants its use in removing plaque, inhibit clotting and improve calcium and cholesterol metabolism. Calcium is the element that cements plaque to artery walls making them hard and inflexible. The chelating EDTA is a synthetic amino acid that binds calcium and heavy metals to remove them from the body through the kidneys. Some studies indicate that when calcium is drawn out of arterial plaque, the remaining fats, sugars, proteins, fibers, and debris are then softened so that they can be flushed out of the body as well.

### References:

PDR (Physician's Desk Reference) for Nutritional Supplements. 1<sup>st</sup> ed. Montvale, New Jersey. Medical Economics Company.

Julian, J., Chelation Extends Life. Wellness Press, Hollywood, CA 1981

Walker, M., Chelation Therapy. Freelance Communications, Stanford, CT, 1982

### New Products in Personal Care

We also have the following new supplements in the Personal Care Department at the Co-op:

100 mg 5HTP in the MRM and Nature's Way Lines

Acidophilus & Bifidus Pro-Biotic Combination in the Moscow Food Co-op Brand

Ultimate Eye Formula Nutritional Supplement in the Moscow Food Co-op Brand. Very good support in this bilberry/antioxidant blend.

Lecithin Capsules in the Nature's Plus Brand. Back by popular demand.

Bio-Astin from Nutrex Hawaii. Powerful antioxidant action from red algae.

B-12 Dots from Twin Lab. A sublingual form of this popular B vitamin.

## Dotson to Exhibit at Co-op Art Gallery

By Rose Graham

The paintings of Seth Dotson, a senior in Fine Arts program at the University of Idaho, will be exhibited at the Co-op Café Art Gallery until Feb 14, 2002.

Dotson transferred to the UI from Northwest College in Powell, WY in the fall of 2000. He lived in WY for about seventeen years. He will graduate this year and plans to continue on to graduate school. His ambition is to become a professional painter or an art instructor at a community college.

Dotson summarizes his painting with the following statement:

"To me art is simply a visual expression of a feeling of a thought, a culmination of a series of momentary flashes of inspiration organized into an abstract yet communicable representation. This process for me is the result of constant contemplation of, and research on, modern man's relationship with nature and the affects that our changing views have on it. My animal subject matter can represent any number of specific ideas, but the underlying theme is my concern for the current state of the world. I try to depict animals in harmony with their natural surroundings, to integrate them with the plants and the land. I do this by simplifying shapes and converting them into abstract, geometric forms with which I also attempt create a structured composition."

"Ironically, with this method, I also attempt to create a sense of motion with modulations of value and color to signify the presence and influences of man on nature. By instilling an aura of mechanization on an otherwise natural scene, and by utilizing the juxtaposition and scale shifts of different animal subjects, as well as mechanical and anatomical imagery, I represent industrialized society's assimilation of the physical world, as well as popular consciousness. In the end, my main goal is to show people my interpretation of the present predicament of animals today, caught between their reality and the one that we've created for them."

## Reception Planned for Co-op Artist

by Rose Graham

Linda Pall, of Moscow, will be exhibiting her photographs of people, from February 15 to March 7, 2002 at the Co-op's Café Art Gallery to celebrate Human Rights Month.

An opening reception will be held on Friday, February 15, from 5pm to 7pm. The Co-op will supply refreshments at the reception.

Linda Pall explains that she took her photographs during the time when, as a Moscow City Council member, she joined the National Black Caucus of Local Elected Officials (NBC-LEO) because she thought it important for Idahoans to know more about the African American community.

"I was amazed and delighted by the welcome I received and the warmth of my acceptance," Linda said. "I began to take photographs of our events and to capture the beauty and variety of the faces of these outstanding elected officials. I especially enjoyed photographing my friends and trying to allow their character and personality to reach through the camera and speak to the viewer."

"During Black History Month, I'm especially glad to be able to exhibit a small selection of the many photographs I've taken over the six years I was lucky to be a member of NBC-LEO."

Other artists interested in showing their work in the future are urged to contact Rose Graham, at 892-8432 or [rterrydgraham@hotmail.com](mailto:rterrydgraham@hotmail.com).

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## Producer Profile: Eco-Friendly Java

By Leah Christian and Eugene MacIntyre

Co-op members can feel good about themselves and the coffee they drink on these cold winter days, if they buy Cravens Coffee. The history of coffee includes injustice, exploitation, and other environmental and social issues. Simon Thompson and Becky Templin have proven that very good coffee can be produced without carrying all that historical baggage.

And fortunately for those of us who live on the Palouse, Cravens Coffee has been made available from the very beginning.

"We have been going down to the Palouse right since the beginning in 1993," Simon Says, "and we have been fortunate to have been a constant with (the Co-op)." Simon appreciates the Co-op and the way it does its business. He is glad that other coffee producers have been given the opportunity to sell their product in the store, and even happier that members continue to purchase Cravens Coffee on a regular basis. Cravens organic blends have such a strong presence at the Co-op that Simon and Becky even created a special "Moscow Co-op Blend."

Before opening up shop in Spokane, Simon, a native of Norfolk, England, began his life in coffee at Seattle's Best Coffee. However, when he found out that the business was up for sale, he and his wife decided it was time to go it on their own.

"We did not want to become part of some large food conglomerate," he says. With Becky, he searched the country for a new market but soon found an attractive location in their backyard. He says that the Spokane region was attractive because it provided market access to eastern Washington, northern Idaho, and western Montana.

They began with a retail shop and espresso bar and roasted the beans in the middle of the bar. After three years, the two moved out of the shop and concentrated strictly on wholesale production. "We started with a 25pound roaster, moved up to a 50 pound roaster, and now have a 100 pound roaster next to our 50 pound roaster," he says. As their concentration turned to wholesale production, they also focused more and more on purchasing green coffee beans in an ethical and environmentally-friendly manner.

All of the conventional coffee beans, and the majority of the organic beans they purchase, are certified fair trade, shade grown, and bird friendly.

Simon travels the world for his beans and purchases them on a fixed price market that assures the grower a certain percentage of the purchase price. This not only helps the farmers in the Third World nations where the beans are grown, but it also eliminates the middleman price mark-ups.

Columbia, Costa Rica, and Sumatra are the three largest sources for Cravens Coffee beans. Guatemala, Ethiopia, and Tanzania provide additional sources for conventional beans, while Nicaragua, Mexico, Guatemala, and Sumatra are the sources for the organic beans.

"The organic coffees are our fastest growing sector in the business," according to Simon. Presently, Cravens Coffee produces thirty-seven blends of conventional coffee and fifteen blends of organic.

The name of the company comes from Simon's homeland in the Craven region of the Yorkshire district in England. Family is an important identi-



fier for Simon and Becky, so much so that they named some special blends after their children, Benjamin and Adam.

"The blends reflect their personalities. Benjamin's Blend is bright and lively; Adam's Northwest Blend is rugged and bold," according to the Cravens Coffee website. Benjamin's Blend is presently Cravens feature coffee and a portion of the proceeds from its purchase goes to help local children in need.

The website, <cravenscoffee.com>, is a useful site for those who enjoy Cravens Coffee, or those who want to learn more about the company. The website also provides a plethora of in-

formation about the various blends and beans that are the foundation for these progressive entrepreneurs. So, next time you are looking for some quality java, something that makes the store brands green with envy and the retail brands take a second look at their social and ecological footprint, run down to the Co-op and grab a bag of the special 'Moscow Co-op Blend', or any of the other special blends sold.

*Leah and Eugene are excited about profiling eco-friendly socially responsible businesses like Cravens Coffee.*

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# Why I Cook

By Pamela Lee

Sometimes, I enjoy cooking.

If I am feeling relaxed and unpressured for time, I can peacefully chop, dice, and sauté away in a quest for a scrumptious meal. If I want to make a truly special meal for an occasion, I am happy as I go about the task of creation. Sometimes I enjoy a hunt, a long-term search for the perfect recipe of a particular dish that has captured my interest, like the perfect meatloaf, the perfect cassoulet. I approach these projects as one might approach any other research, only with experiments that can be eaten.

There are plenty of times that I'd rather not cook. I'd much prefer to sit and read, paint, draw, sew, or converse rather than cook... and yet I get hungry. There are many days I'd rather not spend hours cooking, and then after the meal is over, consume yet more time cleaning up the mess. Why do I cook? I cook because I love to eat, and I love to eat well. I've always recognized the simple fact that cooking is work.

Years ago I watched Julia Child being interviewed by Charlie Rose on public television. Charlie Rose asked Julia Child what qualities [in a person] made for a good chef. Julia, in her usual straightforward manner, replied that one had to be hungry a lot. This is what I call joking on the square - funny and true. Later in the same interview Charlie Rose asked Julia Child if she ever ate at McDonalds when she was busy, on the road, and away from her kitchen.

Julia Child said she occasionally enjoyed a [Burger King] Whopper, but did not like McDonald's hamburgers at all. She went on to explain that if she did not have a good meal at least once every three days, she became depressed. Oh, I am in complete agreement!

We eat to sustain ourselves, and yet there's a lot a variation in the way people approach their food. Some people approach eating with scant attention, some are obsessively counting calories, and others approach with health, fitness, or longevity in mind. Some people are gluttonous, some seem oblivious, and others are gourmets. As I've analyzed my fascination with food, I've come to a number of conclusions.

First, for me, there is a "quality of life" aspect to eating well. I'd rather enjoy good food than drive a large or expensive automobile. I'd rather have a refrigerator stocked with fresh wholesome foodstuffs than live in an ostentatious house. I *do* become depressed if three days pass without eating good (healthful and delicious) food. Life feels better when my meals are good.

The aspect of kitchen work that I enjoy most is the creative part - using imagination to conjure a sumptuous meal. I enjoy those occasions when I take stock of the larder and the refrigerator, ponder the problem, and then make something sensually satisfying out of the odd ingredients at hand. But to assume that there is not going to be work involved in the act of creating a

meal would certainly be a mistake.

~~Pamela Lee reads statistics about how frequently Americans are eating fast meals at fast food joints, I've arrived at my own understanding of the equally high rates of American who are clinically obese. Not only are fast food meals typically laden with saturated and hydrogenated fats, they are also not all that sensually satisfying. Perhaps many Americans are not fully sated, not feeling satisfied by their fast food eating experience, and therefore they keep on eating.~~

A well-prepared flavorful home-cooked dish is satisfying. I find that cooking is element that contributes to my feeling of satiety. Wonderful aromas begin to waft around kitchen as a meal begins: chopping garlic and onions, dropping aromatic vegetables in a pan of sizzling hot Greek olive oil.... The edge of my hunger begins to lift as the meal is being made. Fast food meals, while convenient on the odd occasion, do not satisfy me. They leave me hungry for the flavors of a home cooked meal.

## Writer Wanted

By Bill London

Remember the seasonal food preparation articles from Robin Ohlgren-Evans?


Like Robin, do you enjoy growing or selecting fresh ingredients and then making meals to delight your family and friends?

If you have cooking talents and an interest in sharing that information with 1700 of your closest friends, please consider writing a monthly food preparation column in this newsletter. You'll get fun and fame and a discount on Co-op purchases. And all you have to do is provide a well-written and well-researched monthly cooking article.

If you are interested, please contact Bill London at [london@moscow.com](mailto:london@moscow.com).

*Bill London edits this newsletter and now has about 16 months to prepare himself for his daughter's wedding.*

Sole Mates.



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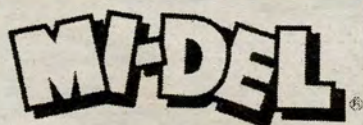


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# To Grow or Not to Grow, That is the Question

By Dani Vargas, Produce Manager

Photos by David Hall

On January 8th the stage was set, or at least the employee lounge was set up, for the greatly anticipated Moscow Food Co-op's Second Annual Growers Meeting.

As night fell the players filed in, twenty of the Palouse region's finest growers in one room jostling for position so their voices could be heard above the din of the Co-op's bustling business just inches away. And what did these illustrious people come to talk about? ...PRODUCE!!! and lots of it.

While this was not my first year at the growers meeting, it would be my first time headlining, so I did not want to disappoint. When I took over

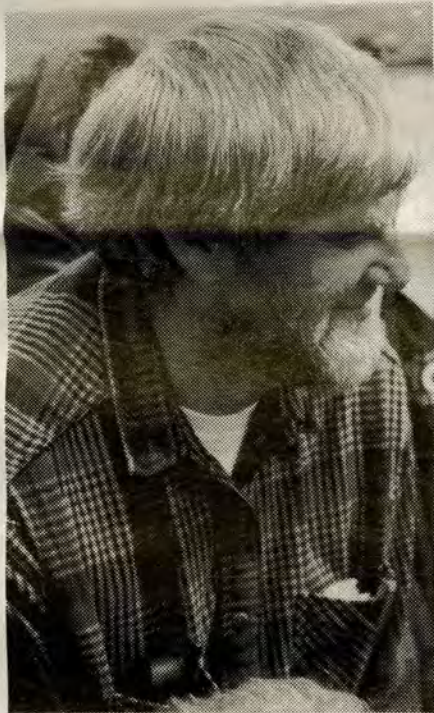
the position of produce manager, there were no clear-cut guidelines on how to conduct the meeting.

At the meeting, this would be our number one mission: To ensure that you, the shopper, would receive an excellent selection of the freshest organically grown local produce. By establishing some guidelines and a more formal rapport between the growers and our produce department, we could better meet the needs of both customers and growers.

As the meeting opened up, I discussed the heart of the Moscow Food Co-op: our mission statement. It states that we will provide our customers with local and organically grown produce. Our goal remains to raise the level of all local produce in the Co-op to near organic standards. In the least, this means to a commitment to selling no-spray vegetables from local growers.



Clockwise from left, Nick Ogle, Stacia Moffet, Elizabeth Taylor, Carolyn Berman, Skeeter Lynch, and Gresham Bouma



Wendt



Cindy Hadley, (left), Bobby Calentine, Russel Poe, and Dani

Produce labeled "Local/No-Spray" would mean that it was never sprayed or grown with synthetic materials. In order to be better informed of our growers' practices, I sent out information cards to all growers. While the card was designed to find out more information about all of our growers' practices and to help us determine where to set minimum standards, the card also enabled us to become more familiar with our local growers and in turn provide our customers with better information about their food.

But hey, let's be frank, I wasn't going to break out our finest cameo apples and cheese for a rambling discussion. This meeting had real focus and the growers were ready to talk.

In between witty remarks

from George (the guru who supplies us with his sweet baby carrots and who informed us that carrots originated in Afghanistan), we discussed the possibility of a farmer's market during the week, to be held outside near the Co-op.

How about them apples??? While this is just still an idea with wheels, it's nice to know that that it could be in our future. Even with all the hub-bub about a potential "farmer's market" expansion, we remembered to discuss other important issues, including proper ways to insure that the farmer is being paid a fair price and lowering the margins on local produce for the customer.

I would like to thank again all of those in attendance, and those who have expressed interest in our growers meeting. Ultimately, it was a great chance for all of us to come together to plan the summer season—to acknowledge one of the best parts of living in the Palouse region is the combination of landscape and climate that provide us with a wide range of produce. I am looking forward to the new systems that will be implemented and hope that together we can make it work.



# Customer Profile: Darryl Kastl

Katy Purviance

What is a dark gloomy Wednesday afternoon if not an appropriate candle season?

I head for the warmth of the Co-op where I find Darryl Kastl poking around the votives and the tapers. He already has several in his hand.

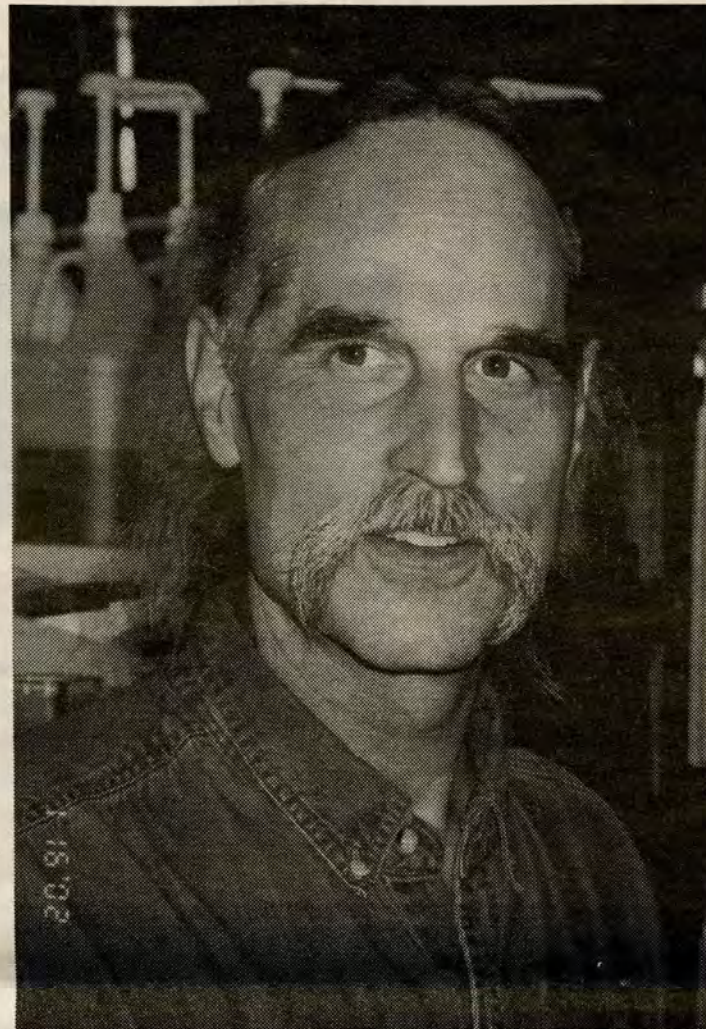
"I come in for the candles and incense, that type of thing," he explains.

His employer provides his meals, otherwise he'd be stocking up at the deli too. "It always smells delicious," he smiles, eyes lighting up, practically salivating.

"The thing I like about the Co-op," he tells me, "is that it's retro. Like going back to the sixties. It makes me feel like being back in the Haight-Ashbury days."

Darryl should know. He was born and raised in San Francisco, spending much of his youth at his father's Kastl's Koffee Kup Restaurant. "I felt like I was born ten years too late. I was born in 1953 and a lot of the famous people — Garcia, Janis Joplin, John Lennon, Hendrix — were all born about 1942."

Candles in hand, we grab a table at the Co-op Cafe and he tells me how after high school he moved away. "I became a merchant marine and travelled to Israel and the Far East. On the last ship I was on, the 'Mayaguez,' I was a POW in Cambodia, and because of that I gave up being a mer-



chant marine. I had seen enough of the world and I felt lucky to get out of it alive. So I went out to visit relatives in Nebraska and ended up falling in love and getting married. After thirteen years, I ended up moving back to California and again meeting a woman

out there. She had plans to move to Deary, Idaho, and I said, 'Where is Deary, Idaho?' Anyway, I moved up here with her and got married in Moscow. We got married every year for eleven years by Judge Hamlett in the Courthouse. That's what brought me up here."

It's been twelve years since he first stepped into the Co-op, drawn in by the atmosphere that reminded him so much of home. "I was very glad to see that there was a store like the Co-op here. The Co-op is refreshing."

"Don't I know it," I nod. "Those other places seem so dead and sterile. The Co-op feels more like ..." I search for just the right word.

"It's like a friend's house, a place you can go anytime to just hang out and eat." I

think of the cookies my best friend's mom used to make when we were little.

Aside from a full time job at University Dining Services and owning a horse ranch, Darryl also owns his own picture framing business downtown.

"In 1995 Jerry Garcia died and I was waiting for Rolling Stone Magazine to come out with their tribute to him and when they did I was thumbing through it and saw a picture, a crowd scene from a concert in 1968, and I was in the crowd at fifteen years old." He got a copy of the photograph. I enjoyed the framing process so much that I decided right then and there that I was going to open my own shop." Just ten months later, he did.

The shop is called Kaleidoscope. "My wife's really good at coming up with names. 'Kaleidoscope' means 'to view a beautiful object.' I thought, 'That's perfect for a frame shop and gallery.'"

It is the area's only rock and roll art gallery. From his description of the place, it's easy to see why the Co-op appeals to him.

It's almost three o'clock. He hurries to buy his candles and head over to Kaleidoscope to open up shop. There goes a happy man.

*Katy Purviance enjoys spending the long cold winter months under a blanket dreaming about places where the sun makes a daily appearance. And burning candles.*



## Rompin' Thru the Grapes

By Vicki Reich

When I first started drinking wine, I thought Bordeaux was a type of grape. As my wine tastes and knowledge matured I realized that Bordeaux is not a grape but the largest wine-producing region in France. Wine can only be labeled Bordeaux if it is grown in this region. The red wines are produced primarily from a blend of Merlot, Cabernet Sauvignon, and Cabernet Franc grapes. I was trilled to find an organic offering from this region and immediately brought it in.

Domaine de St. Anne Rouge (1998, \$10.09) is a nice light to medium bodied wine. It made from a blend of Merlot and Cabernet Sauvignon and aged in stainless steel tanks. It is then finished in oak to "take off the baby Fat". The nose is strongly oak with hints of currants and the flavor is also full of oak with an undertone of berries. With just a bit of tannin finish, this is a nice easy drinking wine that would go well with a light meat dish.

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# Board Election

By Mark Mumford, Board Member

The Co-op Board has one vacancy for which three candidates are vying for election. The candidates are Mike Forbes, Al Pingree, and Susan Simonds. All Co-op members will have an opportunity to cast their votes for their candidate. Ballots will be mailed to Co-op members shortly, but in the meanwhile, please read the candidates' biographies.



## MIKE FORBES

Hello. I'm Mike Forbes and that's my son, Owen, in the picture. I've wanted to be on the board now for several years, last year I wasn't elected but that's ok, I'll keep trying. I moved to Moscow almost 3 years ago to live and work at a local farm while also working as a firefighter for the city of Spokane. I'm still a firefighter and my wife, Lahde, and I live and will someday farm again at our place north of town. Currently we spend most of our time with our little guy.

I've been a member of different co-ops for about 10 years now and I believe in the community they create and support. Providing good products and food, a place for people to work where they are treated well and paid fairly, supporting local farmers and merchants, and being an active part of the community are all roles that I see important for our Co-op. How you implement these roles takes work from the staff, members, community and the board of directors. I will bring an open ear to listen to all involved with the Co-op and a voice to express my opinions when needed. I understand that the board's role is to not micromanage the day-to-day operations but to provide direction in the areas of our mission/vision statements and budgetary matters. I think it is important for the board to be involved in issues such as providing right livelihood for workers and support to our local economy.

I want to be a board member and would really like your vote. I'll be around the Co-op either way: doing my shopping and hopefully actively involved with the board. Thanks so much, Mike.



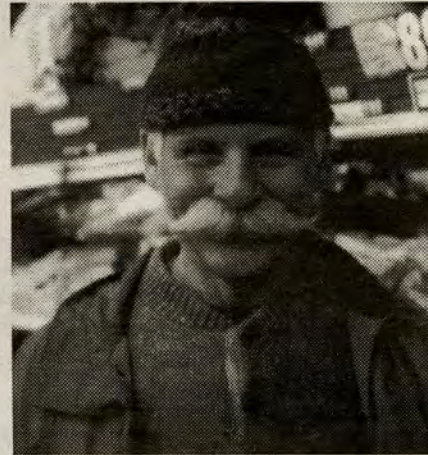
## SUSAN SIMONDS

I love the Moscow Food Co-op. My face may be familiar to many of you because I am at the Co-op so often. I joked to Kenna that the Co-op is my home away from home. Not only do I love the atmosphere of the Co-op and the good things to buy there, but I feel a deep commitment to the Co-op's cooperative model.

As a psychologist practicing in the community, I have informed countless of my patients about the Co-op's organic food, healthful products, and friendly faces. When I started a stress reduction program at Pullman Hospital, I immediately became a Co-op Business Partner, so that Co-op members would receive a reduction. When I moved to the Palouse 8 years ago, I joined the Co-op during my first week here. Having been a member of food co-ops for over 20 years, the Moscow Food Co-op helped me feel right at home. I see serving as a Board Member as a way for me to give back to the Co-op because the Co-op has given so much.



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## AL PINGREE

My name is Llewellyn A. Pingree. Everyone calls me "Al." I am running for a second term on the Board. I have been a customer at the Co-op since it was across from the Fire Station on South Main. I am a Life Member and currently chair of the Co-op Board Finance Committee. This is the main reason I decided to run for a second term. I have work that remains undone.

I am retired from WSU and I have a background in electronics. I graduated from Stanford University in the middle 1950's and from the Wharton School in 1968. I am a dedicated Co-op person and solicit your support. Thank you.

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# Moscow Bikes Bound for Africa

By Dave Peckham

The Village Bicycle Project, a four-year-old grassroots technology project based in Moscow that sends used bicycles from the Pacific Northwest to Africa, invites volunteers to prepare bicycles for shipment during an all-day drop-in workshop on Saturday, February 9.

The workshop will be at 913 South Jefferson at Moscow, beginning at 8am. At the workshop, donated bicycles will be packed for shipment to Seattle where they will be loaded into a cargo container for the voyage to Africa. Additional bicycles collected in Seattle will also be loaded in the container, which holds between 350 and 400 bikes.

In addition, the project needs donations of adult-sized mountain bikes. There is room in the shipping container for about 75 more bikes.

The Village Bicycle Project (VBP) will send its 1000<sup>th</sup> bicycle to Ghana this month. This is the third year that the Moscow-based charity has sent bikes to Africa where they are highly valued for transportation in a place where most people cannot afford cars.

From Seattle the bikes travel by sea to Ghana, where VBP partners will sell the majority of them to cover shipping costs of more than \$5000. About 100 bikes will be set aside for projects to benefit targeted groups. Those bicycles are provided at discounted price to people who participate in a free repair training workshop.

People are very enthusiastic about the workshops, they have lots of fun and they learn a lot about taking care of their bikes. More than 200 people have received bikes through VBP workshops in Ghana during the last two years. The project has provided workshops to farm groups, teachers in isolated schools, youth groups, remote villages, an HIV/AIDS awareness organization, and a naturopathic healing center.

The project serves a number of goals. One, we are addressing the huge wealth gap between America and the poor majority of the world's people, where something that America throws away is benefiting others. Secondly, we're helping improve access to a form of transportation more in-line with what most Ghanaians find affordable. And then, of course there's the environmental advantages of



Learning bike repair hands-on, a woman inflates a tire at VBP's repair workshop in Golokvati, Ghana, June, 2001.

people moving about on bikes rather than in motor vehicles.

We are also trying to pay attention to that over-worked term 'Sustainability,' and what that really means to us. It's about enduring benefit in Ghana after VBP is gone. We are working with local business and learning about raising their technology with better tools, improving supply lines, local and international networks, and bottom-line economics.

Then there's the grass-roots work, teaching some basic bike maintenance, then subsidizing the purchase price, working with what I call the productive poor, people who will benefit

themselves in such a way with their bikes, that it trickles around to the greater community. For example, a farmer gets a bike, and is able to transport more produce to more diverse markets, raising the food supply, and her/his income, which will be spent mostly in the community.

The project, which began in 1999, is administered by the Palouse-Clearwater Environmental Institute.

For more information, contact VBP at 892-2681 or at [ghanabikes@yahoo.com](mailto:ghanabikes@yahoo.com).

*Dave Peckham, longtime Moscow resident and Co-op member, founded and directs the Village Bicycle Project*

## Bakery Schedule

### Every Day

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

### Monday

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

### Tuesday

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

### Wednesday

- Molasses Wheat
- Cornell White
- Cornmeal Loaf
- Anadama
- Seeded Sour
- Pizza Rolls

### Thursday

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

### Friday

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

### Saturday

- Honey Wheat
- Kalamata Olive
- Sprouted Wheat
- Sour Rye
- Seeded Sour
- Pesto French Bread
- Country White
- Pesto Cheese Rolls
- Sunday
- Honey Wheat
- Cornell White
- Whole Spelt
- Breakfast Loaf
- Multicrunch
- Pain Ordinaire Careme



# Child Care

By Lisa Cochran

As I listened to the words being spoken, it seemed like time stood still and the moment drifted to the surreal.

"I'm outta here. I gotta make some changes in my life." I looked past the young man who had been providing live-in childcare for my daughter and saw that he had boxed up all his belongings.

"I don't ... understand," I stammered in a voice that seemed unfamiliar and almost child-like.

"I'll watch Madysen for the next two hours, then I'm gone," he said.

For the next two hours I moved through my tasks as though in a dream. One look at my calendar, full of meetings, commitments and requirements and I still could not believe that everything was about to unravel. Losing my childcare just before the holidays. The timing couldn't have been worse. Things were shutting down, people leaving town and a different energy was kicking in. For a single parent, the impulsive and irresponsible actions of this young man were overwhelming. It was no wonder that I fell into a severe funk.

Next to their children's health care, the biggest concern of every parent, especially working parents, is childcare. Safe, affordable, high-quality childcare has been identified in survey after survey as a critical need, no matter where the parents live. The situation is worse for parents of the youngest children, because there are never enough facilities that will take infants and babies. Living in Idaho amplifies the problem, because Idaho not only ranks dead last in the country for identifiable quality child care, but also the costs can be staggering for our low-income state.

Because of its lax certification and licensing requirements, Idaho is a state that lacks sufficient monitoring by agencies that could oversee childcare facilities. This is especially true for in-home childcare providers who take in 1-6 children. Though they are encouraged to become licensed, they are exempt from having licensing or certification of any kind. These are called Family Day Care Facilities.

Larger facilities such as Group Day Care (7-12 children), Small Day Care

(13-20), or Large Day Care (21 or more) do need a license from either local government or from the State of Idaho, whichever is stricter.

On the other end, child care costs can run as high as \$500 a month, which, given the kinds of wages in this

area, is an awesome challenge. If the facility and its employees have been certified and/or licensed, this also can add to the quality of care as well as costs of operation. If a childcare facility relies solely on parent tuition, it is always a struggle to find the balance between quality and affordability. It is no wonder why child care centers are in such short supply, despite the fact that the investment in positive, safe, caring, enriched early childhood experiences is truly long range and priceless.

I spoke with Heidi Reiersen from the Community Action Agency (CAA) about this problem. She works to identify quality childcare for Latah

County, where the agency keeps an extensive database to match resources with parent needs. She was also once a director of a childcare facility so she has worked on the front lines of the childcare struggle.

Heidi is quick to point out: "with child care, you definitely get what you pay for." This is because there is a tremendous range of services offered by childcare providers. Good staff/child ratios, infant care, employee training (including CPR, first aid and health practices), diaper changing, hours of operation, planned or specialized activities, quality and quantity of toys or play equipment, breakfast or lunch programs, transportation, field trips, specialized training or equipment for special needs children, and the ability to take drop-ins: those all come at a cost. Looking at all these factors as well as overall convenience and affordability can be daunting for any parent.

Luckily, the CAA is ready to help with its Child Care Solutions program, which can help with matching a parent's child care needs with available facilities. You can contact a Child Care Specialist at Community Action Agency at 882-3535 (Moscow), 334-9147 (Pullman) or 1-800-326-4843.

*Lisa Cochran lives in Moscow with her preschooler*



# Old Bags Now Selling at Co-op

By Barb Coyner

The world would be a better place if everyone carried an Old Bag. At least that's what my sewing partner Dawn Ownbey and I thought as we sold our Old Bags at an on-farm produce market in Marysville, Washington last year. Several Co-op members thought they'd be a good fit in Moscow, and thanks to personal care buyer Carrie Corson, our bags are now available at the Co-op.

Sizes and colors of our bags run the gamut, and we have several themes including the Starving Student (old work or pearl-buttoned cowboy shirts converted to bags, and a real favorite among some of our Portland customers) and Old Moo Moo (cows and Hawaiian muumuu combinations) models. We also make pretty garden and nature-themed bags, and dressier velvet and satin evening bags. All are crazy-quilted, triple-strength and made of nearly 100 percent recycled fabrics (we do have to buy webbing when we can't find enough of the recycled version).

The idea evolved after we had been using lots of recycled fabrics for crazy quilts the past couple of years. On a trip to Portland to visit my daughter, I noticed that many people carried tote bags for their shopping, much as they do in Europe. Then on the way home from Oregon, I was sidetracked by an impromptu yard sale that a guy had set up just outside the city. It seemed his job was taking about three to six tons of clothing PER WEEK to the dump, after a vintage clothing distributor had sifted through the goods. He hated to throw out good clothes so he conducted roadside yard sales when he had time. Of course, he was loaded with great fabrics and he shared many with us.

The amount of fabric waste available to us meant, in reality, an endless supply of raw materials from which

to make tote bags. What a great extra-income idea for our depressed rural economy. Dawn and I figured we could show others the technique and quality control aspects, allowing each person to be an independent contractor, thus simplifying bookkeeping. The creativity and range of fabrics and tex-



tures keeps this from becoming just another sweatshop proposition.

These days, many avid quilters share fabric scraps with us, plus we recycle the unusable clothes from the newly formed Potlatch Clothing Bank (open Tuesdays from noon to 6 pm – everyone welcome!). There is no end to the supply and potential, and we've now sold bags in three states.

The only dilemma? Not enough hours in the day to indulge our passion for quilting, fabrics and colors! In time, we expect people to come to us with favorite shirts and other clothes, asking us to make bags out of their almost worn-out sentimental favorites.

*Barb Coyner says sewing is her therapy, and she loves to create Old Bags that turn castoffs into something of value. She lives in Princeton, writes magazine articles, and helped start the new Potlatch Clothing Bank last August.*



# Gardening

## A Head Start for Vegetables

By Patricia Diaz

Purchasing vegetables as seedlings in the spring may seem like the fastest way to get to the eating part of gardening, but it isn't always the most economical. Also, not all vegetables are best planted as seedlings. Some vegetables are traditionally started from seed and some are always planted as seeds directly into the garden.

However, if you'd like to get a head start on your gardening, consider planting seeds indoors.

The most important thing you'll want to do is time your indoor seed-sowing to the appropriate outdoor planting times in our area. Outdoor seedling planting usually means May at the earliest for the Palouse. Tomatoes should be started six weeks before the first planting date and eggplant and peppers should be started a few weeks earlier than that.

An inexpensive method for this is to purchase aluminum loaf pans (or save them from some goodie you bought). Place the container on a board, dishtowel, or something else to protect the surface you're working on, and punch drainage holes in the pans without bending them. You can use a barbecue fork, awl, scissors, or other sharp implement. Next, put a thin layer of dried leaves in the bottom, dust those with manure to encourage root growth, and fill containers to the top with lightweight potting soil. There's potting soil for seed-starting available, too. Moisten the soil thoroughly and then scatter seeds, spacing them evenly over the soil. Cover the seeds with about one-quarter of an inch of soil. Make sure you water your seeds with a sprinkling type of watering can (one with lots of little holes). If you use a watering can with a spout, you'll flood all your seeds into one area of the container and cancel the nice job of spreading the seeds that you did.

If you're using peat pots, put these in a larger container and surround them with moist potting soil to keep the peat consistently moist. Plant only two to three seeds per pot and thin to all but the strongest plant once they're established. A transparent container lets you see when the roots come through the peat pots, which tells you it's time to move the plants outdoors or into larger

pots if it's still too cold outside.

If you wish to make your own potting soil, combine together and sift equal parts of sand, soil, and well-decayed compost or leaf mold. Using a quarter-inch wire mesh is best for the sifting.

After planting, keep your containers in a warm place (above 60 degrees) in full sun. If you can't get enough light, use fluorescent plant lamps 6-10" above the plants. Tomatoes take a full week to come up and peppers and eggplant take several days longer. Be sure and rotate seedlings to keep them growing erect and not bending constantly in one direction toward the light. Move them back from windows on cold nights.

When the second pair of leaves opens, give the plants more room by putting each plant in a separate pot or move them two to three inches apart in another loaf pan. Mix a small amount of manure or other fertilizer into the soil besides using some in the bottom. Replant peppers and eggplant to the same soil depth but plant tomatoes deeper than they were before, almost up to the lower leaves and new roots will grow from the buried stem.

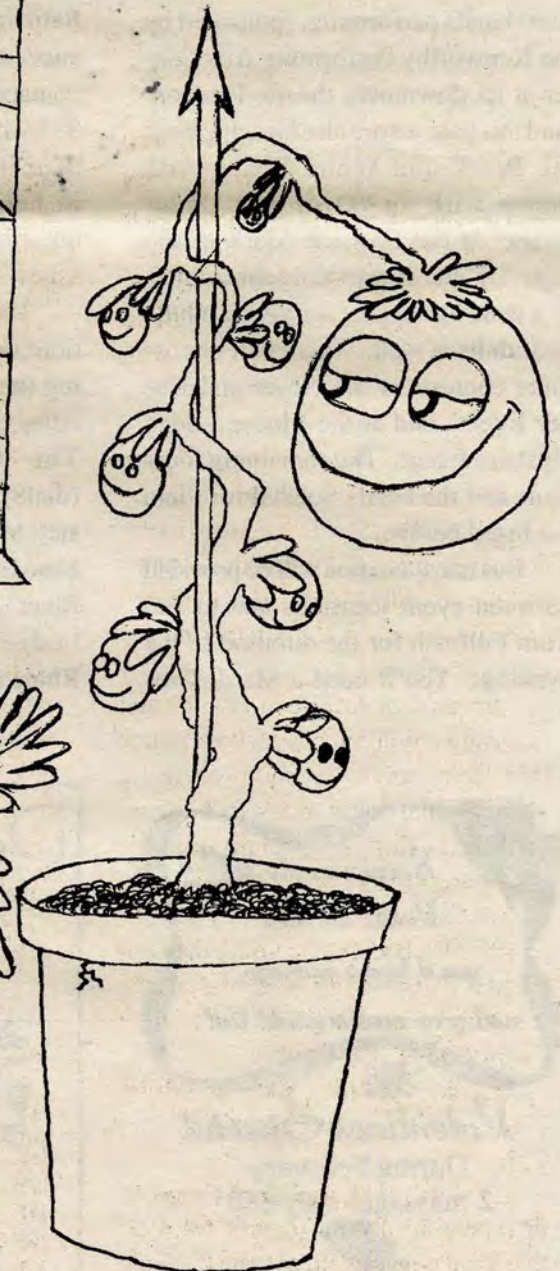
When the seedlings show new growth and look well re-established, start acclimatizing them to outdoor tempera-

tures by putting them outside when it's warm and sunny and leaving them outside all night when it's mild. If winter drags on and the plants are ready before the last freeze is scheduled, you can move the plants yet again into larger pots or gallon cans.

Unfortunately, corn, cucumbers, squash, and melons don't like their roots disturbed by transplanting or delaying permanent planting so they aren't good candidates for seed-starting indoors. Transplanting them or delaying their planting checks their growth and cancels any advantage of early sowing. You can, however, try to plant them in peat pots at little early

and then plant the pot and all into the garden as soon as the roots start penetrating the peat containers. If you want to try this, plant the seeds about two to three weeks before outdoor planting time. Doesn't all this make you want to hurry Spring along and get started? It sure does me! Happy gardening this year to all of us!

*Pat Diaz, her husband Tom, and schnauzer Gus, live on six acres near Dworshak Reservoir. They still have snow and lots of winter wildlife visitors including two hen turkeys and two very pesky deer who just stand there and stare when anyone tries to shoo them away from the bird feeders. This may be a bad portent for this summer's garden.*





# Moscow Mardi Gras 2002

By Karri Fedale, Mardi Gras Board Member and Assistant Daytime Activities Coordinator

What fun and delightful event takes place every March and has the added plus of benefiting our local youth groups? In its 22nd year, Moscow Mardi Gras is an early celebration of Spring for all ages. There are games, dancing and fun all day long. Mark your calendar for Saturday, March 2nd and come on out and be a part of it!

This year's event will again include free daytime activities for children at the Eastside Marketplace from 11:00am to 3:00pm. There will be games and prizes, a cabaret, cake walks, a costume contest, and a pet parade.

The evening events will include 10 sponsoring locations. Eight of these will have popular bands playing all night. There will be one free location as an exclusively teenage event with local bands performing, sponsored by the Kenworthy Performing Arts Center at its downtown theatre location. And this year we are also bringing back the Black and White Beaux Arts theme with an "Over and Under Event" at the Eastside Marketplace with "DJ" the dj, providing dance tunes of a wide age appeal for young adults and adults as well. There will be costume contests at the "Over and Under Event" and at the Moose Lodge Upstairs Event. The remaining locations and the bands booked for them are listed below.

Bus transportation will be provided between event locations and to and from Pullman for the duration of the evening. You'll need a Mardi Gras

ticket to ride the bus. Tickets are \$10 in advance and \$15 at the door and will be available at all sponsoring locations and at the daytime events. Tickets will admit you to all of the locations. Watch for posters in early February at businesses selling tickets.

The benefits from the ticket sales and business sponsorships, after expenses, go to local youth groups. This year's donations will amount to \$20,000 from last year's funds!

We could still use a few more volunteers to help make this another successful year. Please contact Kathy Sprague at 882-9499 or myself at 882-0162 if you are interested in helping out or have questions concerning any aspect of the events.

The sponsoring locations (with the bands playing there) include: John's Alley (Left Hand Smoke); The Garden Lounge (dial8); Mikey's Gyros (Brother Music); Moose Lodge Upstairs (Citizen); Moose Lodge Downstairs (Snake River Six); Mingles (Kingpins); Eagles Lodge (Singing Mailman); Black Rhino (Too Slim & the Taildraggers).



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# Know your Foodshed! Eat Locally, Think Globally!

by Robin Jenkinson

The book "Coming Home to Eat" by Gary Paul Nabhan is a sensual almanac of Nabhan's year-long culinary adventure of eating food grown, fished, or gathered within 200 miles of his home, near Phoenix. The book, which is available at BookPeople, is "a vibrant portrait of our essential human relation to the foods that truly nourish us, affirming our bonds to family, community, landscape and season."

Between descriptions of roasted mescal and the pleasures of gardening, pit roasting, fermenting, feasting and frolicking, he examines the politics behind American food and agriculture, as well as his personal spiritual quest to truly belong to a place.

"In our molecules and in our dreams, we really are what we eat. Eating close to home is not just a matter of convenience – it is an act of deeply sensual, cultural, and environmental significance."

This is a wonderful book about the process of learning to eat closer to home and the seasonality of food. Paul Nabhan's experiment leads him to numerous adventures, and eventually to organize a very spiritual walk home from the sea with local tribes, a celebration of native foods, culture and place.

The book focuses on the reflection of a bioregion or landscape in lifestyle, culture and cuisine.

"Until we stop craving to be somewhere else and someone else other than animals whose very cells are constituted from the place on earth we love the most, then there is little reason to care about the fate of native foods, family farms, or healthy landscapes and communities."

When we choose to eat locally produced foods, we support community health. Local foods don't generate as much waste and pollution as processed foods transported a long distance. By eating local, we are protecting wildlife habitat, clean water and the workers who are also our neighbors.

There are many people working to encourage local food production and consumption in our area. Offering local foods is part of the mission of the Moscow Food Co-op. The Palouse-Clearwater Environmental Institute offers garden plots and educational

classes about organic gardening at the Moscow Community Garden. Rural Roots, a local non-profit, is working to connect small growers with local consumers. There is a Community Supported Agriculture farm in Clarkston that will deliver fresh produce to your home weekly during the growing months. Others are working towards a growers' network of people who garden, and would like to share or exchange different vegetables, flowers or other produce.

In the next few weeks, watch for new "locally produced" signs to appear around the Co-op. Perhaps if there is enough interest, we can put together a local foods dinner in the spring at the 1912 building. And happily, the farmer's market will begin again in May.

If you are interested in learning more about native foods, call the Nez Perce National Historic Park at Spalding and ask about Longhouse dinners. Responsible wild harvesting and hunting is another great way to be a part of the local food chain.

And to summarize, here's some interesting food facts from "Coming Home to Eat":

\* The average American brings home nearly 3,300 pounds of food each year for his or her own consumption (of course, much of this is never eaten). This is nearly 2 1/2 times the weight of what most of our contemporaries in other regions of the world consume, and much of it comes from their farmlands.

\* Most Americans get 90% of their food from non-local sources, with shippers, processors, packagers, retailers, and advertisers gaining three times more income from each dollar of food purchased than are farmers, fishermen, and ranchers.

\* In 1910 farmers received 40¢ per \$1 spent on food, but by 1982, they only received 7¢ per dollar, the "middle men" of agriculture were gaining the rest, without ever investing it back into land stewardship.

\* In the last 50 years we have lost one out of every five acres of farmland.

*Robin Jenkinson is a local botanist who enjoys supplementing her meals with edible wild plants.*

Something for everyone...

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**All available online at**

**<http://www.moscowfoodcoop.com>**



# Bulletin Board

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

## Art Opening the Moscow Food Co-op Art Gallery

Jan. 29, 2002

The photos of people in South Carolina taken by Linda Pall of Moscow will be on display at the Moscow Food Co-op Art Gallery Feb. 15 through March 7, 2002 to help bring awareness to Black History Month in February. An opening reception will be Friday Feb. 15, 5:30-7pm. Linda Pall, lawyer, teacher and city council member, has called Moscow home since 1972.

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

## Third Street Gallery

Two local artists will present their distinct interpretations of nature at an upcoming exhibit at the Third Street Gallery in Moscow. "The Nature of Things" will feature the work of David Gressard and James Palmersheim. An opening reception, hosted by the Moscow Arts Commission, is scheduled for Friday, January 18 from 5 - 7:30 PM. The exhibit will run through February 27th at Moscow City Hall, 206 East 3rd Street. 8 AM - 5 PM, Monday through Friday. For additional information, call 208-883-7036.

## "Endurance, Shackleton's Legendary Antartic Expedition"

Kenworthy Performing  
Arts Centre

Friday, Feb. 8, 7 pm and 9:15 pm

As a fundraiser for the PCEI Endowment Trust Fund. Ticket prices for this special showing are \$6 adults and \$3.50 for children (in respect of the 635 days that Shackleton and his crew spent in Antarctica). 882-4127

## FLAME

(Feminist Led Activist Movement to Empower)

Feb. 26, 28 and March 2, 7 p.m.  
U of I Admin. Auditorium

A student-led, student-acted benefit production of "The Vagina Monologues." This production is part of the national V-Day 2002 College Campaign working to raise awareness about violence against women and girls.

For more informatin, please e-mail FLAME at vdayuidaho@hotmail.com. Tickets available February 14.

## Moscow Mardi Gras

Saturday, March 2

Kid's activities at Eastside Marketplace  
11am to 3pm

At night: music, music, music  
bus transportation

For more info: 882-9499

## Village Bicycle Project

Saturday, February 9, 8 am

All day workshop, volunteers needed to prepare bicycles for shipment to Africa  
892-2681

## Co-op Member Appreciation Day

Incredible sale

February 18, 8am to 8pm

The more you buy, the more you save up to 10% discount on purchases in addition to working member discounts

## Palouse Folklife Society Event February:

Monthly Contradance at 9th from 8-11pm at the center. There will be ins at 7:30pm. Admission is members, \$7 for non-members, \$7 for non-members. Singles, couples, beginner always welcome.

CONCERT with Vivian and Seattle on February 15th at the PFS website www.ang for location). Vivian and

acclaimed musicians specializing in old-time, bluegrass, and pioneer music. Tickets are \$7.

Annual Field Springs snowdance February 16-18 at Field Springs State Park (Anatone, WA). Once again, this will be a wonderful weekend of great music, dance, skiing, and food! Registration forms are available on the PFS website at www.angelfire.com/folk/pfs/

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

## Yoga on the

Yoga & Healing We

Feb 3 1 - 3 p

Partner Yoga

Feb. 10 1 - 3 p

Yoga & Reducing Str

Feb. 24 1 - 3 p

Gladish Community Center

115 NW State, Rm 304, Pullman

509-334-9642

yoga@turbonet.com

www.yogaonthepalouse.com

## Eastside Marketplace

free concerts!

Concerts are 6pm to 8pm (Unless noted)

March 1: Palouse Jazz Conspiracy

March 8: Wilson-Cannavaro

March 15: Joan Alexander

March 22: Palouse Jazz Conspiracy

March 29: Classic Music

March 30: Easter Eggstavganza and Review  
10am to 3pm

For info.: 882-9500

## It's the Village Bicycle Roundup for Africa.

HELP NEEDED

Feb. 9 Deadline to donate mountain bikes and parts

8am to 4pm Workshop to prepare bikes for shipment

Feb. 15-18 Stuffing a shipping container full of bikes in Seattle

Also looking for trucks and drivers to take bikes to Seattle. Bring donated bikes to 913 S. Jefferson; the February 9 workshop is at same place. For more info, call 892-2681, email ghanabikes@yahoo.com, or see story inside this newsletter. Village Bicycle Project on the web: www.ibike.org/vbp

Let's Mooove 'em Out!

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

For additional event  
http://www.moscow

