

January 2002

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Community News

The monthly newsletter of the Moscow Food Co-op

Co-operation Between Co-ops

By Karen Zimbelman

Every day, the buyers at Moscow Food Co-op work hard to find the products you like at great prices. Finding products is only part of the challenge—getting those products at the best possible price is an even bigger challenge, especially for independent stores, like the Moscow Food Co-op. (An independent store is one that isn't owned by a chain and, therefore, doesn't have the benefit of a chain system behind it in negotiating price.)

It's probably obvious, but let's be perfectly clear—the biggest factor in the price of items at the store is the cost of getting those items into the store. This means the cost to purchase the goods and to get them delivered to the store. Aside from shipping costs, volume is the name of the game in the food business; the bigger the operation, the better its negotiating position for lower prices.

To bring you better prices, Moscow Food Co-op has entered into an exciting new alliance. This new program, called the Co-op Advantage Program (CAP), brings together co-ops from coast to coast. It will allow co-ops to negotiate as a group on natural food

products. The result will be that co-op members around the country will get the best prices on items at their co-ops. As a co-op member, you'll benefit from this exciting new program every month.

"We're pooling our resources and purchasing power," said David Butterfield, coordinator of the CAP program. CAP was originally developed by a group of natural food co-ops in seven Midwest states, creating a unique customer-based partnership with manufacturers and distributors.

Starting this March, items negotiated through the CAP program will be showing up at Moscow Food Co-op. This represents a first in the industry, as well as for co-ops.

"This is the first time retailers have amassed this much purchasing power," said Butterfield. "It's a new and exciting relationship with key manufacturers, to be able to work with them in a win-win and sustainable fashion. It helps us influence and guide the marketplace



(See Co-Operation on page 5)

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Community News



Right Livelihood, Part 2

by Kenna S. Eaton, General Manager

Last month Bill London, our editor, wrote an article exploring the history behind staff compensation. This month I want to give you an update as to where your Co-op stands currently in terms of staff pay and compensation. Of course, I don't want to belittle the other important aspects of working at the Co-op, a place where you are free to dress comfortably, to have a pierced nose or extravagantly dyed hair. This is a place where staff will cover your job for three months while you recover from an accident, or cover for you while you support a partner going through a health crisis. We get the added benefits of working with people & customers we like, as well as being in the center of our community. Plus, we all value the products we sell, feeling we are contributing positively towards our personal goals.

A couple of years ago staff suggested that wages at the Co-op were too low and needed to be changed. We put together an ad-hoc committee comprised of Board and staff members, including me. Over the next few months we surveyed the staff at our Co-op, surveyed the current rates paid in Latah County for comparable jobs, and also surveyed other consumer Co-ops in the Northwest. We put together a plan, based upon our research, that set tiers for comparable jobs within the Co-op. We took into account job responsibility, supervisory requirements, and required skill level. Thus, an assistant baker is paid at the same level as a server, and a cook is paid the same as a baker or a buyer. The wage levels for the tiers were designed to reflect the

local cost of living, as well as the skills needed to be successful in a certain job. Thus, the shelf-stocker is paid less than a cook is (less skill and responsibility is required to stock a shelf than to create a dish). These wages are reviewed & approved annually by the Board of Directors.

Last year the Board increased the wage cap by 3% to reflect the Cost of Living increase for 2000. Entry-level wage at the Co-op is \$6.25 for a shelf-stocker, with a cap of \$7.21 per hour. Servers and assistant bakers make between \$6.50 and \$7.72 per hour. Cashiers, Buyers, Cooks, and Produce Assistants make \$7.50 to \$9.78 per hour, and finally, Department Managers earn between \$11.00 and \$15.45 per hour. Wage increases are determined by managers and are merit-based.

Staff members at the Co-op are eligible for various benefits. All staff members receive an 18% discount on their purchases, plus paid holidays and free lunch. Staff members scheduled to work 20 hours in a week earn pro-rated vacation and sick leave. Work more than 30 hours per week and we get medical and dental insurance plus a medical savings account to which the Board contributes \$50 each month. This year the Co-op had the pleasure of giving \$10,000 in profit sharing to the permanent staff and we hope to be able to do so again in 2002.

This year the Co-op will pay approximately \$401,415 in wages to regular staff and substitutes, and \$22,155 in benefits. And don't forget the \$37,000 in taxes paid, for a grand total of \$460,570 or 21% of our sales for the year.

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The Buy Line

By Vicki Reich

For many people, the New Year is a time to make resolutions and I'm pretty sure the number one resolution that people make is to lose weight. Gyms gear up for this influx of people trying to stick to their resolution and diet pill sales sky-rocket. As many of you know, I am a lover of good food, so the idea of going on a diet is not one that appeals to me. (If it won't come off with regular exercise then it was meant to be there, is my philosophy.) Instead of telling you about all the healthy and low-fat food we have available at the Co-op (and we do have lots of those), I thought I'd talk about a food I love that is definitely not on the list of diet foods: cheese.


Legend has it that cheese was discovered about 4000 years ago when an Arab traveler put her day's milk in a sheep-stomach canteen and headed out across the desert. When she got to her destination, she discovered that the milk had turned into strange-looking white curd. Being quite hungry as well as thirsty, she tasted the stuff and was very pleased with her discovery. Of course, she told all her friends about it and thus began the wonderful new industry of cheese making. I have a feeling that cheese making has been around longer than 4000 years. There is evidence that it's been around since about 9000 B.C., and the first cheese was probably started from leaving milk out too long (you know how old milk curdles when you pour it in your coffee, thereby starting your day on the wrong foot).

What happened to the milk in the sheep bladder canteen is that it mixed with a digestive enzyme called rennet in the stomach lining which sped up the process of curdling. Cheese making has come a long way since then and many factors go into making good cheese. You probably wouldn't like the results of just putting some milk into a sheep stomach and carrying it around all day. Factors such as the animal the milk comes from, the type of pasture the animal grazed, whether the milk is raw or pasteurized, what type of cultures or enzymes are added, how long the cheese is aged, what flavors or herbs are added to it, what the outside of the cheese is coated or cured with, all add to the flavor of

the final product. You can see why there are so many different types of cheese and how a cheese as basic as cheddar can be made in so many different ways. The possibilities seem endless. You could travel the world eating cheese and never have to have the same cheese twice. (Maybe that's what I'll do when I retire!)

There are specific categories of cheese. They are: Hard cheese, like Parmesan; Semi-hard cheese, like Swiss; Semi-soft cheese like Muenster and Mozzarella; Soft ripened cheese, like Brie and St. Andre; and Soft Cheese, like Cream Cheese and Chevre.

The Co-op carries a wide variety of cheeses in all of these categories. We carry your basic cheddar as well as not-so-basic cheddar and unusual cheese such as Manchego, a sheep's milk cheese from Spain and one of my favorites. I recently brought in some new cheeses for the holidays but I liked them so much I'm going to keep carrying them. They are: Stilton, a glorious and fairly famous blue cheese; Port-cured goat cheese, a semi-hard cheese with a wonderful maroon colored rind; and Mirabo, a brie-like German cheese with walnuts. Try all of them—together they'd make a beautiful cheese plate. But I have to say that my all time favorite cheese is the triple cream (read: triple fat, triple delicious) St. Andre. It's what I buy if I've had a bad day. It's also what I buy when I've had a good day. It's totally luscious, creamy, and delectable, but it's really meant to be eaten by itself on an Ak-mak. So I still have to get some cheddar to grate onto chili and some mozzarella to put on pizza and some blue cheese to crumble on my salad and some Swiss to...



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From the Suggestion Board

Buffalo meat? How about it?

I'm sorry, I don't have a source for it at this time.—Vicki, Grocery Manager.

Get environments again! (Like bug bites, only mint flavored)

Sorry, these have been discontinued by our distributor.—Vicki

An all-staff picture to hang up front, Garek

This was great idea Garek, and we were planning to take the picture at the Co-op staff party, only you weren't there and it just didn't seem right to do it without you!—Kenna, General Manager.

Haven't had any Celestial Seasonings organic Green tea for some time. Is it going away for some reason?

It was a very slow seller so I discontinued it. You can still special order it.—Vicki.

Thanks for starting to carry the quart-sized of Organic milk. For those of us who don't drink a lot of milk it's a great find.

You're welcome.—Vicki.

Could you carry a larger quantity of potato starch? It is a main ingredient for some of my gluten-free recipes. What you have in bulk will last me through one, maybe two recipes. Thank you.

You can special order this item anytime in 5-lb. bags. Just talk to a cashier.—Vicki.

Carry low-fat Westsoy soy milk- it has more calcium than "lite"- it has about the same as "Plus" but less fat and fewer calories.

Westsoy do not sell that well here, so I hesitate to pick up another variety. You can always special order a case.—Vicki.

Maybe your graham crackers don't sell well because Midel crackers taste like cardboard. We really like New Dawn (or is it New Morning?) organic graham crackers and I know at least 2 other families that would buy them. Thanks.

I'll get rid of the Mi-del and bring in New Morning. Look for them soon.—Vicki..

Would you consider getting the Tasty Bite Boil-N-Bag Channa Masala, aside from the Kashmir Squash, it is my favorite of the Tasty-Bite entrees. I'm sure it would be a hit! I used to buy it when I lived in the vicinity of a Trader Joes. Thank you.

I'm sorry but that variety is not available from our distributors.—Vicki.

Golden Temple Vanilla Almond Granola- please carry the above product.

If a bulk bin opens up in that section I will bring it in.—Vicki.

Tofurkey slices.

They're coming.—Vicki.

What happened to Rite Rounds? They were our favorite cracker.

This is a very sad story, but Barbara's lost their co-packer and have not been able to find another place to manufacture any of their crackers. This includes all Rite Lite Rounds and Wheatines. They've discontinued all of them for the foreseeable future. They may return at some point but they don't know when that will be. I'm trying to fill the void on the cracker shelf but there is nothing out there like Barbara's. We're all very sad.—Vicki.

There are a lot of people in need during the holidays. Maybe you should be having a "giving tree" for humans before or in addition to one for animals.

Thanks for this suggestion—we feel the same way. This year the Humane Society approached us and asked if they could bring in a "sharing tree" for the animals they are housing. I would be happy to have a "people tree" as well if

someone would care to get it together and maintain it. However, we are donating 5% of our sales (up to \$5,000) to the Community Action Agency this Christmas, so if you really want to help people in need this would be a good place to make a donation.—Kenna.

Can we please get "Moose Drool?" It's yummy.

Okay.—Vicki.

I love your Market Spice Decaf Tea. Can you please re-stock it? Thanks so much for your consideration. It's back in stock, sorry we were out when you came in.—Vicki.

Ezekiel Buns, Sesame.

These do not sell fast enough in the winter to keep them fresh. We will carry them again in the summer. You can special order a case to get you thru until then.—Vicki.

As a busy college student I have come to love the "Ethnic Gourmet" Scheshuan Microwave dinner, but it is always sooooo frozen over. Could you rotate its position in the freezer? Thanks.

Sorry about that. We've been having trouble with the defrost cycle in the freezer and it's been frosting lots of product. We think it's fixed now. If you continue to notice the problem, please let me know.—Vicki.

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.

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Word of Mouth

By Vicki Reich

This month's taste test wasn't the usual kind of taste test. We didn't compare one product to another and come up with the best tasting of the bunch, we just sat around munching on crackers and talking about them. There was no way to compare the wide variety of crackers we carry—they are all so different. Here's what the Spinners thought of each of them.

Hain Crispettes were quickly compared to Wheat Thins, which is what I believe the manufacturer intended. They are a good snack cracker and are easy to eat by themselves. They are crispy and buttery tasting and someone suggested they would go well with baby carrots.

Health Valley Stoned Wheat Crackers definitely grew on people. They have a soft consistency and are a bit dry. They have a buttery flavor and after two or three crackers, those who didn't like them at first were swayed.

Finn Crisps have a special place in my heart, since my mom gave them to us as kids. I'm not sure why I liked them then since they have a strong sourdough rye taste that I don't know if most kids would like. The tasters liked them, though. They

are good by themselves or with a strong cheese. Melted swiss is quite good on them.

Ak Mak crackers are my favorite and all the tasters liked them. They have a wonderful sesame seed taste and they're light and crunchy. They taste great by themselves and can handle any kind of cheese or anything else you might want to put on a cracker.

Ryvita Light Rye crackers have a light crunchy taste that's similar in texture to rice cakes but with more flavor. One tester wanted to spread cream cheese and smoked salmon on her sample and we were all sad that we didn't have any on hand. They are the largest crackers we tried and we thought you could make a great crunchy sandwich with them.

Carr's Water Crackers were the last cracker we tested. They were the blandest cracker we tried and we thought they would go well with a strong cheese. They make a good carrier to get any cheese or dip from the plate to your mouth.

We didn't try all of the crackers the Co-op carries but hopefully this will give you some idea of what crackers to buy to go with all that cheese I talked about in The Buy Line.



Deli

By Kelly Kingsland

Last month I wrote about the process of evaluating and brainstorming the kitchen: its flow, layout, scheduling, inventories, and all the structural aspects of producing large quantities of food on a daily basis. Well, if I didn't write about all that, I at least alluded to the fact that I was in the process of evaluation. This month, after the ten-day closure of the kitchen, you will notice some obvious changes that have taken place as a result of that evaluation.

Upon entering the store you will see the new Deli sign welcoming you to the Co-op deli, and, if you are a caffeine or smoothie junkie you will notice that the prices of both have been updated to fit our current cost of goods. Smoothies have also been revamped—we now offer only organic fruit mixes.

A little further in, you will notice the new reach-in case that has replaced the "coffin," allowing us to offer a wider selection of take-out items. In addition you'll see less of the Deli cooks, who will be working behind the new storage shelves. The Deli also has some new refrigerators that'll keep the Deli cooks in the kitchen, rather than having to walk to the back of the store for overflow stock.

Traveling further into the store, you will come to the Bakery case. The changes here will be more subtle and ongoing. One change that has already been made however, is the bakery schedule. Yes, bakers used to arrive at the Co-op at the unreasonable hour of 2 A.M.! While those hours allowed for the early arrival of bread into the case, it has caused high staff turnover and baker burnout. Meanwhile, aside from our breakfast offerings, most of our bread sales have taken place in the afternoon. Within the new schedule we have rearranged our production flow. We now start with the breakfast items and then begin making our daily loaves. I'm looking forward to seeing the bakers during store hours, and hope that the later bread schedule will not throw anyone off too much. We plan to have the breakfast items out by 8 A.M. when the store opens, and the full selection of bread will be out by 1:00 P.M.

Another small item affected by the schedule, are the soup buns. Because we will no longer have a wide selection of bread baked by lunch-time, we will only be baking one type of bun per day. We'll make a schedule so that you will know what to expect each day.

Although the schedule change has been implemented, other bakery changes are still in process. In January we will be rearranging the bread schedule, brainstorming new products, and adjusting to new systems. We ask for your patience as we adjust, and situate ourselves. I like change, and this process has been fun, I hope you enjoy seeing (and eating) the new changes as well. Feel free to offer feedback and suggestions about where you'd like to see us go from here.



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Harvey Hates Them, Dani Loves Them: Brussels Sprouts

By Dani Vargas, Produce Manager

* Note: Brussels sprouts should have made the list for the 10 things you should buy organic according to the high levels of pesticides, herbicides and fertilizers traditionally used to grow them, but they didn't make the list due to their low popularity.

Why is this? Why does Harvey loath Brussels sprouts while Dani loves them? Brussels sprouts have a dismal reputation. Let's face it, they stink, and by a young palate, such as Harvey's (age 6) they are rejected.

When I was young I could not stand Brussels sprouts and, of course, it was something my mother always insisted we have on those random, unpredictable nights before I could come down with a bedroom-restricting illness. Their smell was awful and their taste was even worse. There was not a single seasoning that I could cover them in to tempt the dog to partake in them. So there I was with them staring at me from my plate, grr!!!

One day last year, while I was the produce assistant, I arrived at work to find the case abundant with Brussels sprout trees. I almost quit that day. The horrible memories of those smelly things crept back into my mind.

So what changed? You may be asking. This year, around Brussels sprout time, customers kept asking me when I would carry organic Brussels sprouts. Everyone I ran into had positive comments about this cabbage-related item. The expressions on their faces as they described how to prepare them and the taste of Brussels sprouts was enough for me to lower my Brussels sprout-hating wall and give them a try.

What happened after I tried them for the first time? Well, those who spend time around me are starting to call me "sprout." I think it is because currently they are my favorite meal for the week, maybe twice a week, but if you ask them it is because I smell like Brussels sprouts. I have found a new respect for these poor little smelling things. Last year I was decorating them as Christmas trees, but this year I

would not think of wasting a precious tree for a display.


Brussels sprouts contain chemicals called isothiocyanates. These chemicals produce sulfur when heated. If overcooked, this can lead to an unpleasant odor and taste. (This is what my mom did, "Sorry mom!") Their taste appeals to the older, more mature, palate.

These little buds emerging from the side of a stalk are related to the cabbage family. Just like with cabbage and lettuce, you may peel away the outer not-so-fresh leaves and it won't affect the sprouts' quality.

A native to the Mediterranean seaboard, Brussels sprouts were first recorded in 1587. After World War I, Brussels sprouts became popular in England, France, and the United States. Their name is linked to the capital of Belgium due to their popularity there at the time of its discovery. They are rich in vitamin A, C, and B-complex. They also contain calcium, phosphorous, and potassium, and are low in fat and calories, and high in protein.

I do encourage those, who like me, have those not-so-fond childhood memories of Brussels sprouts to give them another chance. My first step was to cut them in half and sauté them in butter, garlic, salt and pepper until they are almost caramelized. If you try this and love them, welcome to the world of Brussels sprouts. If not, at least you tried.

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(Co-Operation
continued from page 1)

to better meet consumers' needs."

When joined together, co-ops represent one of the largest outlets for natural foods in the nation. At this point, the CAP program will bring together more than 80 co-op stores in 23 states with combined sales of over \$420 million. The CAP program provides food co-ops a chance to succeed as independent stores in an industry that is increasingly dominated by chains such as Whole Foods and Wild Oats.


In addition to providing members with good prices and making good business sense for the co-op, this program also makes sense from the "movement" perspective. One of the seven principles that guide all cooperatives calls for "cooperation among cooperatives." It's based on the idea that when co-ops work together, they strengthen the co-op system as well as the power of individual co-ops. This principle challenges co-ops to "... serve their members most effectively and strengthen the cooperative movement by working together through local, national, regional, and international structures." This program does just that.

As a member of the Northwest Cooperative Grocers Association (NWCGA), the Moscow Food Co-op is actively involved in putting this principle into action. The NWCGA is a group that brings MFC together with nine other co-ops in the region and now, with co-ops around the country. By combining their purchasing power, participating co-ops will have the power to negotiate the best possible prices for their members. Starting in March and each month after that, as co-op members you'll benefit from this combined market power by getting great prices on some of your favorite products.

We're really pleased to be part of this program—one that brings great prices to our members, as well as helps us strengthen the impact of co-ops in our region. You can look forward to seeing this tangible evidence of "cooperation among cooperatives" right here soon.

Karen Zimbelman provides support services to the two regional associations of co-ops on the West Coast—the NWCGA (for co-ops based in the Pacific Northwest) and the Pacific Cooperative Grocers Association (PCGA — for co-ops based in California). Thanks to Pat Cumbie and the Twin Cities Natural Food Co-ops for their assistance with this article.

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Board of Directors' Report: Membership Survey Results

By Peg Kingery

A heartfelt thanks to all of you who took the time to answer our survey at Membership Appreciation Day and at the Taste Fair! We received valuable input from 380 Co-op members.

We summarized the surveys by dividing them into three groups based on how long the respondent has been a Co-op member: 1 month-3 years (Group 1); 4-9 years (Group 2); and 10+ years (Group 3). We felt by doing so we would be able to see if differences existed among those who've only experienced our current location, those who shopped at the Co-op when it was at the other Third Street location, and those who've been loyal members since the early days. In all groups, respondents first learned of the Co-op either through a friend or by other means, chiefly "driving by," "walking by," "seeing it," or "wandering in." If you're one of those "friends" who encouraged someone to join the Co-op, thank-you!

Respondents originally joined the Co-op for a variety of reasons. Those in Group 1 were most dedicated to supporting local producers, but also desired to purchase organic food and believed in the Co-op's mission. Group 2 felt this way too, but were equally influenced by the yummy offerings in the deli and bakery. Respondents in Group 3 rated most of the reasons as high, but were particularly attracted by the availability of bulk foods, believed in the Co-op's mission, and were supportive of principles of cooperative businesses in general. All groups rated the desire to purchase health and beauty aids the least important reason for joining the Co-op.

The reasons for renewing membership in the Co-op differed somewhat from those for originally joining. Group 1 again placed high value on supporting local producers, but also choose to renew because of a desire to support the Co-op growth and to purchase organic foods, and a belief in the principles of cooperative businesses. Group 2 rated a number of the responses as very important, including belief in the Co-op's mission, an enjoyment of the deli and bakery foods, and a desire to support local producers. Group 3 agreed with Group 2, but also supports the Co-op's growth and the principles of cooperative businesses.

The question regarding membership privileges produced several

surprises. Many of the respondents in Group 1 didn't know some of the privileges offered (from 3-29%). Those that did, however, take advantage of monthly sales, but haven't yet discovered the benefits of Business Partner discounts or the fun involved with volunteering. Respondents in Group 2 felt the same. More than 50% of those in Group 3 have used each of the benefits, with monthly sales and discounts on purchases at Membership Appreciation Day cited most often. Great job, Vicki and staff!

Such a wealth of information! These results give us a little better understanding of the needs of the Co-op's membership and those aspects of the Co-op that are important to you. We plan on using the survey's results in planning future projects to enhance the service the Co-op provides to you and the community and to continue to make it a place where good, healthy food and friends come together.

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Personal Care Corner Help for Macular Degeneration



By Carrie A. Corson, Non-Food Buyer

According to Nutritional Outlook, a magazine dedicated to reporting on the creation, production, and distribution of nutritional supplements, eye health is one of the leading consumer health concerns in the United States. The focus of much of this concern is age-related macular degeneration or ARMD. It affects more Americans than cataracts and glaucoma combined, and is caused by the deterioration of the central portion of the retina, often the result of damage done by harmful UV rays and free radicals.

Researchers believe that some natural antioxidants may be the key to reducing the risk of ARMD. Two such antioxidants are lutein and zeaxanthin, which can be found in dark green, leafy vegetables like spinach and collard greens. These are the only two carotenoids found in the retina.

According to Andrew Shao, PhD., "The relationship of lutein and macular health is strong because of the specific deposition of the macula. As an antioxidant, lutein deposits in the macula, the part of the eye that controls vision, and helps filter out harmful blue light preventing it from reaching and damaging the sensitive back tissue of the retina." Lutein and zeaxanthin can also be found in supplement form, usually derived from marigold flower concentrate.

Another natural antioxidant that has shown powerful results in eye protection is astaxanthin. Like lutein, it is classified as a carotenoid. But research has shown it to have antioxidant capability more than 10 times greater than lutein. According to the Life Extension Foundation, one of the challenges associated with eye nutrition is the body's limited ability to deliver nutrients to the proper areas in the eye. Unlike beta-carotene, astaxanthin can cross the blood-brain barrier to offer protection against oxidation in the retina. Astaxanthin also protects the retina against free radical damage. Supplements containing astaxanthin are available at the Co-op. These supplements are derived from red algae.

Many of you may be familiar with bilberry, which has been

nicknamed the vision herb. Research has shown that bilberry improves the delivery of oxygen and blood to the eye; helps maintain the integrity of capillaries; helps stimulate the production of rhodopsin needed for night vision; and contains antioxidants for healthy tissues and strengthening collagen.

Eyes can also benefit from the minerals zinc and selenium. Selenium helps in the absorption of vitamin E and helps our body produce its own antioxidants, while zinc helps our bodies absorb vitamin A and makes up part of an enzyme that helps reduce free radicals. Zinc may also protect against macular degeneration and night blindness. Foods that contain zinc are meat, mushrooms, seeds, nuts, eggs, whole grain products, and brewer's yeast. Selenium can be found in tuna, wheatgerm, wheatbran, whole wheat bread, tomatoes and broccoli.

So your Mom was right all along. Eat plenty of green, leafy vegetables and some of those red and yellow veggies wouldn't hurt. For more information on eye health, you may find the web sites for the American Macular Degeneration Foundation <www.macular.org> and All About Vision <www.allaboutvision.com> helpful.

Sole Mates.

Florida

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The Volunteer Party

By Annie Hubble and Janna Jones

Volunteer coordinators



Madysen Cochran



Linda Rasmussen, Annie Hubble, Jim Prall, and the Golden Snitch!

Well it certainly was a most successful party, with great music, good snacks and beverages, wonderful guests, and even the magical appearance of the Golden Snitch (Harry Potter fans...you should have been there!!).

About 60 people attended the volunteer party in early December. We rented the recently renovated 1912 building, and if any of you has not yet visited this new community centre, I urge you to do so. It is a lovely place to gather for a party...very spacious with beautiful floors and large glass windows that bring in lots of light.

It was truly a volunteer party—so many of you helped to make it a success. First we need to thank those of you that helped Janna and myself transport all the yummy food and drink from the Co-op to the hall, and clean up at the end. Thank you!!

Thanks, too, to the band who also volunteered its time, and I think we were all delighted with the music played by the 'Galactic Tofu Farmers.' There were quite a number of dancers taking to the floor. The band was joined at the end of their first set by a number of local drummers, with whom they made a very joyous, rhythmic sound. We have so much

talent in this town! The Galactic Tofu Farmers are a group of young people who make great music and who have a wonderful attitude toward life. Go see them whenever you can!

A big thank you to the deli for providing the great food...it disappeared quickly and was much appreciated.

And as for the Golden Snitch...it first appeared in Andi Pittenger's hand, only to disappear, just as in any

great Quidditch game, some time later. Many would-be seekers practiced while it was flying around the hall. The wizards in the room definitely outnumbered the Muggles. And if you don't know what I am talking about, you should read the Harry Potter books...great reading for children and adults alike!

Such a lovely party, and there will be more. Janna and I want to have a summer season party next, with picnic food, Frisbees, volley-

ball, and such. Seems far away as we look out at the winter landscape but it is fun to plan, and by time you read this, the days will be growing longer again.

Thank you, volunteers, for all your hard work. It is so good to have you helping in the store.



Leigh Winowiecki and Bennett Barr



Elizabeth Bageant



Virginia's Salsa: A Perfect Food for the Holiday Gathering

By Leah Christian and Eugene MacIntyre

A local Moscow resident has been bringing Mexican culture to town. Virginia Durham works at Moscow High School as an assistant teacher, and with the Environmental Club. At the Co-op, we know her for her salsa. It is a favorite at the Co-op and around Moscow. Many of you may have met her at the Taste Fair this year or last year.

Virginia started using her cooking to help raise funds for the Environmental Club. For six years, the Environmental Club has been sending kids on a Sea Turtle Conservation Trip to Jalisco, Mexico. Jalisco is on the Pacific Coast about two hours south of Puerto Vallarta. The ten-day trip costs about \$1400, so the fundraising is important to help make the trip affordable for the students. Typically, students raise about half of the money through selling Virginia's salsa and other fundraisers, but some have even been able to raise the full amount.

Virginia and the students began by making flour tortillas to underwrite the trip. The tortillas are very time-consuming and the students were not able to help as much. The salsa is more manageable and the students are able to play a bigger role in making the product. To raise money, the students sell the salsa to friends and family. Virginia, and her friend and partner in the Environmental Club, LeaAnne Eareckson, also place messages on the School District email to sell the salsa.

Virginia was born in Mexicali, Mexico. She moved to Los Angeles in seventh grade and spent most of her time in California, until moving to Moscow with her husband eleven years ago. She was the oldest of sixteen children and always helped around the house with the cooking.

She says, "I learned cooking with my mom" but has since adapted most of the recipes with her preferences and made them uniquely her own.

The main ingredients in her salsa are tomatoes, cilantro, garlic, chilies, red and green jalapeños, and green



onions. She buys Muir Glen organic tomatoes from the Co-op and finds her other ingredients at local grocery stores where she has located favorites. Virginia says, "I am very picky about the vegetables I use."

She has given the recipe to others but her friend LeAnne says, "Virginia works magic with the chili powder somehow. We all make the same thing, but it never tastes the same [as hers]."

Virginia has been selling her salsa at the Co-op for over a year now. It was LeAnne that suggested she talk to the Co-op about carrying her salsa. Virginia's salsa may be hard to find at the Co-op because sometimes it sells out, but another batch will be on the way soon. Virginia says, "I usually make a batch for the fundraising, then I make one for the Co-op." She makes her salsa at the High School because the kitchen she uses must be certified for Health ordinances.

Virginia also brings Latin culture to the High School with Mexican dancing. She makes the outfits for students and teaches them the steps. They have a Cinco de Mayo assembly where dancers perform, and some of the students from Jalisco come on exchange and participate in the assembly. She acts as a cultural outlet for the school.

This year Emily Thiem, Marcus Peyou, Jasmine Blakesley, and Andrew Haarsager are going on the Sea Turtle Conservation Trip. Emily is excited to "be dealing with environmental issues on a global level." Jasmine said, "I am looking forward to immersing myself in some Spanish culture after taking Spanish for three years."

And, Marta Jankauska, a student who went last year, said "It was by far the most amazing trip I've ever been on and it is hard work, but it is worth it." She said she sold probably about a hundred jars of salsa. Marta also said "the people we worked with, and the whole Mexican mentality was really cool."

Eugene and Leah are both avid Virginia's Salsa eaters

Bakery Schedule

Every Day

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

Monday

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

Tuesday

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

Wednesday

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

Thursday

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

Friday

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

Saturday

- Honey Wheat
- Kalamata Olive
- Sprouted Wheat
- Sour Rye
- Seeded Sour
- Pesto French Bread
- Country White
- Pesto Cheese Rolls
- Sunday
- Honey Wheat
- Cornell White
- Whole Spelt
- Breakfast Loaf
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Volunteer Profile:



Don Dysart and Tuk Cha Kim, "We're on an adventure for life"

By Kajsa Stromberg

Tuk Cha Kim and Don Dysart have a lot to share with the world, and they take joy in the act of sharing, in being part of a community of common values, and in participating with the wondrous world around them. Although they've only been in Moscow for a short time, they've become well known through their involvement with the Co-op and the Farmer's Market. You'd probably also recognize nine-year-old Tae Min who helps as cashier at the Farmer's market.

They are probably best known for the kim pap (nori rolls) and kim chee that they make for the Co-op and the Farmer's Market, and they've also been involved in work for Stratton's Dairy. Both expressed their disappointment that the dairy has had to close. Currently, Tuk Cha makes kim pap and kim chee for the

Co-op's Deli department on Thursdays, and Don is helping out by doing some snow shoveling.

Tuk Cha's face lights up when she talks about cooking for the Co-op. She says that she never expected to be making Korean food to sell to anyone, but Don suggested the idea and we have all turned out to be winners. She says it is really valuable to be able to introduce Korean food to the people of Moscow. She puts special effort into the ingredients and Don says she puts a sort of "Like Water For Chocolate" emotional magic into the food she creates. The sesame oil she uses is made by her mother in Korea, as is the hot pepper powder. Tuk Cha says that her customers may never know how special the ingredients are that they receive in their deli

purchase, but it makes her feel really good to make nice food.

For Don, his favorite part of volunteering at the Co-op is the opportunity to be part of the Co-op community. He says that his work is about supporting and participating in community endeavors, being committed to local growers, rallying around common ideals.

Don says that many of the values he finds important now were developed while working in Swaziland as a Peace Corps volunteer. Don also spent some time apprenticed on Killarney Farm near Coeur d'Alene.

Tuk Cha and Don have been graduate students at the U of I studying the teaching of English as a second language. They also both work on campus teaching English as a second language to international students.

Tuk Cha completed her Master's degree this December (Congratulations!!) and Don expects to be finished in the spring. When Don and

Tuk Cha first met, Tuk Cha asked Don if he knew where Korea was. He asked "Isn't it next to Vietnam?" Luckily for Don, he went home and consulted his map before the next time he saw her. (Korea is not next to Vietnam) Having their degrees completed, they plan to travel to Korea to teach English. When I asked about their plans after that, Don and Tuk Cha both smiled big and said they can't say what their plans will be, that they are on an adventure for their life.



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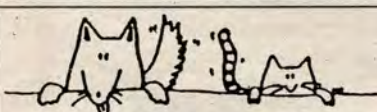
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Customer Profile:

Cup O' Joe for January

Katy Purviance

As on many other bleak Saturday afternoons, recent college graduates such as myself gravitate towards bright, warm, inviting places in which to contemplate The Future. I'm mulling over a molasses cookie and a bottle of Odwalla, sitting by the window at the Co-op. Tom Armstrong, on the barstool next to me, sips his coffee.

"What do you come in here for?"

"The cookies."

"I usually get coffee," he tells me.

"And just hang out?" The bouquet of deli and bakery scents drift over us. It's almost like Eden.

He nods. "I also get rolls, and I'll get rice. I like the price of rice. And sometimes I'll get some vegetables." His favorite thing about the Co-op is the hours. "I am a lifer," he professes, tousling his eight-year-old son's hair and sipping his coffee contently.

Tov adds eagerly, "We've been coming here since I was born!"

"Longer than that," he reflects. "Sometimes I have runs on the place. It's cyclic, I guess, it depends on the moon or something, I dunno." He smiles. "I come in here like two or three times a week, then I might not come in for a couple weeks."

"They make homemade smoothies!" Tov exclaims. His favorite is raspberry.

"The Deli's real good too." He likes the soups.

"You like all those salads too," he tells his son. "Like tabouli...tabouli's really good. You like the sweets though, don't you? Like the fudge."

"Yeeaaaahh."

"It's very important," he tells me. I understand.

"Yeah," agrees Tov. "Not if I'm too rambunctious though. And I



Tom Armstrong and his son, Tov (age 8)

usually get candy if I have any money," Tov laughs. "Or cookies."

"That's right, you get cookies a lot. We've always liked the Oaties; I mean ever since they've started coming out. I also like the coconut ones, the macaroons. Those are really good."

Tom just graduated a few weeks ago. "I was studying music and literature and philosophy, but I'm just gonna get out with a general studies degree and go to work."

"Like my boyfriend," I reflect, sipping my Femme Vitale.

"I'm already working though," he says. "Doing maintenance on somebody's ranch." Tov, meanwhile, calculates how many Co-op cookies you could buy with a day's wages.

Tom laughs, "Well that was very blunt." He turns to me, "So are you going to get a Master's degree?"

"I dunno. I gotta figure out what I wanna do with my life. Maybe I'll go to art school and do something spiritually fulfilling."

"Well there's nothing wrong with that."

"It's the most important thing, right?"

"I think so." He tells me he didn't seem fit for the program he was in. "I did learn a lot though. Did a couple 'Dancers, Drummers, and Dreamers.' I even did a piece for it last year, a folk-like tune on guitar, and I sang. Percussion too, and bass."

"He's a really good guitar player too!" Tov tells me.

Tom humbly denies it. Now that he's done with school he'll cut a few CDs and tour. "I think the art thing is a really cool idea," he tells me. "I know some artists in town; that's what they do for a living. It doesn't have the greatest..." he pauses. "Well, they don't make a whole lot. Even the gal next door got a show at the Community Center. She's in textiles...fabrics."

"He does sculpturing," Tov tells me.

Tom's medium is wood. "I like it

quite a bit. All the sizes and shapes and colors, thicknesses."

He takes a slow contemplative sip of coffee. Me, a bite of my molasses cookie.

"I'm gonna start doing volunteer work here too," he says.

Tov is ecstatic.

"What do you want to do as a volunteer?" I ask.

"I'd really like the bakery. Bakery and produce."

"You could bake cookies!" Tov cries, sounding like Charlie in Wonka's Factory.

"I could," he reflects. "I could bake anything."

"He's been a chef before," Tov lets me know.

Tom explains, "I've cooked at a couple of places over on the coast...seafood restaurants. I've also been a cook in the Navy."

"They have barbecues at sea," Tov tells me. "I'd probably be seasick."

Tom smiles at his son and rubs his head. "Naw, you'd be all right."

Katy Purviance is a ballerina-turned-microbiologist-turned-novelist. She is currently seeking a publisher for her opus on her adventures in West Africa. Her favorite color is blue.



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Risi e Bisi

By Pamela Lee

Were it not for the fact that I tend to write with ears alert for alliterate and onomatopoeic sounds, this article could have been titled Biscuits with Honey, rather than *Risi e Bisi* (Rice and Peas). I've been thinking about fabulous food duos, the sort of food combinations that fit together so perfectly that the pairings have become traditional. I've been working on an ever-expanding list. There are so many: bacon and eggs; rice and beans; rice and soy sauce; mashed potatoes and gravy; bagels and cream cheese; apple pie and cheddar cheese; vinegar and oil; baked potatoes with butter; pancakes topped with maple syrup; pumpkin pie with whipped cream; peanut butter and jelly; wine and cheese; vodka and tomato juice; coffee and cream; strawberries and rhubarb; peaches and cream; sauerkraut and pork sausage; spaghetti and tomato sauce; olives and feta cheese.... The list might be endless.

Food partners have been wed in culinary tradition for good reason. In combination they are enhanced, better than either one is alone. You may have noticed, even just perusing my short list, how often the pairing embraces a contrast in taste and/or texture. Strawberries are sweet while rhubarb is tangy and tart. Rice is sweet, starchy, and smooth while soy sauce is salty with its fermented, sharp bite. Often milk fats are paired with a sweet starchy staple or with a sweet fruit flavor, as in pumpkin pie topped with whipped cream. A sharp note enhances a soothing smooth one, as with Tabasco sauce on eggs. At the root of the relationship between these familiar food counterparts, contrast is to be a key element. In color theory there is a comparable phenomena called "simultaneous contrast of hues." When two complementary hues (from opposite sides of the color wheel) are placed side-by-side, the vibrancy of each individual hue is increased.

The combinations that have managed to carve their union into dietary tradition work well, in large part, because their individual flavors do not lose their integrity. They do not meld together so seamlessly that they lose their own distinct characters. They work because they complement by their very contrast, simultaneously, like cookies and milk,

crackers and cheese, guacamole and corn chips, prosciutto and melon, soup and croutons, curry and chutney, Parmesan and pasta.... In Italy there is even a saying to indicate that something is exactly as it should be: *come il parmigiano sulla pasta*, or, like Parmesan cheese on pasta.

Risi e Bisi

- 8 Tbsp. butter, divided
- 2 cups freshly shelled peas
- 3 1/2 cups good chicken stock
- 1 small onion, minced
- 2 slices prosciutto, diced (optional)
- 1 cup Arborio rice
- Salt and freshly ground pepper
- 1 Tbsp. finely minced parsley
- 1 cup freshly grated Parmesan cheese, divided

Melt 2 tablespoons butter in a medium-size pot. When it has just melted, add the peas. Turn the heat down as low as possible and cook the peas, covered, until just tender, about 10 to 15 minutes. If the heat is kept gentle enough, the peas should not stick or burn, but if you fear this, add a little water or extra chicken stock. Do not overcook. Set aside.

Heat the chicken stock until it starts to steam. Lower the heat and have it ready.

Melt the remaining butter in a large, heavy pot. When melted and starting to foam, add the minced onion and sauté over medium heat until translucent. Add the prosciutto (if using) and then the rice. Sauté for about 3 minutes, or until the grains take on a translucent cast. Then begin adding the hot stock, a generous splash or ladleful at a time, stirring constantly, until the stock is absorbed by the rice. Continue adding the stock until the rice is plump and not too soft, and the mixture moist but not soupy.

Taste for seasoning, adding salt as needed, and a generous grinding of pepper. Gently stir in the parsley and cooked peas,

and cook for another 2 minutes. Turn into a serving dish and sprinkle with half the Parmesan, reserving the rest to be added separately at the table. Serve at once.

This risotto-style version of the traditional Italian dish is from John Thorne's Simple Cooking.

Flaky Biscuits

- 1 3/4 cups organic unbleached flour
 - 1/4 cup rice flour
 - 2 tsp. baking powder
 - 1/2 tsp. baking soda
 - 1/2 tsp. salt
 - 8 Tbsp. chilled, unsalted butter, cut into small cubes
 - 2 Tbsp. melted butter
 - 3/4 cup buttermilk
- Adjust the oven rack to the center of the oven and preheat oven to 450 degrees.

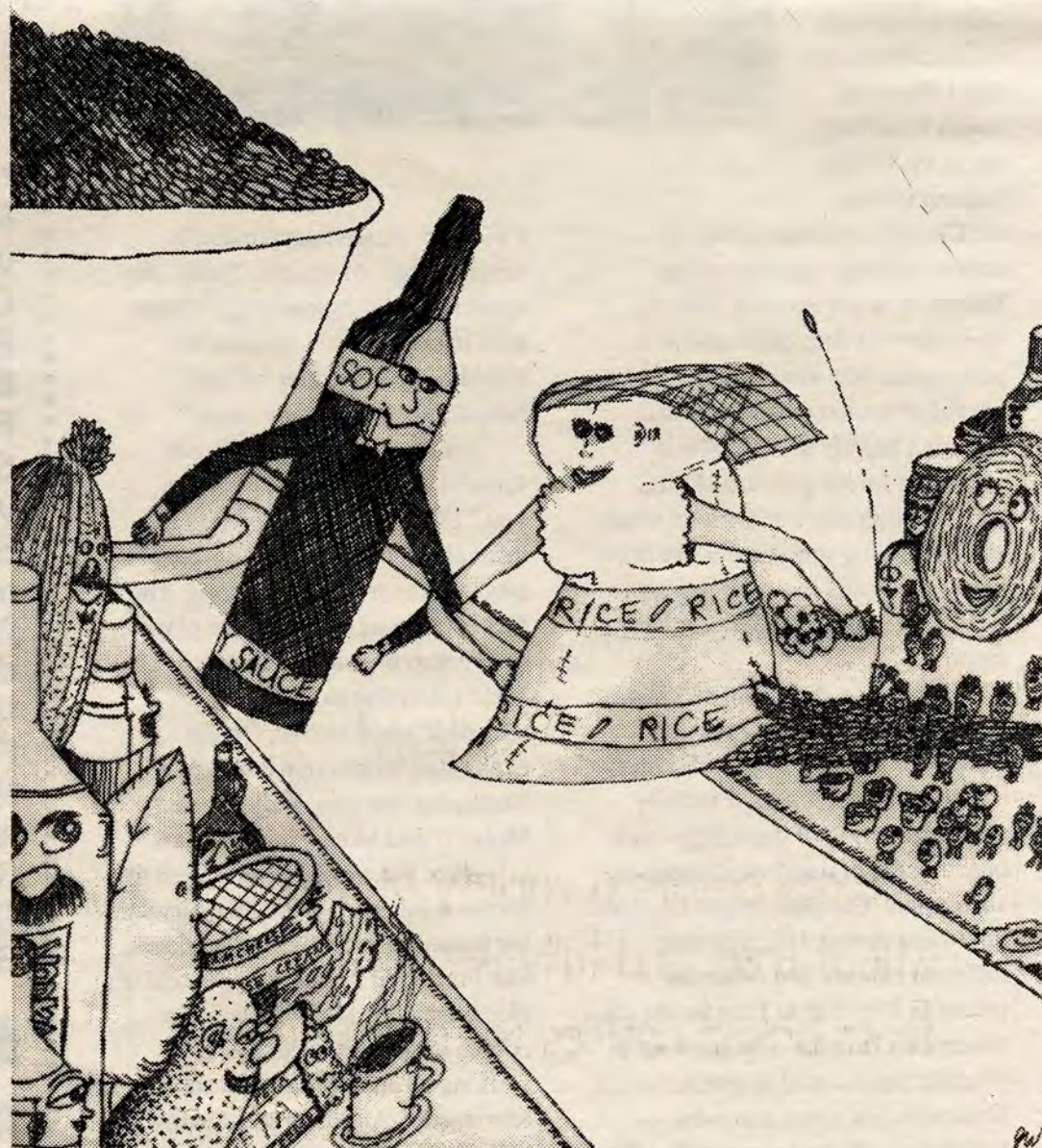
Mix the dry ingredients in a large bowl. Add the chilled butter, cutting it into dry ingredients until the mixture resembles dry oatmeal.

Stir in buttermilk with a rubber spatula or fork until dry ingredients are just moistened. Let dough rest a minute, then transfer to a well-floured work surface.

Roll the dough into a rough 6 x 10-inch rectangle. With the long edge of the dough facing you, fold in both short ends so they meet in the center; then fold the dough in half by width, forming a four layer-thick piece. Once again, roll the dough into a 6 x 10-inch rectangle about 1/2-inch thick. Using a lightly greased and floured cutter or knife, cut the dough into 2-inch biscuit sections. Place the biscuits a couple inches apart on an ungreased baking sheet; brush dough tops with the melted butter or milk.

Bake until biscuits are lightly browned, about 10 to 12 minutes. Serve immediately with honey.

Makes 16 biscuits.





Staff Profile: Brenda Guettler

By Julie Monroe

Looking back on it, Brenda Guettler finds that it only seems natural to find herself working in the Personal Care department of the Moscow Food Co-op—natural, that is, for someone like Brenda who is interested in the environment in general and in plants in particular. Brenda Guettler is the Co-op's Personal Care Assistant—a perfect position for someone who loves plants and is hoping to develop a “career working with plants.”

Although Brenda was hired as Personal Care Assistant three months ago, she was no stranger to the Co-op. Over a year ago, she and boyfriend Todd Simmons began volunteering at the Co-op, helping to stock the Co-op's inventory of herbs—another telling coincidence that Brenda now recognizes. Twenty-five-year-old Brenda is now at the point in her life where she is turning her full attention to selecting and pursuing her life's work. She is searching for her proverbial bliss, and although she's not certain what she'll be doing specifically, she does know she wants to do something to heal and restore the natural environment.

Ever since she graduated from the University of Kansas in Lawrence with a degree in Environmental Science, it is as if Brenda entered a period of dormancy—not one, though, of inactivity but one of absorption. The past couple of years have been devoted to exploring different careers and different places to live. For as long as she can remember, Brenda, who grew up in Wichita, had wanted to live in Colorado. She's not sure why Colorado—all she knows is that she

had always wanted to live there.

And after a summer spent working as an interpretive ranger in Sequoia National Park, Brenda followed her dream, and she and Todd moved to Summit County,



Colorado, an area surrounded by several large ski resorts. There, she spent two winters teaching children how to ski, not only because she herself is an avid skier but also because she “really likes kids.”

Eventually, however, Brenda found that the “tourism wears on you,” explaining that she found it difficult to “break into the community” in which they were living. The fact that it was an expensive place to live also fueled Brenda's and Todd's decision to seek a “less-crowded” place to live. On an exploratory expedition through the Northwest, the couple discovered Moscow and liked what they saw.

After she and Todd relocated to Moscow last spring, Brenda pursued her interest in working with children. She immersed herself in the world of elementary education by taking a couple of education courses and working as an aide and as a substitute teacher. Although she still loves working with kids, her experiences

taught her that she did not want to teach. She says, “the classroom was not the best place for me,” explaining that she simply did not feel passionate about teaching.

This past summer, Brenda went from tending kids to tending plants when she accepted a seasonal job at a local wholesale plant nursery. There, she “learned a lot” about plants, especially about propagation, but because the position lasted only during the summer, Brenda decided to apply for the vacancy in the Food Co-op's Personal Care department when it was announced this fall. The ethic of the organization for which she works is important to Brenda, and she says she admires the Co-op's “ideals” and its commitment to the community.

It is also important to Brenda that she feels she is a part of community, and she says she feels very welcome in Moscow—its friendliness is one of the reasons she and Todd live here, even though her family is far away in Arizona. Her father, John, is a human resources consultant in Scottsdale, and her mother, Sally, tends her family, including Brenda's 88-year-old

grandfather, also named John. Brenda's only sibling, Jeff, is a college student in California. Brenda is very close to her family and is finding that her relationship with her mother is maturing into a deep friendship. Brenda adds that she often turns to her mother for advice.

Seasoned by her recent explorations in place and in vocation, and possessing the self-knowledge that she needs the wisdom of others, including parents, Brenda is optimistic about her future. She is confident she will “figure out what I'm passionate about” and find her way to a job that excites her emotionally and intellectually. From this viewpoint, it looks as if Brenda's period of dormancy is drawing to a close. Can the blossom be far behind?

Julie Monroe, too, once worked as a substitute teacher. During a long, cold, and snowy winter, Julie substituted in grades 1 through 12 for the Bonner County school district. She fondly remembers the affectionate hugs and kisses of the first-graders leading, of course, to a cold that lasted six months. Less fondly, she remembers the teenagers she attempted to teach who tried, with success, to impress her with their shallow but effective vocabularies of four-letter words.

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

<http://www.moscowfoodcoop.com>

Co-op Web Site Achieves Stunning Popularity

By Bob Hoffmann, Co-op Web Master

Those of you who read my periodic contributions to this newsletter know that I believe the Moscow Food Co-op's Web site to be one of the finest co-op Web sites out there. Being the Web Master, I'm not exactly an unbiased source. Imagine my pleasure (and yours, too, I hope) at discovering my views validated by a wholly unbiased source: the Google search engine (<http://www.google.com>). Of over 200,000 hits for the term "food co-op" in the Google index, our Web site is number five. To land on the first page of any search engine query for a common phrase is extremely difficult. Our achievement is particularly noteworthy because in the search engine industry, there are three 500-pound gorillas, and Google is the silverback that hulks above them all. In fact, Web sites of many stripes and shades thank Google for around half of all search engine referrals.

What does this #5 rank mean? For one thing, people who search for the term "food co-op" are very likely to view our Web site. Additionally, this high ranking is proof of the popularity of our Web site among the public in general, and Web Masters in particular. Google's search algorithm is heavily dependent on site popularity, so our high rank shows that many people value our articles, recipes, resources, and other content.

Who beat us out in the race to the top? The number one honor is actually held by a page that lists U.S. and Canadian food co-ops. This page is maintained by the Common Ground Co-op of Champaign, IL. Runners up are the Davis Food Co-op in California, the Brattleboro Co-op in Vermont, and the People's Co-op in Ann Arbor, Michigan. Our little Co-op keeps company with some very large establishments, and certainly leaves many other major community co-ops in the dust. Way to go!

Fifth place is good, but 4th or 3rd would be even better, so I am scheming ways to boost our rank. In the mean time, for those of you with Web pages, show your pride and support by linking to www.moscowfoodcoop.com.

Aside from Google, how can we measure popularity of our site? Well, in September, our site had over 12,000 page views from around the world. This dropped to 9,800 in October, and rose to nearly 11,500 in November. Stats for December were not available at press time.

So what pages on our site are popular? Our home page, of course, followed by some of the main pages of our site, such as our Recipe & Resource archive, the schedule of events, and our monthly specials. I have no clue why the Webmaster page is the 4th most popular on the site. There simply can't be that much interest in Little Ol' Me.

What about the recipes and resources that are contributed by our members to the newsletter, and then "re-purposed" for the Web site? What is popular here? When viewing the most popular of these pages, one thing stands out: the majority of our most popular articles are written by Pamela Lee. Whether she has found a magical formula for pleasing search engines and visitors, or whether it is because she simply writes well about the basic foods that interest so many of us (ginger, peppers, beets, cheese cake, etc.), I don't know, but she is to be heartily congratulated for her years of contributions to the Co-op newsletter (& Web site), and the popularity of her articles.

So as not to single out Pamela for embarrassing heaps of praise, I'll note that one of our newer contributors, Kathy Early, rocketed to a top-10 position on the Web site with her September article on B vitamins (<http://www.moscowfoodcoop.com/archive/b.html>). Other contributors with popular articles include Eva Strand, R. Ohlgren-Evans, Nancy Nelson, and Peggy Kingery. Many other volunteers and staff members are to be congratulated for their submissions of articles, illustrations, and photographs.

So, if you are an aspiring writer, artist, or photographer, you need not slave for years to achieve popularity. Just contact Bill London at london@moscow.com, or see our Web site for the Newsletter Submission Guidelines.

Preserving Your Poinsettia Plant

By Patricia Diaz

How many of us receive beautiful poinsettia plants each holiday season but aren't quite sure how to keep them living? They aren't native to our region and don't like cold weather at all, so we need to know the special tips to keep these beautiful plants living all year to bloom again next December.

Poinsettias are native to Mexico and were first brought to the United States by U.S. Ambassador Joel Roberts Poinsett in 1828. Today 60 million poinsettia plants are grown in green houses annually for display in schools, offices, homes, and churches during the holiday season in December.

You can preserve your poinsettia plant by making sure it receives lots of sunlight and protection from the cold. Make sure it is out of drafts and doesn't touch cold window glass. When you bring your plant home, cover your plant with a paper shopping bag during transport to shield it from cold weather. Poinsettias need watering only when the soil is dry to the touch. They definitely don't like soggy soil, so provide drainage holes and remove excess water immediately.

The color of the bracts, or the brightly colored leaves (usually red but you can find pink, white, and pale yellow) will fade, but proper care can bring back the bright colors next winter. In early spring cut back the stems to 4-6 inches, which will help promote new growth. Keep the plant in a sunny window and in early summer transfer it to a larger pot. When nighttime temperatures are consistently above 55 degrees you can place the poinsettia outside in a sunny location with some afternoon shade.

When autumn arrives, bring the poinsettia inside to a sunny location. To encourage the plant to "flower" again, you need to adjust the available light to mimic winter's shorter daylight hours. Place the plant in a dark room or closet for 14 hours each night starting on the first of October. You need absolute darkness, so you might need to cover the plant with a large bag or box if you're using a room that's not fully dark for that length of time each day. During the day return the plant to a sunny window and keep the soil somewhat drier than usual. After about 10 weeks the bracts should begin to show their bright red color.

Pat Diaz has been given many poinsettias in life and never knew what to do with them until now.

Think Spring, Think Moscow Renaissance Fair

by Carol Hill

Ignore the snow. Start thinking about sunshine and our community celebration of spring. Applications are available now for artisans wishing to sell their wares at the 29th annual Moscow Renaissance Fair.

This spring, the fair will be held on Saturday, May 4, and Sunday, May 5, from 10am until dusk. Admission is free. The fair includes activities at the children's area, free musical entertainment on two stages both days, a wide variety of foods served by local non-profit groups, and a selection of high-quality, handmade craft items at 140 craft booths. All crafts are juried as part of the application

process.

Approximately 30,000 visitors come to the fair each year.

For those interested in selling their work at the fair, vendor guidelines and application information is available at www.moscowrenfair.org, or by emailing Carol Hill, crafts coordinator, at crafts@moscowrenfair.org, or by calling 208-882-9727, or by writing to MRF Crafts Coordinator, PO Box 8848, Moscow ID 83843.

Carol Hill, a longtime Moscow resident, has always loved the Ren Fair, and is now a part of the team making it happen.

Vigilance Protects Moscow's Urban Forest

By Cathy Willmes

The City of Moscow's commitment to creating and maintaining a healthy urban forest was recognized at last April's Arbor Day celebrations. Del Jaquish from the Idaho Department of Lands attended the ceremonies in order to present Mayor Comstock with the Tree City USA Award and the Tree City USA Growth Award.

Moscow is successfully defending its beautiful elm trees against Dutch Elm Disease. As part of a systematic program of fungicide injections at three year intervals, half of the elms in East City Park were injected last year, and the rest will be injected this year. The vigilance is paying off. In the last five years, not a single elm tree



has been lost in East City Park. There were no reports of infected elms on the University of Idaho campus last year, and in the city as a whole, only two infected trees needed to be removed last year.

Another threat to Moscow's trees is the Tussock moth. Moth populations are building up again in our region. As part of a State-sponsored program, city property on Moscow Mountain was sprayed last year. Unfortunately we will probably see more damage for a year or two, before moth populations decline again, but so far no publicly-maintained trees have been damaged.

6,000 trees along the City's streets, about equal to the number of existing trees. The Committee launched a pilot program to encourage homeowners to plant trees in the rights-of-way bordering their properties. The Committee is planning to put even greater emphasis on promoting the planting of new street trees this year, and is hoping for wide participation throughout the community.

In public areas, Parks crews planted a number of new and replacement trees and shrubs last year. Prominent in this work was the landscaping of the new Berman

Part of the responsibility for maintaining Moscow's urban forest falls on private citizens. Moscow's Community Forestry Ordinance requires property owners to care for trees located in the rights-of-way adjacent to their properties. Tree removal and planting permits are required for right-of-way trees, and replacement is normally required when a tree is removed. Several permits were processed last year, and most of the replacement trees have been planted.

An inventory conducted by the Moscow Tree Committee revealed that there is room for more than

Creekside Park on the south side of town. This effort, which was joined by some fifty volunteers, resulted in the planting of hundreds of trees, shrubs, groundcovers, and perennials. Around \$3,100 in donations to the Adopt-a-Plant program helped to purchase the plants for the park.

Cathy Willmes is a member of the Moscow Tree Committee and cares about the future of Moscow's community forest.

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New Organic Gardening Class

By Patricia Diaz

Exciting news for local gardeners! A brand new class is being offered next semester at Washington State University entitled Organic Gardening and Farming. This class will be offered as a cross-university listing (meaning students from either WSU or UI can attend and get credit) as well as a community education option. One of the instructors is Kathi Colen Peck, one of our Co-op volunteers (she is in the deli on Fridays between 10:30 and 12:30), and the other instructor is John Reganold. The class will be held on Tuesdays and Thursdays from 9:10-10:25 and will consist of 40 hours of teaching time including talks, discussions, guest speakers, field trips, and some hands-on dirt work (growing experience). The course will be somewhat introductory but also

comprehensive and hopefully valuable for folks who already have some growing experience.

When I "talked" to Kathi via email, she was very excited about "advertising" the class in our newsletter. Kathi said that this is the first time the class has been offered and there are plans to offer it every semester due to growing interest in the subject.

The texts that the instructors are using include Soils 101 Course Reader along with readings from Rodale's All-New Encyclopedia of Organic Gardening by Bradley and Ellis, and Organic Farming by Lampkin. Two field trips are planned to organic gardens and farms and to large compost facilities.

Kathi sent me a copy of the syllabus and the semester's topics are listed in a box next to this article. The sub-topics listed on the syllabus, under the titles, makes this course really sound like an exciting one, as well as an extremely valuable one for those wishing to garden organically. If you have any questions about the class, email Kathi at <kscp@turbonet.com>.

Pat Diaz lives with her husband, Tom, and schnauzer, Gus, on 6 acres in the woods near Dworshak Reservoir. The snow is deep but the wildlife is coming back (after hunting season).

Weekly class topics for "Organic Gardening & Farming" offered at WSU in the spring of 2002.

1. What is organic?
2. Venues for organic gardening
3. Physical and financial performance of organic farms
- 4, 5, 6. Soil management
- 7, 8. Insect, weed, and disease management
- 9, 10. Garden and farm design
11. Propagation
12. Water conservation and management
13. National and state certification guidelines of organic gardens and farms
14. Marketing and processing of organically produced foods
15. Environmental impact of organic gardening and farming

University Courses Highlight Sustainable Agriculture

By Theresa Beaver



As a long-time advocate of organic farming and sustainable agriculture, I am so happy to say that university classes on these topics are now available. Even more exciting is that these courses can be taken by community members for continuing education units, and are cross-listed at both UI and WSU. This is a new educational model that has been adopted thanks to the efforts of Rural Roots, a local, non-profit, membership organization. Their mission is to help local and regional small acreage farmers and ranchers create a healthy and sustainable community-based food system in the Inland Northwest.

Rural Roots collaborated with University of Idaho and Washington State University and received a grant from the USDA to develop and offer a certificate program in Sustainable Small Acreage Farming and Ranching. The certificate program, still under development, will include five to seven courses with different emphasis options. The courses can also be taken individually.

The first course, Small Acreage Farming and Ranching Overview, was held at UI this fall with an enrollment of 22 students. Fourteen of these were community members who are interested in becoming small farmers.

Bill Quirk, former assistant produce manager at the coop, was one of the students. When talking to Bill about the course he said he "really appreciated the guest speakers, it was great to hear what it's like from the people who are actually out there doing it." He also said the resources he learned about

and "all the handouts were really valuable". Three new courses will be offered starting in January: Organic Gardening and Farming; Sustainable Agriculture; and Agricultural Entrepreneurship.

Organic Gardening and Farming, to be taught by John Reganold and Kathi Peck at Washington State University, will cover all aspects of organic production, including field trips and hands-on growing experience. (See Pat Diaz's article elsewhere in this issue.) Kathi Peck was a student at UC Santa Cruz Agroecology apprenticeship program, then went on to be an instructor in the program for two years. She also taught through the SLUG – the San Francisco League of Urban Gardeners.

Sustainable Agriculture, to be taught by Cathy Perillo and Dave Bezdicek at Washington State University, will explore food and farming systems and how they relate to sustainability. Students will gain a holistic perspective of agriculture and food while exploring their own values with respect to sustainability.

Agricultural Entrepreneurship will be an evening class taught at the UI by Jim Nelson and guest lecturers. This course is the 'business end' of the program. It will cover all the ins and outs of business planning, marketing, finances, and legal issues. This course will be of interest to anyone who operates a small business or is considering starting one.

These courses are all offered to community members for only \$80.00 per course. For information about the certificate program or any of the classes offered call Theresa Beaver, 885-7499, or <tbeaver@uidaho.edu>.

Classes • Workshops

The Institute for Yoga on the Palouse
Rm. 304, Gladish Community Center
115 NW State Street, Pullman WA 99163
509-334-YOGA (9642)
yoga@balcorman.com • www.turbonet.com/yoga



The Clearwater's Wild North Fork Needs Your Voice!

Gary Macfarlane

A few weeks ago I followed wolf tracks in the North Fork country along Kelly Creek. The tracks were embedded in the frozen mud, ice, and snow. Much further downstream, I saw a herd of elk with calves who are about half the size of their mothers this time of year and sporting tan winter coats, dash up the hill toward Pot Mountain. I even spied a big trout or two in the frigid water.

The Forest Service has released the Middle-Black draft Environmental Impact Statement (EIS, for short) for public comment. It will decide the fate of much of the North Fork and is centered around Pot Mountain where there could be extensive logging. This is an important document. The Forest Service has not selected a preferred alternative at this time and is open to public comments. So, you need to be a pen pal of the new Forest Supervisor, who was with me on the trip in the North Fork. Unfortunately, the deadline for comments is January 28, 2002, so write soon!

Many of you know the North Fork of the Clearwater is a wild and diverse landscape. Wild cutthroats swim the clear, cold waters, wolverine track the backcountry, and maybe a griz or two still finds shelter in the wildest haunts. It contains many noteworthy roadless areas and interesting features including the cedar groves and alpine crags of the Mallard-Larkins area; the world-renowned fisheries of Kelly Creek/Great Burn; the low-elevation forests of Weitas Creek; the wild untrailed drainages of Vanderbilt Hill/Upper North Fork; Pot Mountain, with its unusual round shape, making it an intact area; and the small, lower-elevation Siwash, surrounded by logged areas. These areas possess significant ecological and social valuables that are at risk.

The draft EIS examines 5 alternatives, including alternative 1, the no-action (status quo) alternative. All of the action alternatives (2-5) would engage in significant

logging in the sensitive watersheds of the North Fork. Each of these alternatives would result in a large timber sale, with estimates ranging from 9.5 million board feet for alternatives 3, 4, and 5, to 64 million board feet for alternative 2. The big, old trees near the Aquarius Campground are targeted for logging in every action alternative.

Unfortunately, none of the

posed by the Fish Bate timber sale. Timber sales identified in the Middle Black alternatives are similar to those proposed in the Fish Bate sale.

To obtain a copy of the EIS, call the Clearwater (208) 476-4541 and ask for either a hardcopy or a CD. Or, you may download a copy from the Internet at: <www.fs.fed.us/r1/clearwater/middleblack> (NOTE:

the 'r1' is the letter "r" and the numeral "1.")

For more information, you can contact me at Friends of the Clearwater: 882-9755, email <foc@wildrockeis.org>, US mail PO Box 9241, Moscow ID 83843, or grab me next time you see me rifling through the free box at the Co-op.



View of Pot Mountain

alternatives would do necessary watershed restoration—including road closures and culvert replacement—without substantial logging. Pot Mountain and portions of Siwash and the Mallard-Larkins Roadless Areas could see extensive logging.

Friends of the Clearwater and other conservationists are continuing to carefully examine the EIS document and to explore a more balanced restoration project. We will be asking the Forest Service to evaluate a new alternative: a watershed restoration alternative. This alternative will exclude logging in this sensitive area. The recent lawsuit victory by the Land and Water Fund of the Rockies, on behalf of Friends of the Clearwater and other organizations, was predicated on the fact that logging in this region can create serious watershed impacts as pro-

What you can do:

Write a letter by January 28, 2002 to:
Larry Dawson, Forest Supervisor
Clearwater National Forest
12730 Highway 12
Orofino ID 83854

You might want to let Mr. Dawson know that:

1. Pot Mountain is a remarkable place that would be harmed by logging. So would the other roadless areas, Siwash and Mallard-Larkins, where logging is proposed.
2. Under every option but the status quo, this project is expected to lose between 1.6 to 3.7 million dollars depending upon the alternative chosen.
3. He should evaluate and adopt a restoration alternative that does not log, especially in roadless areas.
4. He should make sure that roadless areas are protected from off-road vehicles.

From the Herbalist: Bittersweet Delights

by Lori Harger Witt

It's January and time to make lemonade! I love the fact that while we are plodding through the dark of winter, the citrus groves in California and Florida are heavy with ripe fruit. Sure, nowadays you can buy lemons and limes and oranges whenever you darn well please. But if you want to eat them when they still have a memory of the vitality of the tree they grew on, now is the time.

Citrus fruits are native to India, but because of their great nutritional and medicinal value, their cultivation has spread throughout the world wherever the climate will support them. They are yet another example of the fact that throughout most of human history, food and medicine have been inseparable. The blossoms, leaves, rinds, and juice of the various members of the genus *Citrus* have all been used for medicinal as well as culinary uses.

Lemons are often considered the most medicinal citrus fruit. In addition to being high in vitamin C, they are valued for their antimicrobial activity and their ability to help relieve fever. Lemon and garlic compliment each other medicinally as well as gastronomically. In her book Natural Healing for Babies and Children, herbalist Aviva Jill Romm recommends this delicious combination of the two:

Garlic Lemonade

Put 2 cloves of finely minced garlic in quart jar.

Fill with boiling water and let steep for 30 minutes.

Strain, then add the juice of one lemon.

Sweeten to taste with honey.

The essential oil of lemon is expressed, or expelled, from the outer rind. Its scent is pleasant and

uplifting. I like to add a few drops to plain water for non-toxic household cleaning.

Internally, the bitter oils from the rind have long been valued for stimulating the upper digestive tract. Italians make use of this effect with



Citrus vulgaris Risso

a delicious liqueur called Limoncello. Liqueurs, by the way, are just tastier and more sociable way to take your medicine. And Limoncello is one of the easiest and tastiest liqueurs you can make at home. Limoncello

Steep the peel of one lemon in 16 ounces ethanol (brand name, 'Everclear') for 2-4 weeks. Use only the outer most, yellow part of the rind. The white pith will contribute an unpleasant bitter flavor.

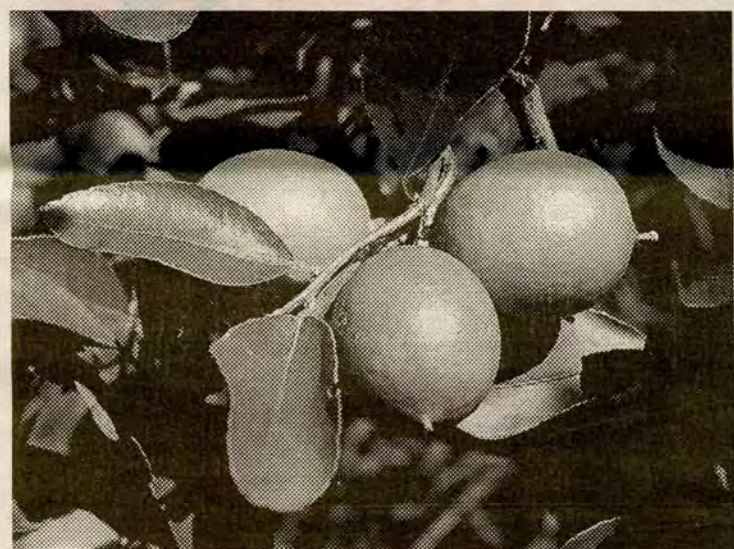
Remove the peel from the alcohol.

Dissolve 8-12 ounces sugar in 16 ounces water over medium-low heat.

Combine sugar solution and alcohol, and bottle the mixture. Store in the freezer or refrigerator so it will be ready to serve very cold. The flavor develops more, the longer the liqueur sits. A note about using lemon peels: Go organic. Conventionally grown citrus fruits are dipped in a preservative – that's the shiny stuff that flakes off in your hands when you peel an orange. It's usually a combination of paraffin and a kind of shellac. If organic fruits are unavailable you can remove most of this coating by soaking the whole fruit in a bowl of water with a teaspoon of bentonite clay stirred in.

Happy citrus season to you.

Lori Harger Witt is an herbalist living in Genesee, Idaho.



Moscow Mardi Gras

By Karri Fedale,

Board Member, Interim Secretary and Daytime Activities Assistant

Moscow Mardi Gras (MMG) is a non-profit, volunteer organization, and is totally supported by our sponsors, volunteers, and the partygoers of Moscow and the Palouse. We are now accepting applications from programs or organizations that benefit our local youth, for grants for the monies raised by the MMG celebration. Applications may be obtained from Safari Pearl on Main Street in Moscow, or from <<http://community.palouse.net/mardigras/>>. (Please note that the P.O. Box has changed from the one listed on

the web. It is now POB 8104.) The deadline for applications is January 15, 2002. You will be notified in January if your grant request is approved. Distributions are from the funds raised the previous March. Last year, \$7,150 was contributed to community youth programs and organizations from MMG proceeds. This year's Mardi Gras will be on Saturday, March 2, 2002. MMG 2002 will have free youth activities again at Eastside Marketplace during the day and, very possibly, a costume ball in a no-alcohol location for families and

those aged 18-21 who would like to participate. The late evening celebrations, featuring a variety of live bands, will be held at all of the sponsoring nightclubs in Moscow (all except The Beach). Now is the time to contact us concerning any donation of time, services or money that you would like to contribute toward this year's event. Volunteers are needed in several areas. Please submit a letter of interest or check to the address above or contact the president, Kathy Sprague, at 892-9100 or

myself, Karri Fedale, at 882-0162. Addressing a concern from last year: Financing a new, large, street banner would cost about \$900. Taking that amount of money from the available dollars for our youth groups is not a viable option, but we would be thrilled to receive donations designated for a new banner that doesn't offend and we would be happy to oblige those concerned. Frontier Distributors kindly donated the street banner used last year to keep our costs within reason.

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CO-OP

Bulletin Board

Moscow Food Co-op
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Miscue ID 83843

Retired and Senior Volunteer Program (RSVP)

RSVP is offering various volunteer opportunities for retired and senior members of Moscow and the surrounding communities. Please call the Retired and Senior Volunteer Program at 882-4906.

Attention Local Growers!

Are you interested in supplying the co-op with your local/non-sprayed produce? If you are please attend our 2nd Annual Growers meeting to be held January 8th at 6:00pm. The meeting will be held at the moscow food co-op.

If you are moving from Moscow,

We'll deliver reminders of this community to you every month!

Subscribe to the Moscow Food Co-op Community News only \$10 per year (12 issues) make check to Moscow Food Co-op mail check to Bill London at Co-op, 221 East Third, Moscow ID 83843

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

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

ICA TO HOLD COMMUNITY MEETING

The Idaho Commission on the Arts will hold a community meeting on Tuesday, January 8, 2002, from 5:30 - 8:00 PM. The event, co-sponsored by the Moscow Arts Commission, will be held in the council chamber, 206 East 3rd Street.

ICA Executive Director, Dana selected program staff will comments on the commission programs and activities as services would most benefit schools, organizations and comments will shape ICA's plan. Artists, administrators other interested citizens are invited to attend.

For additional information, call Commission at 208-883-7100 or Deena Heath - 208-883-7100

Special Collections Library
University of Idaho
Moscow ID 83844-2351

Small Business Management Course Offered

If you have ever wanted to start a business, or just sell your produce at the Farmer's Market, this course is for you. If you own a small business or farm and want to increase your sales, this course is for you. This semester long class is offered to community members for only \$80.00. For more information call Theresa Beaver, 885-7499 or tbeaver@uidaho.edu.

Thursdays, 6:00-9:00 p.m.
Jan. 24th - May 9th
UI - Ag. Sciences Bldg. Rm 323

Volunteer Drivers 55 and older needed to provide local transportation for seniors. Call RSVP at 882-4906

EXHIBIT FEATURES FIBER ARTISTS

The work of three local fiber artists will be presented at the Third Street Gallery at City Hall in Moscow. The exhibit, "Common Threads," will feature the work of Louise Barber, Alicia Cunningham and Celia Boland. An opening reception will be held on Friday, December 7 from 5 - 8 PM. The exhibit will run through January 11.

The Third Street Gallery, which is sponsored by the Moscow Arts Commission, is located on the second floor of City Hall at 203 East 3rd Street. Gallery hours are 8 AM - 5 PM Monday through Friday. Call 208-883-7036 for information.

CONTACT: Deena Heath - 208-882-7036

Free Concerts at the atrium

Eastside Marketplace

Jan. 4, 6 to 8pm: Joan Alexander
Jan. 11, 6 to 8pm: Wilson-Cannavaro
Jan. 18, 4 to 8pm: Joan Alexander
Jan. 25, 5 to 8pm: [unclear]

for more information call 882-4906

