

June 2002

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

## Let the Grower's Market Begin

By Eva Jo Hallvik

The first Moscow Food Co-op Growers Market will begin this month.

The market will begin on June 12<sup>th</sup>, the second Wednesday of this month rather than the first Wednesday due to the season being extended by the drizzling cooler weather. (Remember waking to snow in mid-May?)

So, every Wednesday evening from 5:00 to 7:00 p.m. through the fall you can expect to see around eight local produce and flower growers in the middle of the Moscow Food Co-op's parking lot. They will be bringing the finest quality food and flowers to you.

Through June we can expect to see available a multiple of varieties of lettuce, a salad mix, spinach, bok-choy, garlic, garlic snapes (great in pesto, and much more), June berries (a cross between a black currant and a gooseberry; great for pies), fresh flowers, maybe zucchini, fresh flowers, and other early season produce.

I have already gotten a taste of some of this year's bountiful harvest, and not only did it look like something out of Gourmet magazine but it tasted like food fit for the gods and goddesses. The essence of this fresh, local, organic pro-

duce is the love and labor of these small-time farmers. Each day, each plant gets personal attention to grow to its finest quality.

We are looking forward to seeing you at the market.

Starting June 12<sup>th</sup>, we ask all of you that are drivers of cars that you find somewhere else to park other than the middle of the Co-op parking lot on Wednesdays between 4:00p.m. and 8:00p.m. Be sure to notice the large bright pink signs conveniently placed to remind you of this courtesy.

For more information, contact Eva Jo Hallvik at [webeam@hotmail.com](mailto:webeam@hotmail.com) or Kathi Colen Peck at [kscp@turbonet.com](mailto:kscp@turbonet.com).

### Inside

Co-op History  
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Mountain Morels

## Co-op Business Partners

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

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

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

# Community News



## 2% Tuesdays at the Co-op

by Kenna S. Eaton, General Manager

Earlier this year the Co-op Board of Directors developed and approved a plan for a regular program to help support non-profit organizations. Called "2% Tuesdays," this grant program is still in its test phase. Two percent of sales from every Tuesday in a month are awarded to a non-profit group.

In April, the Village Bicycle Project (VBP) was awarded \$642 to help grow and strengthen their program of bringing unwanted bikes from America to Ghana.

During May, the recipient was Palouse Prairie Foundation (PPF), a prairie restoration and preservation group that plans to use the money to secure legal non-profit status for them.

In June, the recipient will be the National Center for the Preservation of Medicinal Herbs (NCPMH). Based in Ohio, this group was established by Frontier Natural Products Co-operative in 1998.

The NCPMH is a 68-acre research and educational facility and botanical preserve. It is dedicated to preserving the valuable ecosystem and providing a haven for wild herbs. Sharply increasing demand for medicinal herbs, combined with a limited habitat and a lack of information about cultivation methods, has put tremen-

dous pressure on wild populations of a number of important medical herbs.

The Center's most important work is to ensure the survival in the wild of native medicinal herbs by researching methods for organic cultivation of plants currently threatened by over-harvesting. The Center uses the term "Critical to Cultivate" to describe medicinal herbs that have been over-harvested in the wild to the point that their existence is threatened.

They are critical to cultivate because the only way to ensure their future is to grow them rather than to continue to wildcraft them. Herbs valued for their roots (so the entire plant is harvested) are especially vulnerable and are a priority at the center.

Research is currently being conducted on many valuable plants, including American Ginseng, Black and Blue Cohosh, Goldenseal, Wild Yam, Slippery Elm, Echinacea and Arnica.

The Center conducts the research with help from an apprentice program. The program offers students a hands-on opportunity to learn about herb preservation. For more to interested in information on the NCPMH you can visit their web site at [www.ncpmh.org](http://www.ncpmh.org) or look in the Co-op for their pamphlets.

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## A Quick Good-Bye and Hello

By Kelly Kingsland, Kitchen Manager

It's spring turnover time at the Co-op. Lately my job as manager in the kitchen has been almost totally focused on interviewing and training. While I always hate to see people leave, I also welcome the new energy and ideas new employees bring. And so I always look with mixed emotions towards what I call the "spring-fall turnover" (yes, obviously not the correct use of the phrase, but appropriate nonetheless).

This spring the turnover seems particularly intense. (Did I really hire all those students who graduated at the same time?) And so rather than conjuring up a newsletter topic I have opted for acknowledging that change. So, here's a quick good-bye and hello, then I'm back to my busy interview schedule.

Let's start with the sad part. We in the kitchen have recently said good-bye to Heidi Heffernan (her long list of Co-op incarnations was most recently, and finally(?) "spread girl"), Bridgette O'Dower (the longest-serving and sweetest server ever), Liz Bagent (Moscow's own, at last report,

peddling somewhere near Nelson, BC, headed east), Valerie Newman (off to do many things, hopefully not all at once), Doug Finkelburg (did they really pronounce it wrong?), April Sorenson (I think they should let you teach even with your darn tattoos), Samuel Abrams (dish boy, friend and superstocker— not stalker!), Connie Chen (mother of "vinnie"), and Aaron Hall (our gentle, fast Deli guy).

Miraculously, for each of the positions left empty, I have been able to find a new crew of awesome cooks, bakers, servers and dishwashers. Praise be! Welcome aboard Nicole Weiss (she'll be cheffing up the sweet things), Mary Ann Hudson (pizza/spread girl), Andrea Mason (till her novel is published), Kristen Bloxman (she says her specialty is Thai!), Sarah Long (do volunteers need training?), Credence Ross (how can you go wrong?), Noah Beck (baking sounds cool), and Becky Walrod (so glad to have you). Look for, and welcome, all these new faces.

So, goodbye, and hello...



## Co-op Potluck Series

By Annie Hubble, volunteer coordinator

Due to the demands of newsletter deadlines, I am writing this before May's potluck has taken place but I am sure it will be a great success.

We are planning next month's to occur on Sunday, June 9th. If the weather is good we will meet in East City Park for a picnic, and for fun outside activities such as frisbee, volleyball, hackysack and so on. If it is raining or cold, we will once again meet in Roberta's attic.

To find Roberta's attic, go to 314 East 2nd Street in Moscow, go to the back of the house and up the stairs.

This potluck series is giving us a chance to socialize outside of the store and is a wonderful opportunity for us all to get to know each other a little better.

It was originally Sarah Scranton's idea (thank you, Sarah!), and is a most welcome addition to Co-op life. I look forward to seeing you all on June 9th.

# Feed Your Self

## Come eat Brunch

### in the Deli

### Saturdays 8-11 am

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

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**For advertising rates and information:**  
contact Amy Richard at 882-6274  
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**For letters to the editor:**  
Moscow Food Co-op,  
Bill London, Editor  
221 East Third Street,  
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**Editor**  
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**Layout**  
Jill Maxwell

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Amy Richard 882-6274

**Co-op Product Sales Pages**  
Barbara Hamm

**Illustrations**  
Jacob Wiest

**Distribution**  
Donald Stanziano, Moscow  
Kurt Queller, Pullman  
Ray Roatman, Lewiston-Clarkston

**Back Cover Design**  
Beth Case

**Webmaster**  
Bob Hoffmann, webmaster@moscowfoodcoop.com

**General Manager**  
Kenna Eaton 882-8537 (882-8082 fax)  
kenna@moscowfoodcoop.com

**Board of Directors**

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

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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.

## Volunteer Program News

By Annie Hubble, volunteer coordinator

We are once again at that time of the year when we have to say good-bye to many of our friends, as they finish their school year. Congratulations to those of you who are graduating and good luck for the future. And a temporary farewell to others who will return in the fall.

Always at this time of year there is a high turnover in volunteer jobs and this year is no exception. We are almost finished with the job of checking all of the applications we have on file and ascertaining whether those ap-

plicants are still interested in volunteering. We will, for the first time in a long time, have a list of available jobs for would-be applicants. This list will be on the Notice Board next to the buyers' office, (where the shopping carts are stored). Have a look soon.

If you see a job you might like to do, simply fill out an application form. We will get in touch with you within a few days.

Thank you, volunteers, for all your hard work. It is great to see your smiling faces around the store.



## The Buy Line

By Vicki Reich

By the time you read this I will have just returned from a long weekend of backpacking, my first and hopefully not last backpacking trip of the season.

I started backpacking my sophomore year of college when a couple of friends of mine dragged me along on a trip to Big Bend, Texas. It was the most spectacular experience of my life up until that point and I was hooked.

Since my friends knew I could cook, I ended up doing most of the cooking on that trip. I stumbled along with various large bags of pasta, oats, flour and other raw ingredients and managed to keep us from starving but that was about it.

My second backpacking trip was with four guys and me and since all of them thought that a good dinner consisted of opening some kind of canned meat product and scooping it out with crackers, I was again volunteered to cook. We stopped at a grocery store on our drive down to Big Bend (yes, again. It's just about the most amazing place to backpack in the world). We filled up two shopping carts of food with no particular plan in mind and split it all up between the five of us at the trailhead. Our packs weighed at least 80 pounds a piece and the first day was all up hill. At the end of our nine-day hike, on which we ate things I would never have eaten at home, we each had between 5-10 pounds of food left over. It made my legs ache just looking at it and I vowed never to let that happen again.

Being the consummate foodie that I am, I believed I could eat as well on the trail as I could at home. I bought a couple of backpacking cookbooks and started experimenting. I was

right. With a little planning and preparation before the trip, not only could I create gourmet meals on the trail, but also in camp it took half the time of making meals "from scratch".

Here are my secrets to easy backcountry gourmet cooking. First, I figure out how many meals I need to plan for. On this past trip, I needed 4 breakfasts, 4 lunches, and 3 dinners. I create a menu for each meal and make a shopping list. I shop the bulk section at the Co-op to get just the amount of everything I need. I lean toward lightweight food and was really excited when we got the new Blackbird Foods freeze-dried fruits and veggies.

At home, I pull out my freezer ziplocks in all shapes and sizes and my black sharpie and I start "cooking". Each item on the menu gets its own bag and sometimes more than one, if things get added at different times.

For example, one of our favorite dinners is Alpine Spaghetti. I put 8 oz. of angel hair pasta in one ziplock. In a second ziplock, I put 1 cup of freshly grated parmesan reggiano (this makes it extra gourmet, but you can use the bulk grated parmesan as well), 2 tbsp of dried basil, 1 tsp dried oregano, 1 tbsp dried parsley, 2 tbsp of toasted pine nuts, 2 peeled whole cloves of garlic, 1 tbsp of butter (yes, I just throw it in the bag), and salt and pepper to taste. In my kitchen repair kit, I have a bottle of olive oil that I will use when I cook the meal in camp. On the front of the ziplock bag I write what the name of the dish is and directions for cooking. (I use a sort of shorthand so no one else knows how to cook the meal and I always look like the hero.)

For this dish, the label says "Alpine spaghetti/garlic/olive oil/toss" which means cook the pasta and while it's cooking don't forget to fish the two cloves of garlic out of the cheese bag and chop them up. When the pasta is cooked, drain it and add some olive oil and then add the contents of the cheese bag and the garlic and toss together. (Beware; this is a delicious meal but a pain in the rear to clean up.) You'll have to come up with your own shorthand.

Each item on my menu gets the same treatment. Basically, I'm measuring stuff into ziplocks and writing directions on the bag. For a four-day trip it takes about 1-2 hours to pack everything up. In camp, except for the last meal, you get to decide which of the dishes you'd like to have that meal. Most of the meals I put together require little more than boiling water, dumping the contents of a ziplock into the pot and simmering.

I carry a kitchen repair kit with me always. It contains salt, pepper, olive oil, and canola oil. You can get fancier and add vinegar or garlic salt or any other spice or condiment you want. It's just nice to have something to fix any small flavoring mistake. Cooking takes almost no time, just the time it takes to boil water and maybe 10-15 minutes to simmer the meal. That leaves lots of time for scrambling up that hill to watch the sun set.

## BAKERY SCHEDULE SPRING 2002

### EVERYDAY

Muffins,  
Scones,  
Cinnamon rolls,  
Croissants  
Fruit Bread, or Pound Cake,  
Bakers' Choice Bread

### SUNDAY

Daily Wheat  
Crusty French Baguette  
Whole Spelt  
Cornell White  
Pesto French  
Breakfast Loaf  
Bakers' Choice

### MONDAY

Daily Wheat  
Crusty French Baguette  
Cracked Wheat  
Rosemary Bread  
Tomato-Herb pitas  
Sourdough  
Caraway Sour Rye  
Bakers' Choice

### TUESDAY

Daily Wheat  
Crusty French Baguettes  
White Spelt  
Country White  
Sour Wheat  
Multi Crunch  
Bakers Choice

### WEDNESDAY

Daily Wheat  
Crusty French Baguettes  
Cornell White  
Seeded Sour  
Bakers' Choice

### THURSDAY

Daily Wheat  
Crusty French Baguettes  
Honey-Butter-Oat  
Country White  
9-Grain  
Bakers' Choice

### FRIDAY

Daily Wheat  
Crusty French Baguettes  
White Spelt  
Buttermilk Bran  
Sweet Black Rye  
Sourdough Walnut  
Bakers' Choice

### SATURDAY

Daily Wheat  
Crusty French Baguettes  
Spicy Corn Loafettes  
Sour Rye  
Country White  
Kalamata Olive  
Seeded Sour  
Bakers Choice

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## From the Suggestion Board

By Vicki Reich

*Can you bring back Nature's Path Organic Instant Oatmeal original flavor-has no sweetener?*

It's back, sorry about it's absence—Vicki, Grocery Manager.

*Can you get the Avalon Organic Botanical lotion in bulk in other fragrances (lemon verbena, mint thyme, etc.)? The only one you have now is lavender. Thanks.*

We carry all of the Avalon products available in bulk at this time. They are unsure as to whether or not they will extend their bulk line, but if they do we will pick it up—Carrie, Personal Care Manager.

*Ginger People baking chips.*

I don't have room for these at this time but I will keep them in mind when I do—Vicki.

*My husband and I love the new Calcium whey-based chews, but it seems a waste to keep buying a can over and over that I could just refill. Any chance we could get refill bags of the chews?*

Sorry, that's not available at this time—Carrie.

*The reinstatement of the Endangered Species Chocolate Company Chimp Mints. We enjoy the creamy goodness and are interested to discover the chip family's future and learn who will become the new alpha male and who is Mr. McGregor.*

Chimp Chocolates with trading cards. We have been anxiously awaiting their return for weeks. Thank you. Endangered Species has been having production problems for a while and more that just the Chimp Mints have been unavailable, but it's obvious that the mints are at the forefront of everyone's mind. I am hoping that by the time you read this they will be back in stock. And if you find out who Mr. McGregor is, I'd like to know, too—Vicki.

*Can you get whole oat groats?*

When there is an open bin in the bulk section, I will bring them in. In the mean time you can special order them in 25 lb. bags—Vicki.

*Maple pecan cookies not up to your usual standards: tasty, but very dry.*

Actually, those cookies are wheat-free and made with rice flour. Unfortunately, rice flour usually has a "dry" feel/taste in the mouth—Kelly, Kitchen Manager.

*Creamed Papaya Juice by Knudsen. Can I order it or could you carry it on a trial basis? Great for the digestion. Thank you.*

I'll bring it in and see how it sells—Vicki

*The deli staff does a terrific job and they're so friendly! Keep up the great work!*

Thanks!!!—The Deli Staff.

*Tofutti brand cookies, especially oatmeal raisin. Wow, are they good. Just like homemade.*

Packaged cookies don't sell very well because of our wonderful co-op cookies but I will keep them in mind if a space opens up on the shelf—Vicki.

*Please bring back the balsamic vinegar that used to be in the deli self-serve basket. I really miss it! Thanks.*

The bottle broke and it's taken a little time to replace it but it should be back soon—Kelly.

*I've seen Hansen soda in diet-do you have any plans to carry it?*

These contain artificial ingredients so we won't be carrying them—Vicki.

*Thanks for the Ezekiel tortillas, great!*

We're glad you like them and you are not alone—Vicki.

*Any chance you could find "friendly" lip color products? Maybe henna stain?*

We carried lipstick for a while but it did not sell well. You may special order lipstick products from Ecco Bella or you can try the Terra Tints colored lip balms that we have in stock—Carrie.

*Could you carry Rachel Perry Lip Balms-grape juice?*

Sorry but these are not available through any of our distributors—Carrie

*You advertised the Garden of Eatin' White Chips as a sale item*

*but have not had them the entire month! Please order some more.*

The newsletter insert you saw that ad in is for co-ops all over the Northwest and California. In fine print at the bottom is a disclaimer that not all items are available at all the stores. That was the case with the white chips. We don't carry those, but we did have the Chili and Lime flavor on sale for the same price. Sorry for the confusion—Vicki.

*Please order more BBQ chips by Boulder.*

Okay—Vicki.

*Bulk fig bars, fruit bars, would be fantastic. I remember at the Oly Food Co-op they had them and I bought/ate them all the time. Thanks.*

At this time, there is no place to put them but I will keep them in mind—Vicki.

*Jalapeno stuffed olives. I would buy them.*

We carry Armstrong Jalapeno stuffed olives in Aisle 3 with the other jarred olives and condiments—Vicki.

*I like Quorn but would like to cook with it. Can you bring in the unbreaded "tenders"? Thanks.*

Okay, look for them soon—Vicki.

*Run the ice cream freezer a bit colder, the Ben and Jerry's "From Russia with Buzz" gets gritty as there is enough free moisture in it to start crystallizing out some of the solids.*

Ah, the freezer is the bane of my existence sometimes. We have always had problems with frost build-up and our solution to that is to run the defrost cycle more often. I think that may be causing the crystals in your ice cream. I will talk to our refrigeration tech and see if we can reduce the number of defrost cycles now that our frost problem is under control. Hopefully that will solve the problem—Vicki

*I love your deli, just wondering if there are plans to expand it?*

Physically, no, but we are always working on expanding our product selection—Kelly.



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# Staff Profile – Molly Karp

By Julie Monroe

Four years ago, Molly Karp put a continent between herself and her hometown of Manhattan, New York, and never once has she regretted her decision. Why? Because where else than Idaho is there a better place to be an environmental activist?

For Molly, who has worked as a Deli Server at the Moscow Food Co-op since November 2001, there is no ambiguity. The illegal logging of protected forests, sweatshops in Third World nations, factory farms – these are not “abstract things,” as she puts it. For her, they are real, and she wants to do something to stop them. Inspiring that, at only 20 years of age, she knows “what side of the line” she wants to be on, and there is no reluctance, no hesitation, about her choice.

To use her words, she will not take part in the “ecocide and genocide” that she feels are the consequences of the environmental and economic policies of the United States government.

Activism is nothing new to Molly. She was a teenage animal rights activist, blockading one of New York’s icons, Macy’s Department Store, to protest the retailer’s sale of furs. And while she remains a vegan and is still emotionally committed to the animal rights movement, she explains that her goals have changed.

She has embraced the deep ecology movement because she believes it “encompasses the broader issues” of the exploitation of the environment, human beings, and animals. Her goal is to protect “habitat for native animals” and to “preserve wild lands.”

She does this in allegiance with Wild Rockies Earth First!. Earth First! Was founded in 1979 in response to what was seen as an environmental community ruled by corporate interests. Those involved with Earth First! view it, not as an organization, but as a movement. The movement is premised upon the philosophy of deep ecology, an environmental movement started by Norwegian philosopher Arne Naess in 1972.

Deep ecology is founded on two basic principles. The first is that all systems of life on Earth are interrelated. This suggests that we should shift our way of thinking from the dominant, and domineering, worldview of anthropocentrism toward

ecocentrism. The second component of deep ecology is more challenging in that it calls us to abandon our need for self-realization. Naess is asking us to align ourselves with the ecosphere, rather than our egos, as the only means for ensuring the preservation of life on Earth.

The basic principle of the Earth First! movement is to put beliefs directly into action...without apology and without compromise. The methods by which Earth Firsters put their beliefs into action are numerous and often controversial, especially those practices designed to sabotage the development of wilderness areas, such as monkeywrenching, which is neither condoned nor condemned by Earth First! More common than the well-publicized acts of sabotage are those of nonviolent civil disobedience, such as occupations and sit-ins, tree-sitting, blockades, and monitoring timber sales in wilderness areas.

In the very near future, Molly will be taking a two-month leave of absence from her job at the Co-op to monitor U.S. Forest Service activities in the Selway-Bitterroot Wilderness Area.

The Selway-Bitterroot Wilderness Area, designated under the federal Wilderness Act of 1964, has a total of 1,340,460 acres. The Selway-Bitterroot is one of the roughest and most remote wildernesses in the nation, but Molly is familiar with the demands of living in primitive surroundings. In fact, she says she is more at home in the “woods” than in town and looks forward to return to her “community,” as she puts it. In preparation for her timber-monitoring trip, she is training her two horses, Buckshot and Hopeful. Buckshot is a four-year-old Appaloosa, and Hopeful, a 10-year-old Arabian mare. Accompanied by her dog, Snoopy, a Great White Pyrenees, Molly will ride Buckshot, and Hopeful will carry the pack. Molly is an experienced equestrian. Although trained in the English rather than Western style,



she’s been riding since she was “nine or eight” years old.

At this time in Molly’s life, there are no abstractions, and because there are no abstractions, there is no accommodation. She has renounced the mainstream culture of American life and chosen a method of living in direct defiance of an economic system that she regards as not simply exploitative, but deadly. Although she has

no regard for the society into which she was born, saying unflinchingly that she is an anarchist, she does believe in community and is working to form one with those who share her beliefs, her values, and her love.

*Julie Monroe’s father, at the time of his death from a heart attack at the age of 54, hauled lumber for a lumber company in Sandpoint, Idaho. Her mother, at the time of her death from cancer at age 59, worked for the U.S. Forest Service.*

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## There's a Fungus Among Us

By Dani Vargas Produce Manager

At first glance of this title you might be thinking that this is a job for Mulder and Scully, or Scooby Doo, but it's not.

The truth is out there and I am going to tell you all the facts. What we are looking at here is a rare case of Certified Organic Shiitake and Oyster mushrooms.

These gourmet fungi arrive once a week via a big brown cargo transport system commonly know as UPS. These mushrooms are grown 35 miles west of Missoula, Montana.

The growers—husband, Glen Babcock, and wife Wendy—began their operation in 1995. They named their business "Garden City" because that is a common nickname for Missoula. Three other employees help run Garden City Fungi.

Their mushroom-growing operation is certified organic by the Organic Crop Improvement Association (OCIA) which is an international agency that certifies producers and processors in over 20 countries. OCIA has over 7500 grower members and has certified well over 1.5 million acres.

Their indoors mushroom farm operates 365 days a year. It is similar to a dairy farm in that someone needs to be there all the time. If the mushrooms are not picked at just the right time they lose their value.

Mushrooms are the fleshy members of the kingdom fungi. Mushrooms originate from spores, not seeds. Spores are microscopic particles that fall from the gills on the undersides of mushroom caps. Millions of spores together look like tiny puffs of dust. The slightest air current blows the spores away. The mushrooms are grown indoors to obtain as much con-

trol as possible over them and their environment.

Mushroom spores are grown in a medium. Almost any agricultural by-product (straw, corncobs, banana peels, sawdust, and coffee grounds) will work as a medium. Glen and Wendy prefer to use straw and sawdust. They inoculate their medium with the growing spores which are then known as mycelia (as spores grow they form threadlike filaments called hyphae which absorb water and nutrients, creating the mycelia). Then the medium is left in the incubation building for 30 to 100 days depending on the type of mushroom. The medium is then moved to the fruiting building where the stalks and caps begin to appear. Their goal is to harvest the caps and stalks the moment they taste best. The growth of the stalk and cap occurs so quickly, so timing is everything.

The Shiitake or Black Forest Mushroom is indigenous to the Far East and has a wonderful robust flavor. Shiitake have been enjoyed for thousands of years and are popular with gourmets, who enjoy their rich flavor and garlic pine aroma. To prepare and cook Shiitakes, trim the base of the stems. Clean the caps with a damp paper towel. Too much heat or oil detracts from the delicate flavor. Shiitakes are best when braised or sautéed. Do not eat them raw. Sawdust is the medium for the Shiitakes. To prepare the sawdust, the Babcocks add nutritional supplements and water. Then that mix is sterilized for 5 hours at 250 degrees in an autoclave.

Oyster mushrooms are found all over the world. Their colors vary from

gray to yellow and from pink to blue. Oysters are good when used in stir-frys and also take well to baking. To prepare and cook oysters it is usually not necessary to wash them. Just trim the bottom of the stems. Simplicity is the key in cooking oyster mushrooms. Their taste is easily overpowered. They cook more rapidly than common mushrooms. Serve them in a soup, creamed, or lightly sautéed in butter. They are also good on pasta or polenta. Do not eat them raw. The medium for Oysters is straw. Instead of sterilizing the straw, the Babcocks pasteurize it. The straw is submerged in 160-degree water for one hour.

Garden City Fungi also offers "grow at home" mushroom cultivation kits. Their mushroom kits give the amateur mushroom enthusiast the chance to grow mushrooms indoors at home. Each kit comes complete with detailed instructions. For information about these kits please visit their web site [www.gardencityfungi.com](http://www.gardencityfungi.com).

A lot of work is put into growing these mushrooms and it shows when the mushrooms arrive fresh at our store. Although this business operates year round we are not able to receive the mushrooms year round. Since they are shipped by truck, there

comes a time, during the warm months, that the temperatures get too hot for the mushrooms to make the trip.

Do we want the Sun? Do we want the mushrooms?

Unfortunately we cannot have them both and pretty soon we will have to give one of them up. Until that time, I hope you will all have the chance to enjoy these gourmet mushrooms provided by Garden City Fungi. Case closed.

A natural.



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# Board of Directors Report

By George Bridges

I've been on the Moscow Food Co-op Board of Directors for about a year now, and occasionally somebody asks me what it's like. To help me clarify my own thinking with regard to this question, I have decided to interview myself:

*Question: What have you enjoyed the most about being a member of the Co-op Board of Directors?*

*Answer:* Gaining some insight into the way a business is run. As Kenna said at the last Board of Directors (BOD) meeting: the Co-op is not just a business, but it is, among other things, also a business. And as a relatively small business, I'm amazed how many facets there are to the Co-op's smooth operation.

One little example that came up at the last BOD meeting: liability insurance. The Co-op has to have insurance, of course. But in our case, the question of liability insurance brings up, in turn, the question of who and what, exactly, we are.

Are we really a Co-op? If I understand it right, Idaho law doesn't recognize us as such. In fact, Idaho law doesn't recognize any such thing as a consumer cooperative at all. So the Moscow Food Co-op is incorporated not as a co-op but as a "cooperative association." And that apparently makes a difference when it comes to buying liability insurance. The Board of Directors has to know such things—or at least enough about such legal matters to understand what's going on.

*Question: What have you enjoyed the least about being a member of the Board of Directors?*

*Answer:* It follows from the above that the thing I've enjoyed the least is my own lack of business savvy. All BOD members are also assigned to one (or more) standing committees, and I got assigned to the Finance Committee. It's been a humbling experience. Compared to the other committee members—Al, Bonnie, and General Manager Kenna—I'm a poor

babe lost in the woods. I thought I could at least learn a few things about business, even if I couldn't contribute any expertise. But I have to confess that the Co-op's monthly financial reports are still mostly just a bunch of neat little figures to me. (And then I have to remind myself that knowledge in accounting isn't the only thing the Co-op is looking for when it looks for its board members.)

*Question: Do you think the BOD is doing its job?*

*Answer:* Yes. Kenna keeps the channels of communication open at all times, and it seems to me the board's "oversight" function couldn't be easier.

The "visioning" part of our job seems a little more problematic, however, probably because it's been my experience that things seldom turn out exactly the way people imagined they would. Will, for example, the new scanners the Co-op is going to buy prove to be the unmitigated blessing that we all hope they are? Where I sense a greater degree of agreement, in our board's vision for the Co-op's future, is in the area of "giving back to the community," as we call it. At least there is complete agreement with regard to the principle itself.

Our new "Two-percent Tuesday" policy will make us deal with the nuts and bolts of this very worthwhile idea. It's my hope that as a result of Two-percent Tuesday more and more local people will come to see the Moscow Food Co-op as their store.

*Question: When and where does the BOD meet, and how would you describe a typical BOD meeting?*

*Answer:* From now on we'll be meeting every second Thursday of the month at the Pea and Lentil Commission building, which is located just beyond the "Welcome to Washington" sign on the Moscow-Pullman highway. First we "chow down," as our president Pat Vaughan, a former army officer, says, and then we do a lot of talking.



## 2001-Year End Finance Report for the Co-op

By Kenna S. Eaton

The Co-op had an excellent year in 2001. It is so satisfying to finally find ourselves in the right place at the right time, doing the right thing! Sales for the year broke the \$2 million dollar mark (\$2,133,608) and represented 19% growth over 2000. This is quite a change from previous years and from when I first started working at the Co-op in 1981. Combined with our pricing contract from our primary distributor and our increasing ability to be good buying agents for our customers this translated into a gross profit margin of 39.66% for the year or \$846,103 with which to pay our expenses.

Expenses held to projected levels, quite a miracle when you consider that we really can't project anything with any certainty. Total payroll (wages, staff expenses, taxes and insurance) increased a fair amount over last year but ended at \$495,854 for the year. We did increase staff expenses at the end of the year by adding dental benefits as well as a "Free Lunch" program and a store-wide bonus of \$10,000. Our total expenses for 2001 (operations and payroll) came in only a little higher than last year, and after all the year-end adjustments gave us a profit of 2.95% for the year or \$62,942.

The balance sheet reflects the strength of the organization and ours shows a very strong, healthy operation. Our quick ratio (cash/current liabilities) is 3.61:1 and our current ratio (current assets to current liabilities)

6.78:1. This shows our Co-op to have probably more cash than we really need right now, but it also allows us to be prepared for an emergency or unexpected opportunity. Our debt to equity ratio is below the standard 1:1, or even 2:1 for businesses in expansion mode, and is .75:1. During 2001 we paid off \$27,000 in principle and \$5,574 in interest on member loans (for a total of \$32,574). We spent \$28,491 on capital purchases, primarily for the seating area project earlier in the year.

During 2001, we received \$25,915.96 in membership investments, a 21% growth. While the growth of membership is similar to sales growth we believe that there is a variety of reasons for the growth in memberships. We don't have hard evidence but we think about half the increase is due to us doing the right thing at the right time.

The other half is probably due to us simply asking members to make the full investment. We saw quite a large leap in the total number of "paid in full" membership this year. The Co-op sends out a postcard reminding members when it is time for them to renew, plus we make a concerted effort at the register to check memberships for expiration date (partly due to the increase in member sale items). The month with the largest growth was August with all the new folks in town; we brought in \$3,633 that month versus \$2,315 in August 2000.

### Total Store Year End Comparison in a Nut Shell

	2001	2000
<b>SALES</b>	\$2,133,608	\$1,786,600
Cost of Goods Sold	\$1,285,505	\$1,092,099
<b>Gross Profit Margin</b>	\$ 846,103	\$ 694,501
<b>EXPENSES</b>		
Total Payroll	\$ 495,854	\$ 434,796
Operations	\$ 193,654	\$ 175,008
Other Expenses	\$ 93,653	\$ 87,363
<b>Net Profit Margin</b>	\$ 62,941	\$ 19,165



# Blue Food

By Maria Theresa Maggi

One afternoon while checking out one of my backpack-sized loads of groceries, I laughed as I began to empty the contents of my grocery cart onto the counter: seven blue potatoes and a bottle of Knudsen's "Just Blueberry" juice. I joked to the checker that I must be in the mood for "blue food."

When I was a kid, I always wished there were a food that was naturally blue; in fact, I longed for it to appear on my plate. No garish illegitimate imitations produced by blue food coloring would work. Though stunning in its own right, neither would the blue of the potatoes or the blueberries, which is a deep midnight that has been burnished or scratched until it bleeds violet. I wanted the pure, ethereal blue of delphiniums or sapphires or cornflowers or that iridescent magical cape of the evening sky just after sundown.

As I carried my close-as-you-can-get-to-blue food home on my back, I remembered that the line running east to west on the Native American Medicine Wheel is the Blue Road of Spirit, connecting us to ancestors and the dimensions beyond Earth. The Red Road runs north to south and as we walk it we learn the physical lessons of being a human here, on the Earth. I sat down under the feathery new green of the trees flanking the going fountain in Friendship Square to contemplate the intersection of these directions, which, for me, is within us, at the center of the wheel, in the heart, in hope, and memory.

I realized that the last part of my conversation at the checkout was a good example of this intersection. After joking about my blue food, I said apologetically to Priscilla, "I'm sorry, but I don't remember your name." When she told me (again), I hesitated and then added, "For some weird reason I always want to call you Irene." She had looked at me thoughtfully and said, "Actually, that's not so weird. I had an Aunt Irene, and my family always said I looked just like her." We shared the wonder of that serendipitous moment, which prompted an exchange of childhood observations about the names our parents gave us.

Now all of us reading this newsletter know the Co-op is a socially-

responsible, friendly place, where it's common to see two shoppers leaning on their carts mid-aisle and catching up with each other as if they were sitting down for tea or a couple of beers. People stand at the bread slicer and make plans, or let someone else go ahead in line, so they can finish a conversation. We all know that it's business as usual for one of the staff to walk up and say, "That soy milk you buy will be on special next month." or "I got some extra samples from a food show I thought you might like," or "did you find the little cart—we saved one for you" or any other genuinely solicitous offering that demonstrates a detailed, heartfelt understanding of Co-op shoppers as individual folks.

The peanut butter aisle is as good a place to share with an interested friend how you've been feeling since your cousin died or your first child started junior high, as it is to get the best organic peanut butter around. And those warm, generous, sometimes hilarious human exchanges charge the air at the Co-op and feed us all with a kind of invisible "blue food" while we shop to nourish our walk on the Good Red Road.

It somehow makes the absolutist in me less disappointed that the blueberries and blue potatoes are actually purple. In their mature beauty, they bring the primary colors of red and blue into a new marriage of spirit and earth. Likewise, the Co-op nourishes us, not only by helping to put healthy food in our refrigerators, but by being a place in which we can talk with old friends and meet new ones as if we were sitting comfortably around the coziest kitchen table we can conjure in memory, or in hope.

In the peaceful world we all long to partake of, I want to make another tiny step toward believing it can happen by acknowledging that the Co-op deserves a new kind of purple heart: one that is awarded for literally embracing the ploughshare, and joining the feeding of the spirit and the stomach in one continuous feast.

*Maria Maggi mothers, gardens, reads astrological charts, and writes in her blue house on Asbury Street. Her Star Garden Flower Essences are available at the Co-op.*

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# Customer Profile: Nancy Casey

By Vic Getz

Nancy Casey was sitting at the Deli when I cruised in to accost someone to be my guinea pig for my maiden voyage of this column.

I wanted to talk to someone who had a relationship with the Co-op, someone whose story would reflect the meaning of the Co-op's role in people's lives.

A perfect target, and she wasn't even moving.

Nancy's been coming to the Co-op for almost 20 years. Her first forays were from Benewah County back in 1983. She and her partner were doing a back to the land experience, raising a couple of kids. The Co-op was a port of call along with other Moscow institutions, including the Micro Movie House and the RenFair. (Liz Bageant, her daughter, was a familiar face in the Deli until she rode off into Canada with an enviro-group Cycling for Sustainability. But that's another Co-op column).

She moved to Moscow in 1988. Her first house was on 2<sup>nd</sup> Street just two blocks from the Co-op's former site at Washington Street. (How many of us remember that place?) Her kids were 4 and 5 years old, and she was transitioning into solo momhood at the time. For her family, an adventure would be walking to the library, checking out a few books and then trundling on down to the Co-op for tortillas and cheese, then back home for lunch. The Co-op was one of the mother duck's and duckling's major destinations. "It was about as much excitement as I could handle," Nancy said.

I asked Nancy to tell me about another time in her life that the Co-op was a "destination" for her. She trolled around in her memory and said, "When the Co-op was on 3<sup>rd</sup> Street, yoga classes were taught upstairs." During the early morning yoga class they would be baking bread. "It would just smell so good...Now when you do yoga, it smells like Mikey's." Now, that's not a bad thing, she pointed out. "It's just not the same."

I kept badgering her for more stories that would illustrate what the Co-op has come to mean to her. "These days, mostly I come in for fast food



and tofu." I wondered what the meaning in that was. "The Co-op is a business, not a religion." I thought, hmm...now that's not something that can go into the newsletter, is it?? Yet, I didn't want to impose my feelings. So I listened.

"The Co-op is like a small town. It's a small number of people, everyone knows one another, years go by and we know each other's lives.

There have been times that I'd count on the Co-op to be there. When my kids were small, it was my social life. When I was lonely, I knew I could go there and know someone."

Hearing her talk about this, I knew I had that feeling for the Co-op. But wait, dear Co-op readers, there's more.

Nancy also shared that there were times in her life when the Co-op was to be avoided at all costs because of

the same dynamic that drew her there for other reasons. To be so known, so not-anonymous, creates a tension all it's own.

She laughed hearing herself say this, "I guess that's what makes it a family."

A couple of Saturdays ago, Nancy was in the midst of throwing a going away party for her daughter, Liz. She stopped at the Co-op as she whirled through her lists of things that had to be done RIGHT NOW and ran into Peter Basoa. They sat together watching the people coming in, doing their springtime afternoon thing. She said she had so much to do and no business sitting there, but it was so much fun to watch that string of people come in and buy their Co-op stuff. At this point of the narration, she started to laugh and told me that she and Peter said, " 'Isn't this cool? We are so normal.' We actually said that! 'Cool' and 'normal.' "

So, what does that mean? To be part of a village, part of a family. To experience a degree of vibrancy. I think that's the point I was fishing for in this column. The Co-op, along with all its other services, is a place that can provide this kind of sustenance. And it makes living in this community...well...so...cool. And normal!

Thanks, Nancy.

*Vic Getz's organizing principle is "She who laughs, lasts." She's made it this far, smiling!*

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FROZEN

# The Great Garlic Scape

By Mary Jane Butters

Save Your Scapes! Sometimes I think I should parade around the Co-op carrying that sign. Too many local garlic growers are composting their scapes and not enjoying one of the most delicious ways to eat this wonderfully healthful plant.

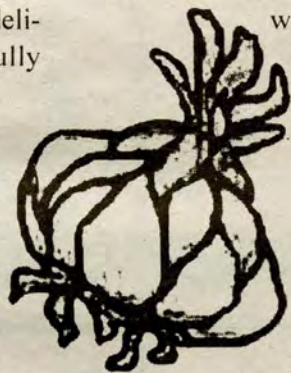
Usually in mid-June, garlic that is growing on the Palouse bursts upward with a curly seed top known as the scape. Scapes are the flowerstalks found on all members of the Allium family (onions, leeks, chives, and garlic). In garlic, the scapes curl as they grow, and ultimately straighten, and then grow little seed-like bulbils. Garlic producers remove the scapes to enhance bulb development.

Most farmers waste these flowertops, but we've learned how great they can be. When the scapes are newly-budded and while they are still in full curl, they are tender and provide a delightfully subtle garlic flavor. After the scapes have straightened and the flowertop is maturing, they are tough and unappetizing.

However, when the scapes are coiled like a pig's tail—usually mid-to late June in this area—they are delicious and ready for harvest. They add a tender crunchiness if added to salads and soups, or cook well in stir-fries.

And best of all, these scapes can be made into Garlic Scape Pesto by

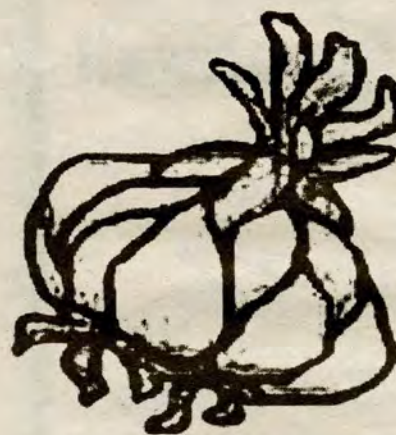
blending the scapes with olive oil. This pesto spread is delicious on pizzas or sandwiches. Since the scapes are fresh for only a few



weeks annually, this garlic pesto is also seasonal food. The scapes make a pesto that is a pretty green color that has a rich garlic flavor, but without a hot garlic bite. During the season, I eat it two or three

times daily.

Rich Hannan, of the USDA's Western Region Plant Introduction Station at WSU, first shared with us the idea of using garlic scapes for pesto. Rich is in charge of storing



and saving seeds or all kinds of crop varieties to maintain biodiversity. He has cataloged and stored 197 different strains or varieties of garlic.

He told me that he first had Garlic Scape Pesto in 1986, when visiting a friend in New York. He liked both the recipe and the idea of using what had previously been considered a wasted part of the plant. A few years later, he shared the recipe with me.

Now, I am sharing Garlic Scape Pesto with you. The Co-op Deli will offer this for sale this month. Please come try some at the MaryJanesFarm booth at the Farmer's Market. We're in the middle of the northern-most row, next to the Hotel.

## Garlic Scape Pesto

- 1/2 lb. organic scapes (chopped into 1" sections)
- 1 c. organic olive oil
- 2 c. grated parmesan cheese

In a blender, combine the scapes and olive oil. Pour mixture into bowl and blend the cheese in by hand.

# First Annual ScapeFest

By Mary Jane Butters

We're going to celebrate the Garlic Scape, and you're invited to share in the fun!

As of this writing, we don't know when the scapes will be ready, so we can't be certain of the date for the first annual ScapeFest. However, we assume it will be either Saturday, June 22, or Saturday, June 29. Watch the Co-op for posted flyers.

This year, we are going to celebrate at the Farmer's Market, at our MaryJanesFarm booth located in the middle of the northern row, adjacent to the Hotel. We'll provide free samples of garlic scape pesto and other delicious scape foods.

We are also now taking reservations for an elegant organic meal, featuring garlic and garlic scapes, to be held under the stars on Paradise Ridge. This feast will begin with a hayride up to the crest of the ridge where we will have prepared a table with linens and kerosene lamps. The food will be a garlic-lover's dream come true, and I am sure the company will be delightful as well. All proceeds from this meal will be donated to the Pay Dirt Farm School, to help bring would-be organic farmers to the Palouse to learn organic techniques. Tickets will cost \$75. The meal will be held the evening of Sunday, June 23, or Sunday, June 30.

To make reservations for the elegant garlic feast, or to ask about the first annual ScapeFest, please call 882-6819 or email [maryjane@maryjanesfarm.org](mailto:maryjane@maryjanesfarm.org).

## We Need Writers

By Bill London

Express yourself.

Try a fun Co-op volunteer position.

The Co-op newsletter needs a writer to fill the regular positions interviewing and photographing Co-op business partners.

If you are looking for an exciting career move, and do not want to join the Marines, consider this bold educational opportunity. For more information, contact Bill London at [london@moscow.com](mailto:london@moscow.com)

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# Co-op History

By Kenna Eaton, general manager

*Below is a re-print of an article by David Thompson, a co-op activist and historian written to celebrate the 250<sup>th</sup> anniversary of Co-ops in America. Co-ops have a different type of ownership than other organizations. Co-ops are created and owned by their members to meet their needs. There are many different types of co-ops on the Palouse. Latah County Grain Growers is a co-op for farmers that stores and sells the wheat for its farmer-owners. The Latah Federal Credit Union is a co-op bank. REI is a co-op that sells its members recreational equipment. Group Health Northwest is a co-operative health insurance companies. Clearwater Power supplies electricity to its members. Co-ops are not just part of the Palouse but part of the fabric of America and play a critical role in our everyday lives.*

## Happy Anniversary - 250 years of Cooperation in America

This year, 2002, marks the 250<sup>th</sup> anniversary of the first successful form of cooperative organization in America. In 1752, Benjamin Franklin initiated the first successful cooperative in America, the "Philadelphia Contributionship for the Insurance of Houses from Loss by Fire".

The Philadelphia Contributionship continues to serve members in Pennsylvania and New Jersey. It continues to operate as a mutual. The "Contributionship" is the first mutual in the USA, the oldest insurance company and the third oldest corporation in the country. 2002 marks 250 years of mutuals and cooperatives serving Americans who band together for economic benefit. Let's give Benjamin Franklin a big hand for fathering economic democracy in America.

Another mutual fire insurance company had been started in 1735 in Charleston, South Carolina, but had been bankrupted by a fire in 1740 that had raged throughout the city burning down hundreds of buildings. Their mutual insurance company did not have enough equity to cover the losses. The Philadelphia and Charleston models were based upon mutual insurance companies that had been developed in England.

With fire a perpetual threat among the crowded side-by-side wooden houses of Philadelphia, safety was a necessity. The cause of and the prevention of fire were great interests of Franklin. In 1736, Franklin initiated the Union Fire Company as a company of thirty volunteer fire fighters to as-

sist in putting out fires. In his call for members he first used the phrase, "An ounce of prevention is worth a pound of cure."

By 1752 there were eight other volunteer fire fighting companies throughout other Philadelphia neighborhoods. If you had no fire mark on your building the volunteers would just stand and watch your house burn down. If you had the fire mark of a particular company, only they would put out your fire. The rest of the volunteer companies that arrived would go home.

Through his study of the consequences of fire, Franklin had researched other organizations. It is quite likely that Franklin or one of his colleagues copied the documents of an organization in London, England, the "Amicable Contributionship for Insuring Houses from Loss by Fire," known there by its Fire Mark as the Hand-in-Hand.

Members of the various mutuals displayed the Fire Mark of the company they belonged to on the side of their buildings. A similar four hands clasped together Fire Mark was adopted by the new Philadelphia organization. Franklin called upon the citizens of Philadelphia to subscribe to membership in the mutual and to meet on April 13, 1752 where the Deed of Settlement would be adopted.

On that day the members gathered at the Philadelphia Court House to elect the Board of Directors. The first meeting of the elected Board of

Directors was held on May 11, 1752. Thus began the first formal successful cooperative and mutual organization in the Colonies. Just like the Rochdale Pioneers, the first effort to form a cooperative in the 1830's had failed but the second effort was to be successful and to make history.

Today, over 100 million American households are members of mutuals, cooperatives and credit unions. Like Ben Franklin's mark, by clasping our hands together we enjoy the strength of unity and the power of numbers. Throughout the rest of this year, "the Philadelphia Contributionship for the Insurance of Houses from Loss by Fire" is celebrating the birth of their organization 250 years ago.

Benjamin Franklin like Charles Haworth of the Rochdale Pioneers and Father Arizmendiarieta of the Mondragon Cooperatives was an in-

*Today, over 100 million American households are members of mutuals, cooperatives and credit unions.*

stitution builder. Time after time, Franklin gathered people together to form new institutions to meet citizen needs. One after the other, Franklin founded the Library Company (1731), Union Fire Company (1736), American Philosophical Society (1743), University of Philadelphia (1749), Pennsylvania Hospital (1751), and the Philadelphia Contributionship (1752).

Each one of them was formed from a call to public membership and the election of a Board of Directors. None would be private and all of the institutions he founded continue to be open to and to serve the public. The Union Fire Company, whose duties were later taken over by the city, is the only one of Franklin's institutions not in existence today.

Franklin's commitment to cooperative organizations and mutual economics were to have unseen influence upon the founding of the United States of America. When the first Continental Congress met in Philadelphia in 1774 they chose to use the ground floor of Carpenter's Hall. The Hall was owned mutually by its member carpenters.

At that time Carpenter Hall had rented out the second floor to the Library Company (18 Library Company members were also members of the Carpenters Company). Samuel Adams complemented the Continental Congress site selection committee for having taken a "view of the Room and of the Chamber where is an excellent Library." At the end of the meeting, Congress expressed its thanks to the Library Company for the use of its books.

When the Second Continental Congress met again in 1785, the Library again offered its books for the gathering. Nine signers of the Declaration of Independence were also members of the Library Company. The Library Company was in effect the First Library of Congress. Both Carpenter's Hall and the Library Company were insured by the first formal mutual in America, the Philadelphia Contributionship.

Thus, the beginnings of freedom in the United States of America were assured through mutuals and cooperatives. They met in a building mutually owned. They used the books of a cooperative library to confirm their future. And the Philadelphia Contributionship insured all around them. On hand during the proceedings was the wisdom of Benjamin Franklin who gave the sunset of his life to create the sunrise of a nation.

As cooperators we have the opportunity to commemorate and reflect upon an idea brought forward in the United States by one of our nation's founding fathers.

Benjamin Franklin, over 100 million households thank you for initiating the enduring idea of mutuality and cooperation. You contributed not only to the birth of a nation but to a democratic and economic tool that serves our lives in many different ways.

## A Soup for the Horse Race

By Jen Hirt

I pay attention to horse racing three times a year, and so far this year one horse was won the two races I've watched, and he just might win the third, and then War Emblem will be the next Triple Crown winner. And that might be really neat.

There's a myth that the Greeks raised fast horses by feeding them parsley. Perhaps the horses found it in their fields, where it often grew between rocks. Perhaps there were great parsley fields where grooms cut huge swaths of parsley each morning. Or perhaps it's just another weird myth, made up before anyone understood how food works in bodies.

While I doubt that War Emblem dines on parsley, I came up with this cream of parsley soup recipe because it seems timely. Maybe fast horses do eat parsley, and War Emblem's jockey's silks are green and white just like the soup, and you can find excellent fresh parsley at the Moscow Farmer's Market right now. It's an excellent, faux-creamy soup that is vegetarian through and through. Who else would make a soup of tofu and parsley, that famous green sprig so often perched on prime rib. This is really a smart recipe – affordable, fast, tasty, and unique.

Basically, the creaminess comes from one pound of silken tofu. You don't need any of the traditional cream soup ingredients. No butter, no cream, no cheese, no milk, although you could probably add that stuff if you wanted to replace some of the stock. It's important to buy silken tofu. Firm tofu is too firm and strong tasting – it will conflict with the parsley. Additionally, don't boil this soup once the tofu is added.

It keeps well and reheats nicely. If you buy too much parsley, it stays fresh for a couple weeks in the refrigerator, and parsley is easy to dry on your own. I have also considered substituting other herbs for the parsley. I haven't tried it yet, but I sense this basic recipe is open for many interpretations.

### Cream of Parsley Soup (from the "Vegetarian Times")

Serves 8



8 cups vegetable stock  
2 cups packed, chopped fresh parsley  
1 pound soft tofu  
salt to taste  
white pepper to taste

8 springs of parsley, for garnish

In a pot, combine the stock and the parsley. Bring to a boil, lower the heat, cover, and lightly simmer for five minutes. Pour the stock through a strainer and set aside.

In a food processor or blender, combine all the cooked parsley, the tofu (chop it up a bit first), and 2 cups of stock. Process for a few minutes until the parsley is finely chopped and the tofu takes on a creamy texture. Add more stock if necessary. Combine this mix and the remaining stock in the pot, add the salt and pepper, and reheat gently. Do not boil. Ladle into warm bowls, garnish with parsley, and enjoy the horse race.

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

# Comparing Organic and Conventional

Organic foods contain much less pesticide residue than conventionally-grown foods. No surprise to most of us.

A recent study, published in the "Food Additives and Contaminants Journal," summarized the data, and was reported in the "New York Times" on May 8.

According to the Times article:

Edward Groth III, a senior scientist at Consumers Union and a co-author of the report, said: "There have been some very strong opinions voiced about organic produce that haven't been based on data and have confused the issue. This report shows rather convincingly and compellingly that organic foods are much less likely to have any residues; that when they have residues they have fewer and that the levels of the residues are generally lower."

The findings are based on pesticide residue data collected on a wide variety of foods by the United States Department of Agriculture from 1994 to 1999, tests conducted on food sold in California by the state's Department

of Pesticide Regulation from 1989 through 1998, and tests by Consumers Union in 1997.

The combined data covered more than 94,000 food samples from more than 20 crops; 1,291 of those samples were organically grown, about 1.3 percent.

The Agriculture Department data showed that 73 percent of the conventionally grown foods had residue from at least one pesticide and were six times as likely as organic to contain multiple pesticide residues; only 23 percent of the organic samples of the same groups had any residues.

The California data found residues in 31 percent of the conventional food and 6.5 percent in the organic.

Consumer Union tests found residues on 79 percent of the conventional samples and 27 percent on the organic.

The study also looked at why organic foods contained any pesticide residues. When residues of persistent insecticides, like DDT, were excluded, the percentage of organic samples with residues dropped to 13 percent from 23.



## Mid-week Growers Market

### opens June 12



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## Fresh produce from local organic growers

## Letter to the Editor

You never know how large your community is!  
I live in Michigan, and my sister, Margaret Jelinek Lewis, lives in Moscow.

Margaret (or her husband, David) made the Co-op's kale slaw sometime when we were both visiting our parents in New Jersey.

I often get recipes over the phone from Mom & Margaret, but today neither was home, and I wanted to make the kale slaw. So, without any real expectations, I typed "Kale Slaw" into my web browser. The second listing was for the Moscow Food Co-op! I was surprised & delighted.

Tonight as we eat kale slaw in Ann Arbor, we will be thinking of you in Moscow!

Thanks for posting recipes on your web page!!

Debbie Gombert



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# Gardening

## Gardening in the Shade

By Pat Diaz

Choosing plantings for a shady area of your yard may be the most intimidating things you face as a gardener. There just don't seem to be a lot of choices (are hostas the only way to go?) and it seems so hard to get things to thrive when they don't get sun. This month we'll discuss different kinds of shade, garden designs for shaded areas, and the plantings that will work for them. And remember, one of the nicest parts of gardening in the shade is that it's a much nicer place to weed when it's really hot outside!

There are basically three kinds of shade to consider here – dense shade (I had a yard like that once and nothing, not even hostas, would grow there! So be realistic about how dense your shade really is.), dappled shade, and partial shade.

Dense shade occurs usually next to a wall or thick evergreens where little to no sun can penetrate. If you don't have a ridiculously dense area, hostas and ferns should do well there.

Dappled shade is that area beneath the canopies of deciduous trees. Rhododendrons (hardy ones) and hy-

drangeas do well in these areas. Another nice thing to plant here are the spring bulbs (daffodils, tulips, hyacinths, crocus, and anemones) because they flower before the trees leaf out.

Partial shade occurs where some direct sunlight reaches the garden during the day but trees shade it the remainder of the day. There are a number of shade-tolerating plantings that do well in those kinds of conditions, as well as some sun-loving ones.

Since shaded areas are dark, plants with white flowers do a lot to brighten up these areas. But because shade shortens bloom time, planting a combination of foliage and flowers (rather than focusing strictly on blooms) will maximize your gardening efforts. Plants with variegated or colored leaves often add interest to a shade area. Some good choices here are hostas, astilbe, columbine, bleeding heart, ferns, wild ginger, and deadnettle. Annuals such as begonias, impatiens, and coleus add bright spots to dark landscapes too.

Below are plants suitable for shaded areas:

### Trees

Eastern redbud  
Dove tree  
Japanese maple  
Katsura tree  
Sweet bays

### Shrubs

Holly  
Hydrangea  
Boxwood  
Daphne  
Witch Hazel  
Mountain laurel  
Rhododendron  
Viburnum

### Perennials Annuals Bulbs

Ferns  
Hosta  
Begonia  
Bellflower  
Bleeding heart  
Caladium  
Columbine  
Impatiens  
Wild ginger  
Coleus  
Periwinkle  
Coral bells  
Lily of the valley  
Crested iris  
Deadnettle  
Corydalis  
Forget-me-not  
Foxglove  
Goatsbeard  
Primrose  
Monkey flower  
Hellebore  
Anemone

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Pat Diaz & Son

## Garden Chores for June

by Pat Diaz

Now you can get in full gear for summer gardening! Plant annuals now and after the last frost, set out the more fragile plants like coleus, geranium, nasturtium, petunia, impatiens, and periwinkle.

It's also time to plant the summer bulbs like canna, dahlia, gladiolus, and tuberous begonia. June is the month to plant landscape plants such as ground covers, trees, shrubs, and vines. Plus you can now plant perennials – both by sowing seeds or setting out seedlings.

If you like native grasses (buffalo grass, crested wheatgrass, and blue grama), it's time to sow seeds or set out plugs or sod.

And maybe best of all, it's now time to sow vegetable seeds. Just make sure the varieties you've chosen allow for enough growing time for our area before the first frost. The ones to really watch out for are corn, pumpkins, peppers, eggplant, watermelon, and tomatoes.

Maintenance chores include fertilizing flower beds, lawns, and vegetable gardens if you've already planted, deadheading and fertilizing roses, and pruning spring-flowering shrubs such as forsythia, lilacs, and spiraea. Also, prune them before they set the next spring's buds.

Irrigate permanent plants deeply and water new plantings frequently. If you have container plants, remember that they need watering more frequently than those planted in the ground.

Mulching around permanent plants with an organic mulch will conserve water and make your plants healthier.

*Pat Diaz lives on 6 acres in the woods with her husband, Tom. Their beloved schnauzer, Gus, has gone to Dog Heaven, leaving behind two extremely sad people. Maybe summer gardening will help ease the ache.*

## Tim's Tree

By Bill London

In the May issue of this newsletter, Co-op member and Moscow artisan Tim Daulton announced his vision of a bench planter complete with shade tree for the unused corner of the Co-op parking lot.

Everybody loves the idea. Except for the Co-op's landlord Geoff who worries about the disruption to the sewage and other buried lines in that area.

Pat Vaughan, president of the Co-op Board of Directors, agreed that digging up the parking lot and planting a tree might not be such a great idea. However, he likes the idea of a big planter box with benches around it and a tree growing in the box.

The planter box idea sounds great to me as well. Anyone who has walked the famous floating boardwalk at the Coeur d'Alene Resort has seen trees (they are about 20 feet tall) and borders of red geraniums living in boxes that are about three feet on a side. The plants look happy, and the folks sitting on the benches there seem happy as well.

If Tim puts a planter box in the Co-op parking lot, maybe we would all be happy, too.

Pat Vaughan expects that the board will be discussing this idea with Tim. So, thanks Tim for a great idea and for your usual can-do attitude.

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# Mountain Morels

By Pamela Lee

Sometimes I shop strictly by the list. I will push the shopping cart purposely through the Co-op's aisles, crossing off each item as I place it in the cart. My mind is only partly engaged with the chore at hand: grocery shopping. The rest of my mind is already anticipating the rest of the day's work.

On other occasions, I wander with more leisure and less measure. Shopping is more a venture and less a chore. On one of those more leisurely shopping ventures in January, I discovered dried Mountain Morels. If you haven't spied these dehydrated mushrooms yet, they are in the produce section. They are packaged modestly, in a plastic quart-size Ziploc bags with hand drawn graphics on the label, identifying the morels' origin: from the mountains of Idaho.

The price may not, at first, seem so modest as the packaging: they cost \$8.00. When I first discovered these dehydrated mushrooms, \$8.00 seemed an ample price for such a lightweight package. But, I was in the mood for risotto. I had already splurged on a package of carnaroli rice. Wild mushrooms sounded good, and a refreshing change from button mushrooms. The package made its way into my shopping cart. The decision turned out to be a good one and I've since been back for more morels.

If you need help trying these delectable dried morels, just consider how much you would spend on a comparable dish in a restaurant. And though I enjoy watching people and being waited on at a restaurant, rarely is the food as good as home cooked meals.

At the Co-op, the cellophane wrapped packages of carnaroli rice are in the lower level of the shelves opposite the array of chips. Arborio rice would work as well, but carnaroli is touted as the "king" or the "caviar" of Italian rice. Though I typically use Arborio when making risotto, for the morels, I've decided to use the best. Why take half measures with Mountain Morels? Here is my recipe. Feel free to make variations. I do.

## Mountain Morel Risotto

Put the package of morels to soak in hot, but not boiling, water. I use a four-cup Pyrex measuring cup. The water and mushrooms reach the 2-cup

mark. I weight the dry mushrooms down (so they are submerged) with another glass container. Set this aside while you gather the other ingredients and as you begin the risotto.

Empty one carton of Pacific organic chicken broth in a heavy saucepan and begin to heat the broth on low to medium low. Chop 2 tablespoons (or more to taste) of garlic and add it to the chicken broth. (Garlic's pep will be tamed by heating it with the chicken broth.) If you really like garlic, as I do, add more garlic, in stages, as the broth heats.

In a heavy saucepan, sauté a cup of chopped sweet onion or shallots (or a combination of the two) in a good quality extra-virgin olive oil. Stir the onions and shallots so they do not burn, but cook them until they are caramelized nicely. If needed, add more olive oil allowing it to heat before emptying the 15 oz. package of carnaroli rice. Stir the rice and onion mixture for several minutes, letting the rice toast slightly.

By now the chicken broth should be heated. Add hot broth a half-cup at a time, stirring it into the rice mixture. When the rice absorbs most of the broth, scoop in another half-cup. You do not want the rice to ever dry out. Continue this process, keeping the heat low enough that you have a bit of free time, or more accurately – free hands, between stirring and adding broth. I stir risotto intermittently, not constantly as some recipes command.

Add some of your favorite olive oil to a heavy skillet. Turn the heat to low and chop more garlic. Add the garlic to the oiled skillet, salt lightly and stir. The pan should be low enough that the garlic does not sizzle or brown too quickly. You want the gar-

lic to flavor the oil and to cook very slowly.

Meanwhile, strain the rehydrated morels, reserving the flavorful mushroom water. I line a wire strainer with a coffee filter to catch the fine detritus. Add the strained mushroom liquid to the chicken broth so it warms before you will add it to the cooking risotto. Slice the rehydrated mushrooms. When the garlic has flavored the oil in the skillet, turn the heat up. Add butter and the sliced morels to the skillet. Stir to sauté. Add a tad of salt and some fresh ground pepper.

The morels are hardy and require more cooking than fresh button mushrooms. After several minutes, taste a slice of mushroom to gauge texture and the degree of doneness. When the morels are tender, add them to the risotto, which should be nearly done. Deglaze the skillet with a bit of wine and add the liquid to the risotto. Taste and add salt or fresh pepper as needed.

If you plan to top the dish with parmigiano or that fabulous French feta cheese, remember that the cheese will add some saltiness to the dish. When the rice is done, serve it warm. It can be topped with cheese or with a few thin dabs of fresh butter and some finely chopped parsley or chives.

*Pamela Lee would like to thank the purveyor of the Idaho Mountain Morels.*

# Mid Summer Evening Bike Ride And Star-Gazing Event

By Becky Chastain

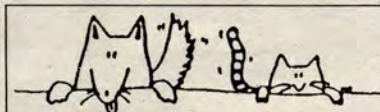
Mark your calendar for July 13, 2002 (notice that the date in the Parks and Recreation newsletter has been changed from the 20<sup>th</sup>), for a fun, free, and informative experience. Telescopes will be set up for you to enjoy the stars, and bike rides have been planned to introduce you to the safest routes around Moscow.

The ride will begin at 9pm on July 13 at Mountain View Park in Moscow. Register at 8:30 p.m. at the park to enter the drawing and you will receive a glow necklace. Be prepared, have your helmet on, and wear light colored clothing. Your bicycle must have a light and reflectors. You are ready!!!! Feel free to decorate your bike, keeping safety in mind, of course.

The Paradise Path Force and the Moscow Bicycle Committee have teamed up to plan the best routes to introduce you to the bicycling around Moscow and on the established parts of the Paradise Path. Depending on your bicycle mastery you could bike to Hordeman Pond, to Berman Creekside Park, or, to the UI Observatory (located on the Old Pullman Highway).

We will set up telescopes at the observatory and at Mountain View Park staffed by astronomers from the UI. You will be able to look at distant

*Becky Chastain is the Paradise Path Task Force Coordinator*



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### Large & Small Animals

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

# Genetically-Engineered Foods

By Nancy Taylor, Co-op Education Committee

The Co-op and Rural Roots sponsored a workshop on genetically-engineered (GE) foods in March here in Moscow. The discussion attracted a packed house. Several participants asked what can be done to fight the spread of GE crops and food products. Well, here is one way that many activists and citizens are using to voice their concerns: asking Congress to take a serious look at the spread of genetically-engineered crops.

Farmers planting non-GE crops are being sued by giant Monsanto corporation for growing GE crops which have trespassed onto their land! The entire future of organic farming is being threatened as pollen is spread by insects and the wind from GE crops onto organic farms. The out-crossing of plants genetically engineered to be

herbicide-resistant raises serious questions regarding the emergence of "superweeds" that won't die no matter what herbicide is applied. Genetically engineered corn is contaminating the world's most important maize center in Mexico.

Not only farmers, but all of nature is at risk from genetic contamination as more and more patents are being granted for shuffling together the genes of widely-varied species, for example adding animal and bacterial genes into plants.

The Sierra Club is asking Senator Tom Harkin, Chairman of the U.S.

Senate Committee on Agriculture to hold hearings on the contamination caused by the planting of genetically engineered crops. Farmers, consumers, and environmentalists can be on

the same side of this one.

If you wish to add your voice to this appeal, contact The Honorable Tom Harkin at U.S. Senate, 731 Hart Senate Office Bldg., Washington DC 20510

Call: (202) 224-3254, Fax: (202) 224-9369, or e-mail:

[tom\\_harkin@harkin.senate.gov](mailto:tom_harkin@harkin.senate.gov)

Look for the display at the Co-op from the Co-op Educational Committee that will include examples of letters and other information about this the letter-writing campaign.




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## Summertime is Picnic Time



Photos by David Hall



When the sun comes out, so do the Co-op diners. The picnic tables in the mini-park on the south side of the Co-op are an attractive outdoor eatery this time of year.

# Dogs and Kids

By Lisa Cochran

The evening couldn't have been more beautiful out at Mountain View Park. Spring was evident any direction you looked, and as the sun began to dip low on the horizon, the wind picked up to a gentle, but consistent breeze.

"Hey, let's see how your new kite does with this wind," I said to my little girl.

Within minutes, we had the kite sailing high and steady. After about 15 minutes, Madysen informed me that she wanted to go to the playground area while I held onto the kite. The playground area wasn't far from where I stood, so I nodded my head and off she went—running with excitement to hit the slides and swings. Suddenly, from out of the corner of my eye I saw a dog shoot away from its owner's side and head full speed directly toward my running child. Immediately my heart began to race as I instinctively let go of the kite string and began to run toward her.

In a moment of panic, Madysen saw the animal heading toward her and began to shriek. I yelled at her to stand still while the owner called out for their dog. Thankfully, at the last moment, the dog turned back to its owner, who immediately put it on a leash. A dangerous situation was averted this time, but not without making me realize how I need to take more of a heads-up and proactive attitude to protect my child from possible injury when a kid/dog encounter goes bad.

Each year, there are approximately 4.7 million reported dog bites in the United States. About 800,000 of those require medical attention. Children make up approximately 60% of dog bite victims, and incredibly, it is estimated that approximately half of all children in this country will be bitten by the time they reach 18. With some 52 million dogs living in the U.S., it is obvious we could all use some common sense when it comes to owning and training our canine pets. But perhaps more importantly, we as parents need to be extremely vigilant and responsible by monitoring our tots as well as teaching them how to be safe around dogs.

In a perfect world, dog owners would all have obedient, well-behaved and trained canine companions, either

under perfect voice control or on a lead at all times. However, even in the best of situations there can be all sorts of scenarios where dogs will be dogs and kids will be kids.

Descended from wolves, dogs are instinctual hunters and running after prey is what they're wired to do. They also have build-in protective mechanisms that will become evident when they feel frightened or threatened. On the flip side, children may often act like prey or behave in threatening or provoking ways. Responsibility falls not just on dog owners but on parents too, to ensure safety for both animals and children.

Besides the obvious limits of not poking, pulling, hitting, kicking, or yanking a dog, here are some important rules to teach your child:

- ◆ Never approach an unfamiliar dog.
- ◆ Stay perfectly still when around an unfamiliar dog or one who is approaching.
- ◆ If knocked down by a dog, roll into a ball, cover your face and stay still.
- ◆ Don't pet a dog if the owner is not around.
- ◆ Don't pet any dog who is on a chain, tied to anything, behind a fence or in a car.
- ◆ Don't pet a dog who is backing away or looks frightened.
- ◆ Don't move quickly near a dog.
- ◆ Don't ever run from or scream at a dog.
- ◆ Don't pet a growling or barking dog.
- ◆ Don't play with a dog unless an adult is supervising.
- ◆ Don't try to play with a dog unless he has been allowed to sniff you first.
- ◆ Don't hug a dog or try to kiss his face.
- ◆ Do not stare at a dog or look directly into his eyes.
- ◆ Don't grab at, hit or chase a dog.
- ◆ Don't bend over or step over a dog.
- ◆ Never disturb a dog who is sleeping, eating or caring for puppies.
- ◆ Never leave an infant or young child alone with any dog, even if it is the family pet.



◆ If you believe that a dog is about to attack, put something between yourself and the dog, such as a bicycle, backpack or whatever.

In warmer weather, it is a sure bet that children as well as dogs will be enjoying the outdoors. Dog bites can often be prevented by using your dog-smarts. Hopefully, these tips will help ensure that encounters remain positive and safe. For more information, go to the American Veterinary Medical Association website at <[www.avma.org](http://www.avma.org)> or contact Sharon Granskog at 847-925-8070. Make educating your entire family about dog bite prevention a priority.

## Camas Winery



Local wines by  
the bottle & glass

**Tasting Room  
& Wine Bar**  
Noon-6:30 pm  
Tues - Sat

110 S. Main  
Moscow  
882-0214

## Artists' Opening Reception

By Rose Graham, Co-op Art Coordinator

A wide variety of watercolor artwork produced by students of Linda Wallace will be on display at the Moscow Food Co-op Art Gallery, June 21 through July 18, 2002.

The opening reception will be Friday, June 21, 5:30pm to 7pm at the Co-op. The students represented are residents from all over this region, and many have been studying with Wallace for a number of years.

Artists wishing to submit artwork for future exhibit, please contact Rose Graham at 208-892-8432 or [rterrydgraham@hotmail.com](mailto:rterrydgraham@hotmail.com)

## 11th annual Jackson Hole Writers Conference

### Registration now open

June 27 through June 30  
1-877-733-3618

sponsored by the University of Wyoming

## Artists' Opening Reception

Friday, June 21, 5:30pm to 7pm  
at the Co-op Deli

Watercolors by students of Linda Wallace

## Free bike ride and stargazing event

July 13, 9pm

meet at Mountain View Park  
telescopes provided

## Mid-week Growers Market

Begins June 12  
Wednesdays 5pm to 7pm  
Co-op parking lot

Local organic fresh produce – grower to you!

## 1st annual ScapeFest

Celebrate the garlic scape with MaryJanesFarm  
free samples of garlic scape pesto at Farmers  
Market, 882-6819

## 2002 Summer Education Series at Phillips Farm

Tues., Wed., Thurs., June – August

PCEI in partnership with Latah County Parks and Recreation will host a 2002 Summer Education Series at Phillips Farm. The daytime series will run Tues., Wed., Thurs., June through August and will serve students that attend the Moscow School District Adventure Club program. <http://www.pcei.org/education/pfsummer2002.html>

The Tuesday evening series will serve Latah County students (and their parents) grades 3-6 that do not attend the Adventure Club. 882-1444

## A Vigil for Peace

PEACE and JUSTICE MAKERS, come stand with us at the Vigil for Peace held each Friday in FRIENDSHIP SQUARE, Downtown Moscow, anytime between 5 & 6:30 p.m. People come and go in this mostly silent time. Poems, readings, musical contributions welcome and encouraged during breaks in the silent time.

We are people of different religious faiths as well as no particular religious faith. We represent no particular political party, but we join with people worldwide committed to justice for all peoples and non-violent resolution of conflict. We invite you to make a visible public statement with us. Questions? 882-7067.

## Susan Atteberry Art Show at Moscow Food Coop

May 17-June 20, 2002

## If you are from Moscow

Subscribe to the Moscow Community News on issues) make check to check to Bill London Moscow ID 83843

## Moscow Co Book Club

Thursday, June at the Moscow

The humor of regional McManus is the next

open Community Book Club, Thursday, June 13, 7:00 p.m. at the Moscow Public Library.

**The book to read:** "Into the Twilight, Endlessly Grousing." All are welcome. Copies of the book are available through any library of the Latah County Library District or at a discount at Bookpeople.

## Rural Roots Farm

Rural Roots will be hosting a tours this summer, the first June 15th. From 9:30 a.m. will start at the Earl Enos be Colfax, WA. A catered lunch the ranch after the tour. The move to Sara and Joe Delor and grain farm in St. John, miles away from Colfax. What farms for yourself? Then register now! Cost is \$15 for Rural Roots members and \$20 for non-members. Make checks out to Rural Roots and send it, along with your name, address, phone number, e-mail address, and whether you're a member or non-member to Rural Roots, PO Box 8925, Moscow, ID, 83843. Call 509-332-8235 with any questions.

## WSU Extension Engaged: Herbicides in Compost

June 12

**Featured guests:** Dave Bezdicsek and Mary Fauci from the Department of Crop and Soil Sciences and Dan Caldwell, compost manager for WSU

**Location:** T-101 in the Food Sciences & Nutrition Building, WSU Pullman

Time and videostream details to be posted at <http://caheinfo.wsu.edu/video/satellite.html>

## Farmers Market music

Friendship Square, downtown Moscow

9:30am to 11:30am

June 1: Lewis-Clark State College Jazz Band

June 8: Two Dollar Bills

June 15: Darin Schaffer

June 22: LaRae Wiley Trio

June 29: Moscow Arts Commission Band

Special Collections Library  
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