

March 2002

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op



## 2 for 1: The Annual Membership Meeting and The Reality of Genetic Engineering

by Kenna S. Eaton, General Manager

The Moscow Food Co-op's Annual Membership Meeting will be held on March 28 at the newly remodeled 1912 Community Center in Moscow. Starting at 5:30 p.m. will be a members-only business meeting with treats provided by our deli staff. At 6:45 the doors will open to the public for our first-ever Forum on Genetic Engineering from 7 to 9 p.m.

Ask people what they know about Genetically Engineered Food (GE) and chances are they won't know much, if anything. A recent survey showed that only a third of Americans are aware that Genetically Modified Organisms (GMO's) and GE Foods have infiltrated our food chain. Nearly half simply don't believe it.

This disbelief and lack of awareness isn't surprising, given that the US government has paved the way for a quiet invasion. Federal agencies have done this by actively promoting the genetic engineering of food crops while opposing mandatory labeling of GE products.

Today, GE crops blanket one-fourth of American farmland, more than 90 million acres. Tests have detected GMO's in fast foods, baby formulas, corn chips and even veggie burgers.

But as more and more Americans discover the story behind and beyond GE food, they are rapidly demanding something different. Recently, McDonalds, the world's largest purchaser of potatoes, bowing to public demand, declared they would no longer purchase "New Leaf" GE potatoes for their French fries. And Trader Joes,

one of the largest Natural Food Marketers, also announced they would no longer allow GE products in their private label line. However, it is important that we continue to educate ourselves about the possible impacts of GE on our environment, our food chain and our families.

Moscow Food Co-op, along with Rural Roots, is sponsoring a panel to discuss Genetic Engineering. Four panelists have consented to join us right after the Annual Membership Meeting: Steve Jones, a wheat researcher from WSU; Phil Berger, UI Plant Science Professor; Jill Davies, stream ecologist, organic gardener, and food safety activist; and Mark Hegg, a "practical farmer" from Palouse, Washington.

Moderated by Charlie Powell, the panel will start with a 20-minute presentation by each of the panelists, followed by an hour of questions and answers. The forum is open to the public and we encourage everyone to attend. We can only create change by speaking loudly. First it's important that we be both educated and knowledgeable about genetic engineering.

So, come join us Thursday, March 28<sup>th</sup> at 5:30 for finger foods (members only) and mingling followed by a short business meeting. At 6:45 the doors will open to the general public, and at 7 p.m. we'll start the panel discussion.

I hope you all will consider joining us for a lively evening of education, discussion, and perhaps even a reality check.

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# Community News



## Yet Another 'MAD' Crazy Day

by Kenna S. Eaton, General Manager

Monday, February 18, might have been Presidents Day for most Americans, but for Moscow Food Co-op members it was our third Member Appreciation Day (MAD, for short). Since it was a national holiday, most everyone in Moscow had the day off and many of them showed up at the Co-op as soon as the doors opened at 8 a.m. Rapidly the noise level increased, the members perused the aisles looking for bargains, and the products started flying into the carts. Some members came armed with lists and knew right away what they wanted; others took their time checking out those items they don't normally buy but if the price was right

they might. By lunchtime the cashiers were feeling slightly overwhelmed but still cheerful as the next crew came in to cover the lunch breaks. All day long members filled up their baskets, some to overflowing, and saved up to 10% on their total purchases.

All in all, we had slightly over \$17,000 in sales—about 3 times the normal amount for a Monday—and we gave away \$1440 in discounts to members. Thanks for coming down and joining in the fun. We'll be sure to give you plenty of advance warning before the next MAD day, but it's never too early to start your "wish list" for next time!



## Valorous Volunteers

By Annie Hubble and Janna Jones

Volunteer coordinators

Hello dear volunteers! Signs of Spring are upon us: snowdrops have been sighted in bloom, birds are making a raucous sound—it is so good to see them twittering around again—the days are getting longer and warmer, and once again the earth is tilting and hope returns of warmth and sunshine. At such a time of the year I think we all feel thankful and I want once again to thank you all for your hard work.

I especially want to mention a few people who have temporarily filled in gaps while others are away. Linda Canary and her daughter have been assiduously bagging fruit and chips while the Chins have been gone. Thank you, both of you, for your hard work. And thank you, Elizabeth for filling in a produce slot while Josh is recovering from an injury. We appreciate

those of you who, already trained, are willing to step in at a moment's notice, to help out.

I also want to apologize to those new applicants who are waiting for positions. At the moment all positions are filled, but we do keep all applications on file and as soon as openings appear we do call, in order of the date on the applications or in the case of suitability to a task. We do appreciate your patience. It is good to know that we have folks eager to help out with the daily workings of the Co-op.

So thank you all. Enjoy these first signs of Spring, and be assured we enjoy your smiling faces as you about your various tasks in the Co-op.

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## Word of Mouth

By Vicki Reich

Every year around this time my grandmother sends me a case of Honeybells from Florida. Honeybells are a wonderfully juicy cross between a tangerine and an orange and they make the best fresh-squeezed orange juice I've ever had. The sight of those orange globes got me wondering if the orange juices that we carry tastes anything like fresh squeezed, and if so, which of the five tastes the best. Of course I called in my trusty taste-testers, The Hog Heaven Handspinners, passed out glasses and began to taste.

First up was Cascadian Farms Organic Frozen Concentrate (\$2.99 for 48 oz.). This juice was at a distinct disadvantage since it was the only "from concentrate" juice we tasted. It was still good. It was the sweetest of the bunch, someone thought it tasted a little like Tang or like the juice you get on an airplane, but I thought it was definitely a step above. It was sweet with no acidity and no pulp. We all thought it would be a good one for kids.

Horizon Organic Orange Juice With Pulp (\$5.75 for 64 oz.) was next in the blind taste test. It had a slightly nutty flavor (in a good way) and tasted more like fresh squeezed. It had a good amount of pulp and was sweet but not too sweet.

Next up was the new Columbia Gorge Organic OJ (\$2.35 for 16 oz.). This was the most like fresh squeezed and was the favorite of the group. It was more acidic and less sweet than the previous two and had nice body and aroma. Also new to the Co-op OJ line-up was Naked Just OJ (\$2.25 for 16 oz.). This is the only non-organic orange juice the co-op carries. It was the least sweet of the bunch and consequently the most acidic. It was very light bodied and several of us agreed it would mix very nicely with vodka.

Last but not least was Organic Valley No Pulp OJ (\$5.35 for 64 oz.). This had a nice, fresh-squeezed taste that was not too sweet with a nice bite and was my second favorite.

What we discovered is that you can't really go wrong with any of the orange juices the Co-op carries. If I were in the mood for just-squeezed juice, I'd probably choose the Columbia Gorge but I would certainly keep a can of Cascadian Farms in my freezer for emergencies, or a carton of Organic Valley for those weekend brunches. Of course, for truly fresh squeezed taste you'll need to get yourself some fresh, organic Valencia oranges and squeeze them yourself. Or better yet, get your grandmother to send you some Honeybells from Florida. They're the best.

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## Welcome!

By Laura Long,  
Membership Director

Thank you all for taking the time to cast your votes for our newly elected Board of Directors. The right to vote for your Board is one of the most important parts of being a member of a co-operative. It's your voice in action that lets us know in what direction you want your Co-op to proceed. Also, thank you so much to everyone who ran for the one vacant seat. It's really quite a change from the past, when it was really difficult to find people willing to volunteer their time in this way. I'm always impressed by the level of volunteerism that we see on our Co-op's Board.

Please don't forget that the next Annual Membership Meeting will be held on March 28<sup>th</sup> at the newly remodeled 1912 Community Center. We will be doing some work first at 5:30 p.m. with a business meeting and treats provided by our deli staff. Then there will be our first-ever Forum on Genetic Engineering from 7 to 9 p.m. Please come if you can. These meetings are always a great chance to meet the staff and the Board of Directors in person, and this year it will be a chance to expand your knowledge on one of this century's hottest topics as well. I hope to see you there!





## Oil ABC's

By Kelly Kingsland, Kitchen Manager

I found a lot of information on edible oils while doing research for this article. Each web site or book that I read gave concise descriptions of the differences between mono-, poly-, and super-poly-saturation levels, as well as in-depth chemical breakdowns of healthy vs. unhealthy cholesterols. But while this was all interesting information, my motivation for writing this article was to gain, and share, specific understanding about which oil to use when in the kitchen.

As one source stated, "fats are not just a food lubricant. They are a source of essential nutrition and flavor" In fact we need high quality oils in our daily diets to ensure good health. While I had certainly heard of "bad fats", I have been largely unsure of how to choose a "high quality" oil for kitchen use.

Oil quality is largely determined by the process used to refine it. How an oil is extracted affects its' nutritional quality because light, heat, and oxygen can destroy nutrients. Here briefly are the most common extraction methods: Expeller pressing uses mechanical pressure. The friction created using this method can generate temperatures as high as 185 F. Cold pressing is expeller pressing at temps below 120 F. Vacuum extraction is a recently developed method that extracts oils in a non-oxygenated, light-free atmosphere at temps as low as 70 F. Solvent extraction chemically extracts oils using petroleum solvents, destroying the oils' nutritional value.

Categorizing oils by their refining (or lack of) method can help us choose quality oils; unfortunately there is not just one perfect oil to stock in our kitchens. This results from the fact that the most nutritious, and flavorful, oils are not heat tolerant, and will breakdown if used for cooking. Meanwhile, heat tolerant oils provide fewer nutrients and less flavor.

Spectrum naturals breaks its oils into four usage categories based on heat tolerance, and conveniently compiles it into a handy chart (see side bar).

So, in our home kitchens as well as in the Co-op Deli and Bakery we need to have a selection of oils: from flax or Hemp oil, kept in the fridge, and added to cold foods, to super canola or high-oleic safflower oil for frying and searing. While the Deli has

long-stocked olive and canola oils, we will now add a high-heat oil for high temperature grillwork.

While risking over-simplification of oil types, refining processes and choices, I believe that by using the chart we can generally make good dietary choices. Keep in mind that current studies suggest that an ideal diet might provide 25% of calories from fats and oil. Meanwhile, excess consumption of saturated fats and the cholesterol found in animal fats has been associated with heart and arterial disease.

In addition, omega-3 fatty acids have been shown to protect the body from heart disease and some types of cancer. Flax, hemp, canola, walnut and soy oils are good sources of omega-3, and should be included daily in our diets. And (risking a plunge into over-complication) oils like olive, peanut, canola, and other high-oleic oils protect the body from heart disease by raising the blood level of HDL (good cholesterol), while consumption of oils like safflower and soybean (poly-saturated) lower our blood levels not only of LDL (bad cholesterol) but also of HDL.

Here at the Co-op we carry a wide selection of oils, both bulk and packaged, and you should have no problem finding some that fit your cooking style and health needs. For more information check out the Spectrum Naturals web site at [www.spectrumnaturals.com](http://www.spectrumnaturals.com). Generally, nutrition resource books offer quite a lot of information on oils. For this article I also referred to a brochure on oils published by the Madison Market in Seattle, Washington.

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## Spectrum Naturals Kitchen Guide

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BAKE CRISP SAUTE MEDIUM STIR-FRY MEDIUM WOK-FRY OVEN COOK	MED-HIGH	<b>MEDIUM-HIGH HEAT OILS</b> Semi-refined Mild Flavor Canola Grapeseed Walnut High-oleic Sunflower Safflower Sesame Soy Bean Sunflower
SAUCE LOW HEAT BAKE LIGHT SAUTE PRESSURE COOK	MEDIUM	<b>MEDIUM HEAT OILS</b> Unrefined Full Seed and Nut Flavor High-oleic Sunflower High-oleic Safflower Olive Corn Safflower Soy Bean Sunflower Peanut Pumpkinseed Walnut Sesame
USE THESE OILS AS NUTRITIONAL SUPPLEMENTS, DIPS AND DRESSINGS, OR ADD TO A DISH AFTER IT HAS BEEN REMOVED FROM HEAT		<b>NO HEAT OILS</b> Nutritional Full Seed and Nut Flavor Fish Blend Flax Evening Primrose Borage Hemp Black Currant Wheat Germ

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Bakers' Choice Bread  
Cornell White  
Pesto French  
Breakfast Loaf

**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

**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**

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Spicy Corn Loafettes  
Sour Rye  
Country White  
Kalamata Olive  
Seeded Sour



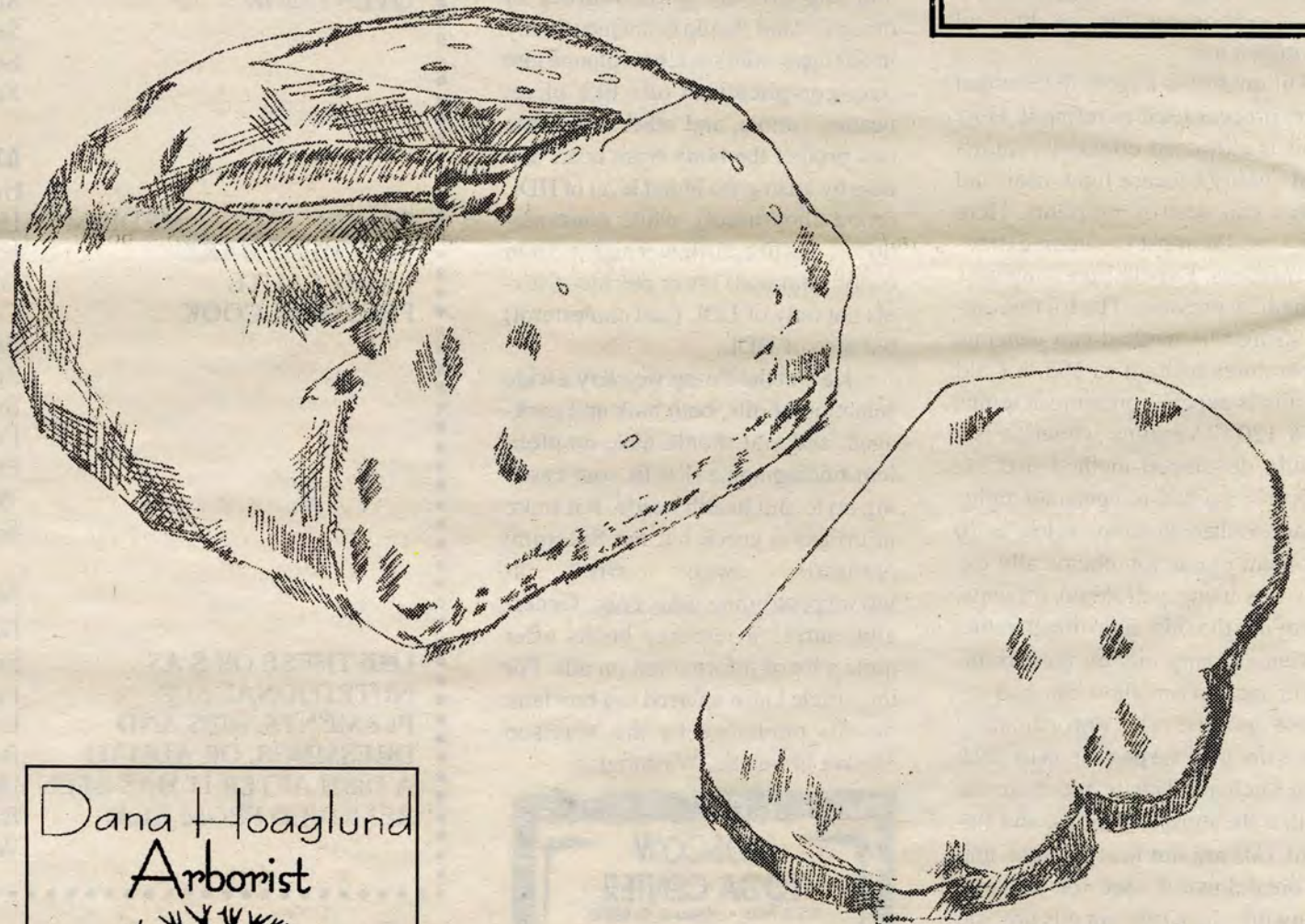
**Bakery Revolution**

By Kelly Kingsland,  
Kitchen Manager

Well, the revolution is only a matter of speaking. As you can probably tell from the beautiful breads that the bakery has been producing lately, the bakery is doing well. But in describing my desire to implement slow bread-schedule changes, rather than the historic seasonal turn-overs, Joseph, intrepid baker, and father of CARL responded "evolution instead of revolution?". Yes—that's it exactly.

While the most recent schedule change was revolutionary, my plan for the future is to slowly add the exceptional picks from the Bakers' Choice selections, while weeding out the slow sellers. This most recent change did include some dramatic deaths of some of the weak sellers, or otherwise "bad" breads. If you lost one of your personal favorites in this change, please don't take it personally. Our goal with this change was to fill the case each day with breads that all sell well, eliminating those that weren't universally popular either with the bakers or our customers.

So check out the new schedule, and look for its evolution during the coming months.



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# From the Suggestion Board

Can you get "Lizard Lips" lip balm. All natural, tested on friends, wonderfully, smooth, no petroleum! Thanks.

It's here.—Carrie, Personal Care Manager.

I would like to see an article about oils in your newsletter; e.g. best/worst for cooking or cold eating. I've just read that a lot of Indian cooking uses sunflower oil, but I don't know how to rate the oil for my cooking needs (frying, in salad dressing, nutrients, etc.)

Thanks for the suggestion. I'm going to write one for this issue. I've been interested, too.—Kelly, Kitchen Manager.

Gietost cheese, red box, Finnish, strange but yummy!

It's here.—Vicki, Grocery Manager.

It would be great to have risotto rice in bulk.

Sometimes I wish we could have a few more bulk bins. I was carrying Arborio rice in bulk but I just recently changed to sushi rice. So now I think I will discontinue one of the non-organic brown rices and bring back the Arborio. Look for it soon.—Vicki.

I loved the Brussels sprouts roasted w/good stuff. If you make them would you please call and let me know? I know you are busy but I thought I'd give it a try.

I'm sorry but we actually get a lot of requests for call when certain items are made. Enough that if we were to do it, it would be unwieldy. During the season, Brussels sprouts will be made often.—Kelly.

On sale items—put end of sale date on the tags. Monthly sale items seem to go off sale before the end of the month.

This is a great idea. It's true that sales don't always run from the first to the last day of the month. I will put the dates on starting this month.—Vicki.

Get Tofutti Cuties in berry flavor!

I'm sorry, we discontinued these due to slow sales.—Vicki

I think you guys are doing a fantastic job! Well Done!

We certainly never tire of hearing this, thanks.—The Co-op Staff.

Veggie slices cheddar flavor and Desert Essence Lip Rescue w/shear butter?

The veggie slices we carry have been out of stock for about a month, hopefully they will be back soon. Desert Essence Lip Rescue is now in stock.—Vicki and Carrie.

Please restock the PLAIN 8 oz. Brown Cow yogurt with cream at the top.

I'm sorry it was out of stock when you were here. We are still carrying it.—Vicki.

Please stock packaged pasta made from soy flour, Thanks.

I've carried this in the past but it was a very slow seller. We have soy penne in bulk.—Vicki.

Bring back Odwalla drinks, Future Shake and others—your replacement which I tried taste terrible—chalky, sour and spoil in the refrigerator more quickly than Odwalla's did.

I'm sorry you didn't like the Naked drink you tried. I'll admit that their protein shake is not nearly as good as Odwalla's but I think all their other flavors are very good. Give them a try. I can no longer get Odwalla, since it was our distributor's decision to change and not ours.—Vicki.

Could you try stocking Knudsen's creamed papaya on a trial basis? If not can I special order it?

I will try stocking it and see how it sells.—Vicki.

Could you try stocking tuna in olive oil? I'll be in your debt.

It just so happens that the makers of those great sardines, Blue Galleon, have come out with an outrageously good tuna steak in olive oil (and this from someone who really doesn't like canned tuna). As soon as it's available I'll bring it in.—Vicki.

I would like to see the salads and sandwiches at the deli be labeled with a date.

The servers have that information, please don't hesitate to ask.—Kelly.

Get whole wheat pita bread, please!

We have sprouted wheat pitas in the open face cooler in aisle four.—Vicki.

Can you get the dry Moroccan Mint tea from Honest Tea Co.? I love the ready-to-drink kind, but would love to make my own. Thanks.

Okay.—Vicki.

I loved the ww sourdough walnut bread—make more please!!!

It's on the new bread schedule on Fridays.—Kelly.

Scanners at the checkout. Price tags will never adhere to frozen food packages, no matter how hard you try. I think scanners would solve this and many other pricing inconsistencies.

God, do I agree with you. I have a little chant I sing on Wednesdays when we're in the back hand pricing (sometimes twice for sale items) seven pallets of freight. It goes like this: I want scanners, O yes I do, I want scanners, and I won't be blue... We have begun the search for a system in earnest. Make sure you let your board members know how you feel so when it's time to fork over the money, they know it's what the customers and the staff want.—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.

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

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

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

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# Business Partner Profile: Movement Improvement

by John Pool

A visit to Moscow's Movement Improvement Feldenkrais® Center, at 520 1/2 South Main, Suite 2, can be a very revealing eye-opener.

Over a lifetime we all acquire physical movement and posture habits. They very often become so ingrained that we are unaware that they exist, but exist they do, often to our detriment. Like the bad habits we know we have, the ones that are there, but hidden, can be very limiting.

It's the job of Tom Bode, Feldenkrais practitioner, and Elisabeth Berlinger, Feldenkrais practitioner-in-training, to see these habits and suggest ways in which we can unlearn our bad habits and open ourselves to a whole realm of new possibilities.

Learning to improve and explore new ways to move are hallmarks of the Feldenkrais Method®, named after Dr. Moshe Feldenkrais. Development of the method grew out of personal experiences in the 1940s when Doctor Feldenkrais, who had experienced a crippling knee injury, used his knowledge of physics and mechanical engineering in the recovery process. Teaching himself to walk without pain in spite of his injury, Feldenkrais came to understand that body movement influences mental processes so that learning to move differently can help lessen stress and tension and help expand creativity and problem-solving potential.

The Feldenkrais Method has evolved into an approach that stresses both group and individual discovery and practice. Group learning is done in Awareness Through Movement® (ATM) lessons where an instructor verbally guides students through sequences of gentle movements. On an individual level, there is one-on-one involvement of the practitioner and

Associate, she is eligible to teach ATM lessons but will not be qualified to offer FI lessons until she has her certificate. At the Movement Improvement Feldenkrais Center, group lessons are offered Tuesdays and Thursdays at 12 noon and 7:30 p.m., with individual lessons by appointment. Drop-in lessons are \$8; a series of 5 lessons or more are \$7 each. Co-op members receive 40% off their first individual lesson, and get their first group lesson free.

While certification offers the assurance that the practitioner has met a certain level of competency it is not the end of the practitioner's educational process. As do the nine other

certified and student associate practitioners in Idaho, Bode and Berlinger are continually engaged in adding to their knowledge and understanding of the Feldenkrais Method. A by-product of the effort to keep their certification current is the confidence to expand the center's range of educational offerings. This year the Movement Improvement Feldenkrais Center will offer workshops on improving posture, back pain, skiing, breast cancer recovery, and other topics.

The Feldenkrais Method has a number of adherents in the nation's centers of the performing arts like New York City. By improving their knowledge about how the body works

and what it can do, dancers are better able to use body movements that are expressive without being harmful.

Just as those in the performing arts, athletics and the healing arts have come to see the benefits of Feldenkrais Method lessons, Co-op members and others in and around the community will be able to enhance their quality of life by seeing what the Movement Improvement Feldenkrais Center has to offer. The Center can be reached at (208) 883-4395.

*John Pool is constantly amazed at the diversity of talent in the Moscow business community.*





# Customer Profile: Liz Sullivan

by Katy Purviance

It's the hottest day of the year. That means it's almost fifty degrees, so far. It's practically summer and everybody's out and about. Looking around the Co-op I can see a microcosm of our Moscow population milling about. It's Member Appreciation Day and everyone's 'mad' for the discounts.

List in hand, Liz Sullivan's checking out the non-dairy milk. This is always a difficult decision for me too: Rice or oat? Soy? Low fat or just the regular, healthy kind? Regular-flavored or the vanilla or the chocolate? The heat is making me feel a little south-of-the-bordery, so I ask my comrade of non-dairy-milkness, "Que pasa?"

Liz turns to me, smiling, "That's the name of my favorite chips!"

Whoa.

"Where?" I have to see.

She leads me over in the next aisle and finds a bag to show me. She loves them, I can tell. But it's the Terra Chips that do it for me. A yam in chip form? What could be better? Wait, no, I think they're sweet potatoes. No matter. Whatever it is, it's tasty. And that's how Liz feels about pretty much everything in the Co-op.

"Everything I want," she pauses, "is here." I think that kind of contentment usually comes only after years of practicing Zen. It's almost like she can read my mind because next she tells me, "I've been coming here since the very beginning."

I've only been in Moscow for six years. To me, the Co-op always was, is, and shall be. That's how lucky I am. But I ask her, "When was that?"

She smiles at the naivete of youth. "Twenty years. At least." We return to the milk aisle because important decisions still await.

Liz worked with an internship program over at the University, but now she's retired. I tell her how I'm a volunteer here and her eyes light up in recognition. "I was actually a volunteer back when the Co-op was over on Washington. I had a surgery and I needed to be around people, so I cashiered. I loved it, but the place was so crowded! I told them, 'We have to have more space!' So I joined the Building Committee." She smiles with pride. "I was instrumental in the move to this building." I thank her. We all

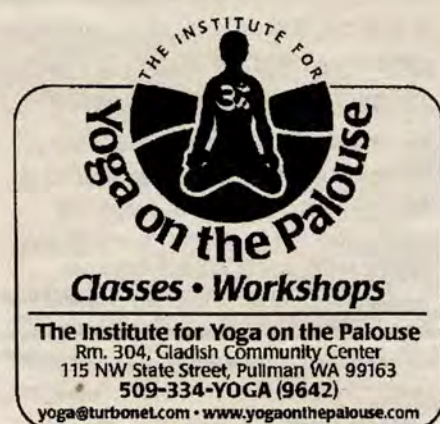


appreciate it.

We go back to studying the milks, trying to decide. "What I really need to get is water," she tells me, tapping her empty gallon jug. I also notice greens in her basket and suddenly a salad sounds good.

But first, I grab a carton. Chocolate. Definitely.

*Now that it's practically summer outside, Katy Purviance spends a lot of time outside, riding her beautiful red bicycle all over town. Long live the bicycle!*



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# Staff Profile: Bridgette O'Dwyer

by Julie Monroe

Bridgette O'Dwyer has worked in the Food Co-op Deli since she was a sophomore at the University of Idaho; she is now a senior and will graduate this December with a degree in Elementary Education. During the past three years that Bridgette has worked at the Co-op, I hope you have had the pleasure of hearing her laugh. It is awesome, in the truest sense of the word.

The laugh, which bubbles forth frequently, especially when she's gently making fun of her choices in life, is so rich it nearly seems nearly tangible. Hearing Bridgette laugh is like hearing a sound in nature, like the rustle of the leaves of cottonwoods or the gurgle of water pooling in a mountain creek. It makes you smile and be grateful for the moment. Perhaps Bridgette's laugh – so evocative of natural settings – is a reflection of the affection she feels for wilderness, particularly that surrounding her home, Fernwood in Benewah County, Idaho. But when the 22-year-old Bridgette is in the wilderness, she generally won't be found relaxing or devoting time to contemplation but to clearing trails and fighting fires.

Bridgette is no stranger to strenuous physical activity. As a student at St. Maries High School, she competed in volleyball, and had it not been for an ankle injury she sustained during her senior year, she says she probably would have gone on to play at the collegiate level. The need to be both strong physically and in the outdoors probably explains why Bridgette works for the U.S. Forest Service during summer breaks. For the past three summers, she has worked out of the Avery Ranger Station, progressing from cleaning campgrounds to clearing trails with a crew of horses. Clearing trails in the remote areas of the St. Joe National Forest is hard work, and considering that for eight days during every two-week period, her only companions are her two coworkers (Eva

and Casey), four horses and two mules, Bridgette says she loves the work. Before she started working on the crew, Bridgette knew nothing about horses, with the exception of a Shetland pony she owned as a child. Now, she says they are the "neatest creatures to work with," but adds that



they "each have their days."

As if clearing trails wasn't enough of a physical challenge, Bridgette also fights forest fires. In 1999, she jumped at the chance to patrol fire lines within the St. Joe National Forest, and in the summer of 2000—one notorious for the number and severity of forest fires in the West – she worked on fire crew for nearly a month.

Working out of Avery during summer break works well for Bridgette because it gives her the chance to be close to her family. Born in 1979 in Kansas City, Missouri, to parents who were into the "hippie scene," as Bridgette puts it, she and her family, including older brother Tyler, moved to Fernwood when she was a small child. With the exception of the baby of the family, 15-year-old Riley, all the children of Bridgette's parents, Joanne and Roger O'Dwyer, were born at home. Bridgette has one other brother, Shawn, who is a student at North Idaho College in Coeur d'Alene.

Moscow's proximity to home was just one of the reasons Bridgette decided to go to college at the University of Idaho. For Bridgette, as for

many Idahoans, the in-state tuition makes UI financially attractive; another reason, however, involved "young, stupid love," to use her own words, and yet another had to do with change. Bridgette says she is uncomfortable with transitions; if there's too much change, she says she gets

"frazzled." To cope with this, she takes things slowly and stays focused on the "important things," namely family and friends.

With the end of her college career in sight, Bridgette says she is beginning to comprehend that the friendships that have supported her the past four years change as everyone goes their separate ways. She also says she will not make a "sudden change" in her life once she has graduated and completed student teaching. She doesn't have a specific vision in mind for her future but does hope to be able someday to combine her love of wilderness with her training as an educator. Whatever Bridgette's future brings, as long as she retains her willingness to laugh at herself, it should be as bright as the sun-soaked surface of the silky St. Joe during the hottest summer day.

*Bio: Like Bridgette, Julie Monroe grew up in a small logging town in Northern Idaho. Unlike Bridgette, she did not play competitive sports because sporting activities, other than intramural ones, were not made available to girls until Title IX of the Education Amendments of 1972 was passed. Julie graduated from Sandpoint Senior High School in 1973. Title IX, which was modeled on Title XI of the Civil Rights Act of 1964, prohibits sex discrimination in federally assisted education programs.*

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## Personal Care Corner: Kava Caution

By Carrie A. Corson

There have been recent reports that allege that the herb Kava Kava, which is most commonly taken for relaxation, may cause liver damage. There is very limited information available about these reports, and there may be other factors involved in those individuals who have been found to have liver damage.

Federal health authorities in Germany, Great Britain, Belgium, and the United States are now evaluating these reports. As a result of these reports several manufacturers including Vitamer Labs, which produces the Moscow Food Co-op label, and Nature's Life have removed kava from their product lines.

After reviewing available information from these reports, the Co-op has voluntarily elected to suspend sales of products in which Kava Kava is the main ingredient. This will include herbal capsules, tinctures, and teas. At this point, all of the reports of liver damage have come from users of highly concentrated Kava Kava.

We will continue to offer a few herbal formulations that include kava in a much less concentrated form. However, there will be shelf tags that identify Kava as an ingredient.

The American Herbal Products Association (AHPA) and the American Botanical Council urge consumers who continue to use kava to consider the following information:

\*There have been rare reports (presently 30) where kava was used by individuals who experienced liver damage, sometimes serious.

\*That these case reports have not yet been fully evaluated by the health authorities through recognized or accepted scientific processes; many reports contain extremely limited information.

\*That most of the case reports involved individuals who were reported to be taking one or more medicines at the same time as their use of kava.

\*That all of these reports appear to be associated with concentrated extracts of kava rather than with raw kava root, traditional kava beverages, or dilute products such as kava tinctures.

\*That the sales of all kava products (except certain homeopathics) have been voluntarily suspended in Great Britain and by action of the federal health authorities in France,

and an acetone extract of kava has been removed by the Swiss health authorities.

\*That the AHPA and other trade associations are supporting scientific review of these case reports and other data and are considering whether additional scientific evaluations of kava should be undertaken.

\*In addition, in the interests of caution, the following information should also be considered by consumers of products containing kava:

\*\*Do not use kava if taking prescription and or OTC drugs, or alcoholic beverages.

\*\*Consult with a health care practitioner if intending to use kava routinely or on a daily basis.


\*\*Discontinue use of kava and seek medical attention if any symptoms of jaundice (nausea, fever, dark urine, yellow eyes, etc.) occur.

The considerations listed above are based on the information that is presently available and that is still being evaluated.

Until the emergence of these case reports, kava has been reasonably expected to be safe when used responsibly. Kava beverages have been used in most South Pacific cultures for centuries. Kava is now widely sold throughout the U.S. and Europe and has been the subject of numerous scientific reviews.

The recently reported cases referred to above will need to be thoroughly evaluated before new conclusions can be drawn as to any relationship between the use of kava and liver disorders.

I will continue to monitor this situation carefully and when more information is available, we will re-evaluate the decision to suspend sales of most kava products. If you have any questions regarding kava please do not hesitate to ask a Co-op staff member.



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**Large & Small Animals**

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



## The Buy Line

By Vicki Reich

As I watch the snow melt drip off the roof of my house, and the sun shine on my garden, I can't help but get a little touch of spring fever. I know it will probably snow again before winter is truly over, but I'm enjoying the warmth and sun while it lasts. The other thing that's got me thinking about spring is the holidays that are coming up. Easter and Passover are fast approaching along with their requisite feasts. The one thing both feasts traditionally have in common is lamb, and it just so happens the Co-op is now carrying local, naturally raised lamb.

If you read my columns regularly (which I'm sure all of you do), you'll know that I'm an avid knitter, spinner, and weaver. I often talk about the Hog Heaven Handspinners, my illustrious taste-testing crew, and it is from one of these spinners that we are getting the lamb we have for sale. Kate Painter has been raising sheep in Colfax, Washington, for hand-spinning wool since 1990. Then the other day she called to see if the Co-op would be interested in carrying her lamb. I've personally been buying a lamb from her for the past couple of years and I jumped at the chance. This is like no other lamb I've ever eaten. Even my mom, who is a bigger food snob than me, thinks it's the best lamb she's ever had (and she lives in New Jersey, where there is a lot more than one good restaurant in town).

What makes it so good? Besides the fact that these lambs are well-loved by Kate, her husband and two little girls, they are not given antibiotics or growth hormones, they feed off grass that is not sprayed with chemicals for most of their lives (they are given some conventionally grown hay in the winter), and they are slaughtered between 6-9 months of age.

Most lamb you get in the store is slaughtered as late as a year old and tastes like it. If you've tried lamb before and thought you didn't like it, give Kate's lamb a try. I know I've personally converted several lamb haters to lamb lovers when I serve my favorite leg of lamb recipe made, of course, with Kate's lamb.

The Co-op is carrying leg of lamb, rack of lamb, lamb chops, and

lamb sausage. It is all available in the freezer. If your spring holiday meals don't usually include lamb, give it a try this year and it may become a new family tradition.

### Vicki's Favorite Leg of Lamb Recipe

- 1 leg of lamb (3-4 pounds)
- 3 cloves of garlic, thinly sliced
- olive oil
- 2 Tbsp. dried thyme
- 2 Tbsp. dried rosemary
- 2 Tbsp. fresh ground pepper
- 1 tsp. ground coriander
- 15 smallish Yukon gold potatoes, cut in wedges
- 2 sprigs fresh rosemary, chopped
- Coarse sea salt

Preheat oven to 425 F.

Cut little slits all over the leg of lamb and insert the slivers of garlic (I cut and insert as I go, so I don't lose my place). Rub lamb with olive oil. Mix thyme, dried rosemary, pepper, and coriander in a bowl and pat mixture all over lamb. Set lamb in a large roasting pan.

Toss potatoes with olive oil to coat then toss with fresh rosemary and salt and pepper to taste. Arrange potatoes around the lamb and roast for 30 minutes.

Stir the potatoes gently and turn the heat down to 375 F for about 30 minutes. A meat thermometer should read 120°F when it first comes out of the oven. Cover and let it rest for 15 minutes (temp should be 135-140°F), then carve and serve with the potatoes. Yum!



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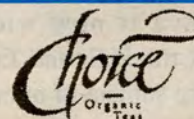
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# Volunteer Profile: Tim Dalton and the Mysterious Granola Elves

By Kajsa Eagle Stromberg

I was walking along a Moscow street over the weekend just enjoying the sunshine and the cool, fresh air. Suddenly when I looked up, I realized I'd somehow wandered into a shaded forest glen. Well, I thought to myself, this looks like a fantastic place to sit down for a snack. Out of my knapsack I pulled my bag of granola, fresh from the Moscow Food Co-op. Mmmm... Three kinds of nuts...and coconut chunks...everything sweetened all naturally with apple juice and honey.

I had just settled in, crunching away on my granola, when a figure appeared from behind the trees. As the figure approached, I saw it was a man - possibly a wizard! He was wearing billowing robes and had a crazy, wild beard. Actually when I think about it now, he wasn't wearing a billowing robe, he was wearing a white karate outfit. I sat there with crumbs of granola falling from my gaping mouth.

He began to speak, "I see you are enjoying some granola." I nodded.

"Well, let me tell you a story about where that granola comes from. You probably haven't been around long enough to know this story and

it's my duty to share it.

A long time ago, possibly centuries, the Co-op bakery was in another building. In the old building, the bakers had to carry all of their baking supplies far up the rickety stairs into the old garret where they did the baking. During the evening and into the night they would slave away at their ovens and cutting boards, stirring flours and sugars and rolling out dough.

After all of the cookies and breads were finished, the bakers would begin to bake the granola. Often, however, the bakers would be so exhausted after their hauling and baking that they would actually fall asleep and the granola ingredients would be left untouched on the table.

The next morning in the store, the bakers would face an angry mob of granola-hungry customers and staff. The bakers were very upset and promised to do better, but night after night the exhausted bakers would fall asleep in the tower, leaving the granola unmade."

I had tears in my eyes hearing this story. Granola not made? And those poor bakers...they tried so hard. What could be done?

The karate man continued, "Well, one night the bakers fell asleep after all the cookies were baked and they were all snoring away in the garret. The night was dark and the wind was blowing from the south, blowing the sweet aroma of fresh peanut butter-chocolate chip cookies out into the night. The sound of little feet came scurrying up the tower

stairs and a whole group of elves in brown and green appeared at the kitchen door.

They surveyed the scene before them and set to work baking granola according to their ancient recipe. They disappeared before morning, leaving fresh granola and only taking peanut butter-chocolate chip cookies as payment. Ever since then, the elves have appeared at night, baking granola according to their recipe and only taking one cookie apiece as payment. The bakers are happy, the customers are happy, the elves are happy, and now my friend, you too are happy."

I just had one question after hearing this amazing tale: why were there no raisins in the granola?

"Well you see, the raisins are left out so that each person can add their own fresh raisins right at the table."

I thanked the man for sharing the story and he told me I only had to pass the story on. We must make sure that with all the changes at the Co-op, that the elves are still paid their peanut butter-chocolate chip cookie, preferably with semi-sweet chocolate chips.

And then suddenly I was back on the street in Moscow walking down the sidewalk blinking in disbelief. As I walked along, I ran into my friend Tim Dalton, a long-time Co-op shopper and volunteer and known fan of peanut butter-chocolate chip cookies. I told him about my strange experience.

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*Kajsa Eagle Stromberg dedicates this article to her uncle Pat Planagan who is a funny short story writer and a cookie fan as well.*

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# Circles of Caring: Adult Day Health in Moscow

by Lisa Cochran

Circles are a metaphor which aptly defines much of the world around us. An appealing geometric symbol, they signify a continuum where beginnings and endings blur with no single point superlative to another. When I went to visit the new Adult Day Health facility, I learned why the phrase 'Circles of Caring' was embossed on their front door. This new aspect of Gritman's extension into the community fills a much-needed service to area families caring for their elders. It does this with a program that enhances life and promotes optimum health for our aging population, while providing education and support for families and the community-at-large. The result is overlapping circles of caring which benefits and brings relief while introducing new opportunities for us all.

Adult Day Health is the first and only facility of its kind in the state of Idaho, providing a wide range of services coupled with an active treatment program for vulnerable adults and the frail elderly, and a safe, supportive daytime program. Opening just last August, Adult Day Health offers a slower, quieter pace with a myriad of activities and regular medical monitoring for participants. This program not only gives elderly family members something interesting and meaningful to do, but allows caregivers a much-needed respite. Just as important, Adult Day Health offers a cost-effective means of enhancing the quality of life of the frail elderly and their families, while delaying or preventing the need to prematurely place them in a nursing home.

Resulting from a Rural Health Outreach Grant and an incredible amount of planning, building, and preparation, Adult Day Health is an alternative to more expensive care facilities. Serving both Whitman and Latah County, the staff can even have people transported from Lewiston and Clarkston to use their services. Costs may be covered by Medicaid and VA benefits or from private pay with a sliding fee scale in some cases.

Adult Day Health is a comprehensive program of care not based solely on a social model of interaction, but

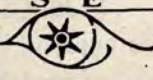
is coupled with a medical model aimed at maintaining and/or improving physical and cognitive functioning of participants. Staff include a medical social worker, registered nurse, and an occupational therapist. Daily routines include music, exercise, crafts, and food preparation, plus activities of daily living. Lunch is served every day, and most participants drop in 2 or 3 times a week. There is also some flexible scheduling with extended hours available. Because it is a new service to the community, Adult Day Care still has openings for participants.

Director Sharon Benson explained that more and more people these days are caring for their children as well as one or both parents, making them what she calls 'the Sandwich Generation.' Also, given that life expectancies and medical technology has shifted the age of the entire population, what you increasingly find are old people caring for even older parents. Such is precisely the situation with Wilma, who spoke with me at the center. Wilma wears many hats: she is a mother and grandmother, but she is also a daughter who is taking care of her mother. After her father's passing, Wilma brought her mother to live with her after she noticed her begin a noticeable decline in physical and cognitive abilities. At Wilma's age of 71, bringing her 95-year-old mother to live with her was a huge undertaking. In a short time, Wilma began to feel the stress of her full-time task. She told me that for her, Adult Day Health is nothing short of a godsend. Her mom has shown marked improvement since going to the center. Better still, Clara's attitude has made a full turnaround—whereas she used to have little reason to get out of bed, Clara brightens up on the days she gets to go to Adult Day Health. And Wilma gets a much-needed break. Once there, Clara can choose to help make soup, bake bread, exercise, play a game, or make something for her grandchildren and great-grandchildren. She feels useful again. Without Adult Day Health, Wilma is not sure how either of them would be faring.

Sharon Benson credits the success of the center to a tremendous staff, dedicated volunteers, and the remarkable donations of time and materials from the community. Her wish list still includes things such as art or crafts items, kitchen utensils, figurines, decorations, pictures, CDs and anything that might enhance the center or its programs. She hopes to someday buy the building Adult Day Health now leases, so that the facility can be enlarged to accommodate more interactive opportunities.

If you have a loved one living at home in need of activity, change, or just a great place to hang out and meet other people, call Adult Day Health at (208) 883-6483. Take a tour of the facility. Bring an older person in your life that could benefit from this facility. If you don't have a senior to bring, just come play cards, bring a puzzle, play an instrument, work in the garden, or volunteer to help with scheduled activities. Consider adopting a local 'grandparent.' Research indicates that having a connection with the elderly is an important part of socialization. Positive, stimulating experiences and inter-generational contact goes both ways to enrich us all and keeps our circles of caring growing.

Lisa A. Cochran is a long-time Moscow resident.

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# Cooking

## Marinades

By Pamela Lee

In July, I bought a gas grill. I've so enjoyed the distinctive taste of grilled food that I've continued to employ the grill beyond the conventional confines of the summer. As long as the wind is not prohibitively swift (so that the fire might spread), when my palate moves me, I've been enjoying the pleasure of gas-grilled meals this winter. And, as one thing leads to another, I've also been investigating the unctuous pleasure of marinated dishes. Marinades can impart tremendous flavor without the high calorie count characteristic of heavy sauces. If you are not inclined to brave the elements when cooking, marinated food need not be relegated only to the grill.

Marinades are easy to make. They are typically concocted of an acid ingredient, plus oil, and a combination of flavorful spices and aromatic ingredients. The acid ingredient in a marinade softens or denatures the food's tissue. Wine, vinegar, fresh citrus juice, and yogurt can be used as the acid component. The oil in a marinade provides moisture and can, depending on which oil is used, also provide flavor. Canola, grapeseed, and safflower oils are all rather neutral tasting. Extra-virgin olive oil, sesame oil, peanut oil, and cold-pressed nut oils have distinct flavors that will affect the marinade's final symphony of flavors. Be sure to take the oil's character into account if you are concocting your own recipe, or substituting one oil for another. There are so many aromatic elements to choose from when making a marinade – garlic, shallots, ginger, herbs (fresh or dried), citrus zest, spices and spice mixes, hot

peppers, liquors, capers, honey, molasses, prepared sauces (such as Worcestershire, soy, or hoisin), anchovies, and so on.

A successful marinade works as an emulsion. If the oil ingredient is not suspended in liquid in an emulsion form, the marinade will not work well. Instead the fat will simply coat the food, and prevent the acid and the aromatics from working their magic. Use a blender or a whisk to whip the ingredients into a stable emulsion. Or combine your ingredients in a jar with a tight-fitting lid and shake them together very well. My preferred tool for mixing marinade (or salad dressing) is a Braun hand (stick) blender. It works just as well if not better than my old-fashioned upright blender, and it is so much easier to clean.

When working with marinades, use non-reactive equipment – no aluminum containers. Some people use plastic Ziploc freezer bags as convenient disposable marinating containers, but I don't. The idea that the marinade's acid ingredients might be adding plastic compounds to my recipe is not a notion I enjoy. I think glass containers works best.

Pay attention to marinating times. Do not leave a food in the marinade beyond the recommended time. Also, don't reuse a marinade. Not only do the aromatic elements lose their punch with use, but re-using marinades is also a questionable sanitary practice. If you want to baste with your marinade, thoroughly heat it before brushing it on your partially cooked food. And be aware that when grilling over high heat, the oil in the marinade may cause fires to flare.

The following two recipes are from *Marinades* by Jim Tarantino. These marinades work well for heightening the flavor of vegetables as well as meat. Take the absorbency and firmness of your vegetable's tissue into account when determining the marinade's timing.

### Lemon-Caper Marinade

- 1/3 cup fresh lemon juice
- 1 1/2 Tbsp. grated lemon zest
- 1 tsp. Dijon-style mustard
- 1/2 cup olive oil
- 3 Tbsp. medium capers, rinsed
- 3 garlic cloves, minced or pressed
- 2 Tbsp. chopped shallots
- 2 Tbsp. chopped fresh flat-leaf parsley
- Salt and crushed black peppercorns, to taste

Combine the lemon juice, zest, and mustard in a nonreactive mixing bowl. Whisk in the olive oil a little at a time. Add the capers, garlic, shallots, parsley, salt and pepper. This marinade will keep in an airtight jar in the refrigerator for up to 1 week.

Yield: 1 1/2 cups; recommended for seafood, marinating for 2 to 3 hours.  
**South Carolina Mustard Marinade**

- 1/2 cup cider vinegar
- 2 Tbsp. Dijon-style mustard
- 1 Tbsp. pure maple syrup or honey
- 2 tsp. Worcestershire sauce
- 1/2 tsp. Tabasco sauce
- 1/3 cup safflower oil
- 2 Tbsp. chopped fresh herbs (such as tarragon, rosemary, thyme, etc.)
- 1 Tbsp. diced shallots

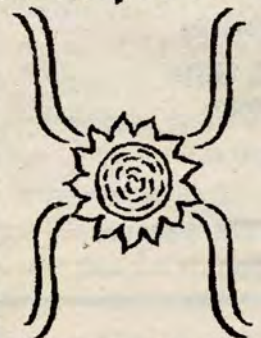
Combine the vinegar, mustard, maple syrup, Worcestershire, and Tabasco in a nonreactive mixing bowl. Whisk in the oil a little at a time. Add the herbs and shallots.

Yield: 2 cups; recommended for chicken breasts (2 to 4 hours), wings (6 to 8 hours), pork chops (3 to 4 hours), or spare ribs (8 hours or overnight).

*Pamela Lee will write about dry rubs next month.*

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# Vermouth Meets the Onion Gang

By Jen Hirt

There are moments in my life when I have a profound understanding that there is no better meal than a bowl of French Onion Soup. The rich broth, the soft and sweet onions, the float of crusty bread, and the slice of melted cheese – a special meal, indeed. And I don't even like onions that much, unless they are deep-fried and partnered with a pitcher of beer. So what makes an all-onion soup so tempting?

Consider the ingredients. Obviously, onions, and lots of them. Next is the broth – purists (and the French, I suppose) will simmer beef bones for a few days. I tend to rely on convenient veggie bouillon cubes, despite their propensity for meeting my salt needs for a few lifetimes. There is butter for sautéing the onions, and a few spoons of stuff like flour, sugar, salt. Some recipes call for a “bouquet garni” pouch of seasonings, like peppercorns and bay leaves. And all recipes, except maybe Campbell's lame excuse for soup, call for a little liquor.

Pick your bottle – brandy, cognac, sherry, or wine – I've seen them in many different recipes. I've used sherry and wine, with pleasing results. However, last month I came across *the definitive liquor* for any respectable crock pot of onion soup.

It's vermouth. Who would have thought this martini ingredient is now a crossover wonder in my kitchen? Vermouth is basically a fortified wine created from a complex combination of ingredients, not unlike how gin is distilled from herbs and juniper berries. When you sauté the onions for the soup, and then simmer them in broth for at least an hour, the harsh onion oil breaks down, eliminating the infamous bad onion taste. That opens the door for adding flavors, and vermouth takes on the task with grace.

With vermouth, it's as if an entire soup world of possibilities has opened up in my soup-concocting mind. Here's the recipe I used last month. I adapted it from the recipes that came with my crock pot. It's amazing how such a simple recipe creates such a fancy soup. Although I like the “gourmet” pretense of using a bouquet garni cheesecloth pouch for the seasonings, my suspicion is that the vermouth

eliminates the need for the garni. I'm a vermouth convert.

## Vermouth Onion Soup

- 1 quart vegetable broth
- 3 medium yellow onions, very thinly sliced
- 3 Tbsp. butter
- 1 Tbsp. sugar
- 2 Tbsp. flour
- 1/4 cup dry vermouth
- tasty toasted bread slices and cheese for the topping

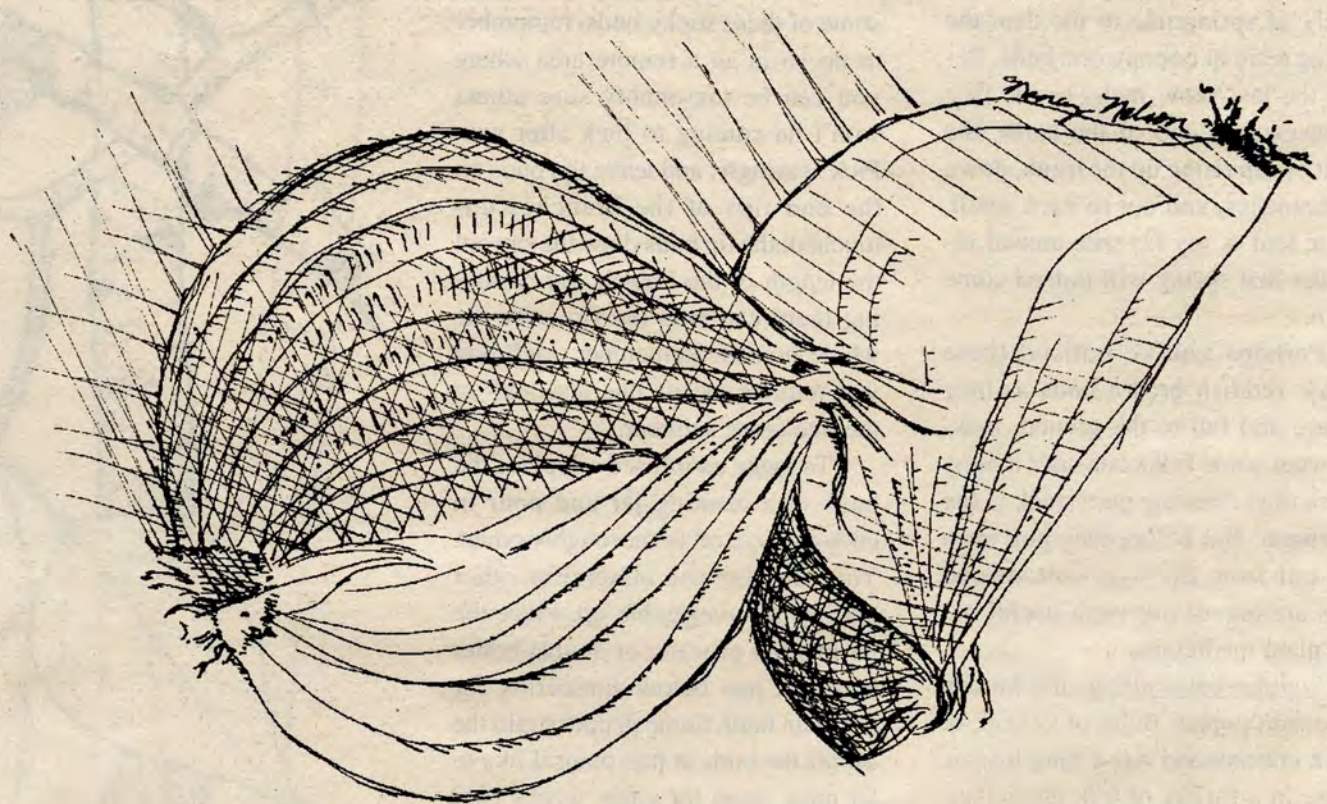
Sauté the onions in the butter for at least fifteen minutes on low heat. Some recipes call for an hour of sautéing, but who has time for that? Fifteen minutes is fine.

Meanwhile, add the stock and vermouth to the crock-pot.

Sprinkle the onions with the sugar and flour. Stir well. Add the onions to the crock-pot, stir, and cook on high for three hours, or low for six hours.

For serving, top the soup with a slice of toast, cheese, (provolone works best) and slide it under the broiler for a minute.

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



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## Annual Membership Meeting of the Moscow Food Co-op

Join us before the panel at 5:30 for snacks, drinks and a short business meeting





# Cottonwood Buds: A Soothing Folk Remedy

by Lori Harger Witt

There is nothing that smells more purely of springtime to me than the oozing resin of cottonwood buds. Before the last snow melts or the first crocuses peek out of the earth, the scent of sap rising up the trunk, down the branches, and out to each small, future leaf is my favorite annual reminder that spring will indeed come again.

Perhaps you've noticed these sticky, reddish brown buds as they mature and fall to the ground, making what some folks consider a mess worse than chewing gum stuck to the pavement. But before they pop open and fall from the tree, cottonwood buds are one of our most useful native plant medicines.

*Populus balsamifera*, also known as balsam poplar, Balm of Gilead, or black cottonwood has a long history of use in a variety of folk medicines. As an infused oil, cottonwood buds make a top-notch massage oil. The buds contain salicylates, aspirin-like compounds which have anti-inflammatory and analgesic effects. Their aromatic resins are anti-microbial and vasodilating, and stimulate new skin growth. These combined effects make the oil a soothing rub for achy or injured areas as well as balm for minor cuts and abrasions. And the smell will bring the freshness of spring back to you year-round.

If you should venture out to pick some of these sticky buds, remember to do so in an a remote area where you can be reasonably sure others won't be coming to pick after you. Pick sparingly, and leave the buds on the end tips of the branches untouched; the tip buds draw the sap out the length of the branch and removing them can stop the flow for the whole branch. Remember, each bud you remove means one less leaf on the tree come summer.

To make an infused oil, place the buds in a canning jar and pour in enough olive oil to thoroughly cover. You can also use almond or other high-quality vegetable oil. Place the jar in a pot of water or double boiler and heat just below simmering for about an hour. Some people strain the oil off the buds at this point. I like to let mine steep for a few weeks after the initial heating, then gently reheat again before straining. Cottonwood buds contain antioxidants, so the oil should keep from going rancid without adding vitamin E or other preservatives.

This oil is useful to have in the house; use it after a hard workout at the gym, on the kid who's always falling and cutting himself, and anytime you've got a kind soul willing to give you a backrub.

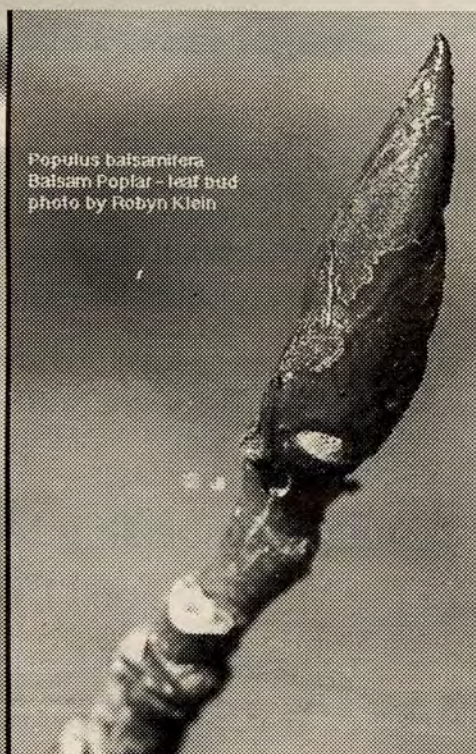
*Lori Harger Witt is an herbalist living in Genesee.*



*Drawing by Aimi Kamp*



*Populus balsamifera*  
Balsam Poplar  
photo by Robyn Klein



*Populus balsamifera*  
Balsam Poplar - leaf bud  
photo by Robyn Klein

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# Gardening

## Increase Your Harvest by Interplanting or Succession Planting

By Patricia Diaz

Changing the way you plan and plant your garden can get more out of your harvest than ever before. Intensive gardening methods have been used for thousands of years around the world, but we in the United States have been slow to catch on. It seems to be the American way of gardening to see long rows of plants, cultivated and weeded by machinery. Intensive gardening concentrates your work efforts to create the ideal plant environment and give you better yields with less labor. Sound good? It is, but you can't use mechanical means to weed your garden. You will need to hand weed or at least use hand tools. However, the upside is that you will have fewer weeds due to the close plant spacing.

Creating an intensive garden environment by interplanting or succession planting takes early and thorough planning so that you can make the best use of space and time. Since we're not ready to tackle our gardens yet, now is the perfect time to start planning. Decide what you want to grow and then study the interrelationships of your chosen plants, as well as studying their nutrient needs, shade tolerances, and above- and below-ground growth patterns.

There are two ways to increase your garden's yields. One is through succession planting, or replanting each area as soon as its crop is harvested. Many gardeners plant one variety of vegetable several times in two-week intervals. The best plant choices for this method are spinach, bush beans, lettuce, and vegetables with a short season. Or you could plant a spring garden and then a summer garden.

The other method, interplanting, is a true intensive gardening method. This style of gardening pairs two or more vegetables in the same space at the same time. For instance, you might want to plant quick-growing radishes with carrots or squash, which mature later. The radishes will be done by the time the carrots need the room, allowing you to double your harvest. You can also grow different plants together whose roots grow at different levels in the soil. A good example of this

would be planting potatoes with bush beans.

A third way to accomplish interplanting would be to plant tall, sun-loving plants such as pole beans or corn with heat-sensitive plants like spinach or lettuce.

You can interplant by planting in alternate rows, mixing plants in a row, or by distributing various species throughout the garden area. For intensive gardening beginners, the alternate row method is the easiest. One of the nicest benefits of interplanting is that you confuse insect pests by mingling the different scents of the plants, thus making their preferred eating methods harder. It will also give you time to figure out how to rid the garden of them before they eat everything!

If you're interested in succession planting, think seasons and plan your garden for spring and summer. In spring you'll want to plant beets, broccoli, cabbage, green onions, lettuce, peas, radishes, salad greens, spinach and turnips. For summer, plant beans, cabbage, celery, corn, cucumber, eggplant, melons, onion sets, peppers, potatoes, squash, Swiss chard, and tomatoes. A calendar really helps with planning and keeping your garden producing continuously. Lay out your succession plan on paper, number each bed, then decide which season's crop you want to grow in each. Then schedule each area on your calendar so you can keep up with the continuous succession of plantings.

Don't wait for your vegetables to get really big. They taste better if you pick them while they are young and tender. Then take out plants that are no longer productive and see if you have time to plant something else before the first frost.

Another important thing to remember is that each time you plant, you need to add more organic matter to your garden beds. This will improve the soil's texture and encourage microorganisms. You can also add compost or aged manure for fertility.

Another tip, don't waste all that garden space and valuable time waiting for seeds to germinate if you can gain a four- to six-week advantage by growing the seeds indoors and planting your vegetables as transplants. Remember not all vegetables can be started ahead but many can. (See last month's article on starting your garden indoors.)

For interplanting decisions, think in these terms – fast with slow, small next to large, sun-lover next to shade-tolerant, different-level roots, and heavy with light feeders. Some of the sample combinations you can try are listed in a table nearby.

Again, remember that to successfully interplant, you'll need to study ahead on the various needs of your plants and whether they'll even like to be planted together. There are many beneficial pairings of plants that make for a more successful harvest.

### Fast with slow:

- Radishes with carrots;
- spinach and peas;
- radishes and summer squash

### Large next to small:

- Corn and cantaloupe;
- Brussels sprouts and spinach;
- Broccoli and radishes

### Shade tolerant next to sun lover:

- Lettuce and pole beans;
- Scallions and tomatoes;
- Parsley and popcorn

### Different level roots:

- Potatoes and cabbage;
- Lettuce and turnips;
- Potatoes and celery

### Light feeders with heavy feeders:

- Carrots and broccoli;
- Beans and sweet corn;
- Peas and lettuce;
- Potatoes and cabbage.

*Pat Diaz lives in the snowy woods near Dworshak Reservoir and dreams of spring and fresh vegetables. New songbirds arrive every day, so surely spring must be just around the corner!*

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# From the Board

by Erik Flexman and Shel Lee Evans

The snow is starting to melt and the sun can be seen after 4:00 p.m. That can only mean one thing for sure: it's time for the Annual Co-op Membership Meeting. The annual membership meeting is a required component of our Co-op's by-laws, and all members are encouraged to attend and voice their opinions. This is, after all, your Co-op too. This meeting will be my third, as well as the third change in venue. I am hoping that this year's event will be the best so far, and the framework for future events.

The Co-op is a place to exchange ideas, philosophies, and enjoy healthy food. What better place to showcase our co-op-ness than at a public debate? Academic experts and farmers will be eagerly exchanging their ideas and philosophies about genetically engineered foods, at a forum after the busi-

ness part of the annual membership meeting. Genetically engineered food is a topic we can all use some pros, cons, and details about—whether you've made up your mind and want to prep for the "other-side's" argument, or you're still not clear on the details.

What else would you like to see your Co-op doing in the future? The Board of Directors is open to suggestions. 2001 was a banner year for the Moscow Food Co-op financially, and this would be a great time to share your long-term plans, ideas, visions, and d'ruthers.

The annual meeting will be brief and open to members. We'll bring you up to speed on the year's delights, and provide a forum for member comments. Afterwards, the doors will open to everyone, and the exchanging of ideas will begin. See you all there!

# Art at the Co-op

by Rose Graham

The quilts by Sharon Steiger of Genesee will be on display at the Moscow Food Co-op Art Gallery from March 8 through April 18, 2002. An opening reception will be Friday, March 8, 5:30-7 p.m. at the Co-op. Sharon Steiger has been a resident of Genesee since 1981. She has taught high school art and currently works as the Genesee Library Supervisor. Her love for quilting came from an outgrowth of working in the fine arts.

She describes her work: "My quilt making ranges from interpreting and making traditional patterns to experimenting with the fabric in terms of

design, color and texture. The day to day rhythms of living find a place in my quilt making, from the relaxed luxury of planning to the anxious anticipation of the finished product with self discipline and sometimes frustration in between."

The Moscow Food Co-op Art Gallery is located inside the Moscow Food Co-op, at 211 East Third Street, Moscow, Idaho, and is open from 8 a.m. to 8 p.m. daily.

Artists wishing to display artwork, please contact Rose Graham at 208-892-8432 or by emailing her at <terrydgraham@hotmail.com>.

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# Producer Profile: Tortoise & Hare Herbals Slow and Steady Wins the Wellness Race

By: Leah Christian and Eugene MacIntyre

In search of an ideal place to live with her closest friends, Sharon Sullivan has found a community to call home in the city of Moscow. The residents of Moscow and the members of the Moscow Food Co-op are especially thankful that Sharon and her husband Chris have decided to settle in Moscow, because it means a steady supply of Sharon's Tortoise and Hare Herbals will continue to be available at the Co-op.

years that this California native began her interest in natural wellness and healing. "It all started in Litusu when I started living with a traditional healer," Sharon says. The experience was inspirational and changed her perspective on the natural and spiritual world around her. There was little in the way of traditional, western scientific medicine to be found in Litusu, according to Sharon. Plant medicine is dominant there with a concentra-

tion on Shaman practices of ceremony and ritual. garden created a complete experience in working with herbs and other natural ingredients that Sharon believes work wonders on the human body. Sharon was also able to get familiar with plants that were not available in Litusu.

Sharon started selling herbal products after returning to Northern California. She sold to local co-ops nearby. She wants to keep the business small enough so she can make everything herself and really know the people of the local community.

In 1997 Sharon and her husband moved to Moscow at the suggestion of some friends from the area. She soon began working with the Co-op, supplying the health and wellness section with Tortoise and Hare teas and tinctures. Now she also provides personal consultations to provide a more in-depth session with people.

She is presently in the middle of a nursing program to gain training in traditional western methods of health and medicine. While it takes some time away from her business, her goal with nursing school is to "take that (knowledge) and integrate it with my more systematic integrated whole

view of good health." In this process, Sharon has also moved her business home to spend more time with her daughter.

The lifestyle of southern Africa still remains with Sharon, even while she lives through the hustle and bustle of western society. She says that the name of her company, Tortoise and Hare, came from her memories of southern Africa. "A lot of the feeling came from living in Africa at that slow pace – slow but steady," she states.

*Leah and Eugene enjoyed the cup of tea Sharon made for them while meeting with them. Sharon's teas have kept Leah warm and healthy through many days adapting to a cold winter this year.*



Sharon specializes in making teas and tinctures under her Tortoise and Hare logo. She also sells lip balm, lotions, salves, and baby products at the Co-op. Using all natural products in her products is important to Sharon. She says, "Everything I buy is certified organic." She also tries to find her herbs locally when possible. Once Sharon completes nursing school next year she says, "then I plan to grow (herbs) from my own garden."

It was while serving in the Peace Corps in southern Africa for four

years that this California native began her interest in natural wellness and healing.

Once she realized that natural healing played a role in the future path for her life, Sharon underwent formal training from Rosemary Gladstar in Vermont. Ms. Gladstar invited Sharon to live at her residence for nine months and work daily in the garden. The complete immersion in natural healing and wellness training provided a solid foundation for Sharon's knowledge, and the daily work in Ms. Gladstar's extraordinary



## Moscow Renaissance Fair Poster Contest

by Dean Pittenger, 2002 Fair Board President

Artists are invited to submit designs for the 2002 Moscow Renaissance Fair Poster Contest. The first place winner will receive a \$200 award for their design. Second place will receive a \$50 award for use as the program design.

Entries must be a maximum of 17 inches by 21 inches. A four-color printing process will be used to print the posters. The Renaissance Fair theme is "A Celebration of Spring." Designs must include the words: "29th Annual Moscow Renaissance Fair, May 4 & 5, 2002, East City Park". Also, the words "Moscow Renaissance Fair, PO Box 8848, Moscow, Idaho 83843. The URL (<http://www.moscowrenfair.org>)" must also appear in small but legible lettering or typeface at the bottom of the poster. Designs may also include optional

text: "Featuring children's events, great food, and the finest craftspeople and musicians from the Northwest". Poster text should be easily read from a distance of 10 feet.

Original artwork entries, preferably accompanied by the artwork in PhotoShop or PageMaker on a computer disc, are due by 5 p.m. on Friday, March 8, 2002, at Bookpeople, 521 S. Main, Moscow, Idaho. Judging will take place on Saturday, March 9, 2002 at 12 p.m., also at Bookpeople. The public is invited to attend the event.

For more information about the Moscow Renaissance Fair, you may visit [www.moscowrenfair.org](http://www.moscowrenfair.org) or contact Dean Pittenger, Renaissance Fair Committee President at [president@moscowrenfair.org](mailto:president@moscowrenfair.org) or 208-882-0211.



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## Hospice of the Palouse

Hospice of the Palouse is looking for "a few good people" to become patient care volunteers. No obligation, free training on April 24 & 27, May 1. Call Stephen Simko at 883-6423 for application or more info.

## Moscow Renaissance Fair Poster Contest

Entries due by 5 p.m.  
Friday, March 8, 2002, at  
Bookpeople,

Artists are invited to submit designs for the 2002 Moscow Renaissance Fair Poster Contest. First place winner will receive a \$200 award for the design. Second place will receive a \$50 award for use as the program design.

For further information regarding guidelines for the artwork contact Dean Pittenger, Renaissance Fair Committee President at [president@moscowrenfair.org](mailto:president@moscowrenfair.org) or 208-882-0211.

## ARTS COMMISSION TO HOLD HEARING

March 13th at 5:15 PM

The Moscow Arts Commission will hold a meeting to discuss a proposed ordinance prohibiting overnight parking between 2 AM and 7 AM on Saturday mornings during Farmer's Market. Vehicles in violation would be towed. The ordinance would apply only to the three bays south of the Moscow Hotel.

The meeting will be held in the Council Chambers at Moscow City Hall, 206 East 3rd Street. Those unable to attend may address their concerns to: Moscow Arts Commission, PO Box 9203, Moscow, ID 83843. For additional information, call 883-7036.

## Palouse Folklore Society

Come dance with the Palouse Folklore Society! The monthly contradance will be Saturday March 16th at the OLD community center. Dancing is from 8-11 with instruction for beginners at 7:30 p.m. Admission is \$5 for PFS members, \$7 for non-members, and \$4 for first-time beginners who come at 7:30.

Singles, couples, and families are welcome. All dances are taught. Don't miss a great time!

## Moscow Mardi Gras

Saturday, March 2

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

At night: music, music, music  
bus transportation

For more info: 882-9499

## COMMISSION SEEKING MUSICIANS

The Moscow Arts Commission is now booking musicians for their 2002 Farmer's Market. The event, which runs each Saturday from May through October, will celebrate its 25th Anniversary this year. Local and regional musicians perform from 9:30 - 11:30 a.m. on each day during the run of the Market. A small stipend, relative to the size of the group, is available.

Interested musicians should send a press packet and information date(s) to: MAC, PO 83843. Call 208-882-0211 for information.

## Tierra Per Design Co

Tierra Retrea Conference C

near Leavenworth WA  
509-548-6880

April 28 to Ma

An integrated systems  
sustainable homes, far

## 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](mailto:beth_case@hotmail.com) by the 25th of each month.

## Yoga on

Yoga for a Health  
March 31 1 -

Gladish Commu  
115 NW State,  
509-334-9642  
[yoga@turbone](mailto:yoga@turbone)  
[www.yogaonth](http://www.yogaonth)

## Eastside

free concert

Concerts are 6pm to 8pm (Unless noted)

March 1: Palouse Jazz Conspiracy

March 8: Wilson-Cannavaro

March 15: Joan Alexander

March 22: Palouse Jazz Conspiracy

March 29: Classic Music

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

For info.: 882-9500

## A Vigil for Peace

Peace-seekers, come stand with us. A Vigil for Peace is held each Friday in Friendship Square, Downtown Moscow, anytime between 4:30 & 6 p.m. Mostly silent, some time for shared words at quarter till each hour. For more information call 882-7067.

## Moscow Food Co-op Art Gallery

The quilts by Sharon Steiger of Genesee will be on display at the Moscow Food Co-op Art Gallery March 8 through April 18, 2002. An opening reception will be Friday March 8, 5:30-7pm at the Co-op.

Sharon Steiger has been a resident of Genesee since 1981. She has taught high school art and currently works as the Genesee Library Supervisor. Her love for quilting came from an outgrowth of working in the fine arts. She describes her work: "My quilt making ranges from interpreting and making traditional patterns to experimenting with the fabric in terms of design, color and texture."

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

For additional events & info  
<http://www.moscowfoodco>

