

May 2002

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

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

By Eva Jo Hallvik & Kathi Colen Peck

Don't know if you noticed lately, but there is pressing global concern about our food supply, particularly in relation to our health and well being. Questions arise like where does our food come from? How is it grown? Is it genetically modified, safe, organic? And how do we define these terms? These thought-provoking questions can make your head spin. Right here at the Moscow Food Co-op there is constant debate on how to provide the best quality food for our community. But perhaps some of the answers are right in our own backyard, or parking lot, as the case may be.

The Co-op has come up with a new idea to provide the highest quality of fresh food for you and me — our mission is to facilitate a direct connection between you and your local grower.

"The Mid-week Growers Market fits perfectly with our greater mission of providing our community with healthy choices," says Kenna Eaton, Co-op General Manager. So, beginning this June, on Wednesdays between 5:00 and 7:00 p.m., the Moscow Food Co-op will host a mid-week growers market in our parking lot featuring local organic growers!

A long-time member and supporter of the Moscow Food Co-op, Mary Jane Butters, is very excited about this new growers market. "It is important to do anything we can to nurture our [local] farmers," she says. When asked to speak on the importance of buying and eating local, Mary Jane first said, "What is the strongest word I can use...it's a food security issue. Agriculture is so messed up right now, the only fix is to support anybody in your local area that is actually willing to grow food." And that is what the Mid-

week Growers Market will do: provide a setting for our local growers to sell their produce and fresh flowers directly to our community. It is this interaction, this connection, that we hope will lead to a healthier, local and global community.

In order to guide the mission of the new Mid-week Growers Market, the grower's market committee devised an application process and set of standards for growers to follow.

To sell at the market, growers:

- may sell only fresh, local produce and flowers—no value-added products will be permitted (i.e., no jams, dried flowers, etc.);
- must meet all standards defined by the USDA National Organic Program (<http://www.ams.usda.gov/nop/>);
- must have attended the Moscow Food Co-op growers meeting held in January, 2002;
- must be a local grower (anyone growing produce and/or flowers within 50 miles of the Co-op);
- must successfully meet all application requirements.

For more information, contact Eva Jo Hallvik at <webeam@hotmail.com> or Kathi Colen Peck at <kscp@turbonet.com>.

This season we will have six or so growers sharing their abundance with you every Wednesday, June to September, 5-7 p.m. So when you see their soil-worn hands and proud smiles, remember that this exchange between growers and community members helps keep local growers alive and viable while providing you with healthy, nutritious food, and therefore a better world in which to live. We hope to see you there!

Co-op Business Partners

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

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

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

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

Erika Cunningham, Licensed Massage Practitioner - First 2 massages @ \$30 each, 882-0191 for Appointment

Eva Jo Halvik, LMT - First 2 massages @ \$30 each, 306 E 3rd St, 2-A, Moscow, 301-2246

D. M. Georgina Publications - 10% off business card or brochure design, P.O. Box 246, Albion, 332-6089

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

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

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

Kelly Kingsland, Licensed Massage Therapist - First two massages @ \$30. each, for appt. call (208) 892-9000

Kinko's Copy Center - 10% off all services except shipping, East Side Market Place, Moscow, 882-3066

Dr. Linda Kingsbury, Professional Herbalist - \$10 off consultations, 106 E. Third St., 883-9933

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

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

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

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

Northwest Showcase of Fine Crafts - free 16 oz. latte with \$25 purchase, 531 S. Main St., Moscow, 883-1128

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

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

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

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

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

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

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

Star Garden Flower Essences & Intuitive Astrology - 10% off readings and consultations, 882-8360

Dr. Susan Simonds, PhD., Clinical Psychologist - 10% discount on StressReduction & Women's Wellness workshops, 509/595-7787

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

Waddell & Reed, Jim Trivelpiece - Free consultation for financial/retirement/investing/ life insurance E 205 Main St., Pullman, 332-2543

Whitney Law Offices, Thomas Whitney - Reduced rates for all initial legal consultations, 424 S. VanBuren 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



Moscow Food Co-op Hits Another Milestone

by Kenna S. Eaton, General Manager

You know how when you're checking out your groceries at the Co-op and yet another item (usually frozen) doesn't have a price tag? Well, that happens every day, many more times than we want. Hopefully this annoyance will soon be a thing of the past. After hitting the 2-million-dollar mark last year we finally realized the fact that our little Co-op was growing beyond the scope of some of our rather ancient technology.

Right now every item that comes into the Co-op must be priced for sale. For most items this means we mark them with a white price tag. If that item is on sale we put two price tags on it: one for regular price and a red one for the sale price. At the end of the month we have to pick off those red sale tags (bet you didn't know that a little chunk of the tag comes off and lodges itself under the thumb nail—causing a painful, sore thumb!) Anyway, all this work is part of the job, however the freezer has been frustrating and unsolvable problem. The tags simply don't adhere well in cold temperatures and thus they fall off before you reach the register. So, for this and for many other reasons, we are finally ready to discuss purchasing scanners for the store. OK, for many of you this will be no big deal, after all every other grocery store in town uses them and has forever. But for us it's a big move. Not only is it a large purchase, but it will also mean some changes in how we do things; the workload will shift causing some things to be easier and some more difficult. So, you may be asking, what other reasons do we have for doing this? Here's a few:

The Point of Sale (POS), or scanners as they are more commonly called, will provide managers with more, and more accurate, information about their departments. They will have more details about product movement, gross and net profit margins, what's selling versus what being stolen. This, and more information, is not

currently available to them.

The register receipt will be more detailed and accurate and will provide our customers with a detailed record of what they've purchased. Our receipts right now are difficult to read and, frankly, we do sometime make errors, but often customers are confused simply because the receipt is unreadable to the uninformed. Clearer receipts would help everyone.

Member tracking. While we are NOT interested in how much toilet paper AI purchases, we are interested in how many sales go to members versus non-members. How many of our shoppers are from Washington? Or Lewiston? Other related information could be gathered. Right now we don't have a way of collecting that information.

Increase the bottom line. Everyone who has switched to scanners has assured us that we can expect our Gross Profit Margin to increase by 2-3%. Since our sales are over \$2 million per year, we are looking at an extra \$40,000 in profit simply from more accurate prices at the register. This will help offset the initial installation cost.

Streamlined systems. This will help our staff be more effective at their jobs. POS will not save us labor but will allow us to process both more products and more customers with our current labor force.

Make our cashiers' jobs easier. With the new technology available we are probably looking at touch screens for our registers. Basically a POS system is a computer with a cash drawer. The touch screen will facilitate the cashier's job and decrease the learning curve. We are also very interested in good ergonomics and want to ensure we get the best system possible to keep our cashiers injury-free. Frankly, the system we currently have is not the best.

We are currently researching various POS systems and hope to make a

(Continued
see Milestones on page 4)

Contents

Growers Market	Cover
Moscow Food Co-op Hits	
Another Milestone	1
Hey 'Der Vinnie	2
One More Thing	2
Please Let the Snow Move On	3
Personal Care Corner: EO	3
The Buy Line	4
Kava Kava Update	4
Welcome	5
Volunteers	5
Potlucks and Playfulness	5
From The Suggestion Board	6
Art at the Coop	6
Co-op Staff Meeting	7
Vegetable of the Month	8
Recipes for Asparagus	9
From the Board of Directors	12
Two Percent Tuesdays	12
Staff Profile: Sarah Scranton	13
Dealing With the Ides of	
Idaho	13
What to Do With Celery	14
Perfect Parsnips	14
Customer Profile: Trisha	
Einspahr	15
Do You Want Spraying on	
Your Street?	15
Mary Jane's Farm and The Passion to Feed More People	16
Testing for Clopyralid	16
Growing Herbs for Great	
Teas	17
Montana Herb Gathering	18
Latah Community Volunteer Center	18
Letter to the Editor	18
Farewell to Laurel Reuben	19
A Farewell fro John Moore	19
Letter to the Editor	19
Community News Staff	
Update	19

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



Hey 'Der Vinnie

By Kelly Kingsland

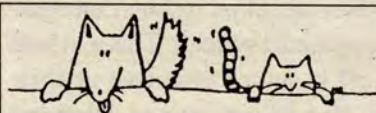
The Co-op Bakers are pleased to announce the birth of Vinnie! Vinnie was born at home, sliding smoothly into larger and larger buckets as he grew. He is beautiful, white, and sweet smelling. He will be replacing his older, sourer, and slightly "off" brother who has moved on to Russell's compost pile.

Conny Chen made Vinnie from water, flour, and fresh grapes. Wild yeasts on the grapes provided the culture. He is, on average, 3 cups 2 ounces, although he tends to grow and shrink daily. As intended, Vinnie is rather promiscuous, and fathers all of our better rising sourdoughs. While promiscuous, however, he is rather shy, and can usually be found hiding in a bucket in the kitchen walk-in.

While his older, sourer brother had a predilection for oatmeal stout, Vinnie prefers to remain sober. A baker who actually force fed Vinnie a large quantity of oatmeal stout confirmed this fact recently. Vinnie was found quivering at the bottom of his bucket the next morning, green and overwrought. (Disciplinary action was taken, and I have assured Vinnie that this action will not be repeated).

Join us in the Bakery in welcoming this new sour dough starter into the world. While his creator, Conny, will be moving on in early May, Vinnie should enjoy a long, productive life in the Co-op Bakery. Thanks Conny!

Bakers Sarah Fisher and Joseph Erhard-Hudson helped with this story.



Animal Care Center

328 N. Main, Moscow, ID 83843
8:00-5:30 Monday-Friday
(Tues. & Thurs. until 7 pm)
(208) 883-4349

Large & Small Animals

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



Brused Books

buy • sell • trade
hardbacks • paperbacks

East 235 Main St.
Pullman WA 99163
509-334-7898

Monday - Friday 11-6
Saturday 10-6

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

For advertising rates and information:
contact Amy Richard at 882-6274
or alrichard@moscow.com

For letters to the editor:
Moscow Food Co-op,
Bill London, Editor
221 East Third Street,
Moscow, ID 83843 london@moscow.com

Open Every Day
8:00 am - 8:00 pm
With plenty of FREE PARKING!

Beth Case

Editor
Bill London

Issue Editor
Therese Harris

Layout
Jill Maxwell

Advertising Manager
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

Webmaster

Bob Hoffmann, webmaster@moscowfoodcoop.com

General Manager

Kenna Eaton 882-8537 (882-8082 fax)
kenna@moscowfood.coop

Board of Directors

Pat Vaughan (President)
Erik Flexman (Vice President)
Bonnie Hoffmann (Secretary)
Shel Lee Evans
Mark Mumford
Al Pingree
Peg Kingery
George Bridges

pckh@moscow.com
byooco@hotmail.com
bonniehoffmann@hotmail.com
shel_flife@hotmail.com
mmumford@moscow.com
lap@moscow.com
king6619@uidaho.edu
gbridges@uidaho.edu

Printed on Recycled Paper

Deadline for Articles & Ads
20th of each month

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

One More Thing

By Kelly, Deli Manager

You all have probably seen the Sushi in the new Deli case. And, judging by sales, quite a few of you have actually eaten the Sushi from the case as well. I certainly have.

Ironically, the arrival of the Sushi in the case came as quite a surprise to many Co-op shoppers. In reality, this is the result of a long and arduous relationship between me, the "Sushi Guy" and the many miles that separate us. Actually, knowing that I'd like the Deli to sell Sushi, I had contacted the JFE Sushi Company just after we moved to the new store. Unfortunately, at the time there was no reasonable way to get the Sushi here. The idea of Sushi never left my mind, however, and with the installment of the new, larger take-out case it returned to the forefront. So, sometime in late December I again called the Sushi guy and we began to investigate the possibility of getting fresh sushi to the Co-op. In the end Sam (the vice president of JFE)

came to Moscow, and deemed us to be a viable market. JFE has some sort of contract with Rosauers (I had originally seen the sushi at Huckleberries, owned by Rosauers, in Spokane).

And so, after many years now of desire on my part, we have fresh sushi. While the sushi is not organic, it is "natural." This means that there are no colors or artificial flavors added to the basic ingredients. The sushi is made fresh and delivered to the Co-op *daily* (yep, seven days a week!). It usually arrives sometime between early and mid-morning.

Obviously, I'm pretty thrilled on many fronts. Personally I love to eat sushi, and don't always feel like rolling them up myself. I also think that the sushi nicely rounds out our Deli offerings each day without further burdening the cooks. So, if you haven't checked out the sushi selection yet, I suggest you do.



Please Let the Snow Move On... and Let The Sun Move In

By Dani Vargas, Produce Manager

Every year during the last signs of winter I am holding fast to the hopes of another day of snowboarding, but not this year. I feel cheated, like a dog that is chasing after the pretend ball thrown in the air by its owner. The sun came, the temperatures climbed, the shorts and sandals came out of their winter hibernation, but then it happened: the snow came back and so did the frost and ice. I walked to work this one day and had to step carefully so as not to slip on an ice patch. Enough already! I long for the day that the sun will shine through my bedroom window, warm my face and yell "wake up, prepare a latte, and get to work, you're late!" I also hope for the sun and spring weather to be hard at work in all the fields of our dear local growers so their crops can start to grow

and make their way to our produce department.

Speaking of local growers, in years past there were some oral agreements between growers and the Co-op and some people who would just bring supplies by to see if we were interested in buying them. This year we changed things a bit. First, in order to supply the Co-op with local produce, a grower was required to attend the annual local growers meeting held in January. Second, a grower was also required to fill out a Local Grower's Information Card. This card was designed to inform us—the Co-op and the customers—how each farmer grows his or her crops. This was to ensure that each farmer was indeed falling under the Co-op's category of Local/No Spray. This term ideally

means the produce is grown organically but not certified or licensed organic and thus, not labeled "Organic."

Some Local produce has already made its way to our department. You can currently find Local/No Spray parsnips supplied to us by Judy and Dennis Wendt, and Washington State Certified Organic watercress, miners' lettuce, walnuts, and daffodils supplied to us by Moffet's Organics. Within this coming month and the early summer months, more local produce will start flowing in so be on the look out and enjoy.

There is nothing I enjoy more than receiving produce that I can tell was harvested that morning, and to be able to sell the freshest organically grown fruits and vegetables to our Co-op customers.

Along with introducing the local produce I would also like to introduce to you my new Produce Assistant. Glen Recknagel started working at the Co-op almost one month ago. Glen is one of those kids from New Jersey. He graduated from the University of Idaho and just this last winter moved to Salt Lake City to work the 2002 Winter Olympics. His roommates introduced him to Co-ops, one of whom used to work here at the Moscow Food Co-op (what a small world!). He took an immediate liking to such things as Barbara's cheese puffs and peanut butter bumpers, to name a couple. These attractions, along with an interest in the position, inspired Glen to apply to the Co-op for the Produce Assistant/Grocery Stocker position and here he is today. Welcome Glen!



Personal Care Corner: Producer Profile "EO"

By Carrie A. Corson

EO is a natural body care company whose products we have recently begun carrying at the Co-op. I was first attracted to their products because of the unusual oil blends used to fragrance the products. After learning more about the company, I have become impressed with their high quality ingredient selections, their production practices and the overall quality of their products. Here's a little more information about this small company based in Corte Madera, California.

Susan Griffin-Black and Brad Black founded the company in 1992. Susan and Brad shared a vision of creating a company together in which they could live and work within the same community by making and distributing simple, plant-based, personal products.

Essential oils are the inspiration and foundation of all that this company does. They believe in the simple, aroma-therapeutic purity of these precious oils, so EO does not use synthetic dyes, fragrances or fillers. They use only genuine and authentic essential oils in products designed for their therapeutic effect.

EO lists the following as the top five reasons to buy these products:

1. They make essential oils acces-

sible for everyday use.

*Our sense of smell is the most acute of all senses. EO starts with unique, synergistic essential oil blends designed to enhance each product's performance and fragrant benefits.

*EO believes in the simple, aroma-therapeutic purity of these oils, so they do not use synthetic dyes, fragrances, colors or fillers.

*The goal of the company is to offer an assortment of products for everyday use that are conveniently packaged and offer a good value, given exceptional ingredients.

2. EO makes plant-based products.

*Their products are made in small batches on their premises. They liken it to the rewards of planning and preparing a home-cooked meal—from selecting the ingredients to developing the products for their own use.

*The folks at EO use only ingredients that are absolutely essential to the performance of the product. No shortcuts, and nothing extra.

3. Ingredients are from organic, native and/or wild-crafted plants whenever possible.

*The products' quality and consistency are very important. The folks at EO believe that the purity and authenticity (therefore aroma-therapeu-

tic benefits) derived from wild-crafted growing is optimum.

*EO uses only genuine (unadulterated) and authentic (same plant species) therapeutic-quality essential oils.

*EO uses food-grade ingredients such as cold pressed oils, honey and organic brown rice.

4. EO does not use sodium lauryl sulfates (SLS) or sodium laureth sulfates (SLES).

*Most manufacturers use one of two foaming agents that are the subject of controversy in personal care. Both SLS and SLES are inexpensive and have cleansing and foaming properties that make them popular staples in many shampoos, cleansers, body washes and even toothpastes.

*The folks at EO believe that there are enough potential risks surrounding SLS and SLES that they should not be ignored. EO has managed to find gentle yet effective alternatives that create thick, rich foam.

5. EO products are cruelty-free and most are vegan.

*EO products are not tested on animals and do not contain ingredients that are derived from or tested on animals (the only exceptions are the beeswax in their lip balm and honey in their Body Scrub)





The Buy Line

By Vicki Reich

It's been quite a few months since I've written a New Products column so the comprehensive list is a bit overwhelming. Instead of listing all the new products I've gotten in since the first of the year, I thought I'd just highlight a few of my favorites that have come in recently. This is one of the times of the year when a lot of new products come on the market and consequently, is one of my favorite times. Not only do my taste buds crave new flavors but the shelves of the Co-op also get a lift when new products come in.

Here's the list in the order they popped into my head:

Masuya Rice Sembei are a great tasting, crunchy, little rice snack cracker that come in four flavors and are wheat- and gluten-free. Once you open a bag it's hard to stop eating them, which is okay since they've got half the fat of regular chips.

Francis Ford Coppola has rescued an old pasta factory and is now making classic Italian pasta. It's dense and chewy and comes in four fun shapes.

Yu Beverage is a new rice beverage. It comes in four novel flavors including apple rose and green tea. My favorite is the basmati—it's got that wonderful aromatic flavor of the rice. It's almost made me a convert.

Lakewood Juice is from what is now the only independently owned organic juice company on the market. This, and the fact that the stuff is delicious, convinced me to bring it in. It's a little more expensive than the other juice we have on the shelf but it's pure juice. It's not from concentrate and you can tell. The red tart cherry and the pineapple are my favorites.

Blue Galleon, the makers of my favorite sardines, now has tuna steaks and fillets in either olive oil or water. I'm not a big canned tuna fan but this is a step above the norm. I like the steaks in olive oil the best.

Health is Wealth: Meatless Buffalo Wings are a product I've wanted to carry for two years. I tried them at the Anaheim food show two years ago and have been waiting patiently for our distributor to pick them up ever since. These are as good as chicken buffalo wings and they have no bones. Dip them in some homemade blue cheese dressing (made with another new product: organic Danish Blue Cheese) and a side of salad, and you've got a quick and easy dinner.

Quorn, in the bright orange boxes in the freezer, are the latest British invasion. British scientists discovered a fungus, literally in their own backyard, that produces a protein very similar to chicken. The nuggets and patties are really yummy and it's hard to tell they're not chicken.

I found these awesome Lemon Roasted Almonds in L.A. when I went to visit my brother and I had to be able to get them all the time, I loved them so much. Well, they are finally here in the bulk section, but beware, they are highly addictive. Oh, and check out their cousin in crime: jalapeno pistachios.

Barbara's has made a breakfast cereal that even I, one who doesn't like breakfast cereal, can't stop eating. If you haven't tried the new Peanut Butter Puffins you're missing a treat. They're good in milk and just as good as a snack.

And last, but definitely not least, are all the new products from Cibo. Their pestos and soft cheese spreads are all awesome. The Smoky Jalapeno Cheese Spread is my newest addiction.

That's all for my latest and greatest favorites. If there is something new I've brought in recently that you love, I always enjoy hearing about it. Leave me a note on the suggestion board about what you like and why, and if I get enough responses I'll do a separate write-up about them next month. Enjoy trying new things, whatever they may be.



Kava Kava Update

By Carrie A. Corson

In the February issue of the Moscow Food Co-op Community News, we reported that the safety of the herb Kava Kava had come into question after its use was linked to liver damage. At the time of the initial reports we decided to remove Kava Kava from our shelves until more information was obtained.

As a result of these early reports, a coalition of dietary supplements industry associations, including the American Herbal Products Association, National Nutritional Foods Association, American Botanical Council, Council for Responsible Nutrition, and the Utah Natural Products Alliance, commissioned University of Illinois researcher Donald P. Waller, Ph.D., to review the claims linking kava to liver damage. Waller, a professor of pharmacology and toxicology, analyzed the same adverse event reports that led to kava's safety being questioned. In "Report on Kava and Liver Damage," Waller concluded that there is "no clear evidence that the liver damage reported in the United States and Europe was caused by consumption of kava." Waller concluded, "Kava, when taken in appropriate doses, has no scientifically established potential for causing liver damage." But he warned that any pharmacologically active agent could interact with drugs, pre-existing conditions, and hypersen-

sitivity reactions, possibly affecting the substance's toxicity.

Waller also said taking kava may not be appropriate with the "concomitant intake of prescription drugs associated with liver damage, excessive alcohol consumption and pre-existing liver disease with compromised liver function." This advice matches industry recommendations, including American Herbal Products Association's suggested label statement for kava products.

The industry coalition is awaiting a response from the FDA (Waller has presented his findings to them) and will continue to evaluate the situation. The coalition wants to work closely with the FDA to find the best solution where everybody is in agreement that the goal is to protect consumer safety. But (the goal) is also not to remove preemptively the product from the market unless there's good reason to do so.

In response to this latest information, the Co-op will begin selling Kava Kava again. We also concur with the coalition's position that kava may not be the herb for everyone. Please consult with a health care professional if you are considering taking kava.

Ref: Natural Foods Merchandiser, April 2002.

Independently Owned ~ Community Focused



Professional Mall Pharmacy
Sid's Professional Pharmacy

Medicine Compounding • Diabetes Specialists
Drive Through Window

- Diabetes Education and Products •Breast Pump Supplies
- Prescription Compounding •Prescription Consultation
- Wheelchair Rentals •Drive Through Window
- Free Local Delivery •Mail Order Service

Professional Mall Pharmacy & Gifts
1205 SE Pro Mall Blvd, Pullman WA 99163
Phone: (509) 332-4608
www.professionalmallpharm.com

**Moscow Food Co-op Members receive 10% discount
on any Compounded Medication**

(Milestones

Continued from Page 1)

decision by the end of May. Once a decision is made it will take us about two months to build a database that includes every item in the store with the expectation of "going live" by mid-August. We are not interested in tracking an individual's purchase beyond the possibility of patronage refunds (like REI) for gross purchases, and I want to reassure members that we have a policy of NEVER selling, or even giving away, information about our members. Although we have been approached many times, we continue to have a strong commitment to maintaining our members' privacy. Some things will continue to remain sacred, just not our registers.



Welcome!

By Laura Long,
Membership Director

May Day, Mother's Day, Graduations, and the Moscow Renaissance Fair are all happening this month! It's a busy time of year here at the Co-op, and we all look forward to this time of the year with excitement. There's just something about the nice weather and all those May flowers that seems to make people come out of their winter hiding holes into the sunshine.

This May, I am also happy to announce that Annie Hubble will be taking over for me as the front-end manager. Annie has been working at the Co-op for just shy of eleven years now, and during that time she has done many different jobs here, and her movement into the realm of manager seems a natural one to me. For several months now I have been relying on Annie as my assistant and chief cashier trainer, and I am confident that she will do a wonderful job as front-end manager. Many of you will know Annie as the faithful morning cashier who sells you your hot mug of coffee, and others know her as the volunteer coordinator. Annie will continue to cashier during peak times, and she will also continue to be the volunteer coordinator along with Janna. Her duties will be expanding, but you will continue to see her smiling face out on the retail floor. Welcome to the management team Annie! We're glad to have you aboard.

Dr. Ann Raymer
Chiropractic Physician

Gentle holistic health care
for your whole body
and your whole family

803 S. Jefferson, Suite 3
Moscow
(208) 882-3723

Tye-Dye
Essentials

Brightest new store in town...
Located behind
Mike's Gyros & Moscow Pawn
527 S. Main
Monday-Sat 11:00-9:30
don't forget, Co-op mbrs get 10% off!



Volunteer News

By Annie Hubble and Janna Jones
Volunteer coordinators

As I write this article, volunteers are about to go and clean Paradise Creek. Volunteers have, in the last week, packed fruit and chips, served up espresso drinks, helped make pizzas, washed out coffee bins, stocked shelves, cleaned windows, written newsletter articles, and helped with freight. These are just some of the jobs done by volunteers, and it is forever apparent to me that the volunteer program and its participants are of great help to the Co-op as a whole. You are all most appreciated!

And thanks once again for your patience to all who have been hopefully waiting for positions. As the school year comes to an end, and we say a sad farewell to some of our student friends, many of the volunteer positions will start to open up. Indeed, some of you will already have been called by now and be working in the store. Welcome all new volunteers!

Before advertising any open positions, we are working hard at placing all those applicants we already have on file.

If you do plan to be away this summer and would like your job to be held for you, please let either Janna or myself know. (The volunteer log book in the back of the store is a good way to communicate with us.) Similarly, if you are leaving town, do give us as much warning as you can, so we can fill your position. In some areas of the store, such as the deli or produce, continuity is of great importance.

Our next volunteer celebration (to be open to all Co-op members just as at Christmas, but to be held as a tribute to our volunteers), will probably be in early August. It sounds exciting even in the early stages of planning, so stay tuned! Once more, thanks for your hard work everyone. 'Til next month!

Potlucks and Playfulness

By Annie Hubble, Party Planner

We had our first general membership potluck in April and a great success it was. There was good food and good company; the space provided by Tim and Roberta was very comfortable; Dave Peckham's slide show was fascinating and informative, and we even started eating promptly at 6:30! Janna, Sarah and I felt much encouraged by the turnout and realized that this is something that we are all ready for. It is wonderful to have a chance to visit with our fellow Co-ops away from the store. We are so excited that we are already planning the next one.

This will be on Sunday, May 19. Mark your calendars! It will once again be at the place that is starting to be known fondly as 'Roberta's Attic.' The address is 314 E. 2nd, in Moscow. On reaching the house, go around the back and up the stairs. We are planning a theme for each potluck. Every few months we will have an educational program. But in May our theme is going to be based on the word 'play.' Bring your musical instruments to play. Bring games—Parcheesi, cribbage, Scrabble, chess. Don't forget your juggling toys. Art projects would be fun to share. Be creative! Think playfully and bring something to share. As before, we will open the doors at 6 p.m., eat at 6:30 p.m. and then proceed to activities.

So bring something to eat and something playful to share. I think this monthly event has a great future. See you on the 19th!

SPECTRUM II

Summer Art and Dance Program
June 5 - 28, 2002



❖ *Ages 3-12 make art projects that will be used as choreographic devices for creative dance.*

- *PROJECTS: Papier mache Earth, hand painted t-shirt, maps as floor plans, music from around the world.*

❖ *Teen - Adult dance workshop June 17-28, Monday through Friday, 10 A.M. - 12 P.M. Daily workout alternates Modern and Ballet technique.*

- *Participants will explore outdoor spaces: stairwells, railings, Trees, and pathways dancing across Moscow. This is a Choreographic project entitled "LADDERS".*

➤ **REGISTER at Spectrum II Art and Dance School
525 South Main Street or Call Shelly Werner
at (208) 882-1445**

Photo of Seneca Jensen with her papier mache Earth.

Happy Mother's Day
and Happy Earth Day

*Embody
Vital Tranquility*

*Bodywork by Eva Jo Hallvik,
L.M.T., since 1996*

Celebrate with \$10 off
now through May



Call for an appointment
208-301-2246



From the Suggestion Board

By Vicki Reich

Market Spice Tea?!

It is back in stock.—Sorry it was out when you were here.—Vicki, Grocery Manager.

Co-op is great!!

Thank you. No, thank you!

Why do you only carry Tofurky during the holidays? Why not all the time? I love the slices but I want the "roast!" We will bring in the roasts and see how they sell off season.—Vicki.

Clean spouts on tamari, etc.

We did one better and replaced all the containers and, boy, do they look nice.—Vicki

Make napkins available to deli.

Napkins are always available at the deli counter. If you can't find any please ask the server for assistance.—Kelly, Kitchen Manager.

Anyone know how to make the "Just Cranberry" taste good?

Pure cranberry juice is great for supporting urinary tract health but it is very tart and hard to drink straight. If you are drinking it for urinary tract health you don't want to add any sugar to it since that would negate its effectiveness. I'd dilute it with some sparkling water and make a tangy spritzer. If health isn't your reason for drinking cranberry juice, I'd mix it with some other, sweeter juice like apple.—Vickie

Thanks for stocking the grapeseed-based veganase. Now I can get it here rather than going all the way to Spokane.

Glad we could help you and the environment at the same time.—Vicki.

Could you stock organic oils such as safflower, super canola, peanut or walnut. Particularly for high heat frying. I was only able to find organic olive oil and organic regular canola.

Have you tried the organic shortening from Spectrum? It's made from organic palm oil which is fine for high heat cooking, and it also makes a killer pie crust. I will try to get some other organic oils in as well.—Vicki.

How about the big size Imagine non-dairy tomato soup boxes? The tiny ones are essentially single-serve, hence wasteful.

They're back.—Vicki.

Is there any difference in taste between Mexican and Mediterranean oregano?

Yes, there is and actually they are from two completely different plants. The Mexican oregano is from the *Lippia graveolens* plant and has a sharper, stronger taste. The Mediterranean oregano is from the *Origanum vulgare* plant and has a mellower, slightly sweeter taste.—Vicki.

Can you please carry the ingredients to make Vietnamese summer rolls: Vietnamese Plum Sauce, Vietnamese red pepper sauce, and rice paper wraps. All three have a long shelf life.

I would love to carry more ethnic selections but I have a hard time both finding distributors for them and finding "clean" products. I always have my eyes open for them and bring them in when I find them.—Vicki.

Can you order Stonyfield yogurt in vanilla?

Stonyfield makes quite a few different kinds of vanilla yogurt, which one were you interested in?—Vicki.

Is it possible to get Meyenberg lowfat goat's milk? Thanks.

I'm sorry, we've carried this product in the past and it did not sell.—Vicki.

Very occasionally, I would like to buy minced clams, but you don't carry them!! Any possibility??

We carry canned baby clams in aisle 3 by the tuna fish.—Vicki.

Please get the vegan cheese from www.imearthkind.com. Thanks!

I'm sorry but our distributors don't carry this cheese. Your best bet is to order it on-line.—Vicki.

Is sea salt better than regular salt in any way?

Nutritionally, there is almost no difference between sea salt and "regular" or mined salt. Sea salt may contain trace minerals but not in a quantity to make any difference. I guess it is better environmentally, because it is made from evaporating sea water and not from mining salt deposits, but I'm not entirely sure.—Vicki.

Tofutti cheese (non-dairy). I've heard it melts.

It seems to me that all non-dairy cheese claims to melt and it just depends on your definition of "melting" as to whether you believe them or not.

That said, non-dairy cheese is not a fast selling category for us and unless I get more requests for Tofutti cheese I won't bring it in. You can always special order it. (Crista in the Co-op Kitchen says the Lisanetti brand tastes good and melts.)—Vicki.

Please get Alternative Bakery Company cookies. The best vegan cookies ever!

Packaged cookies don't sell well here. Our bakery makes the best vegan cookies I've ever tasted.—Vicki.

Could you please install electronic hand dryers/blowers in the bathroom. Thanks.

From everything I've heard, electric hand dryers are the most unsanitary method of drying hands. They blow dirt and germs up from the toilet and floor and circulate it through the room, yuck. We'll stick with paper and cloth.—Kenna, General Manager.

Drew's Italian dressing. Please and thank you.

It's here.—Vicki.

Can we get Italian sausage from SaraJoe's certified organic pork products. Thanks for your efforts for all you bring to our community.

It's here and you're welcome.—Vicki

Please stock sassafras. I will buy this root and other roots (birch bark, sarsaparilla, burdock root and juniper berries) and anise extract for home brewing soda pop.

We carry burdock and juniper berries. The other items are not fast enough sellers for us to carry. You can special order them in one pound quantities.—Vicki.

I'm thrilled that you have "purple potatoes" (yukon blue)! What could be better than making a big breakfast with a friend or lover that includes PURPLE POTATOES?? They are so fun. Please keep carrying them!

I will try to keep the purple potatoes around as long as I can, but someday they might be out of stock.—Dani, Produce Manager.

Please bring back the fresh arugula rather than the \$2.99 pre-packaged 7 oz. things. 'Tis the season for bunches of arugula!

I am going to try to carry both. The packaged arugula is a new item and it seems to last a little longer. I tend to order the bunches for Friday and Saturdays.—Dani.

Art at the Co-op

By Rose Graham

The Moscow Food Co-op Art Gallery presents the artwork of Susan Atteberry of Pullman, Washington, from May 17 to June 20, 2002. An opening reception will be on Friday, May 17, 5:30 to 7 p.m. at the Co-op's deli area. She has lived in Pullman since 1983 and has been a Co-op member for about 12 years. She came here from Canterbury, Kent, England, where she was fortunate to study with other artists for twelve years. She also studied art at Beloit College, WSU, and the U of I.

She describes her work:

"I have been drawing and painting for over 45 years, since I was a little girl. My mother had me draw the 'Seven Dwarfs' next to her perfect Snow White drawing; it was then I decided what I wanted to be, an artist! My mother inspired me and taught me to use pastels and later on, oil paints. Later my three sons deeply inspired me to create joyful art; from pen and ink intricate cat illustrations to wildly colorful abstract works. My oldest son has recently inspired the series of abstract works to illustrate the poetry I have written. My sons, as well as the music I listen to, continue to push me on to reflect joy in my work. I work in pen-and-ink, watercolours, watercolour pencils, pastels, charcoal and oils, and most recently I have combined several media.

Russian Orthodox music strongly and deeply inspires me. I listen to this music all the time, and especially while I am working. I deeply draw from this music, for my immediate inspiration, to reflect joy and, hopefully, peace. In addition, my four cats have also added inspiration to the pen-and-ink cat pictures as well as the newer pastel cat pictures. I have sold my cats' pictures in galleries and through private commissions, and have given them as gifts.

I have also enjoyed doing a series of pastel Rainbow Trout pictures. A large picture of 'Two Trout' in dark, almost black waters are meant to convey bright joy in life, in the midst of dark tribulation and turbulence!

I play the violin and humbly teach violin to several young people. I also enjoy prayer, embroidering, knitting, crochet, writing poetry, reading, and singing."

Artists who are interested in having a show, please contact Rose Graham at (208) 892-8432 evenings, or <rterrydgraham@hotmail.com>.

Co-op Staff Meeting

By Kenna S. Eaton

The Co-op is open everyday from 8 a.m. to 8 p.m. simply to make your life easier. This way you always know when we're open and when we're not. Right? Well, sort of. Except of course the Co-op is always closing for some reason or the other: Christmas, New Year's Day, Inventory, Annual Meetings, and now even occasional staff meetings! The Co-op was closed recently so that all the staff could get together and share a meal. After all that's what the Co-op is all about: good food and good conversation.

At this meeting 23 out of 40 or so staff met, ate, talked, and played games. The managers of the Co-op created a new hit game: Co-op Jeopardy. Like its namesake, Co-op Jeopardy requires the contestants to choose a category and to answer the "question" in the form of a question (sounds confusing as I type it). Anyway, we had a great time creating the questions and then getting the staff to answer them. Questions covered all departments of the store, and for those of you brave enough to try it, here's a few of them:

These sweet, juicy, local little carrots are only available in the winter and fall:

What are George's carrots?

This term means that the item was not grown with the use of synthetic herbicides, pesticides or fungicides:

What is Certified Organic?

This soy product is made from fermented soybeans:

What is tempeh?

This fast food location was the previous home of the Co-op:

What is Kentucky Fried Chicken?

This fruit-flavored, fizzy drink mix is great to take when you are

feeling run-down:

What is Emergen-C?

This item is the one of the most requested bulk items and can be used to heal belly button piercings:

What is sea salt?

This staff meeting was a good team-building experience—the staff

had a lot of fun and even learned something (well, at least we hope so) and every player went home with a prize and a smile on their face. So, even though it can be annoying to race on down to the Co-op only to find us closed, just remember it's all for a good cause. Good food, good learning, and good fun!



Something for everyone...

Hodgins Drug & Hobby

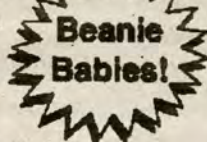


Architectural Model Building Supplies Top Quality Model Railroad Kits Radio Control Models & Supplies Model Rocketry Doll House Kits Miniatures Military Simulations Breyer Horses Erector Sets, Brio Playmobil Puzzles and much more...

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)
Free Local RX Delivery • Drive in Window
24 Hour Emergency Prescription Service
Most Insurance Plans Honored

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available

307 South Main, Downtown Moscow
882-5536 • Sun 12-5 (pharmacy closed)



Members Save!

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

Any cashier can help you join, just ask!

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



Join the Moscow Food Co-op and Save!

Open 8-8 Daily



Dani's Favorite Vegetable of the Month: ASPARAGUS

By Dani Vargas Produce Manager

Unlike my lack of previous experience with Brussels Sprouts I grew up always somewhat liking asparagus but never loving it like I do now. Organic asparagus is so good, and so incredibly good for you. It is one of those spring vegetables that we will be seeing for the next month or so and I will be seeing on my dinner plate—possibly also on my breakfast plate.

Asparagus is a member of the Lily family. Asparagus spears grow from a crown that is planted about a foot deep in sandy soils. Under ideal conditions, an asparagus spear can grow 10 inches in a 24-hour period. Each crown will send spears up for about 6-7 weeks during the spring and early summer. An asparagus planting is usually not harvested for the first 3 years after the crowns are planted, allowing the crown to develop a strong fibrous root system. A well-cared-for asparagus planting will generally produce for about 15 years without being replanted.

Asparagus is a nutrient-dense food, high in Folic Acid and a good source of potassium, fiber, vitamins B6, A and C, and thiamin. Asparagus has No Fat, contains No Cholesterol, and is low in Sodium. Asparagus is one of the most nutritionally well-balanced vegetables in existence. It leads nearly all produce items in the wide array of nutrients it supplies in significant amounts for a healthy diet. Asparagus is the leading supplier among vegetables of folic acid. A 5.3-ounce serving provides 60% of the recommended daily allowance for folacin which is necessary for blood cell formation, growth, and prevention of liver disease. Folacin has been shown to play a significant role in the prevention of neural tube defects, such as spina bifida, that cause paralysis and death in 2,500 babies each year. The wealth of nutrients and fiber, and very low sodium and calorie content make asparagus a nutritionally wise choice for today's health-conscious consumer.

Asparagus is:

Low in calories: only 20 per 5.3 oz. serving (less than 4 calories per spear).

Fat-free and cholesterol-free.

Very low in sodium.

A good source of potassium.

A source of fiber (3 grams per 5.3 oz. serving).

An excellent source of folacin.
A significant source of thiamin.
A significant source of vitamin B6.
One of the richest sources of rutin, a drug that strengthens capillary walls.

Contains glutathione (GSH).

Here are some questions and answers that hopefully will cover everything you have always wanted to know about Asparagus:

How do I pick the best asparagus?

Look for firm, fresh, spears with closed, compact tips and uniform diameter, so that all spears will cook in the same amount of time. Larger diameter spears are more tender.

Can asparagus be peeled?

Asparagus does not have to be peeled but some people prefer it that way. Use a potato or vegetable peeler to peel the skin from the stalk, especially towards the base.

Can asparagus be eaten raw?

Although most people prefer asparagus cooked in some way, it is perfectly safe to eat asparagus raw. Just rinse it well in warm water to remove any sand and serve cold with a dip.

How long do I boil asparagus?

Trim stem ends slightly and cook fresh asparagus for 5 -8 minutes in boiling water for a crisp and tender result.

How long should asparagus be stir-fried?

Cut spears diagonally in 1/2-inch pieces, leaving tips whole. Stir-fry pieces in butter or hot oil, in a skillet or wok at medium high heat. Stir constantly until tender-crisp, 3 to 5 minutes.

How long should asparagus be microwaved?

Fresh Asparagus: Microwave fresh asparagus by placing one pound in a microwaveable baking dish or serving bowl. If cooking whole spears, arrange with tips in center. Add about 1/4 cup water and cover tightly. Microwave at 100% power for 4 to 7 minutes for spears, 3 to 5 minutes for cuts and tips. Stir or turn halfway through cooking time.

How should asparagus be stored?

Keep fresh asparagus clean, cold and covered. Trim the stem ends about 1/4 inch and wash in warm water several times. Pat dry and place in moisture-proof wrapping. Refrigerate and use within 2 or 3 days for best quality. To maintain freshness, wrap a moist paper towel around the stem ends, or stand upright in two inches of cold water.

How should asparagus be frozen?

Wash thoroughly. Trim stems end slightly. Leave spears whole or cut in 2" lengths. Sort according to stalk thickness: small, medium, and large. Blanch in boiling water for 1 to 2 minutes only. The blanching process may also be done in the microwave. To do this, place the asparagus in a microwaveable dish. Add two tablespoons of water per pound. Cook at full power for 1 to 2 minutes or until bright green and still crisp. After blanching, cool immediately in ice water. Drain well and pack in plastic freezer bags or containers, leaving no excess air space. Seal, label, and freeze at 0° F. Use within 8 months for best quality. Do not defrost before cooking. If asparagus becomes defrosted, cook immediately. Do not re-freeze.

How do I can asparagus?

Wash and drain asparagus spears. Leave spears whole or cut into pieces. Boil 3 minutes. While hot, place into clean canning jars, leaving 1-inch headspace. Add 1/2 teaspoon salt to pints, 1 teaspoon salt to quarts, if desired. Cover with boiling water. Adjust caps. Process in steam pressure canner 25 minutes for pints, 30 minutes for quarts, at 10 pounds of pressure (240° F). Keep canned asparagus on a shelf in as cool and dry a place as possible. Date jars as you prepare them and use the oldest jars first. Use within a year.

Where does asparagus grow?

Asparagus grows best in sandy, well-drained soil. The most asparagus is grown in California and Washington.

How long does asparagus have to grow before it can be harvested?

Three seasons pass before the asparagus plant can be harvested. In its first season of growth, a crown forms with six inches of root. In the second season, the crown grows into a fern. Asparagus can be harvested in its third year, and reaches its prime after 6-8 years, when it can yield as much as one to two tons per acre when grown commercially.

What is the growing season for asparagus?

In Michigan, asparagus is harvested for a six - seven week period from late April or early May through mid to late June.

What other vegetables are related to asparagus?

The asparagus plant is a member of the lily family, which also includes onions, leeks, and garlic.

When was asparagus first cultivated?

Asparagus was first cultivated about 2500 years ago in Greece. The name is a Greek word meaning stalk, or shoot. The Greeks believed asparagus was a herbal medicine which, among other things, would cure toothaches and prevent bee stings. Second century Physician, Galen, described asparagus as "cleansing and healing". Claims for medicinal benefits of asparagus persist to this day. The Romans became great lovers of asparagus, and grew it in high-walled courtyards. In their conquests, they spread it to the Gauls, Germans, Britons and from there, the rest of the world.

Why does my urine smell funny after I eat asparagus?

Most authorities feel that the compound that causes the odor in urine after consumption of asparagus is methylmercaptan, a sulfur-containing derivative of the amino acid, methionine. This is disputed by a few individuals who claim that the odiferous compound is asparagine-amino-succinic-acid monoamide, which is derived from the amino acid, asparagine. In either case, the product is formed as a derivative during the digestion and subsequent breakdown of beneficial amino acids that occur naturally in asparagus. (Ref: Merck Index, 862; Food Chemistry, Belitz and Grosch, p. 271.)



Golden Blue Lotus Tara
Buddhist Meditation Center
Join us FOR meditation
Sundays 9:30 am
525 S. Main Moscow (509) 332-1147

Recipes for Asparagus

Pickled Asparagus

10 pounds fresh asparagus

Brine:

3 quarts water

2 quarts white vinegar

10 level Tbsp. salt

1 level Tbsp. pickling spice (omit cloves)

Boil brine for 15 minutes and strain.

Blanch asparagus in boiling water for 1 to 1 1/2 minutes.

Cool in ice-cold water.

Pack asparagus in jars and add 1 clove of garlic in each pint jar.

Cover with liquid, filling to 1/2 inch of top of jar. Seal. Let stand for 2 weeks before using.

Makes 11 -12 pints.

Smoked Turkey Bundles

1 pound trimmed, fresh asparagus spears or

1 pound frozen asparagus spears

16 green onion tops, optional

1 package (8 oz.) light cream cheese

1/2 tsp. garlic salt

1/2 tsp. horseradish

2 Tbsp. sliced green onions

1 pound smoked turkey breast, sliced 1/8-inch thick

1. Cook asparagus in small amount of water until crisp-tender. Drain and cool completely.

2. Blanch green onion tops in boiling water about 1 minute or until pliable. Immediately drain, cover with cold water, and set aside.

3. Combine cream cheese, garlic salt, horseradish, and green onion. Cut each turkey breast slice in half lengthwise. Spread about one tablespoon of the horseradish mixture on each turkey half slice. Place one asparagus spear at one end of slice and roll up. Tie green onion around bundle, if desired.

4. Refrigerate about 2 hours or until thoroughly chilled.

Yield: 16 Appetizers

Nutrition Facts: 1 serving, 80 calories, 8 g protein, 2 g carbohydrates, 4 g total fat, 22 mg cholesterol, 383 mg sodium

Asparagus Guacamole

Note: This recipe is Fat Free and Very Low-Calorie

4 cups (1 lb.) cut, trimmed, fresh asparagus or

4 cups (2 10-oz. pkgs.) frozen, cut asparagus

1 small garlic clove, minced

2 tsp. lime juice

1/4 cup canned, chopped green chilies

1/2 tsp. salt

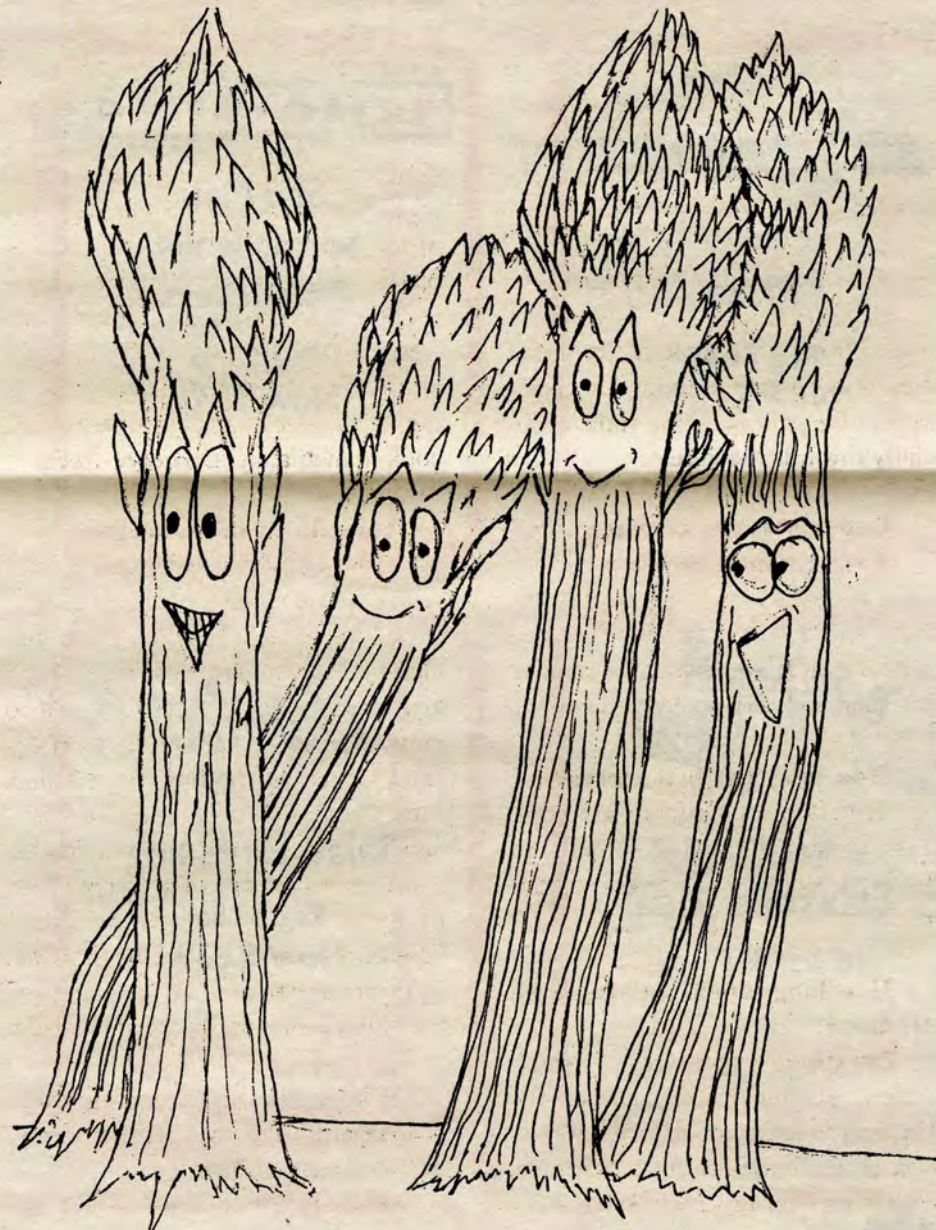
1/2 tsp. cumin

2 Tbsp. finely chopped onion

1/2 cup chopped, seeded tomato

1. Cook asparagus in small amount of water until tender. Drain well and cool thoroughly.

2. In food processor or blender, process asparagus and next five ingredients until mixture is smooth, about 30 seconds. Scrape bowl frequently. Remove from food processor bowl and stir in onion and tomato.



3. Chill thoroughly before serving with tortilla chips, cut vegetables, chicken, or seafood.

Yield: 2 Cups

Nutrition Facts: 1 serving, 2 Tablespoons, 10 calories, 1 g protein, 2 g carbohydrates, 0 g total fat, 0 mg cholesterol, 100 mg sodium

Chicken-Asparagus Fajitas

1 pound boneless, skinless chicken breasts

3/4 cup prepared Italian salad dressing

1 Tbsp. vegetable oil

10 ounces fresh, frozen (thawed, drained), or canned (drained) asparagus

1 cup fresh, frozen (thawed, drained) or canned (drained) sweet corn

1/4 cup diced onions

1 cup sliced green, red, or yellow sweet pepper

1/2 tsp. garlic salt

1/4 tsp. salt

1/8 tsp. pepper

2 Tbsp. lemon juice

6 flour tortillas, 7 inches in diameter

Wash chicken and cut into thin strips. Place in heavy plastic bag or container. Pour Italian dressing over chicken and seal bag tightly. Refrigerate for six hours or overnight, turning bag occasionally.

To prepare filling, drain chicken. Heat oil in 12-inch fry pan over medium-high heat. Add chicken and stir-fry about 3 minutes or until chicken turns light in color. Stir in vegetables and continue to stir-fry about 3 minutes longer or until vegetables are heated and crisp-tender. Add seasonings and lemon juice. Warm tortillas according to package directions. Place hot asparagus/chicken mixture in center of tortilla and roll. Serve immediately.

Yield: Six fajitas.

Asparagus with Orange Sauce

1 1/2 pounds fresh asparagus spears (or 2 10-ounce packages frozen asparagus spears)

1/3 cup butter or margarine

2 Tbsp. grated orange peel

1/4 cup orange juice

1/4 tsp. salt

1/4 tsp. pepper

Cook fresh asparagus in boiling water 8 minutes or until crisp-tender. Cook frozen asparagus according to package directions. Drain and arrange on serving platter; keep warm. Combine remaining ingredients in small saucepan. Bring to a boil; simmer 6 minutes or until mixture thickens slightly. Pour sauce over asparagus. Serve hot.

Solace Healing Massage

Therapeutic Massage & Bodywork • Reiki



Erin Jane Wittman, LMP

129 W. Third Street, Suite #25

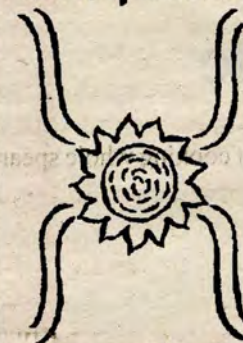
Moscow, Id 83843

(206) 301-4210

Please Call To Schedule Your Appointment

Nancy Draznin, CCE, CLA

(208) 224-6965



Home Birth

Water Birth

Hospital Labor Support

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only

May 2002

Moscow Food Co-op

Equal Exchange

Coffee
Breakfast Blend
Mind, Body and Soul
Peru French
Reg. \$8.99
Now \$6.99

Save 22%

BULK

Organic

Pinto Beans
Reg. 99¢
Now 79¢

Save 20%

BULK

Organic

Cashew Pieces
Reg. \$6.59
Now \$5.79

Save 12%

BULK

HORIZON

ORGANIC

Organic Cheese
8 oz.
Reg. \$4.45
Now \$3.75

Save 16%

REFRIGERATED


Turtle Island Foods, Inc.

Tofurky Deli
Slices
Reg. \$2.55
Now \$2.15

Save 16%

REFRIGERATED


AB Pizza

Pizza
Reg. \$6.35
Now \$4.59

Save 28%

FROZEN

LING-LING

Shu Mai,
Spring Rolls,
Potstickers
Reg. \$3.95
Now \$3.29

Save 17%

FROZEN

Blue Diamond

Nut Thins
Reg. \$2.15
Now \$1.59

Save 26%

GROCERY

Blue Galleon

Tuna Steak in Extra Virgin Olive Oil,
Tuna Steak in Water w/Salt Added,
Tuna Fillet in Extra Virgin Olive Oil,
Tuna Fillet in Water w/Salt Added

Save 27%

GROCERY


Bob's Red Mill

Organic
Flaxseed Meal
16 oz. & 32 oz.

Save 20%

GROCERY

Cardini

Salad Dressing
Reg. \$2.85
Now \$2.39

Save 16%

GROCERY

Chatham Village

Croutons
Reg. \$1.59
Now \$1.19

Save 25%

GROCERY

HANSEN'S

Sparkling Lemonade
Reg. \$2.25
Now \$1.59

Save 29%

GROCERY

Yu Beverages

Rice Drink
Reg. \$2.65
Now \$1.89

Save 29%

GROCERY

Member Specials

May 2002



**Mini White
Corn Chips**

Reg. \$1.49
Now 99¢

Save 34%

GROCERY

Hatch Farms, Inc.

Spanish Rice Sauce
Red Enchilada Sauce
Green Enchilada Sauce
Jalapenos, Sliced
Whole Green Chilies

Save 21-22%

GROCERY

Masuya Naturally

Rice Sembei

Reg. \$2.85
Now \$2.35

Save 18%

GROCERY

**Michelle's
Natural Pasta**

2 Minute Pasta

Reg. \$2.19
Now \$1.65

Save 25%

GROCERY

Montebaldo

Grape Seed Oil

Reg. \$7.49
Now \$5.35

Save 29%

GROCERY

Napoleon Co.

Tortellini

Reg. \$2.25
Now \$1.89

Save 16%

GROCERY

**Robert's
American Gourmet**

**Veggie Booty
Pirate's Booty**

Reg. \$2.19
Now \$1.69

Save 23%

GROCERY

**Sesmark
Foods**

Rice Thins

Reg. \$1.99
Now \$1.59

Save 20%

GROCERY

**New
Menu**

Tofu Mates

Reg. \$1.19
Now 99¢

Save 17%

GROCERY

Que Pasa

Red and Blue Tortilla Chips,
Yellow and White
Tortilla Chips

Save 16-17%

GROCERY

**Udon
Pride Soups**

Ramen

Reg. 85¢

Now 39¢

Save 54%

GROCERY

Lemonades, 16 oz.

Reg. \$1.22
Now 79¢

Santa Cruz
ORGANIC

Save 35%

GROCERY

From The Board of Directors

By Pat Vaughan

A 'welcome back to the Board of Directors' goes to Al Pingree who was re-elected to his position on the board for the 2002-2005 term. And 'welcome aboard' to Mike Forbes who has been appointed to a one-year term. Mike will fill the position formerly held jointly by Erik Flexman and Shel Lee Evans. And a third welcome goes to Susan Simonds who has graciously volunteered to serve as a director in a non-voting position. Susan will contribute her talents in most every other aspect: Serving on committees, researching issues, contemplating strategic planning goals... and gaining valuable experience toward running for one of four vacant positions on the board in 2003.

Erik and Shel Lee have a full plate of educational and professional requirements this year that will prevent them from carrying on in their Board of Directors' position, and therefore have resigned. We will miss them personally, and will miss their conscientious commitment to our Co-op (including this past year when Erik served as our Vice President). All of us on the board of directors are grateful for their contributions over the past two years and have enjoyed their company.

Our most recent board meeting was held on April 9. We spent most of our time on one of the tasks that I most

enjoy as a director— discussing a long-range vision for the Moscow Food Cooperative. As part of this focus we addressed a great question that Gary Macfarlane posed at the Annual Membership Meeting, (paraphrasing) "How do we ensure that the direction the Co-op is taking is in line with our values and mission statement?" We all agreed that this type of caring and questioning by Co-op members is healthy. We routinely orient on the stated values of the Co-op when doing the "vision thing" or making major decisions. We ask ourselves, "How have we done this past year?"

These are the values that have been established as the guiding principles for the Moscow Food Co-op:

- Good food
- Democratic Principles
- Caring about customers
- The relationship between good food - good environment - good health
- Community
- Support for organic farmers
- Right livelihood for staff; long-term success for business
- Ethical business practices
- Information & education network

And these are a few of the recent initiatives implemented by the Co-op:

- *A northwest co-op buyers group to get lower prices from our major distributor;

*Building a seating area in the Co-op;

*A first-rate deli preparing delicious organic food and meals;

*Friday night pizza;

*Member surveys conducted on Member Appreciation Day and Co-op Anniversary;

*Board of Directors election;

*Staff communication forums with management;

*Member Appreciation Day (with extra discounts);

*Life-time members' soup coupons;

* "Oops" coupon for customers who didn't get the product or service they wanted;

*Local growers group organized by the produce department;

*Hosting organic standards training for local growers;

*Proposal to host a Wednesday afternoon community growers market;

*\$4,000 worth of food to Community Action Agency for those in need;

*Public forum and discussion panel on genetically-engineered food;

*Updated personnel policy;

*Offering organic produce from local growers;

*"Know your local grower" posters in the produce department;

* "2% Tuesdays" where the Co-op (and members) give back to the

community;

*Moscow Food Co-op web site;

*Medical benefits package, lunches, and improved wages for staff;

*Earth Day highlighting and contributing to Community Garden;

*Annual filing of state and federal tax returns;

*Periodic financial reviews by an outside accounting firm;

*Re-cycle and re-use program.

So, how are we doing? Remember this is YOUR cooperative. Can you match some of the Co-op's recent activities to our (your) values? Are there some ideas you have that are not on this list and that you would like to see us pursue? Is there some direction or activity the Co-op is engaged in that you believe does not support our values? Let us know what you think. Members affirming, or questioning, how our Co-op operates in view of established values is what makes us different, and I think better.

Please remember that our Board of Directors' meetings are open to members and the public. They are always on the second Tuesday of each month at 6:30 p.m. at the USA Dry Pea & Lentil Council office (straddling the Washington-Idaho state line on the Moscow-Pullman Highway), just go 'round to the back door. So come and let us know how we're doing.

Two-percent Tuesdays to Benefit Palouse Prairie Foundation

By Robin Jenkinson

Throughout May, 2% of sales on Tuesdays at the Moscow Food Co-op will be donated to help restore the Palouse Prairie. This new charitable program emphasizes the Co-op's commitment to giving back to our community. In April, Two-Percent Tuesdays benefited the Village Bicycle Project. This month, the Palouse Prairie Foundation (PPF) will be gifted with monies that will help them produce local wildflower seed and develop restoration techniques to bring back some of the Palouse Prairie ecosystem that once covered Moscow and Pullman.

Since April, 2001, natural resource professionals and other people intrigued by Palouse Prairie have worked together as the Palouse Prairie Foundation. We have created a web site (<www.palouseprairie.org>, thanks to

Dave Hall) which contains information about Palouse Prairie, links to related sites, and a plant database with photos and information about native species. Other projects have included a handbook for restoring Palouse Prairie, various field trips, and the recent Palouse Prairie Symposium. As a fundraiser, we will be selling some native wildflower seedlings at the Annual UI Arboretum sale June 1, at Stookey's Nursery.

A major hindrance to large-scale restoration (bigger than a small garden patch) is the unavailability of local grass and wildflower seed. Tragically, over 97% of Palouse Prairie is gone. The remaining remnants are not large enough to sustain heavy seed collection. So, last summer, PPF members responsibly collected wild

forb and grass seed from local prairie remnants (within 10 miles of Moscow/Pullman).

The seed was processed and cleaned (thanks to Dave Skinner), then planted into grow tubes this past fall. Some of the seeds that required exposure to winter weather have been adopted by members and are currently coming up in backyards, while others have been growing in a greenhouse at WSU. In May, these will be planted in plots and grown to produce more seed. These seeds will be used to restore Palouse Prairie.

We have a number of partners in our efforts, including the Latah Soil & Water Conservation District, US Fish & Wildlife Service, Idaho Fish & Game, the UI College of Natural Resources, the Idaho Native Plant

Society and the Palouse Audubon Society. At the Co-op's potluck this month, there will be a presentation about conserving and restoring the Palouse Prairie.

Anyone is welcome to become a member of the PPF. We generally meet the first Thursday of each month and most of our correspondence is via email. This month we will be meeting at the parking lot next to the Latah County Grain Growers building (on 6th Street, across from Gambino's) on May 2nd at 5 p.m. From there, we will carpool to the Nature Conservancy's Rose Creek Preserve near Albion. Botanist Bertie Wedell will describe the work she's doing to help preserve the native prairie there. If you can, bring gloves and a dandelion trowel and we'll all help weed a bit.

Staff Profile: Sarah Scranton

By Julie Monroe

"I wanna cook! I wanna cook," exclaimed Sarah Scranton, not during the interview for her present position as Deli Cook at the Moscow Food Co-op, but when she was still knee-high to a grasshopper, watching her mother prepare food for her family. For as long as she can remember, 25-year-



old Sarah says, "food has been a huge part of my life," and she has expressed this passion by cooking for other people. From her hometown of Springfield, Illinois, to an organic farm in Michigan, to the wilderness of the Nez Perce National Forest, to the Food Co-op in Moscow, Sarah has made her way in the world by cooking and serving food.

Eager to leave the corn and soybean fields of her native state of Illinois, Sarah started her journey westward just as soon as she graduated from high school. In search of what Sarah describes as "alternative communities," she, a friend and her young daughter, traveled all across the United States in a 1967 Ford truck with an extended camper. Their primary destinations were Rainbow gatherings, with Grateful Dead concerts a close second. It was at the Round River Rendezvous in Wisconsin that she first heard people talking about Idaho, de-

scribing it in glowing terms as the "wild last wilderness." And when she heard an activist with Earth First! claim that Idaho had an "intact ecosystem" and completely "roadless areas," Sarah decided then and there to journey to Idaho to find out for herself if these claims were true. That Idaho should be her next destination in her "search for community," as Sarah puts it, seems to have been meant to be, she concludes. While waiting to graduating and planning her departure from Springfield, Sarah recalls taking out an atlas, closing her eyes, running her fingers along the map, and upon opening her eyes, finding her finger placed on the state of Idaho.

Sarah's first home in Idaho was in one of its most remote areas, the Nez Perce National Forest. As a member of Earth First! Sarah provided ground support: hauling water, making food runs, conducting monitoring trips, and "cooking mass amounts of food to serve people." After several months on the "front lines," Sarah ended up in Moscow, and she recalls the first time she saw Latah County, it was during the winter of 1997-98, and it was a "total wonderland," she says.

Although Sarah remains committed to the principles of Earth First! she understands that she can best serve the cause by doing that which gives her the greatest satisfaction: cooking.

Sarah's enthusiasm for cooking is fueled by her intense interest in health which, she believes, is inspired by the fact that she is diabetic. Her condition was first diagnosed when she was just 11 years old. Sarah feels strongly that food – how it is grown and how it is prepared – plays a significant role in our health, which, in turn, often determines how we interact with each other.

Sarah (also known as 'SarahSara' to her closest friends) is striving to lead a life that has both minimal and maximum impact. On the one hand, she hopes to leave as little imprint as possible on the environment; on the other, she hopes that how she leads her life will encourage people to be "loving and compassionate toward each other." In response to her mother's admonition that she needs to go to college, Sarah responds that she already has her degree – it's from the "University of Love."

While Sarah does not see herself attending an institution of higher education anytime soon, she is a life-long learner. She is now teaching herself about the medicinal uses of herbs, seeing herbal medicine as an important component of her holistic approach to health maintenance. Most importantly, though, Sarah is attempting to learn how she can achieve the type of lifestyle she envisions for herself and her boyfriend, Jon LaMoreaux. Sarah and Jon do not want to lead "a life of separation," as Sarah puts it. Together, they want to create a self-sufficient life, based on the principles of sustainable agriculture, which can be an ex-

ample for others. It is very important to Sarah is that she leads her life in a way that shows people that life choices need not be dictated by tradition. "For example," she says, "just because a person's father and his father before him were loggers, doesn't mean that he can't change." She says, "I want to show him that it can be done."

As with Sarah, food plays a huge role in the life of Julie Monroe. Julie has been vegetarian for three-quarters of her life and believes that the rituals of growing and preparing food are essential to a healthy life.

Dealing with the 'Ides' of Idaho

By Robin Baumgartner

The Idaho State Department of Agriculture (ISDA) will sponsor a pesticide disposal program this spring. This program is designed to collect unusable pesticides from farmers, homeowners, pesticide applicators, researchers, pesticide dealers, and so on. Herbicides, rodenticides, fungicides, insecticides and all other "-ides" will be accepted through the program. There is no charge for participating in this program. The nearest collection to Moscow will be held May 17 at the Nez Perce County Fairgrounds (1229 Burrel) in Lewiston. Collections run from 9:00 a.m. to 2:00 p.m. For more information, please check the ISDA's Pesticide Disposal Program website at www.agri.state.id.us/agresource/pdptoc.htm.

Additionally, after 13 years of once-a-year household hazardous waste collections, Latah County residents will finally have a year-round disposal option for their household hazardous waste (HHW). A new facility, dedicated to the safe collection and storage of HHW, will open this summer at the Solid Waste Processing Facility, located five miles east of Moscow on Highway 8. As a result, there will be no HHW collection event in April this year, and residents are asked to hold their HHW

until the new facility opens.

Household Hazardous Waste is any product that has flammable, explosive, corrosive or toxic properties. HHW includes everyday household products such as brake fluid, drain cleaners, floor waxes, pool chemicals, pesticides, adhesives, and paints. These products should be disposed of responsibly in order to minimize the risk of harm to people, pets, and the environment.

When open, the new facility will accept HHW from Latah County households at no charge. Small businesses that generate less than 220 pounds of hazardous waste in any given month may also bring materials to the facility for a reduced disposal fee. The HHW facility will not accept explosive, radioactive, or medical/biohazard wastes, nor will it accept HHW from residents of other counties. HHW collected at the facility will be picked up several times a year by a licensed HHW contractor, and disposed of properly.

For more information, contact Robin Baumgartner, Recycling Operations Manager, Latah Sanitation, Inc./Moscow Recycling, PO Box 9385, Moscow, ID 83843, or call: 208-882-0590, or visit www.moscowrecycling.com.

Cooking

What to do with Celery

By Jen Hirt

I used to volunteer at the Hiram College Co-op in Ohio, and one week, someone decided to purchase a food-service-sized quantity of celery. What arrived was a large box with about 50 stout bunches of celery. So with, say, ten stalks per bunch, we had 500 stalks to deal with. That's a lot of celery, especially when no one really had any definitive plans for how to use it. The celery sat. The celery decomposed. We all felt bad, yet managed to ignore it until the wilted wall of celery had to be escorted to the compost pile.

Since then, I've been wary of celery. How does one deal with this crunchy, pale green thing? Is it more than a vehicle for onion dip at parties?

The poet Gary Soto wrote in 'The Soup,' "He adds hominy and potato that bob/ In a current of pork fat, from one rim to the other./ crashing into the celery that has canoed such a long way."

Soto is right. The celery has canoed a long way. It's quite savory when cooked, which is a versatile shift from its cold, raw crunchiness.

Here's a great recipe for honoring its journey. The recipe calls for two stalks of celery, but use more if you want. The rice/grain combination is also open for variations, as is the type and amount of fruits and nuts.

I cooked a full batch of this one night and ate it for lunch for an entire week. It makes a delicious leftover. It's tasty when reheated and served with thin, cool slices of apple and your favorite cheese. The flavor is nutty-celery with highlights of tangy dried fruit and dill.

Pilaf With Celery

Adapted from 'Still Life with

Menu'

- 1 medium onion, minced
- 2 medium stalks celery, minced
- 1 teaspoon salt
- 1/2 teaspoon dried dill
- 1 to 2 tablespoons olive oil
- 1/2 cup uncooked white rice
- 1/2 cup uncooked cracked wheat
- 2 1/2 to 3 cups water (or light vegetable broth)
- 1/2 cup or more of your favorite dried fruit
- 1 cup of your favorite nuts
- fresh or dried parsley to taste
- fresh lemon for garnish

Over medium heat, cook the onion, celery, salt, and dill in oil until everything is mixed and tender, about 8 minutes. Stir every couple minutes. Add the uncooked white rice and cracked wheat, and stir gently but constantly for 5 to 8 minutes. The goal is to make sure the rice and wheat are well-covered with the oil and seasonings.

Add one cup of water and stir well. Let the liquid mixture cook down, uncovered, for about 3 minutes.

Stir and add the rest of the water (less if you prefer firm rice, more if you like softer rice). Add the dried fruit, stir well, cover, and simmer over medium-low heat for 25 minutes, or until the water is absorbed and the rice and wheat are tender.

Add nuts, parsley, and lemon garnish.

Yields 4-5 servings. Makes an excellent leftover.

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

Perfect Parsnips!

By Annie Hubble

Having asked Danni (our Produce Queen) to bring in more parsnips, I thought I would share a great recipe for this underrated and delicious vegetable. This is an easy and yummy way to introduce yourself to the humble parsnip. They are also delicious in soups, stews, with steamed veggies, in roasted veggies, in pot pies.... Try them! And enjoy! The following recipe is taken from 'Laurel's Kitchen Recipes' published by Ten Speed Press.

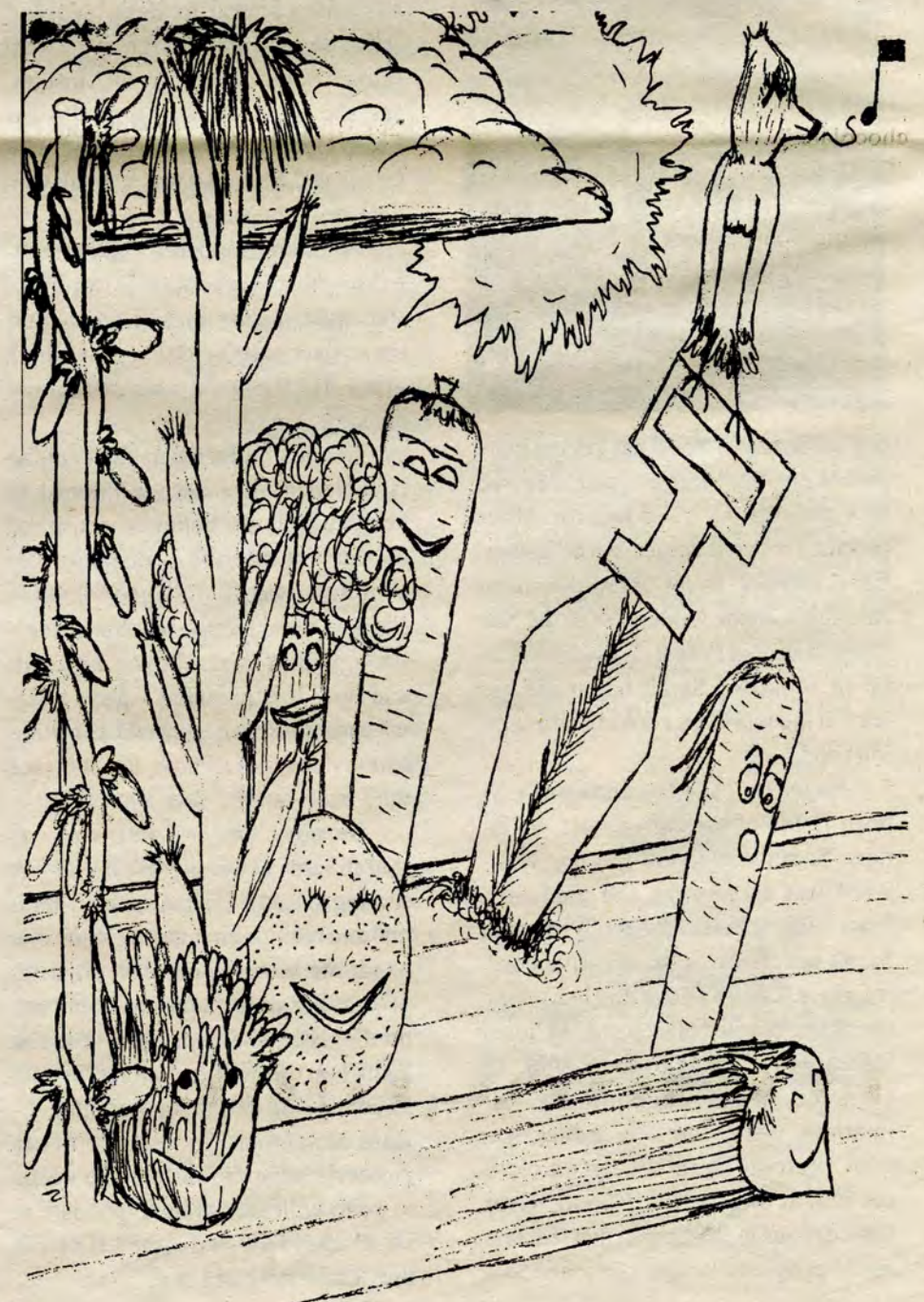
Sesame Glazed Parsnips

- 1 to 1 1/2 cups parsnips, peeled and cut into 3/4 inch chunks
- 1 to 1 1/2 cups carrots, cut into 3/4 inch chunks

- 1 tbsp. sesame seeds
- 2 tps. butter or oil
- 2 tbsp. maple syrup
- 1/2 tps. salt
- juice of 1 orange

Steam parsnips and carrots together until barely tender. Toast sesame seeds in a medium-sized skillet over medium flame. When they begin to color slightly, add oil or butter, maple syrup, salt and orange juice. (Juice of one orange = 1/2 cup of juice). Stir in carrots and parsnips. Turn heat up to medium high and cook, stirring with increasing frequency, until liquid is reduced to a glaze.

Makes 4 servings(about 2 cups)



New, Rare and Used Books and Art

**Bookpeople
of Moscow, Inc.**

512 South Main
Moscow, Idaho 83843-2977
Tel: 208-882-7957 Fax: 208-883-1826

Robert Greene

Email: bookpeople@moscow.com

Customer Profile: Trisha Einspahr

By Katy Purviance

It's a desperate situation. The sum total of food in my apartment amounts to less than a fingerful of peanut butter. I race over to the Co-op fast, ready for almost indiscriminate consumption. "Hold tight," I assure my growling stomach. "It won't be long now."

First thing I head over to the bakery case and start eating a muffin, making sure to note the price for the cashier. A frizzy-haired girl next to me is sniffing a pesto roll. So this is what ecstasy looks like.

"Mmmmm"

"Those are pretty good, huh?" I try to ask without overtly talking with my mouth full. Swallo. There. Ahh. "They're so warm, so soft, so pestolicious." She looks kinda familiar. Maybe I've seen her around campus. Or town. Or here.

"Oh, I love these!"

"Really? Like love love, or just love?" What is love, anyway?

"Oh, just love." She plops it into a plastic bag and sets it into her basket along with her Carob Pacific Select Soy Drink and Cowgirl Chocolate.

She sees me looking. "Gotta get chocolate."

"I understand completely," I smile.

There's something about her that tells me she really knows her way around the store. "You've been here a while, haven't you." I ask, snatching a bread sample from the case.

She laughs. "Yep, I graduated a couple years ago. Yep, been here a loooooong time." The year was 1996, she tells me, when she came here from Pasco, Washington as a freshman on a golf scholarship. It was pretty immediately after that that she discovered the Co-op and got herself a membership. "My mom runs something like this," she says, waving her hand. "I grew up eating this stuff," she laughs. "This looks like our kitchen."

My haunting childhood memories of Pop-Tarts and drive-thru dinners drive me to jealousy. "Hmm," I nod.

"I haven't been here in a while."
"How can that be?" I ask. We head for the juice case.

"I live in Ephrata," she explains, "makin' french fries," she laughs. "Where's the Odwalla?"

It's almost unbelievable. "What?"
"Odwalla."

"They have Naked juice now. Try it, you'll like it. But no, I meant 'what' about the french fries."

"Oh, yeah at Lamb-Weston. It's in Quincy." She gives me a short synopsis of the french fry manufacturing process and I wince. "I'm just back up here for a visit. Oh, It's so good to be back." She inhales deeply. This is what contentment looks like. I can't see her doing this with french fries.

She grabs a Green Machine and tells me how she got her degree in Spanish and then lived in Aguascalientes, Mexico for a year teaching English. She's still kinda tan. My tan from teaching biology in French in West Africa faded in our latest Moscow winter. It isn't fair. I grab a Mighty Mango. "There's eight different types of mangoes, you know." That's what the natives taught me.

But she's staring down at the vast assortment of lentils. "Oo, look at these lentils. Little red ones." She gets a bag.

"You know this area is the pea and lentil capital of the world?"

"Everyone knows that," she laughs. "Hey, they still have *Oaties*, right?"

"Of course they do. I don't think they'd ever stop making those. Everyone loves them."

"Good, I gotta stock up. We don't have any place like this in Ephrata."

Katy Purviance is leaving Moscow for a baking job aboard a ship out of New York. She will make stops in New Orleans, the Bahamas, Ireland, and Norway. Then, she's going to Canada for World Youth Day, and then, who knows?



Do You Want Spraying on Your Street?

by Rob Goodrich,

Moscow Health and Environment Commission

Beginning in April, Shull Brothers Inc will again be spraying weeds around the entire town according to the City of Moscow Street Department weed spraying agreement. This spraying will continue throughout the spring and summer as needed.

Spraying is a major method of controlling noxious weeds in Moscow. Herbicides are sprayed on selected streets, street cracks, alleys, curb edges, around dead-end street barricades, bridges, guardrails and fire hydrants on the city's rights-of-way.

Chemicals to be used include the herbicides Krovar, Finale, Roundup, Banvel, 2,4-D, Armine, Arsenal, TransLine, Hyvar, Oust, Spike, Telar, Rodeo, Surflan, RII, R900XC, Nalcotrol, Escort, Sahara, and Tordon. Applications will also include wetting agents and drift retardants.

Spraying may occur near your property with no prior notice. Any residents who do not wish to have their

residences sprayed, for any reason, and are willing to control weeds themselves, can call Mike McGahan at the City Street Department, 883-7096, and request to be put on the city's "no spray" list.

Dana Hoaglund
Arborist



Pruning - Climbing
Consultations - Evaluations

Member of ISA Certified Licensed Insured
(509) 332-6745

MARKET TIME
DRUG[®] Post Office Square
209 East Third
Moscow, Idaho 83843
(208) 882-7541

Mary Jane's Farm and The Passion to Feed More People

By Leah Christian and Eugene MacIntyre

Heads up Co-op members, Mary Jane Butters is at it again. First, she joined the Co-op team as the night janitor. Next, she sold ads for the newsletter. After that, she built the old co-op building out of a fast-food chicken shop. Then, at some point in her busy schedule she found time to marry the brother of one of the co-op founders and become one of the premier providers of organic foods for co-op members and patrons with her "Paradise Farms" products. What can this wonder-woman do next? Well, how about a new line of organic foods under the label of "Mary Jane's Farm."

"I'm trying to feed more people," Mary Jane says. "It's my passion." It appears, however, that the Mary Jane's Farm label will be much more than just another line of food. It will also include a storefront magazine that she categorizes as "one part catalog and two parts magazine". As she puts it, "While feeding my family and farm crew and perfecting a solution for the dilemma of what-to-cook, I dreamed up this publication."

The focus of the Mary Jane's Farm magazine is women. "I wanted a women's magazine where we can share solutions," she explains, "and show off our talents and really just a place where we can talk." It is a fabulous read that glorifies the importance of a domestic lifestyle, supplying not only wonderful organic recipes and meal plans, but also many additional household tips on everything from security to gardening, construction to decoration.

Don't be expecting any ads from Monsanto when reading Mary Jane's Farm, however, she is determined to fund the publication through subscriptions and sale of food from the catalog section. Mary Jane believes, "It's disheartening and confusing when magazines promoting good health print (tobacco) ads." The premier edition of Mary Jane's Farm is on the magazine racks at the Co-op right now, and the second edition is on the way soon. Subscriptions are available, but the schedule is not yet consistent. As the information column says, it will be "published periodically, seasonally, whensoever possible."

As for the food, Mary Jane not only focuses on the health aspects of an organic diet, but also on making



good meals quick and easy for the woman on the run.

"I talk with women easily," she states, "and I am usually visiting with women" when she is inspired with new ideas for recipes and meals.

After achieving a successful partnership with Mountain Safety Research to sell organic backcountry cuisine for campers, backpackers, and outdoor enthusiasts looking for healthy energy quick, she decide to spin-off the concept and concentrate on women with a similar need to make quick, healthy meals for themselves and their families. The line includes Farmhouse Cuisine, Campus Cuisine, Office Cuisine, and travel cuisine. And, no, they are not for women only. Any UI or WSU student will fall in love with the quick, healthy, and above all tasty Campus Cuisine brain food.

So, one would figure that with a new line of food products to sell and magazines to publish, Mary Jane must finally have her hands full. Apparently, this is not the case. Maybe she just doesn't sleep. Whatever energizer keeps her motivated, it has her working for the pleasure of Co-op members once again. We are very excited

and proud to provide a sort of scoop in this month's edition of the producer profile. We have recently heard the despair of many members about the loss of a valuable vendor and product from the shelves of our favorite grocery market, and are pleased to announce that sometime in the near future Stratton's Dairy products will again be available. And Mary Jane Butters and her Paradise Farms will be the ones for all of us to thank. "I bought all the Stratton's Dairy equipment," Mary Jane told us, "and I hope to be a part of the Stratton's Dairy comeback."

This reflects another way that Mary Jane can help feed people, especially us at the Co-op. Her passion to feed people will help bring the much-missed Stratton's Dairy products back to the Palouse.

Leah and Eugene were excited to chat with this local Palouse icon who has done so much for organic farming in this area. It was a delight to learn about her life as well as the evolution of the local area.

Testing for Clopyralid

by Mary Jane Butters

Margaret Misner, Manager of the Idaho State Organic Certification Program sent out a letter in March to all the state's organic growers warning us about the herbicide clopyralid that might show up in compost, straw mulch, or grass clippings. Because there is a high tolerance allowed for "public safety," most laboratories do not routinely measure clopyralid below 50 ppb.

Consequently, injurious levels in straw, hay, and compost are often not detected. Testing for contamination at these low levels is expensive, but there is a simple and inexpensive bio-assay test if you suspect you may have contaminated compost. For every load I receive at my farm, I leave the straw piled away from my crops and check for clopyralid first. Here's how:

Mix one part compost or suspect soil with six parts garden soil known to be uncontaminated. Fill several 4" pots and plant 2 pea seeds of any variety in each. Clopyralid damage, if any, will appear with the second set of true leaves, which may be distorted, curled or twisted, pale or yellowed, and usually lacking the normal leaf shape. At levels as low as 3 ppb of clopyralid, all test plants will show damage and most will die quickly. You can view an article about this at http://seattlepi.nwsource.com/gardens/58126_lovejoy14.shtml.

Keith Smith Carpentry

Level, plumb, & square with the world

**Timberframes
Additions
Remodels
Custom woodwork**

882-4938



EcoQuest International Products

Living Air & Living Water Purifiers

Living Sunshine Wind Powered Energy Units

**Contact: Joseph Thompson
(208)883-5316**

Gardening

Growing Herbs For Great Teas

By Patricia Diaz

Growing herbs is one of the most satisfying things you can do in my opinion. The wonderful fragrances, the flavorful teas; plus they're great to give as gifts in so many forms.

Herbs are best harvested on a sunny morning after the dew has dried from the leaves. That's when the flavor is at its peak. But if that isn't convenient for you, afternoon or evening will work also. If you harvest your herbs often, they'll grow big and bushy, providing even more for the next harvest. If you're having a big harvest, then cut the plants down by a third or a half, just as long as you leave several sets of leaves at the base.

You can preserve your herbs by hanging them upside down in small bundles, spreading them on drying racks or screens, or in a dehydrator. Slow drying is best and the humidity should be kept low. If you're hanging them or drying them on racks or screens, put them in a dark place with lots of air circulation. When the leaves are crisp, they are ready.

Strip the dried leaves from their stems, put them (and the flowers if applicable) loosely in a glass container. Don't crush them until you're ready to use them as crushing causes the flavor and aroma to disappear more quickly. Store your jars in a cool, dark place away from heat (heat will weaken the flavor and storage quality). Check after a few days to make sure there isn't any condensation in your jars. And then, enjoy!

Let's talk about some of the more popular herbs for teas:

CHAMOMILE. This herb is treasured for being one of the relaxing herbs. It is a common ingredient in the "night time" teas. There are two different kinds of chamomile that can be grown: Roman and German. Roman chamomile is the stronger of the two but the German has more flowers, thus more harvests. Both kinds of plants like full sun and will tolerate most soils as long as they drain well. For tea, harvest the golden flowers any time the white petals appear. You can dry these easily in a closed paper sack.

ANISE HYSSOP. Many people call this herb licorice mint, even though it really isn't a mint at all. The tall spikes of purple-blue flowers are quite beautiful in the garden and are greatly loved by honey bees. The plants are

hardy for our zone and grow to about 3-4' high. Anise re-seeds easily but isn't invasive. It prefers full sun and a rich soil and is easily grown from seed. You can harvest both the leaves and flowers of this plant for delicious licorice-flavored tea.

LEMON VERBENA. This is the best tea when you want that wonderful fresh, lemony scent. These leaves are used in invigorating teas. For our area, this plant is an annual unless you bring it indoors for the winter. It likes full sun, protection from wind, and rich, moist, well-drained soil.

PINEAPPLE SAGE. This sage really does smell like pineapple and makes excellent hot or sun tea. Even though the flowers are edible, use the

leaves for tea. This sage is beautiful in your garden with its gorgeous red tubular-shaped flowers but, unfortunately, it is an annual in our area.

BEE BALM. This herb makes a naturally sweet tea and is known as the Oswego tea plant (named after the first botanist who collected it). Our early American settlers drank this tea and it was, in fact, the drink of choice after the Boston Tea Party made "real" tea scarce. Most of us know this plant as bergamot and the beautiful red, pink, or white flowers look wonderful in the garden and attract both bees and hummingbirds. It is hardy for our area and enjoys fairly rich, moist soil that is slightly acidic. These plants like full sun to partial shade here in the north. Watch for powdery mildew in hot weather and if you see it, don't use it for tea. You can use both the leaves and flowers for tea but if you leave the flowers

behind the hummingbirds and bees will thank you for it! Also, use the young leaves as the older leaves may give a bitter aftertaste.

ORANGE MINT. Orange mint has a delightful citrusy fragrance and flavor. One of the nicest things about this plant is that it isn't as invasive as most mints. If you're worried, plant it in a container. This mint likes partial to full sun, fairly rich soil, and lots of water. It usually grows about 2 feet tall and you harvest the leaves for your teas. It is also very pretty in the garden as it has purple-tinged leaves and mahogany stems.

Pat Diaz lives on six acres near Dworshak Reservoir where the snow is rapidly melting. By press time she expects to even be able to see the dirt! Turkeys are strutting around and soon there will be fawns, baby squirrels, and other adorable critters on the scene.

Spring Tree Sale

10% off trees
for co-op members



PRAIRIE BLOOM NURSERY



332-4425

Open 9-6 every day

5602 Moscow Pullman Hwy

Camas Winery



Local wines by
the bottle & glass

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

110 S. Main
Moscow
882-0214



MIKEY'S GYROS

Now with
two locations
Serving up the fabulous
Greek Gyro, and other
unique salads, pita
sandwiches, spicy hot falafel
and homemade soups.

Moscow
(across from the theatres)
527 S. Main 882-0780

Pullman
(next to Burger King)
NE 1000 Colorado 332-8902

R&R OFFICE

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

1104 South Main

Montana Herb Gathering

by Lori Harger

There will be a terrific opportunity to expand your knowledge of herbal medicines at the 5th Annual Montana Herb Gathering, Friday, July 19 through Sunday, July 22, in the Lubrecht Experimental Forest in the beautiful Garnet Mountain Range, just 30 miles from Missoula.

Montana Herb Gathering, a non-profit group of regional herbalists, organizes the event which is open to the public and appeals to folks with all levels of herbal knowledge.

Lectures and classes will be held throughout the conference featuring local herbalists and scholars as well as such nationally known herbalists as Michael Moore, director of the Southwest School of Botanical Medicine; Feather Jones, founder of the Rocky Mountain Center for Botanical Studies; and Terry Willard, director of the Wild Rose College of Natural Healing. Festival organizers are excited to present these wonderful teachers in a very intimate setting.

Other conference activities include: morning yoga sessions, a botanical costume contest, sweat lodge, silent auction and herbal marketplace.

This annual gathering is a great place to connect and share with others in the pursuit of herbal knowledge. Early registration for the entire conference is just \$85 (before June 15). A variety of lodging and meal arrangements can be made through the Montana Herb Gathering as well. To learn more or to register, contact Kirk at (406) 244-5625; e-mail at <montanaherbathering@yahoo.com>; or see www.montanaherbathering.org.

**MOSCOW
YOGA CENTER**
525 S. Main • Moscow, ID 83843
(208) 883-8315

**Summer Session
Begins May 28, 2002**

*Daytime and evening classes
Classes fill quickly so register early*

Schedules available on the yoga center door. 10% discount for full-time U of I & WSU students.

Latah Community Volunteer Center

By Lisa Cochran

Recently I spent time visiting with someone I've known my whole life. He had just finished telling me how involved he and his wife have been in their church. He then asked what I had been doing, and I responded by telling him that most of my energies have been spent raising my daughter, working my business as a legal services broker and working in the community as a volunteer.

"Volunteering is such a luxury," he said.

Surprised, I responded, "Volunteering is not a luxury; it's a way of thinking and a way of life."

It is true that values such as volunteering should be considered a normal part of community life. It is also true that all too often, it is the labors of a few that seem to shoulder the bulk of the giving. It puzzles me why the concept of volunteerism is not part of each individual's value system and why parents don't always incorporate it as a normal part of child-rearing, starting at a very young age. Volunteering offers parents the perfect opportunity to promote positive early childhood experiences. Such positive experiences in turn enhances emotional and social growth while boosting self-esteem in our youngest citizens. I strongly believe that an essential component of esteem building in even our very young children comes from the feeling that each one of us has a special contribution to make, that our efforts can and do make a difference. This is referred to as connectedness and is invaluable when it comes to raising children. Volunteering di-

rectly promotes this sense, and because of its 'hands-on' quality, kids can really feel like they're a part of their community. They feel better about themselves and get a sense of empowerment. Volunteering is a part of raising kids to be adults with a sense of caring, responsibility, integrity and good citizenship. It can also be counted as more of that 'quality time' with our kids we're always searching for. Thus, volunteering has far-reaching outcomes for all involved: the child, the parents and the community.

Volunteering in Latah County is in the process of getting easier, thanks to the extraordinary efforts of a dedicated group of local citizens who have been working since October of 2000. They have created a catalyst for connecting volunteers with community projects and have named it the Latah Community Volunteer Center (LCVC). This center will serve as a county-wide clearing house for volunteers by linking volunteers with projects throughout Latah County. The center's mission will be to connect residents of all ages to service opportunities of all kinds. This partnership will identify community challenges while building on community strengths, and, according to the center's estimates, "15,000 hours of volunteer services will flow through this center when it is operational."

While the Latah Community Volunteer Center is still in the planning stages there are several ways to get involved:

* Call the LCVC at (208) 882-1584 and ask where and how you can be of assistance in the process of making the LCVC operational.

* Attend the first LCVC Volunteer Awards Recognition Ceremony to be held Tuesday, May 14 at 7 P.M. at the Kenworthy Theater in Moscow. Tickets are \$5.00 each and can be obtained by contacting Lynn Cameron at (208) 882-1584 or Buck Samuel at (208) 883-0882. You may also contact the center via E-mail at <latahvc@hotmail.com> or check out their website at www.latah.id.us/.

* Become an award sponsor by making a donation that shows your support of volunteerism on behalf of your business or company. Details are available at any of the above contacts.

* Watch for local announcements concerning the Latah County Volunteer Center and be sure to put your name into its volunteer data bank for future reference.

So let's get out there and show how much we care!

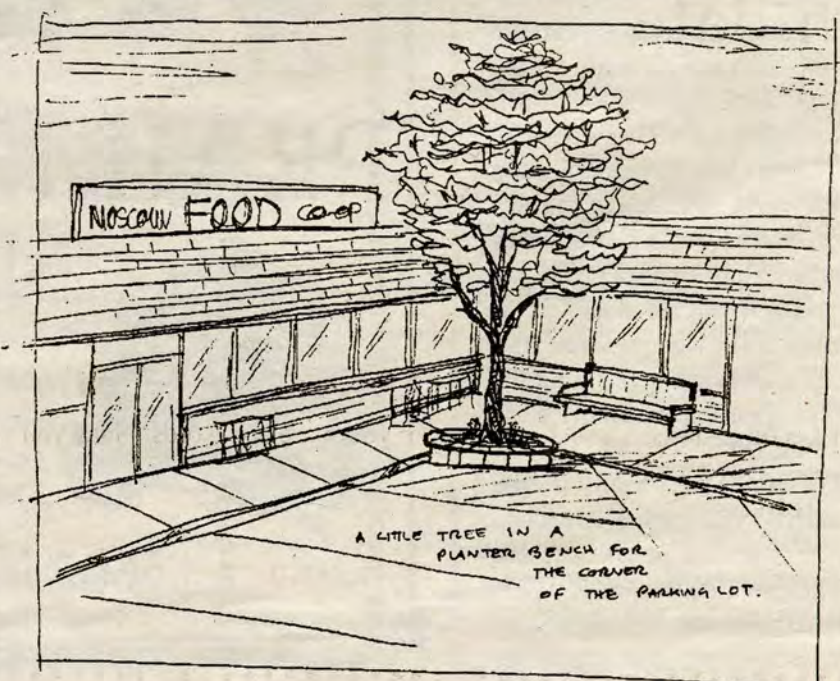
Lisa Cochran is a longtime Moscow resident who began volunteering at age 12.

Letter to the Editor

Hey Co-op,

I keep seeing this vision of a TREE growing in the corner of the parking lot! Do you think you can put it in the newsletter and see if it "takes root". I'm sure there will be no shortage of "objections," but the tree won't mind. (I can do all the "work, of course.)

Tim Daulton



jazzercise

cardio strength stretch



NEW SPRING HOURS!

Class Schedule:

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

Spectrum Dance II Studio
525 S Main Street - Moscow



For more information, contact
Babs at 892-8252

* Ask about our student discount!

Farewell to Laurel Reuben

By Bill London

I met Laurel Reuben in the fall of 1998. I had contracted with the Co-op to raise the money (through loans, gifts and memberships) to pay for the Co-op's move to its present location. The fundraising campaign started much too slowly, and we got no real response until Laurel called.

She explained that she had some money from her mother's estate, and wanted to loan it to the Co-op. And that she wanted her loan of \$5000 to remain anonymous. That was my introduction to the gentle and friendly forty-year-old who lived in our own neighborhood. And then a few months later, she was gone, headed to Ashland, Oregon.

Now she is gone. She decided to kill herself (on Monday, March 4, in the sheltering arms of the forest of the Siskiyou National Monument), and to announce the decision and the rationale in a letter to her friends.

A storyteller and friend of Laurel's, named Tom Doty, has placed Laurel's letter on his website. You can find it at: <http://members.aol.com/dotycoyote/private/laurelsletter.html>. There is also a storyboard where people have posted letters to share their feelings, memories and stories about Laurel. That address is: <http://www.dotycoyote.com/storyboard/wwwboard.html>.

A Farewell for John Moore

By Kenna Eaton

On March 21, 2002, our friend John Moore passed away from a heart attack at the age of 51. John lived in Moscow for almost thirty years, in between counseling jobs in Grangeville, Alaska, and Desmet. We will be having a farewell BBQ for John at his house, 724th Kenneth St in Moscow, on May 5th from 3:30 p.m. until dark. It's a potluck, so bring something to BBQ and a dish to share, plus a plate, some utensils and perhaps even a chair. See you there!



Letter to the Editor

From Burt Tschache

Is there someone in your Co-op who would be willing to share some information with me on how to start a small food co-op? My wife and I live in Vernonia, OR, a small town of about 2,700, 45 miles WNW of Portland.

There seems to be a growing groundswell among people we know for a good organic co-op in the town, as nothing currently exists.

Our backgrounds are in the computer field, entertainment, food industry and I actually have some long ago grocery experience. We have had a strong interest in healthy food and living for many years now. We would like to start something small and grow it as needs arise.

If there is somebody that would be willing to share any wisdom, insights or funny stories, I would greatly appreciate it. Please contact by email at bjt@saw.net.

A natural.



Nature Sport

(A locally owned business)
Palouse Mall, Moscow
882-9462

© 2002 Birkenstock Footwear, Inc. All Rights Reserved.

BIRKENSTOCK

PALOUSE
Ocularium
VISION CENTER

*Precise, professional eyecare.
Comfortable Atmosphere.*

William French
Optometrist
7th & Washington

POLAR FRESH®

THE FRESH SOLUTION FOR YOUR FRIDGE

Polar Fresh® is a time tested, state of the art food storage system originally developed for use in commercial walk-in coolers and now available for home refrigerators. Polar Fresh® consists of a powerful blend of natural minerals and activated charcoal that "scrubs" the air in your refrigerator. This creates a drier, crisper cold resulting in fresher food and a safer food storage environment.

WITH POLAR FRESH®:

- ☛ **Refrigerators stay COLDER**
 - Average 2-5 degree drop in temperature
 - Colder and drier means a safer food storage environment
- ☛ **Food is kept FRESHER & LONGER**
 - Less food wasted - use more of what you buy
 - Fresher food on the table
- ☛ **ODOR is controlled**
 - Prevents odor transfer from food to food
 - More effective than baking soda
- ☛ **Refrigerator surfaces stay DRIER**
 - Reduces excess moisture, helping to prevent bacteria and mold growth
- ☛ **Refrigerators run less and operate more EFFICIENTLY**
 - Reduces wear and tear because your refrigerator does not work as much or as hard
 - Average 9% less run time and 9% less Kilowatt Hour Demand = **ENERGY SAVINGS**



POLAR FRESH® goes to work immediately! You will be amazed and delighted by the difference.

One box lasts 3-4 months.
Unique hexagon shape insures maximum air flow around the box.
Sturdy Tyvek filter bag allows water vapor to pass through easily.
100% Natural

This product comes highly recommended by Carrie and Vickie. It works wonders at prolonging the life of produce, especially baby greens!! Perfect to keep all your spring and summer garden veggies fresh.

Community News Staff Update

By Therese Harris and Bill London

We are fortunate to have talented and dedicated volunteers and staff who help make this newsletter what it is: interesting, informative, and inherently cooperative. With full hearts, we thank all our contributors for sharing their efforts with us.

In particular, we would like to thank a few departing volunteer writers and wish them well as they travel on to other projects. Lori Harger has contributed pungent articles on various herb-related events and topics; Kajsa Eagle Stromberg has voluntarily interviewed and profiled some of our Co-op volunteers; and Katy Purviance has colored our views of who our Co-op customers are. Thank you for your time and words—may you always have enough to share!

Their departures leave us with pages to fill, so if you would like to join our volunteer newsletter team, please contact Bill London for more information. He can be reached at (208) 882-0127 or emailed at bill_london@hotmail.com.

May Co-op Pot Luck

Sunday May 19th at 314 E. 2nd, Moscow. Go around to the back of the house and up the stairs. Doors open at 6pm. We start eating at 6.30pm. The theme of this month's potluck is 'playing'. Bring (as well as your yummy pot luck dish!), musical instruments, games, juggling toys, art projects, and your playful self.

Community events sponsored by the Friends of the Moscow Library**Vivian & Phillip Williams**

Wednesday, April 24, 7:00 p.m.
1912 Center, 412 E. Third St., Moscow

"Fiddling Down the Oregon Trail" The Williams return to Moscow with a lively musical performance sponsored by the Friends of the Moscow Library. Of interest to elementary-age children as well as adults. Free.

Peter Fromm

Wednesday, May 15, 7:00 p.m.
Moscow Public Library

"Whale Tales: Human Interactions with Whales" Peter Fromm shares stories of human encounters with whales in a slide and video presentation. Of interest to all ages. Free.

For more information contact: Chris Sokol, 882-3925.

If you are moving from Moscow,

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

**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. [new time]. People come and go in this mostly 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 all over the world in a commitment to peaceful, non-violent resolutions to conflict and justice for all peoples. We invite you to make a visible witness with us. For more information call 882-7067.

11th annual Jackson Hole Writers Conference**Registration now open**

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

sponsored by the University of Wyoming

First Annual Volunteer Recognition Event

The Latah Community is honoring our children and adults who are through volunteer service. An annual LCV Recognition Ceremony will be presented. In recognition of your efforts, please consider

All nominees will receive a certificate and Award plaque that will be presented at the Recognition Ceremony. Awards are \$5.00 and are available to all Community Volunteers.

LCVC Recognition Ceremony
Tuesday, May 14, 2008
Kenworthy Performing Arts Center

Contact Information:

Latah Community Volunteer Center
E-mail: latahvc@hotmail.com
Phone: 208-882-1584 FAX: 208-882-1870

The Moscow Art Gallery**The photographs of Dorothy Gullicksen**

The photographs of Dorothy Gullicksen exhibit from April 19th to May 17th. Dorothy Gullicksen lives in Moscow and has been in the area for many years. "I spent hours on the road, marveling at the beauty of the landscape by the cultivators and plowmen as they worked the contours of the hills of the Palouse." She explains, "It seemed to me that the operators of the equipment were aware of the final beauty of their work and were displaying their varying overwhelming talents to make the best and most beautiful designs." When she took pictures she was not pleased because the beauty of the design got lost in the recording of a landscape. Then the idea for her present project came to her. She is just beginning to develop in this genre. After capturing the natural world as styled by man/machine, she uses her own imagination to complete it as design, rather than as landscape.

Susan Atteberry Art Show at Moscow Food Coop

The Moscow Food Co-op Art Gallery presents the artwork of Susan Atteberry from Pullman, Wash., May 17-June 20, 2002. An opening reception will be on Friday, May 17, 5:30p.m.-7p.m. at the Co-op's Deli dining area. Atteberry has lived in Pullman since 1983 and has been a Moscow Food Co-op member for about 12 years. She has lived in Wisconsin, Connecticut, and upstate New York, along with many other places. She came here from Canterbury (1970-1983), Kent, England. She also studied art at Beloit College, WSU and the U of I. She has been drawing for over 45 years. Her artistic style ranges from intricate pen and ink cat illustrations to wildly colorful abstract works. She describes her mediums, "I work in pen and ink, watercolours, watercolour pencils and most recently in mixed media."

The Moscow Food Co-op Art Gallery is open 8pm daily. Artist in residence. Please contact Rose G. Atteberry at rterrydgraham@hotmail.com for more information and evening events.

