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September 2002

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# Community News

The monthly newsletter of the Moscow Food Co-op



## MAD Days Are Here Again...

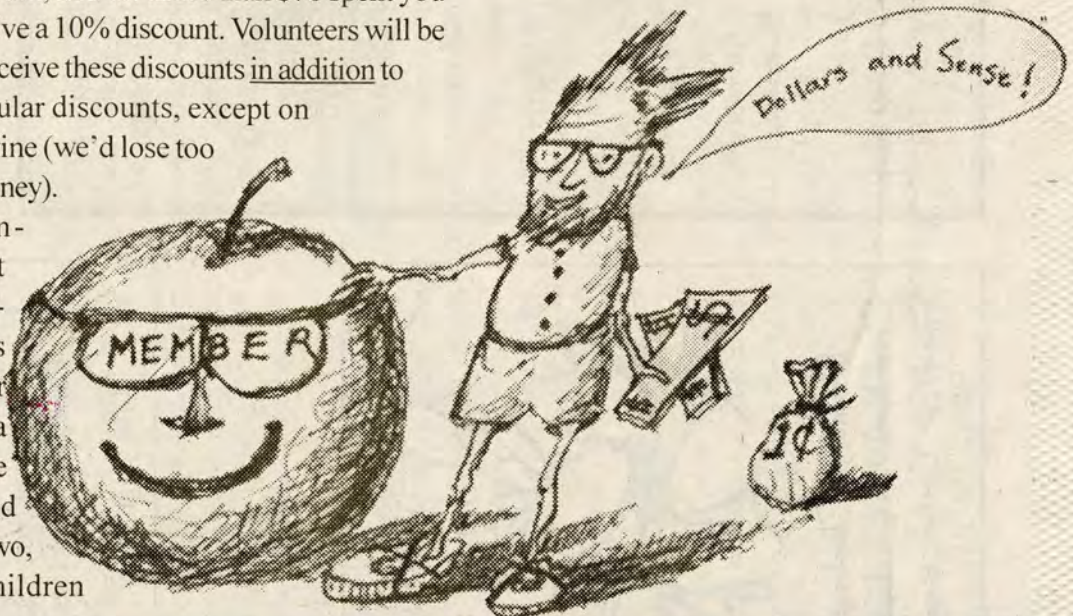
by Kenna S. Eaton, General Manager

Monday, September 30th is the date selected for the next "Member Appreciation Day." All day Monday, members will receive a discount on all their purchases at the Co-op. No one will go home without a "prize," although those who spend more get more, so be prepared to show your current membership card and reap the extra benefit! For purchases less than \$25 you will receive a 5% discount, for purchases between \$25-\$70 you'll receive a 7% discount, and for more than \$70 spent you will receive a 10% discount. Volunteers will be able to receive these discounts in addition to their regular discounts, except on beer & wine (we'd lose too much money).

Membership at the Co-op costs \$10/year for a single adult and \$17 for two, while children

under 18 are free. We also have a special senior rate of \$5/year. The membership dollars that you pay into our Co-operative are used to purchase fixtures and equipment, not for daily operations, meaning that YOU really do own the store.

MAD days are fun and a great way to stock up, so get that shopping list ready and plan to spend some time shopping at your favorite store -the one you own!



[www.moscowfood.coop](http://www.moscowfood.coop)



## 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

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**Erika Cunningham, Licensed Massage Practitioner** - First 2 massages @ \$35 each, 882-0191 for Appointment

**Eva Jo Halvik, LMT** - First 2 massages @ \$35 each, 306 E 3rd St., 2-A, Moscow, 301-2246

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

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

**Kelly Kingsland, LMT** - First two massages @ \$35 each, for appt call (208) 892-9000

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**Dr. Linda Kingsbury, Professional Herbalist** - \$10 off Clairvoyant Readings, Herbal Nutrition Consultations & Energy Medicine Healings www.spiritherbs.com 883-9933

**Maria Maggi, Intuitive Astrology & Gardener**, Please call for an appointment, 10% of on readings and consultations, 882-8360

**Markettime 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

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

**Professional Mall 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** esotericist - 10% off clairvoyant readings, past life regression & energy healings, 892-8649 or gmrockiii@aol.com for appointment.

**Dr. Susan Simonds, PhD., Clinical Psychologist** - 10% discount on StressReduction & Women's Wellness workshops, 892-0452.

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

**Whitney & Whitney, LLP** - Reduced rate for initial legal consultations, 424 S. Van Buren St., Moscow, 882-8872

**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



## What is a Co-op Anyway?

by Kenna S. Eaton, General Manager

A lot of folks join the Co-op for different reasons - often it has to do with saving money or supporting an alternative business, or, as Dani sez, "because the Co-op is cool!" But what does it really mean to join the Moscow Food Co-op?

Co-ops are formed by people with a common need; in our case an interest in good food. A co-operative is a business owned and operated by its members, which is quite different from the more traditional structure of either a single owner or a business owned by stockholders. Another difference comes in the 7 principles of co-operation. In essence, these principles are values that co-ops and their members share and honor. In the tradition of their forefathers, co-ops believe in the ethical values of honesty, openness, social responsibility, and caring for others.

When you sign up at the register to become a member you pay a \$10 annual investment that is used by the Co-op to purchase equipment and fixtures and to do any leasehold improvements. This makes you truly an owner of this grocery store and this is also one of the Co-operative principles.

As a member of the Co-op you also have the right to vote. Democratic member control, or "one member—one vote," another of the co-op principles, allows members to vote annually for the Board of Directors. Moscow Food Co-op Board members run for a three-year term with elections held in the New Year by mail-in ballot. Our Board of Directors is responsible for long-range planning and visioning. They are also responsible for

hiring and supervising the General Manager (that's me). The GM, in turn, is responsible for day-to-day operations of the store and for implementing the goals and policies set by the Board. Between board meetings, directors hold committee meetings. We have only three permanent committees, the rest are either ad-hoc or seasonal (like the nominations committee which only meets in the fall to organize the elections).

During committee meetings, directors and other interested members work on goals set by the whole Board. At the monthly Board meetings, each committee reports back to the Board with information they've gathered or proposals they are ready to make. Then, after a lively discussion, the Board decides whether or not to vote on a policy or whether more work is needed before change can happen. Usually it is the GM's job to implement those policy changes if they relate to the store. By serving on the Board or on committees, the members of the Co-op really are involved in how their store grows and what it will be like in the future. The Board regularly reports to the members through this newsletter and at an annual meeting held in late spring.

Interested in knowing more? Any member is welcome to attend a Board meeting, please join us every first Thursday of the month in the basement of the Pea and Lentil Council, on the WA-ID state line, Moscow, @ 6:30 p.m. Except in September, when we're holding a day-long Board retreat for September's meeting, but please join us starting in October.

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## 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

# The Bakery Sweetens Your Morning

By Amy Richard, Kitchen Manager

As you cruise by the bakery case in the upcoming weeks you'll notice some changes. We are in the process of expanding our breakfast repertoire. We will be offering a "traditional" cinnamon roll every day. Joseph is refining his already delicious cinnamon roll and once he reaches perfection – the dough light, the filling just the right gooeyness, the icing adding just the right sweetness – then he will teach us all and it will become an everyday breakfast affair. As for the great raisin debate, well, we have decided to sit on the fence: half with and half without. So watch out for (and taste) this evolving product of Joseph's creativity and give us your comments and suggestions on the board.

But wait there are more treats to come. Each day those imaginative and artistic bakers will dazzle us with another breakfast roll of their choice. Look forward to fresh fruit, cream cheese, nuts and whatever other goodies they can imagine to be rolled up in that yummy sweet spiral.

Coffee Cake? Oh yes. Along with two delicious, fresh muffins, plus sweet- and savory-filled croissants, fruit bread, scones, and pound cake. And this one is still in the works but hopefully coming soon: whole-wheat croissants. Seasoned baker extraordinaire Sarah (a.k.a. Ty) has accepted the challenge of coming up with a system in which we will make our own whole-wheat croissant dough. This will not only mean fresher and healthier croissants but lots of new and different sweet and savory breakfast delights as well. This feat of pastry mastery will take some time though, so wish her luck and look for it a couple months down the road.

For now, just kick back with your morning cuppa and enjoy your breakfast treat from our very own whole grain, organic bakery. Let us know what you think.

### Published by

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

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### Printed on Recycled Paper

Deadline for Articles & Ads  
20th of each month

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

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### Distribution

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## Front End Manager

By Annie Hubble

I have just completed my first 3 months as Front End Manager. It has been an excellent training time, though I feel as though I have hardly got my feet wet as yet. But I have made schedules, given evaluations, gone to meetings, and—mercy of mercies—attended the managers' training week led by Carolee Colter from Seattle.

This training session took place, to my fortune, shortly after I started my new position. It was a great way to learn more of what it takes to be a manager. All the managers met for 4 hours every afternoon for a week, and both Amy, (the new Kitchen Manager) and I, the 'rookies' of the group, felt particularly grateful.

I appreciate the good wishes of so many of you regular shoppers. I am not at the register as much as before. Now, more often than not, I can be found in front of a computer. But I still help out at the registers at 'rush hours', and am glad to see your smiling faces. I enjoyed my years as cashier, and am now excited to take up new duties, though following such an excellent manager as Laura has its challenges. I only hope I can do as good a job!

If you have any questions or suggestions about front end service, feel free to talk to me. I work from 11:00 a.m. 'til 7:00 p.m. Sunday through Wednesday. Thanks again for your encouragement as I enter a new phase at the Co-op.





## Personal Care Corner: HRT Information

By Carrie A. Corson

The following information was taken from a statement released by Emerita, maker of the best-selling line of women's products, including the progesterone cream, Pro-Gest. This statement was released in response to the news that the Women's Health Initiative study of HRT was being halted. We feel that the information contained in this statement is important to our customers who may have questions regarding synthetic HRT versus natural alternatives to HRT. The following information is being reprinted with the permission of Emerita.

"On July 9th 2002, the National Institutes of Health (NIH) announced that the Women's Health Initiative study of hormone replacement therapy (HRT) was halted due to increased risk of breast cancer, heart attack and stroke. The 16,000 + healthy postmenopausal women in the study have been advised to stop the combination of conjugated equine estrogens and medroxyprogesterone acetate (brand name PremPro) because the overall health risks outweigh the benefits. While the risks are statistically significant, it is important to note that they affected only a small number of the study participants.

It is important to recognize that the results of this study may not apply to different forms of HRT, other oral and transdermal estrogens, progestins, or progesterone.

It is also important to understand the difference between synthetic progestins, such as the medroxyprogesterone acetate that was used in the study, and natural progesterone, which was not used in the study. Natural progesterone refers to a molecule that is identical to the progesterone molecule that the body makes. Pro-Gest is a natural progesterone cream and was not used in this NIH study. Pro-Gest has been clinically studied. For more information on these studies, please call 1-877-966-7477, or visit our website at [www.emerita.com](http://www.emerita.com).

HRT is prescribed for the relief of acute menopausal symptoms, including hot flashes, night sweats and

vaginal dryness. However, menopausal symptoms can often be effectively addressed with options other than HRT.

A recent clinical study evaluating the effectiveness of topically applied progesterone cream demonstrated a statistically significant decrease in hot flashes reported by postmenopausal women. Phytoestrogenic herbs (phytoestrogens) have also been shown to support hormone balance during the menopause transition. These herbs do not contain estrogen, but have constituents (phytoestrogens) that are structurally similar to estrogen and can provide estrogen-like effects in the body. Red Clover isoflavones, Black Cohosh, and Alfalfa have all been shown to promote the relief of menopausal symptoms including hot flashes.

While researchers and clinicians are emphasizing that women on HRT shouldn't panic, some of them are advising that the long-term use of this particular HRT regimen should be discontinued. The choice of taking HRT lies with each individual and needs to be weighed in terms of the risks and potential benefits.

Medication changes should be discussed with a physician. If the decision is made to discontinue HRT, it is important to gradually reduce dosages, as an abrupt cessation can lead to a rebound of symptoms. While reducing HRT, natural progesterone and/or phytoestrogen herbs can be started to help with promoting hormone balance."

A wide variety of phytoestrogen herbs can be found at the Co-op. Some of the most popular products are: Emerita's phytoestrogen cream, as well as their menopause formula tablets which are a blend of the herbs black cohosh and red clover; Moscow Food Co-op's Menopause Formula; Menoremin from Nature's Life; and Earth Wisdom Herbals' Vitex Plus and Black Cohosh Plus extracts. We also carry Emerita's Pro-Gest and Zand's progesterone creams. As ever, consult with a health care professional before starting any treatment program.

## More Personal Care Corner: Weeds as Medicine

By Brenda Guettler, Personal Care Assistant

Recently, Carrie and I attended the Montana Herb Gathering at the University of Montana's Lubrecht Experimental Forest. The setting was ideal for this group of about 160 herbalists, doctors, and self-proclaimed nature freaks to learn about subjects as diverse as Farming Medicinal Plants and the Chinese Energetics of Western Herbs.

On Friday we were quickly settled in a quaint cabin, which somewhat resembled a box car, nestled among the Ponderosa Pine and had just enough time to take in our surroundings before heading to our first class.

The weather was perfect and so my decision to attend Meryl Kastin-Flocchini's Herb Walk was an easy one. The wooded area surrounding the classrooms turned into a meadow, which made this an ideal setting for an herb walk. We never ventured far because all around our feet were plants that had amazing uses. We talked about Yarrow's antiseptic and hemostatic qualities, Uva Ursi's ability to help with urinary tract infections, and Oregon Grape's seemingly endless uses (truly an amazing medicinal herb). But then something surprised me...we began talking about weeds (gasp!) like Yellow Sweet Clover and Mullein. Throughout the weekend I pondered the benefits of these invasive weeds. I thought to myself, "What do you mean spotted knapweed has good qualities?" and, "Surely no one can say anything good about Yellow Dock." Boy, was I in for a surprise. Not only are many noxious weeds good for medicinal purposes, but they can also provide beneficial vitamins and minerals. Now don't get me wrong...I am certainly not suggesting that anyone let these weeds take over their yards/pastures/fields. However, in a world full of so much negativity I found it refreshing that many of these so-called "bad" plants are really quite popular in the world of herbal medicine.

My interest was piqued and I decided to learn a little bit more about the positive sides of these plants that many feel are undesirable. In perusing the spring issue of Whole Earth I

noticed an intriguing article by the noted herbalist Susun Weed. (Quite the appropriate name I thought) In her article she extols the virtues of stinging nettle by stating that one-cup of her stinging nettle infusion contains 500 mg of calcium. Quite a positive benefit from a plant that most people would consider a weed. Rodale's Encyclopedia of Herbs also claims that stinging nettle can be used to treat asthma and is a good source of Vitamin C.

During my second Herb Walk of the Gathering, Michael Pilarski, a wildcrafter/organic farmer/herbalist extraordinaire, pointed out that Yellow Dock is a good source of iron and is used for cleansing and healing the blood and liver systems. Yellow dock can also be used as a laxative. Imagine...all these possibilities right in your backyard!

The idea of using "weeds" such as these for medicinal or culinary purposes is not new. Many of us have heard about treating mild depression with St. John's Wort or putting Dandelion greens in our salads. As a matter of fact, these plants and countless others have been used for hundreds of years. I, for one, am looking forward to taking more opportunities to learn about improving my health and well-being with common weeds and plants that might just happen to be growing in the cracks of our sidewalks. If this intrigues you as well, I would encourage you to pick up a book like Michael Moore's Medicinal Plants of the Pacific West to learn more about preparing and using these 'nasty' weeds! Just make sure you know what you're gathering and the safety of taking them internally. Happy weeding!

Dr. Ann Raymer  
Chiropractic Physician

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# Customer Profiles: Leslie Holt & Amy Smoucha

By Vic Getz

Leslie Holt and Amy Smoucha met while living in St. Louis where they advocated for welfare recipients. While doing this work they shared a mutual passion for grassroots anti-poverty action. A desire for continuing education brought them to the Palouse.

Leslie said, "I wanted to pursue my other passion—art—and dragged Amy along." She's beginning her second year as a graduate student in Fine Arts at WSU. Meanwhile, Amy has found her niche helping low-income people access legal services in both Washington and Idaho.

The move from a "sophisticated" cosmopolitan area to the Palouse was, "...stressful. Uh...interesting? Yeah, it was really hard." For Amy, doing the work in a rural area is really difficult because services are so few and far between. The conservative and smaller population translates into a community that lacks the informal help networks available in a larger area. On the other hand, Amy has found that for people who want to get away from urban life, this area provides more affordable housing and a safer environment in which to raise their families.

Leslie's experience of the transition "has been a wild ride. Going from a full-time job to being a grad student has been shocking – mostly in a good way." To have the time to explore her own art has been an amazing gift, she said. I asked Leslie what discoveries she's made with this gift of time.

"Just having the time to reflect makes it possible for me to bring new and different things into my art work. I've been able to go back to my childhood and integrate that into my art. My work with people with mental disabilities is also finding its way into my creative process." It gives her the perspective of distance that wasn't available when she was caught up daily in the work she and Amy care so much about.

They are founding members of the Palouse Chapter of the Washington Working Families Coalition, a statewide organization that educates people on federal welfare policy in order to promote more progressive welfare principles.

"The current system is very punitive and the current proposals for reform focus far more on welfare caseload reduction rather than poverty reduction." The Coalition advo-



cates for a variety of issues including more money for child care, education, and job training, as well as restored benefits for legal immigrants. (Contact Leslie and Amy for information if you're interested in helping, at <leslieholt31@hotmail.com>.)

They left St. Louis last July to head west. Driving across the US made them feel that they were entering a different country, especially after hitting Wyoming and Montana. The day they arrived in Pullman they thought, "Ha ha, ...I...uh, don't remember!" laughed Leslie. "What's all this wood paneling doing in our apartment?" But they remained, struck by the beauty of the area, even if they entered withdrawal from the lack of options for entertainment and food that St. Louis provided.

"Thank god we found the Co-op!" Leslie conveniently segued. They're doing lots more cooking out of necessity (see above) and the Co-op has become "our 'main squeeze' culinarily speaking as well as for meeting people." (Like me!!!) They'd heard about the Co-op and feel that it's a big

plus to being here. As for many customers, the Co-op presents itself as a familiar place, a place of community. Leslie and Amy say it also provides a resource for public action to which they both hold a strong commitment. Support of local food production and the responsiveness to customers' needs are some of the things they mentioned that have struck them about the Co-op.

Now that they've been here a year and have had a chance to adjust, what they find they really love about this place is the beauty and the access to wild areas.

"It's really a different culture here – slower and quieter and that's been great!" How has it changed you, I asked Leslie.

"I don't know if I'll know that answer for awhile. But I can say that I feel really appreciative of different things." Being here requires that Leslie has to rely more on her own internal resources and in that way it's changed her. That's not a bad thing. Self-reliance and social action are personal themes for both Amy and Leslie.

It looks like they've come to the right place...for now.

*Vic Getz is ABD in Environmental Sociology at WSU and still has in her possession a "Visit Idaho, The Tick Fever State" bumper sticker.*

Eva Jo Hallvik  
Licensed Massage Therapist

208-501-2246







## Local Farm Tour, 2002

By Dani Vargas

Dear Co-op Shoppers, on Sunday, August 4th, we visited four local farms around our area that supply the co-op with fresh organically grown produce. You may have seen us driving around: we were in the vanpool vans from Palouse Clearwater Environmental Institute. The first farm we visited was Mary Jane's Paradise Farm on Paradise Ridge. This farm is certified organic and supplies the Co-op with organic salad mix, garlic scapes, and garlic. On the tour of her farm Mary Jane offered us a sample of garlic scape pesto. It was SO GOOD!! She also had eight cups of coffee for those eight individuals who were especially tired. Mary Jane and her husband Nick showed us their greenhouses, this year's garlic harvest that was hung up to dry, their new kitchen which is available for others to use, and showed us their method of how they combat weeds. Before we left Mary Jane gave everyone a copy of her new magazine and answered some last minute questions.

The next farm we drove to was Affinity Farm owned by Russell Poe and Kelly Kingsland. This farm is licensed organic and mainly supplies the deli with lots of fresh produce. Russell and Kelly also can be found selling their beautiful produce during the Wednesday growers' market outside the Co-op and at the Saturday Farmers' Market. Russell and Kelly bought their farm about one year ago and it was very evident of the amount of work that they had to do to have the beautiful garden that they did. They talked to us about succession planting and showed us their methods for protecting their greens from bugs, frost, and wind.

The third farm we visited was Moscow Mountain Farm owned by Pat Vaughan. On the way there, on the Moscow Mountain road there

were so many bumps, we thought the vans might shake apart but they didn't. Moscow Mountain farm is licensed organic. Pat grows raspberries, beets, potatoes, corn, apples, pears, and peas. He mainly tries to supply local businesses with raspberries, and sells his other crops during the Wednesday growers' market. After showing us his different gardens and where gardens will be in the future, he had gold beets, candy stripe beets, and red beets for us to try. He also had some peas he had just picked, but the best part was the raspberry shortcake with homemade scones, fresh raspberries, and whipped cream.

After a short break at the Co-op we headed down the Wawawai grade to our final destination: Moffett's Organics. Moffett's Organics is a certified organic farm owned by David and Stacia Moffett. Their future plans are to have, by the year 2004, a certified organic winery on their property and to produce this wine for retail. Their farm is very diverse. They produce everything from grapes, peaches, and apricots to watermelon, okra, tomatillos, walnuts, and the list goes on. They also have turkeys that they use for bug control and this year (don't let your kids or turkeys read this) for thanksgiving dinners. The Moffetts are very fortunate to be in such a warm climate—they for sure will not be affected any time soon by the frost that has plagued so many gardens in the Moscow-Pullman area. Before we left we sampled their blackberry wine and cabernet sauvignon. They both were excellent. We also had ice tea and candied walnuts.

With that, our day of tours came to an end. We headed back up the grade to the Co-op and our home sweet homes. We had a great time at each farm and hope that you can come to the next farm tour, happening soon.



## The Volunteer Program

By Annie Hubble and Janna Jones

Volunteer coordinators

Amazingly we find ourselves at the beginning of another school year, and I would like to welcome back our old friends and say a glad hello to new faces. I hope you all had a refreshing and relaxing summer.

As the school year starts and the Co-op becomes busier, there will probably be volunteer positions available. However, I do encourage you all to fill in application forms now. We have a backlog of applicants, so as fast as positions open up, they are filled by would-be volunteers from that list. Therefore it is important that you get on the list!

Both Janna and I would love to get to the point where we catch up, and can actually list positions, but it has not happened for quite a long time now. So go to the volunteer board (by Vicki's office) and fill out a form if you

want to volunteer. We would love to have you as part of the volunteer crew.

For a while now, the volunteers have been sharing their parties with the membership, in order to have the numbers necessary to book certain locations, (such as the Hamilton-Lowe Aquatic Center in August). But we are feeling a particular gathering to honor just volunteers would be in order. In October at some point we will host a small party, probably in 'Roberta's Attic' with good food and light background music, to give volunteers a chance to socialize in a quiet and mellow manner. Watch for details in the October newsletter.

And, as always, both Janna and I would like to thank you all for your hard work.

'Til next month!

## The Buy Line

By Erin Jane Wittman, Assistant Grocery Buyer

It's that time again! With school starting we all have less time and, more than ever, a need for fast, nutritious meals. I decided to ask around the Co-op to find out what everyone's favorite food on the go was. Along with some old favorites we now have some fabulous new items available for breakfast, lunch and supper.

Kick-start your morning with Vicki's favorite: Amy's Tofu Scramble Pocket. This is cool because everyone loves Amy's for lunch and dinner, so why not have her for breakfast too! Or you could try my friend Sarah's favorite morning treat, Brown Cow's new Low-Fat yogurt with almonds sprinkled on top. Brown Cow's new Low-Fat yogurt is delicious without the guilt of Cream On Top. We also have available White Wave's Silk in a new aseptic packaging. This is great for those of you who like to stock up for school, and it doesn't need to be refrigerated until opened. Same great taste and less pressure. Pour your Silk on top of Cascadian Farms' new organic cereals. They come in four fantastic flavors: Multigrain Squares, Honey Nut O's, Wheat Crunch Flakes, and Oats and Honey. Then of course there is my personal favorite, the ever tempting and delectable

Health is Wealth Breakfast Munchies. Yum. Yum. Full of egg, cheese, and meatless ham all wrapped up in a scrumptious whole-wheat crust.

And now on to the second most important meal of the day...lunch! Some of our new and delicious items include Udon Pride Noodles: just like ramen without the MSG, and at a nice price, too. Wash them down with Reeds Ginger Juice. We have four new juice flavors with just the right touch of ginger. Or, as many of you have already discovered, Pete's Tofu To Go is a heart-healthy and satisfying meal. Try the Lemon Pepper or the Thai Tango variety.

For supper try our Personal Care Assistant Brenda's favorite meal, Quorn Meatless Nuggets with a mixed green salad and a baked potato on the side. Use Cardini's Caesar on that salad for the perfect finishing touch.

To wrap up the day, let's face it we all need snacks! The general consensus around the Co-op is that the Have A Corn Chip chips are the best thing since sliced bread. For the late night snacker, Whole Soy has just come out with a new delicious frozen yogurt line. Try Black Cherry, French Vanilla, Crème Caramel, or Chocolate Hazelnut. Guaranteed to satisfy and give you sweet dreams.

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# Volunteer Profile: Liz Rich

by Chris Stordahl

Okay, two things. First - I am continually surprised at how people have a tendency to downplay themselves. As though what they do, what they think, their interests, who they are, would be of little or no interest to others. I'm not trying to be derisive here. I do it myself, often. It's nice, however, to have an experience that brings this to one's attention.

When I first spoke with Liz Rich to set up our interview, she told me that it probably wouldn't take very long as she didn't know that her life was terribly interesting. Well, I found her to be a very engaging person. Perhaps part of that was due to her mildness; the way she seemed to accept how the threads of her life intertwined as simply a matter of course.

Liz grew up in Cape Elizabeth, Maine, a town with a population of about 9000 near Portland. She described herself as a rebellious child coming from a more conservative, or should I say conventional upbringing. So, I'm imagining marches, sit-ins, that sort of thing in her teens. Oh, no. After reading Sinclair Lewis' 'The Jungle' at the age of seven (yes, seven) she became a vegetarian. This was a couple of years *after* running away to join Green Peace. (Pause) Run that by me again? You ran away to join Green Peace when you were five years old? "Yeah." Liz replied with a slight chuckle.

Liz attended the University of Pennsylvania, graduating with a BA in Biology and a minor in Anthropology. When she decided to move on in 1989 in search of employment, she told me she had three criteria: she wanted to work at a State University in a place that had a tolerable climate with no fleas. No fleas? Her dog was allergic. Liz told me this last bit with a hint of embarrassment. Some people might consider choosing a place to live and work based in part on the needs of a mere 'pet' as folly. I thought it was lovely. And, this considered, it was



no surprise to find that Liz has what she calls 'a hoard at home.' The 'hoard' is made up of lots 'o cats and dogs. Most have special needs such as neurological disorders and had been abandoned. You may think that here is a person who is a prime candidate for a career in Veterinary Medicine. Well, you'd be wrong. Liz decided against Vet. Med. because, although she loved caring for animals, she couldn't stand sending them back into situations where they would suffer abuse.

Working as a Research Associate at WSU is something that Liz just 'fell into.' A matter of being in the right place at the right time. Her position was in transition and one day a friend introduced her to a professor that she thought Liz would work well with. When they got together to talk, Liz discovered that not only would she be working in the same field as her younger brother (who lives and works in Houston), but said professor has the same birth date as said brother. This

cinched it for her. So, now Liz studies two forms of inheritable blindness in people. She recommended a book called 'Island of the Colorblind,' by Oliver Sacks that deals with this subject. I am, in fact, reading it now and am finding it intriguing.

Second - what is it about this place? The Co-op, I mean. It gets inside people. It becomes a place where they need to be. When I asked Liz how long she had been volunteering at the Co-op she told me that she thought it had only been about a year, but added, "I can't remember not volunteering here, it's so a part of me." She told me that her job can be so mentally stressful, in a good way, but the Co-op is a place to unwind and be with people that she wouldn't otherwise have the opportunity to

know. This is the best; she described it as her "oasis." It's a place that "focuses on simplicity, unity, and diversity, and promotes sociality; where openness and creativity are nurtured."

If all of this doesn't encourage more people to volunteer, perhaps a plug for container recycling will. (Although I don't think Liz will be giving up her place anytime soon. Did I even mention that's what she does here? Dear me.) Consider for a moment immersing yourself (well, your hands anyway) in heated, lathery water while being surrounded by exotic music and intellectual murmurings. After which you are bathed with a sanitizing vapor of warmth, cleansing your mind, body and . . . dare I say it? . . . your very soul. Why, it's nothing short of a trip to the spa. (And then there is that discount!)

*Chris Stordahl is planning to work on her issues with procrastination sometime in the near future. The words of wisdom that she finds most comforting are, 'Humor is very important here!'*



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# Local Students Benefit from 2% Tuesdays

by Greg Fizzell

The Palouse-Clearwater Environmental Institute's (PCEI) Education-Outreach program has been awarded the Moscow Food Co-op's "2% Tuesdays" award for the month of September. Two percent of the proceeds of Co-op sales on Tuesdays in September will create several Community-based Learning Modules for locally important topics. Funding from the Idaho Community Foundation and the Latah County Community Foundation will also help make the project a reality.

The learning modules will be conveniently packaged in bins to assist teachers and students in teaching and learning about our local community and environment on the Palouse. The bins will provide teachers with clear activities, hands-on materials, and service-learning prospects to use with their classes. By using community and environment as an integrating context for learning, students will increase their skills in math, science, and reading while developing a sense of place and a value for community service. PCEI's Education-Outreach staff will be available to teachers and their students to help integrate the modules into their classroom curriculum. The modules will be designed with a close eye to Idaho's recently adopted Academic Achievement Standards.

Interdisciplinary hands-on learning experiences, coupled with low stu-

dent-teacher ratios, raise academic achievement levels. These findings are cited in nationwide research that demonstrates significant improvement in academic performance when learning occurs in the larger environment. Many professional educators consider the natural environment to be the ideal classroom for hands-on, experiential learning. Education reform efforts across the country increasingly emphasize outdoor-based curriculum in their recommendations for improvement.

The mission of the Palouse-Clearwater Environmental Institute is to increase citizen involvement in decisions that affect our regional environment. Through community organizing and education, we strive to enable members of our community to find effective and sustainable solutions to local and regional environmental problems.

PCEI's Education-Outreach Program provides participating students, teachers, and citizens with opportunities to explore their community, engage in scientific investigation, think critically about local environmental issues and participate in service projects that benefit their watershed. We strive to foster an appreciation for conservation and habitat enhancement practices. PCEI instruction is guided by the philosophy that direct experience is the greatest teacher. We use inter-

disciplinary methods that integrate science investigation and exploration with math, social studies, and the arts. We engage participants in active learning that develops awareness, knowledge, and critical thinking skills.

Thank you Co-op members for shopping the Co-op on Tuesdays in September and helping local students gain access to environmental education!

For more information concerning the Community-based Learning Modules project and other PCEI Education-Outreach programs, please contact Greg Fizzell, at (208) 882-1444, <fizzell@pcei.org>, or on the web at <www.pcei.org>.

*Greg Fizzell is the PCEI Education-Outreach Coordinator*

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# Seeking Local Informational Programming for Community Radio

By Bob Hoffmann, Board Member, Radio Free Moscow

Do you have an area of expertise that you would like to share with the community? Do you have a desire to help others improve their knowledge and their day-to-day lives? Then please consider the exciting opportunity of producing short radio programming for Radio Free Moscow, the new community radio station. Examples of desirable programming include: Food safety and dietary information; gardening information; Community; Forestry; reviews of books from local libraries; holistic health information; Human Rights issues and milestones of Northern Idaho; ecosystem/environment issues; gun safety; Parks & recreation of the area.

The good news is, you don't have to talk for an hour or two at a stretch

on your preferred topic. You can produce one or more short (3- to 5-minute) segments. Since Radio Free Moscow is not on the air just yet, radio spots would need a relatively long "shelf life." In the 6-12 months until the station goes live, you can record your own short programming at your own pace. You can produce the pieces at your own computer or in our studio space. We are willing to train you! When RFM hits the airwaves, listeners can tune in to hear your message at your program's scheduled time slot.

This is a great way to share your knowledge, raise awareness, and have fun! For more information on contributing programming to Radio Free Moscow, contact Bob Hoffmann at (208) 883-0642 or <escape@alt-escape.com>.

# Board of Directors Report

By Peg Kingery

It's an awesome time to serve on the Moscow Food Co-op's Board! At our meeting each month, I listen to committee reports overflowing with optimism. Membership numbers keep increasing; our financial status has allowed us to give much-deserved bonuses to the Co-op's staff; product sales are high; and, by the time this article comes to press, the new scanners should be up and running. I serve on two of the four Board committees and would like to share with you some of the activities we've been working on that I'm really excited about.

The Membership/Education committee strives to serve the needs and desires of Co-op members by providing educational materials on topics related to the Co-op's principles and mission, and by seeking ways of attracting, enhancing, and maintaining new and existing members. Two of our latest projects are 'The Co-op Shopper's Guide' series of nutritional pamphlets and the Action Alert Board. The 10 pamphlets were published as a group effort with the Northwest Cooperative Grocers' Association and are located in the display racks by the south entrance door. Check them out! The purpose of the Action Alert Board is to provide information on issues that might be of concern to members and addresses where we can write and express our opinions. It provides an opportunity to ACT on our beliefs, not just express them.

While it's not one of the M/E committee's projects, the Co-op's web page is also a tremendous informational and educational resource. It's a one-stop place to learn about the Co-op, to keep up with activities in the community, to find the recipe for that soup or salad you ate for lunch at the Deli, and to read articles on topics such as gardening, nutrition, or conservation from past Co-op newsletters. Have you ever found a sack in your pantry with only a PLU number written on it and wondered whether it was oat or rice flour? The web page has a list of all bulk items with their corresponding PLU numbers to help you out. Look for cooking instructions for bulk items, soon too.

The Board's newest committee formed to direct the 2% Tuesday program. Through this program, two percent of sales on Tuesdays in a given month are donated to a group that has applied for the funds. To be eligible, the group must be 1) local, grassroots, and non-sectarian; and 2) engaged in activities that promote humanitarian aid, environmental protection or enhancement, or democratic goals and processes. Applications will be evaluated and awarded on a quarterly basis. We're thrilled to be financially able to give to our community! We're also looking to add two Co-op members to the committee to help evaluate the applications. If you'd like to be a part of this rewarding program, please contact Kenna or me <king6619@uidaho.edu>.



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# Lookout Mountain Field Trip, Clearwater National Forest, August 3, 2002

By Chris Norden

A high-spirited party of eight souls braved superb weather and fantastic views during a day-long adventure which took us to the summits of Widow Mountain (6,800') and Lookout Mountain (6,789') in the Idaho Panhandle National Forest and on adjacent Bureau of Land Management land. Under the capable co-leadership of Lorenzo Trout and Gary Macfarlane, and with lead ridgeline bushwacking by Sharon's five-year-old daughter Kaya, who led us across snow banks and through subalpine meadows full of blooming yarrow, Indian Paintbrush, and purple lupines, we climbed Widow Mountain first. There we enjoyed a potluck-style picnic that included home-dried pears and roaring motorcycles. Ah yes, the looming thunderhead, the yellow jackets at the picnic, seemingly omnipresent on all public land nowadays, save for those rare bits actually protected as "official" wilderness, and thus closed to motorized/mechanical users. Well, it sure looked like wilderness to us, and by most definitions it is wilderness, replete with a deep foreground of unbroken trees and meadows, no paved or established roads, and no evidence of permanent human presence. At least we were using it as wilderness, and therein lies the rub.

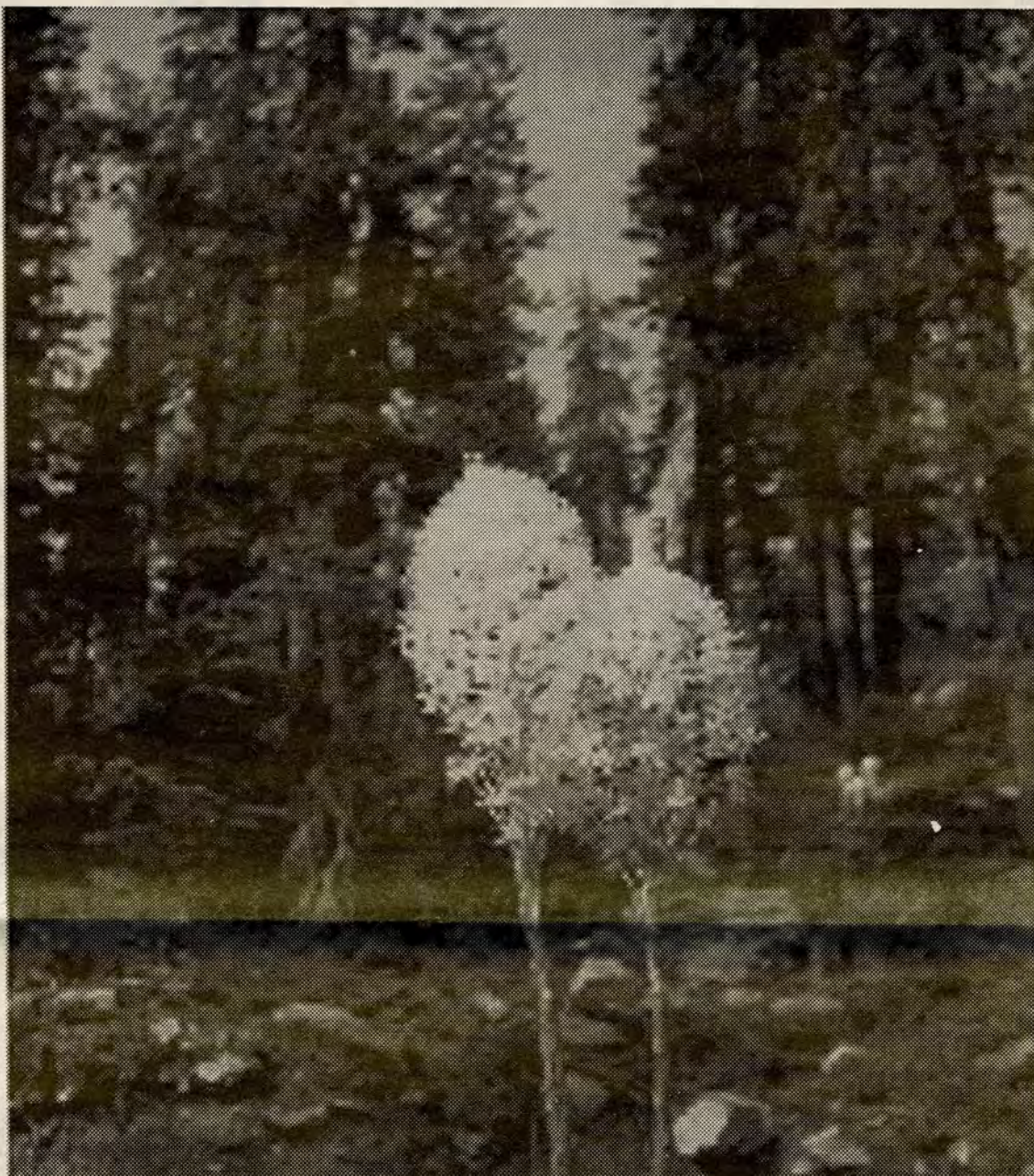
We ambled and sat amidst gloriously blooming bear grass, reading the storied landscapes to the east—Mallard-Larkins, Snow Peak, Roundtop Mountain, Selway Crags—and speculating about a possible long view of the Cabinets to the far north, when up roared three loud and smelly two-stroke dirt bikes, their riders sheathed in Star Wars-like body armor and darkened goggles. To be honest, our motive in visiting this area, on Freezeout Ridge (road 301) past Grandmother Mountain, accessed via Clarkia, Idaho, was not all innocence and sunlight, but rather was to validate a well-founded suspicion that this as yet unprotected roadless land might well be in need of some ORV (off-road vehicle) monitoring. Typically this involves documenting motorized abuses of public land, and reporting the findings to the Forest Service or other responsible agency. In this instance, most of our party as-

sumed that these motorcycles were not allowed to be there, and had entered this roadless area illegally. Not so! In fact, unless there is a documented conflict of use, motorized vehicles are allowed pretty much everywhere except in designated Wilderness.

During the course of our ten-mile trek, we dropped down from Widow Peak across a boulder field, through a watershed draining into the very blue and nicely hidden Lost Lake, and onto Lookout Mountain, where we had magnificent views to the west of Marble Creek drainage in the foreground and Moscow Mountain in the far distance. After a brisk climb to the summit of Lookout Mountain, we were met once again by—you guessed it—the three roaring, stink-producing motorcyclists, who told us that they typically cover over 50 miles of trails when riding in this vicinity. Our trip back revealed significant evidence of their presence, in the form of erosion of existing trails, unofficial rerouting of trails around downed trees, and erosion paths downhill in places where the motorcycles had gone off-trail or had blown out steeper sections of existing trail.

According to a recent federal judge's ruling in the State of Washington (Northwest Motorcycle Association vs. Forest Service, 1994), the Forest Service can, in fact, deny access to motor vehicles, where the presence of such vehicles create "conflict of use." Moreover, public comments (from hikers, as in this case) are an acceptable basis for closures and other management decisions, specifically insofar as they serve as a measure of user conflict.

I'm sure all of you would have liked to join us on this recent trip, but



be that as it may, what you can in fact do is take a few minutes and pen a letter to the relevant officials:

Bureau of Land Management,  
1808 North Third Street, Coeur  
d'Alene ID 83814-3407 and Idaho  
Panhandle National Forest  
Supervisor's Office, 3815 Schreiber  
Way, Coeur d'Alene ID 83815.

Friends of the Clearwater is sponsoring an overnight backpack to the Gospel Hump Wilderness September 7-8, and a potluck/meeting on September 17 at Moscow's East City Park picnic shelter, at 6 p.m. Please join us. Call 882-9755 for more information or email <foc@wildrockies.org>.

*Chris Norden is an English and interdisciplinary professor at Lewis - Clark State College in Lewiston and is on the Board of Directors of Friends of the Clearwater.*

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# Food and Nutrition Q&A: Vegetarians and E. Coli

By Chelsy Leslie

Hello! My name is Chelsy Leslie. I am a registered dietitian currently working for the Whitman County Health Department. I am excited to have this opportunity to share food and nutrition information with you each month in the Co-op Community News. I will address the issues you are interested in knowing more about, so please send your questions to <[crleslie123@hotmail.com](mailto:crleslie123@hotmail.com)>.

Q: I've heard that *E. coli* is often found in meat. Are vegetarians at risk for getting *E. coli*?

A: The bacterium *Escherichia coli* 0157:H7 (a particular strain of *E. coli*) is most often thought to be associated with beef. However, avoiding meat does not eliminate the risk for infection. Outbreaks of *E. coli* 0157:H7 infections have also been linked to unpasteurized milk, untreated water, and even fresh produce. To minimize the risk of *E. coli* 0157:H7 infection, it is important to follow safe food handling practices.

Although there are a variety of harmful bacteria, *E. coli* 0157:H7 is of particular concern because only a few cells are needed to cause illness. In addition, *E. coli* 0157:H7 can survive a wide range of conditions. It can survive for a long time in water and soil, under frozen and refrigerated temperatures, and in dry conditions. However, it is easily destroyed by heat. Pasteurization will eliminate *E. coli* 0157:H7 in milk and juices.

*E. coli* 0157:H7 can cause very severe problems, especially in young children, the elderly, and people with weakened immune systems. Symptoms of infection may appear within one to two days and may include bloody diarrhea, severe abdominal pain and cramping, nausea, vomiting, and occasionally fever. Hemolytic Uremic Syndrome, a life-threatening complication, may also develop.

Fresh produce can be contaminated with *E. coli* 0157:H7 at any point in the food system – during growing, harvesting, packing, processing, shipping, and/or preparing produce for consumption. Clean and sanitary hands, equipment, and tools are essential at each of these points to minimize cross-contamination.

If you have your own garden, it should be in an area with the lowest potential for contamination from fresh manure. Root crops and leafy veg-

etables have the greatest risk of contamination. Keep pets, livestock and wildlife out of the garden, especially during the growing season. If possible, use only potable water for your garden. Be especially careful about not using potentially contaminated water within 30 days of harvest. Use a drip system if the edible portion of the crop is above ground.

If you use manure as a fertilizer, be sure to compost it properly to kill *E. coli*. The compost should reach a temperature of 130 to 140 degrees F for at least two five-day heating cycles. Mixing the compost regularly helps to ensure that it all has reached the appropriate temperature. Allow the compost to cure for two to four months before using it in your garden. For more information on composting, read "Composting Yard Wastes" at <http://www.ext.colostate.edu/pubs/garden/07212.html>.

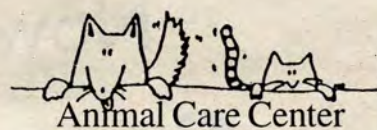
The last line of defense against *E. coli* 0157:H7 infection is good food handling practices: Always wash hands with hot soapy water for 20 seconds (sing "Happy Birthday" twice) after using the toilet, changing diapers, or handling animals.

Wash all produce thoroughly. Use a firm scrub brush and lukewarm water for carrots, potatoes, and other root vegetables.

Clean and sanitize cutting boards, utensils, and surfaces used to prepare any raw food before preparing another product. A good sanitizing solution is 1 tsp. bleach in 1 quart water.

If you prepare meat, keep raw meat away from ready-to-eat foods and cook ground meats thoroughly to 160 degrees.

In addition, always refrigerate leftovers promptly, which helps to limit bacterial growth.



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#### Large & Small Animals

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

# Art at the Co-op

By Rose Graham

The drawings of University of Idaho graduate student Jared Wilberg will be on display at the Co-op's Art Gallery from Sept. 20th through Oct. 17th. An opening reception will be from 5:30 p.m.-7 p.m. on Friday, Sept. 20th.

Wilberg is currently starting his third and final year of grad school at the U of I. His wife and two sons moved here from West Virginia where he completed his first year of graduate school. He was born in Logan, Utah, in 1967—a year of good music, good cars and bad politics. He received a Bachelor of Fine Arts degree from Utah State University in 1993, with a double emphasis in sculpture and drawing. After graduating he traveled and lived overseas for a couple of years, including a Peace

Corps stint in Poland.

"I feel that some of those experiences strongly influenced my worldview, which in turn continues to influence my personal ethos of life and art," he says. He explains, "My relationships are the most valuable part of my life, and a vital component of relationships is communication. Art, for me, is one way of exploring my own emotions and drives, and communicating them with others on an emotional, instinctual level. I think that using the figure as the vehicle for that communication is a natural and direct way to communicate...we are the figure."

Local artists interested in showing their works at the Moscow Food Co-op Art Gallery, please contact Rose Graham at <[rterrydgraham@hotmail.com](mailto:rterrydgraham@hotmail.com)> or 208-892-8432.

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# Vegetarian-related Nutrition Information on the Internet

by Reed Mangels and Kathy Early

The Internet has become an important source of quick information for many people today. Typing in "nutrition" will result in thousands of websites offering everything from quick weight loss schemes to accurate, user-friendly information. Here is a list of websites that we have examined, with our summary of what they cover. These sites offer reliable information on vegetarian-related nutrition topics.

## General Health & Nutrition

◆ Loma Linda University Vegetarian Nutrition & Health Letter  
<http://www.llu.edu/llu/vegetarian/>  
*Provides the latest scientific developments in vegetarian nutrition, vegetarian foods and cooking. Also includes selected articles from previous issues and subscription information.*

◆ Nutrition Matters, Inc.:  
Mark Messina, PhD, Virginia Messina, MPH, RD  
<http://www.olympus.net/messina/answers.html>  
*"Ask the Experts" with questions and answers on vegetarian nutrition.*

◆ The Vegetarian Society of the United Kingdom  
<http://www.vegsoc.org/health/>  
*Complete listing of resources and fact sheets on many aspects of vegetarian nutrition including basic nutrition, protein, fats and cholesterol, calcium, iron, vitamin B12, and zinc.*

◆ Tips for Eating Health Food and Vegetarian  
American Heart Association  
<http://216.185.112.5/presenter.jhtml?identifier=1096>  
*Chart containing ways to reduce the fat from foods commonly eaten by vegetarians.*

◆ Vegetarian Nutrition Dietetic Practice Group  
<http://www.andrews.edu/NUFS/vndpg.html>  
*Articles written by nutrition professionals covering various vegetarian nutrition-related topics.*

◆ Vegetarianism in a Nutshell; Veganism in a Nutshell  
The Vegetarian Resource Group

<http://www.vrg.org/nutshell/nutshell.htm>;  
<http://www.vrg.org/nutshell/vegan.htm>  
*Basic information on vegetarian and vegan nutrition and foods.*

◆ Vegetarian Nutrition Food and Nutrition Information Center, USDA  
<http://www.nal.usda.gov/fnic/etext/000058.html>  
*Links to web resources on many aspects of vegetarianism.*

◆ What Every Vegan Should Know about Vitamin B12  
The Vegan Society  
[www.vegansociety.com/html/info/b12sheet.htm](http://www.vegansociety.com/html/info/b12sheet.htm)  
*Brief statement on vitamin B12 sources and recommendations for intake followed by an extensive technical review of information on vitamin B12.*

## Food Guides

◆ Nutrispeak: Vesanto Melina, RD  
<http://www.nutrispeak.com/foodguides.htm>  
*Vegan and Vegetarian Pyramids, based on the U.S. Food Guide, and the Vegan Rainbow and the Vegetarian Rainbow, based on the Canadian Food Guide.*

◆ Vegan Outreach  
<http://www.veganoutreach.org/health/stayinghealthy.html>  
*A food guide pyramid for vegetarians. Characteristics of healthy vegetarian diets, forms of vegetarianism, health benefits and potential complications of a vegetarian diet.*

◆ Calcium in Vegetarian/Vegan Diets  
Nutriquest, Cornell University Division of Nutritional Sciences  
<http://www.nutrition.cornell.edu/nutriquest/041799/veganca.html>  
*Lists good sources of calcium for vegans.*

◆ Vegetarian Nutrition through the Lifecycle  
Eating Wisely: Raising a Vegetarian Child  
New Beginnings, Vol. 17 No. 4 July-August 2000, 1999 pp. 131-133, 151.

By Melanie Wilson  
<http://www.lalecheleague.org/NB/NBJulAug00p131.html>  
*Practical information on vegetarian children. Includes information on sources of specific nutrients.*

◆ The Vegan Diet during Pregnancy and Lactation  
The Vegetarian Resource Group.  
By Reed Mangels, PhD, RD  
<http://www.vrg.org/nutrition/veganpregnancy.htm>  
*Examines weight gain and nutrient needs in pregnancy, discusses morning sickness, provides sample meal plans, and presents recommendations for breast-feeding.*

## The Vegetarian Family

◆ Wyeth Nutritionals  
<http://www.wyethnutritionals.com/answers/q19.htm>  
*Q & A about feeding vegetarian infants including breast-feeding, supplements, and introduction of solid foods.*

◆ The Vegetarian Youth Network  
<http://geocities.com/RainForest/Vines/4482/>  
*Run entirely by and for youth who support vegetarian/vegan living.*

◆ Vegetarian Diets for Pregnancy  
Physicians Committee for Responsible Medicine  
[http://www.pcrm.org/health/Info\\_on\\_Veg\\_Diets/pregnancy.html](http://www.pcrm.org/health/Info_on_Veg_Diets/pregnancy.html)  
*Meal planning guide, sample menu, and nutrition information for pregnant vegetarians, includes information on vegetarian diets during breast-feeding.*

◆ Vegetarian Baby and Child Magazine  
<http://www.vegetarianbaby.com>  
*Selected articles from previous issues and subscription information. Six issues per year, focuses on vegetarian babies and children.*

## Disease-specific

◆ Cancer Page.com  
<http://www.cancerpage.com/search/>

(do a search for "vegetarian")  
*Information about the latest research on cancer and vegetarian diets.*

◆ Diabetes and Vegetarian Diets  
<http://www.vegparadise.com/otherbirds312.html>  
*Concise article explaining how vegetarian diets can work for people with diabetes.*

## Cooking and Recipes

◆ Fabulous Facts and Flavorful Foods  
Loma Linda University  
<http://www.llu.edu/llu/nutrition/fabfacts.html>  
*Vegetarian shopping list, shopping tips, substitutions, and recipes.*

◆ In a Vegetarian Kitchen with Nava Atlas  
<http://www.vegkitchen.com>  
*Easy-to-follow vegetarian recipes and useful cooking tips.*

◆ Recipes Around the World  
International Vegetarian Union (IVU)  
<http://www.ivu.org/recipes/>  
*Nearly 1,800 vegan recipes in a searchable database.*

◆ The Road to Vegetarianism  
Vegetarians in Paradise  
<http://www.vegparadise.com/>  
*Provides information on many alternative foods for vegetarians including meat, dairy, and egg alternatives.*

◆ Vegetarian Glossary  
Vegetarian Times  
<http://www.vegetariantimes.com>  
*Searchable recipe database and glossary.*

◆ Vegetarian Recipes  
<http://www.vegetarianrecipe.com/>  
*Hundreds of vegetarian recipes, sorted by category with nutritional information provided. Also includes FAQs about vegetarian cooking and an ingredients glossary.*

*This list was compiled and written by Reed Mangels, PhD, RD, (who also contributed to Simply Vegan, ISBN 0-931411-20-3), and Kathy Early, RD, LD, CD. Both of these vegetarian nutrition professionals clearly spend too much time online.*



## Brining for Flavor, Part II

By Pamela Lee

Basic brining is easy. Last month I shared my brine recipe, using the Co-op's bulk sea salt and water. But, I also warned the reader that in the voluminous pile of literature I've unearthed on brining, not a single source cites a recipe using sea salt. Most brining recipes call for kosher salt, some for plain table salt. Do not use iodized salt as it can impart an unwanted off-flavor. This month I'll write about more complex brines with some tips and tricks, and I'll share my current favorite recipe.

If you are afraid to brine for fear of overly salted food, simply start conservatively, with less salt and shorter brining time. Remember not to add salt to any further food preparation after your brine.

Please maintain safe food practices: refrigerate the meat during the brining time, and do not reuse the brining solution! If you are going to add a rub to the meat, post-brining, simply omit any additional salt in the dry rub, marinade or glaze. Beef and lamb don't seem to profit from brining (unless it's a brisket). The texture and moistness of poultry, pork, and seafood can be remarkably enhanced by a proper bath in a brining solution.

The December 2001 issue of Cook's Illustrated magazine included a universal formula for brining. Actually there were two universal formulas, one for the typical meat cooking temperature and another for high-heat cooking such as broiling or grilling. The Cook's Illustrated authors (and many other brining aficionados) complement the salt in a brine with sugar. Though I do not typically use sugar in brines, many people swear it masks or takes the edge off the salt, adds flavor, and promotes browning. With my basic brine last month, I was both brining and defrosting organic meat, at once. If I do use sugar in a defrosting-brine, I often reduce the amount of sugar. The following Cook's Illustrated brine times are for fresh (unfrozen) meat.

### Cook's Basic Brine:

1-quart cold water  
1/2 cup Diamond Crystal kosher,  
OR 1/4cup + 2 Tbsp. Morton  
kosher, OR 1/4 cup table salt  
1/2 cup sugar

Use 1 quart of brine solution per pound of food, not to exceed 2 gallons of brine. Brine for 1 hour per pound, but not for less than 30 minutes or for more than 8 hours.

### Cook's High-Heat Brine:

1-quart cold water  
1/4 cup Diamond Crystal kosher,  
OR 3 Tbsp. Morton kosher,  
OR 2 Tbsp. table salt  
1/2 cup sugar.

Use 1 quart of brine solution per pound of food, not to exceed 2 gallons of brine.

Brine for 1 hour per pound, but not less than 30 minutes or more than 8 hours.

To go beyond basic brines, in the place of some of the salt try soy sauce. Or, you might use brown sugar, unrefined sugar, maple syrup or other sweeteners to replace all or part of the sugar component. Some brining converts add spices and other flavoring ingredients that bring brining solutions very close to being marinades. Crushed or bruised juniper berries, mustard seeds, coriander seeds, allspice, peppercorns, garlic, ginger, and other such flavorings can be added to your brine. But beware of acidic ingredients; they can "cook" the meat and weaken the meat's muscle structure to mush especially if you are brining meat for more than an hour. Plus, with the introduction of acid ingredients, you've left the realm of brining and moved into marinade territory.

I use a hard, food-grade plastic bucket for brining. Some folks use

heavy zipper-locked plastic bags, Rubbermaid or Tupperware containers. For big jobs one can even use a large ice chest. Just be sure to keep the meat at safe refrigerator-like temperatures for the entire time. You can use 'blue ice' to keep the brine below 40-degrees F. You may also need to weigh the food down, to keep it submerged below the brine, with a heavy plate or pan.

I usually rinse and dry meat well after brining. The drying part is especially important if I plan to use a rub, marinade, or glaze. If you want especially crisp skin on poultry, you can even air-dry the bird in the refrigerator after brining. Simply dry the bird well after brining, transfer it to a raised rack on a baking sheet and refrigerate uncovered. Brined poultry can be air-dried for several hours or overnight.

The following recipe is my current favorite way to grill a glazed, butterflied chicken, post-brining:

Buy one whole organic bird. Brine it, then rinse and dry it very well. Cut the backbone out of the bird, spread the chicken open, and flatten.

Some of the ribs need to be crushed to flatten the bird. Mix a glaze in a saucepan on low to medium-low heat, using about 6 oz. undiluted orange juice concentrate, plus 2 Tbsp. olive oil, 2 or 3 Tbsp. crushed dried rosemary, 1 tsp. dry mustard, 1 tsp. ground pepper, 1 tsp. oregano, and fresh, minced garlic.

Preheat the gas grill, putting a pan of water on the lowest rack of the grill. Rub or brush the glaze all over the chicken. When the water on the grill has begun to simmer, turn the burners to low and put the chicken on the grill. I start the bird on the second (middle) rack and move it to the highest rack after the skin has turned dark. The high sugar content of the orange juice makes the glaze brown very rapidly. Mine is an inexpensive gas grill that does not maintain a very low low-tem-

perature setting, so I keep an eye on the bird, moving the chicken to the highest rack (from the heat) as soon as the skin is well browned. When the meat at the thickest thigh joint is no longer showing any red when cut into, when the juices run clear, or the thigh meat reaches 160 degrees, your bird should be done. Do not be surprised if the skin looks like blackened-chicken. It will taste incredible!

*Pamela Lee bids her readers adieu after over seven years and 78 Co-op newsletter articles. So, until she is ready to face the big cookbook project.... Bon Appetite!*

## Update on Edible (Fresh) Green Soybeans

By Hey George

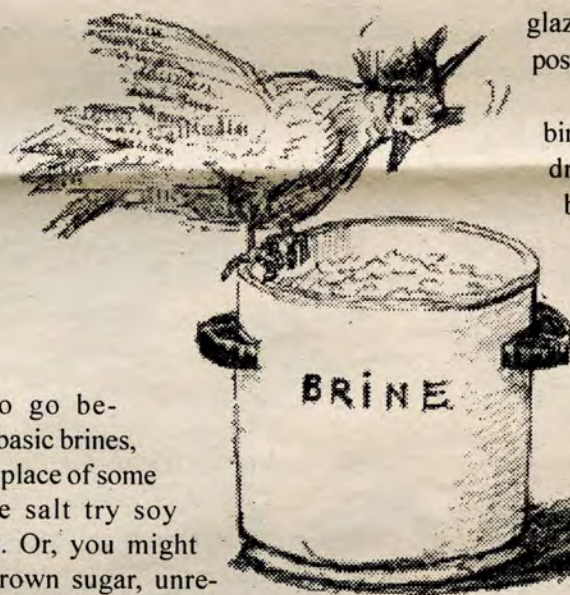
The first morning of August brought a touch of frost to about half of our crop of edible green soybeans. The commodities markets in Chicago have been notified.

A closer look reveals that the tops of the soybean plants suffered, with some flowers frosted. The spring planting department must have forgotten that this is Idaho. Also, in the lower drainages, the potato plants were leveled by the frost.

The crop of green edible soybeans that we promised in the last newsletter has been reduced, but we still expect to bring some of these tasty units into the Co-op this month. So, don't turn off your freezers or stop collecting those exciting new recipes for fresh, edible soybeans.

Last year, the Co-op was selling edible green soybeans in containers with cute plastic wrappings. This year you will be able to buy some real Idaho beans. We got jazz....

*Hey George grows organic sweet carrots and a multitude of other vegetables and herbs at his farm near St. Maries, Idaho.*





# The Versatile Dill (No Sour Pickles Here)

By Katherine Yeary

Illustrations by Katherine Yeary

Alas, it seems that America's pickling days are over. While we all enjoy a Vlasic here and there, I'm sure, pickling as a means of preservation is no longer necessary—it is a scant few that truly appreciate a brine-swollen pig's foot or asparagus that has all but lost its natural flavor. Despite these shortcomings, however, dill (*Anethum graveolens*), the plant that gives pickles their famous flavor) is gradually undergoing a rise in popularity.

I, for one, have been an admirer of this herb since I began cooking at age seven, and have continued as such until today. Dill might seem conventional, but I've come to think of dill as delightfully quirky. In medieval times this herb was used to fend off witches and other practitioners of the dark arts. Mystics would wear it over their breasts in self-protection. Its name, "dilla," is of Norse origin, meaning "to lull." It was used for its apparent ability to "lull" babies to sleep. Conversely, the Romans used dill to stimulate soldiers before battle. Dill was even popular in such ancient cultures as Babylon and Syria.

Dill's most famous use outside of pickling is likely its place in potato salad. It succeeds in various dishes, but if you're not careful dill can destroy a

recipe. Too, there is a distinct difference between dill seed and dill weed, although both have their qualities. The seed should never be used to replace the weed (or vice versa). The seed is more pungent with a flavor most closely reminiscent to caraway, while the "weed" (or leaf of the herb) has a mellow, fresh flavor.

I find that dill weed has the most uses, as it can be added to a dish before or after it has been cooked, and is most often best after. With a recipe that calls for dill weed and requires that you cook it, it is best to use dried dill. When dried, dill weed can be used as liberally as required without becoming overpowering. If you have a recipe that calls for fresh dill and wish to substitute dried dill, use more dill than is called for (to taste), and add it just before it is finished cooking, if you can.

Fresh dill is tastier, but is a bit trickier to work with. Fresh dill, in my experience, is only worthwhile if it is added as an afterthought, making it an attractive addition to baked potatoes, eggs, hummus, and cream sauces.

If you have fresh dill and wish to store it without drying it, here's a good trick: cut up the leaves and put them in an ice tray, enough to cover the bottom but not to fill the cube to the top. Then add water and freeze. When you

are ready to use the dill, allow it to defrost naturally, but don't use the microwave. It will keep in cube form indefinitely, but once it's defrosted it ought to be used right away, citing the purpose of freezing it in individual cubes rather than one big clump.

*Katherine Yeary recently moved to Moscow. She was born in Canada, raised in the Boise area, and has been cooking for eleven years.*

## Katherine's Favorite Mashed Potatoes

8 oz. tub or brick of cream cheese  
enough mashed potatoes to fill a  
large, glass casserole dish  
1+ tbsp. dried dill, to taste

While the mashed potatoes are still warm, gradually add the cream cheese and dill. Mix well. Spread mashed potatoes evenly in casserole dish and bake at 350 degrees until the top is golden brown.

## Becky's Breakfast Sandwich

(a friend made this for me one morning before a long road-trip. It saved me!)

Two eggs (per serving)

Monterey jack cheese, cubed, to taste  
Fresh or dried dill, to taste  
Two slices of toast (per serving)  
Sliced avocado  
Sliced tomato (yellow tomatoes are best, but any will do)

In a medium-size frying pan, scramble the eggs, adding the cheese before the yolks harden. While this is cooking, you can be toasting the bread (denser wheat breads are better). Just as the eggs finish, add the dill, stir one or two times, and remove from heat. Put the scrambled eggs on the toast. If you prefer to use condiments, mayonnaise and/or a little yellow mustard go nicely with the dill. Add the sliced avocado and tomato. Enjoy!

## Tsatsiki With Zing

(great with Greek and Indian dishes)

1 cup plain yogurt  
1-2 tbsp. olive oil, to desired consistency  
2-5 cloves of garlic  
1/2 cup diced cucumber  
fresh dill to taste

Mix yogurt, garlic (crushed), and olive oil. Refrigerate. Just before using, add cucumber and dill.

## Fresh Pizza Sauce

By Jen Hirt

I have to confess: when I was a kid, I hated cheap pizza. Elementary school pizza parties had me on edge for weeks. Slumber parties, same thing. Greasy squares of pizza at ballparks or county fairs all sent my stomach churning. Thinking I was the only child in the world who didn't like pizza, I masked my dislike as best I could, following a tiny, polite bite of pizza with a chaser of sugary beverage.

What turned me off was the cheap pizza sauce—sauce half a step up from ketchup. Sauce unnaturally bright red, without a fleck of oregano or basil. Sauce probably from an industrial-type can.

Luckily, either some taste buds died off, or I eventually encountered some pizza sauce that wasn't too wretched, because, of course, I ended up liking pizza. Who doesn't? It's a

really neat meal, with endless variations for toppings. The combination of grain and dairy makes it a complete protein. There is excellent fake pepperoni these days for the vegetarian, and the Co-op even offers dairy cheese-less vegan pizzas. So, how about that sauce?

The following recipe is from a classy book called *Pizza Napoletana!* by Pamela Sheldon Jones. Along with traditional recipes for all parts of the pie, this book gives an interesting and concise background about the how and why of pizza. For example, Jones explains the unique atmosphere of Naples, Italy, the region where these recipes originate. She also writes at length about the merits of a wood-burning stove. And I agree it would be heavenly to have one, but the typical conventional oven will work fine. (Having a baking stone encourages a

crisp crust, but again, it's not necessary.) I highly recommend this book — it includes recipes that call for *mozzarella di bufala*, which is the true mozzarella, made from the milk of water buffaloes. I was delighted to see that the Co-op carries this creamy cheese from time to time.

Get yourself a nice crust, some fresh toppings, and try out this recipe.

## Pizza Maker's Sauce

3 tbsp. extra-virgin olive oil  
1/2 cup diced onion  
1 carrot, peeled and diced  
1 stalk celery, sliced  
2 cloves of garlic, minced  
one 28-ounce can Italian tomatoes, chopped, with juice  
4 fresh basil leaves, minced  
1 tbsp. minced flat-leaf parsley  
salt and pepper to taste

Heat in the olive oil in a large skillet over medium heat. Sauté the onion, carrot, and celery for about five minutes, until brown. The carrot and celery are a delightful combination — I have never tasted sauce like this, anywhere. Add a little extra if you want. Add the garlic and cook until soft. Stir in the canned tomatoes (with their juice), the parsley, and the basil. Reduce the heat to a simmer. Cook until thickened, which will take at least 15 minutes. Next, ladle the sauce into a blender or a food processor. Blend until smooth. Season with salt and pepper, and you're ready to spread it on dough.

Extra sauce freezes well and makes an excellent dip for bread sticks.

Makes 4 cups

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



# Gardening

## The Art of Season Extending

By Patricia Diaz

Kelly Kingsland, of Affinity Farm, has been using lightweight floating row covers this year as both a physical barrier against insect protection and as a season extender. While she advocates that people grow and eat with the seasons, thereby reducing the need for pest control, row covers can allow growers to continue with diversity in both their diets and their crops for sale, and also allow them to extend the seasons to allow for more productive harvests. Affinity Farm has been using the floating row covers especially with chard and spinach to protect them from leaf miners, on mustards to protect them from flea beetles, and with *brasicas* to protect them from a myriad of insects and pests.

Small quantities of row covers are available locally at Stookey's in Moscow and in larger quantities from Peaceful Valley Farm Supply <[www.groworganic.com](http://www.groworganic.com)>. Affinity Farm uses lightweight covers that don't need support, although you can purchase heavier covers. The covers aren't particularly attractive and they are a petroleum product but if you have a pest problem it's certainly better than spraying chemicals. If you go to the Peaceful Valley Farm Supply website you can see photos of the covers, the various weights they sell, and their uses, plus informative articles to help growers.

There are basically two kinds of row covers: the heavier plastic ones that need to be supported on hoops or frames, which form a tunnel over the plants; or the very light, synthetic fabric kinds that float or rest directly on the crops. The heavier plastic kinds are cheaper but more labor intensive as the frames must be built and set in place and then later removed. They create higher daytime temperatures and can maximize soil warmth for early transplanting or extending the summer season into fall.

The lighter floating covers are more versatile as they allow light and heat to penetrate and some degree of water and air. They provide better protection against flying insects because you don't remove them when

summer soil temperatures reach ideal.

Using season extenders makes it possible for growers to lengthen their growing seasons by days, weeks, or even months. By retaining soil warmth and providing frost protection, you can increase your yields by allowing for earlier planting and later harvest. You can also cool and shade heat-sensitive plants and allow for a longer harvest period.

One of the most valuable uses of season extenders like row covers is pest management. You can get your plants established before the onset of such varied pests as aphids, thrips, whiteflies, flea beetles, cucumber beetles, lygus bugs, Japanese beetles and Colorado potato beetles. You can also reduce plant stress caused by temperature swings. If you live in the country, another valuable use of the covers is protection against damage by deer, mice, rabbits, squirrels, etc.

For more information on extending the gardening seasons, you can visit the Peaceful Valley Farm Supply website or read the book by Elliot Coleman entitled "Four Season Harvest." Many thanks to Kelly Kingsland and the Peaceful Valley website for this valuable information!

### Frost Protection Tips

There was a great little article on the Peaceful Valley Farm Supply website about frost protection. If you spray your plants with kelp extracts you can increase the mineral content of the leaves which reduces the water in the cells and thus provides a few degrees of frost protection. You need to spray your plants weekly for a few weeks before the first expected frost. You can also try this technique for providing frost protection: turn your sprinklers on the frost-sensitive plants during the late hours of nights when frost is expected. You need to leave the sprinklers running until after the sun has warmed the air above freezing (32 degrees). The finer the droplets, the better this works. A "fog" of water is best if you can achieve that effect. Peaceful Valley says you should turn the sprinklers on as soon as the temperature drops below 33 degrees. The

former method sounds like the better one as it is more earth-friendly than using all that water.

### Gardening In September

September is the month for planting bulbs such as daffodils, tulips, crocus, and hyacinth. To protect them from soil temperature fluctuations, be sure to plant large bulbs 10-12 inches deep and smaller ones 5 inches deep. If you have a lawn, now is the time for seeding it. You can also set out perennials such as catmint, delphinium, foxglove, phlox, salvia, yarrow, and campanula. Be sure to mulch them well to protect them from being heaved out of the ground by winter freezes.

Other fall chores include dividing perennials such as peonies, Shasta

daisies, daylilies, hostas, and Siberian irises. Cut the clumps into quarters and replant the divisions in well-amended soil, and, again, mulch well. Make compost out of the garden waste that becomes available. And be sure to dig and store your summer bulbs when the foliage dies down. These include cannas, dahlias, begonias, and gladiolus. Let them dry for a few days then store at 35-50 degrees in a well-ventilated space. You can store cannas and dahlias in sand or peat moss, and you can leave tuberous begonias in their pots in a frost-free place.

*Pat Diaz lives and gardens near Dworshak Reservoir and is so excited about the thought of using those row covers to protect her garden from the too-friendly critters such as elk, deer, turkeys, and rabbits. Her tomatoes are STILL ripening as are the potatoes, but oh boy, does she ever have zucchini!*

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### Check Out All of Our Local Produce!!

#### Local/Certified Organic:

Garlic  
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Apricots  
Salad Mix

#### Local/Licensed Organic:

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Red Romaine  
Romaine  
Bunched Spinach  
Dill  
Cilantro  
Parsley  
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Chard

#### Local/No Spray:

Tomatoes  
Bunched Beets  
Zucchini  
Yellow Squash  
Burp less Cucumbers

Local Produce



# Political Commentary

## News from the West

By Auntie Establishment

We seek him here.  
We seek him there.  
We Idahoans seek him  
Everywhere.

Does he work in secret  
Or does he openly shirk?  
That damned, elusive  
Governor Dirk.

(With apologies to the Baroness Orczy.)

Where is Dirk Kempthorne these days? Is he on vacation? Is he under the bed? Did he escape into Utah when no one was looking? Let's face it—he's harder to find than the Scarlet Pimpernel. I expect someone will come across him one day, crammed into the crack beneath the sofa cushions, along with the remote control, the missing car keys, and a couple of old Tic-Tacs. They'll pull him out and say, "Damn. Where was that when I needed it?"

Idaho's unemployment rate is now 5.4%. State revenues continue to fall short of budget projections. Higher Education officials are being advised to plan for a further 5% cut in the next fiscal year. No one knows how the governor plans to deal with this fiscal crisis because he hasn't said. The cynical—hands up, everyone with a pulse—suspect that he intends to remain in hiding until after the November election. When he's safely in the governor's seat once again, he'll spring a nasty collection of cuts in state services that will make the past year look like one of Jay Gatsby's garden parties.

It seems to be a trend these days, chief executives going AWOL. As the economy continues its long journey south (destination Argentina?) George Bush has chosen to spend the month of August on his Texas ranch, posing for photographs in a four-dollar cowboy hat. Does anyone really believe that he can clear brush, perfect his golf swing, and plan a war on Iraq all at the same time? I'm still waiting for proof that he can walk and chew gum.

Of course, it's not just politicians who are lying low. A parade of corporate notables who once earned sala-

ries that would make Mammon blush has been appearing before Congress to declare, in essence, "I don't know, I just worked there." Indictments aside, what a dream job! Where do I sign up? I know nothing about energy trading, offshore companies, and off the books accounting. Can I have my stock options now? No? Well what if I change my name to Dick Cheney?

I know—it would never work. With the possible exception of Martha Stewart, corporate America is not ready for someone who calls herself "Auntie Dick."

Though I might be the only one to say this, poor Martha. Yes, I admit it—I admire Martha Stewart. Who else could turn a DSM-IV diagnosis into a multimillion-dollar empire? As for her alleged crime, let's put it into perspective: Ken Lay and Jeff Skilling bilked thousands of Enron investors out of their savings and hundreds of Enron employees out of their pensions. Martha Stewart made \$38,000 on a slightly shady stock deal. That the Feds should be pursuing her while Lay and Skilling still walk free is an injustice akin to passing by Ted Bundy in order to arrest a jaywalker.

Another point in Ms. Stewart's favor: despite her tribulations, she has not removed herself from the public eye. As the allegations of insider trading have vied for airplay with the twenty-fifth anniversary of Elvis' death, Martha has gone about her regular business, terrorizing gay men and housewives with her impeccable taste and impossible tchotchkes. I don't know if that's leadership or denial, but as a management technique, it beats the pants off missing-in-action.

Perhaps I'm being unfair to Dirk. Perhaps, like the Scarlet Pimpernel, he's secretly off conducting important state business—like saving the idle rich from the guillotine of their own folly. We'll never know, will we?

*Auntie Establishment is the alter ego of Joan Opyr, a mild-mannered fiction writer and longtime Moscow resident. Comments, column suggestions, and fulsome flattery would be welcomed by <auntiestablishment@hotmail.com>.*

## Letter to the Editor

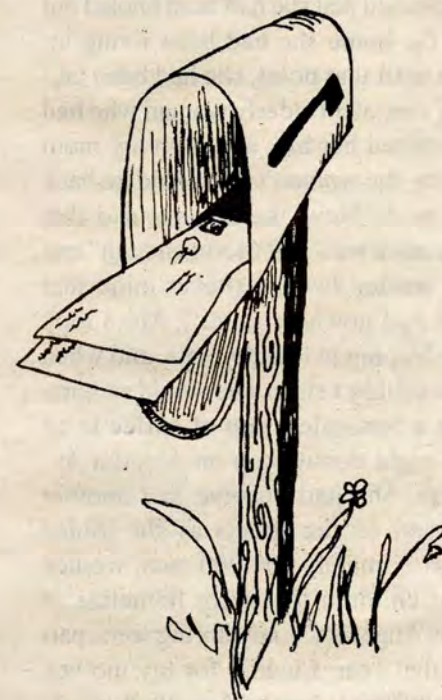
Dear Readers,

This summer the Moscow City Council enacted a new, admittedly poorly written, law (Ordinance 2002-13) which specifies what parts of the breast and underarm can be exposed in public within the city limits. Even on private property - in one's home - if such exposure can be seen. No complaint is required for a citation to be issued. It applies to pubescent and post-pubescent females.

What horrible, corruptible power the female breast must possess! It must be hidden! Yes, the male and female breasts are perceived differently within the predominant U.S. culture. But surely further demonizing females' breasts is not the correct approach.

This is an issue of male-female equality, of having a dress code forced upon us, of the amount of control the city can have, and of how the city council ignored reason and public input. There was a lot of testimony against the ordinance at those meetings in which public comment was allowed. Only one council member spoke out against and voted against this inane ordinance. (Thank you, Peg Hamlett!)

The ordinance is particularly troubling in its regard to girls and young women. How will it be determined whether they are pubescent? What proof will be required? How carefully will the authorities seek "side cleavage?" What trauma will this bestow



upon our children?

Apparently the only avenue available to repeal this ordinance is to gather more than two thousand signatures of registered Moscow voters by the end of September, and take the issue to a vote. Hundreds of signatures have been collected so far but more are needed.

Petitions can be found at the Farmer's Market in downtown Moscow on Saturday mornings. There also will be a rally at East City Park on September 7 from noon to 7 p.m. with live music, information, and petitions.

Please show your support for less-intrusive government, for equality, and for dignity. Go to the rally. Sign the petition. Talk to the city council members and tell them where you stand. And, thank Peg.

Regards,  
David Hall



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# Sojourners' Alliance: Bringing the Pieces Together

By Lisa Cochran

The letter came in the winter of 1992. It was from my mother, and it explained that she had been booted out of the home she had been living in. Up until that point, she had been taking care of an elderly woman who had fractured her hip, and with my mom there, the woman's son could go back to work. Now, the son decided that my mom was "not useful enough" and he wanted her out (never mind that she had nowhere to go!). Mom took to sleeping in laundromats, and when she couldn't sleep, she would sit nursing a bottomless cup of coffee in an all-night donut shop on Alondra Avenue. She had become just another person on the streets as she joined approximately 200,000 men, women and children that were homeless in Los Angeles County during some part of that year. Luckily for my mother, the situation resolved itself after only a few days. Others are not so lucky.

Today in America, over 600,000 people a night are homeless. 40% are women with their children. With changes in economic patterns and welfare reforms, homelessness is an ever-increasing problem. Though we expect to see it in large urban areas, most of us have little knowledge of the depth of homelessness in rural areas or even our own communities. Until just a few years ago I didn't even know there existed a homeless shelter in Moscow, nor did I realize the extent of the homeless situation in this area.

When I spoke to Karee Bohman of Sojourners' Alliance, she admitted that until she took the job as Outreach Coordinator, she had no idea the depth of the problem.

What is truly astonishing is the incredible array of services available through this facility. Sojourners' Alliance is more than just a shelter (which now has added a men's dorm as well as one for women and another for families), it is about providing many basic services. These include housing, clothing, food, education, and counseling for those in transition. They also provide outreach programs, mental and physical health, social justice, and opportunities for clients to successfully reintegrate back into the community.

Some of the main programs offered by Sojourners' include the ACCESS Program (Assistance with Community Compassion and Equality through Sharing and Self-sufficiency),

a program designed to give clients a variety of options which act as a helping hand rather than a hand-out; the Stonewall Health Project, which promotes efforts to increase HIV awareness and safe sex, stop the transmission and spread of HIV, Hepatitis and sexually transmitted diseases; and the TREK (Training, Readiness, Employment and Knowledge) program which offers educational and job training opportunities. The TREK program focuses on personal development and life skills training such as becoming a good tenant or increased parenting skills, as well as professional and career development. There is even a Dress For Success Program to provide professional clothing to men and women for job interviews. Sojourners' Alliance serves the quad county area of Latah, Nez Perce, Asotin, and Whitman counties.

To qualify for the housing/shelter services, Sojourners' uses criteria issued by the Department of Housing and Urban Development (HUD) which define homelessness on many levels. This may involve some obvious conditions, such as living in places not meant for human habitation, i.e. cars, parks, sidewalks and abandoned buildings. Less obvious transitions may include being evicted from a private dwelling unit with nowhere to go; being discharged from an institution such as a hospital, mental health or substance abuse treatment facility or a jail/prison where no subsequent residence has been identified and the person lacks resources and support networks needed to obtain housing. Clients can be assisted if they meet the criteria, but in addition, Sojourners' has some select requirements that serve to safeguard other residents and staff, such as maintaining a drug-, alcohol- and violence-free living environment. Folks in transition are not the only ones who can be served by the Sojourner' Alliance programs; many programs (though not all) are also available to the general community as well.

Funding comes from grants and donations as well as fundraisers and membership drives. Help also comes from direct donations of food, clothing and goods which are then distributed for free to those in need from two locations: 627 N. Van Buren Street in Moscow and 106 Sixth Street in Troy. The Troy location also has a variety of reduced-price items for sale

to the general public.

Sojourners' Alliance, through their Food Bank, Thrift Store, shelter, outreach, training and education programs helped thousands of people last year alone. But Sojourners' Alliance goes beyond the basics. Sojourners' is also about Social Justice and the dignity and equality of *all* people. It is about the growth, empowerment and self-sufficiency of people in transition. And it is about educating our communities that, while homelessness can happen anywhere to anyone at any time, there are many ways all of us can help.

For more information about local homelessness and how you can become involved, contact Sojourners' Alliance at (208) 883-3438 or by email at <shelter@turbonet.com>, or visit their website at:

<<http://community.palouse.net/shelter/soj2.htm>>.

For information to access the thrift store or food bank, or to make donations, call the number above or (208) 835-HELP. Monetary donations as well as goods are greatly appreciated. Volunteers are also much needed and always welcome to contribute their time and skills.

To learn more about homelessness, there are also some excellent websites such as

<<http://www.endhomelessnessnow.org>>.

The Department of Health and Human Services also has a website where you will find information about homelessness in America, as well as HHS homeless assistance programs, publications, research results, and many other resources related to homelessness at

<<http://aspe.os.dhhs.gov/progsys/homeless/>>

Lisa A. Cochran is a longtime Moscow resident.

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# Small Acreage Farming Class Begins

by Bill Loftus

A University of Idaho class about sustainable farming and ranching on small acreages begins this semester as part of the Cultivating Success certificate program under joint development by the University of Idaho, Washington State University and Rural Roots. The certificate will help those interested in small-scale farming gain the educational foundation to pursue their dreams and operate profitably.

This fall's class will be held Thursday evenings from 6 to 8:30. Students can take the class for academic credit by registering through UI or WSU. The class is also offered to community members who receive continuing education units as credit. The course was first offered a year ago and attracted 22 students, nearly two-thirds of whom were community members who registered for continuing education units.

"We really try to give the students a real-life view of small acreage farming," said Theresa Beaver, one of the course instructors and program coordinator.

The course includes visits from those already growing crops or livestock on small acreages. Course topics range from plant and animal production systems to marketing and business resources. Field trips to local farms and businesses will also be part of the course. The tentative schedule includes tours of organic vegetable farms, a sheep farm and the Moscow Farmer's Market.

"The students will be exposed to successful small acreage producers either as guest lecturers in the classroom, on farm tours, or as case studies," said Cinda Williams, UI Extension sustainable ag coordinator and co-instructor. "It's more than a 'how to produce crops or livestock class.' It will give students the tools and the process to evaluate the potential success of a small-farm enterprise," she said.

The cost of the class for community members will be \$120. It's not too late to begin the course. Those interested should contact Theresa Beaver, the program coordinator at (208) 885-7499 or by email at <[tbeaver@uidaho.edu](mailto:tbeaver@uidaho.edu)>. Students enrolled at UI or WSU may register for academic credit through either university.

Bill Loftus is a UI news writer who lives at Genesee.



# Letter From the Editor

By Therese Harris

After so many delicious years, with this issue we bid Pamela Lee's food articles a fond farewell. Pamela isn't leaving us, though—merely going back to the drawing board, so to speak. She is our newest newsletter illustrator and I, for one, will be glad to see what she cooks up, er, draws up for us next. (In this issue, check out the Front Page drawing and the illustration with her Brining article for a 'taste' of what she can do!)

Also with this issue, we are happy to welcome Katherine Yeary as a new volunteer writer/artist who will step up to tell us about food stuff that she finds interesting. Check out her first article here, on Dill. She also provided the great illustration with her article!

We are proud of and thankful for all the volunteers who contribute each and every month to this newsletter. Their generous sharing of time and talents make this newsletter what it is: a good, interesting, and informative read. That said, we are not content to rest on our laurels or lawn chairs. If you have a great idea for a monthly column that you'd like to write for the Community News, or a topic that you'd like to see discussed in this newsletter, email Bill London <london@moscow.com> and discuss it with him. He, Julie Monroe, and I (Community News editorial staff) are

open to suggestions for making this newsletter even better and more of what you—our readers and Co-op members—want it to be. Contact any of us with your ideas. We'd love to hear from you. And thanks for reading.

*Therese Harris is a technical writer and free-lance editor who considers pulling weeds a type of editing. She is also a member of the Apostrophe Protection Society <<http://www.apostrophe.fsnet.co.uk/>>.*



## Santa Barter Fair

by Judie Heath

Here in the Northwest, September is, to some, the end of summer and, to some, the beginning of the Barter Fair season. In Santa, Idaho, people come from all over to trade, buy, and sell. Produce, handmade crafts, vintage items, tools, horse tack, guitars, the list goes on. Saturday night brings a potluck dinner and an after dinner music jam.

The Santa Barter Fair is a small gathering with a friendly, open atmosphere. The Fair is set in a forested meadow down a dirt road. There is no water, no electricity, none of the normal amenities. No generators are permitted and dogs must be on a leash. Pack it in, pack it out.

The Fair is September 7th and 8th,

located in Santa, Idaho. It is about 60 miles from Moscow, off Highway 3. Look for signs. There is no entrance fee, but donations are appreciated.

For more information call Leah at 208-245-4381 or Judie at 208-245-5124.

*Judie Heath is the volunteer publicity person for this year's Santa Barter Fair.*

### MOSCOW YOGA CENTER

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(208) 883-8315

**Next Session**  
**September 3 -**  
**October 26**

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Classes fill quickly so register early*

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## BIG SAVINGS on Natural Household Products and Building Supplies!

Green Living Alliance is a newly developed buying club for **ORGANIC, CHEMICAL-FREE and NATURAL** household goods and building supplies. Members receive substantial savings on items such as air purifiers, water purifiers, organic bedding, bath and kitchen supplies, organic mattresses, clothing, furniture, cookware, children's supplies and toys, paints, stains, eco-friendly flooring and more!

We will be adding more as we grow, but would also like this to grow with our customers. As you tell us what you need, we will make every effort to add those items to our product line, or find a source where you can purchase them at a reasonable rate.

**SPECIAL INTRODUCTORY OFFER:**  
sign up as a group **NOW** and we'll allow  
**4 HOUSEHOLDS** to join under  
**ONE MEMBERSHIP!**



Green Living Alliance  
*Clean Living...Clearer Thinking*

For more information check out our website at [www.greenlivingalliance.com](http://www.greenlivingalliance.com), e-mail us at [info@greenlivingalliance.com](mailto:info@greenlivingalliance.com), or call 715-358-9900.

## Women's Retreat A Day of Renewal

Learn strategies to:  
\*Gain self-confidence  
\*Cope with stress  
\*Cultivate creativity  
\*Quiet your inner critic

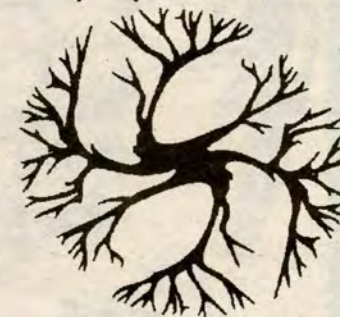
Saturday  
October 26  
10:00 to 4:00

At a beautiful location  
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## Moscow Food Coop Art Show

The drawings of U of I graduate student Jared Wilberg will be on display at the Co-op's Art Gallery from Sept. 20th-Oct. 17th. An opening reception will be from 5:30pm-7pm on Friday, Sept. 20th.

The Moscow Food Co-op is located at 211 E. 3rd St. and is open from 8 a.m. to 8 p.m. Interested local artist please contact Rose Graham at rterrydgraham@hotmail.com or 208-892-8432

## Civil Rights Celebration:

East City Park in Moscow on Saturday September 7 from noon to 7pm. Equal rights to all will be a theme, highlighted by the campaign to rescind Moscow's sexist and unconstitutional nudity ordinance.

Music, speakers, games (like the ever-popular "bean bag toss"), skits, a fashion show featuring newly "illegal" attire, petitions to put the ordinance to a public vote, and even more music will tie the Celebration together.

Sponsored by Muscovites for Equal Rights . wearemuscovitesforequalrights@hotmail.com Call 883-7965 for more information.

## Santa Barter Fair

September 7th and 8th  
Santa, Idaho

People come from all over to trade, buy, and sell. Produce, handmade crafts, vintage items, tools, horse tack, guitars, the list goes on. Saturday night brings a potluck dinner and an after dinner music jam.

The Santa Barter Fair is a small gathering with a friendly open atmosphere. The Fair is set in a forested meadow down a dirt road. There is no water, no electricity, none of the normal amenities. No generators are permitted and dogs must be on a leash. Pack it in, pack it out.

There is no entrance fee, but donations are appreciated. For more information call Leah at 208-245-4381 or Judie at 208-245-5124.

Gristmill available for sale in Brigham City, UT contact 'Sparky' Sparkman in Lewiston, ID (208) 743-6433

## MEMBER APPRECIATION DAY!

Monday, September 30th

Members will receive a discount on all their purchases at the Co-op. For purchases less than \$25 members will receive a 5% discount, for purchases \$25-\$70 you receive a 7% discount, and for over \$70 spent members will receive a 10% discount.

Volunteers will be able to receive these discounts in addition to their regular discounts except on beer & wine

## Latah Literacy looking for tutors.

Help someone learn to read or English as a second language. No experience requirement. Tutoring for 6 months, and...

Anita at 882-... adult\_literacy

## The Young Children and Family Programs

The Young Children and Family Programs has just completed our official website: www.ycfprograms.org. This exciting and interactive early learning site is devoted to the healthy growth and development of all young children and their families in Latah County. You will find the Community Compass resource guide on-line, a parenting Q&A section, a local events calendar, and on-line resources and much more!

## "Moscow Mardi Gras" Volunteers Needed

If you'd be interested in helping out or in becoming a board member please contact Karri Fedale at 882-0162 or karri@moscow.com to discuss our needs and your interests. Monthly meetings begin in September.

## Regular, Continuing, & Major Events

### Mid-week Growers Market is coming to the Co-op

### Farmers Market music

Friendship Square, downtown Moscow  
9:30am to 11:30am

### PEACEMAKERS

PEACE and JUSTICE... The Friday Vigils for... downtown Moscow, ... permits. Currently, we... Poems, readings, mus... time. Those who gathe... They represent no part... for all peoples and non... statement with us. Qu...

### Contra Dances

The Palouse Folklore Soc...

### Listservs:

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among colorful peace flags of many languages. and continue every Friday, FRIENDSHIP SQUARE, people coming and going as their schedule and postcards opposing the proposed War in Iraq. We are encouraged during breaks in the silent vigils as well as of no particular religious faith. Join with people worldwide committed to justice. You are invited to make a visible public...



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

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