

June 2003

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

Tree Connects Co-op to Earth and Community

By Julie Monroe

It has been said that he who has made a beginning has half the deed done, but with characteristic humility, longtime Co-op member and volunteer Tim Daulton would argue that finishing the deed depends upon the efforts of not one individual but many. A little over a year ago, Tim experienced a vision. "It just occurred to me when I was walking up to the Co-op. I kept seeing a tree growing in this corner," said Tim, gesturing toward a triangular area of the parking lot directly west of the main entrance to the Co-op.

Tim heeded his vision and shared it with General Manager Kenna Eaton who gave the idea of planting a tree in the Co-op parking lot the green thumbs up. To help people "get used to the idea of a tree in the parking lot," Tim converted his vision into a drawing, which was printed in the *Community News*, along with a brief description of the project. Tim let the idea "float" for a bit, and then asked the Co-op's landlord

for his permission to plant a tree on his property. According to Tim, the landlord "thought it was a good idea," but he, as well as others, raised legitimate concerns. For example, before paradise could be unpaved to make room for a tree, a "locate" would need to be conducted.



And that's just what Tim did. He contacted the city of Moscow for assistance in determining what lay below the parking lot at the proposed location of the tree. "Just storm drains," said Tim. "No pipes." Perhaps knowing no underground water or gas lines would be ruptured in the process of removing the asphalt, the landlord consented to the project, and after notifying the Co-op of this decision, Tim "took it from there," said Kenna. Yet, Tim admits, "The real reason the tree got planted was because of Kenton Bird. One day (See *Tree*, page 7)

Co-op Business Partners

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

Birthing From Within Childbirth Classes - 10% discount on classes, Judy Sobeloff, 883-4733

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

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

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

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

Eva Jo Halvik, LMT - First 2 masages @ \$35 each, 106 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

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

Kaleidoscope Framing - 10% off any gallery item, 208 S. Main St., Moscow, 882-1343

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

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

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

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

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

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

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

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

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

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

Paper Pals Scrapbook and Stamp Studio - 1st Hr. of Studio time free, 33% off Open Studio time. Gladish Community Center, Rm. 108

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

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

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

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., 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.

Shady Grove Farm, Ashley Fiedler - \$10 off initial English riding lesson or horse training session, 1080 Sumner Rd., Troy, 835-5036

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, 882-6872

Wild Women Traders - 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's New at the Co-op?

By Kenna S. Eaton

This summer we are starting several new events just for the fun of it. Our Week Day Growers Market is up and running on Tuesdays and as the summer progresses we hopefully will see more growers with more produce. This area of the country is really prolific in the summertime so be sure to take advantage of the opportunity to buy your produce fresh from the grower twice a week. On Tuesday nights we'll be adding live music and a grilled dinner. Amy, our kitchen manager, along with her great crew is putting together a wonderful menu for the BBQ including both vegetarian and meat options. We'll be grilling from 5:00 - 7:00 p.m. so be sure to stop by for a quick and easy dinner. To make the evening even more enjoyable, we'll be adding live music. Eric Gilbert, a cashier at the Co-op and musician himself, is in charge of organizing the musicians and making sure that everything runs smoothly. If you are interested in playing, contact

him at <Gilbert@oracleshack.com>. And then, be sure to drop by the Co-op on Tuesday nights to check out the fresh food, fun and tunes!

Saturday, June 7 we will have a one-day sale on supplements. This sale was so well received in April we decided to run it again. For one day only, all supplements in the store will be 15% off. This includes homeopathies and herbal remedies, as well as vitamins and minerals. You don't have to be a member to benefit from this sale; it's for everyone!

We're also planning some great classes on herbs and their uses this summer. Linda Kingsbury is offering a NEW series through the Co-op for our community members. Be sure to look for an article elsewhere in our newsletter and information on how to sign up for these classes. Topics will include aromatherapy, herbs for women, children and family health as well as herbs and foods for a healthy heart.

Looking Forward to Local Produce

By Sam Abrams

I hope I'm not speaking too soon when I sing George Harrison's immortal anthem for spring, "Here comes the Sun," but it looks like the last breath of winter has just bid it's last frosty adieu (thankfully). Along with the blessed sunshine and rejuvenated spirit comes the gift of fresh local produce.

Local growers have always been there to reconnect us to our community and earth after a long winter's hibernation. Our region's farmers have provided our co-operative with the sustenance to nourish our community and enrich our livelihood. We in the Deli/Bakery are grateful and extremely enthusiastic to work with fresh herbs, fruits and vegetables provided by local producers. It is our privilege and

guiding principle to utilize local and organic products whenever possible.

Soon there will be Ed Steel's potatoes in our hash browns. You'll find Kelly and Russell's garlic, green onions and parsley in our tabouli, among other favorites. Not to mention George's carrots or many of the other tasty treats sure to light up our deli case.

We take much satisfaction in creating and sharing such a delicious and healthy assortment of foods with the public. Our minds, bodies, and spirits thrive when exposed to fresh organic produce. We take heart, knowing we are providing, not only wholesome and convenient meals and snacks, but we're also staying true to the environment.

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The Volunteer Program

By Janna Jones and Annie Hubble

This month in the volunteer world we welcome some new volunteers: Sara Foster, Melinda Schab and Ida Jokisaari who are all working in the deli in various ways, and Derek Johnson who is helping with the never-ending task of cleaning the bulk bins. Tyson West is our new volunteer server in the deli on Monday lunch times, and Elizabeth is back working with produce on Monday evenings.

We have at this point placed all our volunteer applicants...certainly a historical moment! We have three or four positions open, so this would be a very good time to apply. You can find application forms on the notice

board at the front of the store where the carts are stored. Simply fill out a form and put it in the envelope there. We will contact you within a week or two.

If you are just in town for the summer and want to volunteer, we might need subs or temporary help, so do ask. Also if you are now volunteering and plan to be gone for vacation, please give us as much warning as you can so we can replace you for that period of time if possible.

Thank you everyone for the good work you are doing. Have a wonderful Spring and Summer!

As The Deli Turns

By Amy Richard

Summer is here. The drama of people coming and going, drifting in and out of the Co-op deli with the tides of the semesters. Keeps it all fresh. In the kitchen, we now turn our attention toward summer cooking. We are all looking forward to the Palouse growing season to make delicious new offerings only available in summer. Local produce is a cook's dream – berries, fresh greens, tomatoes, and basil – so many treats.

We are also starting a Barbecue on Tuesday night in conjunction with the Mid-week Growers Market. You can buy fresh local produce out front and get a burger (or veggie burger) and potato salad out back while you enjoy live music! The Co-op is the place to be on Tuesday nights. Meet local growers, meet your friends, eat good food and listen to good music!

By fall we hope to offer a Co-op cookbook. We are compiling recipes from the deli and bakery, testing and tweaking. We hope to include a recipe from our members in each section. If you have a great recipe you'd like to contribute or if you have a request for the cookbook, please email Amy at <kitchen@moscowfood.coop> or drop it off at the Co-op deli.

Here are some recipes customers have requested. Remember, they are still in huge deli size quantity. Reduce as needed and check out the refined home-size recipes coming soon in our Co-op cookbook! Check our website for more new deli recipes like Mocha Dream Pie, fruit pizza, and

a new kale slaw variation: <www.moscowfood.coop>.

BBQ Tofu

By Mike Bowersox and Terry Fiegenbutz

- 1 ½ Tbsp Garlic, minced
- 1 ½ Tbsp Ginger, minced
- 1 Tbsp Basil, Dried
- 2 Tbsp Red Pepper Flakes
- 1 Tbsp Black Pepper
- ½ cup Tamari
- ½ cup Sesame Oil
- ½ cup Olive Oil
- ¼ cup Balsamic Vinegar
- ¼ cup Red Wine
- ¼ cup Molasses
- ¾ cup Honey
- 4 cups Tomato Sauce
- 8 lbs Firm Tofu
- 1 yellow onion, sliced
- 2 red onions, sliced
- 1 yellow bell pepper, sliced
- 1 red bell pepper, sliced

Slice tofu into ½" thick squares and arrange on cookie sheet. Combine garlic through tomato sauce in food processor. Blend until smooth. Pour over tofu and let marinate 15 minutes on each side. Grill tofu on both sides with a little bit of olive oil and salt. Save marinade for later. Let tofu cool enough to handle, then cut into ½" wide strips and bake on oiled cookie sheet for 45 minutes at 375 degrees. Pour reserved marinade over tofu and bake another 30 minutes. Meanwhile, grill veggies until just tender. Spread veggies over tofu and bake another 15 minutes.

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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.

Because



There is a ONE-DAY SALE
At the Moscow Food Co-op
-Saturday, June 7th-

15% OFF

-All supplements
-Herbal Remedies
-Homeopathic Remedies
-Vitamins and Minerals

on hand

*sorry, no special orders
*SALE is for everyone,
not just members!*



Privacy and Your Co-op Membership

By Kenna S. Eaton

For many years the Co-op has kept a membership list. In the early years, we collected this info on battered index cards, the information being questionable (misspelled, inaccurate, out-of-date, amount paid in, etc.) but all we had. In the mid eighties, Fritz Knorr, long time Co-op member, offered to put the membership files onto the computer. This was a big change for the Co-op and entailed cleaning up a lot of the "misinformation" that was in the index file. In the early nineties, we again upgraded by creating a software program in Access that was better able to find members, to improve the quality of the information and allowed us to merge files to ensure greater accuracy, i.e. someone who had moved or changed their name may have been listed more than once as a member. With the advent of our new cash register system, we have once again upgraded our database. Now, though, it is safe behind a "fire-wall" and as inaccessible as we can make it! Ah, progress!

Anyway, you may have been wondering why we have this information and what we do with it. The true answer is "Not much!" Actually, we are legally required to keep the names of all our owners and their investment in case we ever need to dissolve our business. This way we could refund any leftover assets to our owners. Now with the new register system, a new benefit is on the

horizon: patronage refunds. If you're a member of REI, you are probably already familiar with the concept: every year, if the business is profitable, REI refunds a portion of the profits to the owners. Since this is prorated, based upon the amount of money one has spent at REI, they need to keep track of member's purchases.

If the Moscow Food Co-op continues to do well, we will be in a position of offering our members a similar refund. To do this we must, like REI, keep track of the total amount of purchases made by a member in a calendar year. We will soon be able to do this with our new membership cards. Much like the public library card that we all carry, our member cards will have a bar code on the back, allowing the cashier to scan the card and pull up a member's account. After the purchase is completed that information will be stored in our database. Frankly, the Co-op is not interested in how much toothpaste Laura buys or how many carrots Kenna eats (lots!). We simply don't have the resources and ability to look at that kind of in-depth information. And we're really not interested. All we want to know is whether or not the toothpaste sells and how many sold last month and should we continue to sell it or drop that item and bring in a new one and all those types of questions. And now we are interested in potentially offering patronage

refunds.

The new member cards are really pretty, with a paprika red background and a rendition of our sunflower across the front. Our new members cards will allow us to verify that your membership is current and then assure that you automatically get member benefits such as sale prices. If this bothers you, guess what? You have options! You don't have to have your purchases credited to your account. We can simply verify your membership and then move on. Really, its true. You can still get member sale prices and that is simply it. (However, it will take a little longer at the register since it involves an extra step or two).

This summer we will begin the long process of assigning each member a card and then mailing them out to you. Please help us by letting a cashier know if you have recently moved; this way we can get your address updated and ensure that you receive your spiffy, new membership card. And don't forget your card can also save you money at over 30 different businesses in the Palouse. We print a list of participating business partners on the inside cover of the newsletter every month.

Now, let's move on to our membership list. Our policy for thirty years has been and will continue to be the same: We will NOT share our list with anyone for any reason. We are committed to keeping that information private. A statement will be posted at the registers averring our commitment to keeping your membership information private. We appreciate the trust you place in this Co-op when you become a member and we want to keep it.

Thanks for your ongoing support



Welcome!

By Laura Long,
Membership Services

This month I would like to welcome Ashley Fiedler and Shady Grove Farm to our list of Co-op business partners. Ashley will be offering \$10 off an initial English riding lesson or horse training session, and she assures me you don't need your own horse to go riding with her. She has two very gentle "school" horses for that purpose. Her farm is located in Troy, Idaho and you can arrange for lessons by calling her at (208) 835-5036. Wouldn't you love to spend a warm June afternoon on horseback? I know I would! Look for more information about Ashley and her farm in our July issue of this newsletter.

And don't forget we have many more business partners with lots to offer. I was just down at Wild Women Traders last week and saw several lovely hats and dresses that would be perfect to wear for that special occasion or upcoming wedding; don't forget that as a Co-op business partner, clothing and jewelry (but not "finishing touches" such as hats and gloves) are 10% off. And Northwestern Mountain Sports would be happy to help you with that bike tune-up. So check out the list of participating businesses, and show your support for our locally owned businesses by shopping locally.

Laura remembers shopping at a local co-op with her mommy in 1973, and the fascination she felt purchasing carrots that still had dirt on them and carrying them home in a cloth bag.

Something for everyone...

Hodgins Drug & Hobby

New
Extended
Hours
Mon-Fri 9-7

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

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

Beanie
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Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available
307 South Main, Downtown Moscow
882-5536 • Sun 12-5 (pharmacy closed)



Front End Managing

By Annie Hubble

A survey of shoppers in 2002, sponsored by the local economic development council, established that shopping at the Moscow Food Co-op is the number one year-round reason people come to downtown Moscow. The only bigger draw is the Farmers' Market during the summer months.

This actually does not surprise me. I see a whole community visiting the store on a regular basis, not only to shop but also to socialize. I think this town is amazingly lucky to have the co-op.

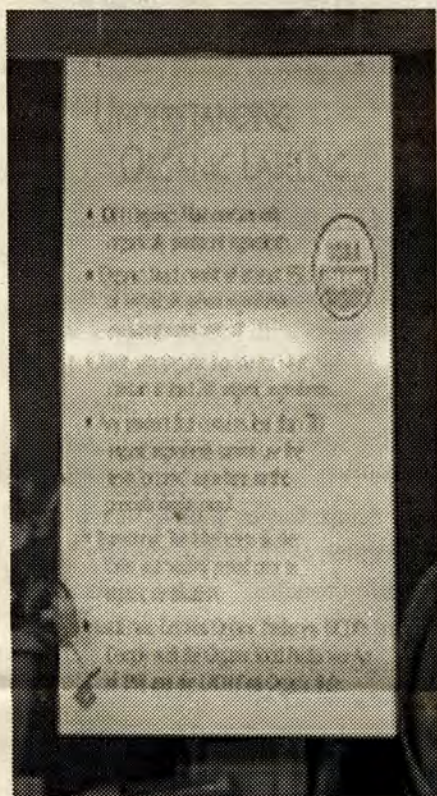
Many visitors from out of town express the wish that they too had such a store. It is important that we cherish such an institution. There are not many places where we can gather in comfort to exchange news and forge friendships. And of course the added bonus of all that yummy deli food, espresso drinks and smoothies is an extra incentive! The Co-op is a very special place in a sometimes stressful world. Come on in and meet your neighbors, relax and enjoy the store!



Signs, Signs, Everywhere are Signs

By Dani Vargas, Produce Manager

You may have noticed the new look in the produce department; we've got signs! Three new signs have been added to the "Meet your Local Grower" sign. On top of the cooler, used to live a huge array of baskets and wood boxes. Some still live up



there, but I thought it needed to be cleaned up a little bit and what a great space for information about the benefits and importance of buying organic and local products.

Why should you buy organic, you ask? The main reason is that organic products are not grown with the use of synthetic fungicides, pesticides, or herbicides. I don't know about you, but I would not substitute Round Up for sugar to sprinkle on my grapefruit, so why would I want it grown with it or other hazardous chemicals. Other reasons are Certified Organic foods insure to you, the customer, that they were grown and handled according to strict federal and state standards. Organic foods are also the safest, most nutritious, and most delicious you can buy. Even monkeys prefer organic bananas to conventional ones.

Growing organically also protects the environment. It prevents erosion of valuable topsoil and does not have run-off into rivers and streams that contains the harmful chemicals that conventional farmers could have. This keeps our drinking water, and that of wildlife, safe.

You may think that organic products and produce is way too expen-

sive, and this could be true at certain times. Organic farmers have higher costs than conventional farmers. They have certification fees and soil tests to pay every year. In some cases, their crop yield may be smaller due to insect and disease predation. The weather plays an important role also and has been the cause for our high prices on celery, broccoli, and lettuce this season. I do have to point out that I have seen the prices drop dramatically and are sometimes even less than the conventional choice. I often glance at prices here in town or even in Seattle, and I can proudly say that hands down, on some items, we have the same or lower prices.

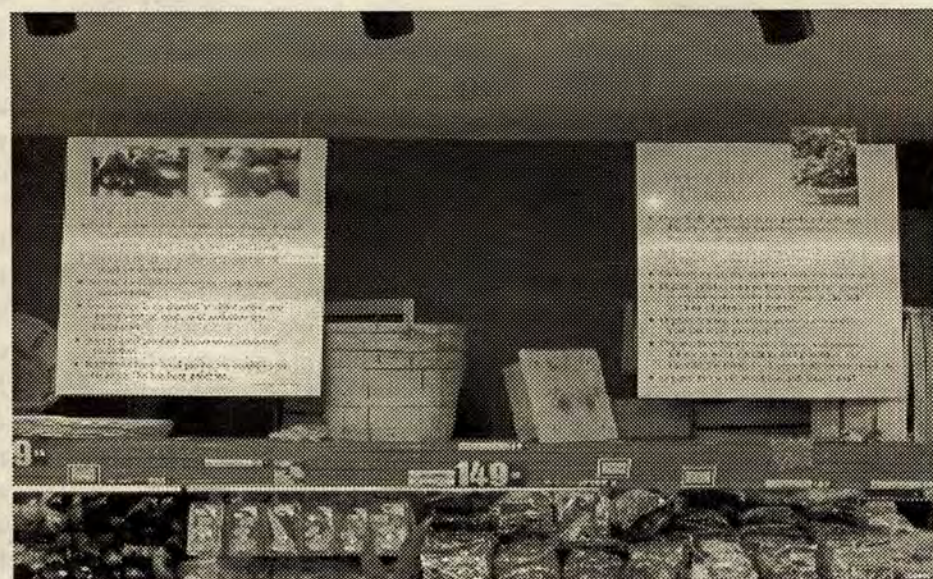
Why would you want to buy locally? Buying locally-produced goods insures that our community dollars stay in our community. We have a ton of local producers around the Palouse who are producing some of the greatest things. It is hard as a small farmer to compete with the big guys, which is why we need to support them by buying their produce. The produce that is supplied locally also is the most fresh you will see. I love getting local produce in the summer time because it comes straight from the ground and skips the packaging, the shipping, and the transportation to here that produce from the warehouses endures.

So what do all these labels mean? With the new national organic standards, there are some new labels you should see on every product that claims to be organic. First, on the shipping box itself, you should see the USDA organic seal. When boxes come in from warehouses that supply both conventional and organic produce, we check every box for this seal; we also check for the stamp from the state certifier. Of course, produce will be 100% Organic; other products that contain organic ingredients must state if they are 100% organic, 95% organic, or 70% organic. In the produce department, we often will have some produce labeled Transitional. Transitional produce is that which is going through the three-year period to become organic. I think it is important to support transitional produce. The farmer is making an effort to grow in another direction, and this is a great thing.

There is much more information on the signs and if you have not seen them you should come check them out. I have to say thank you to Linda Pall for the beautiful pictures she gave us to put on our signs. It was great working with her to pick out the perfect pictures and also with Steve from Cutting Edge Design. When he brought in the finished product, it was like

Christmas. The signs are beautiful!

Be on the look out for more to come. We are also working on making the store more user-friendly. I know that some people feel intimidated their first time here or even their second time. I know I did when I first entered the Co-op. We feel that with more signage people will feel a little more at ease and be able to find what they are looking for.



The Buy Line

By Vicki Reich

I am constantly astounded at how time seems to fly by and stand still at the same time. It seems like I've been in Moscow my whole life and yet I still remember the day Kurt and I drove into the Palouse and how amazed I was by the beauty of this place I was going to call home. I realized today that I'll have lived in Moscow ten years next month and that I've been a member of the Co-op for ten years and one month. Yes, we joined the Co-op before we even had a place to live. I began volunteering as soon as we moved in, and by October of our first year, here I was serving as a board member. I don't believe a week has gone by since we moved here that I didn't get an 18% discount either for volunteering or being on staff.

My first volunteer job was helping open the store on Saturday morning. I continued with this job even while I was volunteering my time as a board member. I loved being in the store and helping the staff and customers. My first two years in Moscow I worked for the University and on bad days (of which there were quite a few), I would fantasize about quitting and getting a job at the Co-op. When I was laid off, I mourned my job for about 10 seconds and headed for the Co-op to ask for a job. The

only job available at the time was a seven-hour a week maintenance job, which my degree in mechanical engineering qualified me for. Then one deli shift opened up and then an assistant baker shift or two and then I was baking three days a week and a couple of cashier shifts opened up. I took any job Kenna would give me. Finally, the job I'd been waiting for opened up, and I begged Kenna if I could have it. She was reluctant, but I was persistent, and I've been buying for the Co-op for the past five years.

I decided to reminisce with you about my history at the Co-op because at a recent managers' meeting we figured the seven managers of the Co-op have over 80 years of experience among us. I started thinking about my ten and what that means to you, the customer. The one thing ten years at the Co-op has given me that I use on a daily basis is a deep knowledge of the products we sell and what is available in the big world of natural foods. I've also come to know a lot of you and what you like to buy. I try to tailor our inventory to reflect your tastes and wants. I've also learned to negotiate the best deals on monthly specials so we can offer you great savings on products you buy all the time. And I still love my job. I hope it shows.



Personal Care Corner: Choosing the Right Multiple Vitamin Supplement

By Carrie A. Corson

Studies show that an increasing number of people are opting to take a daily multiple vitamin/mineral formula (MVM). Choosing the MVM that meets your needs can be a somewhat daunting task. There are hundreds (if not thousands of them on the market). And companies spend a lot of money to advertise their product as the "best."

When I talk to customers about which multi vitamin/mineral is right for them, I take several things into account. Who is going to be taking the supplement, what are their health goals and potential health concerns, down to the more practical questions of what is their supplement budget, do they prefer tablets, capsules or liquid and how many pills are they willing to take per day?

Right off the bat, customers should know that most experts agree that a one-a-day formula is not the optimum way to take MVM. There are a few reasons for this. First of all, our bodies can only absorb a certain amount of some nutrients and some nutrients stay in our bodies for a short time. So, by dividing our MVM dose we are getting optimal absorption. Also, one-a-day formulas are often not able to provide high doses of some minerals like calcium. Minerals tend to be big, which increases the size of the tablet. If you were to put 1,000 to 1,500 mg of calcium into one tablet, it would be too big to swallow.

The following is a guide showing the basics of what a high quality MVM should contain. These are vitamins and minerals are deemed essential to good health. This guide is taken from the "Answers to Your Health Questions" series written by Dr. Michael T. Murray, provided by Natural Factors Nutritional Products (Published by Mind Publishing).

Vitamin	Range for Adults
Vitamin A (retinol)	2,500-5000 IU
Vitamin A (from Beta-Carotene)	5000-25,000 IU
Vitamin B1 (thiamin)	10-100mg
Vitamin B2 (riboflavin)	10-50mg
Vitamin B3 (niacin)	0-100mg
Vitamin B5 (panothenic acid)	25-100mg
Vitamin B6 (pyridoxine)	25-100mg
Vitamin B12 (cobalamin)	400mcg
Vitamin C (ascorbic acid)	100-1,000mg
Vitamin D	100-400 IU
Vitamin E	100-800 IU

(d-alpha tocopherol)	Range for Adults
Niacinamide	10-30mg
Biotin	100-600 mcg
Folic Acid	400 mcg
Choline	10-100 mg
Inositol	10-100mg
Mineral	Range for Adults
Calcium	250-1,500 mg
Chromium	200-400 mcg
Copper	1-2 mg
Iodine	50-150 mcg
Iron	15-30 mg
Magnesium	250-500 mg
Manganese	10-15 mg
Molybdenum	10-25 mcg
Selenium	100-200 mcg
Silica	1-25 mg
Vanadium	50-100 mcg
Zinc	15-45 mg

It should be noted that this is only a guide encompassing average adult needs. However, as research continues, some items may be deemed as inappropriate for some adults. For instance, current research indicates that most men and post-menopausal women do not need to supplement with iron. It is believed that sufficient amounts of iron are obtained through food for those individuals and excess iron may pose some risk of oxidative damage. Vitamin K is a recent addition to the essential list due to its importance to bone health. It is making its way into many MVM formulas.

Many MVM formulas may add other herbs like ginkgo, green tea, ginseng, and antioxidants like grape seed extract, lycopene, lutein, bilberry and alpha lipoic acid to their formulas. This can be a good thing depending on your individual goals, however, it does add to cost.

Here are some staff recommendations that may help you in choosing an MVM.

Kenna likes Nature's Life Soft Gelatin Multiple. She finds these easy-to-swallow, liquid softgels to be most pleasing. It is a two-a-day, high potency multi that covers the basic list of what should be in there with very few added extras.

Laura likes Rainbow Light's Women's Nutritional System. She finds that this food-based multi gives her the best support. This is a six-a-day multi that covers the basics but has the added benefits of digestive enzymes, high potency calcium, citrus bioflavonoids and supportive herbs specific to women's needs.

I myself have several favorites. The Moscow Food Co-op's Life Multi Complete. This is a three-a-day multi based in a whole food concentrate. It is a fairly high potency formula, but does require separate calcium supplementation if your target is 1,000 to 1,500 milligrams. It does have some added benefits like digestive enzymes and bioflavonoids. I also like the Moscow Food Co-op Ultimate Capsule. It is a two-a-day requirement and the capsules are smaller and easier to swallow than some other MVM. The Women's Multistart from Natural Factors is also a good formula. This is a six-a-day formula that provides 1,000 mg of calcium, high potencies of B vitamins, as well as other basics. It also includes some supportive herbs, including ginger, green tea phytosome, and lutein.

As I mentioned, most experts agree that a "one-a-day" formula is not optimum; however, many companies produce them because, let's face it, "one-a-day," is all that some folks are going to take. Rainbow Light produces the very popular "Just Once" line. As with all Rainbow Light formulas, these are food-based. These multis come in formulas with or without iron and there are also formulas specific to the needs of women and men. The Moscow Food Co-op Ultimate One tablets are also a good choice. They have recently added an iron free formula to this line.



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Featured Wines

By Dani Vargas,
Produce Manager

The Nevada County Wine Guild: Our Daily Red 2002

This red wine is made with no added sulfites by a small family winery. The Nevada County Wine Guild building was constructed from timber harvested from the vineyard site and is solar powered. The wines are aged in French and American oak barrels. 100% organic grapes were used in this fifth year of Our Daily Red production. This wine is styled more along the Bordeaux flavor profile. The Carignan grape is the bulk of this wine and was grown near Fresno on vines that are more than 80-years-old. This is one of our most popular wines. Lots of Co-op customers love it.

The Organic Wine Works: Radical Red

The Organic Wine Works uses only organically grown grapes and is certified as an organic producer by the California Certified Organic Farmers. The winery is located in Santa Cruz and they buy organically-grown grapes from various regions of California. This wine has no sulfites added and is vegan. The Radical Red is made to be a soft, dry, fruity red wine to compliment almost any meal. I met the winemaker while in California recently. He's a great person and he makes a great wine.

Bogle Vineyards: Petite Sirah

Given a score of 87 in a wine magazine, this wine has been widely talked about as being the best buy for the money. This wine is spicy and earthy with no shortage of fruit and tannins that make is a good match with grilled foods as well as those hearty, slow-cooked meals. I first had the Petite Sirah at the Red Door and fell in love with it. It is so smooth and accompanies almost any meal. This wine sells quickly at the Co-op, and it's hard to keep enough bottles on the shelf. If we are out of stock, you can always get some at the Red Door.

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From the Suggestion Board

By Amy, Vicki, Tyler, and Carrie

Less sandwiches w/horseradish please!!

We create a variety of sandwiches every day; we try to vary the condiments on each kind. Is there a particular sandwich you are looking for without horseradish? We'd be happy to make a batch with different condiments—Amy, Kitchen Manager.

I just wanted to tell you how GOOD the Co-op wheat bread is now. For a long time, I avoided it because it was dry and crumbly, but no more! Thanks!

Thank you! It is so great to hear your positive feedback—Amy.

Make your own sandwich in the deli.

We don't have the labor right now to pay for this service. Look for made-to-order panini sandwiches on the specials menu —Amy.

It would be nice to know the calories and fat content on your deli items.

Yes, I agree. This is a fairly huge undertaking mainly because most of the foods we produce are made without recipes. The cooks are fond of their creative freedom. Did you have a specific item in mind? Amy

The majority of people who come to eat here usually order from the deli case. I would like to see more variety other than what is always in the case.

We have had requests from customers for more consistency from the deli. There are a few items we consistently have and we try to always offer a variety of new things too. We will try to increase the variety of offerings —Amy.

Pizza needs more sauce please.

OK — Amy.

I drink a mocha almost ever day here, but now that you have changed the chocolate I go somewhere else.

We are looking for a new source for the Dilettante chocolate syrup we had in the past. Ask your deli server if it's back! We do offer Dagoba chocolate syrup, which is a Fair Trade and organic product, and Mexican chocolate—Amy.

The food in the deli is way too expensive. I asked for 2 slices of BBQ tofu awhile back and was given old chewy tofu and charged

\$1.50. Deli food should be made more affordable to everyone.

I'm sorry you were not happy with your BBQ tofu. The Co-op offers a 100% satisfaction guarantee on all products. BBQ Tofu is one of our best sellers and it never has a chance to get old before it sells out. We make it fresh every other day. Our food in the deli is made here in our kitchen every-day by employees paid a living wage using organic and local ingredients whenever possible —Amy.

I haven't seen thumbprint cookies for months. Those are my favorite cookies! I enjoy all flavors. Thanks a lot!

Sure! Thanks for the compliment. We will be happy to make them again—Amy.

Could you please call or give me recipe for Mocha Dream Pie? It's outta this world! Also your deli food is delicious.

Thank you! The recipe is posted on the Co-op website, <www.moscowfood.coop> —Amy.

Why are the cheese pizzas \$12 when the pizzas with cheese and toppings are \$12 as well. Shouldn't the cheese only be less?

Well, yes, they should. We'll reprice them —Amy.

Congratulations! The baguette is super! Perfectly fabulous crust!! Thank you! Bravo!!!

Wow! Thanks!—Amy.

Bring back the Aloo Samosas in the freezer section, please! They're great for lunch.

I'm sorry but these were very slow sellers. You can still special order them buy the case—Vicki, Grocery Manager

Naan and Ezekiel Pocket Bread has been out for a long time. Have you stopped carrying them? Can we special order?

The Naan is no longer available from Garden of Eatin'. The Ezekiel Pocket Bread is out-of-stock because of production problems. We continue to order it and hopefully it will be back soon —Vicki.

Can you get smoked salmon without sugar? The Fish Folks have it but I don't get here much when they are here. Thanks.

We carry 4 types of smoked salmon. Three of the 4 products we carry do have brown sugar added; however, the Echo Lalls smoked salmon that comes in a broad thin slice of 4 oz. does not contain any sugar. Look for it in the Grab and Go cooler next to the Deli —Tyler, Grocery Buyer.

Do you still carry Rice Crunch Ems cereal?

I had discontinued this item but got so many requests for it, I brought it bac—Vicki.

In Olympia and in Portland I have been able to get this awesome Tofu Pate-it is sorta like egg salad/dip-super good-could you check into stocking it?

I'm sorry but this product is not available in this area. I wish it was; it's delicious—Vicki.

Could you please clean the water dispenser? It looks kinda unsanitary. Maybe a little organic bleach. Thanks.

Unfortunately, there's no such thing as organic bleach, but we'll put a little elbow grease to it and see if we can clean it up —Vicki.

You carry Hatch green chilies in a can but I want diced medium or hot and all I can find anywhere is mild. Please order some medium or hot diced hatch brand green chilies.

I'm sorry but our distributors only carry mild chilies—Vicki.

Please get more Lizard Lips Lip Balm. It's the Best. Thanks much.

Sorry this company is no longer in business—Carrie, Personal Care Manager.

What happened to the regular (not light) cans of R.W. Knudsen raspberry spritzer? Those were the best.

We'll bring them back—Vicki.

Co-op Art Opening

By Ryan Law

This month, the Moscow Food Co-op features the paintings of Bill Fluegel, a local water colorist. An opening reception will be held on Friday, June 13 from 5:30 to 6:30 p.m. The paintings will be displayed from June 13 through July 10.

Bill Fluegel was born in Anchorage, Alaska in 1938. His family worked for the Alaskan Railroad and fished in Cook Inlet from 1948 to 1955. In high school, Bill worked on a potato farm and as a brakeman. In 1960, he joined the Navy where he spent nine years working on the Distance Early Warning Line and satellite tracking facilities. In 1968 he married and had five children. Bill received a Degree from the University of Idaho in Elementary Education.

Due the stiff competition for teaching jobs in Moscow, Bill was forced into a life of crime as a painter. The bold and vibrant colors that dominate many of his paintings reflect Bill's essence and zeal for life.

The Moscow Food Co-op is located at 211 East Third Street in Moscow and is open from 8:00 a.m. to 8:00 p.m. Those interested in displaying their artwork should contact me at 883-5344.



Eat Organic

By Vicki Reich

Two articles recently caught my attention and reconfirmed my commitment to eating organic. They were both so interesting I wanted to share them with you.

The first article was originally from the Danish magazine *Oekologisk Jordbrug* (Ecological Agriculture). It reported that tapirs and chimpanzees at the Copenhagen Zoo chose organic food over non-organic food when given a choice. If they were given non-organic bananas, they peeled them and ate just the fruit, but when given organic bananas, they ate peels and all. They obviously know something we don't. You can read one version of the article at <<http://www.organicconsumers.org/Organic/bananas022403.cfm>>

I saw the second article in the Sno-Isle Natural Foods Co-op newsletter. It was about a study conducted at the University of Washington School of Public Health and Community Medicine. The study took a sample of 2-5-year-old children, 18 of whom ate 75% or more organic fruits and vegetables and 21 who ate 75% or more conventional produce. The researchers had the participants record the food the children ate for three days and collected all their urine on the third day. Tests for metabolite concentrations of organophosphorus (OP) pesticides in the urine revealed levels six to nine times higher in children who ate 75% conventional produce than those who ate organic. According to the report on the study at <www.ewg.org/pdf/20021122_UWstudy.pdf> the researchers concluded that "Consumption of organic produce represents a relatively simple means for parents to reduce their children's exposure to pesticides." I agree.

he asked me when I was going to plant that tree. I said, 'Well, I could do it anytime.'"

Figuring there was no "anytime" like the present, Tim went to work. At the site selected for the tree, Tim used a jackhammer to break up the asphalt; removing the blacktop was necessary to provide a bed for the tree. "It was like *Tom Sawyer*," said Tim, "Everybody wanted to help me run the jackhammer." With the manly jackhammer, Tim carved

out a circle about five feet in diameter, excavated several feet of asphalt, rocks, and gravel, and then filled in the excavation with a truckload of new topsoil. Around the circumference of the hole, he built a wall of pewter and rose-colored stacking stones, with the first layer secured to the asphalt with mortar. The materials for the tree well were supplied by the Co-op, as was the flowering plum tree that miraculously appeared on the cold and rainy morning of April 26.

"Imagine long enough and things materialize," said Tim of the tree that somehow found its way from Tim Eaton's Prairie Bloom Nursery to the Moscow Food Co-op. And while braving the weather smorgasbord of a typical Moscow spring day, Tim nestled



the slender sapling into its new home, securing it with supports. Around the tree, he planted circles of pansies. Later in the growing season, Tim plans to plant herbs, such as mint, in the well that harbors the tree.

"It looks happy here," said Tim of the tree that now connects the Food Co-op to the earth and will eventually bless its customers with beauty and shade. Says Kenna of the Co-op member who had the stick-to-itiveness to see his vision through to its realization, "He's our hero!"

Julie Monroe, who walks past the Food Co-op nearly every day, looks forward to seeing the wind-driven pearl-like petals of the flowering plum flutter through the air and to the ground next spring.



Summer Wellness Series

By Kenna S. Eaton

This summer the Co-op has teamed up with Linda Kingsbury, PhD. to offer a series of herbal wellness classes. Having worked at the Co-op for 22 years, I find that people have lots questions about safe herb use. In response we thought it would be fun to start a series of classes that covered some of the more basic aspects of using herbs for improving daily living. Though these classes will be basic in scope and definitely for the beginner in all of us, I know I am looking forward to learning more. Linda Kingsbury is a herbal educator with over 20 years experience with herbs and a PhD. in naturopathy, and she loves working with people to help increase their knowledge of herbs and health.

Our first class will focus on herbs for family health with an introduction to the safety, common use and the differences between various types of herbal products. For those of you who wonder why the Co-op has so many different forms of Echinacea and which one is best this will be a very useful class. The second class will focus on women's herbs and will discuss natural remedies to support hor-

monal balance, build strong bones and balance moods. The third class will cover food and herbs for summertime health. Linda will discuss heart-healthy herbs and seasonal foods to support the body during the warmth of summer. The fourth class will focus on herbs for kids. While many of us Mums with little, or big, kids would like to use herbs as home remedies for common health concerns, it can often be confusing. This class will discuss the safety and use of herbs, supplements and whole foods for kids' health. The final class of the series will be an introduction to the safe and effective use of essential oils to support healthy living, and of course smelling good!

The classes will be offered starting July 3 and will run every Thursday for one hour from 7:00 - 8:00 p.m. through July 31. You can take one class, or all of them, since the price is super reasonable at \$5 for members and \$10 for non-members per class. The classes will be held at the Gritman Medical Center Conference room. We'd like it if you could sign up in advance at the Co-op, but if you simply want to take your chances and turn up, we'll try and squeeze you in!

Dinner with the Directors

By Peg Kingery and Mike Forbes

Every year the board of directors has an annual retreat where we talk about the short- and long-term goals of the Co-op and the direction we think the Co-op should go. We throw out all sorts of ideas like community involvement and creation, expansion, and what type of lighting the store needs. These sessions are wonderful but our thoughts represent only a small percentage of the ideas of the Co-op membership. Here's where you come in. We, the board of directors, want to have dinner (catered by our deli) with 20 other members to hear your thoughts on a topic of interest to the Co-op.

How it will work

A month before the dinner we'll announce the topic and remind everyone of the dinner in the newsletter. A sheet will be posted at the Co-op for ten people to sign up to attend; the other ten people we'll randomly call from the membership list and see if they'd like to participate. The dinner will be held locally and we'll provide

all the food. At the dinner we'll give a little background history on the topic and then open the floor up to discussion by all those present.

We hope this dinner will bring the membership closer with the board of directors and help bring fresh ideas as we plan the future direction of the Co-op.

The first Dinner with the Directors will be held July 11 and the topic will be *Building a Sense of Community*. Look for a sign-up sheet at the registers this June or hope for a phone call from us then.

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2% Tuesdays: Alternatives to Violence of the Palouse

By Kendra Stern

Alternatives to Violence of the Palouse (ATVP) is the lucky recipient of this month's 2% Tuesdays grant program. Our agency will receive 2% of all sales from the Moscow Food Co-op for each Tuesday in June.

Established in 1979, Alternatives to Violence of the Palouse is a non-profit organization dedicated to providing free and confidential services to victims and survivors of domestic violence and sexual assault. Some of the services we provide are a 24-hour crisis hotline, a confidential shelter, legal and medical advocacy, support and referrals, support groups, and educational outreach to the community. We work collaboratively with law enforcement, medical personnel, the prosecutor's office, and other service organizations in both Whitman and Latah Counties to protect and provide the most efficient services to clients. ATVP has offices in three locations: Pullman, Moscow, and at our confidential shelter.

From July 1, 2001 through June 30, 2002 ATVP served 259 domestic violence victims, 87 sexual assault victims, 3 stalking victims, and 60 individuals with multiple victimization issues. In the same year, ATVP provided 1,738 nights of shelter to 75 adults and children and received 2220 Hotline calls. Educational outreach, prevention programs, and community fairs numbered 145 for the year, and reached 3,409 individuals.

Volunteers are an essential part of our organization in that they provide advocacy and supportive services for callers on our crisis hotline after hours. Volunteers are required to go through an initial intensive training of 40 hours, covering topics such as domestic violence, sexual assault, crisis intervention, and child advocacy. Af-

ter being approved for hotline, volunteers take two hotline shifts per month, and participate in ongoing training opportunities. They also have opportunities to provide child advocacy at our support groups, as well as outreach and office support. We provide training for prospective volunteers both in the fall and in the spring. We currently have 20 incredible volunteers providing advocacy for clients. If you are interested in becoming a volunteer with ATVP, please call Kendra at 882-2490 for details.

If you know someone, or if you yourself have been affected by domestic violence or sexual assault, please call Alternatives to Violence of the Palouse at 883-HELP (4357) or 332-HELP (4357). We accept collect crisis calls. ATVP can provide information and support to you or someone you know in need of help.

Kendra Stern is the Volunteer and Intern Coordinator for Alternatives to Violence of the Palouse. Kendra has been working at ATVP since September when she and her husband moved to Washington from Virginia.



Size Matters

By Mark Mumford

The Moscow Food Co-op is growing. Over the past several years, we have experienced unprecedented increases in sales. The Co-op is one of the largest businesses in Moscow's downtown, employing more people than any other downtown business and Co-op revenues rank it among the largest businesses in the region. In very large part, our phenomenal growth is a tribute to our exceptional management, staff, and Co-op members. Our growth is also attributable to a nationwide trend, recognized by many food retailers. People are changing their lifestyles, their eating habits, and the organic food industry has benefited from a new awareness about food quality and health. This trend has been recognized by local food retailers who have slowly incorporated organic foods into their product line, and among these, Rosauers is experimenting with an organic food store within their store concept. For the first time, the Co-op will have head-to-head competition, although on a relatively limited scale. The times, they are a-changin'.

During the past several decades, the food retailing industry has consolidated with mega-stores located on the outskirts of towns and cities, in shopping centers adrift in oceans of asphalt. Volume is the name of the food-selling game, and the bigger the store, the better. The feeling of walking into one of these giant warehouse-like structures is overwhelming. Shopping for food is not a pleasure, but a stark necessity to be done in volume as infrequently as possible, which explains the lines of shoppers with giant carts stuffed and overflowing hauling food out to their SUVs parked somewhere in that vast wasteland shopping center. Shopping for food has become a dispiriting undertaking.

Although food retailers like Rosauers will compete with the Co-op in some of the products in our re-

spective lines, no national or regional food store can compete with the Co-op in one most important respect. We are the only neighborhood food store in Moscow, located within the heart of town within walking distance to and from its in-town residential areas.

As a neighborhood food store, the Co-op is a throwback, a dinosaur in the food industry. It is too small to generate any efficiency of volume. The parking lot is too small. Its customer base is too small. Everything about the Co-op is too small to make sense to the modern food industry.

The relatively smaller size of the Co-op makes shopping for food a bit less overwhelming. Shopping at the Co-op is not a once-in-a-week, get-it-over-with-as-quickly-as-possible experience. Food shopping here is a more leisurely day-to-day pleasure. Compared to most food retailers, the Co-op seems intimate, intimate not only in terms of architectural size but in scale and feel and function. At the Co-op, shopping for food is less a necessity of life, and more a social event. The Co-op is a neighborhood food store, not only in terms of its location, but because it is a center for the community. It is as much a food retailer as a social gathering place. People come to the Co-op to shop, and they come to eat, and linger, and to meet old friends or neighbors or run into new friends or just for a cup of coffee and a moment's quiet. No national or regional food store can compete with that ambiance.

As times change and as the Co-op meets its competition, we should all be careful to understand and maintain the "ambiance" that is the Co-op. As the Co-op continues to grow and prosper - as it surely will continue to grow - and as we plan for the future, we should keep foremost the ideal of the neighborhood food store. The food store has always been, and as the Co-op grows into the future, I hope it will always remain a center of community and a source for good food.

Mark Mumford is a member of the Co-op's Board of Directors

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Business Partner Profile: Glenda Marie Rock III

By Sarah Walker

Glenda Marie Rock III ("GMR3") first lived on the Palouse in 1987. Her children were in college, her ex-husband worked as a Fish and Game officer for Whitman County, and she had her nurse's training.

Today GMR3 lives in Moscow, is single, and works as a hospice and home health nurse and also offers counseling and therapies based on the psychic gifts she was born with: clairvoyance, clairaudience, clairsentience, and many others.

As a small child in Lolo, Montana, GMR3 was different; she understood that the physical context was not her realm. She remembers her own birth, even watching patterns of lights from her bassinets. Her parents worried about her because she was so silent—"I was a wispy, psychic child, growing up among pickups, guns, and good ol' boys." As a young pupil at Sacred Heart she debated with the priests and nuns who insisted she believe in eternal damnation. She sought other answers in books on religion and philosophy and found in Chinese philosophy a "bridge" between the physical realm and her spirit world. She has trained with Gros Ventre and Sioux shamans, who taught her the "heart, human, spirit connection." Through continued study, she has found her own "golden thread of truth."

GMR3 loves to travel, to discover the flavor of new places. "I am consumed with the desire to change, go, travel; I want to be part of the song and dance of life everywhere." She plans to remain here until she "gets the hit" or "until the wind changes in the mountains."

Who lets her know when she should move? "My friends in high places, my colleagues, my companions." Everyone has a spirit guide, usually two to three. The harder we work toward our own enlightenment, the more guides we have (she has 12). They are there for us at each stage of our lives, if we reach out to them. If we ignore them out of innocence, they just wait; if we ignore them because we are hateful, or

criminal, they withdraw, finding no way to communicate with us. Our guides represent the unconditional love that binds all beings together in unity. "People often think the spirit of your grandma can be your guide; but she's not. Family relationships are too complex to easily provide spirit guides."

GMR3 considers it a blessing to heal and teach. She can facilitate when we need to work through "the dragons"—fears, depressions, recurring dreams, exhaustion from "now." She treats many who have reached a dead end with other therapies. She works to get people to face the root cause of their problems, to take responsibility to effect their own change. We can gain dominion over the barriers that keep us from reaching the light, she says, depending on how hard we want to work—"you can either go into the abyss or you can just find the edge and look over." The ones who won't help themselves are people who can't abandon the victim role. "Victims are the most manipulative, most angry, of all people," she says vehemently, "they have to keep the pain alive." She also thinks the term "survivor" (like abuse survivor) is unhelpful because it says we're still "locked into the event. Why not 'champion?' 'winner?' or 'hero?'"

People often ask GMR3 to contact loved ones who've died. "Discarnates [without a physical body] are coming back sooner, now" she said, adding that "you have to realize, it's every bit as busy, on the other side, as it is here. They are learning new skills, having new experiences; they're not always available when we try to contact them." Her eyes lit up when she described her mother (GMR3 has a very changeable, expressive face). She recalled her extraordinary beauty, intelligence, passion—and her wiles. "She comes to see me every now and then. She never liked the way I drive, and she sometimes locks my car doors."

I was curious to learn if GMR3 had been in contact with ancient peoples on the Palouse (her own heritage includes Chippewa and Sioux). She described the lovely, pastoral Palouse we know but also a somber, tragic place, a "trail of tears" (like the formally-named trail of tears of the 1830s when settlers forced

thousands of Cherokees to relinquish their Georgia homelands and live in Oklahoma).

Through the years, GMR3 has worked as a volunteer stocker at the Co-op and relies on Co-op herbs for her therapies. She finds the Co-op blessed with global and local spirit!

Glenda Marie Rock III welcomes individuals and groups who seek inner vision. She can be reached at 892-8649. Co-op members receive a 10%



I am an esotericist, healer, and teacher, with capacity of seer—so my friends in high places tell me.

discount off clairvoyant readings, past life regression and energy healings.

Sarah Walker hopes to have at least one out-of-body experience in her life.



June Menu

Making delicious, wholesome foods
Moscow Food Co-op Deli
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LUNCH 11:00-2:00	New Brunch! 10:00-2:00	
	Huevos Rancheros Sundays Corn Tortillas Stuffed With Spicy Organic Pinto Beans And Rice, veggies, Scrambled Eggs And Cheese Or Tofu Scramble. Smothered With New Mexico Red Chile Sauce.	Spicy Thai Peanut Stir Fry Organic Broccoli, Carrots, Red Cabbage, And Red Bell Peppers And Tofu Served Over Organic Brown Rice
	Calzones Mondays Loaded With Mushrooms, Organic Veggies, Feta, Mozzarella Cheese &/or Pepperoni Served With Tasty Homemade Marinara	Baked Penne With Smoked Chicken or Veat Nuggets Organic Penne Pasta Baked With Portabello Mushrooms, Onions, Garlic, And Marinara Sauce. Topped With Parmesan And Mozzarella Cheese
	Enchiladas Tuesdays Corn Tortillas Stuffed With Cheese, Veggies And Pinto Beans and topped with a Green Chile Enchilada Sauce Served With Spanish Rice	Outdoor Barbecue Burgers And Veggie Burgers Available On The Grill Outside. Served With Our Homemade Buns And Potato Salad. Listen To Live Music While You Enjoy The Evening BBQ!
	BBQ Tofu Wednesdays Enjoy Our Immensely Popular BBQ Tofu Served Hot With Organic Scalloped Potatoes And Steamed Organic Broccoli	Szechwan Sweet & Sour Stir Fry & Egg Rolls A Spicy Sweet And Sour Sauce With Organic Tofu, Broccoli, Carrots, Onions, Bamboo Shoots And Fresh Bell Peppers. Loaded with Savory Veggies, Served with Spicy Mustard
	Smothered Burritos Thursdays Loaded with Organic Black Beans, Brown Rice, Tomatoes, Onions, Sour Cream and Guacamole and smothered with homemade New Mexico Red Chile Sauce Choice of Spicy Tofu, Cheese or Smoked Chicken	Navajo Tacos Build your own Fry Bread with Spicy Organic Pinto Beans, Spanish Rice, Sour Cream, Salsa, Organic Lettuce and Cheddar Cheese Posole - thick Spicy Mexican Soup With White Hominy, Tempeh & Corn In A Rich Red Chile Broth
	Coconut Curry Stir Fry Fridays A Delightful Homemade Curry With Coconut Milk, Organic Broccoli, Organic Carrots, Bamboo Shoots, Organic Tofu, Organic Cabbage & Organic Cabbage Served Over Rice Noodles	Gourmet Pizza by the Slice 5:00pm
	Breakfast Burritos Saturdays Stuffed With Organic Adzuki And Pinto Beans, Organic Veggies, Eggs & Cheese Or Tofu Perfect For A Wandering Market Breakfast	Beer Battered Trout Dinner Special!! 4:30pm Idaho Farmed Trout Fillets Served With Sweet Potato Fries, Asian Slaw And Tartar Sauce Of Course.
	Biscuits & Gravy Fluffy Biscuits with our homemade gravy	Grilled Panini Sandwiches Made fresh to order on Co-op Focaccia Check for Daily Specials
	Breakfast 8-12	

Customer Profile: Lulu Saberi

By Vic Getz

It's great to be back in Moscow after spending the last 5 ½ months in the state of Kerala in South India. I think I may be the only person around who is happy for the cool weather. It's really good to come back to the Co-op and this newsletter column again, as well. Bill London, one of the newsletter editors welcomed me back and told me, "Remember to look for customers that are not your own demographic." In other words, someone not "like" me. (Bill, what? Are you worried I'm gonna use the newsletter to meet men or something??? Don't answer that.)

Someone *not like* me – clear instructions.

Last Sunday Lulu Saberi was having lunch at the Co-op with her dad, Ali. She's 9, in third grade at Sunnyside Elementary in Pullman, and she was working algebra problems! At any age, I will most probably *not* be found doing that.

I was really interested in her experience of math. I explained that when I was little there was a widespread belief that girls' brains didn't allow us to do the higher reasoning required to grasp the kinds of complex concepts associated with mathematics. I asked her if she thought that was true. No, not really, she said. She thought there were a couple of girls in her class who really like it, but "I don't know *any* boys who do."

Lulu said that algebra is harder than long division. "There's something about it that makes it look confusing and that makes it feel confusing." Oh, Lulu, I know just what you mean!! Still, math excited her and I loved seeing this. She was really animated as she described an activity in school called Mad Minute. Students have five minutes to complete a page of math problems, and they have to stop as soon as the timer rings. The reward is a sticker for each correctly completed page. Lulu's right up there near the top of her class in this activity.

What else does she love to do, I asked.

"To draw. To read." Some of her favorite books were "The Boxcar Children" series and "The Witches" (by Roald Dahl). She loves to listen to books on tape to go to sleep. She wasn't sure if that affected her dreams or not, but she told me about a couple she'd had.

She was in her schoolyard and her thumb came off. She was given a

plastic bag to take it home to put under her pillow. (*That's really what happens when a tooth comes out at her school.*) At home, she put the thumb on a plate of cucumbers, vinegar and hair clippings (her mom was cutting her brother's hair). Lulu was really mad 'cause her mom flushed everything down the toilet. That meant she couldn't get money for her thumb! *Dream interpretation, anyone?*



In another dream, she was a mouse in charge of a ship. The ship sank and she was lying on the bottom of the ocean thinking, "Goodbye. I'm going to die." But she felt ready because the mouse was tiny and the big fish were going to eat her and so she didn't really like being alive. Hmmm. Interesting. How might that be interpreted? Well, she was five when she had this dream, and she'd just read a "Stuart Little" book about a boat race. It was also, we determined, just about the time Lulu was going to be leaving home for kindergarten. I thought maybe it had to do with her fear of going into the unknown, being thrown to the fish...metaphorically speaking, as dreams do.

Lulu was great fun to talk with. Since this is a column about the Co-op, I asked her what she likes about it. "It's a good place to do long division. But not so good to do algebra. Algebra can make you cry." So, I asked her why do we even have to learn math?

Lulu answered that you have to use it for baking. And if you have pizza and somebody wants a quarter of it, you have to know what that is.

Lulu got into the spirit of it when I asked her if she'd like to interview some of the deli people. We went to the kitchen and talked to Philip. Math wasn't his strong point, he said, but he does use it to price and measure

things. Lulu had one last question for Philip. "How do you make the molasses cookies? 'Cause my mom made them once and they were more like little hard things. They didn't puff up."

Philip directed us to Nicole, the expert cookie maker. Lulu learned that math (but mostly fractions) is used a lot in baking. It's a lot about chemistry, too. And it's also a scientific method. "You have to do everything the same way each time to get the same result." Lulu had a strong interest in the subject and asked specifically, "What makes molasses cookies puff up? 'cause when my mom made them..." Nicole explained about heat and chemistry.

Molasses cookies became a theme of the conversation at this point. Lulu described her mother's memory of going to her grandmother's and eating fresh molasses cookies. Nicole and I both had similar memories of our grandmothers – the warmth of the kitchen, the smell of molasses and spices. We liked that. Memories spanning generations, even if Lulu's is of hard little, not-puffed-up cookies. "They were still good. We ate them. They were just sort of hard."

So, for all you parents, theoretical parents and children out there making memories, here's Nicole's recipe for Molasses Cookies! This recipe make 8 dozen and she usually halves it so...well, you do the math. And if you forget how, Lulu suggests that you just make the full amount and send the extras to her!

Molasses Cookies

- 8 cups butter
- 4 cups molasses
- 10 cups refined cane sugar
- Cream all together on high until extremely fluffy.
- 16 eggs
- 4 tsp salt
- Add and mix on low
- 16 tsp baking soda
- 16 tsp cinnamon
- 16 tsp allspice
- 16 tsp powdered ginger
- 32 cups white flour

Add and mix on low until thoroughly incorporated.

Scoop out using an ice cream scoop (about ½ cup), roll in unrefined flour until coated. Press down. Bake at 350 until firm to touch.

Vic Getz is always looking for customers to interview. Contact her if you or someone you know would have an interesting profile. Vic's perspective is that we all qualify. Email her at <vgetz@moscow.com> [even you we have the same demographics]!

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Staff Profile: Stacy Marie

By Carol Spurling

Stacy Marie joined the Co-op staff in early April as a full-time produce assistant. She graduated in May 2002 from the University of Idaho with a Bachelor's in Soil Science. Stacy's originally from Michigan and attended Wayne State before coming to Moscow.

Stacy sees a direct connection between her new job and her confessed love of dirt. "I really am interested in the sustainable agriculture side of soils," Stacy said. Stacy's voice grows even warmer sounding than usual when she talks about soil. "The part I love about it is that nobody really pays any attention to soil; most people don't think about it and there's so much to it," Stacy said. "I would like to get in the public outreach end of things, perhaps through Extension, to educate people about the importance of soil and watching what we put in it."

Still feeling as "fresh" at her job as the produce she handles, Stacy is learning "little idiosyncrasies" about fruits and vegetables. "I'm learning about the shipping and handling end of things, and how much more important it is to buy locally," Stacy said.

Stacy's love of soil is surpassed by her love of this community and especially of her son Keegan, who is 2-1/2. Keegan loves to visit his mom at work, of course. "In order to get a job in my field I'd need to relocate, and I'm just not willing to do that now," Stacy said. "I was trying to find a place where I could have a job in town and still have a working environment where it was relaxed enough so I would have more than enough energy to still be a mom."

Stacy's instinct that the Co-op is that sort of place was correct, she feels. "I've decided that they kind of take care of you. It is definitely a mom-friendly place to work," Stacy said. "There are quite a few of us."

Stacy appreciates the Co-op's supportive working environment as she goes through the process of becoming

a single mom. And after 5-1/2 years in Moscow, she's beginning to feel at home even while adjusting to a new living situation. "I can't see any reason to move in the near future. I've begun to grow some roots here and feel comfortable here. It's an awesome place to raise small children," Stacy said.

Stacy's "saving grace" is doing yoga every day and getting outdoors as often as she can. She also loves to dance, especially a form called "Nia,"

which she describes as a melting pot of a variety of dance arts, martial arts, and healing arts. She has taught Nia classes and hopes to do so again soon. "A general class is half scripted and half unscripted. There's a lot of room to have fun and be silly. The basic idea is to be more connected with your body so you can listen to it, to see where your aches and pains are and try to move differently to help change that," Stacy said.

Stacy loves to read and to sing in the privacy of her home. She has lots of "little projects scattered around that could be considered art, but more like crafty, useful things." When asked to name one of these crafty projects, Stacy mentioned one that might even be deeply symbolic of the positive approach she's bringing to her recent life changes.

"I'm making rag rugs for my new place," Stacy explains. "I'm ripping up all my old fabric and holey sheets. There's a wide variety of colors."

Carol Spurling is a writer and a mom.



Volunteer Profile: Jackie Molen

By Chris Stordahl

Never give a three-year-old large amounts of high fructose corn syrup and take her to an interview with you. Just a piece of advice I thought I would pass on. Okay, the part about the high fructose corn syrup is a complete fabrication, but it may as well have been the case. This kid was all over the place! No sooner would Jackie get halfway through an answer to my question, and Claire would be off, pouring salt into the napkin baskets or inquiring of each diner at Mikey's what they were eating. I must say that Jackie was very patient. She did tell me as we were parting that she had found it entertaining. I'm not sure if she was referring to Claire's antics or watching me leap from my seat every five minutes to retrieve her. Nonetheless, I do appreciate her understanding nature.

I'm sure many of you who frequent the Co-op knows Jackie (if you don't, you should). The first time I saw her was two years ago in "The Vagina Monologues" on the campus of the University of Idaho. I have since seen her all over campus and around town, but I only first met her when we had this interview.

I've always heard that as you get older, young people start looking younger. But I was amazed to learn that this young woman (at the time of this writing) has not yet graduated from high school. After talking with her for nearly an hour (despite the frequent interruptions), I was impressed by Jackie's maturity and sense of what is important in life. As I am writing this on the eve of my forty-first birthday, this gives me hope that age, as our society generally defines it, is just a number!

Jackie is originally from Cincinnati, Ohio. She told me that, to date, she has moved approximately 20 times. She and her mother, Heidi, have lived in California, Washington, Arizona and Idaho. Jackie has fond memories of living in Mica Flats, Idaho while in the fourth grade and spent five to six years in the Coeur d'Alene area before moving to Moscow two-and-a-half years ago.

Having a very close relationship with her mother, Jackie is looking forward with nervous anticipation to moving to Eugene, Oregon where she will begin studies at Lane Community College. While there she will take a business major, a minor in poly sci with an emphasis in music.

As I was trying to imagine a job in which she could put the three to use, she told me that she wasn't planning on pursuing all in one career.

Jackie has been writing the producer profiles for the newsletter for about three months now. She really likes getting to know about people. She wasn't sure if she should mention that the discount is a lovely incentive, as well. I told her that I didn't think that I have interviewed one person yet who hasn't mentioned the discount. (I mean, hey, it's great!)

Some of Jackie's interests are music, swimming, hiking, rafting, writing and reading. She also works with



Families Together, an organization that assists families who have children with special needs.

I truly enjoyed meeting this wonderful young woman. I hope, if you run into her, you will wish her, as I do, the best in all of her future pursuits. Good Luck, Jackie!

Chris Stordahl is looking forward to a relaxing summer with her daughters.



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Producer Profile: Maria Theresa Maggi

By Jackie Molen

I see Maria all the time at the Co-op. Her son is a friend of mine, and I work with her occasionally at Families Together, an organization that helps families with children who have disabilities. Despite all this, I had no idea that she made flower essences. Maria Theresa Maggi is from Sacramento, California. Like so many others, she was lured to Moscow by a job at the University of Idaho. She and her son Michael moved to our town. That was eleven years ago.

While working at the University, she became too ill with multiple sclerosis to work. She spent a lot of time in her garden and began to grow a deeper connection with the plants and flowers. At first she was making flower essences for herself to assist in her own healing. Eventually she grew to share this gift with everyone and has been selling the essences at the Co-op for about three years.

But that's just the beginning of her talents. Her college education focused on creative writing. This background has helped her publish a book of poems entitled "The Rings Around Saturn." Her book can be found at Book People and at the public library. Another talent she has been known for is astrology. She has been an astrologer for fourteen years and does astrological readings and charts for people.

She named her essences *Star Garden Essence* after her star-shaped garden. I had the pleasure of seeing this beloved garden myself. Most of the flowers had not yet blossomed – they are probably waiting for better spring weather. It was beautiful nevertheless, and I plan on coming back in the summer to see it in its full glory. The essences are made here in Moscow and are organic.

An infusion is made with the sun, flowers and distilled spring water. It is then mixed with brandy and diluted. The result is an essence. A typical dose is two to four drops. They can be taken orally, put in bath water or even in a spray bottle. The flower essences work on an energy level instead of a biochemical level. Due to this fact a person does not have to worry about essences reacting with any other medications they may be taking.

Maria puts affirmations on each bottle to tell the customer a little bit about the flower and the aspect that it can help a person with. Maria feels that flower essences give a person the opportunity to trust their intuition. They



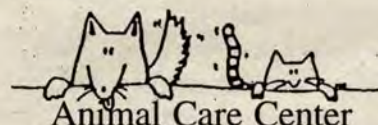
are encouragement from the plant to heal on an emotional level as well as a mentally and spiritually. In taking these essences you are working with the plant as it works with you.

Maria's purpose can be best conveyed in her own poet words:

As an intuitive gardener, I enjoy learning from my plants and their generous healing vibrations. As an astrologer, I view the birth chart as an ecology of energies we can choose to cultivate and grow with throughout life's cycles. The Star Garden, an actual place in my backyard, grew out of my love for the Earth and Sky. All the blossoms used are grown in and around my star garden and home. The interactive, suffused energies from the plants, the sunlight, the moon, the atmosphere and the earth of this deeply loved place are my offering to all on the path of healing and transformation of the physical and subtle bodies.

If you would like an astrological reading and/or a flower essence consultation, Maria can be reached at 882-8360

Jackie is moving to Eugene, Oregon in June. This is her last article. She gives all her thanks and love to everyone at the Co-op.



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Board of Directors Profile: Bonnie Hoffman

By Patrick Vaughn

Sitting over a cup of coffee and talking about the Co-op and Bonnie Hoffmann's background, the first word that comes to my mind is "loyalty." I am struck by Bonnie's loyalty to her children, her husband, her employer, and yes, the Moscow Food Co-op. Bonnie has literally worked her way from the bottom to the top during her long association with the Co-op, and she has retained a strong commitment to the people and place that helped her get to where she is today.

Within three months of arriving in Moscow in 1990, the single mom of three young children, Bonnie started working at the Co-op as the janitor. Over almost a decade of employment at the Co-op, Bonnie worked her way up as cashier, receiving clerk and volunteer program manager. Recently re-elected to a second term on the board, Bonnie is now serving her fourth year as a director for the Moscow Food Co-op. Bonnie says she "got my adult nurturing" at the Co-op during a time when she struggled to provide a home and stability for her children.

After working with Bonnie over the past three years on the board of directors, I can vouch for the fact that she has never forgotten how critical staff is to the success of the Co-op. Bonnie has been a strong advocate for prioritizing employee benefits. Bonnie says she has internalized this loyalty to the Co-op because of the genuine experience that it provides members. "The people, energy, hugs, food, philosophy and mission statement of the Co-op are real, not contrived."

Bonnie grew up in San Jose, California, a good student and member of the drum and bugle corps. In the 60s and 70s this fertile valley was still a diverse agricultural area. She remembers working on a farm cutting apricots for a dried fruit operation. Bonnie witnessed the explosion of growth that led to another name for her home: "Silicon Valley." The landscape, much of it stewarded by second and third generation Asian-American farm families, gave way to sprawling suburbs and high tech business parks.

Bonnie knew what she wanted in the type of community to raise a family. Her childhood memories of Idaho on camping trips sparked that yearning. After a marriage and two daughters in San Jose, and a relationship and a son in Fallon, Nevada, Bonnie brought Sarah, Maggie and Matthew to a new start, first in Grangeville, and finally to Moscow.



Andy Boyd's van "died" in the Co-op's parking lot after a cross country trip from New York to Moscow where he was going to get his Masters at the University of Idaho in 1991. Bonnie told him it would have to be moved in 24 hrs or it would be towed. When the van was still there after a day, Bonnie had it towed. As Bonnie says, "The rest is history." With this inauspicious start, began a long courtship. Bonnie experienced worry over Andy's feelings for her existing family, a sense of protection for her children, but ultimately, love.

Needing employment with health insurance for her children, Bonnie left the Co-op in 1998. She has worked for Latah Sanitation for five years and is now the billing clerk. She speaks highly of her employers and is proud of their re-cycling initiatives in Moscow and Latah County.

Where does Bonnie see the Co-op in 15 years? Bonnie would like to see the Co-op offer alternatives to people suffering from allergies and chronic medical problems, possibly by opening an herbal pharmacy or sponsoring naturopathic care. She also intends to push for education resources at the Co-op in areas such as food choices, cooking classes and health alternatives. Bonnie wants to see the Co-op give back to the members in more ways, perhaps expanding the seating area.

Where does Bonnie see herself in 15 years? She says she'll be retired, she may have bought a Harley, and she will travel scenic roads with Andy; maybe even be campground hosts. No matter how far they travel from their 10-acre country home on Canyon Road, they will have put down deep roots here. And Bonnie will probably find room on the bike for some chocolate covered chews, feta cheese and that "delicious walnut pate."

Patrick Vaughn, former president of the Co-op, grows raspberries and kids on an organic farm.

And the (Gold) Beet Goes On

By Judy Sobeloff

What is it about beets? People seem to have such a visceral response to them. My mother, for example, won't touch them. The first time I tasted beets as a child, at someone else's home, I remember feeling a twinge of disloyalty.

Unbeknownst to those who feed their beets to the family dog, there's been a beet revolution. Nowadays, in addition to standard red beets, we can also feed on or flee from gold, white, and candy-striped beets. Having recently tasted the gold variety for the first time, I'm hoping the beet-averse among us might be willing to give these kinder, gentler, non-blushing beets a try. Come on, just one bite now.

Researching gold beets, I was intrigued by the following from <www.terrafirmafarm.com>: "They're beets, but they're not red. They don't run when you cook them, and they don't do any of the other strange things that red beets do." What kind of strange things, I wondered? Protected from beets by my upbringing, I knew nothing, but didn't retain my child-like innocence long. "They turn your pee red," divulged one friend upon hearing the word "beet." "Red poop, too," confided another.

Undeterred, I started with the easiest beet dish possible, baked beets, both red and gold, the kind of recipe, which requires almost nothing beyond turning on the oven. I loved the sweet potato-like smell of the beets while they were baking. Just as we were tucking into our baked beets, the phone rang. It was my mother. She took the beet news well, but said, "I never liked beets. I had a terrible experience with them when I was eight-years-old."

My husband Fred and I, however, enjoyed both the red and gold baked beets immensely. I was eager for my neighbor Betsy to compare the gold and red beets, having learned during a previous taste test that her brother is a coffee broker world-famous for his palate. She paused, looking thoughtful. "The gold is a little milder. They have a nice low level sweetness." After eating first red, then gold, then red again, she was surprised to find that "now the red tastes even stronger to me."

Flush with confidence, I served Betsy a slightly more advanced variation, sprinkling the baked beets with goat cheese and broiling them. Betsy said, "I'd serve this version first if I wasn't sure people liked beets. I wouldn't tell people what they were and just say, 'Try this.' I think people have a bad association with the pickled red beets that come out of a jar, especially kids of the 60s and 70s."

For my next beet adventure, I made a creamy gold borscht. Although borscht is traditionally served cold (and red), Fred and I found the gold borscht delicious both hot and cold. Zevi, age 7, was rendered speechless upon tasting the gold borscht, initially able only to give me an enthusiastic thumbs-up sign. "I loved it!" he said, licking his lips. "I think it was the best soup I ever tasted!" His younger brother, Louis, age 5, was less committal, venturing, "I put my tongue in it and it was kind of good." The boys' mother, Lesley, expressed surprise: "It doesn't taste like beets, because I always think of beets as having kind of a dirt taste and this is much milder."

Later, my sister Susan called from California, pleased with a gold beet soup with red beet garnish she had made in a cooking class called "Food and Mood" taught by Nishanga Bliss. When I expressed amazement that suddenly both of us were cooking with beets, she said, "I thought it was alright since I wasn't planning to serve it to Mom." I thought this gorgeous gold beet soup was good hot, but I liked it even better cold the following day. This soup is a more nuanced, heart-healthier vegan alternative to the gold borscht, worth making for the artistic opportunity alone: swirling the red beets around in the gold soup leaves a fabulous pink trail.

So, for those who want to betow upon their children a legacy of beets, I suggest starting with the gold ones and moving on to the red. And for those who may have given up on beets, you might want to give the gold ones a try, or at least ask a friend to serve you the broiled goat cheese version without telling you what it is.

Baked Beets

(Recipe adapted from Kris

Wetherbee, <www.garden.org>)

Preheat oven to 400F. Wash and trim 4-6 medium beets, leaving about 1 inch of stalk attached. Wrap beets together in foil and crimp edges to seal. Place in upper third of oven. Bake approximately 1-1/2 hours, until tender but still firm. Slip off skins and trim off stalks before serving.

Optional next step: Top with crumbled goat cheese and broil for a few minutes.

Note: It's recommended to leave the baked beets wrapped until you're ready to eat them. I learned the hard way that because red beets do run, it's best to put the packet in a bowl or other container to prevent an unfortunate, uncalled-for fridge mess.

Gold Borscht

(Recipe adapted from Chef Ray Sandon, Calhoun Beach Club, <www.kare11.com>)

- 1 Tbsp unsalted butter
- 1 medium onion, diced
- 4 large gold beets
- 4 cups vegetable or chicken broth
- 1 cup heavy cream
- 3 Tbsp white wine vinegar
- 1 tsp tumeric

Sauté onions in butter for approximately four minutes. Add broth, gold beets, and cream. Simmer for approximately 30 minutes. Add vinegar and tumeric. Pour in blender and purée until smooth. Optional toppings: sour

cream or yogurt, pumpernickel croutons, fresh dill.

Gorgeous Gold Beet-Carrot Soup with Red Beet Garnish

(Recipe adapted from Nishanga Bliss, L.A.C.,

<nishanga@earthlink.net>)

- 2 medium onions, chopped
- 2 tsp olive oil
- 5 cups water or vegetable stock
- 3 gold beets, cubed
- 4 large carrots, chopped in 1/2 " rounds
- 1 tsp thyme
- 3-6 Tbsp white miso
- 1 red beet (for garnish)

1 tsp uume vinegar or 1 tsp lemon juice and pinch salt

Sauté onions in olive oil until brown at edges. Add gold beets, carrots, and water or stock, and cook 30 minutes or until beets feel done. At the same time, boil whole red beet in a separate pot covered with a lid. Add thyme and miso to gold beet mixture and purée. Add lemon juice if desired and salt to taste. Serve hot or cold.

To make garnish, run red beet under cold water to cool. Slip off peel, grate red beet, and toss with wine vinegar or lemon juice and salt.

Judy Sobeloff still can't believe how much she likes beets.

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Creole Black-Eyed Peas

By Jen Hirt

This recipe comes straight out of *The Occasional Vegetarian* by Karen Lee. She writes in her introduction that the 200 recipes in this book meet two goals. First, all the recipes satisfy low-fat guidelines quite creatively. Celery and shallots and spices get liberal use, and high-fat oils, butter, cream, and cheese are present, but only in the backseat. Second, the recipes are meant to compliment a lifestyle that includes some meat-based meals. Lee says she eats meat three times a week, but more and more finds herself leaning toward vegetarian offerings.

The bean recipes in *The Occasional Vegetarian* are absolutely unique and tasty. Lee's sense of spices and textures makes the dishes a topic of conversation, rather than just something to eat. They are very good on their own, or with rice, corn bread, or polenta. Plus, this month's recipe is vegan.

Creole black-eyed peas have an earthy richness highlighted by the sweetness of shallots and the spiciness of jalapeno and cumin. A northerner all my life, I'm hardly one to expound upon how authentically Creole this dish is, but it's very good.

As always, you may use canned black-eyed peas (already cooked, but rinse well to remove excess salt), or you may use dry beans, which will need soaking and 45 minutes of simmering first. However, black-eyed peas need only 2-4 hours of soaking, rather than the usual 8 hours for other legumes.

This recipe serves four as an entrée over rice, but it is easily halved to make a side dish.

Creole black-eyed peas

Ingredients

4 shallots, chopped

2 medium onions, chopped
3 celery stalks, chopped
1 tbsp. olive oil
6 to 8 garlic cloves, minced
½ to 1 jalapeno, minced
2 ½ cups cooked black-eyed peas
1 to 2 cups stock of your choice
½ tsp. ground cumin

1 tsp. salt
¼ tsp. black pepper

In a saucepan suitable for eventually holding all the ingredients, sauté the shallots, onions, and celery in the tablespoon of olive oil. Keep the heat medium-low for sweeter onions, and

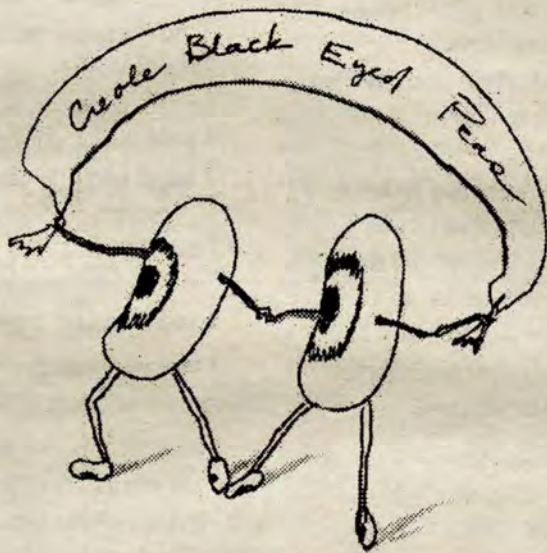
sauté for 10-15 minutes. Add the garlic and jalapeno for a two-minute sauté.

Add the black-eyed peas. Next, you'll need to add the stock, but how much to add depends on how you are serving this dish. For a stew to serve over rice, add plenty of stock. This is the best way to serve Creole black-eyed peas. However, for a side dish that needs to sit politely on a plate with other food (what my cookbook refers to as a "composed plate") use only about three tablespoons of stock to moisten the mix and keep it from sticking to the pan. If you cooked the beans from scratch, you may use the reserved cooking liquid.

For the stew version, bring to a simmer and add the cumin, salt, and pepper. Partially cover, lower the heat, and simmer for 15 to 20 minutes. Add stock as needed.

For the side dish version, skip the simmer and just add the seasonings. Stir well and add minimal stock as needed. Warm it through, stirring often, and the dish is ready to go.

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

Letter From the Land: Landscape Calendars

By Suvia Judd

Sedum "Autumn Bliss", Rosa "Herbstfeuer" ("Autumn Fire"), Lenten rose, Spring Beauty, mayflower (English hawthorn), St. John's wort. The names we give our wild and cultivated plants often have a seasonal reference. St John's wort? It blooms around St John's Day, June 25, which was Midsummer's Day in the Julian calendar. "Wort" is an old word for plant.

I have always been fascinated by calendars. Not the spiral bound one with the covered bridge and fall foliage for October or the one with the baby polar bears for January; although, I like those, too, but the calendar as almanac, as a marker of the seasons, a record and a prediction of the landscape and the seasonal holidays. I'm a north temperate zone person – the changes in the weather and the scenery and the comings and goings of each animal and plant in my surroundings absorb me and give me joy; I think I would be an unhappy exile in the equatorial zone.

I used to be very interested in the symbolism and mythology of particular seasons and how that related to the landscape of the various European peoples. I wondered, "How did the holly and the ivy and the evergreen tree get into Christmas? How did the eggs, the rabbits, and the lilies get into Easter?" And I wanted to create my own calendar/almanac using the plants of the landscape I lived in.

Now I am content to let the seasons wash over me and try to absorb every detail. I've kept journals from time to time, but I'm neither a meticulous gardener nor a dedicated naturalist like Aldo Leopold. I do, however, compare each season to the same one in previous years. This spring, for example, the daffodils lasted many weeks, and on the mountain, so did the grasswidows, graceful little iris family plants, genus *Sysirinchium*, growing on seasonally wet ledges, with slender rush-like foliage and lightly dangling paper thin lavender bells that are exquisite backlit by dawn or evening light.

I have always thought of calendars in terms of the year, but one May morning, very early, I heard the spring call of a chickadee, "Phoe-be, phoe-be" and I thought that one could do a day calendar of sounds. A little later I heard the "nant, nant" of a nuthatch, and became aware of the "chirpling" sound of the robins in orchestra warm-up mode and the starlings' "zleet" and chatter as they zeroed in on the dry cat food. As I fed and watered our alpacas, I heard the sounds begin to shift as the sun came up. The quails came on, much more melodious than the "chiCago" or the "drink THREE beers" attributed to them would suggest. And the pheasants, cruising in for cracked corn and wheat, uttering "tawk," "tawk," "tawk" in a thoughtful way, breaking up into "kukkukkukukuk" when a cat was sighted. I thought about the other end of the day, when I might at this time of year hear the noisy vocals of a kingfisher zipping along over the creek, a killdeer's whistle as night comes on, and the "creak-ik" of the Pacific tree frogs. Sometimes we hear the steam whistle sound of a young great horned owl at the pillow stage – all down and no sense. In our yard one night, I heard the quivering low woodwind sound of a pigmy owl, "whuwhuwhuwu."

Here's another thought. What about a daylong scent calendar? Lately my dawns have been accompanied by the fragrance of the huge old crabapple, rolling down from the top of the hill in waves to both house and pastures, so it surrounds one with sweetness wherever one is working. Soon the *Hesperus* will bloom, with its pinky lavender phlox-like flowers whose intense fragrance comes on at sunset. And behind the barn the honeysuckle will unfurl its yellow and maroon trumpets, with a night scent of such lush sweetness that I often drop what I am doing to follow my nose to the vine and just stand nearby with my eyes shut, in sensory bliss.

Suvia Judd is a Moscow resident who explores her surroundings by eye ear and nose, wherever she goes.



Creating "Bermese" Gardens

By Patricia Diaz

Instead of having a boring, level yard area, consider creating "bermese" gardens in your landscaping theme. (Bermese gardens is a great term coined by our esteemed editor Bill London.) Bermed areas can transform your lawn into privacy space and beautiful areas of wildlife plantings. Gina Gormley has done just that with her lawn area and enjoys regular visitations of pheasants and quail, along with more privacy from street noise.

When Gina moved to her new house about 4 1/2 years ago, she wanted to plant some native plantings in her front yard. To her chagrin, however, she couldn't even get the shovel to make a dent in the hardened dirt of the yard. That's when she decided to create her "bermese" garden area and had three or four truckloads of half-compost and half-topsoil delivered. After raking it into three-foot sloped mounds, she planted native plantings - syringa, wild rose, golden currant, blue willow, a tamarack tree, and also juniper trees, a lilac bush, and two different maple trees. Surrounding these plantings, she has lots of flowers, both seasonal and perennial, including a wonderful perennial sweet pea and lots of bulbs. Her berms are across the front of the lawn area and along the side, forming an L-shaped berm area. Gina didn't have to dig up the lawn to create these areas, she just had the soil delivered and planted right in it. What a wonderfully smart idea and a much easier way to improve your landscaping.

I investigated berms on the Internet and found some valuable hints for creating perfect bermed areas. One of the most important, of course, is the soil that you choose. You will need lots of it or your berm will look

like a leftover heap of soil instead of a purposeful berm. If you can't afford to purchase all top-quality topsoil, then make sure that at least the top twelve inches is topsoil. Don't use gravel underneath because your soil will wash through the gravel. Instead you can use a coarse fill followed by at least ten inches of clay.

Another consideration is the slope of your berm. One side of your berm should have a gradual slope while the other should have a steeper slope. You can also vary the slopes of your berms to create a more natural appearance. If you are mulching your berms with wood chips, purchase shredded or elongated ones rather than round so they don't roll off the berms. The same thing applies with rock mulch. The best gradient for your mound to help slow down the water and erosion is a slope of 4:1 or 5:1. Mulching is important for slopes steeper than that.

Something that you might not consider is the fact that construction of a berm can affect drainage patterns. A friend of mine decided to create lots of bermed areas in the yard of her new house. Because the house was brand new with no landscaping, she didn't know the drainage patterns yet and ended up creating a series of mini lakes. So try to not alter any existing drainage in your yard. If you can't avoid that, you can install a culvert.

Even small berms can have their own microclimate so it's important to note your bermed area's temperature patterns, wind speed, and drainage. Slopes that face south and west will have warmer temperatures than those facing north and east. Plantings on the highest parts of the berms will probably become greener more quickly. And since water will drain off the top more quickly, plants that are more tolerant of drier conditions should be planted towards the tops of the berms.

Berms make wonderful sites for rock and alpine gardens and once you note the microclimates you've created, you can nestle great little gardens on your berms. You'll also want to note the way you view your berm before you install your plants. If your berm is backed up against something so that you don't view it from one side, you can plant your tallest things

in the back. But if you view your berm from all sides, you'll need to consider the heights of your plantings so that the tall things won't hide the shorter ones. Group your trees on the berm in natural groupings rather than in an isolated pattern, and plant shrubs in masses that move gracefully around or across the berms.

If you'd like to learn more about creating "Bermese" gardens, you might want to look at the following URL: <www.sustland.umn.edu/implement/soil_berms.html>.

Pat Diaz enjoys gardening in the woods east of Moscow. The turkeys are nesting, the snowshoe hares are almost all brown, and pretty soon the fawns will be born. Isn't Spring wonderful?

Your Office Doesn't Have to Be a Pain in the Neck

By Anita Evans

Does working in your office, whether at home or at work, cause you pain in your neck, back, arms or hands? Most people do not have their office workspace set up to avoid strain and injury. As a result, intensive computer use makes workers naturally more prone to conditions such as upper or lower back pain, tendonitis, Carpal Tunnel Syndrome, Trigger Finger and Sciatica. In addition, research is showing that kids who spend a lot of time on computers are also at risk, just like their adult counterparts.

According to the Department of Labor's Office of Safety and Health Administration (OSHA), America's employers report that nearly two million employees suffer from musculoskeletal disorders each year, and a significant portion of these conditions come from computer jobs.

In addition, OSHA reports that musculoskeletal disorders can be prevented if the workspace is fitted properly to the user. Proper positioning and posture are key elements. So, it doesn't have to cost a fortune to redesign your office space in order to provide relief.

"Pacing your activity to include short, frequent breaks," is also vital according to Steve Geringer, MD, professor of the department of physical

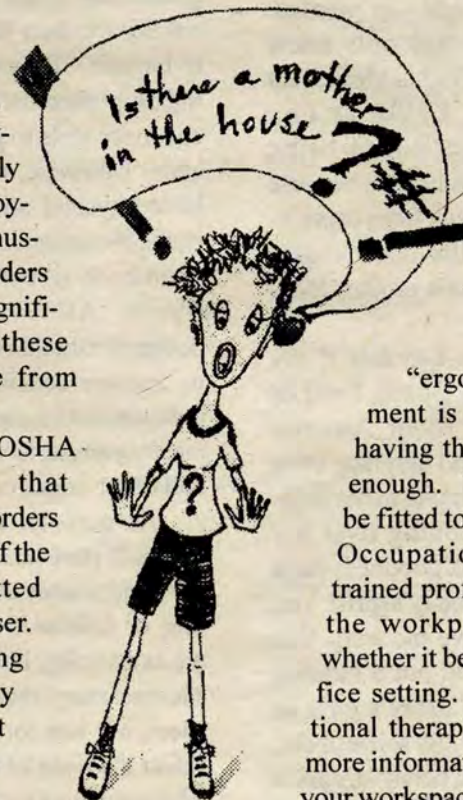
medicine and rehabilitation at Wayne State University in Detroit, Michigan. "Short, frequent breaks such as standing for about 30 seconds every 20 or 30 minutes provides a necessary break for your muscles. These breaks revitalize your muscles with the oxygen necessary to function efficiently."

Adjustments you can make to your workspace include:

- Ergonomic chairs
- Glare screens for your computer
- Telephone headsets and speaker phones
- Document holders for use while typing
- Wrist and mouse rests for keyboard
- Keyboard and mouse trays for proper wrist position
- Footrests for proper foot positions

Although obtaining "ergonomic" office equipment is a good start, merely having the proper items is not enough. The workspace must be fitted to the individual user/s. Occupational therapists are trained professionals who can fit the workplace to the worker whether it be in an industrial or office setting. Contact an occupational therapist if you would like more information about rearranging your workspace and preventing musculoskeletal disorders.

Anita Evans is an occupational therapist at Latah Therapy Works Occupational Therapy Department, and she invites inquiries about workplace ergonomics at 882-1570.



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Girl Power

By Lisa Cochran

"Girls are like Gardens. They need love, attention and enrichment to bloom. When they do, it's more than just a miracle of nature." Joyce M. Roche

Last week I sat in the little office at Planned Parenthood awaiting my annual exam. While I waited, I thought back to the day I first entered a Planned Parenthood office. I was 16, thought of myself as hip and savvy, and received the information and protection that has kept me healthy and alive for more than 30 years since. Back then the staff didn't have to lock themselves behind metal doors and require that you ring in before a receptionist buzzed you through. Inside I took a seat amid the bright fresh faces of women who were young enough to be my daughter, even a few young men were there. There was something familiar about the scene, despite the fact that I was thumbing through "Our Older Bodies, Ourselves." But there was the undeniable atmosphere that these young people belonged to a generation, which takes certain inalienable rights for granted. These men and women only knew about the Womens' Rights Movement from history classes. Unlike me, they may not have experienced being barred from certain activities because of their sex or held back from expressing physical or intellectual strengths fully because it wasn't proper, ladylike or feminine.

In my day, girls had few if any role models beyond Donna Reed or Harriet Nelson. Even Annette Funicello was coy and ladylike, even when kicking sand around in her modest two-piece, swooning over her Moon Doggie. Thank goodness there are more options for today's girls! Yes, gender bias is still alive and well. Yes, cultural pressures still put a hideous foot on the necks of today's girls so that eating disorders, low self-esteem, anxiety and high-risk behaviors are a formidable gauntlet through which they must run. Yes, it is still difficult to grow a girl, but now there are as many affirmations as there used to be limitations, and that is hopeful.

Another book caught my eye once I was ushered into the exam

room. It was entitled: "Cool Women: The Thinking Girl's Guide to the Hippest Women in History." Of course, the book lived up to its name, but what was really interesting was the statement on the back cover that a donation from the sale of each book was donated to Girls Inc.

Girls Inc.? Now this was intriguing! I went to their website and discovered that a movement to help girls was established in 1945 as the Girls Clubs of America. It had its roots in and grew out of the Industrial Revolution to help meet the needs of young women working in factories throughout the New England textile industry. As a national youth organization, Girls Inc.'s mission is to "inspire all girls to be strong, smart and bold." It offers a variety of programs, including education, research, political advocacy, scholarships, mentoring and local club activities – all designed to support and encourage girls to reach their fullest potential in today's challenging world. This includes resisting gender stereotypes while gaining confidence in themselves as valuable and worthy members of their communities. These programs also teach girls to take responsibility for their bodies while learning to be safe. They promote the mastering of intellectual pursuits and encourage more girls to go into math and science. Likewise, they are designed to hone physical skills to increase sports participation and to sharpen leadership abilities to accept positions of responsibility. All Girls Inc. programs are designed to build the skills girls will need to become confident, successful and independent young women while avoiding drug abuse, teen pregnancy, violence and other negative lures.

As parents, we face many challenges to raise healthy, strong, independent and successful citizens. Our success or failure is a reflection of what we as a society believe. Girls, Inc. is a success story that commands my respect, not just for the work they do to affect the lives of nearly 750,000 girls who are served each year, but how they do it. For more information about the value of supporting this worthy cause, visit their website at <www.girlsinc.org> or call 212-509-2000.

Lisa Cochran lives in Moscow with her daughter Madyson.

Is There a Mother in the House?

By Carol Price Spurling

Say what you like about the great strides women have made towards equality in modern American society, I'm here to tell you that we're not there yet. I think I know this because recently I needed help, and I was unable to get it until I was reduced to that most effective of old-fashioned feminine wiles, tears.

I'm a little confused though because I've got a niggling feeling that back in the bad old pre-feminist days, I wouldn't have been reduced to such measures. I can't decide if I was treated shabbily because feminism has failed, or if feminism has been too successful.

Or maybe this is a genderless problem. Perhaps nobody, including faceless corporations, has any manners at all these days, in which case, this is a matter for Judith Martin, not Gloria Steinem.

Anyway, I don't usually need help or complain about my problems, but as it happened recently, I was traveling alone with my 2-1/2-year-old son. My husband dropped us off at the Spokane airport; we smooched, waved goodbye, and went inside to check in.

About the time the agent told me our gate number, I realized we'd forgotten something important in the car.

The car seat.

The car seat!

The flight would be a nightmare without my son strapped down with a five-point harness. Turbulence could kill him if he wasn't strapped down with a five-point harness. We couldn't leave the airport at the end of our flight with my parents if we didn't have a car seat.

My mind reeled but I remained calm. Every car rental agency has car seats; it should be a simple matter to rent one. We made our way to the agencies to plead our case. I didn't start out pleading, however. I perkily inquired if we might rent a car seat but not a car. I explained our up-a-crick scenario with as much bravado as I could manage. But by the third attempt I could see that no one's company policy allowed for such a dumb and forgetful mother.

I made a few phone calls to exhaust my other options. At the end of my final fruitless call I felt my

voice tighten, manically upbeat, while a wave of frustration (the only emotion guaranteed to set me off) washed over me.

As the saltwater spilled down my splotchy red face to join with the stuff running out my nose, it occurred to me that in this state I might get a little more sympathy from the car rental agencies. And I was right. Believe me, if you saw me coming towards you – crying – you'd do whatever you could to make me stop, too.

Of course, to make this a truly sexist story it would have to be a man who rescued me, but in fact, it was the woman manager of the Budget desk, who was also a mother who offered me a car seat in exchange for my credit card imprint

Such a simple transaction, such a simple piece of human kindness; I cried harder than ever when she told me she would do it. "I'm a mom, too," she explained. "I've traveled with small children."

Who knows, maybe a father in the same situation would've met with the same treatment, but I doubt it. The father would never have burst into tears, for one thing. But would a hapless father be brushed off with a shake of the head? Would the father have taken this as an answer three times? Would he have worried for a moment about inconveniencing the people waiting on the other end by showing up without a car seat?

I don't know. I'm giving up trying to find who or what is to blame, and I'm too jet-lagged to analyze it any more. What I do know is, next time I need help among strangers, the first thing I'm asking is, is there a mother in the house?


Carol Price Spurling recommends Budget car rental.

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Community

Palouse Peace Coalition

By Sally Perrine

In November 2001, a prayer vigil was begun in Friendship Square by the local Lutheran Peace Fellowship. The vigil began, first of all, for specific prayer regarding the Afghan bombing, and also as a visible, public sign of the need for non-violent means of conflict resolution. It has continued, unbroken, to the present.

In December 2002, as the United States moved closer to war with Iraq, the Palouse Peace Coalition (PPC) was born. It includes representatives of student, faith-based and community peace groups, as well as individuals not associated with other organizations. We would like to thank the Moscow Food Co-op for their support of the Peace Coalition. The Pizza for Peace program netted approximately \$250, and we are very appreciative of the generosity of the Co-op management.

The PPC now has a core group of 30 to 40 people, a semi-weekly networking and strategy meeting and an e-mail contact group of approximately 400 people. Although our meetings are generally held in churches, we are a diverse group; our members are people of faith, people of no particular faith, and people from differing religious and spiritual backgrounds. We work according to a process of consensus, at times laboriously. We are determined to make this country a better, more moral, more compassionate place. Here is an account of some of our activities:

Over the past months, we have sponsored vigils, street rallies and teach-ins, using speakers both from within our community and without. We have placed newspaper ads, sponsored mass mailings, and participated in local parades. We ran a series of video presentations, established a website, sponsored petitions, ordered and issued bumper stickers, participated in an all night vigil, and have distributed information and flyers at the Moscow Farmers Market and other venues.

The Sleepless Women wrapped the Federal Building in pink ribbon in solidarity with a nationwide "Code Pink" action, and the Critical Mass bike riders have been a weekly Friday presence in and around Moscow.

Perhaps most importantly, the PPC has created a presence and has trained local folks to be effective leaders. We have developed a support group to take

risks and have recruited people who had never before participated in actions of this kind.

On Sunday April 27, the core group met to begin the process of defining and determining our goals and directions now that the war in Iraq has been declared "won". Discussion ranged from concern over mounting American imperialism, the mal-distribution of wealth and power, a readiness for regime change in this country, to growing environmental problems. We have a strong sense of responsibility to affect change, and we will continue to work until "peace breaks out," both here and elsewhere.

As one of our members stated, "We're actually part of the world instead of just America." We are the true patriots. We want this country to be what it can and should be.

For more information, contact Sally Perrine at <sperrine@potlatch.com> or access the Peace Coalition website at <<http://wave.prohosting.com/palouse>>.

Moscow Civic Association

By Crysta Falcon, MCA board member

The public is invited to the Moscow Civic Association meeting on Monday, June 9, at 7:00 p.m. in the 1912 Center in Moscow. The meeting will focus on community development in Moscow and will include a computerized "virtual tour" of Moscow highlighting relevant aspects of the community structure. In addition, a panel discussion will address the many issues that impact Moscow as a community.

In keeping with the MCA mission of encouraging public participation in vital and current issues, the association has assembled the panel to inform citizens and answer questions about options for the community in the future.

For more information or to join the organization, visit the MCA web page at <<http://www.moscowcivicasso.org/>>.

Life in Africa

By Liz Bageant

I've been volunteering in Boane, a village outside of the capital of Mozambique since the beginning of April and will stay another 10-1/2 months. Soon, I will meet with Mozambican community workers who work within our organization. The last American volunteer who was here facilitated small-scale income-generating projects, and due to the timing of my arrival, I have ended up in the same position (quite happily).

For example, I go to Maputo (the capital) and purchase a 25 kg bag of rice, transport it to the project site of the project, and sell it to people who make a small profit from each bag of rice. I train them to budget for a new bag of rice (explaining basic budgeting is often quite an undertaking), assist with the purchase and transport of the first bags, and then they are on their own. The entire project costs \$5.00 USD.

These projects serve those who appear to be affected by HIV/AIDS and are in need of income, someone like Amelia, a widow who has six children aged 2-11. Her family relies upon their machamba (small farm) for food but because there was little rain this year, there isn't enough food. Even though Amelia is sick herself, she walks many miles to gather wood to sell from her home. This is by no means enough income to feed her children, much less send them to school.

The largest problem in rural areas now is hunger. Everyone relies upon machambas for subsistence but due to the drought, nobody has food. I met a man two weeks ago who is HIV+ and suffers from tuberculosis, but he has nothing to eat, and without food in his system, his TB medication doesn't work. Our organization is primarily focused on HIV/AIDS-related work, but how can we address HIV/AIDS and encourage people to live positively and take care of themselves when they survive on water and corn?

That's why my favorite type of income-generating project is the community machamba project. It addresses both hunger and HIV/AIDS. For example, a group of people from

the community volunteers to participate in the project. Land is given to the group by the head of the aldea, or village; ideally, it is close to water so in case of drought, the machamba is still able to produce a small crop. Start-up costs are either loaned or given. \$75.00 USD would provide hoes, scythes, rakes, machetes, water jugs and seeds. Often only seeds, at a cost of about \$7.00, need to be purchased. Different people keep track of budgeting, farming, selling the food produced, and donating some to families in need. Results begin to appear within a few months. All who work the farm take a small portion of food home and the remaining is sold or given to families housing AIDS orphans. With the profits, the community pays the farm's operating costs.

Our budget for income-generation is exhausted, yet many families and groups of people want to join an income-generating project. I've had to tell them that until more money comes in, there isn't much that I can do. If you're interested in sponsoring a project, please send seed money to the Liz Mozambique Fund at the Latah Federal Credit Union, 912 South Washington in Moscow. If you donate before June 15, Dave Peckham will match the first \$100 and deliver the money when he comes to visit. Dave can be reached at 892-2681 or <ghanabikes@yahoo.com>. If you want to get involved or receive email updates, please email me: <lizliz@turbonet.com>.

Liz Bageant is a former Co-op stalwart, now in Mozambique, Africa.

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On The Water Front

By Dianne French

Last fall, Kelly Moore and Lois Blackburn, both Moscow Civic Association Board members, submitted separate applications to the Idaho Department of Water Resources (IDWR) requesting intervener status in the application by Naylor Farms, LLC, for rights to very large amounts of water from Palouse Basin aquifers.

Moore and Blackburn were motivated to apply to intervene by their desire to represent local public interests, many of which had possibly not been considered in secret negotiations between Naylor Farms and the city officials of Moscow and Pullman.

On April 28, at a Moscow City Council meeting, the first public meeting regarding the Naylor Farms issue, City officials detailed a protocol they hope will guide any future water right acquisition, including Naylor Farms, in our water basin in our water basin. Public comment by 13 independent citizens voiced concerns about:

1. Whether this protocol is simply reactionary to this particular situation or if it will truly address future regional water rights applications
2. How this protocol could be enforced (Will Naylor stop pumping if asked or will court action be needed?)
3. Why the City should bear one-half of monitoring expenses for Naylor's water withdrawal when the burden of proof rests with the applicant under State law. Would this expense be repeated for future applications?
4. The impracticality of irrigation due to soil qualities and steep hills
5. Possible flooding during the testing phase of the protocol
6. The admitted planned use of part of the water for industrial purposes
7. Why the application is even being considered since illegal groundwater mining (pumping out more than is replenished) is already occurring here
8. Whether the test chosen for demonstrating "connectivity" between wells within the basin is stringent enough and the correct test for this case.

Moore and Blackburn are hoping to intervene at a public hearing in order to ensure that these and other public concerns will be considered in any decision about the Naylor Farms ap-

plication. However, IDWR informed them in April that they had no standing as interveners. To regain their intervener status, they had to send letters of justification to IDWR by May 1. As of May 20, their only response was acknowledgement their new requests were received.

At the May 19 Moscow Council meeting, Public Works Director Mark Cook gave his opinion of what would happen if the protocol were not adopted and the Naylor application went to the "formal" hearing process with IDWR. He feels that IDWR would declare the Palouse Basin a Critical Groundwater Area (CGA). His list of pros and cons included more pros than cons for Moscow since it already has rights to twice as much water as it currently uses (reader, please remember that "paper" water is not always equal to "wet" water.) Mr. Cook also stated that a CGA would "bar any new water rights for all of Latah County." His opinion was that there would be negative economic impacts on Latah County.

However, because of the geographic situation of the Palouse Basin, Moscow is the only community in Latah County pumping from the basin. The Palouse Basin Aquifer Committee (PBAC) basin map shows Moscow Mountain as the northern and eastern boundaries of the basin (www.uidaho.edu/pbac). The entire county would NOT be affected. Additionally, domestic wells for single-family residences and such are exempt, meaning that they would not be affected by any of these proposed actions. The Latah County Commissioners are aware of these facts.

The City Council voted to withdraw the City's protest of Naylor Farms water rights application if Naylor and IDWR accept the protocol. If that happens, then Naylor Farms must pass additional tests as per the protocol before being granted a water right.

With careful, long-range, sustainable rules established for how our communities will develop and use water – rules that have "teeth" in them – Latah County will not dry up and blow away.

Dianne French is a Co-founder of the Palouse Water Conservation Network, (www.pwcn.org).

Saving the Magpie Forest

By Tom Lamar

The people of our area have an opportunity to preserve a piece of the Palouse for future generations. The Palouse-Clearwater Environmental Institute (PCEI) is asking for your help in making that happen.

The Magpie Forest is important because it provides wildlife habitat and represents one of the last remnants of native Palouse shrub-steppe vegetation. Pullman's Environmental Quality Commission has designated the Magpie Forest as one of city's most important and endangered "critical areas" in anticipation of its eventually becoming part of Pullman, Washington.

PCEI's goal in purchasing the Magpie Forest is to facilitate the preservation of this 14-acre forest just outside the city limits of Pullman. PCEI believes the Magpie Forest is such a unique, historical habitat that is must be preserved for the people of Washington and the Palouse. We have set a short-term fundraising goal of \$100,000 to cover the cost of the land, initial maintenance, taxes, and insurance. Our long-term goals for the Magpie Forest are:

- * To protect the land and vegetation community
- * To create a nature preserve for

future generations to enjoy

- * To give the community a unique, living teaching tool of native Palouse habitat

- * To facilitate limited access to the site for recreational opportunities

Because of the potential threat of development so close to the Magpie Forest, we have identified the following immediate steps:

- * Purchase the land
- * Prepare a conservation easement for the land
- * Develop a maintenance plan that preserves the forest as a natural area
- * Establish a fundraising plan to cover the long-term costs of maintenance, insurance, and property taxes

We are working on this effort quickly this month because the land is for sale, and a development is moving to within 100 yards to the south. To complete this goal, we are working with the Pullman Civic Trust, the Palouse Land Trust, Palouse Prairie Foundation, and individual donors. We would like you to be part of this effort. Please contact PCEI at 882-1444 or email lamar@pcei.org to make a pledge or to request more information. A field trip is being organized by the Idaho Native Plant Society to visit the Magpie Forest on June 17. Meet at the Dissmore's parking lot at 6:30 p.m. to carpool to the site. We hope you can help.

Tom Lamar directs PCEI and likes both magpies and forests.

Writer Wanted

By Bill London

Jackie Molen is moving to Oregon (or has moved, depending on when you read this). For the last year or so, Jackie has written the great producer profiles in this newsletter. Her profile of Maria Maggi in this issue is her last.

And now, perhaps, it is your turn. Do you want to write about the local people who grow or create many of the products sold at the Co-op? If you want to provide a monthly profile and photo, and receive a volunteer discount, contact Bill London at london@moscow.com. Just think of the fun you can have.

Bill London edits this newsletter and hopes everyone has noticed that the glorious Palouse summer is upon us.

Experience Didgeridoo

By Eva Jo Hallvik

In July, you will have the opportunity to experience the mystery of Vibrational Healing with Australian didgeridoo player John Coutts. You can be part of a workshop that explores the power of the drone of the didgeridoo, the amazing musical instrument of Australian aborigines.

Let your mind be enchanted with Coutts' unique playing technique and experience a time of meditation, heal-

ing, poetry and love.

Bring your drums, didgeridoo, guitars, any percussion instruments – or just yourself to enjoy an enlightening session. While admission is free, donations will be accepted. This musical event will be held on Saturday evening, July 12, from 7:00 to 9:00 p.m. at the sanctuary of the Unitarian Church in Moscow, 420 East Second Street.



Letters

Letter to the Editor

Concerning the article by Kenna Eaton, I applaud the effort the Moscow Food Co-op is making to pay decent wages. Too many businesses seem to attempt to pay the lowest wages they possibly can in order to have the biggest profit or to be able to pay the highest salaries to the management. It is a pleasure to do business with a store that attempts to be more fair. Like Kenna I find it difficult to believe that the official subsistence wage in Moscow is as low as she reports.

As an unskilled worker in the 1950s I could generally find work in Vermont scrubbing walls and ceilings, mowing lawns, mixing concrete, sticking lumber, etc. at a wage of \$1.00 per hour. My estimate of costs is that

they were about a tenth of today's costs. Postage was 4¢; a new car, which was way out of reach for me, could be had for \$1,500; a haircut was 75¢; gasoline was 30¢. To be comparable, wages for unskilled workers would have to be \$8.00 - 10.00 per hour today.

The poor are poorer today, and I am sorry to see that. The rich are far richer than they were, and I don't think that is right either. One important principle that dominated our country when it was founded was egalitarianism. Then one could look at Europe with its wealthy aristocracy and poor peasants and artisans and be proud to say that we were different.

Jim Cooley, Troy

Reviews

Book Review:

"The Big Bang, the Buddha, and the Baby Boom"

by Wes "Scoop" Nisker

Reviewed by Bill London

During the first few months of 1979, we lived in the hills above Milpitas, California, in the southeastern edge of the Bay Area. For news and music we listened to KSAN, the FM radio station from San Francisco that had pioneered underground or counterculture programming in the mid-1960s.

The music was great, and the news spots even better, especially the crazed reports from the station's ace reporter, Wes "Scoop" Nisker. Scoop ended each broadcast with his signature line: "If you don't like the news, go out and make some of your own."

The logic of that statement was undeniable. Really, we are all responsible for making the news that builds the world we want to create. It made sense to me, and still does.

After we left the Bay Area to return to Idaho, I missed Scoop's broadcasts and his reassuring reminders to make our own news. But now I have found his book, "The Big Bang, the Buddha, and the Baby Boom," which was released this year by HarperCollins. This book mixes autobiographical rants, his quests along various mystical religious pathways,

and heavy doses of wisecracking humor.

Scoop details his childhood as the only Jewish kid in Norfolk, Nebraska, explains the reasons he headed west to become a hippie, and relates the fun of interviewing everyone from Tim Leary to the Black Panthers as KSAN's news director. He also explains his many trips to the Far East, seeking truth in all the out-of-the-way places. And he ends with his own brand of solution, a voluntary simplicity!

ifestyle he calls zen socialism.

His book is a synthesis of several of his earlier books, "Crazy Wisdom" and "If You Don't Like the News, Go Out and Make Some of Your Own." So, if you have time for only one Scoop Nisker tome, try this "Big Bang" book. It's a good primer for understanding that revolutionary period known as the Sixties with its simultaneous expression of political radicalism and spiritual awakening.

Bill London edits this newsletter, and with some difficulty, can manage to remember some of his own life during the Sixties.

Summer Herbal Wisdom Series



Sponsored by Moscow Food Coop

Topics:

July 3 Herbs for Family Health
July 10 Women's Herbs
July 17 . . Herbs & Food for Summertime Health

July 24 Herbs for Kids
July 31 Everyday Aromatherapy

Speaker:

Linda Kingsbury Ph.D. Herbalist & Natural Health Educator

When:

Thursday nights 7:00pm-8:00pm

Where:

Gritman Hospital Conference Room (enter on 7th St.)

Buy Tickets at the Coop:

\$5.00 members, \$10 non-members per class

JOHN'S ALLEY

Moscow's Home of Live Music

-PRESENTS-

June 6th Upright Dub Orchestra
7th Laser Hawk & Hallabaloo
8th Warsaw
10th Open Mic
14th Ottis P. & the Jive Funk
21st Honey Tongue
24th Tymphanic
26th Ism
27th Jyemo
28th Aaron English
July 1st Open Mic

Shows are subject to change

Please call 208-883-7662

114 E. 6th St., Moscow, Idaho



Bulletin Board

MOSCOW FOOD CO-OP

moscow food co-op
221 east third street
moscow idaho 83843

Join the MAC Community Band

The Moscow Arts Commission invites area musicians to join their community band this summer. The band's first rehearsal, under the direction of Gary Gemberling, will be Tuesday, June 3 at 7 PM in Room 216 at the Lionel Hampton Music Building, corner of Sweet and Blake on the UI campus. An audition is not required and any one of any age who plays an instrument is invited to participate. 883-7036.

Fresh Aire Concerts

**Thursday evenings, 6:30 – 7:30PM
East City Park · 3rd & Hayes Street ·
FREE to the community**

June 5, 12, 19, 26, July 3: MAC Community Band

Our Fresh Aire Concert Series will be devoted to traditional and contemporary Native American and period music from the 19th Century. Bring a picnic supper and enjoy the sounds of summer!

For additional information, contact the Moscow Arts Commission 208-883-7036

La Leche League monthly meetings for Breastfeeding Mothers

Meetings I-III at Sacred Heart Catholic Church 440 NE Ash, Pullman

II. Baby Arrives; the Family and the Breastfed Baby

Wed. June 4, 9:30AM

III. Art of Breastfeeding and Avoiding Difficulties

Wed. July 2, 9:30AM

IV. Nutrition and Weaning

Wed. Aug 6, 9:30AM

Meeting IV Reaney Park, Pullman

If you have questions, call the following La Leche League Leaders: Betsy 882-0357 / Jean 334-0832 / Laurie 892-8826

'The Very Fiber of Me'

**Moscow Arts Commission Exhibition · Third Street Gallery
June 6 – July 18**

Artist: Judy Sauer, Kamiah, ID
Opening Reception: Friday, June 6

Co-op one-day sale on supplements.

Saturday, June 7: All supplements in the store will be 15% off. This includes homeopathies and herbal remedies, as well as vitamins and minerals.

Organic Growers Market

Tuesdays, 5–7PM in the Co-op parking lot

For fresh local produce, remember the Co-op's Weekday Grower's Market.

BBQ and Live Music

Plus, live music and a grilled dinner (BBQ including both vegetarian and meat options) in the Fourth Street garden at Co-op back door Tuesdays 5pm to 7pm.

Moscow Farmers' Market

8AM - 12 noon, Saturdays, May through October in Friendship Square, Downtown Moscow

LIVE MUSIC from

JUNE 7: MAC Band

Bill Perconti, Dire

JUNE 14: Snake

Dixieland jazz ba

JUNE 21: Laddie

blues and countr

JUNE 28: Cannel

folk, jazz, soul, c

JULY 5: Sidhe A

guitar from clas

sources

Moscow Civic meeting

Monday, June 9, 7:00pm in the 1222 Building in Moscow.

The meeting will focus on the community development in Moscow, including a computerized virtual tour of Moscow.

Moscow Food Co-op Art Gallery

The Moscow Food Co-op artist exhibit for June is Bill Fluegal, a Moscow water color painter. Opening reception will be Friday, June 13, 5:30pm to 6:30pm at the Moscow Food Co-op.

Iraq Peace Jo

June 16 at the in Pullman

Presented by Sisi a nun and a lawyer been in Iraq. Contact 332-5114 or There

Field trip to the near Pullman

June 17: Meet at the parking lot in Pullman at 6:30pm to carpool to the site. 208/882-1444

World AIDS Day (WAD) Community Planning meeting

June 19, 7PM at the Sojourners' Alliance building, 627 N. Van Buren in Moscow. (208) 883-3438 or email Spring Dowse at stonewall@moscow.com with questions.

National Youth Sports Program

(NYSP) at Washington State University is a free youth program of enrichment activities. Begins June 23, continues until July 31. The program is open to youth ages 10 –16 who live within a 60 mile radius of WSU. That area reaches from Rosalia, Washington, to Deary, Idaho. There is no cost for the program activities, lunch, or bus transportation to and from the WSU campus. Contact NYSP at 509/335-1309 or by email: pricec@wsu.edu

Herbal classes with Linda Kingsbury

starting July 3rd, every Thursday 7:00-8:00PM thru July 31st.

\$5 for members and \$10 for non-members per class — take one or all. Classes held in the Gritman Memorial Hospital Conference room. Please sign up in advance at the Co-op.

Vigil for Peace

Pullman: Fridays 12:15 – 12:45

Under the clock by the public library in downtown Pullman. 509 nancycw@pullman.com

Moscow: First Friday of month 5:00 – 6:30PM

Friendship Square, downtown Moscow. 208/882-7067

Special Collections Library
University of Idaho
Moscow ID 83844-2351

Submit non-profit announcements to co-opnews@sourjayne.com by the 24th of each month.

For additional events & information, www.moscowfood.coop/event.html

