

May 2003

Community News

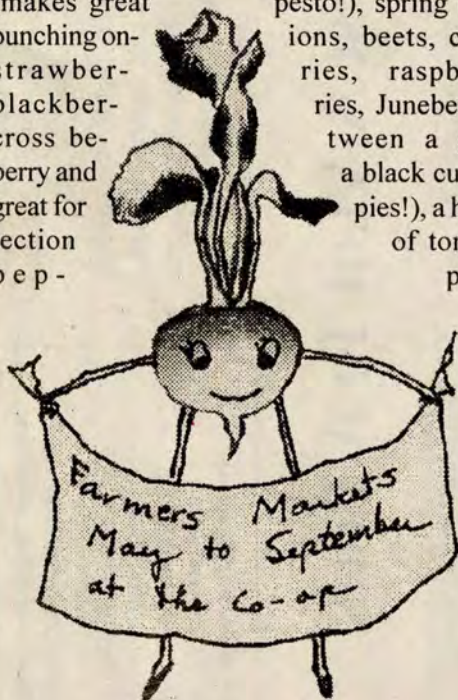
FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

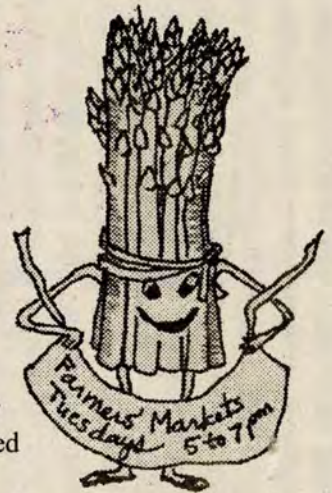
Spring is here!

By Kathi Colen Peck

And so we start the second season of the Moscow Food Co-op Growers Market on Tuesday, May 6 at 5:00 p.m. Wahoo! Our local farmers have already been working hard to bring you the very best organic produce as early as possible. To start off, you can expect to see exceptional spring vegetables and plant starts. As the season progresses, you can look forward to a variety of leaf and head lettuces, salad mix, spinach, bok-choy, broccoli, arugula, kohlrabi, Napa cabbage, peas, garlic, garlic scapes (makes great pesto!), spring onions, bunching onions, beets, carrots, strawberries, blackberries, raspberries, Juneberries (a cross between a gooseberry and a black currant—great for pies!), a huge selection of tomatoes, peppers, cucum-



bers, beans, basil, cilantro, summer squash, winter squash, fresh flowers, and much, much more. Several growers are already onboard and more are very much encouraged to participate.



Come join the celebration of the season's bounty in the Moscow Food Co-op's parking lot, beginning May 6 and for the next five months. Your local organic growers will bring the finest quality of freshly harvested food, flowers, and plants for you to enjoy. Here's an opportunity to meet your local farmers, buy fresh, nutritious organic produce and support your community!

We look forward to seeing you each Tuesday from 5:00 to 7:00 p.m., May 6 through October, or when the killing frost dictates. In September, as the day length wanes, we'll likely start the market a little earlier, around 4:00 p.m.

If you'd like more information about participating as a seller or consumer, contact the volunteer market coordinators, Kathi Colen Peck at 509/332-8009 (not past 9pm, please) or kscp@turbonet.com, or Eva Jo Hallvik at webeam@hotmail.com.

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.spiritherbs.com, 883-9933

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

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

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

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 Mall 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.

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

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

Community News



Right Livelihood in Moscow

By Kenna Eaton, General Manager

Right up by the Co-op's front door we have posted our mission statement. It's there to remind all of us what exactly we are doing here (or at least that's how I look at it). In the third part of the mission it states that we will "provide right livelihood for our staff..." We have regularly struggled with how we, as a business, can do this. Our policies offer lots of benefits to staff who work at the Co-op: health & dental insurance, a medical savings account, 18% discount on purchases, paid holidays and sick & vacation pay, workman's compensation, and a healthy workplace.

However, last summer several staff brought a complaint to me about the merit-based wage structure. Because of that complaint we created a task force comprised of staff, managers and board members who set about investigating our current structure and exploring the alternatives. The folks involved in this process spent several months thinking about these issues, then investigating a seniority structure and preparing a proposal for the board to approve.

As part of the process we raised, again, the concern about right livelihood and what is a livable wage for our staff, yet we were still unable to answer it well. Coincidentally, at the same time the issue of livable wages had been raised in several Co-ops around the country. These Co-ops decided to find an answer by hiring Carolee Colter, a co-op consultant, to devise a worksheet that could be used by a business to find the livable wage for their community. We purchased the right to use that worksheet and started to input our own communities' numbers. The process was interesting and involved visiting many different web sites for our county.

From the US Dept. of Housing and Urban development web site, we

found the fair market rent for Latah County, and from the US Dept of Agriculture we got the cost of food at home. From the Bureau of Labor Statistics, we found the regional information for transportation including the average number of vehicles per capita, the cost of gas and oil and the cost of public transportation. The worksheet provided places to input the cost of our own health & dental insurance, the cost of telephone, entertainment and recreation, savings and miscellaneous stuff (personal care items, clothing etc.) After entering this information we also had to calculate the state income tax plus the cost of the additional benefits our Co-op offers our staff. The final calculation gave us the livable hourly wage for a single person living in Latah County as \$5.80 per hour. Wow. That seems really low to me, although the calculations were checked many times, and by people other than myself.

The good news is the Co-op's lowest entry-level wage is \$6.50/hour for counter servers, dishwashers and stockers. Cashiers start at \$7.50 per hour, assistant managers at \$8.50 per hour and department managers at \$11.00. Since implementing a seniority wage structure earlier this year, these staff also get a 25 cent per hour raise after 90 days and 30 cents every 1040 hours.

Having started at the Co-op for \$2.85 per hour myself, I feel honored to know that our community-owned market is paying more than a living wage to our staff. We provide a humane workplace where benefits include much more than we have to (according to State Regulations) simply because we believe that it's the right thing to do. I think we are doing a good job, so far, of implementing "right livelihood," and now for the rest of that mission statement....

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Welcome!

By Laura Long,
Membership Services

The Co-op's 30th anniversary has prompted me to think more carefully about why I am a member of this Co-op and why I think you should be too. This month I wanted to continue with the theme I addressed in the April newsletter, namely the more intangible benefits of membership. Being a member of a Co-op isn't just about saving money (although I think you will!), it's also about commitment to our community.

One benefit of shopping at our Co-op is the assurance you have that the products you purchase here have been carefully selected with both your health and the health of the planet in mind. Everyday, our buyers carefully choose the products that they will offer to you the consumer. Not only are they concerned with taste, appearance and salability, but they also strive to select products based on their impact on the environment and the community.

The Co-op is committed to buying locally grown products when possible. This reduces the amount of travel time that it takes a product to arrive on our shelves, thus reducing the use of non-renewable resources to get them here. It also keeps our dollars within our community.

Our buyers are also committed to choosing organic products over non-organic whenever possible. Your grocery dollars spent in our Co-op mean that you have a voice in what kinds of items are sold in your store. Over the

years, the selection of organic products has grown at an incredible rate, and this is mostly due to the demands of the consumer.

Another benefit of membership is the creation of an interconnected community. Your membership in the Co-op also supports other local organizations that are committed to our community. The success of our store has made it possible for the Co-op to turn around and funnel some of that money back into the community through our donations to local groups such as the Palouse Clearwater Environmental Institute, the Community Action Partnership, the Latah Human Rights Task Force, the Friends of the Clearwater, and many, many more. These groups, in turn, work very hard in their own areas of expertise, creating a community we can be proud of. We are all interconnected groups in this web of life called the Palouse, and you are an active part of that when you continue to support the Moscow Food Co-op.

Please consider these benefits to yourself and the community at large when you think about your membership in our Co-op. We all need each other in order to head into the future for another successful 30 years of doing business together.

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.



The Volunteer Program

By Janna Jones and Annie Hubble

We would like to welcome five new volunteers to the Co-op:

Christie Renick will be cleaning the glass doors that abound in the Co-op, and she will also be bagging fruit. Randall Mark is helping the bakers in the early hours of the morning. Erika Larsen is working in the produce department on Friday mornings. Tyson West will be washing the bulk bins—a job much appreciated by us all. And Rhiannon Chandler is stocking in the deli and thereby making the lives of the servers (those very important and cheerful people who make our coffee

drinks for us) much easier. Thank you all for offering your time to the Co-op. Volunteers help us so much.

As the school year comes to an end we would like to say a fond farewell and thank you to the many students who have volunteered in the co-op through their years here. It is always sad to see faces that have become so familiar leave us. Good luck with all your plans, and come back and visit! And to those students who will be returning in the Fall, have a wonderful summer and see you again soon!

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The Co-op Cookbook

The Kitchen Crew is working on publishing a long awaited and much requested Co-op cookbook. The book will focus on Co-op kitchen specialties, past and present. Each chapter will also contain 1-2 recipes from our wonderful members. We will be accepting recipe submissions in the following categories:

Breads/Pastries
Dips/Spreads
Soups
Salads
Entrees
Desserts

Please include an original recipe (not copyrighted or published elsewhere), specific instruction, your name & contact info., and any additional interesting information. Recipes may be dropped off at the deli counter.



The Buy Line

By Vicki Reich

I have two great loves in life (not counting my husband and dog and mom and...). They are food and books. It is always a treat for me when I can combine the two. I was surprised at how many books I'd read in the past year or so that had to do with food. Almost all of them were worth passing on, so with no other subject coming to mind as the newsletter deadline approaches, I thought I'd talk about books.

The first food-related book I remember reading is "Like Water for Chocolate" by Laura Esquivel. This beautiful and delicious book is one where you need a good snack by your side while you're reading. Her descriptions of food are so wonderful and the plot so moving that I wished to jump in the pages and taste everything being created.

"Aphrodite-A Memoir of the Senses" by Isabel Allende is a moving and erotic collection of stories and personal memories about the relationship between love and food. I had to force myself to read this book slowly so it would last. Like a good meal, it was immensely satisfying.

A recent and much more serious book, but an excellent read nonetheless, is "Fast Food Nation" by Eric Schlosser. Not only will this book not make you hungry but it may make you never want to eat fast food again. Impeccably researched and disturbing in the information it uncovers, the book is still easy to read and made me glad I know where my beef comes from.

Another well-researched and entertaining read is "Botany of Desire" by Michael Pollan. Not truly a book about food, it will appeal to foodies everywhere. Pollan's premise that plants have

shaped us as well as we have shaped them is fascinating. His history of the apple and potato were particularly interesting to me.

"Stuffed-The Story of a Restaurant Family" by Patricia Volk is the only disappointing food book I've read. Even though the title inferred the book has something to do with food, mostly she talks about her not-so-interesting relatives and talks very little about her family's restaurant, which is what I really wanted to know about.

"Tender at the Bone" and "Comfort me with Apples" by Ruth Reichl are the two book memoirs of Reichl's life. They are funny, wonderful reads. I read them back-to-back and wished for more. There are delicious-sounding recipes throughout both books that I wanted to make right away so I could eat along with the story. Definitely have a snack close by as you read these.

For an in depth look into the world of professional cooking, I highly recommend Anthony Bourdain's

"Kitchen Confidential." Bourdain's life as a four-star chef is exciting and exhausting and made me realize I never want to be a chef. He is very opinionated about food and food preparation, which may offend some people. In fact, after reading about his disdain for garlic presses, I started mincing garlic and appreciate the difference. This is a great read but not for the faint of heart.

As do all book lovers I know, I have a long list of books I want to read. The food book list is short at the moment and includes "Salt-A World History" and "Cod-A Biography of a Fish that Changed the World" both by Mark Kurlansky; "The Man Who Ate Everything" by Jeffrey Stengarten; "Chocolate" and "Five Quarters of the Orange" by Joanne Harris; "Coming Home to Eat" by Gary Paul Nabhan; and "Crescent" by Diana Abu-Jaber. However, while researching this article on the <powellbooks.com> website, I found, under the cooking and food section, a subsection called Gastronomic Literature and my list just got longer.

2% Tuesdays Supports Radio Free Moscow

By Bob Hoffmann

Support Radio Free Moscow by shopping at the Moscow Food Co-op on Tuesdays in May. Two percent of your purchases will go to this new community radio station, which is expecting to receive licensing shortly from the FCC. Why does Moscow need a community radio station? Think about the sounds and images you have been receiving through the mass media in the past six months. Media consolidation is making news more homogenous, and making it much harder to hear alternative viewpoints. A decade ago, no company owned more than 20 radio stations in the U.S. Clear Channel Communications, Inc. now owns around 1300 stations, and current proposals at the FCC would virtually eliminate the few remaining hurdles to media consolidation in the United States.

In April, consumer advocate Ralph Nader spoke at WSU in Pullman. He points out that while the airwaves are in public ownership, corporate control of these airwaves is nearly total. He did such a great job discussing the problem of corporate media and the need for citizen-controlled media, that I'll let his words speak for me:

"The late evening news is now a formula. The same consulting firms have convinced the TV stations, city after city. And here's what it is: If it bleeds, it leads. That means it usually opens up with street crimes, sirens, or fires. Then it's four minutes of sports, four minutes weather, one minute contrived, impromptu chit-chat between the anchors, one minute animal story—got to be an animal story; in Washington it's maneuvers of the pandas, and how close they get to each other, and so on; and then there's almost always a report from, say, the New England Journal of Medicine, about some breakthrough we won't see for 40 years, and maybe a movie review. And that's what happened in your city that evening? Sports and weather are not news, unless there's a major storm. They're not news."

"We know what news is: it's what's going on in the business community, in labor, education, culture, the arts. People trying to improve their community, they can't get 30 seconds on nightly TV in our town, when the TV station is using our public property because we own it. They control it, pay no rent to the FCC, and decide who says what and who doesn't 24 hours a day, and all of our radio and TV is full up to 90% of enter-

tainment and ads. The rest is often heavy weather, sports, and news spots. This is our property. Why don't we have our own radio and TV stations? Because we're not organized."

"You wouldn't recognize this country for the better if we had our own radio and TV stations and our own networks, with the creativity of the neighborhood and the community and our schools and universities, and of the elderly, with their skills and memories, and of the culture, folklore, and of the new ideas, and the old ideas that have to be rediscovered. Instead, what do we do? We turn on the radio, and we hear pairs and pairs and pairs of ignoramuses: shouting, spitting vipers like Sean Hannity, Michael Savage, and Rush Limbaugh."

"We don't put on our media because we don't have any media of ours! The kind of people who give us hope and excitement, horizon, conviction, commitment, opportunity, life purpose. Who among you is going to have a chance to save our oceans, to make bureaucracies accountable, to develop tax systems that further humane policies, instead of opportunities for bookkeepers, accountants,

and lawyers to waste their lives on trivial, lucrative conceptions for greedy corporations? Who among you are going to de-commercialize childhood, and really leave no child behind in terms of their health and education? Or devise new ways for efficient and inexpensive housing? Who among us are going to learn how to wage peace—a rigorous intellectual pursuit, that anticipates conflicts, foresees conflicts, instead of allowing conflicts to occur and fester and erupt, to devour one half of our federal government's discretionary expenditures?"

Who, among us, indeed? The citizens of Moscow now have the opportunity to support a new radio station, a new signal on the airwaves, and to become the change that we desire in the world. Shop at the Co-op on Tuesdays in May to make a very convenient contribution to this effort. Funds will go towards our \$25,000 start-up expenses and first year's operating expenses.

To read more about RFM, or to join and contribute your labor and skills, find us on the Internet at <www.radiofreemoscow.com/>. You can also download a few audio news stories that we have already produced.



More Ways To Celebrate Being 30

By Kenna Eaton, General Manager

This year we've been focusing on the Co-op's rich and varied thirty-year history. As part of that story the Co-op has a display at Moscow's Latah County Public Library. If you go to the library regularly you know about the display case located near the front desk. If you haven't been to the library lately, now you have the perfect excuse! The display will be up for most of the month of May and is the work of various staff people who donated their time and energy. Thanks everyone!

Last year, long-time Co-op member Tim Daulton wrote in to the newsletter suggesting that the Co-op put a tree in the parking lot out in front of the store. Well, by now you know that if you make a suggestion to me I may ask you to actually do it. And so I did with Tim. Tim approached our landlord and after a year of gentle persuasion we now have a tree out in front of the Co-op! Tim chose the site, drilled

the holes in parking lot, built the wall, filled it with dirt, picked the tree (with a little help from my husband, Tim, and the landlord) and planted it. I am totally impressed by Tim's tenaciousness and ability to coerce our landlord into letting him do this. My hat's off to you, Tim!

And finally a third piece of news. After Lael's heart-wrenching story in last month's newsletter the Board authorized me to spend some money getting a cabinet built to house the bulk incense—probably the worst offender for those who are chemically sensitive. Ken Beasley, a Co-op member, agreed to build this glass-fronted cabinet for us. We are also exploring other ways to mitigate the odors by use of such things as a ventilator or an ozone (scent) diffuser. Hopefully this will make our store more accessible to those folks who are chemically challenged.



Front End Managing

Annie Hubble

Apart from Janna taking a few days off and thereby breaking the hearts of the under-five group, (Joshua Kettleshake's very young sister Simone greeted her as a long lost friend on her return), things have been pretty uneventful this last month. We see our favourite people shopping once, twice, sometimes three times a day (hey! we love to see you!) and the days go by. However as time goes by, I do value this Co-op more each day.

As I watch people greeting each other and children playing, I see more and more how the store is an extension of the 'village' of Moscow. In the twelve years I have been working here, I have seen babies grow into children, children into teenagers, and teenagers into adults. The Co-op strikes me as being similar to the village square of times gone by. It is a place to socialize; find out about events; meet up with old friends, make new friends, and sometimes reconnect with people from the past. At the Co-op you can sign petitions; eat deli food from sanitized recycled containers; drink organic coffee while you sit and

visit; and get educated on all sorts of things. It is a place that people come to gather and talk about their lives, as well as somewhere to shop.

I have heard many customers from other areas wish that they, too, had access to such a store. So thank you to everyone who is part of what makes this Co-op such a great experience, and that is to a large part, you, the customers!



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

Moscow
527 S. Main
882 0780

The Power of the People

By Kenna S. Eaton

Last week notice of this came across my computer, followed up by articles in the various local papers, but just in case you missed it here is a copy of that posting (from <<http://www.ota.com/StandardsUnderAttack.htm>>). By the way, Moscow Food Co-op is a member of the Organic Trade Association.

Saturday April 12, 2003 VICTORY!

Organic Trade Association calls congressional repeal victory for consumers, and for true organic producers

GREENFIELD, Mass. (April 12, 2003)—The organic industry and consumers choosing organic products can celebrate now that Congress has repealed a rider contained in the Omnibus Appropriations Bill that weakened organic livestock feeding requirements.

"Congress has done the right thing to repeal Section 771. The organic industry and consumers can breathe a sigh of relief and rejoice that this issue has been put to bed in a timely fashion. It truly was a bad egg, but legislators now have disposed of it," said Katherine DiMatteo, executive director of the Organic Trade Association, the business association for the North American organic industry.

She added, "We truly hope legislators have learned that we will not stand by when anyone tries to undermine organic standards by resorting to backroom deals."

The Supplemental Appropriations Bill approved today by both the House of Representatives and Senate included an amendment repealing the offending language that, in effect, allowed organic livestock producers to feed their animals less than 100 percent organic feed and still market the

resulting meat, dairy and poultry products as organic.

The quick action to repeal Section 771 came as a result of a major push by key senators and representatives supportive of organic agriculture and practices, as well as the Organic Trade Association, its members, associated groups, and consumers.

"Thanks particularly to Senators Patrick Leahy and Olympia Snowe and Representatives Sam Farr and Ron Kind in the House for sponsoring the repeal bills, 71 Senators and 105 Representatives signed on as co-sponsors of bills to repeal Section 771. Getting this response took a monumental effort by our members, affiliated associations and groups, and consumers who barraged their legislators and contacted the media with the message that Section 771 was a major mistake that had to be corrected immediately," said DiMatteo.

She added, "This is a moment to celebrate. However, it proves once again that we must remain vigilant to make sure consumers get what they want: that products labeled as organic in the marketplace truly meet stringent standards that are certified."

Representing the \$11 billion organic industry in North America, the Organic Trade Association (OTA) is a membership-based business association. Its mission is to encourage global sustainability through promoting and protecting the growth of diverse organic trade. OTA's approximately 1,200 members include growers, shippers, retailers, processors, certifiers, farmer associations, brokers, consultants and others.

Learn more at the OTA website: <www.ota.com> or its consumer website: <www.theorganicreport.org>.

Are you interested in Making Music?

By Kenna S. Eaton

This summer we are bringing back the Weekly Growers Market every Tuesday evening in our parking lot and we are interested in adding a fun element to this new community ritual. We are considering adding music on a regular basis. We are looking for local, acoustic musicians who would be willing to play from 5-7p.m. at the backside of the Co-op (4th Street). We are

hoping to add a grilled dinner and the lucky musician would get free dinner, a drink, a chance to collect tips and an opportunity to sell their wares. Does this sound like something you are interested in? Please let me know. You can call me at the Co-op (882-8537) or drop an email to me at <kenna@moscowfood.coop>. Tell me what type of music you play & when you might be available.



Word of Mouth

By Vicki Reich

Nothing says 'natural foods' to people more than tofu. And here at the Co-op we have lots of tofu. Ever wondered if there is a difference among the eight different kinds of plain, fresh tofu we carry? Well, I did. So this month I took home all eight varieties of fresh tofu, marinated them in tamari, baked them, and brought them back to the Co-op for a taste test. I did try all of them plain before I marinated them, so I could taste the true flavor of the tofu. I was afraid no one else would be game for trying the tofu "raw" so you'll just have to take my word on the raw flavor profiles.

Here's the blow-by-blow in the order they came out of my shopping bag.

Small Planet Firm Tofu—made with organic soybeans and nigari as the coagulant. \$2.59/# bulk and \$2.95 for 15.5 oz. package. This was by far the best tasting tofu, raw. It has a bright, fresh flavor. It slices nicely and also crumbles well. It absorbed the marinade thoroughly and has a firm meaty texture when baked.

Surata Tofu—made with or-

ganic soybeans and nigari. \$2.15/# bulk. Surata has a slightly creamier texture raw and a smoother texture baked than Small Planet did. The raw flavor was much blander than Small Planet but not unpleasant. It is an extra firm tofu and the marinade did not soak through all the way through. It baked up very firm.

Soy Deli Nigari Tofu—made with organic soybeans and nigari. \$1.99 for 12 oz or \$1.55 for 8 oz. This tofu was very firm when raw and had a cardboard taste and grainy texture that did not improve with baking. This was the least liked tofu of the group.

White Wave Reduced Fat Tofu—made from soybeans grown without pesticides, herbicides, or chemical fertilizers; with nigari and calcium sulfate (a natural coagulant). \$1.95 for 16 oz. This is the only reduced-fat tofu we carry. It sliced nicely and didn't have any noticeable difference in texture from the full-fat varieties. Raw, it has a subtle, pleasant beany taste and sliced nicely. It baked up firm with a more pronounced beany taste.

Soyganic Medium Firm Tofu—made with organic soybeans, calcium

sulfate, and glucono-delta-lactone (a coagulant made from corn syrup). \$1.95 for 16 oz. This is the only medium-firm tofu we carry and it is noticeably different in texture. It is much softer and creamier than the other tofu we tried, and I was surprised it stood up to be flipped and handled while baking. It has a good flavor both raw and baked. It would be a good choice for dips or smoothies.

Island Spring Tofu—made with organic soybeans, nigari and calcium sulfate. \$1.89 for 16 oz. This tofu is very grainy right out of the package. The outside layer kind of falls apart as you take it out of the container. It would be okay if you were going to crumble it into something, but it didn't slice well. It is bland when plain, but it did absorb the marinade nicely. It has a grainy texture when baked as well.

White Wave Firm Tofu (in the green box)—made with organic soybeans, nigari, and calcium sulfate. \$1.85 for 16 oz. Unlike the reduced-fat version, this tofu has a rubbery consistency when uncooked and a very beany taste. When baked the texture turned somewhat creamy yet firm but still had a beany aftertaste.

Soyganic Extra Firm Tofu—made with organic soybeans, nigari and calcium sulfate. \$1.99 for 12.3 oz. This is by far the firmest tofu we tried. It sliced nicely but did not absorb much of the marinade. It has a slightly beany taste both cooked and uncooked.

And now the results. I was surprised to find that there was that much difference among brands of tofu, and that there is a vast difference between the best tofu and the worst, and not that much difference among the middle of the road tofu. I thought that Small Planet Tofu was overall the best and the only one worth eating plain. Kenna thought Surata was the best and I think it comes in a somewhat close second. This is a good thing since these are the two kinds of tofu we use in our deli. The worst by far was Soy Deli, which we both had a hard time eating and probably isn't long for the shelf. The others were all okay but not outstanding on either end of the spectrum.

If you like softer tofu, I'd say go with the Soyganic Medium. If you like your tofu really firm, go with the Soyganic Extra Firm (or better yet, buy some Small Planet, wrap it in a towel and weight it with a plate for 20 minutes to get rid of some of the water and firm it up). And if you're looking for less fat in your tofu, the White Wave Reduced Fat is the lowest in fat (but not by much, Small Planet is a close second. Am I starting to sound biased?)

If you haven't tried tofu yet, do not be afraid. There are tons of resources out there on how to prepare delicious meals with this versatile food and starting with a good block of tofu is the way to begin.

From the Suggestion Board

By Vicki, Carrie, and Amy

I noticed the strawberry lemonade flavor of Juice Squeeze has been missing for quite some time. It would be greatly appreciated if you would replenish the supply. Thanks.

I'm sorry but our distributor has discontinued this product.—Vicki, Grocery Manager.

PUHLEEZE put the packages of butchered animals AWAY from the vegetarian/meatless section of the freezer. YUKKERS. Thanks.

We make a concerted effort to keep the meat section of the freezer separate from the vegetarian offerings. However, freezer space is always in short supply and we also have to keep meat in a certain order in the freezer to comply with health codes. We do sell a lot of meat products and need the shelf space so unless some day we expand the freezer space, meat and vegetarian items will have to continue to co-exist.—Vicki.

Your ice cream bars are great. Thank you for having them.

You're welcome, we're glad you like them.—Vicki.

Hair products with hemp. Thank You.

We do carry hemp shampoo and conditioner from Nature's Gate. Other brands we have stocked just sold too slowly. If there is a particular brand you like, let us know. You may be able to special order it.—Carrie, Personal Care Manager.

Please make a spot in the cooler for Santa Cruz lemonade. Thanks.

It's in there.—Vicki.

More help-especially when clerks aren't busy. Putting groceries on counter and taking bags out.

If you ever need extra assistance with your groceries, please ask the cashier to call help up to the register. There is always someone who can come to your assistance.—Vicki.

Pop without sugar or harmful

ingredients to the teeth. Thanks!

We now carry Hansen's diet soda that is sweetened with Splenda.—Vicki.

Let's have regular non-organic oatmeal again! Please.

The non-organic oats sold much slower than the organic oats when we carried them. You can still special order them in 25# sacks.—Vicki.

I like the new tortillas (corn, from Chimayo) but the old ones were organic, I think... (Garden of Eatin').

Garden of Eatin' is having production problems so I picked up the Leona's as a replacement. I could not find an organic replacement. Hopefully the Garden of Eatin' tortillas will be back soon.—Vicki.

I appreciate the friendly service provided by Josh at the checkout stand. Although we have a full cart each week, he's always been very kind and never balked at the amount of groceries! Thank you for your common courtesy Josh!

We always appreciate hearing good things about our staff. Thanks for letting us know about Josh's good work.—Vicki.

It is sad to see whimpering dogs outside waiting for their owners to shop just tied anywhere, no protection for the elements-or even worse, running loose where they are at risk for getting hit by cars or frightening people who aren't comfortable with dogs. A compassionate response might be to make a dog-friendly dog waiting location out front with clips and shelter. Dog owning members could be asked to design, build and maintain the doggy space as a volunteer activity.

We think this is a great idea and we will try to find space and money to make it happen.—Vicki.

Do you still carry Japonica rice? I didn't see it in the bulk bins. Thanks.

We still carry Japonica in packages in Aisle 1. The bulk did not sell very well.—Vicki

An Annual Meeting and More!

By Julie Monroe

The 2003 Annual Meeting of the Moscow Food Co-op, held on Friday, March 28, was an extraordinary annual meeting. While business was indeed conducted that evening, most of the meeting was given over to a celebration of those things that make our Co-op such a special place: good food and community. Outgoing board president Pat Vaughan hosted the meeting, which began with a delicious meal prepared by the staff of the Co-op Deli. This is the first time a full meal has been served at the annual meeting, and it is an example of how the Co-op community will seize any opportunity to help one of its own. All proceeds from the sale of tickets for the dinner were donated to the Chantra Melior Medical Fund. Tickets for another fundraiser for Chantra, the raffle of a quilt made by Kristin Jones, were available at the meeting.

After a hearty meal of lasagna, kaleslaw, green salad, and rolls served by the members of the board, Pat introduced General Manager Kenna Eaton. In her presentation of the 2002 annual report, Kenna acknowledged the Co-op's 30th birthday, saying that, "against all odds," the Co-op is now achieving its "long-held dream" of doing more than just selling food. Kenna described the Co-op as a key employer that gives back to the community, offers educational programs, and promotes sustainability. None of

this would have been possible, she said, without the support of the general membership and without the guidance provided by the Board of Directors through their critical role in long-range planning.

Before introducing those members of the Board of Directors present at the meeting, Pat described his experience on the board as a "wonderful experience, fun and totally satisfying" and went on to thank and recognize the staff and managers of the Co-op. The only board members unable to attend the meeting were Mike Forbes and Theresa Beaver; the remaining board membership includes George Bridges, Bonnie Hoffmann, Mark Mumford, Peg Kingery, and Al Pingree.

Pat then announced the results of this year's Board of Directors election. The Co-op membership re-elected board members Mumford, Forbes, and Hoffmann, and elected Theresa Beaver. After Pat adjourned the meeting, the evening concluded with a round of "Happy Birthday" and the quick consumption of two cakes prepared in honor of the Moscow Food Co-op's 30th anniversary.

Julie Monroe wonders if those who attended the annual meeting in the historic VFW cabin on Howard Street knew it was once the site of numerous USO parties during World War II.



The Rogue Nation Reaches Moscow

By Dani Vargas

The long awaited and much anticipated Rogue beer has finally made it to the Moscow Food Co-op. I have visited the Rogue website many times and I am so impressed with what they are doing down there in Newport, Oregon. When you first visit their web page, you are greeted by the Brew Dog who says "Woof, Rogue Ales are made with the finest hops and barley malt, free-range coastal water and Pacman top-fermenting proprietary yeast. Preservative, additives, chemicals: Never! Rogue does not pasteurize its products. Rogue Ales are bottled using an oxygen-absorbing cap, brown glass for better shelf life, and plenty

of malted barley and hops to provide stability." There are so many neat things on this site, for sure check it out when you have time and take their rogue quiz. See <www.rogue.com>.

We now carry eight different types of Rogue brews: the Brutal Bitter, Shakespeare Stout, Dead Guy Ale, Chocolate Stout, Mocha Porter, Younger's Special Bitter, Yellow Snow Ale, and (Tyler's favorite) Hazelnut Brown Nectar.

If you are new to the Rogue beers, you can ask Tyler to get you started in the right direction. This is by far his most favorite beverage on the planet, well, next to his wheat grass water, that is.

Eyewitness to Co-op History

By Bill London

In 1977, Gina and I were living in rural Benewah County, about 60 miles north of Moscow. We had completed the construction of our log cabin, and our daughter would not be born until February of 1978. We spent some of our "extra" time helping start a food co-op there. Those were the boom years for rural co-ops. Lots of idealistic folks moving into the area, a counterculture focus on natural foods that were unavailable at regular stores, and plenty of volunteers willing to work to actualize the dream of a co-op storefront in the county seat, St. Maries.

The story of the St. Maries co-op does not have a happy ending. Schisms, money problems, shrinking customer base, recession—the undercapitalized store with its volunteer staff just could not handle the problems. By the time we moved to Moscow in 1984, it was obvious that the St. Maries store would close within a year. It did. Watching that business die was very painful for all of us who had tried to make it work. But of course, there were plenty of good things that resulted from that co-op experience. Wellspring, an alternative newspaper that was published in Moscow and distributed to co-ops throughout the region, sparked my start as a freelance writer. Through the regional food wholesaler, Equinox, that supplied the St. Maries co-op, I met David Cook.

Because Equinox was so politically hip, its board was comprised of representatives of the food co-ops it served. David was a manager of the Moscow Food Co-op, and represented that co-op on the Equinox Board of Directors. I represented the St. Maries co-op on the board. When Gina, Willow, and I moved to Moscow in 1984, I talked with David about volunteering. He suggested that I start a Co-op newsletter. The first issue appeared in December of 1984. It was three pages, folded in half to form a small

booklet, with Xeroxed articles and illustrations, including a nice cover from Melissa Rockwood. The newsletter you hold now is its direct descendent.

So, I have been a volunteer editor since 1984, and never a member of the Co-op board. But I have been involved in various Co-op changes and decisions, including my favorite what-a-crazy-Co-op experience. That happened in early 1987. General manager Bill Beck was moving to California, and I was on the hiring committee trying to find a replacement. As we did the interviews, the obvious best candidate was Mary Jo Knowles. My hope was that we would be able to convince her that choosing the long hours, big responsibility, and very minimal pay would be a good idea.

I remember talking at the interview about the wonderfulness of the Co-op and its important place in the community. Mary Jo seemed interested. Then Bill Beck started talking. Somehow, he launched into one of his manic raps, repeating over and over again, "It's an impossible job, just horrible, you never get done, everybody is on your case, you never make any money, it's just an impossible job." And he just kept repeating it again and again. If I was sitting any closer to him, I would have kicked him or stuffed a sock in his mouth.

The good news is that Mary Jo accepted the job anyway, served until 1991 as Co-op Manager, and was responsible for growing the Co-op and moving it to the former Kentucky Fried Chicken store on Third Street.

For me that meeting symbolized the reality of our Co-op: this very successful storefront was built over 30 difficult years by a bunch of dedicated people who volunteered—or worked for virtually nothing—to make this dream come true.

Bill London still edits the newsletter and thinks it's the grooviest volunteer job ever.

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Mango Madness

By Dani Vargas, Produce Manager

Hands down right now the Ataulfo Mango is by far my favorite fruit. One time, at band camp, I had an organic Ataulfo mango and it was so good. These little mangoes are so juicy and delicious. Great for an after work or school snack! Mangoes are perfect to cook with. You can blend them for smoothies, cube them and have them atop a salad, make a mango salsa to go in the middle with a chicken and brie Quesadilla, the mango goes great with any type of food. So where did this perfect fruit come from???

Most of the mangos sold in the United States are imported from Mexico, Haiti, the Caribbean and South America. Today there are over 1,000 different varieties of mangos throughout the world.

The mango originated in Southeast Asia where it has been grown for over 4,000 years. Over the years mango groves have spread to many

parts of the tropical and sub-tropical world, where the climate allows the mango to grow best. Mango trees are evergreens that will grow to 60 feet tall. The mango tree will fruit 4 to 6 years after planting. Mango trees require hot, dry periods to set and produce a good crop.

Mangos are considered a comfort food and really can make you feel better! Beyond being delicious and rich in vitamins, minerals and anti-oxidants, mangos contain an enzyme with stomach soothing properties similar to papain found in papayas. These comforting enzymes act as a digestive aid and can be held partially responsible for that feeling of contentment we experience during and after our daily mango ritual. Yes, it is quite natural to crave those mangos!

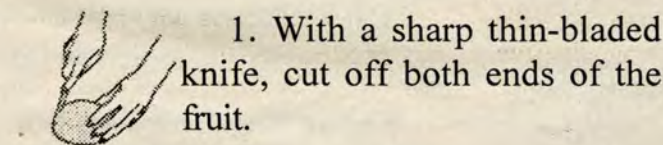
We all know the importance of fiber in our diets. If you are eating your mango-a-day, irregularity is not a prob-

lem for you. Research has shown that dietary fiber has a protective effect against degenerative diseases, especially with regards to the heart; may help prevent certain types of cancer, as well as lowering blood cholesterol levels. An average sized mango can contain up to 40% of your daily fiber requirement. For those of you who are physically active, whether working out or constantly on the go, mangos are also a great way to replenish that lost potassium. Deliciously rich in anti-oxidants, potassium and fiber, also an excellent source of vitamin A and C as well as a good source of Potassium and contain beta-carotene.

When selecting a mango you can tell the ripeness by either smelling or squeezing. A ripe mango will have a full, fruity aroma emitting from the stem end. Mangos can be considered ready to eat when slightly soft

to the touch and yielding to gentle pressure, like a ripe peach. The best-flavored mango has a yellow tinge when ripe; however, color may be red, yellow, green, orange or any combination. The ideal post harvest storage temperature for mangos is 55° F. When stored properly a mango should have a shelf life of 1 to 2 weeks. We have found that the best way to ripen a mango is at room temperature, on the kitchen counter and if you wish to accelerate the process place in a paper bag overnight (some folks place an apple with the mango in the bag to create more natural ethylene gas and further decrease the ripening time). Once ripened the mango can be refrigerated for a few days, but should be used shortly thereafter. The mango is the perfect fruit! Truly 'the king of fruit'. If you have never tried an organic mango may I suggest you have one today!!

How to Eat a Mango



1. With a sharp thin-bladed knife, cut off both ends of the fruit.



1. Start with the Mango "cheek"; Fillet off its pit lengthwise.



2. Place fruit on flat end and cut away peel from top to bottom along curvature of the fruit.



2. Cut 1/2" squares by scoring mango with a sharp knife. Do not cut through skin.



3. Cut fruit into slices by carving lengthwise along the pit.



3. Turn mango half "inside out," separating cubes. Slice off squares with a knife.



1. Use a sharp knife to slice off mango "cheeks" lengthwise.



1. Cut skin on top of mango crosswise.



2. Separate halves as shown, saving the tasty center.



2. Pull skin away from fruit in quarters or eighths.



3. Use spoon to scoop out fruit from halves. Enjoy, sweet center over the sink.



3. Place mango on a fork and serve.

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People

Customer Profile: Locust

By Eva Jo Hallvik

A friend of mine was telling me the other day that a friend of his was just asking him if he thought it was a problem that he visits the Co-op 2 to 3 to 4 times in a day. I identified with this questioning; I, myself, have self-inquired if it is a problem that I visit the co-op practically everyday, sometimes twice in a day.

This is interesting, when I heard Locust (this month's customer profilee,) questioning his number of visits to the co-op I began to wonder how many other people have this question. And, really how could it be a problem anyway? Well, Locust didn't really know where his questioning came out of; he was just thinking about it some day recently. But to come up with a few ideas of how it could be troublesome he thought that maybe he could make a plan before he first took off for the co-op to buy all that he needed for the day in his first visit. I have wondered if I could buy enough for one week at a one time planned excursion. He also questioned if his repetitive visits might bother the cashiers, or if he makes more of a line for other customers checking out. Obviously, we couldn't come up with too many reasons of why it would be a problem to attend to the co-op multiple times in a day or a week. In fact, we both agreed that it is a great place to meet people and to hang out with like-minded, or at least open-minded people. Locust went on to say that there are not a lot of places to hang out in Moscow, so he comes to the co-op a lot.

Locust seemed to still be unsatisfied and pondering why he even came up with questioning his daily co-op visits in the first place.

"So maybe, this could not always be a good thing because I am not reminded of the numbers of people out there that don't think the way I do, or maybe they do, but I haven't seen them around" thoughtfully added Locust. "For instance, I went to the Arcade in the Mall with a friend for the first time recently and saw a whole crowd of people that I don't normally see. It just seems important to question what you see and hear. For example the polls say that 70% of the people polled

support President Bush. From my understanding these polls are skewed. Definitely 70% of the people that I know don't support Bush and this corporate consumption society paving the way for more and bigger multi-national corporations," more emphatically said Locust.

Locust wasn't sure if I should have him be the customer profilee this month because he is moving in about three weeks. But, alas, I said there should be no problem, you are definitely a customer here—your 3-4 visits a day for the last few months should carry your official Moscow Co-op customer status at least throughout the summer. Locust said that he has lived in Moscow off and on for four years, and most recently before that in Ohio, (which sounds like Idaho, ya' know.) Where is he moving? For the first time he is going to try to earn money by independently harvesting morel mushrooms in Oregon.

"Morel mushrooms are very popular in fancy gourmet restaurants, and they will pay you well for them. For dry mushrooms you can sell them for \$100 per pound," he said.

He said that he would not join any commercial pickers; there have been some bad incidents of groups just totally over picking areas like after there were the fires in Montana. The land is already delicate after the fire.

After the mushrooming Locust said that he is hoping to ride his bike across Canada with his friend Molly, (the same friend who took him to the Arcade.)

"So what motivates you to do such a ride like that?" I inquired.

"First, the practicality of riding a bike. I have friends that live on the east coast and I would like to go visit them. Did you know that bike riding is the most efficient mode of transportation? It does not cause wars, pollution, environmental degradation, and destruction of indigenous cultures. Biking is even better than walking—it takes less food to eat and less energy into producing that food thus less energy. Walking is my second favorite mode, then bio-diesel vehicles, if you need a vehicle. Did you know that there are a few bio-diesel vehicles in Moscow?"

"Really? Where?" I asked, wondering why don't I see them around; they should more highly displayed and visible.

"On the UI campus, I am pretty sure that there is a truck, a VW bug, and a bus (like a school bus)," replied Locust.

"I want to do whatever I can to promote bicycling, and a safer/better way of transportation," said Locust.

Locust didn't say that he hoped that his big bike trip would show biking as a real alternative to transportation. But I want to say that I hope it will. Locust seems to be very humble in his deeds, almost as if he is truly living his life in example, but not trying to make himself seem more important or better than anybody else.

Locust did say that a way to promote bicycling in Moscow is through the **Critical Mass Community bike ride**. It will be **every last Friday of the month at 5:30, starting at the East City Park**.

"This community bike ride shows people that bicycling is a reliable option—the mass ride brings awareness to biking in safe and efficient ways," says Locust.

Another event that Locust would like to bring peoples focus to is on May 1st. The Idaho Anti Imperialist Collective will be sponsoring a **May Day Community Pot Luck starting at 4:00pm in Friendship Square**.

"Basically it is an anti-corporate, anti-globalization, control-to-the-people and not to the corporations event," seriously adds Locust.

There will be corporate CEO piñatas, musical instruments (people are encouraged to bring their own from home too), flowers, a May Pole



dance, and a one large dish will be provided. You are encouraged to bring a small dish to share, but not to be a deterrent if you can't get that together.

"What stands out about this co-op?" I asked Locust.

"There are very good cooks. In fact you'll know that the food will be very good if it has scribbely writing," he said while insinuating that one particular guy there makes things very tasty.

I asked Locust if he wanted to end this article with one last message.

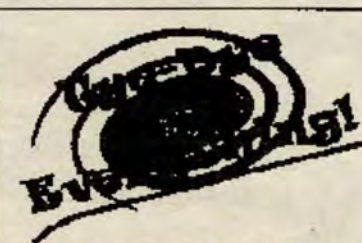
"Listen to Democracy Now; it is a very good source of news!" said Locust.

You can catch Democracy Now on our local university radio station, KUOI, 89.3 on your FM dial, Monday through Friday at 8:20am and 2:30pm.

By Eva Jo Hallvik, a massage therapist of bicyclists and all.



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Board of Directors Profile:

Mark Mumford

By Pat Vaughan

Mark closes his eyes, inhales the aroma of fresh baked artisan bread and a smile comes to his face. He loves the smells to be found in local bakeries; this essence of human sustenance, often a center of social gathering for conversation and celebration. You can see in his face and gestures that it was this genuine love that led Mark Mumford to be a driving force behind the idea for a seating area at the Moscow Food Co-op.

Mark is starting his second 3-year term as a Director on the board of our Co-op. He not only has a story of how he came to Moscow, but one about how he came to the United States. He emigrated from Bielsko-Biala on the southern border of Poland when he was six years old. His family first went to Israel, then settled in Chicago. Though Mark remembers little of Poland, his origins and early family life have left an imprint he says. Growing up in a Polish neighborhood in Chicago cemented his family and community heritage. He describes an affinity for the Polish culture he sees as serious, thoughtful and intellectual, prone to existentialist realism and poignant irony.

Encouraged by his parents to use his talent for drawing, Mark chose to study architecture at the University of Illinois, and worked as an architect for firms in Philadelphia and Chicago. He earned a Masters at Illinois and then a Ph.D. in Architectural History from University of Michigan in 1986. Thus began a career for over a decade as a professor at Iowa State University in Ames and at Ball State University in Muncie, Indiana.

Although he loved the interaction with students, Mark eventually became disenchanted with academic bureaucracy.

"As a teacher of architectural history and theory, I never felt like I had a 'trade' that the world appreciated, that could be useful, that made any difference." Mark decided to become an attorney and got his law degree at the University of Utah in Salt Lake City.

Mark met his wife, Cassie, when he taught at Ball State in Indiana. As he remembers it, he was with a friend at a coffee shop when Cassie overheard them discussing balsamic vinegar. She enlightened them on the wonders of that delightful elixir, and

she has been broadening Mark's horizons since. It was Cassie's profession that brought them to Moscow. Cassie is a psychologist at the Counseling Center at WSU where she also teaches psychology. When they get a chance, Mark and Cassie enjoy heading to Portland or Seattle for a "city fix" to explore cafes and restaurants.

Mark has a beautiful daughter, Anna, age 13, from a previous marriage. He and Cassie are expecting a child, a daughter already named Maia, due this



June.

I asked Mark what he would do if he had a day to himself—no work or chores. He would treat himself by getting in his little Honda with a couple good music CDs, open the sunroof and drive a curvy road to someplace to have a nice meal. What does he see himself doing in fifteen years? Practicing law he says, but not overwhelmed by the rat race. He adds that he sees himself working his entire life. He says it in a way that obviously shows it is a prospect he looks forward to—to always be productive and engaged.

What is important to Mark as he looks to the Co-op's future? He's reminded of a conversation that took place when he volunteered on a committee with the downtown revitalization effort. The Consultants identified various landmarks of civic, economic or cultural interaction, and the Co-op was noted not only as a business but also as a civic place. Mark is intent on maintaining the Co-op's vitality and its importance to Moscow as a civic place; a place where people can meet and eat and enjoy community life.

You might see Mark at the Co-op in some distant future, older and slower, still smiling over the aroma of fresh baked goods and a cup of coffee. There, and at a number of other cafes and coffee shops in a vibrant downtown, young and old will be gathered, enjoying conversation. That too will bring a smile to his face.

Staff Profile:

Becky Chastain

By Carol Spurling

I love magic. Not the "Hey, Rocky, watch me pull a rabbit out of my hat. Nothing up my sleeve!" kind of magic. I mean the little bits of magic the universe gives us every day when we are looking the other way.

Late one Friday night, as I was trying to get to sleep, thoughts of all the things that I had yet to take care of were floating through my head. One of those being setting up the interview for this month's newsletter. As I lay there, a thought came to me. 'It's Spring! I should find out who does the landscaping at the Co-op.' I was pleased to have taken a baby step towards completing one of my scheduled tasks and soon drifted off to a pleasant sleep.

Saturday morning, shortly after I had awakened, the phone rang. I looked at the caller ID, not sure if I was ready to face mankind yet. 'CHASTAIN BE' Must be a wrong number. I can handle that.

"Hello?"

"Hi. Is this Chris Stordahl?"

Not a wrong number. "Yes."

"My name is Becky Chastain. I do the landscaping at the Co-op. I was wondering if I could be profiled for the newsletter."

Like I said, I love magic.

Becky came to Moscow to attend the University of Idaho where she received a Bachelor of Landscape Architecture in 1995. She owns her own landscaping business aptly named Green Side Up. Starting with landscape maintenance, she was creating her own 'small designs' by 1994.

Becky is originally from Moxee, Washington, near Yakima. She said that the area is reminiscent of Lewiston. "Sleeping elephants: gray, bare." When she was in the 7th grade her family moved to the Seattle/Tacoma area. Although she has been a resident of Moscow since 1990, Becky has lived in Idaho since 1978.

Becky has always loved working with plants. What she enjoys most is creating enjoyable places and seeing people get excited about their gardens. Being somewhat of an instant gratification person myself, I wondered if she found that people were in a hurry to see their spaces filled. It was nice to hear that most people are willing to wait and allow the foliage to become a part of the space. If you have spent any time watching the transformation on

the south side of the Co-op, you will have seen this taking place.

Becky's goal in her landscape design at the Co-op was to create an area conducive to seating and introducing a sense of unity. She used a hedge to distinguish the seating area from the public space. A wonderful clumping grass called Durar fescue, which is drought-tolerant, combines with the hedge in establishing the 'bones' of the garden. These structural elements will blend with the more freeform growth of the Cotoneaster against the concrete wall and the grapevine, which will trail up the building's piping.

Community involvement is also important to Becky. She is the Renaissance Fair Food Booth Coordinator for the first time this year. She is also the Paradise Path Coordinator and has just joined the Hospice of the Palouse Board.

When not spending her time beautifying the general Moscow area, Becky likes to ski, knit and spend time with her kids. And congratulations are due! The night before this interview she was blessed with her fourth grandchild—a little girl named Laura Rose.

After the interview, we spent some time outside looking over her efforts at the Co-op. I must admit, I rarely use the south entrance. It's beautiful! Now that Spring has finally come to us, I would highly recommend spending some time sharing good Co-op food and drink with a friend or two surrounded by the magic of nature.

Chris Stordahl really wants a garden!



Producer Profile:

Stu Scott and Camas Prairie Winery

By Jackie Molen

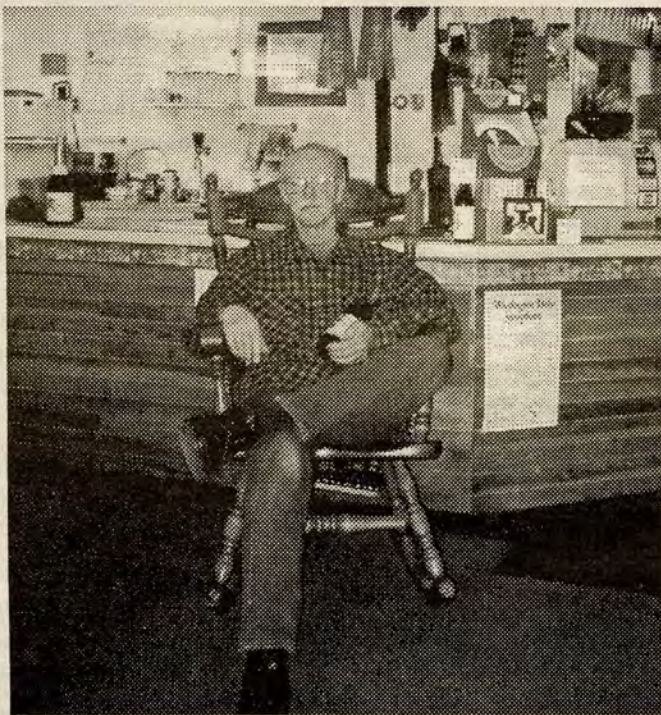
The first time I had been to the winery was when I first moved to town. And this time, it was just as I had remembered: wine bottles stacked on the wall, the white staircase leading up to the sitting area and, of course, Stu. The last time I saw him was when he was offering samples of his wine at the Co-op Taste Fair. He seemed sort of old-fashioned in a nice chivalrous way, and I was excited that I finally got to sit down and talk to him.

Before coming to Moscow, Stu lived in California. He was a civil servant with a winemaking hobby. He lived with his wife on a small vineyard that was composed of a few acres of land. Although they liked living there and business was good, they wanted to move to a place where it would be possible for them to spend more time raising their kids in a good environment. After looking around for awhile they ended up here in Moscow. They opened shop in 1983, which makes them the second oldest winery in the state.

Currently, Camas winery is in the process of changing their name to Camas Prairie Winery, but the name is the only thing changing. Mr. Scott still owns and operates it and it's still located on Main Street in downtown Moscow.

Whenever I go inside Camas Prairie Winery I notice how relaxing the environment is. There is a sitting area that seats twenty-eight, where people can visit and enjoy the wine and maybe have a little conversation. Wine is sold by the glass here. (When I'm old enough I might just come back and enjoy the ambience over a glass.)

Stu makes all the drinks himself right there. He has a large array of drinks including wine, mead and sparkling wine — and all the ingredients to make them are locally bought. When talking to Stu about making wine I was shown so many aspects of wine including science, history, and culture, that he made it sound like a beautiful art. It's an art he's obviously good at: on display in the shop are fif-



teen commercial awards he has received for wine tasting contests. In his store he also sells all kinds of wine accessories including glasses, corks, and custom-made labels — anything to enhance the wine drinking experience.

When the Co-op decided to open a beer and wine department, they came to Stu Scott for many of their needs. Apparently, word of mouth goes far in this town. He was more than happy to sell his products there. Stu is a firm believer in buying locally. He feels that by buying locally, you're making your community a better place.

Most of the time Stu doesn't use distributors to sell his goods. By doing it himself he is making more profit and can keep his prices low. The most expensive bottle at his store is seventeen dollars for a bottle of sparkling wine.

Another way that he gives back to the community is by recycling. If customers bring back their empty bottles they receive five cents and a credit toward their next purchase. Camas Prairie Winery also buys used bottles from Palouse Industries. After sterilizing the bottles, they can use them again.

During our interview Stu gave me some good advice. He said that your life should drive your job and not vice versa. He also said that, though money is important, whom you love and who loves you is most important. I took that to heart.

Jackie is suffering from spring fever, soon to be summer delirium.

Staff Profile:

Noel Jones

by Carol Price Spurling

In an ideal world, where babysitters are paid their worth in gold, Noel Jones would already have earned the money she needs to attend the art schools of her dreams.

"The schools I want to go to, The School of the Art Institute of Chicago, or the School of Visual Arts in New York, are very expensive, out of my league, and what money I have will probably only cover books. I know I'll have to get lots of loans and probably be in debt for the rest of my life," Noel said.

But Noel is working hard at two jobs in order to reach her goal of attending art school. She is an almost full-time deli server/dishwasher at the Co-op, and also works frequently as a babysitter for several children of Co-op members and employees. Her small charges include Avery, Corrina, Jhonna, and Lydia.

Noel's mother is a preschool teacher and so Noel has grown up around small children, and her enthusiasm for them shows. She's had to resort to using a dayplanner in order to keep track of all her babysitting appointments.

I warned her that once more people found out about her talent with children, she'd be in higher demand than ever. She admits she needs help learning to say "no," and also to learn how to use her time. She thinks perhaps more requests for her services will help her practice those things.

"I had to get the dayplanner when I forgot a babysitting job once," Noel recalled. "It works for me really well now."

Noel started working at the Co-op last July at age 17, after leaving high school before graduation, and now, at 18, she is still the youngest employee.

"I figured it was either Goodwill or McDonald's," Noel remembers, thrilled that the Co-op gave her a chance at her first job. She knows that having left school won't always go over well in the wider world, but plans on earning her G.E.D. (graduate equivalency degree) and knows that art schools understand that grades don't give a complete picture of the whole person.

"School has always been weird for me, I've been stereotyped as a weird artist and as the weird girl. I've always got in trouble for too much talking. The community isn't overly ac-



cepting of those types," Noel said. "Both my parents are teachers, and so it was hard for my mom at first, especially. But everyone has a different path, neither my brother or my sister wanted to go to college. I still want to go to school. If I had tried to make it through high school I would have ended up hating learning, but now I'm still excited about it."

Noel is also excited about sculpture although her work schedule doesn't leave her any time for art these days.

"I love clay, and I also draw a little with pen and ink and charcoal. I also like to do soft sculpture like felt dolls," Noel said.

Noel lives at home with her parents, and is very close to her family, who includes her older sister who is still at home, and her big brother who lives in Billings, Montana with his new wife.

"My older sister Sarah just turned 21. She worked for Americorps at the Moscow Day School but now she's planning on moving to Seattle. I'll miss her if she goes," Noel said. "My brother manages a skateboarding shop in Billings, but he misses home. He's a total mama's boy. He even admits it," Noel laughed.

Noel's not sure when she'll move out on her own, but in the meantime is glad for her first job and learning a lot at the Co-op.

"I really enjoy working here," Noel said, "and if I wasn't an employee I'd probably volunteer."

Carol Price Spurling is a Moscow writer and mom who is blessed with other mom friends who seem happy to take care of an extra child fairly frequently, in exchange for good karma.

Business Partner: Birthing From Within

By Sarah Walker

Just paint whatever comes to mind, and tell me when you're done. I won't watch." Judy Sobeloff sat me down on her living-room floor with a paintbrush. Although giving birth isn't part of my own life journey, I was about to experience "birth art," one of the first things Judy has pregnant couples do when they join her classes in the holistic birthing practice and philosophy called "Birthing from Within."

Birthing From Within is an approach to childbirth preparation and parenting based on a book co-authored by Pam England, a birthing educator and certified nurse-midwife, and Rob Horowitz, a psychologist. Drawing on birthing knowledge from many cultures, the authors guide parents to look inside themselves for the power and insights they already possess to meet the mysteries, surprises, and emotions of birth. Birth is a step in life's journey, a rite of passage, not just a "medical event."

After I'd filled my paper with long brush strokes in bright colors, Judy asked, what did my art tell me? My

painting surprised me. The colors and feel of a Moscow spring had flown out of my brush.

In Judy's classes, the participants make and discuss their birth art, "seeing things they hadn't thought of before." Judy says, "If I ask someone 'how do you feel about birth?' it's hard for them to answer me deeply. Doing birth art helps people access those emotions and articulate them." She sees herself as a mentor, providing options.

While practical information is a significant part of the class, "Women have to prepare for their birth in their heart and soul, not their head . . . giving birth is something a woman does in her body, not in her head," Pam England says.

Pain coping is another important part of Birthing From Within. Couples experiment with several pain coping methods in class, searching for their own best ways to cope. They practice the techniques while holding ice cubes, to simulate the pain of labor.

I tried squeezing ice cubes in my hand for one minute, the length of an average contraction. To get my mind off the cold lumps in my curled fingers, I could concentrate on my breathing (internal focus), or survey everything around me, using all my senses to look out the window, sniff the air, listen (external focus). I focused on the

room around me, and hung on.

"On a scale of 1 to 100, how much pain do you think you'd be feeling in active labor?" Judy asked me.

"Well, maybe, up to . . . 80?" I guessed.

"And what would you be doing, at 80?" she asked.

"Breathing, trying to find something distracting to focus on."

"OK, now, what if it went up to 90—what would you be doing then?"

"Writhing and screaming," I answered, recalling the very worst cramps I'd ever had.

We think of "bearing" pain. When asked to imagine even greater pain, we have to consider other levels of possible behavior, as during labor. We have to call on inner resources we may not know we had. Birthing From Within teaches this.

Judy trains with Pam England, through classes, readings, studies, and writing papers. Her next class, at her home in Moscow, starts May 10. For information, call Judy at 883-4733. Co-op members receive a 10% discount.

Judy grew up in Maryland. She and her husband Fred Gittes, who teaches physics at WSU, lived in Seattle and Nashville before settling in



Judy Sobeloff mentors couples in the holistic birthing practice called "Birthing from Within."

Moscow. Daughter Jonna is 17 months old. Like many people who move to Moscow, Judy remembers the Co-op from her first visit: "It seemed so kid-friendly, I felt so welcome." Now, two years later, she still remembers the very people she talked with, on that first visit. From spending one enjoyable afternoon with Judy, I found her to be a very caring person, and I bet she remembers each person she works with in all her Birthing From Within classes.

Sarah's own birthing experience is limited to staying up all night with heeler dog Pika, whose seven babies were all born white, and who grew up, got their regular heeler colors, and now live all over Latah County.

Letter to the editor

At least one coop shopper is happy because Hansen Diet Soda with Splenda is now taking up space on limited coop shelving.

Unfortunately no one has taken the time to review the product information about chlorinated sucrose, aka "Splenda".

Hopefully this information will be made available to shopper's looking for their fix of excitotoxins, where perhaps now real natural food will find no place to call home.

According to the research of neurologist Russell Blaylock MD, these products over-stimulate and over-excite neurons, causing them to die. He finds they are addictive, and are unsafe for everyone, including diabetics. His work can be found in his ground breaking book, *Excitotoxins The Taste That Kills*.

Thanks for the opportunity to comment,

Gayle Eversole

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Defend Yourself Against Health Fraud

By Chelsy Leslie, RD

Health information is everywhere! TV, newspapers, magazines, radio, internet ... everywhere you turn there are products and services marketed to improve your health, your appearance, and your life! Most people are searching for fast results and are enticed by health remedies that promise dramatic results. Products that claim, "Will cure fatigue! Lose weight while you sleep! Prevent aging!" sound a lot more exciting than "Eat your fruits and vegetables, be physically active everyday, and eat in moderation."

However, many health remedies really don't work. Some do not produce any results and can actually be harmful. We waste a lot of money on unnecessary and harmful health remedies. Instead of using your money on the latest unproven herbal supplement, spend it on plenty of fresh fruits and vegetables that have amazing health benefits! Read on for tips on guarding yourself against health fraud.

Ask these questions to spot a fraud:

1. What are the credentials of the person offering the advice? Many doctors write books and sell supplements, but may actually have very little nutrition training. Also, keep in mind that the title "nutritionist" may be used by people who have taken a just few classes or have studied areas of nutrition on their own. The most reliable source for nutrition information is someone, such as a Registered Dietitian, who has completed a degree in nutrition at an accredited university.

2. Do they offer proof for the product or service based on testimonials, rather than sound science? You may be drawn in by phrases such as "It changed my life! It will work for you too!" or "I lost 10 pounds in 2 days!" Testimonials can make claims sound extremely convincing, especially when before-and-after photos are included. However, they do not prove the product will work or will be safe. Health remedies should be backed by scientific evidence from extensive research.

3. Do they promise quick, dramatic results rather than long term success? If it sounds too good to be true, it probably is!

4. Are they selling supplements that must be taken in combination with their

diet? Unless the supplement is supported by nutrition research that shows the need for a specific nutrient, most people don't need supplements. If you are worried you aren't getting enough vitamins or minerals, a simple multi-vitamin that doesn't exceed the recommend daily allowances (RDAs) can help fill in some of the gaps. Keep in mind that large amounts of nutrients can be harmful. In addition, be cautious about herbal supplements. Although they sound natural, some herbs can be dangerous and some interact with medications.

5. Are whole groups of foods omitted? Or are there magic foods that must be eaten daily? A healthy diet includes foods from all food groups – grain, vegetable, fruit, dairy (or equivalent), and protein groups. Omitting one group limits important nutrients supplied by that food. And, unfortunately, there are no magic foods.

6. Do they fail to tell you the side effects and negative aspects of their product? There are positive and negative aspects of every food and supplement. Make sure you know what you are taking and how it can harm you before you hand over your money. Ask if there are any health risks.

7. Do they make unrealistic claims, such as "reverses the aging process," "melts away fat," or "quick, easy approach?" Unfortunately, nothing is that simple.

8. Look for these words and phrases to identify a health fraud:

- ◆ ancient
- ◆ breakthrough
- ◆ discovered in Europe
- ◆ cure
- ◆ effortless
- ◆ guaranteed
- ◆ miraculous
- ◆ new discovery
- ◆ quick
- ◆ secret

Have a food or nutrition question?

Email: <crleslie123@hotmail.com>.

Chelsy Leslie is a Registered Dietitian interested in public health and disease prevention.

Rarebits without Rabbits

By Jen Hirt

I realize my title sounds like the name for the latest activist group, ready to take to the streets in rarebit-rabbit solidarity. Although I like to imagine the protestors nose to nose with the Rarebits with Rabbits counter-protestors, the title simply refers to a delicious cheese-and-bread main course that once required rabbit meat.

Supposedly, the traditional dish known as Welsh Rarebit – a rich cheese sauce over a hearty slice of bread – was really intended to be Welsh Rabbit. However, as

the folklore goes, a Welsh hunter failed in his attempts to snare the elusive "prince with a thousand enemies" (rabbit reference courtesy of *Watership Down*). Arriving home empty-handed, the hunter faced a displeased wife and her saucepan of cheese sauce, seasoned with mustard, stirred through with sherry, warm and ready to be poured over a thin slice of rabbit haunch. Not about to let the sauce go to waste, she served it over thick slices of toasted bread. Turns out it was pretty good, and the dish known as rarebit was created. Rabbits everywhere rejoiced.

Other sources, less storybookish, simply claim that *rarebit* is a misspelling of *rearbit*, and a rearbit is a savory tidbit (cheese) served as dessert. So a Welsh Rarebit dish, in that scenario, is a dessert cheese sauce slightly re-seasoned as a main course.

Regardless of origin, Molly Katzen, author of *Still Life with Menu*, has an excellent rarebit variation:

Spinach And Mushrooms In A Sherry-Cheese Sauce

4-6 servings

1/4 pound fresh spinach, stemmed, cleaned, dried

2-3 garlic cloves, minced
1-2 tbsp. butter
1 tsp. salt
1 pound coarsely chopped mushrooms
black pepper to taste
1 tbsp. flour
1/2 cup dry sherry (or brandy)
2 tbsp. Dijon mustard
1/2 pound grated cheddar cheese
2-3 tbsp. minced fresh parsley
4-6 thick slices of bread (8-12 slices of baguette)



After the spinach has been stemmed, cleaned, and dried, chop it finely and set aside.

In a saucepan large enough to eventually hold all the ingredients, sauté the onion and garlic in the butter over very low heat for 5-8 minutes. Add mushrooms and black pepper. Increase heat to medium and stir for 5 minutes.

Reduce heat to low to add the flour: sprinkle it and stir constantly. Cook 5 minutes.

In a small bowl, whisk the sherry and mustard together. Add this to the saucepan. Stir, cover, and cook 10-15 minutes.

Next, turn the heat down as low as possible. Simmer, without stirring, another 10-15 minutes, so the sauce can thicken.

Finally, add the cheese and spinach, stir well, and cook another 10 minutes, until the cheese melts and the spinach wilts.

Serve immediately over toasted bread, topping each serving with parsley.

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

Umeboshi

by Jackie Miyasaka

Have you ever noticed the shriveled, red, 1-inch balls in small jars in the Asian ingredients section at the Co-op? They are called umeboshi in Japanese (OO-meh means 'plum' and BOH-shee means 'dried') and are often translated as 'pickled plums,' but they actually come from a species of apricot tree. The pink blossoms of this tree, which later become fruits, are one of the signs of spring.

These green plums are completely different from the sweet variety that we know here. Fresh from the tree, they are bitter and inedible. To pickle them, the Japanese cure them in sea salt for a few weeks, which releases their juice. Then they are packed with salted red *shiso* leaves (perilla plant) and marinated for another month to impart a red color. Finally they are removed from the brine. They are left on a bamboo mat in the sun during the day with the brine in a pot so that the plums cure and the liquid concentrates. At night the plums are returned to the brine. This sun drying process is repeated for two more days until the umeboshi are ready to be packed in storage containers. They can be stored for a year or two in a sealed container in the refrigerator. People used to make umeboshi at home, but now commercially made umeboshi are the norm.

Pickled plums taste very tart and salty. They were first used in Japan a thousand years ago as a medicine. The samurai ate umeboshi to combat fatigue, and throughout history, umeboshi have been used as a cure for vomiting, intestinal worms, fevers, coughs and colds, and even morning sickness. Today the older generation still says, "An umeboshi a day will keep the doctor away." In fact, there is quite a lot of scientific evidence to support the benefits of eating umeboshi. The alkalinity of umeboshi restores balance in the body when it is in an over-acidic state. Their catechin acid stimulates the secretion of saliva and gastric juices, activating the digestive system. The citric acid increases metabolism and assists the absorption of calcium in the intestine. The pyric acid enhances liver function. In addition, umeboshi act as a sterilizer and antibacterial agent. They contain organic acids that can kill bacteria, so an umeboshi is usually included in Japanese lunchboxes as a garnish on rice to prevent food poisoning.

Umeboshi alone can be overwhelmingly tart, so I recommend that

you begin by trying these recipes, courtesy of my relatives in Japan:

Umeboshi Dressing

- 1 umeboshi, pitted and finely chopped
- 2 tbsp. rice vinegar
- 2 tsp. sugar
- 2 tbsp. virgin olive oil
- 1 tsp. soy sauce

Mash the umeboshi with a fork to make a smooth purée. Stir in rice vinegar, sugar, olive oil, and soy sauce. Serve the dressing over salad greens.

Chicken and Okra Salad with Umeboshi Purée

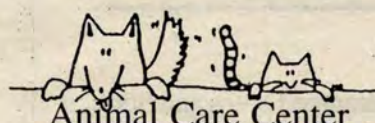
- 10 okra, blanched and sliced into 1/4-inch rounds
- 1 cup boiled and shredded chicken breast (about 1/2 a small breast)
- 2 umeboshi, pitted and finely chopped
- 2 tsp. soy sauce
- 1 tsp. mirin (Japanese sweet rice wine)
- 2 tbsp. balsamic vinegar
- Salt and pepper to taste
- 1/4 tsp. honey

Mash together the umeboshi, soy sauce, and mirin until it becomes a smooth purée. Add the vinegar, honey, okra, and chicken. Stir well. Eat as a salad accompaniment to rice.

Umeboshi with Rice

- 3 cups hot cooked rice
 - 3 umeboshi, pitted and finely chopped
 - 2 tbsp. toasted sesame seeds
 - 2 tsp. vegetable oil (optional)
- Toss the hot rice with the other ingredients. The oil makes the rice smoother and easier to mix. Serve hot with a cup of green tea.

Jackie Miyasaka is a Japanese-English translator who lives in Pullman.



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Large & Small Animals

Nancy Maxeiner, D.V.M.



And Again, Another Thank You

Annie Hubble

We had another fundraiser for Chantra's medical account in April: a concert/dance/silent auction on a Friday evening and a yard sale the next morning. More fun was had and more money was raised. Steptoe played wonderful music for us and I do appreciate their giving of their time and talents. The raffle for the beautiful quilt made and donated by Kristin Jones was drawn, and Carmen Wilbourn of Pullman won. Congratulations, Carmen and thanks to everyone who participated.

So many people helped to put the whole thing together, but once again I particularly want to thank Lee Anne Eareckson and the High school for helping so much. I also want to give special thanks to the Moscow Food Co-op and particularly the board for donating money raised from the an-

nual membership meeting dinner to Chantra's fund.

Many of us have worked hard during these months of fundraising, but thanks to this amazing community, we have reached the point where I can take my daughter to a specialist for treatment. As I write this the date is as yet not set, but we will be going soon. As I have warned many people, there is no guarantee that the procedure will relieve Chantra of pain, but of course we have to try. We will not know if it has been successful or not for a couple of months after the surgery. I will let you know as we know.

Thank you Moscow and surrounding area for all your help. I say it once again: this is an amazing place and I feel lucky to be living here amongst such good hearted and generous people.

CO-OP BAKERY SCHEDULE

EVERYDAY - BREAKFAST

Muffins, Scones, Cinnamon Rolls, Fruit Bread, Coffee Cake

SUNDAY

Cinnamon Raisin Swirl
Whole Spelt
Cornell White
Pesto French
Bakers' Choice
Daily Wheat
Crusty French Baguette

WEDNESDAY

Honey-Butter-Oat
Cornell White
Seeded Sour
Bakers' Choice
Focaccia
Norwegian Farm Loaf
Daily Wheat
Crusty French Baguettes

MONDAY

Honey-Butter-Oat
Cracked Wheat
Caraway Sour Rye
Bakers' Choice
Focaccia
Daily Wheat
Crusty French Baguette

THURSDAY

Buttermilk Bran
Country White
9-Grain
Bakers' Choice
Rosemary Bread
Sweet Black Rye
Sourdough
Daily Wheat
Crusty French Baguettes

TUESDAY

White Spelt
Country White
Sunrise Sourdough
Multi Crunch
Bakers' Choice
Daily Wheat
Crusty French Baguettes

FRIDAY

Honey-Butter-Oat
White Spelt
Bakers' Choice
Rsted Red Pepper & Asiago
Focaccia
Challah
Sour Rye
Daily Wheat
Crusty French Baguettes

SATURDAY

Honey-Butter-Oat
Sour Rye
Country White
Daily Wheat
Crusty French Baguettes
Seeded Sour
Bakers' Choice
Sprouted Wheat
Sunrise Sourdough
French Bread Sculptures

PESTO CHEESE ROLLS - EVERYDAY!!

Gardening

Gardeners: Start Your Engines!

By Patricia Diaz

Here are some excellent resources available for this upcoming season's gardening. Next month, I'll discuss Gina Gormley's intriguing 'bermese' garden.

A recent bulletin from WSU's Cooperative Extension featured several excellent publications, all applicable for our gardening needs. The first book is called *Sustainable Gardening: The Oregon-Washington Master Gardener Handbook*. As many of you know, master gardeners have done a great deal of studying and have a tremendous amount of practical experience to offer us. This book contains "the best science-based information for understanding what is happening in your Pacific Northwest lawn and garden". The chapters cover: botany basics, soils and fertilizers, plant propagation, pruning, composting, water quality, vegetable gardening, herbaceous ornamentals, woody landscape plants, home orchards, berry crops, lawns, houseplants, basic entomology, plant disease, diagnosing plant problems, weed management, vertebrate pest management, understanding pesticides, integrated pest management, and plant identification. It sells for \$29.

Author Toni Fitzgerald, mentioned before in this column, has been a member of WSU's Spokane County Extension faculty since 1985 and has worked for the Master Gardener Volunteer Program since 1979. She has several books available from the Extension. One is *Landscape Plants for the Inland Northwest: Including Native and Adapted Plants*. This little book (only \$10) features plants either native to the Inland Northwest or adaptable to our soil and climatic conditions. Ms. Fitzgerald lists perennials, ornamental grasses, ferns, vines, rock garden plants, groundcovers, shrubs, and trees that would do well in our area.

Also by Ms. Fitzgerald is *Gardening in the Inland Northwest*. An extremely reasonable book at only \$12, this one is especially written for the climate and seasons typical of the area east of the Cascade Mountains. It lists local frost dates and growing seasons in 60 towns in Washington, Idaho, Or-

egon, and Montana. There is also information on planting and harvest dates, how to start seeds indoors, how to accomplish frost protection, and information on common bugs and diseases.

Other books available from the Extension are *Roses for the Inland Northwest*, (\$6), *Fruit Trees for the Inland Northwest*, (\$6), *Berries for the Inland Northwest*, (\$6), *Perennials for the Inland Northwest, Volume I*, (\$6), *Perennials for the Inland Northwest, Volume II*, (\$6), and *Landscaping with Native Plants in the Inland Northwest*, (\$6). You can order any of the above publications online at < <http://pubs.wsu.edu/> > or call 1-800-723-1763.

If you are interested in obtaining not only organic seeds, but heirloom seeds as well, here in the West there are several good sources. The Moscow Food Co-op carries one brand: Seeds of Change. This company is ten years old and sells only organically grown seeds. They specialize in beans, chilies, corn, and sunflowers. One such specialty is the 'Jack in the Beanstalk Bean,' a European heirloom that you eat fresh or let dry for soup beans. See them at < <http://www.seedsofchange.com/> > and start dreaming about your upcoming garden. Then you can their seeds at the Co-op and not pay shipping charges.

Bountiful Gardens is another company that features open-pollinated, untreated seeds. The seed production part of the company is actually part of Ecology Action, a nonprofit organization specializing in bio-intensive vegetable gardening. They feature rare vegetable and herb varieties. One

is 'Madras,' a 'podding' radish that has sweet, edible pods. See them at <<http://www.bountifulgardens.org/>>.

If you're into culinary and medicinal herbs, then Nichols Garden Nursery is for you. They also sell gourmet and specialty vegetables. See them at < <http://www.nicholsgardennursery.com/> >. They have a really cool catalog with lots of other things like supplies for making wine and beer, plus flower seeds and interesting culinary tools.

If you love Asian vegetables, you'll want to investigate Evergreen Y. H. Enterprises. This company sells all kinds of Asian vegetables, including winged beans, pickling melons and edible rape, 'Chin Gu,' which bears leaves and flowering stalks to use in stir-fry dishes. You can see their offerings at < <http://www.evergreenseeds.com/> >. (Note: this website does not claim to have organically grown seeds.)

Lastly, Garden City Seeds specializes in sustainable vegetable varieties for areas with short growing seasons. They have many early-harvest vegetables such as corn, squash, melons, peppers, and tomatoes that can be difficult to grow here if we have a long, cold, wet spring and an early autumn frost. They feature a dwarf corn developed in Alaska called 'Yukon Chief' that bears ears five to six inches long in only 55 days.

Pat Diaz lives and gardens about an hour east of Moscow. She is enjoying the beautiful sights of early Spring which include the flowering serviceberry bushes and the arrowleaf balsamroot.

Spray or No Spray?

By Bob Goodrich, Moscow Health and Environment Commission Member

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

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

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

Spraying may occur near your property, with no prior notice. Any residents who do not wish to have their residences sprayed, for any reason, and are willing to control weeds themselves, can call Mike McGahan at the City Street Department, 883-7096, to be put on the city's "no spray" list.

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Matenwa Spring

By Nancy Casey

Spring has come to Matenwa, this inside-out world on the island of Lagonav just off the coast of Haiti. And in its inside-out way, spring means that it's not so deadly hot and so the earth is coming alive again.

The fertility of the tropics—even in a place as environmentally ravaged as this—is astounding. After 3 nights of thundershowers, the entire landscape was transformed. Leafless, drought-stricken trees had produced, not buds, but whole new leaves. Rocks are moss covered, and you can practically see the grasses and tree seedlings gobbling this wet nourishment and pushing up taller and taller.

Every morning at dawn I can hear the people tilling the mountainsides by hand to plant. Four grains of peas, three grains of beans into each hole, Brigina tells me. She is in the fields all day following men with hoes, a sickle (sapat) in her hand, scratching the ground and planting. Long skirt, kerchief—she looks like a 16th century French peasant. But she is a 20th century Haitian peasant, so exotic to me, and as common as the dirt that doesn't ever quite produce enough to fill the bellies of the people who live on it.

Everyone is happy. One man explained, "We plant and plant and all we can think of is that the corn is coming up and we're not going to be hungry." Nobody mentions that it didn't rain enough last year and the corn crop failed. Nor, as they enthusiastically plant millet, that hardly anyone actually harvests a millet crop anymore. There will be plenty of time to be hungry, this is the time to be happy. And much of that happiness is reflected in Rara season.

Anthropology books say that Rara is a celebration of the 'Voudou lwa' or "spirit" of sex and death. That's not what Haitians told me. They said that I would never see people dressed so beautifully, that the music would be wonderful, and that we would dance and dance. Rara bands with drums and home-made horns of tin, PVC pipe, and bamboo, ply the countryside, playing and dancing for money, eating when a house will feed them, and crashing and sleeping when they are too tired to go on. Anyone who is not too young or too old to stand up (or too religious to participate) follows the band. The dancing is, well, R- to X-rated, with mostly girls and women dancing together and men and boys

strutting like roosters trying to get their attention. I go with girlfriend bodyguards who demand money from all the men who want to dance with the white woman, and that fends them off quick, because nobody has more money than will buy a couple of candies to keep them going for a little bit longer.

When a Rara got to Brigina's house yesterday, she was in the field with her sapat and pockets full of corn and beans. She cackled and waved and I ran out to her. We danced a little bit there, and I slipped her \$20 Haitian—about three dollars—to pay the band to dance at her house. She walked over to where the band was assembled with the same dignified disinterest she displays when she's bargaining over a sack of mangoes.

When the negotiations were finished, she pulled me to her side. Three majonjon, male dancers with several dozen kerchiefs dangling from their belts and batons in their hands, pushed the crowd away in a big circle. The majonjon stepped forward and passed their batons around our necks and danced for us, graceful and intense, shimmying their colorful hips, and twirling their batons.

The most beautiful thing I've ever seen? Maybe. There are plenty of people at the Ren Fair who could out-dazzle the majonjon in the clothing department, but in contrast to all my friends and neighbors here in their usual rags, they were stunning. Standing among them, with the proud and beautiful Ina at my side as the sun was setting, listening to the throbbing, haunting music, looking with them at the most beautiful thing they had ever seen, how could it not be one of the most beautiful things I had ever seen? When the dance finished, they mopped our brows with their kerchiefs. The music kept playing and Ina grabbed my hand and we danced and danced.

"Hurry, hurry!" she said, "Next they are going to Eliann's house!" My girlfriend bodyguards surrounded me, we started our hip-swiveling march down the dirt path, and at the top of the hill I turned around to watch Brigina—back in the field with her sapat. Three grains of beans, four grains of corn, and maybe this year we won't be hungry.

In Matenwa, since January, Nancy Casey returns to Moscow at the end of May. She has email now! Write her at: <Nancy@turbonet.com>

Letter From the Land: Being Here Now

by Suvia Judd

Today was a lovely spring day in mid-April, and in the spirit of "being here now," I spent some time just wandering around the yard seeing what was coming up and coming out.

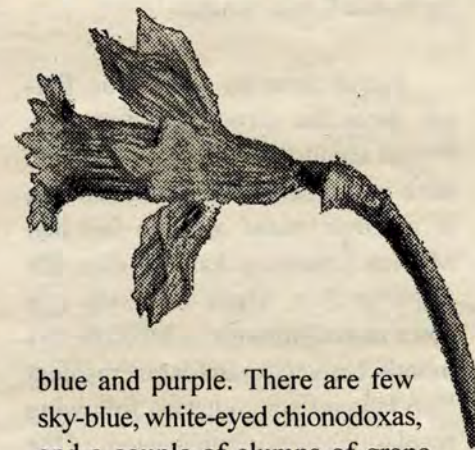
We have a lot of daffodils. The earliest ones are the King Alfred variety: large, long-trumpeted, bright, almost aggressively yellow flowers that are commonly sold for naturalizing in masses. I like them, but I also like their more delicate forebears. Up around our vegetable garden, near where the original barn once stood, there a scattered clumps of daffodils with moderate yellow, narrow trumpets surrounded by very pale

yellow petals, each with a half twist. These come up among the wild

roses and look quite a lot as I imagine King Alfred's purely wild forebears looking.

Nearer the house, under a walnut tree, are some similar ones, a little brighter, a little shorter-petalled, which we rescued from a yard in the path of construction a few years ago. And beyond them, on the edge of the orchard, there's a dense clump of early narcissus whose flowers have rounded petals forming a flat circle backing a smallish, delicately orange cup. Under the spreading branches of the big spruces are some of the one hundred 'daffodils for naturalizing' mixture we planted in the eighties. There are some more of these outside the window in front of me here, including those that begin bloom with a pale greenish yellow trumpet but ripen to an even, creamy white. There a few Poeticus types coming along now; next to come out will be the gaudy flat cups, and the tiny, branched narcissi with the heavenly perfume; and then, very late in the season, the true pheasant eyes: small-bloomed, with recurved petals and tiny, red-rimmed green eyes.

Backing up all these shades of yellow and orange there are spots of



blue and purple. There are few sky-blue, white-eyed chionodoxas, and a couple of clumps of grape hyacinths just coloring up, and rafts of vinca beginning to display their lavender-purple blooms in the old cherry orchard. The purple violets, once confined to the front yard but now appearing here and there in the lawn and flower beds around the house, are coming out of bud. Next to the warm, south-facing foundation some deep blue-purple hyacinths have returned; perhaps they will last till the first red tulips come out.

The green, honey-scented flowers of the Norway maples glow as if the sunlight were always behind them. The yellow forsythia is holding its own as the pale pink cloud of flowers on the volunteer red-leaved plum tries to upstage it. On the far edge of our old nursery the various other plums are screening the street beyond with a veil of white.

The peonies by the back door are showing bud; the rhubarb is suddenly aggressively present; the lovage is pushing out dense green fronds on narrow red stems, and the raspberries are suddenly leafed out and reminding me to stake them. In the yard there is, for me, always the tension between noticing what needs doing and just enjoying. But today even the trash left by the receding

tide of winter does not bother me, and I savor the pointy-ended grass of all lengths, not yet chopped off into a lawn.

Happy Spring!



News from the West

By Auntie Establishment

Forget about the war in Iraq. Forget about the dismal stock market. Forget about the budget crises, both state and federal, the continued rise in unemployment, and the fact that Monica Lewinsky has her own TV show on Fox. There was only one news item of interest in Moscow this month: University of Idaho President Bob Hoover's resignation following revelations of mismanagement of the university's finances.

I'm not interested in trying to understand the minutiae of the boondoggle that took place between the university and the UI Foundation. I'm not an accountant—though I have managed accounts—and I'm not an investigative journalist—though I am a curious writer. It's clear that monies were loaned, borrowed, and lost, and accounts were created, juggled, manipulated. There's nothing new here. We've heard this story before: *The Amazing Tale of the Incredible Cock-Up by the Big Wigs in the Front Office.*

I'm not one of Bob Hoover's detractors; neither am I one of his fans. Frankly, I'm in no position to judge what he has or hasn't done for the university during his tenure. Already his friends and associates have raced to the newspapers to laud his achievements. His resignation is tragic, they say, and his departure a great loss to the state and the community. Private donations tripled during Hoover's presidency. Student enrollment broke records. He oversaw new construction, worked to raise faculty salaries, and introduced a new core curriculum. All fine things which nobody can deny, but before we break into a rousing chorus of "For He's a Jolly Good Fellow," I think it's fair to say that ideally a university president should leave the institution in better shape than it was in when he arrived. And that's not the case at the University of Idaho.


I don't say this to kick Bob Hoover when he's down. At this point it wouldn't matter if his tenure had produced Nobel Prize winners, a raft of Rhodes scholars, and a cure for the heartbreak of psoriasis—on his watch the university's finances, credibility, and reputation imploded. I hope this

state of affairs is only temporary, but this is why he resigned, and this is the first and perhaps the only thing people will remember about his presidency. Maybe he was a great guy and a visionary leader. Three years ago, so was Kenneth Lay. Does anyone recall now that Kenny-boy took a small Texas gas company and turned it into a multi-billion dollar empire?

Thanks to this financial scandal, the university's ass is firmly in a sling. What effect will the Foundation's mismanagement have on its ability to raise funds? Who would want to give them more money? Better to take that endowment down to the Clearwater Casino and waste it showing yourself a damn good time. And what will happen to the university's budget requests in the state legislature? Even in boom times, Idaho is a penny-pinching state, and our commitment to education has never been stellar. Over the next couple of years, the outlook for the U of I is going to be pretty bleak. A school that can pour twenty-eight million down a rat-hole in this fiscal climate is in a poor position to make the case that it needs greater funding.

As I recall, BSU and ISU already have more students than the U of I. Does anyone think that they won't achieve funding equity? We've just handed it to them on a very expensive platter. I don't envy Bob Hoover's replacement. There might be nowhere to go but up, but it's a long ladder, there are a few rungs missing, and the guy who's supposed to be holding it steady has gone off to fly a kite.

Auntie Establishment is the alter ego of Joan Opyr, a Moscow area novelist. She can be reached by email at <auntiestablishment@hotmail.com>.



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Our Own Private Iowa (and Idaho)

by Carol Price Spurling

While you're reading this paper, my two-year-old and I are visiting my parents at the Iowa farm where they live. We'll be eating and sleeping in the same house where my mother was born, and where I visited my grandparents when I was young. I persuaded my parents to move back to the farm last year, after a series of family financial transactions left me the owner of the house and in need of a good tenant. My dad is a compulsive fixer-upper and I knew nothing would be better for the place than to install my parents in it.

I thought I was just being a smart landlord but I've found it more profound than I expected, taking my son to visit his grandparents at a place which has been more constant in my life than anywhere else. My childhood memories there are as deep as the track my grandfather wore through the yard, walking from the house to the barnyard for chores several times a day, year after year. Homegrown strawberries, pigs, corn: all mean way more to me than they probably should. I've written before about wanting my son to grow up in a spiritual community as I did, and in a similar way I want him to grow up knowing the same dirt that I knew as a child. This is not to say, although some do, that Iowa dirt is superior to other dirt. It is simply the dirt I know best.

My husband and I tried living in Iowa for a while, before we became parents. We found that Iowa is too far from the ocean and the mountains which are my husband's familiar places. And, childless in a family-oriented state, we didn't feel we had much in common with the people in my grandparents' and parents' hometown except that folks knew and respected my family names, and could look at my face and say, yes, she's a Draper. That counted for a lot, but still we fled out West, where almost everyone we knew was from somewhere else and no one wondered why we didn't have children yet.

Our son Reed was born in cool, rainy, Southeast Alaska. Although I thought I loved the generously wet climate there, and although I truly did

love the quirky but wonderful Alaskan people, the ache of love for my son was soon joined by an ache for hot summers, snowy winters, and all the other trappings of my Iowa childhood.

I couldn't imagine raising a child unfamiliar with the chlorine smell of an outdoor swimming pool, the smell of a freshly mown alfalfa field, the taste of fresh sweet corn and home-grown tomatoes. I wanted Reed to wake up in the blue attic room I love, to the call of mourning doves and red-winged blackbirds, and to look out the window at a field of soybeans stretching to the horizon.

As an Alaskan child, Reed would have loved the smell of the beach at low tide, the taste of grilled blackcod collars, abalone, and halibut cheeks. He would have grown up comfortable trolling for salmon in a skiff, wearing his survival suit, understanding the tides and knowing where rocks lurk just under the surface of the frigid North Pacific. Those are all very good things. But I'm not familiar with them, and never will be, much as I enjoy the taste of fresh abalone. I hope Reed will forgive me for trundling him off to rural Idaho instead.

Now we've found the best of both worlds in our new and permanent home. We're close enough to introduce Reed to the Rockies and the Pacific, but I can still smell the fields and dirt, raise my own garden, and go barefoot (theoretically) for 3 months of the year.

Is it too self-centered and sentimental to want your child to love what you have loved? You bet. But I can't stop myself from trying.

Carol Price Spurling's mother is a Draper, and their family has farmed the same land in Melrose Township, Grundy County, Iowa for about a hundred years.

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On the Water Front: Why Proper Pricing of Water Matters

By Dianne French

Over the past several years, I have read numerous books and articles on water conservation and water efficiency. I like the phrase "water efficiency" because it suggests the true meaning of these often-interchanged terms: "Doing the same or a better job while using less water." There are many "conservation" devices available now that fit this description. For example, several years ago we traded in our 10 gallon-per-minute flow showerhead for a 2 gallon-per-minute device. The change gave me a more soothing, satisfying shower and it reduced water consumption for my average 5-minute shower from 50 gallons to 10 total. Absolutely a win-win situation.

Personally, I am highly motivated to make such changes because the future of our water supply is of utmost importance to me. However, there are many for whom this issue is not on the radar screen. They have many other important things to consider in daily life.

How, then, does a community with a declining groundwater supply institute significant change in order to achieve sustainability of this public resource?

Of course, many things have been tried in many places. Ordinances may be written about how, where, and when water may be used. This is seen in even-day/odd-day outdoor watering schedules or rules for the time of day one can set sprinklers. Outdoor water use accounts for about 35% of Moscow's annual water consumption and changing our irrigation habits would be beneficial. However, enforcement must follow legislation and is expensive. We also open the door for additional regulations for the "exceptions" or "variances" people create when the rules don't fit them.

My reading on this subject has led me to conclude that proper pricing for water sends a strong message about the value of water and allows people to make better choices. Reducing peak (summer) water use is extremely cost-effective since infrastructure is built to meet the maximum peak demand (McKenna, J., PBAC 2000 Annual Report). Water rates can and should reward efficient water use and penalize water waste. All too often it is only the bottom dollar that will get some customers' attention.

Once the City has the customer's attention, it is a short step to help them move toward water efficiency. Proper

pricing can help avoid additional layers of bureaucracy. A simplified version of "tiered" or "inverted" pricing is to establish a base rate that will allow the water utility to function, maintain infrastructure, and meet fixed operating expenses. Then a "consumption" charge is added to the base rate to determine the total fee. If this sounds familiar to you, it's similar to our current system. But, there is a twist. If you are a water-miser, you would pay a low per-unit rate. If you are reasonable in water consumption, you would pay a reasonable rate. If you consume water beyond reasonable science-based statistics, your per-unit rate is higher yet. If you waste water, you pay a lot per unit. Because many people will initially conserve water in order to keep their water bill at a reasonable level, some utilities see revenues decline to where they cannot function and this situation must be avoided. But if careful modeling is done, such a structure can be implemented without too much discomfort for either the utility or the customer.

My favorite part about this type of system is that it allows each person to determine how they will utilize the community's resource while providing a reward for conservation and a disincentive for wastefulness. Those who enjoy long showers could offset them by seldom washing the car. The sports car enthusiast can wash the car often, but take shorter showers. Someone with a disabling medical condition relieved by swimming laps in a home pool can do so, but may choose to convert parts of the yard to native or xeric plants that require little water. In other words, we each could make choices on what the highest value use of water is for us, while still being encouraged to live within our water means.

Dianne French is a co-founder of the Palouse Water Conservation Network.

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The Moscow Civic Association

by Lois Blackburn

The monthly door prize at the Moscow Civic Association meeting on April 14 was appropriate: a check from the Association for \$30, to be given to the winner's public school teacher of choice for classroom enrichment or supplies. The topic and intent at that meeting was support for the Moscow Public Schools.

The program was a panel discussion on the future of Moscow's public school facilities. Announcements preceding the panel included introduction of two candidates for vacancies on the Moscow School Board: from Zone 5, Margaret Dibble; from Zone 2, Keely Mix.

The panel members were: Bill Goesling, systems engineer, chairperson of the School Board, and veteran member of the Facilities Committee; Nels Reese, University of Idaho professor of architecture and new member of the Facilities Committee; Dr. Candis Donicht, Moscow superintendent of schools; and Scott Hume, a student at Moscow High School.

With a view toward giving the audience as much information as possible, the panel described the newly-reconstituted Facilities Committee, which has 24 members from various parts of the community. The goal of the Committee is to collect as much community input as possible, then work toward a consensus about the best possible solutions to facilities problems, given existing constraints.

These presentations were followed by a question-and-answer period, during which those in attendance showed lively and concerned interest.

The next meeting of the Moscow Civic Association will be Monday, May 12 at 7 p.m. at the 1912 Building. This meeting will be for members and prospective members of the Moscow Civic Association.

More information about the group—and servings of delicious nachos—will be available at the Moscow Civic Association food booth at the Moscow Renaissance Fair, in East City Park, May 3 & 4.

Lois Blackburn is the president of the Moscow Civic Association.



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The Early Childhood Service Council: Partnering for Strong Families

by Lisa Cochran

Study after study shows that it is critical for information and resources to get into the hands of parents, especially those with very young children because parents need a wide range of easily accessible services which educate, strengthen and support them through the very challenging task of raising healthy, well-adjusted, thriving children. Community health is measured by the health of its children and families.

In 1997, the Early Childhood Service Council (ECSC) was created. The council is a collaborative body of early childhood/family service professionals and advocates working to strengthen resources and services for children and families in Latah County. The ECSC represents more than 20 different organizations and agencies as well as several family representatives. Officially recognized by local government, the ECSC is committed to work and speak on behalf of children from birth through 8 years of age and their families.

The ECSC's Charter charges them to share organizational information and resources; identify and enhance services for children and families; provide public advocacy for children's and family issues; and promote professional development opportunities. Member agencies throughout Latah County meet monthly to share the focus, direction and achievements of their services. This acts to inform, streamline and bring a collaborative energy to the council.

ECSC members also serve on committees that act to fulfill the scope of the council's work as well as to expand its effectiveness and to obtain grants. The ECSC has sponsored grants and submitted projects for funding from local, state and federal levels. One such successful submission was selected for funding by the US Department of Health and Human Services Early Learning Opportunities Act Grant committee. One of only 26 funded proposals out of hundreds submitted, the Early Childhood Service Council of Latah County was awarded almost \$600,000 to bring in more op-

portunities for young children and families to thrive, and to add new programs to the community. Such programs include screening, education, consultation and increased services for at-risk families.

Why are such services critical? Rather than waiting until a crisis develops, guidance and support are given to help families as early as possible. Of paramount importance is ensuring that young children, in particular, receive early learning opportunities.

Like the 1998 JA and Katherine T. Albertson grant sponsored by the ECSC, which helped launch the Young Children and Families Programs at Gritman Hospital, the ECSC's Early Learning Collaborative Project will help provide the kind of support and enhancement that can make all the difference for some children and families to succeed. The council continues to work to expand its efficacy by acting as an advisory board for children and family services while looking for opportunities to both sponsor and apply for grants that will bring much needed funding for services.

Family Representatives are an important aspect of this council as they provide a fresh perspective unaffected by administrative policy or departmental guidelines. By thinking "out of the box," a family representative can add valuable perspective to this council. You can make a difference in the lives of your children and all children by joining the ECSC as a Family Representative.

Children truly are our most precious natural resource. Today's children are tomorrow's leaders. If we are to ensure a bright future for our community and our state, we must take the appropriate steps now to promote programs that support this vision. For more information about the Early Childhood Service Council or on becoming a Family Representative, contact Keitha Carrett at (208) 883-6370.

Lisa A. Cochran is a longtime Moscow resident.

The Co-op Art Gallery

By Ryan Law

The Moscow Food Co-op will present the watercolor paintings of Susan Calene Messenger and Mickey Chamberlain May 9th through June 5th. An opening reception will be held on May 9th from 5:30 -6:30 p.m. at the Moscow Food Co-op Art Gallery.

Susan and Mickey work by day as Public Health Nurses. Their work is a labor of love and commitment to those that they serve. In the last 2 years they have found something else to be excited about and work towards. In October of 2000, they took a watercolor class from Helen Grainger Wilson, a local watercolor artist and teacher. Since that time, they continue to meet with Helen and other aspiring artists, once each month to paint. The class and its participants are what inspire them to create their latest artwork.

Susan's artistic endeavors for the past 30 years have included oil paintings of seascapes and landscapes. She is also a practicing artist in wearable textile art. Susan had always wanted to be a watercolor artist but thought it was the ultimate challenge. She is now enjoying her new-found watercolor abilities by painting watercolor florals, landscapes and seascapes.

Mickey has been drawing since the age of 2. She is most inspired by natural botanicals and Native American art. She has been experimenting with tile art and mosaic work since 1999. Her largest canvas creation to date has been her teepee painting. She also enjoys making jewelry creations for her friends and to trade at Barter Fairs.

The Moscow Food Co-op, located at 211 East Third Street in Moscow, is open daily, 8 a.m. to 8 p.m.

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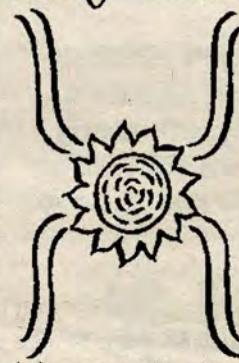
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Reviews

Indigo Girls and Winona LaDuke in Moscow

By: Brenda Guettler

On April 13, 2003, Moscow was lucky enough to welcome Winona LaDuke and the Indigo Girls to the campus of the University of Idaho as part of the Honor the Earth tour. This tour focuses on educating the public, and especially college students, about Native American environmental issues. Indigo Girls Amy Ray and Emily Saliers are most well-known for their music and also have a long history of environmental activism. Winona LaDuke is a Native environmental activist and is known to many as the two-time Green Party vice-presidential Candidate.

Several local organizations, including the Co-op, were asked to set up tables at the show to highlight earth-friendly information and alternatives in our community. Janna and I were lucky enough to be a part of this amazing and informative event. The Co-op table featured earth-friendly cleaning and feminine-care products. Along with this we were able to give away a free membership to one of the lucky people who took the time to visit our table and entered the drawing. Many Co-opers attended this event, so Janna and I welcomed talking with both cur-

rent and potential shoppers and members.

The show began with a video that focused on Native American issues such as environmental racism on Native American lands. Highlighting local Native issues was Anthony Johnson, vice president of the Nez Perce Tribal Executive Committee. He spoke specifically of the importance of salmon to the Nez Perce and the role that the four dams on the lower Snake River have had in greatly reducing salmon numbers. The Indigo Girls put together a fabulous set of music and Winona LaDuke gave an inspiring and motivating speech. Ms. LaDuke touched on several issues, but one of her main topics was the importance of utilizing alternative energy sources. The money raised on this tour will go directly towards establishing wind turbines on Native American land.

For more information about these and other related issues, visit the following websites:

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

<<http://spitfiretour.org>>

<<http://www.indigogirls.com/>>

Book Review: The Legacy of Luna

By Julia Butterfly

Reviewed by Bill London

Remember the story of Julia Butterfly Hill, the young woman who lived atop a giant California redwood for two full years in order to save that tree? She climbed down from her tree, in December of 1999, only after the timberland corporation owners signed an agreement to never cut that tree—an ancient forest matriarch named Luna.

That same Julia Butterfly wrote a book about her experience. The book is entitled "The Legacy of Luna," and you owe it to your best self (the part of you that believes that a single person can make a difference, that dreams can come true, and that purity of spirit is important) to read this book.

Not another repetitive Earth First! babble, her story is so well-written that the passion and the circumstances melt in engaging prose. Her two years in that tree were filled with danger and anguish. She was pelted with huge windstorms that drove hail, snow, and rain into every crevice. She was hounded by helicopter fly-bys so close that the prop-winds shattered branches and scattered her tree-platform possessions. She was harassed by corporate goons who kept her awake for

weeks with loud noises and chainsaws.

The book really is about how she sustained her faith. How she drew strength from Luna, in a communication of spirit that would make any Druid proud. How she held on, focused on her goal, despite immense obstacles. It is an amazing tale, told with honesty, humor, and above all, love.

"The Legacy of Luna" is available at the Moscow Public Library and local bookstores. Be sure to get the 2001 second printing that contains the new afterward update section.

Bill London edits this newsletter, has visited the magnificent redwoods, and is renewed by books offering hope.

Lonehawk Farm
Gourmet Meats

Gourmet Elk Sausages and Jerky

-Available at Moscow Food Co-Op -
No Preservatives, No antibiotics,
No hormones.

Steaks and burger available by
special order
call 882-1181
or email
lonehawk@moscow.com.

A Book Review, or Perhaps, Maybe Just A Visit To A Book

By Annie Hubble

Actually "Tao Te Ching" by Lao Tzu, is a book that I would not presume to 'review.' It is one I go to once in a while for wisdom and a reminder. Lao Tzu, an older contemporary of Confucius, was keeper of the imperial archives in the province of Loyang in the sixth century BC. He always taught that 'The Tao that can be told is not the eternal Tao' (in fact those are the opening words of his work). But legend has it that as he rode into the desert to die—tired of the ways of man—he was persuaded to write down his teachings.

This particular translation that I have is by Gia-Fu Feng and Jane English, with photographs by Jane English. It was published by Vintage Books, a division of Random House,

New York, in September, 1972.

Gia-Fu lived in Manitou Springs, Colorado, in the 70s while I was there also, in my young twenties. I used to see him striding across the mountain trails when I was hiking, or walking up and down the streets of that mountain town. At that time he directed the Stillpoint Foundation, a Taoist community, in Manitou Springs. During the 18 months I lived in that town, I had several opportunities to chat with him (these chats happened in very Zen fashion...in caves in the mountains when groups of individual hikers were finding shelter from sudden storms, on visits to Stillpoint, or meeting on the many hills of Manitou) and he struck me as a very wise man. I like his book translations, and the books also have

beautiful photographs taken by Jane English, mostly of Colorado and California, all well chosen to match the words.

Sometimes, feeling the heaviness of these times we live in, I open the book at random, and here are lines I recently came across. They ring true, not only regarding world-wide events, but also in our private lives. These particular lines are a selection from entry # 31:

"Good weapons are instruments of fear; all creatures hate them.

Therefore followers of Tao never use them.

Weapons are instruments of fear; they are not a wise man's tools.

He uses them only when he has no choice.

Peace and quiet are dear to his heart,

And victory no cause for rejoicing.

If you delight in victory, then you delight in killing;

If you delight in killing, you cannot fulfill yourself.

When many people are being killed,

They should be mourned in heartfelt sorrow.

That is why a victory must be observed like a funeral."

This is a wonderful book, able to be visited over and over, in a search for some kind of peace and wisdom.

Bulletin Board

MOSCOW FOOD CO-OP

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

Moscow Renaissance Fair
May 3 and 4, East City Park
free admission, free fun

**Contra dance sponsored by
Palouse Folklore Society**
Friday, May 2, 7:30-11:00 p.m. 1912
Center, 400 East 3rd, Moscow.

Kick off Renaissance Fair weekend
with a special contra dance! The
Palouse Folklore Society invites
everyone to the 1912 Center, 400 East
3rd, Moscow, on Friday, May 2.

Joseph Erhard-Hudson, from Moscow,
will teach and call to music by
PotatoHead, from Moscow.

Instruction starts at 7:30, and dancing
at 8:00. Cost is \$4 for newcomers who
arrive at 7:30, \$5 for members, \$7 for
non-members.

www.palousefolklore.org (509-332-
8037)

Contra Dance, Saturday, May 17
7:30-11:00 p.m.

Old Blaine Schoolhouse

On Saturday, May 17, the Palouse
Folklore Society invites everyone to a
contra dance at the Old Blaine
Schoolhouse, corner of Blaine and Eid
Roads, about 7 miles southeast of
Moscow. Mitchell Frey, from Moscow,
will teach and call to music by Round
the Twist, from Spokane. Instruction
starts at 7:30, and dancing at 8:00.
Cost is \$4 for newcomers who arrive
at 7:30, \$5 for members, \$7 for non-
members.

www.palousefolklore.org
(509-332-8037)

Alive After Five free concert
May 7th, 5:30 to 7:30pm, Coeur
D'Alene Brewing Company parking
lot, 6th Street, Moscow

Performer: Not Long After
882-8915

Moscow Food Co-op Art Gallery

The Moscow Food Co-op will present
the watercolor paintings of Susan
Calene Messenger and Mickey
Chamberlain on May 9th - June 5th.

Opening reception will be held on May
9th at 5:30 - 6:30 at the Moscow Food
Co-op Art Gallery.

Organic Growers Market
begins Tuesday, May 6, 4 - 6PM, in
the Co-op parking lot.

Contact Kathi Colen Peck at
kscp@turbonet.com, or Eva Jo Hallvik
at webeam@hotmail.com.

**The Moscow Food Co-op seeks
musicians to play acoustic music
during the Co-op's Weekly Growers
Market every Tuesday evening this
summer.**

The musicians will be scheduled to
play from 5pm until 7pm at the garden
on the 4th Street side of the Co-op.
The Co-op will be offering barbequed
dinners there on Tuesdays.

The musicians would receive a
complimentary meal with beverage
and a chance to collect tips.

Any musician interested
contact Kenna Eaton
manager at the Co-op
by email to kenna@

**La Leche League
meetings for Breast
Mothers**

**Meetings I-III at St
Catholic Church 44
Pullman**

I. Advantages of Breast
Mother and Baby

Wed. May 7 9:30 AM

II. Baby Arrives; the
Breastfed Baby

Wed. June 4 9:30 AM

III. Art of Breastfeeding and Avoiding
Difficulties

Wed. July 2 9:30 AM

IV. Nutrition and Weaning

Wed. Aug 6 9:30 AM

**Meeting IV at Reaney Park in
Pullman**

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

**'Hot Flashes' pe
Palouse Grange
Saturday May 10**

Part of the proceeds
Chandra Melior Me
Admission \$5.00. Dr
beer will be availab
Sponsored by the P
Commerce.

**Moscow Civic Ass
meeting**

**Monday, May 12 at 7 PM at the
1912 Building**

all members and prospective
members of the Moscow Civic
Association are invited

**Moscow Community Theatre
presents "Esther"**

**May 16, 17, 23, 24 at 7:30 p.m.,
May 18 2 p.m. Kenworthy
Performing Arts Center.**

Tickets at Box Office before
performances. More information: call
882-4731.

**Palouse Road Runners 12th
Annual Women's Run**

**Sat., May 31. Eggan Youth Center,
1515 East D St., Moscow**

Late registration begins at 8:00AM.
Fun run/walk starts at 9:00AM
Celebrate spring on this four-mile
course through the scenic Palouse!
Proceeds benefit UI Women's Center.
Entry forms available in area sporting
goods stores and at
www.palouseroadrunners.org

For more info or to volunteer, contact
Nancy Chaney at 882-9350 or
vos@moscow.com.

Vigil for Peace

Pullman: Fridays 12:15 -
Under the clock by the pub,
downtown Pullman. 509/332-
nancycw@pullman.com

Moscow: Fridays 5:00 -
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