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September 2003

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Community News

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The monthly newsletter of
the Moscow Food Co-op



In October, Co-ops Celebrate Consumer Trust

By Keena S. Eaton

A new national consumer survey released during the annual celebration of National Coop Month in October confirms what many of us expected: consumers not only have greater trust in businesses they own and govern, but also rate consumer co-ops higher on questions of trust and ethics, compared to large, publicly-traded, investor-owned companies. That information may not surprise any members of the Moscow Food Co-op, but it should serve as a wake-up call to Congress and the regulators, those who oversee corporate America.

When 2,031 adult Americans were asked about a series of governance characteristics, two-thirds said that customer-owned and governed businesses were more trustworthy than other types of corporations. Not surprisingly, Americans rated co-ops higher than publicly traded corporations on a series of other positive business attributes as well, such as value, quality, price and commitment to their communities. Consumers also said they'd be more likely to do business with a company or a store if the knew it was a co-op. This was true for food, utilities, childcare and healthcare co-operatives, mutual insurance companies, and credit unions. Those who were already a member of a co-op were even more likely to prefer them. That demon-

strates that though most consumers know co-ops by reputation, those who have first-hand experience with co-ops have an even stronger recognition of their value and service.

By using democratic governance co-ops have a structure that inherently creates business accountability to their owners – something the corporations haven't quite figured out how to do. Although Congress has imposed new requirements on corporate America to improve accountability and reduce fraud, corporate governance practices still bear little resemblance to the democratic, member-governed structure that co-ops have embraced for nearly 150 years. Co-op board elections are truly democratic in contrast to corporate board elections. More than two-thirds of Americans agreed that consumer co-ops are ethically governed while just 45% said the same of publicly-traded corporations. More than 75% agreed that co-ops operate in a trustworthy manner compared to 53% for publicly traded firms.

Americans apparently feel that co-ops have the best interests of consumers in mind when conducting business. And that's exactly what we do here at the Moscow Food Co-op. We work hard to earn your trust and to serve you – our consumers and owners. Not just in October but year round.



www.moscowfood.coop

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

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Eva Jo Hallvik, LMT - First 2 massages @ \$35 each, 106 E 3rd St. 2-A, Moscow, 301-2246

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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

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

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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, Terry Uravich - 10% off any regularly priced pair of Birkenstock sandals, 1016 Pullman Rd, Moscow, 882-0133.

Paper Pals Scrapbook and Stamp Studio - 1st Hr. of Studio time FREE, 33% off Open Studio time, 107 S. Grand, Pullman, 332-0407

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

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

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723.

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

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

Sharon Sullivan, RN Herbalist & Holistic Health Educator - 10% off health consultations, reiki, custom formulas and bulk herbs, 106 E. 3rd St., Ste. 5-B, Moscow, 883-8089.

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

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Whitney & Whitney, LLP - Reduced rate for initial legal consultations, 424 S. Van Buren St., Moscow, 882-6872

Wild Women Traders - 10% off regularly priced clothing and jewelry, 210 S. Main Moscow, 883-5596

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

Community News

Welcome!

By Laura Long, Membership Director

For those of you who are current members of the Co-op, you should have received your new membership cards by now. They were mailed out at the end of August, and if you haven't received your cards by now, you probably won't. So, here's what to do if you think you should have received a set of cards but haven't.

Over the past several weeks, we have been getting returned cards here at the store. They dribble in at the rate of a few a day, and we have been keeping them at the register for you to pick up when you're next in the store. Please check with the cashiers; they will help you find your card. If it's not in the box, then it's probably lost forever, and we will reissue you a new card. Just give your name, current mailing address, and phone number to the cashier, and we will take care of the rest. Please do this even if you already checked and your card wasn't here on September 10 because they have been coming back all month long and your card could be here by now.

Please note that only one set of cards was sent out per membership. The set includes one card and one key fob with a unique membership number on the back that needs to be shared among all the members of the household. Unfortunately, we are unable to give out more than one set to a household at one time. So, if a card came addressed to your roommate, and you share a membership with your roommate, then you'll need to decide who

gets to carry the card and who gets to carry the key fob.

If at some point you lose your membership card, it can be replaced for a \$2 fee to cover the costs of the cards and the postage. A new set of cards will be issued to the household, and the old membership card will be void. The Co-op will waive the replacement fee for membership cards lost in the bulk mailing.

And on the Business Partner front, we have two new additions. Sharon Sullivan, RN Herbalist and Holistic Health Educator, has joined our partnership; you can read more about her practice in this issue. Sharon will be offering a 10% discount off health consultations, reiki, and custom herbal formulas. I also want to welcome Dr. Denise Moffat and The Healing Center. Dr. Moffat is a naturopath, and she has kindly offered her services to the Co-op's membership at a reduced rate of \$65 per hour. Please look for a more in depth description of her practice in the November issue of the newsletter. I would like to give a heartfelt welcome to these two women, and hope that the membership will benefit from their expertise. And as a side note to possible business partner participants, at this time our program is quite full, but I still encourage you to contact me if you are interested in participating. Our list of participants is always changing, and you never know when an opening will occur. If I have your information on file, then I can contact you as soon as one occurs.

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Front End Managing

By Annie Hubble

I had a wonderful week or so of vacation while my brother was visiting from England, and now I am back at work. The store looks great. There is the usual flood of customers from the High School between 12.04 and 12.24 each weekday...how good to see all those great young people again. Pizza time on Friday evenings is as busy as ever. Thanks to the beautiful Fall we are enjoying, the Tuesday night social gathering with barbeque and music is still flourishing. Saturday and Sunday morning brunch items in the deli draw crowds. In fact the Co-op is well and happy.

This was apparent by the numbers of people who attended the Co-op's 30th birthday party. What a party! Dancing, music, great food, lots of happy people and even a guest appearance by a most colourful dragon!

I feel so blessed to be working in the Co-op. It is truly far more than a grocery store. It is a social center in Moscow. The many fun events that

the Co-op hosts serve to bring community together, and community is, in my mind, what makes Moscow such a wonderful place to live. We are constantly trying to think of more ideas for this community. Bring your ideas to us! Coming up are herbal classes by Linda Kingsbury. Linda is most knowledgeable about herbs, their properties and uses. I went to a couple of her classes in Summer and was so impressed that I plan to attend her Fall program. The classes will take place each Thursday evening in October at Gritman Medical Center in the second floor boardroom. Everyone is welcome, but Co-op members get a special price of \$5.00 per class. You can get more details of this program at the Co-op and elsewhere in this newsletter.

So, come on by! Shop for your groceries; explore the wonderful world of haba and gifts; try some scrumptious deli food, and hang out with your friends. See you soon!

NEWS FLASH: George's Famous Carrots Have Arrived!

By Dani Vargas, Produce Manager

Well, the time has arrived when George's delicious organic carrots are ready to consume. He brings us anywhere from 200-350 lbs. every two weeks. If you have never tried George's carrots, you should because just like Dale's Clarkston tomatoes, these things are the best. George is also supplying us with beautiful bunched spinach and green peppers. Other local produce we currently have is:

- Shallots
- Yellow and Sweet Onions
- Red and Yukon Gold Potatoes
- Tomatoes
- Zucchini and Cucumbers
- Eggplant
- Cherry Tomatoes
- Corn on the cob
- Basil
- Collards
- Kale
- Parsley
- Leeks
- Lettuce Mix

- Plums
- Elephant and Purple Garlic
- Dried Morels
- Green Beans
- Chard

The local produce season has been good this year. It is great that the local growers and our produce department can get together, make commitments to grow and sell, and in the end support each other. This is one of the reasons why we hold a yearly meeting before the growing season begins and stick to buying only from those who commit to coming to that meeting and who can grow the quantities that we need. We encourage all those local growers who are interested in growing for the Co-op to attend our yearly meeting, which is held in the early part of January. This meeting will be advertised a couple months in advance so you can plan to attend.

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

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Deadline for Articles & Ads
20th of each month

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



The Volunteer Program

By Janna Jones and Annie Hubble

Well, as I predicted we now have a long list of applicants and only a few volunteer job openings. We will get back with you all as soon as positions open. We thank you for your patience and appreciate your wanting to help out at the Co-op. Recently-placed in positions are the following people: Rochelle Smith and Teal Bowes are both help-

ing out in the deli; Yoshimi, Jeremy and Sarah Grider are volunteering in the bakery; Emily is keeping busy sorting and sanitizing the recycled containers that Co-ops donate, and Troy Robey is helping with Produce. Thank you all for your hard work. And thanks to all volunteers. The Co-op wouldn't be the same without you.

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MAD Daze and BBQs

By Keena S. Eaton
Photos by David Hall

Sunday, September 7 dawned unusually cloudy and gray, and although we had planned our 30th Anniversary Party for that night, I, for one, was



Dan Maher plays for Co-op

not worried. In fact, I felt an enormous sense of relief as the possibility of rain loomed. This summer was so darned hot and smoky for so long that I was beginning to feel like the dried-up curls of mud at the sides of the pond: those greenish, brownish, brackish pieces of leftover, baked, and parched algal scum. On the heels of too many over 90-degree days, rain came as blessing.

But I must also admit I didn't expect over 300 people to turn out for our party, so you may have to call me crazy after all. It was an incredible turnout, and we were definitely under prepared. What can I say? There were way more folks than we had planned on, but heck, that's part of what makes a party fun. And fun we had.

First, Dan Maher kept our hungry revelers tapping their toes whilst standing in line. And then the Toucans started them dancing, keeping their minds off their gnawing bellies, and then it rained. I thought at that point everyone would leave, so we rapidly drew a winner for the scooter (congratulations to Sara Robson) but then

the rain backed off and everyone stayed! It was so much fun visiting and playing with our community as the mist and the music refreshed our parched souls that no one wanted to leave early.

I want to thank everyone who helped make our party a success: the manufacturers who donated all the food (except the cake – we made that), the 2% Tuesday recipients with their tables and boundless good energy, Vicki with her henna hand-painting, Noel for organizing the kids and the chalk, and all the staff and volunteers at the Co-op who did their best to keep everyone fed and happy all night long. Thank you. I also want to add that we collected \$405.36 in donations. The Co-op gave \$200 to Justine Basoa as a gift certificate to the store for Justine and her brother, Peter, and the remaining \$205.36 was donated directly to the Peter Basoa Fund.

On Monday morning, many of us were back at the Co-op for yet another MAD (Member Appreciation Day). This is a great opportunity for Co-op members to stock up on their favorite products whilst saving money. Members were lining up at 7:30 a.m. (our new opening time) and



Lisa and Madysen Cochran shop at MAD

were still here shopping at 9:00 p.m. (our new closing time). During the day, the cashiers were kept constantly busy helping customers find that special product, signing up new members, or simply ringing through those baskets. One regular shopper later commented that we did a great job keeping the lines going and that we did it all with smiles on our faces! This MAD day, we had almost \$19,000 in sales, compared to a more normal \$7,000 Monday. Wow! Hopefully everyone has a full cupboard now, and we are all ready for winter. Thank you everyone for making us successful and still here after 30 years! Cheers!



The Toucans kept the crowd dancing.



Wines from the Okanagan Valley: Mission Hill Family Estate

By Dani Vargas

I recently took a trip with my dad and brother up to Kelowna, British Columbia. Aside from the tragic fire, which consumed many acres of the beautiful Okanagan Valley, we had a great time. We played some golf (well, I attempted), ate some good food, and visited some wineries. The Okanagan Valley is a largely unknown wine Mecca. The diverse microclimate found in this region allows for many grape varieties.

Mission Hill Family Estates was one winery we visited and tasted some great wines. Located atop Mission Hill, overlooking Okanagan Lake lives the beautiful Mission Hill Estate. Anthony Von Mandl, proprietor, grew up with a passion for fine wines and great food. He had a dream to build a winery of his own and opted to put down roots in his native British Columbia. Anthony was convinced that the Okanagan Valley, with time and patience, could produce sophisticated wines for a broad audience. His determination and commitment to quality wines has led his winery to international acclaim.

In 1991 Anthony had the chance to meet John Simes. John was, at this time, the chief winemaker of Montana's four wineries but was getting restless and needed a new challenge. It was this that led him on a visit to British Columbia. Upon meeting, Anthony and John discovered they both shared the same commitment to the quality of wine. In 1992 John joined the Mission Hill crew and took on the challenge of creating the perfect Grand Reserve Barrel Select Chardonnay. In 1994 his hard work paid off. The Grand Reserve Chardonnay won the IWSC (Internation-

Wine and Spirit Competition) trophy for "Best Chardonnay" raising John to his second win in five years.

The Estate's philosophy for winemaking is simple. They believe that what happens in the vineyard determines what the end product will be in the bottle. They focus on growing the best grapes in the best conditions possible. Many investments have been made in technology, irrigation systems, frost protection and weather stations. Keeping control of the growing conditions from planting to harvest is crucial.

The Mission Hill Wines are one of the few from this region that are in distribution here in the United States. We currently offer three of the wines from Mission Hill Family Estate. The 2001 Grand Reserve Chardonnay, The Cabernet Merlot 2001, and the Pinot Blanc 2001. All three are very affordable and outstanding. Tasting these award-winning wines celebrates the uniqueness and quality this region has to offer.

If you ever have the opportunity to visit this region you should tour the Mission Hill Vineyard. The Estate is magnificent; I could have spent my entire vacation up there gazing at the view and the architecture (and tasting the wine). The winery recently completed its five-year transformation under the thumb of one of the Pacific Northwest's leading architects, Tom Kundig. Tom Kundig, a graduate from the University of Washington, has a great respect for the land, stating we are merely custodian of it. It is apparent in his design of Mission Hill; the building compliments the nature around and is secondary to the surrounding landscape.



Personal Care Corner: A Healthy Cold & Flu Season

By Carrie A. Corson

As chilly weather moves in, so do the aches, chills, coughs, stuffy nose and sneezing of cold and flu season. And although cold weather really doesn't cause cold and flu, it does add a component. Colder temperatures usually mean more time indoors breathing recirculated and (sometimes germ-laden) air. Our bodies also have to work harder to adjust to changes between indoor and outdoor temperatures, and this may lower our resistance just enough to pick up that bug that you've been trying to avoid.

There are a few simple things a person can do to help increase your odds of keeping that bug at bay. Boosting your immune system before it's bombarded by one of the hundreds of distinct cold and flu viruses is a good start.

*Eating a healthy diet is very important. Foods that are rich in beta-carotene (carrots, kale, spinach and sweet potatoes) and vitamin C (broccoli, tomatoes, cauliflower, leafy green vegetables, cabbage and citrus fruits) can lead the way. Also foods such as miso, yogurt and kefir can provide probiotics or "friendly bacteria" in your intestines, which may help crowd out viruses.

Zinc is also thought to be important for immune function. Many of us are deficient in this trace element. So adding foods rich in zinc can be helpful. These include meat products, whole grains, beans, nuts and nut butters, pumpkin and sunflower seeds. Also try to keep consumption of immune suppressing foods such as caffeine, sugar and alcohol at moderate levels.

*Get plenty of sleep. For most of us, 7 to 9 hours of sleep is what it takes to keep our immune system strong. Especially since shorter winter days lessen our exposure to sunlight, an important component in immune function.

*Keep moving. Regular exercise improves circulation, which in turn encourages the spread of beneficial immune cells throughout the body, boosting protection against viruses and other pathogens, (*American Fitness*, "Sick Sense," Carol Krucoff, Sept 2000). And since stress has been shown to impair immune function, the stress-relieving effects of exercise

may also be helpful. If you feel that your immune system has been compromised by lack of sleep, stress or exposure to germs, it is best to keep exercise at a moderate level as strenuous exercise can temporarily weaken immunity.

*Immune boosting herbs such as astragalus, garlic, ginger, reishi and shiitake may also strengthen our immune systems. And what cold and flu article would be complete without mention of Echinacea? This popular herb has received its share of both positive and negative accounts as to how it affects or does not affect immune function. But many believe in its ability to ward off illness. Studies have shown it to have immune stimulating abilities, helping our bodies produce more of the cells that attack intruders like viral and bacterial infection. It is generally agreed that Echinacea should not be taken on a continual basis (recommendations vary but two to three weeks seems to be the most agreed upon) as it may over stimulate the immune system and thus become ineffectual.

Remember, prevention doesn't happen overnight. Thinking about your immune system before you get a cold or the flu could save you the misery of wondering why you didn't think about it sooner. It's always a good idea to consult a healthcare professional before adding any supplement to your regimen.

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Vegetarian Times, "Preventing Colds & Flu: Natural Remedies that Boost Your Immunity," Sally Eaucloire, Dec 1996

Vegetarian Times, "The Big Chill, How to Beat Nasty Winter Colds & Flu," Sheldon Lewis, Jan 1998

Better Nutrition, "Winning the Cold War," Brenda Adderly, Oct 2000

Healthy and Natural Journal, "Win the War Against Colds & Flu," Dawn Bialy, Dec 2000

Better Nutrition, "A Holistic Approach to Colds & Flu," Brenda Adderly, Jan 2001

Natural Health, "Clear Up Your Cold Fast," Maria Noel Mandile, Jan-Feb 2002



The Buy Line

By Vicki Reich

There's a new product in the freezer that's small and unassuming which I'm really excited about. I know I don't usually focus on one product in this column but this is so unusually and so good, I had to tell you about it. It's Acai Fruit Puree (pronounced ah-sigh-ee). It's from a small company called Sambazon. Acai is the fruit of the Amazon palmberry. It is wild harvested in Brazil and is the most amazing color of purple I've seen in nature. It tastes like berries and chocolate and it's really good for you. It contains high levels of anthocyanins, which have anti-oxidant properties, essential fatty acids, phytosterols, and fiber. With the addition of Guarana, this stuff packs an energy boosting punch and it's delicious.

If that isn't enough to peak your interest, the company that makes it is really cool as well. They're out to save the rainforest one berry at a time. Acai provides an economic alternative to logging the rainforest and Sambazon donates a portion of their profits to protect the rainforest and encourages oth-

ers to do the same. They started with the intense desire to spread the word about Acai and have ended up promoting the local economy and preserving the forest. They are also a fair trade company

Okay, you're sold. Now what. What does one do with a packet of frozen fruit puree? Make smoothies for one. We made a tasty and simple smoothie with one packet of Acai and one packet of Acerola Cherry Puree (also from Sambazon and also very delicious with 2000% of your daily vitamin C in one serving). We added a little organic apple juice to get the right consistency and tried to drink it slowly. It was hard not to chug. You can use just Acai and add a banana and milk and serve it over granola (a traditional use). You can thaw it and pour it over ice cream or yogurt. I'm sure after another week or two I'll come up with even more delicious recipes. One note of caution: this stuff will get you going. It's not like coffee, but I probably wouldn't have it as a midnight snack. Try it for breakfast instead.



October Menu

Making delicious, wholesome foods

Moscow Food Co-op Deli

221 E. Third St. 882-8537 Open 7:30-9 everyday!



LUNCH 11:00	New Branch! 10:00-2:00pm Brunch	Chilaquiles Sundays	Zorba's Lasagna
		A Traditional Mexican Breakfast Made With Handmade Corn Tortillas, Eggs or Tofu, and a spicy New Mexico Chile Sauce. Served with Refried Black Beans	Layers of organic veggies, feta, kalamata olives, mozzarella and organic portabella mushrooms
	LUNCH 11:00	Pad Thai Mondays	Moussaka
		A Thai Stir Fry with Rice Stick Noodles, Organic Carrots, Organic Peanuts, Organic Green Onions, and Organic Tofu	Greek Casserole Featuring Organic Eggplant, Organic Tomatoes, Organic Zucchini, Feta and Covered with a Savory Custard
	LUNCH 11:00	Enchiladas Tuesdays	Black Bean Burgers
		Handmade Corn Tortillas Stuffed With Cheese, Veggies And Pinto Beans and topped with a Green Chile Enchilada Sauce Served With Spanish Rice	BCR Beef Burgers Served with Rosemary Garlic Oven Fries
	LUNCH 11:00	Veggie Pockets Wednesdays	Egg Rolls
		With Wild Rice and Mushrooms Baked in a whole wheat crust and served with a savory gravy	Loaded with organic tofu and veggies and served with Spicy Wasabi Mustard Fried Rice Jasmine Brown Rice studded with cashews and colorful veggies
	LUNCH 11:00	Smothered Burritos Thursdays	Roasted Pepper Quesadillas
		Loaded with Organic Black Beans, Brown Rice, Tomatoes, Onions, Sour Cream and Guacamole and smothered with homemade New Mexico Red Chile Sauce Choice of Spicy Tofu, Cheese or Smoked Chicken	Whole Wheat Tortillas Loaded with Fresh Roasted Peppers, Organic Onions, Organic Tomatoes, Organic Cilantro and lots of Monterey Jack Cheese!
LUNCH 11:00	Green Curry-Coconut Stir Fry Fridays	Gourmet Pizza by the Slice	
	Tons of veggies in a delicious green curry and coconut milk sauce. Served over Organic Brown Rice	5:00pm	
Breakfast 8-12	Breakfast Pockets Saturdays	Spinach, Red Pepper & Goat Cheese Torta	
	Stuffed With Organic Potatoes, Organic Veggies, Eggs & Cheese Or Seasoned Tofu Served with Home Fried Organic Potatoes	Organic Spinach, Roasted Red Peppers, Goat Cheese, and Roasted Garlic are featured in this savory puffy torta	

From the Suggestion Board

We would really appreciate it if the Co-op would reconsider the purchasing of body products by the company that sells Balls for Girls (this isn't the exact name, but captures the jist.) As female shoppers we are offended by the implication that girls need balls to be powerful or courageous. Thank you.

Sorry you were offended. It's meant to be good clean fun—Carrie, Personal Care Manager.

I'd like for you to carry 1% organic milk by the gallon.

1% milk is our slowest selling milk. I'm afraid I would not be able to sell enough of the gallons by the pull date to make it financially feasible—Vicki, Grocery Manager.

What happened to the Health is Wealth Chicken Nuggets/ Buffalo Wings-All the others now in the store are not vegan.

Both of the products we carried from Health is Wealth were discontinued by our distributor. They were also very slow sellers for us. I would be happy to special order the one remaining chicken free nugget available from our distributor by the case—Vicki.

Thanks for getting the table by the bread slicer!

You're welcome. It was an unexpected windfall from getting an al-

mond butter grinder—Vicki

Nutritional info on more foods—deli items, bulk chips... (oil, sat fat, sodium...).

We can provide the nutritional information on most products that we buy from other manufacturers. Sometimes it is not displayed with the item because of lack of space. Please ask for assistance if there is a particular item you want more information on. Providing more nutritional info on products we make here is a great deal more difficult and is not something we will be able to provide for the foreseeable future—Vicki.

Request to carry Nama Shoyu Soy Sauce.

We carried this product but it was a very slow seller. You can special order just one bottle—Vicki.

Please consider carrying Manna Bread, a sprouted unleavened bread kept frozen. Comes in sunseed, rye, whole wheat, carrot raisin-It is a step up from Ezekial bread, very, very good. Thank you very much!

I will bring in a couple of flavors. Do you have a preference—Vicki.

Organic frozen shelled soybeans. Great in salads!

I will replace the non-organic shelled edamame with the organic. Look for them soon—Vicki.

Have you ever thought about carrying Cougar Gold Cheese from WSU? Does it meet Co-op requirements?

I would love to carry Cougar Gold cheese. Unfortunately, WSU Creamery cannot take on anymore wholesale customers so we're out of luck—Vicki.

Vegan marshmallows please! Made with unrefined sugar.

There is no such product on the market that I know of. Emes used to make a vegan marshmallow but not with unrefined sugar and they have stopped making them. When I searched the Internet for marshmallow recipes I found a vegan one. You could try that—Vicki.

Can you get unfrozen organic boneless, skinless, chicken breasts?

Sorry, but we have no facilities at this time to deal with fresh meat. It is a dream of ours to someday provide that service but it will be a long, long, long way in the future if at all—Vicki.

Do you still carry the garlic naan?(can't remember the brand-it was in the frozen section)

Garden of Eatin' made Garlic Naan but they had to discontinue it because of manufacturing issues. It may come back some day. If it does I will bring it back—Vicki.

Julie Aubins yummy bagels!!

Sorry, but I couldn't find this product anywhere—Vicki.

Please stock Rat Bastard Root Beer. I can only find it at the co-op in Boise. I love it and others will, too. It's way organic.

Sorry, but I don't have a distributor for this product and it contains artificial flavors—Vicki.

Organic for Kids

"Organic for Kids" is a new program sponsored by the Organic Trade Association (OTA) that promotes organic food for children and youth. Learn more about the program at the OTA's *O'Mama Report* website, <www.theorganicreport.org>. Available from the site are a family menu guide written by celebrity chefs, tips for getting organic food into the schools, and a cost analysis showing how organic foods can be a bargain for consumers. Organic food chef Nora Pouillon headed a team of organic chefs from across the country that contributed family-friendly organic recipes for breakfast, lunch and dinner, as well as personal anecdotes and shopping and preparation tips.



Autumn Herbal Wisdom Series

By Kenna S. Eaton

This fall the Co-op has again teamed up with Linda Kingsbury, Ph.D. to offer a series of herbal wellness classes. Having worked at the Co-op for 22 years, I find that people have lots questions about safe herb use. In response, we started a series of classes this summer that covered some of the basic aspects of using herbs for improving daily living. The summer series was a success, so we're doing it again.

Our first class this fall will focus on herbs to ease daily stress. It seems as we start the long-awaited autumn, we get busier and busier and need some help coping with the stress of being in more places at once than we have time and energy for. The second class will focus on herbs for autumn health. Linda says that in the fall we need to pay more attention to the lungs

and the large intestine, as they become the cornerstone to our well-being. The third class will feature natural brain boosters (a natural for all those studiers), followed by everyday aromatherapy (probably the most popular class this summer) and finally we will cap off the series with a class on herbs for women's health.

The classes will be offered starting October 2 and will run every Thursday for one hour from 7:00-8:00 p.m. through October 31. You may take one class or all of them, since the price is super reasonable at \$5 for members and \$10 for non-members per class. The classes will be held at the Gritman Medical Center Board Room on the second floor. We'd like it if you could sign up in advance at the Co-op, but if you simply want to take your chances and turn up, we'll try and squeeze you in!

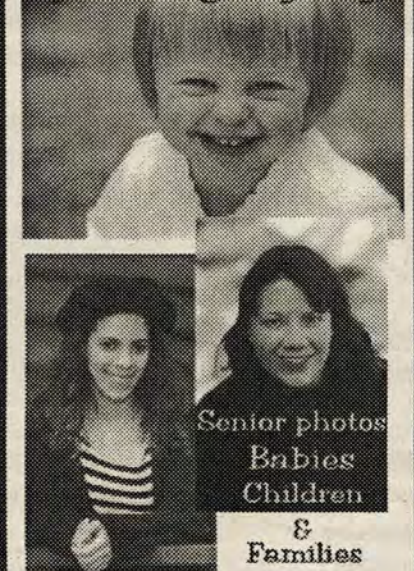
Linda Kingsbury is an herbal educator with over 20 years experience with herbs and a Ph.D. in naturopathy. She loves working with people to help increase their knowledge of herbs and health.



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Word of Mouth

By Vicki Reich

I am constantly amazed at the number of energy bars on the market. It seems like a new brand comes out every day and the old brands are constantly adding new flavors and styles. I'm not a big consumer of energy bars. I'll eat an occasional Clif bar on a hiking trip but that's about it. I started to wonder if there was really that much difference between all of the bars that we carried. I figured "Word of Mouth" was the best place to find out. I surveyed all my choices and found that all the brands we carry have some form of a peanut butter/chocolate combination. That was what I would test. I grabbed one of each, eight in all, and cut them into little bits. I placed each cut-up bar on a numbered plate and brought a tray of little plates into the staff room to see who I could wrangle into tasting them with me. The testers

ended up being Laura, Kenna, Kate, Stacy and myself. We had all just had lunch and this would be our dessert. In order of tasting, here's how we felt about each.

Clif Chocolate Chip Peanut Butter had a good peanut flavor but wasn't too sweet. It had a nice crunch to it and reminded Stacy of a peanut butter cookie. It didn't have a lot of eye appeal but it tasted good and hardy. Power Bar Harvest Peanut Butter Chocolate Chip has fun little chocolate chips on top that increased its eye appeal. It was sweeter and more flavorful than the Clif bar but wasn't as hardy. It also had a nice crunch to it. Think Thin Low Carb Peanut Butter Lite looked really good but tasted terrible. Everyone was in agreement that the aftertaste was awful and tasted like chemicals. It

	Calories	Weight (g)	Fat (g)	Carbs (g)	Fiber (g)	Sugar (g)	Protein (g)
Clif	368	100	9	63	7	29	16
Power Harvest	370	100	7	69	6	25	11
Think Thin	383	100	17	5	0	0	33
Luna	374	100	9	50	4	25	21
Pria	393	100	12	57	0	36	18
Tiger Milk	429	100	20	51	0	40	17
Balance	400	100	12	48	0	40	28
Kashi	371	100	8	61	8	40	17

was salty and had no peanut butter taste. Clif Luna Bar Nuts Over Chocolate had great eye appeal and was the bar people most wanted to try just by looking at it. It was light and crispy but it didn't have much of a peanut butter taste. Some testers thought it tasted slightly weird. Power Bar Pria Chocolate Peanut Crunch also had great eye appeal. It was sweet and carmel-ly tasting, had a good crunch, but wasn't very peanut-ty. It was the favorite of the group and Laura thought it tasted almost too sinful. Tiger's Milk Peanut Butter was very peanut-ty. It was creamy, sweet and chewy. It reminded Kate of a Reeses Peanut Butter Cup. Balance

Bar Honey Peanut was nougat-ty but had a bit of a crunch. It was not too sweet and did not have a strong peanut taste. It did have a slight vitamin aftertaste. Kashi Go Lean Peanut Butter and Chocolate was very chewy and chocolate-ly but had a slightly burnt peanut taste.

I was curious about the nutritional comparison between all the bars and made a quick Excel spreadsheet to compare 100 g servings of each of the bars. The results are in the chart below and are very interesting. Based on taste and nutrition, I think I'll keep grabbing Clif bars for my hikes, but I'll think about a Pria bar for dessert.

Board of Directors Report

By Bonnie Hoffmann

So what makes the Moscow Food Co-op so special? What makes shopping at the Co-op any different than Huckleberries, Tidyman's or Wheatberries? Is it our low prices, our wide selection, our convenience or our commitment to local and organic produce? I, and the other Board of Directors, have been trying to identify that "certain something" for a long time now.

We at the Co-op are well aware that there are some new kids on the block, or if you will, competition! There isn't much we can do about this. As a matter of fact, competition can be a great opportunity. It has enabled us to take a good hard look around and see where we can clean up, shape up, streamline and just plain do an even better job. As far as pricing goes, we are confident our prices are competitive. So what makes the Co-op so different?

A few weeks ago I had gone to Rosauers to check out the new store within a store, Huckleberries. While shopping around, I spotted two of our "very regular" customers also checking things out. At this point I overheard a woman comment to her friend,

"Nice, but it sure ain't the Co-op." So what is the "Co-op"? We know you can get your natural, organic and local bread, food and produce at a variety of different locations in Moscow and with sales stronger than ever and membership ever increasing, what keeps you all coming back? We also know our deli food is fantastic and getting better all the time, and our bakery is always looking for new ideas to better serve you. I know we take our suggestion/comment board very seriously utilizing every opportunity to listen to our membership to help make your store, well...yours!

I suppose I can only speak for myself when I say, "I don't know"! I don't know what makes us so special. I don't know if there is any one ingredient that makes shopping at the Co-op so satisfying. I can't put my finger on the "it" factor and I am sure it is many things to many people. Happily, there are some things I do know about being a member of the Co-op. I do know I have counted on the Co-op for over 13 years now to not only feed myself and my family but to feed my brain with lots of information, my body with the very fin-

est foods and my soul with hugs and warm greetings from any variety of friends I can always count on seeing on any trip down the aisles. I do know that every dime spent at the store stays at the store and is not turned over to some alien corporate headquarters. I do know that we have some great programs going like 2% Tuesdays, raising money for local non profit organizations and Dinner with the Board of Directors, a fancy dinner and lively discussion centered on maintaining dialog with employees, board members and members at large. Also needing to be mentioned is Member Appreciation Day...and that wingding speaks for itself! I have just touched on some of the ingredients that makes up our Co-op and maybe the "it factor" is all of these things, none of these things or some of the things that make shopping at the Co-op unique for you. One thing is for sure, for me it is much more than a natural foods store - it is the cornerstone of my daily life and it has been my privilege to continue sharing the experience (whatever that is) with all of you who feel the same way. See you at the Co-op and thanks for always being there!

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Eyewitness to Co-op History

By Phillip Sawatzky

We must have appeared, to some townfolk, to be a small gathering of gypsies, college students, hippies, transient bliss ninnies, and even worse, vegetarians. But what I recall was the common smile which shined on our faces as we stood on the downtown sidewalk outside what was perhaps the smallest food store in America (outside of a Coney vender). It was a beautiful North Idaho May day in 1974, and we were listening to Jim Egan announce the formation of a non-profit, member-owned cooperative, which had sprung from the need to provide low-priced, wholesome food to the community.

Jim had started the Good Food Store with a couple friends the year before, initially as a buying club, then as a storefront. There was an energy, an enthusiasm, an anticipation with us that day, the kind that travelers know when beginning a long-awaited journey – as we were invited to share in the cooperative vision and venture. This was the first defining moment in Co-op history.

Beneath the realm of ideas, vision, and defining moments, there was the great amount of volunteer effort, the daily tasks and chores such as clerking, stocking, cleaning, sign-making, cheese cutting and packaging, more cleaning, flour runs to Oakesdale, bookkeeping, inventory – all the basic organizing and work that kept things running. I think of the honey barrel (and the sticky floor when a curious child would open the spigot), the tin money box, rudimentary scales, adding machine and notebook where purchases were recorded, the large machete-like knife used to cut cheese; I think of the many times when volunteers would go beyond their scheduled work time to cover for someone who couldn't make it as planned, but mostly I think of the many good people I got to know and work with and serve.

The new co-op was cash poor, but Jim and crew put forth a grant proposal with the Community Action Agency (within the Office of Economic Opportunity) in Lewiston. We dressed up and put our best foot forward, and with the help of Mari, a Native American CAA rep, we succeeded in grabbing about \$20,000 through two grants during 1974-75. This money was earmarked for paying a manager and part-time bookkeeper, as well as toward increased inventory and new equipment. We were gleeful, like Robin Hood and his merry men, as we drove up the

Lewiston grade – I think Jim said, "Once we get the money in our hot, little hands, there'll be no stopping us!" or words to that effect. The successful grants were a validation from others that the idea we believed in, loved, worked hard for was a sound one. (We were the only project funded by that CAA during this period that was a clear success.) We were on the road.

The first year of the Good Food Store (GFS) was characterized by rapid manager burnout (average expectancy: four months), a dwindling board of directors, steady membership growth, and increasing business, thus quickly outgrowing our store's capacity. In the summer of '75, we moved to a larger place on Main next to the music store, and simultaneously seemed to be thrust into the process of earnestly examining and defining/redefining our co-op more consciously. We drew together a solid, committed Board, put up the new storefront sign that read, "Moscow Food Co-op," changed the single "manager" format to a three "coordinator" team, issued membership cards, instituted new pricing policies that reflected the realities of the retail food business (the GFS initially had a 10% mark-up for working members and 20% for non-members, with no provision for non-working members).

When Sandy joined with Maggie and I as our coordinator team, I sensed an upsurge in our acceptance and integration to the Moscow community (Sandy came from a local farming family). We began attracting local growers to provide seasonal produce, a Chinese family made the best tofu for us, new coolers and scales accommodated expanding business. We began printing a newsletter, and having members' potluck gatherings, which were a blast. Increasing networking with the Puget collectives, NW suppliers and farmers, as well as other regional co-ops in Cheney, Colville, Sandpoint, Missoula, resulted in more dependable service, quality, and selection, and more opportunities for large quantity

buys at better prices. At times, our choices forced us to take extreme measures, such as unloading two tons of organic pinto beans in the basement of a member, and the surreal, midnight unloading of six tons of honey from a semi-truck in a back alley garage of a board member. But what a deal!

I believe the crowning achievement during '76-77 was the inception

of the farmer's market downtown, the proposal for which was presented to the city council by our co-op member's committee. Certain council members were highly resistant to the proposal, citing such objections as: the market would be unfair competition to local grocers, and, dope dealers would be selling marijuana there, thus attracting much riff-raff. There was standing room only the night of the final council meeting and vote. Farmers and gardeners, residents of all ages, came to passionately lend support to the market. In the future, the city representatives would proudly list the farmers' market as a valuable community resource and event. I had a gentleman tell me how happy he was to see it happen, since the community hadn't had one since the great depression.

Through all the chances and changes, challenges and controversies, personality conflicts and philosophical differences, through all the tedious labors and financial crisis, there was one thing I kept coming back to (and do today) – its all about working together for the highest good, its all about the unity in community. Thus work becomes a celebration, a song, a prayer, it becomes worship. Being in the Co-op helped teach me that, and God knows we can all use some more of that.

Phillip Sawatzky was a Co-op coordinator from 1974 to 1978.

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Moscow Food Co-op Art Gallery: Mariah Crater

By Ryan Law

The Moscow Food Co-op will display the photography of Genesee High School student, Mariah Crater, beginning with a reception of Friday, October 10, from 5:30 to 6:30 p.m.

Mariah is a 17-year-old senior at Genesee High School. Her last art project was to walk around her little town and take photos of things she found interesting. She did this because there are a lot of neat, little things lying around everywhere, and that fascinated her. Once Mariah was done taking pictures, she got on the computer and discovered PhotoShop, which she believes will be very useful in the future. She spent a lot of time with the program learning how to shade and use filters.

Mariah is anticipating her final year of high school and has plans to travel after graduation. She hopes to psychology and to continue working in photography.

The Moscow Food Co-op Art Gallery is located at 221 East Third Street in the Moscow Food Co-op, which is open 7:30 a.m. to 9:00 p.m. daily.

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The Midweek Growers Market is Right Livelihood

By Eva Jo Hallvik

"First of all, I, as a semi consumer at the market, would like to see more people," says Heidi Heffernan, an 11-year resident of Moscow.

I thought that I would add a different spin on the article about the Midweek Grower's Market for this month's Co-op newsletter article and ask for some feedback/input from a local resident, a research assistant in the soils department at the U of I, a long time Co-op member/supporter, former Co-op employee, gardener, and neighbor.

Heidi casually says, "I mean, come on, the Midweek Grower's Market is the perfect balance between the Farmer's Market and . . . the next Farmer's Market, ya' know, you do your shopping twice a week. We could help our community a lot more by utilizing our local producers more. . . by keeping our money here in town. I would rather give \$5 to my neighbor than \$5 to Huckleberry's whose headquarters are in Spokane. I believe that the Co-op and Huckleberry's have the same distributor such that I've seen the same truck stop at both places for deliveries. And even though Huckleberry's is employee-owned we want to keep our money in town. It is not the products themselves that are only important, but also what our dollars are supporting. . . . like your neighbors."

And why should we support our neighbors, I ask, thinking that this is one of the most obvious human behaviors that we should understand and act upon, but goes against the natural genetic behavior of the American Keeping up with the Jones's coding. And Heidi in her response laughs as she says, "That if your neighbors have more money then they have more money to pass my way. No, but seriously they also buy from their neighbors and put their money back into the community which obviously makes it a more vibrant healthy place for me and my family to live. And people are spending more time with their families and neighbors, earning a better than minimum wage," and Heidi sighs

as she gives the look that she could go on and on about the most obvious reasons why there should be more people supporting our neighbors and buy the freshest produce at the most opportune time at the Midweek Grower's Market.

Heidi does happen to be a true neighbor to a local producer; she and her family live within a mile of Affinity Farms, the mainstay of the Midweek Grower's Market producers. I can see that the transportation costs and impact on the environment are next to nothing. So I asked Heidi why she calls herself a "semi-consumer of the Market?" "I don't go very often because I have my own garden and Kelly and Russell are truly a very short little walk away; why go all the way downtown, no, really, I do grow practically every thing I could want."

"So what would you like to see at the market that you don't grow yourself?" I asked her. Heidi was nearly stumped; "Mmm, I grow everything I want, mmm? Eggs and local cheese would be great." But then she got a look of frustration on her face and said "some laws make it difficult for individuals to sell their products. Through my experience of working for the University's Soils Department I see that a lot of regulations made by the USDA favor larger operations due to the very expensive facilities needed to meet the limited requirements. For example, certain small and local producers can't sell their meat directly to the Co-op, a retailer, they are only allowed to sell to private individuals."

"If I am not a hunter, or a good or lucky hunter, where do I get good meat?" is a great question these days when so much meat over the grocery counter is pumped full of unpronounceable things. The dollar is not the only bottom line in the equation of



right Livelihood. Heidi and I sigh in our plea and effort to live the best way we know. As she said "and that's why everybody should shop and or sell at the Midweek Grower's Market; to help your neighbors, you'll know where your food is coming from. . . and they spend their money locally too." And Heidi and her family pack up to go spend the day supporting local agriculture in Garfield at the apple orchard to make some cider and pick apples and pears.

We will see the Midweek Grower's Market on Tuesdays through October and then starting back up again next May. If you would like to be involved more or if you would like more information about the Midweek Grower's Market please feel FREE to contact the volunteer coordinators Kathi Colen Peck or Eva Jo Hallvik. And look for a meeting for interested sellers in January.

Eva Jo Hallvik is an owner-operator of a small local business who directly depends upon your local spending to continue to support her in supporting you. Happy cycles. Happy Fall.

Paradise Creek Restoration Projects Tour and Hot Chocolate Social

By Sara Robson, PCEI watershed program assistant

Join PCEI watersheds program staff for a tour of some of our 38 Paradise Creek restoration sites on Friday, October 17. You will view new wildlife habitat, wetlands and flourishing riparian areas along the creek that you never knew existed. Meet at the east end of the Latah County Fairgrounds at 1:00 p.m. on October 17. Afterwards, at 3:00 p.m. celebrate the completion of our new restoration site across from the fairgrounds (near the intersection of White Avenue and Mountain View Road) with some scrumptious hot chocolate! Both the tour and the social are free and open to the public. Come prepared to buy a PCEI mug (\$9 or \$12) and enjoy your hot chocolate! For more information visit our website at www.pcei.org or contact: Amanda Cronin, (208) 882-1444 or cronin@pcei.org.



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People

Co-op Business Partner: Sharon Sullivan, Certified Herbalist

By Sarah Walker

When Sharon Sullivan served as a Peace Corps volunteer in Lesotho, South Africa, she found herself in the middle of a culture that turned not to the local clinic for the medicines they needed, but to plants. "Seeing plants as medicine—that was an eye opener for me." Until then, she'd gardened and studied nutrition, but realizing the Basotho peoples' dependence and knowledge of plants was a big turning point for her. In the 10 years since, she has trained with the herbalist who inspired America's Herbal Renaissance, Rosemary Gladstar of Vermont; worked for an herbal mail order company in California; and studied with Lakota healer Tiarona Low-Dog in Albuquerque. Since moving to the Palouse in 1997, she has studied and learned our local flora. At the Co-op, you may have seen her skin care products under the name of Tortoise and the Hare Herbals.

This year, Sharon has completed five years of course work to earn her RN degree from LCSC. Why would an herbalist study nursing? "It's important to walk in both worlds—and each one is a whole lifetime of learning. I love a big challenge!" she grins.

She plans to work part-time as a nurse at Gritman while continuing her herbalist practice. In the medical world, she wants to work toward building bridges by seeking collegial relationships with medical professionals. For example, if a patient is prescribed medicine with side effects that stress the liver, she might be able to suggest a complementary herb to support it.

She decided to study contemporary medicine to learn about disease processes, significant health issues, and herbal-drug interactions. She points out that hospitals are a factor in our lives. To her, nursing emphasizes the caring side of today's medical world. "I love to take the ancient, and the modern, and find a solution."

As we sipped the comforting red clover tea Sharon had prepared (she had heard my head cold on the phone), she explained that she likes to function on a "bio-regional" level, relying on our local flora, "the plants that speak to us every day." She feels that using plants from the region where we live is more sustainable, safer (imported products may have been irradiated or treated with fungicides to get through customs), and that we be-

come empowered when we know the plants of our region well enough to rely on them for medicine.

There are conservation issues related to medicinal plant collection. Here on the Palouse, she's concerned about preserving the last remaining niches of native plants. In Montana, purple coneflower (*Echinacea angustifolia*) has been over-collected to the point where a permit is required to harvest it from the wild. If you need an herbal product, shop from sources who collect ethically or grow medicinals organically. Sharon notes the Co-op is valuable resource for us.

This fall she will offer classes (open to anyone) at LCSC Nursing. "Herbal Medicine and Your Patients" provides an introduction about what herbal medicine is and includes a lesson on the top 10 herbs and their drug interactions (e.g. patients anticipating surgery need to stop taking a blood-thinning herb ahead of time). A second class, "Women's Health and Herbs," will be offered later. Complementing these morning sessions will be afternoon classes by Erika Cunningham on how and when massage and yoga can benefit the hospital stay. Call LCSC at 792-2404 for information. Registration forms are also available outside Sharon's office at 106 E. Third St.

"Integrated medicine has been embraced by the world," Sharon states, and it's her intention to support it in our region. Our community is lucky to have this hard-working, dedicated holistic health educator. When she's not practicing, she enjoys her six-year-old daughter Kaya and tends her home



Sharon Sullivan of
Tortoise and the Hare Herbals

herb garden. Tortoise and the Hare Herbals can be reached at 883-8089; Sharon also provides personal health consultations, custom teas and tinctures, and natural skin care products. Sharon offers Co-op members 10% off health consultations, reiki, custom formulas and bulk herbs.

Last month, paddling in a New Hampshire marsh, Sarah Walker got a rude awakening about how important plant identification is when she unknowingly collected poison sumac. She's grateful for Sharon's recommendations of a poultice of plantain—the results were amazing.



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Speak Out to Council Candidates

By Amy Mazur

The next general meeting of the Moscow Civic Association will be your chance to "Speak Out" to the MCA-endorsed candidate John Dickinson and other candidates for city council. The open forum will be held at the 1912 Building on October 13 at 7:30 pm.

John Dickinson will be at the forum to take input and respond to questions. This will be an excellent opportunity for community members to meet John and discuss current important issues. John is committed to hearing from the citizens of Moscow and believes that public involvement is critical for our city.

All of the other candidates for city council will be invited to the "speak out" as well. Each candidate will have

the opportunity to make a brief general statement and to respond to your questions from the audience.

At the September MCA membership meeting, the MCA unanimously endorsed John as the MCA candidate in this year's election (remember to vote on November 4). This endorsement means that the MCA is providing volunteer and fund-raising help for John's candidacy. The MCA urges you to support John. For more information, and for ways to get involved in the campaign, please visit his website at www.johndickinson.org.

Amy Mazur is a member of the Board of the MCA and is the coordinator of the subcommittee on elections and debates. For more information on the MCA, see www.moscowcivic.org.

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October Staff Profile: Tiana Gregg

By Carol Price Spurling

I met Tiana Gregg in the park last spring, where she was playing with her young daughter Emmylou, while her husband checked out the architecture school at the University. At that time, they lived in Spokane and were planning to move to Moscow; she mentioned being a baker at the Rockwood Bakery, and I mentioned the Co-op bakery. Discovering that Tiana had indeed joined the Co-op's bakery crew in August, I resolved to interview her right away and continue the acquaintance we began next to the park's sandbox.

Baking is not a job Tiana aspired to; it just seemed to work well for moonlighting while she pursued her career as a singer-songwriter, and now she's been baking, and singing, for a long time. "It's a flexible schedule, it gives me time to think, time alone, and there's some creative crossover. Baking lends itself to creative people, as it is a creative process itself," Tiana said. "There's a romantic, mysterious, middle-of-the-night quality to baking. You get up at 3:00 a.m. and drive to work, no one's around, and you wonder, am I going to work or going to get on a spaceship?"

For the decade before having Emmylou, Tiana's music career was her top priority, and she admits to working very, very hard for her success in the Spokane area in that time. She also admits to doubting herself as all artists do, even to the point of thinking that once she moved to Moscow she'd pack up her guitars and not tell anyone she used to play.

Tiana has a hard time classifying her music, saying only her songs are "folk-y." "I used to call it folk rock, but that isn't quite it," she said. "Emmylou Harris and Lucinda Williams are my musical heroes."

"Since Emmy was born I've only written a couple songs, but I performed last month, and I'm playing tonight at an open mic. You know Phoebe on *Friends*? I'm a little better than her. But she's entertaining! My first thought is always, I stink. My second thought is always, oh well,"



Tiana said. "But you love it more I guess when you work hard for it."

Tiana has found the Moscow area to be fertile ground for musicians ("Having a good college radio station helps.") and she's encouraged by that and is trying to think of a project she can do for women, perhaps a women's open mic. She hasn't put her guitars in storage yet, anyway.

Becoming a mom has "opened up my world," Tiana says. Even though she has less time and energy for herself, and has relegated music to second priority behind being a good mom, Tiana notes, "I'm learning how to squeeze the most out of everything. Being a mom gives me a better perspective. I used to think I'd wasted so much time on things and now I can see that I've really had some great experiences. I guess I'm just getting old!"

Motherhood does tend to simplify one's dreams and aspirations: eight hours uninterrupted sleep, a nap, a long shower, and time to floss are all on Tiana's list. "Motherhood puts your brain into a primal state," Tiana said. But she wants to show her daughter that it's important to pursue your dreams; so she keeps playing her guitar, and doing some fun art (sold in the form of greeting cards at the Co-op), and going off to bake in the middle of the night.

Tiana grew up in Chewelah, north of Spokane, and has been married to her husband for eight years. They've spent most of their married life fixing up a house and are now working on their second one, a place they just purchased in Palouse. Besides three-year-old Emmylou, they have four dogs. "It's just been eight blissful years!" Tiana said. "With all our dogs, we're just living in a big pile of bliss! But seriously, after eight years I'm at the point where I appreciate marriage more. We hardly need to talk anymore because our brains are the same. We speak in code."

Carol Price Spurling used to dread doing staff interviews and now loves it because every month it gives her one more friendly face to greet at the Co-op. Thanks, everyone!

Producer's Profile:

Therese Harris and Frank O'Connell

By Jen Stevens

Have you ever wondered what it would be like to become a producer for the Co-op? I recently found out first hand from Therese Harris and Frank O'Connell. They become Co-op producers last year when they realized their garden's ability to produce had outstripped their family's ability to consume. This year, you can find their cherry tomatoes in both the Co-op produce section and in Co-op Deli dishes. They've also supplied sweet corn to the produce section. Next year, they hope to provide plums and miniature pumpkins as well.

Harris and O'Connell chose to supply cherry tomatoes in particular for a couple of reasons. First, the cherry tomatoes were consistent crops that had

through for them year after year without a lot of special treatment. Second, cherry tomatoes were a niche item that they could produce without competing with other existing Co-op producers. Harris and O'Connell advise anyone else interested in becoming a Co-op producer to look to their strengths, local gardening conditions, and available market niches.

I visited Harris and O'Connell at their "very large garden" in early September, as the last bits of summer were ebbing away. Harris and O'Connell live in Johnson, a small community near Pullman that hosts an annual parade every Fourth of July. Situated on a half acre of land, their 1918 house is surrounded by trees. When Harris and O'Connell moved out to Johnson some nine years ago, there were about thirty trees on the property. Although they removed a few that were interfering with power lines, they also planted new fruit trees, leaving them with "more trees than your average square foot in the Palouse." Although Harris and O'Connell enjoy their trees, the shade from them presents a sizable gardening challenge.

Another challenge is nearby pheasants. The pheasants enjoy coming out to roll in the garden soil and

then take pecks of cherry tomato on their way out. One way to discourage the pheasants is to use ground cover to reduce the square footage of temptation. Time is another challenge. Both Harris and O'Connell work full time jobs in addition to tending their crops. Harris also volunteers as an editor for the Co-op newsletter every other month. As Harris noted, they "do not suffer from lack of things to do."



Like other growers on the Palouse, Harris and O'Connell must also work with an uncertain growing season. They generally start their garden after June 1, the usual date of the last spring frost, and continue until the first killing winter frost. That generally comes in September, but can come as early as August. Covering plants at night can extend the season, but will only delay the inevitable. There may be other weather challenges as well; in fact, heavy rains had pelted their cherry tomato plants the week before I visited, which in turn affected the yield of the plants. Harris and O'Connell deal with all of these assorted challenges with grace and humor.

My visit ended in the Harris/O'Connell kitchen where Harris showed me how she sorts the cherry tomatoes. Feeling that Co-op members should get the best of her crop, Harris sorts out all but the most perfect, beautiful tomatoes before delivering them to the Co-op. I was entranced by the glowing yellow fruit. I was even more so after eating the tomato that Harris offered me. Its sweet, yet tangy flavor lingered with me all the way home.

Jen Stevens lives and gardens in a small gray house on the hill. She specializes in basil and raspberries.

Board of Directors Profile: Theresa Beaver

By Patrick Vaughn

A native of California, Theresa Beaver was born and raised in San Diego. At the age of 28, Theresa set off to explore the natural wonders and communities of more northern climes. She discovered, and fell in love with, Arcata, California. Humboldt State University in Arcata is well known for its broad array of studies in the area of natural resources. That was another perfect fit for Theresa



whose passion is gardening and working with the soil. She resided in Arcata for nine years and obtained a bachelor's degree in Botany, then a master's degree in Soils.

In 1991 Theresa moved to Pullman with the intent of working on her doctorate. Already interested in sustainable agriculture, she found the available programs at the time were not what she had envisioned. Instead, she started working at WSU in the College of Agriculture. She had a supervisor who encouraged her interests and "let me do lots of great things." She served on the board of directors for the Koppel Farm, starting the successful Children's Garden program. She was involved in WSU's composting program at the ground stages. When a temporary professorship came open, Theresa found herself teaching Horticulture at the university level for three years.

Though the original plan for a doctorate wasn't working out, as she puts it, "...things kept evolving and opportunities kept appearing. I got to do things that were really interesting and gained a lot of experience." During this time she met Rebecca, her partner, who is an artist in Moscow.

In 1999 Theresa took the leap of starting her own nursery, Theresa's Garden, in Moscow. After a year of the very difficult work involved with a small business start

up, it became clear to her that things weren't going to work out financially. Theresa sold off her property and reassessed her goals and priorities. Retaining her commitment to gardening and sustainable agriculture, she became involved with Rural Roots, a non-profit education and advocacy organization for sustainable agriculture. That experience parlayed itself into her current position as the Program Coordinator for Sustainable Small Acreage Farming and Ranching in the

College of Agriculture at the University of Idaho.

The irony is not lost on her as she finds herself working in a program that offers the educational resources and experiences she herself could have used before launching her nursery. But she is also proud of the fact that in contrast to when she moved here in 1991, the words "organic" and "sustainable" can now be found in the course catalogs of the UI and WSU. The courses are available to academic students for credit as well as community members in continuing education programs.

Theresa is still keeping her hands in the soil, literally. She and Rebecca recently purchased a country home with gardens, a hoop house and studio just east of Moscow. Theresa's fresh basil, homemade pesto and cut flowers have graced the Farmers Market. While we sat in a peaceful cove in her yard, surrounded by her gardens and trees, it was easy to see why she says that when she gets some free time she likes to spend it right there, nurturing her plants.

Theresa is excited about her role as a director for the Co-op. "Now I feel like I can give something back," she says. Not surprisingly, she wants to advocate for more locally grown food. "Maybe something like a 'Home Grown' section in the store." Like so many of us, she values the social interaction at the Co-op and the sense of community that it fosters. She also appreciates the bulk order service offered

in the store. Being able to make a customized order has helped her with her gardening business.

Theresa really looks forward to Saturday mornings during the winter when there's no Farmers Market and she can still find friends, conversation and great food at the Deli's Saturday Brunch.

When I asked Theresa what she would like to see herself doing ten years into the future, she thought wistfully about her gardens and hoop house, how she is taking the measure of her country growing space, starting new varieties from seed, and nurturing other young farmers and ranchers in sustainable practices. She replied with a smile, "Probably doing the same things I'm doing right now."

Pat Vaughn, is a former President of the Co-op. With the advent of cool fall weather and the busy school year, he is reminded that a family, like an army, marches on its stomach.

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Idaho Energy Division's Information Rack Discontinued

By Sally Fredericks, Moscow League of Women Voters

Since the mid-1980s, the Moscow League of Women Voters has been managing the Idaho Energy Division's "information rack." This project has been funded by the U. S. Department of Energy with the administrative cooperation of the Idaho Department of Resources, the mission being to educate Idahoans on energy conservation and the use of renewable resources. Due to funding cuts over a number of years, the project was discontinued as of July 2003.

It was the League's responsibility to keep the rack stocked with information appropriate to the season, make monthly reports to the Department of Water Resources and request pamphlets when necessary. The "rack" has been at The Moscow Food Co-op for the past two years and had heavy use. I would like to thank the Co-op for allowing us to place the rack near the entrance and thank all the users for accessing the information. We all agree that it is unfortunate that this relevant public service has been discontinued. The quarterly publica-

tion, *Idaho Currents*, is available electronically. You may subscribe by contacting lcawley@idwr.state.id.us.

I have written our legislators and Department of Water Resources Director Karl Dreher, P.O. Box 83720, Boise, 83720. It occurs to me that since this was primarily a federally funded project one could also write to our Congresspeople.



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Customer Profile: The Long View

By Vic Getz

John Dickinson has two official positions these days. He's an official member of the Co-op, and he's officially a candidate for the Moscow City Council. He recently took early retirement after being a professor in the UI Department of Computer Sciences, including 17 years as Chair.

After all that time in *the academy* (of which he loved every minute, even the frustrating ones because of the challenges they presented), John said it's interesting to explore new identities. He had the initial fear that "no one would love me" without the professorial packaging. At a recent gathering of siblings, he realized who he is, "Me. That's what's interesting. I've always been just me. What you are is not defined by titles." He said in midst of family where you just don't have to care about presenting yourself in some prescribed manner, that's the person who you are. "Why not just be that person?"

Similarly, in the classroom it was important to him to find a way to generate discussion and the facts of the subject weren't conducive to creating that classroom dynamic. "The details are in the book. What matters in communicating is generating an understanding of the broader subject matter, the love of it and a sense of fun." He said that he was far more natural with that approach. I definitely could relate when he told me that his favorite students were the ones who "terrified" him when they raised their hands. Again, it was the challenge he valued.

Running for city council will certainly fit the challenging category. People ask him about running. Why do it? (I mean, retirement? Early?

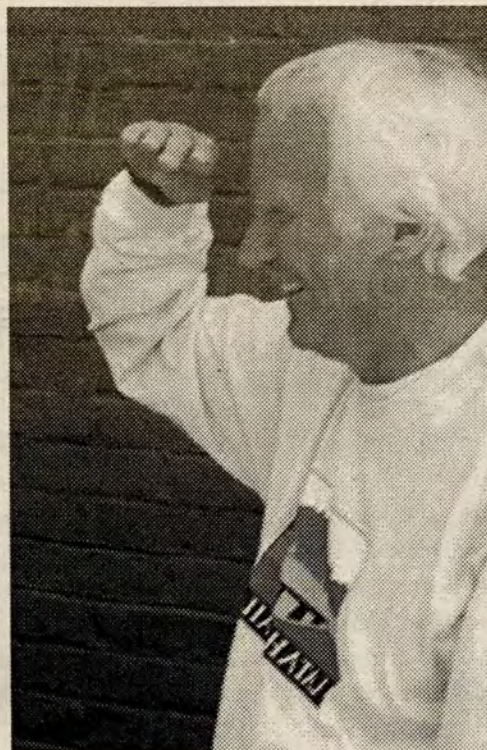
Relax already.) What could he possibly want out of this? Without any arrogance, he said, "I would love to have people say, 'That's how I'd like government to operate.'"

He wonders about being told that he has to be *angry* about something in order to run a campaign. He doesn't agree. "Every issue doesn't have to be polarizing." Working with community for the good things people want is his deeply felt strategic plan. "I know the creative energy exists in Moscow and the city council can help to channel that energy or to smother it."

"I mean, there's nothing I dislike about Moscow and there are lots of things I love!" He knows many people share this feeling. "Even if people don't use the trail or go to the Farmers Market (or the Co-op?) they realize what valuable resources they are for the community."

He described an interdisciplinary course he co-taught called "Time Warp." "The Clock of the Long Now: Time and Responsibility" by Stewart Brand was one of the readings. Imagine a clock that would last 10,000 years. Just kept on ticking even if there were no humans around to maintain it. How would it be made? What materials would be used? What source of power to run it? (Read the book to find out.)

One of the things this got him to thinking about was long range plan-



ning. "Because people don't think in the long term, like 50 or 100 years. But dealing with many complex issues requires taking a really long-range view. Long range planning means you need to think about the consequences of decisions. Long range planning now has a horizon we can see. And maybe we need to have a

more distant view. You can't just hope that the future will fix the problems."

How can Moscow sustain its special quality? Decisions taken now will have long-term consequences. There might be little argument that the horizon of most planning decisions is about the distance of maybe five years. I suggested this to John in terms of Moscow's comprehensive development plan.

John responded that the plan is a dynamic, living, breathing process, more than a document in a drawer. It should be reviewed frequently with that in mind. An example is land development. "Right now, it's pretty much determined by external events. One developer said it's a matter of waiting for the next person to die. The best framing question really isn't 'What will we do now,' but rather, 'Where are we going?'"

I asked John about his own personal long-range view. He answered with a story involving raising his children. He'd try to think about the consequences of his decisions and the im-

pact of those on the kids becoming "happy, caring, healthy adults," like telling his daughter, Jennifer, whether or not to eat boogers? Perhaps that isn't the best illustration of the thought but it made me laugh. A better example was his decision to put down whatever he was doing when one of his kids would call and be there to listen to them.

After spending 1/3 of his life in school and 1/3 as a professor, at this point, he says he has different goals other than guiding his kids. He's re-examining his own dynamic comprehensive plan. He understands the importance of family and friends. He says, "What's important is being there for people. Having the time for people. Having those relationships be given the currency that matters." Time and attention.

There were many potential endings to this column. But this is the one I like best. The time horizon on that view – the value of giving people the time they deserve to be heard, is limitless.

Vic Getz points out that Moscow's city council elections are non-partisan. How much more democratic can you get? John Dickinson is endorsed by the Moscow Civic Association (MCA). You can check out his website at www.johndickinson.org. MCA can be found at www.moscowcivic.org. MCA will be hosting a candidate forum open to the public on October 13 at 7:30 in the 1912 Center. It's one chance to hear...and be heard.

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Palouse-Clearwater Environmental Institute (PCEI) Community Planting Day

By Sara Robson

- WHO:** Many Volunteer Tree Planters
WHEN: Saturday, October 11, 9:00 a. m. to 12:00 noon
WHAT: We will be planting native trees and shrubs, so please dress appropriately – preferably long pants and boots. Bring your water bottle, sunglasses, and hat for sun or wind. We will have work gloves available, but if you have your own please bring them.
WHY: To enhance native riparian habitat and decrease non-point source pollution.
WHERE: Because the location varies, please call PCEI, 882-1444.

If you have any questions please contact Sara Robson at robson@pcei.org, 882-1444, or visit our events calendar on our website: www.pcei.org.

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October Volunteer Profile: Eva Jo Hallvik

By Heidi Heffernan

I met Eva Jo Hallvik in the autumn of 1994, shortly after she returned to Moscow from her stint in the Peace Corps. In the nine years that I have known her, I've watched her leave the Palouse several more times only to return here again to re-establish ties in this wonderful community that we all love. On a recent Saturday afternoon she and I sat down to talk about the Co-op, Moscow, and our lives here. But mostly we spoke of her time in the Peace Corps, which is strange since, in all the time I've known her, we have never discussed her time there.

Eva joined the Peace Corps in 1990 after graduating from the UI with a degree in Creative Writing. After an initial eight-week training session in South Carolina, she was sent to Lesotho, in southern Africa, to help locals there run a Gardening and Nutrition Project. This project encompassed the whole scope of food: planting, growing, harvesting, preserving, and finally preparing wholesome and nutritious meals. There was a focus on increasing vitamin consumption in the diets of mothers and young children by introducing a variety of vegetables in their gardens. She would work with a "lead farmer" with whom she established a sort of apprenticeship. She would do demonstrations in the lead farmer's garden and then this farmer in turn pledged to help others learn the techniques Eva was introducing. When I asked her if she felt the program was successful, Eva paused and said,

"It's really hard to gauge the success of things like this. In a sense I think it was a success...these women seemed empowered...some. I was more of a cheerleader than anything else. These women knew how to grow food." She explains that it was satisfying to her that the methods they

taught in Lesotho were low impact. She is glad that they weren't pushing new technologies that would be beyond the villagers' means.

She described the country as being beautiful, the Mountain Kingdom of Africa, but heavily disturbed by humans. There are virtually no trees and all the wild animals have been hunted out. The soil is hard, rocky clay that suffers from bad erosion problems. She described using pick axes to dig down into soil when they tried to establish new growing beds. Consequently the villagers were discouraged by the labor-intensive techniques Eva was trying to teach them. She admits that at least some of the farmers continued using these methods and did achieve results. They increased their incomes, selling more vegetables and seeds, once their work began to pay off after a few seasons.

It seems natural then that Eva would be involved in local growing here in Moscow. She is one of the coordinators of the Mid-week Grower's Market held in the Co-op parking lot on Tuesday afternoons (May-October). She was attracted to this position because she believes in what it stands for: local, extremely fresh produce, low transportation costs/effects, and the feeling of community that is built when people buy food from their neighbors. We both agreed that the more people participate in this market the better.

When Eva is not coordinating the growers market she likes to hike with her dog Yogi and friends, garden, and read/sleep. She is also a massage therapist here in town and I can speak from experience that she gives a darned good massage. She has these tiny little fingers that can reach into places you don't know exist. She is part of the Business Partner Program at the Co-op, so members can receive a discount when obtaining her treatments. So, if you're in need of a good



massage call Eva Jo. You can find her phone number listed in the front of this publication under the Business Partner Program.

I asked Eva what three items she would want on a desert island.

"Anything?" she asked.

"Yes, anything."

1. A water filter/containment system with a lifelong filter (this is a hypothetical situation, after all).

2. A super-duper Swiss army knife with various blades and a magnifying glass. And

3. A peaceful, self-sufficient community of friends to help enjoy the wildness.

It makes being marooned on a desert island sound appealing. Keep life simple.

Heidi Heffernan lives with her family in Moscow and loves to eat fresh local produce.

Pullman Civic Theatre

By Char Fluster

Catch Pullman Civic Theatre's last show of the 2003 season - the sophisticated comedy, *This Day and Age* by Nagle Jackson, directed by John Rich.

Marjorie, a sophisticated woman in her later years, is prepared to sell her luxurious suburban home to pursue a more liberated and exciting lifestyle. However, her grown children and their spouses are not prepared to let her go. They expect her to stay rooted in the role of devoted mother and to take care of their needs indefinitely. The result is a delightful comic display of an otherwise loving family at cross-purposes. Show dates are November 6, 7, 8 & 13, 14, 15 in the Gladish Little Theatre.

Tickets are \$8.00 and can be purchased at Dissmore's Service Desk, Neill's Flowers & Gifts, at the door, by reservation at 509-332-8406, or by downloading an order form from www.pullmancivictheatre.com.

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Bean Enchiladas

By Jen Hirt

The word enchilada is one of those neat nouns that used to be a verb. It comes from the Spanish *enchilar*, meaning to season with (or in) chili powder. That would make a lot of meals enchilada-ish in nature – chili, tacos, soup. But when the word started appearing in written text at the end of the nineteenth century, it usually referred to a tortilla served with a chili-rich sauce, rather than the act of seasoning with chili powder. Nowadays, the delicious enchiladas offered everywhere (from a Co-op deli lunch to a late-night snack courtesy of Patty's) aren't just plain tortillas and sauce – they have a tasty filling.

While I readily admit that cheese enchiladas are my guilty pleasure, here's my bean version – plenty of protein and very little fat or cholesterol, if you opt for the vegan version. I've included options for a fast version (reliant on the mighty convenience of canned beans) or a nearly-from-scratch version (the pure bean, untainted). I've also eliminated the usual pre-frying of the corn tortillas. Simple and satisfying, this recipe serves three or four as a main dish.

Enchiladas

- A package of corn tortillas
- A 10 oz. can of enchilada sauce
- 1 cup salsa of any style, from green to chipolte
- 1 jalapeno, minced
- 1 tsp cumin
- 1 tsp chili powder
- 1 tsp garlic salt
- 1 cup dry kidney beans
- or
- 1 15 oz can kidney beans
- 1 cup sharp cheddar
- or
- 1 cup of finely minced green pepper

If you are using dry kidney beans, they need to soak for 6-8 hours. Sort the beans to remove any pebbles or debris. Rinse the beans and soak them overnight in 3 cups of water. Next, boil them in 3 cups water for 45 minutes to an hour, until the beans are soft. When you are ready to assemble the enchiladas, preheat the oven to 350. In a large bowl, mash the kidney beans into the salsa until the mix becomes a paste. If you are using canned beans, rinse them well before mashing to reduce the salt. Stir in the jalapeno and the seasonings. Set aside.

Grate the sharp cheddar, or mince the green pepper for a vegan version. Set aside. Prepare a shallow baking dish by coating it lightly with some enchilada sauce. Next, you have to heat the corn tortillas to make them flexible. I warm my cast iron skillet over medium heat, then heat each tortilla for about ten seconds in the dry skillet. Other recipes require frying the tortillas to give them a crispy bite, but I'm willing to forgo crisp for less fat and fewer calories. Keep the tortillas warm between clean towels.

Drop a couple spoonfuls of filling and about a tablespoon of cheese or green pepper in the middle of each tortilla. Use the back of the spoon to spread the filling. It is best to underestimate the filling, rather than run out with three tortillas to go, so be conservative. Gently roll the tortilla and place it seam side down in the baking dish. If the tortilla cracks despite the preheating, don't worry – by the time they cook, smothered in sauce, no one will notice. If they do notice, tease them for being an enchilada critic. If there is extra filling, fill the spaces between enchiladas. Drizzle the rest of the enchilada sauce all over. Sprinkle with any extra cheese or green pepper.

Bake, uncovered, for 15-20 minutes. The dish is done when the middle enchilada is hot all the way through.

Serve as is or garnish with sour cream, guacamole, diced tomatoes, or sprigs of fresh cilantro.

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

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Tofu, Japanese Style

By Jackie Miyasaka

In many areas of Japan, tofu is still delivered to homes like milk used to be delivered here. In Kyoto, where my in-laws live, a distinctive horn would signal the arrival of the little tofu truck. Upon hearing the sound, people would run outside to buy a block of tofu. A man and his wife would wake at the wee hours every morning to make their daily batch of fresh tofu and then deliver it by noon. Sadly, this tradition stopped several years ago when they had grown older and the woman fell ill. Now there is no choice but to buy mass-produced tofu at the supermarket and speak of the "tofu man" nostalgically. While mom-and-pop tofu establishments used to be the norm, they are becoming more and more a rarity in Japan.

Tofu came to Japan by way of China, where it is thought to have originated in the eighth or ninth century. Scholars believe that the Chinese adapted the cheese-making techniques of nomads from the north to change soymilk into tofu.

Traditionally, tofu in Japan was made by soaking dry soybeans in water overnight, then mashing them to a pulp, mixing with water, and boiled. Next the mixture is squeezed through a cloth bag to separate the soymilk from the lees (the lees, known as *okara*, are very nutritious also). A natural coagulant called *nigari*, a mineral extracted from seawater, is added to the soymilk. When the mixture starts to congeal, it is poured into a wooden mold. When the tofu has solidified, it is cut into blocks. Made in this way, the result is soft and silken tofu. However, if a cotton cloth is used to line the wooden mold and the tofu is pressed with a weight to drain the excess water, more water is pressed out, so the result is firm tofu.

In Japan, the most common way of eating tofu in the summer is uncooked, chilled and topped with grated ginger, thinly sliced scallions, and soy sauce. In the winter, tofu is often simmered in a *konbu* (kelp) based soup and then dipped into a sauce consisting of soy sauce, grated ginger or daikon radish, shaved bonito flakes, and thinly sliced scallions. It is also eaten fried, scrambled, in soup, grilled, and any number of other ways. Tofu is very versatile.

The Co-op sells quite a variety of tofu products, but the recipes below are based on Island Spring Organic Traditional Firm Tofu, which is a tofu packed in water. If you do not use all

the tofu at once, the tofu should be stored in a container with water and the water changed daily.

Agedashi Tofu

(Serves 4 appetizer portions)

- 1 block firm tofu
- 4 tablespoons grated daikon radish
- 2 teaspoons grated ginger
- 2 scallions, thinly sliced
- 1/4-1/2 cup flour
- Oil for frying
- Soy sauce to taste, 2-3 tablespoons total


Wrap tofu in two layers of paper towels and let it set for 5-10 minutes to absorb the excess moisture in the tofu. Cut tofu in half crosswise and then lengthwise so that you end up with four pieces. Dredge the tofu in flour, making sure the tofu is completely covered with flour. Heat oil to 350 degrees Fahrenheit. Fry tofu until golden. Put one piece of tofu on each plate and top each with daikon radish, ginger, scallions, and soy sauce.

Tofu Stew (Serves 4)

- 1 block firm tofu, cut into 1-inch cubes
- 1/2 pound pork or chicken, cut into slices as thin as possible
- 1/2 medium onion, sliced thinly
- 4 scallions, sliced into 2-inch pieces
- 1 cup fish or vegetable stock
- 1 tablespoon sugar
- 1 tablespoon saké (rice wine)
- 1 tablespoon mirin
- 2 tablespoons soy sauce

Put stock, sugar, sake, mirin and soy sauce into a wide-diameter pot. Heat to boiling. Add tofu, meat, onion, and scallions. Simmer 5 minutes, or until all the ingredients are just cooked through and hot. Enjoy a bowl of delicious stew.

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



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Gardening

Two Tough Plants

By Patricia Diaz

This month's article features two really tough plants that will be big hits in your garden. Both are a favorite of mine so I can attest to that with personal experience. One beautifies with its blossoms and the other provides beautiful leaf and branch interest as well as a tasty harvest!

The first is the potentilla, a beautiful flowering shrub that will tolerate our clay soil. They're a favorite of landscape gardeners all over the Palouse. There are more than 500 varieties of this plant, commonly called cinquefoil. Many of these species are herbs and perennials, but the one you want to use for a flowering shrub is called *Potentilla fruticosa*.

These plants stand up to cold weather, our less-than-favorable clay soil, and also to drought and heat. They grow slowly to about four feet and have a nice mounded shape. The flowers come in several colors — yellow, white, red, orange and a beautiful salmon. They are insect- and disease-resistant and need little to no care whatsoever. Occasional watering and fertilizing just makes them flower more beautifully. Potentillas begin flowering in spring and don't stop until the first frost.

If you'd like a more low-growing variety, look for the Klondike, a dense two-foot-tall variety with 2" deep yellow flowers. Two other kinds are Abbotswood and Mount Everest, which have white flowers. The salmon one is called the Miss Willmott and seems to always draw the most attention. For yellow 4-foot varieties, try Goldfinger, Primrose Beauty, Jackman's Variety, and Katherine Dykes. For real pizzazz, Red Ace is a 2-foot-tall shrub with bright red flowers with yellow centers, or Tangerine which has yellow-orange blossoms. The red and orange varieties like it just a bit more lightly shaded than the yellow or white ones.

Another really tough "plant" is the filbert, which is really a tree. Filbert or hazelnut trees provide year-round interest as well as delicious nuts. You can get this tree in shrub form also and there are actually 15 different filbert species available.

Hazelnuts were very important to First Nation peoples — they ground them into flour, which kept for long periods without spoiling and they used the tree's boiled bark to heal cuts and treat fevers. In the late 1800s northwestern U.S. farmers began growing filberts as an agricultural crop and today Oregon is America's top producer of hazelnuts. Turkey is the largest hazelnut growing country in the world.

The variety that I have is the Harry Lauder Walking Stick, a hybrid of the European filbert, that grows distinctive crooked stems and is striking in the winter with its gnarled look and golden catkins hanging long after the leaves have gone. In the summer it looks like a disreputable

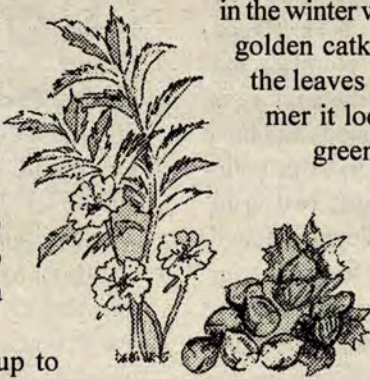
green rag bush but that just makes it more lovable to me. This variety doesn't produce nuts. (It's named for a Scottish vaudeville singer and World War I hero whose trademark was a twisted walking stick.)

Another unique variety is the Purple Giant filbert, which is 15-20 feet tall and has dark-purple leaves that gradually fade to dark green as the summer progresses. This filbert, too, doesn't produce nuts.

For a handsome tree that withstands tough conditions, including drought, AND produces tasty nuts, choose the Turkish variety of filbert. These are often seen planted along streets and in parks. Turkish filberts often reach heights of 40-50 feet. If you want a shorter tree, try the American or European filberts, which reach 8 to 20 feet. They also make great hedges.

Filberts have few pest and disease problems and require little upkeep. Once they're established, they are drought-tolerant. They like a well-drained soil, so amend your clay before planting the tree. You also need to plant at least two if you want an abundant harvest of these tasty nuts, as the trees can't pollinate their own blooms. Some varieties produce ground-level shoots or "suckers" but just cut those off below ground level. Probably the biggest challenge to growing filbert trees is fending off the squirrels and deer!

Pat Diaz gardens an hour east of Moscow near Dworshak Reservoir. Harvest is coming to a close and as we speak she is now dehydrating zucchini for winter soups.



Letter from the Land: Personal Ethics and an Economic Relationship to Nature

By Suvia Judd

I just returned from four days at a regional alpaca show where our animals and fleeces competed with others from around the Northwest. Shows are a lot of work, and tiring, but a good form of advertising, and a great opportunity to reconnect with friends and colleagues in the alpaca business. It also gives me an opportunity to reflect on where the industry is going and on my own comfort level with trends and practices. This year I find myself also looking back over my life since I left college, and looking at my several attempts to meet my goals while making a living, and my various midcourse corrections.

This year's concerns after an alpaca show include suri alpacas (the breed we raise). Suri alpacas are derived from a fairly small number of imported animals. Due to economics and social forces, the great majority of female suri alpacas are bred to a handful of males. What is this genetic bottleneck doing to the breed?

To breed for the perceived best, breeders frequently ship females, often with a cria (baby alpaca at side) long distances, even across the U.S., to be bred. I am uncomfortable doing this myself because of the stress to the animals. Some tolerate it better than others. I have known alpacas who lost a pregnancy during shipping; others who have aborted when their pasturemates were sold; another who took the better part of a year to regain her previous temperament after returning from an outside breeding.

To promote and market their animals, breeders often take or ship their alpacas long distances to major shows and sales. This is also stressful for the animals, not just because of the travel, but because they bond tightly in their social groups.

Alpaca fleece is a luxury fiber, which in the case of suris can have the luster of mohair, and a handle equal or better than cashmere. The development and marketing of alpaca fiber end-products has increased wonderfully, but the industry is still primarily focused on breeding and selling animals. This machine is driven in large part by sales to new breeders. I have always been troubled by this because most new breeders are novices, and many have never had any livestock experience. The kindest, most well-meaning person can make tragic mis-

takes while climbing up the steep learning curve.

This is a sample of the concerns I have in this business. (I recognize that as livestock industries go, alpacas are really well-treated, comparatively pampered.) We love our animals and are entranced with the creative possibilities of the fiber, and enjoy the many fine people we meet while doing business. But we also are always monitoring ourselves to make sure the market pressures don't lead us to deviate from our own ethics.

Reflecting on my own life history, I realize that all my career and employment endeavors have been marked by this tension. On one hand, from my earliest memories, I have been drawn to the natural world, to plants, animals, and natural history. I began college with the goal of becoming a biologist, and I enjoyed my studies greatly. My fascination with life and living things drew me into the field, yet every force seemed to direct me indoors, and towards research which involved killing the subjects or working with their components. Botany was wildly unfashionable at the time; biochemistry and molecular biology were "in," and ecology was still quite new. (Many interesting fields like conservation biology and habitat restoration have been invented since that time.) The most interesting biology I did was working with a researcher on the population biology of lungless salamanders, which involved a lot of nighttime crawling around wet rock faces and damp little valleys in the southern Appalachians. My own share of the research used photographic mark recapture, so was not destructive, but many animals were sacrificed in other parts of the project. I remember my adviser's inner office, floor to ceiling with specimen jars.

Perhaps my least ethically challenging endeavor was our plant nursery, where the biggest ethical conflicts were whether to use Canadian peat moss in the planting mix, and whether to sell alien cultivars of local natives to people living in the wildland interface.

I am reading "Non-violent Communication" by Marshall Rosenberg right now. Maybe when I finish I will be enough more in touch with my feelings that resolving ethical questions will be a cinch for me. Do you think?

Families

Stopping the Cycle

By Lisa Cochran

October is Domestic Violence Awareness month. Domestic violence, or DV, is a staggering social problem that affects every ethnicity, every age and every socioeconomic position. Though partners can abuse men, the most common victims are women and children. DV against women has been shown to go hand-in-hand with the maltreatment of children and occurs disproportionately in homes with children under the age of five. Reported cases of abuse and neglect of children of all ages in this country is close to two million cases per year. Combined with estimates of unreported cases, the figures are shocking.

It is estimated that in the U.S. more than 10 million children are exposed to parental violence each year. A child's exposure to domestic violence is the strongest risk factor for transmitting violent behavior from one generation to the next. Abused children or those who have witnessed violence at home have significant risk factors for themselves becoming a

child abuser, a DV perpetrator, a violent juvenile offender or a victim. Children exposed to DV are six times more likely to commit suicide, 24 times more likely to be sexually assaulted, 60 times more likely to engage in delinquent behaviors, and 1000 times more likely to become abusers themselves.

Traditionally, and especially here in Idaho, domestic violence has been called a "family issue." As such, it is still under-reported, under-identified and under-treated. When will we begin to see domestic violence, not as a family issue, but as a community, state and national issue! If children are indeed our greatest resource, then why are we allowing them to grow up not only severely damaged but also likely to grow up to produce new generations of violent families?

Prison populations throughout Idaho and every other state are inundated with inmates who perpetrate the violence they learned from their homes in the streets. Housing costs for these inmates runs into the tens of thousands of dollars per year per inmate. Our overcrowded prisons are bursting at the seams to house them all while available dollars for their care and rehabilitation are shrinking.

There are alternatives to violence, and there are ways to help protect our children. If you suspect a child is being exposed to or victimized by domestic violence, don't hesitate to report it! Many states require that suspected DV, abuse and assault be reported. Besides 911, law enforcement, and Child Protective Services, a one-stop clearinghouse of support and services is available by contacting Alternatives to Violence of the Palouse (ATVP).

ATVP has been working for more than two decades to make significant changes in the life of those who have suffered from the trauma of domestic violence, child abuse and sexual assault. They run both a 24-hour crisis intervention hotline as well as emergency shelters for victims. They offer information and referral to other agencies in Latah, Nez Perce, Whitman and Asotin counties that address housing and financial assistance as well as other needs and have a myriad of programs to offer counseling and support groups. Just as importantly, they provide legal, medical, and advocacy support for both adult and children who have experienced domestic violence or sexual assault. All services are free of charge and collect crisis calls are accepted. They can be reached at 509-332-HELP or 883-HELP. They also have an outreach program that goes into the com-

munity to do presentations to educate people about domestic violence and sexual assault issues.

Love should not hurt and homes should be safe havens to grow up in! We can no longer view domestic violence as a family issue, but instead commit to becoming more aware of this insidious behavior and build coalitions among our friends, neighbors and church to make a stand for all victims of domestic violence, child abuse and sexual assault, especially children. Let's start now by working within our communities to shed light on this critical issue and pressure lawmakers to recognize that raising healthy, fully functioning families and children is not a private family issue.

To find out more on protecting children and families from the effects of domestic violence, contact your local Health and Welfare office, the Idaho Care Line (211), Idaho Coalition Against Sexual and Domestic Violence, 208-384-0419, and the YWCA of Lewiston/Clarkston at 208-746-9655 or 800-669-3176. Websites include: (Local) <http://community.palouse.net/atvp/>; (Idaho) <http://www2.state.id.us/crimevictim/>; (Washington) www.wscadv.org; (National) www.ncadv.org.

Lisa A. Cochran is a long-time Moscow resident who served as an ATVP advocate volunteer for several years.

Mothers of Organic

By Carol Price Spurling

"What if Erin Brockovich, Kelly Preston, Raffi, and Dr. Sandra Steingraber were all at the same dinner party...and you got to listen in? Welcome to M.O.O!"

My first thought upon reading this introduction to Organic Valley's "Mothers of Organic" website was: all I get to do is listen? Can't I talk too? As it turns out, indeed you can talk at this party, starting with when you fill out the membership questionnaire, which asks about your "organic epiphany," "what you do in life," and your family.

Regular Co-op shoppers are probably familiar with Organic Valley products. Until you visit them on the web, however, you might not realize just how much effort Organic Valley puts into educating consumers about the importance of going organic. Their website for moms lures visitors in with celebrity-activist spokespeople and offers a myriad of links: garden advice, recipes, yoga for kids, news, quick ways to make a difference, stories, a Raffi sing-along, profiles of organic moms, a

plea from Erin Brockovich on behalf of the Children's Environmental Health Coalition, and more.

I'm not much of a web surfer. I'm not sure I believe in finding one's "community" through the Internet. But already I've learned something valuable, from reading Dr. Sandra Steingraber's "organic manifesto." This was a piece I expected to hate, after seeing the really lovely black and white photos of her with her adorable children in their semi-rural home in upstate New York. Like any neurotic mom, I'm suspicious of women who appear better adjusted than I; I also got nervous that this true believer would make me feel like an organic heathen.

Relax. Dr. Steingraber's piece was well-written, chock full of accessible scientific information (she has a doctorate in biology and years of field experience), and compelling. I also found, as you might, that our families have much in common. Trying to trim their budget so they could spend more time with their children and less time at the "office," Dr. Steingraber and her husband hired a financial counselor to analyze their

expenditures. There wasn't much room for improvement. "We own one car, buy clothes at consignment shops, pay off our credit card in full each month. And there wasn't much that could be done about those health insurance premiums," writes Dr. Steingraber. Ditto for the Spurlings.

The counselor finally notes two oddities: their grocery bill, at \$140 per week for a family of four, seemed high. And their charitable giving appeared non-existent. Ditto for us again. Our food budget comes in at around \$150 a week for a family of three, less if we're particularly careful. But now I don't need to kick myself for that high figure. Given our priorities, it makes perfect sense.

Steingraber explains: "The absence of charitable donations and our generous food budget were directly related to each other. Virtually all the groceries Jeff and I buy for our family are organically grown. As well as an investment in a healthy environment for our children, directing my food dollars toward organic farmers is part of my spiritual practice...we choose to support an agricultural system that does not rely on toxic chemi-

cals to produce the food we eat."

She goes on to elaborate her organic manifesto, articulating at length "all the reasons why I believe the decision to buy organic is rational, ethical, and in the long-run, cost-effective." Not all of us are as lucky as the Steingrabers who live right next door to (and lower down the watershed from) the organic farm, which they support through a CSA (community supported agriculture) program, paying the farmer up front every spring, and receiving produce, honey, eggs, herbs, and flowers throughout the rest of the season in exchange. But we do live in an extraordinarily rich agricultural area, with a fabulous food co-op in which to shop. I often forget, living in my cozy community of organic devotees, how much more work there is to do in making the world safe for our families, and in that regard, may I recommend you visit www.moomom.com, join up, tell your story, and spread the word.

Carol Price Spurling got tired of peeling apples whenever her son wanted one to eat, so now she only buys organic ones, and lets him bite into them peel and all.

Commentary

News from the West

By Auntie Establishment

If I had only known. In last month's column, I made a casual crack about the old Moscow Renaissance Fair mural on the back side of the GTE Building. I said that, in winter the sight of that happy, barefoot couple skipping their way into glorious springtime made me feel depressed, and that I shuddered to think of the number of consolation brandies it had forced me to buy at the nearby Garden Lounge. (Enough that the bar's owners ought to have paid the painter a finder's fee.) Well, no more. The GTE building's new owners, New

St. Andrews College, have seen fit to paint over this familiar if seasonally depressing landmark. I drove by the building yesterday, and the entire wall, mural included, was coated over with primer.

How sad. The Renaissance Fair mural was old; not in cosmic terms perhaps, but as a piece of local history, it had meaning. When I moved here eleven years ago, it was already faded and worn, and, though arguably it wasn't lovely, it had a certain charm. Though I stick by my as-

On the Water Front

By Dianne French

With summer turning to fall, I wondered how much water was saved by the voluntary outdoor watering restriction (no watering between 9:00 a.m. and 6:00 p.m.) instituted by the Moscow City Council on July 1, 2003. Council felt this measure would protect a diminishing groundwater supply and head off a coalition of local business/civic/conservation groups in filing a petition to the Idaho Department of Water Resources for better management of our local resource.

After reviewing pumping reports obtained via the Moscow Water Department and comparing usage both year-to-date and just for the summer months (June, July, and August), the conclusion is that Moscow's water consumption did not respond adequately to the voluntary restrictions. For the combined months of June/July/August 2003 consumption was 372.8 million gallons, compared to 327.8 in 2002 and 341.6 in 2001. That puts 2003 13.7% over 2002 and 9.1% over 2001. Year-to-date pumping is up 10% over 2002.

Arguments that this was a hot, dry summer can be made and sympathized with to a point; however, that fact does not put any more water underground for us to consume. The reality of our climate is that every summer is warm/hot and certainly dry. Anything we can do to reduce water demand whatever the time of year will be imperative to reach sustainability in the resource.

Since water use in Moscow peaks in the summer, the prime opportunity for real water savings for 2003 has gone by; however, the City could institute

several other measures that would result in water savings throughout the year. Additional measures might include a tiered commodity rate structure (while utilizing a base rate that would provide for infrastructure needs, i.e. fixed costs); setting up a pilot program for gray-water use, composting toilets, rainwater collection among other ideas; and supporting the use of urinals that do not require water for flushing and sanitation in public and business buildings throughout town.

Within the first two weeks of October, the City should be holding a public meeting regarding this issue and to discuss what additional measures, if any, they are planning to take in the short run.

When reviewing candidates in the upcoming City Council election (November 4), consider the thought process you might like Council members to use when making decisions that affect not only those of us here right now, but also those who will come after us.

It is said that any journey begins with a single step. The step taken by Council to reduce water consumption in June 2003 faltered. It is time to take a giant step forward – and then keep moving forward.

Dianne French is a co-founder of the Palouse Water Conservation Network (www.pwcn.org) and currently serves as Chairperson of Moscow's Commission on Health and the Environment.

assessment of its winter effect, in the summer, it beamed down on the Saturday Farmer's Market like a happy hippie laughing in an ashram. The mural was silly in a good way in that it said something about Moscow, Idaho – about a town that's often pleasantly out of step with the rest of the state. In a sea of Tony Lama and Woolrich, Moscow floats like an island of Birkenstock and hemp. Or at least it did.

Regular readers of this column won't be surprised to learn that my politics lie firmly on the left-hand side of the road. I'm burning rubber somewhere between Proudhon and Molly Ivins, and, in the interest of full disclosure, there's no love lost between me and the denizens of the New St. Andrews. To judge from their various public pronouncements and publications, they have more in common with John Birch and Torquémada than with my own political forebears. Nevertheless, where Proudhon and I part company is in believing that all property is theft. I recognize that the new owners of the GTE building have a right to do with their purchase what they will, short of burning it down to collect the insurance money. Still, why paint over the mural? Why cover it up? Were the bricks so deteriorated that they were unable to preserve the painting, or were they simply unwilling? Whatever the reason (or the excuse), with a few careless brushstrokes, a little piece of Moscow has been lost.

Lest you think I'm overreacting – or, worse, trying to make up for last month's column – I don't claim that the Renaissance Fair mural was great art. Though executed with feeling, exuberance, and a certain joie de vivre, it was not destined to appear in

art history books next to El Greco and Michelangelo. The mural was an advertisement, a year-round reminder that the Renaissance Fair, that quintessentially Moscow celebration of food and music, crafts and crack-pottery, would be held, come rain or come shine (mostly rain) on the first weekend of every May. It was an advertisement, and yet in a funny and humble way, it was more than that. It was more than a Got Milk? billboard or a paean to powerful cheese. It was local, and it was unique. It changed with the seasons like a rheumatic knee. What felt wildly inappropriate in December – a fat pair of Morris dancers sailing over a parking lot full of snow – made a miraculous transformation in late February and early March. With the appearance of the first crocuses and the green promise of daffodils, that tubby pair suddenly stopped looking silly and instead began to look hopeful and expectant. With hands held high and feet raised to kick, they weren't just welcoming spring; they were demanding that it hop on its bike and start pedaling North. Either that or they were going to come down to Arizona, grab Spring by the scruff of the neck, and stuff a Maypole where Maypoles don't go. You have to love a mural like that, and I think it bespeaks a certain lack of community spirit to paint over it without so much as a public debate or a by-your-leave.

That and I hate to think of what it's going to do to receipts at the Garden Lounge.

You can fit everything Auntie Establishment knows about art on the back of a postage stamp, but she knows what she likes. You can reach her in care of her alter ego, Joan Opyr, at auntiestablishment@hotmail.com.

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Letters

Letter to the Editor

Editor's Note: This letter was written in response to Chelsy Leslie's September article.

Saturated fats have gotten bad press for 50 years as a result of the anti-fat campaign promoted by the food industry that has great influence over the USDA, the FDA, the ADA, consumer groups and the media.

Nutrition researchers report that omega-6 oils and trans fatty acids, such as canola oil and all hydrogenated oils can lead to serious health problems. Trans-fats contribute to cancer, diabetes, high cholesterol, Crohn's disease, cirrhosis of the liver, eczema, PMS, breast disease, ulcerative colitis, irritable bowel syndrome, poor pituitary and thyroid function, heart disease, immune system dysfunction, sterility, learning disabilities, growth problems and osteoporosis.

It is best to avoid all hydrogenated and trans-fats, including canola oil and margarines. Canola oil is unsuited for human consumption because it contains a fatty acid called erucic acid. Erucic acid is associated with fibrotic heart lesions and is toxic to the liver. It goes rancid easily. Baked goods made with canola oil mold quickly. A recent study indicates that canola oil creates a deficiency of vitamin E required for a healthy heart.

Nutrient-rich traditional fats such as butter have nourished people for thousands of years.

Today butter consumption is down, yet cholesterol intake is up just 1%. Vegetable oil consumption (margarine, shortening and refined oils) is up about 400%.

Independent researchers such as Uffe Raynskov, MD, PhD, point out that there is a real need for correcting wrong advice given to the public regarding consumption of dietary fats.

Fat made by the human body is saturated fat. It is needed for energy and many other functions. Saturated fat helps flax oil (ALA) convert to fish oil-type fatty acids (EPA and DHA). Research shows that these substances act like anti-oxidants, and play important roles in lung and kidney health.

Four fat-soluble vitamins are necessary for health: Vitamins A, D, E, and K. Without fat you cannot absorb and assimilate these essential nutrients. Butter is the best source of these important nutrients. Vitamin A is more easily absorbed and utilized from butter than any other source.

Lauric acid, a saturated fatty acid, is found in butter. When lauric acid is in the diet, omega-6 fatty acids enter the body where they belong, even when essential fatty acid consumption is low.

Phospholipids made from saturated fats are required for the brain to work effectively. Arachadonic acid, a prostaglandin found in butter, is an important constituent of cell membranes. Prostaglandins protect against heart attack, stroke, and inflammatory diseases like arthritis, lupus and asthma. They aid in the movement of calcium and other substances into and out of cells, regulate pain and secretions including digestive juices and hormones, and support fertility. They induce birth, lower blood pressure, and regulate temperature and clotting.

Sources of traditional fats are olive oil, butter, coconut oil, lard, animal fats, organ meats, eggs, seaweed, and cod liver oil. Deficiencies of biotin, vitamin E, protein, zinc, B12 and B6 interfere with enzymes involved in prostaglandin production. Useable B12 is found only in animal foods. B6 is mainly found in animal foods. Zinc absorption is inhibited by phytic acid in whole grains, legumes, and particularly soy.

All the non-fat and low fat food you eat keeps you from absorbing the important fat dependent mineral, calcium.

Essential fatty acids should be about 4% of the diet.

Avocado has an alkaline reaction and is best eaten raw. It combines well with all fruits and vegetables. Avocado oil acts as an antioxidant blocking LDL (bad) cholesterol. It is one of the richest sources of glutathione, a powerful antioxidant that blocks thirty carcinogens and potent viruses.

Avocado is a low carbohydrate fruit of high nutritional value containing the highest percentage of oil in any fruit except the olive. The high phosphorus content supplies energy. Fourteen other minerals regulate body function and red blood cells. It is high in vitamin A, contains protein, thiamine, riboflavin, lecithin and essential fatty acids.

Healthy avocado protects from heart disease, obesity and cancer, treats eczema and dry skin. It helps circulation and lowers cholesterol, is crucial for hormone production and balance, helps immune health, diabetes, pregnancy, asthma and MS, pre-

vents cataract, bruising and stroke, and reduces kidney stones. Holistic veterinarians recommend avocado for skin and coat health.

In 2002 the National Academy of Sciences recommended that you eat avocado daily.

Gaye Eversole

To the Moscow Food Co-op Community:

I am writing to you about the Audubon Expedition Institute (AEI), a traveling college program that I was a student with almost twenty years ago. I traveled with 23 other students and two faculty, who were called "facilitators," in a school bus converted to suit our needs. AEI ran two other buses that year as well. Our bus traveled in Newfoundland, New England, Florida, the Southwest, and places in between. AEI's website states, "Our goal is to create experiential learning communities that inspire informed and compassionate ecological leadership."

In this letter, I want to share some of my experiences with AEI with you. I am also concerned about the future of AEI. Unpredictable situations have made it necessary for AEI to raise a large amount of money by October 31 in order for their programs to continue. I feel that it is important for people to know about and support small non-traditional programs like AEI that offer invaluable educational alternatives including undergrad and graduate level programs. AEI's experiential approach truly bases itself in reality and helps connect people to their hearts and to deep concerns for the Planet. My own experience with AEI was something I had never experienced before or since then.

To start with, we slept outside every night. I loved being that connected to the Earth, moon, stars, and the natural surroundings we were in. We visited many beautiful places, hiked, and backpacked. Our facilitators were good at asking us questions that encouraged us to think why the Earth might look a certain way in different locations, instead of just being told. We also visited sites of environmental devastation, such as clearcuts and an old coal mining town in Pennsylvania. The faculty has lists of many amazing people who they use as "resource people" in all of the areas that the buses travel to. We stayed with a Mennonite family in Pennsylvania and learned about their low-tech lifestyle. We talked with naturalists, university professors, Native Americans, and others. I remember danc-

ing with all of my bus mates at New England contra-dances, and watching Hopi dances as we sat on roof tops on the mesas. We learned about community — our own and those that we traveled through. We made decisions together using discussion and consensus. This extended our sense of everything being connected.

The Audubon Expedition Institute has been on the road for about thirty years. I hope it will continue with many more. There is a creative and resourceful group of alumni who are holding an auction, a contra-dance, and much more in order to raise the necessary funds. To donate (any amount helps), write and send checks to: AEI, P.O. Box 365, Belfast, ME 04915. To find out more about AEI, their website is www.getonthebus.org. The alumni website is www.aeialum.org. It has the info about on-line bidding for the Oct. 3rd auction and much more. You can also contact me at florafairy@earthlink.net and 883-4489. AEI gets learners out of doors and also helps them to think and feel outside of many of our societal limitations. We need options like this, where people can grow as creative and passionate human beings connected to the Earth and what is going on here. Thanks,

Romney Boehm

(Editor's Note: All the money raised by the food sales at the Co-op's 30th Anniversary Street Dance Party was donated to Peter Basoa's mother, Justine Basoa. Justine sent this note to the Co-op membership in response.)

Dear Friends:

If I were a poet, I'd sing your praises far and wide. But I am not a poet. What I am is ever-grateful to you for so lovely a thought, for so thoughtful a gift. And it is this gratitude that has led me to make my first purchase — a membership at the Co-op. I may not be a poet, but I am very proud to be one with you.

Justine Basoa

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Reviews

Book Review: She's Not There

By Bill London

In 1984, Gina, Willow and I moved to Moscow, finding affordable accommodations by sharing a large home on Seventh Street with a series of enjoyable (usually) housemates. A few years later, when a room came open, one of those housemates suggested that we rent that space to her friend Justin, a young college student.

Justin was soft-spoken and friendly, and seemed like a good fit, so he moved in. A month or so later, Justin went into the bathroom and came out in a dress. He announced that he was a "transsexual," that he was now becoming a she, and that we were to call him (oops, her) Justine from then on.

We had a few questions for Justine, of course, and gradually came to understand her perspective, as a female who somehow was born with male genitals. (Explaining this all to Willow, who was then about 8, was surprisingly easy.) I couldn't think about this process without grimacing at the idea of the "cut" that would render Justine anatomically female.

Which, I realized, is the point. Nobody would want to go through this process unless they were in fact suffering from living with the wrong kind of plumbing parts.

And as we continued to live with Justine, it was glaringly obvious that Justine was female. As a fellow guy, he (oops she) was all wrong. As one

of the women of the household, she fit right in.

Ever since that time, transsexual (now the term has been upgraded to transgendered) issues have interested me. Is gender not so black and white, are shades of gray possible, or even likely?

Which brings me to the book "She's Not There," published by Random House this year, and authored by Jennifer Finney Boylan. Jennifer was James for the first 40 years of his/her life, and a novelist and college teacher. Finally, after a lifetime struggle, which is clearly detailed in this autobiography, Jenny finished the therapy, hormonal additions, and finally the surgery. James became Jennifer. Jennifer still lives with his/her wife Grace and their two children, and the depth of their love and anguish is really the focus of the book.

And what a great book it is. Sometimes funny, sometimes pathetic, and always worth reading. In sum, get this book if you want an understanding of the special courage of those who are so determined to be who they are.

This book is available at BookPeople, or from the Moscow Public Library.

Bill London edits this newsletter, and this month celebrates with Gina our 32 years together.

Celebrate with Sagin' Time

By Sharon Cousins

On Friday, October 17, in the back room of Mikey's Gyros, from 8:00 until 10:00 pm, local band Sagin' Time will celebrate the release of their first CD, "The Taste of Life Itself." People of all ages are welcome to join this celebration of several years of effort that have finally born fruit.

Sagin' Time will play a couple of short sets, as well as being around to sign autographs and chat between sets. CDs will be on sale for \$15, and colorful commemorative posters, featuring the radiant landscape (drawn by talented local artist Mel Siebe) and joyous dancers of our CD cover graphic for \$5. Anyone buying two CDs (Christmas is coming, and they make great gifts!) will get a free poster

(while they last, but there are lots). Refreshments will include coffee, soft drinks, cake and snacks. Admission is free, but Sagin' Time will be accepting donations for Nancy Casey's gardening project in Matenwa, Haiti.

Sagin' Time is very proud of the results of their efforts and hopes lots of folks will come and help celebrate their musical endeavor, which has been dedicated to Peter Basoa for his many contributions to the local music scene over the years. So, come on down to Mikey's and help them celebrate music for both ends of your spine; music that comes straight from the heart.

Sharon Cousins is a member of Sagin' Time, and a long-time stalwart of the Moscow music scene.

2% Tuesdays: Future Problem Solvers Program

By Carolyn Tragesser

The Future Problem Solvers Program (FPSP) is a nonprofit educational organization that uses creative problem solving activities for students, and Moscow Junior and Senior High Schools have participated in this academic competition since its inception (25 years). Participants gain confidence in their ability to solve problems, think critically, and create a positive future. Students research real world issues from three strands: business and economics, science and technology, and social and political issues. Through participation, students learn how to think, not what to think, and become well-informed and capable young citizens, an obvious asset to our community.

The components in which Moscow students participate are team and individual problem solving and scenario writing. Given a situation set 20 to 50 years in the future, students work in teams of four or as individuals through a six step model of identifying challenges, selecting an underlying problem, producing solution ideas, generating criteria to evaluate solutions, evaluating solutions, and developing an action plan. All in two hours. Students develop generating and focusing skills while working cooperatively and collaboratively in groups—and enhancing their creativity.

Scenario writing allows an individual writer to create a futuristic short story based on one of the five FPSP topics. At the International Conference (IC) students are placed in teams for collaboration and write individual scenarios.

MHS and MJHS have amazing records! Both schools were state champions and went to the IC in Connecticut in June along with students from Canada, New Zealand, Australia, Korea, and the U. S. Moscow has qualified between four and 16 students each year. Due to budget cutbacks, students have to raise *all* the money for national competition. We are thrilled to be the recipients of the Moscow Food Coop's 2% Tuesdays for October. Our share will go for students who qualify to compete at internationals (to held in Kentucky this year). Costs for travel, registration, and food/housing amount to about \$800/student. Last year, students hauled manure, sold pizzas, worked at the Renaissance Fair, dug weeds, organized a pig and sturgeon kissing competition, and appealed to groups for donations—all to raise money to compete at the (inter)national level.

Against 64 other junior high teams at the IC, MJHS took the following honors: team competition—5th place, team presentation competition—6th place; on-site team scenario writing—1st place. Prior to the IC, a MJHS student placed 5th out of thousands of individual scenario writers. A MHS student placed fourth in team on-site scenario writing. You may view the results and get more information about this program from the website: www.fpsp.org. It's exciting to see Moscow School District right up there with other champions. Five MHS students and 11 MJHS students competed at the IC.

We wish to thank the Moscow Food Co-op for this opportunity to increase community awareness of this challenging opportunity for Moscow School District youth and to help send these state champions to compete at a higher level. The Co-op provides healthy choices and gives back to the community through the 2% Tuesdays. Please shop on Tuesdays in October and help this year's state champs.

This year's topics are smart clothes, rage/bullying, artificial intelligence, media impact, and immigration. For more information about this program and how you can help with resources (topic-related or monetary), contact one of the coaches: Carolyn Tragesser at MJHS (882-3577, tragessc@sd281.k12.id.us) and Charlene Jakich at MHS (882-2591, jakichc@sd281.k12.id.us).

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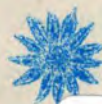
PALOUSE
Ocularium
VISION CENTER

Precise, professional eye care.
Comfortable Atmosphere.

William French
Optometrist



Bulletin Board



MOSCOW FOOD

Moscow Food Coop
221 E. Third St
Moscow ID 83843

La Leche League monthly meetings for Breastfeeding Mothers

Wed. Oct 1 & Wed. Nov 5, 9:30 AM
Sacred Heart Catholic Church 440 NE Ash, Pullman

Parking in lot at Maple & Ash
Betsy 882-0357, Jean 334-0832

Co-op Herbal Classes taught by Linda Kingsbury

Every Thursday, Oct. 2 - Oct. 31, 7-8 pm • \$5 for members and \$10 for non-members per class. Gritman Memorial Hospital 2nd floor Board Room. Make reservations at the Co-op

Moscow Farmers' Market

8AM-noon, Saturdays in Friendship Square, Downtown Moscow

LIVE MUSIC from 9:30-11:30AM

OCT 4: Red Eye Gravy - bluegrass
OCT 11: Dancing Trout - Old timey and fun!
OCT 18: \$2 Bills - bluegrass, country & pop
OCT 25: Sagin Time - Music for both ends of your spine

Co-op Art Opening

reception at the Co-op, Friday, October 10, 5:30pm to 6:30pm
photography of Mariah Crater

Field Trip to McCrosky Park Mountain

Saturday, October 11
Meet at Rosours parking lot, 8am
Friends of the Clearwater, 882-9755

Palouse-Clearwater Environmental Institute (PCEI) Community Planting Day:

Saturday, October 11, 9 am - noon
help us plant native species along local streams, 882-1444

House Concert by singers/songwriters Sara Gray & Kieron Means

Saturday, October 11, 7:30 pm- 314 East 2nd St., Moscow
By donation only. Sponsored by Palouse Folklore Society 882-0273
www.palousefolklore.org

League of Women Voters candidate forum

October 29, 7pm, Moscow High School Auditorium
njc@moscow.com

Call for Artists

Submit applications by October 13
Moscow public art opportunity. The outdoor piece will have a budget of \$18,000 which will include design, fabrication and installation.
Request a project application: 883-7036 or dheath@ci.moscow.id.us

Moscow Civic Association public meeting about Moscow City Council election

October 13, 7:30pm, 1912 Building
Speak out to Council Candidate John Dickinson
www.moscowcivicaso.org

Love Your Body Day

Wednesday, October 15, 3 pm
UI Women's Center, showing the NOW Foundation video, "Redefining Liberation," which tackles the issue of how advertising affects women's body image, health and self esteem. 885-6616

Tour Parasites with

meet on Oct 10, 11:30am, end of Lat
free tour e
882-1444

Live Swing

Friday, Oct 10, 7:30pm
University of
Sat, Oct 11, 7:30pm
Seattle's Ca
of Rhythm
www.swing

Alternativ Professionals

Saturday, October 18, 8 - am
Women's Health and Herbs, with Sharon Sullivan, RN, Herbalist
Saturday, October 25, 12 - 4 pm
Yoga and Relaxation, with Erika Cunningham, RYT, LMP
All classes at LCSC in Nursing Resource Center, MLH 140.
Cost is \$40 per session. Call LCSC at 792-2404 for details.

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

Sagin' Time CD

Friday, October 11, 7:30pm
Room of Mikey's
Admission: donation
Nancy Casey's gar
Matenwa, Haiti. CD

Group Exhibitions Artists

Opening Reception
October 24 • 7:30pm
Showing Our Meta
October 24 - Nov

Writer and film maker Michael Moore lecture

Saturday, Oct. 25, 8pm Beasley Coliseum, WSU
(800) 325-SEAT or online at www.ticketwest.com

4th Annual Fair Trade Craft Sale

Saturday, October 25 from 9-4 pm
Sunday, October 26 from 12-4 pm
Community Congregational United Church of Christ • 525 NE Campus St. Pullman • Free parking and admission
Contact: Jane Lear 332-0599

Meet the Author

Tuesday, Oct. 28, 2pm UI Women's Center
Andrea Vogt, author of *Common Courage: Bill Wassmuth, Human Rights and Small-Town Activism*.
885-6616

Pullman Civic Theatre's last show of the 2003 season: "This Day and Age"

November 6, 7, 8 & 13, 14, 15 in the Gladish Little Theatre.
Tickets \$8.00 • 509-332-8406, www.pullmancivictheatre.com.

Vigil for Peace

Pullman: First Friday of each month 12:15 - 12:45
Under the clock by the public library in downtown Pullman. 509/334-4688, nancycw@pullman.com
Moscow: Fridays 5:00 - 6:30PM
Friendship Square, downtown Moscow. 208/882-7067, sperrine@pottlatch.com

Special Collections Library
University of Idaho
Moscow ID 83844-2351

For additional events visit www.moscowfood.org

