

April 2004

FREE!
Please take one.

Community News

The monthly newsletter of the Moscow Food Co-op



Bikes, Bags, Flowers & Almost Earth Day

By Kenna S. Eaton

Celebrate Earth Day early this year by bringing your bicycle out of the garage and into the sunlight.

Saturday, April 17, we are sponsoring several events to help you do just that. Ride your bicycle to the Co-op that day, and we will have bike mechanics on hand to help you get your bike in shape for the upcoming season, plus you'll get a FREE flower! Village Bicycle Project and Paradise Creek Bicycles will set up shop at the Co-op in the afternoon from 2:00 to 6:00 p.m., and they will teach anyone who is interested in the basics of bicycle tune-up and repair. If you simply need some help with your bike repair, they'll be happy to do that, too. The bike workshops will be held on the Fourth Street side of our building if it is

sunny, and in front under the awning, if it decides to snow or rain. Paradise Creek Bicycles, a Co-op business partner, will sell bicycle parts for a

10% discount, so you can complete those repairs on the spot.

We will also accept used bikes for donation to the Village Bicycle Project. Moscow's Dave Peckham started this project to take bikes to Africa; the owners are then trained on how to maintain and repair their new bikes. Dave is looking for donations of bikes (especially mountain bikes) parts, and cash. Be the first of 10 to donate a bike, and you'll also receive a FREE Moscow Food Co-op reusable cloth grocery bag! Remember we're only giving 10 of those away, so get here early. If you are interested in learning more about the Village Bicycle Project, check out their web site <www.ibike.org/vbp>, email <ghanabikes@yahoo.com>, or call Dave at 892-2681. Village Bicycle Project is also the April recipient for our "2% Tuesday" grant, so shop on Tuesdays all month long to continue to help support them.

If you chose to ride a bike to the Co-op on Saturday the 17, we'll give you a FREE flowering plant to take home and beautify your place. So bring your bikes, your friends and kids down to the Co-op and take home a flower and a shiny, happy bike.

As usual the Co-op will also put together a crew for the Annual Paradise Creek Cleanup on Saturday April 24, the weekend after the bike day. The Co-op has committed to cleaning up several sections of the creek at least once a year, and we need your help to make it happen. Please read the article by volunteer coordinators, Janna and Annie, for more information if you are interested in part of that effort.



www.moscowfood.coop

Community News

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

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

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

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

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

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

Eva Jo Hallvik, LMT - First 2 massages @ \$45 each, 106 E 3rd St., 2-A, Moscow, 301-2246

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

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

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

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

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

Dr. Linda Kingsbury, Herbal Nutrition Specialist - 10% off Holistic Health Consultations, Natural Healing Classes, 106 E. 3rd St. #3, Moscow. drlindak@earthlink.net, 883-9933

Mabbutt & Mumford, Attorneys; Mark Mumford & Cathy Mabbutt - Free initial consultation. PO Box 9303, Moscow, 883-4744

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

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

Denise Moffat, The Healing Center - Co-op members sve \$10 off on first exam. Regularly priced at \$65. Regularly \$95, 413 E. 8th St, Moscow, 882-3993

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

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

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

Dr. Ann Raymer, DC - \$10 off initial visit including a patient history, physical, and spinal exam-ination, 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 Stress Reduction & Women's Wellness workshops, 892-0452.

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

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

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

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



It was a MAD, MAD Day (not really)

By Kenna S. Eaton

Photographs by David Hall

We like to give our members good value for their money, so on March 22, we had another Membership Appreciation Day (MAD day). All day long, we gave members discounts on all their purchases: the more you

it worked amazingly well. In fact everything went so smoothly I got home much earlier than planned.

Sales for that day (after sales tax and discounts were taken out) were



bought, the more you saved. And folks saved a ton! At 7:30 a.m. members were lining up at the door, with their bags, empty jars and shopping lists in hand. We now have a regular "express lane" register with an 8-item limit so the early morning coffee crew could still grab their cup o'java and breakfast and still hit the road running. And

\$16,918, and we gave almost \$2500 in discounts. It was not the biggest MAD day nor the smallest but somewhere right in the middle. We've got another one planned for the Fall, so if you didn't make this MAD day be sure to watch for signs in the store announcing the next one. You wouldn't want to miss this great shopping event!

Nancy Draznin, CCE, CLA (208) 224-6965

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Front End Managing

By Annie Hubble

Photographs by Annie Hubble and Joseph Erhard Hudson

Spring is here! Our picnic tables reflect the change of season as people begin to sit outside, eating lunch or chatting over a latte, faces turned up to the sun.

Indeed, as I write this, it is Spring Break and so many familiar faces are missing. It makes me realize how much we appreciate our students here at the Co-op. From preschoolers to college students, they make up a very important part of our community.

It is definitely odd this week to

We love it when students visit us. Last week a group of Girl Scouts visited the Co-op. The trip was part of their study unit on local business and community. Local herbalist Sharon Sullivan talked to them about her business, and included a demonstration of the making of one of her products; Kenna explained our 2% Tuesdays; and Janna gave them a tour of the store. The Girl Scouts were intelligent young women, showing a keen interest in everything and it was a pleasure to have them in the store.

And, of course, college students not only shop here but work and volunteer also. We welcome them into the

store. It is good to see them become part of the larger community. I am sure it is all too easy to stay on campus, but these folks make the journey downtown and add to

the quality of life at the Co-op. I am glad to see that students of all ages feel welcome here at the store. May it always be so.

And students and non-students alike, come and enjoy Spring at the Co-op. Sit at an outside table and have a yummy deli meal in the early sunshine. See you there!



Tanya and friend

go through lunch without the high school students making an appearance. In school time they are here from 12.04 'til 12.25 each weekday lunchtime, and their energy and zest for life are so fun to be around. They sit at the tables inside and outside and talk and eat and have fun, and I am so glad that they have found their way here.



Hannah and Tirtza

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

Volunteering at the Co-op

By Annie Hubble

We would like to welcome three new volunteers. Alan Solan will help in Produce on Tuesday evenings; Carolyn Doe will help in the deli on Friday lunches; and Scott MacDonald will help with the store closing duties on Friday nights.

We are happy to have them as part of the volunteer crew. At the moment, there are now no new openings. This

can change at any time, and certainly will in Summer when a lot of people set out for other adventures, but until then, know that we will keep all applications on file and contact you when positions open up.

We appreciate all your hard work and your interest in wanting to help out at the store. Yeah Volunteers!

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Welcome!

By Laura Long, Membership Director

Now that the month of April is here and Earth Day approaches, it comes to my mind that many of you might be wondering how your membership in the Co-op helps the Earth. Many times at the cash registers, a potential new member will ask, "What do I get for my membership?" And often the answer we give usually incorporates the monetary benefits that the member sales or volunteer discounts offer. We also usually mention that our Business Partner Program is also designed to offer our members discounts at local participating businesses.

But this month I want to talk about another benefit that has no financial paybacks for you. I'm talking about the intangible benefits that the Earth receives because we are a business dedicated to reducing our impact on the Earth as much as possible.

The Co-op has a long-standing recycling program that we have participated in for years. If it can be recycled, we will! We are very lucky to live in a town where some of our recyclables are picked up for us three times a week. That equals three dumpster loads of cardboard that doesn't go to the landfill. We also have a great crew of dedicated volunteers who take everything else that can be recycled to the recycling center twice a week. That includes glass, office paper, tin cans, aseptic packs, and anything else that the recycling center will take.

The Co-op's kitchen has also made a commitment to reuse any plastic container that they can. We have an entire team of volunteers whose only mission it is to match all plastic containers with their lids, wash them, sanitize them, and put them back into circulation whether it is to hold more deli salads, or to be used in our bulk department by you the customer. All this program relies on is for you the consumer to bring us your unused yogurt containers, and we'll do the rest. This year the deli has also made a real commitment to find alternatives to plastic for the "to-go" wares, and consequently, the deli has added biodegradable forks and spoons to the menu.

And speaking of reuse, we still want any clean and structurally intact bags that you can bring us. Whether they are plastic or paper, either large or small, we want them! Recently we have had to resort to buying paper bags because our number of customers far outstrips our number of

bags, but we would sure prefer to reuse your old bags when you're done with them.

And what about composting? The Co-op collects bushels of compostable materials in the produce department and in the kitchen for your home use. Whether you want to feed your pig, make your compost pile grow or just feed a pet rabbit, the Co-op has saved literally tons of green matter from the landfill, and we will happily pass it on to you if you can come and get it.

And you know, this list is just the beginning. There are so many things I see my co-workers do every day to help the earth. We'll save anything and reuse it if we can, and we're always trying to do with less if that's possible. And who pays for all these great projects within the Co-op? Why you do, with your membership dollars. Because it's your continued support all these years that allows us to stay in business and continue our efforts in doing business correctly. Not just to make a profit, but to help the Earth along the way as well.

As a "thank you" to new and renewing members during the month of April, I will hold another prize drawing. This month I have a great canvas tote bag from Annie's Homegrown, a selection of their kid-friendly products, and the cookbook, *The Mom's Guide to Meal Makeovers: Improving the Way Your Family Eats, One Meal at a Time*. So, thanks for your continued support through the years, and Happy Earth Day!

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



The Buy Line

By Vicki Reich

My co-workers have heard me rant and rave for months about how I feel about the whole low carb craze, and since I was having a hard time coming up with something to write about this month, I thought I'd share my rants with you. Have a seat — here I go.

First, a disclaimer: the views expressed in this article are my own, and I am not an expert in nutrition and don't claim to be; these are just my gut feelings.

Almost every week I'm confronted with a new low carb product that someone wants me to sell in the store. I have watched with dismay as our main natural foods distributor brings in more and more low carb products, and natural foods manufacturers that have been around forever are also jumping on the low carb bandwagon. They forsake natural ingredients and product standards to make a buck on the latest diet fad. Yes, I believe it is a fad but one from which lots of people are making a great deal of money, so it's not going away anytime soon.

What's so wrong with the low carb thing, you ask. People seem to be losing weight, which is a good thing in our increasingly overweight society. But I ask, is this a healthy approach to weight loss or just a new ride on the lose-weight-fast-and-then-put-it-right-back-on roller coaster? As someone who has recently lost weight and kept it off for a year, and who has struggled with maintaining a healthy weight most of her life, I feel I have some insight into what it takes to really keep the pounds off. I am by no means an expert, but from what I've read and experienced, quick fixes don't work and low carb diets are quick fixes dressed in sheep's clothing. What does work and what has been shown to work in study after study is to eat fewer calories than you expend. Unfortunately, no one is making much money off this idea, and it's not easy and it's not quick. Eating well and exercising are lifetime commitments.

The low carb thing really gets to me for several reasons. The first, and probably most distressing, is that most food marketed as low carb is made with questionable ingredients and for the most part tastes like it — for people want to give up carbs without really giving up carbs, so manufacturers are trading out natural sweeteners for ar-

tificial and unhealthy alternatives. I can't imagine eating low carb pasta for the rest of my life; the stuff I've tried tastes like cardboard. The second concern I have is that no one really knows what the long-term health effects of a low carb diet are. Eating such high amounts of protein is hard on the kidneys, and high amounts of saturated fat are hard on the cardiovascular system. Another problem that could arise if everyone gets on the low carb bandwagon and starts eating higher on the food chain is a negative impact on the environment. More animal production is not what our environment needs.

Now don't get me wrong; I'm also not in favor of the typical American diet of highly processed carbohydrates. Eating less refined foods is a great idea, but eschewing all carbohydrates is crazy. No one ever got fat from eating fresh fruit, and I doubt you can eat enough whole grains to gain weight — they are too filling. I think it's telling that constipation remedies for low carb dieters are now being sold.

I wished for years there was an easy answer to my weight problem. Now I know that it takes commitment to eating reasonable portions of healthy foods that fuel my body as well as my taste buds. As much as people don't want to hear it, I believe the answer to maintaining a healthy weight is to eat less and exercise more, but no one seems to want to pay me for that advice.

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From the Suggestion Board

By Kenna, Vicki, Carrie, Tyler, Dani

Interesting new wall colors but...why so dark? Is this a permanent change?

The colors are as permanent as any in the Co-op. They did turn out a little darker than we thought, but we think it adds depth and interest to the seating area. We will be adding lights soon—Kenna, General Manager

Thanks for getting the Alba SPF 20 sunblock, my face really appreciates it!

No problem—Carrie, Personal Care Buyer

I would love to get the mochi you can cut into squares and bake. Saw the bon bons and I think they're made by the same guys.

I have carried mochi in the past and they don't sell well but they are easy to special order and you only have to order one package at a time, not a whole case—Vicki, Grocery Manager

Savory in bulk herbs?

We used to carry this but it didn't sell fast enough to keep it fresh. I can special order it for you by the pound or in small jars—Vicki

Does anyone make jam from organic fruit but is sweetened with fruit juice (organic) only instead of sugar?

Bionaturae makes an organic juice sweetened fruit spread. I will bring it in—Vicki

Can you get unrefined safflower or unrefined canola oil please?

The Rapunzel Organic Safflower and Canola oils that we carry are both unrefined—Tyler, Grocery Buyer

Please carry Agave Nectar.

It's here in the baking section in Aisle 3—Vicki

The aluminum beer bottles are way cool—Aluminum cans would be great for picnics, etc. Dale's Pale Ale is available in cans!

Unfortunately, it's only available in Colorado at the moment. We'll keep our eyes out for it to come west—Dani, Beer and Wine Buyer



New Beer and Wine

By Dani Vargas, Beer and Wine Buyer

HEY, check out the new beer to join our fleet of beers. Bert Grant's Scottish style Ale, Grant's Deep Powder, and Grant's Mandarin Hefeweizen. All three are bottled and produced by the Yakima Brewing Company in Yakima, Washington. Yakima Brewing has been in operation since 1982 and is the oldest craft brewery in the Pacific Northwest. If you are ever in Yakima, you will have to visit the Grant's brewpub. It was the first modern brewpub to be opened in the United States since the Pre-Prohibition era, making it the nation's oldest.

Grant's Scottish Style Ale is a full-bodied brew made from pale and caramel barley malts and seasoned with cascade hops from the Yakima valley. Recently in a beer competition, similar to the NCAA basketball finals, Grant's Scottish Style Ale flattened the tires of the New Belgium's Fat Tire Ale and was gearing up to take on Sierra Nevada's Pale Ale, the top pale ale in all the land.

Grant's Deep Powder is a smooth robust beer made with Mt. Hood hops. This rich beer has tastes of chocolate and a touch of spice.

If you are thirsty and need a refreshing beer, then Grant's Mandarin Hefeweizen is the beer for you. What a perfect beer to enjoy on a hot sunny day (those will be coming soon). This beer is brewed and malted with wheat, cascade hops and infused with the sweet flavor of mandarin oranges. It goes well with lighter dishes such as salads, seafood, and chicken.

One new wine is the Red Diamond Merlot, cellared and bottled by the Red Diamond Winery in Paterson, Washington. This merlot is delicious. It is very smooth and fruity. I have enjoyed it with many of my dinners. You can find it here at the moment, but I am not sure how long it will stay with us. There are a limited number of cases, and the winemakers only intended for this wine to be sold in wine shops, smaller wine stores, and restaurants.

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Dinner with the Directors

By Theresa Beaver, Co-op Board of Directors

If you missed out on the last two Dinner with the Directors, you have another chance. The next dinner will be held on Tuesday, April 13, 6:00-9:00 p.m. at the Unitarian Church basement, Second and Van Buren, Moscow.

About every three months, the Co-op Board of Directors hosts a dinner with members to hear what you have to say on a particular theme. This month's theme is *What the Co-op Membership Means to You*.

- Enjoy a delicious dinner prepared by the Co-op deli
- Meet other Co-op members
- Share what Co-op membership means to you

To sign up for the Dinner with the Directors, just add your name to the list on the easel located at the front of the Co-op. See you there!

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Moscow: Heart of The Arts?

By Kenna S. Eaton, general manager

This summer, Moscow is planning an Art Walk. The concept is simple: a collaboration among the Moscow Downtown Association, the Chamber of Commerce and the City of Moscow is matching artists with downtown businesses and filling the walls of our stores with their creativity. A four-color self-guided brochure and map will be developed listing all the participants and the name of the guest artist at each participating business. The Co-op will participate in the Art Walk, and sponsor an artist.

Then all summer long, anyone, local or visitor, will be able to take themselves around town to enjoy the displayed artwork and visit the busi-

I find it ironic that as the city of Moscow finally pushes towards increased arts in the community that the University pulls backwards.

nesses. A kick-off reception will be held at each participating business, including the Co-op, on June 11 allowing everyone the chance to have some refreshments and meet the artist whose work is displayed there.

The Art Walk is a first for Moscow, and a fitting event for a town that calls itself the "Heart of the Arts."

When I was first drawn to Moscow, in 1980, I felt that I had truly found my place. Moscow was a vibrant little town in a beautiful pastoral setting. The combination of alternative businesses set next to a thriving university (or two) and a farming community nestled up next to the wilderness and mountains felt like a haven after being raised in the East Coast madness. Moscow had the amenities of city living, without the city – good food, good music and good art.

Now, however, I find it ironic that as the city of Moscow finally pushes towards increased arts in the community that the University pulls backwards. Somewhat like the "push-me,

pull-you" from Dr. Doolittle, Moscow is often at odds with itself. Instead of putting our collective potential together to make Moscow the most diverse, most beautiful, the best place to live in Idaho, we instead belittle what we had in the first place. While there are many talented artists living in our community and there will continue to be, the fact that the University of Idaho is considering closing the fine-arts program seems ironic and at odds with their quest to be a well-rounded, attractive school. And at odds with the direction the community is taking. After all isn't that what it says on the sign as you enter town? "Welcome to Moscow, Heart of the Arts"....



Word of Mouth

By Vicki Reich

I have a confession to make. I don't really like vanilla ice cream. I'm a die-hard chocolate girl (and coconut, or better yet, both of them together). So what was I to do when it came time to taste test vanilla ice cream. This was going to be as hard for me as tasting mayonnaise. Okay, not really. Vanilla ice cream has its place (on top of apple pie, for instance) and its followers, some of who were at spinning the other night for the taste test. We tested five brands of vanilla ice cream, and I threw in one soy cream at the end to see how it compared.

The first ice cream we tested was Julie's Organic Vanilla (\$3.25). It was very creamy and sweet but not as vanilla tasting as we wanted it to be. It tasted the most fattening of the group even though it wasn't. Double Rainbow French Vanilla (\$3.09) was next in line. This is the only non-organic vanilla ice cream we carry. It had a denser and more pleasing mouth feel than Julie's. We were undecided on whether we liked the flavor or not. Some thought the vanilla tasted like

extract and others thought it was a good pronounced vanilla taste. Howler Organic Vanilla Bean Gelato (\$3.79) was our next selection. This was the first ice cream with real vanilla bean flecks. It looked like vanilla ice cream should but was not as vanilla tasting as it looked. It was not as dense and creamy as the previous two samples, but it was a good solid ice cream

Straus Organic Vanilla (\$3.55) was the only ice cream that did not have any gums in the ingredients so it has a homemade lighter texture. It reminded us of ice milk even though it is a full fat ice cream. Everyone liked the lighter texture and it had the most vanilla flavor and those all-important flecks of vanilla. We all decided we could eat a bowl of this rather than putting it on something else. The last ice cream we tried was Ben and Jerry's Organic Vanilla (\$4.19). It had a good creamy texture but not a strong vanilla flavor and was our choice for topping a crisp or a pie. Lastly, we tried Whole Soy Vanilla Frozen Des-

sert (\$2.89). I was curious how it compared to real ice cream since I really like it because it's so low in fat (one gram as compared to 14-19 in real ice cream). I warned everyone that it was soy, and they were a bit hesitant but everyone really liked it. It had a good texture with no beany taste. It had more of a caramel, cookie dough flavor rather than vanilla, but it was a good substitute and even Rochelle, a confirmed soy cream hater, went back for another taste.

The consensus of the group was that vanilla ice cream is good (I even enjoyed it) and that you really can't go wrong with any of the brands we carry. The Straus ice cream was the favorite of most of us but not all. I liked it because of the homemade texture and the more vanilla flavor. I also like to support the Straus Creamery, the first organic dairy in this country and one that is still family owned and operated. Their chocolate ice cream is really good, too.

Taste Fair Fun

By Bill London

On February 21, I had lunch at the Co-op's Taste Fair.

Besides seeing old friends and talking about how quickly kids grow up, I managed to graze contentedly through piles of chocolate, chips, and dips. I had a cup of wine (an Idaho merlot) and a few swallows of various sparkling juices. I even chewed on some delicious elk and cow (both quite dead).

I did have a goal, however, in addition to random sampling. I was looking for a few good entrees. Specifically, frozen whatever that I could cook up quickly and eat happily on nights when there were no other great alternatives in stock. I found two.

The first was a mucho yummo pizza. Stillwell's Stone Fired Pizza, smoked salmon flavor (the chicken/artichoke was good, too). It's a ten-inch square puppy for about \$6, and it fed both of us easily (I ate more than half). Very tasty. The salmon/dill havarti/capers/red onion topping was elegant. The Stillwells (whoever they are) used organic ingredients in the crust and they kept all the junky preservatives out of both the crust and topping.

The second was Nate's Taquitos ("chicken style"). These small vegetarian units are rolled tortillas stuffed with some enchilada-tasting chickenesque filling. Low-fat, even, and very tasty. The package says that one taquito is a serving, but I eat three or four for a meal.

Both are in frozen foods area at the Co-op.

Bill London edits the Co-op newsletter and always enjoys free food.

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Mango Madness

By Dani Vargas, Produce Manager

It is that time of the year when my most favorite mangos grace our Co-op with their presence. The Ataulfo Mango is by far the best tasting mango ever. One time, at shopping cart drill team camp, I had an organic Ataulfo mango, and it was so good. These little mangoes are so juicy and delicious. Great for an after work or school snack! Mangos are perfect to cook with. You can blend them for smoothies, cube them and have them atop a salad, make a mango salsa to go in the middle of a chicken and brie quesadilla. If you are as talented with cheesecake as is Noel, you can even make a mango cheesecake. This little mango goes great with any type of food.

Even the unripe (green) fruit is prized. Filipinos eat tart green mangos sprinkled with salt or soy sauce. In Thailand, green mango slices are dipped in chili powder, sugar and salt as a snack. Grated green mango is used throughout Southeast Asia, India and Malaysia to add a tart flavor to dishes, especially in salads, relishes, and chutneys or as pickles. So, where did this perfect fruit come from?

Most mangos sold in the United States are imported from Mexico, Haiti, the Caribbean and South America. Today there are over 1,000 different varieties of mangos throughout the world. The mango originated in Southeast Asia where it has been grown for over 4,000 years. Over the years, mango groves have spread to many parts of the tropical and subtropical world, where the climate allows the mango to grow best.

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

We all know the importance of fiber in our diets. If you eat your mango-a-day, irregularity is not a problem for you. An average-sized mango can contain up to 40% of your daily fiber requirement. For those of you who are physically active, whether working out or constantly on the go, mangos are also a great way to replenish lost potassium. Mangos are also an excellent source of vitamin A and C, as well

as beta-carotene.

When selecting a mango, you can tell the ripeness by either smelling or squeezing. A ripe mango will have a full, fruity aroma emitting from the stem end. Mangos are ready to eat when slightly soft to the touch and yielding to gentle pressure, like a ripe peach. The best-flavored mango has a yellow tinge when ripe; however, color may be red, yellow, green, orange or any combination. As Ataulfo Mangos ripen, they do get a little wrinkly and look sad, but these ones are the best!

We have found that the best way to ripen a mango is at room temperature on the kitchen counter, and if you wish to accelerate the process, place it in a paper bag overnight (some folks place an apple with the mango in the bag to create more natural ethylene gas and further decrease the ripening time). Once ripened the mango can be refrigerated for a few days but should be used shortly thereafter.

The mango is the perfect fruit! Truly "the king of fruit". If you have never tried an organic mango, may I suggest you have one today!

Aside from just picking one up and eating it plain, my second best way to enjoy these mangos is making a mango salsa to put on quesadillas and fish.

Mango Salsa


- 1 or 2 diced fresh Ataulfo mango(s)
- 3 Kiwi's chopped, or 1 Cantaloupe diced
- 1 green onion
- 1 jalapeno pepper, seeded, minced
- ½ cup chopped cilantro
- 2 tablespoons fresh mint, chopped (if you want)
- ¼ of a cup fresh lime juice
- 1 tablespoon sugar

Combine all ingredients and chill. Serve with grilled fish or chicken. ENJOY!

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Co-op Continues Tuesday Coffeehouse

By Eric Gilbert, Co-op Music Coordinator

The Moscow Food Co-op will continue the popular Co-op Coffeehouse live music series from 7:00 to 9:00 p.m. Tuesday nights. The music, all provided by local entertainers, is free and open to the public.

The following musicians will be playing in April:

- April 6 Kami Miller
- April 13 Acoustic Wave Machine
- April 20 Lisa Simpson
- April 27 leo [nu skool beatnik society]

Co-op desserts and drinks are available during the coffeehouse.



Potatohead performing as part of the Co-op Coffeehouse series. Photo courtesy of Annie Hubble.

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2% Tuesdays:

Village Bicycle Project

By Dave Peckham

The Village Bicycle Project thanks the Moscow Food Co-op for selecting us to be the recipient of the 2% Tuesdays for April 2004. The Village Bicycle Project helps make bicycle transportation more accessible in Africa by sending bikes and tools, and by teaching bike repair.

The Co-op contribution will sponsor two village workshops. In each workshop twenty people attend a free daylong program to learn basic maintenance and receive a bike at half of normal cost. We've done forty of these workshops since 1999, and more than 600 Africans have gotten subsidized bikes.

In 2002 the Co-op sponsored two such workshops in Liati Wote and Liati Agbonyra, Ghana, through the 2% Tuesdays program. While I was visiting there last summer, someone said, "I know which bikes are from you because they are quiet. The owners keep them in good repair."

Evans Baidoo is a teacher in Gomoa, Ghana who received a bike from one of our workshops last year. He has taken up farming in his spare time to augment his low teacher salary. His bike helps him get to and from the farm more quickly, giving him more time to tend his crops.

The Village Bicycle Project operates on a budget of \$9,000 this year. This funds our education with subsidized bikes programs, a tools outreach



for mechanics, and administration. As director, I get no salary; I'm a volunteer.

Dave Peckham is a long-time Moscow resident and Co-op member who began and still directs the Village Bicycle Project.

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Village Bicycle Project Events

Saturday, April 17: warming up for Earth Day.

10:00 a.m. Prepare donated bikes for shipment, 520 East Third Street.

2:00 p.m. At the Co-op: free repairs, free advice. Free goodies for people who bicycle to the Co-op and who donate bikes for Africa. (See cover story.)

Monday, April 26: 7:00 p.m. Slide Show at Moscow Public Library.

Saturday and Sunday, May 1 and 2: Moscow Renaissance Fair:

free repair all day both days.

Sunday afternoon, May 2: Renaissance Fair: raffle drawing for GIANT Revive recliner bike, (need not be present to win). The GIANT Revive is known as a comfort bike and also known as a recliner bike. It is indeed a very comfortable ride. It retails for \$600. For a \$3.00 donation, you'll get one chance to win it, and for \$25, you get ten chances. Raffle tickets are available at Paradise Creek Bicycles where the bike is on display.

Our Fair Trade List is Growing – Check it Out!

By Dani Vargas, Produce Manager,
and Carrie Corson, Personal Care Manager

Fair Trade Rocks! We at the Moscow Food Co-op love supporting this awesome movement. The Co-op has long supported fairly traded gift items and are more recently happy to feature, coffee, chocolate and the newly-added certified organic, fair trade mangos and bananas.

What's the scoop on fair trade?

The Fair Trade Federation (FTO) began in the early 1980s as a self-governing body with specific membership criteria. The FTO saw a need to provide low-income artisans and growers with a living wage, promote environmentally-friendly production practices, and improve sustainable agriculture.

What does Fair Trade Do?

Fair trade benefits artisans by reducing middlemen and reducing overhead costs by returning up to 40% of the retail price of an item to the producer. An example of the difference this makes is that currently coffee growers are paid \$1.26 per pound for certified fair trade coffee, whereas the commercial industry is paying less than \$.50 cents per pound, much of which the coffee farmer never sees. The FTO work with producer co-ops that use democratic principles to ensure safe and dignified working conditions. The FTO encourages producers to re-invest in their communities. It works to keep processing and packaging activities within the producer country in order to further boost the income in that country. Fair trade workers have the right to organize. Men and women receive equal wages, and no child labor is used.

You will find many fairly-traded items here at the Moscow Food Co-op. Gift items range from clothing, bags and purses, paper products, and

incense from companies like Ganesh Himal, SERRV International, and The Tibet Collection. We offer a fine selection of certified fair trade coffees from

Café Mam, Equal Exchange, and Cravens. Equal Exchange also offers teas, hot chocolate, and baking chocolate. Zhen's offer a large and unique selection of loose leaf and tea bags. If you're a chocolate lover, look for Green and Blacks, Divine, Scharfenberger and Dagoba, all of which are certified fair trade. Let's not forget the aforementioned mangos and bananas now found in our produce department.

When making a purchase, look for the fair trade logo. Your shopping dollars do make a difference.



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Everything you wanted to know about 2% TUESDAYS



The Co-op's 2% Tuesdays Grant Program provides money for local, grassroots, non-sectarian, and/or non-profit organizations whose goals complement or support the Co-op's mission statement. Groups whose activities benefit the community are given preference as award recipients. The organization selected will receive two percent of sales on Tuesdays for one month.

Applications are available online at www.moscowfood.coop or call 208-882-8537 for more information.

Midweek Grower's Market: It is Growing Now

By Eva Jo Hallvik

Hallelujah! Happy spring! I am a northern girl, and I love our four seasons, and I have really enjoyed all of the snow that we have had this year. I did not get out cross-country skiing as many times as I had hoped to, and was sad to feel the snow melting. But I have no more sadness now. Once I started to feel the sun and warmth on my bare arms and recognized the energy I was gaining with the lengthening of the days, I was happy to bid winter farewell, and with a growing grin, welcome spring with an open heart and a shovel and pruners in my hands. I heard that, as of mid-March, we gain 24 minutes of sunlight per week; my body is tingling with excitement just as I write this – as are the opening seeds and emerging perennials.

The gardeners/farmers are already nursing along several starts: tomatoes, onions, basil, peppers, cab-

ages, cauliflower, broccoli, kale, mustard, parsley, rosemary and sage (fa, la, la,) and a multitude of flowers. I am dreaming of planting a whole field of lavender. I am not sure if the whole field will be a reality this year, but being the beginning of spring, my ambitions are bursting.

As of the last week of March, a gardener who sells at our market was planting peas and onion keepers. Also, by the time you're reading this and after the established shoots are prominent, pruning back the raspberries should have happened. Oh, and have you uncovered your garlic that you planted last fall?

There is also much construction happening at the end of March (hopefully finished by April.) A great design for seeding tables is made with four 4 x 4's in the corners, several 2 x 4's bracing it all together, and two shelf layers covered with 1/4-inch

wire. Leave a big hole in the middle for the deep seeding pan. Now there is a lot of good used lumber for sale at our local Wasankari yard on highway 95 south of town heading toward Lewiston.

So, with all the produce starting and growing, and all the construction of the perfect seeding tables and cold frames, you will be planning on showing up for the great opening of the third year of the Moscow Food Coop's Midweek Grower's Market on the first Tuesday in May. You will be in the mood to attend the great events because by then you will have attended the first Moscow Farmer's Market on the first Saturday of May and the famous Moscow Renaissance Fair the first weekend in May. We are signing up new participating producers to sell every Tuesday, or for you backyard gardeners with not-regular weekly

crops, drop in and sell only on the Tuesdays that you have more than you can eat.

Think globally and eat, shop, buy, and act locally. We here in Moscow are just a microcosm of what is happening in the rest of the world. And it is right here at home that we make the changes. Never doubt that a small group of people can change the world; in fact, that is the only thing that ever has happened, to paraphrase the infamous anthropologist Margaret Mead.

Contact Coordinating volunteers Eva Jo Hallvik at <webeam@hotmail.com> or Kathi Colin Peck at <kscp@turbonet.com> regarding questions or concerns on how to get involved. Thank you and enjoy the growth.

Eva Jo Hallvik, L.M.T., is a local massage therapist and gardener doing her part to evolve herself and her community into a healthier and happier existence.

Bring it On!

Moscow Food Co-op Drill Team Pushes Carts and Takes Numbers

By Dani Vargas, Produce Manager

Some of you might have seen our first performance at this year's Mardi Gras parade. Ten of us were dressed warm and had on our crazy glasses. Our team includes: Alicia and her daughter Tea, Lisa and Gilbert, Sara R., Sara F., Erin, Josh, Michelle, and myself. We practiced for many, many minutes before the parade and had our routine down to a T. If you missed us this year look for us in the future and maybe even in other parades around the Inland Northwest. We really feel our team is ready to travel; our goal for the upcoming season is to be invited to the Macy's Day Parade at which point we will decide if we want to participate. I hope those who saw us enjoyed our show, and for those who missed us, whether we go international or not, we will return for the 2005 Moscow Mardi Gras parade. So watch out!



This photo of the Co-op's ace shopping cart drill team in action at the Mardi Gras parade was provided by Geoff Crimmins of the Moscow-Pullman Daily News.

Co-op Art Opening for April

By Ryan Law, Co-op Art Coordinator

The art of Mark Cole and Kristen Sclimk will be featured at the Co-op Art Gallery in April. The opening reception will be held on Friday, April 2, from 5:30 to 6:30 p.m. at the Moscow Food Co-op.

Both Kristen and Mark are ceramic artists in the M.F.A. program at the University of Idaho. They are excellent teaching assistants. Mark works with large organic forms exploring shape and texture. His glazes add an additional element to his work. Mark's joy and spontaneity is clearly displayed in his work.

Kristen's work centers on duplications of the natural world and her interpretation of the form. She has experimented with different glazes, resulting in fabulous color and effect. Kristen pays attention to details, and this is clearly seen in her work. She has constructed large tile murals and public works of art.

Both Mark and Kristen are actively involved in environmental issues, and their concerns are evident in their work.

Please plan the opening reception on April 2 and meet these talented artists. The show will remain up until April 30.

People

Business Partner Profile:

Inland Cellular

By Tanya Denison

Four years ago, missing the golden wheat fields, my family and friends, and mostly the community, I happily moved back to Moscow. The fact that so many people in this area value our quality of life on the Palouse makes this a community worth coming back to. Walking into the Moscow office of Inland Cellular, I was pleased to discover that this local business is also dedicated to its customers, employees, and most of all, the community.

Inland Cellular has its roots in Uniontown, Washington (that's local!). Now, eleven years later, the company provides cellular phones, accessories, and service from its headquarters in Lewiston, and offices in Moscow, Walla Walla, and Moses Lake. Its service area covers eastern Washington and north central Idaho.

Kelly Gill, the Moscow Area Supervisor, noted that, although there are many nationwide cell phone companies, Inland Cellular has many advantages over its larger competitors. With its local offices, customers can walk directly in with questions about their

phones or service. The company also provides cellular service where most nationwide companies do not, with coverage as far east as Deary and Orofino, and they are continuing to expand their local coverage. Inland Cellular provides "outside sales", whereby they will come to your business or home to deliver equipment. The company also offers a variety of service plans, including digital or analog service, a Washington-Idaho-Oregon no-roaming option, and various promotions, with a special for high school or college students.

"We are very involved with the community," Kelly stated, "We contribute to community events, and our employees volunteer on company time." Inland Cellular has contributed money, equipment and time to functions ranging from high school basketball tournaments to Sojourner's Alliance, and the UI Jazz Festival. The Moscow office has one wall covered with thank-you notes from all the events that the company has sponsored. I was impressed with the number of contributions and the diversity of groups represented by those letters.

There are five full-time employees at Inland Cellular: Kelly, Darren, Katie, Cynthia, and Jesse. I found them to be friendly and cheerful, and it is easy to see why. "This is a fun



Cynthia, Kelly, Katie, Darren, and Jesse of Inland Cellular

industry. There are always new technologies to learn, it's an exciting industry," Kelly declared, "With a small, local company like this, your ideas matter." The individual offices have the authority to make decisions, which empowers the employees to make the customers happier too.

Kelly says that she really likes living in Moscow. She moved here 11 years ago when her husband went back to school, and they decided to stay. "I like the sense of community," she says. She has two children, and is very pleased with the school district. "The University of Idaho also brings a lot of opportunities to participate in, like Jazz Festival." She appreciates living close to Sandpoint,

where she visits with her family and enjoys winter sports. Many of the other employees grew up in the area as well, and are happy that they can have both a rewarding career and live close to friends and family.

You can visit the folks at Inland Cellular in the Renaissance Mall, 672 West Pullman Road in Moscow. And don't forget to show your Moscow Food Co-op membership card, as co-op members receive \$10 off any phone or accessory. They can also be reached at 208-882-4994 or on the web at <www.inlandcellular.com>.

Tanya Denison loves her cell phone and other high-tech gadgets more than she likes to admit.

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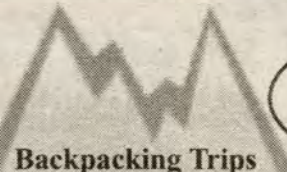
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Producer Profile:

Elizabeth Schwartz

By Patrick Vaughn

Elizabeth Schwartz says of her 80-acre work in progress, Flannigan Creek Farm LLC, "It's really all about teaching." Recent health issues have required her to employ young men and women to take on many of the physically-demanding tasks associated with a new farming venture. Elizabeth has found that empowering them as "managers" of different aspects of the farm is an approach that can help her attain her goals, and at the same time, provide unusual growth and learning opportunities for her assistants. It's an approach she wants to translate into niche marketing of organic produce to a variety of customers including our food co-op.

Elizabeth grew up in the Seattle area. She remembers spending summers at her grandfather's property on Vashon Island as a young girl. Smil-

ing, she recalls his orchard and gardens and the work she, her sisters and her mother would do together in canning and preserving the bounty.

As a young woman, Elizabeth attended the University of Washington and then the University of Vienna earning a degree in German. She worked in Washington D.C. for the U.S. government as a translator of German and Polish languages. There she also met her husband and started a family. After spending two years in Granby, Quebec, they settled down in Portland, Oregon, raised a daughter and son and worked for 22 years.

During her time in Portland, Elizabeth studied Landscape Design and Maintenance at a community college and ran her own small landscaping business for nine years. She earned a Masters in Counseling Psychology

from Lewis and Clark College and spent eight years working with teenagers in residential mental health and drug addiction. She also started a small business offering crafted herbal teas.

So, she and her husband have now built a country home east of Viola. Elizabeth, with her small business, landscaping and counseling experiences finds herself positioned to pursue a labor of love. Her short-term

plans are to grow a variety of cabbages, tomatoes and cut flowers for the Co-op, and for other customers as well. She has planted heirloom apple trees and is experimenting with growing amaryllis for December blossoms. To keep her family and farm hands fed (especially on big Saturday "communal" lunches) there will be a diverse vegetable garden.

Her long-term vision for Flannigan Creek Farm is inspired by Eliot Coleman's writings on year-around growing with hoop houses. Elizabeth envisions cold-hardy greens, fruit orchards, raspberries, and asparagus beds someday gracing the property. She also wants to pursue making a truly healthy granola with organic dried fruits. "So much of what you can buy is terrible," she says.

While we chatted, her "forestry manager," Matt Gaither came up to the house. At 22, he is in his second year of school at the University of Idaho. He grew up in Germany and Japan. He is working part time for Elizabeth. He says that college seems best suited to teach classical subjects like art or literature but that practical experience like working for Elizabeth is a great way to learn a craft like farming. Thinning pine trees and planting a Christmas tree farm of blue spruce are on the agenda this year.

When she has time for non-farming activities Elizabeth is interested in creative writing. She took writing classes at UI and has won a local poetry slam. "I've been most interested in non-fiction and essay writing," she says. "And I really enjoy the research



part of that kind of writing. That's why I actually enjoy researching all the requirements for USDA organic certification." Now she also finds she enjoys poetry. "I find myself thinking in poetic verse," she says.

She and her husband enjoy working on the property, socializing with friends and taking walks in the beautiful country surrounding their property. Elizabeth enjoys shopping at the Co-op, especially picking up the black kale in the produce department. "And I love that I can get organic nuts and seeds in bulk for a reasonable price."

Elizabeth says that customers will be welcome to purchase cut flowers and pick fresh produce. They should call first (883-5368) and make an appointment. Depending on driver availability, her produce and flowers could be delivered to Moscow, Pullman, Potlatch and Viola areas.

Pat Vaughn is awaiting the first blooms on his own farm and stepping into the race for the Latah County Commission.



An Evening's Excursion

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Volunteer Profile:

Lisa Cochran

By Sharon Fraser Allen

Lisa Cochran is passionate about families. She writes about them, helps them obtain affordable legal service, represents them on a school readiness task force, fights for them on the Early Childhood Service Council, opens her home to them for emergency foster care, and entertains them as Rodney the Rooster at annual crowing contests. The energy Lisa puts into other people's families is nothing compared to the passion she has about her own. Lisa describes her five-



year-old daughter, Madison, as "the best thing that ever happened to me." And after spending several hours with Lisa and her daughter, I'd be inclined to say that Lisa is the best thing that could have happened to Madison.

Right now Lisa's nuclear family consists of herself, her daughter, and their "Schnoodle" (poodle/Schnauzer), Nana. They hope to increase the number of humans in their family by adopting a child and to increase the canines in the family by buying a male Schnoodle and breeding these half poodle, half Schnauzer mixes. In addition to a new pet, this activity may develop into a new business.

Lisa is a high energy, eclectic person whose life has been defined by pivotal moments. One of those pivotal moments occurred during a cross-country road trip from the Northeast to Alaska. Her Volkswagen broke down in Shoshone, Idaho, and she was so impressed with the down-to-earth, friendly people that she stayed in the state for years. This started her career as a landscaper in Sun Valley, one of her many interesting occupations.

Lisa said she sat down one day to count all the different jobs she had held and lost count at 85, and that was several years and several jobs ago. Later she moved to Pullman to work at Washington State University. When Lisa visited Moscow, she immediately fell in love with Main Street, describing it as, "a little Berkeley in the paradise of Idaho" and decided to buy a

house here, thus beginning the latest chapter in her life. Whenever Lisa has qualms about starting a new chapter, she quells them by telling herself, "the worst thing that can happen is that I won't live through it. And the chance of that is miniscule."

The start of the most important chapter for Lisa was the birth of her daughter. Madison's birth has helped define who Lisa is and allowed her to grow from parenting both Madison and her own inner child. The birth of Madison indirectly led to Lisa's writing for the Moscow Food Co-op.

Over four years ago, Lisa had her house renovated. The dust that flew around from the sanding of old paint concerned her, so she had it tested. It turned out that the dust contained very high levels of lead. Lisa immediately took her daughter in for medical testing and found that 10-month-old Madison had high levels of lead in her system - borderline lead poisoning. Lisa was determined to warn other parents about the risks that simple home renovations could have for their children. She wrote a letter to the editor of the Co-op newsletter and later was invited to write a column about families. And thus, on a regular basis, you can read her articles about empowering families to make their lives and environments safe and harmonious.

Sharon Fraser Allen is a freelance writer whose daughters are begging to go back and play with Madison and Nana again.

Volunteer Profile:

Pam Palmer

By Heidi Heffernan

The first time I met Pam Palmer she was naked. Okay, I was too, but don't get the wrong idea. We were at a sauna. Since then I've had the opportunity to see Pam fulfilling many different roles, always dressed. Pam is one of those people who always seems to be in the middle of what's happening in and around Moscow. It seems appropriate that I should be interviewing her for the "Community News" because Pam is a decidedly community-oriented person. She is a former member of the Moscow City Council as well as a mom, the director of plays, an aspiring playwright, the executive director of the Latah Trail Foundation, a political activist, and Co-op volunteer, just to name a few.

Her current volunteer job, which she has been doing for several years now, is bulk herb stocker. The entails pretty much what one would expect: stocking culinary and medicinal herbs, baking supplies,

and bulk teas. In the past Pam has also done other volunteer jobs at the Co-op including cheese cutter and working on the newsletter. This was in the days before widespread computer use, and she recalled many late nights of putting the layout together with a glue stick and a lot of patience.

Pam has had plenty of time to try out different volunteer jobs; she's been a Co-op member since relocating to Moscow in December 1979 from Olympia, Washington. "The Co-op was one of the first things I discovered in Moscow. It helped me define who I was going to be in this community."

In 2000, Pam received her MFA in directing and now directs plays locally. Her most recent endeavor was *Proof*, which was put on in February at the Kenworthy Performing Arts Centre. She loves directing but would really like to include being a playwright. I asked her if she has any more political aspirations or is her political career over? "Oh, gosh, yeah. I don't have any other political aspirations. I absolutely love politics, but I am fine just being involved in other people's campaigns."

This past fall she was able to do just as treasurer for John Dickinson's

City Council campaign. While she was unable to do much else for about two months, helping John come in first and get more votes than any other candidate was quite a rewarding experience. "It was an absolute blast! I love politics." When I asked if we could hope that she would run for mayor she gave me a definitive NO, but she promised to help get the right person elected to that job.

Currently Pam is gearing up for fundraising for the Latah Trail Foundation (LTF). As Executive Director she hopes to help raise enough money to get Moscow's rails-to-trails project completed by the end of 2005. Plans for this summer include preparing the remaining trail bed, providing a con-



tinuous packed gravel surface and beginning to pave between Moscow and Eastman Acres, located about four miles outside Moscow.

"In the last two fundraisers LTF has raised about \$25,000. With this fundraiser we'd like to exceed that," said Pam. Any money raised will then be added to the money Latah County has received from state and federal grants for the project. She adds, "In another year and a half the whole trail should be done except for the amenities." Eventually the trail will connect with Paradise Path, and one could bike from Troy to Pullman.

One specific fund raising event will be *An Evening's Excursion*, a dinner and auction scheduled for Friday April 23. (See Nancy Chaney's article.) If you have items you would like to donate to the auction or if you would like to make a monetary contribution you can contact Pam at P.O. Box 9344 Moscow, ID 83843 or at <latahtrail@moscow.com>.

Also in the future is a possible art show at the Co-op featuring Pam's digital photos and other art works. It will be her first show. Look for it in mid-August.

Heidi Heffernan lives in Moscow with her family and looks forward to riding her bike to Troy.

Your Friendly Bacteria

By Chelsy Leslie, RD

Most of the time, when we think of bacteria, we think of harmful germs. There are a lot of media messages about antibiotics and antibiotic soaps, but not much talk about the positive aspects of bacteria. There are between 400-500 different species of bacteria that live in our gastrointestinal (GI) tract. They play an essential role in our health. They help to break down food, produce certain vitamins, protect against harmful bacteria, and stimulate the immune system.

Although both disease-causing bacteria and beneficial bacteria can be found in the GI tract, generally there is a balance between the two. When there is an imbalance, problems such as diarrhea, constipation, and other more serious intestinal problems can result. Harmful bacteria can also cause damage to the intestine and promote disease.

Probiotics and prebiotics have been used to help the healthy bacteria stay in control. They are being investigated to help with irritable bowel syndrome, lactose intolerance, immune function, urinary tract infections, yeast infections, and cancer prevention.

Probiotics literally mean "for life". Probiotics are foods or supplements that contain beneficial microorganisms that can help improve the bacterial balance in the GI tract. The most common forms of probiotics include *Lactobacillus* and *bifidobacteria*. Yogurt is the main food source of probiotics. Some doctors advise their patients to eat yogurt or drink *acidophilus* milk after they have been on antibiotic therapy for a while to reestablish good bacteria in the GI tract. Other fermented products like tempeh, miso, sauerkraut, kefir, and kimchee can provide some beneficial bacteria. However, the potency and number of live organisms in commercial probiotic products varies widely.

Probiotic supplements are also available. However, the amount and types of bacteria needed to produce beneficial effects is still not known. It appears that probiotics are generally safe and well tolerated by humans even at high dosages. The supplements have to be in a form that can survive the acidity of the stomach. Probiotics in food, especially dairy products, seem to survive the harsh environment of the stomach better. Careful process-

ing and storage is important because probiotics are affected by light, heat, oxygen, and moisture. Some products may not even have any live bacteria when you actually take them and some only have half of what they claim. Yogurt probably has the most reliable reported levels of probiotics due to its short shelf life and because it is refrigerated. Supplements should be kept in a cool, dry place with minimal exposure to light and air.

Prebiotics are non-digestible food products that stimulate the growth of friendly bacteria. Fructo-oligosaccharides (FOS) are one type of prebiotic that acts similar to fiber in the body. The advantage that prebiotics have over probiotics is they are stable and can be put into almost any food product. Food sources of FOS include honey, beer, onion, asparagus, rye, barley, Jerusalem artichoke, banana, maple sugar, oats, and Chinese chives.

More research needs to be done on probiotics and prebiotics to determine how they can be used and how much is needed to maintain or improve the balance of bacteria in the GI tract. Researchers will also examine synbiotics, the combination of probiotics and prebiotics. This will definitely be a topic you will hear more about in the future ... so stay tuned!

Have a food or nutrition question?
Email <crleslie123@hotmail.com>.

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

Newsletter Changes

By Bill London

Beginning in May, expect a few changes in writers here at the Co-op Community News.

Carol Spurling, who has provided us with both thought-provoking essays on family issues and staff profiles, is changing focus. She will continue her essays, but shift from staff to a series on Co-op foods.

Susan Simonds will replace Carol as the author of the staff profile series. Welcome Susan, and thanks Carol for venturing into new territory.

Bill London edits this newsletter and enjoys the good writing found in our newsletter.

Enoki Mushrooms

By Jackie Miyasaka

I was happily surprised recently when I noticed a new item on the vegetable shelf at the Co-op: Enoki mushrooms. Like shiitake mushrooms and numerous other exotic edible mushrooms, cultivation of enoki mushrooms originated in Japan. They are cream colored, firm, and have long, thin stems with tiny caps. After the roots are cut off (up to the point where individual mushroom stems can be separated, about one inch from the bottom), the remaining stems and caps are both eaten. Like other mushrooms, enoki should be stored in a paper bag in the refrigerator once opened.

Enoki mushrooms have a mildly sweet flavor and a somewhat crunchy texture, and the Japanese like to preserve this crunchiness by lightly cooking them. Overcooking can make the stems tough and stringy. There are a variety of ways to cook them. Traditionally, enoki are served in soups or in stir-fries with vegetables and meat. Enoki are often added uncooked to fresh salads and sandwiches, although cooking does make the mushrooms easier to digest and renders the nutritional and medicinal components more available for assimilation by the body.

Enoki mushrooms are low in calories and contain a good amount of vitamin D. They also contain small amounts of riboflavin, thiamin, and niacin, and are high in fiber.

Here are some enoki mushroom recipes to try:

Broiled Marinated Enoki Mushrooms

- 1 package (3-4 oz.) enoki mushrooms
- 1 tablespoon water
- 1 teaspoon mirin
- 1 tablespoon soy sauce


Rinse the enoki. Cut off the roots. Roughly separate the stems. Broil a few minutes just until soft. Mix water, mirin, and soy sauce in a bowl. Stir the broiled enoki into this mixture. Let sit for five minutes. Serve in small individual dishes as an accompaniment to your meal.

Tofu Steak with Mushroom Sauce (Serves 4)

- 1 block of firm tofu
- 2 packages (3-4 oz. packages) enoki mushrooms
- 16 raw shiitake mushrooms
- 1/2 cup canned crabmeat
- 1/2 cup water
- 1/8 cup mirin
- 1/8 cup soy sauce
- 1/2 teaspoon sugar
- 2 teaspoons potato starch or cornstarch mixed well with 2 teaspoons water

Cut the block of tofu so that it is half as thick, and then cut it in half the short way so that you end up with four pieces of equal size. Sauté the tofu steaks on both sides and place each on a plate. In the meantime, rinse the enoki, cut off the roots, and roughly separate the stems. Thinly slice the shiitake. Heat some oil in a fry pan. Add the shiitake. When they have softened, add the crab. Then add the water, mirin, soy sauce, and sugar. After the liquid comes to a boil, lower the heat. Simmer for one minute. Add enoki and simmer just until cooked through. Slowly stir in the cornstarch and water mixture to thicken. Pour over the tofu. Serve hot with rice and a green vegetable.

Jackie Miyasaka works as a Japanese-English translator in Pullman.



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Roses are Red, Carrots are Purple

By Judy Sobeloff

"The day is coming when a single carrot freshly observed will set off a revolution."

—Paul Cezanne

It's not your eyes or alternate spectrum lights in the produce department. A glance there nowadays leaves you reeling: blue potatoes, candy-striped beets, and, most recently, rainbow carrots. Is nothing sacred? How confusing for the children of the 21st century learning their colors!

As the saying goes, everything old is new again. Apparently the first carrots were purple, originating in Afghanistan about 5,000 years ago. Drawings on temple walls dated 4,000 years ago show a purple carrot. In fact, carrots weren't orange until the 16th century when patriotic Dutch farmers bred them to match the Dutch flag (www.carrotmuseum.com).

The carrots I sampled at the Co-op were red, orange, yellow, and green, but rainbow carrots are also available in purple, white, and black. Select them to match your kitchen, your dishes, or your mood. Angry? A dish of black carrots should get your message across.

Two forces appear to be at work with these new carrots. The first is marketing, based on the idea that the array of colors may entice kids to eat their vegetables (www.drgreene.com). I'm not sure the colors are Koolaid-esque enough to attract kids who weren't already attracted to bright orange carrots, but it's worth a try. My daughter, Jonna, said she liked the rainbow carrots, but she likes the regular orange ones as well.

The other appeal of rainbow carrots is nutritional, based on the idea that different colored pigments supply different nutrients. (Thus, the white carrot confers the least benefit nutritionally.) My sister, Susan, reports having heard a slogan "Eat a rainbow every day" for health.

According to the *Journal Sentinel* website, "Phytochemicals, the naturally occurring substances in plants thought to promote disease-fighting properties, are also the pigments that give plants their distinctive color." Orange carrots contain the most beta carotene, purple carrots contain anthocyanin, red carrots contain lycopene, and yellow carrots contain

xanthophyllis. However, the pigments don't penetrate deeply through the skin of the carrot, so peeling the carrots removes the particular nutritional benefit (jsonline.com/alive/nutrition).

The obvious question, whether the different colors taste different, seems to depend on the mouth of the beholder. Stacey in the Co-op produce department said that to her, rainbow carrots "taste so distinctive, almost minty sweet." I thought the red ones were slightly sweeter than the other colors.

While rainbow carrots would presumably work well in any carrot dish, I wanted to make something highlighting their varied colors and chose a simple "Chilled Dill Rainbow Carrot Salad." The people I served it to enjoyed it, and my friend Jessica said, "Wow, this is the best rainbow carrot salad I've ever tasted!" Hmm. My sister, Debbie, lauded the salad as "so visually beautiful."

For those who want to learn more about carrots, including carrot jokes, brainteasers, trivia, and oddities such as how to make musical panpipes out of carrots, I recommend the website of the World Carrot Museum (www.carrotmuseum.com).

The following is a sampling of carrot facts I learned from the history section of the site. First, a carrot fact from the twentieth century: During World War Two, "it was convenient to [the British government] saddled with a large carrot surplus to give the impression that one developed uncanny night vision from copious consumption of this humble root vegetable... The story goes that the Air Force bragged that the great accuracy of British fighter pilots at night was a result of them being fed enormous quantities of carrots." In reality, however, the pilots' accuracy at night was "entirely owed to the highly efficient onboard radar!"

And a carrot fact from the 1st century: Emperor Caligula, "a renowned crazed megalomaniac given to capricious cruelty and harebrained schemes, including [making] his horse, Incitatus, a consul, ... is purported to have once fed the entire Roman Senate a banquet only of carrot dishes." Perhaps if the dishes were rainbow-colored this would have seemed less cruel.

Chilled Dill Rainbow Carrot Salad
(this recipe has been adapted from

www.colorfulharvest.com)

2 cups rainbow carrots, thinly sliced
1/2 cup red onions or shallots,
diced
1 Tbsp olive oil
1 Tbsp red wine vinegar
2-3 Tbsp fresh dill, chopped
salt and pepper to taste

Boil rainbow carrots until tender yet crisp, about two minutes. Rinse under cold water and drain. Combine carrots and onions. Mix remaining ingredients in small bowl until well blended. Pour over carrot mixture and toss well. Refrigerate at least three hours to blend flavors. Makes four servings.

With the recent arrival of baby Benji, Judy Sobeloff is making good use of her uncanny carrot-enhanced night vision.

Italian Seitan Baguette

By Jen Hirt

Sandwiches are not so much recipes as they are assemblies. Still, the makings of a properly assembled sandwich are worth sharing. This recipe, from *Moosewood Restaurant Lowfat Favorites*, is easy and tasty. Served on a Co-op baguette, it is flexible enough to be a light lunch or a full dinner, depending on how you dare to pile the toppings.

The "meat" is the quirky "wheat meat" of the vegetarian world — seitan. Basically, it's seasoned wheat gluten which, when processed, takes on the uncanny texture of chicken or beef. So meatlike is seitan that I've read that long-time vegetarians refuse to eat it, and I can see why. The "chicken" seitan from the Co-op is even shredded like chicken bound for the stir-fry wok. Pure-hearted vegetarians might balk at the implication that one needs something meat-like on a sandwich, but at least seitan doesn't have the dorky tofurkey label. (But I'm also a fan of tofurkey and all its silliness.)

Italian Seitan Baguette

Serves 2-3

4 cloves garlic
1 bunch of greens, such as kale
of spinach
1 tsp. olive oil
1 Co-op baguette
1 tomato
1 red onion
1 small jar of roasted red peppers
1 package (4-8 ounces) seitan
Balsamic vinegar
Dried basil and/or oregano
Parmesan cheese (optional)
Mayonnaise or similar spread (optional)

Newsletter Advertising Manager Needed

By Bill London

Jason Mills will be retiring from his position as Co-op newsletter advertising manager — and for a good reason. He is getting married and moving to Belize this summer.

So, we are looking for someone who is seeking to broaden their horizons and bulk up their resume with this bold career move into the bright shiny world of advertising. Actually, this position is quite low-key, and involves making sure ads are gathered and printed on time and right-side up.

If you are interested, please email [<london@moscow.com>](mailto:london@moscow.com).

Bill London edits this newsletter and delights in the soft springtime sunlight.

Slice the baguette into sub-sandwich sized sections, one for each person. Halve each section lengthwise and set aside. Rinse and chop the greens. I prefer spinach, but tender kale is recommended too. Set them aside. Slice the tomato and onion. Arrange them on a large serving platter big enough to eventually hold the seitan and the greens. Set aside. Halve a couple garlic cloves and rub them on the cut side of the baguettes. Mince or press two garlic cloves and start sautéing them over medium heat in the olive oil. Drain the water from the seitan, and sauté it with the garlic just until it is heated through and lightly brown, about five minutes.

As the seitan heats up, prop the baguettes around the edge of the pan so they can lightly toast. (A toaster oven would work well too.) Transfer everything to the serving platter. Mince or chop the remaining garlic. Sauté it for two minutes, then, add the chopped greens, which are ideally still wet from washing. Stir briefly, then cover the pan. The greens should steam down in a few minutes. As they steam, spoon the roasted red peppers onto the serving plate.

When the greens are limp, drain off any excess water with a sieve, then transfer them to the serving plate.

Guests can assemble their own sandwiches. Dashes of balsamic vinegar, Parmesan cheese, and dried Italian seasonings such as basil or oregano are delightful. I was especially pleased with the combined taste of the seitan and the sautéed spinach.

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

Would You Choose GE Foods?

By Brenda Guettler

Shopping at the Co-op is a personal choice and there are many reasons that a person might choose to shop at the Co-op. Some prefer to support a locally-owned cooperative business while others choose the Co-op for the selection of local, natural and organic foods and personal care items. Still others may just like the location. No matter the reason, we appreciate the choice that our customers have made.

Choice is something that we Americans are very used to. We make hundreds of choices everyday and perhaps we take this for granted.

Right now there is legislation proposed in Congress to protect our right to choose the types of foods we buy and the type of industries we support. This legislative campaign would require labels on genetically-engineered (GE) foods. With labeling, consumers would know which of the foods they purchase contain GE foods.

Today no labeling is required on GE foods. Because of this lack of labeling, many of us have probably been eating GE foods for years. In fact, one quarter of American crops in 2001 were genetically engineered. Crops like corn, soybeans and cotton, as well as wheat, rice, and tomatoes, are often genetically engineered.

What are GE foods? How about this example: genetic engineers have injected tomatoes with the anti-freeze gene of a flounder in an effort to give the tomato a longer growing season. Yes, tomatoes are genetically altered with the inclusion of fish genes.

Another example: salmon are also being genetically engineered, which creates added concerns about GE salmon escaping and entering the wild gene pool. Aside from the ethical concerns of genetically altering plants and animals, such things as degraded soil integrity, human health, and biodiversity should be considered.

There is no scientific evidence to determine the long-term effects of genetically engineered food on humans or the environment. The same companies who brought us DDT and Agent Orange would like the American public to trust that these foods are actually good for the environment. And while these foods are FDA approved, the FDA ignored warnings from their own scientists about these foods.

Companies that produce GE foods, like Monsanto, do not want to label these foods. They know that the majority of consumers would choose

not to eat GE foods because this is precisely what has happened in countries that do require labeling. Great Britain, France, Australia, Spain, and Japan are just a few of the countries where labeling is required and consumers have rejected GE food options.

Fortunately, there are a couple of bills in Congress right now that would require labeling. Representative Dennis Kucinich (D-Ohio) and Senator Barbara Boxer (D-California) are sponsoring this important legislation.

In order to make it easier for our shoppers to get involved in this issue, the Co-op has placed an Action Center by the front door. The Action Center has free information concerning GE foods as well as form letters to send to elected officials that encourage them to support this bill. This information is provided by a group called The Campaign to Label Genetically Engineered Foods (<www.thecampaign.org>).

The Campaign is a grassroots non-profit organization that started in March 1999. Its goal is to help pass labeling laws for genetically engineered foods. Once labeling is mandatory, consumers can truly vote with their dollars and send industry a clear message about how they feel about genetically engineered foods. If you are interested in this issue, please pick up some information from the Action Center at the Co-op.

Brenda Guettler is a Co-op employee and prefers to eat tomatoes without fish DNA.

Lymphatic System Maintenance

By Chris Kipp

Breast and prostate cancer awareness has increased over the last few years and people are getting checked more often to rule out these diseases. But what do we know about prevention? The lymphatic system is usually overlooked, until a breast or prostate cancer survivor gets swelling in an extremity.

The lymph system is designed for transport of protein cells, toxins, cancer cells, destroyed cells, vitamins and hormones back to the blood stream and out of the body. It serves to clean tissues through drainage, but also acts as a protection and defense mechanism carrying out vital functions for cell regeneration.

Women's Center April Activities

By Jill Anderson

The University of Idaho Women's Center is planning exciting activities for April in celebration of our 30th anniversary this month. If you have any questions about these activities, please contact the center at 885-6616.

Introduction to Backpacking: Thursday, April 1, 4:30 p.m., Women's Center

Want to try backpacking but unsure how to go about it? We'll help you decide what gear to bring and how to pack it all in one place!

Writing on the Wall Project: Sunday-Friday, April 4-9

Symbolic project to confront issues of awareness, oppression and discrimination by building an actual wall outside the UI Commons. Friday afternoon, watch the wall come tumblin' down!

Women's Health Series: Monday, April 5, 1:00 p.m., Women's Center

Gayle Eversole, health practitioner, educator and holistic counselor. Topic: Aromatherapy.

Seasonal Affective Disorder: Tuesday, April 13, 12:30 p.m., Women's Center

Sharon Fritz, UI Counseling and Testing Center, will discuss how seasonal changes can cause mood swings and depression—and not just during the winter.

Medicine for the Earth: Thursday, April 22, 12:30 p.m., Women's Center

In celebration of Earth Day, attend this presentation highlighting Sandra Ingerman's book, *Medicine for the Earth: Transforming Personal and Environmental Toxins*. Cindy Carlson, who has trained with Sandra, will facilitate this event.

Spring Forward Women's Center 5K Fun Run: Saturday, April 24, 8:00 a.m.

Run, walk or stroll to campus for our 7th annual fundraiser.

Mindfulness Based Stress Reduction: Wednesday, April 28, 4:00 p.m., Women's Center.

Deanna English, Gritman Medical Center Massage Services Coordinator, invites you to move toward greater balance, control and participation in your life.

30th Anniversary Dessert and Wine Gala Fundraiser: Thursday, April 29, 6:30-9:30 p.m., 1912 Center, Moscow.

Help us celebrate 30 years of working for gender equity on campus.

30th Anniversary Open House: Friday, April 30, 12:00 – 4:00 p.m., Women's Center

Features many people who were instrumental in creating the Conciliation Agreement signed on May 8, 1974.

The process is simple and takes only a few minutes to complete. Deep, belly breathing begins the process and firm but gentle massaging of the nodes follows. Because the lymphatic system does not have its own pump, exercise is important also. Women should definitely open the nodes under their arms and at the base of the neck. Men, and those with lower extremity circulatory problems, need to open the nodes at the groin and behind the knee. This process should be done at least once per day.

Chris Kipp, Physical Therapist, has worked at Latah Health Therapy Works since 1983. She specializes in orthopedic rehabilitation and manual lymphedema treatment.

Gardening

Community Gardens...and Chicken Tractors?

By Patricia Diaz

We are fortunate on the Palouse to have two community gardens available for those who lack sufficient garden space yet yearn to plant. One, Koppel Farm, is located in Pullman, and the other, the Moscow Community Garden, is located in Moscow.

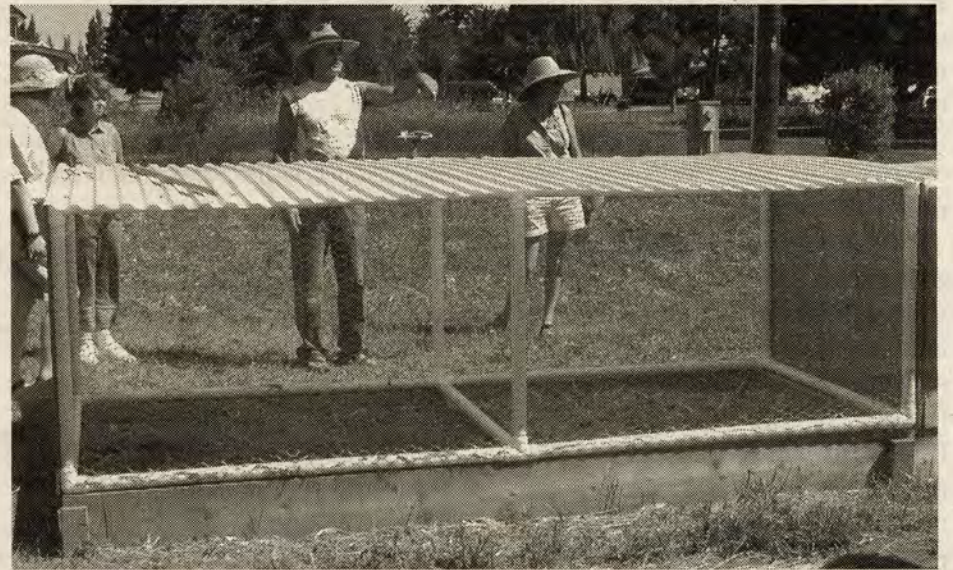
Both gardens have similar requirements and similar spaces available. The most important requirements are that people garden organically and use water conservatively. You also need to respect the other gardeners, their plots, and their produce. At Koppel Farm, which is located just off Pro Mall Boulevard and Derby Street, there are 90 plots available per year and a few are still for rent. Moscow Gardens, located at 1050 West C Street, also has a number of plots. Both offer plots that are 10' X 10" and 20' X 20'. The Pullman plots rent for \$20 and \$30 respectively, and the Moscow plots are \$20 for the smaller ones and \$35 for the larger plots.

Both gardens require two hours per month of community work, which consists of maintenance of the common areas. You must also maintain your plot and the adjacent pathway. Both provide water and the use of some garden tools. Moscow's gardens also offer hoses, straw mulch, and seeds at no charge. Koppel Farm offers orientations on a variety of subjects including water conservation, weed and pest control, and improving the soil without the use of chemical pesticides and fertilizers.

Moscow Gardens was begun in early 2000 by Peggy Adams and is a joint project of Palouse-Clearwater Environmental Institute and the

Emmanuel Lutheran Church. The current coordinator is Kelly Riley, and she can be reached at <makeitgrow@pcei.org>. The plot coordinator for Koppel Farm is Shelly Houghtaling, and she can be reached at 509-334-6449 or <koppelfarm@pullman.com>. Both gardens have websites where you can obtain more information: <www.pcei.org> for Moscow's gardens and <www.pullman-wa.com/svcorg/pcg/default.htm> for Koppel Farm in Pullman.

Now for the intriguing part of the column – chicken tractors! I must confess when I heard about them I envisioned cute little chicken harnesses where you could let your chickens out and they'd zip up and down the rows eating only the weeds, scratching between the rows for good aeration, etc. I know, a very vivid imagination but wouldn't that be cool? Well, Steve Streets' chicken tractors are just as cool! He got the idea from the book called "Chicken Tractor" by Andy Lee and Pat Foreman. It's a Good Earth publication. Each spring he purchases about 50 chicks and then places 17 or 18 chicks in each special cage called a chicken tractor. Each cage is bottomless and is about 4' by 10'. It's a rotational garden system where the chicks eat the insects, scratch up the soil, and fertilize it for you! Since the concentration of fresh fertilizer isn't that great, you don't have to worry about burning up your crops when you plant them. You can use chicken tractors on ordinary garden beds or you can build the tractors to fit raised beds of any size.



Steve builds his chicken tractors out of PVC pipe and chicken wire. It's important to screw the wire down well into the support framing so the wind doesn't blow them over, letting the chicks out everywhere (can you tell he was talking from experience?). If you have a problem with predators such as skunks, coyotes, cats or even dogs, you could electrify each cage. Every week he adds some straw, and some fresh soil, creating a "layer cake" of straw, soil, and manure. As soon as he gets his tractors going again, Steve said he'd send a digital photo to our esteemed editor for publication in the Co-op newsletter.

Steve also talked about his U-pick strawberry enterprise that he got going last

year. He has lots and lots of both June- and ever-bearing strawberries planted, ready for harvest starting in about June. So if you have a hankering for fresh, juicy, organic strawberries, see Chicken Tractor Steve at 911 N. Mountain View or call him at 208-892-1349.

Pat Diaz gardens out by Dworshak Reservoir and is seeing definite signs of Spring – mountain bluebirds, chipmunks out of hibernation, and meadowlarks singing their little hearts out!

Community Garden Plots available at Koppel Farm in Pullman!

We have several 10 ft x 10 ft and 20 ft x 20 ft garden plots available for rent during the 2004 garden season. They rent for \$20 and \$30, respectively, for the entire year (plus 2 hours of community work per month.) This includes water and use of some tools.

We are an organic garden located just off Pro Mall Boulevard and Derby St. in Pullman. Go to our website <<http://www.pullman-wa.com/svcorg/pcg/default.htm>> to view a copy of the contract and get more information. Come join the fun!



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A Closer Look at Spring Flowers

By Sarah Walker

Tree flowers have begun to bloom in Moscow. Wait—trees have flowers? Yes! All trees make some kind of “flower” so that female ovaries can be fertilized by male pollen to produce seeds.* Later on this spring we’ll see gorgeous white clusters hanging from locust trees or upright spikes of exotic pink blossoms on chestnuts. These will be abuzz with pollinating insects, cued by bright colors, sweet scent, and nectar rewards.

But trees that dare put forth flowers as early as March or April find ways to make seeds with fewer (or none at all) insect pollinators, unpredictable weather, and spring winds. Pines grow bright red pollen cones. Birches dangle golden catkins. Willow trees glow with fuzzy yellow catkins. And some maples will be completely covered with light green flower clusters later this month.

The Norway maple in the photo is so full that it looks like it’s leafed out. But what looks like “foliage” is really a mass of flower clusters. Leaves will come later. If the effect of all these small, greenish-yellow flowers covering a large tree doesn’t shout “flower” to our spring eyes, it’s because we are primed for brilliant tulips and forsythia.

In the photo, you can see a plump round shape in the center of each flower. This is the early-flowering maple’s secret, a “nectiferous disc” that secretes sweet nectar to attract pollinating insects. They in turn are rewarded with an extra-early spring supply of nutritious pollen and nectar.

Willows bloom early and offer pollen, too. But their “flowers” are fuzzy catkins (like pussy willows) stripped down to essential flower parts: female pistils where fertilized seeds develop in ovaries or male stamens

whose role is to produce pollen. (It’s easy to get these terms mixed up! Try this: “pistil” packin’ momma, and stamEN). Willows are either male or female. Each shrub or tree bears just pistillate catkins or staminate catkins. Moscow’s common golden willow trees will be covered with catkins toward the end of this month, just before their leaves start to unfurl. At the base of each willow catkin is a small, hard to see, nectar gland.

Alders, birches, and hazelnuts “bloom” even earlier, like March, when it’s too cold for most insects to venture out. Instead of relying on insects to transfer male pollen to female pistils, these trees rely on winds—sort of a mass-mailing approach. They produce lots of pollen and release it to blow around on dry breezy days, and some of it will land on female pistils. This takes place before the leaves develop so there’s nothing in the way of this airborne delivery system.

What do wind-pollinated flowers look like? Often the flowers themselves are tiny and clustered together on a catkin. Male catkins can be long, flexible, and dangly. When the wind tosses them around, they fling out pollen. On garden filberts they look like golden caterpillars hanging all over the branches. The females are smaller and harder to spot.

Catkins may not come to mind when we think floral beauty. But it’s a matter of scale. Under a magnifying glass, catkins are pretty cool. On the males, the stamens poke out from under a little cover (a bract), like legs from a turtle shell. On the females, the pistils have lovely feathery tips for catching wind-borne pollen. They remind me of the way sea anemones extend feathery food-catchers. It’s easy to get carried away, looking through a hand lens!

I f you’re curious about tree flowers, you’ll love the text and illustrations in “The Blossom on the Bough” by Anne Ophelia

Dowden. She urges us to look closer at tiny, short-lived tree flowers: “. . . the flowers of the tree tops are inevitably less familiar than flowers that grow in a garden. . . small plants at our feet are always easier to see and know than the large ones that bend over us like a kind of architecture. . . a framework or background for our lives, not to be touched and examined or enjoyed in intimate detail. But a tree is not mere architecture. It is a living organism, constantly changing; and

only by touching and examining it can we learn the intimacy and beauty of its life cycle.”

*Flowers can either have female and male parts, or just male, or just female. The sexes can be together or separate on the same tree. Or, there can be male trees, and female trees.

Sarah Walker watches for tree flowers and waits for tales of your encounters with Moscow’s flora and fauna at citynature@moscow.com.

Letter from the Land: The Lost Prairie

By Suvia Judd

On the evening of March 13, I was out in the field filling hay feeders when I heard an unusual sound. At first it resembled the high notes of coyotes, but with the tones of a wooden flute. Then I realized: I looked up and saw a flock of sixty or more tundra swans flying north overhead. Huge, pale, powerful, arranged beak to wingtip in tight chevron formation, they called out melodiously as they flew steadily over Moscow and passed out of my sight. I felt a real thrill, an actual shiver of awe.

I felt grateful for the sight of the swans, for their continued existence in a natural world with so many broken links. I started thinking about what they would have seen as they flew over this area 200 years ago, and perhaps for ten thousand years before that. After leaving the confluence of two fast rushing rivers at what is now Lewiston, they would have passed over the rim of the canyon and been crossing Palouse Prairie, a hilly “meadow-steppe ecosystem” of grasses (Idaho fescue and bluebunch wheatgrass) and dozens of species of forbs (broadleafed non-woody plants,) mixed with snowberry bushes. The hills would have been a variegated tan and brown with a haze of green; the new growth would have just begun on the grasses, but most of the wildflowers (prairie stars, biscuitroot, balsamroot, broadiaea, shooting stars, bluebells, red kittentails, prairie smoke,) would still have been dormant, or been just emerging at their crowns. Sharp-tailed grouse would perhaps have been nesting. The many creeks would have been bordered by dense thickets of Douglas hawthorn and wild rose, with scattered open groves of huge old Ponderosa pines. Loggerhead shrikes would have been nesting in the thorn thickets. The many streams draining southwest off Paradise Ridge and other hills and feeding

Thorn Creek would have spread out into wetlands in every flat place, and been full of camas and wild iris, barely pushing up their leaves at this time of year.

As the swans passed over Paradise Ridge, they would have looked down on a shrubby landscape of serviceberry, mock orange and wild rose, at first mixed in with grassland species and then higher up with large pines. In sheltered places, the ladybugs and the first sagebrush buttercups might have begun to wake up under the pine duff. On the north side of the Ridge, patches of snow might have lingered under the Douglas firs and tamaracks, and especially under the cedars and grand firs along the streams. In the valley between the Ridge and the Mountain streams met and flowed west through a huge camas meadow, the whole area a great mingling of fingers of forest and fingers of prairie. Paradise Creek and the South Fork of the Palouse would have meandered westward through thorn thickets and pines with the prairie grassland-covered hills rising above them all around for miles, part of perhaps 3.9 million acres of prairie.

The swans still pass over, but less than one percent of the Palouse prairie habitat remains. A landscape with as many as 30 plant species per square meter has been replaced by one with a single crop species per field, and a scattering of alien invaders. The sharptailed grouse are gone, and the shrikes, and the ferruginous hawks. The remaining habitat survives in little bits, mostly on private land. To learn more about this ecosystem and the efforts to conserve it, contact <www.palouseprairie.org>. Be sure to view the link, “Changing Flora of the Palouse” (WSU).

Suvia Judd lives in Moscow and enjoys exploring Palouse Prairie.



“Just as the leaves burst forth, Norway maples are lighted by thousands of yellow-green flowers—a brave show of blossoms in the cold spring weather.” Fred Johnson, “Wild Trees of Idaho.”

Families

Spring Cleaning for the Soul

By Carol Spurling

We know it's spring because last night my husband heard the faint crunching of earthworms devouring leaves in our yard. (We know it's them because we've caught them, red-mouthed, by flashlight.) Other sure signs: laundry drying on the line, my son's muddy clothes, and our neighbors hauling piles of tree prunings and last year's leaves to the compost facility.

My intense need to clean off bookshelves, empty drawers, cut my hair, and vacuum the car are my own harbingers of spring; apparently, I'm not the only one who feels this way because at the bookstore where I work customers have been bringing in boxloads of their own castoff books. Spring's arrival is the payoff for living mindfully in a four-season climate. At our house, because we generally don't use alarm clocks, we often end up sleeping in until 8:00 a.m. in the winter, not because we stayed up so late, but because it's too hard to drag out of bed in the dark. Now, we're rising with the birds, bustling around to get a jump on another long satisfying day.

We're trying to eat seasonally too, which used to be the only way to eat, until our society decided strawberries in January were a good idea. We ate a lot of beans and soup during the cold dark days, along with apples, squash, carrots, and potatoes, which keep through the winter with minimal effort; now we're looking forward to our own strawberries, lettuce, plums, pears, tomatoes, and peas, in their own ripe time.

Spring took on new importance for me this year because for the first time I learned the historical meaning of the Lenten season, kicked off on Fat Tuesday and wrapped up on Easter Sunday. Lent, supposed to be a time of intense spiritual self-examination, is the time of year to literally and figuratively cut out the fat.

Spiritual devotion comes more easily if we're not devoting too much energy to digesting rich meals, so on Fat Tuesday, or Shrove Tuesday, or during Mardi Gras, everyone consumes their stores of butter, eggs, and similar things, whoops it up, and then settles into a period of reflection and self-denial. On Easter, eggs are back on the menu, and Lent is over. I don't think Lent is simply a construct of organized



calendar reflects what was for many people in ancient times or is still in undeveloped areas a very lean eating season, at the end of the winter stores and before the garden begins producing. Why not make a spiritual virtue of physical reality? This isn't to say we haven't been eating eggs or butter at our house this spring; I'm not quite ready for that level of self-denial, which shows how far I have to go on my spiritual path. What I'm trying to cultivate is the attitude of mental and spiritual spring-cleaning. Cleaning the house out is just part of the process. I, for one, tend to collect piles of books that look good, then they wait on my shelf until I get to them (or not). If they sit there long enough, what started out as healthy anticipation changes into guilt. Whereas the titles of books I've loved tend to remind me of important principles and happy moments, the titles of books I've meant to read but haven't just sit there, reminding me I'm not super-human. "Well?" they say, reproachfully. Removing them from my house makes my life more peaceful.

Ditto with clothes in the closet that don't quite fit, kitchen gadgets I never use, and videos I never watch. Ditto for the fabric scraps that I have to admit I will never sew into a quilt, the empty scrapbooks I will never fill with "creative memories," the reading material in my files that will never form the basis of an essay or article. Cleaning them out sparks new energy and creates the space for what I really want to work on now. Apparently, "stuff" is what I'm giving up for Lent this year. Sure beats giving up chocolate.

Carol Spurling has taken up studying French language and culture, on the assumption that any society so devoted to local, fresh food, must know the secret of living well.

Week of The Young Child

By Lisa A. Cochran

Children are our greatest and most precious natural resource, but all too often, they have had to take a number and stand at the back of the line. Governor Kempthorne's election platform that helped win him the highest office in the state was to proclaim his tenure as the "Generation of the Child." His position on the issue of Idaho's children became even more clear when, in April of 2000, the Governor recognized the efforts of the National Association for the Education of Young Children (NAEYC), along with local educators and agencies throughout the state, via an official proclamation to celebrate the Week of The Young Child throughout the land. In it, he sent out a call to recognize the need for high quality early childhood services for all children and families throughout the state as a "worthy commitment to our children's future." Further, he urged all citizens to support the needs of our children; after all, the future of Idaho depends upon it.

Established in 1971, The Week of the Young Child or WOYC, continues to be a huge annual celebration throughout the nation. It draws attention to our youngest citizens by promoting community awareness of the issues facing them while celebrating the services being provided to families with young children. Sponsored by the NAEYC, which is the world's largest early childhood education association, this event is marked by week-long (this year April 18-24) events to draw attention to and show recognition for those services and programs which work on behalf of children ages 0-8. It also should cause adults throughout the community to take time to consider how we can each play a part to better meet the needs of youngsters and their families. It is a time for all community members to recognize their own responsibilities to ensure that all children receive opportunities for early learning that form the foundation for their future success in school and in life.

This year's theme for the Week of the Young Child addresses this commitment by community members. Like last year, the theme is Children's Opportunities - Our Responsibilities. The vision is to reach *all* children, childhood professionals, families and communities. Though NAEYC sets the theme and date for the Week of the Young Child, each organization (such as child care centers, schools, libraries) throughout the community plan their own activities. Such activities include decorating storefronts to

promote the celebration; have Share A Book With A Child Day; focus on nutritional, fitness or health information; offer free immunizations or free vision or hearing screenings via the local health department. Libraries celebrate with special events that include reading and art or have galleries posting children's art projects. Some communities offer special conferences for parents and teachers or special training for child care providers to help gain accreditation. There is no end to the opportunities for everyone to participate in these celebrations.

Here in Moscow, call your local school, childcare center or library to find out how you can be involved in the celebration. One of the larger events scheduled is sponsored by Young Children and Families Programs and the Early Childhood Service Council. In its fourth year, the Week of the Young Child Fair is slated to celebrate not just the Week of the Young Child, but also bring awareness to health and safety issues affecting children while highlighting the multitude of valuable services that are available to families with young children.

Some of the featured activities are Kids Photo ID Cards and the Germ City activity booth. The fair will take place at the Palouse Empire Mall on Saturday, April 24 from 10:00 a.m. to 3:00 p.m. and promises to be filled with interactive activities while providing a forum for children, their parents and caregivers.

If you have questions about the WOYC national program website, visit <www.naeyc.org/woyc/> or if you are interested in how to get involved in the local Week of the Young Child Fair, contact Paige Tracy, Outreach Coordinator, Young Children and Families Programs, at 883-6454.

Lisa A. Cochran is a longtime Moscow resident.

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Earth Mother: Old-fashioned Oilcloth

By Julia Parker

I had heard of oilcloth sometime, somewhere in my past, but I wasn't really sure what it was. After reading, re-reading and re-reading my daughter's favorite book, "Little House on the Prairie," in which Ma put on and took off the red-checked oilcloth from the table approximately 4,000 times. I decided to check into oilcloth.

Traditionally, oilcloth was made from sturdy fabric like canvas or linen and coated in linseed oil and paint. Modern oilcloth is made with canvas impregnated with vinyl. It is moisture resistant, can be wiped off after use, and laundered when needed. It is apparently all the rage right now. I even found an article by Martha Stewart on all the uses for the new fossil-fuel based version of oilcloth. Yikes! This is not an article about vinyl oilcloth!

I am always looking for ways to reduce the amount of plastic in our lives. One way to do this is with oilcloth. It can be used for tablecloths, placemats, and shower curtains, and even as an alternative to sandwich bags. It is not quite waterproof as plastic but I would imagine it would last as long or longer. (We have only gotten through the first three of the Little House series, but I bet Ma is still using that oilcloth in the sixth book too.) In addition, oilcloth is not made in a refinery, and it won't fill up landfills as quickly as plastic.

The project I have chosen for April is oilcloth sandwich wraps. You can use the basic oilcloth instructions to make whatever item you would like. The sandwich wraps can help kids (and adults) reduce the number of plastic bags they use for lunches. The average American uses 20-40 sandwich bags per person per month. You can use these cloths to wrap up many different lunch or snack items not just sandwiches (although I don't think I'd throw a scoop of tofu salad in there).

I would suggest working with school age kids on this project so they

have a hand in painting and designing their own oilcloth sandwich wrapper.

Materials needed

- A pre-washed 15"X15" square of linen or canvas
- Linseed oil
- Acrylic paint or fabric dye (or leave it plain)
- 1" paint brush
- 3 feet of ribbon, cord, leather string
- Needle and thread

Directions

- Paint your fabric with linseed oil.
- Paint a design on your oilcloth.
- Hem the edges of your oilcloth.
- Fold the piece of ribbon or string in two.
- Sew the center of the piece of ribbon to the middle of one edge of fabric. Place sandwich in the middle, fold the sides in, wrap the string around the sandwich like you're making yourself a present and tie it.

Care of oilcloth

- Wipe clean when you've used your oilcloth.
- Wash gently and hang dry.
- Do not bleach (linseed oil and chlorine don't mix well).
- When your painting fades, you can re-oil and re-paint your cloth.

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Community

Biodiesel Evening Forum

By Greg Fizzell, PCEI Education Program Coordinator

The Moscow Food Co-op, Palouse-Clearwater Environmental Institute, and the Palouse Discovery Science Center (PDSC), with the support of Sun Rental, are proud to present the Biodiesel Evening Forum on Wednesday, April 7, from 7-9 p.m.

Leaders in the biodiesel technology field from UI, WSU and the Spokane County Conservation District will present their slice of expertise. In addition to the presentations, two biodiesel cars will be on display. The doors will open at 6:30 to provide the opportunity for viewing the biodiesel cars on display, open discussion and free snacks.

Charles Peterson is a professor and interim head of the Biological and Agricultural Engineering Department at UI. He has been involved with biodiesel development since 1979 and is considered one of the pioneers in using vegetable oil as an alternative fuel. He received his bachelor's and master's degrees from UI and his doctorate from WSU. He will discuss the development of the industry.

Jack Brown received his doctorate in plant breeding and genetics from St. Andrew's College in Scotland in 1988. He has been Associate Professor of Plant Breeding and Genetics at UI since 1998. Brown will present biodiesel technology from a crop production perspective.

Dennis Roe will present the benefits and costs of oilseed crops in cropping systems. With a bachelor of science degree from WSU, Roe served as a conservationist in Whitman County for USDA for 30 years, and has now served for eight years as adjunct crop scientist with the WSU Department of Crop and Soil Sciences.

Ty Meyer, Production Agriculture Coordinator from the Spokane County Conservation District, will present and answer questions about market development and legislative incentives.

"The public is generally not aware of the details of how alternative fuels will benefit them and the environment," said Dennis Roe, who will speak at the forum. "The response from people who learn about these new technologies in my experience has been overwhelming. For example, I hear statements like, 'Why didn't we know this earlier?' and 'Where can I purchase biodiesel?'"

The forum will be held at the PDSC, 2371 North East Hopkins Court, in Pullman. Admission is free, donations will be gladly accepted. For more information about the Biodiesel Evening Forum, and directions to the PDSC, visit www.pcei.org/calendar.htm or call PCEI at (208) 882-1444.

Artists Needed for Moscow Artwalk

By Deena Heath

The Moscow Arts Commission is issuing a Call for Artists for Moscow Artwalk 2004. This first-time event is a collaboration among the City of Moscow, Moscow Downtown Association, and the Chamber of Commerce. Latah and Whitman County artists are eligible to apply.

Downtown businesses will be teamed up with artists whose work will be displayed in their places of business from June 11 - September 11. A brochure will be distributed to visitors and community members to assist them in their own self-guided tour.

Original work, less than two years old, will be considered, including paint-

ing, drawing, fiber art, photography, sculpture, ceramics, glass, wood, etc. Artists must be able to provide 3 - 6 pieces framed and ready for hanging if applicable. Work should be priced to sell with a 20% commission taken into consideration.

Application deadline is April 23. For an application call 208-883-7036 or contact dheath@ci.moscow.id.us. Applications may also be downloaded at www.ci.moscow.id.us/mac/index.asp.

Deena Heath is the director of the Moscow Arts Commission.

MOSCOW
***artwalk2004**

Community Radio: Hear it Now!

By Bob Hoffmann

The pounding of hammers and the buzz of saws; the whine of drills and the wet rumble of rollers applying paint to ceilings and walls. These are not the sounds that you most immediately associate with radio stations, but these are the sounds that careful listeners will hear when they tune their ears to the second-floor windows of 116 E. Third Street, the new home of KRFP, Radio Free Moscow, as volunteers busily renovate our newly leased



KRFP volunteers hard at work renovating the new station.

downtown studio space. We're laying carpet, building studio furniture, configuring computers, and stringing the wiring that will constitute the nervous system of the station. We're recruiting volunteers, planning programming, designing brochures, and raising funds.

Community radio is happening in Moscow. If it seems I've been saying that for years, it's because I have. Many people have doubted it would

ever happen, and to be honest, there were times that I doubted it myself. The doubt is now no more than a dubious footnote in this historic undertaking. When we flip the switch on May 1, community members will have an outlet for information and entertainment that is often too difficult to come by. One visitor to Moscow told me that he was excited for us. "I've seen the difference that a community radio station can make in a town," he told me, "This will have a big, positive effect on Moscow!"

The new grassroots radio station is already making waves in the nation's burgeoning independent media movement. According to the Independent Media Center at <http://idaho.indymedia.org/>, "The station has already demonstrated great promise, by distributing great audio via the Net." So if you can't stop by and see our station, and

even lend a hand with construction, you can go to our Web site at www.radiofreemoscow.com/ and download some of our most recent audio. We have constructed an audio archive featuring recent events concerning racism and human rights.

A dozen audio files, including the panel discussion on "Southern Slavery As it Wasn't," a speech by Mark Potok of the Southern Poverty Law Center, and a speech by Carl Mack,

President of the Seattle chapter of the National Association for the Advancement of Colored People, can be downloaded for free. The RFM audio page also links to sermons by Pastor Douglas Wilson on the Christ Church Web site.

And I can't let this opportunity pass without making a personal appeal. Could you help make a difference in your community by supporting KRFP? If you have time, then we can find a volunteer job for you. We are also in need of more members, and more donations. We've done a great

job building our bank account in the past few years, but as we renovate our space and start buying equipment, we are spending a lot of that money in a hurry. If you've been thinking of donating to KRFP, this is the time to make your commitment a reality. Your contributions could make the difference between our purchase of used equipment and top-of-the-line electronics. Your contributions can help us assemble a studio that our volunteer D.J.'s find easy to use, allowing them to serve the community better. Your contribution of \$100 or more will also mean that your name will be engraved



KRFP volunteer Shawn Ringo assists in the renovation

on our Founder's plaque, which will be permanently displayed in our studio. Please commit to your community station today by sending a check to RFM, P.O. Box 8203-C, Moscow Idaho, 83843. Regular memberships cost \$25, and student memberships cost \$15. If you would like to help the station through the donation of your time and skills, please call Bob at 883-0642 or Cass at 882-0191.

Bob Hoffmann is a Radio Free Moscow, Inc. board member, a Founder, and invites other Moscow residents to join him on the Founder's plaque.

Moscow Civic Association Meeting on Transportation Issues

By Lois Blackburn

The Moscow Civic Association needs input from the community about safe transportation. The next general meeting of the MCA, Monday, April 12 at 7:30 p.m. at the 1912 Center, will be a panel on "Safe Routes to School, Work, and Play: How to Get from Here to There." Members of the panel will be community leaders with concerns about making Moscow safe for citizens who walk, ride bicycles, and drive automobiles.

Following the panel presentations, audience members will break into groups to develop their own lists of concerns about such areas as street crossings and hazards and what might be done to improve safety. The en-

tire group will then re-convene with the help of a facilitator to organize this input for a report to the City Council.

Submission of this report to the Council will constitute a request for the City of Moscow to use this information for an application for federal funds, which are available as "Transportation Enhancements." All citizens of the Moscow area are not only invited to this meeting, but needed at this meeting, which is the fifth in an MCA series on "Smart Growth for Moscow." For more information, see the MCA website www.moscowcivic.org

Lois Blackburn is the president of the Moscow Civic Association.

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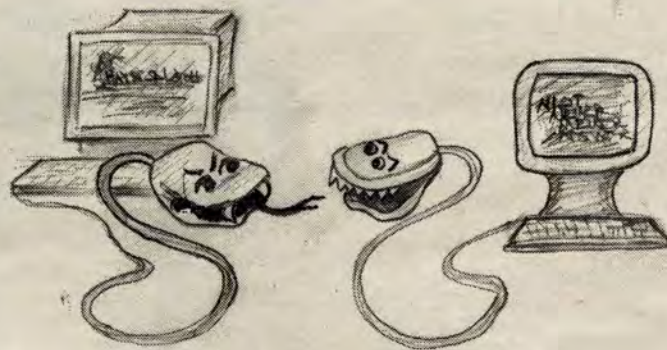
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Dueling Websites in Doug-ville

By Bill London

Note: If you are tired of the controversy surrounding Doug Wilson, Moscow's Christ Church, and Wilson's political agenda, do not read this article.



The back-and-forth battle about Doug Wilson and his plans for remaking Moscow has now moved from the street protests and educational forums into cyberspace. These dueling websites air very divergent perspectives about the Wilson controversy.

The first protest website was created by Moscow progressive Tom Hansen. His site, "Not on the Palouse," includes dozens of links to other websites and to documents about the beliefs of Neo-Confederates and the activities of the local Christ Church leadership. Hansen's site is at: <http://www.tomandrodna.com/notonthepalouse/>.

Next, Christ Church believers and their New St. Andrews College colleagues responded with their own website, a satirical look at the protests against their church. This website is located at: <http://www.hatesplotch.net>.

Now, the latest website includes documents and audio links that tell the

remarkable story of the Christ Church casino payoff. The address is: <http://www.dougsplotch.net>. The casino story began in the fall of 2001, when the son of the dean of New St. Andrews College opened a blackjack casino in his garage.

The website explains that "the casino was a fully operational gaming facility equipped with books, chips, wet bar, free alcohol, a secret doorbell, casino trappings, credited money from the house, and a \$100 betting-limit per hand. In addition to violating state laws, such as dispensing alcohol to minors, the casino violated federal statutes, including a handful of racketeering laws. The casino's patrons were all members in good standing at Christ Church; many were students at New St. Andrews."

Bill London edits this newsletter and survived a debate with Doug Wilson that was broadcast on KUOI-FM.

Costa Rica, Farming, Pesticides, and Our Earth

By Stacey Nievweija, Produce Assistant

Hola Co-op community! I have arrived back (physically at least) from a magical trip to Costa Rica. My original intent for this article was to write about the 'fincas organicas' (organic farms) that I had hoped to visit in the area surrounding Turrialba, and the manner in which their produce is marketed. However, the amazing secondary and primary cloud forests that are set aside for preservation captured my spirit and that is where I spent a good portion of my time.

On my driving excursions, though, I was able to view a wide variety of farming landscapes ranging from dry, desert-like farms (with what seemed like very little success in crop production) to beautiful, lush farms that were bursting with fruits and vegetables. Some crops I saw being grown were avocados, bananas, blackberries, cabbage, cacao, coconuts, coffee, guava, guanabana, limes, melons, papaya, pineapple, plantains, sugar cane, tomatoes, and yucca. There are so many more fruits and vegetables grown there, these are just what I could recognize on the farms I saw. Then, on one of my hikes, I walked past some beautiful smelling mandarin trees, while savoring the taste of wild coffee beans.

As far as farming practices are concerned, things are done very differently from how it's done here in the states. Slash-and-burn agriculture is still a common practice. Another difference is that harvesting is done by pure human power. The large-scale

sugar cane fields are harvested by hand, using machetes in the hot blazing sun, with snakes and other critters to be aware of, as well as high exposure to pesticide and herbicide residues.

Banana plantations are also labor-intensive and dangerous for our fellow brothers and sisters to work in. Do not forget, these people barely make enough money to live on.

The last difference I want to point out is that in Costa Rica, regulations on pesticide use (administered by the Ministry of Agriculture) are not effectively enforced. As a result, chemicals are used that should not be, on a recurrent basis. During a visit to Puerto Viejo de Sarapiquí, a local told me that an entire school was closed down because everyone was sick from the application of unregulated pesticide.

Our planet is beautiful and in danger. We must do as much as we can in our daily lives to save it. Every little bit makes a difference. Implementation of and education about organic and sustainable agricultural practices are vital to helping out our fellow inhabitants of this world.

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Hampton Jazz Festival, \$2,000, for jazz in the schools; Idaho Repertory Theatre, \$2,000, to support performances of the play "Paint" in Latah County elementary schools; and the Kenworthy Performing Arts Centre, \$1,500 for the purchase of a liquid-crystal display (LCD) projector. The Juliaetta Community Improvement Association received \$1,500 toward planning for a new community center. Finally, \$1,000 will assist Christmas for Kids, a group that provides toys and clothing to children from low-income families in the Moscow area.

Kenton Bird, a long-time Co-op member, just began his second year as president of the Latah County Community Foundation board. He is also a board member of the newly formed Heart of the Arts, Inc.

Grants Available from Community Foundation

By Kenton Bird

The Latah County Community Foundation invites proposals from non-profit groups seeking support for community projects and programs. Grant applications are due by April 15, and guidelines are available from the Foundation's website, www.latahfoundation.org or by calling 892-9209.

Since its inception in June of 2000, the Foundation has awarded nearly \$125,000 in grants to assist Latah County groups working in one or more of seven target areas: education, social services, environment, health, youth, civic improvement and the arts. The Foundation's board will announce the next round of grants in May. The Foundation will consider applications of up to \$3,000, although smaller grants have a greater chance of being funded.

The foundation provides three main types of funding:

- Project or program support for new or existing programs.
- Capacity building support to improve an organization's ability to serve its constituents.
- Operating support for start-up or existing organizations, when the Foundation is convinced that such funding for a limited period of time can make a difference.

Community foundations serve donors who wish to establish endowments without incurring the legal and administrative costs of starting private foundations. More than 500 community foundations exist in the United States. In December, the Latah Foundation announced its seventh round of grants that total \$16,000. The largest

grant, \$3,000, went to East Side Early Learning Center, to expand childcare options for families in the Moscow area. The Palouse Regional Crisis Line, which provides telephone counseling, received \$1,500 to remodel a room for a live-in volunteer. Families Together, which supports families with a child with developmental disabilities, was awarded \$500 to create a publication listing resources for parents. The ARC of Latah County received \$2,000 to program social and cultural events at Friendship Hall in Moscow's 1912 Center. And Moscow Special Olympics received \$1,000 to support travel to the state competition in Pocatello.

Three arts organizations will benefit from LCCF grants: the Lionel

Feed this Fever!

By Nancy Chaney

Spring fever has hit the Palouse...hard! Snow melt, sprouting bulbs, and an extra helping of sunshine inspire us to break out of hibernation and walk, run, bike, skate, or just inhale deeply! The advent of spring is a perfect reason to support our developing system of trails. Imagine a continuous trail between Moscow and Troy by this fall! Latah County has acquired the right-of-way for the entire corridor, clearing the way for paving to begin at the Moscow end of the Latah Trail this summer.

Cross-country skiers and Highway 8 commuters may know that the first of four bridges, 1.5 miles east of Moscow, was completed this winter. Thanks to Andy Grant, Director of Latah County Parks and Recreation, construction of that bridge happened sooner than anticipated, helped along by Commissioner Jack Nelson's enthusiasm and sweat equity.

Mike Wolcott and Karl Englund, research engineers at Washington State University (and avid bicyclists), are working with Latah County to make use of weather-resistant composite materials for decking on the rest of the bridges along the trail. Manufactured at WSU's Wood Materials and Engineering Lab, the bridges will provide demonstrations for some of the newest products developed at WSU.

Plans are also being considered to construct a covered bridge made of salvaged urban hardwoods at the Wallen Road crossing near Troy. Still early in the design phase, heavy timber craftsman Nils Peterson hopes to elaborate on his proposal to the Latah Trail Design Committee and Latah County Commissioners this spring. Nils is particularly enthused about hands-on community involvement, the learning and teaching elements, the University-community connection, and the prospect for hand-raising the structure. Bridge-building like this presents real opportunities for project-specific donations and contributions of time and talent.

Thanks to two grants from the Idaho Parks Department, two beautifully forested miles out of Troy City Park are already paved, and Latah County has applied for a similar grant to pave a third mile, gradually moving the trail westward toward Moscow. Earthwork, a compacted gravel surface, and some paving from the west end go to bid in April.

The success of the Latah Trail

fundraising dinner and auction on April 23 will determine how far that paving will reach. Tantalizingly titled "An Evening's Excursion," the Latah Trail Foundation's party promises to be a memorable event and a sure cure for spring fever! The evening's imaginary journey will take guests through time and space, from the grandeur of czarist Moscow to the wonders of ancient Troy. Browse exotic markets. Absorb the ambiance of distant lands through music and tale. Indulge in epicurean delights, the pleasures of friendship, and noble causes. Special surprises await you! All proceeds benefit the Latah Trail between Moscow and Troy, Idaho.

For an unforgettable dinner experience and to help complete the Latah Trail, rendezvous at the University Inn Best Western on Friday April 23. The social hour and silent auction begin at 5:30, with dinner at 6:30 and the live auction to follow. Tickets, \$50 each or tables of eight for \$350, may be purchased from BookPeople and Tri-State in Moscow or by contacting Pam Palmer at 883-3741 or <ppalmer@moscow.com>. For additional symptomatic relief of spring fever, send your tax-deductible donation to the Latah Trail Foundation, P.O. Box 9344, Moscow ID 83843. To learn more about this project, visit <www.latahtrailfoundation.org>. We'll see you on the trail!

Nancy Chaney, board member of the Latah Trail Foundation and Moscow City Council member most likely to run the entire length of the Latah Trail when completed, co-chairs the planning efforts for "An Evening's Excursion," with Pam Palmer. Anyone wishing to donate items for the auction can contact Nancy at <nchaney@moscow.com> or 882-9350.

The Fair is Here, The Fair is Here (Almost)

By Dean Pittenger

Come celebrate the best free event of Spring. The 31st Annual Moscow Renaissance Fair is almost upon us — Saturday and Sunday, May 1 and 2. The fair will include the usual "groovy" maypole dances, fine craft vendors, food and parade. All are welcome — join the fun! For your royal pleasure, Bill London and Gina Gormley have graciously accepted the mantle of King and Queen. They will preside over the opening of the fair at 10:00 a.m. Saturday morning as well as taking part in the parade and other festivities.

Please join us as we unveil our new Poster and Program art on Saturday, April 17, 2:00 p.m. at Wheatberries Bake Shop (531 South Main, Moscow). This year the art-work contest was restricted to local school age children (K-12) and we had some great entries. Come see the winners, enjoy a snack or two and think about entering your art next year.

Don't forget the music! Get on your dancing shoes — we have another delightful slate of performers to enliven your days and evenings. Highliners include Agua Dulce and Left Hand Smoke on Saturday evening. The fun continues on Sunday with Annie O'Neill, Amy Martin, Lelavision among others. Sagin' Time will close the fair. Look for the full list of performers and times on our website (<<http://www.moscowrenfair.org/2004.html>>) in news announcements and, of course, our printed program.

Speaking of volunteering — we need volunteers — here are the contacts:

General Volunteers — this includes Friday, April 30 setup starting early that afternoon. The craft and food coordinators need help marking booth

spaces. We also have to deal with parking control, helping vendors, banners, hay bales, etc. Saturday morning continues with more setup and parking control issues. General help is appreciated throughout the rest of Saturday and Sunday. On Monday, May 3, we need help taking down the fair including final cleanup and taking the hay bales back. Give what time and energy you can afford. Contact Chris Pannkuk; call 882-9373 or send email to <president@moscowrenfair.org>.

Recycling — This is a special area that always welcomes your time and effort — they need help all day Saturday and Sunday. Contact Andy Boyd, 882-4829 or email <moscowrecycling@turbonet.com>.

Youth Stage — volunteers are always needed and appreciated (as elsewhere). Please contact Willow Falcon at 882-2350 or email <tyedye@moscow.com>.

Youth Activities — needs volunteers throughout the duration of the fair including setup and takedown of the youth stage and large pavilions on Friday and Monday. One paid position (this can be shared by more than one person) is available as director of Imagination Station — the youth crafts area. Please contact Miriam Kent at 882-7192 for more information.

Dean Pittenger is a former president and now publicity director for the Moscow Renaissance Fair.

Friendly Neighbors Renaissance Banquet

By Dorothy Nichols

An authentic Renaissance banquet will be held on April 30, the Friday night before the Moscow Renaissance Fair opens, by the Friendly Neighbors in conjunction with the Senior Nutrition program, to benefit area seniors. Door prizes will be awarded and entertainment will show what life was like for royalty in medieval times.

Tickets are limited and will be sold in advance. Send a check for \$12.00 per person or 11 for the price of 10 made out to Friendly Neighbors, to Dorothy Nichols, 754 S. Meadow, Moscow, ID 83843. For further information call Nichols at 882-6784.

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Downtown Commercial Historic District

By Jack Porter and Julie Monroe

On Tuesday, March 23, the Moscow Historic Preservation Commission sponsored an information session about its proposal to nominate much of downtown Moscow for listing as a historic district in the National Register of Historic Places. The line-up of historic preservation experts included Donald Watts, Preservation Planning Tax Act Coordinator with the Idaho State Historic Preservation Office; Suzanne Julin, an independent architectural historian; and Pamela Overholtzer, University of Idaho architecture student.

Watts presented information on federal tax incentives available to individuals who rehabilitate historic buildings. Within a registered historic district, commercial buildings that are listed as "contributory" are eligible for a 20% federal tax credit. Commercial buildings built before 1936 but not listed as "contributory" are eligible for a 10% credit. A building would be listed as "noncontributing" if its facade has been altered too much from its original appearance. Watts stressed that placement in the National Register is completely honorific. "No requirements or restrictions," he said, "are placed on National Register properties." He added, "This is one of the most difficult points for us to get across — that there are no restrictions placed on properties listed in the National Register." Watts concluded with case studies of buildings rehabilitated by owners who received tax credits, including the Idaho Building and the former Union Pacific railroad depot, both in Boise.



This photo of the east side of Main Street at Fifth Street was taken in the mid-1940s by commercial photographer Charles Dimond. (Photo courtesy of Latah County Historical Society)

Consultant Suzanne Julin, who had been hired by the Moscow Historic Preservation to conduct a reconnaissance survey of downtown Moscow to determine a potential commercial historic district, followed Watts. Based on her research, Julin is recommending that a nomination be put forth for a district focused on Main Street and the west side of Washington, between First Street and Sixth Street. Julin said, "This recommendation is for a district that is compact, with a good number of contributing buildings, and each building in the proposed district is a commercial building." She explained that one-third of the buildings were built before 1893 and are good examples of the impressive type of commercial architecture that was constructed before the financial panic of that year.

University of Idaho architecture student Pam Overholtzer spoke last, giving a slide show in which con-

temporary photographs of buildings along Main Street were compared to sketches of how certain buildings would look if they were renovated to more closely match their original appearance.

As eight downtown buildings are already individually listed in the National Register, a historic district would be only the latest acknowledgement of downtown Moscow's unique streetscape of late 19th century and early 20th century commercial buildings. For more information about a downtown commercial historic district, contact Joel Plaskon, Moscow Community Development Director, 883-7022, jplaskon@ci.moscow.id.us.

Jack Porter, a longtime member of the Moscow Historic Preservation Commission, also serves on the boards of the Latah County Historical Society and Heart of the Arts, Inc. Julie Monroe edits "Cornerstone," the annual newsletter of the Moscow Historic Preservation Commission.

comets hits Earth in 1878. The impacts start near Moscow, and multiple strikes walk across Europe and North America.

One large chunk lands in the Atlantic, and the resulting huge tsunami drowns most of the eastern seaboard of the U.S. England is also scoured, but Ireland shields the center of the country.

The resulting devastation would have been hard enough for people to deal with, but enough dirt and ash was thrown into the atmosphere to plunge the northern countries into a series of years with no summers. The British Empire is forced to evacuate as many people as it can from the home isles to Australia, and especially India.

You learn this background a bit at a time as you follow the adventures of Captain Athelstane King, his sister Cassandra and several other interesting characters who are caught up in a struggle between the Raj and a Russia, which is again seeking a route to the Persian Gulf. It's sort of a 21st century Kipling, with airships and mechanical computers that run on steam.

The characters are well drawn; the adventure is over the top at times, but not ridiculous, and the various pieces of the society fit together well.

It's an interesting world, and while this story doesn't need a sequel, I hope he will write more stories set there.

The works of S.M. Stirling are available from Book People.

Bandbox

by Thomas Mallon

Review by Julie Monroe

"Cuddles Houlihan got clipped by the vodka bottle as it exited the pneumatic tube."

So begins *Bandbox*, the latest novel by Thomas Mallon, author of *Two Moons* and *Mrs. Paine's Garage and the Murder of John F. Kennedy*. With his delightful first sentence, Mallon accomplishes something rare: a reading experience that is pure, unadulterated fun, a grand entertainment that is witty, charming, and, I'll say it again, just plain fun.

Bandbox is a monthly men's magazine that had managed to combine fashion, finance, and crime with much success until an upstart periodical called *Cutaway* started sinking its teeth into its circulation. Set in 1928 in Manhattan, *Bandbox*, the novel, is the story of how the staff of *Bandbox*, the magazine, rises to the challenge of getting their collective feet one up on the competition.

Bandbox is the Jazz Age as filtered through the lens of a motion picture camera, and it is so cinematic that I'd like to meet the reader who isn't compelled to cast its characters as they go through plots developments worthy of the best screwball comedies of the Golden Age of Hollywood.

Thomas Mallon is one of my favorite novelists, and although most of his work is fiction, I, nonetheless, regard him as a superior historian for his skill in depicting characters authentic to their historical era. Yet, with *Bandbox*, Mallon creates a world peopled with characters that seem larger-than-life, with names like Jehoshaphat Harris, Nan O'Grady, Max Stanwick, and Daisy DiDonna. In doing so, Mallon has not simply exploited the Jazz Age for its entertainment value but given us a genuine portrayal of an era that, like the magazine *Bandbox*, somehow managed to combine optimism and cynicism in pursuit of the American dream.

Bandbox is available from Book People and at the University of Idaho Library.

Julie Monroe loves fiction. Another of her favorite authors, Judith Freeman, will give a public lecture on Wednesday, April 7, 7:30 p.m. at the UI College of Law Courtroom.

Reviews

The Peshawar Lancers

by S.M. Stirling

Review by Mike Finkbiner

I have long been a sucker for well-written alternate history. S.M. Stirling has written the excellent but disturbing *Draka* series about a world where large numbers of Confederate hardliners moved to South Africa after the U.S. Civil war and the possibly better *Islands in the Sea of Time* series where the island of Nantucket and the Coast Guard sailing ship *Eagle* are transported to the Bronze Age.

So I was looking forward to his most recent book, *The Peshawar Lancers*, a what-if story that starts with the assumption that a series of

Commentary

Auntie Establishment

By Joan Opyr

I just gave twenty-five of my dollars to the John Kerry presidential campaign. I didn't do this because I've always been a strong supporter of Senator Kerry's. Quite frankly, I'm a bigger fan of his wife's catsup. I sent him money because Bill Clinton, the last man to become President using an old-fashioned thing called votes, sent out a campaign email asking me for my cash. (I like Bill. I miss Bill. I just wish Bill had picked a girlfriend who was more regular in sending out her dry-cleaning.)

I used to be a Dean supporter. I liked the Governor of Vermont's bad temper, or, as I preferred to think of it, his passion. After Howard sadly imploded, I supported John Edwards. Some dismissed Edwards' *Two Americas* speech as "divisive" or "class warfare." I say, try telling that to the seven million people in this country who are unemployed, or the forty-two million who don't have health insurance.

Now, I support John Kerry, though I freely admit that my support is craven. I don't like Kerry's stand on gay marriage. The world is a complicated place, and I'm generally in favor of the nuanced approach, but discrimination is discrimination. It seems to me that our national leaders ought to be more like Mayor Gavin Newsom of San Francisco. Smart. Fearless. Out front and not ducking. I don't like Kerry's position on NAFTA. I think he was wrong to vote for the resolution that led us to war in Iraq. I wish his approach to repealing the 2001 tax cuts was more comprehensive. But I'll vote for him next fall, and I'll do this for two reasons: one, he's the Democratic candidate, and two, he's running against George W. Bush.

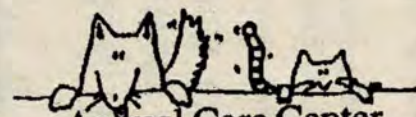
It's no secret to my friends, my enemies, and readers of this column that I'm a partisan. I'm a Yellow Dog Democrat, meaning that, as a general principle, I'd vote for Old Yeller, rabies and all, if he were running against a Republican. Lest anyone think, however, that I'm a straight-ticket voter, I must point out that I don't always vote Democrat. Twice, I've voted for an independent. It was for county corner, a position that really ought to be non-partisan. Neither Democrat nor Republican should be subjected to the indignity of an opposite party autopsy.

I've never voted Green, though someday I might. I am, first and foremost, a progressive. That day, how-

ever, will not be November 4, 2004. I'm in favor of creating a strong third party; I'm also in favor of a fourth and a fifth. The more the merrier, but the approach I prefer is a slow build-up from local office to state legislature to national legislature to the presidency. I don't believe in attempting to leap from public citizen to potential disaster in a single, ill-considered bound. Just for the record, I think at this point Ralph ought to consider changing the spelling of his name from Nader to Nadir. It's a shame that the man who brought us *Unsafe At Any Speed* is now bringing us *Unwise At This Time*. Where has he been for the past three and a half years? Enjoying the booming economy and national health care of Sweden?

There's a lot at stake in the upcoming election. National security. Social Security. Economic policy. The separation of church and state. Oddly enough, though, I'm optimistic. There aren't all that many yellow dogs anymore, but every last one of us has sharp teeth. As soon as I'm through sinking mine into the fleshy backside of Mr. Bush, I intend to nip at the heels of Mr. Kerry. He owes me twenty-five bucks.

Joan Opyr/Auntie Establishment is a Moscow area writer obsessed with politics, the coming of spring, and what she could have bought at the Renaissance Fair with her Howard Dean, John Edwards, and John Kerry campaign donations.



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Money and Prayers

By Nancy Casey

Over the course of the past year, I have spent about half my time in Haiti. The tiny place that has made its home in my heart is a village called Matenwa. It's on the island of Lagonav, which is off the coast, not terribly far from Port-au-Prince, the capital. What is it that makes me so attached to Matenwa? The people, my friends.

February and March are awful months to be on Lagonav. It hasn't rained a drop since November. The few trees in the landscape have dropped their leaves. Anything green that hasn't been eaten by goats has been pulverized into the dust. The dust is white, ankle-deep on the roads, and it rises, gritty in the relentless wind, gets in your teeth, your ears, your food. Sinus headaches and dry, hacking coughs are so common you don't complain about them.

Lagonav was once a blissful island rainforest paradise with no people on it. Now it is a desiccated straggling piece of rock that feels a hair's breadth away from being a refugee camp. It's a tiny world stripped of its resources and of its ability to sustain life-as-we-know-it. The rest of Haiti is not much different.

All over the planet, everywhere on the wretched side of the gap-between-the-rich-and-the-poor, you can find places that have problems similar to Haiti's: overpopulated, AIDS-ridden, poverty stricken. Inadequate nutrition, health care, education. Lack of meaningful employment. Access to glitzy pop culture images of people engaged in lives of luxury and consumption. Despair, rage, violence. And weapons. No wonder Haiti exploded. Third world countries are always exploding. American cities explode, too.

People wonder if I am "safe," and the answer is yes — as safe as you are, anyway. I am not in Haiti right now. My friends on Lagonav haven't experienced the violence directly. Riotous gangs of so-called rebels don't take rickety boats over to desert islands to make their mayhem. However, the same factors that isolate my friends on Lagonav from bodily harm in the political chaos also isolate them from food.

Most of what people eat on Lagonav is imported, especially in this season, when it is dry and the land produces nothing. Women are generally the ones who voyage down the mountain, across the water and into

the mainland cities to bring as much food as they can carry back to Lagonav's open air markets. With little fuel available and safety on the roads and in the cities dicey, the flow of food has reduced to a trickle. The price of basic food staples is triple what it was in December.

What a dismal vindication of the projects I've been involved in there: local sustainable food production that promotes self-reliance and independence. In December and January, we planted a garden at the Matenwa Community School. The children brought water to school in plastic jugs every day to water it. Several weeks ago, they harvested everything and served a huge meal to the community.

Want to help? What can you do? You can send some money. And you can pray. Of these two, I think the prayers are probably the most important.

Sometimes I find that the true effort of praying is to cease the hand-wringing and despair that impede it. Beyond that, each of us knows ways to promote the flow of healing and illumination to where it is most needed. Truth and beauty, love and light — however and wherever you believe they exist, connect to them and make more. It really is that simple. The more you do it, the better you get.

As for money, if you can give some now, it will be used at the discretion of Matenwa's community leaders, my friends, to feed the hungry and continue local agricultural projects. There are two ways you can do this:

You can mail a check made out to "Beyond Borders" to Beyond Borders, P.O. Box 2132, Norristown, PA 19404. Write "Nancy/Matenwa/food" on the memo line of the check. This donation is tax-deductible.

Or you can deposit money to "Nancy Casey" Haiti Donation Account" at the Latah Federal Credit Union, P.O. Box 9286, Moscow ID 83843. In Moscow, the credit union has two branches, one in the Commons on campus and the other at 912 South Washington.

Money can help. Pray now.

Nancy Casey recently spent time in Mozambique visiting her daughter and on the East Coast helping her family. She plans to visit Moscow before returning to Haiti. Read more about her adventures in Haiti at <<http://personal.palouse.net/Nancy>>. Her email is nancy@turbonet.com.



Bulletin Board



MOSCOW FOOD

moscow food coop
221 east third
moscow id 83843

Co-op Art Gallery

Artists Mark Cole and Kristen Scilmk.

Opening reception: April 2, 5:30 to 6:30pm at the Moscow Food Co-op.

House Concert by Singer/Guitarist Dan Maher

Saturday, April 3, 7:30 pm at The Attic - 314 East 2nd St., Moscow

www.palousefolklore.org
208-882-0273, by donation only.

Interfaith Sacred Dance

April 5 and 19, 7 - 9pm, Campus Christian Center, 822 Elm, Moscow

Weaving simple and enjoyable Dances of Universal Peace, no musical or dance talent needed. kyoun@tds.net

Co-op Coffeehouse Live Music

Tuesday nights, 7pm to 9pm

Provided by local entertainers, free and open to the public:

April 6 Kami Miller

April 13 Acoustic Wave Machine

April 20 Lisa Simpson

April 27 leo nu skool beatnik society

forum on Bio-diesel

Wed., April 7th. 6:30pm, Palouse Science Discovery Center, Pullman

Co-sponsored by PCEI, the Palouse Discovery Science Center and the Moscow Food Co-op. Snacks provided by the Co-op.

Mac Plans Spring Arts Festival

Saturday, April 10, at Moscow Junior High School, 9:45am - 2:30pm

Area first through sixth graders can register for up to four workshops presented by local artists ranging from wire sculpture to journal keeping. Fees range from \$3 to \$12.50. ENCORE, a Palouse Suzuki Strings performance group will provide lunchtime entertainment.

Call 208-883-7036 or visit www.ci.moscow.id.us/mac/ for registration information. Registration deadline is Wednesday, April 7.

Moscow Civic Association general meeting

April 12 at 7:30, 1912 Building.

Panel discussion on "Safe Routes to School, Work, and Play: How to Get from Here to There." Fifth discussion in series on "Smart Growth for Moscow."

Dinner with the Directors

Tuesday, April 13th

the Coop Board of Directors hosts dinner for Co-op members. Sign up on the easel located in the Coop.

Renaissance Fair Poster and Program art unveiling

Sat. April 17, 2pm at Wheatberries Bake Shop (531 S Main, Moscow).

Refreshments provided.

Contra Dance

April 17, 7:30-11 pm 1912 Center.

Caller Nora Scott, Music by Dancing Trout, \$4 for newcomers who arrive at 7:30 for instructions, \$5 for members, \$7 for non-members. 208-882-0273
www.palousefolklore.org

Palouse Patchers Quilt Show - "FAN cy Rambling Roses"

April 17, 10-6 & April 18, 12-5, Latah County Fairgrounds, Blaine & Howard Streets, Moscow.

Admission is \$3 for adults. Contact quiltshow@palousepatchers.org or check www.palousepatchers.org.

Children's Spring Art Classes

Eggon Youth Center, 1515 E. D St.

"Get Ready, Get Set, Get Painting," 1st -

3rd grade watercolor

**Saturdays, 9 - 10 am
May 1, 8.**

"Wild and Wonderful" grade drawing and p

**Saturdays, 10:30 - 11
May 1, 8.**

Taught by artist Hele
Cost \$26 (City) or \$27
registration info, con
& Recreation Dept: 2l

2nd Annual Trivi

**Apr. 23, Unitarian U
Moscow, 420 E. 2nd,**

Fundraiser for the Lat
Literacy Council. Adm

Freedom To Choo

April 24th, 11:30am-3:30pm

A march and educational rally supporting women's rights. March begins at UI Women's Center and ends at Friendship Square, where rally will be held. contact ligase@hotmail.com

Dessert & Wine Fundraiser

April 29, 6:30 pm, 1912 Center.

Silent and voice auction items donated by area artists, friends, & some celebrities. Tickets \$20, with a reduced rate of \$10 for students/limited income. Price includes one glass of wine and all the dessert you can eat. 885-6616

Fiber Artist Sarah Sw Featured At Mac Offi

Moscow City Hall, 206 E.

Monday - Friday, 8 am - 5
Call 208-883-7036 for info

7th Annual Spring F Run/Walk

Saturday, April 24, 8:00

\$15 (includes t-shirt) or \$
Registration forms availa
Women's Center. Call 20
e-mail wcenter@uidaho.

Village Bicycle Project

Monday April 26 7 PM, Moscow Public Library

Dave Peckham will present a slide show. Chris, 882-3925, or 892-2681

Pullman Civic Theatre presents Auntie Mame

April 29, 30, May 1, 6, 7, & 8 in the Gladish Auditorium at 7:30 p.m.

\$8.00 ticket info available at www.pullmancivictheatre.com.

Friendly Neighbors Renaissance Banquet

April 30, 6:00pm, 1912 Building.

Social hour, dinner, and authentic Renaissance entertainment by the Realms of Avalon and the Zambinos. Tickets must be purchased in advance. 882-6784.

Singer/Songwriter Amy Martin Friday, April 30, 7:30 p.m.

314 East 2nd Street, Moscow

By donation only. 208-882-0273
www.palousefolklore.org

The 31st Annual Moscow Renaissance Fair

May 1st and 2nd. East City Park, 10am until dark

Maypole dances, fine craft vendors, food and parade. All are welcome!

Ren-Fair Contra Dance

May 1, 7:30-11 pm, 1912 C

Vigil for Peace

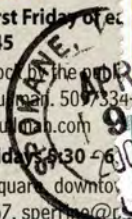
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12:15 - 12:45**

Under the clock in the under
downtown Pullman. 509-7334-4466
nancycw@pullman.com

Moscow: Friday, April 30, 6-8

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University of Idaho Library
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Moscow ID 83844-2364



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

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