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August 2004

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Community News

The monthly newsletter of
the Moscow Food Co-op



Co-op Sponsors Super Size Me

by Kenna S. Eaton, General Manager

I'll preface this article by admitting that I have not seen this movie, so any review here is bits and pieces culled from other sources, but I plan to see it and so should you. And to make it easy the Moscow Food Co-op is bringing the documentary Super Size Me to the Kenworthy, Friday, August 20th for a special showing.

So what is all the hype about and why should you see it?

Super Size Me was the brainchild of producer Morgan Spurlock who upon hearing of a lawsuit planned against McDonalds Corporation by a couple of young girls decides to "tell the story in a way that would capture interest and attention" (a quote from his press kit).

Spurlock and his partners set up an experiment: Spurlock can eat only at McDonalds for 30 days with only four rules. No options: he could only eat what was on the menu. No Super-sizing, unless offered. No excuses: he had to sample every item on the menu at least once, plus three squares a day: breakfast, lunch and dinner.

Setting out with these guidelines, what follows is an increasingly disturbing and disgusting movie and a sad commentary on our lifestyle. Much of the movie asks questions about nutrition and corporate responsibility, commerce and obesity. In fact, there are apparently more questions than answers. To find out exactly what goes on you're going to have to see the movie with me.

So make a date on your calendar for Friday, August 20th @ 7pm. The cost will be \$5 per adult and \$2 for kids 12 and under.



www.moscowfood.coop

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

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

Community News



Welcome Back!

by Annie Hubble, Front End Manager

A "welcome back" to returning students and faculty. It is amazingly already that time of year, when Moscow again fills up with our old friends who have been gone for the summer.

Whether new to town or an old acquaintance, come and visit us at the Co-op, and check out this hub of Moscow community.

The Co-op is a social center, a grocery store, a place to eat fine deli food and drink good organic coffee, and, thanks to the efforts of cashier Eric Gilbert, a spot where one can hear fine local musicians every Tuesday evening. The Co-op often sponsors workshops such as a recent one on aromatherapy, and there are informed and knowledgeable people in all departments to help you with any ques-

tions you may have.

Members and non members are welcome to shop and hang out at the Co-op, but if you decide to become a member, know that you would be supporting a great alternative. While lifetime membership is \$150.00, this is split into payments of \$10.00 a year per person, and \$17.00 for 2 people in the same household. Senior membership is set at only \$5.00 per person per year.

So you see it is an easy and economically sound thing to do. There are all kinds of privileges that come with membership. Just ask any cashier to explain the program to you.

Member or non member though, remember you are all very welcome at the Co-op. We look forward to seeing you!

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.

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The Volunteer Program

By Annie Hubble and Janna Jones

As the school year approaches, we are just about out of volunteer positions. Congratulations to those who leapt forward and got placed this Summer!

If you are interested in volunteering for the Co-op, you should fill out an application form, (after first making sure that you are a current member...volunteering is a privilege of Co-op membership). The application forms are to be found on the wall at the front of the store next to the grocery carts. We will contact you in order of the date of application as jobs open up.

To those of you who are new to town, volunteering at the Co-op is a very cool thing to do! Not only do you get a store discount, but you get to spend time in one of the best places in town. You help a great alternative business, and meet the best people! There are volunteers all over the store, from the bakery to produce to fruit and chip bagging. They really help the Co-op and we are grateful to them.

So consider being a core part of the Co-op, and fill out a volunteer application form!

2% Tuesday Recipient:

Moscow Mentor Program

by Alida Bockino

The Moscow Mentor Program is very grateful for the support offered by the Co-op. We were selected to receive the funds from the 2% Tuesday program in August. That means 2% of all Co-op purchases made on Tuesdays in August will be given to the children of Moscow through our mentoring program. Thanks, Co-op!

The Moscow Mentoring Program is a school-based program now in its eighth year. The goal of the program is providing mentors (adults who serve as role models, companions and friends) to children identified at risk who are schooled in Moscow. The program is funded with gifts, grants, and some support from the Moscow School District.

Up to 100 mentors now volunteer for this program. Some are Co-op members as well, including James Donley, who has mentored for three years a student at Russell Elementary.

Mentors commit to meeting once a week, for an hour, with their student during school hours at the school. That meeting often becomes the most stable and significant part of the child's life.

The funding from the Co-op 2% Tuesday program will go to providing training materials, paying for the required background checks for potential mentors, and supporting social functions.

If you are interested in becoming a mentor (we are always looking for new mentors — especially men), please contact me after September first, when we start up for the school year at 892-1149 or at bockinoa@sd281.k12.id.us.

Alida Bockino is a Co-op member and the program director of the Moscow Mentor Program.



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Pool Party Change of Date

by Annie Hubble, Volunteer Coordinator

Through a much regretted error on the part of the Hamilton Lowe Aquatic Center, the Co-op Pool Party has had to be moved to Wednesday, August 11th. The party will still run from 8:00pm to 10:00pm. As always, bring your swimsuit, towel, a pot luck snack, and your

membership card. The Co-op will provide beverages.

The Hamilton Lowe Aquatic Center is located at 830 Mountain View Road in Moscow.

We apologize for any inconvenience due to the change of date, and hope to see you at the pool on August 11th.



New in the Beer & Wine Department

By Dani Vargas, Beer & Wine Buyer

Some of you may have seen the new addition to our "twenty-two" (22 oz. bottles) rack of beer. That's right, Pabst Blue Ribbon, in the good ole 24 oz. size, has blessed our shelves, and it's only a buck. I had a space open up and thought it would be a fun thing to carry. Why not add one more item to our store that would enable a person to make this their one stop shop? Sometimes you just want a nice refreshing, cheap cool beer; now it's here.

We soon will be getting some of the Flying Dog Ales from one of the first brewpubs in the Rocky Mountains, located in Aspen, Colorado. Heck, by the time this article is out they could already be here.

We are also expanding the cold beer department to one more half door. I hope to stock some of the space with a couple of white wines to purchase already chilled.

A new wine we have stocked is the Jest White to go along with the Jest Red we already have. The Jest White is known to have small amounts of Viognier, Chenin Blanc, Chardonnay, Symphony, Pinot Gris, Riesling, Muscat and Gewurztraminer. This is a great wine to enjoy with friends, any meal, dancing, romancing, and whenever you would like. It is bottled and produced by Belvedere Vineyards and Winery located in California.

Belvedere has about 200 acres of vineyards that cover three different landscapes, the Alexander Valley, Dry Creek Valley, and the Russian River Valley.

Also back in the wine department are some of the organic wines we receive from Mountain Peoples Warehouse. You may find the good ole Daily Red, Radical Red, three wines from Orleans Hill, plus others. Come check them out!!



Personal Care Corner

Producer Profile: Aura Cacia

by Carrie A. Corson, Personal Care Department Manager

Aura Cacia's commitment to providing 100 percent pure essential oils has made it a leader in the field of aromatherapy for over 20 years. I recently had the opportunity to talk with Tim Blakely, an aromatherapist, herbalist and educator for Aura Cacia's parent company, Frontier Natural Products Co-op. Tim came to Moscow in July to visit the Co-op and give a lecture on the wonders of aromatherapy. Tim had a great presentation detailing the process the folks at Aura Cacia go through in order to insure the purity of their essential oils. From traveling to far away places such as Provence, France or Bulgaria to visit lavender fields, overseeing essential oil distillation, to the four step testing process that every batch of essential oil goes through once it reaches Aura Cacia.

Why is all of this important? Because only 100 percent pure essential oils provide therapeutic aromatherapy benefit, and sadly many suppliers adulterate their oils with synthetic fragrance or chemical solvents in order to increase their profit margin. Aura Cacia feels that it is very important to preserve the therapeutic benefits of these oils and so they test every batch of oils, from every supplier. They use everything from specific gravity testing (which actually weighs active con-

stituents in oils) to gas chromatography. "This test confirms an oil's botanical identity by comparing presence and amount of each constituent. This test can screen for non-natural or missing constituents, or constituents occurring in unnaturally high ratios, signifying adulteration," (Essential Oil Quality, Frontier Natural Products Co-op).

Those attending the lecture given by Tim were surprised to learn that even though an essential oil bottle says "100% pure essential oils" on the label, does not guarantee that that is what you are getting. There is no regulation in this particular field, so manufacturers can basically say whatever they want on their label. A company might try to rope you in with the bold "100% pure essential oil" on the bottle. But looking carefully at the listed ingredients, you might be surprised to see the words "synthetic fragrance." It's definitely a "buyers beware" market when it comes to essential oils and body care products claiming to be made using 100 percent essential oils. That is a situation that Aura Cacia would like to see change and they encourage other companies to begin testing for purity.

If the art of aromatherapy intrigues you, check out the large selection of Aura Cacia essential oils and body care products here at the Co-op. Enjoy the benefits to body, mind and spirit.

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From the Suggestion Board

How about sacks up front next to the featured produce? Juggling lots of loose tomatoes is a hassle. Thanks for the suggestion, I will put some bags up there—Dani, Produce Manager.

Please stock a deodorant called Lavalin, in a small black "pillbox" type container - works great. Also - all of Kirk's natural soap, skin, hair products. Sorry, I can no longer get Lavilin through my distributors. Kirk's products look similar to Dr. Bronners, which we carry. I will keep them in mind if space opens up for that type of product—Carrie, Personal Care Manager.

Please, please - bring back the long spaghetti noodles?! I'm sorry. They have been discontinued by our distributor—Vicki, Grocery Manager.

Get POG!! Pineapple orange guava! Sorry, I can't find this product. Who makes it?—Vicki.

The soap and lotion dispensers in the bathroom are delightful! This little touch of class makes me feel valued as a shopper - Thanks! You're welcome—Carrie.

Some kind of passion fruit juice please. I'm sorry but the only passion fruit juice I can get has a bunch of added sugar. I don't want to carry it in the store. However, you can always special order it by the case—Vicki.

It would be great to put the dates that local eggs come into the store so that customers have a better idea of how fresh they are. The local farm and pullet eggs come in every week and sell within days. From the time they are collected to the time you buy them they are anywhere from 2 to 5 days old. Writing the dates on the carton is difficult due to the cartons being re-used and they come in all week at different times. I guarantee they are the freshest eggs we have—Dani.

MFC + PBR = TLF Glad we could help you find your soul mate!—Dani.

Can you get egg whites in a jar? I saw them at Whole Foods. They're not Egg Beaters or that fakey yellow stuff. They're just pure egg whites. Thanks. I've been thinking about bringing these in from Eggology for a while and was just waiting for someone to ask. Look for them soon in the cooler by the condiments—Vicki.

The Co-op should seriously consider not competing with local gas stations for Pabst Blue Ribbon sales. But now we are a one stop shopping place—Dani.

Could you order more of the Organic Valley 1% milk? It's the one

that always runs out, so people must like it (me included). Thanks. There is always that fine line between ordering too much milk then throwing it away and ordering enough so we're never out of stock. We are constantly trying to reach ordering perfection and we will try harder with the 1% milk—Vicki.

Bite size Scharffen Berger bars in "nibby bar," please! When they start making them I will carry them. The Nibby bar is my favorite chocolate and I have suggested to Scharffen Berger that they should make it in the mini. Don't hold your breath. I don't have that much influence with them, but if and when it's available, we'll have it—Vicki.

Frozen fruit puree's in tropical flavors - mango, passionfruit, etc. Also frozen kafir lime and pandanus leaves for making Thai food. I'm sorry, but none of these products are available through our suppliers—Vicki.

Is there some gold fish food (organic) that doesn't kill my fish, please. Sorry, I don't know of any organic fish food and we don't have any suppliers for this—Carrie.

Would you consider stocking one of these mosquito repellents...? I'm not finding any of these carried by my distributors. We currently carry Burt's Bees, Badger Anti-Bug Balm and Kiss My Face Swy Flotter (very popular this year). All are DEET Free—Carrie.

The Co-op in Olympia has a donation box for people who can't afford shopping at the Co-op. Could we set one up too? Actually, at this time, we have a plethora of donation boxes at the Co-op. We have the one for the Humane Society that they depend on (apparently our customers are very supportive of the animals) plus we frequently set up boxes for fundraising for various folks in need. We prefer not to have any more donation boxes at this moment. However we are looking into a "rounding up" program that would allow customers to round up the amount of their purchase and for that to be given to various worthy causes—Kenna, General Manager.

Too many smokers at Tuesday BBQ made it impossible for me to stay and enjoy the music. Seems the Co-op of all places should be smoke free. Well, we agree! And so we are checking into the legality of us asking folks to refrain from smoking. Since that area is actually owned by the City of Moscow we need to get their OK before making any changes—Kenna.

Board of Directors Creates New Mission Statement

by Mike Forbes

Moscow Food Co-op, building a strong, dynamic, consumer owned natural food cooperative through the use of ethical and sustainable business practices."

After much thought and process the Membership and Marketing committee of the MFC proposed the above statement at last month's board meeting as our new mission statement. It was a difficult task to consolidate the old statement:

To provide food and other products that are reasonably priced, locally and/or organically grown and consciously selected for the healthful consequences to both the consumer and the environment.

To provide an information network that fosters progressive social, political, and economic change.

To provide a sense of community for its constituency and right livelihood for its staff. - previous MFC Mission Statement, 2000-2004.

It was felt that the mission statement should be concise and capture the feeling and intent of the old but allow for advancement with an active bold statement. By no means is the old statement gone. Many of the phrases and concepts plus new ones are currently being developed into a Vision & Values statement. The new mission statement will soon be displayed on a new sign in the front of the store.

These efforts are just one of many things board members participate in along with members at large, the general manager, and staff. We spend a considerable amount of time talking about the long and short term direction we think the Co-op should go in.

To me the statement above is the basis for what our store stands for and what we strive to do in our daily operations; it's a general but direct statement. The Vision & Values statement is a more detailed look at how we are to act upon the Mission, with a more detailed eye to action on such words as "ethical," "dynamic," "sustainable," and "natural food." From this document comes business and strategic plans, and finally policies and procedures by which we spell out in detail our methods for effectively achieving the mission statement.

This is just a brief description of the process we go through for such a large and important task. This task is an ever-changing dynamic one we dis-

cuss regularly and are always seeking input on from members. Recently we began posting the minutes of the board meetings in the Co-op (next to the front office on the cork board) if you are interested in our activities. As always any member is more than welcome to attend board meetings or contact any of us directly (our contact information is in the front of the newsletter and meeting times/

Welcome!

by Laura Long, Membership Director

Here's something new to look for in Moscow. All of our business partners now have new signage to alert Co-op members that they can save more by showing their membership card at these participating businesses. As always, please be sure to ask about discounts and premiums before you make your purchase so that the retailers can give you all the details.

We also have another great prize giveaway for the lucky new or renewing member in August. Carrie, our Personal Care Department Manager, has given me a wonderful gift basket loaded with Aura Cacia aromatherapy products and a selection of Frontier Natural Herbs products. This basket of samples along with a Co-op membership will help you get started if you're just setting up a new apartment, so please renew or join in August and you might be the winner.

Stop in to the store to join, or if you're the busy type, you can mail in your membership payment and I'll do the rest. Thanks to all for your continued support of our wonderful Co-op.

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.



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The Buy Line

by Vicki Reich, Grocery Manager

I've been in a food rut lately. I find myself buying and eating the same stuff week after week. This happens to me on a regular basis and I have to really push myself to get out and try new things. It surprises me that I'm such a predictable eater, since I have access to an amazing assortment of foods and I see every new product that comes in to the grocery department.

You would think I'd have one of the most diverse diets on the Palouse, but instead I am a creature of habit. To try to yank myself out of this new rut I'm in, I took a quick look through the store for inspiration. Here's what I found to inspire myself and maybe you hadn't noticed them either.

Monteillet Fromagerie has four cheeses that are made right in Dayton, Washington and they are so good. The Larzac is my most favorite. It's an aged goat cheese with a layer of grape leaf ash in it. The fresh chevre is also amazing. It only has a seven day shelf life as a fresh cheese, but then it develops a beautiful white mold and starts to age into aged chevre with a bit more of a bite.

Harvest Roast Pumpkin Seeds from Aloha, Oregon were an instant hit with Carrie and me. This is not a product I would normally carry but I couldn't stop eating them so I figured I'd bring others with me into my addiction and sell them in the store. My favorite flavor is Honey Sesame but Carrie really likes the Garlic Herb.

Also new in the candy section is Tubi's Licorice. Everyone I know who has tried it says it's the best licorice ever. Carrie and I have been enjoying it for years at the food shows and now it's finally available from our distributors.

I have finally tried milk chocolate that was worth eating. Scharffen Berger now makes a mini milk chocolate bar with 41 percent cocoa solids and it's really good. They're in the mini chocolate bar jars at the register and they've got an orange wrapper so they're easy to spot.

Campus Cuisine from Mary Jane's Farm is great for a fast lunch or for backpacking. All seven varieties can be prepared right in the bag, just add hot water. They are the best instant food I've ever tried. And look for Mary Jane's fresh garlic scape pesto in the freezer next to the Rising Moon Ravioli, it's brand new and delicious.

My new favorite chip is Que Pasa Fritas Del Sol. They are made with sweet corn and have a wonderful flavor unlike any other tortilla chip I've tried.

My new favorite cereal is Barbara's Caramel Wild Puffs. No milk necessary with these little treats. Physical restraint is often needed to keep me from eating the whole box.

I'm definitely a creature of habit when it comes to tea, so I brought in a couple of new bulk teas to spark my interest. Look for rooibos and herbal lemon ginger in the bulk tea section. And check out Eco Teas yerba mate on the packaged tea shelf. It's not smoked so it has a mellower flavor than Guayaki.

At the Provender conference last year, I tasted the Simply Delicious salad dressings they were serving and really liked them. When space came open on the dressing shelf, they were my first choice to fill the space. Try the Tofu Poppyseed flavor, it's very yummy.

Okay, this isn't something I'm likely to add to my list of favorite foods, but it's been so often requested I had to bring it in. Marmite is here and it's near the peanut butter. For those of you who love it, enjoy. For those of you who have never tried it, it's an acquired taste that I guess is worth acquiring.

The place I find the most inspiration for new foods to spice up my meals is the produce department. Of course, this time of year there's always something new and fresh to tempt me and spark my imagination.

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Word of Mouth

by Vicki Reich, Grocery Manager

Granola bars seem to be hip again. It seems like it's been years since there was a variety of bars to choose from in the Natural Products industry. Now suddenly everyone seems to be coming out with a new bar. Of course, this got my curiosity up and I had to do a taste test. Being the fabulous procrastinator that I am, I waited too long to bring them to spinning for the usual crew to do the testing. Instead, I rounded up a bunch of willing staff members at the Co-op and we had granola bars for lunch. We tried seven different granola bars, almost all of which were berry flavored.

like a blueberry muffin and is very sweet and chewy. The blueberry flavor was so strong, it almost tasted fake.

Health Valley Moist and Chewy Wild Berry Granola Bar (\$2.85 for 6 bars) tastes the sweetest and is the chewiest of the bars we tried. It also has a very strong and somewhat fake berry taste.

Nature's Path EnziroKidz Organic Berry Crispy Rice Bar (\$3.45 for 6 bars) is like a Rice Crispy Treat only better. It's not too sweet with a great berry taste. We all agreed that this would be our indulgent choice.

Barbara's Puffin Blueberry Yogurt Cereal Bar (\$3.85 for 6 bars) was the last bar we tried. It's not too sweet with a good crunch and the taste of Puffins cereal (no surprise there). It

Serving Size (g)	Calories	Fat (g)	Sodium (mg)	Carbs (g)	Fiber (g)	Sugars (g)	Protein (g)	
Nature's Path	50	225	9	81	35	4	11	4
Cascadian Farms	50	186	3	186	39	1	19	3
Nature's Choice	50	162	2	88	34	3	18	1
Health Valley Fat Free	50	167	0	12	42	4	17	2
Health Valley Moist & Chewy	50	172	2	9	38	3	17	3
EnviroKidz	50	196	5	71	37	1	12	2
Barbara's	50	162	2	122	32	4	11	7

Here's what we found out.

Nature's Path Organic Apricot 'n Nut (\$3.75 for 5 bars) is the only bar we tried without berries. It has a very oaty taste and is very chewy. It is one of the most basic tasting bars and definitely tasted healthy.

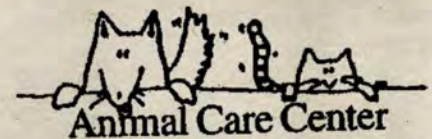
Cascadian Farms Organic Harvest Berry Bar (\$4.15 for 6 bars) looks good with a nice shine and lots of pieces of fruit. It is sweet and chewy with a real berry flavor. This was our favorite.

Nature's Choice Triple Berry Cereal Bar (\$2.75 for 6 bars) is dry at first bite but then you get to the creamy berry center. We all thought it was like a fig bar and would be good with a glass of milk.

Health Valley Fat-Free Blueberry Granola Bar (\$2.85 for 4 bars) tastes

has a good berry taste and is a hearty bar.

Since granola bars are supposed to be a healthy snack, I thought I'd do a nutritional comparison between the seven bars we tested. Here's what I found out for equal portions of each bar, rounded to the nearest gram.



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Staff Profile:

Jamie Stolp

by Susan Simonds

As a cashier, Jamie Stolp has one of the more visible jobs at the Co-op, so my guess is that her face is familiar to many of you. At the Co-op for a little over a year, Jamie first worked in the deli and has now been at the cash register for about five months. A WSU student majoring in English, Jamie feels the commute from Pullman is worthwhile because she has one of the best entry level jobs anyone could find on the Palouse. With many friends already working at the Co-op, Jamie left a waitressing job for what she considers a much better work environment. She enjoys the Co-op's laid back atmosphere and really likes the people those she works with and those who shop.

Two years ago, Jamie moved to Pullman after earning an associate degree from Spokane Community College in Colville. Although technically a senior, Jamie switched majors from engineering to English and will be graduating in a year and a half. She is minoring in philosophy and may try for a double major in English and philosophy. This summer she took a course in the history of science fiction, which was great fun for her. She claims to enjoy reading "just about anything," but does name *The Odyssey* as one of her favorite

reading experiences as a student due to the classroom discussion.

For Jamie, the hardest thing about being on the Palouse is missing water. Growing up three hours north of Spokane in the small mining town of Republic, WA, she learned to love the water from the Kettle River, which she said is the cleanest river in the lower 48 states. Whenever possible, she



gravitates to lakes and streams, visiting Laird Park on weekends. Jamie is planning a vacation to Omak Lake. With all this talk of water, I could not help but ask if she was born under an astrological water sign. Yup. Like myself, Jamie was born under the sign of

Cancer and spent her July 18th birthday cavorting at a hot springs. It turns out that we both had fallen in love with the beaches of Cape Cod, where Jamie visited her fiancé's grandmother.

As a "water person," Jamie likes hiking and camping. She has thought about going to law school and practicing environmental law, believing that growing up in a mining community allows her to understand the complexity of environmental issues. The middle of three children, Jamie's mother is a nurse's aid and her father is a mining surveyor. Jamie described Republic as a town with one stop light.

Jamie lives with her fiancé, Abe, who is also from Republic and now working on a teaching degree at WSU. Although Jamie and Abe dated briefly in high school, they did not get together until three years ago. They are considering going to Japan to teach English after graduation, but want to wait until closer to graduation to make any concrete plans.

As a cashier, Jamie gets to see a lot of the same shoppers daily and enjoys the opportunity to get to know so many people.

So say, "hi," to Jamie next time you see her at the checkout. And you can wish her a belated Happy Birthday.

Susan Simonds dreams of water, water, water on these hot summer days.

Art Shows at The Co-op

by Annie Hubble

There are a couple of great art shows coming up at the Co-op. These art shows are becoming an integral part of Co-op life, and I see many people enjoying the many different forms of art that come in from our talented local artists.

Watercolorist Donna Bradberry will be exhibiting her work at the Co-op Art Gallery starting with an opening reception on Friday, August 20 at 5:30pm. Her watercolors will be displayed through Sept 23.

Bradberry is a realistic painter, and loves the transparency and fresh colors of the watercolor medium. Her paintings focus on flowers, bird, and animals. She is well known locally for the quality of her work. For the Co-op exhibit, she will display a new painting entitled "The Red Water Lily."

The openings are always fun. They give the art lover a chance to meet the artist, and coinciding with pizza night, and food sampling as they do, also offer an opportunity for delicious munchies while you enjoy art. So come and meet Donna and get to know her and her work.

By time you get this newsletter, there will be a show on display, featuring the work of two of our cashiers, Janna Jones and Alicia Tate. Both showed work in the Co-op employees' art show that was on a few months ago, and we were so impressed that we asked them to do a two woman show in July, opening on the 30th.

The show will have something of a nostalgic twist as Janna is planning to travel to Italy for a few months to study art and visit relations, and Alicia is planning a move to Oregon. We will miss them when they leave and it will be fine to have their art work on dis-

Radio Free Moscow Needs You

by Bob Hoffmann

Radio Free Moscow (KRFP 92.5 FM) is looking to hire a commission-based Director of Underwriting. Person would solicit underwriting, maintain relationship with underwriters, help with the development/editing of underwriting materials, etc. Person would receive a commission equal to 10 percent of underwriter commitment. Position is for 6 months, and may be renewed. Please send letter of interest, with qualifications, to:

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Moscow, ID, 83843

If you would like to volunteer in other ways, let us know and we will come up with a task for you.

Please send donations to 116 3rd St., Moscow, ID 83843. Become a founder of the station by donating \$100 or more during our construction phase or become a member by donating \$25/\$15 for students.

We really can use any support you can lend. Our costs to build the studio are adding up. We will only be as good as the support our community gives.

Radio Free Moscow
(www.radiofreemoscow.com) is a

nonprofit, listener-supported community radio station serving Moscow, Idaho. Radio Free Moscow is dedicated to broadcasting progressive news and opinions, civic affairs, diverse music and other programming not normally available from mainstream media outlets. Radio Free Moscow is characterized by volunteer involvement in all aspects of station operation.

Bob Hoffmann is the Co-op webmaster and a volunteer board member at Radio Free Moscow.

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Volunteer Profile: Kathi Peck

by Heidi Heffernan

If you have ever attended the Tuesday evening Grower's Market at the Co-op, Kathi Peck is one of the people you have to thank for the experience. For the past three years it's been her job to facilitate and promote the Tuesday Growers' Market.

"It's a great job for me because I get to hang out with the growers, which I love."

Kathi and her husband, Greg, relocated to Pullman three years ago when he came to WSU to pursue his graduate degree. Kathi followed suit a year later, beginning work on her Master's degree in the Environmental Sciences department. She also works as a teaching Assistant in the Soils department where she is responsible for teaching two classes: Organic Gardening and Farming, a lecture based course teaching the principles of organic farming (which I took two years ago and highly recommend); and Practicum in Organic Agriculture which is a summer course which applies the skills taught Organic Farming and Gardening. She is also developing a three-acre organic farm located at the Tukey Orchard at WSU. Half of the acreage is in production this year and half of that is in pumpkins.

Pumpkins?

"We get a lot of school groups coming to see what's going on and one of the things we want to be able to do is have them pick pumpkins. Just to bring them on the farm and have them see what's going on. And pumpkins and kids are a fun thing. We figured it was a good way to get people involved." The group may sell produce later this season at the Koppel Farm farmers' market on Thursday evenings and next year hope to have a CSA (community supported agriculture) program.

The other major project in Kathi's life these days is her son Ethan who recently celebrated his second birthday. As we were speaking Ethan was enjoying the coveted job of quality control agent of the growers' market. First he sampled the strawberries and then he moved on to the raspberries. By the end of the interview his face was almost entirely pink.

"My whole life is pretty much about growing, in one capacity or another." Kathi laughs.

Kathi got her start as a teacher of gardening skills 10 years ago when she took a job as a teaching assistant at

UC Santa Cruz. From there she moved to San Francisco where she spent a few years managing a 4 acre farm within the city next to the projects and worked with teens ages 14-17 teaching them to grow food.

"It was my dream job. It was a really amazing and intense experience. I loved working with the teenagers and it was an incredible learning experience for me. It was also a very hard thing for me. The place was called by the community 'the Black Hole' because once you went in you never came out. I felt really honored to be a part of it." She spoke of the disbelief and amazement the kids expressed when they would work in the garden, next door to where drive by shootings occurred.

"Working with the kids in the projects that was the coolest thing. They didn't know where potatoes came from, so we'd grow potatoes they'd say 'no way!!' We're so disconnected (from our food supply) and I love facilitating that reconnection.

"For me, the thing about teaching about gardening is I learn a lot because every season is different. You're always trying new things. The fact that I get to do a volunteer job where I get to interact with the growers, is really fun because I get to hear about their successes and failures and learn about new varieties that they're growing. I'm a real 'foodie'. I really like good healthy food and if I can promote that



for anybody then I feel like I've done a good thing."

Luckily for us, Kathi is doing her good thing here on the Palouse. So next Tuesday, grab your shopping bag and head to the Co-op between 5pm

and 7pm. And enjoy the opportunity of reconnecting with your local farmers.

Heidi Heffernan, too is a 'foodie'. She lives and grows food in Moscow.

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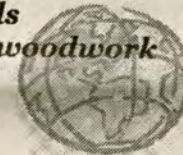
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Calling All Wanna Be Farmers

by Theresa Beaver

You may have noticed that the Co-op and Rural Roots recently launched a "Buy Fresh, Buy Local" campaign. We may be singing to the choir when we talk like this around the Co-op. But for lots of people out there, this is a new idea, an idea whose time has come.

One of the reasons we know the time has come is a statistic from the North American Farmers' Direct Marketing Association. Their booklet Marketing on the Edge states that "the number of farmers' markets across North America are up over 50 percent in the past ten years with no slow down on the horizon."

So, with all the folks out there that want and will be wanting to buy fresh and buy local, who will grow the crops and raise the animals?

Rural Roots, The University of Idaho, and Washington State University joined forces a few years ago to develop a program called "Cultivating Success" and has developed courses to help "wanna be" farmers and students figure out if farming is right for them and how to go about getting started.

One course that has been very popular is Sustainable Small Acreage Farming and Ranching. It will be offered this fall at the University of Idaho and is open for Continuing Education Units to all community members for only \$120, couples pay only \$150. The course meets Tuesdays from 3:00 - 5:30 pm, starting August 24th and ending December 7th. There are 2-3 field trips to visit local farms.

Co-op Member Steve Streets is now developing a U-Pick strawberry

farm on Mountain View in Moscow. Steve took the first Sustainable Small Acreage Farming and Ranching course in the fall of 2001 and said, "The course helps you determine if you are capable, willing, have the money and the family backing.

"It gave me an overview of different types of possibilities and it gave me the confidence I needed to go ahead and take the big step. I found a community of people in the class who wanted to farm, so the enthusiasm was a good catalyst to go ahead and do something."

If you are interested in exploring your small farm dream, call Theresa Beaver for more information or to reserve your space, at 885-7787 or email at tbeaver@uidaho.edu.

Theresa Beaver is the Cultivating Success Program Coordinator and a wanna be flower farmer.

Business Partner Profile: Marketime Drug

by Tanya Denison

Three doors down from the Moscow Food Co-op sits a Moscow landmark. Marketime Drug is a modern pharmacy with old-fashioned service and a history of 52 years serving the Moscow community. In a time when supermarkets and corporations abound, I was encouraged to find a locally-owned independent business thriving in downtown Moscow.

Marketime Drug is primarily a pharmacy, but also has a variety of other items for sale. There are over the counter drugs and medical supplies including crutches and wheelchairs for sale or rent from Deacons Medical Equipment.

Tracy Arras, who previously owned Ken's Stationery, has joined the team to expand their gift and office selections. The gifts department includes items from local artists, local jams and jellies, and Hallmark cards and gifts. The school supplies section is expanding, and they carry an extensive selection of beer and wine-making supplies. Besides selling these products, the store also contributes to the community by providing delivery service to the Clark House and Good Samaritan retirement communities.

Stepping into the store, the first thing that caught my eye was a beautiful replica of a 18th century battleship. Scattered throughout the store is a museum of sailing ships, watercolors, and antique pharmaceutical equipment. Vern Davidson, who owned Marketime Drug from 1957 until 1986, and only recently retired, has contributed a selection of his watercolors and an assortment of model sailing ships. The ships are fascinating, each one an exact replica of a historic sailing vessel, each piece hand-tooled to scale. The ships and paintings are part of Moscow ARTWALK, a collection of exhibits in the Moscow business community, which will run through September 11.

Although the artwork is wonderful, the best part of visiting this store is meeting the employees. Behind the counter, busy pharmacists fill orders, but cheerfully chat with customers while they work. I met the other employees, Seth Thomas, Carrie Allan, Tracy Allas, Megan Klemesrud and her son John. Several of the employees have worked at Marketime for many years, and they all state that they stay because they love the people.

Joann, the owner, also has a long history with the store, having worked at the pharmacy as a high-schooler in 1963. She purchased the business in 1986 from Vern Davidson, who had owned the business since 1957. She says that she likes living in Moscow, likes the size, the diversity, and the people, but the best part is being able to work with her clientele. "We have the best customers. They have become our friends," a sentiment echoed by the rest of the staff.

Come to Marketime Drug to gaze at art, visit with the friendly people who work there, or to peruse the array of items for sale.

Marketime Drug can be reached by phone at 882-7541, and is located at 206 East 3rd Street. They are open Monday through Friday 9:00 6:00 and



Saturday from 9:00 5:00. Co-op members receive 10 percent off all regularly priced gift items.

Tanya Denison remembers, as a small child, looking longingly at a stack of marshmallow Peeps on display in Marketime Drug.

Co-op Members Pool Party Change of Date!

due to a scheduling error by the aquatic center staff, we have changed the date of the Co-op's annual pool party.

The pool party will be:

Wednesday, August 11 8pm until 10pm
Co-op members have free use of the pools at the Hamilton Lowe Aquatic Center, 830 Mountain View Road, Moscow.

Bring your swimsuit, towel, a pot-luck snack, and your Co-op membership card.

The Co-op will provide beverages.

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Customer Profile:

Lannigan Family

by Vic Getz

When I walked into the Co-op on Sunday afternoon looking for my customer profile victim, I was greeted by the gleeful sounds of Nathan Lannigan who, at 6 1/2 months, was exhibiting an attitude of utter happiness. His parents, Jeff and Heather, were having their weekly visit to the Co-op to enjoy the friendly atmosphere and deli food.

Jeff, who hails from Spokane, met Heather when she moved to Portland after graduating from WSU in Social Welfare. Heather, who grew up as an Air Force kid and had been to three different high schools in three different countries (Japan, Korea and Germany) experienced culture shock when she found herself "dropped off in the middle of a wheat field" to attend WSU in 1991.

Her family joked with her about marrying a Palouse farmer and never leaving. But, she knew, "There was no way that was going to happen. I couldn't wait to get out!" she said.

Life had other plans. Sort of. Jeff's family was selling a homestead here 10 acres and a house where his grandfather and mother had grown up. The value and affordability of a home with land beckoned them back to the area. Heather's family laughs now. They don't actually farm the land so her family's prediction wasn't completely accurate.

That was in 2000. Now, Heather's attachment to the area has grown to the point where she loves it here.

Heather is a social worker for Washington State and Jeff is a con-

struction engineer for WSU. During our conversation, Nathan continued his laughing, happy guy performance. I wondered if they'd always wanted kids. They answered affirmative to this and, Jeff claimed, it hasn't changed their lives all that much.

I repeated something a friend of mine told me recently after having a baby. "Really loving someone," she said, "is big. But this," she gushed looking down at her new son, "is way, way bigger."

Both Jeff and Heather nodded in agreement. Watching Nathan, it looked like he felt it, too.

Heather had planned to go back to work but chose instead to work very part time.

I pointed out that it seemed they really had chosen a lifestyle, having moved from the city to the back of beyond in Eastern Washington. How did the Co-op fit into this choice?

Heather said, "Portland was really cool and had lots of places to buy organic food. In a way, coming to the Co-op is like a mini trip to Portland."

Jeff said having a kid changed his thinking about health. Especially when you think about "his little developing body," the importance of knowing what you're putting into your body becomes more glaring.

Jeff talked about his interest in the environment and sustainability and wondered aloud what sorts of concerns he had about the world that his



kids would grow up in.

One of the things that they've come to critically evaluate is the role of media in people's lives. Their TV broke some time ago and they haven't replaced it. Not having one has been a really positive experience for them. We talked about the influence of TV programming. The lifestyles promoted on so many shows and in advertisement are so counter to the development of sustainable lifestyles. "Turning the TV off," Jeff said, "gives me hope."

With conscious parents like Jeff and Heather, it seems Nathan's off to a fine start. It was a pleasure to meet and talk with them. And Nathan, you

were a joy. Keep laughing. And thanks for reminding me of these lovely words from Kurt Vonnegut.

"Hello, babies. Welcome to Earth. It's hot in the summer and cold in the winter. It's round and wet and crowded. At the outside, babies, you've got about a hundred years here. There's only one rule that I know of, babies: 'God damn it, you've got to be kind.'"

Vic Getz is looking forward to lots of upcoming adventures and continues to strive to be kind, an activity that is always rewarding. Try it! You'll like it. (Oh no...that's from an Alka-Seltzer TV commercial aired years ago!! Media can be insidious!)

Sustainable Food Systems

by Theresa Beaver

What is a Sustainable Food System? That is the question that a field course called Field Analysis of Sustainable Food Systems will set out to answer in August.

Participants in the field course will travel together for one week visiting large and small scale farms, organic and conventional farms, food processors, retailers, distributors, and more. Evenings are spent having lively discussions about the sites visited, how they fit in the food system, and what the perceptions of sustainability are.

I participated in the course last summer and came away with a much broader view of what a sustainable food system is. I also learned it is not as black and white as I think.

For anyone who can get away for a week, this course is a great way to see and appreciate our regional food system, to expand your thinking about farming and food, and it's a lot of fun!

The course is open to all for only \$120.00, including transportation, room, and some meals. For students interested in a class "outside the box", academic credit is available through Washington State University or University of Idaho.

For more information or to sign up, call Cinda Williams at 208-885-7499.

Theresa Beaver is the Cultivating Success Program Coordinator and a wanna be flower farmer.

Attention, Bike Commuters

by Bill London

Do you regularly use a bike to get to work/school on the Chipman Trail between Moscow and Pullman?

Do you want to share your experiences with the readers of this newsletter?

Do you think that if more people read about bike commuting, bicycles will be considered a more realistic mode of transportation?

If you are nodding your head as you read these questions, we wanna talk to you.

Please consider writing an article, or perhaps several articles reflecting the seasons, to share your experiences and perspectives about bike commuting here.

Before you start writing, however, please email newsletter editor Bill London (london@moscow.com).

Mid-Summer Evening Bike Ride

by Becky Chastain

Please join the Paradise Path Task Force and the Palouse Astronomical Society for a free evening bike ride along Moscow's pathways to enjoy the summer warmth and check out the stars.

We will meet at Mountain View Park at 8:30pm on Friday, August 13. There you can register for the ride and the prize drawing. Together we'll bike the pathways to the UI Observatory where we'll use telescopes to view the stars.

Bicycle safety equipment and light-colored clothing strongly suggested. Bike lights and reflectors required. An adult must accompany children on the ride.

If you would like to help with this event, or would like more information, call Becky Chastain at 883-3485.

Tuesday Market

by Eva Jo Hallvik

Tuesday evenings in the Co-op parking traverse folk finding the freshest organic carrots, beans, beets, zucchini, tomatoes, onions and more. Maybe you have seen them there? They come in all shapes and sizes; the people and the vegetables.

Small circles of adults, in shorts and t-shirts, or casual summer office garb, gather chatting and meandering around slowly.

A few small children hanging onto mom or dad's hand or ushered around remind us to keep the future in mind. Often there are pairs of people going back and forth from inside the Co-op to the market spot out under the trees.

After purchasing the best vitamins available in town the people drift towards their homes; getting on their bikes with baskets or walking up the block stretching the short lived circles into bigger spirals of dishes and meals dispersing into the neighborhoods for neighborhood parties, bar-b-q's, and potlucks. It seems just as one wave of customers disperse towards their kitchens another wave come into shop at the market on their way from work or play.

Later amongst conversations the moment at the midweek grower's market might seem of little importance, but it is in that act alone of buying fresh, organic produce locally that promises a reality of a vital, peaceful community/world.

Robin Cooper in *The Evolving Mind* states that "...this power of conscious choice is a vital human endowment. It allows meaning to enter one's life, since one can decide on the course one's life should best take. It ensures one is not impelled down instinctual roads of action, but can search out and adopt a new solution to any dilemma. It permits artistic creativity and the opening up of new styles of life, and it even permits progress to human enlightenment in the Buddhist sense."

Each carrot bought, chewed and swallowed from the midweek grower's market is a choice giving meaning. Is this choice in right action or from pure egocentric greed and gluttony? I think in this case it is a win win situation.

Several people stop by the market to pick up their weekly CSA boxes of fresh produce from one of the vendors. "It is the most delicious produce

I have ever tasted,' I overheard a woman telling a friend at a recent potluck, "I split it with my friend and we both have nearly more than what we know what to do with, of the freshest most recently ripened vegetables from May through October."

Here is something to do with some of those orange dangling carrots:

Grated Carrots with Black Olives and Dried Currants

- 2 T. dried currants
- 1 cup black olives
- 4 large carrots, peeled and cut into 3-inch lengths
- 1 T. fresh lemon juice
- 2 T. canola oil or extra-virgin olive oil
- 2 T. finely chopped parsley
- Salt and freshly ground white pepper

Soak the dried currants in barely enough warm water to cover for 30 minutes. Coarsely chop 1 cup black olives. Grate the carrots by pushing them lengthwise along the teeth of an old-fashioned grater. Grate one side of the carrot sections until you get down to the woody core. Rotate the carrot a half turn, grate again down to the core, give a quarter turn, and repeat until you've grated all 4 sides and are left with only the core. Discard the cores.

Toss the carrots with the oil, lemon juice, parsley, salt, white pepper, currants, and olives.

Makes 4-first-course servings.

From *Vegetables* by James Peterson

Try this with fresh berries or maybe a touch of mint or fennel. There are many great recipes to be made up or found on the web site to put these great vegetables to use. Be creative and progress towards human enlightenment.

If you would like to come down and sell raspberries from your backyard, or whatever else great and edible organic produce grows back there just come on down on Tuesdays by 4:00pm and pick a spot in the parking lot up by the trees, telephone booth and newspaper stands. Or for information contact Eva Jo Hallvik at webeam@moscow.com, or 208-301-2246, or Kathi Colen Peck at kscp@turbonet.com.

Eva Jo Hallvik, L.M.T. has been enjoying many summer potlucks.

Panzanella Salad

by Jen Hirt

This month's recipe will please those who like to use every last scrap of food. You don't even have to pretend you survived the Great Depression, although, when serving this dish, (and especially if you are an ironic twenty-something), it's fun to preface the serving by reminding your guests that you kept your eleven Italian grandkids alive during the lean times with this very dish. And wave your spoon around when you do it.

As a kid who grew up eating tissue-soft grocery-store white bread, I didn't even realize that some breads got "old" one day out of the oven. When our bread did get "old," after a few weeks (thanks to a battalion of preservatives), my mom would feed it to the sparrows and crows. The lesson here was that one did not eat old bread. I certainly draw the line at moldy bread, but now old bread has a better end in Panzanella salad. It takes just a few minutes to mix up after the bread is toasted, and it uses a slew of seasonal ingredients.

Almost any day-old bread is suitable for Panzanella salad, and the Co-op's bread case usually has a few lonely loaves which are perfect for this recipe. Traditional Panzanella recipes call for Italian, French, or coarse "country" breads. Picking the perfect tomato is important, too. Think over-ripe and juicy. This is not a salad for those crunchy winter tomatoes that only aspire to redness. The suggestion to use eight medium tomatoes is a very loose guideline. Technically, you could use two of those monstrous beefsteak tomatoes, or ten tiny heirloomers the point is to use juicy tomatoes that will slightly soften the toasted bread.

Panzanella Salad

Serves 4

- 2 tbsp. red wine vinegar
- 3 tbsp. olive oil
- 1 tbsp. chopped fresh basil

- 1/2 tbsp. chopped fresh oregano
- 1/2 tbsp. chopped fresh chives
- 1/2 tsp. salt
- 1/2 tsp. black pepper
- 1 small loaf (about 10 oz.) day old bread
- 8 medium and very ripe tomatoes

First, you will need to toast the bread unless it is already very dry. Pre-heat the oven to 250 degrees F. Cut the bread into crouton-sized cubes. Spread on a cookie sheet. Bake for 15-20 minutes, or until the bread starts to feel crisp. Alternately, you can cube the bread and just let it sit out overnight in a brown bag until it's stale.

While the bread toasts, mix the vinegar, olive oil, herbs, and seasonings in a bowl big enough to eventually hold all the ingredients. Dice the tomatoes and stir them (and their juice) into the bowl. Finally, simply stir in the bread until it is just barely coated. Serve immediately.

A one-serving variation of this recipe is really easy, and perfect for making use of those final two slices of forlorn bread. Toast the slices of bread in the toaster. Chop one medium tomato and put it in a salad bowl with a pinch or two of whatever herbs you have around. Stir in a * tbsp of olive oil and a * tsp. red wine vinegar, or just substitute a full tbsp. of Italian dressing. Cube the toast, mix it in, and season with a dash of salt and pepper.

A final variation is to replace the red wine vinegar with balsamic vinegar and add a * cup of pitted and sliced Kalamata olives.

Jen Hirt has an MFA in creative writing from the University of Idaho. In September and October she'll be the writer-in-residence at the Bernheim Arboretum in Clermont, Kentucky.

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Cilantro: A Bedbug By Any Other Name Would Smell as Sweet

by Judy Sobeloff

I came to the Co-op's June "Buy Fresh, Buy Local" campaign kick-off event driven by inexplicable longing. I was looking for something big, at least the size of a pumpkin. I wasn't expecting cilantro. But cilantro was expecting me.

First, Kelly Kingsland of Affinity Farm offered me some cilantro pesto. Then I found myself downing cilantro scape dipping sauce from Betta Bunzel of Bunzel Organics.

Mere coincidence? No. "The Palouse is a perfect [climate] for cilantro," Betta said. "Most people plant it by seed in the spring because it's so easy."

Linda Christenson of Pinecrest Organic Gardens concurred. "It's like a weed in the garden."

Alas, despite the Palouse being a potentially perfect paradise for cilantro, I learned—gasp—that not everyone likes it. "The world is divided into two very different types of people: those who love cilantro and those hate it," writes Linda Gilbert. Unsure which camp I belonged to, I vowed to find out.

A member of the carrot family, cilantro is native to Southern Europe. Cilantro has been cultivated for thousands of years and is now used all over the world. Cilantro aficionados like Gilbert tend to "tout its citrusy, biting tang, and can't imagine a spicy Mexican salsa without its perky addition."

Crossword puzzle fans, take note. "Cilantro, Chinese parsley, and fresh coriander leaves are different names for the same plant. Cilantro usually refers to the fresh leaves used as an herb, and coriander to the seeds [usually ground up] used as a spice."

Those inclined to the occasional wild substitution, heed the following: "They are quite different in flavor, [and] can not be used as substitutes for one another" (foodreference.com).

Coriander is "believed to be named after 'koris,' the Greek word for 'bedbug,' as it is said they both emitted a similar odor" (gourmetsleuth.com). I wanted to test this claim, but was not sure how. Inhaling deeply, I liked the smell, while Fred said, "I can see why people hate it."

In spite of—or because of?—the smell, cilantro is thought to be an aphrodisiac and to have narcotic qualities when ingested in large amounts.

With all this in mind, we prepared our own Cilantro Extravaganza. My



Cilantro

two-and-a-half-year-old liked the cilantro green beans way more than I'd anticipated, stunning me with her repeated calls for more. The marinade, which we ate over tofu, was incredibly good, a flavorful keeper. Fred said of the corn on the cob, "This is the best way I've ever had corn." I liked all the recipes, and therefore declare I like cilantro.

BOB'S FABULOUS YUMMY MARINADE

(from More Recipes from a Kitchen Garden)

- 5 T vegetable oil
- 1/3 c. packed fresh cilantro with stems
- 1/4 c. fresh lime juice
- 1 oz. fresh ginger (about an inch?) cut into 1/4 inch slices
- 6 large cloves garlic
- 1-1/2 T ground cumin
- 1 small jalapeno or other chili (optional)

Combine and blend all ingredients together in a food processor or blender until finely chopped. Use to marinate tofu or meat, as a sauce for noodles or rice, or as a dressing for a green salad.

CILANTRO-CUMIN CORN ON THE COB

(adapted from www.spicebarn.com)

- 1 T hot water
- 1 T butter
- 1 handful cilantro
- 1/4 tsp cumin

- 1/4 tsp paprika
- 1/4 tsp salt
- 1/4 tsp garlic powder
- dash ground red pepper
- 6 ears of corn on the cob

Boil corn for 5 minutes, remove from water. Combine ingredients and brush over hot corn.

FRESH GREEN BEAN SALAD

(from www.fabulousfoods.com)

- 1 lb. fresh green beans, ends trimmed
- 2-3 T red wine or herb vinegar
- 3-4 T olive oil
- salt and pepper to taste
- 2 garlic cloves, peeled and minced
- 1/2 c cilantro, coarsely chopped

Place the beans in enough water to cover and cook for about 10-12 minutes, covered, until the beans are tender but al dente. Remove and place in serving bowl. Whisk together olive oil, vinegar, salt, and pepper. Toss the beans with the cilantro and dressing. Serve warm or at room temperature.

Judy Sobeloff is pleased to live in the perfect growing climate for cilantro.

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Travel Through Time with Tarts

by Sharon Fraser Allen

One bar, two bar,
Red bar, blue bar.

Are you in a car?

Are you going very far?

Try, try, some yummy bars,
See, see how good they are!

Ah summer, the season of swimming, picnics, and of eternal car trips. When I'm trapped in a car with two pre-schoolers, my goal is to ward off meltdowns. My first line of defense is to keep everyone well fed.

Tossing back a package of junk food solves the temporary problems of boredom and hunger, but it quickly leads to the serious problem of having two hyperactive children confined in a very small space. Luckily I discovered Health Valley fruit tarts.

These tarts are individually wrapped, nonperishable, nutritious, and as mess-free as any food can be in the hands of a four-year-old. The low-

fat tarts are made with natural ingredients with no added color.

I stocked up on blueberry, strawberry, and raspberry hitting on all the favorite flavors of my family. The bars were handy to keep in their boxes in the floor of the car, where we could reach in and choose one. They were sweet enough (sweetened with fruit and cane juice) to satisfy my girls. It was interesting to eat a raspberry (my favorite) and notice that the filling was not a bright fluorescent red.

The tarts helped us gain an extra two hours in the morning. We simply got up and got into the car. Breakfast was Health Valley tarts, and various drinks. The four of us gobbled up this breakfast of fruit, organic grain, calcium, and selenium, without imbibing in a lot of unneeded chemicals.

Health Valley is an American company that has been producing natural food products for over 26 years. The

company is the biggest user of organic products in the world. I like that. Using organic products makes sense, as they are better for our bodies and better for the

environment. I don't usually buy a lot of packaged prepared food but when I do, I'd like it to be something I can't easily make and something as healthy as possible.

While my listeners' mouths were conveniently full of fruit tart, I took the opportunity to launch into the history of our meal. The use of tarts as a travel food isn't new. Pastries, pies and small tarts have been baked for centuries to give travelers a way to keep and carry food.

Pastries were invented by the Greeks in 2nd century BC, and spread by the Romans throughout Europe. Pies became English and Dutch specialties and were carried to America by early settlers.

In the New World, the settlers filled their pies with what was available. This was when round pies made

an appearance where they were used literally to cut corners. Early settlers used native North American blueberries for the first time as replacements for the currants and raisins they'd left behind. Strawberries made their way up from South America, and raspberries originating in Asia, were imported to England, and carried to America by settlers in the 1700s.

So not only did the Healthy Valley tarts provide us with traditional, tasty, and nutritious travel food. The fillings lent themselves to a discussion of history. All in all, good food for thought.

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Sharon Fraser Allen is a freelance writer living in Pullman. She is currently planning her next car trip with her husband and two daughters.

Nature in the City: Noisy Flickers

by Sarah Walker

Rat a tat! Rat a tat! Flickers bang their sturdy beaks so rapidly on metal stove pipes, power poles, or just about any good sounding board, that they sound like drummers on staccato. One way to find these hefty members of the woodpecker family is to listen for drumming or loud calls like ca-ca-ca-ca and klee-yer, klee-yer, klee-yer. In the wild, flickers live in the woods and drum on trees to advertise for mates. They are common in Moscow, too, because of our big trees and our supply of flickers' favorite meal, ants.

Ants?

The other day I heard a loud pecking sound outside my window. There on a railroad tie at the garden edge was a flicker, close enough for me to spot the red cheek stripe or "moustache" of an adult male. He was probing holes in the wooden tie, next to the anthill site under a forsythia.

All woodpeckers have strong feet and claws for climbing, and stiff tails for propping against vertical surfaces. They also have very long sticky tongues for extracting insects, and heavy skulls to cushion their jack-hammering inclinations.

Flickers distinguish themselves by spending the most time hopping on the ground to find and eat ants. (They also eat a few other insects, and berries).

They are large and brown with a black bib and black chest dots. In flight they flash a bright white rump patch and red-orange feathers under tail and wings.

The little ants we see along sidewalk cracks, or scurrying over bare mounds in the garden, supply food for Moscow's flickers. Likewise, Moscow's trees—and wooden structures—serve as nurseries for their families. Flickers use their long strong beaks to chip out big holes in wood and are called "cavity-nesters" and "primary cavity excavators." Males choose the hole-site then dig away for about 2 weeks. Females help. When the pouch-like hole is a foot deep (or even three feet!),

Madame Flicker lays 5-8 white eggs. Male and female take turns sitting for about 2 weeks. After the eggs hatch, both parents share the work of feeding the hungry, squawking nestlings for about 2 more weeks until they're ready to fly and gradually feed themselves. Since flickers don't migrate south for the winter, the new little flickers can settle into the neighborhood.

Newborn birds that depend on their parents are called "altricial," a term for blind, naked and helpless. Woodpeckers arrive this way, and so do most songbirds. The opposite plan, where tiny newborn hatchlings are downy and mobile and can even look for food, is "precocial," as in baby chickens, ducks or geese.

The large holes that flickers carve each spring are left vacant once the family leaves the nest, but are not unused. Many birds and animals, like bluebirds and chickadees, move into these ready-made homes. Smaller owls, hawks, ducks, as well as forest-dwellers like fishers, marten or flying squirrels, also rely on unused cavities.

Woodpeckers play a big role in the life of forests, birds and mammals. Many species depend on them for nests and roosts. On a larger scale, forests themselves depend on woodpeckers. When populations of wood-eating beetles become very large in forests stressed by drought or fire, woodpeckers trim the numbers and help restore balance. One black-backed woodpecker can consume 13,000 beetles while raising a family.

Rat-a-tat-tat. Sometimes the flicker beat is a little too close—like on our houses and sheds. There's not much you can do to prevent these persistent chippers except being there to scare them away, or installing metal siding. If it's late spring and home-building season, you can try substituting a nest box filled with sawdust. But if it's early spring and mating season, good luck. Who can outwit a determined flicker romeo, hammering away on the metal roof of an old car?

Sarah Walker reads Idaho Fish & Game's "Nongame Leaflets" and recommends Leaflet #13, "Dead Trees & Living Creatures," available from the Lewiston office (799-5010). Kids learn about



Flickers are our most frequently seen—and heard—woodpecker

animals that live in trees from "Sammy the Snag," fine nature drama for elementary grades, at <http://www.fs.fed.us/r6/nr/wildlife/animalinn/sallysnagalt.htm>.

But, if your flicker fascination is the other kind, Latah County Extension (883-2267) has info on prevention and control of wildlife damage. Keep sending Sarah your own tips at citynature@moscow.com.

Polite Re-Seeder

by Patricia Diaz

One of gardeners' greatest pleasures is finding "volunteer" flowers coming up all by themselves. Some call these polite re-seeders, as opposed to the noxious weed variety which are anything BUT polite. (Do I hear you all shouting DANDELIONS???) Due to our cold winters we can grow re-seeders that others in mild-winter climates call aggressive weeds, such as corn cockle. In the South it's a definite weed pest, but here it re-seeds sparsely.

Many times these volunteer flowers come up in natural settings and in color groupings that make them especially beautiful. Visitors to Sunset Magazine's test gardens love the natural plantings area where the re-seeders come up every year.

Poppies, one of my very favorite flowers, are great re-seeders, and there are many varieties from which to choose. So far I haven't had much luck growing them (I suspect it's because of the dense clay soil out here or maybe the free range chickens getting to the seeds before they even start growing) but I understand that if you sow the seeds in the first big snowstorm they come up nicely in the spring. So we'll see how that works. I have packets of California poppies and Oriental poppies waiting for snow.

It is said that in the 1800s the golden fields of poppies in California were so dense that they could be spotted from thirty miles out at sea! Poppy breeders are continually adding to the color choices and now you can purchase poppies that range from yellow and orange to rose, pink, cream, white, red, and bi-color. The two kinds of poppies that do best as re-seeders are the Shirley poppy (single or double cup-shaped flowers of red, pink, orange, white or bi-color, growing to about three feet) and the California poppy, the familiar orange poppies which we see all over the Palouse.

There are some other members of the poppy family which are gorgeous but don't qualify as re-seeders, including the beautiful crinkly Iceland poppy, the incredible blue Himalayan poppy, the translucent orange Welsh poppy, and the very colorful Oriental poppies. Of the latter group, the Oriental poppies would be the best re-seeders.



There are several other favorite re-seeders that you can choose from, to give wonderful color variety to your natural re-seeder area. (Although scabiosa and cosmos aren't on this list, I'm VERY hopeful that these two plant varieties will re-seed for me.) California desert bluebells grow to anywhere from 6-18 inches tall and wide and are bell-shaped, dark blue flowers. Corn cockle plants have purple-mauve flowers with darker veins and grow to about 2-3 feet tall and about one foot wide. They make good cut flowers.

Desert marigold flowers are bright yellow and have gray-green foliage, growing to about 12-18 inches tall. Godetia flowers come in single or double blooms, ranging from lilac to reddish pink, blotched or streaked with crimson. They grow 18-30 inches tall and also make good cut flowers.

Honeywort flowers are violet-blue tubulars that grow on stems about two feet tall and wide. Larkspur blossoms are beautiful and densely set and come in shades of white, blue, pink, and lilac. They have ferny leaves and grow anywhere from 1-4 feet tall. Love-in-a-Mist plants have blue, rose, or white flowers that have very attractive seedpods after blooming. Many people like to use these in dried arrangements. These plants grow from 12-18 inches.

Sweet alyssum is another big favorite, and these little clusters of white flowers grow in low mounds about 12" wide and tall. They bloom nearly all summer and attract honeybees. If you have trouble locating these varieties locally, try these sources - Renee's Gardens (www.reneesgarden.com) for corn cockle, honeywort, love-in-a-mist, Shirley poppy, and sweet alyssum; Wild Seed (602-276-3536) for California desert bluebell, California poppy, and desert marigold.

Pat Diaz is happily planting many polite re-seeders this summer and unhappily watching the new guinea hens destroy her deck planter boxes. Do we see guinea hen stew on the menu soon?



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What If We Disagree?

by Bill London

In the June issue of this newsletter, Lisa Cochran wrote about the wedding of her friends Becky and Donna. In this issue, Laura Rankin writes that she is disturbed that such "blatant support of homosexual and abortion-condoning lifestyles" appeared in the newsletter.

Both Lisa and Laura are Co-op members and have divergent perspectives on these hot issues from the front lines of the culture wars.

So, what should the newsletter do when faced with this disagreement? We could try to keep all the controversial stuff out of the newsletter, but the result would be a boring and bland tabloid. And we would likely find that even in such seemingly-safe topics as food, nutrition, and health that disagreements are commonplace—and unavoidable.

Instead of rejecting contentious topics, what we have chosen is to offer the newsletter as a forum for Co-op members to share their ideas and perspectives. That community-building, in-

Letter to the Editor

Dear Editor:

I have been a Co-op member for a number of years and have relished the wonderful goods the Co-op offers. I have also enjoyed the tasty recipes presented in the Community News, as well as other useful information.

I was disturbed, however, by the blatant support of homosexual and abortion-condoning lifestyles in the June issue of Community News. I do not condemn these authors for their obvious preferences or behaviors, yet I do not think it is a fair representation of Co-op members and their values.

There are still many of us who have supported the Co-op wholeheartedly for many years who believe homosexuality and abortion to be, at very least, unhealthy behaviors. Historically, these have weakened and destroyed society, not built it up.

I would ask that you or those responsible for the material that goes into the Community News to please be more considerate of other community members, such as myself, and make a greater effort to provide a balance, at least, in the expression of social values and world views.

Thank you very much,
Laura Rankin

formation-sharing function is part of the Co-op's mission, after all.

Our goal is a civil discourse on issues that interest the Co-op membership. Just remember that an opinion printed in the "Commentary" department of the newsletter, when written by a Co-op member, is not the opinion or perspective of the Co-op itself. Please read the masthead box on page 2, including the statement: "Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy."

If you disagree with what you read in the Co-op's newsletter, we welcome your opinion. Send a letter to the editor by email (to london@moscow.com) or postal mail (Bill London, Moscow Food Co-op, 221 East Third, Moscow ID 83843).

Bill London edits this newsletter, and has been known to express his own opinion on occasion.

Families

It Really Does Take a Village

by Janice O'Toole

As I watched my 3-year-old son seek comfort from another mom at the Success by 6 center today, I thought to myself, "It really does take a village to raise a child." He, along with four other children, was watching a simple cartoon. Everyone else was enjoying the cartoon. Francis, however, felt that something in the cartoon was scary and needed a little bit of security. I, his own mom, was inaccessible to him so he sat down on the couch close enough to another mom that she provided the little bit of security that he needed. My heart warmed at the sight. Success By 6 has been invaluable to our family, to me personally, and to each of our three children.

How would I have felt, a first time mom, when my baby girl didn't crawl until she was 11 months old if I hadn't had the wisdom and experience of our Program Coordinator and Develop-

mental Specialist, Ellen Dolny? Ms. Dolny assured me, "She's fine. She just lets the world come to her. She'll take off one of these days and then . . . watch out!" I'm a worrywart at heart. I would have been freaking out! Instead, I had peace of mind, only worried mildly, and trusted that one day my daughter would prove Ms. Dolny right.

Then there was the day, or should I say several days in the last 4 1/2 years, that our little family's lives have been turned up side down and there were my co-moms, listening to me cry, taking care of me. Now that's a village.

I'm just your average person with average life experiences and challenges. I don't think anyone out there would consider our family "at risk", but even so, I need support too. I can't imagine how lonely and scary it would be to be parenting all on my own and

not have access to this group of fellow parents.

Last summer we faced just that. The Success by 6 grant had allowed "mommy/baby" groups to become an actual program and to open an actual center, a place to call home. Unfortunately, the grant was nearing its end. It was a bleak future. But someone in the village lit a candle. We gathered around the candle. We pondered, "Do we let it burn out or do we add fuel and make it a fire to warm the village?" We knew that letting the village go dark was NOT an option.

Today Success by 6 of the Palouse has groups for parents and children ages birth through 36 months. In January we added a one-hour per week preschool for both 3 year olds and 4 year olds. In September, we will be adding a "I'm five, but I missed the cut off" kindergarten preparation group.

We are incredibly fortunate to have our very own Certified Child Passenger Safety Technician who does car seat checks and installation for anyone who asks. Every Mon-

day, Wednesday, and Friday we have a Lunch Bunch group. Our children play together and learn how to be good friends. We parents visit, share, support, learn, and enjoy the company of other adults.

No, we didn't let the village go dark. We organized; we expanded; we incorporated; soon we'll file for our own non profit status. I like to say that Success by 6 of the Palouse is a place where parents and children meet new friends and learn from each other. The only things missing in our village are more parents and children to enrich our experiences.

Come join us. Drop in after 10 a.m. M,W,F or call us at 882-7162. Did I mention it's all FREE?

Oh, and Ms. Dolny was right. Watch out Ellen O'Toole, definitely, no longer waits for the world!

Janice O'Toole is the mother of 3 children, ages 4 1/2, 3, and 1. She became a parent after 14 years of marriage and 13 years a professional in the field of Developmental Disabilities, and is now the P.R. coordinator for Success by 6 of the Palouse. You can contact her at: Janice O'Toole, P.O. Box 121, Colton, WA 99113; 509-229-3654; otoole3@inlandnet.com

Commentary

Auntie Establishment

by Joan Opyr

As is so often the case, dear readers, I complained too soon. Two weeks after I told you that my novel had been deemed "too gay" for a certain large publishing house, I got an offer from a certain small publishing house. Bywater Books will publish my novel in the fall of 2005. I wish I could tell you more, like the book's title, but I've decided to change that. The working title is Idaho Code, but I've never been entirely happy with it, not since I began writing a sequel called From Hell to Breakfast. See my problem? The second book screams "Buy me." The first book just screams "Boise."

I wish I could say I was diligently working on this conundrum, but to tell you the truth, I've been distracted. Around the time Bywater Books made their offer, I received a considerably less appealing invitation. I was invited to attend my twentieth high school reunion. Twentieth. TWENTY. On the grand scale of unwelcome events, I'd say this falls somewhere between a class five hur-

ricane and an IRS tax audit.

Twenty years. Twenty long, short, speedy, slow, impossible, distant years. I was seventeen when I graduated. Now I'm . . . I'm . . . I'm choking. Excuse me while I give myself the Heimlich maneuver. Let's hope it doesn't break one of my brittle, elderly ribs.

On June 5th, 1984, I walked across the stage at the Raleigh, North Carolina Civic Center and collected my diploma from William G. Enloe High School. Now, suddenly, it's 2004. How could that much time have passed without my noticing? Where have I been? Whither my goals? Whither my ambitions? Whither my youth? Or should I be spelling that wither?

I am not without accomplishments. I have a BA, an MA, and one half of a PhD—the all-but-dissertation half. I am thrilled about the Bywater Books deal. I have a great literary agent. I love editing; I love writing this column; I love living in Moscow. I have a terrific partner and two wonderful kids. I enjoy my life.

What's more, I'm smarter than I was at seventeen. I have better clothes, better shoes, and a better car.

Never again will I have to use a paperclip and a rubber band to fix the ignition on a 1968 Volkswagen Beetle so I can drive three hours to catch The Police in Greensboro on their Synchronicity tour. I will never again be that reckless or that desperate. And that's kind of sad. The down side to being older and wiser is that you can no longer be young and foolish—well, not without also being unseemly. Instead of romanticizing the future, you romanticize the past.


You're prone to fits of nostalgia. For the last twenty years, my high school classmates have been preserved in mental aspic. I picture them wearing parachute pants and add-a-bead necklaces, listening to The Smiths and mousing their hair. In my mind's eye, they still look like the cast of Sixteen Candles. Do I really want to see them with bald heads and laugh lines, stretch pants and stretch marks?

Absolutely! Why else would anyone go to their high school reunion? It's time to pour the formaldehyde off those old classmates and get a good look at their pot bellies and wrinkles. It's time to compare triumphs and tragedies, victories and disappoint-

ments. The upside to being older and wiser is that you're also meaner and more ruthless. I'm tired of aging all by myself. I'm ready to revisit the competitive, juvenile horror of high school; I'm ready to arm wrestle the past and win. Bring on the three-hundred pound ex-cheerleader and the alcoholic ex-football star.

The only question is what should I wear? I'm thinking my publishing contract and a nice pair of earrings. Or is that too subtle?

Auntie Establishment is the pen name of soon-to-be-published fiction writer, Joan Opyr. She welcomes your questions, comments, and book title suggestion at auntiestablishment@hotmail.com. Please also visit her website at www.auntie-establishment.com



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The War On Two Fronts: Part 2

by Lisa A. Cochran

(Editor's note: This is the second of a 2-part series on the hidden war on women and children here in America.)

In the December 7, 2003 issue of the Lewiston Morning Tribune, the headline shouts out, "Child Poverty Still a Classroom Issue. Despite Decline in Late 1990s, Census Bureau Says Numbers Rising Again." Governor Kempthorne's 'Generation of the Child' election platform, coupled with the No Child Left Behind Act, has been coming under the knife with cuts into available money to guarantee that every Idaho child gets a quality education. This is especially difficult for children struggling with hunger, hygiene, access to reading and other issues related to school preparedness, issues of hunger, such as free breakfast and lunch programs for needy children in our public schools.

Outside of the school system, food banks are understaffed and underfunded while the need for food that has resulted by the down-sizing of the job market or as industrial sectors are being out-sourced to satisfy shareholder expectations. This educational issue is trying to be addressed by remedial educational classes, reading or after school programs, but money is spreading thinner each year with expectations of future cuts to continue.

On the poverty front, a census by government statistics entitled America's Children 2003, children under age 6 in this country are more likely to be living in families with incomes below the poverty line than older children. Although recent census reports show decreases in "overall" rates of poverty, they can still be shockingly high for Black or Hispanic children. For example, in 2001, 9 percent of White, non-Hispanic children lived in poverty, compared with 30 percent of Black children and 27 percent of Hispanic children.

Likewise, households which are headed by a female with no spouse present still disproportionately represent the highest rating of living in poverty. This group of single female head-of-family had declined to 39 percent by 2001 (down from 54 percent in 1993!).

In the report of Child Poverty and Family Income of America's Children 2003, they conclude that, "In the final analysis, the growing gap between rich and poor children suggests that poor children may experience more relative deprivation even if the overall percentage of poor children is declining."

Homelessness, what I consider to be a national atrocity and crime against humanity, continues to rise. As jobs have been lost, incomes disappear

and homelessness has increased, cities around the country continue to pass laws making it illegal to beg, sleep on the streets, sit in bus depots without a bus ticket or pass through parking lots if one doesn't have a car parked there. Today in America, over 600,000 people a night are homeless. 40 percent are women with their children, and there simply are not enough shelters and beds to keep them off the streets. This data is presented by The People's Tribune, a self-produced magazine distributed by the League of Revolutionaries for a New America.

Finally, besides violence, homelessness and hunger as part of our national image, health care remains a basic human need that has not been adequately addressed on both state and federal levels.

As I write this, preparations are happening around the country to elect a leader that will address the needs of America's women, children and families. During election years politicians talk a lot about the importance of future generations who will grow to run the country and care for us when we ourselves are elderly and in need of their concern, compassion and support. However, actions speak louder than words and I can only pray that we continue to throw our support to those who honor our children

as they would their own children and grandchildren. Restoring our state and national dignity by supporting families and children throughout their lives should be our unified resolve; to make a stand for our women, children and families against this embarrassing undeclared war being waged in our own back yard.

For more information contact any of the following websites: The US Office of Justice Programs: Violence Against Women Office at <www.ojp.usdoj.gov/vawo/>; Violence Against Women Online Resources at <www.vaw.umn.edu/Vawnet/disab.htm>; ATVP at 332-HELP or 882-HELP; <www.Irna.org>; Sojourners' Alliance at 883-3438 or by email at <shelter@turbonet.com>, <<http://aspe.os.dhhs.gov/progsys/homeless/>>

Lisa Cochran and her daughter are both long-time Moscow residents considering moving to Canada.



Layout This Newsletter

by Bill London

Jill Maxwell, who has been serving as our newsletter designer or layout person for several years, is retiring. Her job and other responsibilities are taking too much time and she is forced to say goodbye to her layout position. She leaves with our thanks for a job well done.

Jill is the one who takes the raw text, photos, and ads and mixes them magically on her computer to create the newsletter you read monthly.

So we need someone with those computer design skills to replace Jill.

What we seek is a reliable, skilled, and creative person who will keep this position for at least a year. The compensation includes both an 18 percent discount and \$100 monthly private contractor fee.

Anyone interested in this position should contact editor Bill London at london@moscow.com.



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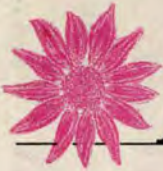
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AUG 7 - Hog Heaven Band - Nostalgic music from the '20s - '40s

AUG 14 - Red Eye Gravy String Band - Traditional & contemporary bluegrass

AUG 21 - Palouse Promenaders

Square and Round Dance Club - A lively dance demonstration

AUG 28 - Potatohead - Aires, dances, jigs - get ready to dance or muse

SEP 4 - Makin' Island Music -

Traditional Hawaiian music - aloha!

For additional information, contact the

Moscow Arts Commission

208-883-7036

Fresh Aire Concerts 2004

**Thursday evenings • 6:30 - 7:30 •
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AUG 5: Jazz Co-op - Jazz standards for dance and fun

AUG 12: Sagin' Time - Music for both ends of your spine

AUG 19: Con Brio Winds - Classical woodwinds

AUG 26: Dozier-Jarvis Trio - A tour de force of jazz-fusion

For additional information, contact

the Moscow Arts Commission

208-883-7036

Hot Off the Grill

Live music, delicious BBQ food, and sunny picnic tables for the audience. Just come over to the south side of the Co-op, the sunny side of the building facing the Post Office, every Tuesday from 5pm until 7pm (weather permitting) to claim your place in the sun. Here are the musicians scheduled for August:

Aug. 3 SpareTime

Aug. 10 leo nu beatnik society

Aug 17 breadgirl! & eugene

Aug 24 Oh Holy Family

Aug. 31 John Larkin

Co-op Art Gallery

Watercolorist Donna Bradberry will be exhibiting her work at the Co-op Art Gallery starting with an opening reception on Friday, August 20 at 5:30pm. Her watercolors will be displayed through Sept 23.

Co-op Pool Party

Wednesday, August 11th, from 8.00pm to 10.00pm at The Hamilton Lowe Aquatic Center, (830 Mountain View Road, Moscow). This is a party for co-op members. Bring your swimsuit, a towel, a potluck snack, and your membership card, and have fun in the water!

Singer/songwriter Jason Webley to Perform in Moscow

Saturday, Aug. 14, 7p, m314 E. 2nd Street, Moscow (the Attic)

House concert by singer/ songwriter Jason Webley of Seattle, WA

By donation only.

Sponsored by the Palouse Folklore Society

208-882-0273 for more information

Free Evening

**Meet & register
Park, 8:30pm**

Together we'll bring our telescopes to view the UI Observatory, safety equipment, clothing strongly lights and reflect adult must accom the ride. Sponsor Task Force and the Astronomical Soci 883-3485

Contra Dance

Saturday, August

Blaine School House, Moscow

Caller Andy Davis from Vermont Music by local favorites, Dancing Trout Potluck begins at 6:30p.m.; \$4 for newcomers arriving for instruction at 7:30p.m., \$5 for members, \$7 for non-members. Visit

www.palousefolklore.org for

directions and more info

208-882-0273

PCEI Backpacking Trips

August 2-6 for Women

August 9-13 for Teens

In the Eagle Cap Wilderness Area

contact aly bean at aly@pcei.org

208/882/9075

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

Art Quilt Workshop & Lecture

August 10-12, Orofino, ID

WORKSHOP: Hands-on a

on appliquéed story quilts,

textile artist and art educa

Ruth Smith. Home Econom

classroom at Orofino High

4 pm on Tuesday & Wedne

noon on Thursday. Cost: \$

additional \$60, teachers re

college in-service credit from LCSC.

To pre-register and to get a materials

list, email smccollister@orofino-

id.com or phone Sandra McCollister

at 208-476-3620. Sponsored in part by

the Allbritton Art Institute of Baylor

University.

LECTURE: Evening slide lecture on

August 12th. School District 171 board

room at 1051 Michigan Avenue at 7

p.m. in conjunction with the August

meeting of the Clearwater Quilters

free lecture, and a social time begins

at 6:30.

Adopt-A-Magazine

Sponsor a magazine subscription to

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magazine call one of the following

libraries: Moscow 882-3925, Bovill

826-3451, Deary 877-1664, Grange

285-1398, Juliaetta 276-71

Potlatch 875-1036, Troy 85

Vigil for Peace

Pullman: First Friday of e-

month 12:15 - 12:45

Under the clock by the public library in

downtown Pullman. 509/334-4688,

nancycw@pullman.com

Moscow: Fridays 5:30 - 6:30PM

Friendship Square, downtown

Moscow. 208/882-7067,

sperrine@potlatch.com

University of Idaho Library
Rayburn Street
Moscow ID 83844-2364



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