

January 2004

# Community News

**FREE!**  
Please take one.

The monthly newsletter of  
the Moscow Food Co-op

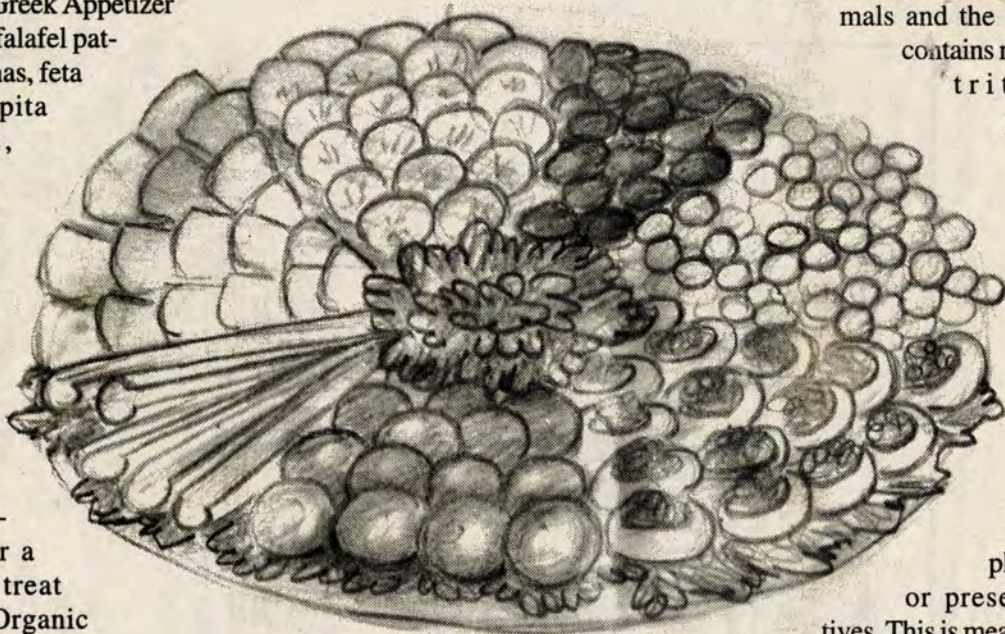
## It's a Party From the Deli!

By Amy Richard, Kitchen Manager

After many requests from customers we have finally created a line of party trays. Party season is over you say? It's never over! There are always little get-togethers for birthdays, anniversaries, pot lucks, graduation, receptions. And don't forget that little work meeting or workshop you need to get some food for. Call the deli; we have a convenient and healthy choice for you.

### Our Greek Appetizer

Tray has falafel patties, dolmas, feta cheese, pita wedges, kalamata olives and is served with our creamy cucumber and tomato tzatziki for dipping. For a simpler treat try the Organic Veggie Tray featuring all organic, fresh vegetables and our own buttermilk ranch dressing (or try it with peanut sauce for something a little different!)



For the more traditional party fare we offer a Cheese Tray: artfully arranged slices of smoked gouda, pepper jack and mild cheddar. Need something meatier? We also offer the Meat and Cheese Tray. This tray features natural sliced meats from Applegate Farms. Their turkeys are never administered antibiotics, growth stimulants or animal by-products. They

are wholesome grain-fed animals and the meat contains no nitrates, phosphates

or preservatives. This is meat you can feel good about!

Next time you need some healthy food for a get together of friends or co-workers call us or stop by the Deli. We'll help save you time and still bring a great dish!

[www.moscowfood.coop](http://www.moscowfood.coop)

# Community News

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

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

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

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

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

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

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

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

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

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

**Kelly Kingsland, LMT** - First 2 massages @ \$35. each, for appt. call (208) 892-9000

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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



## The Ghost of Christmas Present

By Kenna S. Eaton, General Manager

Often I spend my days living either in the past or the future. Either I am analyzing numbers or events from the past few months trying to discover the pattern or key to why something has changed and what I can do to improve the future. (This is especially true with the Co-op finances.) But then again I frequently reside in the future, trying to project what will happen next month or next year or even further out. It's confusing at the best of times and disorienting at the worst. Even every month as I sit down to write my newsletter article I am thinking about what we will be doing when this is printed, what the weather might be like or, even more challenging, what world events might have been brought to us. But this month I wanted to step back and try to live in the present. As the Christmas carols are playing and the holiday parties are still going on around here I wanted to give a big Thanks to all the staff members who make this Co-op such an excellent place to work and shop.

Frequently I am blessed by big "Thank you's" from our shoppers. Members stop me in the aisles to say thanks for making the Co-op such a warm and welcoming place compared to the hustle and bustle of other gro-

cery stores. Thanks for creating a place where they can find the foods they are searching for or even a special recipe for dinner. And it warms my heart to hear such compliments. But now I want to extend that feeling to all my staff and thank them for making it all possible.

One thing I have learnt over the years is that, as with many things, it takes a whole village to run the Co-op and that I cannot run this place by myself. I can't be everywhere, doing everything all the time. In fact the complete opposite is true. This store is run by a staff of wonderfully competent people who are quite capable of running this place without me (at least for short periods of time!). All of our 45 staffers are talented, energetic, committed, and quite amazing people. Each one of them brings something unique to our store and the combination is a large part of what makes the Co-op the great place it is. Everyday I am repeatedly amazed as new ideas are generated and acted upon, as staff show again and again how much they want their Co-op to be a safe, diverse, thoughtful, caring, fun, wonderful place to work.

And I really am the one who should be saying "Thank you" to them: Thanks you guys!

## New Biodegradable Cutlery in the Deli

By Amy Richard, Kitchen Manager

Starting on January 1st, the deli will be offering biodegradable spoons and forks to go. The heat resistant spoons are from a company called Earthware Biodegradables out of Lagunitas, California. They are non-GMO wheat-based, compost-able, durable, reusable, gluten free, contain no petroleum products and are made from an easily renewable source. The salad forks are from Simply Biodegradables. They are biodegradable and compost-able, based on corn-

starch, and are odorless and non-toxic. For more information visit <www.earthwarebiodegradables.com>, or <www.simplybiodegradable.com>.

Both companies are in the process of making other deli-style packaging options. We are very excited about these new utensils and look forward to bringing in new biodegradable packaging as soon as it becomes available to us.

Please let us know what you think of these utensils.

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## What's New in 2004?

By Kenna S. Eaton

While we primarily run a grocery store, what makes the Co-op different is the way in which we try to make our business an integral part of our community. To us that means we can raise money for needy causes, hold forums and classes to increase learning, and look for ways in which to do all that—while having a good time. To that end we have lots of fun events planned for 2004 so I thought I'd give you a taste of what's to come.

There'll be a silent auction on Valentines Day as an AIDS benefit, and in March there will be an "Empty Bowls" event as a fundraiser to fight hunger. There'll be another wonderful Taste Fair in February and the Annual Membership Meeting in

March. We'll help clean Paradise Creek for Earth Day and hold a forum on bio-diesel fuel. Classes will cover herbal health, wine tasting, cooking and many other possible topics. We're planning a farm tour of our local organic growers for the summer, plus we'll host the Weekly Growers Market and the "Hot Off the Grill" BBQ and music series on Tuesdays. And that's all happening before it's even the height of summer.

In the fall we'll continue to develop our classes and host some more fun events in the store, not all of which have been figured out yet. Hopefully your appetite is whetted and you're making plans to join us—look for details in upcoming newsletters.

## Welcome!

### Membership News for First-timers and Life-timers

By Laura Long, Membership Director

It's a new year and that means new resolutions. One of the most admirable resolutions you can make this time of year, is to treat yourself right. You can start doing this by eating a healthy, organic diet, and the Co-op offers just the place to find out how. We have so many resources here to help you with your resolve, such as many books about dietary issues and cooking methods. We also have a computerized resource guide called Health Notes On-Line, and, of course, years of expertise from our dedicated staff.

Why not consider joining the Co-op this year to help you get on the right path to good health? If you renew or purchase your membership during the month of January, you will be entered in a drawing with a chance to win a great basket of products from the San-J line of Asian cooking sauces.

So whether you're trying us out for the first time, or you've let your membership lapse, please join! It's one of the best things you can do for yourself, your community, and the environment.

Personalized care  
blending ancient & modern  
healing ways



Sharon Sullivan  
Herbalist, Registered Nurse  
Reiki Practitioner



Tortoise and the Hare Herbs  
106 East Third, 5B, Moscow  
By appt. (208) 883-8089

## T'ai Chi Ch'uan

Beginning class,  
Yang Style Short Form

The Yang Style of T'ai Chi Ch'uan is a series of slow, dance-like, connected movements which help with concentration, balance, awareness of the spirit and unity of mind and body.

Thursdays, Jan 22 - May 20, 2004  
5:45 to 7:00 pm  
Spectrum II Dance Studio,  
525 S. Main, downtown Moscow  
\$90 for 16 classes

To register, contact: Barbara Hellier,  
208-875-1654 or Melissa Rockwood,  
208-882-5472

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Deadline for Articles & Ads  
20th of each month

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

Something for everyone...

## Hodgins Drug & Hobby



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Personal Care Corner:  
**Nordic Naturals**

By Carrie Corson

If you are considering adding a fish oil supplement to your health program, you may want to consider the source. For over nine years Nordic Naturals have been used and recommended by medical doctors, research institutions and nutritional publications. The reason? Because those professionals can rely on Nordic Naturals' consistency in purity, freshness and taste.

More and more research is showing that elongated forms of Omega-3 fatty acids (such as EPA and DHA, found in cold-water fish) and Omega-6 fatty acids (such as GLA, plant-based) each play a crucial role in maintaining optimal mental and physical health. EPA is believed to help maintain a healthy heart by improving circulation, lowering homocysteine levels and improving immune function. DHA is being heavily studied for its positive effects on the improvement of memory and cognitive function as well as its role in infant brain development. GLA is important for healthy skin and hair, joint function and normal body fat metabolism.

While many folks may see the health benefits of taking a fish oil supplement. Some are turned off by the "fishy" flavor and after taste. Fish oils should not smell unpleasant. It is only when the oxidation process has started to degrade the oils and cause rancidity that results in a "fishy" smell and taste. Nordic Naturals ensures that their oils are fresh with their rapid catch processing and nitrogen-encapsulating environment. Third-party testing has consistently found Nordic Naturals oils to be up to 30 times fresher than the competition. From fishing to processing, Nordic Naturals adheres to rigid quality control procedures. The fish they use in their products are taken from the purest waters. And to ensure the health of fish populations, they use only small lowest-on-the-food-chain fish, using only four fish species that are not considered over-fished or endangered: Arctic Cod\*(positively no Atlantic or Rock Cod), Anchovies, Mackerel, and Sardines.

During processing, Nordic Naturals also adheres to stringent Norwegian Medicinal and European Pharmacopoeia Standards for purity and freshness. They exceed FDA purity levels and they are the first company to molecularly distill cod liver oil in the

United States. This distillation process segregates out the two most important Omega-3 fatty acids, DHA and EPA. It also eliminates the potential of heavy metals, PCBs and dioxins in the product. This gentle and efficient process takes about 5 days to complete. The entire manufacturing process is carried out under nitrogen or a vacuum to maximize freshness, which facilitates the production of favorable prostaglandins. Molecular distillation results in Omega-3 products with concentration levels above 80%. A final nitrogen flush removes oxygen, preserving the oil from oxidation.

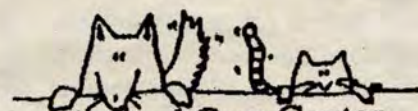
Nordic Naturals offers a full line of fish oil products, including liquid and encapsulated cod liver oil, adult and children's DHA formula, a concentrated Omega-3 formula, Complete Omega formula (with Borage oil in addition to fish oil) and Omega Woman formula (with Evening Primrose Oil). Give them a try and taste the difference.

\*It should be noted that while there have been concerns in the media regarding potential over-fishing of Arctic Cod, it is important to correct this information as it only applies to Atlantic and Rock Cod. Numerous articles issued by NORC have been released in 2003 documenting a healthy supply of Arctic Cod.

Information printed in this article is for education purposes only. Statements about products and health conditions have not been evaluated by the US Food and Drug Administration. Consult your health care practitioner if you have questions regarding adding this, or any supplement to your daily regimen.

**Reference:**

Nordic Naturals Product Information (2003).  
[www.nordicnaturals.com](http://www.nordicnaturals.com)



**Animal Care Center**  
328 N. Main, Moscow, ID 83843  
8:00-5:30 Monday-Friday  
(Tues. & Thurs. until 7 pm)  
(208) 883-4349

**Large & Small Animals**

Nancy Maxeiner, D.V.M.



**Calling all Local Growers!!!**

By Dani Vargas, Produce Manager

Calling all Local Growers!!!

By Dani Vargas, Produce Manager

With the start of the New Year, here comes the 2004 local growers annual meeting. Once a year, normally in January but this year in early February, we have a Local Growers Meeting where we sit down and plan for the next growing season. Attendance at this meeting is required for anyone hoping to sell their produce to the Co-op. Growers who have been growing for the Co-op for years attend as must any new, interested local growers.

Here at the Co-op we have three different venues for local produce to shine: The Produce Department, the Deli, and the weekly Growers Market.

The Produce Department has probably the most strict standards, making sure growers are following the National Organic guidelines and providing produce that is certified, licensed, or exempt non-certified organic. For growers who are producing less than \$5,000, are following the organic standards, and who are non-exempt certified organic, we will be visiting their farm so we know the produce is fine to mingle with the rest.

The Deli focuses on supporting local growers who are certified, licensed, or local no-spray.

The third outlet for local produce is our Tuesday Growers Market that

we hold out in the Co-op parking lot. The Growers' Market welcomes all local growers who would like to sell direct to the customer. Tuesday is a great night at the Co-op because, along with the opportunity to meet Moscow's local growers and purchase fresh produce direct from them, one can also enjoy live musicians and our Co-op barbecue.

This year's Growers Meeting will be Saturday, February 7th, from 2 to 4 p.m. We have certain items already supplied to us and we will have a list of items we need—hopefully for others to tackle. We hope to have the most diverse growing season yet. We also need growers who are interested in growing vegetables in bulk quantities. It is harder for us to order a little from several different suppliers to fulfill our needs.

Remember, this meeting is mandatory. I felt it was important to make this meeting mandatory so that local growers who take the time to attend and plan to grow for the Co-op would be assured that they would have a place for their produce.

If anyone has questions before the meeting, please give me a call at the Co-op. I can be reached there Tuesday thru Saturday from 7am-3pm and the phone number is: (208) 882-8537.

We are looking forward to seeing everyone again and meeting the new faces who are interested.

**Comparative Shopping**

By Bill London

Gina returned from the Co-op on December 3 with a copy of the newly-printed newsletter. That day's issue of the local newspaper was already on the table and open to a full-page ad from the Safeway "Natural Market."

What an opportunity to compare sale prices!

Gina took out the "Co-op Advantage" sales flyer from inside the Co-op newsletter and looked for the same products in the Safeway ad. There were only two products mentioned in both ads.

Both the Co-op and Safeway advertised 32 oz Rice Dream. At Safeway, \$1.50 each. At the Co-op, \$1.39 each.

Both the Co-op and Safeway advertised 7.2 oz Health Valley Chocolate Chunk Cookies. At Safeway, \$2.89 each. At the Co-op, \$1.99 each.

Co-op wins on both counts. And with our volunteer discount, the prices are much, much better at the Co-op.

*Bill London shares a life and a Co-op volunteer discount with Gina Gormley.*



## New Organic Wine!!

### SANDER Winery

By Dani Vargas, Beer and Wine Buyer

A new organic wine has arrived. The Sander Winery in the 1950's was the first to grow organically in Germany. Tradition and the quest to preserve the soil to obtain the highest quality fruit are the cornerstone of this winery. There are three generations living together at the winery, growing grapes and producing wines with tradition as well as progress, inspiration, and modern knowledge.

Located about 30 miles southwest of Frankfurt in the Rhine valley lays the 40-acre organic vineyard the Sander family calls home. The three wines we have here at the Co-op are their 2002 Pinot Blanc, 2001 Pinot Noir, and the 2001 Rubicon.

■ The Pinot Blanc is light yellow and is dominated by smells of caramel and butter. This wine is very rich and smooth. This Pinot Blanc

goes very well with asparagus and fish dishes, and also with Italian food.

■ The Pinot Noir has smells of blackberry, blueberry, and hazelnuts. With very dense structure and soft tannins this wine needs air to develop; decanting it before drinking is recommended. This Pinot Noir goes great with lamb dishes or with appetizers of cold seafood.

■ The Rubicon (recommended by Tyler, Brenda, and Carrie) has a dark, ruby color with tastes of chocolate and cherry. This is a smooth wine and goes excellently with grilled foods, game or roasted meats. This wine also has good aging potential for 10+ years.

The Sander label is simple, a single lady bug which the first generations involved in their quest for organic agriculture.



## Front End Managing

By Annie Hubble

Midwinter; Solstice; the darkest day of the year; the light returning but not yet very noticeable. You waken to the jarring sound of your alarm to utter darkness in the morning, gloom, and despondency. You remember your last, sadly interrupted dream of a place of joy where there was a wonderful aroma of freshly baking bread. The coffeepot was full. There was fresh fruit in huge displays, every colour and shape imaginable; glimpses through glass doors of scones, muffins, coffee cakes, pound cakes, banana bread; perhaps delicious country fries or

breakfast burritos sitting waiting; and smiling faces everywhere, trying to fulfill your every need. You snuggle down under the blankets again, trying to re-enter such a paradise when you realize that all you have to do to find that vision in reality is to get yourself down to your nearby Co-op, open as early as 7:30 am!

Come on down and find a little table in the corner and wake up amongst friends! By time you are fully awake the sun will have risen and the light returned!

## The Volunteer Program

Annie Hubble

We have such wonderful volunteers here in the store. They are to be seen in every nook and cranny. They are a much-valued part of the Co-op, filling in those spots that the staff just doesn't have time to get to. They bag fruit, help out in the deli at rush hours, clean out the bakery case in the early morning and bring out the trays of freshly baked bread, they garden, water plants, bag fruit and chips, and help with many other tasks. There are not many Co-ops who still run volunteer programs and I am glad we do so. It brings the community into the store, and, while I know that volunteers are very glad of the discount they earn, I also know that many do the work with the good of the store in mind.

If one of your New Year Resolutions is to help out the Co-op by volunteering, please fill out the application form to be found at the front of the store. There is about a 2-month waiting list for positions at the moment but as we reach your application we will call you, and set up a date for a group orientation. This is when Janna, my trusty fellow volunteer coordinator, shows new applicants around the store and explains the program. We also ask you to sign a short agreement. The whole process takes less than half

an hour and within a week of this we try to match you up with a position.

It is fun to help out at the Co-op. It is a chance to meet like-minded people, as well as earn a discount. You can even volunteer to sit on various committees or to run for a Board position! So sign up and enrich your life as well as the Co-op's. Become a member of a much-appreciated and rather elite group in town! We love our volunteers.



## From the Suggestion Board

*Yogurt sweetened with fruit juice, not other sugars-Cascade brand.* Many of the Brown Cow yogurts are fruit juice sweetened, including all of the organic varieties. They are all labeled fruit juice sweetened on the front of the container. —Vicki, Grocery Manager.

*How about selling non-fat milk in bulk? Then we could all just recycle our own bottles to refill here.* I'm sorry but we have neither a supplier of bulk milk nor the space to sell it from. —Vicki.

*I haven't seen the Brie cheese with mushrooms. Has it been discontinued?* It has returned. —Amy, Kitchen Manager.

*More Meat Variety! I've heard many meat eaters (and myself) address concerns of "where" to get more wholesome organic antibiotic-free varieties of meat! We support the cause, too.* We currently carry organic pork products, organic and free-range chicken, antibiotic- and hormone-free lamb and elk. We will soon have two different choices for beef, both of which are antibiotic- and hormone-free (see the Buy Line for details). Of all of these choices, the thing that sells the best in all categories is the ground meat products. Premium cuts are very slow sellers so I'm hesitant to bring in more varieties of these. Is there something in particular that you would like us to carry? I'd be happy to see if I could fit it in. —Vicki.

*Have Ian's blintzes been discontinued? I hope not! Only temporarily—we had to make room for some*

holiday items. We will bring the blintzes back in the New Year. —Tyler, Frozen Food Buyer.

*Please carry Guittard Baker's Brand-unsweetened chocolate for baking and confection...in bulk.* Thanks. I'm sorry, but I don't have any suppliers for this product. —Vicki.

*What about small plastic bags for the bulk herbs instead of or in addition to the white paper bags that seem to break often?* We'll put them out with the paper. Thanks for the suggestion. —Vicki.

*Stock "Trail Runner" magazine. I'd buy it.* Sorry, but we're about maxed out on the number of magazines we can carry. If we discontinue something in the future, we'll consider this magazine. —Carrie, Personal Care Manager

*Hooray for cheddar Bunnies! Thanks to Vicki for carrying items for all Co-op members, even us small ones who care about how cool things look! You're most welcome.* —Vicki.

*Why not sell some type of reusable spice jar along with bags?* You will find spice jars located on the shelves with the bulk teas. We carry a clamp lid spice jar and a shaker top spice jar. —Carrie.

*Hoo-Doo Valley Cheese Curds!! They're DaBomb! They are on their way. I miss them, too.* —Vicki.

*Carry at least around the holidays the Quorn turkeyroast. It's much better than Tofurky. We need variety.* I've had a lot of requests for this product so it's now in stock for the foreseeable future. —Vicki



## The Buy Line

by Vicki Reich

Why am I always surprised when a new year comes around? It always seems impossible that another year has gone by so quickly. Where does the time go? I realized today that this new year will be my ninth year at the Co-op. It seems like just yesterday I knew nothing about the Natural Foods industry and now I'm considered one of the old guard. I've learned a great deal during those years and one of the most important lessons is that things change and you have to be prepared to cope with those changes when they happen.

The lesson hit home just recently when Scott Meyer of BCR Beef told us that he was going out of business starting immediately. I, of course, panicked (this is an excellent coping skill I've developed over the years). What were we going to do? Where was I going to find "clean" local beef? Could I get it in the store fast enough? I loved knowing that the beef I was eating came from just over on Paradise Ridge. I didn't want any other kind. It couldn't be true (denial is also a well-honed coping skill of mine). I lived in denial for a day or two and then I got myself back together and called the one person I thought could help, Pam Clevenger at the Good Food Store in Missoula. The Good Food Store has very high standards for their meat department and they are relatively close to us. I thought if anyone would have leads on clean regional beef it would be Pam (besides I am always looking for an excuse to call and chat). I was correct in my assumption and she put me in touch with two regional suppliers.

The first person I contacted was Glenn Elzinga at Alderspring Ranch in Tendoy, Idaho. I immediately liked him and was very impressed with his ranch. Alderspring is a family-owned and operated ranch. The cattle are fed only on pasture. They are never finished on grain; this raises the levels of omega-3 fatty acids and CLA. They are as close to organic as you can get (and are working toward certification). Most importantly, Pam assured me the beef tastes amazing. Glenn is coming to Moscow sometime during the first week of January to bring our first order and sample his product and talk about his ranch. You can find out more

on his website <[www.alderspring.com](http://www.alderspring.com)>.

The second person I contacted was Will at Montana Natural Beef. This is a cooperative of family ranches in the Mission Valley of Montana. The beef is raised without hormones and antibiotics and with respect for the land it is raised on. The beef is finished on grain in a small feedlot. I liked what Will had to say about his company and I decided to carry their beef as well (to learn more about them check out <[www.montanaturalbeef.com](http://www.montanaturalbeef.com)>). The beef is less expensive than the Alderspring beef and not quite as high a quality, but I wanted to offer a choice to our customers.

I look forward to trying what both of these ranches have to offer. The selection will be a bit smaller than it was with BCR but I will make sure all your favorite cuts are stocked. However, please be patient as I work out the bugs of ordering beef from a greater distance than down the road.

Once again I have learned my lesson. Change happens and there's nothing I can do to stop it. The only thing to do is to remain calm and know that things always work out in the end.

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## Word of Mouth:

# Mayonnaise

by Vicki Reich

I got quite a wide range of reactions when I told people I was going to taste-test mayonnaise this month for my column. The most common response was "gross" followed closely by "glad I don't have to do it" and "how are you going to do that?" I was undaunted and knew that the brave women in the Hog Heaven Handspinners were up to the job (besides last month they got to pig out on chocolate, so they owed me one).

It wasn't as bad as everyone thought it would be. I bought a loaf of Country White bread from the bakery and cut it into small pieces to smear mayo on. We started with Veganaise which a lot of people thought tasted like Miracle Whip. It has a creamy smooth texture, a whitish color and almost no smell. It is tangy and, yes, you guessed it, mayonnaisey.

The second and third mayos were both Spectrum mayonnaises: organic canola mayo and omega-3 mayo. They are very similar in taste with an eggy flavor and a tangy, vinegary taste. They both have a nice yellow color. The omega-3 mayo is a slightly darker shade of yellow.

The fourth mayo was Nayonaise from Nasoya. It has a very tarter sauce-like flavor that is a bit sweet, like pickle relish. We decided it would be good on a burger or hot dog but maybe not on tuna (although I've been known to put relish in my tuna salad).

The fifth mayo was Spectrum Light Eggless Mayo. It has a gelatin-like consistency and a very vinegary flavor. It is the lowest calories of the group and would be good in a salad dressing or mixed into a salad, but might be too strong for some.

The last mayo was Follow Your Heart Grape Seed Oil Veganaise. This was our favorite. It's thick and creamy with a mild pleasant flavor. This would

be good to use on anything that called for mayonnaise.

Of course, the best mayonnaise I've ever had is fresh homemade mayo. If you have a blender, it's easy to make and then you can flavor it anyway you like. Here's an easy recipe:

- 2 organic egg yolks
- 1 cup organic extra virgin olive oil
- 2 Tbsp. organic lemon juice

Place egg yolks in a blender. Blend on high speed until the yolks are light and creamy. Very slowly pour one third of the oil into the egg yolks while still on high speed. Then add one third of the lemon juice. Alternate the two liquids while continuing to beat on high until they're gone. The mixture should be smooth and creamy or you've added the liquid too quickly.

Use this as a base and add all kinds of herbs and spices. Your imagination is the only limit. Fresh mayo will last a week in the fridge. Enjoy.



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Volunteer Profile:

## Bob Hoffmann

By Heidi Heffernan

Well, this month I have the pleasure of introducing you to Bob Hoffmann, Co-op Webmaster. In a nutshell, it's Bob's job to keep the Co-op website ([www.moscowfood.coop](http://www.moscowfood.coop)) updated as well as setup staff email accounts, and maintain an electronic bulletin board attached to our website. But he doesn't just post old newsletter articles; he's also responsible for looking at new technology offerings and deciding if those technologies are worth implementing on the Co-op site. Bob is proud of the Co-op's website, and rightly so. When he took it over it was only two pages big. Bob has turned it into a 100+ page site that is easily navigable and quite informative.

In real life, Bob works for WSU, serving as their web coordinator for Extension. Bob used the Co-op's website as an example of his work to land the job over there. In addition, Bob also serves on the Radio Free Moscow Board of Directors, where he has been working with others in the community to get our new community-supported radio station up and running. Radio Free Moscow (KRFP 92.5 FM) has a target date of May 1<sup>st</sup> 2004 to be up and running. As I write this, the organization is exploring studio space to have somewhere to broadcast from.

"That's a fun thing, it started as a brand new organization, before incorporation, now with non-profit status... we got our permit to construct from the FCC. The organization has just done a lot in its short life, but the ultimate goal will be realized on May first, when community groups and individuals can volunteer to come up and have their own radio show...spread their own message."

Bob maintains the membership database, keeping it updated, sending out renewal notices, solicitation letters, receipts and the like. He also helped arrange Radio Free Moscow receiving the Co-op's 2% Tuesday last May. If you would like to contribute to the Radio Free Moscow fund, visit the website at



[www.radiofreemoscow.org](http://www.radiofreemoscow.org) to access online contribution forms. The group has raised \$6000 of the projected \$25,000 budget

"We are well on the way but we also really need additional contributions to help make it work."

Student memberships are \$15, Regular Memberships are \$25, and "for the low, low price of \$100 you can become a founder."

"Media consolidation is just a horrific thing—it's getting to be that you have your choice of the American Pravdas. What we're trying to do is bring some choice to the airwaves. It's only locally. Hopefully some day we'll be streaming on the internet and all that good stuff."

Although there are other local issues Bob would like to be involved in these days, his available free hours have been seriously eaten up since last January 19 when his son, Oscar, arrived on the scene.

"I am always wishing I had more time for this and that, certainly including him."

Oscar's arrival is the newest chapter in one of my all-time favorite "How did you meet your partner?" stories. Bob, who originates from Medina, Ohio, was riding the Greyhound when he met Leanne Witzel in the Seattle bus station.

"We rode off through the night to

Spokane chattering the whole night long, swapped addresses, pen-palled for a year. I visited her and she visited me and then I moved out here and dated her for a while, married her, had a kid...and I have not regretted any of it for a moment! If she had lived in NYC it would have been a different story! Moscow is a great place. It's a great place if you're a young person wanting to have fun in a laid-back atmosphere. It's a great place if you're a parent wanting to raise your kid."

Once relocated in Moscow, becoming involved in the Co-op was easy to do. He was (and still is) a member of the Cleveland Food Co-op... eating and community-based living have always been part of his lifestyle. Plus it didn't hurt that the Co-op was the closest market to his first Moscow apartment—a three-minute walk! The story is that one day Vicki (Reich, Co-op buyer) was working the register and asked Bob what he did for a living. When Bob told her that he was a webmaster, she jumped on the chance and asked him to volunteer to take on the Co-op's webpage. Bob agreed and the result has been... Well, check it out yourself and decide. Remember: <[www.moscowfood.coop](http://www.moscowfood.coop)>.

*Heidi Heffernan lives in Moscow with her husband and daughter and already has one of her radio preset buttons tuned to 92.5 FM.*

## From the Board

by Al Pingree

After much deliberation, the Co-op's Board of Directors has voted to modify the ballot process of our Annual Election.

It has been decided that instead of mailing approximately 2500 ballots out at great expense and getting roughly 200 votes back, a voting place will be set up in the Co-op on a Saturday and a Tuesday from 8 a.m. to 8 p.m. for members to vote.

Final details will be published in the February issue of the Co-op Community News.

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## Co-op Business Partners: Mabbut & Mumford, Attorneys

By Sarah Walker

Cathy Mabbut and Mark Mumford opened their storefront attorney's office at 111 East First Street just six months ago, and Cathy says they love being downtown and having passersby stop in. Mark points out how the open design of their office contributes to a neighborhood feeling. "I have a hard time with attorneys being stuck in little back offices down the hall," he says. When you walk by you'll see their desks, "separated by a plant," as Mark puts it. It's a two-person office, and they take turns answering the phone. While I was there, it rang quite a lot, and invariably it was a call for the other one.

"This happens all the time," says Mark, rolling his eyes. But they prefer a small, 2-person office.

These two are about as far from the guys on the PBS show with the wigs ("Rumpole") that you can get. For one thing, they each have other, parallel careers. Cathy's an RN at Gritman's Emergency Room. Mark is an architect and teaches at WSU. Both waited till later in life to start law school—Cathy "waited till the kids grew up" to attend U of I, and Mark, well, Mark blames a 'streak of insanity' for subjecting himself to the rigors of the University of Utah law school when he was living in Salt Lake.

Since Mark is on the Co-op Board of Directors, he's already been interviewed for this newsletter (May 2003), so I won't repeat all the news about his family, his childhood in Poland, his teaching career at Iowa State, or his contributions to downtown revitalization (<http://www.moscowfood.coop/staff/mark.html>).

I could hardly keep up with all the things Cathy's done. She has a lot of energy!

"She has an amazing capacity to stay up late at night working on something, then come in here and be lucid for an entire day," Mark says admiringly. I found out that she was a full-time nursing student at Sacred Heart in Spokane while raising her family. Along the way she earned her Political Science degree, too. She is the type of person who steps up to fill



needs where she sees them, like the "Back to School Drive" to gather school gear for kids who need extra help. She serves meals on wheels. She's got a plan for a free health clinic program, and is organizing a grant for that.

The three of us shared our experiences with changing jobs in mid-life. They mentioned that entering the law later in life gives them a perspective that younger attorneys may not have. "We've been around the block," says Mark who went on to say they plan to do everything they can to remain a small and personal outfit.

Cathy feels that changing your life-pursuits gives you a fresh focus, adding that she loves a challenge, loves the unexpected. Both she and Mark like to make a contribution and help where they see a need. I asked Cathy how she chose her life-moves? She thought a moment, then said, "I listen," and I pictured Mabbut & Mumford watching our world through their big street windows and "listening" for what they can do to help us with our legal issues, or pitch in for Moscow's downtown and community.

Mabbut & Mumford offer a free initial consultation for Co-op members. They handle all sorts of cases especially family law, personal injury, estate planning, wills, and discrimination. You can even stop by and ask a question about something legal you've been wondering about. They are both licensed in Idaho. Mark is also licensed in Washington, and Cathy expects to take that bar exam soon. Visit the storefront at 111 East First Street (next to Mingles) or call (208) 883-4744.

*Sarah Walker did most of her junior-high homework while watching Perry Mason, Della Street, and Paul Drake.*

## Truth is Beauty:

## Customer Profile of Hunter Snevily

By Vic Getz

Hunter Snevily came into my life recently—by accident! Who could have predicted that one meeting could turn into what feels like being in love for the first time? Of course, let's face it, prediction is problematic under even the best of conditions. We may feel some assurance that the sun will come up tomorrow but, beyond that, what can we ever really know? Sometimes it's all just luck.

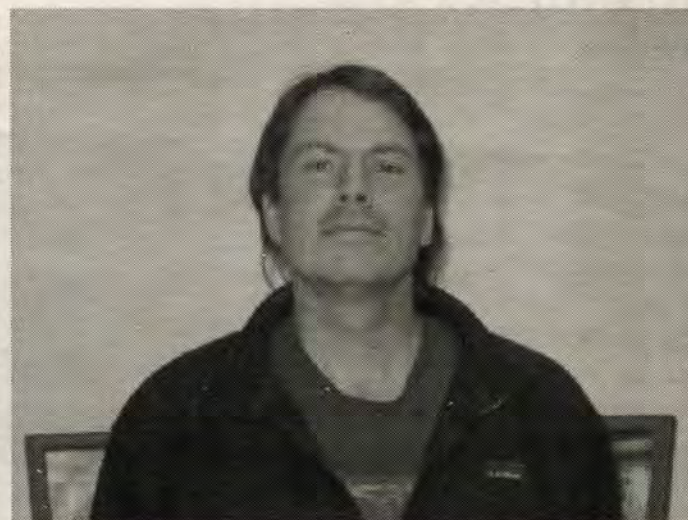
This is a sort of philosophical beginning to the customer profile column, particularly since this customer is a mathematician (professor, at the U of I) whose career has centered on things that are absolutely knowable. His focus in math isn't of a statistical or probabilistic nature but rather one of absolute truths. As a sociologist, it's hard for me to comprehend having certainty about anything. I mean, context is everything—isn't it?

Maybe not. Hunter spent 10 years working on a problem in something called 'extremal set theory' and finally achieved a proof that generalizes classical results that go back fifty years. I won't pretend to try to make sense of that but if you know the word *combinatorics*, maybe you can.

I wondered how being immersed in a discipline of certainty translates into life where certainty is so evasive. Hunter told me that he was intent on pursuing the problem because "it was beautiful; in an abstract way. The beauty becomes more real if proven true. It increases tenfold."

It was also a challenge, he said. And both of these things, beauty and challenge are central to his life. "Along with novelty," he added. (Can you see why I like this man so much? But I digress. Happily!)

To continue along these lines would be such fun for me but this is a column for the Newsletter, after all. How can I use the ideas of truth, beauty and challenge as a segue to something meaningful about the Co-op? It's a stretch, but he's a smart guy so I'll ask Hunter.



"Well, I shop at the Co-op because I'm lazy. I don't like the challenge of cooking. And I can't live on a diet of hamburgers and subs." About 50% of his meals come from the Co-op (talk about a good customer!) and he trusts that the food he and his son eat from there is healthy.

Predictably (!) Hunter shared a view of the Co-op that I've often encountered when interviewing for this column: It's a special place with special people.

"I like the people there," he said. "They're really polite and helpful. The deli is fantastic."

So, Hunter, why don't you like cooking? From my point of view, it embodies the themes you've talked about—beauty, truth, challenge and novelty. Personally, I love to cook. For me it's a creative endeavor. Clearly it's done with profound consciousness and love at the Co-op.

"There's a lack of permanence," he said. "If you prove a math theorem, it's there for eternity." He continued, "But, ephemeral things have beauty, too. A child's smile. A blossoming flower. I'm attracted to that kind of beauty. But, not cooking! A sink full of dirty dishes is not beautiful to me." Talk about certainty!

So it goes. Beauty comes in so many shapes and forms. A meal made with love and shared with friends. Mathematical proofs. A smile. The nature of the Co-op.

And that's the beauty of it. Ain't nothin' abstract about that!

*Vic Getz embraces the certainty that life is full of surprise and adventure—of the mind and now the heart. Her New Year's Resolution for 2004: Find joy, even though you have considered all the facts. (Wendell Berry paraphrased)*



## Staff Profile: Erin Palmer

By Carol Spurling

Erin, a full-time cashier who began her Co-op job in August of 2001, met me for our interview at the Co-op on her day off, right after her yoga class. She looked relaxed and clear-eyed, in the way of someone who takes good care of herself and has her life under control for the time being. Having seen her at the cash register many times, my hunch is that even when she's under stress, Erin always looks calm.

That quality will come in handy during the month of January, when rehearsals for the David Auburn drama "Proof" get underway. The play is scheduled to be staged by Moscow Community Theater in February at the Kenworthy Theater. Erin has been cast as the understudy for the lead female role.

"The character is the daughter of a brilliant but crazy mathematician. She's inherited some of her father's math genius and is worried about inheriting his craziness as well," Erin said, also noting that the play won a Pulitzer and also a Tony when it was on Broadway.

Erin performed in plays in junior high and high school, and took an acting class during her first semester at the University of Idaho. But then Erin settled down to more "serious" study in psychology and Spanish, graduating in May of 2003, and she hasn't had time for much fun work until now.

"I'm trying to do more creative stuff that I didn't have time for in school," Erin said. To that end, this past fall she joined a dozen women who worked chapter-by-chapter through *The Artist's Way* by Julia Cameron.

"It was good practice to get some writing done, and it really helped to do it in a group. We checked in every week with each other," Erin said.

Erin loves to make collages, and said that she's hoping for a keyboard for Christmas so she can play the piano again after letting it slide during college.

Erin grew up in Moscow, and lives with her boyfriend. Her mom and step-



dad are Co-op volunteers and members, and her dad and step-mom reside in Moscow as well.

She said she doesn't go out too much, but spends a lot of time with her boyfriend. They tend to rent a lot of movies, preferring "very high quality, and also foreign" films.

"The City of Lost Children" is one of my favorites," Erin said. "It's beautiful, haunting, and fascinating. You should see it."

Like many recent graduates, Erin's future plans are, as yet, unknown.

"I do want to go to grad school, but I'm not sure yet what I want to study," Erin said. "I used to think research psychology but that sounds a little dry to me now. I'm looking into art therapy. It sounds like an interesting field."

Erin hopes that her Spanish abilities can be incorporated into her career in some way. She became fluent when she lived in Ecuador for a year on a study abroad program, living with a family who sent their daughter to the University of Idaho at the same time in a direct cultural exchange.

Unfortunately, besides Spanish, Erin also picked up an amoebic infection, which she has been dealing with ever since in the form of food allergies. Erin has to avoid gluten, dairy, and soy, which makes eating a challenge at times. Working at the Co-op

has given her an informal education about supplements and food allergies, and the Co-op has been a good source of gluten-free recipes. She also appreciates the store's atmosphere.

"My co-workers are wonderful, and I don't think I'd be this happy if I was a cashier at Winco," Erin said.

Be sure to catch "Proof" in February, and when you see Erin around the Co-op, remember to wish her to "Break a leg!"

*Carol Spurling is a Moscow writer whose work currently appears in Brain, Child magazine.*



## Art at the Co-op

By Ryan Law

On January 9th, 2004, the Moscow Food Co-op will present the photography of Tia Mae Sonnenberg with an opening reception at 5:30 p.m. The show will run through January 30th.

Tia Sonnenberg is an undergraduate student at the University of Idaho. She has traveled extensively throughout South and Central America, taking photos of her travels. She is especially drawn to those images with a design and color element. Her work reflects her attempt to capture the essence of light and contrast in her subject matter. Please join us for an evening of celebrating her art.

In the month of January the Co-op will be gathering artwork donated by local artists in preparation for a Silent Auction. The auction proceeds will go to the North Idaho AIDS Coalition. If you wish to donate some of your own work, we ask that donated artwork not exceed 11x14", and work must be received at the Co-op no later than January 25th.

The Silent Auction will be held at the Co-op on February 14th, Valentine's Day. Please plan to attend this exciting event! For more information call Ryan at (208) 883-5344 or Stephanie at the Co-op, (208) 882-8537.

Looking down the calendar, March will be a busy month. We are planning two events. The first is an art show featuring the artistic talents of those hard-working Co-op employees. Come see what talented people work for and with you. For more information contact Ryan at (208) 883-5344.

The second event in March sponsored by the Moscow Food Co-op, in conjunction with local potters and students, will be a 'Bowls for the Hungry' day. On March 27th beautiful bowls donated by community artists and filled with soup from the Co-op will be sold to raise money to fight hunger. The festivities will be held at the 1912 Building. For more information contact Kenna at the Co-op.

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# Families

## Vaccinations and Hepatitis

by Lisa Cochran

One of the most hotly debated subjects for parents is vaccinations. Concerns over inconclusive or conflicting data, combined with a mistrust of government agencies have left many parents confused. Vaccinations include Diphtheria, Tetanus, Pertussis (DTaP), Haemophilus influenza type b (Hib), Measles, Mumps and Rubella (MMR), Meningococcal (Meningitis), Pneumococcal Conjugate Vaccine (PCV), Smallpox, Polio, and Varicella (chickenpox), Hepatitis A (HAV), and Hepatitis B (HBV).

Idaho is one state lagging in vaccination compliance in young children (give them 5 before age 2) and I strongly suggest that parents check out literature and websites to get informed in order to make choices about their children's health that will affect them now and in the future. Contact the Centers For Disease Control (CDC) at <[www.cdc.gov/](http://www.cdc.gov/)> (call 1-800-232-2522), and organizations such as the Immunization Action Coalition (IAC) at <[www.immunize.org](http://www.immunize.org/)> or <[www.immunizationnews.com](http://www.immunizationnews.com/)> just to name a few. You can also contact

your county health department or your family doctor for more information.

But I would like to focus the rest of this discussion to Hepatitis. Just recently we have seen the devastating effect of Hepatitis A in and around Pennsylvania. The deadly virus was thought to have arrived on shipments of green onions and may have infected over 600 people with at least 3 confirmed deaths. More than a dozen restaurants in several other states reported outbreaks that may have been linked to the same food product, being responsible for infecting 330 others.

Did you know that Idaho and Washington are considered high-risk Hepatitis A states? Several years ago an outbreak originating from an employee working in a Spokane restaurant had a huge impact on the area. I also remember reading of 700 Head Start children being exposed by shipments of imported strawberries in a nearby western state. Whereas people used to inoculate themselves and children for Hepatitis A if they

were planning to travel to exotic, high-risk countries, now the countries are coming to us in the form of a global economy and imported foods.

Hepatitis A is a serious disease that causes the liver to become inflamed. It is spread by close personal contact with an infected individual or by eating contaminated food or drinking water. Eating uncooked shellfish from contaminated waters can make you ill. Likewise, changing soiled diapers of an infected child and not washing your hands properly quickly transmits the disease. The virus can also spread by certain high-risk behaviors.

Although children may show no symptoms, adults experience flu-like symptoms, abdominal pain, diarrhea, yellowing skin and eyes and usually require hospitalization. Getting the vaccine is safer than getting the disease. Two doses at least 6 months apart will provide long-lasting immunity. If one has received a recent exposure to Hepatitis A, injections of Immune Globulin can provide temporary immunity for about 3-5 months.

Hepatitis B is similar to but more severe than Hepatitis A. Hepatitis B symptoms include loss of appetite and vomiting on top of fatigue and pain in the muscles, joints and abdomen, and can lead to permanent liver damage and/or death.

Hepatitis C is now being called the

"silent killer" because most people are unaware that they have it until it is too late. Hepatitis D and E have been identified but, as with Hepatitis C, there is no vaccine yet. More strains are expected to surface in the coming years.

Current estimates are that some 1.25 million people in the US are chronically infected with an estimated 80,000 new cases reported each year. About a third of those affected don't even know how they got it. Though approximately 95% of adults may recover from this disease, some 90% of young children who get the virus are unable to get rid of it and are chronically infected.

Because of the devastating effects of the virus on children and especially on newborns, many states have mandated Hepatitis B vaccinations to begin either at birth or very soon after, given in 3 doses spread out over several months. For older children, adolescents or adults, it is suggested that the 3 shots occur within 6 months of the first injection. All children under the age of 18 should be protected regardless; older people should do so if they are high risk for Hepatitis B.

Be proactive about Hepatitis. Visit the Hepatitis Foundation International website at <[www.hepfi.org](http://www.hepfi.org/)> or call them at 800-891-0707.

Lisa A. Cochran is a local resident living with her small child.

## Child-Friendly = Good Business

by Carol Spurling

A grocery store where I lived in Sitka, Alaska, a few years ago launched itself onto the cutting edge of smart business practices when they designated a few parking spaces up front for expectant mothers and mothers with small children. For a while I didn't qualify and didn't think much about it. Then, when pregnant, I huffily declared I didn't need anyone's extra help. By God, I could still walk! But six months later, about the time I was hoisting an 18-pound baby across the parking lot, I began to understand that these special parking spaces were a really, really good idea.

Soon after, I realized that the large public building where I spent my workdays greeting hordes of cruise ship tourists, many with toddlers and infants in tow, didn't have a single corner designated for nursing mothers, or even a diaper-changing table in the restrooms. No wonder so many moms and children looked cranky in that building. It was supposed to be the tourist welcome center. But how wel-

coming was it, if it didn't take into consideration such basic family needs?

Enter the Child-Friendly Initiative. This is a grassroots, non-profit organization dedicated to improving the lives of children. Their web site, <[www.childfriendly.org](http://www.childfriendly.org/)>, offers tips for business owners who are interested in increasing their revenues by becoming child-friendly and provides information kits for folks interested in starting their own local chapter of the organization. The organization will even award a 'Child-Friendly Seal of Approval' for businesses who meet some of the criteria.

Here is a short list of recommendations for businesses who wish to welcome families:

- 1) Staff regularly greet children and make an effort to help them feel welcome.
- 2) Special parking designated for new and expecting mothers.
- 3) Easy stroller access and/or stroller parking area provided.
- 4) Staff offer assistance to parents.
- 5) Provide a clean, quiet area to nurse or feed a hungry child.
- 6) Public restroom or private restroom made available to children.

7) Changing tables in both men's and women's restrooms.

8) Children's play area equipped with clean, safe toys and books.

More detailed recommendations for specialized businesses such as restaurants, government offices, and retail and service businesses are also listed on the website. The organization doesn't expect every business to be able to follow every recommendation, but simply to do what it can. Making any kind of an effort at all goes a long way.

The Moscow Food Co-op is one place I think qualifies as child-friendly, although it doesn't have the space to do everything suggested above. Certainly the two high chairs help, and the step stool in the restroom. Mostly, the welcoming attitude towards children shown by the staff makes it highly pleasurable for both me and my child to be there. One time, when my son bumped his head at the park, through his tears he cried, "I wanna go to the Co-op!" He knows where to go to feel good.

Several other businesses in Moscow and Pullman also make an effort to make children feel welcome, and

here are a few I know about personally: Rosauer's, Bucer's, Hodgins Drug, BookPeople, Wally's World, Daily Grind, Brused Books, Moscow Realty, Advantage America Mortgage, and Mikey's Gyros. There are others, too. Keep up the good work!

Parents do the most important work of all, raising our community's smallest citizens, and it is often very hard. Sometimes the smallest smidgen of kindness offered them will be enough to make their day: a smile, some crayons and paper for the kids, a drinking fountain with a step stool, a clean bathroom, a comfortable chair. Parents are often too tired or preoccupied to speak up on these issues themselves, and so far there's no Americans with Children Act to force businesses to comply, so let's take the child-friendly initiative ourselves.

I'd like to hear from other parents about local businesses they feel deserve to be commended for their family-friendliness. Where do you shop with your kids and why? Please get your suggestions to me at <[bookworm@moscow.com](mailto:bookworm@moscow.com)> by February 5.

Carol Spurling is a local mom and writer whose work currently appears in *Brain, Child* magazine.

## From the Cheese Department: Fondue and Melting Cheeses

By Amy Richard, Kitchen Manager

Whether you still own a fondue pot from the 60's or just got one for Christmas, the whole fondue scene is back! Fondue is fun and easy for parties, and try our new raclette for an intimate evening in front of the fire.

**Raclette** - Traditionally served melted in a raclette machine or on a stone in front of the fire. The word, *Raclette*, comes from the French *racler*, to "scrape" or "scrape off". This cheese is made in the mountains of Auvergne (France) from raw cow's milk. It is also splendid as a table cheese. Try it with beer, tea, kirsch, or a big red wine.

### Fireplace method:

You'll need a large flat clean stone and a fireplace. Light a good fire and as it dies down to glowing embers, place the raclette on the stone with the cut surface exposed to the heat. As the cheese melts, scrape it off on to a plate and serve at once with boiled potatoes in their skins, gherkins or cornichons, pickled onions and black pepper or warm crusty bread.

### Oven Method:

Trim rind off cheese and arrange on oven-proof dinner plate. Set plate in preheated 450-degree oven and heat cheese for a few minutes until thoroughly melted and practically liquid. Serve with above recommendations.

**Swiss Gruyere** (*grew-YAIR or gree-AIR*) - Imported from Switzerland and made from cow's milk. The flavor is assertive with hints of fruits and nuts. A basic ingredient in fondue, this cheese is also delicious melted on a hot, open-faced sandwich or sliced as a table cheese. Try this cheese with our Mission Hill Pinot Noir or Sanders Organic Pinot Noir.

**Cave Aged Emmental** (*EM-awn-TAHL*) - Made in Switzerland by Emmi, master cheesemakers since 1872. Made from cow's milk and aged at least 12 months in sandstone caves deep below Santenberg. Cave aging ensures a constant temperature and humidity all year 'round to produce a perfectly developed cheese. The taste is unique, nutty and full-flavored. Another great addition to your

fondue pot! Try it with our George Duboef Beaujolais (only \$9.99) or a light, fruity white like Camas Winery's White Riesling or Domestic Goddess.

### Cheese Fondu

(From Gourmet Magazine 1966 & 2001)

- 1 garlic clove, halved crosswise
- 1 1/2 cups dry white wine
- 1 Tbsp cornstarch
- 2 tsp kirsch
- 1/2 lb Emmental cheese, coarsely grated (2 cups)
- 1/2 lb Gruyere cheese, coarsely grated (2 cups)

Accompaniment: cubes of French bread on fondue forks or long wooden skewers

Special Equipment: a fondue pot

Rub the inside of a 4-quart heavy pot with cut sides of garlic, then discard garlic. Add wine to the pot and bring just to a simmer over moderate heat.

Stir together cornstarch and kirsch in a cup.

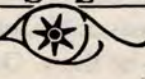
Gradually add cheese to pot and cook, stirring constantly in a zigzag pattern (not in a circular motion) to prevent cheese from balling up, until cheese is just melted and creamy (do not let boil).

Stir cornstarch mixture again and stir into fondue. Bring fondue to a simmer and cook, stirring, until thickened, 5 to 8 minutes.

Transfer to a fondue pot set over a flame and serve with bread for dipping.

Makes 6 servings.

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## Chestnuts for the New Year

By Jackie Miyasaka

Happy New Year! The New Year in Japan is a solemn yet joyous holiday spent primarily with family, and it is regarded as an opportunity for a fresh start. The New Year is a three-day celebration that used to take place according to the lunar calendar. However, since the adoption of the Gregorian (solar) calendar by government decree in 1872, it has been celebrated from January 1 through 3. It is considered the most important holiday of the year.

On New Year's morning and for the first three days of the New Year, people start the day with a ceremonial cup of saké flavored with medicinal herbs and eat *osechi-ryori* (Japanese New Year's cuisine). Originally, the term *osechi-ryori* referred to the meal served at *sechie*—banquets held by the imperial court during the Heian period (794-1185) to celebrate the transition from one season to the next. The custom of preparing *osechi-ryori* specifically for New Year's began when these foods were offered to the *toshigami* (literally "year god"), the deity believed to pay an annual visit to people's homes on New Year's Day. The dishes were to be prepared before the New Year, when the *toshigami* descended to the mortal world. Since then, the custom of making *osechi-ryori* in advance evolved as a way to give family cooks a break during the holidays, though it does require a week's worth of labor-intensive preparation before the holidays. Nowadays, in fact, many families order *osechi-ryori* from restaurants and supermarkets for delivery on New Year's morning.

Typically, *osechi-ryori* contains 20 to 30 items of food elaborately arranged in a three-tiered set of lacquered boxes. The menu varies by region, but common traditional favorites include *kuromame* (boiled, black soybeans), *kazunoko* (salted herring roe), and *kuri kinton* (mashed sweet potatoes with chestnuts). Dishes like *namasu* (julienne carrot and white radish marinated in sweetened vinegar) lend color to the assortment. Many of the foods carry symbolism appropriate to the New Year. For example, the soybeans represent a prayer for the ability to work hard,

while the herring roe represents a wish for many progeny.

The following recipe uses chestnuts and might be found among the many *osechi-ryori* items.

### Simmered Chestnuts with Chicken

- 1 lb. chestnuts
- 1/2 lb. boneless chicken
- 1 can sliced water chestnuts
- 4 Tbsp. sugar
- 2 Tbsp. saké (Japanese rice wine)
- 3 Tbsp. soy sauce
- 1 Tbsp. vegetable oil

Peel the chestnuts. Cut the chicken into bite sized pieces. Drain the water chestnuts. Heat oil in a pot, and sauté the chestnuts, chicken, and water chestnuts together. Add just enough water to cover the ingredients, and bring to the boil. Add sugar and saké, and simmer over low heat 10 minutes. Add soy sauce, and continue simmering until only one-third of the liquid remains.

If possible, set it aside to cool for an hour or two so that the flavors have a chance to soak in. It can be reheated and served hot, or it can be served after it has cooled, but not cold as in refrigerated. Serve as a side dish with rice.

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

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# Celery: Stalking The Root

By Judy Sobeloff

I admit I was drawn to celery root solely because of its looks: it's really ugly. It looks like a bumpy, mossy brown head with sprouts and digits growing out of the top. Frightened, I asked Stacey, assistant produce manager at the Co-op, what it was.

"No one ever buys any," she said.

"Maybe I can help," I said, scooping up the homely root.

I dreaded my encounter with celery root even more when I realized it's also known as celeriac, a word that to me has always sounded medicinal, and like "maniac." Its other aliases include celery knob, turnip rooted celery, and soup celery. Hadn't I seen its photo up on the wall at the post office?

I did discover, after extensive research, that celery root/celeriac is not simply the root of the regular celery we're used to—although celeriac does have stalks similar to regular celery, celeriac is a related but distinct plant. To add to the possible celery identity confusion, the celery root we use today is not even the root of the celery root plant; instead, Clifford A. Wright writes in *Mediterranean Vegetables*, "the lowest part of the stem, or corm, has been developed by growers over time into a swollen state." Historically, Wright notes, "celery root was a popular vegetable in Egypt in the Middle Ages and was introduced to England in the mid-eighteenth century from Alexandria, Egypt."

As celery root is not only ugly but also expensive, my main question in cooking with it became: Why? Stacey demonstrated for me at the Co-op that when cut open, it smells really good, like, well, celery. Deborah Madison, in *Vegetarian Cooking for Everyone*, describes celery root as having "lots of character and a bracingly clean flavor—like celery, only deeper and softer." Apparently it's often used in salads. Tasting it raw, Fred said, "If you like celery, you'll like this better." The French, I read, are gaga about celery root, using it, in particular, in remoulade sauce.

For my first dish I boiled the celeriac to add it to celeriac-potato puree. Recipe author Mark Bittman cautions that "celeriace must be peeled before using; use a sharp knife rather than a vegetable peeler, and acknowledge from the outset that you will lose a good portion of the flesh." Although the boiled celeriac now looked to me like benign white rectangles, Jonna, age two, threw hers on the floor without trying it. Fred thought it looked "severe" but had a "delicate taste. It's

celery in potato form, celery without the strings. I really like it." Even though I boiled it until it seemed soft, I still found it impossible to mash with a fork and instead ended up chopping it with a knife. I found the celeriac-potato puree tasty, but the celery flavor seemed slightly out of place to me—apart from the nutritional benefits of adding celery, I would have preferred regular mashed potatoes.

Step two involved an easy transformation of the celeriac-potato puree into croquettes. These I found incredibly good, and here every flavor, even the celery root, seemed to belong. Nonetheless, Jonna refused even to taste the "pancake," instead helping herself to every leaf of spinach in my salad bowl. When the croquettes returned cold for lunch the following day, she took a tiny bite and said clearly, "I don't like it."

For the finale, I grated celery root into a wild rice dish, omitting a béchamel cream sauce because the recipe already called for two kinds of cheese. At last, a celery root dish that Jonna, Fred, and I all liked a lot.

## Celeriac And Potato Puree

(adapted from *How to Cook Everything*)

- 1 pound celeriac
- 1 pound baking potatoes, such as Idaho or Russet, peeled
- Salt
- 3 Tbsp. butter
- 1/2 cup milk or cream, warmed
- Freshly ground black pepper to taste
- Minced fresh parsley leaves for garnish

1. Cut the celeriac and potatoes into roughly equal-sized pieces, 1 or 2 inches in diameter. Boil in water with handful of salt until both potatoes and celeriac are tender, about 15 minutes.

2. Drain the vegetables. Run through a food mill or mash with a large fork or potato masher. Add the butter and, gradually, the milk, beating with a wooden spoon. Season with salt and pepper.

## Celeriac-Potato

### Croquettes

(adapted from *How to Cook Everything*)

- Celeriac-potato puree (from recipe above)
- 2 eggs
- Pinch freshly grated nutmeg (optional)

2 Tbsp. minced fresh parsley, plus more for garnish

1/2 cup freshly grated Parmesan cheese

Salt and freshly ground black pepper to taste

Flour as needed

Olive oil or butter as needed

Plain bread crumbs for dredging (optional)

1. Combine the celeriac-potato puree, eggs, optional nutmeg, parsley, Parmesan, salt, and pepper. Add enough flour (you may not need any) to allow the potatoes to hold their shape. Mold into patties. If time allows, refrigerate for 1 hour.

2. Cover with optional bread crumbs and cook in hot oil or melted butter in large, deep skillet on medium high until brown on one side, about 5 minutes. Turn and brown the other side. Garnish and serve hot or at room temperature.

## Wild Rice And Celery

### Root Gratin

(Adapted from *Vegetarian Cooking for Everyone*)

- 1 Tbsp. butter
- 1 small celery root, peeled and grated
- Juice of 1 lemon
- 1 garlic clove, minced
- 2 Tbsp. chopped parsley, plus extra for garnish
- Salt and freshly milled pepper
- 3 cups cooked wild rice
- 1/2 cup grated Gruyère
- 1/4 cup freshly grated Parmesan

Preheat the oven to 400°F. Lightly butter or oil a baking dish. Melt the butter in a medium skillet over medium heat. Add the celery root with the lemon juice, garlic, and 2 Tbsp. parsley and cook until tender, about 5 to 7 minutes. Season with salt and pepper to taste. Combine the cooked wild rice, celery root, and cheeses. Turn into the dish and bake 25 minutes. Sprinkle with chopped parsley and serve.

## REFERENCES

Bittman, Mark. *How to Cook Everything*. New York: Macmillan, 1998.

Madison, Deborah. *Vegetarian Cooking for Everyone*. New York: Broadway Books, 1997.

Wright, Clifford A. *Mediterranean Vegetables*. Boston: Harvard Common Press, 2001.

*Judy Sobeloff believes in trying new things, but not all the time.*



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# Even Cookbooks Tell A Story

by Jen Hirt

In each of my cookbooks, there is one recipe page that is a mess. Spilled water has crinkled pages. Dried butter clots in the binding. Sometimes I'll identify a fossilized shred of coconut, pressed to perfection between pages 234 and 235. Crumbs abound, and what's my excuse for the intolerable condition of such beloved books? Favorite recipes.

In addition to having page-worn favorites, I have the bad tendency of measuring ingredients directly over the recipes, dripping honey and scattering sugar and clumping cast-off flour directly onto the pages. I cook as if the words in the recipes need to know what their counterparts actually are, as if the 1/4 teaspoon of black pepper written on the page would be better off if I spilled black pepper on it.

The result of all this is that the condition of pages 68-69 in my *Kitchen Secrets* book, tantalizingly titled "Perfect Muffins," would best be described as *very messy*. My only saving grace is that I'm a few muffin batches away from having the recipe memorized.

I've seen many a friend use those clear cookbook holders that prop up the book and shield it from the chaos of the kitchen. Each page remains bookstore clear. I thought about getting one of those once. Then I thought better. I want my cookbooks to look used. Let the flour and sugar and salt be bookmarks.

The following recipe is top-notch. Substitute organic ingredients as you wish, and I highly recommend experimenting with different frozen and fresh fruit, as well as using flavored soy milk instead of plain old milk. The combinations are endless.

## Breakfast Muffins

From *Kitchen Secrets*

2 cups unsifted flour  
1/2 cup brown sugar

2 1/2 tsp. baking powder  
1/2 tsp. baking soda  
1/2 tsp. salt  
1/4 tsp. ground allspice  
dash of black pepper  
1 1/4 cups buttermilk, regular milk, or soy milk  
1/4 cup butter or margarine, melted  
1 egg separated  
1 tsp. grated lemon zest  
1 cup fresh or frozen fruit – berries or bananas won't fail you

Preheat the oven to 400. Prepare a 12-muffin tin.

Whisk together all the dry ingredients in a large bowl and set aside.

Separate the egg, putting the egg white in a small bowl for later.

Whisk together all the other wet ingredients in a medium bowl, except the fruit.

Beat the egg white until it turns white and foamy. This action suffuses it with air bubbles which will keep the berries or bananas from sinking to the bottoms of the muffins.

Make a well in the dry ingredients. Stir in the liquid ingredients until everything is just barely combined. Over-stirring spells doom for muffins—they can get tough.

Fold in the beaten egg white and the fruit. Again, resist the temptation to stir too much.

Spoon the mix evenly into the 12 cups on the muffin tin. Bake 20 minutes, or until a toothpick jabbed down the center comes out clean (unlike my cookbook). Cool in the pan on a rack for ten minutes, then enjoy.

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

# Two-Percent Tuesdays: Orphan Acres

By Janice Willard DVM

Orphan Acres, an animal rehabilitation center near Viola, Idaho, is the recipient of the funds from 2% of the sales on Tuesdays at the Co-op this month. We're pleased to be awarded Co-op's latest 2% Tuesday grant.

It was a crisp, Fall day when I went to see the newest arrival at Orphan Acres farm. Ruth, a small, blond burro accepted my offers to scratch her back and admire her long ears. Only when she walked did I notice something wrong.

"That is because her hooves were over a foot long when she came here," said Brent Glover, owner of Orphan Acres (<http://community.palouse.net/orphanacres>). "She has to re-learn how to walk."

People rarely set out to deliberately neglect or abuse horses. And yet, when I walk with Glover around Orphan Acres, I see stories of misery all around. I see animals who had no hope before they were rescued and sent to his farm for recovery and re-homing.

If you think that only poor quality or worthless horses end up needing help, Blue Magoo's story could dissuade you of that notion. When I first saw him at Orphan Acres, he was little more than white horsehide stretched over bones, too weak to even swish his tail at the flies. But I had actually seen him before, in a Hollywood movie with a movie star on his back. He was a million-dollar horse before he fell into the wrong hands where he was neglected and starved. If this could happen to him, it could happen to any horse. (Check the website to see Blue Magoo now—or come visit him)!

Some abuse is deliberate and horse rescuers can tell you tales that would curdle your blood. "I would love to put money into better facilities, says Glover, "but most of my budget is spent on feed, maintenance of existing facilities, medicine, and supplements."

Human civilization was founded on the backs of horses. For thousands of years, they helped us build cities, plowed our fields and carried us to distant locations. Our very concept of power was based on horses: horsepower. And yet, with all that

horses have given us, we have never built a concept of stewardship with them as we have done with other partner animals like the dog and cat. When you bring a puppy into your home, you know that you are responsible for that animal for its life—and if you can't care for it, you find someone responsible who can. But the horse, after giving so much even now to humanity, is often not afforded the same consideration. Thus the need for places like Orphan Acres.

Orphan Acres is an equine and wildlife rehabilitation center and sanctuary that works hand-in-hand with the Idaho and US departments of Fish and Game as well as both universities, local veterinarians, humane societies and brand inspectors. Their purpose is to educate people in the proper care of both wildlife and horses. All wildlife are eventually returned to the wild and they strive to find good homes for all our equine charges. They give life-long sanctuary to those who can not be rehomed.

Orphan Acres appreciates that the Co-op, whose customers include so many who love nature, has designated this month's grant to them. Through your support of the Co-op, your decision to buy at the Co-op will also help Orphan Acres care for these neglected and abused horses and wildlife who have made it to this refuge of last hope. And please also consider becoming a volunteer and donating your time to Orphan Acres. You do \*not\* need to have any horse experience to be a volunteer: there is plenty of work that needs to be done and whatever your skills, they can find a way to use them. You need only come with open hands and a willing heart. And you will learn much while you are here. Orphan Acres welcomes you with open barns.

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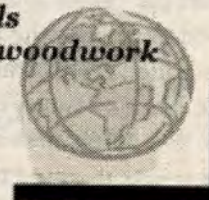
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# Reviews

## Book Review:

### Why I Am a Catholic

By Garry Wills  
Reviewed by Julie R. Monroe

I confess. I did not read every page of Garry Wills' book, *Why I Am a Catholic*. Wills is one of the nation's leading intellectuals, and I am not—to paraphrase an old Chevy Chase *Saturday Night Live* routine. As with the only other Wills book I've read, *Nixon Agonistes*, I took what I could and am better for it. While none of my friends or colleagues who know I am a practicing Roman Catholic have asked me why I am a Catholic, it is a question I have asked myself. In this book, Wills answers this very personal question through a combination of personal history and superior scholarship.

*Why I Am a Catholic* is divided into five sections: Born Catholic, Church without Papal Primacy, Forms of Papal Primacy, The Vatican II Church, and The Creed. Personally, I found the third section, Forms of Papal Primacy, most difficult. It is an abridged history of the papacy from the beginning to the present, and while Wills' learnedness is extremely impressive, my interest simply flagged as he progressed through the centuries. This is not to say that I did not discern that this section is extremely effective toward his point that "support of the papacy is possible for the conscientious only if certain things are recognized," namely that both the papacy and the church itself are "deeply flawed" institutions; that there have been many papacies; that one is obliged to differ from the papacy; and that the papacy, like the church, changes, just to name a few. (p.282)

For me, the most readable section was that devoted to Wills' personal history as a "cradle Catholic" who nearly became a priest. He evokes the period of his childhood and youth with precise and smooth prose that reads like a novel. But the section that made the biggest impression on me as a conscientious Catholic was that devoted to the Apostle's Creed, which he describes as the church's "core of beliefs, always affirmed." (p. 295)

Church teaching on such matters as contraception or the ordination of

women is not "in the same sense that the creed is" church teaching, he argues, adding, "I find it odd that some Catholics treat peripheral things as if they were more important than the essential truths. They do not ask me if I believe in the divinity of Christ, but if I believe the pope when he says priests cannot be married." (p.296) For Wills, the creed is the "church's central message, against which the importance of other things is measured." (p.296) Wills, therefore, concludes *Why I Am a Catholic* with an explanation of what the creed means to him personally, "and how others have helped me to accept it in that meaning." (p.297)

In this section, Wills examines each clause of the creed, confidently blending its doctrinal basis with the arguments of Catholic theologians who helped shaped, if not the truth of the creed, then certainly the truth of Wills' profession of it. It is a succinct section that ends with an examination of the Lord's Prayer, which is as significant to Wills' belief as is the creed, largely because it conveys the eschatology of his faith in which "eternity is continually intersecting—literally, cutting across—time. We are created now, at every now. Christ comes now; the Incarnation is now. The great judgment is now...That is the good news Jesus came to bring. Believing it is what makes me a Catholic." (p.339)

*Why I Am a Catholic* is available from the Latah County Library District, and at BookPeople in Moscow.

*Julie R. Monroe, an independent historian, writer, and editor also works as a Technical Services Assistant at the University of Idaho Law Library, and is a member of Moscow's St. Mary's parish.*

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## Book Review: Saying Yes

By Jacob Sullum  
Reviewed by Bill London

In the 1930's, marijuana was outlawed because anti-drug crusaders convinced legislators that smoking pot changed normal folks into homicidal maniacs. In the anti-drug crusade of the 1960's, marijuana was blamed instead for changing normal folks into lazy, immoral weaklings. By the 1980's, marijuana was just another illicit drug, a first step that lead inevitably to brain-scrambling.

Which version of marijuana's powers is correct? If you read Jacob Sullum's book, "Saying Yes," you'll learn that the answer is none of the above.

The book is a reasoned and reasonable discussion of the hypocrisy and irrationality of America's War on Drugs. Instead of focusing on the billions of dollars wasted in the drug war, or the thousands of young lives shattered by imprisonment through drug convictions, Sullum looks at the philosophical underpinnings of the modern crackdown on illegal drugs like marijuana, cocaine and heroin. And he asks "why?"

For example, why do the drug warriors assume that Americans can't use the illegal drugs responsibly? Sullum lists page upon page of statistics and studies showing that alcohol, nicotine, and caffeine are more harmful to both the user and the society, but their continuing legality is based upon what is assumed to be "responsible personal use." Then he shows with more studies that the great majority of users of illegal drugs today are quite able to use those drugs responsibly.

If you want to step behind the double standards that decide which intoxicants are OK and which are not, this is a good place to start.

"Saying Yes" is available at the Moscow's public library or at BookPeople in Moscow.

## Calling All Local Artists!!

By Stephanie Wade

You have one month to complete or submit an existing work for the 'Valentines for AIDS' fund-raising auction being held at the Co-op on February 14, 2004. All proceeds from this event will be donated to the North Idaho AIDS Coalition (NIAC).


NIAC is the only community-based AIDS service still existing in Idaho and has been providing services to HIV-infected clients in northern Idaho and eastern Washington since 1989. NIAC serves the community with education and awareness programs, counseling services for HIV-positive individuals and their families, as well as financial assistance for those who need it. In addition, NIAC helps people with housing issues and also advocates prevention education and provides funding and services for testing. To find out more about NIAC, visit their web site at [niac@icehouse.net](mailto:niac@icehouse.net) or [www.nicon.org/niac](http://www.nicon.org/niac)

The 'Valentines for AIDS' exhibit and auction will feature work from local artists. We are asking artists to donate a piece of work, in any medium, that is no larger than 11x14".

The artwork will be displayed at the Co-op throughout the month of February, with a reception and silent auction taking place on February 14<sup>th</sup> from 5 to 7 p.m. The Co-op will provide hors d'oeuvres and music. So grab your sweetie and start your valentine's date off at the Co-op to view artwork from the community that was created for the cause of humanity.

The deadline for submitting work is the week of January 31, 2004. Pieces can be brought to the Co-op, attention Stephanie or Kenna. The work should have an underlying theme of compassion and love—not necessarily "hearts-and-flowers love" but just something that alludes to the feeling. Please include a title card with the work that has your name, title of the work, and medium.

You have one month to complete your pieces and we look forward to having them. We'd like to thank you in advance for taking the time to make this event a success. Questions can be directed to Stephanie by email at: [kitchen@moscowfood.coop](mailto:kitchen@moscowfood.coop) or by phone at (208) 882- 8537.



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# Gardening

## Really Fast-Growing Trees

By Patricia Diaz

I've been asked a lot lately which trees would be good for planting not only as windbreaks, but as screens against a less-than-desirable view. With several housing developments going up, some people are finding that the view they thought they would have, all of a sudden is going to contain other houses! Others have bought or built and discovered that the wind really blows at them and they need screening against it.

Most of the fastest growing trees are deciduous, which usually means that you'll have to rake leaves. There are a couple of evergreens that are fairly fast growing and these are great because they don't shed leaves, but for the most rapid growth, deciduous is usually the way to go.

Most trees grow fastest when they're young and slow down as they grow older. Planting time for our area is best in the early spring after the ground thaws. You can buy bare-root stock then too, and these trees are cheaper and will adapt faster to the native soil. The rest of the year nurseries offer container-grown trees or balled-and-burlapped ones.

Let's discuss some of these speedy trees that are good for our area:

### DECIDUOUS

The 'Accolade' elm (*Ulmus x 'Accolade'*) has shiny, dark leaves and grows three feet per year. It is resistant to Dutch elm disease and elm scale. It grows to 70' tall and 45' wide.

Catalpa (*C. speciosa*) trees have white, trumpet-shaped flowers that bloom in late spring and summer along with big, heart-shaped leaves. It does have brittle wood and aggressive roots so you'll need to watch for that. It grows to 20-40' high and 15-25' wide.

The green ash tree (*Fraxinus pennsylvanica*) is a good choice and the best varieties for our area are 'Marshall,' 'Patmore,' and 'Prairie Spire.' A very good shade tree with beautiful yellow or bronze fall color, it will need regular watering.

The honey locust (*Gleditsia triacanthos*) is another good choice for our area and has beautiful fernlike foliage. The trunk is thorny, however, and the seedpods are messy. 'Skyline' has a great pyramidal shape while the 'Shademaster' is more upright. Both

of them grow 3-4' per year.

The *Populus* family of trees is well-known for its rapid growth, toughness, and low maintenance. They grow best where there are cold winters and hot summers. The big caution for these trees, however, is that you MUST NOT plant these near pavement, sewer lines, septic tanks, or leach lines. The roots are invasive and these trees produce suckers. But for rapid growth, it's hard to beat their speed. The plains cottonwood (*Populus sargentii*) grows three feet per year and is pyramidal in shape when young, then rounds with age. It will eventually grow to 80' tall and 50-60' feet wide. The white poplar (*Populus alba*) grows speedily to 40-60' and is

broad and wide-spreading. It has beautiful flickering leaves and tolerates a wide range of soils. If you're planting this one as a windbreak, the profuse suckers will be a definite advantage, filling everything in. The Bolleana poplar (*P.a. 'Pyramidalis'*) also suckers freely and, therefore, is great for windbreaks or sun screens. One of the cottonwood varieties, Balm-of-Gilead, can be obtained in seedless hybrid form and therefore doesn't blow "cotton" everywhere. These two are 'Idahoensis' ('Idaho Hybrid') and 'Mojave Hybrid'. They grow to 30-60' and are broad-topped.

### EVERGREENS

Probably the two fastest-growing evergreen trees suitable for our area are the Norway Spruce and the Western White Pine. The Norway Spruce grows fast to 100-150' and has stiff, deep green needles. It is extremely hardy and wind resistant. The Western White Pine has been decimated in many northwestern forests by the

white pine blister rust. It grows rapidly at first then slows to moderate growth, eventually reaching about 60 feet.



SPRUCE

It is very hardy and has blue-green needles and light brown, slender cones.

I hope that these ideas have helped some of you in your planning of windbreaks and visual screens. You can also contact your local nursery and either of the two university extension offices for further suggestions.

*Pat Diaz is enjoying the nice, warm, wood stove while dreaming of next year's landscaping ideas and the delicious garden harvest.*

## Course in Farm Entrepreneurship

by Theresa Beaver

Are you interested in starting a small farm or ranch business, but don't know how to get started? NxLevel's Agricultural Entrepreneurship – Tilling the Soil of Opportunity may be the class for you. This course, offered on the University of Idaho campus, is open to students from both UI and WSU. It is also open to community members for continuing education units. The class value is \$240, but costs only \$120 with available scholarships for community members.

The focus of the class will be agricultural enterprises, but the small business management principles will apply to any type of enterprise. All aspect of business planning, marketing, finances, and legal issues will be covered. Writing a business plan will be accomplished through a series of manageable steps.

The instructor, Stephanie Wagner, is a consultant with the Small Business Development Center in Lewiston. In addition to class time, Stephanie will be available for personal business consulting.

Students will also gain insight from guest speakers who are small business owners, economic advisors, bank representatives, accountants, and small acreage farmers.

This course will change the way you look at business and give you the confidence to pursue your dream business.

For more information, or to reserve your seat in the course, contact Theresa Beaver at 885-7787 or <tbeaver@uidaho.edu>.

*Theresa Beaver is a member of the Co-op Board of Directors and remains committed to sustainable agriculture.*

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](http://www.moscowfood.coop) or call 208-882-8537 for more information.

# Seeds for the Midweek Grower's Market

By Eva Jo Hallvik, LMP

Remember it is always gardening time, even here in the wintry northwest. While gazing upon the blank-ish landscape, gardeners engage a rather large portion of their mind imagining their lives and environments filled with green leaves of various shapes and sizes, and splashes of flowery color and aroma buzzing alive. The gardener's mind-seed is gestating activity and intention for sustaining full bellies and healthy bodies.

As the days are subtly growing longer there is no time to waste in gathering seed catalogs and making wish lists for the growing months. Flipping through the pages of *Seed Savers Exchange* catalog will entice even the novice. On page 65 I daydream with the "Vigna caracalla, or the Snail Flower, grown by Thomas Jefferson at Monticello. Beautiful pale-purple flowers with cream and yellow markings, extremely fragrant. Discovered in Caracas, Venezuela. Vines in tropical regions can reach 20'. Can be successfully grown in pots....Tender shrub grown as a perennial in the South and an annual in the North. Packet (5 seeds) \$5.00, 50 seeds \$40.00, 100 seeds \$64.00, 250 seeds \$127." So, let's see, if I were to grow these scrumptious vines and sell the flowers at the Midweek Grower's Market I might want to charge enough to cover that cost of Mr. Jefferson's fragrant shrub of Monticello. Or I might want to travel to Caracas, Venezuela, and soak up the warmth and richness of the motherland of this fragrant gem. And what else did Thomas Jefferson grow in Monticello?

Other great seed catalogs are the *Vermont Bean Seed*, *Pine Tree*, and *Abundant Life*. The *Pine Tree* is good because they offer smaller packages of seeds. It is nice to be able to buy smaller amounts of things if it is a new variety to be tried. Often after the first run through the catalogs and listing only 'almost' everything that looks good, the sum total can reach past a thousand dollars. Wow, but worth it; maybe instead of buying 100 seeds of the snail flower, the 50-seed packet might be enough to start out with this year. So then I can try the Ukrainian Heirloom tomato from the *Seed Savers Exchange* catalog, available at <www.seedsavers.org> or by calling (563) 382-5900.

Or maybe, instead of ordering from catalogs, you saved your own seeds. Sharon Sullivan told me how

happy she was to have saved the seeds from her pie pumpkins: the copper salmon pumpkins that she bought from Affinity Farm, a steady mainstay at the Midweek Growers Market. The pumpkins were beautiful, with salmon-colored meat.

Sharon also told me about another seed that she was recently gifted from George Wray, a local artist who, we suspect, lived another, more-adventurous life before coming to Moscow. The seed, Sharon described, is "double the size of a lima bean, black and shiny enamel-ly. There is a bevel down the middle between the two halves; it is a dicot. We don't know what it is going to grow. It's a big seed, from Borneo or somewhere," she said with interest.

Amazed at what I thought she said, I asked "From where?"

And she repeated "Borneo" but was unsure, guessing that Mr. Wray may have been in the military, or a sailor of some sort, and the seed could have been from any number of places that he may have docked.

Seeds travel in many ways—another beautiful thing to contemplate while planning this year's garden.

If you would like to be involved with the Midweek Grower's Market, contact volunteers Eva Jo Hallvik at (208) 301-2246, or Kathi Colen Peck at (509) 332-8009. Or just come into the Co-op, ask, and you shall receive.

*Eva Jo Hallvik, LMP, is a local body worker who knows that we all came from a seed and often wonders how much of the travels before she sprouted affect the fruits she bears.*

## Reuse Those Shoes

By Andy Boyd

Have you seen the green can outside the Moscow Food Co-op? If you haven't, take a look. Hopefully it is filling up with old athletic shoes. This can is for the Nike Reuse-A-Shoe program that Moscow Recycling is running in collaboration with WSU and is sponsored by Nike and the National Recycling Coalition (NRC). If you have old athletic shoes that have been replaced over the holidays, bring them down to the Co-op!

This program takes athletic shoes of every brand, size and color and turns them into Nike Grind. This unique ground-up material is then used to re-surface athletic fields, courts, tracks, playgrounds and even Martin Stadium. Since the program began in 1993, some 15 million pairs of shoes have been recycled!

So think of this as one more way to increase your recycling efforts. Who knew that your old sneakers could be ground up and used to make athletic surfaces? Further, this program is a great example of waste diversion from our landfills.

There is also the potential that Latah County and the other collaborators in our region could win a \$25,000 grant from Nike and the NRC for a community project. All the communities across the country that are participating in the Reuse-A-Shoe program are eligible. The grant goes towards a Nike Grind surface made from recycled athletic shoes.

The collection bin will be available through Earth Day. Please be sure to

drop off athletic shoes that meet the following requirements:

No shoes with metal eyelets, cleats or spikes

No thongs, sandals, pumps, dress shoes or boots

No shoes in plastic bags or tied together

No kids' shoes with blinking lights

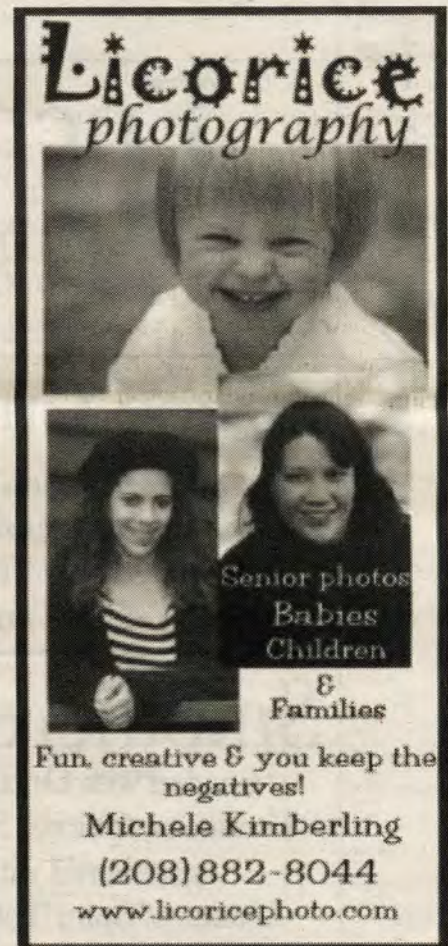
So round up those athletic shoes and give them a second life!

*Andy Boyd directs the Moscow Recycling Center and the recycling program of the Moscow Renaissance Fair*

### Reuse-A-Shoe Trivia:

How many athletic shoes does it take to make a basketball court?

Approximately 3,000 (That's more than a half mile's worth!)



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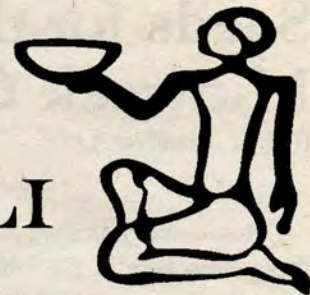
Michele Kimberling  
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# JANUARY MENU



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## MOSCOW FOOD CO-OP DELI

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

Brunch

Savory Bread Pudding

Sundays

Lasagna

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Sara Joe's Sausage

With Montana Natural Ground Beef  
or Vegetarian Spianch

LUNCH 11:00

Gourmet Pizza

Mondays

Mom's Mac & Cheese

by the Slice. Not just for Friday  
nights anymore!

Served with Mean Greens

Enchiladas

Tuesdays

Oven Fried Chicken

Handmade Corn Tortillas Stuffed With Cheese,  
Veggies And Pinto Beans and topped with  
a Green Chile Enchilada Sauce  
Served With Spanish Rice

or Savory Breaded Tofu  
With Organic Corn and  
Roasted Garlic Mashed Potatoes

Green Curry Stir Fry

Wednesdays

Spicy Curry Dahl

Organic Broccoli, Baby Corn, Organic Tofu,  
Bell Peppers and Organic Green Peas in a  
Green Curry with Coconut Milk. Served  
over Tender Rice Noodles

With Organic Tempeh, Broccoli and Veggies  
Over Brown Chipotle Rice

Smothered Burritos

Thursdays

Barbecue Chicken

Loaded with Organic Black Beans, Brown Rice,  
Tomatoes, Onions, Sour Cream and Guacamole and  
smothered with homemade Molé Sauce  
Choice of Spicy Tofu, Cheese or Smoked Chicken

or Barbecue Seitan

With Scalloped Potatoes in White Cheddar

Sweet and Sour

Fridays

Gourmet Pizza

Szechwan Stir Fry

by the Slice

5:00pm

Breakfast 8-12

Breakfast Sandwich

Saturdays

Portabello, Blue Cheese

Eggs, Sara Joe's Sausage, Organic Tomato and Mild Cheddar  
in an English Muffin. Or Choose a vegetarian or vegan version!

& Carmelized Onion Torta

Home Fried Organic Potatoes

Portabello Mushrooms, Salmon Valley Blue Cheese,  
and Carmaelized Organic Onions and featured in  
this Savory Phyllo Torta.

Dinner 2:30

## Letter from the Land: Regulating Paradise

By Suvia Judd

Do you care if your neighbor has five junked cars in her yard? Do you want to be able to keep your collection of antique washers and ringers in your rose garden? Do you want the gravel pit down the road to notify you before setting off dynamite? Do you want to be able to sell off the crushed rock from that basalt outcrop in your backyard and make a swimming pool in the hole? Are you concerned about the fellow who is putting 20 yards of fill in next to the river to build his shop on? Are you planning to sell your current home and build your dream retirement home on that lovely creek-side property you own in the flood-plain?

What about that feedlot with three hundred head of cattle on a few acres, just up the road? Have any problem with that? Do you want to be able to keep two horses or a freezer calf behind your house, or a couple dozen chickens, even though you have no pasture? Are you irked by those folks who are building a house and the erosion gullies from their new driveway that are now about two feet deep? Do you mind putting in a couple of pull-outs on your own drive, so the fire truck can get past you on the way in to your house under the pines?

Ever felt irritated by the neighbors' security light that hits you in the eyes when you come around that turn on the road home? When you build that addition on your house are you comfortable with having to put in shielded, energy-efficient outdoor lighting? Are you bugged when the UPS truck pulls up for a third time today for a load of birdhouses from your neighbor's shop in his garage? After all, this is an agricultural not a commercial area, and you built your house here for the peace and quiet. Since it is your house, however, do you feel that it's your right to have your accounting clients visit you in your home office in the old spare bedroom?

If you answered yes to any of the above questions, then guess what? YOU CARE ABOUT LAND USE!

And if you live in Latah County you probably care that the Latah County Planning Commission has spent the last several years completely revising and rewriting the zoning ordinances of the county and is soon (in February or March) going to have public meetings and then public hearings to solicit your input. And, if you care quite a bit, you may want to con-

tact the Planning and Building Department at (208) 883-7220 to find out how you can read the draft ordinance before the meetings begin.

And if you care a really large amount, not just about your own concerns but about the county as a whole, and have two evenings a month free to devote your mind to land use planning issues, you might want to consider applying for a soon-to-be-vacant spot on the Planning Commission. Send a letter to our County Commissioners at the Courthouse if you do.

And while the draft ordinance doesn't say anything about swimming pools in old quarries, it does have something to say about everything else I mentioned above.

*Suvia Judd is Vice Chairperson of the Latah County Planning Commission.*



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## Join Us for Moscow's Spring Fling

By Chris Pannkuk, Moscow Renaissance Fair President

Ignore the snow and ice, and help us prepare for the time of daffodils and plum blossoms.

Yes, the planning has begun for the 31st annual Moscow Renaissance Fair, which will again fill East City Park on the first weekend of May (May 1 and 2, this year) with music, crafts, food, and fun for all ages.

The Moscow Renaissance Fair Board organizes our community celebration of spring, and we are now seeking another individual who enjoys the fair and wants to help make it happen by volunteering as secretary and board member. The secretary joins the five-member board in directing the fair (arguably the most fun event in Moscow).

By the way, there is a special Co-op connection to this year's board. Laura Long, the Moscow Food Co-op Membership Director, is our new treasurer.

We have monthly meetings up until April when the pace quickens a bit as we prepare for the fair. The secretary is responsible for writing the minutes from every meeting, maintaining contact by email with all the Friends of the Renaissance Fair, and voting as a board member on the important issues that come up.

Joining the fair board is a great way to give back to the community. If you are interested, please call board prez Chris Pannkuk at (208) 882-9373.

## JOHN'S ALLEY

Moscow's Home of Live Music

-PRESENTS-

## January

- 11 Jyemo
- 14 Sweatshop Band
- 15 Clumsy Lovers
- 16 Clumsy Lovers
- 18 Jazz @ John's
- 20 Open Mic
- 23 Traditional Rap Tour
- 24 Left Hand Smoke
- 25 jazz @ john's
- 26 Wearyboys
- 28 Natty Nation
- 29 Jude Bowerman Band
- 30 Danny Godinez Band
- 31 Flowmotion

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-Shows are subject to change-

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**A More Movable Spine** Mondays at noon, Jan. 12, through Mar. 1, and, Thursdays at 5:15 p.m. Jan. 15, through Mar. 8.

**Awareness Through Movement** Thursdays noon Feb. 12, through Mar. 11.

**WORKSHOPS**

**Coordinate Hands, Arms, and Shoulders** Jan. 17, 9:30 a.m. - 12:30 p.m.

**Yoga and Feldenkrais** Jan. 24, 11:00 a.m. - 1:30 p.m. Jeri Stewart and Elisabeth

**Pushing** Jan. 31, 9:30 a.m. until 12:30 p.m.

**Roll, Roll, Roll... Yourself** Feb. 14, 9:30 a.m. - 12:30 p.m.

**Walking** Two day workshop Feb. 28, and Mar. 6, 9:30 a.m. - 1:30 p.m.

**Guild Certified Feldenkrais Practitioners Tom Bode and Elisabeth Berlinger.** For information and registration call (208) 883-4395

## Village Bicycle Project Update

by Dave Peckham, Project Director

The Village Bicycle Project is a Moscow-based non-profit organization that delivers used bicycles and bike tools to Africans to help solve their transportation problems.

The last year, 2003, was both a boom and bust year for the Village Bicycle Project. Bike shipments to Ghana more than doubled, totaling 2,500 bikes this year. We held twice as many workshops as ever before, with more than 235 people receiving discounted bikes and repair training. We're starting a new Earn-a-Bike program with school kids very soon. The tools program continues, with progress as well as obstacles. However, a funding shortage threatens to shut down all programs except for the bike shipments, which is self-sufficient.

We're now getting bikes from community bicycle groups in Seattle, Boston, New York and Essex England, who all together sent six containers this year.

Following is our bike collecting partners and their totals for this year:

Bikes Not Bombs, Boston, 986 bikes.

Bike Works, Seattle, 939, including almost 300 collected from our own neighborhoods of Moscow, Pullman, and Spokane.

Re-Cycle, of Essex, England, 361.

Re-Cycle a Bicycle, New York, 350.

Our partners in Ghana, George Aidoo and Samson Ayine sell most of the bikes to cover shipping costs. I learned on my last visit that most of their buyers are young men and teenagers who buy just a few bikes, and then fix them for resale. I was delighted to learn that our bikes are providing an honest income for more than 20 young men. There also appears to be a growing number of bikes in use throughout the areas I visited and bike prices have fallen in the capital Accra by about 20% over the last two years. This is certainly due to an increase in the supply of bikes, as prices for just

about everything else is rising because of inflation.

The word is out in southeast Ghana about our workshops, where you can get a bike for half-price after attend-



ing a one-day workshop on maintenance and repair. While we had more than 25 requests for workshops, we only had funding for eight, yet have done twelve already this year. The workshops mostly help the productive poor, those who will be able to use the bikes to improve their livelihoods.

In December we'll have started our long awaited Earn-a-Bike program with school children and others. Modeled after similar programs throughout North America, Emily Lin, a volunteer formerly with Bikes Not Bombs, will be starting up six-week programs in several villages, where the graduating students will receive free bikes. Emily raised the money for the project herself, helped by a major grant from the Jordanna Foundation.

Tools subsidies have cost VBP over \$2000 the last two years, an expense that is necessary for the introduction of the tools, and a very appropriate kind of gift for the wealthier people of the world to give the impoverished and struggling. Tools to fix bicycles validate a humble occupation, improve skills, and play an important part in making bikes more economically available to the general public. Our workshops cost about \$280 each.

They are a wonderful grassroots effort to get bikes directly into the hands of rural residents, who use them to help make ends meet. Globalization is taking a terrible toll on subsistence

farmers in Africa, millions of whom are undercut by cheap imported food. The problem is, if they can't afford to farm, what will they do? There are no jobs in the cities. With improved mobility, less time is spent walking to farms and markets, and more time can be spent working and growing food, and this helps locally grown food compete with imports.

If you'd like to see our tools and workshops programs continue, please consider a donation to VBP.

Here's what your donations will do.

\$6 subsidizes a set of four of the tools most popular with the mechanics

\$10 subsidizes a bike for one of our workshop recipients

\$20 buys a tool kit for the village  
\$13 pays for additional tools we give to village bike mechanics who attend our workshops

\$280 pays for a workshop: a one-day repair training for 20 people, who buy subsidized bikes for half-price.

Send your tax-deductible donations to

Village Bicycle Project  
c/o PCEI  
Box 8596  
Moscow ID 83843

Thanks to all for your support in the past and to your continued support for our efforts to help improve life for the disadvantaged people of Africa with economical, appropriate, and environmentally friendly transportation.

For more information see the Village Bicycle Project on the web: [www.ibike.org/vbp](http://www.ibike.org/vbp)

## OOOPS

By Bill London

Amy Richard, Co-op Kitchen Manager, wrote the cover article for the December issue of this newsletter (about the yummy desserts available through the Co-op Bakery).

Many clever readers of this newsletter noticed that the photograph accompanying the cover article was not a picture of Amy, however. The photo was of Laura Long, Co-op Membership Director.

We regret the error, and will try to stop all rumors that Amy and Laura are actually twins who were separated at birth and who have miraculously been re-united here at the Co-op.

*Bill London edits this newsletter and reminds everyone to "go for more in 2004" or at least "don't be a bore in 2004" or maybe "sweep the floor in 2004."*

## Saying No to Neo-Confederates

By Bill London

Moscow resident Tom Hansen has created a website designed to expose the Neo-Confederate groups and individuals linked to Moscow's Christ Church. Neo-Confederate organizations, labeled as "hate groups" by the Southern Poverty Law Center, aim to replace the basic separation of church and state in this country with a dictatorial church-run hierarchy similar to the pre-Civil War South. In addition to information about Louisiana preacher and Neo-Confederate guru Steve Wilkins and others, the website includes downloadable copies of the "Not in Our Town" petition and an online sign-up for that petition. The website is: <http://www.tomandrona.com/notonthelouse>.

The information is important for anyone wondering what kind of future the leaders of Christ Church are envisioning for Moscow.

# Matenwa

By Nancy Casey

It's evening. I hear crickets, a couple of dogs barking, children hollering and drumming on plastic buckets, a grandmother scolding. I've been back in Matenwa for about 3 weeks now. It feels like I just got here. It feels like I've been here forever.

I didn't recognize Matenwa on my return, though. All the rain had made the countryside so lush and green it just wasn't the same place. Millet, corn, and peas so tall that you can't see most houses from the road. It was all so green and beautiful. It's only rained once since I got here, so the dust is beginning to mount and things are drying out. Still, kids can go into the field and find an ear of corn to roast on the coals left from morning coffee making. Citrus fruits and avocados are dripping from the trees. What a strange relief to see the country when people are "merely" astoundingly poor instead of desperate.

Right now I'm pretty focused on getting the school garden in. Or rather, I'm focused on getting the kids to get the school garden in. I've been working with one class at a time in the mornings and then with whoever volunteers in the afternoon, mostly the youngest kids. Today a small army of them wielding trowels and tiny hoes did an astounding amount of work.

I showed them a little trench I had dug in some ground that had already been softened up with picks and "real" hoes by the older kids and asked them to dig four more. Amidst great chaos, they did. We filled the trenches with dry leaves and manure and then dug another trench next to it, throwing the dirt on top of the first and repeating the dry leaves and manure trick. Your basic double-dug garden bed. That took about an hour, given that they were using sandbox tools and had to make various excursions to hunt up leaves and manure. The hilarious thing was that their teacher couldn't get them to quit. Their enthusiasm just amazes me. Part of it, I think, is that they have been watching people dig in the dirt since they were born. For them it is the kind of play that children love—imitating what adults do. So, when I came to the garden this afternoon, a dozen of them were hard at it again. None of them wanted to collect straw—so they made me do it. The afternoon shift quit reluctantly as the sun was going down, with five richly fertilized beds all about halfway completed.

The first week I was here, I sat with each class in the garden and

asked them to review for me all that we'd done together, to tell me about what I had missed, and to say what they think ought to happen next. What a pleasure that was. There has been more rain on Lagonav this season than for quite a few of the past years, so the vegetables that were well underway when I left produced abundantly. Cabbage, tomatoes, carrots, melons, cucumber, zucchini, green beans, pak choi, many varieties of lettuce. Pak choi and zucchini they'd never really seen before and everyone who tried them wants more. Fresh produce is so scarce and expensive here. What astounded me, though, was how competent the kids were in talking about what they did and wanted to do. Whereas last year, they came out every day and asked me what they were supposed to do, this year they were impatient, felt like we were behind—we need to get the fence in good shape, haul in more manure, make some more beds, find straw. When I thought about what we began with—a field of rocks—it was really moving. I made them go over and look at a corner of the garden that was still mostly rocks and reminded them that that was what we had begun with. I kept making them clap for themselves.

Last year we planted just ahead of the rainy season. This year we'll be planting just ahead of the dry season and watering with the school's cistern. So it will be more challenging.

In the request department—if you feel like it, drop a packet of Pak Choi seeds in the mail. It's in really high demand and carrots are pretty popular, too. You can use this address:

c/o Ellen LeBow  
100 Main St. #8  
Wellfleet, MA 02667

Ellen will bring the seeds when she comes to Matenwa after the holidays.

That's about the scoop, with a lot left out—a couple of funerals, a vodou ceremony, a big party welcoming Ellen the artist back, the alternating triumph and despair of my language skills, how my house has become a dress-lending center. And I'm still adjusting; I'm pretty surprised by how homesick I am. Most people don't go to the tropics in December and long for the pleasures of being snowbound! I wonder how many people on Lagonav feel distress because they have so many choices...

# News from the West

By Auntie Establishment

I have been advised by my family that this is the holiday season: Hanukkah, Christmas, Kwanzaa, and New Year. Therefore, I should write something funny and sweet, warm and touching. I should remind my readers of the joys of family and community. I should extol the virtues of being public-spirited, generous, and hospitable. (And, in view of the publication I'm writing for, perhaps I should also take this opportunity to sing the praises of soy milk, tofurkey, and whole foods. Hooray, organic!)

Unfortunately, I'm not in the mood. It's not that I don't believe in all of those things; I do. I like drinking eggnog and lighting the menorah. I like singing and giving presents. And, as I share my home with Christians, I also enjoy their annual syncretic tribute to their pagan forebears, i.e., the lighting of a Christmas tree. All in all, I'm just a holly, jolly, old King Cole. Or is that Old King Wenceslas? I can never remember. Anyhow, the problem is that no matter how hard I try to get into the December spirit, I am always in the last instance overwhelmed and depressed by the seasonal trappings.

Trappings. Traps. Deep pits with leaves over the top, waiting for the unwary Tarzan—or Cole or Wenceslas—to fall in. Spending too much. Eating too much. Expecting a kind of Hallmark movie-of-the-week perfection that neither friends nor family nor Patrick Stewart in *A Christmas Carol* can possibly deliver. Wouldn't it just be better if we replaced the month of December with, say, a second July? The Fourth is a big family holiday, but no one gets too emotionally invested. You eat some potato salad, drink some beer, and collect your fingers from the four corners of

the yard for that quintessential post-firecracker emergency room visit. It's a good time all around.

Come on, a winter July could be fun. Perhaps if we gathered beneath sun lamps and barbecued the turkey. If we wore Bermuda shorts and drank Budweiser from a cooler. If we shot bottle rockets into the air with no fear of catching the neighbor's grass on fire. We could escape from those blasted M&Ms-meet-Santa commercials, escape from yet another cover of *Jingle Bell Rock*, escape from people ringing bells, long lines at the post office, and the omnipresent danger of getting caught under the mistletoe by the loose-lipped guy in cubicle four who hasn't brushed his teeth since 1966.

We'd save a bunch of money, too. The average American family spends \$2300 on Christmas each year. My first car cost \$500. No, I'm not ninety-three; my first car was a seventeen-year-old Volkswagen with bald tires and no heat. But it got me from A to B, and I didn't need to save the receipt in case it didn't fit.

How's this for funny and sweet, warm and touching—this holiday season, let's eat less, spend less, and cut one another some slack. Let's skip making New Year's resolutions that we'll feel guilty about breaking come January the 2<sup>nd</sup>. Let's switch off the television, switch off the radio, and celebrate Independence Day. Sing with me.

Good King Wenceslas, he looked out, on the sunny beaches . . .

*Auntie Establishment, AKA Moscow area writer, Joan Opyr, never says "Bah, humbug." She just says, "Bah, credit card bills." She can be reached with questions or comments at [auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com).*

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# Bulletin Board

MOSCOW FOOD CO-OP

moscow food co-op  
221 east third  
moscow idaho 83843

## Winter Solstice Juried Exhibition

### Moscow Arts Commission Third Street Gallery

Opening Reception: Friday, Dec. 5, exhibition runs Dec. 5 – Jan. 16

A variety of media will be featured in the exhibit including fiber, photography, oils, watercolors, metal, ceramics and mixed media. The twenty-eight artists featured artists include:

- Sayra Adams - Harvard, Leo Ames - Moscow, Louise Barber - Moscow, Audrey Barr - Moscow, Kathryn Becker - Newberg, OR, Bill Blair - Moscow, Adrienne Boland - Moscow, Celia Boland - Moscow, Kalen Boland - Moscow, Valerie Boydo - Pullman, Tom Clements - Pullman, Patti Bezzo Fox - Seattle, Dac Gulliksen - Pullman, Shelly Haas - Harrington, WA, Lynn Hagen - Troy, Debbie Hughbanks - Loon Lake, WA, Katherine Jones - Challis, Jean Korus - Moscow, Emily Meyer - Moscow, Kevin Nibur - Pullman, Pam Peterson - Moscow, Jennifer Rod - Moscow, Ludmilla Saskova - Deary, Jim Trivelpiece - Palouse, Dale Tucker - Lewiston, Linda Wallace - Moscow, Helen Grainger Wilson - Potlatch, Kelly Wiltermood - Grand Coulee, WA

## Co-op Art Gallery Opening

Co-op Art Gallery will present the photography of Tia Mae Sonnenberg, January 9 through 30. Opening reception at 5:30 on January 9.

Tia Sonnenberg is an undergraduate student at the University of Idaho.



## Community Potluck

**Wednesday, January 21, 6:00**

Join us for our monthly potlucks as we get together to talk, learn about the issues and organize. Bring a dish to share, and a friend.

If you'd like to come, please contact Friends of the Clearwater at 882-9755

## Valentines for AIDS fundraising auction

Valentines for AIDS fund raising auction being held at the Co-op on February 14th 2004. All proceeds from this event will be donated to the North Idaho AIDS Coalition.

Artists — please donate a piece of work that is no larger than 11x 14 in any medium for the auction. The work will be displayed at the Co-op through out the month of February with an opening and silent auction-taking place on February 14th from 5 – 7 pm. The Co-op will provide hors d'oeuvres and music.

The deadline for submitting work is the week of January 31, 2004.

Questions can be directed to Stephanie at Kitchen@MoscowFood.coop

## Subscribe to the Co-op Community

\$10 for 12 months you. Take Moscow move. Send check to Moscow Food Co-Op London, editor, a Third in Moscow

## Lacemaking Demonstration

**Saturday, January 31, 1-4 p.m. Moscow's McConnell Mansion, 110 S. Adams**

Presented by the Appaloosa Lace Guild

## Local growers meeting

**February 7th, 2 – 4 p.m. Roberta's Attic, 314 E. 2nd St. Moscow**

If interested in growing organically for the Co-op, this meeting is where you need to be. If you have any questions please contact Dani vargas (208) 882-8537 Tues.-Sat 7am-3pm. See you there!!

## Winter 2004 Herbal Wisdom Series register now at the Co-op

**Monday nights 7:00-8:00pm**

- Feb 9: Herbs for Immune System Support • Feb 16: Natural Brain Boosters • Feb 23: Everyday Aromatherapy • March 1: Natural Remedies to Ease Winter Depression • March 8: Herbs for Pets

## Vigil for Peace

**Pullman: First Friday of each month 12:15 – 12:45**

Under the clock by the public library in downtown Pullman. 509/334-4688, nancycw@pullman.com

**Moscow: Fridays 5:00 – 6:00PM**

Friendship Square, downtown Moscow. 208/882-7067, sperrine@potlatch.com

## Moscow of Posters

### Moscow Street Gallery

Opening reception January 23, exhibit February

## Snowshoe Field Trip

**Saturday, January 31, 8:00 am**

Come with us on a snowshoe trip to Fish Creek in the Nez Perce National Forest, south of Grangeville. First field trip of the year.

Meet at Rosauers parking lot at 8:00 am to carpool. Please let us know if you're planning to come at Friends of the Clearwater 882-9755 or foc@wildrockies.org

Special Collections Library  
University of Idaho  
Moscow ID 83844-2351

Submit non-profit announcements to [co-opnews@sourjayne.com](mailto:co-opnews@sourjayne.com) by the 24th of each month.

For additional events & information, [www.moscowfood.coop/event.html](http://www.moscowfood.coop/event.html)

