

Day-NW

HD

3284

N48

June 2004

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

“Buy Fresh, Buy Local” Campaign Kicks Off

By Colette DePhelps and Dani Vargas

The Moscow Food Co-op and Rural Roots, a Moscow-based sustainable small acreage farming organization, are excited to launch the Inland Northwest Buy Fresh, Buy Local campaign. Saturday, June 26 from 1:00 to 4:00 p.m. at the Moscow Food Co-op will be the introduction to the Buy Fresh, Buy Local Campaign. In the store you will find and meet our local producers and growers, sample their products, and talk about what they do. This will be a fun day of great food, and it's not everyday you get to meet the great people who strive to grow and produce products for our community.

This campaign is a natural outgrowth of both organizations' commitment to healthy, vibrant and sustainable community-based food systems. These are food systems that support and encourage sustainable, locally owned and operated food and farming enterprises, and direct relationships between community members, the food they eat, and the farmers who produce that food. Buying locally grown and processed food contributes to the health of our local economy, and when you buy locally grown food, you are supporting your neighbors. It's also the freshest and tastiest food around!

The main focus of the campaign is to raise the visibility of sustainable, local products sold at the Co-op and at Moscow's two farmers' markets – the Tuesday Growers' Market in the Co-op parking lot and the Saturday downtown Moscow Farmers' Market. We want shoppers to know that buying locally grown food really can be convenient! By identifying local products in the store, at the Tuesday Growers' Market and

at the Saturday Moscow Farmers' Market, we are:

- Increasing shoppers' ability to identify and purchase local, sustainably produced products.
- Educating community members about the importance of buying local, sustainable food and farm products and supporting locally owned and operated businesses.
- Encouraging and supporting existing and new sustainable farmers, ranchers and market gardeners in expanding their products and sales through local direct marketing venues.
- Increasing regional sales of local sustainably produced food and agriculture products in order to allow small family farmers to survive and prosper.

To find local products in the store, look for point of purchase cards, stickers and post

(see “local”, continued on page 3)



Co-op Business Partners

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

Ball & Cross Books - 10% off on any purchase for Co-op members, Mark & Kristin Beauchamp, 203 1/2 N Main St, Moscow, 892-0684

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

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

Dr. Linda Kingsbury, Professional Herbalist - \$10 off Clairvoyant Readings, Herbal Nutrition Consultations, www.spiritherbs.com, 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% off on readings and consultations, 882-8360

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

Denice Moffat, The Healing Center - Co-op members save \$10 off on first exam with mention of this ad. Regularly priced at \$65. 413 E. 8th St, Moscow, 882-3993

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

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

Movement Improvement Feldenkrais Center - First Individual lesson 40% off, and first group lesson free, 520 1/2 S Main St, 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

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

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

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

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

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

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

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

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

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

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

Community News

Midweek Grower's Market Off to Great Start!

By Eva Jo Hallvik

Every Tuesday evening from 5:00 until 7:00 p.m. in May, people were eager and excited to get their fresh vegetables at the midweek grower's market located in the front parking lot of the Co-op. Bags of the freshest mixed lettuce and spinach were the biggest hit.

Why do I buy my produce at the midweek grower's market? Don't you ever wonder where those pink, purple, or green bags of "early spring mix" lettuces inside in the produce department come from during the middle of winter? I read that they are distributed out of Salinas, California. How many miles is that from here? Where were they grown and how far have they traveled before leaving Salinas? And let us just estimate on how many days, best-case scenario, we would have to wait before we would actually eat it. The workers (mmm...how much do they earn?) pick the lettuces early in the morning; it is gathered in the washing stations and "triple washed," bagged, sealed, transported to Misionero Vegetables, and stamped with a best used by date stamp. Do they get loaded in the big truck that night or the next morning? Then they start their drive. Do they go straight here or is there a middle distributor that divides things up to take to each co-op? Another day gone by? Then they begin their drive up to Moscow and get dropped off to wait for our trusty and timely volunteers to break open the boxes and get them out onto the shelves. So, best case scenario, we get the pretty "Earth City" bags of lettuces to our table in five days. Mmm...that seems like it is pushing it. Do we add a day, and then get knocked around by the weekend, and it is more like seven or eight days, and do I shop on the right day? I am not sure; I am only speculating.

But my point is that I don't know who picked it; I am not sure of the clean environment that it was washed and bagged in; I am sure that it has traveled over a thousand miles on

gasoline that costs \$2.30+ a gallon (gas prices are higher in California because of the pollution there and they have higher refining standards...mmm...good or bad) and that most of the money I spend on that lettuce doesn't touch or influence the community that I live in.

Now don't get me wrong. I am one of the people that buys that lettuce in the middle of the winter here; I love my greens, and I do demand that I eat only organic, which Earth City is. I question if it would be better for me and the environment to only eat what is available to me in season locally? I try mostly to do that, or least have it in my conscience when choosing my meals and thinking about the energy I am putting into my body and perpetuating in my community. So, this time of year I am sure to buy (if I am not growing it myself) only locally grown organic produce. I know the farmers; I have toured their farms; they live within five or so miles from the Co-op, and when I eat produce that is picked that morning, it tastes incomparably better. The total positive energy I feel from it is not subtle - I am happy to be alive and part of a thriving community. What else could I ask for? I also know that these farmers make living wages and also love the community that they live in, and I see them volunteering their time in other community-based programs throughout the year and spending their very hard earned money in my community. On Tuesday evenings, after my salad, I sleep very soundly.

If you would like to sell your organically grown produce at the midweek grower's market, just show up Tuesday evenings and look for Kathi, or someone like Kenna from inside the Co-op. Or e-mail the volunteers that help organize this great event at <kscp@wsu.edu> or <webeam@hotmail.com>. Enjoy life.

Eva Jo Hallvik, licensed massage therapist, is a conscientious community member and contributor.

Contents

"Buy Fresh, Buy Local" Campaign Kicks Off	cover
Midweek Growers Market Off to Great Start	1
The Volunteer Program Welcome!	2
Personal Care Corner: Producer Profile Herban Cowboy	3
The Buy Line	3
Summer Farm Tours	3
From the Suggestion Board	4
Beer and Wine, Savor the Difference	4
Front End Managing	4
Word of Mouth	5
Hot off the Grill	5
ARTWALK Begins	5
Board Profile: Will Simpson	6
Report from the Board: The Value of Food	6
Staff Profile: Joseph Szasz	7
Business Partner Profile: Ball and Cross Books	8
Editorial Update	8
Volunteer Profile: Jennifer Farley	9
Peach Tofu Cake	10
Sausage and Soyrizo	10
The Garlic Scape: Eat it or Wear it	11
Create Your own Hanging Baskets of Blooming Color	12
Gardening: Aches and Pains	13
Letter from the Land:	
Follow up	13
Nature in the City: Sequoias in Moscow	14
What is a Family Anyway	15
Free Summer Camp Available for Area Youth	15
MarketDay at MaryJaneFarm	16
Moscow Civic Association:	
Celebrating Our Parks	16
2% Tuesdays: Suzuki Institute	17
Book Review: Expecting	
Adam	17
Auntie Establishment	18
A Week in Washington D.C.	19
Home Office Decadence	19



The Volunteer Program

By Annie Hubble and Janna Jones

Suddenly there is a plethora (I love that word) of volunteer jobs available. As the school year ends and people take off on Summer adventures, positions open up. I am sure that by the time you read this, we will have called everybody on our waiting list and probably still have some openings, so now is the time to fill out an application form. And thank you to those who have been waiting patiently to be placed.

The application forms are on the notice board at the front of the store behind the shopping carts. Simply fill one out and place it in the manila en-

velope on the same board and we will get back to you as soon as possible.

First, you will be invited with a small group of other would-be volunteers to attend an orientation meeting where we will explain the program to you, show you around the store from a volunteer's point of view, and get to know you a little. Within about a week from this, we will try to match you up with an available volunteer position.

It is a lot of fun volunteering for the Co-op. And it is a very worthy thing to do! Join a great group of people and come and help out your local co-op!

Welcome!

By Laura Long, Membership Director

This month I would like to welcome Mark & Kristin Beauchamp owners of Ball & Cross Books to our Business Partner Program. Ball & Cross Books is a fairly recent addition to Moscow, offering a great selection of used books. They will offer a 10% discount on all purchases to Co-op members, so please stop in to see them. They are located right next to Bucer's Coffeehouse on Main Street. Also, read Tanya's more detailed article about Mark & Kristin and their business in this issue.

And don't forget we have many more business partners with lots to offer. I was just down at Wild Women Traders last month and saw several lovely hats and dresses that would be perfect to wear for that special occasion or upcoming wedding. And Northwestern Mountain Sports would be happy to help you with that bike tune-up. So check out the list of par-

ticipating businesses, and show your support for our locally owned businesses by shopping locally.

We also have another great prize giveaway for the lucky new or renewing member in June. Carrie, our Personal Care Department Manager, has given me a wonderful gift basket loaded with Terrapin Outdoor Systems skin care and sunscreen products and another beautiful Woodstock wind chime. So please renew or join in June and you might be the winner. Stop in to the store to join, or if you're the busy type, you can mail in your membership payment and I'll do the rest. Thanks to all for your continued support of our wonderful Co-op.

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

New, Rare and Used Books and Art

**Bookpeople
of Moscow, Inc.**

512 South Main
Moscow, Idaho 83843-2977
Tel: 208-882-7957 Fax: 208-883-1826

Robert Greene

Email: bookpeople@moscow.com



Published by

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue.

All contents copyright by the Moscow Food Co-op. Contact the editor to secure reprint rights.

For advertising rates and information: contact Aly Bean at 882-1444 or aly@pcei.org

For letters to the editor:

Moscow Food Co-op,
Bill London, Editor
221 East Third Street,
Moscow, ID 83843
london@moscow.com

Open Every Day
7:30 am - 9:00 pm
With plenty of FREE PARKING!

Editor
Bill London

Issue Editor
Julie Monroe

Layout
Jill Maxwell

Advertising Manager
Aly Bean

Illustrations
Debi Robinson-Smith

Distribution
Donald Stanziano, Moscow
Beth Hemmer, Pullman
Mary Zuber, Lewiston-Clarkston

Back Cover Design
Sarah Harrison

Webmaster
Bob Hoffmann,
webmaster@moscowfood.coop

General Manager
Kenna Eaton 882-8537 (882-8082 fax)
kenna@moscowfood.coop

Board of Directors

President,
Mike Forbes
mikeforbes@moscow.com

Vice President,
Theresa Beaver
tbeaver@uidaho.edu

Secretary,
Bonnie Hoffman
bonniehoffmann@hotmail.com
Peg Kingery
king6619@uidaho.edu
Al Pingree
laphmw@adelphia.com
Will Simpson
will.simpson@kestrelcreek.com
Kimberly Vincent
vincent@math.wsu.edu

Printed on Recycled Paper

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.

MEMBERS SAVE!

- 10% off on bulk special orders
- Up to 18% discounts off for working members
- Monthly sales promotions just for members



**ANY CASHIER CAN HELP
YOU JOIN, JUST ASK!**

Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year for one person, \$17 for 2 adults, and \$5 for senior citizens.

**Join the Moscow Food
Co-op and Save!**

Open 7:30 am to 9:00 pm Daily



Personal Care Corner: Producer Profile Herban Cowboy

By Carrie A. Corson

While they are a lot of fun, natural products trade shows are a bit overwhelming. And the Natural Products Expo in Anaheim, California is huge. Thousands and thousands of products are presented and it's sometimes easy to miss some of them. I might have completely missed the Herban Cowboy folks if Vicki and Tyler had not raved about their booth after our first day on the show floor. Brenda and I made a point of finding them on day two, and we were glad we did. We agreed that the Herban Cowboy "Dusk" bar soap was one of the best smelling soaps we had come across. We were definitely intrigued enough to look into whether the products would be a good fit here at the Moscow Food Co-op.

We found that Herban Cowboy, owned by Luke and Lisa Vukmer, is one of several companies that are catering to the growing trend toward bath and body products for men, hence the name. Their line includes bar soaps, shaving products, foot care, skin care, massage and bath products. Products are made with no artificial dyes or fragrances; some include third party certified organic ingredients, and are scented with essential oils. And did I mention that they smell awesome!

All Herban Cowboy products are sweatshop, cruelty free and minimally

packaged, and made in the U.S. Many are packaged in #1 PETE plastic, and the recycled/recyclable cardboard and paper wrappers they use are printed with soy inks. How committed is Herban Cowboy to the concept of "think globally, act locally?" Well, they made a conscious decision to stick with #1 PETE plastic rather than some of the less expensive (but harder to recycle) #5, 6 and 7 plastics for their packaging. Not only that, but rather than outsourcing for the materials, they opted to purchase their packaging from a company located about 50 miles from the Herban Cowboy manufacturing plant (located in Saegertown, Pennsylvania), thus reducing the use of fossil fuels for transport. The Herban Cowboy ceramic shaving mug is manufactured in one of the oldest remaining pottery mills in the United States, and they also help support one of the last U.S. textile plants (sweatshop free) by having their shaving towels manufactured there.

Herban Cowboy is a fairly new addition here at the Co-op, but already the Dusk bar soap has become quite popular. In the month of June you will save 15% on all Herban Cowboy products carried in the store. Celebrate Father's Day on June 20th with a gift for Dad that everyone can feel good about.

Local, continued from page 1

ers featuring the Inland Northwest Buy Fresh, Buy Local label. When you see the Buy Fresh, Buy Local label, you know that the people who grew or made the item you are purchasing are committed to bringing you a high quality product while protecting the environment and enhancing our community. In-store products identified by the Buy Fresh, Buy Local label and logo include fruits, vegetables, herbs, meats, flowers, fibers and locally processed products — all grown sustainably and/or processed by locally owned and operated businesses. If you want to meet some of your local producers, stop by the Tuesday Growers' Market or come to the June 26 event at the Moscow Food Co-op.

You may ask how we defined the geographic area of this campaign. Last June, the Co-op and Rural Roots hosted two round table discussions in Moscow to talk about developing a

Buy Local campaign for our region. During those conversations, folks told us that "local" to them is the greater Palouse region and "regional" is the Inland Northwest which extends throughout Idaho, east to the Rocky Mountains of Montana and west to the Washington and Oregon Cascades Range. As a result, our Buy Fresh, Buy Local label and logo will be used to identify sustainable products coming to Co-op shoppers from this Inland Northwest region.

For more information about the Inland Northwest Buy Fresh, Buy Local campaign visit Rural Roots' web site at <www.ruralroots.org>. You can also get information from the web site to request a free copy of the 2004-2005 Inland Northwest Farmers' Market Directory or their 2004 Inland Northwest Farm Fresh Buying Guide. Both of these guides will be available near the front door of the Co-op early this month.



The Buy Line

By Vicki Reich

I was flipping through the Winter 2004 issue of *Gastronomica* when I saw an article titled "Fancy Groceries" by Robert Kaufelt. It caught my attention for a couple of reasons. I have always had a love of small specialty and gourmet food stores, and it was all about small stores in New Jersey, my old stomping ground. The majority of the article was interesting but didn't have much application to life here at the Co-op, but the last couple of paragraphs really got me thinking.

The author talked about the demise of the small independent store and how corporate take-over of these specialty stores and the advent of huge grocery stores has meant a decline in product quality (in favor of quantity), the loss of customer service, and the overwhelming homage paid to the bottom line to the detriment of everything else.

The Co-op is a locally owned and operated grocery store similar to the stores in the article, and I like to think we are holding our own in an ever-growing sea of mass market competition. We are going strong after 30-plus years for all the reasons the author mentions in his article. Kaufelt says of the early retail foods industry in America, "All were merchants who understood their product and the value of service; they catered to their customer." He bemoans the loss of these qualities with the advent of corporate grocers, "...corporations took over, sacrificing quality for cost, taste for

convenience, and industrialization for craft."

Although it is hard to stock a natural foods store these days without selling products from huge corporations, the Co-op strives to give the little guy equal shelf space. We promote local products and give a helping hand to small new companies producing quality products that go along with our mission. We establish relationships with the people making our products whether they are local or national companies. We know what we're selling. We strive to provide high quality products that satisfy the diverse needs and tastes of our customers. Taste and quality come before the latest moneymaking trendy products. We pride ourselves on our customer service and make it a priority in all that we do. Our knowledgeable and friendly staff make this the best place to work and shop anywhere, not just on the Palouse. Helping customers and teaching them about the products we carry is the best part of my job.

Kaufelt ends his article on a hopeful note. He notes that there are still those small grocers out there who care about more than the bottom line. I like to think this Co-op is one of those places. The continued success of our store and lots of other co-ops across the country give me hope that the old ways of doing business where people count as much as profits is still alive and well.



Summer Farm Tours!

By Dani Vargas, Produce Manager

Will the summer ever get here? When the rain stops, I swear there will be Farm Tours this summer. Instead of the usual Saturday or Sunday event of attempting to visit three to four farms in a day, I had a thought of visiting one local farm on a Thursday evening. Most of the growers I have run this idea by are very interested in participating. I am imagining that the tours will be about two hours long and from 6:00 to 8:00 p.m.

There will be sign up sheets for each tour at the cash registers in the Food Co-op. Farm tours are a great way to meet our local growers, and if you have any questions or are interested in gaining ideas for your own garden, it is an opportunity to run those questions by the growers. If you don't get into the store often, you can call us at 882-8537, and we will let you know of the upcoming tours. See you out there!

From the Suggestion Board

By Vicki and Carrie

Cool product-biodegradable pet poop bags-ordered them from REI, just a thought. Sorry, we currently don't have a supplier for this product—Carrie, Personal Care Manager.

Can you get baking powder that does not have cornstarch? Our bulk baking powder is made with potato starch, not corn starch—Vicki, Grocery Manager.

Could you please try carrying Alvarado St. Bakery No Salt Sprouted Multi-grain bread. It's Delicious! No-salt breads do not sell well here. You can always special order a case of six; they come frozen so they last a long time—Vicki.

Thank you for addressing the hand soap issue in the bathroom. You're almost there...could you switch the locations of the lotion and hand soap so children can reach the soap? Thanks! We've switched them; thanks for the heads up—Vicki.

Teff-wholegrain also Teff flour. This is a gluten free product. I'm sorry; I don't have a source for this—Vicki.

I am dying for some good sushi! I am from San Diego and I haven't found anyone up here that has decent sushi! I know how you feel. There are some decent sushi restaurants in Coeur d'Alene and Spokane. I just make my own with fish from the Fish Folks and eat sushi at every meal when I'm in Seattle—Vicki.

Just a comment-Thanks for the lovely new soap and lotion in the bathroom! You all take such good care of us! You are most welcome—Carrie.

Two things I'd love to get locally instead of having shipped: Now Foods Plant Enzymes Vegetarian Formula 240 ct. in Vcaps and NF Formulas, Inc. Liquid Calcium Magnesium in vanilla flavor 1:1 cal/mg ratio. NOW is not a product line carried by our distributors, and I do not order from them directly. We have some excellent vegetarian enzyme formulas including our private label and Natural Factors. It appears to me that NF Formulas, Inc. are only available

through licensed healthcare practitioners. At least that is the information I can find—Carrie.

Tonic Water! We carry Hansen's tonic water in 8-oz. cans in aisle four with the water—Vicki.

Please bring back the long spaghetti noodles. I miss them very much! I miss the twirling. I'm sorry I can't get these anymore. The manufacturer has discontinued them. I liked all the twirling, too!

Can you get spring roll wrappers so we can make our own? Thanks. At this time we don't have a wholesale source for these. The International Store in Pullman has them—Vicki.

Please stock Toby's Tofu Pate. It's the bomb. I agree but we can't get it out here. I've tried for years to get it in distribution—no luck so far—Vicki

Please get the 6 oz. plain horizon yogurt again. It has only 80 calories. The flavors are full of sugar and excess calories. Sorry, we throw away more of these than we sold. The Brown Cow Non-Fat Plain has only 82 calories for 6 oz; Nancy's Non-Fat Plain has 90 calories for 6 oz. These both come in larger containers so you can save all that packaging. If you want the Horizon, we can special order you a case—Vicki.

It would be really nice if you got another pill filler for the bulk herbs with capsules, i.e. the little board you sit the capsules in to fill them. You can special order one. They are available for both "0" and "00" caps—Carrie



Beer and Wine: Savor the Difference

By Kenna S. Eaton

This month, in a complete turn-about, I am writing the beer and wine column. Dani and I agreed to trade articles for a month; however, she left me with only the barest of instructions: "Write about your favorite beer, your favorite wine and then write about these new wines," as she plopped two bottles of wine on my desk.

My favorite beer? Gotta be dark. My husband, Tim, likes a hefeweizen (with a slice of lemon) so we usually get the Mandarin Hefeweizen by Grant's. Its fresh, clean flavor and light body make it an excellent beer after a long hike. (We have a theory that you have to do something physical before you get the beer.) But my favorite beer by far is the one with the most deep flavor, the richest color and the most "balls," (I don't know if that's a technical term or not) but it works for me. I like to know I've really drunk a beer and be full, satisfied and happy after just one, unlike the light beer that feels less complete. As far as dark beers go, I like the Mocha Porter by Rogue. The dark chocolate taste seems to combine the best of worlds: chocolate and beer. Perhaps it's even a complete meal? Certainly it counts as dessert for me.

My favorite wine is the Merlot by Bogle. Generally I have a preference for reds unless it's the dog days of August when I prefer white with an ice cube. However, the Bogle Merlot is fruity, smooth and full of blackberries. It reminds me of being down in Juliaetta in July when the fresh picked berries are sun-warmed, juicy and sweet and don't need any extra sugar. Of course, the Merlot is more complex and is the perfect accompaniment to any meal or sipped alone with just the crossword puzzle for company.

Now for the new wines: we have two from Monterey Winery called

Encore, a white medley and a red medley. Encore is bottled in Monterey, one of my favorite areas of California. The white blend is composed of Chardonnay, Sauvignon Blanc, Pinot Blanc, Muscat, Canelli and Viognier. Wow! The label says this wine is a "well integrated symphony whose flavor lingers long." Apparently each grape is grown in the Monterey Winery vineyards and then harmonized by the winemaker "into an elegant composition." The red medley is a similar approach, although it's composed of Merlot, Syrah, Cabernet Sauvignon and Grenache. Apparently, both these wines and the "Red Diamond" Dani wrote about last month have been created for the specialty market and will not be made available to the grocery stores. Vive la difference!

Dani wouldn't let me taste either of them, so I can't tell you how wonderful they are. Yet, I'll be taking both home to try since they sound so interesting, don't they?


Front End Managing

By Annie Hubble, Front End Manager

You will notice some new faces at the register. Sarah Wilson has joined the stockers' crew but will help out with cashiering at busy times. Sarah Long is training to be a cashier and will take on a few shifts during early Summer and be part of the schedule in the new school year in Fall.

We say a fond farewell to Garek who has worked with us for many years and is moving on to new adventures. We will miss him and wish him luck.

There is plenty going on at the co-op this Summer. Make sure to put the Co-op Tuesday Evening Barbeque on your events-not-to-miss schedule. We have wonderful music and delicious food every Tuesday from 5:00-7:00 p.m. outside in good weather and in the store if the skies look stormy. The local growers' market will again flourish. And, of course, the simple joys of shopping at the Co-op and meeting up with new friends and old will always endure. We look forward to seeing you!



Brused Books

buy • sell • trade
hardbacks • paperbacks

East 235 Main St.
Pullman WA 99163
509-334-7898

MONDAY-FRIDAY 11-6
SATURDAY 10-6
SUNDAY 1-6

Dr. Ann Raymer

Chiropractic Physician

Gentle holistic health care
for your whole body
and your whole family

1246 West A St.
moscow
(208)882-3723



Word of Mouth

By Vicki Reich

Cinco de Mayo put thoughts of tortillas, salsa, tamales, chilies and refried beans in my head. I love Mexican food. I make Mexican-influenced meals all the time, and I almost always use some kind of salsa and refried beans. Regular readers of this column know that we've already tested salsas, so it seemed like it was frijoles refritos turn to face the taste buds of the Hog Heaven Handspinners.

Refried beans aren't really fried twice, only once. They are traditionally made by frying cooked beans in lard with onion and sometimes garlic. A great deal of lard is used in the traditional recipes I've seen, and the beans are fried and mashed until they resemble mashed potatoes. The term refritos really means well fried not refried.

All the refries the Co-op carries are vegetarian and low fat, so they are not very traditional, but they are still tasty. The spinners' job was to find which of the four brands taste the best. They were more excited about tasting beans than I expected. I was surprised by the overwhelmingly positive response when I said the next taste test would be refried beans. Who knew others liked refries as much as I did.

I like refried black beans the best, so that's what we tasted. Amy's (\$1.85/15.4oz) was the first into the bowl. The consistency of these beans

is great, not too thin, not too thick but just right, and the flavor follows right along with the consistency. They are very smooth and light and taste like they've got a bit of salsa added (which they kind of do; there's added onion, peppers, tomato, chilies, garlic and spices.) This was definitely the favorite.

Next up was Natural Value (\$1.35/16 oz.). These are just straight black beans. They are thick and slightly tangy and taste just like you would think mushed up black beans should taste. They have just the right amount of salt and would make a good base for a bean dish. Bearitos (\$1.39/16 oz.) is also just black beans with a little bit of canola oil. They have a thick velvety consistency, but they have a slight metallic taste that some of us didn't like. Walnut Acres (\$1.49/15 oz.) was the last brand we tried. This is the thinnest in consistency of the lot. It is very mild tasting even though it has roasted red jalapenos added. Some tasters thought it had a hint of garlic.

There are lots of other choices of refries within these brands, but we didn't have time or stomach space to try them all. All of them are made with organic beans, and they are all either fat free or low fat. There was much going back for second and third tastes, and we almost didn't have room for dessert, almost.



ARTWALK in Moscow

By Annie Hubble

On June 11, the Moscow Food Co-op will participate in Moscow's ARTWALK Grand Opening with a showing of Antone G. Holmquist's photography. Antone (known to most of us as Rufus T. Firefly) is a well-known face around Moscow and particularly in the Co-op. He first moved here from the Midwest in 1975, and we have been lucky enough to have him in our midst ever since. A self-described rambling man, he is an avid traveler, river runner, and backpacker. When I talked with him, he said, "I don't think of myself as an artist. I just take pictures wherever I go."

Having had the good fortune to see some of his previous shows, while praising his modesty, I would disagree with that statement. His photography is very deserving of the title of "Art," in my opinion. I urge you all to come

to his show and especially to the opening reception on Friday, June 11 at 5:30 at the Moscow Food Co-op Art Gallery.

ARTWALK is an exciting collaboration between local artists and downtown businesses that kicks off on Friday, June 11. A brochure describing the self-guided tour through the businesses participating in the program is available at the Moscow Arts Commission office in City Hall and at other locations. Contact Deena Heath, Moscow Arts Commission Director, for more information, 883-7036.

So, starting perhaps at the Co-op for a slice of Friday night pizza and a viewing of Antone's lovely photographs, one could spend a very pleasant evening walking from business to business, meeting up with friends and appreciating the many talented artists of the area.

STIVERS PAINTING

Interior & Exterior
Wallpapering & Decorating
in our 3rd Generation of the trade
personal/professional service
residential & light commercial

a family team that is environmentally aware and eco-responsible

We use the very best products provided by our local merchants.

882-5135

Something for everyone...

Hodgins Drug & Hobby



Architectural Model Building
Supplies Top Quality Model
Railroad Kits Radio Control
Models & Supplies Model
Rocketry Doll House Kits
Miniatures Military
Simulations Breyer Horses
Erector Sets, Brio
Playmobil Puzzles and
much more...

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)
Free Local RX Delivery • Drive in Window
24 Hour Emergency Prescription Service
Most Insurance Plans Honored

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available
307 South Main, Downtown Moscow
882-5536 • Sun 12-5 (pharmacy closed)



Hot Off the Grill

By Eric Gilbert,

Co-op Music Coordinator

Come on down to the Moscow Food Co-op for our Tuesday evening BBQ dinner, complete with free live music. Find the music and the meal at the Co-op patio on Fourth Street opposite the post office, Tuesdays 5:00 to 7:00 p.m.

The local musicians adding spice to your meal will be:

June 1	Glenn Kastrinos
June 8	Potatohead
June 15	Spare Time
June 22	Dan Maher
June 29	The Boogie Doctors
July 6	Blackberry Jam
July 13	Kami Miller
July 20	Joan Alexander

Board Profile:

Will Simpson

By Sharon Fraser

Will Simpson, one of the newest board members, is a true eclectic. He's an artist, a craftsman, a highly trained technician, a falcon enthusiast, and a Co-op fixture. His day job is at St. Joseph's Regional Medical Center where he manages the radiology data system. This position is critically important. Will is responsible for the conversion of more and more X-ray images into digital format. His goal is to get the hospital to 70% digital next year, and train doctors and support staff



in the use of digital X-ray machines. Will rides his Suzuki home after these challenging days and then divides his time between photographs, wood, falcons, board meetings, and Mary Zuber.

It was love of Mary Zuber (and love of good food) that brought Will to the Co-op. He met her in 1988 and did everything he could to win her. Part of his elaborate courtship involved volunteering at the Co-op, and spending one evening a week bagging organic corn chips. From this healthy start their relationship flourished and is still going strong over 16 years later.

It was because of Mary that Will moved to Moscow, and later bought a house just outside of Troy. They live with their Labrador and 3 cats on 13 acres, most of which are scrub. The land that was once cultivated is now full of larches and ponderosa pines, which create a natural habitat. This habitat is perfect for a robin-sized falcon, the kestrel. Will builds kestrel nesting boxes in his workshop and gives these boxes away to interested parties who live far enough away not to intrude on his bird's territory. The one nesting box he set up on his property has been used annually for over a decade. During this time Will has never lost his enthusiasm for watching the fledglings come out, and then learn to fly and hunt. Will explains, "Life is continuous, but all we get from

observing it are snapshots." It is fascinating to listen to Will talk about his birds, imparting knowledge that he gleaned here and there from lucky sightings. But it's not surprising; ten years of snapshots do add up.

Snap shots are another thing that Will knows a lot about. He is a photographer of great renown, and his photos have been featured in two books. Both books are about artwork, and Will has photographed an entire section devoted to a particular artist's work. Ironically, one of these books is called 400 Boxes, which highlights Will's adept photographic skills, but not his own woodworking art. In addition to being a photographer Will is an artisan. He woodturns jewelry boxes, cutting boards, and delicately wrought fountain pens. These creations were once part of a substantial side business, when he spent a lot of time selling his work at fairs and farmer's markets. This year, however, he works with wood for love instead not profit. In addition to kestrel nesting boxes he plans to complete a wood canoe in time for summer. And, now that he is part of the Co-op board, Will is also turning his creative energies toward membership and marketing, where someone of his diverse talents is sure to shine.

Sharon Fraser is a freelance writer, living in Pullman, whose been casing her yard to chose the best spot for a kestrel nesting box.

Report from the Board: The Value of Food

By Will Simpson

The board is working on a process that will help bring awareness of the Co-op's mission to the public. To some the Co-op is just a grocery store, to others a lunch deli and to others it is the only place to buy products that meet special dietary needs. For some, the Co-op is a gathering place, an extension of the Moscow Farmers' Market as it augments the farmers' market during the summer and is its substitute in the off-season. The Moscow Food Co-op is all these things and so much more. The board is looking at data and meeting minutes from the last couple of years to see what we can do to clarify the public's image of the Co-op. This is necessarily a complex process as the Co-op is so many things to so many different people.

The difference between a violin and a pile of wood and metal parts is symmetry. The difference between "slow food" and "fast food" is an appreciation for the richness and simplicity of food and a calm, focused attention to the processes of growing, gathering, preparing and sharing food. Below I'm sharing a dish I love to cook and share with my family. I can't claim to be the original author of this dish, although I've muddled with it a bit. I originally had something similar to this at Mizuna's in Spokane.

Maccheroncelli with garlic, pine nuts, sauted spinach, mushrooms and red pepper flakes

Small bulb of roasted garlic
100 toasted pine nuts
Gimme Lean Sausage
Liberal amounts of olive oil
Red pepper flakes (be bold!)
A couple of handfuls of chopped
Crimmini or Portabella mushrooms
Perciatelli, Bucatini, or
Maccheroncelli pasta
A couple of big handfuls of fresh
spinach
Graded asiago cheese (for non-vegans)

This recipe calls for soft roasted garlic. The way I roast my garlic is to cut the top bit off the bulb, invert it in a covered ceramic garlic roaster, drizzle with olive oil and bake at 275 degrees for 75-90 minutes. When I roast garlic, I do 4-5 bulbs at a time and then refrigerate what is not used. Peel and mash about half of a whole roasted garlic bulb; set aside.

Toast around 100 pine nuts; set aside.

Saute in small amount of olive oil about 1/3 of a package of Gimme Lean Sausage (soy meat substitute) and set aside. In large skillet or wok over medium heat, splash in some olive oil and a fair amount of red pepper flakes. Don't be too shy here; most of the heat will be cooked out of the red pepper flakes. Use a big skillet or wok because you will add everything to it in the end. When the oil is hot, add a couple handfuls of sliced crimmini or portabella mushrooms. Make the mushroom slices thick: 4 or 5 slices per a crimmini mushroom.

Start a large pot of water for pasta at this time. There are three types of pasta I recommend for this dish: perciatelli, bucatini, and maccheroncelli. These are long smooth tubular pastas. Perciatelli is about 2mm in diameter and maccheroncelli is about 4mm in diameter with bucatini somewhere in the middle but usually closer to perciatelli than maccheroncelli in size. Use about half of a one-pound package of dried pasta. Cook the pasta for 9-11 minutes per how you like your pasta. Drain pasta and add to the sauted red pepper, mushrooms. Add the fresh spinach, toasted pine nuts, Gimme Lean and roasted garlic. Continue sauteing just until everything is heated and the spinach is wilted.

Serve on warmed plates. When serving this dish I've found that the you have to be sure that everybody gets their share of the pasta and goodies. Non-vegans can top with freshly grated asiago cheese. Wine lovers, serve with a bold red table wine. Serves 2.

Staff Profile:

Joseph Szasz

By Susan Simonds

Writing this article before my photographs of Joseph are developed, I imagine that his passion and energy are projected onto his image, creating a three-dimensional effect, like the prize in a Cracker Jack box that shimmers with color and movement. As Joseph answered my questions for this article, I had the impression that he could continue talking until the wee hours of the morning, his excitement and enthusiasm keeping me awake long past my bedtime.

Joseph (no relation to the famous psychiatrist Thomas) is known by his nickname, "Ras" due to his affinity with Rastafarianism and his love of reggae music. He and his girlfriend, Kajsa, have a radio show on KUOI featuring world music. (Stay tuned to find out its new time slot for summer.)

A breakfast baker since April, Joseph makes muffins, scones, breakfast pockets, dream rolls, zucchini bread, and lemon bread. His favorite is called "knock-out muffins," containing bananas and chocolate chips, among other yummy ingredients. He first started baking at Broadway Bagels in Coeur d'Alene before moving to Moscow in 2000 to go to the University of Idaho and to work. Originally from San Francisco, Joseph and his entire family are planning to make Moscow their home. His father, who is in the military and now stationed in Wisconsin, plans to eventually retire to Moscow to the house Joseph now shares with one of his older brothers, a grad student at U of I. Once in Moscow, Joseph found himself shopping at the Co-op a lot because he especially liked the organic ingredients and likes to live a healthy lifestyle. In the fall of 2003, he became a volunteer, doing the recycling job.

I am always intrigued by how men get involved with cooking and baking. Joseph only recently became interested in home cooking. In fact, he said Kajsa likes him much more since he started cooking, which supports my own long held belief that a short-cut to a woman's heart is through her stomach. Despite coming late to cooking, Joseph is thrilled by baking and its connection to politics, which he animatedly explained

to me with the example of how the socialists in Russia at the time of the revolution promised bread, land, and peace. A political science major and economics minor at the U of I, he is president of the Socialist Equality Party on campus. He commented that studying public finance is not popular among his friends, but "I love this stuff...I would be copping out if I didn't do this stuff. I want to help people."

The Socialist Equality Party is an international organization, which has a candidate for the United States presidency, Bill Van Auken. Its U.S. website described its mission as opposition to the capitalist market system by establishing world socialism through the international working class. However, Joseph's focus lies in how the party can educate students. One issue in which he is involved is the Right to Work Law, for which the party is gathering signatures to get it on the ballot to repeal it. According to Joseph, this is really an anti-union and anti-worker law. In regard to the situation in Iraq, he is interested in issues of gender and class and war, explaining that soldiers from the most economically depressed areas have the highest fatalities. As far as his view of issues at the university, he thinks students should be looking at who is spending money and who is responsible for making decisions about expenditures. He observes apathy among college students: "It's a struggle to get people to care about these things."

Besides politics, Joseph loves the outdoors and is an avid bicyclist, cross country skier, back country skier, and mountaineer. Last summer he climbed



Mount Hood three times and hopes to make it to Mount Adams and Rainier this year. He's been climbing solo and is delighted that he now has friends who want to climb with him. Admitting that he might be happier as a mountaineer, he feels a responsibility as well as a passion to make the world a better place and help the

environment. He can see himself as a politician or an economist for a non-profit organization. For now, though, he said he works at the Co-op so that he climb to his heart's desire.

Susan Simonds lives near Moscow Mountain, loves freshly baked bread, and longs for real New York bagels.

**Single? Depressed?
Come meet the apple of your eye.**

- **10 varieties.**
- **Organic**

They want to meet you.

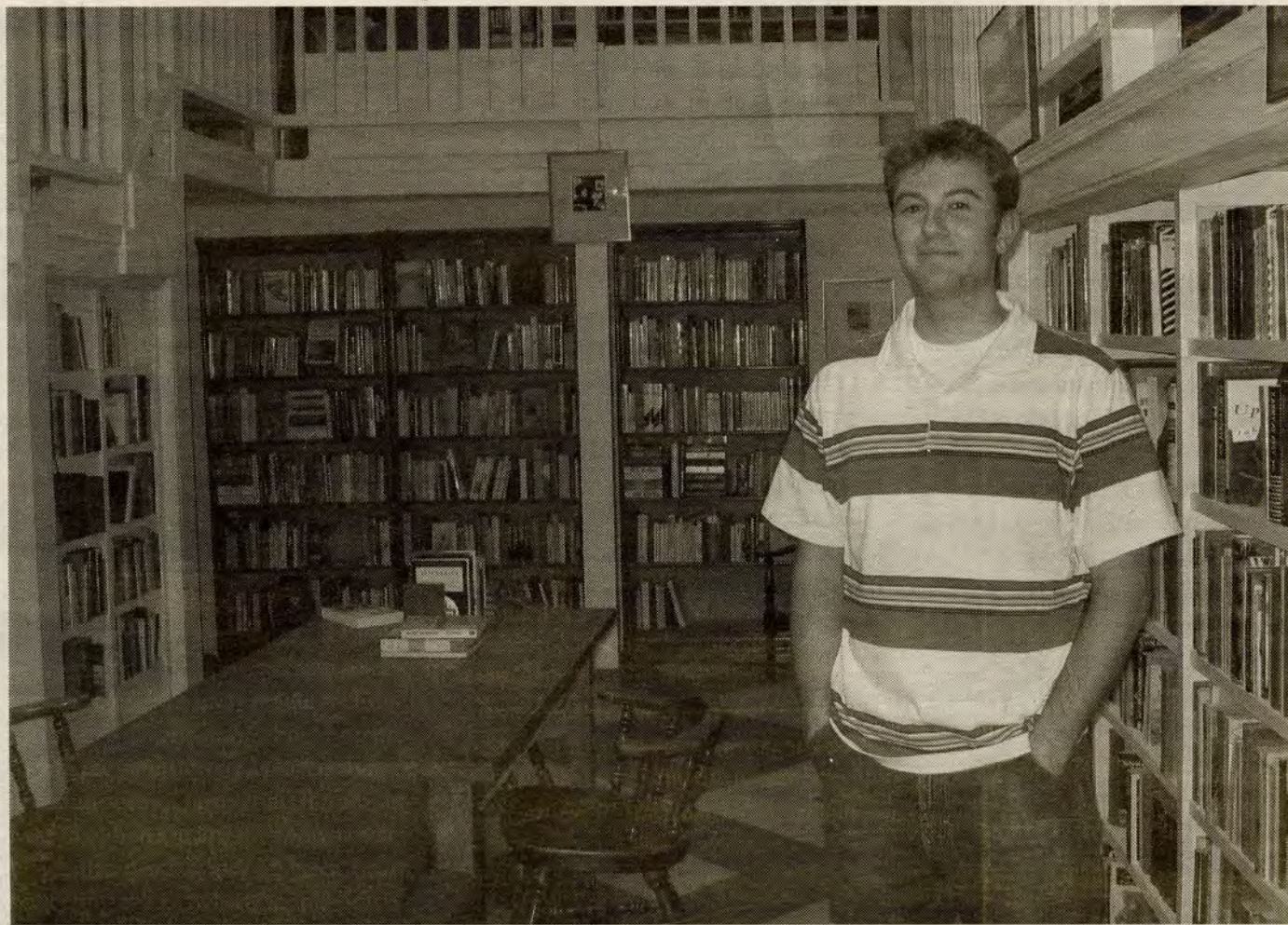
Business Partner Profile: Ball and Cross Books

By Tanya Denison

Nestled in a downtown Moscow alley in a brick building covered with ivy, I discovered Ball and Cross books, a used bookstore newly established in 2003. Opening the door, the air smelled, not of musty old books, but of freshly brewed coffee, and I found one of the store's owners, Mark Beauchamp, settled comfortably in a chair. He then cheerfully gave me a tour of the store. At the front are the "books you wouldn't put your coffee cup on," and around the room are non-fiction "such as how to identify the poisonous frog on your plate," humor, fiction, literary criticism, anthologies, foreign languages, poetry, drama, and history. And record buffs will find an interesting selection of vinyl, a sample of which is always playing. This is a welcoming space for any adult, but the best part of the store for children is "Harry Potter's room" under the stairs. Next to the children's section, this spot is ideal for tiny readers or larger ones who are good at pretending.

Mark admits that, although he loves books, becoming a used bookstore proprietor was the last thing he wanted to do. "I pictured a fellow growing bald behind the counter who watches too much Star Trek." He fell into the trade while supplying books for Bucer's. When the coffeehouse was about to open, he was dismayed at the scarcity of books on the shelves, and brought in 200-300 of his own books. Still needing more good material on the shelves, he used the money from selling the books to purchase more. Eventually, he realized that his problem had reversed – the shelves in Bucer's were full, and his apartment could no longer hold the back stock. Eventually, Mark and his wife Kristin created Ball and Cross Books from a small space behind Bucer's. Friends helped with the renovation, putting in floors, ceiling, and a lovely mezzanine, creating an appealing place for bookworms. They named the business after the title of a story by G. K. Chesterton, a turn of the 19th century writer, critic, essayist and theologian, and a favorite source of quotes for Mark.

So what would Mark be doing if not selling books? His aspiration is to do spot illustrations for the "New



Yorker," and he covers his desk with an assortment of drawings. He especially admires the creators of Tintin, the curiously coiffed reporter; Dick Tracy; and Pogo, the swamp possum.

Mark became a Moscow Food Co-op business partner because, as he says, "The Co-op has so much good stuff. It is critical to a healthy community to have stores in walking distance, and I thrive on Burt's Beeswax products and lapsang souchong tea."

Mark welcomes everyone to visit Ball and Cross. "We have great books," he says, "The titles are all ones that pique the curiosity, and you can get a small education in everything."

Ball and Cross Books is open Monday through Saturday from 10:00 a.m. until 6:00 p.m. Call 892-0684 or drop by. The address is 203 1/2 South Main, and can you enter the store either through the doorway in Bucer's roasting room or from the alley between Wells Fargo and Zions Bank. Moscow Food Co-op members receive 10% off anything in the store.

Tanya Denison loves nothing more than settling down with a good book and a hot cup of tea.

Editorial Update

By Bill London

With this June newsletter, we bid farewell to Julie Monroe, who is retiring as one of the two issue editors. Julie (sharing this volunteer position with Therese Harris on alternate months) had the responsibility for copy editing and organization of this monthly community newspaper. Julie started as one of our writers, providing various profile articles, and then agreed to serve as editor. She's done a great job, and leaves with our thanks.

Luckily, she has promised to occasionally provide us with more of her historical articles, looking back on the places and people that made Moscow what it is today.

Replacing Julie as issue editor will be Carol Spurling, who now writes both a family essay and a Co-op food column. Carol will be the issue editor for the August issue (Therese will cover July), and will continue to provide her family essays whenever she has the time and motivation.

Carol's food column (exploring a prepared food available at the Co-op) will continue—with Sharon Fraser Allen as the author. Sharon will write her first food column for the July issue.

And the Co-op's Community News continues....

Bill London edits this newsletter and wonders why all the newsletter writers (with the lone exception of Pat Vaughan) are female.

MARKETIME
DRUG®
Post Office Square
209 East Third
Moscow Idaho 83843
208-882-7541

Volunteer Profile: Jennifer Farley

By Heidi Heffernan



One thing I really like about writing the newsletter volunteer profile is that I'm able to meet exciting new people and talk to them about their lives. On a beautiful afternoon at the end of May I had the opportunity to sit down and speak with Jennifer Farley, who along with her boyfriend Kent Werlin, is a Monday night closing volunteer at the Co-op. They have doing this job since August 2003. When Kent took a job as a habitat biologist for the Nez Perce Tribe, Jennifer joined him in Idaho where she'd never been before.

Says Jennifer: "I like to travel and to see new places. He [Kent] was the major push (to move here) but I was also looking into grad school, environmental science, and the UI [University of Idaho] has a good school, so I thought that would be a good option. For work I have a shared position with the U of I sustainable ag program and

Rural Roots, which is a small acreage sustainable farming and ranching non-profit group. I'm the communications coordinator. This fall I'm starting my MS [Master of Science] in Environmental Science. I'm going to be doing the McCall outdoor science school with PCEI; I'm really excited about that because I really like working with children, I love ecology, and I love the mountains. I think both this graduate program and my work experience with Rural Roots are a good combo fit all my diverse interests. I'm excited about it.

I ask, "So what are some of your diverse interests?" Says Jennifer, "Well, at heart I'm an environmentalist. I love the outdoors and almost every weekend I'm out doing something, whether it's hiking or mountain biking. I'm into a lot of outdoor sports. One thing I really like about Moscow,

and you hear time after time from people, is that they love Moscow for its sense of community. I love that and I love that I have a job where I get to feel like I'm doing my part. It's gratifying to work in sustainable ag and to work with the farmers and as a consumer to see where my food comes from. Rural Roots has a really close relationship with the Co-op. My work is also my own personal interests. I don't really draw a line between work and what I value and what I like to do for fun. It all kind of rolls together. That's really nice."

Jennifer adds, "One thing I'm really excited about for work this summer is we're starting a 'Buy fresh, Buy Local' campaign with the Co-op. We're a regional partner with the National 'Buy Local' campaign. We're having a tasting and hopefully we'll have some local farmers come to that so they can share their products, and that's going to be scheduled for Saturday, June 26, 1:00 - 4:00 p.m. That is going to be the major kick off for this 'Buy Fresh, Buy Local' campaign. It'll be great because I think people, especially Co-op shoppers, really want to buy local, sustainable food. Agriculture is a huge component of our community. I'm so excited about it.

The logo is beautiful. We don't put enough value on our food, as we should. Everyone wants really cheap food, but we have to think about where your money is going. In the long run is it really better for your community to be spending \$1.00 on a head of lettuce when you could be spending \$2.00 and that stays in your community and that money will come back to you."

I add: "And that head of lettuce will stay fresh in your refrigerator for a week instead of rotting after three days."

Replies Jennifer: "Exactly, you don't have to go spend another \$1.00 to buy a new one. I'm on a limited budget, but I manage. I buy probably 95% of my groceries at the Co-op. But what's so great is yes, I am on a limited income, but there are volunteer opportunities at the Co-op that makes it economically feasible. And it's so great to work at the Co-op and to meet people and to give back. I do it because it's fun. It's great to be a volunteer there and I hope I can do it for long time to come."

Heidi Heffernan, whose favorite month is June, lives in Moscow with her family.

Got a Sweet Tooth?

Have a Cookie!



The deli offers a variety of vegan wheat free, and fully decadent fresh baked cookies for only \$.89

Paradise Creek Bicycles

- GIANT
- RALEIGH
- KONA
- ADULT RECUMBENT
- BICYCLES
- WE HAVE RENTALS

We Sell The Best
And Service The Rest

10% discount
to all co-op
members
with card

882-0703

Open 7 days a week!
513 S. Main • Moscow

JOHN'S ALLEY

Moscow's Home of Live Music

-PRESENTS-

June

- 1 OPEN MIC
- 4 Stephanie Schneiderman Band
- 7 Weary Boys
- 11 Frame Of Mind
- 12 River
- 15 OPEN MIC
- 16 Satya Yuga
- 18 Tashkent
- 19 Tashkent
- 23 Snake Oil Medicine Show
- 30 Upright Dub Orchestra

check it out @
www.johns-alley.com

-Shows are subject to change-
Please call
208-883-7662

Peach Tofu Cake

By Jen Hirt

Since the various farmers' markets and produce aisles are perking up with spring fruit, a dessert recipe seems in order. Years ago I had clipped a recipe for a lemon cake which used lemon yogurt. It was a good recipe, but I'm not a huge fan of sweet lemony desserts. Noticing the new offerings of "dessert tofu," I tinkered with the old lemon cake recipe and came up with a cake that has a deep fruit taste, rather than a butter and sugar taste.

In the refrigerator case near the cheese, Co-op shoppers can find the brightly colored packages of Pete's Peach Mango Tofu2go. With tidy trays of tofu complimented by tea party spoons, Pete's organic dessert tofu is designed for a sack lunch. It's delicious on its own, but perfect for a cake. The addition of tofu makes the cake very moist but not sticky. The fragrance of peaches is irresistible and lingers in the kitchen as long as the cake lingers. Pete's reports to be a peach mango mix, but it's mostly peaches, which is fine with me, and it's far better than the old lemon recipe. And although one can never feel totally at ease about the health benefits of cake (there are none, I suppose, with all that butter and sugar), the tofu does add a bit of protein. Pete's is also organic.

This is a tasty cake. I tried serving it with ice cream and sliced mangoes, but it seems to be best by itself. And since it is so moist, it stays fresh for 2-3 days. If you want a comical challenge, try eating it with the freaky little spoons that come in the tofu package.

Peach Tofu Cake

Serves 6-8

- ¼ cup butter, softened
- 2/3 cup sugar
- 1 large egg
- 2 large egg whites
- ½ tsp. almond extract
- 2 ¼ cups flour
- 1 tsp. baking powder
- ½ tsp. baking soda
- ¼ tsp. salt

1 package of Pete's Peach Mango Tofu2go

Preheat the oven to 350. Line a 9x9x2 baking pan with aluminum foil, so you can lift the cake out when it is done.

This recipe is fairly straightforward. Cream together the butter and the sugar in a bowl big enough to hold all the ingredients. Mix in the eggs and the almond extract.

In a separate bowl, combine the dry ingredients.

Next, alternate adding the dry ingredients and the tofu to the butter-sugar-egg mixture. If you want, run the tofu through the blender for about five seconds to totally liquefy it, for easier mixing. However, since Pete's is meant to be eaten straight from the container, it's already pretty smooth and easy to mix.

Spray the aluminum foil lined pan with nonstick spray. Spoon the batter into the pan, spreading it evenly.

Bake for 45 minutes, until lightly golden and firm. Cool for five minutes in the pan. Lift the cake out and let it cool on a wire rack another ten minutes.

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



Sausage and Soyrito

By Carol Spurling

One of the ways thrifty farmers and cooks have fed themselves throughout history is by making sausage. Usually, it is made from pork, but sometimes from beef. As Jocasta Innes says in her book "Your Country Kitchen," practically

every country in the world features sausage in a distinctively national dish.

"Its popularity is hardly surprising...In the days when every household was pressed for new ways of preserving food, dried sausages emerged as an excellent way of preserving meat, the gut casing allowing the natural moisture to dry out gradually while guarding the contents against dust, flies, and bacteria."

In trying to eat cheaply and seasonally this past winter, I rediscovered sausage, which I had given up in my vegetarian days and eaten sparingly since. Just a little bit of sausage, cooked with beans and served as soup or with rice, or with tomato sauce on pasta or polenta, transformed humble meals into gourmet events.

At the same time, trying to cut down on sugar and flour in my morning routine, I had started avoiding the Co-op's fresh scones, rolls, and muffins, until one morning the new sausage and egg pockets made their appearance. It was a happy reunion for me and the bakery case. The sausage in those pockets comes from Sara Joe's, an organic producer

in rural St. John, Washington. Sara and Joe DeLong and their family live on the DeLong family farm, which was homesteaded in 1863 and has been in the family ever since. In 1993 the farm became certified organic. They

supply organic pork products to several retail outlets in the region, including our own Moscow Food Co-op, and to restaurants in Seattle and Portland.

Vicki Reich, Co-op buyer, also stocks Organic Valley sausage from a Wisconsin producers cooperative, and will soon be adding Applegate sausage, from which the Co-op already buys deli style meats. But not everyone finds sausage appetizing, especially when they find out that the reason it is so tasty and economical is

that it is made from the odd bits of meat left over from the butchering process. (I consider such complete usage as "honoring" the animal by not wasting any

it.) Another consideration: for people needing to cut down on fat, traditional sausage is a no-no.

Enter soy sausage.

"I used to eat chorizo, a delicious Mexican sausage, until I discovered that it is basically lard with ground up pig snouts and other unused body parts. Truly gross but it tastes so good," said Bill London, Editor of the Food Co-op newsletter. "Now the Co-op sells Soyrito by El Burrito. It tastes great and is vegetarian and groovy."

Reich said she likes to mix Soyrito with roasted red peppers and serve it hot on toasted baguette rounds for an appetizer. And of course, it's good in burritos and with eggs, too, she said. London, a "fallen vegetarian," said his wife Gina discovered the pseudo chorizo several months ago and brought it home for him to try, knowing he had eaten the real thing when they lived in California. "From the first bite, I was hooked. I now eat it once or so per week, fried up with onions and potatoes," London said.

The El Burrito company, founded by Mark and Grace Roth, began as a tortilleria in an El Monte, California grocery store. By 1980 they were marketing their own salsa and other Mexican food products. But several years ago, Mark, who ate chorizo for breakfast really often, was advised by his doctor to watch his cholesterol intake. Unwilling to give up his beloved sausage, Mark worked on developing a soy chorizo, finally testing the finished product on friends and family who were unable to tell they were eating "fake" sausage.

The Co-op carries several other brands of soy sausage, including Gimme Lean, Garden Burger, Boca Burger, and Turtle Island. You can find the real sausage in the freezer, and the soy sausage in the cooler above the bulk olives, near the tofu and other soy products.

Carol Spurling wishes her home state of Iowa was full of farms like the DeLong's, instead of hog confinement operations.

The Garlic Scape: Eat It or Wear It

By Judy Sobeloff

A few months ago someone asked me what my qualifications were to write this column, and I said it's that I don't know much about food. (Lest you think those were fighting words on her part and wish to defend my honor, she was from out of town and had never read the newsletter.) In any case, my blissful ignorance is the main thing I have going for me this month, when I present my close, personal friend, the garlic scape. I do remember tasting some intriguing pickled garlic scapes at the tail end of a previous garlic scape season, but the window of availability is brief and I haven't managed to encounter them since.

That's why I'm writing about them now so that when they do arrive for their short stay in the produce department this summer, we can all be ready. In the meantime, we can construct our padded suits to help minimize injury during the inevitable frenzy they are likely to inspire among garlic lovers and wannabes alike.

O.K., O.K., what is a garlic scape? In her column "Simply MJ," Mary Jane Butters writes, "scapes are the flower stalks found on members of the Allium family (onions, leeks, chives, and garlic). Garlic scapes, which only appear on the finest hardneck garlic varieties, curl upward as they grow, ultimately straighten, and then grow little seed-like bulbs. When the garlic scapes are still in full curl, they are tender and delicious."

Russell, of Affinity Farm, predicts that garlic scapes will be ready around mid-June this year, but explained that because the scapes need to be pinched off about three weeks before the bulbs are ready to be harvested, the timing is "a bit of a gamble." A young scape makes one or two loops before straightening out, he said, so "as soon as it loops back around, we pluck it off. [This] sends more energy to making a bigger bulb and [the scape] is more tender."

Dory, who works at Mary Jane's Paradise Farm, describes garlic scapes as "really, really good. They're a totally underutilized part of the garlic. Most people only use the bulbs and they're throwing away the tops. It's a waste."

Talking to Dory, I got the idea that although many people don't even know

about garlic scapes (outside the Palouse, anyway), they somehow represent garlic for everyone, because the scapes are said to have a milder flavor without the hot garlic "bite." To me this means garlic lovers can eat even more garlic than usual, and that those who normally shy away from garlic can join in the fun, too. Dory agreed: "People who love garlic absolutely love the garlic scape," she said, adding, "It also appeals to those skeptical about eating a clove of garlic [who want] the health benefits."

The most popular use of garlic scapes seems to be pesto, hands down. For those interested in garlic scape recipes, I found more than 20 at <dakotagarlic.com> including four recipes for different kinds of garlic scape pesto (standard, spinach, walnut, and sunflower seed). Other suggested uses of garlic scapes are stir-frying, pickling, steaming, and chopping raw for use in salads. For stir-frying, <dakotagarlic.com> suggests: "chop them into two inch lengths, boil for two minutes, then add to the stir-fry mix during the last minute of preparation."

Russell said he'd heard of people grinding the scapes and freezing them in ice cube trays for convenient use in cooking later. Lahde, former Co-op produce manager, said she likes using garlic scapes like asparagus, sauteing them in olive oil or butter. She also thinks they're beautiful. "You can wear them on your arm like a bracelet," she said. "They'd make nice artwork."

Garlic Scape Pesto

(from <maryjanesfarm.com/SimplyMJ>)

1 cup grated Parmesan cheese
3 Tbsp. fresh lime or lemon juice
1/4 lb. scapes
1/2 cup olive oil
Salt to taste

Puree scapes and olive oil in a food processor until smooth. Stir in Parmesan and lime or lemon juice and season to taste. Serve on bread, crackers or pasta.

Fried Scapes

(from <dakotagarlic.com>)

Cut scapes to green bean size and saute them in butter and salt for six to

eight minutes. During the last minute of cooking add about 1 tsp. of balsamic vinegar.

Spinach and Scape Frittata



(adapted from <dakotagarlic.com>)

3 Tbsp. olive oil
10 eggs
1 cup (1/2 lb.) chopped raw spinach
1/2 c. grated Parmesan cheese
1 Tbsp. chopped parsley or basil
1/2 c. finely chopped garlic scapes
salt and pepper to taste

Preheat oven to 350. In a large bowl mix all ingredients except oil and scapes. Heat oil in a 10-inch oven-proof skillet on the stove. Add the scapes and saute until tender on medium heat for about five minutes. Pour egg mixture in skillet with garlic and cook over low for three minutes. Place in oven and bake uncovered for 10 minutes or until top is set. Cut into wedges and serve.

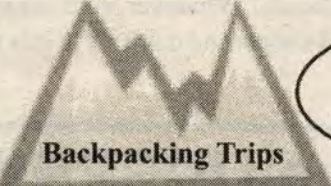
Judy Sobeloff can't wait to eat garlic scape pesto and wear garlic scape bracelets.



 **Palouse-Clearwater Environmental Institute** 

WOULD YOU LIKE TO SPEND A WEEK IN THE MOUNTAINS?

Join PCEI on one of three summer backpacking trips into the Eagle Cap Wilderness.

 **Backpacking Trips**

Trip 1: July 26-30 for TEENS
Trip 2: August 2-6 for WOMEN
Trip 3: August 9-13 for TEENS

- ~Trek the Wallawas with experienced naturalist guides.
- ~Enjoy evening workshops; become familiar with plants and wildlife.
- ~Participate in a service project with the U.S. Forest Service.
- ~Spend 5 days surrounded by beautiful sounds and scenery.
- ~Learn to navigate with GPS, topo map, and compass.

\$225.00 for travel, workshops & food (\$200.00 if you register by June 1)

To register, or for more information, contact Aly Bean at PCEI: aly@pcei.org
(208) 882-1444 PO Box 8596, 112 W. 4th, Suite 1, Moscow, ID. 83843



Create Your Own Hanging Baskets of Blooming Color

By Patricia Diaz

We all admire the beautiful hanging baskets of flowers at nurseries, but sometimes the cost is more than a person can pay. So, you can create your own hanging basket and have it look great. Here are a few tips:

1) Where can I hang my baskets for optimum effect? Hanging baskets look wonderful in many places – entrance areas, house walls and near doorways, porches, patios and decks, and interior courts.

2) What is the right container? There are a couple of considerations for choosing the proper container. The plants that you choose, the atmosphere in which you will hang your container, and the decor or architecture of your house can determine what you choose. Hanging containers come in several different kinds of materials – plastic, wood, metal, pottery, moss-lined wire, galvanized tubs, and wicker baskets. Consider the weight of your container, too, when deciding where it will hang. Heavy pots, such as pottery and clay, need lots of support and big hooks as they can weigh anywhere from 25-50 pounds when filled with soil and plants. Watering your containers also adds weight. A big advantage to a large container, however, is that it holds more plants which helps keep roots moist longer, and you don't have to water as often as you would if you had more small pots. Some pots dry

out faster too, such as the clay ones, so consider that when choosing containers. The most important factor, though, is to make sure your container has excellent drainage.

3) What plants should I choose? Again, there can be lots of considerations when choosing plants – amount of sun, colors you'd like to feature, how long can the plants be, and whether you want green foliage as well as blossoms. Different plants can also give a different decorating "flavor" to your home, depending on whether you'd like a tropical, English cottage garden, Southwestern, or maybe a Victorian look.

Not all plants need to be the trailing or hanging kind. Use upright ones in your container as well. Those should be planted in the middle, with the hanging plants around the edges.

When picking color, you can have a riot of bold color, a serene selection of pastels, maybe blues and lavenders together, or use the color wheel to help you decide. Whatever your choice, keep it simple and don't try to mix too

many colors in one container.

Different plants have different sun requirements and different watering needs. This is very important when choosing the types of plants to put together into the same container. I'll give you some suggestions about that in a minute.

4) Planting the basket. You'll need lightweight potting mix, including some peat moss and vermiculite to provide aeration and drainage. To make your own soil, combine two parts peat moss, two parts perlite/vermiculite, and one part compost. An 8-inch container usually holds 3-4 plants, and a 14-inch pot can hold 6-8 plants.



Wire baskets can hold more plants, so plant them 3-5" apart, and from the sides and bottom as well as the top. Coverage is important on wire baskets because they're not that attractive unless covered by plants.

Fill a pot 2/3 full of soil and arrange the plants on top until you like the arrangement. Plant the largest and center plants first, then smaller ones, and the edge plants last. Fill the pot with more

soil, firmly press, and water to settle the plants and soil. To plant a wire basket, line the basket with a thick layer of wet sphagnum moss (or you can use a pre-formed liner), then fill with soil and water; let it settle and drain. Poke holes in the bottom and sides, then firmly insert the plants' root balls. Next do the center of the basket. Remember that strong sunlight and wind will dry your containers out quickly. Feed your plants once a week with water-soluble fertilizer or 1-2 times a month with time-released fertilizer.

5) Plant choices – For sun, choose black-eyed Susan, catmint, French marigold, lobelia, nasturtiums, portulacas, and verbena. For partial shade, choose alyssum, begonias, coleus, creeping Jenny, fuchsias, geraniums, impatiens, pansies, periwinkle, primroses, violas. For foliage, choose ferns, grasses, ivy, mints. Good trailing plant choices include Italian bellflower, lobelia, Lotus maculatus, million bells, and Scaevola aemula.

6) First aid – Watering is THE most important key to success. If the soil dries out completely, you will need to rehydrate by dunking the entire container in a large tub of water until the soil is saturated. Lift the container out and drain before re-hanging.

Pat Diaz gardens east of the Palouse near Dworshak Reservoir. This time of year is one of her favorites – with all the wonderful Spring blossoms, neon green foliage, and all the cute little animals being born.

PRAIRIE BLOOM NURSERY

BARE FRUIT TREES
15% OFF FOR CO-OP MEMBERS
A WIDE VARIETY OF FRUITS AND BERRYS
PH. # 509-332-4425
OPEN 7 DAYS A WEEK

LOCATED APPROXIMATELY 2 MILES EAST OF PULLMAN ON HIGHWAY 270

Nancy Draznin, CCE, CLA

(208) 224-6965



Home Birth
Water Birth
Hospital Labor Support

Serving the Palouse since 1992

Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only

Gardening: Aches and Pains

By Chris Kipp, Physical Therapist

The benefits of home gardening cannot be enjoyed if you end up with injuries, aches and pains. Although gardening seems relaxing and suitable for everyone, it can actually be some of the hardest physical work a person does all year. Even with a small garden, there is digging, raking, bending, reaching, kneeling, lifting and carrying. These activities use muscles that may have not been used for months. To "reap" the rewards of gardening a few tips should be followed.

Stretch before starting your garden work. This will warm up the muscles prior to the activity and help prevent overuse injuries.

Don't overdo. Listen to your body and stop when you first feel tired or when the work seems to be getting too hard. Stretch and/or take a break every half hour. Lean back, side bend, walk around, stretch your arms overhead and/or squeeze your shoulder blades together. Don't forget to rehydrate. Drink plenty of fluids.

Avoid prolonged bending forward or twisting at the waist. Move your feet while gardening. Don't plant your feet and twist or reach to excess as this can cause injury to the back or shoulders. Move toward your work and take advantage of long handled tools.

Bend your knees to lift. Avoid rounding the back to lift and keep the object close to your body.

Use equipment and good tools. This will make your work easier and safer. Use wheelbarrows or carts to carry large bags of mulch or soil. Use hand tools with grips or shapes to reduce stresses on the hands and arms and prevent blisters or calluses. Pretend to use them at the store and see how they feel to your hands, wrists, shoulders and back. Using a small stool will protect you from prolonged or excessive bending. Pads to kneel on will help the knees.

Using these helpful hints will decrease your "harvest" of injuries, and your body will "reap" the benefits.

Chris Kipp has been a Physical Therapist for over 23 years at Latah Therapy Works. For more information on exercise or body mechanics call 882-1570 and ask for Chris.

Letter from the Land: Follow-up on Planning, Progress, and Prairie

By Suvia Judd

This month I would like to follow up on topics I have written on in the last six months.

Planning

On June 7, 8, and 9, the Latah County Planning Commission will hold a final set of town meetings in Potalatch, Moscow, and Deary, respectively, to get input on the revised land use ordinance we have been working on for about six years. This is the last step before formal public hearings. Planning Commission members will summarize proposed ordinance changes in the areas of flood plain development, outside storage of junk, and confined animal feeding operations, and ask for feedback. Then we will invite the audience to choose one or two, from a dozen or more other topics we suggest or the audience nominates, and discuss those. If you have been feeling concerned or irritated about mining sensitive lands, land divisions, outdoor lighting, ridgetop development, or any other land use or zoning topic, please come and tell us. For more information, call the Planning Department at 883-7220.

Progress

The construction to widen Highway 95 (South Main) from Styner/Lauder to Sweet Avenue has begun. I welcome the new sidewalks on both sides. On the other hand, I wonder how all the people (and cats) who cross both ways daily by foot and car will manage with five lanes and no stoplight at Styner. I doubt that overall safety or quality of life will be improved for the residents of this part of Moscow, and I wonder how long before a bypass will be built for the through traffic. Also on the minus side is the loss of fourteen old street trees and a number of smaller trees and shrubs, some dating from the early 1900s. I offer thank-yous to the state and city staff who assisted local property owners in trying to protect the trees that were, on paper, designed to be left. Also thanks to those members of the construction crew who were not actively hostile to my own plant salvage efforts. Many thanks to those who have empathized with my grief over the changes.

Prairie

Several readers of my columns on Palouse prairie have sent corrections and clarifications, which have reached me courtesy of David Hall. I wrote in the April issue that tundra swans flying over Paradise Ridge before European settlement would have passed over clusters of ladybugs awakening in the winter in the pine needles under the ponderosas. I am alerted that when I see ladybugs, (more correctly "ladybird beetles") today; they may be the aggressive Eurasian invader, the seven spot ladybird beetle, *Coccinella septempunctata*. We are most likely to see this in crop fields. A native species, which does congregate as I described, is *Hippodamia convergens*.

In the same article I placed sharp-tailed grouse in nests, but, in fact, in March, when I heard the swans overhead, the grouse would have been collecting at leks, which are flat grassy open spaces where up to 25 males gather and perform mating dances for the females. Later in May, or June farther north, the females, having chosen a male, settle in nests in more shel-

tered, brushy areas, which may or may not be adjacent to the leks. I am still working on the etymology of "lek."

Sharp-tailed grouse, *Tympanuchus phasianellus*, have been extirpated over much of North America, as their habitat has been eliminated by cultivation and grazing. They are gone from the Palouse, as the prairie is virtually gone, but are still present in southeast Idaho, although declining and listed as a species of concern in the state.

For those interested in local prairie wildflowers and grasses, there is a tiny demonstration planting at the east end of the U.S. Forest Service Rocky Mountain Research Station on South Main in Moscow. I walked home that way yesterday and admired the lava alum-root (*Heuchera cylindrica*), prairie smoke (*Geum triflorum*), and, about to bloom, the little sunflower (*Helianthella uniflora*).

Suvia Judd lives in Moscow where she rescues plants and animals and tries to learn how to express herself in "giraffe" (non-violent communication).



Golden Blue Lotus Tara
Buddhist Meditation Center
Join us for meditation
Sundays 9:30 am
525 S. Main Moscow (509) 332-1147

<http://community.palouse.net/lotus/>

GLENDAMARIE
ROCK, III
CLAIROVOYANT
ESOTERICIST
HEALER, TEACHER
Wondering about your
life path? Asking
questions you think
have no answers?

GMR3 may assist you
reach balance & peace.
208-892-8649

ORGANIC INCOME OPPORTUNITY

Create extra income, part-time, with excellent potential for growth. Join us in a business opportunity that cares passionately about our planet and vibrant health. Market organic whole food supplements from the convenience of your home. Call for free information:

800.927.2527 x03964

Nature in the City: Sequoias in Moscow!

By Sarah Walker

I had a harder time than I expected finding the Giant Sequoia in the Shattuck Arboretum. As I wound through the dense group of tall conifers, simultaneously peering upwards and looking down to keep from tripping, suddenly there it was: a full crown of blue-green needles and thick, strong branches, and a trunk much thicker than the other trees. My first Sequoia—and so far away from the Sierra Nevada, the natural home of “Big Tree.”

This tree is the lone survivor of three Giant Sequoias that were planted at Shattuck in 1916 as four-year-old seedlings, as a forestry trial to see if this California tree would grow here.

The Giant Sequoia is named *Sequoiadendron gigantea* and is not the same tree as the Coastal Redwood, *Sequoia sempervirens*. According to the Fred Johnson, who tried to keep a Redwood branch alive in his yard to show his Dendrology students, our climate is too cold for Coastal Redwoods to persist here.

The Big Tree in Shattuck, though only a babe in the Giant Sequoia world, is 104 feet tall and 92 years old (they can grow 300 feet high with trunks up to 30 feet in diameter). Ours may well be the biggest and oldest one this far



The unusual *Metasequoia* or Dawn Redwood has both needles and cones. Sarah Walker photo.

north (east of the Cascades). What makes it look different from its piney neighbors is its oversize trunk and wide-spreading, hefty branches. This tree looks like it's getting ready to be huge.

Since I'd never seen one before, I went first to get a close-up view of a

littler one growing in Ruby Valentine's yard on Hayes Street. It's about 25 feet tall and still has its lower branches. She got it as a seedling for a Christmas tree about 20 years ago and kept in a pot outside until “suddenly, one year it shot up about 4 feet.” So she planted it in her yard and it's been growing by leaps and bounds — four to five feet a year — ever since. Ruby and I crawled beneath the prickly, juniper-like needles to get a tape measure around its base. 54 inches, pretty big for a 20-year-old tree!

In Moscow we also have examples of another type of Sequoia, the “Dawn Redwood” or *Metasequoia*. This isn't the same as the Coastal Redwood, but a smaller, deciduous (loses its leaves each fall) tree with, surprisingly, both cones and leaves. *Metasequoia* was thought to be extinct until live trees were found in 1941 in Hubei Province of China. In the early 1980s, a Dawn Redwood, and several other trees native to China, were given to the University of Idaho by a Chinese forester. You can see this sequoia in front of the College of Natural Resources Building (west end); its delicate, fern-like leaves opened up early last month. There is also a smaller one at Lena Whitmore School, and there are several in the UI Arboretum and Botanical Garden, next to the golf course.

There is an interesting connection between Dawn Redwood and Idaho. At the Clarkia Fossil Beds, the leaves of trees that grew in this region during the milder Miocene Era 15 million years ago are preserved. The fossil imprints of *Metasequoia's* frond-like leaves are very clear in the soft gray shales at Clarkia. Some of the other trees that grew here at that time are the Chest-



Look up-up-up into the bushy crown of Moscow's Giant Sequoia. Sarah Walker photo.

nut, Tulip, Magnolia, Sycamore—trees typical of the southeastern states today.

A friend told me she often walks through the Shattuck Arboretum to detour by the Giant Sequoia because it reminds her of time she spent working in Sequoia National Park. So she stops to give it a hug. “Tree hugger”

is a cliché, but I think really big, old trees make people want to check in with them sometimes. I never thought I'd see a Giant Sequoia in Moscow!

Sarah Walker thanks Fred Johnson, Ruby Valentine, Charles Zillinger, Paul Warnick, and herese Harris for their Sequoia knowledge. She'd love to hear about your favorites among Moscow's wild and woolly – or woody – at citynature@moscow.com.

Camas Prairie Winery



Local wines by
the bottles & glass

**Tasting Room
& Wine Bar**

noon-6:30pm
Tues.-Sat.

Idaho's Oldest Independent Winery

PALOUSE

Ocularium

VISION CENTER

Precise, professional eyecare.
Comfortable atmosphere.

William French, optometrist
Diane French, optician

202 East Seventh St.
883-EYES(3937)

Mikey's
GYROS

Where
Smart
People
Meet

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

Moscow
527 S. Main
882 0780

What Is A Family Anyway?

By Lisa Cochran

This past weekend, my daughter and I went to the best wedding reception I have ever attended. Long-time Moscow residents Rebecca Vest and Donna Gaw, who have lived in Seattle for almost 20 years, went down to Portland and received a State of Oregon-endorsed marriage license.

Said Rebecca of the happy day, March 26, "After 22 wonderful years together, Donna and I are going to be married this Friday in Portland, Oregon! This is a long awaited moment for us, as it has not been possible for us to get a marriage license until recently. As many of you know, Donna and I had a commitment ceremony in 1984 performed by the ACLU, but it has never afforded us the civil rights and legal protection that comes with a legal marriage."

I have to admit that I wish Rebecca and Donna would get married more often (they really know how to throw a shin-ding) and sooner than after 22 years of commitment, support and love. Unfortunately, for them and thousands of other couples throughout the country, the honeymoon may be over. The courts, and even the Oval Office, have made it very clear that the issue of alternative lifestyles and entitlement to same-sex partners for equal protection under the law may not be recognized, supported or sanctioned by government.

Being a philosophy major, I find the challenge to the status quo necessary in order to constitute a change in attitude throughout the land. But change does not come without a price, and it most often comes in like a lion, not like a lamb. As Gandhi once said, often "new ideas" are met at first with resistance and opposition, then repression and violence. Our own nation's history attests to this.

On the 50th anniversary of the U. S. Supreme Court's ruling in Brown vs. the Board of Education, we recall how the attempt to end government-sanctioned educational segregation was met with a backlash of injustice,

discrimination and violence after the Court's ruling. Today, the "new idea" of same sex marriage is generating heated debate. Should same sex couples be afforded the same rights as heterosexual couples?

Amidst the debate and challenge comes a redefining of what family is. What does a family look like and act like? Is it something legislated or something that is constantly evolving? What about children? Isn't family responsible for raising and supporting future humanity?

As a child, I often felt that my two brothers and I were treated unjustly because of our particular family situation. We were thought of as "trashy" because, not only were we victims of divorce, but also children of a single father who dated rather liberally. Each time he married, we were somehow more palatable, but whenever he got divorced, we once again became unsavory in the eyes of the community. Why can heterosexuals marry and reproduce while loving same-sex partners are not allowed to marry and foster or adopt needy children into a safe, warm and loving home? I say, "Let the same-sex marriage and family debate begin, and let the nation and the world watch closely."

Becky and Donna's wedding reception was the hottest party I have ever attended, complete with individuals of all ages, ethnicity, color, and sexual identity – of both genders. There were families of all types, and all were feeling the love and rocking together to the tunes of Laura Love and Jen Todd of the Laura Love Band and Jo Miller of the Burley Roughnecks. Best of all, my young daughter now sees that people can love, marry and create families regardless of whom they are. I only hope that the rest of society will someday support her in that vision.

Lisa A. Cochran lives with her Kindergartener in Moscow.

Free Summer Camp Available for Area Youth

By Cedric Price, NYSP Activity Director

Palouse area youth are invited to join in the daily enrichment activities of the National Youth Sports Program (NYSP) at Washington State University this summer. The free program will begin on June 21 and will continue until July 27. NYSP is targeted to low-income families; however, no applicants will be rejected. The program is open to youth from ages 10 through 16 who live within a 60-mile radius of WSU. That area reaches from Rosalia, Washington to Deary, Idaho. Free bus service is available.

Through the Summer Food Service Program, meals will be provided to all eligible children free of charge. Acceptance and participation requirements for the program and all activities are the same for all regardless of race, color, national origin, gender or disability.

The participants enjoy a variety of educational activities, especially in math and science, as well as sport and recreation activities and college preparation programs. A total of about 300 youngsters are expected to participate. Approximately 20 WSU students work

for the program as camp counselors and program assistants. Those students gain valuable experience in directing camp activities and recreation programs.

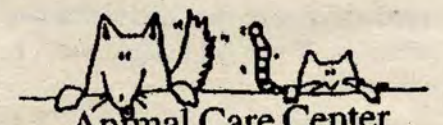
All youth interested in participating should contact NYSP Activity Director Cedric Price at (509) 335-1309 or by e-mail to pricec@wsu.edu.

gain valuable experience in directing camp activities and recreation programs.

All youth interested in participating should contact NYSP Activity Director Cedric Price at (509) 335-1309 or by e-mail to pricec@wsu.edu.

Hot Lunch for Grown-Ups

The Moscow Food Co-op
Deli offers healthy
hot lunch specials
every weekday



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.

Mabbutt ATTORNEYS Mumford

208-883-4744

FREE CONSULTATION
LICENSED IN WASHINGTON AND IDAHO

Lonehawk Farm
Gourmet Meats

Gourmet Elk Sausages and Jerky

-Available at Moscow Food Co-Op -

No Preservatives, No antibiotics,

No hormones.

Steaks and burger available by

special order

call 882-1181

or email

lonehawk@moscow.com

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes

Additions

Remodels

Custom woodwork

882-4938



MarketDay at MaryJanesFarm

By MaryJane Butters

We're planning an escapade at our farm and hope you'll join us. The first annual MarketDay at MaryJanesFarm will be on Saturday, July 3, and Sunday, July 4, from 11:00 a.m. to 4:00 p.m. both days, with free admission and free musical entertainment.

While at our farm, you'll have a chance to browse selections of antiques, farm collectibles and fresh vegetables from other farm folk and our own made-in-rural-America hand-embroidered domestic items, outdoor furniture and wire baskets, to name a few. You can visit our u-pick fields for bouquets of flowers or salad mix or strawberries or whatever else is ripe and juicy. And for the competitive types, we'll have a horseshoe tournament.

We'll also be celebrating the garlic scape—those tender flowerstalks that curl from our garlic plants this time of year. Garlic scapes are a delicacy in many Asian and Spanish cuisines because they provide a delightfully subtle flavor and crunchiness when added to salads and soups, cook well in stir-fries, and can be processed as pickles or made into a delicious green "pesto" sauce.

To celebrate, our ScapeScapade will include free sampling of scape products, free recipes, and u-pick possibilities. If you get hungry, we'll be

serving a country brunch. If you want to wander, try a self-guided tour of our farm. If you are into adding country chic to your decor, the Farm Chicks from Spokane will be there with a selection of their great stuff. And if you want to listen to some great music, this is the place to be for celebrating the 4th of July weekend.

On Saturday, Moscow singer-songwriter John Larkin will keep us all entertained with his original guitar music and country vocals. On Sunday you'll have a chance to hear The Farm Couple. The Farm Couple are a pair of great singers and guitarists from Oklahoma, Patrick Williams and Monica Taylor. They play country, gospel, folk and bluegrass.

Our farm is located about eight miles southeast of Moscow. Find us by heading east on Highway 8 toward Troy. Two miles from Moscow, turn right onto Lenville Road. From there you can follow the signs over Paradise Ridge on Blaine Road to our farm on Wild Iris Lane.

We hope to see you at MarketDay. If you have any questions, please call CindyLou at 882-6819.

MaryJane Butters is a lifetime Co-op member, and over the years has volunteered as a janitor, carpenter, and Co-op newsletter advertising manager.

Moscow Civic Association: Celebrating Our Parks

By Andrew Appleton and Brenda Von Wandruszka

Please join us this summer in celebrating our public parks with an enjoyable evening of entertainment and information. To celebrate Moscow City Parks, the Moscow Civic Association welcomes everyone to an Evening in the Park on Wednesday, June 30, beginning at 5:00 p.m. at East City Park. Local musicians will perform. City officials and concerned citizen groups will be present to address the state of our city park system and how the parks fit within the sustainable and community-friendly Smart Growth perspective. We would like to encourage the community to participate in this free event.

One way to participate is to enter our "Arts in the Parks" Art Contest and Showcase. It is open to all ages, individuals, and groups. There are two categories that will be judged separately. The visual arts category includes, but is not limited to: photography, drawings, paintings, sculpture, mixed media, collage, fabric art, and cartoons. The performance category includes, but is not limited to: music (vocal and/or instrumental), skits, dance, and poetry or prose of any style. Musical entries need not perform original pieces. The theme, which can be interpreted loosely, is "In the Park." Entries may be humorous, zany, serious, sentimental, dramatic, fact or fiction, or anything else. Examples of possible submissions include a photo of your child playing at the park, a cartoon about something funny that happened at the park, a piece of music inspired by time spent in the park, a poem that starts at the park and goes wherever your muse leads

you. Or perhaps the submission would be a zany skit bringing friends together just to have fun, loosely connected to our park theme, or a fiddle group that knows a good park-based tune, or juggling, stilt walking, and giant puppets.

The Moscow Civic Association will award cash prizes of \$50, \$30, and \$20 for first, second, and third place winners in both categories. We are requesting that people who want to participate in the contest contact us so that we can plan enough time for all the performers. We are also encouraging community organizations to participate by setting up information tables in the park during our event. We also will be encouraging everyone to bring his or her own picnic dinner to the park. And to lessen trash problems at the park, please "pack it in and pack it out."

For more information about MCA's Evening in the Park, the Arts Contests, and about participating, please email <mcaparkseveining@hotmail.com>. The application for artists is available on the MCA website at <www.moscowcivic.org>. The Moscow Civic Association hopes to see East City Park filled at our celebration on June 30!

Andrew Appleton and Brenda Von Wandruszka are the Moscow Civic Association board members coordinating the park celebration.

Subscribe

to the Co-op Community News

If you are leaving the Palouse, you can take some of Moscow with you by subscribing to our Co-op newsletter.

For \$12, you will receive monthly mail delivery of the newsletter anywhere in the US for a full year. Send a check (made out to the Moscow Food Co-op) and a subscription address to Bill London, newsletter, Moscow Food Co-op, 221 East Third, Moscow ID 83843.

R & R OFFICE EQUIPMENT

Guaranteed Sales and Service
Cash Register • Office Machines
Electronic Typewriters • Scales
Facsimile Machines

1104 South Main

*Personalized care
blending ancient &
modern healing ways...*



*Sharon Sullivan
Herbalist, Registered Nurse
Reiki Practitioner*

*Tortoise and the Hare Herbs
106 East 3rd, Suite 5B, Moscow*

*By appointment only
(208) 883-8089*

Suzuki Institute is 2% Tuesday Recipient

By Janet DeTemple, Co-director,
Suzuki Institute of the Palouse

The Suzuki Institute of the Palouse thanks the Moscow Food Co-op for selecting our organization as the recipient of the 2% of Tuesday sales this month.

The funding will help the Suzuki Institute offer a week-long, intensive opportunity for Suzuki Method string players, parents and teachers. **Students** participate in one of three orchestras, beginning to advanced levels, and have a master class and two group classes each day. They may also enroll in enrichment activities, including chamber music. This condensed and intensive experience often increases a student's motivation and always results in technical growth. Meeting and playing with other students creates a sense of belonging in a community where learning and excellence are high values.

Parents benefit by observing the work teachers do in all of the classes. They also have opportunities to exchange ideas with other parents in special parent sessions. Many parents feel renewed energy after the week so that they can continue the hard work of practicing with their children and getting them to group lessons.

Teachers have a unique opportunity to observe their students being taught by other teachers. Seeing one's students through the fresh eyes of another teacher helps to set new goals both generally and specifically. Teachers get new energy from the myriad of new ideas they absorb observing. They also may enroll in formal teacher training at the institute. Courses offered for teachers are di-

vided into units according to the materials in Suzuki Method volumes. Very specific ideas are exchanged in these classes, and teachers always come away from them with more tools for teaching. This is incredibly empowering for teachers. This aspect of the Suzuki Institute of the Palouse helps to make our local program exceptionally strong.

Having this opportunity here is especially important. The Palouse is an isolated place. Even though we have a wealth of university-related activities in the arts, we are far from major symphony orchestras and major galleries. Bringing in master teachers from all over the country provides our community with a larger view of music making in particular and the arts in general. Because of the Institute our students, parents and teachers are aware that they are part of a much larger, national and international organization. This sense of belonging to a larger whole, whose goal is to create excellence, makes doing the work it takes to become excellent easier.

When a critical mass of community members understands and practices this striving for excellence, the whole community benefits. Musicianship requires discipline, persistence, and patience. Young people who are finding this important voice for their souls are centered, contributing and responsible citizens.

The Suzuki Institute of the Palouse feeds the work parents, students and teachers do every day for the rest of the year and beyond. Thank you for supporting us!

Reviews

Expecting Adam

By Martha Beck,

Reviewed by Bill London

Martha Beck's book, "Expecting Adam," should be read by two groups of people. Group One includes the parents of children with Down syndrome, as well as their friends and relatives. Group Two is everyone else in the known universe.

Yes, Beck's book is that good. Her skill with the language is amazing. She writes in a style that is friendly, soft, witty, and absolutely engaging.

The topic is equally strong. Beck writes (as she repeatedly notes) an honest and complete report of her journey from young happily-married doctoral student at Harvard University to motherhood (their daughter Katie) and then the monumental experience of

conceiving, birthing, and raising their son Adam (who was born with Down syndrome).

Along the way, Adam challenges his parents' Harvard-trained rationalism and redefines their lives. Beck is confronted and comforted by angelic supernatural forces beyond her comprehension. And finally, she realizes how much she learns from her son about life and love.

This is really a book about the Meaning of Life, expressed in such familiar tones that the reader is confronted and excited by the Mystery.

"Expecting Adam" is available at BookPeople and at the Moscow Public Library.

Bill London edits this newsletter, and to his enormous enjoyment, completed his reign as Moscow Renaissance Fair King.

~~ FREE WORKSHOP ~~

"How to get your LAWN OFF GRASS"

presented by **Carole Rubin**,
acclaimed environmentalist and
best-selling author of
**How to get your lawn and
garden off drugs.**

Sunday June 27th

1:15pm to 3:15 pm

1912 Center,

412 E. 3rd St.

Moscow

Sponsored by PWCN, Palouse Group of
Sierra Club, PCEI, MFC and Harbour
Publishing.

Everything you wanted to know about **2% TUESDAYS**



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

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

A Week in Washington, D.C.

By Debi Robinson-Smith

Editors Note: Newsletter illustrator Debi Robinson-Smith attended the March for Women's Lives held in the nation's capital this past April 25. The event was organized by several women's rights groups to show support for reproductive freedom. Here are Debi's observations of the event.

Monday I began seeing people with "Pro-Choice" shirts and buttons and walking across the Key Bridge from Arlington to Georgetown. I also encountered a group of young women holding "March for Women's Lives" signs up to passing traffic. Tuesday, I saw a group of 20 or so men and women in the American History Museum, all wearing shirts with "NARAL Pro-Choice America" emblazoned on the front. By Thursday, everywhere I turned I saw "Pro-Choice" buttons, signs, shirts, earrings, tote bags, and stickers.

That afternoon, I met my daughter and her husband as they came off the Metro from the airport. They were both grinning broadly and very excited. They told me a woman on their flight gave out "Choice" stickers when she heard many people on the plane were coming to D.C. for the March for Women's Lives. As we walked into our hotel, we were surrounded by the "Keep abortion safe and legal" message on t-shirts and buttons. Friday and Saturday, as we toured historic landmarks and museums, we continued to see the same messages. There seemed to be very few people without the pro-choice slogans. Saturday afternoon, tents were being set up on the National Mall, and we noticed more police presence than earlier in the week.

Truckloads of signs and pickets were being unloaded and stacked along the Mall when we arrived there Sunday morning, 8:00 a.m. and desperate for caffeine! We found a coffee shop – so had about 200 other pro-choice folks, including Grandma Judy for Choice and her three grand-daughters, a family with three children, about two dozen high school students, and 10 men in pink shirts with "This is what a feminist looks like" on the back.

Walking back to the Mall, we chatted with the sign distributors on each corner and bought buttons from a street vender (mine says "The Asses

of Evil" and has the famous photo of the all-white, all-male signing ceremony on the so-called partial-birth abortion bill). People were assembling on the Mall, trying to find where their delegation would be meeting. We found the YWCA of the USA spot and set up our YWCA of WSU banner. We talked with a group of Constitutionalists who were furious that Bush wanted an amendment banning anything at all, let alone gay marriage. We spoke with a group of healthcare workers who were angry that healthcare for women and children is not part of the package when the "Save the Un-Born" cries go up. A group of belly dancers wandered past, and the Unitarians for Women's Right to Choose stopped for a chat. Everyone was polite and friendly, offering snacks, sharing history and watching the speakers on giant TV screens set up along the Mall.

The March stepped off at noon with about a two-mile march route from the National Mall and back again. The only incidents were the result of anti-choice protestors who shouted "baby killer" at marchers (largely ignored), and their refusal to disperse at police direction. Sixteen of them were arrested. The last marchers arrived back at the Mall at 4:30 p.m.

There were at least one million people marching for women's lives that day. I also take some heart from the question a teenager asked me on the Metro: "If one million could get to D.C. for this, how many more agree and couldn't be here?"

Debi Robinson-Smith and her life partner David K. Smith operate a small herb and flower farm north of Moscow. They have lived on the Palouse 18 years. She is the Assistant Director of WSU's Women's Resource Center.

Acupuncture & Chinese Medicine

Karen Young, L.Ac.
25 years of experience.

By appointment
208-883-8894

Thanks Jason, Welcome Aly

By Bill London

Jason Mills has resigned as the Co-op advertising manager for the best of reasons. He is getting married and moving away. He leaves with our thanks for a job well done.

Aly Bean will replace Jason as ad manager, beginning with this issue. If you are interested in reaching the readers of the Co-op's Community News with information about your business or service, please contact Aly.

Aly came to Moscow from Colorado and is now an Americorps volunteer at the Palouse-Clearwater Environmental Institute (PCEI). You can contact Aly at PCEI, at 208-882-1444 or at aly@pcei.org

Bill London edits this newsletter and reminds everyone to enjoy the summer solstice, June 21.

Home Office Decadence

By Bill London

Sometimes I feel I have achieved a pinnacle of luxury, or perhaps decadence, by having a small refrigerator in my home office. Just reach over, and grab a cold one....

But a cold what exactly?

Well, after several years of searching among the Co-op shelves, I have a selection of snacks and treats that keeps me going, including these most-favorite munchables:

1. Dried bananas. Yes, they look like slugs, and are slimy/sticky, but they sure taste like concentrated bananas.

2. Organic kumquats. These look like pear-shaped oranges shrunk to the size of grapes, but they have a brisk and tangy flavor a little like grapefruit. You eat the entire unit, skin and all (not the seeds). The taste is guaranteed to awaken the fuzziest brain and the most bored palate.

3. Spritzers. Knudsen makes these sodas using juice and the usual soda stuff, but they are mostly juice and they sure are yummy. Boysenberry is my personal fave.

Bill London edits this newsletter and seeks excitement in the most mundane of life's victories.

I am the New Advertising Manager

By Aly Bean

I used to work at the Moscow Food Co-op as a baker and really enjoyed my time there, leaving only for seasonal work in breath-taking Denali, Alaska.

When I returned to Moscow I chose to become an Americorps member, devoting 1700 hours of service to the Moscow community. Now as an Americorps member at my host site, the Palouse-Clearwater Environmental Institute (PCEI), I am an environmental educator.

My average day consists of visiting local schools and teaching hour-long programs on anything from owls to recycled plastics. I also organize community events including backpacking trips specifically for women or for teens, and a women's mountain bike clinic.

My passions are spending time with my best friend and partner, Sean; biking; hiking; rock climbing; swimming; reading; and creating, in any sense of the word.

I am very excited to be welcomed back into the Co-op community. I admire many of the workers and volunteers who are committed to enjoying a healthy lifestyle and encourage others to do the same. I look forward to creating the next newsletter and welcome any feedback.

If you are interested in advertising in the newsletter, please contact me at 882-1444 or at aly@pcei.org.

MOSCOW YOGA CENTER
525 S. Main • Moscow, ID 83843
(208) 883-8315

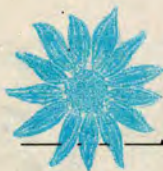
SUMMER SESSION
MAY 24-JULY 24, 2004

FALL SESSION BEGINS
AUG. 23, 2004

Daytime and evening classes
Classes fill quickly so register early
www.moscowyogacenter.com

Schedules available on the yoga center door

10% discount for full-time U of I & WSU students.



Bulletin Board

MOSCOW FOOD



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

Farmers' Market Free Music

**Saturdays 9:30am - noon,
downtown at Friendship Square.**

More info at 883-7036

JUNE 5 - Moscow Arts Commission
Community Band/Blackberry Jam

JUNE 12 - Patty Clayton - Just a little
bit cowgirl

JUNE 19 - Sagin' Time - Music for both
ends of your spine

JUNE 26 - Eschient Seeds - Musical
poetry

JULY 3 - The Singing Nuns - Patriotic,
popular inspirations, from 'Ave
Maria' to 'The Sound of Music'

Fresh Aire Concerts 2004

**Thursday evenings • 6:30 - 7:30 •
East City Park, 3rd & Hayes Street •
FREE to the community**

June 3 MAC Community Band

June 10 MAC Community Band

June 17 MAC Community Band

June 24 MAC Community Band

July 1 MAC Community Band

Contact 883-7036 for more info

Hot Off the Grill

Come on down to the Co-op for our
Tuesday evening BBQ dinner,
complete with free live music. Find
the music and the meal at the Co-op
patio on Fourth Street opposite the
post office, Tuesdays 5pm to 7pm.
The local musicians adding spice to
your meal will be:

June 8 Potatohead

June 15 Spare Time

June 22 Dan Maher

June 29 The Boogie Doctors

Art Walk

**June 11 • Downtown Moscow •
4:00pm**

Twenty-eight downtown Moscow
businesses and organizations are
participating in the community's first
art walk beginning on June 11. The
project, which is being coordinated by
the Moscow Arts Commission, has
partnered participants with local
artists or will highlight their own
private art collections. A self-guided
brochure will be available. Opening
receptions have been scheduled by
most of the participants on June 11
beginning at 4:00 p.m. and continuing
throughout the evening.

Mac Band Seeks Musicians

The Moscow Arts Commission invites
area musicians to join their
community band this summer. The
band will rehearse under the direction
of Gary Gemberling every Wednesday
through July 7 at 7 PM in Room 216 at
the Lionel Hampton Music Building,
corner of Sweet and Blake on the U of
I campus. An audition is not required
and anyone of any age who plays an
instrument is invited to participate.
Moscow Arts Commission, 883-7036.

Co-Op Art Gallery

The Moscow Food Co-op will
showcase the work of Antone
Holmquist, photographer, with an
opening reception on June 11 at
5:30pm. 883-7036

Book Signing:

**June 12, 1 - 3 pm, Moscow Public
Library, 110 S. Jefferson**

Pat Cary Peek will discuss and sign
copies of her book "Cougar Dave:
Mountain Man of Idaho"
882-3925

Contra Dance

**Saturday, June
Old Blaine Scho
Blaine and Eide
miles southeast**

The Palouse Folk
everyone to come
beginning of summ
dance on Saturday,
Lammer & Paul Sm
the music. \$4 for ne
arrive at 7:30 for in
members, and \$7 fo
For more informatio
visit www.palousefolklore.org

Moscow Grange general meeting

**4th Wed of each month, 7 pm,
Latah Co. Fairgrounds, 1021
Harold, Moscow.**

Everyone is welcome.
For more information contact Carl
Hulquist at 882-1447.
<http://freewebs.com/newmoscowgrange>

Weitas Creek Over

**June 19-20 • Meet a
parking lot at 8 am**

Join some FOC folks c
Weitas Creek. No pet
there is an active wolv
and please, no childre
parental supervision.
backpacking trip. The
creek. Limit 10.
Friends of the Clearwa
882-9755

Moscow Civic Association's Evening in the Park

June 30, 5-10pm, East City Park

Come celebrate Moscow's City Parks.
Music, Art & Performance Contest,
and more! 883-4489

MarketDay at MaryJanesFarm

**Saturday, July 3 and Sunday, July 4,
11am to 4pm**

free admission and free entertainment
882-6819

Backpacking Trips

**July 26-30 for Teens
August 2-6 for Women
August 9-13 for Teens
In the Eagle Cap Wilderness Area**

Join the Palouse Clearwater
Environmental Institute's experienced
guides in a week long backpacking
trip. Learn how to navigate via map
and compass and GPS, learn about
plants, flowers and wildlife in the
Wallowa region. All levels of
experience welcome!
contact aly bean at aly@pcei.org
208/882/9075

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 5:30 - 6:30PM
Friendship Square, downtown
Moscow. 208/882-7000
sperrine@potlatch.co

University of Idaho Library
Rayburn Street
Moscow ID 83844-2364

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

For additional events &
www.moscowfood.coop

