

March 2004

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Community News

The monthly newsletter of
the Moscow Food Co-op



Empty Bowls

By Kenna S. Eaton

Several years ago I came across the concept of the "Empty Bowl" Event. From its humble beginnings as a meal for the staff of one high school, Empty Bowls has spread across America and beyond, and has raised millions of dollars for anti-hunger organizations. The concept is simple: increase awareness and raise funds to fight hunger through the act of sharing food (and art) with friends and family. The Co-op event will have bowls made and donated by local potters available for a suggested \$10 donation. You then get a nourishing meal of soup and bread, plus you get to keep the bowl as a reminder.

As this idea has developed it has become a wonderful community-wide project involving Moscow High School art students, their teacher Mel Siebe, and art students from the University of Idaho with the help of Marilyn Lysohir, Ryan Law, various potters from across the region and the newly formed Potters Guild. Such an outpouring of pottery bowls is amazing. There are no easy solutions to hunger but these artists have been moved to do something special.

Organizers of the Empty Bowls Project say, "The main objectives of this project are

- ◆ To raise as much money as possible to feed the world's hungry people.
- ◆ To increase awareness of hunger, food

security and related issues. Through education, awareness and actions, concerned individuals can bring about an attitude that will not allow hunger to exist.

◆ Advocate for Arts Education. Nurturing the creative process through the Arts enhances the possibility of finding new solutions to old problems.

◆ Provide a powerful service-learning project for students of all ages."

The Co-op's event will take place on Saturday, March 27, at the 1912 Building, across from Moscow High School. Students will be serving soup from 10 a.m. until 2 p.m.

Funds raised by this event will be donated to our local "Community Garden" located on C Street in Moscow. Under the auspices of PCEI, the Community Garden will use the funds to further develop their Food Systems Program. While the community garden is the only active program within PCEI's Food Systems, the

goal of the system is to localize and personalize food in the community. Benefits of a strong food system may include greater economic viability for local growers and better nutrition for community members. Projects on the horizon include food bank links, a community gleaning program, and workshops on cooking with fresh food. One specific goal of the garden this year is to establish a plot to raise produce for donation to local food banks.

If you are interested in learning more about this project you can log on to <www.emptybowls.org> or <www.pcei.org>.



www.moscowfood.coop

Community News

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

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

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

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

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

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

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

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

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

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

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

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

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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.



Biodiesel and You

By Kenna S. Eaton

"...Biodiesel is an alternative fuel produced from vegetable oils and/or animal fats...it can be used in diesel engines with little or no modifications..."

—PCEI Biodiesel Factsheet.

With the war in Iraq still in our headline news, and the price of gasoline still on the rise, it seems only sensible to start exploring our other options when it comes to fueling our vehicles. Many of us have already made a commitment to walking or riding our bikes when ever possible, but what about a viable, long term solution for when we simply have to drive that rig? Biodiesel is one possibility for a variety of reasons.

Biodiesel does not contribute to CO² emissions and is less toxic per unit weight than table salt and as biodegradable as sugar. Since it can be grown and processed in our back yard, why aren't more people using it? And what do we need to do to make it work in our own cars?

If you find this alternative to gasoline interesting and you have more questions than answers then the fo-

rum on Biodiesel is for you. Co-sponsored by PCEI, the Palouse Discovery Science Center and the Moscow Food Co-op, the forum has four speakers lined up for us:

Charles Peterson (UI): who will speak on engineering/technology of biodiesel; he will bring the UI bio-bug as a show-and-tell.

Jack Brown (UI): who will speak on crop production relating to biodiesel.

Dennis Roe (WSU extension): who will speak on costs/economics associated with biodiesel crops.

Jim Armstrong (Spokane County Conservation District) will speak about developing markets and biodiesel production facilities in our region.

Held at the Palouse Science Discovery Center in Pullman and scheduled for Wednesday evening, April 7th. The doors will open at 6:30 with snacks provided by the Co-op. The forum will start at 7 p.m. with a short 20-minute piece by each presenter and time for questions and answers from the audience. Both before and after the forum there'll be an opportunity to check out the bio-bug and to visit with other folks interested in biodiesel. So what are you waiting for? Mark it on your calendars now!

*This is from the first paragraph of a biodiesel fact sheet now available thru PCEI's web site. Check it out: < www.pcei.org>

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Welcome!

By Laura Long,
Membership Director

This year the Board of Directors is trying something new: we're holding the annual Board of Directors election in the store. If you were a current member as of January 31, 2004, you can cast your vote for two of three candidates on either Saturday, March 6, or Tuesday, March 9.

Board members will be present in the store from 8 a.m. to 8 p.m. This will be a new way of holding elections at the Co-op, but we're hoping we get a better voter response, and it will save the Co-op about \$2000.

The right to vote for your Board is one of the most important parts of being a member of a co-operative. It's your voice in action that lets us know in what direction you want your co-op to proceed.

Also, thank you so much to everyone who ran for the two vacant seats.

Please don't forget that the Annual Membership Meeting will be held on Wednesday, March 31 at the Unitarian Church. Kenna Eaton, our General Manager, will be there to give the annual financial report, and it will also be an opportunity to meet our newly elected board members. Please take the time to attend.

Now, I also have a fun prize for anyone newly joining or renewing a Co-op membership during the month of March. W.S. Badger Company has generously donated a gift box of healing salves and lip balms. This prize is a \$60 value, and will go to the lucky winner of the drawing at the end of the month. Just pay your dues at the register, and your name will automatically be entered for a chance to win this great prize.

Happy Spring everybody!



Front End Managing

By Annie Hubble

In January I attended the second and final part of the Front End Management Training in Sacramento. This time the weather was not in the 80s, but 55 degrees still felt comparatively warm, and it was amazing to see flowers in bloom. It was obvious who of us had come from the frozen Northwest, as at lunch times we were all standing outside with our faces upturned to the sun! I didn't have much time to ooh and ah at the weather though. Workshops from 9:00 a.m. until 5:00 p.m. each of the two days, and a 'field trip' to the Davis Co-op on Tuesday evening before meeting for dinner, kept us all very busy.

It was wonderful to meet a dozen other people who are all "doing my job." We exchanged ideas and practices, wish lists and stories, and I came home feeling much enriched by the experience. I feel anew that this Co-op is special and that we are doing an outstanding job, but I also have a whole wealth of new thoughts. I consider the sending of management to this kind of training is one of the store's best policies. There is definitely a pay-back. Thank you Kenna and the Board for doing this. And a thank you

to everyone who covered my shifts while I was gone.

I also want to take this opportunity to introduce our new cashier, Jamie Stolp. She is an excellent addition to an excellent team. Please make her feel welcome.

The Co-op continues to be the place to be. Music nights on Tuesdays, pizza on Friday nights, and also now at Monday lunch! And Member Appreciation Day (MAD!) toward the end of March will keep Co-op life busy and interesting. I look forward to seeing you all whenever you care to drop in! And Happy Springtime! It really is coming, even though the outside world is covered in snow as I write!



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

MAD



(member appreciation day)

It's time for another MAD (member appreciation day) day!

Monday, Mar. 22nd

Members save all day long on all purchases

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Moscow Food Co-op is located @ 221 E. 3rd St. Moscow, Idaho

From the Suggestion Board

I have noticed that several of the seat belts on the shopping carts are broken and that often the seats and handles are dirty and full of food chunks. Maybe a volunteer could fix and clean them.

After several false starts, we now have a volunteer who will power wash the carts once a month. I am trying to get replacement belts for the little ones—probably will take a few weeks. Thanks for noticing and telling me about it. —Kenna, General Manager

You should carry the best flavor of Puffins—Cinnamon.

We have carried the cinnamon in the past and it was always the slowest seller. Next time I have space on the cereal shelf I will try it again. —Vicki, Grocery Manager.

Could the produce dept. carry jalapeno peppers, please? Thanks.

We normally do have these; they are on the top shelf. —Dani, Produce Manager.

Do you have organic grapeseed oil? Can honey ever be designated organic?

I don't know of a source for organic grapeseed oil. Honey can be designated organic if the hives are located within a certain size field that is certified. We carried an organic honey for a brief time but unfortunately it did not sell. —Vicki.

Please start changing the water on the tofu!! The last several times I have been in, it has been yellow and bubbly-Yuck!! Bad enough that I won't buy any and I miss it.

I am very sorry you had a bad experience with the tofu. We change the water everyday. Some days if the water was changed early the day before and we don't get to change it until the afternoon, it can start to look a little murky. If you ever come across this problem again, please bring it to a staff member's attention and we will change it right away and can get you a fresh piece in the process—Vicki.

Are there any organic butter beans out there?

I haven't come across any. —Vicki.

Bob's Red Mill Scottish Oatmeal (I would buy it here instead of Rosauers where I now get it).

I'll bring it in and see how it sells. We also carry steel cut oats in bulk, which is very similar to Scottish oatmeal. —Vicki.

The dried fruit in plastic containers bugs me. I know they are re-useable but the plastic bags are also.

Bringing more "oil" containers seems like an odd solution to buying bulk. What about more bulk bins in that area? Or going back to the zip locks?

Could you have a bulk area for some of the dried fruit (raisins, prunes)? The new containers are very wasteful. At the very least bring back the plastic bags.

We changed to the new plastic containers for packaging dried fruit for several reasons, the first of which was to cut down on the loss of product we had with the plastic bags. The bags would often come open and spill fruit on the shelf and floor. The fruit was easily crushed and became unsightly and unmarketable. It was also hard to keep the product rotated correctly and fruit would often get too old to sell. We also changed packaging because we felt the product looked much more appetizing in the containers than in bags. We felt that the plastic containers were less wasteful than the bags since they are easy to reuse rather than just throwing away the bags. We don't have space in the store for bulk bins for all the dried fruit that we carry and bulk dried fruit has a lot of loss associated with it when sold out of open bins (bugs, theft, nasty-gooey-squished-fruit-stuck-in-the-corners-that-you-can't-sell). We are trying to find a balance of which fruits to package in what size containers. We will package more in the larger containers to help eliminate some packaging. —Vicki.

Can we get Maca in bulk (or is that too dangerous!) Seriously-would like to get it bulk if at all possible.

I'm sorry, but we don't have a source for bulk Maca at this time. —Vicki.

It would be wonderful if something could be rigged up so that the lids of the lower bins (facing produce) would STAY UP!!! While you're trying to both hold your bag or sack and fill your scoop and pour it in.

I have an idea. I'll see if I can get it to work. Thanks for the suggestion. —Vicki

Republic of Tea used to make an awesome tea called dessert sage that they discontinued. Now by popular demand they're making it again. Can you stock it?

I'll put it on my next order. —Vicki

Carry Bon Ami natural cleaner, similar to comet but non-toxic.

We carry Heather's All Natural Chlorine-Free Oxygen Bleach Cleanser—it rocks.—Carrie, Personal Care Manager.

Whole Foods Market Juices, organic cranberry cocktail particularly good.

I'm sorry but you can only get Whole Foods brand products at Whole Foods stores. —Vicki.

I discovered that is more expensive for me to fill my recycled 1 gal BioPac jug of dishwashing soap w/ bulk item than to purchase a new gallon. Somehow this strikes me as weird.

The 1-gallon containers weigh approximately 8 lbs. This makes them about \$1.60 per pound as opposed to \$1.49 per pound when you refill a gallon. You must be filling your jug fuller than the manufacturer. —Carrie.

Could you carry some 100% beeswax candles (tapers, votives)? Coyote Found has some nice ones. Thanks.

I have carried beeswax candles several times and the sales have been very slow. I will try them one more time and see how it goes. —Carrie.



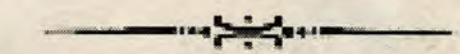
Word of Mouth

By Vicki Reich

Applesauce is such a comforting food. I'm sure most of us ate it before we really had any idea of what food was. The Co-op carries three brands of applesauce, and once again it was the Hog Heaven Handspinners' job to find out which brand tastes best. I decided to only taste test the plain applesauces, not the ones with added fruit. We carry four "pure" applesauces, two from Solana Gold, one from Santa Cruz and one from Leroux Creek. All of the applesauces are organic. The Leroux Creek "pure" applesauce is in a four pack but the other three are in jars.

The first applesauce was Solana Gold Apple Sauce (\$2.79 for 24 oz.). It has a light, fluffy consistency with a mild, slightly tangy, and not-too-sweet flavor. It is a good basis applesauce.

The second contestant was Solana Gold Gravenstein Apple Sauce (\$2.79 for 24 oz.). This has a smoother, denser texture and a tart and very apple flavor. It also has nice flecks of brown throughout. This was the



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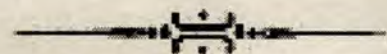
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definite favorite.

Next up was Santa Cruz Apple Sauce (\$2.95 for 23 oz). This was the least flavorful of the sauces we tried. It reminded us of applesauce we ate as kids. It is sweeter than the Solana Gold but watery and has no distinguishing taste.

Last up was Leroux Creek Golden Apple Sauce (\$2.39 for 4/4 oz. packs). This one caused the most dissention. I really liked it and thought it had a distinct Golden Delicious Apple flavor. The moms in the group though it tasted like baby food. It has a nice dark color with brown flecks throughout, and a lightly starchy consistency. It is also the only applesauce with more than just apples in the ingredients (there is added apple juice and natural apple flavor).

Everyone seemed to enjoy this taste test. (Of course, after the mayonnaise taste test, how could you blame them?) Luckily, it was not very filling and left plenty of room to enjoy the cream puff swans filled with fresh whipped cream floating in raspberry sauce that I made for dessert.



The Buy Line

By Vicki Reich

If you didn't make it to Taste Fair last month, you missed a chance to sample some of the great local products we carry in the store and to meet the interesting people who make them. One of the newest additions to the Co-op's local product line is Hoo Doo Valley Creamery. This is a family-run dairy that has just started making cheese.

We started carrying their cheese a couple of months ago and, just after we got our first shipment, disaster struck. Their second-hand pasteurizer gave up the ghost. It took them a couple of months to find the parts and get it fixed and get their facility re-inspected. In the meantime, those of us who had fallen in love at first bite with their wonderful cheese waited patiently for its return.

The industrious Kemp family did not sit on their hands and worry while their machinery was down. Oh no, they scoured the country for new and better cheese recipes so that once they were up and running again they could start making an even better product. The first product we got back in the store was their completely addictive cheese curds (and it wasn't a moment too soon, I thought Sam might expire from his need for curds). There is also a new and improved Monterrey Jack and Pepper Jack as well as the original Havarti.

Helen Kemp is excited about all the new recipes they are trying and I'm sure we will start to see additions to this delicious line of cheese as the months go by. Personally, I can't wait.



Personal Care Corner Producer Profile: W.S. Badger Company

By Carrie A. Corson

Certainly one of the perks of this job is getting to buy fun stuff from great companies. W.S. Badger is one such company. I always look forward to receiving their latest catalog—one of the few that that I actually sit down to read cover to cover. There is always a cute little Badger graphic on the cover and lots of fun on the inside. Pictures, testimonials, stories, it's all here. But the thing that really stands out, are the ingredient lists for these products. No dimethyl phthalate, dimethicone copolyol, or merxapal (actual ingredients in some cosmetic products*) to be seen. The most difficult to pronounce words I found were "Litsea Cubeba" which is actually a type of tree grown in Eastern Asia from which an essential oil is produced. Badger uses simple, all-natural ingredients, including Organic Extra Virgin Olive Oil, beeswax, castor oil, herbal extracts, and essential oils. A majority of these are certified organic, organically grown (not certified), ecologically farmed or wild crafted.

W.S. Badger Company came about in the mid-1990's when company founder Badger Bill, decided to mix up a balm to help his cracked fingers—the result of working as a carpenter in the harsh New England winter. His formula worked well and soon Badger Healing Balm was on the market. It can be used for everything from cracked fingers, to windburn, dry patches, scratches, and scrapes. Heck, according to Badger Bill, you can even use it to take care of your leather items and to clean up tools. They say you might even be able to polish your pet iguana with it. (I'm not sure I could make that recommendation. But maybe if I had a tarnished iguana it would be worth a try.)

I'd be hard pressed to name my favorite Badger product. I might have to say it's the Ginger & Lemon lip balm. It smells yummy enough to eat, but even better is how effectively it works on dry, cracked lips. Then again there is the healing warmth of the Sore Muscle Rub, or the relaxing scent of Sleep Balm, and man, that Foot Balm feels good on my beat-up, sandal-wearing summer feet. Of course, there is the Anti-Bug Balm, "Good for the skin—Bad for the bug." What did I tell you? Hard pressed.

Badger Bill says, "We mean what we say. We believe in growing our

company slowly and well, so when we say something like "100% Natural" we actually mean it. We love what we make, and I for one, would never sell you something that I didn't love to use myself. Of course, I am a balm fanatic and a pushover for things like Organic Extra Virgin Olive Oil or Wild African Shea Butter or Ecologically produced Madagascar Ginger.... Our stuff smells great! We have fun with essential oils, we source and use therapeutic-grade pure and naturally processed oils and formulate for excellence and healing power...not for price."

If all that weren't enough, here are a few more reasons that we are happy to sell products direct from the Badger mines here at the Moscow Food Co-op: Badger products are "cruelty free;" actually they are kind to animals. Just ask Abby the Dog proudly posing in the staff photo (it's cold so she has a coat on).

W.S. Badger Company gives a minimum of 7% of before tax profits to socially healing causes.

And last, but certainly not least (from my standpoint as a buyer), their service and support is impeccable.

So, whether you're a Badger loyalist or just itching to try their products for the first time, you won't want to miss the opportunity to win the awesome gift box we're giving away this month. All you have to do is join the Co-op or renew your membership during the month of March and you are automatically entered to win. Good luck.

*Consumer's Dictionary of Cosmetic Ingredients, Ruth Winter, M.S. 1994. Three Rivers Press.



The Volunteer Program

By Annie Hubble

The volunteer program is well and thriving. It is thriving to such a degree, in fact, that we are temporarily out of available positions! Those of you on the waiting list will be contacted in chronological order, as soon as a position becomes available. We appreciate your patience.

And we certainly appreciate all the volunteers now working. Your

work really helps the Co-op run smoothly. Having someone clean the bread case, or help out at busy lunch times in the deli, or restock the produce case in the evening helps the staff do their jobs even better, and creates a nicer looking store for everyone.

Thank you volunteers!

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Valentine's Day Art Auction

by Stephanie Wade, Assistant Kitchen Manager
photos by David Hall

We would like to extend a warm thanks to all of the artists and everyone that came out to bid in the silent auction benefiting the North Idaho AIDS Coalition.

We started the auction on Valentine's Day while enjoying the

appetizers provided by the Co-op. The bidding continued for one week. The auction raised nine hundred dollars. We donated that money to the North Idaho AIDS Coalition.

On behalf of the Co-op and NIAC, thank you.



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Co-op to Feature Employee Art

From March 5 to 31, the Moscow Food Co-op will feature works of art done by various Co-op employees. There will be various forms of creative expressions.

**Opening Reception
Friday, March 5,
from 5:30 to 6:30 p.m.**

Clean, Safe Carts

By Kenna S. Eaton

I have received several notes from shoppers concerning shopping cart cleanliness. It appears that after several years of good use and fine outdoor living, our carts are looking a little worse for the wear. After several false starts we think we have finally hit on a solution to getting (and keeping) the carts clean. We have created a volunteer position for this important task.

Once a month we will rent a power washer, take the carts to the back of the building, and spray the heck out of them. One half of the carts will be done at a time, hopefully ensuring that all carts get washed monthly.

We have also ordered replacement child safety belts to keep those sweet babes safe....

Thanks for your patience.

Taste Fair, February 21, 2004

Photos by David Hall, Poetry by Bill London



Taste Fair 2004

Did you go to the Co-op Taste Fair?

Everyone really had fun there,
Chowing down on the samples,
That were more than ample.
Did you try the new drinks?
Tell me, what did you think?

How about that great tofu?

It's very good for you.
We liked all the candy,
And thought it quite dandy,
Then ate some cool chips
And tried them with dips.

The best was the slices of orange,

But that ends my poem, since
we all know nothing rhymes with orange.



People

Customer Profile

Tim Kinkeade – Easy Rider

by Vic Getz

“How about a customer profile on a “Man-In-A-Suit” (MIAS) for the next Co-op newsletter?” I’m open to suggestions, especially when they come from the editorial crew. But...a man in a suit? Do they come to the Co-op? “Absolutely,” I was told.

I’m sorry to report that I failed in my mission. But, I like to think of failure as a continuum: Absolute/embarassing/witless failure...to... Sort of failing but not exactly.

Tim Kinkeade, I was promised, used to wear suits! He was in the Co-op checkout line late one afternoon when I was looking for my MIAS. “He’ll do!” I said. Introduce me.

Tim was gracious enough to sit down to talk with me. And, indeed, he used to wear suits. He’s actually been seen wearing a suit. “Now I try not to.” (But he still has a closet full of them.) Tim owns Advantage America Mortgage at 121 East 3rd Street, in Moscow. He said in the Moscow business community a suit is not the norm.

Tim came to Moscow in 1993 to join his mother in a business venture—ready and willing to wear a suit. He felt that it might be the “least offensive” attire because as a businessman in Moscow, you’d have to appeal to a diverse crowd. But he soon learned

that this a pretty casual community. (That took about a day.)

His mom had spent some of her childhood in Idaho, so when she started her business in 1993, she asked Tim to join her. Changes led him to open his own business in 1994. Why did he decide to stay in Moscow, I asked, since he’d come here from sunny Southern California.

Tim said, “Well, one thing you don’t hear is that people are moving here for the weather, but the community is great, it values education.” This is a value he shares. He also said it’s a safe place for his wife and him to raise their family – Katie 14, Sam 4 and Joe 2.

He observed that there’s something about Moscow, because of divine intervention or something, that draws people to it. In a way, he said, it seems that Moscow “chooses the people it wants to stay.”

It’s that shared-sense community that keeps them here. Sharing implies a give-and-take relationship and Tim definitely gives back to the community. He’s currently on the school board and chairs the Historic Preservation Commission (the Kinkeades live in the Day Mansion). He’s been taking cello lessons from Co-op member and Mos-

cow Civic Association president Lois Blackburn for the last 2 1/2 years. He claims not to be ready to give back to the community yet in the form of a public recital. (Though maybe we can get Lois to organize one.) Playing the cello, he says, gives him a daily sense of accomplishment.

Tim’s a regular at the Co-op, coming in at least five times a week for morning coffee. The Co-op became a mainstay for his family when he and his wife realized the value of feeding their kids organic foods. “And, it just tastes better,” he said.

I asked Tim to describe an ideal scenario for his life, to imagine waking up in the morning and setting out on his day doing exactly what he loves to do. He quietly gave this some measured thought then responded, “I’d do what I’m doing now. Seriously! Moscow’s been kind to us. I live three

The Co-op Coffeehouse Continues

By Eric Gilbert, Co-op Music Coordinator

The Co-op will continue its popular Co-op Coffeehouse live music series from 7 p.m. to 9 p.m. on Tuesday nights this spring. The music, all provided by local entertainers, is free and open to the public. And don’t forget, Co-op desserts and drinks are available during the coffeehouse.

The following musicians will be playing in March and April:

March 2 Travis Silvers
 March 9 milo
 March 23 Tiana Gregg
 March 30 John Larkin
 April 6 Kami Miller
 April 13 Acoustic Wave Machine
 April 20 Lisa Simpson
 April 27 leo [nu skool beatnik society]



blocks from work; my kids can walk to school. See? How does it get any better? I’ve got a beautiful family, a beautiful house!” He added, “And the coup de grace – A new Harley Road King.”

“How do you top that?” he said shaking his head with gratitude.


When I asked him what he planned on doing with that closet full of suits, he asked, “What’s with the suit thing? It’s funny, I’m not against wearing suits. I’ll don that gear again when the appropriate occasion presents itself.” And what occasion might that be?

“When my daughter gets married.” He said, adding, “Hopefully that’s going to be a long time.”

Besides, think of the image of an MIAS on a brand new Harley. OK. Jack Nicholson in Easy Rider. But...other than that...?

Vic Getz has compassion for each MIAS, particularly on those sweltering, hot summer days that are, hopefully, just around the next seasonal bend. She can be reached at <vgetz@moscow.com>.

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Volunteer Profile: James Donley 'Creative Craziness' and Closing Time

By Matt Kitterman

Saturday night closer: it sounds like something you might get from a bartender very early on Sunday morning. But for Co-op volunteer James Donley, 'closing' is one of his favorite things. James cleans up scoops in the bulk area, takes out the trash, cleans carts and other things. Besides James' naturally giving nature, the healthy, happy, friendly people James meets while volunteering are what make it worthwhile for him. And the feeling is mutual: Janna, volunteer coordinator, says that ideally there is a closer for every night, but there can be 'only one James.' While he is not experimental with his duties as closer, James does experiment with music, philosophy, and life in general. He says being a closer takes him longer than you might expect.

James: It's because I'm slow. It's the lab technician in me. Gotta get it clean, dangit, I'm not fooling around. Gotta get it clean.

MK: Yeah, Heidi is working in a lab now, too—soils.

James: Wow, that's what they do where I work too. Well, the fungus [I work with] lives in the soil. I've been a part of 10,000 collections: going out in the dirt and finding one little piece of fungus.

MK: There are so many different things living in the soil. How do you find the one you want?

James: It's tricky, but this particular fungus makes these tentacle-like things that may grow up between the bark and the wood of a tree where it is sterile except for the fungus and then it is pretty easy to get the sample.

MK: Ever see any interesting fungus on the bulk scoops at the Co-op?

James: No, not yet.

MK: What's new on the music front?

James: Music for The Pineapple Salsa Dance. That's going to be a pretty big hit, I think, but I say that about all of them. It will be performed with the Spectrum II Art and Dance School. The dancers depict the ingredients of salsa: pineapple, salt, cayenne, etc. Cayenne is the sexy dance, that's the couple dancing very close and sensual. Really sexual and sensual music using coconut shells.

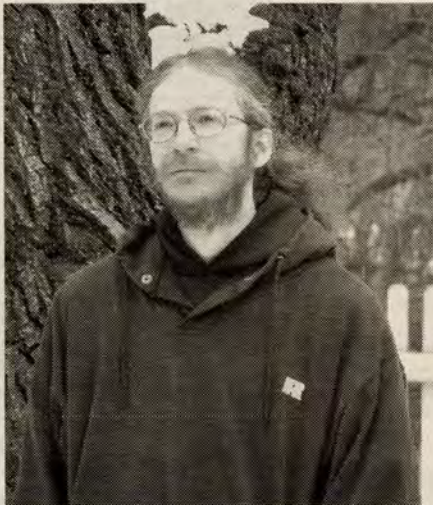
MK: Hmm, what's symbolism there?

James: Hopefully we'll also do cumin, which uses a shortened version of the Happy Dance on recorders. We'll be doing a five-minute version of Pineapple Salsa at Dancers, Drummers, Dreamers and a longer version at the Moscow Renaissance

Fair.

MK: What is the Recycled Music Fun Station?

James: Over 200 items to make sound with, all recycled. Turning Point



School comes down to the studio to jam on it and they are just wild. I think they have a lot of fun. The Moscow Parent-Toddler Co-op has me bring it to their group sometimes. I have an autistic 6th-grader who I work with in the Moscow Mentoring Program and he really enjoys the little plastic drums. Next year he is going to be out at the Junior High and I guess they're going to want me to go on. I don't know how I'm going to get over there. That's like a 30-minute walk from here.

MK: You're a pedestrian—is it hard transporting this gear around town?

James: I have lived without motorized transport in Moscow for 15 years. I have to hire someone occasionally to move this stuff. I hear there is a new bus service now and I think that will help out.

MK: You're always challenging what you know and what you think you know...

James: That's right. That's the whole theory of cultivation of truth. It's by your experiences. You've got to go and see what's the truth. But only based on experience, that's the trick. You have to re-establish the truth sometimes: the real truths get reinforced with each experience.

I'm not short on ideas right now—I've got so many it's still good, I think, I've got so many things. But I still need more. With music I like to give them something that shakes them up a little bit, so they go home and say 'I never heard that kind of stuff before.'

Matt is a self-propelled commuter who owns a didgeridoo made from plumbing parts, but doesn't take requests.

Staff Profile: Aven Krempel

By Carol Spurling

Part-time Co-op dessert maker and pizza cook Aven Krempel is named after a wildflower commonly known as "Prairie Smoke." It suits her, with her lithe frame and long blond hair (although her hair is always tucked away while she's at the Co-op.) The flower was a favorite of her mother's, pictured in a photo taken by her father.

Every child should be so lucky, to have such a special story to her name. Aven and her two brothers, born and raised in Missoula, Montana, were also fortunate in that their parents both worked part-time when the family was young, and were able to spend lots of time with their kids. Although as an adult, Aven has transplanted herself an entire mountain range away from Missoula, she and her mom still connect through their literary pursuits.

"Whenever my mom finishes a book she passes it on to me," Aven said.

Aven has worked at the Co-op since April of 2003, but she began as a deli volunteer a few months earlier. April was the month she realized that her other work—making and selling beaded jewelry and purses at craft fairs—was not going to pay the bills just yet, due to the high cost of getting set up in a new location.

Aven moved to Moscow with her boyfriend in February of 2003, after living in their VW van for nine months. They traveled throughout the West after meeting at college in Bozeman and deciding to relocate. Aven's favorite part of their extended road trip was "all the national parks in Utah." She still seems creeped out, though, by the memory of a strange man in Elko, Nevada, who peered in the windows of their van while they were trying to get some sleep in a parking lot, and then later commented on how far away they were from home.

But they've settled happily and safely in Moscow, and plan on staying a good long while.

"We were looking for a good town, with a farmer's market, a good school, a good co-op, and a place that was not already saturated with bike builders, because that's what my boyfriend wants to do," Aven said. "And his parents are from Cheney. So Moscow seemed like the right place. We used to shop at the co-op in Bozeman and so the Co-op here was a great opportunity to meet people, since we didn't know anyone."



Aven's quiet, night-owl personality suits her Co-op position, as desserts are baked in the evenings, unlike breads, which are done at the crack of dawn. She works away from the public eye, using her creative knack and ability to focus on fine details to create luscious and eye-tempting treats.

She admits, though, to not always being such a successful baker.

"Whenever I used to make cookies, they'd end up like puddles. And at home, with our tiny oven, I tend to burn things. I'm a much better baker here at work."

When Aven cooks at home, she makes soups and rice dishes, simple foods with lots of veggies, although she isn't a vegetarian.

"I do a lot less cooking at home since I started working in the deli," Aven admits.

When Aven works at home, beading, she listens to books on tape, and hours of public radio.

"I love 'Fresh Air,' she has such a variety of guests," Aven said.

Aven hasn't continued her academic career yet, as she is happy with her work and doesn't feel the need for a degree right now. She does hope to learn how to make her own glass beads, once she can afford the equipment and training. Watch for her booth at the Renaissance Fair in May and perhaps you can help her reach that goal.

Carol Spurling lived in Missoula in the early 1990s; perhaps she and Aven crossed paths at the farmer's market on Saturday mornings.

Volunteer Profile:

Judy Sobeloff

By Patrick Vaughan

Judy Sobeloff had just given birth to her son, Benjamin (Benji), two weeks before, so I felt a little sheepish intruding on a very special and potentially stressful time in order to interview her. But as it turned out, it was one of those quintessential parenthood hours: The glowing mother, Benji content in her arms, two-year-old daughter Jonna taking a nap; all quiet in the family's cozy bungalow.

Judy grew up in a Maryland suburb of Washington D.C. She acknowledges the unique aspects of living close to the national capital. But in reminiscing Judy realizes she doesn't hold a deep attachment rooting her to that place. She studied a broad range of liberal arts and earned a degree in Psychology from Wesleyan University in Connecticut in 1986. From there she moved to Seattle. She worked with children in residential treatment and in group homes. She also worked in the Outward Bound program. After 8 years she decided to pursue a Master of Fine Arts in Creative Writing at the University of Washington.

Judy hit the jackpot when she found both a smokin' deal on rent and her future husband in a Ravenna neighborhood house just north of the university. Fred, one of four housemates at the time, was doing post-doctorate work in physics. Judy says it was love at first sight on her part. And eventually it was just the two of them in the house. She

loved that they lived just a block from a food co-operative and could stock up on fresh bagels at another nearby shop. They took advantage of the Puget Sound's offerings in climbing, hiking and sea kayaking. She completed her Masters in 1994.

Over the next seven years job opportunities took Fred and Judy to Ann Arbor, Michigan, and Nashville, Tennessee. Judy was particularly struck by her experience in the South, saying she understands why some describe Nashville as "the buckle in the Bible Belt." Working as a social worker for a nonprofit organization in Nashville, she observed first-hand the cross currents of religion and race.

In 2001 Fred was offered a teaching position in Physics at WSU. Pregnant, and with some apprehension for moving to the Inland Northwest, Judy found herself on the Palouse. Judy says that on both counts things couldn't have turned out better—she immediately met other expectant mothers ("I think I met every pregnant woman in Moscow.") and made many friends. And she says, "I feel lucky we ended up here." She says the quality of life in Moscow has begun to instill in her a sense of place.

A significant part of that quality for Judy is being part of the Co-op. She feels comfortable letting Jonna



stroll the aisles and Jonna looks forward to climbing up into her "spot" by the cash register. Like so many of us, Judy looks forward to going to the Co-op as a fun social experience as well as a source of great food. She is also a volunteer newsletter writer. Her monthly column offers background, insights and recipes on some unique foods found at the Co-op. She finds it just the right fit.

"I'm exposed to foods I may not have eaten otherwise. I need to be curious and that makes it fun." And it exercises her creative writing skills. Judy gets a gleam in her eyes as she talks about pursuing writing. She has written a novel, the status of which is, "finished but still being worked on."

Judy has also been teaching a "Birthing from Within" class. Instead

of the conventional approach of piling on information to the expectant mother, she counsels from the point of view of "what each person needs to know, what questions or issues they have." She finds the satisfaction in her birthing class is reminiscent of her work in Outward Bound—she enjoys connecting with people in challenging experiences.

Judy wonders about the prospect of continuing her writing with both a toddler and a newborn at home.

"I know it can be done. I think there are two novels that have been written by mothers with young children," she says with a wink.

Pat Vaughan was inspired by Judy's last newsletter column to actually sauté sunchoke in butter.

Annual Membership Meeting

Wednesday, March 31 at 7pm
Unitarian Church basement

- **meet the new board members**
- **hear the staff and board reports about year 2003**
- **meet your fellow Co-op members**
- **sample some great Co-op food**

all Co-op members welcome

refreshments provided

Business Partner Profile:

Earth Wisdom Healing Center

By Tanya Denison

This time of year, I find myself anxiously awaiting the first green shoots of spring. In the Inland Northwest, we have a deep appreciation for plant life, whether we grow flowers and vegetables, farm crops, or hike outdoors. Dr. Linda Kingsbury, owner of Earth Wisdom Healing Center, affirms this connection to nature in her practice. She produces her own line of herbal tinctures and teas and offers herbal consultations and classes, stress relief consultations, as well as the Co-op's seasonal Herbal Wisdom Series.

I was greeted by Linda Kingsbury at her Moscow office, and she enthusiastically explained her practice. She uses herbal medicine and a variety of other techniques to bring the mind, body, and spirit into balance. I found her consultation room warm and inviting, with lamps softly lighting pastel walls, an eclectic mix of artwork, and shelves of glass jars filled with colorful dried herbs.

Dr. Kingsbury grew up in New England, living close to nature, walking in the woods, and growing vegetables for 4-H. She moved to California, and earned a Ph.D. in Holistic Nutrition from Clayton College of Natural Health, focusing on women's health issues and stress management. During her education, she attended a lecture by a Native American who introduced her to the concept of using local plants as medicine. At that point, she embarked on "a journey of healing - healing with plants and healing with the hands."

Linda's herbal knowledge blends wisdom from many cultures, including Ayurvedic, Chinese, and European traditions. She emphasizes wild-crafted herbs - plants gathered from nature.

"Wild plants have been challenged, and help us to build resistance," she explained. Dr. Kingsbury offers weekend retreats to explore our surroundings and examine the native plants around us. Some of these outings are in the country, and others involve a stroll about town. Even in the city, she says, one can find plants that offer medicinal benefits.

Homegrown plants are also beneficial, as the process of starting and caring for plants has healing benefits beyond ingesting them.

"Digging in dirt, you become aware of the air, of smells. You can relax, and this increases the mind-body connection." Dr. Kingsbury's herbal

consultation includes planning medicinal herb gardens for patients and their families.

"Growing our own medicine takes us back to our grandmother's time," she declared.

And even though our foremothers may have had only a culinary use for herbs, she points out that these flavorful plants also have medicinal benefits.

"You know in the song 'parsley, sage, rosemary and thyme,' each of those herbs has a use." Parsley is good for joint aches and pains and digestion; sage has antiseptic and drying properties; rosemary can increase memory; and thyme is good for sinuses. Ah, sinuses. I love the Palouse, but she confirmed that many others in the area also suffer from allergies. I sniffed a sample of Earth Wisdom thyme extract, and verified its potency in clearing the sinus passages.

A holistic approach is central to the energy medicine that Linda practices. She emphasizes that it is important for the patient to be involved in the healing process, taking action for positive change in his or her life. Herbal remedies work well, as "medicine can only treat the symptoms of illness, but herbs and nutrition can bring the body back into balance." To complement her herbal knowledge, she incorporates healing skills from Mayan, Kahuna, Taoist, and Tibetan traditions, has professional training as a clairvoyant consultant, and teaches NIA classes. Linda believes that "natural medicine unravels the mystery of disease."

In March, the Co-op's Winter Herbal Wisdom series concludes with:
March 1 - Ease Winter Depression

March 8 - Herbs for Pets

The fee for each class is \$5 for Co-op members and \$10 for non-members, and you can sign up at the Co-op. Classes meet at the Earth Wisdom Healing Center at 106 East Third Street, Suite 3A, Moscow.

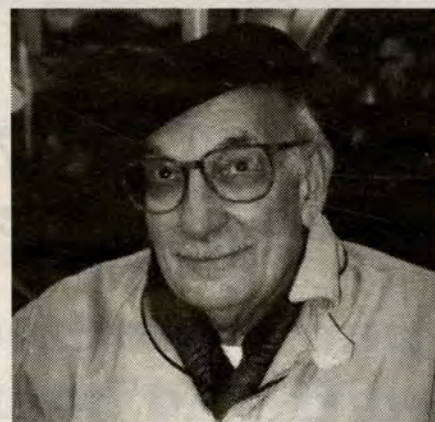
To schedule a private consultation with Dr. Kingsbury, call (208) 883-9933 or send an email to <dr.lindak@earthlink.net>. More information on her products and services is available on the web at <<http://www.spiritherbs.com>>.

Moscow Food Co-op members receive 10% off holistic herb consultations.

Tanya Denison daydreams about fresh basil and mint, and keeps busy willowing the crocuses from the soil.



Linda Kingsbury displaying the ingredients in her herbal remedies



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Soy What?

By Chelsy Leslie, RD

The soybean is a member of the family of plants called legumes. A large percentage of soybeans is used to make soybean oil, lecithin, soy protein concentrate, and textured soy protein—all of which can be found in many of the foods we typically eat. Traditional soy foods such as soybeans, soy nuts, soy milk, tofu, and tempeh are becoming increasingly popular because they are good sources of high quality protein, low in fat, high in fiber, and contain substances called isoflavones that may help to protect against some diseases. Here are descriptions of several soy foods that you may have heard of or seen before:

Soybeans

Green soybeans (known in Japan as edamame) are harvested while the beans are still green and sweet tasting. They are sold frozen either in the pod or as shelled beans. Green soybeans can be eaten as a snack right from the pod or they can be boiled for 15-20 minutes for a vegetable dish. Green soybeans have about 8 grams of protein per 1/2 cup serving.

As soybeans mature in the pod, they ripen into a hard, dry bean. These dry beans can be cooked and used in stews, soups and sauces. A 1/2 cup of canned black or yellow soybeans contains 11-13 grams of protein.

Soy Nuts

Roasted soy nuts are whole soybeans that have been soaked in water and then baked until brown. Soy nuts can be found in a variety of flavors and they make a great snack. They have a taste and texture similar to peanuts, but are lower in fat. Roasted soy nuts contain about 10 grams of protein and 6 grams of fat per 1/4-cup serving.

Soy Milk

Soy milk is made by soaking soybeans, then grinding them into a paste, and straining the results to remove pulp. Soy milk can be used as a replacement for dairy milk. However, it is not naturally a good source of calcium. It is best to buy soy milk that is fortified with calcium, vitamin D, and vitamin A. One cup of soy milk has 7 grams of protein.

Tofu

Tofu is a white, custard-like food. It is made by adding a coagulant to soy milk to form a curd. The curd is usually pressed into a solid block. Calcium sulfate is sometimes used as a coagulant and that can make tofu a good source of calcium.

Tofu has very little flavor on its own, but when added to dishes it easily absorbs the flavor of the dish. It can be found in a variety of forms. Extra firm tofu and firm tofu are good for cutting into cubes and using in stir frying and soups. Soft and silken tofu can be blended into creamy dips, added to smoothies, or used in casseroles and desserts. A 1/2-cup serving of tofu contains approximately 10 grams of protein, depending on the type of tofu. Extra firm and firm tofu are higher in protein than soft and silken.

Tempeh

Tempeh is a chunky soybean cake. Whole soybeans are often mixed with a grain such as rice or millet and then fermented. Tempeh has a smoky or nutty flavor. It can be marinated and grilled and/or added to soups, casseroles, or chili. A 1/2-cup serving of tempeh contains 16 grams of protein. Its isoflavone content is about twice as high as tofu.

Okara

The pulp fiber by-product of soy milk is called okara. It is lower in protein than whole soybeans. It tastes similar to coconut and can be added to granola and cookies.

Other forms of soy include soy burgers and hot dogs, soy crumbles (good as a replacement for ground beef), soy nut butter, soy cheese, and soy yogurt. There are myriad ways to enjoy your soy!

For more information:

Soyfoods Association of America
<www.soyfoods.org>

U.S. Soyfoods Directory

<www.soyfoods.com>

United Soybean Board

<www.talksoy.com>

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

Beyond What A Leek Looks Like

by Judy Sobeloff

I'd never been up close to a leek before, but Dani, Co-op produce manager, immediately put me at ease.

"Someone [else] who shops here all the time just came in and bought their first leek," she said. I wasn't alone.

I'd thought about buying my first leek months before, but had been put off by the cookbook picture of a leek with its leaves splayed out in an elaborate weave, and the seemingly extensive preparation instructions. No way, I thought, I have enough unfinished craft projects gathering dust already. Now, though, standing beside actual leeks, I was amazed to discover that what I'd taken to be the result of a difficult slicing and leaf-arranging task on the part of the cook was actually the leek itself, *au naturel*. The leek, fresh out of the ground, couldn't help its intimidating elegance.

According to cookbook author Charles Wright, leeks have been around since at least 3200 BC, when the ancient Egyptians used them both as food and medicine. Aristotle thought the partridge got its singing voice from eating leeks, writes Peggy Trowbridge, and Emperor Nero ate leek soup daily to make his voice pleasing for orations. During the Middle Ages, Wright notes, "Leeks were believed to be an erotic stimulant that increased the sperm count and stimulated desire."

Currently, Britain awards an annual prize to the largest leek according to Trowbridge, who also describes the leek as a "scallion on steroids." True, leeks are jumbo, but I think more apt is assistant produce manager Stacey's description of a leek as "the opposite of a scallion, because you use the white rather than the green."

Both Stacey and Dani mentioned an Asian customer who was upset by the waste of the green leaves which he said were the best part, when he saw they had to trim off half the green part just to fit the leeks into the produce section. (Leeks can grow up to six feet tall, and the Co-op's leeks are large.)

Unfortunately I didn't find a recipe which uses the dark green leaves. The New Basics cookbook says to "save the light green part for stocks or use them in place of sautéed onions," and Trowbridge says "the dark

green trimmed leaves can be reserved for other uses," but doesn't specify what these "other uses" might be.

Onward then, to making Vichyssoise, or cold potato-leek soup, which I read was the best-known use of leeks.

I found the taste of Vichyssoise simple and good, devoid of expected pretensions. My mom, who normally doesn't like anything spicier than plain tofu, thought the vichyssoise "could use more zap," whereas Fred, who likes to guzzle hot sauce, thought it was perfect as is. Go figure. Jonna, age two, spread her soup out over the table with her spoon, declaring, "I makin' a mess!" The next night we added a little extra salt, and all of us liked it even more.

VICHYSOISE—Chilled Leek And Potato Soup

(from Julia Child, *The Way to Cook*, via <<http://homecooking.about.com/library/weekly/aa040901a.htm>>)

- 4 cups sliced leeks, white part only
- 4 cups diced potatoes
- 6 to 7 cups water
- 1-1/2 to 2 tsp. salt or to taste
- 1/2 cup or more sour cream, heavy cream, or creme fraiche (optional)
- 1 Tbsp. fresh chives or parsley, minced

Bring the leeks, potatoes, and water to a boil in a saucepan. Salt lightly, cover partially, and simmer 20-30 minutes, or until the vegetables are tender. Purée the soup if you wish. Stir in the cream, if you chose to use it, while the soup is warm. Taste and correct seasoning. After chilling the soup, you may wish to stir in a little more cream. Top each serving with a sprinkle of chives or parsley.

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Judy Sobeloff is thrilled to announce the arrival of Jonna's baby brother, Benjamin.

The Palate and the Palette: Soup for Painters

by Jen Hirt

Painting isn't usually associated with food presentation. We don't often say that fancy breads are 'painted' with an egg wash – they are brushed. Lettuce isn't 'painted' with dressing; it is tossed. Strawberries 'painted' in chocolate? Try dipped. How appropriate, then, that the first time I came across the phrase "soup painting," it referred not to painting *on* food but painting *in* food. Credit goes to the French chefs who dreamed up this concept.

My entire recipe this month is not so much about the taste or the health benefits or the peculiar word histories of an ingredient. It's about wordplay and, by extension, foodplay. This original soup recipe, topped with a clever way to "paint" the soup, based on a basic technique from the book *Kitchen Secrets*, merges palate with palette. Soup painting has so enamored me that I made this soup twice in one week, just for the painting part.

A Carrot Purée for Painting

(Serves 4)

- 1 lb. carrots (about 5 medium carrots)
- 2 cups vegetable broth
- 1 cup cooked black-eyed peas
- 1/2 cup cooked brown rice
- 1 green onion
- 1/4 tsp. nutmeg
- 1/2 cup half-and-half
- 1/4 cup cream (optional – you can just use more half-and-half)
- Salt and pepper to taste

Prepare the black-eyed peas and the brown rice ahead of time, then refrigerate. Brown rice needs to simmer for at least 45 minutes. The black-eyed peas will need to be soaked overnight, then boiled for about an hour, unless you buy them frozen or canned. The frozen ones will just need to be thawed; the canned, rinsed.

Coarsely chop the carrots and the green onion. Put all of the ingredients except the half-and-half and (optional) cream in a pot and bring to a boil. Simmer for 15 minutes, or until the carrots are soft.

With a blender, purée the soup in small batches (about 2 cups at a time). The soup should take on a uniform orange hue, and it should be thick. Taste it – add salt and pepper if necessary.

Return the puréed soup to the pot. Let it cool, covered, for five minutes. Slowly stir in the half-and-half. Warm it over low heat – serve the soup medium-warm, but not hot. Ladle it into serving bowls.

Finally, the chef can trade an apron for a smock and give the soup a lovely finish: a design painted with the cream (or just use more half-and-half). To do this, you need a spoon and a butter knife. With the back of the spoon, make a small depression in the center of the soup (yes, it should be that thick!). Gently spoon a tablespoon of cream or half-and-half into the depression. In much the way you might marble a two-toned cake, draw the tip of the knife through the cream and twirl it out into the soup. An easy design is a swirling five-point star. Add more cream to extend the design. The thickness of cream allows for a more solid design, while half-and-half results in a softer swirl of white on orange.

The result is a fine sensory combination – the redolent nutmeg, the eye-catching design, the warmth of the bowl, and the taste of the carrots.

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

Families

Spinners

by Julia Parker

Last month, I had the opportunity to tag along with my spouse (J.D.) on his work trip to northern Europe. While taking a detour through Germany, we visited some of his distant cousins. Talking with them, we learned the "facts," as spun by the media, as reported by these cousins:

(1) All Americans support Bush's war in Iraq because of the events of September 11;

(2) All Americans have a computer in their home; and

(3) All American children have televisions in their bedrooms.

We did try to dissuade them from their beliefs, but did not have any solid facts to accurately describe the reality. Now I know that the disapproval of the war in Iraq is over 50% according to a February 2004 Gallup Poll. A study by the U.S. Department of Commerce published in 2002, indicated that the number of households in the U.S. with computers was 56%. Unfortunately, the number of children *without* televisions in their bedrooms is an abysmal 35% according to National Institute on Media and the Family. The best we could do with J.D.'s German cousins was to tell them that we had no television in our home – a fact that simply dumbfounded them.

According to a study by the University of Michigan in 1999, children in the U.S. spend an average of 12 hours per week watching television. The American Academy of Child and Adolescent Psychiatry puts the number of hours of television viewing by children at 21 to 28 hours per week. In addition, American children spend an average of 65 minutes per day in a car.

Therefore, this month, I have a small project to entertain children and adults in the hope that creating the project may help decrease TV time at home, and even that the small, very portable toy you make will provide entertainment in the car (or on the bus, in the bike cart, or in the stroller). This project could be done completely by an 8- or 9-year-old child, but littler and bigger kids may also enjoy participating in this project.

This project comes from a wonderful book, *Back to Basics*, published in 1981 by Readers Digest. It's available at the public library (as soon as I return it). The *Back to Basics* book

calls this toy a 'thaumatrope,' but I like to call them spinners. A spinner creates an optical illusion of one single picture by superimposing two pictures from either side of a spinning disk.

Materials Needed

- 2- to 4-inch circle of cardboard (we used an empty tea box)
- 2 circles of paper the same size and shape as the cardboard
- 2 pieces of string, each 16 to 24 inches long
- glue
- paint, markers, or crayons
- a hole punch

Directions

Decorate the paper circles with pictures that will create one coordinated image if superimposed on each other (We made a butterfly on one side and a flower on the other so that when the picture spun the butterfly landed on the flower. *Back to Basics* suggests a bird and a cage so that when spun the bird is in the cage.)

Glue the paper circles onto the cardboard so that one is right side up and the other is upside down.

Make two holes about 1/2 to 3/4 inch apart on both the right and left sides of the disk (4 holes total per disk).

Thread one string through the holes on one side and tie the ends. Repeat with the other string on the opposite side.

Twist the strings tightly and pull. You should see your images together as if they are on the same side of the paper.

Enjoy your project with your kids. I hope it puts a good spin on modern American life with kids!

Julia Parker is a mother, a doula and a recovering academic.

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Is it Possible to be Healthy in March?

by Sharon Fraser Allen

March is tough on our healthy lifestyle. It's hard to get fresh air and exercise—there's too much mud for outdoor sports. It's hard to eat well—locally grown produce is months away from harvest, and last summer's preserved produce has run out. Our family spends March planning what we will do in the warm weather. We anticipate going on hikes and picnics, making sandcastles, visiting Farmers' Markets and eating food straight from the garden. But talking about getting out and eating well doesn't change the fact that in March we do neither.

Then while our immune systems are at their lowest the killing blow is struck. In March we are inundated with sugar. Stores, banks, and neighbors have endless supplies of candy hearts they are trying to use up, and Easter eggs they can't give away fast enough. Some places have bowls of chocolate at toddler height which, of course, my two preschoolers notice before I do. Others places seem to employ seasonal personnel whose sole job is to stand at doors and hand out chocolates to my children. They occasionally pause for a millisecond before dropping it into anxious little hands to ask:

"Is it alright if I give them some chocolate?"

But before a printable response comes to mind, my girls already are eagerly accepting a second handful.

As if lack of exercise and good food isn't enough, March makes me feel guilty. For, March is National Nutrition Month. I am tempted to abandon all hope of health, and dive into my own stash of chocolate. But No! I decide to fight back. I am not going to be defeated by March.

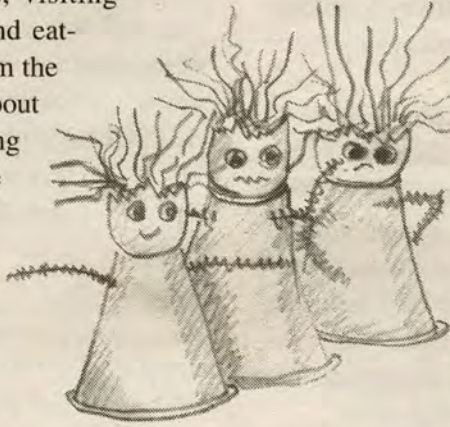
"Hey girls," I call out, "I have a great idea. Let's make some sprout people." First we design the faces using paper cups, plastic Easter eggs, and some clean eggshells for the heads. Next, we create features with glue, googly eyes, felt, and paint. Then comes the best part, we plant the hair. We use organic soil and some organic seeds. Alfalfa is my favorite since it grows very quickly. We create families of sprout people. We create whole

colonies. We keep them moist by watering once or twice a day with an eyedropper. Soon our creations grow "hair." In a few days the hair is long enough to cut and toss in a salad or eat straight off the head.

We also make "ordinary sprouts" using jars with mesh coverings and shallow trays full of organic soil. Soon our house is full of organic, living, vitamin-packed food. As we sit back munching on our sprouts, things start to look better. We are eating well, we have a healthy spring-time tradition, and suddenly the idea of outdoor exercise seems manageable. After our

sprout snack we go out to see just how deep the mud is in the park.

Sharon Fraser Allen is a freelance writer living in Pullman with her husband and two children. All four of them are striving for a healthy March.



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Sprouting Notes:

Any seed can be sprouted.

Be careful to choose seeds specifically marketed for sprouting, or choose organic seeds. Commercial seeds intended for outdoor planting may contain harmful pesticides.

Sprouting in a jar

You will need:

Clean glass jar
 Mesh material to cover opening
 Elastic band to hold cover in place.

Soak seeds over night in the jar.

Drain in the morning, and leave tilted upside down so that the water drains completely.

Rinse and drain at least twice a day with water that is drinkable quality. Keep seeds moist, but not stewing in water.

Harvest

Remove sprouts from jar and eat. Seed husks may be eaten or rinsed vigorously to remove.

Seeds that work well with the jar method include:

Alfalfa, Radish, Mung Beans, Garbanzo Beans

Sprouting in soil

You will need:

Shallow pan
 Organic soil (avoid soil with fertilizer mixed in)

Sprinkle seeds on the bottom of the pan.

Cover with 1/2 inch of soil.

Keep soil moist but not soupy.

Watering with a mister or an athletic drink bottle gives good results.

Harvest

Cut sprouts just above the soil.

Rinse and eat.

Seeds that work well with the soil method include:

Sunflower, mustard, broccoli, water cress

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Gardening

WSU Compost Update

By Patricia Diaz

A recent article in WSU's Evergreen newspaper about recycling and compost prompted my phone call to the compost facility to inquire about the compost being offered for sale. It's been nearly four years now since trace levels of picloram, a long-lasting herbicide, were found in WSU's compost and it's time to see what changes have been made.

While university officials insisted at the time that foods grown in the contaminated compost were safe to eat, organic gardeners were upset because they didn't want ANY chemicals in their soil. And, since the use of any chemical negates the certifiability of organic gardens, several organic gardeners' businesses were harmed.

We asked Rick Finch, WSU compost facility manager, what the facility was doing to minimize the risk of finding even trace levels of chemicals such as picloram in their compost.

Finch stated that picloram is a restricted-use chemical and it was a fluke that it got into WSU's compost in the first place. He said that "it shouldn't have happened then and shouldn't happen now." WSU is currently testing for two herbicides - picloram and a sister chemical, clopyralid. The Washington State Department of Agriculture is working closely with WSU on the testing of compost samples. Both of these chemicals are restricted solely to agricultural use and are not available to home gardeners, nor are they used at WSU. In spite of the restrictions, WSU is being extra cautious by testing for these chemicals on every batch of

compost being cured.

WSU is ensuring that we get herbicide-free compost by:

—Ensuring through the State Department of Agriculture that the two chemicals in question are restricted to agricultural use only.

—Using a certification program for grass hay and straw growers, with WSU only purchasing hay and straw from certified growers. Growers must certify that they do NOT use either of these herbicides in a written statement filled out at time of sale.

—Testing every row of compost produced before it is finished curing. Large samples are sent to a lab for analysis and bio-assay. The bio-assay is very sensitive and the levels used for testing are twice as restrictive as the recommended safe levels, ensuring even more safety for end users. They also use negative and positive controls in the testing.

Finch believes that WSU has the most thorough testing program in the nation. WSU had to pay over \$150,000 in restitution in 2000 to organic gardeners who were harmed by the contaminated compost. Because of this at least, WSU is taking appropriate measures to ensure that the contamination doesn't happen again. They also assisted gardeners with the restoration of their soil through applications of activated charcoal to garden plots.

WSU's compost is currently being sold at the following local businesses:

- Moscow Building Supply
- Crossroads Nursery & Garden Gifts
- SYG Nursery & Landscaping
- North Country Landscaping

Yard Quick Hydroseeding
Private parties wishing to purchase more than 50 yards of compost in bulk may contact Rick Finch at (509) 335-3288. Delivery costs will vary depending on delivery locations. The cost of the compost at local businesses may vary.

It is important to note that WSU is NOT selling their compost as *organic* compost. While it is free of agricultural herbicides, it may contain small levels of common garden chemicals. That is also the case with the compost available at the Moscow Landfill, as it is from yard waste that may contain garden chemicals.

Finch stated that he is very pleased with WSU's response to the picloram-compost problem and said the university has done all that it said it would do to reimburse and assist local gardeners. They've also instituted a top-down educational program for all users of syringes at WSU on the proper disposal of these hazards. (If you'll recall, some purchasers of the compost had stated in 2000 that they'd occasionally found used syringes in the

compost, left behind in the bedding of animals after various medical treatments.) The compost facility has also purchased special screens so that this problem, too, will not arise again.

Finch believes that WSU's compost will only become better because of the trend toward the use of smaller amounts of chemicals by today's gardeners. Concerns about the long-term effects of chemicals are becoming an issue even outside the organic community.

Pat Diaz lives and gardens east of Moscow. She is starting to wonder if the snow will ever stop and is longingly thinking of warm Spring days.

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Midweek Growers Market Update:

WSU Organic Agriculture Program

by Eva Jo Hallvik

One of the requirements for selling produce at our Midweek Growers Market is for that produce to be organic. Last month's article listed some ways to find out about becoming a certified organic grower and ways to go about it. This month's article will focus on a new academic program that will be offered at WSU, beginning soon (most likely launched Fall, 2004), that will be all about organic agriculture.

This new Bachelor of Science major will likely fall under an Agriculture Systems umbrella in the Crop And Soil Science department (CSS). The program will provide a formal, academic training—training that has not been available except less formally through some private small farms.

John Reganold, a Soil Scientist at Washington State University, has been the lead player in initiating and making this program a reality. He has been working on biodynamic and organic research at WSU for more than ten years. While he is on sabbatical until August, his graduate student/teaching assistant (and the other Midweek Growers Market volunteer coordinator), Kathi Colen Peck, is carrying on with the start-up. There has also been helpful support from the CSS Department Chair, Bill Pan, and the Associate Dean of Academic Programs for the College of Agriculture, Vicki McCracken.

Kathi Colen Peck will be instructing two core classes for this new program: one lecture-based class for three credits titled, Organic Gardening and Farming, and a summer field course in applied organic farming for six to eight credits. The field course will be an intensive that will meet four to five days a week for half a day. Like most intensives, it will really depend on the excitement and involvement of the people in the class; although after talking to Kathi about this, I think anybody would have a hard time not wanting to be in the field all day long, seven days a week. People wanting to participate in this field course will be expected to take the lecture-based class, but it is not a prerequisite. There will be an application process and an interview where interested individuals demonstrate that they have some basic understanding of organic gardening.

The field course will take place on a soon-to-be-certified organic 3-acre plot of land, which, until this past fall, had been fallow for fifteen years. It is now cover-cropped. Kathi planted Austrian Winter Pea, an annual, on half the acreage and New Zealand White Clover, a perennial, on the other half; her plan is to cultivate the area in the annual cover crop for production this summer. She also plans to develop a small CSA (Community Supported Agriculture) program, which is basically a subscription farm, for the University community. She says that the WSU CSA will do its best not to compete for subscribers with any local farms/farmers. With the organic movement growing as it is, there seems to be a lot of room in our community for many local organic growers to thrive.

The primary hope is to make this organic farm program and curriculum a community resource. Not only by having a CSA but also for growing dye plants, culinary herbs, cut flowers and perhaps also having a children's garden—all for the purposes of demonstration and education. This program aspires to teach both the practical and academic side of organic agriculture in all its diversity. If anyone is interested in more information about the Organic Agriculture program, contact Kathi Colen Peck by email at <kscp@wsu.edu>.

The Midweek Growers Market will be open for its third year, starting this May. Come talk to the local producers about their CSA options.

Eva Jo Hallvik, LMT, is the other volunteer coordinator for the Midweek Growers Market.

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MCA Update:

Smart Growth in Moscow

By Jeanne Clothiaux

Moscow is changing: new housing, increasing traffic, a growing population. The next public meeting of the Moscow Civic Association will focus on using the principles of Smart Growth to manage and direct growth in Moscow to maintain and enhance the livability of our community.

The MCA meeting will be held on Monday, March 8, at 7:30 p.m. at the 1912 Center in Moscow. The guest speaker will be Elaine Clegg, Boise City Council member and Co-director of Idaho Smart Growth. Clegg will explain what Smart Growth is, discuss applying Smart Growth principles to Moscow and how Moscow's citizens can participate in the shaping of their community's future. She will also respond to questions. Elaine Clegg became Idaho Smart Growth Co-Director in May 1998 after serving on the project's advisory committee. An Idaho native, she has been an activist in growth management issues in the Boise area since 1984.

Recognizing that all community members are affected by new development, not just buyers and developers, the Moscow Civic Association encourages citizens to participate in

this forum to learn how to be actively involved in community planning and development. As residents, taxpayers, and community participants, how do we see to it that our values are reflected in the built environment cropping up around us? How do we ensure our sense of place will not be destroyed as our population grows?

Moscow citizens have expressed a desire to work toward gaining an understanding of how the Comprehensive Plan and the Zoning Plan instructs Moscow's city staff, city council, and the Planning and Zoning Commission, to make decisions regarding new development. The Moscow Civic Association has invited Elaine Clegg to help guide us down the path toward understanding how all these mechanisms affect growth and how we can orient ourselves toward "smart growth."

The Moscow Civic Association is a non-profit, citizens' organization that strives to improve the quality of life for Moscow residents. More information is available on the MCA website, <www.moscowcivic.org>

Jeanne Clothiaux is a Moscow Civic Association board member.

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Nature in the City: Eastern Fox Squirrels in Moscow

By Sarah Walker

Did you watch the tree squirrel activity last month? During sunny breaks in the snowy weather, Moscow's Eastern fox squirrels showed off their remarkable acrobatic skills, performing high-speed mating chases through the bare branches. These squirrels have brown backs, orange undersides, very long tails, and can weigh up to 2 pounds. As they leap from branch to branch, they seem nearly capable of flight! During mating, males chase females, and drive away other males. If you're interested in telling males from females, this is the best time, because you won't be able to tell them apart otherwise.

When I tried to get a photo, she/he did the round-the-tree-trunk thing: gripping the tree trunk with all fours, head downward, tail twitching, alternately racing behind the trunk then reappearing to pose briefly. This is their instinctive reaction to danger. Watching squirrels is exciting—and it promotes curiosity about wildlife in general, which I think is a good thing.

Of course, squirrel-watching has its dark side. Out your window right now, if it's daytime, you might see the old feeder-climb routine. Those muscular little legs aren't adapted just for leaping, they're perfect for shinnying up the slipperiest of bare metal poles. I did a double-take when I saw one sucking thistle seeds out the tiny openings on my finch feeder. (There are many resources on the net about outwitting squirrels under the keywords squirrel, pest, urban).

Squirrels illustrate the paradox of urban wildlife. We love 'em, we hate 'em. They mess up our outbuildings.

They accidentally short out electrical transformers during their tightrope-walking, causing power outages regularly. But they're also cute, furry little rodents with really cool tails. They're watchable and fun.

And there are lots of them! Eastern fox squirrels are good adaptors or "generalists:" they'll eat almost anything, tolerate humans, and make use of all sorts of "artificial habitats" like power lines for crossing streets, or buildings to escape winter cold. And in our tree city, the four habitat elements—food, water, shelter, space—are in good supply. Fox squirrels build their leafy nests in our tall trees, feast on seeds and "mast" (nuts and acorns) all-over town, and live secure from predators like large hawks. Females can begin bearing young when they're a year old, and can produce litters of 4-6 babies twice a year. They can live over 10 years.

These big tree squirrels were originally found only in eastern forests. During the past 100 years they have migrated or been introduced to many western states, where they thrive in some cities. They were introduced to Asotin in 1915, probably for hunting, but didn't reach the rest of the Palouse until the 70s. Fox squirrels are a popular game animal back east. Idaho Fish and Game now considers them a non-native or "exotic" species, and in Washington's Okanogan Valley, biologists are concerned to find that fox squirrels are displacing the native western gray squirrel, which is listed as a sensitive species in Washington. I have not been able to determine if Eastern fox squirrels are adversely



Moscow's Eastern fox squirrels have long tails! They use them to talk squirrel, balance on Avista's overhead wires, and as wrap-around blankets when it's cold. Photo by Joan Cooper.

affecting our native red tree squirrels who live in the forests around Moscow's prairie.

If eastern fox squirrels have lived here since the 70s, generations of city life must have affected this (formerly) wild animal. Certainly Moscow's abundance of food and water, ideal nest and den habitat, and security, make it easy for them to survive and

reproduce. I asked Dr. Richard Johnson, mammalogist at WSU's Connor Museum, if he thought well-fed city squirrels would bother to carry out their normal food caching activities. "That would be the logical thought," he said, adding that it might be more likely that they would cache like crazy with all the nuts, acorns, seeds and other preferred foods here. "On the other hand," he added, "maybe they just think the whole city IS a food pile, and they're sitting on top of it."

Sarah Walker writes natural history articles and web pages for birding and native plant organizations, and would like to read your own interesting tales of Moscow's birds, mammals, insects, and trees, at citynature@moscow.com.

How To Tell (Native) Red Squirrels From (Non-Native) Eastern Fox Squirrels

Physical Aspect	Red squirrel (<i>Tamiasciurus hudsonicus</i>)	Eastern fox squirrel (<i>Sciurus niger</i>)
Size (including tail)	11-14 inches	19-22 inches
Tail	Appears shorter than body	LONG, appearing nearly as long as body
Belly color	White	Orange-rust

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Community

Moscow Renaissance Fair, 2004

by Dean Pittenger & Andrea Chosh-Pittenger

Planning for the 31st Annual Moscow Renaissance Fair is well underway. As always, it will take place the first weekend in May: May 1st & 2nd this year.

Most of the main stage performers are already scheduled. Craft Booth and Food Booth applications were due February 28th, with Food Judging to be on March 13. You can get more information at our website: <<http://www.moscowrenfair.org>>.

The annual poster contest was announced to Palouse area schools. Kindergartners through 6th graders can compete to produce the Ren Fair Program cover art, while seventh through twelfth graders can compete to produce the poster art. Details are available at local schools. Entries are due at BookPeople (in Moscow) by 10 a.m., March 6. If you have questions about these contests, contact Dean Pittenger at (208) 882-0211 or send email to <publicity@moscowrenfair.org>.

The Renaissance Fair would be nothing if not for its volunteers – we depend almost totally on volunteer support. If you are interested in joining our crew, here are a few opportunities and contacts for volunteering:

—General Volunteers— this may include Friday (April 30th) setup (parking control, helping vendors, general setup, hay bales), Saturday, Sunday or Monday (May 3rd). For Satur-

day and Sunday we still need volunteers for various jobs all over the fair. What time and energy you can afford will be appreciated. Contact Chris Pannkuk; call (208) 882-9373 or send email to <president@moscowrenfair.org>.

—Recycling— This is a special area that always welcomes your time and effort. Contact Andy Boyd, 882-4829 or email moscowrecycling@turbonet.com

—Children's Area, with two areas that need help:

—Youth Stage— needs performers: actors, dancers, poets, storytellers, magicians, puppeteers, emcee, etc. These are paid positions and all ages are welcome. Please contact Willow Falcon at (208) 882-2350 or email <tyedye@moscow.com>.

—Youth Activities— needs volunteers throughout the duration of the fair, plus setup and take down of the youth stage and large pavilions on Friday and Monday. One paid position (which can be shared by more than one person) is available as Director of Imagination Station (the youth crafts area). Please contact Miriam Kent at (208) 882-7192 for more information.

Come and support and enjoy your fair – “a celebration of spring.”

Dean and Andee are coordinating the publicity for this year's Moscow Renaissance Fair.

Moscow to Hear the Call to 'Free the Planet!'

By Erin Manderville

Organic, fair trade and shade-grown coffee may not be a major issue on the general public's mind, but for the UI Environmental Club (aka 'E-Club') it's an important cause to educate people about. In order to inform the community on the positive social and environmental benefits of fair trade and shade-grown products, and to inspire the public and the UI to incorporate organic foods into their daily menus, E-Club has invited a speaker to the UI campus. This speaker is Erin Eccleston from Washington D.C.'s Free the Planet!, an organization devoted to expanding the student environmental movement, providing resources for student activists, and helping students win campaigns for strong environmental protections.

On Friday, March 26th, Eccleston will give a free public briefing in the UI Law Courtroom about the benefits of organic, fair trade and shade-grown coffee from 7-8:30 p.m. Before the

presentation, organic coffee and refreshments will be served in the law building and tables will be set up for environmental organizations to distribute information.

On Saturday starting at 10:30 a.m., Eccleston will give three, one-hour workshops in the Clearwater Room in the UI Commons on Recruiting Volunteers, Making Your Group Visible on Campus, and Running Successful Campaigns. Even though these workshops are geared towards UI clubs, the public is invited to attend. Since space is limited though, first priority will go to Moscow and UI club presidents and community and non-profit representatives. Workshops will cost \$30 dollars for all three sessions, or \$12 apiece. Lunch will be provided. Please RSVP for the workshops by March 15th at 3 p.m. to <erinm@sub.uidaho.edu>.

To learn more about Free the Planet! or the workshops, and UI Environmental Club, please visit these websites: <<http://www.freetheplanet.org>> and <<http://stuorgs.uidaho.edu/~envclub/>>.

Erin Manderville is the ASUI Director of Environmental Responsibility.

Recycling Phones and More

By Andy Boyd

Have you ever wondered what you should do with your old cell phone or maybe your rechargeable batteries that no longer hold a charge? Well, Moscow Recycling is pleased to announce that we are now accepting some new materials like these for recycling. Not only will we accept cell phones and rechargeable batteries, but we will take other small electronics such as pagers, PDA's and digital cameras.

Just bring these items to Moscow Recycling's office window during our business hours: Tuesday through Saturday, 9:30 a.m. to 5:30 p.m. If you have any questions regarding this program, please give Moscow Recycling a call at 882-0590.

Together we can reduce waste in Latah County.

Andy Boyd manages the Moscow Recycling Center and directs recycling for the Moscow Renaissance Fair.

What You Can Do For Moscow

By Bill London

There is a new Moscow City Council and, hopefully, a new direction for the city government. And you can participate in the community by joining one of the volunteer citizen commissions that helps make things happen here in Moscow.

If you are interested in filling one of the vacancies on the following city commissions, please contact Laurie Lewis, 883-7080, for an application form.

Moscow Arts Commission—3 vacancies

Fair Housing Commission—5 vacancies

Health and Environment Commission—4 vacancies

Historic Preservation Commission—2 vacancies

Parks and Recreation Commission—3 vacancies

Planning and Zoning Commission—1 vacancy

Transportation Commission—2 vacancies

Paradise Path Task Force—there is no specific number of vacancies, but more members are always welcome

The LEDC (Latah Economic Development Council) is looking for 4 board members.

If you are interested in joining, contact Barbara Richardson Crouch (208) 885-2832.

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


**CURRENT SESSION ENDS
MARCH 12**


**NEXT SESSION BEGINS
MARCH 22–MAY 7**

**LYNNE MINTON WORKSHOP
APRIL 2, 3, 4**

*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.
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Commentary

Letter From the Land:

When the Snow Goes

Suvia Judd

This year I am thinking different thoughts during melt-off.

One February night I was standing at my favorite cedar-y corner on the mountain, appreciating the deep, new snow, and thinking of the two little springs running under it. They flow most of the summer, and help support the yellow violets, pink pyrola, bunchberries, and wild ginger that grow here. Looking at the snow, I recalled hearing recently on the radio that the snows of Mount Kilimanjaro in Africa are melting, not seasonally, but melting away, and may vanish altogether in about twenty years, leaving the mountain's endemic species that depend on the snow-fed springs high and dry. So too, the farmers on the mountain. The causes are both global warming and local deforestation, and people are getting worried enough to even float ideas like covering the entire snow pack with a giant tarpaulin, to give time to consider other solutions.

I stood on my lovely snowy corner, grieving for Mount Kilimanjaro and for the Earth, and I found myself praying that we not lose any species on our little mountain. The absurdity of this struck me immediately. We are all in this together: on Earth, we are all eggs in one basket. And in fact, friends tell me that the snow of the Cascades is expected to shrink by more than fifty percent in the next fifty or so years, and our local snowline to rise to 4500 feet—almost off the top of Moscow Mountain.

Some months ago, in another season, I stood on this same spot and thought similar thoughts and felt similar feelings. I was remembering a beautiful beach on an island in Discovery Passage off British Columbia. I first visited in 1969 when the water was crystal clear, revealing a lively seafloor full of interesting creatures all bustling about. The water between the islands was full of salmon and cod. When I visited again in 1982 there was a fish farm across the passage, fouling the water and leaving it murky; the number and kinds of creatures in the intertidal zone was greatly reduced; and even away from the local effects of the fish farm, local fishermen told us the catch was way down due, no doubt, to the ill-regulated paper plant on Vancouver Island as well as the

onslaught of second homes along the shorelines. The place was still beautiful, and my friends say the water cleared up quite a bit when the fish farm went away. But the richness and diversity has not come back. I thought, "How can people not see? How can they not tell the difference?"

A friend told me that her father told her many years ago that while all his peers were thinking about making money to the exclusion of other things,

... please, take an outdoor walk along any back road. Learn the names of the local native plants and birds and mammals. Stretch yourself and start in on learning ferns or grasses.

their children and grandchildren would notice the consequences—would not be able to help noticing. But, we agreed, that has not been the case. It is not only the frog in boiling water phenomenon—that you can get used to anything if it happens slowly enough. And it's not only a city person phenomenon, because I have known people who grew up here and could not identify anything outside the house, not a robin nor a dandelion.

I place my hope in those who keep themselves aware, and who work to connect us to the place we live.

So, please, take an outdoor walk along any back road. Learn the names of the local native plants and birds and mammals. Stretch yourself and start in on learning ferns or grasses. Do you have a fourth grader in the Moscow schools? Join them on their annual field trip to learn how a wheat farm works. Join the Palouse Prairie Foundation and find out where the remnant prairie still grows, and help be a steward of it, for it is quite endangered. Contact PCEI and get involved in the restoration of Paradise Creek. Or just take walk where native things still grow. And watch. And learn. And read. And vote.

Suvia Judd lives in Moscow.

I Want My Mommy

by Carol Spurling

Mothers and daughters rarely have a simple relationship; I, for instance, love, admire, and respect my mother, but I don't feel the need to talk to her very often. Some daughters call their mothers every day.

I was nasty to my mother when I was an adolescent, disdainful of her qualities which I now strive to achieve myself: thriftiness, dutifulness, an everlasting patience. I thought she'd sold herself out by getting married so young, by having six children, by always eating the heel from the loaf of bread. Although I outgrew this as I got older, and I knew better than to judge my mother's rich life by new rules she didn't create, I still felt the distance that I'd created between us.

Even as my own child's birth approached several years ago, I wasn't sure that I was ready to invite her in, to share my newborn. A friend of mine had a baby last week and when I called, I was taken aback by the unfamiliar female voice on the phone. "Is this J—?" I said. "No, this is her mother," she replied.

Oh, of course. Most mothers come help with new grandchildren when they can. When I dropped off some food for them later, I was struck during my visit how relaxed they seemed with each other, and how guilty I felt myself, for neglecting to ask my mother for help in my own difficult postpartum days.

In hindsight, I know I should've begged her to come stay with us while I transitioned back to part-time work, when our baby was just twelve weeks old. It happened during this time of year, and since then I've been unable to shake my association of Valentine's Day and St. Patrick's Day with vaporizers, nebulizers, coughing, wheezing, fear, and exhaustion.

Unable to afford any but the most basic child care, I prepared to leave the infant Reed at a fairly large daycare center, in the arms of a devoted but harried caretaker. Reed had a two hour trial run, and two days later began exhibiting signs of a cold. Another two days later and I ended up with him in the emergency room at

midnight, wheezing. But he fell asleep, breathing easily, and I went home with advice about keeping the air humidified.

Another two days passed, and after a day of only getting a tiny amount of milk into him due to his protracted coughing and wheezing, I took him to the emergency room at midnight again (everything seems worse when it's dark), this time to be diagnosed with a respiratory virus, common, but only dangerous to premature babies with vulnerable lungs, as Reed was.

We came home after a short hospital stay, only to come down with the same thing a couple weeks later. This time we were able to treat him at home, but as I sat with him in the steamy bathroom with the hot shower on full blast, praying for his coughing to stop long enough so he could nurse, the thought popped into my mind for the first time.

I want my mom. I want to go home.

If there had been any way at all to get from Alaska to Iowa without having to take my tiny child on an germ-ridden airplane, I would have packed up and left immediately. If we could have afforded buying a regular fare ticket for my mom to come to us I would've bought it that day. But we couldn't. Winter gave way to spring, Reed recovered and started smiling at everyone he saw, and soon life was sweet, although in the back of my mind I knew I wouldn't spend another winter so far away from family, from someone who could take care of me while I took care of mine.

I became a different kind of mom the moment I realized I needed my own mother: deeply protective of my own child, more forgiving, more vulnerable, and infinitely grateful for my mom, an amazing woman with six children who must have sat in a steamy bathroom over and over again, but never acts as if she regrets a moment of it. Thanks, Mom.

Carol Spurling's mom is coming for a visit this summer, but two weeks won't be long enough.

Auntie Establishment

By Joan Opyr

This month, I've decided to write about a new threat to our civil liberties: the concerted, determined, and multi-pronged assault on our right to be ugly. I'm not talking about ugly behavior—that is always and everywhere wrong. I'm talking about personal appearance, about having a big nose or a uni-brow or a mole no one would ever describe as a beauty mark. I'm talking about being too tall or too short, too fat or too skinny, too asymmetrical, too imperfect, too ordinary. What with the Patriot Act, the threat of a Patriot Act II, and a proposed constitutional amendment to ban gay marriage, this particular problem might seem trivial to some of you. It might also have escaped your notice. The steady erosion of our right to be ugly has flown beneath the cultural radar. It's scarcely recognized as a threat by the mainstream media, and when we talk about it at all, we generally dismiss it as a sign of increasing vanity or a fear of aging combined with an unreasonable worship of the charms of youth.

But the right to be ugly is vital to our health and well-being. It's fundamental to our belief that we are worthwhile human beings, no matter how we look. We have a right to our wrinkles, our pot bellies, and our bad taste. We have a right to wear shoes from Wal-Mart, to look our age, and to cut our hair at home with a Flo-Bee. We have a right to look like the average Joe or Josephine Schmoe, and to not have our less than supermodel looks taken as a sign of laziness, lack of intelligence, or moral depravity.

When you were a kid, your grandmother told you that handsome is as handsome does, that inner beauty was more important than outer beauty, and you really wanted to believe her. You wanted to believe that the world was fair and that virtue would be rewarded, but you looked in the mirror and you knew the truth. Beauty might be only skin deep but ugly went clear to the bone. Still, there was hope. The Robert Redfords and Raquel Welches were thin on the ground. Most people ranged comfortably somewhere between Ernest Borgnine and Kathy Bates. You were okay. You were in good company. Your face might not launch a thousand ships, but it wouldn't stop a clock. You splashed out occasionally on *Oil of Olay* or a corset, but by and large, you were content. You could live with yourself. You concentrated on learning a few jokes,

improving your mind and your conversation, and developing that underrated and yet essential part of every human being, a good personality.

Well, no more. Robert Redford and Raquel Welch – or Brad Pitt and Jennifer Aniston – are no longer quite so rare. If you've got the time, the money, and the name of a good cosmetic surgeon, you too can be unreasonably beautiful. And it's not just that you can be; you should be. You ought to be. You must be. If you don't believe the right to be ugly is under attack, then you haven't watched *Extreme Makeover*. Or, to a lesser extent, *What Not to Wear*, *Queer Eye for the Straight Guy*, and cosmetic surgery on *The Discovery Channel*. You haven't watched Hollywood producers take an ordinary man or woman, someone with a slightly crooked nose or mildly bucked teeth, and subject them to six weeks of cosmetic surgery, sartorial overhaul by a "fashion expert," and a high maintenance hair-do that costs three hundred bucks but still looks, at least to me, like hangover, wild night, can't-find-the-comb, bed-head.

This might speak more ill of me than of the subjects involved, but I watched a show the other night about a mother and daughter getting dueling breast implants. The mother was in her early forties; the daughter was eighteen. They just didn't feel good about their B-cups, but as Ds, well, their cups overflowed. They were happy, and maybe I should have been happy for them. Maybe I couldn't be happy because I was envious. Maybe I should have taken the money I blew on college and used it instead to buy saline boobs and collagen lips. Bitter, party of one? Your table's ready.

As the husband of one of the subjects of *Extreme Makeover* enthused, "I sent away a five and got back a ten." That's great, isn't it? Sure, you're the mother of my kids, dear, and you had inner beauty and all that stuff, but, heck, you're a damn sight better without that flat chest, those nasty wrinkles, that bumpy schnozz, and that frumpy hair. Now, at last, you're good-looking. Now, at last, you're truly worthy of my love.

I don't know about you, but if I'd been that man's newly beautiful wife, I think the next show I'd be appearing on was *Cops*.

Auntie Establishment is the pseudonym of Moscow area writer Joan Opyr. She welcomes your questions, comments, and beauty tips at auntiestablishment@hotmail.com.

Book Review:

Fateful Harvest

By Duff Wilson

Reviewed By Bill London

Duff Wilson, an investigative reporter for the Seattle Times, wrote "Fateful Harvest" in 2001 as a summary of the complex and shocking story about the use of toxic waste in American fertilizer. Yeah, it sounds too ridiculous to be true, but it happened, and is happening today, mostly because so many people make money doing it and it solves two real problems: what to do with toxic waste and how to make cheap agricultural fertilizers.

The book reads like a mystery—since the original question of what was killing farmers and poisoning their fields around the small eastern Washington town of Quincy ignited the controversy.

The book also reads like a science fiction nightmare—after all, what kind of society would poison itself by recycling toxic waste from steel mills, foundries, and manufacturing plants into fertilizer?

And the book reads like a heroic feminist novel—since the person who first raised the issue, and who never backed down despite all the formal and informal pressure brought against her to push her to silence, was the mayor of Quincy, Patty Martin.

Duff Wilson is a good enough writer that his readers, even his cynical readers, are dragged along as he learns about Martin's crusade, and fi-

nally becomes a believer, and then writes a series of investigative articles for the Times that almost got him a Pulitzer.

The point of the book is that manufacturers were stuck with piles of toxic by-products containing heavy metals and dioxin, among other very nasty things, and needed a way to legally get rid of the junk. They found their solution in fertilizer companies who bought the hazardous waste and called it an ingredient (thus circumventing waste recycling rules) and then spread the waste material on farmers' fields. The result was cheap fertilizer, but with the toxic consequence of soil buildup of heavy metals, plus the serious problems of poisons that migrated to plants, animals, and people.

Yes, this crazy waste recycling process continues today. And Patty Martin is still involved in fighting it (see her [website](http://www.safefoodandfertilizer.org) at <www.safefoodandfertilizer.org>).

If you care about what people eat or what is splattered across America's farmland, this is a book worth reading.

"Fateful Harvest" is available at BookPeople and at the public library in Moscow.

Bill London edits this newsletter and would prefer to have no heavy metals in his oatmeal.

VOTE

for the Moscow Food Co-op
Board of Directors



Saturday, March 6th
Tuesday, March 9th
@ The Moscow Food Co-op
from 8am to 8pm

Come exercise your right to vote!!!!



Bulletin Board

MOSCOW FOOD



moscow food coop
221 east third
moscow id 83843

Co-op Coffeehouse

Tuesday nights, 7pm to 9pm

Live music with your coffee & dessert
mar. 2 Travis Silvers
mar. 9 milo
mar. 23 Tiana Gregg
mar. 30 John Larkin
apr. 6 Kami Miller
apr. 13 Acoustic Wave Machine
apr. 20 Lisa Simpson
apr. 27 leo nu skool beatnik society

Idaho Paints Idaho traveling exhibit

Third Street Gallery. An opening reception will be held March 3, 5:00 - 7:30 p.m.

The exhibit will run through April 16
For information contact the Moscow Arts Commission at 208-883-7036 or ddeath@ci.moscow.id.us.

"The Miracle Worker"

March 4, 5 & 6 • 7:30pm • Gladish Little Theatre

Presented by Pullman Civic Theatre
Tickets: \$8. Neill's Flowers & Gifts, Pullman Safeway, Dissmore's, www.pullmancivictheatre.com, 509-332-8406, or at the door if available.

Moscow Food Coop Art Show

Opening reception Friday March 5 from 5:30 to 6:30 pm.

The Moscow Food Coop will have an art show from March 5 to 31 featuring various forms of creative expressions by Coop employees.

Live Music at the Kenworthy

Friday March 5 • Doors open at 7:00, band plays at 7:30

Ring in Mardi Gras weekend with wonderful music at the Kenworthy, a smoke-free venue! Tickets available at Bookpeople for Ala Zingara (with opening band the Eastern European Band Ensemble Sub Masa). Tickets are \$8.00 in advance and \$10.00 at the door.

Moscow Mardi Gras

March 6

parade and night of live music
www.moscowmardigras.com

vote for Co-op Board seats

Saturday, March 6th or Tuesday, March 9th. 8am to 8pm.

All Co-op members vote at the Co-op.

Interfaith Sacred Dance

Mondays, March 1st and 15th, 7 - 9pm, Campus Christian Center, 822 Elm, Moscow

Weaving Dances of Universal Peace simple and very enjoyable, no musical or dance talent required
listeningcenter@lewiston.com

Radio Free Moscow benefit show

John's Alley, Wed. Mar. 10th, 9pm.

featuring: Oracle Shack, Echo Ave., GUNT, Old Man Winter, Grace and I

Women's Center events

contact 885-6616

Thursday, March 4

Celebrate Your Body Day • UI Commons — Informational Table at Commons, Smash that Scale, Snacks, Screening for Eating Disorders

Traveling Art Exhibit:

UI Commons: March 1-4
Student Recreation Center: March 5-7

Monday, March 5

International 12:30 p.m., UI Memorial Gym
Poetry reading

Tuesday, March 6

Historical Idaho 12:30 p.m., UI Memorial Gym

Friday, March 7

Vandal Friday 2:00-4:00 p.m. Memorial Gym
Stop by for re about the ser the UI Women

Vagina Monologues

March 4, 5, & 6 at 7pm, University of Idaho Administration Auditorium

Tickets are \$6.00 for students and \$8 for non-students

George Crumb Concert

March 30 at 8 PM, University of Idaho Auditorium.

Pulitzer Prize-winning composer Crumb performs works including the 2002 "Eine kleine Mitternachtmusik," based on Thelonius Monk's "Round Midnight.": Tickets at 885-7212.

Workshops w of Washington Planet!

Friday, March 26 Law Courtroom

Free public briefing and refreshments

Saturday, March Clearwater room

Workshops on Re Making Your Grou and Running Succ

All three sessions:

Lunch will be provided. Please RSVP for the workshops by 3pm March 15 to erinm@sub.uidaho.edu. More info at www.freetheplanet.org and http://stuorgs.uidaho.edu/~envclub/

Empty Bowls

Sat. March 27, 1912 bldg, 10 - 2:00.

Support efforts to end local hunger by buying a bowl made and donated by local potters for a suggested \$10 donation. The Co-op will fill your bowl with a nourishing meal of soup and bread — plus you get to keep the bowl as a reminder. Funds raised by this event will be donated to our local Community Garden located on C st in Moscow. www.emptybowls.org

2004 Governor's Arts Awards Nominations

Deadline for nominations in March 31, 2004. Call Jennifer at the ICA at 208-334-2119.

forum on Bio-diesel

Wednesday, April 7th. 6:30pm with snacks provided by the Co-op. The forum will start at 7 pm

Co-sponsored by PCEI, the Palouse Discovery Science Center and the Moscow Food Co-op at the Palouse Science Discovery Center in Pullman

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, nancyw@pullman.com

Moscow: Fridays 5:30 - 6:30PM

Friendship Square, do Moscow. 208/882-706 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 visit www.moscowfood.coop

