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November 2004

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# Community News

The monthly newsletter of the Moscow Food Co-op

## Holiday Gift Baskets

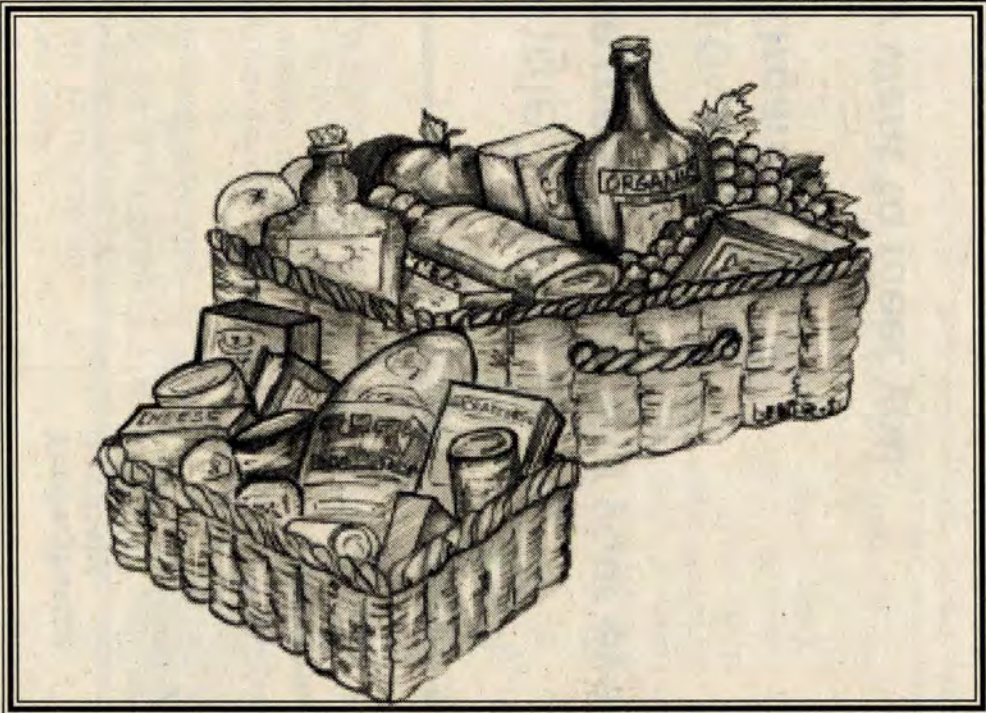
By Aven Krempel, Bakery Supervisor

Thanksgiving is just around the corner. At the Co-op we've been preparing for what seems like months. Starting in mid-November the first thing you'll see when you come in the store will be a lovely display of gift baskets, full of goodies from the bakery.

Full of bread and cookies and other delicious bakery treats, these are the perfect gift for taking to holiday parties and giving to co-workers, clients, college students, and just about everyone else you know. We've picked our best-selling sweet and savory treats to make this the perfect quick and easy gift for those 'hard-to-shop-for' people.

A variety of sizes and prices will be available with a variety of contents. Baskets can be special-ordered, with a minimum of 48 hours in advance of pick-up. To make everything go as smoothly as possible there will be a simple order form that you can come in and fill out, or call us and we'll go through the choices with you on the phone. Order forms will be available at the deli counter, cash registers, and at the front of the store next to the display basket.

So start thinking about all the friends, family, and co-workers that you need a lovely gift for and we'll keep busy filling baskets.



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



## Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

**Dr. Linda Kingsbury, Professional Herbalist** - \$10 off Clairvoyant Readings, Herbal Nutrition Consultations, www.spiritherbs.com, 883-9933

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

**Maria Maggi, Intuitive Astrology & Gardener** - Please call for an appointment, \$5 off astrological & flower essence consultations, 882-8360

**Markettime Drug** - Joanne Westberg Milot, 10% off regularly priced gift items, 209 E. 3rd St., Moscow, 882-7541

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

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

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

**Movement Improvement Feldenkrais Center** - First individual lesson 40% off, and first group lesson free, 520 1/2 S Main St, Moscow, 883-4395

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

**Palouse Discovery Science Center** - Alison Oman, 2371 NE Hopkins Ct., Pullman, 10% off on all items in the Curiosity Shop. 332-6869.

**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@cofax.com

**Professional Mall Pharmacy** - 10% discount on any compound medication & breast pumps and supplies, 1205 SE Pro Mall Blvd., Pullman

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

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

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

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

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

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

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

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

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

# Community News



## Maggie's Story

By Kenna S. Eaton

Last month six Co-op staff members were lucky enough to attend the annual Provender Conference. We've been attending this conference since 1983 and our Co-op can credit a measure of its success to what staff have learned from their times there. When I was first hired as a Co-op co-coordinator, with my handy-dandy degree in Ornamental Horticulture, I didn't know much about running a business and needed help learning the basics such as: What is a margin? Why is it different than mark-up? And why should I care? These were the types of questions that I found the answers to by attending the Provender Conference during the early years. Later, when I was promoted to the position of General Manager, my questions became a little bit tougher and the answers not so easy. But I continued to find the Conference a source of inspiration, information and education.

Provender Alliance is a "vertical" organization; by that I mean it's made up of a vertical chunk of the natural foods industry: its members are manufacturers, brokers, distributors, and retailers—from very small to very large. In fact, size is not as important as interest. The Alliance's annual Conference is an incredible opportunity to meet these people, ask questions, share answers and be amazed by what is going on in our industry.

This year we were lucky enough to have Bene Burda, owner of Maggie's Organic Cotton Clothes, at-

tend the conference—and her story is amazing. From starting in the organic tortilla chips business, to switching to organically grown cotton, and from there facing the challenges of getting garments consistently made, and finally the difficult decision to take her business "offshore." After struggling for many years with the economic fluctuations of the garment industry and the multitude of mills closing, Bene felt that financially her only option was to take the sewing work out of the States to another country. However, this decision left her feeling frustrated: regardless of her commitment to organic cotton she had another commitment to social responsibility. After researching the options she decided to partner with a new women's sewing Co-operative in Nueva Vida, Nicaragua, named 'Maquilador Mujeres.' In Nicaragua, Hurricane Mitch had wiped out the region's infrastructure in 1998. This left communities with few work alternatives to the free-trade sweatshops with their low pay and long hours. The intentional community Jubilee House, looking for a different model, offered to fund the cost of the building materials if the women of the community would, in return, build their own factory and create their own co-operative. Since that time, the women's co-op has not only built the factory but they run their own co-op with regular meetings, having created a structure that takes into account building a strong business, and they are now building a day-care center for their children. Bene has pledged to continue to sup-

cont. p 19

## ARE YOU READY FOR WINTER? LEARN ABOUT WEATHER-PROOFING SYSTEMS FROM

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# Welcome!

By Laura Long, Membership Director

It hardly seems possible that another summer has already come and gone, and it's time to think about the holidays again. Although, I do have to confess that this is one of my favorite times of year. I love the color change on the trees and the cool days and cold nights. I love to see frost on my dog's back when we walk together in the morning. And I especially love the smell of a roasting turkey!

As in years past, the Co-op will be getting a huge load of Organic Valley organic turkeys. Be sure to bring your membership card with you when you buy your turkey, because members will save 50 cents a pound on these guys, and, since they are averaging about 14 pounds apiece, that's a \$7 savings for you on just that one item.

If you're not already a member I highly recommend that you consider joining just to save on the purchase of your holiday turkey. Membership costs \$10 a year for one person and \$17 for a family, so with the purchase of one turkey you will already save about half of the purchase price of

your membership. The turkeys will be \$2.75 per pound for members—and that's just about as low as we can go and still afford to pay for the refrigeration and shipping costs to bring these excellent birds to the Palouse. I know that's a bit more money than you may be used to spending for a turkey, but I promise you, they are delicious beyond compare.

If you haven't tried one of these turkeys before, then consider making this year your first. Succulent and tender, these turkeys are well worth the money! They will appear in the store at the beginning of November, and we should have plenty for both Thanksgiving and Christmas.

Here's a tip though: The turkeys will be frozen, not fresh, so you may want to plan on purchasing your turkey four days before the holiday at the latest, just to make sure that you have plenty of time to let this guy thaw.

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

## New Holiday Specialty Drinks & Treats!

By Sonja Ollig

Celebrate the holiday season with one of our new holiday drinks, appearing at the espresso bar the first of November! Enjoy eggnog lattes, peppermint mochas, ice-creamy ginger-

bread smoothies, and hot apple cider drinks! While you're at it, tempt your taste buds with a scrumptious leaf- or pumpkin-shaped butter cookie from our new pastry case. 'Tis the season to treat yourself to some of our newest yummy creations!



### MEMBERS SAVE!

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

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

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

**Open 7:30 am to 9:00 pm Daily**

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(208) 882-8537

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### Printed on Recycled Paper

Deadline for Articles & Ads  
20th of each month

Regular Board of Directors meetings are scheduled for the 1st Tuesday of every month at 7pm at Mabbott & Mumford's Law Office, 111 E. First Street in Moscow.



## The Front End News

Annie Hubble

It's hard to believe that it is already November. As the evenings darken, come and join your community at the Co-op for some winter cheer. Listen to music on Tuesday evenings, eat pizza with your friends on Friday evenings, and with the end of Farmers' Market for another season, help your withdrawal symptoms with a Saturday morning visit to the Co-op. You will see many of your favorite people there also!

And speaking of favorite people, we said a sad farewell to Erin Palmer who has been a cashier in the Co-op for the last few years. We will miss her and wish her well on her next adventures.

You will notice two new faces at the registers. Jennifer Harris and Sara

Foster have been hired as cashiers. Jennifer is fairly new to town and, I think, will bring a nice warmth of spirit and capability that will fit in well with the Co-op. Sara Foster has worked as a server and as a baker in the Co-op kitchen, and I am very pleased to have her now as part of the cashier team. She has always provided an example of great customer service and her smile will welcome you on your visits.

We all look forward to seeing you. We are all lucky to have this Co-op be part of our town, and it is the customers as well as the staff, that make this store the fun, welcoming place it is. Thank you for your smiles and cooperative spirit!



# KRFP, Radio Free Moscow, Throws the Switch

By Bob Hoffmann

I don't think it an exaggeration to say that history was made in Moscow last month. On October 12 at 5 p.m., years of planning and preparation came to fruition as the first signal from KRFP, 92.5 FM, otherwise known as Radio Free Moscow, emanated from a downtown transmitter. I got the call as I was eating dinner with my family. Could we get the signal over on Logan Street? I turned on our battered boom box with the broken antenna: nothing but static. I ran out to the car and tried there. Voices poured from the radio at a previously silent frequency, and suddenly I felt like I'd just heard the words "Come here, Mr. Watson, I need you!"

I secured Oscar in his car seat and we started cruising. The signal reached the east side of town—weak in geographic low spots but high spots in eastern Moscow had solid reception. As I headed downtown the signal improved. I was going to stop at the west edge of the city, but was gripped by a desire to test the limits. The state border disappeared behind me as I cruised through the first hills of eastern Washington. I finally called the station from a friend's cell phone. "I can hear you loud and clear, and guess where I am? Deane Street above Dissmore's in Pullman! It's pretty weak downtown, but people on hills facing Moscow can get a good

signal!"

I felt as though a tremendous weight had been lifted from my shoulders. A small group of volunteers had a vision of providing an alternative source of news and entertainment, a radio station where people would talk to people, unlike on commercial stations where you only hear what corporations want you to know. That vision was sometimes lost in the details, the petty disagreements, the sneaking suspicion that we just weren't trying hard enough, weren't moving fast enough. There were times that I felt downright pessimistic about the whole project. That dusky Tuesday, however, the vision became reality. I held my son in my arms on that Pullman hill, pointed to the stars in the clear night sky, and felt that anything was possible.

Since coming on-line we have improved our signal, so reception is now significantly better in areas like the east side of Moscow. Even houses on the other side of Paradise Ridge can listen to KRFP. One hundred watts, the legal limit of our station, makes us a weakling in the world of radio broadcasting, so we are all pleasantly surprised that our signal is carrying as far and as strong as it currently is!

One question people ask is, "Why bother with another alternative radio



When not working in the Co-op deli, Emily Poor spends time in the KRFP studio broadcasting to the community. station when we already have KUOI and NPR?" I would ask why we have so few alternatives to the dozens of commercial radio stations and hundreds of channels available through cable TV? No one asks why we need another sports channel, another celebrity magazine, another brand of bleached white bread.

Do you want to share in the excitement of Radio Free Moscow, our answer to the typical white bread programming? Would you like to host a radio show where you can play the music you like, discuss the issues that you find important, interview the people who make the Palouse such a vibrant place to live? Do you have a skill that you could contribute to an increasingly complex organization? Would you like to ensure the success of our new voice on the Palouse through a financial contribution?

This last question is a crucial one for us. KRFP has spent a lot of money in the past few months of renovating rooms and building the studio. We are now incurring expenses around the clock: rent, electricity, telephone lines, and more. Only with member contributions and the underwriting of local businesses can we survive as an organization. We've had a grand birth, but we now need you to nurture us and share the vision. Would you be willing to become a member for \$15 (students), \$25 (standard), or \$100 (Founder) dollars? That's a pretty cheap price for a radio station, so invest in KRFP today! As a source of news and entertainment, you won't get a better deal, plus your contribution is tax-deductible!

You may send donations to Radio

Free Moscow, 116 East Third Street, Moscow ID 83843. Our Web site <[www.radiofreemoscow.com](http://www.radiofreemoscow.com)> has membership and underwriting information, plus our tentative broadcast schedule (volunteer to fill the open slots with your programming!), and sample audio, plus a wish list of needed equipment and materials, and more.

*Bob Hoffmann is a founding board member of Radio Free Moscow, can now get KRFP on his battered boom box, and would like you to become involved in the station so he can spend more time with his wife and son.*

## BE A CANDIDATE!

### 2005 Co-op Board of Directors Election Coming Soon!

#### 2 positions open this year

- Are you a member of the Co-op?
- Would you act as a trustee on behalf of all the Co-op's members?
- Interested in long range planning and budgeting for the Co-op?
- Supportive of good communication between members, staff and management?
- Able to understand and apply organizational bylaws?
- Volunteer position with a 3-year term

Contact Kenna Eaton, General Manager at the Co-op, [kenna@moscowfood.coop](mailto:kenna@moscowfood.coop)  
or Mike Forbes, Board President, 882-3002, [mikeforbes@moscow.com](mailto:mikeforbes@moscow.com)

## Co-op Coffeehouse Music

By Eric Gilbert

Chilly autumn evenings will be warmer if you come down to the Co-op on Tuesdays to enjoy the free, live music at the Co-op Coffeehouse. The Co-op Deli has treats and coffee for every budget and taste. And the music is sure to make you smile.

Join us from 6 p.m. to 8 p.m. on Tuesdays at the Co-op Deli.

The live music will be provided by:

Nov. 2nd no music, GO VOTE!

Nov. 9th Evy

Nov. 16th Zugunrue

Nov. 23rd no music

Nov. 30th Tom Armstrong

Dec. 7th Chubbs Toga

Dec. 14th Tyler Barron



# Local Students Benefit from 2% Tuesdays

By Heather Crawford-Carlson and Greg Fizzell

The Environmental Education program of the Palouse-Clearwater Environmental Institute (PCEI) has been awarded the Moscow Food Co-op's "2% Tuesdays" award for November. Two percent of the proceeds of Co-op sales on Tuesdays in November will benefit school-age children, teachers, and the community. Currently, PCEI's education programs provide hands-on science programs to over 1,500 youth in Moscow and regional schools.

PCEI's educational programs provide participating students, teachers, and citizens with opportunities to explore their community, engage in scientific investigation, think critically about local environmental issues, and participate in service projects that benefit their watershed. We strive to foster an appreciation for conservation and habitat enhancement practices. PCEI instruction is guided by a philosophy that direct experience is the greatest teacher. We use interdisciplinary methods that integrate science investigation and exploration with math, social studies, and the arts. We engage participants in active learning that develops awareness, knowledge, and critical thinking skills.

Interdisciplinary hands-on learning experiences, coupled with low student-teacher ratios, raise academic achievement levels. These findings are cited in nationwide research that dem-

onstrates significant improvement in academic performance when learning occurs in the larger environment. Many professional educators consider the natural environment to be the ideal classroom for hands-on, experiential learning. Education reform efforts across the country increasingly emphasizes outdoor-based curriculum in their recommendations for improvement.

PCEI's educational initiative does not end with direct instruction to students. Educators benefit as well through professional development opportunities in science, art, environmental education and technology.

The mission of the Palouse-Clearwater Environmental Institute is to increase citizen involvement in decisions that affect our regional environment. Through community organizing and education, we strive to enable members of our community to find effective and sustainable solutions to local and regional environmental problems.

Thank you, Co-op members, for shopping at the Co-op on Tuesdays in November and having your dollars benefit more than your kitchen shelves. It will also help local students gain access to environmental education!

For more information concerning PCEI Education-Outreach programs, please contact Greg Fizzell, PCEI Environmental Education Coordinator, at (208) 882-1444, <fizzell@pcei.org> or visit us on the web at <www.pcei.org>.



## New Wines

By Dani Vargas, Beer and Wine Buyer

Four new wines have arrived in our wine department. Red Bud Viognier, Red Bud Shiraz, Saint M Riesling, and the Ravenswood Shiraz.

The 2002 Red Bud Viognier has flavors of apricots, mangoes, and crème brulee. This is a medium-bodied wine that goes well with grilled fish, chicken dishes, spicy dishes or even baked ham.

The 2002 Red Bud Shiraz has ripe berry flavors with hints of lavender and chocolate and a vanilla oak finish. This is a very smooth drinking wine and goes great by itself or with grilled burgers, ribs, or pasta. Both of the Red Bud wines are \$7.50 a bottle and I will tell you—the Shiraz sure is hard to keep on the shelf.

The 2003 Saint M Riesling is a

wine produced in Germany for the Chateau Ste. Michelle Winery. This fresh, crisp, fruity wine with flavors of peaches and apricots is great with different foods, and is priced very affordably. This wine was produced by a winery that has over 200 years of winemaking tradition.

The 2003 Ravenswood Shiraz is made from grapes grown in two of Australia's most prestigious growing regions. This exceeds the winery's motto of "no wimpy wines" with its very fruity raspberry and citrus flavors with a smooth finish. This wine has been one of my most favorite wines and I had it by itself but am sure it would accompany any meal of choice. It really is an excellent wine.

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



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

Applications are available online at [www.moscowfood.coop](http://www.moscowfood.coop) or call 208-882-8537 for more information.

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# The Buy Line

By Vicki Reich

November is usually the month I write about turkeys. I've done it for the past six years, but I wrote about turkeys last month so now what? Well, why not write about some of those great hidden treasures we have at the Co-op that would be perfect for the holidays?

Here's the random list I came up with while wandering the aisles:

Green and Blacks Organic White Chocolate—A delicious addition to this great line of chocolate.

Reed's Ginger Delight—Sometimes referred to as 'Turkish delight,' these gingery squares just melt in your mouth.

Rishi Tea in canisters—A wonderful variety of organic teas from around the world, now in beautiful tins.

Nature's Path Cookies and Crackers—Organic treats perfect for any party.

Equal Exchange Chocolate Bars—Fair trade, organic chocolate. A 'feel-good' indulgence.

Barbara's Instant Mashed Potatoes—For those days before Thanksgiving when you just can't wait any longer.

Natural Mash Instant Potatoes—Ditto but with the butter already in there.

Terra Chips in Party Tins—Three bags of chips in a cool metal tin, great for parties.

Oregon Chai Nog and Cider—These holiday favorites are back for the season.

Roads End Organics Gravy Mixes—Just the thing for those instant mashed potatoes, and they're vegan and delicious.

Sonoma Cider—In five different flavors, it's my non-alcoholic drink of choice during the winter season.

Tomato Clam Juice—So you can make Bloody Caesars and Impress your friends.

Organic Valley Non-homogenized Whole Milk—With that yummy bit of cream on the top like Stratton's milk used to have.

Moscow Pepper Co. Sauces—These are all great, make great gifts, and are made locally.

Peanut Butter and Co. Flavored Peanut Butters—What a fun addition for holiday baking.

Shepard's Grain Flour—Locally grown and Food Alliance-certified. An easy way to support sustainable local agriculture.

Scharffen Berger Chocolate Sauce—Will make everything better this holiday season.

Devon Cream—A completely decadent treat for scones or muffins or to garnish a spoon.

Nate's Mini Party Pack—Make a party in minutes with mini tacos, burritos, and quesadillas.

Organic Fillo Dough—Both whole

wheat and white for those 'looks fancy but it's really easy' desserts.

Soy Delicious Purely Decadent Soy Desserts—I bet you can't tell the difference between this and Ben and Jerry's.



## Personal Care Corner: Holiday Fun Has Begun

By Carrie A. Corson

The cold, the snow, the hustle, the bustle, the turkey, the dressing, office parties, friends, family and fun! Surely it must be the holiday season. And once again, Brenda and I have tirelessly searched the globe for the perfect object for all of those gift-giving opportunities. Okay, well, actually we've searched a lot of catalogs, but fun stuff *is* coming from around the globe.

As always, we will offer a large selection of Fair Trade products from companies such as Ganesh Himal, The Tibetan Collection and SERRV International. Fair Trade companies ensure that their artisans are paid a living wage and work in safe conditions, and these companies encourage environmentally friendly practices. Ganesh Himal has continued to expand their line of the popular recycled silk products. In addition to the scarves and skullcaps we carried last year, we have added a fleece-lined "ear flap" hat, plus mittens, gloves and new styles of bags. Also new from Ganesh Himal are some way cute felted wool slippers for kids, hemp and wool hats, new styles of passport bags, and some beautiful new placemat sets. This year we have also added a line of 100% alpaca fiber hats, gloves and scarves from Andes Gifts. These products are handmade in Bolivia in cooperatives "whose members work in clean spacious and safe environments. Workers earn far above the national average wages and there is no child labor involved."

We also have an excellent selection of Putumayo World Music CDs. Another company dedicated to global change, Putumayo donates part of their proceeds to many non-profit organizations such as the Music Makers Relief Foundation, Coffee Kids, Global Exchange and Terre des

And last but definitely not least: Lt. Blender's Drinks in a Bag—Mix one of these up and bring it to your next party. Your friends will thank you. Happy Holidays!

hommes.

The Co-op also has a great selection of world food cookbooks including "Simply Thai," "New Tastes of India," "Flavors of Korea," and "Sushi for Wimps." You will also find old favorites like the "Enchanted Broccoli Forest," and lots of titles from the Moosewood Restaurant.

And don't forget the yoga videos and DVDs. And calendars, yes, lots of calendars. "Extreme Ironing" could be this year's favorite title.

Other items sure to delight are a beautiful selection of tea light holders fashioned from a variety of minerals including amethyst, citrine, quartz crystal, sodalite, magnesite, fluorite, and rose crystal. Lots of lovely Noah Bells as well as holiday ornaments from Mahrani are also on hand. Colorful candles abound. There is something for everyone with beautiful hand-dipped tapers from Coyote Found, awesome aromatherapy votives and pillars from Nirvana, and for those who would like a paraffin alternative, look for beautiful palm wax votives from Aloha Bay and Shadow and Light.

If you have a slightly mischievous side we've got you covered. Irreverent magnets from Anne Taintor and Design Design are sure to please. And Devil Duckies or Devil Ducky shot glasses will make a great stocking stuffer.

For the kids on your list, look for the reversible hats, dragonfly whistles, and bath time puppets from Rich Frog. Also back by popular demand are the awesome animal slippers from Dezi. There are some great new additions (including a giraffe) this year. And yes, we've got adult sizes too.

Well I could go on and on, but then there would be no surprises. So come on in and see for yourself what else we've got in store.

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# From the Suggestion Board

*I think more user friendly chairs should be provided at the tables. The current chairs are inconvenient. Thanks. I'm sorry you find the chairs inconvenient and perhaps uncomfortable but it actually was a conscious decision to not encourage folks to hang out too long in our extremely small, well-used seating area. So, they will stay for a while. —Kenna*

*Get something to help keep the carts from rolling away. Gee, why didn't I think of that? Actually I struggle every week loading my groceries into the car. Thanks for this great suggestion! —Kenna*

*Love having coffee here and hanging. But is there some reason why the seating area has to be so dark? There are lights over the tables don't they work? I checked the lights and they do work. Actually the last time we repainted it came out darker than we anticipated so we are*

*in the process of installing ceiling tiles painted a lighter color, as well as looking into alternative lighting options. Thanks for your comment. —Kenna*

*Banner Ranch Cider-Please!! This product as such a short shelf life that we ended up throwing more away than we sold, sorry. —Vicki, Grocery Manager.*

*Unsalted butter-Horizon or Organic Valley-you've been out twice in a row! (when I've visited) Thanks! Sorry, there seems to be an industry-wide shortage of organic butter and it may continue until the end of the year. We will try our best to keep it in stock.—Vicki.*

*Once again, I implore you to clean your fish tank! There is scum coating the entire inside! The condition of your fish tank speaks volumes about your hygiene in other areas. I clean the tank about once a*

*week; the algae that grows in it is a natural process and does not harm the fish or our produce department. —Dani, Produce Manager.*

*San Pellegrino Water-Check out its uranium salt levels! Just read that exceeds EU but not FDA levels... I have not been able to find a reliable source to corroborate this claim. I would say if you're worried about it, you shouldn't drink it. —Vicki.*

*Thanks so much! You have the Avalon Organics Vit. C facial toner and other items in their line! You bet! Glad you like them. —Carrie, Personal Care Manager.*

*You guys rock! Thanks!!! We really never get tired of hearing that. We will continue to rock on. —The Co-op Staff.*

*Please provide writing markers for the bin/bulk food and other bin/bulk products. Thanks.*

*Thanks for bringing this oversight to our attention. We will keep the bulk area better stocked with pens. —Vicki.*

*Half-caf coffee beans. But I don't know if anyone else would want them?!? None of our current coffee suppliers makes a half-caf coffee blend. I'm not a coffee drinker, but couldn't you just buy some of each and mix them yourself, or is this not the same thing? —Vicki.*

*In our technological world, this customer thinks bread cards should be a link on the computer. I can somehow see this working and saving paper. I asked our POS software supplier if this was possible with our existing software, but unfortunately, it's not. —Vicki.*

*Where is the Flying Dog at? I'm fiending. It's coming back soon!!! —Dani.*



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By Dani Vargas, Produce Manager

Note: Brussels sprouts should have made the list for the 10 things you should buy organic because of the high levels of pesticides, herbicides and fertilizers traditionally used to grow them, but they didn't make the list due to their low popularity.

Brussels sprouts have a dismal reputation. Let's face it, they stink, and a young palate rejects them. When I was young I could not stand Brussels sprouts and, of course, it was something my mother always insisted we have on those random, unpredictable nights before I could come down with a bedroom-restricting illness. Their smell was awful and their taste was even worse. There was not a single seasoning that I could cover them in to tempt the dog to partake in them. So there I was with them staring at me from my plate, grr!!!

My liking for Brussels sprouts came a couple years ago. One day I arrived at work to find the case abundant with Brussels sprout trees (which I thought I hated). I

*Editor's note: The following is a seasonally appropriate reprise of an article that first ran in the Moscow Food Co-op Community News in January of 2002.*

## Brussels Sprouting in the Produce Department

almost quit that day. The horrible memories of those smelly things crept back into my mind. So what changed for me? This year, around Brussels sprout time, customers kept asking me when I would carry organic Brussels sprouts. Everyone I ran into had positive comments about this cabbage-related item. The expressions on their faces as they described how to prepare them and the taste of Brussels sprouts was enough for me to lower my Brussels sprout-hating wall and give them another try. What happened after I tried them again? Well, those who spent time with me began calling me "sprout" and I thought it was because I ate them all the time, but if you asked my friends they would have told you I smelled like one. I have found a new respect for these poor little smelling things. Years ago I was decorating with them as Christmas trees, but this year I would not think of wasting a precious tree for a mere display.

A native of the Mediterranean seaboard, Brussels sprouts were first documented in 1587. After World War I, Brussels sprouts became popular in England, France, and the United

States. Their name is linked to the capital of Belgium due to their popularity there at the time of its discovery. They are rich in vitamins A, C, and B-complex. They also contain calcium, phosphorous, and potassium, and are low in fat and calories, and high in protein.

Brussels sprouts contain chemicals called isothiocyanates. These chemicals produce sulfur when heated. If overcooked, this can lead to an unpleasant odor and taste. (This is what my mom did, "Sorry mom!") Their taste appeals to the older, more mature, palate.

These little buds are related to the cabbage family. And, just like with cabbage and lettuce, you may peel away the outer, not-so-fresh leaves and it will not affect the sprouts' quality.

I do encourage those who, like me, have those not-so-fond childhood memories of Brussels sprouts to give them another chance. My first step was to cut them in half and sauté them in butter, with garlic, salt and pepper until they are almost caramelized. If you try this and love them, welcome to the world of Brussels sprouts. If not, at least you tried.

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# The Midweek Grower's Market:

By Eva Jo Hallvik

Jewlee Sullivan has figured out what it is that she wants to do when she grows up: she wants to grow, to be a farmer. She realized this for certain after taking a practicum last spring in Soils 101, Organic Farming and Gardening course at WSU with Kathi Colen Peck (the other volunteer that helps coordinate the Midweek Grower's Market.)

The greatest thing about this practicum course is that it gave Jewlee hands-on experience of what it is like to be a farmer, including all of the labor required. She found out how much she actually loved farming. Until then she only had 'book learning' and had no intentions of using her education to become a farmer. She had come to WSU to study horticulture on her path to figuring out what she is passionate about in this life. During the practicum she found out how amazingly rewarding it is to grow so much great food, and how much of a reality it can be. Jewlee said that she wants to farm to help educate people, especially children, about local produce. She wants

all kids to know where carrots comes from, and about their green frilly tops, and how they grow underground. If Jewlee is able to pass on even a fraction of her passion about organic farming to other people, I believe we will be living in a healthier world.

Jewlee Sullivan was born and raised in Olympia, Washington, and at a co-op there Jewlee first learned about organic produce. She then moved to Bellingham (where they also had a great co-op) to attend Whatcom Community College. From these co-ops, places, and other life experiences Jewlee had developed an interest in organic food but she really didn't yet understand it.

Jewlee asked herself, "What do I like; what do I want to do?" She answered herself with "I want to grow my own vegetables." She read "This Organic Life" by Joan Dye Gussow, and that also influenced her. The author supported herself and her husband by what they grew. This simple sustainability was appealing. Jewlee now knows in her brain—and in her

hands—the reasons behind organic gardening and she knows that it can be done. She did it, saw it, and ate it, in only the first year of the practicum farm's production. Jewlee says that it is a mindset in quality over quantity that makes it work.

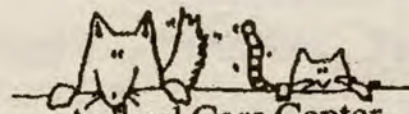
I asked Jewlee what she thought was the answer to future agricultural challenges. She answered that the more young people that we can educate to the great advantages of locally produced organic food eventually we will have more great brains coming up with answers that we possibly have not yet conceived. She also thinks that the more small farms we have the better off we will be.

In the fall of 2005 Jewlee Sullivan will be the first person in the United States to graduate with a degree in Organic Agriculture. This seems like a fantastic step toward accrediting a lifestyle of growing (and eating) local, organic produce.

\*\*\*

We have completed another great season with the Midweek Grower's Market. And, as I had said last month, all of us who attend this market are very thankful for this opportunity to marvel over, and buy and sell the most beautiful local organic produce available on the Palouse. I would like to apologize for misleading anybody into thinking that the market had ended at the beginning of October rather than the end of October. In fact, this Midweek Grower's Market is open and in operation each year from the beginning of May through the end of October. I hope you all got the great fall squashes, beets, onions, greens, etc. that were available until recently.

*Eva Jo Hallvik, Licensed Massage Therapist, who can attest that the backs of 9 out of 10 people who eat local organic produce are in better shape than the backs of those people who don't.*



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# People

## Staff Profile: Christian Smith

by Susan Simonds

Sitting down with Christian Smith is like being infused with a triple shot of espresso. A Deli Server for six months, Christian exudes energy, excitement, animation, and he is contagious! This man is AWAKE; having a grand old time, and he is taking you along for the ride. Christian had me giggling and even humming during our interview.

As a Deli Server, who also did the Tuesday night barbecue throughout the summer, he describes his job as being a really good host to Co-op customers, ensuring they are "cool and comfortable."

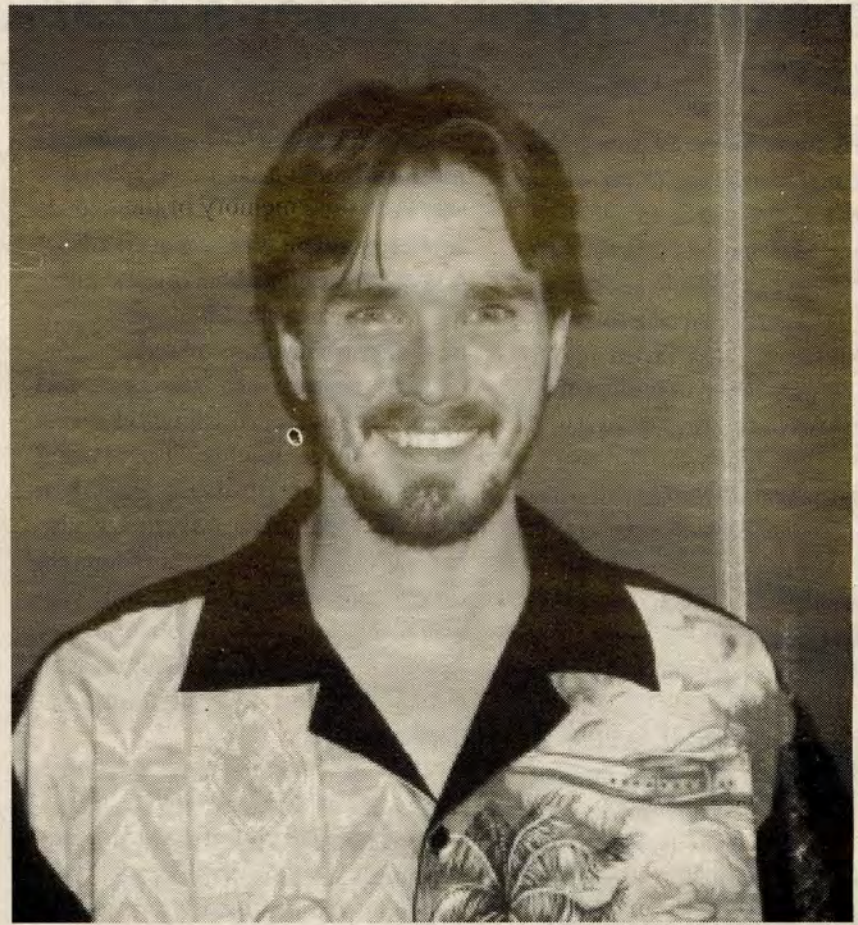
Born in Pocatello and raised in Moscow, Christian wanted to work at the Co-op since hearing about it from his roommate and good friend, Joseph Melior, and Joseph's mom, Annie Hubble, both Co-op employees. The stories he heard of great times and fantastic people at the Co-op tickled his interest after a discouraging experience working at Winco where he felt the employees were walking around like "drained zombies."

After two years of studying fine arts at the University of Idaho, Christian reached his limit of "too much BS and too many classes that have nothing to do with anything." Now he

works two other jobs in addition to being a Deli Server: as a greenhouse assistant at WSU and doing masonry and construction work in Palouse.

About a year ago, Christian began attending the Moscow School of Massage, but his training was interrupted when he shattered his finger. It all started with a peaceful yoga session doing sun salutation on top of Idler's Rest. The yoga stoked Christian into high gear and he literally leaped off the mountain, bounding downward like a speeding bullet, bouncing off trees. Reaching the bottom, he jubilantly thought to himself, "I made it!" but was abruptly thrown forward when he tripped over a root that was camouflaged to look like the trail. At that moment, time slowed down, with Christian thinking, "Oh no! I am never going to be able to play music again!" He spent months constrained by an awkward cast, but is now a free man who plans to resume his massage studies.

A guitarist and vocalist, Christian and his friend, Matthew, now comprise the band, Ascending Testicle. What does their music sound like? According to Christian: "Imagine Simon and Garfunkel today with better equipment and better know-how." Christian and Matthew are singer-



songwriters who only play their own original material. One of their current songs is called SSDD (Same S\_\_\_, Different Day), about the mundaneness of every day life. Does Christian want to become rich and famous, a celebrity, or the next Bob Dylan? He claims, "I'd be perfectly happy if no one knew me."

OK. Inquiring minds want to know: Why is the band called Ascending Testicle? I was informed that I am one of the few who have ever asked.

"Most people can't make eye contact once they hear the name of the band and they turn away." Although I did get the scoop on the name, I am sorry to tell my readers that the tale is unprintable. As they say, "That's show business" or at least, that is how my journalistic scruples operate. (I think a career as a Hollywood gossip columnist is definitely not in my future.)

As Christian and I chatted in the

far corner of the deli, he explained that the Co-p was his "fridge"—kind of an extension to his kitchen, since one roommate, Joseph, works at the Co-op, and another roommate, Scott, was at that very moment eating at an adjoining table.

As a foodie, I have a compulsion to ask my interviewees about their favorite foods and cooking idiosyncrasies. Christian loves artichokes, which he serves with a dipping sauce of melted butter and roasted garlic. The middle of seven children, he credits his parents with starting him off as a cook at the age of three. He loves to make Japanese cuisine, especially sushi.

So if Christian happens to wait on you in the deli, take a moment to notice his twinkling eyes and his phenomenal energy. He just might wake you up, even if you order decaf.

*Susan Simonds was inspired by Christian to cook artichokes for dinner. She served them with a dipping sauce of mayonnaise, lemon juice, and curry powder, which tasted better than it sounds.*

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# Volunteer Profile: Anne Adams

By Yvonne McGehee

Lifelong active involvement in her areas of greatest passion would describe Anne Adams' life—that, and living in many spots on the globe! Anne was born in St. Louis, but soon moved to the outskirts of Cincinnati, which at that time was a fairly rural area. There were fields, streams, farms, and horses, and she grew up roaming through the woods and ice skating on a large natural pond in winter. That pond is now filled in and covered with houses.

Next stop was San Francisco as a high school student. This coincided with the height of student unrest at Berkeley, which was just over the hill from where Anne lived. It was an extremely exciting time and place to be young in. Along with several other students, Anne was part of a venture in school newspaper publishing. With assistance from Berkeley, they published a school newspaper that had a bit of a renegade flair, because it was not censored, as the traditional school paper was. There were many speakers on campus, and Berkeley hosted a Model UN conference for high school students. The population in San Francisco was fascinating and diverse, and there was a huge variety of ethnic restaurants to choose among. This stimulating and politically active educational environment is still clearly having its impact on Anne's interests and approaches to her work today.

Her travels have continued off and on, with two years spent teaching in New Zealand, and one year spent in Wales, where she and her son Gavin visited castles, wore armor, and had a generally great and adventurous time. She currently lives in Moscow with Gavin, who is now 12, and their cat

Taliesin, named after the Welsh wizard Merlin, in memory of their time spent in Wales.

Education is the thread running through Anne's life. Her specific area of interest is educational reform. In the classroom, teaching science and math, she finds that traditional methods work well for a certain percentage of students, but for many others they fail. She has substitute taught in local schools, home-schooled her son for a time, and taught for the last 5 years at the Renaissance Charter School here in Moscow before its closing at the end of last year. She is now working for another charter school, the Idaho Distance Education Academy, or IDEA, located in Deary, Idaho. She works from home with parents from all over the state and beyond who are interested in learning how to home-school their children. Anne helps those parents to develop the right curriculum for their kids on an individual basis. She also teaches classes at the University of Idaho in math methods for teachers. Her goal is to teach young teachers to use innovative methods for improving the success of children who are not best served by traditional teaching methods. Her vision is that, like ripples on a pond, better methods of math and science instruction will spread out from those she teaches through those they, in turn, teach in the future.

Anne was active in a Co-op while still in California, and has been involved with the Moscow Food Co-op since her arrival here 14 years ago. Years ago, her volunteer job was the milk run to Stratton's Dairy, during which she was able to take Gav



with her rather than having to leave him in daycare while she worked. She was also on the Co-op's Board of Directors for four years. After a hiatus, she started volunteering again this past July in the deli, where she prepares desserts for presentation and delights in making them beautiful for the customers, and has also learned to make a great latte.

Anne will find pleasure wherever she goes, and truly she is surrounded by friends here; all throughout our interview at the Co-op Deli, people dropped by to visit with her in an endless stream of happy conviviality. With her global breadth of experience for comparison, she finds the town of

Moscow to be open, friendly, and conducive to building relationships, and the Co-op is a microcosm of that supportive community.

*Yvonne McGehee breeds and feeds borzoi a fresh food diet. See her dogs at <<http://personal.palouse.net/valeska>>.*

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## Persimmons: Taking the Road Not Taken

By Judy Sobeloff

*Possum up persimmon tree  
Raccoon on the ground  
Raccoon says to Possum,  
"Won't you shake them 'simmons  
down."*

—Pete Seeger, "Raccoon's Got a Bushy Tail"

Think about it, the next time you're offered the choice between biting into a persimmon or an apple, what kind of life do you want? Surely I'm oversimplifying here—apples habitual, persimmons inexplicable—not to mention the unusual apple-tasting experiences of Snow White, of Eve, but persimmons are only around for a few short months in the Fall. If you choose the apple, you may miss your chance to step out on the limb of the persimmon tree and taste diaspyros, "food of the gods."

While hundreds of varieties of persimmons exist, only two are available commercially, both carried by the Co-op: the Hachiya, which is acorn-shaped and astringent until "soft ripe," and the Fuyu, which is tomato-shaped and non-astringent. Both are a dark red-orange, worthy of attention for their beauty alone.

One can go a long time in these parts without ever encountering a persimmon, so here's what to remember if you do: astringency bad, ripeness



good. As cookbook author Mark Bittman puts it, "There's no such thing as an overripe persimmon." In the words of Captain John Smith: "If it is not ripe it will draw a man's mouth awrie [sic] with much torment."

"It's all in the ripening, which can take up to a month," writes Bittman. Softening to remove astringency can be hastened by freezing and then thawing, however, and also by drying in an oven (see <[www.sdfarmbureau.org](http://www.sdfarmbureau.org)> for instructions). "When they have a translucent, shiny glow, they will be juicy and sweet, with an interior like firm jelly," says Bittman. "Simply lop off the top and eat the insides with a spoon or quite messily, out of hand."

In his poem "Persimmons," Li-Young Lee writes, "How to choose persimmons: This is precision. Ripe ones are soft and brown-spotted. Sniff the bottoms. The sweet one will be fragrant. How to eat: put the knife away, lay down newspaper. Peel the skin tenderly, not to tear the meat. Chew the skin, suck it, and swallow. Now, eat the meat of the fruit, so sweet, all of it, to the heart."

Simple top-lobbing or tender skin-peeling, the choice is yours. I'm all for eating foods messily out of hand, so I quickly downed a few, disregarding the possibility that "in some areas [persimmons are] said to have the power of changing the sex of a girl who eats copiously of the fruit." I was intrigued by the lore, however, that the insides of the seeds are purportedly shaped like pieces of silverware, each piece of which (knife, fork, or spoon) is said to predict differing severity of cold and amount of snow for the coming winter (<[www.davewilson.com](http://www.davewilson.com)>). Unfortunately, the interpretations I read were inconsistent, and I ate the persimmons so quickly, seeds and all, I

didn't manage to make any forecasts.

Regardless, my family and I enjoyed persimmons in many ways. Plain, I found them deliciously sweet, slightly gingery with a subtly bitter aftertaste. We all liked persimmon bread, more like a moist persimmon cake, which prompted Fred to laugh maniacally and say, "It doesn't get better than that." Whether or not to eat persimmon peels is a personal decision, so in making the bread I peeled half.

The Autumn Fruit salad was tasty, as well, but Fred thought the apples, grapes, and pomegranates overpowered the persimmons. I agreed: having expected fireworks from this compilation of fabulous fruits, I found the whole to be less than the expected sum of its parts.

We all enjoyed frozen persimmons, especially when the solid orange rocks thawed enough for us to dig in. Lured by the description of frozen persimmon as "sorbet," Jonna, almost three, said, "It hurts my fingers but it's yummy! I never had this kind of ice cream before!"

We also enjoyed serving suggestions from <[sdfarmbureau.org](http://sdfarmbureau.org)>: sliced persimmon spread with lime juice, salt, and chili powder; sliced persimmon with cheese; and sliced persimmon

with peanut butter. Wow! These were all great, the odder the better. So go ahead and taste the persimmon, but make sure it's ripe first.

### Persimmon Bread

(adapted from <<http://members.aol.com/BlaneKY/persimm.htm#fourteen>>)

- 1 cup persimmon pulp
- 1/2 cup chopped persimmon
- 1/2 cup butter
- 1 cup sugar
- 2 beaten eggs
- 1 & 3/4 cups flour
- 1 tsp. baking soda
- 1 tsp. baking powder
- 1/2 tsp. salt
- 1/2 cup nuts (optional)

Mix together butter, sugar, and eggs. Stir baking soda into the persimmon pulp and add to the butter mix. Mix together remaining dry ingredients. Fold dry ingredients into the persimmon-butter mix. Stir in chopped persimmon and optional nuts. Pour into buttered 8x11-inch pan and bake for 45 minutes at 325 degrees, or until toothpick inserted in middle of loaf comes out clean.

Autumn Salad (adapted from <[www.sdfarmbureau.org/fuyu/recipes.html](http://www.sdfarmbureau.org/fuyu/recipes.html)>)

Mix cubed fresh persimmon with grapes, pomegranate seeds, cubed apple, and sliced green kiwi.

*Judy Sobeloff is hoping for the best with the upcoming November election.*

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# Ratatouille Provençal

By Christian Wise

Another month has gone by and my mind remains on comfort food. A nice dish that can be used either as a main course or a side is Ratatouille Provençal. The word "provençal" generally references a preparation made with a tomato base using garlic and olive oil with the possible use of mushrooms and/or olives. Our Ratatouille won't have olives or mushrooms, but it's a dish that is a lot like stew: you can put anything you want in it. To me, Ratatouille is very much a part of the Fall season—being so thick and richly dark, served hot it is filling and the spices smell good.

Ratatouille can be stored in the refrigerator for a week or so and it can be frozen without issue. Because I have decided that either people will make up food in advance for themselves or they will be eating in groups, I have made the following recipe for 10 people. It's a personally developed recipe that has evolved over the last 20 years or so.

## Ratatouille

- 1 1/2 Tbsp. garlic, minced
- 1/4 cup olive oil
- 1/4 cup red onion, diced
- 1/4 cup tomato paste
- 2 cups vegetable stock/base/broth (fresh, instant, or canned)
- 1/2 cup red wine
- 1/2 cup yellow squash, cleaned and 1" diced
- 1 cup zucchini, cleaned and 1" diced
- 1/2 cup sweet green pepper, cleaned and rough diced
- 1 cup eggplant, cleaned and 1" diced
- 1 cup tomato sauce
- 3 medium Bay leaves
- sea salt, to taste
- white pepper, to taste
- 2 Tbsp. fresh, chopped basil
- 1/2 tsp. thyme, dried leaves
- 1 tsp. ground mustard



## Topping

- 2/3 cup of shredded Swiss Cheese (I like Jarlsberg)
- 1/2 cup of shredded Mozzarella Cheese
- 1 cup of bread crumbs

A nice 3–4 quart sauté pan will work to start off, then you will be transferring the vegetable mixture to an equally sized casserole dish.

Place olive oil, garlic and onion in your sauté pan on medium heat. Allow the pan to heat up with the onion and garlic. As soon as a slight bit of crackling starts, add all other vegetables. The color and texture we are looking for in the vegetable is a clear browning around the edges of the vegetables; stir the mixture routinely so that all vegetables get a chance to brown and sear in the olive oil.

Once the vegetables are about 3/4 of the way done (still firm, but nicely browned on the edges), deglaze the pan with the red wine. Add the wine around the edge of the pan so that it gets to immediately touch all parts of the pan as quickly as possible. Allow the mixture to simmer for a couple of minutes.

After the mixture has simmered for a couple of minutes, add the vegetable broth, tomato paste and tomato sauce. (Note: Vegetable Broth can be made by using a powder or paste and

adding water, or it can be purchased ready-made in a carton or can. We need 2 cups of the broth, preferably a little strong if you are making it from a powder or paste.)

At this point, we are well on our way to creating a great evening meal. Allow mixture to simmer for about 5–6 minutes at a low boil, then add the herbs and seasonings and allow to simmer at medium-low for another 5 minutes.

Nearing the end, place the mixture in the casserole dish and evenly spread each cheese over the mixture, then place the breadcrumbs evenly over the cheese and set the whole mess into the oven at 325°F for 35–40 minutes. The top crust should be nicely browned. I'd suggest placing a cookie sheet under your casserole dish for it can bubble a bit and make a mess.

To make a meal, a little brown rice or nice pasta can be served with it or it can be served as the vegetable of the meal. Being a cheesehead, I am especially fond of the crust. Hope you like it.

*Christian Wise, after spending a little over a decade as a lawyer, decided to go back to his roots. He started working in food service at age 12 and is now the executive chef at the University of Idaho Campus Dining.*

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## Co-op Coffeehouse Music

By Eric Gilbert

Chilly autumn evenings will be warmer if you come down to the Co-op on Tuesdays to enjoy the free, live music at the Co-op Coffeehouse. The Co-op Deli has treats and coffee for every budget and taste. And the music is sure to make you smile.

Join us from 6 p.m. to 8 p.m. on Tuesdays at the Co-op Deli.

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# Gardening

## Growing Garlic On the Palouse

By Patricia Diaz

The Palouse is an ideal location for growing garlic and, indeed, garlic has become very popular with gardeners in the last few years. Garlic tolerates cold winters and short growing seasons and thrives with minimum care.

Garlic is believed to have originated somewhere in Central Asia, and has been cultivated for at least 5000 years. Early Egyptians wrote about garlic in 3200 BC, and the Greek historian Herodotus stated that the Cheops pyramid builders lived mostly on onions and garlic. When early pyramid builders had their garlic rations reduced, they apparently went on strike! Roman laborers and gladiators regularly ate garlic. About 2500 years ago, garlic spread from the Mediterranean area to China, and Indian medicine included the use of garlic as early as the 6<sup>th</sup> century BC. Garlic is an excellent source of selenium, phosphorus, iron, and potassium. Plus, it just tastes darned good!!!

There are three kinds of garlic offered in seed catalogs and at nurseries: Elephant garlic, Softneck or Common garlic, and Hardneck garlic. Elephant garlic is quite big (hence the name 'elephant') and doesn't have much garlic flavor—which makes sense since it isn't a true garlic (it's a member of the leek family).

Softneck garlic varieties are the kind usually found in supermarkets, and



have thin skins and increasingly smaller cloves the deeper you go into the bulb. Also, those thin skins seem to cling to everything and it becomes so annoying to chop. The silverskin variety does store well and has a nice strong flavor. These are the garlic bulbs that you see woven into braids.

Hardneck varieties are the best kind for growing in our area, as they're more winter-hardy than the common garlic. They have a stiff, sometimes thick, neck with good-sized cloves. The 'Rocambole' variety throws up a flowering stem, called a scape. Some people like to eat the scapes and others clip them off to improve bulb size. The reason I like Hardneck varieties

best is that it's so easy to remove the skin on the cloves—it's thicker than that found on common garlic and slides right off.

Hardneck varieties that seem to do the best in the Palouse region include Italian (blue and purple), German extra hardy, and Roja varieties. Palouse Red is definitely among my favorites. All do well in cold winter climates.

Garlic likes deep, fertile, very well-drained soil and it's important to have the soil's pH above 6.0; ideally, 6.5 to 7.0 is best. Garlic also benefits from a lime application about a month before planting, if possible. And add lots of compost if you have it. Plant

after the first good frost. Even if the garlic sprouts before snow covers them, the garlic will survive both freezes and snowfalls quite nicely. Mulch heavily after you plant and then pull that aside in the Spring to let the sun warm the plot.

Sow the biggest, fattest seed cloves you can find. (Make sure you buy ones that haven't been soaked in fungicides.) Plant them root down between one and two inches deep and four to six inches apart. You'll need about a pound of garlic cloves to plant a 20-foot row. Garlic likes a sunny location best but will tolerate partial shade.

After the garlic has started growing in the Spring, add liquid manure every two weeks. Weed meticulously as garlic doesn't compete well with weeds. Also, water well and regularly in dry periods, slacking off about mid-July.

Garlic is ready to harvest when the foliage has died off, but don't let the garlic stay in wet soil or it will rot the bulbs. When they're ready (yes, you can pull one up, peel apart the sheaths and check to see if they're ready), wash the bulbs, especially the roots, and let them dry for a week before storing. Store in a dry place.

One caution, deer love garlic! So if you live in areas where these beautiful but voracious eaters live, then protect your garlic from them.

*Pat Diaz gardens on the eastern edge of the Palouse near Dworshak Reservoir. She is enjoying the beautiful gold and red leaves of Autumn, as well as the cooler temperatures.*



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# Nature in the City: Garden Flowers or Weeds?

By Sarah Walker

Some of the pretty flowers and shrubs that we welcome into our yards and gardens are studied by plant ecologists and weed scientists—but not for aesthetic appeal or landscaping. Scientists want to understand how these exotic plants behave when they ‘escape’ from our tended gardens into surrounding native ecosystems. Native plant communities have evolved over a very long period of time and rely on associated animals, fungi and microbes to continue. A fast-growing weed upsets the balance.

The flowers in the photo are examples of some of the many plants that flourish in gardens and also manage perfectly well—too well!—on their own, in city alleys or in the wild. What is it about a plant’s ‘lifestyle’ that makes it end up on noxious weed lists?

Japanese knotweed was once considered a valuable landscaping plant. It bears showy displays of creamy white flowers in late summer. Its bamboo-like stems look interesting. And they grow incredibly fast. New shoots that appear each spring can reach 8–10 feet by mid-summer. Moscow has a few knotweed clumps in alleys and along streets.

Scotch broom is another peren-



Japanese buckwheat — Oxeye daisy — Scotch broom

Pretty flowers? Or power plants capable of undermining native ecosystems? Photos courtesy of Erickson Weed Lab, University of Idaho.

nial shrub. It produces masses of bright yellow flowers that look just like the flowers on peas. Its dark green branches look sort of broom-like, and one could make a whisk broom from them. They are hardy and spread into sunny areas.

Oxeye daisies are the subject of poems and songs. A field of daisies might seem like a blissful sight. Daisies are reliable and their familiar daisy-faces cheer the soul.

So how did the innocent daisy end up on the Wanted Posters of the plant world? The state of Washington has

laws that make it illegal to sell daisy seeds, and urges gardeners to check for daisy seeds in packets sold for ‘wild-flower gardens.’

Plants have life goals of their own that have little to do with our personal aesthetic! For daisies, it’s a matter of profuse seeding. A single plant can produce thousands of seeds, and each seed can germinate in a few days. New plants form dense mats of leafy rosettes close to the ground and other plants can’t get started. Then come more seeds, and so on. When daisy bouquets get discarded in the alley or out the car window,

they’re ready to spread. In the wild daisies compete with native grasses in pastures or with native flowers in meadows.

Japanese knotweed grows so fast that it shades out other plants. Its roots dive deep—it’s not possible to dig up a mature Japanese knotweed without leaving bits of root down deep in the soil. It’s tough—each tiny piece of root can sprout into a new stem to start a new patch—and it can travel. It likes to

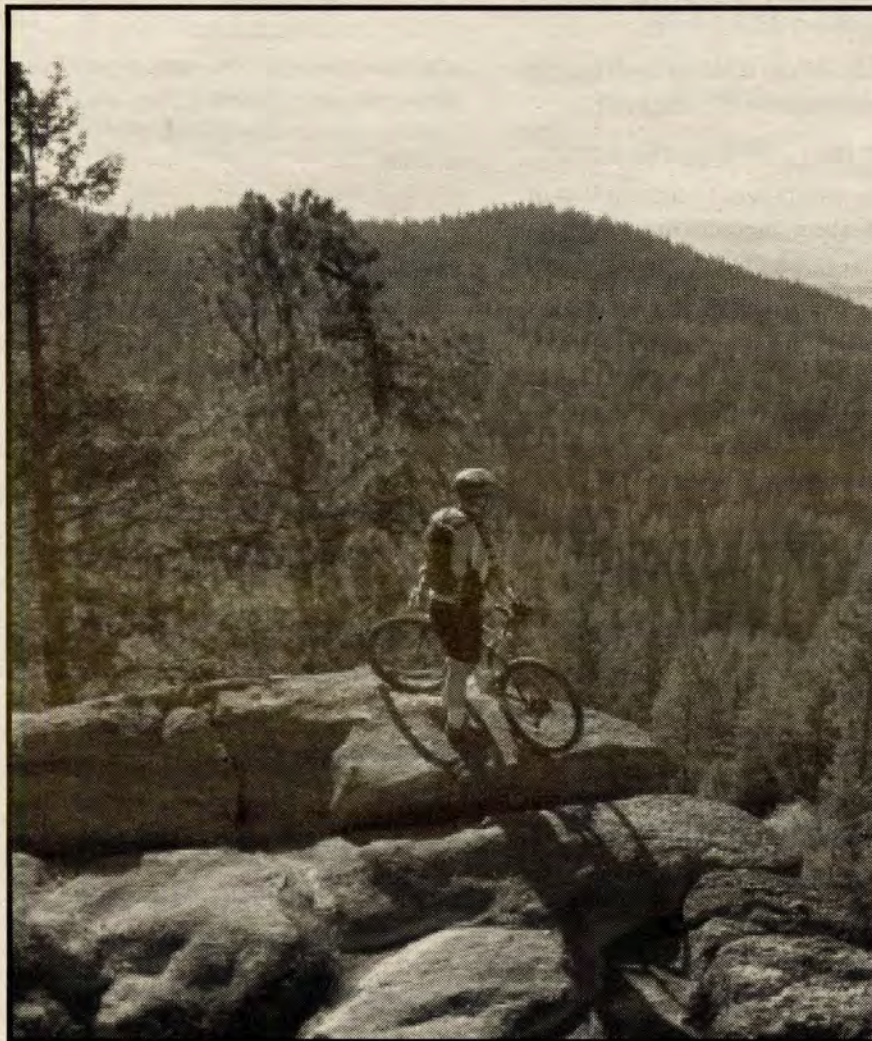
grow right next to rivers. Small pieces of root get dislodged during flood season in the spring, and that’s enough material to start a new colony downstream. Japanese knotweed is bad news for Palouse waterways.

Scotch broom can grow fast, too. Its thick woody stems are hard to cut. New shoots resprout. Seed pods snap open to shoot seeds away from the parent plant. Broom was introduced from Europe 150 years ago and has become a major pest in coastal states. Recently it has taken hold in inland areas and grows in a few yards here. Wild sunny meadows outside of town are likely candidates for broom to monopolize.

Can we keep these potential invaders reined in within our own yards? It’s hard! Before you plant, check up on a plant’s habits!

For local weed lists and information on how to get rid of specific weeds, Latah County Noxious Weed Department can help. Alan Martinson is available at (208) 883-7210. And to learn the stories of our native Palouse ecosystem check out <[www.palouseprairie.org](http://www.palouseprairie.org)>.

*Sarah Walker once planted Russian Olive because she liked the silvery leaves. She has cut it down! Keep sending in those stories about your own encounters with the plant world to <[citynature@moscow.com](mailto:citynature@moscow.com)>.*



## Biker Enjoys MAMBA Trail

The October 2004 issue of this newsletter highlighted the work of the Moscow Area Mountain Bike Association (p. 18). MAMBA volunteers worked throughout the summer to build Cave Trail. This photo was omitted from the story in error. Find out more about the trail and organization at [www.bikemoscow.org](http://www.bikemoscow.org).

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## Earth Mother: It's in the Bag

By Julia Parker

Lurking behind that closed bedroom door is a teenager secretly wishing to spend more time with his parents. Well, at least that's what a recent study cited by the US Department of Health and Human Services indicates. Although we tend to think of time with peers as the most important for teens, spending time with parents really helps adolescents develop life skills, adjust to the adult world and have a sense of belonging. But, you say, I spend lots of time with my teenager, I yell about chores, grades and homework, I grill him about his evenings, I lecture him about responsibilities of driving, dating, money management, nutrition, housekeeping... lots of time. But, do you have any fun? With all the activities involved in a teenager's life, it can be hard to find time to do something together that you both enjoy.

The project that my son and I worked on together may not be for everyone but it did get us to sit down and work on something together that wasn't stressful. No one got a grade. No one got money. And there really was no hurry.

Together, Joshua and I made a courier bag for him. A courier bag is a medium sized bag large enough to fit a couple of notebooks that is worn over one shoulder and across your chest. I thought this was kind of a cool and functional bag in which he could carry his books, notebooks, or whatever he's carrying. (Take note parents: backpacks are OUT, in case you haven't noticed.)

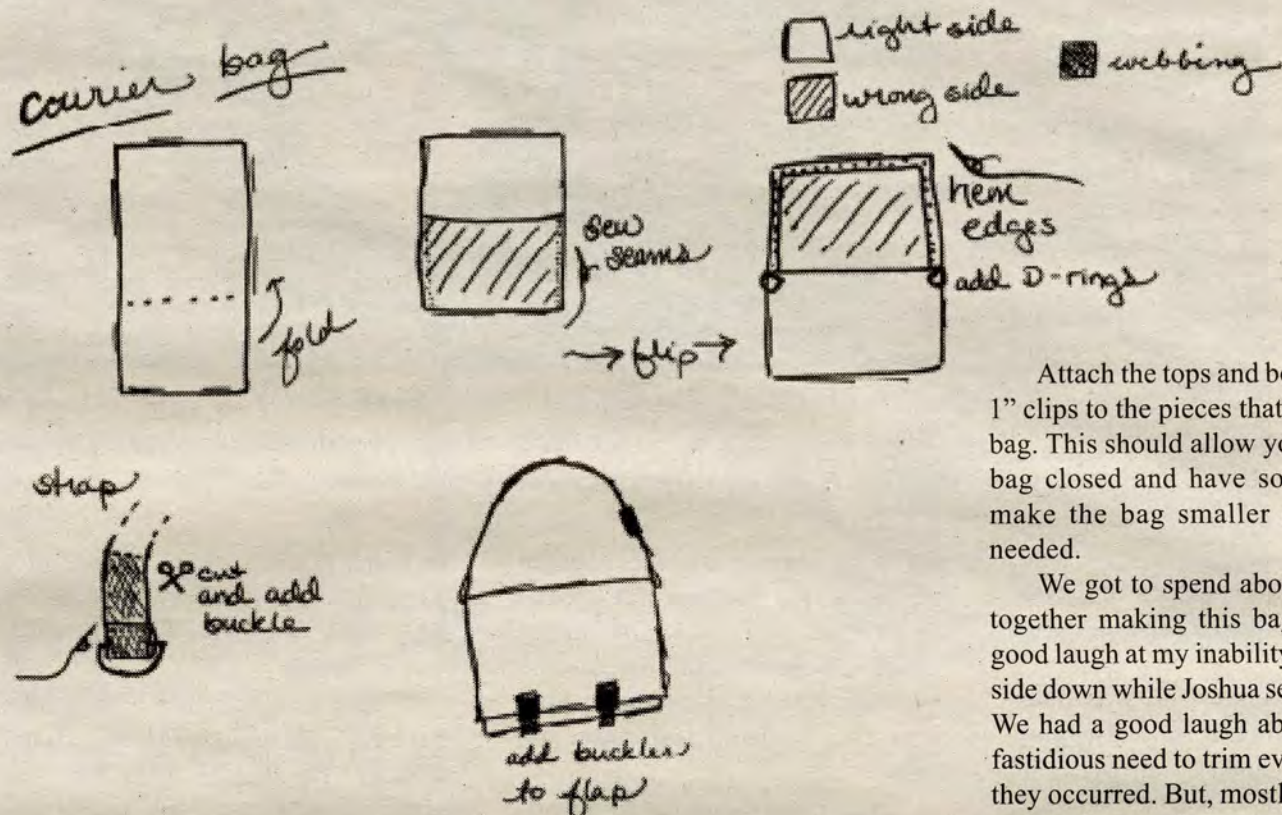
This project can be made very simply with recycled material, a few clips and webbing for straps. It can be made big enough for a few binders or downsized for something smaller like a CD player.

You'll need:

A rectangle of sturdy fabric that fits around your notebooks one and a half times (we used 16" x 39")

A 2-inch-wide piece of webbing about 4 feet long (or longer to fit your body)

A 1-inch-wide piece of webbing about 3 feet long for the straps to close the bag



Two round or D-shaped rings to fit a 2-inch strap through

Two 1-inch-wide clips

One 2-inch-wide clip

Directions:

Fold up the bottom third of fabric to make a pocket that will fit your notebooks.

With the right sides of the fabric together, sew the sides to close them.

Turn right-side out.

Hem around the edge of the remaining fabric (this is your top flap).

Sew D-rings to the sides near the top of the pocket.

Slip the 2" webbing through the D-rings and pull about 3-4" through the loop.

Sew the short end of the webbing to the long piece. Repeat on other side. (At this point your strap should be too long for comfort.)

Find a place on that 2" webbing that won't be against the carrier's back, shoulder, or clavicle and cut through the webbing there.

Slide the cut ends through the big 2" clip and adjust the ends to fit.

Cut the 1" webbing into 4 pieces.

Sew two pieces to the top flap of the bag, allowing them to have about 3-4" that fall below the flap.

Sew two pieces directly below the webbing on the top flap onto the bottom of the bag. As before allow some of the webbing to hang off the bag.

Attach the tops and bottoms of the 1" clips to the pieces that hang off the bag. This should allow you to clip the bag closed and have some slack to make the bag smaller or wider as needed.

We got to spend about two hours together making this bag. We had a good laugh at my inability to think upside down while Joshua sewed the bag. We had a good laugh about Joshua's fastidious need to trim every thread as they occurred. But, mostly we just got to spend some time together that was unrushed. It really made me realize how much I miss doing something creative with my nearly grown son.

Sources: <[www.mentalhealth.org/publications/allpubs/SVP-0031ch3.asp](http://www.mentalhealth.org/publications/allpubs/SVP-0031ch3.asp)>, and <[www.ianr.unl.edu/ianr/fcs/upsdowns/upsjune02.htm](http://www.ianr.unl.edu/ianr/fcs/upsdowns/upsjune02.htm)>.

Julia Parker spends most of her time with her son on opposite sides of a white chalk line from him, while he crashes into other soccer players, and she holds her breath.

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# Commentary

## Auntie Establishment

By Joan Opyr

Every October, when the days begin getting dark and the rain starts to fall, I inevitably find myself sitting up on a cold hillside, either early in the morning or late in the afternoon, with a loaded rifle resting on my lap, waiting for Bambi or Faline to walk by. Ostensibly, I'm going to shoot one of them and put the meat in the freezer. Idaho venison. It's natural. It's delicious. It's free-range. But I can't do it. I just can't. I have three-hundred dollars' worth of rifle and scope. I spent twenty-nine dollars on a hunting license and deer tag, ten on a bright orange cap and vest, and a truly ungodly amount on a really butch-looking pair of boots. I am ready, really ready.

But what happens when I'm sitting on that aforementioned hillside and two bucks begin to snort less than twenty yards away? I sit and listen, amazed. I can't decide if they sound like very large geese or very small horses. Maybe they sound like something else altogether, like donkeys or dinosaurs or my father-in-law, Don,

when he's got a nasty head cold. I wait, and one of the snorters walks out into plain view. He's spotted me, and he's not nervous; he's just curious. He has two forked spikes growing out of his head. He snorts at me, and there's an answering snort from back in the woods. Judging from that noise, the deer I can't see is much larger than the Bambi standing in front of me, and I wonder if it's Hat Rack, the five-point buck I've been getting tantalizing glimpses of all summer. For the sheer hell of it, I level my gun at Bambi, but then he wags his blasted tail. Whitetails do that—they wag, just like dogs.

That does it. I put the gun down and stand up. I don't know if it was Hat Rack in the woods behind me or not. All I get is a clear view of a fast-moving deer butt running away from me as fast as it can go. I unload my gun, walk down the long hillside, and eat a beef steak for dinner, consoling myself with the fact that I buy my beef from a local couple who treat their animals kindly and only feed them

## A Quest to Drink Regionally

By Carol Spurling

This fall marked the beginning of my attempt to fill my cupboards and freezer with as much locally produced food as I could find. With two pear trees, an apple tree, and a friend generous with cabbage, I'm restraining myself from raving about the joys of canning fruit and freezing a year's supply of borscht. I'll just say that all that canning makes a person long for a drink.

Lucky for me, in between pear season and apple season, early October found us traveling in British Columbia. We visited lovely Nelson, and camped in the Kootenay Rockies, perfectly splendid this time of year. We then crossed the mountains to the west, heading for the Okanagan Valley.

Serious wine drinkers know that the Okanagan area began producing world class wines about a decade ago. I didn't know that, although I knew that Mission Hill wine, brought in to the Co-op by Dani the wine buyer, was reliably excellent. So I decided to visit the Mission Hill winery while we were

there, and maybe pick up a few new varieties to drink at Thanksgiving and Christmas.

There are good wines produced even closer to the Palouse than the Okanagan Valley, but local wines are few in number, and the Okanagan boasts hundreds—all celebrated in October during the Okanagan autumn wine festival.

I still don't know the actual number of Okanagan wineries; there are too many to count. Take practically any road and it'll lead you to a winery. You don't even have to use a map because the tourist bureau has thoughtfully placed road signs indicating that you're traveling the "Wine Route." When you come to a road leading to a winery, the sign indicates the name of the nearby establishment, which direction to turn, and how many kilometers to go to get there. The wineries run the gamut from tiny home operations, to expanding concerns operating out of a metal barn with a tasting room in one corner, to world class.

We wended our way through the

grass.

In the twelve years I've lived in Idaho, I've shot and killed exactly one deer. It was in the first ten minutes on the first day of my first hunting season. I'm a good shot, but it's a wonder I hit that deer because it had a nice three-point rack, it was huge, and I was nearly frantic with buck fever. If you've never had buck fever—and believe me, it's rare among Southern girls from Raleigh, North Carolina—it's like eating a pound of sugar and then washing it down with three pots of coffee. Still, it was a good clean shot, straight through the heart, an instant kill. I shot that deer, I gutted it, skinned it, dropped it off at the butcher's to be cut and packaged, and I felt absolutely no remorse. I even mounted the antlers. And nearly every year since, I've bought a hunting license and a deer tag, and I've gone out to freeze my butt off sitting on a cold, wet hillside while passing up shot after shot at deer that are big, fat, and potentially delicious.

Why? I don't know. I actually moved to Idaho for the shopping. No kidding—when I first visited here twelve years ago, I went to the Moscow Food Co-op, BookPeople, Tri-State, and Mikey's, and I fell completely and utterly in love. Later, I discovered the Café Sputnik (now the even better Red Door), the Moscow

Wine Company, and Hodgins' Drug Store and I decided that, by God, I was going to be a Muscovite and an Idahoan. Since then, stores have come and gone. I miss Tidyman's, and that odd little magic shop that used to be on Third Street, but I see that we've acquired a Dollar Tree in the Eastside Marketplace, and I suspect that I'll soon be practicing I-Dollar-Tree on a regular basis. Without the aid of hypnosis or methadone or credit counseling, I won't be able to help myself. I like shopping. And I like hunting.

My friend Mary Jane says there's a reason they call it hunting and not killing, and I suppose it's the same reason that we call it shopping and not buying. Deer season officially ends in December, but it ended for me last night when I discovered while cleaning out the lint screen on the dryer that my hunting license had somehow made its way into the wash. An accident? A Freudian slip? A message from Hat Rack? I don't know, but I could sure go for a Mikey's Gyro with extra meat just about now.

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*Auntie Establishment is the pen name of Moscow fiction writer and avidly unsuccessful hunter Joan Opyr. Joan's first novel, Idaho Code, will be published by Bywater Books <www.bywaterbooks.com> in the fall of 2005. Please visit Joan's web site at <www.auntie-establishment.com> for more humor, commentary, publications, and out-and-out nonsense.*

softly lit stone walls and vaulted ceilings inspired our chilly reverence.

The tour concluded with a tasting of Pinot Blanc, Chardonnay, and Merlot. Our friendly tour guide thoughtfully made sure our little boy Reed had his own stemmed glass (real glass) of apple juice to swirl, sniff, slurp, and swallow.

On the terrace afterwards, as we lunched on butternut squash-lemon mascarpone soup, lamb, sage polenta, salmon, wild mushroom risotto, and of course, more wine, a bell in the tower began to peal the noon hour. A second joined in, then a third, and finally the fourth, for a concert that lasted a good five minutes. It entranced Reed entirely. I felt like a parishioner called to holy worship, yet simultaneously seduced by the meal and the view. So I wondered to myself as I finished the last of my brioche French toast, whether the earthly and the spiritual are really so very far apart.

---

*Carol Spurling is a Moscow freelance writer. Canning, cooking, and baking give her quality time to think, and she's grateful for the inspiration good food and drink provide.*



# Letter from the Land: As Merry As Grigs

By Suvia Judd

In an English novel I enjoy there is a scene where a party of four adults and one child are about to embark on a bumpy carriage ride across France to be followed by a Channel crossing to England. The adults are mostly at odds with one another, and all are aware that the child suffers from motion sickness, but the child is excited about the trip, and says, buoyantly, "I daresay we shall all be as merry as grigs!" I have always wondered, so what is a grig, that they should be so happy?

According to our old American College Dictionary (Random House, 1963), 'grig' is dialect for "a cricket or grasshopper, a small or young eel, and a lively person. Origin uncertain." Just for fun I looked up gregarious: "Of animals, living in flocks or herds, of plants, living in open clusters, not matted together, of people, fond of company, sociable. From Latin, 'gregarious.'" No indication of a connection with grig, but I wonder.

When I was doing research last month on singing insects of our region I was delighted, while perusing the web site for Singing Insects of North America <<http://buzz.ifas.ufl.edu>>, to discover a whole family of insects called hump-winged grigs. The taxono-



Male Buckell's Grig on ponderosa pine bark (after <http://buzz.ifas.ufl.edu>)

mists write that they gave this order the common name of grig to highlight the fact that they have been separate from the other families of katydids for 230 million years. What fun to be taxonomist and get to name things!

The hump-winged grigs (*Prophalangopsidae*) have a lot of members in the fossil record, but only three genera surviving today, two in Asia and one in North America. The North American genus is *Cyphoderris*,

and all three species are forest species with a northwestern distribution. In our region we have the great grig, *C. monstrosa*, and Buckell's grig, *C. buckelli*. The great grig lives in Lodgepole pine, Engelmann spruce forest, and is the faster singer (70 pulses per second). Males may climb several meters into the trees at night, probably feeding on cones. Buckell's grig, which we probably have on Moscow Mountain, lives in Ponderosa habitat, up into mixed pine and Douglas fir forest, and sings more slowly (about 50 pulses per second). Males stay about one meter off the forest floor. (See illustration.) Both species spend the day in ground burrows. You can listen to songs of grigs and find out more about them at the web site above. Select 'katydids,' and 'species list.' Look under both the species names and the name of the family.

I am always so excited when I find out about another plant or animal that has been living here, right alongside me, all this time without my knowing. I am starting to be able to recognize the songs of crickets and katydids (including grigs) now: I am sure I have heard the song of the grigs this last summer. On the night of October 18th I was walking in old growth Ponderosa woods and heard a song coming from around knee height. I think it was a cricket, but when I heard it, I was merry as a grig!

# Letter from the Park: Many Hands Yield A Great Result

By Suvia Judd

On a sunny, blue-skied Saturday, October 2nd, Katrina Berman and I drove down to Berman Creekside Park (on Styner Avenue in Moscow) for the park's opening celebration. When we got there we paused to admire the terrific purple, orange, red, lavender, white, and yellow flowers of the butterfly garden, trailed our hands through the fuzzy lambs' ears and fragrant lavender of the sensory garden, and approached the timber-framed gazebo, made with salvaged wood from local street trees. People were gathering to eat the food cooking on the fireplace made of bricks from the 1912 Building, the UI Administration building, and the UI Art and Architecture building. I was carrying the (now worn) "gold-plated" spade that Katrina had used to help break ground for the park in 1999.

People sat down under the gazebo and Linda Pall gave a speech about how the park was initiated by a land donation from Katrina in 1995, and how it fit into the City's goal for a linear

park along Paradise Creek. When Linda had heard about Katrina's interest in donating part of her field if the city would buy the adjacent flood plain that was slated for fill and apartments, she energized the Council to approve the project, and helped the Linear Park Task Force (now the Paradise Path Task Force) get to work on it. The Task Force held meetings to get input on design. People agreed that the park should be for informal activities like walking, admiring nature, and throwing Frisbees. A butterfly garden and handicapped-accessible sensory garden were suggested.

In her turn, Katrina spoke about how wonderfully the park had turned out. She noted that many groups contributed to it. The gazebo was built by Nils Peterson and a UI enrichment class, on a foundation from the Moscow Central Lions Club. The fireplace was contracted to local mason Doug Wasankari. The gardens used plants from three local nurseries, with butterfly garden plants donated and planted by children from the Seventh Day Adventist school. Palouse

Clearwater Environmental Institute stabilized the stream bank and put in native plantings to help hold the bank and provide shade to cool the stream. The Moscow High School class of 2000 planted a row of red maples to memorialize five classmates. A UI sculpture class taught by Byron Clercx made concrete sculptures that are tucked into the landscape along the paths. Other groups who have contributed include the White Pine Chapter of the Idaho Native Plant Society and the Latah County Master Gardeners. Katrina thanked all who helped, saying how much she enjoys the plantings and the resident wildlife when she walks in the park.

Stephen Hollenhorst, representing the Palouse Land Trust, described the conservation easement held by the Land Trust on the portion of the park donated by Katrina. Under this easement any woody plantings must be from plant material native to and collected in the upstream Paradise Creek watershed. This ensures that the plants are well adapted, and helps conserve the local plant genetics. The Palouse

Prairie Foundation has expressed interest in planting a demonstration patch of native Palouse prairie. Professor Hollenhorst told us that Katrina's donation was the first easement received by the Land Trust, which now holds several more, for a total of several hundred acres of interesting habitat in the county.

Roger Blanchard, who shepherded the park into being and oversees it as Director of Parks and Facilities, spoke next. He affirmed the contribution of so many groups and individuals. He said if we walked around the park there would be volunteers to explain points of interest. I was a volunteer, and what really happened was that everyone sat around in the gazebo and caught up with old friends and made new connections, which was a fitting celebration for a park which is truly a community project.

*Suvia Judd loves the park, and looks forward to when it is connected east and west to the Paradise Path.*



# Community

## PCEI Buys A New Home

By Tom Lamar, PCEI Executive Director

The Palouse-Clearwater Environmental Institute (PCEI) has bought a new home to accommodate this growing community-based organization. PCEI, dedicated to environmental stewardship and community involvement, grew from one employee in 1986 to six full-time and five part-time employees, and hundreds of community volunteers today. PCEI has outgrown the 1,100-square foot office space on Friendship Square.

To fit the needs of the organization's membership and dy-

amic program areas, PCEI decided to pursue the purchase of a farmhouse at 1040 Rodeo Drive, on the north side of Moscow. The house with several outbuildings is situated on 7.6 acres of open space, and will provide great opportunities for PCEI and for the community. The property will provide PCEI with much needed office space, and area to enhance its program work.

PCEI is also excited to have recently received several gifts from individual donors totaling more than \$61,000. The gifts will be used toward the property purchase, and to launch



The future home for PCEI at 1040 Rodeo Drive, on the north side of Moscow. Just a 7 minute bike ride from downtown Moscow. Photo: PCEI.

## Pullman Civic Theatre

By Char Fluster

Local theatrical talent abounds in the final production of Pullman Civic Theatre's 2004 season that salutes extraordinary women. Carolea Webb of Pullman will star in the lead role of Mabel Tidings Bigelow in "Pride's Crossing" by Tina Howe, running November 4, 5, & 6 and November 11, 12 & 13 at 7:30 p.m. in the Gladish Little Theatre in Pullman. Theatre goers will remember Carolea as Helen Keller's mother in "The Miracle Worker" this past January and as Annie Jones in "Years Ago" during the 2003 season.

"Pride's Crossing" showcases the character Mabel, a resilient 90-year-old who is about to throw an old-fashioned croquet party to celebrate the visit of her granddaughter and great-granddaughter from France. As Mabel

prepares for her party she remembers in flashback sequences the defining moments of her life that led up to her swim of the English Channel and the momentous decision she made then. Mabel is full of youthful spunk and elder willfulness and her life's story is insightful, funny and inspiring.

Making her debut on the stage as the great-granddaughter Minty Renoir is Brandi Kenney, a sixth grader at Lincoln Middle School. Brandi will also play Mabel as a young girl and Emma Bigelow. Meredith Stone, an eighth grader at Moscow Junior High School, will play Mabel at ages 15 and 20. Meredith has been in PCT Children's Wing productions for the past three summers; this marks her first main stage appearance. Sarah Nass, another newcomer to the PCT stage, will play Pru O'Neill and Kitty



View of PCEI's new backyard, complete with pond and grass.

Photo: PCEI.

a capital gift campaign aimed at raising the funds for the purchase and necessary improvements. Renovations will develop indoor office spaces and add wheelchair access. A conditional use permit (CUP) was approved by the City of Moscow Board of Adjustment on Tuesday, September 21. PCEI expects to occupy the new office space by the end of this year.

We have lots of ideas for demonstrating environmentally friendly choices. Our goals for this beautiful site include open space preservation, rainwater collection, composting toilets, examples of "green" building practices, and alternative energy systems. We expect to continue our role as an environmental resource for the community by offering public demonstrations of these practical and sustainable choices.

PCEI has greatly enjoyed its downtown Moscow location and is grateful to the Bode family and the

Moscow Hotel management, who have rented to PCEI for many years. It is hard to leave the comfort of our downtown home, but the time is right, and the new location is ideal for PCEI to address some of the community's needs. This new location will give us the room we need to create excellent examples of our work.

We owe our ability to take this bold step to our members and supporters. Over the coming months and years we hope to come back to you and others in our community to ask for money and volunteer support needed to make this new PCEI home possible. To make a gift toward our capital campaign, or to volunteer with one of our many work parties, please contact us at (208) 882-1444 or e-mail <info@pcei.org>. Check our web calendar for fall work days <www.pcei.org/calendar.htm>. To see more photos and the progress of this effort, visit <www.pcei.org/rodeo.htm>. Thank you for being part of PCEI!

Lowell.

Tickets for "Pride's Crossing" are \$8.00 each and available now at Dissmore's, Neill' Flowers and Gifts, and the Pullman Safeway. Tickets will also be on sale at the Box Office an hour before each performance. More information and directions to the theatre are at <www.pullmancivictheatre.com>.

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A program designed for young children aged 2-4(approx.) and parents to enjoy together. Families meet together one morning each week for:

**art\*music\*stories\* free play**  
Snack is also provided.

Activities led by a member of the OASIS staff.

For more information call

OASIS

Early Learning Center  
214 N. Main, Moscow

**892-2256**



# Moscow Civic Association Plans a Birthday Extravaganza

By Amy Mazur, MCA board member

We're gonna have a party, you are invited, and we want you come to share a meal and celebrate all we have accomplished.

The Moscow Civic Association (MCA) is celebrating its second birthday with a party, providing a free dinner, live music, and a short informational program to the public beginning at 6:30 p.m., Monday, November 8, at the 1912 Center in Moscow. The goal of this Birthday evening is to celebrate the activist group and its community successes over the last two years.

Author Andrea Vogt, who wrote the biography of Idaho community organizer Bill Wassmuth, will speak about activism as defined and lived by

the famed human rights supporter. In addition, representatives from Moscow community groups will share information about their activities and plans during the short program.

The MCA hopes to combine this discussion program with plenty of time to meet and mingle in a fun atmosphere. The MCA board will provide complimentary food, music, and non-alcoholic beverages. Alcoholic beverages will be available for purchase.

The doors will open for dinner at 6:30 p.m., with the formal program from 7 to 8 p.m., and live music and dancing beginning at 8. Families and all members of the community are welcome.

Since being established in November of 2002, the MCA has:

—hosted over 14 informational public meetings, with expert panels on diverse topics, with an average of 50 people attending each meeting;

—welcomed well over 100 dues-paying members;

—successfully supported two candidates for seats on the Moscow City Council;

—applied and advanced smart growth principles in community issues including water conservation and land use planning;

—sent representatives to attend over 100 local governance meetings involving city planning, water, the fu-

ture of the Moscow Chamber of Commerce, and other topics.

The Moscow Civic Association is a non-profit citizen's organization that strives to improve the quality of life for Moscow residents. More information is available on the MCA Web site < [www.moscowcivic.org](http://www.moscowcivic.org) >.

Groups interested in presenting during the Birthday program, or having any further questions about the celebration, may contact MCA program director Amy Mazur by e-mail at <[agmazur@yahoo.com](mailto:agmazur@yahoo.com)>.



## PCEI Sponsors Film, Co-op Brings Pizza

By Tom Lamar, PCEI Executive Director

The Palouse-Clearwater Environmental Institute (PCEI) is pleased to bring an astonishing and powerful film, "Libby, Montana" to the Kenworthy Performing Arts Centre on Friday, November 5th. A reception begins at 7:00 p.m. with the showing beginning at 8:00 p.m. The cost is \$8 in advance (tickets at BookPeople) or \$10 at the door.

This 124-minute film portrays a small rural town in Montana as it is besieged with one of the largest health crises in U.S. history. The town scrambles to treat hundreds who are sick and dying from asbestos contamination, and the residents are left to wonder: How did this happen in modern America?

The film "Libby, Montana" has been announced as a finalist in the Documentary Award Category at the 2004 IFP/NY Market & Conference and was also a finalist in the Banff Mountain Film Festival. To read more about the film or view a trailer visit <<http://highplainsfilms.org/>>.

The Moscow Food Co-op will provide its famous pizza and Mikey's Gyro's will serve cold, delicious beer starting at 7:00 p.m.

All proceeds go to PCEI's Environmental Education program. PCEI educators provide free environmental programs to over 1,500 K-12 students from Moscow and regional schools.

Don't miss this opportunity to see "Libby, Montana" on November 5th, 2004, at 8:00 p.m. in downtown Moscow.

For more information contact Heather Carlson-Crawford at (208) 882-1444 or <[heather@pcei.org](mailto:heather@pcei.org)>.

## BE A CANDIDATE!

### 2005 Co-op Board of Directors Election Coming Soon!

2 positions open this year

- Are you a member of the Co-op?
- Would you act as a trustee on behalf of all the Co-op's members?
- Interested in long range planning and budgeting for the Co-op?
- Supportive of good communication between members, staff and management?
- Able to understand and apply organizational bylaws?
- Volunteer position with a 3-year term

Contact Kenna Eaton, General Manager at the Co-op, [kenna@moscowfood.coop](mailto:kenna@moscowfood.coop) or Mike Forbes, Board President, 882-3002, [mikeforbes@moscow.com](mailto:mikeforbes@moscow.com)

Got a Sweet Tooth?

Have a Cookie!



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



# Twenty Years of Co-op News

By Bill London

Twenty years ago, in December of 1984, the first issue of a newsletter for the Moscow Food Co-op arrived.

Three sheets of 8 1/2 by 11-inch paper, folded in half into a small booklet shape, with a few articles in mismatched type, a cover illustration of cross-country skiing, and all copied at the local Kinkos. That was it.

We printed about 100 of them, every other month, as I recall. We now print 1,700 copies monthly of a newsletter that has about 10 times as many words—and has been renamed to re-

flect its expanded role: "The Moscow Food Co-op Community News."

We hope to celebrate that 20th anniversary, and focus on those 20 years of publishing history, in our December 2004 issue. We'd like to include the stories, anecdotes, and memories of those who were our readers, writers, editors, ad managers, and distributors over those decades. If you have something you would like to say about the newsletter or this anniversary for publication in the December issue, please email it to Bill London <london@moscow.com> no later than November 20, 2004.

## Libby, Montana Kenworthy Performing Arts Centre

Friday, November 5th

Reception 7:00 p.m.  
Show 8:00 p.m.

\$8 in advance (tickets at BookPeople) or \$10 at the door

Sponsored by the Palouse-Clearwater Environmental Institute (PCEI).

## Artists Wanted for Winter Exhibit

By Deena Heath, Director, Moscow Arts Commission

The Moscow Arts Commission is seeking local and regional artists to participate in our Third Annual Winter Solstice exhibit at the Third Street Gallery in Moscow City Hall. The exhibit will open December 10 and run through January 28, 2005.

Work must be available for display by December 6. Visual interpretations of the winter season through the artist's respective media are encouraged.

Interested artists should submit one slide or photograph of each entry. Up to two pieces will be considered for exhibition. An artist's statement

and bio suitable for display purposes and a stamped, self-addressed envelope must accompany each submission. Incomplete applications will not be considered. The sale of work is encouraged and a commission of 20% should be taken into consideration when pricing.

Applications can be forwarded to the Moscow Arts Commission, PO Box 9203, Moscow, ID 83843. Deadline for submissions is November 19. For more information, call 208-883-7036 or email <dheath@ci.moscow.id.us>.

## Subscribe

### to the Co-op Community News

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

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

## Maggie's Story

cont. from page 1

port that Co-op by sending all her future sewing projects there.

In addition she has made a movie of that story. The Moscow Food Co-op owns the movie and showed it last year in the store, but the Conference was the first time I'd seen it on a large screen. Besides screening the movie at conference Bene brought two of the sewing co-op women along to tell their individual stories. Many of the audience was not only moved to tears by their tales but also inspired to somehow build on this heartwarming and important step by volunteering to help build the day-care center.

If you visit their web site <[www.organicclothes.com](http://www.organicclothes.com)> you can read their story in more detail as well as find these, and more, facts for yourself:

—Although grown on only 2–3% of the world's cultivated land, cotton consumes 10% of the earth's pesticides and 25% of all insecticides each year.

—It takes approximately 1/3 pound of chemicals to grow the cotton for just one tee shirt.

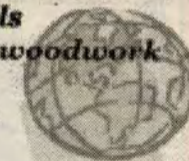
Often sprayed from above, the pesticides used on cotton can drift for miles, over farmhouses, water supplies, and workers resulting in water, soil, and crop contamination, and endangering both wildlife and human health.

## Keith Smith Carpentry

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# Bulletin Board



MOSCOW FOOD

## "Images of the Palouse" Art Exhibit

Through December 3

A Photography Exhibit by John Clement at the Moscow Arts Commission's Third Street Gallery Moscow City Hall 206 East Third Street.

## New Exhibit - Above the Rim Gallery

Exhibit opens Nov. 1st. Friday night, Nov. 5th food and drinks with the artists.

Featuring local artists. Above the Rim is located up the stairs in Paradise Creek Bicycles, 513 S. Main St. Local artists interested in future exhibits please contact Isabella Whitfield @ 208 882-0287.

## Vigil for Peace

Pullman: First Friday of every month 12:15-12:45

Under the clock by the Public Library. 509-334-4688 nancycw@pullman.com

Moscow: Fridays 5:30-6:30pm

Friendship Square 208-882-7067 sperrine@potlatch.com

## Co-op Coffeehouse Music

Join us from 6 pm to 8pm, Tuesdays at the Co-op Deli.

Chilly autumn evenings will be warmer if you come down to the Co-op on Tuesdays to enjoy free live music. The Co-op Deli has treats and coffee for every budget and taste. And the music is sure to make you smile. The live music will be provided by:

Nov. 2nd no music, GO VOTE!

- Nov. 9th Evy
- Nov. 16th Zugunrue
- Nov. 23rd no music
- Nov. 30th Tom Armstrong
- Dec. 7th Chubbs Toga
- Dec. 14th Tyler Barron

## Acting Classes

Dates and times vary

Isabella Whitfield invites anyone who wants to play to drop by. Children's classes - Saturday's starting Oct. 23rd-Dec 11th @ The North Idaho Athletic Club on Main St. in Moscow. Ages 5-10 / 1-2 pm. and 11-18 / 2-3pm. Adult classes are being held @ Spectrum II Dance Studio in Moscow on Main St. ages 18 and up, 4-5pm on Sundays Oct. 24th- Dec. 12th. No class Thanksgiving

Thanks to their love and

## Moscow Market

Saturday downtown Square.

For additional contact the Commission

## Pullman Presents Pride's Crossing by Tina Howe

November 4, 5, & 6 and November 11, 12 & 13 at the Gladish Little Theatre in Pullman at 7:30pm.

Tickets for Pride's Crossing are \$8.00 each and available now at Dissmore's, Neill' Flowers and Gifts and the Pullman

Safeway. Tickets on sale at the B hour before ea More informat ions to the th www.pullman

## "Libby, Montana" Kenworthy

At the Ken forming A on Friday, 5th. Reception at 7 p.m. Showing begins at 8 p.m.

The Palouse-Clearwater Environmental Institute (PCEI) sponsors the film "Libby, Montana" \$8 in advance at Book People and \$10 at the door. The film is about the contamination of the town from asbestos. The Moscow Food Co-op will provide its famous pizza and Mikey's Gyro's will serve beer. All proceeds go to PCEI's Environmental Education program. 882-1444

## UI Homecoming Parade

Saturday, November 6th downtown Moscow.

## Call for Artists

Deadline for submissions is November 19. The exhibit opens Dec. 10 - Jan. 28, 2005

The Moscow Arts Commission is seeking local and regional artists to participate in their Third Annual Winter Solstice exhibit.

Applications can be forwarded to the Moscow Arts Commission, PO Box 9203, Moscow, ID 83843. For information, call 208-883-7070 ddeath@ci.mos

moscow food coop  
221 east third street  
moscow id 83843

University of Idaho Library  
Rayburn Street  
Moscow ID 83844-2364

Submit non-profit announcements to taybarrett2@yahoo.com by the 24th of each month.

For additional event visit our website: www.moscowfood

