

Day-NW HD 3284, N48

October 2004

Community News

FREE!
Please take one.

The monthly newsletter of
the Moscow Food Co-op

Talking Turkey

by Vicki Reich

I know it's a bit early to start talking about Thanksgiving turkeys, but this year we have a new way of providing you with delicious organic turkeys and I'm so excited about it, I can't wait until next month to tell you. I'm hoping that the new system will be leaps and bounds better than

our old system of special ordering turkeys.

What is this new revolutionary system, you ask? It is beautiful in its simplicity and matchless in its ease of use. Here's how it works. We're getting a big chest freezer. We're putting it in the front of the store and we're filling it with those wonderful Organic Valley turkeys we've had for the past several years.

There will be a variety of sizes to choose from. You can buy your turkey as early as you want and pick the size that is right for you. It's that simple. We will keep it stocked with turkeys until we run out of them. We've ordered two pallets so they should last until Christmas. To insure you get the bird you want, you should pick it out early.

We will not be taking special orders or reserving turkeys, it's a first come, first serve system. I hope this new system will eliminate the confusion and disappointment we've had in the past and take one of the holiday stresses out of your life. Look for the freezer to appear in early November and look for signs in the store about how to win a free turkey.



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 massages @ \$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.spirit herbs.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

Market 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 Mail 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



October is Co-op Month

By Kenna S. Eaton

A co-op is owned by its members, that is a critical difference, especially at this time of increasing concern about the national economy. Co-ops everywhere, like this one, are creating jobs, income, and opportunity in their communities every day. Moscow Food Co-op's commitment to our community stems from our organizational values as a member owned and member controlled business.

Last year, with attention focused on corporate scandals, a nationwide survey found that consumers overwhelmingly preferred businesses that are owned and governed by their customers. Among other things the survey found that consumers feel co-ops are more trustworthy than investor-owned businesses and are more likely to have the customers' best interests in mind.

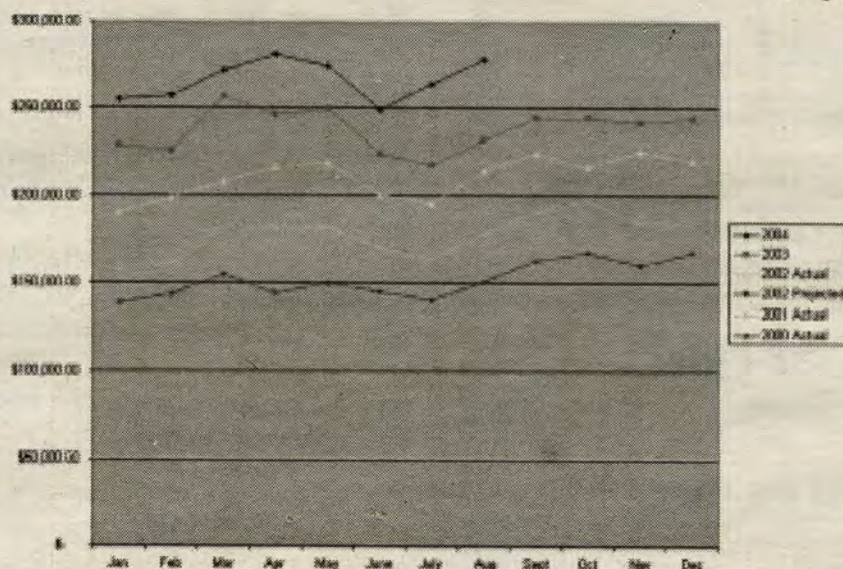
Our member/owners make a \$10 per year investment into this Co-op. We use that money as capital to grow our business and our members literally own all the equipment in the store. Being owned by people who live and work in the communities they serve gives co-ops a different perspective from businesses owned by distant investors. Moscow Food Co-op has over 3,000 current members of which close

to 2/3 live in Moscow, with the other 1/3 being from the Pullman area. This means that our members shop here, usually on a weekly basis, although there are a few who come daily or even more often! It also means the members can keep an eye on how their business is doing and they can have a voice in which direction we grow. Usually this is done through the Board of Directors; 7 volunteers elected by you, the members.

The Board meets monthly to discuss long range planning and visioning and to ensure that I, as General Manager, am keeping the business on track. We discuss the financial health of our Co-op, we look at profit loss statements and balance sheets, and we have vibrant, healthy discussions about the future of our Co-op. Held monthly, any member is welcome to attend a board meeting (check the web site www.moscowfood.coop for time and location).

Members often query me as to the Co-op's financial health while shopping (we're doing fine - check out the graph at the end of the article) and I make an annual report both at our General Members' Meeting and thru our newsletter. This means that our financial well-being is not only tied to your sup-

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The Front End News

by Annie Hubble

Well, the nights are drawing in and the temperatures cooling, and on a recent trip to Canada, I saw snow on the mountaintops. (It was relief to return south and feel the warmth of late summer!) One of the many things that attracts me to this town is the way we gather together in community to help pass the winter months.

The Co-op is certainly one of the best places to do that. Our music evenings on Tuesdays will continue inside as the weather changes. There are some wonderful musicians slated to play. There will still be pizza on Friday nights and yummy brunches on Saturday and Sunday mornings. And the Co-op will still be a central community meeting place, where friends meet, children are welcome, and there are smiles abounding.

M.A.D day was definitely a mad day this time as always. We had three cashiers working all day as more and



more loaded carts went through the registers. We were all tired that night, but it was a lot of fun to see everyone. And we were glad to make such deals possible.

And remember, if you are a member of the Co-op, you can get that 10% deal almost every time you place a bulk special order. It usually only takes a few days for an order to come in. Ask any cashier if you need more information.

So as winter approaches, come on in and get warm at the Co-op. Meet old friends, make new ones and enjoy our wonderful Moscow community.

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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 Volunteer Program

By Annie Hubble

There are a few jobs opening up now and then. I call the backlog of applicants as jobs open so it is important that you get on the waiting list if you want to volunteer. To do this, simply fill out an application form that you will find on the notice board at the front of the store behind the grocery carts, and put the form in the manilla envelope there.

The wait at the moment is about a month so do not think I have forgotten you! I keep all applications on file and haven't lost a volunteer yet!

One of the new jobs we have established is that of collecting the compost from the kitchen and produce areas and running it to the community gardens...another example of how the Co-op tries to help recycle.

We appreciate all the help that volunteers give us. We are one of the few co-ops that still have a volunteer program and it is something that is very dear to my heart.

Thanks everyone for what you do to help the program be such a success.



MEMBERS SAVE!

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

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

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

**Join the Moscow Food
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HOT LUNCH
for Grown-Ups

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

Summer Picnic Thanks Volunteers

by Bill London

August 29 was sunny, warm, and ideal for some outdoor fun. By some fortunate circumstance, that was the day we planned our Newsletter Volunteer Family Thank-you Picnic.

We assembled at the home of issue editor Therese Harris in exotic

Johnson, Washington. We played croquet and ate a variety of burgers and salads and desserts provided by the Co-op to thank us for volunteering.

Not all the newsletter staff volunteers could make it, of course, but those who could brought family mem-

bers and good appetites, and left with full bellies and our thanks for helping create and distribute the Community News.

Bill London edits the newsletter and enjoyed the picnic party.

Photo by David Hall



Memories of This Newsletter

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 paper, folded in half into a small booklet shape, with a few articles in mis-matched 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 reflect 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 hope 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.

Bill London edits this newsletter, as he has since 1984, but knows that the work of two dozen volunteers makes it happen.

Co-op Music Moves Inside

by Eric Gilbert

With the cold weather arriving, we are moving our Tuesday music and meals inside to the Co-op Deli this month. The Co-op Coffeehouse will be held every Tuesday evening from 6pm to 8pm with live music and great food available.

This month we will showcase the following local musicians:

- Oct. 5: Evy
- Oct. 12: Tara Howe
- Oct. 19: Dan Maher
- Oct. 26: Kami Miller

Eric Gilbert is the Co-op's Music Maestro, as well as the Vice-President of Stage Production for the Moscow Renaissance Fair. He is always looking for new musicians who want to play

Board of Directors Report

By Bonnie Hoffmann

Once again I find it is my turn to submit the goings on for the Board of Directors. In the past, I have struggled with what to write, but this time is different. I would like the membership to know what a pleasure it has been to serve on the board for my second term. It is very exciting to be part of a team that keeps our Co-op growing and improving. That's not to say that there have not been some growing pains as the store improves and expands its membership. But for me it has been a labor of love.

I've been fortunate enough to witness some fantastic improvements such as becoming more financially solvent, improving employee benefits, and the creation of some new committees dedicated to reaching out to our community in a variety of ways. I am on the 2% Tuesdays committee and I feel quite good about the monies generated for some worthwhile and needy non profit organizations.

Have any of you had the pleasure of attending a “Dinner with the Directors”?? Some great ideas have resulted from these dinners with our members. If anyone contacts you about being part of this dinner exchange, I hope you will consider attending. Many of the ideas and efforts from these dinners have been incorporated to provide a more pleasurable and even educational shopping experience. I hope you all have felt as good about the work the board has accomplished as we have had doing it

I do have an ulterior motive for bragging about the board. As most of you know, board elections are quickly approaching. If any of you have thought about being a part of this team, I hope you will seriously consider throwing your hat into the ring. The Co-op is dependent not only on the staff and volunteers, but the board as well. It is easy to say “I'll do it someday,” but there is no time like the present. The Co-op is always looking for folks with a variety of skills that can help the store continue to move forward. Sure, it's a commitment, but I can honestly say that every time I walk into the store I feel my time has been well spent (enough for me to run for the board twice!). I hope all of you who read this will give candidacy some thought because without all of you, and the variety of ways that the Coop benefits from your experiences, we would not be the great store we are today. There is always room for improvement and that next great idea may come from you! Thank you for allowing me to serve you, the members. It is my pleasure.

Art At The Co-op

By Annie Hubble

On Friday October 22nd, from 5.30-7.00pm, the Co-op will host an opening for some members of the Palouse Watercolor Society. Flip Kleffner, Elyse Kreger, Ryan Law, and Patricia Bussanick will present a variety of watercolor paintings.

The Palouse Watercolor Society is a local artist group, first established

in the 1970s.

Join us for an evening of visual delight, with a chance to meet and talk with these local artists.

Until then enjoy the very lovely art of Ching-Li Wang that is now on display at the Co-op. This is a truly delightful show and worth a visit.

Nancy Draznin, CCE, CLA (208) 224-6965

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Motherwise
Midwifery & Doula Service

midwifery care available in Idaho only

Fall Holiday Treats - Apples and Pumpkins and Biscotti oh my!

by Aven Krempel, Bakery Supervisor

Fall is my favorite season for desserts. It's apple season and there are so many yummy things to do with apples. In the bakery we've been making apple pie for a few weeks now and it's only going to get better as we make it more often. Try a slice with a scoop of organic vanilla ice cream and I promise you won't be disappointed. Caramel Apples are another favorite, a bit sticky to make, but well worth it. There are not a lot of things better than a crisp, tart apple covered in gooey caramel and covered in bits of nuts and chocolate. It's a fun treat to share with your kids or with your friends.

It's also time to start thinking about what you can bake with pumpkins. We'll be making our pumpkin pies regularly for the rest of the year. They will be available by the slice in the deli case and also as whole pies for special orders. Look for other pumpkin treats as well. I've found some great recipes for pumpkin cookies and pumpkin breads that I can't wait to try.

In other exciting bakery news, we've been waiting and waiting and finally we have all the pieces for our new dessert display case. I'm sure you've seen it, up on the deli counter, full of yummy treats. We're going to keep it full of biscotti to go with your morning (or afternoon) coffee and tea. Also look for frosted shortbread and butter cookies, cupcakes, muffins and many other temptations.

Toward the end of the month and the beginning of November start looking for deli and bakery holiday special order brochures. We're putting together a great list of food that you can order for your holiday dinners and parties. We are also planning to put together some gift baskets full of delicious baked goods that you can start ordering for gifts and parties. It's a busy season for the bakers at the Co-op and we hope you enjoy eating our food as much as we enjoy baking it for you.



New to Moscow, New to the Co-op

by Sonja Ollig

My name is Sonja Ollig, and I am thrilled to be a new addition to the Co-op. I am your new Service Supervisor, which means that you'll probably be seeing a lot of me behind the deli/coffee counter, hanging out with the terrific servers, cooks and bakers. I am here to make sure that you are getting fast, friendly service, yummy food, and delicious drinks.

My path to Moscow has seemed a bit long and winding. I grew up in southeastern New Hampshire, but always dreamed of moving West. During my senior year at the University of New Hampshire I spent a semester of national exchange at the University of Alaska Fairbanks. While there, I fell in love with the beauty and majesty of Alaska, as well as with my husband, Paul. After finishing my B.S. in Environmental Conservation, I immediately moved back up to Fairbanks with Paul. We spent five amazing years in Alaska, living in a cabin with no running water and exploring its vast wilderness. I feel blessed to have journeyed into places like the Arctic National Wildlife Refuge, Denali National Park and the Wrangell-St. Elias Park and Preserve.

But alas, Paul and I realized that one of us needed to go back to school. And so we tearfully left Alaska and drove with all of our belongings, including 2 dogs and a cat, down to beautiful Jackson Hole, WY. It was no Alaska, but we were lucky enough to live within Grand Teton National Park, just a stone's throw from Yellowstone National Park. While Paul attended the Teton Science School's Professional Residency in Environmental Interpretation program, I brought home the bacon. I am so thankful to have spent part of my time in Jackson working in a natural foods store whose employees were very passionate about their work and the importance of bringing fine natural and organic products to the community.

And so we come to Moscow, where my husband is now finishing his Master's in Environmental Interpretation at the University of Idaho. Here I am, at the Co-op, excited to be part of the server team. I welcome any feedback or suggestions you may have to improve our service to you. As always, we will be striving to bring you a friendly smile, the finest deli items, and the best darn cup of joe around.

Single? De"pressed"?
Come meet the apple of your eye.

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

They want to meet you.

Beverage on the Move

by Sonja Ollig

Now our excellent Café Mam Italian Roast coffee is available for your office, meetings and parties! Packaged in easily portable 96 and 160 oz. containers, our shade-grown, organic, fair trade coffee will serve 12 and 20 people respectively. Available in regular and decaf! While you are at it, why not pick up some delicious breakfast pastries from our bakery, like

Blueberry Buttermilk Muffins or Peaches and Cream Scones? Orders can be made same-day with a minimum of two hours advance notice for both coffee and baked items. Just stop by the deli counter or call the Co-op to place your order.

From the Suggestion Board

The co-op should carry *Celestial Seasonings Green Tea with Chamomile*. It's really good. I'll give it a try-Vicki, Grocery Manager.

Please stock more *Applegate Farms sliced turkey breast (not herbed) and smoked turkey*. You are often out of it-or at least the basket is often empty. Thanks! We will up our order on these items, but don't be afraid to ask if we have some in back-Vicki.

Bulk sunscreen for kids, 30+ SPF. Sorry, this is not available from any of our suppliers-Carrie, Personal Care Manager.

Can you get *Earth Balance Margarine in Sticks*? I'd like to use it for baking. Sure, look for it soon-Vicki.

Give *Central Waters Brewery in Junction City, WI* a try-good people, kick ass beer. They only deliver to about a 60 mile radius from their brewery. Sorry! No Central Waters beer here-Dani, Beer Maven.

Fix baby belts on carts! 2 out of 3 are broken! We'll get right on it-Kenna, General Manager.

The new *boneless/skinless chicken breasts in the freezer* are awesome! Thanks for bringing them in. You are welcome. I was quite excited about them myself-Vicki.

1. *Amy's Texas Style Burgers*-these are the best veggie burgers I've ever had. 2. *Amy's Pesto Pizza*-I've never had it, but I bet it's good! 3. "*Citra*" brand detergent-works really well (better than others you stock) and leaves no soapy/perfumed taste on dishes. 1. Sorry, I've tried selling all of Amy's burgers in the past and they didn't sell well at all. You can always special order them by the case. 2. I would love to be able to carry all of Amy's pizza, unfortunately, we have very limited freezer space and pizzas are a space hog. The Amy's pizzas we currently carry all sell well so I'm reluctant to replace them with the Pesto Pizza. Again, you are welcome to special order them by the case. 3. Carrie, who is much nicer than me,

says she'll happily try the *Citra detergent-Vicki*.

Why you ignore my prayer for long spaghetti noodles? Please! I'm sorry. I loved them, too, but they are no longer (pun intended) available-Vicki.

Bulk water might be easier to figure if able to buy by pound/weight as well as by volume. Unfortunately, our POS system can only ring up by one or the other method, not both. Since most people buy the water in gallon increments, we will continue to sell it by volume only-Vicki.

Please could we have single servings of plain non-fat yogurt. All of the choices we gave are sugared. Thank you. Look for Nancy's plain yogurt with the other Nancy's yogurts-Vicki.

It would be so good to have *homemade caramels*! The Bequet caramels at the register are made by hand in Bozeman, MT. They are awesome, have you tried them?-Vicki.

Ry-Vita crackers "fruit" yes "fruit". Amazing and yummy! They're here-Vicki

Could you please consider carrying the *white chocolate of Green and Blacks organic chocolate*. It's so good! I'll try to squeeze it in up there-Vicki.

Is it possible to carry *recycled and/or biodegradable bags for dog poo pick-up*? They're in-Carrie.

The *fresh fennel* is great. How long will we have it? We pretty much have it all the time-Dani, Produce Manager

This place has the best *gluten free selection* around. Thank you! Thank you! I'd like to see you carry a brand of bagels called "*Enjoy Life*". I've heard they are great. Thanks for the time! I am hoping these will be available from our distributor soon. When they are available, I will bring them in-Vicki.

Would like to find "*Burgeriffic*" *garlic and portobello mushroom veggie burgers*. Saw them in Costco. *Awesome texture/flavor*. Sorry, these are not available from our suppliers but I'll keep my eye out for them-Vicki.

Please consider carrying *BULK FIG BARS (ww) and or peach-apricot bars-Yum!!* Also: *Seem to be often out of Alvarado Street "California Style" Bread*. I will give the fig bars a try when I have a bin open up. Sorry we've been out of bread. There may be some in the back if there is none on the shelf. We don't have much shelf space for that bread but we often have it in the back. Just ask-Vicki

What happened to the *Bambu coffee alternative*? We bought it every two weeks. I'm sorry, this has been discontinued by our distributor-Vicki

Could you carry "*Avalon Organics Vitamin C Balancing Facial Toner*" by *Avalon Natural Products*. I noticed that you are carrying their *Vit. C lip balm*. Thanks! The whole *Avalon Vitamin C facial care line* should be in stock early October. If you need it before then, you can special order it by the each-Carrie.

King Arthur now makes organic whole wheat and all purpose flours-could you get them please? Thanks. These are available, but only in 32 oz bags and it is 20 cents more per pound than the organic *Fairhaven flour* we sell in 5 pound bage. I don't think they will sell here. I would be happy to special order a case for you-Vicki.

Any chance of stocking the *fish folks frozen Ahi* in your freezer

case? I would love to have it available all the time! They said they could do it!! No spoilage! Yummy fish! Great sushi! What fun! Gracias. I love their Ahi as well. I will talk to the Fish Folks about it and see if we can cram it in our freezer-Vicki

So now the Co-op supports *Pabst Blue Ribbon (not organic)*, but something one of our neighbors sell. Why not sell *American Spirit organic tobacco*? What makes an addiction important to cater to? Why would we want to compete with our neighbors? I'm disappointed. I am sorry you are disappointed, if you take a look at our beer selection you will find that not only are most of them not organic but some of them are also carried by our neighbor. The PBR is not squeezing out any other beer for that spot, I think it is a fun beer to carry and know that a lot of people are excited that we sell it here and it has been a good seller so far. -Dani, Beer Maven

THE PREMIER PRODUCTION OF
Sirius Idaho Theatre

...I realize this is not the
best time in the world
to be a Romantic ...
Or, maybe it's the perfect time
to be a Romantic.
I don't know."

PYRETOWN
BY JOHN BELLUSO

October 9-9 & 13-14, 2004 at 7:30 pm • October 9, 2004 at 2 pm • Kenworthy Performing Arts Centre

Contains Adult Language • Tickets \$15 Adults \$10 Seniors/Students

Advanced tickets at Bookings of Moscow and Tetonville 1-800-325-SEAT, (208) 865-7112, www.ticketmoscow.com

Kenworthy Performing Arts Centre Box Office opens one hour prior to each performance

The October 14th performance is a fundraiser for an accessible restaurant in the Kenworthy Performing Arts Centre

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The Buy Line

by Vicki Reich

For the past 38 years, basically since I was born, my family has vacationed at the Jersey Shore. We always go to the same place, Long Beach Island. It's a small island that in many places is only two blocks wide. Over the years it's grown and become jam-packed with trophy homes and fancy restaurants, but the beach still remains uncrowded. We spend a week or two sitting on the beach, reading good books, riding the waves, and taking long walks at low tide.

I'm sure you're wondering what my family going to the beach has to do with the grocery department at the Moscow Food Co-op. Well, actually, nothing. However, it does have a lot to do with good food.

Aside from an obsession with reading, the thing my family has in common is a love of good food and making and sharing good food together. Almost everyone in my family is an excellent cook so we take turns making the evening meals. At the beginning of the week, we all sit around and come up with a menu and shopping list. There is often fierce competition for who has the tastiest ideas and who gets to cook. Being the cook has some definite advantages; you get the first shower (no fear of running out of hot water), someone makes your cocktail for you (I always drink vodka and tonics at the beach), and you never have to do the dishes (with ten or more people eating every night, this is a big deal).

My aunt and uncle often tag team their meals. Their specialty is Italian

food. They've both spent time living in Italy so what they come up with is always the real deal. It's also really fun to watch them work together in the kitchen, they enjoy themselves and the food their making. For the past three years, my brother and I have made cioppino together. It's kind of a tomato based fish stew that is out of this world. I think it might be on the menu every year for the foreseeable future. It's quite a production and takes three hours to make but my brother and I have so much fun together and the oohs and aahs we get make it worth all the effort.

My mother, an excellent cook herself, has gone into semi-retirement from cooking and enjoys watching her kids cook more than cooking herself, but always pitches in with a side dish or two. She is also the corn maven of the family and insures that the totally unparalleled Jersey corn is cooked to perfection. My grandmother is always in charge of the salad, while my aunt makes the dressing. My cousin Rachel makes some of the best guacamole I've ever had, and my cousin Jake can clean a crab of every iota of meat. We all pitch in and we all sit down together at the dining table and enjoy our hard work. We have never eaten out at any of the restaurants on the island (except for the Dairy Queen, where we make at least one pilgrimage a summer for dessert). We couldn't tell you where on the island you could get a better meal or enjoy better company than right there at our house. In my mind, this is what good food is all about.

Healing Center Activities for Oct. & Nov.

Thank you for supporting our Grand Opening last month and for stopping by our booth at the Latah Co. Fair. We evaluated 126 people for fingernails and shoe wear and were responsible for a major logjam in the aisles. For those of you who patiently waited over 40 minutes to see us, I hope the wait was worth it for your health... We had a blast!

Dr. Moffat will be at the following booths doing fingernail and shoe analysis:
Women's Wellness Forum Sat. Oct. 2nd 8am to 2pm
16th Annual Health and Wellness Fair Thursday Oct. 14 at the U of I
First Annual All Service Club Flea Market
(Date, Place and Time TBA in November-Booth space still available-Contact Moscow Rotary Club)

Dr. Moffat talks at the Moscow Garden Club "The Many Faces of Flowers"
Find out how flowers are used in the naturopathic world in the healing process. Weds. Oct. 13 1-3pm At the Fairgrounds.
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Personal Care Corner: What the Heck is a Lignan?

By Carrie A. Corson

When customers are trying to make a decision about just which flax oil product they should choose, they often ask, "What's a lignan?" The labeling on bottles of flax oil brings about the question. There's simple flax oil, high lignan flax oil, highest lignan flax oil and even ultra lignan flax oil. So it can be a bit confusing if one isn't sure what a lignan is and why they might want to consume them.

Lignans are actually antioxidant and phytoestrogens found in a variety of plants, which includes flax seeds, pumpkin seeds, rye, soybeans, broccoli and some berries. However, flax has a much higher concentration of lignans than other foods. Lignans, and their effect on estrogen receptors are currently being studied for their potential anticancer properties. Flax is also rich in the lignans secoisolariciresinol diglycoside or SDG and secoisolariciresinol or Seco. These potent antioxidants work throughout our bodies to scavenge free radicals, which can damage tissue and are thought to play a role in the pathology of many diseases.

Not all flax oil is lignan rich. Much of the lignan content may be lost during the filtration process. So if lignans are what you are looking for, look for a product that is unfiltered and unrefined. Good choices

from the Co-op are Barlean's "Highest Lignan" flax oils and Spectrum's "High Lignan" and "Ultra Lignan." These are available in liquid and in softgel capsules. You will also find high lignan flax oil capsules from Natural Factors.

Flax seeds are also an excellent source of lignans. Keep in mind that in order to obtain maximum benefit, it is important to grind the flax seed. Pre-ground products are available from Barlean's. Their Forti-Flax is carefully processed to "liberate" naturally occurring vitamins, minerals, amino acids lignans and phytonutrients without damaging Omega 3 fatty acids. Flax meal from Bob's Red Mill is also available at the Co-op. If you choose to buy whole flax seeds and grind them yourself, a coffee grinder or small food processor works well.

The Flax Council of Canada is an excellent source for more information regarding the benefits of flax. You can find them on the Web at www.flaxcouncil.ca. Barlean's also has a very informative web site at www.barleans.com.

Sources:
Natural Foods Merchandiser, Marilyn Sterling, R.D. September 2004
The Flax Council of Canada
Barlean's Organic Oils
Spectrum Organics



Word of Mouth

by Vicki Reich

We have quite a selection of natural sodas in the store and when a friend asked me which was the best lemon-lime soda, I was stumped. Of course, I immediately thought that lemon-lime or lemon or lime or grapefruit (maybe I should just say citrus) soda should be the next in line for a Word of Mouth taste test.

Although not universal, citrus is a flavor in most of the brands of soda we carry. It was interesting that what kind of citrus was not as important to the flavor of the soda as what kind of sweetener. Here's what the Hog Heaven Handspinners had to say about the eight sodas we tested in the order they were tested.

Hansen's Key Lime Soda (\$0.49) is sweetened with high fructose corn syrup and has no real juice, only natural flavors and we could all tell. It is very sweet with very little citrus taste. In fact, Sarah thought it tasted like flat ginger ale. Danielle thought it was refreshing, but then again, she thought all of the sodas we tested were refreshing.

Knudsen Jamaican Lemonade Spritzer (\$0.85) is sweetened with white grape juice and has real lemon juice in it. It has a fruity smell and taste. Testers called it juice-like and grapefruity. It is not too sweet and has a cloudy appearance that hints at the juice in it. It was one of our favorites.

Crystal Geyser Pink Lemonade Juice Squeeze (\$0.89) is sweetened with grape juice and has real lemon juice and elderberry juice (I think to give it its pink color). It is one of the more carbonated of the sodas we tried. It's not too sweet but has a slight medicinal taste that might be due to the added B vitamins it contains.

Santa Cruz Organic Lemonade (\$0.75) is sweetened with organic evaporated cane juice and contains real lemon juice and lemon juice concentrate. It smells and tastes like lemonade. One tester thought it tasted like

lemon juice concentrate in seltzer. It is sweet but not too sweet and was another of our favorites.

Izze Sparkling Lemon (\$1.15) is sweetened with grape and apple juice concentrate and has lemon juice concentrate in it. It has a great spicy, citrusy smell. It is crisp but not too carbonated with a thick mouth feel that I owe to the addition of gums in the ingredients. It's not too sweet and definitely has the best graphics on their label. They are also the only company that gives part of their profits to non-profit organizations.

Blue Sky Lemon Lime Soda (\$0.49) is sweetened with high fructose corn syrup and has no lemon juice, only natural flavors. Like the Hansen's soda, it is very sweet without much flavor and reminded us again of flat ginger ale.

Fizzy Lizzy Grapefruit (\$1.45) is sweetened with white grape juice concentrate but this is the third ingredient after carbonated water and ruby red grapefruit concentrate. It is the least sweet of all the sodas we tried. It tasted like grapefruit juice with seltzer and we all thought it was the healthiest tasting of the lot. Everyone, not just Danielle, thought it was refreshing. It was my favorite, but I'm not a big fan of soda and drink lots of seltzer.

The Switch Lemonade (\$1.25) is sweetened with white grape juice concentrate and is flavored with lemon juice concentrate. It is the right sweetness with a nice mellow flavor that isn't that lemony. It was also a favorite of the group.

Aside from a long line for the bathroom and a few quiet burps from the back of the room, we all enjoyed the evening. We all agreed it was worth the extra money to get a soda sweetened with something other than high fructose corn syrup. We were once again amazed at the wide range of flavors you could get from something as simple as citrus soda. And Danielle ended the night quite refreshed.

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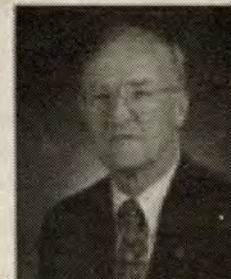
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Vichyssoise or Potato-Leek Soup

by Christian Wise

Fall, then winter, are coming just around the corner and soup sounds more like a good idea than during the hot summer. The versatile elements about vichyssoise are several; one can serve it chilled or hot and the base for the soup can be made into a variety of other soups or side dishes. As a professional chef, I am very interested in bases and parts of entrées that can be kept for some time and can be used in a variety of ways. At home, during a lull in one's busy life, making a good sized amount of a dish or base saves time throughout the week giving one the opportunity to eat well even though the week goes by in a flash.

The soup base I am going to describe can be combined with just a few other ingredients like apples and pears to make different soups and/or potato pancakes (flour and an egg). In addition, using the base can be good for stews and many casseroles.

Vichyssoise

Enough base for 10 servings

- 2 tablespoons of butter
- 5 leeks (large)
- 2 large potatoes (18 ounces or potato) sliced in half inch slices
- .5 cup of diced fresh onion
- 4 cloves of garlic (about a tablespoon minced)
- 1 medium cucumber
- 1 cup of chicken stock (broth)
- .5 teaspoon of white pepper
- 1 teaspoon of salt
- 1 teaspoon of chopped fresh dill

Enough water to cover potatoes, leeks onion and cucumbers in the size pan you select.

1 quart of heavy cream (half and half, whole milk or even skim maybe substituted)

To begin, choosing a 5 or 6 quart pot is suggested. A food processor is nice to have on hand; however a hand sieve (strainer) is also necessary.

As you begin to prepare your vegetables, rinse them thoroughly, peeling the potatoes and onion. After peeling, the onion may be coarse diced and the potatoes cut long ways and sliced in half inch half moons. Cleaning the leeks takes a bit more explanation.



Where the roots begin on the leek, follow up the leek (into the white) about a quarter to a half inch in the white and slice the end of the leek off to completely remove the root system. Next, as you go from the root system up the leek, the color of the leek begins to change from white to light green and then to the green leaves. At the point that the white changes completely to light green, slice the leek and remove the leaves from your cutting board. Now take the leek and slice down the middle of the leek long ways. In the center of the leek, take the first couple of layers and feel those layers. If the core of the leek is hard, remove as many layers as necessary until the layers are soft and pliable. If the core is hard, that hard portion will be bitter and give both your base and soup an unpleasant flavor. Once the leeks are cleaned, slice them in quarter inch half moons.

Cucumber should be washed peeled and de-seeded. To de-seed a cucumber, a small spoon works really well to scoop the seeds out of the middle of the cucumber without losing very much meat of the cucumber.

Place butter, onion, and leeks in the pot and sauté at medium heat until the onion is almost transparent. Add garlic and cucumber to mix for about a minute, then add chicken stock/broth and potatoes. Finally top off the vegetables so they are completely covered with liquid (just covered). Add salt and white pepper to the mixture. Adjust the heat up slightly and bring to a boil, then adjust heat slightly down to maintain a slow or light boil. Cook until potatoes are completely break-

ing apart and about a third of the liquid as evaporated. The cooking process should be about 45 minutes to an hour. At about the thirty minute mark add the dill weed and stir in mixture.

When vegetable mixture is finished cooking, place in food proces-

sor and blend, then run the blended mixture through a hand strainer to remove any leek or onion pieces that are present. The desired end should be a smooth base. Once the base has been strained, it should be refrigerated. The base will keep in the refrigerator for at least a week and can be frozen for keeping up to several months.

Traditionally, vichyssoise is served chilled. Once the base has been chilled thoroughly, place about 3 ounces of the base in bowl and whip in chilled heavy cream of about the same amount to the base. The amount of cream to base is a matter of taste and one should experiment.

The traditional garnish is finely chopped chive; however a dill sprig is a nice addition to the chive.

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 having moved from Missouri 2 months ago.

The Return of The Great Pumpkin.

by Dani Vargas, Produce Manager.

This coming fall season we will have once again a "Guess the Weight of the Pumpkin" contest. Last year it was a big hit and a ton of fun so why not do it again?? These gigantic pumpkins are grown organically in Newburg, Oregon at Mustard Seed Farm. Last year our pumpkin weighted 230 lbs and its weight was guessed exactly by 12 year old Alec Lee of Moscow. If any of you remember what the pumpkin looked like last year you might have a good chance at guessing the weight of this years but we will have to wait until

it arrives. The arrival of last year's pumpkin came around the end of October and we ran the contest for about 2 to 3 weeks. Last year Alec enjoyed the pumpkin for a couple weeks at his home then donated the pumpkin back to us and we turned all 230 lbs of it into 96 delicious pumpkin pies which we then donated to the Moscow Food Bank. I hope that this year we will again be able to make these pies but it will be up to the winner. Get your guessing skills ready and be on the lookout for a really big pumpkin sitting in front of our store!!



Hooray for Another Great Grower's Market Season

by Eva Jo Hallvik

So the third year for the Midweek Grower's Market has come to an end. Wow! I think that we can safely say that it is now a regular, appreciated, and expected event that we can count on. The local organic growers as well as the consumers enjoyed each and every Tuesday evening in the front parking lot from last May through September.

"I am so impressed with the variety of produce, there are things at this market that I have never even seen or tasted before," said one market consumer.

"Selling produce here is fantastic for promoting buying local organic produce. It is this, I believe, that creates a healthy and peaceful society. If everyone were able to eat this fresh produce daily, (picked on the day of sale), I am sure that there would be much less conflict in the world. This is the most rewarding way to make living that I can think of," says one of the local organic producers present on Tuesdays.

"I can't believe how much better this fresh produce tastes. My understanding of what tomatoes are and can taste like has radically changed," said a buyer at the market, who told me that she moved here from Hawaii where most of the produce she remembered eating while growing up was always imported, and picked countless days or weeks before reaching her plate. I asked her why didn't they grow fresh stuff themselves there and she said that she had not thought of it while growing up—it was just the way it was. She will now always question where her produce comes from more. She even had her own garden this year and marveled at the rewarding joy that it brought her. "I wish everyone could have this experience."

Everyone eating locally grown fresh organic produce? Everyone?

Okay, whoa, that seems a little overwhelming to try and imagine. I mean what about those countries in

drought? What about the people in the big cities?

The people in big cities are actually more and more able to do this with neighborhood community gardens and markets.

And the countries with the droughts? There are ways to grow more vegetables with less water. John Jeavons has a book out "How to Grow More Vegetables" that shows many great bio-intensive gardening techniques; we used this book when I was in the Peace Corps in the 90's in Lesotho, Africa. My experience there gave me appreciation for the bountiful soil of the Palouse, and the endless glory of a hose. I remember having to carry the water in five gallon buckets from a little more than a football field away to water my precious vegetables. I got pretty good at balancing it on my head, with the help of one hand. I still have so much respect for the power of the women and people from Lesotho, and many countries like it, that really know how to use their bodies. Ten years after I have returned from there I am still trying to figure out why we in the U.S. are not healthier and why we don't choose to regularly eat fresh organic vegetables. I think we (in general) make things much more complicated than they need to be and have gotten our priorities way out of control.

It could be so simple: breathe deep, drink water, eat fresh local organic vegetables, practice gratitude, give of ourselves, love ourselves and our neighbors, forgive ourselves and our neighbors, notice the beauty and joy in all creation, breathe deep.

Hooray for another great season with the Midweek Grower's Market. Thanks to the wonderful producers that provide our community with the most delicious and nutritious vegetables available in Moscow. Thanks to all of the consumers that make it possible for those wonderful producers to keep growing those amazing vegetables. Thanks to the Co-op for sponsoring this great market. Thanks for this chance to give thanks.

If you would like to sell your local organic produce at the market and have questions about how to do that please contact one or both of the volunteer coordinators, Eva Jo Hallvik at webeam@hotmail.com, or Kathi Colen Peck at kscp@turbonet.com.

Eva Jo Hallvik, LMP, is very thankful for fresh local organic vegetables and all who make that a reality.

Fresh Apple Cider on a Cold Fall Day!!

by Dani Vargas, Produce Manager

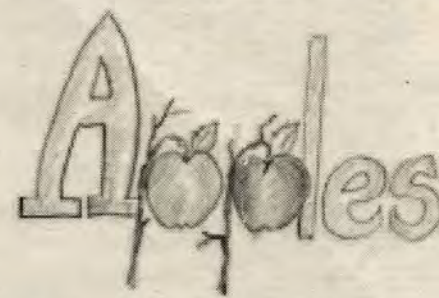
One of my favorite things to do when fall arrives is to make apple cider. When the sun starts to leave us behind and the cold fall weather arrives there is nothing better to warm you up than a hot cup of freshly pressed cider. The best part about this cider too is that you get to press it yourself.

Where, you ask?? Well, I will tell you. Bishop's Orchard is located in Garfield, Washington, about 10 miles north of Palouse. It is very easy to find one you are in Garfield and a great thing to do on one of our fall days.

The orchard is only open for about two months, beginning in the first week of September and continuing until the last week of October. They have around 11 different varieties of apples to choose from, also Bartlett pears, D'Anjou pears, and prunes. The types of apples available to make cider out of change as the season progresses. These first couple weeks the cider might be made from Cortland, McIntosh, Redfree, William's Pride, or Gravenstein Apples but towards the end you might see more Golden and Red delicious or Spartan and Empire Apples. It is fun to go out at least twice during the two months; the different apples used make a difference in the taste of the cider.

Their hours of operation are from 9:00am to 5:00pm on the weekends and 5:15pm till dusk Wednesday through Friday. You do need to bring your own clean containers to put your cider in and it is helpful also to bring your own bags if you want to pick apples, pears, or prunes to take home with you. I like to use the milk jugs we sell at the Co-op just to make sure the containers are new and clean.

Although Bishop's Orchard is not Certified Organic they are dedicated to using friendly farming practices. The two pests that cause them the most problems are the codling moth



and apple scab. Instead of using conventional pesticides, which they do not in the orchard, they rely on mating disruption to control the moth. Female moths send out a pheromone to attract male moths. In the orchard the workers saturate the area with the same pheromone that the females send out making it much harder for the male moths to find them and inhibits reproduction of new moths. This technique is costly and not always effective but works well for them and is non-toxic. For the problem of apple scab the orchard uses a leaf wetness monitor. The data collected is downloaded into a computer, which can tell if apple scab is going to appear due to the wetness calculated. If scab does need to be prevented the orchard uses only "soft" fungicides. The benefit of using this technology allows for minimal fungicides to be used and only if they absolutely need to be.

If you love fresh cider you should take a couple hours out of your day to travel to Garfield to make your own. It is delicious and a fun thing to do with friends, family, or by yourself.

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Everything You Wanted to Know About Squash But were Afraid to Ask

by Judy Sobeloff

I was eating yogurt with his wife and child when Webmaster Bob appeared in the kitchen doorway, wielding a bulbous botanical object and demanding to know what I thought it was. "Is it edible?" he asked, pointing it right at me. "You write those Co-op articles, you should know. What's the difference between a gourd and a squash?" I tried focusing on my breathing, alarmed by a) the nature and proximity of the object, b) the dawning realization that more of the same were growing in my own backyard, increasing daily in size and number, and c) the distressing implication that writing about something required knowing something about it.

I wasn't comfortable making a diagnosis, but I knew full well what that "pebbled" (read: warty) thing was: the ones in my garden had a little marker beside them that said "crookneck squash." Having watched them from the safety of the kitchen window, I knew they began innocently enough, flesh smooth as babies' bottoms, but when adolescence struck, a hard, pimpled exterior took over. I couldn't believe they were edible, but why else were we growing them?

I had to admit that, like Bob, I had a lot of questions about squash I'd never faced. Here's what I learned: Apparently, gourds, squash, pumpkins, zucchini, cucumbers, and melons are

all part of one big happy gourd family, of which some members are edible and others are not. Thus, all squash are gourds, but not all gourds are squash.

According to the web journal Wayne's Word, "The total number of [gourd] species may exceed 700, ... [with] the fruits of this exceedingly diverse family [coming] in an astounding array of shapes and sizes, from tiny, marble-sized 'jumbie pumpkins' of the Caribbean islands to giant gourds over seven feet long." Not to mention the giant 230-pounder made into pumpkin pies last year by the Co-op.

Because edible gourds contain seeds, they are considered fruits rather than vegetables. Winter squash (i.e., acorn, buttercup, delicata, hubbard, and spaghetti squash) have harder, non-edible skins than do summer squash (i.e., crookneck, pattypan, and zucchini). Summer squash, writes Mark Bittman in *How to Cook Everything*, are best "caught young, [when still] firm and flavorful." In other words, a) the hardened crookneck specimens in Bob's kitchen and my garden seemed to have made a transition into something more like winter squash than summer squash, and b) the four-foot-long zucchinis left on my doorstep by friends Chris and Kirsten, while awe-inspiring, would not be Bittman's first choice for eating.

Speaking of non-edible gourds,

they are used "throughout the world for musical instruments, ... pipes, masks, canteens, water jugs, dippers, birdhouses, bath sponges, [decorations] with intricate etched designs ... and 'penis [sheaths]' worn by men of New Guinea." What is it about gourds that inspires so many to such divergent ends?

Back home, adding only butter to acorn squash, delicata, and buttercup squash before baking, I found all of them delicious, particularly the delicata. When selecting an acorn squash, I read, "a good balance between green and orange coloring is optimum" (homecooking.about.com). Although loathe to abandon the simplicity of butter only, something about the earnest little author photo next to the sincere and forthright recipe on foodreference.com compelled me two days later (!) to yank the leftover acorn squash from the fridge and add extra ingredients (pumpkin pie-style spices and soy sauce) and bake them again. The results: after the smoke detector stopped beeping, fabulously delectable.

But what to do about those hard-shelled crooknecks? I was no match for them, but Fred, applying a combination of brute strength and most of the implements in our kitchen, was able to get one open. Surveying the contents, we agreed there was no way we would eat this. We did cook up a few young, still tender crooknecks, supplementing them with pattypan. Our friend, Joe, liked the "end-of-the-summer garden flavor" of "Sautéed Crookneck Squash," especially the nice crunch added by the water chestnuts. Meanwhile, in an independent testing laboratory on the other side of the town, Bob, attempting to use his overly mature crookneck in a "thingy ding with onions," also found it imperious.

BAKED ACORN SQUASH
(adapted from foodreference.com)

Cut each acorn squash in half through its poles, and scoop out the seeds. Place the halves either a) flesh side down in a covered baking dish, with enough vegetable or chicken stock to come at least a quarter inch up the side of the squash, OR b) add butter to the hollow scoop of each half and place upright uncovered on a greased cookie sheet. Bake in a pre-

heated 350 degree oven for approximately 45 minutes.

Drain any fluid, turn the squash flesh side up. Cover the squash with:

Butter to taste (approx. 2-3 Tbsp. per half, less if added previously)

Brown sugar (just sprinkle it on until the entire half is lightly coated)

Powdered cinnamon (a light dusting over the entire surface)

Salt and pepper to taste

EITHER a) a light dusting of allspice and ground cloves and/or nutmeg OR b) 2-3 teaspoons of soy sauce per squash half. Bake for 10-15 more minutes, flesh side up, uncovered.

SAUTÉED CROOKNECK SQUASH (adapted from Clarita's Cocina, recipesource.com)

2-1/2 lb. crookneck squash (4-6 small ones)

1/4 cup butter

1 Tbsp. olive oil

1 medium onion, chopped

1/2 cup water chestnuts, chopped

1 tsp. salt

1/2 tsp. pepper

Wash and scrape squash. Slice thinly into a bowl and set aside. In a large skillet, heat butter and olive oil. Add onion and sauté until limp. Add the water chestnuts and continue cooking at low heat until chestnuts appear golden. Add sliced squash and seasonings and mix thoroughly. Cover and cook on low heat 15 to 20 minutes until squash is tender.

Judy Sobeloff likes the weird, wacky, wonderful world of gourds even more now that she knows something about them.

(Editor's Note: I have had good luck turning overly mature crooknecks into zucchini bread by trimming off the ends and applying the entire squash mercilessly to a sharp grater, as you would a large carrot. It takes a firm grip and decisive grating action. When the seeds jam the grater holes just brush them into the bowl; they bake up fine inside the bread. I've used grated crooknecks in regular zucchini bread recipes and also substituted it for cooked pumpkin in pumpkin bread recipes. I would also assume you could use grated crooknecks to make some kind of vegetable fritters, subbing the squash for something firm like potatoes, or apples. Let us know what works for you!)

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Babies!

Have a Ball with meatballs!

by Sharon Fraser

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I love eating meatballs, but absolutely despise making them. I do not enjoy handling raw meat and to get it over with quickly I make my meatballs as large as possible, roughly the size of volleyballs. This is okay for a family dinner, where my daughters can share a quarter of a meatball and get a month's worth of protein, but I've never felt comfortable serving them to guests. I envy people who produce perfect tiny little meatballs, and present these mouth-watering marble-sized morsels for hors d'oeuvres.

I know there are packaged solutions to my woes. There are many manufacturers of delicate tasty meatballs. But I am extremely fussy about food in general, and meat in particular, so after I scan the ingredients list these factory creations never make it into my shopping cart. Then, one day, I found my solution - where else - in the Co-op's freezer section.

I recently brought home a package of Shelton's Free Range Turkey Meat Balls. I approached it with my usual skepticism, but was intrigued with what I read. The box assured me that the meatballs were made from free-range turkeys and organic breadcrumbs. Further research revealed that they were produced by a small family-owned operation in California that used their own poultry to

make healthy products. This seemed like only a small step away from home made, so I felt comfortable trying it on my family. I was glad I gave these tiny, delicate, and well-seasoned meatballs a chance.

In the interest of scientific investigation my daughters and I took it upon ourselves to taste-test these potential hors d'oeuvres before presenting them to company. So we had them for lunch. The meatballs, being pre-cooked, didn't take long to prepare, and I wasn't plagued with the worry of undercooking meat.

The meatballs passed the Samantha test. Usually, when I introduce a new food she tastes it (a house rule) and then politely says, "I don't think I'll have any more, thank you." This saying has been learned by rote to replace her spitting out the food and yelling "Yuck!" But this time Samantha raved over the meatballs. She tried to talk me in to going back to the Co-op that night (around bedtime) to buy more.

Samantha and I certainly aren't alone in loving meatballs. They have been part of most countries' culinary history for centuries. The earliest use of ground meat can be traced back four thousands of years to the ancient Egyptians. Much later, Genghis Khan (1167-1227) and his army kept raw

ground meat under their saddles for high protein meals on the run. Over time, each part of the world evolved its own version of the meatball. For example, the Swedish meatball is traditionally served with Loganberry jam, the Turkish version is a highly spiced oval meatball whose name translates as "Lady's thigh," and the Italian meatball and spaghetti sauce has become an American classic.

But for my daughters and I the clear favorite is Shelton's Free Range Turkey Meat Balls. We plan to pick up at least three or four boxes of these tasty well-seasoned meatballs when we go to the Co-op; and hopefully at least one will be available for hors d'oeuvres when we entertain.

Sharon Fraser is a freelance writer living in Pullman with her husband and two daughters. She loves trying out new food at the Co-op.

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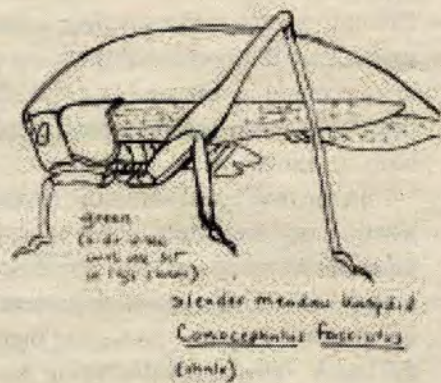
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Letter From the Land: Six-legged Singers

by Suvia Judd

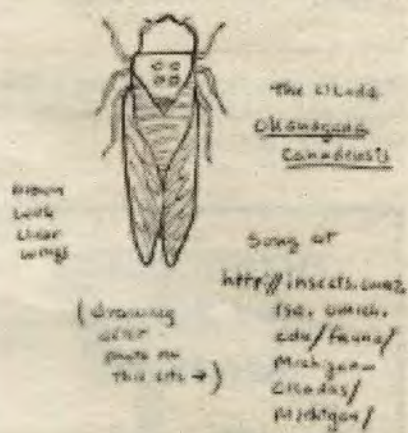
Every summer there's one night on the Mountain when I walk around a corner from the cool forest onto a ponderosa ridge, feel the warm rush of up-welling air from the valley, and hear a new sound. The Pacific treefrogs have ceased their choruses as the ponds have dried up; only an occasional individual calls "reek-eeek" from a mountain spring. The new sound in the forest goes "chirt-chirt-chirt-chirt-chirt-chirt-chirt-chirt..." and infallibly makes me think



katydids, and cicadas. Crickets and katydids are related to each other, and to grasshoppers (Order Orthoptera) Crickets and katydids make their

songs by rubbing the ridged edges of the their forewings together. (Certain grasshoppers also make a sound, by rubbing a leg on a wing.) Cicadas (Order Homoptera) have a pair of sound organs in their abdo-

mens called "tymbals," with muscles running through them. Cicadas call by contracting those muscles. Crickets have a more "pure" and to us more musical "trill" sound, composed of a run of chirps, whereas both katydids and cicadas are buzzy or raspy. Crickets, although they can call 24 hours a day, are more often heard at night. Cicadas make their continuous buzz note in the daytime.



of summer, and with a little chill, of fall. I have never known for sure what the little invisible chirpers of a summer night were; awhile ago I began calling them all categorically "crickahoppers."

It turns out there are three kinds of insects I might be hearing: crickets,

Cricket chirp speed varies with temperature; you can hear some samples of snowy cricket calls at temperatures from "hot" to "cold" by going to the U Florida site for the snowy cricket song: <http://buzz.ifas.ufl.edu/585a.htm>.

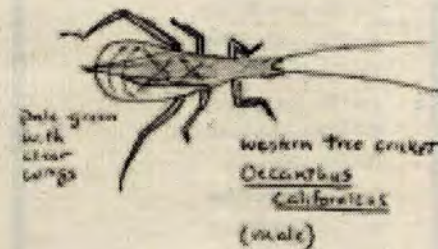
In all these singing insects the males call to reserve territory, and to assist the females to find them. The females have hearing organs with great sensitivity. Some predators make use of the calls of the males to home in on them and eat them. The female *Osmia* fly, for example, has hearing even more acute than the female cricket of the species it preys on. The

fly locates the male cricket and lays an egg on him which later hatches into a larvae that consumes the host

cricket. Where the cricket and fly overlap in range (in Hawaii) the male crickets call less obtrusively and in a more restricted, nocturnal time frame. Similarly, cicadas in Panama, where there are lots of bats, call more quietly and less often than cicadas elsewhere and thus apparently delay being made a meal of.

I'd like to learn more about what

these creatures are eating on Moscow Mountain; so far most of my researches on "diet" have turned up lots and lots of animals and birds who have crickets, cicadas and katydids in THEIR diets! All these singing insects eat plant material, which may explain



why my first computer searches turned up mainly exemptions to bans on certain pesticides to allow farmers to control, for example, Mormon crickets. "Cricket sounds" produced good leads. I have added a fat handful of interesting websites to "favorites" to return to for further exploration; "Sounds of Cicadas from Slovenia, Croatia and Macedonia" has recorded calls and beautiful pictures. The expanding front of ignorance is a wonderful thing!

Below are some pictures of singing insects you might hear on the Palouse.

Suvia Judd explores the natural and computer universe from her home in Moscow. Thanks to Frank Merickel of the U. of Idaho Barr Museum of Entomology for help for this article. Also useful was 'Singing insects of North America,' by Thomas J Walker and Thomas E. Moore, available online at <http://buzz.ifas.ufl.edu>

Fall Planting on the Palouse

by Patricia Diaz

Autumn is a great time of year to set out permanent plants in the Palouse region. Because spring is so temperamental and often short, spring-planted transplants can be exposed to freezing temperatures one day and hot summer weather the next. Plants put into the ground in fall have a better survival rate as they can become more established before the temperature extremes of spring and summer hit. In order to achieve strong root growth, however, you should get the plants in the ground before the ground freezes. October is usually the perfect month to get your permanent plants in the ground as well as your bulbs. First we'll discuss where and how to plant and then finish up with good plant suggestions.

Location is an important consid-

eration when choosing spots to plant your permanent plants. East- and north-facing exposures are good places for flowering trees as they have less chance of breaking dormancy and having blossoms damaged by late hard frosts in the spring.

To plant perennials from 4-inch pots, dig a hole the same depth as the container and 1-2" wider. Separate the roots and cut off any rootball coil that might be at the bottom. Place the plant so that the top of the rootball is even with the soil surface and firm the soil around the roots, watering gently. Spread a 3-4" layer of coarse compost or mulch over the root zone but don't let it touch the crown of the plant.

To plant trees and shrubs that have been in containers, dig a hole twice as

wide as the rootball and leave a little mound in the bottom of the hole for the tree/shrub to rest on. Again, have the rootball be at the same level as the surrounding soil. Backfill with amended soil and firm around the plant. Make a surrounding berm to form a watering basin and water slowly and deeply. Spread a 3-4" layer of mulch over the root zone.

TREES

There are some excellent choices of flowering trees to plant in the fall, including the native serviceberry. Some of the more popular trees include the crabapple *Malus* 'Coralburst', Eastern redbud (*Cercis canadensis*), European mountain ash (*Sorbus aucuparia*), Goldenrain tree (*Koelreuteria paniculata*), Ornamental pear (*Pyrus calleryana*), Pagoda dogwood (*Cornus alternifolia*), 'Princess Kay' plum (*Prunus nigra*), Russian hawthorn (*Craetaegus*

ambigua), and Serviceberry (*Amelanchier x grandiflora* - 'Autumn Brilliance'). All but the Russian hawthorn require moderate water while the hawthorn likes low water.

SHRUBS

Good choices for flowering shrubs include Apache plume (*Fallugia paradoxa*), Austrian copper rose (*Rosa foetida* 'Bicolor'), *Daphne xburkwoodii* 'Carol Mackie', Dwarf chamisa (*Chrysothamnus nauseosus*) False indigo (*Amorpha fruticosa*), Fernbush

cont. next page



(Fall Planting)

(*Chamaebatiaria millefolium*), Golden currant), (*Ribes aureum*), Mock orange (*Philadelphus lewisii*), and Western sand cherry (*Prunus besseyi*). We have the latter three in our garden and they're doing really well. Those requiring very low water are the Apache plume, dwarf chamisa, and fernbush. Those that like low water are the Austrian copper rose, false indigo, golden currant, and sand cherry. The remainder like moderate water.

GROUNDCOVERS

Good groundcover choices include Dwarf periwinkle (*Vinca minor*), Ice plant (*Delosperma nubigenum*), Rock soapwort (*Saponaria ocymoides*), Snow-in-Summer (*Cerastium tomentosum*), Speedwell (*Veronica pectinata*), and Woolly thyme (*Thymus pseudolanuginosus*). The periwinkle, speedwell, and thyme are fire resistant and like low water while the others prefer moderate water.

ORNAMENTAL GRASSES

Good grass choices include Blue oat grass (*Helictotrichon sempervirens*), Feather reed grass (*Calamagrostis x acutiflora*), and Little bluestem (*Schizachyrium scoparium* 'The Blues') which like low water, and Fescue (*Festuca idahoensis* 'Siskiyou Blue') and Maiden grass (*Miscanthus sinensis* 'Morning Light') which like moderate water.

PERENNIALS

There are many perennial choices that are good for transplanting in the fall. They include: Desert four o'clock (*Mirabilis nutiflora*), Provence broom (*Cytisus purgans* 'Spanish Gold'), Sundrops (*Calylophus serrulatus*), Winecups (*Callirhoe involucre*) which like very low water; English lavender (*Lavandula angustifolia*), Jupiter's beard (*Centranthus ruber*), Mullein (*Verbascum bombyciferum* 'Arctic Summer'), Ozark sundrops (*Oenothera macrocarpa incana* 'Silver Blade'), Purple prairie clover (*Petalostemon purpureum*), Rocky Mountain penstemon (*P. strictus*), *Salvia nemorosa* 'East Friesland', Statice (*Limonium gmelinii*), and Yarrow (*Achillea* 'Moonshine') which like low water; *Aster x frikartii* 'Monch' and Golden columbine *Aguilegia chrysantha* (A) like moderate water. The lavender, columbine, and Jupiter's beard are all fire resistant.

Pat Diaz gardens an hour east of Moscow on the fringes of the Palouse and wishes you all a bountiful and successful end to the planting season.

Nature in the City: Horse Chestnuts

by Sarah Walker

Chestnuts amaze me. In fall, when their shiny red-brown "nuts" lie scattered on the sidewalks, I can't walk by without picking up a few to polish and keep around the house for a while. A writer named Rebecca Rupp describes their marvelous color as "seductively gleaming mahogany." I think the color and feel are as evocative as beautifully tanned leather.

In the spring I get another jolt from chestnuts because their white flower clusters are so striking. At the tip of each branch is a tall pyramid of frilly white flowers, each with a splotch of pink and several long slender stamens. They are exotic-looking.

The chestnut trees along Moscow's streets are called European horse chestnuts. Admire the shiny nuts and the gorgeous flowers, but DON'T EAT THE NUTS! Horse chestnut trees do not produce the "chestnuts roasting on an open fire" that Nat King Cole croons about every Christmas. The edible chestnut grows on the European sweet, or Spanish, chestnut. The ones we buy for the holidays are most likely imported from Italy.

Horse chestnuts contain a bitter poison called aesculin. Even though we see squirrels going after them, horse chestnuts are toxic for humans.

Aesculin's poisonous properties are put to use by bookbinders, who add chestnut starch to their paste because book-nibbling insects will avoid it.

In England horse chestnut seeds are called "conkers." Apparently young boys string them on a line for a

game of the same name. Serious tournaments are held each fall. Ben and Jerry's sponsors one of these! More on this at www.woodlands-junior.kent.sch.uk. Personally, I had a hard time seeing how one chestnut dangling from a thread can smash another one, but Conkers dates back hundreds of years, so I must be missing something.

While learning about horse chestnuts for this article I realized that I had never actually seen an American chestnut, the majestic tree once com-

mon in old growth forests in the East. I wondered if there even were any left living, after the devastating chestnut blight wiped out the American chestnut by 1940.

the 16th century. The easily-collected and fat-rich nuts were a popular food. Martha Washington's "Booke of Cookery" includes chestnut desserts. Longfellow wrote a poem in 1842 that starts out "Under a spreading chestnut tree / The village smithy stands." Native American tribes in the East used made chestnut meal and collected the oil from chestnuts.

A well-worn tale—one that everyone's sick of hearing over and over—is called "an old chestnut."



Horse chestnut's exotic spring flowers and prickly fall burs. As the seeds ripen the burs open and release the shiny red-brown—but inedible—"nuts."

Moscow tree experts directed me to the U of I campus where there are a couple of healthy trees that are either American chestnuts or Chinese chestnuts (it is not easy to tell them apart). I was able to spot the one by the tennis courts along Blake Avenue because of the spiny green burs on the ground, and clustered on the branches. This tree isn't a "majestic giant" but it looks healthy. It's easy to find, between the street and the lowest court.

Chinese chestnuts are resistant to the blight that wiped out American chestnuts. Hybrids between Chinese and American chestnuts are being developed as a way to restore American chestnuts.

American chestnuts were common when Europeans came here in

I already have a small pile of "seductively gleaming" chestnuts on my window sill, but this year I know: don't eat 'em!

Chestnut trees

European horse chestnut (*Aesculus hippocastanum*) Horse chestnut family

American chestnut "The true chestnut" (*Castanea dentata*) Beech family

European sweet chestnut (aka Spanish chestnut) (*Castanea sativa*) Beech family

Chinese chestnut (*Castanea mollissima*) Beech family

Buckeye (*Aesculus glabra*) Horse chestnut family

Sarah Walker found Rebecca Rupp's book "Red Oaks and Black Birches" full of good stories about trees. She thanks Roger Blanchard, Jim Fazio, Richard Naskali, Dave Rock, and Paul Warnick for their chestnut knowledge. If you know of other chestnuts in Moscow please email Sarah at citynature@moscow.com.

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Staff Profile: Jim Agenbroad

by Susan Simonds

Tired from a long work day when I met with Jim to interview him for this article, I was quickly infused by energy emanating from his presence. Jim seems like a man who knows what he is about and feels comfortable around people. If Jim's energy had a color, it would be a bright, optimistic green.

Newly arrived in Moscow in August from Boise, Jim made the move to be with his fiancée, Ariel, a University of Idaho student in agricultural education. Having shopped at the Co-op when he visited Ariel during their year and a half of long-distance love, Jim knew he wanted to work here. Despite many years of experience as a cook, he took a job as a Deli Server just to get his foot in the door. He was quickly promoted to Hot Bar Cook when the job was suddenly open two weeks after he started. What does Jim do as a Hot Bar Cook? He makes the hot lunch specials twice a week; the hot dinner special on Wednesdays; pizza on Friday nights; crepes, eggs, and hash browns on Saturdays; and cuts, wraps, and displays the cheeses. Jim says he enjoys the variety of the job and, in fact, being a cook at the Co-op has outshone his expectations.

A cook since the age of sixteen, Jim reluctantly left a position he loved, making Basque and American food in a Boise restaurant called Gernika, a tiny, relaxed pub. Intrigued by the idea of Basque food, I could not help but ask for details. At Gernika, Jim crafted solomo sandwiches, which consists of sliced marinated pork loin with roasted red peppers; chorizo, which is pork sausage; paella, a seafood rice dish; and tortilla potatoes. Just think of the possibility of paella on the Palouse.

Jim prefers not to cook much outside of work. He loves Ariel's cooking: "She spoils me. I don't know how I got so lucky." He does do breakfast and the occasional barbeque. As for his favorite dishes to make when he is a working chef, he is partial to omelets because of their versatility. "They are simple, easy to make, and you can put a wide range of things in them." His favorite is an omelet with green



pepper, mushrooms, and cheddar or Swiss cheese. In terms of his own favorite things to eat, he adores pasta, especially lasagna and any pasta with alfredo sauce. Having grown up on a farm about 20 miles east of Boise, he describes himself as "a huge bread, potatoes, and steak" lover.

Jim is an avid golfer and big sports fan. His teams are the Cleveland Browns and the LA Dodgers. He considers his family to be the most important thing in his life. "I live to be happy for my family, my fiancée, and my amazing niece."

Like so many of the staff members that I have interviewed, Jim has another important calling outside of his job at the Co-op. He is an artist who does linocut prints and paintings in oil and acrylic. He paints on hydrostone, a mixture of plaster of Paris and Portland cement that creates a malleable surface. The result is that Jim's works are like wall sculptures. He described his current content as organic plant images. His last project was a linocut series based on Greek caryatids, which are columns with female forms. Unfortunately for us, but very auspiciously for Jim, he is represented exclusively by the J. Christ Gallery in Boise, so we will not get to see his artwork here. Hopefully, some day Jim's art will be online so that we can get a glimpse into his other world.

Susan Simonds wrote this article in a rush so that she could get to the Sixth Annual Nordic Roots Music Festival in Minneapolis, which was created by her brother, Robert Simonds, who does his music thing at <www.noside.com>.

Volunteer Profile: Caitlin Cole

by Yvonne McGehee

"Wow....that's the youngest volunteer I've ever seen! How EVER does he manage to carry out his volunteer tasks...?", you may be wondering, if you've taken a peek at this month's volunteer profile's photo. Yes, at fourteen months old, Connor's a young one all right....but he's not the featured volunteer; his mother Caitlin is. Caitlin does not feel well-represented by photographs, and has instituted a personal ban on them, so her son Connor was elected to stand in for her. He was happy to oblige, and posed among the tables and chairs at the Co-op where we met for this interview. He is, after all, closely related....and he certainly has started life with early exposure to organic foods and co-op products! Caitlin has been a vegetarian for 16 years, and has tried to eat organic foods almost exclusively for about the last 5 years; so Connor has been eating healthy foods from environmentally conscious producers right from the start.

Caitlin was born in Boston and raised in a nearby suburb. She has a BA in English literature from the University of Maine, and her life has been enriched by that educational experience. Twelve years ago, falling in love with Seattle while visiting friends there, she pulled up stakes and moved all the way to Washington's west side. This is a woman who makes up her mind about things, and not just about whether to have her picture taken or not, either.

In 2001 Caitlin and her husband David moved to Eugene Oregon so he could attend school there; and this past July the family moved to Moscow Idaho, where David attends the University of Idaho and is majoring in civil engineering. But before they moved, Caitlin looked up information on availability of organic foods; she had no intention of moving to any place where organically grown produce was not available! While still in Eugene, she went online and learned about the Moscow Co-op, and about the volunteer discount. With that information, Caitlin was ready to move to Moscow and to volunteer at the

Co-op. This is a wonderful example of how useful the Co-op's

website is, not only for local people but for those planning a move as well. Caitlin and David are very happy with the warm, friendly community of

Moscow, and regard it was a super place in which to raise Connor.

Caitlin works in the early morning as a volunteer at the bakery case, marking down the day-old items and bringing out the fresh new ones. She works behind the scenes and you probably wouldn't see her. She appreciates the flexibility and variety of hours available for volunteer work, because she



can be at work at a time when David is home with Connor. That way Connor doesn't have to go to daycare while Caitlin is volunteering. She likes working with the baked goods, because she enjoys baking at home. Though not a baker at the Co-op, it has been a learning experience. She has had opportunity to see the differences between baking on a large scale for sale to customers, and home baking. The larger scale baking requires a lot of physical labor, in preparing and lifting trays full of fresh baked goods, in a warm kitchen; and everything has to look perfect for the customers. Caitlin occasionally gets to sample those baked goods that are too small or don't quite make the grade in some other way.

Caitlin's husband David points out that it will be odd, looking back in future years at all those baby pictures of Connor without his mother in any of them. But Caitlin seems like somebody who thinks through her opinions, makes up her own mind, and sticks with her

cont. next page

Customer Profile: Kathleen Benton and Bill Beck

by Vic Getz

In 1987, Kathleen Benton and Bill Beck left their custom built house north of town and headed south to take up residence in San Diego. They left behind a community they loved and a place that was home. They had no idea they'd be gone so long. They never thought it would happen.

During those 17 years away they knew they would come back here because, for them, it was always home. Sitting in their San Diego living room with friends, they'd sometimes talk about home, puzzling the listeners because, "Um...aren't you home now?"

Yes, of course. But not in the sense of *genius loci* – the protective spirit of place, that indefinable quality that makes it special. That's how Kathleen described her connection. She felt "inexorably drawn back to a place that's home."

We talked a lot about the sense of place. But, San Diego's a place. Isn't it?

Yes, of course. It's not that it wasn't special and they do miss some things. They miss friends. Kathleen misses the chickens she shared with her neighbor. No, it's not that San Diego wasn't special. It had options and

variety and culture. It also had "cars, lots and lots of cars," and lines of division and insulation from others and, maybe, ultimately, from self.

Oh...and the fires! In their suburb of 900 houses, about 1/3 were destroyed in wild fires last year. The home next to theirs burned to the ground. Their description of the fires was fascinating in a horrific kind of way. Bill observed, "It took a natural disaster to bring people together."

Place is a lifestyle choice, Bill said. And so they've returned. "Things aren't as 'static' here."

To explain he talked about weather, how there's something more vigorous about living here and how it feels closer to nature. "Weather. It's got something to do with the weather...something is the glue."

Concurring, Kathleen talked about their neighbors here. They have "the epitome of a good neighbor," she said. And the farmers near where they live offer unsolicited help when they see a need. "It's sort of tradition – It's just what you do."

Bill observed, "In a small town it's a little bit harder for people to be disingenuous or selfish."

Besides, though they lived in a



somewhat rural suburb of the city, development was fast encroaching on them.

What do you think of Moscow's development, I asked. They said it looks dismally like the things springing up around San Diego. "A wave of little boxes," Bill said.

Moscow hasn't really changed all that much, though. Not in terms what drew them back. It's better in some ways, Bill said. "The Co-op's bigger. It's the heart of the community for us."

Kathleen told me that if the Co-op wasn't here, Bill claimed he wouldn't have moved back! Bill has a history with the Co-op. He'd worked as a volunteer and then later managed it.

"All you have to do is come into the Co-op" and it's like coming home, Bill said. Living in a high density population, it's different. His experience of the city is that people are insulated from one another. "People just get weird."

It took time to extricate themselves from the life they'd created in San Diego. When they left in 1987, they had jobs to go to but no community. Now, full circle but turned inside out, they've returned to their house and the community they love, although how their livelihood manifests is "the intangible," according to Kathleen, who would love to be able to just stroll out to her studio to paint. Bill, if he could do whatever he wanted, would find a way to be outside. He really loves weather and the wind - which is one of the things that brought them

back. To experience seasons again.

People in San Diego thought they were nuts to leave. It was the same response they got when they left the Palouse 17 years ago. And maybe they are nuts – in the way that dreamers and visionaries and the truly creative are nuts. Crazy enough to find comfort in uncertainty. And to know that the spirit of place is something worth returning to.

Welcome home!

Vic Getz was reminded, after talking with Bill and Kathleen, how grateful she is to be living here in this community. It's got great *genius loci*.

(Volunteer Profile)

decisions, regardless of whether they reflect prevailing trends or not. This is clear from her informed decisions as a consumer.

Her commitment to an organic, locally grown vegetarian diet is based on her personal experience, on research she has done, and on a desire to avoid compromising the welfare of factory farmed animals. She believes that her choices as a vegetarian consumer have an effect on animal welfare, and that her choices to support environmentally conscious companies have an effect in the world Connor will grow up to inherit. By buying locally grown organic produce, she is choosing to support small local farms using methods of production that are less environmentally damaging than those used by large scale conventional producers. She considers herself an environmentalist and tries to live accordingly.

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

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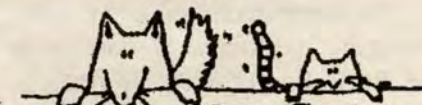
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Large & Small Animals

Nancy Maxeiner, D.V.M.

Business Partner Profile: Tye-Dye Everything

by Jill Maxwell

Rainbow spiral T-shirts are the one item Arlene Falcon absolutely has to keep in stock.

It doesn't matter how well stocked the shelves of Tye-Dye Everything are, if she's running low on rainbow spiral designs, she runs that risk that some customer will walk away disappointed.

Walking away empty-handed, however, is hard to imagine. The walls of Tye-Dye Everything's cozy space are flowering with all kinds of clothes in all kinds of explosive colors. She has everything from tennis shoes and shoelaces to hats and scarves; and beautifully colored items to cover every part of your body in-between. If you can't find the article of clothing you need, she will take special orders and dye it for you.

Falcon has been making tie-dyed garments since 1989, when she and her then-husband became interested in the art after buying a T-shirt at a Grateful Dead concert. "My ex-husband suggested we do our own," recalls Falcon. "I thought he was crazy." But, he bought a bunch of T-shirts and the business was born. At the time, Falcon lived in a log cabin in the mountains near Santa, Idaho. She had running water and a washing machine, but had to dry her tie-dye creations by laying them out on the driveway.

They started selling T-shirts at barter fairs, and, in 1991, they got an opportunity to buy a screen printing shop in Saint Maries. "That's when it took off," remembers Falcon. She and her husband came up with some unique designs that combined screen printing and tie-dye techniques. Falcon still sells some of those designs in the store.

If you haven't yet ventured into the store, you've probably seen Falcon and her colorful wares at some of music festivals in Moscow and around the Pacific Northwest.

The first festival they sold T-shirts at was the 20th Annual Woodstock in the Park Festival in Spokane's Riverfront Park. Falcon and her husband took 20 T-shirts to the event and sold them all. "That was when we decided we had a business," said Falcon. "Up until then it had only been for friends."

These days, Falcon does 15 to 20 festivals a year, including Seattle's Folklife. The festival season runs from April until Christmas. Falcon doesn't get tired of the festivals, rather, she says, she's having more and more fun.

However, she loves working in the store as well. "There's always all kinds of surprises," she says cheerfully. "You never know what the day's going to bring."

Some days bring bigger surprises than others. The most unusual item Falcon has ever dyed is a whole elk hide. Falcon recalls that the hide was six feet by five feet and extremely heavy. The owner of the hide wanted it to be dyed so that he could cut it up and make drum heads out of it.

These days, the most unusual item Falcon sells are tie-dyed yarmulkes (Jewish skullcaps). At least once a month, customers come in with requests for yarmulkes for upcoming weddings and bar mitzvahs. Falcon gets them by dyeing a large sheet of cloth, which she ships off to a yarmulke manufacturer in New York.

Tye-Dye Everything has been in its current location at 527 South Main Street in Moscow since June, 1999, when Falcon relocated the business from Saint Maries. In addition to clothes, shoppers can find candles, kites, incense, note cards, oils, beads, and items made from hemp.

So, whether you're in search of a new rainbow spiral, a yarmulke, or merely new laces to spruce up your old tennis shoes, Tye-Dye Everything probably has what you need. Co-op members get 10 percent off every purchase. Store hours are Monday-Saturday, 11 a.m. to 5:30 p.m. E-mail: tyedye@moscow.com. Website: www.tyedye-everything.com.

Jill Maxwell likes to wear tie-dyes—particularly when she's dancing at a festival.



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Fair-Traded Goods

by Nancy Mack

The Community Congregational United Church of Christ in Pullman is again sponsoring the International Craft and Holiday Gift Sale, featuring "fair traded" merchandise from Ten Thousand Villages and artisans of Third World Countries.

This big sale of imported, fair-traded goods from Third World Countries will be offered October 30 (10 a.m. to 4 p.m.) and October 31 (noon to 4 p.m.) at the church, located at 525 NE Campus St, just down from the Bookie.

The sale offers unique hand-crafted items at reasonable cost. The majority of proceeds supports the foreign artisans directly and pays them a living wage for their work.

Ten Thousand Villages is the organization which, for over 50 years, has worked with the producers and artisans to keep the trading direct with high quality and consistency. You'll find jewelry, toys, sculptures, musical instruments, holiday ornaments, and

home décor. It's a fun sale that helps others across the globe and adds cherished gifts to your holiday shopping. One weekend only. Free parking. For more information, contact Nancy Mack, 509-332-6252.



Harvest Ecocuisine Dinner

by Kelly Riley, PCEI Community Garden Coordinator

Everyone is welcome to help us celebrate the bountiful fall harvest season by joining us for a community EcoCuisine dinner sponsored by PCEI. The goal of EcoCuisine is to promote local growers and provide nutritional, sustainable food in a community setting. By creating a connection between growers, processors, chefs and consumers, the food system becomes localized and personalized.

This fall's EcoCuisine dinner will be a community potluck emphasizing foods that are available locally and seasonally. Participants should bring their favorite fall dish and include a recipe. Local growers and chefs are encouraged to provide information about their farms or restaurants.

The evening event will take place Wednesday, October 13th, at the 1912 Center, 206 E. Third Street in Moscow. Doors will open at 6:00pm. No admission charge, donations welcome! For more information contact: KellyRiley at 882-1444 or e-mail makeitgrow@pcei.org

PCEI is a nonprofit organization actively participating in the restoration and conservation of the Palouse-Clearwater region, and increasing citizen awareness and involvement in decisions that promote the future of the local environment. With the support of volunteers and more than 1,000 members and donors, PCEI is able to find creative solutions to local issues concerning transportation, water quality, energy sources and the community food system. Learn more about PCEI at <www.pcei.org>.

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



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

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

Producer Profile: George and Sue

by Pat Vaughan

George and Sue are known to most Co-op customers only by their sweet carrots that grace the produce display in the fall and much of the winter. That's just fine by this farming partnership based in the forested mountains outside of St. Maries, Idaho.

Reticent on talking about their private lives and personal history, George and Sue display a quiet intensity born of scratching a living from the earth, balanced with a twinkle in the eyes that reflects an experienced perspective on life.

George, originally from Winston-Salem, North Carolina, came to north Idaho over 25 years ago from California; or the "old country" as he refers to his previous state of residence. He homesteaded a 20 acre tract of timber 8 miles from St. Maries, and in the "frontier-spirit," cleared and fenced a couple acres for a garden and began building a home. His "hovel," as he refers to it, remains off the grid and was constructed primarily with recycled materials. He describes wistfully how it looked and felt once with 21 candles lit for lighting.

Sue lives in Fernwood, a small hamlet on Hwy 3 south of St. Maries, in a house she built "one room at a time." She says she and George came to know of each other because "When you live in an area populated by just 2,000 people, you can't help but know about everybody." Their first date was at the Santa Barter Fair. George calls Sue his "worthy partner, confidante, weeder, and thinner." They have been together for eight years now. Though George starts to say with a grin that he is the overseer, it is obvious when they speak of their gardening operation that they share in every aspect of the work.

George and Sue began with growing flowers in flower boxes for the town of St. Maries. They planted, placed and nurtured 300 feet of boxes around the community, watering them in the evenings and changing the flowers three times a season. They eventually quit the flower business and started lettuce. They still grow some lettuce and spinach in the spring. "At 3,000 feet elevation, we can beat some low-lying places," says George about their ability to grow better lettuce longer into the summer heat.

"Our Sweet Babies" is how George and Sue refer to their well-known carrots. They have developed

a system for maintaining soil fertility and improving tilth that has stood the test of time in their licensed organic mountain garden. They dig trenches and bury manure, sometimes planting potatoes. Then, the next season, they plant carrots in rows one pick-handle apart. The spacing keeps dirt from falling into adjacent rows and allows room for the long, detailed hand-weeding that comes with growing carrots. Following years they cross-hatch the trenches and over time their garden plots evolve into black gold.

George and Sue plant their carrots relatively late in the season. They market their larger carrots in bunches with the greens. They leave the remainder of the crop in the ground, mulch with hay and straw and then dig the frost-sweetened carrots through much of the cold season.

They enjoy bringing their carrots to the Co-op, using their periodic trips to Moscow to treat themselves to getting cleaned up, visiting friends, and partaking of some of the deli's baked goods. "We use this as our recreation," says George with a wink. "Our one night in the big city. We love the Co-op and everyone in it."

During the winter one of their favorite social activities is playing Parcheesi with friends. George says this 500 year old game from India is best played with its original rules.

George and Sue deflect questions about the future with self-deprecating humor. "You don't look up at that row of carrots in front of you or it'll kill you. One day at a time. We don't think in terms of the future. We think of what is being done now."

They will admit to running a side hobby involving a peep show. Not to give away the show, they describe it only as a "religious experience and a family thing." Until I make it to the Barter Fair I'll have to take it on their word, and enjoy their sweet babies from the Co-op.

Pat Vaughan also enjoys going to town periodically to have a cup of coffee and something from the Co-op deli.

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Big Wild News

by Will Boyd, Education/Outreach Director, Friends of the Clearwater

We have had quite an exciting spring and summer here at FOC. Our office has moved across the way from the escalator US Bank Building to the escalator-less Anderson Building. We are at 116 East 3rd, Suite 210, right above the Shirt Shack. We share the building with Radio Free Moscow and Ecostructure Financial. Our new space is equipped with a lobby perfect for sipping a Co-op chai and reading through the latest *Clearwater Defender*, though climbing stairs has been a real adjustment.

Thanks to great local support we are nearing our goal of 1000 signatures for our petition to restore water quality to the South Fork Clearwater. You can sign on line by visiting this web address: <http://www.thepetitionsite.com/takeaction/520930997>.

On August 9 the Clearwater National Forest was featured in the *New York Times*, in an article entitled, "Logging and Politics Collide in Idaho." Friends of the Clearwater contributed to this article and even received a bit of ink.

In other press news, the Selway-Bitterroot Wilderness received coverage on Morning Edition (NPR) in recognition of the 40th Anniversary of the Wilderness Act, which was September 3. Wilderness is what we talk about most around here, especially now. We've planned a huge community party to celebrate this important anniversary. It will take place at East City Park in Moscow, October 9, or in case of rain, at the 1912 Building. Music, food, flying flesh-eating birds of prey, and the former Executive Director of the Wilderness Society, Stewart Brandborg, will all be there. The Co-op has been a great supporter of this event.

A little bit about The Wilderness Act of 1964: It has been one of the most visionary pieces of legislation ever enacted. It has allowed concerned citizens to organize support and peti-

tion Congress to set aside those increasingly rare lands that serve as a refuge for the primitive, a refuge for the laws of nature, where natural processes make decisions in their own due time. This law has served as the tool used to set aside the Gospel Hump, Frank Church-River of No Return, Selway-Bitterroot, and Hells Canyon Wilderness Areas.


We hope this list will grow in the coming years. We hope community and statewide support for FOC continues to grow as well. In fact we are working to make it easier to contribute time and resources. Our website is now equipped to handle on-line donations and we have a growing list of volunteer opportunities. Please visit our website at www.wildrockies.org/foc, call at 882-9755, or just stop by and visit. Sorry about the escalator.

Will Boyd moved to Moscow in January with his wife, Liz. Their son Cyrus Skydance was born April 27 at Gritman. He is an avid birdwatcher and enjoys camping with his family.

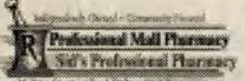
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Village Bicycle Project Update

by Dave Peckham

On Tuesday morning, September 7, a cargo container of 370 bikes rumbled past the Co-op on its way to a ship in Seattle bound for Africa. That shipment was the latest in a series of shipments of used bikes donated here and given a new life by the people of Ghana, all sponsored by the Village Bicycle Project based here in Moscow.

More than 40 people spent time Labor Day weekend helping to load the container. I expected to fit in 50 more bikes, but the wider frames of the mountain bikes made it impossible. There were a lot of good mountain bikes in the shipment.

We had about 500 bikes to work with. More than 400 of them were collected right here in the Moscow-Pullman neighborhood. As we loaded, we put the junkiest, rustiest, clunkiest stuff aside so that in case of leftovers we'd only send the best. By early Saturday afternoon I knew we had more than enough, so half a dozen helpers broke the clunkers down for parts. Earl Aldrich, owner of Paradise Creek Bicycles, was one of them. "It was invigorating to help people out who have a whole lot less than we do. Everyone working was on such a natural high."

I was very happy to not have to send marginal bikes, while at the same time getting lots of extra parts for Ghana. We stripped about 40 bikes, and about 70 bikes have gone back into storage for next year.

We may ship again from Moscow in August 2005, but I spoke to our old partners Bike Works in Seattle and they very much want to get back in the game, so we'll see what happens. They need to find a place to keep 300 or so bikes in advance of loading, and it has to be near their shop in Rainier Valley.

Last April the Village Bicycle Project was the recipient of the Co-op's 2% Tuesdays grant program and raised more than \$580. With that money, the Co-op will sponsor two one-day repair workshops where 40 rural residents get discounted bikes. We've done about 30 of these workshops in the last four years, and more than 500 people have already scored bikes, so they no longer have to walk up to ten miles a day to get to their farms, their jobs, school, etc. Thank you Moscow Food Co-op!!

It's not easy directing a project from halfway round the world, so every year or so I travel to Ghana to

check on the program.

Volunteer Emily Lin is about to finish her term developing the Village Bicycle Project's Earn-a-Bike program, so I must get to Ghana in time for her to brief me on the program and introduce me to the key players. For the last year she has been training teachers in bike repair and coaching them while they teach it to students. About a dozen teachers have been trained and nearly one hundred students have graduated from the course with the bikes they earned in the process.

While in Ghana, I'll also take time to study our one-day workshops. Are they meeting the needs of the people who get the bikes? Are they keeping their bikes in good repair? Can we improve a little on the one-day training?

I will also promote our tools. We quadrupled our tools order this year, trying to take advantage of economies of scale. Demand is about double of last year, but that's still a lot of leftover tools, so we need to market them far and wide, including to Ghana's French-speaking neighbors. Since none of our partners speak French, it's a good job for me, parceque je parle francais. I love meeting mechanics and showing them tools they've never seen, and sharing their joy when they figure out what the tools will do.



Dave Peckham lifts a bike to Bryce Cooke (left) and Michael Zhao. Photo, Pam Palmer.

Dave Peckham began, and directs, the Village Bicycle Project. When he returns from Africa next month, he would be glad to talk to anyone interested in donating a bike or volunteering for the project. Email Dave at ghanabikes@yahoo.com

MAMBA Builds Trail to Benefit Community

by Jim LaFortune

The question-I hear most often regarding Moscow Area Mountain Bike Association (MAMBA) and our new Cave Trail goes something like this: "Is there really a cave on Cave Trail?" The second most common inquiry is, "Where can I find Cave Trail?"

The reason you are reading about Cave Trail in the Co-op newsletter is that MAMBA received the Co-op's wonderful 2% Tuesday grant back in March. Since trails for human-powered recreation are an important part of community health, the Coop funded MAMBA's grant request.

MAMBA volunteers have been working all summer to build Cave Trail, which is located on private land near Four Corners on Moscow Mountain. By the way, Moscow Mountain is almost entirely private land, so

please respect the mountain by treading lightly and picking up litter. MAMBA always asks permission from landowners before we build a trail.

Directions to the trailhead will be posted on the club's web site (www.bikemoscow.org) later this fall, as soon as the trail is completed. You can also find trails in our region by purchasing the Mountain Bike Guide to Hog Heaven, which is sold at the Co-op.

The money MAMBA received from the 2% Tuesday program has helped us purchase tools and rent a small trail-building machine. We hope you will enjoy hiking, jogging or biking Cave Trail in the future. If you would like to help build trails for non-motorized recreation, contact Jonathan Lomber at 883-3503 or email at

fumehood@excite.com.

If you are unable to invest the time to help build trails, you can still support MAMBA's efforts by sending a check payable to MAMBA, at 710 E. 7th St., Moscow, ID, 83843.

Now back to the question about the Cave itself....you'll just have to hike or bike the trail yourself to discover the answer!

Jim LaFortune is president of the Moscow Area Mountain Bike Association.

What About Highway 95?

by David Hall

The Idaho Transportation Department (ITD) is upgrading Highway 95 between Moscow and the top of Lewiston Hill. The project has now been divided into three projects: Moscow to Thorn Creek, Thorn Creek to Genesee, and Genesee to the top of Lewiston Hill. Thorn Creek (near Reisenauer Hill) to Genesee is slated for fiscal year 2004, and Genesee to Lewiston Hill for fiscal year 2005, according to documents on their web site. Moscow to Thorn Creek will follow.

The Moscow to Thorn Creek (M2TC) segment (the contentious segment) is being reanalyzed and public input will again be accepted. ITD says it will have a section of its web site devoted to the project. They are working on an Environmental Impact Statement (EIS) which will include more options than the two ("Alternative 10A" over the shoulder of Paradise Ridge and "Alternative 6," a four-lane divided highway at the current location) that were analyzed in the Environmental Assessment (EA) they released a while ago. Alternatives under consideration include taking no action, updating and improving the existing alignment, alternatives east of existing U.S. 95, and alternatives west of existing U.S. 95.

On November 13, 2003 the Notice of Intent to prepare an EIS was published in the Federal Register. On May 12, 2004, ITD held an inter-agency meeting in Lewiston. Representatives from ITD were in Moscow the week of July 12 interviewing various people to "develop a process to communicate with the public" (*Moscow-Pullman Daily News*, 7/20/2004). They will be in Moscow again in October to begin allowing the public to comment on the project.

The Moscow Civic Association plans to sponsor a community transportation forum in January to discuss such topics as M2TC, the ITD-commissioned Highway 95 Moscow bypass study ("Moscow traffic might not merit bypass for 20 years," *Lewiston Morning Tribune*, 8/20/2004 — but if one were to be built, traffic patterns indicate that it should go to the west), and the possibility of ring roads.

Within the last few years, a 57-mile stretch of Highway 93 outside Polson, Montana was slated for an upgrade. The EIS and associated analysis was focused on four lanes; two lanes were not given much thought. The community was successful in developing a two-lane highway with passing lanes designed with an eye to being respectful of the land, the people, and the wildlife ("Preserving a spirit of place: U.S. Highway 93 on the Flathead Indian Reservation," Joel Marshik, Montana Department of Transportation, et al., 2001).

That success, coupled with the recent downsizing of the upgrading of Highway 270 between Moscow and Pullman from the planned divided highway to a non-divided one, causes one to wonder whether a similar approach would not work best south of Moscow as well.

Paradise Ridge Defense Coalition is keeping an eye on this project (as is Region 10 of the Environmental Protection Agency).

Websites:

Idaho Transportation Department:

<www.itd.idaho.gov>

Moscow Civic Association:

<www.moscowcivic.org>

Paradise Ridge Defense Coalition:

<paradise-ridge-defense.org>

David wants to keep highway construction at a sane level and in locations that work best for the community as a whole. He doesn't want to drive across the shoulder of Paradise Ridge below cuts and atop fills with a footprint greater than that of the Wall of China when he heads south of town.

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Reviews

Book Review

The Hippie Dictionary

By John Bassett McCleary

Review by Bill London

If you were there, you probably forgot most of it. And if you are a twenty-year-old, you may be wondering what all the fuss is about.

Of course, the topic is the infamous Hippies, countercultural stars of the Sixties.

Here's another place to turn for those who want to remember, or get a first glimpse of, those pioneers who joined in a movement of wild madness and unlimited possibility.

McCleary spent 8 years compiling this exhaustive encyclopedia (700 pages) of Hippie-related fact and fancy. He covers the drug-derived slang, the Revolutionary politics, and the bizarre personalities that influenced or produced or came from the Hippie era.

And his book will answer all your questions and spark all those synapses back into connection.

For example:

Who were the Fabulous Furry Freak Brothers? Three dope-addled brothers starring in a series of underground comic books.

Who was Stewart Brand? Founder and editor of the *Whole Earth Catalog*.

What was the bank-burning? In 1970, the Isla Vista (near Santa



Barbara, California) branch of the Bank of America was burned in anti-war and anti-imperialism protest.

Who was Wavy Gravy? Hugh Romney of the Hog Farm Collective.

If you want to jump-start your Hippie memory battery, get this book.

The Hippie Dictionary is available at the Moscow Public Library and at BookPeople.

How Can We Participate in Our Own City Government?

by Brenda von Wandruszka, MCA board member

The Moscow Civic Association (MCA) will sponsor an open public forum with the mayor and council members, as well as local attorneys and faculty experts, about citizen access to Moscow's city government on Monday, October 11, at 7:30pm at the 1912 Center in Moscow.

The goal of this free public meeting is to increase democratic participation in the decisions made by the Moscow city government, and to identify roadblocks to citizen input. The meeting will include both a facilitated group discussion and small group interaction, focusing on building a func-

tioning democratic city government.

The October meeting continues the discussion held at the September MCA forum about how the city makes decisions — and who makes those decisions. In the September meeting, City Supervisor Gary Riedner led a panel of city administrators discussing the management of the city and oversight of development.

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 website, www.moscowcivic.org

Pyretown Promises to Warm Up Those Chilly October Nights

by Chantra Melior

Oh, can fall be here already?

I'm sure I'm not alone in finding myself forced- and far too soon- to wave a very reluctant good-bye to the pleasures and leisure of summertime. I don't know if I'm ready to face the long, dark nights, nights that already are starting to creep insidiously into the tail ends of afternoon. Oh! What to do? If only there were somewhere to go where we could at least temporarily find refuge from the autumn nip in the

air, or the sudden lack of light putting a quick stop to more summer-y outdoor activities.

Ah . . . but we're in luck, for this month, there is! What better cool weather activity than a great

play in a beautiful downtown theatre, a local theatre production with strong ties to our very own beloved

Co-op!

Sirius Idaho Theatre's presentation of *Pyretown*, a new play by John Belluso, draws on the Co-op's own abundance of creative talent with a potent and powerful script that takes an unflinching look at the state of America's healthcare system. At its core, this is a play about relationships. It has a small cast, only three characters: Louise Josephson, a divorced



Erin Palmer rehearses for the role of Dr. Rebecca Abbott in the upcoming production of *Pyretown*, playing October 6 - 14 at the Kenworthy Performing Arts Centre.

mother with three kids, 39; Harry Weston, a handsome 22-year-old paraplegic who uses a wheelchair, and Dr. Rebecca Abbot, 27 years old and seven months pregnant with her first child. Louise is being played by Isabella Whitfield with Andrew Varenhorst taking on the roll of Harry. Both have been involved in community and university theatre productions before. Dr. Abbot is being portrayed by a very familiar face to Co-op customers: Erin Palmer, one of the many wonderful and friendly cashiers, has probably helped all of us with checking through our daily groceries at one

time or another. This is not her first theatrical endeavor either. This spring she understudied Kelly Quinnett's character in *Proof*, acting that lead role in the play's Preview Night. There is no question that this is a strong and talented cast.

The play itself is directed by another fa-

miliar Co-op face. Pam Palmer is a Co-op member and volunteer. She has also been directing for several years; *Proof* last spring and a production of *Art* in 2001 were both staged at the Kenworthy. John Dickinson, a Co-op shopper and city council member, is co-Stage Manager, along with his wife Kari, for *Pyretown*, after being on-stage himself in *Proof*. So, right there are several wonderful reasons to come out and see this play.

Pyretown is just what we need to warm up these cold October nights, and it's not just in the title! This is a play that has the capacity to both warm

your heart and spark your intellect. doesn't resort to offering up any simplified or easy answers to some of the more heavy social-issues that it addresses, but that's where the power in any art lies. It succeeds if it gets you to think. And better yet, talk. Act. Do. So, DO come down October 6-9 and October 13-14 at 7:30 pm and October 9 at 2:00 pm at the Kenworthy Performing Arts Centre. 508 S. Mair Street, Moscow, Idaho.

Tickets: \$15 adults; \$10, seniors/students.

Tickets West, www.ticketwest.com, 208-885-7212, 800-325-SEAT

Tickets also available at Bookpeople of Moscow and at the Kenworthy box office, one hour prior to each performance.

Chantra Melior has been involved in theatre, one of her many great passions, in one way or another for most of her life. She is currently Costume Designer for *Pyretown*, the third of Pam Palmer's plays she's had the honor of designing for. She's particularly enjoying the unique challenge of making her slender friend Erin look like a very pregnant woman!

Former Co-op Clerk Returns to Moscow with his Musical Friends

by David Hunt

Remember me? Co-op working member and clerk ('79 - '81), former Univ. of Idaho Alum (Music 1981 / M. Couns. 1989) and Moscow School Orchestra Teacher. I am returning to Moscow with some friends and hope our Co-op friends will come celebrate.

Saturday, October 30th at 7PM, at the Univ. of Idaho Administration Auditorium, I will perform with Brian Crain, Composer and the BC String Ensemble. I play cello with the string quartet, and produce Brian's US and Canada concerts.

I am a founding member of the string quartet, which includes Tony Ludiker, Concertmaster of the Coeur D'Alene Symphony Orchestra (CSO) and 5 time National Fiddle Champion: Diana Clemons, Principal Viola, CSO and Juliard Graduate (M. Mus.); and Dave Richards, Second Violin, who started playing the violin as a 10 year

old student of mine (18 years ago!). Tom Taylor adds percussion magic to the ensemble.

Brian Crain's piano works are becoming well known in the US. He and the group have just finished their first CD together (Brian's 9th CD). Copies of the new recording, as well as Brian's other CDs will be available at the concert.

Brian and the quartet toured S. Korea together last March, performing 8 concerts in 8 cities, and performing on several of Korea's most popular television shows. Brian is one of Korea's top selling artists, and the tour was a great experience for the group. In Korea, the red carpet was rolled out for them by Jahn Sun (CEO., Sun Entertainment), the Woojin Record Group, MBC television, and local dignitaries. Recent concerts in the US and Canada have included a few stories from the group's Korean tour.

After leaving Moscow, I accepted

an orchestra-teaching position in the Coeur d'Alene School District. I also played bass with several area orchestras, including the North Idaho Symphony Orchestra, and was principal bassist for many years, as well as adjunct faculty at North Idaho College for several years. After completing graduate studies in Counseling and Human Services in 1988, I have worked as a counselor in the Coeur d'Alene schools for the past dozen years. I have also been active in human rights and children's rights issues and have spent the past 15 years working to protect the quality of life and the environment at beautiful Priest Lake. I was married almost 3 years ago to Huihsin Chung ("Shing") who was my traveling companion through Europe 4 summers ago.

In 1996, I was in an auto / Moose collision that left me with plenty of titanium in my head and nerve damage from neck and back injuries. I had to

stop playing bass, and was not performing when Brian Crain asked me to help form a string quartet for the upcoming tour of Korea. Brian's music and the fun of working with such fine musicians have my musical juices flowing again, and we look forward to sharing this music with Moscow. Brian's music is "heart music" because it comes from and appeals to the heart.

I am a very lucky man. I have my life, which I nearly lost, and I get to share it with my amazing partner, Shing. I am also lucky to be playing music again with these great musicians and friends: Brian, Tony, Diana, David, and Tom.

I invite Moscow friends, old and new, to share in the evening of musical wonder Oct. 30th, 7 PM at the Administration Auditorium on the UI campus. Tickets (\$15) are available at www.briancrain.com, or 1-888-292-7426, at Guitar's Friend in downtown Moscow, or at the door.

Moscow Renaissance Fair Poster Contest

by Fritz Knorr

Heads up artists! \$200.00 is being offered to the winner of the 2005 Moscow Renaissance Fair poster design contest. Then, your design will be printed on 17" x 22" four-color posters and distributed throughout the Northwest. What a bonus for a graphic artist! And, if you don't win, perhaps you might come in second, in which case you will earn \$100, and your design goes on the cover of the program booklet for the fair, four-color also. But, you've got to pay attention to the deadline.

The deadline for submission is **January 15, 2005**. The place for submission is Bookpeople of Moscow, 310 South Main St. Please note that this is an earlier deadline than in previous years. The deadline was moved up by several months this year in order to have the graphic available for advertising and publicity that goes out early in the year; and also to relieve some stress during the crunch just before the fair.

Also, please note that this year, the RenFair poster contest is open to anyone, any age. There are no restrictions to students or non-students, young or old. Anyone, except probably me, could win the \$200. And I only say that I couldn't win because I am working for the RenFair as the "publicity guy" this year, and it would be pretty crooked for me to win my own contest – not because of my lack of artistic talent. I think I could take a stab at it, give me that pen.

Still another note, the design can be produced by any means, manual or digital. Of course, the submission to be judged should be on a piece of paper, but we don't care if you used a mouse or a brush to produce it. In previous years, the poster has been restricted to only "hand drawn" images. That restriction is gone. And, truth be told, digital images are a heck of a lot easier to get to the printers.

You will get practically instant gratification. The winners will be announced on January 22, 2005 at the gala poster unveiling ceremony. So, get drawing, or painting, or mouse-scootching and get your graphic in before the deadline. If you have any questions, contact me at 882-5860 or, better yet, fritzkn@moscow.com.

Fritz Knorr has been promoted from "Parade Master" to "publicity guy" for the Moscow Renaissance Fair, because he had to call, and schmooze, and twist arms for the parade, so why not do it for the whole fair?

MOSCOW RENAISSANCE FAIR POSTER CONTEST

Entries must be no larger than 17 inches by 21 inches. Original artwork, either freehand, or computer-generated designs will be accepted this year. A four-color printing process will be used to print the posters. The Renaissance Fair theme is "A Celebration of Spring."

Designs must include the words:

- *32nd Annual Moscow Renaissance Fair, April 30 & May 1, 2005, East City Park*

Also, the words

- *Moscow Renaissance Fair, PO Box 8848, Moscow, Idaho 83843, www.moscowrenfair.org*

must appear in small but legible lettering at the bottom of the poster.

Designs may also include optional text:

- *Featuring children's events, great food, costume contest, parade and the finest craftspeople and musicians from the Northwest.*

Original artwork entries are due by 10 a.m. Saturday January 15, 2004, at Bookpeople, 521 S. Main, Moscow, Idaho. Judging will be done by jury and the award will be announced the following Saturday. First place winner will receive a \$200 award for the design. Second place will receive a \$100 award with the work being used as the cover for the program guide.

New Back Page Bulletin Board

by Bill London

If you want to post an announcement to our Bulletin Board on the back page of this newsletter, send it to Taylor Barrett, not Sarah Harrison.

Sarah has been editing and designing the Bulletin Board for several years, but is now moving away. Thanks, Sarah, for your good work.

Sarah has been replaced by Taylor Barrett. So, from now on, send any announcements of coming events directly to Taylor at taybarrett2@yahoo.com

Submit the announcement by the 24th of the month, for publication in the next month's newsletter.

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



Commentary

Earth Mother: Easy Creative Costumes

by Julia Parker

Halloween is a great time for kids to engage in dramatic play. It's a time when even big kids and adults can participate! Dramatic costumes are great to have around the house and incorporate into your child's (or your family's) play things. Unstructured dramatic play helps cognitive development and social development. Make believe also allows children to try out behaviors and roles that may be unusual for them. For example, I have a friend whose 4 year old daughter likes to play the mommy and discipline her mother (in the role of the child). This gives the daughter a way to try-out the role of disciplinarian without getting into trouble. (See www.cfc-efc.ca)

Halloween is an excuse to pull out all the stops and not just play mommy but to instead play fire-breathing dragon princess, magical wizard, furry bear, or plain-old-ghost. Like all things in our society, Halloween costumes seem to be getting either cheaper and media-based, or more and more time-consuming, homemade, fashion statement. This month, I'm going to share some ideas for easy costume pieces that will help you and your kids develop their own unique costume for the holiday. None of them involve sewing!

The cape – part I

A great way to make a cape/skirt/dress/bridal veil is to purchase an old pair of curtains for a second hand

store (or convince Grandma to take down those frilly pink bath room curtains), and put a rope, ribbon or other piece of material through the hole for the curtain rod. Café curtains work best for this unless you're tall.

The cape – part II

Another cape can be made by cutting the entire front from a t-shirt leaving one entire sleeve intact. The circle of the sleeve can be put over the top of your child's head and worn like a headband with the shirt flowing behind as a cape. If you cut two eye holes in the sleeve you've got a mask too.

The hat

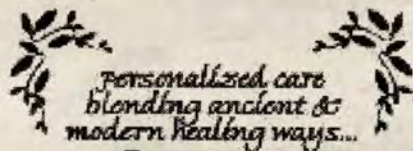
I have to admit that this idea came from Moscow Day School. Hats are easily made for kids' dress up with an upside-down bowl (heavy duty paper ones work well) with a cardboard top. A round cardboard can be draped with fabric or flowers. A square cardboard looks like a mortar board. A ribbon or some elastic can be attached to the cardboard bowl with a stapler to provide a chin strap.

The tunic

A simple dress/tunic can be made from a pillow case for young children. Just cut holes for the head and arms. Making a jagged bottom makes it look a little less like a pillow case and a little more like Robin Hood.

I hope these simple ideas get you and your children started towards a low stress Halloween. Now if we could just ban Halloween candy...

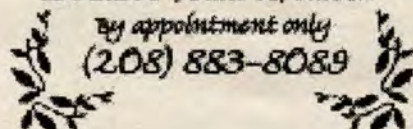
Julia Parker is planning to dress up as a nurse for Halloween. She has fond memories of the bag of costume materials kept in the basement in her childhood home and brought out this time of year for Halloween.



Sharon Sullivan
Herbalist, Registered Nurse
Reiki Practitioner

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

By appointment only
(208) 883-8089



ORGANIC INCOME OPPORTUNITY

Create extra income, part-time, with excellent potential for growth. Join us in a business opportunity that cares passionately about our planet and vibrant health. Market organic whole food supplements from the convenience of your home. Call for free information:
800.927.2527 x03964

Auntie Establishment

by Joan Opyr

The Moscow Chamber of Commerce cordially invites you to attend a Ulysses S. Grant Leadership Conference. General Grant, who led the Union Army to victory against the antebellum, slave-holding, Southern states of the Confederacy, and who later became president of the re-united United States, is a sterling example of the kind of winner-take-all mentality that we value so highly in today's business community. Sure, he drank too much, and he let General Sherman's troops burn Atlanta to the ground, and some historians think that as presidents go, Grant was really a bit of a dud, but the Moscow Chamber of Commerce believes that the lessons of the past can help lead us in the future. And why not? If, as the slogan goes, Idaho is what America was, then what could be more relevant to 21st century business owners than the lionization of a 19th century Civil War general?

You're right. I'm making this up. There is no Ulysses S. Grant Leadership Conference, at least not at the Moscow Chamber of Commerce. They don't give a fig about General Grant – it's Confederate General Robert E. Lee that they've chosen as their leadership model. No kidding. Recently, Chamber Executive Director Paul J. Kimmell made a Power Point presentation to board members that featured, among other things, a paean to the nobility of Robert E. Lee and photos of the Confederate battle flag. What this has to do with promoting business on the Palouse, I couldn't say. What exactly should Moscow's business leaders learn from General Lee? How to fight for a lost cause? How to surrender? How to move on after a brutal disaster and become the successful president of a private college? Good grief, did we really need to reach back nearly a century-and-a-half for that? Couldn't we have just asked Bob Hoover to come up from Albertson's College and explain his own miraculous exit from the University of Idaho?

The mind boggles. Not six months after the tremendous flap over assorted revelations from Pastor Doug Wilson's historical revisionist pamphlet, *Southern Slavery As It Was*, our very own Chamber of Commerce has picked the scab off the wound and given us new reason to fear that Moscow: Heart of the Arts may yet become Moscow: Hayden Lake South. Was this really necessary? Were there no ready-made business leadership presentations Mr. Kimmell might have

chosen featuring Caligula or Ivan the Terrible or Donald Trump? Sure, I know it's a dog-eat-dog world, but it seemed to me that the citizens of Moscow had already spayed this particular bitch. She shouldn't be giving birth to any more unwanted pups.

The Civil War was an ugly period in American history. It left 640,000 dead, ten million sick or wounded, and a legacy of bitterness that has yet to be fully assuaged. Let's put Robert E. Lee back in his tomb. Moscow, Idaho is not a war-torn remnant of Sherman's march. It's a small, progressive, Western town with a culturally and religiously diverse population. Our economy is heavily dependent upon agriculture and the great land-grant university that graces us with its faculty, its students, its staff, and their wallets.

Once the Chamber of Commerce has finished apologizing for its executive director's poor choice of role models, perhaps it should get about the business of figuring out what to do about the slow, steady demise of the small family farm and declining state support for the real business of Moscow, higher education.

Say, thinking about those aforementioned university wallets, allow me to suggest a much better business role model than General Lee: Mr. Dickens' Fagin.

Auntie Establishment, AKA Joan Opyr, is a Moscow area fiction writer. Her first novel, tentatively titled Idaho Code, will be published by Bywater Books in the fall of 2005. Please visit her website: www.auntie-establishment.com.

Feed Your Self

Come eat
Brunch

in the
Deli

Saturdays
8-11am

What's Up with Radon Gas, Your Home, & You?

by Lisa A. Cochran

My home in southeast Moscow was built around 1948. As a first time homeowner, I was unaware of the potential radon danger that exists in our geologically active Pacific Northwest region. In fact, Latah County has some increased levels of this sinister natural by-product and radon gas can be found almost anywhere in varying concentrations in outdoor air, indoor air or even in ground water.

Radon is a radioactive gas that occurs naturally beneath the earth's surface, and forms when uranium decays. It rises through areas in the crust and topsoil and can vary widely in concentration both in the air and water. It gets into homes built on top of seeping areas that then contaminate home water and indoor air quality through loose-fitting pipes, cracks in foundation floors, basements or foundationless homes.

Lately, many public service ads run on television and the radio have brought public attention to radon gas and its potential health effects. According to the Environmental Protection Agency, the Surgeon General, the National Institute for Public Health, and several independent labs, radon gas is a very real national health problem. It is estimated that millions of homes are contaminated with it and the EPA has even suggested that radon gas is the second leading cause of lung cancer (smoking automatically amplifies the effects of radon on the lungs). Approximately 12%, or about 20,000 lung cancer deaths each year, are connected to this invisible, odorless and tasteless threat. As a result, the EPA and the Attorney General recommend testing and monitoring **all** homes for radon gas levels regardless of geological location and that any homes reading at unacceptable levels should be immediately repaired or worked on to decrease the problem.

Radon can be tested in your home using a simple air or water testing kit or having a technician do the testing with more sophisticated equipment. The unit measurements are at picoCuries per liter. Just because one house rates high doesn't necessarily mean that the one next door will rate the same. It is recommended that homes that rank in the moderate radon gas level range be tested at least every two years. Regardless of whatever the level that the EPA and the state you reside in lists as low, moder-

ate or high health risk potential, you should be aware of all the information you need to further safeguard your family by doing your own research. The U.S. Environmental Protection Agency has an excellent guide at the website www.epa.gov/radon/pubs/hmbyguid.html, though any search engine can take you to plenty of knowledge on this area.

For more information on radon gas, how you can detect, measure and mitigate, contact the US Environmental Protection Agency's National Center for Environmental Publications (NSCEP) at PO Box 42419, Cincinnati, OH 42419 at 1-800-490-9198. For potential homebuyers or sellers, you can contact the consumer homebuyer's website at the Consumer Federation of America Foundation. This can be found at www.cfaf.org. Also, The Home Buyer's and Seller's Guide to Radon provides practical consumer information that every home buyer needs to know. Consumers need to know about the overall health factors of their home, including on whether there is a radon gas problem, and how to fix it.

In Idaho, contact Kara Stevens at the Indoor Environment Program, P.O. Box 83720, Boise, ID 83720-0036, or at (800) 445-8647. And although Whitman County is considered of moderate radon gas level potentials, much of Eastern Washington has high level potentials. The contact for that state is Mike Brennan at Radon Division of Radiation Protection, P.O. Box 4782, Olympia, WA 98504-7825, phone (360) 236-3253.

Fortunately, my radon gas level results came in at 1.2 as measured in my locally bought home-testing kit that sat for 48 hours in my daughter's bedroom, which I considered to be of most concern. Otherwise, I tend to keep air circulating throughout the house at most times to filter and purify contaminants found in the atmosphere of our dusty Palouse region through a forced air circulating and ionizing air cleaning system. Also, I filled in cracks in the basement foundation last year and will put a cover over the water overflow vent that sits in the middle of the basement floor. Then, I will retest with the hopes of bringing the levels down even more.

Lisa A. Cochran is a long-time Moscow resident.

Advertisement or Endorsement?

by Bill London

The September issue of this newsletter, and this issue as well, contained political advertisements (both as display ads on the pages and as inserts) from local candidates. These candidates paid to have their messages included in the newsletter because they wanted to communicate directly with readers like yourself.

The Moscow Food Co-op does not, did not, and never will endorse a political candidate. Accepting a paid advertisement is not an endorsement.

When the political candidate in-

sert arrived in the newsletter, a few readers made the incorrect assumption that the Co-op had decided to support that candidate. Not true.

As everyone can read in the masthead box on page 2 of this and every issue: "The Co-op does not endorse the service or products of any paid advertiser within this issue."

Bill London edits this newsletter and hopes that all newsletter readers study the issues, examine the candidates' records, and vote in November.



When Carole King came to Moscow on August 25 to sing and speak for political change, of course she had lunch at the Moscow Food Co-op. Photo by David Hall.

Co-op Month

cont. from page 1

port, in the form of shopping, but we are also accountable to you; a nice circle. We are motivated to serve our members, not outside investors, and we live in the same communities as our owners. Not only do we generate jobs (almost 50 people work here) and make charitable donations to our community (almost \$6,000 in the first half of the year) but also it is the heart of what we do as it is for all co-ops. This makes us all unlikely to desert the locations in which our owners live and work.

Five years ago Moscow Food Co-op grew too big for its pants, so we decided to move. Our budget for the

project was almost \$300,000 of which we had only about \$25,000. Without our members we would not have been able to relocate here. Members invested \$77,000 into the project in the form of unsecured loans. This year, I am pleased to report, we will make the final principal payments back to our members. Without those loans the bank was unwilling to lend us the rest of the money we needed. Without those loans not only would we have been unable to move, I firmly believe we would not be in business today. To all our investors, both the members and the member-loaners, thank you!



Bulletin Board

MOSCOW FOOD COOP

moscow food coop
221 east third street
moscow id 83843

Farmers' Market Free Music

Saturdays 9:30am - noon, downtown at Friendship Square. More info at 883-7036

Oct. 2 Laddie Ray Melvin - Folk, blues and country singer/songwriter

For additional information, contact the Moscow Arts Commission

208-883-7036

Women's Wellness Forum

Moscow's new Hamilton Indoor Recreation Center on Saturday October 2, 8am to 2pm

A day of fun, fitness, and learning with live entertainment, free samples, wellness-related tips, a fun run-walk-or-roll, prizes, complimentary massages, and an energy-infused mutually supportive crowd. 882-9350 nchaney@moscow.com

Co-op Music Moves Inside

With the cold weather arriving, we are moving our Tuesday music and meals inside to the Co-op Deli this month. The Co-op Coffeehouse will be held every Tuesday evening from 6pm to 8pm with live music and great food available.

This month we will showcase the following local musicians:

- Oct. 5th Evy
- Oct. 12th Tara Howe
- Oct. 19th Dan Maher
- Oct. 26th Kami Miller

Eric Gilbert is the Co-op's Music Maestro, as well as the Vice-President of Stage Production for the Moscow Renaissance Fair. He is always looking for new musicians who want to play.

Sirius Idaho Theatre Presents Pyretown

Oct. 6th-9th and Oct. 13th-14th at 7:30pm and Oct. 9th at 2:00pm

A new play by John Belluso. A 22-yr. old paraplegic man falls in love with a middle-aged single mother in the midst of her daughter's health care crisis, while the HMO's pregnant physician struggles with the limitations of the system and her own compassion.

Kenworthy Performing Arts Centre, 508 S. Main St., Moscow, ID.

Tickets: \$15; \$10, seniors/students. www.ticketwest.com (800-325-SEAT)

Wilderness Act Celebration

October 9th, noon till dark

40th Anniversary of the Wilderness Act Celebration at East City Park. Musical Guests, Food Vendors, Children's Activities, Info. Booths, Guest Speakers.

Friends of the Clearwater
Phone: 208-882-9755
Fax: 208-883-0727
foc@wildrockies.org

Josh Ritter at the Kenworthy

Sunday, October 10th, 7pm

Kenworthy Performing Arts Centre presents Moscow's own Josh Ritter - in concert on the historic Kenworthy stage.

Tickets for general admission seating are \$15 for adults or \$10 with student ID. Tickets on sale at BookPeople of Moscow.

Moscow City Public Library

Monday, at the 19

The Moscow will sponsor with the m as well as le experts, abe Moscow's c

More inform moscowcivi

Harvest Dinner

Wednesday the 1912 C

A PCEI spon... emphasizing l... locally and seasonally. Participants should bring their favorite fall dish and include a recipe. Local growers and chefs are encouraged to provide information about their farms or restaurants.

Doors will open at 6:00 pm No admission charge, donations welcome! For more information contact:

Kelly Riley at 882-1444 or e-mail makeitgrow@pcei.org

Co-op Art Gallery

Friday October 22nd, from 5:30 - 7:00pm

Opening artists reception at the

Co-op Palouse Flip Kleffner, Ely and Patricia Bus variety of water

Brian Crain String Ensemble

October 30th

at the Administra the UI campus.

Tickets (\$15) are briancrain.com, or 1-888-292-7426, at Guitar's Friend in downtown Moscow, or at the door.

International Craft and Holiday Gift Sale

October 30th, 10am-4pm and October 31st, noon-4pm

Featuring "fair traded" merchandise from Ten Thousand Villages and artisans of Third World Countries. Pullman's Community Congregational Church, located at 525 NE Campus St., just down from the Bookie. Free parking. 509-332-6252.

MAC Office Features Weaving Exhibit

The Moscow Arts Commission office, located in Room 106 in Moscow City Hall, will be featuring a display of woven rugs by Moscow resident Peder Johansen beginning August 17.

Moscow City Hall is located at 206 East Third Street. The exhibit will be up for an indefinite period of time. Call 208-883-7036 for information.

The Moscow Arts Commission

is updating events calendar for Moscow Arts Alliance website: www.moscowarts.org. Moscow-area organizations are invited to submit information about 2004 - 2005 arts and cultural events only to ddeath@ci.moscow.id.us.

For more information, call 208-883-7036.

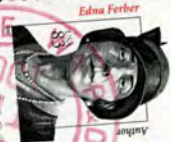
Vigil for Peace

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

Under the clock by the public library in downtown Pullman. nancy@pullman...

Moscow: Fridays

Friendship Square, d, 208/882-7067, sperr...



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

For additional events & information, visit the website at www.moscowfood.coop/event.html