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August 2005

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Community News

The monthly newsletter of
the Moscow Food Co-op

Preview Party in the Parking Lot

By Ida Jokisaari, Cashier

It is time to celebrate good times! As nearly everyone knows, the Co-op will be relocated to the former Gart's building (5th and Washington) in September. A very special preview party will be held in our new parking lot on August 26th. The festivities begin at 6 p.m. There will be cheap eats including fresh grilled burgers (veggie and meat), a beer garden for those of age, and great music by favorite local bands Chubbs Toga, Lisa Simpson and Oracle Shack.

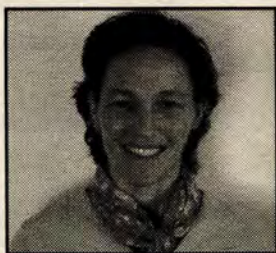
Though construction will not yet be complete there will be a special sneak peak into the new building. Come and enjoy an evening of summer fun with us and be among the first to see our new Co-op to be.



Join Us for Food & Music
August 26th • 6 p.m.
5th & Washington

www.moscowfood.coop

Community News



New Store Update

By Kenna S. Eaton, Co-op General Manager

During July, work on the new store moved at an incredibly fast pace, especially when compared to the quiet planning months of the spring and the digging in the ground month of June. Shortly after the sewer lines were filled in, in came the concrete and then the floor sweeper (just like the kind you see in parking lot!) cleaned up behind it. At the same time we put the first skylights in. Located over the new mezzanine these four skylights have bars of light from the rafters streaming through them and they've totally changed the quality of light below them, I think you're going to love shopping under the bars! There will be two more operable skylights in the mezzanine (where Laura and I will be working) that will open for ventilation during the hot summer months.

Shortly after that work got going Jack Carpenter, crew boss, organizer and all around construction guy, starting building the soffit wall above the new deli counter and bathroom reconstruction. It sure was fun to see some actual construction happening versus all that time spent on deconstruction.

This week we can look forward to cutting the windows into the deli seating area, the staff break room and the two offices the back of the store. The windows will bring added light as well as focusing some outside attention around the perimeter of the store. Let's face it, when you're sitting at the traffic light at Sixth and Washington the back of the store is less than charming and a window in on our world will add lots of interest.

The massive ceiling is being patched and prepped for painting (a dark, neutral color that won't attract any attention) and the concrete floor finisher should be here by the end of the week. And as if that wasn't enough the work on the mezzanine will begin as well. Whew! It's happening and it feels like it's happening all at once.

Deli tables and chairs are being made and/or found for us by Retrofit Gallery of Moscow. Jason and his artistic crew are committed to making the tables from recycled and/or reclaimed materials that should make them both useful and interesting.

The sad news is that we had to postpone relocating until the middle of

September. Several key items still need to be addressed before we can move in: installation of the new water system, computer cables, phone systems, lights and walls to name a few and the list goes on. However our current home has been rented so you can be sure we'll have moved by the end of September at the very latest!

Several folks have also asked about the budget. As of the end of June we had spent a little over \$250,000 and we were still wrestling with making the items on the budget come inline with our financial resources. Everyone on the board and staff is committed to making this relocation project work for a total of \$950,000 and I still think we will pull it off. However I want to acknowledge and thank the board members who have come to many, many, many meetings and spent lots of their time and energy debating what we can and cannot afford.

Their commitment to seeing this project completed if not time, at least on budget, is unwavering. So my deep thanks for all your hard work go to Bill, Mike, Al, Kim, Bonnie, Phil and Will: good job, guys!

- Anatek Labs, Inc.**—10% discount on well water tests, Hilary Mesbah, Mgr., 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 / Judy Sobeloff**—10% discount on classes, 883-4733
- Columbia Paint & Coatings**—15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, Moscow, 882-6544
- Copy Court**—10% discount, memb. Card laminated free, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan**—Free 10 gallons of water & 2 wk cooler rental to new customers, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Erika Cunningham, LMP**—First 2 Massages @ \$35 each, 882-0191
- Hodgins Drug & Hobby**—10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular**—\$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994
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- Dr. Linda Kingsbury, Professional Herbalist**—10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, www.spiritherbs.com, 883-9933
- Maria Maggi, Intuitive Astrology & Gardener**—\$5 off astrological & flower essence consultations, Please call for an appointment, 882-8360
- Markettime Drug**—10% off all regularly priced gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Denice Moffat, The Healing Center**—Co-op members save \$10 off on first exam, Regularly priced at \$65, 413 East 8th St, Moscow, 882-3993
- Moscow Yoga Center**—10% off classes for new students, Jeri Stewart, 525 S Main St, Moscow, 882-8315
- Motherwise Midwifery**—Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- Moscow Feldenkrais**—First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger 883-4395, Tom Bode 892-3400, 112 W 4th St, Moscow, 883-4395
- Mabbutt & Mumford, Attorneys**—Free initial consultation, Mark Mumford & Cathy Mabbutt, 883-4744
- The Natural Abode**—10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow
- Northwestern Mountain Sports**—10% off any regularly priced pair of Birkenstock sandals, Terry Uravich, 1016 Pullman Rd, Moscow, 882-0133
- Palouse Discovery Science Center**—10% off on all items in the Curiosity Shop, Alison Oman, 2371 NE Hopkins Ct, Pullman, 332-6869
- Paper Pals Scrapbook & Stamp Studio**—1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman WA, 332-0407, Karen Lien, www.paper-pals.com
- Paradise Fibers**—10% off books, magazines, videos, yarn, knitting needles, Kate Painter, spinning@colfax.com
- Sid's Professional Pharmacy**—10% discount on any compound medication & breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop 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 & Esotericist**—10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 892-8649
- Shady Grove Farm**—\$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Susan Simonds, PhD, Clinical Psychologist**—10% reduction on initial consultation to writers, 892-0452
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- Tie Dye Everything**—10% off any purchase, Arlene Falcon, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP**—Reduced rate for initial consultations, 424 S Van Buren, 882-6872
- Wild Women Traders**—10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596

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Co-Operations



Hot Off the Grill

By Eric Gilbert, Co-op Music Coordinator

Here are the August dates for the Co-op BBQ music festivities. These free concerts will definitely be the last before the Co-op's big move.

The BBQ and music will be on the Co-op patio on 4th Street on Tuesdays from 5:30-7:30 p.m., coinciding with the Tuesday Farmers' Market in the parking lot.

Please come by for some great food and live tunes.

The musicians will be:

Aug. 2nd.....Lanny Messinger

Aug. 9thTom Armstrong

Aug. 16th ..Acoustic Wave Machine

Aug. 23rd.....Spare Time



The Volunteer Program

By Annie Hubble, Volunteer Program Coordinator

The volunteer program is going very well here at the Moscow Food Co-op. Most places are now filled, but as we all know the only constant thing is change, so if you are still waiting for a position, do not despair! People do often find their lives suddenly too busy for volunteering and give up their volunteer jobs!

For those of you wondering, we foresee no change in the volunteer

program in the new store. We will continue to appreciate the work you all do for us. If you have ever heard the closing cashiers sing the praises of the closing volunteers, you would know how much we love you all!

As always thank you for all your hard work! Your presence as volunteers helps our day go smoothly!

Published by
Moscow Food Co-op
221 East Third Street, Moscow, ID 83843
(208) 882-8537

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221 East Third Street, Moscow, ID 83843
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Printed on Recycled Paper
Deadline for Articles and Ads 20th of each month

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Spread the Light

By Kenna S. Eaton, Co-op General Manager

We have a wonderful opportunity in front of us to bring a little sunshine into the Co-op staffs' lives! The original store plans called for solar tubes to light those places deeper in the store than will be reached by daylight, spread throughout various departments with four in the kitchen, three along the freezer aisle, two in the produce prep area and one in Annie, the Front End Manager's office, system.

"Solatubes," a patent name however there are other variations, will bring in natural sun light through an ingenious design that captures sunlight from your rooftop and redirects it down a highly reflective shaft then diffuses it through the interior space. According to the web site www.solatube.com, natural light lifts spirits, makes spaces appear larger and reveals our world in its true colors. I only know that when we told staff we couldn't afford to install the "Solatubes" I felt the

disappointment emanating from them. Never one to disappoint my staff I decided that we must find a way to add these back into the budget. Thus the need for a fundraiser. David Wilkins, owner of Natural Abode, the new lifestyle store downtown, worked his magic to make the price as affordable as possible to us, however we still need to raise \$3200.

By now you're wondering how you can help and I'm here to tell you how.

First, you can make a donation at the register. Any amount would be welcome from \$1 to \$100. Secondly we are holding a raffle. There are several prizes that you can win for a mere \$5 ticket: a Motorola 2-way radio, a brand spanking new Cuisinart and many more items. Raffle tickets will be available from a cashier for \$5 each starting August 1st thru the 31st. You can only win if you buy at least one ticket, so don't forget and don't procrastinate!

Sustainability Committee: Paint, Bikes, and Compost

By Pat Vaughn

If you took the "guided tour" of the new store location, or even if you've just looked in the doors, you know that real work has begun on transforming the existing building into our new Co-op. And concurrently, the Sustainability Committee, with Kathleen Ryan now at the helm as the new chairperson, is generating real decisions and excitement.

Bike riders are a priority for the Co-op in supporting alternatives to driving cars. Bike "experts," including Phil Cook from Moscow's Transportation Committee and Tom Lamar from PCEI, offered their insights. There are many resources for commercial stores that want to welcome bikes. The Association of Pedestrian & Bicycle Professionals and the Retailers Guide to Implementing Effective Bicycle Parking are just two. Moscow's city government has been supportive of assisting businesses in providing bicycle parking, to include some engineering plans, and the University of Idaho has some great examples of functional bike parking. The committee found a consensus that 36" wide spacing is desirable, and the "A" style racks are simple yet effective for locking.

Choices remain on how to raise money for bicycle racks, who will fabricate them and what kind of finish

to apply (galvanized, powder coat, or "rusted"). Whatever the ultimate design, parking space will be located conveniently; the Co-op is willing to displace some auto parking if necessary, and the committee would even support incentives in the store for bike riders.

Ever wonder about the safe and sustainable alternatives to interior paint? There are a lot of considerations. No-VOC and low-VOC have been growing in popularity as more consumers are conscious of their personal health. But even some of those alternatives are made with toxic components. PVC's, petroleum and plastics are present in some paints. And generally only pastels and light colors are available in no-VOC paints. The committee is studying the ingredients of different paints to consider the relative merits of VOC, sustainability in production, natural ingredients and color options. It's no small decision, as the new interior requires 15-20 thousand square feet. When it's done, you'll see golds, oranges, and reds, maybe some greens. A dark color is desired for the ceiling to make it "go away" and give an intimate feel to the store. Rodda and SafeCoat are two options that are being researched.

• Currently the Co-op composts pro-

duce and kitchen waste by bagging it and placing it outside where gardeners and farmers pick it up. But the system needs improvement—maybe a commercial bin, or partnering with another organization in Moscow. And there are EPA and local health district regulations on what should and shouldn't be composted commercially. It turns out that there are commercial composting bins. The "Earth Tub" will handle 40-400 lbs of biomass daily. Purchase cost is a big issue. The committee learned that the Permaculture Credit Union of New Mexico will give a 3/4 percent discount on loans for any sustainable improvement or purchase. How cool would that be—an Earth Tub or other aesthetically pleasing bin dispensing "black gold" right at the Co-op.

The Co-op will continue to recycle the same materials at the new location (egg cartons, paper bags, plastic containers, plastic bags). The plastics are cleaned, and all those items are re-used. Shelving and counter space are planned to continue the program. The committee is working through some issues to make recommendations on where the main "staging area" for recyclables should be, and how best to coordinate the loading dock operation and Moscow Recycling schedule. For

example, deliveries by up to 55' semi trailers have to share the same alley with two cardboard dumpsters and a garbage dumpster, the city may have regulations on blocking the alley, there are safety issues with the concrete dock and steps, and what if the recycling truck and a Mountain Peoples delivery show up at the same time? The devil is in the details and the sustainability committee and management team are delving into many of them.

Just like at the old location, we will likely grow into our new store over time. As resources and ideas merge, and the management and members get a feel for our new space, it will become more functional, more beautiful, and a better example of sustainability. A green area design for around the main parking lot is one example. Landscaping and seating in front of the store is another. And the shady space under the trees will be saved. A "quick trip" to the Co-op will probably be just as unlikely at our new store as the current one. I can't wait.

Pat Vaughn is thrilled he got to see the gutted "before" image of our new store so he can contrast it with the "after" in just a couple months.

Let's Move!

Meet the Meat Man

By Adam Stone, Meat Department Manager

How many times have you walked into a store expecting myriad culinary aromas rushing into your senses from the deli/bakery but instead you experienced the awful stench of a poorly cleaned meat/seafood department? Sort of ruins the mood doesn't it? Well my vegetarian brothers and sisters this will not be tolerated at your new home of the Moscow Food Co-op.

Greetings Co-op members, my name is Adam Stone and I am pleased, honored and privileged to be your new Meat Department Manager. I have been cutting meat and selling meat for 14 years. Through those years I have served communities in Texas, Idaho, Colorado and Washington while being employed by corporately owned stores as well as independents. Now, my family (my wife Ashley, and children Zoe, 12, Noah, 10, Julian, 5, and Liam, 3) and I have moved to the Palouse. This month I am beginning as the Co-op's first meat manager.

The greatest teacher in this experience has been the consumer. I love to glean all kinds of information through conversations with consumers that have diverse culinary backgrounds.

I am excited to work with the existing producers the Co-op carries for pork and beef on a fresh level. I am also very excited to be bringing Country Natural Beef, Beeler's naturally pure pork and Ranger "free range" chicken into the mix.

I will make it my obligation to bring consistent, fresh, high quality meat products that have been raised by environmentally conscious ranchers that

adhere to the strictest "natural" and "organic" rules and guidelines.

I will also implement and maintain a cleaning regimen to ensure a safe and sanitary environment to process these fine products in. I encourage all to come by and introduce themselves. That way we can start a culinary journey together. As we get to know each other, hopefully, you will realize my passion for what I do. I believe that good food is a way of life. See you soon.



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The Buy Line

By Vicki Reich, Grocery Manager

New is the word of the month. The new store is, of course the biggest new thing. It's coming along nicely. In fact, just yesterday I got to walk around inside my new back stock freezer. I can't tell you how exciting that was. I've also been working on all the new items that will be in the new store. This list is very long and there are some really exciting new products coming soon. I'm also looking for new distributors to supply some of those requested but hard-to-find product.

But what is the most new and that you've probably already noticed is all the new staff that is working in the grocery department. Josh is leaving for Chicago (we are very sad to see him go) and the staffing structure is *changing* in the new store so I've just hired five new (at least to the position) people. Allow me to introduce them.

Ivy is the new grocery buyer. She will be ordering all the packaged grocery and frozen items. She'd be a good person to tell about a new product you'd like to see.

Peg is the new chill buyer. Many of you know Peg from her years of vol-

unteering. It's nice to finally be able to pay her for all her hard work. She's the one with her coat on in the store in the middle of August.

Pete is our new bulk buyer. I'm sure all of you know him from his years at the Co-op. He's taking on the challenge of growing the bulk department in the new store.

Matthew is the new head stocker and receiver. You may not see much of him until we move. He will be king of the back room in the new store, making sure our shelves are well stocked and clean.

Joseph is the new POS coordinator. He's a well-known face from the bakery. He'll be insuring that all our technology is running well and kept up to date.

Please make a point to stop and say hi to all these new folks and make them feel welcome. I feel that we have a great grocery team going into the new store and we will continue to offer you the great service you've come to expect.

I wrote the word new 23 times, I told you it was the word of the month.

Personal Care Corner: New Stuff for a New Store

By Carrie A. Corson, Non-Foods Manager

Thanks to everyone for the product suggestions you've submitted for the new store. I've gotten quite a few requests as of this writing. Here are some things you'll see, and a few, things you won't.

More Burt's Bees products. Great news for all you Burt's Bees fans, look for an expanded set which will include more of Burt's color cosmetics.

Contact Cleaners. At this time the only natural product for contacts that is available to us is the Clear Conscience All Purpose Solution, which we currently carry and will continue to carry.

Replacement razor blades for the Preserve razors and the Preserve tongue scraper! They are both on the opening order.

Weleda Calendula Toothpaste and more Weleda products in general. Done deal on the toothpaste. I will have to look at the rest of the line and see what is available.

Blue Lizard facial sensitive sunscreen (very highly recommended by dermatologist). Although most sunscreens in the higher SPF contain some chemical blockers, we try to carry the most natural product that we can. As far as I can tell Blue Lizard sunscreens make no claim to being a natural ingredient product line. We do carry the Alba sunscreen for faces and it has been very popular.

More variety of organic pet food— I don't see any organic cat food.

We currently carry Newman's Own Organics canned cat food. We will be adding some organic selections from Petguard and Newman's Own Organics. We will be sure to include an organic dry cat food.

Pre de Provence Shea Butter Hand Cream, I love this product but cannot find it around here. Sorry, this is not a line that I will be bringing in primarily due to ingredient issues.

SPF 30 Shave & after-shave cream. Sorry, I cannot find any information about this type of product.

More bulk beauty/personal care products, namely face wash for oily skin. Unfortunately the trend is moving away from bulk personal care products. Very few companies provide a bulk option and we have nearly exhausted our distributors selection. I have no source available for bulk facial care products. You may try using the Nutribiotic non-soap unscented cleanser. It is for sensitive skin and may be gentle enough for facial use.

Halo birdseed for small birds. Though we will be carrying some Halo products, we won't be picking up the birdseed right away. If the product line proves successful, we may bring birdseed in at a later date.

We're Trying to Make This
EASY
By Bill London, Newsletter Editor

Submissions to this Co-op newsletter just got lots easier. Our webmaster supreme Bob Hoffmann has created new email addresses for use by everyone who wants to send in photos, articles, or bulletin board announcements for publication in the newsletter.

From now on, please use these email addresses:

For articles, editors@moscowfood.coop

For photos or other illustrations,

design@moscowfood.coop

For announcements for the back page Bulletin Board,

events@moscowfood.coop

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

Co-Operations



Empty Bowls Revisited

By Kenna S. Eaton, General Manager

Earlier this spring we once again co-sponsored the Empty Bowls Event with the Palouse Potters Studio Guild. This by now annual event showcases both local professional potters and college and high school pottery students by offering their handmade bowls to our community in return for a donation. We then fill those bowls with a simple soup made by the Co-op to represent those who don't get enough to eat.

This year's event went very well with over \$2000 in donations raised. The potters involved decided to donate the money to Oxfam with half designated to Oxfam America's "Fast For a World Harvest" campaign and the other half towards Oxfam's "Tsunami Response and Global Emergencies" fund.

Last week, the local representative of Oxfam, Flavien Sawadogo, a student at the University of Idaho, brought by letters from Oxfam detailing how the money had been used. "Fast for a World Harvest" has raised over \$10 million towards Oxfam's efforts in Darfur, Sudan where more than a million people have been displaced by fierce fighting. Secondly, funds are used to

help provide economic assistance and skills to women in the Mekong River Basin so they can seek more sustainable livelihoods such as small-scale agriculture and aquaculture and afford better health care for their families. Thirdly, the funds work with coffee farmers in Guatemala who are seeing the benefits of selling their coffee to an Oxfam supported "fair price" co-operative.

The "Tsunami Response and Global Emergencies" fund has raised over \$30 million enabling the network on the ground to save lives by providing food, water, clothing, shelter and sanitation equipment in a country where over 600,000 people work to pick themselves up and move forward with their lives after their communities were devastated by the recent Asia earthquake and tsunamis.

My personal thanks to all the potters who both donated bowls and organized the event and to the community members who bought them. I continue to be amazed and gratified by the generosity of our community. Thank you.

Co-op Advantage Coupon Book—Coming Soon

By Kenna S. Eaton, General Manager

Hey Co-op members, we want to show our appreciation for your continued support by mailing you a coupon book valid during the months of September through October. Receive over \$32 in savings on some of your favorite products from Garden of Eatin', Annie's Naturals, Nature's Gate, and many more! This book also offers recipes and short features on sustainable and co-op food producers like Organic Valley.

This special offer is just one small way for us to say "thanks" to you, our Co-op member-owners. Your support makes your Co-op more than just another grocery store. Your investment and patronage help your Co-op be successful as an independent grocery store and as a positive community force.

Watch your mailbox in late August for this coupon book, which is packed full of great deals available for our Co-op members!

Board of Directors Report

By Mike Forbes, Co-op Board President

I thought this article would be a good opportunity to let everyone know the various committees that your board members participate in. There have been many committees over the years but below are the current permanent and ad hoc committees in no particular order:

Membership & Marketing

Members: Board, Staff, General Manager (GM), members at large

When I started on the board about four years ago this committee was the membership and education committee. Slowly it transitioned into the committee that has since rewritten our mission statement, created our vision/values statements, and organized many outreach and information campaigns. The general goal of this committee is to address issues related to the current membership and to broaden our membership through marketing towards non-members.

Sustainability

Members: Board, Staff, GM, members at large

This is a newly formed committee with the goal of evaluating products, methods, and philosophies related to sustainability as they pertain to the MFC. This committee is here for the long term but its focus currently is on assisting the design team for the new store with recommendations towards products that are sustainable. The committee does the footwork and makes recommendations to the deciding parties. Pat Vaughan has been writing detailed accounts of the actions of this committee for this newsletter.

Finance

Members: Board, GM

This committee is responsible for evaluating the financial position of the MFC and making recommendations to the general board for approval. The board is the fiscally responsible agent of the store and approves budgets,

large purchases, and decisions such as the move to the new location.

2 Percent Tuesdays

Members: Board, Staff, members at large

This committee is temporarily suspended due to the move. The board felt that during the move we were not in the position to be giving grant money to local organizations. The program will be re-evaluated in January 2006.

Facilities

Members: Board, GM, architect, general contractor

This is an ad hoc committee created to make decisions and interface with the move project. The committee meets each Wednesday morning with the architect and general contractor and talks about upcoming decisions in the move process. That evening the committee meets again and discusses/approves purchases to be made and notifies the parties involved. This committee is interface to the general board regarding the move project.

GM Evaluation

Members: Board

This committee meets bi-annually to evaluate the General Manager. The committee is currently going through a process of re-evaluating the GM's job description to make the evaluation process simpler.

Policies/Procedures

Members: Board

This is a newly formed committee to keep track of any decisions the board makes in an easy to read format. There are many decisions over the years the board has made that live somewhere in the archives of the minutes that are difficult to obtain. This board felt it would greatly assist the current and future boards to have an easy to read, current record of decisions.

Co-Operations

Two Farmers' Markets Every Week

By Michelle Hazen

Recently, I enjoyed a trip back to the state in which I grew up, New Jersey. As you probably know, New Jersey is a lot different from Idaho, particularly the part that I went back to. There are many opportunities to compare and contrast the culture, landscape, socio-economic status, etc., of these two states.

Four years ago, as a newcomer to Idaho, I experienced my first farmers' market. I stood in awe at the variety of booths, and the creation of a community that took place before my eyes on that day in Friendship Square. Since then I have been to countless Saturday markets, and mid-week markets, always just a few short blocks away from wherever I was currently living. Farmers' markets were completely foreign to me, and I lamented the lack of them in the area I grew up.

This brings me to my most recent visit. On an outing with my parents through the center of town, I saw a sign I hadn't ever noticed before, announcing a farmers' market, right there, within walking distance from the very home I grew up in! I excitedly threw questions at my parents, "When was it? How many farmers were there? What kind of produce was for sale?" Incredulous at the possibility of a market in my crowded "megatropolis," I thought perhaps farmers' markets were growing everywhere; perhaps people are demanding all of the benefits that go along with having a farmers' market so accessible, so available.

So, I did what anyone who's a little bit curious about the growth of farmers' markets in our country does, and consulted the Internet. The United States Department of Agriculture has been tracking farmers' market growth since 1994. According to their website the number of markets in the USA has grown from 1,755 to 3,706 over a ten year span (I didn't see any info more current than that). In New Jersey, in 1998, there were 48 farmers' markets,

now there are 67. In Idaho, again in 1998, there were 24 farmers' markets; currently there are 26. Idaho's a little ahead of the country in the availability per resident of farmers' markets.

The beauty in this is the value people are placing on farmers' markets. The USDA website mentioned that 86 percent of markets were self-sustaining, leading us to conclude the customer base is strong enough to maintain a healthy farmers' market on its own. People are realizing how great it is to talk directly to the farmers who grow the food they are about to eat for dinner. People see the nutritional value of food that is eaten soon after it is picked. Market customers recognize that locally grown food is more ecologically friendly, and supporting local farms is a boost to the local economy.

The demand of the regular market customers to have more and more markets especially affects people who have no knowledge of what a farmers' market is. The USDA site states that people who have accessibility to a farmers' market greatly increased their consumption of fruits and vegetables. This change in dietary habits is crucial in our culture of fast, unhealthy foods with little nutritional value.

Now back to the New Jersey/Idaho comparison, with a particular focus on Moscow. Where I didn't have the opportunity as a child to walk down to my local market every week for fresh produce, Moscow has hosted a Saturday Market for close to 30 years, and for the past few years, the Growers' Markets in the Co-op parking lot has been available to meet your mid-week fresh produce needs. Come visit these local producers on Tuesday afternoons, 5pm to 7pm, in the Co-op parking lot, and keep supporting the nationwide farmers' market movement.

Michelle Hazen is a Co-op volunteer, helping to organize the Tuesday Growers' Market, and hoping to see you there.



The Front End News

By Annie Hubble, Front End Manager

I hope you are all enjoying the glorious summer days. If you are planning a picnic in any of the beautiful scenic spots here in Idaho, (our 4th Street trellis is one of those spots, albeit an urban kind), consider buying picnic food from the Co-op. The deli has all kinds of yummy choices, the produce department has a delectable array of fruit and vegetables, and there are a host of chips and dips and drinks in the grocery world. I always think food tastes even better when eaten outside!

On many of the busiest days now I visualise the five registers that we will have at the new store. There will be one dedicated express line close to the deli always open for those wanting a quick bite to eat or a cup of coffee, and at least one other, (more depending on the time of day), for serious

shoppers, with all five available at lunch and dinner rush time. It will make both the cashiers' job and your shopping trip much easier.

And in the new store I get my own office, instead of a corner of the staff room!

Whilst I will miss seeing everyone of the staff come and go, the staff will be able to relax more in a real break room, and I will have more space to work in. And you can help bring light into my world, or at least into my office! Read Kenna's article for more details about the upcoming fundraiser for skylights and Solatubes in our new location. I know there will be many fun activities with great prizes, so watch out for more information. See you around the Co-op! Enjoy the summer days!

Art at the Co-op

By Annie Hubble, Art Program Coordinator

Mark the evening of Friday, August 12th in your calendars. This is the date of the next Art at the Co-op opening where local artist Sara Foster will present her work in photography and acrylics. I am sure many of you will recognise Sara from her work at the Co-op as a baker, as a cashier, and now as a volunteer. But you may not know her art.

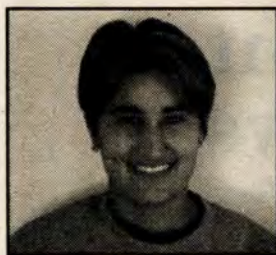
Sara, who now lives in Moscow, was raised in Colorado. She lived in Denver with her immediate family, but every summer spent a couple of weeks in the Northwestern part of Colorado with her grandmother, who was, and still is, a great influence on Sara's development as an artist. Her grandmother is a watercolor artist herself, and grandmother and granddaug'hter would paint together, or wander around the beautiful mountain country.

It was while studying botany in Wyoming that Sara discovered acrylics and grew to love their vibrant colours. She has been exploring this medium ever since, sometimes creating further texture by adding objects and papier-mache to her work.

Photography is a natural extension of Sara's interest in art and in the natural world. She loves to get up close to natural objects with her camera, hoping to help others see life in a new way.

Sara says of her art, "My work, like nature, is always evolving." A very busy and accomplished young woman, she is attending the Moscow School of Massage, working at Rural Roots, and volunteering at the Co-op, as well as practicing her art. You will have the opportunity to meet her and share her vision of the world from 5:30-7:00 p.m. on Friday, August 12th.

Co-Operations



News from the Spirits Department: New Washington Wines

By Dani Vargas, Beer and Wine Buyer

One night as I was reading through my wine information book at home that I got for Christmas I read how the Canoe Ridge Winery, located in Walla Walla, Washington, asks local restaurants to create dishes using Walla Walla sweet onions to compliment their wines. It was right around this time when we got Walla Walla sweet onions in our produce department and I thought it would be neat to create a display featuring some Walla Walla wineries along with those fabulous onions. I have added three selections from the Seven Hills Winery located in downtown Walla Walla in the historic

Whitehouse-Crawford Building. Seven Hills wines are known for their great balance between tannins, fruit, and acidity, making their wines very drinkable upon release.

Casey McClellan, the winemaker at Seven Hills, has a huge commitment to producing a high quality wine. He harvests grapes from vineyards in the Columbia, Walla Walla, and Red Mountain appellations. He works with each grower to monitor the fruit through each state of growth during the season. This winery also produces two white wines: an off-dry Riesling and a Pinot Gris, with grapes pur-

chased from a cooler appellation in Oregon State.

The three wines I have added are the 2004 Riesling, 2003 Pinot Gris, and the 2000 Planing Mill Red.

The 2004 Riesling is an off-dry one perfect for any occasion. It has a clean finish and very delicate sweetness.

The 2003 Pinot Gris uses grapes from Oregon. This is a dry, pretty intense, fruity wine. One might encounter scents and tastes of vanilla, hazelnut, honeysuckle, ripe citrus, pear and melon. This wine is also good by itself or with a meal such as fish or chicken,

and also spicy dishes.

The 2000 Planing Mill Red is a blend of Syrah, Merlot, and Cabernet Franc. This wine is produced to drink early. It contains softer tannins and a full mid palate flavor. Each of the blends adds its own structure to this wine. This wine is a tribute to the wood-working artisans who labored in the winery building for nearly a century before it was renovated. These three wines are all below \$20.00, the Riesling being the cheapest starting at \$9.00. Enjoy the excellent wines from the Walla Walla region and those delicious onions.

From the Suggestion Board

Will you have Seventh Generation Diapers in the new store? I know you can special order them now. Thank you. We will stock them in the new store—Carrie, Wellness Manager

Great job of marking when the Dill Potato Salad does or does not have egg. This vegan really appreciates it. Thank you. Also, good choice to start stocking Boylan Root Beer. The grape soda is as good as the root beer so if you stocked the grape that would be great too. The crème vanilla is terrible and the seltzers are the worst Boylan products so you might want to dump them in favor of the grape. Thanks for the compliment on the salad. I was excited about the Boylan's products, too. I beg to differ about the seltzers, both Carrie and I really like them and they are selling just as well as the soda. I would bring in the grape but it is not currently available from our distributor. I'll keep my eye out for it.—Vicki, Grocery Manager

Can you get Alvita corn silk tea bags? I'm sorry but this isn't currently available from our distributors. We do have corn silk in the bulk medicinal herb section.—Vicki

Is there any natural, non-chemical contact solution or saline? It would be nice if the Co-op would carry something like this in the new store! We currently carry Clear Conscience Multi Purpose Solution.—Carrie

Cheddar and Spice popcorn seasoning please and dry split pea soup mix in bulk. I'll definitely get the popcorn seasoning and I'll see if we have room for the split pea soup.—Vicki

As I was picking up 3 quarts of mayo, the open space called for product. It then struck me that for those who know about fronting product could assist those workers that front shelves. Maybe. You are always welcome to front the shelves as you shop if you so desire.—Vicki

Please stock or restock Hansen's Smoothies and Paul Newman's unbuttered "natural" microwave popcorn. Hansen's Smoothies were discontinued by the manufacturer. I will consider the popcorn for the new store.—Vicki

Peanut butter pretzels in the bulk section. Dagoba chocolate pieces with chili in them. They come in little red packages. Freshly cut pasta from the deli (maybe in the new location?) I'll see if we can fit the pretzels in the bulk section of the new store. I'll definitely bring in the Dagoba, but there's not much of a chance you'll see pasta from the deli. I'll see if I can find a fresh pasta supplier.—Vicki

Does San Pellegrino still make lemon flavored? I'd buy it by the case! They do and you can special order a case or wait until we move and I'll have it on the shelf.—Vicki

Two corny requests: Whole grain polenta, instead of the usual refined stuff, and stone ground (or coarse textured) corn tortillas. I don't think I can get either of these products but I will keep looking.—Vicki

You've been out of Smart Water (plain, quart or liter size) and distilled water. I hope you will still carry these items? The Smart Water is out because of a distributor error. There is no excuse for the distilled water. I'll make sure they both get reordered.—Vicki

Please, please keep the Kombuca tea coming. I know that the maker has a lot of orders, but it has become an important part of people's diet. So don't give up. We order this product twice a week and have been for at least a month. There is nothing we can do to make it appear here except keep ordering it and wait patiently until it arrives. Hopefully it will be soon.—Vicki

Now that you have virgin coconut oil in the supplement section, could you put some of it in the food section, esp. the gallon size? We normally carry Spectrum coconut oil in our cooking oil set. It was out of stock for some time but it is now back. It is currently not available in a gallon size. The Nutiva coconut oil is appropriate for all uses. It does, however, have a

stronger coconut flavor than some other brands.—Carrie

Are you familiar with torula yeast? Is it the same as the nutritional yeast in bulk? It is similar but not the same. If you are just using it in a recipe, you can substitute the yeast we carry in bulk for the same flavor but if you are looking for a nutritional supplement you might want to get torula yeast. They have some nutritional differences.—Vicki

Please carry Kyoto Autumn Leaves incense. It will be back in the new store.—Carrie

More Rose' wines please—great for summer. Great suggestion! I will look into some.—Dani, Beer and Wine Maven

I only buy gluten-free bread when I purchase bread (at \$4.50 a loaf). By the time I fill up my bread punch card I have spent \$45.00 but only receive \$2.00 for the next loaf. Could the 11th loaf be free? We are not able to do that at this time.—Kenna, General Manager

Please keep only unscented products in your public lavatory. Many of your members are allergic to highly scented products, especially those aerosol sprays. We have tried to keep the sprays out of the rest rooms, but they somehow end up in there. We will try to be more diligent.—Carrie



Word of Mouth

By Vicki Reich

I sent out an e-mail before spinning this week to ask if everyone would like to taste test cottage cheese this month. I got one reply back that said, "Yes, I love cottage cheese." I brought four cartons with me. When I arrived and announced that we'd taste low-fat cottage cheese, I was not met with quite as much enthusiasm. "Why do we always taste white food?" "I hate cottage cheese, do I have to?"

"This is as bad as the mayonnaise test." Undaunted by the barrage of negativity, I handed everyone a spoon. I poured each of the contestants into a bowl and passed them around while the Hog Heaven Handspinners gave me their feedback. Here's what they had to say.

Nancy's Springfield Creamery had a conventional and an organic contestant. I was curious if there was a noticeable difference between the two. Both were tart and sharp with firm dry curds. The spinners who like their cottage cheese tart definitely preferred the organic version. It had a richer

and yogurtier flavor. It wasn't quite as tart as the conventional one. Both were thought to go well with crackers or blended with spices or veggies.

Organic Valley had the creamiest curds with a thin, mild, milky dressing that about half the spinners really liked. It had a nice mellow flavor that was enhanced by the higher salt content. Those who liked the Nancy's thought it was rather milquetoast.

Horizon was the last contestant. It was the most like the conventional cottage cheese of my youth. It had small curds that melted in your mouth. It was the creamiest of the bunch but also the blandest.

We were pretty much split down the middle when it came to picking a favorite. Those who liked their cottage cheese with a lot of flavor preferred the Nancy's Organic and those who liked their curds a bit milder voted for Organic Valley. Try them both and decide for yourself.



From the Espresso Bar

By Mariah Rose Hey, Deli Service Supervisor

Greetings all! My name is Mariah Rose Hey, your new service supervisor in the deli. I am very excited to join the Co-op team, especially during this time of growth and change. I hope to bring many things to our deli, specifically in our espresso bar. I have worked for a number years as a barista and look forward to building upon the already wonderful products we serve.

I am also working to spread the word regarding the absolutely organic product we produce at our espresso bar. Did you know that when you order a latte from the Moscow Food Co-op espresso bar you are receiving a 100 percent organic beverage! We use organic milk, half and half, rice milk and soymilk not to mention organic, shade grown, fair trade Café Mam coffee. That's a latte organic!

What's New?

In an effort to offer our members drip coffee choices I searched high and low, tasting several different types of

coffee from many different companies; I was looking for a deeply dark coffee, oily beans, full-bodied taste, without the bitterness. I am happy to say all of these characteristics and more are enveloped into our new addition: Caffè Ibis Triple Certified Double French Roast.

Summer is upon us here in Moscow and to celebrate we are offering a several new yummy summer drink specials in our espresso bar. Enjoy our refreshing Espresso Spritzers, tasty sweet Italians Sodas, full flavored Cremosas, creamy Avalanche espresso shakes and the zesty Iced Borgia. In order to spotlight these wonderful drink specials each month, this summer, we will feature one of our specials at an addition 10 percent off; this month's feature drink is our tasty Espresso Spritzer.

Check us out, as we are growing, exploring, and experimenting in our espresso bar; if you have any ideas or comments please contact me at coffee@moscowfoodcoop.com



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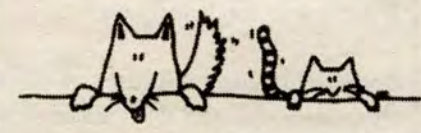
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Rhubarb, rhubarb

By Judy Sobeloff

Rhubarb, rhubarb." Feeling uneasy yet? Maybe it's because "rhubarb, rhubarb" is what's purportedly muttered by extras in theatre crowd scenes to denote unrest. Or maybe it's because rhubarb is yet another commonly consumed, potentially poisonous fruit or vegetable lying in wait, hoping to nail us. And we thought fruits and vegetables were our friends! Rhubarb, rhubarb.

I still remember my first encounter with the stuff, dipping my (innocent, childish) hand into a mysterious bowl of beautiful pink liquid in our family fridge, only to spit it out in horror upon putting my fingers to my mouth, the shock of tasting the beautiful pink liquid an experience ranking up there with waking up to find my first pet fish belly up and learning where babies come from.

A vegetable belonging to the buckwheat family, rhubarb is thought to have originated in Northern China or Russia and was originally used medicinally, primarily to induce vomiting. Yup, vomiting. Rhubarb stalks, which resemble red celery, didn't catch on as a food until the early 1800s, perhaps because those who ate the leaves and roots "sickened and died, thereby decreasing the rhubarb's potential for popularity" (www.hungrymonster.com).

The leaves and roots are toxic due to a high concentration of oxalic acid, which, oddly enough, is also found in spinach, from which, to date, there've been no reported deaths. Curiouser and curiouser, oxalic acid has been found to be beneficial to the environment, helping to protect the ozone layer (homecooking.about.com).

As if neutralizing chlorofluorocarbons wouldn't keep rhubarb busy enough, rhubarb also has laxative properties and can create kidney stones. If this doesn't put you off your feed, the good news is that rhubarb is high in calcium, even more so proportionally than a glass of milk. But, heh heh, the joke is on the consumer once again: it's calcium oxalate, "which blocks absorption of calcium not only from the ingested rhubarb itself, but also from any other food eaten at the same time" (homecooking.about.com).

In case any thrill-seekers or die-hard rhubarb fans are still reading, I'll go on. Despite being nicknamed "pie plant," rhubarb reportedly works well in savory dishes as well as in sweet, though my family was so busy working our way through various rhubarb desserts that I had no opportunity to observe this for myself.

First we stumbled upon a rhubarb custard pie made by Sarah Nelson for a party. David, a fellow guest who said he hardly ever eats desserts "but boy, this is something," and whose slice was accompanied by "just a little ice cream so as not to dilute the pie," claimed that there are "only three states where people really know how to make this: Iowa, Minnesota, and Wisconsin." Bingo. Turns out Sarah hails from Iowa, and the recipe comes from her mother, Corinne, though Sarah suspects her mother found it originally in a cookbook.

Sarah remembers "rhubarb growing around the edges of our house and picking it every year and making lots of things with rhubarb." Though Rhubarb Custard Pie is a tough act to follow, follow it I did when Sarah gave me her recipe for the unequivocally named Rhubarb Dessert, which Sarah says she remembers "eating it by the truckload. It's even better than the pie."

I found Rhubarb Dessert rich and sweet, like tart cobbler-esque butter-scotch. Fred described it as "extreme comfort food," particularly enjoying the sourness.

On a roll, we followed up with Raspberry Blackberry Rhubarb Pie (our motto: "Make only recipes which are easy as pie"), which my friend Nancy, who describes herself as neither a fan of rhubarb nor of pie, said was "fantastic." Impatient for the liquidy filling to thicken, we cooled the pie on a bed of ice.

"Rhubarb you never eat raw," I instructed my three-and-a-half-year-old as we constructed the final pie. "I had a piece, and it was really tasty," my husband called from the next room. Remembering having read this prohibition somewhere but not

Rhubarb Custard Pie (adapted from Corinne Nelson)

- 3 eggs
- 2-2/3 Tbsp. milk or cream
- 2 cups sugar
- 4 Tbsp. flour
- 3/4 tsp. nutmeg
- 4 cups chopped rhubarb
- 9-inch pie shell plus dough/shell for optional top crust
- Optional additional ingredients for streusel topping (see below)

Beat eggs slightly and add milk or cream. Mix together sugar, flour, and nutmeg and stir into wet mixture. Add rhubarb and pour the mixture into a 9-inch unbaked pie shell. Dot with butter. Cover with latticed pie dough or with a streusel topping (see below). Bake 50-60 minutes at 400°F and enjoy!

For streusel topping: Cut together 3/4 cup flour, 1/2 cup packed brown sugar, 1/2 tsp. cinnamon, and 1/3 cup softened butter to make sort of a pebbly sandy consistency. Spoon onto top of pie.

Rhubarb Dessert (adapted from Corinne Nelson)

- Crust:
- 1 cup flour
 - 1/2 cup butter
 - 1/4 cup chopped walnuts or pecans
 - 5 Tbsp. powdered sugar

Mix the first four ingredients and pat into an 8" x 8" inch pan. Bake for 15 minutes at 350°F.

- Filling:
- 1/4 cup flour
 - 1/2 tsp. salt
 - 1-1/2 cups sugar
 - 1/8 tsp. nutmeg
 - 3/4 tsp. baking powder
 - 2 eggs
 - 2 cups chopped rhubarb

Mix dry ingredients. Beat 2 eggs until fluffy and add gradually. Add rhubarb. Pour over crust and bake 40 minutes at 350°F. Serve with whipped cream or ice cream.

Raspberry Blackberry Rhubarb Pie

(adapted from rhubarbinfo.com)

- 3 cups chopped rhubarb (approximately 1 lb.)
- 1 cup raspberries
- 1 cup blackberries
- 1-1/2 to 2 cups sugar
- 1/2 cup flour
- 2 pie crusts for 9-inch pie

Prepare bottom pie crust and place in 9-inch pie dish. Combine chopped rhubarb, sugar, and flour in large bowl and mix well. Carefully mix in berries and turn into prepared pie crust. Place top crust over pie. Cut slits in top crust. Cover edges of pie crust with aluminum foil to prevent burning during baking. Bake at 425°F for about 1 hour, or until filling is hot and bubbling.

remembering the reasons why, I sampled a piece on the sly and had to admit it was tasty, crisp and tart like a cranberry. Rhubarb, rhubarb, indeed.

Judy Sobeloff is co-ordinating the Moscow Community Creative Writing Workshop this fall. See the article elsewhere in this issue.

Simply Tofu: Breakfast of Champions

By R. Ohlgren-Evans

Against all odds, my family has produced an athlete. For generations, and to the dismay of many (notably the in-laws and high school coaches), our long and lanky, dominant-gene, Nordic limbs didn't come with any talent in the jump, run, throw, or dribble departments. Nor did the competitive spirit one needs to make any of those skills relevant materialize in our DNA. "A pity," many have muttered. "What a waste," we have heard.

But then, one of my brothers married a former swim team member. One couldn't tell at first glance that Teri was an athlete (or perhaps it was just our historically untrained eyes)—but as we watched her stalwart homemaking, house building, and child-rearing techniques, we knew she had it in her to be a bold and stringent trainer.

So, apparently, did the local swim team. My nephew and two nieces spent their formative years in the pool and by the time Ava came along, her amphibious upbringing seemed as natural as eating and breathing (I checked—no gills). Ava started swimming competitively at age 4. At 17, she holds five state records and ranks 12th in the nation (in the 200 IM) following last year's Olympic trials.

This kind of effort takes numbing dedication. I visit Ava and her family in Michigan each summer and get to witness the family in motion.

The morning routine is particularly rigorous and well honed. The birdsong has just started when Teri wakes. She taps once on Ava's door, I hear the blender whirr, and minutes later Ava and Teri pull out of the driveway to head to the first of two practices that day (Ava will tally 10,000 meters in the pool by day's end).

The rest of us luxuriate in soft sheets for many more moments—often Ava is back home and grabbing the rest of her morning sleep before family members appear for breakfast. For those among us who like to sneak a quiet cup of tea and a few moments with the newspaper before the house-

hold comes to life, we know to reach for the remnants of the blended drink that Teri makes at sunup—a smoothie prepared with fruit and tofu that fortifies Ava in the cool air and water of the Bulldog Aquatic Center's frigid morning pool. We know goodness when we taste it, and one can't help but feel a wee bit of Ava's vigor when we share her morning tonic. For most of us, it's as close as we'll get to such merit and distinction. But one never knows—stranger things have happened—my family has produced an athlete.

Many of the following recipes call for frozen fruit. You can purchase frozen fruit, or freeze your own in season. For best results—freeze clean, prepared fruit in a single layer on a cookie sheet. After it is frozen (2–4 hours), store fruit in freezer bags or containers and it will be easier to grab a handful at a time. Frozen bananas should be peeled first, then cut into thirds. In place of frozen fruit, use fresh and add some ice cubes.

Robin Ohlgren-Evans knows firsthand that lack of athletic talent has nothing to do with the capacity to be a rabid fan (GO AVA-NATOR!) and if Ava gets to Beijing 2008, the bulkhead seats will be crammed with the hairy, blonde legs of our people. Your comments are welcome: rohlgren@moscow.com.

Ava's Gold Medal Tofu Smoothie

Ava's mom uses orange juice, and often omits the oatmeal. She varies the fruit, depending on what's at hand.

- 1/2 block soft tofu, or silken tofu
- 3/4 cup fruit juice or rice milk
- 1 frozen banana
- 2–3 frozen strawberries, or any other fruit
- 1 tsp sugar or honey (optional)
- 1/3 cup uncooked oatmeal (optional)

Blend until creamy. Makes 3–4 servings.

Mango-Berry Tofu Smoothie

Once you've started making smoothies, you'll adjust the ingredients to meet your tastes and accommodate your pantry.

- 1 cup chopped mango
- 1 cup milk
- 1 cup fresh or frozen raspberries or strawberries
- 1/2 cup soft tofu, or silken tofu
- 1 to 2 teaspoons honey (optional)
- 1 tsp vanilla extract
- 6 ice cubes

In a blender or food processor place mango, milk, raspberries, tofu, honey and vanilla. Cover and process until smooth. Add ice cubes; process until blended. Makes 2–3 servings.

Fresh Summer Berry Smoothie

Another variation on a fruit smoothie—this one calls for fresh fruit. Any of these ideas can be combined for more winning combinations!

- 4 oz soft tofu, or silken tofu
- 1/2 cup milk
- 1 cups strawberries
- 1/2 cup blueberries

Combine all ingredients in a blender; blend until smooth. Makes 1 serving.

Banana Peanut Butter Chocolate Smoothie

Peanut butter is a hearty addition to any smoothie if you're looking for a dose of good protein and a different taste. You can leave out the banana for a plain PB-Chocolate smoothie, or omit the banana and PB if you want a real chocolate treat.

- 1/3 cup soft tofu, or silken tofu
- 1 frozen banana
- 3 tablespoons chocolate syrup
- 1–1 1/2 cup soymilk
- 1 tablespoon peanut butter
- 1–2 ice cubes

Blend all ingredients until very smooth. Makes 2 servings.

Volunteer Profile:
Jennifer Hogan

By Yvonne McGehee

I met with sunny Jennifer, one-half of the Spice Girls, in the Co-op deli. She and Spice Girl partner Dayna Willbanks stock the herbs, spices and teas.

Jennifer was born in Chicago Heights, Illinois, in the same hospital her parents were born in, and went to the same school her parents went to. The whole family lived nearby and was closely connected to each other. Jennifer left for college in Bloomington, Illinois, only two hours from home. Then she went to graduate school at Southern Illinois University in Carbondale, Illinois; still only about five hours from home. She got her M.S. in Forestry there in "human dimensions," which is the study of "why people do what they do in the woods." Jennifer applied for a job with the University of Idaho, and was in Yellowstone National Park when the call came for an interview. A ranger found her by holding up a sign with her name and a note telling her to call the University of Idaho. She called from a payphone by some bathrooms in the park, her interview was held by phone there, and she landed the job.

So she moved from her close-knit family to Moscow in 2000. Her job involves utilizing an interpretive approach with national park users, emphasizing education to inspire people to treat the land they are enjoying in ways that will allow it to be preserved. She currently works for the Park Studies Unit in the Department of Conservation Social

Science, and was hired by the National Park Service for conduction of a visitor study of customer satisfaction at every National Park Service site in the United States. Numerical ratings are used in the Park Service's performance-based management strategy. Most people are happy with the Park Service and grateful for the good job it does, and many would like to see it be allocated more funds.

Jennifer arrived in Moscow with four cats and two dogs, facing the daunting task of finding animal-friendly housing. The first place she saw was the Co-op; it reminded her of home, looked friendly, and she went in for coffee. There, on the bulletin board, was a sign for a house to rent.

This stroke of luck turned out to be Kenna Eaton's house, which Kelly subsequently lived in for three years. Jennifer's dogs at the time were Connor, a stray with kicked-in ribs from Wyoming, and Maggie, a Jack Russell terrier/beagle cross. Neither listened well, and Maggie was a Houdini among dogs, escaping at will. Jennifer was often to be seen, dressed in pajamas, running down Moscow streets chasing her dogs while fruitlessly calling their names. Connor and Maggie have passed away, and Jennifer's current dog is obedient 24 hours a day, 7 days a week, staying by her side, attentive to hand signals and whispers.

Finding the dog-friendly rental at her first stop at the Co-op was the beginning of what seems to be a special relationship between Co-op, real estate, and Jennifer Hogan. Her Spice Girl



partner was once the owner of the Ottness House, a Victorian built in Moscow circa 1904 and first lived in by John and Lillian Ottness. Dayna sold the house to Taz and Polly Fullford, also Co-op members.

Shortly after their purchase, they landed a job in Vermont and had to move. Jennifer was returning some snowshoes borrowed from them on the fateful day they learned they would be leaving. She offered to buy the Ottness House, and that was that. It was sold to Jennifer over a 6-pack of Heineken with a contract made on kitchen drawer paper. As they were signing, the phone started ringing with people making offers. "The opportunity to network with Co-op members who have similar interests is amazing!" says Jennifer. I'll say; but I think some Good Housing fairy must be at Jennifer's shoulder, maybe following her from her close-knit family in Chicago! Her current focus is painstakingly returning her Painted Lady to her former glory. She can be found at home, with six shades of purple, a quarter-inch-wide paintbrush, and her real estate karma.

Yvonne McGehee has been breeding elegant borzoi dogs for the past 30 years. She feeds them a fresh food diet. See them at <http://personal.palouse.net/valeska>

Customer of the Month: Wendy Casner “A Garden Without the Work”

By Holly Barnes

Shopping at the Co-op is like having a garden without the work,” according to the Customer of the Month, Wendy Casner. Wendy has had a peripatetic adult life but has settled down for now in Moscow, moving here last fall from Pullman where she lived for three years. She was raised in Lake Oswego, Oregon and went to Washington State University from there. After a year and a half at WSU, Wendy moved to New Mexico, living and going to school at Eastern New Mexico University in Portales for two years and then moving to Albuquerque for six years, where she worked at the University.

Now she is happily residing in the Lena Whitmore area of Moscow with her husband, Steve, a plumber, son Caleb, 9 months old, and their beautiful and lovable dog, Jack. They moved in recently and are still unpacking and getting settled. Wendy started working this spring for the Pullman Police Department as a Records Specialist I performing data entry and receptionist duties and assisting police officers.

Wendy’s passion right now is raising her son. After a difficult late pregnancy, labor and birth, she is delighted to have this good-natured little person in her life. In her spare time she likes to do cross-stitch and crochet. She used to enjoy snow skiing but at this time in her life she just likes to spend time with her family and go on picnics and walks.

Wendy was first introduced to natural and organic foods when

accompanying a friend on a shopping trip in Albuquerque. Her friend shopped at Nature’s Market, a chain in New Mexico, and Wendy first saw good organic vegetables. She also found better blue corn chips (a favorite snack) than she had found in regular grocery stores.

So it was natural for her to head for the Moscow Food Co-op when she arrived back in the Palouse. She shops at the Co-op because it has good vegetables, organic and natural. She enjoys what she calls “garden eating.” The Co-op’s food seems more like she grew it at home than what is found in a regular grocery store. Wendy would like to see a larger bulk food department in the new store. Her favorite department is the deli and she would also like to see that expanded in the new building. The Moscow Food Co-op has many offerings of natural and healthy vegetables for Wendy. She looks forward to an even better selection at the new Co-op.

“Shopping at the Co-op is like having a garden without the work.”

—Wendy Casner



Holly Barnes also finds the idea of “having a garden without the work” very appealing since her vegetable garden got off to a poor start this year.

**Advertise
with the
Co-op**

**We can help you reach an integral
and unique part and heart of the community!**

Contact Aly Bean • 208-882-1444 • aly@pcei.org

Staff Profile:
Marie Sita

By Susan Simonds

This month's featured employee is Maria Sita, who has been a deli-server since April. Originally from Moscow, Maria moved to Sequim, Washington at the age of five. Two years ago, her mother, Holly Cooper, and her sisters Allie, age 7, and Renee, age 16, moved back to Moscow, where they have extended family including both sets of Maria's grandparents. Although Maria came back to visit family every summer, she feared that her youngest sister would grow up without truly knowing her. She always believed she would come back to Moscow. "I think it's beautiful here—the rolling hills of the Palouse." So in January at the age of 21, Maria finally made the move. As a shy person, she has found moving a bit of a challenge. However, she said she has come to actually enjoy meeting new people.

Her mother urged Maria to apply for a job at the Co-op, where she had become a member. Maria is enthusiastic about working at the Co-op: "I love the people I work with. I like the environment—that it's community oriented. I like being part of a community." Her last job in Sequim made her feel very much a part of a community. As the country's lavender capital, all of Sequim gets involved with the annual lavender festival. Maria worked and lived on a lavender farm. "I got so immersed with the lavender—I just fell in love with it. Walking outside, just smelling the lavender right there. It was just wonderful."

In Sequim, Maria's first job as a teenager was as a barista and she found that she took to the work. "I really like to make

espresso drinks. People who like their coffee love their coffee and when true coffee drinkers get a good latte, they're stoked. And I've been told I make a good latte."

Maria's true passion is ballet. She began studying at age eleven. "Dance is my thing. It takes so much time, but if you're gonna do it, you're gonna do it. I love it." Maria hopes to become a dance teacher and has been taking classes at Spectrum II. She is considering attending the University of Idaho in the spring to begin a double major that would combine her interests in dance and the botany of lavender. While her focus has thus far been ballet, she wants to broaden her training to include all types of dance.

Although ballet and her Co-op job take up most of her time, Maria is an avid cook who is keen on trying out new recipes. She recently started working her way through a new vegan cookbook and has recently become a vegetarian like her mother and sisters with whom she shares an apartment. In Sequim, the lavender farm where she lived was first an herb farm and Maria tried out cooking with a variety fresh herbs. She hopes to one day have a garden of her own so she can resume her close connection with lavender and plants.

As I talked to Maria, I realized that lavender, coffee, and ballet symbolized the essence of her personality: sweet, energetic, and graceful.

Susan Simonds just planted fifteen lavender plants in her garden.



Business Partner Profile: The Natural Abode

By Jill Maxwell

New Co-op business partners, David and Nancy Wilder of the Natural Abode, are new to Moscow as well. Their Main Street business, which sells green materials, organic cotton clothing, and natural flooring, opened June 1.

David and Nancy got the idea for starting a business that specialized in green materials after their daughter was born. David couldn't find any paints that were free of hazardous materials. "It just seemed too difficult and too costly," he said. "We thought there had to be a better way." Once they started looking into it, they discovered that there were a lot of other alternative products. They also thought that if they made it easier for people to purchase environmentally friendly, sustainably produced products, more people would use such products.

So, they began planning "The Natural Abode" and 2 1/2 years later they opened the store. Originally, they planned to open in Davis, California. However, after coming to Moscow to visit Nancy's brother, they decided that this was where they want to be. "We realized it was laid back and pretty easy going," recalled David. "There was a lot going on for our kids, and the Co-op was definitely a factor." They made their decision and moved up here a year ago.

Some of the products they are most proud of selling are SafeCoat paints which were developed for chemically sensitive people. The paints contain no hazardous materials. Unlike conventional paints, they don't require a hazardous materials warning on the label. Another important product is clothing made with organic cotton or hemp. David said that organic cotton is important to support because conventionally produced cotton is one of the most pesticide-intensive products in the country. He pointed out that approximately one-third pound of pesticides is required to grow the amount of cotton needed to make one non-organic T-shirt.

Other products include tree-free and recycled office papers, journals, and note cards, organic cotton diapers and supplies, bamboo and cork flooring, natural wooden toys, sustainably produced furniture, natural fiber rugs, and natural fertilizers such as bat guano, seabird guano, and a vegan mix that contains no animal products.

"Trying to get these things is always challenging," David said. "Our goal is to keep prices lower than people are expecting, to make them accessible to people."

The Natural Abode also carries energy and water conservation products such as dual-flush toilets that give people option of flushing either half a tank or a full tank. They use about 30 percent less water than regular toilets. "It's these kinds of things our country should have mandated years ago," said David. "Australia's had them for 20 years."

The City of Moscow is considering offering incentives to resi-

dents and builders to use conservation products. David suggested that people could contact the city council and urge them to provide such incentives. "It's something people need to voice their support about," he said. "All these little things add up."

David thinks that Americans are starting to become more environmentally aware. He says the green building industry nationally has seen a lot of growth in the last three to four years, as more people are looking for practices and products which are sustainable and which don't do damage to the environment or human health.



Amber Rand, David Wilder, and Jim Palmersheim are glad to be able to sell Safecoat Paints.

However, he cautions consumers to look into what they are buying because a lot of products get termed green even though they're not. For example, he points to recycled rubber products which outgas chemicals which are not healthy to people.

Everything at The Natural Abode has been looked into carefully, he says; especially in respect to the product's impact on indoor air quality. They used many of the products they carry in the remodeling of the store.

The Natural Abode is located at 517 S. Main St. in Moscow. Store hours are 10 a.m.-6 p.m. M-F and 9 a.m.-3 p.m. Saturday. Their website is at <http://www.thenaturalabode.com/>. Co-op business partners receive 10% off natural fertilizers.

Jill Maxwell was wowed by the beautiful organic cotton T-shirts at the Natural Abode.

Moscow Civic Association Solicits Board Members

By Lois Blackburn, President, Moscow Civic Association

The members and Board of Directors of the Moscow Civic Association are proud of the ways in which we have met many of the goals of our mission statement since our birth in 2002.

We have presented many informative public meetings providing information about issues important to the community: public schools, water conservation, transportation and highways,

the workings of city government, and local elections. We have supported smart growth, civil rights, and the many other local organizations committed to the welfare of the community. We have celebrated our city parks while lobbying for more of them. We have endorsed candidates for city council who we believed would help bring about our progressive vision of a just and equitable society for Moscow.

Because of obstacles presented by organization, communication, and an occasional need for immediate action, most of the hard work and decision-making of this organization are of necessity done by the volunteer members of the Board of Directors. The work involved in the above list of accomplishments has been a heavy load. Help from a few more dedicated Board members would minimize this

burden. The Board usually meets once a month at the home of a Board member. (Our meetings are fun, along with the work.) If this mission is of interest to you, please notify Lois Blackburn, 882-8936, Lblackburn@turbonet.com, or Kit Craine, at kcraine@moscow.com. The Board of Directors will review names of prospective Board members at our retreat August 20, 2005.

Fresh Food Diets for Dogs

By Yvonne McGehee

Taking up where we left off in the last issue, I'll present background for understanding diets presented in books to be reviewed in the next issues.

It is often heard that people can't feed their dogs a homemade diet because it won't, or can't, be "complete and balanced." Sometimes people ask if the homemade diets have been analyzed. Some books give analyzed diets, while others include diets that are not analyzed, such as most of us eat. Not all analyses are the same, and there are limits to what an analyzed diet really means.

Diets can be analyzed on paper, meaning the contents of the ingredients according to the USDA nutrients in foods database are calculated on paper and compared to the NRC (National Research Council) list of known Nutrient Requirements of Dogs. The NRC requirements are derived from feeding trials in which nutrient levels at which deficiency diseases, or occasionally diseases of excess, develop are determined.

On-paper analysis has limitations because in real life, nutrients interact with other nutrients, affecting absorption and utilization. Without feeding trials, it's difficult to know exactly what those interactions will be once the food is in the animal. Diet contents can be analyzed directly by chemical techniques, which is expen-

sive and beyond the scope of most authors, and which, though more accurate at telling exactly what is in the food than an on-paper calculation, still doesn't tell how the live animal actually utilizes the food.

Many pet food manufacturers do not conduct feeding trials, but use on-paper analysis and add excess nutrients in hopes that any adverse nutrient interactions will be overcome and enough of everything will be present to prevent deficiencies as the animal's body utilizes the food.

To overcome the deficits in paper-based analysis, some pet food manufacturers conduct feeding trials. The feeding trials required for AAFCO certification (Association of American Feed Control Officials) are short in duration (6 months or less depending on the specific trial), require very few animals (under 10), and have limited requirements, such as mortality not above a certain percentage and weight maintained within certain parameters.

They demonstrate that the diets tested are life sustaining for a limited period of time, but do not show that they are life-optimizing for long-term use. They provide no information on effects of long-term use in the development of obesity, diabetes, arthritis, or heart, kidney, or liver disease. Because there is no prospect of making money through homemade diets, they are not used as controls for feed-

ing trials of processed foods, nor are they researched.

Some commercial dog food manufacturers conduct feeding trials including detailed analysis of how the diet is actually digested and utilized by the animal. These are above and beyond the feeding trials required for AAFCO certification. Sometimes they are in response to problems, such as developmental joint disease in large breed puppies fed standard puppy foods, or blindness in cats caused by taurine deficiency in commercial cat foods.


These problems arose in analyzed diets claimed by their makers to be "complete and balanced," and show that there are limits to what "complete and balanced" and "analyzed" really mean. All forms of analysis, whether on paper or through feeding trials, rely on requirements derived from how real animals responded to specific diets, mostly through trials to determine the minimum requirements for specific nutrients to prevent deficiency.

So, if a dog is fed a homemade diet and the dog thrives, this in a sense goes back to the basis from which all analyses are derived. Though being officially "complete and balanced" is probably an illusion at best, as evidenced by constant changes and corrections made to products within the pet food industry itself, a diet can certainly be inadequate, or excessive, or far out of balance. Next time we'll go

over books that will help you learn how to feed a healthy homemade diet.

Yvonne McGehee has been breeding elegant borzoi dogs for the past 30 years. She feeds them a fresh food diet. See them at <http://personal.palouse.net/valeska>


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Saturday 10 - 6

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Moscow Community Creative Writing Workshop Coming This Fall

By Judy Sobeloff

Attention, Co-op Shoppers. If you've ever considered turning your grocery list into an epic poem or held up the line at the cash register while you jot down the finishing touches on a novel, the Moscow Community Creative Writing Workshop (M.C.C.W.W.) may be for you.

A workshop for writers of all levels from beginner to advanced, the M.C.C.W.W. will run for seven weeks this fall, meeting Wednesday nights at the Moscow Public Library, October 5 through November 16 from 7-9 p.m.

Each night will be taught by a different local writer (Mary Clearman Blew, Paula Coomer, Andrea Clark Mason, Billy Merck, Judy Sobeloff, and Pamela Yenser) and will feature in-class writing as well as discussions on the craft of writing. Topics covered will include developing writing from personal documents (letters, photographs, diaries); letting your images lead and surprise you; dialogue; place as character; and revision through improvisational acting.

Workshop participants will have the opportunity to give and receive feed-

back on their writing and to read their work along with workshop instructors at BookPeople on November 16.

The workshop will be limited to 15 participants. All levels are welcome!

To apply, write M.C.C.W.W. a one to two-page double-spaced letter describing yourself and your interest in writing, using one fictional detail and including contact information in the top right corner. Please drop this off between August 15th and September 15th at the reference desk of the Moscow Library, where you can

also pick up an information sheet with further details about workshop activities and presenters.

M.C.C.W.W. prohibits discrimination on the basis of race, color, national origin, sex, disability, or age. M.C.C.W.W. is presented with the support of the Western States Arts Federation, the Idaho Commission on the Arts, and the Latah County Community Foundation.

Judy Sobeloff, M.C.C.W.W. co-ordinator, writes about food for the Co-op newsletter.

Attention Dirt Divas

By Aly Bean, Volunteer Coordinator, Palouse-Clearwater Environmental Institute

I am pleased to invite you, your daughter, mother, sister and best friend, to PCEI's second annual Women's only Mountain Bike Clinic.

At the request of last year's participants, there will be two clinics this year.

SESSION ONE:

Sunday, August 7th, 9 a.m.-4 p.m. at PCEI 1040 Rodeo Drive, Moscow

SESSION TWO:

Saturday, August 27th, 9 a.m.-4 p.m. on Moscow Mountain (meet at PCEI)

SESSION ONE:

We will focus on the questions and answers of bike basics. Your bike will be fitted to you properly, your helmet will be sized, and we will confirm that your bike is in good riding condition (tire pressure, working breaks, how to change a flat, break your chain, lube your bike and make your own adjustments). We will discuss various techniques such as weight distribution, balance and focus.

You will learn about the mountain biking gear as well as general troubleshooting.

Enjoy a catered lunch with discussion and demonstrations in the afternoon.

SESSION TWO:

This is where the discussion time pays off. We'll utilize the knowledge learned off the trails, on the trails. Short courses will be set up for each challenge: up hill, down hill, switch backs, cornering and tricks. After you have studied each area, we will regroup for a catered lunch on the mountain followed by a longer, fun, female, group ride.

This is a great opportunity to meet other women, ride with those at your level, and get to know the trails on Moscow Mountain.

Each session is \$35, which includes a participant gift bag, snacks for the day, a catered lunch, raffle prizes and six hours of hands-on instruction! For a more thorough experience please consider attending both sessions, at the discounted rate of \$60.

PCEI members receive a \$5 discount for each session!

Register on line by going to http://www.pcei.org/bike_clinic

For more details or pictures, see <http://www.pcei.org/>

Women's MOUNTAIN BIKE Clinic

SESSION ONE:

Sunday, August 7th

9 a.m.-4 p.m.

PCEI 1040 Rodeo Drive, Moscow

SESSION TWO:

Saturday, August 27th,

9 a.m.-4 p.m.

Moscow Mountain

(meet at PCEI)

1040 Rodeo Drive, Moscow

Bike Basics

Helmet Sizing

Weight Distribution

Balance/Focus

Up Hill

Down Hill

Switch Backs

Cornering/Tricks

**Cost: \$35/each session
\$60/both sessions**

**PCEI Member Cost:
\$30/each session**

**Includes: gift bag, snacks,
catered lunch, raffle prizes,
six hours of hands-on
instruction**

Bike Ride and Star Gaze

By Becky Chastain, Paradise Path Task Force

Please join us for the fourth annual Mid-Summer Evening Bike Ride and Star-Gazing Event. This free event is sponsored by the Paradise Path Task Force and The Palouse Astronomical Society.

We will meet at Mountain View Park in northeast Moscow at 8:30 p.m. on August 12, and then enjoy a warm summer's night bike ride on Paradise Path and the City Bicycle Route starting at Mountain View Park and ending at the University of Idaho Observatory on the Old Pullman Highway at the western edge of Moscow.

Telescopes will be located at the UI Observatory and will be staffed by knowledgeable astronomers from the Palouse Astronomical Society. The moon will be very favorable, just shy of a quarter, and the peak of the Perseid showers should be visible.

To join, register at Mountain View Park at 8:30 p.m. and receive your free glow-in-the-dark necklace and enter the free drawing. The following wonderful local small businesses have donated prizes for the drawing: Salmon River Experience, Hyper Spud, Tri-State, BookPeople, UI Wellness Program, Paradise Creek

Bicycle, Follett's Mountain Sports, Casa de Lopez, Mikey's Gyros, Wine Company of Moscow, Camas Prairie Winery, One World Cafe, Wheatberries, Twisters, TyeDye Everything, Mothers Imports, Wild Women Traders, and The Knit Knot Shop.

Please remember that an adult must accompany children.

Bicycle safety equipment and light-colored clothing are strongly suggested.

Bike lights and reflectors are required. I saw this easy homemade bike light used on the Hiawatha trail. All you need is two hose clamps and a regular flashlight. One hose clamp is attached to the handle bar. The other hose clamp attaches onto the first hose clamp and then goes around the flashlight.

If you would like to help with this event or donate raffle prizes, please call Becky Chastain at 883-3485.

Healthier Homes & Gardens Program

By Sally Bell Alper of the Northwest Coalition for Alternatives to Pesticides

We are a non-profit organization working to reduce the use of pesticides in the northwest. We have a new educational program that is focused on giving individuals a resource for pesticide-free alternatives for use around their homes and gardens.

It's a free program, and when someone joins they receive a monthly e-mail tip with pesticide free solutions for

common weed and pest problems (like ants, bindweed, and slugs) without using pesticides and a toll free hotline number to call if they have any questions.

You can check it out online at: <http://www.pesticide.org/hhg.html>. Thank you and I hope we can work together to protect the health of people and environment from pesticides.

Update on Small Acreage Farming Courses

By Theresa Beaver

By now you may have heard about the Cultivating Success course "Sustainable Small Acreage Farming and Ranching" that the University of Idaho has been offering to the community since the fall of 2001. Since that time 87 students and community members have taken the course. It will be offered again this fall, but with a twist.

For many community members, taking an evening class for 15 weeks is not feasible. This fall the course will be offered primarily as a web course, with just four in-person meetings. During these meetings students will tour farms, hear from farmers and other resource people as guest speakers, and explore farming options. The web part of the course will involve readings and interactive slide shows that will guide you in developing your own farm plan. This course is designed for real life application. The instructor, Cinda Williams, is the University of Idaho Sustainable Agriculture Coordinator and has taught the course for four years. She will be available to assist you with your individual farm plan.

The initial course meeting is

Thursday, August 25th, 5-8 p.m. and runs through December 8th. For more information or to sign up for the course, contact Cinda Williams at 885-7499 or cindaw@uidaho.edu

Another new course being offered to the community this fall is Sustainable Small Acreage Livestock Production. This course, offered on Tuesdays 4:30-7 p.m. starting on August 23rd, will cover everything from housing and nutrition to regulations and marketing. For more information or to sign up for the course, contact Program Coordinator Theresa Beaver at 885-7787 or tbeaver@uidaho.edu or the instructor Dr. Richard Battaglia at dickb@uidaho.edu.

The fee for community members for either of these courses is only \$120. Academic credit is also available.

You can learn more about the Cultivating Success Program courses and on-farm apprenticeships at our website www.cultivatinguccess.org.

Theresa Beaver grows perennials and cut flowers on her small acreage farm in Moscow.



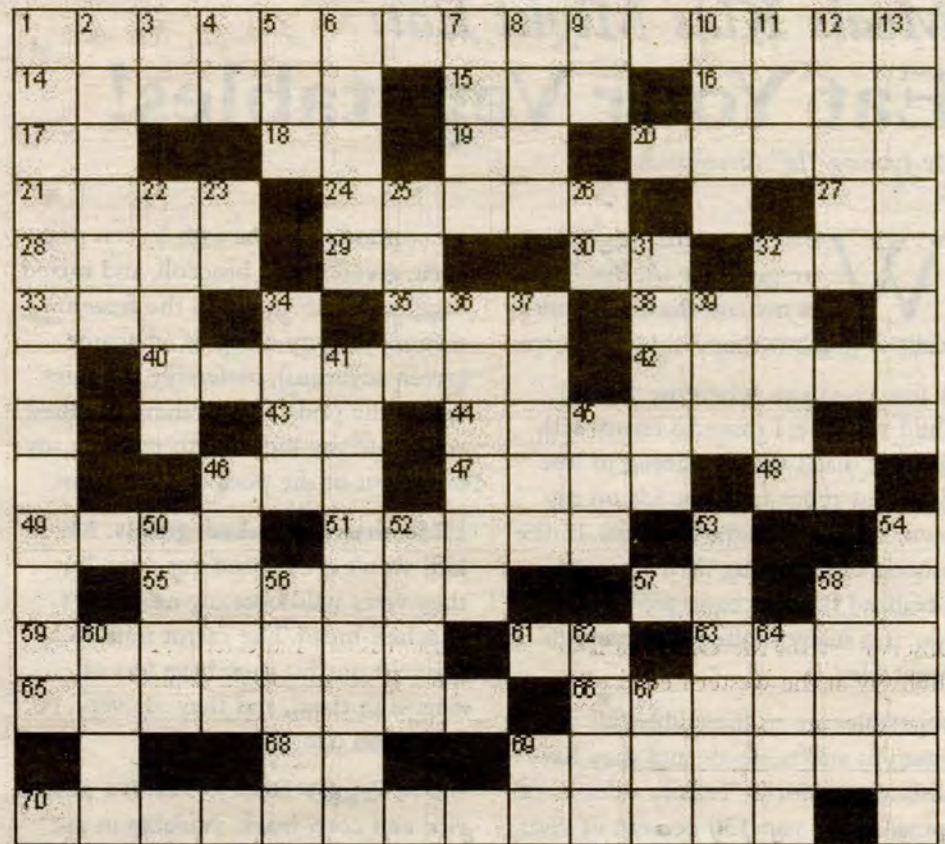
Co-op Crossword

by Craig Joyner

ACROSS

- 1 MFC's painter
 14 Dhal's main ingredient and local crop
 15 Expert
 16 Far Eastern food brand, _____ Kitchen
 17 Personal pronoun or Stephen King novel
 18 Quotidian school sports or Chuck D's rap band, abbreviation
 19 Author, ___ _ Eliot
 20 Memorial mound
 21 Grape juice before or during fermentation
 24 Colorado mountain pass
 27 State with the highest point, Mt. McKinley, in the country, abbreviation
 28 American Indian storage pot, it's occasionally used for cooking
 29 Western Sahara's two letter internet code
 30 Medic, abbreviation
 32 Coy
 33 Ensnare
 35 U. N. agency concerned with labor issues, abbreviation
 38 Japanese city
 40 Local restaurant
 42 Rancid
 43 Two prefix
 44 Art gallery in Florence
 46 Romaine
 47 Vegan meat alternative
 48 Direct action environmental group, abbreviation
 49 City in Ecuador and Spain
 51 Natural alternative to chocolate
 55 Brilliantly plumed bird
 57 Buddhist or Chinese temple
 58 German yes
 59 El Muenster General's cheese of the month for July

- 61 Magazine for holistic gardeners, abbreviation
 63 Odin's son and Tyr's brother
 65 Melon
 66 Linger
 68 Chinese poet, ___ Po
 69 Manchester lettuce
 70 Washington state sci-fi author of "Always Coming Home"



DOWN

- 1 MFC cashier, newly hired in June
 2 Medicinal plant
 3 The volunteer state, abbreviation
 4 Resolution for a tied sports game, abbreviation
 5 Television drama, "___/Tuck"
 6 Fig variety
 7 Cereal grass
 8 College in Lewiston, abbreviation
 9 Augusta is this state's capitol, abbreviation
 10 Beehive state
 11 New Zealand bird
 12 Profiled employee in February's Newsletter, _____ Long
 13 Pasta brand
 22 Pacific Foods super fortified soy milk style
 23 This state's name means "a large hill place," abbreviation
 25 Buckeye state
 26 Magazine, ___busters
 31 Adapt
 32 French composer
 34 Taro
 36 Paris museum
 37 Monteverdi and Gluck opera
 39 Regional American Indian tribe, ___ Perce
 41 Roman Goddess of strife
 45 BBC series, Ab _____
 46 Chili con _____
 50 Auntie Establishment, _____ Opyr
 52 Forward
 53 Alaska national park
 54 Newsletter customer profile writer, Holly _____
 56 Interlude, poem, eclogue
 58 What you need to do to become a Co-op member
 60 Excursion
 62 Tipple
 64 Natural foods brand
 67 Australian bird
 69 Central European river

*Craig is also KUOI's "brentbent."
 You can tune in his eclectic show on
 Fridays at 8:30 p.m.*

Meals Kids Might Eat: Eat Your Vegetables!

By Jyotsna "Jo" Sreenivasan

We all know that vegetables are good for us. But I was in my late thirties before I realized just how good they really are.

A few years ago, when my second child was one, I came to terms with the fact that I was not going to lose those last pregnancy pounds on my own. I joined Weight Watchers. In the process of following their program, I realized that my basic problem was: too many muffins, not enough vegetables!

Vegetables are so incredibly full of vitamins and minerals, and they have almost no calories. Twenty calories of spinach give you 130 percent of your daily requirement for Vitamin A, 45 percent of your vitamin C, and 15 percent of your iron. Wow.

Nowadays I make sure to mentally track the number of vegetable and fruit servings I have every day. And yes, I did manage to lose 15 pounds!

My kids will eat almost any kind of fruit. And fruits are great too. But in general, vegetables are the real nutrition powerhouses. The following are some tips on getting kids to eat vegetables.

Go Raw. My kids will eat many vegetables if they are raw: baby carrots, cucumbers, cherry tomatoes and those amazing mini sweet peppers the Co-op sells. My younger son likes to dip his veggies in Annie's Naturals Cowgirl Ranch dressing or Goddess dressing, but my older son prefers plain raw vegetables with maybe some salt. Other ideas for raw vegetables include: peas in the pod (kids like to shell them), tender green beans, and celery. I often put raw vegetables on the table as part of the afternoon snack.

Cook them plain. Steamed broccoli or asparagus with butter or olive oil, salt and lemon juice tends to get eaten. Also, baked potatoes and baked sweet potatoes, with butter and salt, are simple and yummy.

Let them eat frozen. Some children actually prefer to eat vegetables while they are still frozen! The Co-op can

accommodate them with frozen peas, corn, green beans, broccoli, and mixed veggies. While you're in the frozen section, pick up a bag of edamame (green soybeans), preferably the ones still in the pods. I cook them in salted water and my kids like to take the soybeans out of the pods and eat them.

Hide them in baked goods. My kids won't eat cooked zucchini, but they went wild over my neighbor's zucchini bread. The carrot muffins featured on this page have lots of carrots in them, and they are very moist and delicious.

Serve Veggie Booty. This is a puffed rice and corn snack, available in the chip/pretzel aisle. Each piece is dusted with dried spinach, kale, and other vegetables.

It actually has quite a number of vitamins. The Co-op also carries Terra Spiced Sweet Potato Chips. They are a little peppery, but my kids liked them.

Open a can. My older son is fascinated by foods that come out of a can. He enjoys Amy's Corn Chowder. If it

clearly didn't come from Mom's kitchen, it must be good—right?

Let me know your ideas and suggestions for this column. My e-mail is: jyotsna64@aol.com.

Jyotsna Sreenivasan loves getting fresh vegetables from the Washington State University Organic Farm Project's Community-Supported Agriculture program.



My son, Vilas, 7, sometimes makes sculptures out of his raw vegetables.

Carrot Muffins (adapted from *Breads, Soups, and Salads!* by Sharon Winstein)

Younger kids can help mix the batter. Older kids might be interested in grating the carrots.

5 tablespoons unsalted butter, so
1/2 cup brown sugar
2 large eggs
1 tablespoon fresh lemon juice
1 cup whole wheat flour
1 teaspoon baking powder
1/2 teaspoon baking soda
1/2 teaspoon salt
2 cups shredded carrots



Preheat oven to 350°F. Mix butter and sugar. Add eggs and beat well. Stir in lemon juice. Add flour, baking powder, baking soda, and salt, and mix until smooth. Stir in carrots. Fill greased muffin cups with batter. Bake for 20 minutes, or until dry on top and firm to touch.

Notes: Look for the "white wheat pastry flour" sold in the bulk section. It is whole-grain flour, but milled from a lighter-colored, milder-tasting wheat.

We used 1/2 cup extra carrots, and it was fine. You might want to experiment with reducing the amount of sugar—our muffins turned out quite sweet. We made 24 mini-muffins—perfect for little hands and mouths—and baked them for 15 minutes.

Mixed Greens Frittata

(from *Moosewood Restaurant New Classics*)

My younger son likes this dish. My older son sort of likes it. If you have a hand-crank egg-beater (and I hope you do), let the kids beat the eggs with it.

2 cups chopped greens (spinach, chard, collards, escarole, or kale)
3/4 cup chopped fresh parsley
1/4 cup chopped fresh basil
1 1/2 teaspoon olive oil
4 eggs, slightly beaten
1/4 cup water
1/4 teaspoon salt
1/2 cup grated feta, Parmesan, or Cheddar cheese

In a 10-inch ovenproof skillet, sauté the greens, parsley, and basil in 1 teaspoon oil until wilted and tender. Transfer the greens to a bowl. Rinse the skillet and set aside. In a separate bowl, whisk together the eggs, water, and salt and stir in 1/4 cup of the cheese.

Oil the skillet with the remaining oil, and place on medium-high heat. Stir the egg and cheese mixture into the greens and pour into the hot skillet. Sprinkle the top with the rest of the cheese. Lower heat to medium-low and cook without stirring for about five minutes. The frittata should be mostly cooked, but with the top still slightly undercooked. Place the skillet under the broiler for 3 to 5 minutes, until the top is firm and beginning to turn golden brown.

Notes: I add sliced green onions or minced garlic to the greens when I sauté them. I used dried thyme when I was out of basil, and it tasted good. We generally use 3/4 cup of cheese.

Earth Mother: That's Entertainment

By Julia Parker

My family is about to embark on a long plane ride. Make that a long, red-eye, plane ride preceded by the 1.5 hour drive to Spokane and followed by a 3-hour bus ride. So, the topic of entertaining children is high on my list. Two weeks ago we moved (within Moscow) and I found a deck of cards called "52 Things to Do in the Car." Thank goodness!

My goal on this trip is to schlep a minimal amount of kid or parent stuff, and to help keep our daughter from going crazy sitting in the car, on the plane and in the bus. Here is a list of ideas both from the deck of cards and

from me (mostly thanks to years of camp). By the way, did you know that I can identify a wide variety of cattle at 55 miles per hour thanks to my mother's favorite car game "Name That Cow"? Well, well, look at that white-faced Hereford.

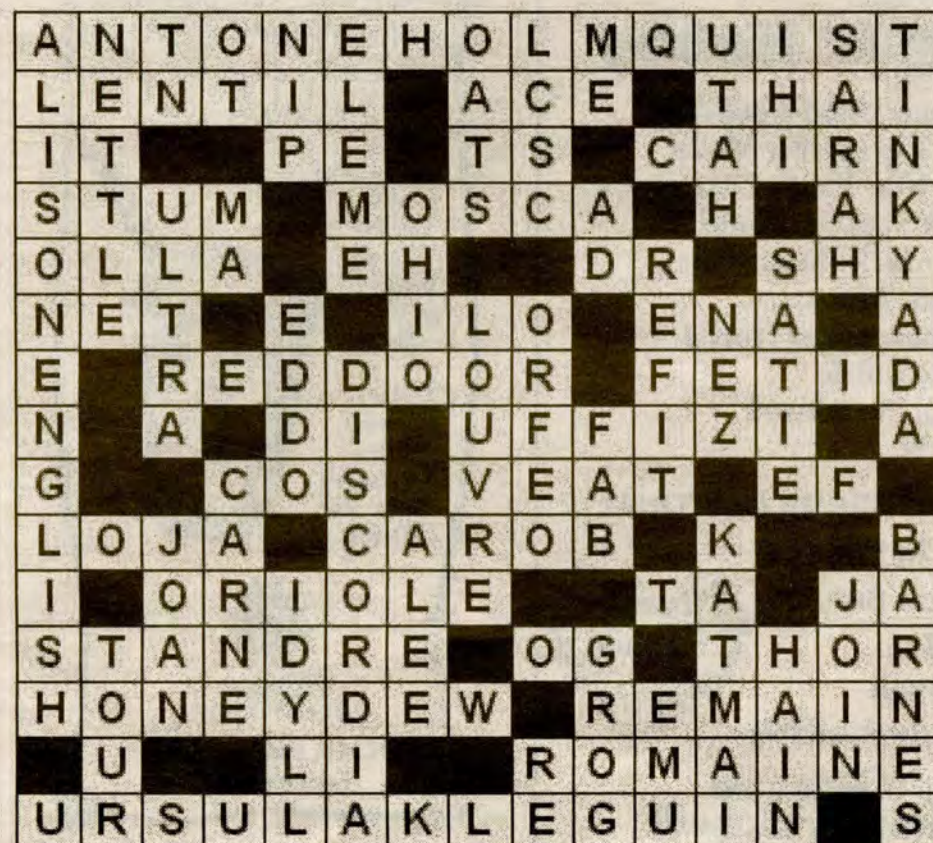
The first category is annoying songs (best done off the plane).

Julia Parker knows 42 other camp songs that play repeatedly in her head. Unfortunately, she only sings in front of people to whom she has given birth. So don't ask.

Bad Words

Select 3-5 words that no one can say during that day. These should be words that everyone is generally allowed to say. Not the ones Daddy says that I tell Simone mean "ouch" in another language. Every time someone in the family says one of the "bad words" then they have to perform a task, for example, massaging everyone's back.

Happy, safe and sane travels to everyone who might be going on a family vacation this August. I hope you take time for plenty of silliness.



Wish Song

Sung to the tune of "If You're Happy and You Know It"

O, I wish I were a little green pea (green pea)
O, I wish I were a little green pea (green pea)
I'd go skatey, skatey, skatey over everybody's platey
O, I wish I were a little green pea (green pea!).

O, I wish I were a little mosquito (mosquito)
O, I wish I were a little mosquito (mosquito)
I'd go bitey, bitey, bitey over everybody's hidey
O, I wish I were a little mosquito (mosquito)

O, I wish I were a little bottle of pop, (bottle of pop)
O, I wish I were a little bottle of pop, (bottle of pop)
I'd go down with a slurp, and come up with a burp
O, I wish I were a little bottle of pop, (bottle of pop)

Well, you get the idea for that one—
it's easy to make up your own lyrics.

The Nursery Rhyme Song

You can sing this with almost any nursery rhyme. The only real rhythm it has is saying/singing the words really fast.

Baa, baa black sheep have you any wool?
Yes sir, yes sir I threw it out the window, the window, the second story window,
Yes sir, yes sir I threw it out the window.

Mary, Mary, quite contrary how does your garden grow?
With silver bells and cockleshells, I throw them out the window, the window, the second story window,
With silver bells and cockleshells, I throw them out the window.
And, on and on and on.

Existential Jokes

Well, the cards didn't call these existential; I think they called these Silly Riddles instead. Simone and I played it walking home yesterday and it has great potential. Now, remember, these aren't really funny or sensible. They're just silly. One person asks the abstract question, and another answers it.

Mom: Why do birds have wings?

Simone: Because they can't have roller skates.

Ok, I do admit that my favorite "joke" at Simone's age was "How do you know an elephant is in your bed? Because he has an E on his pajamas."

The next category is games you can play without having people move away from you.

The Name Game

Write the letters in your child's name (or your spouse's if s/he is being unruly), have the child (spouse) search in the area you're traveling through for each letter in his/her name. Cross off the letters as you find each one, or to make it harder, do them in order.

Families

Walk-to-School Day 2005!!!

By J.D. Wulforst, Robin Ohlgren-Evans, Philip Cook; Walk-to-School Committee

It's never too early to start planning a healthy activity. Moscow's Walk-to-School committee is gearing up for another Walk-to-School Day event, held internationally every year in early October. We expect all four Moscow School District Elementary Schools to join in again and are seeking volunteers for each site.

This year is Moscow's 4th annual Walk-to-School activity, which celebrates getting to school by walking, cycling, and other safe forms of non-motorized transportation. Our effort has two interrelated goals: to raise awareness about the impacts of over-using fossil fuels and, that

walking/biking have many personal health & well-being benefits lost to youth who do not get enough daily exercise. The Walk-to-School Day celebration is also a great way to connect to your family, neighborhood, and community. Moscow has the opportunity to become a great pedestrian community!

While health, safety, and fun are big reasons we're organizing this celebration, we're also all about money!!! We're building a pattern of support so that Moscow will have access to new Safe Routes to School funding (see http://www.itd.idaho.gov/bike_ped/sr2s/index.html) for sidewalks, safety

education, and other projects that benefit young pedestrians. So join in the fun:

**4th Annual
Walk-to-School
Event**

October 4, 2005

7:45-8:45 a.m.

**At your neighborhood
elementary school**

Related to this, the University of Idaho is hosting a conference on sustainable transportation in September (see http://www.webs1.uidaho.edu/sustainable_transportation/) that will also help build local awareness of how we can make Moscow a better walking and biking community.

Please contact us (882-8108 or jd@uidaho.edu) if you'd like to help coordinate this year's Walk-to-School Day event. It only lasts for about an hour, and helps change the rest of your life!

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In the Garden: The Evolution of a Gardener

By Theresa Beaver

I have enjoyed reading the Co-op Newsletter garden columns by Pat Diaz. Now Pat has "retired" and I am thrilled to have the opportunity to be the new garden column writer.

I will be sharing with you what I have learned over the past 32 years of gardening.

Oh, has it really been that long?! Yes, I was 19 when I planted my first very own, large vegetable garden in San Diego, California. After that it was off and on, depending if I was living in an apartment or a house, but I was always surrounded by lots of houseplants and potted plants. Then in 1982, when I was 28 years old, I moved to Humboldt County in Northern California to reside on two beautiful acres. I was able to garden to my heart's content, and have never stopped since. I am hopelessly and happily addicted!

I started out growing every vegetable I could think of, then was able to drop a few as I discovered that I didn't really like rutabaga, turnips, or Swiss chard. At the time I was devouring anything I could find on organic gardening and subscribed to Rodale's

Organic Gardening and Mother Earth magazines.

From my reading, and talking to other gardeners, I quickly learned about the benefits of animal manures and composting. There was no shortage of animal manures in my rural neighborhood, so I began experimenting with compost piles. This became my new obsession! At the time, I was a biology and botany student at Humboldt State, learning about plants and microorganisms. My land became my lab. After breaking my personal thermometer in a compost pile, I got a regulation, 12" compost thermometer and had great fun recording temperatures under different regimes, turning schedules, ingredients, etc.

I knew my plants were very happy with their diet of compost and manure tea, but it wasn't till later that I learned the scientific explanations behind organics, simply put—a garden needs a balance—in microbes, nutrients and insects. Now I was not only obsessed, I was an organic gardening activist. I began teaching organic gardening classes through the Community Enrichment Program and

offering Compost Workshops. I had to spread the word about organic gardening.

I received my Master's in Soils at Humboldt State, and in 1991 I moved to the Palouse to pursue a Ph.D. at Washington State University. I did not complete the program, but ended up working for the Crop and Soils Department and had the opportunity to be part of the WSU Compost Team when the university was first developing their compost facility.

I was also on the board of the Greystone Foundation as the Koppel Farm Community Garden was being developed, and coordinated the Children's Garden at the Koppel Farm for five summers. Then I found myself teaching Horticulture classes at WSU for three years. My serious devotion to my botany classes and my obsession with growing plants had paid off!

My next adventure in plants was to start a nursery here in Moscow. The plants I sold were beautiful, but the nursery did not make it because my business acumen at the time did not match my gardening skills. Now I have a backyard and Farmers' Market

nursery, staying small enough to match my energy, budget and time constraints.

Sometimes I walk around my large yard and feel so overwhelmed by the number of projects and gardens I am trying to develop. I say to myself "why are you doing this, why do you have to have such a big garden, why do you have to grow plants and flowers to sell at the Farmers Market, too!?" But then I start working on a piece of the garden, get something accomplished, and I feel better. Then I remind myself how much I enjoy sharing my love for gardening with others. I'm not content with just working in my garden, I need the interaction with other gardeners, sharing what I've learned with them and learning from their experiences.

Good-Bye Pat, thank you for your columns and I hope I can satisfy the readers with my columns as yours have satisfied this gardener!

Theresa Beaver is a long-time Co-op member and loves to take a break from the garden to have a piece of Hazelnut Dream Pie from the Co-op Deli!

Species Spotlight:

Calliope Hummingbird (*Stellula calliope*)

By Christina Browning

Weighing in at about 2.5 grams and with a length of approximately seven centimeters, the Calliope Hummingbird (*Stellula calliope*) is the smallest bird in North America.

Its metallic, flashy green feathers on the back and crown are a sharp contrast to the white plumage on the bird's underparts.

Whereas all other hummingbirds in North America have a solid colored chest, the male Calliope is easily distinguished by its purple-red feathers that streak the throat, giving a "whiskered" effect when erected. Likewise, the females are characterized by dark, freckled spots, located in the same area.

Found throughout the state, the Calliope prefers high mountains, and has been seen as high as 11,000 feet. They have been known to repair the previous year's tiny nest, about the size of a quarter, by constructing a new one atop the old. These nests can be found next to creeks, streams, or lakes.

The Calliope feeds on nectar, insects, and spiders. Taking advantage of the late-summer wildflowers in the mountains of western North America, the Calliope are known to leave their breeding grounds earlier than most migratory birds.

To attract Calliope Hummingbirds to your area in the spring, set out commercially produced or homemade hummingbird feeders and fill with a

solution of one part water to one part sugar. There is no need to add red food coloring to your feeding mixture, as studies have shown that color does not increase the attractiveness of a food source. Place the feeders in or near your garden or on good perching trees and enjoy.

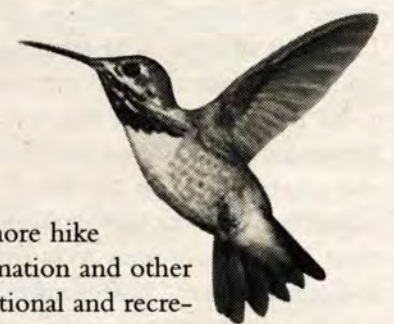
To learn more about the Calliope Hummingbird check out the Percevia web page at:

http://www.percevia.com/explorer/db/birds_of_north_america_western/obj/222/target.aspx.

And please join Friends of the Clearwater and Sierra Club on August 20, for an overnight camping exploration of the historic Lolo trail.

For more hike information and other educational and recreational events sponsored by Friends of the Clearwater, call us at 208-882-9755 or visit us on the web at www.wildrockies.org/foc. And don't forget to tune in every Wednesday at 3:30 p.m. for the Wild Clearwater Country Show on 92.5 FM, KRFP Radio Free Moscow.

Christina Browning, a recent graduate from the University of Idaho, is an intern working for the Friends of the Clearwater, a public lands advocacy group in Moscow since 1987. Visit them on the Web at <http://www.wildrockies.org/foc>.



Heinous Hitchhikers

By Janice Willard, DVM

Whenever your pet goes out in the summertime, it might come back with unwanted hitchhikers. These can be ticks, burrs or grass seeds. Of the three, the seed of certain grasses, (sometimes called grass awns, foxtails or cheat grass), seem the most innocuous. But they can do some real damage to your pet.

Seeds that hitchhike on animals represent an elegant form of co-evolution. Plants don't have mobility, so they evolved clever ways to use ours. Burrs (the inspiration for Velcro) have numerous hooked needles that get caught up in hair, where they hang on. They can cause hair to mat and irritate the skin beneath.

What seems like a diabolical plot to use animals as unwitting transporters is simply a whim of natural selection. Or as Shakespeare put it, "the slings and arrows of outrageous fortune." Now of course, Shakespeare wasn't talking about evolution, but slings and arrows does seem an apt description of the grass awn.

Although there is no intent in a seed of grass, the grass awn is still diabolical in my book. The grass awn is torpedo shaped and covered with little barbs. The barbs all angle away from the pointy tip. Once the seed gets snagged in fur, it can only move one way: deeper into the fur. And they don't stop when they reach the skin. If lodged between the toes or in the ear canal, they can continue to burrow in. Sometimes it is the little, seemingly harmless things that can surprise you. "No, 'tis not so deep as a well nor so wide as a church door; but 'tis enough, 'twill serve," says Mercutio in *Romeo and Juliet* of the sword thrust that kills him. So too, the lowly grass awn can pack a powerful punch as it opens a one-way path of destruction, bringing bacteria in its wake.

Grass awns can cause ear infections, punctured eardrums, swollen infected feet, internal infections and abscesses and even spinal cord injuries. Being weeds, they have a high probability of growing where we don't want them. The only protections are vigilance and

prompt attention. If you remove them before they dig in, this can prevent a lot of the difficulties. When you come in from outdoors in the summer, get in the habit of running your hands over your entire pet, paying special attention to places a grass awn might lodge, such as between your pet's toes (on the top and bottom of the paws) and near the ear opening. For dogs with a lot of hair between the toes it is very helpful to keep the paw hairs trimmed short during grass seed season.

If grass awns escape your notice and manage to dig in, this will require a trip to your veterinarian for removal. The tough seed coats make it difficult for the body's defensive mechanisms to break down the seeds. Your veteri-

narian may need to anesthetize your pet to remove them and will likely place your pet on antibiotics.

"The most common sign of a problem is a sudden onset of sneezing—sometimes with blood in it—after a dog has sniffed a foxtail into its nose," says Dr. Franklin McMillan of Los Angeles, California, a board certified specialist in veterinary internal medicine. "Another common sign is a dog licking at its paw to relieve the discomfort of a foxtail-induced infection. Head shaking and pawing at an ear is a tip-off for a foxtail in the ear."

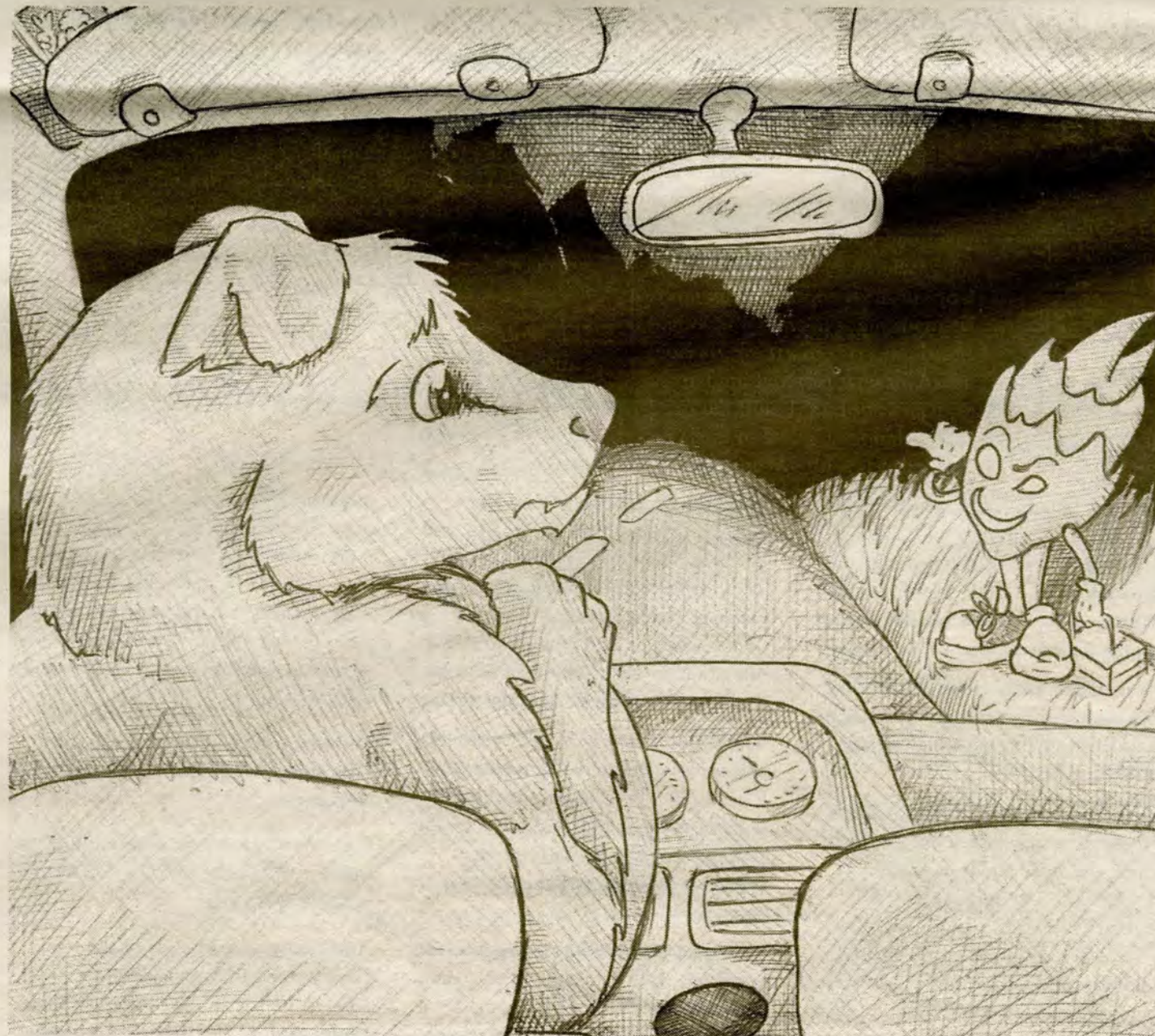
"I have practiced in all four corners of the US," says Dr. J. Veronika Kiklevich, DVM, a practitioner in San Antonio, Texas, "and I have found grass awns to be a problem everywhere! They are

often undetected until they are causing a pet an enormous problem due to inflammation and abscessation

"I had a patient once," Dr. Kiklevich continues, "who over the course of about six months, presented with sneezing, neck pain, pneumonia and finally peritonitis (which, unfortunately, he did not survive). On necropsy, we were able to trace the tract of a migrating grass awn from the nose through the neck to the chest and then to the abdomen."

This is one hitchhiker you really don't want your pet to pick up and bring home.

Janice Willard, DVM, lives in Moscow.



Auntie Establishment

By Joan Opyr

I missed the deadline for last month's column for two reasons, one good and one bad. The good reason is that I was traveling. I went down to New Orleans for the Saints & Sinners Literary Festival to promote my book, *Idaho Code*, which is coming out next March. The reading went well—I read the first chapter to an enthusiastic audience, and I think I sold a few advance copies. That's all to the good, but the bad reason I missed my column deadline is that when I got back home to Idaho, it was just too damned hot to work. That's right: I, Auntie Establishment, born and raised in the outrageously hot and humid South, am such a wimp that I cannot work worth a damn when the weather is hot.

No, don't give me that "but it's a dry heat" rubbish. Who cares if it's a dry heat? My oven produces a dry heat, and we use it to roast potatoes. Wet or dry, when it's hot, it's hot, and hot makes me crabby. Okay, crabby than usual. Can you, dear reader, begin to imagine how crabby that must be? The very flowers shrink at my

approach. Mosquitoes, hornets and angry wasps flee in terror; I am never bitten or stung. The bugs know that I will bite them back. I don't need DDT—I just need me.

Unfortunately, children and small dogs do not hide from me. There's something about hot days that make my children and my Scottish terrier want nothing more than to climb on my back or jump in my lap. A child development expert I know said that's because children—and dogs, I guess—also feel uncomfortable, and so they climb upon their parents, hoping we'll make things better. Instead, we yell things like, "Good God, get off me!" Developmentally, I'm sure this is really, really bad. But then, the chance that I might burst into flames seems really, really high, and I'd hate for a child and/or Scottish terrier to go up in smoke with me.

So, I came home from New Orleans, exhausted from its super-heated, stinky, built-on-a-swamp air, only to discover that the Idaho summer was upon me. And I don't care that it drops thirty degrees at night. So what?

That still means three months of days without air-conditioning. That's right—we tough it out here at home like the prairie fools we are. We arse about with window fans and window blinds, pretending that if we cool the place down enough at night, come morning, we can shut the blinds and close the windows, and magically, via sleight of hand, we'll somehow fight off the 90-odd degree heat until the sun goes down again and the temperature drops. But we don't. By five o'clock, our living room is at 85°, and I'm at about 110°. This is when my wasp-frightening skills are at their peak. I destroyed a nest I found beneath my bedroom window this afternoon just by looking at it. (And then knocking it to the ground with a long stick and stomping on it.)

My grandmother called the other day to ask when I was finally going to break down and buy central air. In North Carolina, living without central air is like living without food and water. We marvel at the yogis and gurus and ozone-layer loving liars who manage it. (Come on. We all

know the ozone folk spend their days loitering in air-conditioned stores and their nights sleeping in the bathtub. There is no other way. Trees might be nature's air-conditioners in places where it's not 100 degrees in the shade, but that place is not Raleigh, NC.) I told my grandmother that I was, once again, toughing it out. "This is Idaho," I said. "It's a dry heat," I lied. "It cools off so much at night," I faked.

"You're a fool," she said. "And you're crabby, too. Why don't I call you back in September, when you've stopped sleeping in the bathtub?"

Joan Opyr, AKA Auntie Establishment, is a fiction writer. She's also the Northern Idaho Editor for New West Magazine, www.newwest.net. Her first novel, Idaho Code, will be published by Bywater Books in March 2006. She welcomes your questions and comments at joanopyr@earthlink.net and invites you to visit her website at www.auntie-establishment.com.

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Letters

Letter to the Editor:

Since the 1970s a great amount of dietary misinformation has been promoted in the form of claims that a non-fat or low-fat diet can prevent many health conditions.

In past months there has been a discussion of saturated fat in the diet. Unfortunately, because of lack of understanding, some people have been unwilling to accept the idea that the right kinds of saturated fats promote health.

Along comes a patented nutraceutical, Celadrin, which turns naturally occurring food into a drug. The market is booming because so many are suffering these days with inflammation and arthritis, and poor nutritional health.

Celadrin is an esterified fatty acid. The base fatty acid is sourced from beef tallow. Beef tallow is this product's source of myristolic acid, which is bonded to cetyl alcohol to create cetyl myristoleate (CM). CM is also found in butter. CM has been known since the 1950s, after it was discovered by Harry Diehl who was a researcher at the National Institute for Arthritis, a federal agency in Rockville, MD.

In addition to beef tallow, EPA and DHA found in cod liver oil are beneficial. In the 1970s, Vanderbilt University School of Medicine proved that cod liver oil, a major source of vitamin A, was extremely beneficial for arthritis and other joint problems and inflammation.

The Naturade product advertised in the Co-op newsletter contains Celadrin and Glucosamine in a lotion form at \$15 for a 1.5 ounce bottle. The capsule form, a bottle of 45 caps retails for about \$26.

Maybe it might be helpful to look at changing your diet to one with healthy saturated fats or weighing in for the very low cost of taking cod liver oil daily to beat inflammation and arthritis.

Thank you for the opportunity to comment,

Dr. Gayle Eversole

Creating Health Institute

Letter to the Editor

I am a "FOJO"—fan of Joan Opyr, a.k.a. Auntie Establishment. Each month I face a difficult decision: shall I dash to the back of the Co-op Community News and read Auntie first, or save her column until the end, like dessert? Either way, she makes me laugh, she makes me cry and sometimes I laugh so hard I cry. Thank you, Joan Opyr, for your rousing words in the June issue. Keep up the good work!

Kathleen Benton, FOJO

Letter to the Editor:

I read the article on toilets by Pat Vaughan [July issue]. My sister and I were in New Zealand last October/November. Since we were on a deluxe tour we stayed at deluxe hotels. In nearly every single one of them they had 2-stage flushing on the toilets. The bathrooms also had hand-held showerheads with adjustable water flow, so as to use minimum water and heating power.

In the Hilton Garden Hotel near the Spokane airport they have expensive low-flow Toto brand toilets (from Japan, not Kansas) but you cannot control the water flow in the showerheads!

**Ralph Nielsen
Moscow**

Letter to the Editor:

I'm writing from Mt. Shasta, California, in search of an Emagazine that would help me contact local folks in your area that are interested in spiritual growth, practicing Ernest Holmes' Teaching, the Science of Mind, and are usually very health minded.

I'm also interested in gathering people of like minds who do put spiritual practices first in their life. We have started a Science of Mind "Seed Group" in Moscow, with Michael Dickey (208-301-0275) as the contact person for info on where it meets each Sunday. I will personally be the group leader when there are 10 interested members, and will move to Moscow when there are 50.

Could you help put me in touch with those interested in New Thought Ancient Wisdom? If not your magazine, could you refer me? My web site (and pic) is www.AwakeningHumanity.org

Peace! Joy! Abundance!

Rev. Eleanor Richard

Minister of Religious Science International

Letter to the Editor:

I just wanted to drop you a quick line letting you know I like the changes in the layout. The stories are easier to read because of the new typeface or leading or whatever you did. The layout of the center spread is particularly fun, especially the "Deviled Egg" piece.

Great work.

Will Simpson

Advertise with the Co-op

**We can help you reach
an integral and unique
part and heart of
the community!**

Contact Aly Bean • 208-882-1444
aly@pcei.org

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Bulletin Board



MOSCOW FOOD

moscow food co-op
221 east third
moscow idaho 83843

Vigil for Peace

Pullman: 1st Fri. of the month, 12:15-12:45 pm

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

Moscow: Fridays, 5:30 pm-6:30 pm

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

Farmers' Market

Saturdays, 8 am-noon

The market is located in the Jackson Street public parking lot off Friendship Square in the downtown Moscow. Saturdays from May to October. For info, call 209-883-7036.

Tues. Grower's Market

Begins Tuesday, May 3

Every Tuesday from 5-7 pm in the Co-op parking lot.

Tuesday BBQ & Music

Tuesdays 5:30-7:30 pm

Come to the Co-op to celebrate summer at our Tuesday evening Hot Off the Grill BBQs. These free concerts will definitely be the last before the big move! The BBQ and music will be on the Co-op patio on Fourth Street.

Musicians in August are:

August 2nd: Lanny Messinger
August 9th: Tom Armstrong
August 16th: Acoustic Wave Machine
August 23rd: Spare Time

Farmer's Market Music

Saturdays 9:30-11:30 am

Live music will be on the sidewalk on Main St. in front of Zume's Bakery. For info, call 208-883-7036.

August Music Schedule:

August 6th: Cold Rail Blues Band, *Blues mix*
August 13: Dancing Trout, *Old time string band & klezmer*
August 20: It's a Whale, *Popular folksy, jazzy & funky jam-band sound*
August 27: Potatohead, *Aires, dances, jigs - get ready to dance or muse.*

Fresh Aire Concerts

Thursdays 6:30-7:30 pm

Fresh Aire Concerts will be held every Thursday evening in East

City Park, and are always free. Call the Moscow Arts Commission at 208-883-7036 for more info.

Musicians in August are:

August 4th: LCSC Sax Quartet
August 11: Off the Leash
August 18: Dozier-Jarvis Trio
August 25: Oracle Shack

Jazz at John's Alley

Sundays: Aug. 7, 21 & 28

Jazz at John's and Johns Alley Tavern Presents "Jazz Night" August 7, 21 & 28. The group consists of student and professional jazz musicians from the area performing jazz, funk, and originals. Jazz @ Johns begin's at 9pm and will maintain a regular weekly schedule once school begins. No cover.

See www.johnsalleytavern.com for more information.

Co-op Raffle

August 1-3

Raffle tickets available at the Co-op to help buy the new store. Sunlight from the roof will be fused it through the roof. For a \$5 ticket, Motorola 2-way, spanning new Co-op items.

WSU Organ

Weds., Aug 14

Location is in the Horticultural Center, Airport Rd. 1/2 mile from Moscow/Pullman. The signs to the farm once inside the Orchard.

The tour is free and community members and local growers are welcome. Contact Brad Jaeckel at jaeckel@wsu.edu

PCEI Women's Mountain Bike Clinic

Session one: August 7

Sunday, 9:00 am to 4:00 pm at PCEI; 1040 Rodeo Drive. We will focus on bike basics. Enjoy a catered lunch with discussion and demonstrations in the afternoon.

Session two: August 14

Saturday, 9:00 am to 12:00 pm at Moscow Mountain. Short courses will be held on each challenge. After studying each area, we will go for a catered lunch and longer group ride.

Each session is \$35. <http://www.pcei.org>

Co-op Art Open House

Fri., August 12, 5-7 pm

Join us for an art open house at the Co-op. Local artist Sara Foster will be presenting her work in photography and acrylics. Opening reception from 5:30 to 7:00 pm.

Annual Peace Campout

August 12-14

The Idaho Peace Coalition in Boise is having their annual summer campout August 12 to 14. For more information, contact Kerri or Chris McCanna at 208-342-3603 or kerrimccanna@msn.com.

Ray B's Groove Project

Fri. August 19, 8:30 pm

Ray B's Groove Project, featuring award-winning jazz vocalist Rachel Bade-McMurphy, will be performing Jazz, Funk, R&B, Grooves, etc. Friday August 19th at Vesuvius Lounge in Clarkston. Music will begin at 8:30pm. There will be no cover charge for the event.

FOC & Sierra Campout

Sat., August 20

Join Friends of the Clearwater and Sierra Club on August 20 for an overnight camping exploration of the historic Lolo trail. For more hike information and other events sponsored by Friends of the Clearwater, call us at 208-882-9755.

Co-op Preview Party

Fri., August 26, 6-10 pm

Come celebrate the new Co-op in the parking lot of the new store on Fifth & Washington. There will be a BBQ & Beer Garden, an opportunity to get a peek at the new store, live music by Toga, Oracle Shakespeare, and lots of friends.

University of Idaho Library--periodicals
Rayburn Street
Moscow ID 83844-2364

Submit community announcements to events@moscowfood.coop the 24th of each month. For additional events & information visit: www.moscowfood.coop/event.html

