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December 2005

**FREE!**  
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# Community News

The monthly newsletter of  
the Moscow Food Co-op

## Holiday Party Planning

By Aven Krempel and Mariah Rose Hey, Kitchen Assistant Managers

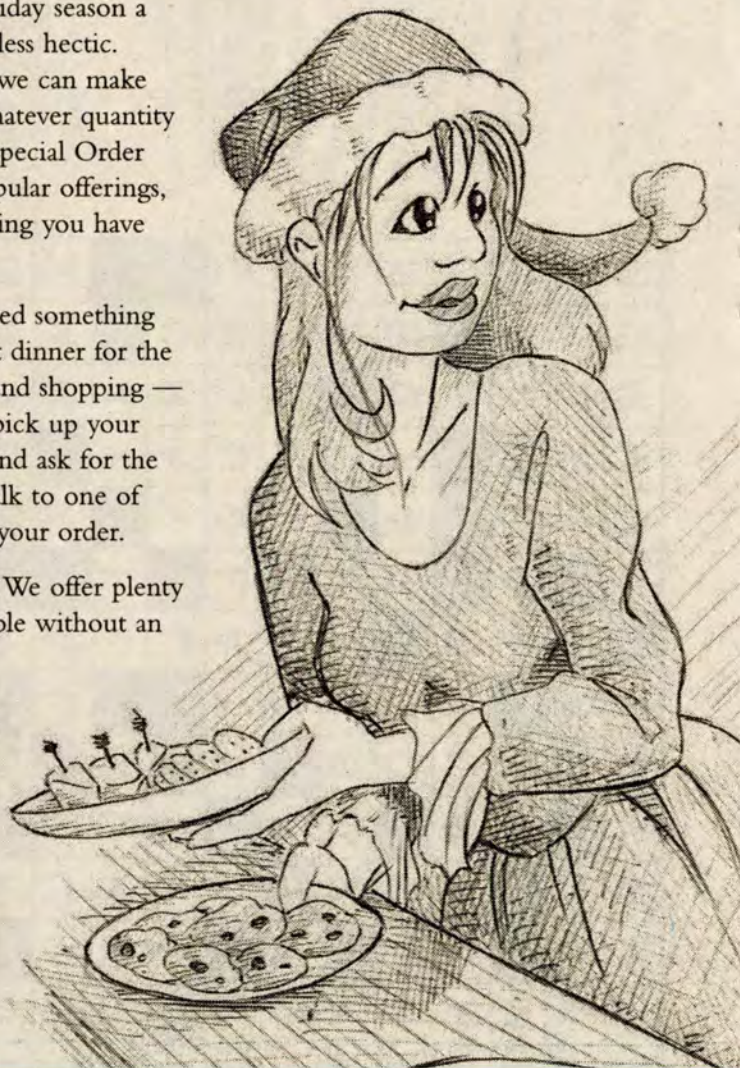
**T**he Moscow Food Co-op Café and Bakery want to help make your holiday season a little bit healthier, and a lot less hectic.

With just 48 hours advance notice, we can make just about anything you want, in whatever quantity you need. You can order from our Special Order Menu, which includes our most popular offerings, or we are also happy to make anything you have tried in the deli.

We would love to help, so if you need something special for a holiday party — or just dinner for the family after a long day of working and shopping — two days before you would like to pick up your order, call the Co-op at 882-8537 and ask for the kitchen. Or you can come in and talk to one of our wonderful deli servers to place your order.

Need something at the last minute? We offer plenty of food and beverage choices available without an advance order. We have a wide variety of gourmet cheeses, which go great with fresh bakery bread or crackers. A bagful of cookies is always a hit at a party.

And while you're here placing your special order, try one of the delicious Cold Weather Drink Specials. Choose from Eggnog or Soynog Latte, a Tropical Chai, or even a Pumpkin Latte.



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



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# Community News



## How is the NEW Store Doing? Or...

By Kenna S. Eaton, General Manager

### ...Why is the Parking Lot So Crowded?

Well, the title tells it all in a nutshell: the store is doing great and thus the parking lot is full to overflowing! Well, you probably wanted a little more detail and so here goes. Store sales have grown 55 percent over the same time period a year ago. This is great news considering we needed 40 percent by my projections to repay our debts.

Of course, such an increase brings with it certain challenges (such as parking) and the staff is working extra hard to ensure we have enough product on the shelves and enough employees to make and serve our great food. By the way the kitchen now has almost 50 employees and the rest of the store 40, up from a total of 45 employees a year ago. We are definitely running to keep up with ourselves, so an extra thank you for your patience as we get things

figured out.

While the final tallies are not yet in for the project, we have some preliminary figures for you. As of November 8th we had raised \$1,091,416 in loans, donations and cash on hand.

#### We used the money as follows:

**Equipment:** \$394,981

**Improvements:** \$626,562

**Promotions fundraising:** \$13,220

**Old debts:** \$72,272

**Grand total:** \$1,107,036

So, the parking lot is full, as you noticed, and many of those cars do belong to shoppers at the Co-op, however we are still challenged by folks who think this is an open downtown parking lot! Arggh!

We have added extra signage so it shouldn't be a mystery who can park here anymore. We will re-paint the parking lot in the spring to remind everyone that these spots are for "Co-op Shoppers Only," in the meantime, please remember parking is for while shopping at the Co-op only. We have volunteers monitoring the lot and plans for improving the boundaries and green space in the spring to greater instill that sense of "private lot."

We are also still working on the bike racks. We wanted to support a local manufacturer and perhaps save some money, but unforeseen complications have made this take much longer than we anticipated (much like the water system) so "Thank-you" for your patience and understanding and for your co-operation.

**Cover:** Holiday Party Planning

**Front Page:** How is the NEW Store Doing? Or, why is the parking lot so crowded?

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# Co-Operations



## News from the Front End

By Annie Hubble, Front End Manager

We are all settling into our 'new digs' very well. This new store is a pleasure to work in, and having shopped now a couple of times myself, I can say also to shop in. I have noticed a more relaxed feeling in cashiers and customers alike as we all adjust.

You will notice more new faces at the register. Ryan, Hallie, and Carolyn are the most recent additions to an awesome team, and I feel they will fit in well, and give the excellent service that we are known for.

We strive hard to give this excellent

service. We want you to consider this your home away from home, and to feel as welcome here as you would when visiting a good friend. Do let us know if you have any problems and we will try to make it better.

Come on in and enjoy!

And remember until December 8th you can enjoy the art of our talented staff. It is fun to connect the art with the person baking or serving your coffee or running the registers. This staff is so talented in so many ways!

Looking forward to seeing you around the store!

## The Volunteer Program

By Annie Hubble, Volunteer Coordinator

The volunteer program is starting to thrive once more. Departmental managers have had time to settle in a bit and consider what help they would like.

At the moment I am working on

placing everyone who worked in the old store, but soon I am hoping to start placing new applicants.

We are, as always, grateful for all our volunteers. You make our jobs so much easier!

## Art at The Co-op

By Annie Hubble, Volunteer Coordinator

At the moment of press time, the artist for December is not confirmed but I can say that

there will be a great opening for some very talented local artist on Friday, December 9th.

## Where's the Newsletter Slot?

By Bill London

When the Co-op moved to the glorious new location, we needed to move the plastic slot gizmo that hung on the wall in the staff room. So, that newsletter slot depository (where people left ads, subscriptions, illustrations and other paper things) was taken down and taken away.

Now, I am pleased to report, the

newsletter slot has found a new home at the new store.

If you have something for the newsletter, and you can't email it, you can take it to the newsletter slot gizmo, which is now attached to the wall in the Co-op staff break room. Just go in the break room and go straight ahead. There it is.

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(208) 882-8537

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The Co-op Board of Directors  
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For information about meeting time and place, email board@moscowfood.coop.

### MEMBERS SAVE!

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



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

Join the Moscow Food  
Co-op and Save!

Open 7:30 am to 9:00 pm Daily





## Co-op Grand Opening

By Kenna Eaton, General Manager; Photos by David Hall

The Grand Opening was a glorious affair enjoyed by all and we had a great turnout both from community members and local producers. Thank you to all who attended!

Tables overflowed with samples of Cowgirl Chocolates, fresh produce, yummy drinks, fresh water from Idaho Ice and treats galore. We had ranchers cooking beef produced on their sustainably run ranches (located here in Idaho), cheeses made in the Hoodoo Valley and wine from our own Camas Winery. Not to be outdone our own kitchen baked a wonderful carrot cake and we gave away lots of door prizes (thanks to Connie Talbot for helping out as our wandering prize giver).

Thanks also to Potato-Head for being the first band to play for us in our new eating area, to the Co-op staff for the art that graces our walls and to Sweet Peas & Sage for the beautiful flower arrangements.

Again thanks to our wonderful community for its generous support and if you haven't yet painted a tile for our second mural, call "In-Haus Pottery" or find Lizette Fife at the Winter Market, December 3rd at the 1912 Building. There's still time to make your mark on our new home!



**Above:** Jennifer Stephens and Eugene Perevodchikov sample Cowgirl Chocolates.



**Left:** Heather Heward checking out the Body Cocktail samples.

**Below:** Small Planet Tofu: Zev & Louis Griffel and Vilas Winstein are first in line to sample a new batch of Small Planet Tofu's tofu sushi.

**Bottom:** Potato-Head is the first band to play in our new eating area.



**Above:** Meat samples were available from LoneHawk Farm (elk) and Country Natural Beef.



**Center:** Chuck Harris and John Dickinson in front of busy registers.



**Right:** Annie Hubble at the door prize table.





# Co-Operations



## The Buy Line

By Vicki Reich, Grocery Manager

Life appears to be settling down at the new store. There are fewer days where I wander the whole store wondering where the dustpan went or where the bulk honey is being stored or what I did with my map of the freezer layout. We are all starting to feel at home in our new beautiful store. It is such a pleasure to walk in the Co-op in the morning and see what a great thing we've created. The countless hours and all the frustrations that went into making all of this happen are being forgotten and we're definitely starting to reap the rewards of our hard labor.

One of my jobs in the process of making the new Co-op a reality was picking out all the new products that would fill the shelves. The grocery department almost doubled in size (the frozen section tripled), which meant I had to find lots more products to fill all that shelf space. It is a challenging task but also one of the most fun. There are now so many new products in the store that I haven't had time to sample all of them (except for the chocolate, of course) but I do already have a few new favorites. I know I am sometimes overwhelmed

by all the new choices so I thought I'd point out a few new stars on the shelf you should definitely try. I'll start with my top ten in no particular order and tell you about more next month.

Alexia frozen mashed potatoes in two flavors. I know, I thought the same thing until I tried them. Why bother with frozen mashed potatoes when they are so easy to make from scratch? Well these are better than any mashed potatoes I've ever made. They are creamy, flavorful, and fast. The next time you have a hankering for mashed potatoes, give them a try.

Yogurt covered almonds in bulk may become my new downfall. I'm not a fan of yogurt covered anything but there is something about these that makes me unable to stop eating them when they are around. And because we sell them in bulk I can buy just a couple to feed my addition.

Toby's refrigerated dressings are all so good I would have a hard time picking just one flavor as my favorite. Right now I have a jar of the Chunky Feta dressing in my fridge. It is so good with Asian pears dipped in it.

Straus Vanilla and Maple Non-Fat

Organic Yogurts are both so creamy and fresh tasting. They taste like full fat yogurt with great flavor added.

American Flatbread Pizza is, in my opinion, one of the best frozen pizzas on the market. The Ionian Awakening is my favorite. They've got a great crust and fresh tasting toppings.

Palapa Azul Sweet Corn Ice Cream might sound strange but it is really good. It's a super premium ice cream with a great flavor unlike any ice cream you've had before. I haven't tried yet, but I bet it would be great with apple pie. I'll let you know.

Arrowhead Mills White Corn Grits are now in the hot cereal section. This is one of my most favorite breakfast foods. Life would be good if I could have a bowl of grits and eggs for breakfast every morning. I know it's not the most exciting new food on the shelf but I'm really glad it's there.

Dr. Kracker Spelt Sunflower Cheese Crackers are so good; I could eat the whole bag without putting anything on them. Of course, they're just as good with cheese or smoked fish or Toby's Tofu Pate on them. They are crunchy and flavorful.

Laura's Wholesome Junk Food Anna Banana Split Bitelettes defy description. They are kind of like little balls of cookie dough but better. One or two will satisfy your snack craving. They are weird but really good.

And, of course, last but not least, my favorite new chocolate is the Dark Chocolate and Coconut Art Bar. Not only did these folks combine my two favorite foods into a delicious organic fair traded bar but they also include a cool art card with every bar. Any artist can submit art to be included and they give a percentage of their profits to support child art projects. What more could you ask for from a 3 oz bar of chocolate?

There are so many more great products on the shelf that I could talk about but they'll have to wait until next month. Have you found anything new that you just love? I'd like to know what they are and I'd like to know if I forgot to add any of your favorites. Have fun exploring all the new possibilities.



## From the Meat Department: Holiday Specialty Cuts

By Adam Stone, Meat Manager

The folks at Country Natural Beef wanted me to thank everyone for having them out to demo their beef and meet with all who dropped in on them during the grand opening celebration. They had a great time and are looking forward to future events to bring more of their ranchers to visit our Co-op.

We made it through a big holiday, thanks to all of you who pre-ordered and reserved your precious

Thanksgiving turkey. Please let us know how your turkeys came out; we would love to hear about it.

On that note I wanted to encourage all who are planning their next big holiday feast to order at least two weeks in advance with us for whatever you are serving. Special items to contemplate are pork crown rib roast, rack of lamb, leg of lamb, spiral sliced hams and the king of all holiday celebrations, bone-in beef rib roast.

With enough notice on any of these items that you show interest in we should be able to accommodate you as you plan for your big event. Remember we are here to help you with cooking suggestions and methods so don't let uncertainty on preparation hold you back from trying any of these culinary treasures. Beef rib roast, although very tasty and impressive can be expensive and intimidating. But with the right equipment and good

coaching on cooking methods and seasoning tips you could create a masterpiece.

In the newsletters to follow we will explore and feature different cuts of meat and cooking options as well as featuring a favorite recipe that complements those cuts. Thanks again for supporting the newest addition to this wonderful Co-op and remember to order ahead for your specialty cuts.



## Staff Profile: Karin Raffo

By Susan Simonds

If you shopped at the Co-op on Halloween, you will remember Karin Raffo as the creatively costumed cashier who dressed as a bunch of grapes. Festooned with purple balloons from the neck down, she gracefully balanced groceries and maneuvered the cash register. It definitely looked tricky, but she pulled it off with a smile.

A cashier since August, Karin returned to the University of Idaho after a year in Boise, where she attended Boise State University and worked at the Boise Co-op. Prior to that, she spent two years at the U of I, but was unable to find her niche. She went home to Boise, not only to attend Boise State, but also to find a baking job.

Growing up in Boise as the youngest of four, she learned to bake from her mom. Last year, she just happened upon the Boise Co-op: "I was blown away by how beautiful their display was. They had a tower of cookies. I felt so proud when I started working there, that I could take credit."

The experience at the Boise Co-op was transformational for Karin: "It changed my life." She began to ponder attending culinary school. Then her time as a cashier there got her thinking about people's special needs and also about how diet affects us. She came back to Moscow for the nutrition program at the U of I and sought out a job at the Co-op. She is considering combining her interest in nutrition and baking, but still has not made up her mind. She is giving herself time to become truly clear about her life's path.

In her off hours, she bakes cookies and pies and her specialty is macarons. With a mother from San Francisco and a father from New Jersey, Karin has traveled all over the U.S., going twice by train to New Jersey. She hopes to someday venture outside of the country.

A photographer since high school, Karin enjoys playing in the darkroom and shooting black and white candid shots of people. She collects old things, spending a good bit of her earnings in antique stores, second hand stores, and thrift shops. One of her favorite "old things" is her white on red '63 Ford Fairlane, which she carefully maintains. "It's fun!"

Karin is a fan of working at the Co-op and the University of Idaho. "I love this town, especially now working at the Co-op, I feel so much a part of the community as compared to two years ago." Being part of the move brought her



I like being a  
cashier — I like  
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I like to be.

even closer to the other staff and to the community. "I like being a cashier — I like to hear people's stories. I've always loved to grocery shop. My friends joke that I am finally getting paid to be in a place I like to be."

*Susan Simonds loves to grocery shop in the new Co-op, especially on days when she can find a parking spot.*

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available  
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students.





## Business Profile: Retro-Fit Gallery

By Jill Maxwell; Photo by David Hall

Co-op patrons can now enjoy their Oaties, pesto rolls, and cappuccinos while soaking up a bit of Co-op history. The new tables in the Co-op dining area are made of recycled materials and covered with reproduced newspaper clippings about the Co-op. They were designed and constructed through the collaborative efforts of Jason Larus, Tim Kientz, Selina Boyd and others affiliated with the Retro-Fit Gallery.

Jason cut the plywood tops. Tim, owner of Mt. Emily Metalworks, made the bases from old farm implements, while the posts came from the local salvage yard. Selina tracked down and reproduced the clippings and glued them down. The final finishing was also a collaborative effort. The Natural Abode provided a non-toxic coating for the tabletops, while the bases are covered with a wax coating.

Jason is a natural choice if you're looking for someone to pull together a collaborative project. He co-owns and operates the Retro-Fit Gallery with his wife, Alisha Nichols Laros. Jason says the gallery was created to try to fill a community need for an open forum that's not affiliated with any particular point of view. "I'm interested in promoting a peaceful culture. That's the

ing to worry that their art is not mainstream. The community response has been good, Jason says. The gallery space is currently full with sculptures, prints, paintings and other multi-media projects representing 18 area artists. The gallery tries to rotate half of the artists out each month, but two-month showings are sometimes available. Artists can show their work in exchange for a commission on what they sell. If an artist just wants to show their work at the gallery, they can choose to rent space. In the future, a space for crafts will also be provided. Also, he says, if people have other art they want to sell, the gallery will consider giving them space for a commission. For example, a Salvador Dali print is currently being offered for sale.

Anyone interested in supporting Retro-Fit can become a member of the gallery. If customers subsidize the gallery at \$10 a month, they can get a discount of 15 percent off of their art purchases.

Jason also wants Retro-Fit to be a place for collaboration on non-art elements. He encourages social organizations to use the gallery as a meeting space, provides a stage for poetry readings, variety shows, or improvisational speaking, and provides a place for musicians to host concerts, rehearse, or just come in and jam.

The Gallery is often filled with music, hosting an average of four concerts a month. "We try to fill up every Saturday with music," says Jason. "It gives Retro-Fit a lot of recognition." Anyone interested in upcoming events at Retro-Fit should check the window out front, where flyers announcing upcoming concerts are posted. Soon, there will also be a marquee announcing coming events, and a web site where people can find information.

Jason encourages people to call with ideas about how they would like to use the gallery. He sees his role as trying to encourage and support people as much as possible. The only rule, he says, is not to harm another individual. He says he has shop space with tools available that people can rent to work in, and he can also usually connect people with other who can help them with their projects. "I'm always interested in collaborative projects," he says. "There's a lot of people in the network that have expertise."

Retro-Fit has been open for about a year. "It's been an interesting journey," says Jason. He wants to extend a special thanks to everyone that has helped them this far, especially all of the artists and the city. He says a lot of people from different organizations have helped and come together to make the gallery work.

The Gallery is located at 206 S. Main Street, Moscow. Jason can be reached at (208) 882-5003.



foundation idea I'm working towards," he says. "If people all got along there would be a lot less to fear. That's what I'm trying to promote."

He sees the gallery as "a catalyst to bring other groups together, so people can become aware of each other."

He wanted to provide a venue of young artists to show their work as well as a place for people to experiment without hav-

*Jill Maxwell has lived in Moscow for about six years and is constantly impressed by the community's support for the arts.*



## Customer Profile: A Jolly Co-op Customer

By Holly Barnes

**I** Imagine my surprise when walking around the corner of the frozen food section in the beautiful new Moscow Food Co-op and coming upon that venerable old guy, Santa Claus. My reporter's mind seized on the opportunity for my December Customer Profile newsletter article. I invited Santa to sit with me at one of the tables in the comfortable new eating area near the Deli and the interview ensued after we ordered an eggnog latte from the cold weather specials in the cafe.

Mr. Claus is married and lives at the North Pole. He manages a toy manufacturing center and is supervisor of the elves that work there. In the late fall he makes an annual trip to the Moscow Food Co-op to pick up certain supplies that he needs for his annual Christmas sojourn. Santa arrived a little bit earlier this year because he heard about the new Co-op and wanted to see for himself the changes that have been made. He was very enthused about the well-lighted space and wide aisles and felt they provided a very welcoming place to shop.

Santa showed me the items in his cart and I could see why the Moscow Food Co-op is his favorite place to shop. He was delighted with the new meat department. In the past he has always picked up frozen buffalo and elk

meat products (reindeer just wouldn't do) for the pre-holiday feast he and Mrs. Claus prepare for the elves, but this year he was tickled to see fresh, organic and free range meats, with fresh beef, lamb, chicken and turkey available as well.

Mr. and Mrs. Claus have ordered a free-range turkey from the meat department and a pecan pie from the bakery for the feast. Mrs. Claus has requested that Mr. Claus pick up Nick's Couch Potatoes from MaryJanesFarm (in the Co-op bulk department) for the big meal as well. Mr. Claus has ordered Greek Party Trays and several pizzas for the elves as they work extra hard these last few days before December 24 when they can sit back and congratulate themselves on a job well done.

Santa loves the Co-op for last minute gifts and stocking stuffers. He found a great supply of energy bars, soaps, magnets, bath salts, magazines, candles and interesting cheeses from faraway places for stuffing stockings. He was delighted to see a beautiful display of eight varieties of apples for the toe of each stocking. He picked up calendars, CDs, books on health topics, and hand

knit and woven items for cold weather wear. Cowgirl Chocolates are always high on Santa's list. The many flavors and unique varieties are sure to please many different people.

Santa's favorite gift area is the section at the front of the store where he selected Moscow Food Co-op t-shirts, hats, cups, water bottles, cookbooks and shopping bags. He plans to spread the sunflower logo wherever he goes. Two of his favorite books for gift giving are the new Co-op Cookbook and, especially for locals, Bill London's Getaways. He says the 50 locations in Bill's book are a perfect opportunity to really get to know this county well.

Mrs. Claus is exhausted after Christmas so the relaxation aids she finds in her Christmas stocking on Christmas morning are very welcome. An aromatherapy candle next

to the soaking tub full of essential oil bath salts is all she needs to restore her energy and goodwill.

Santa is always in a hurry at this time of year so he picked up a ham and havarti sandwich to go and one of his favorites, an Oatie cooky, at the checkstand on his way out of the store after our meeting. But he looks forward to coming back to the deli during quieter times for him and ordering from the extensive sandwich menu. He has his eye on the grilled portabella.

Santa hopes that all children will put out the Co-op's butter cookies for him, along with some organic milk. He loves the seasonal cooky shapes and is pleased to get trees and both five- and six-pointed stars since he has many friends who celebrate Hanukkah, as well as Kwanzaa and other December holidays. Mr. Claus' hope for us all is that we appreciate one another's spiritual celebrations and he would like to wish everyone in Moscow peace and goodwill in the coming year.

---

*Holly Barnes apologizes for this shamefully blatant promotion of the Moscow Food Co-op and it's products but she can't help but sing the praises of the best. Living with Santa Claus incarnate is one of the more joyous parts of her life and makes her life most interesting at this time of year.*



**“Mr. Claus’ hope for us all is that we appreciate one another’s spiritual celebrations and he would like to wish everyone in Moscow peace and goodwill in the coming year.”**



## Going Coconuts: Form and Function

By Judy Sobeloff

**M**y four-year-old's first impulse upon seeing a coconut's white flesh suddenly freed from the shell was not to taste it but to pick up a red crayon and start drawing on it. Though her efforts were in line with the coconut palm's status as the "most useful tree in the world" ([www.globalgourmet.com](http://www.globalgourmet.com)), utilitarian aspects were far from my mind when

Co-op employee Renee praised the coconut as a "fun little deal" and shook one. Listening to the liquid sloshing around inside, I imagined the coconut as a \$3 ticket to a tropical mini-vacation.

Nonetheless our coconut gathered dust on the counter for a while, perhaps due to such words and phrases in the accessing instructions as "flying shards," "cleaver," and "poke out the eyes with a screwdriver and hammer." Or was my hesitation due to its status in northern India as a fertility symbol? (Coconut palms bloom up to thirteen times a year, and in Bali women are forbidden to touch them "for fear of draining the fertility of the tree into the woman" ([homecooking.about.com](http://homecooking.about.com)).

Opening ours looked to be our most ambitious craft project of the holiday season, but I found the process of drilling and whacking more sedate than anticipated. In selecting a coconut one should check for heaviness and sloshing liquid and avoid those with eyes (the three round indentations at the base) that are damp, moldy, or leaking. Our specimen may have been past its prime, or perhaps it just gave in. After screw-driving the liquid-draining holes myself, I held the children back while my husband, and then I, tapped in a circle with the hammer (see instructions below).

The shell came off not with a bang but a whimper.

"Is a coconut a fruit?" Co-op employee Beane asked me at the register, searching for the price of the hairy brown thing before him. Yes, botanically speaking, coconuts are classified not as nuts but as drupes: fruits such

as peaches in which an outer fleshy part surrounds a pit or stone with a seed inside ([www.answers.com](http://www.answers.com)).

If you guess, as I did, that the white edible part of the coconut is the flesh and the hard brown shell is the pit, guess again. The hairy brown coconuts you find in stores are merely the seed of the coconut — the largest seed of any plant, mind you, but merely the seed.

Growing on the tree, the coconut has a light gray or greenish rind, under which is a one- to two-inch husk of reddish-brown fibers, which

**In any case, the word coconut comes from the Spanish and Portuguese word coco, meaning monkey face, due to the three round "eyes" at the base.**

surround the hairy brown shell we know and love. The coconut is technically a "dry drupe," then, with its fibrous outer husk akin to the fleshy part of a cherry or peach. The white edible part inside the brown shell is the seed.

In any case, the word coconut comes from the Spanish and Portuguese word coco, meaning monkey face, due to the three round "eyes" at the base.

Though it's possible to suck the liquid out of the coconut through these eyes with a straw, my children watched rapt as I poured the coconut water (note that coconut milk is actually made by straining the white flesh inside) out through the eyes ("It's silly, like a water fountain," commented the four-year-old.) Despite the great presentation, she found the taste of the liquid "disgusting," though my husband, more accustomed to exotic treats, enjoyed it. Coconut water is

### Coconut Accessing

(adapted from [www.globalgourmet.com](http://www.globalgourmet.com) and [www.hungrybrowser.com/phaedrus](http://www.hungrybrowser.com/phaedrus))

**To drain the coconut water:** pierce two of the eyes with a screwdriver or ice pick.

**To crack the shell, using its natural fracture point:** Place the coconut on a flat surface, and locate a point about a third of the way from the smaller end. Give that spot a light whack with a small hammer, then rotate slightly and hit the coconut again the same distance from the end.

Repeat this several times as you rotate the coconut, going all the way around. Once you see the fracture develop, insert the tip of a knife into it and pry upwards.

**Variation:** Wrap the drained coconut in a towel (to prevent flying shards) and, wearing heavy gloves, smash it into five or six pieces with a hammer.

To make the meat easier to remove from the shell, bake coconut pieces for about 20 minutes in a 400-degree F oven.

### Coconut Chips

(adapted from [www.globalgourmet.com](http://www.globalgourmet.com))

1 ripe (hard) coconut  
Salt

Drain, open, and shell the coconut as described above. Trim the brown skin off the white meat with a paring knife. Cut the coconut pieces into paper-thin chips, using a mandoline, vegetable peeler, knife, or food processor fitted with a slicing blade. Preheat the oven to 350 degrees F.

Arrange the strips on a baking sheet and lightly sprinkle with salt.

Bake the chips until crisp and golden brown, 8 to 10 minutes, turning with a spatula to ensure even cooking. Transfer the chips to a wire rack to cool completely. Store in an airtight container away from heat or light for up to a week. If they become soft or soggy, you can rebake them until crisp.

apparently best when chilled, and while we had ours in sippy cups over ice, feel free to find a vessel that resonates with you. Foregoing coconut milk, we made salty coconut chips instead, which both children enjoyed. "More chips! Other chip!" requested my 21-month-old repeatedly. "New chip!"

If hammering and clawing isn't your preferred m.o. of getting what you want, you may prefer using dried shredded coconut (delicious with

mandarin sections as ambrosia) or canned coconut milk (delicious with red Thai curry paste over cooked vegetables and tofu), all of which are available at the Co-op. Or, simplest of all, grab yourself a coconut popsicle from the freezer.

*Judy Sobeloff has already selected a new coconut and plans to try her tropical mini-vacation again.*



## Vegan Bites: Soy Nog & Inflatable Reindeer, Oh My!

By Hope Matthews

It is the holiday season again! Many stores start whipping out their decorations mere hours after Halloween, so it may be hard to suppress the feeling that this time of year has more to do with inflatable reindeer and frazzled clerks than family, solstice, and spirituality. Even though I can't help but roll my eyes as I'm inundated by commercially-tweaked Christmas tunes while aimlessly rushing through the mall, this is my favorite time of year.

I love the candles, gaudy colors, and smell of pumpkin pie. Since most of us are on vacation for Hanukkah, Solstice, Kwanzaa, or Christmas, it is a wonderful time of year to call an old friend and enjoy time uninterrupted with family. For those of you (I fall into this category) who are not reli-

giously oriented, you can still designate a day/week to create your own traditions. There are so many folks bustling around giddily this time of year, I enjoy partaking in the seasonal joy and celebrating the end of another great year with my family.

As a vegetarian, however, celebrating with others can seem difficult, as most get-togethers are centered around food. Certain meals evoke memories and perpetuate time-honored rituals, so Uncle John might not quite understand why you decline the New Years' pig and kraut. Cookies, pies, turkeys and hams, mashed potatoes, sausage and cheese platters, dips and chips, etc., etc. Explaining and defending one's choice not to eat certain foods (meat, dairy, etc.) becomes tiresome and can put a damper on the festive

cheer. However, I have a few suggestions that may help.

First, create new traditions at home and among friends while simultaneously maintaining time-honored ones. For example, put a spin on something seasonally conventional — my Soy Nog has become a holiday staple (and no one needs to know that it is vegan but you). Second, invite guests to your home for dinner — that way you can control what is being served without controversy. However, keep their needs in mind as well. Third, if you are invited to a meal bring 2 or 3 dishes that are not generally vegan. For example, if Grandma is cooking baked turnips and Aunt Julie fixing salad (dishes that are most likely vegan), you should bring dishes that usually contain meat or dairy and veganize them. For

example, cook dairy-free mashed potatoes or tofu pumpkin pie. That way you won't sorely stick out as the only guest at the table with a lump of peas on his/her plate and nothing else.

Although I have gotten some flack from family and friends by refusing something as simple as turkey gravy in the past, eventually they got used to my 'veggie' gravy. Usually, a meat eater or two actually finds themselves curious and puts a bit on their mashed potatoes. So, here's to celebrating diversity, affinity, and Soy Nog this December! Happy Holidays!

*This holiday season Hope Matthews is baking, decorating, making gifts, and spending time with friends and family in Moscow. She can be reached at [hopeemathews74@hotmail.com](mailto:hopeemathews74@hotmail.com).*

### Chewy Oat & Choco-chip Cookies

7/8 cup safflower oil or sunflower oil	1 cup light brown sugar
2/3 cup soy milk	3/4 cup honey
2 tsp. vanilla extract	1 1/2 cups whole wheat flour
1 cup white flour	3 cups rolled oats
1/2 tsp. baking soda	1/2 tsp. sea salt
1 cup carob chips or Enjoylife semisweet chocolate chips (vegan)	
2/3 cup raisins	

Beat brown sugar, oil, honey, milk, and vanilla until smooth in a large mixing bowl. Next, add the rest of the ingredients gradually, mixing well throughout.

Set the oven at 350–375 degrees, depending on your oven. Very lightly grease a cookie sheet with Spectrum Vegetable Shortening. Roll the mixture into 1 1/2"–2" balls and place on cookie sheet. Flatten the cookie dough balls with the palm of your hands (damp palms prevent sticking) to a little less than 1/2" thick. Bake for about 18–20 minutes or until bottoms of cookies are lightly browned. Gently remove cookies from sheet and cool on a cooling rack. Makes about 2–2 1/2 dozen largish cookies.

My son really loved these! These are somewhat dense, so enjoy with lots of rice/soy/almond milk.

### Soy Nog

2 cups soy milk
2 ounces tofu, silken (Mori-Nu is good)
1 medium-sized banana
3 tsp. vanilla
2 tsp. nutmeg
1 tablespoon maple syrup
2 tsp. cinnamon
6 shots rum or 1 tsp. rum extract

Add ingredients to blender. Blend for 3 minutes. Chill for 1 hour, then quickly blend for 10 seconds before serving if you like it kind of foamy. Sprinkle a dash of nutmeg after pouring into glasses. Makes about 3 servings. Yum!

## Food Writers Wanted

By Bill London

At our glorious new location, for the first time, the Co-op has a real meat department. So, the newsletter now wants a real meat writer, a writer who will focus on using meat in meals.

If you want to fill a volunteer position writing for this newsletter — and writing about the various cuts of meat available now at the Co-op, the source of those meat products, and recipes for their use — please contact me at [london@moscow.com](mailto:london@moscow.com).

The installation of the meat department at the Co-op is perfectly timed for me. I have recently become more interested in eating meat. After many years as a vegetarian, I have gradually fallen back to my childhood meat-consuming days. But, with one big difference...

Now, I care much more about the quality of the meat and the ethical issues surrounding the life (and death) of the animal involved. That is why I am so glad the meat department, and Adam, the knowledgeable meat guy, is now at the Co-op.

When I asked Adam about the lamb sirloin steak, for example, he knew exactly who raised it and what it was fed, as well as offering ideas for its preparation. That was just what I would expect from our Co-op, and just what I wanted to know to feel good about eating it.

And it was good, by the way.

Here's another volunteer writing opportunity, for those who prefer tofu to meat: our tofu food writer, Robin Ohlgren-Evans, has had to retire from writing this column. We're so grateful she contributed her talents to the newsletter while she had the time! But now, even without Robin, we'd like the tofu articles to continue. Anyone interested should contact me at [london@moscow.com](mailto:london@moscow.com).

*Bill London, who edits this newsletter, in mid-December, will bid a temporary farewell to his new angelic granddaughter, Leyna Grace (certainly the most adorable baby in the world). Sigh...*



## Wild & Free: Evergreen Tea

By Sarajoy Van Boven

You cup your hands around a warm, steaming mug. With slow, clear breaths you smell ever-green: a long life for you and for the trees. It smells like The Holidays. You feel so good, so kind, so open to the gifts this world has for you and generous with the gifts that you bring to this world. With a sip, you bring the green inside; you welcome the ever-green world into your world. The warmth flows down your throat and into your blood.

That is a little Yogi Tea-esc meditation for a tea made from any sort of Pine, Fir, Spruce, Douglas Fir, Western or Mountain Hemlock (never to be confused with the completely different, ultra-poisonous Water Hemlocks!). These needles could even be harvested from your Christmas tree, wreath or swag. With respect to my Jewish friends, I do not recommend menorah tea. And even the most atheist among us can honor the scientific fact of the shortest day of the year with a little greenery and light.

My favorite Tannenbaum tea is of the Douglas Fir. It is aromatic, almost spicy, and tastes like your favorite Christmas memories. It will be like marinating your soul in Holiday good will. You will become one with the scent of Yuletide. It will ooze from your pores and you will sweat Holiday cheer.

Not quite so festive, but lovely just the same is the tea of the Blue Colorado Spruce.

I was sure Pine tea would taste like Pinesol, so I was surprised to find the Western White Pine tastes like dirt. The Sentinel Eastern White Pine tastes

like spinach, the Mugo Pine of miso, and the Bristlecone Pine of butter (at least to Huckleberry). It seems that only the Scotch pine tastes like Pinesol. But the Australian Black Pine tastes pleasantly piney. I have heard that our native Ponderosa Pine makes the best pine tea, however all of the Ponderosas I've seen recently kept their needles 20 feet or more above my head.

For identification, I recommend *The Manual of Oregon Trees and Shrubs* published by Oregon State University.

According to *Eat the Weeds*, by Ben Charles Harris (Barre Publishing, NY, 1975), scientists have found that the needles of *Pinus strobes* (White Pine) contain high amounts of Vitamin A and five times the Vitamin C of lemons!

By now, you are no doubt asking yourself, "How do I make this Ultra Holiday Tea?" Carefully noting the species of plant, pick a handful of the youngest needles, clear of dirt, soot from cars, animal fur, etc. The best are the tender new needles of spring, but winter needles will do almost as well. Put them in your pot or mug and pour boiling water over them. Cover and let steep for 10 minutes. I drink mine straight. The needles are usually so large, there's no threat of swallowing them. I've never bothered to strain them out.

Of course not all evergreen needle-leaves should be used as tea. Again, I

trot out the specter of the dreadfully poisonous Yew tree, of dark green, flat needles, which sometimes sport red berries. The Yew, among others, is not edible or potable as tea.



ant, but then it made him sick to his stomach.

This Cautionary Tale illustrates three Wild Edible points: 1) it's a very good idea to learn the Latin names of things, which I have yet to do; 2) it's a very good idea to take everything you hear from East Coast edible experts with a grain of Pacific salt and 3) always make your husband try it first.

Merry Darkest Days of the Year!

*Sarajoy celebrates Solstice via colored LED lights (6W) and a living Norfolk Island pine.*

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## Nature in the City: Rewards of Winter Star-Gazing

By Sarah Walker

December brings us brilliant winter constellations. I know it's cold out there after supper, but on clear moonless winter nights there is some spectacular stargazing. Bundle up, focus binoculars before donning mittens, and find a spot to lie back so you won't crick your neck. A snow-free picnic table is perfect.

Find the good old Big Dipper. Its "pointer stars" are the outer two in the dipper's bowl, and they point to the North Star — "Polaris" —, which for all its importance, is pretty dim. Remember that through the night all the stars, as a group, appear to slowly rotate, counter-clockwise, around Polaris. Of course it is we who are rotating, not the sky, but this isn't how it looks. During winter, the Big Dipper stands on its handle after supper. Before dawn, it's upside down.

Now turn to face south. Wow! It's hard not to notice three bright stars in a row — Orion's belt.

Greek myth says that Orion is a hunter and a giant, and in the sky, he is heavily armed. It's not hard to see the sword dangling from his belt, but to make out the club raised in his right hand (to our east, because he faces us), or the shield he extends out to his left (west), may require help from a star book.

There are more bright stars in Orion than in any other constellation. His huge body is marked by two very bright shoulder stars and two more very bright foot stars. His western foot is Rigel, the brightest (but not the biggest) star in Orion. His eastern shoulder is Betelgeuse (pronounced Beetle Juice), a 'supergiant' star hundreds of times bigger than our sun, but so distant that it is just a star, to us.

Our sun is a star, so close to us that it appears much larger than any star. Stars are flaming balls of gas and give off their own light. Planets are dark but shine brightly by reflecting the light of the sun.

Constellations are imagined shapes that are useful for separating all those stars into some sort of order. Once you've found Orion, you can follow his belt to the east for the brightest star of all, Sirius, the Dog Star. Sirius is near the chest of Orion's hunting dog, Canis Major. Following the belt stars west leads to Taurus, the Bull, and on past Taurus to the Pleiades, the Seven Sisters. Starting at Orion's west foot, Rigel, and looking up through his east shoulder, Betelgeuse, leads to Gemini, the Twins, with their paired bright stars Castor and Pollux.

Taurus and Gemini are constellations of the Zodiac. Orion is not a constellation of the Zodiac, but is useful for

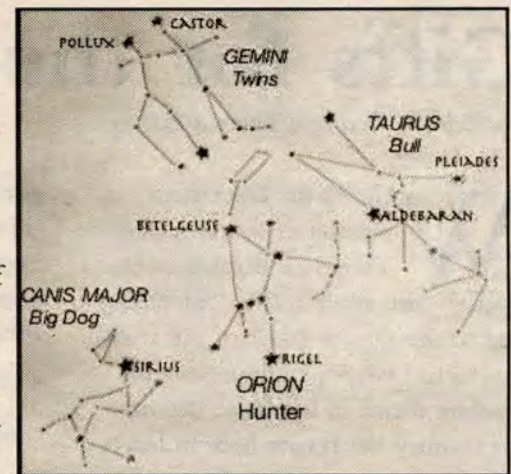
finding Taurus and Gemini.

Greek myths are the basis for most of our star lore. Orion was a famous hunter and lover who got into trouble for his boasting and womanizing. His fans wanted him immortalized in the sky. Zeus consented, but positioned Orion so he could never be within reach of those Seven Sisters. In another tale, Orion's enemies try to kill him with a poisonous scorpion. Luckily for Orion, he and Scorpio never appear in the sky at the same time. In winter, Scorpio "sets" as Orion "rises."

Orion is visible at all latitudes. Polynesians saw the belt as three canoes. Egyptians saw their sun god, riding in a boat. In Japan the belt is the waist of an hourglass-shaped drum, or Orion's body can be seen as a kimono sleeve.

The region around Orion is "the most splendid of our skies" says H.A. Rey, who wrote the best star book of all time. "The Stars, A New Way to See Them" has been in print for 50 years. New editions have updated star and planet charts. If the name H.A. Rey sounds familiar it's because Hans Augusto and Margret Rey also produced the "Curious George" books for children.

Winter stargazing: there's the reward



The constellation Orion, with his brightest stars named.


of celestial beauty, plus a well-deserved hot cup of cocoa after venturing into the winter night!

Sarah Walker used H.A. Rey's book when she was a kid in rural New York, figuring out the same stars she now enjoys from the Palouse. She thanks Tom Niemann of the Lewiston Astronomical Society for help with this article.

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## Gifts for the Gardener

By Rebecca Rod and Theresa Beaver

Well, it's the December newsletter deadline and Theresa is outside once again — this time in the cold, racing against the winter-clock to put the garden to bed. So, while visions of frostbite dance in her head, driving her to bury her flower beds in leaves and gather into the greenhouse the remaining unplanted plants, I am dutifully poised at the computer to help bring you her column again.

This really isn't a problem for me, especially considering all the times she's helped me fire pottery over the years. Besides, that's what it's all about, isn't it — helping each other, doing for each other, giving to each other... which brings me right around to the theme she's chosen for this month's column: Gifts for the Gardener! Now, this is a garden subject I'm well grounded in — having no less than 14 years of experience under my belt — and I'll happily share some of my own successful ideas with you, after I relay some of her thoughts on the subject.

For Theresa, the best gardener gifts seem to fall into three major cate-

gories: books, tools, and more books! Of the books, the first and most important to her are her reference books, and these are her top two choices:

- *Herbaceous Perennial Plants* by Allan Armitage has the highbrow subtitle: *A Treatise on Their Identification, Culture, and Garden Attributes*. Theresa calls Armitage her "Garden Guru." She has three of his books, but this is the one that shows the most wear. She says, "Whenever I'm planting something new, I grab this book to make sure I give it the best location for sun, shade, and soil conditions."
- *The Well-Tended Perennial Garden* by Tracy DiSabato-Aust. Theresa claims, "This book has everything you need to know about growing and maintaining just about any perennial plant!" Among other things, it contains some great advice about maintaining optimum plant shape and height for "editing" the garden, with useful before and after pictures.

Now, beyond these hefty reference

tomes are the books that can really brighten a gardener's gray winter and spark the seasonally frozen imagination — yes, the books with the big, colored pictures! These are the books I find the most fun to shop for — just allow yourself an afternoon to sit cross-legged on your favorite bookstore's floor in the garden section! In this category, Theresa favors books by Northwest gardener, Ann Lovejoy. (In fact, a little birdie recently whispered the title of one of Lovejoy's books to me, *The Abundant Gardener*, as a hint — but don't say anything, please.) Anyway, you will find lots of these books to choose from and can't really go wrong since the intention of this type of gift is simply to inspire and pull the gardener through the rest of winter (just a few more weeks, dear).

As for tools, Theresa says, "My most invaluable tools are my fork and spade. I have been using the same pair for over 20 years, and they were old when I found them at a yard sale." She got lucky — and, of course, yard sale season is over in this part of the country. To find quality garden tools, pass up the hardware store and visit a high quality nursery like Prairie Bloom to

find the best "tools of the trade." Or, if you like shopping online, go to the Smith and Hawken web site — there you will find beautiful, stainless steel (easy to clean and slow to rust) garden forks and spades, with handles made of ash. Gee, just the description probably makes you gardeners all tingly!

Well, with only about 100 words to go, let me quickly list a few of my own ideas for gardener gifts, tried and true: wheelbarrows, garden carts with big wheels, massage gift certificates, bird baths, Atlas brand garden gloves (Theresa's favorite), heavy duty hand creams, poems praising gardens and gardeners (preferably original), coupons good for helping gardeners in the garden, and — if you can swing it — a trip for two to California in January, the one and only thing you may both do together this year before garden season starts up again! Happy Holidays!

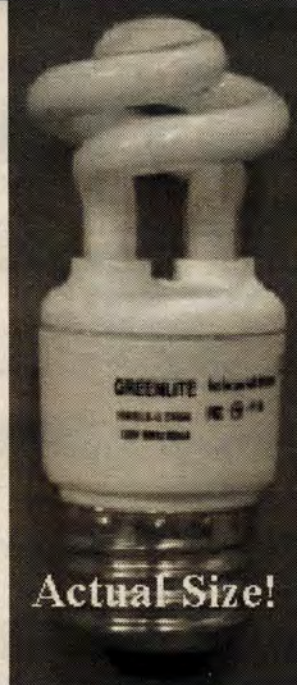
Theresa and Rebecca live in a 100-year old farmhouse on an acre at the edge of Moscow surrounded by trees and flowers.

## Great Gift Ideas for the child



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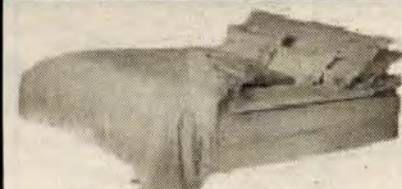
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## Letter from the Land:

# The Perception of Order and Disorder

By *Suvia Judd*

I went down to the curb to take out the garbage on a recent morning, and enjoyed the sight of the newly fallen leaves blanketing the planting strip between our driveway and the next. I liked how the leaves softened the landscape, and I appreciated how they would add to the soil where we are sheet-mulching out the volunteer plants in preparation for a new low maintenance perennial border.

Then I thought about the way some other people see autumn leaves: as a big mess and a lot of work. I remember a couple that passed our booth at the farmer's market once; the woman admired our fruit trees, but said her husband wouldn't allow her to plant any trees, even shade trees, because of the mess in the fall.

I started thinking about the different ways different people perceive the landscape. There was a woman in Ann Arbor, Michigan, about twenty years ago, an ethnobotanist, who had a productive summer vegetable garden of squash and beans. It had a pattern, but

it was not the traditional European-American pattern of a neat rectangle of bare dirt with isolated plants, set in a larger rectangle of groomed turf. While she was away, the neighbors complained to the city that her yard violated the lawn-height ordinance, and the city came in and mowed down her yard, and sent her a bill for thirty some bucks.

I think we all have the same need for order, but that our perception of what is order and what is disorder varies widely. In *Farming with the Wild*, Daniel Imhof writes of standing between two farms on a slough in Yolo County, California:

"On the western side of the road... (t)he bunch grasses and sedges that line the canal banks are bushy, tall and luminous. Farther out, above the understory, rises a canopy forest of willow, cottonwood, and oak. In the water, a paddle of young mallards shadows their mother as she zooms for cover behind a curtain of grass.

...to the east is a scene more typical of industrial agriculture in California's Central and Sacramento Valleys.... Between the field edge and the slough, a distance of about 20 feet that includes a single track dirt lane, the soil is sprayed and scraped bare and, in contrast... looks like scorched earth. Both sides of the road are working farm operations that depend on the Slough's water for production.... Just a few decades ago, I am told by the farmer on the west side, he too practiced "clean" farming and viewed weeds and noncrop vegetation as mortal enemies of modern agriculture...."

Our need for order overlaps with our need for beauty, and we are diverse in what we find beautiful. And our need for order overlaps with our need for safety. The lawn-height ordinances for example, arise from a desire to prevent grassfires. Urban composters frighten neighbors who "see" garbage and vermin. And our need for order, for things in their right place, is focused through our ability to understand the

patterns in what we see. Thus English settlers in New England almost starved to death because they saw a savage wilderness, instead of a highly managed landscape with abundant yields of food.

The idea that we are all motivated by the same fundamental needs helps me accept that others see different patterns than I do, and perceive different human landscapes as "orderly." I also find hope in the efforts of those creating new patterns for agriculture, based on ecological principles.

*Suvia Judd enjoyed hearing Daniel Imhof speak at the Inland Northwest Restoration conference in November.*

Reading: *Farming with the Wild: Enhancing biodiversity on farms and ranches.* Daniel Imhof, 2003. Watershed Media and Sierra Club Books.

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## Meals Kids Might Eat: Tips and Rituals

By Jyotsna "Jo" Sreenivasan

Over the last few months I've given you some complicated recipes in this column, and you might think that I do nothing all day but make food for my kids to eat! But in fact, preparing dinner is one of those things that I tend to squeeze in between everything else I'm trying to get done.

Here are some tips and rituals to make shopping, cooking and eating easier and more pleasant when kids are part of the picture. A lot of these tips are things I would have resisted or laughed at before I had children. I have a strong aversion to routine. But when you have kids, if you, the adult, don't establish a routine, the kids will take over and life will descend into chaos really fast.

### Create a master shopping list.

How many times have you come home from the Co-op after a big shopping trip and realized that you were down to your last drop of ketchup and forgot to get more? Or that you had only half a roll of toilet paper in the entire house? A master shopping list will help prevent this kind of disaster.

On your computer, make a list of all the things you want to have in the house. Take your time and make it as complete as you can. When you get ready to go shopping, just print out a copy of your list, go through your kitchen cabinets, and circle what you are low on. I organized my shopping list according to the Co-op's aisles to make things even easier. Of course now that they've moved, I have to re-organize my list! The Co-op was handing out "store maps" last time I checked, so see if you can get one and organize your list accordingly.

**Make a "meal rotation" schedule or a master list of meals.** A meal schedule is supposed to be a great way to stay on top of dinner; you make a schedule for two or three weeks and write down which meals will happen which days. When you get to the end of your schedule, you just start over. This way, you don't have to stand in the kitchen at 4:30 scratching your head and wondering what to fix for dinner. Unfortunately, I have not yet been able to implement it at my

house, probably due to lack of discipline on my part. Maybe you will have better luck.

I have, however, combed through my cookbooks and come up with a list of easy meals that I can glance at before I go grocery shopping. I pick out several meals and make sure to buy the ingredients for those meals. It works most of the time — except when my family eats the ingredients before I get to cook the meal!

**Dinnertime rituals.** Sometimes my kids are "not hungry" at dinnertime, and refuse to join us at the table. Of course, shortly after dinner is over, they are so hungry that they have to have a bowl of cereal. So we came up with two dinnertime rituals. One is saying grace before meals. The kids know they have to join us at the table for grace. We make up our own informal blessings each time, and the kids can have a turn saying grace.

Then, in order to keep them at the table for a reasonable amount of time in the hopes that some good food will enter their mouths, we came up with a second ritual: "One Good Thing." Everyone at the table says at least one good thing that happened that day. This has worked very well for us because it allows the children to be part of the dinnertime conversation if they wish to be. (Sometimes my older son likes to say "one bad thing" that happened in his day, and that's fine too, because it's usually good for a laugh). It has also cut down on my husband's complaining at the dinner table. Before we started "One Good Thing," the entire dinnertime conversation would sometimes revolve around all the bad things that happened in my husband's day. Now, when forced to think of something good, his whole face lights up and our dinnertime is transformed.

Another ritual is lighting candles every Friday night. This is a Jewish tradition to welcome the Sabbath (which is on Saturday for Jewish people). On Fridays, instead of making up our own grace, we say the Hebrew blessings over the candles, wine and bread.

I hope these ideas will be helpful to you. Feel free to contact me with suggestions of your own.

Jyotsna's e-mail address is: jyotsna64@aol.com.

Oops! Correction for last month's Baked "Thanksgiving" Samosas:

I left out a step in the filling recipe. After cooking and peeling the potato and sweet potato, mash them roughly, and stir them into the onion and pea mixture.

*When she's not cooking and mothering, Jo is a writer and a writing coach.*



*Karun lights a Sabbath candle with supervision from Daddy.*

### Baked "Thanksgiving" Samosas

(adapted from *Moosewood Cookbook* by Mollie Katzen)

These samosas are not at all spicy. If you like, you can add cayenne or curry powder in addition to the other spices.

#### Dough

1 cup whole wheat pastry flour (look for the "white wheat pastry flour" the Co-op sells)  
 1 1/2 cups unbleached white flour  
 1 cup yogurt or buttermilk  
 1/2 teaspoon salt  
 Extra flour as needed

Mix the flours and salt in a bowl. Add the yogurt or buttermilk. Mix first with a spoon, and then with your hand, to make a smooth dough. Cover and refrigerate until you are ready to assemble the samosas.

#### Filling

1 large potato (size of a large person's fist)  
 1 tablespoon vegetable oil  
 2 medium cloves garlic, minced  
 3/4 teaspoon salt  
 2 tablespoons lemon juice  
 1 tablespoon fresh minced ginger  
 1 large sweet potato  
 1 cup chopped onion  
 1 teaspoon cumin powder  
 1 teaspoon coriander powder  
 1 1/2 cups frozen peas, thawed

Boil the whole potato and sweet potato until they can be pierced easily with a fork. Cool. Remove the skins — they should peel off easily. Mash them roughly. While the potatoes are cooking, sauté onion in oil until onion becomes translucent. Turn off heat and immediately add garlic, ginger, cumin, coriander and salt. Stir to cook briefly. Add peas and lemon juice and let cool. Add potatoes to the onion-pea mixture.

#### Assemble and bake:

1. Preheat oven to 425 degrees. Generously oil one or two baking sheets.
2. Create a wonderful rolling surface using the Sharon Winstein method. (Sharon is my mother-in-law!) She recommends a folded bath towel topped with a clean pillowcase. It really works — try it!
3. Have nearby: rolling pin, extra flour for rolling, a bowl of water, a fork, vegetable oil, and a pastry brush.
4. Divide your dough into sixteen balls.
5. Rub some flour onto the pillowcase. Take a ball of dough and pat it into a small circle on the pillowcase. Rub flour onto the top surface. Roll to a diameter of about 5 inches. Turn and flour the circle as needed.
6. Place a generous 2 tablespoons of filling on one half of the circle. Rub some water along the edge of the circle and fold in half. Fold the edges under and crimp with a fork. Place samosa on the oiled tray.
7. When you have assembled all samosas, use a pastry brush to brush vegetable oil over the top surface of each samosa.
8. Bake 10 minutes, or until bottom of samosas are nicely browned. Turn down the heat to 375 degrees. Turn each samosa over and bake an additional 10 minutes, or to your desired brownness.
9. Serve with cranberry-tamarind chutney. Samosas are great hot or warm. I even like mine cold, straight from the fridge! (But then again, I like my pizza cold, too).



## Earth Mother: Egg Carton Castles in the Sky

By Julia Parker

A few weeks ago, my daughter Simone announced "I want to make sculptures!" As a long-time aspiring artist, I thought I recognized that feeling. You wake up with a picture in your head that you just have to paint, or in this case, an urgent need to sculpt. So, I quickly looked around the house and found — an abundance of egg cartons, beads, a big bottle of glue and some poster board. We settled down by the wood stove and began to sculpt. As I watched Simone begin to think through and put together a structure I decided to let her do this through trial and error. "Ok," I said, "you be the designer and I'll be the gluer." From her simple materials, she made fountains, benches, a castle with a courtyard, bridges and a flag made from toilet paper.

Simple materials that children can turn into playthings help them develop their imagination and creativity. I believe children who can find ways to entertain themselves with basic "toys" — wood blocks, scarves, string, paper and glue — develop a sense of self-reliance more than if they play with toys designed for specific play. It has become a standard Christmas story of parents or grandparents who tell how their children, given an abundance of toys, play all day with the boxes.

Usually, this is presented as a quirky, amusing story, but perhaps the children are expressing their real needs for imaginative play. However, even children given pre-programmed toys sometimes overcome the toy manufacturer and use toys in creative, unique ways — G.I. Joe becomes someone's baby doll, Nintendo game cartridges become building blocks. (See *Beyond the Rainbow Bridge* by Barbara Patterson and Pamela Bradley and *Children at Play* by Heidi Britz-Crecelius for more discussion of simplicity in childhood.)

Crafts can also fall into the realm of pre-fabricated, directed and expensive kits instead of simple exercises in creativity. This month, when kids tend to be home more, I suggest you skip the craft store and stock up on basic, interesting craft materials for sculpting. Supplies that we have found useful are: egg cartons (this project), yogurt cups and lids, straws, toilet paper and paper towel rolls, lids of all types, tabs from soy milk or other spouted cartons (a very cool shape), and buttons.

*Julia Parker will be spending her winter months alternatively making and cleaning up crafts in front of the wood stove.*

### Materials

- Egg cartons
- Glue
- Poster board or cardboard
- Scissors
- Optional materials (Paint, beads, glitter, toilet paper tubes, 3x5 notecards, toothpicks...)

### Directions

- Cut and/or tear egg cartons into a variety of building block sizes and shapes 1 egg section, 2 egg sections, 3 egg sections, 4 egg sections work well
- Cut strips from the lid of the carton (Use for bridges, supports, flag poles)
- Let the child create the structure and design through imagination and trial and error.
- Use notecards and strips of carton to help support the structure between layers
- Help the child with gluing and holding in place while the glue sets (the irregular structures sometimes take a few minutes to stick)
- Use beads, paint, glitter, fabric scraps, yarn etcetera to decorate the castle.

## Pretend Soup and Other Real Recipes: A Preschool Cooking Class

By Carol Spurling

Of course, you want your child to eat healthy food. And of course you're the kind of parent who allows your little one to "assist" you in the kitchen while you're preparing snacks and meals, so they too can experience the joy of handling, smelling, and tasting fresh fruits and veggies... the magic and science of shaping and then baking their own loaves of bread... the ah ha moment of discovering that the very best food doesn't come from a plastic package or cardboard box.

If only! Too often, my desire for order

in my kitchen wins out over my son's desire to help cook. To remedy this, I'm offering a kids' cooking class this winter, through the City of Moscow Parks and Recreation department. We'd love to have you join us for a six-week exploration of healthy foods and simple cooking techniques, geared for 3 to 5 year olds. You can leave the planning, shopping, and clean-up to us!

The class will be held at the Hamilton Indoor Recreation Center on Thursdays, from 11:30 a.m. to 1 p.m., beginning February 2, 2006.

Using Mollie Katzen's colorful kids' cookbook, *Pretend Soup*, we'll prepare zucchini moons, pretend soup, carrot pennies, number salad, French toast, and other yummy lunch treats.

The cost of the class includes lunch for the child and accompanying adult, and we'll supply all the kitchen utensils, copies of the recipes, and other gear, except aprons or other protective clothing.

To register for the class please contact the City of Moscow Parks and Recreation Department at 883-7084.

There is a limited number of places available, so don't wait to sign up. Registration forms are available in their winter brochure, which is now available.

For more information contact Carol Spurling at 882-3489, or email [writer@plumassignment.net](mailto:writer@plumassignment.net).

*Carol Spurling is looking for donated kitchen equipment and child-sized tables and chairs to help outfit the Hamilton kitchen for this class.*



## Free Holiday Concert at 1912 Building

By Carol Spurling

**H**oliday music comes in every style, from Eartha Kitt purring "Santa Baby" to a Sunday school class in tinsel halos belting out "Hark the Herald Angels Sing." For Linda Edwards and Gillian Sharma of Moscow, music is one of the most important parts of the holiday season. So they've organized a community musical event that they hope will become a Moscow tradition.

A Holiday Showcase Concert will be held at 7:30 p.m., Tuesday, December 13, in the Great Room of the 1912 Building in Moscow. Attendance is

free and open to the community, and refreshments will be served after the concert.

"It will be a festive, seasonal event," said Sharma.

Participants include a guitar-flute duo, a bassoon quintet, a recorder ensemble, a vocal group, and a string ensemble. Each group will play for a short time, and the music will be interspersed with short readings.

Edwards and Sharma, with Linda Liou, comprise the Carliol Consort, a recorder ensemble that plays renaissance music. The group has performed

in various venues over the years, including Washington State University's Madrigal Feast, Idaho Repertory Theater's outdoor Shakespeare performances, the McConnell Mansion, fundraisers, retirement parties, and even wedding receptions.

"We wanted to play some holiday music but it was too overwhelming to do an entire concert ourselves, so we decided to organize this smorgasbord concert with several groups," Sharma said. "Communities used to have this kind of thing, with music and readings. We hope the event will catch on

and continue to grow."

"The diversity of the groups and styles will be great for the audience, and we encourage families to attend. The selections will be diverse and light-hearted," Edwards said. "Several of the groups intend to perform professionally and this is a great opportunity for them to showcase their talent and the community to hear them for free."

*Carol Spurling has always loved holiday music, since her first name is synonymous with Christmas song. She'll be reading something at this showcase concert.*

## Recycling CDs & Christmas Trees

By Andy Boyd

**M**oscow Recycling now accepts electronic media for recycling. This includes CDs, DVDs, VHS tapes, audiotapes, Zip disks, diskettes, and floppy disks.

Each year some 773 million CDs and DVDs are manufactured in the US, plus there are also hundreds of millions of software, game discs and blank CDs and DVDs created as well. And all these products are largely made of recyclable materials.

We can be more responsible regarding the use of these materials by cutting our own use, by following these guidelines:

1. Download software and music on-line and send it straight to your hard drive avoiding the need for a disk.
2. Rent or borrow movies and games instead of purchasing them.
3. Purchase used discs whenever possible from local resellers or on-line.
4. When purchasing your next computer, get a DVD burner instead of a CD burner. DVDs hold more.
5. Ask to be taken off mailing lists that send you junk mail CDs. Go to:

<http://www.dmaconsumers.org/consumerassistance.html>

6. Donate unwanted CDs and DVDs to your local library or maybe a friend or family member who wants them.
7. If none of these work, bring them down to Moscow Recycling at 401 N. Jackson during our office hours (Tues. - Sat. 9:30 - 5:30).

We would also like to let you know that if you have a Christmas tree this holiday season that you may complete the cycle by bringing your tree (free of decorations) to Moscow Recycling's lighted, 24-hour yardwaste drop-off site located just behind the center on North Almon Street. Trees may also be taken to the Solid Waste Processing Facility located 5 miles east of Moscow on Highway 8, Monday through Saturday from 8:00 a.m. to 4:00 p.m. Your trees will be made into compost that you can put on your garden next spring! Any questions? Call us at 882-0590.

*Andy Boyd is the manager of Moscow Recycling.*

## Idaho Repertory Theatre: Drama Camp

By Sharon Trautwein

**I**daho Repertory Theatre (IRT) presents Winter Theatre Extravaganza! Through the use of creative dramatics this four-day theatre camp will explore physicality, imagination, and help to improve teamwork, self-esteem, and problem solving skills. Children will become animals, learn to dramatize stories, invent plays, build arts and crafts, dance, sing, and most important of all: HAVE FUN.

The camp is open to school age children grades K-6. The dates for the camp are December 19-22. Younger children (grades K-3) can enroll in either the class offered from 9 a.m. -

11:30 p.m. or the class from 12:30 p.m.-3 p.m. Older children (grades 4-6) will spend the day with us beginning at 9 a.m. and ending at 3 p.m.

Parents, prepare to come to the performances given at the end of each camp on December 22nd. Enrollment fees for the camps are \$30 for grades K-3 and \$45 for grades 4-6. For more information, please contact IRT Education Director John O'Hagan at 885-6903 or [johagan@uidaho.edu](mailto:johagan@uidaho.edu).

*Sharon Trautwein is the workshop coordinator for the Idaho Repertory Theatre youth program.*

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## Co-op Crossword

By Craig Joyner

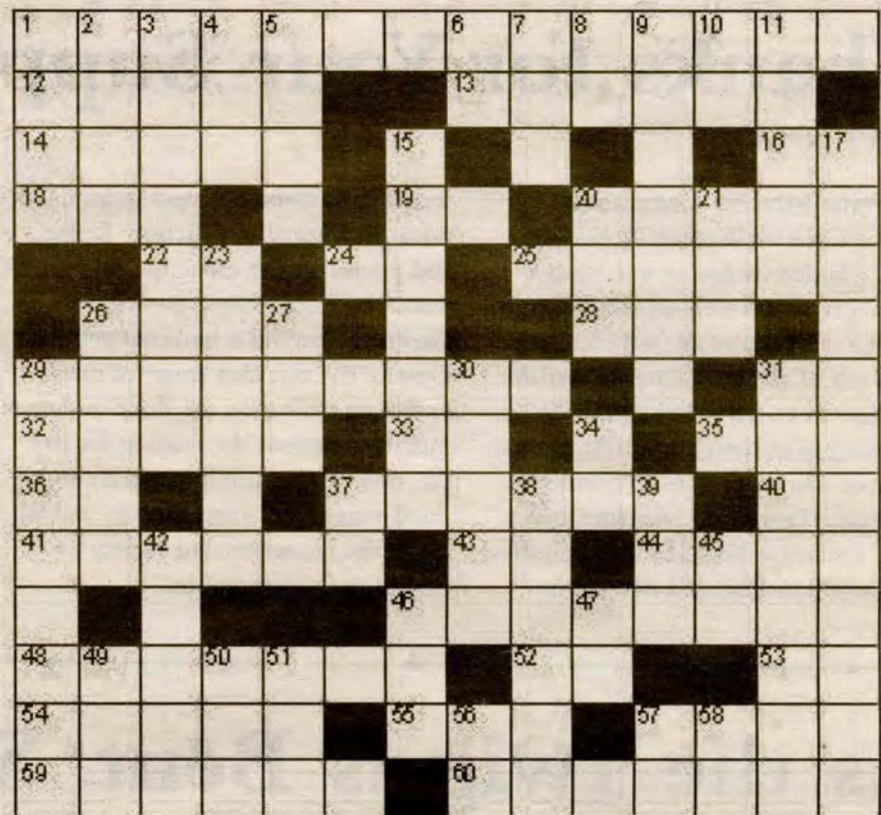
### ACROSS

- 1 Holidays greeting  
 12 Regional bottled water brand, \_\_\_\_\_ Ice  
 13 Maranatha and Zinke's Orchards make this kind of butter  
 14 Antelope  
 16 Also known as pixel pitch, abbreviation  
 18 Canadian pay movie channel, abbreviation  
 19 Co-op Board of Directors member, \_\_\_ Pingree  
 20 Many soups are prepared by doing this  
 22 Preposition  
 24 The sunshine state, abbreviation  
 25 Northern lights  
 26 Supercomputer company  
 28 What you can do in Tamarack or Sun Valley  
 29 Dagoba, Divinia, or Yachana; a desirable stocking treat  
 31 Do this instead of doing  
 32 Japanese poem  
 33 Buddhist monk  
 35 New or Matrix hero  
 36 The only state in America where diamonds are mined, abbreviation  
 37 One of the medicinal herbs in Ricola cough drops  
 40 Hospital caretaker  
 41 Bionature's Sour Cherry, Bilberry, or Apricot  
 43 Boulder Canyon Potato Chips come from this state, abbreviation  
 44 Bringers of bread, The \_\_\_\_\_ Baking Co.

- 46 \_\_\_\_\_ of the Valley of the Wind, anime tale of the pacifist warrior princess  
 48 African American festival to counter the commercialism of Christmas  
 52 An a priori artificial, philosophical language  
 53 The one title for a man  
 54 Source for heart of palm  
 55 The three letters that explain why DC is such a quagmire  
 57 Virgils \_\_\_\_\_ Beer  
 59 Emerald Valley has it in Spinach Feta or Roasted Jalapeno and Garlic  
 60 Lavender dishwashing soap brand, \_\_\_\_\_ Generation

### DOWN

- 1 Candy canes would be nothing without this  
 2 Dutch cheese  
 3 The destruction of the world in Norse mythology  
 4 Greek letter  
 5 Charolette, Peppermint Patties, or New  
 6 Egyptian sun deity  
 7 Malady  
 8 Opposite of lg.  
 9 This vegan sandwich treat comes in Cranberry Stuffing and Hickory Smoked  
 10 "Sky-tinted water" is this state's name in Dakota Sioux, abbreviation  
 11 BBC hysterical historical series, Black \_\_\_\_\_  
 15 The yogurt with a marsupial mascot and mango lime or blackberry flavors  
 17 A wish for the new year  
 20 Hindu month or a wound's discharge



- 21 Edible root or French king  
 23 Nail  
 26 Assignment  
 27 The person who knows the answer to this clue  
 29 Hebrew festival  
 30 Giacomo Puccini opera  
 31 Simplers Botanical Co. has this essential oil you smell in Earl Grey tea  
 34 Chinese Buddha  
 37 Congressional bill abbreviation  
 38 Dairyless chocolate bars with rice crisp and mint crunch flavors, Tropical \_\_\_\_\_  
 39 Greek letter often associated with psychic powers  
 42 Rift  
 45 Electricity, abbreviation  
 46 Siesta  
 47 That's \_\_\_ Raven  
 49 Cougar country, abbreviation  
 50 Vietnam, slang  
 51 Norse deity of war  
 56 Like  
 57 Concerning  
 58 Political action group, Move \_\_\_\_\_

Craig is also known as KUOI's brentbent and can be heard most Fridays at 8:30 p.m. on 89.3 FM. Comments or clues submissions can be sent to [brentbent@aol.com](mailto:brentbent@aol.com).



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# Community

## Thanks for Your Support

By Judy Sobeloff

The Moscow Community Creative Writing Workshop ended its first season with a phenomenal and well-attended group reading at BookPeople, with audience members of all ages filling all available space between bookshelves. All 22 workshop participants and instructors, many of whom are Co-op members (including Front End Manager, baker Anna Carnegie Marx, newsletter editor Carol Spurling, and newsletter

writer Judy Sobeloff) read short selections of original non-fiction, fiction, and poetry to the capacity crowd, estimated by BookPeople owner Bob Greene at around a hundred people. Despite the fact that many of them ended up sitting on the floor, audience members praised the reading for its "feeling of community support and involvement and camaraderie," as well as for the "mesmerizing variety and skill of the presentations."

The workshop was met with great enthusiasm from the beginning, when 45 people hand-carried applications into the Moscow Library. We extend a heartfelt thank-you to the Latah County Community Foundation, the Idaho Commission on the Arts, and the Western States Arts Federation for generous funding, as well as to the following local businesses and individuals for their generous support: the Moscow Public Library, the

Friends of the Moscow Library, graphic designer Debby Stinson, BookPeople, Dona Black, Insty-Prints, Copy Court, Office Depot, One World Café, and Karen Faunce.

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*Judy Sobeloff, workshop coordinator, invites you to stay tuned for future community creative writing workshops and events.*

## As the Twig is Bent, So Grows the Tree

By Janice Willard DVM

No matter what the breed, puppies are Hallmark Card-cute balls of fluff. But one would be mistaken to conclude that puppies' heads are "stuffed with fluff" like Winnie the Pooh. From birth to 6 months of age is the most active time for brain growth and development in a dog's life.

"As the twig is bent, so grows the tree," goes the old adage. Nothing could be truer than the effect early experience has on the growing canine brain.

"There is an optimum time, windows of opportunity, for experience to have its maximum effect on the puppy," explains Terry Ryan, dog trainer and author of "Coaching People to Train

Their Dogs." "These windows of opportunity are short, sometimes, just a few weeks. The onset and offset of these learning periods vary from puppy to puppy. But during these optimum times, the puppy must come in contact with, but not allowed to be frightened by, all the things he will deal with as an adult."

Scientific studies in the 1950s showed that puppies not exposed to people during these sensitive learning periods became shy and afraid of new people. Puppies raised in isolation from other dogs interacted poorly with other dogs. After this window of opportunity has passed, learning is still possible, but it takes much more time and effort to accomplish.

We ask a lot of puppies. We take them away from their culture and place them in ours, where we expect them to somehow, magically, learn all the rules of behavior without even understanding our language. And, we expect them to learn all the social behavior necessary to interact comfortably with dogs and people, while living in what, for many of them, essentially

amounts to social isolation.

The solution for this is early puppy socialization and training. This can be in the form of a puppy class or you can design your own puppy learning system. A well run puppy class is more than just a play party for puppies. By interacting with other puppies and people in a safe, controlled way, a puppy gets positive experience it needs to learn that other dogs and people are not a threat and you help your puppy get a head start on learning many of the behaviors that will make it a good housedog and valued member of the family. You learn how to train bite inhibition, get help with potty training, and teach the puppy to have good car manners, good manners at the veterinary office and all it needs to be a pleasure to live with for years to come. With your new puppy, you can turn over a new leaf yourselves and become acquainted with updated, positive, training techniques.

Before getting the appropriate education for your puppy, first educate yourself. One great place to start is the book "Before and After Getting Your Puppy, The Positive Approach to Raising a Happy, Healthy and Well-Behaved Dog" by Dr. Ian Dunbar. I give this book by this pioneer on puppy education an enthusiastic two paws up.

Before going to puppy class, visit your

veterinarian first. "Waiting until your puppy has received two shots would be wise," says Dr. Jim Evermann, Professor of Infectious Disease at the College of Veterinary Medicine at Washington State University. "But equally important is to make sure that the dam is vaccinated, as this will reduce shedding of disease agents to her litter."

A responsible breeder or humane society will have prepared the puppies they raise to be successful both by assuring good health care of the dam and also by making sure that the puppies are handled and raised in an enriched environment. If you purchase a puppy without having seen the environment in which it was raised, you have no way of verifying that the puppy has been given the optimum environment in which to develop and thrive, either in terms of behavior or health.

This New Years, make a resolution that any new puppy that enters your household will get all that it needs to be all that it can be and become a valuable member of your household for years to come.

---

*Dr. Janice Willard was a Co-op member long before she entered veterinary college. She lives with her husband Eric and children, Robin and Ethan, and more critters that she cares to admit.*

**This New Years, make a resolution that any new puppy that enters your household will get all that it needs to be all that it can be and become a valuable member of your household for years to come.**



## The Co-op Cookbook: As Seen on TV!

By Judy Sobeloff

As a child one of my dreams was to be Tracy Partridge, so when Bill London asked me to talk about *The Co-op Cookbook* on T.V., I grabbed my tambourine and jumped into my tour bus. It had been a while since I interviewed the cookbook's 15 or so recipe creators, so I sped down to KLEW in Lewiston with the cookbook open on my lap, hoping to reabsorb some of their wisdom. In the lobby I flipped through the pages as if cramming for an exam and then practiced watching T.V., wondering whether I would be whisked away for hair (no), make-up (no), or wardrobe (no).

The mood was jovial as I chatted with my five waiting peers, three librarians

and two charity organizers, all of whom had previously appeared on *Northwest Morning*, a five-minute slot for community programs which is broadcast in parts of Idaho, Washington, and Oregon during ABC's nationwide *Early Show*. "You'll forget something important," one of the librarians assured me, but as it turned out, I managed to stay on message. The message? That *The Co-op Cookbook* is a celebration of the Co-op and fun to read; that the recipe creators tend to be passionate about something, be it the environment, the arts, social activism, or organic food; and that many of the interviews contain a pivotal moment of discovery in relation to the recipe (Candace

Warner's insistence that everyone's health needs differ, Matt Stone's considering culinary school, Philip Wrigley's family creating a family cookbook, Stephanie Wade's dream date, Jennifer Higgins's cooking for baby Felix, to mention just a few.)

While the host of *Northwest Morning*, Margo Aragon, did rush off to change her outfit several times, I managed to keep my own clothes on the entire time, and all went well. Margo, it turns out, loves both cookbooks and the Co-op and told me that she volunteered at the Co-op in 1981 with Kenna, "back in the early days when it was a little place on Main Street." Only in watching the broadcast later did I notice that both Margo and I

said "Co-op" when we meant to say "cookbook" and an unfortunate sock-pant cuff interaction due to the unanticipated camera angle.

Over all, I really enjoyed this experience — have you ever noticed that it's fun to talk to beautiful, articulate people who are interested in YOU? — and I recommend it to anyone wanting to publicize a non-profit community event. So if you haven't done so already, treat yourself to a copy of the cookbook and get cooking!

*Judy Sobeloff was honored to interview the recipe creators and to write about them and their recipes for The Co-op Cookbook.*

## The Co-op Cookbook As A Lovely Present

By Carol Spurling

One of my favorite childhood books is *Mr. Rabbit and the Lovely Present*, wherein a little girl enlists the help of a human-sized rabbit to figure out what to give to her mother for her birthday.

In the end, after discussing her mother's favorite colors, and finally having impressed upon the rabbit that her mother likes birds only in trees and that emeralds are beyond her budget, she ends up with a basket of pears, bananas, apples, and grapes. It really is a lovely present, not to mention tasty and healthy. This book is probably one of the main reasons I always think of food as an ideal gift.

I have the same feeling when I look at the cover of the new *Co-op Cookbook*, with a beautiful photograph of foods that we so often take for granted: onion, eggs, garlic, almonds, and parsley. And inside, like a treasure, are the recipes for so many of our favorite Co-op deli and bakery offerings.

I've been trying to duplicate the honey-butter-oat bread recipe for years, and now, my days of experimen-

tation are over! Likewise for the BBQ tofu, and Knock Out Muffins.

It's not often that our favorite eateries will make public the secrets of their most popular menu items, and that's what makes this cookbook so special.

In the true co-operative spirit, the Co-op has chosen the path of generosity in sharing their recipes, instead of secrecy in the name of protecting profits. The cookbook's price of \$10 is a mere token when considering the amount of kitchen expertise it represents.

Also in the co-operative spirit, the various people who developed the recipes share their insights and personal philosophies about food and life. If you shop at the Co-op regularly, you will learn something new about some deli or bakery employee you know (or used to know), and that, I think, is priceless. So, too, are co-author Judy Sobeloff's witty narratives that precede each recipe.

Bill London, our own newsletter editor extraordinaire, edited the cookbook, and it is published in a

user-friendly spiral-bound format. Bill's recently published Latah County travel guide, *Getaways*, comes in the same size and format, making them an ideal pair for gift giving — a lovely present indeed.

*Carol Spurling helps edit this newsletter. See her website at [www.plumassignment.net](http://www.plumassignment.net).*

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# Bulletin Board



MOSCOW FOOD COOP

## Vigil for Peace

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

Meetings in Friendship Square and at the intersection of Third and Main Streets. 208-882-7067 [sperrine@potdatch.com](mailto:sperrine@potdatch.com).

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

Under the clock by the Public Library. 509-334-4688 [nancycw@pullman.com](mailto:nancycw@pullman.com).

## Human Costs of War

**Thursday, Dec. 1, 7 pm**

A panel discussion about the Human Costs of War will be held December 1, at 7:00 pm in the main room of Neill Public Library (210 N. Grand Ave.) in Pullman. This event will focus on the effects of war on civilians and civil society. This event is sponsored by the Palouse Peace Coalition. For more information, contact Bertie Weddell, 334-0737.

## Winter Solstice Exhibition

**Friday, Dec. 2, 5-7:30 pm**

Moscow Arts Commission will open its 5th Annual Winter Solstice Exhibition on Dec. 2 at the Third Street Gallery. The public is invited to attend an opening reception 5-7:30 pm. The Third Street Gallery is located on the second and third floors of Moscow City Hall, 206 E. Third Street. Hours: Monday to Friday, 8 am - 5 pm. For info., call 883-7036.

## Winter Market

**Sat., Dec. 3, 9:30-1:30**

At the 1912 Center, Third Street across from Moscow High School. Produce, crafts, baked goods, coffee. Music by Phil and Janet Anders. Free. For more info., contact Evie Adler, 882-7747 or [evieadler@yahoo.com](mailto:evieadler@yahoo.com).

## Presentation by Amy Ford

**Wednesday, Dec. 7, 12 pm**

Amy Ford, President of the League of Women Voters of Moscow will give a presentation on the LWV of Idaho study of Charter Schools and Virtual Academies. 12 noon at the UI Business Incubator Conference, Room 121, Sweet Ave. The public is welcome. Contact Amy Ford, 882-7065.

## Book Signing at Library

**Thursday, Dec. 8, 7 pm**

Jack Nisbet, author of the book "The Mapmaker's Eye: David Thompson on the Columbia Plateau" will speak and sign copies of his book at the Moscow Library. Sponsored by the Idaho Humanities Council, with support from Friends of the Moscow Library and BookPeople of Moscow. Free and open to the public. Contact: Chris Sokol, 882-3925 ext. 16.

## Free Holiday Concert

**Tuesday, Dec. 13, 7:30 pm**

A Holiday Showcase Concert will be held in the Great Room of the 1912 Building in Moscow. Attendance is free and open to the community, and refreshments will be served after the concert.

## Legislators Review Issues

**Wednesday, Dec. 14, 12 pm**

Sen. Gary Schroeder, Rep. Tom Trail, and Rep. Shirley Ringo will give a review of issues to come before the legislature. Moscow School Administration Center, lower level, 12 noon. Free. By League of Women Voters. Public is welcome. Contact Amy Ford, 882-7065.

## Contra Dance

**Saturday, Dec. 16, 7 pm**

Everyone is welcome. Live music by Trout. At 1912 Building (Third St.) in Moscow. Members, \$5 membership. For more info., contact [folklore.org](http://folklore.org), or 882-7065.

## Children's Drama Camp

**December 19-22**

Idaho Repertory Theatre (IRT) presents Winter Theatre Extravaganza! The camp is open to children grades K-6. Parents, prepare to come to performances on Dec. 22. Enrollment fees: \$30 for grades K-3 and \$45 for grades 4-6. For info., contact IRT Education Director John O'Hagan at 885-6903 or [johagan@uidaho.edu](mailto:johagan@uidaho.edu).

## New Year's Dance

**Saturday, Dec. 17, 7 pm**

Everyone is welcome. Live music by Joseph Erhard-Hult. Building (412 East Main St.) in Moscow, Idaho. \$4 members, \$7 non-members. For more info: [www.palouse.org](http://www.palouse.org), or 208-892-0700.

## Pretend Soup: school Cooking

**Thursdays, starting Dec. 14, 10 am**

We'd love to have you join us for a six-week exploration of healthy foods and simple cooking techniques, geared for 3-5 year olds. The class will be held at the Hamilton Indoor Recreation Center on Thursdays, from 10 am to 1 pm, beginning February 2, 2006. To register for this class please contact the City of Moscow Parks and Recreation Department at 883-7084. For more information contact Catherine Spurling at 882-3489, or e-mail [writer@plumassignment.net](mailto:writer@plumassignment.net)

## Happy Holidays from Moscow Food Co-op!

moscow fo  
121 east fil  
moscow id 83843

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



Submit community announcements to [events@moscowfood.coop](mailto:events@moscowfood.coop) by the 24th of each month. For additional events & information, visit our web site: [www.moscowfood.coop/event.html](http://www.moscowfood.coop/event.html)