

pay-nw
HD
3284
N48

July 2005

FREE!
Please take one

Community News

The monthly newsletter of the Moscow Food Co-op

Yet Another Tile Party

By Kenna S. Eaton, General Manager

Our first tile-painting party (on June 4) was so successful, that we've planned another. The Co-op will install a tile mural in the new store and we need more tiles! Everyone and anyone, for a mere \$15 donation, can paint a design on a 6-inch square tile, and then that tile will join all the others and become a permanent part of our store.

When: Saturday, July 23, 10 a.m. to 2 p.m.

Where: 207 N. Hayes Street, the house fondly known as the "Purple Hayes." Please car pool, ride bikes, or walk, as parking is limited.

How: Lizette Fife and the Potters Guild will have tiles, paints and glazes ready for you. They will instruct you in the fine art of painting a tile with your design, your colors, whatever you like! Later they will fire them in the kiln and then we will use them as part of a mural for our new store. Any profits after expenses will go to benefit the Potters Guild, so don't be afraid to come out and support them!



www.moscowfood.coop

Community News



Store Update

By Kenna S. Eaton, Co-op General Manager

Everyone's been asking when we are moving and I keep trying to come up with new and different ways to say, "I don't know" without sounding like I don't know! But regardless, I have to choose a date whether it's right or not because so many people and decisions revolve around it. So here's my latest stab at a timeline, but please note this may change!

August 15: we install and set up the new shelving for the store. By that date new back-stock coolers and freezers should be up and running, as should any new coolers or freezers out in the store. Then it takes about a week to set grocery shelves. It's a long, tedious project with many highly trained brokers flown in especially to help. Okay not many, but as many as we can lay our hands on that's for sure. Each shelf must be set with precision and then re-set to accommodate another product or simply because it doesn't look good enough or doesn't flow well. During this time we'll also be setting the

Wellness department (same process) and the new freezers and coolers that have already been installed. At some point in this process the new cash registers will be installed, as will the new computers for the offices. Oh, and don't forget the phone lines, the intercom and the "Muzak" and the ATM—all happening simultaneously!

We also plan to assemble the new kitchen equipment during this same time period. We've purchased several new pieces for our deli as well as using all our old equipment and some from the old Tidyman's store. We will need to disassemble our current kitchen about a week before we move. The current store will continue to operate almost normally as the kitchen is dragged out piece by piece. (Bet you didn't know that the counter has to come out for the stove and ovens to move out!) But we plan to keep on selling groceries and produce and supplements, etc. during this week. As we install the old equipment in place next to the new, we'll begin to see the deli come to life.

At this moment I am planning to close our current store August 31 and begin the move September 1.

First we'll conduct inventory, especially of perishable items, and then we'll begin the slow process of moving a block away. To start, we'll pack up our current stock, then disassemble old shelving and equipment, move it all across the street, and put it all back together again.

Many people have asked how they can help. At this point we envision having a sign-up sheet at the front of the store with dates, times and tasks. If you have already signed up we will send you a reminder email before then.

We think we'll be closed through Labor Day and re-open Sept. 6. However, as we all know "plans oft go astray" and I've already revised this plan several times and expect to several times more before we're done. The real bottom line is: our lease here expires September 30, so that will become our "dead" deadline—for sure!

Contents

July 2005

Cover: Yet Another Tile Party

Front Page:

Store Update

Co-operations:

Welcome!2

Let's Move!:

A Day of Paint & Fun3

Co-op Painter:

Antone G. Holmquist4

Co-operations:

Tour the WA Wine Country5

The Buy Line6

The Front End News6

Personal Care Corner6

Art at the Co-op6

Word of Mouth7

Tuesday BBQs & Live Music7

The Volunteer Program7

Gardening Writer Wanted7

News from the Product Dept.7

From the Suggestion Board8

Food:

From the Cheese Department9

Meet the Tomato10

Simply Tofu11

Meals Kids Might Eat12

People:

Kim Green—Customer Profile13

Joe Thompson—Volunteer Profile..14

Culligan Water Conditioning—

Business Partner Profile15

Outdoors:

Letter from the Land16

Fresh Food Diets for Dogs16

Nature in the City17

Idaho Giant Salamander17

Rose Hips18

Friends Don't Let Friends Ride

in the Back of Pickup Trucks18

Community:

Co-op Crossword Puzzle19

Commentary:

BookThoughts20

Families:

Earth Mother: Periscope Project ...21

Community:

Sustainable Foods Systems Field

Course Offered22

WSU's Organic Farm Project22

"Bye Bye Birdie"22

Booksigning Bash23

Rendezvous Returns

to East City Park23

- Anatek Labs, Inc.**—10% discount on well water tests, Hilary Mesbah, Mgr., 1282 Alturas Dr, Moscow, 883-2839
- Ball & Cross Books**—10% off on any purchase for Co-op members, Mark & Kristin Beauchamp, 203 1/2 N Main St, Moscow, 892-0684
- Birthing From Within Childbirth Classes / Judy Sobeloff**—10% discount on classes, 883-4733
- Columbia Paint & Coatings**—15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, Moscow, 882-6544
- Copy Court**—10% discount, memb. Card laminated free, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan**—Free 10 gallons of water & 2 wk cooler rental to new customers, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Erika Cunningham, LMP**—First 2 Massages @ \$35 each, 882-0191
- Hodgins Drug & Hobby**—10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular**—\$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994
- Inspire Communications**—10% off Book Writing Consultations, Jo Sreenivasan, <http://members.aol.com/jyotsna64>
- Kaleidoscope Framing**—10% off any gallery item, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT**—First 2 Massages @ \$35 each, 892-9000
- Kinko's Copy Center**—10% off and free lamination of memb. Card, Kris Freitag, 1420 Blaine St, Moscow, 882-3066
- Dr. Linda Kingsbury, Professional Herbalist**—10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, www.spirittherbs.com, 883-9933
- Maria Maggi, Intuitive Astrology & Gardener**—\$5 off astrological & flower essence consultations, Please call for an appointment, 882-8360
- Markettime Drug**—10% off all regularly priced gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Denice Moffat, The Healing Center**—Co-op members save \$10 off on first exam, Regularly priced at \$65, 413 East 8th St, Moscow, 882-3993
- Moscow Yoga Center**—10% off classes for new students, Jeri Stewart, 525 S Main St, Moscow, 882-8315
- Motherwise Midwifery**—Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- Moscow Feldenkrais**—First individual lesson 40% off, and first group lesson free, Elizabeth Berlinger, 112 W 4th St, Moscow, 883-4395
- Mabbutt & Mumford, Attorneys**—Free initial consultation, Mark Mumford & Cathy Mabbutt, 883-4744
- The Natural Abode**—10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow
- Northwestern Mountain Sports**—10% off any regularly priced pair of Birkenstock sandals, Terry Urvach, 1016 Pullman Rd, Moscow, 882-0133
- Palouse Discovery Science Center**—10% off on all items in the Curiosity Shop, Alison Oman, 2371 NE Hopkins Ct, Pullman, 332-6869
- Paper Pals Scrapbook & Stamp Studio**—1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman WA, 332-0407, Karen Lien, www.paper-pals.com
- Paradise Fibers**—10% off books, magazines, videos, yarn, knitting needles, Kate Painter, spinning@callfax.com
- Sid's Professional Pharmacy**—10% discount on any compound medication & breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Dr. Ann Raymer, DC**—\$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Glenda Marie Rock, III, Healer & Esotericist**—10% off Clairvoyant readings, past life regression & energy healings, gmrockiii@aol.com, 892-8649
- Shady Grove Farm**—\$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Susan Simonds, PhD, Clinical Psychologist**—10% reduction on initial consultation to writers, 892-0452
- Sharon Sullivan, RN Herbalist & Holistic Health Educator**—10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Tie Dye Everything**—10% off any purchase, Arlene Falcon, 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP**—Reduced rate for initial consultations, 424 S Van Buren, 882-6872
- Wild Women Traders**—10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596

Co-Operations



Welcome!

By Laura Long, Membership Director

Recently, while enjoying one of our beautiful spring days on the Palouse, I discovered the very best reason of all to join the Co-op! There I was in a meadow surrounded by a sea of blooming camas, Daisy Dog was swimming her heart out in a nearby pond, and my sweetheart and I were preparing to enjoy a picnic of Co-op bread, fresh strawberries, a wedge of Mirabo cheese, and some lovely local smoked trout. But in our rush to leave town we forgot a knife! Fortunately I once

I discovered the very best reason of all to join the Co-op!

served time in the Girl Scouts—Brownie Troop #37 to be exact—so I was able to instantly fabricate a cheese spreader out of nothing less than my Co-op membership card key fob. This may be the most versatile piece of plastic in my backpack these days, and I highly recommend that you have one on hand too. Because you never know when you might find yourself on an impromptu picnic with no cutlery at hand.

And just in case that's not reason enough to join the Co-op, we have another great prize giveaway for the lucky new or renewing member in July. Vicki, our Grocery Department Manager has given me a great selection of Barbara's Bakery products and a T-shirt to give away this month. I've

wrapped it in one of our great Co-op canvas tote bags for one lucky winner to take home. So please renew or join in July and you might be the winner.

We are continuing our drawing for *MaryJane's Ideabook, Cookbook, Lifebook* through the end of July. We received an advance copy in May, and we have decided to pass on this autographed copy of the book and a gift basket of MaryJanesFarm products to one lucky winner of our latest membership drawing.

As you know, in an effort to raise as much money as possible to make our relocation successful, we have been asking members to pay off their lifetime membership equity. During the months of June and July if you make this commitment to complete your lifetime membership with at least a payment of \$50 you will be entered into the drawing.

Both prizes will be on display in the store and you can get more details and information about membership from any of our helpful cashiers. Stop in the store to join, or, if you're the busy type, you can mail in your membership payment and I'll do the rest.

Thanks to all for your continued support of our wonderful Co-op. Every little bit that you contribute will help us get just that much closer to our new location.

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



Safer Paint - Healthier People
Safecoat Paints are made without hazardous chemicals, and actually seal in outgassing from underlying building materials.

No Formaldehyde
No Ammonia
No Acetone



208-883-1040
517 S. Main St Moscow
www.TheNaturalAbode.com

Published by

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

Opinions expressed in the newsletter are the writers' own, and do not necessarily reflect Co-op policy or good consumer practice. The Co-op does not endorse the service or products of any paid advertiser within this issue. All contents copyright by the Moscow Food Co-op.
Contact the editor to secure reprint rights.

For advertising rates and information:

contact Aly Bean at 882-1444 or aly@pcei.org

For letters to the editor:

Moscow Food Co-op
Bill London, Editor
221 East Third Street, Moscow, ID 83843
london@moscow.com

Printed on Recycled Paper

Deadline for Articles and Ads 20th of each month

Editor

Bill London

Issue Editors

Therese Harris
Carol Spurling

Graphic Design

Tami Prine

Advertising Manager

Aly Bean

Illustrations

Rachel Dugger

Distribution

Donald Stanziano—Moscow
Beth Hemmer—Pullman
Mary Zuber—Lewiston-Clarkson

Back Cover Design

Megan Prusynski
events@moscowfood.coop

Webmaster

Bob Hoffmann
webmaster@moscowfood.coop

General Manager

Kenna Eaton (208) 882-8537
(208) 882-8082 fax
kenna@moscowfood.coop

Photographs

David Hall

Board of Directors

board@moscowfood.coop

President

Mike Forbes
mikeforbes@moscow.com

Vice President

Theresa Beaver
tbeaver@uidaho.com

Secretary

Bonnie Hoffinan
bonniehoffinan@hotmail.com

Bill Beck

wbeck@moscow.com

Al Pingree

lapbmw@adelphia.com

Will Simpson

will.simpson@kestrelcreek.com

Kimberly Vincent

vincent@math.wsu.edu

The Co-op Board of Directors monthly meetings are open to members. 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
YOU JOIN, JUST ASK!**

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

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

Open 7:30 am to 9:00 pm Daily



A Day of Paint & Fun

By Kenna S. Eaton, Co-op General Manager; Photos by David Hall

The day, June 4th, dawned cool and cloudy yet the intrepid crew gathered tables and tiles, buckets and brushes, and set up a tile painting party 'neath the elms at PCEI's beautiful new home on Rodeo Drive in Moscow.

I had rounded up helpers (Ida the cashier and Bill the board member) to assist Lizette Fife and me with the running of this party. Quickly we set up places at the tables with paint-brushes, paints, sipping water, cloths and pencils, and equally quickly folks starting driving up the long driveway, ready to put their mark on our new home; the tile painting party had begun!

Lizette has had a lot of experience teaching folks how to paint on pottery (in fact she does it as a business called "Inhaus") so she patiently explained to all of us just how to get the results we wanted. The time flew by as more and more peopled joined us, and we walked more members through the process of drawing a picture on a clean tile and then applying the special paint in just the right manner. Some people took their time while others dashed their creations out, but either way they are all masterpieces.

After four hours of painting and cleaning up on a perfect early summer day (for the sun had come through for us), we regretfully returned to our everyday existence. Lizette then glazed and fired the tiles for us

and within the week we had pictures of them posted on our website and tiles stacked up in my office. (For a sample of the tiles check out our website www.moscow-food.coop and click on the link.)

If you missed the June 4 event and would like an

opportunity to add to our mural, you can join us as the Potters Guild guides us through another community painting event July 23, from 10 a.m. to 2 p.m. at Lizette's home, 207 N. Hayes in Moscow.

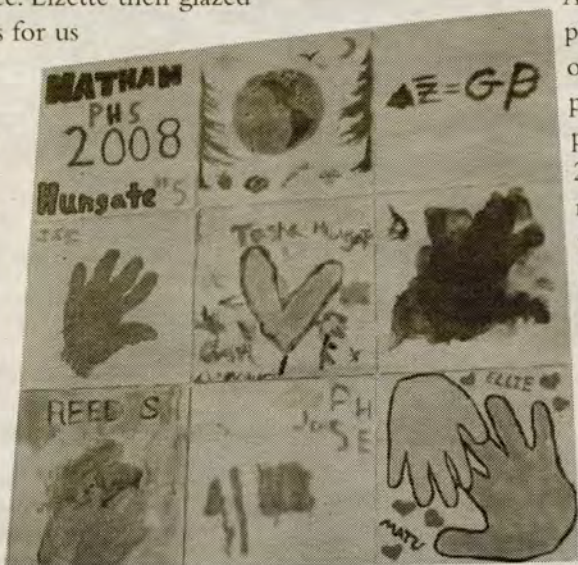
Please car pool, ride bikes or walk, as parking is limited.

After we have finished we will install the tiles on a wall in the new store. We're not exactly sure where or what it will look like yet, but we'll find the perfect spot—perhaps by the front door where everyone can see what kind of community support we enjoy.

And if you want to check out our remodeling progress, on Saturday, July 30th from 10 a.m. to noon I'll be hosting another "Look and See" virtual tour at our new location. I'll have a copy of the floor plans and a roped-off access area inside the new store. Come see the progress we've made, ask questions, and gaze in awe at our new home at Fifth and Washington Streets.

And finally, plan now for our pre-move parking lot party, August 26, with live music and fun food. Check next month's newsletter for more details.

Thank you Moscow!



Toby Brown and his tile subject, Pele.



B.J. Swanson, Wendy Lawrence, Laura Benson, Finn Benson, Elliot Benson, and Nancy Gardner at work on their tiles. Tasha Hungate (in background) has completed hers.



Ari Carter, Ilan Carter, Pat Carter, and Jared Grieb (l-r) create their tiles.

Let's Move!

Co-op Painter: Antone G. Holmquist

By Susan Simonds

You may know Antone Gaylord Holmquist by his other name. For about 30 years he has called himself Rufus T. Firefly, a role played by Groucho Marx as the president of the country, Freedonia, in the movie, *Duck Soup*.

"I call myself that because I am a Marxist of the Groucho, Harpo, and Chico kind." Antone likes his given name, but he is also fond of nicknames, having had many through the years. When he called me to arrange our interview, he referred to himself as Antone, although the message on his answering machine gives both names.

Growing up in rural northwest Illinois, Antone was one of six children living in idyllic, hilly farm country near the east slope of the Mississippi bluffs. After graduating from the University of Illinois, he developed wanderlust. Having never seen a mountain or ocean, he headed west, drawn to the idea of Idaho and a friend who was attending the U of I. Although Moscow was his home base for years, Antone says, "I was a traveling man." He picked apples all over the United States and visited Canada, Europe, Southeast Asia, Antarctica, New Zealand, Central America, and Mexico. "I never paid rent until I was forty." Then in 1991 he settled down and now owns his own home in town where he lives with Otis B. Oatmeal, a "big, fat pussycat."

Antone first shopped at the Co-op 30 years ago and has been a volunteer off and on since then. For the past four years he has been the "employee pickster" meaning that he interviews the staff to find out their favorite store items, writes up display cards explaining the recommendations, and positions the cards. He is currently on a brief hiatus while Vicki makes up new cards.

As a volunteer, he painted the last two Co-op buildings—interior and exterior—and plans to paint the new Co-op. He first became a painter in 1983 when friends asked him to paint their homes. Having never held one job for more than nine months at a time, he found that the flexibility of being a painter allowed him the freedom to travel. Although he enjoys painting and said he is proud of his work, he is currently "trying to figure out what I am going to do for the rest of my life." The aches and pains of doing handy work have taken their toll.

"I plan to live to be one hundred years old and you don't see many old painters." A sore neck has led him to yoga and a commitment to taking care of his body. He is working with a career counselor and considering going back to school.

"I'm here at least ten times a week. I love the Co-op. I love to buy food without all the chemicals. I come for the lunches. I love the location. I'm a downtown type. It's one of the community centers. I feel a part of it"

"There are lots of possibilities." Among his passions are gardening, backpacking, and white water rafting.

"On the river I am Captain Firefly." He is also a photographer specializing in wildlife, landscape, and travel photos. Last year his work was featured at the Co-op for the Artwalk.

If you spend any time at the Co-op, Antone's face will probably be familiar. "I'm here at least ten times a week. I love the Co-op. I love to buy food without all the chemicals. I come for the lunches. I love the location. I'm a downtown type. It's one of the community centers. I feel a part of it."

Although Susan Simonds has many nicknames, they are best left out of print.





Get Out and Tour the Washington Wine Country

By Dani Vargas, Beer and Wine Buyer

I recently had the chance to go on a wine tour with one of our distributors to the Columbia Valley region in Washington State. Yes, this is probably the best perk to being the beer and wine buyer. I have never visited any wineries in Washington State and knew there were tons out there but was not prepared to see just how rich that part of the state is with vineyards and great wine.

The growing regions in Washington State have gone from humble beginning to world class. Parts of the Red Mountain region, which is located in Benton City and home to two of the wineries we visited, has been bid upon by a couple of countries to be purchased for some of their grape-growing sites. The climate in the Columbia Valley and the Walla Walla region is perfect for producing excellent fruit and wines that are making their way across the country to big cities such as New York and winning plenty of awards.

We started our day (Laura and I) at 6:00 a.m. boarding the Wheatland Express in Pullman and headed down to Lewiston to pick up more riders. The bus was loaded with good food and fun people, and was ready to head towards our first destination: Hedges Winery.

The Hedges Winery was beautiful. Their grounds looked like the perfect stage for an outdoor wedding. The winemaker, the vineyard keeper, and the person in charge of marketing and the overall running of the winery greeted us. We were also greeted by an excellent spread of delicious food and a glass of their CMS white wine. Hedges specializes mostly in red wines

but produces two white wines. One is the Fume Chardonnay that we sell here at the Co-op and which I can't keep on the shelf. Their new white wine, to go along with their CMS Red wine, is the CMS White. This affordable, blended white wine is excellent.

The blend was Chardonnay, Marsanne, and Sauvignon Blanc. Hedges owns the three vineyards that

surround their main building and are located on Red Mountain. In the past they have had just one label, but are changing their label to highlight the three vineyards and to get more vineyard-specific.

Our next stop was just down the road: the Kiona Vineyard and Winery. Here the winemaker, his father, mother, and a glass of their Dry Riesling greeted us. This is where the first vines were planted in the Columbia Valley in 1975. Kiona vineyards pioneered the Red Mountain region. Their first production of wine occurred in 1980 with 504 cases. Kiona produces a wide spread of wines ranging from reds and whites to dessert wines. Their main red wine is the Lemberger. This is a very drinkable red wine with spicy currant and blackberry flavors. Their three dessert wines are delicious. They also produce a late harvest white Riesling, a late harvest Gewurztraminer, and an Ice Wine. The Ice Wine is definitely a treat to have; the grapes have to freeze on the vine and the amount of juice that comes out of a grape is very minimal.

A lot of very sugar-rich grapes go into Ice Wine, which is described as the 'Nectar of the Gods.'

Our next two stops were back in Richland. Here we were visiting Barnard and Griffin as well as Bookwalter.

"I have never visited any wineries in Washington State and knew there were tons out there but was not prepared to see just how rich that part of the state is with vineyards and great wine."

Rob Griffin and Deborah Barnard founded Barnard and Griffin in 1983. They have been producing wine for over 20 years and Rob has been making wine since 1977. This winery has a variety of both red and white wines. They also produce a couple of ports, an orange Muscat, and a couple of rosé wines. They source all of their grapes, unlike Hedges and Kiona who both grow their own on-site. We toured their facility and tasted a variety of their wines.

Our last stop was right next door at the Bookwalter Winery. For their full history I would advise visiting their website www.bookwalterwines.com. It is quite intense—dating back to the 18th century. John Bookwalter, the 10th American generation of Bookwalters, joined the winery in 1997 after a successful career of beverage sales and marketing. He has focused his attention primarily on the production of premium red wines and has been joined by Zelma Long who has worked with wineries such as Mondavi and Simi in California.

Their first release was in 2000.

The Columbia Valley Merlot and the Columbia Valley Cabernet Sauvignon both were very successful. Their next two vintages brought two top-100 wines of the year rankings, several 90-point-plus Parker ratings,

another Wine Spectator "Wine of the Week" acknowledgment, and ultimately the Winery of Year designation in

2005 from Wine Press Northwest Magazine. This winery is producing some great, award-winning wines. Before we tasted the finished wines, we went to the barrel room and tasted two wines straight from the barrel. John thieved out a Malbec and a Cabernet for us to try. They were very strong with huge tastes of the oak. That was a fun experience to try the wine straight from the barrel. Both of those wines still had 10 months or so to age in storage.

Our day was finished; we were happy, full, a little tipsy and ready to head back to the Palouse. There were so many wineries that we passed by along the way, both in the Columbia Valley and in Walla Walla. We are very blessed to be so close to these great wine-growing regions and have the ability to enjoy some of the best wines in the world. I highly recommend that if you have never toured our wine regions, that you do so—these wineries and what they are producing right here in our neighboring state are amazing.

**Advertise
with the
Co-op**

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

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

Co-Operations



The Buy Line

By Vicki Reich, Grocery Manager

I recently bought a road bike. It's the first bike I've owned in at least six years and the first road bike I've had since I was a kid. I have fallen in love with riding and my friend Sharon, who convinced me that I needed the bike, convinced me that I needed to start riding long distances. We began training for a 130-mile ride on the Trail of the Coeur d'Alenes about a month ago. I discovered that training for long distance riding requires you to eat small, lightweight,

easily transportable and digestible meals. Energy bars seem to be a more palatable answer to me than Goo. I've done a lot of sampling of Energy bars in my 10 years at the Co-op, but I've never really eaten them on a regular basis. I would try them out at food shows to see if they tasted good but I preferred eating a "real" meal to just having a bar as a meal replacement. Now I've discovered what they are really good for and I've been eating bars on a regular basis.

An energy bar can't merely sustain you while you're out on your bike, it also has to taste good. On long rides, I like to take a variety of different kinds of bars so I always have a choice of what to eat and I have something to look forward to at my next stop. I've become particularly enamored with Clif Mojo Bars (especially the Mountain Mix), Larabars (any flavor, they're all really good), Kind Bars (any of the ones with coconut, they're like dessert), Bumble Bars (try the Original

with Almonds), and Alpsnacks (of course the coconut one is my fave).

We completed our 130-mile ride in mid-June. Even though there were food stops along the way, I was glad I had my stash of bars. I found it interesting that at each stop, there was a particular bar I was looking forward to eating. I'm pretty sure I was able to do that last 30 miles because of the Cherry Pie Larabar that I saved until the end.



The Front End News

By Annie Hubble, Front End Manager

This month I would like to welcome Alison English as a member of staff. Many of you will already recognize her smiling face welcoming you into the store. She is a great addition to the cashier team.

As I write this, Summer days seem finally to be here. So don't forget that you can pick up beautiful fresh produce from our mini Farmers Market on Tuesday evenings in the front of the store—the same evening that

you can buy yummy food from our barbeque and listen to music out behind the store. Now that seems a very convenient thing to me!

I myself am busy trying to work out how many cashiers I will need to work at the five registers we'll have at the new store. Now that is very exciting! The store will be bigger but the welcome will be the same. Here—and there—we look forward to seeing you!

Art at the Co-op

By Annie Hubble, Art Program Coordinator

Rose Graham will stay on as our artist of the month as Artwalk continues. If any of you have not yet walked the Artwalk, I urge you to do so. It is a great experience and helps one realize how many phenomenal artists we have in this area. There are brochures available

(you can find some near our art display here at the Co-op) that list all the exhibit places and the names of the artists. It is a wonderful sort of treasure hunt. Take some time out of your busy schedules and explore the art world here in Moscow.

Personal Care Corner: Inflammation & Celestin[®]

By Carrie A. Corson

Recently there has been a lot of concern reported over possible dangerous side effects of nonsteroidal anti-inflammatory (NSAID) drugs. As a result of these reports, many people who suffer from osteoarthritis are searching for alternatives. One such alternative is an all-natural product called Celestin. Celestin is a patented, complex blend of special esterified fatty acids reported to decrease inflammation and lubricate cell membranes throughout the body. This helps restore fluids that cushion bones and joints in order to promote flexibility and mobility. Because of the reduction of inflammation, surrounding tissue has the opportunity to promote healthy joints (from <http://www.celadrin.com/frequently-asked-questions>).

Celestin can be taken in conjunction with glucosamine sulfate and other natural approaches for osteoarthritis. Celestin may actually help glucosamine, which helps to re-build cartilage in arthritic joints, to work faster and more efficiently in building joint cartilage and promoting joint health.

Celestin is available in both oral and topical applications. Celestin cream

can be applied to affected areas on an as-needed basis. Follow manufacturers' recommendations for oral applications. Since Celestin is a fatty acid complex, softgel capsules may provide advantages in absorption over tablets or hard gelatin capsules (Natural Facts, Doctor Michael Murray, March 2005).

Numerous studies have been conducted on the safety and effectiveness of Celestin. Results of these studies have been published in both the Journal of Rheumatology and the Journal of Strength and Conditioning Research. Scientific Acute Toxicity and Ames test screening have validated Celestin's safety. However, as with all supplements, if you have questions about whether Celestin is right for you, check with your health care practitioner before adding Celestin to any supplement regimen.

Celestin supplements are available at the Moscow Food Co-op in both the Natural Factors and Naturade brands. Both have produced softgel capsules and topical creams.

For more information on Celestin, check out <http://www.celadrin.com>.

Co-Operations



Word of Mouth

By Vicki Reich

It started innocently enough. I had just received a box of Sunspire Coconut Haystacks to add to our bulk candy selection. Dani, Laura, and I thought we should try them out just to make sure they tasted okay (they do). Then they wanted to know what the difference was between the Sunspire Haystacks and the Queen Bee Garden Haystacks, so I got one of those to try (they're really good). Then we started brainstorming about what other chocolate and coconut candy we had in the store and how they might compare in flavor to the Haystacks. I grabbed a Cloud Nine Coconut Bar and sampled that out as

well. (I'm sure you'll be shocked to know that they are good, too.) We were stuck at that point and thought maybe those were the only chocolate-and-coconut candies in the store, but then it came to me and I ran out to the shelf to get a box of Yachana Jungle Chocolate to share and yes, it too is good.

The conclusion we came to after this very unscientific taste test is that coconut and chocolate go really well together. It doesn't matter what kind of chocolate you combine with the coconut—dark, milk or simply the cacao beans—the combination is always a winner.



Tuesday BBQ & Live Music

By Eric Gilbert, Co-op Music Coordinator

Come to the Co-op to celebrate summer at our Tuesday evening Hot Off the Grill BBQs. Besides the dinners cooking, we will have some music sizzling outside on the Co-op's Fourth Street patio. Remember Tuesdays, 5:30 p.m. to 7:30 p.m.

Because of our move to the new store in August, these will be the last concerts at our Third Street store.

For July, the musicians will be:

July 5th	Dan Maher
July 12th	Zugunrue
July 19th	parallax
July 26th	Milo Duke

Gardening Writer Wanted

By Bill London

Pat Diaz, our intrepid gardening writer, has retired. After years of faithful gardening columns, all loaded with useful tips and suggestions, Pat is unplugging her computer and slipping on her gardening gloves.

Are you interested in writing a monthly column about gardening? The focus must be on seasonal sugges-

tions for organic gardeners, from backyard flower-growers to serious vegetable producers. If so, please email Bill London at london@moscow.com.

Bill London edits this newsletter and is the beneficiary of Gina Gormley's success with flowers and native shrubbery.

The Volunteer Program

By Annie Hubble, Volunteer Program Coordinator

The last month has been fun for me as I have met many wonderful Co-op members who want to volunteer in the store. I am gradually catching up on the backlog of applicants. Volunteers are such a great addition to the Co-op, and it is heartwarming to know so many folks want to help out. If you applied more than a month ago and haven't heard from me yet, do contact me again. Sometimes I can't get through on the phone to someone, and after a few efforts move on to the next person in line. So if you still want to volunteer, but haven't been contacted, leave me a note. There are still a few positions open.

Meanwhile there are smiling volunteers everywhere: in the kitchen serving up salads and coffee drinks; working in the produce department making all those yummy fruits and veggies look even more beautiful; helping the cashiers with closing chores in the evening; working on the newsletter; taking compost to the nearby community garden; tending the flower beds; keeping the area around the store neat and tidy; and clearing off the notice board. I am sure I have missed out some positions, but you can see that we love our volunteers!

Thank you everyone for helping out!

News from the Produce Department: Local Produce Has Arrived!

By Dani Vargas, Produce Manager

Summer is finally here and the local produce is starting to pop out of the ground left and right. We have seen Savoy Cabbage from Flannigan Creek Farm located in Viola. Burpless and glacier cucumbers from the Hadley Farm out of Kennewick. Bunch spinach and head lettuce from the Oh-so-famous Carrot God, George from St. Maries. Bunch cilantro from David Smith who lives in Viola. Parsley, rhubarb, mizuna, tahtsai, and arugula from Elizabeth in Santa, Idaho. We dabbled with sweet Lena iris stems from MaryJane's Farm.

Earlier in the growing season we had produce from the Moffett's located in Wawawai, Washington. They brought us cilantro bunches, parsley, watercress, and also lilac bouquets.

This is just the beginning of the season! There is going to be so much more fresh local produce to come, be on the look out. Also start getting geared up for Farm Tours. We normally manage to pull off two or three in a summer; they will be advertised in the store when they are going to happen.



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30.

*Don't forget - co-op members

get 10% off!

208-883-4779

www.tyedye-everything.com

**Advertising
with the Co-op is a
SMART Choice!**

**For Rates and other
information, contact**

Aly Bean

(208) 882-1444

or aly@pcei.org

Co-Operations

From the Suggestion Board

Please tell me the new store plans include stalled toilets so a person can wash their hands quickly just before eating (without being locked out from the sink). The new store plans include stalled toilets. —Vicki, Grocery Manager

Could you carry vegetarian (gelatin-free) marshmallows, at least during the s'mores/camping season? Of course, rice crispy treats are good all year-round. I'm sorry, I have only found one source for vegan marshmallows and they were prohibitively expensive. We do now carry a vegan marshmallow fluff made from brown rice syrup that is out of this world. It's called Ricemellow and it's in aisle 3. I know it's not quite the same, but try it with nut butter on a sandwich and you might just get hooked on the stuff. I know I am. —Vicki.

Can you get the large jar of Maranatha Crunchy Peanut Butter without salt? Currently you carry only the smaller jars w/o salt. Maranatha does not currently make the large jars of peanut butter without salt. If they do start making it, I will bring it in. —Vicki

Apricot tea please. Thank you. I plan on picking up a new brand of tea for the new store. I will make sure I bring in their apricot tea. —Vicki

Please carry more varieties of Kozlowski Farms fat-free dressings. Unfortunately, our distributor has discontinued all but the Honey Mustard, which we still carry. —Vicki

Please carry Tinkyada brown rice spaghetti noodles. They are awesome! I will bring in more varieties on Tinkyada pasta in the new store. —Vicki.

Package kale and arugula in smaller packages and have some half cabbages. As the lone person and vegetarian who

eats those things in my family, I have a hard time eating those big bunches before they get old. Another member adds, "Big bunches get slimy in the middle." We can certainly cut the cabbage in half for you but the bunches of kale and arugula are sold by the bunch and it would be very hard for the cashiers to be able to tell the difference in the bunch sizes. —Dani, Produce Manager.

Put the bread slicer closer to the bread. I always forget to slice mine before leaving. The bread slicer will be located near the bread in the new store and will be operated by the deli servers. —Vicki.

Request for new store: 6-packs of Hansen's Diet Tangerine-Lime; Robert's Potato Flyers. Thanks. I will consider both of these requests. —Vicki.

This is my fourth visit to try to get some 8-grain bread. ALL OUT AGAIN! Please bake more—it's so good. Thanks! I increased the order from Sage. Let me know if we are still out when you come in. —Vicki.

How about ordering more flakey rye bread from Sage bakery on Tuesdays? It's always gone by the time I get here. I've increased the order of the Flakey Rye as well. I'll keep my eye on it to make sure it lasts through the day. —Vicki

Source Naturals sublingual melatonin. Thanks! We currently have 1 mg and 2.5 mg Source Naturals Sublingual Melatonin in stock. If there is another strength that you are interested in, it may be special ordered. —Carrie, Personal Care Manager.

Diet juice. The sugar content can't be over 10 grams per serving. I am not aware of any natural diet juice besides tomato juice, sorry. —Vicki.

Kudos to whomever brought in Toby's Tofu Pate! Civilization arrives in N. Idaho! I was just as excited as you when we were finally able to get Toby's. I've gotten requests for it for at least 10 years and it is here to stay. —Vicki.

At another community grocery store the employees "hid" a stuffed monkey in one of the aisles. Kids had to look for the monkey and then tell the cashiers to get a "treat." It made shopping with kids more fun. That sounds like a fun idea. We'll see what we can come up with. Thanks. —Vicki.

Thank you for selling Reed's Original Ice Cream. I have been waiting for this moment! Yummy! You're welcome. —Vicki.

Can you stock Burt's Bees Eyeliner and Eyebrow Pencils? Thanks!! We plan on bringing more Burt's Bees in when we move. We just don't have the space to add more right now. —Carrie

Could you carry organic French lentils and/or organic baby lentils? We should have room for these in the new store. —Vicki.

The co-op in Bozeman, Montana is awesome. I'd love it if some of the employees check it out for ideas. Many of the managers have been to the store in Bozeman. It's kind of like a sister store to us and we've definitely checked it out for ideas. —Vicki.

Please stock Naturtint hair dye. I love this product but can only find it in Spokane. We're considering it for the new store. You can special order it in the meantime. —Carrie.

It seems like it has been a while since the bulk granola has been on sale. It sure is a nice way to "stock up." Thanks. I try to have at least one granola on sale every month. I'm sorry if I missed a month. I will make sure we have some on sale in July. —Vicki.

How about a cash register at the deli in the new store, so I'm less likely to forget to pay? We debated on this option and decided not to add a cash register at the deli. However, we will have a dedicated express lane very close by. Thanks! —Kenna, General Manager.

Could we please have at least twice as many of the bike parking spots at the new store? Thanks! We'll have more bike parking for sure. —Kenna.

I'm concerned that the new store will have paint fumes. I get extremely ill from just a small amount and would hate to have to quit trading at the Co-op. Will you be using an air filter? We plan to take our HEPA air filter with us and we are using paints and finishes that are low in volatile organic compounds whenever and wherever possible. This has certainly been an important consideration for us as we go through our transformation. Thanks. —Kenna.

Can we keep self-bussing and available rags and cleaner at the new store? I like it, it's cooperative. That's the plan. —Vicki.

Can we order individual sprout lids because two of the three are too large for my use. Don't know about others. Thanks. Love you guys. There are currently single sprouting screens available. They are located on the shelves near the sprouting seeds. They fit in the ring of a canning jar lid. These are the only single lids I am aware of. —Carrie

I miss your smoothies in a can made by Hansen's. It would be great if you brought them back. Sorry, these were discontinued by the manufacturer. —Vicki.



From the Cheese Department

L.A. Is Not France Is Not Idaho: My Search for St. Andre

By Brad Watkins, a.k.a. El Muenster General

This month's featured cheese is the delicious St. Andre. St. Andre is fit for kings and queens. From a cow in France, this cheese comes to us as a soft-ripened, triple-crème. It has a rich, delicate texture and addicting buttery flavor. Due to this it can be served at room temperature with breakfast or brunch as an added delight with an assorted fruit tray and maybe mimosas. However, beware, as soon as this cheese is found out by your guests it will soon vanish. For an extra gourmet snack try St. Andre with Basil, Roasted Tomato, and Pine Nuts. As luck had it, I recently visited the bustling metropolis of Los Angeles.

L.A. is larger than the state of Rhode Island, yet still I was unable to locate a member-owned co-op. However, I did hunt down a small gourmet wine and cheese shop in the heart of Echo Park. Seeing a full-blown urban specialty cheese shop was like walking into a candy store for this amateur fromager. There were many cheeses that I didn't recognize, but I was excited to find a familiar wheel of St. Andre. Although Moscow is not France or L.A., we here at the Moscow Food Co-op are fortunate enough to offer our members and shoppers a real specialty treat: St. Andre. Enjoy.

GIANT · HARO · KONA · RELEIGH

PARADISE CREEK BICYCLES




SALES · REPAIRS · RENTALS

882-0703

Open 7 Days
A Week

513 S. Main
MOSCOW


Above the Rim
art gallery



Art Work / Media
from the Northwest

All Original
All for Sale

Just up the stairs in
Paradise Creek Bicycles

A AmeriCorps Position Available at PCEI 

Service Learning Assistant

Start Date 10/01/2005

Position Summary The Service Learning Assistant will work to integrate the mission statements of PCEI and AmeriCorps. Working directly with the PCEI Environmental Education Coordinator, the SLA will aid in strengthening an experienced-based environmental education program for local youth that focuses on service learning.

For More Information Please submit resume, cover letter, and 2 references to:
Please Contact Greg Fizzell
PCEI
PO Box 8506
Moscow, ID 83843
208.882.1444 phone
208.882.8129 fax
fizzell@pcei.org

Please see our website for the full position announcement:
<http://www.pcei.org/pcei/positions.htm>

Palouse-Clearwater Environmental Institute

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

Current Session
July 5 – August 4, 2005

Gentle Beginning Levels 1-4
Daytime and evening classes
fill quickly so register early!

Schedules available on
the yoga center door.

10% discount
for full-time
U of I & WSU
students.

SPURLING HOUSE & GARDEN

Gardening ~ Pruning
Handyman Services

Walter Spurling
208-882-3489

We're Trying to Make This

EASY

By Bill London, Newsletter Editor

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

From now on, please use these email addresses:


For articles, editors@moscowfood.coop

For photos or other illustrations,

design@moscowfood.coop

For announcements for the back page Bulletin Board,

events@moscowfood.coop

Got a Sweet Tooth?
Have a Cookie! 

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

Meet The Tomato, Eggplant's Secret Twin

By Judy Sobeloff

Note to parents of young children: Secure your tomatoes before falling asleep for the night. Experts advise storing them stem-side down in a cool, dry place (not the refrigerator, which sucks the flavor from them), but your priorities may be different.

Early the morning of Gazpacho Sunday, my husband and I (in the interests of full disclosure, I must reveal that he says "tuh-MAH-toh" and I say "tuh-MAY-toh") were awakened by thuds. Opening our bleary eyes, we saw two sets of small tomato-clutching hands, arms swinging like windmills.

Tomatoes fell all around us.

"Benji, we need to go home now," the 3-1/2-year-old alerted the 16-month-old, and they gathered their dented acquisitions and disappeared as quickly as they'd come. Later I discovered four more tomatoes in their lair under the kitchen table, each with a tiny bite missing.

You may think, Heck, I grew up with tomatoes, I know them like my sister/brother/back of my hand, but with thousands of varieties, not to mention all of the recent commercial shelf-life-extending, color-improving, flavor-reducing enhancements, how well can you really know them?

Initially cultivated by the Aztecs and Incas as early as the 8th century, tomatoes are native to western South America and Central America and were brought by Cortez to Europe in 1519. The story from there has a familiar ring. Like eggplant, its fellow member of the nightshade family, the tomato was initially regarded with suspicion in Europe (read: Britain) and later the U.S.

The Latin name, *Lycopersicon esculentum*, translates to "wolf peach," due to a case of mistaken identity, after another plant believed to kill wolves. While the French were calling them *pommes d'amour* (love apples) and the Italians were discovering their rich flavor and generally whooping it up, English-speakers believed the skins would adhere to the stomach

lining and cause cancer, among other ailments.

A dramatic story tells of Colonel Robert Johnson, who brought tomatoes to the US and found no takers, boldly eating a basket of tomatoes on the Salem, New Jersey, courthouse steps in 1820 in front of a crowd of 2,000 who had gathered to watch what they expected to be a public suicide. Johnson survived, and so did his legend. While this story is widely circulated, apparently the stunt never happened, according to Andrew Smith's "Tomatoes in America" (www.bbg.org).

While Americans now consume 12 million tons of tomatoes a year (www.tomato-cages.com), tomato *leaves* are in fact toxic. Raw, unpickled green tomatoes contain solanine, the same toxin found in raw eggplant, and should be eaten only minimally if at all. Regular old red tomatoes are among the top ten foods to which people are most commonly allergic.

In yet another stunning similarity to eggplant, the tomato is also a fruit, also technically a berry, years of ketchup masquerading as a vegetable in school lunches notwithstanding. Nonetheless, in 1887 the Supreme Court ruled that although tomatoes are botanically fruits, they should be taxed as vegetables when imported.

In an effort to reclaim the misunderstood tomato, I made two fabulous dishes with our recently fallen ones: Gazpacho, a cold vegetable soup using vinegar, and Toxic Tomatoes, a cheesy, broiled crustless pizza-like snack. The gazpacho, fresh and crunchy, was so refreshing that our 16-month-old climbed onto my lap and scooped out chunks from my bowl into his mouth with his hands. "Save some for me, Mom," our 3-1/2-year-old said. Toxic Tomatoes, on the other hand, though delicious, weren't pretty. Both children refused to taste them, though I'm ready to make them again.

Judy Sobeloff can't wait to eat sun-warmed tomatoes in the garden.

Gazpacho

(adapted from *The Moosewood Cookbook*)

4 cups cold tomato juice or tomato-based veggie juice
 1 small, well-minced onion
 2 cups freshly-diced tomatoes
 1 cup minced green pepper
 1 tsp. honey
 1 diced cucumber
 1 clove crushed garlic
 dash of ground cumin
 juice of 1/2 lemon + 1 lime
 dash of Tabasco sauce
 2 Tbsp. wine vinegar
 2 Tbsp. olive oil
 1 tsp. each tarragon and basil
 salt and black pepper to taste

Combine all ingredients and chill for at least 2 hours. (This soup can be pureed if desired.)

Toxic Tomatoes

(adapted from *Creepy Cuisine* by Lucy Monroe)

6 medium-sized tomatoes
 1/2 avocado
 1 cup grated Swiss cheese (1/4 pound)
 6-10 chopped fresh basil leaves or 1 Tbsp. dried basil
 1/4 tsp. dried oregano

Wash the tomatoes and cut them in half crosswise. Place the halves—open side up—on a cookie sheet. In a small bowl, mash together the avocado (sludge), grated Swiss cheese (pus), and basil (poisonous plant matter). Spoon the mixture on top of the tomatoes and sprinkle with oregano (fly wings). With an adult's help, broil the tomatoes for 5-7 minutes or until the pus begins to ooze. Carefully remove the tomatoes from the broiler and serve hot. Or, allow Toxic Tomatoes to cool slightly and eat them with your hands (wearing plastic gloves, of course, to keep from being contaminated).

Simply Tofu: Summertime and the Art of Picnic

By R. Ohlgren-Evans

Yes, Virginia, there is a Santa Claus: summer has arrived on the Palouse. Bring out the picnic baskets, wine totes, and citronella tiki lamps....

A great American ritual renews as dining moves to the great outdoors this time of year and, judging from the smoky smells that have begun to permeate my neighborhood, I'm not the only one who extends my living area to the back patio once the days get long and sunny. But while many of the world's villagers continue to prepare and consume their food al

fresco according to long-established tradition, outdoor eating has climbed to a remarkable and seemingly complicated (read: spendy) level on the Western landscape. Call me old-fashioned, but we can achieve exquisite outdoor dining without market umbrellas and tufted cushions for the teak chaise lounge. When enjoyed out of doors, just about any meal seems to taste better—even in the absence of grilling planks or a 25,000-BTU gas grill.

My favorite grilled foods lean toward the very simple—a marinated piece of

protein and veggies brushed with olive oil. Any marinade that you use for fish or meat works well with a half-inch slice of firm tofu—just be sure to oil the hot grill to prevent sticking.

Add a loaf of whole-grain bread and a seasonal fruit, and enjoy one of the sublime pleasures of summer.

Sometimes, though, you need to pack up your supper and carry it with you to your outdoor destination. Moscow offers many picnic-in-the-park opportunities during the summer months—check out www.moscow-arts.org for Idaho Repertory Theatre's

outdoor Shakespeare schedule, the Fresh Aire Concert Series and Rendezvous in the Park. These time-honored Moscow traditions bring people and food together in the open air for some memorable summer evenings. Either of the following recipes would be a welcome addition to any picnic or summer potluck.

Robin Ohlgren-Evans celebrates summer with outdoor dining. Your comments are welcome: rohlgren@moscow.com.

Herbed Veggie Tofu Salad

Deli cook Matt Stone created this popular Moscow Food Co-op recipe. Experiment with different kind of tofu; I have used my own baked versions, as well as the prepared selections found in the refrigerator case. Check out more tofu recipes on the Co-op website: www.moscowfood.coop.

2 cups left-over grilled or baked tofu, cubed or diced

½ cup zucchini, diced

½ cup red bell pepper, diced

½ cup carrot, grated

¼ cup green onions, minced

1 tsp. basil

¾ tsp. oregano

¼ tsp. black pepper

¼ tsp. paprika

¼ cup mayonnaise

1 tsp. prepared yellow mustard

salt to taste

Combine all ingredients. Serve immediately or chill. Use as a salad or sandwich filler.

Key Lime Pie

This adaptation of a traditional Floridian dessert is an original recipe from Akasha Richmond's cookbook, *The Art of Tofu*. She recommends using half fresh lemon and half fresh lime juice if Key lime juice is not available.

1 ½ cups graham cracker crumbs

1 Tbsp. canola oil

4 Tbsp. maple syrup

8 oz extra-firm silken tofu

8 oz tofu cream cheese

½ cup lime juice (from fresh Key limes if available)

2 tsp. grated lime rind

2 pkgs. Mori-Nu Mates, Lemon Crème Pudding Mix

1 Tbsp. honey

2 Tbsp. sugar

Mix graham crackers, canola oil and maple syrup together and press in a 9" or 10" pie pan that has been coated with canola oil cooking spray. Bake for 12 minutes in a 350-degree oven. Let cool.

Purée remaining ingredients together in a food processor until very smooth and creamy. Pour into cooled pie shell and let chill 2-3 hours before serving.

Meals Kids Might Eat: Perfectly Peeled Deviled Eggs

By Jyotsna "Jo" Sreenivasan

Welcome to a new column in the Co-op Community News. I am the mother of two boys, ages 7 and 3. I wanted to write a column about healthy foods that kids will eat. Then I thought about my boys—and changed the word “will” to “might.” I never know, from one day to the next, what they’ll eat! This column is also about foods kids like to help prepare. My children will often eat something new if they help prepare it. Since I’m a vegetarian, all the recipes will be lacto-ovo vegetarian. Please send your ideas and suggestions my way (my e-mail is at the end of this article).

Peeling Those Eggs

My kids tend to like eggs and maybe your kids do, too. The last time I made deviled eggs they were gobbled up in no time. The only problem with making deviled eggs is, how do you peel those darn eggs so they look nice instead of pock-marked, with half the white still sticking to the shell?

We get our eggs fresh from Kate and Brad Jaeckel’s farm in Moscow. We love the fact that the yolks are so orange! Kate says she feeds the hens kitchen scraps and alfalfa which boosts the beta-carotene of the yolks.

However, farm-fresh boiled eggs do not peel easily. It is widely recommended that you leave your eggs in the fridge for two weeks before boiling and peeling them.

I don’t know about you, but I have a hard time planning to make deviled eggs two weeks in advance! So I sought a way to easily peel fresh eggs. I found (and was offered) numerous suggestions to get the peels off: leave the eggs out overnight; add salt to the water; poke holes in the wide end of the egg.

I conducted an experiment using the methods above. I left two eggs out overnight; I put a tablespoon of salt in with two eggs, and I poked holes in the wide ends of two eggs. Two additional eggs received all three

treatments. (Note on poking holes in eggs: it’s not as hard as it seems. Take a safety pin in one hand. Hold the raw egg firmly in the other hand with the wide end up. Twist and push the pin through the shell. I poked one or two holes in my eggs. A bit of white will leak out of the holes when the eggs are boiled).

The following boiling method is recommended on www.GoodEgg.com as well as by my mother-in-law, Sharon Winstein, a cooking teacher:

1. Put eggs in cold water to cover.
2. Bring to a rolling boil.
3. Turn down the heat and let the eggs simmer for ten minutes.
4. Immediately drain the eggs, cover them with cold water, and throw in a bunch of ice cubes. (The chilling helps prevent a green ring around the yolk).
5. When the water is cool, crackle the eggs all over and peel carefully.

The results? All three methods worked well! One of the salted eggs didn’t peel as easily, but the other seven eggs came out perfect!

We served the perfectly peeled deviled eggs with pasta and sauce, salad, and fresh fruit.

In a future column I will be discussing ways to make shopping, cooking, and dinnertime easier and more pleasant when kids are around. If you have ideas along these lines, please e-mail me at: jyotsna64@aol.com.

Before becoming a mother, Jyotsna Sreenivasan would never have spent this much time and energy on the subject of peeling an egg.

DEVILED EGGS

(Adapted from www.GoodEgg.com)

6 hard-boiled eggs (cook using the method described above)

3 Tbsp. mayonnaise (we used Spectrum Naturals)

1 Tbsp. yellow mustard (we used Westbrae Natural)

1 Tbsp. sweet pickle relish (we used Cascadian Farm)

Paprika

Cut each egg in half lengthwise and carefully remove yolks into bowl. (An older child might help with this.) Mash yolks. Add all ingredients except paprika and mix. (Kids as young as two can help with this part.) Carefully spoon yolk mixture back into egg-white halves. Sprinkle with paprika. Serve immediately or chill.



My three-year-old son, Karun, sprinkles paprika on the deviled eggs.

Customer Profile: Kim Green

By Holly Barnes

Wow! It can be like this!" was Kimberly Green's thought after arriving in Moscow six years ago for a visit. "It caught my interest, it appealed to me right away as a really livable community and I loved the feel to it and I loved the fact that there was a food co-op and...concerts in the park, and the pool was brand new and we could go bike riding on the trail and so all of it really appealed to me."

July's Customer moved from Oakland, California, just one year ago. Kim teaches English to international students at WSU. She has been teaching for many years and enjoyed her job and the international program at the University of California, Berkeley. The program at Berkeley was then cut, leaving Kim and her colleagues out of work. When a job became available at WSU, Kim's friends, David and Nancy Nelson, encouraged her to apply. David and Nancy had lived a few blocks from Kim in Oakland. When they moved back to Moscow she came for her first visit.

Kim and her daughter, Celeste Hufford, 13, are still getting settled in the community. They bought a house in the Fort Russell District and moved in last winter. Celeste has joined 4-H. After a June vacation, and a raft trip on the Grande Ronde River, Kim is looking forward to working part-time for the summer and beginning work on her house.

Writing is Kim's most enjoyable activity right now. She has written a historical fiction novel, for the middle grades, about the 1906 earthquake in San Francisco. She is currently looking for a publisher for the manuscript. Her great-grandmother was 14 years old during the earthquake and family stories of her experience piqued Kim's interest. Her research took place at the San Francisco Public Library where they have an extensive collection of primary sources. Kim was honored to be able to sit and read 100-year-old letters and found a wealth of information for her novel in them.

Kim is a co-op shopper from childhood. Her first co-op experience was with what she thinks may have been the mother co-op of them all, (or at least a satellite) in the east San Francisco Bay area, in Walnut Creek. It was very hip and new with progressive features like a kiddie corral. On-site child care while the parents shopped was a new concept. Kim played at the co-op kiddie corral in the 60s. The co-op also had more of an assortment of fruits and vegetables than the grocery stores in the area and they were politically correct so there were no grapes sold during the grape boycotts of that era. Shopping at the co-op was by membership only and you bagged your own groceries, a first.



Kim shops the Moscow Food Co-op because she appreciates a place where she can get organic produce and milk. She also enjoys the teas and cheeses. And a place to park! Her California memories are still vivid: "I still have this terrible memory of

the Berkeley Bowl. And it seemed so crowded, I could never find a parking place. I almost never shopped there. [The Moscow Co-op] is so friendly and nice but it's not crowded and I bump into people I know. It feels like a really pleasant place to be. I like that part of it. I really enjoy shopping here and I don't like shopping!"

"[The Moscow Co-op] is so friendly and nice but it's not crowded and I bump into people I know. It feels like a really pleasant place to be. I like that part of it. I really enjoy shopping here and I don't like shopping!"

Asked what she would like to see in the new Co-op, Kim responded: "I think a little more seating because I do like to grab a coffee and a biker bar now and again. And Friday night pizza is something I really like. It's nice to go down there and say hi to whomever I happen to know in the store, and grab something nice to eat."

Holly Barnes, who moved here with her husband and dog at about the same time as Kim, also finds Moscow to be an exceptionally livable community.

Volunteer Profile: Joe Thompson

By Yvonne McGehee

I first met Joe Thompson in 1979. He barely knew me, but was very kind, fixing my ailing and ancient car one night out in a severe snow-storm. Joe has covered a lot of ground on the globe since then, as well as becoming a husband and father.

Joe was born in rural Follensby, West Virginia, moving to suburban Steubenville, Ohio, in third grade. While attending high school Joe got his first job, that of school janitor. This job provided experience with discipline and taught him the value of working and taking on responsibility. He finished high school, then graduated from Ohio State with a BS in agricultural engineering. That summer, in his sister's carport he rebuilt a 1949 Ford, in which he took off to see the world, driving to Washington where he worked on his uncle's Colfax farm for two years. Joe then joined the Jesuit Volunteer Corps, spending one year in Nome, Alaska, as the maintenance man for the church, radio station, and buildings. The radio station, KNOM, broadcast news, music, and inspirational programs.

Joe remembers this as one of the most exciting years in his life—he was in an exotic place, working with his hands at a job he liked, and meeting interesting people. There were extremes of temperature during which the Bering Sea froze over and people cross-country skied and held sled dogs races on the ice. Nome was also the end-point of the Iditarod. This time provided an introduction to community life; everyone earned about \$7 per week and lived together with all food and housing supplied. And Joe fell in love for the first time.

After the year in Nome, Joe came back to the Palouse, love foundered, he had the obligatory nervous breakdown, and looked for work. He started working at the University of Idaho in Ag Engineering in early 1979. He started to take classes for fun and that soon turned into an interdisciplinary masters program combining agricultural engineering, education, mechanization, and industrial technology, completed in 1983. After this, he joined the Peace Corps and went to Tunisia for two

years. When he finished his Peace Corps tour, Joe worked for three months for Catholic Relief Services in Tunisia and Morocco, on an agricultural mechanization program using grain threshers to replace human hand-labor and animal power.

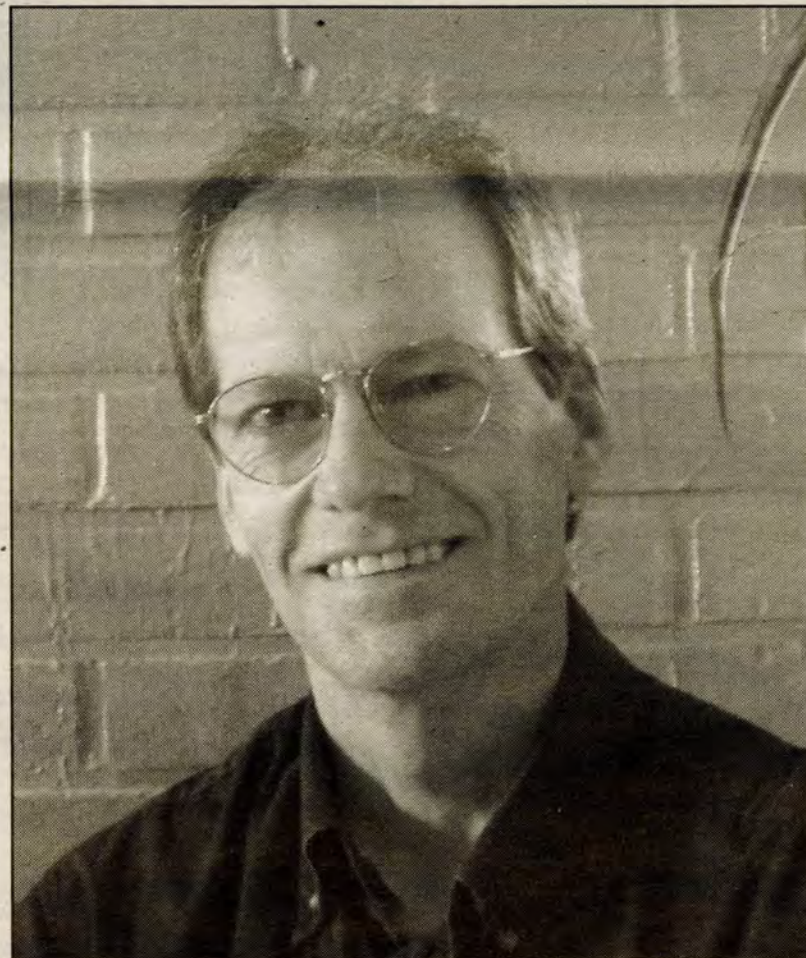
And then Joe saw the world, literally. He took a boat to Spain and from there traveled through Europe. After his European tour, he flew to Zambia in southern Africa and started an extensive tour of that continent. He traveled overland by hitchhiking, trains, and buses. He carried a sleeping bag and tent, and was able to stay at some places for between fifty cents and a dollar a day. Food from street vendors was cheap. During this year, Joe was sick with malaria, dysentery, and meningitis. He had brought anti-malarial drugs with him, so was able to self-medicate for malaria. In India (yes, we've moved on to India

now) he purchased antibiotics over the counter for dysentery. In Nepal, he went into a hospital for meningitis. Afterwards, somewhat tired, Joe headed for home—via Thailand, Korea, and Tokyo.

Back home, Joe was soon at work again at the UI, this time in bio-diesel fuel research. This work involves turning vegetable, mustard, canola, and other plant oils into diesel fuel. His wife Mary Lang started the Moscow Charter School, and has written a book titled *The Perfect School*, about educational choices for parents. They have a son, Dylan, 15, who is a computer gaming whiz, and a daughter, Quinn, 10, who likes to dance, plays piano and violin, and loves her two pet mice.

Joe is a life member at the Co-op, and his job is recycling.

I can easily imagine the same person who helped me with my old car all those years ago, hauling bins of recycling in the back of his pickup and sorting them at the recycling center.



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

Business Partner Profile: Culligan Water Conditioning

By Jill Maxwell

This month's business partner, Moscow's Culligan Water Conditioning franchise, has been serving Moscow's thirsty residents since the 1960s. General manager, Owen Vassell, however, has only been with the business for 14 years. Even in that time, he says, the business has changed a lot—primarily due to the ever increasing demand for bottled water and water filtering systems.

"Fourteen years ago people weren't thinking about bottled water," says Owen. "But now, people realize that the water in the sink is not as good as they thought it was."

Owen says that although Moscow water is hard because of its iron content, it is better than water in a lot of other places. Still, he says, depending on where you live in Moscow, you still might need a filter to make your water taste better. Hard water is also likely to leave brown and white stains on clothing and dishes.

I assumed that Culligan's primary business was delivering 5-gallon bottles of water to homes and businesses. Owen, however, says that water delivery is only a small part of their business. Culligan is primarily a water treatment business.

"Whatever problem you have, we will take care of it," he explains. The company provides water softening, filtration, deionization and other treatments. If residents get a sample of their water tested by the health department, Owen says Culligan can treat whatever problems are identified. "We do

it all," he says proudly. "If you have a water problem, we will take care of it. We will have a solution."

Of course, if all you really want is water, Culligan provides that too. The water they provide goes through a reverse osmosis, triple filtration process. It contains no heavy minerals or chlorine. The rental fee for a hot and cold water cooler is \$10.95 a month. For a cold-only cooler, the monthly rental fee is \$7.95, while the 5-gallon bottles cost \$5.50 each, including delivery.

Owen wants everyone to know that not all filtered water is equal. Culligan is highly regulated, he points out, while many other filtered water providers are not. He says there are a few things people

should find out when buying filtered water. For example, they should know when the filters were changed last, how often they are changed, when the water was last tested for bacteria, and how often the machines are cleaned.

Moscow's Culligan office is located at 310 N. Jackson Street. They have a staff of 10 people. As a business partner, Culligan gives Co-op members two weeks free rental on a water cooler and ten gallons of free water.

Fourteen years ago people weren't thinking about bottled water. But now, people realize that the water in the sink is not as good as they thought it was.

Jill Maxwell is a firm believer in clean water. She just hates having to filter it on backpacking trips.



The Moscow Water Department wants to encourage water conservation by giving away FREE conservation devices. To receive your FREE water saving devices please stop by 120 West A Street between 8 AM and 4 PM M-F

**City of Moscow
Water Department
Phone: 883-7114**

High Water Bill? You can Save Money by Saving Water

Tips on how to reduce water used outside

Mulch to retain soil moisture

Water in the morning or evening to reduce water lost to evaporation


Keep grass long to help roots retain water

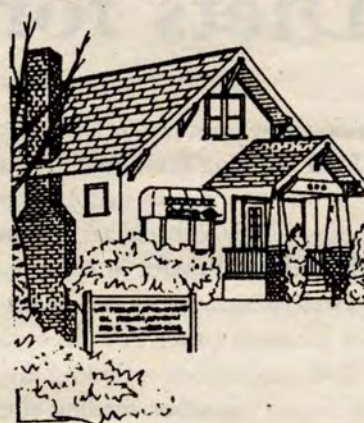
Sweep rather than spray walks and driveways

Consider planting low water requiring plants

Check hoses and pipes for leaks

Don't water the pavement!

PALOUSE
Ocularium 
VISION CENTER



Thorough, Personal Eyecare
High-Tech, Quality Materials
Down-to-Earth Atmosphere
Your Best Value

*Dr. William R. French, Optometrist
Dianne French, Optician*

202 E 7th St, Moscow
883-EYES (3937)
dfrench@moscow.com

Keith Smith Carpentry

Level, plumb, & square with the world

**Timberframes
Additions
Remodels
Custom woodwork**

882-4938



Animal Care Center P.A.

328 N. Main, Moscow, Idaho 83843

8:00 a.m.-5:30 p.m. Mon.-Fri.

(Tues. & Thurs. until 7 p.m.)

(208) 883-4349

Certified Acupuncturist
Nancy Maxeiner, D.V.M.

Letter From the Land:

Nature's Almanac at Midsummer

By *Suvia Judd*

We drove out to Idler's Rest at about 7 p.m. It was a quintessential Midsummer's evening. The sky was intensely blue with a few clouds pulling away over the eastern horizon. Everything but the sky was green, different shades of green, all lit up with the warm, golden, late afternoon sun. The winter wheat is starting to show a hint of silver on the surface as it heads up.

At Idler's Rest I started up the Meadow Trail above the parking area, towed by an eager dog. Under the pines are a couple of tall, solitary nootka rose bushes, blooming now in large, flat-cupped blooms of carmine pink. Nootka rose blossoms are often fragrant; tonight these had a hint of clove. A little beyond, some tall slender cow parsley plants stood above a short ground cover of snowberry. The huge, flat, white flowerheads topped the coarse, deeply toothed leaves, the effect very stately. Up in the meadow I met an enormous elderberry, 20 feet tall, all bare, old grey trunks below rising up like a huge nosegay to a wide crown of compound green leaves covered edge to edge with flat white compound blooms like lace doilies.

The apple trees in the old orchard were covered in tiny green apples tinted maroon at their up-facing blossom ends, the plum thickets displayed tiny green plums, and the wild hawthorns held clusters of tiny haws, red-tinted and up-facing like the apples. In a plum thicket I think I saw a couple of kinglets zipping about.

of plants displaying a very fine assemblage of foliage in contrasting sizes and shapes: fairbells, thimbleberry, meadow rue, and a little yellowy-green thing with leaves like an Impatiens and tiny white flowers.

On the Highland Trail, where the cedar gives way to Douglas fir, and there is more brush and almost no

At the spring we sat on a bench and log with our dogs, and admired the singing of the Swainson's thrushes (lyrical arpeggios) and something that might have been a wren. Three kinds of ferns grow at the spring, and I don't know any of their names. One of them has leathery, semi-evergreen leaves which have just finished unfolding from double-jointed fiddleheads that for several weeks have looked like the heads of pelicans. Some rushes were blooming, the male flowers arranged on the stem above the female flowers, as with cattails.

On the return swing of the trail I met a junco that "tchipped" at me, and I heard the sunset call of the robin overlap and blend with its thrush cousin. The bees that were a constant background for weeks were absent, gone elsewhere for flowers. We passed among the cedars and emerged to the road at 8:30, just after the sun went down. Two more long days, and then on to the season of ripening.

Suvia Judd spends a lot of her time outdoors, and would not have it any other way.

A few flat heads of meadow sweet had opened in rosy white fluff. The flowers of the many ninebark bushes were almost gone, transformed into tiny five-pointed origami-like balloons of folded bracts.

We joined my friend and her dog, crossed the road and went down across the creek to the Cedar Trail and into a different world. Under the tall standing trees there are many huge, fallen trunks jumbled up across the creek from a huge windfall, their tipped root masses making nurseries for many plants. Just over the bridge and up the bank there is a nice patch of queen's cup (blue-bead lily, *Clintonia uniflora*) the six-petaled white blooms gleaming. Along the path we found a group

bare ground, I noticed that almost all the flowery displays of the last couple of months have passed. A purple-flowered vetch had come out to replace the small pink-flowered pea vine of a couple of weeks ago. A few flat heads of meadow sweet had opened in rosy white fluff. The flowers of the many ninebark bushes were almost gone, transformed into tiny five-pointed origami-like balloons of folded bracts. In another week the ocean spray will be foaming everywhere.

Fresh Food Diets for Dogs

By *Yvonne McGehee*

There is currently a lot of interest—and controversy—regarding feeding home-prepared, and often raw, diets to dogs. When I first fed my dogs an entirely home-prepared diet, I was so enthusiastic about the positive results that I encouraged all of my puppy buyers and owners to feed their dogs this way, too.

Since that naive but enthusiastic start, seven years and a lot of experience later, I am still a firm convert to home-prepared diets for dogs. However, I am no longer as assured in encouraging every puppy buyer or every owner to feed this way. This is not because of negative experiences with parasites or bacteria; indeed, my

own dogs have not had infections of any kind resulting from being fed a raw diet. In fact, I have had dogs get seriously sick from bacterial contamination and mold toxins in commercial dog foods, which are by no means sterile products either. For the owner, the same precautions regarding raw foods as you use when feeding your family apply to sanitation when handling raw foods intended for dogs; immunosuppressed people, pregnant women, or others with concerns should check with their health care professional beforehand.

My own concerns about home-prepared diets for dogs stem from the unfamiliarity many people today have with foods for themselves and their

corresponding unfamiliarity with what a dog's diet actually needs to contain. Fast food culture affects our own diets, our knowledge about foods, and even our table scraps. The table scraps successfully fed to Fido 75 years ago may bear little relation to what future anthropologists may look back to see us leaving today. After encountering homemade diets consisting of 100% hamburger, or chicken quarters, or pizza crusts and whatever else is going bad in the fridge that day; and after finding that many people just don't want to spend the time and effort it would take to learn about how to feed a quality homemade diet to their dog; I realize that, well, this just isn't for everybody.

That said, if you are interested and willing to put in some effort, read a couple of books or three, and feed your dog a "slow food" diet knowledgeably designed to meet his needs, you can do him no greater favor, in my experience. For those who are interested, in upcoming issues of the newsletter I'll begin by reviewing books, some good and some not-so-good, on the subject.

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

Nature in the City: When is a Slug not a Slug?

By Sarah Walker

It's been fun writing this column about beautiful city birds, trees, flowers and cute ladybugs. But now I'm going to write about slugs. Yep, the lowly slug, as in "you slug!" or "that sluggard!"

Gliding out each evening along a path of slime, traveling 100 feet or more on one foot, shredding lettuce seedlings with its toothy tongue, then at dawn, following its slime trail back to its hiding place.... Slugs have a regular job just like all creatures, it's just that they're... slimy, and high on the list of garden pests. I'll bet for many people, killing slugs is pretty automatic—and annoying, if you're contributing precious microbrew to the cause! (Beer is a popular slug bait.)

Slugs are closely related to snails, sort of a snail without a shell. A shell is nice because the snail can get inside it when a hungry bird or mouse comes by. But owning and maintaining a shell means having to live where calcium is present in the environment. Slugs, with only a bit of a remnant shell hidden inside, can live more places than snails, and they can crawl into smaller places to get out of the sun.

To make up for their naked vulnerability, slugs wait until evening to go about their slugly business. It's safer

for them to stay hidden during the daytime while birds and other predators are active. Slugs hide in shady, cool spots under leaves or boards, or sometimes in worm holes in the soil which can be dangerous during heavy rains because slugs can drown. Slugs might crawl to safety on sidewalks to escape flooding, but then they're prey to desiccation, or the dreaded terminal bootsole syndrome.

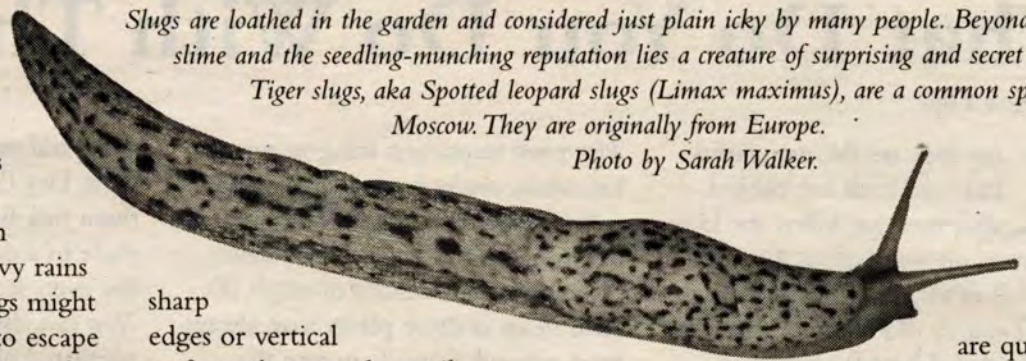
Slime, or the even grosser term, mucus, is everything to a slug. Slime can be sticky or watery—it depends on the occasion. Slugs can use slime to make themselves icky to predators, even humans: you pick one up, and eee—yew, you flick it away, shuddering. Then you can't get that stuff off your hands. You don't touch the next one!

Nasty slime tastes bad to a dog. Thick slime gums up a predator's mouth. Numbing slime repels predators. A German slug researcher who licked one said even three glasses of whiskey couldn't get the taste out of his mouth!

Slugs use foot slime to get around easier, sort of like dance wax. Lay down a good carpet of slime and glide right over dry rough ground,

Slugs are loathed in the garden and considered just plain icky by many people. Beyond the slime and the seedling-munching reputation lies a creature of surprising and secret habits! Tiger slugs, aka Spotted leopard slugs (*Limax maximus*), are a common species in Moscow. They are originally from Europe.

Photo by Sarah Walker.



sharp edges or vertical surfaces, then use that trail to find home.

And, well, slime is the elixir of slug love. When two tiger slugs' slime trails cross, and they decide "this is it, let's take the plunge" (commitment takes a long time, of course), they do exactly that: entwined, they rappel off a branch on a bungee cord of slime together to copulate in mid-air. Slug sex organs, which are quite large, are kept inside their bodies until this magic moment. The lovesick slugs evert them to the outside, through a hole near their head.

This takes a while, too, and seems like the drab land slug's big opportunity to become as arresting as their brightly colored and widely accepted cousins, the beautiful sea slugs. Tiger slugs' reproductive organs are a stunning and translucent glacial blue color, "like ice in a cave" one observer gushed.

Those few who have witnessed slug-

love are quite taken aback and

some have posted photos on websites. Check out Oregon State Extension at <http://oregonstate.edu/Dept/nurspest/index.htm>. Follow links to "spotted leopard slug."

Kelly Kingsland and her daughter Kate stayed up late at night once to watch two tiger slugs mating. It took a long time as weird thing after weird thing unrolled before their startled eyes. Kelly, whose farm produces organic vegetables and whose livelihood depends on slug-free gardens, said, "after I saw that, I couldn't kill those slugs, I just couldn't."

Sarah Walker is distracted by just about everything that crawls, flies or blooms—and email! Write her at citynature@moscow.com.

Species Spotlight: Idaho Giant Salamander

By Christina Browning

Found primarily in the moist, coniferous forests of the Rocky Mountains of north and central Idaho and extreme parts of Montana, the Idaho Giant Salamander (*D. aterrimus*) is the largest salamander found in the state—just as its name suggests.

Originally considered a subspecies of *D. ensatus*, this salamander is now one of three separate species: The Idaho Giant Salamander, the Pacific Giant Salamander (*D. tenebrosus*), and the California Giant Salamander (*D. ensatus*). The other two species are distributed farther west, from central California to British Columbia.

These dark brown or black, smooth-

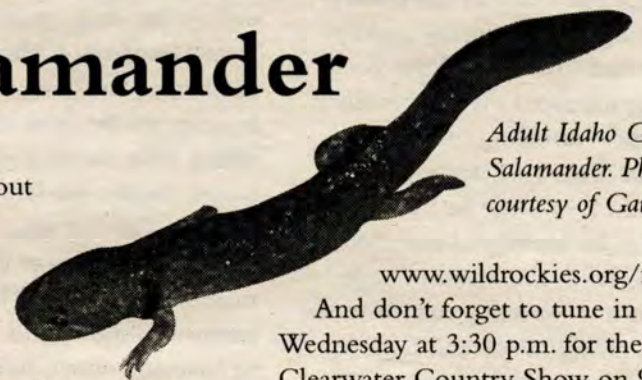
skinned salamanders are known for their gray-, tan-, or copper-marbled pattern of spots or mottling on their backs. They can grow as large as 12 to 13 inches in length.

Since water is essential for reproduction, the giants are common near streams, lakes and ponds. Rarely seen in the daylight, they can be found hiding in moist areas such as under rocks, logs, or bark. They are most active on warmer, rainy nights.

Whereas most salamanders are voiceless, the Idaho giant is unique in its ability to produce sounds ranging from a low growl to a higher pitched yelp, when it is disturbed.

To learn more about the Idaho Giant Salamanders visit the Living Underworld web page at <http://www.livingunderworld.org>. And please join Friends of the Clearwater and the Sierra Club on July 22–24, for a 3-day, 2-night backpacking trip to the Fish & Hungry Creek Roadless Areas.

For more hike information and other educational and recreational events sponsored by Friends of the Clearwater, call us at 208-882-9755 or visit us on the web at



Adult Idaho Giant Salamander. Photo courtesy of Gary Nafis.

www.wildrockies.org/foc.

And don't forget to tune in every Wednesday at 3:30 p.m. for the Wild Clearwater Country Show on 92.5 FM, KRFP Radio Free Moscow.

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

Rose Hips: Which Are Best & What Do You Do With Them?

By Patricia Diaz

Rose hips are the wonderful little red pods left behind after frost has killed the leaves and flowers on rose bushes. They're chock-full of Vitamin C (rose hips are a higher source of Vitamin C than any citrus fruit) and both humans and birds love them. Rose hips are actually the seedpod of the rose bush and they hold from a single seed to more than twenty seeds. They come in many colors, ranging from soft green, to orange-red, yellow, and dark red.

There are so many things you can do with rose hips—teas, jellies and marmalades, syrups, and decorative accents for the home. For tea, the most common usage, you can use the rose hips fresh or dried.

The most important thing to remember when you're harvesting rose hips is to determine that the plants are free of pesticides and herbicides. I never pick them on roadsides or edges of farm fields as those plants have always been sprayed. Instead, go into the wooded areas around the Palouse and find bushes that aren't near those toxic areas. If you grow your own rose bushes, stop deadheading blossoms in mid-August and let those remaining flowers produce rose hips. Leave the rose hips on the bush until the first hard frost so that they get a brighter color and are softer in texture.

After picking, trim off the blossom and stem ends with scissors, then cut the hips lengthwise and remove the

seeds and small hairs. Thoroughly rinse. Dry the rose hips by spreading them in a single layer on a tray and place in a dehydrator, or you can use the oven set on the lowest setting.

You can also dry them in a dark, well-ventilated place. After they're dry, place them in a glass jar in a cool, dry place.

If you want to use them for decorative bouquets, dry the entire hip and stem intact. They really look pretty when you pick a clump of stems with the rose hips on them and put them in a simple vase. And when you're out picking rose hips, don't forget to leave a few behind for the birds too!

If you'd like to plant a few rose bushes to produce your own safe supply of

rose hips, check out these varieties of shrub roses: Bonica, Carefree Beauty, Sevillana, Knock Out and any variety from the Meidiland series. Make sure that they get at least six hours of sunshine per day, and dig a generous planting hole, about 18-20" wide and deep. Shrub roses are best as they bloom profusely and, therefore, are loaded with rose hips each winter. They also have a long bloom time—often from May until the first frost. All the above-mentioned rose bush varieties thrive in our Zone.

Pat Diaz lives and gardens on the eastern edge of the Palouse and is thoroughly enjoying all the wonderful beauty of Summer.

Friends Don't Let Friends Ride in the Back Of Pickup Trucks

By Janice Willard, DVM

The Siberian Husky was grey and black. Standing in the back of the pickup truck, his front feet up on a box, he looked as majestic as a statue chiseled out of stone and I was taken by his beauty. Then the light changed, the pickup truck lurched forward and the gorgeous dog stumbled off his metallic perch, almost tumbling out of the truck. And the owner drove on, oblivious to how close he had come to injuring his trusting companion. And I was reminded again of how dangerous it is for a dog to ride in the back of a pickup truck and how few owners seem to realize this.

Dogs don't have hands. Their mouths serve as their hands for carrying objects, but they rarely use their mouths to prevent themselves from falling. So there is no way for them to hold on if the open truck they are riding in makes a sudden stop or rapid change in direction. And there is nothing to keep them from flying from the truck bed and hitting the pavement at the same speed that the truck was traveling, with disastrous

results. Every time I see a dog in the back of an open pickup truck, I see an accident waiting to happen.

"Of all the orthopedic injuries we deal with," says Jim Lincoln DVM, orthopedic surgeon at Washington State University College of Veterinary Medicine, "the most devastating injuries are the ones that come from falling from moving vehicles. The bones, usually the femur, aren't just broken. They are shattered, causing considerable damage to muscles and surrounding tissues. This requires extensive surgery and physical therapy to have any return to function."

I still remember Bear, a lab-shepherd mix who was my first patient on my surgery rotation when I was a student in veterinary school. The truck wasn't going very fast when he jumped out. But when he landed, his front feet splayed apart. In addition to fracturing his leg, he damaged the large nerve plexus that lies in the underarm area. He lost all sensation and ability to move his front leg. The bones healed, but we waited several months to see if

nerve function would return or whether Bear, playful and friendly, not even a year old, would have to lose his front leg. I also remember Bear's owner, a tough, burley, macho sort of guy, turning pale and almost passing out when he looked at Bear's injuries. "But I've always let my dogs ride in the back of my pickups," he protested. "No dog got hurt before." Then you have been lucky before, I wanted to tell him. And Bear wasn't.

"These injuries are very costly," explains Dr. Lincoln. "First there is the monetary component because considerable veterinary care is required. But the cost goes beyond that. There will be months of rehabilitation. There is damage to the animal and potential loss of normal function. And most importantly, there is pain and suffering to the animal and the guilt this will cause."

If you must drive a pickup truck, the safest bet for your pet is to leave it at home, Dr. Lincoln advises. If you must bring it with you, then in the cab or under a canopy so they can't fall from

the pickup are reasonable alternatives.

"However," says Dr. Lincoln, "dogs in cabs should have the same consideration as children and be properly restrained." Another, less desirable alternative is to use a harness and leashes and restrain the dog in the back of the pickup. But this method can have dangers associated with it as well. "Common sense dictates that the restraints used must prevent the dog from going over the side of the truck," Dr. Lincoln cautions. "Terrible injuries can also occur if the animal goes over the side and is dragged."

As I watched that beautiful Husky almost tumble from the pickup, my dogs were in the cab of my pickup lying safe and secure beside me. Muddy upholstery is a small price to pay to keep our companions safe when we travel.

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 than she cares to admit.

Co-op Crossword

by Craig Joyner

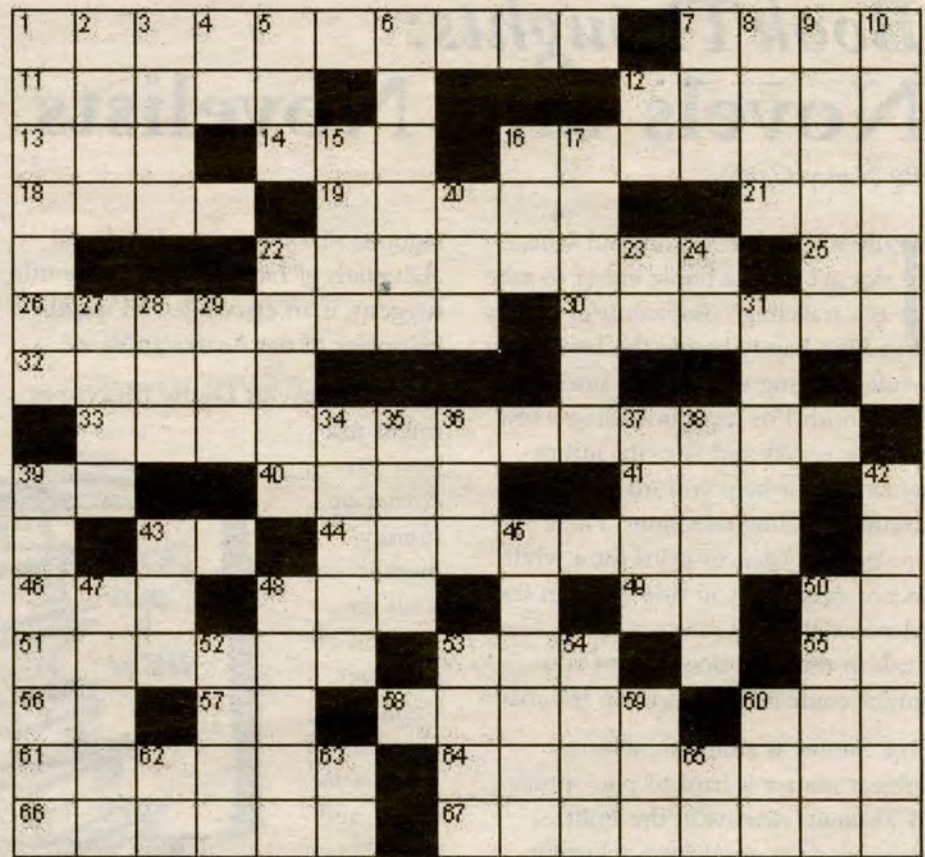
ACROSS

- 1 Members get this discount on bulk orders
- 7 MFC business partner, _____ Women Traders
- 11 Eskimo canoe
- 12 92.5 on the FM dial, _____ Free Moscow
- 13 "One" in German
- 14 School statistic, abbreviation
- 16 Citrus fruit
- 18 Ratatouille or cassoulet
- 19 Swiss city
- 21 Atmosphere
- 22 You'll find their hotdogs and bologna in frozen foods
- 25 Corporate branding, abbreviation
- 26 Local produce growers, _____ Farms
- 30 The dinner party doyen, first name
- 32 Bear grass, some parts can be eaten
- 33 MFC's new construction manager
- 39 The 50th state, abbreviation
- 40 The street many people want to live on
- 41 Metal or Scandinavian coin
- 43 Record, abbreviation
- 44 MFC business partner, Northwestern _____ Sports
- 46 32nd President, abbreviation
- 48 Remember to bring one for bulk spices
- 49 Exclamation
- 50 Name of the first cloned pet
- 51 MFC Board of Directors President, Mike _____
- 53 A servant of Tolkien's Saruman
- 55 Astronomical abbreviation
- 56 Hypothetical lost continent in the Pacific Ocean
- 57 Only state with different images on each side of their flag, abbreviation
- 58 Flesh-eating virus
- 60 Moccasin
- 61 Wildcatch Salmon is caught in this state

- 64 Companion to balsamic vinegar
- 66 Yogurt brand
- 67 This type of membership can help fund MFC's move

DOWN

- 1 Day of the Mid-Week Growers' Market
- 2 Emanate
- 3 Chocolate maker, Cloud _____
- 4 Doctor's helper, abbreviation
- 5 Heart monitor, abbreviation
- 6 Red wine
- 7 Movie, _____ the Dog
- 8 Concept
- 9 Music festival, _____ Fair, or Adam's or Frasier's first wife
- 10 Fred makes this look like a sewer cover
- 12 U.K. armada, abbreviation
- 15 Polynesian canoe
- 16 Child
- 17 Rootlessness; disorganization
- 20 American author, Robert _____
- 22 Regional, _____ River
- 23 Canada, USA, and Mexico, abbreviation
- 24 Highway, abbreviation
- 27 Japanese mountain
- 28 Kalispell/Glacier National Park airport code
- 29 This agency oversees pipelines, railroads, and truck companies, abbreviation
- 31 Preposition
- 34 MFC business partner, _____ Prairie Winery
- 35 Ancient stringed instrument
- 36 Japanese word for school, specifically martial arts school
- 37 Biblical hero
- 38 Troika or the Far Eastern mafia
- 39 Co-op Board of Directors Secretary, Bonnie _____
- 42 Local group, Village _____ Project
- 43 Miscalculate
- 45 Orange flower oil used in perfume and food
- 47 Midwife
- 48 Primal Strips is meatless and Snackmaster is not
- 50 Assertion
- 52 Pear
- 53 Ancient Greek coin
- 54 Powerbar company
- 59 Latin and Roman greeting
- 60 Taro recipe
- 62 Usually before a vowel
- 63 BBC series on PBS, "____ Time Goes By"
- 65 The alien who wanted to phone home



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

Commentary

Book Thoughts: Novels and Novelists for the Summer

By Nancy Casey

July is vacation season, and who doesn't need a book, either to take as a traveling companion or simply to have handy beside the lawn chair while escaping the Palouse sun? So this month I'm recommending a few favorite books and favorite authors which might help you make your summer reading selections. These books have been in print for a while, so not only can you find them in the Moscow Public Library, they are likely finds in the used book stores you might come across while on the road.

Jane Smiley is a novelist whose subject matter is hard to pigeonhole. *A Thousand Acres* won the Pulitzer Prize, and for good reason, but my recommendation comes with the warning that it is a gut-wrenching saga of the darker side of farm life. By contrast, Smiley's novel *Moo* is a spoof on a midwestern agricultural university and most of the jokes are apt for the inland northwest as well. *The Greenlanders* is a mesmerizing tale of life in cold, dark Greenland during the first millennium when Europeans first attempted to live there. The pro-

tagonist of *The All-True Travels and Adventures of Lidie Newton*, as the title suggests, is an erstwhile and spunky colonizer of the American West.

Missoula novelist Dirdre McNamer might just have the corner on spunky protagonists with the creation of Margaret, the main character of *Rima in the Weeds*, and she makes the dilemma of a wife considering leaving her husband unconventional and occasionally funny in *My Russian*.

Ursula LeGuin says that she writes science fiction to imagine how the world would work if it worked differently. This is certainly what is happening in

Always Coming Home, which she describes as "an anthropology of the future." This novel is challenging, but ultimately satisfying, with the added advantage for fickle summer readers

that you don't necessarily have to read the chapters in order.

I'm not a science fiction buff, but I do love the novels of Connie Willis. *The Doomsday Book* is a time travel

story, as is *To Say Nothing About the Dog*, although the latter is a must-read for those who appreciate the subtleties of British humor. In *Passages*, Willis explores the life-after-death experience in ways that might make you question how your own memory and

sense of truth-telling work. I shy away from science fiction because I don't enjoy shoot-em-up laser space war science fiction power-grab stories.

That's not the type of novel Amy Thompson and Octavia Butler write, and I have enjoyed their novels very much.

Stacking all those novels beside your lawn chair should keep your eyes moving from left to right across the page for more than a few days, but if you run out of reading material before the hot summer is over, look for works by Annie Proulx, Ursula Hegi, or Barbara Kingsolver to satisfy your need for a reading fix.


Nancy Casey just finished reading The Robber Bride by Margaret Atwood. She left her copy of In The Absence of the Sacred by Jerry Mander on the bookshelf in the one-room house she occasionally rents in rural Haiti and she's looking forward to reading parts of it again when she is in Haiti this month.



Dr. Ann Raymer
Chiropractic Physician

Gentle holistic health care
for your whole body
and your whole family

1246 West A St.
Moscow
(208) 882-3723



Golden Blue Lotus Tara
Buddhist Meditation Center
Join us for meditation
Sundays 9:30 am
525 S. Main Moscow (509) 332-1147
<http://community.palouse.net/lotus/>

Something for everyone...
Hodgins Drug & Hobby

Architectural Model Building
Supplies Top Quality Model
Railroad Kits Radio Control
Models & Supplies Model
Rocketry Doll House Kits
Miniatures Military
Simulations, Breyer Horses
Erector Sets, Brio
Playmobil Puzzles and
much more...

**New
Extended
Hours
Mon-Fri 9-7**

Hobbies • Gifts • Hearing Aids (FREE 30 DAY TRIAL)
Free Local RX Delivery • Drive in Window
24 Hour Emergency Prescription Service
Most Insurance Plans Honored

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available

**307 South Main, Downtown Moscow
882-5536 • Sun 12-5 (pharmacy closed)**

Beanie Babies!



**Camas
Prairie
Winery**

Local wines by
the bottle & glass
**Tasting Room
& Wine Bar**
noon-6:30 p.m.
Tues.-Sat.

Idaho's Oldest Independent Winery
(800) 616-0214 • 110 S. Main

Brused Books

*Purveyors of
Chair Traveling*

- buy • sell
- trade
- hardbacks -
- paperbacks
- science to
- science fiction
- literature to
- psychology

Sunday 1 - 6
M - F 11 - 6
Saturday 10 - 6

509-334-7898
235 E. Main
Pullman, WA 99163

Earth Mother: Periscope Project

By Julia Parker

Summer is a great time of year to create science projects. Long days and more free time allow kids to explore concepts in-depth—whether this means dissecting flowers, watching wildlife, seeing if you really can dig to China, or working in a kitchen science lab depends on the day. Messes can be made outside. Children can be hosed off.

My daughter Simone and I have been working on science projects from the book *Light: Color and Lenses* by Pam Robson (which generally require no hosing off of children). Projects from this book, like tissue paper “stained glass” windows, pigment drawings and periscopes, tend to incorporate both art and science.

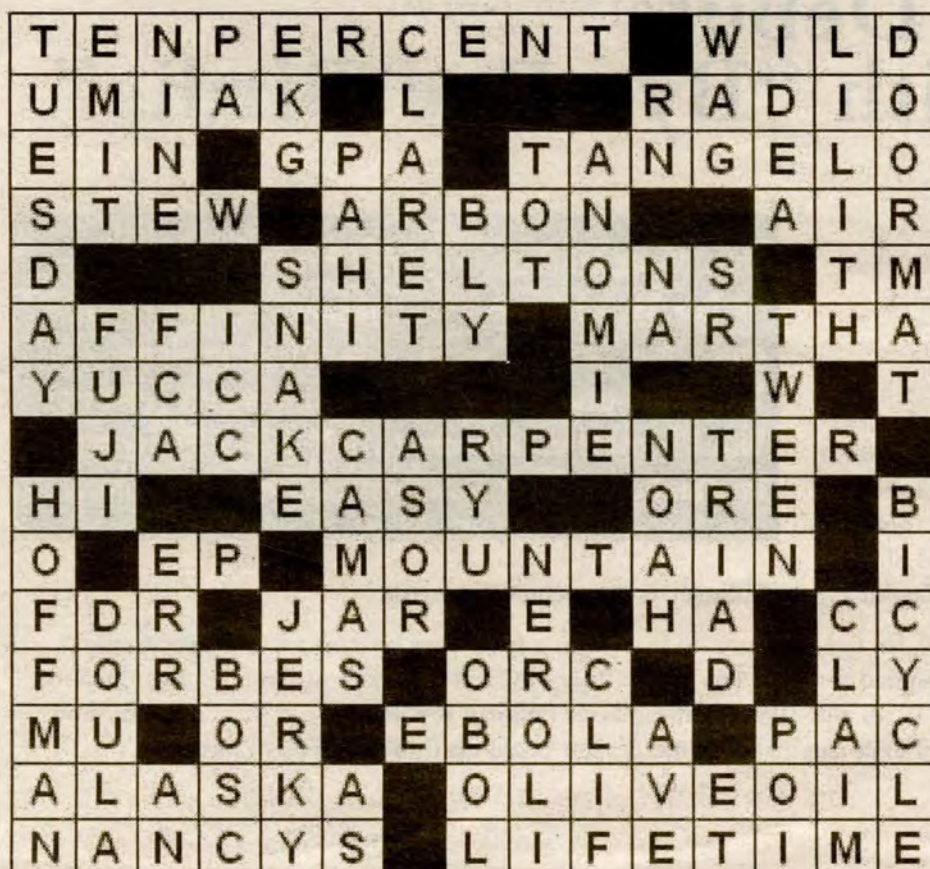
For Simone’s fifth birthday party, we decided that her little guests would work on making periscopes. She and I made one together prior to the party to see how it worked. As it turned out, this project was way too complicated for five-year-olds without their parents at a birthday party—better to make these one-on-one with a young

child or save the project for older children!

In theory, this science project helps kids learn the physics of light. I’ll leave it to you to explain the intricacies of physics to your own kids. But, basically the periscope works because light from any object is reflected by a mirror. The angle of the two mirrors in the periscope allows the reflection to bounce from the first mirror to the second and then into the child’s eye. We just had fun making the project and being able to look over the backyard fence with our homemade periscope.

Julia Parker can be seen in and around Moscow with Simone, the science wizard and fashion princess, in tow most days this summer.

In theory, this science project helps kids learn the physics of light. I’ll leave it to you to explain the intricacies of physics to your own kids.



MATERIALS

- Poster board or other thin cardboard
- Two mirrors (each 3" by 3")
- Masking tape
- Cellophane tape or glue
- Crayons or markers

INSTRUCTIONS

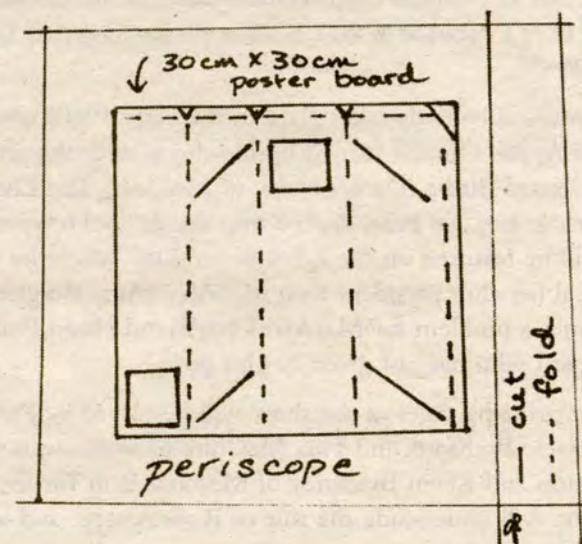
- Tape the edges of the mirrors with masking tape.
- Cut a piece of cardboard 30 cm by 30 cm and draw the guidelines on as shown in the illustration below.
- Cut holes and slats as directed in the illustration—the slats are for the mirrors to slide through and the square holes are for viewing and light reflection.

- Decorate outside of cardboard if you wish.
- Fold along the dotted lines.
- Tape or glue down the overlapping side.
- Slide mirrors into place so that they face each other.

Make sure mirrors are not going to slide out; use a few drops of glue or extra tape if needed.

To use your new periscope, look into the bottom square and see the reflection from the top mirror. Use the periscope to see up

high or around corners! (What does the dog do when she doesn’t know you are looking, anyway?) Because the mirrors are glass, be sure to supervise your kids when they play with this periscope.



Sustainable Foods Systems Field Course Offered

By Teresa Beaver

Want to learn more about Sustainable Food Systems by visiting with farmers and related professionals? Want a class outside the traditional classroom? Or a unique summer vacation? Interested in sustainability and want to see what's happening in the Inland Northwest? Then the week-long course "Field Analysis of Sustainable Food Systems" is for you.

Offered August 4-11, this 8-day field course will appeal to anyone interested in farming or food production and who wants to understand all the challenges and opportunities that await them. Participants will stay in dormitory-type lodging in the Spokane and Moses Lake areas. The week will consist of visiting farms, as well as processing and marketing facilities of various types and sizes, plus other "steps" important in food production and marketing systems. Most evenings will consist of large

or small group discussions related to the day's activities.

The fee is only \$120 for community members as Continuing Education Units and is available to academic students signing up for summer school. Housing will be provided and some meals may be included.

This course is offered as part of Cultivating Success, a Small-Acreage Farming Educational Program developed by Rural Roots, University of Idaho, and Washington State University.

For more information or to sign up, contact the course instructor Cathy Perillo, at cperillo@wsu.edu or (509) 335-2851.

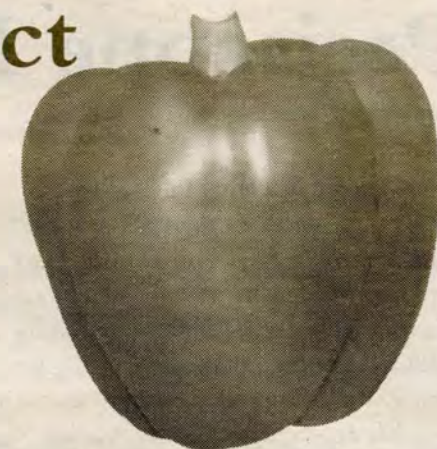
Theresa Beaver is Program Coordinator for the Cultivating Success Program and grows cut flowers on her small acreage farm in Moscow.

WSU's Organic Farm Project

By Patricia Diaz

Washington State University has a new organic farm project: selling fresh, certified organic produce straight from its three-acre farm located near the Tukey Horticultural Orchard. I recently spoke with the manager, Brad Jaeckel, about the project and how it works.

In its second year, the farm has only begun selling its produce this year and hopes to expand in the future. Thus far only two of the three acres are planted in produce. There are currently 86 shares, ten of those being working shares where volunteers work in the harvest to pay for their produce. A full-share volunteer works five hours a week and a half-share person works two and a half hours per week. Brad is hoping for more workers next year so the expansion can become a reality. He has one paid employee besides himself this year. All the current shares are spoken for, however, more shares might be added next year if the expansion goes through or if people move, etc., thereby opening up available shares.



On Tuesday, Moscow customers pick up their produce at the Co-op and on Friday, Pullman customers go directly to the farm to pick up their produce. If there is anything extra, it is sold to the general public.

The Farm Project sells everything you can imagine—from fresh, spring greens to tomatoes and corn, to herbs and fruit. A customer signs up for twenty-five weeks of produce. A full share costs \$500 and a half-share costs \$300. The signup deadline this year was April 1. If you're interested in becoming a share customer for next season, call Brad Jaeckel at (208) 892-0655 or email him at jaeckel@wsu.edu.

Pullman Civic Theatre Debuts in Beasley Coliseum with "Bye Bye Birdie"

By John Rich, Pullman Civic Theatre Artistic Director

Screaming, swooning, star-struck teenagers will storm the Palouse this summer as Pullman Civic Theatre presents the musical "Bye Bye Birdie" in PCT's debut at WSU's Beasley Performing Arts Coliseum. The show runs July 29-30.

The musical comedy takes place in the early 1960s when the small town of Sweet Apple, Ohio, is turned upside-down with the arrival of rock 'n' roll star Conrad Birdie (Daniel Haley of Moscow). The Elvis-like Birdie, an all-American boy, has been drafted into the Army. However, before his departure he will be featured on the Ed Sullivan show where he will give one last kiss to local fan club president Kim MacAfee (Amy Berglund of Moscow). The kiss becomes a problem for MacAfee's boyfriend Hugo Peabody (Dustin Larsen of Pullman) who has just given her his pin.

Other principal roles in the show will be played by Pullman residents Jim Sato and Tracie Brelsford, and Tina McClure of Moscow, as well as Mary Macey of Lewiston and Kevin Brackney of Moscow. Erin Turner, a Pullman High School student, will understudy the role of Rose Alvarez and also portray Ursula

Merkle, Kim's best friend.

Denise Snyder, a WSU graduate student, will direct the orchestra and Shelly Houghtaling, of Pullman, is the technical director.

Sets for the show are on loan from a New York set company, all specifically designed for "Bye Bye Birdie." Also, PCT is fortunate to have a recent donation of 1950s and 1960s clothing from Pullman resident Marge Muir and the show will have original costume designs based on those authentic clothes.

Show times are 7 p.m. on July 29 and 30, and 2 p.m. on July 31. All tickets are for reserved seating at \$10 and \$15 in advance, or \$12 and \$20 at the door. Tickets are available through all Ticketwest outlets or <http://beasley.wsu.edu> or at 1-800-325-SEAT. For more information, contact www.pullmancivictheatre.com.

Booksigning Bash

By Bill London; Photos by David Hall

Between 5 and 6:30 p.m. on Friday, May 27, was an especially busy time at the Moscow Food Co-op. Pizza slice eaters, Fish Folks devotees, hungry shoppers, wine tasters, and reception munchie samplers all shared the Co-op space with a table loaded with books and a trio of booksigners.

MaryJane Butters was one of those booksigners. Her book *MaryJane's Ideabook, Cookbook, Lifebook for the Farmgirl in All of Us* had just been printed by Random House and she was headed to New York, Chicago, and 15 other cities on her big book tour. Since she has been a Co-op shopper, member, volunteer (she even was this newsletter's advertising manager for a while), and supporter for decades, having a signing at the Co-op just made sense.

I was there as well, signing copies of my self-published book *Getaways* about local getaway destinations.

The third booksigner was Carol Hill. Carol was signing copies of both books, since she had been the designer who created both MaryJane's very slick New York-published masterpiece and my homespun and homegrown guidebook. Carol's ability to design books on both ends of the spectrum is a testament to her talent.

We sold a bunch of books and we had a bunch of fun.

*Bill London edits this newsletter and reminds everyone that his *Getaways* book is the perfect summertime travel companion—and that copies are still available at the Co-op.*



*MaryJane Butters signs her new book, *MaryJane's Ideabook, Cookbook, Lifebook for the Farmgirl in All of Us*, with book designer Carol Hill, while her many fans look on.*

Rendezvous Returns to East City Park

By Tina Hilding, Rendezvous Board of Directors

Rendezvous in the Park kicks off its 23rd season on Thursday, July 21, with an evening concert series and a daytime children's arts festival that features award-winning national and regional artists. This community event for all ages takes place for four evenings every July in the beautiful setting of Moscow's East City Park.

This year's event kicks off with an evening of music for the family, presented by U.S. Bank. The concert will feature singer-songwriter-storyteller Belinda Bowler, followed by Rosie Ledet and the Zydeco Playboys playing traditional style Cajun and Zydeco music. Moscow-based Little Red and the Criminals, with 13-year-old harmonica player Ben Walden, will be the warm-up act.

Blues Night, on July 22, will feature Jude Bowerman followed by Coco Montoya. The local eight-member horn band, Off the Leash, will act as

warm-up.

Jesse Cooke with his "Rumba Flamenco" fused with World Music and percussion joins the Rendezvous on Saturday, July 23. He will be joined by Hawaiian slack key guitar player Jim West. Warming them up will be local musician, Erik Smith, playing acoustic alternative rock.

Classical music will return to Rendezvous on Sunday July 24, with the Rendezvous Chamber Orchestra assembled by Moscow Pro Art founder Bill Wharton. The ensemble will include local and nationally renowned artists. In celebration of Mozart's upcoming 250th birthday, the theme for this year's concert will be, "Mozart in Moscow."

Rendezvous for Kids on July 21 and 22 will include art stops and workshops as well as performances by the Idaho Repertoire Theatre youth program and Dancers, Drummers and

Dreamers. Registration information is available at www.moscowmusic.com.

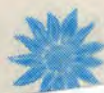
For all of this year's concerts, concertgoers can bring a picnic or choose from a variety of local full meal and dessert vendors. Many attendees also bring a blanket or lawn chair for the concerts. All concerts start at 5:30 p.m., except for Sunday's classical afternoon, which starts at 4 p.m.

Tickets are available at BookPeople, local U.S. Bank locations and through the Rendezvous website. A limited number of buttons are available at Farmers Market and BookPeople for \$30. Tickets are \$12 in advance; \$15 at the gate. Advanced tickets for Family night may be purchased at a U.S. Bank location for \$10. Tickets for Classical Afternoon are \$8. Children 12 and under are FREE with a paid adult. Please call (208) 882-1178 or visit www.moscowmusic.com for more information.

<p>Thursday, July 21—5:30 p.m. Little Red and the Criminals Belinda Bowler Rosie Ledet and the Zydeco Playboys</p>
<p>Friday, July 22—5:30 p.m. "Blues Night" Off the Leash Jude Bowerman Coco Montoya</p>
<p>Saturday, July 23—5:30 p.m. Erik Smith Jesse Cooke Jim West</p>
<p>Sunday, July 24—4:00 p.m. "Mozart in Moscow" Rendezvous Chamber Orchestra</p>
<p>Thurs./Fri., July 21/22—5:30 p.m. "Rendezvous for Kids" Idaho Repertoire Theatre Dancers, Drummers and Dreamers</p>



Bulletin Board



MOSCOW F O P

Vigil for Peace

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

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

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

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

Farmers' Market

Saturdays, June 4, 11, 18, and 25; 8 am-noon

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

Tues. Grower's Market

Begins Tuesday, May 3

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

Tuesday BBQ & Music

Tuesdays 5:30-7:30 pm

Come to the Co-op to celebrate summer at our Tuesday evening Hot Off the Grill BBQs. Besides the dinners cooking, we will have some music sizzling outside at the Co-op patio on Fourth Street. These will be the last concerts at our Third Street store! Remember Tuesdays, 5:30 pm to 7:30 pm.

Musicians in July are:

July 5th: Dan Maher
July 12th: Zuginrue
July 19th: parallax
July 26th: Milo Duke

Fresh Aire Concerts

Thursdays 6:30-7:30 pm

Fresh Aire Concerts will be held every Thursday evening in East City Park, and are always free. Call the Moscow Arts Commission at 208-883-7036 for more info.

Musicians in July are:

July 7th: Moscow Arts Commission Band
July 14: Sidhe
July 28: Beth Pederson

Farmer's Market Music

Saturdays 9:30-11:30 am

Live music will be located on the sidewalk on Main St. in front of

Zume's Bakery. For info, call 208-883-7036.

July Music Schedule:

July 2nd: Joshua Kingsley Trio, Jazz
July 9th: Full Circle, blues & folk
July 16th: Lisa Simpson, folk
July 23rd: Acoustic Wave Machine

Kenworthy Schedule

Racing Stripes (PG)

July 6, 1:00 and 3:00 pm.

Sahara (PG13)

July 8-10, 7:00 pm.

Millions (PG)

Presented by US Bank. July 13, 1:00 pm; July 14, 16 & 17, 7:00 pm.

Ala Zingara in concert

July 15, 7:30 pm

Napoleon Dynamite (PG)

July 20, 1:00 and 7:00 pm

Sin City (R)

July 21

Two

Present

July 27,

Hitch

July 29-

Galax

July 29-

Regular

\$2/child

day Matin

\$1/child

informatio

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

org or cal

information, visit www.moscowfoodcoop.org

The Co-op

Sat., July 29

Paint a tile that

mural at the n

donation, you c

part of the new

als are provide

207 N. Hayes St

Bye Bye Birdie

Fri. July 29

The Pullman Civic

in the Beasley Coliseum at WSU

with "Bye Bye Birdie." All tickets

are reserved seating at \$10 and

\$15. The cost is \$12 and \$20 at

the door. Tickets are available at

Ticketwest outlets or <http://beasley.wsu.edu> or 1-800-325-SEAT.

Steptoe in Concert

Sat., July 30, 9:30-11:30

Steptoe will perform bluegrass

music at the Farmer's Market.

Music will be located on the

sidewalk on Main St. in front of

Zume's Bakery. For info, call 208-

883-7036.

For more information, see www.pullmaincivictheatre.com

See the New Store

Sat., July 30, 10-noon

Check out our remodeling pro-

gress at the new store! Join Kenna

at the new store for a virtual tour

of our new home at Fifth and

Washington Streets.

Rachel Bade-McMurphy

Saturday, July 30

Award winning jazz vocalist

Rachel Bade-McMurphy will be

performing at Hogan's Place

located at 906 sixth street in

Clarkston WA on Saturday July

30th. Performing Contemporary

and traditional jazz music as well

as R&B, funk and originals Bade

will be joined by Pullman and

Moscow musicians. There will be

at \$3 cover. For more information

please visit www.RachelBade.com

or e-mail Ray_Bad@moscowfoodcoop.org

com.

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

Rachel Bade-McMurphy

Fri., July 29

Rachel Bade-McMurphy will be

performing Jazz, Funk, R&B and

original grooves with "Ray B's

Groove Project" Friday July 1st at

The Pullman Grill and Bar located

on Grand Ave in Pullman. The

show will be from 9:30-midnight,

and there will be a \$3 cover.

Joining the award-winning jazz

vocalist will be musicians from the

Moscow and Pullman area.

Rendezvous in the Park

Thurs. July 21-Sun. July 24

Rendezvous in the Park, in East

City Park will feature a daytime

children's arts festival and an

evening concert series. For more

information, visit www.moscowfoodcoop.org

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

or call 208-883-7036.

Moscow Food Co-op
221 East Third
Moscow ID 83845



Submit community announcements to events@moscowfoodcoop.org the 24th of each month. For additional events & information, visit our web site: www.moscowfoodcoop.org/event.html