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June 2005

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Community News

The monthly newsletter of the Moscow Food Co-op

Come See What's New

By Kenna S. Eaton, General Manager

I feel like I've written reams of words and talked to almost everyone in town about our new store, however I realize that many of you may be wondering what it actually looks like in there, a "picture is worth a thousand words" type of thing. So, to answer those questions we designed another type of event.

This time we'll be hosting a "Look and See" Saturday morning viewing. I say "viewing" because by the time this event rolls around I suspect that the dust will be flying and it will

not be easy to actually walk through the new store. We're envisioning opening the doors, roping off a section near the front and letting you look in!

I'll be there Saturday, June 25th from 10 a.m.-Noon with a copy of the floor plan and some refreshments ready to talk and explain what our new community store will look and feel like. So come take a look, bring your questions and your thirst and join me in a virtually real tour!



www.moscowfood.coop

Co-op Business Partners

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

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

Paper Pals Scrapbook and Stamp Studio—1st hour of Studio time FREE, 33% off Open Studio time. 107 S. Grand, Pullman, 332-0407

Paradise Fibers—10% off all books, magazines, videos, yarn and knitting needles. spinning@colfax.com

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

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

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

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

Sid's Professional Pharmacy—10% discount on compound medication, breast pump & supplies. Pullman Care Community, 825 Bishop Blvd., Pullman

Susan Simonds, PhD., Clinical Psychologist—10% reduction on initial consultation to writers, 892-0452

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

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

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

Community News



What's New at the New Store

By Kenna S. Eaton, Co-op General Manager

They say that time flies when you're having fun and I think that's true! The time is flying by and I can hardly believe that within a few months we will be occupying our new location and there's still so much to be done.

During the past month we've finally gotten past the store layout and into the nitty gritty of planning the infrastructure that will support our dreams. This month we created a plumbing plan and got all the permits and approvals necessary to begin cutting into the floor. For those of you who've never installed plumbing in an existing store this is the not-so-exciting stage where we cut into our existing floor to lay drains for all our pieces of refrigeration, and there are so many off them. However, we planned for efficiency and tried to get as many things as close together as possible to have as few cuts as possible

and it is critical that we do it now rather than later. Next come the electrical and mechanical plans. And then finally we can start putting in those things that will make us look like a "real" store: walls, doors, shelving and equipment.

The Board has been wrestling with the budget and has had to devise a process for prioritizing the options for our new home. We were in agreement that the basics (floor, lights, air, electrical, etc) needed to be done right but after that some of the decisions got tough. Our budget of \$950,000 is definitely a tight one and does not support everything we want, so compromises have been negotiated in every department and we will have a lengthy list of items that we'd like to purchase in years three, five and ten; like my fancy pants salad bar that was sadly one of the first things on the list to be postponed.

Mullin and Associates, the architects, have been great in trying to facilitate this process to make sure we have all the information we need to be able to make decisions. Dan, Kurt, Ron, and Joe have put a ton of work into getting our project going as fast as possible so we can achieve my motto "on time and under budget;" only time will tell if its true! The co-operative process is by nature a little slow and unwieldy but we've worked at being as efficient as we can be within those constraints.

Finally, please join me on Saturday, June 25th from 10 a.m.–Noon for a peek in the front door of our new abode complete with some refreshments, a floor plan and my undivided attention. See you then!

Contents

— June 2005 —

Cover: Come See What's New Front Page:

What's New at the New Store

Co-operations:

Welcome2

Let's Move!:

Sustainability Committee

Discusses "Loaded" Topics3

New Co-op Construction

Manager: Jack Carpenter.....4

Co-operations:

Buy Local, Buy Tuesdays5

The Front End5

The Volunteer Program.....5

Newsletter Illustrator Needed.....5

Buy Line6

From the Cheese Department.....6

Tuesday BBQs & Live Music6

Newsletter Submission Info6

Art Walk & Art at the Co-op.....7

From the Suggestion Board7

Food:

Eggs with Stems8

Simply Tofu9

People:

Amanda Rains, Elliot Rains, & Chris

Looney—Volunteer Profile10

Outdoors:

Nature in the City11

Moscow Street Spraying11

Letter from the Land12

Growing Beautiful Iris13

Hang Out With Your Friends

on the Clearwater this Summer13

Critter Corner:

Planting a Safe Garden.....14

Families:

Earth Mother: Hold That Baby15

Community:

UI Music School for Teens16

MCA: Celebrating Diversity

at the Park16

Farm Apprenticeships Available16

Free Summer Camp Available16

Co-op Crossword Puzzle17

Commentary:

Letter to the Editor.....17

BookThoughts.....18

Auntie Establishment18

A Small Travelogue19

Co-Operations



Welcome!

By Laura Long, Membership Director

Well, it's finally here! *MaryJane's Ideabook, Cookbook, Lifebook* has arrived on the Co-op's bookshelf. We received an advance copy last month so I had a chance to read through it. I really appreciate how MaryJane has been able to capture the essence of the peace and calm that living on the Palouse has brought to my life and she has wrapped it between the pages of her much-awaited book. Although we were extremely tempted to keep this copy of the book for ourselves, instead, Carrie and I have decided to pass on this 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, those of you who make this commitment to complete your lifetime membership with

at least a payment of \$50 you will be entered into the drawing.

We also have another great prize giveaway for the lucky new or renewing member in June. Carrie, our Personal Care Department Manager, has given me a wonderful gift basket loaded with Nature's Gate skin care products. So please renew or join in June and you might be the winner. 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 to 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.



Golden Blue Lotus Tara
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Join us for meditation
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<http://community.palouse.net/lotus/>

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The Co-op Board of Directors
monthly meetings are open to members.
For information about meeting time and
place, email board@moscowfood.coop.

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Sustainability Committee Discusses "Loaded" Topics

By Pat Vaughan

Our Co-op's Sustainability Committee is continuing to explore ideas that reflect the membership's commitment to making environmentally sound choices. The committee has had a busy schedule of meetings as work begins on our new store's remodeling phase. Discussions have addressed plumbing, water filtration and lighting.

You might think these topics are all technical, arcane subjects for engineers and architects, but as I witnessed during a May meeting, the committee gets right into questions on environmental considerations that even a lay person can appreciate. For example, where does the water go when we flush a toilet? How much water is needed in a toilet to flush a "#1" versus a "#2"? Well, there are companies that design environmentally-conscious plumbing fixtures that detail water volume requirements depending on "the load." With grins on their faces the committee members refer to a "turd chart" as they compare the relative efficiencies of toilet options.

So there is a fun and educational aspect to this work the sustainability committee is doing for us as they consider costs and effectiveness of initia-

tives that will lighten the environmental impact of operating our new store.

The committee may recommend dual-flush toilets as an option in the bathrooms. These toilets have two flushing handles: One for just liquid or a light load, and one that uses a larger volume of water for us who may leave a "heavier" load. They also must consider the physical design of toilets to ensure compliance with the Disability

"How much water is needed in a toilet to flush a "#1" versus a "#2"? Well, there are companies that design environmentally-conscious plumbing fixtures that detail water volume requirements depending on "the load."

Act, the number required by the city for the amount of customers, cost (of course), and finally the availability of shipping to meet our remodel timeline. As I listen during the meeting I'm thinking I could use this information in making our toilets at home conserve more water.

Water filtration is another subject taken up by the committee. Why do we purify water at the Co-op? Well,

the water that comes from Moscow, as many of us know, comes with a very heavy mineral (iron, calcium and others) content. This affects everything from food preparation and cooking to long-term impact on bathroom and kitchen fixtures to customers' skin. Also, Co-op shoppers want to purchase filtered water for personal and home use without getting it bottled and shipped from hundreds of miles away. The committee is considering a

filtering system for all water that comes into the Co-op, and then a reverse osmosis system for specific points that require the purest water (perhaps the kitchen, deli, and water sales). Reverse osmosis uses water in the process, so they are also exploring alternatives to use the "wasted" water. It is actually clean water, so it may be able to be "re-cycled" through the bathrooms.

For lighting at the new store the committee is reviewing the cost effectiveness of occupancy sensors for certain areas. For example, a separate room that doesn't require continuous lighting, like a bathroom or storage area, might be a good candidate for such a sensor. Compact florescent light bulbs are now available for refrigerated and freezer areas. And multiple light switches for the large common areas will allow the staff to select appropriate levels of lighting. The amount of lighting needed at Noon in July is different than that needed at 5 o'clock in the evening in December. Multiple light switches will keep us out of the dark and save electricity.

Finally, Tyler Barron bid farewell to the Sustainability Committee. He is moving to the West Coast with his partner. He urged the committee to continue its important work even after the new store is opened, and to not forget the ongoing efforts at composting and re-cycling.

Pat Vaughan is getting an education in "green living" while observing the Sustainability Committee's deliberations.

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Let's Move!

New Co-op Construction Manager: Jack Carpenter

By Susan Simonds

Look behind those dark glasses and imagine a twinkle in the eyes of Jack Carpenter, who claims there is no connection between his last name and his profession. Jack's job as construction manager is to oversee the renovation of the new Co-op, making sure that things get done as efficiently and as timely as possible. "To keep the ball rolling is critical," explained Jack. His "boss" is the Co-op and Mullin and Associates, the architecture firm. "It's a big job and I have been looking forward to it since the first time I talked to Kenna about it." Jack explained that he took on the job because "it's the Co-op."

Jack first worked as a carpenter at the age of sixteen when he began as an apprentice in Seattle, where he grew up. Since then, he has worked all over the country, including ten years in Arizona, four in Mississippi, and four in Wisconsin. Since 1996 he has been "just me," meaning that he no longer has employees and also no longer works in Pullman.

On the very day that I interviewed Jack for this article, he and his wife, Priscilla Salant, were celebrating 25 years of marriage. He described Priscilla as a "wonderful wife and great person" who is a longtime supporter of the Co-op. Priscilla is an agricultural economist at the University of Idaho who specializes in working with rural communities, helping them with agricultural development. Priscilla and Jack have two children, Ben, age 22, and Holly, age 19.

In 1987, Jack and Priscilla ended up in Moscow after a long search. When Ben and Holly were about to begin school, the family was living near Madison, Wisconsin. Priscilla, who at the time was working for the Economic Research Service, was told that her next posting was to be in Washington, DC, a place that held no appeal for the family. They spent the next two to three years visiting university towns in the Northwest, falling in love with Moscow. "It was a no brainer," said Jack, explaining that they were swayed by Main Street.

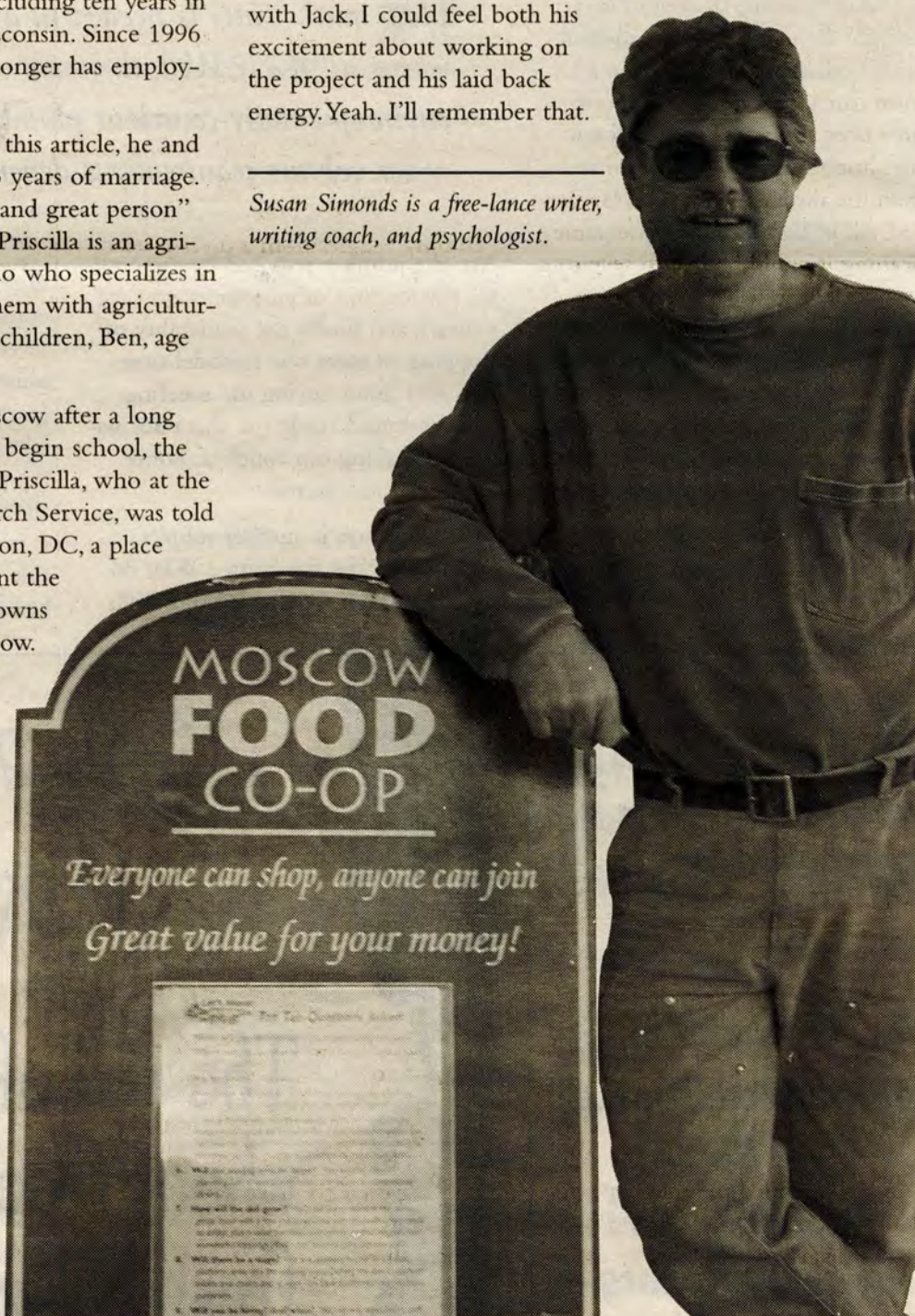
Jack is a true Northwesterner. An avid downhill skier, fly fisherman, and back country backpacker, his passion is spending time on his property on Moscow Mountain where he enjoys his latest project, a new sawmill. In 2000, Jack collaborated with Kurt Rathmann to build "the coolest house" on his mountain property with a roof water collection system, passive solar heat, and a hillside design. With Kurt's eco-friendly design skills and Jack's construction skills, the two created an innovative abode. Jack is particularly pleased that he doesn't need to leave the heat on when he is away from the house in the winter. The combination of the 6,000 gallons of rainwater stored in the basement and the recycled

rasta block foundation creates an ambient temperature in the house. Although the family lives in town, Jack spends a lot of time on his mountain property doing fire prevention and forest management and just generally enjoying the mountain vibe.

Jack is a Co-op devotee, not only as a shopper, but also as a worker and volunteer. He built the outside stairway on the old South Washington Street building and worked on the interior framing of the current Co-op as a volunteer. He lunches there almost daily and comes with his family on the weekends.

Jack wanted to convey to Co-op members his own wisdom about the upcoming move: "We did it before and we can do it again—hopefully for the last time. Let's have a positive attitude and try not to get stressed." As I sat with Jack, I could feel both his excitement about working on the project and his laid back energy. Yeah. I'll remember that.

Susan Simonds is a free-lance writer, writing coach, and psychologist.



Buy Local, Buy Tuesdays

By Michelle Hazen

Did you know that the average distance food travels to reach our plates in the United States is 1,300 miles? Think about how many times you would have to fill up your gas tank on the way to and from Seattle, then to and from Seattle again. Then think about how many times a day you eat. Ok, one more—think about how much all of us eat. All of this energy is expended for us to fill our bellies and enjoy our daily lives. If your starting to get concerned about the amount of oil used to feed the average American, there is a solution. Buy local.

Local foods travel much less to reach our plates and are beneficial for more than just energy efficiency. Consider again the distance your food has traveled. All of that traveling takes time, meaning it could be five to seven days from the time a “fresh” vegetable is harvested to the time it reaches your plate. That doesn’t even include the time the food sits in the grocery store before it reaches your table. Lucky communities can buy local produce and eat food the day (or a few days after) it’s been harvested. This means no wax, preservatives or ripening process.

Buying from local farmers cuts out the “middleman,” allowing the farmer to

receive full retail value for their produce. The average farmer in the United States gets less than 10% of the retail food value. Buying local also keeps local economy strong. Supporting local farmers with our dollars instead of national chains and big business keeps the money here, to strengthen our community.

Environmental stewardship is inherent to a local farm. Small farmers keep their farmland nutrient rich and work to prevent erosion to maintain healthy soil. Small farmers are careful to protect local water sources, because these sources benefit them.

What better reasons do you need to visit the Tuesday Grower’s Market in the Co-op parking lot from 5–7 p.m.? Meet some local growers, pick fresh, yummy veggies from a diverse selection, and feel confident knowing the benefits your food choices contribute to your community.

Michelle Hazen is a Co-op member who looks forward to fresh local veggies every spring.

Question: How far does food travel to reach your plate?

The Front End

By Annie Hubble, Front End Manager

I must first and foremost thank all those here at the Co-op who coped with many unexpected moments in Front End Land while I was visiting family and friends in Britain during April. I so appreciate having had the opportunity to make the trip. Back here in the Moscow Food Co-op, we are going into the summer season. You will see new faces at the register and miss familiar ones. We bid a sad farewell to Julia Harakay and Sara Foster, both of whose friendly natures helped make the cashier world the more enjoyable. Julia is moving away to explore life-after-college, (congratulations, Julia, on your graduation), and Sara, whilst busy with massage

school and another job, will be volunteering at the Co-op so we will still see her. To balance these holes in the team, I feel very blessed in being able to welcome Stacey Nievweija. Stacey has worked before in the produce department, and has also volunteered in the deli, and I am very excited to have her be part of the cashier team. We will, as always, try to give you the excellent customer service for which we are known. Come on in and visit us. Buy your groceries, have your favourite coffee drink, enjoy our Tuesday evening music, see your friends...life is full of possibilities at the Co-op!

The Volunteer Program

By Annie Hubble, Volunteer Program Coordinator

This is the time of year when those of you who have been patiently waiting for spots on the volunteer team will start receiving phone calls. As the school semester ends and students leave for the summer, volunteer positions open up.

I will be calling applicants in the order of date of application, so it will still take a while to catch up, but hopefully before too long most people will be placed.

I call five or six people once or twice a week for a small group orientation. During the orientation I explain the volunteer program and show the

group around the Co-op store from the volunteer’s point of view. This time gives me a chance to get to know the applicants a little, and within a few days I call each person and suggest various positions that might best suit them.

So, if you are still wondering whether to volunteer, go and fill out the application form to be found at the front of the store, and get in line! Only Co-op members can volunteer, so this is also another good reason to join the Co-op if you haven’t already done so.

I look forward to meeting you.

Co-op Newsletter Illustrator Needed

By Bill London, Newsletter Editor

We’re sorry to see her go. Thanks to Debi Robinson-Smith for providing the illustrations for our newsletter. She is retiring from that volunteer position, and we are looking for another staff artist.

Debi has provided the line drawings on our cover and throughout this newsletter. We are looking for someone who can draw representational line art, on deadline, for us every

month. This is a volunteer position with an 18% discount.

If you are interested, please contact Bill London at london@moscow.com

Vic Getz, author of our customer profiles, is now in Afghanistan, working on a contract with the goal of empowering women there. She is retiring from her column, with our thanks—and our best wishes for her success and safe return.

Holly Barnes will replace Vic beginning with the July issue.

Bill London edits this newsletter and awaits the visit of his pregnant daughter, Ms. Willow Tummibumpus.



Co-Operations



The Buy Line

By Vicki Reich, Grocery Manager

It's hard to believe it's almost June. Things here at the Co-op seem to be happening at high speed and the months are flying by. The move to the new store is getting closer and closer. For the last month or so we've been thinking about space requirements and how many feet of shelving we'll need. The floor plan is now complete and it's time to start thinking about the fun stuff. Namely, what I'm going to fill all those shelves with.

I'm sure you've noticed the recurring theme in the responses to the suggestion board. Every time I said I'd bring it in to the new store, I've written that item on my list. Customers aren't the only one I've been telling to wait until the new store. My suppliers have been showing me all kinds of new products that we can't fit in yet. I've been telling them the same thing, "in the new store."

I keep adding products to my list and now it's getting to be time to do something about them. There are several steps I will go through before all those new products will appear on the shelves of the new store. All the different categories of products will be assigned shelf space. I'll make sure there is room for more items that people have been asking for and not too much more space for categories that aren't growing. Once I know how

many feet of shelves each category gets, I'll start drawing up mock versions of what the shelves will look like. I'll make sure I can get all those things customers have suggested in the space. Then everything needs to be entered into the computer so it's ready for you to buy it when the store opens.

Around the end of July or the beginning of August, products will start arriving at the store and we'll start setting it on the shelves and making it look good. Packaged grocery alone will take at least a week to set up on the floor. Frozen, which is greatly expanding in the new store, will take quite a while to set up as well. Luckily it will be very warm by then so working in the freezer all day won't be quite as much of a chore. After everything has a home on the shelves, we'll fill in any holes with the latest and greatest new items.

Now is the time to let us know what products you'd like to see in the new store. I can't promise it will be there when we open, but I will consider every request. Just write me a note on the suggestion board and I'll see if I can get it. I am looking forward to all the new products at least as much as you are and would like to make sure your favorites are on our shelves.



From the Cheese Department: Shropshire Blue

By Brad Watkins, Cheese Buyer, aka "The Big Cheese"

This month I am excited to tell you all about our featured cheese: Shropshire Blue. As far as gourmet cheeses go, this one is brand new, invented in the 70s by Mrs. Hutchinson Smith.

Our Shropshire Blue is made by Lon Clawson Int., famed Stilton pioneers, and comes all the way from their creamery in Clawson, England. It is a creamy blue cheese reminiscent of Stilton but owning a sharper and toned down taste. Also, unlike Stilton, it comes to us with an orange coloring that is produced by using a natural dye derived from annatto seed.

It is excellent with cut apple slices and good hard-crust bread. Not to mention a full bodied red wine. Because of the color it is an aesthetic welcome to any cheese tray, and your guests will most surely remark about the smell. But don't let the stink stand in your way. Your taste buds will glorify what your nose might find un-attractive.

It is recommended that you eat this and many other cheeses at room temperature. Leaving it out of the fridge for thirty minutes before eating will heighten your experience and send you to cheese heaven.



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 at the Co-op patio on Fourth Street. Remember Tuesdays, 5:30-7:30 p.m.

For June, the musicians will be:

June 7th: **Tom Armstrong**

June 14th: **Lisa Simpson**

June 20th: **Kami Miller**

June 27th: **Brian Gill**

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



Art Walk & Art at the Co-op

By Annie Hubble, Front End Manager

It is once again time for the celebrated annual Art Walk of Moscow. Art Walk opens on Friday June 17th, with art shows opening all around down town Moscow. It will be a fun thing to wander around Moscow's thriving downtown and look at the work of so many talented local artists.

Moscow Food Co-op is joining in the fun. We are presenting the work of Rose Graham. Rose was raised in Saratoga, California, moving to Davis

for a few years, before relocating to Moscow 20 years ago. She loves the rolling hills of the Palouse, the varied climate, and the warm, down to earth people of this area. Rose worked for the University of Idaho for many of her years here, and is presently Copy Center Manager for Copier and Imaging Services at the U of I.

Many of you are already familiar with her art. She is adept in many mediums, but on June 17th she will present us work in the medium of photocopy

art. This is how she describes this form of art:

"Usually we think of the copier as something used to duplicate an original. I use the (color) copier as the medium. Each piece is unique because they are not duplicated or mass-produced by the machine. Instead, subject matter or items are manipulated on the glass of the copier. As the machine scans the object I sometimes move or switch the object(s) to create movement. Sometimes I combine these

techniques with different copier setting and/or different types of papers. Some pieces are left 'as is' while others are further enhanced by a variety of other mediums I add by hand later. Using the photocopy process lets me create a finished piece that is quick and clean. It reflects society's nano-bit attention span and need for immediate gratification."

Come and meet Ms. Graham from 5-8 p.m. on Friday, June 17th at The Moscow Food Co-op.

From the Suggestion Board

You carried in stock Nile brand Potato Leek soup cups—they were really good and you should get that flavor again. Thanks! We'll have the whole line of Nile Spice soup cups in the new store.
—Vicki, Grocery Manager.

Glad your polenta is organic—but can you get whole grain (not degermed) polenta? Thanks and thanks for bulk liquids—oils, vinegars, sweets. I can't find a supplier for whole grain polenta in bulk but I'll keep looking. —Vicki.

Massage oil in bulk please. We normally have Almond Oil in bulk but our supplier has been out of stock for quite some time. It is unscented and you can add your own essential oils if you wish. We will have it again when it is available. Pre-scented massage oils have not sold well in bulk. —Carrie, Personal Care Manager.

Could you sell those nice white paper bags used in the bakery to us shoppers—they'd be great for packing lunches. We sell waxed paper sandwich bags in boxes. This is much easier to manage than selling individual bags. —Vicki.

The People's Food Co-op in Portland had Brazil Nuts in bulk that were fair-trade and from some special group. It would be cool to call them and find out where they were from and carry them here. I will call them and see if we can get them here.
—Vicki

More on Brazil nuts—Some (probably the organic ones) are very high in selenium—a plus, but you wouldn't want to o.d.!

What's the approximate selenium content of yours? Our supplier couldn't get this information for me. They get them on the commodities market so they don't always come from the same source.
—Vicki.

Fix your POS software so I can scan my membership card at anytime during sale! This is a major hassle and flaw in the software spec. If it was in the spec, get the vendor to fix it for free. You should be able to scan your card at any point in the transaction and have the total transaction be associated to your membership account. However, it is not possible to have sale items revert to member pricing once they have been scanned. This is why we ask for your card first. —Vicki, POS Coordinator.

Please get Volunteers for seeing that we re-use some of the very many containers this store generates! Today there is a sign up that we are "not taking containers for recycling at the moment" (ironically, Earth Day)! And yet there were none "put together" when I asked for one for my serving of kale slaw that, in my opinion, is over-priced at \$6.99/lb. If you need a volunteer for this job, I'll do it beginning in June! (I'll apply). The recycled container program is a bit more complex than you might think. There are many steps along the way to get the containers you bring in to be ready to re-use. First, we collect the containers. This takes up a lot of space (some

thing we are in very short supply of in the kitchen). Then a volunteer washes them and sanitizes them. This takes the use of our sink and sanitizer, which is in almost constant demand just to clean all the dishes, pots and pans we generate making all the wonderful food you see in the case. So scheduling volunteers around the time that the sink and sanitizer are available is a challenge. Then the containers must air dry. This is a health code regulation and again takes up a great deal of space. Once they are dry, they must be "put together" by matching up the lids of hundreds of different containers. They are then ready for reuse. What happens is that we cannot sanitize them nearly as fast as we receive them, so the dirty ones pile up, forcing us to put up that sign that says we can't take anymore even though we might not have any for your kale slaw. We are hoping that many of these bottlenecks will be eliminated in the new store, and I encourage you to talk to Annie about the container recycling volunteer position. Volunteers are always needed for it.

In regards to the price of the kale slaw, this is what it costs us to produce it and still make enough money to pay our staff a living wage and pay for the costs of refrigerating and selling it. We keep a sharp eye on our costs to make sure we are neither overcharging, nor undercharging for our products. I'm

sorry you feel it is too expensive. I like to make my own at home to save a little money. Then I can make it just the way I like it. Check out our web site for a variety of different recipes.
—Vicki.

I know change can be stressful—so in the stress of your upcoming move, with all its decisions, just remember this community loves and supports our Co-op! You have no idea how wonderful and reassuring it is to hear that. Thank you for reminding us.
—The Co-op Staff.

Could you think about laminating the now hiring signs for the door—they really look ratty and unprofessional? Great idea. We've laminated one sign to let you know if there are jobs available. The details of what's available can be found on our job board at the very front of the store. —Vicki

More Flakey Rye from Sage? I will ask them to bring more. —Vicki.

Yay! Thank you for carrying the giant jugs of Naked carrot juice—I love love love it! It makes me soooo happy!

You are most welcome. —Vicki.

Would love for you to restock myzthara cheese again! Thanks!

We would love to, too. We have been trying to order it every week—it's still out of stock. Hopefully, it will be back soon.

—Amy, Kitchen Manager.

Eggs with Stems

By Judy Sobeloff

I daresay you haven't had much practice," said the queen. "When I was your age, I always did it for half an hour a day. Why, sometimes I've believed as many as six impossible things before breakfast."

—Lewis Carroll, *Alice in Wonderland O.K.*, raise your hands if you believe what you read. I do,

I do! Not political stuff, of course, but reading about eggplant,

I was swept off my feet, my usually sharp critical faculties deactivated. Who could remain skeptical in the face of the following claims? Note: none of the statements below have been checked for veracity or verisimilitude. You may put your hands down now, please.

Bland as dirt, eggplant has traveled the world in a swirling air of mystery, managing somehow to blend in and dazzle simultaneously. The tofu of vegetables, eggplant is all things to all people, soaking up the flavors of everything around it. Having transformed itself from pariah to prima donna, eggplant is now a must-have staple in the cuisines of many cultures, particularly South European and East Asian, due no doubt to a top-secret vegetable witness relocation plan.

For starters, the eggplant is a fruit, not a vegetable, specifically a berry (note its little spiny cap).

Two-thirds of the world's eggplant grows in New Jersey (even I don't believe that one, but I read it on the Internet), though both India and Asia are given credit for the world's first eggplants. Treated with suspicion when it reached Europe in the 11th century, eggplant was thought to cause a variety of ailments including epilepsy, fever, and insanity, resulting in its being called "mala insana," meaning "bad egg, mad apple, or apple of madness" (www.vegparadise.com).

There may be some logic behind this, as eggplant is a member of the nightshade family and contains a toxin

called solanine, destroyed in cooking. Some people, such as my friend, Pat, who required a blood transfusion after eating eggplant, and his brother, Michael, who gets hives on the inside of his mouth but reportedly doesn't let that stop him, don't do well with eggplant. For some reason, their father doesn't care for eggplant, but if you're not a relative, you should probably be fine.

Originally brought to the U.S. by Thomas Jefferson in the 1700s, fears about eggplant persisted (long before Pat and Michael were even born!), and eggplants were first used for decorative purposes only, not eaten widely here until the late 1800s or early 1900s.

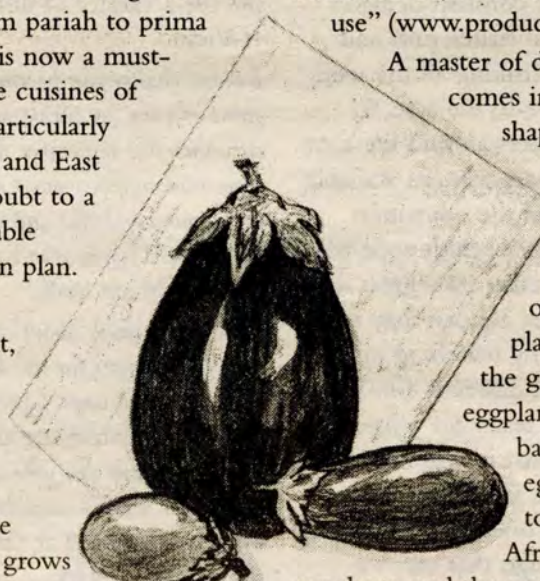
Nonetheless, the eggplant does have some healing properties and can be used to treat both scorpion bite and frostbite. Chinese women in the fifth century purportedly made a black dye from the skins "to stain their teeth to a black lustre, a fashionable cosmetic use" (www.produceoasis.com).

A master of disguise, eggplant comes in a variety of shapes, colors, and sizes in addition to the standard dark purple Western or Globe eggplant, including the grape-sized Pea eggplant, the ping pong ball-shaped Thai eggplant, the tomato-like African Scarlet eggplants, and the purple and white-striped Italian eggplant (www.vegparadise.com).

The name eggplant comes from a small white variety called "White Egg" which, Co-op Deli Manager Amy tells me, "really look like eggs, except they have stems."

Concerned about eggplant's potential bitterness, some cooks salt large eggplants before cooking, but I'd rather just use a smaller eggplant.

The main trick apparently is to choose a good eggplant in the first place, one that's not sagging, wilted, or bruised, because overripe eggplants taste bitter.



Basic Roasted Eggplant with Feta Cheese

(adapted from hungrymonster.com)

- 3 eggplants
- 1 ½ cups olive oil
- ¼ cup fresh lemon juice
- ¼ cup red onion
- 8-10 minced garlic cloves
- 2 tablespoons fresh oregano
- ¼ teaspoon salt
- ¼ teaspoon freshly ground black pepper
- 1 pound feta cheese
- ½ cup pitted olives, preferably kalamata or alonso
- 2 bunches fresh spinach
- fresh oregano sprigs for garnish (optional)

Preheat oven to 400°F. Place eggplant cubes in a shallow baking pan. Toss with enough of the olive oil to coat and set the remainder aside. Salt to taste and bake until cubes are soft but not mushy, about 25-30 minutes.

Whisk together the remaining olive oil, lemon juice, onion, minced garlic, and oregano in a small bowl, and season to taste with salt and pepper. Mix about half the dressing with the eggplant. Arrange on a bed of spinach on a large platter. Sprinkle with cheese, olives, and the remaining dressing and garnish with optional fresh oregano sprigs.

Ratatouille

(adapted from *The Vegetarian Slow Cooker*)

- ¼ cup olive oil
- 1 cup chopped onions
- 2 small zucchini, sliced
- 1 medium green bell pepper, sliced
- 1 teaspoon minced garlic
- 1 medium eggplant, peeled and cut into strips
- 4 tomatoes, peeled, seeded, and cut into large dice
- OR 1-28 oz. can of diced tomatoes
- 1 bay leaf
- 1 tablespoon salt
- 1 teaspoon cider vinegar
- ½ teaspoon dried oregano
- ¼ teaspoon black pepper
- ½ teaspoon dried basil, optional

In a skillet on medium-high heat, heat 3 tablespoons of the oil and sauté onions, zucchini, bell pepper, and garlic until onions are translucent.

Transfer to the slow cooker. Add remaining oil to skillet and cook eggplant till slightly soft (or until deadly toxins are destroyed), then add to slow cooker. Add remaining ingredients. Cover and cook on high heat for 3-4 hours. Taste and adjust seasonings, removing bay leaf before serving.

"Squeeze the eggplant gently with a finger, then let go," advises Clifford Wright in *Mediterranean Vegetables*. "If it is fresh, the eggplant will reform smoothly again."

I made two dishes: "Basic Roasted Eggplant with Feta Cheese," which my friend Debbie called "stupendous," and an old favorite, ratatouille in a crockpot. My friend John described the feta dish as "a feast for all my senses," adding that it "electrified" his

tastebuds. Little did I know until now that one reason the ratatouille recipe is so delicious, apart from the eggplant's long cooking time, is that eggplant absorbs oil faster than any other vegetable. Both my 15-month old and 3-1/2 year old gobble this one down, depending on the day, of course.

After reading that eggplant is a berry, Judy Sobeloff was pricked by a tiny thorn in its spiny cap and immediately fell into a deep sleep.

Simply Tofu:

Humble Beginnings & Tales from the Tuffet

By R. Ohlgren-Evans

Welcome to the new Co-op Newsletter column, *Simply Tofu*.

Each month will feature recipes and articles related to this beguiling, ancient soy product, which has become an essential staple in many of today's kitchens.

The story goes that tofu was first made in China about 164 B.C. from soybeans and *nigari*, a calcium-rich liquid taken from seawater. Bamboo hats off to the persevering folks, who undoubtedly withstood the laughter and humiliation of the entire village as they soaked, boiled, ground, and drained the soybean mash. Add to the resulting slurry a coagulant (today we use refined calcium sources such as magnesium chloride or calcium sulfate, but seawater was the agent of the day...); separate the curds from the whey and, Voila!—soybean curd, aka tofu, was born.

Sounds straightforward, no?

As one who dared to venture into the art of making tofu back in my younger, leaner, and slightly desperate (the prairies of my Minnesota farming community offered little in the way of alternative eating) days—I have much to thank those forward-thinking

villagers for. Three days into my own nightmare of souring soy sludge, I threw the milky mass to the chickens, closed that chapter of my *Ten Talents* cookbook forever, and left tofu production to the professionals—after all, tofu is one of the oldest processed foods known to humankind and there was no way I was going to improve on more than 2000 years of appropriate technology.

Once the tofu-making process gets to the Miss Muffet stage (curds-and-whey), draining determines the final texture of the tofu. Before the curds are drained, they retain a high water content and a custardlike texture. These curds are known as silken tofu. Curds drained more thoroughly and pressed into blocks are labeled soft, medium, firm, and extra-firm tofu, depending upon how much water has been released.

The following two recipes use two different textures of tofu—firm and silken. They are both family favorites.

Robin Ohlgren-Evans has learned to ignore certain comments at the dinner table, such as, 'Mom—are we having tofu again tonight?' Your comments are welcome: rohlgren@moscow.com.

Curried Tofu and Peanuts

- ½ pound firm tofu, pressed, then cut in 1-in cubes
- 1 tablespoon peanut oil
- 1 small onion, sliced thin
- 1 small green bell pepper, sliced thin
- 2 serrano chiles, seeded and minced
- 2 teaspoons curry powder
- ½ cup canned coconut milk
- ½ cup chicken broth
- Salt to taste
- ½ cup chopped cilantro leaves
- 3 tablespoons chopped roasted peanuts

Press the tofu. (Loosely wrap the block of tofu in multiple layers of a clean kitchen towel. Set it on a plate and place a 1-pound bag of beans on top. Let rest for 15 minutes. Rewrap the tofu in a dry section of the towel, set the beans on top, and set aside for an additional 15 minutes, or overnight in the refrigerator). Cut into cubes.

Heat peanut oil in large skillet—when it's hot add the tofu cubes. Sauté, turning frequently, until the tofu is golden. Add onion and peppers and cook until they're wilted a little. Add curry powder, coconut milk, and chicken broth. Stir well to combine and add salt to taste. Bring to a simmer and let the tofu cook for several minutes, until the sauce begins to thicken. Serve over rice or in soup plates garnished with the cilantro and peanuts.

Chocolate-Mint Mousse

This rich dessert is packed with protein and calcium, and doesn't even need the whipped cream topping often associated with mousse.

- 8 ounces silken tofu
- ¼ cup cocoa
- 2 ounces finely chopped chocolate (bittersweet or semi-sweet or combination of the two)
- ¼ cup boiling water
- 1 teaspoon vanilla extract
- ¼ teaspoon peppermint extract
- ¼ cup egg whites
- ⅓ cup sugar

Puree tofu in food processor until velvety smooth. Combine cocoa and chocolate in bowl with boiling water and stir until smooth. Add tofu and extracts. Beat egg whites until frothy on medium. Continue beating on high and add sugar slowly until meringue is stiff and shiny.

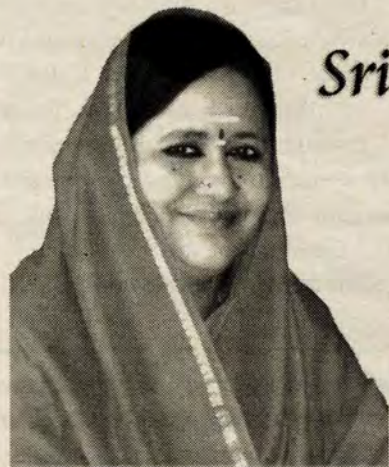
With spatula, fold ¼ of egg whites into chocolate mixture—then fold chocolate mixture back into meringue until just blended. Pour mousse mixture equally into six individual small cups or bowls (wine glasses make an elegant presentation) and chill until ready to serve.

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Volunteer Profile:

Amanda Rains, Elliot Rains, & Chris Looney

By Yvonne McGehee

Use the goofy one!" said Amanda, grinning, when I showed her the digital pictures I'd just taken of her and her son Elliott. So here it is; Amanda, I hope you guys enjoy it! It was taken in East City Park, where we met on a beautiful afternoon for the interview. Amanda's husband Chris Looney was unable to come, but the whole family volunteers together at the Co-op.

Amanda was born in Caldwell, Idaho and raised in Emmett, just outside of Boise. Chris was born in Oklahoma. Amanda came to Moscow to go to the University of Idaho, and completed her B.S. degree in criminal justice there in 1993.

She knew from the start that she wanted to work with victims, and oriented her studies in that direction, which led to her involvement with Alternatives to Violence of the Palouse (ATV). She started volunteering for ATV as an undergraduate and worked her way up.

She became a legal intern at ATV, then worked in their confidential shelter. She did her last semester in New Zealand, then came back to Moscow to graduate and become manager of the confidential shelter for one year. Then came a move back to Boise for four years while Chris went to school. Elliott was born in Boise in 2001. The family returned to Moscow in January of 2003 so Chris could pursue his Ph.D. in environmental science at the U of I.

Amanda went back to work at ATV again, and has now been assistant director there for 2 years. She has been with ATV for a total of about 10 years now.

ATV is celebrating its 25th anniversary on the Palouse this year. An annual meeting, banquet, and awards ceremony was recently hosted here for the Idaho Coalition Against Sexual and Domestic Violence. ATV became incorporated in 1980. It has grown from being a grassroots organization to being a professional organization, with a staff of 16: eight working full-

time and eight part-time. Last year, ATV of the Palouse served approximately 440 victims. Amanda doesn't do direct service anymore, but now supervises others who do direct service.

"I'm astounded by the quality of the work that's done, by what good things can happen when a victim has someone on their side, someone who listens, believes what they say, and gives them support." Amanda stresses the empowerment victims attain through the help offered by ATV to those who have been abused and often isolated by their abusers.

All three members of Amanda's family are Co-op volunteers in the recycling area. Amanda and Elliott take care of the inside

recycling; Elliott pretends the bins are a train and he's simultaneously the conductor and the engine. Believe me, this kid has enough energy to do both! Chris takes care of the outside recycling. Both outside and inside recycling is taken to the recycling center, which is the exciting part of the job. Elliott gets to see the forklifts and the big recycling truck, and this is an opportunity for Amanda to teach him about what recycling is and why it's so important. After working, Elliott looks forward to getting a single serving orange milk from the Co-op.

Amanda lives out of town. She can drive in to Moscow, park at the Co-op, and do everything she needs to do all in one stop: grocery shopping at the Co-op, going to the library, and sometimes to the movies. Her favorite thing about the Co-op is the coffee; she buys groceries, toothpaste, coffee, bread, coffee, cookies, smoothies, and coffee.

In the fall, the family will be going to Costa Rica for three months where Chris has an internship with Catie University in the IGERT interdisciplinary program, funded through the National Science

Foundation. Chris' specialty is entomology and he'll be studying rose galls and butterflies. But they'll be back, and will all continue volunteering at the Co-op, probably expanding into different jobs; maybe something related to coffee.



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: Surprises from Below

Mushrooms pop up fast around town with warm weather and spring rains. We'll see clusters of small golden caps at the base of trees, toadstools in lawns, and shaggy manes along the railroad tracks—and then they're gone. Mushrooms have one Big Job in life: to spread millions of tiny light spores. Puffballs explode out brown dust, toadstools drop them from gills. Shaggy manes, though, are too narrow to drop their spores, so they have adopted a very weird practice. First, a word about fungi (FUN-jye).

Many fungi are hard to see: bread mold, yeast, penicillin. The familiar mushroom is easy to see, but it is actually only a small part of a much larger being that is mostly underground: The Fungus.

A fungus is made of tiny strands called hyphae. They're practically invisible and thread-like, and there can be hundreds of feet of fungal hyphae in a teaspoon of soil. Mushrooms start out as a tiny bump on a strand of hyphae. The bump absorbs water, enlarging until its outer skin ruptures and it pushes up above ground as a recognizable mushroom. Even if the soil surface is hard packed, a soft fleshy mushroom can push through. Shaggy manes can break up asphalt!

The group of hyphae strands that make up a fungus is called the *mycelium* (my-SEEL-ee-um). Mycelia that you can see are the network of white threads under bark or in an old pile of leaves. An underground mycelium can be huge and live for years, even

centuries, sending us mushrooms when conditions are right. The mycelium or underground body of a fungus has a great eating style: it lives within its food supply.

Fungi depend on other life for nourishment. They can't make their own, like plants that make food from sunlight. Instead, fungi absorb nutrients from dead organic matter. They are



Shaggy Manes, aka "Lawyers' Wigs," appear each spring around Moscow. Their caps start out tall and narrow, then quickly become shorter and wider with black gooey edges.

the great decomposers. Without fungi (and bacteria, insects and nematodes), Earth would be layers deep in dead plants and animals. Imagine a world without fungi, urges Scottish mycologist (fungi expert) Roy Watling: "The whole world would soon resemble a vast city refuse tip, and we would be literally swamped within a very short space of time."

Fungal dining takes place underground, by four different methods. The typical mycelium lives and grows because its hyphae absorb nutrients from dead stuff. Other fungal hyphae engage in mutually beneficial partnerships with living plants. The boletus mushroom, the delicious porcini of Italian cuisine, is the aboveground body of a fungus that lives under pine trees. The other two ways fungi subsist are: 1) partnering with algae to go through life as a lichen, or 2) parasitizing something else.

I think mushrooms are delicious visitors from an underground world where fungi carry out invisible activities—sometimes in complicated, interdependent relationships—without our being aware of it. It's humbling to realize that when we take spring walks to welcome back lovely flowers and melodious songbirds, there's much more "going on" underground that may not be as colorful or tuneful but that supports our world, occasionally sending up a reminder.

Back to shaggy manes. Their caps are too long and narrow, and the gills inside too tightly packed together, for them to carry out the Big Job of dispersing spores. So, they digest themselves ("deliquescence"). Their caps consume themselves from the bottom up, letting out spores and liquefying. The cap turns to a blob of black ink atop

the hollow stem. People used to use the black goo as ink. There's no end to the stories around us!

Sarah Walker says, mushrooms are hard to identify, can be poisonous, and can absorb toxins (like weed sprays). So be careful about collecting. Consult an expert! Meet the North Idaho Mycological Association at <www.nicon.org/nima/>.

Moscow Street Spraying

By Bob Goodrich

Beginning in May, Shull Brothers Inc. will again be spraying weeds around the entire town according to the City of Moscow Street Department weed spraying agreement. This spraying will continue throughout the spring and summer as needed.

Spraying is a major method of controlling noxious weeds in Moscow.

Herbicides are sprayed on selected streets, street cracks, alleys, curb edges, around dead end street barricades, bridges, guardrails, and fire hydrants on the city's rights-of-way.

Chemicals to be used include the herbicides: Krovar, Finale, Roundup, Banvel, 2,4-D, Armine, Arsenal, TransLine, Hyvar, Oust, Spike, Telar, Rodeo, Surflan, RII, R900XC, Nalcotrol, Escort, Sahara, and Tordon. Applications will also include wetting agents and drift retardants.

Spraying may occur near your property, with no prior notice.

Any residents who do not wish to have their residences sprayed, for any reason, and are willing to control weeds themselves, can call Mike McGahan at the City Street Department, phone number (208) 883-7096, and request to be put on the city's "no spray" list.

Bob Goodrich is a Co-op member and also a member of the city's Health & Environment Commission.

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Letter From the Land:

Permaculturists Look at Energy

By *Suvia Judd*

It is said that if you get four orchardists in a room you will get five opinions about how to prune fruit trees. Permaculture practitioners may be similarly diverse in their ideas, but I think they would all agree that one of the primary principles/activities of permaculture, after observation, is to capture and store energy.

Set a permaculturist down anywhere on earth and s/he will look around and see stored sunlight in everything.

All the energy on our planet comes from sunlight (with a little addition from cosmic rays.) Plants capture that sunlight in a high-energy chemical bond in chlorophyll, and use it to put carbon atoms from the air (in carbon dioxide) together into carbohydrate. Animals eat the plants, break the carbon-carbon bonds, extract the energy, capturing some of it in high-energy bonds (e.g. ATP,) and use it to assemble the atoms of the eaten into new compounds. The animals who eat animals, whether its a hawk eating a mouse or a human eating a fish, and the decomposing organisms that breakdown the material of dead

animals and plants (sowbugs, earthworms, fungi, and many more,) are all using and transforming that sunlight energy originally captured by the plants. And when I drive to Moscow Mountain in a car, I am using the sun's energy stored in oil from ancient decomposed plants to do the work of turning the engine.

The plastic stiffeners in my billed cap, and the plastic dashboard, and the asphalt in the road, are all courtesy, originally, of the power of plants to capture the energy of the sun in a high-energy bond. On the mountain the dogs and I get soaked by the rain, part of the hydrologic cycle driven by the sun, and back in town after dark, the lights from the streetlamps and people's houses comes, in these parts, from the power of falling river water, as humans recapture the energy from the sun that brought the water from the ocean to the tops of the mountains where it runs back to the sea, on its way passing through the many organisms and ecosystems that use it.

Permaculture practitioners are using their powers of observation all the

time to learn from the natural systems around them, because of their understanding that living systems capture and store energy very well, in ways worth emulating by gardeners and farmers.

Natural systems capture, store, and transform the sun's energy in small steps. The old lilac bush outside my window is helping to support dozens of different kinds of organisms, including creatures that eat the leaves and feed off the flowers, creatures that eat the creatures that feed on the leaves and flowers, mosses that grow on the trunks, detritus feeders that consume the leaf fall, and the woodruff plant that benefits from the soil made by the detritus feeders eating the lilac leaf fall.

For every drop of sunlight captured by the lilac, there is an organism trying to recapture and reuse it, not once, but over and over. That recapturing is reflected in the huge diversity of organisms and relationships in natural ecosystems. Many human activities in agriculture and elsewhere involve putting big chunks of energy into a

system—in human labor, fossil fuels, fertilizer, big volumes of water moved around, with not much recaptured in the annual yield relative to the input.

Permaculturists try to copy nature by minimizing the outside inputs other than the sunlight and rain, slowing down the passage of energy through the managed system, and putting it to work in as many transformations as possible as it passes through. The aphorism "Do less and accomplish more," (which comes from Maharishi Mahesh Yogi,) applies well to practitioners of permaculture.

Next time: what does this actually look like in a permaculture farm?

Reading: To stretch your brain with theory, try *Permaculture: Principles and Pathways Beyond Sustainability*, by David Holmgren (2002).

Suvia Judd lives in Moscow, and is taking to permaculture like a worm to compost.

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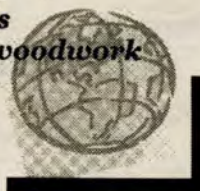
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Growing Beautiful Iris

By Patricia Diaz

Right now is the perfect time of year to visit local iris gardens and pick your favorites for fall planting. You can browse down the rows of gorgeous irises, then place your order for your rhizomes. There are two great iris gardens close by—Corriehill Iris Gardens, located at 1045 Frink Rd., Moscow, and Iris Test Garden, located at 1102 Endicott-St. John Rd. in St. John, (509) 648-3873, www.irstg.com. To visit Corriehill Iris Gardens when the flowers are in bloom, call to inquire at (208) 882-1007. Iris Test Garden is open the months of May and June.

The tall bearded iris, considered by many to be the most stunning of all the iris varieties, grow well in our climate and multiply nicely. Every season more and more varieties are produced—there are literally hundreds of them from which to choose. Of course, the newer varieties cost more so if cost is an issue, you might want to pick some of the older varieties. All colors abound except true rose red and lime green, although there is a pale chartreuse available. There are banded ones, bicolor, variegated, striped, and speckled.

The term “beard” refers to the part that’s centered on the falls, or the outer petals. It’s the part that looks sort of like a fuzzy caterpillar and they can be of contrasting color, shaped like

spoons or flounces. Standards are the “fluffy” part that stands up from the falls and can be of contrasting color or the same as the falls. Scents vary in intensity and character.

Bearded iris flowers come from rhizomes, not bulbs. Rhizomes are actually swollen underground stems that look like tubers. These produce the fan of leaves that will then produce flowers. Plant rhizomes with the fans all parallel and face them toward full sun. They need at least a half-day of sun. They like good drainage and planting irises on a slope or in raised beds is a good idea. You might want to

until September if it’s a hot summer.

Irrigate your irises when the fans start growing in early spring until about six weeks after they finish blooming. If it’s hot, water about once a week if soil is light or every other week



“I have several beautiful irises in my garden but couldn’t tell you my favorite—they’re all beautiful! Enjoy!”

—Pat Diaz

add coarse sand or humus to improve drainage or add gypsum if you have heavy clay soil. Plant the rhizomes so that the tops are exposed and the roots spread out. Firm around each rhizome and water to settle the soil. A common mistake is to plant the iris too deeply. They like spacing that is 12–24” apart, but you can plant closely for effect. You will have to thin them more often. If it’s a mild summer, you can plant from July through fall or wait

if the soil is heavy. Once irises are established, they usually don’t need watering unless it’s quite arid. Over watering can lead to soft rot.

A complete fertilizer, bone meal, or superphosphate is recommended when growth starts in the spring. Avoid nitrogen as it encourages rot problems.

Every three to four years you’ll need to divide or thin your iris clumps. If

they become too crowded, they no longer bloom. The best time to divide them is six to eight weeks after they’ve finished

flowering or should have flowered. Cut back the leaves so they’re six inches tall, creating a curved, fan shape with the remaining foliage. This makes them easier to handle, reduces water loss, and makes their appearance better. Use a sharp knife to cut the rhizomes into smaller pieces. You need one fan of leaves per division. Discard any rhizomes that appear damaged or insect-infested. Replant the healthy rhizomes five inches apart in a newly prepared bed, just below the surface or half buried.

After blooming, the bloom stems should be cut off close to the ground. But don’t disturb the leaves—only remove brown or diseased leaves.

I have several beautiful irises in my garden but couldn’t tell you my favorite—they’re all beautiful! Enjoy!

Pat Diaz gardens on the eastern edge of the Palouse. She’s already got her Oregon Spring tomatoes sheltered on the deck, the forsythia newly planted, as well as a riot of spring blossoms. What a wonderful time of year!

Hang Out with Your Friends on the Clearwater this Summer

Come play outside with your local conservation group, Friends of the Clearwater, this summer. We have monthly hikes, co-sponsored by the Sierra Club, to ecologically significant areas of our Wild Clearwater Country.

All of our hikes are moderate and can be taken at your own pace, whether you are hard charging or like bringing up the rear.

For more information about these hikes or to receive our weekly email update contact us at foc@wildrockies.org or visit us on the web at www.wildrockies.org/foc.

June 25—**John’s Creek day hike**, meet at Rosauers at 7am

July 22–24—**Fish & Hungry Creek backpack**

August 20–21—**Lolo Trail overnight with Mollie & Gene Eastman**, trail historians

September 10—**Grandmother Mountain Day Hike**

Critter Corner: Planting a Safe Garden

By Janice Willard, DVM

After a cold, wet spring, many of us look forward to a summer spent in our gardens. Soon I'll have dirt under my nails and that particular delight that every gardener has when digging in the soil and watching things grow.

It wasn't until I was a veterinary student that I learned that many of those wonderful plants in my yard actually contained toxins that could harm my pets or children. Plants rarely come with warning labels, nor are the staff at nurseries always knowledgeable about this aspect.

Plants and animals have been in a love/hate relationship as long as they have coexisted on this planet. Being immobile, plants benefit from having animals carry their seeds and pollen to distant locations, so they developed ways to attract animals through flowers and fruits. But it doesn't benefit plants to be completely destroyed by animals, so many of them also developed weapons, chemical weapons that confuse, sicken and even kill animals. In the glorious diversity that is the natural world, there are an amazing variety of chemicals plants can produce.

Sometimes the chemicals, in low quantities, are actually valuable medicines. An example is foxglove, which is a beautiful flower planted in many gardens. It is also the original source of the cardiac medicine, digitalis. In higher doses, that chemical becomes a cardiac toxin. There is a very fine line between the safe and toxic level and this varies in each plant.

Some other beautiful, common plants that contain toxins are oleander, azalea, rhododendron, Japanese yew, even

the lily of the valley. So, with poisonous plants all around us, why are we so unaware of them and the risk they pose to our animals? One reason is that our pet species, by and large, are

not plant eaters. Another reason is that many of these toxic plants are very bitter and unpalatable. Even herbivores rarely touch them if other feed is adequate. You should never feed the clippings of ornamental plants to herbivores like your child's pet rabbit or the neighbor's horse (people sometimes do this thinking they are giving a treat to the pony down the road). And for those of you living in rural areas, where there are livestock or wildlife, you need to consider not only the poisonous potential of ornamentals you might plant, but the native plants that could be in your pastures as well. Plants also vary in the toxicity of their chemical arsenal. Some plants are PG-rated and you would have to ingest a

lot to cause problems. Some are X-rated and only a little bit of plant material can be harmful. I have found what I consider X-rated plants at my local garden stores.

appropriate chew toys and limiting its access to the garden would be safer for the puppy and plants both. When ornamental plants are trimmed, throw away the trimmings. Unless you know for certain they are non-toxic, don't put them in your compost, leave them where a bored pet might chew on them, or use them for any other purpose. And lastly, write up a list of the plants in your garden that your animals have access to. If your pet were to become suddenly ill with signs of possible poisoning, your veterinarian could use this list to rule in or out a plant toxin as the possible cause.

"If you have a puppy (or toddler) who is "chewing everything in sight" including plants in your yard, then providing it with appropriate chew toys and limiting its access to the garden would be safer for the puppy and plants both."

If you have a garden full of rhododendrons, I am not saying that you should take a chain saw to them. Here are some common sense things you can do: Familiarize yourself with the names of poisonous plants, through books and web sites (some listed below), before you go to the garden store and ask questions while you are there. Depending on your circumstances, you might choose to not plant some of them. In addition, familiarizing yourself with plants around your property that contain toxins can save valuable time in the rare event that a poisoning does occur. If you have a puppy (or toddler) who is "chewing everything in sight" including plants in your yard, then providing it with

Have a joyful and safe gardening season.
www.aspc.org/site/PageServer?page-name=apcc
www.ansci.cornell.edu/plants/
www.vth.colostate.edu/poisonous_plants
<http://cal.vet.upenn.edu/poison/>

Dr. Janice Willard was a Co-op member long before she entered veterinary college. She lives with her husband Eric and children, Robin and Ethan, and more critters that she cares to admit. She will be writing a monthly pet care column for the Co-op community and the community of creatures who share our homes.



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Earth Mother: Hold That Baby

By Julia Parker

At the end of April, J.D. and I traveled to Mexico to meet a baby girl who, if all things go well, will be OUR baby girl, Aliana Rosa. Aliana, born March 21, awaited us for a month before we were able to take her in our arms. For five days, we traveled from government office to government office, and around Mexico City with the baby snuggled against our hearts. We were able to do this easily and comfortably because we took a baby sling. I can think of few things lovelier than touching the curve of her back, peeking at her sweet face, or fluffing her abundant black hair. Holding a baby—adopted, biological or borrowed—has so many benefits

for both baby and caregiver that I am completely dedicated to it.

Today, it seems that it is possible to touch a baby only to change its diaper. Babies can go from home to car to stroller to shopping cart in their very own plastic Barco-lounger (aka baby seat). "The all-enclosing womb is replaced by functional contact and quick kisses," says Deborah Jackson, author of *Three in a Bed*. Surely, this limited contact isn't good for the baby's physical, intellectual or emotional development, not to mention the contortions parents go through to carry babies in those awkward plastic carriers.

Infants need physical contact. Touch is a stabilizing force in a strange new world. When babies are held or worn in a sling or carrier, normal everyday activities of walking, sitting, cooking "symbolically return the baby to the womb" according to Jackson. These activities provide children with an early security that they can draw upon when they venture into the wide world.

Although I had a "front pack" for our son and our first daughter, using a friend's sling while caring for her baby convinced me that these were simpler and more comfortable. I tried on slings made commercially, and felt that

they were too bulky and too expensive. Before we left for Mexico, I made a sling to carry our new baby. My sling instructions are based on the Maya Wrap published at mayawrap.com.

It should take less than an hour to make this sling using a sewing machine.

After submitting this article, Julia Parker and her family learned that Aliana Rosa's birth mother had a change of heart. The baby was returned to her birth family. Julia and her family thank everyone for their support and kind thoughts through this difficult process.

Maya Wrap Baby Sling

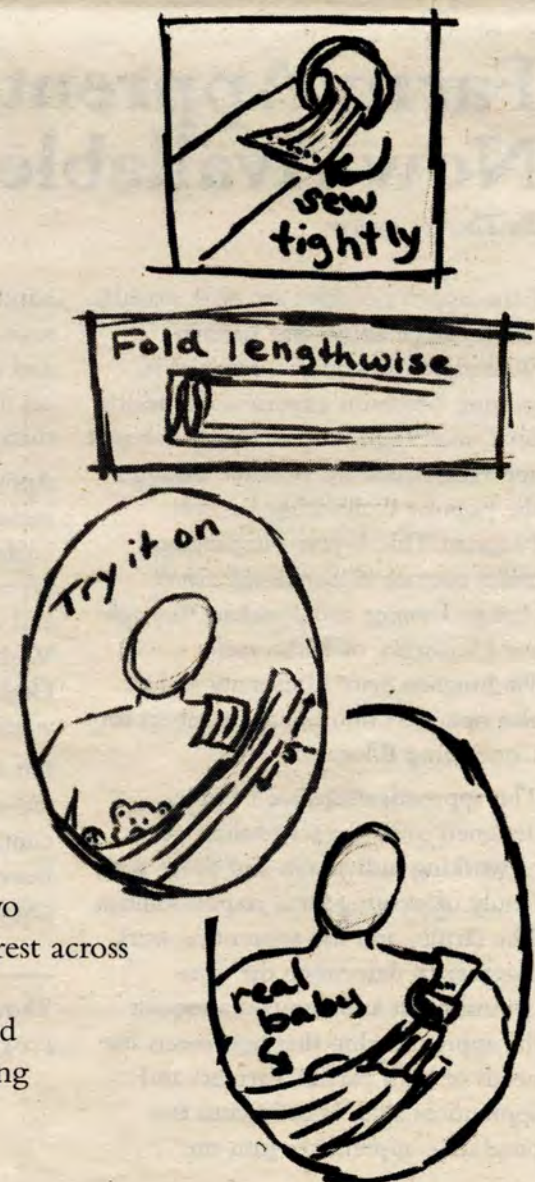
Materials

- 2 to 2.5 yards of cotton fabric (depending on how tall and wide you are)
- Not too slippery and remember both sides of the fabric will show.
- 45" wide fabric is ideal, if you use wider fabric you'll need to cut it and hem one whole side
- 2-4" sturdy metal rings (I got some at a craft store)

Directions

- **Measure first!**
Wrap the fabric around your chest and over one shoulder. Make a pretend pouch for a baby (put a stuffed toy or small pillow in it to estimate).
Make sure you have enough fabric to accommodate you and the baby and to have at least 15" extra.
Do the same for both parents so you can both carry the baby in the sling. J.D. and I are 5'11" and 5'1" respectively so I had lots of extra fabric when I used the sling.
- Hem the ends of the fabric.
- Fold the fabric lengthwise in 5 or 6 fan folds. Folds should be 4-6" wide.
- Pull the folded end through 2 rings and fold over about 3" or 4"
- Move the first folded panel out of the way and securely sew the folds down enclosing the rings.
To wear this sling put it over one shoulder and across your chest. Pull the free end through two rings then back through one ring pulling through a long tail to secure baby. The sling should rest across your shoulder and back distributing the baby's weight evenly. For babies make a pouch with your hand and lay the baby inside. Make sure both sides are high enough to keep baby safe and comfortable. As children grow, they can keep their heads out to look around, or ride in the sling on your hip.

Look at www.sleepingbaby.net and mayawrap.com for other instructions.



University of Idaho's Music School for Teens

By Alan Gemberling

The 68th annual Hampton Youth Music School is a weeklong music camp for junior high and high school students and is based at the University of Idaho. It will take place June 19–25, 2005. For students housed on campus the cost is \$350, which includes tuition, room and board. For students living off campus the cost is \$150. This is for tuition only.

Students will be immersed in a conservatory style program with an emphasis on chamber music and musical diversity and is open to musicians in string, woodwind, brass, percussion, piano, guitar and voice.

Over a dozen master classes and interactive workshops (such as *Jazz Improvisation, Dancers, Drummers and Dreamers*, and *Midi Composition*) will

explore a vast range of musical interests. The offerings will focus on technical development as well as artistic and personal growth.

Recitals will be given each evening at 7 p.m. Of special note are the Thursday and Friday evening concerts, in which all students will perform in small chamber ensembles. The Hampton Youth Music School culminates on Saturday, June 25, at 11 a.m. with a gala concert in the School of Music Recital Hall. All performances are open to the public.

For more information contact the Lionel Hampton School of Music at (208) 885-6231.

Farm Apprenticeships Now Available

By Theresa Beaver

Farm apprenticeships are now available in Northern Idaho and Eastern Washington for those interested in gaining hands-on experience working on a small farm. The curriculum-based apprenticeships are available through the popular Cultivating Success Program. This 4-year-old program offers courses in *Sustainable Small Acreage Farming* and *Ranching* through the University of Idaho and Washington State University and is also open to community members for Continuing Education Units.

The apprenticeships are flexible, designed to fit the scheduling needs of working individuals and those with family or existing farm responsibilities. The farmer and the apprentice work together to determine the time commitment and compensation for the apprenticeship that best meets the needs of both parties. Farmers and apprentices alike benefit from this program—apprentices gain the

hands-on, practical skills they need to succeed in the chosen farming system, and farmers receive much-needed help on the farm in exchange for sharing their knowledge.

Apprenticeships available in Idaho include: blueberry production in Laclede, organic vegetables and flowers in Sandpoint, and natural lamb and wool production in Harvard. Washington apprenticeships include Highland cattle in Colfax, and vegetables, grapes, and fruit in Colton.

For an application or information, see www.cultivatingsuccess.org or contact Program Coordinator Theresa Beaver at tbeaver@uidaho.edu, (208) 885-7787.

Theresa Beaver is a member of the Moscow Food Co-op Board of Directors.

Moscow Civic Association: Celebrating Diversity at the Park

By Brenda Von Wandruszka, Moscow Civic Association board member

At the second annual MCA Celebration in the Park, please join the Moscow Civic Association in East City Park on Wednesday, June 22, beginning at 5 p.m.

The theme of this year's celebration is: *Diverse Groups Build a Diverse Community*. We would like to encourage the community to participate in this free event.

One way to participate is to enter our *Arts in the Parks* Art Contest and Showcase. It is open to all ages, individuals, and groups. There are two categories, visual arts and performances, which will be judged separately. Submissions in either category should focus on the theme, *Diverse Groups Build a Diverse Community*.

The visual arts category includes but is not limited to: photography, drawings, paintings, sculpture, mixed media, collage, fabric art, and cartoons.

The performance category includes but is not limited to: music (vocal and/or instrumental), skits, dance, and poetry or prose of any style. Musical entries need not perform original pieces.

The theme, *Diverse Groups Build a Diverse Community*, may be loosely

interpreted, but should focus on the way community and community diversity is built by the interactions of diverse groups. Entries may be humorous, zany, serious, sentimental, dramatic, fact or fiction, or anything else.

The Moscow Civic Association will award cash prizes of \$50, \$30, and \$20 for first, second, and third place winners in both categories.

We are requesting that people who want to participate in the contest contact us so that we can plan enough time for all the performers. We are also encouraging community organizations to participate by setting up information tables in the park during our event.

We also will be encouraging everyone to bring his or her own picnic dinner to the park. And to lessen trash problems at the park, please "pack it in and pack it out."

We have established the following email address to enter the competition: moscowcivic@adelphia.net More information is available on the MCA website at www.moscowcivic.org

Free Summer Camp Available

By Bill London

Palouse area youth are invited to join in the daily enrichment activities of the National Youth Sports Program (NYSP) at Washington State University this summer. The free program will begin on June 20 and will continue until July 26. NYSP is targeted to low-income families, however no applicants will be rejected. The program is open to youth from ages 10 through 16 who live within a 60-mile radius of WSU. That area reaches from Rosalia to Deary, Idaho. Free bus service is available.

The participants enjoy a variety of educational programs, sport and recreation activities, college preparation experiences, and a free lunch and snack. A total of about 350 youngsters are expected to participate, including for the first time, about 50 youth from the Coeur d'Alene Tribe.

Anyone interested in participating should register by June 15 by contacting NYSP Activity Director Cedric Price at (509) 335-1309 or by e-mail to pricec@wsu.edu.

Crossword Puzzle Clues

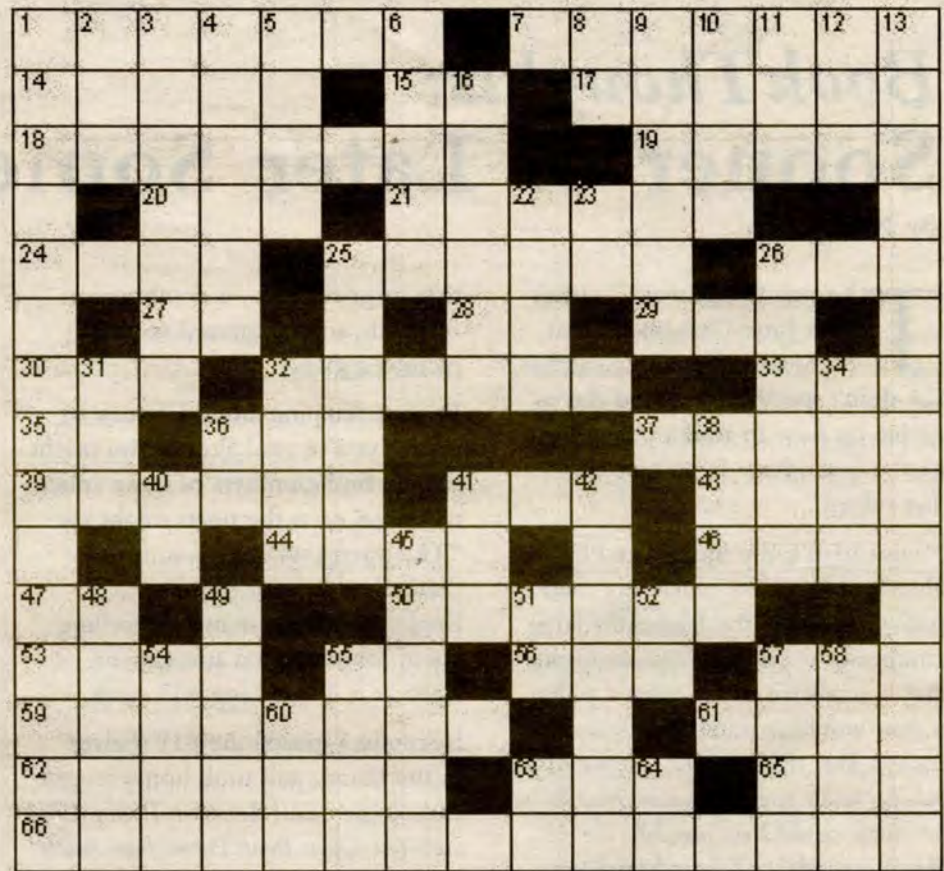
by Craig Joyner

ACROSS

- 1 This Idaho town was originally named Stuart in 1897
- 7 You can buy this brand of indestructible water bottle with a MFC logo on it
- 14 Gem State
- 15 College degree, abbreviation
- 17 Mango or Papaya frozen treat, "_____ Azul"
- 18 Pastry shell made with egg whites
- 19 Medieval town or village, usually near a castle
- 20 Jamaican music often with horns and sax
- 21 You'd have to pay me to live in one
- 24 Jane Austen novel
- 25 Red
- 26 MFC business partner, "Tye-___ Everything"
- 27 Spielberg movie
- 28 Co-op Board of Directors member, ___ Pingree
- 29 Tazo or Numi
- 30 Connected computers, abbreviation
- 32 My personal favorite is Sea Salt and Vinegar, "_____ Chips"
- 33 Pike or needlefish
- 35 Korean dynasty
- 36 Crow like bird
- 37 This teatime pastry is made daily at MFC
- 39 MFC's beer and wine expert and produce manager, Dani _____
- 41 A humble person won't let this get too big
- 43 Woodwind
- 44 Barter
- 46 Order
- 47 Baseball abbreviation
- 50 MFC business partner that can test your water
- 53 Moscow's newest hotspot, "One World _____"
- 55 ___ Box
- 56 What wasn't found in Iraq, abbreviation
- 57 The person in charge of a corporation's money, abbreviation
- 59 Forever
- 61 Water cracker manufacturer
- 62 Organic hair care brand, "_____ Path"
- 63 Lobbyists, abbreviation
- 65 Co-op Board of Directors member, ___ Kingery
- 66 New downtown store that carries products for healthy, sustainable living

DOWN

- 1 Co-op Board of Directors member
- 2 Type of poem
- 3 Male sculler
- 4 Organic hair care products brand
- 5 Hawaiian coffee
- 6 Entertain
- 8 Newspaper wire service, abbreviation
- 9 Lip ornament
- 10 Lump
- 11 ___ de cologne
- 12 Home of Morning Edition and Car Talk, abbreviation
- 13 Adventure Learning Camps will visit this Oregon site in June
- 16 French pointillist painter
- 22 Co-op Newsletter editor, _____ London
- 23 America, abbreviation
- 25 Feta or gouda
- 26 You'll find lavender, lime, or chilies in this delicious brand of Chocolate
- 31 Architects' organization
- 32 Vegan cheese maker, "Soya _____"
- 34 Soon
- 36 Metric weight, abbreviation
- 38 Twin Fin Wines has abandoned this in favor of the screw cap
- 40 Famous blues guitarist, ___ Cooder
- 41 Ellensburg's airport code
- 42 Porridge
- 45 Father of Taoism
- 48 Moscow's county
- 49 Televised again
- 51 Interjection
- 52 Activist actor, ___ Asner



- 54 Gala
- 55 Painter of Broadway Boogie Woogie, _____ Mondrian
- 57 Vito Corleone or Tony Soprano
- 58 Home decor company new to MFC or Wilma's husband
- 60 New Deal agency, abbreviation
- 63 Ma and ___ Kettle
- 64 The Golden State, abbreviation

Letter to the Editor

Dear Editor:
I enjoyed the Co-op Crossword puzzle on page 19 of the May issue. I finished it as soon as the newsletter came out. The puzzle was a challenge—not too easy, but not impossible either. And it was fun to find the clues that involved Co-op people and products (I'm hoping for more of those in future puzzles). I look forward to doing the crossword every month. My thanks to Craig Joyner for creating another great homegrown Moscow product.
Gina Gormley

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Book Thoughts: Sooner or Later Something Catches

By Nancy Casey

The way things work," writes poet Jorie Graham, "is that eventually something catches." She didn't specifically intend this as advice on how to read a poem, but it's the best advice I can give on that subject.

It's not hard to be intimidated by poetry, or by poets explaining their craft—especially the frightfully large number of them who communicate that if you have to ask what a poem is, you wouldn't understand the answer. But aren't poems supposed to belong to or speak for a people? What on earth could that possibly mean? Here's my advice for finding poems that speak to and belong to you.

Go to a bookstore or a library and browse the poetry section. In the Moscow Public Library, that would mean to turn left at the computers, then look to your right until you see the aisle where the books numbered 811—American poets are shelved.

Fumble around. Sooner or later something will catch.

Your first mission is to pluck a half dozen or so volumes from the shelf to take home. Choose some fat ones you can leave sitting around the house, and some thin ones that you can carry around with you.

Anthologies—collections of poems by different people—are especially good. With many poets and many styles, the odds of something "catching" rise dramatically. *American's Favorite Poems*, edited by Robert Pinsky, is especially good. It was compiled by asking ordinary people what their favorite poems are and why. The poems range from William Blake and Shakespeare sonnets to *Casey at the Bat*. Each poem is accompanied by a short quote from the person who suggested it, telling what they liked about it.

Once you've got a nice pile of poems, start reading. Read for 10 minutes instead of two hours. Read aloud to a friend, a child, in an empty room or a parked car. You might hear something

that surprises you—a combination of words, an unexpected mental picture, a joke.

In your skipping around, return to poems you've read already. You might start to find glimmers of sense amidst nonsense, or as the poets might say, "The poems will begin to reveal themselves to you." But this isn't English class, you're merely trolling about for your own amusement. Keep at it. Something will catch.

Recently, I grazed the 811 shelves in the library and took home several anthologies: *Best American Poetry 1993* and *The Open Boat: Poems from Asian America*. The best American poets appear in their book in alphabetical order. This gives you free rein to start reading in the middle and work your way to the edges.

Slim volumes are handy to tuck into your purse or backpack to open at random while you chew your lunch or wait for someone who is late. Perhaps a title grabs you, such as *Unleashed: Poems by Writers' Dogs*, which I found to contain poems that were funny and moving and not always terribly corny. If you choose *Sailing Alone Across the Room* by Billy Collins, you'll have a companion who might trick you into being philosophical while you're reading things that are engaging and often funny. Poems with titles like *Shoveling Show with Buddha* and *Taking off Emily Dickinson's Clothes* make you curious to know what the poem says.

Take home some poems that seem inscrutable at first glance. I chose Louise Gluck's *The Wild Iris* and Clarence Majors' *New and Selected Poems* because I glanced at a few pages and had no idea what they were about. It tweaks our American-ness to read without quickly ferreting out the point or the story, or to accept nonsense as something that might make sense later. You'll be surprised at what catches—a phrase you don't forget, or that you remember like an old pal when you stumble on it again.

Or perhaps a whole poem will catch you, and it will leave you with the feeling that you've visited a slightly altered universe and returned with some nubbin of clarity.

Carry around some poems this summer. Read them with no particular purpose. Copy a few good lines and

stick them on the wall. Read a poem to a friend over the phone.

Catch what you catch. Enjoy what catches you.

Nancy Casey has lived in the Moscow area for 17 years. Let her know what you're reading this summer by emailing nancy@turbonet.com.

Auntie Establishment

By Joan Opyr

I'm about to share with you my new life's motto. My old motto was "You're not the boss of me," and I still like that, but as I've gotten older, I've gotten not only more defiant but more aggressive. My new life's motto I learned from my Marine Corps father-in-law: what do you do if you're the last soldier standing, you've only got one bullet, your back's to the sea, and a thousand enemy soldiers are charging down upon you? You shoot their highest ranking officer, fix bayonets, and charge.

I apologize to the many Co-op readers who will find this far too violent and martial an image. I mean it metaphorically, not literally. I don't poke holes in people—I poke holes in inflated egos, unsupported theories, and bad arguments. But in the face of unwarranted aggression, I don't believe in backing down. I believe in standing my ground. Firmly.

To paraphrase the old John Mellencamp song, I fight authority, but authority doesn't always win. Authority is often wrong; it's often corrupt; and it's too often dictated by and enforced on behalf of those who are rich, not those who are right. But the power of authority is not unlimited, and it's not true that you can't fight city hall. United, we the little people have the power to stop abuse of authority in its tracks. We can take on the Old Boy Network that seems to run every small town and, if we fix bayonets and charge, we can win.

The hard-core right used to charge that gays and lesbians weren't asking for equal rights but special rights. They were wrong. The U. S. Constitution promises us all equality before the law, and that is not only what we must all expect, it's what we must all demand. I'm in favor of compromise, when necessary. I'm in favor of live and let live, but there are some areas in which I will not back down. I will not stand by while some flout the law to the detriment of others and expect to get away with it. I will not be quiet and acquiesce when those who oppose our secular, civil government—who believe they answer to a higher power and are thus exempt from the rules the rest of us obey—file frivolous complaints against innocent parties, abuse the system they seek to destroy, and don't care who they harm in the process. Take the bananas out of your ears and listen up, boys. My bayonet is fixed and this is my charge. Sometimes, you have to call a turd bird a turd bird, and you have to shoo that nasty buzzard off your porch with a broom. There are a lot of brooms in Moscow. Let's get sweeping.

Joan Opyr, aka Auntie Establishment, is a local fiction writer and the Northern Idaho Editor for *New West Magazine*, www.newwest.net. She welcomes your questions and comments at joanopyr@earthlink.net and invites you to visit her website at www.joanopyr.com.



A Small Travelogue

By Annie Hubble, Front End Manager

Many kind people are asking me about my recent trip to Britain, my country of birth and still my country of citizenship. So I thought I would write a few words about my experiences.

On a personal level I visited my father's grave. I stood there and honoured him for all the gifts he had given me, tangible and intangible. And it was good to be with my remaining family; to spend time with my two brothers and their households; to remember my father and talk about childhood memories. I was thankful to technology as I watched family movies and was able once again to see and hear my parents caught in film moments over the years.

On a lighter level I relearned my language. I waited in queues; I popped in and out of places; I had many a cuppa; cars once again had boots and hoods; they drove on motorways, and used petrol; and I was on holiday.

I remembered that I was visiting Britain, not just England. On arriving in England I phoned my friend in Scotland and told her I was finally in the same country, and she asked if I were already in Scotland. When I said no, she replied that I had not yet reached her country.

There are many differences between England, Scotland and Wales.

I absolutely adored the old buildings and the indefinable Englishness of England, but the number of people and the traffic congestion were overwhelming. I had to relearn how to navigate crowds, and was amazed at how long it took to drive anywhere, with continuous stop and start traffic. Even the motorways, while keeping to a high average speed, (which made it all the more scary), always had all three lanes full.

But there were rewards. Accepting a casual invitation to accompany my sister-in-law on a short walk to her local church where she was going to check the vases of flowers, I found this local church to be a 14th century

building full of treasures! Whilst she calmly watered the flower arrangements I ran around taking photographs after photograph.

I spent many days in and around my hometown of Oxford, and found myself very emotional on first walking around there. It is so beautiful, and I knew how to take the back streets and revel in the quiet and loveliness of it all, away from the crowds. I climbed towers, wandered in and out of beautiful meadows and along river banks, (I swear I saw the bank where Ratty and Mole from "The Wind and the Willows" probably lived), loitered in college grounds and mediaeval cloisters, found picturesque places for my daily cup of coffee, and I even came upon a Morris Dance convention. I was very, very happy. But the crowds and congestion were still present.

Scotland on the other hand felt almost empty. The climate is one of the reasons this country is so empty, but while snow, rain and wind met me on three of my days there, the other three were sunny and clear so I was lucky with the weather. In order to get across country, we sometimes turned off the main roads onto narrow ones with only enough room for one car and occasional passing places. The main interruption to traffic flow on these roads were Highland cattle, shaggy animals with hair hanging low over large eyes and big horns, (yes, I fell in love with them!), wandering around or just standing in the middle of the road, simply refusing to move. (My friend did tell me that in the summer months there is a large number of tourists so this quiet momentarily disappears). The views were outstanding...vistas of mountains, lakes, rivers, valleys, and old picturesque castles seemingly everywhere. And I loved the Scottish accent. The few English voices I heard there sounded harsh against the soft sibilant accents of the Scottish people.

I only had one day outing in Wales. I looked around more castles, which

were highly impressive, but my joy was to go more inland to small villages. The countryside was, just like Scotland, unbelievably beautiful. We were driving through the Snowdonia

I recognised and remembered), and everyone is very friendly and has a high level of courtesy. But yes, Starbucks, McDonalds, Burger King and all are there. It is a strange mish

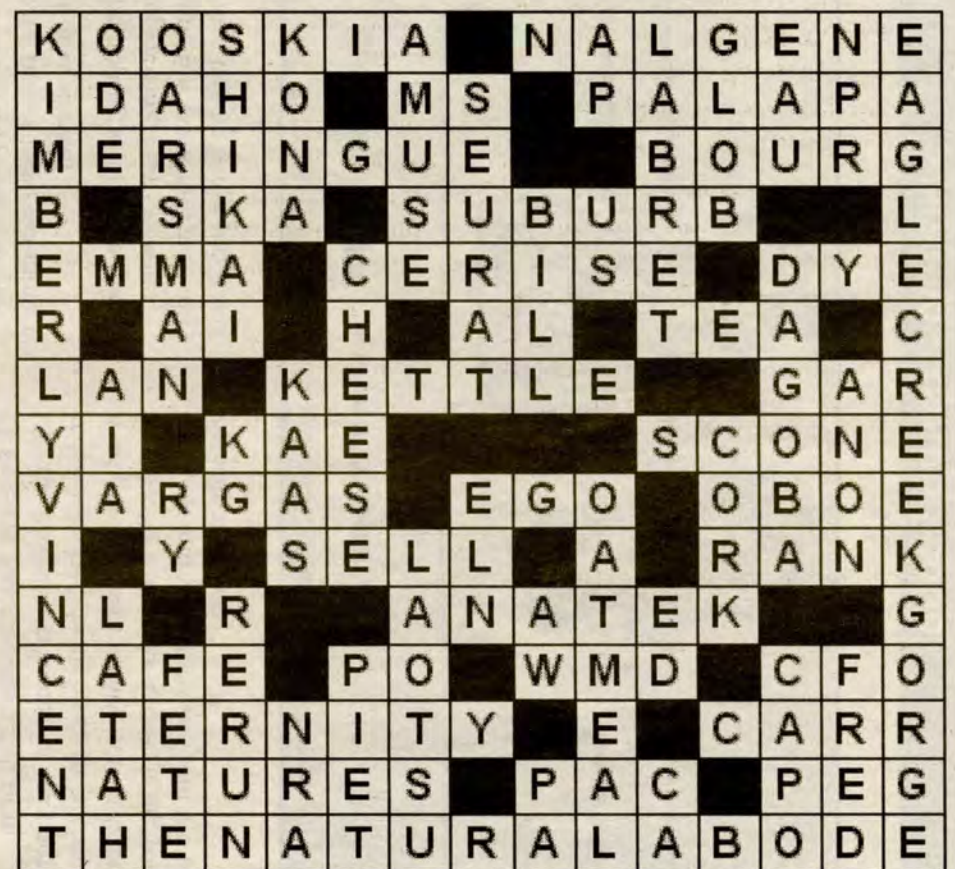
Belonging to two countries is something I am not so sure about recommending though. It is at times very puzzling. But overall I feel blessed to be able to fit in to two different cultures...

area...mountains, hills and valleys. There the people seem to sing their speech, whether it is the true Welsh language or English with a Welsh accent, and it is a pleasure to listen.

Other things of note? The trains all have a "quiet coach" where cell phones are not allowed; political candidates only have one month prior to the general election in which to present their cases; coffee is now very good and to be found everywhere, but a good cup of tea is always still a pleasure; the quiet British sense of humour is wonderful, (and something

mish in ways but a joy to visit. I highly recommend it.

Belonging to two countries is something I am not so sure about recommending though. It is at times very puzzling. But overall I feel blessed to be able to fit in to two different cultures, and if you are ever traveling, not certain if you really want to return, I recommend arriving back in time for the Moscow Renaissance fair. It is the best way possible to be welcomed back into this awesome community!



Bulletin Board

MOSCOW FOOD

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-October. For info, call 209-883-7036.

Tues. Grower's Market Begins Tuesday, May 3

Every Tuesday from 5-7 pm in the Coop 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. Remember Tuesdays, 5:30 pm to 7:30 pm.

Musicians in June are:

June 7th: Tom Armstrong
June 14th: Lisa Simpson
June 20th: Kami Miller
June 27th: Brian Gill

Kenworthy Performing Arts Center: June Shows

Schultze Gets the Blues
Rated PG. Showtimes: June 3 at 7:00 pm and June 4-5 at 4:15 and 7:00 pm.

The Upside of Anger

Rated R. Show times: June 10 at 7:00 pm and June 11-12 at 4:15 and 7:00 pm.

Shrek-Summer Matinee

Rated PG. Show time: June 15 at 1:00 pm.

For more information, visit www.kenworthy.org or call 208-882-4127.

Fresh Aire Concerts

Thursdays 6:30-7:30 pm

The Moscow Arts Commission Community Band's first Fresh Aire Concert is at East City Park on June 6. Concerts are free and will continue on every Thursday evening in June.

Paul Santoro in Concert Sat., June 4, 9:30-11:30 am

Moscow's favorite crooner at the Farmers' Market. Music will be located on the sidewalk on Main St. in front of Zume's Bakery. For info, call 208-883-7036.

The Co-op Tile Project Sat., June 4, 10-2 pm

Co-op fund raising project. For a \$12 donation, you can paint a tile to be a permanent part of our new store. PCEI, 1040 Rodeo Dr., Moscow.

Rainbow's Happening Sat., June 11, 9:30-11:30

A hard-driving mix of rock and bluegrass at the Farmers' Market. Music will be located on the sidewalk on Main St. in front of Zume's Bakery. For info, call 208-883-7036.

Art Walk at the Farmers' Market Friday, June 17

Come celebrate at the Farmers' Market. Artist Rose C. will be showing her paintings at the Co-op. Art Walk events will be held all month long. Friday, June 17th.

Laddie Ray Meade Sat., June 18, 9:30-11:30

Folk, blues, and country singer/songwriter at the Farmers' Market. Music will be located on the sidewalk on Main St. in front of Zume's Bakery. For info, call 208-883-7036.

Snake River Six Sat., June 25, 9:30-11:30

The oldest Dixieland Jazz band in the West will perform 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.

St. in front of Zume's Bakery. For info, call 208-883-7036.

Friends of the Forest Monthly Hike Sat., June 25

John's Creek Day Hike. Rosauers at 7 am. Clearwater monsoon sponsored by the Friends of the Forest. Explore ecologically sensitive areas of our Wild Clearwater. All of our hikes are free. Hikes can be taken at your own risk, whether you are hard charger or just like bringing up the rear.

For more information about these hikes or to receive our weekly e-mail update contact us at foc@wildrockies.org or on the web at www.wildrockies.org/foc.

Free Evening Discos by Sri Karunamayi Friday, July 1 at 7 pm

Experience extraordinary love and peace in the presence of Sri Karunamayi. At the Jones Theater, Daggly Hall, Washington State University, Pullman, WA. For more information, call 509-334-6089 or mail pullman@karunamayi.org.

Palouse Food Project

Volunteers are needed to help with watering, weeding, and harvesting in the organic gardens at Koppel and Tukey farms in Pullman. The free, organic produce is available at area food banks throughout the growing season. For more information and to sign up click on "Palouse Food Project" at <http://cslc.wsu.edu> or call 509-335-7708.

Wilkinson Slideshow Monday, June 6 at 7 pm

Donal Wilkinson's slideshow on his "Camps" program. A low-cost educational opportunity for students from June through August at the Moscow Library. Call 208-883-7036 or e-mail chriss@moscowfood.coop for more information.

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



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