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May 2005

**FREE!**  
Please take one.

# Community News

The monthly newsletter of the Moscow Food Co-op



## 2 Books + 3 Book Signers = 1 Co-op Book Signing Party

**M**aryJane Butters will be there to sign her just-released first book, "MaryJane's Ideabook, Cookbook, and Lifebook for the farmgirl in all of us."

Bill London will be there signing copies of "Getaways," his guidebook to local public places.

And Carol Hill, who designed both books, will be there to sign both of them.

The book signing and reception will be held at the Co-op on Friday, May 27, from 5 PM until 6:30 PM.

MaryJane Butters lives on a farm eight miles from Moscow, and her book grew from her commitment to a simplified organic lifestyle and to the easily prepared organic foods she has marketed at the Co-op since 1990. She's been a Co-op member, volunteer, and supporter since arriving in Moscow

two decades ago. MaryJane's book is published by Clarkson Potter Publishers, a division of Random House.

Carol Hill designed both the new book and the magazine, MaryJanesFarm, which is created here in Moscow and distributed throughout North America. She's a self-taught graphics designer who left her webmaster job at WSU to work at MaryJanesFarm. Since she also designed the "Getaways" book, self-published by Moscow resident Bill London, she will be signing copies of either book.

Bill London's book includes descriptions of fifty great public destinations in Latah County, and is designed as a take-along companion for Moscow-area day trips. London is the editor of the Co-op's newsletter and has been a Co-op member and volunteer since 1984.

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

**Kaleidoscope Framing** - 10% off any gallery item. 208 S. Main St., Moscow, 882-1343.

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

**Kinko's Copy Center** - 10% off all services except shipping. East Side Market Place, Moscow, 882-3066.

**Dr. Linda Kingsbury, Professional Herbalist** - 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation. www.spiritherbs.com, 883-9933.

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

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

**Market Drug** - 10% off regularly priced gift items. 209 E. 3rd St., Moscow, Joanne Westberg Milot, 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 Hr. of Studio time FREE, 33% off Open Studio time. 107 S. Grand, Pullman, 332-0407.

**Paradise Fibers** - 10% off all books, magazines, videos, yarn and knitting needles. spinning@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 pumps & 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



## New Store Update

By Kenna S. Eaton

One month later and so much progress on our new store has been made, unfortunately you can't see any of it yet. During the past month we have re-designed the store floor plan several times as we try to make room for everything and every-one. It's been a long and arduous task and probably is not over yet.

Allen Seidner, a deli consultant, visited us in early April to help design both the production and the service areas of the kitchen, as well as to help design our new food programs. We have discussed a lot of different food options for the kitchen but we still haven't finalized exactly which ones will be implemented right away and which will be saved for later. Much of the decision centers not only on the costs for equipment but the increased costs of staff and production to support those pieces of equipment. It's far more complex than the last time we moved and tends to boggle my brain quite a bit. I already know more than I did a month ago, but I'm still learning and there's still many more decisions to make!

We've spent a lot of time working on generating a list of refrigeration equipment (both new and existing) for the whole store and its specific placement in the building. Most of our refrigeration will be plumbed directly up towards the ceiling with compressors located on the roof. Our goal is to provide our landlord with a roof plan before the building gets re-roofed (tentatively scheduled for May).

We've visited with the City to see what will be required of us in terms of number of parking spots versus the amount of green space. Moscow has a Downtown Plan that asks businesses to consider adding green space when upgrading or remodeling their environments and, of course, we want to be as compliant as possible!

The Sustainability Committee met

with Avista to look at places we could improve energy use. Avista does have some "pay back" programs that might be able to help offset costs of replacing outdated energy consumption in the store. The committee is working hard to provide our design team with a wide variety of "green" options and related costs as well as alternative forms of funding (see article elsewhere in the newsletter).

The Finance committee will now be meeting weekly to review the income and expenses for the project and to give the green light to both the budget and any changes we will want to make as the months go by.

A month ago we received the keys to the building and this month we actually took possession—a subtle but important distinction: now the work could really begin! As you may have seen or read in the local paper we did decide to close off the parking lot as a courtesy to our subcontractors who need free and clear access to the store on short notice. Since we need to know where we stand before we begin construction, we've had plumbers evaluate the pipes & drains and electricians evaluate the electrical systems and we're still gathering information about the general building. The asbestos abatement company from Spokane finished removing both the tile and the mastic from the store floor and we passed the asbestos testing phase in the store in mid-April. Shortly thereafter we received our demolition permit from the City of Moscow, so now are embarking on a new phase and some more new stuff for Kenna to learn!

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# Co-Operations



## The Tile Project

By Kenna S. Eaton

WE'VE  
GOT AN-  
OTHER  
great

fundraising and community event planned for you.

The Co-op is planning to install a tile-based mural somewhere in the new store and we need your help! Everyone and anyone, for a mere \$12 donation, can paint a 6-inch ceramic tile and be a permanent part of our story.

When: Saturday, June 4 from 10-2 PM

Where: PCEI, outside under the trees unless it rains and then we'll

be inside (1040 Rodeo drive in Moscow)

How: Simply bike or walk to PCEI (or you can drive but they have limited parking) and Lizette Fife will have tiles, paints and glazes ready for you. Lizette will instruct you in the fine art of painting a tile. Your design, your colors, whatever you like! Later she will fire them in a kiln and then we will use them to design a mural for our new store.



## Welcome! Notes from the Membership Desk

By Laura Long

CONGRATULATIONS TO THE WINNER of our March membership prize drawing. Gillian Sharma was the lucky winner of our Gaiam yoga mat and DVD. I'm really happy with the response that we have had to our membership drive. Thank you so much to all of you who have taken the time to pay your member equity. All this money will go toward our goal of \$1 million to make our move possible.

We still have a few Moscow Food Co-op canvas tote bags left. Any member who would like to pay off their lifetime membership of \$150 will receive one of these bags as a "thank you" for paying off early. This offer will be good until the bags are all gone, and we are asking for a minimum contribution of \$20 to help generate the magical \$1 million figure. Bags are still available at the cash registers so please see cashier for

details.

For the month of May, every new and renewing member will also be entered in our prize drawing, and one lucky name will be drawn at the end of the month. This month Herban Cowboy body care has donated a gift basket of wonderful, natural skin care products for men, plus a T-shirt. Check out our display near the front of the store if you are interested. This would make a perfect Father's Day gift! And thank you to all the members who have loaned us money and donated time and art to our silent auction. As of the writing of this article, we have reached our goal of \$450 thousand in member loans. And the dinner and silent auction were an outstanding success. You have no idea how much we value your commitment and trust in us. Just wait till you see the new store that we can build for you!

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Regular Board of Directors meetings are scheduled for the 1st Tuesday of every month at 7pm at Mabbott & Mumford's Law Office, 111 E. First Street in Moscow.

## MEMBERS SAVE!

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



ANY CASHIER CAN HELP  
YOU JOIN, JUST ASK!

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

Join the Moscow Food  
Co-op and Save!

Open 7:30 am to 9:00 pm Daily

# Let's Move!



Photo by David Hall.

**Kathie and Jim LaFortune** study some of the silent auction offerings.



Photo by David Hall.

**One of the** many place settings at the dinner.



## Feasting for Fun

By MaryJo Knowles, Community Loan Prog. Coord.

EVERY-ONE AGREED that our "Third Street to Third Place" Feast and Auction on Saturday, April 16, was a success. It was successful because of the incredible creativity and generosity of many, many people. Just thinking about it makes me exhausted again (but it helps that I am recuperating on the beach in Hawaii).

Financially, the event was very successful. We had hoped to raise \$10,000, and we certainly surpassed even that ambitious goal. Though these numbers are preliminary (as of April 20), we estimate we cleared about \$3,000 on the feast and about \$14,000 on the auction. A total of \$17,000. Wow.

I want to thank everyone who helped, everyone who bought a ticket, and everyone who bid on an auction item. Without all of you, we could never have raised that amount of money for the Co-op.

And specifically, I would like to thank the following people who were instrumental in our success:

1. Tamara Hull, Theresa Fiedler, Bev Hoidal, and Lindsey Wernecke of American West Bank for assisting with the auction bidding and checkout
2. Auctioneer Kay Keskinen
3. Terri Grzebielski and Laurie Gardes: our lovely Vannas
4. Linda Canary and Deb Norum for setting the individual tables
5. Episcopal Church for the use of their tables
6. Eastside Marketplace
7. Randy Atwood of Palouse Drywall
8. Rufus T. Firefly for the use of

his ladders and drop cloths

9. Kenna Eaton for her words of wisdom

10. Al Gemberling (he was a great master of ceremonies as well) and the Jazz Co-op

11. James Reid and The Contenders

12. Al Pingree, Kim Vincent, Theresa Beaver, Will Simpson, Mary Zuber, Jennifer Rod, and Mike Forbes for helping set up and serve

13. The never-boring Third Place Feast committee members: Jeannie Leffingwell, Sandy Russell, Robin Ohlgren-Evans, Karri Fedale, Kim Cook, Karen Lewis and Pam Palmer

14. Amy Richard and the Co-op kitchen staff

15. Elise Lear

16. Nick Norton

17. Brad from the Co-op

18. Jane Freed

19. Francis Morgan-Gallo

20. Bill Beck for being there whenever we needed someone

21. Autumn Lear

22. Brad Halter from MaryJanes-Farm

23. Idaho Ice for the water

24. Laura Long and Dani Vargas from the Co-op

25. Katherine Sterling

26. John Dickinson for the program and gift certificates

27. Amy Pierce

28. Bryn Ohlgren-Evans

29. Paige Reid

30. Jennifer Rod and Bill Beck for displaying the auction items

31. All 160 generous donors to the auction

# Let's Move!

## A Week in Baja

By Bill London

THE MOST ENERGETIC BIDDING during our live auction at the Co-op feast was for the week-long stay at the house in Baja California, Mexico, owned (and donated) by Gary Myers, Neil Franklin, and Pat Engle. Four bidders boosted the price up to \$850, which is still a reasonable price for a sunny oceanside retreat week.

That's good news, but there is even better news. The generosity of Gary, Neil, and Pat continues beyond donating that one week. They are willing to donate another week to benefit the Co-op.

So, this is your big chance. If you want a week in Baja, you can still get one.

The house is located about 100 feet from the ocean, on the eastern side of Baja, on the Sea of Cortez. The house is one of 64 vacation homes within a guarded, very safe community, located about 15 miles from the town of Mulege and 650 miles south of Tijuana. Yes, it includes running water, toilet, and electricity (but the electricity is supplied by a community generator that runs only from 10AM until 10PM).

One week (exactly which week will have to be negotiated with the owners based on availability of the house) can be yours for an \$850 donation to the Co-op.

The first person to bring \$850 to Kenna at the Co-op will get this vacation destination opportunity. Kenna will then put you in contact with the owners and you can decide which week to head south.

If you want an idea about activities and options in that area, you can check out the website of the Eco-Mundo Resort located adjacent to this house, at [http://home.earthlink.net/~rcmathews/EcoMundo\\_.html](http://home.earthlink.net/~rcmathews/EcoMundo_.html).

In addition, the three owners are considering renting out their house for other periods, so if you do not get this donated week deal, try contacting them directly about other rental options, at [glmyers99@hotmail.com](mailto:glmyers99@hotmail.com).

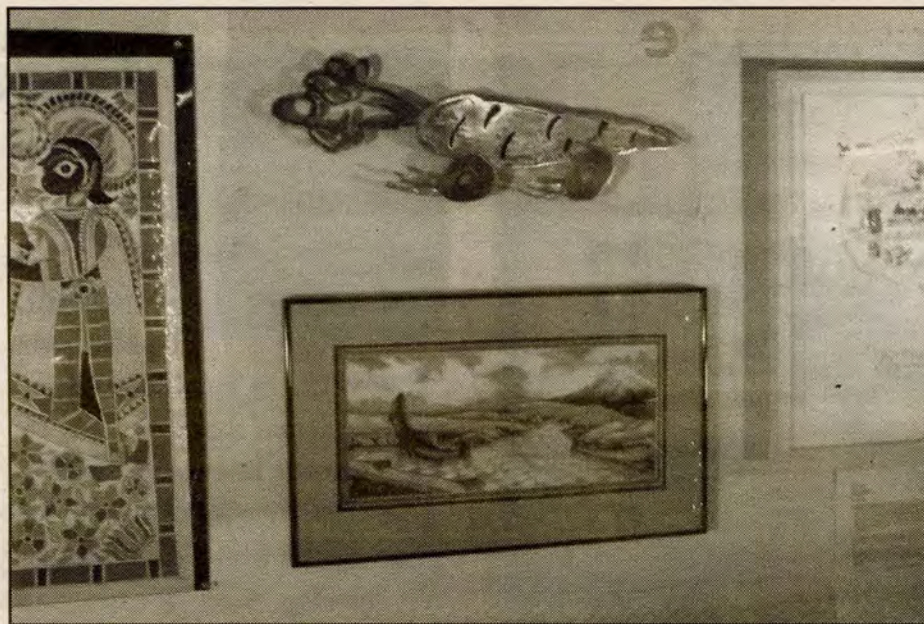


Photo by David Hall.

**Some of the artwork to be auctioned** including pieces by Jennifer Rod and Ed Gnaedinger. [Jennifer's is the metal "moving carrot," and Ed's is the painting below.]



Photo by David Hall.

**Bob Greene, Sue Armitage and Mary Jo Knowles** (left to right, faces showing) at the dessert

## What a Great Event

By Bill London

FOR ME, THE FEAST AND AUCTION on April 16 was a Co-op coming-of-age event.

I am still amazed by the incredible community response. A talented group of volunteers jumped right in to plan and produce the party. The first 240 tickets were sold very quickly, and then the next 60 tickets went even faster. More than 150 items were donated for the auction. The 300 guests represented a real cross-section of the Palouse community—all united by their support for the Co-op.

In 1998, as a fundraiser for the move to the Co-op's present location, we had a similar event but it was much smaller. Then it took four months to sell out our 80 tickets. The Co-op had a core of believers, but the Co-op was not really woven into the fabric of Moscow.

That was seven years ago.

Now, the relationship between the Co-op and the larger community is very different. There is a general recognition that not only is the Co-op here to stay, but the Co-op is also a positive force in the community: an anchor store for downtown, a community-building gathering place, and an asset for everyone.

I think both the Co-op and the community have changed over the last 7 years. The community has grown to understand and value the Co-op's messages of eating well, supporting local producers, and putting people over profits. The Co-op has changed too. The store is more accessible, brighter, and livelier. Everyone can feel that the Co-op is their store, too.

The Co-op and the community are meeting in the middle, making a mix that is better for all of us.

*Bill London edits the Co-op newsletter and was extremely proud to have witnessed, and hopefully helped build, the wonderful community spirit at the feast/auction event.*

## Sustainability Committee

By Pat Vaughan

THE SUSTAINABILITY COMMITTEE was formed by the Co-op's board of directors to explore alternative building and energy-conservation initiatives that might be applied to the future store. It actually grew out of a discussion between Tyler Barron (a staff member) and Mike Forbes (our current board President) about a specific water conservation idea. Eventually they asked themselves, "Why don't we find a way to look at a range of opportunities for environmentally smart designs in our new store?" And they are.

The committee is comprised of nine volunteers (most or all Co-op members) who are experienced craft persons, community leaders in green living solutions, or members who want to help ensure the Co-op's commitment to the environment. Current committee members are: Michelle Hazen (Chairperson), Kathleen Ryan, Bill Beck, Gary Macfarland, Mike Forbes, Chris Duguay, Tyler Barron, Kurt Rathman, and Gustav Sarkkenin.

The committee adopted the following mission statement:

"The Sustainability Committee will act as a resource for the Moscow Food Co-op board, staff and contractors as the Co-op progresses. We will identify potential environmental impacts related to "the move" and future growth at the Co-op, and provide sustainable solutions to these issues in order to support the Co-op's mission."

The Sustainability Committee will make recommendations to the design team and Co-op management who ultimately decide and execute what the budget will support.

As you can see from their mission statement, the committee sees a benefit in the Co-op having an ongoing process to integrate sustainability, not just for "the move." Michelle Hazen says there are a couple reasons for this.

"First, reality is that finances are going to impact what we can implement during the move. We brainstormed and have come up with numerous categories and solutions, from space heating, water conservation, and lighting to remodel finishes, Co-op kitchen practices and community services. We know the Co-op can't afford all of these ideas right now. But we might be able to ensure that the framework for some of these solutions gets incorporated, or at least considered now. If possible, we don't want to remodel now in a way that precludes some of these ideas in the future."

Michelle adds, "We recognize that over the long term there will be busy times and slow times as far as having the opportunity and resources to build in these ideas. This is a great opportunity now while we remodel our new store. We want to be ready when the Co-op can do more in the future."

Also, the committee is excited about the new Co-op store being a source of education and a model for what businesses or even private homeowners can do to conserve, reuse, and recycle. They are looking at ways to display the different initiatives in the new store, and to explain their costs, their savings, or impact on the environment. In some cases there will be immediate savings. In others there may be increased costs, but with significant savings over time or important contributions to sustainability. The committee believes Co-op shoppers will value this educational information in much the same way as they value information about organic food choices. All these reasons support a long term commitment to integrating sustainability into the new store's current and future development.

*Pat Vaughan will highlight some of the Sustainability Committee's initiatives, their considerations and issues in future Community News articles.*

## From the Suggestion Board

*Brown Cow yogurt makes a Maple flavor in low fat. Can you get this? All you have in maple is the whole fat version. This is definitely something we'll have in the new store. Until then I can special order it for you.* —Vicki, Grocery Manager.

*Paul Newman No Butter Microwave Popcorn (not organic). I'm sorry, since we carry the organic version I'm not going to bring in the non-organic one.* —Vicki.

*Celestial Seasonings makes a Rooibos tea flavored with Vanilla—it's great! Can we get it in stock? I promise people will love it. I'll have room for this in the new store. Until then, have you tried the Republic of Tea Vanilla Good Hope Red Tea? I love it.* —Vicki.

*Can you carry pizza dough in your new store? We used to love this whole wheat dough we bought at Trader Joe's. It comes with enough to make one pizza, you just have to flatten it and put your toppings and then bake. I'll see if I can find a source for this by the time we move.* —Vicki.

*Next year please stock Dried Matzo Ball Soup (packaged like Lipton's). Mfg. by Manischewitz. Also matzo ball (only) packages. I'll make a note of it.* —Vicki.

*Sliced water chestnuts in a can please (you only carry whole). Thanks. Look for them soon.* —Vicki

*Mochi at the new store, please. I've put it on my list.* —Vicki.

Have a section in the new Co-op for diabetics (low carb). We will most likely not have a separate section for diabetics but we will carry more products. —Vicki.

*More bulk items like dog food, nutritional yeast, raisins, bacon bits (vegan), anything else not here, thank you.* The new store will have a larger selection of bulk items. We do currently have nutritional yeast, raisins and bacon bits in bulk. If you can't find them just ask a staff member. —Vicki.

*Stock tea tree sticks. Desert Essence makes them (may be called dental picks). We have them in stock next to the Desert Essence toothpaste.* —Carrie, Personal Care Manager.

*More Tofutti Ice Cream flavors*

*please! It's the best and way too expensive at Safeway. Maybe in the new store? Please? We'll have lots more freezer space in the new store, so look for it there.* —Vicki

*I would love to see a selection of Sister's brand organic coffees at the new location! I will look into this for the new store.* —Vicki.

*New store question—Will all the stinky candles, oils, and other such stuff be in an air-tight room? While we recognize that some of our customers do not enjoy our selection of aromatherapy candles and premium incense, we also recognize that many of our customers do. We will continue to explore and implement options that will lessen the impact of these products on those customers that do not enjoy them. An air-tight room is not an option that we are currently considering.* —Carrie.

*Please—could we have some Rapunzel bittersweet organic chocolate baking dollops?? Thanks. We will have these in the new store.* —Vicki.

*Please carry Hato Mugi barley and Ohsawa Tekka—so good together. Sorry, I don't have a source for these products.* —Vicki.

*Please tell Sage Bakery how wonderful their Flakey Rye bread is and to please, please keep baking it. It is the first truly rye bread we've had since moving to Moscow. I will let Bud know.* —Vicki.

*Have you considered Dr. Hauschka cosmetic products for the new store? It is under consideration.* —Carrie

*Can you get PG Tips black tea? I'm sorry but I don't have a supplier for this product.* —Vicki.

*We always see the nice art displays and we are always frustrated that there isn't more shelves or open space for pottery. There are a lot of talented ceramic artists in this town that would love to show their artwork. Thanks. We will have more room for art in the new store.* —Vicki.

*You got me addicted to Goat Brie and then you take it away! Oh! The inhumanity! Sorry, we had a slight ordering oversight. It's back on the shelf waiting for you.* —Vicki.

# Co-Operations

## The Good-Bye Line

By Tyler Barron

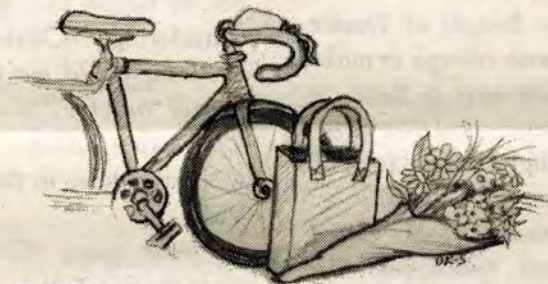
SO, THIS IS IT. After four glorious years at the Co-op I will be leaving mid-May for the Medford, Oregon, area.

Since I started at the MFC, I have grown more than in any other job I have every held. I will never forget the amazing people that I was lucky enough to work with, nor will I forget all of you wonderful customers. We have a special thing going at this Co-op, and I hate to leave it. The community that I got to know through working here was the heart and soul of Moscow. I will be hard pressed to find a job in Oregon that will be as accepting and loving as this place was for me. Don't worry however; I am

sure that I will be working in the natural foods industry in some capacity.

I would not have it any other way. I will be checking in periodically to see how awesome the new store will be, and to reminisce about the old days with all of the dear friends I have made along my journey.

Thank you for everything, all of you reading this, I really do feel as though I am moving away from my family. When everything is said and done, I would love to come back here and live in this beautiful place again. Thus, I will see you later.



## The Rad Dish:

### News from the Produce Department

By Dani Vargas, Produce Manager.

A CUSTOMER ASKED ME the other day if we would be getting a larger variety of produce in the new store. I asked what she was looking for and she named a couple of things that are available but that I tend not to order once they go out of season in the States.

For example, I keep winter squash on hand while they are from the US but once they start coming from Central America I stop ordering them. I try them for a while but the price is often a bit higher and they tend not to sell as quickly. I find myself sticking to ordering seasonally only for certain staple items. For instance, grapes have been available now for the last month but they are grown in South Africa.

While it seems a bit crazy to order them for this Co-op in Idaho, we do have other staple items like tomatoes and avocados that are not currently in season here and so are coming

from other countries.

Thinking about my conversation with that customer and my ordering ways has made me consider that I might try something new in the months to come and also for the new store. Whenever items are available they would be great to have here—if they are reasonably priced. The Organic Industry is a great thing to support both in our own country and in others.

I am looking forward to a larger produce department and being able to keep more items on hand. Perhaps having a section just for local produce during the summer months. Having bulk salad and spinach year 'round. Having a larger section for fruit and not having to cram it into a small fruit cooler. And last but not least, having a larger variety of produce available for everyone to enjoy.

## News from the Beer and Wine World

By Dani Vargas

ONCE AGAIN WE HAVE SOME more new beer and wine to tell about. First off, in the Beer section, the Organic Fish Tale Beers and the Spire ciders are back. I am still working on getting that Woodchuck Cider back. Someday!!! Other new exciting beers are the Huckleberry and Honey from Lang Creek and their Skydiver Blonde Ale. These are old-style, traditionally brewed beers for the aviator spirit in all of us.

The three beers from Boundary Bay—Imperial Oatmeal Stout, Cabin Fever, and Scotch Style Ale—are all excellent and I have a hard time keeping them on the shelf.

We have three beers from the Lost Coast Brewing Company, which I have to say, during my time in the beer-buying business is the first company I have seen with female brew masters. Two friends, Wendy Pound and Barbara Groom, started this company in 1986. They both left their high-paying jobs to pursue their beer brewing dreams. We currently carry their Ally Cat Amber, Great White, and Downtown Brown. We have had in the past their Eight Ball Stout which sold very well.

From North Coast Brewing we have ACME IPA, ACME Brown, and ACME Pale Ale. From Snoqualmie Falls Brewing Company we have Steam Train Porter, Copperhead Pale Ale, and the Wildcat IPA.

All of our new beers are great; I have gotten compliments about all of them.

In the wine aisle we have a Pinot Noir from Erath Winery located in the Willamette Valley in Oregon. The owner Dick Erath has been dedicated for over 35 years to making the best affordable Pinot Noir.

We also have two new screwcap wines from Twin Fin Wines of California. The winemakers have tried to capture the California lifestyle—laid back and free-spirited—with their wines. First they start with the screwcap. The screwcap seals better than a cork and it will never leak, break, or crumble. You can take it anywhere and never need to worry about carrying a wine opener with you. Then they made some great tasting affordable wines. We have the Pinot Grigio which offers flavors of honeydew melon and citrus. We also have their Merlot which has generous black plum and raspberry flavors that are balanced with toasty oak. This is a very rich and smooth wine.

I hope you enjoy the new beers and wines, also the old and the newly returned.

## We're Trying to Make This Easy

By Bill London.

ARTICLE 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

For specific questions about submissions to the newsletter, see our writers' guidelines on the Co-op website at <www.moscowfood.coop>

And please remember our deadlines: for articles, 15th of the month preferred, but accepted until noon on the 20th; illustrations, noon of the 24th; and events, noon of the 25th.

# Co-Operations

## Newsletter Changes

By Bill London

SPRING MUST BE THE TIME for changes here at the newsletter as well.

Our two designers, Melissa Simpson and Taylor Barrett, are both leaving. Melissa, who designed the main pages of each issue, is leaving due to the pressures of other work. Taylor, who created the back page Bulletin Board, is getting married and moving back to Montana.

Tami Prine will replace Melissa as issue designer and Megan Prusynski will replace Taylor as back page designer. Our thanks to Melissa and Taylor for jobs well done, and welcome to Tami and Megan. Both Tami and Megan have worked with their counterparts on this issue, getting some on-the-job training. Then both will take over with June issue.

With Taylor's departure, and responding to a suggestion from Melissa, we have been evaluating the Bulletin Board. That's the list of announcements of local events that fills the newsletter's back page. We wonder if anyone reads and uses the Bulletin Board. Perhaps this newsletter space would be better used for other Co-op advertising, or important Co-op announcements?

Check out the Bulletin Board in this issue and please let us know what you think. Post your reactions and/or suggestions on the Suggestion Board in the store, or email them to <editors@moscowfood.coop>.

*Bill London edits this newsletter and just learned that in October he will be a --gulp--grandfather.*



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## Board Report

By Bonnie Hoffman

FIRST OF ALL, I WOULD LIKE to give a great big Thank You to all the generous attendees of the Co-op Fundraising Dinner on Saturday, April 16th. Second, this could never have been pulled off so smoothly without the volunteers and staff who worked so hard to make this endeavor such a successful and wonderful event. What a lot of fun!! And thanks to all of you also because it has really helped me personally to feel great about the support the Board has received regarding the decision to move. That said, I had a wonderful time at the dinner, too. My only regret is that because I was so busy feeding 300+ people, I did not have the time to get caught up with so many friends that I haven't seen in so long.

It has come to the Board's attention that some members are wondering exactly what the money raised at the Feast will be used for. Our financial records are public so anyone can see that, through bank loans and member loans, we have already raised what money we have calculated as necessary to remodel and move. What we do not have is a contingency fund for those totally unexpected expenses that are inevitable.

Already, one example of a surprise is the request by the City of Moscow that we add some trees and grass, etc. to our new location along Washington and Fifth Streets. Although we whole-heartedly support the request and will do what we can, we had not planned on this project or its added expense.

The Board will continue to keep all of you informed of any future unanticipated projects via our articles in this newsletter. The contingency fund is something that will enable the Board and Finance committee to add these unexpected, albeit great, ideas to the brand new Moscow Food Co-op that otherwise might push the edges of our budget. I cannot thank all of you enough for your continued support.

## Personal Care Corner: What's New for Spring

By Carrie A. Corson

WOW, WELL EVEN THOUGH we're putting a lot of energy into preparing to move, things are running at a record pace here at the Co-op and we buyers are having a hard time keeping things on the shelf. Still and all, Sarah and I have managed to pick out some great new products for your shopping enjoyment.

In the world of mercantile, you won't want to miss the new products from Fred, that's right, Fred. This is a fun company that has come up with some great home decor items. Who can resist ice kabobs? These ice cube trays make ice in fun shapes with a stick in the middle, making for a frozen swizzle stick. Wooden utensils and padded oven mitts make a great addition to any kitchen. And just in case you aren't sure how to use any of the aforementioned utensils or oven mitts, Fred was kind enough to put instructions right on them. Perhaps the most awesome thing that Fred offers are the doormats made to look like manhole covers. My personal favorite has to be the "foul sewer" cover from London.

Also in the land of gifts, check out some of the new books we've just received. To go perfectly with Fred's ice kabobs, plan the perfect "retro" luau or cocktail parties with recipe and party tips from Ten Speed Press. Also from Ten Speed Press, you'll find out just how familiar you are with Seattle when you check out the pocketbook "Eat. Shop. Seattle." And don't miss the chance to get the most out of life by checking out Karen Salmansohn's life guides; "How to be Happy, a Cynic's Guide to Spiritual Happiness," or "Enough, a Cynic's Guide to Finally Getting What You Want Out of Life," and "7 Lively Sins, How to Enjoy Your Life."

If it's Sushi you are craving, check out the Sushi Kits, just like those demonstrated by Phil Spiegel of Small Planet Tofu, at this year's Taste Fair. This kit includes mats,

molds, paddles and a knife to make perfect sushi rolls every time.

For those of you who like to while away the hours outdoors, you can amaze your friends with your hacky sack prowess when you show off with your brand new Jester foot bag. These 12-paneled, sand-filled, super-soft foot bags are perfect for some fancy footwork while hanging out downtown, on campus, or in your Mom's house. Okay, maybe not in your Mom's house.

Back by popular demand is the Obsessively Organic facial care line from Kiss My Face. This line will include all the items from this line including Start Up exfoliating face wash, Underage moisturizer, Balancing Act toner and their fabulous full-body exfoliating Sugar Scrub.

If you have a friend of the furry, four-legged, tail wagging variety, be sure to check out the new dog treats from RustyBird Treats, made locally using only the finest human-grade ingredients. The treats are baked to order to provide the freshest snacks for your dog. A portion of each Rusty-Bird sale is donated to help displaced pets.

So if you find yourself wondering what to do on a rainy spring day, come on in and peruse the array of offerings.

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# Co-Operations

## New Co-op Architect Profile: Dan Mullen

By Susan Simonds

AS WE ALL EAGERLY AWAIT the opening of the new Co-op, Dan Mullen and his associates are hard at work behind the scenes crafting plans to bring the dream into reality. An architect on the faculty of the University of Idaho and principal of Daniel K. Mullen Architects on Main Street in Moscow, Dan has over 15 years of experience as a working architect.

According to Kenna Eaton, the Co-op's General Manager, Dan's firm was chosen because the Co-op wanted to work with local architects, Dan had worked successfully with the Co-op before, and he asked lots of questions to understand exactly what was envisioned.

In addition, Kurt Rathmann, an associate in Dan's firm who also teaches at the U of I, was the architect for the Co-op café and outside pergolas. Other important selling points for Dan and his associates: they can follow the project through from design to completion and are well acquainted with 'green' aspects of building.

While some architects specialize in designing, Dan's firm will not only do the design but also be the project manager, supervising the nitty-gritty of renovation and construction, with the ability to be on-site to make adaptations as needed.

What do architects actually do? In a full-service firm like Dan's, they gather information, design, draw, coordinate, negotiate, oversee, and supervise. According to Dan, the information gathering can take up the bulk of architects' time, although this is the part of the job that is usually the least obvious to us non-architects. They must acquire knowledge about the project's intended use; the appearance; the technical details of construction including painting, lighting, electrical systems, plumbing, and landscaping; the hiring of contractors and subcontractors; the legal quagmire of zoning ordinances and building codes; and the costs based on 16 different categories of construction. Accuracy in predicting a budget is vital to the successful completion of a project.

About 80% of Dan's practice is "adaptive re-use" meaning that he tries to find new uses for old buildings—another reason his firm was hired to renovate a building that was originally a supermarket and then a

sporting goods store.

Seventy percent of the firm's work is out of town. Dan does a lot of coffee shops, jewelry stores, and houses, with current work going on in New York City and New Jersey. One newly completed local project of Dan's which has created quite a buzz in all meanings of the word is the One World Café, a coffee shop on the corner of Sixth and Main Streets, which has brought a wonderful cosmopolitan feel to downtown Moscow.

Dan grew up in Lincoln, Nebraska, earning both bachelors and masters degrees in architecture from the University of Nebraska. As a graduate student, he spent a semester in London at Regents College. From Lincoln, Dan and his wife, Linda, moved to San Francisco where he worked for several firms, eventually starting his own practice. He then returned to Lincoln so that his children could be closer to their grandparents.

When the University of Idaho came calling with a teaching position, the family moved to Moscow, preferring life in the West. Dan deems Moscow a good town for a small architecture practice and a great town for kids, of which he and Linda now have four: Alaina, age 11; Ian, age 8; Claire, age 5, and Talia, age 3. Both Dan and Linda, Co-op members themselves, are what Dan dubbed "amateur musicians" with a small recording studio in their home. They are very involved with the music program at the Christian Life Center. Dan has played short-stop for the Red Door Cowgirl Team, although this year he will have a tough time choosing between attending Ian's games or his own. Teaching at the U of I, working all over the country, parenting four children, making music with Linda, playing softball with the Red Door Team—after we completed out interview, I photographed Dan, wondering whether this man's irrepressible energy would be visible on film. What do you think?

*Susan Simonds has been writing this column for one year.*



## Local Growers' Market Begins This Month

By Michelle Hazen

EVERY TIME IT RAINS HERE IN Moscow I become more and more pleased. I know what our spring rains mean: fresh produce from local growers will be available very soon! All winter long I try to stretch the canned salsa, tomato sauce, the blanched spinach and stored roots for as long as possible, but it never quite makes it until spring. I think about the days of abundant greens, fresh berries and crisp roots. As May approaches, I delight in the anticipation.

Every time I purchase fresh produce in the winter I think of the long way this produce had to travel. I try to calculate the minimum number of days it had been since my food had been picked. I wonder how much profit the farmer received from each dollar I spend. I recognize the value of this food based on these influences, and the fact that this food nourishes me and keeps me going.

And then May comes! And with it, us lucky folks on the Palouse are spoiled with the availability and variety of local producers. The beloved,

bustling Farmer's Market and the Co-op's Mid-Week Growers' Market will begin again. And every week of these events gets more exciting as the season and the variety of locally grown food progresses.

Come meet your local growers on each Tuesday evening from 5-7 PM in the shady northeast corner of the Co-op parking lot starting May 3. Ask them about Community Supported Agriculture. Ask about their crops and when your favorite veggie will be harvested. Think about your food being harvested on the same day you are buying (and maybe even eating) it. Be grateful that a only small percentage of the resources used to produce that food were used for transportation.

Michelle Hazen works at the Palouse Clearwater Environmental Institute and volunteers as the Co-op's Growers' Market coordinator and as the chair of the Co-op's sustainability committee.

# Co-Operations

## Art at the Co-op

By Annie Hubble, Art Program Coordinator

THE CO-OP'S ART SHOW in May should be of especial interest. Donal Wilkinson is a photographer and an educator, and we will have the pleasure of seeing art that reflects both these things.

Donal recently moved to Moscow. He was born in Rhode Island and traveled a lot before coming to this town. He loves the wilderness; loves long distance backpacking, kayaking, cross-country skiing and anything else that will get him into Nature. He has bachelor degrees in Biology and Environmental Education, and a minor in Native American Studies. He has worked as a biologist for the Nature Conservancy; has

been the assistant director of a tree planting organization, and for the past 5 years was a science teacher in Oregon City, Oregon.

Donal has over 10,000 slides available for shows, categorized under various headings. With the Co-op in mind, he has selected "Backyard Ecology" as the theme for the May show. We will see many beautiful photographs, but also learn about developing natural habitat in our own backyards. I think this a rare opportunity to learn. It is fairly unusual to have an educational art show, and I love the idea of using both sides of my brain at once!

We are lucky to welcome a man of such talent into our community. Come and see his art. You have a chance to meet the artist from 5:30 PM to 7:00 PM at the opening on Friday May 13, and the show will run until mid-June.

## Book Thoughts What in the World?

By Nancy Casey

LIVING IN "INTERESTING TIMES" in one of the most powerful and wealthy nations on the planet carries a huge psychological and moral burden. How does one absorb all that is frightening and dismal about the world news? And even more troubling, how should one respond?

Each of us must find our own way. I am still looking for mine. Here are four books that have influenced me deeply in this search. All of them are available through the Moscow Public Library.

"After Sorrow: An American Among The Vietnamese" is a compelling book about Vietnam, but the passage that shook my world was a short one early in the text where author Lady Borton introduces herself. A young adult at the height of the Vietnam War, she decided that even though she was female and not going to be drafted, she had an obligation to disrupt her life to the same degree as if she were drafted, and act on her values surrounding the war. She spent the duration of the war in Vietnam working in a Quaker hospital for wounded Vietnamese civilians. The book isn't about that experience, though. It's about contemporary Vietnam. You learn about the lives and values of individual Vietnamese people and are privy to their thoughts about their country today and their reminiscences about what they call "The American War."

If you've never read a book about the American War in Vietnam, read John Laurence's "The Cat from Hue." If you watched Walter Cronkite reporting on the war every night, chances were it was Laurence's film clips and his voice that came over the airwaves. This book describes his experiences throughout the war, the repetitive pleas of soldiers to tell Americans "what's really happening here," and how he struggled to find ways to do that without having his press credentials revoked. There is a saying that the generals are always fighting the last war. The more you learn about the war in Southeast Asia, the more the war in the Middle East will scare you.

I don't think I'm alone in my perplexity and frustration with the way my government seems to be marshalling all the resources of this wealthy nation to create havoc, suffering, and destitution all over the planet. Why are there so many problems? Why does nothing seem to get better? Read "The Confessions of an Economic Hit Man" by John Perkins and "click" you'll get the picture.

Perkins describes his career as an "independent" energy consultant all over the world; how he accumulated lavish wealth and frightening power by pulling

the strings that cause countries with valuable resources to be permanently in debt. He acted as the front man who set up the debts upon which the US and multinational corporations can collect, and collect, and collect by draining away any resource a country might have—minerals, farmland, labor. When Perkins failed to get leaders to agree to foolishly mortgage their countries, his superiors would "send in the jackals." Ever wonder why intelligent and progressive leaders in developing nations who stand up for their people always seem to get toppled, if not outright assassinated?

Many books deal with these topics. There is even reason to believe that Perkins might be massaging some details to protect himself or others. Nevertheless, this book is an easy read, so lucid that you know the basic structure of the system he describes is real. After you read it, the international news will make you despair even more—but its logic will be transparent. If you can't stomach more than one book about current affairs, read this one.

It is my personal belief that only a miracle will avert the destruction of human life on this planet. Isabel Allende's novel "In the House of the Spirits" is ultimately a meditation on the form such a miracle might take. Her tale is magical, spiritual, political, scary, and funny. I used to read whole chapters aloud to my kids. ("Read the one about the head!") Reading it from beginning to end still leaves me shaken with a visceral sense of what forgiveness truly is.

Nancy Casey alternates her time between the Palouse and Haiti where, too close for comfort, she observes one of the political and humanitarian disasters of our hemisphere. She is currently reading "Shake Hands with the Devil: The Failure of Humanity in Rwanda" by Romeo Dallaire who recently spoke in Moscow at the Borah Symposium. Find Nancy on the web at <<http://personal.palouse.net/~Nancy>> or email her your BookThoughts at <[nancy@turbonet.com](mailto:nancy@turbonet.com)>.



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## Mango Mouth

By Judy Sobeloff

SOME MATTERS ARE TOO important to leave to experts. If you want the truth about something crucial, you might need to heed the call of the wild mango, letting it whisper its deepest secrets. You might need to risk mango mouth. But more on that later.

Originating in India four or five thousand years ago, mangoes are considered sacred symbols of love. Likewise, in the folktales of countries such as Thailand, Cambodia, and Indonesia, mangoes inflame passions leading to tragedy and/or transcendent love ([hinduonnet.com](http://hinduonnet.com)).

Lest you think that mangoes are all fun and games, after reading descriptions of how to slice and score mango flesh in a criss-crossing pattern to minimize the mess, after learning about how mangoes must be grafted because if left to their own devices they will revert to their wild state—tiny, ropey, and tasting like turpentine—I was beginning to feel a little glum. Taming and subduing and managing of mess is the antithesis of the essence of mango.

If one wants an alternative viewpoint, how far would you guess one needs to look? After crossing the street to bring mango pie to our neighbors Mike and Leigh, my mango melancholy began to lift. Leigh, I learned, tasted her first mango doing agri-forestry for the Peace Corps in West Africa, where she ate mangoes galore. Large, grafted, cultivated mangoes grew by the river and were sold at the market, while wild ones grew abundantly in the village: small and fibrous, but sweet and delicious, eaten voraciously by young and old alike. Aha! I thought, so much for turpentine taste!

Eating a mango upon returning to the United States, Leigh reports being startled by a red “itching, burning” ring around her mouth that lasted “the better part of a week,” identified by her mother as “mango mouth.”

“If you don’t slather it ear to ear, you might not get the same reaction,” Leigh said. Later I learned that mangoes are members of the sumac family, along with pistachios, cashews, poison ivy, and poison oak. Just as

a rose has thorns, mango sap is toxic and can cause a rash similar to poison ivy.

Meanwhile, across the table, Mike was looking a little fazed. As a child growing up in Florida, he was so averse to mangoes that his dad dug up the mango tree in their yard and gave it away.

“All right, here we go,” Mike said, lifting his fork. “I should be fine,” he added unconvincingly. We all held our breath as Mike chewed. But Mike liked it! “This is good, seriously,” he said. “It’s better than peach cobbler.”

In addition to the pie, which was a surprise knockout, my own family sampled three kinds of mango shakes on a juice/dairy continuum. We liked all versions, but liked the Indian mango lassi, with milk and yogurt, best.

“Is it simple to make?” Fred asked.

“So simple,” I said.

“Then we shouldn’t eat anything else,” he replied.

More fun facts: Mango trees are evergreens, and grow up to 100 feet tall. The paisley design in Indian textiles is a mango. Of the 1,000 varieties of mango, also known as the “king of fruit” or “apple of the tropics,” the Co-op carries three of the most popular: Kent, Tommy Atkins, and the small, golden Ataulfo.

As color is not a good indicator of ripeness, the best methods are a gentle squeeze and smelling the stem end. Unripe mangoes are used in chutneys, but if you do end up slicing into a sour, unripe mango, my friend Jyotsna recommends dipping pieces in coarse Lima sea salt.

I’m not going to describe how to eat a mango neatly. What interests me are the alternatives: Peel and eat it like a banana. Peel and spear it on a fork. Scrape the seed and the peel with your teeth. The preferred fruit-eating method of our 14-month-old isn’t described in any manual, but watching him brings our whole family joy: Gnaw, crouching naked, more raccoon-like than you’ve ever been. So if you’re willing to make a little mess, go ahead.

**MANGO SHAKES** (Adapted from The Moosewood Restaurant Cooks at Home)

1 ripe mango, pitted and peeled

1 tablespoon frozen limeade concentrate or 2 tablespoons lime juice  
1 cup milk or pineapple juice  
Freshly whipped cream (optional)  
Puree all ingredients in a blender until smooth. Serve chilled, topped with an optional dollop of freshly whipped cream.

**MANGO LASSI** (adapted from a recipe by Dipa Malakar at [www.food-nepal.com](http://www.food-nepal.com))

1 mango  
1 cup whole milk  
1/2 cup regular yogurt  
2 tablespoons sugar  
1/4 teaspoon powdered cardamom  
Cut mango into small pieces. Blend all ingredients for about 2-3 minutes or until a little foam forms in mixture. Serve chilled.

**MANGO PIE** (adapted from [www.culinarycafe.com](http://www.culinarycafe.com))

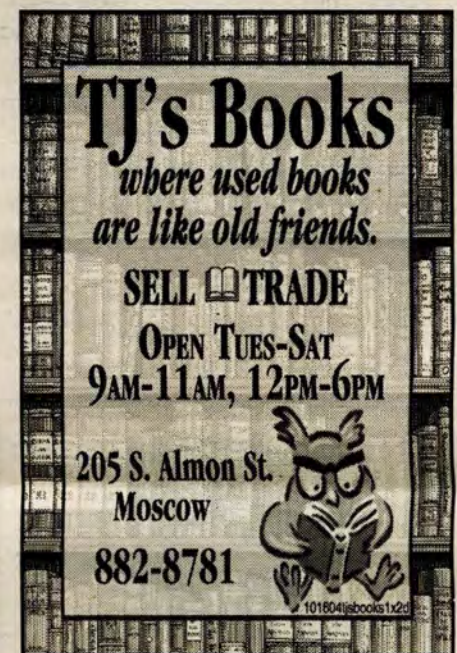
Pastry for 9” Two Crust Pie\*  
5 cups fresh mango, sliced  
1 teaspoon lemon juice  
1 cup sugar  
1/4 cup all purpose flour  
1/4 teaspoon cinnamon  
2 Tablespoons butter (optional)  
Heat oven to 425. Prepare pastry. Mix mango and lemon juice; set aside.  
Stir together sugar, flour and cinnamon. Mix with mango. Turn into

pastry-lined pie pan. (Optional: dot with butter.) Cover with top crust with slits cut into it; seal with fluid. Cover with foil until last 15 minutes of baking.

Bake 9-inch pie for 35–45 minutes or until crust is brown and juice begins to bubble through slits in crust.

\*NOTE: This amount of filling turned out to be enough for two pies, so you may want to halve the other ingredients or, in keeping with the spirit of the mango, double the crust and make two pies.

Judy Sobeloff hopes to taste a wild mango someday.



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## Customer Profiles

### What We Want

By Vic Getz

I've just returned from a visit to good friends in New Zealand. I love it there and I love it here. How lucky is that?

Back in NZ, where I had lived for a number of years, I was reintroduced to a fruit called Feijoa. There's nothing else like it and I've almost begged to have it made available at the Co-op. Who knows? Ask and receive. If you're lucky. Which I am.

If you've never heard of Feijoa, and if it becomes available, try it. It's sort of an acquired taste but once acquired, you'll never regret it. So, for this column, I thought I'd ask Co-op shoppers what really exotic things they might fantasize about buying at the new store. There's going to be tons more room, right? Might as well use it for new adventures in eating, drinking and being healthy.

The task was a bit more difficult than I expected. Maybe that's because the Co-op already meets the exotic taste needs of people who shop here. When asked what exotic item they would like, people rolled their eyes upward toward their cognitive neural center searching for something. And found...nothing. So I'd probe with a question about their experience of something that created an explosion of taste or texture that would ignite a rush of sensual memory (and that could be acquired and sold legally here). A look would burst onto faces when they had their epiphinette of a memory of something, somewhere, sometime. What is it? Why is it so wonderful?

"More exotic very, very hot spicy sauces from exotic cultures," Hunter Snevily said. This from a person who doesn't really cook. But, maybe these products would be perfect for this breed. They can buy a deli item or something frozen and then dump the hot exotic sauces on them.

Organic jicama—it's yummy and wonderful in salads. It's a great snack that sort of looks like a radish. The first time she tasted it, Kerri Fedale says, she loved it. But, it's never available here.

"More hamburgers. Just kidding." Eric Gilbert said.

In a previous life, Tim Smith had a bakery where he concocted prize-winning breads and pastries. He'd love to see simple fruit pies in amazing crusts (butter!) available on a regular basis. Cherry! He also suggested that the bakery

experiment with different combinations of flours to obtain new textures. When he had his bakery a food chemist tried to duplicate his baguette because he loved the French country flavor. It's in the flours and the time-intensive development of the yeast. That's all he told me.

Doug Lammer definitely couldn't think of anything until my "explosion of sensual memory" probe. Then he almost shouted, "The former Yugoslavia made paste from red bell pepper, eggplant and garlic that was sold everywhere in a little can. Fantastic on sandwiches." He recalled the name with near certainty: Ajvar. (See <<http://faq.macedonia.org/cuisine/ajvar.html>>) Never heard of it. Exotica corner?

Ashley Clempitt was down from the high school for lunch. She mentioned something I never heard of: guanabana [gwah nah' bah nah]. (See <<http://www.killerplants.com/herbal-folklore/20040126.asp>>) A fruit native to South America, guanabana tastes like a combination of strawberry and banana. "It's got a hard spiky skin. I had it in Mexico fresh and in smoothies and I've never seen it here." It sounds beautiful!

Dayna Willbanks joined me and when I described what I was looking for she almost drooled. (But, that's just Dayna.) She's a woman who is very in tune with her sensuous self. In Kauai she had the "best, most exquisite coconut ice cream. I had to have it almost every day that I was there." Why not homemade ice cream? One exotic flavor a week?

Vicki Reich, the Co-op grocery manager told me that things that are exotic tend not to sell. And, sure, some things aren't feasible to ship here for one or another reason. But, I'm an idea person. If one idea from a million pans out, I'm happy.

So, I'm thinking of a little exotica corner where the fantasies of customers and staff can be realized on a monthly basis. If the item sells, it stays. If not, at least someone had that rush of memory for a few days. Maybe this column will stimulate people's olfactory/taste neural networks and give rise to some great ideas. If so, put them on the suggestion board, maybe mention why you loved it so much and note that it might be a product for the exotica corner.

---

*Vic Getz will serve samples of feijoa wine, juice, jam, fresh—whatever—if it comes to the Co-op. I can dream, can't I?*

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## Volunteer Profile

# Alan Solan

By Yvonne McGehee

This, my first interview with a Co-op volunteer not working in the deli, turned out to be with someone who held my current job of doing volunteer profiles for the Co-op newsletter in the past. A nice start; but now I'll have to do a particularly good job of this interview!

Alan Solan was born in Havre, Montana, in 1962. He was raised in Anaconda, Montana, where the copper smelter closed in 1980, the same year he graduated from high school. But Alan didn't pursue anything related to copper or smelting. He moved to Missoula and attended the University of Montana for three years, took various breaks, and finished getting a BS in Journalism at the University of Idaho in Moscow in 1989. He worked at the Agricultural Communications Center in the College of Agriculture at the University of Idaho, covering 4-H events and agricultural research for three years, then went to work for a newspaper in beautiful Priest River, Idaho. In 1999 Alan moved back to Moscow, worked first at Tri-State, then at the Whitman County Gazette in Colfax, Washington, and then at the Moscow Pullman Daily News in 2001, where he is currently a copy editor, outdoors editor, and roving reporter inclined toward coverage of arts and entertainment.

Alan has three children, all born and raised in Moscow, and all fortuitously delivered by Dr. Shupe. The oldest, Casey, is 18 and studying art at the University of Idaho. Molly, age 16, has a wonderful voice and is active singing, is involved in choir, and plays the piano. Ben, the youngest, plays hockey and soccer.

Alan first became a Co-op member about 12 years ago. He started writing volunteer profiles for this newsletter, spent some time as co-editor of the newsletter, and also volunteered in the produce department. Currently he can be found on Tuesday nights volunteering in the produce department,

... among her favorite activities are backpacking trips for teens and a women's mountain bike trip.

stocking and making displays. He is a volunteer not so much out of interest in cooking or organic foods, as for the atmosphere and friendliness of people at the Co-op. He meets employees, volunteers, and customers he knows, and even occasionally meets people he hasn't seen in years who suddenly surface at the Co-op. He enjoys learning, and is always learning something new about the foods and products.

Volunteering is a way to get out and really do something active in the community rather than just sitting around talking about it. Volunteering at the Co-op has set the stage for further volunteer adventures, leading Alan to volunteer as a DJ at the new radio station, KRFP, at 92.5 FM. This is an



all-volunteer, non-commercial station in development, with a range limited to the Moscow area and parts of Pullman. Volunteers are building it from the ground up, with lots of different programs such as talk shows, music and comedy. They plan to try some new ideas, such as recording the Borah Symposium and broadcasting it several times so a wider range of people have opportunity to hear it than just those who can personally attend.

Alan is impressed lately by a burgeoning of new arts activity in the small town of Moscow, which is truly becoming a "Heart of the Arts." In keeping with his reportorial coverage of arts and entertainment, he notices new cafés hosting live music such as One World, as well as galleries such as the new Retro-Fit Gallery. There are more and more places featuring live music, as the Co-op does on Tuesday nights, and for poetry readings and art display; also Artwalk makes for a wonderful local arts experience spread throughout the town. Alan just purchased a watercolor by local artist Bill Fluegel and hopes to meet the creator of his newly acquired artwork someday. With so many art-friendly places in town, chances are good that he will.

---

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

# Business

## Partner Profile

### FedEx Kinkos

By Jill Maxwell

**K**inko's has gone through a lot of changes since I last went to the store. For one thing, the name is now FedEx Kinko's. FedEx bought Kinko's last February, and Kinko's stores across the country have slowly been converting their signage and adding to their services. Interim manager, Jeff Senkevich, took some time out on a very busy Tax Day to brief me on the changes that have already taken place and on some changes to come.

Senkevich, a former starting player on the WSU Cougars football team, has been interim manager for both the Moscow and Pullman stores since early March. He says customers will get a lot of benefits from combining FedEx's shipping expertise with Kinko's document processing knowledge. All of the old Kinko's services will remain. What will be added are FedEx's packing services.

FedEx has had a presence at Kinko's for a long time, although it was usually limited to a drop-off box for packages. Now, FedEx Kinko's can process the packages at the counter. Customers can show up at the counter with an object, and store staff can do all the rest. Senkevich says that the store's "make it, print it, pack it, ship it," motto also means that customers should be able to create whatever documents they need to right in the store and send them to anywhere in the world they need to go.

Senkevich talks a lot about maintaining relationships, and keeping prices and services competitive. It's a big concern of his at the moment, as combining FedEx and Kinko's has resulted in high employee turnover. While the store is understaffed, he has had to reduce the store business hours; but he stresses that it's important that new people get the training they need before being put on the floor.

"Each industry requires a depth of knowledge" says Senkevich. Former Kinko's employees will have to learn about shipping—especially international shipping, while former FedEx employees will have to learn about the printing and copying side of the business. New employees, of course, will have to learn both.

"There's a big focus on training," Senkevich emphasizes, "customer



service is also very important. People need to be sure that their packages are going to get there and not be broken."

In addition to printing and copying "about anything you can image," customers can buy office supplies, buy greeting cards, get passport photos taken, or rent time on a computer to finish their projects. Soon, FedEx Kinko's will be getting a Sony PictureStation which will allow customers to bring in their digital cameras, or digital pictures on a CD, and print them. With PictureStation software, customers will be able to correct their photos for red-eye and other problems and crop them as desired before printing them out.

In addition to single customers coming in for packaging and shipping, FedEx Kinko's offers a lot of services for commercial businesses. Senkevich says businesses can establish a kind of partnership with FedEx Kinko's in which the store will keep digital files of the kinds of documents they need printed often, such as forms and flyers, so that the business can just call them when they need something printed up. FedEx Kinko's has document creation teams that can give businesses advice on their document needs and solutions and help them design the kinds of documents they need.

Senkevich says that the transition will soon be behind them and the Moscow store will resume normal hours hopefully by the end of May.

The Moscow FedEx Kinko's is located in the Eastside Marketplace. Hours are 9:30 to 6:30 M-F and 9:00 to 5:00 on Saturday until the end of May. Business partners receive 10% off all services, except shipping.

*Jill Maxwell is thrilled that spring is finally here.*

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## Plantings for Those Shady Spots

By Patricia Diaz

MOST OF US HAVE AREAS OF the garden or yard where full sun doesn't reach. Sometimes those spots are even too shady for much to grow at all, but if you have sufficient light you can still grow some lovely plants.

It is possible to create both formal-looking areas as well as more informal ones where the plants look like they came from a wild forest. Since shade plants tend to have an open, more informal look, you might have to choose your plants more carefully if you want a formal look. For any shade plants to do well, you will need to fertilize a bit more than for sun-loving plants. And if you plant over tree roots, which is where most shady spots are, you'll need to water whenever the soil dries out, since the tree roots are competing heavily with the other plants for available water.

True shade-loving plants include the hosta family, meadow rue, and dead nettle. Then you have the "bright shade" plants which include such things as 'Berggarten' sage, catmint, and veronica. Shade-tolerant plants include azaleas, rhododendrons, and Japanese maples.

Most shade plants cannot tolerate full sun during the day but do best when they receive plenty of light. Beneath high-arching tree canopies are better places than areas of full shade. You might have to experiment with your plant choices—if they are getting "leggy," transplant them to a brighter spot to see if their growth improves.

Shade plants, since they come from a woodland environment originally, like soil that is humus-rich and porous. You can create this soil by tilling three to four inches of composted organic matter into your soil

or combine two parts organic amendment (like compost or peat moss) with one part sand and one part garden loam.

### GROUND COVERS & PERENNIALS

Some good choices for shade plantings in this category include: bunchberry (*Cornus canadensis*), a deciduous plant with white flowers and red berries; dead nettle (*Lamium maculatum*), also deciduous with pink or white flowers; hosta, deciduous, in solid or variegated forms; Japanese spurge (*Pachysandra terminalis*), evergreen; meadow rue (*Thalictrum*), deciduous with airy foliage; Redwood sorrel (*Oxalis oregana*), deciduous with pink or white flowers; sweet woodruff (*Galium odoratum*), deciduous, white flowers; vanilla leaf (*Achlys triphylla*), deciduous, cream-colored flowers; ground ivy (*Glechoma hederacea*), a trailing plant with round, scalloped leaves and small blue flowers; wild strawberry (*Fragaria chiloensis*), a low, compact plant with red-tinted leaves in winter; and wild ginger (*Asarum caudatum*), evergreen with big heart-shaped leaves and a gingery scent when crushed.

### FERNS & SHRUBS

This category includes: rhododendrons which are evergreen with pink flowers; maidenhair fern (*Adiantum aleuticum*), deciduous with delicate-looking fronds; ocean spray (*Holodiscus discolor*), deciduous with creamy white summer flowers; Oregon boxwood (*Paxistima myrsinites*), evergreen; Oregon grape (*Mahonia aquifolium*), evergreen with holly-shaped leaves, yellow spring flowers followed by sour, grapelike fruit; red huckleberry (*Vaccinium parvifolium*), deciduous with edible red berries; salal (*Gaultheria shallon*), evergreen, don't need much

water, edible purple summer fruit; sword fern (*Polystichum munitum*), evergreen, doesn't need much water; winter daphne (*Daphne odora*), rather unpredictable but has lovely fragrant flowers; *Euonymus fortunei*, an evergreen shrub great for our area—several varieties available; mountain laurel (*Kalmia latifolia*), related to rhododendrons and has apple-blossom-like pink flowers; common snowberry (*Symphoricarpos albus*), deciduous with pink flowers; common sage (*Salvia officinalis* 'Berggarten'), a non-flowering sage with the biggest leaves, that is the longest lived of the sages; and azaleas, deciduous, with fragrant white or pink flowers.

### TREES

Trees that tolerate shade include: vine maple (*Acer circinatum*), deciduous, reddish tints in the foliage, tiny reddish purple flowers in spring; and Japanese maple (*Acer palmatum*), deciduous, slow-growing, with beautiful fall foliage; strawberry tree (*Arbutus unedo*), evergreen—can be damaged in severe winters but the beautiful gnarly, shreddy bark makes this beautiful tree worth the effort.

There are several other kinds of shade-loving and shade-tolerant plants from which to choose. Be sure to consult your local nursery for more ideas.

*Pat Diaz is enjoying the spring blossoms and budding plants. One of her favorites is the spring serviceberry show in the local canyons*

### Keith Smith Carpentry

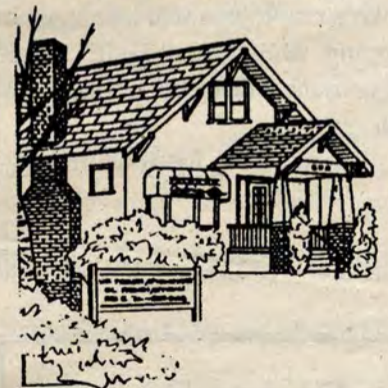
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## Get Out to the Wilderness This Summer

By Donal Wilkinson

**ADVENTURE LEARNING CAMPS** is a not-for-profit outdoor wilderness camp for children of all ages, for the purpose of getting people outdoors. Their goal is to have fun while making connections with the natural world in order to better understand the world around us and how we fit in it. The camps are run by two teachers who are more interested in making the world a better place to live than in making money. Both are have degrees in biology, and one also has a degree in environmental education and has been designing outdoor education programs for over ten years. They both have many years of experience in the wilderness and are great working with folks of any age—adults, small children, teenagers, college students—everyone is welcome. Groups are small—most trips are only 10 participants, so they have a student to teacher ratio of 5:1.

There are nine weeks of camps planned for this summer, starting June 13 and ending August 12. Most of the trips are a week long, but there are a few shorter trips.

Trips cost from \$40 to \$200 depending on the trip and how much equipment is needed. On some of the trips parents are allowed to come free of charge! For more information, call or email Donal Wilkinson at (208) 310-3010, or <donalwilkinson@yahoo.com>.

Their website is under construction at <www.adventurelearningcamps.com>.

### Adventure Learning Camps 2005 Schedule

June 13 & 14 Opal Creek Wilderness  
June 16 & 17 Eagle Creek Gorge  
June 20 – 24 Canoe John Day River  
June 27 – July 1 Olympic National Park  
July 6 – 8 Mount Adams Wilderness  
July 11 – 16 Crater Lake National Park  
July 18 – 22 Mount Rainier National Park  
July 25 – 29 Eagle Cap Wilderness  
August 1 – 6 Pacific Crest Trail

## Get Soil in Your Soul

By Kelly Riley, PCEI green living coordinator

WOULD YOU LIKE TO PRODUCE your own veggies, flowers, and herbs but have no room to grow them? The Moscow Community Garden has plots available for the 2005 growing season. The community garden is a Community Food System project of Palouse-Clearwater Environmental Institute (PCEI).

The garden site, located at 1023 West C Street, is generously provided by Emmanuel Lutheran Church. Plots are available in 20' x 20' parcels for \$35 per season or 10' x 10' for \$20 per season.

The garden is a 'no pesticide, no herbicide' site. Compost, mulch, manures and sustainable growing methods are shared and encouraged.

The Moscow Community Garden works to promote and support all aspects of community food and ornamental gardening by encouraging the production of nutritious food, reducing family food budgets, and demonstrating sustainable gardening practices.

Recognizing that community gardening improves the quality of life for people, the garden serves as a catalyst for neighborhood and community development. Through social interaction, encouragement of self-reliance, provision of healthy "green space," and opportunities for therapy, exercise, and recreation, the community garden is a unique vehicle for creating a connected and cohesive community.

To sign up for a plot of your own or for more information about the garden, please contact Kelly Riley at PCEI: (208) 882-1444 or e-mail: <makeitgrow@pcei.org>.

## Your Office Doesn't Have to Be a Pain in the Neck

By Anita Evans, occupational therapist

DOES WORKING IN YOUR office, whether at home or at work, cause you pain in your neck, back, arms or hands? Most people do not have their office workspace set up to avoid strain and injury. As a result, using a computer can make people naturally more prone to conditions such as upper or lower back pain, tendonitis, Carpal Tunnel Syndrome, Trigger Finger and Sciatica. In addition, research shows that kids who spend a lot of time on computers are also at risk just like their adult counterparts.

According to the Department of Labor's Office of Safety and Health Administration (OSHA), America's employers report that nearly two million employees suffer from musculoskeletal disorders each year, and a significant portion of these conditions come from computer jobs. In addition, OSHA reports that musculoskeletal disorders can be prevented if the workspace is fitted properly to the user. Proper positioning and posture are key elements. It doesn't have to cost a fortune to redesign your office space in order to provide relief.

"Pacing your activity to include

short, frequent breaks," is also vital, according to Steve Geringer, MD, professor in the department of physical medicine and rehabilitation at Wayne State University in Detroit, Michigan. "Short, frequent breaks such as standing for about 30 seconds every 20 or 30 minutes provides a necessary break for your muscles. These breaks revitalize your muscles with the oxygen necessary to function efficiently."

Adjustments you can make to your work space include:

- Ergonomic chairs
- Glare screens for your computer
- Telephone headsets and speaker phones
- Document holders for use while typing
- Wrist and mouse rests for keyboard
- Keyboard and mouse trays for proper wrist position
- Footrests for proper foot positions

Although obtaining "ergonomic" office equipment is a good start, merely having the proper items is not enough. The work space must be fitted to each individual. Occupational Therapists are trained professionals who can fit the workplace to the worker, whether it be an industrial, office or home setting.

If you would like more information about rearranging your workspace and preventing musculoskeletal disorders, you can contact Latah Health Therapy Works, (208) 882-1570.

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## Nature in the City New Music Arriving Daily

By Sarah Walker

IT'S MAY! MOSCOW WILL BE just bursting with bird song this month. Hundreds of spring migrants will join our resident (year-round) birds for the annual rituals of picking out territories, finding a mate, and raising a new family—all to the tune of lots and lots of singing.

Nearly all birdsong is performed by males. They're the ones who tilt their heads back, open their beaks, and flex the muscles around their voice box (called a "syrinx" in birds) to pour out long complex warbles, trills and cascades of notes. Humans love to hear birds sing because it's such a lovely way to announce spring, but male birds sing for two very important reasons of their own: to establish and guard their territory, and to attract a female. There are big advantages to being a good singer!

A male bird who knows a lot of songs and sings a lot has more appeal to a female than a bird with fewer songs or that sings less. A bird with the time and energy to devote to energetic singing is more likely to be healthy and well-fed, and this means he's picked out an excellent territory for raising a family. And, a bird with a big repertoire is likely to be an older bird—a proven successful breeder and a good provider. Females go for these guys.

An excellent territory has safe nesting sites, available nesting materials, and plenty of food to feed a hungry family.

How does a male songbird become a good singer? At birth, male birds only know simple versions of their species' song. They learn the complex songs of their species by hearing adult birds sing them—just like human babies babble before they pronounce words and eventually learn how to speak in complex sentences.

Some birds increase their repertoire of songs by imitating songs from other bird species or even mechanical sounds. Starlings, for instance, are notorious imitators and can make sounds like a dog barking, a wolf whistle, or even car alarms. Christine Gray, a birder who works at the U of I Library, has heard a starling imitate a quail on the U of I campus. (Even though the starling

imitated the quail exactly, Christine could tell it was "the starling's voice" making the familiar "Chicago, Chicago, Chicago" call that quail make.)

Christine thinks that campus starlings hang around the Ridenbaugh Music Annex and are stimulated by the frequent and varied music that emanates from the practice rooms. She hasn't yet heard a starling do a piano or a flute, but says "just hang around and listen" and chances are you might hear this.

Another form of foolery in the bird-song business is when one male bird makes himself sound like a group of birds. He does this by singing from many points along the boundary of his territory so that other males will think they're hearing numerous birds and stay away. (This is called the Beau Jeste theory.)

If you want to experience more of spring's musical extravaganza, take Christine's advice to just hang out and listen. Seeing and hearing birds is really just a matter of noticing them. And this month, wherever you are in town, birds will be all around you, mating, singing, flying around with sticks in their mouths, building nests, raising babies—and rehearsing their songs.

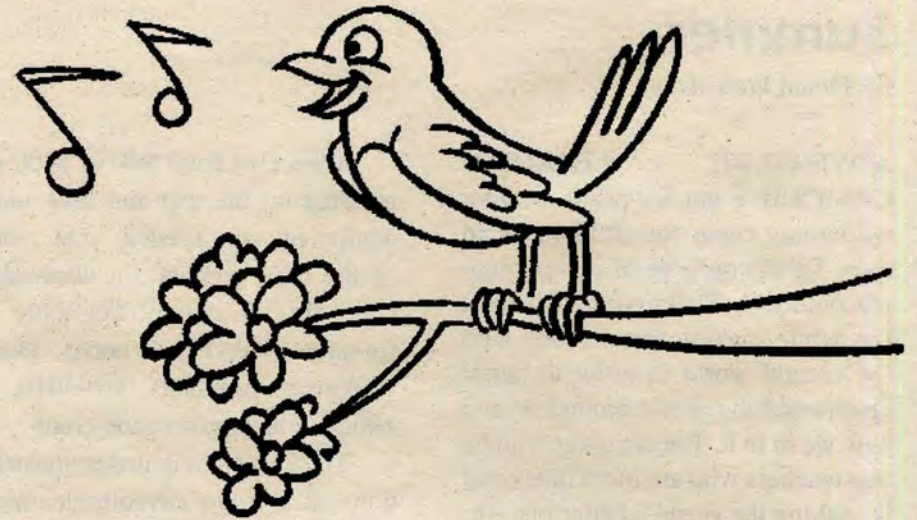
### More about birdsong:

Online birdguide with recordings:  
<[www.birds.cornell.edu](http://www.birds.cornell.edu)>

Tomm Lorenzin's list of mnemonics, guidebooks and recordings  
<[www.1000plus.com/BirdSong/](http://www.1000plus.com/BirdSong/)>

For young adults: "Songbirds: The Language of Song" by Sylvia Johnson, at Moscow Public Library.

*Sarah Walker is the person out on Main Street with binoculars. Write her at <[citynature@moscow.com](mailto:citynature@moscow.com)> as soon as you hear starlings sounding like Miles Davis.*



**Tomm Lorenzin** who drew this picture, collects mnemonics—sayings we use to help us memorize something. Mnemonics are used by birders because there are so many songbirds (about 4,500 species), and each species has its own song.


Bird Species	Where to see in Moscow	Mnemonic for song or call
<b>Robin</b>	Everywhere	Cheerup, Cheerily, Cheerily!
<b>Yellow warbler</b>	Trees, shrubs in parks & yards	Sweet, sweet, sweet, I'm so sweet!
<b>Song sparrow</b>	Along Paradise Creek	Maids-maids-maids put on the tea kettle, tea kettle!
<b>Kestrel</b>	Grain elevators	Klee-klee-klee-klee-klee...
<b>Red-wing blackbird</b>	Cattail marsh at Anderson Park	Konk-er-leece!
<b>Barred Owl</b>	Bushy young conifers at Arboretum (winter); Moscow Mt. (summer)	Who cooks for you? Who cooks for you- aaaallllllllll!

### 2005 Adventure Learning Camps

June 13 <sup>th</sup> & 14 <sup>th</sup>	Opal Creek Wilderness
June 16 <sup>th</sup> & 17 <sup>th</sup>	Eagle Creek Gorge
June 20 <sup>th</sup> - 24 <sup>th</sup>	Canoe the John Day River
June 27 <sup>th</sup> - July 1 <sup>st</sup>	Olympic National Park
July 6 <sup>th</sup> - 8 <sup>th</sup>	Mount Adams Wilderness
July 11 <sup>th</sup> - 16 <sup>th</sup>	Crater Lake National Park
July 18 <sup>th</sup> - 22 <sup>nd</sup>	Mount Rainier National Park
July 25 <sup>th</sup> - 29 <sup>th</sup>	Eagle Cap Wilderness
August 1 <sup>st</sup> - 6 <sup>th</sup>	Pacific Crest Trail
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Carol Budi Smith (back row, third from right) surrounded by volunteers at El Cafe Verde during the 1996 Renaissance Fair.

## Celebrating the Life of Carol Budi Smith

By Kenton Bird

A MEMORIAL SERVICE FOR Carol Budi Smith, a civic activist on the Palouse for more than a decade, will be held Sunday, May 8, at 4 p.m. at the Unitarian Universalist Church of the Palouse, 420 East Second Street in Moscow.

Carol, a former director of nursing at Pullman Memorial Hospital, died January 28 in an automobile accident near her home outside of Winston-Salem, North Carolina. She was 63. Carol was a founder and leader of the Coalition for Central America, which organized humanitarian aid campaigns and lobbied for an end to U.S. assistance to the military government in El Salvador and the Contra rebels in Nicaragua. She worked tirelessly on social justice issues for much of her life. And she was an active Co-op volunteer in Pullman and in North Carolina.

Carol and her family moved to Pullman in 1980. Carol was a leader in the Pullman Food Co-op, a buying club that was located in Pullman's Gladish building.

In 1985, Carol organized a campaign called "Tools for Peace," sponsored by Oxfam-America. She collected donations of farm equipment,

seed, barbed wire and a small pickup truck, which were intended for farm cooperatives in Nicaragua.

Laird Hastay says Carol's energy and optimism motivated others to work tirelessly on behalf of peace and justice. "Nothing was impossible, and her certainty and her cheerful assumption that she was right spurred me on," Hastay recalls. "She never asked anyone to do something she wouldn't do herself."

Carol moved to North Carolina in the late 1990s when her husband accepted a faculty position at Wake Forest University. There, she helped revitalize that community's food co-op.

One Winston-Salem friend, Kay Bergey, observed, "There was no end to her vision for the future, be it co-op or the world."

*Kenton Bird, who spent many evenings in the kitchen of Moscow's First United Methodist Church cooking black beans for the Renaissance Fair, will serve black-bean burritos in Carol's memory after the May 8 celebration of her life. For more information, contact him at kentonbird@moscow.com*

## Auntie Establishment

By Joan Opyr

THE APRIL 16TH CO-OP Fundraising Dinner was not only a great financial success; it was also the highlight of my social calendar thus far this year. I'd even go so far as to say that it was one hell of a hootenanny. Good friends, good food, good music and good fun. What more could anyone want? (Okay, perhaps more desert. By the time I got to the goodies, all that was left was one bite of apple something and a bit of smeared mocha frosting on a plate. But as I'd had two helpings of chicken lasagna and an entire garden's worth of salad, I can hardly complain. And did I mention the wine? No? Probably best that I don't – I don't want to remind anyone of my lampshade-on-the-head moments.)

It is now officially spring. By the time this column reaches your eyes, dear readers, the Renaissance Fair will have come and gone, taking with it my family's tax rebate. I love the Renaissance Fair. I love spring. I love the Palouse. Yes, I'm a bit manic. This was a mild winter, yet nevertheless, I've been waiting with bated breath for the fields to turn green, the redwing blackbirds to appear perched on the cattails, and for the Renaissance Fair to return and mug my money. Candles, jewelry, elephant ears and hemp clothing – the whole she-bang is Moscow in a nutshell. Bejeweled hippies eating deep-fried food, milling about with people dressed up like Geoffrey Chaucer, if Geoffrey Chaucer shopped at Wal-Mart.

The Renaissance Fair was my first introduction to the real Moscow. I moved here on October 1, 1993. Snow was already on the ground and people moved quickly from shop to shop, their faces and forms hidden by thick, dark parkas. I can't remember meeting anyone until the spring, though I must have, as I started a new job at the University of Idaho that January. Perhaps you don't really notice people when they come to work in a balaclava and Sorels—or at least you try not to. At the Re-

naissance Fair, however, Moscow lets it all hang out. Rain or shine, fair or foul, out come the shorts and the Teva sandals. The Pagans have a ritual in which they celebrate the true beginning of the year. They call it Beltane, and they dance around a be-ribboned Maypole and welcome back the spring. The rest of Moscow puts on Hawaiian shirts and marches through the wet grass at East City Park. It is much of a muchness.

And speaking of Pagans (how's that for a clever segue) I'd like to use the remainder of my column space this month to tell you about a kitten named Tabby Tom. He'd make a great companion or, indeed, a familiar. I'm fostering him right now, but he needs a permanent home. He's neutered (or tutored, as my friend, Carl Westberg, Jr., prefers to say) and has had all his shots. If I didn't already have three thousand pets, Tom could hang around here forever. But I do, and he can't. So how about it? You may view a picture of this incredibly handsome and charming beast on my website, [www.auntie-establishment.com](http://www.auntie-establishment.com). Just click on the link at the top of the page: Tabby Tom, Looking for Love. I've decided to take the eHarmony.com approach to finding him a home. Why not? It's spring, and perhaps one of you will find that your fancy has turned to love.

Just remember that cats are better than Renaissance Fair elephant ears. You can have half a dozen cats and still fit into your tight jeans.

*Joan Opyr, AKA Auntie Establishment, is a Moscow area writer and editor. She has a novel called Idaho Code coming out in the fall from Bywater Books <[www.bywaterbooks.com](http://www.bywaterbooks.com)> and is now the Northern Idaho editor for New West Magazine <[www.newwest.net](http://www.newwest.net)>. Please feel free to contact her at <[auntiestablishment@hotmail.com](mailto:auntiestablishment@hotmail.com)> with your questions, comments, and free compatibility check with Mr. Tabby Tom.*

## Friends of the Clearwater Species Spotlight Mule's Ears (*Wyethia amplexicaulis*)

By Will Boyd



Photo by Chuck Pezeshki

**John's Creek** in the South Fork Clearwater drainage

THIS SHOWY COMPOSITE adorns many hillsides and meadows throughout the Wild Clearwater Country. It is often mistaken for Arrowleaf Balsamroot which you may see on drier hillsides this time of year. Mule's Ears' stemless basal leaves, when viewed close up, help distinguish these two spring blooming wildflowers.

The plant's Latin name was given by Thomas Nuttall, who accompanied Nathaniel Wyeth (1802-1856) on his expeditions to the Oregon country (1832 & 1834) in hopes of establishing a fur trading business. A poultice of warmed, pounded roots were used by the Okanagan-Colville to reduce arthritic and rheumatic pain.

Mule's ears are a perennial and are known to hybridize with closely related *Wyethia helianthoides*, which has white flowers. Entire meadows

of *Wyethia* are not uncommon. They can also be found in forest openings on south-facing slopes.

To learn more about this beautiful spring wildflower visit the Idaho Native Plant Society's web page at <http://www.idahonativeplants.org/> and please join Friends of the Clearwater on our two spring hikes, May 21 to Rapid River and June 25 to John's Creek on the South Fork.

For more information about these two hikes and other educational and recreational events sponsored by Friends of the Clearwater, call us at 208-882-9755 or visit us on the web at [www.wildrockies.org/foc](http://www.wildrockies.org/foc),

## Letter from the Land So What is Permaculture?

By Suvia Judd

ONE OF MY FARM PARTNERS recently returned from a two-week intensive permaculture course. The morning after her return she was wandering around the yard looking for places to plant the three little trees she brought home with her. (I am still contemplating the probable experience of the Sea-Tac luggage screener who must have reached into her duffel and grasped the Douglas Hawthorn seedling with its one-inch thorns.) She found a pile of rotten stove-length wood in a shady corner and announced that it was the perfect beginning place for "hugelkultur." She toured the extensive tree-lined margins of the yard and talked about adding berry bushes as part of "guilds," commented about how much water we could retrieve from the barn roof, and explained that we could store water in the soil for our trees in judiciously placed swales. She is now a certified permaculture designer, and has been looking over the whole property to see how we could incorporate more permaculture practices.

In 1986 I was fortunate enough to attend the second International Permaculture Conference, which was held in Olympia on the campus of The Evergreen State College. There were three keynote speakers: Bill Mollison, one of the two founders of permaculture; Wes Jackson, who was researching polycultures with perennial grains for an agriculture-based on prairie ecosystems at the Land Institute in Kansas; and Masanobu Fukuoka, founder of natural agriculture in Japan and author of 'One Straw Revolution.' I remember Mollison's talk the most clearly. He showed slides of an arid area of Australia where the attempt to replace native vegetation with a monocrop wheat agriculture had left a desert-ified landscape full of erosion gullies. In the midst of this landscape was a little oasis, a lush permaculture homestead where the human dwellers had learned to harvest the water and sunlight, and otherwise work in harmony with the site and the

climate. They had planted fruit and nut trees as a perennial agriculture, and Mollison talked about walking through such a place, where all you could hear was the sound of gently falling fruit.

The word 'permaculture' was formed from "permanent" and "agriculture," and has been variously described as a "design science;" the "application of ecological design to sustainable human settlements;" "local resources for local needs;" and "creating a bit of paradise where you live."

Permaculture overlaps with sustainable agriculture, ecological agriculture, organic agriculture, biodynamic farming, agriforestry, reinhabitation, restoration, and other fields. It has grown to mean permanent culture, not only AGRICULTURE and to encompass the formation of sustainable human communities. The three ethical principles of permaculture are: care of people, care of the earth, and fair share. The design principles are many and various, depending on the author, but often begin with the principle of observation. It is, as Fukuoka says, "protracted and thoughtful observation, not protracted and thoughtless labor."

The permaculture practitioners I have met are full of vitality and enthusiasm. They see what others of us experience as difficulties as creative opportunities.

More on permaculture next month. Oh, and "hugelkultur" is gardening on a mound of decomposing wood covered with soil or compost. The wood holds an amazing amount of water, and the mound makes a protected nursery area for transplanting into. (For more on hugelkultur, see [www.richsoil.com](http://www.richsoil.com).)

*Suvia Judd gardens, farms, and contemplates a permaculture future in Moscow.*

## Crossword Puzzle Clues

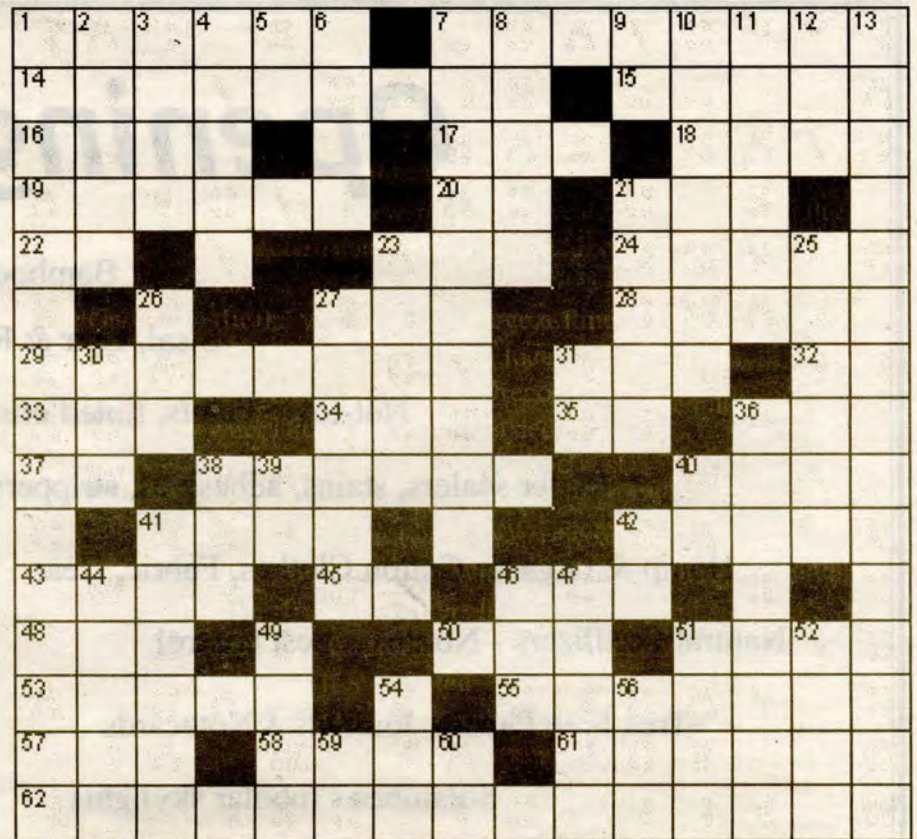
### ACROSS

- 1 Ancient Greeks made gold replicas of this vegetable  
 7 Auntie Establishment's true identity  
 14 Brand that specializes in Japanese cuisine  
 15 Art at the Co-op artist \_\_\_\_\_ Harkay  
 16 Tea brand  
 17 Wind instrument  
 18 South African coin  
 19 Nut used in marzipan  
 20 Top government lawyer, abbreviation  
 21 school for military leaders, abbreviation  
 22 Personal pronoun  
 23 Beer  
 24 Ill-fated lover  
 27 Baseball statistic  
 28 Gimli from Lord of the Rings  
 29 Onion type  
 31 Jerry's Chunky Monkey pal  
 32 Masculine title, abbreviation  
 33 National internet provider  
 34 Calendar abbreviation  
 35 Mt. Hood is this state's highest point, abbreviation  
 36 Apple, pumpkin, or pecan  
 37 Airline or compass point, abbreviation  
 38 Retro beverage  
 40 Chablis or sherry  
 41 Engrossed  
 42 Oregon's capital city  
 43 Vase-shaped pitcher  
 45 Vasarely's or Escher's type of art  
 46 Bottled water brand: 'Idaho \_\_\_\_\_'  
 48 Newtonian fruit  
 50 Government agency that regulates medicine and food  
 51 Eyepiece  
 53 Aquatic superfood  
 55 Chemical free food  
 57 Co-op employee that suggested the Newsletter crossword  
 58 Flightless New Zealand bird  
 61 Newsletter-featured fruit with many spellings (March 2005 issue)  
 62 Specific brand of spicy soda

### DOWN

- 1 Moscow's May celebration  
 2 Grown-up  
 3 Italian motorcycle brand  
 4 Skull part  
 5 Fantastic literature or Californian city, abbreviation

- 6 Grasp  
 7 Author of 'The Catcher in the Rye'  
 8 River or North American tribe  
 9 The Garden State, abbreviation  
 10 Thornton Wilder play  
 11 Television screen  
 12 Yang's companion  
 13 Moscow's newest thought vortex  
 21 You might place this at the Co-op deli  
 23 Approximately  
 25 Furry arctic animal  
 26 Indian dish  
 27 Market or theater district  
 30 Yogurt brand 'Brown \_\_\_\_\_'  
 31 Buddhist monk  
 36 Golden beer or the tall glass it's served in  
 38 Disfigure  
 39 Wire service, abbreviation  
 40 The Evergreen State, abbreviation  
 41 Marley's music  
 42 Stockholm is this nation's capital, abbreviation  
 44 Decadent English dramatist  
 46 Post-Esperanto artificial language or wedding words  
 47 \_\_\_\_\_ diem!  
 49 British stables  
 51 Young sheep  
 52 Food brand '\_\_\_\_\_ Spice'  
 54 Water or snow sport  
 56 Science fiction setting created by John Norman  
 59 For example, abbreviation  
 60 Often before a vowel



## Letters to the Editor

Dear Editor,  
 Our Moscow Food Co-op is the BEST! – I've known this for many, many years, but it was reinforced lately when I called to find out about a new Yogi tea coming out for nursing moms. When I called, the Co-op wasn't carrying it yet, so I decided to look around to find it just so I could try it out. But the wonderful and brilliant folks at the Co-op had me on their radar, and I was so pleasantly surprised to get a call a few weeks later from Vicki about it. She had recently gone to a trade show and tracked down the producer, who sent up some free samples for me to try. Talk about above and beyond the call of duty! I want everyone at the Co-op to know how great they are and how valued I feel that they take the extra time to try to meet our needs. The Co-op is not just a store—it's a family and truly the heart of Moscow. Thanks again for being a bright shiny happy spot in the middle of town. And special thanks to Vicki for taking such good care of all of us.

love, love, love,  
 Sandi Klingler  
 (and baby Molly who loves the Co-op and whose favorite thing to do is

eat Annie's organic pasta (yum yum!) with her 2 teeth)

Dear MFC,

As a result of our family's wristband sales project ([www.ididnotvote4bush.com](http://www.ididnotvote4bush.com)) we are donating \$640 for the Moscow Food Co-op's expansion. Enclosed is our check.

We are so happy to be able to donate to you, and so grateful for the support you have shown us. Please call me or my husband Tony McKnight if you have any questions.

Very truly yours,  
 Brenda Bentley

*Editor's note: The Moscow Food Co-op carries the "I did not vote 4 Bush" wristbands, as has BookPeople of Moscow. Proceeds from the sales of these wristbands go to progressive causes. See their website for more information and the whole story <[www.ididnotvote4bush.com](http://www.ididnotvote4bush.com)>.*

# Opening In May...

Bamboo & Cork Flooring

Sisal, Coir & Reed Rugs

Not-toxic Paints, tinted onsite

Safer sealers, stains, adhesives, strippers

Hemp & Organic Cotton Clothes, Fabric, Gear

Natural Fertilizers - Nontoxic pest control

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Wooden Toys



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517 S. Main St  
Moscow  
208-883-1040

Online Shopping available soon  
[www.TheNaturalAbode.com](http://www.TheNaturalAbode.com)

## Products For Healthy & Sustainable Living

### Motherlove Trained Doulas

We are women trained and experienced in childbirth who provide affordable continuous physical, emotional, and informational support to a woman and her partner during labor, birth and the immediate postpartum period.



Studies have shown having a doula or birth assistant can:

- Reduce cesarean rate
- Shorten labor
- Build confidence in mom and partner
- Reduce the need for medical interventions
- Have a positive effect on breast feeding

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Offering reasonable rates based on income

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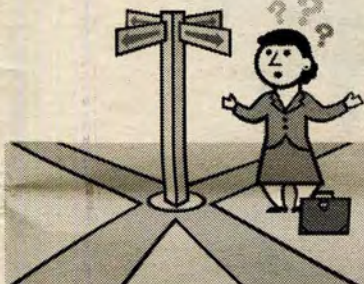
**Invest in Moscow's future...  
and earn a good return on that investment.**

Loan money to the Co-op for our move.



Contact Co-op Community Loan Program Coordinator  
MaryJo Knowles, 882-0251 or maryjoknowles@msn.com

- Loan up to 10,000 and earn **annual 4% interest.**
- Loan from 10,000 to 20,000 and earn **annual 5% interest.**
- Loan more than 20,000 and earn **annual 6% interest.**



**Confused  
about  
Hormones?**

Plan to attend our next class

**Bio-identical Hormone Replacement**

*A Natural Approach to Hormone Therapy*

**Thursday, May 19th 7 p.m.**

**Pullman Regional Hospital Conference Room D**

**Participants in the Class will Learn:**

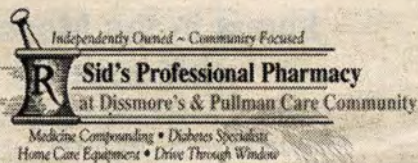
- The role of hormones in the body
- How aging affects hormones
- What hormone replacement options are available
- How to talk to your doctor about hormone replacement
- The advantages of bio-identical hormone replacement

Presented by Inez Kalin, RPh

Registration fee \$25

Registration fee includes a copy of the book:

*"You've Hit Menopause, Now What?"*



**Sponsored by:**

**Seating is limited**  
To reserve your space  
call: 509-332-0630

**Increase Your Business**

**Advertise with the Co-op Newsletter!**

For more information, contact Aly Bean at 882-1444 or aly@pcei.org



**"All year long the number one reason  
people come to downtown Moscow is to  
shop at the Moscow Food Co-op."**

-- Barbara Richardson Crouch, executive director, Latah Economic  
Development Council citing the 2002 LEDC Shopper Survey.

**Invest in the Moscow Food Co-op  
and support the Move!**

Contact Co-op Community Loan Program Coordinator  
MaryJo Knowles, 882-0251 or maryjoknowles@msn.com

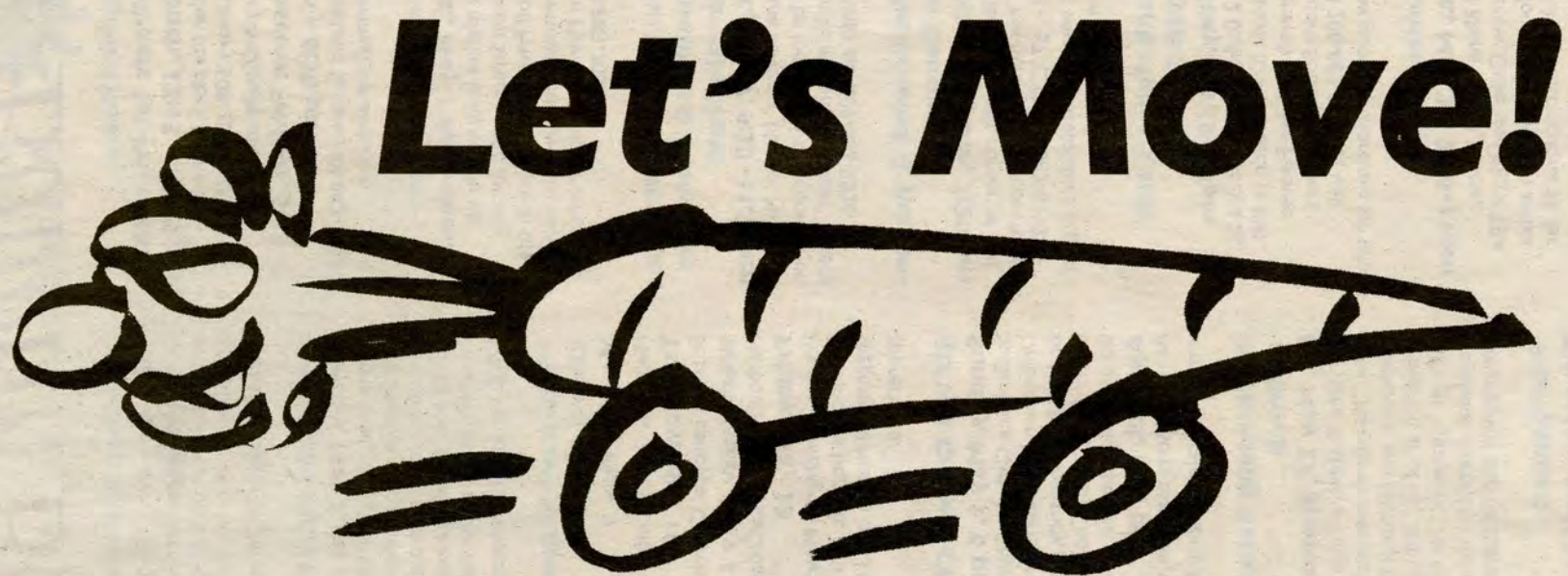


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Onward to the new home of East 5th Street we go!

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

**for rates and other  
information,  
contact Aly Bean  
882.1444 or  
aly@pcei.org**

Got a Sweet Tooth?

Have a Cookie!



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

#### MEMBERS SAVE!

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

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

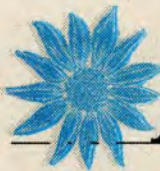
*Lifetime membership fees are \$150, or you may choose to renew your membership annually at the rate of \$10 per year for one person, \$17 for 2 adults, and \$5 for senior citizens.*

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

**Open 7:30 am to 9:00 pm Daily**







# Bulletin Board

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221 east third  
moscow id 83843

moscow food co-op  
221 east third  
moscow id 83843

## Vigil for Peace

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

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

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

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

## Farmers' Market

**Sat., May 7 8am-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.

## The Sesitshaya Marimba Ensemble & Zimbabwe Marimba Band

**Sat., May 7, 9:30 - 11:30 am**

At the Farmers' Market. Music will be located on the sidewalk on Main St. in front of Zumes' Bakery. For info, call 209-883-7036.

## Wes Weddell & Joe Jencks Concert

**Friday, May 6th, 7:30 pm**

Unitarian Church, corner of 2nd and Van Buren St., Moscow. Admission is \$7. Call 208-882-0273 or visit [www.palousefolklore.org](http://www.palousefolklore.org) for more info.

## Heidi Muller & Bob Webb Concert

**Friday, May 20, 8pm**

1912 Building, 400 East 3rd St., Moscow, ID Admission is \$10 (General) & \$8 for Palouse Folklore Society members. Call 208-882-0273 or visit [www.palousefolklore.org](http://www.palousefolklore.org) for info.

## Contra Dance

**Sat., May 21, 7:30-11pm**

Old Blaine School House, Moscow. Caller and Music TBA \$4 for newcomers who arrive at 7:30 for instructions, \$5 for members, and \$7 for non-members. [www.palousefolklore.org](http://www.palousefolklore.org) 208-882-0273

## Tues. Grower's Market

**Begins Tuesday, May 3**

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

## The Coop Tile Project

**Sat., June 4th, 10-2 pm**

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

## Carol Budi Smith Memorial

**Sunday, May 8, at 4 p.m.**

A memorial service for Carol Budi Smith, a civic activist on the Palouse for more than a decade, will be held at the Unitarian Universalist Church of the Palouse, 420 E. Second St. in Moscow.

## "Tapestry" Women's

### Choral Group

**Monday, May 9**

Methodist church, Colfax

**Tuesday, May 10**

St. James Episcopal Church, Pullman

**Wednesday, May 11**

Methodist church

**Friday, May 13**

Presbyterian church

All concerts be

suggested dona

appreciated.

## ID WA Co

**Sunday, M**

St. Boniface Ca

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tickets at Boo

**April 29, 7**

At the UI Adr

[www.iwchora](http://www.iwchora)

## Booksigning Reception at Co-op

**Fri, May 27, 5pm-6:30pm**

MaryJane Butters will sign her book, "MaryJane's Ideabook, Cookbook, and Lifebook for the farmgirl in all of us." Bill London will sign "Getaways," his local guidebook. Carol Hill, their book designer, will also be there to sign.

## Free Concert

**Thursday, April 21, 8 PM**

The work of U.I. faculty composers will be represented by Dan

Bukvich, Rob

Kolb, George

Music Ensem

Chris Thomp

At in the Ha

Music Recita

## Koppel F

**May 14, 1**

Derby St. and

Pullman. Ther

gardening inf

face painting for the kids. Be

to bring your gardening que

and have fun!

## Idaho Historical Society Presentation

**Monday, May 9, 7:00**

Moscow Library, 110 S. Jeffe

"The Prehistory of Idaho" b

Reid, Idaho State Archaeolo

Call 882-3925, ext. 16 for in

## MaryJane Butters E signing

**Thurs, May 26, 7-9 p**

Moscow Library, 110 S. Jeffe

Talk and book signing by Ma

Butters, author of the new book

"MaryJane's Ideabook, Cookbook,

Lifebook: For the Farmgirl in All of

Us" Call 882-3925, ext. 16.

## "A Thousand Clowns" Pullman Civic Theatre

**May 13, 14, 19-21st, 7:30 pm**

An offbeat comedy. Sunday matinee is offered May 15th at 2:00 p.m. All shows are in the Gladish Little Theatre. More info at [www.pullmancivictheatre.com](http://www.pullmancivictheatre.com)

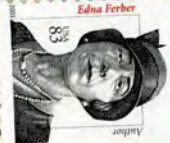
## The Amadeus Trio

**Tuesday, April 12, 8 pm**

Auditorium Chamber Music Series University of Idaho Auditorium, Moscow ID \$8, \$14, \$18 (800-325-SEAT)

## What Do You Think?

Do you read and Board listing of ev nouncements? Ho prove it? Send you don by email (with page) to london@



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

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