

Day-NW

HD
3284
N48

November 2005

FREE!
Please take one

Community News

The monthly newsletter of
the Moscow Food Co-op

A Time to Celebrate!

By Kenna S. Eaton, General Manager

The move is over and it's time to celebrate, so join us on Saturday, November 12, for a Grand Re-opening Party!

We're planning lots of fun events, including another tile painting event for a second wall display. We'll also have lots of local producers with yummy samples to eat and try. Our kitchen will showcase some of its fine baking and cooking, we'll have some fun music (although I'm not sure who it will be yet, I know it will be good), and perhaps there'll even be door prizes. Sounds like a good time, doesn't it? So join us from 11 a.m. - 3 p.m. as we celebrate our new home (no gifts required, just the pleasure of your presence!).

P.S. Please remember parking is tight, so car pool, bike or walk if you can.



www.moscowfood.coop

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

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

Bebe Bella—10% off organic baby clothing, Rebekka Boysen-Taylor, 1220 NW State St. #38, Pullman, 334-3532

Columbia Paint & Coatings—15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, Moscow, 882-6544

Copy Court—10% discount, memb. Card laminated free, Michael Alperin, 428 West 3rd St, Moscow, 882-5680

Culligan—Free 10 gallons of water & 2 wk cooler rental to new customers, Owen Vassell, 310 N Jackson, Moscow, 882-1351

Erika Cunningham, LMP—First 2 Massages @ \$35 each, 882-0191

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

Inland Cellular—\$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994

Inspire Communications—10% off Book Writing Consultations, Jo Sreenivasan, <http://members.aol.com/writebook64>

Kaleidoscope Framing—10% off any gallery item, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343

Kelly Kingsland, LMT—First 2 Massages @ \$35 each, 892-9000

Kinko's Copy Center—10% off and free lamination of memb. Card, Kris Freitag, 1420 Blaine St, Moscow, 882-3066

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

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

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

Denice Moffat, The Healing Center—Co-op members save \$10 off on first exam, Regularly priced at \$65, 413 East 8th St, Moscow, 882-3993

Moscow Yoga Center—10% off classes for new students, Jeri Stewart, 525 S Main St, Moscow, 882-8315

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

Moscow Feldenkrais—First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger 883-4395, Tom Bode 892-3400, 112 W 4th St, Moscow, 883-4395

Mabbutt & Mumford, Attorneys—Free initial consultation, Mark Mumford & Cathy Mabbutt, 883-4744

The Natural Abode—10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow

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

Pam's Van—\$10 off first Reflexology treatment & free sauna or lichen reading, Pam Hoover, 1115 S. Logan St., Moscow, 596-5858

Paper Pals Scrapbook & Stamp Studio—1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman WA, 332-0407, Karen Lien, www.paper-pals.com

Sid's Professional Pharmacy—10% discount on any compound medication & breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman

SkyLines Farm Sheep & Wool—10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 875-8747

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

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

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

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

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

Tie Dye Everything—10% off any purchase, Arlene Falcon, 527 S Main St, Moscow, 883-4779

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

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

Community News



We Did It!

By Kenna S. Eaton, General Manager

Last month, I wrote my article while sitting in my old office hidden away at the old store, and this month, what a change: my new office sits above the store floor so I can hear the contented hum of happy shoppers and, if I like, I can turn around and take a look at what's really going on down there (Beware shoplifters! I can see all!).

The move did go pretty much as planned. On Sunday, October 9, a hoard of locusts, disguised as volunteers, descended upon the old Co-op, packing everything in sight. They rapidly moved through the aisles, working together to pack the food, starting with the frozen stuff, heft it into pickup trucks and drive it over to the new store. Everyone worked so hard and fast that we quickly ran out of boxes and had to make emergency runs to U-Haul for extras! At 9 a.m., we packed the shopping carts with bags of chips and had ourselves a small parade across the highway and into our new home—what fun!

Having volunteers come in two-hour shifts also worked well for us. Just as

Annie and I were running out of steam, a fresh, new crowd descended upon us looking for things to do. Many thanks to the many, many volunteers who spent far more time than they should have on that beautiful Sunday helping us move. Even so, it was a super long day, so by 6 p.m. we decided to call it quits, go home, clean up and come back to do it again the next day. Monday, the movers came and the process was repeated with the heavy equipment. By day three, I was so over being in the old store, packing, cleaning and generally trying to figure out what needed to be done next, that I again called it quits and went over to help the staff restock shelves at the new store—way more fun and progressive. By late Friday afternoon, we had approval from the powers that be (otherwise known as city inspectors) that we could open the main store floor Saturday morning and start selling some food. And so we did. It was totally awesome! What a love fest! Co-op shoppers thronged the store all day long, apparently not minding that we didn't have a kitchen, a bakery

or a meat department, or that the case for tofu was bare and the produce case for greens had yet to be plumbed. In spite of what we didn't have, we did have record sales that day. All day long the congratulations and hugs from our supporters flowed towards me; it was phenomenal. But I want to go on record here as saying that I'm not the one who deserves that thanks and hugs. The praise belongs to my staff. They worked long and hard to pull off this move; they put over 100 percent of themselves into this project, and it shows! The store is beautiful, warm and welcoming—everything we hoped for. So, THANK YOU Moscow Food Co-op staff!

During this first week, subcontractors are still hard at work finishing up the plumbing, electrical and refrigeration needs; however, we fully expect to have everything up and running before this newsletter even goes to press. Thanks to all our members and shoppers for their patience during this transition; and if you haven't stopped by the new store yet, please do. I'm sure you'll be amazed and comforted all at the same time. I know I am.

Contents

— November 2005 —

Cover: A Time to Celebrate!

Front Page: We Did It!

Co-operations:

Parking at the New Store.....	2
Co-op Cookbook Corrections.....	2
A Special "Thank You".....	3
Front End News.....	3

Let's Move:

Moving Photos.....	4-7
--------------------	-----

Co-operations:

News from the Board, October.....	8
Correction.....	8
Art at the Co-op.....	8

Volunteer Program.....	8
Sustainability Committee.....	9
From the Meat Department.....	9

People:

Volunteer Profile—David Hall.....	10
Staff Profile—Travis Barrett.....	11
Business Profile—Bébé Bella.....	12
Customer Profile—The Move.....	13

Food:

Yams? Sweet Potatoes?.....	14
November Soups and Whale Tales.....	15
Thanksgiving Tofu Turkey.....	16

Outdoors:

Wild & Free: Junipers.....	17
Forcing Bulbs for Winter Color.....	18
What's All the Color About?.....	19
Letter From the Land.....	20
Meeting Buddha on the Road.....	21

Families:

Meals Kids Might Eat.....	22
---------------------------	----

Community:

Moscow Community Theater Premieres "Noodlehead".....	23
Moscow Civic Association Sponsors End of Suburbia Documentary.....	23
Get Caught Up With Friends of the Clearwater.....	23
Women's Work 2005.....	24
"Fun-Raiser" Medical Benefit for Liz Foster.....	24
Renaissance Fair Needs You.....	24

Commentary:

Crossword.....	25
BookThoughts.....	26
A Funny Thing Happened on the Way to the Barter Fair.....	26
Auntie Establishment.....	27

Co-Operations



Parking at the New Store

By Kenna S. Eaton, General Manager

We are so pleased to have our very own parking lot, yet again. It gives us a lot more flexibility to do what we want (have parties, growers' markets, whatever we dream up), but it also comes with a heavy price tag. While the lot is pretty good sized, it's already obvious that parking is and will continue to be a problem. I actually found out the other day that when Safeway was here, over 40 years ago, they had a full-time parking lot attendant to help direct traffic, assist customers with their baskets and to ask others to park elsewhere.

We are putting together a crew of volunteers to do this job for us until such time as we deem it necessary to hire someone. In the meantime, I'm asking everyone to be considerate and please limit your parking in our lot to one hour and only while shopping at

the Co-op. This will allow everyone the same opportunity to park and shop while getting groceries. In the meantime, if a monitor asks you to relocate, I would also appreciate it if you could understand the difficult job they have and kindly, and pleasantly, co-operate. Unfortunately, I have already experienced that parking brings out the animal in many folk! Of course, I understand the desire to park and run into Goodwill or Howard Hughes for "just a few moments," and in the past I've even done it myself. However, I also know that it's never just a few minutes, somehow it always magically takes way longer than I ever intended. So please help us, and for your co-operation in this matter, I wish you many open parking spots wherever you go and "Good Carma" along the way!

Co-op Cookbook Corrections

By Bill London

If you bought your Co-op Cookbook at the booksigning reception on October 28, or after that date, you will notice two labels placed carefully on certain pages inside. Those labels were placed to correct errors or potential misunderstandings in the recipes.

One label is on page 6, hiding the last three ingredients listed for Bok Choy Salad (chilies, tamari and veganise). These three ingredients somehow migrated from the Kale Slaw dressing on page 5. Including those three in Bok Choy Salad is not a good culinary option.

The other label is on the inside front cover and it lists a few clarifications in recipes where the instructions were not sufficiently precise. Those corrections were:

pg. 6&7 Bok Choy—follow directions in this order: 3,1,2,4

pg. 34 Black Bean Soup—use 2 cups

dry black beans

pg. 41 Herbed Veggie Tofu Salad—leave off step 2

pg. 57 BBQ Tofu—in step 2, combine first 13 ingredients (garlic through tomato sauce)

pg. 62&63 Szechuan Stir Fry AND

pg. 64&65 Sesame Ginger Stir Fry—use 2 cups brown rice

pg. 74&75 Honey Butter Oat Bread—add buttermilk in step 3

pg. 91 Carrot Cake—Preheat oven to 350°F

If you bought your cookbook before October 28, you will have to make these changes yourself.

Happy cooking.

Bill London edited the Co-op Cookbook and apologizes for any problems or inedible entrees resulting from these recipe malfunctions.

Published by

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

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

For advertising rates and information:
contact Aly Bean at 882-1444 or aly@pcei.org

For letters to the editor:
Moscow Food Co-op
Bill London, Editor
221 East Third Street, Moscow, ID 83843
london@moscow.com

Printed on Recycled Paper
Deadline for Articles and Ads 20th of each month

Editor
Bill London

Issue Editors Board of Directors
Therese Harris board@moscowfood.coop
Carol Spurling

Graphic Design President
Tami Prine Mike Forbes
Advertising Manager mikeforbes@moscow.com
Aly Bean

Illustrations Vice President
Rachel Dugger Kimberly Vincent

Distribution Secretary
Donald Stanziano—Moscow
Beth Hemmer—Pullman
Mary Zuber—Lewiston-Clarkson Bonnie Hoffman

Back Cover Design
Megan Prusynski
events@moscowfood.coop Al Pingree

Webmaster Will Simpson
Bob Hoffmann
webmaster@moscowfood.coop Phil Ronniger

General Manager
Kenna Eaton (208) 882-8537
(208) 882-8082 fax
kenna@moscowfood.coop
Photographs
David Hall
The Co-op Board of Directors
monthly meetings are open to members.
For information about meeting time and place, email board@moscowfood.coop.

MEMBERS SAVE!

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

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



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

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

Open 7:30 am to 9:00 pm Daily



Front End News

By Annie Hubble, Front End Manager

As I write this, we have only been in the new store a few days, but already we love it. There is so much space, and so many new products. I have not yet shopped in the new location, but I know I will have to allow myself extra time in order to see everything.

I hope by the time you read this, you will have had time to settle in and feel comfortable, but if you have any questions, need to find a particular product, or are wondering about anything, then do ask any staff member. If we don't know the answer, we will find out.

Thank you to everyone who helped

make the move possible. Thank you, those of you who donated or lent money, gave of your time or energy as volunteers, or simply encouraged

us in the last few weeks at the old store as we became somewhat fatigued. We so appreciate all the

wonderful people who make up the customer body of the Co-op.

In particular, I was amazed by the speed of the initial move day, when

over 120 volunteers, arriving in groups of about 20 individuals every two hours, helped out with labour

and trucks.

We moved all our products from one store to another in just 10 hours!

And the shopping cart parade

Enjoy your experience at the new location. We are still the same family: same staff and same customers. We just moved house. And what a lovely new home it is!

was awesome!

And yes, I love the solar tube lighting in my office. The light is bright, yet natural. In fact, it is so bright that

sometimes, as I leave the room, I think I have forgotten to turn off the lights! As the clouds pass over the sun, shadows run across the office so that I am aware, albeit in a strangely distant manner, what the weather is like outside! I was a little anxious about being in a room with no windows, but I find myself quite comfortable. Thanks to everyone who bought a raffle ticket to make it possible.

Enjoy your experience at the new location. We are still the same family: same staff and same customers. We just moved house. And what a lovely new home it is!



A Special "Thank You"

By Kenna S. Eaton, General Manager

I know this list will miss someone, and for that my apologies, but I wanted to extend a special heartfelt "thanks" to ALL the folks in our community who went the extra mile helping the Moscow Food Co-op achieve its long-held dream of moving here. So here it is, in no particular order:

- All the staff of the Moscow Food Co-op for working many long, hard hours to get the store up and running, for cleaning out the old store and for all their flexibility when things went wrong
- The Board of Directors for meeting with me many, many times in the months before the move, and for their belief in our ability to pull this off!
- The Loaners and the Donors who helped finance (and support) our move
- All the volunteers who helped move the Co-op on that memorable Sunday
- Bookpeople for making many, many pots of coffee during the move
- Natural Abode for patiently helping us with all those color samples
- Retrofit for designing and making the tables in the deli
- The Sustainability Committee members for helping research and implement those green concepts into the new store
- Marie Miller for advising us on parking lot policy and monitoring
- Bill London for his tireless promotion of the Co-op
- Mary Jo Knowles for her incredible fundraising abilities
- Cutting Edge Signs for expediently getting the signs in the store made and hung
- Strom Electric for working long and hard to get our electrical system under control
- Hilliard Plumbing for expertly outfitting us with air and water throughout the store
- Absolute Refrigeration for going above and beyond the call of duty installing and re-installing all our refrigeration
- Palouse Dry Wall for sheet rocking like no one else can
- Rufus T. Firefly and his crew of painters for painting long into the night
- Jack Carpenter for leading us through the maze of subcontractors, and patiently and expertly dealing with the crisis of the day for many, many days in a row
- Dan Mullin and his crew of architects for their excellent adaptive reuse of this space, and for managing the project
- Safari Pearl and Eclectica (Kathy and Tabitha) for the gift of two extra weeks
- One World Cafe for their scones and espresso on those cold mornings during the move
- Mikey's Restaurant for allowing all 100 of us to use their bathroom when ours was down

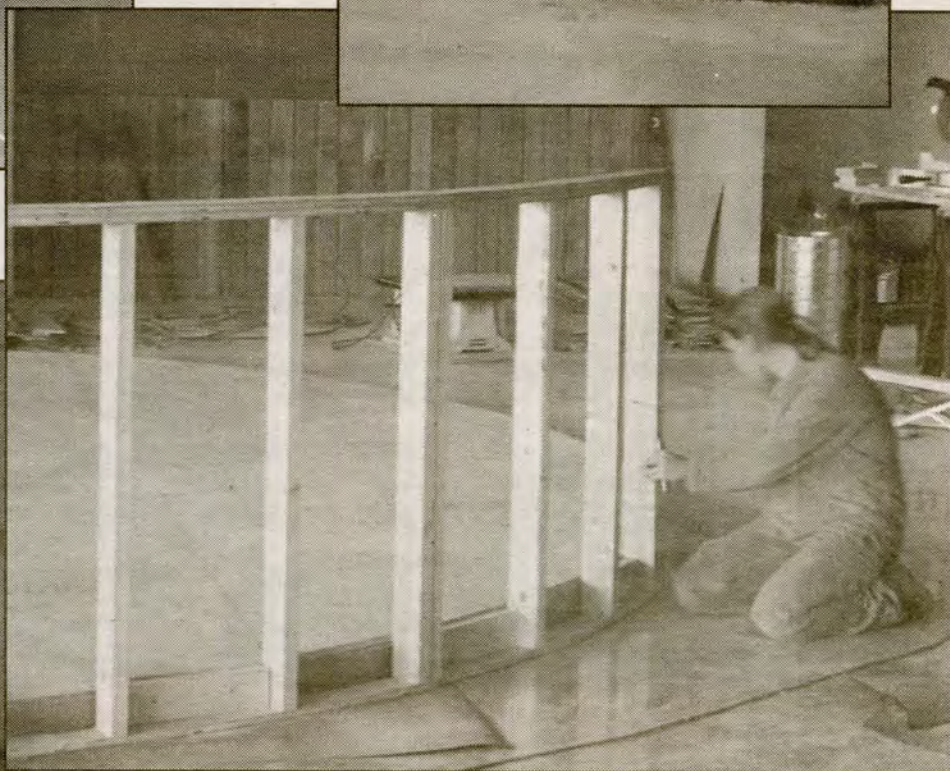
Oh, my goodness, the list is going on and on, and I'm sure in the chaos I have missed someone important! However, each person and/or business contributed something special and made me realize once again what an awesome place Moscow is. Thank you everyone!

Let's Move!

Photos by David Hall



Let's Move!

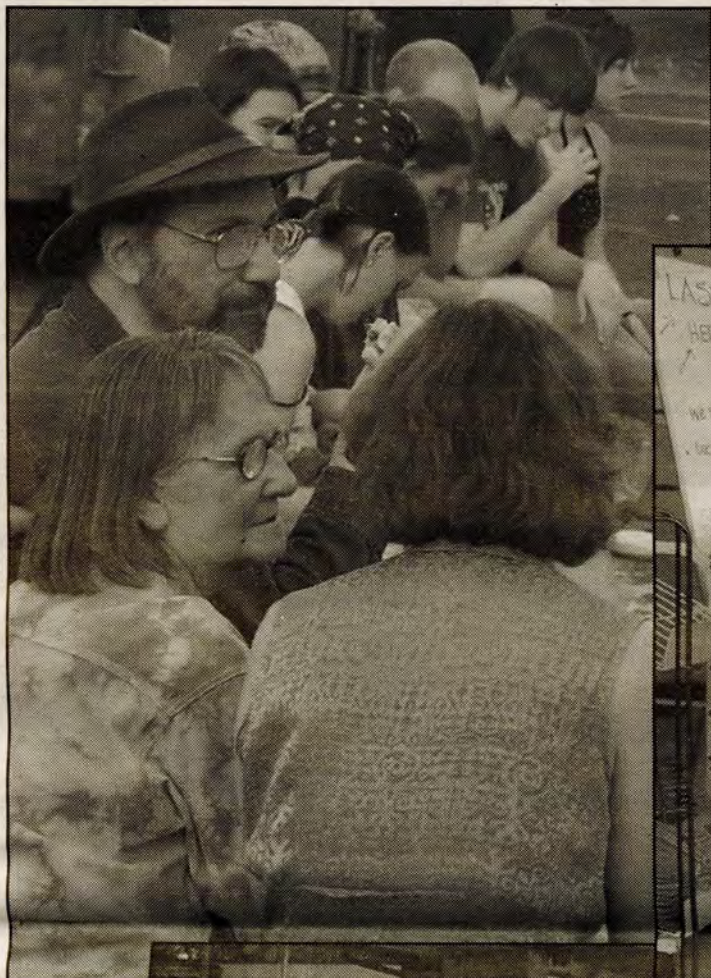


Let's Move!

Photos by David Hall



Let's Move!



Co-Operations

News from the Board of Directors, October

By Kimberly Vincent, Board Vice President

Editor's Note: Kimberly Vincent wrote this board report for the October issue. However, it was lost in transit to the final pages, so we are printing it now in the November issue.

Board members are still attending meetings more than normal due to the construction and remodel decisions. There are three committees who meet each week: sustainability, facilities and finance. Kenna meets with all of them. By the way, we are still on budget at our last check on September 15. I think all workers involved—the managers, staff and board—will be happy when the workday returns to the operation of the store rather than the move and remodel. Just as the staff and managers have done, the board has tended to normal business during all of the decision making for the move.

So what “normal” business has the board been up to? The managers and staff received a slice of the profits due to the board’s newest policy on profit sharing. The past two quarters, we were able to give bonuses based on profits—thank you to the Co-op’s

loyal customers for this growth in sales. The General Manager, Kenna, is exempt from profit sharing and the GM EVAL (General Manager Evaluation Committee) felt that money may be a bit tight at the end of the year, so we chose to give Kenna a bonus in September rather than waiting. She has been working very hard and is at times exhausted due to the extra work the construction/remodel/move has added to her regular responsibilities.

The GM EVAL committee has spent the past year implementing a formal process to evaluate the GM. We ended up designing a process that has far too much detail to use several times a year and discovered the GM job description had some unclear or inappropriate items for us to be evaluating. So we hired a consultant to talk with us about evaluating a GM and rewriting the GM’s job description. The consultant gave us many evaluation ideas that we will adapt for immediate use, but we are also excited about looking into the possibility of adopting a new form of board governance called Policy Governance. It is an interesting

approach that will change the role of the board drastically if adopted.

Policy governance is many things. It does away with the need for committees (I wonder who does those tasks?) and the board basically has three primary functions: set policy, monitor the GM’s performance at implementing policy, and monitor the budget for the store. This would replace the need for the board to rewrite the GM’s job description. What is a bit different is the aspect of “setting policy.” The idea of setting policy is to create a boundary and give the GM the freedom and independence to make decisions within the boundaries set by the board. Right now, the board tries not to micromanage by telling Kenna how to do her job. Sometimes we may slip up, but we are only human. So I think we already have a bit of that philosophy in place.

One drawback to policy governance for some board members (myself included) is that the language of the examples we have seen is very negative. Pages and pages of statements that start with, “You will not ...” Taking

existing policies from other boards and rewriting the statements so they begin with, “You will ...” is hard to do, since there are infinitely many things we would like the GM to do. There are also infinitely many things we don’t want the GM to do. But I guess it seems easier to describe what is outside the fence than to describe everything that is inside the fence. Many boards that have adopted policy governance have struggled with this issue of negative language, but often settle on using it. It appears many feel they can be more complete describing how not to step over the boundaries created by the policies.

Policy governance is new to us and we have only begun to investigate—in fact, we all have readings to complete before our next board meeting so we can intelligently discuss the issues involved. With the new store, we are considering new ways for the board to oversee the operations and the budget. So I guess we do not have any “normal business” that we are attending to—the role of the board is in flux.

Volunteer Program

By Annie Hubble, Volunteer Coordinator

The volunteer program is in a kind of hiatus at the moment as we settle into the new store. Departmental managers need time to evaluate where and when they need volunteers, and as soon as they know, I will pass on the information. Anyone

who was already volunteering at the old store will have first offer of positions in the new store.

And to all of you who volunteered to help with the move, thank you from the bottom of my heart. You made our job so much easier!



Art at the Co-op

By Annie Hubble, Volunteer Coordinator

We have a very exciting art show coming up in November. To coincide with the grand opening of the new store on Saturday, November 12, we are going to display the artwork of the Co-op employees.

We have many talented artists on our staff: weavers, painters, photographers, writers, singers, musicians, knitters and potters, to mention just a few. I am not sure we will be able to display all the forms of art, but we will include as many individuals and as many art forms as we can. Do come on in that day—enjoy the special ambiance of

celebration and have a look at “our other sides!”

The show will continue until Friday, December 9.

Correction

By Bill London

Last month, we got confused. The staff photograph accompanying Phil Wrigley’s deli story on page 4 of the October issue is not Phil Wrigley. The photo is of Adam Stone, our Co-op meat guy. Yes, we do know that Adam is not Phil. And we will try to not make that mistake again. Sorry.

TRANCE DANCE

FRIDAY, NOV. 18TH

7:00-10:00 PM

DANCE A
JOURNEY TO
YOUR SOUL

\$ 12/person
To Register, Call
882-1198
www.alchymia.us





From the Meat Department: Aspiring to Inspire

By Adam Stone, Meat Manager

Hey guys! Just wanted to talk a little bit about prepared meat items, which should be available to you in the very near future for your culinary pleasure.

I feel strongly that in the hustle and bustle of our everyday lives we could all use a little inspiration when dinnertime rolls around. It's at the end of the day, and the last thing most of us want to do is to contemplate what

we want to create. So wouldn't it be nice to swing by the new meat shop and choose from an assortment of seasoned, stuffed and marinated meats and poultry?

The meat shop is planning a variety of recipes for already prepared meats and poultry that will stimulate your appetites and surely satisfy your craving for high quality meat dishes—keeping in mind the stellar reputation

of our deli you all love to frequent for lunch and dinner. We promise to bring you fresh and exciting ideas to plan your meals around by carefully marrying the finest ingredients with the finest cuts of meat we can offer.

Our inspirations will come from various cultures, and we will focus on staying as authentic as possible, depending on the resources that are available to us. In addition, we will be

designing main dish ideas to complement prepared side dishes that will be available in the deli.

These are exciting times as we approach the opening of the new store. I am anxious to work with our new meat department team members, providing service unparalleled and superior quality meats found in Moscow, Idaho. See you all soon!

Sustainability Committee

By Pat Vaughan

You have probably visited or shopped at our new downtown Co-op store by now. Isn't it great?! And it will get better as we grow into it over time.

The Sustainability Committee and our management and design teams integrated many "green" initiatives into the remodel project. If you're like me, you'll quickly appreciate the warm feel and aesthetically pleasing décor. But take a few minutes to also notice the many ways our new store accomplishes function and feel while at the same time conserving, recycling and re-using.

With the doors now open for business, here's a review of the many ideas that came to fruition—representing a commitment to environmentally friendly commercial construction.

The first thing you might notice as you walk in is what you are not walking on. Instead of putting down new tile or linoleum, we just kept the existing concrete floor. It was re-surfaced to retain an easy functionality but a glossy, "stone-like" feel.

The new store feels very different than Gart's (the previous tenant). A big reason for that is paint and lighting. The ceiling almost disappears with a very dark paint. This is a Rodda product obtained locally from Moscow Building Supply and manufactured by

a Pacific Northwest company. Some of the wall paint is Rodda too. Most of the walls have AFM Safecoat, purchased from Moscow's own Natural Abode store. As detailed in previous articles, much research went into picking the safest paints with the best tint options. (We're talking beyond Material Data Safety Sheets here—like how sustainably it is manufactured, bonding agents ...) It is all low VOC paint, and with great colors!

The fluorescent lighting was dropped down lower so that it could be focused and use less electricity. Where there used to be T-12 lights, our new store uses T-5. Three solar tubes also bring daylight into the store, two in the freezer section and one in the office space. I was in the frozen foods aisle on a cloudy day outside, and it was very well lit with no electricity!

Two "operable skylights" are installed in the upper floor office area. They bring in the natural light, and they can be opened to facilitate fresh air circulation through the store on warm days.

Adding to energy savings is the new efficient ceiling insulation added during the roofing, and a more precise temperature control system for the gas forced-air heating system.

Re-using materials and appliances and choosing materials with recycled com-

ponents played a big part in furnishing the store. You'll notice cedar paneling in several areas of the store: the deli, the seating and stage area, the produce department, some shelving. It is all re-used from the previous tenants.

The countertops at the cashiers' stations are a recycled paper product and a hemp fiber product. The shelving in the Wellness section is made from an agricultural harvest byproduct—wheat straw. The counters at the deli are made with sunflower hulls—no VOC or formaldehyde. The raised wooden floor of the seating area and stage is from old bleachers. Some of the coolers from the old Tidyman's store are being re-used in our new Co-op, and you'll notice some familiar shelving and accoutrements from our old store.

The bathrooms include light sensors that will save electricity when they are not occupied. The promised dual-flush toilets are installed, conserving water with a light flush option for liquid loads. There are waterless urinals in the male bathroom (pee goes through a membrane, down the drain, odor stays out). And those countertops around the bathroom sinks are made with recycled aluminum in a composite material.

The deli will utilize a hot water sterilizing commercial dishwashing machine instead of a chemical cleaner. An instantaneous water heater will

save energy in the bathrooms and produce preparation and storage area. There's a meter on the conventional hot water heater. Accurate volume usage will be determined, allowing us to select and install the correct size and type of solar panels for hot water heating throughout the entire store in the future.

I asked Kathleen Ryan, the chairperson of the Sustainability Committee, what the key was to achieving so many of their goals. "Start from the beginning," she said, "so that there's a team approach from the start of the planning stages. Our contractors, architects and city inspectors were all very supportive. And coordinating with the utility company right at the beginning is very cost effective. They give great advice."

What were some "hard" lessons learned? She wishes they had diverted more construction waste so it could have been recycled (with recycle dumpsters). "Time was a constraint. And budget is always a constraint. But sustainable building practices don't have to cost more, especially considering the savings over time. You just manage it."

Pat Vaughan offers a big thank you to the committee, management and the design team for the wonderful example of sustainability that is our new Co-op.

Volunteer Profile:
David Hall

by Yvonne McGehee

Did you know that there used to be a giant Palouse earthworm, about 2 feet in length, white, and smelling like lilies? It was last seen in the late 1970s, with an unofficial sighting in the 1980s. Information about plants and animals in the area we live in, and their loss, can be found on the website for the Palouse Prairie Foundation, created by volunteer David Hall.

David is also a co-op volunteer. Born in Butte, Montana, and relocated to Moscow in first grade, David attended Moscow High School, earned BS degrees in math and computer science from the University of Idaho, and completed an MS degree there in computer science in 1992. He has been working at the Forest Service Rocky Mountain Research Station in Moscow ever since. He started out computer modeling landslide simulations, and is currently looking at how much soil comes off forest service roads, or from areas following forest fires, tree thinning, or other disturbances, and goes into streams. Variables are climate, soil type, steepness, and rainfall. These models are accessible on the Internet, so anyone can plug in numbers for an area of interest and generate information. David says it's important that the tools provided by the Forest Service be available for all to use.

David volunteered at the co-op in the 90s, took a break, then started back doing newsletter photos. He provides event photos, such as the tile creation or street dances, as well as byline photos. He also transfers the newsletters from the printer to the Co-op, where they are distributed by other volunteers.

He has an extensive interest in Palouse area conservation, volunteers for three area conservation organizations, and created and maintains websites for all three. The above-mentioned Palouse Prairie Foundation "promotes preservation and restoration of native Palouse Prairie ecosystems in Latah and Whitman counties ... through public awareness, education, literature resource, encouraging responsible seed production, and acting as a leader or consultant in Palouse Prairie restoration efforts." The U.S. Geological Survey classifies Palouse Prairie as perhaps the most endangered ecosystem in the U.S. Only between 1/10 of 1 percent to 1 percent is left; all the rest has been converted to agriculture. Kamiak Butte exemplifies Palouse Prairie. The PPF website can be found at <palouseprairie.org>.

The Palouse Water Conservation Network's mission is to "promote community awareness, education and action to preserve our underground water resources." Groundwater in Moscow is 20,000 years old, and is being used with essentially no recharge. In Idaho and Washington, it is illegal to "mine" groundwater, by definition taking out more than the natural recharge. The Palouse Basin Aquifer Committee started 20 years ago to address this issue, but the water level is still going down, despite mandatory watering restrictions and flow restriction devices. The PWCN works with the cities of Moscow and Pullman and with WSU and UI to control water use. Their website address is <pwcn.org>.



The Paradise Ridge Defense Coalition is a "coalition of individuals and groups promoting preservation and protection of the wildlife and diverse ecosystems of Paradise Ridge ... ensuring that a comprehensive analysis is conducted that fairly and objectively considers a wide range of alternatives for Highway 95 realignment and expansion south of Moscow." The PRDC worked with the Idaho Transportation Department on doing a more complete environmental impact study on the effect of altering the course of Highway 95 than had previously been done. Some of the earliest historic documents of this area show Paradise Ridge as the main selling point of the Palouse as far back as the 1870s. The PRDC website address is <paradise-ridge-defense.org>. The PPF also works with private owners of land on Paradise Ridge, informing landowners of the rarity and value of the prairie areas that remain unfarmed. Due to their efforts, some landowners have put parts of their property into conservation easements, by which they are protected from development in perpetuity.

David's interests in the prairie and conservation dovetail well with his computer skills; check out his work on the above websites and learn about things like the giant white Palouse earthworm! The dirt under your feet may never seem quite the same again; I know it doesn't to me!

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

Staff Profile: Travis Barrett

By Susan Simonds

L During my very first visit to the new store, I was thinking, "We're not in Kansas anymore, Toto. Why, we could be in Seattle!" In this altered state, I arrived at the checkout line, where I encountered cashier Travis Barrett.

A cashier for three months now, Travis is a University of Idaho senior majoring in secondary education and Spanish. He also works at the U of I Herbarium. For now, you can recognize Travis as the cashier with the double hoop earrings. But he plans to take them out before he begins his student teaching in the fall of 2006.

Originally from Middleton, Idaho, Travis grew up on a farm, the second youngest of seven children. His father is a veterinarian and his mother is an interpreter for the hearing impaired.

With his mother a member of the LDS church and his father an avowed atheist, he said that he witnessed numerous fights about religion, forming a current fascination with the relationship between society, government and religion.

Travis is a man of many tattoos. Every picture tells a story. Red and green Japanese-style dragons grace his arms, representing the polarities of angel/devil. On his back is the word "Independent," which he got before he left to come to the University of Idaho. On his stomach is a big lily in the style of early botanical drawings, reflecting his interest in plants. On the bottom of his ribs are ponies for his dad, because he's "kind of a cowboy." Religion finds its way onto his left leg, with the Hindu elephant deity, Ganesh, and the Virgin of Guadalupe. He has traditional sailor tattoos such as two swallows on his elbows, symbolizing returning safely to loved ones, like the swallows of Capistrano. On his arms are roses, fish and waves. On his shoulders are nautical stars, a traditional right of passage for crossing the equator. According to Travis, few who have the tattoo have actually made the voyage, but he has. Last year he went to Ecuador for a year of study after receiving a scholarship from the Gilman Institute.



Travis certainly deserves at least a star for the trip. Just three weeks before he was due to leave, he broke his back while playing Frisbee golf. His injuries were so serious that his doctor told him that if surgery had not been performed immediately, he probably would have been paralyzed. Despite his doctor's and parents' pleas that he not go on the trip, Travis was determined to have this irreplaceable opportunity to learn to speak fluent Spanish. He arrived in Quito in a wheelchair and proceeded to limp around campus using a cane.

His back now contains ten screws, two titanium rods and a metal plate. At airport security, he must show an official card that says, "The holder of this card has a spinal implant which may activate metal detection device." Before the fall, he was a skateboarder and bicycle rider, but now must be a bit more

constrained. He stretches regularly and tries to stay fit. He plays guitar and drums and reads. He raved about the book *Guns, Germs and Steel* by Jared Diamond. "I'm really impressed that a person can know so much. That's the type of person I want to be. I wish I were that smart."

This past summer, Travis worked at a halfway house for ex-felon teenagers, modeling behaviors such as how to be a good roommate, and teaching skills like how to do laundry, talk to a date and eat healthy meals. The experience solidified his plans to eventually work with at-risk youth as a high school teacher. First, he is considering going into a fellowship program for his master's degree in community and world health offered jointly by the Peace Corps and Johns Hopkins University. Ultimately, he doesn't ever plan to settle

down. He wants to be a high school teacher on U.S. military bases. "I love to travel. When I went to Ecuador, I understood how little I knew about the world. I have a lot of ideas that aren't very prevalent in that environment. Kids need exposure."

Susan Simonds continues to enjoy an altered state of mind when roaming about in the new Co-op.

Business Partner: Bébé Bella

By Jill Maxwell; Photo by Erik Jacobson at MaryJanesFarm

November business partner Rebekka Boysen-Taylor has returned to her Palouse roots and set up what she sees as the perfect business. She operates Bébé Bella out of her Pullman home, which gives her time to spend with her 2-year-old daughter, Isabella.

Rebekka designs and sells baby slings and other accessories for women and babies. The bulk of her business is from customers who learn about her sling from someone who already has one. They call her and make an appointment, usually for a sling fitting. "That's really fun," she says. "I fit them for their sling, and tell them how to use it ... and I get to hold their 3- or 4-week-old baby."

The sling business was born about the same time as Isabella. "I taught myself to sew when I was pregnant with her," Rebekka recalls. "I designed the sling when she was a couple of months old, out of frustration with what was available." Before designing her own sling, she tried a couple of different models, but couldn't find one that worked for her.

Now, she is trying to share what she's learned with others. People coming to her for a sling get more than a piece of merchandise. Rebekka also gives her customers instructions on how to fit the slings and how to adjust them as their child grows. People can use the slings with their children until the children weigh 35 pounds.

She makes slings because she believes in them, saying that slings affect how children react with their parents and how they react with the world. "Statistically, kids that ride in slings spend more time in the quiet alert state than kids that don't."

Slings can be made of traditional, recycled or organic fabric, depending on the price people can afford to pay. Customers can even pick out their own sling fabric and bring it to Rebekka, who will happily sew it. She also sells changing pads, little burp rags, menstrual pads, organic baby clothes, fiber dolls and other toys. She is trying to provide an alternative to the mass produced plastic toys so prevalent in toy stores.

Rebekka will hold a workshop on making slings and nursing pads at her home from 9 a.m. to noon, November 12. The price will be \$30 plus materials. Anyone interested can call her at 334-3532. She says she will hold more sling workshops in the future.

For the near future, Bébé Bella will remain a home-based business. However, next summer, Rebekka hopes to be selling at the Moscow Farmers' Market and at the Co-op. She and her husband, Eric, moved to Pullman when he got a job as a firefighter there. Rebekka grew

up in Spokane, and when Isabella was born, she knew she wanted to return to the Northwest. "This is the kind of landscape and the kind of people that are home to me," she says. "So I'm happy to be back in the area."

As a business partner, Rebekka gives Co-op members 10 percent off organic baby clothing.



Jill Maxwell once fashioned a sling out of an African pagne to carry her daughter on a hike through Yosemite.

Keep In Touch

Subscribe to the Moscow Food Co-op
Community News

For **\$12**, we will send a year's supply of our monthly newsletters (that's **only a dollar a month**) to any address in the US.

Perfect for someone leaving Moscow who wants to **stay in contact**, or a **great gift** for a relative or friend who wonders **what happens in your community**.

To subscribe, send a \$12 check (made out to the Moscow Food Co-op) to Bill London at the Moscow Food Co-op.



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

*Don't forget - co-op members

get 10% off!

208-883-4779

www.tyedye-everything.com



Dominique J. Clothiaux
Licenced Massage Therapist
WA Lic No. M2100020937

208.596.0539

106 E. Third St. Suite 2C,
Moscow, ID 83843

Mindgardens

Eco-consulting,
Natural Building, Carpentry, Remodeling,
Electrical, Plumbing,
Garden and Landscaping

Building from Conception to Finish

Recycling materials

Utilizing local resources

Teaching how to build WITH Nature

Specializing in Curving the Square

Preserving our health,
life force, and future.

www.buildmindgardens.com

Vision your surroundings evolving into
who you want to be.

(509) 595-4444

10% discount for Moscow Food Co-Op members

Customer Profile: The Move

By Holly Barnes; Photos by David Hall

Sunday, October 9, was a beautiful fall day in Moscow. Customers of the Moscow Food Co-op were busy helping the Co-op staff with their big move to a new building. Many months of planning were tested this day, and it appeared that the Co-op staff pulled off a tremendously successful event. There were more volunteers to help move than could be accommodated and they kept coming all day long. I interviewed several, and the common thread was that they just wanted to help, to be a part of the move.

Kelley Coleman, a newcomer to Moscow, signed herself and daughter Stacy up to move because "... anytime I can help a food co-op, I will." They have been in town just a few months. Kelley and her husband both work for the State of Idaho, and after research, chose Moscow to move to from Idaho Falls. One of the deciding factors in relocating was finding a town with a food co-op. Kelley and Stacy were cleaning shelves when I interviewed them.

Kenton Bird, a long-time Moscow resident and Co-op customer said, "I just wanted to be part of this historic event." He regretted missing the Co-op move from the previous location in 1998. He also missed the move when Bookpeople crossed Main Street. So he definitely wanted to take part in the physical transition from 3rd Street to the new 5th Street location. Kenton first came to Moscow in 1972 as a University of Idaho student and has left on four different occasions, but keeps returning. He teaches journalism and mass media at the University. Kenton helped load, haul and unload pasta and marinara sauces and some of the bulk bins. He was amazed at the diverse inventory and how many brands, varieties and sub-varieties of items he packed and unpacked.

Paula Elliot said that helping with the move just seemed like a good thing to do and made her and her husband feel like part of the community. She likes meeting people and enjoys the atmosphere at the Co-op. "I like helping people out, and I just wanted to be a part of this." Paula is a real fan of the Co-op; she and her husband have been customers for many years. Paula is a librarian at WSU specializing in music and has been there for 22 years. She has been coming to the Co-op ever since she moved to Pullman. I first saw Paula as she wheeled a grocery cart full of bulk shampoos, soaps, lotions and conditioners over to the new store. She and her husband also put bulk bins into



Above: Mark, Vilaz, and Karun Winstein, the last customers through checkstand one at the 3rd Street location, select their groceries.



Left: Eric Gilbert opens the door for Steffen Werner, the first customer at the 5th Street locations.

the trunk of their car and drove them over to the new building, where they put them on the floor and trusted that the staff there knew what to do with them. "The folks over there have nerves of steel; there's a lot of stuff coming at them ..." Paula commented that it was pretty orderly at the new store, and I agreed when I finally moved my share of bulk bins and herbs and spices.

It is a tribute to the Moscow Food Co-op that so many of its customers were ready and eager to pitch in and help with the move to a new location. Everyone involved felt grateful that they had an opportunity to give back to the Co-op for all they have received.

Holly Barnes enjoyed helping move bulk bins in her truck, and will long remember the beautiful fall day that the Moscow Food Co-op found a new home.



Dual Flush Toilet
LOWEST PRICES IN TOWN

1/2 Flush only .8 gal. Full Flush 1.6 gal.

**Includes your choice
of Seat**



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

Yams? Sweet Potatoes? Caveat Emptor!

By Judy Sobeloff

One busy Thanksgiving morning, about to cook her turkey, my friend Sarah accidentally hit a button on her oven that said "clean," automatically locking it for the next 24 hours. Her futile attempts at tricking the unruly appliance into thinking the sun had set and risen again included shutting down the power to her entire apartment building, resetting the fuse box, and putting the oven in a cage with a dark cloth draped over it. Sarah was finally calmed down by a very nice lady at G.E. who assured her that, although there was no way anyone could physically pry the oven open, "Honey, it will all work out."

In the spirit of the G.E. lady's Thanksgiving Day compassion, here's a little primer on yams and sweet potatoes. First, a cold truth: The yams sold in U.S. supermarkets (and our very own Co-op) are, in fact, all sweet potatoes. True yams are native to Africa, and can grow as large as seven feet long and weigh up to 600 pounds. (Try candying that for Thanksgiving!) The two are not even related. Yams belong to the same botanical family as grasses and lilies, while sweet potatoes belong to the morning glory family.

The word "yam" comes from a word meaning "to eat," perhaps because yams are a life-sustaining staple in certain parts of Africa and New Guinea, where they can be stored for months without refrigeration. Sweet potatoes, brought to the New World by Columbus a century before the arrival of white potatoes from South America, were originally known simply as potatoes. Despite their primary agricultural importance, most of the 150 true yam varieties are toxic unless cooked or soaked for several days.

Toxic yams are used to make products such as estrogen cream. Having puréed the Co-op's organic sweet potatoes and cautiously fed them to my children as their first solid food, I was now curious to see what it was I had actually given them. Arriving at the old Co-op on the last morning of its existence, I found all the vegetables heaped atop the fruit in the center

aisle. To my dismay, the last of the so-called sweet potatoes and yams lay in an unmarked box, thrown together to fend for themselves. Coming to the rescue (in the spirit of the G.E. lady), produce employee Scott explained, "The boxes come in and they're labeled both 'yams' and 'sweet potatoes.' The boxes say one thing, the tags from the distributors say another thing, our computers say something else, and when we make a sign, depending on who makes it, it'll say something else again. In my opinion, the bottom line is we don't carry yams."

Staring down at the miscellaneous tubers nestled at my feet, I learned from Scott that the darker, red-skinned ones are garnet sweet potatoes (commonly referred to as "yams"), while the lighter, yellow-skinned ones are jewel sweet potatoes. Back home, I read that "yams" have dark orange skin and flesh, whereas sweet potatoes have yellowish skin and ivory-colored flesh. Imagine my surprise upon discovering that the Co-op's red-skinned "yams" had ivory flesh! Imagine my increased surprise, the plot thickening, when red-skinned "yams" from the new Co-op had orange flesh! What had happened during the move?

Determined to get to the bottom of this, I used the suspects in three recipes. First up, from *The Vegetarian Mother's Cookbook*, was Sweet Potato Salad with Peanut Butter Dressing. Despite its descriptions as "a favorite with all ages," my children wouldn't touch it. Our guest, Petr, however, claimed he would become vegetarian if he could cook food this tasty and imaginative all the time. The following night, presented with incredibly delicious and nutritious Black Bean and Sweet Potato Enchiladas from the same cookbook, both kids begged, "More!" Finally, yam fries were enjoyed by adults, tolerated by the 3- to 6-year-olds in my sample, and gobbled by my 20-month-old, who didn't even blink at the unusual cinnamon-cayenne flavor. Each of these sweet potato recipes felt like an encounter with a long-lost friend, leaving me wondering why I don't get together with them more often.

Sweet Potato Salad with Peanut Butter Dressing

(adapted from *The Vegetarian Mother's Cookbook*)

5 medium sweet potatoes, cooked (boiled or baked), peeled and diced
 3-4 green onions, thinly sliced
 1 stalk celery, diced
 1 red bell pepper, seeded and diced
 2 Tbsp. minced cilantro or parsley
 1/2 cup toasted pumpkin seeds or chopped walnuts

Peanut Butter Dressing

2 Tbsp. peanut butter
 2 tsp. brown rice vinegar
 1/4 cup orange or pineapple juice
 1 tsp. soy sauce or tamari
 1 tsp. toasted sesame oil
 1/2 tsp. powdered ginger

Place all ingredients except dressing in large bowl. Place dressing ingredients in blender and purée until smooth. Pour over salad. Toss gently to coat.

Black Bean and Sweet Potato Enchiladas

(adapted from *The Vegetarian Mother's Cookbook*)

2 tsp. oil
 1 small onion, diced
 2 sweet potatoes, diced (about 2 1/2 cups)
 2 cups cooked black beans with a little cooking water
 2 cups chopped greens (kale, spinach, etc.)
 Sea salt and black pepper to taste
 2 cups enchilada sauce (mild green or red, fresh or canned)
 8 large whole grain flour tortillas or 10-12 corn tortillas
 8 oz. sour cream, yogurt or yogurt cheese

Preheat oven to 375°F. Heat oil in large skillet. Add onion and sauté 5 to 10 minutes or until soft. Add sweet potatoes. Cover and cook about 10 minutes or until tender. Stir in beans and greens. Cover and heat about 5 minutes until greens are wilted. Add a little water if necessary to prevent scorching. Season with sea salt and pepper to taste. Cover bottom of 9x13-inch baking dish with about 1/3 cup enchilada sauce. Place tortilla on flat surface. Scoop a line of filling across the width of the tortilla about 2 inches from the bottom. Spoon sour cream, yogurt or yogurt cheese across filling. Roll enchilada up and place in pan, seam side down. Repeat until all filling has been used. Cover enchiladas with remaining sauce. Cover pan and bake 20 minutes.

Sweet 'N' Spicy Oven Yam Fries

(adapted from <www.veganmania.com>)

3 medium-sized "yams" or sweet potatoes, scrubbed and cut into French fries
 1/4 cup olive oil
 3 cloves garlic, minced
 1 Tbsp. sea salt (or less, to taste)
 2 tsp. cinnamon
 1 tsp. cayenne pepper (or less, to taste)

Preheat oven to 425°F. In a large bowl, whisk together all the ingredients except the "yams."

Before setting off to buy sweet potatoes, when asked, "Do you want to go to the store?" Judy Sobeloff's 20-month-old son answered: "Co-op!"

Simply Tofu: November Soups and Whale Tales

By R. Ohlgren-Evans

*In November's
gusty gale
I will flop
my flippy tail
and spout hot soup.
I'll be a whale!
Spouting once
spouting twice
spouting chicken
soup
with rice.*

—from *Chicken Soup with Rice*
by Maurice Sendak

No chickens in our soup pot this month, but the metaphors from Mr. Sendak's book resonate in many kitchens—there is something especially comforting about a great bowlful of soup when there's a nip in the air.

I was hoping to have a whale of a story to share ... in the San Juan Islands last week, we visited "possibly the only park in the world devoted to whale watching"—Lime Kiln Point State Park. While we had lovely views of boats coming through the mist in Haro Strait, we were a bit late in the season to see a member from one of the two pods who dine on the summer salmon runs—and certainly no spouting soup anywhere to be seen ...

With a bit of ingenuity and the goods you have on hand, a soup can become a wonderfully nourishing meal, on the table in a short amount of time ... the allure of a steaming homemade soup on the stove is a soothing and satisfying invitation to dinner.

Tofu Carrot Soup

Try adding pureed tofu to any creamy soup to replace the heavy creams that are traditionally used. This recipe is adapted from pumpkin soup and carrot soup recipes, and has evolved over the past couple of years. Adjust all the ingredients and seasonings to appeal to your own tastes.

- 2 Tbsp. olive oil
- 3 medium onions, chopped
- 1 medium leek, sliced
- 4 cups chopped carrots
- 4 cups chicken or vegetable broth
- 2 tsp. curry powder
- 1/2 cup silken tofu
- 1/2 cup cream cheese
- 1 tsp. table salt

In a large pot, heat the olive oil. Add onions and leek and sauté for 2 minutes. Add the chopped carrots—sauté for 5 minutes, stirring frequently. Add the broth and curry; bring mixture to boiling. Reduce heat and simmer, partially covered until the carrots are tender—about 15 or 20 minutes. In a blender or food processor, purée the soup in batches with tofu and cream cheese until smooth. Return soup to the pot. Add salt to taste. Serve soup in hot bowls, garnished with chives and a dollop of sour cream.

*Soup's on!
I told you once
I told you twice
all season of
the year
are nice
for eating
chicken soup
with rice!*

Check out the other tofu recipes on the Moscow Food Co-op website at <www.moscowfood.coop>. Your comments are welcome: <rohlgren@moscow.com>.

Miso Soup

Classic miso soup requires the initial step of preparing the stock called dashi, and is more time consuming than the version here. This easy recipe is enough for one large bowlful, or two small portions, and can be prepared on a moment's notice. It uses both dark and light misos, to create an interesting balance—experiment with different misos to arrive at the combination that most appeals to you. The creator of this recipe (Lorna Sass, *The New Soy Cookbook*) suggests instant wakame flakes instead of the chopped spinach or bok choy leaves, but I never have that on hand.

- 2 1/4 cup water
- 2 oz. firm or extra-firm tofu, drained and cut into 1/4-inch cubes
- 1 Tbsp. light miso
- 2 tsp. dark miso
- 1/2 cup fresh spinach or bok choy leaves, chopped
(or 1 Tbsp. instant wakame flakes)
- 1 scallion, sliced thin, for garnish

Bring the water to boil in a small pot. Ladle out about 1/2 cup of the boiling water and pour it into a glass measuring cup. Add the tofu to the pot. Reduce heat to medium, cover and cook for 1–2 minutes. While the tofu is cooking, blend the two misos into the hot water by mashing the paste against the sides of the cup with a fork and stirring vigorously. Just before serving, add the fresh greens or wakame to the pot and simmer the soup uncovered until the greens are tender, 1–2 minutes, or until the wakame is reconstituted, about 30 seconds. Serves 1.

Vegan Bites:

Thanksgiving Tofu Turkey

By Hope Matthews

As I write this, it is early October, and already my family and I are watching yellow leaves fall from the large trees outside our windows. Summer sandals have found a dark resting place in the bottom of the closet and my black wool coat has resurfaced. In anticipation of chilly weather, dark evenings and holiday feasting, I've been perusing veggie cookbooks and the Internet for weeks, seeking out a perfect centerpiece dish to complement our Thanksgiving dinner.

This quest has resulted in much pontification over various recipes for meatless loaves and Tofu Turkeys. While some sound good, some border on pretty unusual.

One of my favorite "unique" entrees was Tofu Loaf with Mushrooms and Dill. Sounded simple, but the picture spoke volumes. Somehow I doubt that any dinner guest (even well-intentioned) could eat it with a straight face, as its picture revealed a gelatinous-like block of tofu with bits of dill and mushroom imprisoned beneath its shiny surface. Too oddly reminiscent of a 5-million-year-old Mastodon with flecks of fern forever preserved in ice.

After discovering a few beginnings for a decent tofu-based turkey recipe, I decided to get up the gumption to buy all of the ingredients for my own version of a happy, vegan turkey. Don't be overwhelmed by all of these ingredients (I hate it when cookbooks say this, but in this case it is true—I promise). Most of them are herbs and readily available by the tablespoonful in the bulk section of the Co-op.

On the day that the Co-op spent its last open hours on 3rd Street, I fortuitously found cheesecloth! Cheesecloth is really helpful for this dish. I had inquired the previous week as to the cheesecloth's location, but was told that the Co-op was unfortunately "out." It seems that the sole remaining package was merely misplaced. Somehow I found it lying on the herb counter next to the plastic baggies!

Okay, so this was the sign I needed—I had to make the turkey today! It was

a successful venture, so I am sharing this recipe with you. My significant other, who took the gorgeous picture, is a sometimes meat-eater (who sort-of likes tofu) and he enjoyed it—which is a good sign. He is incredibly honest, so when the words he used to describe it were "pretty hearty and filling" and "has a good texture, is flavorful and not turkey, but pretty good considering it is a tofu turkey," I was pleased. His last remark uttered, "it is really good and not too far from real turkey." Although I never really liked any fowl when I was a meat eater, I was very pleased with the taste and texture.

Really, as a vegetarian, I just love the idea of still partaking in a traditional Thanksgiving meal—and turkey filled with stuffing rounds off mashed potatoes, candied yams, cranberries and peas very well. The purpose of "Tofu Turkey" for many vegans and vegetarians goes beyond the re-creation of a dish that tastes like our feathered friend. Vegan Turkey helps perpetuate the ritualistic act of creating a lovely, time-honored meal while celebrating our thanks with friends and family.

Hope Matthews lives in Moscow and amuses herself by reading, cooking, writing and spending time with her family. Her e-mail: <hopeemathews74@hotmail.com>.



Hope's Tofu Turkey

1 cup nutritional yeast	1 tsp. sage
2 20-oz and 1 10-oz. packages of Wildwood Firm Tofu	dash onion powder
1 tsp. pepper	1/2 tsp. rosemary
1/2 tsp. salt	1/4 cup water
1/2 cube Celifibr Vegan Chicken Bouillon	

Chop tofu into cubes. In small batches, mash in blender or food processor. Take a potato masher or fork and try to break up large chunks in a large bowl, if chunks remain. I even went so far as to squeeze the tofu with my hands, because the tofu needs to be pretty fine to be successful. Next boil the water and add bouillon cube in small dish. Dissolve well, then add all ingredients (except for 1/8 cup of the nutritional yeast) to the mashed tofu and mix. Put tofu mixture in a cheesecloth and wrap many times. Next, place the wrapped tofu in a colander and place colander in a bowl. Lay a plate onto the wrapped tofu mixture and place a 5 lb. weight (or something pretty heavy) on top to squeeze out all of the excess moisture. Let sit in the refrigerator like this for about 4 hours. Next, make the marinade and the stuffing. Remove the tofu mixture from the cheesecloth and place in a large bowl. Hollow out tofu to within 1 inch on the sides and bottom of bowl. Put about 2 to 2 1/2 cups of stuffing in the shell and cover with rest of the tofu. Then place your "tofu turkey" onto a greased oven pan (I sprayed with olive oil) and gently mold into the shape of a turkey. One recipe suggested shaping two small tofu drumsticks next to the turkey (if you do so just up the ingredients by 1/4 or 1/3, depending on how large you would like your drumsticks). Next, spray tofu with olive oil spray and coat evenly with the remaining nutritional yeast. If you wish, sprinkle on 2 Tbsp. of cornmeal as well. Now you are ready to put this mock bird in the oven! Cook at 350°F for 20 min. Remove bird and baste evenly with 1/3 cup marinade. Cook 30 min. Repeat basting. Cook another 20 min. Repeat basting again with 1/2 cup marinade this time. Cook at 400°F until the "skin" is sort of crunchy. Remove and let sit for about 20 min. before eating. Makes great leftovers! BTW—Wildwood brand Tofu is used in this recipe because it is super firm and I thought it would hold together better than most brands. If you purchase another brand of firm tofu, extra "squeezing" and "sitting" time may be required. I also wouldn't recommend silken tofu for this dish, as it will definitely fall apart—silken serves for a better tofu "ricotta" or "pudding."

Tofu Turkey Marinade

8-10 large button mushrooms, diced	1/4 large onion (or 1/2 medium), chopped
3 bouillon cubes	2 1/2 cups water
1 small clove garlic, minced	2 Tbsp. Earth Balance margarine

Cook all ingredients in a small saucepan at medium heat for 15 min., then at low to low-medium for another 45 minutes. If you want a thicker marinade add 1-2 Tbsp. (gradually) of flour. Double recipe if you are also using the marinade as a gravy for your other dishes, but note that extra cooking time may be required.

Tofu Turkey Stuffing

1 small loaf of bread (slightly stale), torn into small 1-inch cubes/pieces	
4 Tbsp. Earth Balance vegan margarine	
1 tsp. rosemary	1 onion, chopped
2 tsp. sage	1 1/2 cups celery, chopped
1 tsp. thyme	1 tsp. celery seed
1 tsp. savory	8 large button mushrooms, diced
1 small clove garlic, minced	1 tsp. Hungarian paprika
Salt & pepper to taste	

Put 2 Tbsp. of margarine in a sauté pan or large cast iron skillet on medium heat. Cook garlic and onion until gently golden in color. Add mushrooms. After 2 minutes, the celery may be stirred in. Cook for 1 minute. The rest of the margarine, spices and baguette are then added. Stir gently for 2 minutes, then reduce heat to low. Cook until flavors saturate the bread (about 5-10 min). Add another Tbsp. of margarine and more spices to taste (optional).

Wild & Free: Junipers

By Sarajoy Van Boven

No fruits, no flowers, no leaves, no birds, November!

— Thomas Hood

Don't get lost in the woods right now. It's cold and there's nothing much to eat. No matter the weather, we can rely upon the exuberant and generous Juniper to gift us with at least a spicy condiment.

Common and Rocky Mountain Junipers are native to the Palouse. As their habitat is now wheat fields, we look to the unwitting, ornamental landscape for our forage. Junipers are an evergreen shrub (or tree) varying in size, shape and color, yet somehow retaining a quintessential "juniper-ness." Around our towns, I have spotted both tall and short, blue-grey and lacey Junipers (Blue Pfitzers or *Juniperus Chinensis Pfitzeriana* 'Glauca' as Huckleberry calls them), as well as deep urgent green, short 'Tam' Junipers. These plants are on almost every corner. Most Junipers have edible "berries" with one exception: the unpalatable One Seed Juniper. This tree-like, bluish Juniper is used in landscaping and looks a little like an arborvitae. If you are at all unfamiliar with spotting and identifying Junipers, please consult your expert: person or book. If the berries on an evergreen, needle-leaved shrub are red, it is a Yew and could cause a gruesome death.

Having indubitably identified your Juniper, you will want to identify its sex. Juniper "berries" grow, of course, only on female plants. The males have pathetic little brown/green cones. The females have round reproductive organs called "berries" which are actually fleshy cones with a grey bloom. You will notice small, purple, second-year berries and larger, green, first-year berries. Reassuringly, both are fine for culinary use.

I look for a good, weedy base around the plant or spider mite webs, hoping they are evidence that pesti/herbicides have not been applied recently. I avoid the creeping Junipers, as they look like great targets for territorial dogs.

Once found, what is it that we do with Juniper berries? In my house, I dry them in the oven on less than low for several hours, until they look like peppercorns. Then I put them in my spice grinder and use them just like pepper, just for the thrill. "Why would you want a pepper substitute?" I was asked. Answer: It's local. It has no colonial history. It has more complex flavors than pepper. As I gather and prepare it, I feel connected to tens of thousands of years of human foraging and food preparation history. I get to meet some wonderful plants. And I'm madly in love with it. That's why.

I recommend using a little bit at first, until you get used to it. I adore it in mustard-tamari salad dressing, vinaigrette coleslaw, cheesy noodles, homey lentil soup, borscht (with dandelion roots), and in apple, caramelized onion, and cabbage soup (see accompanying recipe).

You can also use them fresh, crushed or whole. Put fresh, whole berries in while cooking and removing them later, as with a bay leaf.

Junipers are included in *Wild Berries of the West* (Mountain Press Publishing Company, 2001) despite the fact that Junipers produce fleshy cones, not berries. The authors, Betty R. Derig and Margaret C. Fuller, remind us that Junipers flavor gin. Oil of Juniper is toxic and the berries are not to be eaten in large quantities.

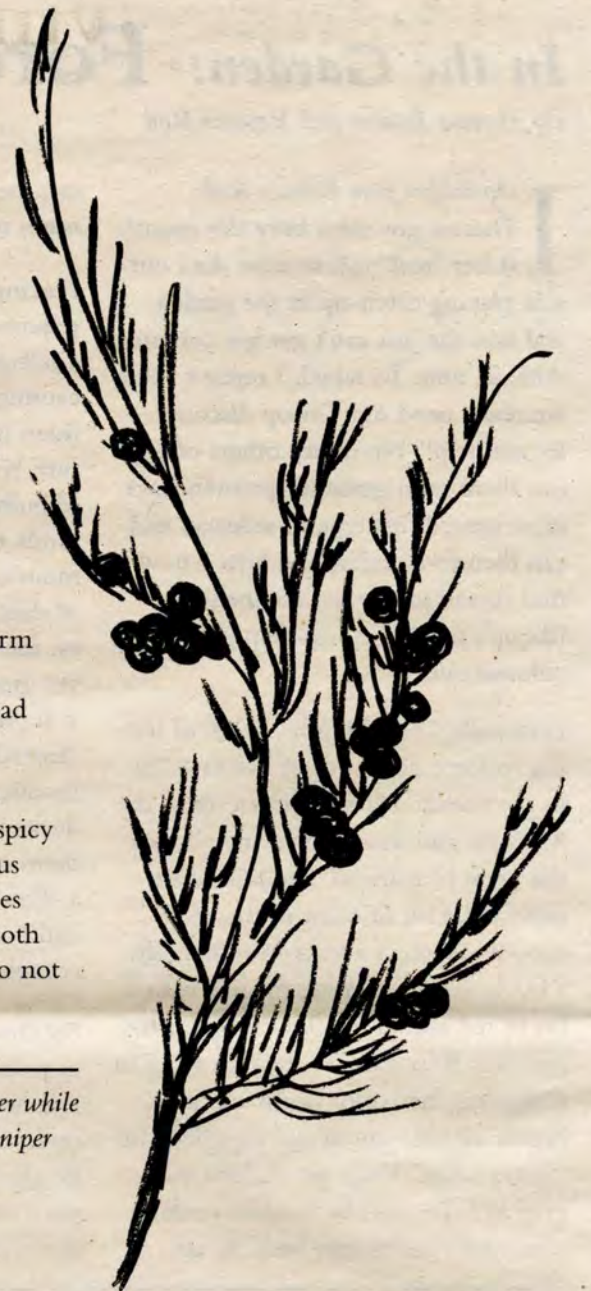
Without giving us any specific preparation advice, Derig and Fuller inform us that the Nez Perce, among others, treated colds,

coughs, headaches and the flu with Juniper tea. Some tribes treated sinus congestion by inserting a juniper twig in a pierced septum. The aromatic smoke of burning Juniper was used by many tribes to cleanse and purify a home. The Hopi would hold a child over the smoke of burning Juniper until it was cured of naughtiness.

Junipers were also used as a green dye, a writing tool, diapers (!), rope, necklaces, a talisman against evil, love-charm flutes, contraception, abortion, to start labor, and to ward off bad baby dreams.

In this month of Thanksgiving, I will be giving thanks for the spicy beauty of the Juniper, a generous shrub, bestowing upon us berries and greenery in a time when both are scarce. Also, I am thankful to not be lost in the woods.

Sarajoy focused on a twisted Juniper while in labor with her daughter Blue Juniper Georgia.

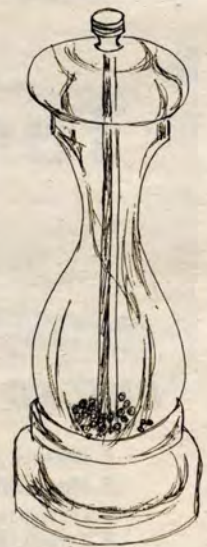


Cabbage, Apple and Juniper Berry Cream Soup

(adapted from *S.O.U.P.S.: Seattle's Own Undeniably Perfect Soups* by Michael Congdon)

- 4 Tbsp. butter
- 1 1/2 onions, thinly sliced
- 2 Tbsp. cider vinegar
- 2 apples, sliced (I used feral apples)
- Salt 1 tsp. ground pepper
- 1 Tbsp. Juniper berries (I grind these with my peppercorns)
- 1 cup apple cider, hard or otherwise
- 1 small head cabbage, shredded
- 4 cups stock (which I make by boiling the ends of the onions and cabbage with Juniper berries)
- 2 cups cream or whole milk

Melt 2 Tbsp. of butter in a soup pot. Add onions. Stir well. Cover, stirring occasionally, for 10–15 minutes. When onions begin to caramelize, add vinegar. Stir well and cook for 3–5 more minutes. Remove and set aside onions. Melt the remaining 2 Tbsp. butter in the soup pot. Add sliced apples and 1 tsp. salt. Stir, cover and simmer for 10 minutes. Grind in peppercorns and Juniper berries. Add cider. Stir, cover and simmer for 10 minutes. Add 1 tsp. salt and cabbage. Simmer for a few minutes. Add onions and stock. Stir, cover and simmer for 15 minutes. Add cream. Mix well. Simmer. Remove from heat. Eat.



In the Garden: Forcing Bulbs for Winter Color

By Theresa Beaver and Rebecca Rod

Introduction from Rebecca Rod: Theresa got extra busy this month at her "real" job, so now she's outside playing catch-up in the garden and said she just can't get her column done in time. To which I replied, "But we really need our Co-op discount—let me help!" No doubt others of you out there with gardener-partners have experienced this type of scenario and can therefore understand how I now find myself somewhat compelled (though not forced) to help get this column out.

Personally, I would never think of trying to force color out of flower bulbs in the winter. Having grown up in the Midwest and transplanted myself into the great Northwest, I've just never expected a lot of color in the cold months. Winter's always been basically a black and white issue for me, with a bit of red and green thrown in for the holidays. But, since Theresa grew up in California, her color needs run a bit higher all year round and especially in winter when things get darkish and gray and she can't be outside coaxing color from her flower beds. At any

rate, here is the column from Theresa's notes to my hands on the keyboard!

Forcing bulbs means giving them their required chilling period outside (or in a refrigerator) to form roots, and then causing them to flower by bringing them indoors to a warmer temperature. You can do this with lots of types of bulbs: hyacinths, crocus, scillas, daffodils, tulips, etc. Generally, about three months of chilling will work for most of them. Theresa has bulbs sitting out on the carport that she hasn't planted yet (imagine that!), so some of them will probably be potted up and "forced" to come in a couple of months to perform their flowering duties inside. (Couldn't we just ask them to volunteer?) Oh well, this is a "how to do it column" after all, and I am only here to facilitate its completion.

So, choose your bulbs and plant them in potting soil with their necks showing, not as deep as you would plant them in the ground. They can also be planted very close together in the pots, even touching, which will result in a nice, showy cluster of flowers.

Place the planted bulbs back outside, or in your refrigerator, if you have room. Outside, protect them somewhat so they don't freeze solid. Be sure to keep them watered. After about 12 weeks (and Theresa tells me that the weeks ours have spent on the carport already count toward that time) the first green stems should appear. That's when you bring them inside to a warm, sunny room and you'll have flowers in about three weeks. This method works for most of the above-mentioned bulbs.

Paperwhites are a variety of daffodil that don't require any chilling period and can therefore be forced indoors at any time—just plant and water! They grow tall and have clusters of small white flowers that are very fragrant—a real treat in the cold, dark months.

Remember to keep your pots watered with the rest of your houseplants, and remove the flowers as they fade. You can let the leafy parts die naturally to continue to nourish the bulb and then plant them outside in early spring to enjoy next year.

Anyway, get started now if you foresee a need for a riot of flower color in your surroundings this winter. You can have it all—hyacinth blues, tulip reds, and daffodil yellows—to help brighten those winter-dark corners of your house and your mind, along with a spring whiff of paperwhites. That should pull you gardeners through, while we of sturdy Northern stock don our down-wear and head for the white hills!

Theresa Beaver and Rebecca Rod live on an acre of garden and mud outside of Moscow.

Just Trade
Fairly traded crafts
from around the world
inside Brused Books
235 E. Main St.
Pullman WA
509-334-7898
M-F 11-6 Sat 10-6 Sun 1-6

BOSCH Aqua Star



BOSCH

Tankless Water Heater

PRICED LOWER THEN HOME DEPOT

- * **Never** run out of hot water
- * Most **energy efficient** water heaters on the market
- * Designed and built to **last 20 years**
- * Small, **light weight** and hangs on the wall
- * Stores only cold water, **reducing the risk of bacteria**
- * Supplies **all** major hot water demands



The Natural Abode.

Products For Healthy & Sustainable Living

517 S. Main Street, Moscow, ID

208 883-1040 *www.TheNaturalAbode.com

Something for everyone... Hodgins Drug & Hobby



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

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

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available

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



What's All the Color About?

By Sarah Walker

Autumn leaves ... subject of countless songs, beautifiers of our streets and countryside, and providers of premium mulch for our gardens. Why would a tree shed hundreds of thousands of leaves each fall, only to grow a whole new set in the spring?

Trees make their own food when photosynthesis happens in green leaves, as we learned in high school biology. Photosynthesis means "putting together with light," and it baffled scientists for thousands of years.

Ancient Greeks decided that plants "got" their food from soil. Nineteenth century Europeans wondered if plants also "got" something from air. Through experiments, they decided that in doing so, plants somehow "changed" the air. Eventually, they determined that plants don't "get" their food, they make their own food.

Today we know that each leaf is like a little factory with a green pigment, chlorophyll, that is able to absorb sunlight. Thanks to solar energy, carbon dioxide from the air—the stuff we breathe out—and water from the plant's roots are synthesized to produce two things: breathable oxygen and nourishment for the tree in the

form of a sugar: glucose.

It's one of those life miracles that we just take for granted. Plants nourish us with oxygen while they go about making their own food.

Photosynthesis works best in summer when it's warm and bright. But by this time of year our sun has headed south and we're wearing jeans and fleece, not shorts and t-shirts. With less sunshine, photosynthesis slows down.

The chlorophyll sun-trappers that make summer leaves green run out of work and start to fade away. Now other pigments like yellow carotene, present in the leaf all along but overshadowed by the powerful green of chlorophyll, start to show up.

When leaves lose their role as food producers, the tree cuts off their food and water. It does this by creating separation (abscission) cells at the base of the leaf stalk. These cells pinch off the tiny veins that carry sugars and water to and from the leaf. They also cause the leaf to fall off the tree after a while, whether by floating off on its own, or being driven off during heavy rains and winds.

Some glucose remains trapped in the leaf. This is where the red color comes

in. If these leaves receive enough bright sunlight and cold nights, the trapped glucose will develop into a pigment called anthocyanin and we get the crimson, scarlet, orange and purple of late fall. The red colors only happen with sunlight. If you cover part of a leaf with tape, the rest of the leaf will turn red, but the part blocked from sunlight stays yellow.

The flat, broad leaves of deciduous trees are arranged on the tree precisely to catch the most possible sunlight. Tree scientist Brayton Wilson from New England says a tree is "a tower bearing many small solar collectors."

But if a tree kept those leaves all winter, each one would catch a small but weighty piece of snow. Overweighted branches break, like when late-spring snowstorms hit trees with new leaves. Wide, flat leaves also evaporate water, something a tree does not want to do while resting through the winter.



Maples trees in Fall! They "create their own sunshine on a cloudy day," said American naturalist Hal Borland. Photo by Sarah Walker

Gorgeous fall colors happen when trees terminate their food factories and get ready for winter dormancy. They can be so brilliant that swaths of orange, yellow, purple and scarlet have been seen from outer space.

Long after we've raked up the last leaf, the bare winter tree nurses thousands of living buds. Each bud passes winter safe inside tough waxy scales, resting until springtime. New light green leaves will uncurl and go to work, joining the sun to provide food for the tree and air for us.

Sarah Walker thinks that autumn leaves do something magical to sunlight, just like the Solar tubes in the new Co-op. Share your observations with her at <citynature@moscow.com>.



Organic Cotton & Latex Mattresses

Hypo-allergenic
a natural alternative to typical **chemically laden** beds

Available in Crib, Twin, Full, Queen & King sizes

Only at



The Natural Abode
517 South Main Street
Moscow, Idaho 83843
208 883-1040
www.TheNaturalAbode.com

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

Fall Session
Begins Aug. 29 through Oct. 22
Gentle Beginning Levels 1-4
Daytime and evening classes fill quickly so register early!

Schedules available on the yoga center door.

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

Dr. Ann Raymer
Chiropractic Physician

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

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

PALOUSE
Ocularium 
VISION CENTER



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

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

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

Keith Smith Carpentry

Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938



Letter from the Land:

Why Preserving Our Old Growth Forests is a Matter of National Security

By Suvia Judd

A friend of mine just came back from the Third International Medicinal Mushroom Conference in Port Townsend, Washington. A few months ago, I had never even heard of medicinal mushrooms, let alone imagining an international conference with over 100 presentations and participants from 25 countries.

Mushrooms have been used in Oriental medicine for centuries, as well as in the traditional medicine of peoples in eastern Europe, West Africa, North America and other regions. Modern westerners have tended towards being phobic about mushrooms for food, let alone for medicine, even though the antibiotic penicillin is derived from a mold, which is a member of the fungi kingdom. Recently, researchers around the world have begun studying mushrooms and other fungi for effectiveness against a variety of diseases.

Demonstrated medicinal effects of fungi have included anti-cancer and

anti-tumor properties, including specificity against particular cancers such as lymphoma, powerful immune system stimulation and modulation, and antibiotic and antiviral effects. Some research has focused on demonstrating the effectiveness of traditional Oriental medicinal mushrooms such as reishi and maitake. Other discoveries have been fortuitous or the result of spontaneous inspiration, and some have resulted from systematic testing to look for new effects.

Paul Stamets is the founder of Fungi Perfecti in Shelton, Washington, and an unparalleled fungiphile. (Fungi Perfecti was the host of the recent international conference.) Over a recent two-year period, he submitted extracts of more than 150 strains of medicinal mushrooms to the U.S. Defense Department's Bioshield/Biodefense Program, coordinated by the U.S. Army Medical Institute for Infectious Diseases (USAMRID) and the National Institutes of Health (NIH). The screening program tested

the mushroom extracts against viruses that could potentially be weaponized. Several of the extracts showed potent activity in preventing and reducing infection from Orthopoxes. One species was particularly potent, *Fomitopsis officinalis*.

The Orthopoxes include smallpox. The World Health Organization declared smallpox eradicated in the 1970s, and vaccination was stopped. The only samples of the virus in the world were supposedly confined to a few secure laboratories. It is now known, apparently, that Al Qaeda has obtained smallpox. And so the people who run the Bioshield project are concerned about how to protect a population in which most people under 35 are not immunized.

Fomitopsis officinalis is a member of the polypores, an ancient tribe of shelf and hoof-shaped mushrooms that grow on trees. *Fomitopsis officinalis*, or "agarikon," grows saprophytically on certain conifers in mature temperate-zone forests. Once common in Europe

and Asia (and used against disease, including tuberculosis, since the ancient Greeks), it is now almost extinct there, but it is still present in the old growth forests of Washington, Oregon and British Columbia. And that is why preserving these forests is a matter of national security.

References:

"Myomedicinals: An informational treatise on mushrooms," by Paul Stamets, assisted by C. Dusty Wu Yao, Mycomedia Productions, 2002

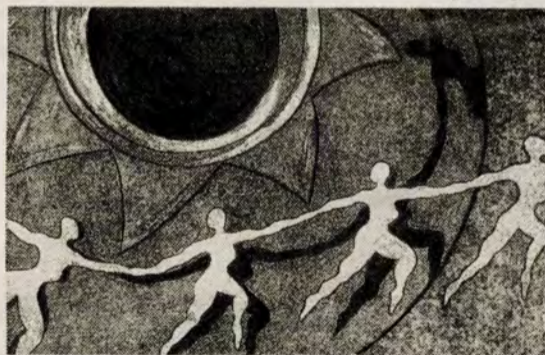
International Journal of Medicinal Mushrooms, Vol 7, #5 (conference proceedings) 2005.

(Both available from Fungi Perfecti, www.fungi.com.)

Suvia Judd is walking the woods with a whole new viewpoint these days.

The University of Idaho Women's Center cordially invites you to the

10th Annual Womens Works a holiday art fair



of quality gifts made by women

Friday, November 11th

11:00 a.m. - 6:00 p.m.

Saturday, November 12th

10:00 a.m. - 5:00 p.m.

**University of Idaho
Student Union Ballroom**

Dine on international cuisine, shop in style, & enjoy live holiday music!
Raffles of artist-donated items throughout the fair!

www.uoi.edu
208-885-6616

skyLines Farm

Purebred Romney & Romney-Cross Sheep
Organically raised since 1992

EAT WELL THIS WINTER!
With naturally lean & delicious
organically raised grassfed lamb

All SkyLines lambs are hand raised following strict organic practices -
no chemicals, no antibiotics, never any animal byproducts.
Limited quantity available each fall

For more info, visit the farm online at www.skylinesfarm.com
or call the shepherdess . . . Melissa Lines 208/875-8747

SkyLines Farm, 4551 Highway 6, Harvard, ID 83834, melissa@skylinesfarm.com
Superbly healthy natural-colored & white wool fleeces for handspinners
. . . Member Moscow Food Co-Op Since 1998 . . .

**Be part of the solution! Your purchase helps support
sustainable agricultural practices & America's small farms.**

Critter Corner: Meeting Buddha on the Road

By Janice Willard, DVM

Traveling alone late at night, I stopped at a fast food restaurant. While waiting for my order, a waif-like teenager came up to the counter. I noticed her red hair escaping from under a brown sweat-shirt and freckles on her nose. Later, I saw the waif again, now standing out in the far corner of the parking lot, holding a small, orange, tabby cat in her arms.

"Nice cat," I said.

"Do you want to see him?" she asked, and brought him closer for me to pet. "His name is Buddha," she told me. "He wasn't supposed to, but he followed me down here."

"I named him Buddha," she continued, as I petted and admired him, "because when he was a kitten, he had a really big tummy, like one of those statues you see in Chinese restaurants." She gave me a long, appraising look as she watched me pet her cat, then asked, "do you know anyone who wants a really nice cat?" indicating the tabby.

I will confess that I started to lecture her: "You know, you shouldn't get a pet unless you are committed to keep it," I started.

Then she floored me. "I love my cat," she said, "but my mom and I are moving to a homeless shelter next week and they don't allow pets. I need to find a home for him before we leave. I've looked everywhere."

"I have too many cats to add another. What about the animal shelter," I asked?

"If they don't find a home for him in several weeks, they'll kill him," she said. "I want him to be safe."

All this time, the cat being discussed was cuddled in her arms. So I took him to hold him. He snuggled right up to me, purring, but his legs were trembling from the cold.

Darn! I am such a sucker.

"How old are you?" "Fifteen," she said. Her face looked 15; her expression did not. She had ancient eyes in a child's face.

Rescue the cat. Heck, I wanted to rescue the girl!

"But you don't even know me. How can you trust me with your cat?"

"I'm pretty good at telling things about people. I can tell you are kind." And again, I saw the timeless wisdom in the young girl's face.

"Okay, I can't keep Buddha, but I could try to find him a home or take him to a no-kill shelter. Will that do?"

"That would be wonderful! I just want him safe. He deserves a better life."

So do you, dear, I thought. So do you.

"But in return, I want you to promise to take good care of yourself, just like you've taken good care of him. Make something good of yourself."

"Oh I'm trying," she said, "but I didn't get a very good start in life." There was something wistful and enormously truthful in her summary.

And I thought to myself, with all she has been through, this child still has it in her heart to be trusting and kind. She still knows how to love and to care. If she can hold on to that, she has a chance.

So I put Buddha in the car, and she caressed him one last time and watched me drive away. Buddha hardly made a sound during the long drive home.

Buddha is one of those incredibly affectionate cats who purrs, asks to be picked up, then melts and cuddles in your arms. As I got to know him, I



had an even greater realization of the sacrifice she made, assuring he had a good home, even as she was losing her own. I found him a home with a dear friend.

When someone acts with selfless devotion, it is sometimes said that they have "touched the Buddha within themselves." And it was while remembering the wise, ancient eyes of this child, more worried about her cat than herself, that I realized that I had met more than one Buddha on the road that night.

I never got the girl's name. Buddha the cat is going to be okay. I dearly hope she will be as well.



Elect Bob Stout Moscow City Council

- Better planning for growth
- Affordable housing options
- Bicycle and pedestrian safety
- Living-wage jobs
- Member: Moscow Food Coop, Moscow Human Rights Commission

Interested in volunteering or contributing?

www.stoutforcouncil.com

Paid for by Stout for City Council, Kenton Bird, treasurer



Massage:

A Rewarding Career in less than 1 year!

- A Caring and Fulfilling Career
- Excellent Pay!
- Flexible Hours (Set your own!)

APPLY NOW FOR MARCH 20 CLASS!

882-7867

Moscow School of Massage

Call today to schedule a personal visit. ● S. 600 Main, Moscow, ID 83843





Compact Fluorescent Bulbs

LOWEST PRICES IN TOWN

DIMMABLE
3 WAY
MINI
NEW! ULTRA
small, slim, efficient, bright

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

Meals Kids Might Eat: Baked "Thanksgiving" Samosas

By Jyotsna "Jo" Sreenivasan

My parents are vegetarians from India, so it makes sense that we eat Indian vegetarian food on Thanksgiving. Samosas—savory pastries filled with potatoes and peas—seem like a perfect Thanksgiving food to me. In keeping with the holiday theme, I made these samosas with sweet potatoes as well as

with the traditional white potatoes.

Since samosas are usually served with a tamarind chutney, and since cranberries are traditional for Thanksgiving, I came up with a cranberry-tamarind chutney for an East-West "fusion" taste. Although samosas are generally deep-fried, I baked my samosas

because I have no idea how to deep-fry!

These samosas are kid-friendly—somewhat sweet and not at all spicy. My 7-year-old son ate THREE of them for dinner!

I know people are really particular about what foods they eat on

Thanksgiving, but perhaps the presence of pastry dough, sweet potatoes and cranberries might persuade some of you to try this recipe.

NOTE: If you don't want to bother making the chutney, you can eat your samosas with the mango chutney available in a jar at the Co-op.

Baked "Thanksgiving" Samosas (adapted from *Moosewood Cookbook* by Mollie Katzen)

If you want your samosas to be spicy, you can add cayenne or curry powder in addition to the other spices.

Dough

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

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

Filling

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

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

Assemble and bake:

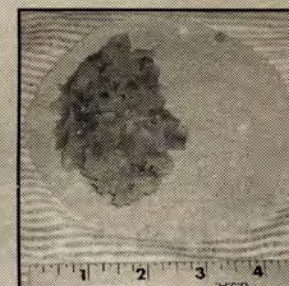
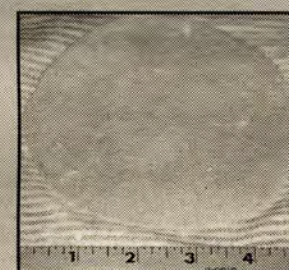
Preheat oven to 425°F. Generously oil one or two baking sheets. Create a wonderful rolling surface using the Sharon Winstein method. (Sharon is my mother-in-law!) She recommends a folded bath towel topped with a clean pillowcase. It really works—try it! Have nearby: rolling pin, extra flour for rolling, a bowl of water, a fork, vegetable oil and a pastry brush. Divide your dough into 16 balls. Rub some flour onto the pillowcase. Take a ball of dough and pat it into a small circle on the pillowcase. Rub flour onto the top surface. Roll to a diameter of about 5 inches (top photo). Turn and flour the circle as needed. Place a generous 2 tablespoons of filling on one half of the circle (middle photo). Rub some water along the edge of the circle and fold in half. Fold the edges under and crimp with a fork (bottom photo). Place samosa on the oiled tray. When you have assembled all of the samosas, use a pastry brush to brush vegetable oil over the top surface of each samosa. Bake 10 minutes, or until bottom of samosas are nicely browned. Turn down the heat to 375°F. Turn each samosa over and bake an additional 10 minutes, or to your desired brownness. Serve with cranberry-tamarind chutney. Samosas are great hot or warm. I even like mine cold, straight from the fridge! (But then again, I like my pizza cold, too).

Cranberry-Tamarind Chutney

Feel free to add cayenne if you want a spicy chutney.

2 cups whole cranberries, fresh or frozen
 1/4 cup minced onion
 1 tsp. salt
 1 cup packed brown sugar
 1 Tbsp. tamarind paste (available at the Co-op)
 2 tsp. minced fresh ginger
 1/2 tsp. ground cloves
 3/4 cup water

Mix all ingredients in a saucepan and bring to a boil. Reduce heat to simmer and cook, stirring, until cranberries pop. Smash any cranberries that look whole against the side of the pan, and keep simmering for maybe 15 minutes, until the chutney looks more brown than red. Remove from heat. The chutney will thicken as it cools.



Top: Roll dough to a diameter of about 5 inches. Middle: Place a generous 2 tablespoons of filling on one half of the circle. Bottom: Fold the edges under and crimp with a fork.

Moscow Community Theater Premieres "Noodlehead"

By Ann McElroy, MCT Media Coordinator

Premieres "Noodlehead" is an original stage production adapted from a Russian folktale by Lisa Kliger of Moscow. "Noodlehead" is a grand adventure full of magic flying ponies, the Moon Maid, Princess of the Sea, Czar and a giant talking trout. Original lyrics and music by Lisa Kliger, orchestrated by Carla Chandler and Lisa Kliger, directed by Valerie McElroy and produced by Cathy Brinkerhoff.

Performances at the Kenworthy Performing Arts Centre, Main Street, Moscow, November 3, 4, 5, 10, 11, 12 at 7:30 p.m.; matinees November 6 and 12 at 2 p.m. Tickets are available at TicketsWest outlets (UI Visitor Center), <www.ticketwest.com>.

BookPeople of Moscow and the KPAC box office. Ticket Prices: Adults, \$11; Senior Citizens, \$9; and Students/Children, \$6.

"Noodlehead" is funded in part by The Idaho Commission on the Arts and supported by the National Endowment on the Arts and generous donations from the patrons of the Moscow Community Theater, in addition to performance sponsorships by area businesses.

For further information, contact Valerie McElroy, director, 208-882-4119/jungbrit@aol.com; Cathy Brinkerhoff, producer, 208-882-5230/cbrink@moscow.com; or Ann McElroy, media coordinator, 208-835-5675/nahepler@yahoo.com.

Moscow Civic Association Sponsors "End Of Suburbia" Documentary

By Brad King, MCA president

The Moscow Civic Association is sponsoring a public showing of the documentary film "End of Suburbia: Oil Depletion and the Collapse of the American Dream" at the Kenworthy in downtown Moscow, at 7 p.m. on Monday, November 7. Donations will be accepted at the door to cover the costs.

The film explores the growing global demand for fossil fuels, the inevitable decline of that fuel supply, and the impact on the American way of life. The 78-minute film has been honored at numerous film festivals, and has sparked discussion groups and citizen activism nationwide.

The MCA sponsored a showing of the film in September, and due to the

enthusiastic response of the audience, agreed to show it again at the Kenworthy. In an effort to encourage voter participation in the Moscow city election, the film is being shown the evening before election day.

For more information about the film, see the websites <www.endofsuburbia.com> and <eos.postcarbon.org>.

The Moscow Civic Association is a non-profit citizens' organization that strives to improve the quality of life for Moscow residents. The mission of the Moscow Civic Association is to inform community members about important local issues and encourage civic participation. More information is available on the MCA website, <www.moscowcivic.org>.

Get Caught Up With Friends of the Clearwater

By Erin Drake, Friends of the Clearwater Intern and Nature Enthusiast

The annual Wild Rockies Rendezvous wrapped up September for Friends of the Clearwater. Gathered on the banks of the Lochsa River, at Gateway Campground, several environmental organizations and public members met to discuss current environmental issues, share success stories, and unify future efforts to protect and preserve the wildness of the Wild Rockies.

Despite rain and chilly weather, all who attended were in good spirits, enjoying the excuse to escape into the serenity of the Wild Rockies and all of its splendor, ranging from brilliant autumn colors on the mountainsides to the howls of wolves at dawn.

From the kickoff speech by Howie Wolke, a Wilderness Watch board

member and noted wilderness activist whose energy and obvious passion for wilderness areas inspired listeners to get out there and actively rally for the protection of roadless areas, to Dana Lyons' comical musical lyrics, this year's Rendezvous encouraged environmental education and awareness built upon a framework of passion and love for an aspect of the world that is as unaffected by man and his hustle-and-bustle way of life as possible, an area that is wild and needs our help to remain that way.

On October 15, FOC hosted a benefit show with special guests Ala Zingara. Music filled the American Legion cabin while supporters of our organization filtered in and out, enjoying a unique mix of folk and pop interspersed with accents of "gypsy" sound.

Whether those in attendance were catching up with friends, meeting new faces, or dancing to the music, all gathered to support and celebrate the efforts of FOC, whose mission is to defend the Wild Clearwater Country, beginning with the support and awareness of people within the community.

On November 4, FOC will hold its annual meeting at the 1912 Center. Anyone with a passion for the outdoors is invited to attend and partake in the festivities of recapping 2005 and recharging for the year to come, a potluck, silent auction, board member election, and live music. The fun begins at 6:30 p.m.—we hope to see you there!



Glenda Marie Rock III
offering

Teaching the Ancient Wisdom
Classes and Individual
Instructions.

Spiritual Healing &
Counseling,
Soul reconfiguring,
Hypnosis,
Clairvoyant readings,
Past life regressions.

Energy Healing

Standard Process Supplements

Contact: **Glenda Marie**
208-882-0403
P.O. Box 8938
Moscow, ID 83843

WomensWorks 2005

By Jeannie Harvey, UI Women's Center Director

Join us this November for a wonderful celebration of women's art and craft on the Palouse. The University of Idaho Women's Center brings you the 10th annual WomensWorks holiday art fair. We think it has been 10 years. Some years ago, Moscow artist Rebecca Rod approached the Women's Center, proposing we organize a small fair composed of women artists to sell their artwork. That first year, the fair was located at the old Women's Center building and included five artists, with campus staff, faculty and students as customers. This year, the fair will feature more than 35 artists from around the Palouse region. Customers still include students, staff and faculty, plus residents from Moscow, Pullman and many local communities. Women

artists will transform the Student Union Ballroom into a magical and festive landscape of quality crafts and artwork including jewelry, silk batiks, photography, watercolor cards and prints, beadwork, fiber art, pottery, stained glass, candles, soaps, handblown glass, furniture, handmade paper journals and quilts.

International food featured will include Turkish, Mexican, and gyros and be available throughout the fair both Friday and Saturday. Come for lunch and dinner! The festive atmosphere is enhanced by live instrumental holiday music by local musicians. Artwork donated by participating artists will be raffled at various times during the show.

Student groups and the Women's

Center will auction "Katrina baskets" loaded with goodies. All proceeds will go to a women's shelter in the New Orleans area devastated by Hurricane Katrina. The American Graphic Artists student chapter (AIGA) and FLAME (a feminist student group) will hold a silent auction of hand-painted chairs. If you missed the last auction of these amazing chairs, you won't want to miss this one. University of Idaho art students remake donated old chairs into objects of fine art. Proceeds from their efforts will go to Alternatives to Violence of the Palouse. All WomensWorks artists donate part of their proceeds to support Women's Center programs and projects.

So, make your holiday shopping count this year! Join us for the best women's art fair on the Palouse.

If you go:

Friday, November 11,
11:00 a.m. – 6:00 p.m.

Saturday, November 12,
10:00 a.m. – 5:00 p.m.

Student Union Ballroom,
corner of 6th and Deakin

For more information, contact Women's Center staff at <wcenter@uidaho.edu> or 885-6616. See samples of women's artwork to be featured at WomensWorks at our web site <www.uidaho.edu/womenscenter> or go directly to our WomensWorks site at <www.students.uidaho.edu/default.aspx?pid=86073>.

"Fun-Raiser" Medical Benefit for Liz Foster

By Sharon Cousins

Liz Foster has lived in Viola with Sharon and Josh Cousins-Yeidel for eight years. You may have seen her drumming for Sagin' Time, strolling the Renaissance Fair in outrageous tie-dyes, installing fixtures at Urbane, or helping at other benefits. Liz, who has no medical insurance, has a vertebral compression fracture and an enlarged intraspinal cyst, an extremely painful and debilitating combination. Friends and family are planning a "fun-raiser" to defray the staggering cost of diagnosis and treatment.

Fab, fun raffle tickets (need not be present to win) are available from Bookpeople, Tye-Dye Everything, Guitar's Friend, Urbane, and assorted individuals. We'll hold the drawing at an all-ages concert/dance and snack and dessert potluck on Saturday, November 12, upstairs at the Moscow Moose Family Center, 6:30 p.m.–midnight, featuring performances by The Boogie Doctors, Dan Maher, Louise Owen, Sagin' Time, and Bare

Wires. There will be special activities for younger kids, including a spare-change grab-bag. Admission is by suggested donation, but come help raise some fun, even if all you can donate is a buck or a bowl of popcorn.

There are many donated prizes. My particular favorites are the handmade Christmas kitten ornament (furred with reindeer fur!) being sent from Sweden and the personalized children's story, but a lot of folks are hoping to get lucky on the family-catered dinner, the professional tax preparation, or the four hours of housekeeping. There are wonderful hand-crafted items, Cowgirl Chocolates, surprises from Guitar's Friend, Bookpeople, Keeney Bros., Urbane, and more!

Donations can also be made at Keeney Bros. and directly to the Friends of Liz Foster account, American West Bank, 6th and Jackson in Moscow. For further information or to volunteer, call Sharon or Josh, 208-882-9028.

Renaissance Fair Needs You

By Chris Pannkuk, Moscow Renaissance Fair President-in-Transition

It may not be spring, but the RenFair members and the board of the Moscow Renaissance Fair are making plans for 2006. The fair is held the first weekend in May each year and directed by a private, non-profit community group and is the only self-sustaining festival of its kind in the region. It is only through the support of the community that this event is sustainable. Volunteers make

this event what it truly is, "A Celebration of Spring."

We need new people with fresh ideas as well as those who have served before to step up again. We have openings on the board as well as paid positions. If you are interested in becoming part of this event and volunteering for the community, please contact me at 882-9373 or at <president@moscowrenfair.org>.

Advertise
with the
CO-OP

Call Aly
Today

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

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

Co-op Crossword

By Craig Joyner

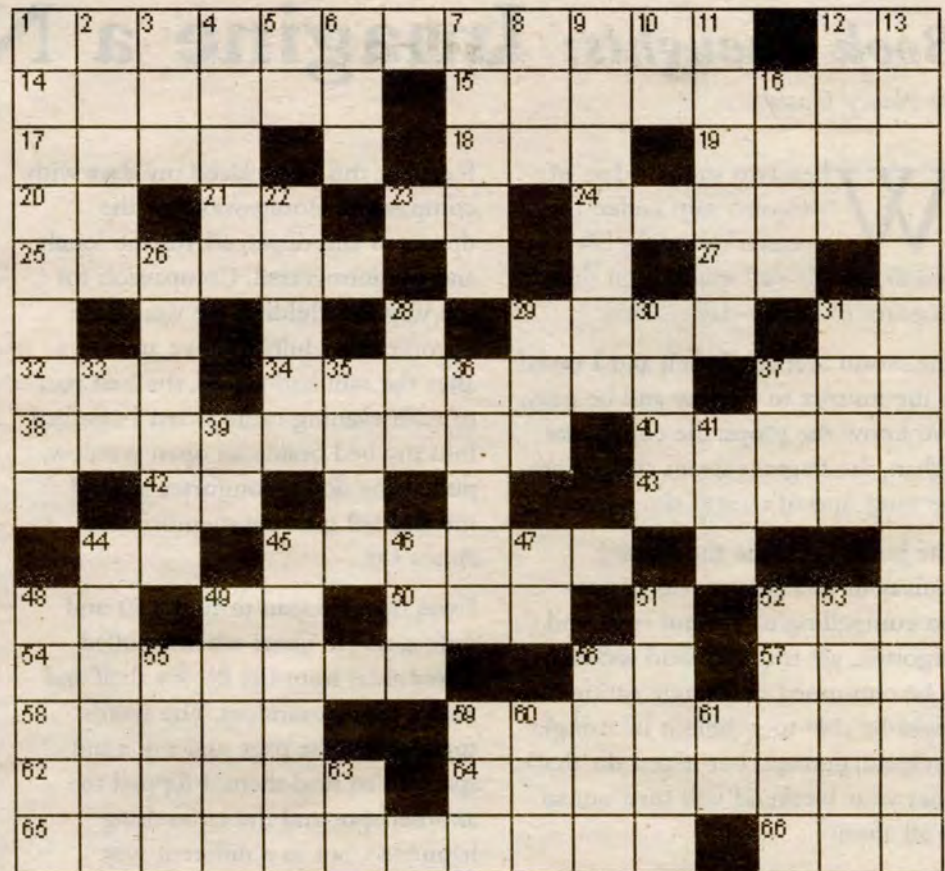
ACROSS

- 1 You can find MFC recipes in this recently released title
 12 Twelve down abbreviated
 14 The Nez Perce tribal headquarters are located in this town
 15 This flows into the south fork of the Clearwater
 17 Lawyer, abbreviation
 18 Common conjunction
 19 Sushi seaweed
 20 You can place this state into Idaho 54 times, abbreviation
 21 Military rank, abbreviation
 23 Supposed sunken continent in the Pacific or a Greek letter
 24 Eskimo
 25 Famous German astronomer
 27 Whirlwind off the Faeroe Islands
 29 Duck genus
 31 Neolithic comic strip character
 32 New Zealand bird
 34 Pirate Booty maker
 37 Island group off of New Guinea
 38 Local optometrist and MFC newsletter advertiser
 40 Variety of Chinese tea
 42 Until
 43 Potato type, _____ Gold
 44 Florida falls on this compass point
 45 Waylay
 48 Twofold

- 49 Baseball abbreviation
 50 Is in Latin or 70's personal growth movement
 52 Enthusiast
 54 Rise again
 56 Stinky
 57 Internet guide to music, abbreviation
 58 Maternally related
 59 Hebrew festival
 62 Mac and cheese brand
 64 Olive oil brand
 65 What kind of sandwiches you can now get at the MFC deli
 66 Downtown you'll find Above the _____ Gallery

DOWN

- 1 Lewiston's twin town
 2 One of the best selling cookies at MFC
 3 Select
 4 Welsh lord who traded places with Arawn, ruler of the Underworld
 5 Between North and South America, abbreviation
 6 Rapunzel makes exotic ones like walnut or pumpkin seed
 7 Cabbage
 8 Jerry's ice cream companion
 9 Remnant
 10 Where surgery is performed, abbreviation
 11 MFC members receive a 10% discount at this copy center
 12 South American nation
 13 MFC business partner and licensed massage therapist
 16 Rodent



- 22 Snack brand, _____ Chips
 26 North American American Indian
 28 Kenobi's first name or a kimono sash
 29 Appendage
 30 Wan
 31 Scottish broth or juice
 33 Berkeley, Santa Cruz, and Los Angeles have branches, abbreviation
 35 Utah town known as Provo's bench
 36 Child of Eos and Astraeus, Greek deity of the east wind
 37 Question
 39 Hark
 41 Just say yes to slang
 44 Umber pigment
 45 Arabic demon
 46 Pollen and royal jelly maker
 47 Road, abbreviation
 48 Milk alternative and vegan dessert brand, Rice _____
 49 Vegan dessert brand, Tofutti _____
 51 Type of calendar based upon the moon's cycle
 52 Muslim mendicant or Hindu ascetic
 53 Violin maker
 55 Falling grains of time
 56 Wolaver's _____ Ale
 59 You'll be rolling down the river with this band, abbreviation
 60 Blind deity of darkness and winter, child of Odin and Frigg
 61 Spectrum our eyes cannot see, abbreviation
 63 Ergo

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

Book Thoughts: Imagine a New Season

By Nancy Casey

When two straight days of welcome rain ended the summer's drought last month, I wallowed mightily in the pleasures of dreary-day reading.

The world drenched itself and I caved to the instinct to burrow and be cozy. You know the props: the couch, the afghan, the fragrant steam rising from the mug, and of course, the book.

The book has to be the literary equivalent of a box of chocolates—too compelling to be shut tight and forgotten, yet too large and too rich to be consumed in a single sitting. You might be able to gobble it in a single weekend, perhaps, but if you do, that's what your weekend will turn out to be all about.

A Tale of Love and Darkness by Amos Oz is a deliberately-paced memoir and the pace is a slow, observant walk.

Oz was born in Israel prior to the outbreak of World War II. He was the only child in the extended circle of his parents' and grandparents' friends, all of whom left homes in Russia or Eastern Europe. The childhood he remembers takes place in lugubrious interiors, shadowed by the loneliness of a perceptive child without playmates. It's funny sometimes, and tender. It's lush. It's a most unusual lens for viewing the birth of the nation of Israel.

Reading this book laced my days with compassion. Compassion for the uprooted and displaced, for the lonely and the introverted. Compassion for the way the children we were have become the adults that we are. Days after the rain had passed, the best part of each evening came when I climbed into my bed beside an open window, pulled the down comforter around me and fell into the memories of Amos Oz.

I was on a mission to find a fat and unforgettable novel when I pulled *Cloud Atlas* from the library shelf and read a page at random. The words sparkled on the page and my mind sparkled to read them. I flipped to another spot and the same thing happened, but in a different way.

The cover said that the author, David Mitchell, had been shortlisted for the Man Booker Prize. I hoped that the book would be both delightful and strange, and I wasn't disappointed.

The clouds in *Cloud Atlas* are souls. They scuttle across time, forming and reforming themselves. As an atlas, it's incomplete. There are dots, but no maps. And layers, there are lots of layers.

At least six stories sprawl across the sky of this novel. A plucky girl reporter is dangerously over her head in an environmental scandal. A book-

ish adventurer keeps a diary as he's poisoned in the South Seas. An aberrant free-thinking clone speaks frankly before her death. Mitchell has cranked out a tour de force of genres, dialects, and voices. Knowing that much might make you think that the novel is disjointed and easy to put down, but I found the opposite to be true.

Afternoons, I'd be bargaining with my Inner Scheduler to reward fine efforts with the woodpile or in the garden by wedging in time to sit quick and advance the story a couple of more paragraphs. And even when that wasn't possible, I might find myself in line at the post office niggling back through all the various tales looking for the puzzle key that fit them together. It's that kind of book.

I also like the kind of book that requires me to wrap my mind around an idea that's a little bigger than I'm used to, a book that collects up many things I already know and shows them to me in an unaccustomed way. *The Resurgence of the Real: Body, Nature, and Place in a Hypermodern World* by Charlene Spretnak is such a book. Its first two essays are my favorites. Spretnak draws on well-known information about the history of the cultural phenomenon we call Western Civilization to show how comfortable we have become living in a box set on

top of nature. This box is not entirely bad. It's made of clothes and buildings and roads. Of tools, books and technology. What's bad is believing that the box is more real than nature. She points to the many ways that such belief is bound to dismantle itself.

Thinking about that box as I trundled through the everyday made me notice opportunities to step outside of it. By standing downtown and checking to see what the sky was doing. Or noticing the way my legs feel walking under me. Getting my body out from beneath a roof, just because I can. Thomas Moore, author of *Care of the Soul*, says that profound change originates in changes of imagination. *The Resurgence of the Real* makes you see how that could work.

Think about what you will do with your imagination in the darkness and drear of winter. Assemble what's required: the quilt, the hot drinks, maybe a fire. Turn the clocks back. Only one caution: a book can colonize your mind.

Nancy Casey doesn't think that evolution by natural selection quite tells the whole story either. She also wonders if anybody ever reads these columns she's been writing. E-mail her: <nancy@turbonet.com>.

A Funny Thing Happened on the Way to the Barter Fair, or How I Acquired Vanna Green

By Arlene Falcon

Oh no ... tell the story in 300 words? Okay, here goes ... Plan A: Barter Fair time, little grandson Tyler in tow, heading towards Tonasket in newly acquired van. Charmed, heading up the mountain ... gauges are running high ... uh oh, too hot ... call AAA to take us over Sherman's Pass to Republic ... in the tow truck we go ... dropped off at Jim's Auto (sorry about the bad news ... blown gasket or cracked head

... can't fix it) ... better come up with a plan, Arlene ... hitchhike the 30 miles to Barter Fair, get caravanning partner Sandy to pick me and Tyler and stuff up so we can get on with Barter Fair weekend extraordinaire! Call daughter Willow in Moscow ... "rent me a van to get back home" ... and off we go with Plan B ...

Dropped off in center of Republic, by co-op ... hook up a ride with a man

and a pickup while waiting in line ... problem solved! Only, his truck won't start ... back to plan B. Standing on street, ready to hitchhike ... spotted by a local friend ... share my story ... she says, "We have a van for sale ... her name is Vanna Green ... she's a Chevy camper van in need of a new battery, but should run great after we start her up" ... Plan C: off we go 12 miles out of town.

Finally arrive at Barter Fair on Friday afternoon in newly acquired home/van, Vanna the Green Goddess, aka Vanna Green. All my boxes fit like a glove, a great spot is waiting for me, and we are good to go ... the most amazing thing! The moral? "We're too blessed to be stressed!" (a wonderful quote I heard). A good thing to remember, especially during this season of Thanksgiving and Joy.

Auntie Establishment

By Joan Opyr

You are 58 percent a cabbage, and 25 percent a tomato. Oh, and there's only 1 percent difference between you and a chimpanzee. But don't feel bad—the same is true of me, your mother, your next-door neighbor and every other human being on earth. Or so I learned at lecture last night here in Newcastle-upon-Tyne, England, called "How Gay Are Your Genes?"

My genes (not to mention my jeans) are pretty damned gay. I'm not referring to Dean Hamer's famous—or perhaps infamous—study in search of a gay gene on the X chromosome. I don't care if my homosexuality has a biological cause, a nurture cause, or if it's just my own good luck—I wouldn't be straight if I could. No ex-gay movement for me. No fear of hellfire and damnation. No respect for and no quarter given to those who would discriminate against me for any reason, be it religious, social or biological. To quote a well-known deity, I am that I am. To quote Popeye the Sailor, and that's all what I yam. 58 percent a cabbage, 25 percent a tomato, and 99 percent a friend to

Jane Goodall.

And that's all right with me. I actually believe in something akin to intelligent design—though please note that I spell that with lower case letters. I am not a fan of the Intelligent Design movement, and I don't believe that it should be taught on a par with evolutionary theory in public schools. Why not? Because Intelligent Design is not science; it's religion. I'm a religious person. I believe that to everything there is a season, and to everything a purpose under heaven. I believe that our interconnectedness to the living things around us is more than a glorious accident.

I don't believe in coincidence, unless it's happy coincidence. For example, I never meant to move to Moscow, Idaho, but I met a Moscow girl, fell in love with her, and moved here 12 years ago. I don't intend to leave—though one of these days, I may be tarred and feathered and ridden out on a rail. Until that happens, I'll go along my merry way, raising a ruckus and saying what I like without fear of reprisal. (Recently, my car was smeared

with dog poop—at least I hope it was canine in origin—while I was doing my Sunday afternoon show at KRFP Moscow. Perhaps that was a reprisal for something I've said or done; then again, perhaps someone just happened to be walking by with a turd in his pocket. I don't know, and I don't care. Nothing like that wonderful high-pressure carwash next to the Jiffy Lube on the Troy Highway for washing away one's dung-ish worries and crappy cares.)

After just a week in Newcastle, I've picked up some of the Geordie attitude, a mix of Newcastle Brown Ale and devil-may-care. The Geordies are what they are, and what's more, they're proud of themselves. They're unapologetic. They're friendly, kind-hearted, tough, and resilient. Not a one of them blinked an eye when they were told they were genetically related to the lowly cabbage. "Well then," they said, "That's a laugh," or "Mind your kidding." No one got bent, no one

flipped out, and no one in that room full of 40-odd people felt obliged to announce that it was the end of the

You are 58 percent a cabbage, and 25 percent a tomato. Oh, and there's only 1 percent difference between you and a chimpanzee.

world as we know it.

I want to be a Geordie. I want to come home to Moscow—and to the new Moscow Food Co-Op—with a proper Newcastle attitude. Cabbages and tomatoes: we are what we eat. Just go easy on the chimpanzee.

Joan Opyr is a fiction writer who, in the ordinary course of events, lives and works in Moscow, Idaho. Just at the moment, however, she's attending the ProudWORDS GLBT Literary Festival in Newcastle, England, and enjoying every minute of it. You may contact Joan at <joanopyr@earthlink.net> or visit her website at <www.joanopyr.com>.

C	O	O	P	C	O	O	K	B	O	O	K	■	P	E		
L	A	P	W	A	I	■	R	E	D	R	I	V	E	R		
A	T	T	Y	■	L	■	A	N	D	■	N	O	R	I		
R	I	■	L	T	■	M	U	■	M	U	K	L	U	K		
K	E	P	L	E	R	■	T	■	E	■	O	E	■	A		
S	■	A	R	■	O	■	A	N	A	S	■	B	C	■		
T	U	I	■	R	O	B	E	R	T	S	■	A	R	U		
O	C	U	L	A	R	I	U	M	■	H	Y	S	O	N		
N	■	T	O	■	E	■	R	■	■	■	Y	U	K	O	N	
■	S	E	■	A	M	B	U	S	H	■	P	■	■	■	I	
D	I	■	C	F	■	E	S	T	■	L	■	F	A	N	■	
R	E	S	U	R	G	E	■	■	P	U	■	A	M	G	■	
E	N	A	T	E	■	■	■	■	C	H	A	N	U	K	A	H
A	N	N	I	E	S	■	■	■	C	O	L	A	V	I	T	A
M	A	D	E	T	O	O	R	D	E	R	■	R	I	M	■	■

 Above the Rim
Gallery
All Original Art
Gifts
Up the Stairs in Paradise Creek Bikes
513 S. Main St. - 208 882-3361

KONA GIANT RALEIGH HARO
PARADISE CREEK
BICYCLES
SALES • REPAIRS • RENTALS
208.882.0703
513 S. Main
Moscow 83843
Open 7 Days a Week

From Fear to Freedom
A Retreat to Embolden and Enliven
Saturday, Nov. 19th
9a.m. - 6p.m.
Experience how **Creativity, Connection & Humor** can help you:
• Transform Fear into Courage
• Step into your Best Life!

awake to, to become aware
Cost: \$85 (includes lunch)
Discount for 1st four registrants.
Facilitated by Katrina Mikiah,
Life Coach, artist & dancer.
Call 882-1198 for more information.



Bulletin Board



MOSCOW FOOD COOP

Vigil for Peace

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

Meetings in Friendship Square and at the intersection of Third and Main Streets. 208-882-7067 sperrine@potlatch.com.

Pullman: 1st Fri. of the month, 12:15-12:45 pm
Under the clock by the Public Library. 509-334-4688 nancycw@pullman.com.

League of Women Voters Speakers Series

Nov. 2: Kenton Bird, Dir. of School of Journalism, UI. "Mass Media in a Free Society"

Nov. 9: Tom Lamar, Dir. PCEI. "Environmental Issues in Latah County"

Nov. 16: Tom LaPointe, Dir. Regional Public Transportation. "Public Transportation and Traffic Problems"

Nov. 30: Virginia Henderson, City Editor Daily News. "Covering Local Events"

The Speakers Series is held at the Moscow School District Building, F St. and Cleveland, lower level conference room at 12:00 noon. For more info, contact: Amy Ford, amystoneford@yahoo.com, LWV President.

Chamber Orchestra Kremlin

Thursday, Nov. 3, 8:00 pm
Chamber Orchestra Kremlin is part of the Auditorium Chamber Music Series. University of Idaho Auditorium, call 885-7212 for info.

FOC Annual Meeting

Friday, Nov. 4, 6:30 pm
Friends of the Clearwater annual meeting at the 1912 Center. A potluck, silent auction, board member election, and live music. foc@wildrockies.org

Noodlehead Premier

Nov. 3, 4, 5, 10, 11, and 12
Moscow Community Theater Premier Noodlehead at the Kenworthy Performing Arts Centre. November 3, 4, 5, 10, 11, 12 at 7:30; matinees November 6 and 12 at 2:00 p.m. Tickets are available at TicketsWest outlets and BookPeople: 882-4119.

End of Suburbia

Monday, Nov. 7, 7 pm

The Moscow Civic Association is sponsoring a public showing of the documentary film "End of Suburbia: Oil Depletion and the Collapse of the American Dream" at the Kenworthy in downtown Moscow. Donations will be accepted at the door.

Election Day-Vote!

Tuesday, Nov. 8, 8am-8pm

Election Day in Moscow. Vote 8am to 8pm for mayor and council candidates.

Women's Works Holiday Art Fair

November 11 and 12

Friday, Nov. 11, 11 am-6 pm
Saturday, Nov. 12, 10 am-5 pm

Student Union Building, corner of 6th and Main. For more information contact: Women's Center: wcenter@moscowidaho.com 885-6616.

Co-op

Sat. Nov. 10

Co-op's 40th Anniversary. Come for a sampling, live

Benefit

Saturday

A benefit concert and dinner at the 1912 Center, featuring performances by The Boogie Doctors, Dan Maher, Louise Owen, Sagin' Time, and Bare Wires. For info, call: 882-9028

Call for Artists!

Deadline: Nov. 16

The Moscow Arts Commission is seeking local and regional artists to participate in their 5th Annual Winter Solstice Exhibition at the Third Street Gallery in Moscow City Hall. Visual interpretations of the winter season through the artist's respective media are encouraged. Deadline for submissions is November 18.

For info, call: 208-882-4127
dheath@ci.moscowidaho.com

Contra Dances

Sat. Nov. 10

Everyone is welcome. Dances are taught. Live music by Bob Askew, calling by Bob At 1912 Building (1912 Bldg. St.). \$4 new members, \$7 non-members. palousefolklore.com

Writers' Fiction/Non-Fiction

Weds. Nov. 10

BookPeople by members and instructors of the Moscow Community Creative Writing Workshop. Refreshments served!

Kenworthy School November 2005

Moscow Community Theater presents: Noodlehead! Nov. 10-12 at 7:30 pm. Nov. 11 pm. \$11/Adult, \$9/Senior/Student or Child.

Moscow Civic Association presents: *The End of Suburbia* Nov. 7 at 7 pm. \$5 donation.

The Constant Gardner (R). Nov. 13 at 4:00 & 7 pm.

University of Idaho Dept. of Physics presents *Einstein's Miracle Year* Nov. 17 at 7 pm. Free.

Everything is Illuminated (PG-13) Nov. 18 at 7 pm & Nov. 19 & 20 at 4:30 & 7 pm.

Wallace & Gromit: The Curse of the Were-Rabbit (G) Nov. 25-27 at 4:45 & 7 pm.

Regular movie prices: \$5/adult, \$2/child 12 or younger. For more information, log onto www.kenworthy.org or call 208-882-4127.

Happy Thanksgiving from the Moscow Food Co-op



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

Moscow
121 East
Moscow ID 83843

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