

Dxj-NW HD 3284.N48

October 2005

# Community News

**FREE!**  
Please take one

The monthly newsletter of  
the Moscow Food Co-op

## Co-op Cookbook Party

By Bill London

Yes, the Co-op has a cookbook—a brand new spiral-bound cookbook with the recipes for 45 of the favorite foods (from kale slaw to carrot cake and tabouli to hummus) produced by the Co-op deli and bakery.

Please plan to party at the cookbook signing and welcoming reception, at the Co-op, on Friday, October 28, 5pm to 6:30 p.m.

The Co-op will provide food and fun while you can get your very own copy of the Co-op Cookbook (only ten bucks).

The cookbook took several years of careful preparation. First, Co-op Kitchen Manager Amy Richard and her crew identified the hot-selling items. Then, each recipe was home-tested by the Co-op staff to make sure the ingredients and directions worked for family kitchens. Then, a writing and design team arranged the basic recipes into an attractive book format.

Co-op newsletter food writer Judy Sobeloff authored individual food narratives, detailing, in her offbeat humorous style, how each recipe was created. Taylor Barrett, who handled the layout of the back page bulletin board of this newsletter until she moved to Montana and got married, designed the book and took the cover photo. I served as editor, and the Co-op published the book.

The cookbook reception on October 28 will be more like the signing of high school year-books than a traditional book signing. The people involved in the book's preparation, as well as the staff mentioned in the book who created the foods, will be there, identified by nametags. You can collect the full set of signatures.

**MADE  
FRESH!**



Bill London edits this newsletter.

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

# Community News

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- Motherwise Midwifery**—Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
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## Generally Speaking: The Last and Best Plan

By Kenna S. Eaton, Co-op General Manager

October, yes, this month we are moving, a little later than we promised before...

You may be wondering what caused the delay, why we changed the schedule so often and what the have we been doing for the past six months?

As I write this, I'm still sitting in my usual, stuffy little office (although I'm not complaining, at least I have an office) and I have just posted the "Last and Best Schedule" with our new moving dates. When we started this project, I had hoped that we would be able to accomplish the remodeling project and be in our new location before the schools reopened in early August. Wishful thinking.

If you've been involved in any kind of remodeling then you already know that you are at the mercy of someone else's schedule, and that's why the old saying is that remodeling always takes twice as long as you planned. All sub-contractors try to fill up their schedules at the beginning of the season, but as the time progresses, things change and with that change comes a domino effect. If the wrong pipe got ordered for your project then the plumbers will be at someone else's job today until the right part comes in. And so it goes all the way down the line.

As the summer progressed into fall we realized that we needed to adjust our plans and stay in this location until the end of September when our lease expired. Since so many people asked us when we were moving, we felt the need to print the dates of the move and when and how members could help. We printed those dates in the newsletter, in the store, and in the local paper.

However, in the middle of September the new tenants for this location (Safari Pearl, Eclectica, and Urbana) came by to offer us the option of staying here two more weeks. As we took stock of the new store, we realized that we really did need those extra weeks to get a few more things accomplished before relocating. We took them up on their generous offer and quickly reprinted our schedule of closure and re-opening. At this moment I suspect that we followed that plan as best we could, but I'm getting cold feet about projecting the future after having to change my plans several times. So hopefully it all worked according to the latest (and best) plan!

In the next few months we'll be publishing a reconciliation of the expenses incurred throughout the entire project but as of this date (9/15/05)

we have spent the following amounts:

Equipment: \$249,663.90  
Improvements: \$329,686.38  
Fundraising and promotion: \$11,970.06  
Rent & insurance @ new store: \$37,456.80  
Security Deposit: \$8,000  
Pay off old loan: \$60,765.92  
Travel: \$886.06  
Total Spent so far: \$698,429.12

I'm sure we'll spend a little more between here and there, but we're still trying to keep this project on budget even if it's not on time!

### The Latest and Best Schedule for the Co-op Move

#### Saturday, October 8th:

Last day for store and kitchen

#### Sunday, October 9th:

Moving Day: sign up if you want to help and we'll call you with the details

#### Monday, October 10th:

Movers come in and move equipment

#### Friday, October 15th:

We re-open at new store!!!

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# Co-Operations



## Welcome!

By Laura Long, Membership Director

I want to send out a heartfelt "thank you" to all of our members who are making our expansion and relocation possible. There is absolutely no way that this would be possible without the generous support of members like you. I really hope that you all enjoy your new Co-op as much as I will.

In the midst of all this chaos, I don't want to forget to welcome our two newest Business Partners to our program. Bebe Bella, Essentials for a Mama by a Mama, will be offering 10 percent off of organic cotton baby clothing. Just give Rebekka a call at 509-334-3532. And SkyLines Farm

Sheep & Wool will be offering 10 percent off of organically raised freezer lamb, hand spinning fleeces and prepared roving. Just contact Melissa at [www.skylinesfarm.com](http://www.skylinesfarm.com) or give her a call at 208-875-8747 for more information.

Finally, I want to remind everyone that October is officially Co-op Month, so what better time to re-open our newly expanded store! Check out our display of new and cool Co-op logo merchandise, and don't forget that any cashier will be more than happy to help you establish or renew your membership at the Co-op.



## Volunteer Vollies

By Annie Hubble, Volunteer Coordinator

As you see on the bulletin board, the volunteer program is not accepting applications at the moment due to the waiting list of those still wanting a position. As positions open up, I will first offer positions to those on the list, and then open the program up once more to applications.

In response to numerous questions on the subject, yes we will still have a volunteer program in the new store. It might take departmental managers

a few weeks to figure out what volunteers are needed, but if you already have a job, be assured you will more than likely still hold that job. It will just be in a different setting with perhaps a slightly different job description.

And thanks to all the people who have volunteered to help move the store. We so appreciate your kind hearts.

See you in the new store!



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

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## Fresh Apple Cider on a Cold Fall Day!

By Dani Vargas, Produce Manager

One of my favorite things to do when fall arrives is to make apple cider. When the sun starts to leave us behind and the cold fall weather arrives there is nothing better to warm you up than a hot cup of freshly pressed cider. The best part about this cider is that you press it yourself.

Where, you ask? Right here on the Palouse, about 10 miles north of Garfield, WA, you will find Bishop's Orchard. It is very easy to find once you are in Garfield and a great activity to do on one of our fall days.

The orchard is only open for about two months, beginning the first week of September and continuing until the last week of October. They have 11 different varieties of apples to choose from and also Bartlett and D'Anjou pears. The types of apples available for cider making change as the season progresses. The first couple of weeks the cider might be made with Cortland, McIntosh, Redfree, William's Pride, or Gravenstein apples but toward the end you might see Golden

and Red Delicious or Spartan and Empire apples. It is fun to go at least twice during the two months to taste the difference in the varieties of apples used in the cider.

Bishop's Orchard hours of operation are from 9:00 a.m. to 5:00 p.m. on the weekends and 5:15 p.m. till dusk Wednesday through Friday. You do need to bring your own clean con-

sure they are new and clean.

Although Bishop's Orchard is not certified organic, they are dedicated to using friendly farming practices and it has been 15 years since the last conventional insecticide was used in the orchard. The two pests that cause them the most problems are the codling moth and fireblight. Instead of using conventional pesticides, which they

area with the same pheromone that the females send out making it much harder for the male moths to find them and inhibits reproduction of new moths. This technique is costly and not always effective but works well for them and is non-toxic.

Fireblight is a bacterium that enters the apple tree through the blossom when we have a warm, wet spring. Once it infects a susceptible variety of tree it can kill limbs or even the whole tree. For years the orchard tried several different methods of combating this problem and came to the conclusion to remove the susceptible trees such as Jonathans and Jonagolds and to plant less susceptible varieties such as Red Free and Williams Pride.

If you love fresh cider you should take a couple hours out of your day to travel to Garfield to make your own. It is delicious and a fun thing to do with friends, family, or by yourself. See you out there!

**The orchard is only open for about two months, beginning the first week of September and continuing until the last week of October. They have 11 different varieties of apples to choose from and also Bartlett and D'Anjou pears.**

tainers to put your cider in and it is also helpful to bring your own bag if you want to pick apples or pears to take home. I like to use the milk jugs we sell here at the Co-op just to make

do not in the orchard, they rely on mating disruption to control the moth. Female moths send out a pheromone to attract male moths. In the orchard the workers saturate the



## Old Amsterdam

By Brad "cutting the cheese" Watkins, Cheese Buyer

Hello, my fellow cheese connoisseurs. Yes, it is time again to tell you about one of the fine cheeses we are able to offer at the Co-op. This month's cheese is award winning Old Amsterdam, an extra aged cow's milk Gouda hailing from Holland. It is a hard cheese with an amber color and a potent mouth watering flavor.

At first I tasted a distinct resemblance to Asiago, but upon reflection (of my

taste buds!) I found it to be magically similar to Parmesan Reggiano. Think of the bite of your favorite sharp cheddar mixed with an ephemeral sweetness, sure to please.

Due to the hardness of this cheese it is excellent shredded over salads, soups, or just cut a slice for a locally-grown-veggie sandwich. This cheese also finds an excellent pair with a good dark beer or a fine light wine. Let me know if you have any questions, and enjoy!

## The Great Pumpkin Rises Once Again

By Dani Vargas, Produce Manager

This coming fall season we will once again have a "Guess the Weight of the Pumpkin" contest. For the last two years it has been a big hit and a ton of fun. In the past we have received our pumpkin from an organic farm in Newburg, Oregon. This year we will be getting our pumpkin from Affinity Farm located here in Moscow, ID. On our farm tour this year Kelly and Russell were very excited for me to

see their giant pumpkin and are looking forward to supplying us with this year's giant pumpkin. I am guessing the pumpkin will arrive in the middle to late October and we will run the contest up until the middle of November. Get your guessing skills ready and be on the look out for a really big pumpkin sitting in front of our store!!!

# Co-Operations



## The Answer is, "Now We Do!"

By Philip Wrigley, Deli Production Supervisor

**Q:** Do you guys have sandwiches made to order?"

In over three years of experience working here at the Co-op, this is the question I've heard most often from our customers. Therefore, all of us here in the deli are very pleased to announce that with the opening of our new store we will be offering a full service made-to-order sandwich bar. In addition to old favorites like apple-ginger tuna salad and smoked salmon wraps, the sandwich bar will also be equipped with panini style grills, enabling us to offer a wide variety of new and exciting sandwich choices. Among the new hot sandwich menu choices being developed are grilled portabella, pesto chicken, BBQ tofu and Southwest turkey.

As always, I am working towards offering a well-balanced menu that will have something to offer a wide variety

of tastes and diets. All three categories of sandwiches (wraps, paninis, and cold deli) will include vegetarian and vegan options, with separate grills for preparing meat and vegetarian choices.

All sandwiches will be served on fresh-baked Co-op bread, including Red Pepper Asiago and Salted French, and will come with some exciting new condiments like capered cream cheese and wasabi mayo. Of course we will also offer plenty of fresh, organic veggies. Finally, not to forget the little ones, we will also be offering kids' grilled cheese and organic peanut butter and jelly.

I'm very excited about the menu choices we've come up with so far, and I'm sure our customers will be too. To best accommodate all preferences, however, we will also offer the option of building your own sandwich, choosing from a wide variety of ingredients.

I've also been working with the manager of our new meat department, Adam, to find the cleanest, best tasting meat products we can. For our sandwich bar we will be pleased to offer chipotle and honey-roasted turkey breast as well as oven-roasted chicken breast from Diestel, a California company offering natural, nitrate- and hormone-free meats. Also, for our roast beef sandwich, we will have top round beef from Country Natural, a Pacific Northwest based rancher's cooperative. We are planning on bringing roasts in fresh, prepped by our own meat staff and cooked daily in the deli in our continuing effort to offer customers the freshest, highest-grade ingredients possible.

All of us at the Co-op are, of course, very excited to have the added space and means in our new home to be able to expand our offerings to include freshly made sandwiches.

We think it's an exciting moment in the overall journey of our Co-op, and we hope you do, too. See you there!!

**Q:**  
Do you guys have sandwiches made to order?

**A:**  
Now We Do!

## Art at the Co-op

By Annie Hubble, Front End Manager

**S**ara Foster is enjoying the longest art show ever at the Co-op due to the change in date of our move to the new store. I am so glad to have more time to enjoy her work. Her photographs impress me more each time I look

at them, and I love her paintings. So if you haven't already had a chance to view these pieces, come on down and have a look.

They will be on display until Friday, October 7th.



## Front End News

By Annie Hubble, Front End Manager

**A**s I write this, life is very busy here at the front end during our last weeks at "the old store." Sales are up, which is a good omen for a move; new staff are training all over the place; and there is a feeling of excited expectancy.

Thank you all for your patience with new cashiers and other new staff, who are learning all they need to know as fast as they can. There is a very high learning curve in the first week or so of a cashier's life. I always liken it to learning to drive a car: at first it is impossible to imagine doing anything other than concentrating on the task at hand, and then miraculously, everything settles and you find you can hold

a conversation and drive at the same time! The new cashiers are doing their "drivers' ed" right now, so thank you for being kind.

I am very pleased with our new staff. They are skilled and friendly and will fit into our Co-op extremely well.

By time you read this, we may be in the new store. It is all a very exciting process and I personally can hardly wait to have five registers and my own office! When you first come to shop, do come and ask questions if you can't find your way around. We will have extra staff for a week or two, so there should always be someone available to help you out. I look forward to seeing you!



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## *Business Partner Profile:* **Inspire Communications**

By Jill Maxwell

Do you have a story inside you? A book that you're dying to write...if only you could get the time. Something you really want to tell people about...if only you could get the first sentence right? These are the kinds of problems Jyotsna "Jo" Sreenivasan loves to take on.

Jo is a writing coach, writer, and editor and she wants to help other would-be authors get their thoughts down on paper. She named her business "Inspire Communications" because inspiring people is what she wants to do.

"I like helping people get their excitement down on paper, so other people will get it too," she says.

Critiquing manuscripts, helping write book proposals, and giving advice about marketing are just a few of the services she offers. Jo will also co-author books and ghostwrite.

"I would love to work with someone who's an expert in his or her subject," she explains, "but who doesn't know how to write about it; and who needs me to organize it."

Jo began her business more than eight years ago because she liked the idea of working with people who wanted to write a book.



"I like working with people with big ideas," she says. "I like working with people who are passionate about something."

Her clients have included novelists, writers of children's stories, and authors of literature for young adults.

She says the first thing most of her clients want to know is "how do I get published?" In her opinion, the best way to get published is to

write more, to write better, to research your market, and to submit to as many places as possible. Committing to do the writing is often the biggest roadblock for many people, she says. If people want to be writers, they need to make the time to write.

Many aspiring writers also struggle with the question of how to begin. "People think, 'I've got to do it right,' and that's what stops them," Jo says. She counsels that them to just write with-

out thinking, or free-write, so they can turn off the anxiety.

"Usually the answers don't come until you get started writing," she says. "You have to let your right brain create as you go along. When you're writing, don't hold anything back. Put everything you have into it. The more you write, the more ideas you'll get."

Even as a child, Jyotsna was drawn to writing.

"That's what I'm passionate about," she says. "I love to write and I love to learn. Writing is a great way to learn."

**"Usually the answers don't come until you get started writing," she says. "You have to let your right brain create as you go along. When you're writing, don't hold anything back. Put everything you have into it. The more you write, the more ideas you'll get."**

She has published two novels for young adults, a biography, and numerous short stories. *The Moon over Crete* and *Aruna's Journey* both feature young Indian-American heroines who deal with complex issues such as sexism and multi-culturalism. Her biography, *Ela Bhatt: Uniting Women in India*, tells the story of a union organizer who led the fight to establish banks and worker cooperatives for the poorest women in India.

"What I really wanted to do was inspire kids," she says of her first two books. "Because I was really inspired by books when I was a kid."

Writing fiction for adults has, until recently, been a kind of frontier for Jo, but it is a frontier she's willing to explore. She has written two novels that she is working on getting published.

Jo will be holding a workshop on getting started writing and publishing at 1904 Lexington Street, Moscow, from 9 a.m. to noon, October 22. The fee for Co-op members is \$15. Call 208-892-0730, visit her website at <http://members.aol.com/writebook64>, or e-mail [jyotsna64@aol.com](mailto:jyotsna64@aol.com) for more information. As a business partner, she offers Co-op members 10 percent off all Inspire Communications services.

*Jill Maxwell enjoys meeting, and writing about, Co-op Business Partners.*

## Staff Profile: Mariah Rose Hey

By Susan Simonds

Will the real Mariah Rose please stand up? If all goes well, the photo you are looking at is the REAL Mariah Rose. A glitch in the August newsletter mistakenly placed a photo for that month's staff profile of Marie Sita above a story about Mariah. So here is my chance to redeem the newsletter.

Mariah, who goes by Mariah or Mariah Rose, has been the Service Supervisor since last April. The Service Supervisor does exactly what her name implies: she supervises the servers in the deli. Mariah trains and manages the server staff, teaching them how to be a server, how to be a member of a team, how to work with the community, and most importantly from Mariah's point of view, "to look at things from a different way...to step back for a moment, to think about why people come here and to think about the organic and healthy foods we are offering. I think people come here because they want to embrace a healthier lifestyle. If we can embrace our customer service in that way, we can make it more of a positive experience."

Born and raised in Boise, upon graduation from high school Mariah decided she wanted to be somewhere other than Idaho, which led her to Oregon. For the first five years she worked, "learning how to make a living for myself." In 1997 she experienced a turning point in her life during a solo trip to Costa Rica with the realization that she wanted to become a teacher.

Upon her return she enrolled at Linn Benton Community College in Albany, OR and simultaneously worked at the Family Resource Center where she had her first exposure to preschool age children. After earning her associate degree, she moved to La Grande to attend Eastern Oregon University where she majored in Spanish and international studies. While a student she also worked for AmeriCorps, first at a science museum and then as a director for a preschool. In 2001, she spent three months teaching English and art at a trilingual school in Ecuador.

For three more years, she continued to teach preschool in La Grande, and an avid birdwatcher, she also owned a backyard bird store for fellow birdwatchers where she sold birdseed, binoculars, birdhouses, and feeders.

Then Mariah decided it was time for another life change and came to Moscow last spring, moving in with her best friend, Sara Robson, who also works at the Co-op. "Moscow is a community I felt like I could fall right into step with. I'm a

small town person. There's comfort in that for me." Wanting a break from teaching, she applied for the Service Supervisor position, thinking it would be a nice translation of her teaching skills. "I like working for the community and the Co-op helps me get my people fix."



A knitter and a yoga practitioner, Mariah exudes a calm, centered efficiency that one can imagine is equally soothing to cranky, tired preschoolers and frazzled, busy servers.

Atrayu is Mariah's 13 year old Border Collie mix, "a little short guy" that she has had since she was 18. The moment she first saw him, Mariah just knew that the dog should be named after Atrayu, the warrior prince who saves the castle in the movie "The Neverending Story."

"He's a lot like me. He's a real mellow dog, but when he wants something, he tells me about it."

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*Susan Simonds is the parent of an aloof, stubborn, regal Siberian Husky named Juneau and a loving, mischievous Chow—Border Collie—Burmese Mountain mix named Mr. Zimmerman.*



## Customer Profile: Pamela Murphy

### “Co-ops Do The Detective Work”

By Holly Barnes

**T**his month's customer, Pamela Murphy, lives in Port Townsend, Washington, where she has happily resided for 14 years. She is a teacher at Port Angeles High School on the Olympic Peninsula. She teaches English and United States History. Pamela became a teacher because she had a high school English teacher that was fundamental to her developing and knowing who she was, and Pamela was hopeful that she too could have a similar influence on young people.

“The thing is you never really know what kind of effect you have on students. Sometimes it seems like you haven't had any and then maybe after someone's been out of school for a couple of years they come back and they say ‘your class really meant a lot to me.’ Hearing someone say that makes it all worthwhile.”

Pamela was visiting friends in Moscow when I interviewed her but has another connection with the Palouse as well. She went to W.S.U in the late 60s and early 70s, returning in 1995 to finish her bachelor's degree through what was then called the Extended Degree Program.

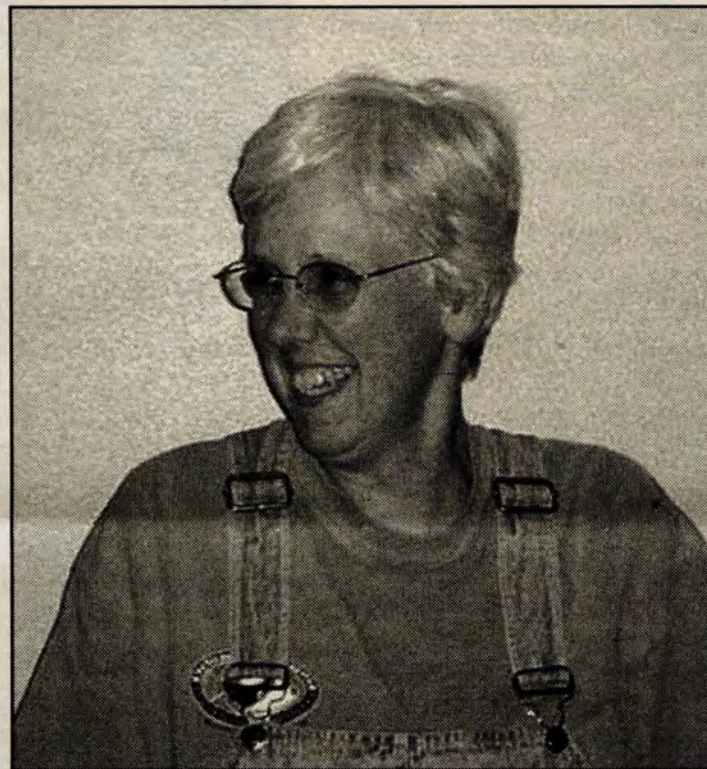
“Once I got that degree I decided to go on and get my Master's in Teaching from Evergreen.”

Pamela noted several changes in the Palouse since 1971. “There are fewer wheat fields around the campuses, the amount of development . . . has certainly increased . . . and I would hope they'd put some kind of restrictions on using farmland for housing so I'm sure that's a topic that both Pullman and Moscow have been discussing.”

Asked why she was shopping at the Co-op Pamela replied that as a member of the Port Townsend Food Co-op she knew the names of other food co-ops printed on the shopping bags and wouldn't think about buying her food anywhere else. Pamela shops food co-ops because of their commitment to sustainability and support of small farmers and food providers that grow organically.

“They kind of do the detective work for me. I know I can go into any co-op and the products they sell are going to coincide with my own philosophy of how products should be made and processed and marketed.”

Pamela knew the Moscow Co-op was moving and mentioned some concerns when the Port Townsend Co-op moved a few years ago. Their location was exceedingly small and they moved to a much larger space and there was discomfort for some members. There was some resistance to the addition of meat, fish and alcohol, which they hadn't had before. They also added a deli and a cheese bar. A result of all those changes was that membership soared and the sales far exceeding their imaginings.



Pamela was relieved to have more than one checkout stand. “I remember standing in line forever at the old Co-op. Now they have four or five checkout stations and people visit in line or speak to those people that are coming in. I see the Co-op still as a gathering and meeting place, it hasn't lost the personal connection.”

Pamela's passions are gardening and books.

“I like producing my own food but as a teacher it's hard to get things planted in the spring so I don't grow that much from seed, I end up buying seedlings, it's just easier. I like working in the dirt.”

She enjoys reading and recently has gotten into buying and selling books with the thought that when she retires from teaching she will

have a bookstore or perhaps continue being a part-time book scout. Port Townsend has a fabulous used bookstore where she buys most of her books. She also buys a lot of books at garage sales. She has about 500 books in a library she built for students to check out, trying to expand the books that they read from ones they might normally read. Eventually she started buying more books than she needs and selling them to the local bookstore for credit and it took off from there.

We hope, Pamela, you enjoyed your visit to Moscow. Your commitment to inspiring youth, and your concern and support for sustainability in the world are refreshing.

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*Holly Barnes is inspired by, and aspires to live according to, Pamela's principles for sustainability. With a little help from a few more people we'll make our communities, and the world, better places to live. Thank you, Pamela.*

## Volunteer Profile: Craig Joyner

By Yvonne McGehee

Salsa. Yeah, OK; so far, so good. Crimini? Hmm. Uh-oh—hui? Nimue? That's it, it's all downhill for me from here on... What connection do these mysterious things have to each other, anyway? These are all words from the September newsletter's crossword puzzle, created every month by Craig Joyner.

Craig was born in Miami, FL, and raised in Tampa. He originally came to Idaho to take part in the Cove-Mallard logging protest in the Nez Perce National Forest, supported by Friends of the Clearwater. He returned to Florida, but having experienced the Northwest, Florida seemed far too hot and crowded. He packed up and moved to Moscow, and has been here for 12 years. Craig wants to live where he can walk everywhere; he has never driven an automobile, and one of his life's goals is never to do so. Soon after arriving, he started as a DJ for KUOI, under the name brentbent.

In 7th grade, Craig suffered from scoliosis of the spine, and had to wear a back brace. His condition caused physical pain, as well as social awkwardness at an age when social interactions pose challenges for all young people. At 18 he underwent major surgery, in which half of his spine was fused and a steel rod inserted. For this procedure, hooks are placed in each vertebra, a metal rod is attached to them, and bone gradually grows over the rod. At the time, this was a new surgery, replacing a former technique that required the patient to wear a body cast. Still, there was a long recovery period. After his recovery, he was biking up to 45 miles a week, hiking, and camping, working at Steppingstones, and disc jockeying for KUOI on Friday nights.

Unfortunately, for reasons still not medically understood, over a period of about 6 months, Craig's condition deteriorated. He experienced great pain, and lost 50 pounds. He searched online, and found that most recipients of the metal rod surgery were not completely happy with it, and extensive testing on long term results had not been done. This time, Craig approached the problem by looking at alternative medicine and diet. A junk-food junkie, he started to eat healthy organic food. Instead of surgery, he started yoga. He takes feverfew for migraines, and taught me about the nifty pill machine the Co-op has, where you can purchase a chosen number of herbal remedy capsules, so you don't need to buy an entire bottle of a time-sensitive remedy if you need only a few. He takes supplements, drinks carrot juice, and tries to keep stress low, because stress affects adrenaline and cortisone levels in the body. Looking back, if he could do it over, he would choose exercise and yoga rather than metal to address his back problem.

Craig feels that patients sometimes serve as guinea pigs because hardly anything is known yet about how the body works. We are still primitive.

"I'm all about paradox, like the optimistic pessimist or the pessimistic optimist. Many people try to change things, and there have been major improvements in the last century; women and



minorities getting the right to vote, the European Economic Union with nations coming together to solve problems collectively. I consider myself an earthling far ahead of being an American. Nations are a fictitious construct; they exist only in that we all collectively agree to accept them, but there is no physical reality to the boundaries."

Craig joined the Co-op during his first year here. He is not able to do repetitive motion activities, and also doesn't know if he will feel well or not at any given time. Someone had suggested that the newsletter carry a crossword puzzle, and that seemed perfect. He did the first one entirely by hand, but now uses a computer program. He types in names of products, employees, and things related to the area. These words appear as first choices in the program, and he tries to construct every puzzle to contain at least 50 percent local and Co-op related words and clues. Constructing the puzzle involves building and rebuilding; focusing on local topics restricts word choice. So, anyone intrigued by ent, weleda, or uva, check out Craig's crosswords!

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

## Hats Off to Edible Mini Pumpkins

By Judy Sobeloff

As we age, the mysterious boundaries of the worlds of edible and inedible shift and change. Consider the varying eagerness of people at different life stages to consume snails, playground sand, soap bubbles, milk, Jell-O mix straight from the box, miniature pumpkins...

Miniature pumpkins? Personally, until now I thought they were purely ornamental. Even Amy, the Co-op Deli Manager herself, reacted with shock to the news of their status change: "You can eat them? I always thought they were just for Show and Tell!"

Fortunately, just in time for this fall's pumpkincentric holidays, Co-op newsletter editor Therese Harris (newly Emerita with this issue) set me straight. While Therese recommends against eating "waxy, dried, nearly fake" mini pumpkins from craft stores, some of which are in fact plastic, the mini pumpkins Therese grows and supplies to the Co-op should be delicious. According to a website out of New Zealand ([www.crop.cri.nz](http://www.crop.cri.nz)), "new mini pumpkin cultivars are being developed with a sweet and nutty taste." And not only that, Therese says they make "Martha-Stewart-quality serving bowls."

While I in no way condone Peter, Pumpkin Eater's use of a pumpkin shell to entrap his wife, I'm all for recipes that use pumpkin shells as individual serving dishes. According to Chef Jim Boyan, "Some say this is similar to the way original pumpkin pie was made. The seeds and strings were scooped out; the cavity was filled with a mixture of cream, eggs, sugar, and cinnamon; and the pumpkin was buried in hot coals and ashes to bake ([www.historichotels.org/pumpkin](http://www.historichotels.org/pumpkin)).

As many of us learned in school, Native Americans introduced pumpkins to the Pilgrims, who learned to

use them in a variety of ways. At that time, according to Andy Griffin, the Native Americans ate green, tender pumpkins raw ([www.molliekatzen.com](http://www.molliekatzen.com)).

"Our word 'squash,' in fact," Griffin writes, "comes to us from the Narragansett word 'asquutasquash' meaning uncooked. In an odd symmetry of language our word pumpkin comes to us by circuitous logic from the ancient Greek word for 'cooked'..."

It remains a distinguishing characteristic of the squash we have come to call pumpkins that to be enjoyed at their maturity they must be cooked."

Interesting, certainly, especially considering that food writer Peggy Trowbridge says the word pumpkin comes from a Greek word meaning "large melon" ([www.homecooking.about.com](http://www.homecooking.about.com)).

Ah, into every food history a little controversy must fall. And why stop there? Trowbridge describes the pumpkin as a member of the gourd family, whereas Griffin says, "the long and short of it is that every pumpkin is a squash to a botanist but not every squash is a pumpkin to a chef." I know that Trowbridge is correct, but maybe in the wild, ever-changing world of gourds and squash, Griffin can be right too?

Therese notes that "mini pumpkins are fun to grow—the plants are vigorous and take off (some of the vines this year are well over ten feet long) and it isn't until frost makes the leaves die back that you see all the hidden treasure. But then regular pumpkins can be like that, too. Our short growing season up here though seems to make mini-anythings do well. And there seem to be relatively few pests that bother the plants."

While Therese supplies the Co-op with Jack-be-littles, those interested in growing your own can choose among



### Miniature Pumpkins as Serving Dishes

([www.fabulousfoods.com](http://www.fabulousfoods.com))

Cut a circle out around the stem (as you would when carving a Jack-O-Lantern) and scrape out the seeds and pulp. Scrape out some of the flesh from the sides of the pumpkin as well, in order to make room for your stuffing. Place pumpkins and intact lids in a baking dish and add about an inch of water. Bake at 350°F for about 30 minutes, until pumpkins are somewhat cooked but still firm. Carefully stuff the pumpkins with corn pudding, vegetables such as green beans or peas, or corn bread stuffing. Continue baking stuffed pumpkins until stuffing is cooked. Serve each guest his or her own stuffed mini-pumpkin.

### Baked Miniature Pumpkins

(adapted from Deborah Madison, [homecooking.about.com](http://homecooking.about.com))

- 1 miniature pumpkin per person
- Salt and freshly ground pepper
- 1–2 Tbsp. cream, milk, or mascarpone cheese
- 1 fresh or dried sage leaf
- Grated Fontina or Gruyere cheese

Preheat oven to 350°F. Slice off the top 1/2-inch of each pumpkin, scoop out the seeds, and rub salt and pepper into the cavity. Pour in the cream, add the sage leaf and the cheese, replace the lid and bake in a pan until tender, 35 to 45 minutes.

### Baked Miniature Pumpkin Pies

(adapted from Jim Boyan, [historichotels.org/pumpkin](http://historichotels.org/pumpkin))

- 1 each small sugar pumpkin (one per person)
- 1 Tbsp. brown sugar
- 1/2 Tbsp. butter
- 1/4 tsp. ground cinnamon
- Scoop of vanilla ice cream (optional)

Preheat oven to 350°F. Cut off top of pumpkin and scrape out all seeds and strings. Place butter and brown sugar inside the pumpkin and sprinkle with cinnamon. Put the pumpkin lid back on and place pumpkin in a baking pan with a little water in the bottom. Bake for about 30 minutes or until tender. Optional: Serve with a scoop of vanilla ice cream in the pumpkin.

such varieties as Orange Minikin, Sweetie Pie, Mini Jack Munchkin, and Baby Boo.

And rest assured, ye who yearn for traditional large pumpkins. While Brad Jaekel, manager of the W.S.U. Organic Farm Project, says they're growing a few mini pumpkins, he promises they'll be supplying the

Co-op with many large ones suitable for carving into Jack-O-Lanterns.

*In the interest of science, Judy Sobeloff encourages you to attend the 2nd annual W.S.U. Physics Department Pumpkin Drop, outside the Webster Building the morning of November 5th.*

## Simply Tofu: Fall Fare

By R. Ohlgren-Evans

There is a Chinese saying that tofu has 'the taste of a hundred things', and with good cause. Tofu has an endless capacity for transformation—you can boil, fry, steam, broil, bake, freeze, marinate, or eat fresh soybean curds and achieve some pretty diverse and satisfying results.

One method of preparing tofu for a dish is to freeze it first, resulting in a darker shade of tofu with a distinctly chewy texture that dramatically increases the tofu's capacity to absorb flavor. This requires a little planning, but if you enjoy the taste and texture of frozen tofu, keep a block of tofu in the freezer to have at hand when you need it. (It can be frozen for up to three months.)

To freeze, set the block of tofu (if you purchase it in a tub—leave unopened) in the freezer until it is rock hard, a minimum of 36 hours. Defrost at room temperature—it should take about 3 hours. (You can speed up the process by setting the tofu in a large bowl of hot water.) Alternatively, defrost in the microwave on high for 5 to 7 minutes (if tofu is in a tub, puncture the plastic top with a paring knife in about 10 places and set tub on a plate).

*Robin Ohlgren-Evans wishes all the Co-op staff and volunteers the warmest of welcomes to your new home.*

*Many happy years!!*

*Your comments are welcome:*

*rohlgren@moscow.com.*

### Curried Tofu with Spinach and Tomatoes

This recipe comes from *The New Soy Cookbook* (1998, Chronicle Books), by Lorna Sass, an award-winning cookbook and author. This elegant cookbook features mainly vegetarian and mostly cholesterol-free recipes and features soy foods in a wide range of innovative and internationally inspired dishes. It's one of my favourites.

- 1 lb. block extra-firm or firm tofu, frozen, defrosted, and drained
- 1 Tbsp. peanut
- 1 c. coarsely chopped onions
- 1 c. water
- 1/4 c. mild curry paste (such as Patak's)
- 3 Tbsp. unsweetened grated dried coconut
- 3 large plum tomatoes, cored and cut into eighths
- 3/4 lb. spinach, trimmed, coarsely chopped, and thoroughly washed
- salt, to taste
- 1/3 c. chopped cilantro (optional)

Set the block of defrosted tofu between two plates and, pressing the plates firmly together, tip them over the sink as the tofu releases excess water. Release the pressure slightly, then press the plates firmly together again 4 or 5 more times, or until no more water is expressed. With a serrated knife, slice the tofu into 1-inch cubes. Set aside.

Heat the oil in a large, heavy saucepan or wok over medium-high heat. Sauté the onions, stirring frequently, until lightly browned, about 3 minutes. Add the water and blend in the curry paste and coconut. Stir in the reserved tofu, taking care to coat the tofu thoroughly with the curry sauce. Stir in the tomatoes.

Cover and cook over medium heat, stirring occasionally, until the tomatoes are soft, about 5 minutes. If the mixture seems quite dry, stir in 1/4 cup water at this point. Add the spinach (If your pot isn't big enough, you may need to add half, cover, and let it wilt before adding the remainder.) cover and continue cooking until the spinach is tender, 2 or 3 minutes. Add salt and the cilantro, if you like.

Serve the curry in shallow bowls over steamed basmati rice, with your favourite sweet mango chutney on the side. Serves 3.

### Asian Slaw with Tofu Croutons

This recipe—also from Lorna Sass—uses baked, seasoned tofu that has been prepared ahead of time, or purchased—the Co-op deli's baked tofu works well, as does the packaged tofu in the refrigerator section. Napa cabbage is the ideal choice for this simple slaw, but is a bit delicate. For a sturdier slaw that can be refrigerated for a few days, use green head cabbage, or a mixture of green and red cabbages, instead of Napa.

Tofu makes this salad a hearty meal on its own—I especially like it for lunch.

- 1 lb. Napa cabbage, shredded (5-6 cups)
- 1 c. finely diced red bell pepper
- 1/2 c. thinly sliced scallion greens
- 4 oz. baked seasoned tofu, cut into 1/2-in dice
- 2/3 to 3/4 cup dressing of your choice (an Asian peanut/miso dressing/marinade is nice)

In a large serving bowl, combine the cabbage, bell pepper, scallions and diced tofu. Toss in enough dressing to coat the slaw thoroughly. Serves 4 to 6.

# Vegan Bites: Greetings & Salutations!

By Hope Matthews

**H**ello! My name is Hope and I am pleased to introduce myself as the new vegan-friendly contributor to the Food Section part of the Co-op newsletter. Since moving here a year ago, I've been an avid fan of the newsletter (and the Co-op) because it has given me a glimpse of the diverse and conscientious voices shaping this community. One of the wonderful things about writing for all of you is that I get to further partake in this close community, which I have been making my home.

Just to give you a peek of my veggie background, I have been a vegetarian for well over 10 years and have practiced veganism at different times in my life. I do not know how many strict vegans, cows and horses aside, live in the Palouse, but many health-minded folks I've come across are usually curious about veganism. Hopefully I will be able to dispel myths or create more interest in veganism for you readers. For those of you who have never heard a technical definition of vegan or vegetarian, according to The Vegetarian Resource Group, "Vegetarians do not eat meat, fish, or poultry. Vegans, in addition to being vegetarian, do not use other animal products and by-products such as eggs, dairy products, honey, leather, fur, silk, wool, cosmetics, and soaps derived from animal products." Even if many of you are not technically vegan, perhaps you have found yourself on this path?

There are a variety of reasons why vegans choose not to consume animal products: environmental, religious and spiritual, allergic reactions to eggs or dairy, and general physical well being, just to name a few. When I became pregnant ten years ago, my dairy intolerance was further aggravated by morning sickness (i.e., partaking in cow milk or even smelling it sent me running frantically to the bathroom). When I substituted soy for dairy, I realized that I actually liked the taste of soy more (especially Westsoy Plus Vanilla) and permanently switched.

Another fringe benefit to changing one's diet is tracking down new

recipes and products. In my quest to eliminate dairy from my diet, I discovered Toby's Tofu pate' 6 years ago when I lived in Portland, OR. Their dairy-free version with jalapeno on a sandwich or straight off a spoon is a fantastic and the Co-op now stocks it. Or tofu turkey? I just found several recipes on the Internet that I'm dying to experiment with this week.

Which leads me to Mexican Independence Day and the recipes listed. In the early hours of September 16, 1810, Father Hidalgo rang the bell in his church calling for the freedom of Mexico from Spain. The war lasted ten years. Since then, Mexicans have celebrated an independence day on September 16th.

As a homeschool history project, my son and I celebrated Mexican Independence Day by making corn and wheat tortillas, spicy refried beans, and bean and potato tacos. I must admit that making corn tortillas is a bit more frustrating than I anticipated, as the dough is crumbly. I don't have a tortilla press, so I prefer making wheat tortillas, as they are more agreeable to hand rolling. I am not going to include the refried beans recipe, since it is time-involved and you can just use the type in the can (Bearitos refried beans is good and vegan). However feel free to email me if you would like recipes for Spicy Refried Beans and/or Corn Tortillas. One more thing, tortillas hot off the stove are magnificent with a pinch of salt, peanut butter, jam, or margarine. Viva Mexico!

*Hope Matthews lives in Moscow and amuses herself by reading, cooking, writing, and spending time with her family. Her email: hopeemathews74@hotmail.com.*

## Wheat Tortillas

- 2 c. flour (organic white flour in bulk at Co-op is great)
- 1 tsp. salt
- 1/4 c. Spectrum's Organic Vegetarian Shortening
- 1/2 c. lukewarm water

Mix the flour and salt together in a medium sized bowl. Cut in the shortening with a fork, then gradually add the water. The dough will be rather stiff. Knead well (around 10 min.) on a lightly floured board. Divide into 10 pieces and roll out with a rolling pin (wine bottle or 22 ounce beer bottle also work well). Tortillas can be stacked with waxed paper between them. Cook at high heat in a cast iron skillet about 20 seconds and flip. They take less than 1 min. altogether. Try substituting 1/3 cup whole wheat pastry flour for more flavor.

## Bean and Potato Tacos

A simple recipe that is definitely filling & well rounded enough for a whole meal.

- 2 lbs. potatoes (preferably Yukon gold)
- 1/2 med. sized onion, chopped
- 1/2 green bell pepper, chopped
- 2 Tbsp. olive oil
- olive oil spray
- salt and pepper
- 10 wheat tortillas
- 2 1/2 c. refried beans
- hot sauce
- chopped cabbage and fresh corn

Cut potatoes into large cubes. Leave the skin on, unless you are using Russet baking potatoes. Boil potatoes in salted water until nearly tender, then drain. Rinse with cold water, then chop into smaller cubes. Heat your frying pan/skillet on medium with olive oil spray and cook the onion for several minutes. Add olive oil and cook the potatoes about 10 minutes, then add the green pepper. Cook mixture about 5 minutes longer, spraying once or twice with olive oil if the potatoes stick. Add salt and pepper to taste.

Warm a tortilla in a hot skillet sprayed with olive oil, then fill with 2 Tbsp. potato mixture & 2 Tbsp. refried beans. Fold the tortilla in half over the filling and gently heat until hot and ready to eat.

For aesthetic appeal & some texture, serve next to chopped cabbage. I also grated some freshly cooked corn-on-the-cob onto the cabbage, but a pinch of grated carrot would also do the trick. Garnish with salsa, like Seeds of Change medium, or sliced avocado and a dash of hot sauce. Delicioso!

## In the Garden: Fall Planting for Spring Beauty

By Theresa Beaver

Last month I talked about the small early flowering bulbs that will brighten your spirits at the end of a long winter. These little guys will bring you lots of enjoyment, but they are just setting the stage for the coming of the real stars of spring—daffodils and tulips!

Daffodil is often used to refer to the larger flowered types and jonquil to the small types, both are in the genus *Narcissus*, so I refer to all types as daffodils. There are so many to choose from! We think first of bright yellow, but looking closer, some have white outer petals (perianth) and a yellow center tube (corona), or the reverse. And then there are salmon colored daffodils, orange and yellow ones, ones with long coronas, short coronas—the list goes on and on, as you will see when you visit your local nursery.

My favorite daffodil is February Gold because it is so early. The yellow flower grows 10–12" high with slightly reflexed petals, giving it a look of stretching its wings back and blowing its trumpet. Last year it was already

blooming on the south side of our house the last two weeks of February.

By late March, the daffodil season begins in earnest with the most commonly seen large, yellow, quintessential daffodils. A variety called 'King Alfred' has held the reign of this group for some time. But with all the daffodil breeding going on, there are now so many daffodils to choose from, so have fun shopping around.

A favorite daffodil of mine, because of its sweet fragrance, is the *poeticus* type—found under the name 'Actea' or 'Pheasant Eye.' It has white outer petals with a very short, almost flattened center tube that is rimmed in bright orange. You may have seen this old classic around abandoned farmsteads, because daffodils are very long-lived. And best of all, deer do not like daffodils.

Tulips, however, are another story! Deer love them, and they are not as long-lived as daffodils. But, oh the colors! They come in practically every color except true blue. There is even a purple so dark it almost seems black,

called 'Queen of the Night.' This one is stunning combined with white tulips or the white daffodil called 'Mt. Hood.' My favorites are the Darwin or Triumph types; these are the standard, tall tulips in bright colors. 'Pink Impression' is one I grow a lot of because it is not only beautiful, but it has a long blooming season and the flower continues to grow larger once it has bloomed. At that point it looks like a tulip on steroids. It makes an incredibly long-lasting cut flower when picked young, and continues to enlarge in the vase,—wow! And there are other types of tulips—ones with ruffled edges called parrot tulips, and others, called peony-flowered, that have double petals. So if Bambi does not plague your yard, I encourage you to plant lots and lots of tulips!

Tulips and daffodils both come in a variety of heights and blooming times ranging from early, mid, to late season. The later ones are blooming with early perennials, so there are great combinations you can make, such as the 'Merry Widow' tulip (dark pink cups with white edges) near a bleed-

ing heart, with its pink and white heart-shaped flowers. Get creative! As with the small, early bulbs, tulips and daffodils are best planted in large groups to make the biggest impact.

Planting depth for bulbs is generally three times the diameter of the bulb. For tulips and daffodils this is usually about 6–8 inches. They will still bloom if planted more shallowly, but with the freezing and thawing of our winter soil, you run the risk of them being heaved to the surface where they will dry out and die.

Get your bulbs purchased and planted soon. October is the perfect month. However, if you can't get them planted right away, just put them in the refrigerator so they can start their required chilling cycle. But, if you forget them in the refrigerator, don't worry—next month I will talk about forcing bulbs indoors.

*Theresa Beaver grows cut flowers in Moscow and can be found selling bouquets at the Moscow Farmers' Market.*

## Postcard from the Land: Snowy Tree Crickets

By Suvia Judd

One warm, clear, blue-sky September afternoon I walked up a southwest-facing ridge of the mountain among scattered ponderosas, small stands of young Douglas fir, and lots of ninebark. The ninebark leaves ranged from dull brown to warm orangey russet. The new leaves of the penstemon flopped over and showed their purple backs, startling next to the yellow of the dogbane leaves. I paused to shed a layer, and saw a hawk hovering above me, almost motionless on an updraft. On the way back down there were eight hawks circling overhead.

We had a meeting in town, so we grabbed the big plastic bin we had been using to haul leaky jugs for tree watering, and took off. When we came out to chill darkness, about 9 p.m., and opened the car, a loudly

vibrating trill filled the air. Singing insects in the Jack-in-the-Box parking lot? No, the sound was from inside the car, from the plastic bin. So, back up to the mountain. We unloaded the bin and carried it gently over to a ninebark bush, and aimed our flashlights. There were two small, pale,

black plastic sheeting. We left the bin and came home to check out the field guide.

What we had found were snowy tree crickets, *Oecanthus fultoni*. The one with the flattish, transparent spoon-shaped forewings was the male, and

mate. An individual male starts his song low and rises up a fourth of an octave to hold a long sustained trill; when a group of males sings at once it makes a sustained trilling sound with a pulse to it. I had always imagined this late summer sound to be made by hundreds of individuals, but now I know it could be made by just a few.

Snowy tree crickets live all over the country except the Southwest. The nymphs eat plant material, but the adults eat aphid and caterpillars. If you can't hear them in nature you can try this website: [www.ifas.ufl.edu](http://www.ifas.ufl.edu). You will notice that their call varies in pitch with the ambient temperature.

*Suvia Judd walks at night a lot, and gets to listen to wonderful sounds.*

**What we had found were snowy tree crickets, *Oecanthus fultoni*. The one with the flattish, transparent spoon-shaped forewings was the male, and other one the female.**

yellowish, grasshopper-like insects, about the size of a pine nut. They had apparently been sheltering in a curl of

other one the female. The males sing, and a female chooses a male and nudges it to stop singing before they

## Critter Corner: Sweet and Deadly

By Janice Willard, DVM

Rascal had a great time on his evening out. First he broke his leash and then he gallivanted about for several hours before returning home. Ah, the taste of freedom! When he was hot and thirsty, he found a nice, sweet liquid and lapped it up.

By the middle of the night, Rascal was not so great. He was lethargic, disoriented and vomiting. And he was one lucky dog because his owners brought him in for an emergency veterinary visit, where tests revealed what Rascal had discovered during his evening on a lark: Rascal had lapped up some antifreeze, a nearly fatal mistake.

Antifreeze is so common that we often fail to realize how deadly it is. Even the warning labels on the containers fail to stress the extreme toxicity or the very crucial element as to why it kills so many animals; it is sweet and tastes good to most animals. And people who have their cars serviced don't even have the opportunity to read the warning labels and don't realize that even a slow leak from their radiator onto the garage floor can

release enough of the sweet tasting poison to kill their pets.

"As little as one tablespoon of diluted ethylene glycol antifreeze can kill an average-sized cat," says Dr. Steve Hansen, board-certified veterinary toxicologist and director of the ASPCA Animal Poison Control Center ([www.apcc.aspc.org](http://www.apcc.aspc.org)).

"Dogs are a little less sensitive, but it still takes very little. In other words, it is very easy to get a lethal dose."

Initially a poisoned animal may have vomiting, difficulty walking, lethargy, panting, abdominal pain and disorientation. But these signs overlap other diseases. Testing is necessary for an accurate diagnosis.

After the initial signs, the animal might start looking better as its body attempts to detoxify the poison. But looks can be deceiving, because what is happening on the inside is very serious. The body is designed to detoxify dangerous compounds. But in the case of ethylene glycol, it takes a moderately toxic chemical and converts it to more toxic chemicals, which destroy

the kidneys. Then the animal starts showing signs of illness again, lethargy and vomiting, but now its kidneys are destroyed, and, except in extremely rare circumstances, death is inevitable. Only early and aggressive treatment is effective.

"Attention to storage and handling of antifreeze can reduce exposure," says Dr. Hanson. "Be sure that concentrated antifreeze is stored up on a shelf away from animals and if you remove antifreeze from your radiator, make sure to properly dispose of it. Ensure there are no slow leaks from your radiator, as these can not only kill your own pet but any other animal that drinks from the antifreeze puddles."

If your car is, unbeknownst to you, leaking ethylene glycol from its radiator, you could be condemning animals to a painful death.

Safer antifreezes exist. These are based on propylene glycol rather than ethylene glycol. They are still toxic in high doses. Their advantage is that they don't convert to the toxic breakdown products that destroy the kidneys. But because this formulation is newer, it is

used less often and you have to expend some effort to get it in your car. Your auto shop may not stock these, so if you want it in your car, you will need to purchase it and bring it with you. Still, with greater use and demand, there will be greater availability and fewer animals killed.

My car came with ethylene glycol antifreeze and the owner's manual says to use only this. However, when questioned, I found that they have never tested the alternatives and have no evidence on which to make this recommendation. It would seem that apathy and inertia in the auto industry play a big role in keeping this killer in our midst.

Some states have laws requiring that antifreeze have a bitter flavor added to it. This is to save human lives from accidental poisoning, but may well save animals also.

Now with fall here and winter coming on, it is a good time to think about winterizing your car. And it is also a good time to think about how you can protect animals from this attractive killer.

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## Wild & Free: Underfoot and Overhead

By Sarajoy Van Boven

**W**e (you and I) have been eating from the wild since we were small children, from invasive Himalayan blackberries to disgusting Mountain Ash berries eaten on dares. A decade ago my brother Matt, a professional wild forager, introduced me to miner's lettuce and nettle. Since then, through lean times and backpacking fiascos, wild foods have sustained me and my family. Even when all is well, the earth's free gifts enrich our meals, snacks and tea times. I don't consider myself an expert; I am an enthusiast. Over the coming months I will share with you what I have learned.

### Preliminary Warnings:

1) Poisoning. Please avoid this by identifying the plant and edible parts with absolute certainty. *Plants of Southern Interior British Columbia and the Inland Northwest* published by Lone Pine is a favorite resource. However, I learn plants best by being shown again and again by patient teachers, like my husband, Huckleberry. I'll share some tips but YOU must be sure.

I once heard a cautionary tale of mushroom non-poisoning, the morel of which was this: the symptoms of panic (heart palpitations, sweating, rapid heart beat) when you think you might have ingested a poisonous wild thing are indistinguishable from the symptoms of real poisoning. The only way for you and your entire extended family to avoid getting your stomachs pumped in the ER on Christmas day is to be 100 percent certain of what you are eating before you eat it.

2) Private property. If it looks like someone might care, get permission or be very sneaky. Try not to trespass.

3) Pest/herbicides. Watch for deformed or unseasonably dead plants.

4) Doo. Make sure animals haven't recently fertilized your foraging spot.

5) Discovery of allergies.

With the warnings done, I will now introduce you to two of October's likely treats: Dandelion roots and abandoned apples.

Among the wild roots ready this time of year is the dandelion. Dandelion identification shouldn't be tricky, but then again it might be. Their leaves are dark green, light green, growing flat, growing up, deep jagged edges, or smoother sided. The underside of the leaf spine of a dandelion is NOT hairy. The leaves grow from the base of the stem, not up the stem. Get out your expert advisor and make sure. These leaves and yellow flowers are also edible and we will discuss them in season.

You know where to find dandelions: disturbed soils, my garden, alleys. If you don't have them in your yard, you are doing something wrong. If you live in an apartment, ask a lazy gardener if you can weed awhile. Be aware that you will leave a hole.

Once you're sure it's a dandelion and no one's going to miss it, get digging. My favorite digging companion is a hori hori-like knife made by Green

Top. You can make the jobs of pulling and cleaning the roots easier if you harvest after a rain.

Try to get most of the 2-4" finger-like root. In cool water, soak the roots for a few minutes, to loosen the dirt, then scrub them with a washcloth.

Fresh fall dandelion roots taste buttery sautéed or added to fall soups. They cook about as long as other roots: carrots, beets, etc.

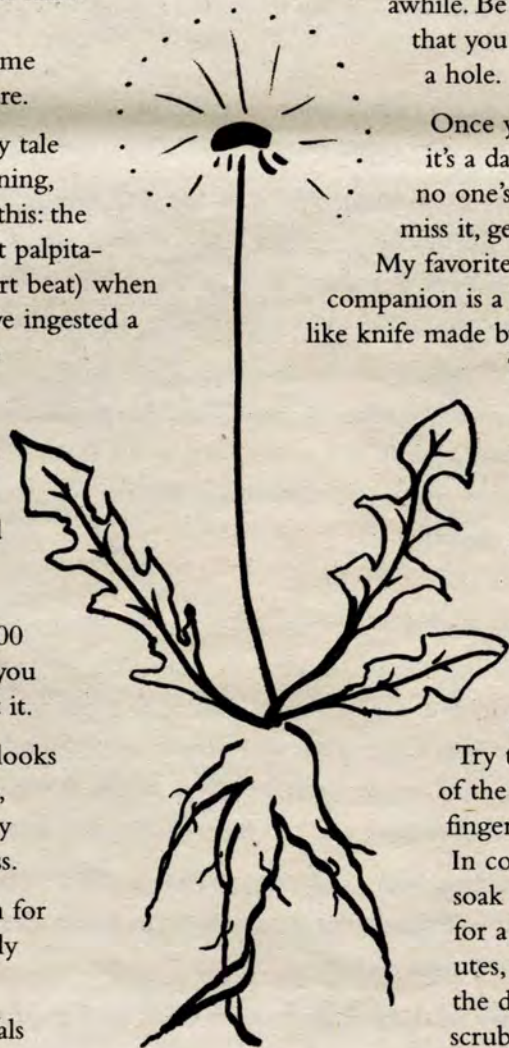
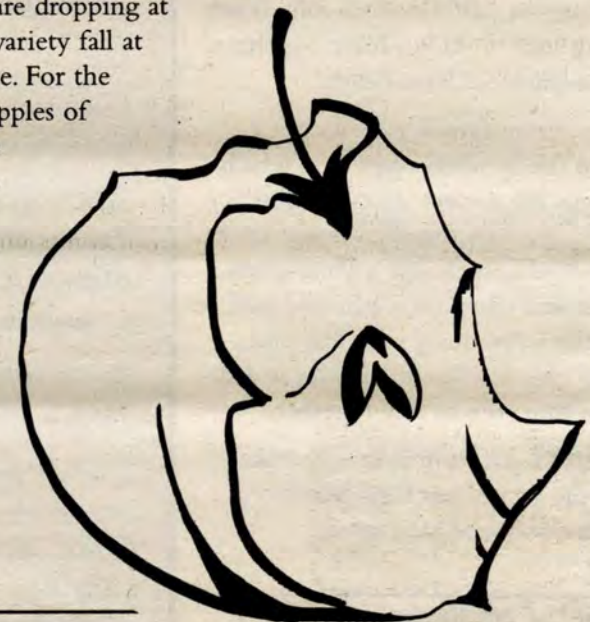
Recently, I ripped the roots into 1/2" pieces and dried them in an oven, on less than "Low," overnight. I'll use them for winter teas and infusions. For my favorite cozy drink, completely brown the roots at 300 degrees F (about an hour). Grind and brew like coffee. For more on dandelions read *Healing Wise* by Susun S. Weed (Ash Tree Publishing, NY, 1989).

FREE: the unconditional love of apple trees. You can find forgotten or unharvested apples (sweetened by frost) in every neighborhood. Out of town, Technicolor-red apples are dropping at Idler's Rest and a large variety fall at the base of Steptoe Butte. For the imperfect and infested apples of neglected trees there are several delicious options after you have cut out the worms and bruises:

- 1) Drying. I love sweet dried feral apple in my oatmeal.
- 2) applesauce
- 3) spiced apple butter
- and 4) apple pies.

The earth gives us these foods freely and abundantly; thank her.

*Sarajoy lives in Pullman with several wild foragers: Huckleberry, Blue, Coyote, and King Louis.*



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## Meals Kids Might Eat: Vegetarian Sushi with Kids

By Jyotsna "Jo" Sreenivasan

**W**ARNING: Do not try this with kids under three!

Years ago, I made sushi successfully with my older son, who was three at the time. Then, when my younger was less than two, I somehow got the idea that it would be "fun" to make sushi with the two of them! It was not. The little one was crawling all over the table and the rice was flying.

Nevertheless, it can be fun and not too difficult to make vegetarian nori rolls with kids three and above. If you have sushi rice, which is a short-grain sticky rice, and a sushi mat (both available at the Co-op), you can concoct your own beautiful custom rolls. When serving sushi to kids, I leave out the wasabi (Japanese horseradish).

A note about brown rice: it's not as easy to use as white sushi rice, which develops the perfect sticky consistency to hold the rolls together. If you must use brown rice, choose a short-grain variety and combine it half-and-half with the white sushi rice. The more brown rice you use, the harder it will be for your rolls to stay together.

We served our sushi rolls with baked tofu (the recipe was from Sundays at Moosewood) and fruit salad.

*Jyotsna "Jo" Sreenivasan is the featured Co-op business partner this month.*



Vilas, 7, begins to roll his sushi.

### Vegetarian Sushi Rolls

- 2 1/2 cups white sushi rice
- 3 3/4 cups water
- 5 tablespoons rice vinegar or cider vinegar
- 1 1/4 teaspoons salt
- 5 teaspoons sugar
- One package nori (7 pieces of nori)
- A selection of fillings, such as: arugula (chopped), asparagus (cooked), avocado slices, bell pepper slices, carrot (shredded), cucumber, cilantro, green beans (steamed), herbs (Thai basil is good), jicama (peeled and sliced), mushrooms, omelette slices, pine nuts, radishes/radish sprouts, scallions, sesame seeds, spinach, tofu, umeboshi plum paste, watercress, yams/sweet potatoes (cooked), and zucchini.
- Pickled ginger
- Soy sauce
- Wasabi (Japanese horseradish)—optional

Combine rice and water and cook in a rice cooker. If you don't have a rice cooker, bring rice and water to boil in saucepan. Reduce heat and simmer, covered, until water is absorbed (about 20 minutes).

While the rice cooks, combine the vinegar, salt and sugar in a small saucepan and heat until the sugar and salt dissolve. When the rice is done, spread it on a baking tray. Pour vinegar mixture over it and stir gently to combine. Many recipes ask you to fan the steam away as you stir — this would be the perfect job for a kid! After the vinegar is mixed in, let the rice cool.

As the rice cools, prepare your fillings. I like to include a combination of pungent or highly flavorful fillings (such as arugula, herbs, radish, scallions, or watercress) with bland ones.

Once your rice is cool enough to handle, you are ready to make your rolls. Set your fillings in separate small bowls on a work surface. We used our dining table. Put your tray of rice and a bowl of water (large enough to dip your hand into) on one side. On the other side, place a cutting board and a sharp knife. (You might have to put the sharp knife up higher until needed, if you have little ones). Put your sushi mat in the middle, and place your first piece of nori onto it. The rough, dull side should face up.

Scoop 3/4 to 1 cup of rice onto the nori. Spread it around with the back of a spoon. Wet your hand and pat it all the way to the side edges. Leave a couple of inches of blank nori at the top edge, and possibly a blank edge at the bottom.

Make a long indentation at the center point of the rice. Let people choose their own fillings and lay them in the indentation. Then lift up on the mat edge nearest you and roll the nori and rice in a spiral until you get to the blank part of the nori. Wet that edge with some water and press it onto the roll to seal the roll. Don't wet the nori until you're ready to seal it, or else it will curl up on you! You can wrap the mat around your roll and squeeze it to seal it even better.

Put the roll on a cutting board seal-side-down and cut it in half. Cut each half into half again, and half again, until you have eight pieces. Arrange your beautiful sushi pieces on a plate and admire!

When all the sushi is made, give everyone a small bowl for their soy sauce, and a small pile of pickled ginger. Trade your pieces around and eat!

## Earth Mother: Sack Lunch

By Julia Parker

When we learned that the Co-op deli would be closed for a while I looked at my partner, J.D., in mock horror and said "But what will we eat?" Although I do eat many lunches at the Co-op deli, I am also an avid lunch packer. Most importantly, I pack lunch, dinner, snacks, etc. when we travel. J.D. and I both have significant sack lunch baggage from our youth. J.D. still won't eat bananas after years of receiving "too far gone" bananas in his lunches that sat in the over-heated lockers and lunchrooms of Georgia and North Carolina. I, on the other hand, am largely responsible for my sack lunch issues. (This may come as a shock to you, but I may have been a kind of weird kid.) My favorite lunch was pastrami, Parmesan, and pickles on

whole wheat. And, thanks to my nutrition-conscious mother and gardening grandfather, I always got a big bag of sliced bell peppers. This lunch had the ability to stink up several lockers and I can still smell the aroma of that lunch in my memory.

Regardless, when Simone started school this fall, I wanted to make her a special lunch bag to pack her lunches. I had been packing a lunch for her for pre-school for several years in a store-bought lunch box. But, over the years, I realized that one lunch container that just gets wiped out everyday and washed once a week leaves something to be desired. (Ok, it was gross.) So, I made three lunch sacks out of material scraps (an old shower curtain) that could be used once or twice and thrown in the wash.

Of course, kids don't have to take a sack lunch to school. They can eat "hot lunch." According to the USDA ([www.fns.usda.gov](http://www.fns.usda.gov)), lunches prepared at school have to meet requirements such as less than 30 percent fat content, adequate protein and 1/3 the recommended daily allowance for vitamins A, C, iron and calcium. However, these are the requirements of the foods offered at schools, not necessarily what is eaten. In addition, the Center for Science in the Public Interest reminds parents that money taken to school for lunch may end up in the vending machine which is often filled with sugary, high-fat and salty snacks ([www.cspinet.org](http://www.cspinet.org)). In addition, school lunch programs may meet the requirements of USDA while at the same time serving highly processed,

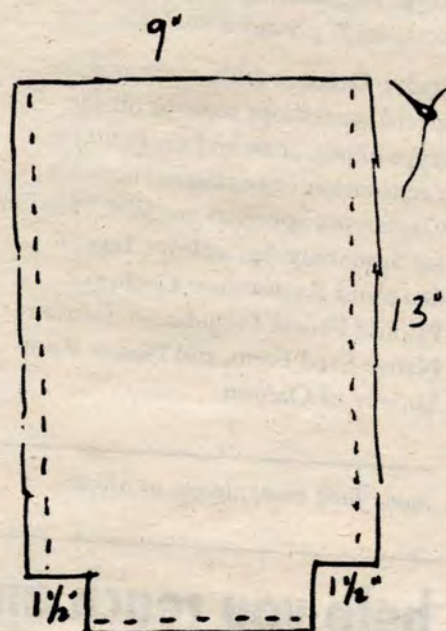
conventionally produced foods. So, as long as we can get Simone to take it, we'll be packing a sack lunch.

Simone didn't really help me with these because it was still nice out, and she was busy playing in her fort. However, any child big enough to help with a sewing machine could participate in making these. And, they would be a very easy project for a beginning machine sewer - perhaps 10 or 12 years old.

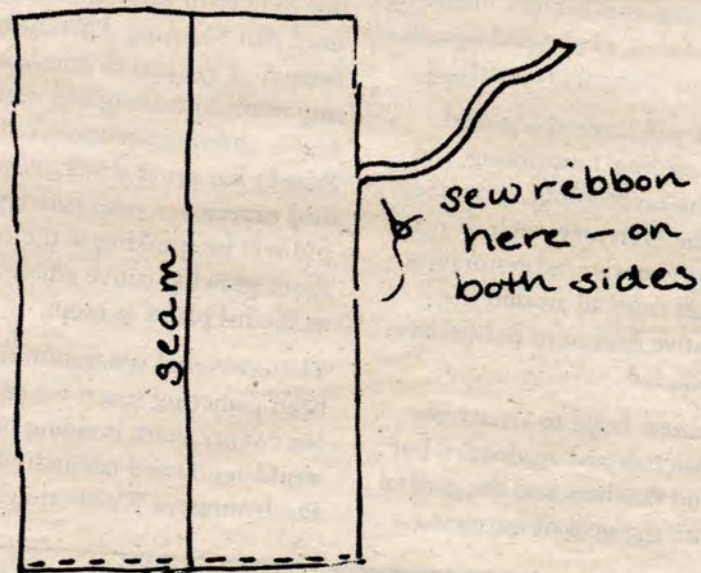
*Julia Parker will be packing her lunch at least until the Co-op deli reopens.*

### Directions:

- Cut two pieces of material in the shape shown.
- With the right sides of the fabric together, sew the sides and the bottom without sewing the notches on either side.
- Open the bag and fold the notches into a line.
- Sew each side closed.
- Flip right side out.
- Attach a 6 inch piece of ribbon or string to each side of the bag about 1/3 of the way down the bag.
- To close bag, fold over top and tie the strings in a bow. (You could also use Velcro on the top to keep the bag closed.)



2 pieces ~  
sew sides +  
bottom



turn + sew  
bottom sides  
closed

## Palouse Basin Water Summit

By David Hall

**K**udos to the Latah County Board of Commissioners for enacting the Moscow Sub-Basin Groundwater Land Use Management Overlay Zone ordinance. It is my understanding that the ordinance is designed to:

- 1) Protect likely areas of recharge to the Wanapum Aquifer;
- 2) Limit land uses that use inordinate amounts of water; and
- 3) Encourage low water use in new developments.

**What can the city of Moscow do to follow in these footsteps?**

Moscow already is looking into

restricting development around potential recharge areas.

New golf courses and other potential water-hogs could have specific water-use guidelines. Perhaps guidelines or recommendations on landscaping to reduce water use would be beneficial.

North Idaho Athletic Club now has a waterless urinal, which reportedly saves thousands of gallons of water per year over the previous fixture. They also have a bit of educational signage. Moscow could require use of waterless urinals in new construction of public buildings, and encourage them in remodeling.

Large housing developments, and large commercial operations, should be very strongly gauged for water use as the developers seek approval. Wal-Mart, in answering the question of water usage for the Washington SEPA environmental impact questionnaire, claimed merely "an incremental increase in water usage" and apparently was not required to make even a rough estimate. This seems insufficient.

Moscow has put some energy into conservation efforts—they now have a full-time employee at the water department working on water conservation and public education, they are getting their toes wet with tiered

water rates, and they have issued water restrictions.

In addition, they are a major player behind the free Palouse Basin Water Summit ([pwc.org/palousewatersummit](http://pwc.org/palousewatersummit)). Attend the water summit on October 6 & 7 and present your opinions, or visit with your public representatives one-on-one. The summit will include presentations, panel discussions, and public Q&A time.

*David hates to see 20,000-year-old water being used for hosing down driveways and other demeaning tasks.*

### Letter from the Land:

## Inland Northwest Restoration Conference

By Suvia Judd

**I**f you are interested in native plants or any aspect of ecosystem restoration, you will want to attend the Inland Northwest Restoration Conference on October 28–30. Forty speakers and over thirty workshops will cover all aspects of restoration in a variety of regional habitats including bunchgrass, forest, steppe, and aquatic environments (fisheries restoration).

Participants will learn about seed collecting, seeding, outplanting, and restoring the cryptobiotic crust. (See sidebar.) The presenters include many of the most experienced restoration professionals from all around the region. Native American perspectives will be included.

The organizers hope to attract not just professionals and academics, but farmers and ranchers and the general public, with the goal of nurturing a

grassroots region-wide restoration organization.

The larger view of restoration includes the human inhabitants; as organizer Michael Pilarski said to me, "It is not just about doing the right thing for the environment. Restoration is about our long term survival." He emphasized that restoring different habitats, from river systems to grasslands, is important to making our region livable and more economically sound. Pilarski has about thirty years of practical experience with native plants, and will be speaking at the conference about growing native edible and medicinal plants as crops.

The ecological restoration field has been gathering steam for about the last twenty years, building on the world-renowned research of R. Daubenmire, a Washington State

University researcher who first categorized Columbia Basin habitats in the 1940s.

To register for the conference, go to [www.okanagan1.com/restore](http://www.okanagan1.com/restore), or call 509-997-9200. The conference will be held in Pullman, at the WSU CUB. Registration is \$90, with some work-trade positions available.

Friday, October 28th, there will be special workshops sessions on the cryptobiotic crust and on building a restoration organization/network. Conference sponsors are: WSU Center for Sustaining Agriculture, Inland Grassland Restoration Coalition, Palouse Prairie Foundation, Benson Native Seed Farm, and Native Plant Society of Oregon.

*Suvia Judd raises alpacas in Moscow.*

**Cryptobiotic crust is a living mulch of fungi, bluegreen algae, mosses, and other organisms that fills the spaces among the individual plants of bunchgrasses and native shrubs in our inland northwest arid ecosystems. It protects the soil from erosion, and fixes nitrogen. A number of our human activities have disturbed the crust; restoring arid ecosystems includes restoring the cryptobiotic crust.**

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## Co-op Crossword

By Craig Joyner

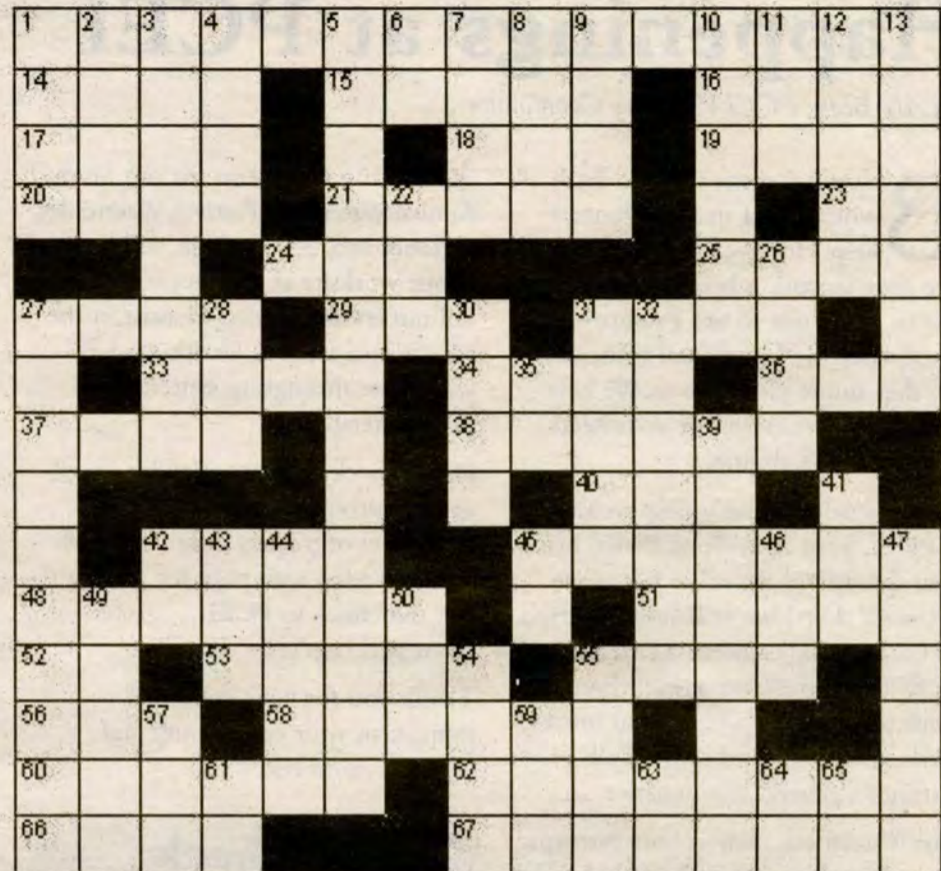
### ACROSS

- 1 Barring unforeseen disasters the date is five down  
 14 Soy milk and frozen vegan dessert maker, \_\_\_\_\_ Dream  
 15 Essential oil brand, Second half of fifteen across  
 16 Essential oil brand, First half of sixteen across  
 17 Mango or papaya frozen fruit bars, Palapa \_\_\_\_\_  
 18 24/7 news mania  
 19 Metal collar  
 20 Clamor for your copy of Clamor  
 21 Woodwinds  
 23 Mr. Bill's infamous disaster cry, "\_\_\_ no!"  
 24 Purple yam from the Philippines  
 25 Electronics brand  
 27 Vegan cheese company, Soya \_\_\_\_\_  
 29 Tolkien's Galadriel  
 31 Wizard of Oz author  
 33 Take one of these at Affinity Farms or Mary Jane Butter's Farm  
 34 Criminal cash  
 36 \_\_\_\_\_ Culpa  
 37 Burt's worker drones  
 38 Thirty-seven across resides here  
 40 Sea in Japanese  
 42 This German head goes well with dumb  
 45 What the temperature is in the rest of the world  
 48 Symptom of affluenza  
 51 You'll find one in the frozen meats section

- 52 Yes in Russia  
 53 Aeneid hero  
 55 Let's Do Organic brand ice cream or sugar \_\_\_\_\_  
 56 Eggs  
 58 Lightlife or Turtle Island soy bean burger  
 60 Idaho's Fortune 500 company  
 62 One of the grains in the bulk bin section  
 66 Primarily oriental foods and soy milk brand, \_\_\_\_\_ Foods  
 67 Portobello Mushroom or Four Cheese pasta sauce brand

### DOWN

- 1 Rishi brand tea variety, Earl \_\_\_\_\_  
 2 Organic baker's yeast from Rapunzel  
 3 Stinging  
 4 Dickens' The Old Curiosity Shop character  
 5 Hopefully, the date for one across  
 6 Father  
 7 Cosmetics brand, \_\_\_\_\_ Bella  
 8 Chocolate maker, Cloud \_\_\_\_\_  
 9 Frozen chicken nuggets and pot pies brand  
 10 Decadent French pastry  
 11 Couple  
 12 One of the very first organic farms, \_\_\_\_\_ head Mills  
 13 Fair trade Amazon chocolate maker, upper left hand corner of the candy section  
 22 Italian for beautiful song, \_\_\_\_\_ canto



- 26 This marble can end up on the floor but cannot be a floor  
 27 Vandal's home turf  
 28 Distress signal  
 30 Spectrum Essentials brand offers this vegan form of omega fatty acids  
 31 Capital city  
 32 Mango variety  
 35 Eye bending art  
 39 Sometimes used before a baseball bat  
 41 Pungent, extremely bitter herb  
 42 Ancient Egyptian word for soul  
 43 South American wood sorrel harvested for edible tubers  
 44 Type of dried bean you can find in the bulk bins  
 45 Music medium  
 46 One of Eugene O'Neill's earlier, short plays  
 47 This divine wort can help to alleviate depression  
 49 The Palouse's Johnny Appleseed of bicycles, \_\_\_\_\_ Peckham  
 50 Don't mistake this for a sweet potato  
 54 Unwanted email or meat product you'll never see at MFC  
 55 Yogi Tea brand has this in green, black, or redbush  
 57 Tennis or fighter pilot star  
 59 Australian burger bird  
 61 Doctor's assistant  
 63 Train tracks, abbreviation  
 64 Baseball abbreviation  
 65 You in French

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

## Happenings at PCEI

By Aly Bean, PCEI Volunteer Coordinator

**B**elow are some specific days when PCEI needs volunteer help. However, if you have free time in your schedule and would like to come out to the Palouse-Clearwater Environmental Institute at other times, please do so. We have myriad opportunities for volunteers of all ages and abilities.

Every Tuesday is a working evening at PCEI, from 5pm-7pm. Please bring your family out for some fun as we get work done! We will supply refreshments and snacks. Meet a different PCEI board member at each evening work party. Projects vary from nursery work, gardening, and camas bulb sorting to general maintenance.

Our Watersheds crew is busy restoring three different areas in the Palouse and need your help. Join our work crew at Robinson Park for a fun day of working and learning about erosion control and watershed restoration. Saturday workdays: October 1st, 8th, 15th, 22nd, and 29th. We will meet at PCEI (find directions and more info at [www.pcei.org/rodeo.htm](http://www.pcei.org/rodeo.htm)).

Our Environmental Education Program is getting out into classrooms

and seeking volunteers for our Sixth Annual Watershed Festival, Wednesday, October 4th, 2005, which will be at our worksite at Robinson Park. Volunteers are needed to assist in the educational stations fourth graders will rotate through to better know their watershed.

Please check out our calendar for all of our current events: [www.pcei.org/calendar.htm](http://www.pcei.org/calendar.htm), as well as our Rodeo web page for photos and directions to PCEI: [www.pcei.org/rodeo.htm](http://www.pcei.org/rodeo.htm).

Thank you for your continual support of your community and your environment!

**Please check out our calendar for all of our current events: [www.pcei.org/calendar.htm](http://www.pcei.org/calendar.htm)**

## Wellness Publication Expanding to Moscow

By Angela Earle

**I**began "Spirit of the Valley: The Magazine of Mountain Wellness," in 2003 in the Wood River Valley (Hailey and Sun Valley, Idaho) in response to a growing feeling that many people were searching for a better and more healthy life, and needed a resource that would not only help them make connections, but also provide a new and more positive perspective on the world. Our mission is to serve the public through building community, education, raising the consciousness of the world, and letting people know about all of the many opportunities for wellness and mind/body/spirit integration. We are fortunate and proud to provide high quality articles and interviews, in-depth reviews, and an array of voices from the spiritual and wellness community in a beautifully designed package every two months.

We began expanding our readership outside the Wood River Valley to Idaho as a whole in 2004. We now distribute and include voices from the Boise area, the Hagerman Valley,

Twin Falls, and many other locations. We would now like to spread this resource even farther into the Moscow area, and discover and share all of the resources available in Moscow with the entire state. We are looking for distribution locations, and articles and columns from local practitioners and people who want to become part of a greater community of wellness and consciousness raising. We also have an active product, book, and practice review section that lets the public know about all of the products and services that are available.

For more information, to discuss distribution, articles, or involvement, please contact me at [spiritotv@cox-internet.com](mailto:spiritotv@cox-internet.com) or 208-720-2674. Check out our website at: [www.spiritofthevalley.info](http://www.spiritofthevalley.info) to see what we're all about or see our current issue, available at the Moscow Food Co-Op, or through Linda Kingsbury.

*Angela Earle edits "Spirit of the Valley."*

## Health Techniques Newsletter Now Available

By Dr. Denice Moffat

**W**hat would YOU do today if YOU were brave? That's what I ask myself every morning. I have an annual goal of diving into my biggest fear and overcoming it. This year it's technofear. I'm overcoming fears like how to get my phone messages off the cell phone, how to send a fax, and how to build a website using FrontPage. It's a big fear for a technophobe.

I'm proud to say that after six years, my website is now up and running thanks to a lot of persistence (some call it bull-headedness.) Monica at

Cactus Internet and Dr. Tami McReynold's have spent more time with me than I'm sure they had planned for.

In support of my website, I sent out my first "opt-in only" newsletter this month and received 47 emails responding with, "Sign me up!"

*My Natural Health Techniques Monthly Newsletter* has columns including: Health in the News, Case of the Month, What's New on the Website, Ask Dr. Moffat, Product of the Month, Media Reviews, Tips and Tricks for a Healthier Life, What's

New at Our House and the occasional healthy low-fat recipe.

This month's recipe was BarBQ'd Veggies. I chose the recipe because I was getting tired of it writing out longhand for everyone who smelled and tasted it. It's listed on my website under recipes...alongside my recipes for granola, dog biscuits, and anti-constipation paste.

Now to conquer the shopping cart and final touches on my tip-a-day project. It's my way of making a difference in our world by raising the vibration of the planet in educating

people about healthy lifestyle habits and listening to the healer within.

Would YOU like to be on my list? If so, send me an email: [drmoftat@turbonet.com](mailto:drmoftat@turbonet.com) or visit: [www.NaturalHealthTechniques.com](http://www.NaturalHealthTechniques.com). Namasté.

*Dr. Denice Moffat is a naturopath, medical intuitive, and veterinarian who has been practicing alternative medicine almost exclusively for 13 years. She lives in Moscow.*

## Fresh Food Diets for Dogs

By Yvonne McGehee

An excellent newcomer on the homemade dog food book scene is *K9 Kitchen, Your Dog's Diet, the Truth Behind the Hype*, by Monica Segal, AHCW. This is a wonderful book, stressing factual information on the strengths and limitations of specific ingredients, always with analysis of actual amounts fed in mind. This is a numbers author, who wants the diets to be complete by comparing their calculated nutrient content (on paper) to the National Research Council's published Nutrient Requirements of Dogs (another good book for the dog feeder to have on hand).

It does not include many diets, because Ms. Segal prefers to construct a diet plan for each dog individually, and has a business devoted to doing so. However, the information is invaluable for the dog feeder to know, and the diets included are thoroughly researched. If in doubt about your ability to feed your dog fresh food successfully, having a diet plan made

for your dog by Ms. Segal may be a worthwhile option.

Online info can be found at [www.monicasegal.com/aboutus/aboutus.php](http://www.monicasegal.com/aboutus/aboutus.php).

Another new book on my "best" list is *Feeding Your Dog for Life, the Real Facts About Proper Nutrition* (do all these people feel they have to add qualifying sentences to their titles?) by Diane Morgan. This is not a diet book, but it is a well-researched information-dense one covering almost every conceivable aspect of feeding dogs. An excellent reference book.

In addition to books, I'd like to include a couple of helpful websites. One is B-Naturals, a canine diet supplement company owned by Lew Olson, who has a Ph.D. in naturopathic health. The site has on file newsletters with helpful short articles on a lot of canine diet-related topics. It can be a bit difficult to locate them among the products.

Here is an URL to all the past

newsletters: [b-naturals.com/newsindex.php](http://b-naturals.com/newsindex.php). Here is an URL to a newsletter article on mixing fresh food with kibble: [b-naturals.com/Jan2005.php](http://b-naturals.com/Jan2005.php). Another good website is Aunt Jenie's, owned by Jenie Boniface who has an M.S. degree in animal nutrition science from the University of Maryland. Her thesis project, conducted through the nutrition lab at the National Zoo in Washington, D.C., focused on the formulation and analysis of a special diet to help control urinary stones and other health problems in an endangered canid species called the maned wolf.

Aunt Jenie's makes a complete raw food called Aunt Jenie's, shipped frozen to your door, which is wonderful if you can afford it. She has a page illustrating feeding her own dogs fresh foods that may be of interest; this is the URL: [www.auntjeni.com/barf.htm](http://www.auntjeni.com/barf.htm).

Both Aunt Jenie and Lew Olson refer to their diets as BARF, which stands

for either Bones and Raw Foods, or Biologically Appropriate Diet. BARF came on the scene with Ian Billinghurst's raw feeding books, which are on my not-so-good list and which I'll talk about in another issue. I prefer older diets that have a long track record of success throughout the entire life cycle.

In addition to books, I'd like to mention the *Whole Dog Journal*. It accepts no advertising, to be free of conflicts in its product assessments. This makes it a bit pricey. Info can be found at [www.whole-dog-journal.com](http://www.whole-dog-journal.com). It is not exclusively dedicated to dietary issues, but covers homemade diets and does an excellent yearly assessment of quality kibbles, as well as covering many other canine health topics.

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

## Getting WET

By Kirsten Hawley, PCEI staff

On Monday, October 3, from 9am to 2pm at Robinson County Park, 140 local elementary students will join volunteers and community members of the Moscow area learning about local water supplies. The public is invited to share in the activities, as the students celebrate *Make a Splash with Project WET* (Water Education for Teachers).

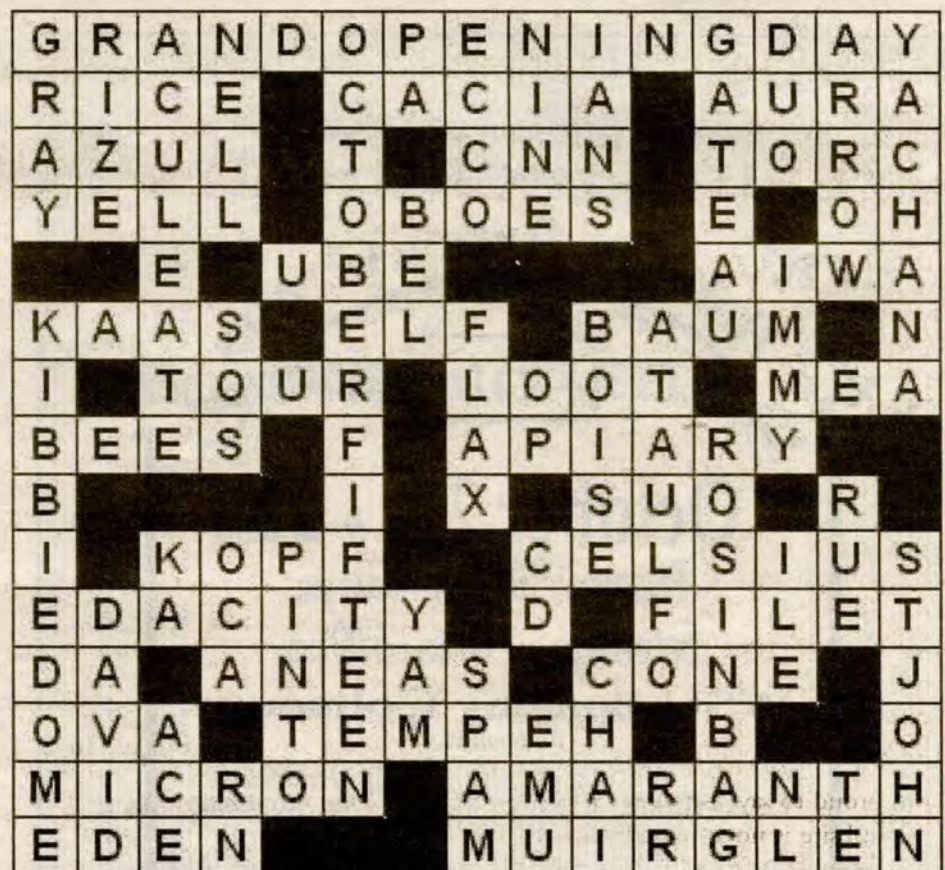
*Make a Splash with Project WET* is part of the Palouse-Clearwater Environmental Institute's Fifth Annual Watershed Festival at Robinson Park (South Fork of the Palouse River). PCEI has a nineteen-year history on the Palouse with a mission to "connect people, place, and community."

This will be the fifth year that Moscow fourth graders can experience hands-on education to see what an impact people can have on their water supply. The 140 local students

will rotate through five stations: groundwater examination, macro invertebrate study, water cycle art, riparian wildlife, and tree planting.

"After 20 years of working with *Project WET*, I still love to watch the faces of children as they learn about groundwater," said *Project WET* Executive Director, Dennis Nelson. This quote "holds water" with staff at PCEI as well. Volunteer coordinator at PCEI, and veteran Watershed Festival organizer, Aly Bean says, "It's amazing to be able to inspire the students in Moscow and to help them realize that they, individually, really can make a difference when it comes to protecting our natural resources."

For more information about the Palouse-Clearwater Environmental Institute's fifth annual Watershed Festival, contact Sara Lynd at 208-882-1444.



Celebrating Moscow's History

# The Mayor's Heritage Ball



Photo courtesy of Latah County Historical Society

At this event the final three Heritage Project artists will unveil their renderings for public view.


For more information, visit [www.moscowarts.org](http://www.moscowarts.org) or call the Chamber at (208)882-1800

October 8, 2005, 6:00 p.m.  
University Inn Best Western

Semi-formal Dance with  
music by "Citizen"



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BookPeople, or at the door  
(limited seating available)

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2005


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## Book Thoughts:

# When Necessity Isn't the Mother of Invention

By Nancy Casey

In the dictionary, "Rube Goldberg" is an adjective that is used to designate any overly complicated invention or machine that performs a simple operation. That was worrisome to Rube Goldberg who found that people were often surprised to find out that he was real. It was as if, in the public eye, the wacky person who made engineering like drawings of ridiculously complex inventions was himself an invention, or at the very least, a cartoon character. But no, he was a real person, a talented young artist whose father insisted that he go to engineering school. His career as an engineer lasted only three months, after which he took a 300 percent pay cut and took a job as an art assistant at the *San Francisco Chronicle*. His career as a cartoonist, songwriter, and sculptor continued until his death in 1970 at the age of 87.

Goldberg is most famous for his inventions, cataloged in *Rube Goldberg Inventions* by Maynard Frank Wolfe. A plumber's nightmare of pipes and fittings that uses fans, dry ice, and a baby seal keeps a buttonhole flower fresh. A self-operating toothpaste squeezer requires only sunlight, a bomb, a midget gangster (in hiding) and a few other household objects to do its work. Maybe what you can't live without is an outboard motor that doesn't require fuel. All you need to construct it is a bucket, a shotgun,

sea gull, a butterfly net, some corn, a duck and a loose button on your suspenders.

The inventions weren't the only thing that Rube Goldberg did. He drew and syndicated 63 different cartoon strips during his 60-year career. But perhaps the dated feel of these cartoons puts you off. In that case, perhaps *chindogu* is more for you.

*Chindogu* is a Japanese art form of the almost-useless invention—unpatentable tools for everyday life. To qualify as an object of *chindogu* an invention must solve a problem that was not particularly pressing to begin with in a way that is sufficiently ridiculous that no one would ever use it. Kenji Kawakami, the author of *101 Un-useless Japanese Inventions* suggests that if, while intending to engage in the art of *chindogu* you accidentally create something that people use, you must give up your pretensions to *chindogu* and contact the patent office instead.

Most of the fun of perusing Kawakami's book is looking at the photographs of *chindogu* in actual use and wondering how the models kept straight faces. Could you walk unsmirkingly down the street while sporting a Hay Fever Hat—a toilet paper dispenser conveniently mounted on top of your head? Could you feel sufficiently unselfconscious to actually

take an upright catnap with the help of a Subway Snoozer's Chin Stand? The Automated Noodle Cooler—a chopstick-mounted mini fan—does spare you the indignity of blowing on your noodles, but at what cost to other aspects of your *savoir-faire*?

Some of these things might be worth trying—chin-activated light switches for when your hands are full, a fingertip mounted toothbrush, a solar cigarette lighter, and rock concert earrings that double as ear plugs.

Not all absurd inventions are unpatentable. Genetically modified corn. A DNA spliced bacteria which secretes alcohol; soil inoculated with it quickly becomes toxic to almost all plant forms. Some of these more scary inventions are cataloged in *Nature's Operating Instructions: The True Biotechnologies* edited by Kenny Ausubel. It's part of the Bioneers series. These are the supposed good guys. The foreword is written by Paul Hawken. Some of the essays in this collection do warn us about the dangers of over-inventing in the biological realm. But several others praise an activity I'd never heard of before: biomimicry. That's when you set up a system that's "just like" a biological system and use it to clean up toxic

waste or restore a devastated marshland, and at the same time produce food or make a bike path. Makes you almost think that technology—as opposed to restraint—is what's required to restore ecological balance to our ravaged planet.

Myself, I think I'll go for the technosophistication of the Combination Feather-Duster/Martini-Shaker or the 39 entirely recycled, recyclable and biodegradable components of the Simple Orange Squeezing Machine. But first I have to go somewhere in my car.

*Nancy Casey has lived in the Moscow area for more than 17.2 but less than 21.6 years. She says, "The book that I am still reading, and therefore couldn't include in this review is Endless Forms Most Beautiful: The New Science of Evo Devo. I'm up to chapter 5 and still can't tell if it is going to capture my imagination or make me mad."*

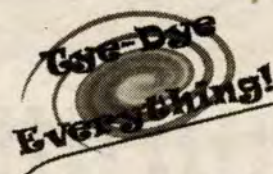
## Keep In Touch

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.

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# Bulletin Board



MOSCOW FOOD CO-OP

Moscow Food Co-  
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Moscow ID 83843

## 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.

**Special Peace Rally: Fri. Sept. 23, 5:30-6:30 pm**

Come to a gathering in Moscow's Friendship Square in conjunction with Three Days of Action for Peace and Justice in Washington, D.C. and other marches. Info: www.palousepeace.org

## Farmers' Market

**Saturdays, 8 am-noon**

The market is located in the Jackson Street public parking lot off Friendship Square in downtown Moscow. Saturdays May to October. For info: 208-883-7036.

## Tues. Grower's Market

**Begins Tuesday, May 3**

Fresh produce every Tuesday from 5-7 pm in the Co-op parking lot.

## Farmer's Market Music

**Saturdays 9:30 - 11:30 am**

Live music will be on the sidewalk on Main St. in front of Zume's Bakery. For info, call 208-883-7036.

## KRFP Birthday Bash

**Sat. Oct. 1, 7:30 pm**

Come to the birthday bash fundraiser to support KRFP. Good company, wine, beer, music, fun at the American Legion Cabin, 317 S. Howard St. A cover charge will be announced. Call Isabella for more info: 208-882-0287.

## Palouse Water Summit

**Thurs. Oct. 6 & Fri. Oct. 7**

The Palouse Basin Water Summit will be held noon-8 pm Thursday and 7 am-noon Friday at the University Inn Best Western in Moscow. The summit is free and open to the public. On-site registration is allowed, but pre-registration is preferred by Sept. 29: pwcw.org/palousewatersummit/

## Project WET

**Monday, Oct. 3 9 am-2 pm**

Make a Splash with Project WET (Water Education for Teachers). Call the Palouse-Clearwater Environmental Institute, 882-1444, for more information.

## Moscow Creative Writing Workshop

**Oct. 5-Nov. 17, 7-9 pm**

A free seven-week program for writers of all levels, taught by six local writers, featuring in-class writing and discussion. At the Moscow Public Library on Wednesday nights. For details pick up an info sheet at the library reference desk.

## Community Free Radio

**October 12, 12 noon.**

Leigh Robartes, from Radio Free Moscow will speak on "Community Free Radio and Denver Lower Level Conference I" of the Moscow School District offices, F and Cleveland. Women Voters, 882-7064

## Celtic Music with The Muses

**Fri. Oct. 14, 7:30-9:30 pm**

See The Muses in concert at The Attic, 314 East Second Street, Moscow. Cost: by donation.

## Contra Dance

**Saturday, Oct. 15, 7:30-9:30 pm**

Everyone is welcome! Dance taught. Live music, calling by Scott. At 1912 Building (412 East Third St.) in Moscow, Idaho. \$4 newcomers, \$5 members, \$7 non-members. For more info: www.palousefolklore.org, or 892-0730.

## Writing and Publishing

**Sat., Oct. 22, 9 am-noon**

Have you always wanted to write and get published? This workshop will help start you down the right path. Location: 1904 Lexington Ave., Moscow. Cost: \$15 Co-op members, \$20 non-members. For more info visit: http://members.aol.com/writebook64, or call 208-892-0730.

## Trance Dance: A Journey to Your Soul

**Saturday, Oct. 22, 7-11 pm**

\$12 fee, registration required. Contact: Katrina @ 882-1111 katrina@alchymia.us. More information at http://www.alchymia.us

## Wine, Women and Chocolate

**Sunday, October 23, 7 pm**

A Seattle-based showcase of female performers. At The Attic, 314 East Second Street, Moscow. Cost: by donation. For info call: 208-310-9139.

## Moscow City Council Candidate Forum

**October 26, 7 pm**

At the High School Auditorium League of Women Voters of Moscow. 882-7065

## Restoration Conference

**October 28-30**

and Northwest Restoration Conference on native plants and ecosystem restoration for professionals and the grassroots. Washington State University, Pullman. Conference fee is \$90. Contact: lsofthetrees@yahoo.com; 509-97-9200 or 360-927-1274. Check our web site for details: www.okanoganl.com/restore.

## Trade Craft Sale

**Nov. 4, 6 pm-9 pm**

**Nov. 5, 9 am-4 pm**

**Sun., Nov. 6, Noon-4 pm**

The location is Fellowship Hall, Community Congregational Church, 525 NE Campus Ave., Pullman, four blocks down from the Bookie. Your purchase of handmade goods guarantees a fair wage for artisans in over 30 countries. For info: (509)332-6252

## WomensWorks Art

**Nov. 11 and Nov. 12**

Quality gifts made by women. Student Union Ballroom. Free raffles, and live music. All proceeds to the UI Women's Center. Call 208-6616 for more information.

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

