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April 2006

**FREE!**  
Please take one

# Community News

The monthly newsletter of  
the Moscow Food Co-op

## Local Farmers Integral to Co-op Success

By Scott Metzger, Produce Manager

The Moscow Food Co-op and its produce department are committed to providing the communities of the Palouse with healthy, locally grown

organic food and to supporting small local and regional farms whenever possible.

To that end, the produce department is working with 22 local farms this season to provide fresh locally grown organic and local no spray produce throughout the entire season. By purchasing local produce we are supporting the local economy, encouraging good stewardship of the land, reducing travel time, and providing our customers with the freshest and healthiest produce possible.

With our new, larger produce department we hope to be able to provide more locally grown produce than in years past, and to increase the number of farmers we purchase products from both regionally and locally. In addition to displaying locally grown

organic produce we hope to set aside a portion of the fruit case for local no spray and "naturally grown" (see article on "naturally grown" inside) wet produce during the season.

Co-op shoppers can expect to see locally grown produce in the Co-op almost year round. Early season greens will start showing up in April and May and the bulk of the local produce will be harvested in July, August, and September. Look for storage crops such as roots, potatoes, and winter squash throughout the remainder of the year.

We are very excited about working with local farmers this year in bringing the fruits of their labor to your dinner table. In addition to the produce department, look for locally grown produce in deli recipes throughout the year, and at the Tuesday Growers Market in the Co-op parking lot. See ya there!!



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

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The Co-op Board of Directors monthly meetings are open to members.

# Community News



## Bikes, Cars and the Parking Lot at the Co-op

By Kenna S. Eaton, General Manager

The parking lot is still a hot topic of discussion at the Co-op. It's still crowded and still difficult to maneuver through. Finding a spot can be challenging at the best of times and impossible at others.

The Sustainability Committee has been working hard to find some long term solutions to our over crowded, poorly designed, and relatively un-green space in front of the store.

The problems are many but so are the possible solutions (although they all come at a price of both time and money).

After identifying what we wanted in an ideal parking place - safety for lot users, access for Co-op shoppers to

**“Please consider rounding up your next purchase at the Co-op and help us raise ‘Bucks For Bikes.’”**

### Still Available! The Co-op Cookbook

45 of the most popular recipes from the Co-op deli and bakery.

Only \$10 at the Co-op. Get your copy today and start cooking Co-op style!

parking spaces (less access for non-Co-op shoppers), green space, permeable paving, drought tolerant plantings, water management and composting options - we asked Gary Austin's Landscape Architects class (LARC 380) to come up with some designs for us to choose from. We gave them a budget of \$20,000 to work with and a request for a plan that could be implemented in stages (in case we didn't have the full funds). They came back with some great designs that were both creative and in keeping with our requests.

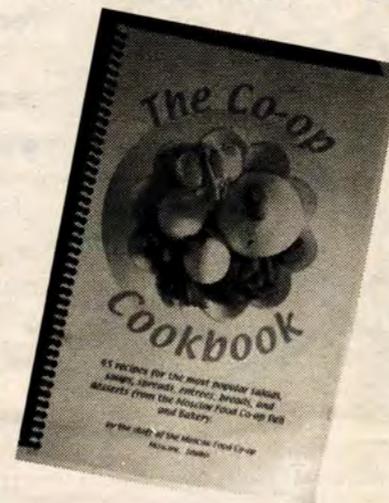
One of our major concerns is traffic flow: where do cars pull into the parking lot? Where do they go out? What happens if the lot is full? Currently the primarily traffic comes in from Washington St. but the traffic going back onto that street (and close to our front doors), is an accident waiting to happen. Add into that mix the entrance from 5<sup>th</sup> Street, the cars “circling” for a space and the folks that enter in the exit and it gets even more chaotic.

LARC 380 had some great suggestions for mitigating flow issues as well as addressing our other items on the wish list. We gave them our feedback

and now await another plan that we can then show you and get your comments on. After we finalize the plan we're happy with, it still needs to go to the City of Moscow for approval, possibly a two-month long process, before we can begin to implement any of our ideas. Look for the plan and an opportunity to comment later this spring.

So the process of re-designing the parking lot will be a slow one as we gather feedback, approval and funds. Until then we'll re-stripe the current spaces to make it a little less confusing, add “enter” and “exit” signs and perhaps add “parking lot monitor” to our list of tasks for the Front End cashiers.

In the meantime we are still raising funds for building bike racks. There's one outside the “Enter” door to show you what they'll look like and to whet your appetite for more. We've raised close to \$500 so far but we need another \$1200 to finish the project. Please consider rounding up your next purchase at the Co-op and help us raise “Bucks For Bikes.”



# Co-Operations



## Welcome!

By Laura Long, Membership Services & Outreach

**H**ow do you like the new look for our business partner list? I hope it's easier to read, and has given you some ideas for local goods and services that you might like to use. We have three new additions to the list this month that I hope you all will find just as interesting as I do. Please watch future issues of this newsletter for more in depth articles about all the new business partners.

First of all I would like to welcome our own Caroline Doe. You may have seen her behind the cash register here at the Co-op, but did you know that she is also a talented massage therapist? We would also like to welcome Adventure Learning, Inc. to the partnership. They are a non-profit organization dedicated to providing opportunities for kids of all ages to learn about themselves and the natural world through interactive wilderness experience. And last, but certainly not least, we would like to welcome Mindgardens. Erik Tamez-Hrabovsky offers eco-friendly consulting for all-natural building, landscaping

and sustainable living possibilities.

We are still accepting applications for new business partners. There is plenty of room for the list to grow, and I know our community is full of wonderfully talented people that have great goods and services to offer. If you are interested in participating in this program, please call or email me and I will send you a packet of information and an application. I always love to hear from our members! You can call me at 208-882-8537 M-F or email me (which I love) at [laura@moscowfood.coop](mailto:laura@moscowfood.coop).

For a complete and current list of our Business Partners, check out this newsletter (and every newsletter), or look on our web site at [www.moscowfood.coop](http://www.moscowfood.coop) for more links and information

Laura grew up growing organic food, playing Back to the Farm board games, shopping at co-ops, and fondly remembers carob Easter bunnies, Kettle Chips, and Tiger's Milk Bars.

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



#### Members Save:

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

#### Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

#### Co-op Business Partners

- Adventure Learning Inc.:** 10% off base cost of any trip, Donal Wilkinson, 310-3010, [adventurelearningcamps.com](http://adventurelearningcamps.com)
- Alchymia Life Coaching:** 1 free session & \$25 off initial intake session, Katrina Mikia, 882-1198
- Anatek Labs, Inc.:** Drinking water Bacteria Test for \$10 & Comprehensive well water test for \$90, Mike Pearson, [anateklabs.com](http://anateklabs.com), 1282 Alturas Dr, Moscow, 883-2839
- Ball & Cross Books:** 10% off on any purchase, Mark & Kristin Beauchamp, 203 1/2 N Main St, Moscow, 892-0684
- Bebe Bella:** 10% off organic baby clothing, Rebekka Boysen-Taylor, 1220 NW State St #38, Pullman, 334-3532
- Columbia Paint & Coatings:** 15% off retail paint & supplies, Cory Triplett, 610 Pullman Rd, Moscow, 882-6544
- Copy Court:** 10% discount, memb. card laminated, Michael Alperin, 428 West 3rd St, Moscow, 882-5680
- Culligan:** Free Auto softener install up to 10 ft. of pipe and culligan water softener (Moscow only) & 10 free gallons of water to new delivery customer, Owen Vassell, 310 N Jackson, Moscow, 882-1351
- Carolyn Doe, Massage Therapist:** First 2 1-hr massages \$35 each, 106 East 3rd St, Ste. 5-B, Moscow, 882-9320
- Erika Cunningham, LMP:** First 2 Massages \$35 each, 882-0191
- Ecostructure Financial:** Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, [www.ecostructure.us](http://www.ecostructure.us), 116 E 3rd St, Ste. 212, Moscow
- Full Circle Psychological Services:** Free Initial Consultation, Dr. Tina VonMoltke, PhD, 619 S Washington St. Ste 301, Moscow, 669-0522
- The Healing Center:** Save \$10 off on first exam or phone consultation, Dr. Denice Moffat, [drmofoffat@NaturalHealthTechniques.com](http://drmofoffat@NaturalHealthTechniques.com), 413 East 8th St, Moscow, 882-3993
- Hodgins Drug & Hobby:** 10% off all purchases excluding prescriptions, Pam Hays, 307 S Main St, Moscow, 882-5536
- Inland Cellular:** \$10 off purchase of any phone or accessory, Kelly Gill, 672 W Pullman Rd, Moscow, 882-4994
- Integrative Mindworks:** Free 30-minute consultation for new clients, April Rubino, [integrativemindworks.com](http://integrativemindworks.com), 3400 Robinson Park Rd, Moscow, 882-8159, [april@integrativemindworks.com](mailto:april@integrativemindworks.com)
- Inspire Communications:** 10% off All Services, Jo Sreenivasan, <http://members.aol.com/write-book64>, 892-0730
- Kaleidoscope Framing:** 10% off gallery items, Darryl Kastl, 208 S Main St #11, Moscow, 882-1343
- Kelly Kingsland, LMT:** First 2 Massages \$40 each, 892-9000
- Kimi Lucas Photography:** 25% off initial photo session, 15% off on photo session, instruction or products & free third pet photo session, Kimi Lucas, PO Box 3432, 310-1064
- Dr. Linda Kingsbury, Professional Herbalist:** 10% off Customized Aromatherapy, Spa Treatments, Holistic Health & Nutrition Consultation, [spiritherbs.com](http://spiritherbs.com), 883-9933
- Kinko's Copy Center:** 10% off and free lamination of memb. card, Kris Freitag, 1420 Blaine St, Moscow, 882-3066
- Mabbutt & Mumford, Attorneys:** Free initial consult., Mark Mumford, Cathy Mabbutt, 883-4744
- Maria Maggi, Intuitive Astrology & Gardener:** \$5 off astrological & flower essence consultations, 882-8360
- Marketime Drug:** 10% off gift items, Joanne Westberg Milot, 209 E 3rd St, Moscow, 882-7541
- Mindgardens:** Free initial consultation & 10% discount on services, Erik Tamez-Hrabovsky, [erik@buildmindgardens.com](mailto:erik@buildmindgardens.com), 220 NW Tingly St., Pullman, 509-595-4444
- Moscow Feldenkrais:** First individual lesson 40% off, and first group lesson free, Elisabeth Berlinger-883-4395 & Tom Bode-892-3400, 112 W 4th St, Moscow
- Moscow Yoga Center:** 10% off classes--new students, Jeri Stewart, 525 S Main, Moscow, 882-8315
- Motherwise Midwifery:** Free supply of pregnancy tea thru pregnancy, Nancy Draznin, 1281 Sprenger Rd, Genesee, 224-6965
- The Natural Abode:** 10% off of Natural Fertilizers, David & Nancy Wilder, 517 S Main St, Moscow, [www.TheNaturalAbode.com](http://www.TheNaturalAbode.com), 883-1040
- Palouse Discovery Science Center:** 10% off on all items in the Curiosity Shop, Mark Goddard, 2371 NE Hopkins Ct, Pullman, 332-6869
- Pam's Van:** \$10 off first Reflexology treatment & free sauna or Wisdom Eye Massage, Pam Hoover, 1115 S Logan St, Moscow, 596-5858
- Paper Pals Scrapbook & Stamp Studio:** 1st Hr of studio time FREE, 33% off Open Studio Time, 107 S Grand, Pullman WA, 332-0407, Karen Lien, [www.paper-pals.com](http://www.paper-pals.com)
- Dr. Ann Raymer, DC:** \$10 off initial visit including a patient history, physical, and spinal examination, 1246 West A St., Moscow, 882-3723
- Glenda Marie Rock, III, Healer & Esotericist:** 10% off Clairvoyant readings, past life regression & energy healings, [gmrockiii@aol.com](mailto:gmrockiii@aol.com), 882-0403
- Shady Grove Farm:** \$10 off initial English riding lesson or horse training session, Ashley Fiedler, 1080 Sumner Rd, Troy, 835-5036
- Sid's Professional Pharmacy:** 10% discount off Medela breast pumps and supplies, Sid Pierson-owner, Pullman Care Community, 825 Bishop Blvd, Pullman
- Susan Simonds, PhD, Clinical Psychologist:** 10% reduction on initial consultation to writers, 892-0452
- SkyLines Farm Sheep & Wool:** 10% off organically raised lamb, handspinning fleeces & prepared roving, Melissa Lines, 4551 HWY 6, Harvard, ID 83834, 208-875-8747, Sharon Sullivan, RN Herbalist & Holistic Health Educator, 10% off health consultations, reiki, custom formulas and bulk herbs, 106 East 3rd St Ste. 5-B, 883-8089
- Sweet Peas & Sage:** 10% off any purchase in floral or gifts, Kathy Gessler, 122 W 4th St, Moscow, 892-0222
- Tye Dye Everything:** 10% off any purchase, Arlene Falcon, [tyedye@moscow.com](mailto:tyedye@moscow.com), 527 S Main St, Moscow, 883-4779
- Whitney & Whitney, LLP:** Reduced rate for initial consultations, 604 S Washington St Ste.#1, 882-6872
- Wild Women Traders:** 10% off clothing and jewelry, 210 S Main St, Moscow, 883-5596



## News from the Front End

By Annie Hubble, Front End Manager

I thought I would write a few words in explanation of and appreciation of my assistants, known as floor coordinators.

When we all planning our move to the new store, it was realised that, along with other departments, the front end staff would double. I had quite happily run a department of 10 people but to manage 20 and keep up with all the other work involved with being a manager, it seemed it would be good to have some help.

*Thank you Ida, Jamie, Sarah, and Stacey! To paraphrase an Elton John song: 'How wonderful Co-op life is, now you're in my world!'*

I now have three assistants, and one sub assistant. Ida Jokisaari, Jamie Stolp, and Sarah Scranton are the three floor coordinators with Stacey Nievweija subbing when one of us is on vacation or sick.

I cannot now believe there was life without FCs, (as we affectionately call them). They run the front end when I am not at work. (I no longer get a million and one phone calls on my days off!) They help train new cashiers, find subs for absent cashiers, help customers, answer the phone when possible, set up yummy sample tables for the customers, check cooler temperatures, do change runs and register skims and help cashiers with tricky transactions.

Their uniform should in my mind include a super hero cape! I only work now on my work days, (an amazing concept), and I love having folks I can bounce ideas off. We have meetings every couple of weeks and work constantly at improving the front end and improving the customer's experience of the Co-op.

Thank you Ida, Jamie, Sarah, and Stacey! To paraphrase an Elton John song: 'How wonderful Co-op life is, now you're in my world!'

## The Volunteer Program

By Annie Hubble, Front End Manager

I have been busy meeting with new volunteers and matching them up with positions. As time goes by in this new store, and departmental managers are figuring out what help they need, positions are opening up, and I am being able to offer more and more people volunteer jobs within the Co-op. I still am working with a backlog

of applicants though, so am not yet accepting new applications.

The volunteer program is thriving. I am always pleased that so many Co-op members are eager to help out. It is a fun way to get involved with your favorite store. Thank you all so much for your interest.

## The P.C.E.I. Annual Paradise Creek Stream Clean-up

By Annie Hubble, Front End Manager

We have had word from The Palouse-Clearwater Environmental Institute, (PCEI), that they have scheduled the 16th annual Paradise Creek Stream clean-up for Saturday, April 22nd. This is Earth Day so it would be a wonderful way to help your environment.

The Moscow Food Co-op has always helped in this endeavour, one of the many ways we try to give back to the community. We will have a sign up sheet at the register, but if you decide spontaneously to help on the day itself,

you can still turn up. All volunteers will be most appreciated.

All volunteers are asked to meet at the PCEI, (1040 Rodeo Drive, Moscow), at 9am on Saturday, April 22nd. Volunteers will be given instructions and assigned stream sections throughout the length of Paradise Creek. After the clean up operation is completed, the group is invited back to the PCEI headquarters for a pizza lunch.

For directions please contact PCEI at 208-882-1444 or at [info@pcei.org](mailto:info@pcei.org).



## Live Music Tuesdays at the Co-op

By Eric Gilbert, Co-op Music Coordinator

The wild and wacky month of April is before us now, and the music series cruises on. Remember every Tuesday night, from 6pm to 8pm, come to the Co-op for free live music and specials on taste treats from the deli.

The month gets kicked off for us with the return of The Boogie Doctors on April 4th for their first indoor performance at the Co-op (they were always too big and raucous for the old store).

On Saturday, April 8th, the Co-op is having its annual Taste Fair, and Spare Time will be the soundtrack to this annual free snackfest. The beautiful and sassy Kami Miller will grace us with her alt-country rants and heartbreaking melodies on April 11th.

To help us celebrate Earth Day Week, the Sesitshaya Marimba Ensemble will rattle the walls on April 18th. I don't mean to be too presumptuous, but you might want to come shopping in your dancing shoes that night.

I am booking for live music outdoors for the summer BBQ series. Get a hold of me soon if you're interested. You can call me at the Co-op or email me: [gilbert@oracleshack.com](mailto:gilbert@oracleshack.com). Music occurs every Tuesday 6-8pm.



### Upcoming dates:

**April 4th:** The Boogie Doctors

**April 11th:** Kami Miller

**April 18th:** Sesitshaya Marimba Ensemble

**April 25th:** TBA

**May 2nd:** Carloli Consort

**May 9th:** Hard to Please

**May 16th:** Acoustic Wave Machine

# Co-Operations



## Annual Report for 2005

By Kenna S. Eaton, General Manager

If you were around at all last year then you already know what the Co-op did last year: WE MOVED! But you probably haven't heard yet how it all wrapped up, what it cost, how well it worked and how we're doing now.

Overall I feel the project went well and we, and you, are very happy with the result. Customers frequently stop me in the store to tell me how much they enjoy the wider aisles; the increased selections, the new staff and yet how we were able to keep the co-op-y funky feel throughout it all.

Part of the reason why rests with the Sustainability Committee. Comprised of volunteers, the architects, and a variety of staff, the Sustainability Committee worked to ensure the project was as 'green' as possible and to make it an easy place for those with chemical sensitivities to shop. The end result is a more comfortable place for all of us to shop and work in. In the deli seating area you can find a notebook, put together by the committee, of the information gathered and the decisions made. Please read it if you have an opportunity and let us know what you think, there are blank pages throughout for feedback and updates.

Another facet to our success was the

Facility Committee (primarily composed of Board members, the Architect and myself) working to secure the financing and ensure the project kept within the budgeted amounts. We borrowed \$450,000 from members, \$500,000 from a private lending institution, Adaama, and the rest came out of our savings. In total we spent \$1,134,128 with the bulk of the money spent on retrofitting this building to meet our needs (we have a 15 year renewable lease with an option to buy if it ever comes on the market). While admittedly that was \$134,128 over the original \$1 million 'guesstimate,' we feel a 13 percent overrun isn't bad and not even that uncommon.

So where were the cost over-runs? They happened primarily in two places: electrical and equipment. Basically any decisions to change or upgrade the electrical systems as we built compared to the original "specs" were, we felt, warranted by the cost savings of doing it now versus later. In the equipment area we simply underestimated how much it would cost to set up each department the way we wanted to so they would work as well as possible for both the customer and the staff.

Originally we wanted to be in our new location before the fall semester started but it was difficult to co-ordinate

everyone and everything in a timely way and we ended up moving in mid-October. The staff and volunteers that helped us move were awesome and although I collect most of the "thanks" from members, I now know it takes a "whole village" to move the Co-op and I couldn't have done it by myself. Thanks to everyone who helped.

Now six months later those items not completed by the time we moved in have been finalized and we can finally say the project is behind us. However, now begins the even tougher job of learning to run a "new" store.

Since we moved sales have continued to grow at a heartwarming rate of 50-55 percent over those before the move. Many departments have grown even more so. For example due to improved visibility and increased floor space the produce dept. has grown from 10 percent of total store sales to 12.6 percent! That's awesome: more people buying more organic and local produce, what could be better?

Although sales have increased so have the costs of doing business. We grew from a staff of 45 to 95 almost overnight. Other costs of running a store twice the size of the previous location have also increased but by the end of 2005 we were able to show a small

“Since we moved sales have continued to grow at a heartwarming rate of 50-55 percent over those before the move.”

profit of 0.55 percent, (at least before we wrote off the lease hold improvements that we left behind at our last location) and the New Year has started off well with continued strong sales. We're feeling really good about our ability to meet our commitments, to repay our debts and to meet our regular expenses.

Next we will get to work on installing new bike racks, improving our parking lot and adding those items that got jettisoned when we simply ran out of money. Many of our projects do take a while to realize, it's a combination of finding the funds as well as corraling the energy to make it happen- so thanks again for your patience. As soon as we feel financially strong enough we hope to bring back our "2% Tuesday" grant program to help support our local, grassroots organization realize their own dreams.

### Income Statement for 2005

	2004	2005
Sales	\$3,228,933	\$4,176,392
Cost of Goods	\$1,958,436	\$2,530,403
Gross Profit Margin	\$1,270,497	\$1,645,989
<b>Expenses:</b>		
Personnel	\$857,660	\$1,105,627
Operations	\$217,744	\$333,632
Banking & Professional	\$60,398	\$101,683
Depreciation	\$44,484	*\$33,856
Education & Outreach	\$51,195	\$48,517
Total Expenses	\$1,231,481	\$1,623,315
Net Profit/Loss	\$39,016	\$22,674

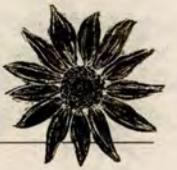
\*Depreciation is pre-accountants adjustment after relocation

### Balance Sheet 2004 and 2005

	2004	2005
<b>ASSETS</b>		
Current Assets	\$285,448	\$304,272
Property and Equipment	\$167,026	\$1,228,485
Other assets	\$23,771	
Total Assets	\$452,474	\$1,556,528
<b>LIABILITIES &amp; EQUITY</b>		
Current Liabilities	\$83,318	\$240,576
Long term Liabilities	\$60,439	\$949,458
Members Equity	\$343,591	\$389,669
Retained earnings	\$(73,889)	\$(45,879)
Net Income	\$39,015	\$22,675
Total Capital	\$308,717	\$366,345
Total Liabilities & capital	\$452,474	\$1,556,528

### Expansion: where did the money really go?

Item	Budget	Actual
Site work	\$19,600	\$22,938
Concrete	\$38,000	\$28,703
Masonry	\$6,000	\$6,000
Metals	\$11,700	\$15,900
Woods/Plastics	\$64,000	\$70,180
Thermal Protection	\$21,694	\$7,300
Doors/Window	\$73,490	\$38,875
Finishes	\$124,000	\$90,784
Specialties	\$19,000	\$15,404
Equipment	\$341,206	\$407,814
Furnishings	\$43,800	\$13,671
Sprinkler System	\$12,000	\$20,570
Mechanical	\$102,470	\$100,871
Electrical	\$100,140	\$170,074
Design/Const.	\$86,675	\$94,958
<b>Total</b>	<b>\$1,064,045</b>	<b>\$1,104,038</b>



## Art at The Co-op

By Annie Hubble, Front End Manager

Our April art show will open on Friday, April 14th and will feature Janna Jones' acrylic paintings. Many of you will recognise Janna's smiling face at the register, but you may not know that she is a talented artist.

A Moscow native, Janna studied art at the University of Idaho and at Boise State University. She has participated in prop crew for Idaho rep theatre, and volunteered time for some of Pam Palmer's theatre productions, but painting in acrylics, specifically portraits of a wide variety, has always been her first artistic love.

Janna has shown her art in many local venues, as well as in shared shows at the Co-op, but this is her first solo show here. This particular show marks the end of a two-year-old dry spell. The pieces shown are the first of what will be an ongoing series, playfully titled 'Bathtub Portraits.' It is a collection of the quiet, the silly, and the thoughtful, with the common thread being that of the private moments we all experience, unseen by others' eyes, at least, Janna remarks, 'until this show!'

Meet the artist and enjoy the opening reception on Friday, April 14th from 5.30pm until 7pm. The show will run until Thursday, May 11th.



## I'm Drinkin' What You're Pourin'

By Mariah Rose Hey, Service Supervisor

And we are pouring some fantastic smoothies! We have been experimenting with our smoothie menu and have come up with a few new tasty and healthy recipes.

The Groovy Green is by far my favorite smoothie on the menu (and it doesn't even taste green, I promise). It is made with organic mangoes and bananas, mango-orange juice, spirulina, and wheatgrass. Why wheatgrass and spirulina you ask? Well, wheatgrass is really good for you; sources tell us it works by filling nutritional gaps in the diet and cleansing the blood. It is high in vitamins A, C and E, containing the same amount of vitamin C as a whole

orange. It is also an excellent source of essential B vitamins, which are necessary for normal brain and body function.

To top that off, spirulina is one of the most beneficial of all dietary supplements. At 60 to 70 percent protein, it is higher in protein than any other natural food. Spirulina is rich in vitamins and minerals and other nutrients that help boost the immune system and energy levels.

Overall, the Groovy Green is more than groovy, it is the perfect glass of goodness for your mind and your body – so get your groove on and try the Groovy Green today.



## Word of Mouth

By Vicki Reich, Grocery Manager

I'm sure, if you are a regular shopper, you noticed the big stack of shelving in the front of the store last month. I'm pretty sure you were wondering why we were getting new shelving when we just moved in to a new store. And now I'm confident that you are curious what shelves have to do with my taste test article. Never fear, it's all connected.

When we were setting up the new store we ordered all new shelving and I asked for a type of shelf that was easier to adjust than the shelves we had in our old store. Unfortunately, as we started to assemble the shelves, we realized that the company we ordered them from had sent the old kind instead of the kind we ordered. Needless to say, I was quite unhappy and complained enough that they eventually sent us the new shelves. Of course, this meant we had to take all the products off the old shelves, replace them with the new shelves and put everything back where it belonged. It's not the most fun proj-

ect in the world but you do get very familiar with all the products on the shelves you are replacing.

As it gets closer to lunchtime, the products look more and more enticing. So it was at 11:30 on Friday morning that Phillip and I began taking the jams off the shelves. They looked so yummy and they looked even yummi-er as we put them back on right at the time I usually take lunch. I had to know which was the best tasting of the bunch, thus this month's article is about jam.

I was a bit late in deciding what to taste test and therefore would not be able to enlist the help of my trusty testers, the Hog Heaven Handspinners, but I knew just the person to help my try some jam. My friend Jon is a jam aficionado. He likes it on toast in the morning and is particularly fond of the homemade variety. He always has several jars to choose from in his fridge. Plus, he was available.

I like to try the same flavor in each of the brands we're testing so I was surprised to find that we didn't have one flavor that was consistent to all the brands. I settled for blueberry or something close to it. Here's how the four brands we tried compared.

The first contestant was St. Dalfour Cranberry with Blueberry (10 oz., \$3.29). It's not too sweet; the cranberries add some zip to the sweetness of the blueberries. The texture is very good and Jon thought the fruit was cooked just right. There are definitely some good chunks of fruit and it has a nice dark color.

Bionaturae Organic Bilberry (9 oz., \$3.29) was the least sweet tasting of the group even though it has one more gram of sugar than St. Dalfour. The texture is more jelly-like and not that chunky. It's got a nice tang to it that must come from it being bilberry, not blueberry jam.

*"I had to know which was the best tasting of the bunch, thus this month's article is about jam."*

Cascadian Farms Organic Blueberry Jam (10 oz., \$2.99) is the sweetest of the four jams we tested. It has lots of fruit and chunks but the flavor is pretty bland. It tastes mostly like sugar and not so much like fruit, which isn't surprising since it's the only one where the first ingredient is sugar, not fruit.

The last jam was Crofters Organic Wild Blueberry Jam (10 oz., \$2.85). It's got a nice dark purple color with big chunks of fruit. It's got a real blueberry taste with a lot of sweetness that seems to come from the fruit not sugar.

My favorite was the Crofters; Jon's favorite was the St. Dalfour. We would have made a peanut butter and jelly sandwich with our favorites but we had tuna steaks on the grill and mushroom risotto cooking on the stove and, by the time we were finished tasting all that jam, tuna sounded like a much better dinner.

# Co-Operations



## *Food Co-op Bike Incentive; a Model for Businesses*

By Kenna S. Eaton, General Manager

**B**ased on the model developed by the Community Food Co-op in Bozeman, Montana, Moscow Food Co-op is starting an incentive program for shoppers who choose not to drive.

We're all familiar with the ubiquitous "coffee cards" offered around town and at the Co-op, but we have taken it one step further. The "Leave Your Car @ Home" program rewards Co-op customers who do just that. Shoppers who bike, walk, skateboard, etc. instead of driving get their card stamped when

purchasing items totaling \$5.00 or more. After filling the card with 20 stamps they receive \$5.00 off their next purchases at the Co-op.

After relocating into the heart of downtown Moscow we discovered that our new parking lot was, and continues to be, frequently filled to capacity. Challenged by the Co-op Board of Directors to find ways to ease traffic congestion the management team came up with the concept of a reward program and wanted the reward to be significant: enough to get a free lunch!

As "Leave your Car @ Home" gains momentum it will have an effect on those who live, work and shop downtown Moscow. More participants means fewer cars in the parking lot and on the street, making shopping or traveling in the Co-ops neighborhood easier for everyone. In fact we'd love it if even more businesses in downtown Moscow adopted similar incentives- we believe it would have a positive impact on the parking situation downtown.

The idea and timing for an incentive program like "Leave Your Car @

*"Moscow Food Co-op is starting an incentive program for shoppers who choose not to drive."*

Home" seems to be ideal since this summer the Idaho Transportation Dept. begins the arduous task of resurfacing Washington Street from 1st to 8th and re-designing the 3rd and 6th Street intersections. Apparently there will be no parking on Washington Street and cars will be creatively rerouted throughout downtown Moscow for the entire summer.

So get your bikes out of the garage or put your walking shoes on and start filling up your "Leave Your Car @ Home" card for sweet rewards!

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## *Board of Directors Welcome New Board Members*

By Mike Forbes, Board President

**I**t has definitely been an exciting year! When I first sat on the board we kept coming to a similar conclusion at meetings and with discussions with the members; much of what we want to do is hindered by the size of our past location. We would talk about how ideal a spot the old Safeway would be to have but that it would never be a possibility. The opportunity to move came to us in December of 2004 and we had to make a decision by early January. The time frame was tight and we had to wrestle with a decision quickly or risk losing the opportunity. We made the decision after countless meetings and that started the onslaught of financial questions, fundraising possibilities, member input, and design issues.

Well here we are in the old Safeway, able to see many of our desires fulfilled all the same time trying to maintain the feel of the good ol' Co-op and not become a generic big box grocery store. It has been a long arduous process (just

ask the staff) but I think almost all of us feel it's been well worth it. I enjoy hearing the positive comments from community members and have personally noticed an increase in the number of new shoppers (and hopefully members) in the store.

Aside from the move the board was involved in several other issues that operate out of the spotlight but directly affect many of the activities of our Co-op. Several months prior to our annual retreat (held in February) we first began looking at how the board operates and clarifying what our job as board members is to be. With the unprecedented growth and moving of the store more decisions were being asked of the board, policies were being made, and overall we had a lot less time to accomplish what we were there to do. We felt that we needed a better structure than we'd used in the past, something that would guide us in our actions, keep us acting within our responsibilities, and generally have us function more effi-

ciently to serve the members best.

It was at this point that we began looking for what we wanted and we are still in this process. We have been in contact with other Co-ops and are looking at various models of governance and will be working on how to modify our current structure to serve the Co-op best. I think the process as well as the end result is an exercise that is well worth the effort.

On a final note, I am happy to announce the new board members of the Co-op. In a nutshell Kathleen Ryan and Joe Thompson were elected this past March and due to a vacancy on the board we unanimously appointed Donal Wilkinson for a 1-year term to finish out the open position. Thanks to everyone for running.

I am pleased to have been part of such a significant landmark of Moscow over my past 4 years on the board. I have enjoyed working with my fellow

*"I am happy to announce the new board members of the Co-op. In a nutshell Kathleen Ryan and Joe Thompson were elected and due to a vacancy on the board we unanimously appointed Donal Wilkinson for a 1-year term to finish out the open position."*

board members, the staff, and you the members in furthering the mission of our store. We have accomplished many things and I'm sure there are many more in our future. Thank you.

Mike's term as board president is complete this April. You'll see him again via his writings on issues regarding sustainability in the newsletter.

## Bikes, Bottles, Flowers, & Earth Day

By Kenna S. Eaton, General Manager

**C**elebrate Earth Day early this year by bringing your bicycle out of the garage and into the sunlight. Saturday, April 22nd we are sponsoring several events to help you do just that. Ride your bicycle to the Co-op that day and we will have bike mechanics on hand to help you get your bike in shape for the upcoming season, plus you'll get a FREE plant!

Village Bicycle Project and Paradise Creek Bicycles will set up shop at the Co-op from 10 pm to 4pm, and they will be teaching anyone who is interest-

ed in the basics of bicycle tune-up and repair. If you simply need some help with your bike repair they'll be happy to do that too.

The bike workshops will be held in front of our store regardless of the weather. We will also be accepting used bikes for donation to the Village Bicycle Project.

Moscow's Dave Peckham started this project to take bicycles to Africa, where the owners are then trained on how to maintain and repair their new bikes.

Dave is looking for donations of bikes (especially mountain bikes) parts, and cash. Be the first of 10 to donate a bike and you'll also receive a FREE Moscow Food Co-op re-useable Nalgene bottle! Remember we're only giving 10 of those away, so get here early.

If you are interested in learning more about the Village Bicycle Project you can check out their web site [www.pcei.org/vbp](http://www.pcei.org/vbp) or [ghanabikes@yahoo.com](mailto:ghanabikes@yahoo.com), or call Dave at 892-2681.

If you chose to ride a bike to the Co-op

on Saturday the 22nd we'll give you a FREE plant to take home and beautify your place. So bring your bikes, your friends, and kids down to the Co-op and take home a flower and a healthy, happy bike.

The annual Paradise Creek Clean-up happens on Saturday, April 22nd, the same as our bike day. The Co-op has committed to cleaning up several sections of creek at least once a year and we need your help to make it happen. Please sign up at the front register.



### Personal Care Corner:

## Celebrate Earth Day with Photographer Kimi Lucas

By Carrie A. Corson, Wellness Manager

**P**lease join us for a book signing featuring Moscow photographer Kimi Lucas. Kimi will be signing copies of the book *Captivating Wildlife*, which features some of her wildlife photographs. The book signing will take place at the Co-op as part of our Earth Day celebration on Saturday, April 22nd. Kimi will be signing books (available for sale at \$29.95 each) from 11am until 2pm.

This book was created following a nationwide competition. Wildlife photographers Scott Bourne and David Middleton viewed thousands of photographs submitted by some 600 photog-

raphers. Of those, ten photographers were selected and are showcased in this book. Congratulations Kimi for being chosen as one of the top ten emerging wildlife photographers.

"The wildlife photographs shared with us in *Captivating Wildlife* evoke a wonder of nature and the subjects around us," says Darrell Gulin, president of the North America Nature Photography Association. "Scott and David have put together a wonderful selection of images. *Captivating Wildlife* is a true celebration of this special relationship between humans and animals." (News release, *Captivating Wildlife*).

"We wanted every picture in this book to be a work of art," says Bourne. "Due to the difficulty of photographing many of these wildlife subjects, we believe many people will never have seen images of this quality." (News release, *Captivating Wildlife*).

"Kimi Lucas has over 15 years experience creating compelling images that reflect the love of color, strong graphics and the natural environment. Her work seeks to capture the complexities of humankind's relationship with nature and incorporates an appreciation of the multiple, interdependent communities that share the environment." (Bio

found at [www.kimilucas.com](http://www.kimilucas.com)).

Kimi is a Moscow Food Co-op business partner. She offers 25 percent off initial photo sessions, 15 percent off on photo session, instruction or products and a free third pet for pet photo sessions (\$25.00 value) to Co-op members.

For more information on Kimi Lucas please visit her website ([www.kimilucas.com](http://www.kimilucas.com)). To view images from *Captivating Wildlife* visit [www.captivatingwildlife.com](http://www.captivatingwildlife.com).

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# Co-Operations



## Local Produce in 2006: What's In Store

By Scott Metzger, Produce Manager

A lot is different and a lot is the same this year in the produce department. With three new employees and a new larger store we've had our work cut out for us getting to know all the longtime local farmers and loyal customers.

On the other hand, our plan this year is to continue working with all the farmers who have supplied us with produce over the years and to hopefully begin buying from other local and regional growers whom for one reason or another have not sold to us in the past.

With an expanded department we are hoping to be able to purchase more produce from each grower than in years past, which will benefit the grower, the Co-op, and you, the consumer. We currently have sunflower and lentil sprouts available year round from Sunny's Sprouts, and the UI Soil Stewards are looking into producing wheatgrass year round for the Co-op.

In addition we are hoping to have more local early and late season crops as well as storage crops throughout the winter. We are also looking into a local source for fruits throughout the fall and winter as well as a steady supply of berries during the local season.

### Local Growers Meeting Summary

We in the produce department are proud to be working with 22 local farmers this season in what promises to be one of the best seasons yet.

In February we held the annual local growers meeting. The meeting this year served several purposes. First, it served as a way for the new produce department and deli employees to get to know the local farmers on a more personal basis. Secondly, it served as a venue for the Co-op to describe to the local farmers what our purchasing guidelines and expectations were before the season got underway. Lastly, and most importantly, it served as a means for the Co-op to figure out which farmers are growing what crops and when they expect to do their harvesting. This last aspect, which was give and take, provides us in the produce department and deli with an idea of what to expect in terms of harvest timing, and it allows us to tell the local growers how much we think we will be purchasing on a weekly basis.

In this way, hopefully, everyone left with a picture of what to expect during the upcoming season. That season looks something like this for local produce:

## 2006 Local Growers

We would like to extend our thanks to the local growers of the Palouse for their patience and their commitment to providing the Co-op and the community with delicious, sustainably grown, fresh produce!! Thanks!!

### Organic

☞ Dave and Lucy Mendenhall, Moscow  
 ☞ Ken and Betta Bunzel, Bunzel Organics, Genesee  
 ☞ Cindy Hadley, Hadley Farm and

Garden, Juliaetta  
 ☞ Brad Jaeckel, WSU Organic Farm, Pullman  
 ☞ George Hey, St. Maries  
 ☞ Dave and Debi Smith, Moscow  
 ☞ Elizabeth Taylor, St. Maries  
 ☞ Skeeter and Phil, Full Circle Farm, Princeton  
 ☞ David and Stacia Moffett, Moffetts Organics, Colton  
 ☞ David Ronniger, Ronnigers Potatoes, Moyie Springs  
 ☞ Da-Jin and Charlotte Sun, Genesee Valley Daoist Hermitage,

**April** baby spinach, baby salad mix, baby arugula, bedding plants, cilantro

**May** salad mix, rhubarb, bedding plants, herb plants, herbs, scallions, baby chard, cilantro, baby spinach

**June** arugula, baby bok choy, baby spinach, basil, salad mix, bunch spinach, chard, cilantro, cucumbers, cut flowers, dill, baby fennel, bedding plants, herb plants, garlic scapes, green beans, lettuce, kale, beets, leeks, rhubarb, scallions, herbs, snow peas, parsley

**July** apricots, arugula, baby bok choy, baby spinach, basil, salad mix, bunch spinach, cabbage, carrots, chard, cherry toms, cilantro, cucumbers, cut flowers, fava beans, fennel, garlic, green beans, head lettuce, kale, beets, onions, parsley, peaches, pears, plums, potato, raspberry, snap pea, snow pea, turnips, zucchini, Chinese lettuce

**August** peaches, pears, plums, potato, raspberry, roma tomatoes, shallots, tomatoes, turnips, zucchini, melons, Chinese celery, kohlrabi, apricot, arugula, spinach, basil, bell peppers, blackberries, salad mix, beets, carrots, butternut squash, cabbage, carrots, chard, cherry tomatoes, herbs, collards, cucumbers, cut flowers, eggplant, fava beans, garlic, head lettuce, kale, leeks, beets, onions

**September** acorn squash, apricot, bell peppers, blackberry, salad mix, basil, beets, carrots, spinach, butternut squash, cabbage, carrots, melons, chard, cherry tomatoes, herbs, collards, cucumbers, cut flowers, eggplant, fennel, garlic, green beans, head lettuce, turnips, various winter squash, Chinese celery, kohlrabi, kale, leeks, onions, peach, pear, pie pumpkins, plums, potato, roma tomatoes, shallots, tomatoes

**October** acorn squash, arugula, baby bok choy, spinach, beets, carrots, butternut squash, cabbage, chard, cilantro, collards, delicata squash, fennel, garlic, head lettuce, salad mix, kale, leeks, beets, onions, herbs, pumpkins, potatoes, scallions, turnips, zucchini, edible gourds, bitter melons, Chinese celery, kohlrabi, walnuts

**November** arugula, spinach, beets, carrots, garlic, onions, parsley, potatoes, walnuts, winter squash

**December** carrots, garlic, beets, onions, potatoes, walnuts, winter squash

As available throughout the winter months: carrots, garlic, beets, onions, potatoes, walnuts, winter squash, sprouts, and wheatgrass

### Genesee

☞ Theresa Greiner and John Madden, Fiddlers Ridge Farm, Potlatch  
 ☞ Killarney Farm, Cataldo  
 ☞ UI Soil Stewards Campus Farm  
 ☞ Ed Steele, Moscow

### Local No Spray/ Naturally Grown

☞ Kelly Kingsland and Russell Poe, Affinity Farm, Moscow  
 ☞ Gresham Bouma, Viola  
 ☞ Niles Reichardt, Viola

☞ Linda Christenson, Moscow  
 ☞ Sunny Cook, Sunny's Sprouts, Moscow  
 ☞ Elizabeth Schwartz, Flannigan Creek Farm  
 ☞ Victor and Carolyn Haenny, Victory Ranch

And anyone else I may have inadvertently forgotten.





## What is "Naturally Grown"?

By Scott Metzger, Produce Manager

The Certified Naturally Grown program is one of the many progressive alternatives to the national organic standards that some farmers are choosing to adopt. This program stresses fresh and local marketing over organic marketing, while still living up to the spirit of the certified organic standards.

The Certified Naturally Grown program "requires that farmers meet all the USDA rules for organic production, but inspection is done by a fellow farmer, extension specialist, or even custom-

ers" according to a 2004 Growing for Market article entitled "Organic and Alternatives."

The program is based on donations and the farmer is required to inspect another farm when requested to do so. Based out of New Paltz, New York, the program was inspired by a small diversified farmer who felt that the federal organic standards were too cumbersome for small diversified market gardeners who may grow hundreds of crops during any given season. According to the article, "...most of the farmers joining

CNG instead of organic say they made their choice because they don't want to lend their name, image, and credibility to what they feel has been reduced to an agribusiness marketing label."

Currently, there is only one farm that sells to the Co-op that is Certified Naturally Grown for the 2006 season and that is Ronnigers Potatoes out of Moyie Springs, Idaho. David Ronniger says he switched to the CNG certification because he liked several aspects of the program. He likes that there is less paperwork involved which gives

him more time to focus on tending his crops on a daily basis. He also feels that being inspected by another farmer encourages better stewardship because often times the Idaho Department of Agriculture inspectors are too lackadaisical in their inspections. And finally David said he prefers the Certified Naturally Grown program because the cost for getting Certified Organic is prohibitively expensive for a small farmer.

Keep your eyes out for more Certified Naturally Grown farms in the future.



## Meat Department Offers Fresh and Frozen Options

By Adam Stone, Meat Department Manager

Remember back not so long ago in our old location you had to look for your meat purchases solely in the freezer department? Well, with the addition of the new meat department we added many new fresh products. BUT we still offer a great selection of frozen meats as well.

Offered in the freezer section are: Sara-Joes Organic Pork, Lonehawk Elk Ranch, Shelton's Poultry, Organic Valley, Wildcatch Salmon, and many others.

The reasons we offer some suppliers in the freezer and not in the fresh cash have to do with supply and demand, but we do want to give our local suppliers exposure in today's ever expanding market. Hopefully one day we will sell enough Sara-Joes organic pork (for example) to warrant displaying it fresh, never frozen. Till then you can find their wonderful assortment of home-made sausages and various cuts daily in our freezer section, on the far west side of the store.

*"Don't forget, we always are ready to take requests for cuts or special orders for larger quantities."*

If you're not sure where the freezer section is please ask any staff member and they'll show you. In the meantime, we are working on signage that will help folks find their way from the fresh meat case to the freezers so they can keep buying the products they've always loved!

Don't forget, we always are ready to take requests for cuts or special orders for larger quantities. And just a reminder for Taste Fair this April 8th. It's a great time to brush elbows with many of our producers and connect with them on a very personal level.



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## *Business Partner Profile:* **Sweet Peas and Sage**

By Jill Maxwell

If you're looking for a break from dreary gray spring days, consider stepping into the cozy, bright, and aromatic rooms of Sweet Peas and Sage, a small flower shop owned and operated by Kathy Gessler. The surprisingly little shop is filled with flower arrangements, antiques, gifts, cards, and candles.

In addition to selling flowers from the shop, Kathy also does arrangements for weddings, funerals, sorority functions, and other events. She is happy to make custom arrangements, and will even create an arrangement in containers that customers bring in.

Kathy learned the art of flower arranging while living in Australia. She took some classes, and then started developing her talent with dried flowers. Visitors to her cozy shop, however won't see many dried flower arrangements. These days, Kathy prefers to work with fresh flowers or with fabric and silk flowers. She takes pride in doing unusual arrangements and combinations of flowers.

**“She donates cut flowers to the Women’s Imaging Center every day, so that women who’ve just had a mammogram, can walk out of the office with a flower in their hand.”**

She moved to her current location in the old Moscow hotel last April. Previously her shop was directly across from Otto's. The transition has been a difficult one. Last summer's rebuilding of Friendship Square kept many people away, and Kathy isn't getting the foot traffic she did in her previous location. However, she thinks that the opening of the Farmer's Market in May will bring more customers to her door.

Once the Farmer's Market gets going, Kathy is going to begin hold-



*Kathy Gessler also does flower arrangements for weddings and other events.*

ing a mini flea market in front of her shop. She says the flea market will be based around a different theme each week. She is also going to offer free coffee to help draw people in. Once the weather warms up, she will be selling hanging baskets as well.

She and her husband just bought 5 acres outside of Moscow. They intend to have a large garden on the property, and Kathy is looking forward to growing her own flowers for use in the shop. In the future, Kathy envisions hosting weddings on the property as well.

In addition to selling flowers and gifts that brighten people's day, Kathy gives back to the community. She donates cut flowers to the Women's Imaging Center every day, so that women who've just had a mammogram, can walk out of the office with a flower in their hand. She also donates her day-old flowers that haven't sold to the senior centers in town.

Kathy will also do flower arranging classes for groups. Anyone interested should call her at 892-0222.

Sweet Peas and Sage is located in Friendship Square in the old Moscow Hotel. Hours are Tuesday through Saturday, 9 – 5. Co-op members get 10 percent off flowers and gifts. They just need to mention that they are a member to get the discount.



*You can find a wide variety of flower arrangements and accessories at Sweet Peas and Sage.*

Jill Maxwell thinks a flower shop is a wonderful place to spend a few hours.

## Volunteer Profile: Sandi Klingler

By Yvonne McGehee

What's flat, beige, impersonal, used for enlightenment, and never noticed by anybody? Except for at the Co-op, where it's individually personalized and colorful as can be? I'll let you mull on that while getting on with Sandi Klingler's interview.

Almost a Moscow native, Sandi was born in Moses Lake, WA and moved here with her family when she was in fourth grade. She and her parents have been here ever since, and she's a lifetime Co-op member.

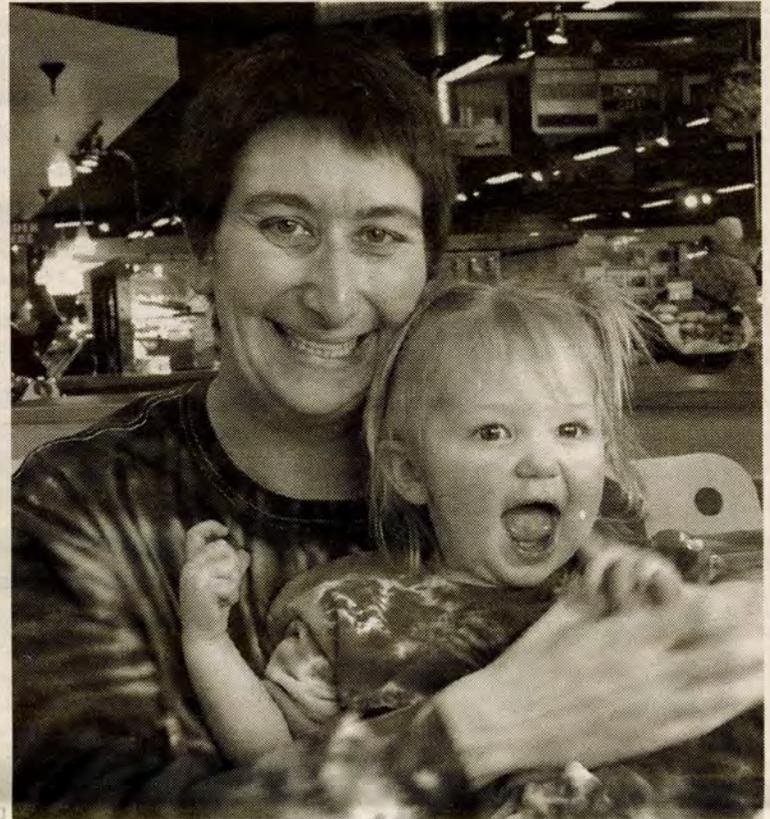
Sandi graduated from Moscow High School, and has a BS in Child Development from the University of Idaho. She currently manages the Washington State University Childcare Center, located on campus. The center serves students, staff, and faculty. It receives some funding from the university and grants, but is primarily self-sustaining. It offers discounts to student parents. Sandi does a lot of office work, but is surrounded indirectly by the children and their families, and derives a lot of energy from that.

Sandi has her own little girl, Molly, who is one and one half years old. As anyone who meets her can attest, Sandi has a great love of vibrant color. She and Molly arrived for the interview dressed in saturated tie-dye tones. Her love of color took off when she was in college, and having her own house has given her a canvas to work on. Sandi and Molly live in a purple house with spots and stripes, with painted giraffes, frogs, and lizards all over, inside and out. Every surface is an area for color to bloom on.

Maybe now you're getting warm about the opening riddle. Yes, it's those zany and colorful Co-op light switch plates! Sandi painted them all, and is working on still more for the office areas. She describes them as functional art; "Why have a plain one if you can paint something colorful on it?" The switchplates are Sandi's gift to the Co-op, to celebrate the new store and help make it brightly enjoyable.

Molly and Sandi go everywhere together. Molly stays at the Childcare Center where Sandi works, so they go together either on the bus or on a bicycle. Sandi uses the Chipman Trail

to go from Moscow to Pullman, either on a bike, roller blades, or skis. Since Molly was born, she bikes in warm weather and takes the bus the rest of the time. She walks everywhere in town with Molly, so Molly is having a wide variety of experiences and exposure to stimulating sights and sounds. Every Tuesday evening they go to the Co-op for food and music. Molly can zoom around, and knows a lot of the usual attendees at the concerts.



Sandi Klingler and her daughter, Molly.

Sandi is a long-time member of the Palouse Folklore Society. She occasionally calls the dances, but prefers to be dancing herself. Molly went to her first Folklore Society dance at 14 days of age, and has not missed one since. She started dancing in a backpack with Sandi, until she got too heavy. Molly goes to plays, concerts, and everywhere artistic events are happening. Molly is artistic like her Mom, and is already happiest when she is drawing.

Sandi is a single mom by choice, having used a sperm donor. Through an internet site, she has recently been in contact with families having half-sisters and -brothers to Molly. The children all look similar, with blond hair and a button nose. Sandi herself is an only child, so Molly has no standard aunts, uncles, or cousins; but she has an extended alternative family, through several half-siblings living as far away as London. Some of the families plan to get together this spring; what an adventure that will be!

Sandi's list of passions: not driving, being environmentally friendly, recycling as much as possible, making minimal negative impact, and adding color wherever she can.

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>.

**“As anyone who meets her can attest, Sandi has a great love of vibrant color. She and Molly arrived for the interview dressed in saturated tie-dye tones.”**

**Staff Profile:**  
**BethAnn Quirk Applegate**

By Susan Simonds

Meet BethAnn Quirk Applegate, who was hired as the new cheese buyer in December. Cheese is part of her genetic heritage. She is a descendent of the DelSorto clan from Naples where her maternal grandmother made cheese with an entire community. BethAnn herself actually worked with cheese twenty-seven years ago at Hickory Farms, although she feels that experience has little resemblance to her current job.

As the Co-op's cheese buyer, her goals are to stock more interesting cheeses than stores such as Safeway to fill a niche in the community, to bring in cheeses from small dairies, and to find unusual cheeses from Europe. She decides which cheeses to buy based on what is selling well and what customers want.

BethAnn credits Amy in the Co-op kitchen with tutoring her in the way of Co-op cheese preferences. She is particularly interested in customer's recommendations and looks to customers for feedback about what they like, rather than taking on the role of the "cheese snob."

She has worked with several Palouse residents who are originally from Europe to fulfill their memory of how their favorite cheeses should taste. Perhaps a better job title for BethAnn might be collaborative cheese detective. Currently she is looking for sharp cheddar, which brings to mind the poetry of a personal ad: Quirky cheese buyer seeks strong, dark cheddar.

BethAnn believes her maiden name, Quirk, fits her perfectly. One of the reasons she enjoys working at the Co-op is that as a Quirk-y person, she feels that she fits right in: "I don't feel like a freak here. There have been other jobs when I definitely didn't fit it." Her last job was working at the Nez Perce National Park, but "working with the government didn't quite suit me."

**“One of the reasons she enjoys working at the Co-op is that as a Quirk-y person, she feels that she fits right in: ‘I don't feel like a freak here.’”**

Her husband, Robert, works at the park as an archivist. Together, they live in Deary with their two dogs: Augie, a "cartoonish" yellow lab and Bitsy, a fifteen-year-old terrier mix. They also have two cats: Calvin and Hobbes.

A member of a large Italian-Irish family, BethAnn grew up in the San Fernando Valley in California with a sister and three brothers who taught

her how to defend herself against the verbal onslaughts of rambunctious boys. Ten years ago, she found her way to Spokane, moving to Lewiston six years ago, and finally to Deary in 2004.

BethAnn said she would like any job at the Co-op and is especially tickled by the opportunity to eat lunch here so often. "But



BethAnn Quirk Applegate: collaborative cheese detective.

I have to progress past having carrot cake for lunch every day. Although it makes every day a birthday party." As I sat with BethAnn for the interview, I had the sense that she could make every day a party with or without carrot cake.

Here is one of BethAnn's Neapolitan recipes. For years she believed she had made it up, but when she described the dish to her aunt, she discovered that her grandmother used to make it. As BethAnn explained, she is channeling her grandmother with this recipe. As is typical of authentic homestyle cooking, use your instincts to figure out the measurements.

**Pasta with Gorgonzola Cheese**

- ✦ Sauté garlic and chopped onion in olive oil.
- ✦ Cook pasta of your choice.
- ✦ Crumble gorgonzola over hot pasta.
- ✦ Pour hot olive oil with garlic and onion over pasta and cheese.
- ✦ Mix to melt cheese.

Mangia!

Susan Simonds loves to eat.

# Dandelion Epiphany

By Judy Sobeloff

There I was, pretending to be a dandelion seed in Miss Nancy's preschool music class about a year ago--floating through the air, landing on the ground, burrowing down--when it dawned on me for the first time that the white puffball dandelions dotting our nation's lawns are intimately related to the yellow flower-like ones.

Why I had never realized that yellow dandelions beget white dandelions and so on and so on is a matter best left for another day. Suffice it to say that, in addition, I'd never noticed dandelion greens at the Co-op either. Matt in the produce department told me that the Co-op carries both green and red varieties (with a red stripe down the stem) year-round and that customers value them for a wide array of health benefits.

Dandelion greens are, for example, loaded with vitamin A, vitamin C, and iron, with naturalist Steve Brill claiming that the stem's milky sap "removes warts, moles, pimples, callouses, and sores, and soothes bee stings and blisters." While the word dandelion comes from the Old French dent de lion, so named because the plant's long serrated leaves resemble the teeth of a lion, the Modern French word is pissenlit (loosely translated: wet the bed), because the root and leaf tea act as a mild diuretic ([www.wildmanstevebrill.com](http://www.wildmanstevebrill.com)).

If you can't beat 'em, join 'em. And it's unlikely that you can beat 'em, because as Brill puts it, "To further increase reproductive efficiency, the plant has given up sex." Dandelions have no need for cross-fertilization, fertilizing themselves as they scatter their seeds.

I had never eaten dandelion greens before, but I discovered that my friend Sarah, who came over to sample "Dandelion Greens with Almond Vinaigrette and Feta," eats them all the time. "There are no dandelions left in our yard because they keep getting eaten," she said. When I marveled at the good cheer with which she was wash-

ing pound after pound of greens, she explained that the ones from the Co-op are much easier to clean than the ones from her yard, which are covered with "that wonderful Palouse clay."

Sarah likes to gather dandelion greens in the spring before they make stalks or flowers and eat them as a salad with olive oil, lemon juice, and cracked pepper. (For more on foraging for young unsprayed dandelion greens, see Sarajoy Van Boven's "Wild and Free" column in the March newsletter.)

While my children enjoy grazing on all manner of things out in the yard, dandelion greens in captivity held zero appeal. The adults who sampled "Dandelion Greens with Almond Vinaigrette and Feta," however, responded as if a spell had been cast. "That thing with the toasted almonds, it's incredible," Petr murmured, marveling at the combination of the bitterness of the greens with the sweetness of the honey and the saltiness of the cheese. Andrea, a dandelion green neophyte like myself, declared herself a "convert."

Dandelion greens can also be cooked like spinach, and I found them tasty in a second dish when boiled and sautéed with onions and garlic. This recipe, called simply "Dandelion Greens," also proved popular with adults but not children.

Those in the know say dandelion greens taste like chicory, endive, or arugula. Brill, who was arrested by undercover city park rangers for illegal consumption while leading a tour group in Central Park, suggests that those wishing to minimize the bitterness cook the greens with sweeter vegetables such as sliced carrots and parsnips or boil the greens in one or more changes of water (though this also leaches out the vitamins).

This spring I hope to see whether my kids like dandelion greens any better if they pick the dandelions themselves. I'll scan the yard for rangers first.

*"While most people would consider a dandelion in their lawn a weed, to a vintner of dandelion wine, the grass would be the nuisance."*

—MaryJane Butters, "Outsmarting Weeds"

## Dandelion Greens Salad with Almond Vinaigrette and Feta (adapted from [www.fooddownunder.com](http://www.fooddownunder.com))

1 lb. unsprayed tender young dandelion greens (about 10 loosely packed cups)  
6 Tbsp. olive oil  
1/4 cup sliced almonds, toasted  
2 Tbsp. red wine vinegar  
1 tsp. honey  
Salt and freshly ground pepper  
1/4 pound crumbled feta cheese or ricotta salata, shaved with a vegetable peeler

Cut any tough stems from the greens and trim away any wilted leaves. Wash and dry them. For the dressing: combine the olive oil, half the toasted almonds, vinegar, and honey in a blender and blend until smooth. Add salt and pepper to taste. Place the greens in a large bowl, season with salt and pepper, and pour the dressing over them. Sprinkle with the remaining toasted almonds and cheese. Serve immediately.

## Dandelion Greens (adapted from [southernfood.about.com](http://southernfood.about.com))

1 lb. dandelion greens  
1/2 cup chopped onion  
1 clove garlic, minced  
Optional: 1 whole small dried hot chile pepper, seeds removed, crushed  
1/4 cup cooking oil  
Salt and pepper  
Parmesan cheese

Discard dandelion green roots. Wash greens well in salted water and cut into 2-inch pieces. Cook greens uncovered in small amount of salted water until tender, about 10 minutes. Sauté onion, garlic, and chile pepper in oil. Drain greens and add to onion garlic mixture. Season with salt and pepper to taste. Serve with grated Parmesan cheese.

Judy Sobeloff is organizing Latah County Writes, a series of free community creative writing workshops and literary readings at local libraries. For more information see the back page of this newsletter or [www.latahlibrary.org](http://www.latahlibrary.org).

## Vegan Bites: Mocking Dairy

By Hope Matthews

**A** "It doesn't taste like cheese, but it's pretty tasty in a sandwich," noted Grandma over the phone. The subject was Veggie Slices, one of the many brands of soy cheese out on the market. Like many Americans, my grandmother has recently become lactose-intolerant and searches for dairy substitutes in order to adapt to this dietary restriction.

Although Veggie Slices, like other soy cheeses, do not melt, have a texture, fat content or creaminess like any dairy cheese I've ever experienced, they fall into the vegetarian "cheese" category. You can slap just about any soy, nut, rice, or oat "cheese" into bread, smear some Natural Balance margarine on the bread slices, and grill the sandwich in a frying pan and voila- you've made a "grilled cheese" sandwich.

*"Some consumers try these 'cheeses' out of curiosity, enjoy the taste and become hooked, as was my experience with veggie burgers."*

So, if "cheese" substitutes don't taste like dairy cheese, then why call them cheeses at all?

In my grandmother's case, she is trying to fill a niche that used to be there. She wants a cheese sandwich (but her body disagrees) so she whips up the next best thing. Savvy businesses have recognized that many people are lactose-intolerant, fat conscious, or vegan, so they have created these vegetarian "cheeses" to fulfill that need.

Some consumers try these "cheeses" out of curiosity, enjoy the taste and become hooked, as was my experience with veggie burgers. Most buyers note that there is little comparison between a Sunshine Burger, made of sprouts, carrots and other veggies, to a Cow Burger. As an omnivore, my taste buds snubbed meat burgers.

While a new vegetarian, my inquisi-

tive nature prompted me to purchase a whole grain burger and I've relished the many splendors of vegetarian "burgers" ever since. Both "burgers" function similarly between buns and scream for yummy accoutrements, yet there is hardly any similarity in taste, nutritional value, and ingredients. If you dislike the taste of dairy cheese, I especially urge you to taste-test rice, soy or almond alternatives.

Not all dairy alternatives are based around a conventional "dairy" product, either, but are inspired by them. The other week, strolling along the library shelves I happened upon 366 Simply Delicious Dairy-Free Recipes by Robin Robertson. It contains some fantastic sounding recipes inside like Creamed Rice and Kale, Baked Spinach with Raisins, and Fettuccini in a Creamy Tarragon Tomato Sauce, which go beyond something typically cheesy. Although I haven't made any of the recipes inside yet, quite a few have been bookmarked with good intentions.

With this article in mind, my family were once again willing (sort of) victims of another experimental dish. I wanted to make Vegan Macaroni and Cheese. So, ingredients were purchased at the Co-op, brought together with love in the kitchen, and spooned with some anticipation into our bowls. My significant other enjoyed the dish at first (especially after adding salt) and thought it had a cheesy texture, but had trouble finishing it, noting that it was "very filling." My son liked it and was especially glad that there was only one vegetable present. Note: as a former vegan, he isn't phased by dairy substitutes and seldom can tell the difference. I, myself, thought that the dish was nifty, but recognized it was quite filling too. I would have liked more veggies. Did it taste like Mac 'n Cheese? Not exactly, but it was pretty tasty.

Hope Matthews spends her free time on the couch, with blanket and book, or enjoying time with family. She can be contacted at hopeemathews74@hotmail.com.



### Mock Mac 'n Cheese

- 2 3/4 cups dry pasta shells
- 1 1/2 cups Westsoy Organic Unsweetened Soymilk
- 5 Tablespoons Earth Balance Margarine
- 8 oz. VeganRella, shredded
- 1/4 - 1/2 cup nutritional yeast (more or less to taste)
- 1 1/2 tsp. dried minced onion
- 1 1/2 tsp. turmeric
- 1 tsp. salt (or more to taste)
- 1 tsp. pepper
- 10 oz. frozen peas

Cook the pasta shells in rapidly boiling water. Preheat oven to 375 degrees. Drain the shells when they are just a little undercooked. Rinse in cold water. Add shells to a medium sized casserole dish and stir in margarine. Place in oven until margarine is fully melted. Remove from oven and stir in the nutritional yeast, soymilk, minced onion, turmeric, salt, pepper, peas and half of VeganRella. Place back in oven to cook for 30 minutes. Then, remove and stir well. If dish seems a little dry add 1/4 cup more soymilk. Sprinkle rest of "cheese" over the top of the casserole and cook another 10-20 minutes, until top is slightly browned. Let dish cool down about 5-10 minutes before eating. Try it with stewed tomatoes!

### Vermouth Cream Sauce

From 366 Simply Delicious Dairy-Free Recipes by Robin Robertson  
Sounds like a wonderfully creamy sauce for cooked veggies and pasta

- 1 Tablespoon minced fresh tarragon, or 1 teaspoon dried
- 1/2 cup dry white vermouth
- 1 teaspoon minced fresh parsley
- 3/4 cup Vegetable Stock (half a Celifibr bouillon cube dissolved in 3/4 cup water would be fine, or make your own!)
- 1 teaspoon cornstarch dissolved in 1 teaspoon water
- 3/4 cup soy milk (an unsweetened version)
- Salt and freshly ground white pepper

Combine the tarragon & vermouth in a saucepan and boil down rapidly until reduced by half. Add the parsley and stock and reduce again to half the volume. Whisk in the cornstarch mixture, stirring. Cook for 1 minute. Reduce the heat to low, add the soy milk, and cook over very low heat, stirring to thicken. Be careful not to boil. Add salt and pepper to taste.

# Tofu In A SoyNutshell: April Showers Bring One Pot

By Rachel Clark Caudill

April is an abundant month for me. My firstborn son, Avery, arrived on April 10, five years ago. My heart is filled with such gratitude for his presence—and my mother-love-driven transformation—that April has become, for me, a poignant and powerful physical cue to gratitude. The way the sun awakens in its rising slant across the sky; the simultaneously warm and cooling life-giving rains; the location in the darkness of space from which the Earth is smiling toward the Sun. These triggers breathe the winds of April into my cells, and reconnect me with the first moments that Avery graced us with his arrival on this earth.

And everywhere I look are reminders of growth, abundance, and unity. The sun stretches and yawns from behind April showers, and the earth sings abundance. The grass breathes chlorophyll into millions of shimmering green blades, winter wheat sparkles emeralds across the Palouse fields, my friends and neighbors pour outdoors to reunite in the soaking warmth of the sun, and flowers—pure beauty shorn from the eternal breath of wind, sun, earth and water—emerge to greet us.

Everywhere I look the same winds, the same breath, the same sun, the same earth, unite me with Every Living Thing. And my cells, my blood, my heart, reconnect with the throbbing universal pulse of energy that animates each of us.

I am grateful for April, and her tender and bighearted reminder of my unity

to you. And to (tongue-in-cheek) tofu!

It's no wonder, then, that I found myself craving one pot as I sat down to this column on the spring Equinox, a day evoking the eternal cycles of the Earth and the inevitable birth of spring. One pot—also known as nabemono—is an ancient Japanese ritual wherein a variety of food is served in community. Whether it is family or local community, the one pot symbolizes a reminder of our inevitable connection to each other and to the earth's abundant foods that grace our tables.

According to the Free Dictionary, "Eating together is considered an important feature of nabemono; Japanese people believe that eating from one pot makes for a closer friendship. The Japanese thus say, Nabe o kakomu ("sitting around the pot"), implying that sharing nabemono will create warm relations between the diners who eat together from the shared pot." (from <http://encyclopedia.thefreedictionary.com/Nabemono>)

In gratitude, then, I offer you a simple, heartwarming one pot dish, with my sincere hope that it will bring you joy and a taste of unity in friendship, family, community, and in the interconnected web of all existence.

After all, we are all one (pot?).

Rachel hopes her delight in word play turns your stomach in mostly pleasant directions...



One Pot After All: Enjoy it with friends and family!

## One-Pot After All

### Assemble:

- ~10 C water
- 2-3 pieces dried kombu seaweed, chopped
- 6-8 dried shitake mushrooms, chopped
- 1 bunch spinach, stemmed and chopped
- 1 carrot, chopped
- 1/2-1 block tofu, chopped into small cubes
- 2/3 C daikon radish, shredded
- 2 lemons, sliced into wedges
- 1/4 cup soy sauce, plus additional for serving
- 4-6 servings buckwheat soba noodles, cooked and placed into awaiting serving bowls
- Optional: 1 C shredded, parboiled chicken or 1 dozen cherrystone clams

Bring about 10 C water to a near boil. Sprinkle in a handful of chopped, dried kombu seaweed or other flavorful seaweed. Hold heat to just below boiling for 5-10 minutes so the seaweed exudes its essence into the water, but is not scalded. Then remove the seaweed and compost it, or nibble on it as you prepare your one pot. Alternatively, you can use vegetable stock.

Next, toss in the mushrooms, carrots, tofu, and the meat if you choose. Squeeze the juice from 1 lemon into the broth, and add the 1/4 C soy sauce. If you are using clams, give them at least 5 minutes to cook before removing the broth from the heat. Just before serving, throw in the spinach.

Now, ladle this delicious reminder of unity over each of your serving bowls. Serve each with chopsticks, a wedge or two of lemon, and some shredded daikon radish. Have soy sauce on hand for enhancing the pot's flavor. United by nourishment may you and your community of life—whatever that may mean to you—enjoy!

If you are a true seeker of living culinary history, then you'll want to create your one pot authentically. Heat a big, ceramic bowl (your "pot") with hot water. Once warmed, place the pot filled with the broth onto your table with the various other ingredients assembled in a circle around the pot. You and your community, be it family or guests, can add the ingredients together. However, most Japanese one pots (including this one) require additional cooking at the table, so unless you have a stand-alone cooking device, I advise that you complete the one pot on your stovetop.

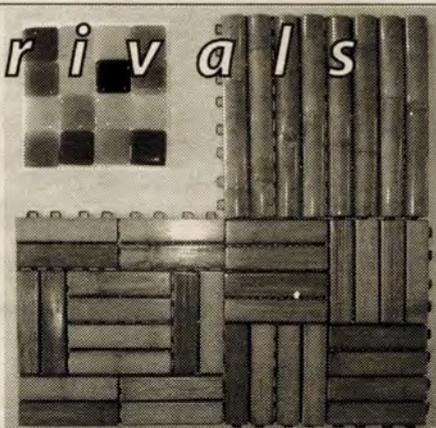
## New Arrivals

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## Moscow Renaissance Fair Reminiscences

By Jim Prall; Photos by David Hall

"Don't trust anyone over thirty" was a rallying cry and survival attitude of many of us who helped to create the Moscow Renaissance Fair back in the early 1970s. In its modest beginnings, born out of the raucous Blue Mountain Rock Festival, I doubt any of us could have foreseen it lasting into the next century! Or the Fair itself someday being over 30 years old itself!

It seemed like a time of new beginnings for Moscow. 1973. The war in Vietnam was over. The 200th birthday of the whole nation was coming up. The "Aquarian Conspiracy" was becoming a reality: Moscow had a new bookstore (with good strong coffee and fine art on the walls). There was a small food co-op opening, even a recycling center. There were no malls at either end of town, no one-way streets.

It was really exciting for a small cow-college town. And in the spring, on that same small college campus, there was the infamous Blue Mountain Rock Festival, sponsored by the UI Associated Students, a great new tradition after ten years of turtle races. Prior to that, there had been over 50 years of the "Spring Fete" that centered around themes like Robin Hoods and Maid Marians dancing around as many as seven Maypoles on the open grass in front of the Administration Building.

However, to the powers that be, the rock festival had to go. It was held in the old Shattuck Arboretum, and therefore open to most anyone and most anything. And it had been discovered by the youth of the region as a place to access all the fun that the University



of Idaho had to offer—without being a student. Seed money was made available to start a new community tradition that was to be an alternative to a rock festival but it would not be allowed in the Arboretum. The new tradition would still have music, but it would be less electric, more acoustic. Maybe it could be supported by being a venue for local or regional artists and crafts persons to show and sell their works from the previous long winter, as spring fairs had done for many hundreds of years. That was the origin of the first Moscow Renaissance Fair—the mellow alternative to Blue Mountain.

Now, it is said, "if you can remember the first Fairs, you weren't there." Or, if you were there, you weren't helping make it happen, or you wouldn't remember. So this is one person's view of what went on, and I want to apologize for not getting it all quite right. And besides, even though I was at the last Blue Mountain, I wasn't at the first RenFair, even though I was on the Fair Board. I was the secretary. I lost the minutes.

The first Fair boards and committees were wonderful chaos. It took years to get our legal paperwork together right. It is painful to remember trying to sort it all out. The wild enthusiasm and exuberance of youth trying

to do it all without restraint or organization was incredible, especially year after year. Slogans like "Why not?" peppered the attempts at democratic process.

Starting a new tradition was not as easy as we all thought. The idea of an arts and crafts theme

begs to be out under the trees, but what if it rains? For the first 5 years, that was a big divisive issue. Everyone really wanted to have the Fair in East City Park, but in the rain, or fear of the rain, we ended up in the SUB Ballroom and even the Field House out at the Moscow Junior High. One year the Fair moved during the event.

Hysterics quite often ruled.

Finally, we settled once and for ever on the Park, "rain or shine". Or hail, snow, sleet and then finally, on Sunday, May 18th, 1980, the famous Mt. St. Helen's volcanic ash fall covered everything. The issue of "when" to have the Fair was also ongoing right up until that date. The Fair was conceived as a Mayday event, to celebrate the ancient spring holiday. Some people, insane of course, claimed the weather would be better or on average better, if the Fair were held just a little later. Mount St. Helen's spoke and since then the Fair has always been held the weekend of the first Sunday in May. And the traveling artists and craftspeople have adapted quite well with weatherized booths. The Fair has a reputation of its own as the first outdoor fair of the season in the region.

### The 33rd Annual Moscow Renaissance Fair Schedule

#### Main Stage: Saturday, May 6, 2006

- 10:00 Welcome Ceremony: with King & Queen introduction
- 10:15 Russell/West Park Elementary Choir: Directed by Lisa Steckel
- 11:00 Ben Walden: Original compositions on the harmonica and guitar
- 12:00 Spectrum II: Celebrating the Earth through music and dance
- 1:00 Sesithshaya Marimba Ensemble: Traditional and contemporary songs and sounds of the Kwanongoma marimbas from Zimbabwe
- 1:45 Maypole Dance: With Blackberry Jam (by the volleyball court)
- 2:15 Border Highlander Pipes and Drums: An Afro-Celtic musical experience
- 3:00 Costume Contest: Creative as well as traditional garb encouraged
- 3:30 Parade: A jubilant, colorful journey around East City Park
- 4:00 Ala Zingara: Boom bam eclectic shazam, Ala Zingara's nomadic sound comes home
- 6:00 Chubbs Toga: High energy, acoustic rock, and dance music
- 7:30 Fire Spinning, Dancing, and Drumming: Performed at the volleyball court
- 8:00 Aphrodesia: Afrobeat, Highlife, Dub, funk, Caribbean Spice, and East African trance music from the Bay area

#### Sunday, May 7, 2006

- 10:00 Tom Drake: Typical, small town, existential, neo folkabilly, singer/songwriter type stuff
- 10:40 The Shook Twins: Acoustic, folk-rock, and pop music
- 11:20 Lisa Simpson: Local singer/songwriter djembe-boosted acoustic folk rock
- 12:00 Dan Maher: Traditional and original folk and Celtic music
- 1:00 Amy Martin: Montana folk
- 2:00 Maypole Dance: With Blackberry Jam (by the volleyball court)
- 2:30 Bare Wires: Rock and Roll for the soul; original, danceable, and blues-flavored
- 4:00 New Monsoon: A synthesis of genres from rock and roll to bluegrass to reggae funk and world music from the Bay area

Unless noted otherwise, all Main Stage performers call the Palouse home! Main Stage performances are broadcast live on KUOI 89.3 FM & at [www.moscowrenfair.org](http://www.moscowrenfair.org).



**The 33rd annual Moscow Renaissance Fair** will be held, rain or shine, under the big trees at East City Park on May 6 and 7. Admission is free. About 120 craft booths will offer the very finest of hand-made creations of all kinds and 20 food booths, all supporting local non-profit groups, will supply tasty and interesting food from around the world. A huge children's area provides games, entertainment, and activities for all kids. The main stage is filled both days with great musical entertainment. See you at the Fair!

Fair publicity was hard to get in those first years. We discovered that a really nicely done large format poster was a very effective way to attract attention. Posting those posters used to be an event in itself. I'll never forget hanging



one up in a Worley restaurant and as I drove away, watching a bunch of people get up from their tables to stare at it. ("What are those hippies in Moscow up to now?") Another way to get free publicity was to put on a May Day Maypole Dance, especially if the first was on say, Tuesday. We had a front-page photo in the Lewiston Tribune of the pole being danced around in Friendship Square that let everyone know about that coming weekend's big event.

We painted up a long shed at the old intersection of Main Street and the Troy highway to look like a historic trolley car that used to run to Spokane to advertise the Fair year around. The only other big event that weekend is the Bloomsday Race in Spokane, and somehow we've never gotten them to change their annual lilac festival, but it is always great fun to see the first Bloomsday T-shirt on a runner who has

just completed the race.

The Dragon Truck made by Mark Solomon was a piece of rolling publicity for the Fair. Actually, it was sort of a Fair-on-a-truck: we'd pile the Maypole, hay bales, tarps and banners onto the Dragon and parade through town breathing fire, and assemble the Fair in the park with the Dragon being the stage.

Then there was the year that some members of the Fair board were approached by people who asked if we had ever thought of having the Fair in the summer time. They wanted to bring in tourists. We said no. So they started *Rendezvous in the Park*, sponsored by the Moscow Arts Commission. The Fair has always been an independent entity, which was very intentional. We did try to create another fair or festival in the fall, and it took place out at Robinson Park, but it was too much for the board and volunteers to take on.

There were no food booths at the first Fairs. There was strawberry-lemonade, with real

strawberries and real lemons, sold by a non-profit alternative school. But when people asked to sell food, and made money hand over fist making authentic black bean burritos, we realized we had a new problem. It was way easier to make a bundle selling real food than art. That's when we developed the idea of allowing non-profit groups the

### Volunteer for the Fair!

Each year, the Moscow Renaissance Fair is kept going by dedicated individuals who generously donate their time, making the Fair a resounding success. This year, the Fair seeks fifty volunteers to help with the many different tasks that make the Fair so fun. Volunteer times are flexible, and lots of positions are available, including recycling, crafts, set up, and tear down. Anyone interested in volunteering to become a part of this great community event should contact Meghan at [alto\\_cello@yahoo.com](mailto:alto_cello@yahoo.com) or 360-305-9748.

opportunity to benefit from making real food.

Even though ASUI had provided some money to start the Fair, it soon dried up except for the wonderful services of KUID-FM (then later KUOI-FM) broadcasting live from the Fair.

We struggled to find events for all kinds of people. We got an Earth Ball from New Games and the sight of this huge five-foot ball was a magnet for kids of all ages. We painted large fiberglass tarps that we got from the Spokane Expo for decoration. There were thousands of hours contributed by hundreds of people making the Maypole streamers and the beautiful flags and banners that adorn the stage area. In some ways, creating separate events for children was an afterthought of the last 15 years, before that, kids just were involved in whatever was happening. Or they just played on the playground and danced to the music.

When Mark Solomon contracted to tear down the old Potlatch Mill, he had the materials to build a real stage on the back of the park bathrooms at the center of East City Park. That was the first addition to the park that the Fair paid for as a gift to the city. After years of makeshift stages, we then had a real permanent stage—a place where people won't get wet while they play music for all of us. The Fair has since added other permanent features in the park. We paid for the water fountain Jim Gale constructed near Hayes Street in the park picnic area, as well as the four colorful bicycle racks scattered



2000

around the park.

We didn't have Kings and Queens elected for the first Fairs, but we had numerous self-appointed princes and princesses, not to mention out-of-costume hoodlums and highwaymen and any number of full-time jokers. Some of them still are on committees and the board, and there is always room for a few more. Can you volunteer? The Fair is only once a year . . . but it takes a year to get ready for it.

The long-term social impact on our area of the Fair was brought home to me the year I spotted a couple I hadn't seen in years. They said, "Oh, don't get this wrong; we just meet here to trade the kids off!" In some ways that is no different than the ancient Beltane (Mayday's eve) holiday wherein people came in from the countryside after a long winter to trade goods, crafts, lovers, and head out again for a new summer. Without corporate sponsorship.

Jim Prall stores the Moscow Renaissance Fair maypole at his home and erects the maypole in the park every year.



2005

## Omnivoria: "Not B-a-a-a-a-ad"

By Nathaniel Orion Cousins

This month we are taking a look at the lamb available in our meat department. It is grown by Anderson Ranches Oregon Lamb, a fifth generation family operation based in Brownsville, OR, in the Willamette Valley.

They do not use hormones or antibiotics, and their sheep are raised in a free-range environment. They get to eat grass in the open air, as beasties have for thousands of years. Not surprisingly, Anderson Ranches seems to operate out of the same sustainability and ethical principals as our other meat purveyors.

I have very little personal experience working with or eating lamb, so I don't have as much background to go on as I would with other meats. I brought home a couple of nice little pieces of lamb sirloin. I pan fried them, with just a little dash of soy sauce at the end, and had some simple potatoes and peas on the side.

Eating the lamb was pleasurable, but

as I had no real basis for comparison I could not go about this article in the usual fashion. I realized that this would be trickier than I thought, writing about the unknown.

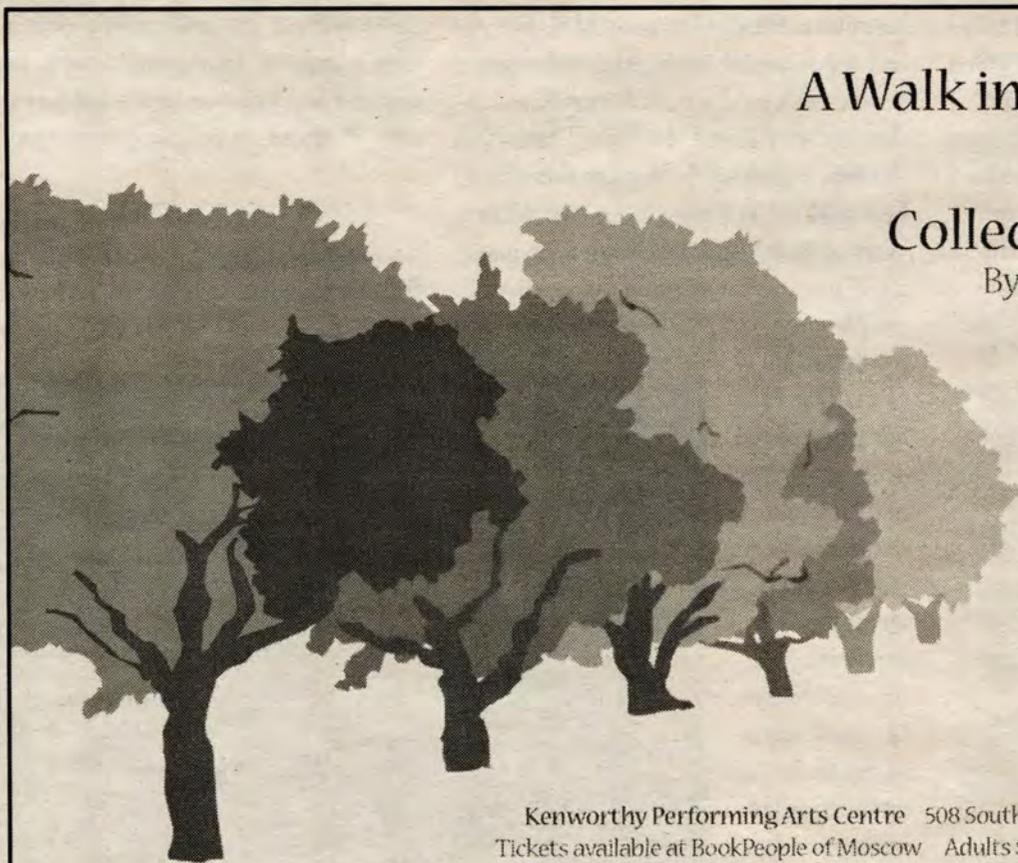
Lamb has been eaten around the world for centuries, although it lags in general popularity here in the U.S. Steady increases in immigrants and their appetites for tastes of home are responsible for an increase in demand, but it is focused mostly in larger metropolitan areas. Lamb is a staple in the diet of many Middle Eastern countries, with Iran being the world's largest importer. Lamb is traditionally served in Islamic households at times of celebration, and in Judaism, a lamb shank is a focal item on the Passover Seder plate.

Lamb is a flavorful meat, and relatively healthy as well. It has a lower percentage of its fat in the saturated form than other red meats, and most of the fat is on the exterior, making it easy to trim away. The naturally tender flesh of the young animals compensates for the lack of internal fat, or "marbling."

Lamb is also an excellent source of conjugated linoleic acid (CLA), a powerful antioxidant formed from linoleic acid by the digestive process of grass eaters such as sheep and cows.

I cannot decisively say that our lamb was better than that available at a major commercial outlet. I can say that it was great eating, and worth trying if you like lamb. I can also say that it certainly looks like the grower has all the earmarks of an ethical and community minded business, just the kind of place I like to see earn my dollars. If you're in the mood for Middle Eastern, Indian, or Mediterranean flavors, or just want to try something new, then I would definitely say "Stop by our meat department and try the lamb."

Nathaniel Cousins was raised on the Palouse. Several years of living in Eugene, Seattle, and Portland have proven to him there is no finer place to live than our rolling Palouse hills.



### A Walk in the Woods

By Lee Blessing

### Collected Stories

By Donald Margulies

A Walk in the Woods

April 6 - 8 at 7:30 pm

April 8 at 2:00 pm

Collected Stories

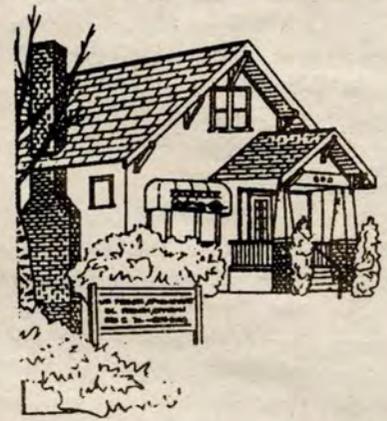
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## Nature in the City: Salute the Leap of the Springtail

By Sarah Walker

**E**arly spring is the time to spot springtails. Plunge a fork into the compost heap or disturb the mulch, and dozens—or hundreds, or thousands—of these tiny, 1/8th-inch long wingless insects might suddenly spring into the air where we saw nothing a second ago.

During the first warm days of spring, springtails congregate in huge groups to eat, find mates, and lay eggs. But they aren't named for the season; they're named for the curious habit of springing away when disturbed by spiders, ants, beetles, centipedes or humans.

A tail-like structure called a furca folds against their underbodies, held in place by a catch called a tenaculum. When the catch relaxes, the furca releases and snaps downward against the ground, catapulting the springtail into the air 50-100 times their body length. If we could do this we would be able to jump more than 300 feet!

Unfortunately, springtails' Olympic feat gets them confused with a much different insect: "their acrobatics associates them with nature's most annoying gymnasts, common dog fleas," says Kenneth Christainsen, who studies springtails at Grinnell College in Iowa. Springtails are not fleas!

Springtails live anyplace damp – in the soil, in leaf mold, under bark, in rotten logs, in mulch. Some species come out onto the snow surface; others float on mud puddles. Our planet is equipped with 6,000 species of them, from sea-coasts to mountaintops and on every continent. They can be red, yellow, orange, metallic green, lavender, indigo, white, or gray.

Springtails scavenge for decayed organic matter in leaf litter. They are important recyclers because they reduce dead plant material to soil. Amazingly, they are able to break down DDT in soil with no ill effects to themselves.

The oldest fossil insect is a springtail preserved in chert, in Scotland. Springtails evolved 400 million years ago during the Devonian period. Unlike most arthropods (the phylum that includes insects, spiders, crustaceans) they evolved in a cool climate and can withstand extreme cold.

Most insects have wings, but springtails do not. Sue Hubbell, in her book about insects called *Broadsides* from the *Other Orders*, defends "the wingless, considered by entomologists to be a primitive sort of insect. But primitive doesn't mean simple, clumsy, tentative, experimental, or that [they] are the ancestors of butterflies. What it does mean is that, a very long time ago, there were animals rather like today's [springtails], which evolved into an effective, practical form that enabled them to get on in the world. They developed this form back in the Beginning of Insects, as it were, and it was so suited to the changes and challenges the world has offered in the millions of years that followed that they had no need to make any

more major alterations to themselves in order to continue to get along well. They are among the real conservatives of life; they are also among its successes."

Springtails don't attract attention like pretty butterflies that migrate extraordinary distances, or worms that make silk, or ants that operate as efficient colonies. They haven't been extensively studied because they don't harm agricultural crops, eat our sweaters, damage our houses, spread diseases, bite our pets (or us), stink or make irritating repetitive noises.

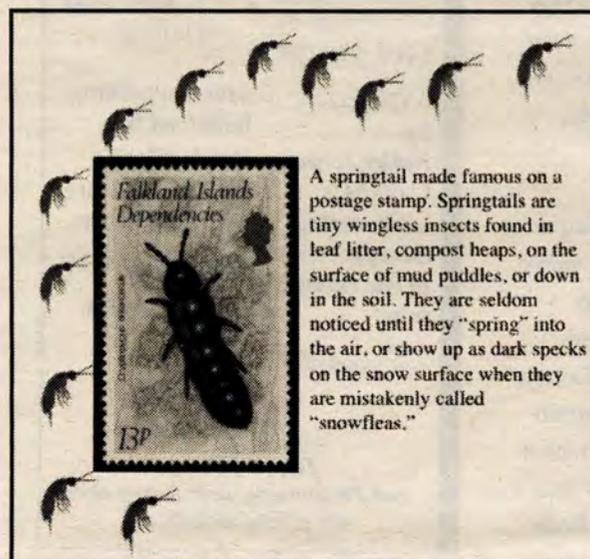
They just keep recycling, building our soils.

In Alaska, where the tiniest sign of spring is celebrated, biology professor Stephen MacLean says, "maybe we should celebrate another sign of spring:

**“During the first warm days of spring, springtails congregate in huge groups to eat, find mates, and lay eggs.”**

while waiting for the geese to return, we can also tilt our heads downward to salute the leap of the springtail.”

Sarah Walker first saw springtails on a mud puddle in spring. They were bright yellow and looked like a pile of anthers.



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## Wild & Free: Ultra Violets

By Sarajoy Van Boven

In the beginning was Vi(olet), an elderly nanny with a parakeet named Charlie. In her hallway hung portraits of three men. She told me they were her husbands, who had all died. I thought, "What good luck! To have three husbands! What tragedy that they all died at once!" Years later, my parents explained to my confused self that it was only allowed for one man to marry one woman and vice versa. I protested that Vi had had 3 husbands at once. They broke the tragic news that her husbands had been in succession, not at once. Burst my bubble right there.

Violets are modest creatures (not ones to have three husbands at once), delicately beautiful and frustratingly ephemeral. In all their violet wisdom, they are here for a very limited time.

Violets thrive in woody spots on drippy, draining hillsides. They love the shade behind our compost bin and the leaky slope beneath our apple tress. On Military Hill in Pullman, there is a trail up the south side of the hill; as you duck beneath the trees, there is a mass of violets on the muddy hillside. They succumb to summer heat, so find them now, and sup of your little piece of ecstasy.

The violet leaf is, not surprisingly, shaped like a heart, with tiny-toothed edges. One leaf per stem, and several stems from one spot. The five-petaled, floppy "flowers" come in purple, yellow, white, cream, blue or any combination of these. Identify clean violets with 100 percent certainty using a reliable guide/book.

disconcertingly handicaps your sense of smell (Wikipedia.com). The deeper you inhale, the less scent you get.

Violets, the quintessential temporal tease, enforce a respect for pleasure's fleeting nature. One second you smell the faint joy of *viola odorata* and the next, it's gone, despite cramming the nosegay up your nose. In grasping and clinging is loss. Vi's parakeet, Charlie, taught me this too, with her eggs.

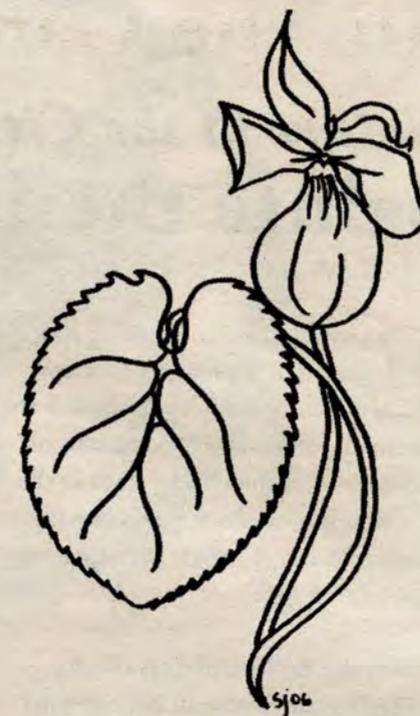
Open hand: open to receive, to give, to let go. Clenched fist: for breaking stems (a necessity), noses, and little parakeet eggs during 2nd grade show-and-tell.

The flowers can be gathered without much worry about the plant's ability to propagate. These tease-scented flowers are exuberant show-offs, but the true flowers, according to Susun Weed (Healing Wise), are humble, seedy, autumn flowers.

Everyone recommends candying the show-off flowers, a laborious process involving pricey accoutrements (according to the directions I read). I would rather eat them like candy (uncandied), toss them with my dandelion-green salads, or pour boiling water over them for a purple tea.

Most information on violet edibility focuses on the flowers, but the lesser-known fact about wild violets is that their leaves are an edible source of vitamin C and vitamin A. The leaves taste bland and a little sweet, perfect for adding to potent dandelion and wispy chickweed salads. Toss in some flowers and you have an extremely nutritious and beautiful salad fit for the gods. They also thicken soups.

Susun Weed recommends drinking a violet leaf infusion (pour boiling water over dried violet leaves, cover and let steep for 4 hours) for headaches, "fevered fantasies," and anxiety. Recent research confirms that violets contain salicylic acid, a natural aspirin, "which substantiates its use for centuries as a medicinal remedy for headache, body



Sjoe

pains and as a sedative," (altnature.com).

What violets bring to me is spiritual, sensual and edible. The scent of a heart full of love and loss. Flowers smelled, un-smelled, and devoured. Husbands loved and died. Eggs laid and crushed. Spring salads: glorious, gorgeous and unavailable tomorrow. Carpe diem, with an open hand.

Sarajoy would like to spend all of her fleeting moments on a bed of violets.



Violets are never violet. The authority on color, Roy G. Biv, asserts that violet has a shorter wavelength than blue at 420-380 nm, but is not a combination of blue and red (that would be purple, which is the color of many violets).

All violet flowers, including pansies and johnny-jump-ups, are edible. The so-called "African violet" is in another family all together, so don't get excited about eating your windowsill plants for breakfast.

The inscrutable, unavailable sweetness of violet flowers, which always leaves me begging for more, is explained by an ionone compound that these flowers give off along with their scent. This compound



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## In The Garden

By Holly Barnes

### Starting Seeds Indoors

In April, the long winter over, the garden finally requires some action on the part of its caretaker. Although practiced gardeners-from-seed (like Theresa Beaver, your previous In The Garden writer) were planting artichoke seeds under lights in January, we amateur gardeners have made our more main-stream choices from mail-order seed catalogs and the very fine rack in the produce department at the Co-op.

Each seed packet gives instructions for how many weeks prior to planting outdoors seeds can be started indoors. Be careful not to plant sooner than this date or you will end up with seedlings that arrive at the 'ready to be outdoors' stage too early. It is important that

seedlings are kept growing robustly for them to be good producers in the garden. Some plants are cold hardy and can withstand a little frost; their packets will let you know when you can plant them outside and when to start them inside.

Establishing the frost-free date in our area is an imperfect science. The Latah County Extension Office at 522 S. Adams, Room 208, has some information that can help on the probability of freezing occurring by certain dates. The gardener decides how much risk she wants to take and plants her precious seedlings out accordingly. The University of Idaho web site (<http://info.ag.uidaho.edu>) provides a great deal of advice on specific gardening topics. If calculation and conjecture is

not your style and you can live with a little risk, then use Mother's Day, mid-May, as the frost-free date. If your seedlings are tender then wait two more weeks, until Memorial Day, and your chances of frost-free

temperatures are even better.

The garden section of most hardware and building supply stores will provide the containers and supplies you need for starting seeds indoors. You can plant in individual pots or in flats. Try different methods and you will come up with a system that works best for you. There are a variety of seed planting mediums and every one has its proponents.

If you use a soilless mixture you will need to provide nutrients when the first true leaves appear. Moisten the planting medium thoroughly before planting and keep it moist (covering with plastic wrap if necessary) until seeds sprout. Very small seeds can be placed on top of the planting medium but sprinkle (use a sieve) a small amount of soil over bigger seeds and seeds that need dark to germinate.

Planting manuals say that most seeds germinate best between 75 and 90 degrees. I have been able to start seeds quite well on a shelf above my hot water heater and the temperature remains in the mid-60's, day and night. Seedlings need between 10 and 16 hours of light a day and, finally, this year I bought an inexpensive (under \$10) fluorescent shop light, which I

Sweet April showers  
Do spring May flowers."

—Thomas Tusser, c. 1524-1580

suspended over the hot water heater shelf. Makeshift, but it's working great!

Once the true leaves appear, and if you used flats, then the seedlings will need to be placed in individual pots so there is no competition for nutrients. Two weeks before transplanting into the garden, harden off the young plants. Water less frequently and withhold fertilizer. One week later move the plants outdoors in the daytime for increasing lengths of time. This should be a spot protected from wind and sun. Within a week they can be planted outdoors permanently.

Holly Barnes excitedly checks on her seed starts several times a day and hopes that this cool spring starts warming up so she can begin planting out into the garden.



### In The April Garden:

- ✦ Direct sow seeds of cool season vegetables and hardy annuals in the garden;
- ✦ Sow seeds of more tender plants indoors according to when they can be put out in the garden;
- ✦ Prune fruit trees on a moderate day;
- ✦ Dormant spray fruit trees when there is no chance of frost for 24 hours;
- ✦ Prune forsythia right after flowering, prune the oldest branches to 12" but allow the plant to retain an arching form;
- ✦ Scatter lettuce and spinach seeds around emerging spring bulb foliage, when the bulbs are dying back the salad greens will cover the yellowing foliage, and you'll have the makings of a salad;
- ✦ Clean out and disinfect bird houses with a bleach solution of 4 T. bleach to 1 gallon water. Remount houses 6 to 20 feet above the ground.

## Letter from the Land: Local solutions to local hunger

By Suvia Judd

March 20, 2006

I went out early this morning to check on an alpaca alarm call. I couldn't find anything, but I noticed that it was warming up fast from the 20's last night - sugaring weather we call it in Vermont, that brief period when the sap is collected for maple syrup.

The snowdrops have been blooming for a week or so, but something is munching off the flowerheads and scattering them about. I thought that snowdrops, like daffodils, were poisonous(?). In the vegetable garden the mixed greens and alliums are sprouting back up after that recent hard freeze and fierce wind. The cornelian cherry (dogwood) is opening its yellow blooms. Everywhere the grass is on the verge of that explosive growth which will bury all the misplaced tools and hose fittings from last season. Wait! Wait! What was I thinking when I wanted to hurry up spring!

I have been thinking since last time about how to create grassroots program

to feed the 3000 - 4000 hungry people in our county. Here are some thoughts, and some things I found on the Web.

One thought: child in the well syndrome. I learned about this in a law class years ago. The teacher explained how much easier it was to inspire people to donate money and time to rescue one toddler from a well than to, for example, set a safety standard for benzene that would protect the millions of people exposed to that carcinogen at the gas pump or in the workplace. Locally, we rally around one family with a sick child or a burned house, but for some reason it is harder to shift ourselves to help numbers of people who are suffering.

Another thought: neither for ourselves nor for others do we mostly think about food as something we grow ourselves. Large amounts of energy in fossil fuel are used to grow it, refrigerate it, truck it around the country, store it some more, etc. Not to mention processing. In a recent issue of

Permaculture Activist there's an ad for the Path to Freedom project, an urban homestead in Pasadena where four adults grow 6000 pounds (yes, 3 tons) of fruits and vegetables on 1/10 acre of their 1/5 acre lot. Founder Jules Dervaes writes, "Growing food yourself has become the most radical of acts." ([www.PathtoFreedom.com](http://www.PathtoFreedom.com).)

A study in Vermont in the late 1970's found that a five person family could grow all they needed to feed themselves for a year, except for some zinc and Vitamin B 12 supplements, on a quarter acre.

From the Path to Freedom site I traveled to the CASA project ([www.casagarden.com](http://www.casagarden.com).) At CASA (Care Assurance System for the Aging and homebound) volunteers grow a community garden that feeds 7500 people in Huntsville, and Madison County, Alabama. It works like a CSA (community supported agriculture) farm, except that the produce is free to the recipients. Could we do that here? Note that

“To forget how to dig the earth and turn the soil is to forget ourselves.”  
—Gandhi

two out of three of the people who rely on the Idaho Foodbank are children too young to work or seniors who have worked all their lives.

CASA partners with the Garden Writers Association Plant a Row for the Hungry program (PAR). Garden writers in PAR inspire their readers and listeners to plant an extra row in the garden and donate the produce to local foodbanks, soup kitchens and service organizations. PAR provides assistance in organizing and training local volunteer committees to run the projects. We could do that. ([www.gardenwriters.org/par](http://www.gardenwriters.org/par) and [PAR@gardenwriters.org](mailto:PAR@gardenwriters.org).)

Please send me your thoughts.

Suvia Judd explores the outdoors, writes, and aspires to permaculture, in Moscow. ([lazymuris@earthlink.net](mailto:lazymuris@earthlink.net))

## The Life of a Lodgepole Pine

By Will Boyd, Friends of the Clearwater

A twenty-year-old lodgepole pine stands on a knoll overlooking Crooked River before it flows to the South Fork Clearwater.

Lightning strikes. A fire burns. A pinecone expands, like popcorn in a microwave. Three small winged seeds escape fire beneath the protecting cone.

They lie in the new soil formed by the fire, soon to be incorporated along with the remains of burned grasses and branches into the thick forest duff layer.

This cone did well, several of its offspring surviving the fire. In some places the fire burned hot on the ground and consumed all of the pine seeds. In some

places it jumped from spot to spot mildly burning the understory and forest floor.

Some older trees lived through the fire; some trees died and remained standing; some burned completely through and returned valuable nutrients to the soil.

Dead trees become homes for many different organisms. Lewis's and black-backed woodpeckers hammer out cavities, which may be used by many other animals in the following years. Flammulated, screech and pygmy owls, kestrels, red squirrels, butterflies, and beetles all call pine snags home. Once fallen, they serve the more terrestrial southern red-backed voles, Idaho giant salamanders, and western skinks.

These three protected seeds grew into seedlings, receiving the required amount of bright sunlight to get a good first year's start on root and shoot growth. They escaped the drought and grazing that so often ends the life of a fragile young lodgepole.

Two of these three grew into mature trees. The third tree was killed during a hard winter of heaving frost. Despite shallow roots and thin bark the remaining two survived and now along with their neighboring pines, provide shade for a rich undergrowth of huckleberries, beargrass, and grouse whortleberry. Their bows give roost to grouse, and nest to vireo, cover to elk and plucking post to the woodland hawks.



Photo by Megan Prusynski

For more information on the biodiversity of the wild Clearwater visit Friends of the Clearwater's website at [www.wildrockies.org/foc](http://www.wildrockies.org/foc).

## Meals Kids Might Eat: More Kid-Friendly Indian Food

By Jyotsna "Jo" Sreenivasan

One of my older son's favorite meals is a typical South Indian "comfort" dish: rice mixed with plain yogurt and eaten with salty, spicy pickled lime on the side. A South Indian meal is not considered complete unless you have eaten your rice with yogurt. He said, "Mom, you should write a column about this!"

I'm not sure non-Indians would appreciate this dish! However, the recipes today are sort of a dressed-up variation. Pulao is a mixture of vegetables and rice. In other cuisines, similar rice dishes are called "pilaf." My mother's recipe, featured here, is very mild and quick to prepare. Raita is simply cucumbers

mixed with yogurt.

This meal is somewhat low in protein. If you want, you can add boiled, salted edamame (green soybeans) as a side dish. Buy them in the frozen-

vegetable section. My kids prefer the kind still in the pod, so they can have the fun of shelling them at the table! After boiling the pods according to the directions on the package, we like to sprinkle salt on the outside of the pods.

That way, as you shell, your fingers get salty and you can taste the salt as you eat your soybeans. The other way to eat them is to pop them directly from the pod into your mouth. Other good accompaniments to these recipes: raw fruits or vegetables.

On another note, one of my greatest challenges in terms of feeding my kids is: sugar and sweets. My kids want to eat desserts all the time! And besides dessert, they want maple syrup on their pancakes, jam on their toast... It goes on and on. So in a future column I would love to include tips from other families in terms of what you do to deal with the sweets issue. If you would like to discuss this with me, please send an e-mail to: [jyotsna64@aol.com](mailto:jyotsna64@aol.com). Thanks!

Jyotsna is a Moscow writer and writing coach.



### Vegetable Pulao

- 2 teaspoons vegetable oil
- 1 small onion, minced (about 3/4 cup)
- 1 clove garlic, minced
- 1 tablespoon coriander powder
- 1 teaspoon cumin powder
- 1/2 teaspoon ground cardamom
- 1/8 teaspoon turmeric
- 1 cup long-grain brown rice (we like basmati or jasmine rice)
- One 10-oz package frozen mixed vegetables (we like the Cascadian Farm California blend, which has broccoli, cauliflower, carrots, and zucchini, but it's up to you)
- 2 cups water
- 1 teaspoon salt
- Cilantro leaves, minced (optional)

Sauté the onion in vegetable oil until onions are translucent. Add the garlic and spice powders and stir for several seconds. Add rice, vegetables, water and salt. Bring to a boil, turn heat way down, cover pot, and let simmer until the water is absorbed – about 40 minutes.

The only tricky part with this recipe is making sure the rice cooks fully and doesn't burn. I have the urge to constantly open the lid to check and stir things around, but every time I open the lid, steam escapes, so I often need to add a bit of extra water.

After the rice is cooked (taste a bit to make sure there isn't a hard center), sprinkle with minced cilantro leaves if you like.

### Raita

- 1 large or two small cucumbers
  - 1 cup plain yogurt
  - 1/2 teaspoon salt
  - Cilantro leaves, minced
- Peel cucumbers and remove seeds. Grate cucumbers into a bowl. Add yogurt and salt, and mix. Sprinkle with minced cilantro if desired.

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## Feeling Alive, Vibrant and Well: Sweating for the Body and Soul

By Jennifer Whitney

The word *sweating* immediately makes me think of 7th grade, complete with bad haircut and new bra. Growing up with evening episodes of *The Wonder Years* also comes to mind. Kevin's worst fears seemed to be embarrassing himself in front of Winnie or scaring her off with his new found body odor. Hence, my worst fears were body odor and humiliation, but fortunately we're not talking about that kind of sweating.

"The heat of a sauna or sweat lodge is a dynamic force," researcher Stephen Colmant said at a 2003 meeting of the American Psychological Association. He and other researchers from Oklahoma State University found evidence that sweat therapy is an effective way to improve mental well-being. They studied the response two groups had to therapy sessions with one group having additional communal sweat therapy treatments. Researchers found the sweat therapy group less aggressive and more willing to share their feelings and support fellow members of their group. Stephen continues, "group sweating has had a central place in societies throughout the world for thousands of years in helping people gain more physical, mental, and spiritual health."

One place where this is truly evident is Finland. The sauna is such an integral part of Finnish life that with a population of only 5.1 million, they have 1.7 million saunas. That's one for every 3 people! They use them at the end of a hard day of work, to help them persevere through troubling times and it is

even common for women to give birth in a sauna. The sauna experience is deemed important to their health and happiness and is also credited for their rugged vitality and endurance.

What is it about sweating that makes it so therapeutic? Our skin is sometimes known as the third kidney because it is estimated as much as 30 percent of our body's waste is released through perspiration. Not only is the waste produced by our own body expelled, but toxins and impurities accumulated over time are as well. Toxins in our system can include things like recreational and prescription drugs, pesticides in our food, and heavy metals and chemicals from our environment.

In his book, *Hot Tubs, Saunas, and Steam Baths*, Alan E. Sanderfoot states, "Medical science has shown that, like saunas, steam baths are one of the simplest ways to rid the body of toxins and impurities."

Saunas, steam baths, and sweat lodges are similar in that they provide a heated, humid environment in a closed space to induce profuse sweating. The heat source can be heated rocks or a special heater. Sometimes benches are provided and sometimes you sit on the bare earth. Each culture has its own traditions or ceremony for going about sweating, but no one way is the right way. They *all* can provide an enjoyable, relaxing, cleansing experience for your body.

Sweating can be done alone or in

groups, naked or with covering, as often as you like, for as long as is comfortable to you. The important part about sweating is to listen to your body and follow your own rhythm. Feel free to move in and out during the sweat to help regulate your body heat, stopping when you need. During a sweat, a liter of fluid can be lost in just 20 minutes, so drink lots of water or fruit juice to stay hydrated. Don't hesitate to talk with your doctor if you are considering a sweat.

Lahde Forbes' story was related to me through a mutual friend of ours. On a flight home from Alaska, she fell into conversation with a Native American woman sitting next to her. In this woman's culture, if a member of their tribal community is emotionally down or overwhelmed, the community comes together in their sweat lodge for a sweat. The individual's problems are acknowledged and they are surrounded by people they know and love, which then support them through their transi-

*"As much as 30 percent of our body's waste is released through perspiration."*

tion. This story fills me with joy and a hope that we can follow the advice of the president of the Finnish Sauna Society when he suggests that, "The idea is not to have the best sauna on the block, but to get the entire block in the sauna."

Note: Remember to write to me about what you do to feel alive, vibrant and well. [jenwhitney@gmail.com](mailto:jenwhitney@gmail.com).

(Sources: Hot Tubs, Saunas, and Steam Baths by Alan E. Sanderfoot; an article by Susan Smith Jones, Ph.D. called, Sweat Your Way to Radiant Health located at <http://www.ecomall.com/greenshopping/sauna1.htm>; and the Finnish Sauna Society website at <http://www.sauna.fi/pages/laakson.htm>.)

Jennifer Whitney is happily making plans for the sauna she will soon acquire with the purchase of her first home.



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Open Mic. Night  
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or listen to others perform

Friday, April 14  
6 p.m. to 8 p.m.

*Noi & Friends*  
Folk Music

Friday, April 21  
6 p.m. to 8 p.m.

*Singer/Songwriter*  
Open Mic. Night  
bring your favorite song and play  
or listen to others perform



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## Moscow Hemp Festival

By Eric Gilbert, MFC Music Coordinator

The tenth annual Moscow Hemp Festival is scheduled for Earth Day, Saturday, April 22 at East City Park.

An Earth Day Hemp Festival!!

Back in February, Hempfest was an untethered ship drifting away, but in a swift and heroic motion, Arlene Falcon of Tye-Dye Everything metaphorically swooped in and put the festival on line. By March everything was falling in to place. The U of I Bluegrass Club, U of I Environmental Club, and Sound Production and Lighting have all stepped up to help in their areas of expertise.

An Earth Day Hemp Festival!! This excites us because the hemp movement is primarily an environmental movement aimed at raising awareness of the numerous possibilities that would be available to us if cultivating hemp were legal—how the cultivation of hemp would not only be beneficial to our

environment, but also to our economy, and even our “national security” as hemp is a potential source of fuel that could reduce our reliance on foreign oil.

There's lots of good information out there, online (try [www.hempnation.com](http://www.hempnation.com)) or just come out to the festival if you feel uninformed. There will be speakers from the Seattle Hemp Festival and from some local environmental groups, written information available, and various hemp products on display.

Although educational on one level, this is not just another day in the classroom, this is gonna be fun too! Helping on the fun creation level will be both local and regional food and craft vendors and a full day of music. This year's festival boasts all local musicians, many of whom are new to the Hempfest stage, as the local music scene has been evolving over the last year.

Here's who's slated to play so far:



Smoking Bill plays for the crowd at last year's Hemp Fest. Photo by Megan Prusynski.

Paralyse, Chubbs Toga, The Shook Twins, Max von Mandrill, The Flying Eyes, Milo Duke, Benny Aiman, The Slow Sky, Bare Wires, the Palouse Peace Band, Brian Gill, There's a Storm Brewin' Bitches and its Name is Us, Bunnycuss, and a drum circle to top it all off.

It all starts at 10am and doesn't end

till the darkness chases us all out of the park. Admission is free.

Any vendors interested in coming need to contact Arlene @ Tye-Dye Everything (883-4779 or [tyedye@moscow.com](mailto:tyedye@moscow.com)). It's \$50 per booth. If you're a non-profit organization, it's FREE!

## Wanna Booth at Farm Fair?

By Megan Rae, MaryJanesFarm

Do you want to sell quality crafts, food, or antiques and collectibles at the third annual Farm Fair to be held at MaryJanesFarm?

Completed applications for booth space at this juried event must be received by May 1. Applications are available by writing [megan@maryjanesfarm.org](mailto:megan@maryjanesfarm.org), or

calling 882-6819.

The third annual Farm Fair will be held on July 1 and 2, whatever the weather, in the fields of MaryJanesFarm located 8 miles south of Moscow.

Fair visitors will enjoy self-guided tours of the farm, face-painting and other children's activities, a full schedule of

musical entertainment, as well as the booths offering farm collectibles, fresh vegetables and flowers, and prepared lunches. Admission will be free for children under 16, and \$5 for all adults.

Last year, approximately 2,000 visitors attended the second annual Farm Fair at MaryJanesFarm.

MaryJanesFarm is the home and business headquarters for MaryJane Butters and the organic prepared food business she created there in 1990. Her book, *MaryJane's Ideabook, Cookbook, and Lifebook for the Farmgirl in all of us*, was recently released by Random House.

More information is available on the website, [www.maryjanesfarm.org](http://www.maryjanesfarm.org).



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## Fresh Food Diets for Dogs

By Yvonne McGehee

The last issue left us leading into another point: no one knows it all when it comes to pet nutrition, not a large pet food manufacturer, and not a home food preparer. This is why even the NRC requirements are subject to change, and why commercially made pet foods change. Examples: the amino acid taurine was lacking in commercial foods for cats, resulting in blindness, until the problem was corrected and enough taurine was added. L-carnitine content in dog foods is currently being examined, because there is evidence that canine cardiomyopathy can be due to lack of carnitine in the diet.

Recent studies, done by adding Omega-3 fatty acids to commercial foods, have shown a significant increase in the immune response of puppies to vaccines; this means by implication that commercial foods have thus far been lacking in this area. All of this new knowledge illustrates how the phrase "complete and balanced" is somewhat of an illusion.

Certainly, imbalance can happen, and feeding a dog properly and well involves time and thought to avoid mistakes. But, to think that some sort of perfect balance is achieved by commercial manufacturers, and that you cannot possibly achieve this state of purported perfection in a homemade food for your dog, is simply not true.

Forewarned is forearmed; any diet, whether made at home or in a huge plant, may not be appropriate for all dogs, and the more you learn, the better off your canine companion will be. Next issue, we will carry on with a few books to avoid.

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>

## Celebration of Moscow's Paradise Path

By Becky Chastain, Paradise Path Task Force

Celebrate the connection of the Chipman Trail to Latah Trail via the Paradise Path, on April 22, 2006 from noon to 3pm.

The Celebration will begin at Berman Creekside Park starting at noon.

### Schedule of Events:

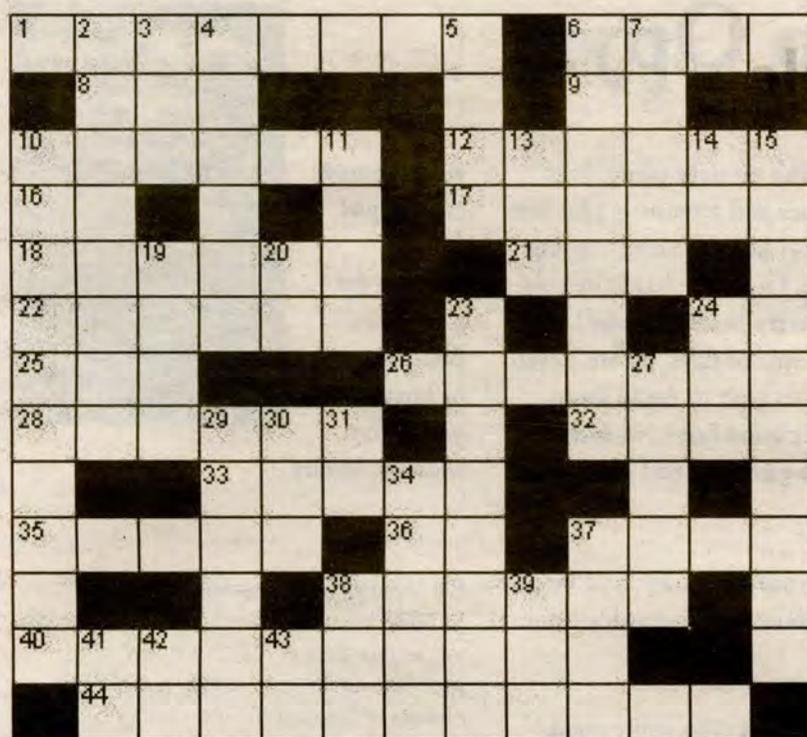
- 12:00 – 1:30 Scavenger hunt for cyclists.
- 1:30-2:00 Paradise Path Jeopardy Game
- 2:00- 3:00 Food and Prizes

There will be limited parking at Berman Creekside Park, therefore it is advisable to ride bicycles. The scavenger hunt will be conducted on bikes. Cyclists should wear helmets. Free hot dogs, vegetarian fare, and shortbread cookies will be provided. There will also be a special presentation!

## More Renaissance Fair Reminiscences

Photos by David Hall





## ACROSS

- 1 Brand of powdered vitamin mixes in packets  
 6 Powerbar company that has carrot cake and lemon poppyseed flavors  
 8 *Corrida* cheer  
 9 Movie or airline corporation, abbreviation  
 10 Seeds of Change's French Herb and Zesty Cilantro is made with this grain  
 12 The name on the Cougars' stadium

- 16 Global humanitarian agency, abbreviation  
 17 Napoleon brand does this to many different vegetables  
 18 Zeus' daughter also known as Minerva  
 21 Pungent, extremely bitter herb sometimes used for cough drops  
 22 The county seat of Columbia County, Washington  
 24 Hesitant interjection  
 25 Remove

- 26 Sesitshava \_\_\_\_\_ performs at MFC on April 18th  
 28 Blood disease  
 32 German no  
 33 Borne by the wind  
 35 William Gibson novel or the Japanese word for a computer avatar  
 36 Sodium symbol  
 37 Mexican coin  
 38 First African-American poet to gain national prominence  
 40 First Nature Conservancy project in Idaho that is maintained by U of I  
 44 Day of the MFC Taste Fair

- 13 Nirvana candle scent, crisp \_\_\_\_\_  
 14 Italian the  
 15 Food brand started by a famous actor and his daughter  
 19 Jekyll's alter ego  
 20 Denial  
 23 Heel bones  
 24 The soft software company or where in Latin  
 27 Kay \_\_\_\_\_, local provider of eggs

## DOWN

- 2 \_\_\_\_\_ Star Honey from Peck, Idaho  
 3 Cotton gin creator, \_\_\_\_\_ Whitney  
 4 Curdling agent used in many cheeses  
 5 You can do this at Winchester State Park and all over Idaho  
 6 Turmeric's scientific name  
 7 Manischewitz Homestyle Potato \_\_\_\_\_ Mix  
 10 Delicious Italian creme wafer cookies in lemon, chocolate, berry, and coconut  
 11 Long-stemmed variety of rice or Jordan's capitol

- 29 The island between Seattle and Bellevue  
 30 Promissary note  
 31 Co-op Board of Directors member, \_\_\_\_\_ Pingree  
 34 Toughen  
 37 Nature's \_\_\_\_\_ baking mixes  
 38 Cactus Computer can provide this service  
 39 SciFi channel serious remake of a campy 70's show, abbreviation  
 41 Court officer, abbreviation  
 42 Vinyl music, abbreviation  
 43 Abbreviation for two different countries

## A Singer/Songwriter Scene

By Darlene Schneider, Eastside Marketplace Marketing Director

The talent of a songwriter is unparalleled – it takes infinite ideas, influence from others and above all, internal inspiration.

To recognize those individuals who go the extra mile to write relatable lyrics and then perform them, Eastside Marketplace will be the scene for two Singer/Songwriter Open Mic. Nights. The kickoff event is Friday, April 7 with a special beer garden and appetizers. The music will begin at 6 p.m.

Charlie Sutton, a local singer/songwriter, who has traveled extensively and has spent the last ten years playing in the St. Louis music scene, will

host the event. Sutton's songs are cleverly crafted and his style is unmatched with a mixture of country, folk, rock, jazz, Hawaiian slack key, soul and blues music.

The second Singer/Songwriter Open Mic. Night will also start at 6 p.m. and be held Friday, April 21.

So come listen to Sutton and other local singer/songwriters in April at Eastside Marketplace. Or bring your instruments and a song. For more information call 883-1533.

## Subscribe someone to this newsletter & Send a piece of Moscow to your friends or family!

For \$12 you can subscribe anyone in the US to the Moscow Food Co-op Community News for one full year. *12 issues for 12 bucks -- what a deal!*

Send check for \$12, made out to Moscow Food Co-op, to editor Bill London at the Co-op. Be sure to include the mailing address for the person(s) who will receive the copies.

# Commentary

## Book Review: *Idaho Code* by Joan Opyr

By Bill London

What are the clues that this new mystery book, *Idaho Code*, is actually about Moscow? Well first, the book is set in the mythical community of Cowslip, described as a small Idaho college town with a population of about 25,000. Second, the book and the town are filled with the delightfully quirky crackpots that wander along the edge between funny (ha-ha) and funny (peculiar).

But the best evidence is the fact that the author is our own humor/opinion columnist, Auntie Establishment, whose wit has sliced and bludgeoned

across the pages of the Co-op's newsletter for several years now.

Yup, Joan Opyr brings her steel-toed boots, her wild imagination, and her in-your-face lesbianism to this, her first novel. You will not be disappointed.

Joan carves out some great characters, especially the hero of this mystery, Wilhelmina Hardy, known as Bil to her friends (I would like the book for that alone). Will Bil figure out who is buried beneath the syringa bush? How will Bil "come out" to her parents? Will Bil find true love?

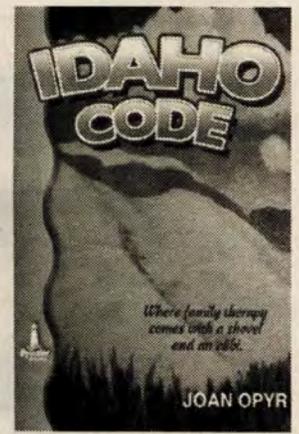
And true to the mystery genre, Joan throws in clues and a twisting plot line that really does keep the reader going. At our house, Gina, the hardcore consumer of mystery books, finished the book in a couple of days, before I even got a chance to grab it. And Gina's verdict: a very good book, with all the right mystery elements and plenty of fun.

I agree. Get yourself a copy, and be prepared for a good read and at least one good giggle.

And be comforted. The really good news is that Bil will be back. Joan is

working now on a sequel.

You can get a copy at BookPeople or borrow one at the Moscow library.



Bill London edits this newsletter and remains enamored with his granddaughter, Leyna Grace, whose bright eyes, toothless smile, and totally-tweakable cheeks enlivened his life during a recent two-week visit.

### Adventure Learning

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Adventure Learning is a non-profit whose mission is to provide an opportunity for people of all ages to learn about themselves and the natural world through exciting, challenging and interactive wilderness experiences.

### 2006 Trips

Visit the website for more information and trip itineraries

April 28 to 30	Kirkwood Ranch Hells Canyon, Idaho
Base Cost: \$60	Beginner Trip—All ages*
May 26 to 29	Wenaha Canyon NE Oregon
Base Cost: \$80	Beginner Trip—all ages
June 12 to 16	Glacier Nat. Park, Montana
Base Cost: \$100	Beginner Trip—all ages
June 21 to 25	Canoe John Day River, Eastern Oregon
Base Cost: \$100	Beginner Trip—all ages*
June 26 to 30	Newberry Crater Nat Monument, E. Ore
Base Cost: \$100	Beginner Trip—All Ages*
July 2 to 4	Climb Mt. Adams, Southern Washington
Base Cost: \$75	Novice Trip—10 and up
July 6 to 9	Backpack Seven Devils Wilderness, Idaho
Base Cost: \$80	Novice Trip—8 and up
July 11 to 15	Oregon Coast
Base Cost: \$100	Beginner Trip—all ages*
July 16 to 20	Olympic National Park, Western Washington
Base Cost: \$100	Beginner trip—all ages*
July 25 to 30	Mt. Rainier National Park, Central Washington
Base Cost: \$120	Beginner trip—all ages
July 31 to Aug 13	Pacific Crest Trail (PCT) 140 miler
Base Cost: \$160	Novice Trip 10 and up Southern Washington
August 14 to 19	Crater Lake National Park, Southern Oregon
Base Cost: \$165	Beginner Trip—all ages*
August 20 to 24	50 mile PCT Backpack in Southern Oregon
Base Cost: \$100	Novice Trip 10 and up

\* denotes that parents are FREE!

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## Off the Record: *Palouse Irish*

By James Reid

This month's review features a CD of Irish music recorded by the local band, Potatohead. The CD, available for sale at the Moscow Food Co-op, includes arrangements of a number of traditional tunes organized onto eleven tracks.

Potatohead, a group that has been active locally since 1994, consists of four musicians: Lisa O'Leary, Doug Lammer, John Watkinson, and Paul Smith. Among them they play a variety of instruments ranging from the common to the obscure including whistles, hammered dulcimer, bodhran, guitar, fiddle, piano, bones, and uilleann pipes. I am going to be rash and assume that everybody knows what whistles, pianos, guitars, bones and fiddles are but I'm guessing that there might be someone out there who has never encountered uilleann pipes or a bodhran.

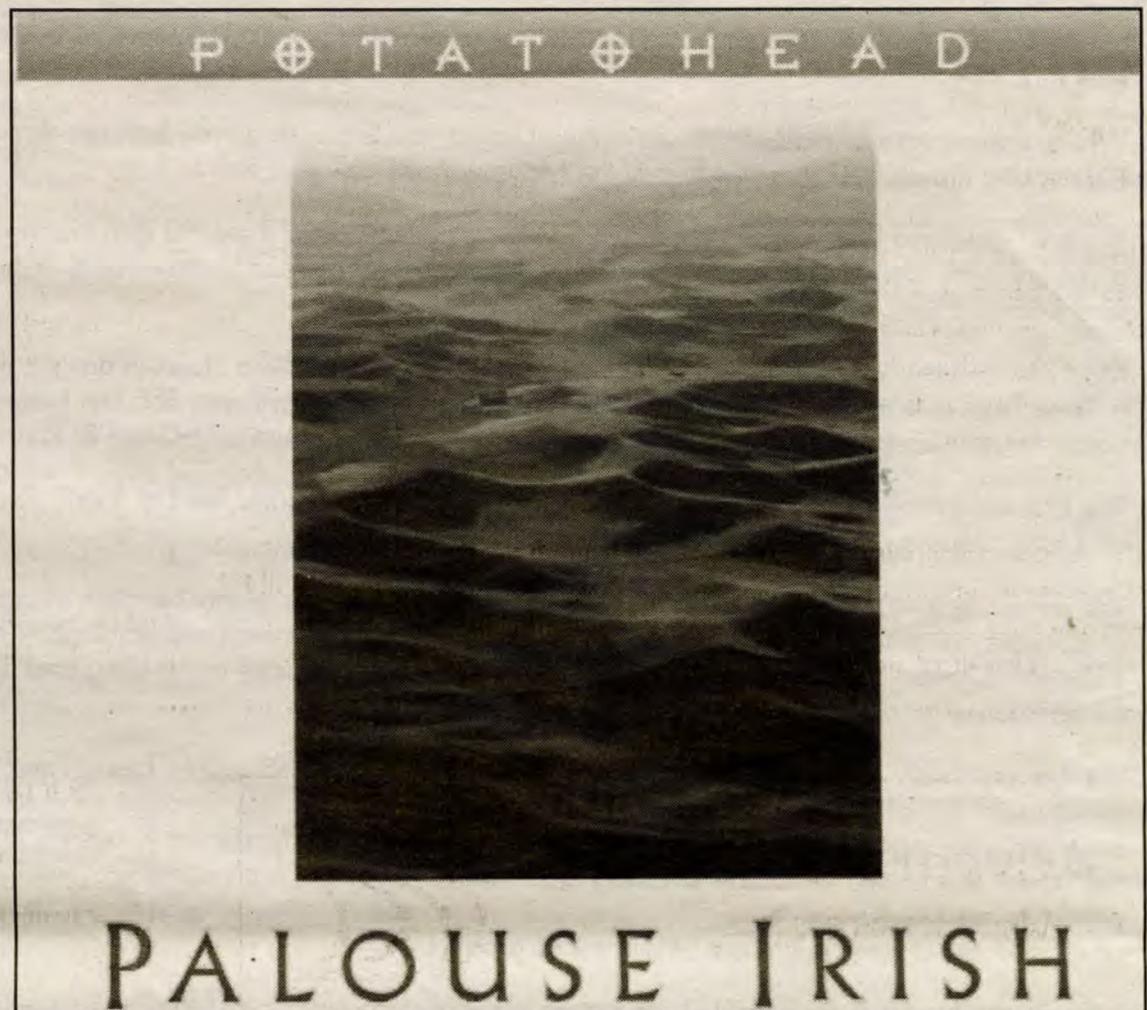
Uilleann is the Irish word for elbow and the uilleann pipes are a type of pipe that resembles a cross between a bassoon and the bagpipes. Since the elbow operates the bellows they are called uilleann pipes! The bodhran (pronounced bow-rawn) is an ancient Irish percussion instrument that consists of a wood frame and a goatskin head played with a wooden "beater." It looks a bit like a large tambourine without the metal bangles.

Although the structure of Irish traditional music is fairly predictable, the arsenal of instruments used by Potatohead allows for quite a bit of variation. Typically, a song will include a chordal background that is used to support a melody that is either played in unison or harmonized by a pair of instruments. For example, in the song "Snowy Path" the guitar enters first playing chords while the hammered dulcimer plays the melody. After a few moments the whistle comes in and plays the melody joined by the pipes while the guitar and dulcimer maintain the foundation. This kind of pattern repeats in most songs but the instrumental combinations change.

Usually, Irish songs contain a number of short phrases of equal length that are repeated and then succeeded by a new phrase. This structure can be clearly heard on the first track, "Nine Points to Roguery/ The Peeler's Jacket/ Trip to Durrow." If you listen carefully, you can hear the change in character that signals the entrance of a new tune.

Aside from listening for the various instrumental combinations and patterns that arise in each song one can spend considerable time musing about the titles of the songs. This CD includes "Fermoy Lasses," "Sporting Paddy," "The Merry Harriers," and "The Peeler's Jacket" among others but my favorite title is "Gander in the Pratie Hole."

Sadly, this will be the last Potatohead recording with the personnel listed here. Doug Lammer, the piper who had been with the group since the late 1990's, has left his position as a post-doctoral fellow in genetics at Washington State Univ. to become a science teacher to under-privileged children in New York City. The other members of the group will continue to be active on the local music scene. Paul Smith, who plays guitar, fiddle, and piano, will be releasing his own CD later this spring containing music he has composed for Seattle performance artist Thomas Arthur. He will also continue to perform with John Watkinson and Lisa O'Leary in a new configuration that includes flutist/guitarist/songwriter David Roon. Watkinson is a professor of geology at WSU and O'Leary is co-founder of the Massage School of Moscow.



*Palouse Irish* was recorded by Paul Smith at a studio in his home and if all the tracks have a fresh quality about them it is because it was recorded without any overdubbing to create a "live" character. By the way, the CD features a gorgeous cover photo (by Alison Mayer) of the Palouse in spring that

definitely conjures images of the old country.

In addition to coaching soccer, James Reid is a referee who can often be seen on the pitch at local matches.

### WSU Organic Farm Project has CSA Shares Available

By Brad Jaeckel, WSU Organic Farm Manager

Veggie lovers who want to get the freshest organic produce on the Palouse still have an opportunity to sign up for the WSU Organic Farm CSA. I will be at the Co-op on April 8 for Taste Fair and you can sign up there, or contact me at (509) 335-3661 or email [jaeckel@wsu.edu](mailto:jaeckel@wsu.edu).

Full shares are \$500 for the season, half shares are \$300. The season runs from early May through end of October. Pickups are weekly, at either the Moscow Food Co-op on Tuesdays, or the Tukey Orchard on Fridays.

# Co-Operations

## Letter to the Editor

On March 13, the U.S. Department of Agriculture confirmed the third U.S. case of bovine spongiform encephalopathy (BSE) in an Alabama beef cow.

While another case of mad cow disease might cause you to pause as you bite into that steak tonight, we want to assure you that the Alderspring Ranch beef you can buy at the Moscow Food Co-op is safe to eat.

We sell "grass fed beef," that comes from young animals (under 24 months old) that have been fed only grass and stored hay, as cattle were a century ago. Since cattle become infected with BSE by eating feed contaminated with the remains of infected cattle, grass-fed cattle are safe from BSE.

Mad cow disease was first found in the U.S. in December 2003, in a Holstein dairy cow imported from Canada. A second case was found in a Texas beef cow in June 2005. Eating meat products contaminated with BSE has been linked to more than 150 deaths from a fatal nerve disease, variant Creutzfeldt-Jakob Disease. Most of these deaths occurred in Great Britain in the late 1980s through the 1990s.

The U.S. banned ground-up cattle remains from being added to cattle feed in 1997. Rendered cattle protein can still be used in hog, poultry, and farmed fish feed, as well as pet food.

We do our best to avoid eating meat we haven't grown ourselves, partly because of concerns about BSE. We have 3 reasons for this concern: 1) possible transmission of BSE due to loopholes and errors at the feed mill resulting in cattle feed that contains protein from rendered cattle; 2) BSE-contaminated imported beef products mixing with beef produced in the U.S.; and 3) the use of old cows which may be infected with BSE for hamburger and other processed beef products.

We are especially concerned about the use of old cows in the food supply. Older cows that no longer serve for producing calves or milk are usually sold as "cull cows" and ground up into hamburger, made into hotdogs, or used in processed foods such as canned soup. Scientists have generally agreed that BSE or BSE-like diseases spontaneously appear in one out of every million humans, cows, sheep and many other mammals. This is why older cattle are at higher risk for BSE. In addition, many of these older cattle were alive before the feed ban went into place. About 5 million of these older cows are slaughtered every year. Because of the mixing that occurs during processing, a single infected cow could affect a large amount of processed product.

We personally ensure the safety of the meat we sell here at Alderspring Ranch. First, we grow all our own animals from start to finish, so we know the complete history of every animal. Second, we do not sell any animals over 24 months old, reducing the risk of spontaneous BSE. Third, we use no commercial feedstuffs, relying only on pasture and locally grown hay, eliminating the potential for contamination at the feed mill. Fourth, all our animals are individually examined and processed at a local USDA-inspected facility. For more information about BSE, check out the Organic Consumers Association website:

<http://organicconsumers.org/madcow.htm>.

You can be assured the Alderspring Ranch grass-fed beef that you buy at the Co-op is safe.

—Glenn Elzinga, Alderspring Ranch, May, Idaho

## **Saturday, April 22** **Celebrate Earth Day at the Co-op**

- \*bike to the Co-op and get a free plant
- \*10am to 4pm, bike repair and tune-up workshop
- \*those who donate a bike to the Village Bicycle Project will receive a Co-op water bottle
- \*Paradise Creek Clean-up
- \*booksigning with Moscow photographer Kimi Lucas, 11am to 2pm



## **The Elephant Man**

WSU Theater Department is proud to present *The Elephant Man*. The play the New York Post referred to as, "A giant of a play...Wonderful, moving, and purely theatrical," is the last production of the 2006 Spring Season. *Elephant Man* will show Apr 6, 7, 8 and 13, 14, 15 in Jones Theater at 8:00 pm. As part of WSU Mom's Weekend, a 2:00 pm matinee will be shown on Apr 8. Tickets are \$10 for adults, \$7.50 for seniors, \$5.00 for WSU students with ID, and no charge for GPSA students. Tickets are available in the Daggy Hall Box Office or at 509-335-7236.

For Info: 509-335-7447

## From the Suggestion Box

**How about a little counter around the outside of the dining wall to set plates on when using the stools?** Nice idea! So nice we went ahead and used it AND added another rail plus counter to the other side of the dining area. Hopefully this will add more eating options as well as keep the chairs and table behaving properly—Kenna, GM

**If the Co-op will buy a new waste can for the café bus area that will not get as grungy and yucky as the present one, I will donate the cost of the new can to the Co-op. As an almost daily user of the café, I really hate using the current waste can. This is a serious offer.** Thanks for offer and we'll take you up on it! Look for the new, improved waste can soon—Kenna.

**Thank you for your steady supply of re-usable containers!!** Thank you for noticing- we've got some great volunteers dedicated to keeping the supply stream flowing. We'll pass on your comment—Kenna.

**Express lane sign should be moved to face front so when people approach they can see it or put the sign on the end of the lane so it is very obvious or paint something on floor so it is obvious. Thank you. I love my Co-op!**

Thank you for your suggestions. We'll keep them in mind when next we make changes to the Front end. We love our Co-op too!—Kenna.

**Organic yoga mats- Green Yoga makes some.** Thanks and I will look into the possibility—Carrie, Wellness Manager.

**Please stock 7th generation shower cleaner in bulk- Thanks!** 7th Gen does not actually offer any of their products in bulk. Perhaps you might write them and request this change—Carrie.

**Bulk Peppermint Oil?** I don't think bulk essential oils would work well for us at this time, but we'll keep the suggestion in mind for a later date—Carrie, Wellness Mgr.

**The Local Music listening station would be great if it were a plug-in unit (so it wouldn't run out of batteries) and if it had BIG headphones.** Thanks for both your suggestions. Next time we upgrade we'll be sure to consider those options—Carrie.

**Please carry fava beans from California Gardens. Another name for them is "Foul Mesdames" @ 0.85**

**Please fully label your breads and other products. Your organic white wheat baguettes use enriched flour. I am allergic to the potato that the B vitamins are grown on and need to know this.** There are more and more allergies and special dietary needs coming to our attention all the time. Unfortunately we are unable to include all the disclaimers and information on the signage that we have. If you have a specific need and the sign isn't specific enough it is best to ask about the product in question and if you would like to place a special order we can usually make a substitution just for you—Aven, Bakery Supervisor

**Please put paper bags by the bread. Who wants plastic?** Well, a plastic bag will keep your bread fresh longer. But, a paper bag works well when the bread is still too warm to go in plastic bag without sweating. We will start stocking paper bags in the bread case for those who want them. Also take notice of the new signs pointing out where all the bags are located!—Aven

**per can.** I'm sorry, I don't have a distributor for this brand—Vicki, Grocery Manager.

**Oh dear oh dear- no spring roll wrappers. It is the only thing your store lacks. Hope to find then the next time I visit your lovely store.** I think I have found a supplier. Look for them soon—Vicki

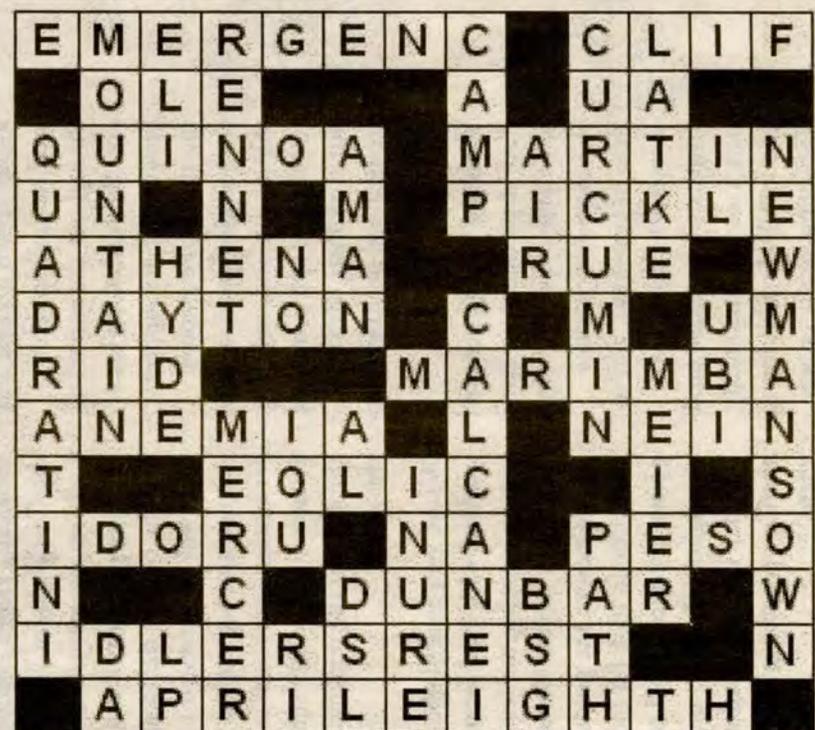
**Liverwurst patè?** We'll see if we can find a clean source for this—Adam, Meat Manager.

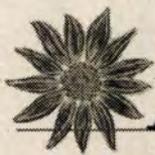
**Please, oh please carry the Shitake Ya Shitake mushroom burgers (patties) again! Thanks.** Our distributor discontinued these so we no longer have a source for them. Sorry—Vicki.

**Could you please carry Brianna's salad dressing chipotle cheddar? It's delicious!** I'm sorry, this product contains sodium benzoate and I'm not willing to carry it in the store. I can special order a case for you—Vicki.

**A gluten-free goodie from the bakery such as a cookie or cupcake.** We have been making cookies and cupcakes and super yummy ganache cake on an irregular basis since the move to the new store. In the works is a small case dedicated to gluten-free baked goods. It will sit on the table with the baguettes and packaged bakery items. We hope to fill it with muffins, cupcakes, a variety of cookies and perhaps brownies. Look for it this month and let us know what you would like to see in it—Aven.

**Would you be willing to make vegan versions of the chocolate chip banana muffins and cinnamon chocolate spelt cookies? I would love to enjoy these delicacies.** We would love to make you a special order batch of just about anything with any substitutions you need. We can take out dairy, eggs, sugar, and/or gluten from many of our recipes. Check out our special order menu for prices and minimum order size. It would be impossible for us to sell both regular and vegan options of everything, everyday but we do strive to provide a variety of options—Aven.





# Bulletin Board

MOSCOW FOOD

moscow food co-op  
121 east fifth street  
moscow idaho 83843

### Vigil for Peace

**Moscow: Fridays 5.30-6.30pm**  
Meetings in Friendship Square and at Third and Main.  
☎ 882-7067 sperrine@potlatch.com  
**Pullman: 1st Fri. of the month, 12.15-12.45pm**  
Under the clock by the Public Library. ☎ 334-4688  
nancyw@pullman.com

### Co-op Taste Fair

**Sat. Apr. 8, 11am-3pm**  
Free samples throughout the Co-op-meet our local producers.  
Also, WSU Organic Farm Project has CSA shares available. ☎ 335-3661

### Co-op Artist Reception

**Fri. Apr. 14th 5.30-7pm**  
Janna Jones acrylic paintings  
Meet the artist and enjoy the opening reception.

### Earth Day at the Co-op

- Sat. Apr. 22nd**
- Ride your bicycle to the Co-op, get bike mechanics' advice, plus get a FREE plant!
- Book signing by Moscow photographer Kimi Lucas of her *Captivating Wildlife* (for sale-\$29.95 each) from 11am-2pm

### 16th annual Paradise Creek Stream Clean-up

**Sat. Apr. 22nd 9am**  
PCEI & the Co-op sponsor this clean-up on Earth Day.  
All volunteers meet at PCEI: 1040 Rodeo Drive. Pizza lunch.  
☎ 882-1444

### Sculpture featured at Third Street Gallery

**Tue. Apr. 3rd 5-7.30pm**  
Opening of a new exhibit of work by local and regional artists. Refreshments served.

### Sirius Idaho Theatre

**Apr. 6th-8th**  
A Walk in the Woods  
**Apr. 13th-15th**  
Collected Stories  
*Kenworthy Performing Arts Centre* \$15/Adult, \$10/Senior, \$5/Student  
Opening nights - only \$5  
Tickets available at BookPeople

### Eastside Marketplace

**Fri. Apr. 7th & Apr. 21st**  
Singer/Songwriter Open Mic.  
Nights with a special beer garden and appetizers from 6pm. Charlie Sutton, a local singer/songwriter, will host.  
☎ 883-1533.

### "Is W

**Thu.**  
NoSuper film at discussi

### Sat.

Everyon are tau East 3r www.p

### The F Tue.

Summit Therapy: 334-4098

### Celebrate Paradise Path!

**Sat. Apr. 22nd 12-3pm**  
Bicycle Scavenger Hunt, Food & Prizes. *Berman Creekside*

### 10th Annual Moscow Hemp Festival

**Sat. April 22nd 10am**  
*East City Park.* 10am food, crafts, hemp stuff, live music.  
Admission is free.

### Palouse P

**Quilt S**  
**Sat. Apr. 22nd**  
**Sun. April 23rd**  
*Latah County*  
Admission \$3.

### One World April Music-I

All bands are local starts at 8.30pm.  
Also, **Thu. Apr.** ...pm  
Bluegrass Jam hosted by the UI Bluegrass Club

### Music at The Attic

**Apr. 2nd**-Andru Bemis  
**Apr. 14th**-Dan Maher  
Cost: by donation

### Music at the 1912 building

**Apr. 23rd**-Jason Webley  
Cost: \$5  
Shows start at 7pm.  
☎ 310-9139

### Latah County Writes! April Events

**Genesee Apr. 5th 7-9pm**  
Paula Coomer workshop  
**Moscow Apr. 8th 9.30am-12.30pm**  
Joy Passanante Workshop at 1912 Center  
**Apr. 9th 4pm** Reading at the BookPeople.  
**Bovill Apr. 19th 5-7pm**  
Judy Sobeloff workshop.  
**7-8pm** Reading  
**Potlatch Apr. 22nd**  
**9am-noon** Pamela Yenser workshop; **1-2pm** reading.

### Moscow Renaissance Fair

**May 6th & 7th**  
*East City Park*  
Free admission, music children's activities, fo  
Web: www.moscowre

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



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