

Day-News
FID
3284
N48

FREE!
PLEASE TAKE ONE

Community News

August 2006

The monthly newsletter of the Moscow Food Co-op

Community Dinners at the Co-op

By Amy Richard, Kitchen Manager

On July 20, we hosted the first ever Community Dinner in the Co-op dining area. What a smashing success! Good food and good times were shared by all. Fourteen hun-

gry people, some old friends and some brand new, sat down together for a good meal and some leisurely conversation.

Dinner was prepared and presented by our chef of the evening, Nikki

Woodland. The food was passed around family-style. Wine was served by the glass by Louise, from Mikey's.

The Co-op will host two Community Dinners in August. The first dinner on August 10th will be prepared by Jim Agenbroad. He will be cooking dinner with a Basque theme including pork tenderloin and featuring Basque cheeses.

The second dinner on August 31st will be prepared by Terry Feigenbutz. He will be cooking blackened salmon and featuring the summer harvest

of local farmers. Save room for the huckleberry-lavender crème brulee!

To make a reservation for \$24 per person (wine sold separately), just ask your friendly cashier. Menus will be posted in the store two weeks before each dinner.

What is the purpose of the Community Dinner? To provide an easy, comfortable place and opportunity to meet other Co-op folks and expand your circle of friends.

Community is such an important part of our lives. And Moscow has such an interesting community of people!

Barbara Wells shared in the first Co-op Community Dinner. Read her report in this issue (on page 23).



Community News

Published by

Moscow Food Co-op
121 East Fifth Street
Moscow, ID 83843
(208) 882-8537

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

Writer's guidelines as well as current and archived newsletter articles are available on the Co-op website: www.moscowfood.coop

For advertising rates and information:

contact Aly Bean at 882-1444 or aly@pcei.org

For letters to the editor:

Moscow Food Co-op
Bill London, Editor
121 East Fifth Street, Moscow, ID 83843
london@moscow.com

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

Editor

Bill London

Issue Editors

Carol Spurling
Carol Hill

Graphic Design

Megan Prusynski

Advertising Manager

Aly Bean

Illustrations

Elizabeth Carney Sowards

Photographs

David Hall

Distribution

Donald Stanziano—Moscow
Kurt Queller—Pullman
Mary Zuber—Lewiston-Clarkson

Back Cover Design

Richard Elgar
events@moscowfood.coop

Webmaster

Bob Hoffmann
webmaster@moscowfood.coop

General Manager

Kenna Eaton (208) 882-8537
(208) 882-8082 fax
kenna@moscowfood.coop

Board of Directors

board@moscowfood.coop
Kim Vincent - President
Bill Beck - Vice President
Will Simpson - Secretary
Phil Ronniger
Kathleen Ryan
Joe Thompson
Donal Wilkinson

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



Happy New School Year

By Kenna S. Eaton, General Manager

August is always an interesting time of year on the Palouse. Not only is it the hottest, the driest and smokiest season, it is also, arguably, the busiest. Or maybe it just feels that way after the long, slow, days of June and July when summer seemed endless and the patio at the brewpub was basically empty.

But as the students return so does the energy and excitement. Suddenly there are trucks driving into town filled to the brim with belongings; college students and their parents can be found all over town stocking up on supplies for the new school year; and the tables at the local restaurants are all full.

Ah, but where would we be without the students and their teachers? Learning is the lifeblood of the Palouse. So with that thought in mind what will new and returning students find at the Co-op besides wonderful food and awesome staff?

Recently we added 10 new bike racks for the bicyclists in us [and we still have the amazing bike/walk/bus incentive program, just ask!] We'll have a great selection of new fun foods to stock your shelves with, fair trade dishes and baskets, and if you have any questions about what we carry, don't hesitate to ask us. We've also ordered some inexpensive, lightweight shopping bags so you won't have to find a way to recycle all the paper and plastic ones.

Shopping is easy at the Co-op and being a member will help you save money. To make it even easier, new and returning students can get a one-month FREE membership simply by showing their student ID card. After that its merely \$10 per year to become a owner/member of the Co-op and continue to reap all the benefits.

We're also planning to attend the Annual Palousafest held on the University of Idaho campus early in the new semester, so watch for us there!

“Shopping is easy at the Co-op and being a member will help you save money. To make it even easier, new and returning students can get a one-month FREE membership simply by showing their student ID card.”

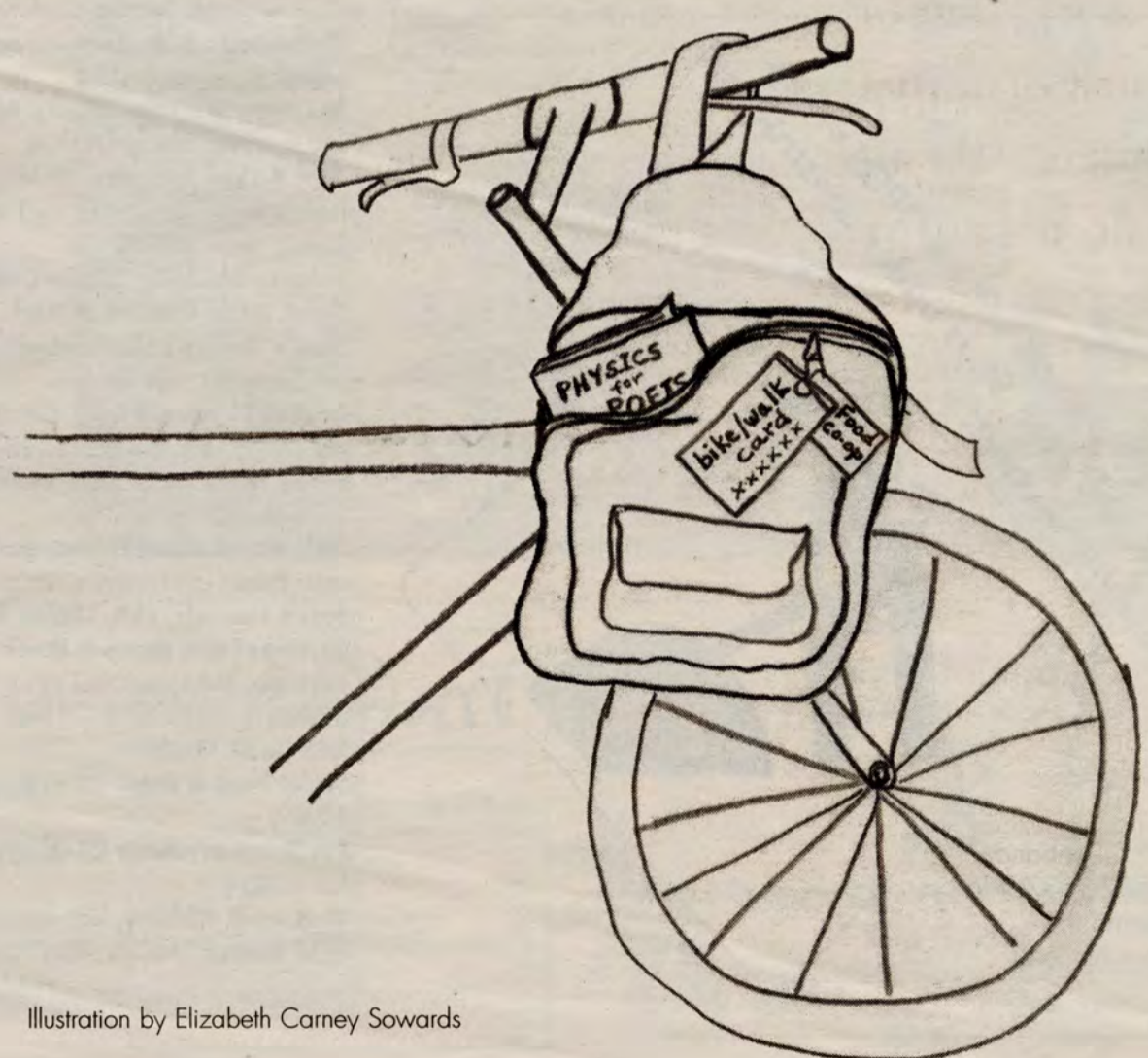


Illustration by Elizabeth Carney Sowards

Co-Operations



Art at the Co-op

By Annie Hubble—Art Program Coordinator

The work of Chantra Melior, photographer, will be on show through the month of August at the Moscow Food Co-op. This is part of the Moscow Art Walk, a wonderful program in which local artists have their work on show throughout businesses in Moscow. Walk around town and enjoy.

Ms. Melior has traveled extensively, spending a year in Maui and two in England. She has helped in many of the local Sirius Theatre productions as stage manager and costume designer, loves

to write, and has her camera with her wherever she goes. With multi interests in life, photography remains one of her favourite pursuits, and has been since she was five years old. Her show will have work from both the past and present. Her subjects are varied: children, scenes, people, and that odd magic moment caught by being in the right place at the right time.

The show will run until Wednesday September 6th.

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

The Co-op will still be OPEN while Washington St. is under construction June-August!



Use the 5th St. entrance & call us (882-8537) for updates during the summer construction.

Co-op Business Partners

A Choir of Angels Massage Center: A 1½ hour Swedish massage for \$49 (reg. \$49/hour), Patricia Rutter, CMT, choiramc@adelphia.net, Almon Plaza Building, 200 S Almon, Ste. 212, Moscow, 208-413-4773

Adventure Learning Inc.: 10% off base cost of any trip, Donal Wilkinson, 310-3010, adventure-learningcamps.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, 1282 Alturas Dr, Moscow, 883-2839

Anna Banks, Equine Massage Practitioner: \$15 off Initial Equine Massage or Reiki Session, Moon Hill Ranch, 1255 Queener Rd, Moscow, 208-875-0109.

Bebe Bella: A Free Pair of French Terry Fleece Nursing Pads with your first purchase, Rebekka Boysen-Taylor, 1220 NW State St #38, Pullman, 334-3532

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

Clearwater Colonic Therapy: Please call for details: Susann Clark, 208-743-5476, 412 Park Ave, Lewiston

Ecostructure Financial: Free 1 yr. subscription to "Matchmaker" Internet Database and Service, Mark Winstein, www.ecostructure.us, 116 E 3rd St, Ste. 212, Moscow

EcoWater Systems: \$100 off softener-reverse osmosis combo & free install up to 2.5 hours within 50 miles, 2 weeks free water to new bottled water customer, Michael Robison, 882-5032, 316 N Main St, Moscow

Erika Greenwell, LMP: First 2 Massages @ \$35 each, 882-0191

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, drmo-fat@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-min. consultation for new clients, April Rubino, integrativemindworks.com, 3400 Robinson Park Rd, Moscow, 882-8159, 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, 883-9933

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

Market 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, 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, 883-1040.

Now & Then Antiques: 10% off any furniture, antique, collectible or gift item in the store (excludes vendor & consignment items). Jeff & Michelle Marks, nowandthen@moscow.com, 321 E Palouse River Dr, Moscow, 882-7886.

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

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

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: 20% off initial life coaching session, 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, 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



Front End News

By Annie Hubble, Front End Manager

I would first like to welcome Gabriella Bedoyan as our new part time floor coordinator. Ida is still working two days a week on the store floor, but is also now working half the week assisting Laura in bookkeeping.

This month I would also like to explain how we are dealing with lost and found items.

More valuable items such as credit cards or purses or wallets are put in the downstairs safe. If we can find any identification, we will call you to let you know we have these items. But do call and ask if you have lost something of this nature.

All larger items such as notebooks,

scarves, coats, (you name it, I bet we have found it!), are put in a crate at the back of the store. If you think you have lost something here, ask a staff person to go have a look. We keep all items 3 weeks, after which we give them to Goodwill or throw them away, whichever is the most appropriate.

All smaller items, such as eyeglasses or keys, (and at last count we had 11 pairs of sunglasses!), are kept in a basket in my office. We wonder how people are managing to drive without car keys or enter their houses without house keys!

Meanwhile, life is good at the Co-op, thanks to our smiling and gracious customers and our awesome co-workers. Come by and see us!

The New and Wonderful Vendor Booth Program

By Annie Hubble, Front End Manager

So far we have a couple of vendors signed up for booths.

Tracey Kamm of 'Tracey's Treasures' will be selling her bead jewelry and crocheted bookmarks from 9 a.m. til 2 p.m. on Saturday, August 5th, and Maryann de Haas will be selling various soy-based soaps and candles and other items on Saturday, August 12th all day.

Nancy Casey will be at the vendor booth from 12 noon to 8 p.m. on Friday, August 4th with a slightly different agenda. She will be asking for donations to help support Haiti, and in particular to bring two people over here from Haiti in August. Learn more

about this at <www.matenwa.org>.

Nancy will have photos, recordings and information about the village she helps to support, and will also have hand-made items from that area as 'prizes' for donations.

As you see, this booth space is being used for various reasons. I am glad to see the response. Ask a cashier for an application form if you are interested in the program.

To Sign Up for a Booth

Ask any cashier for an application form or talk to Annie.



New Tiles Brighten Co-op Wall

By Kenna S. Eaton, General Manager; Photo by David Hall

Our first tile wall (between the produce section and front entrance door) was a success. The tiles, decorated by our creative Co-op supporters, were bright and cheery and a great addition to our new store. We had so many other requests to paint a tile that we did it all again. And now that second tile wall is up for all to see.

The wall is located in the deli recycling area, against the Washington Street wall, above the deli's recycling bins and plate return area.

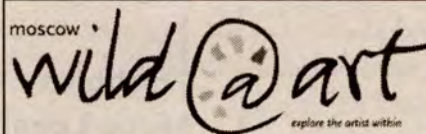
Many thanks to everyone who helped paint a tile and made a donation. Thanks to Lizette Fife, owner of Inhaus, a pottery-paint studio, for organizing the painters and to Ron Williams for installing the tile wall (on his own time!).

Once again it proves that the Co-op really is our community-owned grocery store.



THE HEALING CENTER Dr. Denice M. Moffat

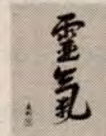
Naturopathic Services
P.O. Box 9151 Moscow, ID 83843
Free Monthly Health Newsletter
www.NaturalHealthTechniques.com
drmoffat@NaturalHealthTechniques.com
(208) 882-3993 9am-6pm M-F PST
For Appointment or Phone Consultations



a pottery painting and mixed media art studio, offering classes, workshops, camps and drop-in fun for all ages

in eastside marketplace
1420 s. blaine street, moscow, idaho
208-883-3405
www.moscowwildatart.com

James Johnson Reiki Master-Teacher



Complimentary Care For Mind Body and Spirit

Reiki Training

Reiki or Reconnective Healing Sessions - By Appointment
208-892-8395 fireheart@moscow.com



T'is the Season for Local Produce

By Scott Metzger, Produce Manager

If you want to support local agriculture, now is the time. The produce department is chock full of local produce, much of which is organically grown. We also support many local no spray growers in the area as well. Look for the following locally grown items for sale in the produce department this month:

Head Lettuce, Kale, Swiss Chard, Collards, Bunch Carrots, Bunch Beets,

Cherries, Bagged salads, Mustard Greens, Mizuna, Arugula, Tokyo Bikuna, Escarole, Zucchini, Bagged Spinach, Bagged Herbs, Cabbage, Beans, Raspberries and Huckleberries.

Huckleberries are apparently fruiting already in Northern Idaho and with so many people asking to sell them to the Co-op, there should be a steady supply of wild-crafted huckleberries for some time.

Internationally, we finally have organic apples again after a lull between the end of Washington storage apples and the onset of fruit from New Zealand and South America. These are excellent quality organic apples, well worth the price. Organic melons are in abundance and the quality is also excellent. Organic figs from California recently showed up and should be consistently available until the end of the season. Organic California strawberries have

been excellent this season but the supply could dwindle as the summer sets in.

If you want the best organic produce available, and if you want to support local agriculture, then drop into the produce department. One of our staffers will be glad to answer any questions you may have.



Co-op "Hot off the Grill" Music and Barbecue "Changing of the Guard"

By Joseph Erhard-Hudson, Concert Coordinator

Long-time followers of Hot Off the Grill know what how important Eric Gilbert's contribution has been to what has become a Co-op institution. He has booked the bands, made the posters and produced the concerts. Basically without him, it would never have happened. Hats off to Eric for his excellent work. We wish him the best of luck as he takes some time away from Moscow to concentrate on his musical career.

I will be producing the concerts beginning in August. I come to the job with some experience, having produced concerts and dances for the Folklore society a few years back. I have also been an amateur musician for many years, and

look forward to being more involved in the local music community.

Helping with the concerts will be Lanny Messinger, who brings his experience as a performer (not to mention his sound system!) as a valuable addition to the concert series.

Scheduled Performers for Tuesday Nights in August

- Aug. 1:** Charlie Sutton
- Aug. 8:** Dan Maher
- Aug. 15:** Fiddlin' Big Al
- Aug. 22:** Bear Grass
- Aug. 29:** Erik Smith and The Yes Men

tion to the concert series.

If you want to know more about the concert series, either as a performer or an attendee, send an email to music@moscow-food.coop.

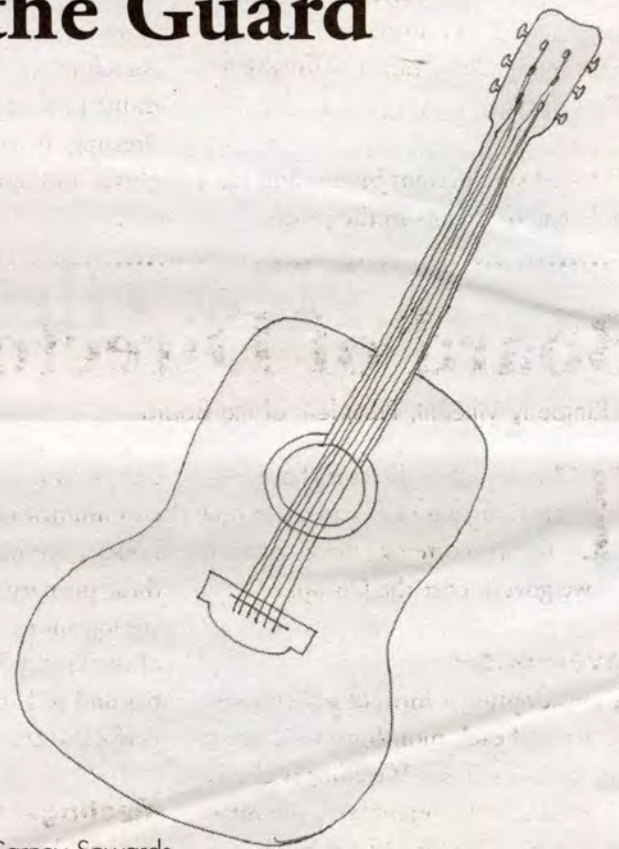


Illustration by Elizabeth Carney Sowards



Patricia Rutter, CMT
(Since '89)

NEW!

A Choir of Angels Massage Center

For Appt. Call 208-413-4773 (Cell)

Special thru Oct. '06:

Reg. \$49/hr. Swedish Massage will be extended
Free extra half hr. for a 1½ hr. session
(\$7 more for "Deep Tissue" work)

Half hr. massage or half hr. Lavender "Herbal Facial" \$25

Hours: Tues./Thur./Fri./Sat. - 11 to 8

200 S. Almon, Suite 212 (at Third St.)
Moscow, ID

Specialty: Neck/Shoulder Work & "Herbal Facials"
Call to ask about upcoming "Couples Massage"...

Something for everyone...

Hodgins Drug & Hobby



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

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

Dependable Prescriptions Since 1890
Special Orders Welcome • Layaways Available

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





Word Of Mouth

By Vicki Reich, Grocery Manager

I'm not sure what has been attracting me to white food for our taste tests lately (I love vegetables very much and they are anything but white) but once again this month I subjected my faithful testers to another white food. This time it was ranch dressing. I think the idea came to me several months ago while I was rearranging the dressings and I noticed that almost every brand of dressing made some type of ranch.

Of course my first question was "which one tastes the best?" The Hog Heaven Handspinners noticed immediately that they were all white but were quite pleased that I had throw in a bag of bright orange baby carrot with which to test them.

We tasted six different brands and ate a whole bag of carrots in the process.

First up was Toby's Ranch Dressing (12 oz, \$3.59) It's thick and dilly. It has a good vinegary taste with a hint of sweetness. Some tasters said it reminded them of salad bar dressing. We sell Toby's out of the cooler.

Follow Your Heart Low Fat Ranch Dressing (12 oz, \$2.45) is also sold in the cooler. It was the only low fat dressing we tasted and you could tell. It doesn't have that rich mouth feel of the full fat dressings but it is good in its own right. It has a good ranch flavor but it does dissipate quickly after the first taste.

Annie's Natural Organic Cowgirl Ranch (8 oz, \$3.39) was quite salty and didn't taste much like traditional ranch dressing. It has a very strong taste of chives and tasted more like tarter sauce.

Newman's Own Ranch Dressing (8 oz, \$2.39) has a really cute picture of Paul in a cowboy hat on the label. The dressing itself was not as cute but it had a strong vinegar and onion flavor. Some tester described it as sharp but others said it was mayonnaisey. I like looking at Paul in my fridge.

Cardini's Parmesan Ranch Dressing (12 oz, \$3.15) was very tasty and liked by almost all the testers but it doesn't really taste like ranch. It is very cheesy tasting which is good if you're not expecting ranch. We were expecting ranch.

The last dressing to accept the dips of our carrots was Drew's Buttermilk Ranch (12 oz, 2.95). It is vinegary and a bit salty but otherwise did not impress the tasters with any other adjectives.

"I'm not sure what has been attracting me to white food for our taste tests lately but once again this month I subjected my faithful testers to another white food."

The moral of the story is...I'm not sure there is one this time. There was no overwhelming consensus among the testers, although, if you don't have your heart set on ranch, you might want to try Cardini's. I personally preferred Toby's if I wasn't watching my fat intake and Follow Your Heart since I am.

Board of Directors Report

By Kimberly Vincent, President of the Board

The board of directors has been making a lot of changes in how we structure our meetings and how we govern over the Co-op.

Governance:

We are adopting a form of policy governance and each month we visit one to three of the policies. We edit for clarity and to ensure alignment with the mission and values of the Moscow Food Co-op. It is very slow going and we will have to have patience as we examine what each policy means and how the general manager (GM) interprets the policy.

Kenna (the GM) has been writing reports for each policy as to whether she is in compliance or not. Her reports allow the board members to determine: where ambiguities lie; what ways the policy was or was not interpreted; and if the interpretation matches the intent. This has turned out to be a valuable way to edit the huge document. But it is slow going. The adoption of policy governance will give structure to how the board governs without becoming caught up in day-to-day decisions.

In previous years the board agreed that is not our job to be involved in product decisions or employee policies. That is the work of the managers. Several of our primary roles are: to ensure the finances of the co-op are being handled responsibly; to oversee the GM and his/

her performance; and to ensure good communication with the members. Policy governance will aid with two of these primary roles by allowing us to communicate clearly the expectations of the General Manager's responsibilities and to better evaluate the GM's performance.

Meetings:

We now have a facilitator, Jan Rauk, who attends every board meeting. She runs the meeting so that all members can fully participate in the meeting rather than worrying about keeping things moving. It seems to be working well and the president can now spend more energy on the business at hand rather than running the meeting. This too is an evolving process since it is new to have a facilitator. We are finding out what works and what doesn't. For example, we can still become mired in old business and reports rather than action items so we are attempting to determine a time line for each agenda, so that we don't get bogged down in old news.

Other business:

The Membership Outreach Committee is designing a survey for shoppers. We will have a survey for members and one for nonmembers to learn more about what our shoppers value (or not) at the Co-op. We will wait until fall when our town is full to the brim again before asking folks to fill

out the survey.

The Sustainability Committee continues to evaluate ways to keep the Co-op true to its values.

We realize the community would like to see 2% Tuesday back in action. However it will still have to be on hiatus, as the Co-op continues to gain strength. We will revisit the issue again in the fall.

Our new board members are adding great strength to the board due to their vast experience in sustainable business practices, running nonprofit organizations and mechanical knowledge (one board member is going to see if it is feasible to rebuild the kitchen's broken Hobart Mixer). With three new members and a whole new structure for governance and meetings, this year feels like a whole new learning curve for returning board members. No inertia in this board.

Please let us know if you would like to attend a board meeting or have any questions for the board. You can reach us by email board@moscowfood.coop.

Throughout the fall, we will attempt to have a regular schedule for our monthly meetings, but due to changing work schedules it seems we must change our meeting times each semester.

**Herbal Wisdom Classes
With Herbalist
Linda Kingsbury Ph.D.**



Holistic Nutrition Series

Herbs for Women

Herbs for Pets

Herbal Gift Making

Aromatherapy Basics

Detoxification Programs

www.spiritherbs.com
208-883-9933



Most Colorful

Little Shop Downtown!

Check out our bigger store!

Behind Mikeys Gyros,

527 S. Main

Monday-Sat 11:00-5:30

**Don't forget - co-op members*

get 10% off!

208-883-4779

www.tyedye-everything.com



Personal Care Corner: Is Fair Trade the Only Way?

By Carrie A. Corson, Personal Care Manager

Here are a couple of recent comments/suggestions found in our suggestion box. I thought the response required more than one or two sentences since it's a hot topic of debate.

"Nice to know Burt's Beeswax is still made domestically. Do we really need to stock Northern Lights Candles holders made in China?"

While Burt's Bees no longer manufactures beeswax candles it is nice to know that their other products are still made domestically. You might however, be surprised to know that they are no longer independently owned, but are now owned by a corporate investment company. Things change, even for Burt. Strictly speaking, no, we don't need to stock Northern Lights Candles candleholders. This leads to a bigger discussion you will find after this next comment.

"I recently returned from a Pacific NW tour in our car. We visit lots of Co-ops. It was fun to see all the different styles. Of course I love our Co-op the most. It is our second home. We are hoping you will hear a few small suggestions. Could you please stop carrying the Looney Tunes purses and junk made in China. There are so many cool fair trade items out there. I know you carry many fair trade items but let it all be

and commit ourselves to it. And could we increase the kitchen items to include decent mops, brooms and such made with eco-material and also increase the book selection. Thanks for all your hard work. We love our Co-op!"

While I completely understand the arguments for not buying items made in China, I don't believe that the majority of our members would only want to find fairly traded mercantile items here at the Co-op. Not because they don't care about the plight of the labor force in other countries or because they agree with China's invasion of Tibet, or the corporate takeover of the world, but because the reality is that it is just not practical. As you point out there are a lot of "cool" fair trade gifts, however, there are not a lot of different types of these items. For the most part they are not mass-produced, they are often traditional craft items, and artisans are limited in what they make by the available materials and equipment in their area.

Where would our members go to purchase their Melitta coffee filters, their natural fiber veggie brushes, their natural fiber bath accessories, sushi mats, chop sticks, their everyday house wares like mixing bowls or spice jars? At this time there are very few fair trade alternatives available for these types of products. That does not mean that people

would necessarily choose to do without them. Would it be better to send shoppers who request these items to a large chain box store that sends its revenue to the corporate coffers? I don't happen to think so. I think that it is better that they find these everyday items here at the Co-op where their money will stay in this community and help fulfill the mission of the Co-op.

That said, it is true that we carry items that are not necessary to everyday existence. Perhaps this is what you refer to as "junk made in China." I happen to believe that our gift selection reflects the diversity of our membership. Sometimes, consumers want something that is not necessary to everyday existence. They want to adorn themselves or a loved one, they want a pretty candle holder, or a fun purse.

In providing these items, we do try to support as many companies as we can that donate a portion of their proceeds to causes in line with Co-op values. We try to support small, regional companies like Down to Earth Distributors, which provides a good number of jobs in their local community of Eugene, Oregon. Companies like the one that manufactures the Earth Ball, in order to raise awareness of our planet. Even though both of these companies distribute items made in China.

"While I completely understand the arguments for not buying items made in China, I don't believe that the majority of our members would only want to find fairly traded mercantile items here at the Co-op."

I guess the bottom line is that as a retail buyer, I do not feel that it is my job to be the conscience of our shoppers, by only offering them one choice. What I can do is offer a good selection of available fair trade gifts. I can continue to educate people on what it means to purchase fairly traded items, and encourage them to make fair trade a part of their shopping choice. If consumers continue to purchase fair trade gifts, the demand for these items will grow, and with the demand will come a more diverse selection.

As to your request for mops and brooms made of eco materials. I find very little information on this type of product. If you saw something on your travels and can provide me with a name brand, I will see about carrying them.

Due to shelving issues, our book selection has been limited. We continue to try to resolve these issues and hope that we can offer more books soon.

From the Suggestion Box

Tabouli in bulk would be great! We'll bring it in as soon as a bin opens up. -Vicki, Grocery Manager.

Bread Slicer back by the bread cabinet? Less crowded up front that way. Thanks... We took a look at the area around the bread case and there isn't really a good spot to put the slicer. I think it would be even more crowded in this area. When it's near the registers there is always someone there to help show customers how it works. -Nikki, Deli Supervisor.

Pesto Cheese Roll Sandwich (like the bagel sandwich). Sure! You can request it when you order it at the sandwich bar. We'll be happy to make for \$1 extra. We can even grill them, just no half orders please. -Nikki.

Please lower the volume on the Tuesday music. We came to eat and are leaving without eating because it's just too cotton pickin' loud. Thank you. We will keep the volume lower from now on. -Eric, the Music Man.

The express lane needs to read "6 items or fewer" not "less." The use of less in this case is poor English. Thanks for pointing it out. We'll correct it the next time we update our signs. -Kenna, General Manager.

Looking for blue potato chips-not dyed, the real thing. Thanks. (I noticed you carried a brand that makes them.) Look for them with the other Terra Chips. -Vicki.

Any possibility of non-alcohol wine? Ariel is the best. I don't believe any of my distributors carry a non-alcoholic wine but I will check and bring one in if it's available. -Vicki, Wine Buyer.

I was looking for fruit juice sweetened cookies and couldn't find any w/out cane juice or sugar. Only sugar free option is PB in the Deli. Please consider for shelf and bakery. Thanks! The Barbara's Fig Bars and the Heaven Scent Windmill Cookies are both sweetened with fruit juice only. I will look for more sugar free options. -Vicki.

At the old store you had Café Yum! Sauce but I'm guessing you stopped because it didn't sell well. Could you try it again and maybe sample it in the store so people can taste how good it is? Thank you so much! The reason we stopped carrying it in the old store is because our distributor stopped carrying it. It is now only available direct from the company. I don't think we'd sell enough to make it worthwhile to order. You can order direct from their website. -Vicki.

Strawberry Nectar by Bionaturae? I'll buy this stuff by the case! It's here now. -Vicki.

Make the suggestion box easier to find. Three employees/volunteers couldn't find it. I'll make sure it's part of their training, Thanks. -Annie, Front End Manager.

From the Suggestion Box

The dispenser water has a metallic aftertaste. We buy from Rosauers because their tastes ok. (I noticed the café buys Idaho Ice!) The Café buys their water because our reverse osmosis system is not big enough to keep up with the demand. We will monitor the water dispenser to insure water quality. –Kenna.

Is Lt. Blender's huge drinks in a bag really the Co-op way? Or the key chain flasks? I'm not sure where we could stop if we dictated what people should and should not consume. I don't see a big difference selling the items you mentioned and beer and wine. I would hope that our customers drink responsibly. Not selling those items will not insure that they do. –Vicki.

Truly, vegetables are overpriced... this defies the concept of a co-op... The cost of produce reflects what we pay! Organic produce is expensive. There is very high demand in the U.S. and it will increase with large retailers like Wal-Mart demanding more of the organic market. This coupled with a limited supply (though increasing but not as quickly as demand) and the increasing cost of fuel for shipping results in high prices, especially for the top quality produce. The solution? Reduce our dependence on the international market. The likelihood? Slim. –Scott, Produce Manager.

I was at the co-op in Bellingham, WA and they had little metal cups for samples/tasting. Can we get those instead of the throwaway plastic we currently use? Thanks! I talked to the folks at the Bellingham Co-op and they only use those cups for sampling deli items at the counter. It would be too difficult and costly to use them for all of our sampling. I will pass the information on to Amy in the Kitchen to see if we can use them behind the counter. –Vicki.

I wish you would reconsider carrying products marketed toward "tween girls" (10-12 y.o.) The "tween" phenomenon is a market campaign directed at girls, leaving consumers to believe that it is a

developmental stage similar to adolescence. Most "tween" products are beauty aids aimed at girls. Our girls are becoming sexualized earlier and earlier! The line the Co-op carries is "Tween Beauty." I'm sorry you feel this way about this product line. While I agree that companies may be taking advantage of the "tween" movement by making products that target a certain audience that is true of many retail products. If the "mass market" is inundated with these products, it is nice to offer a product with more natural ingredients. Here is what the folks that started tweenBeauty have to say about their company:

"As the mother and brother of a pre-teen, it came to our attention that there was a serious absence of sage bath and body products made for tweens (a child aged 7 to 13). We realized that the majority of the products marketed towards tweens contained ingredients of substantial danger. The growing concern over toxic and carcinogenic ingredients and their use in cosmetics had us worried for the safety of our daughter/sister, as well as for that of all other children.

Thus was born tweenBeauty, our contribution to the health of our children and the environment. Since its inception, we have built our company on values we believe in, and an overriding priority of children's safety. This plays a role whenever we make a decision regarding the company. We are proud of the company we created, and hope that you and your kids enjoy the fruits of our labor."

I would encourage you to visit their website <www.tweenbeauty.com> for more on this company. –Carrie, Wellness Manager.

Moscow Food Co-op t-shirts (like the ones at One World Café). A woman suggested that we have store t-shirts because she would love to show her support for the Co-op more publicly. We are looking into the possibility of new t-shirts but probably will not have them before the holidays. –Carrie

Wouldn't a mural on the Washington St wall look great?

Indeed it would, and you're not the first person to suggest it. When I checked with our landlord she like the idea but wanted to approve the mural before we undertook any painting. So maybe next year? –Kenna, GM

Any plans to fill the potholes in the parking lot this summer? How about asking the city to patch along the driveway on the 5th St entrance to the parking lot? (Big holes can trip up bicyclists) We threw some gravel into the pothole in our parking lot but when I asked our landlord about really fixing the hole it turns out it's our responsibility and it'll cost about \$1,000. In the meantime we'll keep trying to fill it up with gravel. And as far as the crevice on 5th St. the City assured me they'll get to it ASAP! –Kenna, GM

It would be nice if there were ice cubes by the drinking water dispenser. Is that possible? There's really no way to keep ice cubes frozen by the water dispenser but you can always ask a server for a few cubes for your water. –Mariah, Service Supervisor.

To carry the Bear Valley Meal Packs in Sesame Lemon flavor once again. Thank you. Peace. Sorry, but that flavor is no longer available. –Vicki.

Please carry Lapsang Souchong tea #2925! I love it in chai. Never fear. It's my favorite tea, too. The distributor we got it from for years discontinued it but we found a new source and it should be in stock by the time you read this. –Vicki.

Forbidden rice. It's a black rice that turns purple when cooked—available at Whole Foods. We carry Forbidden Rice in bulk and packages. Just ask a staff member to help you find it. –Vicki.

Could you stock Morning Star Meal Starters Vegan Chik'n Strips? I can special order this product for you. –Vicki.

There should be a stack of grocery baskets in the back for people who come in needing one thing and end up filling their arms. We'll put some at the end of Aisles 2 and 3. –Vicki.

Zebroff's org jam (particularly apricot and green gage plum) yummm. Sorry, I don't have a distributor for this product. –Vicki.

Readable prices on the products in the bulk bins please. Many are rubbed off. We are re-writing all of the prices in the bulk department. Hopefully it will be done by the time you read this. –Vicki.

Now that there's no longer an ice cream shop downtown, how about ice by the scoop or freshly made shakes? Perhaps next to the coffee? Big seller! At the moment, we do not have enough freezer space to make this possible. Maybe in a year or two we can remodel the service area, but for the moment it will have to remain a dream. –Mariah.

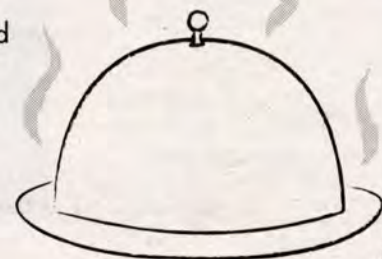
The waterless urinal in the men's room is great but hardly hygienic. It is installed so low that when used urine splashes out on your leg. I wouldn't have known if I had not been wearing shorts - a member. Thanks for your comment. The waterless urinal really is a cool idea. When compared to urinal we took out this version, which uses no water, saves us approximately three gallons at a time. The placement of the urinal meets ADA requirements and thus is accessible to a larger portion of the male population. When I asked a couple of guys on the sustainability committee, they agreed about the splash factor and suggested that our male patrons consider utilizing the urinal at an angle. I didn't press for further details. –Kenna, GM

Join Your Friends, or Meet New Friends, at the Co-op Community Dinner.

Fourteen places will be set at one big table decorated with candles and local flowers, and a four-course gourmet meal served family-style.

Anyone can attend, but attendance is limited to 14, reservations are required. **Dinners are scheduled for Thursday, August 10, and Thursday, August 24.**

For more information, contact Amy Richard or Mariah Hey at the Co-op



Staff Profile: Reid Wright

By Susan Simonds

Meet slim, trim, cook Reid Wright who has been working at the Co-op for about two years. Reid first began to cook as a child for his family when he was growing up in southwestern Colorado. He had quite a demanding set of palates to please: while he considers himself an omnivore and his father is too, his mother is a vegan and his younger sister is a vegetarian.

Despite his home cooking, he never thought he would end up as a professional cook. He got his first restaurant cooking experience at the age of 16 when he was working as a dishwasher in a three star restaurant in Mesa Verde National Park. One night the kitchen was understaffed and out of necessity, he put was put on the line. Reid was

thrilled by the opportunity and a chef was born. In his first job, he developed expertise in Southwestern cuisine and wild game.

Within a couple of years he wanted to get out of town. With all his possessions in his car, he took the road south without any particular destination in mind. "If you can cook, you can get a job anywhere in America." His first stop was Jerome, Arizona, "a really, really fun town, an old mining ghost town they turned into

a tourist attraction." There he met a self-made millionaire who owned two restaurants—a steak house and a restaurant-brewery—and was hired on to cook.

He moved on to Yellowstone National Park where he spent a summer cooking. From there he found himself in Ontario, Oregon, where he briefly went to college, eventually arriving in Moscow 2 ½ years ago. He immediately applied for a job cooking at the Co-op, which appealed to his desire to have freedom and flexibility in the kitchen.

As a Co-op cook, he is responsible for hot food at lunch and dinner. Although he is provided with recipes, he sees them as guidelines rather than directives. He also creates his own recipes. Explained Reid, his own recipes are all in his head: "a pinch of this, a dash of that."

True to his roots, his favorite cuisine is Southwestern due to its synthesis of foods and cultures: Mexican, Spanish, Native American, and European. "It has a lot of flavor, a lot of spice. I like spicy foods." Reid also likes Mediterranean cooking such as Italian and Sicilian, as well as Mandarin, and he recently started making Thai dishes.

Reid started attending the University of Idaho to study digital media with the ultimate goal of making documentary

films, commercials, and instructional videos. He is also a cyclist. A former mountain bike racer from his Colorado days, he likes both mountain and road biking, but work and school leave him little time to train these days.

Working at the Co-op, Reid enjoys the chance to experiment and he enjoys the people. "I like a more relaxed environment as opposed to the corporate cooking environment where you are told what to do. You're supposed to put two ounces of potatoes on the plate, four ounces of meat. I don't like measuring. I don't like that kind of precision because I believe there is a lot of chaos in cooking. You can't really stick to a recipe because sometimes the garlic is more potent than other times and you have to improvise and even if you follow the recipe every time, you come out with something different. Ingredients change. You have to be flexible, adaptable. You have to use your instinct. Sometimes you are pleasantly surprised by what comes out. You don't know what is going to happen. I love to eat. I want to die very fat and very happy."

.....
Susan Simonds loves to eat.



“Reid first began to cook for his family when he was growing up in southwestern Colorado. He had quite a demanding set of palates to please: while he considers himself an omnivore and his father is too, his mother is a vegan and his younger sister is a vegetarian.”



Reid Wright has been a cook at the Co-op for the past two years.

Volunteer Profile: Omie Drawhorn

By Sarah McCord

Was it the Coop's own pesto rolls that brought Omie Drawhorn here from her hometown of Silverton, Oregon? A friend who went to journalism school at the University of Idaho told her about the renowned baked goods when Omie was learning about the area, and she says with a laugh, "I heard about them from a different state—so they have to be good!" She arrived in December 2005, not knowing much more about the Palouse than that.

"I drove here from Oregon, and there is that long stretch where there really isn't anything...I kept thinking 'OK, I can do this.'" The lights of Moscow were a welcome sight after the long empty stretch, and she loves the small-town atmosphere. Omie notes that with two universities so close together there are plenty of cultural opportunities. "And, Spokane isn't too far away if you need some kind of big city entertainment!"

A graduate of the University of Oregon's journalism school, Omie was working in Silverton at a weekly newspaper when a friend who worked for the Lewiston Tribune let her know there was a position available in the area. She applied for, and landed, the job of staff reporter for the Moscow-Pullman Daily News.

Although Omie concentrated on magazine journalism while she was in school, she told me that

"Omie wanted to have another way to get out in the community. She grew up 'eating healthy,' and had kept the habit in Eugene. Volunteering at the Co-op seemed a natural choice."



Omie Drawhorn volunteers in the Co-op Deli during Sunday brunch.

work in newspapers is much easier to find, because so many magazines rely on freelance writers. Moving from a weekly paper to a daily paper was a big change, and Omie's beat—the city of Moscow—has proven to be anything but dull. "It's allowed me to meet all kinds of people I wouldn't know otherwise—and I never know what to expect." She covers City Council meetings, the Moscow Police, and the Latah County Sheriff's Office, as well as community events and local politics. "Moscow is a pretty interesting community," she says, "people care about their community—they are really passionate, and the University brings a unique element, too."

Because being a journalist is a busy job, Omie wanted to have another way to get out in the community. She grew up "eating healthy," and had kept the habit in Eugene. Volunteering at the Co-op seemed a natural choice, because "there is a great atmosphere here—it's kind of a gathering place." Omie's one of the deli servers during Sunday brunch, and says, "It's cool working with the people in the deli, as well as seeing people I

know from other places in the community, and being around all the good food!" When asked if she has any favorites, she concedes that while the pesto rolls are definitely near the top "because you can't get anything like them anywhere else," the hot sandwiches, chicken pesto, and egg scramble with home fries are definitely also on the list.

Omie has been enjoying her first summer on the Palouse. She likes to stay active by running and biking, especially in nice weather. She appreciates all the outdoor possibilities here, and has been spending time exploring the area with an eye out for swimming holes. Although she's still settling in, when I ask about her future plans, she replies, "I can see myself growing with my job. For now, this is a good place to be."

Sarah McCord lives and works in Pullman. She agrees with Omie that the Palouse is indeed a good place to be.



Safer Paint - Healthier People

Safecoat Paints are made **without** hazardous chemicals, and actually seal in outgassing from underlying building materials.

See them in action at The Coop


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



SUMMER TREE & SHRUB SALE

20% off any tree or shrub with this coupon

Prairie Bloom Nursery

"Great plants, good advice!"

5602 State Route 270
Pullman, WA 99163
(509) 332-4425
Open Daily 9 AM - 6 PM

Business Partner Profile: EcoWater Systems

By Jill Maxwell

Is your water causing colored stains in your sink or other plumbing fixtures? If so, August Business Partner EcoWater Systems is here to help. The company offers water testing and diagnosing and has a line of products that can address most residential water problems.

Water quality consultant Mike Robison has been working with EcoWater since January. He has worked in the water treatment field in the past, and began working with EcoWater because he likes its products.

"EcoWater softeners are 60 percent more efficient than any others that I'm aware of," he says. "They remove iron

"Anyone interested in learning what's in their water can have it tested by EcoWater for free. The water will be tested for hardness, iron, pH value, dissolved solids, nitrates and chlorines."

and other minerals. In this area that's very important."

Minerals in water can cause a lot of problems such as sink stains, build-up on glassware, a filmy residue of your skin, and bad tastes and odors. The biggest water problems that residents of the Palouse face are iron and hardness. Calcium and magnesium cause water hardness

deposits.

"The reason it's called hard water is because it's hard to clean with—and clothes don't get clean," says Robison.

EcoWater offers several lines of water softeners and water filters, including: installed water treatment and drinking water systems, from whole home systems to drinking water filters.

Anyone interested in learning what's in their water can have it tested by EcoWater for free. The water will be tested for hardness, iron, pH value, dissolved solids, nitrates and chlorines. If further analysis is needed, the company will send samples to Anatek Labs. Robison will come to your home to do an analysis. Home visits generally take from one-half hour to 45 minutes. Robison stresses that the home visits come without obligation.

"There's no pressure. Every once in a while I don't find anything wrong."

For people who would prefer not to do a home visit, EcoWater also accepts water samples in their offices on Main Street. Robison recommends that people put the water to be tested in a good bottled water container—one that has been emptied and well rinsed, of course.

"We're happy to test water anytime," he says. "Determining the quality of water

is the first step."

Moscow water, according to Robison, is very good compared to most places that he's lived. The pH is 7.2 - 7.5 from most wells.

So, about those stains. Red stains are most often caused by iron in the water; while blue or green stains are caused by copper. Iron in quantities as low as 0.3 parts per million can turn your white clothes a yellowish brown and leave a reddish brown stain in your toilets, tub, shower and sinks. When your water is "hard," iron stains can be even worse. The copper comes either from the element copper in your water supply or from copper pipes that have been corroded by acidic water.

EcoWater is located at 316 N. Main Street in Moscow. 882-5032. Co-op members receive \$100 off a softener-reverse osmosis combo and a free installation up to 2.5 hours if they live within 50 miles of Moscow. New bottled water customers will receive two weeks free water.

Jill Maxwell lives and works in Moscow.



Trust Brian Todd, owner of EcoWater, to test the quality and purity of your water.

Susan Simonds, Ph.D.

Clinical Psychologist

Specializing in:

-Couples Counseling

-Women's Issues

-Writer's Block

619 S. Washington, Moscow ID 83843
208-892-0452

Vegan Bites: Ayurveda & Andrea Bussinger

By Hope Matthews; Photo by Joseph Stengel

Like many vegetarians and vegans, my choice of diet (if not preceded by an interest in natural health) gradually increased my desire to learn more about natural medicines and diets. As a result, this past May I eagerly signed up for and attended an Introduction to Ayurveda workshop, instructed by the lovely Andrea Bussinger.



Andrea Bussinger shares her knowledge of Ayurveda.

Many of you may know or recognize Andrea—she used to work at the Co-op.

Andrea began studying Ayurveda a couple of years ago and found this healing system extremely helpful in creating well-being in her own life. The connection between diet and health & happiness in Ayurvedic medicine seems to be on par with many Co-op shoppers' philosophies, so I asked Andrea if she would be kind enough to grant me an interview in order to generate a little information dissemination about Ayurvedic cooking and diet.

When asked to describe what Ayurveda is in a nutshell, Andrea replied, "Ayurveda is a complete and holistic healing system, originating in Ancient India, similar to Oriental medicine. It shows us how the elements (earth, water, fire, air, and space) work on our bodies. All five elements are also present in our foods and environment, which helps to understand why certain foods affect us the way they do and also how to use foods therapeutically."

Ayurveda not only affects our physical bodies, but all aspects of our being, Andrea explained. What Ayurveda aims to achieve is a balance between the three doshas—vata, pitta and kapha—which are regarded as energetic principles that "regulate every physiological and psychological process in the living organism" (from *Ayurveda: The Ancient Indian Healing Art* by Scott Gerson).

How does this apply on a personal level? Andrea said she has a lot of vata, an air type, so as she started learning about Ayurveda and understanding how body, mind and emotions

work together, she discovered that the Ayurvedic diet helps balance the imbalances of too much vata: fear, physical weakness, and anxiety.

"What makes Ayurveda a great healing system, is its ability to address food, environment, and interaction between people," says Andrea. It is also a diet predisposed to veggie types.

The Ayurvedic diet is naturally vegetarian and organic, while eggs and meat are discouraged. It is not entirely vegan, but kaphic types are generally supposed to avoid dairy. For those individuals who have more vata or pitta, consuming dairy is encouraged, as it is grounding and considered to increase physical stamina. However, it is possible to make substitutions. Rice and soy milk can be warmed or spiced in recipes. In *The Ayurvedic Cookbook* by Amadea Morningstar with Urmila Desai, there are some dairy substitutions already listed in its recipes.

If you are interested in learning more about Ayurveda, there are several books that Andrea suggests. *The Ayurveda Cookbook* by Amadea Morningstar not only provides lots of delicious recipes, but is also a fine introduction to Ayurveda.

Yoga & Ayurveda and *Ayurveda: Nature's Medicine* (a book on self healing) are both by David Frawley and highly recommended.

Better yet, Andrea provides Ayurvedic nutritional consultations and lifestyle counseling, as well as yoga and chakra therapy. Andrea's thoughtfulness, gra-

Mung Dal with Spinach

- ☞ 1 cup split mung dal
- ☞ 4 1/2 cups water (1-2 cups more if needed)
- ☞ 1/8 tsp. hing
- ☞ 1 tsp. cumin seeds
- ☞ 1 T sunflower oil
- ☞ 3 cloves garlic, minced
- ☞ 1/2 tsp. mustard seeds
- ☞ 1 tsp. turmeric
- ☞ 1 tsp. green chili
- ☞ 1 tsp. sea salt
- ☞ 1 1/2 tsp. coriander powder
- ☞ 1 tsp. brown rice syrup (optional, omit for Kapha)
- ☞ 1 T lime or lemon juice
- ☞ 2 cups fresh spinach, chopped
- ☞ Garnish: fresh coriander (cilantro) leaves, chopped

Wash the dal well and put in a pressure cooker with the water and hing. Bring to pressure and cook for 15 minutes. Or, use a regulation pot, bring to a boil, cover and cook until tender, about 45 minutes.

In a small skillet, warm the oil and add the cumin, garlic, and mustard seeds. When the mustard seeds pop, stir in the turmeric and combine the mixture with the cooked mung dal. Add the rest of the ingredients except the spinach and cook for 10 minutes. Then add the spinach and cover and cook until tender, 5-10 minutes more over medium heat.

Comments: This goes well with chappatis and a vegetable side dish. If Pitta yearns for this dish, omit the mustard seeds and substitute 2 T chopped onion for the garlic, sautéing it until sweet, with the spices. It will then be neutral for Pitta.

Sun Balls

Prep time: 20 minutes

- ☞ 1/2 cup, plus 2 T toasted sunflower seeds
- ☞ 1/2 cup shredded, unsweetened coconut (omit for Kapha)
- ☞ 2 or 3 T raisins (omit for Vata)
- ☞ 1/4 cup sunflower butter
- ☞ 1 T maple syrup

Grind the sunflower seeds in a blender to a coarse meal. Mix all the ingredients together in a mixing bowl and press into 1-inch balls. If Kapha, add a little dried ginger.

Fresh Coriander Chutney

- ☞ 1 bunch (1/4 pound) fresh coriander leaves and stems (also known as cilantro)
- ☞ 1/4 cup fresh lemon juice
- ☞ 1/4 cup water
- ☞ 1/4 cup grated coconut
- ☞ 2 T fresh ginger root, hopped
- ☞ 1 tsp. Barley malt and honey
- ☞ 1 tsp. Sea salt
- ☞ 1/4 tsp. Fresh ground pepper

Blend lemon juice, water, and fresh coriander until coriander is chopped. Add remaining ingredients and blend until it is like a paste. Can be stored in a covered container in refrigerator for up to 1 week.

cious personality and gentle presence make her seem like a natural healer and counselor. Many thanks to Andrea for sharing her knowledge with me for this article! Look for her Ayurvedic cooking class this fall at the IAM Holistic Fair, at the Orchard Studios in Moscow. She can be reached at (509) 334-4419 or abusing@care2.com.

(All of these recipes are from *The Ayurvedic Cookbook* by Amadea Morningstar)

Hope Matthews is currently enjoying summer, even in the midst of moving. She can be emailed @ hopeemathews74@hotmail.com.

Corn: Lend Me An Ear

By Judy Sobeloff

Preferences for preparing and eating fresh corn are so personal that I hesitate to broach the subject at all, much less to offer suggestions. But folks, the corn is as high as an elephant's eye right now, so let's throw caution and pollen to the winds.

Unlike almost every other crop we eat, corn originated in the Americas, most likely in Mexico or Central America around 3400 B.C.E., and now grows on every continent except Antarctica. Both a grass and a grain, corn was a staple of native peoples for thousands of years, and is currently the most common field crop raised in the United States. Given the widespread use of corn syrup and corn oil, one "cannot buy anything at all in a North American supermarket which has been untouched by corn" (Margaret Visser, *Much Depends on Dinner*), though, it goes without saying, that's not the case at the Co-op. Corn is widely used in the production of non-edible products as well, such as degradable plastics, ethanol, nylon, wood resin, paints, soaps, paper, antibiotics, and linoleum. Recipes for these not included here.

Given the proliferation of food improvements such as square tomatoes, one might wonder why no one has found a way to dispense with those pesky corn silks. I personally was surprised to learn that these are not merely a decorative accessory but that there is indeed one silk (the "stigma" of the female flower) for every kernel, and that each silk plays a crucial role in receiving pollen from the tassels (the male flowers above). Kernels, the end result of each pollen-fertilized ovary, are always arranged in an even number of rows, with an average of 16 rows and 800 kernels per ear.

"Both a grass and a grain, corn was a staple of native peoples for thousands of years, and is currently the most common field crop raised in the United States."

So, how fresh is fresh enough? Eating corn raw right off the stalk is one of life's great pleasures, and Mark Twain is said to have remarked that the best way to eat corn would be to set up a kettle right in the field. If immediacy proves impractical, one is advised to look for firm green husks and pale silks with only a little green on top and to refrigerate the ears still in the husk

until cooking, because corn loses "up to 40 percent of its sugar content after 6 hours of room temperature storage" as the sugar converts to starch (<www.foodreference.com>). Corn sugar is such powerful stuff that apparently the U.S. Department of Defense is testing its potential for removing toxic materials from groundwater, as its "chemical structure attracts such wastes as solvents, pesticides, and hydrocarbons" (<oklahoma4h.okstate.edu>).

In looking for cooking ideas beyond the usual boiling or steaming (author Mark Bittman asserts "there is no reason at all to boil corn"), I tried an unexciting baked method and a fabulous new huskless grilled method. I resisted suggestions to try boiling corn in water with added sugar to make the corn sweeter, nor was I tempted to soak the corn for an hour before grilling to make husking easier.

As Steven Raichlen writes in *How to Grill*, "A bitter controversy surrounds the best way to grill corn. At the heart of the debate is this: Does corn taste better grilled with the husk or without? Advocates of the former argue that the husk protects the delicate kernels from the harsh heat. Proponents of the huskless school (of which I am a member) point out that corn steams rather than grills in the husk and that the husk blocks out that wonderful live-fire flavor."

While my family has always enjoyed the drama (and ease) of removing the blackened husks, we fully enjoyed Raichlen's (labor intensive!) huskless Parsley-Garlic-Buttered Corn, courtesy of our friend Joe, described by his wife, Amy, as "so good, it's like a whole different thing. I don't think it should be called corn any more."

Remember in asking people how long they boil or steam corn that they may be unwilling to admit the truth, as there seems to be some kind of unspoken machismo in stating a brief cooking time. For those striving to improve the lives of themselves and the people around them, see also the tip at right on how to butter corn on the cob.

Judy Sobeloff remembers when her children's toes were the size of corn kernels, and she wonders why the cobs are called ears.



BUTTERING CORN ON THE COB

Find a wide-mouth jar tall enough to submerge a single ear of corn. Fill the jar full with hot water, and pour melted butter on top of the water. Steam, grill, or otherwise cook corn with the husks on. When ready to butter, peel back the leaves without removing them and make them into a handle. Dip the corn in the jar and as you remove it, it gets a nice coating of butter.

PARSLEY-GARLIC BUTTERED CORN

(adapted from *How to Grill*)

- ✦ 4 ears sweet corn in their husks
- ✦ 6 Tbs. butter at room temperature
- ✦ 2 Tbsp. minced fresh flat-leaf parsley
- ✦ 1 clove garlic, minced
- ✦ coarse salt and black pepper

Set up grill for direct grilling and preheat to high.

Strip back the husks (starting at the top, like a banana) leaving the husks attached at the stem end to form a handle and tie with butcher string.)

In mixing bowl, whisk together butter, parsley, and garlic until smooth and creamy. Lightly brush each ear of corn with some of the butter mixture and arrange on hot grate with husks away from the fire. Grill until kernels are handsomely browned, 8 to 12 minutes in all, turning as needed, brushing with the remaining butter and seasoning generously with salt and pepper. Remove from grill and serve at once.

BASIC STEAMED CORN

(adapted from Mark Bittman's *How to Cook Everything*)

Place the corn in a pot with an inch or two of salted water; it's okay if some of the corn sits in the water and some above it. Cover and cook over high heat until it is just hot, 10 minutes or less (if the water is already boiling when you add the corn, or if you have a powerful stove, the cooking time could be as little as 3 minutes). Serve the corn with salt, pepper, and butter.

Safe, Fresh, Clean & Odor-free!

Drinking Water Systems Water Softeners Bottled Water

EcoWater provides you with quality water options customized to fit your needs keeping your family safe from contaminants like **nitrates, arsenic, chlorine, iron, bacteria** and more.

It's That Good... EcoWater Systems.
Since 1925
www.ECOWATER.com

Call 208-669-0908 today for a FREE in-home water analysis.

Dr. Moss Valentine

▲
ADVANCED
ACTIVATOR METHODS®
CHIROPRACTOR

▼
892-8239

IDAHO LICENSE: CHIA-711

MOSCOW
YOGA CENTER
525 S. Main. 208.883.8315



Fall Sessions begin
August 21

register now, classes fill quickly!

view our schedules online at
www.moscowyogacenter.com

Omnivoria: Peri Peri Pork Chops, Some Hints and Tips

By Nathaniel Orion Cousins

I was looking over the meat counter for something yummy to write about when one of the polite young men behind the counter suggested I try the Co-op's own Brazilian Peri Peri marinated pork chops. One look at these finely marinated chops sitting in the cooler was all it took for stomach to start rumbling. My brain said "but you need to do something with an in-depth recipe for experienced cooks", my stomach said "lime, garlic, peri peri... What's peri peri? GET THEM." In a true testament to my maleness, my stomach won. All is not lost, as I have something better than just any recipe to pass along before the end of this column.

First things first, what the heck is "peri peri"? Well, as plenty of people probably know and I just found out, it is a variety of hot chili pepper popular in many African, Portuguese, and Brazilian cuisines. It is also known as the "African Birdseye" pepper, and is similar in color, size, and heat to a Cayenne or Thai pepper. It is frequently used in marinades for chicken and fish in the Northeast of Brazil, and was certainly well suited to the Beeler's pork chops in our meat department.

I have to say that I was once again impressed by the inherent quality of the Beeler's Pork. I was also impressed with the marinade, an excellent balance of lime and garlic flavors with just a hint of heat from the peppers. Needless to say, I cooked them as they were and served them with a simple potato side

dish and some of my mom's homemade pasta salad. Absolutely a delicious meal and I would recommend anyone looking for a simple meat addition to their menu on a busy night to check out the Co-op's own offerings in the meat cooler. I would also advise asking any questions you want of the meat department workers, all of them I have met were quite knowledgeable and helpful.

When I cook at home I very rarely use recipes so instead of a recipe, I am including instead a list of helpful hints and tips for use by cooks of ANY skill level. A number of these tips are simple little things I have picked up in my almost 17 years of food service and hospitality work. A few are even older, dating back to when my mother taught me to scramble eggs at the age of five.

Seventeen Years in a Nutshell

1) Mise en place. This is French for "all in place," but in the culinary setting the translation is expanded to mean "A place for everything and everything in its place." I don't follow it as well at home as I do at work, but the more you work on it the easier it gets. Knowing where your tools are before you need them is always a good thing, as is reading all of a recipe before starting on it. An excellent example of this concept would be any given cooking show, where they have all their ingredients prepped ahead of time.

2) Knives. A knife's main function is to be dulled. Having a good knife only

"I am including instead a list of helpful hints and tips for use by cooks of ANY skill level. A number of these tips are simple little things I have picked up in my almost 17 years of food service and hospitality work."

makes a difference if you take good care of it. This means knowing the difference between sharpening (removing material to make a new edge) and keeping sharp (using a hone or steel to freshen the edge). Knife storage can be tricky, but what I have found to work best at home is using a slotted wood block, putting the knives in upside down to keep the edges from rubbing on the wood. I would also stress, ALWAYS put your knife down with the edge facing away from you when you are done using it.

3) Pre-mixed Seasoning Blends. This is one of my favorite tricks, making my own blend of dried herbs and recycling an old spice jar to keep them in. My personal favorite is a blend of one part thyme, two parts basil, and two parts oregano. This blend can be readily added to just about ANY cuisine, but it is only the tip of the iceberg as far as flavors are concerned. A good example of this concept would be chili or curry powders.

4) Sticky Pans. In this modern age of

non-stick cook wares this not the issue it used to be, but if you find yourself using a cast iron, stainless, or other pan for cooking foods that stick, make sure the pan is at cooking temperature before you add whatever fat or oil you plan on cooking with.

5) Runaway Cutting Boards. If you are using a hard cutting board on a hard kitchen counter, the board is going to slide all over the place when you go to cut on it. Simply put a damp paper towel under the cutting board, problem solved.

6) Have Fun! Cooking good food for friends and family is a precious thing. Plan ahead, stay organized in the kitchen, and enjoy creating feasts of synergy, dishes that exceed in flavor and substance their base components.

Nathaniel is retiring from writing Omnivoria and moving on to other challenges in the kitchen and elsewhere.

Eurasia to Moscow: Potato Pancakes

By Karon Szelwach Aronson

When we cook or share a recipe we are invoking memories. For me, there is forever a poignancy associated with my mother and father with the memory of favorite foods - like potatoes - that permit me to touch the comfort of my childhood. How deeply imbedded family and friends are within the five tastes that give us the memories of life: sweet, sour, salty, bitter and pungent. When feelings for food fill our heart with family and friends, the desire for diversions or danger to take our breath away cease to be important because we are warm with the human touch.

Potato is perhaps the most versatile starch but nutritionists have maligned it lately because our common tubers contain little color. Newer purple gold and red varieties may change the perception of the potato as being without anything

of value but calories.

What follows is a recipe for authentic potato pancakes using russet potatoes. They are delicious if not low calorie and perhaps after mastering the basic recipe you can experiment by adding potatoes with color.

Once I saw a recipe for potato pancakes with carrot grating added which made them sweeter. They are best served with the highest quality sour cream or applesauce because the potatoes take on the taste of the sour cream and sweet apples - taste memories for life.

K.S. Aronson, M.D., J.D. is retired from the practices of medicine and law. She attended medical school in the early 1970s before nutrition was taught. She writes and watercolor paints.

Potato Pancakes

3 cups peeled and grated raw potatoes.

Using the finest grate, hands rub the potato into the grate to give a liquid mash of sorts. Drain excess water if very wet.

Add one large or two smaller eggs well beaten

Add two to three heaping tablespoons of flour to soak up the water and make a thick batter.

Drop the mixture into ¼ inch of hot oil preferably melted shortening sticks. Test by dropping a bit of batter and watching it crackle and brown up. Spread mixture thickly and fry both side until crisp and golden brown. Drain on brown grocery bags and serve. Add more cooking oil as needed.

Clearwater Colonic Therapy

Life Begins And Ends In The Colon

I-ACT National Certified Colonic Therapist. Colon Health emphasizes prevention, but also promises relief from these afflictions: constipation, diarrhea, fatigue, depression, prostate trouble, allergies/sinus, digestive problems, headaches, overweight, and numerous other ailments.

**412 Park Avenue
Lewiston, Idaho 83501
208.305.6705**

New Local Business!

The Universe in a Block of Tofu: Frosty Treats of Life

By Rachel Clark Caudill

Double, double toil and trouble;

Fire burn, and caldron bubble.

Cool it with a baboon's blood,

Then the charm is firm and good."

—William Shakespeare

Baboon's blood...human blood. When blood boils in sweltering August heat—or in the heat of the world's pain—can it ever cool down, slow down, settle down? The charm is firm and good when the blood is cool...cool man, chill. Rime to the sublime.

Sizzle. Crisp. Scorch. The brutal August sun—the suffering, the wars, the ruins and spoils—strike my blood with fever. And I snap with boiling blood sap, naked toes beating a torrid rhythm of fear against the bone-dry earth.

It's hot, hot, HOT. Too hot!

But wait! My body breaks. My mind recoils. Beyond hot! Stop! Toes touch the ground. Blistered acceptance. I sit. I stay. Panting fast. I've been waiting to inhale.

This is my blood. Drink. Do this in memory of me.

I drink breath. The blood of life courses the planet with its healing beat. The cool winds penetrate my lungs, blow into my heart. Open me.

Sweet relief. Awake, I know I can choose.

And now when the heat rises, I see it coming, and, rejoicing, I seek the cool frosty treat of life. Now I can plunge into the cold dark river, diving deep beneath the heat, to touch the core—the breathy rush of love.

And in the crispy, dry August furnace—the late-summer Palouse kiln—I switch the setting to ice. Cooled, the charm is firm and good.

The Chilled Treats of Life

Here's an invitation to seek the shade, to shun burn out, and to celebrate the hard sun by turning your cold shoulder toward delight, to sweet relief. I offer you a flock of delectable frosty morsels, calling you to flight...

Rachel owns up to her writing this month with a change in the name of her column. Tofu, though always present, is more here than fermented soybeans. It is one of her gateways to revering the hum of Life.

Frozen Raspberry (?) Tofu

Adapted from <Cooks.com>, this simple freeze celebrates tofu and our local, delectable raspberries. That hard sun bestows the nectar of the gods hanging plump and ripe from ivy green vines. Pluck, freeze, create, and feast. Divine!

- ✦ 3 C frozen raspberries
- ✦ 1 C drained soft tofu
- ✦ 1 tsp vanilla extract
- ✦ 3 tbsp of your favorite sugar, divided
- ✦ orange juice (optional and to taste)

Into a food processor, toss raspberries (really, they must be frozen!), tofu, vanilla, and about a tablespoon of sugar. Puree until smooth. Add additional sugar and/or orange juice to taste. Serve at once in jelly jars (frost them by placing in the freezer for 10 minutes first). Now for the question mark: use blackberries, pitted cherries, strawberries, blueberries, or any other luscious berry to suit your own cool ways. Enjoy the succulent summer relief!

Ginger Peach Frozen Tofu

Also adapted from the folks at <Cooks.com>, this slushy sweet delicacy will plunge you to cool and heavenly stillness. Savor at your leisure...preferably expansive freedom from tasks, with time to breathe tossed in.

- ✦ 1 C tofu
- ✦ 2 peaches, sliced
- ✦ 1-2 tsp minced fresh ginger
- ✦ 1 Tbsp freshly squeezed lemon juice
- ✦ 1/4 C honey
- ✦ 1 Tbsp oil (like cold pressed safflower or canola oil)

As before, toss it all in your food processor (or a bowl in which you'll use an electric beater). Puree until smooth. Freeze until slushy, then reprocess and freeze again. While you wait, take time for yourself to cool down, relax, and taste stillness. For a creamier texture, process a third time just before serving. Serve as above.



Frozen Lemon Cheesecake

This one, I admit, is my favorite and the reason I wrote this whole column. 'Nough said...

- ✦ 1 large block extra firm tofu
- ✦ 3 fresh lemons, squeezed
- ✦ 2 Tbsp honey
- ✦ 1 4 oz pkg instant lemon pudding
- ✦ You favorite sun-soaked berries (optional)
- ✦ 1 prepared graham cracker crust

Pull out your processor again, and put in the tofu, lemon juice and honey. Mix well until smooth. Sprinkle in lemon pudding mix and blend until mixture becomes smooth again.

Place in a prepared graham cracker crust freeze for 3 hours. Pull out and thaw for 10-15 minutes before serving. Take your favorite sun-heated berries, and heap them on the frozen wonder, and open yourself to an experience of the sacred.

Frozen Lemon Cheesecake with golden cherries. Mmmmmmm...

In the Garden: A Wonderful Farm

By Holly Barnes

Elizabeth Taylor's small farm is the main supplier of organic produce for the Moscow Food Co-op. A visit to the farm near Santa, Idaho, left me feeling envy for the kind of life that Elizabeth lives.

Her farm is linear, along a creek. Huge cottonwoods and evergreens overlook and wild roses spill onto the land. The rows are straight and productive. The chickens softly cluck, her dogs run alongside. Wildlife is abundant, she has seen cougar, moose, elk and heard bears. The dogs sleep under a huge spruce tree next to the house and protect the garden and the chickens from critters. One of the dogs killed a weasel and a mink trying to get into the chicken yard.

Not quite so welcome a catch was the porcupine both dogs got involved with, necessitating a painful trip to the vet. Deer are kept out of the garden by the dogs so no fencing is necessary. Insect-eating swallows nest in the chicken coop, snakes eat grasshoppers and mice. Water is pumped from the creek. She has few problems with pests because she keeps her plants healthy. Since she spends 6 and a half days a week in the garden her plants are able to tell her what they need.

Elizabeth's gardening year starts in March. She has a little sunroom with a solid roof, which adjoins her house, and she first starts cucumbers, squash and basil. Other plants she grows are lettuce, garlic, peas, beets, kale, broccoli, beans and carrots.

Farming in Santa is a challenge because of the short growing season. It can freeze up until July 4th and the first frost of the year can start anytime after August 1st. When I visited in June it was still around 40 degrees at night so she was nightly putting row covers on the plants that need to be warm, removing them each morning. She succession plants and tries to have produce through the month of October. Elizabeth's garden is small when it comes to organic farms but big enough that she has hired help every day. She enjoys gardening barefoot and the day I was there she was wearing beads.

Elizabeth's mother gardened some when



A suntanned, barefoot, happy Elizabeth Taylor on her organic farm near Santa, Idaho.

she was growing up although they lived in a fairly shady area. Her grandparents had a big garden. Elizabeth always loved animals and plants and liked being outside. When she was a kid she always took jobs that were outside. She grew up in Illinois then moved to California when she was young and that's where her first farming job was, at the age of 19 or 20.

She learned from there and one day rented a little piece of land to grow her own. Organic was just starting in 1980 and she never gardened any other way. She worries about the watering down of organic rules and fears it will invalidate her hard work. She wonders how the mega-farms of tens of thousands of acres can be truly organic.

Elizabeth learns from trial and error, from her own mistakes and others, and from talking to other farmers. She loves the community of farmers at the Moscow Farmer's Market and gets ideas from it. She has always hoed her entire garden but this year is experimenting by mulching with straw some of the plants that will be in the ground for a long time, like kale and broccoli. The

mulching worked somewhat but the straw has been sprouting, more weeds to pull!

She sets aside a section at the end of the garden for experimentation. She used to plant a lot of flowers but found them a little stressful as they took up too much time and space so she has cut down in that area. She still has some sunflowers and cosmos.

Elizabeth supplements her farming income by weaving beautiful willow baskets and tanning hides, two pursuits she can partake in on her front porch which overlooks the creek and where eagles fly by at eye level during the salmon spawning season. This beaded, suntanned, barefoot farmer is happy and fulfilled with her life, and we Co-op shoppers are also the richer because of her.

Holly Barnes walks around her garden daily communing with all the green growing things and dreams of her next life in which she might live off the land.



Movement is Life

Our goal is to make the impossible possible, the possible easy, and the easy elegant.

Individual Functional Integration® lessons by appointment

Awareness Through Movement® Group Lessons,
Monday 10 a.m. and Noon,
Tuesday 5:30 p.m.,
Thursday Noon, and 5:30 p.m.

Tom Bode 892-3400
Elisabeth Berlinger 883-4395
Guild Certified Feldenkrais Practitioners

112 West 4th Street in Moscow

A new project of the Palouse-Clearwater Environmental Institute



the backyard harvest provides a daily collection of ripe fruits and vegetables grown in local gardens and transports them to foodbanks within the Palouse

Call 882.1155 or visit www.backyardharvest.org for more info or to schedule a produce pick-up

In the August Garden:

- ✦ Deadhead roses and perennials to encourage continued flowering;
- ✦ Stop fertilizing perennials and shrubs to harden them off for winter;
- ✦ Enjoy warm summer evenings in the garden whether it be your own or one of the Palouse country's many beautiful parks.

Nature in the City: Funnel Weaver Spiders

By Sarah Walker

The low growing junipers along our sidewalks seem covered with flat white spider webs at this time of year. These are the sheet webs of the funnel-weaving spiders, a large group of harmless native spiders that are yellow to brown colored and about 1/2 to 3/4 inch in size. They spin silk webs to trap insects, starting them in early summer when they are small, young spiders. As the spiders mature through the summer and get bigger they can produce more silk, and make bigger webs. In morning, if there is dew, or during the day as the sunlight hits them, these sheet webs are really conspicuous. I also see them on the grass at the edge of the sidewalk.

To flying insects, the sheet might appear like a good landing pad. But it's an unstable trampoline for insects, hard to walk around on. Below the sheet descends the tunnel where the spider sits and waits. When it feels the vibration of an insect stumbling around on the sheet, it rushes out of the tunnel. It is able to run fast across the sheet, its advantage over the hapless victim. Above the sheet are strung separate silk lines to trip insects flying across the sheet area.

I watched my friend Cheryl trick a spider by gently jiggling the sheet web with a tiny stick. The spider dashed out of its tunnel to investigate, and then just as speedily zipped back inside when it realized it had been fooled. I don't have the patience Cheryl has and couldn't wait long enough or jiggle the web subtly enough to make a spider think I was a fly. We called her the Spider Whisperer after that.

“Spider life centers around their webs. Willis Gertsch, the author of *American Spiders*, says spiders are a “slave to their web” and that they are “incessantly spinning,” mending and enlarging them.”



Funnel-weaver spiders build these flat sheet webs, with trip lines strung above them. Photo by Sarah Walker.

I don't know how a spider would react to that! The types of spiders that spin silk webs to capture prey (not all spiders spin webs), like funnel-weavers, have to work hard, spinning silk and weaving constantly throughout their short lives. Funnel-weavers are thought to live for just one year.

Silk is everything to a spider. In some species the spiderlings (young spiders) ride the winds on strands of silk, an event called “ballooning.” Darwin commented on tiny red spiders landing on the rigging of his ship, the *Beagle*, 60 miles off the coast of South America. Others have reported finding spiders 200 miles out to sea. Another form of travel is when a spider lowers itself from a branch to investigate something near the ground. It spins out a “drag-line” to ride down on and then climbs back up it to safety.

Spider webs come in different shapes. Most familiar is the vertical round orb strung between trees or bushes. This is the spider web on the cover of E.B. White's famous story, *Charlotte's Web*. Other types of spider snares are shaped like tubes, purses, or sheets. Spiders use their silk to spin egg sacs. Spider silk is so fine that is used as crosshairs in lab and survey instruments.


Spider life centers around their webs. Willis Gertsch, the author of *American Spiders*, says spiders are a “slave to their web” and that they are “incessantly

spinning,” mending and enlarging them. The word spider comes from “spinder” or “spinstler” meaning, one who spins.

The spiders that cover our grass and shrubs with sheet webs in the fall are probably not the bothersome Hobo spiders feared by Palouse residents, although both are funnel-weavers. Hobo spiders are European, and generally build their webs in a crawl space or shed instead of out in the open.

Charlotte's Web is one of Sarah Walker's favorite books, and she considers E.B. White a genius.






medela®

Pump In Style®

The #1 selling personal use breast pump



Full line of Medela® pumps and accessories
Daily and weekly rentals
10% discount on any Medela® purchase for Co-op members

Sid's Professional Pharmacy
825 SE Bishop Blvd. Pullman, WA
509-332-4608

Letter from the Land: Life from a Tick's Point of View

By Suvia Judd

“**I**ck, tick!” I feel a little “tickle” in my scalp; just some leaf or twig from my walk on the mountain, I think. I pick it out with my fingertips. It wiggles, and I look and see the flat body and eight tiny moving legs of a tick. Now the nerve endings all over my body are on alert, and I pat myself down and pull back my clothes. Fortunately, I don't seem to attract ticks a whole lot. According to Dr. Glen Scoles, a USDA tick researcher, ticks do seem prefer some people to others.

Ticks are arachnids, cousins of spiders. In the Moscow area we have three species of ticks. The Rocky Mountain wood tick, *Dermacentor andersonii*, is a native tick species whose adults are out looking for a blood meal in late spring and early summer.

A relative with a similar lifecycle is the American Dog tick, *Dermacentor variabilis*. The third tick, *Dermacentor albapictis*, commonly called the winter tick or moose tick, is seen feeding on large animals in late winter.

Rocky Mountain wood ticks are first noticed in late spring as adults begin seeking out large animal hosts. Humans, dogs, and farm and wild

animals are all host candidates. (Ticks have organs on their front legs that sense carbon dioxide, host odors, and the heat of warm-blooded animals.) The female tick crawls around on the host and finds a good place to attach, a behavior called “questing.” It sinks in its mouthparts, and secretes a semihard “tick cement” to hold it in place. The female must feed for seven days; in fact, neither male nor female ticks are able to pull out in response to an adverse stimulus.

When a female wood tick attaches and begins to feed, biochemical changes follow which allow it to expand to contain its meal. When partially fed, the female begins giving off pheromones that attract the males. Male ticks need a smaller blood meal, which gives them energy and triggers the transformation of the sperm into a mobile, ready-to-fertilize form. The males attach and feed for a couple of days, and then, as they sense the pheromones of the females, they begin wandering over the host looking for mates. Mating occurs while the female is attached to the host, and may occur with multiple males. The female keeps feeding, dropping off at seven days to lay her eggs. Males, after the one feeding, may mate multiple times, hanging out around for

weeks before they drop off and die.

Meanwhile, the eggs hatch and the larvae attach to a small mammal like a mouse or a squirrel. After a single blood meal, a larva drops off, and the meal triggers the molt into a nymph. If a nymph finds a host by fall, it has a meal, drops off, molts into an adult, and the adult overwinters in the soil. If unfed, the nymph overwinters in the soil and finds a host and transforms in the spring.

American Dog ticks in our area are seen around residences with dogs. Non-natives, they are arriving on dogs from East of the Rockies or from the California coast. They tolerate hotter, drier sites than wood ticks, and numbers of questing adults peak a few weeks later. Adapted to dogs, they also feed on humans and small to medium sized animals.

Winter ticks, also called moose ticks, are dormant all summer, aestivating as tiny larvae in the duff on the ground. In mid to late fall they seek out large hosts like horses or moose, climb on a grazing muzzle, and settle in for the winter. They spend all winter on one animal, having a blood meal before each lifecycle event.

“According to Dr. Glen Scoles, a USDA tick researcher, ticks do seem prefer some people to others.”

In late winter adults mate, and the females drop off and lay eggs, which hatch and “oversummer” as larvae. Sometimes horses are seen covered with engorged moose ticks in February or March. Moose populations may suffer die-offs, as animals with thousands of ticks succumb during this season of scarce forage.

So who eats ticks? Their biggest predators are probably ground-feeding birds, including pheasants, quail, grouse, turkeys, robins, towhees, etc. Parasitic wasps use tick larvae in some regions. And in places in the south, Dr. Scoles tells me, the alien fire ants have completely wiped out ticks!

Thanks to Glen Scoles, Bill Foreyt, Ed Bochinski, and Tieg Ulschmid, and a little book by Roger Drummond.

Suvia Judd acquires her ticks mostly on Moscow Mountain.

Critter Corner: Eight Legged Vampires

By Janice Willard, DVM

While I enjoyed most of my classes in vet school, I'll have to admit that one of them, Parasitology, gave me the willies. The problem was that I really don't like creepy crawlies. And I am not alone in this. But whether you care for them or not, creepy crawlies will find you, and, particularly if you spend any time outside or have pets, one common creepy crawly that you will deal with is ticks.

Ticks are important to understand and control because not only are they nuisance parasites of domestic animals and people but they also are capable of carrying and transmitting, that is, being a vector, for a number of diseases. Plus they can also directly cause illness. There are regional differences around the U.S. as to what tick is a possible vector for what disease in that area, however it is important to note that these are not static boundaries. A number of tick species have been documented to be increasing their geographic range and frequency of occurrence.

The Palouse region currently does not have the *Ixodes* species of tick, which

is the intermediate host for Lyme disease. However, on the west side of the Cascades, *Ixodes pacificus* tick is present, which can be a vector for Lyme disease. We do have several ticks of the *Dermacentor* species present and *Rhipicephalus sanguineus*, the Brown Dog Tick has been reported. These tick species have been demonstrated to be vectors for a number of human and animal diseases.

Of course, it is important to know that not every tick is infected and not every tick bite transmits disease. However, a rule of thumb is that the longer an infected tick stays attached to a host, the greater the likelihood of it transmitting disease. The less time you or your pet stay in contact with this blood-thirsty parasite, the better.

In addition to transmitting disease organisms, ticks can themselves cause a disease called tick paralysis. The female ticks of a number of species (including *Dermacentor*) produce a neurotoxin and the signs are seen 5 to 7 days after the tick has attached. This toxin causes an ascending paralysis—first the hind legs

are affected and then it progresses forward with difficulty walking and eventually causes paralysis of the muscles involved in breathing. Any host, from llamas to one report I found about a human child in Washington State, can be affected. Removal of the tick brings a rapid reversal of signs. Dr. Bill Foreyt, parasitologist at Washington State University warns that people with longer hair are at higher risk because it is harder to see the attached ticks.

The best defense against ticks is a good offense. Use repellants and when you return from the outdoors, check yourselves, your children and pets. Be sure to recheck a day later in case you missed a tick that has now become attached. If you find an attached tick, it is recommended that you use tweezers to grasp the tick gently near its head and pull it out. Try to not crush the tick during removal and avoid contact between skin and any fluids from the tick. Then wash your hands with soap and water.

Because pets can carry the ticks into our living spaces, consider using a flea

“The best defense against ticks is a good offense. Use repellants and when you return from the outdoors, check yourselves, children and pets.”

and tick product that both repels and kills ticks if they attach and feed on your pet during the spring and summer months. None of these are 100 percent effective but some have been shown to work quite well. The most safe and effective treatments are currently available through veterinarians, so check with yours for recommendations.

Janice Willard is a Moscow veterinarian.

Wild & Free: Rubus Berries

By Sarajoy Van Boven

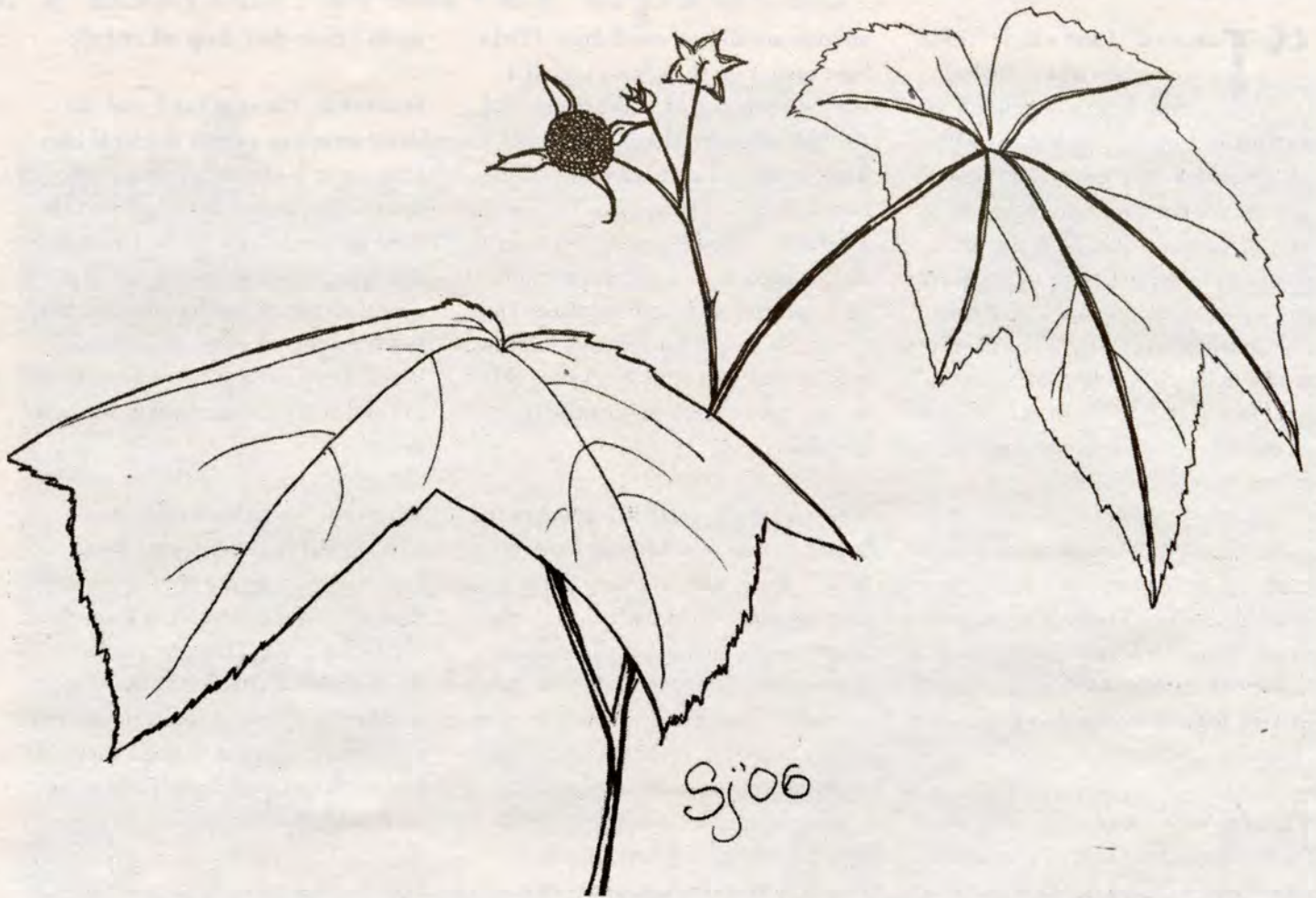
*there is no end,
Believe me! to the inven-
tions of summer,
to the happiness your body
is willing to bear.”*
—Mary Oliver “The Roses”

It is hard to imagine that in six weeks, more or less, frost will be upon us and our feet will get cold again, and also, that our days wandering this earth are numbered. But while we're here, on earth and in summer, we'll want to relish this place. Perhaps the most intimate way to appreciate the summer is to eat it, to take it into your mouth, to taste it, to welcome it into your tummy and make it a part of your body. There will be thorns, thorns aplenty. But the pleasure, I testify before you, is worth the pain.

Blackberries, raspberries and thimbleberries; these gorgeous, generous berries are juicy invitations to satisfaction. Although most of us are familiar with these fruits, we need reminding, reassurance, and encouragement to go out and take what's offered. All of these berries are found locally and are members of the *Rubus* genus, of the rose family.

Thimbleberry, *Rubus parviflorus*, my most beloved *Rubus*, can be found in abundance on Kamiak Butte and Laird Park in late July and early August. They grow 2 to 6 feet tall. Their stalks are often described as “shredded.” Leaves are large and maple-esque with 3-7 lobes with toothy edges. The flowers look like large wild white roses. They come unarmed, although I would risk the bloodlust of thorns to get them.

The fruits are almost like raspberries, scarlet clusters of seed-containing “drupelets.” But they are softer, with a matte finish (rather than gloss), a shallow cup, sort of hairy. Like Zen masters, when ripe and ready, they simply let go and slip off their cones. Your hope is that your hand is waiting beneath it. Their delicacy and drop-at-will style make them nearly impossible to collect en masse, store, dry, jam, or freeze. Even Native Americans in the area did not try to hoard this manna for their long winters. (*Plants of the Southern Interior...* by Lone Pine) Local Native Americans also ate the shoots raw or cooked, peeling them first. Picking shoots can be dangerous as shoots of most everything look like sticks in the mud. Take care; find a patch today and mark it for next year.



The Thimbleberry can be found on Kamiak Butte and Laird Park in late July and early August.

Raspberries grow wild around here and there are a couple different kinds. Each has the characteristic three leaflet leaves with pointy tips, and saw-tooth edges. Trailing Raspberry (*Rubus pubescens*) is the most difficult to spot, as it sticks to the ground, creeping with slim runners. Black cap raspberry, *Rubus leucodermis*, grows dark maroon, almost black raspberries and is easily but not dangerously confused with blackberries.

Red raspberry (*Rubus idaeus*) come with some thorns and grows up to five feet tall. I have found a profusion of it at Laird Park. This was a favorite among local Native Americans with jams, jellies and dried fruit leather. A cough medicine was made from the petals and a stomach remedy from the roots of red raspberry.

Additionally, The Carrier people made a tea from the leaves for issues of the womb. As a two-time pregnant lady, following my practitioner's advice, I daily drank an infusion involving red raspberry leaves. Susun Weed of *Herbal for the Childbearing Year* notes red raspberry leaf infusions impart vitamin C, E, A and B complexes, and easily absorbed calcium and iron, plus many other minerals.

And lastly, the wild edible of most prominence, abundance and popularity: blackberries. These guys are ready towards the end of August in all nooks and crannies. Down along the Snake River, blackberries ripen earlier and Wawawai has a holy host of them piled

along the roads and in the park. We pie them, cobbler them, freeze them for winter oatmeal, and eat them fresh from the bramble. A fully ripe blackberry, warmed by the sun, with a little road dust, inking my fingers; what is it that the gods eat anyway?

If you weren't already planning to do so, you've now been duly reminded and encouraged, I hope, to pick and eat these *Rubus* jewels offered so freely, and to savor the tart sweetness of summer's number days.

Sarajoy lives in Pullman with Huckleberry, Blue, Coyote and King Louis. Can you guess which one is not human?

“And lastly, the wild edible of most prominence, abundance and popularity: blackberries. A fully ripe blackberry, warmed by the sun... what is it that the gods eat anyway?”

Motherwise Midwifery

Homebirth
•
Labor Support
•
Childbirth Education
•
Postpartum Doula
•
Birth Tub Rental

Nancy Draznin, CCE, CLA
(208) 310-3252

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

Co-op Kids!

By Rebekka Boysen-Taylor, Volunteer

The beginning of July found us elbow deep in fresh watermelon, honeydew, and cantaloupe from the produce department. We carved out some delicious, healthy fruit salads that the kids just loved.

I was impressed with how well our little two year-olds were able to manage their melon ballers- and this is an activity that we are sure to repeat later this summer.

A great time was had by all as we met up at Friendship Square for a morning snack and play on the toys. The kids enjoyed climbing, sliding, and looking

at a great beetle brought from home by Sam!

It is always great to see the variety of kids and parents who show up to Co-op Kids and meeting at Friendship Square gave us parents an opportunity to talk while the kids played. From now on I am thinking of having the first meeting of every month outdoors. Let me know what you think...

Come join us August 8th at Friendship Square at 9 a.m. for outdoor play and again on August 22nd at 9 a.m. at the Co-op for Produce Printmaking!

.....
Rebekka Boysen-Taylor, a mama, teacher and crafter is the Co-op Kids! volunteer. Feel free to contact her at amamaswork@yahoo.com.



Ian, Isabella, Joe and Sam relax together at Friendship Square

Meals Kids Might Eat: Nutritious Summer Reading

By Jyotsna "Jo" Sreenivasan

Many of you probably know that the Moscow library is now part of the VALNet system, which means we have access to a lot more books. In my continuing attempt to indoctrinate (I mean, educate) my kids about nutrition, I decided to look up books for children about nutrition in the VALNet system. When I put in my keywords of "nutrition" and "juvenile" I came up with 158 entries! Wow! These include nonfiction books about vitamins and various foods, picture books, and cookbooks.

For this column, I have limited myself to picture books with stories about nutritious eating. Even in this category there are many books. The following are ones we particularly enjoyed. Some of these books are available at the Moscow branch, and some you would need to request from other libraries through VALNet.

The Berenstain Bears and Too Much Junk Food, by Stan and Jan Berenstain
Papa Bear and the kids are eating too much junk food and getting chubby.

Mama Bear convinces everyone to put away the junk, eat healthy food, and exercise.

Blue Bug's Vegetable Garden by Virginia Poulet

This is a very simple book with only a few words per page. There are pictures of vegetables on every page, and my four-year-old son enjoyed identifying the vegetables. The story is that Blue Bug is looking for his favorite food—onions!

Gregory, the Terrible Eater, by Mitchell Sharmat

Gregory is a goat who distresses his parents by asking for fruits, vegetables, fish, and milk—instead of happily eating the clothes, tin cans, and other food "fit for a goat," in his mother's words. Gregory's doctor encourages his parents to feed Gregory what he asks for, and to add only one new food per day. Gregory gets so comfortable with "goat" food that he makes himself sick with overeating. Then he learns the value of moderation.

Growing Vegetable Soup, by Lois Ehlert
This book has simple pictures and just a few words per page. It tells the story of a father and children who grow all the vegetables needed for their soup. However,

the book itself is HUGE (see photo). It is awkward to hold, but your kids might enjoy the giantness of this book.

I will Never, Not Ever, Eat a Tomato by Lauren Child

A big brother convinces his little sister to try different foods by spinning fantastic stories about the origins of the food.

Little Pea, by Amy Krouse Rosenthal
Little Pea hates to eat candy—the standard food for peas (according to this book). But he has to eat his five pieces of candy before he can have his dessert of spinach!

Lunch, by Denise Fleming
Mouse is very hungry, and he eats foods of all colors: turnips, oranges, carrots, corn, peas, blueberries, grapes, watermelon. The book is written so that the color is mentioned before the food item, and my son enjoyed guessing what Mouse would eat next.

The Monster Who Ate My Peas, by Danny Schnitzlein

This rhyming story is about a boy who trades his soccer ball and bike to a monster who eats his peas for him. But when the monster asks for the boy's puppy in exchange for eating the peas, the boy decides he'd rather try to eat the peas himself. And he discovers that he likes them.

Oliver's Vegetables, by Vivian French
Oliver refuses to eat anything except french fries. When he visits his grandfather, who has a huge vegetable garden, Oliver asks for french fries. Grandpa makes a deal: Oliver can have french fries if he finds the potatoes. If he guesses wrong, he has to eat whatever it is he has found. Oliver agrees, and before the week is over Oliver has

eaten, and enjoyed, carrots, spinach, rhubarb, cabbage, beets, peas, and finally, home-made french fries.

Seeds! Seeds! Seeds! by Nancy Elizabeth Wallace

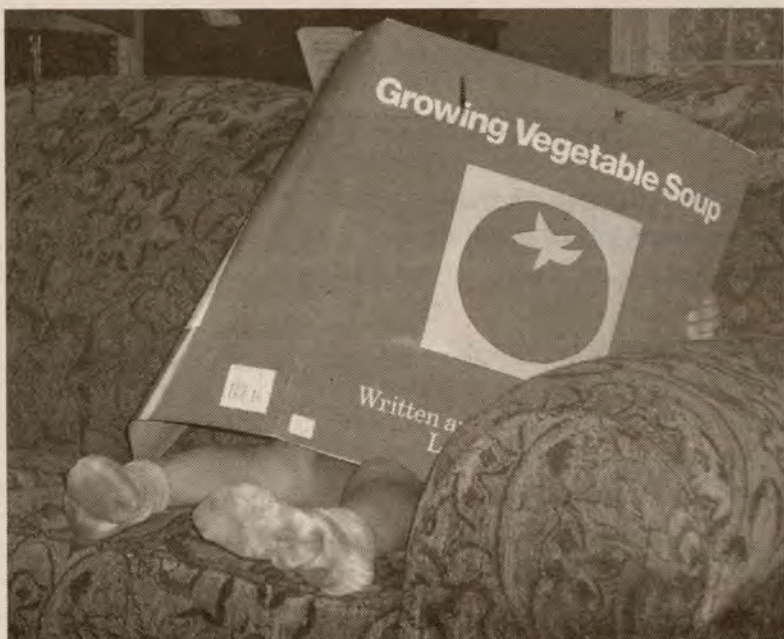
This is a neat book about seeds and the vegetables and fruits they come from. Buddy's grandfather sends him five mystery bags that teach him about seeds. Buddy and his mother also eat various fruits and save those seeds too.

Soup for Supper, by Phyllis Root
A giant steals all the vegetables in the wee little woman's garden, because he wants to make soup. The little woman tricks the giant into giving back her vegetables, and together they make soup.

Sweet Tooth, by Margie Palatini
Stewart is tormented by his "sweet tooth," which shouts for dessert at inappropriate times and gets Stewart in trouble. Stewart is determined to win, though, so he starts to eat only healthy foods. The tooth grows weaker and one day, Stewart vanquishes it completely by chewing on a carrot. I thought this book was a little too sophisticated for my younger son, although both kids liked it.

The Surprise Garden, by Zoe Hall
Three kids plant a bunch of unidentified seeds and watch to see what comes up. The book includes a chart to help you identify the seeds of common vegetables.

.....
Jyotsna lives in Moscow.



My four-year-old is being eaten by a book!

Feeling Alive, Vibrant and Well: Bringing Balance into Your Life; Part 1

By Jennifer Whitney

How many of our activities are enhancing and fulfilling our lives? Do we find ourselves mostly doing three or four activities that are necessary, but also time-consuming? Are you able to find the time you need for yourself? I'll cover some major categories that take up our time followed by some ideas to return that time to you, to use in ways that keep you feeling alive, vibrant and well.

Housework

✦ Eliminate or reduce your clutter. Forty percent of our cleaning time is spent shuffling junk around just so we can clean the areas under the junk. This doesn't even count the time we spend looking for things we need that are lost in those piles. You will feel more at peace if you have less junk to be worrying about and tripping over. (If you need more motivation, read *Clutter's Last Stand*; for a step-by-step guide, read *Not For Packrats Only*, both by Don Aslett.)

✦ Make sure everything has a place and always put it there. The biggest cause of clutter is that the items don't have a home; they are stashed, stacked, shoved and stored in random places all throughout the house. If you love it or need it, give it a home.

✦ Cut your wardrobe in half. Get rid of everything you hate, remotely dislike, isn't your color or style, doesn't fit you, is ripped, broken or missing something (unless you actually plan to fix it today), is high maintenance, and don't need. Also get rid of anything you haven't worn in the past year. The clothes you do keep will be the ones you enjoy, feel good about yourself in, and it will be much easier to find and use them.

✦ One towel and one washcloth per person per week. If your family is using towels right and left, this will greatly reduce the amount of laundry you wash. It will save water, time and money.

✦ Jennifer's personal "Are my clothes still clean" check: if it smells or looks dirty, then wash it. If not, they are worn on another day. We too often wash clothes just because they have been worn; let's wash them because they need to be cleaned! If you've cut your wardrobe in half, and assigned family members towels, your laundry chore could be close to mine at 3-5 loads a month. (Note: I have 3 children under the age of 8.)

✦ Dishes: eliminate the extras. Do

you really need 6 casserole dishes? How about 40 spoons? Dull knives, broken kitchen gadgets, hard to use cheese graters, 600 used cottage cheese containers, without lids? Again, if you haven't used it in the past year, get rid of it!

✦ You use it, you wash it. This method of dishwashing can put a dent in that dish pile, especially if we are persistent with our children. My children still don't wash right after they use, but if they want to use another plate at the next meal, I require they wash the old one first.

✦ Use a highly effective doormat. Eighty percent of the dirt in our homes is tracked in. A good doormat will save you much dusting, vacuuming, sweeping, and mopping. For the best kind on the market, try AstroTurf® doormats. My dejunking guru, Don Aslett, tested these and found the results leaps and bounds ahead of the competition.

✦ Let go of perfection; have reasonable expectations for yourself. It is exhausting having to constantly keep a "dirty" house in check; especially if our definition of dirty was set forth in the advertisements of cleaning product manufacturers. Unbeknownst to us, they have

provided our culture with the standards of cleanliness we judge ourselves by; spotless glassware, mirror like windows, flower scented bathrooms, the whitest whites, the softest soft and the like. We must ignore those, and allow ourselves our own realistic expectations. Start with questions like, "Is my home easily usable and do I feel at peace there?" Find what works for you, so you can devote your energies to bringing balance and well-being to your life.

Other categories I'll cover: Children, Job, Significant Other, Parents/Extended Family/Friends, Volunteer Work.

Sources:

Clean in a Minute; by Don Aslett
Living the Simple Life and Simplify Your Life; both by Elaine St. James

.....
Jennifer Whitney is finding balance again after the shockwave of a move and the responsibilities of caring for her first home.

"Find what works for you, so you can devote your energies to bringing balance and well-being to your life."

IT'S NOT TOO LATE TO PAINT YOUR HOUSE!!

Now offering a full **two-year warranty** for exterior painting if you reference this advertisement.*

Stivers Painting
In business for 25 years

882-5135

Ask our competitors if they have ever had to repaint a house due to product failure or poor workmanship. *We never have.*

We strive to always use the **very best products** available and to take **extra steps** to insure that our work lasts.

Our unique climate in the Palouse requires a different combination of products and processes than in most regions of the country. Regional paint manufacturers are a valuable asset in achieving that goal, as well as specialty products provided by large companies.

But that is only half of the equation. Our family business is blessed with young, strong workers who are careful to do a thorough job. Mixing old fashioned wisdom and experience with youthful energy makes a great recipe to meet your painting needs.

Call us today. We still have openings in September and October.
882-5135

*Complete projects only. We normally offer a one-year warranty. A ten-year warranty is available for an additional charge.

New at the Library

By Chris Sokol, Latah County Library District

“You may perhaps be brought to acknowledge that it is very well worthwhile to be tormented for two or three years of one’s life, for the sake of being able to read all the rest of it.”

—Jane Austen, *Northanger Abbey (1818)*

FICTION

Johnny Mad Dog, by Emmanuel Dongala. A fast-paced coming of age story set amid the chaos of West Africa’s civil wars.

Kiffe Kiffe Tomorrow, by Faiza Guene. A hopeful and intimate portrait of Arab immigrant life, as it follows a 15-year-old Muslim French girl living in the infamous Paradise projects of suburban Paris.

Londonstani, by Gautam Malkani. A novel about young Asians struggling to distinguish themselves from their parents’ generation, in the vast urban sprawl that is contemporary London.

Touba and the Meaning of Night, by Shahrnush Parsipur. In the character of Touba, an intellectually intrepid and spiritually gifted woman, Parsipur distills eight decades of Iranian history.

Winkie, by Clifford Chase. A mild-mannered teddy bear wills himself to life and winds up on the wrong side of America’s war on terror in this funny

and moving debut novel.

NON-FICTION

Spirituality and Philosophy

A Beginner’s Guide to Reality, by Jim Baggott. A unique fusion of social theory, philosophy, and science set against the backdrop of contemporary culture.

The Three Pillars of Zen, by Philip Kapleau. The updated edition of this classic presents a comprehensive overview of the history and discipline of Zen Buddhism.

Food & Gardening

Nature-Friendly Garden, by Marlene A. Condon. How to create a backyard haven for plants, wildlife, and people by inviting the natural world in, rather than battling it.

Melissa’s Great Book of Produce, by Cathy Thomas. Tips on seasonal availability, selecting, preparing, and storing all kinds of produce.

Vegan With a Vengeance, by Isa Chandra Moskowitz. Over 150 delicious, cheap, animal-free recipes, from “Fronch” Toast with Tempeh Bacon to Mexican Chocolate Rice Pudding.

Science and Technology

Desk Reference to Nature’s Medicine, by Steven Foster and Rebecca L. Johnson. An essential source of information and imagery about nature’s astonishing pharmacopoeia.

Earth-Sheltered Houses, by Rob Roy. How to build an affordable under-

ground home, creating a dwelling in harmony with its environment.

High Tech Trash: Digital Devices, Hidden Toxics, and Human Health, by Elizabeth Grossman. What happens when you replace your computer, your cell phone, your iPod, your TV? This book points the way to a smarter, cleaner, healthier Digital Age.

An Inconvenient Truth, by Al Gore. Gore’s battle cry for what needs to be done about global warming.

Voyage of the Turtle, by Carl Safina. An investigation into the unique natural history of the enormous leatherback turtle, the single surviving species of its genus and family.

The Weather Makers, by Tim Flannery. How we are reaching the global climatic tipping point and what we can do to prevent a cataclysmic future.

Miscellaneous

1001 Books You Must Read Before You Die. No time like the present to get started, with this invitingly illustrated, concise guide.

DVD

The Best of Youth (Italy, 2003) Over 6 hours of a popular Italian TV miniseries immerse us in the world of the Carati family from 1966 to near the present day. After a youthful road trip by the two brothers, their paths diverge, but each is carried along by the changing, sometimes violent, political weather of Italy in the 1970s and ‘80s. SEE THIS!

The Gleaners and I (France, 2001). An off-beat investigation of gleaners—those who insist on finding a use for that which society has cast off, whether out of necessity or activism.

Himalaya (U.K., 2004) Encountering extremes of wealth and poverty, altitude and freezing cold in a 2000-mile journey across this majestic region of Asia, Michael Palin once again brings his unique wit, charm and wisdom to each of 6 episodes.

Junebug (U.S., 2005) The spotlight is on culture clashes—small town vs. city ways, art-world bohemian vs. church-going folk—in this delightful, emotionally rich portrait of family life.

L’Auberge Espagnole (France, 2003) Xavier, a young Parisian not sure what his life is about, decides to spend a year in Barcelona studying economics—leaving behind his unhappy girlfriend, but joining an international mix of students in a hectic, crowded apartment.

Match Point (U.S., 2005) In Woody Allen’s latest, a former tennis pro finds himself at a turning point in his life when he falls for a femme-fatal type who happens to be dating his friend and soon-to-be brother-in-law.

The Wooden Camera (South Africa, 2003) In a township near Cape Town after apartheid, two teenage boys find a gun and a video camera. Their friendship with each other and with a white girl takes a series of twists and turns.

Chris Sokol is glad she learned how to read, though that doesn’t stop her from watching independent films.

Ride to the Stars

By Becky Chastain, Paradise Path Task Force

The Paradise Path fifth annual Mid-Summer Evening Bike Ride and Star-Gazing Event will be on Friday, August 11, beginning at 9 p.m.

The ride will be on the Paradise Path starting at Berman Creekside Park (just off Styner, East of Highway 95) and continuing to the University of Idaho Observatory (on the UI golf course, Old Moscow- Pullman Highway).

At the observatory, we will watch the Perseid meteor showers under the full moon. Each participant will receive a free glow in the dark necklace to light their way. Walkers or drivers can join

us at either location to join in the fun. Limited parking at both sites. Bicycle safety equipment and light-colored clothing suggested. Bike lights and reflectors required. Children must be accompanied by an adult. There is no charge for participation in this fun event. Please join us.

For more info, call Roger Blanchard 883-7098, or email Becky Chastain (bchastain@moscow.com). The ride is hosted by Paradise Path Task Force and The Palouse Astronomical Society.



Outdoor Furniture



517 South Main Street
Moscow, ID, 83843
208 883-1040
www.TheNaturalAbode.com



Made with Tropical Forest Trust certified Kapur Wood



Animal Care Center P.A.
328 N. Main, Moscow, Idaho 83843
8:00 a.m.–5:30 p.m. Mon.–Fri.
(Tues. & Thurs. until 7 p.m.)
(208) 883-4349

Certified Acupuncturist
Nancy Maxeiner, D.V.M.



All Natural • Locally Raised • No Hormones
No Antibiotics • No Steroids
Joe & Nikki Eaton
509-334-6406 • 509-332-1270
neaton@pullman.com | eatonbeef.com
Now Accepting Orders!
\$4.50 per pound | Quarter, Half or Whole
11601 Wawawai Rd. | Colton, WA 99113
9 am – 8 pm

The Backyard Harvest: Outgrowing Hunger on the Palouse (One Giant Zucchini at a Time)

By Amy Grey, Project Coordinator

It always starts out innocently enough. You saw that six-pack of zucchini starts at a local nursery in the spring and couldn't resist taking them home with you. However, it's now August. Your darling little seedlings are larger than your neighbor's dog, and while your family really enjoyed the first twenty or so zucchini recipes culled from every cookbook you own, if they see one more version of a zucchini casserole, they might well banish you permanently from your kitchen!

What really has you frightened, though, is not the family, but that two-ton monster specimen that somehow hid out beneath the foliage for weeks growing larger and larger. Sleepless, you begin to plot how to transport the behemoth over to your neighbor's veggie patch in the moonlight—hoping against hope that they will not immediately notice your anonymous “gift.”

Moscow gardeners, you can now start sleeping well again (and remain on good terms with the folks next door).



The Palouse-Clearwater Environmental Institute has a new project, which will not only resolve your zucchini-induced mania, but actually make you feel really good about buying that six-pack of seedlings in the first place.

The Backyard Harvest offers a daily pick-up of any and all zucchinis (whatever their size)—along with all other ripe fruits and vegetables that you have grown in your gardens, berry patches,

and orchards. We will then transport them to local food banks and area senior meal programs where they will be truly appreciated. Just call 882-1155 or visit www.backyardharvest.org to arrange for a pick-up at your door within 24 hours (and start venturing into your garden again...worry-free).

“The Backyard Harvest offers a daily pick-up of any ripe fruits and vegetables that you have grown.”

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

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

Learn Cob Building

By Sunny Cook, Palouse-Clearwater Environmental Institute

If your first question is: “What is cob?” you are not alone. The term “cob” comes from an old European term meaning “lump.” Cob building is a method of mixing clay, straw, sand, and water to form lumps about the size of a large, rounded loaf of bread, and then building with it.

You may ask, “What can you build with lumps?” The answer: almost anything from a gracefully curved outdoor garden wall with a fireplace or sculpted bench to a cottage or whole house. To learn more about cob building, visit the web site www.cobcottage.com or see a book on the subject, such as *The Hand Sculpted House*, by Ianto Evans, Michael Smith, and Linda Smiley.

Cob as a building material has many advantages:

- ☛ It is very ecological, using local, even on-site materials, and almost no trees.
- ☛ It is very durable, even lasting 500 years.
- ☛ It is fireproof, being ideal in fire zones.
- ☛ It is nearly soundproof, being ideal in densely populated areas.
- ☛ Its malleable nature is perfect for recycling glass and other building materials.
- ☛ Cob building can be done by almost

anyone, including children and the elderly.

- ☛ It is extremely inexpensive, many complete dwellings costing far less than \$10,000.
- ☛ Cob building is good exercise, creative, fun, and community-building!

Join us for a cob building workshop with an expert teacher from Spokane at the Palouse-Clearwater Environmental Institute (PCEI) campus in Moscow. The workshop dates are August 11 through 13 (Friday is ½ day for registration, lectures, slides, handouts and then Saturday and Sunday are hands-on building.) The fee is \$55 to \$150, depending on the response from the community. The more participants, the lower the cost will be. Maximum class size is 20, and the cost of the class will include lunch and dinner on Saturday and Sunday.

For more information, contact Sunny Cook at 208-874-2310.

“Cob building is a method of mixing clay, straw, sand, and water to form lumps and then building with it.”

Pickin' in the Pasture

By Tami Moore, Palouse-Clearwater Environmental Institute volunteer

The Palouse Clearwater Environmental Institute will bring bluegrass music to the Palouse next month at a concert and jam session following their annual membership meeting on Saturday, September 9. The concert, featuring local bands Hard to Please and Steptoe, opening headliner Prairie Flyer, will begin at 12 p.m. on the PCEI campus at 1040 W. Rodeo Drive, off the Polk Extension in Moscow.

Tickets for the concert are available in advance at PCEI for \$13 (\$10 for PCEI members). Local restaurants will have mobile kitchens set up on the grounds, and food available for purchase all afternoon.

PCEI staff and volunteers will lead tours of the grounds throughout the afternoon, visiting the demonstration garden and greenhouse, and exploring structures built using sustainable construction practices. Visitors can also so learn about the use of alternative energy sources, and watershed restoration work underway by PCEI staff and AmeriCorps volunteers.

Proceeds from ticket sales for the concert will benefit the Environmental Education program at PCEI.

PCEI Bluegrass Concert

Come support PCEI & Hear some great music from Hard to Please, Steptoe, and Prairie Flyer.

Saturday, Sept. 9 at 12 P.M.

1040 W. Rodeo Drive, Moscow

Tickets: \$13 (\$10 for PCEI members)

Environmental educator Jake Smulkowski and a team of AmeriCorps volunteers work with school-age children around Latah County, bringing hands-on curriculum and lesson plans to science classrooms around the county. For more information, contact PCEI at 208-882-1444.

Tami Moore, Ph.D. student in Education at WSU, grew up on country music, and loves to raise money for a good cause!



Barbara Wells: Co-op Community Dinner Report

Q/A interview by Bill London; Photo by David Hall

Note: Barbara Wells was one of the dozen diners at the first Co-op Community Dinner, held at the Deli on July 20.

Q: What was your overall impression of the dinner?

A: It exceeded all my expectations. I had a delightful time and I highly recommend it to others. The food was excellent, and the service was family style so there was a lot of interaction. The staff really did a good job. They were attentive without being intrusive.

Around the table, with one exception, I really didn't know anyone else. However, we had a great time and ended up talking about books and authors.

I was skeptical at first when I heard of this, but I honestly and sincerely had a good time.

Q: How was the table set?

A: They set one long table in the Deli by the windows, and set it apart with some attractive wooden screens. It was very comfortable being there. They used nice dishes and silverware with a good tablecloth and flowers. It made you feel that you were going to have a very nice dinner.

Q: What happened as you and the other diners arrived?

A: Amy Richard, the Co-op kitchen manager, met us all and introduced us to each other. That really helped open up the conversation. We all sat down. Then two members of the Co-op staff

told us what they were going to serve.

Q: What was served for dinner?

A: The staff brought out the food in two big serving dishes and we passed them around. Serving in that family style increased the communication between us. The staff explained what was in each course. The food was all excellently prepared. We had a four-course meal. We started with an appetizer of flat bread with tomatoes. Next was the salad, which was so good that my neighbor had five helpings. The main course was tuna on a bed of vegetables with a side dish of roasted potatoes. The dessert was outstanding — a strawberry/rhubarb cobbler that was naturally sweet and delicious.

Q: What about the interaction between the diners?

A: That was the best part. It did not seem forced. I felt very comfortable with people there that I did not know. This dinner was a great opportunity to meet others in the community. I'm a little shy, so I worried about this — but it worked very well. We ended up all talking about our favorite books and authors.

Q: How was the Co-op staff?

A: I think everyone who works at the Co-op is a natural when dealing with other people. They did a great job. It never felt awkward.

Q: What about the cost?

A: The meal was \$24, and wine was extra. I think it was a better value than

I have found in restaurants here. This is more like a family or community meal than going to a restaurant with a companion. Because of that, and because the Co-op staff don't rely on tips for their wages, tipping is not expected. So, it's a better value, really. It's less expensive, and the Co-op food is better.

Q: What happened after dessert was served?

A: Coffee was provided for those who wanted it. We talked for a while and then we all left. It seemed like everyone has as good a time as I did, at least that is what they said.

Q: Would you ever go to another Co-op Community Dinner?

A: Oh, yes, I expect so. And I was thinking I would give tickets to these dinners to friends and relatives. They would make a great gift.

Q: Can you tell us a little about yourself?

A: I came to Moscow in 2004 with my husband Richard. We had both lived



Barbara Wells had a great time at the first Community Dinner.

and worked in New York City for thirty years. Richard's sister is here, so we visited Moscow and liked it.

Bill London edits this newsletter and has recently discovered that his granddaughter Leyna Grace (aka the most adorable child in the known universe) is extremely advanced for her age and is now walking at 9 months.

Women Who Write, Unite!

By Sharon Cousins, Moscow chapter of International Women's Writing Guild

Moscow area members of the International Women's Writing Guild—Sharon Cousins, Candace Esquivel, Therese Harris, and Joan Opyr—are planning a special day out for regional women and girls who write on Saturday, August 19. Ages 13-17 are welcome with signed agreement and parental permission, younger girls with an adult companion. Whether you write for professional reasons, personal satisfaction or both, this event is for you.

Enjoy a lovely mountain setting while helping us explore our theme of taking our writing seriously, giving weight to our words. We'll meet at 10 a.m. (8 a.m. for set-up volunteers) in the Monument Picnic Area at Laird Park, 15 minutes northeast of Potlatch, Idaho. Plans for a fun day include a bring-your-own bag-lunch picnic, mini-

workshops (including one that will be kids-only, facilitated by a teen writer), time for socializing or enjoying the swimming hole or nature trail, and an evening potluck & barbecue, followed by a campfire with marshmallows and readings (as time allows—3 min. limit—time your piece!). The event ends at 9 p.m., with one hour to load out before the park gate closes.

There is a suggested minimum donation of \$5, (meat and vegetarian barbecue included), but no one will be kept from registering and attending due to an honest lack of funds. Flyers with registration forms and more information about the event are available at

Bookpeople, One World, the Moscow Food Co-op, local libraries, and various other locations where writers and smart people hang out, or you can call or

email Sharon at 208-882-9028 or writersguildgal@moscow.com for further information, registration, or to offer to help. The official deadline for registration is 8/7, but if you hear about it after that and would like to attend, call Sharon and she'll see if we can squeeze you in.

PALOUSE
Ocularium 
VISION CENTER



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

Dr. William R. French, Optometrist
Dianne French, Optician
202 E 7th St, Moscow
883-EYES (3937)
dfrench@moscow.com

Dr. Ann Raymer
Chiropractic Physician

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

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

skyLines Farm
Purebred Romney & Romney-Cross Sheep
Organically raised since 1992

Natural-colored & white
fleeces for handspinners

Organically raised,
grassfed freezer lamb

Harvard Idaho 83834 208/875-8747
www.skylinesfarm.com

*Hand Raising Sheep the Old Fashioned Way
with Tender Loving Care*

Moscow Community Creative Writing Workshop Returns This Fall

By Judy Sobeloff

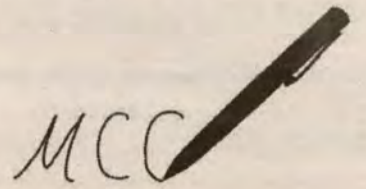
Attention, Co-op Shoppers. If you've ever started writing your grocery list and ended up writing a short story or ever rearranged the items in your cart until their names formed a poem, the Moscow Community Creative Writing Workshop (M.C.C.W.W.) may be for you.

A workshop for writers of all levels from beginner to advanced, the M.C.C.W.W. will run for nine weeks this fall, meeting Wednesday nights at the Moscow Public Library and other Moscow locations, September 20 – November 15 from 6:45 to 9:00 p.m.

Each night will be taught by a different local writer (Mary Clearman Blew, Peter Chilson, Paula Coomer, Aimee Phan, Matt Shears, Judy Sobeloff, Georgia Tiffany, and Pamela Yenser) and will feature in-class writing as well as discussions on the craft of writing. Topics covered will include developing writing from personal documents (letters, photographs, diaries); writing without thinking; using journaling as a springboard; place as character; using sensory images in multiple genres; and crossing borders between poetry and fiction and between fiction and non-fiction.

Workshop participants will have the opportunity to receive feedback on their writing, read their writing on local radio station KRFP, and read their work along with workshop instructors at BookPeople on November 15.

The workshop will be limited to 15 participants. To apply, write M.C.C.W.W. a one to two-page double-spaced letter describing yourself and your interest in writing, using one fictional detail. Drop off two copies (one with contact information in the top right corner, and one anonymous copy), plus a SASE, between August 15th and September 7th at the ref-



erence desk of the Moscow Library. Further information will be available there and on the library website, <www.latahlibrary.org>. M.C.C.W.W. is funded by the Latah County Arts and Culture Committee, the Idaho Commission on the Arts, and the Western States Arts Federation.

Judy Sobeloff, Director of M.C.C.W.W., writes about food for the Co-op newsletter.

Friends of the Clearwater: Proposed Revision to U.S. Forest Service Manual Faces Scrutiny

By Will Boyd, FOC

The U.S. Forest Service may considerably change its current policies on predator control in wilderness areas across the United States.

The new proposal contains several contradictions to the Wilderness Act, which include:

- Permitting the killing of a local population of animals suspected to be dangerous
- Permitting the use of four-wheel vehi-

cles inside designated wilderness areas for predator control.

-Permitting poison baits and traps, such as M-44 guns where they were previously prohibited.

Under its current policies, Forest Service employees must "consider the benefits of predator species in the ecosystem" before implementing any predator control, according to the Forest Service Manual.

The current plan gives the Forest

Service sole authority to determine the need for control. The agency must approve proposed predator damage control programs in wilderness areas before any action takes place. However, the proposed changes will allow the Forest Service to recognize that state agencies have authority to carry out predator damage management on National Forest System lands, including wilderness.

The Forest Service will continue receiving comments by e-mail at PDM@fs.fed.us until Monday, August 7.

Concerned citizens can also mail a letter to:

Forest Service, USDA
Attn: Director, Wilderness and Wild Scenic Rivers Resources
201 14th Street, SW
Washington, D.C. 20250

Visit <www.predatorcontrol.org> for more information. Contact Friends of the Clearwater with questions regarding this issue at (208) 882-9755 or by e-mail at foc@wildrockies.org.

Co-op Crossword Puzzle

By Craig Joyner

ACROSS

- 1 Hot Off the Grill act for August 15th, Fiddlin' _____
- 6 Oregon's capitol
- 9 You'll find kombu seaweed in this brand of soy milk
- 12 French pronoun
- 13 MFC's brand of this B vitamin comes in 100mg and 500mg timed release
- 15 Idaho town on the old Oregon Trail and is the 'Trout Capitol of America'
- 17 Is in Latin or 70's personal growth movement
- 18 Fungus Among Us brand offers a dry version of this mushroom
- 20 Compass point
- 21 Group of badgers
- 22 Jupiter's satellite or Hawaiian hawk
- 23 Fairhaven Co-op Flour Mill has this flour, among others, in two pound bags
- 24 Aura Cacia aromatherapy spritzer scent, renewing _____
- 25 Before DVD
- 26 You'll find this next to the fresh salsas, Cibo Naturals Chipotle Lime

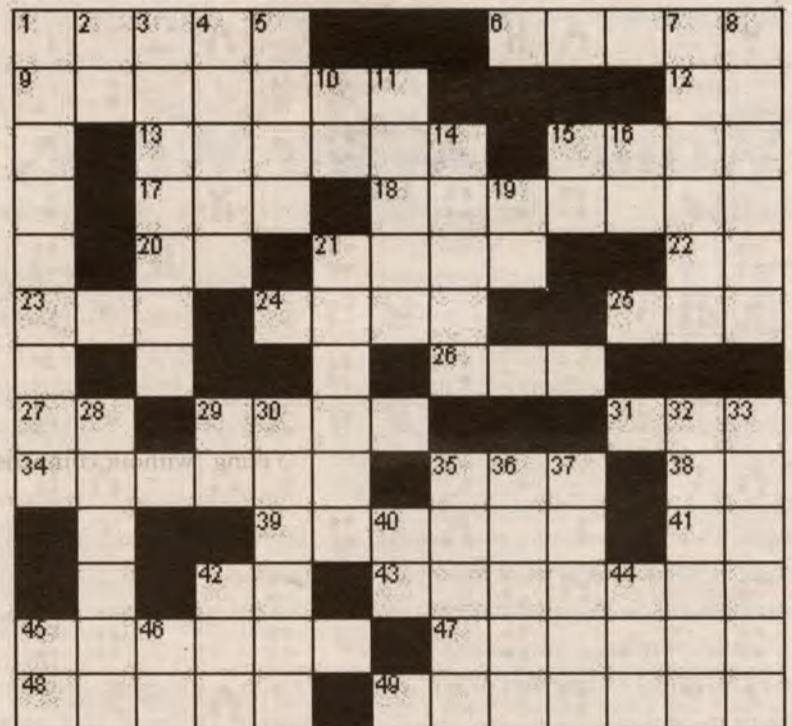
- 27 Brand of mints with inspirational quotes inside their lids, _____ Claire
- 29 Cinnamon clove and ginger mint toothpastes from _____ of Maine
- 31 Wrong
- 34 The best comic shop on the Palouse, _____ Pearl

- 35 Famous rapper Dr. _____
- 38 Iconoclastic jazz musician, Sun _____
- 39 French pastry
- 41 Group that independently tests and approves products
- 42 After G but before R
- 43 Crops must go three years without pesticides before being certified this
- 45 Small town 14 miles north of Pullman
- 47 Alexia Foods makes the best frozen _____ wedges
- 48 His cd, Playin' Favorites, is available at MFC, _____ Gill
- 49 MFC staff member profiled in July's newsletter, _____ Doe

DOWN

- 1 Hot Off the Grill music act for August 22nd
- 2 Camas Prairie Winery is located in this state, abbreviation
- 3 Small town between Moscow and Lewiston
- 4 Panda black licorice is flavored with this seed
- 5 The test you need to take to attend UI's law school
- 7 Bali Spice, Thai Kitchen, or Jyoti offers superb _____ food
- 8 Her photographs will grace MFC all of August, Chantra _____
- 10 Cheesy television drama set in Orange County, California
- 11 Comic interjection
- 14 On the Palouse, Bill London or Joan Opyr

- 15 Prior to AD
- 16 School for Vandals
- 19 Music syllable
- 21 They offer delicious garlic flavored pickles, _____
- 26 _____ Cukes
- 28 Local produce grower for MFC and the Farmer's Market, Elizabeth _____
- 29 Professor's helper, abbreviation
- 30 Gluten and casein free Arico snack bars are made in this state
- 32 Bionature Italian hand picked juices are definitely this
- 33 MFC volunteer profiled in July's newsletter, Willow _____
- 35 Military agency that created the internet
- 36 Difficulty
- 37 Muse of lyrical poetry
- 40 Annie Chung's _____ Mein



- 42 School organization
- 44 Loki's mother or Jabba the Hutt's central planet _____ Hutta
- 45 Anybody can talk through the airwaves with this
- 46 Star of Unleashed and Romeo Must Die, Jet _____

Craig is also known as KUOI's brentbent where he can be heard most Friday nights at 8:30.

The Sustainability Review: Rainwater Collection

By Mike Forbes

This is my story regarding our water system. My family and I decided to sell our house and move to a piece of land below the summit of Moscow Mt. at about 3100' elevation. I've always been a careful consumer of water and want to tread lightly on this precious resource, so it was only natural to look towards rainwater as a source. Besides, our well was a low producer, 0.15 gpm (a dry well by most people's standards).

I had seen various rainwater systems over the years and have a friend who is in a similar position to ours not too far from here. I studied his system, put in many hours of research on the computer and books, and talked to various folks in the industry. Last summer I built the system in hopes of capturing the rain/snow from the winter approaching.

One of the main components of a rainwater system is storage. Ideally storage is underground where freezing temperatures aren't a concern but with the frequency of rock I ruled out digging

and placing tanks in the ground. There was a rather odd structure on the land when we purchased it, a long, barn board sided, oddly framed post/beam structure with a nearly flat roof about 100' long and 30' wide. I framed in a room and insulated it just large enough to hold the 4 tanks I would need to hold a good supply of rainwater. Each of the tanks is 1600 gallons making a total storage capacity of 6400 gallons (only about 6000 is actually useable due to plumbing).

Once the tanks were in place I set out to put gutters up and install the plumbing to tie everything together. Many people add a "roof washer" that diverts the first rain off the roof so you aren't collecting dust/leaves/bird droppings/etc. At this point I haven't installed one since but I'm working on a design that is low maintenance and effective. I do have a coarse gutter filter that keeps large items out including mice.

The tanks are connected together at their bottoms by a 2" manifold that allows them to fill evenly. My friend's

system has shown that the vast majority of sediment and algae formation occurs in the 1st tank leaving the remaining 3 tanks clear. I plan on getting a swimming pool cleaner that will allow me to suck the sediment from the 1st tank when it builds up. I installed an overflow that is simply a 3" pipe that I glued into the top of the tank at the level I didn't want the tanks to exceed.

On 2/1/06 I started filling the tanks. On 2/13 they were all at 1000 gallons and on 3/20 they were all full. I have 2 more roofs to hook up still and can't even imagine the quantity then. We have been living here since June and as of today, 7/20, we have 5800 gallons in the tanks.

As for filtration of the water we have an under sink filter that filters out nearly every undesirable of concern (Eternity made by Seagull Distributing, \$410). I am really hoping that we can fulfill our needs with rainwater entirely. We plan on having a large garden and fruit trees, which I know will be the largest water demand we have. I think addi-

"Unlike much of the water in Moscow, rainwater isn't hard, doesn't have high iron and tastes fantastic."

tional storage is going to be needed but fortunately it can live outside since it's only needed in the non-freezing times of year.

If my story sparks your interest I would love to share my spreadsheets for analyzing your water consumption, estimated flows off your roof, and my schematics of the plumbing system. I think this is a very viable option for our area.

On a final note, unlike much of the water in Moscow, rainwater isn't hard, doesn't have high iron and tastes fantastic....

Mike Forbes is looking forward to this winter, sitting in his rainwater-supplied hot tub heated by the sun and wood.

Let's Save Our Land Use Laws

By Mark Solomon

An extremely dangerous initiative will appear on this November's ballot in Idaho, Proposition 2. Prop 2 uses the public outrage over a U.S. Supreme Court decision on the use of "eminent domain" (allowing government to take private property for public purposes after paying just compensation) to broadly expand the definition to include planning and zoning regulations. They are two very different concepts: the total taking of private property for public purposes (such as building a highway or a fire station) versus the ability of communities to protect private property and public values from inappropriate development through land use laws.

Here's an example of how this might affect life in Moscow: the city is currently considering adding a size cap to its Large Retail Establishment ordinance to prevent stores that are out of scale with Moscow from being built here. If Prop 2 were to pass before such a cap was enacted, then the city could be held monetarily liable for damages by any developer who wished to build a store larger than the cap. The result: no cap would ever be adopted, as the city could not afford to pay off developers. Developers would be free to build as large a store as they wished even if the entire community objected. Individual "property rights" would forever trump

"Prop 2 uses the public outrage over a U.S. Supreme Court decision on the use of "eminent domain" to broadly expand the definition to include planning and zoning regulations."

community rights.

Prop 2 is not a homegrown Idaho idea. Ten years ago, the Idaho Legislature required all new land use laws be examined, under guidelines established by the Attorney General, to ensure no "taking" without compensation occurs in Idaho. To my knowledge, no such "takings" have occurred. One East Coast multi-millionaire radical libertarian with a national political agenda funded the signature drive that placed Prop 2 on the Idaho ballot.

For more information, email msolomon@moscow.com. Prop 2 can be read on the Idaho Secretary of State's website <<http://www.idsos.state.id.us/ELECT/INITS/06init08.htm>>.

Mark Solomon lives on Moscow Mountain.



SUN-MAR
Composting Toilets

Electric & Non-Electric Models

- No Septic
- No Odor
- No Pollution

For: Cottages, Cabins, Homes
Workshops, Boats, RV's



SUN-MAR
Garden Composter

Available at

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

Commentary

Off the Record: Handmade by Paul Ely Smith

By James Reid

This CD, available for purchase at our Co-op, is the most unique recording I have reviewed to date. Paul Ely Smith presents a program of original music as well as arrangements played on an array of instruments some of which he built himself. The title of the CD thus functions on several levels, as the music itself is handmade as well as the instruments on which it is played.

The sources from which Smith draws inspiration are very diverse, not surprising given Smith's background as an instructor of world music at Washington State University and as a performer in the previously reviewed band Potatohead. On this CD one hears music derived from the Indian subcontinent, the Balkans, the British Isles, and directly from Smith's imagination. Much of the music has an improvisational quality spinning itself out from a melodic fragment and developing sometimes in unexpected directions.

The instruments used vary from the common (guitar) to the obscure (fretless gourd banjo) yet every combination seems quite natural. The CD is subtitled music for Thomas Arthur 1998-2005 and this is worth some explanation. Thomas Arthur is a juggler who

lived with two former band mates of Smith. In the 1980s he performed with Smith's group Ellipsis at several north-west folk music festivals producing an effect that audiences responded to with great enthusiasm. As the collaboration developed Arthur's contributions expanded beyond juggling to include video projections and influenced the manner in which Smith accompanied him on guitar.

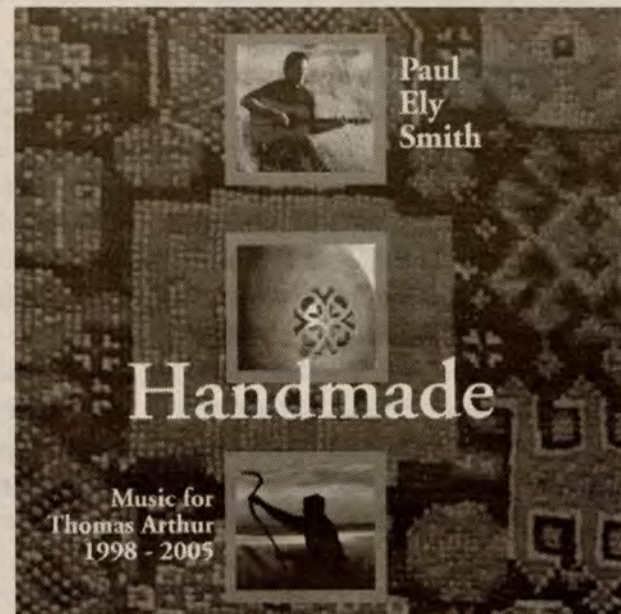
The CD's first track, "Sunjata," has a conversational character in its introduction as it lacks the steady rhythm we usually expect when listening to music. The solo guitar at the beginning gives way to a dense texture later in the piece that is more melodic and dance-like than the beginning. In this song American and African instruments mix easily and create a very pleasant yet wistful groove.

"Spirals" two distinct sections both possess a hypnotic quality; the opening again features a solo guitar playing a riff repeatedly while the second section features a more complex texture with violin and mandolin supplementing the guitar's voice. "Horo" has a very different sound from the earlier tracks. In this piece the violin and guitar double a melody that consists of short phrases that seem to be very insistent.

The disc's next track, "Lullaby," is perhaps the most conventional sounding piece on the CD. Composed to put his son Peter to sleep, the song has a very peaceful character despite its dense texture. The guitar carries the tune while an arpeggiated accompaniment can be heard played by the banjo. Later in the piece the mandolin adds its own countermelody. If you listen very carefully, you can also hear a reed organ in the background adding yet another layer of sound.

"Fatehpur" possesses a very different quality from the "Lullaby." It begins with a syncopated line played by both the mandolin and guitar that sounds quite melancholy. This is interrupted by a rock-like groove that is quite startling in its contrast. As the piece unfolds these two very different ideas compete with each other until the original melancholy riff concludes the track.

"Hijaz," one of three guitar solos on the CD, follows with an introduction that is very abstract. Shortly, that is replaced by a more rhythmic section that has a



Middle Eastern quality about it.

Listening to these tracks as well as the remaining ones on this CD I was impressed by the range of influences at work in Smith's music and the remarkable ease with which he molds these influences to his own uses. This is not light listening material but the patient listener that acquires this recording will be rewarded with a rich experience.

Earlier this summer (when not watching World Cup matches) James Reid successfully completed the National Diploma Course in soccer coaching at San Francisco State University.

Letter to the Editor

This is our year to travel. Two older (wiser?) hipies on the road again. We are perpetually thrilled by sights of this beautiful land and warmed everywhere by family and friends along the way. We drive slowly to take it all in. It took almost four weeks to get to Idaho. As we finally reached the Palouse and drove up the Lewiston grade, we were welcomed by a big sky, Idaho sunset that intensified as it escorted us to our destination. Having been away from Moscow for a full eight years, we had no idea what to anticipate but this first colorful moment bode well.

What an overwhelming joy it was to return! We found our community alive and well and vibrant. Our favorite institutions like the Farmers' Market, the Moscow Food Co-op, BookPeople, PCEI and numerous socially conscious and politically active people are staying committed to the ideals of sustainability, community health and the interconnected web of our existence on this planet. We were inspired by the arts community and by the creative and progressive energy shared by everyone we met up with.

Of course, we were very excited to see and experience the Co-op in its new location. We remember the early 90's when we were engaged in discussions about moving the Co-op. We could hardly imagine that it would have evolved into the latest manifestation of our collective dreaming. Congratulations!

When we saw the beehive of activity at the bakery, we recalled 16 years ago when the first breads came out of the "Upper Crust Wholegrain Bakery" in the upstairs (tiny) kitchen at the first 3rd St. Co-op. We certainly appreciated the bakers' talents in constructing the beautiful and delicious carrot cake that appeared at the "Welcome Back Picnic" at East City Park. Thank you to all the bakers and managers who shared their craft.

A very special thanks to the esteemed editor of this

venerable journal, Bill London, and his partner Gina Gormley, for their exceptional organizational skills and abilities to bring together people to celebrate community. We were touched by the heartwarming welcome we received from friends old and new.

We also want to thank Mary Jo Knowles and Randy Atwood for taking us in and making us so comfortable while we visited friends and caught up with our community.

We are grateful that we saw so many people and sad that we missed others. A week was not long enough and we look forward to our next journey to the Inland Empire and the community that we love dearly. Thank you.

We live in a lovely community in the Northeast, Potsdam, New York- where we are active members of our local co-op and enjoy a community much like Moscow (only half the size!). It is filled with like-minded people and it is heartening to see and experience how communities from both sides of the country are working on similar issues, tackling similar challenges and working toward healthy communities for everyone. Like you we face issues of growth and land use, we search for responsible energy consumption and we want to preserve the best of small town life while allowing for change and development that will serve the greater good.

We have long adopted the philosophy of "Nuestra casa es su casa" (Our home is your home.) We hope that members of our Palouse community will think about visiting. Please know that you are always welcome. We serve the best fresh roasted coffee for miles and we live close to Canada and, like Moscow, the best place to meet people is in the Co-op!

Many thanks!!

—Ed Clark and Kim Bouchard

Letter to the Editor

The review by our public officials of the Conditional Use Permit applied for by Naylor Farms LLC is an important community issue; a CUP for 60 years for 381 acres has been requested for an industrial open-pit mining project.

I am not convinced that this company can do the proposed mining operations without negatively impacting the air space, soil, and water that it shares with its neighbors, of which I am one.

The land between Moscow and Moscow Mountain is a beautiful, peaceful part of the Palouse. The Naylor Farms property lies within this precious parcel of land. The mining operations would involve excavations using heavy machinery (back hoe, front-end loader, diesel trucks, conveyor, track-mounted excavator, washer and sorter, scraper, generator, water and fuel trucks) that would be the source of LOTS of noise and dust. The projected operating hours are for 20 hours a day, from 4 a.m. to midnight. What a nightmare the noise would be—at any time of day!

Aesthetically, also, the effects would be terrible. The residents of Moscow Mountain would look down into these pits. In addition, many people have serious concerns that the mining operation would harmfully affect the quantity and quality of the water in the aquifers of the region, that it could create health hazards caused by the breathing of fine silicate particulates, and that it would cause real estate values in the area to plummet.

Conditional Use Permits are granted when the requested activity will have a positive effect on the surrounding neighbors and area. This is not the case in this instance. I am for the growth of business and the creation of jobs. However, I believe it is a matter of common sense to see that this area of the Palouse is not the place for open-pit mines. Hello. If you agree, please let your voice be heard by our public officials by writing them at the following address: Board of County Commissioners, P.O. Box 8068, Moscow, Idaho 83843 (jnelson@latah.id.us; pkimmell@latah.id.us; tstroschein@latah.id.us).

—Francis Foucachon, Moscow.

Book Review: *Not Buying It: My Year Without Shopping* By Judith Levine

By Bill London

Judith Levine's latest book is a very intimate look at her life and finances during the year 2004. She chose that year to throw off the bonds of consumerism, and buy only what was necessary. Oh, and to arrange with Simon and Schuster to publish her results.

With her cohabitating partner Paul, she agonizes page after page, seeking a definition of "necessary" purchases. They end up including the New York Times, specially-roasted coffee beans, and diabetes medicine for their cat. For a childless couple of urban professionals

(besides their place in Manhattan, they stay at their country home in Vermont for half the year), giving up theatre and taxis was viewed as cutting their links to contemporary culture and setting themselves adrift.

I began the book curious about their choices, and quickly found their concerns almost comical. They never get very close to the kind of simplicity that would redefine their lives.

I kept reading because of the various mentors, teachers and hucksters she

finds and includes in the tale. And I kept going because she is just such a good writer. For example, check out this description from the book (on page 77) about Moscow's own MaryJane Butters: "A new entry (among the simplicity lifestyle magazines), MaryJanesFarm, is Martha Stewart Living with dirt under its nails and a clean criminal record."

The experiment lasts a full year. Judith falls off the wagon a few times (the first time was the compulsive purchase of \$130 pants), but at the end of the

year, she figured that she saved \$8,000 and spent lots of time doing fun free stuff with Paul and others. And surviving with a better idea of the insidious nature of consumerism today.

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

Bill London edits this newsletter and reports that his granddaughter, Leyna Grace, has 4 teeth and scampers around, screeching for the pure joy of living.

Auntie Establishment

By Joan Opyr

Constant Reader:

I'm dedicating this column space to an update on the battle against HJR2, the proposed amendment to Idaho's constitution banning same-sex marriage. HJR2 is unnecessary, offensive, and will have far-reaching effects, potentially nullifying the wills and other contractual agreements between same-sex couples and putting the children we raise together at risk. Same-sex marriage is already against the law in Idaho. Why a constitutional amendment? Fear – fear that gay marriage in Massachusetts or civil unions in Vermont will somehow sweep out West and ruin Idaho for all the sanctity-loving, married-in-Vegas, divorce-happy straight people who currently enjoy the benefits of legal relationships.

Not that I'm bitter. Much. I still have faith, however foolish, that the good people of Idaho will reject HJR2 just as they rejected Proposition One back in 1994. What can you do to help? You can join Idaho Votes No, the group formed to fight HJR2 and ensure that all citizens of our state are treated fairly and equally. How can you join? Idaho Votes No needs money and volunteers. You may send your contributions to:

Idaho Votes No
P.O. Box 632
Boise, Idaho 83701

You can volunteer to work the phones, write letters to your local newspapers stating your opposition to HJR2, and get in touch with your local Idaho Votes No coordinators by emailing idahovotesno@fairidaho.org and asking to be added to their mailing list.

Here's just some of what's happening in Idaho Votes No. There are numerous volunteer opportunities. If you have a few hours to donate, please contact Ellie Merrick, Chair of Special Events, at elliemerrick@hotmail.com. She'll put you in touch with the right event in the right region.

Kate Neal, aka Kritik, is organizing a statewide concert tour for Idaho Votes No. If you're a musician, or you work with musicians – you're a DJ or an agent or you follow the Grateful Dead – contact elliemerrick@hotmail.com and let her know that you are interested in helping Idaho Votes No use music as a way to reach out and educate more Idahoans.

Idaho Votes No needs people to help coordinate volunteers, host house parties, brainstorm educational outreach events, generate ideas and generate cash flow. Jim East, the Chair of Communications, is coordinating the Idaho Votes No focus on the "movable middle." This includes moderate churches and mainline denominations

that are struggling with the issue of same-sex marriage. The Idaho Votes No message is simple:

"Discrimination against some members of society is never a grace-filled option."

Idaho Votes No is reaching out to college students. Write a letter to The Argonaut, organize a debate on the University of Idaho campus, talk to students about registering to vote.

Last but not least, take a libertarian to lunch. HJR2 is government intrusion in our bedrooms and our personal lives. Idaho is a live-and-let-live state. We demonstrated this forcefully in the 1994 battle against Proposition One. We must not allow our state to be hijacked by far-right special interests.

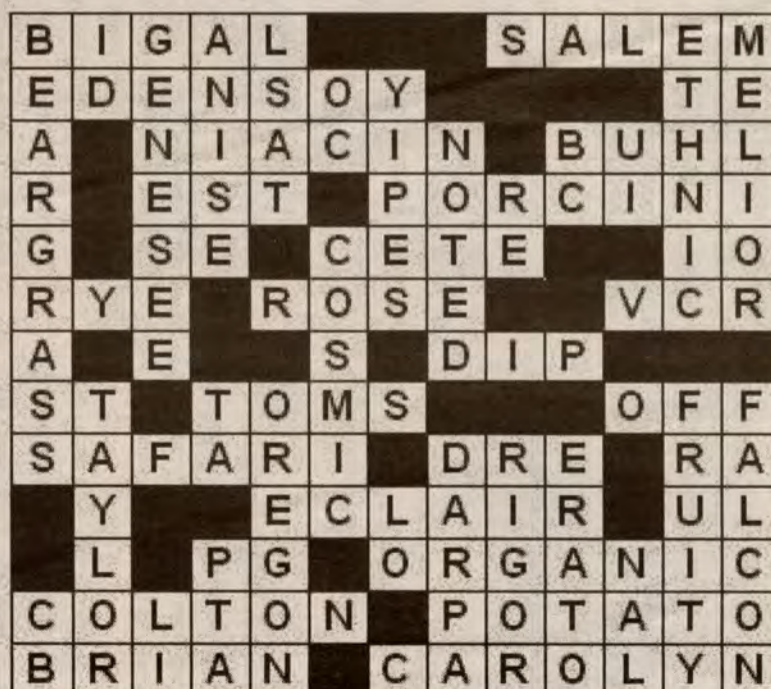
If you are gay or lesbian, or if you have a family member who is, please consider sharing your story. How has discrimination against gay families hurt you? Idaho Votes No is developing a website filled with stories and pictures of the real people who will be harmed by this legislation. Me, for example – Auntie Establishment. I love Idaho; I love Moscow. I wouldn't want to live anywhere else. This is home to me, and I won't be driven out by a few zealots in

the Boise legislature.

And on that personal note, I'll finish this piece not with a gripe but with praise for the people of Moscow. I've lived among you for 13 years, since 1993, and I have never felt unwelcome, ostracized, or anything less than a full member of the community. This is a wonderful place to be, and the people of this community should take a moment to congratulate one another on being open and affirming to everyone. We have plenty of work to do – Idaho Votes No – but we should remember and be glad that in Moscow, we begin in a good place and with good will.

Your regular curmudgeon will be back next month, I promise. Just now, though, I'm feeling a little sappy and a little happy. Maybe even hopeful.

Auntie Establishment is Moscow writer Joan Opyr. Her first novel, *Idaho Code*, is available for sale at BookPeople and other fine retailers, and you may pre-order the sequel, *From Hell to Breakfast*, any time you feel the urge. In fact, she strongly encourages you to do so. She likes to eat. Just ask the Co-Op deli staff.



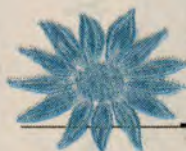
Keith Smith Carpentry
Level, plumb, & square with the world

Timberframes
Additions
Remodels
Custom woodwork

882-4938 

**PIANO
TUNING
and
REPAIR**
Since 1971

Moss Valentine
892-8239



Bulletin Board



MOSCOW FOOD

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

Vigil for Peace

Moscow:

Fridays 5.30—6.30pm

Meetings in Friendship Square and at Third and Main. ☎ 882-7067, or email:

sperrine@potlatch.com

Pullman:

1st Friday of month 12.15—12.45pm

Under the clock by the Public Library.

☎ 334-4688 nancycw@pullman.com

Co-op Kids!

Tuesdays August 8 & 22, 9am

Come join us at Friendship Square on August 8th for outdoor play and again on August 22nd at the Co-op for Produce Printmaking!

Rebekka Boysen-Taylor

amamaswork@yahoo.com

Co-op "Hot off the Grill" Music and Barbecue—August Schedule

Tuesday Evenings 5-7pm at the Co-op
August's offerings:

August 1—Charlie Sutton

August 8—Hard to Please

August 15—Fiddlin' Big Al

August 22—Bear Grass

August 29—Erik Smith and the Yes Men

Co-op Community Dinners

Thursdays August 10 & 24, 6.30pm

Fourteen places will be set at one big table decorated with candles and local flowers, and a four-course gourmet meal served family-style.

Anyone can attend, but attendance is limited to 14 and reservations are required.

For more information, contact Amy

Richard or Mariah Hey at the Co-op.

Fresh Aire Concerts

Thursdays, 6.30—7.30pm

Location: East City Park:

August 3—Sweet Adelines

August 10—Itsawhale

August 17—Idaho Brass Quintet

August 24—Sesitshaya Marimaba Ensemble

☎ 883 7036 for more information

Community Bench Dedication

Saturday August 5, noon, Friendship Square for the public benches named for Lois Blackburn, Dianne French, Janet Lecompte, Joann Muneta and Bill London.

Bike-Riding and Star-Gazing

Friday August 11, 9pm

The Paradise Path fifth annual Midsummer Evening Bike Ride and Star-Gazing Event will be on the Paradise Path starting at Berman Creekside Park to the UI Observatory. The ride is hosted by Paradise Path Task Force and The Palouse Astronomical Society. Contact: *Becky Chastain* bchastain@moscow.com

Palouse-Clearwater Environmental Institute—Cob Building

Friday August 11

Cob building is a mixture of mud, straw, sand, and water. The size of a large room and then building with it. The fee is \$55 to \$100. The cost of lunch and dinner on site. Contact *Sunny Cook*

Plaza Concert

Monday, August 11

Location: Plaza of 1912
The brass quintet will play popular transcript movie themes and novelty pieces. Turkish appetizers and desserts by Peri Kochman will be on sale from 6pm.

Donations will be accepted to support renovation of the 1912 Center. Contact:

Evie Adler ☎ 882-7747

evieadler@yahoo.com or *Kenton Bird*,

☎ 883-8221, kentonbird@moscow.com

Farmers' Market Music Schedule

Saturdays 9.30—11.30am

August 5—Palouse Promenaders

August 12—Off the Leash

August 19—Full Circle

August 26—Cold Rail Blues

Moscow Community Writing

Enrolling from August

Venue: Moscow Public Library, 110 S. Jefferson
nights, **September 21**
A nine-week program at three levels, taught by eight instructors. For details, see article in this issue. An info sheet at the library reference desk.

International Women's Writing Guild

Saturday August 19, lunch onwards

Monument Picnic Area at Laird Park
bring-your-own bag-lunch picnic, mini-workshops, evening potluck & barbecue, followed by a campfire with marshmallows and readings for a minimum donation of \$5 (meat and vegetarian barbecue included). Contact:

writersguildgal@moscow.com

Moscow Library Book Club

Monday August 21, 6.30pm

@ the Library, 110 S. Jefferson
Book: *Running with Scissors* by Augusten Burroughs. True story of a boy whose mother gave him away to be raised by her unorthodox psychiatrist. Contact: *Chris Sokol*, ☎ 882-3925 chriss@latahlibrary.org

PCEI—The Backyard Project

Help this project to donate and collect extra produce to provide fruit and vegetables for Palouse foodbanks. Contact:

Amy Grey ☎ 882 1155

Amy@backyardharvest.org or

Courtney Rush ☎ 882 1444

Makeitgrow@pcei.org

Moscow Wild at Art

A Paint-Your-Own-Pottery and Mixed Media Art Studio offers classes and workshops for kids and adults throughout the summer in clay works, mixed media, watercolor painting, drawing and more.

Also, the last session of the **Albert Sabine Camp**, is **August 21** through high school. ☎ 883-3405 www.moscowwildatart.com

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

Send us your community announcements! Email events@moscowfood.coop by the 24th of each month. For more events & info, visit our web site: www.moscowfood.coop/event.html



USA 24