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Community News

FREE!
PLEASE TAKE ONE

December 2006

The monthly newsletter of
the Moscow Food Co-op



Gift Cards are here!

By Kenna S. Eaton, General Manager

Several years ago when we first got our new cash registers, I dreamt of having refillable and reusable gift cards for our customers to use and finally they are here!

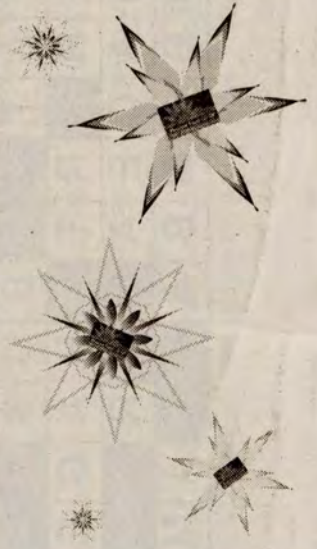
Our new gift cards work like our earlier paper gift certificates. You buy a gift card now, just as you used to buy a gift certificate. There is no fee to buy one. If you want a gift card for twenty bucks, you pay only twenty bucks. There is no time limit -- you spend it as slowly or as quickly as you wish. And, since it is a gift card, you can give it to anyone and they can use the card for whatever they want at the Co-op.

Each Moscow Food Co-op Gift Card has the same great sunflower on it as does your mem-

bership card but in a swell deep purple instead of the earthy red. Each card is ready to be sold and all you need to do is name the amount! It's simple, it's fun, and most of all it's a great way to support your favorite local Co-op. Read inside this issue of the newsletter for more information on how our cards work.



Illustration by Elizabeth Sowards



Community News

Published by

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

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



One Fab Holiday Community Dinner in December

By Amy Richard, Kitchen Manager

This month we will be having one very grand community dinner! Our Bakery Supervisor, Aven Krempel and our Service Supervisor, Mariah Hey, will be showing off their excellent cooking skills with this impressive menu:

*Parmesan Semolina Gnocchi in
Champagne Reduction Sauce*

*Grilled Beets, Chard and Fennel
Salad*

*Bison Roast with Winter Fruit
Chutney*

Cider Glazed Root Veggies

Pearl Couscous Pilaf

*Gingerbread Pudding with Vanilla
Bean Ice Cream and Candied
Kumquats*

Dinner will be at 6:30 pm on December 14th. Reservations are required and can be made at the register. Tickets for this dinner will be \$24. I hope to see you there!



A table set for the Community Dinner. Come join us in December!



Home or Out for the Holidays – Effortlessly!

By Aven Krempel, Co-op Bakery Supervisor, and Jim Agenbroad, Co-op Kitchen Supervisor

The winter holidays are fast approaching! It's a time to gather with the family, grab a glass of eggnog and warm your self by the fire, or maybe even hit the holiday party scene! And nothing expresses the joy of the holiday like good food!

Here at the Co-op we want to make it as easy as possible for you to feed the family or to wow them at the holiday potluck or office party with our Holiday Special Order menu.

Our deli will offer up a variety of party trays. Try a cheese tray or one of our many other trays! We will also be offering many of our entrees from Lasagna

to Enchiladas as well as Holiday Ham to name a few! All of our wonderful salads are also available for your ordering and eating pleasure.

The bakery will be making Lympa bread, a traditional Swedish rye bread full of dried fruit and spices. It will be available twice a week, Thursdays and Sundays, through the end of the month.

We'll also be offering two new cakes. Chocolate Covered Cherry Cake is, as it sounds, cherry jam cake covered in bittersweet chocolate frosting. Peppermint Swirl Cake will feature our yummy chocolate cake filled and

covered with fluffy white peppermint infused whipped cream frosting. Both cakes will be available by the slice at the deli and as whole cakes for special order.

Other special order items will include assorted cookie and dessert bar trays, assorted cake and cheesecake slice trays and a tray of specialty cheese and olives surrounding a golden baked brie.

Look for our Holiday Special Order brochure the first week of December. Please remember that orders must be placed at least 48 hours in advance.

Co-Operations



Gift Cards are here!

By Kenna S. Eaton, GM

By now you've read the cover story and you want to know more about the Co-op gift cards. Well, our Moscow Food Co-op Card is a great way to give the Co-op to friends, family and even yourself. There many different ways in which one could use them:

✦ They're a great gift anytime of year, but especially during the holiday season when you can't quite find the right gift for that special friend, 'tis a wonderful option.

✦ How about giving a card with just the right value to buy a dozen Co-op "Death By Chocolate" cookies: now that's a sweet gift!

✦ You can buy one for a starving student. Whether your kid is in high school or college they can use the card to buy lunch or groceries (yes, even fruits and veggies!). And you get the benefit of knowing the money is being well spent.

✦ You can get one for yourself and use it in place of a debit card when shopping at the Co-op. This has the double benefit to us of avoiding those pesky fees (about 35 cents each time) we are required to pay on each debit card transaction!

✦ If someone is house bound and

needs to send a neighbor or friend down to the Co-op to buy some miso soup or tea, the gift card is a nice safe way to give them the money without having to have lots of cash sitting around the house (a challenge many face as I recently discovered when helping my father recover from surgery).

✦ What else can you think of? Really, the sky's the limit and we have plenty of cards to fulfill all your dreams. Send in your suggestions and we'll share them in our next newsletter!



Cards are available from any cashier, and even I know how to sell 'em. Remember the cards are like cash: if you lose it, we're sorry, but we can't replace it. And since the card is refillable once you're done with it, you can either re-charge it or turn it in and we'll use it for the next customer. So use your imagination -- buy a dozen cards, hand them out to friends and family, and keep one for yourself. Happy Holidays!

Join the Moscow Food Co-op and Save! Members Save:



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

Any cashier can help you join, just ask!

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

Open Daily 7:30 am - 9:00 pm

Co-op Business Partners

- A Choir of Angels Massage Center:** 10% off all Gift Certificates, Patricia Rutter, CMT, choiramc@clearwire.net, Almon Plaza Bldg., 200 S. Almon, Ste. 212, Moscow, c. 208.413.4773. Also by mail.
- 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 intial 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, 310-6936
- 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, drmofofat@NaturalHealthTechniques.com, 413 East 8th St, Moscow, 882-3993
- Healing Wisdom:** 10% off Initial Consultation, Please call for appointment, Candace Magnuson, Clinical Ayurvedic Specialist, 208-699-3812
- 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@build-mindgardens.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, tyedyem@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 like to welcome two new cashiers: Mary Eagen-Poch and Autumn Ulschmid. They will, I know, be a wonderful part of our awesome cashier team.

For years now I have watched members of the community greet one another and share their stories at the Co-op. I have seen babies grow into teenagers, and children into adults. It really is more than a grocery store, it is a place where everyone is welcome, and friends can meet for a visit and a bite to eat.

So come on by, whether for a deserved

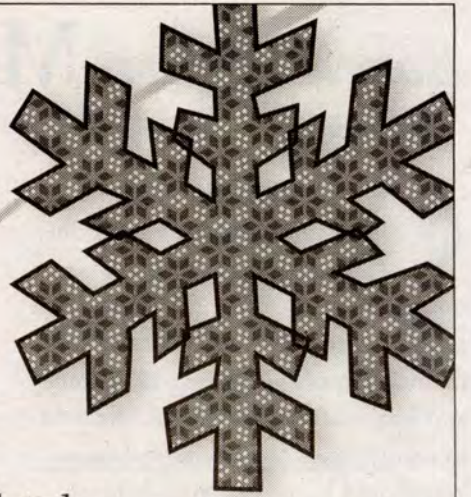
break from your busy lives, or to shop. In spite of the busyness of the season, there are still quiet corners where you can sit in a chair and read your favourite book, sip a warm drink and relax for a few minutes. Come and listen to music on Tuesday evenings; eat pizza on Friday evenings, and enjoy your community. And when you do need to look for gifts, or do that big holiday grocery shop, the Co-op is the place to go!

See you soon!

MOSCOW FOOD CO-OP

Savour the Season!

Make your party planning a snap this year and get all your favorite party foods, drinks and decorations from the Co-op!



Cakes, Cookies, Gourmet Cheeses, Meats, Wines, Flowers...

Pick up a holiday special order menu from the deli counter and place your order today!

Art at the Co-op

By Annie Hubble, Art At The Co-op coordinator

Beginning on Friday, December 8th the Co-op will host the second annual all-staff art show. Members of staff have been invited to submit works of art for this show, and I know it will be outstanding. There is a lot of hidden talent amongst our staff!

The show will include acrylics, masks, photography, collage, poetry and more. This will be an opportunity to meet a number of promising artists and see a wonderful variety of art.

All-Staff Art Show Opening

Friday, December 8th

5:30 – 7:00 p.m. at the Co-op

Meet the artists at an opening reception from 5:30 – 7 p.m. on Friday, December 8th.



Last month's artist, Carolyn Doe visits with Heidi Schmalz at her opening.



Local Wheat + Local Bakery = Local Bread

By Aven Krempel, Bakery Supervisor

The bakery is pleased to announce that we are starting to use Shepherd's Grain flour. We are slowly making the switch, one recipe at a time, to this great locally grown product.

Some of the new products that have come out in the last few weeks are already being made with these flours. We will be using their High-Gluten and Low-Gluten White Flours and their Whole Wheat Flour.

All of this flour is milled in Spokane from wheat grown on the Palouse. In February you will get to meet some of the Shepherd's Grain farmers at our 1st annual "Farm Day."

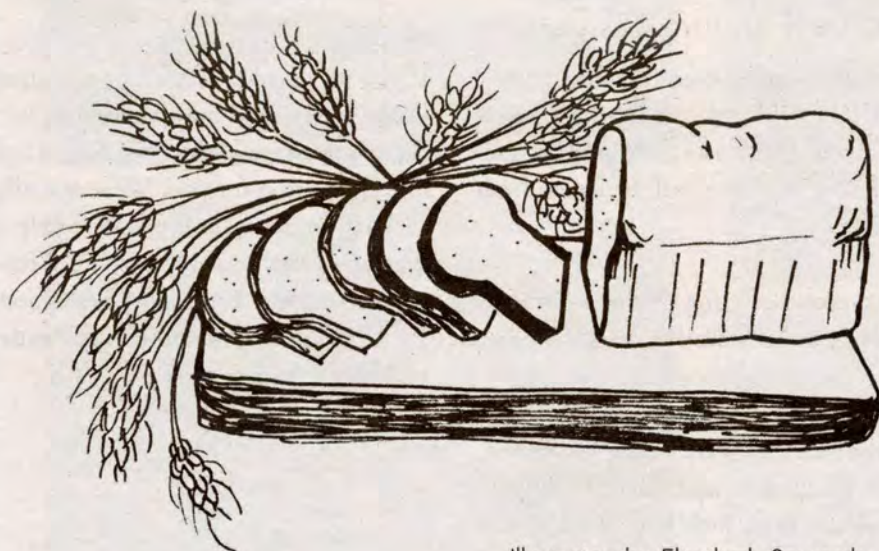


Illustration by Elizabeth Sowards.

Here's a little bit of background for you until then. Shepherd's Grain is a group of farmers working right in our own backyard to grow wheat and other

crops sustainably and we would like to support them and in return support the whole community. They have been certified by Food Alliance, a non-profit

"All of this flour is milled in Spokane from wheat grown on the Palouse."

that supports sustainable agriculture.

The main difference between the Shepherd's Grain farmers and others in the Palouse is the practice of no-till or direct seed farming. This means that they do not till the soil after harvesting or before the next seeding. This creates less erosion, healthier soil structure, less need for pesticides and herbicides, and less exhaust from farm equipment being released into the atmosphere. For more information, check out the following websites, www.shepherdsgrain.com and www.foodalliance.org.

Board Report: Memberships That Make a Difference

By Joe Thompson, Co-op Board of Directors

One of the main functions of the board is to gauge the financial health of the Co-op and make spending decisions. Each month Kenna provides us with a full financial report with budgets, incomes and expenses by department, the debt to equity ratios and overall balances. You should know that your beloved Co-op is vibrant and healthy with strong sales and a cheerful, creative and giving workforce of staff and volunteers, with a happy, growing and satisfied membership. If you read Kenna's report in the November issue, you saw that we had a stunning first year in the new store.

However, because of the move – which by the way was a brilliant thing to do and nothing short of a miracle that created an oasis of organic wholeness and is the soul of downtown Moscow—there is something you don't see when you walk into this wonderful place. It's a nine hundred thousand pound elephant called debt.

It's not exactly the sword of Damocles but it's something we're concerned about. Day to day operations are outstanding, but just because "E coli happens" it's been a challenge to put enough away for some hefty payments coming due over the next six years. Sure, debt is a necessary thing in this business but it is a burden and tends to hamper a lot of what the Co-op would like to do for the store, its members, and the community in general; like fix-

ing the parking lot, offering more customer services, and bringing back 2% Tuesdays.

Remember how great it was when you finally paid off that car loan, that 30-year mortgage, the kid's braces or those college bills? It was like getting a raise. Finally, you can do some of those things you've been longing to do. Don't remember? Still paying them off? Sorry, so am I. But some of you must have experienced what I'm dreaming about.

I think I speak for all of us when I say that I'm glad the Co-op borrowed almost a million dollars, I'm grateful to all of you who loaned money and ultimately made the move possible, and I also welcome the challenge to pay you back sooner than expected to give the Co-op more breathing room and flexibility in its budget to get on with the business of serving you even better than you are being served at the moment, if you can imagine that.

At our last board meeting we decided to start thinking about ways of paying down the debt and we want you to join us in this effort. So, I would like to just throw this out there to the membership in particular and to the universe at large. Let us come up with some creative ideas for the Co-op to kick some debt butt. An idea can be so pure, simple and brilliant but no one ever thought of it before but everyone wished they had. Or it can be totally whacked and so far out that you'd be

considered a lunatic for thinking it, yet it may turn out to be magic.

Consider Terry Armstrong's idea of the UI Found Money Fund. It was established in 1981 with three cents that he found on the sidewalk. He set up a Trust and let it be known that anyone who found money and wanted to donate it to the U of I could send it to him and he'd put it in the Trust. All of this money is invested and will be available for use at the university's bi-centennial. Today it is worth over \$200,000 and is expected to be worth several billion by 2089. Only the interest will be used in perpetuity to enhance the image of the university. Cool idea huh?

What about Kyle MacDonald? He was tired of living in an apartment and paying rent so one day he looked down at his desk and saw a red paper clip and proclaimed to the world, "I will trade this paper clip for a house." The rest of course is history but how many people thought he must be smoking crack? I did. But he captured the imagination of millions of people around the globe who went along for the ride and gave sustenance to his dream to help make it happen.

So I was thinking if Terry can turn 3 cents into billions and Kyle can trade a paper clip up to a house, then we should be able to pull something out of the ether as well. After all, the universe is full of limitless possibilities. I would

"I'm grateful to all of you who loaned money and ultimately made the move possible, and I also welcome the challenge to pay you back sooner than expected to give the Co-op more breathing room and flexibility in its budget."

like to set up a committee to become a clearinghouse for ideas. And then, of course, we'll want to act on those ideas, at least the best ones. Who knows, we could have several groups of people at the same time working on some awesome ideas, taking Damocles sword and cutting that elephant down to size. I know we have many miracle workers in our midst. Come forth with your incredible insights and imaginations and turn some water into wine.

If you would like to be a part of this endeavor, contact me at: 883-5316, josewales@gmail.com or any of the other board members.

References:

- ☛ Terry Armstrong: <http://www.supportui.uidaho.edu/>
- ☛ Kyle MacDonald: <http://oneredpaperclip.blogspot.com/>



New Offerings from the Pretty Darn Gluten-Free Department

By Anna Carnegie-Marx, Lead Baker

Perhaps you've seen me. I usually trek back and forth between the Pretty Darn Gluten-Free case and the bread case, stocking a cookie here, adjusting a loaf there. If you've missed me before, now I'll be easy to recognize by the huge grin on my face.

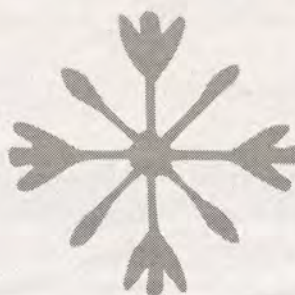
Why the grin? Well, as someone with Celiac-Sprue, any new addition to our P.D.G.F. case causes my face to light up brighter than the Christmas tree in Rockefeller Plaza. And this month we have not one, but two new products to announce.

First are our delicious Autumn Apple scones. With apples, cinnamon, brown sugar, raisins and walnuts, these scones

are sure to tickle even the most reluctant taste bud and, you'll be able to enjoy this breakfasty goodness every morning since they will be baked fresh daily!

Our second offering has been a staple of mine at potlucks for years. Hundreds of unsuspecting people have eaten these delicious brownies, never wise to the fact they were eating Gluten-Free. Dark, rich, and full of chocolaty goodness, these little bars of Chocolate Indulgence will be available on a daily basis. So c'mon, and join me in the grin-fest. Gluten-Free living can sometimes be challenge, but this month, there's a lot to smile about.

If you would like to get more involved in the bakery and have an interest in the Gluten-Free lifestyle we have a volunteer position for you. We're actually looking for 2 or 3 volunteers to help us keep the Pretty Darn Gluten-Free pastry case stocked and full of fresh goodies. Come in or call and talk to Annie Hubble, Aven Krempel, or myself.



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High-Tech, Quality Materials
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Dianne French, Optician

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Meet the Vendor: Simon Cravens-Thompson

By Mariah Rose Hey, Service Supervisor

Simon Cravens-Thompson, a world traveler, coffee connoisseur and the owner of Spokane's own Cravens Coffee Company is coming to the Moscow Food Co-op. Simon and his wife Becky Templin brewed their first cups of Cravens Coffee in 1992, and have been providing great coffee to their customers ever since.

From 9 a.m. to noon on Wednesday, December 6th, Simon will be at the Moscow Food Co-op to share his vast knowledge of eco-friendly coffee. He will explain the process of roasting and the importance of fair trade and local

production.

Please stop by for the special opportunity to meet Simon. He will be available for questions and will also be providing tasters of a few of Cravens organic varieties.

For more information on Simon's visit please contact Co-op Service Supervisor Mariah Rose Hey at 882-8537. You can also visit the Cravens website to learn the story behind Cravens Coffee at www.cravenscoffee.com.



Simon Cravens-Thompson of Spokane's Cravens Coffee Company discusses eco-friendly coffee @ the Co-op

Wednesday, December 6th, 9 a.m - noon



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.)
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Halloween Retrospective

By Annie Hubble, Front End Manager

Halloween at the Co-op this year was a really fun day, as I am sure any of you who were here would attest to. Ghoulies and ghosties abounded, not to mention wood nymphs, ladybugs, warriors, princesses, and other strange and wonderful creatures. We enjoyed the parade of small costumed folks during the afternoon as we joined in the downtown's trick or treat program.

I thank all the staff who participated and dressed up in costume. (The

best 'in-store' trick was the trading of identities by Christian Smith and Bob Tromley. Once they both had their masks on, I certainly couldn't tell them apart, and there were a lot of staff and customers alike who were puzzled for a large part of the day!)

Individual departments helped by decorating their areas, and it was all in all a great day to be at the Co-op!



Clockwise from top right: Christian & Bob in matching masks; Kenna & Christie Stordahl; Canine customers in the checkout line; the Scarecrow created by Mariah and Aven; Pirate Vicki; and the spooky pastry case.



Coffeehouse Connection

By Joseph Erhard-Hudson

Join us Tuesdays from 6 to 8 p.m. in the Co-op dining area for music and good food from the Co-op deli. The deli is once again offering their Tuesday Tacos as an affordable and tasty dinner to accompany the concert.

This month we have four fine musical acts to provide entertainment and relaxation in the hectic holiday season. Potatohead is an instrumental Irish combo, which varies from three to five members, and delights audiences with tunes that range from haunting airs to can't-keep-your-feet-from-prancing jigs.

John Elwood and Sally Burkhart revive near-forgotten folk songs from the British Isles, and are sure to mix in a few traditional Yuletide songs you may not have heard before.

Dan Maher is a mainstay of the Northwest folk tradition. When I last spoke to him, he said he might lead a little holiday sing along during his show.

Trillium is a newly formed Moscow trio who specialize in a cappella or guitar-accompanied close harmonies. This is their debut public performance, and promises to be a treat.

Special note to budding musicians: We will soon be adding open mic nights to the Tuesday concert mix. Here is your chance to shine in the comfort of your friendly Co-op and without the pressure of a full concert. Our first Open Mic Concert will be Tuesday, January 2nd. Each turn at the microphone will be limited to 3 tunes or 15 minutes, whichever comes first. Please contact me if you are interested so I can add you to the list of performers. If we have more performers than time, first priority will be given to advance sign-ups and new performers.

We are excited to be able to present

December Music Schedule
December 5th Potatohead
December 12th John Elwood and Sally Burkhart
December 19th Dan Maher
December 26th Trillium

such a wide variety of local talent. If you would like to perform, or want to know more about any of our artists, send email me at music@moscowfood.coop. You can also call the Co-op at 882-8537 and leave a message if I'm not in.

Joseph Erhard-Hudson is an amateur musician himself, and wishes his mother had made him continue his piano lessons in third grade.



Oeno Speaks

By Vicki Reich, Beer and Wine Buyer

Try not to buy wine based on the label. There are certainly great wines out there with gorgeous labels but there are also very marginal wines that try to make up for it with eye-catching designs. Every once in a while I fall prey to stunning artwork or a cute and catchy name. This month I picked up a wine because the label made me think about the winter and the holidays coming up. Starry Night Winery 2004 Lodi Zinfandel has a beautiful night sky on its label and I thought a Zinfandel would be a great wine to match with foods that are traditional this time of year. I was not misled.

Starry Night Zinfandel is not a "big Zin." It is medium bodied and is a beautiful deep red color. Sweet berries are the prevalent aroma. It tastes of wild berries and ripe cherries with light tannins and a hint of pepper.

This Zin keeps going with a nice long finish. It would be wonderful paired with a leg of lamb or roast tenderloin. I broke out some Scharffen Berger bitter-sweet chocolate to see if my hunch that it would pair well with chocolate was correct. I was not mistaken.

An Opportunity to Serve

By Bill Beck, Co-op Board Member

We are seeking candidates to serve on the Co-op Board of Directors. Serving on the Board of Directors is a great way to volunteer at our Co-op.

Our member-owned Co-op is governed by the Board of Directors. Board of Directors candidacy is grass roots democracy in action. There will be four vacancies on our Board. Participate in our election process by becoming a candidate. Information about becoming a candidate is now available at the Co-op. If you are interested in being on the Board of Directors, please pick up information about Board candidacy from Kenna at the Co-op or ask any current Board member.



Personal Care Corner: Gift Extravaganza

By Carrie A. Corson, Person Care Manager

Whether it's the new style of brushed metal travel mugs from Planetary Designs or one of the hilarious candles from Chick Wicks, you'll find something for everyone on your holiday shopping list here at the Co-op.

For the student in your life, you might consider the "What Would Bacon Do?" folder. Sure to provide hours of entertainment during all those long lectures. And to carry all those books to class, consider the sporty Pirate Messenger bags offered by Accoutrements.

How about "Mice Ice" from Fred? Yep, it's an ice tray where the ice forms the shape of mice. Sure to surprise the squeamish folks at your holiday party.

You will also find some wonderful local items including soaps and creams for Sumptuous Soaps, soaps and lotion bars from Orchard Farms, photography cards and calendars from local artist Irene Bain, Mary Jane's Farms magazine, beeswax candles from Harvard Honeybees, and lots of CD's from your favorite local musicians.

Once again we have Fair Trade gifts from around the globe. Everything from bamboo bowls, to Alpaca gloves, mittens, hats and scarves. If you are hoping to make a difference with your holiday dollars, one of these items might be just thing. Purchasing Fair Trade products not only supports living wages for artists, it also supports safe and dignified work places, offering artists a say in how their product is made and where it is sold, and allows money to stay in communities where it is most needed. Look for Fair Trade products from Ganesh Himal, World of Good,

and Andes Gifts.

We haven't forgotten our four legged friends either. Kitty Kaviar is sure to light up your cat's life when you add it to their holiday meal. And there are lots of new toys plus hemp collars and leashes from Planet Dog for your favorite canine.

As always we have a great selection of candles, books, essential oils, incense, calendars and the list goes on. Have fun and have a great holiday season.

From the Suggestion Box

Some time ago you carried Shitake mushroom patties. I'd love to have you carry them again.

I'm sorry but our distributor discontinued that product. The only place I was able to find it was on-line at shiitake-ya.com. You can order direct from them—Vicki, Grocery Manager.

Get some sherry! I'll bet a lot of people would buy it.

I'll find some and bring it in—Vicki, Goddess of Wine and Beer.

Prettier gift certificates—at least make Co-op logo bigger.

We've done one better. We now have refillable gift cards. They've got our logo in big bold letters and are a beautiful shade of purple. Just in time for the holiday season—Kenna, General Manager.

Thank you so much for bringing in the wild rice sticks. I appreciate it and will buy them often.

You are most welcome. I think they have other fans as well as yourself. They're selling really well—Vicki.

May I suggest an open mic evening? Thanks.

Certainly! In fact, our first music night of the New Year on January 2nd will be open mic night. See the music column elsewhere in this paper for details—Joseph, Music Coordinator.

Please offer more flavors of Wholesoy 24 oz size. Also more flavors of Spry Gum.

Wholesoy only makes plain and vanilla in that size, sorry—Vicki.

Bought a Fuchs toothbrush with replaceable heads, and now that I wore it out, I found that the replacement heads are not in stock. That sucks and seems self-defeating of the purpose of getting a toothbrush with replaceable heads.

You may certainly special order replacement heads for your Fuchs toothbrush. The replacement head toothbrushes that we have now are a better display option for us and are more popular than the Fuchs. Special orders do not have any added cost and a cashier can fill out an order form for you—Carrie, Wellness Manager.

I've noticed that there are no mirrors on the store floor. Maybe we should have one by the hats and bags or by the make-up.

There are two mirrors in the Wellness area. One is currently in the gift area with the hats and one in the make up area—Carrie.

You are out of Uva Ursi Divrite by Planetary Sources (I think).

Sorry, this has been an intermittent out of stock with our supplier. We will continue to order it—Carrie.

First Time in here! I really like it! Great job!

Thanks a lot! We like it, too—The Staff.

That expanse of blank wall on the east side of the Co-op facing Washington St. looks like it's just begging for some art work, such as a mural or series of murals. We think so, too. We are in the process of coming up with designs. Then we have to get them approved by the landlord, but it is in the works—Kenna.

Wireless for the café? Please... We need wireless internet! Bozeman MT Co-op has it. Why not Moscow?

We did consider adding a wireless connection in our seating area but decided against it when we saw how crowded the area already is without folks using it as their office or study. Thanks—Kenna

I have never had a bad experience here, but today the help did not know where anything was, nor did they make any effort to find what I wanted—Do you no longer keep baking powder in bulk? No one knew—or apparently cared—it upset me because it has always been so nice here. Maybe I'm too old fashioned, but I am from the time of some original food co-ops and I guess I expected too much. Thanks for letting me vent, but I do want to know about the baking powder.

First of all we do have baking powder in bulk. It's in with the bulk herbs and spices. Secondly, you definitely weren't expecting too much, we just didn't deliver the type of customer service that we pride ourselves on and for that I am very sorry. I will make sure to reinforce our service standards with our staff and we will all do our best to make sure that you never have that kind of experience here again—Vicki.

A customer was looking for hard contact solution. Do you think it would be worth it to carry this item? Thank you.

Unfortunately, our distributors do not carry hard contact solution—Carrie.

Can we carry Sans Gluten English Muffins?

We carry a number of other products by Glutino, but at the moment, our distributors don't carry the English muffins. I guess the bagels in the freezer aren't quite the same. I'll keep my eye out for them and bring them in if they become available—Vicki

Is there anyway you can get "Bard's Tail" beer in stock? It's gluten free beer and is very good! You'd be the only store to carry it that I know of. My distributor promises me that they will have Bard's Tail available in the New Year. As soon as they get it we'll have it—Vicki.



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Staff Profile: Jeff Robinson

By Sharman Gill

A chilly November morning brought the first snow of the season. I made a timely visit to the toasty bakery with one of the dedicated bakers, Jeff Robinson. Stepping inside the baking zone is a world apart—pleasant aromas, warmth, the sounds of patting, rolling, and friendly chit-chat. Just enough room for three people: the *prep baker*, the *bread baker*, and the *pastry baker*.

As a pastry baker, Jeff arrives at 5 a.m. to begin a shift that he claims “doesn’t feel like a job. . . . It’s a very friendly environment, which eases up on potential job tension.”

Jeff is responsible for delicious pesto rolls (my favorite), scones, lemon bread, cinnamon rolls, focaccia bread, and muffins (my daughter’s favorite). In fact, my 4-year-old made a single request when she heard I was heading to the Co-op without her. “Will you bring me one of those muffins with the little chocolate pieces?” I did indeed, and probably one that Jeff himself had baked.

Jeff is fairly new to the Co-op. Three months ago he was on the lookout for an opportunity to develop his culinary skills, something that has held his interest since childhood. Good luck came with an opening in the Co-op bakery. A Moscow native, Jeff has observed the Co-op through various stages and now he is glad to be part of this familiar, long-standing community presence.

Moscow—an ideal place to grow up. Jeff agreed, adding that he appreciates how you can “go in any direction out of town and within an hour you are in open country.” He took advantage of this “back yard” to become an Eagle Scout, spending many summers and autumns exploring the surrounding mountains and rivers. He especially remembers his annual 50-mile backpacking trips, some of which included multiple perspectives of the terrain: his troop would hike into a remote airstrip, and then an airplane would fly them out. Jeff’s favorite places to explore include the North Fork of the Moose Creek and the Seven Devils Mountain Range near Riggins.

After graduating from



Jeff Robinson, a Moscow native and business student at the University of Idaho, is the Co-op’s pastry baker.

“Jeff is fairly new to the Co-op. Three months ago he was on the lookout for an opportunity to develop his culinary skills, something that has held his interest since childhood. Good luck came with an opening in the Co-op bakery.”

High School in 2002, Jeff enrolled at the University of Idaho and, before this year is out, he will graduate with a degree in business, a program that he says has been, for the most part, enjoyable. It’s a good compliment to his future plans, too, which is to attend culinary school. Although it would require leaving the mountains and open spaces of Idaho, Jeff is considering the Western Culinary Institute, based out of Portland where his sister lives. One of the most appealing aspects of this program would be an “externship” where he would gain valuable hands-on experience. Once he graduates, Jeff is open-minded about his plans, saying he will go in the direction of opportunity.

When Jeff isn’t working at the Co-op or busy with University classes, he enjoys the creative freedom that comes with cooking and baking at home. He has an artistic approach in which he looks briefly at a recipe and “then just goes for it.” He has found another creative outlet in music. As a bass player, he writes and performs music with a rock/funk band that he and some friends formed in High School (and the word

is out that the three-person group recently lost their singer and is searching for a new one). The band enjoys creative jams and performing around town for house parties.

At home Jeff cares for Roger, a 5 month old black Labrador, which he got from the Humane Society. Remembering my past Labradors, I immediately commented that Roger must be in that “spastic, hyper” stage but Jeff said, on the contrary, he’s pretty mellow and likes to hang out chewing on toys.

With his diverse interests, from early mornings in the Co-op bakery to late night music making, Jeff Robinson works to express his creativity and enrich his home community of Moscow.

Although Sharman and her young family aren’t up for 50-mile hikes, they enjoy day trips to the Idaho mountains.



Business Partner Profile: Now and Then Antiques

By Jill Maxwell



You can find almost anything you want at Now and Then Antiques. Looking for a present for someone with eclectic tastes? Check. Need a new vacuum cleaner or space heater? No problem. A bed, a hamster cage, a Christmas ornament, ironing board, or antique roller skates? Can do.

The two-level store on Palouse River Drive offers antiques and collectibles upstairs and second-hand furniture and house wares in the basement. It caters to a wide segment of Moscow shoppers from college students and young families in need of furniture to antique enthusiasts who make an annual pilgrimage to the store once a year to see what's available.

“The Marks and their four children moved to Moscow eight years ago, so that Michelle and Jeff could go back to school. Now that they’ve expanded to running Now and Then, they have turned their business into a family affair. Their children, aged 8 to 15, help out in the store a lot.”

Although Now and Then Antiques has been a Moscow business for years; new owners, Michelle and Jeff Banks have only been running it since May 2005. The opportunity to buy came along at the right moment, recalls Michelle Marks. “We had been working from home selling on E-Bay. This seemed like a good next step.”

The Marks and their four children moved to Moscow eight years ago, so that Michelle and Jeff could go back to school. They supported school and family with their E-Bay business. Now that



Now and Then Antiques is a family business. Michelle and Jeff and their four children have been running the store since May 2005.

they’ve expanded to running Now and Then, they have turned their business into a family affair. Their children, aged 8 to 15, help out in the store a lot. The older ones will run the till and make deliveries, while the younger ones help out with cleaning and empty the garbage.

“They are a lot of help,” says Michelle. “It’s definitely a family business.” The couple also continues to sell items on E-Bay, and is hoping to offer an E-Bay consignment selling service to their customers in the future.

Thanks to the reputation created by Now and Then’s previous owners, Michelle and Jeff, don’t often have to go out in search of things to sell. “People call and come to us,” says Michelle. “We buy directly from the public. People come in with a truckload of stuff and say, ‘Here, are you interested?’”

Occasionally, the Marks’ will go into a home to look at possible items for resell, especially if asked by elderly people who are in the process of downsizing. “We provide a good service to the community,” says Michelle. “We recycle the furniture in the community. Sometimes we will see the same piece repeatedly.”

“It’s really fun to see what comes thru,” she adds. “A lot of everyday stuff, but also some unique pieces—especially antique furniture.” The most unusual item

that has come through the store is an antique airplane propeller from WWII.

The Parks’ became business partners because Michelle “likes what the Co-op stands for. Co-op members receive a 10% discount on any furniture, antique, collectible or gift item they purchase (excluding vendor or consignment items.) Now and Then is located at 321 E. Palouse River Drive. Store hours are 10 AM to 5 PM Monday through Saturday. They can be reached by phone at 882-7886, or by e-mail at nowandthen@moscow.com.

Michelle and Jeff plan will hold a Christmas sale at the store on Saturday, December 9. Should be a lot of fun.

Jill Maxwell lives in Moscow with her husband, two children and a small menagerie.



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Volunteer Profile: Sarajoy Van Boven

By Sarah McCord

Most of you reading this know Sarajoy Van Boven from her "Wild and Free" column in this very newsletter. After reading her wise words, I've boldly dried juniper berries and ground them like pepper, intrepidly dug up dandelion roots and dried them for soup (but eaten them instead as a crunchy spicy snack), bravely sampled the berries from kinikinnick (and learned to spell it), and fearlessly added Blue Sailors (chicory) to my list of "greens I can get from my yard." We met at the Daily Grind in Pullman and swapped tales for a good three hours, which didn't seem nearly long enough.

Unlike most of us who write for the Moscow Food Coop Newsletter, Sarajoy plans her articles more than a year in advance.

"It's fun to do," she tells me. "I have to do a lot of research so I can write about the plant when it's ready to be used." Sarajoy observes a plant over all four seasons, and writes a column when it is ready. "I have a few options for each

"Sarajoy's travels around the U.S. and around the world have opened her eyes to many things. She has studied in India, volunteered in the Ukraine, and made jewelry and worked as a maid in Mexico. Her favorite job was working on a dude ranch in Colorado."

month, in case something doesn't work out," she confides, but I'm still thinking about the tremendous amount of organization it takes to plan so well, and so far ahead.

Sarajoy was born in Saskatchewan and grew up in Linden, Washington on the Lummi Reservation, on a farmette with steers and horses. She now lives in Pullman with her husband Huckleberry Palmer and their two children, Blue and Coyote. Huckleberry studies Biological Systems Engineering

at WSU. Sarajoy has a degree in Comparative History of Ideas from the University of Washington.

She laughs as she says, "I took all the classes I wanted to take and then chose my major based on that! I still think 'Oh, I'd take that if I could' when I get see what courses are being offered."

When the family was contemplating the move to Pullman, they learned about the Co-op and thought, "If there are enough people here to support a co-op, we'll survive."

Sarajoy told me she never got used to Seattle, especially the traffic. "The Palouse was an easy place to come to, and fit in, and find niches." Her column turned out to be one of those niches.

"I was at a party with Judy Sobeloff and Carol Spurling, and I told them about my idea for a wild edibles column. They provided me with encouragement" to get started.

Sarajoy's studies of what people think about various ideas across time and space and culture have affected many of her choices. "I sold bread at a farmers market in Seattle, and I would trade it for fresh produce. I decided to do this after I took a World Hunger and Resource Development class and learned that the best thing you can do for people in developing areas is to shop locally. This frees up resources for others to develop their own culture."

Sarajoy became interested in food and resources after seeing the end of a famine in Malawi when she lived there as a teenager. "I wanted to understand. It turns out that famines are political. There are surface causes, like droughts or poor harvests, but the deep causes are political."

Sarajoy's travels around the U.S. and around the world have opened her eyes to many things. She has studied in India, volunteered in the Ukraine, and



Sarajoy Van Boven writes the "Wild and Free" article in this newsletter.

made jewelry and worked as a maid in Mexico. Her favorite job was working on a dude ranch in Colorado. The merry twinkle returns to her eyes when she says, "I rode horses all day with CEOs of companies I had protested."

These days, Sarajoy works as a paralegal at the offices of Kirsch and Clark in Moscow. They specialize in disability law, and she grins and says, "The more I do it, the more I love it! This came as quite a surprise to me. Let's just say I've got my top law schools all picked out and I know my targets for my LSATS." Law may be the next natural step in her journey to understanding. I'm looking forward to hearing more of her stories from the trail.

Sarah McCord lives and works in Pullman and ends up out in her yard looking for free food every time she reads Sarajoy's column.



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Much Ado About Tofu: “Intimidated by Bean Curd”

By Terri Schmidt

Hello everyone. I'm Terri, the new writer for this column. I hope to encourage those who have not tasted tofu to give it a try and to provide regular tofu users some new recipes to experience.

I came to Moscow to attend the University of Idaho and never left the Palouse—it's a great place to live. I am married, have two children, and teach preschool. I'm enthusiastic about theater, art, and healthy eating.

I began shopping at the Co-op about 16 years ago when it was on West Third Street. I started out buying sesame tortilla chips, pasta out of bulk bins, and other reasonably familiar items. Our family loved the homemade bread from the Co-op and we watched with fascination as the clerks used the bread-slicing machine. (That was in the olden days before customers began using the machine themselves.)

Shopping at the Co-op was an interesting venture, but one thing I avoided was the tofu. It was funky looking—large lumpy white cube-shaped stuff floating in translucent water. Frankly, I was intimidated by it. However, I kept running into articles about the benefits of eating tofu, and one day a friend of mine presented me with a sweet potato tofu pie that proved to be quite good. I decided I would break down and try it.

When I got to the store, I was still apprehensive. I just didn't know how to deal with the stuff. So I bravely told a



clerk, “I'd like to try tofu, but I have no idea what to do with it after I get it home, and not only that, I don't even know how to get it home.” The clerk was very understanding and showed me how to use the tongs to pick up a block of tofu and put it into a Chinese-take-out type box. She also told me an easy

way to prepare it, by marinating the tofu and frying it.

I went home triumphant with my little box of tofu, whipped up a tasty meal with it that evening, and have been cooking with tofu ever since.

Our children both became vegetarians in their teenage years. As a result, I began eating more vegetarian meals myself. We often cooked with tofu, as it was a versatile way to add protein to a meat-free menu.

I try to follow Eleanor Roosevelt's advice to “Do something every day that

scares you.” Trying tofu was my scary thing for the day those many years ago at the Co-op. I'm glad I took that bold step. Tofu is a common addition to my meals and seems perfectly normal now. I encourage other readers who have not ventured into that scary place to give tofu a try. I think you'll be pleasantly surprised.

Terri Schmidt enjoys the Christmas season when good will and cheer abound. She wishes you joy, peace, and a little extra chocolate this month.

Chocolate Christmas Pudding

The first time I ever tasted tofu was in sweet potato pie. Since that recipe was featured in last month's newsletter here's another sweet dessert made with tofu. It was fun adapting and tasting recipes until I found a combination my family liked. This is a simple, but rich, Christmas dessert.

- ✦ 1 (12.3 oz.) pkg. soft silken tofu (I used Mori-Nu)
- ✦ 1 can light coconut milk
- ✦ 2 Tbsp. sugar
- ✦ 2 tsp. cardamom pods
- ✦ 1 tsp. pure vanilla extract
- ✦ 2 (4 oz.) bars bitter sweet chocolate (I used Ghirardelli)
- ✦ Whipped cream, sweetened (optional)
- ✦ Crushed candy cane (optional)

Remove tofu from box and place between several layers of paper towels on a plate. Place something heavy on top to press out the excess moisture. Let sit for 20 minutes.

In the meantime, put the coconut milk, sugar, cardamom pods in a saucepan. Heat to boiling. Reduce heat, cover, and simmer for 20 minutes. Remove cardamom pods. Add broken pieces of the chocolate bars and stir until the chocolate is melted. Remove from heat.

Combine chocolate mixture, vanilla extract, and pressed tofu in a food processor. Process for a couple of minutes until well blended. Pour into custard cups or dessert dishes, add a dollop of whipping cream and a sprinkle of crushed candy cane. Can be served warm or chilled. Serves 4-6.

Marinated Tofu

This recipe, offered by that friendly Co-op staff member, is the first tofu recipe I ever made.

- ✦ ¼ cup soy sauce (or Bragg Liquid Aminos)
- ✦ ¼ cup water
- ✦ ½ tsp. ground ginger (or ½ Tbsp. fresh ginger, minced)
- ✦ 2 Tbsp. minced garlic
- ✦ 1 block firm tofu

Combine first four ingredients and pour into a large self-sealing bag. Slice tofu in ¼" slices and add to marinade. Place bag in refrigerator overnight, turning occasionally.

Heat 1-2 Tbsp. olive oil in a frying pan. Remove tofu from marinade and fry on both sides until golden brown. Good eaten plain, in sandwiches, on salads, or in stir-fry.

Omnivoria: Celebrate the Holidays with Sustainable Seafood

By Alice Swan

For many people, thoughts of holiday dinners conjure up images of whole roasted turkeys or standing rib roast; they easily feed a lot of people, and the presentation of the whole bird, or the roast with those silly little foil crowns is usually impressive.

For me, however, when the holidays roll around images of sea creatures dance in my head. A number of years ago, I convinced my mom that she could cook a turkey breast for my seafood-phobic brother and the rest of us could have poached salmon for Christmas dinner.

Around the same time, she also decided that we should have oyster stew on Christmas Eve. (Oyster stew is essentially just shucked oysters cooked in heavy cream and butter—how could that not taste good?) Some close friends of our family who often come over for Christmas dinner always bring shrimp cocktail as an appetizer, and we usually have crab legs for New Years Eve.

These days it's difficult and confusing to keep track of what kinds of seafood are OK to eat, for a variety of reasons. Many seafood populations are declining because of over-fishing and habitat destruction from fishing practices. Farmed seafood is often subject to the same treatment that land animals in feedlots are—antibiotics, growth hormones, and food that they don't eat in the wild. And then there are concerns about mercury and PCB contamination.

Even though I love seafood, when I was pregnant with my son, I was so afraid of overloading the baby with mercury that I pretty much avoided it altogether. Part of that was simply first-time-parent hysteria. We are lucky in Moscow to have the Fish Folks, who sell excellent quality seafood, and are always happy to answer questions about where it comes from. And now the Co-op is also carrying a small selection of frozen seafood from EcoFish, for those times other than Fridays that you're craving seafood.

EcoFish was founded in 1999 with the mission of providing sustainable, healthy seafood and supporting sustainable fisheries, both wild and aquaculture (the technical term for fish farms). They choose products according to the recommendations of an independent advisory board made up of some of the foremost marine conservation scientists from organizations such as the Monterey Bay Aquarium, the Blue Ocean Institute and Environmental Defense's Oceans Program. EcoFish buys most of its products directly from

family fisheries all around the world, thereby eliminating the many layers of middlemen that add considerably to the time between harvest and sale of most commercial seafood.

This also eliminates the middleman price mark-ups, meaning that the fishers get a fair price for the products they supply.

Henry Lovejoy, the founder of EcoFish, noticed the bad publicity that seafood was getting, and evidently knew that there would be over-cautious people like me out there who would simply stop eating seafood, so in 2002 he launched Seafood Safe, a seafood labeling program.

Seafood Safe uses independent labs to test seafood products for mercury and PCB contamination. Products are then labeled with the number of 4-oz. servings a woman of childbearing age can safely eat in a month.

EcoFish products available at the Co-op include Mahimahi fillets, Alaskan True Cod, farmed Wisconsin Rainbow trout, and organic farmed Ecuadorian shrimp.

For specifics on why each of these products was chosen by EcoFish's advisory board, you can visit their website, www.ecofish.com.

We sampled some of the EcoFish shrimp (its Seafood Safe number is 16!), of which several varieties are available: raw with shells on, raw peeled & deveined, or cooked salad shrimp. Because we were not going to grill the shrimp, we opted for the easy peeled and deveined variety. It was delicious—sweet, tender and packed with flavor. Freezing technology has improved in recent years, and if I hadn't known, I would have guessed that the shrimp was fresh. The texture was as firm and the taste as fresh as the shrimp I was once lucky enough to eat the same day it was caught.

Because I made a very simple shrimp scampi, recipes for which are readily available, the recipe I'm going to share is one that we had last summer with halibut from the Fish Folks, but that would also be wonderful with EcoFish Mahimahi. It has a beautiful presentation, and for people who like to mess with such things (like my husband), would make a stunning holiday entrée.

Alice and her husband are expecting their second child, and this time around she is making safe seafood an important part of her pregnancy diet.

“Many seafood populations are declining because of over-fishing and habitat destruction from fishing practices. Farmed seafood is often subject to the same treatment that land animals in feedlots are—antibiotics, growth hormones, and food that they don't eat in the wild. And then there are concerns about mercury and PCB contamination.”

Macadamia Nut-Crusted Mahimahi with Mango Puree and Scallion Oil

From *One Fish, Two Fish, Crawfish, Bluefish: The Smithsonian Sustainable Seafood Cookbook*. Makes 4 generous servings. Scallion Oil & Mango Puree may be prepared several hours in advance, recipes below.

- ✦ 2 pounds mahimahi fillets, thickly cut
- ✦ ½ c macadamia nuts
- ✦ ¼ loaf brioche
- ✦ Salt
- ✦ 2 eggs
- ✦ ¾ cup light olive oil
- ✦ 1 tsp black sesame seeds

Preheat the oven to 350 degrees F. Spread the macadamia nuts in a pie pan and toast until golden, about 5 to 7 minutes. Cool and reserve. Pulse the brioche in a food processor until crumbs form. Pulse in the toasted nuts until a crumbly mixture forms.

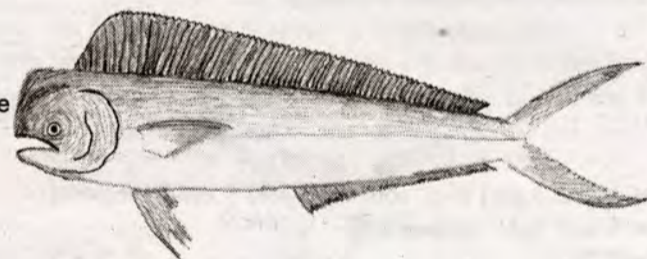
Cut the mahimahi into 8-ounce pieces and season with salt. In a shallow bowl, beat the eggs and 2 ½ tablespoons water to make an egg wash. Dredge the fish in egg wash, then coat completely in the nut-crumbs mixture to make a nice crust. Heat the oil in a nonstick pan over medium-high heat. Sauté the fish until golden brown on both sides, about 1 minute per side. Remove from the heat and place fish on a baking sheet; set aside.

Spread the black sesame seeds in a pie plate and toast in the oven for approximately 5 minutes.

To serve, place the baking sheet with mahimahi in the hot oven and bake for about 4 minutes. Ladle a generous amount of warm mango puree onto each plate and place a piece of fish on the puree. Garnish with a ribbon of scallion oil and sprinkle the sesame seeds around the plate. Serve immediately.

Mango Puree

- ✦ 1 mango
- ✦ ½ cup white wine
- ✦ 1 Tbsp. sugar
- ✦ ¼ cup cream
- ✦ Juice of 1 lime
- ✦ Salt



Peel the mango and remove all flesh. Place the mango chunks in a small saucepan over medium heat. Add the wine and sugar. Cook to reduce the volume by three-fourths, then add the cream. Bring to a boil and simmer for 5 minutes. Let cool slightly, then puree in a food processor. Strain the mixture into a bowl. Add the lime juice and salt to taste. Cover and set aside. Gently warm the sauce before serving.

Scallion Oil

- ✦ 1 bunch scallions, green parts only
- ✦ ½ cup olive oil
- ✦ Pinch of sugar
- ✦ Pinch of salt

Bring a pot of salted water to a boil. Quickly blanch the scallion greens, then immediately plunge them into cold water. Remove and dry scallions. Place them in a blender with the olive oil, sugar, and salt; puree until smooth. Place the scallion oil in a squeeze bottle.

Follow the Bouncing Cranberry

By Judy Sobeloff

“**E**at one, Mama! Mama, open your mouth! Mama, do you want a ‘candy-cookie?’” my two-and-a-half-year-old entreated me many times daily until the bag of fresh cranberries was gone. Never mind that, according to cookbook author Mark Bittman, cranberries are “among the only berries that cannot be eaten out of hand.” Benji never tired of eating them straight from the bag or emptying them into cups and dumping them all over the floor. Certainly he never tired of feeding them to me.

As his vision for his installation piece expanded, he brought in rosehips and other red berries from our yard, added raspberries from the freezer, affixing them not just to the floor but to the walls, until our kitchen resembled a culinary measles attack. Later I read that another name for the cranberry is bounceberry, as fresh ones bounce when dropped. Benji, of course, had long since discovered this.

Along with the blueberry and the Concord grape, cranberries are one of only three commercially important fruits native to North America. The only berry that can be kept throughout the winter, cranberries were used as a preservative by Native Americans, who pounded the berries into a paste which they mixed with dried meat. They used cranberries for medicinal purposes as well, brewing them into a mixture to draw poison from arrow wounds (foodreference.com). There is no direct evidence that they brought cranberries to the Thanksgiving meal with the Pilgrims in 1621.

“The only berry that can be kept throughout the winter, cranberries were used as a preservative by Native Americans, who pounded the berries into a paste which they mixed with dried meat. They used cranberries for medicinal purposes as well, brewing them into a mixture to draw poison from arrow wounds... There is no direct evidence that they brought cranberries to the first Thanksgiving.”

The official state berry of Massachusetts, cranberries grow on vines in boggy areas and were first cultivated in Massachusetts in 1816. The berries were named cranberry because the plant’s flowers dip down, resembling the head of a crane. Indeed cranes eat cranberries and live in the bogs where cranberries grow.

Currently about half the cranberries produced in the U.S. are grown in Wisconsin, about one-third in Massachusetts, with most of the remainder grown in New Jersey, Oregon, and Washington.

My own family’s lore includes the story of my father as a boy in Michigan diving beneath the ice of a frozen bog to get cranberries, a legend which has never been verified.

Locally, some may have heard rumors of a mythical cranberry bog north of here—located through a wardrobe, I believe. Those who’ve lived to tell the tale report having hiked and canoed for miles to reach this bog, then balancing precariously on sodden, shifting peat while scooping out boatloads of berries.

Scoops, wooden baskets with wooden teeth, were introduced as a picking method in the 1850s, though women were not allowed to use these until the 1930s. Currently, commercial bogs are kept dry and then flooded at harvest time. Machines shake the vines and then skim off the loose berries, which are then bounced down a stair-stepped processor to separate out the fresh ones. Because picking by machine damages the berries, these berries must be processed into juice, sauce, or jelly; berries sold whole must be picked by hand. There are 4,400 cranberries in one gallon of cranberry juice.

Like people, fresh cranberries are almost 90 percent water, which accounts for the bouncing. Because of this high water content, cooks are advised not to thaw frozen cranberries before cooking. For those who prefer not to bounce their berries down their stairs, cranberries will float in water when fresh. When cooking, cook only until they pop to avoid bitterness.

To give Benji more options, we made Cranberry Smoothies and two sauce recipes recommended by National Public Radio’s Susan Stamberg: Mama Stamberg’s Cranberry Relish and Garlicky Cranberry Chutney. As it turned out, we used horseradish sauce rather than pure horseradish in the relish, which may account for its tasting,

Cranberry Smoothie

(From www.state.nj.us/hangout_nj)

- ✦ 1 very ripe banana
- ✦ 1 cup fresh cranberries
- ✦ 1 cup milk
- ✦ 3 ice cubes

Put in a blender and mix until smooth. Makes 2 cups.

Mama Stamberg’s Cranberry Relish

(Adapted from www.npr.org)

- ✦ 2 cups raw cranberries
- ✦ 1 small onion
- ✦ ½ cup sugar
- ✦ ¾ cup sour cream
- ✦ 2 Tbsp. red horseradish

Grind the cranberries and onion together. Add remaining ingredients and mix. Put in a plastic container and freeze. The morning or night before serving, move the container from the freezer to the refrigerator compartment to thaw (it should still have some little icy slivers left). The relish will be thick, creamy, and shocking pink, (OK, Pepto Bismol pink). Makes 1-1/2 pints.

Garlicky Cranberry Chutney

(From Madhur Jaffrey’s Cookbook: Easy East/West Menus for Family and Friends)

- ✦ 1-inch fresh ginger
- ✦ 3 cloves finely chopped garlic
- ✦ ½ cup apple cider vinegar
- ✦ 4 Tbsp. sugar
- ✦ 1/8 tsp. cayenne pepper
- ✦ 1 lb. can cranberry sauce with berries
- ✦ ½ tsp. salt or less
- ✦ Ground black pepper

Cut ginger into paper-thin slices. Stack them together and cut into really thin slivers. Combine ginger, garlic, vinegar, sugar, and cayenne in a small pot. Bring to a simmer. Simmer on medium flame about 15 minutes or until there are about 4 Tbsp. liquid left. Add can of cranberry sauce, salt and pepper. Mix and bring to a simmer. Cool, store, and refrigerate. It will keep for several days.

as Fred put it, like “cranberry tartar sauce, sweet and rich and bad for you.”

With the cranberry smoothie eerily resembling the relish, it was perhaps the tastier and the less sweet. The chutney, however, was what pulled Fred from his relish-induced slump. “It’s pungent and gingery and good. Wow! Not for the timid.” As he dipped into a second helping, he could be heard muttering the “Diving Beetle’s Food-Sharing Rules:” “Mine! All mine! ... If I return and you have taken it, you are mine!”

Though intrigued by the exploits of her friends and relations, Judy Sobeloff has never traveled above or beneath a cranberry bog.



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Vegan Bites: Festive Foods

By Hope Matthews, photo by Joseph Stengel

As overrated and commercial as the winter holidays may appear one common element regardless of religion or culture or class is food. Celebrating and feasting often go hand-in-hand, and this time of year is no different.

Feasting is a celebration of the Earth's abundance, a time to gather with family and friends, enjoying the delicious foods that we created and worked for together. Christmas hams, Kwanzaa stews, and Hanukkah latkes form an integral, meaningful part of the customs inherent on these holidays.

Celebrating a particular religious holiday may also differ greatly from one country to the next. Mexico's Christmas tradition, Las Posadas, held each night between December 16th to Christmas Eve, in honor of the period when Mary and Joseph traveled from Nazareth to Bethlehem in search of lodging, is somewhat different from an American traditional Christmas. In Las Posadas friends and families share in the festivities communally, celebrating at a different house each evening. Part of their tradition includes carrying candles, adults drinking a thick punch called ponche navideno and, at the end of the journey, breaking a piñata stuffed with candy and fruit.

Latkes, or potato pancakes, is one of my favorite breakfast foods, and integral to Hanukkah tradition. Originally, the pancakes were made of cheese and latkes were eaten as a tribute to Judith, a daughter of the Hasmoneans. Judith fed cheese to Holofernes, general of Nebuchadnezzar's army and enemy of the Jews. When the cheese made him quite thirsty, he drank wine, got drunk and Judith cut off his head, leading to Jewish victory. For this reason, it was said, Jews eat cheese delicacies on Hanukkah.

Today the potato latkes are more popular than their cheese versions, and I've included a vegan recipe I found online.

Another religious festival recognized over several nights during the winter holiday season is Kwanzaa. Kwanzaa is observed between December 26th and January 1st by many in the world African community who gather to celebrate family, community and African culture. According to the The Official Kwanzaa Web Site, "the name Kwanzaa is derived from the phrase "matunda ya kwanza" which means "first fruits," or harvest festival, in Swahili, a Pan-African language which is the most



widely spoken African language." (<http://www.officialkwanzaawebsite.org/origins1.shtml>).

Although Kwanzaa is a relatively new holiday, founded in 1966 by Dr. Maulana Karenga, it is rooted in celebrations dating from ancient Egypt and Nubia. On the last evening of Kwanzaa, the Kwanzaa Feast or Karumu is held. This celebration is filled with music, food, dancing and rituals, which are observed in a room decorated in bright green, red, and black. Dishes from Africa, the Caribbean and the Americas are savored among family and friends.

Although many folks don't associate vegan fare with any of these holidays, there are traditional dishes that can be suited for vegans or are already vegan in nature. A fabulous site is

<http://www.bryannaclarkgrogan.com> for Kwanzaa, Christmas, and Hanukkah recipes. For more English and American style Christmas recipes <http://www.ivu.org/recipes/holiday/> offers lots of appetizing-sounding vegan dishes. If you are looking for a site that focuses on celebrating a vegan Hanukkah, <http://www.vegparadise.com/cookingwith612.html> offers a full menu for this holiday. This link features lots of vegan soul food recipes for Kwanzaa: <http://groups.msn.com/VegetarianSOULFOOD/soulvegetarianrecipes.msnw>.

Happy feasting this holiday season!

Hope Matthews is flying back east this winter for 3 weeks to participate in the winter holiday season with family and friends. She can be emailed at [hopemmatthews74@hotmail.com](mailto:hopenmatthews74@hotmail.com).

Bryanna's Fat-free or Low-Fat Tofu Sour Creme

From www.bryannaclarkgrogan.com. Makes 1 1/2 cups. Silken tofu makes a smooth, rich-tasting mixture which can be used anywhere you would normally use sour cream, including cooking.

- ✦ 1 (12.3 oz.) box extra-firm SILKEN tofu
- ✦ 3 Tbsp. lemon juice
- ✦ 1/2 tsp. unbleached sugar
- ✦ 1/4 tsp. Salt
- ✦ Optional: for a richer mixture, add 1-2 T. olive oil

Process in a food processor or blender until very smooth. Keep in a covered container in the refrigerator for up to a week. For a topping for fruit, sweeten the sour creme with a tablespoon or two of Grade a light maple syrup, fruit-sweetened jam or jelly, fruit juice concentrate, and/or fruit liqueur.

Festive Kwanzaa Slaw

Adapted from Better Homes and Gardens

- ✦ 5 cups shredded green cabbage
- ✦ 1 cup grated carrot
- ✦ 1 cup celery
- ✦ 1/2 cup green pepper
- ✦ 1/2 cup red or yellow pepper (or 1/4 cup of each)
- ✦ 1/2 cup corn
- ✦ 1/2 cup bottled Italian dressing
- ✦ 1 Tbsp. brown sugar
- ✦ 1 1/2 tsp. celery seed

In a large mixing bowl combine cabbage, carrots, corn, celery, and sweet pepper; toss lightly to mix. In a small mixing bowl or glass measure stir together salad dressing, sugar, and celery seed. Add salad dressing mixture to cabbage mixture, tossing to coat. Cover and chill for 1 to 2 hours. Toss again just before serving.

Bryanna's Potato Pancakes (Latkes)

From www.bryannaclarkgrogan.com

- ✦ 9 medium russet potatoes, scrubbed or peeled and grated
- ✦ 1 large onion, peeled and grated
- ✦ 3/4 c. wholewheat flour
- ✦ 1/3 c. nutritional yeast or dairy-free soy Parmesan, optional
- ✦ 1 Tbsp. baking powder
- ✦ 1 and 1/2 tsp. salt (or use seasoned salt or herbal salt)
- ✦ 1/4 tsp. white pepper

Mix the onion and potato together well in a large bowl. Add the other ingredients and mix well. You can cook these on several large, heavy skillets (non-stick or lightly-oiled) over medium-high heat, but the easiest way is to use a non-stick electric pancake griddle- this accommodates quite a few latkes and they cook evenly. Place 1/4-cupfuls of the potato mixture onto the preheated griddle or skillets and flatten them into thin pancakes with a spatula. Cover them with lids or foil (I use inverted cookie sheets over the griddle) until the bottoms are golden-brown, then flip them over and cook, uncovered, until the second side is golden-brown. Serve hot with applesauce and Tofu Sour Creme (below). Alternate Cooking Method- Preheat the oven to 500 degrees F. Flatten the pancakes on lightly-oiled or nonstick cookie sheets. Spray lightly with oil from a pump sprayer. Bake 15 minutes, then turn over and bake 5 or 6 minutes more.

Variations: #1: Add to the grated potato mixture 1 c. of cooked, minced greens, squeezed dry. #2: Use only 5 potatoes, and add about 3 c. grated scrubbed carrots, or grated yams or sweet potatoes, or winter squash (peeled), or grated parsnips, turnips or rutabagas (peeled). #3: Use only 5 potatoes, and add 3 c. grated unpeeled summer squash (zucchini or other) (squeeze dry in a clean tea towel before adding to potatoes). #4: add about 2 c. grated (peeled) broccoli stems, or radishes. #5: Add some chopped fresh parsley to taste, or chopped fresh dill, or crushed garlic and other fresh herbs. Other additions might be: chopped chives, caraway seeds, Indian herbs and spices.

In The Garden: Gifts for Gardeners

By Holly Barnes

The fair-weather gardener, who will do nothing except when the wind and weather and everything else are favorable, is never master of his craft.

—Henry Ellacombe

I enjoyed last December's column about gifts for gardeners by Theresa Beaver, and decided to make it an annual tradition. You will find below some of my favorite gardening supplies that I hope will give you ideas for the gardener on your gift list.

Essential tools for gardeners are a spading fork (looks like a pitchfork but with a shorter handle) for breaking up the soil, a round-ended shovel for planting, and a bow rake for smoothing the soil. Vegetable gardening requires a hoe for weeding and cultivating.

My favorite pruning shears are made by Felco. They are expensive but replacement parts are available so they will last a lifetime. A hose, nozzle, sprinkler and watering can are needed as well. This year I'll be purchasing cast iron hose guides for my garden. I don't think I'll ever have enough of them. I hope they will tame those hoses that try to trespass into garden areas where they are not welcome.

Weatherproof zinc plant markers help me remember the names of plants from year to year. I don't use garden gloves but my gardening friends who do say that Atlas gloves are the best. A special composting thermometer is good to have. (I'll be writing a column later on composting.) Small additional items are garden-dedicated scissors, hemp twine, seed packets and suet feeders.

Garden books are always a welcome gift. The very best press, in my opinion, is Timber Press in Portland, Oregon. Their web site is informative and I recommend their catalog in which you will find books from the most common gardening interest to the most obscure. A 2007 calendar of beautiful gardens will be hanging in my potting shed this year and I'd like a nicely bound notebook for planting and maintenance notes as well as more general garden recordkeeping.

A membership to the University of Idaho Arboretum can be purchased for as little as \$20, and the membership form downloaded from the arboretum



The gardeners on your holiday shopping list will appreciate any of these essential gardening tools.

website. Financial gifts, in your gardener's name, of any amount are welcomed at the arboretum.

Of great interest to gardeners are the beneficial critters that we welcome to our garden spaces. Bees are essential to pollination. Honeybee populations have declined over the last few years but we can attract other bees to take on the pollinating chores. Knox Cellars has been providing bee houses for home gardens for years. You can learn about and order from them online but they also provide products and information at our local garden centers.

Birds are important in preventing insect outbreaks and can be enticed to our gardens by providing houses and feeders and water. Local hardware stores and nurseries also have good inventories of bird attracting supplies.

Shopping local is an important part of my philosophy so I often do my research online but then order and buy desired products from local businesses. They are the ones that provide the services we sometimes need. If we don't support them now they won't be in business when we need them. Gift certificates are available at garden centers so the gardener on your gift list can pick out later the items they need,

including plants. If your gardener's favorite garden center is closed during the winter prepare a personal card that they can redeem with you when spring arrives.

Gardeners are easily pleased, all we really need is hours in the garden and a

few plants to take care of and we are the happiest folks on earth.

Holly Barnes is very excited about the just completed potting shed in her backyard. She will be filling it with tools and supplies indispensable to her craft.

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Nature in the City: Tumbleweeds Roll into Town

By Sarah Walker

During November strong winds blew through town! Piles of carefully raked leaves escaped their tidy piles to spread back out all over the lawn, like no work had been done. Some big street trees succumbed to their weak spots and crashed onto sidewalks, cars and rooftops. And here came the tumbleweeds! Our smooth, flat streets and alleys are perfect openings for them to tumble through. Tumbleweeds crossed Main Street and even rolled up hills before ending their travels trapped in corners, piled against fences, and wedged under cars.

There are several plants with the word tumble in their common name. Most are not native to the U.S. The "official" tumbleweed is probably the annual in the Goosefoot family called *Salsola kali*, also known as Russian thistle and Wind witch. It matures into a big round shape that can reach the size of a Volkswagen, and is spiny and prickly. This is likely the plant The Sons of the Pioneers wrote about in 1932 with their cowboy song called "Tumbling Tumbleweeds." The lonely cowboy in the song is travelin' on, leavin' his cares behind. "Deep in my heart is a song / Here on the range I belong / Drifting along with the tumbling tumbleweeds."

Free-wheeling, blown about by the winds, destination unknown.

Tumbleweeds are annuals, the plant life-form whose mission, during its brief life, is to produce a lot of seed. Tumbleweeds produce thousands of seeds. They grow in disturbed and neglected areas like untended lots and along ditches, roadsides and railroad tracks. Despite efforts to kill them with formulas of heavy-duty residual herbicides, some tumbleweeds have developed resistance. They are thick along the railroad tracks near my house.

There are a couple of different species of tumbleweed here. We have the real McCoy, *Salsola kali*, which looks dark brown and very round. We also have its cousin from the same Goosefoot family, *Kochia* (KOSH-ah, *Kochia scoparia*), a branchy plant with wooly stems and inconspicuous flowers. It doesn't have the rounded form of typical tumblers, it's more conical, but that doesn't stop it from traveling.

I think the tumbleweed that hopped my fence and landed on my deck during the blows of November is a *Kochia* from the railroad right-of-way half a mile from my house. In August, when I took walks there, I had noticed robust *Kochia* plants with bright magenta

stems and diminutive gray-green leaves. The ones that orbited all the way to my yard made it across some very busy intersections.

The tumbleweed that makes really huge mounds against fences along our highways is likely Jim Hill mustard, *Sisymbrium altissimum*. In its dried up ready-to-tumble form the three-inch long seed pods are still visible. In very early spring Jim Hill mustard has bright yellow flowers and grows in swaths of

communication instruments, was released at the South Pole and rolled 40 miles in 8 days, reporting back to headquarters in Pasadena along the way. No humans on board. No wheels, no motor.

This fall I thought I was doing pretty well to keep my leaves raked. Then came a few days of mighty winds and not only was my work undone, a new crowd of rotund and prickly tumbleweeds

"When tumbleweeds are ready to shed seeds, their stems break near the ground. In a strong wind—like 25 mph or more—they're ready to roll and can travel long distances, depending on what's in their way. This mode of dispersal makes them a very successful weed."



A mess of tumbleweeds fetched up against a fence in Moscow after strong winds in November. Photo by Sarah Walker.

three-foot tall plants along the highway, one of the earliest blooming plants here.

When tumbleweeds are ready to shed seeds, their stems break near the ground. In a strong wind—like 25 mph or more—they're ready to roll and can travel long distances, depending on what's in their way. This mode of dispersal makes them a very successful weed. They can spread seeds quickly over large areas. For instance, *Salsola kali* spread itself from what is believed to be its first North American location (South Dakota, in 1877) all the way to the Pacific coast by 1900.

NASA modeled an important robotic science tool after the free-wheeling tumbleweed. It's called the Tumbleweed Rover. The prototype, a six-foot ball containing weather recording and

came calling, rudely demanding my attention. I couldn't open my gate until I moved them aside!

Sarah Walker thinks that sometimes, blowin' in the wind sounds like a great way to go. She thanks Weed Scientist Dr. Richard Old of Pullman, author of weed identification software programs

(www.xidservices.com) for helping sort out the local tumbleweed species.



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Wild & Free: Why?

By Sarajoy Van Boven

With most plants denuded, resting and not so edible right now (rotting brown "green" salad, anyone?), I approach my Wild Edible habit philosophically: Why? After all, the Co-op is filled with food, both local and well-traveled, that is ready for buying and eating. So why go through all the work to learn, identify, collect and prepare marginally tasty wild foods?

Consider survival. Knowing how to survive in raw nature, without all of this civilized gadgetry propping us up, is elemental. Ironically, independence is prized in our culture, a culture highly dependent on things like oil and global transportation, food, and communication systems. What if all that we depend upon collapses? What if major governments and/or corporations collapse? As I navigate the never-ending phone tree trying to understand why my cell phone isn't working, this idea thrills me. Collapse? Yes! And take that damn phone tree with you!

Knowing something about the Real world, the world that was here before us and will be here after we are gone, is security in a way that Prudential just doesn't understand and can't provide. Granted, I have no illusions that I could actually survive long term on eating a few plants that happened to grow between the sidewalk cracks. Real survival would probably involve killing animals, which is beyond the scope of this girl's knowledge, ability, and stomach.

But wait! Wild Edibles are so much more than mere survival supplement. They are connection, imagination, and that most essential element, surprise.

Wild Edibles connect us to the source. I go out into the elements and I find

something to eat. That generous gifts as blackberries and dandelions are snubbed by so many saddens me and the Earth too, I imagine. But we find that even after all the abuse and neglect, our Mother is still offering. After all the hours and days my back is turned on her as I tend to a computer, job, bill or book, she is still there, offering her goodies.

Looking for Wild Edibles, I get down on my knees and I sift through the dirt and the weeds like a supplicant in prayer: seek and ye shall find. And I do. It's there, beneath my feet. When I seek and find Wild Edibles, I find my connection to the sacred, to the ancient, to my origins, to my ancestors. I'm on the line with the earth: This is a phone tree, people! And, in an act of communion ancient and powerful, I take this leaf or that berry, and I put it into my mouth, and I eat it. This is communion with the earth. This is connection to all. This is connection with the place that birthed me, birthed my kind, sustains me, sustains my kind, and takes us back into her when our lives are done: the beginning and the end.



One might get this same thrill from apple juice at preschool or wine in church. But on farms of apples, grapes and everything else, plants grow where the farmer intended: in convenient, straight rows. The thing about Wild Edibles is that they are Wild. They grow wherever they want, untouched by Euclidian geometry and the needs of machines and human minds. In my love of mystery, I hope that by imbibing these wilds, I too might be a little less tame, a little less in line, a little less likely to lay down in a neat row like the dead. I'm hoping I am what I eat and that I am a little wilder and a little freer because of it.

Wild Edibles are food for my imagination too. When I gather Wild Edibles, I

think about ancient people for whom every edible was Wild. I love to imagine what their lives and minds were like, knowing the Real World more intimately than I. How many hours a day were they collecting food? When could they trust their kids with Wild Edibles? Who would I have been if I had lived with them?

I'll conclude on a practical note: I'm broke and not so good at gardening so I take what what's freely offered.

Sarajoy plans to celebrate the Christmas of her culture, but her heart will be celebrating the Solstice of her Earth.

Knowing how to survive in raw nature, without all of this civilized gadgetry propping us up, is elemental. Ironically, independence is prized in our culture, a culture highly dependent on things like oil and global transportation, food, and communication systems. What if all that we depend upon collapses? What if major governments and/or corporations collapse?"



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Meals Kids Might Eat: Latkes (AKA Potato Pancakes)

By Jyotsna "Jo" Sreenivasan

Latkes are traditionally served during Hanukkah, which this year begins on the evening of December 15. Hanukkah celebrates a miracle: after defeating their enemies, the Jews returned to their abandoned Temple in Jerusalem and lit the oil lamp. There was only enough oil for one day. However, the oil lasted for eight days—long enough for the Jews to make more oil.

Because the miracle of Hanukkah involved oil, foods fried in lots of oil are traditional. Although most people think of latkes when they think of Hanukkah food, in Israel, fried jelly-filled doughnuts called "sufganiyot" are eaten at this time.



Flattening out the low-fat latkes. Latkes (potato pancakes) can be baked or fried.

My mother-in-law, Sharon Winstein, has an absolutely delicious—and oily—latke recipe, which I am giving you here. I am also printing a low-fat, baked latke recipe, which is also delicious (although the pancakes turn out more "crunchy" than in the fried version).

My older son loves latkes. I hope your children will too. We like a light soup on the side, such as the Beet Borscht recipe given here. My younger son enjoys this borscht.

Jyotsna is getting ready to buy and hide lots of Hanukkah gifts!

Beet Borscht

(Adapted from *Breads, Soups and Salads!* by Sharon Winstein)

This recipe makes a lot of soup—up to 10 cups—so you might want to cut it in half. You can also freeze extra. People are surprised at how light and refreshing this soup is, even though it is made with a root vegetable.

- ✦ 5 to 6 medium beets, leaves and roots removed (1 ¾ pounds after trimming)
- ✦ 1 medium-large onion, peeled and minced
- ✦ 6 cups water
- ✦ ½ cup fresh lemon or lime juice and pulp
- ✦ 3 tablespoons sugar (we use the Sucanat evaporated cane juice found in the bulk section)
- ✦ 1 teaspoon salt
- ✦ Plain yogurt or sour cream

Boil the unpeeled beets for about 15 minutes, until you can pierce them easily with a fork. Let beets cool, and scrape off skin with your fingers or a vegetable peeler.

Shred the beets in a food processor, or with a hand grater.

Combine the shredded beets with all other ingredients in a 4 to 6 quart pot. Bring to a boil, reduce to a simmer, and cover the pot. Cook for about 15 minutes, stirring occasionally.

Taste the soup. It should be nicely tart and sweet. If necessary, add more sugar or lemon/lime juice.

Borscht can be eaten hot, warm or cold. Borscht is traditionally served with a spoonful of yogurt or sour cream mixed into each bowl.

Low-Fat Latkes

(Adapted from *Moosewood Restaurant New Classics*, by the *Moosewood Collective*)

This recipe makes about twice as many latkes as the one above, but it's easy to cut in half.

- ✦ 8 cups peeled, grated Yukon Gold or Butter potatoes (6 or 7 potatoes)
- ✦ 1 cup peeled, shredded or minced onion
- ✦ 2 eggs, lightly beaten
- ✦ ¼ cup matzo meal or flour
- ✦ 1 teaspoon salt
- ✦ 1 teaspoon baking powder
- ✦ ¼ teaspoon ground black pepper
- ✦ 2 tablespoons minced fresh chives, parsley, or scallions (optional)
- ✦ 1 to 2 teaspoons vegetable oil (we probably use more than this)
- ✦ Sour cream and/or applesauce

Preheat oven to 425°F. Spray or coat two or more baking sheets with oil. If you don't have a nonstick pan, be generous with the oil because these latkes do tend to stick to the pan.

Mix together the potatoes and onions, and stir in the eggs. Mix in the flour or matzo meal, salt, baking powder, pepper, and optional herbs.

Drop generous tablespoons of batter on the oiled sheet. These don't spread much so you can put them pretty close together. Flatten each pancake with a spatula or with your fingers (my preferred method). Gather in stray potato shreds to make a nice round pancake.

Bake 10-15 minutes, until the edges are brown.

Remove from oven, brush or spray the tops of the pancakes with oil, and turn them over in place. Bake again for 15 more minutes, until the latkes are brown and crisp.

Serve with sour cream and/or applesauce.

Grandma Sharon's Perfect Potato Latkes

This recipe makes 18-20 small pancakes — enough for about four people, depending on how hungry everyone is.

- ✦ 1 ½ pounds Yukon Gold or russet potatoes (3 medium), peeled and shredded
- ✦ 1 medium onion, peeled and shredded or minced
- ✦ 2 tablespoons flour or matzo meal
- ✦ ½ cup vegetable oil (or more)
- ✦ 2 large eggs
- ✦ ¾ teaspoon salt
- ✦ 1/8 generous teaspoon pepper
- ✦ Sour cream and/or applesauce

Stir flour or matzo meal into shredded potatoes and onions. In a separate bowl, beat eggs with salt and pepper. Stir into potato mixture.

Meanwhile, heat the oil in a large (12-inch) skillet on medium-high heat, or in an electric skillet set at 380°F. You can use two or more skillets at the same time to speed things along.

When oil bubbles around a shred of potato, it is hot enough. For each latke place one heaping measuring-tablespoon of potato mixture in hot oil and flatten into a round 3-inch pancake of even thinness. Fill entire skillet, leaving space between latkes. Let pancakes fry, undisturbed, for about four minutes, or until all edges are extremely brown.

Turn each latke over in its place. Fry for 3 or 4 minutes until the bottom sides are very brown. To serve immediately, drain on paper towels and blot tops. To serve later, do not drain on paper towels. Instead place latkes, slightly overlapping, on a baking sheet.

Add enough oil to the skillet to bubble around the latkes, and continue until finished.

If you made the latkes in advance, reheat them on the baking sheet in a 400°F oven for several minutes. Blot the tops with a paper towel.

Serve with sour cream and/or applesauce.

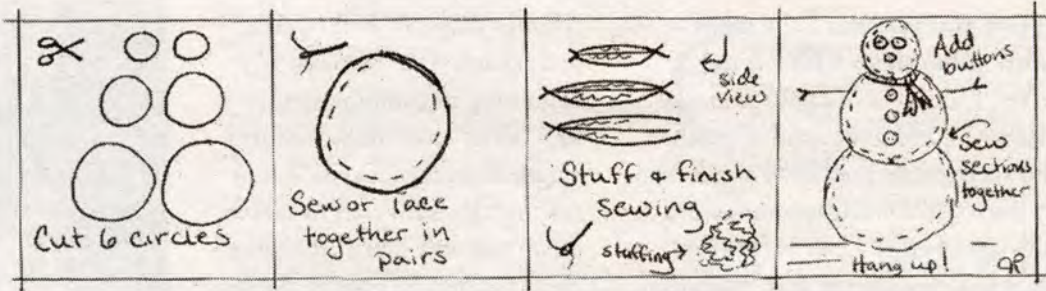
Earth Mother: Celebratory Snowmen

By Julia Parker

I hope we get lots of snow this winter. In fact, I hope it snows up to my eyebrows (granted that's not all that high). As we enter December and the winter holiday season, I want to celebrate two things: snow and the slow return of the sun after winter solstice.

I like the way decorating the house helps us celebrate and brighten up the long, cold, dark winter. So, I have wanted to make symbols of the winter and the sun to brighten up the house—snowmen and sparkly stuff.

This article focuses on snowman door hangings that you can make with your kids—or make a kit of the basic parts and give it to someone to assemble over holiday vacation. In consideration of a wide age range and with a special remembrance of those who are sewing-phobic, I'm giving two ways to make



this project. One is for beginning hand-sewers and the other is completely sewing free.

I would recommend the sewn fabric snowman for kids 7 and up. The younger the child the more help they may need with the sewing. We did this project over two days because it takes a little extra time and patience to do the sewing.

Cut 6 circles of fabric—2 of 3 different sizes. (Simone used old lining from a dress and I used pieces of burlap, cotton batting and off-white cotton from the sewing scrap box.) We traced three different sizes of plates to make the

circles. We also used pinking shears to make a fancy edge on the snowman.

Using embroidery floss and a big needle make large stitches about 1/2 inch inside the edge around 75% of a set of two circles. The stitches we made were about 1/2 inch long so they were very visible. Put a small amount of stuffing inside the circle then finish stitching. Use just enough to make the snowman a little puffy. Repeat with each circle.

After your circles are finished and stuffed, sew on buttons for eyes, mouth, nose, and/or decorations on his belly. Sew all the way through the snowman like he was being quilted.

Overlap the circles about an inch and tack together with a few stitches.

Add a loop of ribbon to the top of the snowman's head for hanging. You can add a felt top hat, a vest, stick or pipe cleaner arms or whatever to make your snowman (or snowwoman) unique.

To make a no-sew paper snowman much of the process is basically the same. Cut out six circles—two of each of three different sizes. Using a hole punch make holes around the outside of each set of circles about 1/2 inch in

“As we enter December and the winter holiday season, I want to celebrate two things: snow and the slow return of the sun after winter solstice.”

from the edge and 1/2 inch apart.

Line up the holes on a set of two circles. Tape the end of a piece of yarn. Lace the yarn in and out of the holes leaving an opening to stuff the circle. Finish lacing up the holes—leave a little extra yarn after tying. Glue buttons on for face and make other decorations as you would for the fabric snowman—hat, vest, scarf etc—but glue them in place. Attach the three circles together by tying the yarn from one piece to the holes in the next piece.

The paper snowman could be made with a much younger child. Lacing with yarn is a good precursor to sewing and helps with small motor skills.

Julia Parker, a long-time feminist, cannot bring herself to say “snowperson.” Please forgive her.

Materials for the Sewn Snowman

- ✦ White, off-white or mostly white fabric preferably from old clothes or from sewing scraps—about 24" by 48" altogether (but you can use up to three different kinds)
- ✦ Buttons
- ✦ Scissors
- ✦ Needle and heavy thread (such as embroidery floss)
- ✦ 6 inches of ribbon
- ✦ Stuffing—could be more fabric scraps, shredded paper, cotton batting, polyester batting

Materials for the Paper-no-sew Snowman

- ✦ White paper (about one 24" by 48" altogether)
- ✦ Buttons
- ✦ Scissors
- ✦ Hole punch
- ✦ Yarn
- ✦ Tape
- ✦ Glue
- ✦ 6 inches of Ribbon
- ✦ Stuffing—shredded paper, old plastic grocery bags, cotton or polyester batting

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Baby Sign Language

By Bill London

Patrick and Willow Venzke, and their daughter Leyna Grace, live in Florida and were visiting Moscow for the Thanksgiving holiday. Editor Bill London interviewed Willow about their use of “baby sign language” to communicate with Leyna who was about thirteen months old at the time of the interview (November 14, 2006). Yes, it is true that London is Willow’s father, Leyna’s grandfather, and proudly smitten by them both.

Q: When did you first learn about signing for babies?

A: In 1999, my friend Lisa Cochran was using baby signs to communicate with her daughter, Madysen, who was almost a year old at that time. Lisa told me about the research she had done and how she taught Mady a few basic signs. I babysat for Lisa and discovered that using signs made everything much easier. Mady could tell me when she was hungry or thirsty or whatever.

Q: Why does signing improve communication?

A: Babies aren’t physically coordinated enough to speak words for many months after they are able to move their hands and arms to make simple sign language. So, the babies can “talk” using signs before they can speak. Because they can talk with signs, they can tell their parents what is wrong, what they need, much earlier than with spoken language. Thanks to the use of baby signs, many months of frustration can be avoided.

Q: Did you research baby signs before using them with Leyna?

A: Yes, I read lots of books from the library. I talked with another mother who successfully used baby signs. Also, my doctor in Florida recommended baby signs before I ever mentioned that I was considering that. Everything I read indicated that the baby signs worked and that using signs encouraged children to speak earlier.

Q: What books do you recommend?

A: There are lots of great books out now, but I especially liked these two books for parents: “Baby Signs” by Linda Acredolo and Susan Goodwyn, and “Baby Sign Language for Hearing Babies” by Karyn Warburton. For reading to baby, I suggest “My First Signs” by Annie Kubler. And of course, there is the Internet. When I entered “baby sign language” into Google, I got 9,830,000 hits.

Q: When did you begin using baby signs with Leyna?

A: She was born in October of 2005, and I started about 6 months later, in March, I think. I started by using the sign for “milk” when it was time to nurse. When she started eating solid food, we added the signs for “more” and “eat.” My doctor recommended that I introduce three signs at the beginning and when Leyna mastered one, just add another.

Q: Did Leyna learn signs easily?

A: Yes, she now signs about two or three dozen words, including “sleepy,”

“change diaper,” “bath/splash,” and “thank you.” She also is beginning to combine signs, like “more” and “milk” to form simple sentences. Leyna is now making the transition to speech, so we talk and sign at the same time. I expect to give up the signs when she can speak all the signed words.

Q: Are the baby signs the same as American Sign Language?

A: No. Some signs are the same, like the sign for “thank you.” However, from what I understand, American Sign Language is much more complex and is designed as a lifelong language for people with hearing impairments. The baby sign system is for hearing children and is a temporary or transitional communication system.

Q: Can you give an example of a baby sign?

A: Sure. Leyna signs “more” by clasping the fingers of each hand together, forming kind of a loose fist, and then bringing the hands together in front of her body. She uses that sign to tell us if she wants more of a specific food we are offering her, or if she wants us to continue a specific activity.

Q: Are you glad you taught Leyna to use baby signs?

A: Definitely. With the baby signs, there is much less frustration for all of us. Instead of screaming, she can tell us what she wants. That makes parenting so much easier. I also think this helps



Leyna Grace signs ‘more’ as her mother Willow watches.

make her feel more independent. She is able to do things and learn things on her own. In Florida, my friends with children her age all see how well this works and agree that they wish that they had known about baby signs. I am definitely going to do this with any future children we have. It makes it so much easier to communicate.



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And, if you don’t yet have an ad, we can help! Our newsletter designer, Megan Prusynski, can design an eye-catching ad for a small fee. Please e-mail Aly (aly@pcei.org) and Megan (design@moscowfood.coop) to set this up. We ask that you contact us about new ads by the first week of each month so we have plenty of time to design your ad and get it placed in the newsletter.



Computer Recycling

By Andy Boyd, Moscow Recycling Center manager

Moscow Recycling has started accepting computer electronics for recycling on a regular basis. Because of stringent environmental standards and the manual labor required in demanufacturing computers, it will be necessary to charge a fee of forty cents per pound.

So why is it important to recycle computers? Well, as with all recycling, energy is saved resulting in less pollution and it reduces the environmental impacts from the harvesting and processing of raw materials. Further, many electronic components contain hazardous materials that should be kept out of

landfills or incinerators.

So, if you are interested in recycling your old, stored computer equipment in a sustainable manner, just bring them by Moscow Recycling during our regular operating hours, Tuesday-Saturday, 9:30-5:30. Questions? Please contact Moscow Recycling by e-mail at moscowrecycling@turbonet.com or by phone at (208) 882-0590.

For those concerned about information on their hard drives, all drives are sent through a one-pass process that writes '0' to the hard drive. For an extra \$5 one can have their hard drive shredded.

The Longest Night

By Chip Laird, Community Congregational United Church of Christ

Christmas can be a painful time for some. It may be the first Christmas without loved family members or friends who have recently died. Our society's emphasis on family and togetherness can highlight the loneliness of those who are separated from loved ones.

The anguish of broken relationships, the insecurity of unemployment, the weariness of ill health, the pain of isolation—all these can make us feel very alone in the midst of celebrating and spending.

Many of us need the space and time to

acknowledge our sadness and concern. We need to know that we are not alone. The Longest Night worship service provides an opportunity to do that with ritual, reflection, and singing.

At 7 p.m. on Thursday, December 14, you are welcome in Brewster Hall at the Community Congregational United Church of Christ at 525 NE Campus in Pullman, for a gathering to remember the light of God's presence in the midst of the darkness. Childcare will be provided. For more information on this and other Advent season events call 332-6411 or email pullmannucc@verizon.net.

Holiday Events at the Dahmen Barn

By Leslee Miller, manager of Artisans at the Dahmen Barn

The first annual holiday gala is scheduled for Saturday, December 9 from 10 a.m. to 4 p.m. This is a great opportunity to do some Christmas shopping for unique items created by Palouse artisans or made of products from the Palouse.

There will be over 30 artisan vendors in addition to the resident artisans selling their work from their studios and The Shop at the Barn, which represents over 50 regional artists. The holiday mood will be set with live music provided by

carolers from the Idaho Washington Concert Chorale and the Grobey family, who hand make the harps they play.

Seasonal refreshments will be available for sale. This event is FREE.

Following the holiday gala at 7 p.m. will be a concert played by the Blue Ribbon Tea Company featuring old time and original folk. This concert is being played as a benefit for the renovation of the art center. Donations are \$5 at the door.

Saturday, December 16 marks the second in a series of benefit swing dances that the Hog Heaven Big Band is playing at Artisans at the Dahmen Barn in Uniontown. They will play from 7:30 to 9:30 p.m., with admission \$8 per couple and \$5 for a single.

There is more information on the band at www.HogHeavenBigBand.com.

Artisans at the Dahmen Barn is located at 419 N. Park Way, in Uniontown, on highway 195 behind the fence of 1000

iron wheels. The barn was donated to the community in 2004 and has recently been transformed into an art center with private donations, grants and several thousand volunteer hours. In the facility visitors will find artists working in their studios, The Shop at the Barn, regularly scheduled classes, performances and dances for the public. Artisans at the Dahmen Barn is open Thursday through Sunday from 10 a.m. to 6 p.m. For more information go to www.ArtisanBarn.org or call (509) 229-3414.

Holiday Survival Tips *from the Palouse Center for Conflict Management*

By Becker J. Gutsch

The Holidays are upon us. Sugar plum fairies, glistening-moonlit snow and family gatherings bring anticipation of magic, peace and harmony on the Palouse. On the surface, the scene seems reasonable with the close of the semester and departure of thousands college students. Life seems to slow down.

In reality, rural communities are as susceptible to stress and depression as high-paced urban regions. Personal losses such as death of loved ones or end of a marriage are particularly difficult and counselors report those prone to depression have a more difficult time during the holiday season.

There are ways to boost your health and well being during the holidays according to experts. You can thrive, not just survive by:

Keeping your expectations real

You can't make expectations perfect - people get sick, recipes don't always turn out, finances are limited and family members don't always get along.

Taking care of yourself

Eat a healthy diet. If you eat better, you feel better. You have more energy. You look better and consequently, your self-esteem is enhanced.

Exercise regularly. Aerobic exercise of any kind has the power to calm jangled nerves and improve bad moods. Many experts cite exercise's ability to trigger the release of endorphins, potent brain chemicals that relieve pain and stimulate relaxation.

Taking control of your time and limiting your commitments

You are in charge of the number of commitments you make. You don't have to hold a holiday party at your

home and you don't have to attend every event just because you received an invitation.

Embracing your family and friends

Spend time with people you love. Don't spend the holidays trying to change people or redress grievances from past years. Share memories and laughter.

Traditions change as family structures change; make sure you establish new traditions with these changes.

There is no ideal way to have a perfect holiday. Practicing these brief points and a little common sense will go a

long way in reducing holiday stress and depression.

Becker J. Gutsch is mediator, facilitator, public information officer and founding board member of the Palouse Center for Conflict Management, Inc..

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New at the Library

By Chris Sokol, Latah County Library District

No one will write books once they reach heaven, but there is an excellent library, containing all the books written up to date, including all the lost books and the ones that the authors burned when they came back from the last publisher. »

—Evelyn Waugh, *Daily Chronicle*, March 18, 1930

FICTION:

Ancestor Stones by Aminatta Forna. Abie, a young woman who has lived in England for many years, returns to the coffee plantation she has inherited in Western Africa where she spent her childhood. She gathers her family's history through the tales of her four aunts.

Bliss by O.Z. Livaneli. An international bestseller that juxtaposes the traditional and modern and draws attention to human rights violations against women in the Middle East. A fifteen-year-old girl is raped by her uncle; she is then expected to kill herself to protect her family's honor. But she is defiant and her fate changes when she meets a professor who has decided to leave his wife.

Dream Wheels by Richard Wagamese. This Ojibway writer tells the interconnected story of rodeo cowboy Joe Willie Wolfchild, who suffers a devastating accident, and a troubled city youth sent to work on Joe Willie's ranch. Their physical and mental rehabilitations are mirrored in the chrome of an ancient pickup truck they restore together.

Eifelheim by Michael Flynn. As the Black Death is gathering strength across 14th century Europe, the interstellar ship of an alien race crashes in the forest near the small German town of Eifelheim. The village priest becomes the first contact person between humanity and aliens.

Labors of the Heart by Claire Davis. Award-winning Lewiston resident Davis explores the consequences of love in this collection of stories set in the mountain and desert land of the contemporary West.

Literature from the "Axis of Evil". An anthology of writings from Iran, Iraq, North Korea, and other enemy nations, providing a window on cultures and traditions with which the U.S. has little contact and views with suspicion.

Please, Mr. Einstein by Jean-Claude Carrière. More than sixty years after his death, a young woman finds Albert Einstein in an office building in a cen-

tral European city. The two engage in a wide-ranging conversation in which Einstein talks about his life and introduces the woman to complex concepts of physics and philosophy in a captivating manner.

The Prestige by Christopher Priest. Rival magicians in turn-of-the-century London vie to outwit and expose each other. Their murderous legacy will pass on for generations to descendants who must, for their sanity's sake, untangle the puzzle left to them. Winner of the World Fantasy Award and now a movie.

The Translator by Leila Aboulela. A Sudanese widow working as an Arabic translator at a Scottish university falls in love but she must deal with her beloved's lack of faith in all that she holds sacred.

Whiteman by Tony D'Souza. This tale about a maverick American relief worker deep in the West African bush is brimming with dangerous passions, ubiquitous genies, spirited proverbs, and the pressures of life in a time of war.

The Willow Field by William Kittredge. A Western epic that stretches over the twentieth century, from the settlers, cowboys, and gamblers who opened up the country to the landholders and politicians who ran it.

The World's Shortest Stories edited by Steve Moss. Murder, love, horror, suspense all this and more in just 55 words a pop! (cassette audiobook)

NONFICTION:

Food:
Arabesque: a Taste of Morocco, Turkey, & Lebanon by Claudia Roden. Part ethnography, part travelogue, and 150 fine recipes by an award-winning cookbook writer.

I Like You: Hospitality Under the Influence by Amy Sedaris. America's most delightfully unconventional hostess (David's sister) provides recipes and solid advice laced with her blisteringly funny take on everything you need to pull off a party with extraordinary flair.

The Maple Syrup Book by Janet Eagleson and Rosemary Hasner. The history, production, and delights of maple syrup. Yes, you can tap your tree and make your own.

Mindless Eating: Why We Eat More Than We Think by Brian Wansink. Food psychologist Wansink says you'll make more than 200 food-related decisions today—90 percent of which you

won't even be aware.

Health:
Encyclopedia of Herbal Medicine by Andrew Chevalier. The definitive illustrated reference to 550 herbs and remedies for common ailments.

Encyclopedia of Homeopathy by Andrew Lockie. A DK guide on how to use this unique system of medicine to improve your health, with more than 320 homeopathic remedies.

Our Bodies, Ourselves: Menopause by The Boston Women's Health Book Collective. A trusty, clear, up-to-date guide to help every woman navigate the menopause transition.

Global interest:
Dragon Rising by Jasper Becker. An inside look at China today and where it's headed as it transforms itself into a global economic power.

Greenland and the Arctic by Etain O'Carroll and Mark Elliott. The Lonely Planet guide to adventure amid towering icebergs, frozen tundra and picture-postcard villages.

Running for the Hills: Growing Up On My Mother's Sheep Farm in Wales by Horatio Clare. The author's parents left London for what they thought would be idyllic country life. His father went back to the city while he, his brother, and his mother kept the faith on the farm.

Three Cups of Tea: One Man's Mission to Fight Terrorism and Build Nations...One School at a Time by Greg Mortenson. The inspiring account of Mortenson's campaign to build schools in the most dangerous, remote, and anti-American reaches of Asia—a project that was formed after his unsuccessful attempt to climb K2.

Spirituality:
The Best Buddhist Writing 2006 edited by Melvin McLeod. An eclectic and thought-provoking mix of Buddhist-inspired stories, essays, and practical teachings.

Muhammad: a Prophet for Our Time by Karen Armstrong. An internationally renowned expert on religion helps readers understand the true origins and spirituality of a faith often painted as cruel, intolerant, and inherently violent.

Miscellaneous:
From Slavery to Freedom in Brazil: Babia 1835-1900 by Dale Torston Graden. UI associate professor of history Graden describes how slave

resistance, committed abolitionists, and the expansion of international capitalism helped to force the end of slavery in Brazil in 1888.

Green Roof Plants: A Resource and Planting Guide by Edmund C. Snodgrass and Luci L. Snodgrass. A guide to using drought-tolerant plants for the environmentally beneficial practice of extensively planted rooftops.

The Mayaguez Incident (CD audiobook). An interview recorded in 2005 at KUOI studios, honoring the 30th anniversary of the release of the SS Mayaguez crew. On May 12, 1975, the U.S. merchant ship SS Mayaguez was seized by Khmer Rouge gunboats in international waters off the coast of Cambodia. During the rescue operation, forty-one were killed and fifty wounded. The Cambodians finally released the crew members, one of whom was Kaleidoscope Frame Shop owner Darryl Kastl.

Social Intelligence: the New Science of Human Relationships by Daniel Goleman. The author of Emotional Intelligence has written a groundbreaking synthesis of the latest findings in biology and brain science, revealing that we are "wired to connect" with each other.

When the River Ran Wild! By George W. Aguilar Sr. An illustrated history of Indian traditions on the Mid-Columbia and the Warm Springs Reservation, as related by a member of the Confederated Tribes of the Warm Springs.

DVD:

Ballets Russes (U.S., 2005) An intimate portrait of the pioneering artists of the Ballet Russe of Monte Carlo, originally composed of exiles from the Russian Revolution.

The Boat is Full (Switzerland, 1981) During World War II, Switzerland severely limited refugees: "Our boat is full." A train from Germany halts briefly in an isolated corner of Switzerland. Six people jump off seeking asylum: four Jews, a French child, and a German soldier. They pose as a family in hopes of being allowed to stay. The fabrication unravels and their various fates are decided by the authorities.

Breakfast on Pluto (Ireland, 2005) As foster kid Patrick "Kitten" Braden grows up, he leaves behind his small-town life in Ireland for the London of

Continued on the next page...



Feeling Alive, Vibrant and Well: Biovalent Therapy

By Jennifer Whitney

Imagine being able to trace the cause of a physical problem back to its source in the body... and get rid of it! What would that be like for you? How would your life be different? If this could be a dream come true, Biovalent Therapy may be the answer for you.

This form of therapy is based on two main beliefs. The first is French Osteopath, Jean-Pierre Barral's philosophy that "symptoms do not appear until the body's ability to compensate has been used up." The second is "that the deep internal mechanisms of the body are the most powerful tools available for restoring and supporting health," in the words of local Biovalent Therapist, Susan Rounds.

Our bodies have a large capacity to compensate for stress (stress is defined here as anything not completely resolved, whether physical, mental or emotional); giving priority to the components that are crucial to life (the heart, brain and other organs) at the expense of those non-crucial, such as joints, bones and muscles.

As elements of our body are taking on larger workloads to compensate, their stress level is rising. When our overall stress threshold is crossed, the body manifests it in the form of pain, weakness, spasms, fatigue, restricted movement and loss of function—symptoms. These symptoms are the compensations and patterns the body has developed in response to an original, unresolved stress.

"The deep internal mechanisms," are

those self-corrective or healing properties the body innately possesses. Simply observe a cut heal. Our bodies have an incredible and inherent ability to heal themselves. The Center for Integrative Manual Therapy and Diagnostics states, "Most health problems—whether minor or chronic—simply come down to blockages and other dysfunction that prevent various aspects of the body from self-healing."

A Biovalent Practitioner asks what is interfering with the body's ability to heal itself, and using the symptoms as landmarks, follows the body's pathways of compensations and adjustments to the original source of stress; then reopens the body's natural lines of communication, giving the body an opportunity to heal itself.

"By treating that which the body is having difficulty compensating for, we may be able to free things up sufficiently so the body's self-corrective mechanisms can function adequately... Our goal is not to "cure," but to assist the body in self-correction." (www.biovalentsystems.com)

Resolving the source of a problem would eliminate the associated management of the seemingly never-ending supply of those symptoms; thus giving you back the energy and ability to live your life to the fullest.

I visited Sage & Cedar PT to see what it's like. Susan Rounds, a physical therapist whose specialty is Biovalent Therapy, tracked tension from my right shoulder (where I was having symptoms) down to my left knee, which felt

fine albeit with restricted movement. She used her hands to communicate with my knee, encouraging the joint to release the tension and heal the dysfunction. At the end of our session, she checked my knee's range of motion and found it quite a bit broader. I was amazed to find that until Susan had released the tension in my knee, I hadn't even known it was there. As I walked out of our session, I could feel an openness and freedom in my knee I hadn't realized was missing.

So if you have symptoms you'd like to find the source of, contact one of our local Biovalent practitioners. They can answer any questions you have and start you on the path to a stress free, symptom free, full of life body!

Local Practitioners

Cranial Connections
Dayna Willbanks, OTR/L
106 E. 3rd St. Suite 2A
Moscow, ID 83843
(509) 432-1575
daynaslight@adelphia.net

Keep In Touch
Harriet McQuarie, MA, LMP
106 E. 3rd St. Suite 1C
Moscow, ID 83843
(208) 596-5527

Kristie Harden, LMP
Moscow
882-0709

Quanta Piko
Marianne McGreevy, MA, PT

"A Biovalent Practitioner asks what is interfering with the body's ability to heal itself, and using the symptoms as landmarks, follows the body's pathways of compensations and adjustments to the original source of stress; then reopens the body's natural lines of communication, giving the body an opportunity to heal itself."

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Susan Rounds, PT
317 W. 6th St. #206
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(208) 882-4041

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(208) 882-4977

Information about Biovalent Therapy can be found at: www.biovalentsystems.com.

Jennifer Whitney is looking forward to abundant snow, but only after she finishes her winterization projects.

New at the Library (continued)

By Chris Sokol, Latah County Library District

the 1960s and 1970s, where he's reborn as a transvestite cabaret singer and inadvertently becomes embroiled in Irish Republican Army violence.

Devil's Island (Iceland, 1997) Set in the 1950s in an abandoned U.S. army barracks, two brothers, Baddi and Danni, are raised by their grandparents. Their flirtatious mother marries an American pilot and moves with him to the States. Baddi decides to pay the couple a visit and returns to "Devil's Island" a true hero, flashing a new American accent and a big car. His stardom soon fades as he sinks into constant drunkenness while his brother becomes the true hero.

Duck Season (Mexico, 2004) Two fourteen-year old boys--best friends--have everything they need to survive yet another boring Sunday: an apartment without parents, videogames, soft drinks and pizza delivery. When the power goes out, they create their own adventures to overcome their boredom, assisted by teen-age neighbor Rita and pizza delivery boy Ulises. This charmingly quirky film explores the loneliness of childhood, the effects of divorce and the curious power of love and friendship.

Electric Shadows (China, 2004) For no apparent reason, a mute young woman assaults a youth on his bicycle, injuring him and ruining his bike. Surprisingly,

she asks him to feed her fish while she is in custody. Her tiny apartment, he discovers, is a shrine to his favorite escape, the movies. He finds her diary--a screenplay of her life built around scenes from favorite films-- and it sets off his imagination. Maybe they have more in common than a love of the movies.

V for Vendetta (U.S., 2005) A shadowy freedom fighter known only as "V" uses terrorist tactics to fight against his totalitarian society.

STAFF PICK:

Donna Quiring, *Potlatch Library*, recommends: **The Hollow Kingdom** by Clare B. Dunkle. I listened to this on cassette

and enjoyed the story and the narrator. This rather dark Young Adult title is about two orphaned sisters. They come to live in the ancestral home, Hallow Hill, unaware of the fact that young women have been vanishing from the estate for thousands of years. The eldest is chosen to be the Goblin Queen and live underground. She's not happy about this but she finds a way to resolve her unhappy situation.

Chris Sokol is the Adult Services Librarian for the Latah County Library District. Visit the library's web site and online catalog at www.latahlibrary.org.

Auntie Establishment

By Joan Opyr

It's been some time since I wrote for the Moscow Community News, and I'm sorry for that. I've missed trespassing on your kindness by rattling on and on about whatever strikes my fancy. But I've been busy with a new job—I'm now the Program Director for the YWCA of Washington State University—and I just finished the first draft of a new book called *From Hell to Breakfast*.

I've been traveling quite a bit, from Seattle to Washington, DC, and from Spokane to York and Newcastle and Amsterdam. It's been exciting—and sometimes tiring—but most of all, it's been fun.

I've tried to do justice to Moscow, my adopted home. When I've asked people both in the United States and abroad what they know about Idaho and they say invariably say "potatoes," I've patiently explained that, no, those of us who live on the Palouse are not the potato people. This is the dried pea and lentil capital of the world. I'm sorry to report that they all just stare at me blankly, even the lentil-dependent vegetarians.

I've had better luck explaining the North Idaho state of mind. This is thanks to the story of a friend of mine whose grandmother was eaten by a grizzly bear. No, don't be shocked. I was, and I said so, but he soon set me to rights. "Don't be sorry," he said. "It's the way she would have wanted to go." Once you've delivered a line like that,

people seem to forget all about the potatoes. After a reading in York, I had an elderly English couple approach me to say that they, too, would rather be eaten by a bear than waste away in a nursing home.

"I want to go like that Crocodile Hunter," the woman said, her husband nodding in agreement. "Quick."

"And exciting," her husband added. "Something for the obituary."

As they were a lively and happy couple, I said I hoped they wouldn't be scuba diving off the Great Barrier Reef anytime soon. I also advised them not to be too hasty about the bear business. I said if they came to Idaho, I'd be happy to take them to WSU to have a look at a grizzly up close and personal.

"They smell," I warned them. "They smell terrible."

"So do nursing homes," said the man. He and his wife laughed.

It was quite the conversation. We talked for several minutes about Idaho, and then they asked me a question that I had some trouble answering: where did I get my gallows sense of humor? To be honest, until that moment I'd never thought much about it. I said something to the effect that I appreciated the dry Scandinavian humor so prevalent in this region—a style of humor that runs from the Viking sagas through Ingmar Bergman—but that's not the

whole answer. I've had a few weeks to think about it, and I reckon the answer is a bit more complex.

Sophia Loren (or was it Chef Boyardee?) once said that everything she was she owed to pasta. I owe my sense of humor in part to my life in Idaho, but also to the fact that I'm a Southern transplant. I'm not Scandinavian—I'm half Ukrainian and half redneck. I may owe my waistline to pasta, but I owe my sense of humor to my family. I'll give you a grim example. After my great-grandfather remarried, my grandmother and great aunts had my great-grandmother's grave moved to the maternal family cemetery. When you move a grave in North Carolina, the body has to be exhumed. My grandmother and all of her sisters and their husbands were present. The casket was opened, but the only one who looked inside was my grandfather.

"I'll be damned," he said. "There's nothing left but one tiny little bone."

"Stop it," said my grandmother. "What else?"

"Looks like there's a brand new pair of

"I've tried to do justice to Moscow, my adopted home. When I've asked people both in the United States and abroad what they know about Idaho and they say invariably say "potatoes," I've patiently explained that, no, those of us who live on the Palouse are not the potato people."

pantyhose in there."

"Well, I don't expect they got much wear," my grandmother snapped.

Dried peas, bears, and pantyhose. Oh my. I think, perhaps, that all is revealed,

Joan Opyr is a Moscow-based writer. Her alter ego is Auntie Establishment. Joan has written two novels, *Idaho Code* and *From Hell to Breakfast*. You can (and should) contact her at joanopyr@moscow.com or visit her website www.auntie-establishment.com, where she welcomes your questions, comments, and suggestions for interesting and Idaho ways to expire.

Letter to the Editor:

Thank you to all who supported the recent International Fair Trade Craft Sale sponsored by Pullman's Community Congregational Church. Proceeds from the sale benefited the artisans as well as made possible contributions to the Community Supported Agricultural program at the WSU Organic Farm, the Pullman Food Bank, and WSU's Circle K Club. Your generosity is greatly appreciated!

Sincerely,
Ginny Hauser on behalf of Community Congregational United Church of Christ

Letter to the Editor:

We brought our son to U of I Rush and we were delighted to discover your wonderful store. We had been told about it by a co-worker of Faith's but actually being there and seeing all you have to offer was fantastic. We plan to visit Moscow frequently and want to support your store.

Sincerely,
Guy and Faith Hohstadt
Imbler, Oregon

Keith Smith Carpentry

Level, plumb, & square with the world

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Letter to the Editor: Thanks from our Local Growers

Moscow Food Co-op's history reflects a commitment to supporting local growers. Linda Christenson remembers bringing in corn from their farm to Co-op's first location on Washington St. between Third and Fourth more than 3 decades ago. This was a time, Linda says, when the Co-op operated almost entirely on volunteer help. She also recalls marketing cherries to the store in its third location on West Third Street where the old Kentucky Fried Chicken had once been.

The Co-op continuously seeks new avenues to provide locally grown produce. This year, the expanded Produce Department prominently featured local produce as it became available. The Deli purchases fresh, locally grown produce for use in the preparation of their upscale yet home-style cuisine. The Co-op Newsletter interviews both staff members and local growers to provide in-depth information regarding the process of bringing vegetables from the farm to the store.

Customers often witness the delivery of produce by individual growers, sing loud praises for our efforts, and express their gratitude to be able to directly receive the benefits of our bountiful harvests. The Co-op staff regularly expresses appreciation for our work and the product of our work.

The Co-op willingly, every Tuesday from May through October, closes off prime parking spaces so that participating local growers can offer fresh fruits, vegetables, eggs, herbs, flowers, and meats near the store entrance. Rather than viewing the growers' market as competition, the Co-op Administration views this activity as a way to further serve Co-op members and the greater Moscow community.

What fuels this philosophy? Dedication to individual health through nutrition, support of the local economy, and dedication to environmental concerns of sustainable agriculture are a few of the principles underlying the Co-op's operational policies.

We are extremely fortunate to be a part of an organization that actively supports nature. Nature is abundant and diverse. The more we offer, the more we receive. We create our own community ecology through recognizing each other's talents. Respecting and honoring each other's niches nurtures the whole. These precepts applied to the marketing of locally grown produce have contributed to the cooperative working arrangements between local growers, Co-op staff, and consumers.

We, the local growers, offer our sincere appreciation to all staff, customers, and volunteers. May the Moscow Food Co-op continue to grow and prosper.

Sincerely,

Local Growers:

Ken and Betta Bunzel/Bunzel Organics

Da-Jin and Charlotte Sun/Genesee Valley Daoist Hermitage

Charles and Linda Christenson/Pinecrest Organic Garden

Elizabeth Taylor/Santa Creek Farm

Kate and Brad Jaeckel/Orchard Farm

Kelly Kingsland and Russell Poe/Affinity Farm

John Madden and Theresa Griener/Fiddler's Ridge Farm

Co-op Crossword Puzzle

by Craig Joyner

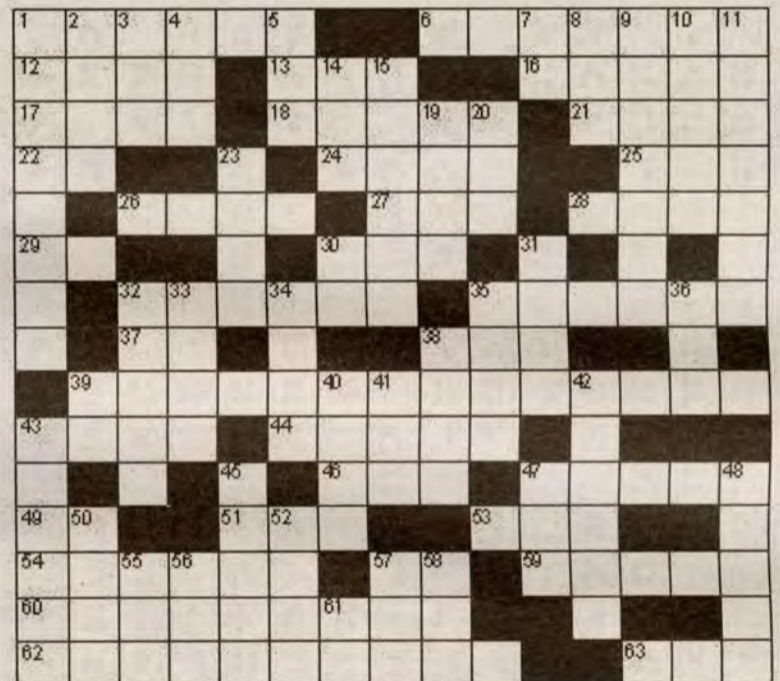
ACROSS

- 1 Jyoti ____ Karhi, wondrous potato dumplings
 6 Last month's profiled volunteer, last name, first is 48 down
 12 Ancient stringed instrument
 13 One of the big three television networks
 16 Dagoba Organic ____ Nibs, a great addition to desserts
 17 Author of The People's History of the United States, Howard ____
 18 This Greek stuffed grape leaf delicacy is ready to go in the deli case
 21 Help beat the holiday stress at Moscow ____ Center
 22 MFC makes the best in town, slang
 24 Vegans beware: Soya ____ cheese actually has casein in it!
 25 Month of the Winter Solstice, abbreviation
 26 Oriental greens, second word, first is 14 down
 27 For a crispy treat try Wasa Sour-dough ____ Crackers
 28 The Jamaican way to prepare meat
 29 True Kona coffee originates from this state, abbreviation
 30 Rishi ____ organic Citron Oolong or Jasmine Pearl
 32 Prestige
 35 A kitchen staple, Woodstock Farms organic ____
 37 Abbreviation for an American and also a British political party
 38 Cloistered sister
 39 The best grocery store on the Palouse
 43 Maker of soy products, White ____
 44 Latah County town between Troy and Bovill
 46 A staple of the Hawaii'an diet also

- known as taro
 47 R. W. Knudsen ____ Nectar
 49 Bulk bin items are priced by the ounce and this, abbreviation
 51 MFC is one of the best places in town to do this
 53 Wheatland Express
 54 Earth Therapeutics ____ Body Scrubber
 57 Rural road, abbreviation
 59 Multi-grain, blueberry, or honey wheat Pic-a-____ in the bakery section
 60 Natural cold remedy, MFC organic ____ tincture
 62 Brand that makes Caribbean Rice Pilau or Jamaican Beans and Rice
 63 Last month's profiled employee, first name, second is 43 down

DOWN

- 1 Last month's profiled music artist
 2 Black, green, white, and Oolong teas originate from this part of the world
 3 Electric particle or Euripides play
 4 Take as needed, abbreviation
 5 Cool
 7 The only movie rating with a number, ____-17
 8 MFC brand Iron Free Ultimate One only needs to be taken once a ____
 9 Your teeth will love ____ Daily Care Toothpowder
 10 Brewed in Oregon, Full Sail Sessions ____
 11 My favorite cookie wafers, Quadra-tini, is made by this company
 14 Oriental greens, first word, second is 26 across
 15 Also known as Bordeaux wine
 19 Chocoholics will enjoy ____ Pure Organic Chocolate Food Bars
 20 lbsen character that is Peer Gynt's mother
 23 Known as the aristocrat of pears
 30 Classic Chinese philosophical work, Tao ____ Ching
 31 Famous teddy bear maker
 32 Sim-plers Botanical Co. makes this spicy essential oil, good for a sore tooth
 33 Part of the church where the altar usually stands
 34 Full Sail beers are brewed in ____ River, Oregon
 35 Float
 36 This form of design is the focus of Dwell and Natural Home magazines
 38 Gluten and wheat free, ____ Maki Crackers
 39 This state's name means "a large hill place", abbreviation
 40 Cried
 41 Macys is to clothes as ____ Schwarz is to toys
 42 Diet short on greens? Grab a ____ salad from the deli cooler
 43 Last month's profiled employee, last name, first is 63 across



- 45 This product acts as a digestive windbreaker
 47 The Garden or John's Alley
 48 Last month's profiled volunteer, first name, last is 6 across
 50 Vegetarian or vegan ____ Burgers
 52 Moby Dick's nemesis
 55 Electrical unit named after a German physicist
 56 Lie
 57 Indie rock band named after a sleep phenomenon
 58 Charge account
 61 Anchor Steam beer is brewed in this state, abbreviation

Craig Joyner, a.k.a. KUOI's brentbent, can be heard there most Friday nights 8:30 - 10:30. Clue suggestions can be sent to cascadeeffect@hotmail.com.

The Sustainability Review: Rough Sawn Wood

By Mike Forbes

I'm sitting in the unfinished house this morning next to the masonry heater while I burn one of the several "curing" fires enjoying its warmth as I write this. I was trying to think of my topic this month and it dawned on me to write about the wood in the house. Lahde and I have pretty strong feelings about wood and where it comes from so we tried as hard as we could to source our wood from what we felt were appropriate sources. Our desires were the following:

- 1) Locally milled from sustainably harvested trees
- 2) FSC certified (Forest Stewardship Council, www.fsc.org, generally speaking this is an independent group that certifies lumber products as sustainable, see the Buyer Be Fair movie at the Moscow Library)
- 3) Purchased from a small company or individual
- 4) Salvaged if possible from old buildings
- 5) Good quality and suitable to the Building Code

We were able to meet many of these desires in the house specifically with the siding, roof rafters and most of the structural beams and posts. I'll talk more about the finish wood in an upcoming article.

First off we'll talk about the structural wood. We talked with a friend of ours, Jack Carpenter, about milling the wood for our house last fall from trees from his 160 acres on Moscow Mountain. Jack has a bandsaw mill and wants to produce lumber for a living. His forests are managed in a sustainable manner and are located 3 drainages over from our place. He was happy to do this for us and we set to work with Kurt of 3 Little Pigs Design-Build on figuring out what we needed.

Kurt did the structural calculations for the house and presented us with a timber list that Jack worked from. The timbers are all sizes including 6x6, 4x10, 6x12, etc. All of the timbers are Douglas Fir, specified to meet a #2 or better structural rating for code compliance. In order for the building department to view wood as acceptable it must either be graded (by a licensed timber grader) or deemed acceptable by a licensed engineer. We went the local route since graders aren't readily available.



Two views of the house made from sustainable wood.

Working with the wood was definitely different than working with kiln dried wood from the local building supply. Since much of the wood was green or had been downed for several months we knew it was going to shrink so this had to be taken into account. Twisting and checking were also going to happen as well as sap dripping and staining of the wood. None of this posed a huge problem although we spent more time working with the wood than you would have with an engineered wood product.

The siding of the house is from Jack as well and is made from blue ponderosa pine. The boards have the same color as your typical pine but contain streaks of blue through them from a fungus the trees get. Many larger mills view this as undesirable and don't sell this wood. Jack views this wood as beautiful and wants to market it specifically.

Lahde and I have always liked this wood and to have the opportunity to side our house with it was a dream



come true. We chose to go with a board and batten style with boards ranging from 1x8 to 1x14 with a smaller 2-1/4" batten. As of this writing Kurt and Steve are almost done with the siding.

We don't intend to treat the wood with anything other than time and the elements. We enjoy the silvery patina of weathered pine and like the idea of not re-treating our house periodically with toxic products to keep it looking new. The weathered wood also blends into its surroundings better in our opinion.

.....
Mike and family are enjoying the winter

in the yurt but are looking forward to the less fluctuating temperature of a well-built house.



The Coop Listener: Charlie Sutton

By Jeanne McHale

It is Halloween 2006 and we are at the One World Café. I am meeting Charlie Sutton, a prodigal singer-songwriter who shared the stage with Garrison Keillor and his band on National Public Radio a few weeks earlier. My assignment is to learn about the musical path that led to Charlie Sutton's seven-song, self-titled CD. His CD is one of a dozen different discs from local musicians now available at the Co-op.

Charlie is a well-spoken and well-traveled young man who recently returned to his hometown of Moscow when his Grandfather fell ill. I ask him stock questions about his musical beginnings and eventually learn how he came to make a recording in a studio housed in a Greyhound bus, accompanied by his guitar and the ticking of a metronome.

The Pacific Northwest is the canvas for the first tune on Charlie's CD, and one of two tunes he played on *Prairie Home Companion*: "Old Friend Levi." Soothing guitar strains ramble back in time to blue lakes and porch swings, sand dunes and Hordemann Pond. Charlie Sutton is a gifted artist whose work straddles the personal and the universal. As comfortable as the relaxed strum of his guitar, Charlie's songs evoke warm feelings of place and friendship that can be shaped by the experience of the listener. The musical details are intricate, with vocal virtuosity and crisp guitar licks to enhance the story.

To the sizzle of lattes being made, Charlie explains that he played trumpet and violin as a kid, but couldn't express himself the way he wanted to with these instruments. He started playing the guitar at the age of 12, only beginning to take lessons at 17. By that time, he had dropped out of high school and moved to St. Louis where he worked in his uncle's music store and played electric guitar in a bar band called Spud. "Cool Breeze," one of my favorites on the album, is a bluesy musical portrait of the outdoor inner city accented by a sad, descending bass line. The listener is transported to the streets of St. Louis to experience the wind, the smells, and the broken glass. An instrumental interlude builds tension with clever rhythmic changes.

"Cattail Morning" is the second song Charlie Sutton played on *Prairie Home Companion*. Here is a story woven on the wheat fields of the present, like the cover graphic of the CD. Early morning reflections become unstuck in time: "I never thought I'd amount to much,

never thought I'd get to see the world around. 'Cause all I thought I would ever be, is just an extra to that itty bitty country town." The lyric reflects a modest young man with bright musical gifts.

But more than talent is required to work as a busker on the streets Burlington, Vermont, and to play for tips to the shifting audiences of the Boston subway. There are people skills at work, such as predicting which songs will capture attention and coins from the public. Charlie explains that these tunes may be different from the most popular ones on his CD.

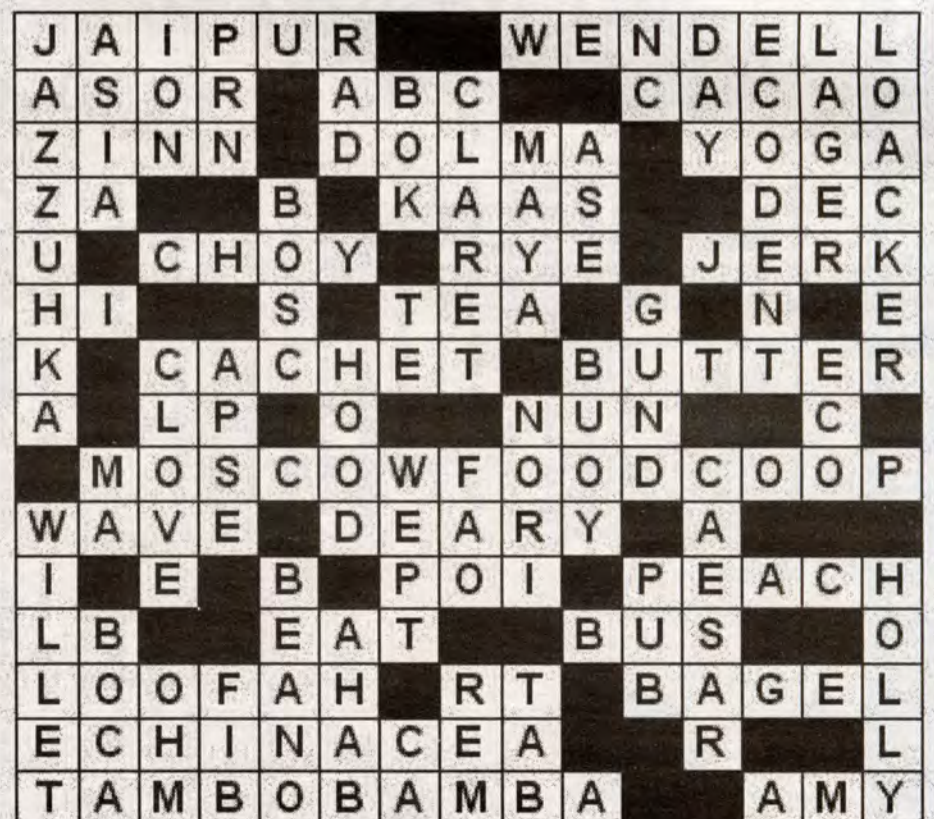
Charlie's songs take ordinary events and elevate them to poetry; for example, "Maude 'n Bill" tells how love begins and continues, so "nice to have a house of their own." On "Green Mountain," he offers to be "your broken back pony, to guide you through the hill." "Had a Dream" describes a fanciful sampling of love-struck dreams that all end in the same snuggling position. And though "Move On" takes a different turn to describe the end of love, the sentiment is still warm and backed as always by skillful acoustic guitar work.

It was Charlie's fiancée April who sent his CD to Garrison Keillor. With only a few days notice, Charlie arrived at the set Saturday morning for a brief rehearsal for the afternoon's live broadcast. Charlie admits he did not really enjoy the performance until it was over. After all, the offerings carried by the airwaves of live radio are irrevocable. The live audience at Beasley coliseum included Charlie's grandfather, who has recovered his health, and his fiancée who would soon be wearing an engagement ring purchased with Charlie's earnings from the performance. Congratulations, Charlie, and best wishes for all your future musical endeavors.

Jeanne McHale is the second-youngest member of the oldest jazz band in the west: The Snake River Six. This is her first CD review for the Co-op newsletter, and she looks forward to listening to more local artists who have CDs for sale at the Co-op.



Charlie Sutton performs at the Moscow Food Coop on election day 2006.





Bulletin Board



Co-op Events

2nd Annual all-staff Art Show

Friday Dec 8, 5.30-7.00pm

Meet the artists at the opening reception. Art will include acrylics, masks, photography, collage, poetry and more.

Meet the Coffee Maker

Wednesday Dec 6, 9am - noon

Simon Cravens-Thompson a world traveler, coffee connoisseur and the owner of the Spokane's own Cravens Coffee Company will share his vast knowledge of eco-friendly coffee.

He will be available for questions and will also be providing tasters of a few of Cravens organic varieties.

☎ Co-op Service Supervisor Mariah Rose 882-8537.

Co-op Community Dinner

Thursday Dec 14, 6.30pm

This month we will be having one very grand community dinner! Our Bakery Supervisor, Aven Krempel and our Service Supervisor, Mariah Hey will be showing off their excellent cooking skills with this impressive menu:

- Parmesan Semolina Gnocchi in Champagne Reduction Sauce
- Grilled Beets, Chard and Fennel Salad
- Bison Roast with Winter Fruit Chutney
- Cider Glazed Root Veggies
- Pearl Couscous Pilaf
- Gingerbread Pudding with Vanilla Bean Ice Cream and Candied Kumquats

Reservations are required and can be made at the register. Tickets for this dinner are \$24.

Co-op Tuesday Music and Tacos

Tuesdays 6 - 8pm in the dining area

The deli is once again offering their Tuesday Tacos as an affordable and tasty dinner to accompany the concerts—

Music:

- December 5 Potatohead
- December 12 John Elwood & Sally Burkhart
- December 19 Dan Maher
- December 26 Trillium

Community Events

Winter Market

Saturday Dec 2, 10am - 2pm

1912 Center: Plaza and Great Room
More than 20 vendors will provide a variety of food, crafts items and even fresh produce. Live music by Phil and Janet Anders. [Future markets will be held on Jan 20 and Feb 10, 2007]

Contact Mary Jo Hamilton, ☎ 882-0443, mhamilto@vetmed.wsu.edu

Palouse Folklore Society Events for December

Contra Dance

8pm dance, arrival [Joseph Erhard]

Saturday, Dec

Dancing and li McInturff and

Sunday, Dec

Candlelight po Fine Dancing Sand Point

Both Dances members, \$7

More information: www.palousefolklore.org

Creative Writing Workshop

Wednesday Dec 15, 7pm

Members and instructors of the 2006 Moscow Community Creative Writing Workshop will read short selections of original fiction, poetry, and nonfiction at BookPeople in Moscow.

Refreshments will be served.

MOSCOW

December music Café on Main

- December 1 Spare
- December 2 Kell spec Party CD start
- December 8 Dar
- December 9 Dou Smi
- December 16 Luc

All shows to start at 8:30 p.m. unless otherwise posted.

Holiday Gala at the Dahmen Barn followed by Benefit Concert

Saturday Dec 9, 10am - 4pm

Unique items for sale, created by Palouse artisans or made of products from the Palouse with live music provided by carolers from the Idaho Washington Concert Chorale and the Grobey family.

And at 7pm...

Benefit Concert played by the Blue Ribbon Tea Company featuring old time and original folk. \$5 at the door.

Vigil for Peace

Moscow: Fridays 5.30—6.30pm

Join us at this weekly public presence for peace, ongoing since November 2001. Downtown, Friendship Square. Resources, encouragement, and opportunities for action. *Dean or Gretchen Stewart* ☎ 882-7067, or email: sperrine@potlatch.com

Pullman: Fri Dec 1, 12-15

Under the clock by the ☎ 334-4688 nancycw@

Moscow Food Co-op
121 East Fifth
Moscow ID 83843

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



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